



**WHS SEMIFINALISTS...**Westfield High School (WHS) seniors, pictured left to right, Madeline Reynders, Zachary Youssef, Edward King and Austin Chen are semifinalists in the 2019 National Merit Scholarship Competition. They stand with WHS principal Derrick Nelson, Ed.D.

## Four WHS Seniors Named National Merit Semifinalists

WESTFIELD -- Westfield High School seniors Austin Chen, Madeline Reynders, Edward King and Zachary Youssef have been named semifinalists in the 2019 National Merit Scholarship Competition.

The nationwide pool of approximately 16,000 semifinalists represents less than one percent of U.S. high

school seniors, according to the National Merit Scholarship Corporation. They include the highest scoring entrants in each state and are eligible to apply for National Merit scholarships.

The program honors students who show exceptional academic ability and potential for success in rigorous college studies.

## Westfielders Earn Degree, Dean's List at U. of Rochester

WESTFIELD -- Hannah Goldring, a junior majoring in biomedical engineering at the University of Rochester, has been named to the Dean's List for academic achievement for the spring 2018 semester.

Ms. Goldring, a resident of Westfield, is the child of Laurie Woog and Jay Goldring, and a graduate of Westfield High School.

Ms. Goldring currently serves as a Teaching Assistant for the Fundamentals of Biomechanics and is a Research Assistant in the Buckley Lab researching the mechanical properties of tendons. This past summer she was an intern at the Alexander Grass Center for Bioengineering at the Hebrew University of Jerusalem.

Lauren Nogan, a resident of Westfield, graduated from the University of Rochester on Sunday, May 20, at the 168th commencement with a bachelor of arts degree in health, behavior and society cum laude and a bachelor of science degree in molecular genetics cum laude.

Ms. Nogan is the child of Joseph Nogan and Joanna Nogan, and a graduate of Westfield High School in Westfield.

The University of Rochester, founded in 1850, is a private research university located in Rochester, N.Y. The University offers a unique undergraduate curriculum, with no required courses, that emphasizes a broad liberal education through majors, minors, and course "clusters"—a Rochester innovation—in the three main areas of knowledge: humanities, social sciences, and physical sciences/engineering

### Zivny of WF graduates From Wentworth

WESTFIELD -- Alexej Zivny, of Westfield, has graduated from Wentworth Institute of Technology in Boston, Mass.

The university held its summer commencement on August 19, 2018.

## Municipal Alliance Minute

### A minute of parent information to help stop teen alcohol abuse

High school athletics build confidence and character through great programs focused on physical activity and sport. However, alcohol use among teen athletes present significant dangers both on and off the field, court or rink. Providing alcohol to teen athletes or being careless with alcohol when teen athletes are present is not only illegal, but particularly irresponsible in the wake of the latest research.

The American Athletic Institute has conducted studies of alcohol use and athlete performance on adults. The findings not only apply to children, but could have increased negative effects given their developing muscles, brains and lower body weights.

Every time you get drunk, you lose approximately 14 days of training effect. One night of drinking and two weeks of training effect is erased. This impacts performance potential up to 11 percent in adults and potentially more in children. Additionally, the AAI studies show the latent effect of alcohol can stay with a child up to three days and rob important deep sleep impacting a child for more than seven days. A Friday or Saturday night party not only impacts practices all week, but games the next weekend as well.

That performance reduction impacts the child athlete in all bodily systems key to athletic performance and safety. Alcohol is a central nervous system depressant, but it's also considered by true athletes as a metabolic poison because of its negative impact to so many important athletic functions. According to the AAI studies:

**Muscles:** Lactic acid levels increase much earlier causing primary muscles you rely on to weaken, slow or even shut down sooner.

**Lungs:** Breathing rate will increase causing the child to hyperventilate or lose control of their breathing. The

lungs will try to get oxygen to working muscles, but they cannot.

**Heart:** A child's heart rate will be higher and over time their cardiac output will decrease, slowing reaction time and coordination. This dramatically increases the risks of concussions and injury.

**Recovery:** Normal recovery (in adults) from maximal stress is 24 hours. With alcohol use, that can extend to 48 to 96 hours, potentially even longer in children. This further impacts eye-hand coordination, reaction time and coordination.

