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Issue 4 • May 2021

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## DENNIS DAGOUNIS NAMED EDUCATOR OF THE YEAR

*Submitted by Ellen Bachert*

Science teacher, Dennis Dagounis, has been named The New Jersey Governor's Educator of the Year for Roselle Park High School. This program honors outstanding educators for their dedication to their students and the profession. Dennis has taught numerous courses, such as Biology, Advanced Placement Biology, Environmental Science and Earth Science during his 20-year career at Roselle Park High School.

"I am proud and grateful to have Dennis as a teacher at my school. He is a master of his content, a life-long learner, and a leader in our building and in our school community," stated Roselle Park High School Principal, Sarah Costa.

"Dennis continues to challenge himself to grow and succeed as a teacher to his students. As we transitioned to almost fully virtual learning, he has led the students to embrace this new technology and way of learning in such a way that his students found success. He then took those best practices and turn-keyed them as an instructional leader of colleagues," continued Costa.

Mr. Dagounis infuses Next Generation Science Standards and the Claim, Evidence and Reasoning (CER) Framework into his teaching in creative ways and is passionate about sharing his lessons with both colleagues and students. He integrates student-directed learning—always encouraging his students to think critically and creatively—and is a master at incorporating innovative technology into his lessons.

According to Costa, Dagounis is known at Roselle Park High School for his ability to keep his students moving, reacting, and engaged.

"I stopped by his classroom and observed his students reviewing pathology slides to identify cancer markers and then enthusiastically comparing and discussing their findings," recalled Costa. "Quite impressive for freshmen!"

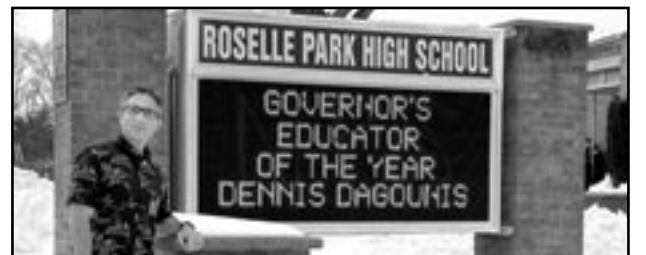
When asked what he loved most about teaching, Dagounis stated, "I love trying to create a unique learning experience for the students that allows both the science and non-science minded students to be able to demonstrate their strengths—whether that is drawing, creating computer models, or demonstrating their passion for writing."

Dagounis traveled to Wenzhou, China during the spring of 2019 where he participated and presented on the NJ-China STEM Sister School Program for K-12 Partnership. This program is a collaboration between Kean University, Wenzhou-Kean University, and the Zhejiang Provincial Department of Education as a means to share information and ideas on STEM. Dagounis also accompanied his students to Kean after school to engage in research with university professors on topics such as biochemistry and cancer research.

Dagounis shares his talents outside the classroom just as freely as inside the classroom. He started the volleyball program at Roselle Park High School which is now a fully funded varsity and JV sport. Additionally, Dagounis organizes the annual Dig Pink Volleyball Fundraising event for



(above) Science teacher, Dennis Dagounis, has been named The New Jersey Governor's Educator of the Year for Roselle Park HS.



the Roselle Park Community for the past four years, resulting in more than \$1,000 annually in donations for breast cancer research. He has collaborated with other school clubs to collect toys for the annual Toys for Tots Campaign, served as a class advisor, and leads the Chess Club. Dagounis was also instrumental in bringing filtered water fountains to Roselle Park High School in an effort to reduce the use of plastic water bottles at the school.

"Dennis is a dedicated and remarkable educator worthy of this distinction," believes Costa.

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# ROTARY RAFFLE BENEFITS SCHOLARSHIPS

## ROSELLE PARK MONTHLY

REoselle Park Monthly is published by Renna Media. 5,600 newspapers are printed monthly and mailed to every business and resident in Roselle Park.

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### Rotary Roselle-Roselle Park

Continuing a 40-year tradition of distributing scholarships to local students, Rotary Roselle-Roselle Park will be awarding three \$1,000 college scholarships this spring. Last year we actually awarded \$4,000 in scholarships since we had the money and there definitely was a need due to Covid-19. This year, we expect the need to be even greater. Therefore, the sole purpose of this raffle for our club is to help fund our scholarship program. For every ticket sold by a club member, \$9.75 accrues to Rotary Roselle-Roselle Park Scholarship Foundation. The rest goes to prizes (\$10) and a small administrative fee of 25 cents.

