

**NEXT
CHAMBER
MEETING**
THURSDAY
FEBRUARY 28, 2019
8:30 am - 9:30 am
Meet the Mayor
SOFIA'S
ITALIAN RESTUARANT
272 MORRIS AVE.

Members and non-members are invited to Chamber meetings. Free coffee and donuts are served.

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GRUSKIN GROUP LAUNCHES GRUSKIN CREATIVE — ITS BRANDING & DIGITAL DESIGN DIVISION

CONTINUED ON PAGE 2



(l to r) Township Committeeman Richard Huber, Springfield Patriot Chamber of Commerce Co-chair Scott Seidel, Ken Gruskin, Principal, Gruskin Group Bob Lyons, Director, Marketing Services/Executive Director, Gruskin Creative Jeff Barcan, Director, Creative Services, Gruskin Creative Springfield Patriot Chamber of Commerce Co-chair Mike Scalera and Township Committeeman Chris Weber.

SPRINGFIELD AUXILIARY POLICE HOLD AWARDS DINNER

SEE STORY AND MORE PHOTOS ON PAGE 8



(l to r) Auxiliary Police Officer of the Year, Officer Frank Applegate (second from right) with Deputy Emergency Management Coordinator Wally Schultz left, Deputy Emergency Management Coordinator Apu Mullick, Frank Applegate and Emergency Management Coordinator Scott Seidel (right)

GOLD AWARD PROJECT



(l-r)
Wally Peterson,
Michael Golden,
Caitlynn McTernan,
Hope Rosenberg,
and
Lloyd Grossman

SEE STORY AND
MORE PHOTOS
ON PAGE 8

DR. MARTIN LUTHER KING, JR.

SEE STORY AND PHOTO ON PAGE 8



Mayor DuBois reads the Proclamation for Dr. Martin Luther King, Jr.

SPRINGFIELD PBA RECEIVES DONATION

SEE STORY ON PAGE 8



(l to r) Golf outing chairman, Keith Christopher, Sarah and David Lachs

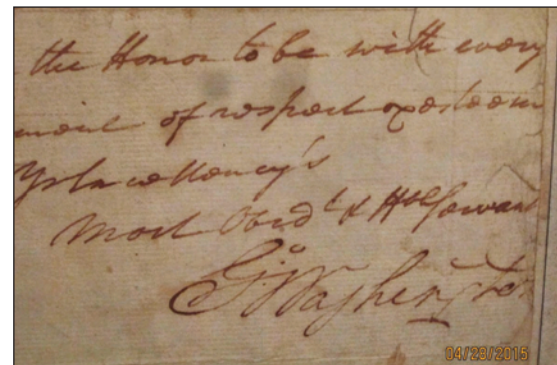
PINEWOOD DERBY

SEE STORY ON PAGE 14 AND PHOTO ON PAGE 8



BRITISH FORCES OCCUPY NEW JERSEY!

SEE STORY ON PAGE 4



George Washington's signature on the letter to be displayed at the Cannon Ball House.



The Patriot Times is published by the Township of Springfield in cooperation with the Springfield Patriot Chamber of Commerce.

Over seven thousand newspapers are printed monthly and distributed free to every postal patron in Springfield.

Although great care has been taken to ensure the information contained within is accurate, Springfield Patriot Chamber of Commerce assumes no liability for errors or omissions.

SPRINGFIELD PATRIOT Chamber of Commerce

Springfield Patriot Chamber of Commerce
1 Cornell Parkway, Springfield, NJ 07081
973-912-2300

Chairman: Scott Seidel

Chamber Co-Chairman: Mike Scalera

Networking Vice President: Elliot Merkin

Recording Secretary: Tracy Geyer

SPRINGFIELD, NJ

MAYOR: Erica DuBois

DEPUTY MAYOR: Christopher Capodice

COMMITTEE MEMBERS:

Richard Huber

Alex Keiser - Chris Weber

IMPORTANT PHONE NUMBERS

All Emergencies	
(Police, Fire, Ambulance).....	9-1-1
Police (Nonemergency)	973-376-0400
Fire (Non-emergency).....	973-912-2265
Board of Education.....	973-376-1025
Construction Office	973-912-2220
Court.....	973-912-2213
Emergency Management	
Department	973-376-1058
Engineering Department	973-912-2219
Finance Department	973-912-2279
Fire Prevention Office	973- 376-1740
Health Department	973-593-3079
Library	973-376-4930
Office of the Mayor	973-912-2285
Public Works Department	973-912-8483/2225
Recreation Department.....	973-912-2227
Recycling information	973-912-2222
Tax Assessor	973-912-2207
Tax Collector	973-912-2204/05
Township Administrator.	973-912-2202
Township Clerk.....	973-912-2201
Vital Statistics/Registrar	973-912-2285
Zoning Office	973-232-4449

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ADVERTISING & PRESS RELEASES

Inquires concerning advertising and submissions of press releases can be made to The Springfield Patriot Chamber of Commerce via email or fax to:

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Phone 973-912-2300 • Fax 973-376-0425



Message from the Mayor

Greetings Residents of Springfield,

As we welcome February, we celebrate Black History Month. There are a number of events planned, at the library and Chisholm, for the community to take part in.

Although there is still a chill in the air, spring will be here before you know it! Registration has opened for several spring sports through our Recreation Department. If you have driven down Morris Avenue recently, I'm sure you've noticed some changes. This is a very exciting time in Springfield, and this could not be happening without the hard work of many members of the Township Committee over several years, as well as department heads and our hard-working BID. To keep our residents informed we have added a new business section to our township website. There you can find out more about local

businesses, large projects and downtown redevelopment. As always, I'd love to hear from you. You can reach me at Erica.dubois@springfield-nj.us.

Erica DuBois, Mayor 2019

GRUSKIN GROUP LAUNCHES GRUSKIN CREATIVE

CONTINUED FROM FRONT PAGE

Gruskin Group, an integrated design firm offering architecture and interior design nationally for over 30 years, is proud to announce that their in-house agency, providing award winning branding, graphic and interactive design, will now be known as Gruskin Creative. With over 100 awards from groups such as the New Jersey Advertising Club, Communication Arts, Print Magazine and the Art Directors Club of New Jersey, the Gruskin Creative team delivers high quality and effective solutions, whether your business is just starting up locally or operating on a national level. As more and more requests came in for branding, environmental, graphic design and digital/web solutions, it made sense to launch Gruskin Creative to help clarify and emphasize Gruskin Group's expertise as a branding and graphic design firm. The creative team has done work for the Springfield BID as well as companies such as Verizon, Microsoft, SPEEDVEGAS, Disney, Colgate-Palmolive, Colliers, Macklowe Properties and United Way.

TOWNSHIP OF SPRINGFIELD SEEKS VOLUNTEERS TOWNSHIP OF SPRINGFIELD VOLUNTEER RECRUITMENT

Like neighboring communities, Springfield relies on volunteers to provide critical public safety services and maintain a responsible municipal budget to stabilize taxes. Volunteers serve in the Office of Emergency Management, as FEMA CERT (Community Emergency Response Team) members, as Auxiliary Police officers and as First Aid Squad members. We are actively recruiting! Without volunteers, the municipal budget either increases or services elsewhere must be reduced/eliminated.

If you have thought about serving as a volunteer Auxiliary Police Officer, CERT member, or First Aid Squad member then sign up by contacting our Township Clerk, Linda Donnelly by email at linda.donnelly@springfield-nj.us

Please note: for Auxiliary Police, classes start in March so apply now!

CELEBRATE THE SPRINGFIELD LIBRARY'S 50TH ANNIVERSARY AT 66 MOUNTAIN AVENUE WITH A PERFORMANCE BY THE ODESSA KLEZMER BAND

The Springfield Free Public Library invites the community to celebrate 50 years of library service at its current location of 66 Mountain Avenue at 2:00 pm on Sunday February 24, with a festive performance of Klezmer music by the Odessa Klezmer Band. In addition to bandleader Ed Goldberg who is also in the group's accordionist and vocalist, other members of the ensemble include Stan Kaplan on saxophone and clarinet, Bob "Mose" Marsley on percussion and Ellen Hodges on tambourine. Klezmer is the name given to celebratory music of the Jews of Eastern Europe although it also reflects the influence of musical styles from Turkey, Romania, Bulgaria and Germany. As Klezmer musicians migrated to America between 1880 and 1924, the sounds of American jazz also be-

came an important influence on the Klezmer tradition.

Although the cornerstone of the library's current building is inscribed with the year 1966, the library building we know today did not actually open to the public until February 24, 1969. The February 24 concert is one of a series of celebratory events that the library will hold throughout the year in honor of reaching this 50th anniversary milestone.

This program is free and open to all members of the general public. Although the actual performance will not begin until 2:00 PM, the doors will open at 1:15 and anniversary cake will be served.

More information about the library can be found at www.springfieldpubliclibrary.com.

TOWNSHIP MEETING DATES

TOWNSHIP COMMITTEE

Regular Meeting, Tuesdays, March 12 and 26, at 7 pm
Workshop Meeting, Monday, March 19, at 7 pm.

