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New Year's Resolutions; Ones That

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You Achieve and How To Do It Many of us make New Year's resolutions coupled with

a soft commitment to actually achieve them. Do you remember any of the resolutions you made last year? Did you achieve any of them?

Though well intentioned, most of us failed in our resolutions as we look at the scorecard today.

For me, my past resolutions were too vague, too ambitious and too tough — or I was never intending to do anything about them in the first place. My number one resolution each year is to lose about 20 pounds (10 pounds would have been a big victory) and to get in better shape. Losing weight seems to be one of the most popular and failed resolutions of our times.

Well, I didn't fail in one of my resolutions for 2012 — I changed it to something achievable. I returned my shopping cart from the food store parking lot, rather than abandoning it in place as in the past. Each year I got better at disguising how to abandon the shopping cart and also came up with new and innovative excuses in my mind as to why I was doing the right thing.

As I practiced this New Year's resolution in 2012, I was pensive thinking I had bit off more than I could chew. As example, how does one deal with returning their shopping cart when the lot is full and someone is already behind your parked car with their blinkers on anxious to take your spot? Can you imagine the glares and looks you get?

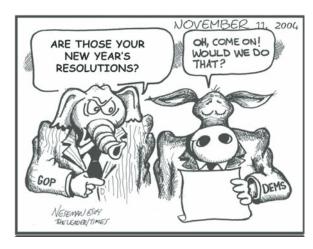
If you happen to be waiting for a parking spot and someone delays you by returning their shopping cart, please have patience. It might be me.

It takes about two minutes to return a shopping cart, get back to one's car, and escape the fury. Come to think of it, the extra walking by returning the shopping carts may actually help me lose that 10 pounds.

The truth is that I returned an abandoned shopping cart by others before I entered the food store thinking that makes up for the times I didn't return mine.

In these days, many find it's more convenient to restate their promises, rather than actually keeping them. It worked for me!

Happy New Year everyone.



BOE Are Elected Officials; Citizens To Suggest That They Be Replaced Is Frivolous

I felt compelled to respond to Mr. Dreher's and Mr. Ryan's letters to the editor from last week which vilified both the Westfield Board of Education and Dr. Dolan for transgressions ranging from lying to the public to insufficient communication regarding the proposed (and passed) bond to finance replacement and repair work on the roofs of Westfield

First, it is the duty of every responsible citizen to be fully informed about the issues that impact themselves and the town in which they reside. Similarly, it is incumbent upon our paid and elected officials to make available and disseminate accurate, timely and important information pertaining to Westfield resi-

To suggest that Dr. Dolan was deficient in this area regarding the bond is grossly incorrect as the lengths taken by our Superintendent to provide information to the community were comprehensive. A few examples should suffice to underscore the inaccuracy of Mr. Dreher's claim. First, a complete description of the details of the bond has been, and still is, on the front page of the district website, westfieldnjk12.org, Bond Ref (left hand side, top). Likewise, details of the bond proposal have been presented at open public Board of Ed. meetings that are held every other Tuesday at 7:30 p.m. in the Elm St Admin Bldg, (a schedule of BOE meetings is on the same website,

under BOE and again under Synopsis). Similarly, the bond proposal has been presented at open public Parent Teacher Committee meetings, held the third Thursday of every month at 9:15 a.m. in the same building. It was summarized in the BOE synopsis - which currently has more than 1,000 subscribers - and the PTC meeting minutes, both of which can be received via email by anyone (sign up on

Each BOE meeting was aired 7 times per week on Westfield Blue Devil TV channel 36 and are still posted as videos in their entirety through a link on the website homepage. In addition, the Westfield YMCA and Westfield Public library received flyers to apprise the town of the bond information. Finally, the very paper in which Mr. Dreher chose to question Dr. Dolan's communication protocol ran lengthy, accurate and complete information about the bond in letters from Mr. Bolton, Mr. Cullen, and Dr. Dolan using information extracted directly from public information available on the website as well as front page coverage by Leader reporters.

