

FUMC Series to Explore 'Breaking Down Walls'

WESTFIELD — The First United Methodist Church Westfield is launching a new worship series entitled "Anointed to Break Down Walls" that will feature multiple worship experiences. All are welcome to join the congregation for these events.

United Evangelical Christian Fellowship and the Latvian Lutheran School will take part in FUMC Westfield's worship service for Pentecost Sunday on June 9. The church will commission its Youth Mission Team during worship on Sunday, June 23, before the team leaves to serve for a week with The Philadelphia Project.

Children of the church will lead the congregation in worship and teach lessons about love the following Sunday, June 30.

"That God does not compare or rank us seems to be a point almost impossible for us to grasp, because we live in a world that ranks and compares people — people are seen as more intelligent or less intelligent, more beautiful or less beautiful, more successful or less successful," the church stated in an

overview of the series. "When all our lives we grow up in a world filled with grades, scores and statistics, we learn either consciously or unconsciously that we must measure up. As a result, lines of delimitation are drawn, barriers erected, and seen or invisible walls become evidence of our division."

"At FUMC Westfield, we interpret the love of God through Jesus as love that is more powerful than the intentional or unintentional walls we erect in our familial, community, or religious lives," the church statement continued. "And more importantly, that powerful love exists within all of us, and moves us to break down walls."

FUMC Westfield holds worship every Sunday at 10 a.m., with Christian Education programs for all ages offered at 9 a.m. and Fellowship Time following worship at 11 a.m. The church is located at 1 East Broad Street, Westfield. For more information about FUMC, visit the church online at fumcwestfield.org, on Facebook (FUMC Westfield) or on Instagram (fumcwestfield).

Westfield Library Friends Announce Opera Trips

WESTFIELD — The Friends of the Westfield Memorial Library is offering trips to the Metropolitan Opera in New York City. Trips with the Friends include both a roundtrip seat on the bus and a seat at the opera. All trips leave at 5 p.m. from Westfield in plenty of time for either a 7:30 or 8 p.m. performance. The bus promptly returns to Westfield when the performance is over.

The price of each trip covers both the cost of the bus, approximately \$30 a night depending on the number of people traveling, and the cost of an opera subscription or individual seat. The Season Premiere performance of Giuseppe Verdi's *Macbeth* opens on Wednesday, September 25, at 8 p.m., with Anna Netrebko, Plácido Domingo and Ildar Abdrazakov. Marco Armiliato conducts the cast.

To accommodate opera-goers, the Friends offers a few options for purchasing tickets. Individuals can select a series subscription, share a subscription or exchange a ticket. With the series subscription participants get a 15-percent discount over the single ticket price. Members who are not interested in a full subscription may share a subscription.

Alternatively, participants can sign up for one whole subscription and change one or more operas to other ones on the list to enjoy them together with a friend or spouse. Members not interested in a full subscription may share a subscription with friends or other participants and still enjoy the 15-percent discount on subscription ticket prices. Participants choose the operas they want to see — one or all

eight.

If a participant cannot attend an opera, the subscription ticket may be exchanged through the Met subscription office (no fees) or sold to someone else. The opera group maintains a "Standby List" of people who have expressed an interest in buying tickets for individual operas.

To learn more about ticket pricing and to view the entire program for the Metropolitan Opera 2019-2020 Season, go to fwmlnj.org. To sign up for the Metropolitan Opera Series, contact the coordinator, Ulf Dolling, at (908) 347-3563 or uhdoll@aol.com.

Parkinson's Group To Host Physicians

WESTFIELD — Hooman Azmi, M.D., a neurosurgeon, and Elana Clar, M.D., a movement disorders neurologist, both from Hackensack University Medical Center, will speak to the Westfield Parkinson Support Group on Monday, June 10, at 1:30 p.m.

The subject of their presentation will be "Updates in Parkinson Disease: From Medications to Gene Therapy." Light refreshments will be served. People with Parkinson's disease and/or their caregivers are welcome to attend.

The Westfield Parkinson Support Group meets on the second Monday of each month, except July and August, in the Parish House lounge at The Presbyterian Church in Westfield, located at 140 Mountain Avenue, Westfield. For more information, contact Barbara Ringk, group facilitator, at barbringk@gmail.com or call (908) 403-3129.



