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SCOTCH PLAINS DAY FAMILY FALL FESTIVAL

The Township of Scotch Plains hosted the annual Scotch Plains Day Fall Family Festival on Sunday, October 3rd, 2021, in the downtown district on Park Avenue. The day featured family friendly entertainment including food trucks, interactive inflatables, vendors, and live music. Local community organizations also participated by setting up tables and distributing information about their causes. The event was fun for all ages as Scotch Plains kicked off their Fun Fall Festivities.



(above) Rescue Squad



(above) Terrill Road Baptist Church hosted a photo booth where families could take home a free photo.



(above) American Legion

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(above) Historical Society



(above) Scotch Plains Police Department manned a bean bag toss, winners were given a coupon for a free ice cream at Scoops.



(above) The Brother John Brown Band, including Scotch Plains native Chris Brown, performed.



(above) Union Catholic HS

Photos from this and other events can be found online at rennamedia.com and on the Scotch Plains Monthly page on [facebook.com](https://www.facebook.com). Feel free to "Like," "Tag," and "Share."

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Scotch Plains NJ

WHAT'S HAPPENING MONTHLY

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Scotch Plains Monthly

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MEN'S CLUB KICKS OFF NEW YEAR

Congregation Beth Israel

The Men's Club of Congregation Beth Israel (CBI) kicked off the year with a community blood drive, tailgate party, and cornhole tournament on Sunday, September 12, at the Scotch Plains synagogue. The blood drive was run by Vitalant, one of the nation's oldest and largest nonprofit community blood service providers. Scotch Plains Mayor Josh Losardo

and Scotch Plains Councilman Matt Adams attended the day's events.

The Men's Club of Congregation Beth Israel hosts a fall and spring blood drive annually, as well as other community outreach events. It also provides social and educational opportunities for synagogue families.

Learn more about CBI Men's Club programming at cbinj.org.



(above, l-r) Pictured at the cornhole tournament award ceremony are Men's Club President Jonathan Jaffe; Cornhole Commissioner Jason Hoberman; Scotch Plains Mayor Josh Losardo; tournament winner Scott Friedberg; runner-up Russ Kussner; CBI President Aaron Kessler; and Scotch Plains Councilman Matt Adams.



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KEEP THIS INFORMATION AT HAND FOR EMERGENCIES

Scotch Plains Rescue Squad

When faced with a medical emergency, it's often difficult to stay calm and think clearly. One important question always asked by first responders is, "What medications are being taken?" Would you be able to answer this quickly and accurately?

If you're taking only one, then it may be easy to remember. However, if you, or someone else in your household, is taking multiple medications, it's often hard to remember not only the names, but the dosage amounts as well. It's



The Scotch Plains Rescue Squad has been responding to medical emergencies for over 84 years. If you're interested in becoming a member, please go to scotchplainsrescuesquad@gmail.com

important, therefore, to have an up-to-date and accurate list ready to hand over to EMTs or paramedics. This can be useful while in the ambulance itself, and upon arrival at the hospital, this information can also be given to the nurse or doctor treating you, which may help to clarify what's causing the medical episode.

For example, if a patient has cut himself and is bleeding profusely, the amount of blood may not be due to the size of the laceration, but rather because the patient is on blood thinners. Or, if a patient is having chest pains and is on high blood pressure and cholesterol medications, chances are more likely that he or she is having an actual heart attack and is not suffering from simple indigestion from an unhealthy meal. Or, if someone is confused and not responding appropriately, it may be because he is diabetic and has forgotten to take his medicine, or possibly hasn't eaten in a while.

It will only take a short time to write out a handwritten list, or even better, to type one up on a computer. This way it can be easily updated, and will also be easy to read. Since some medications have similar names, it's important that the names and dosage amounts be clearly legible.

Thank you to Carole Kenyon for this article suggestion! If you have an idea for an upcoming rescue squad article, or if there's something you would like to see covered, please send an email to suebaldani@scotchplainsrescuesquad.com.

The Scotch Plains Rescue Squad has been responding to medical emergencies for over 84 years. If you're interested in becoming a member of this all-volunteer and invaluable organization, please email:

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Contributing Author: Susan Baldani, a life member of the Scotch Plains Rescue Squad.