I surmise that the erroneous contention that Dr. Dolan's communication efforts were incomplete was due solely in disagreement with the bond passing – since the facts are overwhelmingly favorable to Dr. Dolan upholding her responsibility to the Westfield citizenry.

Secondly, it is both inflammatory and ignorant to suggest that the Board of Education and Dr. Dolan "lied" and "threatened" the citizens of Westfield. The members of the BOE apprise constituents of Westfield on educational matters and proposals intended to improve the quality of life in our community. In this case only the facts were delivered by the Dr. Dolan and the BOE, correctly asserting that there were 2 choices to fund the roof replacement: via bond which would increase taxes in year 1 or by reducing the operating budget which would cost teacher jobs. By highlighting these options, Dr. Dolan was not threatening Westfielders as Mr. Ryan suggests - she was simply reminding citizens of facts that they could draw upon when making the tough decision to vote yes or no on the bond.

Regarding the email letter from Dr. Dolan that went exclusively to parents, it is certainly understandable Dr. Dolan wasn't able to provide this document to all Westfield residents via email - to do so she would need emails for the entire town which to any reasonable person, is impossible. Mr. Ryan, if you wish to stay informed accurately, please see any of the modes of communication listed above, where intelligent, active members of the community get their information and seek to make positive contributions to the town

As a contributing member to The Westfield Leader photography, it would make sense for you to carefully read the paper for which you are providing photography. Regarding the solar panels, see any of the past BOE synopses which are all listed on the website to educate yourself on the entire progression of solar panel discussions. And regarding your comment that the newspaper was not invited up to see the deteriorating roofs, the last time I checked, reporters from the Leader are active investigators and don't sit around waiting for invitations to do their reporting. In addition, on the bond website and in BOE meetings, actual photos of roof conditions – including standing water – was made public through Powerpoint presentations, which are still available on the website.

Finally, please remember once again, Mr. Ryan, that our BOE are elected officials. We voted for them and it is slanderous for disgruntled citizens to suggest they be replaced amid frivolous claims questioning their integrity.

