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MARILYN RYAN RECEIVES PRESTIGIOUS JEAN HARRIS AWARD

Submitted by Dr. D. Michael Hart

Marilyn Ryan was presented with the prestigious Jean Harris Award at a recent meeting of the Rotary Club of Westfield. This award is given to a non-Rotarian who does exceptional service to the community. It is a District-wide award. The Rotary District 7475 comprises of 77 clubs through 9 counties in northern New Jersey.

District Awards Chair David Breidinger, from the Rotary Club of Trenton, presented this award on June 7, 2022.

Past President and Rotary Club Foundation Chair Liz Ensslin nominated Marilyn because she has worked closely with her for many years through the Rotary's food program to feed the hungry. Her remarks are as follows:

"Marilyn has dedicated her entire life to those in need. After earning a bachelor's degree in education from Seton Hall University in South Orange, Marilyn embarked on a 20-year career as a teacher in the parochial school systems in both Elizabeth, at St. Genevieve's and Blessed Sacrament, and Linden. She returned to school and became a licensed practical nurse, working in the Rahway Hospital Pediatrics Unit for the next 12 years. In 1985, she assumed the position of Pastoral Associate at Parish Community of Saint Helen in Westfield. In this role Marilyn coordinates many Outreach Programs and Eucharistic Ministry. Marilyn is the coordinator of the Helping Hands and Hearts Program, which is designed to provide temporary financial or material assistance to those in need in our community. Marilyn serves on the advisory board of Sister Pat's Camp for Kids with Cancer in New York and is an Emeritus Member of the Board of St. Joseph's Social Center in Elizabeth. What is most important to know about Marilyn is that she is truly one of the most selfless people we know. The poor, the hungry and those in need always come first. She is the driver of our Soup Kitchens, Food Pantry, Service Auction and many other ministries.

When it comes to her work, Marilyn leads by example. She empowers others to lead their ministries for the poor and disadvantaged, but she also never hesitates to roll up her sleeves, pack Thanksgiving Baskets or deliver gifts to the poor. Marilyn knows first-hand that to "Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime." Her legacy is not only the work she does herself but the work she supports and empowers others to do. While we think of Marilyn delivering to those in need, we also deeply value the support she provides to members of our community who are suffering from illness, grief or a family



(above, l-r) District Awards Chair David Breidinger, Jean Harris Award recipient Marilyn Ryan, Rotary Club Foundation Chair Liz Ensslin.

Courtesy photo

crisis. She has truly touched the hearts of many and taught us how to serve others and be an advocate for others less fortunate than ourselves."

Many guests attended the meeting and gave Marilyn accolades for her dedicated service to the community and surrounding avenues.



The Rotary Club of Westfield meets the first three Tuesdays of the month at noon at Limani Restaurant on North Ave. Guests are always Welcome. For information check the Rotary Club website at westfieldrotary.org or contact secretary Michael Hart by email drmhart@yahoo.com.



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Westfield Monthly

GARDEN CLUB SPREADS JOY AT JARDINE ACADEMY

The Rake & Hoe Garden Club of Westfield joined some students and staff members at the Jardine Academy of the Cerebral Palsy League in Cranford, NJ to make Mother's Day planters that the students could give to their families. Seventy-five colorful pots were planted with a variety of popular garden plants and decorated with the brightly colored bows that members of the Club had made.

The Jardine Academy is operated by the Cerebral Palsy League, and is approved by the New Jersey Department of Education. They provide a comprehensive educational program designed to meet the cognitive and physical

needs of children and young adults ages 3-21 with multiple disabilities.

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, call Sharon Shiraga (908) 228-2865, or visit the club's website, rakeandhoe.org or Facebook page.



(above, l-r) The Rake & Hoe Garden Club of Westfield members Adah Levine, Susan Feldman, Mary Lou Nolas, Mary Fran Annese, Irene Greenstein, Betty Clark, and Betty Gulino.

Courtesy photo

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GARDEN OF THE MONTH

The Garden Club of Westfield has selected the beautiful garden of Jessica and Richard Stewart at 226 West Dudley Avenue, Westfield as their June Garden of the Month. Mrs. Stewart’s interest in plants began in her high school days when she worked at a nursery. Mr. Stewart enjoys planting colorful annuals in their urn, containers and hanging baskets. The garden’s oval shape with a focal point of an elegant urn surrounded by fragrant lavender is inviting and a delight for the senses. Brilliant lime green spirea displayed with purple alliums and Siberian irises are spectacular. Clipped boxwood provide decorative forms as well as serving as a backdrop for other plants. A variety of shrubs and perennials add color throughout the seasons. These include hydrangeas, roses, peonies, catmint, Black-eyed Susan, salvia and coneflowers.