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ANNUAL DOLL & TOY EVENT - NOV 9

Fanwood-Scotch Plains Thrift Shop

Mark Tuesday, November 9 for the start of the annual Doll and Toy event at the non-profit Fanwood-Scotch Plains Service League Thrift Shop, located at 1741 East Second Street in Scotch Plains.

The store will be all “dolled up” with a wide selection of Barbie dolls, baby dolls and accessories, and limited edition porcelain collector dolls from companies like Heritage and Design Debut. Items for sale include toys from name-brands such as Fisher-Price and Melissa & Doug, as well as a series of Land’s End teddy bears by Gund housed in their original boxes. Puzzles and board games that are 100 percent complete, along with children’s books and DVDs that are either new or in excellent condition, could help to round out holiday shopping for the children on your list. Christmas-themed bric-a-brac will also be out for sale.

Donations of new or gently used dolls, toys, and seasonal décor will continue to be accepted throughout the month of November. Please note that any gift of giving and/or purchasing store items is an act of generosity, as all store proceeds outside of operating expenses are donated to local non-profit organizations or used for student scholarships. It’s a great way to spread kindness as the holiday season approaches.

Store hours are Tuesday through Friday from 10:00 a.m. to 2:30 p.m., and Saturday 10:00 a.m. to 1:00 p.m. The shop will be closed Thanksgiving week from Tuesday, November 22 through Friday, November 26, opening on Saturday, November 27 for “Small Business Saturday.”

To protect our volunteer staff and other store patrons, face masks are required of everyone entering the store. Children are welcome provided they are accompanied by an adult. To learn more about the Service League and types of donations accepted call the store during Thrift Shop business hours at 908-322-5420.



(above) Rapunzel is just one of the porcelain collector dolls for sale at the Thrift Shop, sure to bring a fairy tale to life for a new young owner!

HELP US SAVE A VET - VOLUNTEERS NEEDED

Michael D. Boll, Director New Jersey Veterans Network

For the last few years the New Jersey Veterans Network and its mobile outreach team has been aggressively seeking out veterans in need and providing them resources to have a better way of life. This is only possible because of our volunteers’ commitment and dedication with helping our veteran community. Donations are wonderful and help us purchase food, clothing, medical equipment and other life changing items, however someone’s time is what makes an enormous difference.

During our charity’s existence, we have provided meals for thousands of veterans and servicemen, dropped off PPE and clothing to veterans, provided medical equipment for disabled veterans, had 30 cars donated to disabled veterans, and most importantly we successfully saved the lives of veterans who were in some type of a dangerous crisis.

Every day we lose approximately 22 veterans to suicide and unfortunately this number hasn’t changed over the years. Depression, PTSD and trauma run extremely high among our veterans and their family members. There are countless lifesaving programs out there for veterans, however it’s a difficult task to get veterans to trust others and go get the help they need to live a better life.

The New Jersey Veterans Network also has a program called Operation Rebound that consists of a mobile outreach team that helps to train veterans for events like races, hiking, and other athletic activities. The goal of Operation Rebound is to do athletic events from 5k races to long distance Iron Man competitions in order to empower the veterans and show the public how

people can do amazing things with the proper support. It is truly incredible to see the veterans go from no physical activity to completing these tremendous athletic challenges.

Our charity has been able to work alongside other amazing charities that always put veterans first and are capable of rapidly providing them with essential resources. Recently, we formed a veteran anti-suicide and PTSD awareness coalition, called Uniformed Heroes, that will provide peer support sponsors for any veteran in need. Our peer support sponsors will be trained by the VA and Penn Med and our goal is to have volunteers statewide to help veterans in need.

To make this upcoming Uniformed Heroes campaign successful, we are in desperate need of volunteers from both the veteran and civilian communities. There are numerous events and daily tasks that our charity could use assistance with and we are always looking to have more volunteers willing to help us reach veterans in need.

Our goal is to provide all veterans in need with a peer support sponsor that will do whatever they can to help veterans with obtaining the resources needed to live a better life. This is not an easy thing to do, but the New Jersey Veterans Network has already been able to make a huge difference because of the team’s volunteers and its strong partnerships with other charities.

