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NETWORK HELPS VETS AND FAMILIES LIVE BETTER LIVES

Submitted by Michael D. Boll, President

Memorial Day weekend is one of the most challenging for the New Jersey Veterans Network and its team of volunteers and mentors. This is a difficult time for many veterans because they reflect on their brothers and sisters that didn't make it home. Every day our nation loses 22 veterans to suicide, and it seems that number isn't coming down. If you are a veteran, or a family member, who is feeling alone, or are in need of assistance, we are here for you. Please reach out to us.

Our team focuses on helping our veterans and first responders have a better way of life through our volunteer mobile outreach mentoring program. We believe by aggressively seeking out veterans in need and contacting them before they are in crisis, we can really have some positive results. Contacting a person in need first is a great way to build trust and make it easier to begin a friendship. People will do better when they have human contact in their lives, too many programs are automated and lack the empathy and compassion needed to help someone in crisis.

We are not afraid to tell our veterans and first responders that they are loved and we strive to give them purpose. The team immediately empowers and gives its members a new family unit to be part of again. Nearly everyone that joins the team wants to help others and make a difference in someone else's life. Helping others definitely is a medicine that will make you become a better person, and you'll feel really good about it.

New Jersey Veterans Network is constantly keeping active thru our Operation Rebound Racing Team which hosts numerous hikes, runs, bike rides and all other types of physically challenging events. However, we also focus on non athletic events like hosting a BBQ, comedy show, tailgate, camping trip, and several other fun outings throughout the year. But it doesn't stop there, the team works well with other charities and hosts numerous food drives and clothing events which normally take place at our veteran hospitals and shelters. If you would like to help, there is something for you to contribute.

Most recently, in April, our outreach director Frank "Doc" Schupp spearheaded our "Helping Heroes" program, and "Hero Day". These two programs were responsible for providing over 3,000 veterans and National Guardsmen throughout the state with food, PPE, and personal items.

In the last few years New Jersey Veterans Network has grown and has been able to save lives, provide cars, employment, housing, clothing, food, toiletries, and so much



(above) Operation Rebound Racing Team family hiking and camping trip at Watchung Reservation.

more to heroes.

In the next few weeks, we will be launching a statewide anti-suicide and PTSD awareness campaign. We have joined forces with the NJ VFW, NJ American Legion, NJSPBA, NJ FMBA, NJ FOP, NJ Veterans Affairs, State Legislators, and numerous other groups and organizations.

HOW YOU CAN HELP

Financial donations are great but we mostly rely on volunteers and donated resources. Our charity allows donors the opportunity to choose where their funds go and the volunteers get to play an active role in changing someone's life.

If you are interested in joining the team as a volunteer, or are a veteran in need of assistance or comradeship, please contact us at NJVN1775@gmail.com or call 973-332-1556. Visit online at NJVN.org.

ABOUT NEW JERSEY VETERANS NETWORK

We are a group of veterans and volunteers dedicated to helping our veterans and their families live better lives. Our team is raising awareness of our veterans needs by organizing public speaking engagements, meeting with business and political leaders across the state and sponsoring fundraising events. Our mission is to identify veterans and connect them with resources and programs designed to meet their unique set of needs. To ensure that EVERY single one of our veterans, who have sacrificed so much for this great country, receives the resources that they require and deserve. If you are interested in joining our team, would like us to speak at your event, or contribute to our mission, call 973-332-1556 or email mdbollio@optonline.net. To learn more visit njvn.org.

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WALK OR RUN TO SUPPORT SERVICES FOR PEOPLE WITH SPECIAL NEEDS JUNE 21-26

Hop on a treadmill, go to a local park, or walk or run in your neighborhood to support services for people with disabilities and youth at risk in New Jersey!

The Community Access Unlimited virtual Ira Geller Walkathon runs the week of June 21-June 26. On June 26, individuals living near Warinanco Park in Roselle are invited to walk or run in the park. Registration details are available at caunj.org and on our event flyer.

Walker or runner tickets are \$30 and include a Walkathon t-shirt & race bib.

All event proceeds will support CAU programs serving more than 3,000 individuals and families in New Jersey, including housing, academics, employment training, day program and support

services for people with disabilities and youth at risk. These programs serve the agency's mission to create an all-inclusive, accessible world where everyone can lead a fulfilling life as part of the greater community.

CAU's annual Walkathon is named in memory of Ira Geller, a CAU member known for his advocacy for people with special needs who worked tirelessly to raise funds for the agency.

Walkers and runners are encouraged to invite friends, family and coworkers to join them virtually in the Walkathon June 21-26. Run or walk a route of your choosing and share your success on social media using #CAUWalk2021. When you're done, make sure to submit your photos to sthana@caunj.org for a chance to win a prize! Prizes will be awarded for: most dollars raised, best team photo and most creative challenge.

To learn more about CAU, visit www.cauj.org or follow the agency on Facebook, Twitter and Instagram. Learn more about supporting the agency and become a monthly donor at www.cauj.org/support-us.

ABOUT COMMUNITY ACCESS UNLIMITED

Community Access Unlimited (CAU), celebrating more than 40 years in 2021, supports people with special needs in achieving real lives in the community. CAU provides support and gives voice to adults and youth who traditionally have little support and no voice in society. CAU helps people with housing, life skills, employment, money management, socialization and civic activities. CAU also supports opportunities for advocacy through training in assertiveness, decision-making and civil rights. CAU currently serves more than 3,000 individuals and families, with the number served growing each year.

For more information about CAU and its services, contact us by phone at 908.354.3040, online at www.cauj.org or by mail at 80 West Grand Street, Elizabeth, NJ 07202.



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(above) Walkathon 2020 at Warinanco Park.

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(above) WHS 11th Grader Ashley Talwar has been selected as a New Jersey Governor's School Scholar for the 38th New Jersey Governor's School in the Sciences.

11TH GRADER SELECTED AS NEW JERSEY GOVERNOR'S SCHOOL SCHOLAR

Westfield Public Schools

Westfield High School 11th grader Ashley Talwar has been accepted into the prestigious New Jersey Governor's School in the Sciences to be held July 11-31, 2021.

"As a Governor's School Scholar, you will be one of a group of outstanding high school juniors from all parts of the state who have been chosen to participate in the program," the program directors wrote in an email to Talwar.

In its 38th year, the New Jersey Governor's School in the Sciences is a 3-week program for rising high school seniors where students are immersed in intense college-level research at Drew University. Normally a residential program held on the Drew campus, the organizers announced that "the engaging and challenging curriculum, including genuine research experiences, expected for this distinguished program" will be in a virtual format this summer.

