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SERVICE LEAGUE RECORD-BREAKING GRANT AWARDS

The Westfield Service League

The Westfield Service League is proud to announce its 2025-26 grant recipients, marking a historic year of giving and community impact. A total of 44 non-profit organizations have been awarded a combined total of \$97,000 — the largest in the League's history.

Following a thoughtful and thorough review process, the Grants Committee evaluated numerous applications and presented its recommendations to the membership for approval. The selected nonprofit 501(c) (3) organizations represent a wide range of vital services and programs that support and serve the Westfield /or Union County communities.

"We are incredibly proud to support these outstanding organizations," said Jane Francz, Chairperson. "Their dedication, compassion and tireless efforts make a meaningful difference in the lives of so many, whether it be related to food insecurity, after-school programs, the arts, homelessness, education or critical life training programs, to name a few. It's an honor for the Westfield Service League to help advance their important missions."

Michele Williams, Assistant Chair also commented, "This year's record-setting achievement reflects the League's continued commitment to strengthening the community through philanthropy, volunteerism and partnership. Each grant represents not only financial support, but also a shared belief in the power of local organizations to create lasting, positive change."

The Westfield Service League celebrates the inspiring work of its 2025-6 grant recipients and looks forward to another year of collaboration, impact and community engagement.

For a complete list of this year's recipients, visit their website: thewestfieldserviceleague.org.

Information for 2026-7 grant applications will be posted on their website on or about October 1, 2026.

The Westfield Service League has proudly serviced the community since 1932 and has provided close to three million dollars in grants to the community. Follow them on Instagram, Facebook and TikTok for special deals, promotions and events.

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(above, l-r) Grants Committee : Jen Schildge, Donna Risberg, Laura Byron, Janice Greene, Jane Francz, Michele Williams, Suzanne Granstrand, Leslie Glickstein & Patti Tomasso.
 Missing: Elaine Davis, Nancy Hevert, Rosemary Lombard & Denise Powers

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GARDEN OF THE MONTH

The Garden Club of Westfield

The Garden Club of Westfield has chosen the outstanding garden of Carol and Christopher Carson at 643 Raymond Street, Westfield as their June Garden of the Month. Mrs Carson has loved gardening since she was a child. Her garden has expanded over time and now occupies most of the property with only a small section of lawn remaining. Especially since her retirement, she has devoted much of her time to planting and cultivating her plants, which thrive under her care. A low stone retaining wall creates two levels and a gravel path winds through the garden. A great variety of plants delight the eye through spring, summer and fall. Daffodils, irises, amsonia and alliums bring the garden to life in the spring. Later, peonies provide an exciting focal point of color. A corner of the garden enchants with towering spikes of the cottage garden favorite foxglove in colors of purple, pink and yellow. Bees love their bell-shaped flowers. A beautiful clematis climbs on a wrought-iron fence. Golden yellow Stella d'Oro daylilies are in full bloom now. The myriad summer perennials include veronica, gaura, catmint, lamb's ears, yarrow, salvia, penstemon and scabiosa. More color is delivered by annuals such as lobelia, biden, cosmos, alyssum and snapdragons. Zinnias are just starting to bloom now and will be joined by dahlias to color the garden until frost. Shrubs include spirea, oak leaf

hydrangea, holly and clethra. A stunning copper colored Japanese maple tree occupies a central position. Mrs. Carson also grows vegetables in her backyard and at the Madison Community Garden.

For further information, please contact the Garden Club of Westfield at gardenclubofwestfield@gmail.com. The club invites the community to follow it on facebook.com/TheGardenClubofWestfield.



Courtesy Photo



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NJFO PRESENTS STRANGER THINGS: THE 1,000 CANDLES CONCERT EXPERIENCE

The New Jersey Festival Orchestra (NJFO) invites audiences to step into the world of Stranger Things this summer with Stranger Things: The 1,000 Candles Concert Experience, a one-of-a-kind candlelit event combining the excitement of live music, beloved television themes, and the unforgettable sounds of the 70s, 80s, and 90s.

