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Issue 94 • July 2023

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ROTARY AWARDS PHILHOWER & STEENGRAFE FELLOWSHIPS

Westfield Public Schools

Wilson 1st grade teacher Marie Morris is the 2023 recipient of the Rotary Club of Westfield's Philhower Fellowship in recognition of outstanding teaching at the elementary school level. At the same time, Franklin head custodian Jesse Rodriguez received the Steengrafe Award, introduced this year by the Rotary Club to recognize non-certificated staff for their dedication and commitment.

Morris and Rodriguez received the news on May 1 as Superintendent Dr. Raymond González paid surprise visits to their schools.

"It was great to surprise Marie and Jesse with this welldeserved recognition," says González, "It also was fun and heartwarming to witness the enthusiastic reaction of the students in both instances."

Morris has been teaching first grade at Wilson for 11 years and taught kindergarten previously in Franklin, New Jersey for five

"My favorite part of teaching is building a classroom community of students who work together and are kind and caring to one another," says Morris. "I also believe it is important to build a strong foundation of learning during these early years. I am always looking for ways to make it fun and exciting for them. It is very rewarding to see the growth the students make by the end of the year."

Letters of nomination for Morris from parents and colleagues laud her as "an extremely dedicated and passionate teacher" who "goes above and beyond daily to educate, care for, and make sure her students have fun while learning."

Rodriguez has worked as head custodian at Franklin Elementary School since 2010. When asked what he likes most about working at Franklin, he replies: "One word. GREAT staff!"

Colleagues who nominated Rodriguez for the Steengrafe Award say that he embodies the award's criteria as an employee who is "dedicated, kind, and supportive" and someone who "demonstrates a clear commitment to the students and staff."

"The students all love Mr. Jesse and know they can go to him for help with almost anything," writes one nominator. "When something is broken, you can hear 'Ask Mr. Jesse, I'm sure he can fix it."

Another nominating letter notes that, in addition to keeping the school and grounds clean and safe, Rodriguez "continues to assist the staff with any emergencies or needs they may have in a timely fashion. He will fix a broken window or air conditioner. He will find shelving, tables, and chairs for a classroom. And he's constantly seen painting or improving different places around the building."



(above, l-r) Wilson 1st grade teacher Marie Morris is the 2023 recipient of the Rotary Club of Westfield's Philhower Fellowship in recognition of outstanding teaching at the elementary school level. At the same time, Franklin head custodian Jesse Rodriguez received the Steengrafe Award, introduced this year by the Rotary Club to recognize noncertificated staff for their dedication and commitment.

Photo by Westfield Public Schools

Morris was recognized at the May 9 Board of Education meeting; Rodriguez will be recognized at the June 13 Board meeting. They received the Philhower and Steengrafe Awards on May 16 as a guest of honor during a Rotary Club luncheon.

A committee of two Rotarians, a previous Philhower Fellowship recipient, and two elementary school principals reviewed all nominations and selected Morris and Rodriguez as this year's recipients.

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

This is the first year of the Steengrafe Fellowship, established in memory of Weyman O. Steengrafe who began teaching Social Studies in the Westfield Public Schools in 1942 before serving as principal at Franklin, Tamaques, and Wilson Elementary Schools. Weyman was a lifelong Rotarian from 1966-2010, serving as Club President and District Governor.

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The Hickory Tree Chorus chapter of Sweet Adelines International invites singers to register for its free "Big Summer Sing." You can come on any or all of the following Wednesdays: July 12, July 19, July 26, and August 2 from 7 to 9:30 p.m. at The Shrine of St Joseph, 1050 Long Hill Road, Stirling, NJ for chord-ringing, fun-filled, four-part a cappella music.

Each week, guests will participate in vocal and physical warm-ups and work on songs with the chorus. The chorus sings a variety of music, including old-fashioned love songs, Broadway, Disney, Beatles, and more.

For more info, or to register for the free "Big Summer Sing," visit hickorytreechorus.org, email info@hickorytreechorus.org or call 908-377-1399.





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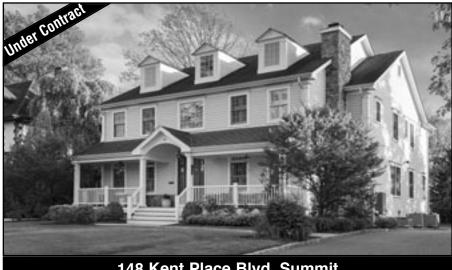
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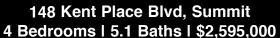


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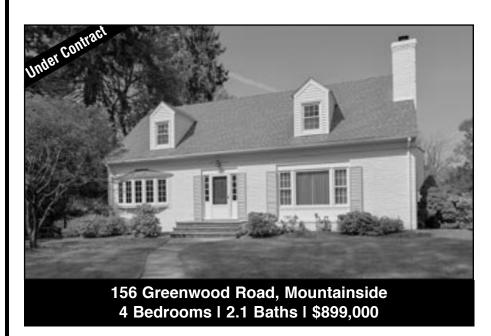
















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10TH ANNUAL GRETA'S RUN FOR IMAGINE

The 10th Annual Greta's Run for Imagine was held in Westfield, NJ on Sunday May 21, 2023. More than 1,000 registrants gathered at Roosevelt Intermediate School for the three events of the day. More than \$150,000 was raised to support Imagine's mission of no child grieves alone.

