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BYRON MILLER AWARDED ROTARIAN OF THE YEAR AWARD

Submitted by Westfield Rotary Club

On May 14, 2021, Byron Miller of The Rotary Club of Westfield was awarded the F. Matty Mathewson Rotarian of the Year Award by Rotary District 7475.

"Byron exemplifies everything that makes Rotary special. He truly cares about others and is the first to roll up his sleeves and get in the trenches to get things done," said Rotary President Liz Ensslin. "He is a close personal friend, but he is also a mentor. Everything he does is because he wants to help others. Byron wants to change the world – one person at a time."

In 1982, Rotary District 7510 (now merged district 7475) established this award to recognize and honor those Rotarians in the district who have, over a period of time, best exemplified Rotary's motto of "Service Above Self" and earning this award is the highest honor that can be bestowed on a Rotarian by the district.

Byron, a Rotarian since 1981, helped develop the club's backpack program which provides weekend food to children who are food insecure. Byron's care and concern for others helped launch this program. It started with one child and has grown to as many as 24 children in four out of the six elementary schools in Westfield.

"I am humbled by this recognition," says Miller as he accepted the award during the District's Zoom conference. "My father was a Rotarian, and we are so lucky with all we have that I feel it's important to help those who have less. It's what we should do."

Byron set money aside to provide as a matching grant to any initiative the Westfield club needed help with and because of his generosity, \$4,000 was raised. Byron matched \$1 for \$1, to help homeless veterans housed at Community Hope Shelter at Lyons VA, a program that is now over one year strong with three other Rotary clubs in the district participating.

Byron put his professional experience running Portasoft water company to good use becoming a Rotary International Water Resource Coordinator. Byron has attended several conferences with "Pure Water for the World, Inc." which was started and is run by Rotarians. Byron has flown to both Nicaragua and Haiti at his own expense to install and ensure that water filters were working properly. In 2007, he decided to lead the district in a massive matching grant to save many more lives. His enthusiasm has recruited 32 Rotary clubs which have contributed \$50,000 to this \$71,000 matching grant to bring clean drinking water to impoverished parts of the world.

At the beginning of the pandemic, Byron challenged the Westfield club to raise \$10,000 to feed the hungry in our area and surrounding areas. The club met the challenge and have been using the fund to help our local pantry, provide food and meals to area families in need, support the district's End Hunger 3.6 and to provide meals to the homeless vets when we were under quarantine last spring.

Byron and his wife Joyce, also a Rotarian, are both Paul Harris Fellows, have an adult son and now reside in Florida.



(above) Byron Miller of The Rotary Club of Westfield was awarded the F. Matty Mathewson Rotarian of the Year Award.



The Rotary Club of Westfield is a service organization of business men and women. It is part of an International Organization of 1.2 million people in 200 countries around the world. Visit online at rotary.org. Local projects include hunger insecurity, helping homeless veterans, planting trees, supporting youth service clubs in the schools, and scholarships. Guests are always welcome to attend the Zoom meetings. For information contact Club Secretary Dr. D. Michael Hart at drmhart@yahoo.com or visit westfieldrotary.com or follow us on Facebook @WestfieldNJRotary.

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RAKE & HOE DECORATES MOBILE MEALS

Submitted by Betty Round

Members of the Rake and Hoe Garden Club recently met at the First Baptist Church of Westfield where Mobile Meals originates and made 55 small floral arrangements to accompany the Mobile Meals delivered that day.

These colorful small arrangements are much appreciated by the clients who look forward to receiving them. One recipient told the club that she placed the arrangement on her kitchen windowsill and when she saw the arrangement every day it brought her happiness and made her realize that she was not alone and that others think of her and care.

Mobile Meals is a voluntary, non-profit program that provides home-delivered meals to

those who are unable to shop and prepare their own meals on either a temporary or permanent basis. It is available to residents of Westfield and surrounding communities including Mountainside, Fanwood, Scotch Plains, Clark, and Cranford. For more information, call 908-233-6146.

The Rake and Hoe Garden Club is affiliated with the Garden Club of New Jersey and the National Garden Clubs, Inc. Currently, the club meets online on the second Wednesday of the month at 12:00 p.m. Meetings feature speakers on horticultural, flower design, floral crafts, and environmental topics. Membership is open to residents of Westfield and surrounding towns. For more information, call Beth Siano 908-233 4150 or visit the club's website, rakeandhoe.org, or Facebook page.



(above, l-r) Pictured are Mary Smith, Kris Luka, Kathryn Ciurczak, Margot Partridge, Gayle Lechner, Donna Hopkins, Mary Fran Annese, Jeanie Pelikan and Betty Gulino.

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ROTARY CLUB AWARDS 2021 SCHOLARSHIPS

Submitted by Jessica Arkel

The Rotary Club of Westfield is proud to announce 20 scholarship awards to Westfield residents totaling \$117,400. The awards were given at the Westfield High School awards night on May 26.

"It is always wonderful to award scholarships to hardworking and deserving Westfield students. This year's applicant group was incredibly impressive," Rotary Scholarship Committee Chair Carl Peer said. "As part of Rotary's commitment to education, these scholarships have funded over \$3 million dollars of higher learning since 1967."

The scholarships, which are funded by various means, are administered by The Rotary Club of Westfield and awarded based on academic excellence, financial need, and the student's commitment to community service.

Harry Sturke Scholars are: Rebekkah Dayon who will attend Montclair State University (\$7,000); Martha Byrne who will attend Notre Dame (\$7,000); Timothy O'Brien who will attend Washington College (\$4,000) and Emily Bergerman who will attend Boston University (\$4,000). The scholarship funding is overseen by the Westfield Rotary Club Foundation.

The Robert and Winifred Reed Health Science Scholarship in memory of Linda Reed was awarded to Aidan Bertsch (\$1,000) who will

attend University of Wisconsin; Joy Mulzoff who will attend James Madison University (\$8,000) and Gianna Grace Magniamele who will attend Franklin and Marshall College (\$1,000). The scholarship funding is overseen by the Westfield Foundation.

The Chester A. Gerdes Scholar award was given to Eva Terry who will attend the University of Virginia (\$5,000). The scholarship funding is overseen by the Westfield Foundation.

