BUSINESS + LIFE KENILWORTH LIFE

Published by Renna Media, LLC. On-line at **RennaMedia.com**

Issue 171 • April 2022

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PAPER CRAFTING PROGRAM: "PAPER PALS" AT LIBRARY

Kathleen Czarnecki, Senior Library Assistant

How does a grab 'n go craft offering become a popular library program? Combine optimism, perseverance, an enthusiastic public eager to have some type of community fellowship, a Library Director and Board of Trustees willing to take a chance and try something new, and a whole group of staff members who worked together to support something new and exciting to offer our community.

We began in 2021 offering grab 'n go card kits to each adult checking out library materials. These kits were much appreciated, people couldn't wait to see what was being offered each month. These kits were created in-house, using a Cricut machine, procured through funds provided by a grant through the Cares Act, administered by the Union County Commissioners. Staff pitched in and used personal crafting materials and card-making supplies. Our library had lots of thick cardstock, so we did the best we could with the materials on hand.

In late Spring of 2021, we were brainstorming ways to offer a new fun activity for our adult patrons. Our community didn't really have much to offer for adults, so we thought we would try to offer to host a card making group. We started outside, setting up chairs and tables behind our small library, and we were off!

We sat outside during the heat and we chased our papers during blustery days. It didn't matter, we were able to offer a fun activity and bring people together safely during the pandemic.

Members of the group donated paper and pencils. Staff members used their personal supplies to help get the program going. We were fortunate to receive donations from paper crafting businesses.

Our group has explored processes such as molding paper flowers, how to blend and shade with inks, and how to use a die cutting machine.

We are now meeting inside the library. Each week, we focus on a different project, incorporating new techniques or materials.

This FREE program is for adults. Come join us! We meet the first and the third Tuesday of the month from 2 - 4 p.m.



(above and right) The Paper Pals crafting program meets at the Kenilworth Public Library on the first and the third Tuesday of the month from 2-4 p.m. This free program is for adults. All materials are provided to make personalized greeting cards and more. All are welcome to join in the fun.









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SUPPORT FOR UKRAINIAN REFUGEES

St. Theresa School

Day fundraiser and donated \$3,500 to the Salesian sisters in Poland and Slovakia who are aiding Ukrainian mothers and children who have fled Ukraine.



(above l-r) St. Theresa School students Penelope Lainer-Scerra and Milania Lopez enjoy pizza at a Pizza Day fundraiser to help Ukrainian refugees in conjunction with the Salesian sisters in Poland and Slovakia.

The Sisters in Poland and Slovakia, stationed St. Theresa School in Kenilworth held a Pizza at the borders of a Ukraine under siege, welcome the refugees, provide humanitarian relief, shelter, and translation services to the refugees.

> Thank you to the families and children for their generosity and prayers. Photos by St. Theresa School



(above) Jalyzia Carrion, a student at St. Theresa School, is one of many students who participated in a recent Pizza Day that raised \$3,500 to help Ukrainian refugees. The Salesian school is working in conjunction with Salesian sisters who are on site helping the refugees.



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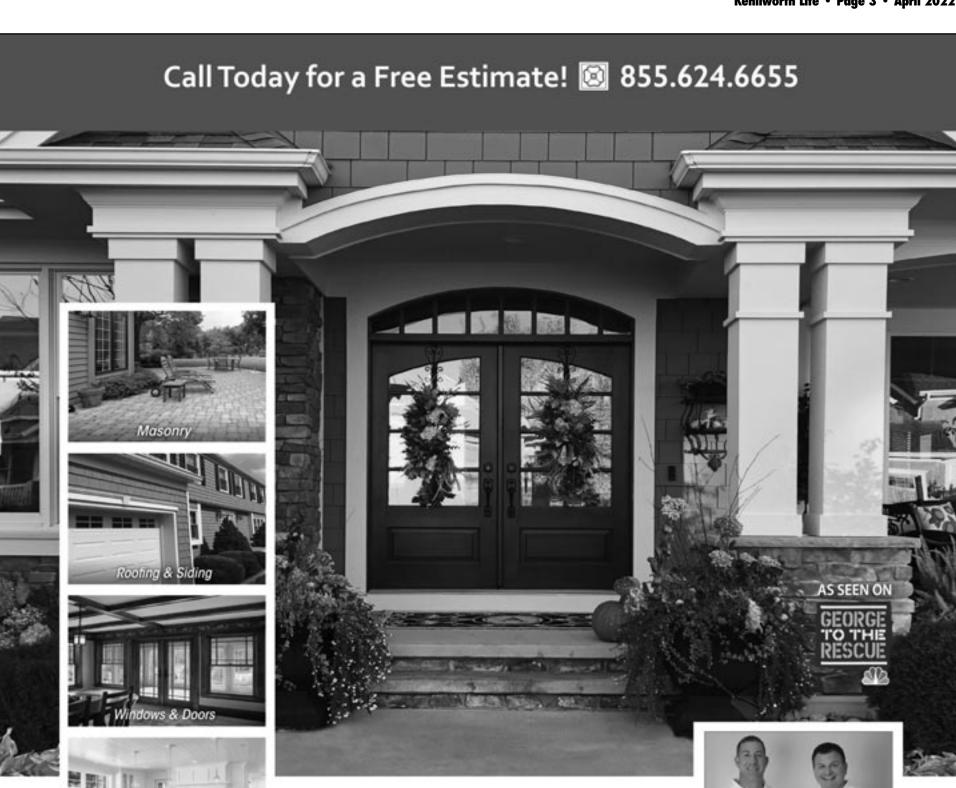
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HIDDEN IN PLAIN SIGHT: A KENILWORTH RAIL TRAIL

