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## VOLUNTEERS SPRING CLEAN COMMUNITY GARDENS

### Rake & Hoe Garden Club

This spring members of the Community Gardens Committee of the Rake & Hoe Garden Club of Westfield were busy spring cleaning the garden at north side of the Westfield Train Station and the period gardens at the Miller-Cory House Museum.

During the cleanup of the train station garden, a piece of an old wooden railroad tie was found, and the members thought it would be right to incorporate it into the landscape of the garden. The clean-up was led by Beth Hanscom who supplies horticultural support to the garden by organizing clean ups and selecting appropriate plantings.

Across town at the Miller-Cory House Museum, another group of club members cleaned up the period gardens of the colonial era that were designed and planted by the Club in 2004. After removing weeds and cutting back on existing plantings the gardens are ready to be planted with blueberry, cranberry, and bayberry bushes along with some perennials and herbs that would have been grown in colonial times. Sue Feldman led the clean-up and will coordinate the upcoming planting activity.

The Community Gardens Committee also maintain community gardens at Shadowlawn, the urns in Midowaskin Park and the Claire Brownell Memorial Wildflower Garden at the Westfield Historical Society's Reeve History and Cultural Resource Center. All the gardens are open to the public.

The Rake and Hoe Garden Club is affiliated with the Garden Club of New Jersey and the National Garden Clubs, Inc. The club meets on the second Wednesday of the month at 12:00 p.m. at the Scotch Hills Country Club. Meetings feature speakers on horticulture, floral design, floral crafts, and environmental topics. Membership is open to residents of Westfield and surrounding towns. For more information contact Sharon Shiraga (908) 228-2865 or visit the club's website, [rakeandhoe.org](http://rakeandhoe.org), or Facebook page.



*Miller-Cory House Museum  
(above, front, l-r) Sue Feldman, Irene Greenstein, Tracy Criscitiello;  
(back, l-r) Kathryn Ciurczak, Sarah Kaiser, Clare Minick.  
Not pictured Beth Siano, and Joan Barna.*



*Northside Train Station  
(above, l-r) Richard Pelikan, Barbara Murphy, Kay Cross, Nancy Smith, Jeanie Pelikan, Barbara Spellmeyer and Beth Hanscom.*

Courtesy photos



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Westfield Monthly

## MAYOR BRINDLE NAMED MAYOR OF THE YEAR

The Gateway Regional Chamber of Commerce (GRCC) held its 32nd Annual Mayors Dinner on Thursday, May 19, 2022 at the Newark Liberty International Airport Marriott.

Each year the mayors in attendance, or their designees, share with the audience the accomplishments of their communities, including the challenges they have overcome. Mayor Brindle shared the video "Welcome to Westfield".

The following awards are then announced: Mayor of the Year; Business Administrator of the Year; Economic Development Director of the Year; and Best Speaker.

Mayor Shelly Brindle was named Mayor of the Year. The winners are selected by vote of the

Government Affairs Committee which meets under the umbrella of the GRCC.

Mayor Brindle was elected in November 2017 as the first female Mayor in Westfield's history.

In her acceptance speech Mayor Brindle stated in part "The real gratitude I have is for our community and the residents that we serve. They are the real economic drivers of our economic fortunes.

We've got 30 businesses that are in the process of opening or expanding, many of them are Westfield residents, and the majority of them are women.

There is a lot happening, we invite you to visit us. Come share your experience with us and we'll share ours with you."



(above, l-r) Councilman Michael Dardia, Mayor of The Year Shelley Brindle, Councilwoman Dawn Mackey, and Councilwoman Emily Root

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## WESTFIELD MEMORIAL DAY CEREMONY, PARADE, PARTY

The Westfield Memorial Day Parade will return on Monday, May 30th. A Solemn Memorial Service will begin at 9 a.m. in front of the WWI Monument at intersection of North Ave and East Broad Street. The Parade will immediately follow and will be staged in the East parking lot of Lord and Taylor's. Parade route will start on North Avenue and turn left on East Broad Street, proceed to Euclid Avenue, where it will turn left, and then move up Euclid and turn left on Park Drive, where the Parade will end.

If you are participating, plan on arriving in the east parking lot of Lord and Taylor's by no later than 8:00 a.m. on Memorial Day.

After the parade, there will be an after party at the American Legion Hall at 1003 North Avenue. The party will go from Noon – 4 p.m. with two bands, bouncy houses for the kids and free wine,

beer and food. The party is open to all residents of Westfield to come celebrate and thank the veterans for their service while remembering

those we lost. Sponsorships are still available so contact Joe Mindak at 201-410-8282 or [joe@finnconnective.com](mailto:joe@finnconnective.com) for more info.



(above) 2021 Westfield Memorial Day Ceremony

Courtesy photo

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## MUSICAL HONORS IN THE WESTFIELD PUBLIC SCHOOLS



(above, l-r) Edison Intermediate School 7th grader Mai Kim, and 8th grader Madeline Yong will perform with the All-State Intermediate Orchestra, both playing violin.

Photos by Westfield Public Schools

For a fifth consecutive year, the Westfield Public School District has been named one of the “Best Communities for Music Education” in the nation for its outstanding commitment to music education. The designation is awarded by the National Association of Music Merchants (NAMM) Foundation to districts that demonstrate outstanding achievement in efforts to provide music access and education to all students.

Additionally, Edison 8th grader Madeline Yong (violin), and 7th grader Mai Kim (violin), were accepted into the All-State Intermediate Orchestra, while 24 Westfield High School vocalists will perform with the All-State Chorus in the 2022-2023 school year.

“As a department, the students and staff continued to work through many obstacles this year relating to COVID protocols that challenged the delivery of music education in the traditional sense. To be recognized for the 5th consecutive year by NAMM as a best community for music education further validates all their efforts to provide meaningful, quality experiences,” says Visual and Performing Arts Supervisor Thomas Weber. “Despite all the challenges, our students continue to achieve excellence at the regional and state level, and this year in record numbers! We appreciate all the faculty, administrators, parents, students and community leaders who have made

music education an essential part of a well-rounded education.”