Sebastian Wroe who will attend Stevens Institute of Technology and Dilany Santamaria, who will attend Brigham Young University-Provo were each awarded the four year \$15,000 scholarship in memory of Charles and Florance Wallace. A \$5,000 scholarship in memory of the Wallaces was also awarded to Katherine Wistner who will attend the University of Pittsburgh. The scholarship funding is overseen by the Westfield Foundation.

Andrew Pink, who will attend Ohio University and Ralph Cerrero, who will attend Penn State were each awarded the \$6,000 Georgianna Pollack Scholar. The scholarship funding is overseen by the Westfield Rotary Club Foundation.

A \$3,400 scholarship in memory of Phil Richardson was awarded to Liam Robb, who will attend Mitchell College. The scholarship funding is overseen by the Westfield Rotary Club

Foundation.

The 2021 Rotary Scholars are: Michaela Hobson (Roger Williams University \$6,000), Elizabeth Bielen (Lehigh University \$5,000), Dilany Santamaria (Brigham Young University-Provo \$3,000) and Maxwell Zander Scialabba (College of Arts and Sciences Cornell University \$1,000). The scholarship funding is overseen by the Westfield Rotary Club Foundation.

Additionally, two Robert and Winifred Reed Law Scholarships were awarded to Xenia Kobori (University of Toronto \$10,000) and Caroline Bielen (University of Pittsburgh \$5,000) who reside in the Town of Westfield and who are interested in pursuing a law degree. The scholarship funding is overseen by the Westfield Foundation.

The Rotary Club of Westfield is a service organization of business men and women. Visit online at westfieldrotary.com. It is part of an International Organization of 1.2 million people in 200 countries around the world, rotary.org. Local projects include hunger insecurity, helping homeless veterans, planting trees, supporting youth service clubs in the schools, and scholarships. Guests are always welcome to attend meetings.

For information contact Club Secretary Dr. D. Michael Hart at drmhart@yahoo.com.

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COLLEGE WOMAN'S CLUB AWARDS ANNUAL SCHOLARSHIPS

Submitted by Ingrid McKinley

The College Woman's Club of Westfield awarded \$40,000 in Scholarships at its Annual Meeting on Tuesday, May 25, 2021 via a live teleconference event. The awards were presented to five young women from Westfield to help them pursue their college education. The recipients were selected based on academic achievement, community service, and financial need.

Caroline Bielen was awarded the \$3,000 Grant in Memory of Katharine Jaruzelski. Caroline plans to serve as a counselor at a Girl Scout day camp this summer before starting her pre-law studies at the University of Pittsburgh this fall.

Elizabeth Bielen was awarded the \$5,000

Marjorie McCornack Scholarship. Elizabeth will attend Lehigh University in the fall.

Martha Byrne was awarded the \$2,000 Past President's Scholarship and the

\$10,000 College Woman's Club of Westfield Scholarship. Martha is off to the University of Notre Dame in the fall.

Rebekkah Dayon was awarded the \$10,000 College Woman's Club of Westfield Scholarship. Rebekkah begins her studies at Montclair State University this fall.

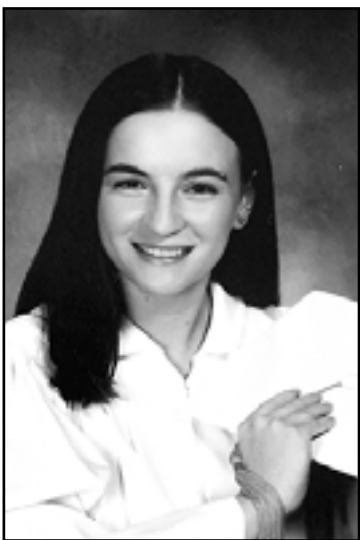
Sophia Principato was awarded the \$10,000 College Woman's Club of Westfield Scholarship. Sophia will be attending the University of Delaware in the fall.

To learn more about the accomplishments of these young women, please go to:

<http://bit.ly/CWC2021Scholars>.

The College Woman's Club of Westfield is proud to acknowledge this outstanding group of young women. We wish these hardworking, accomplished recipients only the best as they go off to college in the fall. Applications for the scholarship are available through local high school guidance departments in February of each year and are evaluated by a committee of CWC members each spring. Funds for the scholarships come from community donations, nominal membership dues, interest on investments and legacies from our members.

To learn more about the CWC, please go to cwclubwestfield.org. Feel free to contact the College Woman's Club directly by email at: cwc.westfield@gmail.com.



Caroline Bielen



Elizabeth Bielen



Martha Byrne



Rebekkah Dayon



Sophia Principato



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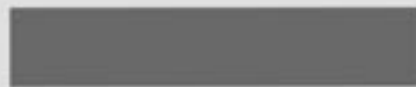
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The entire run for the Elizabeth / Union County run is from Elizabeth to Hillsborough. Each municipal police department carries the

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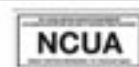
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TOWN HALL REOPENS

Mayor Shelley Brindle

On Thursday, June 3, we hosted an Employee Appreciation Breakfast to celebrate and honor our Town employees for their incredible efforts to keep our community safe, healthy, and operational during the pandemic over the past 15 months. While we specifically honored DPW Director Greg O'Neil, Fire Chief Tony Tiller, Police Chief Chris Battiloro, and the heroic and mighty Westfield Regional Health Director Megan Avallone, each employee played a specific and important role in delivering

uninterrupted service to our residents, often while managing their own personal sorrows and COVID health scares.

Many thanks also goes to the Westfield Recreation Department, Westfield Memorial Library, Court staff, the Buildings Department, the Tax Assessor and Town Clerk's office, and in particular Town Clerk Tara Rowley, our incredible Public Information Officer Kim Forde, and so many more for their resilience, resourcefulness and dedication to our community.

Special thanks to our indefatigable Town Administrator Jim Gildea for his selfless commitment and support for our employees, businesses, and residents.

We also honored our great friend and neighbor, Goo Goo Dolls frontman John Rzeznik, for his contributions to raising over \$300k for the Westfield United Fund #welovelocal campaign to support our local businesses, and over \$50k for our local food pantries, who then honored us with a performance.