If you are interested in joining the team, please send us an email at NJVN1775@gmail.com and provide your name, email, and phone number. Also, if you have any questions, and concerns please feel free to contact us at 973-332-1556.



(above) Knights of Columbus Tank Pull



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REGINA O'CONNOR TAKES OATH AS VOLUNTEER FOR LOCAL FOSTER YOUTH

CASA of Union County

The latest class of community members to step up and train as advocates for Union County foster youth have taken their oath before a Union County Superior Court Judge and are now ready to be matched to their case as the newest volunteers with Court Appointed Special Advocates (CASA) of Union County. Regina O'Connor of Fanwood is among them.

The nonprofit, which began in Union County in 2005, recruits, trains, supports, and supervises volunteers to serve local child-victims removed from their homes due to abuse, neglect or abandonment, and living in foster care. It is the only nonprofit serving as extra eyes and ears for Union County judges hearing youth cases.

"I am thrilled to embark on my new position as a CASA! I look forward to helping improve the life of a child in my new role," said O'Connor.

Superior Court Judge James Hely presided over the swearing-in ceremony via Zoom; once matched to their youth or sibling set, advocates will begin putting their 30 hours of training into practice. O'Connor was joined by fellow classmates Janet Colman of Warren, Komal Nankani of Summit, Karime Herrera and James Walker Jr. of Elizabeth, Mike Caporaso of Lebanon, and Veronica Gardner of Union.

Volunteers need no special prior background or experience to serve as advocates; each undergoes a thorough training process and is supported by CASA staff. Successful advocates

bring with them varied life experiences and professional backgrounds. No matter the age of the youth to whom they are assigned, advocates' commitment to being a consistent presence – many foster youth experience a revolving door of professionals in addition to the separation from family members – and ensuring needs are identified and recommendations are made to the judge and stakeholders, the trajectory of a child's life can be changed for the better.

Upon being court-ordered to a case, the CASA volunteer has access to the youth, foster parents, doctors, caseworkers, therapists, and teachers in

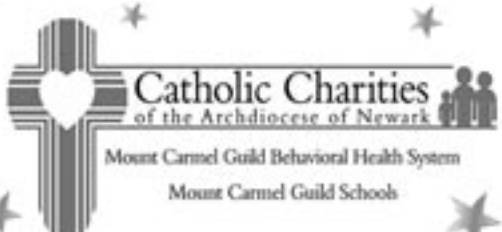
order to identify and report to the judge any concerns and needs in order to protect best interests.

The organization remains committed to serving every Union County youth in foster care; to do that, more community volunteers are needed to step up and train as an advocate for a local child-victim who could range from birth to age 21.

For details on upcoming information sessions, how to join a training class, and all the ways you can Change a Child's Story, contact Lucia at lfield@casafunioncounty.org



(above, l-r) Mike Caporaso of Lebanon; Janet Colman of Warren; Karime Herrera of Elizabeth; James Walker Jr. of Elizabeth; Regina O'Connor of Fanwood; Komal Nankani of Summit; and Veronica Gardner of Union.



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Why This Former NFL Legend was Forced to Hire a QB Coach for his Son

Retired San Francisco 49ers QB Joe Montana, is arguably one of the greatest NFL players that has ever played football...when his son started playing football it would have made sense for him to help his son learn how to play Quarterback.

But that's not how it went. Joe Montana had to hire a quarterback coach to help his son be a better football player. Here's possibly the greatest NFL QB of all time, needing to hire someone else to help his son. It was not that Joe Montana was not equipped for the job...it was that his son needed a second voice to help him get to the next level.

Many parents who have much less knowledge, experience, and skills than Joe Montana are in the same boat in regards to helping their kids get stronger, faster, and more confident.

Most parents we've come across want their kids to eat healthier, be more active, and have a stronger mindset. But many have told us they need help.

Even with the constant reminders of telling their kids to eat more vegetables, get outside instead of watching TV, practice their sport more, get to bed earlier...they find that sometimes the message falls on deaf ears...and some backup would be helpful toward their vision of helping their kid be the best they can be.

Parents have told us that having us (the Grit Athlete Performance Coaches) as a second voice to help reinforce the habits they want for their kids...is changing the game.