The students who will perform with the All-State Chorus in 2022-2023 are:

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Joey Gamba  
Garret Gao  
Sophie Havens (5th overall in Soprano 1)  
Sarah LaMonica  
Sam Laitman (9th overall in Bass 1)  
Evan Leone (5th overall in Bass 2)  
Skyler Lipkind  
Olivia Marino  
Angie Mora  
Nadia Rego  
Lucie Saint-Denis (4th overall in Alto 1)  
Ryan Williamson (1st overall in Bass 2)  
Ethan Young

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While individual subscriptions to LinkedIn Learning otherwise cost up to \$29.99 per month, this service will be free to Westfield library cardholders. Users do not need a LinkedIn profile to use the resource. Courses can be accessed from any device at any time and are conveniently split into short videos. LinkedIn Learning also features a dedicated mobile app so users can learn on the go.

LinkedIn Learning is available to those who live, work, or go to school in Westfield with a valid, up to date library card. To access LinkedIn Learning with your Westfield Memorial Library card, visit [linkedin.com/learning-login/go/wmlnj](https://linkedin.com/learning-login/go/wmlnj).



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## THEY KNOW WHERE IT’S AT



(above, l-r) Franklin 5th graders Henry Tuttle, Karl Westerling, Matt Taormina, James Holleran, and Shaan Patel (not pictured) made it to the final rounds of the regional competition of the International Geography Bee while qualifying to compete in Nationals in June.

Photo by Westfield Public Schools

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Denali and Wonder Lake, Denali National Park, Alaska, 1947.  
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## CHIEF MICHAEL DUELKS SWORN IN TO WFD

### Town of Westfield

On Tuesday, April 26th, Michael Duelks was sworn in as the twelfth Fire Chief of the Town of Westfield, following the retirement of Chief Tiller.

Michael was born and raised in Westfield, and is a graduate of Westfield High School. He joined the Westfield Fire Department as a volunteer in 2002 and was appointed to career status in 2004. In 2016, Michael was appointed to the rank of Lieutenant and then later that same year to Battalion Chief, and he also served the department as the Fire Inspector.

In 2020, Michael was recommended for

promotion by Chief Tiller to the rank of Deputy Fire Chief and has served in that role since, where he has been a part of the leadership of the department and has proven to be a person of exceptional character who is deeply committed to the success of Westfield Fire Department.


Mayor Bindle stated in her weekly newsletter "I, along with the entire Town Council, am confident that the Town and the dedicated members of the Westfield Fire Department will benefit from his leadership for years to come."

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Photo by Town of Westfield



(above) Michael Duelks was sworn in as the twelfth Fire Chief of the Town of Westfield on April 26, 2022.



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## FIRE CHIEF TILLER RETIREMENT

### Town of Westfield

On April 22nd, Mayor Bindel was joined by town employees and members of the Town Council at the final clap-out for Westfield Fire Department Chief Tony Tiller to thank him for his service as he embarks on his retirement.

Chief Tiller joined the Westfield Fire Department as a volunteer in 1993, and was appointed as a paid firefighter in 1997. He was subsequently promoted to the rank of Lieutenant in 2004, Battalion Chief in 2015, and Deputy Chief in 2016 prior to being named Acting Fire

Chief in March 2019. During his three years as Deputy Chief, Tiller was involved in every aspect of fire department operations for both emergency and non-emergency events.

Previously, he also worked for the Westfield Department of Public Works as a Laborer from 1994 through 1997. He broke through many doors during his tenure, rising to become the first African American Chief of the department. He leaves a lasting legacy, reflected in the professional department he leaves behind.

Follow Town of Westfield on Facebook



(above) Fire Chief Tiller was given a final clap-clap out to honor him on his retirement and to thank him for his many years of service.

Photo by Town of Westfield

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## GABRIEL DAYON RECEIVES YOUTH VOLUNTEER AWARD



(above) Gabriel Dayon is the recipient of the 2022 Optimist Club Thom Hornish Youth Volunteer Award. Courtesy photo

The Optimist Club of Westfield is pleased to announce Gabriel Dayon as the recipient of the 2022 Optimist Club Thom Hornish Youth Volunteer Award. The Award is given annually to a Westfield high school junior who has dedicated a substantial amount of time and effort to volunteer and benefit the local community. Gabe distinguished himself with his years of volunteer service, work ethic, dedication, leadership and involvement in community and school activities.

Gabriel began volunteering at St. John the Apostle Church as an altar server, helped build the outdoor live nativity scene and participated in the Church Youth Group. He assisted the Westfield High School varsity football team as a water boy, ball boy and then filming games in 9th grade. He also filmed other high school sporting events, theater productions, concerts, and Board of Education meetings. He has been a volunteer coach for PAL football and basketball and helped with the Union County Vo Tech food drives. In addition to volunteering in the community, Gabe

has been involved at Westfield High School in the Eastern Culture and Mandarin Club and as a Transition Peer Leader. He is a member of the National Honor Society and currently participates in school government as Corresponding Secretary for the WHS Class of 2023.

The annual award is named in honor of Thom Hornish, a former Westfield High School history teacher, in recognition of his dedication to youth, club service and involvement as a past president and long-time member and former president of the Optimist Club. The recognition includes a cash award and certificate of achievement presented to the recipient at the Optimist Club dinner in May.

As a club founded on the principals of volunteerism and community service, the Optimist Club is pleased to recognize young men and women who have embraced these ideals. This is the 27th year the Optimist Club has recognized outstanding young people who distinguished themselves through volunteer service.

## SPEAK SOBRIETY'S FOUNDER SHARES LIFE STORY

### Westfield Public Schools

Speaking about "the disease of addiction," Stephen Hill recently shared the real life story of his decade-long struggle with substance abuse and his journey to recovery.

Founder of Speak Sobriety, Hill travels nationwide to talk to students and other audiences about substance abuse prevention and mental health awareness. In 8th grade assemblies at Edison and Roosevelt Intermediate Schools on April 20, Hill urged the students to make smart choices and effect positive change.

"Your actions affect others," he told the students. "While you may not develop a problem, your actions may have an effect on someone who does."