With full participation of all the 80 clubs in District 7475 with 80 clubs and 2,000 Rotarians, the top winner could win \$45,000. PLUS, 30 2nd place prizes up to \$500, and 60 3rd place prizes of up to \$250 will be awarded. Only 7,500 tickets will be issued, so the odds are much better than the lottery. Even though last year's raffle was disrupted by Covid-19, over \$33,000 in prizes were awarded. Ben Costa of Nutley Rotary won the first prize of \$19,890. Go to [www.roselle-roselleparkrotary.org](http://www.roselle-roselleparkrotary.org) to purchase a raffle ticket.

The drawing will be May 27, 2021.

Courtney Washington, a resident of Roselle and President Elect of the club heads a scholarship committee including James Campora of Roselle Park and Julie Pinho, co-owner of Pinho's Bakery in Roselle. In light of covid-19, Ms. Washington developed an electronic scholarship application and submission process to keep the annual scholarship program going this year. Scholarship applications will be available later this month.

As you know, we provide many other community services including our Students of the Month Program, financial support for Boy Scouts in Roselle Park and Girl Scout Camp Letico in Roselle, funding tuition for students to attend Rotary Youth Leadership Institute at Drew University, and conducting our annual Winter Sock Collect Drive for the homeless. In this year of Covid-19 we provided over 14,000 meals to various community organizations in Roselle and Elizabeth through a matching grant from Rotary International. And, we will do much more.

Tickets may be purchased by contacting Bob Zeglarski at [robertzeaglarski@aol.com](mailto:robertzeaglarski@aol.com) or visit [roselle-roselleparkrotay.org](http://roselle-roselleparkrotay.org).

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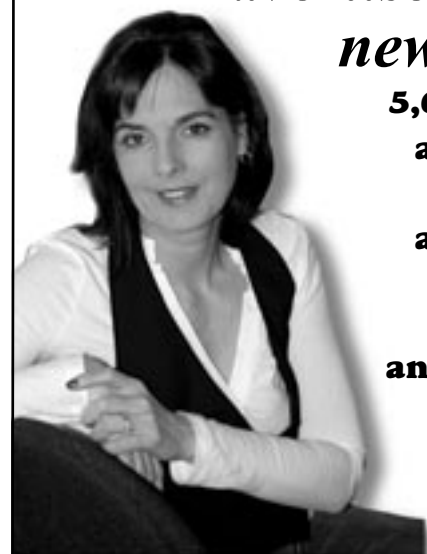
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## PORCHFEST III SET FOR SAT., MAY 22 SEEKS TALENT AND VOLUNTEERS


ROSELLE PARK

# MEMORIAL DAY PARADE

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MONDAY, MAY 31ST - 9AM LINEUP

Roselle Park is inviting all groups and organizations to walk in the Roselle Park Memorial Day Parade.  
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Porchfest III will be held on Saturday May 22nd with a rain date of Sunday May 23rd. Visit [RosellePark247.org](http://RosellePark247.org) for performance times and a virtual map which will be updated thru event date.

The Roselle Park 24/7 volunteer organization is calling on local musical talent of all ages to sign up for its next musical event for 2021.

Roselle Park 24/7 Porchfest was showcased during the summer of 2020 as a way to encourage people to bike and walk around town while enjoying Roselle Park's aspiring and seasoned music professionals. Residents volunteer their home porch fronts or front yards as venues.

"During the most difficult time during the Covid pandemic, people still needed to socialize and enjoy the outdoors," said Roselle Park 24/7 representative Joe DeLorio. "We created Porchfest to meet those needs, and now we want to take it to the next level."

Each performance can be from 20 to 45 minutes long and residents are welcomed to get

to know the performers and sing along.

Performances are also live streamed, and residents are encouraged to use the interactive map on Roselle Park 24/7's website to travel between performances and stop by a Roselle Park small business eatery and grab a bite.

To be successful, Roselle Park 24/7 is looking for talent, homes as venues and volunteers. Sign-ups are encouraged at [RosellePark247.org](http://RosellePark247.org).

