

Center for Women to Hold Workshops Starting Tonight

SCOTCH PLAINS - The Center for Women and Families, located at 1801 East Second Street in Scotch Plains, will hold several workshops this month. All will be held from 7:30 to 9 p.m. at the center. The cost for each is \$10.

"Journaling for Therapeutic Enjoyment" will be offered tonight, Thursday, May 2, with freelance writer Paula Neves as facilitator.

On Wednesday, May 8, "Financial Planning for Divorce" will be presented by financial planner Carolyn Podchaski.

"Investments and Financial Planning for Women" will be held on Tuesday, May 14. Christine McGinley, a financial planner, will be the facilitator.

On Wednesday, May 15, "Sex in the New Millennium" will be presented by Dr. Christine Masterson. "Tackling the Case Information

Statement," which deals with how much alimony a person may receive," will be the topic for Monday, May 20. Attorney Marianne Zembryski and Linda Horvath will be the facilitators.

Finally, "Bargain Shopping Tips for Tight Budgets" is planned for Tuesday, May 21. Judy Turner will be the facilitator.

For reservations or further information, please call (908) 322-6007.

Tree Dedication Slated In Memory of Victims Of Sept. 11 Tragedy

SCOTCH PLAINS - On Sunday, May 26, the Scotch Plains Baptist Church will have a special dedication of a tree planted in memory of all the victims of the September 11 terrorist attacks on the United States, and especially local victims.

Local residents Matthew D. Horning and James Walsh were both killed in the collapse of the World Trade Center, while Mark Rothenberg was killed in the crash of the airliner in Pennsylvania. All were citizens of Scotch Plains.

The special dedication will be held at about 12:30 p.m. in the church cemetery, following the 11 a.m. worship service. All are invited to attend.

The Scotch Plains Baptist Church is located at 333 Park Avenue. For more information, please call (908) 322-5487.

First Congregational To Be Co-Sponsor Of Blood Drive Sunday

WESTFIELD - A blood drive will be held this Sunday, May 5, from 8 a.m. to 1:30 p.m. at the First Congregational Church, located at 125 Elmer Street.

The event will be co-sponsored by the church and New Jersey Blood Services. All are welcome.

For general questions, please call (908) 232-6274; for medical questions, please call (732) 220-7070.

Newcomers Club to Conduct Prospective Member Coffee

WESTFIELD - The Newcomers Club of Westfield will hold a coffee event for prospective members at a club member's home on Thursday, May 23, at 7:30 p.m.

Attendees will have an opportunity to meet current members and learn about the various activities sponsored by the club.

Among the current monthly activities offered are book groups; children's playgroups and activities; women's social outings and dinners at local restaurants, and social events for couples. There are also several different committees.

Founded in 1944, the Newcomers Club is open to women over age 21 who are new to Westfield or who have had a recent lifestyle change, such as a marriage, the birth or adoption of a child, job change or move

Clothing, Books, Toys To Be Featured at Sale

WESTFIELD - The Westfield Day Care Center Friends will hold its spring Children's Clothing, Book and Toy Sale on Thursday and Friday, May 9 and 10, from 9 a.m. to 5 p.m. and Saturday, May 11, from 9 to 11 a.m. in Westminster Hall of The Presbyterian Church in Westfield, 110 Mountain Avenue.

The Day Care Center provides full-day care for up to 80 children, ages 2½ through kindergarten, and part-time care for 20 youngsters. The Infant-Toddler Center serves 32 infants and toddlers, ages 3 months to 2½ years.

The fundraiser will benefit the two centers. For more information, please call (908) 232-6717.



BRINGING HOPE... Volunteers Pat Webster, left, and Donna Dooley look over items for sale at The Hope Chest, a thrift shop operated by the Center For Hope Hospice and Palliative Care Auxiliary. The store, staffed entirely by volunteers, is celebrating its first anniversary of service to the community. It benefits the Center For Hope, which provides care and comfort to terminally ill individuals in Union, Middlesex and Essex Counties.

The Hope Chest Celebrates First Year in Westfield

WESTFIELD - The Hope Chest, a thrift shop operated by the Center For Hope Hospice and Palliative Care Auxiliary, is celebrating its first anniversary of service to the community.

The shop is staffed entirely by volunteers for the benefit of the Center For Hope, which was founded in 1983 by the Reverend Charles Hudson and registered nurse Peggy Colony.

The non-profit organization provides care and comfort to terminally ill residents of Union, Middlesex and Essex Counties.

"We are so happy with the response of shoppers and friends from Westfield and surrounding communities," said shop manager Barbara McCutcheon. "The shop benefits greatly from the high quality donations we receive and the continuing contribution of time from our staff of volunteers."

"It is also heartwarming to frequently hear people who visit the shop recall and tell us about their own positive experiences with Father Hudson and the Center For Hope Hospice," she continued. "Many customers tell us they are impressed with the condition and quality of all the things we have for sale."

