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## WILSON SCHOOL RECEIVES VISIT FROM FAMOUS ALUMNUS

### Westfield Public Schools

The excitement was palpable as Wilson 5th graders awaited the arrival of a famous alumnus on March 16. It was a visit for which the students had painstakingly prepared and, when billionaire and commercial space explorer Jared Isaacman walked into the gymnasium, awe-inspired smiles broke out.

"Today Jared Issacman is our honored guest here at Wilson School," said Abigail Dewey, one of three 5th graders who, with principal Crystal Marsh, introduced Isaacman. "Our fifth grade classes refer to him as 'Commander Isaacman' because that is how we came to know of him when learning about the SpaceX Inspiration 4 mission, the first crewed orbital mission with no professional astronauts on board."

Isaacman, a civilian pilot who orbited the Earth last September as commander of the all-civilian crew of the SpaceX Crew Dragon capsule dubbed Resilience, spoke about that mission and shared his plans for future space exploration which includes three more space missions with a new four-member crew as part of a SpaceX program called Polaris.

"We're going to go farther into space than humans have gone since we last walked on the Moon," said Isaacman about the Polaris program which he says is "designed to test technology required for future space missions to the Moon,

Mars, and beyond."

During the first Polaris mission -- Polaris Dawn, scheduled to launch in November -- Isaacman said the crew will spend up to five days in space, conducting scientific experiments and testing a new spacesuit while on a spacewalk 310 miles above the Earth. In a continued effort

*(continued on page 2)*



*(above) SpaceX commander Jared Isaacman, an alumnus of Wilson Elementary School, receives a warm welcome during a visit on March 16. Isaacman is pictured here with Wilson principal Crystal Marsh.*



*(above) Wilson alumnus and SpaceX commander Jared Isaacman poses for a picture with Wilson Elementary School 5th graders during a visit on March 16.*

Photo Credit: Westfield Public Schools



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Westfield Monthly

## WILSON SCHOOL FAMOUS ALUMNUS (continued)

to raise awareness of St. Jude Children's Research Hospital, the crew also plans to use SpaceX's constellation of low Earth orbit communication satellites to conduct "telemedicine," connecting pediatric patients in countries who may not have direct access to resources such as St. Jude. Isaacman and the Inspiration 4 crew raised \$240 million for St. Jude during their trip into space last fall.

The Polaris crew will continue scientific and in-space communications research on Mission 2. And, as part of Polaris Mission 3, Isaacman plans to command "the first human spaceflight on Starship, the world's first fully reusable transportation system designed to carry both crew and cargo to Earth orbit, the Moon, Mars and beyond."

Last November, the Wilson 5th grade team of Coral Venturino, Katherine Brown, and Alexander Schmidt included Isaacman's trip into space as part of the traditional science unit, with students writing fictional dispatches from the Moon and brainstorming ideas of how Isaacman has inspired them. The 5th graders illustrated cards and wrote letters with questions about space for Isaacman.

Isaacman attended the Westfield Public Schools from Kindergarten through 6th grade and has said that his dreams of traveling to space began while looking at pictures of the space shuttle as a kindergartner at Wilson. During his visit to his elementary alma mater, Isaacman



(above) The excitement was palpable as Wilson 5th graders reacted to the arrival of billionaire and commercial space explorer Jared Isaacman who visited the school on March 16.

Photo Credit: Westfield Public Schools

answered questions from the students and was presented with a "key" to Wilson School, with Venturino expressing the hope that Isaacman will take the gift with him on his next mission into space.

In welcoming Isaacman at the beginning of the program, 5th grader Emilie Ancrì noted that "Mr. Isaacman is a former Wilson School student who has more fans than just us fifth graders." The 5th graders thanked the SpaceX commander for taking the time to visit and share his experiences.

"We also want to thank him for all the good deeds he has done and the ways he makes an effort to give back in all areas of his life," added 5th grader Eli Diamant. "Thank you for being an amazing role model and inspiring us to be the best we can be now and in the future."

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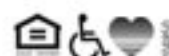


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# EARLY ACT CLUBS STOCK NIGERIAN SCHOOL LIBRARY

## Westfield Public Schools

Fifth grade members of the Early Act Clubs at Jefferson and McKinley Elementary Schools collected gently-used books for school children in the Nigerian village of Obike.

The McKinley School community book drive yielded more than 3,000 titles of varying genres. “I was totally surprised by the amount of book donations,” says parent Julie McGeough who, with fellow PTO volunteers, helped to promote the event before organizing and packing the books for shipping. “Everyone was so generous.”

The book drive at Jefferson took place throughout March, with Early Act Club members at both schools creating handmade bookmarks to send with the donated books. The Rotary Club of Westfield sponsors Early Act Club activities.

“The Rotary Club of Westfield is so excited to have the McKinley and Jefferson Early Act Clubs assist in helping the village of Obike, Nigeria stock the library in the new school that is being built,” says Rotary Foundation Chair Elizabeth Ensslin, who has also served as Rotary

president. “It is always exciting to see kids helping kids.”

Ensslin notes that the idea for the book donation service project at McKinley and Jefferson arose from a global grant provided by the Westfield Rotary to a charity—founded by former Westfield resident Father Kingsley Ihejirika who grew up in Obike—which is responsible for building both the school and a medical clinic in the West African village.

The service project at both schools also helped to promote the recent Read Across America Day.

Photos by Westfield Public Schools



(above) Fifth grade members of the Early Act Club at McKinley School pose with some of over 3,000 books collected to benefit school children in a Nigerian village.



(above) Jefferson School's Early Act Club collects books for school children in the Nigerian village of Obike. The Early Act Club is sponsored by the Rotary Club of Westfield.

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## WESTFIELD HIGH SCHOOL STUDENTS CHANGE HUNGER

### Westfield Public Schools

The Westfield High School (WHS) chapter of Students Change Hunger collected more than 7,000 pounds of food and raised more than \$2,000 for the Community FoodBank of New

Jersey (CFBNJ), winning this year's award for Division 6—Most Meals Collected. According to CFBNJ, WHS has donated more than 28,000 pounds of food, providing more than 84,000 meals to neighbors in need since 2013.