Small businesses are also encouraged to participate. The map will encourage residents to stop by, grab a drink or bite to eat during their travel on Porchfest day. The map service is free and Roselle Park 24/7's way of helping small businesses. Interested places can email [RosellePark247@gmail.com](mailto:RosellePark247@gmail.com).

Roselle Park 24/7 is a volunteer organization whose mission is to create and support activities for the Borough of Roselle Park that bring people together to celebrate, educate and promote pride and the many positive and diverse aspects of our community.

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Congratulations David Bromirski, a junior at Roselle Park High School, for winning the Junior Bowlers Tour on April 3, 2021, at Howell Lanes in Howell. After 12 rounds of bowling, David beat out every competitor and was named the Junior Bowlers Tour Champion. Along with the coveted plaque, David also received a \$200 scholarship toward furthering his education.



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Roselle Park Veterans Memorial Library has joined thousands of Public Libraries around the world by subscribing to The Freegal® Music Service from Library Ideas, LLC. Under the terms of the agreement, registered cardholders can download and stream a select number of MP3-formatted tracks each month at no direct cost via the library's website, [roselleparklibrary.org](http://roselleparklibrary.org). The library's subscription pays for the access to the music.

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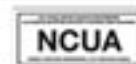
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Roselle Park was named a 2020 Tree City USA by the Arbor Day Foundation in honor of its commitment to effective urban forest management.

“Thank you to the Arbor Day Foundation for this great honor. We’re proud of our dedication to forest management but even more proud of the Roselle Park volunteers who come together to better our community,” said Roselle Park Mayor Joseph Signorello.

Roselle Park achieved Tree City USA recognition by meeting the program’s four requirements: a tree board or department, a tree care ordinance, an annual community forestry budget of at least \$2 per capita, and an Arbor Day observation and proclamation.

“Tree City USA communities see the impact an urban forest has in a community first hand,” said Dan Lambe, president of the Arbor Day Foundation. “The trees being planted and cared for by Roselle Park are ensuring that generations to come will enjoy a better quality

of life. Additionally, participation in this program brings residents together and creates a sense of civic pride, whether it’s through volunteer engagement or public education.”

If there was a time for trees, now is that time. Communities worldwide are facing issues with air quality, water resources, personal health and well-being, energy use, and protection from extreme heat and flooding. The Arbor Day Foundation recently launched the Time for Trees initiative to address these issues, with unprecedented goals of planting 100 million trees in forests and communities and inspiring 5 million tree planters by 2022. With Tree City USA recognition, Roselle Park has demonstrated a commitment to effective urban forest management and is doing its part to help address these challenges for Roselle Park residents now and in the future.

More information on the program is available at [arborday.org/TreeCityUSA](http://arborday.org/TreeCityUSA).

## ROSELLE PARK BLOOD DRIVE – MAY 24

Since the start of the pandemic, the Borough of Roselle Park, in partnership with the American Red Cross, has collected 114 pints of blood, resulting in 342 lives saved.

For the last year, the United States has faced a blood shortage, warning that blood supplies across the country are critically low, with less than a five-day supply of blood products to spare. During that time, the

Casano Community Center has hosted multiple blood drives to provide much-needed blood during the community’s time of need.

The Casano Community Center is hosting its next blood drive on May 24th. If you are available to donate please call 1-800-733-2767 or visit [RedCrossBlood.org](http://RedCrossBlood.org) and enter: RosellePark to schedule an appointment.



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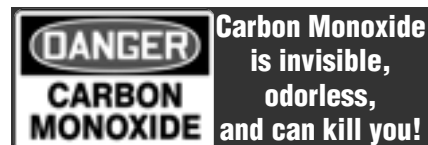
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(above) CASA volunteers were recently sworn in during a ceremony held via Zoom.

## ADVOCATES TAKE OATH TO SERVE FOSTER YOUTH

### CASA of Union County

Nine Union County residents ranging from age 22 to 63 make up the newest class of volunteer child advocates for CASA of Union County, the only nonprofit advocating for the best interests of Union County youth removed from home due to abuse or neglect, and placed in foster care.