PLANNING BOARD

1st Wednesday, 7:00 pm at the Municipal Building

BOARD OF ADJUSTMENT

3rd Tuesday, 6:30 pm at the Municipal Building

BOARD OF HEALTH

2nd Wednesday, 6:30 pm at the Firehouse

RENT LEVELING BOARD

Last Thursday of month, 7:00 pm at the Municipal Building

RECREATION COUNCIL

Contact Recreation Department For Next Meeting Date and Time

ENVIRONMENTAL COMMISSION

3rd Monday, 7:00 pm at the Chisholm Community Center

LIBRARY BOARD OF TRUSTEES

2nd Thursday, 7:00 pm at the Library

Springfield

Business Improvement District

WHAT'S HAPPENING

www.springfieldbid.com



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Everyone
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Tax Express offers a great alternative to the big, impersonal tax chains and high-priced CPAs. They provide experienced, personalized service at affordable rates...and ensure you will receive the biggest, fastest refunds allowed by the IRS, offer free electronic filing and free state tax preparation with a paid federal return, and "no payment up-front" filing options. Best of all, they deliver same-day service in most cases, and guaranteed accuracy—or you don't pay them a dime!
www.taxexpressnj.com



SZECHUAN VILLAGE

244 Mountain Ave – 973-376-7673

From hot and spicy to mild. From chicken, steak and fish to vegetarian. There's something tasty for everyone at the authentic Szechuan Chinese restaurant. Foodies from around the area say it's "their favorite" and the great reviews confirm it. In addition to lunch specials they offer dine in, take-out and delivery. You can also order online! Try the Mongolian beef....it's killer! www.szechuanvillage.com



CKO KICKBOXING

271C Route 22 East – 973-379-1222

If you're someone who isn't sure what to do in terms of settling on a workout routine that gets results, consider the classes offered at CKO of Springfield. Their kickboxing gym has certified trainers who push and teach all levels of skill and ability during their one-hour classes. Their action-centered kickboxing workouts can help you reduce stress, lose weight and certainly get better fit. Get real results no matter your age, gender, or skill level by burning up to 1,200 calories per class here at CKO of Springfield. Their kickboxing gym is open seven days a week.
www.ckospringfield.com



LONGHORN STEAKHOUSE

272 Route 22 West – 973-315-2049

Springfield's dining scene got a whole lot bigger and better when Longhorn opened last year! They offer a wide variety of fresh, never frozen, steak cuts – like their famous bone-in Outlaw Ribeye® – that are hand-seasoned, then expertly grilled by a Certified LongHorn Grill Master. Beyond their steaks, they offer fresh grilled chicken, fresh Atlantic salmon marinated in their homemade brown sugar bourbon sauce, and fall-off-the-bone baby back ribs that are slow roasted for four hours and basted in our homemade barbecue sauce. Entrées come with honey-wheat bread baked fresh every 20 minutes and with delicious side dishes like their Steakhouse Mac & Cheese. www.longhornsteakhouse.com



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Events & Alerts, Deals & More

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App Store

ANDROID APP ON
Google play

DOWNTOWN REDEVELOPMENT PROJECT BEGINS



Last look at the Lyons Building!

The downtown project known as "Gomes" which includes the construction of apartments and retail space is on its way to begin! The Lyons building will soon be demolished to make way for the new building. Plywood fencing has been erected on Caldwell Ave. In the next few days, fence installation will be completed on both Center Street and Morris Avenue sides. Once the project is fenced off, the owner will begin a clean up of the site. He is also applying for his demolition permits as well. Once the site is cleaned up and environmental completed, work will commence and the building will be taken down.

In an exclusive interview with BID co-chair Mike Scalera and Township Director of Engineering Sam Mardini tonight, both welcomed the start of this project as heralding and validating the long redevelopment process which begun almost eight (8) years ago. At a BID sub committee meeting across the street from the project tonight, the committee discussed the process for providing some banners or a mural to be placed on the plywood fence for the duration of construction.



Springfield is having a Birthday!!!

225 Years Old! 1794-2019

ESTABLISHED APRIL 14, 1794

The Township will celebrate its 225th anniversary in 2019. A giant two-day celebration is planned for June 22 & 23 to coincide with the Anniversary of the Battle of Springfield and take advantage of better weather (we hope) than in mid-April. A committee has been formed but they need volunteers to make this event a reality. A Battle Re-enactment by the Brigade of the American Revolution and Encampment is planned, a Festival, Fireworks and a Parade. If you would like to help plan this event, please contact volunteer@225thspringfieldanniversary.com with your information.

Help is needed in planning the Parade, Festival and Merchandising.

BRITISH FORCES

SEE PHOTO ON FRONT COVER

The first half of the year 1780 was an important time for the British forces in the New York-New Jersey colonies. It didn't turn out quite as they had hoped.

It has been estimated that during the War for Independence only about a third of the population of New Jersey supported the cause, with a third remaining loyal to the crown and the rest remaining neutral. After General Clinton led the British forces to a decisive victory in Charleston, he began the journey back to New York; his subordinate, the Hessian General Kynphausen, couldn't wait for Clinton, and began his attack in June. After the Battle of Elizabethtown in January, he believed he could win a final victory by capturing General Washington, headquartered and vulnerable in Morristown. It didn't turn out that way. Visit the Historic Cannon Ball House at 126 Morris Avenue, Springfield, on Sunday, February 17 between 2-4 pm to hear the rest of the story.

George Washington stayed in Springfield for part of the time around the Battle in June, 1780. The Springfield Historical Society owns a letter written by him just days before the decisive victory and will have that letter on display during this Open House, along with other presidential memorabilia. Please stop by! (Suggested donation \$2.00/adults).

SPRINGFIELD PBA RECEIVES DONATION

On January 15, 2019, the Springfield Police Department welcomed Sarah Lachs and her son Danny to town hall to thank them for their continued support. This past summer, the Lachs family made a generous donation to the Springfield PBA Local #76 that facilitated the purchase of tactical fleece jackets for Springfield Officers. As a thank you, Chief John Cook, Captain Bill Cieri, Springfield PBA President Melissa Esteves and members of the police department, presented Sarah and Danny with the same jackets embroidered with the Springfield PBA Shield.

The Lachs family has also supported the Springfield PBA Golf outing through the years. The 2018 golf outing was held on October 15 at the Royce Brook Golf Club in Hillsborough and the Lachs family were once again one of the event sponsors. Golf outing chairman, Keith Christopher, was on hand to present Sarah and Danny with two framed golf flags honoring the memory of Samuel and David Lachs. Sam and David were instrumental in the hosting of past golf outings and the PBA has named the golf outing trophy in Sam's honor.

The Springfield Police Department in conjunction with the Springfield PBA local #76 would like to thank the Lachs family for their continued generosity.

POOL AND CAMP REGISTRATION OPENS THURSDAY, FEBRUARY 21

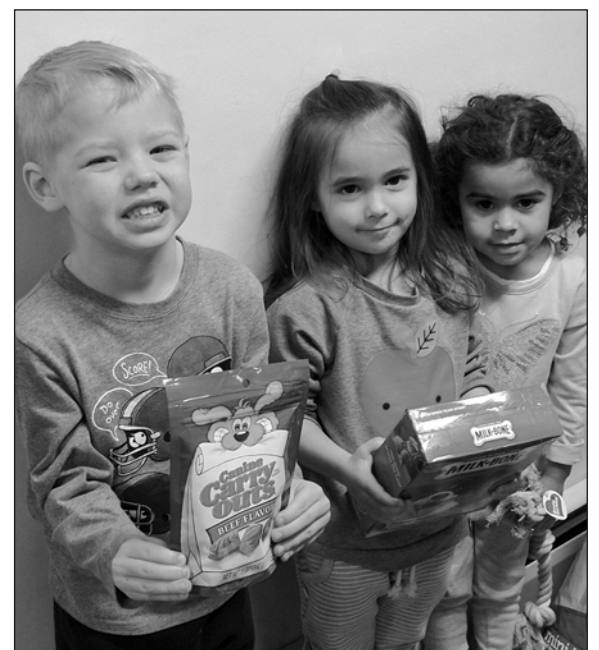


The Springfield Community Pool opens in three months - on Memorial Day Weekend! Online registration for pool membership, day camp, swim team, and swim lessons, as well as Chisholm Playground Camp, opens on Thursday, February 21, at <https://register.communitypass.net/springfield> with a Visa, Mastercard, or Discover. You may also register in-person at the Springfield Recreation Department at the Chisholm Community Center (100 South Springfield Avenue) on weekdays from 8:00 am-6:00 pm. Watch your mailbox for the full-color summer brochure!

For more information, contact the Springfield Recreation Department at (973) 912-2227 or recreation@springfield-nj.us.

HOLY CROSS NURSERY SCHOOL COLLECTED DONATIONS FOR ST. HUBERT'S ANIMAL SHELTER

"During January, the students at Holy Cross Nursery School collected donations for St. Hubert's Animal Shelter in Madison. They also had a visit from one of the volunteers at St. Hubert's who talked about how to take care of a pet and introduced them to her pet dog, Molly."



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HECHT FAMILY CHIROPRACTIC CARE

201 Mountain Ave.

hechtchiropractic.com

973.564.5885

Happy Valentine's Day



CUSTOMER SERVICE REPRESENTATIVE – NEW JERSEY

Job Description

We are a global freight forwarding company seeking an experienced customer service representative with Ocean Freight Experience.

Duties/Responsibilities

- Receive documents and initiate logging process, confirm data received in compliance with all U.S. Customs requirements, process all documents in accordance with requirements, coordinate cargo availability and arrange pickup and delivery, and finalize billing and distribute documents as required.
- Prepare export declarations (be familiar with AES/ACE)
- Prepare related Bills of Ladings, all export documentation relevant to specific shipments like Certificate of Origin, etc.
- Experience in "Cargowise" operating system a plus

Job Requirements

- 1-2 years' experience handling ocean freight shipments from A-Z.
- Comprehensive knowledge of ocean freight procedures.
- Experience and knowledge of understanding ocean freight service agreements a plus.
- Must be good verbal and written communicator.
- Must be detailed oriented in all aspects of the position.
- Excellent customer service skills required.
- Being able to multitask at a high level of accuracy.
- Strong work ethic and highly motivated.
- Ability to negotiate with vendors.
- We will consider training for the right candidate

Benefits Why should you consider a career at Global Shipping Services?

- We offer a good location and great facility, unlike what is found in many freight forwarders locations.
- Great working environment, friendly professional/dedicated staff and management.
- Competitive starting salary and benefit package.