**Dehydration:** Alcohol is a diuretic, increasing the risk of dehydration causing dizziness and disorientation.

The dangers of alcohol in teen athletes increase dramatically if they are also using marijuana or prescription psychotropics such as Adderall, Ritalin or Vyvanse.

The reduction in performance, increase risk of injury and potential impact to the team create a strong case for not condoning alcohol among teen athletes and standing up to parents who serve them.

Join the Cranford and Westfield Municipal Alliance in their efforts to create "One Town with One Message – 21 means 21". Especially among our teen athletes.

The Cranford and Westfield Municipal Alliances were established through the Governor's Council on Alcohol and Drug Abuse (GCADA) and charged with executing three core functions: policy and planning; public education; and, the administration of prevention programs. The Cranford and Westfield Alliances fall under LACADA, Union County's local advisory committee on alcoholism and drug abuse. For more information or to join, email: CranfordMunicipalAlliance@gmail.com or WestfieldAlliance@gmail.com.

## Organizing Expert to Share De-Cluttering Tips

FANWOOD -- Organizing expert Jamie Novak is coming to the Fanwood Library on Thursday, October 4, at 7 pm.

This program is designed to help let go of belongings. Ms. Novak is to present a humorous take on how to part with the things that are no longer used, overcome common obstacles to getting organized like keeping clothes that have not worn in a long time, holding onto treasures, and saving items that may be useful one day.

How to Break Up with Your Clutter is presented by Organizing Humorist™ visit [www.fanwoodlibrary.org](http://www.fanwoodlibrary.org) or call (908) 322-6400.



Jamie Novak

Toss That Jamie Novak, Ms. Novak has appeared on QVC, HGTV, Better TV, and writes for Reader's Digest online.

When not on the road Jamie is searching for a cure to her addiction to clipping recipes she never prepares.

Fall Back into an Organized Home is sponsored by the Friends of the Fanwood Memorial Library. The library is located at 5 Forest Road, Fanwood.

For more information and to register for this or any of the library programs, visit [www.fanwoodlibrary.org](http://www.fanwoodlibrary.org) or call (908) 322-6400.

## Local Students Enroll At Clemson University

CLEMSON -- Local students enrolled at Clemson University for the fall 2018 semester. They are:

Emma Didzbalis, of Cranford, whose major is Biological Sciences; Ryan Faraone, of Cranford, whose major is Undeclared; Ryan Shatinsky, of Cranford, whose major is Parks, Recreation and Tourism Management; John Freer, of Mountainside, whose major is Biological Sciences; Tani Horton, of Westfield, whose major is Undeclared; Chris Lambert,

of Westfield, whose major is Pre-Business; Tyler Wright, of Westfield, whose major is General Engineering; Kerri McNeely, of Scotch Plains, whose major is General Engineering; John Michael Murphy, of Scotch Plains, whose major is Sports Communication; Brianna O'Brien of Scotch Plains, whose major is Pre-Business.

Clemson University is a major, land-grant, science-and-engineering-oriented research university.

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**IT GIRLS...**Luna Cortelezzi, a senior at Mount Saint Mary Academy in Watchung and the co-founder of the Academy's Girls Who Code Club, spent four weeks during her summer vacation empowering youth by teaching them valuable computer science skills during a program she initiated and established.

## Mount Saint Mary Academy Senior Inspires Local Youth

WATCHUNG -- Luna Cortelezzi, a senior at Mount Saint Mary Academy in Watchung and the co-founder of the Academy's Girls Who Code Club, spent four weeks during her summer vacation empowering youth by teaching them valuable computer science skills during a program she initiated and established.

The "Aspire IT Girls" program was made possible from a \$3,300 grant Luna received from the National Center for Women & Information Technology (NCWIT) in April. In February, Luna had been selected as a 2018 New Jersey Affiliate Winner of the NCWIT Award for Aspirations in Computing. This distinction recognized her outstanding aptitude and passion for information technology and computing, outstanding leadership, exceptional academic history, and forward-thinking ability.

Luna received another grant in the amount of \$6,000 to teach the same curriculum to approximately 50 to 100 young women in New Brunswick and East Brunswick during the fall.

During the "Aspire IT Girls" program, which took place during August, Luna shared the importance of computing with girls ages 10 to 14 at Kiddie Keep Well Camp in Edison as well as Lord Stirling Community School and Roosevelt School in New Brunswick. A total of 100 girls participated.