Superior Court Judge Marc R. Brown presided over the recent swearing-in ceremony via Zoom; advocates will now be matched to a foster youth or siblings and begin putting their 30 hours of training into practice. The class includes both non-parents and parents, and such backgrounds as teaching, freelance, law and homemaking. They are Jacqui Lenner and Nicole Sandstedt of Westfield, Laurie Litterio of Cranford, Rebecca Muston and Amy Saunders of Summit, Sue Pangis of Berkeley Heights, Tamara Parraga-Sez of Newark, Lydia Pernia of Linden, and Jackie Rodriguez of Clark.

Prior to administering the oath, the judge shared, "I find the value of CASA volunteers immeasurable. Although I practiced family law for decades, it involved pieces related to a family, like divorce. In these cases, everything we do is attuned to the entire family and it's the most rewarding in my career. I didn't previously realize the extent of need out there – from poverty, substance use, mental health, and the guidance needed, all of it. CASA is so significant; I always make a point of hearing from the CASA volunteer during the hearing." Acknowledging that COVID-19 requires the swearing-in and court hearings remain virtual

for now, he added, "I so look forward to being able to shake your hand and congratulate you. The assistance you will provide is, again, immeasurable. Thank you for doing this."

Currently, the organization serves just over 80 percent of all Union County foster youth in care. With a goal to provide an advocate for every youth that needs one, the organization has remained steadfast – despite the pandemic – in efforts to ensure its work continues. To that end, a fully online training and recruiting infrastructure was put into place, and protocols implemented to ensure advocates remained both connected to their youth and able to report to judges, and staff continued recruiting and training volunteers to help meet the need for youth still awaiting an advocate.

Executive Director Mariel S. Hufnagel noted, "In the face of the challenging life circumstances we are all facing due to the COVID-19 global health pandemic, this tremendous group of women still made a decision to give of their time and energy, and train virtually to become advocates. I am so proud to welcome them to the CASA family and can't wait to see all of the ways in which they positively impact the youth to whom they will be assigned."

Upon being court-ordered to a case, CASA volunteers have access to the youth as well as foster parents, doctors, caseworkers, therapists and teachers in order to identify concerns and unmet needs, and protect best interests. For details on upcoming trainings and how you can Change a Child's Story, contact Walia at [wworrill@casaoofunioncounty.org](mailto:wworrill@casaoofunioncounty.org).

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# RELIEF FROM CHRONIC KNEE PAIN

## FDA Approved Treatment to Avoid Surgery

### DON'T BLAME THE ARROW FOR MISSING THE TARGET

Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought Viscosupplementation injections might be the answer, but the results were disappointing and painful. Don't assume the treatment wasn't right. That could very well be like blaming the arrow for its path to the target when the problem might be the archer. If you didn't get the pain relief you were hoping for, chances are your injection treatment was off target. Unlike blind injections or even ultrasound targeted treatments found elsewhere, **Northeast Spine & Wellness Center** uses diagnostic fluoroscopy to make sure the area that needs treated is the exact area where the injection goes. This is the most advanced method of delivering this pain relieving treatment with 95% accuracy to give you the results you're looking for. The use of Fluoroscopy guided injections sets **Northeast Spine & Wellness Center** apart. The end result is you living pain free from your chronic knee pain. You can avoid the lengthy and painful road of knee replacement surgery. You can avoid the endless trial and error assortment of potentially addictive prescription medications. This treatment, using fluoroscopy guided injections has seen a success rate of above 85% in those suffering from knee pain related to osteoarthritis, and that includes people with bone on bone involvement. You've suffered from chronic knee pain long enough. Call **Northeast Spine & Wellness Center** now for a RISK FREE consultation.



### If Knee Surgery Sounds Scary, It Should

Have you have been told you are facing knee replacement surgery? Have you been told about all the downsides you could be facing? First and foremost, there are NO guarantees that knee replacement surgery will be the answer to your pain, but let's look further:

- Surgery is costly, regardless of the percentage of services covered by insurance.
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.
- With surgery, there is always a risk for unwelcomed complications. And you could be back to where you started, or worse.
- Medications will be required for relief from surgery and you have been down that road before. Addictions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

### Consider This Alternative To Surgery

**Northeast Spine & Wellness Center** offers you a real opportunity and a painless way to say goodbye to your knee pain without any surgery. Here are just a few of the important benefits you should consider?

- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections.
- Guided fluoroscopic injections are virtually pain free, unlike blind injections.
- No lost time from work or family.
- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
- Recovery time is almost instant, not months or years.