To learn more about Community FoodBank of New Jersey, visit [cfbnj.org](http://cfbnj.org). For more information about Students Change Hunger visit [studentschangehunger.org](http://studentschangehunger.org).

Photo by Westfield Public Schools



(above l-r) Westfield High School Principal Mary Asfendis poses with members of the award-winning Division 6 of Students Change Hunger.

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## TODD OBERSTEIN JOINS CASA BOARD

### CASA of Union County

Todd Oberstein of Westfield has joined the board of trustees of Elizabeth-based Court Appointed Special Advocates (CASA) of Union County, a nonprofit that recruits, trains, and supervises community volunteers to advocate for vulnerable Union County youth in the child welfare system due to abandonment, abuse, and/or neglect.

Todd leads strategy, product, and business development for the Consumer Content team at Verizon including +play, a cutting-edge content and entertainment hub. Todd has 20+ years of product management and strategic marketing experience across media, technology, and financial services. Prior to joining Verizon in 2016, Todd worked at JP Morgan Chase, American Express, and American Airlines.

Said Oberstein, "On behalf of my wife and three children—including one that we fostered and later adopted—I'm excited to further enable an organization that strives to advocate for and provide resources to every Union County youth involved in the child welfare system."

Mariel S. Hufnagel, Executive Director at CASA of Union County, noted, "We are so excited to welcome Todd! His energy is infectious and his professional background positions him to be a real asset for organizational outreach and fund development. In addition, his lived experience as a foster-turned-adoptive parent in Union County adds an 'insider's perspective' when decision-making and strategic planning."

Trained CASA volunteers have court-ordered access to foster parents, biological parents, doctors, caseworkers, therapists, and teachers, and ensure their assigned youth's needs are met and best interests remain a priority while in the child welfare system.

Email [info@casaoioncounty.org](mailto:info@casaoioncounty.org) for details on volunteering as a Court Appointed Special Advocate or other ways to get involved.



(above) Todd Oberstein of Westfield joins the Board of Trustees of CASA of Union County, bringing a wealth of personal and professional knowledge and experience to his new position.

Photo by CASA of Union County

## 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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### Here's what our patients have to say

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- Perry O.

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## GRANTS AVAILABLE FOR LOCAL NONPROFITS

Rotary Club of Westfield, in accordance with its goal of community service, is now accepting grant applications from local nonprofit organizations providing programs and projects that directly serve people in the community.

The official grant application is available on our website at [westfieldrotary.com](http://westfieldrotary.com), by emailing our Community Service Grants Chairperson Marta Alexandre at [malexandre@spencersavings.com](mailto:malexandre@spencersavings.com), or by contacting Ms. Alexandre at 908-889-6390. Grant applications will be reviewed in the spring and fall, and must be submitted before the respective April 15 or October 15 deadlines to be considered.

As part of the decision process, the Grants Committee reviews the simple one-page application to clearly understand how the funds are to be used. Grants will not be awarded for capital improvements or operating funds. An organization may apply for only one grant per year.

Rotary is a community service organization comprised of business and professional men and women who live or work in the Westfield area. The Rotary Club of Westfield meets Tuesdays at 12 p.m. Prospective members and guests are welcome to join any weekly meetings. For additional information, please email [info@westfieldrotary.com](mailto:info@westfieldrotary.com) or visit our website [westfieldrotary.com](http://westfieldrotary.com).

## TRIVIA NIGHT APRIL 22

*The College Woman's Club of Westfield*

The College Woman's Club of Westfield presents its 4th Annual Trivia night on Friday, April 22 at 7 p.m. at Hammersley Hall at St. Paul's Episcopal Church in Westfield. The event is open to the public and includes dinner, drinks, and a trivia contest hosted by Joe Trivia.

If you have an incredible wealth of trivia knowledge and love to share (or showoff) that knowledge, please join us for this fun event!

The ticket price is \$80 per person. Online registration preferred. Checks accepted with paper registration. More details and registration can be found at [bit.ly/TriviaNight22CWC](http://bit.ly/TriviaNight22CWC). RSVP by April 17. All proceeds benefit the 2022 CWC Scholarship Fund.

Founded in 1917 to further higher education for women, the College Woman's Club awards scholarships to young women from Westfield based on academics, leadership, and financial need. The College Woman's Club of Westfield has awarded over \$1M in scholarships since 1995.

To learn more about who we are and what we do, please go to our website at [cwclubwestfield.org](http://cwclubwestfield.org) or our Facebook page, College Woman's Club of Westfield. Or contact the College Woman's Club via email at [cwc.westfield@gmail.com](mailto:cwc.westfield@gmail.com).

## WESTFIELD ROTARY CLUB

*Submitted by Dr. D. Michael Hart*

Westfield. Rotary is a business networking and service club for successful business people who wish to "give back" to their communities.

Last year the Rotary Club of Westfield awarded \$117,400 in college scholarships to Westfield students, and donated \$31,400 in community grants to local charities. The main projects for the club are helping homeless veterans and feeding the food insecure in the area. The club does many other projects, such as buying medical supplies for a clinic in Nigeria, hosting a Global Scholar from Australia, sending aid to the Ukraine, and collecting used bicycles to send to the third world. The Westfield Club has 49 members, and there are 1.3 million Rotarians

in 33,000 Rotary clubs in 166 countries worldwide.

The Rotary Club of Westfield meets three times per month. In addition, the club does approximately one to two service projects per month. Guests are always welcome. For more information visit the website at [westfieldrotary.com](http://westfieldrotary.com), or Facebook @westfieldnjrotary, or email secretary Dr. Michael Hart [drmhart@yahoo.com](mailto:drmhart@yahoo.com).

### NEWEST MEMBER

On Tuesday, March 1, 2022, at the regular weekly Rotary meeting, the Rotary Club of Westfield NJ inducted new member Betty Spiropoulos. She is the branch manager of Ocean First Bank on South Ave.