"I feel honored to be selected as a New Jersey Governor's School of Sciences scholar this summer as this remarkable experience will propel my scientific interests to greater heights

and serve as a major stepping stone towards my career in the biomedical field," says Talwar. "Collaborating on a team research project, gaining a diverse family of friends and professors, and learning about neuroscience and biochemistry at the college level is a dream come true."

K-12 Supervisor of Science Thomas Paterson notes that the Governor's School is "where New Jersey's brightest teen students have the opportunity to broaden their understanding of science through coursework, laboratory investigations, and interaction with professional scientists."

"Acceptance to the New Jersey Governor's School in the Sciences is a tremendous achievement and opportunity for Ashley," adds Paterson. "The Science Department at Westfield High School is proud of Ashley and all of the hard work she has put into her education, allowing her to be part of this elite group."

Paterson also commends the teachers of Westfield "who have supported and helped guide Ashley in her studies."

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(above) Mary Claire Givelber,
Executive Director, Caring Contact

CARING CONTACT ANNOUNCES NEW DIRECTOR

Caring Contact, the Westfield-based crisis hotline and listening community, has named Mary Claire Givelber as Executive Director, taking over from Janet Sarkos. Ms. Givelber had been Caring Contact's Director of Community Engagement since 2017 and a trained listener on the crisis line for the past 3 years. Her previous professional experience includes work as a project manager for a real estate developer and with a managed care consulting firm in New York City. Mary Claire currently serves as a trustee of Imagine, a tutor at the Westfield Neighborhood Council, and a prep cook with Valerie's Soup Kitchen in Plainfield.

"The Board of Caring Contact is delighted to have Mary Claire accept the role of Executive Director," said Robert Evans, the board president. "We believe Mary Claire brings a wonderful passion for the mission of Caring Contact as well as an insightful background of experience for the continued development of the business side of this endeavor. The Board looks

forward to supporting Mary Claire as the organization addresses the constantly changing landscape for delivering our services."

"Covid created many challenges for Caring Contact this past year," said Ms. Givelber. "As the numbers of individuals in need of emotional support grew, we pivoted from the way we had traditionally taken calls in our call center to enabling remote listening – using new technology to allow our volunteers to take calls from home. In addition to keeping our listeners safe, this enabled us to take over 15,000 calls in 2020, more than ever. I look forward to improving this program as our organization prepares for the change from the 10-digit Lifeline number to a 3-digit number similar to 911 in July 2022."

For more information on volunteer opportunities and trainings call 908.301.1899 or visit www.caringcontact.org. If you, or someone you know is in crisis, please call 800-273-8255. You Are Not Alone.

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WESTFIELD HIGH SCHOOL SENIORS SIGN LETTERS OF INTENT

Ten Westfield High School student-athletes signed Letters of Intent with colleges and universities, signifying recognition of the seniors' accomplishments both academically and athletically.

The following student-athletes will continue to compete at the college level: Emma Ciullo, Rutgers University, Cheer; Allison Fernandez, Kutztown University, Cheer; William Heflin, The University of Chicago, Football; Michaela Hobson, Roger Williams University, Softball; Sean Maher, Montclair State University, Football; Andrew Miller, Ithaca College, Football; Jessica Moore, Rutgers University, Cheer; Jordan Ortiz, University of Pennsylvania, Football; Daniel Shakal, Franklin & Marshall College, Football; and Jack Spellman, Stevens Institute of Technology, Basketball.

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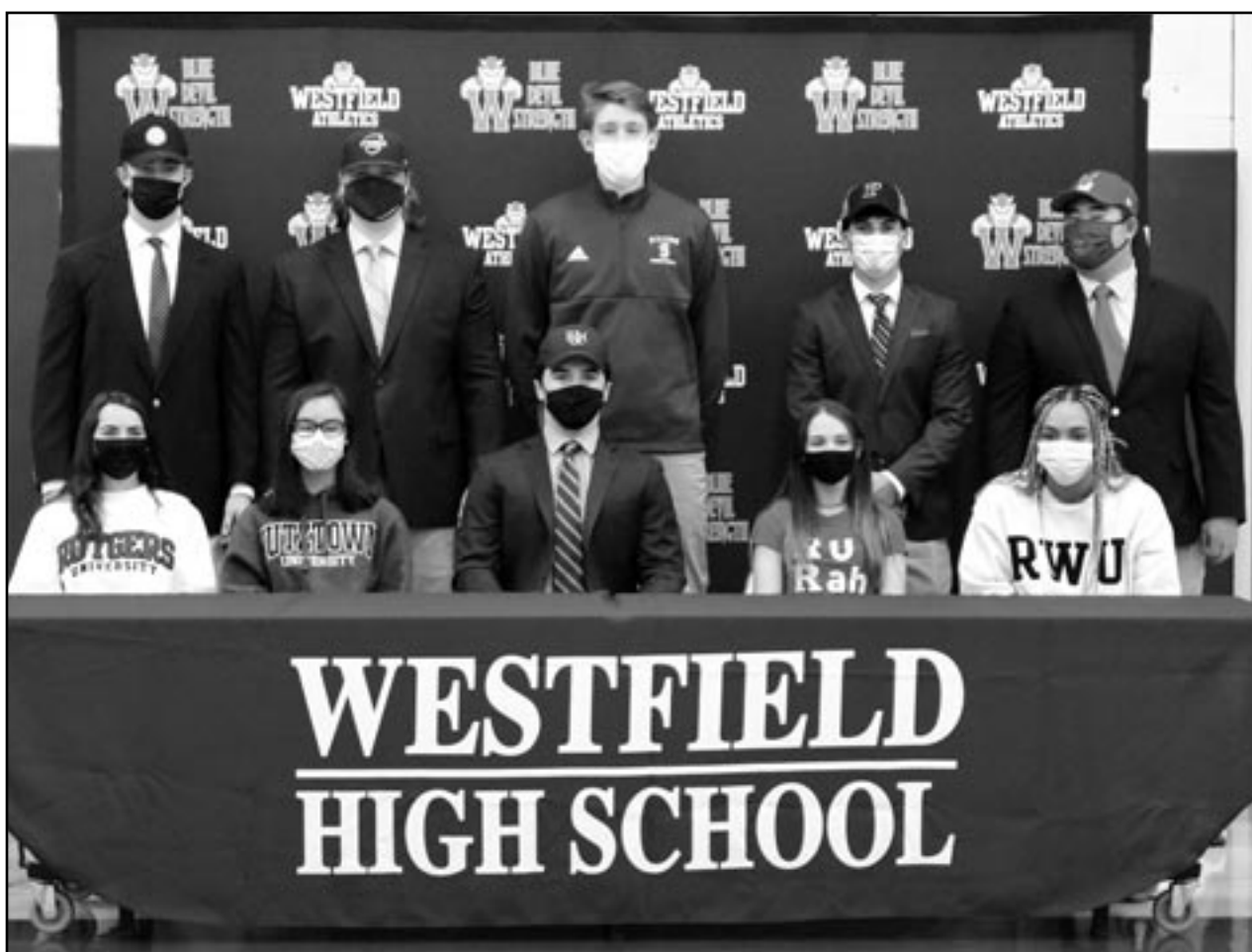
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(above, l-r) Ten WHS seniors sign Letters of Intent to compete at the college level. Picture are (front row) Emma Ciullo, Allison Fernandez, Daniel Shakal, Jessica Moore, Michaela Hobson; (back row) William Heflin, Andrew Miller, Jack Spellman, Jordan Ortiz, Sean Maher.