By Stephen Dunn Jr.

Kenilworth has the potential for a rail trail for all of us to use, right in the heart of our historic community! A stretch of 1.7 miles of the former Raritan Valley Railroad (RVR), owned by NJDOT sitting essentially unused since 1992, can become our linear public park. And if we connect it to the East Coast Greenway, we will all be able to walk, jog, and ride bikes off road, from the Boulevard to Blackbrook Park, Lenape Park, Nomahegan Park, Echo Lake Park and beyond.

Rail Trails are an asset the communities that have the good fortune to build them. Nationwide, the Rails-to-Trails Conservancy (RTC) that was formed in 1986, has been helping agencies transform unused rail corridors into safe paths for all ages. The economic, environmental, and social benefits to the towns along these rail-trails are substantial and well-documented. New York City's Highline is reported to have generated \$2 billion in economic activity. New Jersey already boasts an impressive array of Rail-Trails and will soon add a 9-mile trail from Jersey City to Montclair. Why shouldn't Kenilworth be next?

Today, the 1.7 miles of NJDOT right-of-way that passes through Kenilworth is blighted by trash, hazardous dumping, and encroachments. In short, what should be a public amenity, an asset that improves our property values, is an eyesore and a burden to the residents of Kenilworth. We have the pieces in place to turn that negative into a positive for Kenilworth.

In 2017, the Union County Board of Commissioners passed a resolution allowing use of the right-of-way for rail-trail conversion. On May 12, 2021, Mayor Linda Karlovitch introduced a resolution, unanimously passed by Council, supporting of Union County Rails-to-Trails. On July 22, the first meeting of the Kenilworth Rails-to-Trails Committee was held at Municipal Hall. Immediately, the Committee worked hard to compel adjacent business owners to clear the property of encroachments and trash. The property North of the Boulevard, nearly impassable as recently as August, has been cleared of obstructions. The local Committee, Union County government, NJDOT, our neighbors in Roselle Park, members of the Summit Park Line Foundation, the East Coast Greenway Alliance, and National Rails to Trails Conservancy are all aboard. We are on our way to preserving history, improving our quality of life and property values, and making Kenilworth even better now, and into the future.

Help turn abandoned RVR property into a rail trail we can all use. I am Kenilworth's representative to the Union County Transportation Advisory Board, Chair of the Kenilworth Rail-Trail Advisory Committee, a year-round bike commuter, and lover of the outdoors.

Email me at Thebikingfireman@gmail.com. I'll keep you updated on the project status and ways you can help, too.



(above) Stephen Dunn Jr., Kenilworth's representative to the Union County Transportation Advisory Board and Chair of the Kenilworth Rail-Trail Advisory Committee, asks for your support to turn local abandoned RVR property into a rail trail.

Photos by Stephen Dunn Jr.

THE BACKSTORY

The history of Kenilworth cannot be told without the story of the Rahway Valley Railroad (RVRR). Planned by the New Orange Industrial Association in 1894 and originally named New Orange, present day Kenilworth was formed from farmland within the borders of Union and Cranford townships. The RVRR was incorporated in 1897, at the height of the American railroad boom. The first train arrived at the New Orange Station at 800 Boulevard, in July 1898. By the time Kenilworth was officially created in 1907, the RVRR extended from the Central Railroad of NJ in Aldene (present day Roselle Park) to a Northern

terminus in Summit.

The RVRR enjoyed a consequential and storied 94-year existence. Though undoubtedly propelled and influenced the development of Kenilworth, the railroad itself faced nearly constant financial struggles. One notable source of income which helped to keep the railroad afloat was the selling of dirt from Tin Kettle Hill. Once standing 186 feet above sea level, planners plotted a course around the hill which stood at the corner of present-day Monroe and Michigan Avenues. When the railroad was built, the hill was slowly dug down and the carted away for fill in the New Jersey meadows. The scenic countryside in the early years, attracted the film industry to Kenilworth Station into the 1920s. World Wars I and II both proved to be significant sources of income for the railroad, which was well positioned next to industry and munitions factories.

