

KENILWORTH BUSINESS + LIFE

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CAR DONATIONS BENEFIT VETS IN NEED

Submitted by Michael Boll, Director New Jersey Veterans Network

For the last few years the New Jersey Veterans Network (NJVN) has grown to a full time charity that provides life changing and saving resources. Nearly every day the NJVN is conducting numerous charitable pickups and drop offs throughout the state. To accomplish our vital and important missions, we rely on using our trucks and vans. The NJVN fleet is small, and all the vehicles are used, but they are able to deliver because of both of our team board members, Adam Rempfer, owner of DeFalco's Towing, and Joseph O'Neill, owner of Benner's Auto. Not only have these two men always played a major role with the NJVN day to day operations, they have helped countless people in need.

Adam Rempfer, owner of DeFalco's Towing and Auto Body, joined our team after his shop donated a refurbished car to a disabled veteran. For years Adam and DeFalco's have been donating cars to people in need and hosting various charity events. Also, they have contributed huge financial donations to the Law Enforcement Unity Tour and NJ State Police. Now Adam is a NJVN board member and has graciously taken on all the NJVN vehicle repair and maintenance. However, Adam and DeFalco's generosity doesn't stop there; they have hosted and sponsored numerous events at our VA Hospitals and veteran shelters.

Joseph O'Neill, owner of Benner's Auto Body, was a board member of the NABC Charity Cars, and a few years ago he contacted the NJVN about donating several refurbished cars to our veterans. After working with Joe and Benner's Auto, and seeing what an incredible job they did, we asked him to join the NJVN team. For a long time, Joe and Benner's have been helping people who were desperately in need, and they have hosted different types of charitable events and galas. Joe is also a cancer survivor and has done a tremendous job raising and providing large financial donations to fight cancer and fund cancer research. Recently, Joe and Benner's Auto have taken on NJVN vehicle care and maintenance.

Every day the NJVN is providing resources to veterans in need, and now we know there is nothing stopping us from completing our mission because of amazing men like Joe O'Neill and Adam Rempfer. Each of them has always put others first and loves being able to help our veterans live a better way of life.

If you would like to join the team, please send us an email at NJVN1775@gmail.com and be sure to include your name, email, and phone number. Check out more of our accomplishments at our website: NJVN.org.

ABOUT NEW JERSEY VETERANS NETWORK

We are a group of veterans and volunteers dedicated to helping our veterans and their families live better lives. Our mission is to identify veterans and connect them with resources and programs designed to meet their unique set of needs. If you are a veteran or family member that is in need of assistance, or are interested in joining our team, would like us to speak at your event, or contribute to our mission, call 973-332-1556 or email mdbollio@optonline.net. To learn more visit njvn.org.



(above) Joe O'Neill
Benner's Auto veteran car donation



(above) Adam Rempfer Defalcos
towing car donation

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BUSINESS + LIFE KENILWORTH

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SUPPORTING CHILDREN COPING WITH LOSS WEBINAR, MARCH 21

Children will experience different losses in life: divorce, moving, friendships ending, sports injuries or the death of a friend or family member. Imagine, A Center for Coping with Loss is working to create grief informed communities where children will be surrounded by adults who are able to provide support as they cope with these losses.

On Tuesday, March 21st from 7:00–8:30 p.m., Imagine will offer a webinar on Supporting Children Coping with Loss for anyone who wants to learn how to support a child who is grieving. While loss due to death will be the primary focus of this webinar, the concepts that will be presented are applicable to all types of loss. It is especially important for parents and grandparents, guardians, teachers, members of community organizations, coaches, therapists, counselors, and social workers to attend this program. The webinar will be offered in both English and Spanish.

THOSE WHO ATTEND WILL BE ABLE TO:

1. Define the terms “loss,” “grief,” and “mourning”
2. Understand the different types of loss and the impact of those losses
3. Identify similarities and differences on how children, teens, and adults experience their grief
4. Learn how to support someone who is grieving

CEUs are available for social workers with a \$30 registration fee. For those who do not need CEUs, a \$30 donation is appreciated, but not required.