Photo by Westfield Public Schools

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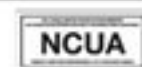
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FIRST GRADERS EXPLORE LIFE CYCLE OF PLANTS



(above) Wilson 1st grade teacher Alison Schreier looks on as her student, T.J. Caprario prepares to transplant a wax bean seedling he grew in the classroom as part of a Life Sciences unit.

As the nation celebrated Earth Day on April 22, first graders in the Westfield Public Schools are studying seeds and plants as part of a Life Sciences unit that has youngsters planting seeds and observing the germination process in the classroom before transplanting the healthy seedlings – some in school gardens.

First graders in Alison Schreier’s class at Wilson School recently enjoyed transplanting wax bean, cucumber, and watermelon seedlings into newly built plant beds occupying a sunny spot in the school’s new learning garden. As part of the unit, the students observe the plant’s growth and change over time while noting the similarities and differences between the seedlings. As part of active investigations, they learn that plant roots take in water and nutrients, that leaves make food from sunlight, and that seeds are alive and grow into new plants.

Photos by Westfield Public Schools

(above) Wilson 1st grader Hollis Rekemeier prepares to transplant a cucumber seedling into the school garden as part of a Life Sciences unit.

A 3RD GRADE ANNUAL TRADITION WITH A NEW TWIST

Westfield Public Schools

A decade-old annual tradition at Washington School got a new twist. Each year, as part of a non-fiction unit, Washington third graders research and write a biography about a famous woman.

The young authors then share their writing and are celebrated at a “Woman’s Tea,” to which they invite one special woman in their lives. “This year, given our circumstances, we decided to have a “virtual Woman’s Tea” to keep the tradition going for the students,” says Washington third grade teacher Lisa Bukowsky who partners with fellow third grade teachers Christine Culver and Karen Geddis to organize the popular event. “It was a great success!”



Photo by Washington Elementary School



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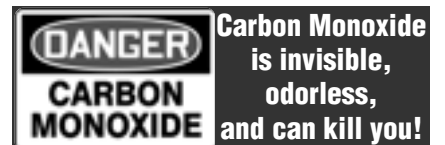
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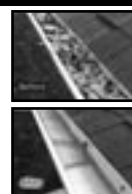
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Struggling students love and excel in class and actually speak the language fluently with no accent, as a result.

Westfield Public Schools

Westfield High School 11th grader Vijay Sreenivasan has been accepted into the prestigious New Jersey Governor's School of Engineering and Technology, to be hosted by the Rutgers University School of Engineering this summer.

"Our sponsors and program staff have set the bar high," the program directors wrote in a letter to Sreenivasan. "You will be spending four weeks engaged in engineering and technology with others who share your interests."

The Governor's School of Engineering and Technology runs from June 27 through July 23. Program organizers say that this summer's



(above) WHS 11th Grader Vijay Sreenivasan has been accepted into the Governor's School of Engineering and Technology.

scholars will take 4 academic online classes and complete a virtual research and/or design project with 4-5 other students, while "meeting equally talented peers and professionals from across the state." The program is funded through generous sponsorships by Rutgers University, the State of New Jersey, corporate donors, Governor's School alumni, and other donors.

"I am excited to attend the Governor's School of Engineering and Technology this summer. It is a great opportunity for me to learn more about engineering and to work with other students who share my interests," says Sreenivasan. "I am also looking forward to working with professors in areas such as robotics and programming. I am extremely grateful to my teachers at Westfield High School for their support in helping me get into this program."

K-12 Supervisor of Science Thomas Paterson agrees that this is a "fantastic opportunity" for Sreenivasan.

"The Westfield Science Department is very proud of Vijay. His acceptance into this prestigious program is a testament to his hard work and passion for learning," says Paterson, who also congratulates Sreenivasan's teachers for their guidance throughout his learning. "At Governor's School, Vijay will continue his learning, engage in research, design projects, and have the opportunity to explore career options at local corporations."

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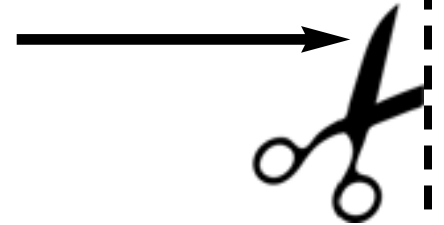
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ATTENTION PARENTS OF KIDS AGES 6-18

31 IDEAS TO HELP KIDS EAT BETTER, RUN FASTER, GET STRONGER AND BECOME THE BEST VERSION OF THEMSELVES

Cut This Page Out and Put on Your Refrigerator



Eat Better

- ☐ Drink AT LEAST 4 Water bottles
- ☐ Have a fruit or veggie with each meal
- ☐ Have nuts instead of chips as a snack
- ☐ Have a source of protein in each meal
- ☐ Take a multivitamin
- ☐ Limit sweets to only one serving

Get stronger

- ☐ Perform 50 bodyweight squats
- ☐ Perform 50 pushups
- ☐ Perform a plank for 60 seconds 3 times
- ☐ Perform 25 vertical jumps
- ☐ Get at least 8 hours of sleep a night

Be Happier

- ☐ Get at least 30 minutes of exercise
- ☐ Do a morning routine that you enjoy
- ☐ Write 5 things that you are grateful for
- ☐ Adopt a Growth Mindset
- ☐ Listen to music whenever you can

Run Faster

- ☐ Do 10 hill sprints
- ☐ Perform 15 Broad Jumps
- ☐ Sprint for 50 yards
- ☐ Perform single leg jumps
- ☐ Perform High Knee Marches

Build Confidence

- ☐ Do something outside of your comfort zone
- ☐ Read a book
- ☐ Practice or spend time on your hobbies
- ☐ Learn a new skill
- ☐ Work towards a new Goal

Be More Active

- ☐ Walk during TV show commercials
- ☐ Schedule exercise time
- ☐ Whenever you see a commercial
for a car company, perform 10 squats
- ☐ Find a buddy, and exercise with them
- ☐ Try a new method of exercise every week
(i.e. biking, running, lifting weights, etc.)

