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SCHOOLS SEND SUPPORT AND RELIEF SUPPLIES TO UKRAINE

Linden Public Schools

Linden High School came together in a strong show of support for Ukraine on Friday, March 11, as hundreds of staff and students left class to join the “Stand Up for Peace” event in the school hallways.

Three seniors who hail from Ukraine – Khrystyna Sul, Andriy Martsiyash, and Solomiya Malanyuk – were at the heart of the movement, holding a Ukrainian flag and standing by an “LHS Students for Peace” display. The front hallway and lobby were decorated with giant paper sunflowers, and many students held or hung sunflower pictures that they had colored.

“This is completely a student-led movement,” said Principal Yelena Horré. “Students came to me with the idea of wanting to support the people of Ukraine who have been displaced. They were looking for hope, for a way to do something to help the families and everyone there.”

Many staff members and students showed their support by wearing blue and yellow, the colors of the Ukrainian flag, or lapel pins that students had crocheted and sold as a fundraiser. The demonstration started at 2:23, symbolizing the date of Feb. 23, when Russia invaded Ukraine.

During the demonstration, the Ukrainian national anthem was played throughout the school, then everyone observed a moment of silence to honor those who have been killed.



Photos by Linden Public Schools

(above) Students from School No. 8 in Linden with relief supplies they collected to help the people of Ukraine. In front is third-grader Anna Brum, who had the idea to collect donations and write letters of support to the children of Ukraine. In back are members of the K-Kids community service group who worked to organize the relief drive. From left are Emily Siegel, Layla Safner, Lucas Campos, Jacob Jimenez, Aidan Moncayo, Taylor Forney and Stacy Villanueva.



(above) Students at School No. 8 in Linden with Linden Mayor Derek Armstead and teachers Heather Astalos and Amanda Schweikardt during a Ukrainian flag-raising at City Hall on March 5. The students are Adriana Rodriguez-Kalyuzhna, Anna Brum, Lucas Campos, Nela Barillova, Layla Safner

The school is collecting donations to send to Ukraine, including clothes, medical supplies, and non-perishable food. There are collection boxes in the front lobby of each building at LHS, as well as in other schools throughout the Linden Public Schools district. The supplies are going to be given to Meest-America, a shipping company where Martsiyash works that has halted regular operations to send relief supplies to Ukraine.

Linden High School is also collecting cash contributions to be donated to UNICEF to help Ukrainian children.

School No. 8 in Linden also collected relief supplies to send to Ukraine. The initiative was the idea of third-grader Anna Brum and was undertaken by the school’s K-Kids community service club. They collected first-aid supplies, hygiene products, baby supplies, and small food items for Be in Charge NJ, a non-profit dedicated to community service.

Anna also had the idea of writing letters to the children of Ukraine “telling them that we care about them and that everything will be OK,” said her teacher, Heather Astalos. Students were invited to the City of Linden’s Ukrainian flag-raising on March 5 because of their efforts.

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THE KIWANIS CLUB OF LINDEN

The Kiwanis Club of Linden has been active since January of 1947 and is looking to expand our membership. Kiwanis is an International Organization and their mission is to change the world one community one child at a time. Explore for more information by going to Kiwanisone.org. Through the years our organizations has supported the K-kid programs in Linden schools, provided scholarships, and have been very involved in our community. Our fundraising events consisted of 50/50s, pancake breakfasts, pasta dinners and most recently The Taste of Linden.

Our club holds hybrid meetings monthly for a Thursday luncheon in Linden. If preferred one can attend virtually via Zoom. Lois Bass, a retired employee from Infineum USA L.P., is our current president.

Effective 2022, our membership dues for individuals have been reduced. Interested in positively impacting our youth and serving our community? Contact June and be invited to one of our luncheons, at 908-930-8310 or email her at junlazaro@verizon.net. Together we can change the future by guiding children through leadership and community service.



(above) The Kiwanis Club of Linden has been active since January of 1947. Contact June and be invited to one of our luncheons, at 908-930-8310 or email her at junlazaro@verizon.net.

