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MEN'S CLUB AWARDS SCHOLARSHIPS TO 2026 WHS GRADS

The College Men's Club of Westfield (CMC) recently held a reception at the home of CMC President, Dave Germond to honor the three 2026 recipients of the club's four-year college scholarships. Dylan Palumbo, CMC Scholarship Committee Co-Chair, introduced this year's scholarship winners and noted that "this year's scholarship program was the most competitive in memory and that the recipients were selected based on their academic achievement, community involvement, financial need, and career direction." The three young men graduated from Westfield High School as members of the Class of 2026 and include:

Elijah Brown, who will attend University of Washington in Seattle, Washington. He plans to major in English and Political Science, laying the foundation for attending law school. Elijah was awarded a $24,000, four-year CMC scholarship.

Christian Ruiz, who will attend Rutgers University in New Brunswick, New Jersey this Fall. He plans to study Finance, with a long-term goal of working on Wall Street in cybersecurity. Christian was awarded a $24,000, four-year CMC scholarship.

Connor Whelan, who plans to study Economics at Colby College in Waterville, Maine. He hopes to later attend law school and become an attorney. Connor was awarded a $24,000, four-year CMC scholarship.

In addition to the multi-year scholarships, earlier this Spring the CMC awarded a WHS sophomore a one-time grant valued at $1,600 to fund one-on-one standardized test preparation courses conducted by CollegeWise.

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. In 2026 the CMC awarded a total of $74,850 in four-year scholarships and one-time grants.

Scholarship applications are available online at the CMC website and through the WHS guidance department in February of each year. Applications 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 visit cmcwestfield.org.

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(above, l-r) CMC Scholarship Co-Chair Dylan Palumbo, Elijah Brown, Connor Whelan, Christian Ruiz, and CMC President David Germond.

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LEARN ABOUT BECOMING A CASA VOLUNTEER

August info sessions being held in Union County

Eight-year-old Noah is diagnosed with autism and almost completely nonverbal. Due to sounds of repeated altercations in the family home, a concerned neighbor called for help and, after investigation, Noah was placed in foster care. Years of neglect and witnessing domestic violence had left him anxious, withdrawn, and unsure who to trust. Just surviving, rather than thriving, had become his every day.

For children like Noah, healing requires not just a safe place to live, but a consistent, caring adult whose sole focus is ensuring their voice is heard, their needs are met, and their best interests are protected. That is where Court Appointed Special Advocates (CASA) of Passaic and Union Counties comes in.

CASA is a volunteer-powered program of Child Focus, a nonprofit that trains and supports community members to advocate for children from birth to age 21 who have experienced abuse, neglect or abandonment. Appointed by a Family Court judge, each CASA volunteer gets to know their assigned child or sibling set through regular visits, and gathers information from all those involved in their life – teachers, doctors, resource and biological parents, and caseworkers – to make recommendations to the court that help ensure the child has stability, needed services, and is moving toward permanency.

Becoming an advocate means you'll not only change a child's life, most volunteers find it changes theirs, too. No child-welfare background is necessary; successful CASA volunteers are community members with varied life experiences who simply believe abuse and neglect are non-negotiable. Volunteers must be 21 or older, communicate effectively orally and in writing, pass a background check, and complete the 30-hour training.

The first step is to attend a required information session to learn more. Attend any one of these sessions: 10 a.m. Tuesday, August 4, at Clark library; 10 a.m. Tuesday, August 11, at the Colleen Fraser Building in Westfield; 10 a.m. Tuesday, August 18, at Mountainside Library, and 10 a.m. Tuesday, August 25, at Child Focus' office, 1143 East Jersey Street, Second Floor, Elizabeth. Register now at www.casapassaicunion.org/info-session.

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 CASA of Passaic and Union Counties,

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Garden Communities

LEO GOLDMAN AND DARBY HUBNER RECEIVE HIGHEST GPA AWARDS

(above, l-r)) Leo Goldman, Darby Hubner

Photo: WHS Yearbook

CMCW & CWCW

The College Men's Club of Westfield and the College Woman's Club of Westfield jointly announce that the 2026 recipients of the awards honoring the male and female seniors earning the highest-grade point averages at Westfield High School (WHS) are Leo Goldman and Darby Hubner. The $500 awards for academic excellence were bestowed at the WHS graduation ceremony on Thursday, June 25th, continuing each club's legacy of recognizing outstanding student achievement.