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- They **need to improve their confidence** and you want them to start to get better at recovering from their mistakes.
- They're doing pretty good right now but want to take their performance in their sport to a **higher level.**

Here's what parents can expect to happen:

- **They will get stronger** which means when they show up to their sport they'll be able to perform better than ever.
- **They will run faster and jump higher** so they can show up to their next season and people will start asking what the heck have they been doing.
- They'll become **more coordinated and improve agility** which means they'll pick up new skills their coaches teach them faster.
- **Your children will start to eat better** because we'll be educating them daily on what's good and what they should avoid...don't be surprised if they start asking you to buy more vegetables.
- **Confidence will skyrocket.** When kids get stronger, faster and more fit...their confidence will rise ...so will their self-esteem which means their performance in every aspect of life will get better.
- **Their mindset will improve.** We're going equip your child with very specific mindset skills that'll help them learn how to transform how they think about mistakes and failures.



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The Details

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9-13 (Spaces Remaining: 8)
14+ (Spaces Remaining 13)

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for days/times at each age group

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EARTH DAY INITIATIVES IN THE SCHOOLS

Westfield Public Schools

Whether cleaning neighborhood storm drains, tending to school gardens, or collecting gently used toys and clothing to both aid those in need and reduce landfill loads, a tradition of environmental stewardship remains constant in the Westfield Public Schools community on Earth Day and year-round.

Environmental Science students at Westfield High School (WHS) are participating in several projects, including teaming up with the Westfield Department of Public Works and the Westfield Green Team on the New Jersey “Adopt a Storm Drain” program (nj.adopt-a-drain.org). Westfield “adopt-a-drain” organizers point out that “when it rains, stormwater carries grass clippings, leaves, garbage, pesticides, fertilizers, antifreeze, paint, gasoline, motor oil, and animal waste directly into our local watersheds.”

“There are 2,400 storm drains in Westfield,”



(above) WHS AP Environmental Science student Kimmy Su is among a group of student volunteers who “adopted” several storm drains in their neighborhoods to help protect local watersheds.

Photo by Kimmy Su

The Jefferson School community collected gently used toys and clothing, an initiative that both aids those in need and reduces landfill loads.



(above) WHS AP Environmental Science student Julia Weinstein gives a thumbs up after cleaning a storm drain as part of the “adopt a drain” environmental program.

Photo by Julia Weinstein

adds WHS environmental science teacher Judith McLoughlin, who asked student volunteers to familiarize themselves with the “adopt a drain” program and to follow the tips to safely clean 3 drains near their home using a broom/rake, gloves, a waste bag and other tools. “While most of the students are seniors who will be heading off to college, we hope that raising awareness of this issue may help garner support for this endeavor among other students and residents.”

McLoughlin also assigned her students to interview a person in their 60s or 70s to gain a historical perspective of environmental issues dating back to when Earth Day was first created in April, 1970. The students will ask the same questions of people in the 16-26 age range as part of the project.

The K-12 curriculum includes units on earth systems, animal habitats, weather, pollution control, and other aspects of earth and environmental sciences. Dedicated Green Team and other student clubs raise awareness about the environment, while students and staff participate in recycling initiatives. There are water bottle refilling stations at each of the district’s ten schools with electronic counters that advise how many disposable plastic bottles will not wind up in landfills through use of the re-filling station. And, across the district, students and parent volunteers have begun springtime efforts in school gardens that provide important learning opportunities.

“It is the small actions that can really make a difference,” says McLoughlin.



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Hosted by the Borough of Fanwood, two Vintage & Antiques Crafts Fairs will be held on Sundays June 13 and October 24, 2021 in the Fanwood Train Station (south side). Featuring 50+ exhibitors selling vintage items from days gone by along with hand made items from artisans and craftspeople. This free event is open to the public from 10 a.m. -5 p.m. There will be a selection of food so come hungry and enjoy.

For more general information, or on becoming an exhibitor please, contact JC Promotions at 201.998.6311, events@jcpromotions.info.

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If you're looking for some good homemade Greek food, Holy Trinity Greek Orthodox Church in Westfield is hosting their Annual GreekFest but it's "TO GO". Get some delicious take-out on Friday, June 4th from 4 – 9 p.m., and Saturday June 5th from 11 a.m. – 9 p.m.

Some of their specialties like Pasticcio, Souvlaki, Gyros, and desserts like Baklava and

Galatopuriko will be available to order on-line at NJGREEKFEST.COM.

So, order online at NJGREEKFEST.COM, and pick up your food in the parking lot of the church located at 250 Gallows Hill Road, Westfield, NJ. Who knows? There may be dancing in the isles!!

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Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought Viscosupplementation injections might be the answer, but the results were disappointing and painful. Don't assume the treatment wasn't right. That could very well be like blaming the arrow for its path to the target when the problem might be the archer. If you didn't get the pain relief you were hoping for, chances are your injection treatment was off target. Unlike blind injections or even ultrasound targeted treatments found elsewhere,

Northeast Spine & Wellness Center uses diagnostic fluoroscopy to make sure the area that needs treated is the exact area where the injection goes. This is the most advanced method of delivering this pain relieving treatment with 95% accuracy to give you the results you're looking for. The use of Fluoroscopy guided injections sets Northeast Spine & Wellness Center apart. The end result is you living pain free from your chronic knee pain. You can avoid the lengthy and painful road of knee replacement surgery. You can avoid the endless trial and error assortment of potentially addictive prescription medications. This treatment, using fluoroscopy guided injections has seen a success rate of above 85% in those suffering from knee pain related to osteoarthritis, and that includes people with bone on bone involvement. You've suffered from chronic knee pain long enough. Call Northeast Spine & Wellness Center now for a RISK FREE consultation.