(above, l-r) Club President-elect nominee Barbara Frantz; Club Foundation Chair Liz Ensslin; Club President-Elect Tony LaPorta; new member Betty Spiropoulos; Past District Governor Dr. D. Michael Hart; and President Blake Width.

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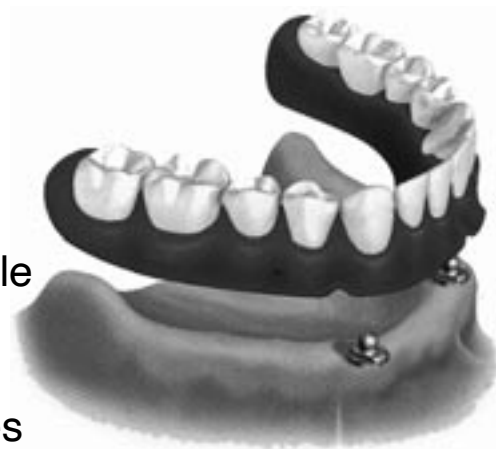
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 Shrub Installations and Privacy Planting

## THIS EARTH DAY MAKE A COMMITMENT TO "HELP SAVE OUR LOCAL TREES"

*Advertisement by Gene Gregory from DefendOurTrees.com*

**IN 2020 HEADLINES READ:**  
 1. "HIGHEST CARBON DIOXIDE RATE EVER RECORDED IN HUMAN HISTORY"  
 2. "2020 SETS ANOTHER GLOBAL TEMPERATURE RECORD."

Did you know? Science says that "the most important thing we can do GLOBALLY to curb this PHENOMENON is to Save our OLD Trees."

You don't have to believe in Climate Change or Global Warming to know this is a bad thing. Increasing Carbon Dioxide levels decrease the amount of oxygen in the air. This along with other pollutants in the air, has not only been linked to climate change and Global Warming, but an array of diseases as well: Cancer, Diabetes, Premature births,... Autism, the list goes on and on.

These problems and the severity are dramatically worse in poorer areas with more industry, diesel fumes and NO TREES. (please see "Earth Day turns 50" in the Star Ledger, it touches on what are children and their children are facing. One of the things they speak of are the "Large bodies of polluted water" we are leaving behind.

Despite these facts and my efforts: dozens of these trees, our "Oldest Residents", are killed in our local neighborhoods each year. Among the many losses: Shade, Solace the Filtering of our Air and Water, the oxygen they provided, ...they also release the Carbon they have accumulated for hundreds of years.

On June 8th, 2021, I hired a tree expert to help save some of the trees in our area. I showed him dozens of trees in Westfield, New Providence, Summit and Scotch Plains. He used the word "disgusting" to describe what he saw. In his report he writes "that many of these trees can be saved if prompt action is taken".

**HOW CAN YOU HELP SAVE THESE TREES?**  
 Please visit our site and read all the facts [defendourtrees.com](http://defendourtrees.com) See the:

- 1) "Pictorial of trees that can be saved". These are just a few of the many OLD trees being destroyed and dying in our area. If you live in the area, please write a letter (to your local mayor and town council) demanding this needless destruction of our old trees, stop immediately. Please Email a copy to [defendourtrees.com](mailto:defendourtrees.com)
- 2) Please also read "Rooting out Problems" at my site or google it yourself.

It explains: "simple measures for saving trees during construction", which is the biggest cause of killing our trees. Most importantly, you will recognize what will harm a tree. Make a commitment to share this information with your children and friends.

**Instagram @DefendOurTreesNJ**  
 to see other sites and locations.



# SAM'S



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Black Topsoil .....\$38

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Brown Dyed.....\$32

Red Dyed.....\$34

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3/4 Clean Stone.....\$68

Stone Dust.....\$36

QP .....\$42

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3/8 Red Stone .....\$80

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3/4 Goose Egg .....\$106

1 1/2-3 Goose Egg .....\$110

3/4 Arctic White .....\$110

3/8 Riverbed / Pea Gravel.....\$70

1 Riverbed .....\$80

1 1/2-3 Riverbed.....\$80

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# YOUTH ART MONTH IN WESTFIELD

## Westfield Public Schools

The Westfield Public Schools recently celebrated the nationally acclaimed Youth Art Month with colorful and creative displays throughout the downtown area. Paintings, drawings, and sculptures designed by approximately 320 students from Westfield's ten public schools were displayed by 39 downtown merchants as well as the Westfield Memorial Library, who volunteered their window or display space for the month of March.

"Youth Art Month celebrates creativity and brings communities together through art," explained Tom Weber, Supervisor of Fine Arts for the Westfield Public Schools. "This event provides many of our creative and talented students in grades kindergarten through 12 the opportunity to have their artwork proudly displayed throughout our community."

Weber noted that merchants expressed appreciation when contacted about Youth Art Month, happy to have the popular event up and running after it was cut short by the pandemic.

"Each student art piece was selected for various reasons and reflects different concepts and skills that are aligned to the New Jersey Student Learning Standards in the arts," Weber

added. "I couldn't be more proud to work with such dedicated teachers, generous parent volunteers, and supportive community businesses who make this great event possible."

A nationwide tradition that began more than 50 years ago, Youth Art Month emphasizes the value of art education and encourages support for school art programs according to [arteducators.org](http://arteducators.org).



(above) A close-up of a mixed-media piece by Emma Dushak who is among 320 Westfield Public School students chosen to display artwork in downtown Westfield.

Photos by Westfield Public Schools

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**Westfield Memorial Library**  
**In-person Program**  
**at the Library!**  
**Alisa Dupuy brings**  
**Elizabeth Shuyler Hamilton, the**  
**wife of Alexander Hamilton to life**  
**on Tuesday, April 5 at 7:00 pm**  
**Attendance limited, you must**  
**register at [www.wmlnj.org](http://www.wmlnj.org)**



To learn more about Library programs and services, visit [www.wmlnj.org](http://www.wmlnj.org) or our Facebook page at [facebook.com/wmlnj](https://facebook.com/wmlnj)  
 550 E. Broad Street 908.789.4090



(above) A passerby takes note of student artwork displayed in a Westfield storefront as part of Youth Art Month in March.