John and Ellen Devin Westfield





- -* Merry Christmas and New Year Wishes
- -* Peace, Happiness and Prosperity: Wishing you all the best for the holidays and the coming year. Faten Mahran Coldwell Banker Westfield
- -* One of the Real Joys of the Holiday Season is the opportunity to say "Thank You" and to send wishes for Peace, Health and Happiness Throughout the New Year. All the Best,
- -* Merry Christmas and Happy New Year from Ron Bansky & Associates Allstate Agency! Happy Holidays from our "Good Hands" to yours. Your friends at Allstate wish you the best this holiday season and look forward to serving you in 2013
- -* Tom Kranz Communications wishes everyone a happy holiday season. I appreciate your business in 2012
- -* Merry Christmas and Happy New Year from our house to yours! Wesley Hall School for Early Childhood First United Methodist Church 1 East Broad St. Westfield NJ
- -* Christmas comes but once a year. It's a special time filled with cheer. We hope your Christmas is filled with peace and happiness is never out of reach. Artisan Homecare staff
- -* Santa says to bake some yummy cookies for him in your oven from Top Line! Merry Christmas and Happy Holidays from all of us at Top Line Appliance Center!
- -* We wish you a very Happy Holiday Season... and a prosperous, joyous, and Happy New Year. We enjoy helping you tell your brand story, promote your business, and ultimately insure your success. That's what we do best. We thank you for your kind support. Best Wishes. Jeff Stein & IncentivesUSA facebook.com/ IncentivesUSA
- -* From all of us at COD AL-MIGHTY CHIPPERY, we would like to wish our great patrons and Merry Christmas and a happy and healthy New Year!
- -* Wishing all of our clients and volunteers a Happy Holiday Season and Happy New Year! Mobile Meals of Westfield
- -* Merry Christmas and Happy New Year to all of our clients and friends..... Fred Chemidlin, Peter Chemidlin, Joseph Chemidlin, Darraugh Valli, Matthew Chemidlin, Edna Trujillo, Emmy Salerno, Diana Cilluffo and Steve Goldberg, Family Investors Co.
- -* May this Christmas end the present year on a cheerful note and make way for a fresh and bright new year. Wishing you a Merry Christmas and a Happy, Prosperous, and Healthy New Year! From Yolanda Escobar-Flores, Coldwell Banker West
- -* We wish everyone and their families a very happy and healthy holiday season from Congregation Beth Israel
- -* I am so very thankful for the blessings that have been given to me. May the spirit of this Christmas stay with you all year long. I wish a happy, healthy, prosperous and joyous year ahead to all. Wishing all a very Merry Christmas, and a very Happy New Year! Eileen Passananti
- -* On behalf of The Arc of Union County Board of Directors, staff, families, individuals served and volunteers, we THANK YOU for your community support throughout the year. Have a wonderful Holiday Season and a very Happy New Year
- -* Holiday Greetings from the Westfield Symphony Orchestra 2012-2013. Our Pearl Anniversary Season, celebrating 30 years of magnificent
- -* Merry Christmas and a Healthy New Year from all of us at Johns Prime Meat Market, 389 Park Ave. Scotch Plains.Stay Safe and get ready to have Great 2013!
- -* Best Wishes from The Espeland Group for a Joyous and Safe Holiday Season
- -* Christmas in Westfield fills us with joy; We want to shout it out loud to each girl and boy. For Westfield's people always make us so proud; So Merry Christmas to all — Say it out loud! Teri Malone Ter@Westfield-Area-Homes.com
- -* We are so blessed with our families, nothing else matters. Enjoy whatever holiday you celebrate and be grateful. Camie
- -* Jim and his Staff at Galaxy Building Contractors would like to wish all of our customers and Leader readers a wonderfull holiday and a Safe Prosperous New Year. CHEERS
- -* Northfield Bank wishes you a happy and healthy holiday season. Northfield Bank Westfield Office 828 South Avenue West
- -* To all our Clients, Friends and Neighbors, Merry Christmas and Happy, Safe Holidays from all of us at Frank Smith Law, the Law Office of Francis M. Smith, Esq., your local personal injury law specialist-Frank, Betty, Joyce, Dick, Craig & Jean
- * To all of my Real Estate customers and to those who I hope will one day be my customers, Best Wishes for your holidays, good health and prosperity in the new year. Frank

Happy New Year From Your Friends, Our Advertisers

Dandrea-ReMax

- -* The proprietors and staff of Chez Catherine wish all our friends " Bonne et Heureuse Année! "The restaurant is usually closed on Sunday and Monday but will be open thoughout December 18th to December 31st, 2012 except Christmas Day. We look forward to welcoming you to our restaurant in the New Year. If you would like to join us on New Year's Eve, please call 908-654-4011 or go to www.chezcatherine.com
- -* Merry Christmas, Happy Holiday and a Happy Year! May the new year bring better fortune, joy and more happiness than 2012. Peter Louie,DMD plouiedmd@comcast.net
- -* Good wishes for health and happiness throughout the coming year. Martha Schilling marthaschilling@weichert.com
- -* To all our clients and friends -During the Holiday Season more than ever, our thoughts turn gratefully to those who have made our progress possible. And in this spirit we say, simply but sincerely "Thank You and Best Wishes for the Holiday Season and a Happy New Year." Joanne

Womelsdorf and all the elves at Supe-

- rior Interiors -* - To My Friends & Clients, May All your Holiday wishes Bring you health and happiness! Happy Holidays Maria De Santis A Face Forever Permanent Cosmetic Specialist
- -* Best wishes to all for a season of good cheer and a New Year filled with promise, from the Mountainside
- Public Library