"The College Woman's and College Men's Clubs of Westfield congratulate Leo and Darby on their remarkable achievements," remarked Susan Kowalenko, CWC President. Dave Germond, CMC President, stated that "we are proud to continue our more than four-decade tradition of honoring academic excellence at WHS via the collaboration of the CMC and CWC."

Leo Goldman will attend the University of Michigan's Honors College, where he plans to study Economics. While at WHS, Leo was Captain of the Boys' Tennis Team, a member of the Math Modeling Team and a cellist in the school Orchestra. His academic honors include being a National Merit Commended Scholar, an AP Scholar with Distinction, receiving the Seal of Biliteracy, as well as being a member of the National Honor Society.

Darby Hubner will be attending Georgetown University, where she intends to double major in Finance and Sports Management. While at WHS, she was Captain of the Girls' Basketball Team, Editor-in-Chief of the Hi's Eye (the weekly student newspaper) and served as an independent tutor. Her academic honors include the NJBCA Scholar Athlete Award, receiving the Seal of Biliteracy, and being a member of the National Honor Society.

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 for standardized test preparatory courses. Since its founding, the CMC has raised and distributed over $1.6 million to young men from the Westfield community to attend over 130 institutions of higher learning. For more information visit cmcwestfield.org.

The College Woman's Club was founded in 1917 to promote higher education for women and serve the general interests of the community. It has awarded over $1 million in scholarships to young women from Westfield based on academics, leadership and financial need. In addition to fundraisers, the club offers social and educational events, including college admissions and financial aid seminars, book clubs, and museum trips. For further information visit cwclubwestfield.org.

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YOUR DOCTOR SAYS YOU HAVE OSTEOPOROSIS. NOW WHAT?
The diagnosis that scares most people into doing nothing, and why the right response is exactly the opposite

A few years ago, Sandy walked into Active Life Fitness with a diagnosis she wasn't expecting: osteoporosis. She then vowed to do whatever it took to get healthier. Two years later, her bone density tests show significant improvement.

Joan was 72 when she joined, with osteoporosis and a goal of building upper body strength. After a little over a year, her bone density had improved from osteoporosis to osteopenia. A meaningful clinical step in the right direction. Her doctor credited her consistent attendance.

And then there is Gretchen, who has been training at ALF since it first opened. At her last physical, her doctor told her that her bone density was perfect for someone over 60.

Three women. Three diagnoses. Three stories of measurable, documented bone density improvement. Not from medication alone but from strength training.

Joan

Sandy

WHAT OSTEOPOROSIS ACTUALLY IS AND WHY IT'S SO COMMON

Osteoporosis is a condition in which bones become less dense and more fragile, increasing the risk of fractures from falls, and sometimes from simple, everyday movements. It is extraordinarily common: approximately one in two women and one in four men over the age of 50 will experience an osteoporosis-related fracture in their lifetime.

Osteopenia is the precursor. It's below-normal bone density that has not yet reached the threshold for osteoporosis. Both conditions develop unnoticed, with no symptoms, until a fracture occurs. By the time most people are diagnosed, significant bone loss has already happened.

The standard medical response is medication. And medication has its place. But here is what people are not always told by their doctors: strength training is one of the most effective interventions for both preventing further bone density loss and, in many cases, improvement, at any age.

WHY STRENGTH TRAINING WORKS ON BONE

Bone is living tissue. Like muscle, it responds to the demands placed on it. When you apply load to your skeleton through resistance exercise, your body responds by building new bone tissue to meet that demand. This is the principle behind weight-bearing exercise for bone health, and it is supported by decades of research.

Progressive resistance training is the most effective form of exercise for bone density. Exercises that load the spine, hips, and wrists (the sites most vulnerable to osteoporotic fracture) directly stimulate bone remodeling in those areas.