After WWII, the railroad had some years of prosperity, but faced steady and increasing competition from the automobile and trucking industry. A high point for the railroad came in 1980 when spectators were transported by rail to the U.S Open Golf Tournament held at Baltusrol Golf Course. Those were the last trains to enter or leave Springfield. The final train left Kenilworth on April 21, 1992.

Despite its many struggles, the RVRR was one of the few railroads to never go bankrupt, not have a mortgage, and be debt-free beyond its current expenses. In 1994, the land was sold to the New Jersey Department of Transportation (NJDOT). By 2000, almost all standing symbols of the line had been removed. In 2001, the NJDOT contracted with the Morristown & Erie Railway to rebuild the line as a study suggested its rejuvenation would be an economic boost to the region. There was considerable opposition from residents living along the corridor. Some rebuilding took place, but ultimately stopped in 2006.

Citation: Historical information obtained with permission from Dr. Walter Boright.



(above) Rail Trail proponents enjoy the benefits of an off-road trail open to walkers, runners, and cyclists. Contact Stephen Dunn Jr. to help turn 1.7 miles of unused land in Kenilworth into an asset for the Borough and its residents.

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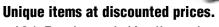
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These problems and the severity are dramatically worse in poorer areas with more industry, diesel fumes and NO TREES. (please see "Earth Day turns 50" in the Star Ledger, it touches on what are children and their children are facing. One of the 2) things they speak of are the "Large bodies of polluted water" we are leaving behind.

Despite these facts and my efforts: dozens of these during construction", trees, our "Oldest Residents", are killed in our local neighborhoods each year. Among the many losses: Most importantly, you will recognize what will harm Shade, Solace the Filtering of our Air and Water, the a tree. Make a commitment to share this information oxygen they provided, ...they also release the Carbon with your children and friends. they have accumulated for hundreds of years.

On June 8th, 2021, I hired a tree expert to help

save some of the trees in our area. I showed him dozens of trees in Westfield, New Providence, Summit and Scotch Plains. He used the word "disgusting" to describe what he saw. In his report You don't have to believe in Climate Change or he writes "that many of these trees can be saved if

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- 1) "Pictorial of trees that can be saved". These are just a few of the many OLD trees being destroyed and dying in our area. If you live in the area, please write a letter (to your local mayor and town council) demanding this needless destruction of our old trees, stop immediately. Please Email a copy to **defendourtrees.com**
- Please also read "Rooting out Problems" at my site or google it yourself.

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which is the biggest cause of killing our trees.

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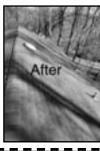
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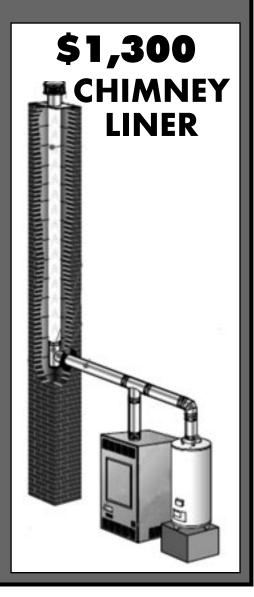
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WHAT, WHERE, AND WHEN IN OLD KENILWORTH:

HUGE COUNTRY HOME WAS TO BE BUILT HERE

In 1893 journalists formed the International League of Press Clubs. Among its purposes was to tend to the needs of members who were indigent. To do so the League set a goal to erect a country home in New Jersey. The club settled on New Orange – Kenilworth today – when attracted by an offer of 109 free building lots by the New Orange Industrial Association. The parcel was located beyond the rear of some N. Michigan Ave. industries, and east of the old Rahway Valley Railroad tracks near the location of today's sixth hole on the Galloping Hill Golf Course. Back then that part of the future Kenilworth was in a section of Union. At the time the population her was about 600 people.

Late in the morning on July 18, 1900 about 1,000 League members, family, and friends from across the country began to descend upon New Orange (Kenilworth). The visitors came on horseback and buggy along narrow dirt roads, and by train to the New Orange railroad station.