That evening, Hill held a parent presentation

at Edison at which he and his father shared lessons they learned as a family from Hill's battle with drug and alcohol addiction which began when he was a freshman and popular student-athlete in high school. The nationally-known speaker – who is an author and attorney as well – held smaller breakout sessions with 8th graders the next day to answer questions and further reflect on the importance of his message.

"Drugs turned me into someone I'm not," said Hill who has remained sober for just over 9 years. "If I can help one person avoid the mistakes I made, it's worth it."

Hill's presentations were co-sponsored by the Westfield Municipal Alliance, Albert Anthony Kayal Foundation, and the Matthew Thomas Toriello Memorial Fund.

Photo by Westfield Public Schools



(above) Speak Sobriety founder Stephen Hill visited Edison and Roosevelt Intermediate Schools to share his real life struggle with substance abuse and his journey to recovery.

*Erica Schultz*  
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# LOCAL COACH COMES OUT AND TELLS THE TRUTH ABOUT WHETHER A KID CAN ACTUALLY LEARN TO RUN FASTER

Retired San Francisco 49ers QB Joe Montana, is arguably one of the greatest NFL players that has ever played football...when his son started playing football it would have made sense for him to help his son learn how to play Quarterback.

But that's not how it went. Joe Montana had to hire a quarterback coach to help his son be a better football player. Here's possibly the greatest NFL QB of all time, needing to hire someone else to help his son. It was not that Joe Montana was not equipped for the job...it was that his son needed a second voice to help him get to the next level.

Many parents who have much less knowledge, experience, and skills than Joe Montana are in the same boat in regards to helping their kids get stronger, faster, and more confident.

Most parents we've come across want their kids to eat healthier, be more active, and have a stronger mindset. But many have told us they need help.

Even with the constant reminders of telling their kids to eat more vegetables, get outside instead of watching TV, practice their sport more, get to bed earlier...they find that sometimes the message falls on deaf ears...and some backup would be helpful toward their vision of helping their kid be the best they can be.

Parents have told us that having us(the Grit Athlete Performance Coaches) as a second voice to help reinforce the habits they want for their kids...is changing the game.

Further...Our Grit Athlete Founder has over 20 years experience with training athletes himself...and certainly knows a LOT more about getting stronger and faster than the average parent...But has all 3 of his children(9,8 and 6) enrolled in Grit year round....because he knows the power of that second voice.

And after they come through our program, parents tell how it's turbocharging their parenting. Here are some real-life examples that have been reported...

Before, parents struggled with getting kids to eat vegetables...now their kids are asking for more.

Before, parents struggled with getting their kids to get enough sleep....now their kids are getting to bed earlier on their own.

Before, parents struggled with getting their kids to watch less TV or play video games...now they are limiting these activities because they've learned they don't really help them become better athletes.

Before, parents struggled with helping their kids have more confidence...now their kids are doing things out of their comfort zone more often which is helping them believe in themselves which further improves self-esteem.

Before, parents had no clue how to help their kid get faster...now they are faster because they've learned that speed is a skill, and a few simple tweaks can make a kid faster immediately.

Before, parents could not get their kids to make their beds...now their kid makes their

bed each morning on their own because they learned that making their bed in the morning helps them have a better day.

Before, parents struggled with getting their kids to do even one good push-up...now they catch them in their room practicing on their own.

Before, parents wanted their kids to have more determination and grit when training new things...now they are staying calm under pressure and seeking out challenges instead of avoiding them.

Many times it's not about telling your kid to eat more vegetables or stop watching TV...but rather finding the right environment for them to be more successful.

Right in your backyard, there's a team of great coaches waiting to be second voices for your kids...so that all the things you're teaching as parents will be reinforced. But most importantly, the results you're after for your kids will actually become a reality. The Grit Athlete Summer Sports Performance session starts on June 20th in Berkeley Heights NJ, visit [www.gritathletes.com](http://www.gritathletes.com) to fill out an application for your child.

*Grit Athlete Performance is a Sports Performance Training Company located in Berkeley Heights that helps kids ages 6-18 get strong, fast, and confident so they can have a bigger and better future. They have just released the dates for their summer program that starts on June 20th. Visit [www.gritathletes.com](http://www.gritathletes.com) to apply for their summer session or call (908) 747-1600 for more details.*

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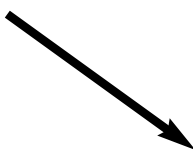
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**Warning: If you are reading this article after June 5th, please call (908) 747-1600 to see if there are still spots remaining.**

Attention Parents of Kids Ages 6-18

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## 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.

## HAPPY PARENTS TALKING ABOUT THE PHYSICAL AND MENTAL TRANSFORMATION OF THEIR KIDS...

- "When my son started Grit he was quiet, shy, and had some difficulty with movements...Now he is confident in himself, has become more vocal, and is mastering the exercise he struggled with in the past."  
*- Jen O'Brien, Grit Athlete Parent*
- "My son is more disciplined and confident in himself"  
*- Steve Hughes, Grit Athlete Parent*
- "I have watched my children become more confident and vocal."  
*- Christine Stramandinoli, Grit Athlete Parent*
- "His confidence has shot up in the last few months...and has carried forward to the way he approaches other activities like sports and schoolwork. My son is now making his bed daily and exercising every day."  
*- Catherine Solfaro, Grit Athlete Parent*

**STARTS JUNE 20TH (Only 19 Spaces Remaining)**

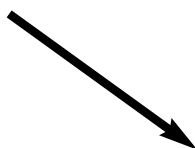
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## WESTFIELD HALL OF FAME 2022 INDUCTEE: SAMUEL DOWNER, SR. – “WESTFIELD’S GREATEST REVOLUTIONARY WAR HERO”

Submitted by, Julian Hershey

The Westfield Hall of Fame this year welcomes Samuel Downer Sr., an 18th century blacksmith and patriot who with his hammer and fire helped give shape to American history.

Endowed with great physical stature, vitality and good health, Mr. Downer Sr. lived for nearly 102 years. His enterprising nature and boundless energy helped mold early Westfield’s cultural, spiritual and commercial life. In addition to his forge, he started a general store in Westfield, was a tavern proprietor and helped defend his community and country in war.