### How Does This New Treatment Work?

Relief begins almost as fast as it takes to pronounce the treatment. It's called Viscosupplementation Therapy. To begin with, it starts with **Northeast Spine & Wellness Center** investing in the use of diagnostic fluoroscopy. This enables them to target the exact location of your knee pain with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. That explains what you will see on the surface of this revolutionary treatment. What's taking place below the surface is how and where the natural healing process takes place. The injection of a Hyaluronic acid called Hyalgan. This gel-like substance was approved by the FDA in 1996. Hyalgan is a natural substance that mimics the synovial fluid that is already produced by your body in your joints. Osteoarthritis sufferers in particular see a reduction in this much needed synovial fluid in their knee joints. Without that cushioning layer of protection, the cartilage in your knee can begin to wear away leading to the rubbing of bone on bone. Through Viscosupplementation Therapy, this natural substance immediately goes to work reducing the swelling and inflammation in the joint and adding a coating layer of protection. Think about Dorothy taking the oil can to The Tin Man. You'll begin to feel that same kind of relief and quite possibly feel like you're ready for a dance down the yellow brick road to recovery yourself. And with a success rate of over 85% in alleviating pain associated with osteoarthritis, it's easy to see why this treatment is so readily covered by Medicare and by most major insurance providers. Diagnostic fluoroscopy to target the pain, Viscosupplementation Therapy to relieve the pain. Simple, fast and no surgery!

### Do you Suffer from any of these Symptoms?

There are a number of reasons why you developed Osteoarthritis pain. It can develop with age or because of heredity. It could be from repetitive stress from a job or some glory days in athletics. Of course your concern is with the symptoms you face daily and how to make them end, hopefully without surgery or the use of potentially addictive medications. **Northeast Spine & Wellness Center** understands the symptoms you have been living with and can help. If you have any of the symptoms below, please call us today. Relief is a phone call away.

- **Pain** - Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- **Swelling** - This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult and dangerous just name a few activities affected by swelling.
- **Stiffness** - Getting up out of bed or after sitting for a period of time gets more and more difficult. This loss of mobility can be more than a hindrance. It can be dangerous if you need to move quickly.
- **Loss of muscle strength** - This can lead to balance issues and the strong possibility of falling.
- **Joint deformity** - Not just unsightly, but painful as well.
- **Creaking Joints** - Can be painful and a sign of more discomfort to come.
- **Sleepless nights** - Losing sleep over your suffering is not just irritating, but potentially dangerous because of so many other health concerns that can be affected by loss of sound sleep.

### Let Me Show You Targeted Relief From Your Knee Pain

Every day, I see patients suffering from knee pain due to arthritis, osteoarthritis, sports injuries or other conditions. Many have been told that they are in need of knee replacement surgery. Other patients say they have been prescribed various prescription medications to deal with the pain.

Something else I see almost every day, are patients that have tried viscosupplementation knee injections elsewhere and found it to be a painful and ineffective experience because the injections were not administered using fluoroscopic guidance. Instead of using the incredibly accurate diagnostic fluoroscopy we use at **Northeast Spine & Wellness Center** these patients experienced a blind injection technique, which can be as inaccurate as playing pin the tail on the donkey.

Once I am able to explain to my patients about the pin point accuracy of using diagnostic fluoroscopy and the amazing results viscosupplementation can provide, they are thrilled to get started. They are even more thrilled when they feel the relief. Please contact **Northeast Spine & Wellness Center** today to schedule your RISK FREE consultation.

Call 732-827-0800

Scot Paris MD, FACS

### Here's what our patients have to say

"I'm dancing without pain. I can move with no problem whatsoever. I can go up and down steps with no pain."

- Patricia G.

"Over 85% relief for the first time in 15 years, suffering with knee pain. My life is getting back to normal."

- Perry O.

"After only four visits, I have absolutely no pain! The staff is 'top-notch.'"

- Quenton L.



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## THREE LOCAL CHORUSES PRESENT FREE ONLINE SHOW

Summer is coming! And what better way to celebrate than with a virtual concert full of songs about sunshine and summer and the hope they bring.

