

Summary of Westfield Parking Rules in Downtown

From the Town Brochure:
Permit parking spots are available to resident commuters, business owners and employees. Permit Notes: Prorated rates based on month purchased; Waiting list for permits; Contact Office of Parking Services at 789-4044 for details.

Commuter Permit Parking: Southside Train Station (Lot #3) for \$576 annually and \$360 semi-annually; Watterson Street (Lot #6) for \$360 annually and \$180 semi-annually.

Employee Permit Parking: North and Central Avenues (Lot #9) for \$576 annually and \$360 semi-annually.

Residential Parking Permits: Certain Westfield streets are designated as "Residential Permit Parking Zones." These streets are marked with signs that restrict general parking. Residents who do not have off-street parking must display special permits to park their cars on these streets. There is a \$10 annual fee (January-December). Nite Owl permits (downtown overnight parking) in Lot #4 are \$120 annually and \$60 semi-annually.

There is 10 minutes of free parking with the push of a button at on-street meters. Metered parking is available for up to two hours on-street, nine-hours on-street, four hours in parking lots and nine hours in parking lots. Parking meter enforcement is from 9 a.m. to 7 p.m. Monday through Saturday with the exception of the 12-hour Lots #3 and #6. The parking enforcement hours of Lots #3 and #6 are from 5 a.m. to 5 p.m. Meter feeding beyond the available time is prohibited at all meters. Parking pay stations accept coins, dollar bills, parking cards and tokens. Parking meters accept coins, parking cards and tokens. Each 50¢ token provides one-hour of parking. Refillable parking cards may be purchased from \$20 to \$200 at the Office of Parking Services, 425 East Broad Street.

Visitors may park up to four hours (9 a.m. to 7 p.m.) at the following multi-space pay stations: Lot #1 (off Prospect St.); Lot #2 (North Side Train Station); Lot #4 (off Elm St. or Mountain Ave.); Lot #5 (off Central Ave. or Elmer St.); Lot #7 (across from Post Office).

Visitors may park up to nine hours (9 a.m. to 7 p.m.) at the following multi-space pay stations: Lot #1 (off Prospect Street) in yellow numbers; Lot #4 (off Elm St. or Mountain Ave.) in yellow numbers; Orchard Street, Ferris Place, Elm St. between Walnut and Orchard; (Meters accept quarters only).

Visitors may park up to 12 hours (5 a.m. to 5 p.m.) at the following multi-space pay stations: Lot #3 (South Avenue); Lot #6 (Watterson St.).

Adding time to pay stations: You may add time to your parking space from any pay station in town. Follow instructions on the pay station.

Daily Parking Permits: Daily parking permits are available on a first-come first-serve basis in Lot #3 for \$5 per day. The parking services officer arrives at 7 a.m. and leaves when the available daily permits are sold.

Loading Zones: Loading Zones are located on Prospect St., Quimby St., Elm Street, Central Avenue, and East Broad St.

Free Parking Options: Free parking in permit spaces after 12 p.m. in Lot #3 (South Avenue Train lot) and Lot #6 based on availability; Free

parking is available on Saturdays in Lots #6, #9, and Lot #3 at non-numbered, non-metered permit spots. Employees are encouraged to use the Permit Lots on Saturdays and Sundays. Parking is free in all spaces on Sundays.

Assistance and information: Office of Parking Services; (908) 789-4044; parking@wpdnj.org; Office Hours: Monday through Friday 8:30 a.m. to 4:30 p.m.; Thursday 8:30 a.m. to 8:30 p.m.; Saturday 10 a.m. to 2 p.m.

The Breakdown of Parking Spaces in Lots:

Lot #1: 62 (four hour spaces); 61 (nine hour spaces).

Lot #2: 71 (four hour spaces).

Lot #3: 22 (two hour spaces); 70 (12 hour spaces); 460 permit spaces.

Lot #4: 71 (four hour spaces); 71 (nine hour spaces).

Lot #5: 111 (four hour spaces).

Lot #6: 104 commuter permit spaces.

Lot #7: 79 (four hour spaces)

Lot #8: 85 Downtown business owner and employee permit spaces.

Lot #9: 189 Downtown business owner and employee permit spaces

Note: Four and nine hour parking spaces in pay station parking lots have been differentiated by white and yellow numbers respectively.

