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BRIGHTWOOD PARK DAY SHINES LIGHT ON A HIDDEN GEM

Submitted by Denise Fontana Ricci, Director Friends of Brightwood Park

There was a celebration of Brightwood Park with people of all ages enjoying nature on a sunny Saturday, May 6. Friends of Brightwood Park in collaboration with the Westfield Recreation Department and Green Team welcomed hundreds to the nature preserve for a day of activities.

FOBP Director, Jim Lewis, conceived of the day to showcase all that the park offers to people of all ages and varied interests.

For birders, 113 different species visit or call Brightwood home over the course of a year. On an early morning walk, birders were thrilled to learn that a great horned owl has settled into a tree cavity for the summer. Nature photographers were treated to an extended session with two of FOBP's photographers who shared their favorite spots and subjects. In a guided meditative walk, "forest bathers" found their zen in the sounds, scents, and sights of the woods.

A history walk highlighted stories of families from the "Big Woods" neighborhood that existed at the turn of the 20th century. Ecology minded visitors learned about native and non-native plant species in guided tours. Young children listened to stories about very hungry caterpillars and other such pollinators while sitting under the tree canopy.

In a special, one-day only event, families went on a quest to find fairies in the park. Children sought out the 23 houses and hangouts that appeared in the park like magic overnight, as they walked the pond loop trail. Some fairy favorites included a café, ski resort, school and playground, lake-view houses with gardens and "smoke" coming from one house's chimney.

The day also included opportunities to learn about environmental issues such as recycling and clean water initiatives. The Green Team shared information on the pollinator pathway project and was on hand to distribute native plants purchased by local residents from the Great Swamp Watershed Association. Memorial Library handed out seeds to highlight its new native seed project. The Westfield Tree Commission gave out free trees. Edison School Girl Scouts promoted pollinator gardening. Scotch Plains/Fanwood





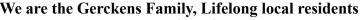
Photos from this and other events can be found online at rennamedia.com and on the Westfield Monthly page on facebook.com. Feel free to "Like," "Tag," and "Share."

High School Ecology Club members discussed bat houses in the park and how to make traps for lanternflies.

Friends of Brightwood Park thanks the town administration for its support of this day of celebration. Plans for the 2nd annual Brightwood Day for May 2024 are already underway. FOBP welcomes all who would like to help.

Brightwood Park is a 44-acre nature preserve located on Madison Ave., on the north side of Westfield, NJ, featuring 1.6 miles of trails through forest and around a pond loop. The park also offers birding opportunities and picnic areas.

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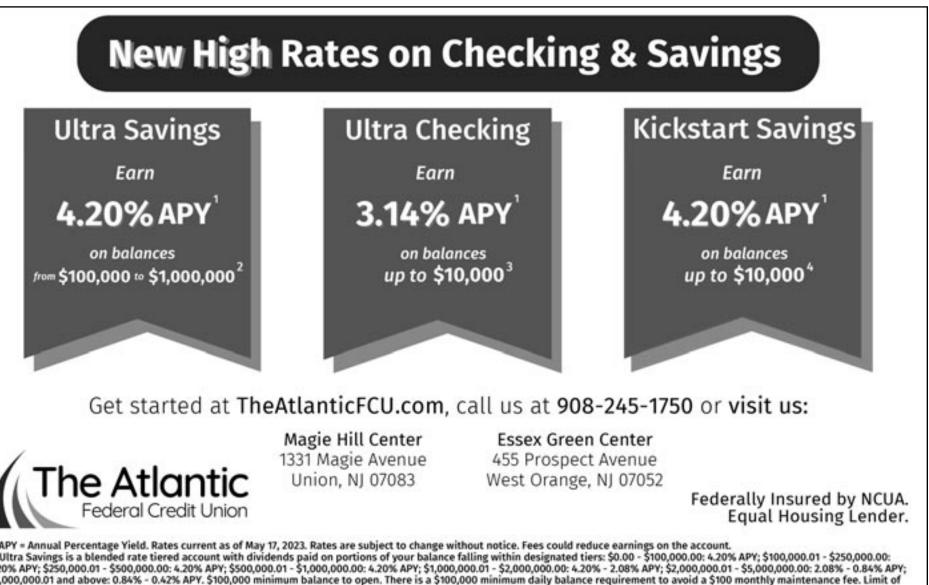
INTELLECTUAL DISABILITIES DRIVE

Disabilities drive, which supports projects for Catholic Churches in Westfield.

The Knights of Columbus Msgr. Henry J. those with special needs. The Knights held drives Watterson Council #1711, Westfield, NJ, at Our Lady of Lourdes Catholic Church in collected funds for their annual Intellectual Mountainside, and St. Helen and Holy Trinity



(above) Knights, with Rev. Fr. Jevi Hercules, pastor of Our Lady of Lourdes Catholic Church in Mountainside. Courtesy photo