Greta's Run began 10 years ago when a group of Greta Schoenemann's friends decided to honor her memory with a 5k community race. Greta had died on September 15, 2002 due to

injuries sustained when a branch fell on a group of students as they were eating lunch outside of Westfield High School. Imagine inherited the race in 2019 to continue raising awareness on the impact of grief on all of us.

Located in Mountainside and Newark, NJ. Imagine, A Center for Coping with Loss is a 501(c)3 non-profit that offers free year-round grief support groups for children ages 3-18 and young adults 19-30 who are coping with a loss due to death. Concurrently, support groups are

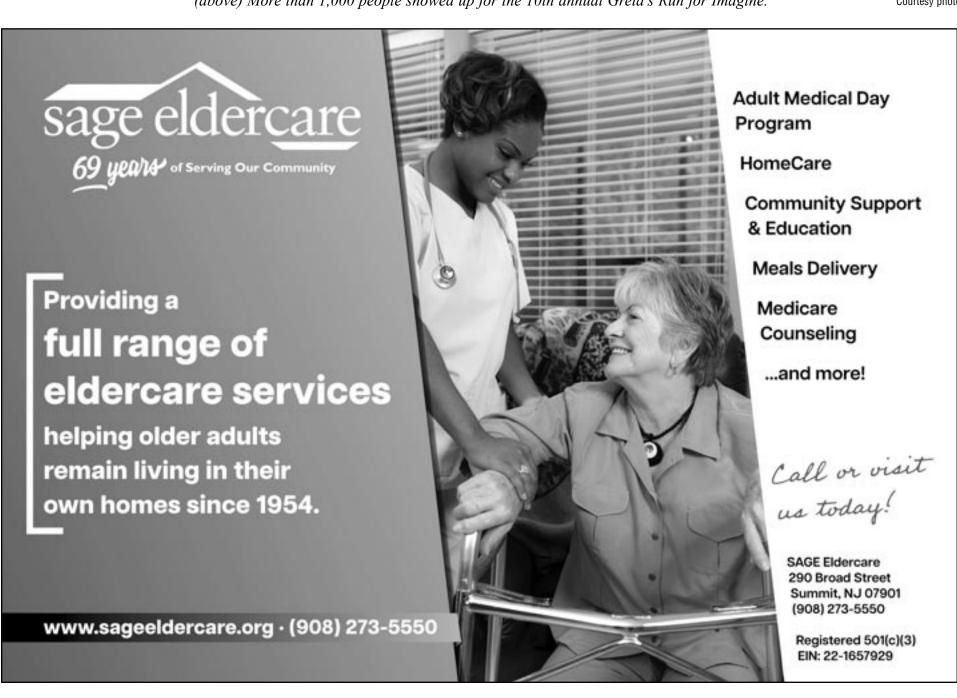
available for the parents and guardians of the children in the groups and offered in English and Spanish.

Groups are also available for parents who have lost a child aged 30 or younger. Additionally, Imagine provides grief and loss education and training to the community. Additionally, Imagine staff are available to provide support in the immediate aftermath of a loss in a school community, organization, or place of business.



(above) More than 1,000 people showed up for the 10th annual Greta's Run for Imagine.

Courtesy photo





JUNE 2023 | MARKET REPORT

WESTFIELD



Monthly Sales at a Glance

38 \$1,179,016

\$1,240,179 30

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117 W Dudley Ave	5	4,1	2	\$1,699,000	\$1,865,000	9
5 Mohawk Trl	5	5.1	2	\$1,650,000	\$1,650,000	7
535 Bradford Ave	4	3.1	1	\$1,135,000	\$1,400,000	8
633 Clark St	4	3.0	2	\$1,049,000	\$1,151,000	12
105 Frazee Ct	4	2.1	2	\$899,000	\$956,324	12





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COLLEGE WOMAN'S CLUB 2023 SCHOLARSHIP RECIPIENTS

The College Woman's Club of Westfield

The College Woman's Club of Westfield awarded \$30,000 in scholarships at its annual meeting on Tuesday, May 23, 2023, at Echo Lake Country Club. The awards were presented to four young women from Westfield to help them pursue their college education. The recipients were selected based on academic achievement, community service and financial need.

Eden Karp was awarded a \$3,000 College Woman's Club Scholarship and the \$2,000 Past Presidents' Scholarship. She will attend the University of Pittsburgh and intends to major in Neuroscience.

Sophia Narciso received a \$5,000 College Woman's Club Scholarship and the \$5,000 Marge McCornack Scholarship. She plans to attend James Madison University with a double major in education and psychology.

Skyler Schaible was awarded a \$3,000 Grant in Memory of Katharine Jaruzelski and a \$7,000 College Woman's Club Scholarship. She plans to attend Coastal Carolina University where she will major in Nursing.

Joelle Tannenbaum received a \$5,000 College Woman's Club Scholarship. She will attend Quinnipiac University for their 5-yr. Master's program in Social Work, with a goal of becoming a school counselor.