Photo by Town of Westfield

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SUMMER RECREATION PROGRAMS

It's time to get activate and join the Recreation Department on our mission to keep the community active and healthy while having some fun!


- For adults we offer a Zumba & More class on Monday evenings at 7:00 p.m. It combines a full body workout to lively music with a flair while you strengthen your core and increase your flexibility in a 50-minute class.
- We also have Tai Chi on Tuesday mornings 10-11 a.m. Tai Chi is a form of traditional Chinese mind and body exercise and meditation that uses slow sets of body movements and controlled breathing. Tai Chi is done to improve balance, flexibility, muscle strength and overall health.
- On Wednesdays we have Pilates Mat & Mondays, Pilates Fit & Tone both at 9:30 a.m. and taught by Kate of exdwellness and are held outside.
- For those with more of a sports interest we offer adult Tennis with 2/class mini clinics in July & August and evening adult Pickleball classes.
- For youth fashion enthusiasts, we offer our fashion design/sewing camps thru Fashion First Workshops. There are 8 different themed camps available July thru August. The camps run 9-12 & 1-4 Mon – Fri for those age 8 & up. Campers will create a garment from start to finish based on the weekly themes and at the end of the week host a Fashion show as they “walk the runway” in their own designer outfits.
- Two new camps are being offered this summer. First is MAGIC Camp: Academy of Amazement for ages 8-12. The camp is a life changing program that builds self-confidence and develops critical communication skills in a fun and unique way that is will unlock the child's potential and impact the rest of their life. As students focus on their presentations, they will learn the three parts that make up a magic trick. The program also builds confidence and communication skills with a focus on life skills. The Discover Magic curriculum is a fun way that combines SEL (Social & Emotional Learning) & STEAM (Science, Technology, Engineering, Art, & Mathematics). Session 1 is 7/12-7/16 from 9 a.m. – 12 & Session 2 is 8/16-

20 from 1:30-4:30 p.m.

- Also new this summer is Robotics with mBot Robot (grades 4 - 7). If your child is excited about robots and coding this is the perfect camp for them. Young engineers will discover the basics of coding and robotics as they learn how to program the mBot robot to complete a variety of tasks, building and expanding their coding skills along the way. This fun and interactive program will have them track and chase their mBots through mazes and other activities. We help children grow into creators. This camp runs 8/20 - 9/3 from 9 a.m.-12 noon.
- Back by popular demand are LEGO camps. Join us as LEGO Master Corey (participant on "LEGO Master" TV show season 1) leads campers on a themed LEGO journey each day. Campers will spend their classes learning & exploring engineer-designed projects & strengthen their STEM skills with thousands of LEGO parts while having fun. There are 7 different themed weekly camps available. Camps run Mon-Fri 9-10:30am & 1:30-3 p.m. for girls & boys completed grades 1-5.
- It would not be summer without our traditional week-long Sport Camps, which are directed by local area experienced coaches. Our sports camp welcome participants at all levels of the sport (including beginners). Register now for Flag Football (grades 2-8), Tennis (7 & up /youth & adults), Volleyball (grades 3-8), Field Hockey (grades 3-8) and Fencing (ages 6-12). For teens (completed grades 5-10) we offer Disc Golf, Pickleball and Ultimate Frisbee.
- Westfield Recreation also offers a variety of sports camps & weekly programs thru US Sports Institute for ages 2 to 11. For preschoolers ages 2-3, there are Parent & Me programs. Weekly classes (including Saturday & Sunday) are available for ages 3-6 in Soccer, T-ball and Multi Sports. Week long camps, ages 5-11, include Soccer, Multi Sports, Golf, and Lacrosse. To register for these programs, go to US Sports Institute website at www.ussportsinstitute.com or call (866) 345-BALL.

For more information visit westfieldnj.gov/recreation.

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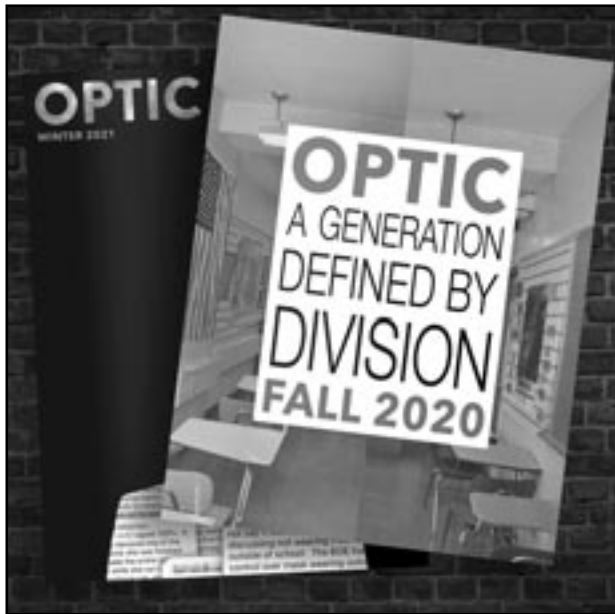
WHS STUDENT JOURNALISM GARNERS TOP HONORS

Westfield Public Schools

Westfield High School's Optic Magazine, student-run and in its first year, was named most outstanding high school general magazine for 2020-2021 by the American Scholastic Press Association. Optic also received 1st place "with special merit," a designation indicating that the reviewer felt it was an outstanding overall example of a scholastic publication in format, content, and presentation.

Hi's Eye, which was founded in 1935, received a 1st place award in the student newspaper category.

"I am very proud of what these students accomplished in this tumultuous year," says Optic advisor Shawn McDonald, who also is co-advisor with Darren Finkel of the Hi's Eye.



(above) Westfield High School's Optic Magazine was named most outstanding high school general magazine for 2020-2021 by the American Scholastic Press Association. Optic also received 1st place "with special merit."

Photo by Shawn McDonald

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SONS OF UNION VETERANS OF THE CIVIL WAR

Submitted by Christopher D Sands

The Sons of Union Veterans of the Civil War is a fraternal organization dedicated to preserving the history and legacy of those who fought and worked to save the Union. Hereditary membership is available to a male descendant, 14 years of age, who directly descends from a Soldier, Sailor, Marine or member of the Revenue Cutter Service between April 12, 1861 and April 9, 1865.