1) APY = Annual Percentage Yield. Rates current as of May 17, 2023. Rates are subject to change without notice. Fees could reduce earnings on the account. 2) Ultra Savings is a blended rate tiered account with dividends paid on portions of your balance falling within designated tiers: \$0.00 - \$100,000.00: 4.20% APY; \$100,000.01 - \$250,000.00: 4.20% APY; \$250,000.01 - \$500,000.00: 4.20% APY; \$500,000.01 - \$1,000,000.00: 4.20% APY; \$1,000,000.01 - \$2,000,000.00: 4.20% - 2.08% APY; \$2,000,000.01 - \$5,000,000.00: 2.08% - 0.84% APY; \$5,000,000.01 and above: 0.84% - 0.42% APY. \$100,000 minimum balance to open. There is a \$100,000 minimum daily balance requirement to avoid a \$100 monthly maintenance fee. Limit of one Ultra Savings account per tax identification number. 3) Ultra Checking is a blended rate tiered account with dividends paid on portions of your balance falling within designated tiers: \$0.00 - \$1,000.00: 3.14% APY; \$1,000.01 - \$5,000.00: 3.14% APY; \$5,000.01 - \$10,000.00: 3.14% APY; \$10,000.01 - \$15,000.00: 3.14% - 2.09% APY; \$15,000.01 - \$25,000.00: 2.09% - 1.25% APY; \$25,000.01 - \$50,000: 1.25% - 0.63% APY; \$50,000.01 and above: 0.63% - 0.02% APY; \$1,000 minimum balance to open. There is a \$1,000 minimum daily balance requirement to avoid a \$15 monthly maintenance fee. Limit of \$2,000.01 - \$50,000.01 - \$50,000.01 and above: 0.63% - 0.02% APY; \$1,000 minimum balance to open. There is a \$1,000 minimum daily balance requirement to avoid a \$15 monthly maintenance fee. Compared fee can also be avoided based on a direct deport of \$200 minimum daily balance requirement to avoid a \$15 monthly maintenance fee. S10 monthly maintenance fee. The monthly maintenance fee can also be avoided based on a direct deposit of \$750 or greater into the Ultra Checking account during the statement cycle. Limit of one Ultra Checking account per tax identification number. 4) Kickstart Savings is a blended rate tiered account with dividends paid on portions of your balance falling within designated tiers: \$0.00 - \$2,500.00: 4.20% APY; \$2,500.01 - \$5,000.00: 4.20% APY; \$5,000.01 - \$7,500.00: 4.20% APY; \$7,500.01 - \$10,000.00: 4.20% APY; \$10,000.01 and above: 4.20% - 0.05% APY. \$100 minimum balance to open. There is a \$100 minimum daily balance requirement to avoid a \$10 monthly maintenance fee. Limit of one Kickstart Savings account per tax identification number.



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INTERMEDIATE STUDENTS RECEIVE SPECIAL RECOGNITION

Westfield Public Schools

Nominated by their teachers, two Westfield intermediate school students recently received recognition in the areas of social studies and writing.

Griffin Simon, a 6th grader at Roosevelt Intermediate School, earned 1st place across 7 central New Jersey counties in the New Jersey Council for the Social Studies Student Recognition Awards in April. The award recognizes engagement and excellence in Social Studies.

"I recommended that Griffin receive the award for his leadership in the course and, in particular, in his team projects," says Roosevelt social studies teacher James Lane, who submitted the nomination.

In May, Edison Intermediate School 8th grader Claire Yang earned "First Class" distinction in the "Promising Young Writers Contest" for 2023, sponsored by the National Council of Teachers of English. Winners of this top honor were judged on expression of ideas, language use, and unique perspective and voice. Claire was nominated by English teacher Erin Meade.

"I am so proud of Claire. She is an exceptionally creative and wonderful writer," says Meade. "I am honored to be her English teacher this year."



(above) Claire Yang and Erin Meade



(above) Griffin Simon

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222 Wells Street	4	2.1	1	\$1,050,000	\$1,183,000	9
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ARRIVE TOGETHER PROGRAM

Union County Prosecutor's Office

The Union County Prosecutor's Office is pleased to announce that New Jersey's highly regarded ARRIVE Together program, aimed at providing compassionate response during 9-1-1 calls involving a mental health crisis, has been expanded to additional police departments in Union County.

The focus of the ARRIVE Together program is to provide individuals in crisis with whatever help they need as quickly and effectively as possible, by teaming up a police officer specifically trained in crisis intervention — with a civilian certified mental health screener in order to respond to 9-1-1 calls relating to a mental health crisis. The officer and crisis worker literally arrive together. Both are in plain clothes, and arrive at the call in an unmarked police vehicle. During the encounter, the mental health screener takes the lead.

This focused approach both supports the individual facing a mental health crisis, and protects the responding officers. The intention is to get the person in crisis the proper help they need as quickly as possible, while also preventing escalation and facilitating any necessary de-escalation.

The ARRIVE Together team also follows-up on these specific calls to ensure that the individual is doing well and does not need additional mental health support.

program humanely gets to the heart of many of program. "Since the inception of ARRIVE the difficulties of responding to calls involving a mental health crisis for both law enforcement and those in crisis" said Union County Prosecutor William A. Daniel.

"This partnership approach enables a quicker response time to get the individual the help they need, rather than having to wait for the later arrival of a mental health screener," Director of the Pre-Indictment Division Tiffany Wilson, who is also the UCPO Liaison for the ARRIVE Together Program, states. "It also helps to avoid having this person come in contact with the criminal justice system."

The Prosecutor said that, since its inception, it Office. is extremely promising that there have been no injuries or escalations associated with any Union County ARRIVE Together calls, specifically because nationally, half of the "Use of Force" reports arise from police responding to these types of calls.

Elizabeth and Linden Police Departments were quick to pilot the program in June of 2022, following its creation and the Office of the Attorney General's pilot launch in November 2021 in Cumberland County involving a partnership between the Cumberland County Prosecutor's Office and the New Jersey State Police, who provide local police services in that part of the state.

Elizabeth Police Chief Sacca is optimistic "Heart is a core value of the program, as this about the benefits of the ARRIVE Together

together program in Elizabeth, in addition to the lack of force and injuries, the department has had great successes in aiding those experiencing homelessness. This success is not only a benefit for the individuals impacted, but a benefit for the relationship between the police department and the community as a whole."

