



HERE WE GROW...A red oak has been planted on the grounds of McKinley Elementary School in Westfield to mark Arbor Day. Pictured, above, are: McKinley Principal Claudia Andreski, Westfield Tree Preservation Commission member Tom Bigosinski, Head Custodian John Selama, and fourth and fifth graders enrolled in McKinley's Early Act program.

Tree Commission, Students Mark Arbor Day in Westfield

WESTFIELD — The Westfield Tree Preservation Commission (TPC) and fourth and fifth graders from McKinley Elementary School's Early Act program celebrated Arbor Day on April 29 by planting a red oak, the official state tree of New Jersey, on school grounds.

"Arbor Day is a great time to remind our children of the importance of conservation and the many benefits trees bring to our community and the environment," said Tom Bigosinski, Associate Member of the TPC, who organized the event.

Each student assisted in the planting, received an Arbor Day foundation pencil, and learned about caring for a maturing tree and the history of Arbor Day.

"The Tree Preservation Commission is committed to enhancing the Westfield community forest by preserving the vibrant trees we have and encouraging the planting of others. Hopefully, we can make this an annual event at all town elementary schools," Mr. Bigosinski added.

Assisting in the coordination of the tree planting were McKinley School Principal Claudia Andreski, Head Custodian John Selama, and Scott Ehrlicher of the Westfield Department of Public Works.

Haley Wynne Wins National Latin Exam

MOUNTAINSIDE — Pingry School student Haley Wynne of Mountainside was named a winner of the 2005 National Latin Exam, which was sponsored by the American Classical League and the National Junior Classical League. A silver medal winner, Haley is a sophomore at Pingry.

Whitney Laird of Westfield Explores Human Resources

WESTFIELD — Lafayette College sophomore Whitney Laird of Westfield saw one of the ways her psychology major could be applied to a career through an externship in Lafayette's Human Resources office.

She joined another sophomore pupil in shadowing Leslie Muhlfelder, Vice President for Human Resources and General Counsel.

A Westfield High School graduate and the daughter of Dr. Scott and Anne Laird of Westfield, Whitney is among more than 200 Lafayette students who recently gained first-hand knowledge of the professional world. She observed work practices, learned about careers they may consider entering after college, and developed professional networking contacts.

"I'm not sure what I want to go into when I graduate," said Whitney. "A career counselor suggested human resources, but I didn't know what it was about, so I thought the externship would be a good opportunity to check it out. The experience gave me some

perspective of what I can use my psychology major for. It would also involve some background in business and helped me to see what other fields I would need to study if I do go into human resources."

The externship taught Whitney that there is more to learn about human resources than what is discussed in a classroom.

"I really noticed from the externship that there are a lot of things in human resources that you have to deal with that you cannot learn in the classroom because each situation is so unique," she explained. "A lot of the things you have to deal with you must learn as you go along and I can see how experience plays a huge role."

Whitney networked with other human resources managers and regional specialists at a luncheon for the Lehigh Valley Chapter of the Society of Human Resources managers.

A member of Delta Gamma sorority, Whitney is organizing a women's lacrosse club team.



EXCELING IN HER FIELD...Westfield resident Whitney Laird, pictured in the backdrop, shadowed the Vice President for Human Resources Leslie Muhlfelder during an externship to learn more about her human resources studies.



STUDENTS REACH OUT TO PEERS...In a student-run assembly designed to promote positive body image among Westfield High School students, narrators, led to right, Julia Gormley, Zal Spialter and Emily Printz prepare to introduce the show.

Body Image Addressed At Westfield High School

WESTFIELD — Health education has taken on a new look at Westfield High School (WHS), where body image was the topic of conversation at a special assembly this spring in the student production of *The Guy and Girl Thing II — Extreme Attitude Makeover*.

The program featured songs, videos, monologues and a fashion show to demonstrate that beauty is not limited to what is shown through the media.

Health Teacher Susan Kolesar, adviser for the production, noted that the idea of this year's assembly was to "get peer pressure working for young people instead of against them."

The assembly, she said, was planned and performed by and for the very audience for which it was intended, high school students.

According to Ms. Kolesar, "The primary goal of the production was to promote positive body image in both male and female students. A further goal is to encourage students to think critically about the many influences that impact one's body image, especially those from the media, and to

carefully consider the validity, safety, and meaning of those influences."

The show was dedicated to former WHS student Lisa Novic, who had planned to participate in this year's assembly, but died last summer due to complications following surgery.

In addition to the program's correlation to the Health and Family Living curriculum, Ms. Kolesar explained that it also related to courses such as psychology, sociology and physical education.

"More importantly, it fits in with the school district's general goals of reducing bullying and sexual harassment," stated Ms. Kolesar. This year's event marked the second annual student-produced assembly featuring the kinds of peer pressure faced by teens.

One of the narrators for this year's assembly, Emily Printz, said, "Last year's production was a big success. This year's was on a grander scale. It was a really good opportunity and students could get a lot of out of it, and it was fun for the cast and crew."

The Education Fund of Westfield donated a \$500 grant to cover the costs of planning and producing the event.

Local Students Earn Nat'l Merit Scholarships

AREA — Westfield, Scotch Plains and Berkeley Heights students are among 2,500 high school seniors to have been named winners in the 2005 National Merit \$2,500 Scholarship competition.

These pupils were chosen from a talent pool of more than 15,000 outstanding students who reached the Finalist level in the 2005 National Merit Scholarship Program.