Further...Our Grit Athlete Founder has over 20 years experience with training athletes himself...and certainly knows a LOT more about getting stronger and faster than the average parent...But has all 3 of his children (9, 8 and 6) enrolled in Grit year round...because he knows the power of that second voice.

And after they come through our program, parents tell how it's turbocharging their parenting. Here are some real-life examples that have been reported...

Before, parents struggled with getting kids to eat vegetables...now their kids are asking for more.

Before, parents struggled with getting their kids to get enough sleep...now their kids are getting to bed earlier on their own.

Before, parents struggled with getting their kids to watch less TV or play video games...now they are limiting these activities because they've learned they don't really help them become better athletes.

Before, parents struggled with helping their kids have more confidence...now their kids are doing things out of their comfort zone more often which is helping them believe in themselves which further improves self-esteem.

Before, parents had no clue how to help their kid get faster...now they are faster because they've learned that speed is a skill, and a few simple tweaks can make a kid faster immediately.

Before, parents could not get their kids to make their beds...now their kid makes their

bed each morning on their own because they learned that making their bed in the morning helps them have a better day.

Before, parents struggled with getting their kids to do even one good push-up...now they catch them in their room practicing on their own.

Before, parents wanted their kids to have more determination and grit when training new things...now they are staying calm under pressure and seeking out challenges instead of avoiding them.

Many times it's not about telling your kid to eat more vegetables or stop watching TV...but rather finding the right environment for them to be more successful.

Right in your backyard, there's a team of great coaches waiting to be second voices for your kids...so that all the things you're teaching as parents will be reinforced. But most importantly, the results you're after for your kids will actually become a reality. The Grit Athlete winter Sports Performance session starts on December 13th in Berkeley Heights NJ, visit www.gritathletes.com to fill out an application for your child.

Grit Athlete Performance is a Sports Performance Training Company located in Berkeley Heights that helps kids ages 6-18 get strong, fast, and confident so they can have a bigger and better future. They have just released the dates for their winter program that starts on December 3rd. Visit www.gritathletes.com to register for their winter session...or see below for more details...

Want The Grit Athlete Performance Coaches to be your Second Voice?

THE GRIT ATHLETE WINTER SESSION FOR KIDS AGES 6-18

DATE: DEC 13 - MAR 12 • LOCATION: GRIT SPORTS PERFORMANCE COMPLEX

(Located inside Gabriele Fitness in Berkeley Heights)

APPLY NOW

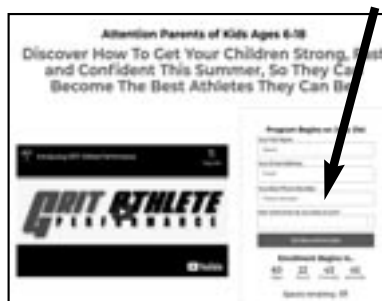
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STEP 2

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STEP 3

Coach Mike will call you and set you up



Warning: The Winter session is the most popular session of the year and always sells out before it starts. We strongly encourage you to scan the QR code today and enter your information to make sure your child doesn't get locked out of the winter session.

Attention Parents of Kids Ages 6-18

HUGE ANNOUNCEMENT...THE GRIT ATHLETE PERFORMANCE WINTER PROGRAM IS NOW ACCEPTING APPLICATIONS

Give us 12 weeks with your kids and we'll have them stronger, faster, and more confident...guaranteed.

This program is for your child if:

- They want to get better at sports but struggle because of **lack of speed, strength or stamina.**
- They **eat more junk food than healthy food** and you need another voice to help them understand how important a healthy diet is during these developmental years.
- They **need to improve their confidence** and you want them to start to get better at recovering from their mistakes.
- They're doing pretty good right now but want to take their performance in their sport to a **higher level.**

Here's what parents can expect to happen:

- **They will get stronger** which means when they show up to their sport they'll be able to perform better than ever.
- **They will run faster and jump higher** so they can show up to their next season and people will start asking what the heck have they been doing.
- They'll become **more coordinated and improve agility** which means they'll pick up new skills their coaches teach them faster.
- **Your children will start to eat better** because we'll be educating them daily on what's good and what they should avoid...don't be surprised if they start asking you to buy more vegetables.
- **Confidence will skyrocket.** When kids get stronger, faster and more fit...their confidence will rise ...so will their self-esteem which means their performance in every aspect of life will get better.
- **Their mindset will improve.** We're going equip your child with very specific mindset skills that'll help them learn how to transform how they think about mistakes and failures.