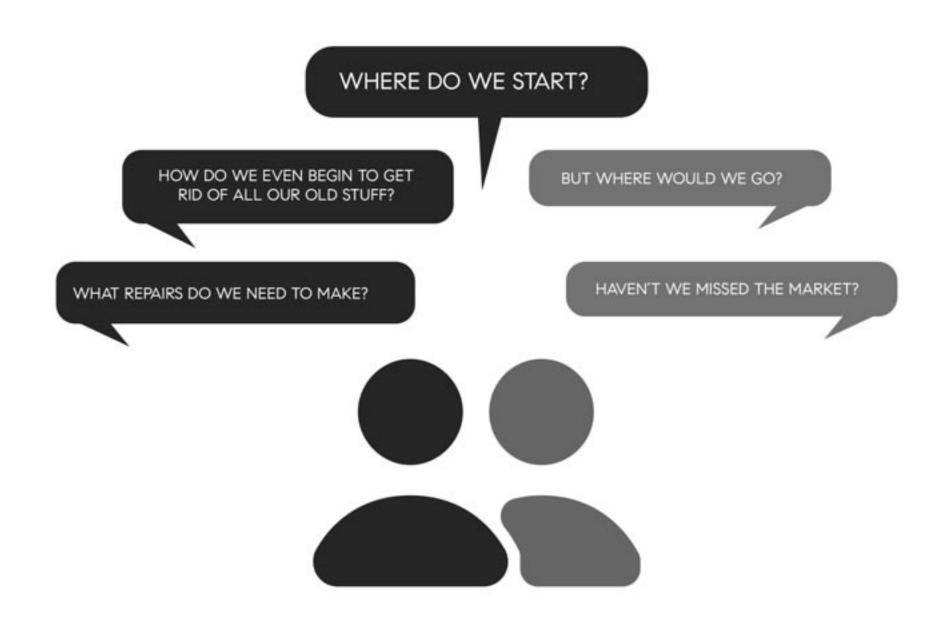
The Roselle Park Police Department launched this program in December of 2022, followed by the current launch by the police departments in Clark, Cranford, Plainfield, Scotch Plains, and Westfield, along with the Union County Police Department and the Union County Sheriff's

"Union County has led the way for the past two decades in sensitizing our law enforcement officers to the struggles of individuals dealing with the wide spectrum of mental illness," Prosecutor Daniel said. "We continue to offer law enforcement sensitivity training, including our intensive Crisis Intervention Team Training (CIT) and Autism Spectrum Awareness training, and deescalation training, such as Integrated Communications, Assessment, and Tactics (ICAT)," he said.

"We are committed to partnering with the County community to tackle these tough issues, and to engage in honest dialogue with our citizens, with our eye on equality and social justice for all," he added.



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IMAGINE WELCOMES NEW FACILITATORS

Imagine trained a wonderful new group of September 10th. volunteer facilitators recently. The group attended a training from April 1-3 from 9 .m.- 5 p.m. each day.

If you're a high school age youth interested in training to join our team of youth facilitators that co-facilitate Imagine's children's groups, please visit our website at imaginenj.org where you'll find a link to register for our training on

Imagine has a current team of 81 incredible volunteers facilitating 36 groups on 5 Nights of Support. We're so grateful for this wonderful team of facilitators who create safe spaces where Imagine's participants can share their stories and receive support following a loss. This amazing community of volunteers is helping Imagine ensure that no one grieves alone.



(above) Imagine's newest group of facilitators Mike D., Morganville; Reenie H., Westfield; Marissa C., Cranford; Nicole H., Maplewood, Maria S., Somerset; Ron F., Summit.





• Patios • Curbs

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BOOK SALE RAISES OVER \$17,000

The 48th Friends of the Westfield Memorial Library Book Sale was held on April 26th through April 30th. Over 1,000 people attended the sale and over 70 volunteers gave their time and energy to make the sale a success. In addition to members of the Friends of the Westfield Memorial Library, volunteers included local and non-local residents and students, and librarians who like their work so much, they volunteered to help us. We could not have had the sale without the ongoing support of the Department of Public Works, the Board of Education and the Westfield Police and Fire Departments. In addition, we thank the entire staff of the Westfield Memorial Library for their support and patience while we occupied their space for over two weeks.

Due to the generous donations of high-quality books and CD/DVSs the sale was a success. Through the support of everyone, we raised over \$17,000. This will allow the Friends of the Westfield Memorial Library to continue to sponsor programs like Museum Passes, Saturday Children's Programming, Books on Wheels, librarian scholarship awards, the Hale Speaker Series, and help the Library expand into new programming such as the Native Seed Library.

Thank you.

Marcy Lechner Friends of the Westfield Memorial Library

COLLEGE CLUB'S TRIVIA TRIUMPH

Members and guests of the College Woman's Club celebrate their victory at Trivia Night, the club's annual fundraiser, held on April 20 at the Westwood. Over \$8,000 was raised for the club's scholarship program, which benefits young women from Westfield. Founded in 1917, CWC is an intergenerational organization devoted to

educational opportunities for women and lifelong learning. In addition to fundraisers, the club hosts social and educational events, including college admission seminars, book clubs and museum trips. For information on membership, please visit the club's website at cwclubwestfield.org.



