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CLASS OF 2021 GRADUATES UNDER PICTURE PERFECT SKIES

Westfield Public Schools

As friends and family cheered from the stands, the Westfield High School Class of 2021 gathered at Gary Kehler Stadium on June 23 under picture perfect skies to receive their diplomas.

“This summer, I hope you take some time to reflect and give yourself credit for what you have accomplished in the past 15 months,” said Superintendent Dr. Margaret Dolan in a commencement address to the 449 graduating seniors. “You attended your classes-in person and remotely. You created virtual concerts and plays. You followed the many rules for practices and competitions for your sport. You determined that community service was still possible with social distancing. Some of you had to take on additional responsibilities as family members became ill or family circumstances changed.”

Dolan – who retired on July 1 after 25 years in the Westfield Public Schools, 14 years as Superintendent – reminded the students of lessons they have learned together.

“Don’t listen to those who tell you that you can’t get something done. Work hard with those around you to prove them wrong,” she said. “Take the opportunities offered you. Continue to learn new things and join new groups.”

She encouraged the 12th graders to “understand that loss is part of life” and not to take “any day or anyone for granted.”

“And when you find yourself looking squarely at a challenge and are not sure you can deal with it, remind yourself that you have faced a pandemic, that you were determined, that you did the seemingly impossible and that you have come out on the other side better and wiser,” she added. “You will achieve your goals.”

WHS principal Mary Asfendis listed the many student achievements and honors and congratulated the Class of 2021 on their hard work during a challenging year.

Senior Class President Lily Ceraso and Student Government President Jordan Horowitz reflected on the past four years and what the future may hold.

“As we look to the future, the only certainty is that it is unwritten,” said Horowitz. “Whether you intend to go to college next year or have other plans in mind, no matter where the world takes you, we will all share a common thread forever. This thread is bound by connections and friendships we have developed here in high school and during our time in middle and elementary school.”

Students from the Westfield High School Band and Orchestra performed the graduation processional and recessional and the National Anthem while the WHS Choir Class of 2021 sang “Unwritten.”



(above) Senior Class President Lily Ceraso and Student Government President Jordan Horowitz reflected on the past four years and what the future may hold.



(above) Westfield High School Band and Orchestra performed the graduation processional and recessional and the National Anthem during commencement exercises.

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WESTFIELD EDUCATION FUND HONORS 200 TEACHERS

Local Families Donated More Than \$10,000 to WEF in Honor of Teachers Across the District

Submitted by Jenn Albano

The Westfield Education Fund, a non-profit that aims to be a driver for innovation in the Westfield Public Schools, today announced that 200 educators throughout the Westfield School District have been honored with placement on the Westfield Education Fund (WEF) “Teacher Honor Roll” and received two “Pins For Heroes” custom-designed by two elementary school aged children (@Pins4Heroes).

Through this end-of-year teacher appreciation fundraiser, families across the district contributed monetary donations totaling more than \$10,000 in honor of the teachers of their choice to recognize their incredible efforts and dedication to Westfield students during this challenging school year.

“During this unprecedented school year, we have been inspired by the resiliency and agility of all the teachers across the district and recognize all they have done to continue to make a lasting impact on Westfield students,” said Nicole Breslow, WEF President. “We are incredibly grateful to them, and at the same time, we are truly blown away by the support from Westfield families in making this a successful fundraiser that will enable us to continue to power innovation in our schools.”

The teachers honored represent each of the district’s nine schools, with 35 teachers honored at Edison Intermediate School, approximately 20 each at Westfield High School, Lincoln School and Franklin, McKinley, Tamaques and Washington Elementary Schools, and more than 10 at Jefferson and Wilson Elementary Schools. Some teachers were nominated several times by different families, bringing the total number of submissions to more than 300.

Honored teachers received “Pins For Heroes,” which include illustrations by two brothers, ages seven and ten, who use their art and positivity to inspire happiness. The pins feature a caped hero, with the words “Teacher Honor Roll” and “Teach Love Inspire” to recognize the heroic efforts of the incredible Westfield teachers who persevered to build classrooms filled with energy, inspiration, smarts, and warmth.