"Each year our recipients impress us with their ability to balance academics, extracurricular activities, and part-time jobs," said CWC Scholarship Chair, Jennifer Jaruzelski. "This

year's group of young women stands out for February of each year and are evaluated by a doing all of this over a high school career that straddled the worst years of the pandemic."

Scholarship applications are available through local high school guidance departments in

committee of CWC members each spring. Funds for scholarships come from membership dues. community contributions, fundraisers, and legacy bequests from members.

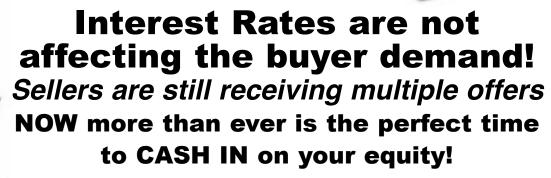


(above) Scholarship Recipients Eden Karp, Sophia Narciso, Skyler Schaible and Joelle Tannenbaum

Courtesy photo

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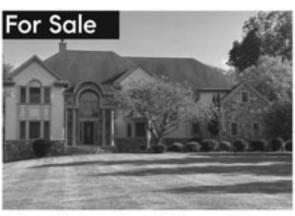




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PATRIOTIC READINGS ON JULY 4TH ALL ARE INVITED

Westfield Historical Society

Kick off Independence Day with patriotic readings. At 10:00 a.m. on Tuesday, July 4th, the Westfield Historical Society will hold 20-30 minutes of patriotic readings broadcast from the porch of the Reeve House at 314 Mountain

The public is invited as are scouts and patriotic organizations. The recorded readings are:

- The Declaration of Independence
- Original Bill of Rights
- Lincoln's Second Inaugural Address

Plans are to have a flag ceremony, singing of the National Anthem to begin the program, and a display of Revolutionary War flags.

Since 1968, the 501(c)(3) non-profit Westfield Historical Society has worked to preserve, interpret, and encourage interest in history, Westfield, and its residents through educational efforts and community outreach programs. For further information on the Westfield Historical Society and its activities, or to volunteer, call (908)654-1794 visit westfieldhistoricalsociety.org, like on facebook and follow in Instagram.

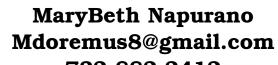


(above) On Tuesday, July 4th, at 10 a.m., join The Westfield Historical Society for patriotic readings from the porch of the Reeve House. All are invited for this 20-30-minute program.

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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. Osteourthritis 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

Let Me Show You Targeted Relief From Your Knee Pain

Every day, I see patients suffering from knee pain due to arthritis, osteourthritis, 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 fluoro copy and the amazing results viscosupplementation can provide, they are thrilled to get started They are even more thrilled when they feel the relief. Please contact Northeast Spine & Wellness Center today to schedule your RISK FREE consultation

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GARDEN OF THE MONTH

The Garden Club of Westfield

The Garden Club of Westfield has chosen the elegant property of Aislinn and Jason Nagel at 605 East Broad Street (opposite the Westfield Memorial Library) as the Garden of the Month. This 1893 home, which is now in the Colonial Revival style, was originally a Victorian home built for George Sandt, who worked for Thomas Edison. Mrs. Nagel is very interested in the history of the home and creating a garden that reflects the formal style of the home. Two majestic Dragon Lady holly shrubs frame the steps leading to the main entrance. Rows of American boxwood shrubs line both sides of the front of the house. Bright and colorful golden wreaths adorn the facade's French windows. Urns planted with ferns add a decorative touch to the garden. A mass of astilbe introduces pink into the color scheme as does purple catmint. More

color will follow when hydrangeas bloom on the side of the house. Green Giant arborvitaes and stately trees add to the beauty of the property. In celebration of our nation, the Nagels have decorated their home with American flag buntings of red, white and blue.





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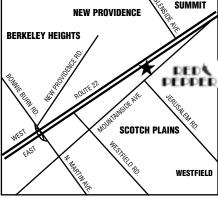
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Julie







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WESTFIELD SUMMER CONCERT SERIES DRAWS FROM MANY TOWNS

Westfield Community Concert Band

The Westfield Community Concert Band, under the direction of Dr. Thomas Connors, continues its 111th season with its annual Summer Concert Series in Mindowaskin Park, East Broad Street, Westfield. The band will perform Thursday evening concerts on June 29, July 6 and 13. All concerts begin at 7:30 p.m. and are free to the public.



(above) The Westfield Community Concert
Band continues its annual Summer Concert
Series in Mindowaskin Park, Westfield, with
performances on June 29, July 6, and 13 at
7:30 p.m.
Courtesy photo

Highlighting this season's summer concerts will be a special Independence Day program taking place on June 29th featuring appearances by the Westfield Chapter of the Sons of the American Revolution and the Westfield Town Crier. The concert series will also include performances of selections from popular Broadway musicals, including The Music Man, Wicked, My Fair Lady, and Porgy and Bess. All of the band's summer concerts will include popular marches, classical works and many patriotic compositions.

The band has been fortunate to welcome many new musicians this season, including Kyle Ora on saxophone, Tori Larsen on clarinet, Katelyn Morgan on oboe, Lisa Dubeck on French horn, Karen Zatz on French horn, Julia Duggan on piccolo, and Ann Pollack on clarinet. The band also welcomed the return of a few former members, including Ralph Ciotti on tuba and Michael Conway on euphonium. The band also welcomed the return of Dr. Theodore Schlosberg on euphonium. Dr. Schlosberg is a former conductor of the band, having served in that role from 1972 to 1978.