League members attended from as far away as Oregon and San Francisco. Others hailed from Washington, D.C.; New York; and Boston. Many came from New Jersey. They scouted the land. They could see the Upsala College Campus a short distance to the west. The old Cranford Chronicle reported, "The dinner was served in a monstrous tent near the proposed home." The meal was a barbeque "in which ten lambs and four pigs were cooked under the direction Sheriff

In 1893 journalists formed the International Calloway of Georgia." Other items completed the ague of Press Clubs. Among its purposes was sumptuous menu. furnished by a state press club There were to be many amenities: dining hall, a pool, gardens, and

To help raise funds to construct the expansive country home, the League held an auction to sell off 25 of its lots. The Chronicle indicated, "These lots found ready purchasers, the first going to an Oil City [PA] journalist for \$1,000." That was a substantial sum considering the average American's income in 1900 was less than \$9 a week (source answers.com).

About 5:00 p.m. the crowd began to dissipate, leaving by the same means in which they arrived. Many found their way to an evening of continued celebration on the elaborate roof garden of the Koster and Bial Music Hall in New York City.

The country home was to have 30 rooms, each

furnished by a state press club There were to be many amenities: dining hall, a pool, gardens, and more The plans estimated a construction cost of \$10,000 – certainly more than a tidy sum 122 years ago. It also was touted as a vacation destination for League members. As late as 1904 the League was raising funds for its country home. The exact reason why it never came to fruition has not yet been determined.

Research provided by Walter E. Boright, Ed. D. Appreciation extended to Luke Allocco for a copy of the "Fourth Estate" newsletter. Persons with questions about this article or who have Kenilworth history to share, may contact Dr. Boright at 908-256-5200 or drbori@aol.com.



(above) On Galloping Hill Golf Course behind these Michigan Ave. industries was the planned site. Photo: Stephen Dunn



(above) Proposed League of Press Clubs country home. Photo: Fourth Estate Newsletter, 1900



(above) Press Club members at New Orange RR Station. Photo: Fourth Estate Newsletter, 1900

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KENTUCKY DERBY-STYLE TEA PARTY

A "Run for the Roses" Kentucky Derby-Style reservations/tickets, please call 908-709-0434. Tea Party will be presented by the Kenilworth Historical Society on Sat., May 14, 2022, at the Kenilworth Veterans Center (Kennedy Room), 33 South 21 Street.

The festivities, which will include an enlightening program highlighting the history of the Kentucky Derby, an indoor horse race, a gift auction and door prizes, will begin at 12:30 p.m. An array of assorted teas, tea sandwiches and desserts will be served. In keeping with the Kentucky Derby theme, the wearing of "fancy hats" is encouraged.

Admission is \$30. Advance reservations (by April 23) are requested, as seating is limited. Safe social distancing practices will be observed. For

Proceeds from the tea party and gift auction will benefit the Kenilworth Historical Society's Oswald J. Nitschke House (c. 1880) "living history" museum and cultural arts center by helping defray operating expenses, including the cost of an elevator that makes all levels of the site ("living history" museum, exhibition center and cultural arts center) fully accessible to everyone.

Kenilworth Society Historical (www.kenilworthhistoricalsociety.org) is an independent, volunteer-based, non-profit, taxexempt, 501(c) (3) organization dedicated to the research, preservation and interpretation of the Oswald J. Nitschke House (c. 1880), local history and culture.

KENILWORTH ROTARY CLUB

clubs. The club was pleased to host this joint rotary meeting. Kenilworth rotary club is

The Kenilworth Rotary Club recently united in currently in its 75th year of service to the fellowship and community service with area community. For further information contact Sandra at 908-349-0441.

Courtesy photos





(above, l-r) Roselle-Roselle Park Rotary Club president Gerald Russell, Kenilworth president Sandra Trapani, Union president Claudia schiavone, and Elizabeth Rotarian Carlton Daniels who spoke on his role as Board Chairman at Habitat for Humanity Newark/Elizabeth/Jersey City.



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FISHING DERBY APRIL 16

The Newark Bait & Fly Casting Club will celebrate its 40th Anniversary by stocking the Lower Echo Lake in Westfield on Saturday, April 16. Sign up begins at 7 a.m., fish will be stocked between 8 - 9 a.m. All are invited to attend this free event. Participants fish in the lake; bait will be supplied, pols will be available if needed, and prizes will be awarded to children in winning categories.

An individual, family, or business can sponsor a trout, which can run from \$6.50 to \$80 depending upon the size. Contact Robert L. Jones at 908-325-6657 to sponsor a trout.

Newark Bait & Fly Casting Club is a 501(c)(3) organization. In addition to sharing a love for fishing, the Club raises funds to help veterans, children, and disabled individuals. Visit nbfcc.org for more information.

BUS TRIP TO AC APRIL 19

The Kenilworth Senior Citizen Club hopes to meet Lady Luck on a trip to Resorts Casino in Atlantic City on Tuesday, April 19. The bus will leave from the Acme parking lot at 9:30 a.m. The cost is \$35 and the casino will give you \$20 in slot play.