Photo by The Garden Club of Westfield

BLUE STAR MEMORIAL GARDEN

The Garden Club of Westfield planted red and white vinca and blue salvia in their Blue Star Memorial Garden in Tamaques Park on May 26th. The garden is a tribute to the Armed Forces of America.

The plantings in the garden keep to a red,

white and blue theme, with flowers blooming from late winter until October frost. In addition to annuals, the garden contains flowering trees, shrubs, perennials and bulbs, such as the pink Kwanzan cherry tree, red azalea, blue allium and the white butterfly bush.

Courtesy photo



(above, l-r) Elaine Puma, Marion Bavolar, Margaret Allen and Elaine Oshust.



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WHS STUDENT JOURNALISTS WIN PRESTIGIOUS HONOR

Westfield High School's weekly student newspaper, Hi's Eye, has received a prestigious 1st place award by the American Scholastic Press Association for 2021-2022 school year.

The association critiques college and high school newspapers from around the United States annually and scores them on format, content, presentation, and other criteria.

Hi's Eye was founded in 1935 and continues today as an independent, uncensored, student-run newspaper.

Photo by Westfield Public Schools



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COLLEGE WOMAN'S CLUB SCHOLARSHIPS

The College Woman's Club of Westfield awarded \$40,000 in scholarships at its annual meeting on Tuesday, May 24th, 2022, held at Echo Lake Country Club. The awards were presented to four young women from Westfield to help them pursue their college education. The recipients were selected based on academic achievement, community service, and financial need.

Riley Gasson was awarded a \$3,000 Grant in Memory of Katharine Jaruzelski. She also received a \$6,000 College Woman's Club of Westfield Scholarship. Riley plans to study Neuroscience at William & Mary in Virginia, with a possible future in medicine.

Rachel Kamienski was awarded the \$1,000 Anthony James Master Builders Scholarship and a \$12,000 College Woman's Club of Westfield Scholarship. Rachel plans on attending San Diego State University in California this fall and hopes to study writing.

Isabella Lagatta was awarded the \$2,000 Past President's Scholarship and a \$7,000 College Woman's Club of Westfield Scholarship. Isabella will be attending Skidmore College in New York this fall and would like to become a writer or

journalist. She hopes to pursue a master's degree.

Payton Silverman was awarded the \$5,000 Marjorie McCornack Scholarship and a \$4,000 College Woman's Club of Westfield Scholarship. Payton will be attending Providence College in Rhode Island, where she plans to major in science.

To learn more about the accomplishments of these young women, please go to: <https://bit.ly/2022CWCScholars>

The College Woman's Club of Westfield is proud to acknowledge this outstanding group of young women. We wish these hardworking, accomplished recipients the best as they go off to college in the fall of 2022. Scholarship applications are available through local high school guidance departments in February of each year and are evaluated by a committee of CWC members each spring. Funds for scholarships come from community donations, membership dues, investment income and legacy bequests from our members.

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



(above, l-r) Scholarship recipients Isabella Lagatta, Payton Silverman, Riley Gasson and Rachel Kamienski.

Courtesy photo



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PARADE COMMITTEE HOLDS COMMUNITY PARTY

The Westfield Memorial Day Parade Committee held a party after the Memorial Day parade. The party was held at the American Legion Hall on North Avenue. It featured bands, bouncy houses for the kids and free wine, beer

and food.

The party was open to all residents of Westfield. They came out to celebrate and thank the veterans in attendance for their service, while remembering those we lost.



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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.

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Scot Paris MD, FACS

Here's what our patients have to say

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- Patricia G.

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- Perry O.

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ART COOKE - EMS EXCELLENCE AWARD

Westfield Volunteer Rescue Squad

Art Cooke, Westfield resident and 41-year EMT member of the Westfield Volunteer Rescue Squad, received the 2022 'Overlook Medical Center Excellence in EMS Award' at an award presentation that took place at the hospital in Summit on Thursday, May 18, 2022.