Teachers also received a tribute letter informing them of the nominating family and building principals were notified of the teachers’ honor. The full Teacher Honor Roll is available on the WEF website at westfieldfund.org/teacher-honor-roll.

Donations to WEF are used throughout the school year to fund district-wide efforts that

strengthen and enrich students’ academic experience, like the Racial Literacy Initiative the organization funded during the 2020 – 2021 school year. WEF partnered with the Westfield School District to provide nearly \$40,000 to support the district’s important new educational initiative aimed at improving discussions of race in classrooms across the district. This included funding to support professional development, community learning and classroom materials. For an update on how these funds have been used to support Racial Literacy across the district visit westfieldfund.org/racial-literacy.

ABOUT WESTFIELD EDUCATION FUND (WEF)

WEF is run by a Board of Directors comprised of Westfield parent volunteers and was established in 1991 by community members, in partnership with the school district and Board of Education. It supports innovative projects that strengthen and enrich students’ academic experience but fall beyond the school district budget. Visit westfieldfund.org to learn more about the WEF and its mission “to promote a culture of innovation and enrich students’ academic and social emotional learning.” WEF is a non-profit and relies completely on donations from the community to fund such initiatives.

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Westfield Market Watch

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200 E Dudley Ave	6	5.1	2	\$1,695,000	\$1,712,495	16
945 Lawrence Ave	6	4.2	2	\$1,575,000	\$1,500,000	28
1105 Summit Ave	5	3.1	2	\$1,349,000	\$1,389,000	20
177 N Chestnut St	5	3.1	2	\$1,399,000	\$1,365,000	66
1172 Tice Pl	4	3.1	2	\$1,149,000	\$1,280,000	22
622 Prospect St	5	2.0	1	\$995,000	\$999,900	21
624 Carleton Rd	5	2.1	1	\$899,000	\$913,000	10
765 Belvidere Ave	4	2.1	1	\$875,000	\$875,000	3

Source: GSMLS, selected properties sold between 05/20/2021-07/20/2021



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FRIENDS OF BRIGHTWOOD PARK HISTORY TOUR

Join The Friends of Brightwood Park (FOBP) for a history tour of Brightwood entitled "Before It Became a Park, It Was A Neighborhood." The event will be led by FOBP's own historian, Rob Lombard on August 21, from 10:00 - 11:30 a.m. Rob will highlight the history of the African American community that lived in the area that is now Brightwood Park.

This program is open to ages 14 and up. Spaces are limited and pre-registration is required at secure.rec1.com/NJ/westfield-nj/catalog.



WESTFIELD STUDENT TO STUDY ARABIC ON U.S. DEPT OF STATE NSLI-Y SCHOLARSHIP

Shirzad Mustafa, a high school student in Westfield, New Jersey, was awarded a National Security Language Initiative for Youth (NSLI-Y) Virtual Summer Intensive scholarship to study Arabic language for six weeks. NSLI-Y is a program of the U.S. Department of State's Bureau of Educational and Cultural Affairs (ECA) that promotes critical language learning among American youth. The 2021 Virtual Summer Intensive program is an online alternative for NSLI-Y immersion programs that could not take place overseas due to the ongoing COVID-19 pandemic.

Shirzad, competitively selected from approximately 2,500 applicants from across the United States, is one of over 500 students who will study Arabic, Chinese, Hindi, Indonesian, Korean, Persian, Russian, or Turkish this summer as part of the virtual exchange. The NSLI-Y Virtual Summer Intensive program provides robust language and cultural learning opportunities by virtually connecting the participants with overseas teachers, international peers, cultural organizations, and communities where the target language is spoken.

NSLI-Y is part of a multi-agency U.S.

Government initiative launched in 2006 to improve Americans' ability to communicate in select critical languages, advance international dialogue, and provide Americans with jobs skills for the global economy. Many NSLI-Y alumni go on to pursue education and careers vital to U.S. national security and credit the program experience with helping them improve their academic, leadership, and cross-cultural communication skills.