No history of Westfield is complete without a nod to Mr. Downer, and to his son, Samuel Downer Jr., whose own achievements in business and service to the community, large as they were, were perhaps a logical progression from those earlier efforts by his father.

Samuel Downer Sr. was born in 1723 in Norwich, Conn. He moved to New Jersey while still in his youth, as many from Connecticut did in those times, in search of land and a better life. He found both, first in Elizabethtown, then in the West Fields of Elizabeth. He served as a blacksmith’s apprentice, learning the trade of his father before him, and is described in the “Downers of America,” a genealogical history, as “having been of a genial temperament.”

Sam married Hannah Potter of Elizabethtown, with whom he started a family and moved to West Fields in the mid 1740s. The Downers were early members of the Presbyterian Church, and for years their home at Mountain Avenue and East Broad Street was both physically and symbolically at the center of the town. The general store he started and, across the street, the tavern in which he became a partner, helped

form a hub for the village. And each business seemed to involve the son as much as the father, if early histories are to be believed. Where one’s handiwork started and the other’s ended is a detail obscured by the passage of time.

Meanwhile, some 50 years of Sam’s life still lay ahead—as did the Revolutionary War.

While proofs in the form of documentary evidence are again scarce, information gleaned from various sources supports our view of Sam Sr. as a patriot, a community figure active in the service of his country, a nation struggling to be born. The picture emerges of a West Fields man who played different roles at different times: a private in the militia; a wagon driver carting supplies; and an innkeeper who hosted General Washington himself at the family’s tavern.

Broadly speaking, such details are informed by, but also constrained by, what can be found in primary-source documents. The Daughters of the American Revolution, a group well known for its thoroughness in historical research, has found documents that show Sam was paid for carting services during the war, presumably by the Continental Army or militia.

Other official records suggest there is much more to the story. While in 1775, the year the war broke out, Sam Sr. was too old and Sam Jr. too young to serve, both joined the militia the next year—the father as a private, the son as a drummer boy.

Both names appear in what many consider the leading record of service by Jersey men in the war, the “Official Register of the Officers and Men of New Jersey in the Revolutionary War,” published in 1872 by state Adjutant General William S. Stryker.

Sam Sr.’s short entry says only “First Regiment, Middlesex; also State troops.” But Downer family records go further, stating he enlisted on Feb. 12, 1776, as a private in a unit of Minute Men led by Col. Nathaniel Heard. The Minute Men were the most fit and most committed in the militia. Sam Sr. would have been twice the age of many men in the unit, but perhaps the former blacksmith’s physical strength and fortitude quieted any concerns about his age.

Another challenge in piecing together this story is that he apparently did not enlist in the county in which he lived, Essex County—the county to which West Fields belonged at that time, and where Sam Jr. enlisted. Militia units, though the rules were seldom strictly observed, were supposed to draw on men from the counties in which they lived.

But efforts at military organization, particularly at the start of the war, were chaotic. Authorities on the subject say militiamen changed companies constantly. William Stryker himself wrote, “They were often in one Co. today and assigned to another tomorrow,” in a letter that is part of the research library of the New Jersey Historical Society.

Does it really matter whether Sam Sr. enlisted in Middlesex County or Essex? Both bordered Staten Island, which in years to come would be a hornet’s nest of British and Hessian activity. Indeed, commencing with the British invasion in the summer of 1776 and after the loss of New

York City to the British that fall, New Jersey citizens and militia were forced for several years to fight on multiple occasions for their families, their livelihoods, homes and towns. No one asks where you enlisted when you are defending your neighbor’s or your own home.

Mr. Downer Sr. saw his house and forge burned in the famous pillaging of Westfield by the British in 1777. There are records proving that. The family genealogy goes on to say that all through this period, father and son “were called upon for service as emergency required.” And those emergencies were many. Conflicts included such major battles as the Battle of the Short Hills, Connecticut Farms and Springfield. At Springfield, the family records say, “the elder Samuel became separated from his company during the engagement, owing to the irregular manner of fighting, and for a time was in a position of great danger between the fires.”

In closing, perhaps it is right for published histories of Westfield to pay their respects to Samuel Downer Sr., as most do, with broad strokes rather than attempting to tell his story more completely. It seems impossible to do more without approaching fiction and risking invention.

But we do lose something by not remembering people like Sam Sr. more fully. We recall that he lived until 1824, and in good health, his family says. This would have made him, in his time, one of the oldest living survivors of the Revolutionary War. In his later years, one account says, he became known around Westfield as a constant teller of stories about the war and his part in it. What a loss that no one wrote them down, even if that’s all they were—stories.

Sam’s part in the war and, more broadly, our town’s history, would seem at risk of being obscured completely were it not for a small bronze plaque that lies atop his grave in the Presbyterian Church Cemetery. One can choose to believe, or not to believe, what it states on the plaque: that Samuel Downer Sr. was “Westfield’s Greatest Revolutionary War Hero.”

The Westfield Hall of Fame is a Committee of the Westfield Historical Society which has named nine inductees for the 2022 Hall of Fame Class. In addition to Samuel Downer Sr., they are Clara Bolger, Allen Chin, Ralph Jones, Charles R. Morrison Sr., James & Melba Nixon, Nancy Priest, Theodore K. Schlosberg, and Mabel L. Sturgis with Helen French Welch. The Hall of Fame Committee has a long list of qualified candidates submitted by the public for its consideration in future inductions. The 13 members of the 2022 Hall of Fame selection committee are planning the induction ceremony for October 7, 2022. Hall of Fame members are chosen based on demonstrated talent, ability and accomplishments in their field. They have made a significant impact on the town, state or nation, and brought pride and recognition to Westfield.

Historical Society members and the public at large are encouraged to submit profiles of persons believed to be strong candidates for the Westfield Hall of Fame to the

Westfield Historical Society,  
P. O. Box 613, Westfield, NJ 07091.