It is never too late. Studies consistently show that older adults, including those already diagnosed with osteoporosis, can improve bone density through structured strength training. The body's ability to build bone does not disappear with age. It just requires the right stimulus.

Muscle and bone work together. Stronger muscles mean better balance and coordination, which reduces fall risk, which is the immediate danger for someone with brittle bones. Building strength is not just about the bone itself. It is about protecting the whole system.

The results are measurable. Bone density is tracked through DEXA scans, typically ordered by your doctor every one to two years. The members quoted in this article saw measurable improvement on those scans, not just a feeling of being stronger, but clinical evidence.

"After being diagnosed with osteoporosis, I joined Active Life Fitness to build muscle. After 2 years, my bone density tests show my numbers are significantly improving. Thank you, ALF, for the discipline and routine in keeping me healthy."

- Sandy M., ALF Member

WHAT MOST PEOPLE DO INSTEAD AND WHY IT DOESN'T WORK

The most common response to an osteoporosis diagnosis is caution. People become afraid of falling, afraid of fractures, afraid of doing the wrong thing. So they move less. They avoid the gym. They stick to gentle walking, because they hear it's weight-bearing, and hope for the best.

This is understandable. But it is not an effective approach.

Walking is valuable for general health but does not apply sufficient mechanical load to stimulate meaningful bone formation. Gentle movement maintains what you have, at best. It does not reverse the trend.

The irony of osteoporosis is that the very thing most people avoid, loading the skeleton with resistance exercise, is the thing most likely to improve it. Inactivity accelerates bone loss. Appropriate, progressive strength training slows it considerably. And for many people, it supports real, documented improvement.

"I have now been going to Active Life Fitness for a little over a year, and I am delighted to report that my bone density improved from 'osteoporosis' to 'osteopenia' My doctor credited my regular attendance to the program for that improvement."

- Joan S., ALF Member

THE RIGHT PROGRAM MAKES ALL THE DIFFERENCE

We want to be clear about something: not all exercise is appropriate for every person with osteoporosis. High-impact activities, heavy spinal flexion, and certain twisting movements pose a real risk to fragile bones. A well-designed program accounts for all of this.

At Active Life Fitness, every member begins with a personal assessment. We learn about their history, their diagnosis, their current fitness level, and their goals. Members with osteoporosis or osteopenia work with certified coaches who understand the condition and know how to apply progressive load safely, protect vulnerable joints, and build strength without risk.

Every member also receives regular body composition analysis using the InBody 270, which tracks muscle mass, fat mass, and body water independently. For members with bone density concerns, monitoring muscle mass is especially important because muscle and bone health are directly linked, and building one supports the other.

A NOTE ON WHERE TO START

One of the most common things I hear from new members is some version of: "I didn't think I was in good enough shape to join a gym." Or: "I was afraid I'd hurt myself."

The women whose stories appear in this article all felt that way. Sandy came in on medication and a vow to turn things around.

All of them were beginners. All of them improved. None of them needed to be in shape first.

A diagnosis of osteoporosis or osteopenia is not a reason to stop moving. It is the most compelling reason to start.

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, feel younger, and age better.

For more information, call (908) 389-8009 or visit activelifefitness.net.

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KNITTING COMFORT FOR MARINERS: A LOCAL EFFORT WITH GLOBAL REACH

(above) Joanne Bartosik, manager of North America's longest-running charity knitting program—Christmas at Sea (CAS)—under the auspices of the Seamen's Church Institute, founded in 1834.

Courtesy Photo

Christmas at Sea

Joanne Bartosik is a 34-year resident of Scotch Plains, and, for the past eight years, has managed North America's longest-running charity knitting program—Christmas at Sea (CAS)—under the auspices of the Seamen's Church Institute, founded in 1834.

The origins of CAS trace back to the Women's Council of the Seamen's Benefit Society. Founded in 1898, the Council supplied seafarers with comfort bags while they were at sea during the Spanish-American War.

Over the course of the 20th century, the program's mission—and its geographic reach—expanded. CAS began receiving donations from across the country, and gift bags were distributed annually around Christmastime, a tradition that continues today.