NSLI-Y is administered by American Councils for International Education in cooperation with AFS-USA, American Cultural Exchange Service, Amideast, CIEE, iEARN-USA, the Russian American Foundation, Stony Brook University, the University of Delaware, and the University of Wisconsin.

Applications for 2022-23 NSLI-Y programs will be available at nsliforyouth.org in the late summer.

The U.S. Department of State provides study abroad opportunities for over 1,000 American high school students and approximately 3,000 international high school students each year. Visit exchanges.state.gov/highschool to learn more.



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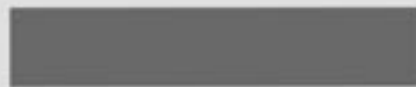
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ROTARY AND OPTIMISTS CLUBS WORK TOGETHER FOR WESTFIELD

Submitted by Dr. D. Michael Hart

The Rotary Club of Westfield and the Optimists Club of Westfield have been working together for many years for the benefit of Westfield. Optimists focus on Youth, while the Rotary is a business networking and service club.



(above, l-r) Pictured are Rotarian Lauren Barr; Optimist Darielle Walsh; and President of the Westfield Rotary Club Blake Width.

Darielle Walsh from the Optimists spoke to the Rotary Club members about the activities of the Westfield Optimists Club. They have 50 members, meet once a month, on the 2nd Wednesday of each month, for dinner at Echo Lake Country Club, 7 p.m. to 9 p.m. Guests are welcome. The focus of the Optimists is to benefit Youth and the Community. They service 3,000 youth in Westfield. Darielle was President of The Rotary Club of Westfield in 2007-2008.

Darielle informed the Rotary about the Optimists projects and how they needed to adjust with the changing times. The Rotary Club works with the Optimists on the food insecurity program. It started just with Westfield families, then expanded to St. Joe's in Elizabeth and then the Union County College Food Pantry. With the Pandemic raging, instead of delivering food baskets, the Optimists and Rotarians deliver gift cards from ShopRite. Rotary donates \$1,500 per year for this program, and helps to deliver the food or gift cards. Other community groups contribute also, such as the Y's Men Club.

Project Graduation for the High School was one of the signature projects for the Optimists for 30 years. The Rotary Club always participated with a substantial donation, and some of its members helping. It was a celebration at the Ricochet Racquet Club in South Plainfield the night of Westfield High School graduation, in order to keep the kids out of trouble. This was

cancelled the last 2 years because of the pandemic. As an alternative, the Optimists published individual photos of the graduating High School class members in the Westfield Leader. They are also sponsoring renovations to the Derek Nelson Memorial Courtyard at the Westfield High school.

The Optimists were sponsors of the Haunted House at the Town Pool on Halloween, but the town has cancelled that program. They now sponsor the Halloween Parade through downtown which will change routes to the South Avenue train station parking lot due to some Township issues.

The Optimists give annual awards to the two Intermediate schools' teachers and school nurses. The Rotary Club gives the prestigious Philhower Award to an elementary school teacher.

The Optimists sponsor a Junior Optimist Club at the high school and a Youth Volunteer Award to a Junior at Westfield High School. The Rotary Club sponsors the Interact Service Club at Westfield High School; an Interact Service Club at Edison Intermediate School, and Early Act Service Clubs at Jefferson and McKinley Elementary Schools.

For more information about the Rotary Club of Westfield, contact club Secretary Dr. D. Michael Hart, by email at drmhart@yahoo.com. The Rotary club meets 3 times per month and guests are always welcome.

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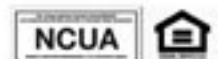
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Groundwork Elizabeth

How do you change the world? Do you do it one step at a time, or do you multiply that figure by 40 steps? Beginning on Monday, June 28 and lasting 4 days, 40 youth from the First Presbyterian Church in Westfield HSMT program and their advisors joined Groundwork Elizabeth staff to work on a series of projects designed to improve the environment, urban agriculture, and most importantly, lives of members of NJ's fourth largest urban community.