If Knee Surgery Sounds Scary, It Should

Have you have been told you are facing knee replacement surgery? Have you been told about all the downsides you could be facing? First and foremost, there are NO guarantees that knee replacement surgery will be the answer to your pain, but let's look further:

- Surgery is costly, regardless of the percentage of services covered by insurance.
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.
- With surgery, there is always a risk for unwelcome complications. And you could be back to where you started, or worse.
- Medications will be required for relief from surgery and you have been down that road before. Additions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

Consider This Alternative To Surgery

Northeast Spine & Wellness Center offers you a real opportunity and a painless way to say goodbye to your knee pain without any surgery. Here are just a few of the important benefits you should consider?

- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections.
- Guided fluoroscopic injections are virtually pain free, unlike blind injections.
- No lost time from work or family.
- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
- Recovery time is almost instant, not months or years.

How Does This New Treatment Work?

Relief begins almost as fast as it takes to pronounce the treatment. It's called Viscosupplementation Therapy. To begin with, it starts with Northeast Spine & Wellness Center investing in the use of diagnostic fluoroscopy. This enables them to target the exact location of your knee pain with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. That explains what you will see on the surface of this revolutionary treatment. What's taking place below the surface is how and where the natural healing process takes place. The injection of a Hyaluronic acid called Hyalgan. This gel-like substance was approved by the FDA in 1996. Hyalgan is a natural substance that mimics the synovial fluid that is already produced by your body in your joints. Osteoarthritis sufferers in particular see a reduction in this much needed synovial fluid in their knee joints. Without that cushioning layer of protection, the cartilage in your knee can begin to wear away leading to the rubbing of bone on bone. Through Viscosupplementation Therapy, this natural substance immediately goes to work reducing the swelling and inflammation in the joint and adding a coating layer of protection. Think about Dorothy taking the oil can to The Tin Man. You'll begin to feel that same kind of relief and quite possibly feel like you're ready for a dance down the yellow brick road to recovery yourself. And with a success rate of over 85% in alleviating pain associated with osteoarthritis, it's easy to see why this treatment is so readily covered by Medicare and by most major insurance providers. Diagnostic fluoroscopy to target the pain, Viscosupplementation Therapy to relieve the pain. Simple, fast and no surgery!

Do you Suffer from any of these Symptoms?

There are a number of reasons why you developed Osteoarthritis pain. It can develop with age or because of heredity. It could be from repetitive stress from a job or some glory days in athletics. Of course your concern is with the symptoms you face daily and how to make them end, hopefully without surgery or the use of potentially addictive medications. Northeast Spine & Wellness Center understands the symptoms you have been living with and can help. If you have any of the symptoms below, please call us today. Relief is a phone call away.

- **Pain** - Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- **Swelling** - This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult and dangerous just name a few activities affected by swelling.
- **Stiffness** - Getting up out of bed or after sitting for a period of time gets more and more difficult. This loss of mobility can be more than a hindrance. It can be dangerous if you need to move quickly.
- **Loss of muscle strength** - This can lead to balance issues and the strong possibility of falling.
- **Joint deformity** - Not just unsightly, but painful as well.
- **Creaking Joints** - Can be painful and a sign of more discomfort to come.
- **Sleepless nights** - Losing sleep over your suffering is not just irritating, but potentially dangerous because of so many other health concerns that can be affected by loss of sound sleep.

Let Me Show You Targeted Relief From Your Knee Pain

Every day, I see patients suffering from knee pain due to arthritis, osteoarthritis, sports injuries or other conditions. Many have been told that they are in need of knee replacement surgery. Other patients say they have been prescribed various prescription medications to deal with the pain.

Something else I see almost every day, are patients that have tried viscosupplementation knee injections elsewhere and found it to be a painful and ineffective experience because the injections were not administered using fluoroscopic guidance. Instead of using the incredibly accurate diagnostic fluoroscopy we use at Northeast Spine & Wellness Center these patients experienced a blind injection technique, which can be as inaccurate as playing pin the tail on the donkey.

Once I am able to explain to my patients about the pin point accuracy of using diagnostic fluoroscopy and the amazing results viscosupplementation can provide, they are thrilled to get started. They are even more thrilled when they feel the relief. Please contact Northeast Spine & Wellness Center today to schedule your RISK FREE consultation.

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A LAWN SIGN SURPRISE FOR WHS SENIORS

Westfield Public Schools

It took several hours, 8 traffic routes, 45 teachers, and 12 staff members from the Westfield Public Schools and the Westfield Department of Public Works to deliver 387 signs to surprised and delighted Westfield High School 12th graders on May 10.



(above) The White Family

The massive feat of organization and collaboration was the latest in a series of monthly surprises provided by the WHS Parent Teacher Student Organization (PTSO) to celebrate the Class of 2021.

"We started in January and have provided a surprise to every senior monthly," says WHS PTSO board member Rachel Barton whose son, Graham, is among the approximately 456 12th graders graduating in June. The monthly surprises have included custom printed stadium cups and candy, lanyards, and magnets with memorable sayings.

The lawn sign delivery was divided by neighborhoods with teachers, district buildings and grounds staff members, DPW staff, and School Resource Officers Ricardo Johnson and Tiffany Kenny forming vehicle caravans and arriving at each senior's home with horns honking and much fanfare. Those households who did not order a lawn sign received a visit from the assigned caravan and a gift of a bottle

of bubbles.

Parent and advisor to the WHS PTSO Board Monica Bergin thanked the teachers, SROs, the Westfield DPW, and the Westfield Public Schools Buildings and Grounds Department for lending their time, vehicles, and enthusiasm to the lawn sign delivery.



(above) The Lechner Family

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(above) The Bergin Family

Photos by Westfield Public Schools



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YARNIES FIBER CRAFTS GROUP

The Yarnies are back every Thursday, weather permitting, from 2 – 4 p.m., the group will meet in front of the Kenilworth Public Library on the Boulevard. Bring your own chair.

You don't need any crafting experience to enjoy the company of other crafters and creative exploration. Feel free to bring a project to work on, and / or a finished item to show others. If you

enjoy the fiber arts, or want to learn more about them, this group is for you.

Led by the multi-talented crafter, Kenilworth library assistant Kathleen Czarnecki, this award-winning program attracts participants from surrounding towns and newcomers are always welcome.



(above) Library assistant Kathleen Czarnecki demonstrated how to spin yarn with a drop spindle.



(above, l-r) Luann Schneider of Cranford is a regular attendee, Linda Horning of Kenilworth is a regular attendee.



(above) Tina Renna of Cranford brought a finished crochet project to show the group.



(above) The Libraries of Union County Consortium honored "Yarnies" of the Kenilworth Public Library as the 2019 Adult Services Program of the Year.