JUNIOR BRONZE...Members of Junior Girl Scout Troop 40248 of Holy Trinity School in Westfield receive their Bronze Award — the highest award for their Scouting level. The girls researched and completed a project on the importance of the honeybee, entitled "Bee'n Helpful."

Scouts Earn Bronze Award Through 'Bee'n Helpful'

WESTFIELD — The Girl Scouts of Junior Troop 40248 at Holy Trinity School in Westfield recently earned their Bronze Award, the highest award a Junior Girl Scout can achieve.

Earning this award requires identifying an issue in the community and completing a project to address it. The Girl Scouts of Troop 40248 chose to focus their efforts on the honeybee. They researched the importance of honeybees to the ecosystem, including paying a visit to an apiary in Gillette.

In order to raise awareness about

honeybees and help promote them, the Scouts assembled an educational bee box that they donated to the school science lab; handed out packets of bee-friendly wildflower seeds at their cookie booth sale in downtown Westfield, and created a bee-friendly perennial garden on their school grounds adjacent to the Union County Green Space.

The Scouts named their project, which took more than 20 hours to complete, "Bee'n Helpful." The girls were awarded their Bronze pins at a Westfield town-wide ceremony in May.



GIVING TO NAMI...Coldwell Banker CARES Foundation held a "Day of Giving" on April 30 recognizing local nonprofit agencies that were nominated by Coldwell Banker realtors. The Union County affiliate of the National Alliance on Mental Illness (NAMI) received a check for \$2,000. Presenting the check is Michelle DePaz of Coldwell Banker CARES Foundation, left, to NAMI volunteers, from left to right, Pam Eagan, Julie Donohue, Heidi Mucci, a Coldwell Realtor, and Chris Russo. Since 1999, NAMI Union County has been offering free education, advocacy and support programs for the families and friends of and persons with mental illness. To learn more about NAMI Union County, contact namiunioncounty@yahoo.com or visit naminj.org/affiliates/union.html or [facebook.com/NAMI.UnionCounty](https://www.facebook.com/NAMI.UnionCounty).

Senior Council to Present 'Personal Budget Planning'

COUNTY — The Senior Citizens Council of Union County will hold a special program on Tuesday, June 11, on personal budget planning. It will take place at the Chisholm Community Center, located at 100 S. Springfield Avenue, Springfield. This is a follow-up program to last month's event on "How To Make Your Money Last."

"With the cost of living in New Jersey ever increasing, having the money to pay for housing, healthcare and living expenses has become a challenge for many of us. The starting point for handling our finances is knowing how much money we have and how much our expenses are," said Ellen Steinberg, chairwoman of the Senior Council. "The goal is to make our money last for the long term."

This hands-on program/workshop will run from 9:30 to 11:30 a.m. with a light breakfast to start. The speakers will discuss how to prioritize one's needs and how to establish a working budget. They will discuss income versus ex-

penses and cash flow versus budgets, as well as using credit to one's advantage and how to plan for the long term.

There is no charge for this program. However, availability is limited and a reservation is required. Interested persons are asked to contact the Union County Senior Citizens Council at (908) 964-7555. The Senior Citizens Council is a non-profit organization devoted to living longer and living smarter.

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REMEMBERING BETTY...After marching in the Memorial Day Parade, members of the Westfield Chapter of the Daughters of the American Revolution and Girl Scout Troop 40757 placed flowers on the grave of local legend "Aunt Betty" Frazee at the Colonial Cemetery opposite The Presbyterian Church in Westfield, commemorating her courage in standing up to General Cornwallis' demands for her freshly-baked bread. Pictured, from left to right, are: Back row, Ann Genlot, Gwyn Nielsen, Amy Lovato, Gayle Lechner, Mary Anne Healy, Lisa Kane and Kathy McElroy, and front row, Giana Lovato, Whitney Crooks, Jane Kavanagh and Sofia Kane.

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Cranford Fireworks Display To Be Staged on July 2

CRANFORD — Based on recommendations from public safety officials, the Township of Cranford Independence Day Fireworks Display, held annually at Nomahegan Park on Springfield Avenue in Cranford, will see a date change this year to Tuesday, July 2.