Courtesy photo

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5 Tudor Dr., Clark
14 Washington St, Clark
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26 Rugby Rd., Colonia
10 Wildwood Place, Colonia
29 Roselle Ave., Cranford

31 Iroquios Rd., Cranford
345 Diamond Spring Rd., Denville
9 Boltin St., Edison
27 Morrell St, Elizabeth
247 Fulton St., Elizabeth
46 Florida St, Elizabeth
43 Fox Grape Rd., Flemington
244 3rd Ave, Garwood
109 Willow Ave, Garwood
408 Hemlock St., Garwood
304 Myrtle Ave, Garwood
299 Gemini, Hillsborough
91 Park Dr. Kenilworth
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315 Lincoln St, Linden
2 Sherwood Cir. Linden
230 Marion Ave., Linden
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46 Edgewood Rd., Linden
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6pm until 9pm

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For more info, please call Mayor Armstead's office at 908 474 8493.



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CURTAIN RISES ON MYSTIC VISION PLAYERS

After a pandemic-induced hiatus, the curtain is rising again on Mystic Vision Players (MVP). Under new management and celebrating its 30th Anniversary, MVP is holding auditions for High School Musical on May 9 and 10 from 7 p.m. to 10 p.m. at the Linden High School Dance Studio at 121 W. St. Georges Avenue. Auditions and casting are inclusive of all races, genders, abilities, and sexuality. Hopefuls should consult audition details at mysticvisionplayers.com > Auditions. Callbacks are on May 12 at 6:30 p.m. by invitation only.

Based on the hit film series, this live stage version brings us back to East High School and the Romeo & Juliet story of budding romance in

front of the footlights. Directed by Howard Whitmore and choreographed by Barbara Brady, this story about following your dreams and going against the status quo is sure to make this summer even hotter.

Rehearsals will be held Monday through Thursday evenings beginning May 16. Performances are July 22, 23, 28, 29, and 30 at 8 p.m. and July 24 at 2 p.m.

"It is my hope that this will be an exciting year for Mystic Vision Players," says newly-appointed President Susan Shubeck. "Not only is it our 30th year, but it is also the year we will bounce back from two years of pandemic-induced theatre isolation."



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LINDEN POLICE OFFICER RECOGNIZED BY MADD NEW JERSEY

On Thursday, March 3, 2022 Mothers Against Drunk Driving® (MADD) New Jersey held its 2021 Annual New Jersey State Law Enforcement Recognition Event.

The event recognized the work of 250 Law Enforcement professionals & Law Enforcement Agencies from across New Jersey who showed outstanding dedication to DWI enforcement, prosecution and education during the 2020 calendar year.

“MADD’s Campaign to Eliminate Drunk

Driving endorses and encourages high-visibility law enforcement and continuing diligence on the part of our police, prosecutors and probation professionals.” says Richard C. Mallow, MADD New Jersey State Executive Director.

“This event is our way of saying thank you to the Officers who dedicate their lives to keeping our roads and highways safe.”

Among those honored was Linden Police Officer Ariel Franjul. This year Officer Franjul, who was recognized as a Department leader in DUI enforcement for the second consecutive year, was also honored as the Union County leader in DUI enforcement.

“Ofc. Franjul has consistently demonstrated incredible commitment and leadership in this area,” said Linden Police Chief David Hart. “We are very proud of the work he has done to keep our roadways safe.”

ABOUT MOTHERS AGAINST DRUNK DRIVING

Founded by a mother whose daughter was killed by a drunk driver, Mothers Against Drunk Driving® (MADD) is creating a future of NO MORE VICTIMSTM. MADD is the nation’s largest nonprofit working to end drunk driving, help fight drugged driving, support the victims of these crimes and prevent underage drinking. MADD supports drunk and drugged driving victims and survivors at no charge, serving one person every ten minutes through local MADD victim advocates and at 1-877-MADD-HELP. MADD’s Campaign to Eliminate Drunk Driving® will end drunk driving through increased law enforcement, all offender ignition interlock laws and advanced vehicle technology. Learn more by visiting MADD New Jersey’s website at www.madd.org/nj or by calling (609) 409-1220.



(above) Linden Police Officer Ariel Franjul was recognized as a Department leader in DUI enforcement for the second consecutive year, and was also honored as the Union County leader in DUI enforcement.