The award, which is presented annually during EMS Week, honors those who show outstanding performance and dedication to emergency medical services. Mr. Cooke, past president of the squad, was selected to receive the honor by fellow squad members for his extreme dedication to the squad and decades of volunteer service to the community of Westfield. One of the most active members of the squad, he has responded to more emergency medical calls than any other squad member.



(above) Art Cooke, Westfield Volunteer Rescue Squad member, with his 2022 'Overlook Medical Center Excellence in EMS Award'.

Courtesy photo

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(above) The Westfield Community Concert Band presents its annual Summer Concert Series in Mindowaskin Park, Westfield, with performances on June 23, and 30, July 7, and 14 at 7:30 p.m.

110TH SEASON - SUMMER CONCERT SERIES

Submitted by Barry Rosenberg

The Westfield Community Concert Band, under the direction of Dr. Thomas Connors, continues its 110th season with its annual Summer Concert Series in Mindowaskin Park, East Broad Street, Westfield. The band will be performing four Thursday evening concerts on June 23 and 30, July 7 and 14. All concerts begin at 7:30 p.m. and are free to the public. Highlighting this season's summer concerts will be a special Independence Day program taking place on June 30th featuring appearances by the Westfield Chapter of the Sons of the American Revolution and the Westfield Town Crier. The concert series will also include performances of popular classical selections, including Light Cavalry Overture, Die Fledermaus and Ballet Parisian. All of the band's summer concerts will include popular Broadway selections, marches, classical works and many patriotic compositions.

After suspending its 2020 performance season and having an abbreviated performance schedule in 2021, the band was able to resume its weekly rehearsal schedule in March, 2022 to prepare for this season's summer concerts. The band has been fortunate to welcome many new musicians this season, including Brian Csobor on tuba, Art Allgauer on trombone, John Jewczyn on trumpet, Murray Solomon on clarinet, Jean Bucholz on flute and Nolan Willence on trumpet. The band also welcomed the return of a few former members, including Joseph DeRosa on clarinet,

Matthew Paden on saxophone, Isaiah James on clarinet and Michael Conway on euphonium. The band also welcomed the return of Dr. Theodore Schlosberg on euphonium. Dr. Schlosberg is a former conductor of the band, having served in that role from 1972 to 1978.

The band rehearses each Wednesday evening from 7:00 to 9:30 p.m. in the Community Room in the Westfield Municipal Building, 425 East Broad Street. The band's membership includes musicians from ages 18 to 90, including many active and retired music educators. Under the baton of conductor Dr. Thomas Connors, director of Instrumental Music Studies and an assistant professor of music education at Kean University, the band continues to perform a wide variety of concert band literature, including many contemporary compositions. Experienced area musicians who are interested in a position with the band should contact band manager Barry Rosenberg at 908-337-9073 or info@westfieldcommunityband.com.

The band's Summer Concert Series is sponsored in part by the Westfield Recreation Department, Don Bogardus, Director, and is made possible by funds from the Union County Office of Cultural & Heritage Affairs, a partner of the New Jersey State Council on the Arts.

Chairs and blankets are recommended. In the event of rain, the concerts will take place in the Westfield Community Room, located in the Westfield Municipal Building, subject to Covid-19 conditions.



Westfield Memorial Library

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WESTFIELD GIRL SCOUTS HONORS AMBASSADOR CLASS '22

Submitted by Lucia Triolo

It is with great pleasure that Westfield Girl Scouts honors its Ambassador Class of 2022. Only just a few short years ago, these smiles belonged to blue-smocked Daisies embarking on their first scouting adventures. They now belong to brilliant and capable young women who “make the world a better place” with all that they do.

These 24 Ambassadors have invested much of the last 13 years towards the Girl Scout mission of building courage, confidence, and character. Each has taken on a leadership role within our community, advocating for those in need, and inspiring others to action.



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JULY 4TH EVENT

Kick off Independence Day with patriotic readings. At 10 a.m. on Monday, July 4th, the Westfield Historical Society will hold 20-30 minutes of patriotic readings broadcast from the porch of the Reeve House at 314 Mountain Avenue. The public is invited as are scouts and patriotic organizations.

Plans are to have a flag ceremony and singing of the National Anthem to begin the program. Followed by the recorded readings: The Declaration of Independence; Original Bill of Rights; and Lincoln's second inaugural address.

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

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



Courtesy photo

VETERANS BANNER PROGRAM

The Town of Westfield is proud to partner with the Westfield Veterans Fund, a locally established 501(c)(3) organization, to introduce the Westfield Veterans Banner Program, which will honor local veterans with banners displayed in Downtown Westfield.