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WESTFIELD HIGH SCHOOL NAMES AWARD WINNING TEACHERS

Westfield Public Schools

Four teachers have been honored by the Westfield High School community with awards of excellence. WHS principal Mary Asfendis announced the award winners, who were nominated by students, during a virtual faculty meeting on May 12 and morning announcements on May 13.

Special Education teacher Marie Trzepla is the recipient of the Distinguished Teacher of the Year Award, established to annually recognize a teacher who, through both excellence in teaching and a demonstrated commitment to intellectual pursuits beyond the classroom, serves as a model and inspiration to the high school community. Students who nominated Trzepla say she "is always willing to help me out and talk to me when I miss something or don't understand something in class. She is very patient and always willing to meet when anyone needs help."

The Above and Beyond Award recognizes a teacher or counselor who has made a difference in the life of a student either socially, emotionally or academically. This year's recipient is English

teacher Nicole Scimone, lauded as an educator who "provides the perfect, comfortable environment to learn." One fully remote student nominator wrote that Scimone made "the biggest effort to connect to all of her students, learn their interests, and learn about how they work." "Overall, she's always going the extra mile to check up on everyone and make sure they're okay," this student said.

Science teacher Molly Dennis received the Parent-Teacher-Student Organization (PTSO) Teacher of the Year Award which annually recognizes a teacher who is encouraging and motivating, is a good role model, and shows respects for co-workers, students and parents. Dennis is applauded for being "always optimistic and happy during classes, even those that are very early in the morning." One student nominator noted that Dennis hosts review sessions before tests and "once drove to the house of every student [in her AP Biology class] to give them hot chocolate."

For helping students work towards their goals,

school counselor Andrew Buckner was honored with the Robert and Linda Foose Memorial Award, named for a former principal and teacher. "Mr. Buckner has made an amazing contribution to my high school education by helping make my dream of an independent study in herpetology a reality," said a student nominator.

"We are grateful for all of the nominations that recognize our amazing teachers and staff for all they do to promote a positive learning environment. The four teachers were selected for the impact they make in students' lives, both in and outside the classroom," says Asfendis. "I am proud to work with these phenomenal educators who are passionate, dedicated and inspiring to their students. They are all well-deserving of their respective awards."

The awardees will be honored by the Westfield Board of Education at a virtual public meeting on Tuesday, June 1 at 7:00 p.m. Instructions on how to access the virtual board meeting can be found on the district website at westfieldnj12.org under the Board tab.

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(above) Four teachers have been honored by the Westfield High School community with awards of excellence. Left to right are WHS Principal Mary Asfendis, Marie Trzepla, Andrew Buckner, Molly Dennis, and Nicole Scimone.

Photo by Westfield Public Schools

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FLINTLOCKS - EX BOY SCOUT READY FOR ACTION

Submitted by Dr. Michael Hart

The Flintlocks, BSA, Inc. met for their Annual Meeting on Thursday, April 15, 2021. They elected the new slate of officers for the coming year; updated their Bylaws and Mission Statement; reviewed the accomplishments of the previous year; and discussed projects the Council needs to have done to prepare for summer camp and the upcoming year.

The Flintlocks are a group of retired scouts who devote themselves to helping the Patriot's Path Council of the Boy Scouts of America (BSA). They meet every Thursday at Camp Winnebago, all year round. They are organized as a 501c3 non profit corporation. All of the members are registered with the BSA. They provide a variety of skilled services to the Council. They have built cabins, picnic tables, painted the dining hall, built the archery range, built all the structures at the waterfront, financed, built and equipped the STEM Lab at Allamuchy Scout Reservation, repaired damage to camp structures, etc. In addition to building structures and doing repairs and maintenance, they also

volunteer at many Council activities throughout the year. More than half of the Flintlocks have been awarded the Silver Beaver or have received other Council and National Awards. They typically provide approximately 5,000 hours of volunteer skilled labor every year. Last year was interrupted by COVID shutdowns, and the camps were not operational last summer, but now the Flintlocks are all vaccinated and ready to get back to work. The Council plans to open the summer Scout camps again, but there has been a lot of storm damage over the winter which needs to be repaired. The Flintlocks are ready to pitch in.

The Officers and Trustees elected for the coming year are as follows: John Koneski, President; George Van Dyke, Vice President; Michael Hart, Secretary; Russ Jenkins, Treasurer; Ted Marquardt, Chair of the Trustees; Bob Pysher, Trustee; Bob Germinder, Trustee; and Frank Wallace, Trustee.

They can be found online at their Facebook page, "Flintlocks". Guests are always welcome. For more information contact Secretary Dr. Michael Hart at drmhart@yahoo.com.



(above, Back, l-r) Newly elected officers: President John Koneski; Secretary Dr. Michael Hart; Treasurer Russ Jenkins; Vice President George Van Dyke; (front) Trustees Bob Germinder; Bob Pysher; Chair of Trustees Ted Marquardt; missing Trustee Frank Wallace.

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JUNETEENTH DAY IN THE PARK & MUSIC ON THE REEVE LAWN

The Westfield Historical Society and the Friends of Mindowaskin Park invite the community to a celebration of two beautiful outdoor spaces in the historic town of Westfield.

The event begins at the Reeve House property (314 Mountain Ave.) on June 19, 2021 from 1-4 p.m. From there, guided tours of Mindowaskin Park will take place where guests will learn about the evolution of the municipal park concept and the history of Mindowaskin Park.

There will be opportunities for professional family photos at the park's Bandstand and a photo contest for the best shots of the park which participants are encouraged to take during the tour. Submissions will be accepted online, judged by professional photographers and awards will be given to 1st and 2nd place winners.

Before and after their tour, guests will gather at the front lawn of the beautiful and historic Reeve house for a leisurely afternoon of music by the Westfield-based band, Save Mary, covering crowd-pleasing tunes from the last four

decades. Beer, wine, soft drinks and snacks will be available.

During the event, guests will have the opportunity to view the small exhibit inside the Reeve House with artifacts from the Westfield Historical Society's Archives nodding to the Juneteenth anniversary.

Admission is \$25 per person which includes one beverage ticket. Children 12 and under are free. Pre-registration is required in order to meet pandemic social distancing guidelines. Space is limited, so reserve early. The fee should be paid in advance (check payable to Westfield Historical Society) by mailing to Westfield Historical Society, P.O. Box 613, Westfield, NJ 07091; by Venmo to @Westfield-HistoricalSociety; or, online at www.westfieldhistoricalsociety.org/registration.

When reserving, be sure to indicate the number attending (including adults and children), and your phone number and email address.