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The fifth- and sixth-grade girls recently won their championship, coming back from a 15-2

halftime score to beat the HBA Spartans 22-20 in overtime.

The fourth-grade boys' division team recently won their championship crushing the previously-undefeated Marlboro 34-22.

Congratulations to both teams!

For more information on recreation programs, email lindenrec@linden-nj.gov or call 908-474-8600. The Parks & Recreation office is located at 330 Helen Street. To view full class descriptions, visit linden-nj.gov and click on Community Pass.

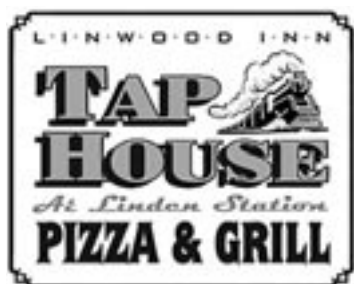
Photo by City of Linden



(above) Linden Tiger Cub girls in fifth and sixth grade are named champions of the Central Jersey North Brunswick League.



(above) Congratulations to the fourth-grade Linden Tiger Cub boys, recently named champions of the Central Jersey North Brunswick



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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 things they speak of are the "Large bodies of polluted water" we are leaving behind.

Despite these facts and my efforts: dozens of these trees, our "Oldest Residents", are killed in our local neighborhoods each year. Among the many losses: Shade, Solace the Filtering of our Air and Water, the oxygen they provided, ...they also release the Carbon 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 he writes "that many of these trees can be saved if prompt action is taken".

HOW CAN YOU HELP SAVE THESE TREES?
Please visit our site and read all the facts **defendourtrees.com** See the:

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**

2) Please also read "Rooting out Problems" at my site or google it yourself.

It explains: "simple measures for saving trees during construction", which is the biggest cause of killing our trees. Most importantly, you will recognize what will harm a tree. Make a commitment to share this information with your children and friends.

Instagram @DefendOurTreesNJ
to see other sites and locations.



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BLACK HISTORY MONTH CONTEST WINNERS ANNOUNCED

City of Linden

The winners of this year's Black History Month Poster Contest, hosted by the City of Linden Parks & Recreation Department, are Rebecca Joseph from School #4 and Chiamaka Orekie from School #10. Rebecca's poster recognizes Ruby Bridges, the first African American to integrate an elementary school in the South. Chiamaka's poster features Akeelah and

the Bee, a life-affirming, heartwarming story that inspires viewers on multiple levels. Congratulations, Rebecca and Chiamaka!

For more information on recreation programs, email lindenrec@linden-nj.org or call (908) 474-8600. The Parks & Recreation office is located at 330 Helen Street. To view full class descriptions, visit linden-nj.org > Community Pass.

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(above) Chiamaka Orekie, winner of the 2022 Black History Month Poster Contest, holds her winning poster that features Akeelah and the Bee.



(above) Rebecca Joseph, winner of the 2022 Black History Month Poster Contest, holds her winning poster that honors Ruby Bridges.

Photos by Linden Department of Parks & Recreation

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PARKS AND REC DEPT

NUTRITION PROGRAM

Please join us for lunch! The JTG Center nutrition site at 330 Helen Street in Linden, serves nutritious lunches Monday through Friday at 12:00 p.m. to seniors 60 years of age and older. \$1.75 donation is suggested for each meal. Reservations must be made 24 hours in advance by calling (908) 474-8629.

VOLUNTEER PROGRAM

At the JTG Center, we can always use volunteers in assisting with our daily county sponsored nutrition program. We serve lunches daily at 12:00 p.m. to seniors 60 years of age and older. We would be thrilled to utilize your services from 10:00 a.m. through 1:00 p.m. daily, or on any day you can, in assisting us with light food preparation, cleaning, serving food and maintaining smiles on our seniors' faces! If you are interested, please contact our main office at (908) 474-8627.

PANCAKE BREAKFAST APRIL 23

Come one, come all to our Pancake Breakfast on Saturday, April 23, 2022 at the VFW Post #1397, located at 20 Pennsylvania Railroad Ave., from 8 a.m. to 12 p.m. Donations: Adults \$7, Seniors & Children \$6, Ages 5 & Under Free.