HAPPY PARENTS TALKING ABOUT THE PHYSICAL AND MENTAL TRANSFORMATION OF THEIR KIDS...

- “When my son started Grit he was quiet, shy, and had some difficulty with movements...Now he is confident in himself, has become more vocal, and is mastering the exercise he struggled with in the past.”
- Jen O'Brien, Grit Athlete Parent
- “My son is more disciplined and confident in himself”
- Steve Hughes, Grit Athlete Parent
- “I have watched my children become more confident and vocal.”
- Christine Stramandinoli, Grit Athlete Parent
- “His confidence has shot up in the last few months...and has carried forward to the way he approaches other activities like sports and schoolwork. My son is now making his bed daily and exercising every day.”
- Catherine Solfaro, Grit Athlete Parent

APPLY NOW

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STEP 3
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Warning: The Winter session is the most popular session of the year and always sells out before it starts. We strongly encourage you to scan the QR code today and enter your information to make sure your child doesn't get locked out of the winter session.

ST. BARTHOLOMEW/UNICO ITALIAN FESTIVAL HITS A HIGH NOTE



(above) SPF UNICO Members Paul and Genevieve Isolda pictured with daughter Mia.

Photo by Jon Joshua

Submitted by Paul Raphael

The community came out in full force to support the annual St. Bartholomew/UNICO Italian Festival held over Labor Day weekend in Scotch Plains, NJ.

UNICO is the largest Italian-American service organization in the United States. The organization's objectives are to promote the image of Italian Americans, to serve the community, and to contribute to charitable, cultural and educational organizations and projects.

The Scotch Plains-Fanwood Chapter of UNICO was chartered in 1973. Our chapter has

raised and donated thousands of dollars annually to support scholarship programs, organizations and individuals in the New Jersey area. Since 1974, we have co-sponsored the St. Barts/UNICO Italian Festival, which attracts thousands of visitors over Labor Day weekend.

UNICO great pride in its rich history, cultural heritage, and dedicated membership. Our local chapter also has been recognized as "Volunteer of the Year" and has earned its place in our community for service to others and charitable contributions since its inception.

We invite you to learn more about UNICO. Please visit unicospf.org.



(above) Metropolitan Procession Band playing at the St. Bartholomew/UNICO Italian Festival.

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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?

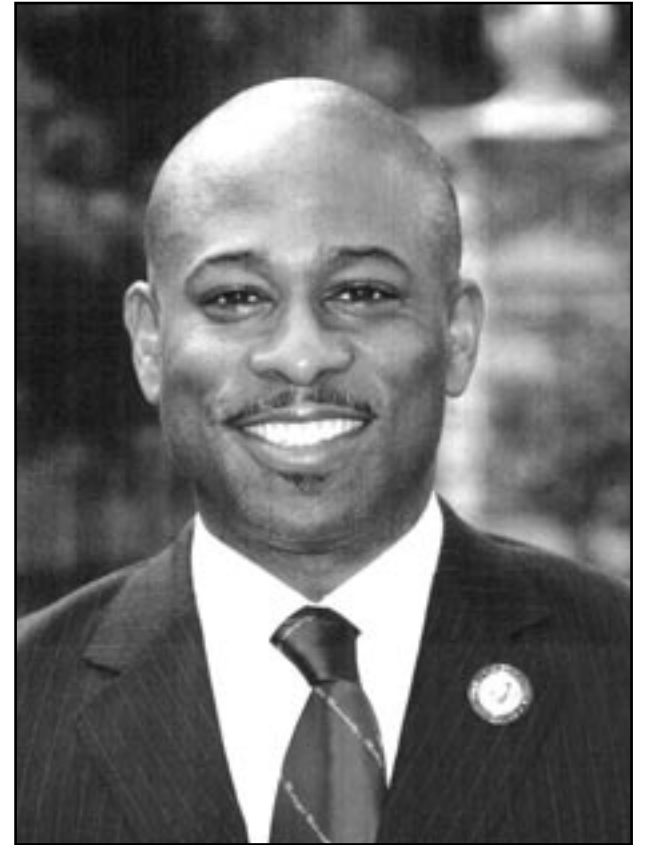
- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections.
- Guided fluoroscopic injections are virtually pain free, unlike blind injections.
- No lost time from work or family.
- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
- 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!