 -* Here's Wishing Everyone a Merry Christmas, Happy Hanukkah and a Very Happy and Healthy New Year!! Shari skopla@weichert.com
- * Wishing you all a very Merry Christmas and Happy New Year from Hobbie & Hobbie and its Staff
- -* From the presenters of Fine Art & Crafts at Westfield Armory, we wish you the best of holidays and a bright, healthy, happy New Year! See you April 13-14. Janet and Howard Rose
- -* Weichert Realtors of Westfield would like to wish all our neighbors in The Westfield Area happy holidays and a prosperous, safe and healthy new year. We look forward to 2013 being a year to fulfill all our wishes, goals and dreams.
- -* Wishing you all the timeless treasures of Christmas. The warmth of home, the love of family and the company of good friends. From Adlers Jewelers
- -* Wishing you all a Happy Healthy New Year!! Join our weight loss challenge and be our 2013 biggest loser! Enjoy a free protein shake and green herbal tea with a body analysis and make a New Years goal to change the direction of your Health from all your health coaches @ Club West in Fanwood!
- -* Wishing all of our two and four legged customers and friends a joyful Holiday Season and a safe and happy New Years! We look forward to seeing everyone in 2013! K-9 Resorts Daycare & Luxury Hotel
- -* I want to wish everyone a happy and healthy holiday season. The holidays can be exhausting, so give yourself a gift that keeps on giving...A Great Mattress for a Great Night's Sleep! Sleep Well...Live Well. Ron Shovlin- The Mattress Factory
- -* Happy Holidays from Union County Educational Services Commission, Cardinal Drive, Westfield
- -* Freeholder Chairman Al Mirabella and Family wish all Union County Residents a wonderful Holiday Season and Happy New Year. Thank you for your continued sup-
- -* Thanks for reading the Leader! Happy Holidays to all! From Catherine
- -* Wishing all of you a Happy Hanukkah, Merry Christmas and a joyous New Year! The Barr Family JH, Lauren, Ainsley, Leah & Eliza-
- -* Warmest thoughts to Westfield and best wishes for a wonderful holiday and a very happy new year! From Councilman Keith Loughlin
- -* Wishing everyone a Blessed Holiday Season and a Happy Healthy New Year. From everyone at Anthony James Construction From Anthony
- -* Wishing you and your family the Merriest and the Happiest this holiday season and a healthy and joyous New Year! Kim Haley - Coldwell Banker
- -* May the season find you bountiful in hope, well aquainted with good fortune, and releived of the pedestrian cares of everyday life. May deep peace and good health be with you and those you love, now and in the new year. From Timothy Boyle, 16 Prospect Wine Bar & Bistro.
- -*- Happy Holidays from Westfield Kitchen & Bath Co. Thank you for helping us to help you on your projects as your premier local Kitchen Design Studio. Have a Happy and Healthy New Year!
- -* Best wishes for a Merry Christmas and Happy and peaceful New Year to all! From Dell Simeone
- -* Season's Greetings to all Fanwoodians! Thank you for your patience and good will in the aftermath of Hurricane Sandy; you make me very proud to be your mayor. May 2013 bring peace and prosperity to our community and our nation. From



Below are four arcane words, each with four definitions - only one is correct. The others are made up. Are you sharp enough to discern this deception of

If you can guess one correctly - good guess. If you get two - well-read individual. If you get three - word expert. If you get all four – You must have a lot of

All words and correct definitions come from the board game Diction Deception.