Those interested in the Spanish-speaking webinar do not need to register, but may contact Imagine’s Training and Education Director, Veronica Ortiz at veronica@imagineinj.org to receive the link to join the webinar.

Please join Imagine in our effort to create supportive communities for children who are grieving. To register for the English-speaking webinar, please scan the QR code below or visit imagineinj.org.



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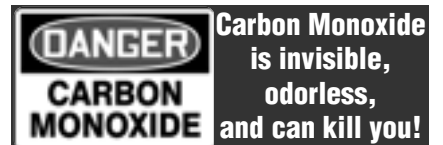
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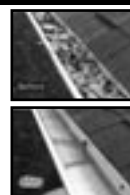
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HIGH SCHOOL OFFERS EXPANDED ELECTIVES IN TECH, ARTS & MORE

Kenilworth Public Schools

Classes in graphic design, ceramics and Esports might sound like niche activities that students participate in after school. But David Brearley High School offers these courses as part of a varied mix of electives.



(above) Students selected courses from an eclectic range of options in February including Sound Engineering.

Esports was introduced at the start of the school year, as were Digital Sound Engineering, Dance, Sports & Entertainment Marketing, and Exploring College and Career Opportunities. Another new entry, Young Adult Literature, begins in the second semester.

Brearley develops electives that encourage innovation and exploration, according to Principal Jeremy Davies.

“We want students to have the opportunity to take classes in their interests,” he said. “And classes that emphasize technology are right in line with our district’s goal of preparing future-ready students.”

A successful October bond referendum permits the district to make building additions and renovations that expand science and technology instruction.

Brearley’s current electives in tech-centered subjects also include:

- Video Game Design
- Advanced Placement (AP) Computer Science Principles
- Introduction to Computer Programming
- Web Design I and II

Students in the new Digital Sound Engineering

class have quickly embraced the opportunities to create music, Davies said.

“I heard from a student who recorded her voice, laid her voice over tracks and she’s just come alive with that and is really proud of it,” he said.

Students will meet with their counselors before selecting their courses for the 2022-23 school year in February.

Brearley offers a rich variety of classes for every interest, including art, writing and business. Students who might have difficulty focusing in a typical classroom setting have thrived in hands-on classes such as ceramics, Davies noted.

Course selections also include more traditional electives such as journalism, public speaking and graphic design, all of which help students develop important career skills.

“When students are selecting their classes, they should consider where they see themselves after high school,” Davies said, noting that electives could even rule out some potential career paths. “A student could think, ‘I might want to go into business, so it might be good for me to try out accounting. If I hate accounting, I won’t want to go into business.’”

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(above) Shallcross Pond, 2020.

Photo: Historic Signs

SENIOR BUS TRIP TO AC

The Kenilworth Senior Citizens Club will sponsor a bus trip to Resorts Casino on March 16, 2023. The bus will leave the Acme parking lot at 9:30 a.m. and the cost is \$35 with a \$15 return on your card. Please contact Lillian Furze at 908-709-0515.

ST. THERESA'S NEEDS A BINGO COORDINATOR

We are urgently looking for a person that could help coordinate the Bingo fundraising.

Some experience will be good, but not necessary: current coordinator will offer training.

The need is urgent. If interested please contact St. Theresa's Church at 908-272-4444.

WHAT WHERE AND WHEN IN OLD KENILWORTH

VISITING SHALLCROSS POND – 60 YEARS LATER

Shallcross Pond is somewhat of a hidden local treasure. Fairly well known to townspeople, knowledge of it has slipped away over the decades from others not living here.

At one time the pond was readily visible to occupants of numerous vehicles daily passing by along old Springfield Rd at the end of N. 14th and 15th streets. Over the decades trees and underbrush grew along the roadway and into Black Brook Park where the pond is situated. In time the view of this Kenilworth gem from the road became nearly totally hidden from sight.