Performed by a live string ensemble and narrated by Maestro David Wroe, this immersive concert experience celebrates the nostalgia and atmosphere of the hit Netflix series while showcasing iconic pop and rock classics that defined a generation. Audiences will hear music inspired by the show's haunting soundtrack alongside recognizable favorites from the decades that shaped its distinctive sound and style.

Illuminated by the warm glow of candlelight, the performance offers a unique blend of cinematic storytelling, nostalgia, and live music, creating an unforgettable evening for fans of Stranger Things, music lovers, and newcomers alike.

"This concert is designed to bring people together through music they know and love," said Maestro David Wroe. "Whether you're a

longtime fan of the series, grew up with the music of the 70s, 80s, and 90s, or are simply looking for a memorable night out, this experience offers something for everyone."

Perfect for family outings, date nights, multigenerational gatherings, and summer entertainment, Stranger Things: The 1,000 Candles Concert Experience welcomes audiences of all ages. To encourage younger attendees to experience live music, NJFO is offering \$25 student tickets for patrons age 21 and under.

*The concert will be presented
in three performances:*
Saturday, July 25, 2026

at 5:00 PM and 7:00 PM

The Presbyterian Church Chapel

140 Mountain Avenue, Westfield, NJ

Sunday, July 26, 2026 at 2:30 PM

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WHY YOUR FITNESS GOALS KEEP FAILING YOU (AND WHAT ACTUALLY WORKS)

When it comes to getting fit, you may think only about the big picture: losing 20 pounds, running a 5K, or dropping two sizes. These are what we call "outcome goals"—they're all about the end result. While these goals are great for giving you direction, they're not always the best way to stay motivated or see lasting success. Instead, focusing on small, daily habits, known as "process goals," might be the smarter way to reach your fitness dreams.

THE PROBLEM WITH OUTCOME GOALS

Outcome goals sound exciting because they focus on a big win—but here's the catch: they're not always fully in your control. For instance, you might work hard all week but not see the scale budge as much as you'd like. Or life might throw a curveball—a busy schedule, a sprained ankle, or just plain old fatigue—and suddenly, your goal feels out of reach. When that happens, it's easy to feel frustrated and lose motivation.

THE POWER OF PROCESS GOALS

Instead of zeroing in on the finish line, process goals focus on the steps you take to get there. These are the small, actionable habits you can control, like taking a 20-minute walk after dinner, drinking more water, or eating an extra serving of veggies each day.

Process goals might not sound as thrilling, but they're incredibly effective because they help you build consistency, give you daily victories, and create healthy habits that stick.

Janice M., from Cranford, put it this way, "I had always been focused—obsessed, really—with the numbers on the scale. I could never hit my goal, and I would give up and gain even more weight. It wasn't until the coaches at ALF taught me how to work on the process instead. Now I make sure I get in my steps and workouts consistently, and the weight is falling off."

Here's why process goals work so well:

1. They Keep You Motivated. Every time you check off a small win—like completing a workout or packing a healthy lunch—you get a boost of confidence. This keeps you going, even when the scale or other results aren't moving as quickly as you'd hoped.
2. They're Flexible. Life happens, but process goals allow you to adjust. Can't make it to the gym? No problem—you can take a brisk walk around your neighborhood instead. You're still moving toward your goal.
3. They Build Better Habits. Focusing on actions, like exercising three times a week or cutting back on sugary drinks, helps you create a healthier lifestyle overall. These habits will serve you long after you've reached your initial goal.



4. They Reduce Stress. Focusing on the process makes you less likely to get caught up in things you can't control, like a bad weigh-in or an off week. This takes the pressure off and makes the journey more enjoyable.

REAL-LIFE EXAMPLE: WALKING FOR FITNESS

Let's say your outcome goal is to lose 15 pounds. Instead of focusing solely on the number on the scale, set a process goal of walking 30 minutes a day, five days a week. This is something you can do regardless of what the scale says. As you stick with it, you'll work toward your weight-loss goal and improve your energy, mood, and overall health.

START SMALL, STAY CONSISTENT

The best part about process goals? They're manageable. You don't have to overhaul your life overnight. Start with one or two small habits, like stretching before bed or swapping out chips for fruit at lunch. Once those become second nature, you can add more.