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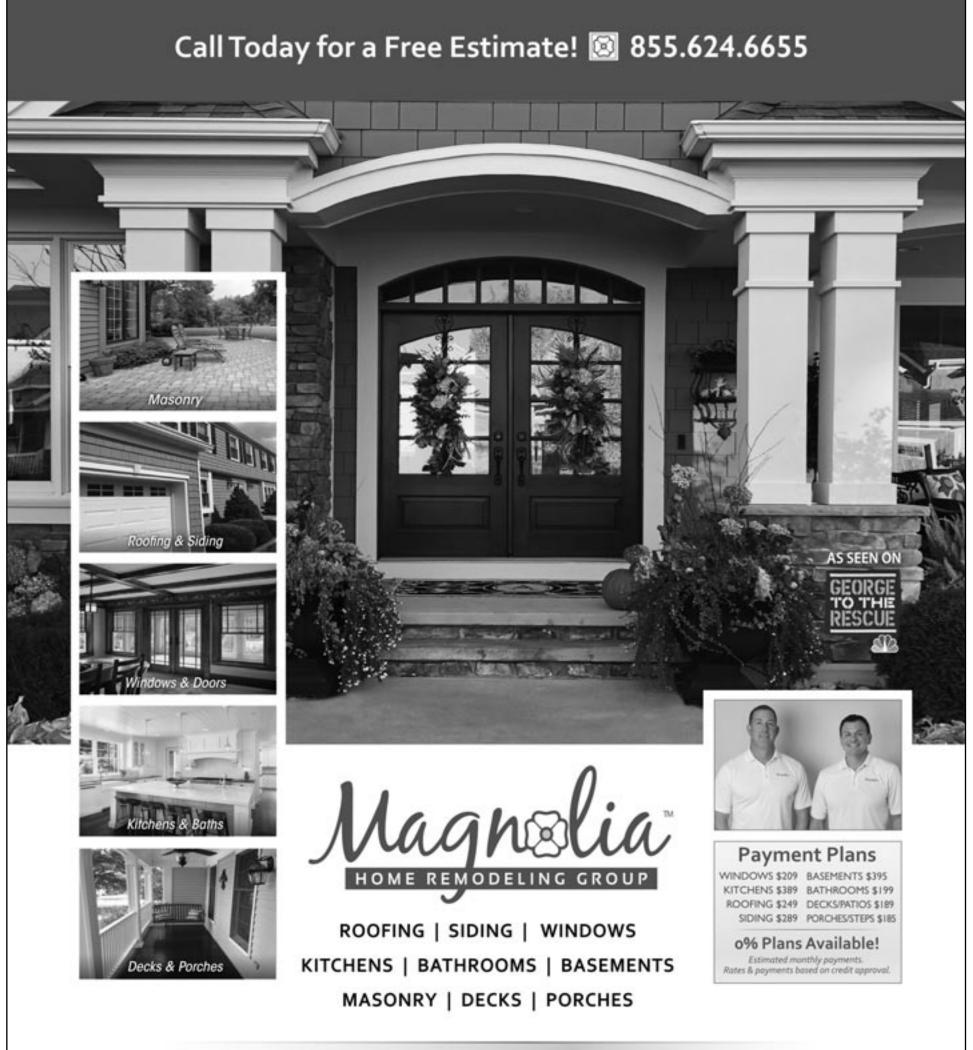
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- PSE&G will never ask for personal information over the phone unless you initiated the contact.
- If you ever doubt the legitimacy of a call from PSE&G, especially if payment is demanded, hang up and call us directly.

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- If you're unsure of the legitimacy of the email, feel free to call PSE&G Customer Service.

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If anyone comes to your door looking like, or claiming to be, a PSE&G employee, ask for ID. All PSE&G employees must carry ID and present it when requested. If you are not convinced, do not let the person in your house. Call us at 1-800-436-PSEG (7734). A Customer Service Representative will gladly verify if a technician has been dispatched to your location.

THINGS TO KNOW:

- If the person at your door gives you a different phone number to verify his/her presence, do not call it. Only call 1-800-436-PSEG (7734).
- PSE&G will never send employees to your home or small business offering cash refunds on deposits or utility charges. We will only either credit your account or mail a check to your service address.



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VENDOR POP-UP JUNE 5

A Vendor Pop-Up event will be held in the Fanwood Train Station parking lot on Sunday, June 25th. It will feature approximately 40 exhibitors selling very cool items.

You will find arts & crafts, candles, jewelry, fashion & accessories, health & beauty, home decor, sports collectibles, and many other new items.

Stay awhile to enjoy the shopping, live entertainment, and selection of food vendors.

Customer parking is available at the train station on the north side.

The next vendor pop-up held here will be on Sunday, November 5, 2023.

This event is hosted by the Borough of Fanwood and is promoted by JC Promotions.





Classic Car Show • Wine & Beer Garden • Kidzone Live Entertainment • Festival Food • Fun in Downtown Garwood



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 blanning 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.

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.



How Does This New Treatment Work?

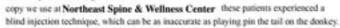
Relief begins almost as fast as it takes to pronounce the treatment. It's called Viscosupplementation Therapy. To begin with, it starts with Northeast

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!

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 fluoros-



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

"En dancing without pain. I can more with no problem whatsoever. I can go up and down steps with no pain." - Patricia G.

"Over 83% 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 "rep-notch." - Quenton L.



Knee Pain

24/7

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ATTENTION PARENTS OF KIDS AGES 6-18

31 IDEAS TO HELP KIDS EAT BETTER, RUN FASTER, GET STRONGER AND BECOME THE BEST VERSION OF THEMSELVES

Cut This Page Out and Put on Your Refrigerator

Eat Better

- Drink AT LEAST 4 Water bottles
- \Box Have a fruit or veggie with each meal
- $\hfill\square$ Have nuts instead of chips as a snack
- $\hfill\square$ Have a source of protein in each meal
- $\hfill \Box$ Take a multivitamin
- $\hfill\square$ Limit sweets to only one serving

Get stronger

- □ Perform 50 bodyweight squats
- □ Perform 50 pushups
- \Box Perform a plank for 60 seconds 3 times
- □ Perform 25 vertical jumps
- \Box Get at least 8 hours of sleep a night