Today, the program engages more than 1,000 volunteers from across the United States and beyond, who create gifts opened by merchant mariners during the December holidays. These gifts express our deep appreciation for all they do to sustain our modern way of life. More than 90% of the goods we use every day arrive by sea, and we owe these professional men and women a great deal of gratitude for embracing such a demanding and often hazardous lifestyle.

CAS volunteers work year-round from home, or in knitting and crocheting groups based in churches, synagogues, libraries, schools, civic organizations, senior centers, clubs, and fiber shops. These dedicated individuals knit, crochet, and sew "ditty bags," which serve as gift bags, using specially designed patterns that complement the safety gear worn aboard ships. Patterns are available for free download on our website.

There are many ways to get involved, and CAS is not just for crafters. In the fall, we welcome groups who can dedicate a morning or afternoon to assembling gift bags and personalizing holiday cards. Seafarers often have limited access to personal care items, so donations of travel-size toiletries are always appreciated, along with nonperishable treats such as granola bars, gum, hot chocolate packets, and microwaveable popcorn. We also gladly accept leftover Halloween candy.

For more information, I invite you to visit our website: seamenschurch.org/programs-services/christmas-at-sea

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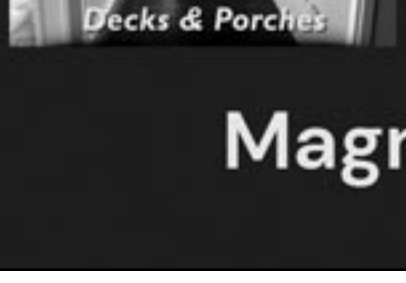

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7TH ANNUAL MARCH TO YORKTOWN DAY RETURNS TO WESTFIELD ON AUG 16

The Washington-Rochambeau Trail Alliance of New Jersey invites the public to experience the sights, sounds, and stories of the American Revolution at the 7th Annual March to Yorktown Day on Sunday, August 16, 2026, from 12:00 p.m. to 4:00 p.m. at Washington-Rochambeau Trail Park, 201 Mountain Avenue, Westfield, New Jersey.

This America250 family-focused community event commemorates the historic 1781 march of the American and French armies through New Jersey on their way to Yorktown, Virginia. The allied victory at Yorktown proved decisive in securing American independence.

The event will begin with a 12:00pm Opening Ceremony featuring the formal dedication of Washington-Rochambeau Trail Park, along with remarks by local dignitaries and invited guests. Located along the congressionally designated Washington-Rochambeau Revolutionary Route National Historic Trail, the park commemorates Westfield's place in the historic march to Yorktown and provides a permanent place for residents and visitors to learn about the community's Revolutionary War heritage.

Visitors can step back in time at a Revolutionary War militia encampment, where reenactors will demonstrate military camp life and historic cooking techniques. Musket firing demonstrations will bring the sounds of the Revolution to life, while historical organizations will host informational tables highlighting New Jersey's rich Revolutionary War history.

A special program at 2:00pm, will feature nationally renowned historian Robert A. Selig, Rochambeau Revolutionary Route and the American and French armies' march to Yorktown. Dr. Selig will share the history and significance of the 1781 campaign and New Jersey's important role in the journey that helped secure American independence.

Children and families can enjoy activities designed to introduce young people to Revolutionary War history in an engaging and memorable way courtesy of many local history organizations. Food trucks will also be on site throughout the afternoon.

One of the highlights of the day will be the symbolic March to Yorktown, commemorating the journey undertaken by thousands of American and French soldiers in 1781. Participants will march to Westfield's historic Revolutionary War burial grounds, where a wreath-laying ceremony and musket salute will honor Revolutionary War patriots and those who sacrificed for American independence.

The 7th Annual March to Yorktown Day brings together reenactors, historians, historical organizations, community partners, families, and visitors for an afternoon of living history, education, and remembrance during the nation's 250th anniversary year.

The event is organized by the Washington-Rochambeau Trail Alliance of New Jersey, a nonprofit organization dedicated to preserving, promoting, and interpreting New Jersey's role in the Washington-Rochambeau Revolutionary Route and the historic march that helped secure American independence.