## LIBRARY APRIL EVENTS

### Friends of Westfield Memorial Library

The Friends of the WML is ready for a fun April. For young children we will host Fit4Kids on Saturday, April 23 at the library. This will be a fun program for kids to learn about fitness and healthy eating. This will be the 1st Saturday morning program hosted onsite at the library this year. Spots are limited and you can register on the library's website at [wmlnj.org](http://wmlnj.org).

The Metropolitan Opera Series continues on April 13 with Marriage of Figaro. The group leaves on a roundtrip bus from Westfield to New York City and returns after the performance. With our series membership, you can purchase a seat for one performance or more. To learn more visit [fwmlnj.org](http://fwmlnj.org).

The 47th Annual Spring Book Sale will return this year. We are excited to once again host this

beloved community wide event. This is the perfect time to clean out your bookshelves and donate books, CDs and DVDs in good condition on April 27, 28 & 30. All of your book donations become the inventory for our book sale. All the proceeds raised go directly towards Friends sponsored events and programs. Looking for great books? Come shop the sale on May 3rd (Members Preview Sale) - May 7. Special Sale Days include 50% for teachers on May 3-5, 50% off for ALL on May 6 and Bag Day (\$10/a bag) on May 7. We welcome all those that would like to help with the sale. We would be grateful for a few hours of your time to help carry books, sort and shelf books. To volunteer or learn more go to [fwmlnj.org](http://fwmlnj.org) or contact [info@fwmlnj.org](mailto:info@fwmlnj.org). We look forward to seeing you all at the sale!

## INFANTS – TODDLERS – PRE-K – KINDERGARTEN



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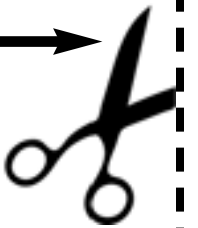
# **SCAN FOR CHANCE TO WIN ONE YEAR OF FREE PERSONAL TRAINING & NUTRITION COACHING**



## 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.)

**Do You Want  
GRIT ATHLETE PERFORMANCE  
to Help You with all of this?**

**Registration for Our 10 Week  
Summer Program Now Open**

**Early Bird Registration Expires June 20**  
**[www.gritathletes.com](http://www.gritathletes.com)**



**ATTENTION  
PARENTS  
OF KIDS  
AGES 6-18**

# Summer Athlete Performance Camp in Berkeley Heights

**Discover how to get your children strong, fast, and confident  
this summer...so they can become the best athletes they can be.**

## This program is for your child if:

- They want to get better at sports but struggle because of **lack of speed, strength or stamina.**
- They **eat more junk food than healthy food** and you need another voice to help them understand how important a healthy diet is during these developmental years.
- 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.

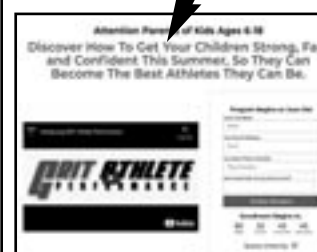


## HOW TO REGISTER

### STEP 1 Scan This QR Code



### STEP 2 Enter Your Info When You Get To This Page



### STEP 3 We'll Notify You If You Win.



### About Grit Athlete Performance (A Gabriele Fitness Company)

GRIT helps kids ages 6-18 get strong, fast and confident so they can build a bigger and better future. They are located in Berkeley Heights inside Gabriele Fitness. All Grit coaches have been handpicked via a very lengthy interview process by Gabriele Fitness founder, Vince Gabriele.

### The Details

Dates:

**JUNE 20-AUGUST 25**

Please visit [www.gritathletes.com](http://www.gritathletes.com)  
for days/times at each age group  
and for pricing.

Location:

**GRIT SPORTS PERFORMANCE COMPLEX**  
(Located inside Gabriele Fitness in Berkeley Heights)

**SIGN UP TODAY!**

**Summer Program**

**Early Bird Registration**

**Expires June 20**



## UTILITY SCAM AWARENESS: LEARN THE TELLTALE SIGNS

Think twice if someone threatens to immediately shut off your power. Utilities United Against Scams (UUAS) recently launched an advocacy and awareness campaign focused on educating customers and exposing the tactics used by scammers.

"The pandemic has created financial hardship and escalated stress levels for many of our customers, and that is a perfect environment for scammers to thrive," said Deb Affonsa, PSE&G's vice president Customer Care and chief customer officer. "Bad actors create the impression of an urgent problem in the hopes that our customers will panic, preventing our customers from seeing all the clues that they are indeed being scammed. I would like to reinforce, PSE&G is not currently shutting off residential customers for nonpayment. PSE&G wants to help all our customers who are behind on their energy bills with affordable payment agreements to help our customers get back on track, together."

### WHAT TO LOOK OUT FOR:

You receive a call from what looks like PSE&G on your caller ID. The caller threatens to shut off your service and demands an immediate payment by cash, pre-paid card, or digital money transfer apps. The caller informs you that you require a new meter and demands a deposit before the installation can occur (PSE&G does not require a deposit for a new meter Installation). You're given a phone number to call back that, when called, may sound similar to PSE&G's automated call system. The caller

alerts you that, because of your good bill-paying history, you're eligible for a bill reduction or discount but you must provide information first. PSE&G never requires payment with a prepaid card and does not offer bill discounts. As another reminder, PSE&G does not accept payment via prepaid gift cards, digital money transfer apps or cryptocurrency such as Bitcoin.

What PSE&G will and won't discuss over the phone:

A genuine PSE&G representative will ask to speak to the account owner. If that person is available, the representative will explain why they are calling and provide the account name, address and current balance. If the account owner is not available, the PSE&G representative will not discuss the account at all and ask that a message be left for the Customer of Record to call 1-800-436-PSEG (7734).

For more information, visit [pseg.com/scamalert](https://pseg.com/scamalert).

## 2022 YOUTH POLICE ACADEMY

### Westfield Police Department

The Youth Police Academy is open to Westfield residents who are entering grades 9-12. The free program will run Monday, August 8 – Friday, August 12, 2022 from 9:00 a.m. – 3:00 p.m.