The General Phil Kearny Camp #20 meets four times a year at the Abraham Clark House in Roselle, NJ. The next scheduled Camp meetings are September 11, and November 13, 2021, all Saturdays at 1 p.m. We support over 20 high schools and 2 universities with the SUVCW ROTC Medal. Our current program is to place signs where Grand Army of the Republic (GAR) posts met in North Jersey.

For more information visit suvcw.org.



(above) Colonel Stephen Harlan is inducted into the General Phil Kearny Camp 320 membership. Chaplain James O'Halloran, Secretary Clark McCullough, and Commander Peter Lindsey conduct the induction.



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RAKE AND HOE JUNIORS DONATE FAIRY HOUSES TO CLAIRE BROWNELL GARDENS

Submitted by Betty Round

At their May meeting, the junior members of the Rake & Hoe Garden Club of Westfield built fairy houses, using all-natural materials, and decorated them with fresh and dried plant material.

These houses, together with houses made by adult members of Rake & Hoe Garden Club, were placed in the Clare Brownell Memorial Wildflower Garden. The Garden is in a wooded area behind the Westfield Historical Society Reeve House and is a perfect setting for these beautiful, handcrafted houses. Although the houses were installed as part of a recent fundraiser event at the Reeve House, they will remain there for the public to enjoy and provide inspiration for visitors to try their hand at building their own fairy houses.

The Reeve House, located at 314 Mountain Avenue Westfield, is the headquarters of the Westfield Historical Association.

The Rake & Hoe Garden Club is affiliated with the Garden Club of New Jersey and the National Garden Clubs, Inc. Currently, the club meets online on the second Wednesday of the month at 12:00 p.m. Meetings feature speakers on horticultural, flower design, floral crafts, and environmental topics. Junior members meet monthly, after school during the school year to work on projects focused on gardening, flower design, and community service. Membership is open to residents of Westfield and surrounding towns. For more information, call Beth Siano (908-233-4150) or visit the club's website (rakeandhoegc.org) or Facebook page.



(above, l-r) Pictured are Juniors holding their fairy houses, Alissa Stumpf, Sophia Poeschl, Riley Dupuis, Melissa Morabito, Arline Bound

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OPTIMIST CLUB RECOGNIZES EDUCATORS FOR EXCELLENCE

Westfield Public Schools

Edison Intermediate School language arts teachers Marc Lazarow and Kimberly Swenson and Roosevelt Intermediate School science teacher Melissa Czerwinski and language arts teacher Carine Helwig have been recognized as outstanding intermediate school educators by the Optimist Club of Westfield.

The Optimist Club presents an award annually to two Westfield intermediate school educators - one each from Edison and Roosevelt.

In addition, the Optimist Club created a Special Nurse's Award for intermediate school nurses for outstanding performance during the 2020-2021 school year in ensuring that COVID-19 health and safety protocols were established and closely followed to provide a safe learning and working environment for all students and staff.

Recipients of the special award are nurse/health educators Martha Fico and Patricia Kelly at Edison and Christine DeSousa and Sharon Dorry at Roosevelt.

The eight intermediate school educators were recognized at the Board of Education meeting on June 1. They will be honored by the Optimist Club as well at a dinner at Echo Lake Country Club on September 9.

"I congratulate all of these deserving educators," says Superintendent Dr. Margaret Dolan. "The Optimist Award recognizes teachers who provide an educationally stimulating and supporting environment during this critical stage of adolescence. I thank the Optimist Club for honoring our health educators/nurses as well during this challenging year."

Letters of nomination express appreciation to Lazarow for his empathy, initiative, love of teaching, engaging lessons, dedication to professional growth, and for having "an invested interest in the success of his students, both academically and personally."

Swenson is lauded for her compassion, kindness, positivity, passion for teaching, and for adapting easily to a new way of instruction during the pandemic while continuing to support and encourage her students to be successful.

For her "genuine interest and curiosity about science which she shares with her students," nominators praised Czerwinski for outstanding teaching, commitment to her students, and for looking past how a student is performing academically to see the child as a whole, even if through a computer screen during the pandemic.

Nominating letters noted Helwig's patience, determination, strength, love for children, true passion for education, desire to grow, and her devotion to her students both during class time and as a coach, club advisor, and mentor for many after school activities.

The selection committee consisted of Optimist Club members Robin Lynch, Marc Epstein and Maria Fuentes, along with Dr. Dolan, Edison principal Dr. Matthew Bolton, Roosevelt principal Brian Gechtman, and previous award recipients.



(above, l-r) Roosevelt Intermediate School science teacher Melissa Czerwinski is one of four recipients of the 23rd Annual Optimist Award, which recognizes the importance of teaching at the intermediate level. Pictured are Roosevelt Principal Brian Gechtman, Czerwinski, K-12 Supervisor of Science Thomas Paterson, and Roosevelt Assistant Principal Keith Brunson.

Photos by Westfield Public Schools



(above, l-r) Roosevelt Intermediate School nurse/health educators Sharon Dorry and Christine DeSousa are the recipients of a Special Nurse's Award by the Optimist Club to recognize their outstanding efforts during a challenging year.



(above) Roosevelt Intermediate School language arts teacher Carine Helwig is one of four intermediate school recipients of the 23rd Annual Optimist Award.



(above) Edison language arts teachers Kimberly Swenson and Marc Lazarow are two of four recipients of the 2021 Optimist Club's Intermediate School Teachers of the Year.



(above, l-r) Edison Intermediate School nurse/health educators Patricia Kelly and Martha Fico are the recipients of a Special Nurse's Award by the Optimist Club to recognize their outstanding efforts during a challenging year.

RELIEF FROM CHRONIC KNEE PAIN

FDA Approved Treatment to Avoid Surgery

DON'T BLAME THE ARROW FOR MISSING THE TARGET

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 unwelcomed 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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TOWN LAUNCHES NEW WEBSITE

The Town of Westfield has launched a new municipal website, providing upgraded capabilities to deliver up to date information for residents, visitors, businesses, and employees.