In the event of severe weather, the program will be moved indoors to the Town of Westfield Community Room, 425 East Broad Street, Westfield. Weather-related updates will be announced prior to the event on the WRTA-NJ Facebook page and Town of Westfield Nixel.

Sponsors include: PNC Bank, Westfield Inn, Chez Catherine, Apricot, Westfield Tobacco and the West Fields Chapter Sons of the American Revolution.

For more information, contact Julie Diddell, Executive Director of the Washington-Rochambeau Trail Alliance of New Jersey, at 908-917-4706.

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RUTGERS STUDENTS HAVE HANDS-ON LEARNING EXPERIENCE IN TOWN

Submitted by Julie Diddell

This spring, fourteen junior and senior students from the Rutgers University Landscape Architecture Design Studio participated in an immersive and hands-on learning experience in the Town of Westfield centered on the Washington-Rochambeau Trail Park at 201 Mountain Avenue and the Washington-Rochambeau Revolutionary Route National Historic Trail (WARO). The Spring 2026 course, which served as an America250 initiative of the Rutgers Landscape Architecture Department, brought students to Westfield on two separate occasions to study how landscape architecture, history, ecology, and public space design can work together to create meaningful community spaces.

Led by Rutgers Professor Wolfram Hoefer, the course was developed through a collaborative partnership between Professor Hoefer, the WRTA-NJ Board of Directors, and Executive Director Julie Diddell, a Westfield resident and longtime advocate for preserving and promoting the Washington-Rochambeau Trail in New Jersey. Students were tasked with studying the newly named Washington-Rochambeau Trail Park and surrounding areas in Westfield as a living classroom where design, history, and public engagement intersect. WRTA-NJ's stated objective for the project was to create an enduring, accessible educational and recreational concept for the park.

(above) Conceptual rendering of the Washington-Rochambeau Trail Park in Westfield, created in Spring 2026 by Rutgers University Landscape Architecture students Lilian Chiaet, Celin Shambora, Tekoa Ruggiero, and Joshua Han as part of an America250 design studio in partnership with WRTA-NJ. The design envisions an immersive public space blending history, pathways, native landscaping, and community gathering areas along the Washington-Rochambeau Revolutionary Route National Historic Trail.

Courtesy Photo

During their visits, students walked along portions of the Washington-Rochambeau Revolutionary Route National Historic Trail in Westfield to better understand the historic landscape traveled by American and French troops during the march to Yorktown in 1781.

The students also met with several local leaders and historians who helped provide historical and civic context for the project. These included Mayor Jeremy Berman, Town Administrator James Gildea, Westfield Historic Preservation Commission member Ann Freedman, Westfield Historical Society President Brian Remite, and noted Revolutionary War historian Robert A. Selig, PhD. Their presentations and discussions helped students understand not only the historical significance of the trail, but also the importance of preserving local history through thoughtful and accessible public design.

Throughout the semester, the studio focused on transforming research and field observations into conceptual landscape proposals. Students studied how parks and open spaces can foster civic identity, connect communities to history, and provide accessible outdoor recreation opportunities. Their final concepts included ideas for pathways, interpretive features, seating areas, native plantings, public art, and spaces for accessible reflection and education.

The course concluded with five student groups preparing professional proposal portfolios and delivering formal presentations to WRTA-NJ leadership, Rutgers faculty, and fellow students.

The proposals can be viewed by contacting WRTA-NJ at juliediddell@yahoo.com.

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(above) Faith Lutheran Church in New Providence is collecting new backpacks and school supplies to be shared with area partners to support kids and families.

Courtesy Photo

BACKPACKS AND SCHOOL SUPPLIES COLLECTION

Faith Lutheran Church

For the eighteenth consecutive year, Faith Lutheran Church in New Providence is collecting new backpacks and school supplies to be shared with area partners to support kids and families.

Thousands of children have received backpacks from Faith over the years thanks to the generous response from members of the congregation and community. Backpacks have been shared through schools, non-profit organizations, and churches in Plainfield, Jersey City, Newark, and Elizabeth.

By providing them with the basics, we can help set kids up for academic success.