MEET LOCAL AUTHOR, ROBERT E. CONSTANT, VIA ZOOM NOV. 15TH

College Club of Fanwood-Scotch Plains



(above) Robert E. Constant will be the presenter of a Zoom program hosted by the College Club of Fanwood-Scotch Plains at 7:30 p.m. on November 15th. The program is free and open to the public. To receive a link to view this entertaining and informative program, send an email request to tishisack17@gmail.com.

Robert E. Constant is the Associate Director for Leadership Gifts at Princeton University and is an adjunct Professor at Georgetown University. He leads fundraising activities for alumni in New York City and the state of Florida. He earned his Master's degree from St. Thomas University in Miami, FL and his Bachelor's degree from Tuskegee University in Tuskegee, AL. He currently resides in Scotch Plains with his wife and two children.

Constant is an award-winning author who enjoys writing about people, places and communities that have impacted his life. During his presentation he will share information and insights about his children's books. His book, *Hey Tuskegee!*, spotlights the importance of Tuskegee Alabama and Tuskegee University in our nation's history. He is of Antiguan and Bahamian descent and has been traveling to the Bahamas since he was six weeks old. His book, *Hello Grandma*, takes his family back to the Bahamas where they learn about Bahamian culture, foods and animals.

The Zoom program will be hosted by the College Club of Fanwood-Scotch Plains at 7:30 p.m. on November 15th. The program is free and open to the public. To receive a link to view this entertaining and informative program, send an email request to tishisack17@gmail.com.

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."
- Question L.

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THE ROSE CHECCHIO WALK TO WIPE OUT BREAST CANCER

On October 2nd The Rose Checchio Walk to Wipe Out Breast Cancer had their annual walk. 200 people participated. 100% of the proceeds benefits PLAY For P.I.N.K. (Breast Cancer Research Foundation).



(above, l-r) Meredith Adams, Sandra Fava, Toral Joshi, Anjali Govindarajan

Photo by Beth Hornstein



(above, l-r) Beth Hornstein, event co-chair; Josh Lasardo, Mayor Township of Scotch Plains; Margaret Heisey, event co-chair.



(above) Amanada Werner & Shoshana Handwerker, Westfield Girls Ice Hockey

Photos by Scotch Plains Township



(above) Volunteers from Union Catholic High School

Photo by Sean Conklin



SCOTCH PLAINS-FANWOOD HIGH SCHOOL CLASS OF 1951 REUNION

The Scotch Plains-Fanwood High School Class of 1951 recently celebrated their 70th class reunion at The Stage House on Park Ave. in Scotch Plains.



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PLAN A FREE TRIP TO THE RAPTOR TRUST

The Raptor Trust is a 501(C)3 organization that provides free medical care to thousands of Injured and orphaned wild birds each year. Located at 1390 White Bridge Road, Millington, NJ, The Raptor Trust's outdoor aviary trail is open to the public Tuesday through Sunday from 10 a.m. to 4 p.m. There is no charge and no reservation necessary for general admission at this time, though donations are always appreciated.

The Raptor Trust is also offering private guided tours, virtual programs, and outdoor field trips this fall. You can email education@theraptortrust.org with any booking questions or find more information on our website at TheRaptorTrust.org.

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CONGREGATION BETH ISRAEL CELEBRATES SUKKOT

Volunteers from the Men's Club of Congregation Beth Israel (CBI) in Scotch Plains built the synagogue's Sukkah (booth) on Sunday, September 19, in preparation for the Jewish holiday of Sukkot. In keeping with tradition, the volunteers erected the Sukkah on the synagogue's outdoor patio to replicate the temporary huts that their ancestors dwelled in while wandering in the desert. Throughout the week-long celebration of Sukkot, which began September 20 at sundown, congregants and Religious School students were able to eat in the synagogue's Sukkah.