The Town's website was initially launched in 2005, and has since had several major updates. The new site marks the first migration to a new platform -- CivicPlus, which is used by municipalities such as Summit, Princeton, South Orange, Millburn, and Red Bank.

The new site, which continues to reside at www.westfieldnj.gov, fully integrates the content of the Downtown Westfield Corporation for the first time, providing one online stop for information about events in Westfield. Additional key improvements include the following:

Improved visual elements: The site features a cleaner look, consistent with Westfield branding, as well as easier navigation with fewer sub-menus, and a photo-rich platform that enables more image placement.

Town calendar: Residents, visitors, and businesses can view all upcoming events, as well as meetings of Boards and Commissions, in one convenient area on the home page, with the ability to download calendar reminders and subscribe to new item notifications.

Advanced notification capabilities: Building on the current Town Updates email lists, the new website will allow for customized subscription topics available via text and email – including Mayor's updates, agendas and minutes, road paving information, tax and finance updates, and press releases. Those who have previously enrolled in Town Updates will have their subscriptions automatically migrated to the new site, although they will be able to add text options and more categories to their preferences.

The new website also provides benefits on the Town employee side, as the new capabilities allow for greater efficiencies and ease of use, as well as more autonomy for departments, boards, and commissions to update future content. In addition, CivicPlus recently purchased SeeClickFix, the platform for the Westfield Connect app, and also owns CivicRec, the current online platform for the Westfield Recreation Department – providing greater integration of some of the Town's key technology assets.

Upcoming improvements will include additional notification lists and expanded online payment and form submission capabilities, allowing users to more easily transact with the Town.

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RICHARD HERNANDEZ, RECEIVES STUDENT EXCELLENCE AWARD



(above) Richard Hernandez received the Student Excellence Award from Literacy New Jersey at its Literacy for Life Conference.

Literacy New Jersey

Literacy New Jersey recently held its annual Literacy for Life Conference, a virtual conference for adult literacy practitioners. During the conference, Richard Hernandez received the Student Excellence Award from among more than 1,000 Literacy New Jersey students.

Program Director Barbara Bagger of Westfield said: “Richard is an outstanding choice for our Student Excellence Award. He is a model student and earned his high school diploma in record time. He aspires to attend college and join his brother’s software business. He inspires other students to achieve their goals. We are very proud of Richard. I know that this is just the beginning for Richard.”

Richard Hernandez came to Literacy New Jersey in September 2020 during the height of the pandemic. While many HSE students were discouraged from attending online classes and using unfamiliar computer technology, and faced with closed test centers, Richard persevered. Richard has lived in Elizabeth, New Jersey all of his life. He had trouble in high school because of test anxiety and accordingly did not earn his high school diploma. However, at 27, Richard made the decision to earn his high school diploma and called Literacy New Jersey to sign up for classes. Within 3 short months, Richard was a high school graduate.

His tutor, Vivian Saito, a Literacy New Jersey tutor from Westfield, describes Richard: “From the get-go Richard Hernandez was a ‘go-getter’; He was determined to earn his HSE diploma within the term allotted to do so.

“Even while taking care of family obligations, Richard made time to study his lessons and complete all practice tests for class each week. I knew Richard was bound for success in earning his diploma after reading his initial writing essay (His was the first in the class to be submitted.). Richard's essay was like reading a page from a book and I told him so... Thank you, Richard, for allowing this tutor to feel my time spent has been so worthwhile with Literacy New Jersey and with students like you.”

Math tutor Peggy Tung, a Literacy New Jersey tutor from Berkeley Heights added, “Richard has all the qualities that make every student a success. It can be summed up in three words: goal-setting, conscientiousness and hard-work.

“First, he set his goal, in this case, to get his HSE certificate. Then, he meticulously did everything he could to reach that goal. He understood that ‘practice makes perfect’ was a necessary condition for learning math. As a result, he made every effort to attend all classes while meeting family obligations. He was attentive in all classes, trying to understand the subject at hand and asking questions for clarification. He did all the homework assigned to the students, which required tenacious pursuit. Last but not least, to prepare for the test he did all sample tests in the TASC system and the extra review problems until he mastered them. His hard work paid off. He passed the math test in his first attempt, a reward for and a testament to his sustained and concentrated effort. As a math tutor, I cannot ask for more from a student than what Richard has been doing. His methodical approach to reaching his goal was exemplary. It has been a complete privilege to have the opportunity to be his tutor and to help him accomplish success. It is without a doubt that Richard will continue to complete whatever goal he sets for himself in his life.”

Literacy New Jersey is a non-profit organization that helps adult students who struggle with reading, writing and speaking English. Programs include: English as a Second Language, Basic Literacy, High School Equivalency, Digital Literacy and citizenship classes. Classes are free to students and because of the pandemic, all classes are currently held online. Literacy New Jersey gratefully received support from the Westfield United Fund, the Westfield Foundation and the Elizabeth Public Library. If you would like to volunteer with Literacy New Jersey, you must be 18 years old and speak English. For more information, contact Barbara Bagger, Program Director at bbagger@literacynj.org.

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Sponsored by the Downtown Westfield Corporation (DWC), the festival takes place every Tuesday evening during July and August, from 7 p.m. to 9 p.m. Rain dates are the following evening, Wednesday, each week. While listening to the musical performances of "Sweet Sounds Downtown", enjoy dining at one of Westfield's fine restaurants or stroll and shop along the charming downtown streets.

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NOMINATING PETITIONS FOR BOARD ELECTION DUE BY JULY 26

The deadline for Westfield residents interested in considering a term on the Board of Education is Monday, July 26 by 4 p.m. Nominating petitions should be filed with the Office of the Union County Clerk at 2 Broad Street, Room 113, Elizabeth, NJ 07201. Office hours are 8:30 a.m. to 4:30 p.m. Monday through Friday. Contact the County Clerk's Office at 908-527-4996 for more information or email lbobish@ucnj.org.

Information on the board election process, including the New Jersey School Boards Association's Candidate Kit, also is posted at westfieldnj12.org under "Board Election" on the Board tab.

The Westfield Board of Education will have three open seats in November. The three board members whose terms expire on December 31, 2021 are Robert Garrison, Gretchan Ohlig, and Tara Oporto.