The pond's waters spill over the sluice of its stone dam and drop below creating the headwaters of the Black Brook. The brook bed has become filled with debris from dead and growing brush. But Shallcross Pond itself remains as serene as its earliest beginnings, whose creation is attributed to gullies and low-lying areas formed during the Ice Age.

The pond is located in Black Brook Park which is part of the Union County Park system created by voter referendum in 1921. The park is nearly 19 acres and includes lands that once were part of the old Upsala College campus and portions of the Shallcross farm and private airfield. The Shallcrosses were a founding family of Kenilworth arriving in 1898. According to Ruth Shallcross Powers (1928-2015), her grandfather,

businessman and philanthropist Joseph Shallcross (1878-1951), donated the pond and the area around it to the Park Commission. In 1978 Union County government officially named it Shallcross Pond to honor him and the family.

The pond is known for winter ice skating, fishing for catfish that once were rather prolific there, and waters especially stocked for local fishing derbies. Years ago, the area around the pond was known as Frog Hollow due to countless tiny frogs in the grasses surrounding the pond.

As brother and sister, Arthur and Shirley Vitale, now senior citizens, often visited the pond area when children and climbed Water Tower Hill. A 1954 photo of them standing atop the dam reveals the pond, a fully exposed water tower, and a hill not fully covered with trees. A few years ago, they revisited the site where another photo was taken. Shirley recalls picking blackberries there as a child and Arthur remarked about the trails he followed. Many things have changed in the more than 60 years since they played around Shallcross Pond, but the pond remains serene and welcoming. It's worth a visit.

Research provided by Walter E. Boright, Ed. D., historian, and Historic Signs, Inc.

Persons with inquiries about this or other aspects of Kenilworth history may contact Dr. Boright at drbori@aol.com or 908-256-5200.



(above) Shirley and Arthur Vitale at Shallcross Pond, 1954.

Photo: Historic Signs



(above) Shirley and Arthur Vitale recently at Shallcross Pond

Photo: Family


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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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SHINING STARS GALA SET FOR MARCH 14TH

Shining Stars Network, a non profit organization that creates opportunities in the performing arts for the special needs community, kicks off their 11th year with their 2nd "Reach for the Stars" Gala, set for Tuesday, March 14th at the elegant Park Chateau Estate & Gardens in East Brunswick.

The evening, which will begin at 6:00 p.m., will feature a five-star cocktail hour, open bar, dinner and dessert. Highlights of the evening include performances by the Shining Stars cast and buddies, live and silent auctions and a 50/50. Special guest will be celebrity chef and restaurateur David Burke, of Iron Chef America, who will auction off dinner experiences at his famous New Jersey eateries, including a personalized dinner for four.

"Our first gala in 2019 was a great success and we can't wait for what will be another magical evening," noted Shining Stars Network President and co-founder Mike Curci. "Park Chateau is one of the finest venues in the country, and we're excited for our Shining Stars families, friends and supporters to enjoy this special night together."

Individual tickets are \$175 and a table of 10 can be purchased for \$1500 (a savings of \$250). Email your request to ShiningStarsNetwork@gmail.com. Please mention "gala tickets" in the subject line. Venmo, checks and credit cards are gladly accepted. Sponsorship opportunities and journal ads are also available.

The Gala will start a big year for the Shining Stars, who will take to the stage for their "Evening of Shining Stars Talent Show" on Saturday May 13th at the Union County Performing Arts Center in Rahway.

On Saturday August 5th, history will be made when the Shining Stars make their Paper Mill Playhouse main stage debut, becoming the first special needs show to perform a full production on that iconic venue. Tickets for "The Greatest Show" — which will feature songs from Broadway and movies — will go on sale in late spring.