Youth Academy students will start each day with a basic military drill and physical fitness activities to be led by a certified Westfield Police Department Physical Fitness Instructor and current John H. Stamler Police Academy Drill Instructor.

Thereafter, students will head into the classroom for specialized instruction on criminal, juvenile and motor vehicle law, as well as an introduction to the court system, crime prevention and criminal investigations. They will also receive basic first aid instruction and CPR certification. The curriculum will include special guest speakers

and demonstrations from various other law enforcement and public safety agencies.

"We are very excited to bring back the Youth Police Academy, which provides us with yet another opportunity to engage with the community," said Westfield Police Chief Christopher Battiloro. "This program will give our young residents an opportunity to see the inner workings of our police department and provide them with some insight into a potential future career in law enforcement."

In addition to an application, interested students will be required to submit an essay stating why they wish to be selected for the Youth Police Academy, as well as provide a reference letter from a non-family member. Due to space constraints, only a limited number of students can be accepted. The application can be found at: [westfieldnj.gov/655/Youth-Academy](https://westfieldnj.gov/655/Youth-Academy)



**FAITH Lutheran Church**  
524 South Street, New Providence, NJ  
[famfaith.org](https://famfaith.org) • 908-464-5177 • The Rev. Jane McCreedy, Pastor

### Sunday Mornings

Liturgies with Eucharist at 8:00 and 10:00 a.m.

### Passion/Palm Sunday - April 10

8:00 a.m. Spoken Liturgy with Eucharist  
10:00 a.m. Festival Liturgy with Eucharist

### Holy Thursday - April 14

12 noon Spoken Liturgy with Eucharist  
7:30 p.m. Liturgy with Rite of First Holy Communion

### Good Friday - April 15

12 noon Ecumenical Community Service  
7:30 p.m. Service of Tenebrae


### Holy Saturday - April 16

A Day of Silence, Prayer & Reflection

### Easter Celebration - April 17

7:00 a.m. Memorial Garden Liturgy  
8:00 a.m. Spoken Liturgy with Eucharist  
10:00 a.m. Festival Liturgy with Eucharist

Visit our website at [famfaith.org](https://famfaith.org) or find us on Facebook at Faith Lutheran, New Providence  
*We practice an open Communion table. All are welcome!*



**Westfield Police Department**  
**Youth Academy**  
Monday, August 8 - Friday, August 12, 2022  
9:00 AM - 3:00 PM

- Available to Westfield students grades 9 through 12
- Learn about the Westfield Police Department and other local, state, and federal law enforcement agencies
- Demonstrations: K-9, SWAT, Aviation, Westfield Fire Department, Bomb Squad and more!
- Basic training in police procedures / operations, physical training, criminal investigations and first aid

For additional info: [www.wpdnj.org/youthacademy](https://www.wpdnj.org/youthacademy)



**FINAL FOUR**  
**Charity Fundraiser**

Saturday, April 2  
6:00pm - 11:00pm  
Columbian Club of Garwood  
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Tickets \$35/person  
Tickets sold at the bar or at the door on the night of the event

  
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Includes:  
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Proceeds to benefit  
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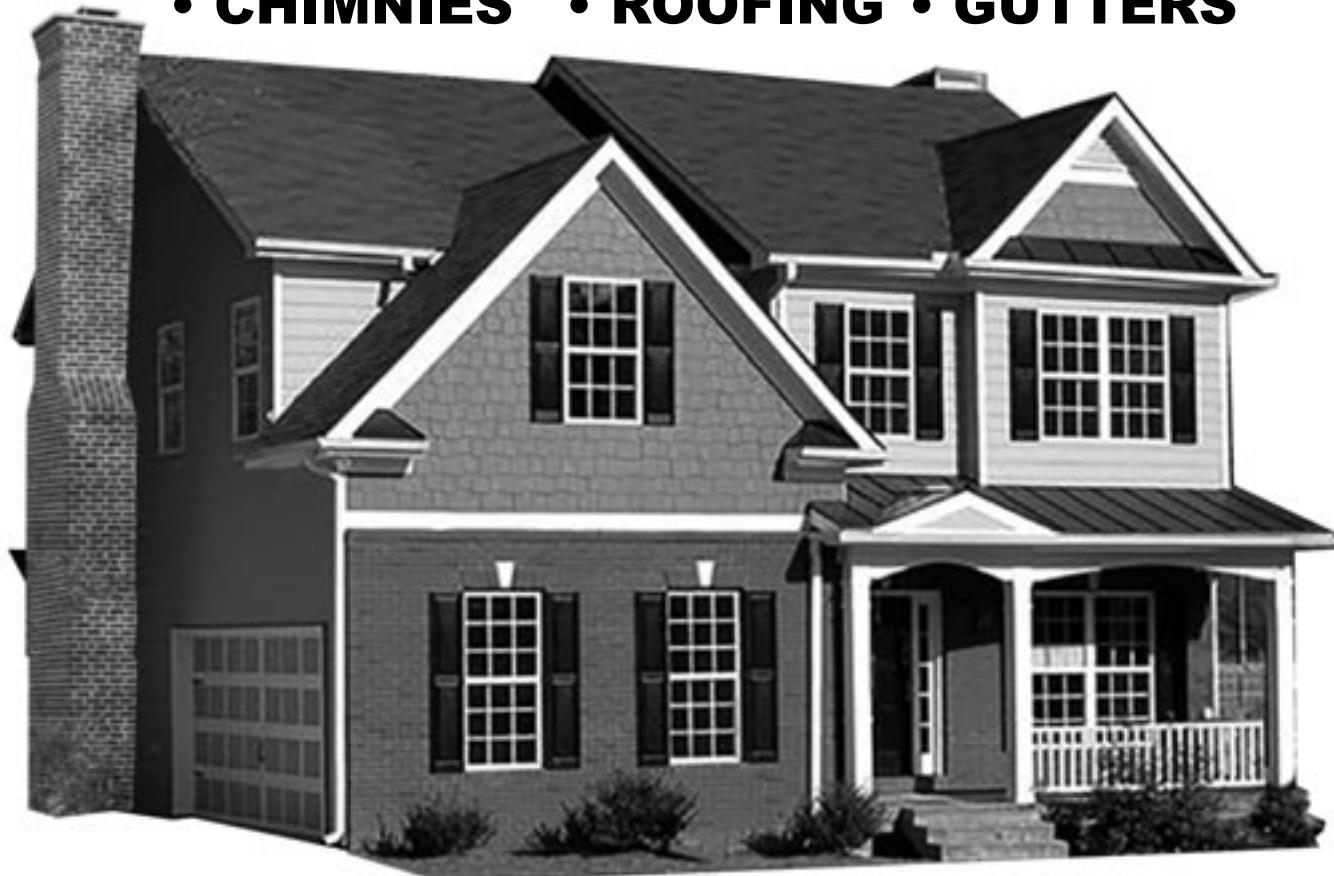
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(Average house)