THE TAKEAWAY

Big goals can be inspiring, but it's the little steps you take every day that truly lead to success. By focusing on what you can control—your habits—you'll stay motivated, build lasting routines, and enjoy the process of getting healthier. So, the next time you think about your fitness goals, don't just dream about the finish line. Start by lacing up your sneakers and taking that first step—literally.

Marty Musikant and his wife, Kim, own Active Life Fitness, a fitness community dedicated to helping adults in Cranford, Westfield, Clark, Garwood, and surrounding towns get stronger, move better, and live more actively. For more information, call (908) 389-8009 or visit activelifefitness.net.

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ZACH WAGGONER WINS 1ST PLACE IN STATEWIDE VIDEO PSA CONTEST

The New Jersey Clean Communities Council, in concert with the state Department of Environmental Protection (DEP), are announcing the student winners of the third-annual Single Use Plastics Video PSA contest, aimed at challenging students to positively influence their peers to reduce reliance on single-use plastics.

The contest theme, "Reduce Single Use," highlights the importance of the state's single use plastics law and encourage the creativity of students statewide.

"Congratulations to this year's winners of the Clean Communities Council's video contest. The hard work, passion and commitment conveyed through these videos remind us of the importance of reducing plastic pollution that harms our neighborhoods, our waterways, and our wildlife," said New Jersey Environmental Protection Acting Commissioner Ed Potosnak. "The videos produced by these students remind all of us to step up to reduce the use of plastic in our daily lives."

The contest challenged students in 7th-12th grade throughout New Jersey to create an original 60-second PSA video, in English or in Spanish, to promote awareness of how single-use plastics contribute to litter and marine debris or harm the environment and wildlife.

In deciding the winners, NJCCC assembled a broad panel of judges including county coordinators, NJCCC board members and DEP staff, along with a representative from the Garden State Film Festival.

"Once again, we received some stellar videos from impressive students throughout New Jersey," said NJCCC Executive Director JoAnn Gemenden, noting this year's winners are from Burlington, Monmouth, Middlesex and Union counties. "I am especially pleased to use the winning videos to highlight and promote NJ's new Skip the Stuff law which was passed earlier



(above) Roosevelt School first place winner Zach Waggoner is all smiles with his \$1000 Amazon Gift Card. Principal Brian Gechtman and Science Teacher Andrew Bausch joined him for the photo.

Courtesy Photo

this year."

The Skip the Stuff law takes effect August 1, prohibiting restaurants and food service businesses from automatically including single-use utensils and condiment packets in takeout or delivery orders.

Winning videos will be highlighted on NJCCC websites – njclean.org and/or litterfreenj.com, as well as used as part of public forums hosted by the NJCCC and DEP and posted to social media.

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RESIDENTS TAKE OATHS AS CHILD ADVOCATES FOR FOSTER YOUTH



CASA of Passaic and Union Counties

Julie Harnisher and Barbara Monaghan of Westfield are among seven volunteers to take an oath to stand beside children in foster care as advocates during some of the most uncertain moments of their lives. Union County Superior Court Judge Rosalba Comas presided over the swearing-in ceremony for the newest Court Appointed Special Advocates (CASA) with CASA of Passaic and Union Counties. Each volunteer will now be assigned to advocate for a child or sibling set in foster care.

Their classmates include Crystal Coleman of South Plainfield, Maria de Gannes of Linden, Rachel Hajjar of Cranford, and Elizabeth Maher of Summit.

For children navigating foster care, CASA volunteers are often the one consistent adult focused solely on their best interests both inside and outside the courtroom. Now equipped to advocate for infants, children, and teens who have experienced abuse or neglect, the volunteers join a network of dedicated advocates serving children across Passaic and Union counties. CASA volunteers provide consistent support, gather information from the adults in the youth's life, and make informed recommendations to help ensure their needs and well-being remain at the forefront daily and in court decisions.

Said Erica Fischer-Kaslander, Executive Director of Child Focus, the nonprofit organization that oversees the CASA program, "Every child deserves at least one adult who shows up consistently, listens carefully, and refuses to let them fall through the cracks. These seven volunteers have made an extraordinary commitment to children who urgently need stability, encouragement, and someone wholly dedicated to their future. Their advocacy can, and will, change life trajectories."