To get further details on our company- you can visit our web site :www.glship.com.

To get an understanding and feeling about Global Shipping Services, click on the Facebook icon from our home page or visit : <https://www.facebook.com/GSSHQ/>

No phone calls will be accepted directly, we will contact based on resumes.



Fire Chief's Column

Chief Carlo Palumbo

BE WARM AND SAFE THIS WINTER

HEATING SAFETY TIPS

Heating equipment is a leading cause of home fire deaths. Half of home heating equipment fires are reported during the months of December, January, and February. Some simple steps can prevent most heating-related fires from happening.

- Keep anything that can burn at least three feet away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- Have a three-foot "kid-free zone" around open fires and space heaters.
- Never use your oven to heat your home.
- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- Test smoke alarms monthly.

HEATING EQUIPMENT SMARTS

Install wood burning stoves following manufacturer's instructions or have a professional do the installation. All fuel-burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning.

Install and maintain CO alarms to avoid the risk of CO poisoning. If you smell gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire department or gas company.

FACT: Half of home heating fires are reported during the months of December, January, and February.

SPRINGFIELD BUSINESS IMPROVEMENT DISTRICT BOARD AGENDA & HIGHLIGHTS FROM THE JANUARY MEETING

• An exclusive to the Patriot Times •

Township Report – Chris Weber

New police officers were sworn in at the last Committee meeting. Discussions took place regarding the Pool. It was an uneventful meeting. Michael Quick is working on Township budget. Personnel evaluations have been done. The Committee advertised again for a full time BA position. The CFO position is being advertised since M. Quick is requiring.

The Planning Board designated Saks property in need of redevelopment. The Developers are being preparing plans for preliminary review in front of the Planning Board. There is a partnership between Ahold and Bozzoto to develop the Saks property.

Century 21 was approved by the Planning board. They are ready to go for permits.

Redevelopment Report – Sam Mardini

Gomes property is ready to demo. They applied for a fence permit. They are planning to install an 8 ft fence. Should be issues today. 2-3 weeks. The group agreed that there should be a ceremony when demolition begins.

Larkin Project is ready for demo. They closed on the building and will close on the Township parking lot in Feb. There are 2 guide wires that need to be moved before demo begins. Sam will try to help resolve this with JP&L. Demo should take place in about 2 months.

Saks – They will be providing a new rendering of the project based on feedback from the Town in about a week. Next month the plan should be approved. They will hold a meeting with Millburn. The new Mayor was shown the plan. A suggestion was made to include commuter parking for Springfield residents on the site. S. Mardini will look into this suggestion.

The Gomes project issue that included providing 5, 3 bedroom units to meet the COAH requirements was resolved. They were able to Negotiate providing 3, 3 bedroom units and the Saks redevelopment project will make up the additional 2, 3 Bedroom apts. In their project.

Gomes parking is now in the DMV Lot. The other lot will be left open to service the Downtown.

Rica Project, has been renegotiating with the Wilf's. They will close on this property next week. They will be buying Sara Bailey and some Church Property in the back, except cemetery. There will be approximately 120 -150 units in this project. They will be asked to provide the Township with something like Senior facilities for the Sara Bailey property. They are in preliminary stages of development. They will own the property by Monday, except Sara Bailey. Discussion on using it as an Art Center ensued.

A suggestion to do some long range planning for the Town to include what the Town would like to see included. They should also include the DPW site in these plans. S. Mardini will speak with the Township Planners regarding planning downtown spaces.

A discussion took place on redevelopment of the General Green Property. S. Mardini will set up meeting with the property owners and a committee from the Town.

WaWa update - working on environmental issues. Construction will start in April.

Valley National Bank is moving next to CVS.

A discussion on the cost of rent for the new projects took place. A discussion on National Chains coming into town ensued.

Dr. Kaswimer is taking the Investors Bank building. He will be moving in about 9 months. His property is available for sale.

Chairman's Report – Mike Scalera

Sara Bailey building should be memorialized. Visit with businesses. Meeting with new businesses. He is scheduling Ribbon Cutting events.

Executive Director's Report

2019 Draft Budget Presentation – B. Lippman

Scott Seidel discussed process of Budget Preparation. The Township passed the Bond for the Streetscape. \$925,000.00 is the number. The Bid has approximately \$200,000 – 225,000 in the budget for this project, allowing us to use only \$725,000 from the bond. We won't need to start paying until next year. We should pay interest and principle. In Planning the budget for 2019 we figured in the fix costs and left about \$30,000- 40,000 to allocate to other projects.

COMMITTEES

Marketing - MyTown Marketing Update

SPRINGFIELD PATRIOT AD - We are currently re-designing the monthly ad with a fresher look and inclusion of App screen captures.

SPRINGFIELD APP

The App is consistently strong in the Events & Deals sections with over 1400 page views per month. New downloads are consistent at 40+ per month. Users are accessing the app a little more than twice a month. Usage correlates to text message blasts and Facebook promotions aimed at the App. Content is strong with over 50 deals. Events are posted with about 4-6 text alerts scheduled each month.

FACEBOOK PAGE

The facebook page is very active with weekly contests and promotions garnering over 7000 views per week. We are starting to plan our Spring Program (TBD) and will report on that next month.

Full report available on-line at www.springfieldpatriot.com.



Police Chief's Column

Chief John P. Cook

The Police Department continues to receive reports of scams and other crimes involving fraudulent activity on an almost daily basis. While these schemes may unfold in different ways, the end result is always the same – the perpetrators defraud the victims of their money. Many of the suspects involved in these scams operate from foreign countries, and prosecution is all but impossible. Luckily, many financial institutions will rectify fraudulent transactions, but full resolution of these situations can turn in to major hassles for victims. Thieves may attempt to use their victim's breached personal information to open unauthorized accounts or make fraudulent purchases for a long time after the initial fraud is detected. So, the best way to deal with these types of frauds is to be able to recognize and identify the scam before you become a victim. Here are some warning flags to look out for:

- If you receive an email or phone call indicating you won a prize, but must pay some type of "fee" before you can collect a prize, it is a scam. If you did not personally enter a sweepstakes or lottery, hang up the phone immediately or delete the email. Do not reply, and do not provide any personal information. Any legitimate prize will not require a pre-payment of any sort.

- If you are selling an item or offering a service online, and someone wants to give you a check made out for more than you are asking, it is a scam. These perpetrators will ask you to wire or transfer the difference from your bank account before the check is discovered to be counterfeit.

- If you receive an email from a bank or credit card company requesting you to click on an included link to access your account, it is probably a scam. If the link directs you to enter personal information in addition to your account information, it is definitely a scam. Some of these emails look very convincing, and can fool almost anyone. If you are not sure, but want to check your account anyway, don't click the included link, but rather manually type the bank's web address or call the phone number listed on your card or statement.

- If you receive a call from someone who claims to be a representative of your bank or credit card company, and they ask for your personal information to "verify" your identity, it is a scam. These perpetrators will try to get you to divulge your confidential information, such as your social security number, to commit frauds against you. Any legitimate caller will already know who you are and will not ask you to provide confidential information to prove your identity.

- If you receive a call or email from someone claiming to be a foreign law enforcement official, who asks you to pay bail for one of your relatives who was jailed abroad, it is a scam. Fraudsters will browse Facebook accounts looking for people who are posting photos while on vacation in foreign countries, and track down their relatives who they will try to scam.

- If you receive a call from someone who claims to be a police officer or federal agent and tells you there is a warrant for your arrest that you can pay over the phone, it is a scam. If there really is a warrant issued for your arrest, police will come to your home or business to arrest you, but will never call ahead and agree to accept bail payment over the phone in lieu of arrest.

- If you receive a call from someone who claims to be a representative of a utility company, and threatens to disconnect a utility unless you make a payment over the phone, it is a scam. Sometimes these callers will request payment to be made with a pre-paid debit card or bank transfer. If in doubt, always contact your utility directly to verify your account status.

- If you receive a call from someone claiming your social security number has been compromised, suspended because of suspicious activity, or it's been used in a crime, and you must make some kind of a large payment to rectify the problem, it is a scam. The social security agency will never call and threaten your benefits or tell you to wire money, send cash, or put money on gift cards. Never give any part of your Social Security number to anyone who contacts you. If in doubt, hang up and contact the SSA directly at 1-800-772-1213.

- Phony IRS scams also increase during this time of year. You may receive phone calls or emails that appear to be authentic indicating you owe taxes or have other problems with the IRS. Do not click on any links in these emails, and do not provide the callers with any information. Remember, the IRS will not contact you by telephone or email to request personal or financial information, or threaten arrest if immediate payment is not made. Any official correspondence will be made via the US Postal Service.

Very few instances exist in which you may have to provide confidential personal information over the phone, text message, or email. You should take every precaution to safeguard your social security number, bank account numbers, credit/debit card numbers, and other personal identifying information.

If you feel you may have fallen victim to one of these scams, contact the Police Department for assistance and for more information.



FREE SENIOR CITIZEN BUS SERVICE

Call the Springfield Recreation Department at (973) 912-2227 between 8 am -9 am on the morning of your transportation need. Bus service is unavailable on municipal holidays and days of certain bus trips.

The bus service runs from 9 am-4 pm. The bus is equipped with a passenger lift for wheelchairs. Other riders should be able to board and depart the bus independently.