The band was also selected to perform at Carnegie Hall in New York City on June 12, 2023 as part of the 2023 Symphonic Series. The band performed the Robert Russell Bennet

Highlighting this season's summer concerts arrangement of Porgy and Bess Selection, by ill be a special Independence Day program George Gershwin and An Irish Rhapsody, by Clare Grundman.

The band rehearses each Wednesday evening from 7:00 to 9:30 p.m. in the Community Room in the Westfield Municipal Building, 425 East Broad Street. The band's membership includes musicians from ages 18 to 90, including many active and retired music educators. Under the baton of conductor Dr. Thomas Connors, director of Instrumental Music Studies and an assistant professor of music education at Kean University, the band continues to perform a wide variety of concert band literature, including many contemporary compositions.

Experienced area musicians who are interested in a position with the band should contact band manager Barry Rosenberg at 908-337-9073 or info@westfieldcommunityband.com.

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

Chairs and blankets are recommended. In the event of rain, the concerts will take place in the Westfield Community Room, located in the Westfield Municipal Building.

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STUDENTS PERFORM AT CARNEGIE HALL

Westfield Public Schools

Members of the Franklin Elementary School chorus recently performed at Carnegie Hall with the New England Symphonic Ensemble and several other choirs from the tri-state area. During the week prior to the performance, Parisian conductor and choirmaster Francis Bardot worked with the children in New York City and conducted them during the concert.

After receiving the invitation last October, Franklin students auditioned and 23 were selected for the special performance at Carnegie Hall. Franklin vocal music director R. Brent Geyer held after school rehearsals over the past several months, leading the student vocalists through Italian composer Giovanni Battista Pergolesi's masterwork, "Stabat Mater", a 40-minute piece all in Latin.



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(above) Members of the Franklin Elementary School chorus performed at Carnegie Hall with the New England Symphonic Ensemble and several other choirs from the tri-state area on May 26. Pictured here with Franklin vocal music director R. Brent Geyer (upper left).

Photo by Robert Geyer

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HOUSE OF WINE & LIQUOR GRAND OPENING

House of Wine & Liquor, a premier liquor store specializing in a vast selection of wines, beers, and liquors, is now open in Westfield, NJ. A grand opening ceremony took place on June 10th, 2023, with esteemed guests including members of the Greater Westfield Area Chamber of Commerce, Westfield Mayor Shelly Brindel, and members of the Town Council in attendance.

At House of Wine & Liquor, our mission is to curate an exceptional and unparalleled collection of beverages that tantalize the senses and elevate the drinking experience. With an unwavering commitment to quality, we offer an impressive range of rare and fine whiskeys, exquisite wines sourced from every corner of the globe, and an assortment of meticulously crafted beers

As connoisseurs of taste, we understand the importance of variety and cater to both seasoned enthusiasts and curious newcomers alike. Our team of knowledgeable and passionate experts is dedicated to guiding customers through our extensive selection, helping them discover new flavors, and assisting them in finding the perfect beverage to suit any occasion or preference.

"We are thrilled to introduce House of Wine & Liquor to the community, and we are humbled by the support and enthusiasm we have already received," said Nimesh Patel [Owner]. "Our goal is to create a destination where beverage enthusiasts can explore and savor a world of premium libations, whether it's a rare whiskey,

House of Wine & Liquor, a premier liquor exquisite fine wines or a carefully crafted beer. We invite everyone to embark on this journey with us and elevate their drinking experience."

In addition to our exceptional collection, House of Wine & Liquor is committed to providing a seamless and delightful customer experience. Our inviting atmosphere, coupled with personalized recommendations, ensures that every visit is a memorable one. We aim to become a trusted resource and a hub for the community, fostering a culture of appreciation for the artistry and craftsmanship behind each beverage we offer.

To celebrate our grand opening, House of Wine & Liquor will be hosting various tasting

events, workshops, and exclusive promotions throughout the month. These initiatives will not only further engage our customers but also serve as opportunities to deepen their knowledge and refine their palates.

House of Wine & Liquor is conveniently located at 560 North Ave East in Westfield, easily accessible and ready to serve the discerning palates of the surrounding communities. Whether you are a seasoned afficionado or a curious explorer, we invite you to join us in raising a glass to the extraordinary world of fine wines, beers, and spirits.

For more information, please visit houseofwine.com or call 908-232-1900.



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

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

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

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

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

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

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

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

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

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

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

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

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

Before, parents could not get their kids their bed each morning on their own for more details...

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

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

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

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

Right in your backyard, there's a team of great coaches waiting to be second voices for your kids...so that all the things you're teaching as parents will be reinforced. But most importantly, the results you're after for your kids will actually become a reality. The Grit Athlete summer Sports Performance session runs June 19 until August 24 in Berkeley Heights NJ, visit www.gritathletes.com to fill out an application for your child.

Grit Athlete Performance is a Sports Performance Training Company located in Berkeley Heights that helps kids ages 6-18 get strong, fast, and confident so they can have a bigger and better future. They have just released the dates for their summer program that starts on June 19 and runs til August 24.