Answers to last week's arcane words. . Scray – The sea swallow

- 2. Wachna The little Alaskan cod
- 3. Psellism Any speech defect, as stammering
- 4. Javel A vagabond or lowly person

- 1. Producing smoke or soot
- 2. Causing to sneeze 3. Of an alien or foreign nature
- 4. Pertaining to the final end or pur-

DAWPATE 1. Putrid; foul-smelling

- 2. In a relaxed state; resting 3. Formed like a fan 4. A simpleton; a fool
- TELLURAL 1. Pertaining to the earth
- 2. Having wits; sense; understanding
- 3. Round or oval in form
- 4. Prophetic; oracular; mysterious
- **GOBBET**
- 1. A naked cell or mass of protoplasm
- 2. A chunk of raw flesh
- 3. A water wheel with buckets 4. A tobacco or money pouch
- my family to yours, best wishes!
- Mayor Colleen Mahr -* - We would like to say, "thank you", to all of our wonderful customers for choosing the New Evalyn Dunn Gallery for your art and framing needs in 2012. Our Best Wishes for a Happy and Healthy 2013! Jaclyn Civins and Amy Walsh, daughters of Evalyn
- -* Believe in the magic of Christmas. Believe in the magic of Friendship. Believe in the magic of love and the power of positive thoughts. Believe that anything is possible and watch the possibilities unfold like magic. Happy Holidays to all! Thank you for all of your business and referrals. Stephanie Smith Coldwell
- Banker, Westfield -* - Celebrate the spirit of the season. May you soar into the New Year filled with Health, Happiness and Prosperity. - From all of us at Prominent Properties Sotheby's International Realty, Westfield Office.
- -* Warmest thoughts and best wishes for a wonderful holiday season, and my sincere thanks for your support and friendship. Happy New Year!!From Vivian Cortese-Strano, Weichert Realtors
- -* May your lives be filled with health, gratefulness, peace, creativity and the ability to just say "YES". Happy Holidays from the Contagious Drama Workshop
- -* From all of us at Jay's Cycle Center, have a happy holiday season and a joyous new year! Pedal on Dancer, Prancer, and Vixen! Pedal on Comet! Cupid! Donder and Blitzen!
- -* To all friend and family. I wish you all a Merry Christmas and Joyous New Year. From Greg Ryan -* - Happy Holidays from the new
- & improved Kearney family from East Westfield, NJ! From Vinnie Kearney -* - I wish everyone to be filled with positive thoughts during the Christmas Holiday and that we all survive the Mayan Calendar (December 21) and land softly after facing the
- fiscal cliff. Merry Christmas and Happy New Year! David Corbin -* - Season's Greetings and Christmas blessings to all. May the New Year be filled with good health, prosperity, and peace. Marylou Morano,
- A&E Staff Writer -* - May Peace, Love and Prosperity follow you throughout the year. Best Wishes for a Merry Christmas and a Happy New Year!! Patty
- O'Connor, Weichert Realtors -* - Merry Christmas and Happy New Year from all of us at The Westfield School of Dance! Wishing you peace and happiness.
- -* We wish our patients, their loved ones and our community a peaceful holiday season. May 2013 bring you good health, happiness and prosperity. It is a privilege to have the opportunity to serve you and keep you smiling! ~ Dr. Merriman and the A
- Team at 229 Charles Street, Westfield -* - One of the Real Joys of the Holiday Season is the opportunity to say "Thank You" and to send wishes for Peace, Health and Happiness Throughout the New Year. ~ The
- Westfield Foundation -* - Merry Christmas and Happy
- New Year, From John de Sa. -* - Best Wishes for Happy and Healthy Holidays from the Education Fund of Westfield. Thank you for your continued support!
- -* To our customers, It has been a pleasure and a privilage to serve you throughout the year. We thank you for your patronage and look forward to serve you in the coming years. Merry Christmas, Happy new year from all of us at Burger Palace; From Mohamed
- burgerpalace@verizon.net -* - One of the real joys of the holiday season is the opportunity to say "Thank You" and to send wishes for Peace, Prosperity, Health and Happiness Throughout the New Year. All our best from the staff of the Mark F. Swingle Group from Ingrid McKinley ingridmcki@aol.com