(above, l-r) Julie Harnisher and Barbara Monaghan of Westfield.

Courtesy Photos

No prior knowledge of child welfare is required to become a CASA volunteer; comprehensive training equips volunteers with

the skills necessary to advocate effectively. Volunteer advocates – all of whom bring their own unique life experiences – visit their assigned child regularly and communicate with caregivers, educators, caseworkers, and others before making informed recommendations to the court.

More volunteer advocates are still urgently needed across Passaic and Union counties to help ensure every child in foster care has a dedicated voice in court and the community.

CASA of Passaic and Union Counties is a program of Child Focus, which prioritizes the needs and well-being of infants, children, and teens impacted by, or at risk of, abuse or neglect.

For details about becoming a CASA volunteer, call 973-832-4002,

e-mail info@casapassaicunion.org,

or visit CASA of Passaic and Union Counties' website at www.casapassaicunion.org.



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43RD ANNUAL LAW ENFORCEMENT SPECIAL OLYMPICS TORCH RUN

Westfield Police Department

On June 5, 2026, members of the Westfield Police Department and Mountainside Police Department proudly participated in the annual Law Enforcement Torch Run, escorting the "Flame of Hope" through the streets of Westfield. The Flame of Hope serves as a powerful symbol of courage, determination, and inclusion, representing the spirit of the athletes of Special Olympics New Jersey.

The Law Enforcement Torch Run is one of the largest public awareness and fundraising events supporting Special Olympics programs around the world. Law enforcement officers from across New Jersey come together each year to carry the Flame of Hope, helping to shine a light on the achievements and abilities of individuals with intellectual disabilities.

As stated by the organization, "The mission of the New Jersey Law Enforcement Torch Run is to raise funds for and awareness of the Special Olympics New Jersey movement." Through their dedication and support, participating officers help

ensure that athletes have opportunities to train, compete, and experience the life-changing benefits of sports, teamwork, and community.

The Westfield Police Department is honored to support this important cause and to stand alongside our law enforcement partners and Special Olympics athletes in promoting acceptance, inclusion, and respect for all.

Thank you to everyone who continues to support the athletes and the mission of Special Olympics New Jersey. Together, we can help keep the Flame of Hope burning bright.

Those wishing to support the mission of

Special Olympics New Jersey can make a donation here: support.sonj.org

ABOUT LAW ENFORCEMENT TORCH RUN®

The Law Enforcement Torch Run® (LETR), initiated in 1981 by Wichita Police Chief Richard LaMunyon, has grown into a worldwide movement. What began as a humble initiative has transformed into a global beacon of hope and unity, driven by the collective efforts of law enforcement volunteers. Known as Guardians of the Flame, these dedicated individuals join hands with Special Olympics athletes to champion the cause of acceptance and inclusion for individuals with intellectual disabilities. The essence of LETR lies in its community-centric approach. Law enforcement members from various levels, including federal, national, state, provincial, local, and even military sectors, come together to support this noble cause. Their collaboration extends beyond mere participation; it signifies a commitment to fostering a society where everyone, irrespective of their abilities, is embraced and celebrated.



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114TH SEASON OF SUMMER CONCERT SERIES

Westfield Community Concert Band

The Westfield Community Concert Band, under the direction of Dr. Thomas Connors, continues its 114th season with its annual Summer Concert Series in Mindowaskin Park, East Broad Street, Westfield. The band will be performing four Thursday evening concerts on June 25, July 2, July 9 and July 16. All concerts begin at 7:30 p.m. and are free to the public.

Highlighting this season's special summer concerts will be a 250th Independence Day program taking place on July 2nd featuring presentations by "George Washington", the Westfield Town Crier and members of the Westfields Chapter of the Sons and Daughters of the American Revolution. The concert series will also include performances of selections from popular Broadway musicals, including Oklahoma! and Music Man. Each of the band's summer concerts will also include popular marches, classical works and many patriotic compositions, including works by Robert Russell Bennett, George Gershwin, Stephen Foster, John Phillip Sousa, Aaron Copland and many others.