(above) Congregation Beth Israel Celebrates Sukkot

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LITTLE-KNOWN STORIES FROM NJ HISTORY

What was it like the night the Martians “invaded” New Jersey in 1938? How did Princeton residents feel about having Albert Einstein as a neighbor? What inspired young Charles Addams from Westfield to come up with his ghoulish cartoon creations? How did a teenage Bruce Springsteen from Freehold get his high school band into a recording studio?

Have you ever heard of Mundy Peterson from Perth Amboy, who cast an historic vote 150 years ago? How about Garret Hobart from Paterson, who was almost president of the United States? What about Col. Robert Johnson from Salem County and the legend of the poisonous tomato?

Local author Fred T. Rossi literally wrote the book on lesser-known stories about interesting people and unusual events from Garden State history.

Join Rossi, a writer and journalist for 30 years, at the November meeting of the Historical Society of Scotch Plains and Fanwood as he

recounts some of the fascinating tales in his book, *Jersey Stories: Stories You May Not Have Heard About People and Events in New Jersey History*.

“There’s something for everyone in *Jersey Stories*,” Rossi said. “History, politics, entertainment, lots of trivia and plenty of interesting characters and events. I think whether you’re a New Jersey resident or an expatriate, you’re sure to find something of interest in *Jersey Stories*.”

The upcoming meeting is free and all are welcome. It will begin at 7:30 p.m. on Tuesday, November 23, at the Shady Rest Scotch Hills Country Club, 820 Jerusalem Rd. (at the corner of Plainfield Avenue) in Scotch Plains. Note that in accordance with township policy, masks will be required in common areas of the building. Refreshments and fellowship will follow the presentation.

For further information, please contact Connie Klock at (908) 232-9489.

TINY TIM FUND LAUNCHES FUNDRAISER

The Tiny Tim Fund is a registered NJ Non-Profit Corporation 503(c)(3) that provides financial assistance to help families pay for medical expenses of children in Fanwood and Scotch Plains. The organization has been providing financial assistance to local families since 1983.

The Fund is administrated by a volunteer Board of Trustees which consists of Fanwood and Scotch Plains citizens from varied sections of the community.

Traditionally, The Tiny Tim Carol Night held annually in December has been the organization’s sole fundraiser. Last year in an effort to keep carolers and neighborhoods safe during the pandemic, a contactless fundraiser was held through publicity and a letter distribution campaign. Due to current COVID concerns, the trustees are preparing to launch the fund’s second letter distribution campaign.

The success of the letter distribution campaign rests on the ability to distribute letters to as many homes as possible. Volunteers are needed to help deliver letters to local homes. Anyone interested in helping to distribute letters and/or to get more information can contact Barbara at 732-259-6348 or send an email to TinyTimSPF@gmail.com.

Donations from civic and service organizations, as well as donations from local citizens will enable the Tiny Tim Fund to continue to provide assistance for current cases as well as to be able to accept referrals for financial assistance during the coming year. The trustees are anticipating that members of the community who have supported the Tiny Tim Fund in the past will make this year’s mail-in fundraiser a success.

Donations and requests for assistance can be mailed to: The Tiny Tim Fund, PO Box 181, Fanwood, NJ 07023.