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Expires April 30, 2022



**\$1,300  
CHIMNEY  
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## 15 STUDENTS ADVANCE TO REGIONAL BAND

### Westfield Public Schools

Fifteen student musicians from Edison and Roosevelt Intermediate Schools have been selected to perform with the Central Jersey Music Educators Association (CJMEA) Region Band and Orchestra. "These prestigious groups feature the top young musicians from all over Central Jersey," says Edison band director John Scozzaro who, with EIS orchestra director Amanda Gant, RIS band director James Doyle,

and RIS orchestra director Brice Freeman, helped students prepare for the auditions. "The students had to learn an advanced solo, perform scales, and sight read a piece of music during their audition."

#### WESTFIELD STUDENTS SELECTED TO PERFORM IN THE CJMEA REGION BAND ARE:

- Christian Buonopane: 8th Grade, French Horn
- Liliana Lincoln: 8th Grade, Clarinet
- Grace Matus: 8th Grade, Clarinet

- Chase Willard: 8th Grade, Percussion
- Jonathan Eckert: 7th Grade, Clarinet
- Alex Giangone: 7th Grade, Tuba
- Jacqueline Mohan: 7th Grade, French Horn
- Ajay Bastianpillai: 6th Grade, Trumpet
- Benjamin Park: 6th Grade, Clarinet
- Serena Shih: 6th Grade, Flute

#### WESTFIELD STUDENTS SELECTED TO PERFORM IN THE CJMEA REGION ORCHESTRA ARE:

- Madeline Yong: 8th Grade, Violin
- Mai Kim: 7th Grade, Violin



Photos by Westfield Public Schools

## NATIONAL MERIT FINALISTS

Westfield High School 12th graders Gillian Strout and Yuchen Yang have advanced as Finalists in the 2022 National Merit Scholarship Program, having met academic and other standards to become eligible for scholarships. The selection of 7,500 Merit Scholarship winners from the group of more than 15,000 finalists is now in progress with scholarship winners and National Merit Scholars to be announced over the next few months.



(above) Superintendent Dr. Raymond González, Yuchen Yang, and Gillian Strout at a Board of Education meeting on Oct. 19, 2021.

Photo by Westfield Public Schools

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Learn at your own pace with customized sessions. Private, virtual lessons conducted via Skype, Facetime and Zoom. Other platforms available upon request. For information, contact:

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## FISHING DERBY APRIL 16

The Newark Bait & Fly Casting Club will celebrate its 40th Anniversary by stocking the Lower Echo Lake in Westfield on Saturday, April 16. Sign up begins at 7 a.m., fish will be stocked between 8 - 9 a.m. All are invited to attend this free event. Participants fish in the lake; bait will be supplied, poles will be available if needed, and prizes will be awarded to children in winning categories.

An individual, family, or business can sponsor a trout, which can run from \$6.50 to \$80 depending upon the size. Contact Robert L. Jones at 908-325-6657 to sponsor a trout.

Newark Bait & Fly Casting Club is a 501(c)(3) organization. In addition to sharing a love for fishing, the Club raises funds to help veterans, children, and disabled individuals. Visit nbfcc.org for more information.

**NEWARK BAIT AND FLY CASTING CLUB**  
A 501(C)(3) NON-PROFIT ORGANIZATION

# TRICKY TRAY

**FRIDAY, April 29, 2022**  
DOORS OPEN AT 6:00 P.M. - DRAWING BEGINS AT 7:30 P.M.

55" Name Brand Smart TV

Dell Inspiron Laptop Computer

Shark Robotic Vacuum Cleaner

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## JOSEPHINE'S PLACE GOLF OUTING - MAY 9TH

Josephine's Place, nonprofit center for women is dedicated to serving women in an economically poor area who often have little or no knowledge of available resources or opportunity. Josephine's Place opened in 2003, where thousands of women have passed through its doors and have made the center their second home, taking lessons in English, computers, citizenship or participating in parenting and support groups. At Josephine's Place we strive to provide the support and programs to empower all women to achieve their goals and dreams.

Sponsor, register to play or support now! "As a nonprofit we rely on fundraisers and donations to bring the services to the women. The golf outing is our second largest fundraiser. It is a great event with fun had by all," said Gail Driscoll, Josephine's Place's executive director, adding "Last year we had a sold-out event. That's my hope for this year too!" There are many ways to participate: be an event sponsor, play golf, take a chance on 50/50 tickets and raffles, donate or join us for lunch and/or dinner.

Event highlights: outdoor barbecue luncheon, shotgun golf tournament, beverages all day, outdoor cocktail reception/dinner-on-the-grill, awards, raffles and a silent auction!

Cedar Hill Golf & Country Club is a premier golf course and is experienced with golf outings while always adhering to health and safety guidelines.

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Can't join us but want to show your support? There are many sponsorship and donation options available.

Since our creation, women have found a safe haven at Josephine's Place - a welcoming and peaceful environment where they can connect with one another and develop the skills they need to succeed for themselves, their families and their communities.

"Our drop-in center on Elizabeth Avenue has grown over the years. We are so very fortunate to have the space to offer classes and programs to meet the needs of the women. Our services are free," said Driscoll. While women continue to discover Josephine's Place, the ever-present need for volunteers is increasing. Said Driscoll, "We especially need volunteers to teach English and computer skills."