Be Happier

- $\hfill\square$ Get at least 30 minutes of exercise
- $\hfill\square$ Do a morning routine that you enjoy
- $\hfill\square$ Write 5 things that you are grateful for
- \Box Adopt a Growth Mindset
- \Box Listen to music whenever you can

- **Run Faster**
- Do 10 hill sprints
- □ Perform 15 Broad Jumps
- \Box Sprint for 50 yards
- □ Perform single leg jumps
- □ Perform High Knee Marches

Build Confidence

- $\hfill\square$ Do something outside of your comfort zone
- \Box Read a book
- \Box Practice or spend time on your hobbies
- Learn a new skill
- \Box Work towards a new Goal

Be More Active

- □ Walk during TV show commercials
- \Box Schedule exercise time
- \Box Whenever you see a commercial
 - for a car company, perform 10 squats
- \Box Find a buddy, and exercise with them
- □ Try a new method of exercise every week (i.e. biking, running, lifting weights, etc.)

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

Registration for Our Summer Program Is Now Open But Only 9 Spaces Remain

Early Bird Registration Expires June 19



Scan QR Code for cost, timeslots, and dates.

Attention Parents of Kids Ages 6-18 **UPDATE: THE GRIT ATHLETE SUMMER PROGRAM HAS ONLY 9 SPACES REMAINING** We'll have your kids stronger, faster, and more confident...guaranteed.

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

GET MORE INFORMATION (STARTS JUNE 19TH)



Warning: The summer session is the most popular session of the year and always sells out before it starts. We strongly encourage you to scan the QR code today and enter your information to make sure your child doesn't get locked out of the summer session.



URGENT - DOG FOSTERS NEEDED

Home for Good Dog Rescue

Attention all dog lovers and previous HFG adopters in the NJ area! Home for Good Dog Rescue urgently needs your help. The high-kill shelters in SC and GA where we rescue all our dogs are facing a dire situation. We need your support to provide temporary homes for these dogs, so we can rescue more and save them from an otherwise imminent death.

Fostering a dog is a truly rewarding experience that can save lives and provide invaluable love and care to these animals. By opening your heart and home to a foster dog, you'll play a crucial role in giving them a second chance at life.

If you have the love and time to share, please consider becoming a foster family today. You'll receive all the support you need, including training and supplies (including but not limited to dog food, crate, bowls, toys, etc.), to make this a positive and rewarding experience for you and your foster dog.

Don't wait - the need is urgent. Help us save

more lives by fostering a dog today.

Fill out our foster application now at homeforgooddogs.org/foster-application/ and help us give them the second chance they deserve.

If you have any questions prior to completing the foster application you may also call our 'Foster Hotline' at 908-377-2840. If you cannot foster at this time, please share with your friends and family.

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(Turkey & Veggie Burger Options Available) Italian Sausage With Onions & Peppers **BBQ Chicken Breast**

Choice Of 1

Corn On The Cob **BBQ Baked Beans Grilled Fresh Veggies**

Choice Of 2

Salads (Potato Or Macaroni) Tomato, Cucumber & Mozzarella, Pasta, Cole Slaw, Tossed Salad

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Our Famous Baby Back BBQ Ribs Whole Rack 29.95 Shish-Kabobs Chicken Or Shrimp 3.50 per person Mac N Cheese 1/2 Tray 39.95 Full Tray 63.99 Fresh Cut Watermelon 1.25 per person

> Add Drinks & Ice Setup 1.75 Grill Cook 50.00 per hour Servers Available 40.00 per hour

Appetizers By The Tray

	Small	Large
Shrimp Cocktail (Extra Large)	29.95	58.95
Baked Clams	39.95	59.95
Fresh Fruit Platters	44.99	59.99
Vegetable Crudite With Dip	34.99	54.99
Stuffed Mushrooms	34.99	54.99
(Beef, Sausage or Veggie)		

We supply plates, napkins, forks, knives, serving utensils and condiments Setup & clean up fee starting at 150.00 but varies upon size of BBQ Over 50 people requires 2 grill cooks Events on holidays subject to price increases



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SPRING NATIONAL LETTERS OF INTENT

Westfield Public Schools

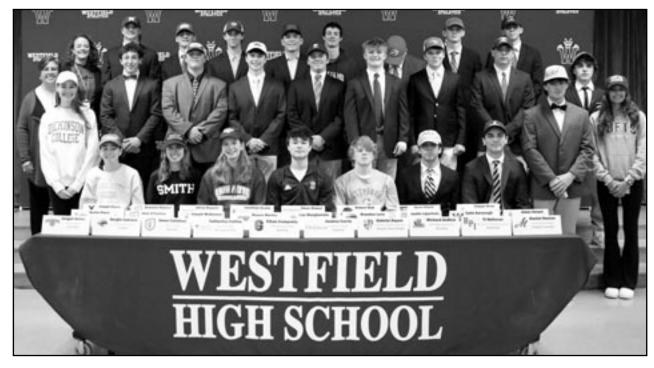
Twenty-seven Westfield High School studentathletes signed Letters of Intent with colleges and universities, signifying recognition of the seniors' accomplishments both academically and athletically. The following student-athletes will continue to compete at the college level:

- Abigail Bebel, Lafayette College, Swimming • Sergio Cabrera, Susquehanna University, Football
- Owen Callahan, Ithaca College, Baseball
- Catherine Collins, Smith College, XC/Track & Field
- Ethan Composto, Gettysburg College, Wrestling
- Jessica Currie, Dickinson College, Volleyball
- · Gabriel Dayon, Montclair State University, Football/Track & Field
- Richard DeRick, Kutztown University, Wrestling
- TJ Halloran, Rensselaer Polytechnic Institute, Basketball
- Daniel Hanlon, Muhlenberg College, Football/Lacrosse
- Aidan Harper, Stevens Institute of Tech., Wrestling
- Colin Kavanagh, Williams College, Swimming
- · Justin Lipschutz, University of Rochester, XC/Track & Field
- Brandon Love, Susquehanna University, Football
- Leo Mangiamele, US Naval Academy. Baseball

