

Genealogical Society to Host Speaker on Land Records

WESTFIELD - "Good Deeds: Unearthing Your Family Roots in

Library Plans Talk On Type 2 Diabetes

MOUNTAINSIDE - Members of the community are invited to the Mountainside Public Library on Friday, April 13, from 11 a.m. to noon for a presentation on Type 2 Diabetes. A nurse practitioner with professional experience in both eldercare and obesity will be the presenter.

According to the Centers for Disease Control, 8.3 percent of the U.S. population is affected by diabetes, amounting to 25.8 million people. Of these, 18.8 million are diagnosed; 7 million are not.

This program will address the warning signs of Type 2 Diabetes, the risk factors, long-term consequences and options for prevention and treatment, including suggestions for exercise and stress reduction. Admission will be free. The Rotary Club of Mountainside will sponsor this program. Seating is limited; interested persons are asked to call the library at (908) 233-0115 to reserve their space.

The Mountainside Public Library is located on Constitution Plaza. For more information about library programs and services, visit mountainsidelibrary.org or call (908) 233-0115.

Land Records" will be the subject of the Thursday, April 12 meeting of the Genealogical Society of the West Fields. The meeting will take place at 1 p.m. in the Community Room of the Westfield Memorial Library, located at 550 East Broad Street.

Joseph Grabas, a certified title professional, will be the featured speaker. Mr. Grabas began his long career as a title examiner. He gradually became involved in heritage title searches on vintage area homes and now makes the unearthing of old land records his specialty. He will reprise his lecture made in the fall at the bi-annual meeting of the state society.

Mr. Grabas will tell actual stories based on information he has mined on some old Westfield families. "Mr. Grabas holds the key to research in land and property records. He knows where the records are located and how to understand them. We are thrilled to have him share his expertise," said Genealogical Society President Nancy Humphrey.

The society also will elect its new slate of officers in a short meeting prior to the speaker's presentation. Light refreshments will be available during a break before the question-and-answer period. The public is invited to attend. For more information, call Ms. Humphrey at (908) 612-6029. No registration is necessary.



EASTER BFF (Bunny Friend Forever)...The Lions Club of Westfield will hold its 77th Annual Easter Egg Hunt this Saturday, April 7, at 1 p.m. sharp. Families are asked to assemble in Mindowaskin Park by 12:45 p.m. Pictured is the Easter Bunny and a participant from last year's hunt.

Easter Egg Hunt to Be Held Saturday In Mindowaskin

WESTFIELD - The Lions Club of Westfield will hold its 77th annual Easter Egg Hunt in Mindowaskin Park this Saturday, April 7, at 1 p.m. for children up to age 7. Participants and their parents are asked to assemble in the park by 12:45 p.m., as the hunt will start precisely at 1 p.m., weather permitting.

There will be three age-appropriate areas set aside for the children: toddler to age 3; 4- and 5-year-olds, and 6- and 7-year-olds. More than 1,200 plastic eggs will be hidden in the area around the gazebo. Many of the Easter eggs will contain prize coupons for treats donated by town merchants that may be redeemed at a designated table, except for those coupons to be redeemed at Baron's or Philly Pretzels.

Immediately after the hunt, complimentary plastic bags containing gourmet jellybeans will be distributed to the children. The Easter Bunny will be available from noon on for pictures and parents are invited to bring their own cameras.

Voluntary donations will be accepted to help defray the costs of the hunt.

In the event of poor weather conditions, there will not be a rain date. Instead, the Lions will hand out jellybeans, plastic eggs and various prizes under the gazebo, as well as having the Easter Bunny available there for photographs.

The Lions Club extends its appreciation to Police Chief John Parizeau and to Town Administrator James Gildea for their assistance with the hunt.

This year's hunt will be under the aegis of Lions President Jeff Broadwell, along with Hunt Chairwoman Alberta Ryan.

Lions Clubs International is dedicated to sight conservation and assistance to the visually- and hearing-impaired worldwide.

The Westfield Lions Club is interested in hearing from anyone who has pictures from the early years of the hunt, which started in 1936. The club may be contacted at P.O. Box 572, Westfield, N.J. 07091. The Lions also ask participants to bring non-perishable items for the Westfield Food Pantry.

Ms. Harwelik to Discuss Herb and Spice Benefits

GARWOOD - The Garwood Public Library will host a presentation on Wednesday, April 11, at 7 p.m. featuring Lorraine Harwelik of Natural Therapeutics for Health. Ms. Harwelik will discuss using natural herbs and spices to enhance the taste of food and also for health benefits.

Participants will learn interesting and encouraging facts about the spices they may or may not have in their cabinets.

Ms. Harwelik is a dual certified clinical herbalist, licensed New Jersey educator and registered yoga teacher. For more than 25 years, she has been helping people of all ages to get well and stay well by using natu-

ral foods, herbs and exercise. She is the founder of Natural Therapeutics for Health, located in Cranford.

Registration for this event may be done in person at the Garwood Public Library, by calling (908) 789-1670, or at the library's interactive calendar page found on its website, yousemore.com/garwood.

The Garwood Public Library is located at the corner of Third Avenue and Walnut Street, at the back of the Lincoln School complex. Hours of operation are Monday through Thursday, 9 a.m. to 8 p.m.; Fridays, 9 a.m. to 4:30 p.m., and Saturdays, 9 a.m. to 1 p.m. The library's e-mail address is garwoodlibrary@gmail.com.