The band welcomed many new musicians this season, including Leslie Pruess on flute, Melissa Alvarez on bass clarinet, Dennis Tung on percussion, Deanna Chun on percussion, Abby Bresalier on trombone, Ben Macry on alto

saxophone and Roux Swaminathan on bass clarinet. The band also celebrates the 22nd anniversary season for the band's conductor and music director, Dr. Thomas N. Connors.

The band rehearses each Wednesday evening from 7:00 to 9:00 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 80, including many active and retired music educators.

Under the baton of conductor Dr. Thomas Connors, 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 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.



(above) The Westfield Community Concert Band presents its annual Summer Concert Series in Mindowaskin Park, East Broad Street, Westfield, with performances on Thursdays, June 25, July 2, 9 and 16 at 7:30 p.m.

Courtesy Photo

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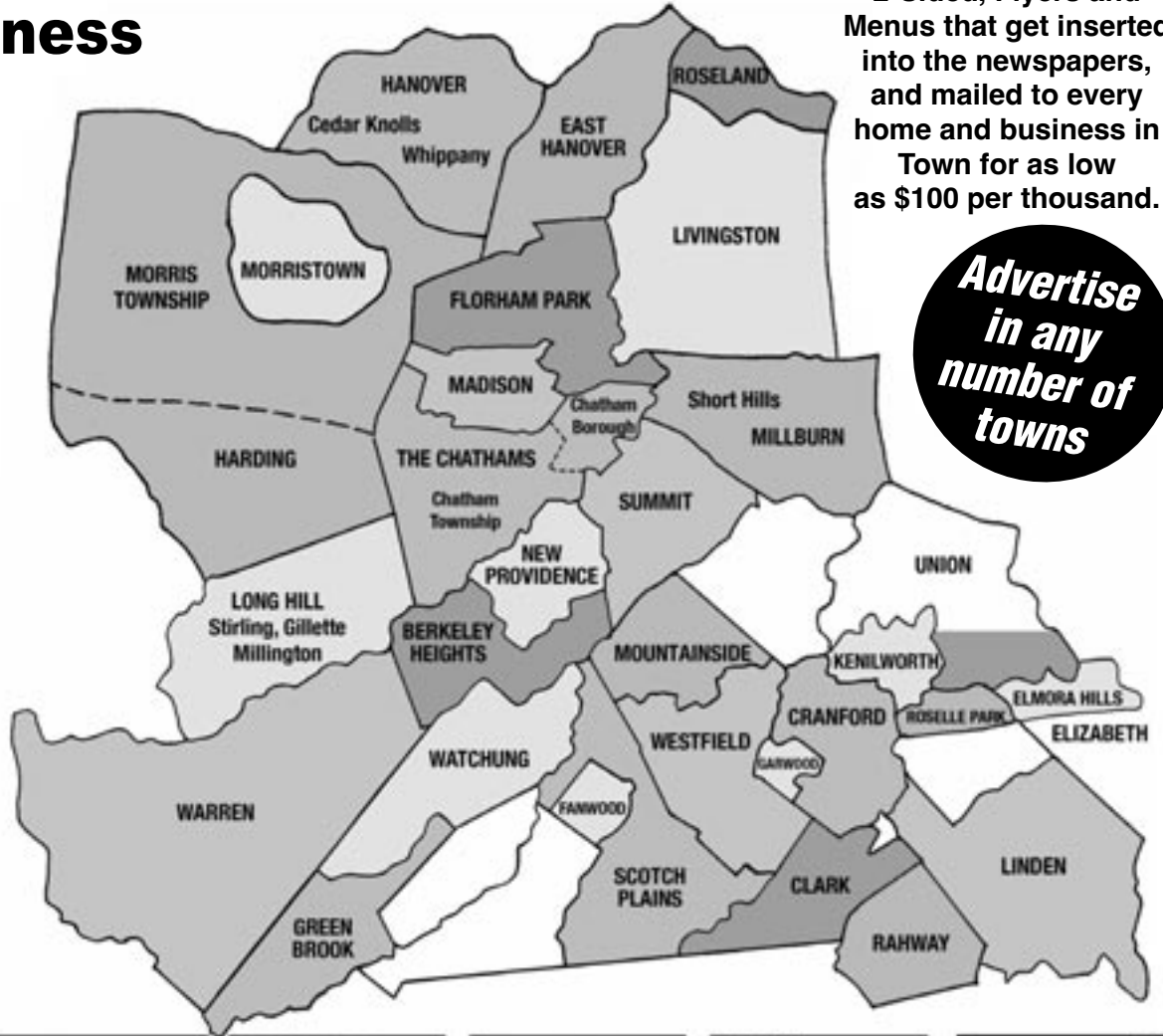
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6 Units	6.5"x6.25" or 10"x4"	320	760	1200	1400	1600	1800	2000	2200	2400	2600	2800
9 HALF PAGE	6.5"x9" or 10"x7"	360	860	1300	1600	1900	2200	2400	2600	2800	3000	3200
12 Units	6.5"x14"	400	960	1400	1800	2100	2400	2700	3000	3300	3600	3900
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Michael D Boll, NJVN President