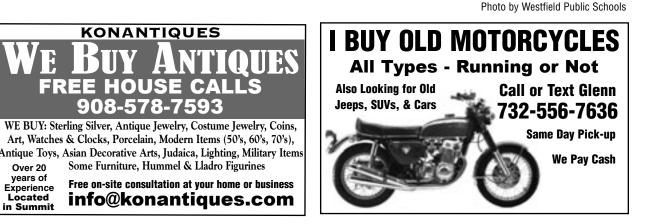
- Mason Marino, Sacred Heart University, Track & Field
- Joseph McGovern, University of Scranton, Track & Field
- Jack O'Connor, Ithaca College, Football
- Sonia Olson, Tufts University, XC/Track & Field
- Joseph Pierro, Xavier University, Track & Field
- Brandon Ribeiro, Ithaca College, Wrestling
- Olivia Rosario, Agnes Scott College, Soccer
- Jonathan Scalia, Rutgers University, XC/Track & Field
- Owen Shakal, Springfield College, Football
- Robert Sisk, Albright College, Football
- Quinn Wojcik, Loyola University Maryland, Lacrosse
- Tristan Wroe, Stevens Institute of Technology, Tennis

Student-athletes, coaches, and families gathered on May 2 in the high school cafeteria for the spring signing ceremony. A total of 45 WHS seniors signed Letters of Intent this year, the largest group in the program's recent history.

"We have expectations at Westfield High School... work hard in the classroom, in athletics, and be responsible contributors in the community," says Supervisor of Athletics Sandra Mamary. "We have 19% of our senior student-athletes committed to competing at the next level. They are prepared for the academic and athletic rigors of college. The Westfield Public Schools are very proud of our Blue Devils."



(above) Twenty-seven Westfield High School student-athletes signed Letters of Intent with colleges and universities during the spring signing ceremony, bringing the total number of WHS seniors who will compete at the college level to 45.





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NATURE CLASSES IN FULL SWING AT BRIGHTWOOD PARK

Calling all nature detectives! Friends of Brightwood Park(FOBP) has begun a new season of nature classes for children ages 2-8. Come and explore the benefit of Brightwood Park as a wonderful natural supplemental learning environment for the young ones.

March featured all signs of Spring and April explored seeds to plants and flowers. Each outing highlights a different theme but always with story time, movement, a related craft and a walk to explore the topic at hand.

NEXT UP:

- June 8: Dirt+Water=Mud
- July 12: Animals in Brightwood Park -Geese, Ducks and Insects
- September 21: Imagination in the Woods
- October: Seasons and Trees
- November: Thankful for Nature

Classes are \$10/child. To register, please visit the website FriendsofBrightwood.org or the Westfield Recreation Department website: Https://secure.rec1.com/NJ/westfield-nj/catalog



The Library now has a Native Seed Library. A cooperative effort between the Town of Westfield Green Team, the Friends of the Westfield Memorial Library and the Westfield Memorial Library, the seed library will provide seasonal seeds to gardeners. Stop by and pick up some seeds, some gardening books, or attend a program on gardening.

SEEKING ENTRIES FOR HARRY DEVLIN AWARDS

The Westfield Historic Preservation Commission (HPC) seeks entries for the Harry Devlin Awards program honoring property owners for outstanding efforts in the restoration, expansion, and maintenance of older properties. Any project completed within the past five years that is visible to the public is eligible. Residential, commercial, professional, and institutional buildings may be entered. Categories for nomination include:

- Addition or alteration sensitive to original architecture;
- Restoration or repair of original or existing improvement;
- Period-appropriate painting or residing;
- Adaptive reuse of a property in a manner sensitive to the original architecture and/or neighborhood;
- Persons, actions or events that promote preservation may also be considered.

Nominations may be made by neighbors, architects, or builders and can be self-submitted by owners. This year's awards will be bestowed in September to coincide with an exhibition of Devlin's work. The deadline for entries is July 1, 2023. Criteria and entry forms can be found on the commission's website at westfieldnj.gov/historicpreservation. For additional information, please contact hpc@westfieldnj.gov.

Created in 1993 to encourage the use of established historic preservation standards, the Devlin Commendations are named for Harry Devlin, a prominent local artist and architectural historian.



(above) This Tudor Revival home at 1011 Boulevard received a 2019 Devlin Award for outstanding addition. Nominations are currently being sought for this year's awards.



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FARMERS' MARKETS OPENING IN JUNE



The following Markets offer produce grown in New Jersey and sold by the farm that grows it and are designated Jersey Fresh.

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For more details.



BERNARDSVILLE Saturdays - 9 am to 1 pm CHATHAM Saturdays - 8 am to 1 pm EAST ORANGE Starting in 2023 **HIGHLAND PARK** Fridays - 11 am to 5:30 pm KEARNY Thursdays - Noon to 6 pm **KENILWORTH** Tuesdays - 10:30 amto 6:30 pm MADISON Thursdays - 1 pm to 6 pm **MAPLEWOOD** Mondays - 2 pm to 7 pm METUCHEN Saturdays - 9 am to 2 pm MONTGOMERY Saturdays - 9 am to 1 pm MORRISTOWN Sundays - 8:30 am to 2 pm RIVERDALE Tuesdays - 2:30 pm to 7 pm **ROSELLE PARK** Wednesdays - 1 pm to 6 pm SOUTH ORANGE Wednesdays - 2 pm to 7 pm SPRINGFIELD Mondays - 11 am to 6 pm



The New Jersey Council of Farmers and Communities (NJCFC) is a non-profit organization dedicated to developing and growing the network of community farmers' markets and farmers throughout northern and central New Jersey.