Here Comes the Sun: Three Great Choruses, One Online Show will premiere Sunday, May 23, at 5:00 p.m. on YouTube. It's a first-of-a kind collaboration between three of the area's best-loved choruses. The Maplewood Glee Club is a community chorus that's been delighting local audiences with its harmonies and humor since 1946. The Morris Music Men is Morris County's premiere barbershop harmony chorus. The award-winning Hickory Tree Chorus shares the joy of barbershop through songs from the Beatles to Broadway.

This family-friendly show features a range of uplifting songs including Happy Together, Kokomo, Heat Wave, and Circle of Life, plus music by Beyoncé, Whitney Houston, Chance the Rapper, and more! The show will also feature guest appearances by two dynamic teen ensembles from West Morris Mendham High School.

Here's the best news about Here Comes the Sun: it's free! Just register ahead of time at [threechoruses.com](http://threechoruses.com) and you'll receive a free show link 24 hours before the premiere.

The choruses are also spreading sunshine by raising money for Newark Working Kitchens, a non-profit organization that enables many local Newark restaurants to keep their doors open, their stoves on, and their employees paid during the Covid-19 crisis by cooking and delivering hundreds of meals a day to low-income seniors and families and people without homes. Donations can be made during the show or through the show's website.

To learn more about Here Comes the Sun, visit [threechoruses.com](http://threechoruses.com) or contact Josh Adler at [JJadler@ymail.com](mailto:JJadler@ymail.com) or 917 697-2893.

To learn more about the three great choruses, check out: [maplewoodgleeclub.com](http://maplewoodgleeclub.com); [morrismusicmen.org](http://morrismusicmen.org); and [hickorytreechorus.org](http://hickorytreechorus.org).





## FIREFIGHTER MATHEW PRIBISH HELPS NJ SHARING NETWORK

### NJ Sharing Network

Celebrated in April each year, National Donate Life Month features local, regional and national activities that encourage Americans to register as organ and tissue donors and to celebrate those who have saved lives through the gift of donation.

Linden, NJ firefighter Mathew Pribish helped NJ Sharing Network kick off National Donate Life Month by sharing his personal heart transplant story to help raise awareness about the importance of organ and tissue donation. Inspired by Mathew's story, Linden Mayor Derek Armstead and the Linden Police and Fire Departments teamed up to educate the community through speaking engagements and a public service announcement on LindenTV, which can be viewed on youtube.com. Mathew's personal story is detailed below.

### A PERSONAL STORY FROM MATHEW PRIBISH

My gift of life story started more than a decade ago when I went to the doctor for a regular cardiology checkup because heart disease runs in my family and I wanted to make sure that, as a firefighter, my heart was healthy. I was told during one of these regular checkups that I have Marfan Syndrome, a connective tissue disorder that affects the heart, joints and other parts of the body.

In 2013, after being monitored for a few years, my aortic root was enlarged to the point that I needed replacement surgery. Although my surgery went well, I had an adverse reaction and went into advanced heart failure. The doctors



*(above) Mathew Pribish, a Linden Firefighter, shared his heart transplant story to help raise awareness about the importance of organ and tissue donation.*

made the decision to implant a Centrimag BiVad, an external device to pump both sides of my heart. After a couple of weeks, my heart healed enough to remove the device and implant an LVAD-Left Ventricular Assist Device. That was my lifeline for four years and I was placed on the New York heart transplant list.

Life with an LVAD isn't easy and it was hard to adjust to at first - no swimming, limited showers, limited activities and lots of medication. Thankfully, with my family, my fire department family and my doctors, I was able to forge through into this new normal. I was able to return to work for the fire department as an Administrator and Fire Inspector. I started to walk/jog in local 5K events in a healthy condition so that I would be a perfect candidate for transplant.

In 2017, my cardiologist recommended that I also be put onto the New Jersey transplant list. In the time leading up to my approval on the New Jersey transplant list, the alarm of my LVAD

device started to sound, on and off. The team of doctors decided that it was a mechanical issue and that they would either need to either replace the LVAD or hold me in the hospital for transplant.

On June 22, 2017, I was informed by Newark Beth Israel Medical Center that I was officially listed on the New Jersey list. It was just four days later that my wife got the phone call early in the morning. They said, "Mrs. Pribish, we found a heart for your husband."

There were so many emotions that day. I felt happy and thankful that I now had hope that my health could be restored. I also felt a great deal of sadness for the family that lost their loved one. On June 27, 2017, I had a successful LVAD removal/Heart Transplant.