The group worked at 2 locations. At the Groundwork Elizabeth MicroFarm and Environmental Center, located at 740 W. Grand Street, in the rear of the Elmora Branch of the Elizabeth Public Library, the team constructed a greenhouse, planted an 'A to Z' flower garden, built compost beds and community garden beds, laid stone and piping to help drainage, and

installed fencing.

At nearby Phil Rizzuto Park on Morris Avenue, named for the Hall of Fame Yankee shortstop and announcer, the team removed invasive plants, helped mulch trails, cleared trash and debris, and helped to firm up an eroding riverbank.

The Westfield team left the project with a

greater understanding of the needs of urban agriculture and conservation and restoration of open spaces.

For more information about Groundwork Elizabeth and their projects visit groundworkelizabeth.org. To learn more about the Presbyterian Church in Westfield, visit westfieldpc.org.



(above) 40 youth from the First Presbyterian Church in Westfield HSMT program and their advisors joined Groundwork Elizabeth staff to work on a series of projects.

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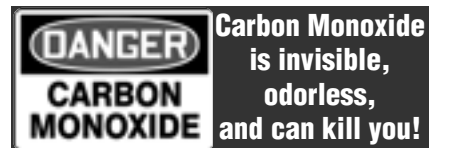
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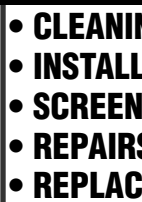
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CLARE LOGAN MAKES FINALS AT OLYMPIC TRIALS

The Westfield Area Y Devilfish swim team congratulates 15 year old Clare Logan on making it to the B Finals of the 50M Freestyle in Wave 1 of Olympic Trials which took place in Omaha, NE from June 4-7, 2021.

Logan finished 15th in preliminaries advancing her to the B Final that evening where she finished in 13th place overall with a time of 25.82. Logan, who has been swimming with the Devilfish since she was 7 years old, was the youngest swimmer to make finals in the 50M Freestyle.

Clare had the entire Devilfish team behind her. They organized a clap-out on her final day of practice before she left for time trials and the coaches hosted a watch party for her swim during finals.

The Devilfish want to congratulate Clare on a fantastic accomplishment, the team looks forward to seeing her swim at trials again in 3 years.



(above) Director of Competitive Aquatics/Head Coach Chris Cipolla and Clare Logan

COLIN SUMMERS NAMED NEW JERSEY'S BOYS GOLF PLAYER OF THE YEAR BY USA TODAY

Colin Summers – Westfield High School Class of 2021 and Fairfield University golf commit – has been named Boys Golf Player of the Year for New Jersey by USA Today.

Among the top performing high school golfers across the country, Colin joins other nominees – one from each state – to be considered for the national Boys Golfer of the Year Award, which will be announced at the inaugural USA Today High School Sports Awards on August 5 at 8 p.m. The on-demand streaming show will bring together some of the biggest names in

professional sports and will be free to watch at sportsawards.usatoday.com.

“Colin epitomizes the role of a captain and leader. He is always the positive voice on the course, on the bus, and in team meetings,” says Westfield High School Supervisor of Athletics Sandra Mamary. “Colin presents himself with confidence and maturity. His knowledge of the game and how to approach each golf course is impressive. I wish him well as he continues to compete at the next level.”

Photo by Westfield High School Athletics Department




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MOBILE MEALS OF WESTFIELD PARTNERS WITH GIRL SCOUTS TO PROVIDE CHEER

Submitted by Lauren Sullivan

Ruth Maloney, Mobile Meals of Westfield President and Lucia Triola, Service Unit Manager for all Westfield Girl Scouts, partnered during the pandemic to include small day-brightening gifts such as notes, drawings, crafts and flowers on a monthly basis to Mobile Meals clients.

The program was initiated by the Girl Scout troops as “Sunshine of the Month.” The troops create items at their meetings, and then they deliver them to Ms. Maloney who brings them to the Mobile Meals kitchen for distribution during meal deliveries.

The program has been very successful to date. February gifts were supplied by Tamaques Elementary School Troop 40555. Dante Panaro, Troop 40055 leader, supplied April offerings. May offerings were provided by 6th Grade Cadette Troop. Troop 40972, led by Saenah Kim, provided items for July.

