

The Westfield Board Of Health Reports On Annual Reorganization

Two new members, Sharon Dorry, RN, and Denise Rizzolo, PhD, PA, and one new alternate member, Steven Gorelick, PhD, were appointed by the Mayor with approval of Town Council. Bill Diamantopoulos, MD, Andrea Fleisch Marcus, PhD, Thomas O'Neill and David Weinman, DMD, continue to serve as members.

The board elected me as president and Elizabeth Talmont, MSN, ANP, vice-president. We also thanked Neil Snitow, Andrew Kirna and Sherl Brand, RN, who served on the board last year.

In 2018, Westfield residents had 212 newborn babies, 12 or 5 percent fewer than last year. There were 70 marriages among residents, about the same as in 2017, and two remarriages. Another 48 marriages occurred in town among non-residents.

Two hundred residents died, an increase of 20 or 11 percent.

Seventeen residents were reported with Lyme disease in 2018, making it one of the most common reportable communicable diseases in town; we will address Lyme disease in the near future. Six residents were reported with pertussis (whooping cough), five with hepatitis B and two with chickenpox. No residents had measles, mumps, rubella (German measles), diphtheria or tetanus.

The Westfield Regional Health Department will vigorously continue its childhood and adult vaccination programs. Four public schools were audited in December and all had 100 percent compliance with vaccination program requirements.

Last year, 25 residents had bacterial infections that are often foodborne, such as campylobacter, coliform, salmonella and shigella. The board discussed the importance of and need for continued vigilance concerning restaurant inspections. In December, eight retail food establishments were inspected and one was issued summonses for numerous violations.

In 2018, the Board had eight court cases. Most concerned retail food establishments and one case concerned tobacco sales to minors. In each, the health department's actions were upheld by the court, resulting in fines of \$3,150. One case involved stagnant water on private property, which supports mosquito breeding; it was upheld by the court. The same case involved lack of sanitation service, which was dismissed as part of a plea bargain that required initiating garbage pick-up services, which are required for all households and businesses in town.

The board approved new fees for retail food establishments. The new rates, some of which are lower, are based on the potential health risk of the establishment, as defined by the state sanitary code. This replaces the fees based on the establishment's size and better reflects the health department's expected work concerning each establishment.

The board also supported designating January 23 as Maternal Health Awareness Day.

Since winter is coming, the board recommends that residents should be prepared for the next severe weather emergency. Make or restock your disaster supply kit with at least a three days supply: 1) water, 1 gallon per person per day; 2) non-perishable food; 3) medications; and 4) flashlight and radio, with batteries. Also, please have a plan to aid family members, take care of pets, and safely shut off utilities.

Please have your heating system checked and have a functioning battery-operated carbon monoxide alarm in your home. If you use a portable generator, plan to locate it in a well-ventilated space away from your house. Such generators release carbon monoxide that can initially cause headache, nausea and dizziness and can be deadly.

The health department is sponsoring free cervical cancer education and body mass and glucose screenings with Overlook Medical Center on January 17 and 21 and February 6 and 7. For more information, please contact Raul Cadavid at (908) 522-2842.

Information about all of the department's activities is available at www.westfieldnj.gov/health. The complete minutes of the January 7 meeting will be posted after review and approval at our February 4 meeting, which starts at 5:30 p.m. in the municipal building. At that meeting, we will discuss our goals for 2019. As always, the public is invited to attend.

Lawrence Budnick, MD, MPH
President, Westfield Board of Health

Letters to the Editor

Y's Men Club Thanks All For Christmas Tree Charity Since 1947

The Westfield Area Y Men's Club would like to thank customers and volunteers that supported our annual Christmas Tree Sale fundraiser. As always the net proceeds will be donated to local charities, non-profits and youth oriented organizations.

Since 1947 this annual community-wide event has generated funds for many worthwhile causes in Westfield and surrounding towns and has enabled a great fellowship of club members. We should acknowledge that our tree growers in North Carolina experienced shortages this year and effected the quality of some trees. Nevertheless, we will once again be able to donate roughly \$40,000 to

local charities and non-profits this year.

If you have an interest in giving back to the community and becoming part of this fun yet hard working club, message us through Facebook (Westfield Area Y's Men Christmas Tree Sale) or visit https://www.westfieldnj.org/get-involved/community-partners/ys-mens-club/ so that we can invite you to our next dinner meeting.

Thanks again for your continued support to our club and local charities. We look forward to seeing you back again next year.

Bill West
Westfield Area Y Men's Club

Government Shutdown, Travel Delays and Missed Flights

Travelers are asking is "What coverage do I have if I'm delayed by long TSA lines caused by the government shutdown that results in not getting through the lines to get to my flight?"

The bottom line is that travel insurance probably won't provide much help for missed flights or delays due to long TSA lines. Why? Because coverages that are designed to insure the value of your trip, such as trip cancellation/interruption, travel delays and missed connections, are named "peril coverages," and long lines are not considered perilous.

"Named peril" is an insurance term which means that only those specific

reasons listed in the policy are covered. Most plans will cover delays or missed connections due to "inclement weather," causing common carrier delays, or, in some plans, "mechanical breakdown or strike." However, no plan covers delays or missed connections due to TSA delays.

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Will America Be Or Not To Be, That Is The Question

Will America be or will it cease to exist? The following is a narrative to each end. Before I get to the crisis that are facing us in America today, it is best to go back in time in America where we were a button away from obliteration (end of state of being).

It was the turbulent sixties; change was occurring at the speed of light, family values and traditions were being torn asunder. Dr. Timothy Leary introduced America to LSD also known as acid; the drug culture took a firm hold.

There were race riots throughout our nation from New York to Chicago to

Los Angeles. So many lives were lost. Our country was at the brink of war. Russia had nuclear missiles in Cuba. President Kennedy blockaded the island, if the Soviets did not back down, a nuclear Armageddon was eminent.

Our nation was divided on the Vietnam War. Millions of our college youth throughout the United States were demanding an end to the war. These protests were punctuated at Kent State University when National Guard troops fired upon and killed several student protesters. It was over 100 years since an American Military fired upon another American. At the end of the Vietnam War, American soldiers returning were spat upon and branded baby killers. They were shunned by their employers, friends and in some cases, their families.

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It was said by George Santayana, considered an American man of letters, "Those who cannot remember the past are condemned to repeat it."

So here we are today, nearly 60 years later. Our nation is coming apart at the seams. Our American people are drowning in the waters of hate and bigotry. The bigotry is even dissecting the national women's movement where the Jewish American women are being shunned by the movement and they are being called slave owners because they are Jews.

In closing to all my fellow Americans, we must pursue peace and cool heads to guide this country in the direction of brotherhood, understanding and trust. For if we don't, the chilling prediction by a young Mr. Lincoln will come to fruition. It is as follows.

Over 130 years ago, a young Mr. Lincoln addressing a group in the State House, stated the following -

Shall we expect some transatlantic military giant to step the ocean and crush us with a blow? Never! All the armies of Europe, Asia and Africa combined with Bonaparte for a commander could not by force take a drink from the Ohio. At what point then is the approach of danger to be expected? I answer that if it ever reaches us, it must spring up from among us, it cannot come from abroad. If destruction be our lot, then we ourselves must be the authors and the finisher of it. As a nation of free men we must live throughout all times or die by suicide.

Walter Sosnosky
Kenilworth



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