The Hope Chest, located at 26

Prospect Street, features a selection of moderately-priced clothing for women, men and children, as well as toys and accessories for the home.

Store hours are Tuesday through Saturday, 10 a.m. to 4 p.m., and Thursday from 11 a.m. to 8 p.m. Tax-deductible donations are accepted. For more information, please call the shop at (908) 233-9973.

Career Coaching Set At Center For Women

SCOTCH PLAINS - The Center for Women and Families will hold a session on Career Coaching at its headquarters on Wednesday, May 8, from 7:30 to 9 p.m.

"Career coaching is a process of self-assessment, goal-setting and action planning to help create and navigate an ideal career path," according to Career Coach Dr. K. Denise Bane, who will facilitate the session.

A \$10 donation is requested for the workshop, which includes a free follow-up session. The Center for Women and Families is located at 1801 East Second Street in Scotch Plains.

Information and pre-registration may be done by calling the center offices at (908) 322-6007.

Lady of Lourdes Notes Weight Loss Program

MOUNTAINSIDE - The Our Lady of Lourdes Roman Catholic Church in Mountainside will present "Lose Weight the Fun Way" on Wednesday, May 8, at 7:30 p.m. in the church auditorium.

The Health and Wellness Ministry will host an informational meeting to discuss dietary needs and weight management. Participants will also discuss and plan walking groups to aid in successful healthy lifestyle changes.

The church is located at 300 Central Avenue in Mountainside. For more information, please call the parish nurse at (908) 232-1162.

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Cantors to Perform on Sunday At Temple's 'Evening in Song'

WESTFIELD - Temple Emanu-El of Westfield's 14th Annual Evening in Song will be held this Sunday, May 5, at 7 p.m. at the temple, located at 756 East Broad Street in Westfield.

This year's concert will star Cantor Robert Abelson of Temple Israel of the City of New York; Cantor Jessica Levitt of Ner Tamid in Bloomfield, and Cantor Martha Novick of Temple Emanu-El. Linda Rosalsky will accompany them on the piano.

A member for many seasons of the New York City Opera, Cantor Abelson has also sung with other prestigious operatic companies and appeared in concert with many orchestras. He has also appeared in film, television and the theater.

An authority on Yiddish Art Song, he has been a faculty member of Hebrew Union College - School of Sacred Music, in New York City since 1982.

Active in the cantorate on a regional and national level, Cantor Levitt has performed in synagogues in New York, New Jersey, California and Jerusalem. A member of the board of ARZA/World Union, she will be a delegate to the World Zionist Congress meeting in Jerusalem this year.

Cantor Novick has performed leading roles in opera for the Metropolitan Opera Association, the National Shakespeare Theatre, CBS and PBS television, New York City radio, the Center for New Music in New York and the Liederkrantz Opera Workshop.

She has performed in concerts and recitals throughout the United States

and Israel and was the first female Cantor to perform in a traditional Cantorial concert in a major concert hall in New York. Cantor Novick is a faculty member at the School of Sacred Music at Hebrew Union College.

Tickets may be purchased at the temple office or at the door on the evening of the concert. Tickets are \$10 for children, students and senior citizens and \$15 for adults. For more information, please call Temple Emanu-El at (908) 232-6770.

JCC to Celebrate Jewish Presence On the Silver Screen

SCOTCH PLAINS - The Jewish Community Center of Central New Jersey, located at 1391 Martine Avenue in Scotch Plains, will host a celebration of the Jewish presence in films and behind the scenes. The program will be held this Sunday, May 5, at 10:30 a.m.

Author Joel Samberg ("Reel Jewish") will lead participants through an open dialogue about the Jewish movie experience and the audience's special connection to these films.

For more information and to register, please call Susan Lemerman at (908) 889-8800, extension no. 205.

Singles Group Offered At First Baptist Church

WESTFIELD - Individuals who are over 45 and are widowed, divorced or never married are invited to come to the First Baptist Church in Westfield on Sundays at 9 a.m. for coffee, cake and conversation on issues related to single living.

Other activities include winter movie nights, summer picnics and holiday get-togethers, among other events. Participants meet in the lower level meeting room of the church, located at 170 Elm Street.

A \$2 donation is requested and all are welcome. For more information, please call (908) 889-5265 or (908) 889-4751.

Osteoporosis Lecture Slated at Westfield Y

WESTFIELD - The Westfield Y, located at 220 Clark Street, will host a free lecture on osteoporosis on Monday, May 13. It will begin promptly at 7 p.m.

Larry Bock, a physical therapist at Twin Boro Physical Therapy Associates, will be the guest speaker. Osteoporosis is defined as the loss of calcium from bones. It can cause the vertebrae to collapse spontaneously and bones to break under such minor stresses as coughing or sneezing.

Mr. Bock will discuss how and why the loss of calcium occurs, who is at risk and how individuals can prevent osteoporosis from occurring.

To register, please call the Westfield Y front desk at (908) 233-2700. For further information, individuals may call Michael Johnson at the Y at extension no. 251.

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