Photo courtesy of Julian Hershey

*(above) Samuel Downer, Sr. has been named one of the nine members for the Class of 2022 Inductees to the Westfield Historical Society’s Hall of Fame.*

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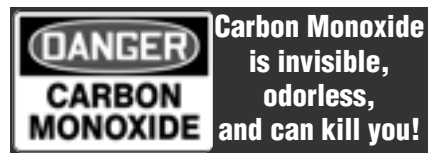
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(above) Donna Mancuso  
from RWJ Hospital



(above) Anna Marie with her 50 hats  
from SWSCH

## OLDER AMERICANS MONTH CELEBRATED

*Second Westfield Senior Citizens Housing Corporation*

The Creative Hands of Second Westfield Senior Citizens Housing are a group of residents who are busy with their knitting and crocheting for any need in the surrounding community. They've recently donated lap blankets and shawls to RWJ in Rahway. Donna Mancuso, who is the Director of Marketing and Community Education at RWJ, said, "These knitted items will be very helpful in keeping our patients warm during chemo therapy treatments." Hats and scarves were also donated to Raphael Life House in Elizabeth benefitting the young mothers residing there. Miss Mauryn Austin, who is the Resident Advisor at the Raphael Life House, said, "Our moms and babies send our greatest appreciation for the beautiful hats & blankets. Thank you for thinking of us."

With May 2022 being Older Americans Month with the theme "Age My Way," these older Americans remain active not only in this group but in many programs and activities in their building. Many of these ladies will join their neighbors in participating in Bocce, exercise classes, attending documentaries, lectures and live music performances in their building. Their curiosity with the world around them, and their

determination to enjoy life is contagious. Second Westfield recognizes that need and provides these seniors with every program possible not only on this Older Americans Month of May but in every month of the year.

RWJ Rahway: Founded in 1917, Robert Wood Johnson University Hospital Rahway is an acute-care community hospital whose campus includes comprehensive rehabilitation services, a subacute rehabilitation unit, sleep center, wound care and hyperbaric medicine. Its campus is home to Kindred Hospital-New Jersey, a long-term acute care hospital. RWJ Rahway is part of the RWJ Barnabas Health System.

Raphael's Life House is Covenant House New Jersey's Mother and Child program, created to help homeless and pregnant young women secure a brighter, more stable future for themselves and their newborn babies.

Second Westfield Senior Citizens Housing, 1129 Boynton Avenue in Westfield, NJ opened in October, 1995. The building is a three-storied, elevator equipped building for low-income senior citizens. It is designed specifically for seniors, and meets all of the Americans with Disabilities Act requirements.



(above) Creative Hands Community Service Group of SWSCH

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# HOLOCAUST SURVIVOR SPEAKS TO STUDENTS

## Westfield Public Schools

Holocaust survivor Sami Steigmann recently visited Westfield High School to share his harrowing story of surviving Nazi medical experimentation, brutal winters, starvation, and other severe deprivations while imprisoned during World War II in the Mogilev-Podolsky labor camp in what is now present-day Ukraine.

Born on December 21, 1939 in Czernovitz, Bukovina, part of the then-Austro-Hungarian Empire belonging to Romania, Steigmann and his parents were confined in Mogilev-Podolsky from 1941-1944 before the labor camp was liberated by Russia's Red Army. Too young to be assigned work, Steigmann was subjected to medical experimentation by the Nazi regime. While he says he has no recollection of those early years and learned of this Nazi atrocity from his parents, he still suffers pain caused by the experiments. He later received monetary compensation from a German program, pointing to two paragraphs in the letter that accompanied the settlement as "invaluable to him."

"Based on the information and evidence you provided, your eligibility has been established as a victim of medical experiments," Steigmann

quotes the letter on samispeaks.com. "Fully aware that no amount of money can compensate you for the severe injustices that you suffered, we do hope that you will regard this payment as a symbolic acknowledgement of those injustices."

Steigmann held two separate assemblies at WHS on April 20, first speaking with 9th and 10th graders, then 11th and 12th graders. He was invited by the WHS Jewish Cultural and Development Club, in partnership with Kean University's Holocaust Resource Center.

More than 35 of Steigmann's family members were murdered by the Nazis in the Holocaust. During the assemblies, he spoke of his years as both victim and survivor, as he continues to share his story hoping to educate all people to be upstanders. As he tells his listeners, "I am not what happened to me, I am what I chose to be."

"We are so grateful to Mr. Steigmann for sharing his powerful story as we continue our work to encourage upstanders in our schools," says Superintendent Dr. Raymond González. "His stated life philosophy of "positive thinking, positive words, positive attitude, positive actions, positive experiences" is inspiring, especially in light of all that he has faced in his life."

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# GARWOOD ROCKS! JUNE 5

## HOME-DELIVERED MEALS ARE AVAILABLE

Mobile Meals of Westfield President Ruth Maloney, board members and the organization’s chef manned the information tent at the recent Westfield Spring Fling street fair. The message they delivered to attendees of the event focused on Mobile Meals delicious and nutritious food offerings for those individuals unable to provide meals for themselves. Hot dinners are provided for \$7.50 which includes a protein, two sides, soup, dessert and drink. Clients can also order a lunch in combination which includes sandwich, fruit and a drink. The cost for both meals is \$10.50.

Meals are delivered to clients’ doors between 11 a.m. – 1 p.m. Monday thru Friday. The non-profit organization serves Clark, Cranford, Fanwood, Garwood, Mountainside, Scotch Plains and Westfield.

For more information, visit the Mobile Meals website at [mobilemealsofwestfield.org](http://mobilemealsofwestfield.org) or call 908-233-6146.



(above) Ruth Maloney, Mobile Meals of Westfield President.

Courtesy photo

Garwood is revving up to rock out and enjoy a full day of family fun, with this year’s event being held in its normal schedule, Sunday, June 5, 2022, from 11 a.m. - 6 p.m. (rain or shine) in downtown Garwood.