To get in on the fun, make a reservation by contacting either Lillian Furze at 908-709-0515 or Emily Grimaldi at 908-272-6329.



LOCAL POLICEMEN AND FIREMEN UNIONS MAKE DONATIONS

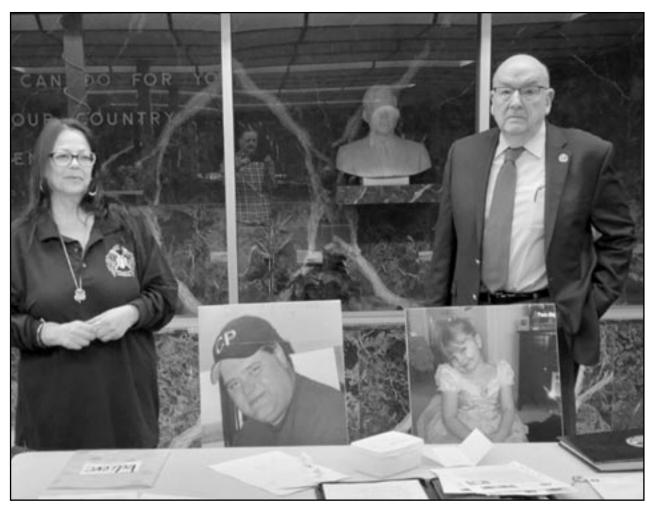
Firemen's Association (NJRPFA) Local 3 of Union and Somerset Counties, recently teamed up with NJRPFA Local 9 to donate a total of \$1,000 to the Ukrainian Assumption Church in Perth Amboy for the Ukrainian Humanitarian Relief Fund.

The Church is currently accepting monetary donations and those of specified items listed on their website: assumptioncatholicchurch.net / Donate to Humanitarian Aid Ukraine / List.

Additionally, the NJRPFA Local 3 donated \$500 to the Catch You Later Foundation. Pam

The New Jersey Retired Policemen and O'Donnell spoke to Local 3 recently and recounted the tragic story of how husband Tim and 5-year-old daughter Bridget were killed in a motor vehicle crash on the NJ Turnpike six years ago by an impaired driver. The Foundation raises awareness about the NJS #77 Aggressive Driving program: Anyone observing an aggressive or erratic driver can alert NJ Police in the moment by dialing #77. The Catch You Later Foundation also provides college scholarships for high school

> For more information, visit catchyoulater.org. Photo by NJ Retired Policemen and Firemen's Association, Local 3



(above l-r) Pam O'Donnell with NJRPFA Local 3 President, former Kenilworth Police Chief, Kenneth Grady. Photos of Pam's late family members, killed by an impaired driver, underscore the need for people to know about NJS #77 Aggressive Driver program. Local 3 donated to the Catch You Later Foundation, an outgrowth of the O'Donnell's tragic loss.







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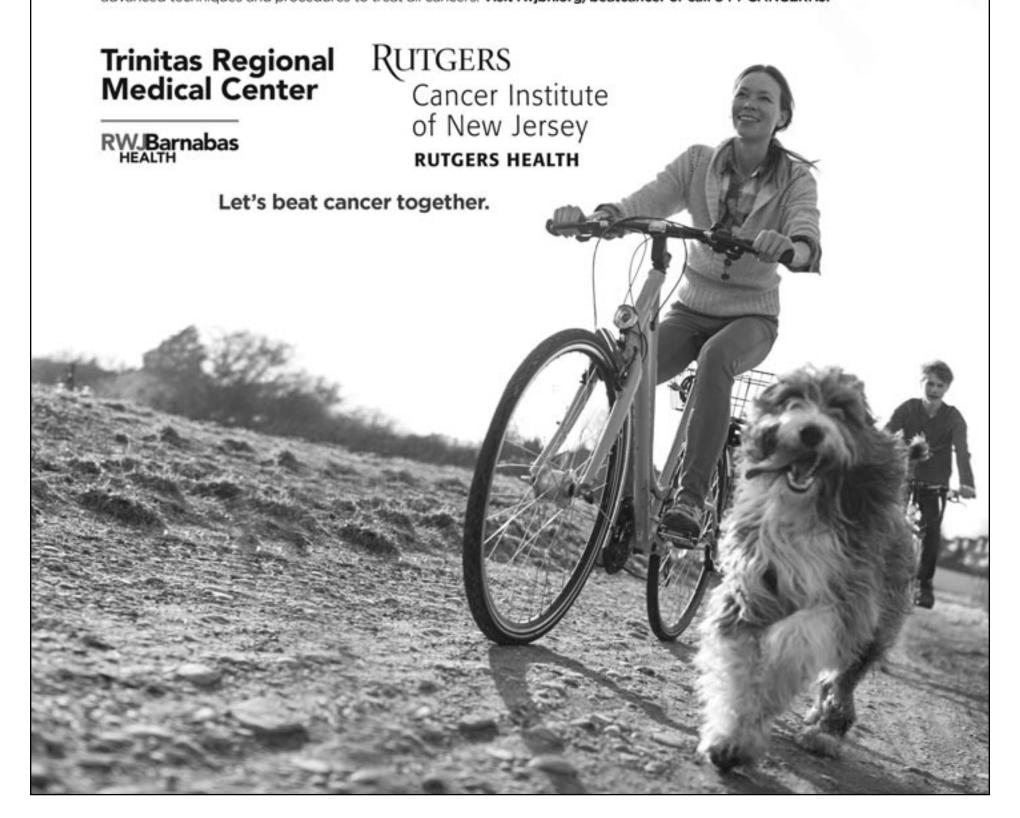
Same name. Same friendly faces. New ways to fight cancer.