Fellow Mount seniors and Girls

Who Code Club members Emrit Nijjar, Therese Maligranda, and Gianna Laura joined Luna at separate times during the program.

"To me, this experience was more than teaching coding, it allowed these girls to encounter something they have never seen before, giving them a new way to enjoy learning," said Therese. "I hope they learned a lot and were influenced from what we taught them. I am so excited to continue the program with Luna throughout the fall!"

Emrit said, "Luna's summer program in computer science truly inspired young, girls of a minority to pursue fields in STEM. It was honestly inspiring to see these girls invest their time in all the activities and projects the program entailed."

The local Girl Scouts helped Luna connect with the camps where she shared a curriculum she developed along with some of the concepts offered by NCWIT.

Luna and her friends organized a trip to the Liberty Science Center, where the youngsters viewed a variety of different engineering and computer science exhibitions.

With a love for teaching, Luna intends to carry her passion for computer science into a design field and she hopes to continue volunteering for NCWIT and endorsing the empowerment of young women in the field of STEM.

## Saint Peters Prep Announces Honors Certificates

AREA -- James DeAngelo, '85, principal of Saint Peter's Preparatory School in Jersey City, announced that students were awarded Honor Certificates for the school year 2017-2018, as well as Gold and Silver medals in various subjects. Students with a GPA of 3.5 or higher, and no individual semester grade lower than a B received certificates. The following local residents were recognized:

Cranford: James Anderson, '19, Patrick Keenaghan, '19, Jacob Quinones, '19, Andrew Schmutter, '20, and John Scheurer, '21 earned Honors Certificates. Andrew Schmutter won the Silver Medal in History.

Fanwood: Liam Christman, '19, Aidan Christman, '20, and Patrick Corrao, '20 earned Honors Certificates.

Scotch Plains: Ethan MacMillan, '20 earned an Honors Certificate.

Westfield: Patrick Johnston, '19, Mark Lovito, '19, John Pettit, '10, Andrew Cherry, '20, Colin Elliott, '20, Salvatore Imbornone, '20, Stephen Jennings, Jr., '20, Christo-

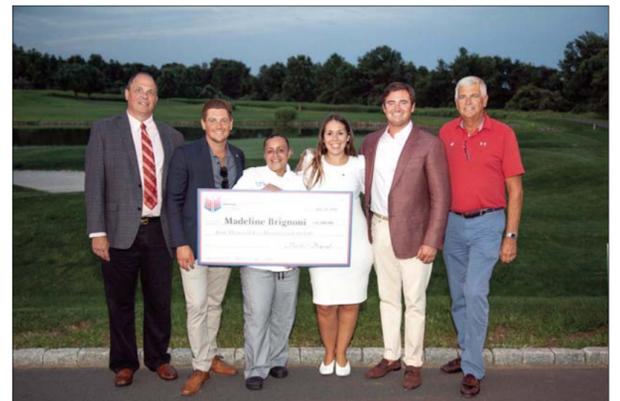
pher Larkin, '20, Brian Mikovits, '20, Peter Munkittrick, '20, Michael O'Neill, '20, Jack Riley, '20, Liam Mooney, '21, and John Thorburn, '21 earned Honors Certificates.

## Lewis of Fanwood Enrolls At Belmont U.

FANWOOD -- Rebecca Lewis, a Fanwood native, enrolled at Belmont University in Nashville, Tennessee this semester as part of the University's largest class yet.

The school kicked off its fall 2018 semester with a record-breaking enrollment number as the University welcomed 8,318 students to campus, nearly triple the enrollment in 2000 and marking a 65 percent increase in the last decade alone. This marks Belmont's 18th consecutive year of record enrollment.

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**MAKING AN IMPACT...**Madeline Brignoni, pictured third from left, receives an Impact Scholarship from The Ammon Foundation for \$4,500 covering her entire tuition at The Culinary School at Eva's Village in Paterson. Pictured, with her are staff of The Ammon Foundation, from left to right: Charles Cardona, Vice Chairman, Andrew Haupt, Secretary, Ms. Brignoni, Mariel Hufnagel, Executive Director, Evan Haupt, Treasurer, and Stephen Haupt, Chairman.

## Westfield Pediatric Dental Group



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