Phase 1 of this program will begin on July 4, when the first 30 banners will be displayed on poles adjacent to Monument Circle, along East Broad Street, North Avenue, and South Avenue. The service details for these initial 30 veterans have been identified and verified through the resources and cooperation of the Westfield Historical Society.

Community sponsorship opportunities are now available to fund the cost of the banners. Donations can be made directly to the Westfield Veterans Fund by visiting: [Bit.ly/Westfield-Veterans-Banners](http://bit.ly/Westfield-Veterans-Banners)

Veterans-Banners

The suggested donation is \$125 (the cost of a banner), although any amount is appreciated and helps the Westfield Veterans Fund make these banners a reality for the community.

The banners are expected to remain on display from July 4 through Veterans Day, and will then return annually each Memorial Day. In the coming months, a submission process will be made available, where residents can provide service information about additional veterans to be included in subsequent phases of the program as it continues to grow.

Thanks to Councilwoman Dawn Mackey and to resident volunteer Jen Blasi for their work on the Town's behalf to assist the Westfield Veterans Fund with this important community effort.

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ROTARY BESTOWS \$113,000 IN SCHOLARSHIPS TO WESTFIELD STUDENTS

Dr. D. Michael Hart

The Rotary Club of Westfield presented \$113,000 in college scholarships to 14 Westfield students on June 8, 2022. Carl Peer, Esq. is the chair of the Rotary Club Scholarship committee and was the Master of Ceremonies.

Mr. Peer complimented the excellence of the Westfield public school system. All four of his kids went through the Westfield schools and two are quite successful in the arts. He also reviewed the three requirements to receive a Rotary scholarship: a strong academic background to demonstrate future success in college; Financial need; and Service to the community. Every single student who applies for a scholarship is taken seriously, and is interviewed.

The Rotary club has awarded \$3.4 million in scholarships to 1,800 students since 1967. It is the largest scholarship program in Westfield.

The Rotary Club Scholarship Committee includes: Chair Carl Peer; Mary Ellen O'Boyle who has served on this committee for 26 years; incoming club President Tony LaPorta; Deirdre Gelinne; and Chung Kun Shih.

Club President Blake Width Esq. opened and closed the program. He also made a few remarks to explain what Rotary is and the projects we do. Rotary is a group of successful business men and women who want to give back to the community. Its primary focus is to be a Service club, but also includes some business networking. The Rotary Club of Westfield is 101 years old. The main projects this year were to help homeless veterans, to feed the "food insecure" in town, to help the St. Joe's Soup Kitchen in Elizabeth. International projects include collecting bicycles for the third world; building and supplying a medical clinic in Nigeria; and collecting books for the same Nigerian town which is building schools. During the Covid Pandemic many Rotarians volunteered to help, either administering the vaccine, or delivering food to help the front-line health care workers. We also obtained grants to purchase 10 ventilators for area hospitals.

Speakers included Dr. Raymond Gonzales, Rotarian and Superintendent of Schools; Mark Parmelee, Acting Mayor; Larry Darrow, Board President of the Westfield Foundation; Liz Ensslin, the Chair of the Westfield Rotary Club Foundation; Past President Bill Bonsall; and Past President and Past District Governor Dr. D. Michael Hart. Rotarian Chung Kun Shih was the photographer. Ciara Collins, the granddaughter of deceased Rotarian Nancy Jackson, was one of the presenters.

Dr. Michael Hart reviewed the history of the Rotary Club supporting students. From 1923 through 1944 the club made 400 loans to students. When the US entered WWII, everyone went to war, and no one applied for loans, so the program stopped. After the War, the GI bill educated 8 million returning veterans for free. After the GI Bill program ceased in 1956, the Rotary Club started helping students again, but switched the programs from loans to scholarships. In 1967 the club started its iconic fundraiser "Pancake Day, which is now called "Breakfast with the Bands" every March at the High School. In addition to the fundraisers, the

club Foundation has received donations from 15 major donors. The Rotary Account has approximately 1.5 million dollars and is invested judiciously through the professional stewardship of the Westfield Foundation. In addition to these two sources of income, the Rotary Club administers several scholarships for the Westfield Foundation.