"We're honored and thrilled to be co-producing a show with the esteemed Paper Mill team," added Curci. "Our brookside cabaret at Paper Mill last September was an overwhelming success and to see our stars on the main stage this August will be a dream come true."

The Camp Shine Summer Workshop will take place in late August, and the Stars will cap off the year with their annual "Christmas Spectacular" on Friday, December 1st.

"Shining Stars is all about being inclusive and giving our performers a chance to shine on stage while creating lasting memories," noted co-founder and show director Sally Curci. "These opportunities build all-important self-esteem and self-confidence. Through the journey, our cast members and their high school buddies create bonds and friendships that they'll always remember."

For more information on the organization or events, please visit ShiningStarsNetwork.org.

SEEKING HUMAN RIGHTS AWARD CANDIDATES

The First Congregational Church of Westfield Board of Outreach Ministries is currently seeking nominations for the annual Marc Wesley Hardy Human Rights Award for 2023. Candidates for this scholarship must be young adults between the ages of 16-22, living in Westfield or the greater Union County area, who have distinguished themselves in the area of human rights. The selected individual will have demonstrated the following:

openness and friendliness to persons of all races, creeds and nationalities; involvement and leadership in organizations and activities committed to improving human relations; extraordinary personal dignity;

the willingness to risk for what he or she believes is right; absolute acceptance of others; respect for diversity;

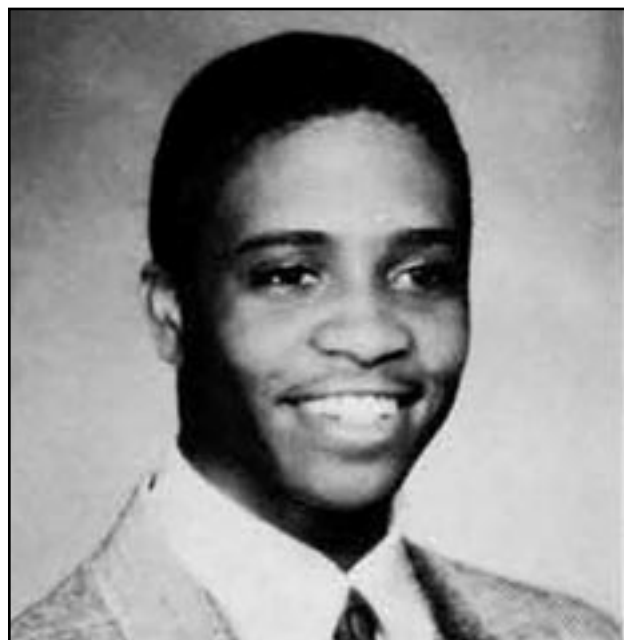
great personal integrity; deep caring and willingness to listen; the strength and ability to lead by example.

The award is named in honor of Marc Wesley Hardy, a talented and promising student and a member of First Congregational Church of Westfield, who was tragically killed in a car accident in 1990 shortly before his graduation from Westfield High School. Marc was a national merit scholar, a gifted singer and actor, and was exceptionally active in the preservation of human rights. Because of his dedication and commitment to social justice, this award was established in his memory.

Nominees for the award may be either self-nominated or nominated by a teacher, school official, or another individual not in the nominee's immediate family, who is familiar with the nominee's background and qualities that exemplify Marc Hardy's commitment to human rights. To nominate an individual for the Award, original documents of the following must be submitted:

For full information, please visit: fccofwestfield.org/marc-hardy-human-rights-award.

The deadline for submitting nominations is April 21, 2023. The award will be presented later this spring.



(above) Marc Wesley Hardy


Courtesy photo


BUDDY DAY AT ST. THERESA SCHOOL

Students at St. Theresa School in Kenilworth recently enjoyed a "Buddy Day". This is when classes team up with each other and work together reading stories and creating projects. Mrs. Furlong's Prek 4 class enjoyed

Ms. Pakulski's 8th grade students as they read the story "Cocoa Calling and Snowflakes Falling" by Theresa Del Vecchio. The students then created a snowman using stickers and lots of smiles.