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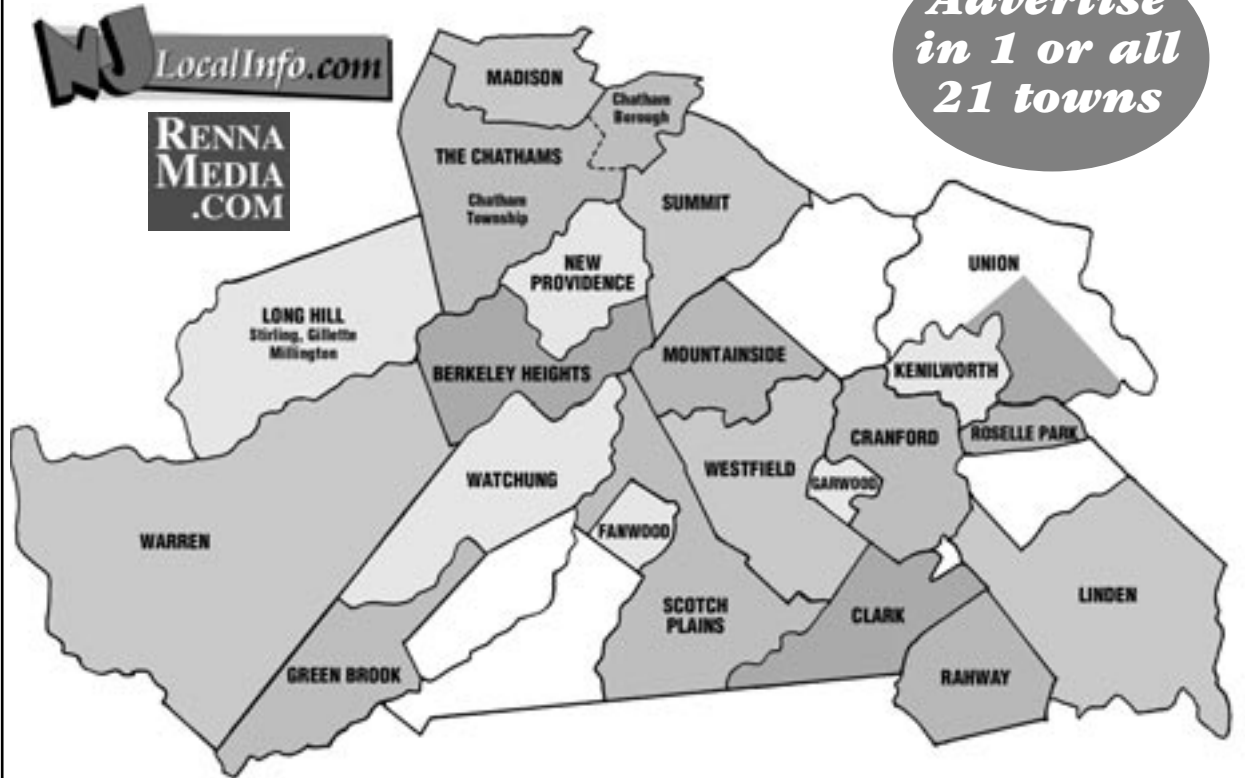
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SCOTCH PLAINS PUBLIC LIBRARY NOVEMBER PROGRAMS FOR ADULTS

Thursday, November 11 – Library Closed

Wednesday, November 24 – Library closes at 2pm and will be closed on November 25 and 26

Bagels and Books

Monday, November 1, 10am

Join us for Bagels and Books to share your thoughts about what you've been reading. If weather permits, we may be able to meet outside the Library.

Election Day

Tuesday, November 2

the library will only be open for voting.

Following the Army

Thursday, November 4, 7pm

Soldiers and Civilians in the Revolutionary War with the Museum of the American Revolution.

Explore the stories of the civilians who supported the military on and off the battlefield and what their work tells us about the American Revolution.

Balance Awareness with Yasmin Ofek

Fridays, 10am

All you need are a chair and sneakers to experience this gentle but effective approach to moving confidently throughout the lifespan. No class on November 26.

Evening Book Club

Monday, November 8, 7pm

Evening Book Club will discuss Interior Chinatown by Charles Yu.

Foodie Trivia

Monday, November 15, 7pm

Test your knowledge of Foodie Trivia; register as a team or on your own. Rounds include famous foods, celebrity chefs, and a picture round.

Afternoon Book Club

Tuesday, November 16, 1pm

Afternoon Book Club will discuss Caste: The Origin of Our Discontents by Isabel Wilkerson.

Memoir Writing Group

Wednesday, November 17, 2pm

Memoir Writing Group will have its first of 6 sessions. Space is limited; priority will be given to SPF residents.

Cookbook Club

Thursday, November 18, 7pm

Cookbook Club will discuss the dishes we've prepared from Cook's Illustrated All Time Best Dinners for Two. Stop in the Library to select your recipe and register.

Friends of the Library meeting

Monday, November 22, 7:30pm

The above events are virtual, unless otherwise noted, and registration is required for all events. More information about the library can be found at scotlib.org.

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