Visit www.gritathletes.com to register to make their beds...now their kid makes for their summer session...or see below

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

Summer Program began Scan the QR code to see if there is any availability left.

The program ends August 24



Scan QR Code for cost, timeslots, and dates.

Attention Parents of Kids Ages 6-18

UPDATE: THE GRIT ATHLETE PERFORMANCE SUMMER PROGRAM HAS STARTED!

Scan Below to see if there are any spots left.

We'll have your kid 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 (STARTED JUNE 19TH)







Warning: The Summer session is extremely popular and we cannot guarantee a spot in the program now that it has begun.

Please scan the QR code and enter your information to find out if there are spots left in your child's age group.

SALEM ROADHOUSE CAFÉ JULY SHOW

The Salem Roadhouse Café presents Carrie Jackson and the Jazzin' All Stars, Saturday, July 8, 2023. The doors open at 7:15 p.m., the show starts at 8:00 p.m. Admission is \$20 and includes show, snacks, non-alcoholic beverages, and dessert. The venue is located in the basement of Townley Presbyterian Church, 829 Salem Rd, Union, NJ. The Roadhouse operates as a non-profit that raises funds for several carefully chosen local charities.

Carrie Jackson brings her clear, unique jazz vocal styles to life, from the golden era of jazz vocals to contemporary hits.

All ages are welcome.

ABOUT SALEM ROADHOUSE CAFÉ

It's not "church music." It's music music. Folks who've come to the Salem Roadhouse Café know that it's a clean, safe place for people who enjoy listening to live music — in a world otherwise filled with clubs and bars. The Roadhouse has always offered its stage to local and independent mainstream musicians. Jazz, rock, folk, and other groups have performed. What's the common thread? They're all great musicians playing the kind of music people like to hear. There's no message, just music.

A MASS OF HEALING FOR CANCER

A Mass of Healing for Cancer will be offered on July 7 at the Koinonia Academy Gym, 1040 Plainfield Avenue, Plainfield, NJ 07060 by Fr. John Gordon, Secretary of the Office of Evangelization for the Newark Archdiocese. The Mass is for all cancer patients, caregivers, family and friends to pray for those with cancer or have succumbed to cancer. All are welcome, there is no charge or obligation. For further information call 908-256-1788.



FREE OUTDOOR PERFORMANCE - JULY 22

Middlesex County Volunteers Fifes & Drums

On Saturday, July 22nd at 11:00 a.m. on the great lawn of the Westfield Town Hall, in Westfield, NJ, the Middlesex County Volunteers Fifes & Drums (MCV) based in the Boston, MA area, will perform a free outdoor public performance before continuing their travels with another short performance in Somerville, New Jersey later in the afternoon and then ending their trip in Philadelphia, PA to perform at the Museum of the American Revolution.

"The MCV Fifes & Drums are visiting Westfield because Mayor Brindle, the Town Council and the Town of Westfield have recognized the Town's role in the Revolutionary War and in the incredible the march to Yorktown, VA. so the National Park Service decided to sponsor the colonial fifes and drums marching group's performance in the spirit of celebrating the Town's patriotic enthusiasm in the run up to America 250, the Semiquincentennial which will be celebrated in 2026," according to Julie Diddell, Chair for W3R-NJ.

The public is encouraged to bring a lawn chair or a blanket to sit on for the performance which will last about 45 minutes.

The Washington-Rochambeau National Historic Trail, is the route that French and Continental armies marched along on the way to conduct the siege of Yorktown, VA causing the British to capitulate in the final campaign of the Revolutionary War. President Obama signed legislation in 2009 designating the 700-mile trail corridor across land and water, a national historic trail, a unit of the National Park Service.

Because a Continental column led by General

Benjamin Lincoln, passed through Westfield on August 29, 1781, as they marched to Yorktown, VA, Mayor Shelley Brindle, proclaimed that every August 29th will be celebrated as "March to Yorktown Day" in Westfield.

BACKGROUND

The Washington-Rochambeau Revolutionary Route New Jersey (W3R-NJ) a not-for profit 501c3 organization and the state group for the National Washington-Rochambeau Revolutionary Route Association (W3R-US). W3R-NJ's mission it is to conduct the annual March to Yorktown Day commemoration events in Westfield every August and to work with history sites and historical societies in several other towns in New Jersey to commemorate their role in the march on the Washington-Rochambeau National Historic Trail.

Courtesy photo



(above) On Saturday, July 22nd at 11 a.m. on the great lawn of the Westfield Town Hall, the Middlesex County Volunteers Fifes & Drums will perform a free 45-minute concert.



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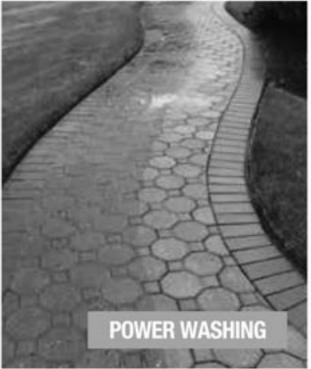
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Summer reading is for Adults, too. Whether you're a child or adult, you can record your reading at wmlnj.readsquared.com and register to win prizes. Or stop by the library and we'll help!