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VEHICLE BURGLARY AND THEFT ADVISORY

Vehicle burglaries and thefts remain a persistent criminal problem in Westfield. Here is the latest information to keep you apprised.

WHAT IS KNOWN?

• **QUANTITY:** In the first quarter of 2021, there were 26 vehicle burglaries and six vehicle thefts reported in Westfield. In every single instance, those vehicles reported stolen were unlocked with their key fobs left inside at the time of the thefts.



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• Within the last week, four additional vehicle thefts and numerous more vehicle burglaries and attempted vehicle burglaries were reported.

- > In one incident, which occurred on the 500 block of Highland Avenue, the stolen vehicle was unlocked with its key fob left inside at the time of the theft.
- > In the other three incidents (300 block of Hillside Avenue, the 10 block of Bennett Place, and the 500 block of Coddington Road), homes were entered to retrieve the key fobs to vehicles. Force was used to enter the home located on Hillside Avenue.
- > In another incident, one more home, which was located on the 300 block of Hazel Avenue, was forcibly entered in an attempt to retrieve a key fob for a vehicle. This attempt was not successful, as the resident immediately dialed 9-1-1 and initiated a police response.

• **NEIGHBORHOODS:** Those neighborhoods with easy access to Route 22 and the Parkway have been specifically targeted, but there has been an increase in this criminal activity in all four wards of Westfield.

• **PATTERN:** Perpetrators are entering Westfield in stolen vehicles, looking to commit additional vehicle burglaries and vehicle thefts. Many of the stolen vehicles are being used in the commission of violent crimes elsewhere, in particular Essex County.

• **LOCATION:** Vehicles are being stolen from both streets and driveways – even those parked in driveways and hidden well behind homes. This makes perpetrators unseen to passing police patrols.

WHAT POLICE ARE DOING?

• **INCREASED POLICE PATROLS:** Enhanced police patrols have been initiated in all neighborhoods and will remain in effect until further notice. These intensive police patrols include both very obvious and less overt measures, and numerous other vehicle burglaries and thefts have been thwarted as a result. Just because you don't see the police, does not mean they aren't out there!

• **POLICE PURSUITS:** There have been several resulting high speed police pursuits as stolen vehicles attempt to flee Westfield – all of which can present great danger, not only to police officers, but potentially to the general public as well.

• **LAW ENFORCEMENT INVESTIGATIONS:** Police process every recovered vehicle for latent fingerprints and DNA evidence, which has resulted in several arrests. Every single vehicle reported stolen in 2021 has been quickly recovered by police.

• **LAW ENFORCEMENT COORDINATION:** Vehicle burglaries and vehicle thefts remain an ongoing criminal problem, not just in Westfield, but also in many other suburban Union County municipalities. Police continue to work in close coordination with other local, county and state law enforcement agencies, in particular the New Jersey State Police Auto Theft Task Force, to identify, charge, and apprehend perpetrators.

Westfield is presently the only Union County police department to have assigned a Detective to the New Jersey State Police Auto Theft Task Force full-time, thus assuring Westfield cases are always given the highest priority.

• **PUBLIC COMMUNICATIONS:** Police use ward-specific Nixle groups to advise residents of vehicle burglaries and vehicle thefts that occur in their neighborhoods. The Police Chief and Mayor have made repeated comments in various public forums regarding these crimes, and information is routinely released by the police to the local news media. Please visit westfieldnj.gov/police for police press releases, as well as @WestfieldNJPD on Facebook, Instagram and Twitter for additional up-to-date communications.

WHAT CAN YOU DO?

• **LOCK VEHICLES AND HOMES:** Above all else, hide valuables, remove key fobs and lock vehicles – not just overnight, but during daytime hours too. Lock your home doors as well. Do not leave key fobs in plain sight near entry doors. Do not make yourself an easy target!

• **REPORT TO POLICE:** Immediately report all suspicious persons, vehicles and/or activities to the police via 9-1-1. This includes any and all vehicle alarms, at any time of day, or any other unusual neighborhood activities.

• **PARK VEHICLES NEAR THE STREET:** Avoid parking vehicles towards the back of driveways and hidden behind homes. Keep them closer to the street where criminal activity can be seen, especially by passing police patrols.

• **KEEP YOURSELF AND OTHERS INFORMED:** Subscribe to the Mayor's e-mail updates at westfieldnj.gov/townupdates. Enroll in ward-specific Nixle alerts to be notified of police activity in your area by texting the key word for your ward to 888-777. Ward 1: 07090WARD1; Ward 2: 07090WARD2; Ward 3: 07090WARD3; Ward 4: 07090WARD4. Also, follow or like @WestfieldNJPD on Facebook, Instagram and Twitter.

• **COMMUNICATE WITH NEIGHBORS:** Be sure to share this information with your neighbors. Look out for one another. Remind neighbors to secure their vehicles and homes for everyone's safety and security.

Criminal activity is always of great concern to all. Police remain fully committed to ensuring the safety and security of the entire community. Unfortunately, crimes like vehicle burglaries and vehicle thefts are not new and have persisted from time to time over the years. While police cannot fully stop them, they can displace them – but only by working together with the community.

While police continue to make every effort and use every tool at their disposal to address crime, residents also have a significant role to play in keeping Westfield one of New Jersey's safest towns. Fighting crime is a partnership between the police and the community.

Thank you for doing your part!

CASA NAMES ROBERT BRIDGEMAN ITS JUNE SPOTLIGHT VOLUNTEER

Submitted by Fernando Porras

Just a few months before COVID-19 took hold of the world and, of course, halted CASA of Union County's traditional swearing-in ceremonies inside a judge's courtroom followed by a celebratory lunch, Robert – although most simply call him Bob – and his training classmates were the last to stand before the judge, raise their right hand, and take an oath as a child advocate for local foster youth. All training classes since then have done that – and their training – via Zoom.

Shortly after that December 2019 afternoon, Bob was court-ordered to a case involving a 17-year-old male. Now, nearly a year and a half later, Bob's work with the young man is in full swing. But, he shares, "I was initially concerned about our age difference – I am 71 years old. However, this hasn't been an impediment to our relationship." Then he quips, "Well, outside of not understanding any of the video games that he plays!"