Since my transplant, I have been blessed to return to the life I had known before. In my donor's memory, I decided to become a transplant advocate through NJ Sharing Network.

In Fall 2018, I was released by the doctors to return to full firefighting duties. On January 3, 2019, I officially returned to the fire department for my first day back at the position I left almost six years before.

I never thought that the day would come where I could return back to active duty. But thanks to my donor, my doctors, and NJ Sharing Network, this dream became a reality. I hope that my story can give hope to others that may need a transplant to inspire them to keep the faith.

### ABOUT NJ SHARING NETWORK

NJ Sharing Network is the federally designated non-profit organization responsible for recovering organs and tissue for the nearly 4,000 New Jersey residents currently waiting for a life-saving transplant. With headquarters in New Providence, NJ, the organization is part of the national recovery system, serving the 110,000 people on the national waiting list. NJ Sharing Network was selected by NJBiz as one of the state's "Best Places to Work" for the third consecutive year. To learn more, get involved and register as an organ and tissue donor, visit [NJSharingNetwork.org](http://NJSharingNetwork.org).

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## DONATE UNWANTED BICYCLES

On Saturday, May 8, from 9 a.m. to 12 noon, Faith Lutheran Church, 524 South Street in New Providence, will be collecting second-hand bikes for use by adults and children in third world countries.

The collection is being conducted on behalf of Pedals for Progress (P4P), an organization which annually recycles 6,000 bicycles for persons in developing countries.

Anyone with a bicycle in repairable condition is urged to donate to this worthy cause. Bikes may be dropped off at the parking lot next to the church. Members of Faith will repair and process the bikes for shipment.

Since 2002, Faith Lutheran has been collecting bikes. In 2020, 170 bikes were collected from persons in New Providence, Berkeley Heights, Mountainside, Westfield, Warren, Scotch Plains and Fanwood. This range of towns was aided by articles published in Renna Media town newspapers.

Every year affluent Americans buy 22 million new bicycles and discard millions of old ones, abandoning many more in basements, sheds and garages. Most of these end up in our already overburdened landfills.

P4P ships its reconditioned bikes to persons in need of countries in Latin America, Africa and Asia. The bikes provide reliable transportation to commute to work, transport produce to market, access health care and other services. Steady employment for adults is vital to the development and success of these economies.

Persons who have bikes but are unable to deliver them to Faith on May 8 may call the church office on 908-464-5177 or email family.faith@verizon.net.



(above) Alana Lamberti of Faith repairs a bike for shipment.

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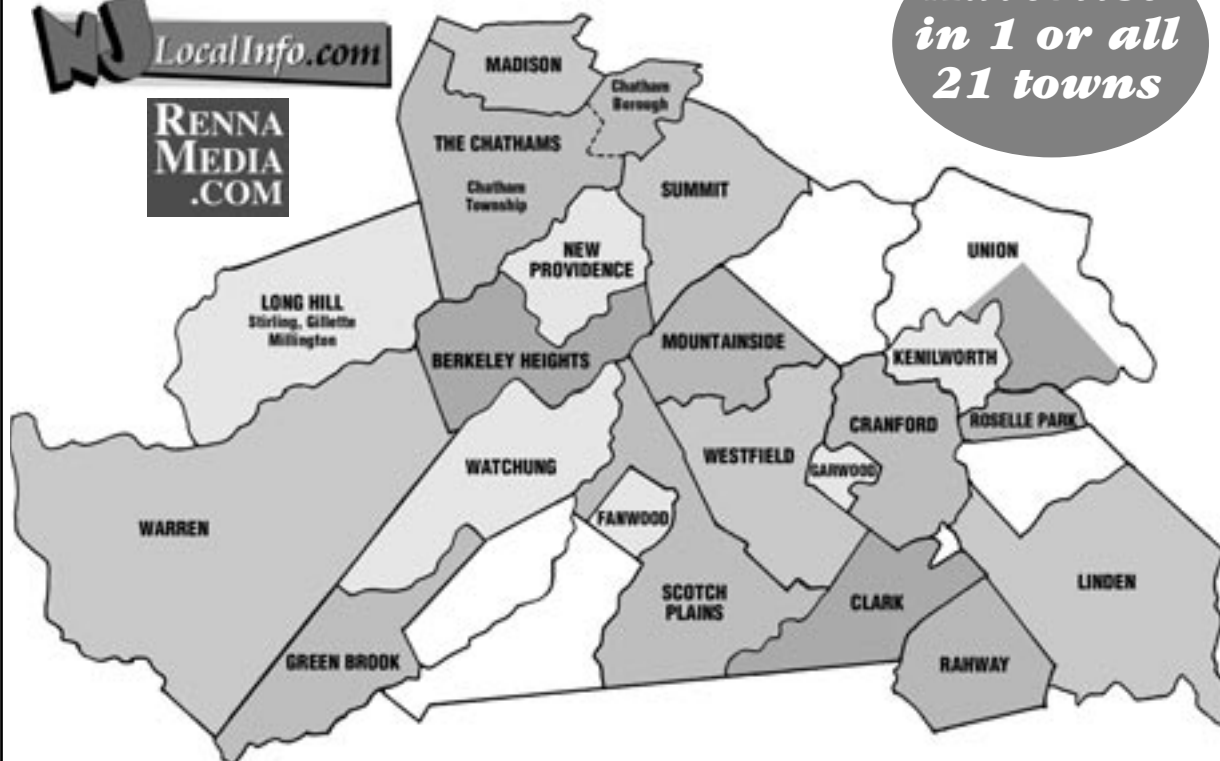
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All ads include a live view counter.