The Friends of Mindowaskin Park is a non-

profit organization, founded in the early 1990's, to revitalize and preserve the park. The mission of the Friends of Mindowaskin Park is to ensure the long-time enjoyment of the public park by Westfield residents and patrons. Working independently, but in cooperation with the Town of Westfield, the Friends work to ensure that the historical significance of the park is maintained and protected. Through the efforts of the Friends of Mindowaskin Park, the park has been designated a Westfield Historic Site.

Since 1968, the 501(c)(3) non-profit Westfield Historical Society has worked to preserve, interpret, and encourage interest in history, Westfield, and its residents through educational efforts and community outreach programs.

For further information on the Westfield Historical Society and its activities, or to volunteer, call (908)654-1794 or visit westfieldhistoricalsociety.org, like on Facebook and follow in Instagram.

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WESTFIELD ELEMENTARY STUDENTS HEAR FROM HOLOCAUST SURVIVORS

Westfield Public Schools

As part of a Historical Fiction unit, 5th graders in Westfield Public Schools read *Number the Stars* by Lois Lowry, a historical fiction novel that follows a friendship between a Jewish girl and a Christian girl in Copenhagen and their journey to freedom during World War II. Recent virtual presentations on the Holocaust provided students important real life context to these classroom experiences.

Holocaust survivor Peter Fleischmann joined Tamaques Elementary School 5th graders virtually on March 26 to share his story. Fleischmann was 14 years old when his family fled Nazi-occupied Czechoslovakia in 1941.

“Six million Jews were killed in the Holocaust. That is a statistic,” said Fleischmann as he showed the students a picture of his beloved aunts and uncles during his virtual presentation. “These aunts and uncles took care of me every summer. They were close to me. They made sure I was okay. [All but two] were killed in concentration camps. Their only guilt was that they were Jews. They are not statistics. They are persons who were close to me, with personalities, who took care of me. I miss them to this day.”

The journey from Czechoslovakia took Fleischmann, his parents, and older brother to Germany, France, Spain, Portugal, Cuba and finally to New York City. While at the French-Spanish border, a stranger intervened to save the family from having to remain in Nazi-occupied France.

“We survived because a total stranger saw something happening that he did not feel was correct and came to our assistance,” said Fleischmann who explained that his father’s name had appeared on a list of people who fought against the Nationalists during the Spanish Civil War. “This stranger put us up for the night and explained to the police chief that the Paul Fleischmann on the list was not my father.”

This misunderstanding was cleared up and the family was able to continue their journey, said Fleischmann who works with the Holocaust Council of the Jewish Federation of Greater Metrowest New Jersey to share his experience

with students. The Tamaques 5th grade team of teachers Marisa Truselo, Victor Alfonso, Nicole Barbuto, and Lori Swanson worked with the Holocaust Council to arrange the virtual presentation.

“Every day I work with survivors to bring their stories to students like you. I hope and pray they are here to tell their stories for many, many years to come,” said Ilyse Shainbrown, Director of Holocaust Education at the Holocaust Council. “You are probably the last generation to meet with a Holocaust survivor, to meet them face-to-face and hear their story. Think of somebody you will see or speak to in the next 24 hours – your parents, siblings, a friend – and please promise to tell the story of Mr. Peter Fleischmann to that person. If we each tell that story one time, we double the amount of people who hear his story.”

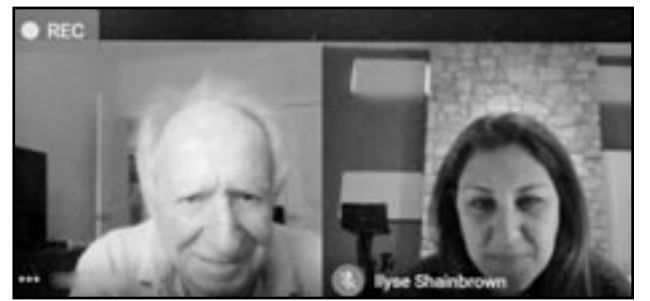
“The lesson I would ask you to learn from my story is not necessarily the details of my story but that, in your lives, you cannot go through life with a blind eye or deaf ears,” Fleischmann added. “Don’t stand by and allow something to happen that shouldn’t be happening. Don’t do something that you shouldn’t be doing. Don’t be a bystander. Be an upstander.”

A stranger also saved Holocaust survivor Sally Frishberg and her family. McKinley 5th graders welcomed her for a virtual presentation on March 18.

“Our 5th graders continued a tradition, albeit in a different way, by listening to and learning from Mrs. Frishberg,” said McKinley principal Dr. Marc Biunno in an email to the school community. “Mrs. Frishberg joined our fifth grade classes remotely and took them through her story while she urged them to be the sorts of people who do the right things on behalf of others.”

Born in Poland in 1934, Frishberg shared her experiences as a young child whose family was forced to flee their home in Poland when the Nazis invaded their village. She and her family were taken in by a Polish farmer and hidden in his attic for two years.

“He was the man who saved us,” Frishberg told the students. “He was an extraordinary man



(above) Holocaust survivor Peter Fleischmann answers questions from Tamaques 5th graders.



(above) McKinley 5th graders learn about Nazi propaganda during a virtual field trip to the Museum of Jewish Heritage on March 10.

Photos by Westfield Public Schools

who never gave up helping us.”

After the war ended, the family eventually immigrated to America. Frishberg, a former high school teacher, was awarded the Yavner Award for Excellence in Holocaust Education in 2005 and now speaks regularly to students. A mother and grandmother, she encourages her audiences to choose kindness over hate.

“These differences between us are very small. They don’t matter,” she said. “You reduce the value of your life when you hate.”

“After traveling at night and living in an attic for two years to escape the Nazis, Mrs. Frishberg has taught us to help others through kindness,” said McKinley 5th grade teacher Ann McDonough who organized the virtual program with fellow teachers Nicole Giles, William Hannis, and Joseph Paradise.

Asked about Mrs. Frishberg’s presentation, 5th grader Dominick DiDario said “Hate is never the answer and growing up with that can lead to disastrous things like Hitler. It made me feel encouraged to be more thoughtful.”

The McKinley 5th grade team and their students also made a virtual field trip to the Museum of Jewish Heritage in Brooklyn, New York on March 10.

The museum is “a living memorial to the Holocaust,” said Gallery Educator Lisa Hunter as she shared some of the museum’s artifacts virtually. “It’s very important that we keep the memory alive.”

Superintendent Dr. Margaret Dolan notes that these “powerful, age-appropriate presentations” enhance the district’s Holocaust Education curriculum.

“We are grateful to Mrs. Frishberg, Mr. Fleischmann, and others who share their stories with our school community, reinforcing the common message that hate cannot and will not be tolerated anywhere.”