This event is open to the public, so come out and enjoy a home cooked breakfast!

Take outs are available. Support our Veterans!



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YOUNG ARTISTS LOVE TO PAINT



Photo by City of Linden

Children proudly show off the paintings they created at a recent Kids Paint class sponsored by the Linden Department of Parks & Recreation. For more information on recreation programs, email lindenrec@linden-nj.org or call 908-474-8600, located at 330 Helen Street.

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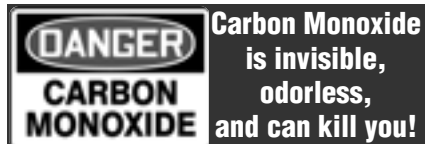
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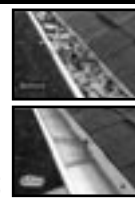
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EARTH DAY RAHWAY RIVER CLEAN-UP - APRIL 23

All volunteers are invited to celebrate Earth Day 2022 with Boy Scout Troop 330, Cub Scout Pack 30 and members of the Rahway River Watershed Association in a clean-up of the Rahway River on Saturday, April 23rd (with a rain date of Sunday, April 24th). The clean-up



(above) Some interesting things have been pulled out of the river during the annual Earth Day River Clean-up events

will focus on areas upstream and downstream of the dam at Winfield Park, New Jersey throughout Rahway River Park. Please plan to stop by the parking area adjacent to the waterfall of the Rahway River by the dam at Winfield Park at 8:45 a.m. to register, pick up bags, gloves, bottled water and snacks, and receive safety information.

Teams will be encouraged to travel to any part of the river within the park where they would like to perform cleanup activities but we specifically will ask folks to always work in small groups for safety purposes with folks socially distanced.

Cleaning up a river and park area is a great way to celebrate Earth Day and if you haven't participated in an event like this before, you will find it invigorating, and you will feel good about what you have accomplished. It is also fun and educational, especially for scouts and young adults as they always find something interesting. Over the 20+ years this cleanup has occurred thousands of folks have participated, including girl scouts, cub scouts, boy scouts, fishermen, local activists and citizens, and we pulled some amazing things from the river.

The clean-up will generally be between 9a.m.

till noon, but any amount of time or effort that folks can volunteer is appreciated. There is always a large volume of floatable debris to pick up, and this year there remains substantial debris in the floodplain from Hurricane Ida last fall. The team working registration will provide suggestions on areas with large volumes of floatable debris.

All participants should wear jeans, long-sleeved shirts, gloves and boots, waders are welcome for folks who like to get a little wet. Each participant should bring a standard 5-gallon carry bucket with a handle (put your name on the bottom), this makes for easy carrying of "stuff" for transfer to the large garbage bags. A mulching rake is also a great asset to have to enable reaching out and pulling debris into shore from the river bank. When we complete the event we do a basic inventory of the "big stuff" that we removed, and within approximately 24 hours Union County Parks removes and disposes of all the trash. There is no RSVP required but if you need more information or think you will attend please let us know by e-mail at rivercleanup@comcast.net.





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17TH ANNUAL GOLF OUTING - MAY 9TH

Josephine's Place, nonprofit center for women is dedicated to serving women in an economically poor area who often have little or no knowledge of available resources or opportunity. Josephine's Place opened in 2003, where thousands of women have passed through its doors and have made the center their second home, taking lessons in English, computers, citizenship or participating in parenting and support groups. At Josephine's Place we strive to provide the support and programs to empower all women to achieve their goals and dreams.

Sponsor, register to play or support now! "As a nonprofit we rely on fundraisers and donations to bring the services to the women. The golf outing is our second largest fundraiser. It is a great event with fun had by all," said Gail Driscoll, Josephine's Place's executive director, adding "Last year we had a sold-out event. That's my hope for this year too!" There are many ways to participate: be an event sponsor, play golf, take a chance on 50/50 tickets and raffles, donate or join us for lunch and/or dinner.