Trinitas Regional Medical Center is now part of RWJBarnabas Health. Together with Rutgers Cancer Institute of New Jersey,



the state's only NCI-designated Comprehensive Cancer Center, we offer the most advanced, patient-centric cancer care. Our multidisciplinary teams of nationally renowned oncologists, nurses, oncology nurse navigators, researchers and support professionals ensure a compassionate, comprehensive approach, creating an individualized treatment plan for each patient - all in a beautiful, tranquil environment for healing

and recovery. Our patients now have expanded access to innovative clinical trials, precision medicine, immunotherapy and advanced techniques and procedures to treat all cancers. Visit rwjbh.org/beatcancer or call 844-CANCERNJ.





(above l-r) HES counselor Kristen Jeans says Student Spotlight recipient Madison Walker wanted to "cheer everyone up" with her idea to form teams and compete in friendly challenges—an initiative now part of the fabric of Harding School.

Photo by Kenilworth Public Schools

STUDENT HONORED FOR BOOSTING MORALE

Kenilworth Public Schools

Madison Walker, a Harding Elementary School 5th Grader, came up with a fun challenge to boost the morale of students and staff alike during the difficult days of the pandemic. Madison's idea was so successful, that the school continues to employ it and honored her with February's Student Spotlight.

"With one email last year, Madison took an idea and turned it into a reality," said Harding Principal Ron Bubnowski. "It has become something the whole school really looks forward to."

Inspired by the "houses" in the Harry Potter series (Gryffindor, Ravenclaw, Hufflepuff, and Slytherin), Madison suggested forming "Hawk Teams." Students across grade levels are divided into "houses" or teams and encouraged to participate in an educational challenge. Challenges have included everyone completing all classwork and homework for a week, showing an act of kindness to another student, and writing thank-you letters to their previous teachers.

Teachers record how many students participate in each challenge, and the winning team earns a prize each week such as the chance to have a Pajama Day or Crazy Hair Day. School counselor Kristen Jeans has been instrumental in supporting Madison with Hawk Teams, and now plans to help her and other students expand the initiative.

"We first implemented Hawk Teams at the end of last year for six weeks," said Jeans. "It was so well-received from the students and teachers that we decided to turn it into something more and rolled it back out before the holidays. It's a lot of work for just one student, so we created a committee and together we come up with ideas for new challenges and prizes."

The committee decided to extend the goodwill of Hawk Teams to the community, sending Christmas cards to veterans at the local VFW.

"While many students returned to in-person learning last year, and we are easing slowly back into normalcy, things that were always fun about school like lunch, recess, assemblies, and class parties were significantly impacted by the pandemic," said Jeans. "Madison wanted to cheer everyone up and Hawk Teams has done just that."

Madison thanked the Board of Education as she accepted her Student Spotlight award.

"I love working on Hawk Teams. It has been such a fun experience. I love going to Harding School, and I'm so thankful for everyone there."

CASINO NIGHT SET FOR APRIL 22

Kenilworth Knights of Columbus

The Kenilworth Knights of Columbus Council 4186 is holding a Casino Night fundraiser to benefit Knights of Columbus charities on Friday, April 22 from 7-11 p.m. at our headquarters located at 191 Market Street in Kenilworth. Admission is open to all, but seating is limited. Pre-registration is highly recommended.

The first annual Casino Night will include food and snacks from local vendors, a cash bar, five gaming tables, Tricky Tray prizes from area businesses, and a 50/50 drawing. Tickets are \$40 per person and \$75 per couple. Pre-registered guests receive \$50 in chips per person. Tickets will be sold the day of the event based on availability. All day-of attendees will receive \$40 per person in chips. Additional chips can be purchased during the event.