Frequently asked questions:

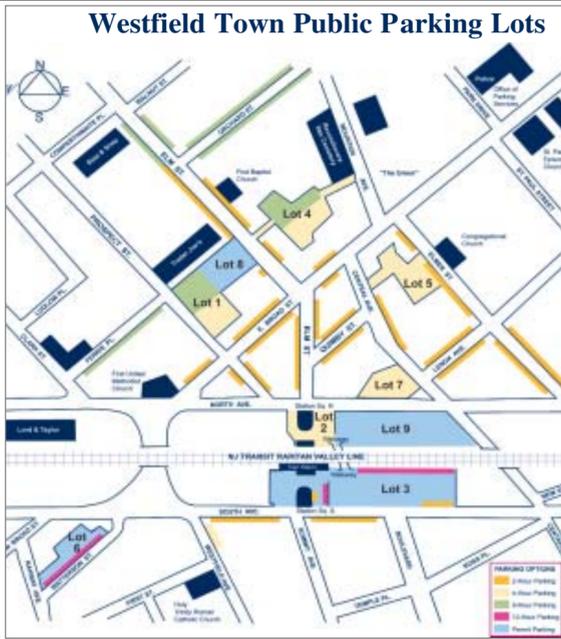
Does the Town offer free parking?: The Town of Westfield always offers free parking in all spaces on Sundays. There is free parking in permit spaces after 12 p.m. in Lot 3 (South Avenue Train Station Lot) and Lot 6 based on availability. Free parking is also available on Saturdays in Lots 6, 9 and lot 3 at non-numbered, non-metered permit spots. Employees are encouraged to use the permit lots on Saturdays and Sundays.

How do I get a parking permit? There are currently numerous municipal lots around town, which require permits to park. Parking in these permit only lots without a permit is a violation and chances are you will be issued a summons. The new reduced fee for permit parking in Lots 3, 8 and 9 is \$48 per month payable in one annual installment. Semi-annual permits for these lots can be purchased for \$360. There is a waiting list for commuter permits. If you are interested in purchasing a parking permit or have questions about the waiting list, you should contact Westfield's Parking Services Department located in the Police Department at (908) 789-4044.

I received a traffic summons/parking ticket. What do I do? If you have specific question regarding your ticket or summons, you may call the Violations Bureau at 908-789-4060.

What are the hours for parking meters and pay stations? Parking meters are available on street and pay stations are available at various lots throughout town. The cost for meter/parking is 25¢ per 1/2 hour. Parking meter enforcement is from 9 a.m. to 7 p.m. Monday through Saturday with the exception of the 12 hour lots 3 & 6. Parking enforcement for lots 3 & 6 are from 5 a.m. to 5 p.m. Parking pay stations accept coins, dollar bills, tokens and parking cards. Parking meters accept coins, tokens and parking cards. Each token provides one-hour of parking. Refillable parking cards may be purchased from \$20 to \$200 at the Office of Parking Services. Please note that you should always defer to the particular lot and meter/pay station for rates and times as the parking restrictions for each space may be different.

Editor's Note: This information is available online as a brochure at westfieldtoday.com and goleader.com/features. This information is not published on the town website, westfieldnj.gov. Check with the parking department for any changes to these rules, which may occur in the future.



New Law Signed for State Performance Review Audits

TRENTON — Legislation co-sponsored by State Senator Tom Kean, Jr., Assemblyman Eric Munoz and Assemblyman Jon Bramnick (all LD-21, Westfield), that authorizes the state auditor to conduct performance review audits, on top of the financial audits it already conducts, was recently signed into law.

"Government inefficiency and program ineffectiveness has been a root cause for people's dissatisfaction with all levels of government," stated Senator Kean. "This legislation will ensure that taxpayer dollars are being spent prudently and efficiently and that the various state programs are producing cost-effective results."

A performance review audit is an objective examination that addresses the effectiveness of a state program and measures the extent to which a program is achieving its goals and objectives with the allotted amount of resources. Findings from a performance audit can also indicate situations that should be examined by law enforcement officials, the legislators said in a press release issued Monday.

"The fact that this legislation was passed unanimously by the legislature and quickly signed into law reflects the need for these types of audits," said Assemblyman Munoz. "It is crucial that New Jersey residents have access to adequate state programs while minimizing costs to taxpayers."