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POLICEMEN AND FIREMEN'S LOCAL 3 HOSTS "A PARTNERSHIP FOR CHANGE" PRESENTATION

The Retired Policemen and Firemen's Association, Local 3 hosted a presentation by "A Partnership for Change", at their January meeting. Susan Gleason and Lisa Palmermo, Training Specialist and Program and Outreach Coordinator spoke to the group. They covered Ending Family Violence, Teen Dating, Bullying and texting harassment with teens.

Local 3 made a donation to their non-profit organization to help them to continue this excellent program. If anyone is interested in having "A Partnership for Change" speak at your local school, contact either Lisa or Susan at (908) 358-5047, (732) 618-3156.

The Retired Policemen and Firemen's Association (NJRPF) Local 3, is comprised of members from of Union and Somerset counties. Monthly meetings are held at the Kenilworth

VFW.

The NJRPFA was established in 1987 to promote and develop a friendly spirit among its members, both retired and associate members. There are over 3,000 members of the association in various county Locals in NJ, as well as Local 22 in the State of Florida. These members are retirees from State, County and Local Firefighters, Police, Sheriff, Prosecutors, and Attorney General's Office to name a few. These members reside in NJ, NY, PA, FL, VA, SC and many other states.

If you live in Union County or Somerset County, please consider joining our Local 3 to keep abreast of major issues which may impact on your retirement benefits and issues that may be of value to you. Our yearly dues are \$10. For more information visit: njrpfa.org/local3/



(above) Susan Gleason and Lisa Palmermo
with Ken Grady.

Courtesy photo

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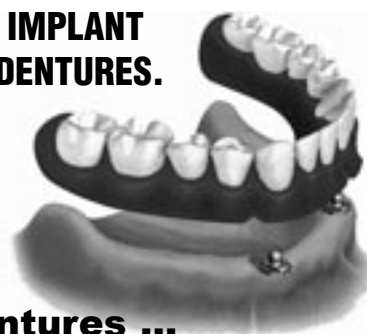
¹National Assessment of Educational Progress



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BESSIE COLEMAN VISITS ST. THERESA SCHOOL

St. Theresa School in Kenilworth kicked off Black History Month with a visit from aviator Bessie Coleman.

Students from 2nd to 8th grade got to hear the life story of Bessie Coleman through the reenactment and interpretation from Dr. Daisy Century. Dr. Century is from the American Historical Theatre who portrays other historical figures such as Sojourner Truth and Harriet Tubman.

The auditorium was mesmerized by the story of how Bessie Coleman was able to overcome obstacles in the early 20's, she took the kids on the journey from the cotton fields to the aviation school in France. Students then did a question and answer session at the end of the one hour performance.



Courtesy photos

(above and right) Mrs. DeMaio and Mrs. Keating's 2nd grade classes pose with Bessie Coleman



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TEEN HELPS RAISE MONEY FOR FAMILIES FACING PEDIATRIC CANCER

Nick Swandrak, 18, of Cranford, NJ, teamed up with retired NFL Coach Tom Coughlin to raise money for local families facing pediatric cancer on October 21 at Cipriani 42nd Street, New York. In a speech to a crowd of nearly 500 professional athletes, celebrities and supporters at the Tom Coughlin Jay Fund's annual Champions for Children Gala, Swandrak shared his own journey of being diagnosed and treated for acute lymphoblastic leukemia and his subsequent relapse earlier this year. The Jay Fund, the nonprofit founded by the two-time Super Bowl winning coach of the New York Giants, marked its 17th year of providing financial, emotional and practical support for families tackling pediatric cancer in the New York/New Jersey Metropolitan area.

Swandrak knows all too well the challenges families face when a child is diagnosed with cancer, and he is passionate about raising awareness and funds to support them. He has spent much of the last four years enduring grueling cancer treatments and being isolated from his friends due to his immunocompromised condition. His family, like all families who have a child with cancer, has faced expensive medical bills coupled with rising inflation and record-high food costs.