For the past 10 years the New Jersey Veterans Network (NJVN) has proudly marched on Memorial Day parades alongside our troops and veterans to honor those we have lost. While these events are deeply meaningful, our mission extends far beyond parades and ceremonies.

NJVN is a dedicated team of volunteers committed to actively reaching veterans in need and connecting them with life-changing—and often life-saving—resources. We have built a strong, statewide network focused on improving the quality of life for our veterans.

Our support includes essential services such as food, clothing, personal items, and transportation. However, our primary focus is on outreach programs and recreational therapy events designed to support mental health and overall

well-being.

Veteran mental health remains one of the most critical challenges facing our community. Tragically, veteran suicide continues to be an ongoing crisis, with numbers that have remained steady or increased each year. This is why outreach, connection, and mentorship are at the heart of everything we do.

We are always eager to collaborate with organizations that share our mission. Most importantly, we are in need of dedicated volunteers who can support our efforts on a regular basis.

If you are interested in joining our team, please contact us: Email:

NJVN1775@gmail.com;

Phone: (973) 332-1556.

To learn more visit njvn.org.



PATRIOTIC READINGS AT MINDOWASKIN PARK ON INDEPENDENCE DAY

The Westfield Historical Society invites residents and visitors to begin Independence Day with Patriotic Readings at Mindowaskin Park, a community program commemorating the nation's founding documents and ideals as part of the America 250 celebration.

The event will take place on Saturday, July 4, 2026, at the pavilion in Mindowaskin Park, Westfield. The program begins at 10:30 a.m., and attendees are encouraged to arrive by 10:15 a.m. The event will be held rain or shine, with no rain date.

The morning will open with a flag ceremony and the singing of the National Anthem, followed by recorded patriotic readings broadcast from the pavilion. Featured selections include The Declaration of Independence, The Original Bill of Rights, and Lincoln's Second Inaugural Address. A display of Revolutionary War flags will also be available for attendees throughout the event.

The Westfield Historical Society works to preserve, share, and celebrate the history of Westfield through public programs, educational initiatives, and community events that connect residents with the town's past.

The public is warmly invited to attend, with Scouts and patriotic organizations especially encouraged to participate in this tribute to American history, civic ideals, and community tradition. The program is family-friendly and suitable for all ages.

Because seating is limited, attendees may wish to bring lawn chairs or blankets. Food and drinks will be available for purchase at the park.

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

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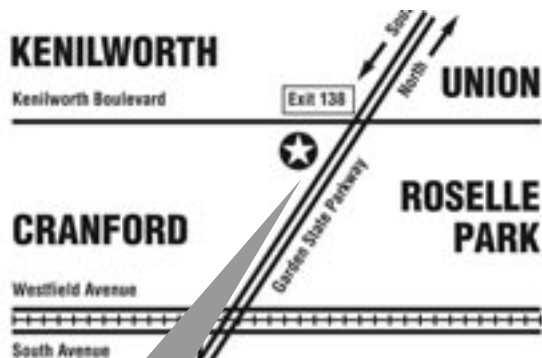
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