Garwood Rocks! features a classic car show hosted by “Hot Rod Mike” which is expected to draw over 100 cars this year, in addition to an all-day live stage, entertainment, vendors, and festival food including many local area favorite food trucks. Artisans and craftspeople will display paintings, pottery, photography, handmade jewelry, furniture, and many other unique gifts. The Crossroads will once again sponsor the Beer & Wine Garden and provide the main entertainment at the Garwood Rocks main stage. This year we have three featured bands, Algonzo Inc. at 2 p.m.; The Funktion Band at 3:30 p.m. and headliner, 4 Flight Rock at 5 p.m. A fun day for the whole family and admission is free!

“The family-friendly Garwood Rocks! festival is a great example of Garwood’s close-knit community,” said Adam Pasternack, President of Russo Property Management. “This is one of the best events Union County has to offer and we were delighted to support last year’s much anticipated return, which drew thousands of excited music, classic car and food enthusiasts to downtown Garwood. We’re excited to be on board once again at a time when our Vermella community in town is welcoming new residents every day who are enjoying all that Garwood has to offer.”

Greater Westfield Area Chamber of Commerce For over 74 years, GWACC (the Greater Westfield Area Chamber of Commerce) has been connecting commerce and community. The

GWACC promotes the economic prosperity of businesses primarily in Fanwood, Garwood, Mountainside, Scotch Plains and Westfield. It is the largest association of businesses and nonprofits in our area. Members include business owners, professionals, managers, and operators. Membership cultivates the opportunity to build relationships, partner, make referrals, increase business, attend lunch, and learns, and support the community. For more information about the GWACC, visit [www.gwaccnj.com](http://www.gwaccnj.com). You can also call the office at 908-233-3021 Monday through Friday between the hours of 8:30 a.m. and 3:30 p.m. Our office is now located at 212 Lenox Avenue, Westfield, NJ 07090.

SUNDAY, JUNE 5

11 AM TO 6 PM ON CENTER STREET

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GARWOOD

ROCKS

MUSIC, CARS, SHOPPING & FAMILY FUN

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SATURDAY, JUNE 11<sup>TH</sup> 10AM-6PM

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STARTING AT \$170

Age 5 minimum

10 child minimum - 40 max

5 or 6 kids per lane

Bumpers available

Light balls provided

Children may bowl in rubber soled shoes (no sandals, boots, Crocks or black soles)

Basic white table cloth provided

You are welcome to decorate

Party room seats 22 comfortably (arrangements made for larger parties)

Additional half hour - \$5 per child

1.5 HOURS OF FUN!

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We recommend Roma 908.789.1170

You will need to provide plates and napkins

\$19.50 per child

Includes:

1 hot dog for each child

Napkins

Soda or juice by the pitcher

Individual bag of chips or pretzels

Mon - Fri

3:30pm - 5pm

(party room 3:30 - 4:30)

4pm - 5:30pm

(Party room 4:45 - 5:30)

Saturday

12pm - 1:30pm

2pm - 3:30pm

4pm - 5:30pm

(full access to party room)

Sunday

12:30pm - 2pm

2:30pm - 4pm

4:30pm - 6pm

We accept Cash, Visa, MasterCard and Discover

## 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. Addictions 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.

Call 732-827-0800

Scot Paris MD, FACS



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

"I'm dancing without pain. I can move with no problem whatsoever. I can go up and down steps with no pain."

- Patricia G.

"Over 85% relief for the first time in 15 years, suffering with knee pain. My life is getting back to normal."

- Perry O.

"After only four visits, I have absolutely no pain! The staff is 'top-notch.'"

- Question L.

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## "A BRONX TALE" COMING TO CDC THEATRE

The musical "A Bronx Tale", the final show in CDC Theatre's 103rd season, is in rehearsal and getting ready to open June 10.

Based on the critically acclaimed play that inspired the now classic film, this streetwise musical will take you to the stoops of the Bronx in the 1960s—where a young man is caught between the father he loves and the mob boss he'd love to be. Featuring a book by Academy Award nominee Chazz Palminteri, music by Oscar, Grammy, and Tony Award winner Alan Menken, and lyrics by Grammy Award winner and Oscar and Tony Award nominee Glenn Slater, "A Bronx Tale" is a story about respect, loyalty, love, and above all else: family.

Director Sean Lough describes the show as "taking place on the streets in the 1960s, with all the pop styles of the time: Doo-wop, Frank Sinatra-style ballads, R&B and Motown.

Even though it's set in The Bronx, it's a very New Jersey show. The musical started at the Paper Mill Playhouse then moved to Broadway. We're honored to be the first NJ community theatre group to get to perform it after the smash Broadway run."

The show will run June 10-25, Fridays and Saturdays at 8 p.m., with a 2 p.m. matinee on June 19th. Tickets can be purchased by visiting [cdctheatre.org](http://cdctheatre.org). Made possible by funds from the Union County Office of Cultural & Heritage Affairs, a partner of the New Jersey State Council on the Arts.

**CDC Theatre presents**

# A BRONX TALE

*The Musical*

Based on the play by

**Chazz Palminteri**

Music by

**Alan Menken**

Book by

**Chazz Palminteri**

Lyrics by

**Glenn Slater**

June 10-25 Fri/Sat 8pm  
June 19 Sun 2pm



78 Winans Ave. Cranford, NJ

[cdctheatre.org](http://cdctheatre.org)



Produced by special arrangement with Broadway Licensing ([www.broadwaylicensing.com](http://www.broadwaylicensing.com))  
Made possible by funds from the Union County Office of Cultural & Heritage Affairs,  
a partner of the New Jersey State Council on the Arts.



## GARDEN HELPLINE REOPENS

Gardening questions? Need insects identified? Rutgers Cooperative Extension of Union County can help.

After being closed for the past two years due to the Covid pandemic the Helpline is now open to help solve your questions and problems.

Even landscape professionals occasionally need assistance identifying problems. Diseases of trees and shrubs or insects need to be properly diagnosed before they can be cured or controlled.

Rutgers Garden Helpline is staffed by trained volunteers to assist the citizens of their county with continuing educational opportunities supplied by Rutgers agricultural department during the year.

Rutgers Garden Helpline of Union County is located at 300 North Ave East, Westfield, NJ, (Colleen Fraser Building, 2nd floor). For questions and office hours call the Garden Helpline at 908-654-9852

There are three ways you can reach the garden helpline with your questions.