SCHOOL DISTRICT WINS MUSIC ED HONORS

Westfield Public Schools

For a sixth 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.

The recognition comes as Westfield High School students in the Concert Choir and Chorale participated in the WorldStrides Music Festival in Washington D.C. on April 22-23 which included a competitive, adjudicated performance. WHS vocalists were recognized in the following categories:

- WHS Concert Choir Gold Rating, 1st Place in Category 3A
- WHS Chorale Gold Rating
- WHS Choir received the Outstanding Choir Award at the Festival, the highest score regardless of classification.
- WHS Choir received the Sweepstakes Award -Awarded to the choir with the highest overall score of the festival and to a group entering two or more ensembles.
- WHS Concert Choir received an Adjudicator Award - Awarded to a choir that achieves a score of 95 or higher.

• Sophie Havens received the WorldStrides Ovation Award - Based on director recommendation, this award recognizes a student "whose contribution to the music program transcends the making of music" and who exhibits "spirit of determination, inspiration, and service to others". (Only one Ovation Award is given to one student for the entire festival.)

"Overall, it was a great weekend with wonderful experiences and performances," says WHS choral director John Brzozowski, who said that highlights of the trip to the Nation's Capital included a tour of the monuments and the U.S. Capitol building, along with performances in the rotunda of the Russell U.S. Senate Office Building and on the steps of the Lincoln Memorial.



Concert Choir and Chorale performed in the rotunda of the Russell U.S. Senate Office Building, during the WorldStrides Music Festival in Washington D.C. on April 22-23.



(above) Members of the Westfield High School Concert Choir and Chorale participated in the WorldStrides Music Festival in Washington D.C. on April 22-23, which included a performance on the steps of the Lincoln Memorial.

Photos by Westfield High School Choral Department





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5K CELEBRATION OF LIFE - JUNE 11



NJ Sharing Network

NJ Sharing Network's 5K Celebration of Life Walk and USATF Certified Race will be held on Sunday, June 11, at NJ Sharing Network, 691 Central Avenue, New Providence, NJ. The event, which is presented by RWJBarnabas Health and Hackensack Meridian Health, is one of the Garden State's largest and most-recognized charitable events. It brings together thousands of transplant recipients, donor families, living donors and dedicated volunteers and advocates. Funds raised by event participants, teams, sponsors, and contributors will support the Sharing Network Foundation.

To sign up to participate in the 5K Celebration of Life or make a contribution to a team, visit SharingNetworkFoundation.org/5K.

According to United Network for Organ Sharing (UNOS), there are over 100,000 Americans – nearly 4,000 of whom live in New Jersey – waiting for a life-saving transplant. One organ and tissue donor can save eight lives and enhance the lives of over 75 others. To learn more, get involved, and join the National Donate Life Registry as an organ and tissue donor, visit NJSharingNetwork.org.



(above) NJ Sharing Network's 5K Celebration of Life Will Unite Thousands of Organ and Tissue Donation Supporters in New Providence on June 11. To sign up to participate in the 5K Celebration of Life or make a contribution to a team, visit SharingNetworkFoundation.org/5K.



WESTFIELD POLICE OFFICERS PARTICIPATE IN POLICE UNITY TOUR

Team Westfield participated in a 4-day, 320mile bicycle ride from Northern NJ to Washington DC to remember fallen police officers. The Police Unity Tour was formed in 1997 and its mission is to raise public awareness about law enforcement officers who have died in the line of duty.

The officers rode with hundreds of law enforcement officers to the National Law Enforcement Officers Memorial in Washington, D.C. They arrived in Washington D.C. on Friday, May 12, after completing the last leg of the ride from Annapolis, MD, alongside members of the Cranford, Roselle Park, Summit

and Springfield police departments.

For additional information about the bicycle ride and the Police Unity Tour, please visit wpdnj.org/policeunitytour.

Follow Town of Westfield, NJ Police Department on Facebook.



(above) Pictured here are riders from Team Cranford Police Department, Team Roselle Park Police, Team Springfield Police Department, and Team Westfield Police Department.

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RECYCLING BICYCLES AND SEWING MACHINES

Submitted by Dr. D. Michael Hart

The Rotary Club of Westfield recently hosted Alan Shultz, who is the President of Pedals for Progress. This organization collects and ships used bikes and sewing machines to impoverished nations.

The Rotary Club became involved with Pedals for Progress (P4P) in 2007, with Warren Rorden as chair. We collect used bicycles and sewing machines every fall. Bicycles do not create air pollution, do not use fossil fuels, create jobs (bike repair shops), increase productivity of the person riding the bike, helps kids get to school, and increase the country's GDP. Americans purchase 50 million new bikes every year, but dispose of 20 million perfectly good bikes in the landfills.

The Rotary Club of Westfield has been collecting used bikes and sewing machines for 26 years, averaging 100 bikes per year. In that time, we have collected approximately 2,600 bikes and many dozens of sewing machines.

Alan Shultz discussed his recent trip to Belize, where he made a connection with an organization named "God Cares Outreach", which is run by Derek Pitts. Derek has hired 5 kids to sell the bikes. The bikes sell for between \$20 to \$200, depending on the quality and brand. The organization is able to use the profits to help feed the poor in their community. Second, they donate the sewing machines to a woman's prison. The women can learn a skill while in prison, so when they get out, they can support their families, and become a productive member of society.