VALENTINE'S DAY SALE FROM FEBRUARY 1ST - 14TH

\$59.99 FUJIFILM
SAVE \$10
REG. \$69.99
Fujifilm INSTAX Mini 9
Instant Film Camera

\$379.99
SAVE \$20
REG. \$399.99
DJI Spark

\$99.95 Nikon
SAVE \$37
REG. \$136.95
Nikon A300

\$519.99 Canon
SAVE \$30
REG. \$549.99
Canon PowerShot SX70 HS
Digital Camera

\$419.99 SONY
SAVE \$30
REG. \$449.99
Sony Cyber-shot DSC-HX99
Digital Camera

Valentine's Day SALE

MackRetail
camera & video service

A: 200 MORRIS AVENUE
SPRINGFIELD, NJ 07081
T: 973.467.2291
F: 973.467.2590
W: WWW.MACKRETAIL.COM

THE SPRINGFIELD UNITY PROJECT TO HOST FIRST PUBLIC MEETING "WHAT'S SUP?" ON MARCH 7

On Thursday, March 7, 2019, The Springfield Unity Project (SUP) will host their first public meeting "What's SUP?" at The Chisholm Community Center at 7:30 pm.

The goal of the meeting is to introduce the larger community to SUP, a grassroots organization which hopes to foster a deeper and more meaningful understanding amongst Springfield's diverse communities. Additionally, the group will provide details about their upcoming Community Kick-Off – Springfield Potluck on Sunday, April 7, 2019. The meeting is free, kids are welcome and light fare will be provided. For info, contact SpringfieldUnity Project@gmail.com or visit <https://www.facebook.com/SUPSpringfield NJ> / for further updates.

PRE-KINDERGARTEN & KINDERGARTEN REGISTRATION FOR THE SPRINGFIELD PUBLIC SCHOOLS

DATE	LAST NAME BEGINNING WITH	TIMES
January 15, 2019 Tuesday	A-G	10:00-11:00 AM or 1:45-2:45 PM
January 16, 2019 Wednesday	H-O	10:00-11:00 AM or 1:45-2:45 PM
January 17, 2019 Thursday	P-Z	10:00-11:00 AM or 1:45-2:45 PM

Registration will be held at Edward V. Walton School, 601 Mountain Avenue, Springfield. Parents will need to call the school at 973-376-1304, if necessary, to schedule an alternate registration session. To be eligible for Pre-Kindergarten, a child must be a Springfield resident, and be four years old on or before October 1, 2019. Children entering Kindergarten must reach their fifth birthday on or before October 1, 2019. Parents/guardians need to bring the following materials to registration:

- Child's Proof of Age (ex: original Birth Certificate or Passport)
- Current Immunization Records
- 4 Proofs of Residency (originals and a set of copies)
Tax Bill or Lease
Current Utility bills, bank statement, etc.

Some registration forms are located on our website at <http://www.sprngfieldschools.com/evw>. The link is located on the left side under Registration Forms.

Note: Your child's registration will be officially processed if BOTH age appropriate vaccines and ALL FOUR (4) proofs of residency are submitted at the time of registration.

SPRINGFIELD AUXILIARY POLICE

CONTINUED FROM FRONT COVER



Mayor Erica DuBois thanked the CERT team and Auxiliary Police for their Service to the Township.



Emergency Management presents a plaque to Coordinator Scott Seidel for his service to the Township. (l to r) Deputy Emergency Management Coordinator Wally Schultz, Deputy Emergency Management Coordinator Apu Mullick and Auxiliary Police Chief Angelo Palumbo



Scott Seidel presented retiring Township CFO and Treasurer with a Plaque Commemorating his Service with the Township. The Plaque noted Michael's positive attitude: "This is how we will get this done".



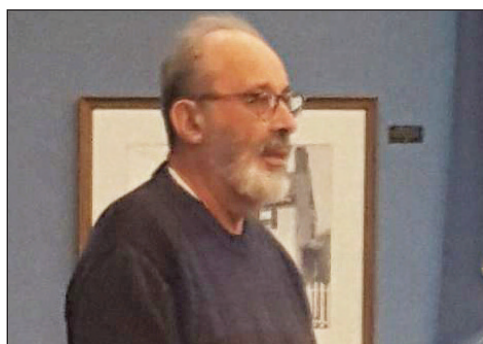
Acting Business Administrator and Police Chief John Cook recognizes the unit for their service.

On January 24, the Springfield Auxiliary Police held their annual awards dinner at Baltusrol Golf Club. Emergency Management Coordinator Scott Seidel welcomed the members of the Auxiliary Police and the CERT Team, their guests and township officials who were in attendance. Mayor Erica DuBois addressed the gathering and thanked the

DR. MARTIN LUTHER KING, JR. REMEMBERED AT SPRINGFIELD CEREMONY

BY MARGARET BANDROWSKI

CONTINUED FROM FRONT COVER



Mayor Erica DuBois opened the annual Springfield meeting on Monday, January 21, in honor of Dr. Martin Luther King, Jr. with a reading of an appropriate proclamation. Father Joe Barone of St. James offered a prayer which was followed by sharing of thoughts and experiences by those in attendance. This year there were about 35 residents, including several who attend every year and many who were present for the first time. The attendance was such that the circle of chairs needed to be enlarged. Among them were quite a few young residents who shared their thoughts as readily and articulately as the adults. It was an emotional and inspirational experience for everyone, as it always is, reminding us of how far we have come and how far we still have to go. The meeting ended with the traditional joining of hands and singing of "We Shall Overcome".

volunteers for their efforts. After the meal, Seidel started the awards program by commenting that in 2018, the Auxiliary Police performed 2,127 hours of service, which probably represents over \$100,000 in volunteer service to the township. The Auxiliary Police duty hours consist of routine training patrols, court duty, special events, emergencies and of course the two "flagship" events, the Fourth of July celebration and the Chamber of Commerce Festival and Car Show.

CONTINUED ON PAGE 15

AFTER 26 YEARS, SPRINGFIELD DIRECTOR OF ENGINEERING RETIRES

Sam Mardini, Director of Engineering submitted his retirement notification letter to Mayor DuBois and the members of the Township Committee on Wednesday February 6, 2019. Mr. Mardini served Springfield since March 1, 1993. In an exclusive interview with the Patriot Times, Mr. Mardini commented: "In my capacity, I initiated many programs that improved lives for Springfield residents." He noted he was instrumental in bringing Springfield into the modern technology era. He initiated and managed the installation of the first fiber optics computer network for the Township. He also started and managed the Springfield Website and Facebook page.



Sam Mardini

Mr. Mardini applied for and received in excess of \$8M in grants during his tenure from various sources including federal, state, county government and other agencies. He worked closely with every Township Administrator since 1993 and assisted all Township Committee members past and present with multiple capital improvements projects including the new pool building, various townhall renovation projects, the new firehouse and improvements to the Chisholm Recreation Center. He was instrumental in getting the downtown redevelopment projects off the ground and worked with state agencies, utility companies and property owners to resolve major obstacles related to these projects.

CONTINUED ON PAGE 11

PATRIOT PROFILES

Organizations and People that make a Difference in Springfield

By John Cottage Sr.

LORRAINE SEIDEL – STILL GOING STRONG AT 90



Mike Scalera, Chamber Volunteer of the Year presented Chamber Dinner Chairperson Lorraine Seidel a bouquet of flowers at the January Chamber meeting for her 90th birthday.

There were two announcements made at the monthly Springfield Patriot Chamber of Commerce meeting at the end of January. The Chamber will hold its awards banquet this coming May honoring Regal Bank as Business of the Year and, as usual, Lorraine Seidel will be the General Chairperson of the event. The second announcement, pictured above, was happy 90th birthday to Lorraine Seidel!

Mrs. Seidel has been active in major Chamber events since it was reorganized in 1998. In addition to the Chamber banquets, which she has run since the late 90s, she serves as a moderator for the candidate's night event each year, and is present at every monthly meeting. She also is a contributor to the Springfield Patriot Times newspaper submitting regular news updates on Hadassah where she has served as President. In the 60s and 70s she was the chair of the League of Women Voters.

CAITLYNN MCTERNAN'S GOLD AWARD PROJECT DEBUTED AT THE LIBRARY ON SUNDAY, JANUARY 27



Caitlynn McTernan

Interviewed by the Patriot Times, Caitlynn commented "My Project presentation/rollout was very successful! I would say that there were around 30 people that attended. The presentation was about 25 minutes in total, and consisted of an overview of a few learning disabilities and an explanation of some of the apps. I then demonstrated 6 apps and showed exactly how each of them work. I also explained and demonstrated my non-tech tool box, which includes about 20 different non-tech tools such as different pencils, pencil grips, different types of paper, and whisper phones.

CONTINUED ON PAGE 10

We wish you a
Healthy & Happy New Year!

EMPIRE MEDICAL

IS PLEASED TO WELCOME

Dr. J. Thomas Chon
MD, FACE

TO OUR **ENDOCRINOLOGY** TEAM!



Available for
appointments at:
55 Morris Ave., Suite 100
Springfield, NJ 07081

908-687-7250

FOR MORE INFORMATION
PLEASE VISIT US AT:

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264 Boyden Ave,
Maplewood NJ 07040
(973) 761-5200

5 Franklin Ave., Suite 302
Belleville, NJ 07109
(973) 759-1221

SRD

Springfield Recreation Department

SPRINGFIELD RECREATION DEPARTMENT

www.springfield-nj.us/recreation • www.facebook.com/springfieldnjrec

In partnership with the

US SPORTS
institute

Schools Out Camps

Springfield Recreation Dept

All programs take place at Chisholm Community Center

Class Name	Day	Date	Time	Age	Price
Multi Sports Camp	Mon	4/22/2019 to 4/26/2019	9:00 AM to 4:00 PM	5 - 11	\$165

MULTI SPORTS CAMP: Try a variety of sports at USSI's flagship Multi Sports Camp. Learn to play sports like soccer, hockey, disc golf, handball & more!

Community Parent & Group Discount Program

Want to go to class for free? Well this is the way! Visit our website for full details.