THERE ARE SEVERAL WAYS TO HELP.

- You can purchase a new backpack of your choice and fill it with the following new school supplies: one pack of pens; one pack of pencils; one notebook; one box of 24 crayons; one package of construction paper; one pair of safety scissors; one glue stick; one ruler; one small pencil sharpener; one toothbrush; one tube of toothpaste.
- You can drop off a new backpack or any of the above individual supplies and we will fill a backpack. Items can be dropped off at Faith Lutheran in the marked bin found underneath the sheltered alcove by the doors at the bottom of the parking lot.
- You can mail a financial gift made payable to Faith Lutheran Church with "backpacks" in the memo line of your check and we will shop for you.

The deadline for this year is Sunday, August 23rd, to ensure that the collection will be distributed before school begins in September.

The Rev. Jane McCready serves as the pastor of Faith Lutheran Church, located at 524 South Street, New Providence, NJ, 07974. Faith worships on Sundays at 8:00 a.m. and 10:00 a.m. with livestreaming available on our website, Facebook, and YouTube. We practice an open Communion table, and all are welcome.

For more information
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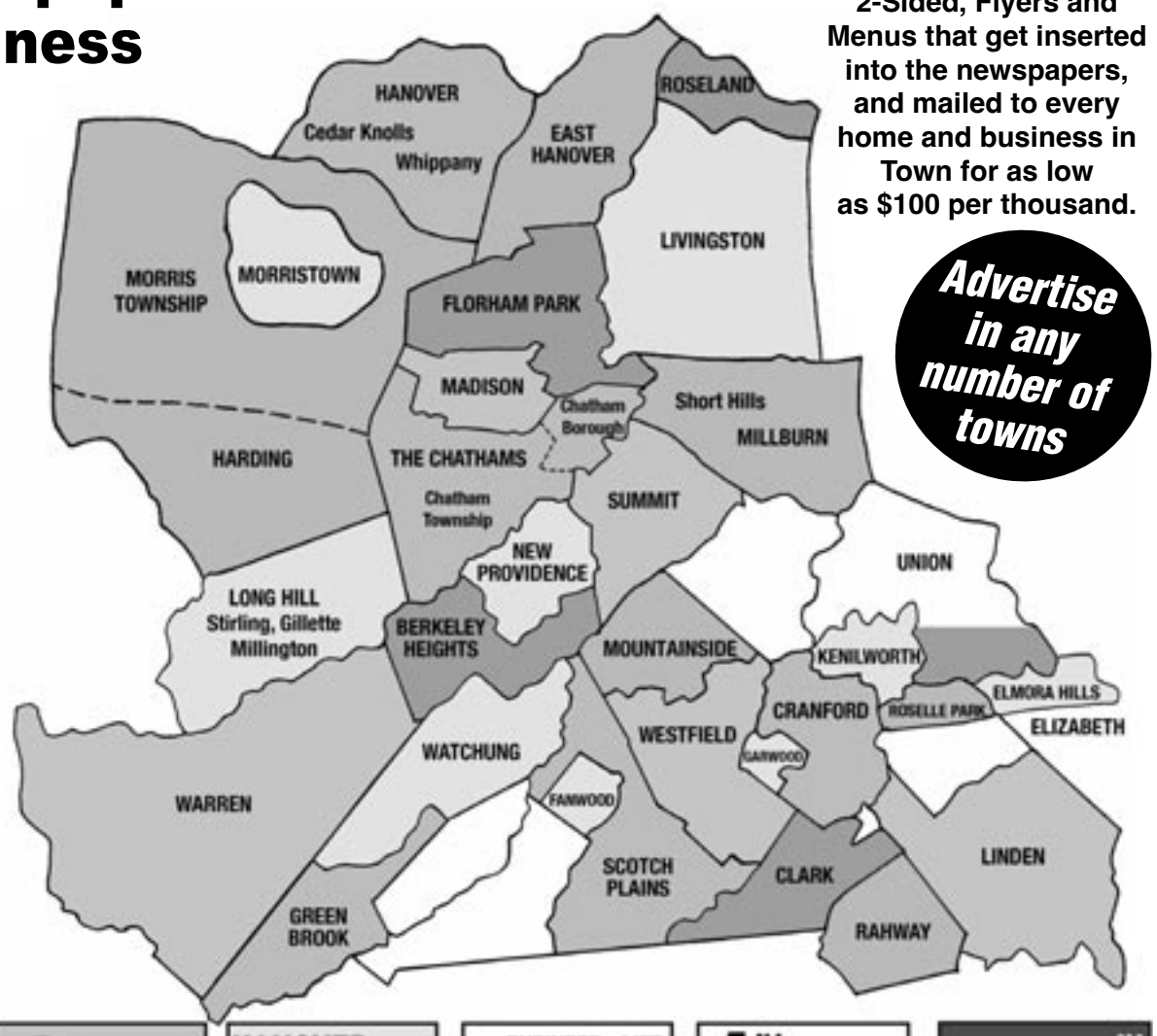