Ms. Maloney thanked the troop members and their leaders remarking, “You’ve all made a positive difference in the lives of our clients during this challenging time. Sincere thanks to the Girl Scouts of Westfield for their generous and caring support!”

Mobile Meals of Westfield is a non-profit organization which provides freshly prepared meals daily to those persons unable to provide meals for themselves. The organization serves the communities of Clark, Cranford, Fanwood, Garwood, Mountainside, Scotch Plains and Westfield.

NJ Transit recently launched its “Transit to Trails” initiative, an interactive and user-friendly web application that easily identifies great parks and green spaces in New Jersey that are accessible by public transportation.

The “Transit to Trails” website, found at njtransit.com/trails, has links to NJ Transit service details and park information for 62 national, state and county parks throughout New Jersey. Results will feature bus, rail and light rail options within two miles of the desired park throughout all 21 New Jersey counties.

While using NJ Transit’s “Transit to Trails” map, users will be able to search for their prospective destinations by park name or view a virtual map of the state with different park locations. Each destination has clickable access points comprised of park entranceways, parking lots or meeting areas. Service options for each of these individual areas, managing agency

information and directions will be accessible from a pop up that appears at each access point.

The ease and convenience of being able to efficiently plan for leisurely visits to outdoor recreation and community destinations encourages residents and visitors to utilize available public transportation as opposed to their personal vehicles when planning a trip. NJ Transit’s “Transit to Trails” application planning tool will help decrease road congestion, help the environment and ensure equitable access to New Jersey’s parks for those who depend on public transportation for all their travel needs.

For more information on NJ Transit to Trails please visit njtransit.com/trails.



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HIGH SCHOOL WORLD LANGUAGE HONORS

Westfield Public Schools

Many Westfield High School (WHS) students received recognition for their achievements in world languages this year. Eighty-three students recently were inducted into the National Honor Societies for French, Spanish, Italian and Chinese, with 20 excelling in French, 40 in Spanish, 9 in Italian, and 14 in Chinese. Additionally, 90 WHS seniors attained the Seal of Bilingualism, an award granted to students who attain proficiency in two or more languages by high school graduation.

“We celebrate our students’ accomplishments with pride,” says Enrique Pincay, Supervisor of K-12 World Languages/ELL. “Although our students have experienced unique challenges throughout the COVID-19 pandemic, they continued to consistently perform well in the Seal of Bilingualism assessments, and to meet the

criteria to be inducted into the National Honor Societies. We congratulate all of our students.”

National Spanish Honor Society: Aleksandra Baker, Blake Baretz, Marlena Bartlett, Emily Bergerman, Lucia Biasi, Aden Brooks, Hailey Bruder, Phoebe Chadowitz, Norah Chinn, Joseph Compton, Gianna Davis, Caroline Donnelly, Ivan Fonseca, Charles Garretson, John Gonzalez, Manuel Gonzalez, Eric Harnisher, Ashley Hu, Jordyn Ives, Anjali Jain, Vivian Jeckell, Shreya Jyotishi, Jack Kiely, Grace Klag, Amira Lee, Natalie Manzo, Ethan Messerman, Kavya Panjwani, Katey Peretz, Anna Rickard, Zachary Roitman, Carsen Sharkey, Vijay Sreenivasan, Fiona Strout, Gillian Strout, Ashley Talwar, Victoria Vaca, Thomas Walsh, Eden Wilcomes, and Jessica Zdep.

National French Honor Society: Camille

Blaise, Emma Ceraso, Elaine Deignan, Julian Hamilton, Sean Henderson, Grace Kelly, Sofia Korotka, Samuel Laitman, Sarah LaMonica, Lucy Langhart, Juan-Diego Lara, Meryl Li, Chloe Pinkowski, Valeria Ramirez, Lily Roth, Grace Waibel, Sophie Waibel, Nathan Welsh, Rachel Witzel, and Taylor Zinnie.

National Italian Honor Society: Ava Bracco, Samuel Broaddus, Anna D’Angelo, Abigail Flynn, Emma Heinze, Siena Jabon, Richard Panikiewsky, Sophia Spadaro, and Amanda Wallis.