Swandrak and his family have been supported by the Jay Fund throughout his treatment.

"The Jay Fund covered our mortgage

payments when our bills became overwhelming and has given me experiences that I will never, ever forget," Swandrak told the crowd of current and former New York Giants, business leaders and Jay Fund families and supporters.

Swandrak's emotional words captivated the audience, and his speech was one of the highlights of a night that raised \$1.25 million for the Jay Fund and the families it serves in the New York/New Jersey Metropolitan area.

"Nick is a remarkable young man and a current Jay Fund scholarship recipient," said Mary Jane Pulzello, Managing Director of the Tom Coughlin Jay Fund in NY/NJ. "He received a standing ovation, as many were deeply moved by this young man's courage and tenacity in fighting cancer for more than four years."

Swandrak thanked his medical team who continue to help him through this fight, as well as his friends and family who have lifted him up from day one. He saved his most heartfelt appreciation for his parents, stating their love and support have been everything to him.

"As of today, I've had 126 chemo shots, 28 spinal taps, and over 200 days sleeping on scratchy hospital sheets," Swandrak told the crowd. "Fighting cancer is tough. You're in bed, and sick a lot of the time. There are days that are a real struggle. But I'm looking forward to ringing that bell for the second time this December and being back in remission."



(above) Nick Swandrak, a Cranford, NJ, teen who has been tackling pediatric cancer for more than four years, joined former NY Giants head coach Tom Coughlin and the Tom Coughlin Jay Fund to help raise funds for other NY/NJ children and their families facing childhood cancer.

Courtesy photo

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(above) Read To A Dog on Tuesday, March 28 at 4:00 - 5:00 p.m. Register for a 15 minute session to practice reading aloud. This program is recommended for young and reluctant readers.



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MARCH PROGRAMS AT KENILWORTH LIBRARY

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Monday - Wednesday: 10 AM-5 PM; Thursday: 10AM–8PM; Friday: 10 AM-5 PM; Saturday: 10 AM-2 PM; Sunday: Closed

EVENTS FOR CHILDREN WEEKLY PROGRAMS:

Lap Sit
March 7 & 28, 10:30 – 10:50 a.m.
Interactive stories and songs for ages 0 – 2 years old

Toddler Time
March 8 & 15, 10:30 – 10:50 a.m.
Interactive stories, songs and activities for ages 2 – 3 years old

MARCH SPECIAL EVENTS:

Registration is required for all special events.

Women’s History Craft
Friday, March 3, 3:30 – 4:00 p.m.
Create a unique craft to take home and display for ages: 4 – 9.

Story Time and Craft
Thursday, March 9, 3:30– 4:00 p.m.
Children ages 3 and up will listen to a story presented by Children’s Author Laura Sassi. At the conclusion of this program, children will create a craft related to the story.

Boogie Woogie Babies
Tuesday, March 14, 10:30– 11:00 a.m.
Interactive musical program will be presented by Tiffany Taylor for ages: 0 - 4

RoboThink
Thursday, March 16, 3:30– 5:00 p.m.
Build wacky contraptions, learn engineering and have fun at this interactive STEM program for ages: 7 – 12.

St. Patrick’s Day Craft
Friday, March 17, 3:30 – 4:00 p.m.
Create a unique craft to take home and display for ages: 4 – 9.

Read To A Dog
Tuesday, March 28, 4:00– 5:00 p.m.
Young, reluctant and struggling readers may register for a 15 minute session to read aloud to certified therapy dogs Magnolia and Bubble.


Good Tymes String Band
Wednesday, March 29 at 10:30– 11:00 a.m.
All ages are welcome to attend and enjoy foot tapping knee slapping music.