USsportsInstitute.com (866) 345-BALL

Celebrating
30 Years
YR
The Power of
Drawing

Drawing Classes for kids

Young Rembrandts

Ages 3 - 5 • Preschool Drawing

A wonderfully illustrated flower pot will capture the spirit of the spring season. A cuddly teddy bear drawing will introduce our students to basic figure drawing. If your student has a curiosity for nature, he or she will love our bird bath and snail to help strengthen their art and compositional skills. All this and more await your budding young artist. Sign up today!

Classes: Wednesday, 3:45 - 4:30 pm • 3/20/19 - 5/01/19

Tuition: \$82 (6 Week Session) No Class 4/24/19

Ages 6 - 12 • Elementary Drawing

The season of Spring gives our artists new inspiration and lessons like the Bee Graphic and historical Model T. Every child will draw their lesson in detail and learn new techniques like how to add a little whimsy to our version of Aladdin's Lamp and some adorable Baby Dragons. Creativity, imagination and whole brain learning are all happening every week. Sign up today!

Classes: Wednesday, 4:45 - 5:45 pm • 3/20/19 - 5/01/19

Tuition: \$89 (6 Week Session) No Class 4/24/19

Ages 6 - 12 • Cartooning

Our students will learn how to personify inanimate objects, as they breathe life into the sun and moon, transforming them into funny cartoon characters. A humorous bird feeding sequence will teach your child visual and sequential story telling. We'll also create drawings that feature colorful and expressive forest animals. Enroll your student today!

Classes: Wednesday, 6:00 - 7:00 pm • 3/20/19 - 5/01/19

Tuition: \$89 (6 Week Session) No Class 4/24/19

All Classes at Chisholm Community Center

Enroll Online at: www.youngrembrandts.com/middlesex-union before March 18, 2019

SENIOR CITIZENS GO BOWLING

On February 23, a bus full of Springfield senior citizens ventured to Garwood Lanes for a morning of bowling and to Wendy's for lunch. The trip was chaperoned by Amefika Gray, recreation program coordinator, and Tony Losito, recreation bus driver.

SUMMER 2019 HOURLY EMPLOYMENT INFORMATION AND APPLICATION INSTRUCTIONS

Positions Available:

- ◆ Pool Lifeguard ◆ Pool Maintenance ◆ Pool Front Desk
- ◆ Pool Camp Group Leader ◆ Pool Camp Counselor
- ◆ Chisholm Playground Camp Group Leader
- ◆ Chisholm Playground Camp Counselor ◆ Substitute Counselor

- All new staff members must be at least 15 years old by Saturday, May 18th.
- Lifeguards must have a current lifeguard certification by the start of the pool season.
- Pool season is Saturday, May 25th, to Monday, September 2nd.
- Summer pool hours are weekdays 12:00-8:00 pm and weekends 11:00 am-8:00 pm. Pre-summer weekend, holiday, and special event hours vary.
- Pool Camp is weekdays 8:30 am-4:30 pm, from Wednesday, June 26th- Friday, August 16th. Extended weeks are August 19th-30th. There is no camp on Thursday, July 4th.
- Chisholm Playground Camp is weekdays 8:30 am-12:30 pm, from Wednesday, June 26th- Friday, August 16th. There is no camp on Thursday, July 4th.
- All staff members are paid hourly only for the hours they work, other than designated paid time off.
- All camp staff members must be available to work the entire initial 8 week session. Do not schedule vacations or other extended leaves during this period.
- Attendance at a pre-summer staff orientation is mandatory.
- First Aid/CPR/AED training may be required of certain staff members.
- Working papers are required for all staff members under 18 years old.
- Criminal background checks are required for staff members 18 years old or older.

Please visit the following website to complete the required online application:
<http://springfield-nj.us/departments/recreation/employment>
You may be contacted for an in-person interview in the spring.
The online application deadline is Friday, March 1st.

GIRLS SOFTBALL • SPRING 2019

Grades K-9 *Open to Students in Springfield Schools*

T-Ball League for Kindergartners

Instructional League Grades 1-2* Lower League Grades 3-5*

***Joint League with Mountainside, Berkeley Heights, and New Providence**

Upper League Grades 6-9 **9th Graders Not Playing High School Softball**

Two Fees

\$60 — Payable to Springfield Girls Softball, Inc. (check, cash, money order)

\$70 — Payable to Township of Springfield (check, cash, money order, credit card)

Register online with Visa, Mastercard, or Discover (\$0 processing fee) at <https://register.communitypass.net/springfield>

Or, complete the form below and return it with both payments to: **Springfield Recreation Department, Chisholm Community Center, 100 South Springfield Avenue, Springfield, NJ 07081**

Deadline

Friday, March 1st — After, registrations will only be accepted if space is available on a team

What's Included

Uniform to keep (shirt, pants); medals for K-2nd graders; loaned equipment (helmet, catcher's gear, bats, balls); league fees

What's Not Included

Cleats; end-of-season picnic at pool (separate registration required); summer and fall travel team registration fees; winter workout fees

Summer and Fall Travel Teams (Springfield Storm)

Registration in Spring softball league and minimum attendance required for tryouts

Questions?

Daniel Hesse, Recreation Program Coordinator, at daniel.hesse@springfield-nj.us or (973) 912-2227

GOLD AWARD PROJECT

CONTINUED FROM PAGE 8

After the demonstration, people were able to ask specific questions and try out the apps on the iPads and the non-tech tools for themselves. Some of the people in attendance were members of my Girl Scout Troop (Troop 40-739), township committee members, members of both the Springfield Rotary Club and Springfield Lion's Club, a few of my teachers, and some people in our community who could potentially benefit from my project. For my project, I donated two iPads with 44 apps on each one. I also created manuals that explain each app and non-tech tool that was included in my project and the price of each item. Now that everything is at the library and ready to be checked out, my biggest goal is to have people check out the materials that are there to see what works best for their child. "

Current Members of GS Troop 40-739 (l to r) Samantha Knee, Carina Servello, Caitlynn McTernan, Elena Matarazzo, Sarah Rodrick

SPRINGFIELD RECREATION DEPARTMENT

www.springfield-nj.us/recreation • www.facebook.com/springfieldnjrec



SENIOR CITIZEN ACTIVITIES FEBRUARY AND MARCH 2019 CALL (973) 912-2227 FOR MORE INFORMATION

Tuesday, February 19 - Cards @ 11:30 am, Bingo @ 12:30 pm
Thursday, February 21 - Black History Month Luncheon @ 12:00 pm (RSVP)
Friday, February 22 - Stretch & Meditation @ 11:00 am, Cards @ 1:00 pm
Monday, February 25 - Bingo @ 12:30 pm
Tuesday, February 26 - Toning & Weights @ 10:00 am, Cards @ 11:30 am
Thursday, February 28 - Club Birthday Luncheon @ 12:00 pm (RSVP)
Friday, March 1 - Forever Fit @ 11:00 am, Cards @ 1:00 pm
Monday, March 4 - Bingo @ 12:30 pm
Tuesday, March 5 - Intro to Acupuncture @ 11:00 am, Cards @ 11:30 am
Thursday, March 7 - Blood Analysis @ 8:00 am (RSVP)
Friday, March 8 - Zoom-Ba @ 11:00 am, Cards @ 1:00 pm
Monday, March 11 - Bingo @ 12:30 pm
Tuesday, March 12 - Bus trip to AMC Theater @ 11:00 am (RSVP),
Cards @ 11:30 am
Thursday, March 14 - Club Monthly Meeting @ 11:00 am (RSVP)
Friday, March 15 - Shape UP @ 11:00 am, Cards @ 1:00 pm

WEEKDAYS:

Computer Lab and Fitness Room @ 8:00 am-6:00 pm
Billiards @ 8:00 am-2:30 pm

RUNNING CLUB SPRING 2019 • Grades K-8th

Physical fitness training is an important life lesson for all children and young athletes. In the Running Club, children learn to run faster over short distances. Agility drills and injury prevention techniques will also be covered, as well as an introduction to endurance running. The Running Club is open to Springfield residents and children in Springfield schools. A minimum of six children are required. In the event of inclement weather, every effort will be made to reschedule outdoor classes. No refunds are provided.



Our co-ed Running Club with Coach Mike Czech helps improve your child's speed and agility!

Session 1

Mondays from March 18th- April 22nd,
at Chisholm Community Center
Grades K-2nd @ 4:30-5:00 pm
Grades 3rd-8th @ 5:00-6:00 pm

Session 2

Mondays from April 29th- June 10th,
at Meisel Avenue Park
No class on Monday, May 27th
Grades K-2nd @ 4:30-5:00 pm
Grades 3rd-8th @ 5:00-6:00 pm

Cost: \$75 per session (payable to Township of Springfield)

Includes: Professional coaching instruction, apparel item

Register by mail or in person at the Springfield Recreation Department.

Or register online with a Visa, Mastercard, or Discover at

<https://register.communitypass.net/springfield> (\$0 processing fee)

Chisholm Community Center 100 South Springfield Avenue (973) 912-2227 Monday-Friday @ 8:00 am-6:00 pm

Contact Daniel Hesse, Recreation Program Coordinator, at daniel.hesse@springfield-nj.us

CALLING ON ALL BOYS AND GIRLS!

SPRINGFIELD LACROSSE IS LOOKING FOR YOU!

**PLAY THE FASTEST SPORT
ON TWO FEET!**

SPRING LACROSSE LEAGUES FOR BOYS (GRADES 1-8) AND GIRLS (GRADES 3-9)

Information and online registration available at
www.springfieldlaxnj.com

WINTER 2019 COOKING CLASSES SATURDAYS K-4th Graders



Instructor adapts to all ages during instruction.
Individual stations and pairs up similar age groups

Healthy Kids Today, A Brighter Tomorrow!
www.LillySprouts.com

WINTER COOKING CLASSES
SATURDAY SESSION K-4th 10am-12pm
4 WEEKS 2 hours each class
March 9th, 16th, 23rd, & 30th \$220

Raymond Chisholm Community Center
100 S. Springfield Ave. Springfield NJ
Includes all educational materials, recipes,
cooking supplies and food.