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

**\$20  
PER POST  
Block of 20  
for \$200**

**RENNA  
MEDIA  
.COM**

**NJ LocalInfo.com**

## WEBSITE AUDIT/ANALYSIS AND RECOMMENDATION PLAN

- **SEE WHAT IS WORKING AND NOT WORKING**

Know where your web traffic is coming from and why.

- **ELIMINATE / AVOID COSTLY SCHEMES**

Evaluate the return you are getting from your online marketing costs.

- **INCREASE ONLINE MARKETING RESULTS**

Recommendations include ways to increase traffic to your website

- **NO OBLIGATION**

This service is recommended even if you have an existing web management contract. Use it to tune up your marketing plan.

**ONE TIME  
FLAT FEE  
\$250**

**Call for a consultation  
if you do not have a website  
or if need a new one.**

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

## WEBSITE / SEO SERVICES

- **STARTER WEBSITE: \$500**

Basic static site that can be developed further

- **WEBSITE CREATION/UPDATE: \$2,400**

Cost for average website: 12 pages, contact form, SEO friendly, responsive design

- **WEBSITE HOSTING: \$300 PER YEAR**

Includes website hosting, software updates, monthly website content updates

- **SEO SERVICES: AVERAGE COST \$1,000 - \$2,000 PER MONTH**

Custom tailored solutions: Google Ranking, Local SEO, Social Marketing

**Call for free a consultation if you need  
help developing an online marketing plan.**

**STARTER  
WEBSITE  
\$500**

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

## Full Color Flyers and Menus Printed and Mailed to Every Home and Business in Town!

**MENUS - PRINTING - \$50 PER THOUSAND**

Rate is for quantities of 25,000 or more.

For quantities less than 25,000 cost is \$68 per thousand.

11"x17" / Full color / 2 sided / 60lb gloss coated stock /

Includes folding (quarter fold or tri-fold, with or without coupons tab)

**FLYERS - \$35 PER THOUSAND**

8.5" x 11" / Full color / 2 sided / 60lb gloss coated stock /

Tri-fold add \$10 per thousand

**INSERTED AND MAILED TO EVERY HOME AND BUSINESS**

\$60 per thousand. (as low as \$30 per thousand depending on quanttiy.)

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com



**FLYERS  
\$35  
PER 1,000**

**MENUS  
\$50  
PER 1,000**

Spring is Here! Call Today for a Free Estimate! ☎ 855.624.6655



AS SEEN ON  
**GEORGE TO THE RESCUE**  
NBC

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ROOFING | SIDING | WINDOWS  
KITCHENS | BATHROOMS | BASEMENTS  
MASONRY | DECKS | PORCHES



#### Payment Plans

WINDOWS \$209	BASEMENTS \$395
KITCHENS \$389	BATHROOMS \$199
ROOFING \$249	DECKS/PATIOS \$189
SIDING \$289	PORCHES/STEPS \$185

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Estimated monthly payments.  
Rates & payments based on credit approval.

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