Mad Science Workshop: Brixology
Thursday, March 30 at 3:30 – 4:30p.m.
Ages: 4 – 12. Interactive workshop exploring a unique science theme. Kenilworth residents may begin to register one week prior to each special event. Out of town residents may begin to register two days prior to each event, space permitting.

ADULT PROGRAMS

“Paper Pals.”
Tuesday, March 7 & 21 at 2:00– 4:00 p.m.
for our card making group “Paper Pals.” You don’t need any paper crafting experience to join the fun. This is a free program for adults.

“Yarnies”
March 9, 16 & 23, 2:00 – 4:00 p.m.,
March 30 at 6:00 – 7:30 p.m.



(above) Local Children's Author Laura Sassi will read her book *LITTLE EWE* and present a related craft on Thursday, March 9 at 3:30 p.m.for ages 3 & up. Registration is required.

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ROTARY CLUB WELCOMES MIKE FREDA

Submitted By Michael T. Naya, Jr.

The Kenilworth Rotary Club swore in three new members on January 18, 2023. One of those members was Mike Freda of Springfield. Throughout his life Mike has lived in nearly every town of Union County. To date he has lived in Linden, Union, Livingston, Kenilworth, Westfield, Cranford, Roselle Park, and Springfield though his ties to our borough are strong. He attended St. Theresa's Elementary School and David Brearley High School in the 1966 - 1967 school year. Following this he attended Cranford High School of which he graduated from in 1970.

In 1961, Mike's father Rocco Freda opened F&R Industrial Supply Company on Fairfield Avenue in Kenilworth. Mike, his brother and father all worked there growing up. In 1972, Mike joined the Kenilworth Manufacturing Association and remained a member until its dissolving. The Kenilworth Manufacturing Association was a business-social organization aimed towards businessmen of the community. As a member Mike served in a

number of positions including secretary, treasurer, vice-president, and President from 1980 - 1981.

With Mike's background and experience he was sworn into the Kenilworth Rotary Club and named its newest Vice-President. He was introduced to the Kenilworth Rotary Club by Pastor Nova of the Kenilworth Methodist Church. On June 30, 2023, Mike will be named as the Kenilworth Rotary Club president for the 2023 - 2024 year. As President he has promised to serve the borough of Kenilworth and its residents to the best of his abilities. Mike will continue to lead the Kenilworth Rotary Club into its seventy-seventh year of service in the community.

Prior to retirement in 2009 Mike was the President of F&R. Mike currently lives in Springfield with his wife Mary-Ellen and together they have two children, Rocky and Amy, as well as a grandson.

If anybody is interested in joining the Kenilworth Rotary Club, they may call President Terry Zuckerman at 908-272-5550.

KENILWORTH BOARD OF HEALTH

575 Boulevard Kenilworth, NJ 07033

Tel. (908) 276-2740 • Fax: (908) 276-4813

Kenilworth Board of Health Public Notice Annual Notice Pursuant to New Jersey Laws 1975, C.231. The Open Public Meetings Law, the Board of Health Of the Borough of Kenilworth in the County of Union, New Jersey, hereby provides "Annual Notice" of its Schedule of regular meetings for the year 2023 as follows:

Dates:

- January 19 Reorganization Meeting - 6:30
- January 19 Regular Meeting • February 16
- March 16 • April 20 • May 11 • June 15
- July - RECESS • August - RECESS
- September 21 • October 19 • November 16
- December 14

Meeting time for all meetings at 7:00 p.m.,

unless otherwise noted, in the Conference room of Kenilworth's Borough Hall, located at 567 Boulevard, Kenilworth, NJ. A copy of this notice is posted on the Bulletin Board of Kenilworth's Borough Hall.

The Kenilworth Historical Society invites you to join us for our ever-popular
Soup-Tasting Event...



"SOUP'S ON"

**Featuring a Taste of Favorite Soups from
Local Restaurants and Others, Including:**

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Station House, Kenilworth Diner, Michigan Deli, Opa Grill,
Rustic Mill Diner & Pancake House (Cranford) and Westfield Diner**

-- Assorted breads and desserts included --

(Thurs.) March 23, 2023 (6 p.m. - 8 p.m.)