**CERTIFIED
INSTRUCTOR**

To reserve a spot for your child please go to www.LillySprouts.com
Click on Upcoming Classes, find SPRINGFIELD Kids Cooking Classes and
register for the K-4thgrade class . Payment available online or by check to LillySprouts.
Class will close at 15 students.

Any questions contact Lilly Bussin @ LillySprouts@gmail.com or 908-499-0270

2019 ADULT SPORTS LEAGUES MEN'S OPEN PLAY 35+ BASKETBALL

This is a non-competitive program for players ages 35 and older.
Basketball will be held on most Wednesdays at Jonathan Dayton High School from 7:00-9:00 pm
and on most Sundays at Florence Gaudineer Middle School from 8:00-10:00 am.

PROGRAM RUNS SEPTEMBER 2018 - AUGUST 2019

Open to Springfield residents and non-residents who were previously enrolled.

WOMEN'S OPEN PLAY 21+ VOLLEYBALL

This is a non-competitive program open only to players ages 21 and older who are Springfield residents.
Volleyball will be held on Tuesdays from September 2018 to August 2019
from 8:00-10:00 pm, at the Chisholm Community Center Lee Adler Memorial Gymnasium.
You will be notified in advance of gym closures due to holidays, inclement weather, or scheduling conflicts.

**FEE: \$25 REGISTRATION FORM, COPY OF DRIVER'S LICENSE, AND
FEE ARE DUE PRIOR TO YOUR FIRST DAY FOR ALL ABOVE PROGRAMS**

Register in person or by mail to:

Springfield Recreation Department Chisholm Community Center
100 South Springfield Avenue, Springfield (973) 912-2227 (973) 912-8584 fax
www.springfield-nj.us/recreation • Email recreation@springfield-nj.us



The Springfield Recreation Department is a member of TryCAN,
a multi-community collaboration that provides a variety of recreational
programs for youth with special needs. For more information on program
offerings or to register, please visit <http://cityofsummit.org/trycan>.

SAM MARDINI, DIRECTOR OF ENGINEERING

CONTINUED FROM PAGE 8

Mr. Mardini wears many hats. Not only is he the Director of Engineering, he also serves as the Township's Stormwater Management Coordinator and the Public Agency Compliance Officer. Mr. Mardini expressed gratitude and appreciation for his colleagues. He stated that Springfield has the best work force ever and that he couldn't have been so successful if it weren't for the amazing support from his staff and all Department heads. He also expressed his appreciation and love for Springfield and its residents. "Springfield will always be a special place for me" he stated. His last day on the job is March 15th. He will be missed.

SRD

Springfield Recreation Department

SPRINGFIELD RECREATION DEPARTMENT

www.springfield-nj.us/recreation • www.facebook.com/springfieldnjrec

SPRINGFIELD NJ BASEBALL LEAGUE

P.O. BOX 444, SPRINGFIELD, NJ 07081
SPRING 2019 REGISTRATION*

PLEASE REGISTER ONLINE at SpringfieldNJBaseballLeague.com

We have a new Website for Registration and all communications

SPRINGFIELD BASEBALL will continue to play with MOUNTAIN SIDE and KENILWORTH. GAMES AGAINST MOUNTAIN SIDE and KENILWORTH WILL TYPICALLY TAKE PLACE DURING THE WEEK ALLOWING FOR SPRING TRAVEL LEAGUES TO TAKE PLACE ON THE WEEKENDS. MORE DETAILS WILL BE PROVIDED ON OUR WEBSITE AS THEY BECOME AVAILABLE.

DIVISIONS:	GRADES:
A & AA LEAGUES (Clinics)	Pre-K (age 4 as of 5/1/2019) & Kindergarten
AAA LEAGUE	1st & 2nd Grade
MINOR LEAGUE	3rd & 4th Grade
MAJOR LEAGUE	5th & 6th Grade
PONY LEAGUE	7th & 8th Grade

PLAYER ASSESSMENTS:

- Pre-Season Clinics will be held for all players, 3rd grade and older (dates TBD). To ensure competitive and balanced teams are created, all players must attend at least one of these free training sessions for skill assessment. Check our website regularly for updates.
- The SNJBL Board of Directors will have the flexibility to move players to appropriate divisions to address player welfare and competitive balance.

REGISTRATION FEES AND DEADLINES:

REGISTRATION COMPLETED AND PAYMENT RECEIVED BY:	ALL LEAGUES
MARCH 1, 2019	\$150
AFTER MARCH 1, 2019	\$175 (Requires board approval and subject to available roster positions)

Pool Party Room Rental
Available for Springfield and out-of-town residents and businesses.
Fees vary from \$200-\$500.

Call to learn about serving beer and wine!

Party room and kitchen available at the Chisholm Community Center for your next event. Cost to Springfield residents is only \$225 for up to four hours.

KITE FESTIVAL 2019

SAVE THE DATE

Saturday, April 13, 2019 11 am - 2 pm

Chisholm Park
100 South Springfield Avenue

FREE **PRIZES**

Food Trucks, Kite Parade, Music, Bounce Houses
Egg Hunt & More!

973-912-2227 recreation@springfield-nj.us
www.springfield-nj.us/recreation

Senior Citizen Bus Trip

Resorts Atlantic City

Casino, Restaurants, Boardwalk
WEDNESDAY, MARCH 20, 2019

Bus will depart from Chisholm Community Center at 9:00 am
Bus will depart from Resorts at approximately 5:00 pm

\$30 per person

Payment is due by Monday, March 18, 2019
Seats are first-come, first-serve. No refunds.

Make checks payable to: Springfield Recreation Department

Return form and check to: Chisholm Community Center, 100 South Springfield Avenue
Includes: Round-trip coach bus transportation, driver gratuity, chaperone, breakfast treat, and \$25 slot play (photo ID required)

Questions: Springfield Recreation Department, (973) 912-2227
Or Amefika Gray, Recreation Program Coordinator, at amefika.gray@springfield-nj.us
Please note, transportation to your residency is not available when the bus returns to Chisholm.

CO-ED LACROSSE CLINICS

Spring 2019 • Pre-K, K, & 1st Grades

Interested in trying a new sport?
Join Springfield Lacrosse Club's Spring clinics!

The instructional clinics are open to Springfield students in Pre-K through 1st grades. No equipment required.

Six Sunday sessions from April 7th to May 12th @ 10:30-11:30 am, at Chisholm Park. In the event of rain, every effort will be made to reschedule. No refunds are provided after April 4th.

Fee: \$70 Payable to Township of Springfield. Register by mail or in-person with cash, check, or money order. Or register online with a Visa, Mastercard, or Discover at <https://register.communitypass.net/springfield>. (\$0 processing fee)

Payments must be made prior to the first clinic. Includes: coaching, loaned stick (if needed), balls, shirt

Chisholm Community Center • 100 South Springfield Avenue • Monday-Friday, 8:00 am-6:00 pm
(973) 912-2227 www.springfield-nj.us/recreation
Questions? Contact Daniel Hesse, Recreation Program Coordinator, at daniel.hesse@springfield-nj.us

CROSS COUNTRY TEAM

Spring 2019 • Grades 3-9

Coach Mike Czech is back this Spring! New and returning team members are encouraged to join for professional training, endurance running, and 5K competitions!

The cross country team is a co-ed travel sport for Springfield residents and children in Springfield schools in grades 3-9. The team meets on WEDNESDAYS from 4:30-5:30 pm, and FRIDAYS from 4:30-5:30 pm at the Meisel Park.

PRE SEASON	TWO FEES
Monday, March 1st- Tuesday, April 2nd Train on your own with a program provided by the coach.	\$75 (Payable to Township of Springfield. See below for payment options.) \$225 (Payable to Coach Michael Czech)
RACE SEASON	INCLUDES
Wednesday, April 3rd - Sunday, May 26th (End date may be extended once all races are finalized.) Team practices and official races.	Uniform to keep, pre-season training program, professional coaching instruction, race entry fees, and end-of-season party. No refunds are provided.

Register by mail or in person at the Springfield Recreation Department.
Or register online with a Visa, Mastercard, or Discover at <https://register.communitypass.net/springfield> (\$0 processing fee for credit cards)

Chisholm Community Center • 100 South Springfield Avenue
(973) 912-2227 • Monday-Friday @ 8:00 am-6:00 pm
Contact Daniel Hesse, Recreation Program Coordinator, at daniel.hesse@springfield-nj.us.

Springfield Free Public Library

66 Mountain Avenue, Springfield
973-376-4930

Check Library website for
MGG schedule: www.sfplnj.org

----- REGULAR LIBRARY HOURS -----

Monday, Wednesday & Thursday

10:00 am – 9:00 pm

Tuesday, Friday, Saturday

10:00 am – 5:00 pm

Sunday 1:00 pm – 4:00 pm

The Library will be closed on Monday, February
18th observance of the Presidents' Day.

CHILDREN'S PROGRAMS

Lego Day: Saturdays in February. Drop in.

Mother Goose Group at 10:30 on selected days:

Babies, toddlers and preschoolers with a caregiver.

Tuesday February 12, Friday February 15, Saturday

February 16, Wednesday February 20, Friday

February 22, Tuesday February 26,

Friday February 28.

Bedtime Story at 6:00 PM: Wednesday February 20.

Pre-K Power: Mondays at 4:15 pm.

Family Craft: Thursday February 14, Thursday

February 21, Wednesday February 27.

TEEN PROGRAMS

Creative Writing Club

Thursday February 14, & 21 at 3:00pm.

Open to Grades 7-9. We meet roughly 3 times a month
on Mondays and/or Thursdays for 1 hour. Members are
expected to complete assignments outside of club meet-
ings, during their own time.