National Chinese Honor Society: Roan Baker, Shane Carlin, Emily Cheng, Kaitlyn Jackson, Andrew Jian, James Kaprowski, Asher Katz, Catherine Lopez, Grace Luo, John Price, Daniel Ramdath, Noelle Shih, Tyler Sontz, and Jason Zheng.

Photo by Westfield Public Schools



(above) Forty Westfield High School students were inducted into the National Spanish Honor Society, among 83 students overall who were inducted into World Language honor societies for 2020-2021.

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DR. HART AWARDED SILVER BEAVER AWARD



(above) The Patriot's Path Council of the Boy Scouts of America bestowed the Silver Beaver Award to Dr. D. Michael Hart. This is the highest national award given to a volunteer.

The Patriot's Path Council of the Boy Scouts of America bestowed the Silver Beaver Award to Dr. D. Michael Hart during a ceremony held on Saturday, June 19, 2021. This is the highest national award given to a volunteer. The award is "to recognize registered Scouters of exceptional character who have provided distinguished service within a council," as stated by the Boy Scouts of America.

Michael grew up in Mountainside, graduated from Franklin and Marshall College, then Columbia University School of Dental Medicine in New York City in 1980. Mike is married to his wife Eileen for 45 years. They have two adult children and three grandchildren.

After retiring from Dentistry in 2017, Mike joined The Flintlocks BSA, Inc. The Flintlocks are a group of retired scouters who work at the Scout camps every Thursday throughout the year. Mike restarted the Flintlocks Facebook Page, started writing the quarterly newsletter, placed newspaper articles in local papers, and obtained grants from local organizations. One grant from the Westfield Foundation was \$18,000 for the Flintlocks to build the STEM trailer at Allamuchy. Scouts can work on merit badges in STEM topics in this high-tech building - Science, Technology, Computers, Robotics, Video Game Design, Chemistry, etc. Next, Mike was elected Secretary of the Flintlocks in 2019. He has also been active at the Council level, both on committees and volunteering for many events. He was awarded the Council Trailblazer Award in February 2020.

An important part of the Silver Beaver Award is Service to the Community. Mike was president of two different local Rotary Clubs, then Rotary International District Governor in 2006-07, and has been active in service to Rotary for 40 years. Rotary Clubs may be found in almost every town. It is a service club of successful business people who wish to "give back" to the community. He is currently the secretary for the Rotary Club of Westfield, which does projects to feed the hungry, help homeless veterans, plant trees and provide scholarships. Mike is also the District Foundation



(above, l-r) Patriot's Path Council Chief Scout Executive Marc Andreo, Dr. Hart, and Council President Mark Tallmadge.

Chair for the 81 Rotary Clubs in northern New Jersey. Early in the COVID pandemic, he arranged Rotary grants of \$130,000 to buy 10 ventilators and a high-tech hospital bed for 3 hospital systems: Overlook Hospital in Summit; Trinitas in Elizabeth; and Robert Wood Johnson in Somerset. In the spring of 2021, as a retired dentist, but with an active license, Mike personally volunteered to administer the COVID vaccine to many hundreds of patients.

Another aspect of the Silver Beaver Award is Service to Youth Outside of Scouting. Mike served as a mentor to many young people who were considering the profession of dentistry, volunteered as a teacher of dental residents for 35 years at JFK Medical Center Dental Clinic, started a scholarship to honor his father, started a Rotary youth service club - called the Interact Club- at Westfield High School in 1997, and encouraged his employees to improve themselves through advanced continuing education.

Dr. Hart has been a registered member of Scouting for 27 years. In the past 4 years alone, he has volunteered over 1,200 hours to helping the Scouts.

Mike appreciates the values and ethics that the BSA program instills in young people, with the emphasis of service to the community, and good citizenship.