The event is being sponsored by Mastapeter Funeral Home of Roselle Park. For additional information about the event or sponsorship opportunities contact: Kevin Murphy, Past Grand Knight, 908-377-5727. Contact Franco Zito, Event Chairman, at 908-241-5996 for ticket information.

Council 4186 has given its full support to The Church of St. Theresa as well as many other local organizations: Kenilworth PBA #135, Kenilworth Veterans Center, Kenilworth Volunteer Fire/Rescue, Kenilworth Historical Society, Kenilworth Little League (for which we received an award as the longest team sponsor), Kenilworth Youth Softball, St. Theresa's Food Bank, Hillside Food Bank, David Brearley M/H PTO, NJ Special Olympics, Center for Hope Hospice, HomeFirst, and Life Choices Resource Center.





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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 ostcoarthritis, 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**

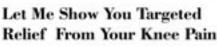
Spine & Wellness Center investing in the use of diagnostic fluoroscopy. This enables them to target the exact location of your knee pain with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. That explains 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.



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 fluoros-

copy 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.

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- Quenton L.

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Registration is open for the 2022-2023 school year.

Call (908) 276-7220 for more information

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Our Salesian school is nestled in the town of Kenilworth and provides a safe and personal education for the children.

As a "Salesian" school we are a youth friendly environment for our children helping them to develop into "good Christians and honest citizens," always respecting their developmental needs, in a family atmosphere.

The concept of "value based" education is at the heart of St. Theresa's curriculum.

Our objective is to cultivate the growth of each student as a whole person. We aim to achieve academic excellence as well as teaching them the value of self worth.

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ST. ANTHONY'S GRAMMAR SCHOOL OF ELIZABETH, NJ EVERY YEAR REUNION

Celebrating the Salesian Sisters 150 year Anniversary

SATURDAY, JUNE 4TH

Starting with a Mass at 5:00pm in church, followed by festivities in the

ST. ANTHONY'S SCHOOL CAFETERIA

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(search Salesian-Sisters-Celebrate-150) or link from our facebook group page: St. Anthony's school reunion

KENILWORTH PUBLIC LIBRARY APRIL PROGRAMS

Phone: 908-276-2451 • www.kenilworthlibrary.org/ 548 Boulevard, Kenilworth, NJ 07033 Monday - Wednesday: 10 AM-5 PM; Thursday: 10AM-8PM; Friday: 10 AM-5 PM; Saturday: 10 AM-2 PM; Sunday: Closed

Lap Sit (Ages 0 - 24 mo.)

Tuesdays from 10:30 a.m. 10:50 a.m. April 5, 12, 19, 26

Toddler Time (Age 2)

Wednesdays from 10:30 a.m.- 10:50 a.m. April 6, 13, 27

Story Time (Ages 3+)

Thursdays from 3:30 p.m. - 4 p.m. April 7, 14, 21, 28

SPECIAL EVENTS:

Registration is required for all special events. Kenilworth residents may begin to register one week prior to each event. Non-residents may begin to register 2 days prior to each event. To register, call the Library at 908-276-2451.

Fun Friday Crafts (Ages 4 - 9)

Fridays from 3:30 p.m. - 4 p.m. April 1, 8, 22, 29

Children will have an opportunity to create a unique craft to take home and display. Children must be registered each week for individual sessions in order to participate.

Bilingual Special Event for Teens and Adults (Ages 16 - Adult)

Wednesday, April 6 from 3:30 p.m. - 4:30 p.m.

Join us for an opportunity to practice Spanish and English conversation skills in a relaxed setting while participating in language related activities. All levels of English and Spanish speakers are welcome. Meet others in the community that want to learn a second language. Presented by Coordinator of Youth Services Robin Koerner, Library Assistant Telina Cuppari and volunteer Virginia Huerta. Registration is recommended, but not required. For more information call the Library.

Story Time Yoga (Ages 0 - 4)

Tuesday, April 20

from 10:30 a.m. - 11:00 a.m.

Get ready to read, move, sing, and be silly as stories come to life in this fun and engaging class for little yogis. Presented by certified yoga instructor Pamela Nixon. Funded by The Friends of The Kenilworth Public Library.

Boogie Woogie Babies (Ages 0 - 4)

Tuesday, April 26

from 10:30 a.m. - 11:00 a.m. Children will learn and enjoy music and movement. Presented by Tiffany Taylor.

Good Tymes String Band (All Ages)

Wednesday, April 27

from 10:30 a.m. - 11:00 a.m.

Foot tapping, knee slapping banjo music and songs for families with children of all ages featuring Raymond Dreitlein, Pete Hauptman, and Jay Leipzig.