No-Sew Heart Pillow

Wednesday, February 20 at 3:00pm

Grades 6-9 are invited to make no-sew heart pillows.
Registration is required with Ms. Alice, the Teen
Librarian, and space is limited to 6 participants.

Black History Month Family Feud

Thursday, February 21 at 3:30pm

Grades 5-8 are invited to join us for a brief presentation
celebrating African American figures, followed by a game
of Family-Feud! Registration recommended, though not
mandatory, with Ms. Alice, the Teen Librarian.

SPECIAL EVENTS

Every Wednesday through April 10

FREE AARP Tax Assistance Program –

BY APPOINTMENT ONLY 9:00 am – 3:00 pm

February 14 through March 29

Johnathan Dayton High School

students art exhibit.

Sundays February 17 and March 3rd

Saturday March 9, 2:00 pm

Yoga for beginners.

Sunday February 24, 2:00 pm

50th celebration of the opening of the library

current building with Odessa Klezmer Band

concert to follow at 3:30 pm.

Wednesday, February 27, 7:00 pm

Black Entrepreneurs:

Lecture in celebration of the Black History Month.

Thursday, February 28, 7:00 pm

“Women in Transition: Insight on Divorce, Trust
and Estate issues – presented by the panel of

professional women including legal, financial
and real estate professionals.

Sunday, March 10, 2:00 pm

“Tales Well Told: Women Breaking Loose” – read-
ing of two stories: “A Pair of Silk Stockings” &
“Representing T. A. Buck” performed by Michele
LaRue.

DISCUSSIONS and WRITING

Thursday, February 21, 10:00 am

Great Books: “A Book of Esther & Ruth” –

The Bible.

Thursdays, February 28 & March 14 - 10:00 am

Memoir Writing Group.

Thursday, March 7, 7:00 pm

Really Good Book discussion:

“Behold the Dreamers: a Novel” by Imbolo Mbue.

Every second & fourth Tuesday, 1:00 pm

Next Chapter Book Club – book club for adults

with developmental disabilities.

with developmental disabilities.

FILMS

Monday, February 25, 1:00 pm

Lunchtime Film: “Eighth Grade” (2018).

Monday, March 11, 1:00 pm

Lunchtime Film: “The Death of Stalin” (2017).

Starring Steve Buscemi & Jeffrey Tambor.

HOBBIES AND INFORMATION

Every Monday at 7:00 pm

Scrabble - Bring a friend or meet new opponents!

Every Monday, 6:15 pm to 8:00 pm Canasta Club.

Every Tuesday Afternoon Mahjong Club.

1:30 pm to 4:00 pm.

Every Wednesday, 6:00 pm to 8:45 pm Bridge

Club.

Every Wednesday, 6:45 pm to 8:45 pm Evening

Mahjong Club.

Every Thursday at 7:00 pm Chess Club.

INSTRUCTION

Every Monday from 7:00 pm to 8:30 pm

Drop-in Technical Help (Nooks, Kindles, Androids,
iPads, iPhones and more), no appointment necessary.

Every Thursday, 10:30 am – 12:00 pm One-to-One

Computer Training BY APPOINTMENT

CHILDREN'S AND YOUNG ADULT BOOK SALE SPONSORED BY SPRINGFIELD LIBRARY FRIENDS MARCH 28-30, 2019

The Friends of the Springfield Free Public Library will hold
their Children's and Young Adult Book Sale Thursday -
Saturday, March 28 – 30, 2019, 10 am-4 pm in the Meeting
Room at the Springfield Free Public Library, 66 Mountain
Ave. in Springfield.

The Sale will also include a selection of Watches and
Costume Jewelry.

Donations for the sale are being accepted NOW at the
Library. Before donating any items, please ask yourself:
Are the items soiled? Are they damaged? Have the books
been stored in a damp area? Are the books out of date? If
the answer is yes to any of these questions, please DO NOT
DONATE THEM. They are not saleable. All donations
should be clean and in good condition. The sale will
include Children's and YA books (Hardcover and Paper-
back), Educational Games/Toys, Adult Paperbacks, and

DVD's for all ages. No Hardcover Adult books, text
books, or encyclopedias please. The Friends also accept
donations of recent (last 3 months) popular magazines.

Donations may be brought to the library's Circulation
Desk. Donations of all the above items are accepted at the
Library year round.

Please note that the Friends Full Vintage Jewelry Sale
will be held in October.

All proceeds benefit the Springfield Free Public Library.

SPRINGFIELD LIBRARY TO PRESENT PANEL DISCUSSION IN SUPPORT OF WOMEN IN TRANSITION

The Springfield Free Public Library will present an event
geared toward women in transition on Thursday February
28, 2019 at 7pm. This event will provide insight on divorce,
trust and estate issues, financial planning as well as provide
some tips for listing your home for sale. The panel of
professional women will include legal, financial and real
estate professionals.

Elizabeth Foster-Fernandez ("Liz") is a partner with
Eveland & Foster, LLC, a boutique family law firm
specializing in all matters related to and surrounding
divorce including, but not limited to, custody and parenting
time issues, alimony and child support, division of assets,
as well as both premarital and post-nuptial agreements. Liz
has practiced exclusively in the area of family law since
2008 when she clerked for the lead dissolution judge in the
Essex County Vicinage, the Honorable James B. Convery,
J.S.C. (Ret.). She focuses her practice on helping her clients
achieve a resolution that enables them to move forward
with the next chapter of their life.

Jessica Brendell is a Wealth Management Advisor with
Schneider Financial, a comprehensive financial services
firm providing wealth management, tax advisory and
accounting services located in Parsippany NJ. Jessica holds
a FINRA Series 7 and Series 66 securities registration with
Commonwealth Financial Network®. Jessica brings her
Wall Street experience to individuals and businesses and
has a passion for helping and empowering women to
financial success.

Janet Gelber brings over 10 years of marketing and
advertising experience to her real estate career, formally
working as an account manager for various media
networks. Growing up in a family of real estate profes-
sionals, she has had an interest in all things real estate. A native
of New Jersey, she has an in-depth knowledge numerous
neighborhoods in the state. As a designated home stager,
Janet uses her expertise to help sellers prepare and enhance
their home for the marketplace and helps buyers see the
potential of every property.

This program is free and open to all members of the
general public. More information about the library can be
found at www.springfieldpubliclibrary.com.

PINEWOOD DERBY

SEE STORY ON PAGE 14 AND PHOTO ON PAGE 8



ANNUAL PINK ZONE BASKETBALL CLINIC AND FUNDRAISER A HUGE SUCCESS



Clinic leaders and participants.



From Moravian College (l-r): Matt Nesto, Assistant Director of Annual Giving; Mary Beth Spirk, Director of Athletics & Recreation/Head Women's Basketball Coach; Sara Steinman, Director of Student Involvement.



(l-r): Dan Hesse, Recreation Program Coordinator; Glenn Wohl, former President, Springfield Basketball Association; Bill Santangelo and Kyle Casey, Recreation Department basketball coaches; and Lawrence Dvorchik, former Vice President, Springfield Basketball Association.

Sunday, February 3rd, the Springfield Recreation Department and the Springfield Basketball Association co-sponsored the Pink Zone fundraiser at Jonathan Dayton High School. The annual youth basketball clinic was led by coaches and players from Moravian College and Jonathan Dayton High School. The event raised thousands of dollars to support breast cancer research and awareness for the Kay Yow WBCA Cancer Fund. Children participated in dribbling and shooting drills, and learned competitive game skills. The event received support from ShopRite of Springfield, Springfield Orthodontics, Andrew H. Graulich, Attorney At Law, Smilow Family Dentistry, Springfield F.M.B.A. Local #57, Primo Hoagies, McNany Charitable Foundation, Capital Motor Cars, and Glendale Pizzeria and Ristorante.

CUB SCOUT PACK 73 HOST ANNUAL PINEWOOD DERBY AT CHISHOLM COMMUNITY CENTER *By Jesse Broome*

CONTINUED FROM FRONT PAGE

Cub Scout Pack 73 Pinewood Derby event may have been absent of gas-powered engines, but there was no shortage of “smile power” from the Scouts and their families last Sunday afternoon.

On January 27, 2018, Cub Scouts gathered at the Chisholm Community Center to showcase and race their five-ounce creations. For those unfamiliar with the Pinewood Derby, Scouts are tasked with building their cars from kits that include pine wood, plastic wheels, and axles. The result is one of the most-spirited gatherings of the year. Not only did the Scouts have the opportunity to race their cars head-to-head against their peers, but they also had the chance to vote for the “Most Futuristic” and “Most Colorful” cars.

Carl Casertano, Scout Leader for Pack 73, was proud of the success of the event and the growth of his group. Of Pack 73, Casertano said, “We work hard as a committee to deliver great programs to our Scouts. We plan camping trips, water balloon battles, rock wall climbing, and overnights. Anything fun is what we do! This year, we raised money by selling popcorn and used the funds to make upgrades to our Pinewood Derby track.”

Pack 73 has a dedicated Pack Committee, who were all in attendance. Larry Molinelli, Ron Labau, Mike Ostrom, Pat Hart, Marc Weissberg, Bill Morley, Matt Hohmann all contributed their time and effort to the ensure a smooth event. Additions to the track included electronic tracking for speed, which was able to gauge speeds upwards of 180 mph. Winners for the 2019 Pinewood Derby were:

- 1st Place – Liam Morley (Tiger Scout)
- 2nd Place – Reid Weissberg (Tiger Scout)
- 3rd Place – Nicholas Duarte (Wolf Scout)

Casertano hopes that the pack will continue to drive members with more fun outings like the derby. “We are a real ‘Family Pack’ with 40 Scouts. We are gladly accepting girls into the program as well, with three registered to date.” If you are interested in learning more about Pack 73 in Springfield, reach out to info@pack73nj.com.