CHAMBER OF COMMERCE PROMOTES SUMMER FAN JAM - JULY 9TH

The GWACC Chamber of Commerce is thrilled to unveil the highly anticipated Fanwood 6th annual Summer Fan Jam, the ultimate celebration of music, arts, and community spirit! Mark your calendars for this sensational event taking place in the heart of Fanwood in LaGrande Park on July 9th from 11 a.m. to 7 p.m. Get ready for an unforgettable day filled with sensational performances, engaging activities, and so much more! This year the Presenting Fan Jam Sponsor is the Family Investors Company, and the Official Sponsor is Dentalcare Associates. GWACC would like to thank all the sponsors of Fan Jam for making the event possible.

A combination of a classic car show and a Kids Zone ensures there's something for everyone to enjoy. The Classic Car Show brought to you by Hot Rod Mike will be a highlight for car enthusiasts and those who appreciate vintage automobiles. You can expect to see a wide range of classic cars on display, including wellpreserved models from different eras. The show might feature various categories, such as muscle cars, hot rods, vintage imports, and more. Attendees will have the opportunity to admire these beautiful vehicles, learn about their history, and engage in conversations with passionate car owners. The Kids Zone is an area specifically designed to entertain and engage children. It typically includes a variety of activities, games, and attractions suitable for kids of different ages. The exact offerings may vary, but you can anticipate things like inflatable bouncy castles,

face painting, arts and crafts stations and carnival-style games. The Kids Zone aims to create a fun and safe environment where children can have a great time while their families explore the rest of the event.

Alongside the Car Show and Kids Zone, the Fan Jam features live entertainment to keep the festive atmosphere alive. This includes live music performances by professional bands all day long on the main stage. At 12 noon, Macho Men (Classic & Punk Rock) will start the day; followed by Higher Ground (Oldies, Goodies and Old Rock). At 2 pm, The Funktion Band (Soul, Fund and Pop) is returning to Fan Jam once again but popular demand. At 3:30 pm, Christina & the Gents (Rock, Pop and Metal Hits) will perform and then at 5:30, Radio Petty (an awesome tribute to Tom Petty and the Heartbreakers!) will close out a full day of fine entertainment. Bring your lawn chairs and blankets and sit back and enjoy the music. The entertainment aims to provide a lively backdrop and enhance the overall experience for attendees.

Fanwood Summer Fan Jam will offer a variety of food and refreshment options. You can expect to find food vendors and food trucks serving a range of cuisines, including classic festival fare like hot dogs, burgers, pizza, ice cream, and other tasty treats. Cousins Main Lobster is expected to attend. There will also be a Sheelen's Crossing Beer and Wine Garden offering refreshing adult drinks to quench your thirst while you enjoy the music from the stage.

Once again, our thanks to Aimee Nuzzo, GWACC Board member and Fanwood Resident for her leadership in managing this wonderful event from its inception in 2017.

There is Free Parking available at the South Side lot of the Fanwood train station. Please note that pets, skateboarding and roller blading are prohibited in the festival area. For further information, please contact the GWACC, 908-233-3021, or visit the website www.gwaccnj.com and look for Street Fairs.

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WHS JAZZ BAND PERFORMS FOR SENIOR RESIDENTS

Westfield Public Schools

Members of the Westfield High School Jazz Band volunteered their time and talent to perform for residents of Westfield Senior Citizens Housing on June 1. To the delight of the audience, the students played popular songs by Beatles, Chicago, Quincy Jones, and the Glenn Miller and Count Basie Orchestras.

"I was glad to see so many toes tapping and heads nodding," says WHS co-band director Trevor Sindorf. "The students enjoyed sharing appreciative audience."

Carezza Motley, recreation director of Westfield Senior Citizens Housing II, says the residents were very impressed by the 45minute performance.

"They cannot stop talking about what a wonderful band, with very lovely, talented, and respectful students," says Motley.

Most of the residents at the concert mentioned that they had children and

music of the Big Band era with such an grandchildren who attend or attended the Westfield Public Schools. One resident noted that she graduated from Westfield High School.

> "I especially enjoyed meeting a member of the WHS Class of 1949," Sindorf says. "It's one of the great things about a community like Westfield. The "Tradition of Excellence" really does extend through multiple generations. Our students are proud to carry that torch."







Photo by Westfield Public Schools

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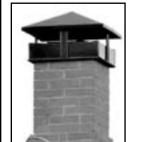
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Operation Shoebox sends packages from - all of which are donated. The Greater Westfield UNICO recently hosted the founders of Operation Shoebox at a member's meeting and made a donation to their efforts.

> For more information visit: westfieldnj.com/unico.



(above, l-r) Greater Westfield UNICO members Tony Valles, Maryann Hirsch, Bob Tarte, *Rodney Hirsch, *Myriam Restrepo, Anthony Bengivenga, and Vivian Strano. *Maryann & Rodney are the founders of Operation Shoebox.

Courtesy photo

NEARLY NEW JEWELRY SALE

The Friends of the Westfield Memorial Library

This Fall the Friends of the Westfield Memorial Library are hosting a dazzling new fundraiser: Nearly New Jewelry Sale. With over 47 successful years of running the Spring Book Sale, it's clear to us how much the Westfield community values recycling items for the benefit of the Friends of the Westfield Memorial Library. This jewelry sale is another way we can generate interest and financial support while we offer the opportunity to reduce items you no longer want and also refresh your look with 'new' pieces. Join us for the sale, hosted at the Westfield Memorial Library, on November 18 and 19th. Prices will start at \$1. A local jeweler will be advising us on pricing so know that we will offer market value for the resale jewelry.