(above) Certified yoga instructor Pamela Nixon gets youngsters to read, sing, and move in her fun and educational Story Time Yoga for little ones up to age four. Coming to Kenilworth Library on April 20.



(above) Tiffany Taylor brings song, dance, and fun together for little ones and their adults at Boogie Woogie Babies. Coming to Kenilworth Library on April 26.



(above) Enjoy good music and a good time with the Good Tymes String Band!
Fun for all ages. April 27.

Courtesy photos

SALEM ROADHOUSE CAFÉ GRAND REOPENING

Salem Roadhouse Café

After a two-year COVID absence, the Salem Roadhouse Café announces its grand reopening Gala on Saturday, April 9.

As always, the Salem Roadhouse Café is live, intimate, up front, and personal. All ages are welcome. We ask that patrons wear masks while inside during the show. The doors open at 7:20 p.m. Admission is \$20 and includes show, snacks, non-alcoholic beverages, and dessert.

Carrie Jackson—a frequent and beloved performer at the Roadhouse Café for the past 15 seasons—headlines the reopening along with her Jazzin' All-Stars Band. The Roadhouse suspended performances early in 2020 in response to the COVID pandemic.

Carrie Jackson is a top jazz artist performing in the New Jersey/New York area. She pours her heart into classical jazz favorites from soulful sultry pop to poignant mellow gospel. Carrie nurtured her talent in Newark, the Jazz Mecca of New Jersey. Carrie attributes her vocal style to her mentors, the Great Ladies of Jazz: Sarah "Sassy" Vaughn, Ella Fitzgerald, Billie Holiday, Dinah Washington, Nancy Wilson, and Carmen McRae. The Jazzin' All-Star Band backs her up, buoys her up, and carries the audience away. One never knows who Carrie may bring along with her either.

ABOUT SALEM ROADHOUSE CAFÉ

It's not church music—it's music music. Salem Roadhouse Café is a clean, safe place for people who enjoy listening to live music in a world otherwise filled with clubs and bars. The Roadhouse has always offered its stage to local

and independent mainstream musicians. Jazz, rock, folk, and other groups have performed. What's the common thread? They're all great musicians playing the kind of music people like to hear. There's no message—just music. To leave a message and get a return call, dial: 908-687-1028. email salemroadhouse@gmail.com. Website: townleychurch.org.

The Roadhouse started in 2008 by members of Townley Presbyterian Church with a grant from the Presbytery of Elizabeth. Hey—that's why we're located where we are. The Roadhouse operates as a non-profit that raises funds for several carefully-chosen local charities. That's its social mission. But the many musicians who've played the Salem Roadhouse Café see it as a solid performance venue. They love it because of its special intimacy and great audiences. They say people here "really listen." Ask any of the musicians you meet here—they love to play the Roadhouse.

COMMUNITY INVOLVEMENT

The Salem Roadhouse Café has raised funds for many carefully-chosen charities. They include: The Presbytery of Elizabeth E-port Center, Center For Hope Hospice, Community FoodBank, Monarch Housing, Angel Paws Animal Rescue, National MS Society, Haiti Disaster Relief, Hurricane Sandy Disaster Relief, The Union County YWCA Domestic Violence Program, Making It Possible To End Homelessness, Camp Johnsonburg, The Music Institute, and others. Thousands of dollars have been raised for these deserving charities.



(above) Enjoy the music of Carrie Jackson and the Jazzin' All-Star Band at the Reopening Gala of the Salem Roadhouse Café on Saturday, April 9 at 7:20 p.m.

Courtesy photo



GRAND RE-OPENING - JAZZ featuring

CARRIE JACKSON & JAZZIN' ALL-STARS

SATURDAY, APRIL 9, 7:45 PM DOORS OPEN AT 7:20 PM ADMISSION: \$20.00 STUDENTS \$15.00 nission includes snacks, beverages, tea, coffee & desserts

SALEM ROADHOUSE CAFÉ @ TOWNLEY PRESBYTERIAN CHURCH 829 SALEM ROAD UNION NJ 07083

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240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000	\$2200
320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400	\$2700
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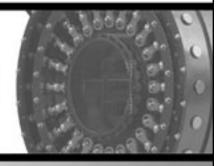
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3/8 Red Stone	\$80
³ / ₄ Red Stone	\$80
³ / ₄ Goose Egg	\$106
1 ¹ / ₂ -3 Goose Egg	
³ / ₄ Arctic White	
3/8 Riverbed / Pea Gravel	\$70
1 Riverbed	\$80
1 ¹ / ₂ -3 Riverbed	\$80

Prices subject to change without notice.

Bon Tool Co.

Largest Display of Cambridge Pavers in Union County

Waterfalls • Fireplaces

- Fire Pits Walls Walkways
 - Patios Curbs