Long committed to supporting his community through such charitable endeavors as Save the Children, the Community Food Bank of New Jersey, Camp Rising Sun and the YMCA, Bob also has served 12 years on the Board of Directors of The Center for Great Expectations, an organization that aims to break the intergenerational cycle of trauma and addiction for pregnant, homeless women and their children. "I consider it a privilege to serve on that board, but always felt distant from where the real work was being done," he explains. So, when a friend mentioned CASA's work and wanting to do something outside their own comfort zone, Bob took heed and landed at CASA's door, too.

Since the case goal for the youth is independent living due to age and circumstance, Bob's work includes both advocacy and a level of mentorship that keeps an eye focused on the unavoidable day the young man turns 21 and loses the foster system's support and safety net. Bob's work, then, must not only include advocating for present day needs and rights, but also identifying ways to ensure the young man

has all tools necessary to chart his own path when he ages out. "Our CASA children are truly innocent victims, born into circumstances that most of us have never had to face," he explains.

In fact, Bob's volunteerism has brought to light things he hadn't known, such as Adverse Childhood Experiences and the fact that, in addition to psychological damage, "children also suffer physiological damage. Their DNA is altered, and they are more susceptible to diseases and other problems later in life."

Fully aware of fortune in his own childhood and life experiences, Bob wants to be sure he's putting it to good use. "I have been so marvelously fortunate to be born into the family I have, and I hope that my efforts through CASA will help others experience some joy in their lives."

Originally from Canada, Bob and his wife Pat have been married 47 years and have two grown sons and a baby granddaughter. Bob and the boys are huge sports fans; season ticketholders for more than 30 years for the NJ Devils and 20 years for Rutgers' Men's Basketball. The pride he feels for his family is palpable. Bob offers, "Both sons turned into terrific people and I give my wife Pat the major credit for that! I hope I can help a CASA youth achieve similar success."

He and Pat are no strangers to traveling and, lucky for Bob, the love of sport isn't lost on his other half. In fact, the duo shares appreciation for golf and the awe-inspiring view of Switzerland's Lake Geneva. They've traveled to Evian, France for the LPGA Golf Tournament and this fall will attend their fourth Solheim Cup competition between American and European golfers. Still, Bob says, among his most memorable travel experiences thus far is the Zimbabwean safari he and Pat shared. And, it should be noted, their next adventure is already afoot, albeit closer to home: the pair recently purchased a winter escape in Florida.

What's got us scratching our head, though, is why Calgary-born Bob would even want to escape the cold. After all, he played ice hockey as a youth and in 1963 was crowned Western



(above) Robert Bridgeman of Westfield is CASA of Union County's June 2021 Spotlight Volunteer.

Canadian Junior Men's Figure Skating Champion. The last 40-plus years he's remained on the ice, as both he and Pat have been avid curlers long before the demonstration sport officially turned Olympic in 1998.

With a past – and, who are we kidding, a present – full of exciting adventures, it's natural to wonder, just where does that zest for life and positive attitude come from? Easy, he says: Mom. "She endured rheumatoid arthritis more than 30 years and it confined her to a wheelchair much of her adult life. She suffered from constant pain and some gruesome operations. In spite of this, she never let the disease dictate her outlook on life." That positive attitude made its mark and continues to fuel him today with inspiration and courage, both of which were ample in his role-model mother. Now, if only he'd find the courage to challenge his CASA youth to one of those video games!

There are more youth like Bob's awaiting their own CASA volunteer. The need is real, and so is the opportunity to change a life. Will you become a CASA volunteer for a Union County youth living in foster care through no fault of their own? Learn more by contacting info@casaoofunioncounty.org.

Fernando Porras is an active volunteer for a 4-year-old boy. In addition to serving as CASA's marketing intern, the recent graduate from Gettysburg College is also preparing for the law school admissions process.

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MAKING VIRTUAL MUSIC IN WESTFIELD PUBLIC SCHOOLS

In a normal school year, the winter and spring calendars are filled with musical concerts, as student voices and instruments ring out in joyous acknowledgement of the seasons. This is not a normal year but, despite the pandemic, students and their instructors have found ways to share their music, going to great lengths to learn new technologies and create virtual ensembles that showcase their considerable talent.

“One of the overlooked challenges in creating these virtual choirs has been the students’ effort in navigating new technology for these projects. Although we are lucky to have audio/video recording programs, we do not take for granted the challenging process of learning how to use these programs from the student perspective,” say Edison vocal music directors Stephen Markowski and Kenneth Horn. “Despite the countless hours poured into these projects, we always kept in mind the intention of the finished product: a chance to be reconnected in a world that has been isolated for so long. We are honored to have the opportunity to provide that through music in any way that we can.”

Under Markowski and Horn’s direction, 6th graders perfected an upbeat virtual performance of “Old Man Winter” while the 8th grade chorus blended together the words and melodies of “In the Bleak Midwinter,” a virtual contrast of the bleakness of the winter season with the hope that spring brings.

Edison 7th graders came together virtually to sing “Dona Nobis Pacem.”

“Dona Nobis Pacem was a perfect choice for this year,” says Markowski. “This simple and moving message of peace is matched with a lyrical melody that the 7th grade students performed beautifully while adjusting to new voice parts in a strictly virtual setting.”

“Our music instructors rose to the challenge of providing an ensemble experience for their students,” notes K-12 Supervisor of Visual and Performing Arts Thomas Weber. “The majority of our teachers were not experienced with these audio/video recording technologies and production approaches prior to the pandemic, but

spent many hours experimenting and learning. Many of the final projects took over 20 hours to complete.”

Jefferson Elementary School students created three virtual projects this spring with music teacher Kirsten Meyer that included the school song to the tune of “The Addams Family” and the choreographed use of flashlights to the melody of Camille Saint-Saens’ “Aquarium.” The Franklin Elementary School 5th Grade Glee Club mastered a virtual version of “Winter Sun/Winter Fun.”