The topics span a wide variety of subjects such as computer literacy, quilting, English, arts & crafts and exercise. The center also hosts support groups for victims of domestic violence and parents of autistic children, among others. One aspect of Josephine's Place is its focus on health and wellness, in particular physical fitness.

In its 19 years in existence, Josephine's Places has made its mark on the community and has been recognized as an asset by government officials and fellow nonprofit organizations. Established by the Sisters of Charity of Saint Elizabeth, Josephine's Place has grown into its own independent 501c3 nonprofit organization.

Josephine's Place is located at  
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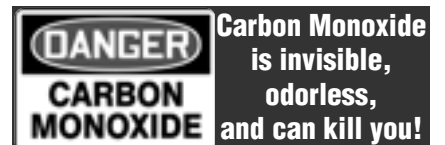
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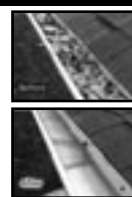
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The Workshop started out years ago as a place for older men who no longer had access to a home workbench. Since 2007, several women have joined the historically male enclave. Most of the volunteers are former professionals including investment bankers, college professors, physicians and scientists. Many have never worked with their hands and over the years, they've taught each other caning, rushing and a myriad of other techniques needed to fix the aging furniture brought to them for restoration.

Prim La Capra of Short Hills recently patronized the workshop. She had a table restored that had suffered from years of use and weathering. "I am so grateful to the volunteers who refinished my little table to its original beauty. My late husband bought this well-crafted table from Bloomingdales' NYC store decades ago and it became a special place to store important documents, memorabilia, pictures, and other things we wanted to keep in our library." Said Prim. "It got water damage on top and sun damage on the sides over the years. The volunteers at Sage Elder Care completely restored it at a reasonable cost. I love how the piece turned out and plan to keep it for many more years. Thank you to the volunteers who contributed their skills, time, and talent to this project. It was a pleasure to work with Bob, the shop manager and visit the workshop."

The Workshop is located in the basement of the SAGE building at 290 Broad Street, Summit and is easily assessable. Shop hours are Mondays

through Fridays, 8:30 a.m. – 11:30 a.m.

For more information about the service or to schedule an appointment to bring in furniture, call 908-598-5531.

SAGE Eldercare supports the independence, well being and quality of life of older adults, their families and caregivers, through the provision of client-centered health, social and support services. Founded in 1954, SAGE is both the oldest and one of the few nonprofit eldercare agencies in the United States that offers a broad and comprehensive array of services under one roof that assist elderly, often frail, adults to remain independent in their own homes. SAGE Eldercare programs include: HomeCare; Meals-on-Wheels; Spend-A-Day Adult Day Health Center; InfoCare free information and referral service; Fall Prevention Initiative; Chore Service; Shopping Service; Bill Paying Service; PREP caregiver support group; and SHIP (State Health Insurance Assistance Program). SAGE Eldercare serves over 5,000 older people and their families annually in Union, Essex Morris and Somerset counties. For more information, call 908.273.5550 or visit [www.sageeldercare.org](http://www.sageeldercare.org).



(above) Volunteer Mark Goldsmith of North Caldwell.



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## EARTH DAY RAHWAY RIVER CLEAN-UP - APRIL 23

All volunteers are invited to celebrate Earth Day 2022 with Boy Scout Troop 330, Cub Scout Pack 30 and members of the Rahway River Watershed Association in a clean-up of the Rahway River on Saturday, April 23rd (with a rain date of Sunday, April 24th). The clean-up



(above) Some interesting things have been pulled out of the river during the annual Earth Day River Clean-up events

will focus on areas upstream and downstream of the dam at Winfield Park, New Jersey throughout Rahway River Park. Please plan to stop by the parking area adjacent to the waterfall of the Rahway River by the dam at Winfield Park at 8:45 a.m. to register, pick up bags, gloves, bottled water and snacks, and receive safety information.

Teams will be encouraged to travel to any part of the river within the park where they would like to perform cleanup activities but we specifically will ask folks to always work in small groups for safety purposes with folks socially distanced.

Cleaning up a river and park area is a great way to celebrate Earth Day and if you haven't participated in an event like this before, you will find it invigorating, and you will feel good about what you have accomplished. It is also fun and educational, especially for scouts and young adults as they always find something interesting. Over the 20+ years this cleanup has occurred thousands of folks have participated, including girl scouts, cub scouts, boy scouts, fishermen, local activists and citizens, and we pulled some amazing things from the river.

The clean-up will generally be between 9a.m.

till noon, but any amount of time or effort that folks can volunteer is appreciated. There is always a large volume of floatable debris to pick up, and this year there remains substantial debris in the floodplain from Hurricane Ida last fall. The team working registration will provide suggestions on areas with large volumes of floatable debris.

All participants should wear jeans, long-sleeved shirts, gloves and boots, waders are welcome for folks who like to get a little wet. Each participant should bring a standard 5-gallon carry bucket with a handle (put your name on the bottom), this makes for easy carrying of "stuff" for transfer to the large garbage bags. A mulching rake is also a great asset to have to enable reaching out and pulling debris into shore from the river bank. When we complete the event we do a basic inventory of the "big stuff" that we removed, and within approximately 24 hours Union County Parks removes and disposes of all the trash. There is no RSVP required but if you need more information or think you will attend please let us know by e-mail at [rivercleanup@comcast.net](mailto:rivercleanup@comcast.net).





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## UNION COUNTY'S OWN COMEDIAN MIKE MARINO

Submitted by Michael D. Boll, New Jersey Veterans Network

I recently had the honor and pleasure of meeting "New Jersey's Bad Boy of Comedy" Mike Marino. Mike grew up in Scotch Plains, and resides there now in his childhood home.

He is a comic who has performed all over the world and head-lined at some of the biggest stages, clubs, and theaters in the country. This talented comedian has been on the stage with some of the biggest names in the business. Mike has appeared in over 200 national television commercials, received many endorsements, and a Best Actor Clio Award Nomination. He has acted in many prime-time soaps and television shows including: As the World Turns, One Life to Live, Becker, Nikki, Frasier and Party of Five. His film credits include Crooks, Pizza with Bullets, hangin' in Hedon, Steven King's Lucky

Quarter and Criticized.