To get ready for the sale the Friends are

collecting both costume and fine (gold and silver) jewelry. This is the perfect opportunity to clean out your jewelry box and donate items you no longer wear to the sale. We take pretty much everything – both women's and men's items, broken pieces, single earrings, even non-working watches! Please drop off your jewelry donations in a ziplock bag with a library staff member at the circulation desk.

As you go through your jewelry boxes and have any questions or are interested in helping with the sale we welcome you to reach out to info@fwmlnj.org A member of the committee will respond to your inquiry. All proceeds from this gem of a sale will go towards funding Friends sponsored programs at the library. To learn more visit fwmlnj.org.



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Kate Young, Roosevelt Intermediate School
science teacher Andrew Bausch, and Roosevelt
Intermediate School Language Arts teacher Erika
Broadbent, have been recognized as outstanding
intermediate school educators by the Optimist
Club of Westfield.

recognition."

A nominat
role model for
working to may
curriculum
classroom."

The Optimist Club, a not-for-profit service organization that supports youth and the community, presents an award annually to two Westfield intermediate school educators - one each from Edison and Roosevelt. The Intermediate School Outstanding Teacher Award was established in 1998 by the Optimist Club to give deserving credit to intermediate school teachers.

"We are grateful to the Optimist Club for creating this opportunity to recognize our teachers who are dedicated to providing an educationally stimulating and supporting environment during this critical stage of adolescence," says Superintendent Dr. Raymond González. "On behalf of the Board of Education and our entire school community, I congratulate



(above) Roosevelt Intermediate School
Language Arts teacher Erika Broadbent is the
co-recipient of the 2023 Optimist Club's
Intermediate School Outstanding Teacher
Award. Pictured here with Roosevelt principal
Brian Gechtman (right) and Superintendent Dr.
Raymond González.

Mr. Bausch and Mrs. Young on this important recognition."

A nominator describes Bausch as "a positive role model for all our students and teachers" who "goes above and beyond for his students, working to make sure they understand the science curriculum and enjoy their time in the classroom."

Young is lauded as an energized teacher who "incorporates activities that make classes engaging and fun" and who sets the bar high for her students while always treating them with respect.

The selection committee consisted of Optimist Club members Marc Epstein, Maria Fuentes, Martin Gulino, Robin Lynch, Victor Mankoski, along with Edison principal Dr. Matthew Bolton, Roosevelt principal Brian Gechtman, and previous award recipients.





(above, l-r) Roosevelt Intermediate School science teacher Andrew Bausch, Edison Intermediate School French teacher Kate Young.

Photos by Westfield Public Schools

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RECORD \$74,000 IN SCHOLARSHIPS & GRANTS AWARDED

The College Men's Club of Westfield (CMC) has awarded a record \$74,000 in scholarships and grants to six young men from Westfield High School to help them pursue their college education. David Germond, CMC President, explained that "the recipients were selected based on an assessment of their academic achievement, community involvement, and career direction."

Andy O'Brien, CMC Scholarship Co-Chair noted that "this was an extremely competitive year for the CMC scholarship program with the largest group of highly qualified applicants in recent memory." The six awardees from the WHS class of 2023 are:

Gabriel Dayon was awarded a four-year, \$24,000 scholarship. Gabriel plans to study Sports Communication at Montclair State University in Montclair, New Jersey. He hopes to pursue a career in sports broadcasting.

Brigham Luna Santamaria was awarded a four-year, \$24,000 scholarship. Brigham will attend Brigham Young University in Provo, Utah, and plans to major in Public Health, laying the foundation for a career in medicine.

Juan-Diego Lara was awarded a four-year, \$12,000 scholarship. Juan-Diego will attend the University of Chicago in Chicago, Illinois this Fall. He plans to study Political Science and Economics, with a long-term goal of attending law school.

Damian Rusek was awarded a four-year, \$12,000 scholarship. Damian will attend Kean University in Union, New Jersey this Fall where he plans to study Computer Science. He intends to pursue a career in cyber security.

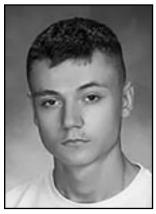
Derek Lam was awarded a one-year, \$1,000 Service Academy Uniform Grant. Derek will be attending the United States Merchant Marine Academy in Kings Point, New York, where he plans to study Logistics Management. He intends to pursue a career in public service.

Evan Leone was awarded a one-year, \$1,000 Hertel Arts Grant. Evan will be attending Syracuse University in Syracuse, New York, where he plans to study Musical Theater. He hopes to pursue a career in acting.

The College Men's Club of Westfield was founded in 1922 and over the past century has helped hundreds of Westfield young men by providing college tuition assistance and funding standardized test preparatory courses. Since its founding, the CMC has raised and distributed over \$1.3 million in higher education assistance to young men of the Westfield community to attend over 130 institutions of higher learning.