Kenilworth Senior Center

526 Boulevard (Kenilworth, N.J.)

(Parking and entrance located at rear of building)

Admission \$12 Advance reservations (by March 16) requested

For reservations/tickets, please call 908.709.0434.

Tickets also for sale at Love You More floral boutique (13 N. 20th Str., Kenilworth)

Proceeds to benefit the Oswald J. Nitschke House Living History Museum and Cultural Arts Center

The Kenilworth Historical Society is an independent volunteer-based, non-profit, tax-exempt, 501 (c) (3) organization dedicated to the research, preservation and interpretation of the c. 1880 Oswald J. Nitschke House, local history and culture.

'SOUP'S ON' TO FEATURE FAVORITE SOUPS FROM LOCAL RESTAURANTS

The Kenilworth Historical Society will host a soup-tasting event on Thurs., March 23, from 6 p.m. to 8 p.m., at the Kenilworth Senior Center (526 Boulevard). This ever-popular event, "Soup's On," will give participants the opportunity to taste a variety of favorite soups from local restaurants and others, including Angelo's Steakhouse, Boulevard Five72, Caetanos Cucina, Cranford Station House, Kenilworth Diner, Michigan Deli, Opa Grill, Rustic Mill Diner & Pancake House (Cranford) and Westfield Diner. Assorted breads and desserts also will be served.

Admission is \$12. Parking and entrance to the Senior Center are located at the rear of the building. Advance reservations (by March 16) are requested, as seating is limited. For information/reservations, please call 908-709-0434 or visit Love You More floral boutique (13 North 20th Street, Kenilworth), where tickets for the event are being sold.

Proceeds from "Soup's On" will benefit the Kenilworth Historical Society's Oswald J. Nitschke House (c. 1880) "living history" museum and cultural arts center by helping defray building and operating expenses, including the cost of an elevator that makes all levels of the site fully accessible.

The Kenilworth Historical Society is an independent, volunteer-based, non-profit, tax-exempt, 501 (c)(3) organization dedicated to the research, preservation and interpretation of the c. 1880 Oswald J. Nitschke House, local history and culture.

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Short Hills MILLBURN MONTHLY NJ Qty: 8,200 Zips: 07041, 07078	Summit NJ & Times Qty: 9,600 Zip: 07901	Spirit of UNION NJ Qty: 6,800 Zip: 07083 (partial)	WARREN MONTHLY NJ Qty: 6,200 Zip: 07059	Watchung Post NJ Qty: 2,700 Zip: 07069	Westfield NJ MONTHLY Qty: 11,800 Zip: 07090

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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
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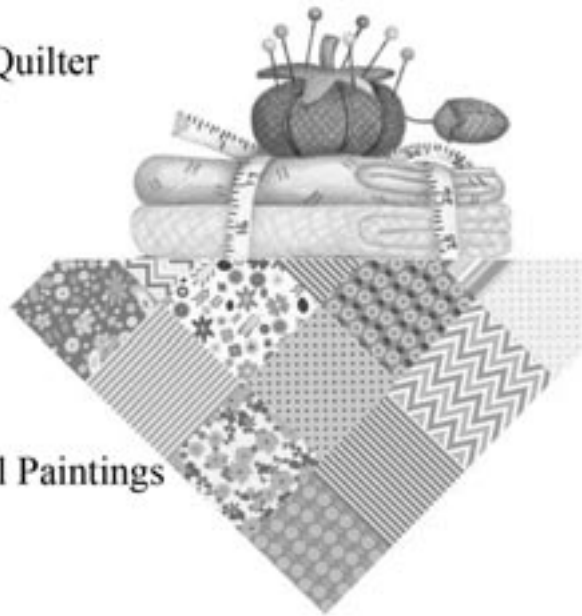
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