First you can call them at number above.

Secondly you can e-mail questions and photographs to: [mastergardeners@ucnj.org](mailto:mastergardeners@ucnj.org)

Or clients can bring a plant, lawn, or insect samples to the office. Specimens are the surest way to guarantee a proper identification.

Hours are Monday to Thursday, 10 a.m. until 2 p.m., and Friday 10 a.m. until noon.

The Garden Helpline volunteers are well trained to identify tick\* species including 'deer ticks' which transmit Lyme disease to humans and pets.

This is an extremely valuable service as the deer and tick populations continue to grow in New Jersey.

The Asian Lantern-fly invaded Union County last spring and has already damaged many fruit trees and vines. The Helpline will keep you updated on the latest information how to control this colorful but destructive leaf hopper.

In addition to garden critters the Helpline will identify house infesting insects such as carpenter ants, termites and food infesting pest.

## THE WELLNESS INITIATIVE FOR SENIOR EDUCATION

The Wellness Initiative for Senior Education (WISE) Program, focuses on educating seniors, celebrates healthy aging and educates older adults on a variety of topics. Sponsored by the Westfield Regional Health Department and Prevention Links, this free program that will take place at the Summit Free Public Library, located at 75 Maple St, Summit, NJ, beginning on Thursday, June 23 at 10 a.m. and is open to anyone 60 or older.

The program offers six lessons that cover a wide range of topics. Participants will have an opportunity to meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices.
- Celebrate this exciting stage of life and all the

benefits that come with it.

- Discuss risk factors and behaviors older adults should avoid to stay healthy.
- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how they can avoid problems.
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive.

A free lunch will be provided at each lesson, and all program participants will be eligible to receive free giveaways.

For more information or to register, please contact Amy Lewis at 908-789-4070 ext. 4080 or [alewis@westfieldnj.gov](mailto:alewis@westfieldnj.gov).

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## MATTHEW COGNETTI AWARDED PHILHOWER FELLOWSHIP

### Westfield Public Schools

Washington 5th grade teacher Matthew Cognetti is the 2022 recipient of the Rotary Club of Westfield's Philhower Fellowship in recognition of outstanding teaching at the elementary school level.

Cognetti received the news on April 28 as Superintendent Dr. Raymond González and Washington principal Dr. Andrew Perry paid a visit to his classroom.

"It was great to surprise Matt with this well-deserved recognition," says González. "Students, parents, and colleagues who nominated Matt noted his experiential instruction, caring nature, and willingness to support students and staff in so many ways."

Raised in Westfield, Cognetti attended Tamaques Elementary School, Edison Intermediate School, and graduated from Westfield High School. He attended Penn State University and Kean University for his undergraduate degree in Elementary Education and the University of Scranton, where he received a Master's in Educational Administration.

Cognetti joined the Westfield Public School District in 2001 as a 4th grade teacher at Washington, a position he held for one year before moving to the 5th grade.

"I've been teaching 5th grade at Washington ever since," says Cognetti. "I have always loved working with children and teaching. I was a camp counselor at Wilson when I was younger and

really enjoyed it. Having 7 younger siblings also gave me numerous opportunities to teach, helping with homework and various projects."

Cognetti also serves as an Instructional Technology Support teacher at Washington, helping his colleagues to implement technology in their classrooms.

"Mr. Cognetti is a true example of what a teacher should be in Westfield," writes a colleague in one nominating letter. "He loves his job - not just the time between 8:40 and 3:05, but every minute he spends working outside those hours. His dedication to his students and colleagues is contagious and we all are better because of him."

Another nominating letter from a parent lauds Cognetti as a "calm and caring" teacher who has "a wonderful, even-keeled approach to the kids that make his classroom feel like a safe space that is predictable and reliable."

"Mr. Cognetti has always been making sure that I get the right education," writes one student nominator. "Anytime he notices a problem that I am having, he is always trying to help me understand or solve the problem."

The Philhower Fellowship was established in 1993 by the Rotary Club to honor former Westfield Rotarian Charles Philhower and to recognize the importance of teaching in the elementary grades. An educator for more than 50 years, Charles Philhower, who died in 1962, was supervising principal (superintendent) of Westfield schools for three decades as well as co-



(above) Washington 5th grade teacher Matthew Cognetti (center) with Superintendent Dr. Raymond González (left) and Washington principal Dr. Andrew Perry.

Photo by Westfield Public Schools

founder and past president of the Rotary Club of Westfield.

A committee of three Rotarians, a previous Philhower Fellowship recipient, two elementary school principals and the superintendent reviewed all nominations and selected Cognetti as this year's recipient.

Asked about the most rewarding aspect of the job, Cognetti says "there are so many but I think every teacher loves the smile on a student's face when they achieve something they never thought they would or that moment when a concept 'clicks.'"

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# GIRLS FLAG FOOTBALL MINICAMPS

Let's Make History here in Westfield, NJ! With our Inaugural Season right around the corner, the Westfield PAL will be hosting our final Girls Flag Football Minicamp. The day of fun will allow the players to become familiar with playing flag football in Tamaques Park and provide some instruction, while enjoying time with their friends, neighbors and classmates. No prior knowledge or football experience is necessary.

"We are excited to grow and develop our youth program here in Westfield. Girls flag football is exploding all across the Tri-state area," says Westfield PAL Girls Flag Football Co-Founder, Kelly Hantman. The New York Jets and Nike have partnered to support Girls Flag Football as a High School sport. In New York and New Jersey, there are over 60 teams competing in Flag Football Leagues. Hantman adds, "We can't wait to see all the girls come out to play flag football. No sign ups! Just show up!"

**When:** Sunday, June 5th 11:00am-12:15pm  
**Where:** Tamaques Park (Upper Outfields of T5 & T6)  
**Who:** Westfield Incoming 2nd through 7th Grade Girls for Fall 2022 (current 1st-6th graders)  
**Why:** To have fun and get ready to bring Girls Flag Football to Westfield this Fall  
**What else:** Girls who register for the Fall League will be entered into a raffle for a chance to win a pair of Nike cleats. There will be multiple winners.