The law allows for a performance review audit to be conducted on the initiative of the state auditor, the Legislative Services Commission, the assembly speaker, or the senate president. The law also requires the State Auditor to report the results of the performance audit directly to the governor and the legislature.

"We must be vigilant in assessing state programs to insure accountability, find savings, and determine the effectiveness of current services," Asm. Bramnick said. "This legislation is a step in the right direction in reining in New Jersey state spending."

Massage Therapy Reduces Stress, Pain

By FRED LECOMTE
Specially Written for The Westfield Leader and The Times

Most Americans are aware that medical massage therapy is sometimes defined as medically necessary massage. The focus generally is to help individuals who suffer from an array of health issues, including stress, chronic headaches, rotator cuff injuries, soft-tissue injuries, muscle spasms, reduce blood pressure and neuromuscular conditions, which I have suffered with for several years, to mention just a few.

One evening, while dining at a local restaurant in Westfield, I heard of a certified massage therapist who is proficient in Oriental and Medical Massage, so I decided to investigate it and give it a shot.

He first asked if there were any conditions present that would rule out having this massage due to other health issues. The massage session took place on comfortable, padded massage table in a peaceful environment at the office in the Central Square Mall on Central Avenue in Westfield and lasted 30 minutes.

I experienced a massage of the specific area that required attention while it reduced my pain and tightness. Relaxation also deepened as the chronic patterns of pain and stress in my body were released.

It's not an overnight or a get well quick treatment. The medical massage that addresses my chronic muscular tension condition and recovery from soft tissue injury will require patience and the necessary sessions that allow for medical massage therapy to bring about the desired results. I'm glad I did and so could you.

People Forget Emergency Plans During Good Times

By RACHEL LEOPOLD
Specially Written for The Westfield Leader

WESTFIELD — Robert Sherr, health officer for the Westfield Regional Health Department, recently spoke with *The Westfield Leader/Scotch Plains-Fanwood Times* about emergency procedures and preparedness in surrounding towns.

The Westfield Regional Health Department, one of nine health departments in Union County, provides public health and environmental services to Westfield, Fanwood, Garwood, Mountainside, New Providence, Roselle Park, Springfield and Summit. Westfield is the provider town, and all other contracting towns purchase public health services based on their needs. Services include nursing, child health clinics, care for chronic illnesses and communicable diseases and inspection of retail food establishments, pools and daycare centers.

According to Mr. Sherr, the health department's role in the event of an emergency differs with each situation. In an actual public health emergency, such as a pandemic event, the Regional Health Department would act as a lead agency, trying to contain the illness and make any necessary medicines or vaccines available to hospital workers and community residents.

Should a natural disaster, such as a flood or hurricane, occur, "[the health department] may be called in to provide assistance and make sure all the retail food establishments are up and running...and get basic supplies out to residents," said Mr. Sherr. The department would also provide assistance with an emergency like a restaurant fire.

Mr. Sherr said anyone could make the Regional Health Department aware of an emergency; residents usually contact the police department first, which relays the message.

Another way the department is notified of emergencies is through the Union County LINCS agency, the Local Information Network and Communication System, which, said Mr. Sherr, "processes health alerts from the federal and state government...to the vari-

ous local health departments."

When asked about public awareness of emergency procedures, Mr. Sherr said, "For the most part, there's information out there for the public to tap into," including the Westfield Regional Health Department's website, westfieldnj.gov/health, unioncountynj.org, state.nj.us and cdc.gov.

Sherr stressed that people need to develop home plans for emergencies, which includes having adequate food and water supplies and a way of contacting each other that is not completely dependent on home or cell phone lines, as they sometimes go down in emergencies.

Mr. Sherr said, "A lot of people, when everything is going good and there's no emergency, take things for granted...that's something public officials overall have to constantly bring up to people, to keep checking their home plans."

Each municipality has a local emergency planning committee that reviews emergency procedures and is tested and drilled on an annual basis. In Westfield, the Emergency Management Coordinator for the committee is Fire Chief Dan Kelly.

According to Mr. Sherr, "[Westfield's] health department has changed a lot over the last few years. We've really gotten very involved in trying to take protective measure for chemical and biological attacks and even for natural illnesses that may come about in the form of a pandemic event." The department has "established a mechanism to keep in touch with all the hospitals and main medical providers" so it can report communicable diseases that may be of concern.