Adding to his great success in film, theatre, commercials and soaps, Mike Marino began touring the world performing and selling out at countless clubs, theatres and casinos. His stand-up material ranges from cutting edge observations of everyday life to his Italian family roots, which recently spun into a television pilot called "Re-Constructing Jersey". His comedic style has landed him guest appearances on "The Tonight Show" as a regular sketch player, "The Martin Short Show", "Canada's Comedy TV", "The Boomer Show", "Wild Pitch", and "Hand Held Comedy Radio". A clip of Mike's appearance on Byran Allen's "Comics Unleashed" earned him over 7 million views (and counting). This led to his current web series "Marino 2016" – an original comedy based on Mike's Road to the White House and wise guy attempt to become the first Italian American President of the United States.

Recently, Untied Brewing Company hosted a comedy show for the New Jersey Veterans Network in New Providence. Both Assemblyman Jon Bramnick, known as New Jersey's funniest lawyer, and Mike Marino performed at the show and it sold out immediately. After the show, I was able to meet Mike and he explained to me how he always supported our uniformed heroes and wanted to really get involved with our team.

A few days later, I met with Mike in his 'Mother's Basement' studio, in Scotch Plains, where he hosts his nationwide podcast show, and we began working on ideas to help the charity. Mike has always supported our uniformed heroes; he was a member of the USO comedy

team and entertained the troops in places like Bosnia and Afghanistan. After his comedy tour, Mike was awarded the prestigious "Bob Hope" award. This award is only presented to performers who go beyond the call of duty. Mike has hosted and performed countless times for our brothers and sisters in blue. After the 9-11 tragedy, Mike felt he was obligated to do something for the first responders' families affected by that horrendous and devastating day. He joined up with both the Los Angeles Sheriffs and Police Department, and they do a comedy show every year that raises money for the 9-11 fallen families.

New Jersey Veterans Network is very lucky to have Mike on board and we can't wait to bring joy to these extremely difficult times.

For more information, and if you would like to follow Mike Marino, please check out his website [mikemarino.net](http://mikemarino.net) and podcast – "Live from My Mother's Basement".

If you are interested in joining the New Jersey Veterans Network team please contact Michael Boll at [mdbollio@optonline.net](mailto:mdbollio@optonline.net). For more information visit [NJVN.org](http://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 mission is to identify veterans and connect them with resources and programs designed to meet their unique set of needs. 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](mailto:mdbollio@optonline.net). To learn more visit [njvn.org](http://njvn.org).



(above) Mike with his many awards including the honors he received for helping veterans. Mike was awarded the prestigious "Bob Hope" award (seen here in his right hand). This award is only presented to performers who go beyond the call of duty.



(above) Mike Marino at a recent NJ Veterans Network event.

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# SALEM ROADHOUSE CAFÉ GRAND REOPENING - APRIL 9

## Salem Roadhouse Café

After a two-year COVID absence, the Salem Roadhouse Café announces its grand reopening Gala on Saturday, April 9.

As always, the Salem Roadhouse Café is live, intimate, up front, and personal. All ages are welcome. We ask that patrons wear masks while inside during the show. The doors open at 7:20 p.m. Admission is \$20 and includes show, snacks, non-alcoholic beverages, and dessert.

Carrie Jackson—a frequent and beloved performer at the Roadhouse Café for the past 15 seasons—headlines the reopening along with her Jazzin' All-Stars Band. The Roadhouse suspended performances early in 2020 in response to the COVID pandemic.

Carrie Jackson is a top jazz artist performing in the New Jersey/New York area. She pours her heart into classical jazz favorites from soulful sultry pop to poignant mellow gospel. Carrie nurtured her talent in Newark, the Jazz Mecca of New Jersey. Carrie attributes her vocal style to her mentors, the Great Ladies of Jazz: Sarah "Sassy" Vaughn, Ella Fitzgerald, Billie Holiday, Dinah Washington, Nancy Wilson, and Carmen McRae. The Jazzin' All-Star Band backs her up, buoys her up, and carries the audience away. One never knows who Carrie may bring along with her either.

## ABOUT SALEM ROADHOUSE CAFÉ

It's not church music—it's music music. Salem Roadhouse Café is a clean, safe place for people who enjoy listening to live music in a world otherwise filled with clubs and bars. The Roadhouse has always offered its stage to local

and independent mainstream musicians. Jazz, rock, folk, and other groups have performed. What's the common thread? They're all great musicians playing the kind of music people like to hear. There's no message—just music. To leave a message and get a return call, dial: 908-687-1028. Or email salemroadhouse@gmail.com. Website: townleychurch.org.

The Roadhouse started in 2008 by members of Townley Presbyterian Church with a grant from the Presbytery of Elizabeth. Hey—that's why we're located where we are. The Roadhouse operates as a non-profit that raises funds for several carefully-chosen local charities. That's its social mission. But the many musicians who've played the Salem Roadhouse Café see it as a solid performance venue. They love it because of its special intimacy and great audiences. They say people here "really listen." Ask any of the musicians you meet here—they love to play the Roadhouse.

## COMMUNITY INVOLVEMENT

The Salem Roadhouse Café has raised funds for many carefully-chosen charities. They include: The Presbytery of Elizabeth E-port Center, Center For Hope Hospice, Community FoodBank, Monarch Housing, Angel Paws Animal Rescue, National MS Society, Haiti Disaster Relief, Hurricane Sandy Disaster Relief, The Union County YWCA Domestic Violence Program, Making It Possible To End Homelessness, Camp Johnsonburg, The Music Institute, and others. Thousands of dollars have been raised for these deserving charities.

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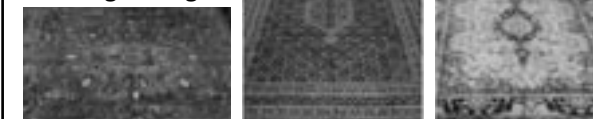
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