The shipping containers filled with bikes cost \$9,000 each to ship overseas. Therefore, the Rotary Club asks for a donation of \$20 for each bike donated to help pay for shipping. The next collection is planned for the first weekend in October.

Pedals For Progress asks for bikes which are usable. They do not mind fixing flat tires, or broken chains, but if the frame is rusted through, it would not be useful.

The Rotary Club of Westfield meets the first three Tuesdays of each month for lunch at noon, at Limani Seafood Grill on North Ave. Guests are always welcome. For information check out the website westfieldrotary.com or contact club secretary Dr. D. Michael Hart by email at drmhart@yahoo.com.



(above) The Rotary Club of Westfield has been collecting used bikes and sewing machines for 26 years, averaging 100 bikes per year. In that time, we have collected approximately 2,600 bikes and many dozens of sewing machines. The next collection will be held in the fall.

Courtesy photos



K's Painting & Wallpaperi



MARANO & SONS AUTO SALES NAMED FAMILY BUSINESS OF THE YEAR

Marano & Sons Auto Sales, located in Garwood, NJ, was awarded the Greater Westfield Chamber of Commerce (GWACC) 'Family Business of the Year Award' during its 75th Anniversary Award Gala held on April 30th. The event brought together business leaders, community members, and elected officials to honor the achievements of the Chamber and its members. In all, 180 were there to enjoy the evening.

Written by Ralph Marano Sr:

In 1952, at the age of 5, I moved from Newark to Garwood with my parents. I grew up in Garwood, went to school here and high school in Clark. ALJ is where I started my career when I took auto shop. That's when they offered work programs and options to students who did not want to pursue a college education. In May 22, 1965, I won the Plymouth Trouble Shooting seriously injured in an automobile accident in Contest in the State of New Jersey. In 1965 I worked for a VW Agency through a Work Study Program. Upon graduation in 1965 I got a job as a mechanic for Sears Roebuck Automotive Center for \$2 an hour when minimum wage was \$1.35 an hour. I worked my way up to store manager while also working nights and weekends with my father selling cars at a small car lot in Sewaren, NJ.

I have always had a passion for cars. I had my first car at 12 years old. It was a 1947 Ford.

In 1968 I married my high school sweetheart (Adeline) and we had 2 sons (Jim & Ralph Jr). Today we all work together in our family business Marano & Sons Auto Sales, Inc., which we opened in 1976 at 507 South Avenue, Garwood, NJ on a part time basis. After being



(above) The Marano family with the Garwood Mayor Jen Blumenstock.



1978 I was forced to give up my job as manager at Sears and pursue my career in car sales full time in 1981.

I worked along with my wife and a longtime employee, Mike Tango, who started with me at the age of 16 and has become a part of the Marano Family and still works for us today at the age of 56. When our boys were old enough to clean cars, they joined in to help make this business a family success. By 1996 both sons had graduated college and decided to make the family business their choice of career. More space was needed for everyone to explore what he did best. This was the beginning of an additional location at 150 South Ave, Garwood, NJ. Although both sons can handle every aspect of the family business, each son has his own special interests and preferences. Both Jim and Ralph Jr share my enthusiasm for cars and now our grandson Nicholas has become a part of Marano & Sons.

You can find Ralph Jr along with Mike Tango at our original 507 South Avenue location specializing in trucks and SUV's while Jim along with Ralph Sr and Nicholas are at 150 South Ave which specializes predominantly in cars. My wife Adeline runs the office along with long time employee Ryane Brennan and in between classes or vacation breaks our granddaughter Madison helps out.

Both boys have gifted us with 6 beautiful grandchildren, Nicholas, Victoria, Samantha, Madison, Courtney, and Cole. It is not unusual to see any one of them in the office at any time. All four girls are currently in college pursuing specific careers and Cole has just started high school and hopefully he will join all the Marano men in the future.

We never dreamed starting out in 1976 on a small lot with 4 cars in a .7-square mile town we would grow to be such a success and be such an asset to the community. We are proud of what we can do for the community. Marano & Sons has been honored with the Accomplished Professional Community Contributor Award and the Education Foundation People Make a Difference Award and now this honor. We also give 2 scholarships to students graduating from ALJ High School and are not going to college but are pursuing a trade.

It gives us great pleasure as a family to give back to the community and hope our family is able to preserve our legacy for years to come.

GWACC (Greater Westfield Area Chamber of Commerce)

For over 75 years, the GWACC has been connecting commerce and community. The GWACC promotes the economic prosperity of businesses primarily in Clark, 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 networking sessions that support the community. For more information visit gwaccnj.com.

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AWARD WINNING EDUCATORS ANNOUNCED

Westfield Public Schools

Westfield High School community with awards of excellence. WHS principal Mary Asfendis announced the award winners during morning is the 2023 recipient of the Robert and Linda announcements on May 5.

Nominated by students, social studies teacher Hilary Haskell is the recipient of the 2023 Distinguished Teacher of the Year Award.

The 2023 recipient of the Jeffrey Family Above and Beyond Award is science teacher Christopher Tafelski.

Science teacher Stephen Boyle received the Four teachers have been honored by the Parent-Teacher-Student Organization (PTSO) Teacher of the Year Award.

> Special education teacher Megan Breitenbach Foose Memorial Award.

> "We enjoy recognizing the achievements of our students and staff, these recognitions by the WHS school community are particularly meaningful as the nominations are made by appreciative students, parents, and colleagues." says Superintendent Dr. Raymond González.



(above, 1-r) Westfield High School science teachers Christopher Tafelski and Stephen Boyle, special education teacher Megan Breitenbach, and social studies teacher Hilary Haskell were honored by the Westfield High School community with awards of excellence. Pictured here with WHS principal Mary Asfendis. Photo by Westfield Public Schools





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