Dress comfortably, wear sneakers or cleats, and bring a water bottle. Please wear your T-shirt if you received one at the last minicamp.

**WHO ELSE WILL BE THERE?**

There will be a T-Shirt for all NEW participants! Sponsored by: The Team at BWG Strategy (Research service for leading financial and corporate businesses)

**Special Treat:** The Ono Bowl Truck sponsored by Frank Isoldi from Coldwell Bankers will be providing free half-bowls to all participants.

Athleta Westfield will be there with giveaways for participants.

Melanie Singer from Camp Specialists will be at the minicamp with additional giveaways.

Please reach out to Kelly Hantman with any questions: Westfieldgff@gmail.com and follow us on Instagram @westfieldgirlsflagfootball

Prior to the minicamp, we are looking for volunteers who can help us run the drill stations. If interested in volunteering or sponsorship opportunities, please email Kelly Hantman at Westfieldgff@gmail.com.

Registration is open! The Inaugural Season will begin September 2022 and run 10 weeks, plus a minicamp to begin the season. It will be for 2nd through 7th grade Westfield families.

Registration at westfieldpal.org



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(above, l-r) John J. Dugan, Jr., Kelly Hantman, Jamie Parks, Chip Parks, Brooke McGeehan, Todd Dowling, David Hantman, and John Cronin

# CAPITAL CAMPAIGN TO “BUILD DIGNITY FOR ALL”

Westfield MONTHLY • Page 29 • June 2022

St. Joseph Social Service Center, one of the largest social service agencies in Union County, has launched a \$1,200,000 capital campaign. The purpose of the campaign is to improve and expand services for families and children in need in Elizabeth and to fulfill its vision to serve the homeless and poor with compassion and dignity.

Even before the pandemic, St. Joseph's witnessed a rise in demand for services. This trend stretched the capacity of the agency's facilities and created challenges for staff and volunteers. Spaces intended for one purpose needed to be used for multiple programs. Temporary storage units for food and clothing were placed on site. The increase in clients led to lines extending into the neighborhood, a particular concern during inclement weather. The parking lot and access streets became congested and overwhelmed with vehicles arriving to drop off and pick up food, clothing and supplies. And then the pandemic hit, leading to a spike in client demand, exacerbating all these problems.

“Dignity has been a core value of the agency since our founding in 1983,” noted Bernadette Murphy, Executive Director. “Our goal is to help people acquire the material items they need to live with dignity. We believe that it is vital for our clients to receive food, clothing, supplies and support services in an environment that fosters dignity, where the homeless and poor are truly welcomed as brothers and sisters. In order to achieve this goal and expand and improve the services we offer, we have developed a vision for a remodeled campus. Our vision is to construct a new building on our property where it will be

possible to create a client choice food pantry with hours by appointment; to construct a second new building for the donation and distribution of clothing and home goods; to reconfigure and pave our lot to make it easier to pick up and drop off items and to reduce traffic on the surrounding streets; and to renovate space in our former church building, parish hall and house on site to improve the ability of St. Joseph's and The Elizabeth Coalition House the Homeless, our sister agency, to provide support services.”

“St. Joe's has been open six days a week throughout the pandemic” stated Harold Kessler, President of the Board of Trustees. “We have never missed a day. Our staff and volunteers have placed the needs of the community in Elizabeth ahead of their own health and well-being. It's been extraordinary.” Six days a week a dedicated team of volunteers, numbering in the thousands, makes sandwiches for the hungry in their kitchens in Westfield, Cranford, Basking Ridge and dozens of other communities, bring food, clothing and home goods, serve meals at the soup kitchen and help with the operations of the agency. St. Joseph's provides over 250,000 meals per year. In addition, the organization provides area residents with clothing, household items, prescription assistance, health screenings, mental health counseling, job training and case management.

To learn more about St. Joseph's please visit [sjeliz.org](http://sjeliz.org). Members of the community who would like to support the capital campaign are welcome to contact Executive Director Bernadette Murphy at 908-354-5456 or at [BMurphy@sjeliz.org](mailto:BMurphy@sjeliz.org).

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### NEWSPAPER AD RATES

Units	Size	1 TOWN	3 TOWNS	6 TOWNS	9 TOWNS	12 TOWNS	15 TOWNS	18 TOWNS	21 TOWNS	24 TOWNS
1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550	\$600
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900	\$1000
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700	\$1900
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000	\$2200
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400	\$2700
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700	\$3000
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000	\$3400
2-PAGE SPREAD	21" x 14"	\$700								
BACK PAGE	10" x 14"	\$500								
FRONT PAGE BANNER	8.25" x 2"	\$320								
FRONT PAGE BOX	1.5" x 4.5"	\$240								

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# 52 MARATHONS IN 52 DAYS TO RAISE AWARENESS OF CLEAN WATER

Scotch Plains native, James Leitner, on June 1st will begin running a marathon a day for 52 days to bring attention to clean water issues in the United States. His goal is to raise \$100,000 for his nonprofit, MissionCleanWater which will complete three clean water projects in New Jersey and two in Uganda. Each day he will complete a marathon in iconic towns that has helped him grow his nonprofit organization.

"Running long distance is the best way to symbolize what people face without clean water. If a five-year-old has to walk 3-5 every day to get water for their family as a normal chore, I can symbolize their journey for just 52 days."

James founded MissionCleanWater in the summer of 2018 and to date has assisted 6 communities and 5 schools in Uganda to gain access to clean water, which approximately helped 15,000 people. Since 2021, MissionCleanWater has been developing a plan to assist New Jersey communities dealing with lead and chemical contamination in their drinking

water. Some communities are less than a 15-minute drive to Scotch Plains!

"I have had clean water my entire life, as I am sure everyone reading this has as well. Imagine having no water in your home or your ability to buy bottled water wasn't possible. Or if your house had water but drinking it meant consuming carcinogenic chemicals that can lead to neurological issues. We can change the world and the communities we live next to together."

To learn more, donate, and run with James, you can visit:  
missioncleanwater.org/projectstateline.



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• **INCREASE ONLINE MARKETING RESULTS**

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