Westfield High School students Christina Cordeiro and Qiaozhi Yang have garnered scholarships. Christina hopes to pursue a career in medicine, while Qiaozhi will further her studies in life science.

David DeMair, a Scotch Plains resident and senior at Scotch Plains-Fanwood High School, was also awarded a scholarship in the amount of \$2,500. He hopes to pursue a career in music.

Veena Venkatachalam, a Berkeley Heights resident and student at Governor Livingston High School, was awarded a scholarship. She will pursue a career in medicine/bioengineering.

DEEGAN ROOFING COMPANY

908-322-6405

Tear-Offs • Re-Roofs
Repairs • Gutters

Free Estimates • Fully Insured

Need Some Help Around the House?
Don't Know Who to Call? Don't Have the Time?

Call HOME LINK OF NEW JERSEY
to find people to do the work for you!

We provide Pre-qualified, Dependable, Highly Skilled Professionals for ANY Household Task from plumbers & painters to handymen & electricians.
Licensed, Bonded, Insured

Best of all, there is NO CHARGE to homeowners for using our services!!

Jessica Brooks Ph: 917-873-3555
www.homelinknj.com info@homelinknj.com

SAT TUTOR AVAILABLE

Scheduling Now For The June 4th Exam

Crash Course for SAT Verbal
One-On-One Instruction
Emphasis on Writing the Essay Under Pressure

College Professor of English Composition • Certified by College Board

5 Sessions - \$300.00

LEWIS SEAGULL 908-928-9386

Dorson Baby Care, Inc.

Would you like time, rest and comfort after the birth of your baby? Dorson Baby Care will give you the attention and care that you and your baby deserve!

We Provide:

- Live-in, Live-out, full and part time baby nurses & nannies
- Baby and family support just after childbirth

Accredited by the NJ Commission on Accreditation for Home Care, Inc.

Expectant Moms: Call now to reserve your baby nurse
(973) 672-7691 (732) 376-0003
www.dorsonhomecare.com

PAIN & HEADACHE MANAGEMENT

Douglas Ashendorf, M.D.

Pain Treatment Centers of New Jersey
Management of Pain, including:

- o Headache
- o Neck/Back Pain
- o Fibromyalgia
- o Arthritis Disorders
- o Cancer and Pelvic Injuries
- o Auto/Work/Sports

732-382-1700
Emergency 24 hour service available www.Pain_MD.com

- Criminal Defense - Federal & State
- Civil & Employment Litigation
- DWI & Municipal Court

Law Offices Of ROBERT G. STAHL, LLC

Robert G. Stahl
Korey Kerscher Sarokin
Christopher M. Farella

220 St. Paul Street
Westfield, NJ 07090
T: 908-301-9001
F: 908-301-9008

stahlesq@bellatlantic.net www.stahlesq.com

Fitness for Fun Camp

Students entering kindergarten through 5th grade

Mon. June 27th - Fri. July 1st
8:45 am to 12:00 pm
Jefferson Elementary School

Fun Games • Cooperative Skills Physical Fitness & Recreation

Staff includes NJ Certified Health & Physical Education Teachers, Athletic Trainer & Student Counselors

To Register Contact Nancy Carpenter: ncarpenter@westfieldnj12.com

NEIL SULLIVAN

President, Westfield Mortgage

- Free credit evaluation and approvals
- Guaranteed closing costs
- New home purchases
- Construction loans
- Refinances

WESTFIELD MORTGAGE
908-518-0800 Toll Free: 866-518-0800
www.westfieldmortgage.com

Equal housing lender. Licensed by the NJ Department of Banking and Insurance.

The Westfield Leader - The Times

Serving the Town Since 1890

PO Box 250 • Westfield, New Jersey 07091
Tele - (908) 232-4407 • Fax - (908) 232-0473

□ The Leader • □ The Times

□ New Subscriber • □ Renewal

□ One Year - \$28 • □ Two Years - \$52 • □ Three Years - \$76

□ College \$20 (September - May)

Name _____
Address _____
City _____ State _____ ZIP _____
Phone # _____
Payment _____ Cash _____ Check _____ Charge _____
CC # _____
Exp. Date _____
Signature _____

Subscriptions Are Pre-Paid and Are Non-Refundable

press@goleader.com • www.goleader.com

We Reach People... Not Driveways!

CLASSES FOR BABIES, CHILDREN & TEENAGERS

YOGA

NEW PROGRAM STARTS MAY 16

FREE Introductory Class

Wednesday, May 11 @ 8:30 pm
Saturday, May 7 @ 1:45 pm
or by appointment

HATHA, ASHTANGA, KUNDALINI, RAJA, MEDITATION

Monday May 9, from 4:00 to 7:00 pm
Thursday May 12, from 1:00 to 5:30 pm
Saturday May 14, from 1:00 to 4:00 pm
Monday May 16, from 4:00 to 7:00 pm

OPEN HOUSE DAYS:

Nicole has taught more than 22,000 Yoga classes in NJ since 1980

NICOLE'S YOGA CENTER, LLC
94 NORTH AVE. GARWOOD • (908) 789-6426
Call for a brochure or visit www.nicolesyogacenter.com

SPECIAL CLASSES FOR SENIORS

OWEN BRAND

Your Home-Town MORTGAGE BANKER

ISB MORTGAGE CO., LLC

Residential - Construction Commercial - Bridge Loans

Local: (908) 789-2730
Toll Free: (888) 256-4447 ext. 26

obrand@isbmortgageco.com

Licensed Mortgage Bankers - NJ Dept. of Banking
Equal Housing Lender