COORDINATOR'S CORNER

Scott Seidel,

Emergency Management Coordinator
oemcoordinator@springfield-nj.us

BE PREPARED FOR THE COLD!

FirstEnergy Utilities (JCP&L) Offer Tips to Stay Safe and Save Energy During Extreme Cold :

As frigid weather impacts the region, FirstEnergy Corp. (NYSE: FE) utilities remind customers of steps they can take to stay safe and better manage energy bills that may climb as a result of the cold weather. Based on current forecasts, all of FirstEnergy's six-state footprint will be affected by the cold snap, with sub-zero temperatures and snow likely to arrive later today.

Company line workers also will be ready to assist should the arctic conditions cause any customers to lose power. A video playlist of utility personnel discussing winter power restoration activities is available on YouTube.

“Our electric system is designed and maintained to operate safely and effectively on extremely cold days that create high demand for electricity,” said Samuel Belcher, senior vice president of FirstEnergy and president of FirstEnergy Utilities. “In addition, our line crews are trained to safely make repairs in all weather conditions in the event a power outage occurs.”

Customers should review important winter safety information and prepare in case weather-related outages do occur. Frigid temperatures also can increase energy bills for those who use electric heat sources, such as space heaters, heat pumps and electric furnaces.

Safety Tips:

- Heating appliances, such as space heaters and electric blankets, should never be left unattended or used while sleeping.
- Never fold an electric blanket while it is in use. This can damage wires inside of the blanket, causing it to overheat or spark.
- Only use space heaters designed for indoor use. Keep all heat sources at least three feet away from curtains, carpet or furniture that could catch on fire.
- Never use a gas stove, charcoal grill or lantern intended for outdoor use inside your home because it could lead to a buildup of deadly carbon monoxide gas.
- When operating a portable generator, place it outside of your home and far

away from windows, doors and vents. Never use a generator inside your home!

- Keep electronic devices, such as cell phones, laptops and tablet computers, fully charged to be ready for an emergency.
- Have a flashlight, portable radio and extra batteries handy in the event a power outage occurs.

Energy-Saving Tips:

- Make sure your home is properly insulated to help reduce heat loss. Inspect doors and windows and apply caulk or weather stripping where necessary to keep cold air out. Close drapes, blinds and garage doors to retain heat.
- Keep your thermostat at a temperature where you feel comfortable. Each degree lower has the potential to save about 2 percent on your heating bill. Install a programmable thermostat and it will do the work for you.
- Schedule an annual furnace inspection and tune-up by a qualified and experienced HVAC professional.
- Clean or replace the furnace filter to improve efficiency.
- Keep furniture and drapes from blocking heat registers and return vents to ensure heat can get into the room.
- Close the vents in rooms that are not being used.
- Avoid frozen pipes by opening faucets and maintaining a constant drip, or wrap pipes in insulation or layers of newspapers.

Customer Communications Options:

If winter weather does cause an outage, customers who are without power should call 1-888-LIGHTSS (1-888-544-4877) to report their outage or click the “Report Outage” link on www.firstenergycorp.com.

Customers should never go near a downed power line, even if they think it is no longer carrying electricity. Extra caution should be used in areas where downed lines are tangled in trees or other debris. Motorists are cautioned to treat intersections with inoperable traffic signals as four-way stops.

FirstEnergy customers also can subscribe to email and text message alert notifications to receive weather alerts in advance of major storms, and updates on scheduled or extended power outages. Customers can also use two-way text messaging to report outages, request updates on restoration efforts, and make other inquiries about their electric accounts. More information about these communications tools is available online at www.firstenergycorp.com/connect.

FirstEnergy is dedicated to safety, reliability and operational excellence. Its 10 electric distribution companies form one of the nation's largest investor-owned electric systems, serving customers in Ohio, Pennsylvania, New Jersey, West Virginia, Maryland and New York. The company's transmission subsidiaries operate more than 24,000 miles.



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**TEMPLE SHA'AREY SHALOM,
SPRINGFIELD, HOSTS CARYN
MIRRIAM-GOLDBERG,
AUTHOR OF MIRIAM'S WELL:
A MODERN DAY EXODUS**



On Friday evening, March 29 following services at 8:00 pm, Temple Sha'arey Shalom, 78 South Springfield Avenue, Springfield, will host New Jersey native and former Kansas Poet Laureate Caryn Mirriam-Goldberg, who will read from and discuss her new novel, *Miriam's Well: A Modern Day Exodus*, about finding our purpose, place, and people. The novel speaks to the role of Midrash in our lives, telling the story of a modern-day Miriam who, while seeking her own promised land, discovers how to turn the chaos and despair of our times into music, meals, and miracles. In addition to a reading from the novel, Caryn will talk about Midrash, finding new meaning in our most sacred stories, and what she sees in the story of the Exodus about how we can cultivate more of the promised land in our lives.

Miriam-Goldberg is the author of over 20 books of poetry, fiction, and memoir. Founder of Transformative Language Arts at Goddard College, where she teaches, she leads writing workshops and presents talks and readings widely.

More at <http://carynmirriamgoldberg.com/>
Admission is free. For more information, please call the temple at (973) 379-5387.

**TECHNOLOGY TO ASSIST THOSE
WITH LEARNING DIFFERENCES NOW
AVAILABLE AT THE SPRINGFIELD LIBRARY**

The Springfield Free Public Library now has available a variety of different devices which may prove helpful to people with a wide range of learning differences. Two iPads that are loaded with a variety of apps may be checked out for a two week period to adult residents of Springfield who hold a library card and are in good standing. In addition to built-in features on the iPads that include dictation capability, voice over, assistive touch, and a variety of display accommodations, among the 32 apps that have been loaded onto the iPads are the following: Flashcards Deluxe, a study aid; Learning Ally Link, the world's largest collection of audio books; Snap Type Pro, an app that easily converts a print worksheet page into a machine writable document; Hang Art, a visual learning tool, Notability, an aid for taking and organizing notes; MyScript Calculator, a math tool for users with dysgraphia; Panther Math Paper and ModmathPro, tools which work as virtual graph paper; and Math Learning Center, a math focused app bundle.

All of the above items were donated to the library by Springfield resident and Jonathan Dayton High School student Caitlynn McTernan as part of her Girl Scout Gold Award project.

Springfield Library patrons wishing to check out one of the iPads or use one or more of the non-tech devices in the library should inquire at the circulation desk. Full article posted on Springfieldpatriot.com.

SPRINGFIELD AUXILIARY POLICE

CONTINUED FROM PAGE 8

A substantial amount of hours was performed on the Fourth of July. On the Fourth, everyone would like to be with their families, but for the Auxiliary Police as well as the many other Emergency Management and CERT Volunteers, it means spending time away from their families to make sure the Township runs a safe and secure event. In 2018 the Unit worked 815 hours at special events and special details, 458 hours at emergencies, 9 hours in court and 508 hours of patrol. The annual requirement is 96 hours per year and most members surpassed that bench mark in 2018, according to OEM Coordinator Scott Seidel. Scott Seidel then presented The Chief Harold Liebeskind Auxiliary Officer of the Year presentation. Deputy Coordinator Schultz commented, "This award is presented to an officer who stands out among his peers in his performance and is not necessarily given for the officer with the most amount of hours worked, although in 2018, the Officer of the Year fulfills both categories. This year's recipient for 2018 is Officer Frank Applegate, who is the first officer to achieve this award for three consecutive years". He performed 250 hours of duty hours in 2018." Upon receiving the award, Applegate commented, "I enjoy working with the members of emergency management and helping the town".

A second presentation was made to Township Treasurer & CFO, Michael Quick who is retiring in April. Mr. Quick was presented with a plaque by Emergency Management for all his help in the last 10 1/2 years assisting OEM in navigating the sometimes complex municipal purchasing process.

A third and final surprise presentation was made by the Emergency Management organization to OEM Coordinator Scott Seidel for his service to Emergency Management and the Township. Seidel, who was surprised at the presentation commented: "We are very fortunate to have such a dedicated and skilled team of volunteers, it has always been my pleasure, and an honor, to work with each and every one one them."

**SIDEWALKS
CLOSED ON
SECTIONS OF
CALDWELL PLACE
AND CENTER ST.**

The sidewalks will be closed in sections of Caldwell Place and also on Center St.

A temporary construction barrier has been built, closing down these sidewalks for safety. Please refer to the diagram above showing the crosswalks, closed sidewalk sections, and the safe detour routes for pedestrians. The sidewalk on Morris Avenue in this area will have a small path that will be accessible for pedestrians.

HEART HEALTH MONTH

How Can I Reduce High Blood Pressure?

By treating high blood pressure, you can help reduce your risk for a stroke, heart attack, heart failure or kidney failure.



Public Health
Prevent. Promote. Protect.

Here are steps you can take now:

- Reach and maintain a healthy weight.
- Eat a heart-healthy diet that is rich in vegetables, fruits, and whole grains and includes low-fat dairy products, poultry, fish, legumes (beans and peas), nontropical vegetable oils and nuts; and limits intake of sodium, sweets, sugar sweetened beverages and red meats. Choose foods rich in potassium.
- Be more physically active.
- Don't smoke and avoid second-hand smoke.
- Limit alcohol to no more than one drink per day for women or two drinks a day for men.
- Take medicine the way your doctor tells you.
- Know what your blood pressure should be and work to keep it at that level.

Heart disease is the #1 leading cause of death in the United States, meaning one in every four deaths in the country.

High Blood Pressure and Cholesterol Reduction are 2 ways to have a Healthy Heart.

Many people have high blood pressure without knowing it. Once you know about your condition, though, you can reduce your risk and live a healthy life. It takes proper treatment and some changes in your lifestyle. But it's worth it!

AWARENESS SAVES LIVES!

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