Historical Society Schedules Trip to Shopping Outlets

KENILWORTH - The Kenilworth Historical Society will host a bus trip to the Rockvale shopping outlets in Lancaster, Pa. on Thursday, April 12.

The trip will depart the South 21st Street Municipal Parking Lot, across from the Kenilworth Veterans Center, at 8 a.m. and return at approximately 8 p.m. The \$40 cost includes motor coach transportation, approximately six hours of shopping time, a discount coupon booklet and a shopping outlet map.

Rockvale features more than 100 outlet stores, offering up to 75 percent off retail prices on popular brand names - plus additional discounts daily. There is no sales tax on clothing and shoes. Among the diverse range of outlet stores at Rockvale are QVC, Vanity Fair, Bass, Dressbarn, Jones New York, Kasper, Levi's,

Jockey, Izod, Lenox, Noritake, Black & Decker, Carter's, Disney and Christmas Tree Hill.

Site amenities include such favorite eateries as Olive Garden, Ruby Tuesday, Cracker Barrel and Bob Evans, plus trolley/shuttle service.

There will be complimentary door prizes. For further information and reservations, call (908) 709-0391 or (908) 709-0434. As space is limited on this popular trip, it is suggested that reservations be made early to ensure availability. Gift certificates are available.

Proceeds will benefit the Kenilworth Historical Society's ongoing project to restore the local 19th-century Oswald J. Nitschke House and transform it into a "living history" museum and cultural arts center. For more information, visit the organization's website, kenilworthhistoricalsociety.org.

Realtors Seeking Donations Of Towels, Toiletries, Linens

WESTFIELD - The Greater Union County Association of Realtors (GUCAR) is collecting "tired" towels, toiletries and linens for distribution to local shelters for abused women and the homeless. Sponsored by the Realtor Community Service Committee, the 18th annual drive will conclude on Thursday, April 26.

The public is invited to donate towels and linens that are still serviceable but perhaps no longer suitable for guests or that may not match the current decor. Additionally, GUCAR is seeking unused toiletries from hotels collected in traveling (shampoo,

conditioner, soaps, lotion, shower caps and other such items). Also sought are donations of makeup and cosmetics, hygiene items and the hospitality packages given by airlines in first class overseas flights.

The collection has been expanded to include bed linens such as spreads, quilts and blankets, either for adults or children.

The committee asks that all donated towels or linens be laundered and that toiletries be unopened.

Items may be brought to the Greater Union County Association of Realtors office, located at 767 Central Avenue in Westfield, between 8:30 a.m. and 4:30 p.m., Monday through Friday. If unable to do so, individuals may contact the GUCAR office at (908) 232-9000 to make alternative arrangements.

Retirees Group Plans Monday Meeting

MOUNTAINSIDE - The Mountainside Active Retirees will host their next meeting on Monday, April 9, from 10 a.m. to noon in the upstairs Community Room of the Mountainside Municipal Building, located at 1385 Route 22, East.

Guest speaker Sherrie Lange will discuss "The American Indian." All retirees are encouraged to attend and also to join in the fellowship and refreshments following the presentation.

'Glass Slipper' Offers Discount Prom Gowns

CRANFORD - The Junior League of Elizabeth-Plainfield has announced its first annual "Glass Slipper Boutique," featuring new and gently used prom gowns and formalwear in junior, misses and women's sizes. All gowns are only \$25, and there is a wide selection available. There also is an assortment of shoes, jewelry, handbags and other accessories.

The Glass Slipper Boutique is located upstairs at The Jumble Store, 110 Walnut Avenue in Cranford. The boutique will continue through Saturday, April 14. The Jumble Store is open from 10 a.m. to 5 p.m., Monday through Saturday, with extended hours until 8 p.m. on Thursdays.

Willow Grove to Offer Medical Qi Gong

SCOTCH PLAINS - The Willow Grove Presbyterian Church will present a free Medical Qi Gong Meditation Class, open to everyone, on Saturday, April 14, from 10:30 a.m. to noon.

Medical Qi Gong is a course of meditation exercises designed to leave participants energized and more physically and emotionally balanced. Participants are asked to be on time, as once the class begins it will not be interrupted.

For more information about Willow Grove, call the church office, Monday through Friday, at (908) 232-5678, e-mail info@willowgrovechurch.org or visit the church website, willowgrovechurch.org.

The Willow Grove Presbyterian Church is located at 1961 Raritan Road, across the street from the Scotch Plains Southside Firehouse and near the corner of South Martine Avenue. The building is handicap-accessible.



ST. PAT'S CELEBRATION...The Fanwood-Scotch Plains YMCA in Scotch Plains hosted a special luncheon in celebration of St. Patrick's Day. Many senior citizens put their green on and came to celebrate the day, bringing favorite dishes to share. There also was a birthday celebration that day for Angela Ciarlone and Michael McGovern. Pictured, Angela Ciarlone enjoys a cupcake in honor of her birthday with Joan Kirner.

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Celebrate Holy Week at First Congregational Church Of Westfield

Maundy Thursday
April 5
7:30 p.m.

Candlelight service of Scripture, Reflection and Communion

Good Friday
April 6
7:30 p.m.

Service of Meditation and Reflection in Patton Auditorium

Easter Sunday
April 8
9 and 11 a.m.

Music for organ and brass by Widor and Handel
One-room schoolhouse and infant care at both services
Coffee hour at 10 a.m.

Visitors are Always Welcome!

Member, the United Church of Christ.
The sanctuary is accessible by a wheelchair ramp.
Infrared listening devices are available for the hearing impaired.

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