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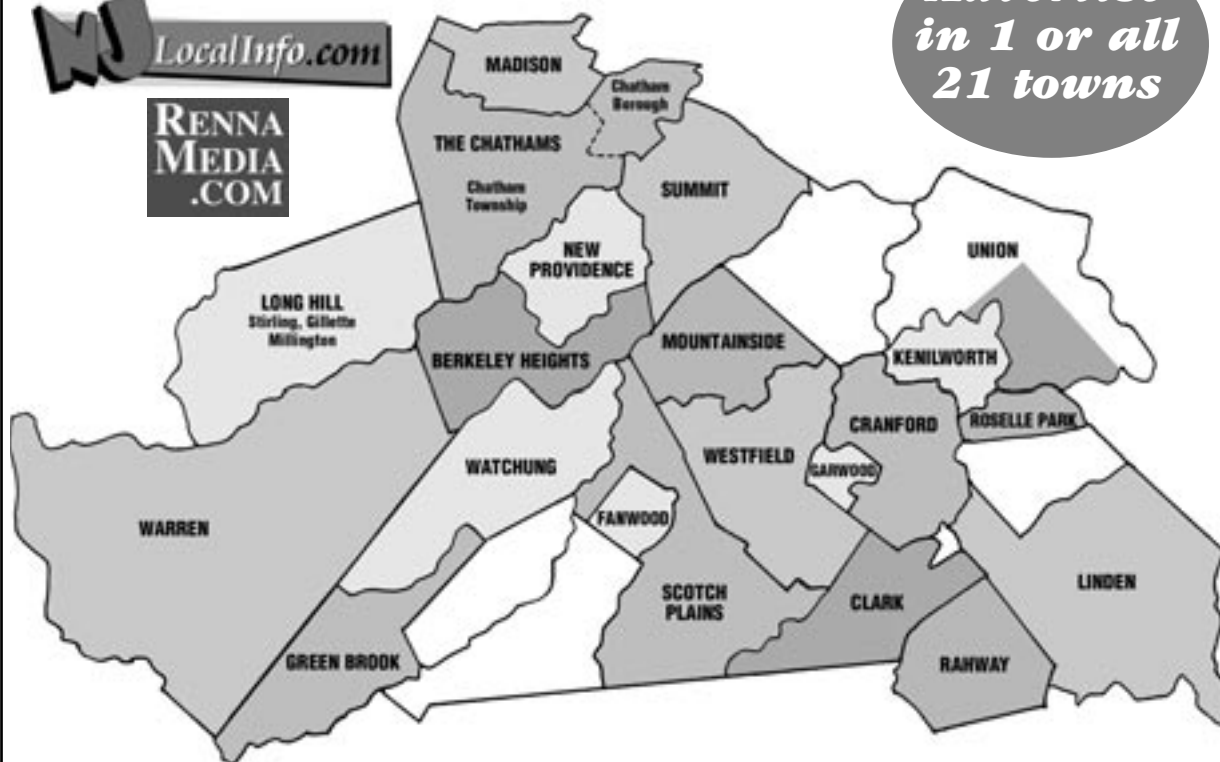
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TOWN ADMINISTRATOR SPEAKS TO WESTFIELD ROTARY CLUB

Submitted by Dr. D. Michael Hart

Westfield Township Administrator Jim Gildea spoke to the Rotary Club of Westfield via Zoom at their regular weekly meeting held on Tuesday, May 4th. Jim grew up in Westfield, and graduated from Westfield High School in 1988. His parents owned two stores in town: his dad owned Celtic Imports, Ltd., and his mom owned Juxtapose Gallery. Jim earned a BS from U. Vermont in Small Business Management, and a Master's in Public Administration from Kean University.

Westfield has a different form of Government than most towns in NJ. The Council has 9 members. There are 4 Wards which each elect 2 councilmen, plus a Mayor which is elected by a town wide election. No one on the Council is compensated, they are all volunteers. The Council makes the policy and the administrator implements it. He has 15 departments which report to him, including: Fire Dept; Police Dept; Town Clerk; Tax Collector; Court Administrator; Library; Town Engineer; and the Recreation Dept. Jim is especially fond of the Recreation

Dept. because that is where he started in town government, first as a life guard at the town pool, then spending 7 years in that department full time after college. He started as the Town Administrator in 2001. Jim also has the HR responsibilities for the Township, which include negotiating with the 6 unions or bargaining units representing the township workers.

Jim answered a number of questions, which included paving the roads. Westfield has 100 miles of roads, but only has the budget to pave about 5 miles per year. The old roads lasted about 20 years, but the newer materials which are more ecofriendly, only last 10 to 12 years, and need to be replaced more frequently. However, Jim struck a deal with the utility companies serving Westfield that if they dug up a street, they would pave the entire street, curb to curb, and the entire length. This policy saves Westfield substantial tax revenues and allows the acceleration for the paving implementation- to the point where the town is now having 20 miles of roads paved every year, instead of 5. Within a few years we

should be back up to having a high compliance of paved roads.

Jim remembers 1994 when the Rotary club purchased a big screen TV for the Recreation Department Teen Center located at the Town Hall basement. The goal was to give teens a place to go after school, rather than having them hanging around on street corners. The Rotary Club has a long history of helping the town with service projects and providing scholarships to the high school students. The club will be celebrating it's 100-year anniversary this year.

The Rotary Club members asked Jim if there is anything we can do to help the town, and he said there may be a planting coming up by Rutgers to put in a rain forest at Tamaques Park for which they may need volunteers. The Rotary Club has been actively planting trees every year in town. They planted 20 trees at Jefferson School with the help of the Rotary Early Act Club students, and 40 trees on Dudley Court. Trees are good for the environment, the leaves filter out heavy metal air pollution, they remove carbon from the air (reducing Global Warming), each tree produces enough oxygen for two people, most trees live 100 years, with oak trees living 300 years. In addition, the trees make Westfield more attractive, increasing property values.

The Rotary Club of Westfield meets the first three Tuesdays of the month at noon by Zoom. Guests are always welcome. Rotary is a coed service and business networking club. Successful business people who want to give something back to the community. Current projects are to help feed the hungry, help provide supplies and clothing to homeless Veterans, planting trees, scholarships and community grants. Website: www.westfieldrotary.com For Information please email Secretary Dr. D. Michael Hart at drmhart@yahoo.com.



(above) Westfield Township Administrator Jim Gildea spoke to the Rotary Club of Westfield via Zoom at their regular weekly meeting held on Tuesday, May 4th.

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