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Town of Westfield

Have you seen the rain garden in Tamaques Park? Also known as a bioretention system, this landscaped shallow depression captures, filters, and mitigates stormwater runoff from the restroom building roof and parking lot perimeter while creating an attractive landscape between Fields 3 and 4. A rain garden is actually one of the quickest and easiest methods to reduce runoff and help protect our water resources, and we'll soon have signage installed as part of the educational component of this project to inform residents about its benefits and how to build one on their own property. This project was initiated by the Green Team and installed by the DPW with in-kind technical and design assistance from the Rutgers Cooperative Extension Water Resources Program.

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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. Additions 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.

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Imagine provides free peer grief support groups for children ages 3-18 who have experienced the death of a parent or sibling. Concurrent English and Spanish speaking adult groups are available for the parents or caregivers of the youth who attend Imagine. We also offer support groups for young adults ages 18-30. All groups are held either in-person or virtually.

Support groups are facilitated by trained adult volunteers who attend a three-day training totaling 24 hours, as well as regular continuing education. Volunteers come from all walks of life and no special background is required other than a willingness to listen, a heart inclined to serve, and the ability to be with children and adults in pain without trying to fix, solve or give advice. No prior experience is necessary. Volunteers must be 21 years or older. Volunteers serve as companions and loving listeners for those who are grieving.

"In order to continue to grow our English and Spanish speaking programs, we need to constantly train new volunteer facilitators," said Veronica Ortiz, Imagine Program Manager. "Our programs are growing because of the great need in this community, especially in the wake of the Covid-19 Pandemic. Over 220 children and adults have been participating in our virtual support groups this year. We are now preparing to launch a new program year that will offer the option of in person or virtual support for English and Spanish speaking groups. Doing these additional trainings will ensure that no child will ever have to wait to get the support they need."

Imagine is offering a training class that will take place virtually from August 27-29. For more information, please contact Imagine Training Manager, Jamie Saltamachia at jamie@imagineinj.org, 908-264-3100.



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There remains an emergency blood shortage due to the coronavirus pandemic, which has limited the amount of walk-in community blood drives at such convenient locations as schools, libraries and houses of worship.

New Jersey Blood Services (2279 South Ave., Scotch Plains), a division of New York Blood Center, is part of one of the largest independent, community-based, non-profit blood centers in the United States that provides lifesaving blood products and services to nearly 200 hospitals in the tri-state area.

In order to be an eligible donor, you must be at least 16 years old (with parental permission or consent for those under 18 years of age), who weigh a minimum of 110 pounds, are in good health and meet all FDA and state Department of Health donor criteria. People over 75 years old may donate with a doctor's note.

To donate call (908) 232-9234, or schedule on-line: donate.nybc.org/donor/schedules/zip



(above) To learn more about New Jersey Blood Services visit the Scotch Plains Township channel on Youtube to view "Business of the Week: New Jersey Blood Services".