The Rotary Club of Westfield meets the first three Tuesdays of the month at noon in Limani restaurant on North Ave. Guests are always welcome. For information check our website at www.westfieldrotary.com ; or contact secretary Dr. D. Michael Hart drmhart@yahoo.com



(above, l-r) Front row: Isabella Lagetta; Aiden Supranowitz; Riley Gasson; Sydney Scholder; Rachel Kaminsky; Payton Silverman; Emma Coyle; Second row: Isabella Conway; Rotarian Deirdre Gelinne; Owen Carolan; Rotarian Liz Ensslin; James McDermott; Lucas Schreiner; Kavya Panjwani; Noelle Shih; Third row: Rotarian Warren Rorden; Scholarship Committee Chair Carl Peer; Rotary Club President Blake Width; President Elect Tony LaPorta; Westfield Foundation Board President Larry Darrow; Rotarian Mary Ellen O'Boyle; Rotarian and Superintendent of Schools Ray Gonzalez; Acting Mayor Mark Parmelee, Past District Governor Michael Hart. Not pictured: Melinda Joseph and Julia DiBella.

Photo by Chung Kun Shih

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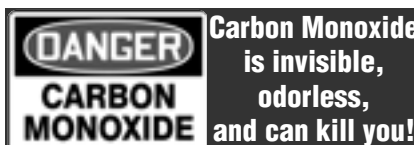
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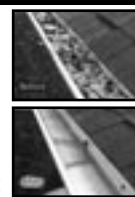
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SAFETY TIPS FROM BIKE ADVISORY BOARD

Town of Westfield

With the summer months upon us, the Bicycle Advisory Board reminds residents to keep the streets of Westfield safe for bicycles and cars. If you ride a bike, wear a helmet and ensure that your bike is in good working order. For those with children on bikes, it's important that they know the rules of the road as well. Did you know that in Downtown Westfield business zone sidewalks are off limits to bikes due to a local ordinance?

The Bicycle Advisory Board also would like to make drivers aware of the new Safe Passing Law. Drivers in New Jersey are now required to approach and pass vulnerable road users, including cyclists, pedestrians, scooters, and people in wheelchairs, or other road users not protected inside vehicles, with "due caution," meaning both slowing down and giving the other

user plenty of space when passing.

Drivers must follow all current no-passing, no speeding laws and move over a lane when one is available.

On a single lane road, drivers must allow a four-foot safety zone when they pass bikes, people on foot, scooters or wheelchairs.

If four feet is not possible on a section of road, drivers must slow to 25mph and be prepared to stop until they can pass safely without endangering those sharing the road.

You can find additional details on the Safe Passing Law online: njbwc.org/safepass4nj/

The Westfield Bicycle Board is working to create a more bike friendly town by evaluating potential bicycle routes, creating bike oases, and encouraging bicycle safety. For more information, visit westfieldnj.gov/bicycleadvisoryboard.



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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								
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GIRLS' CHESS TOURNEY POWERED BY U.N. GRANT

On Sunday May 29, 2022, the 2022 JL All-Girls Chess Tournament took place at the Westfield YMCA, under the auspices of the Westfield Chess Club, considered one of New Jersey's most celebrated chess clubs. The goal of this event was to further chess for girls in the local region. This event was the brainchild of Jessica Lee, a high school student from Mountain Lakes, who won a grant to run this tournament through the United Nations Foundation. Lee has been playing chess since age 5 ½ and wanted to introduce the game she loves to girls, since they tend to be underrepresented in chess.

Lee recounts that the vast majority of players she has encountered in tournaments have been male players. "Usually at a tournament there are only a handful of girls... I would love to see this change." At her high school, she is the only girl in her chess club. She feels this is a shame because she has derived so many benefits from chess. "Chess teaches you so many things: patience, resilience, analytics, and goal-setting." She and her twin brother, Justin, who also plays chess, have had years of chess lessons, chess camps, and have attended nearly 300 tournaments. At many events, where there were prizes for "mixed doubles," meaning a team of a male and a female, she would get many offers to be on a team, because there were so few girls relative to boys.

On Sunday, Lee gave a chess introduction lecture to about 15 girls, many of them very young, with the youngest age 6 years, reviewing

the basic tenets of chess. Following that, there were practice games, a tournament with rated and unrated sections, with pizza, cookies, and chips offered. Finally, each girl went home with their own portable chess set.



(above) Westfield Chess Club General Manager and Chief Tournament Director John Moldovan and Jessica Lee at the 2022 JL All-Girls Chess Tournament which took place on May 29, 2022. Each participant went home with their very own chess set.

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