“For the fall, the Glee Club only met virtually and had to remain muted throughout our rehearsals so I couldn’t actually hear how they sounded and the students couldn’t hear each other,” says Franklin music instructor Brent Geyer. “After several rehearsals, the students recorded their videos into [a video app] while singing along with an accompaniment track that I had made”

Geyer says, once all of the videos were submitted, he resized and edited each video, using a variety of digital video editing tools to mix the student voices and create a virtual ensemble.

“The whole process for one video took about a week to complete but the end result was worth it,” Geyer adds.

There were uplifting and heartwarming holiday performances in December, including a virtual rendition of “Deck the Halls” sung by McKinley 5th graders and directed by Christina

Toulios, vocal music instructor for both McKinley and the Lincoln Early Childhood Center. The Westfield High School Choraleers and Band each shared virtual holiday greetings combining musical and technological skills.

“We sent a greeting to senior residents in Westfield in December for the holidays,” say WHS Band Director Christopher Vitale and Trevor Sindorf. “The performers in the video were members of the Wind Ensemble, but other students in the band offered season’s greetings throughout the video.”

Weber says the majority of final virtual projects were viewed during class so that students could discuss and critique the overall performances. Copyrighted materials prevented most of the virtual ensembles from being shared with the public.

“All of our teachers went to great lengths this year to celebrate our students’ talents by learning and utilizing new technologies,” says Weber.

Superintendent Dr. Margaret Dolan says she is awed, but not surprised, by these virtual efforts.

“We are fortunate to have a robust visual and performing arts community in the Westfield Public Schools, talented students and instructors who take pride and pleasure in performing at their very best,” Dolan says. “The fact that these student musicians and music directors took the initiative to learn these new technologies to be able to continue to perform in virtual ensembles speaks volumes about their dedication and resilience.”



(above) Jefferson 5th graders perform the school song to the tune of “The Addams Family.”



(above) Edison 6th graders performed an upbeat virtual version of “Old Man Winter.” “The fun feeling of this piece allowed us to display the students in a number of creative ways throughout the video,” say vocal music instructors Stephen Markowski and Kenneth Horn.

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(above) The Westfield High School Wind Ensemble shared a heartwarming virtual holiday performance with senior residents in Westfield.




(above) Fifth graders at McKinley Elementary School sang "Deck the Halls" during a winter virtual ensemble.

Photos by Westfield Public Schools, Dept. of Visual and Performing Arts

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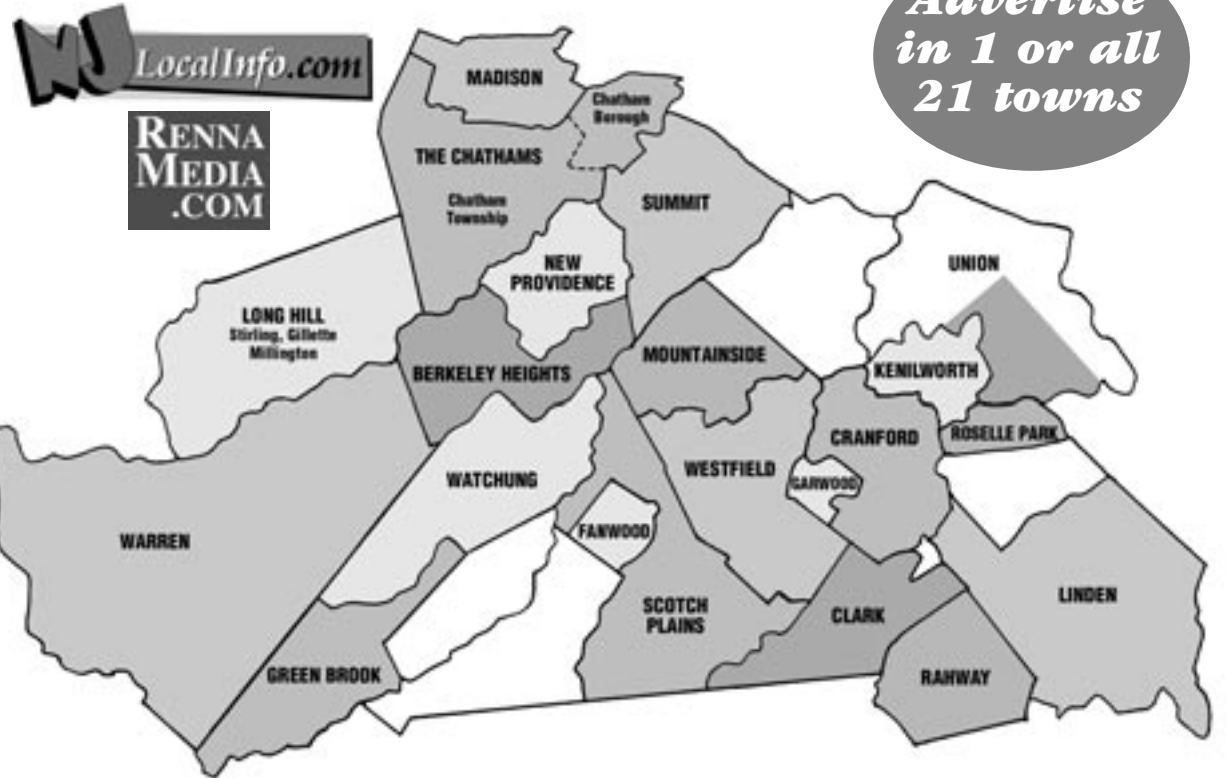
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Recommendations include ways to increase traffic to your website

• NO OBLIGATION

This service is recommended even if you have an existing web management contract. Use it to tune up your marketing plan.

ONE TIME
FLAT FEE
\$250

Call for a consultation
if you do not have a website
or if need a new one.

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

WEBSITE / SEO SERVICES

• STARTER WEBSITE: \$500

Basic static site that can be developed further

• WEBSITE CREATION/UPDATE: \$2,400

Cost for average website: 12 pages, contact form, SEO friendly, responsive design

• WEBSITE HOSTING: \$300 PER YEAR

Includes website hosting, software updates, monthly website content updates

• SEO SERVICES: AVERAGE COST \$1,000 - \$2,000 PER MONTH

Custom tailored solutions: Google Ranking, Local SEO, Social Marketing

Call for free a consultation if you need
help developing an online marketing plan.

STARTER
WEBSITE
\$500

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

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