The Jaycees' races and the canoe races remain scheduled for Thursday, July 4.

The Cranford Office of Emergency Management (OEM), in conjunction with the township's police and fire departments, has completed a review and risk assessment of the fireworks display, and offered recommendations with expectations of making the event safer and more family-friendly. Based on guidance from this review, the township opted to move the date of the 2019 fireworks to July 2.

"The decision to change the date of this family-friendly tradition celebrating America's freedom was not taken lightly," said Township Administrator Jamie Cryan. "It came after months of monitoring and collective analysis from the Office of Emergency Management, Cranford Police Department and Cranford Fire Department. We are blessed to have world-class public safety professionals looking out for our residents."

The fireworks will begin at around 9:15 p.m. in Nomahegan Park. Limited parking will be available opposite the park at Union County College,

located at 1033 Springfield Avenue. Residents are encouraged to walk or carpool to avoid traffic congestion.

The OEM will conduct an after-action review following this year's display. This review will be provided to the township committee along with a recommendation for moving forward. At this time, it is anticipated that the recommendation will either be to maintain a smaller-scale display on a night other than July 4 or to move on altogether from conducting the display.

"We would also like to remind residents that fireworks may only be possessed and discharged by authorized persons holding a permit from the Cranford Fire Department and receiving all other requisite approvals. Unauthorized fireworks displays are dangerous and can result in life-threatening injuries, brush fires, house fires, and other property and environmental damage," said Lieutenant Matthew J. Lubin, OEM coordinator.

For the latest information, visit cranfordnj.org or [facebook.com/TownshipofCranford](https://www.facebook.com/TownshipofCranford), follow @CranfordTwpNJ on Twitter or access [instagram.com/cranfordrecreationandparks](https://www.instagram.com/cranfordrecreationandparks).

For updates and event information, call the Cranford Recreation and Parks Department at (908) 709-7283. Individuals also can stay in touch via text by sending 07016 to the number 888777.

Psychiatrist-Educator To Speak at DBSA Meeting

AREA — The Depression and Bipolar Support Alliance (DBSA) will feature at its Wednesday, June 26 monthly meeting Lily Arora, M.D. Dr. Arora will conduct a "real-life" diagnostic interview on a pre-designated member, using it as an educational tool for the audience. She will not know the person beforehand and it will be unrehearsed. Dr. Arora also will discuss all areas of interest to the audience regarding mood disorders.

Dr. Arora is board certified in both psychiatry and addiction psychiatry. Her training in psychiatry was at the Mount Sinai School of Medicine in New York followed by a fellowship in addiction psychiatry at the Yale School of Medicine. Dr. Arora trained in psychodynamic psychotherapy at the New York Psychoanalytic Society and Institute. She is an assistant professor at Rutgers University, where she teaches and supervises residents in psychiatry. She chairs a medication hearing panel at Anne Klein Forensic Center and Trenton Psychiatric Hospital in Trenton and Greystone Park Psychiatric Hospital in Morris Plains. She is in solo private practice in Morristown, where she treats all psychiatric disorders in addition to substance and alcohol addiction.

Dr. Arora is a dedicated advocate of bringing awareness to the issue of addiction in society and providing effective

tive treatment for this population.

These educational meetings of the DBSA take place on a Wednesday every month at 7:45 p.m.

Due to construction projects at DBSA's usual Morristown location, the group will meet at the Madison Community House, located at 25 Cook Avenue, Madison, for the next four months. The public is invited to attend all meetings; a nominal donation is requested from non-members, when possible. Free literature is available to all attendees and there is an extensive lending library of educational audiotapes, CDs and videotapes, also free.

In addition to the lecture series, peer group support sessions led by experienced facilitators are held every Tuesday evening of the month, also using the facilities of the Madison Community House. Separate groups for young adults are offered every Tuesday evening and separate groups for friends and family are held periodically. All are always welcome.

To learn more about the support group and to view links to other sources of helpful information, visit the website of the Depression and Bipolar Support Alliance/Morristown Area at <http://dbsanewjersey.org/morristownarea>. For further local information, call (973) 994-1143.

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