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Berkeley Heights NJ Community News	The Chathams NJ	Clark Monthly
Qty: 5,000 Zip: 07922	Qty: 7,600 Zip: 07928	Qty: 6,800 Zip: 07066

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Qty: 9,900 Zip: 07016	Qty: 4,700 Zip: 07936	Qty: 5,400 Zip: 07208 Section of Elizabeth, NJ

Fanwood Post NJ	Florham Park Press NJ	Garwood NJ Times	Green Brook NJ Gazette	Hanover Township NJ Press Cedar Knolls Whippany	Kenilworth NJ Business • Life	Life in Linden NJ	Livingston Monthly NJ
Qty: 3,000 Zip: 07023	Qty: 6,000 Zip: 07932	Qty: 2,500 Zip: 07027	Qty: 3,300 Zip: 08812	Qty: 6,100 Zips: 07927, 07981	Qty: 3,500 Zip: 07033	Qty: 18,000 Zip: 07036	Qty: 12,100 Zip: 07039

Long Hill Leader NJ	Madison Monthly NJ	Short Hills Millburn Monthly NJ	Morris Township Times NJ	Morristown Monthly NJ	Mountainside NJ View	New Providence News NJ	Our Town Rahway, NJ
Qty: 3,500 Zips: 07933, 07946, 07980	Qty: 6,300 Zip: 07940	Qty: 8,200 Zips: 07041, 07078	Qty: 13,500 Zip: 07960, Harding 07976	Qty: 7,000 Zip: 07960	Qty: 3,000 Zip: 07092	Qty: 5,100 Zip: 07974	Qty: 13,100 Zip: 07065

Life in Roseland NJ	Roselle Park Monthly	Scotch Plains NJ What's Happening Monthly	Summit NJ Times	Spirit of Union NJ	Warren Monthly NJ	Watchung Post NJ	Westfield NJ Monthly
Qty: 3,000 Zip: 07068	Qty: 5,600 Zip: 07204	Qty: 9,600 Zip: 07076	Qty: 9,600 Zip: 07901	Qty: 7,800 Zip: 07083 (partial)	Qty: 6,500 Zip: 07059	Qty: 2,700 Zip: 07069	Qty: 12,000 Zip: 07090

NEWSPAPER AD RATES

Units (wide x High)	Size	1 TOWN	3 TOWNS	6 TOWNS	9 TOWNS	12 TOWNS	15 TOWNS	18 TOWNS	21 TOWNS	24 TOWNS	27 TOWNS	30 TOWNS
1 Unit (Business card)	3.25"x2"0	100	260	360	460	560	600	660	700	800	900	1000
2 Units	6.5"x2" or 3.25"x4"	150	360	560	600	700	800	900	1000	1100	1200	1300
4 Units	3.25"x8" or 6.5"x4"	240	560	900	1000	1300	1600	1700	1800	1900	2000	2100
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
18 FULL PAGE	10"x14"	500	1200	1800	2200	2500	2800	3000	3300	3600	3900	4300
2-PAGE SPREAD	(2) 10"x14"	800										
BACK PAGE	10"x14"	600										
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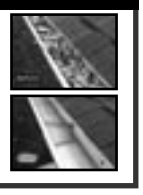

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