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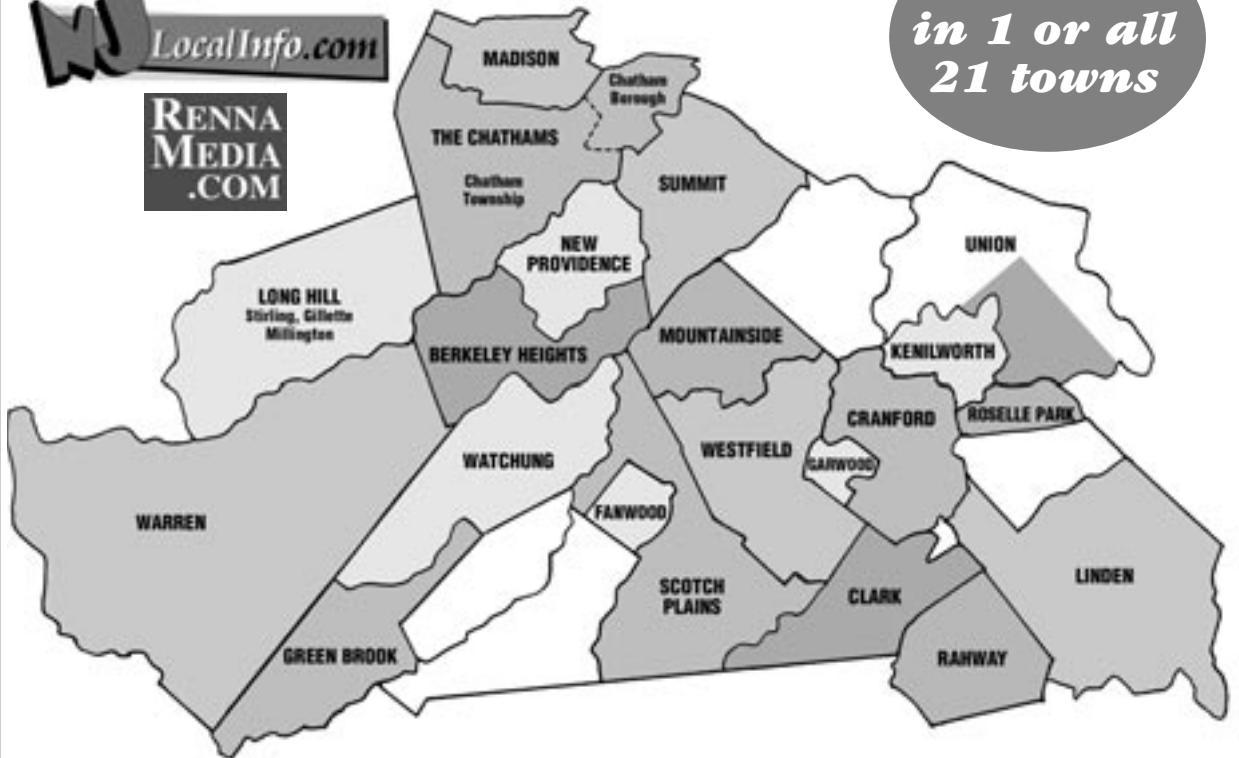
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TEEN VOLUNTEER FOLLOWS HER DREAMS TO PRINCETON



Trinitas Regional Medical Center offers teenagers with an interest in healthcare several opportunities to test-drive their dreams. Dimiana Ibrahim, an Elizabeth resident,

followed her dream of becoming a doctor to Princeton University to join the Class of 2025. What helped make the decision to study medicine were her experiences as a volunteer and a Medical Explorer at Trinitas.

As a high school sophomore, she entered the Teen Volunteer program, run by Lisa Liss, Director of Volunteer Services at Trinitas. "I wanted to be further exposed to the hospital setting to see if medicine was really the right path for me," Dimiana says. "Volunteering on the maternity floor allowed me to observe the ins and

outs of how a hospital floor works. Helping different varieties of patients exposed me to how different and equally important each patient's story is. I was exposed to real-world hardships, celebrations, and stories that I would've never been able to see otherwise. It taught me the great importance of patience and compassion in the field, which is something you really have to feel and not just read about in a book."

Then Dimiana joined the Medical Explorers Club, for those interested in healthcare, nutrition, physical therapy, and nursing, among other careers. "Although short-lived due to COVID, it was an overall really fun and educational experience for my friends and me. I learned a lot about different specialties in the hospital, like anesthesia and dialysis. It showed me how truly excited I felt learning about medicine. It helped me realize that this is the excitement I aspire to have my entire life when it comes to my chosen field. These experiences, along with many others, helped me achieve the self-reflection and discovery needed to not only find my career path,

but to recognize how I intend to get there. Attending Princeton University will be one of my first of many steps towards becoming a physician."

Liss, who also oversees Nurse Camp for high school students and the Collegiate Medical Mentor program for college students, says, "I'm always thrilled to hear about students taking their experiences at Trinitas and running with them. Dimiana was a shining example of how enriching these programs can be for students who may either be on the fence about healthcare as a profession and figure out that they definitely want it, or know for sure they want to study medicine at some level and can't wait until college to get started. Dimiana took advantage of what we have to offer and we hope to see her in our Collegiate Medical mentor program as she excels at Princeton."

For more information about Volunteering at Trinitas or to get involved with one of the medical mentoring programs, call Lisa Liss, 908-994-5164.

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