Scholarship applications are available online at the CMC website and through the WHS guidance departments in February of each year and are evaluated by a committee of CMC Trustees each Spring. Funds for scholarships are generated through fund raising events, donations, membership dues, endowment investment income, and legacy bequests.

To learn more about the College Men's Club of Westfield, please go to cmcwestfield.org.

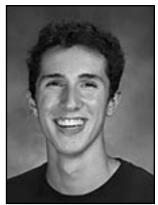












(above, l-r) Damian Rusek, Gabriel Dayon, Brigham Luna Santamaria, Juan-Diego Lara, Derek Lam, Evan Leone, (no photo) Andy O'Brien.

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FIBER ENTHUSIASTS GATHER TO SPIN A YARN

Kathleen Czarnecki, Kenilworth Public Library

library and saw a room filled with fiber artists spinning roving into yarn? Well... if you visit the Kenilworth Public Library the last Tuesday of each month that's exactly what you will see.

Fiber enthusiasts recently gathered from around New Jersey to take part in the library's newest program "Spin A Yarn". Participants brought spinning wheels, roving, spindles and enjoyed time crafting wool into yarn.

There aren't many places to go to gather as a group to enjoy this hobby, so staff at the

When was the last time you walked into a Kenilworth Public Library decided to try to bring people together. The inaugural session was held in June and was a big success.

> The most important part of this group is the gathering of a community of crafters who enjoy the same unique hobby, to share their knowledge about the craft's techniques, and even the business end of it, with one another.

> There are larger plans in store for this group. The future will hold a "fiber-tasting" session, where participants can learn about different types of spinning fibers. We hope to offer hands-on

technique workshops as well.

This program is free for adults. All are welcome. No registration is required. You don't need any experience to join us, we are happy to help show you how to spin fiber into yarn.

We meet the last Tuesday of each month, from 5 - 7:45 p.m.

Visit our website at kenilworthlibrary.org to view additional programs and services.

The Kenilworth Public Library is located at 548 Boulevard, Kenilworth, NJ. Our phone number is (908) 276-2451.



(above) Kenilworth residents Suzanne and Kathleen Czarnecki, Kenilworth Library Senior Programming Library Assistant.



(above) Claudine is a Summit resident. She teaches sewing classes at Fabricland in Green Brook.



(above) Charlene, a Green Brook resident, heard about the event thru a friend.



(above) Anne Choi of Bedminister, is the owner of Middle Brook Fiberworks. She is a fiber farmer (she owns Shetland sheep), and is the founder of NJ Fibershed, a network of fiber farmers raising small flocks of sheep, alpacas, goats, and other fiber animals in New Jersey. Their goal is to promote face-to-face relationships between fiber animals, farmers, and fiber artists within their community.



(above) Dee from Union



(above) Karen from Rahway



(above) Sister and brother from Kenilworth, Leah & Sean tried spinning for the first time.

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

TUDOR TRIUMPHS AS WESTFIELD'S FAVORITE STYLE

The Westfield Historic Commission celebrated National Preservation Month with a playful challenge: an NCAA-style "May Madness" bracket where residents were invited to vote for their favorite architectural style. Ranging from colonial to modern, the original sixteen designs were narrowed weekly until the final match-up, when French Second Empire, a Victorian stalwart, was ultimately defeated by Tudor, the enduringly popular revival style.

It is perhaps no surprise that this charming design emerged victorious as Westfield's favorite. Distinctive, versatile and easily recognizable, versions run the gamut from cozy cottages to grand manors. It can be seen locally from homes to apartment buildings to storefronts and looks just as good in downtown Westfield as it did in Elizabethan England. Perhaps the most popular

Preservation of the period revival styles appearing from 1900 to 1940 that included Dutch Colonial, Renaissance Revival and Spanish Mission, Tudor exploded in the 1920s as the postwar nostalgia for Old World charm met the aspirational desires of the surging middle class.

> The Historic Preservation Commission was established in 1984 to promote and protect Westfield's rich architectural heritage as an essential element of the town's unique character. In addition to preserving historic structures, the Commission encourages property owners to follow restoration standards through its advisory services, homeowner awards, and recently updated Design Guidelines for Historic Sites and Districts.

For additional information, visit the commission's website at westfieldnj.gov/historicpreservation.





(above) Variations of Tudor, a popular 1920s revival style, can be found throughout Westfield. Courtesy photo

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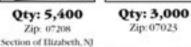






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Registration for the Fall 2023 Westfield PAL Girls Flag Football Season is open. Opening Day will be Saturday, September 9th from 11:45 a.m.-1 p.m. at Tamaques Park and will run 10 weeks on Saturdays until November 18th.

To register, you must reside in Westfield. There is an option for a mutual friend request.

There will be 2 Flag Football Leagues running in the Fall of 2023: Please select the league you wish to register for to avoid registration errors. Girls can participate in one/both leagues. Also, please be sure to choose the correct grade registration: 2nd-4th Grade in FALL OF 2023, or 5th-8th Grade in FALL of 2023.

Please be sure to register to volunteer, coach or assistant coach if interested.

To receive all of the latest information follow Westfield PAL Girls Flag Football on Instagram @westfieldgirlsflagfootball

Please reach out with questions or interest in sponsorship opportunities to Kelly Hantman at westfieldgff@gmail.com.

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