Sherr also noted that there is not enough public health force in New Jersey and Union County; volunteers who often have special backgrounds in nursing, pharmacy and medicine supplement the staff.

Editor's Note: This 15-minute interview with Mr. Sherr is available as an Internet video at goleader.com/video as one of the newspaper intern projects.

Ferguson to Hold Office Hours Tonight

WARREN — Rep. Michael Ferguson R-7th, New Providence) will hold office hours this Thursday, August 24, from 6 to 8 p.m. at his office, 45 Mountain Boulevard, Building Suite 1, Warren.

Mr. Ferguson, who is seeking a fourth term in Congress, will meet one-to-one with constituents. Residents should call the office at (908) 757-7835 for more information.

Certified Massage Therapist
Proficient in Oriental and Medical Massage

Jason Wang Medical Massage Center

Member AMTA
Over 10 years experience

Central Square Mall
649 Central Avenue, Westfield • 631-355-3506

The Westfield Leader - The Times

Serving the Town Since 1890
PO Box 250 • Westfield, New Jersey 07091
Tele - (908) 232-4407 • Fax - (908) 232-0473

□ The Leader • □ The Times
□ New Subscriber • □ Renewal

□ One Year - \$28 • □ Two Years - \$52 • □ Three Years - \$76
□ College \$20 (September - May)

Name _____
Address _____
City _____ State _____ ZIP _____
Phone # _____
Payment _____ Cash _____ Check _____ Charge
CC # _____
Exp. Date _____
Signature _____

Subscriptions Are Pre-Paid and Are Non-Refundable

press@goleader.com • www.goleader.com
We Reach People... Not Driveways!

RWJ RAHWAY FITNESS & WELLNESS CENTER
An Affiliate of RWJ University Hospital - Rahway

NOW UNDER CONSTRUCTION!

The area's most comprehensive fitness and wellness center is coming to Scotch Plains!

Staying healthy just got easier!

Robert Wood Johnson University Hospital Rahway invites you to learn more about the region's most spectacular, professional and comprehensive Fitness and Wellness Center. Take advantage of our construction discounts as we discuss with you how the proper environment, education, nutrition and professional instruction will help you achieve all your fitness and health goals. Call for an appointment at 908-232-6100, or stop by our showroom and enrollment center at 2120 Lamberts Mill Road in Scotch Plains. The Center will offer a variety of lifestyle and exercise programs customized to meet your needs.

FEATURES & AMENITIES:

- Over 200 Group Fitness Classes offered each week
- Aquatic Center
- Jr. Olympic Pool
- Therapy Pool
- Spa Pool
- Personalized Programs
- Certified Trainers / Exercise Physiologists
- Nurses
- Medical Advisory Board
- Full-Service Day Spa
- Child Care
- Beautifully Appointed Locker Rooms
- Sauna
- Steamroom
- Aqua Therapy
- Physical/Occupational Therapy
- Cardiac Rehab Phase III
- Cooking Classroom
- Conference Room
- Healthy Café

STATE-OF-THE-ART EQUIPMENT:

- Treadmills
- Stair Steppers
- Upright/Reclining Bikes
- Ellipticals
- Rowers
- Free Weights
- Selectorized Equipment
- Pilates Reformers
- Cybex
- Stretch Stations
- FreeMotion
- TechnoGym
- Kinesis
- Nautilus
- HammerStrength
- Keiser
- LifeFitness
- Precor
- NordicTrack
- BodyMasters, and much more...

EDUCATIONAL LECTURES & PROGRAMS / SPECIALTY PROGRAMS:

- Healthy Cooking Classes
- Nutritional Counseling
- Registered Dietitian
- Adolescent Programs
- Speakers Bureau
- AED/CPR Training
- Physician Lectures
- Diabetes Education
- Health Screenings
- Stress Management
- Variety of Weight Management Courses
- Wellness Health Fairs
- Youth Programs
- Parent & Me
- Swim Instruction
- Lifesaving Training

CONSTRUCTION DISCOUNTS NOW AVAILABLE!
Hurry in!

RWJ RAHWAY FITNESS & WELLNESS CENTER
An Affiliate of RWJ University Hospital - Rahway
Our Information and Enrollment Center is now open at our Scotch Plains location! Mon.-Fri. 10-8, Sat. 9-4
2120 Lamberts Mill Rd. Scotch Plains
(908) 232-6100