Event highlights: outdoor barbecue luncheon, shotgun golf tournament, beverages all day, outdoor cocktail reception/dinner-on-the-grill, awards, raffles and a silent auction!

Cedar Hill Golf & Country Club is a premier golf course and is experienced with golf outings while always adhering to health and safety guidelines.

We are excited to be together with our friends and supporters, and hope to see you on May 9,

for a fun day at a great course! Go to JPGolf2022.givesmart.com to register or call us! 908-436-0099.

Can't join us but want to show your support? There are many sponsorship and donation options available.

Since our creation, women have found a safe haven at Josephine's Place - a welcoming and peaceful environment where they can connect with one another and develop the skills they need to succeed for themselves, their families and their communities.

While women continue to discover Josephine's Place, the ever-present need for volunteers is increasing. Said Driscoll, "We especially need volunteers to teach English and computer skills."

The topics span a wide variety of subjects such as computer literacy, quilting, English, arts & crafts and exercise. The center also hosts support groups for victims of domestic violence and parents of autistic children, among others. One aspect of Josephine's Place is its focus on health and wellness, in particular physical fitness.

In its 19 years in existence, Josephine's Place has made its mark on the community and has been recognized as an asset by government officials and fellow nonprofit organizations. Established by the Sisters of Charity of Saint Elizabeth, Josephine's Place has grown into its own independent 501c3 nonprofit organization.

Josephine's Place is located at 622 Elizabeth Avenue, Elizabeth; 908.436.0099; www.josephinesplace.org.

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RELIEF FROM CHRONIC KNEE PAIN

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Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought Viscosupplementation injections might be the answer, but the results were disappointing and painful. Don't assume the treatment wasn't right. That could very well be like blaming the arrow for its path to the target when the problem might be the archer. If you didn't get the pain relief you were hoping for, chances are your injection treatment was off target. Unlike blind injections or even ultrasound targeted treatments found elsewhere,

Northeast Spine & Wellness Center uses diagnostic fluoroscopy to make sure the area that needs treated is the exact area where the injection goes. This is the most advanced method of delivering this pain relieving treatment with 95% accuracy to give you the results you're looking for. The use of Fluoroscopy guided injections sets **Northeast Spine & Wellness Center** apart. The end result is you living pain free from your chronic knee pain. You can avoid the lengthy and painful road of knee replacement surgery. You can avoid the endless trial and error assortment of potentially addictive prescription medications. This treatment, using fluoroscopy guided injections has seen a success rate of above 85% in those suffering from knee pain related to osteoarthritis, and that includes people with bone on bone involvement. You've suffered from chronic knee pain long enough. Call **Northeast Spine & Wellness Center** now for a RISK FREE consultation.



If Knee Surgery Sounds Scary, It Should

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

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

Consider This Alternative To Surgery

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

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

How Does This New Treatment Work?

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

Do you Suffer from any of these Symptoms?

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

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

Let Me Show You Targeted Relief From Your Knee Pain

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

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

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

Call 732-827-0800

Scot Paris MD, FACS



Here's what our patients have to say

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

- Patricia G.

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- Perry O.

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

- Quenton L.

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FISHING DERBY - 4/16

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, poles 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.

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A 501(C)(3) NON-PROFIT ORGANIZATION

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LINDEN NJROTC INSPECTION INSPIRES AWE

Linden Public Schools

The Linden High School NJROTC stood up to the rigors of a full military inspection recently, when active-duty personnel visited to give the regiment a meticulous once-over.

The Area Manager Inspection allowed the students to put their best foot forward before service personnel, as well as to a crowd of about 200 made up of their parents and school and community leaders during a ceremony held on Wed., Feb. 23, in the LHS gym. The Navy Junior ROTC unit consists of 450 cadets, about a quarter of the school population.

The ceremony was the first held in just over two years. Students were switched to virtual schooling just after the 2020 inspection, and the

2021 inspection was held virtually with no ceremony.

"It's great to be back," Commander Boyd Decker, senior Naval Science instructor at LHS, told the crowd. "What an amazing turnout."

The regimental leaders known as Top 4 led cadets through the inspection and the ceremony. They are Cadet Commanding Officer Abigail Meima, Cadet Executive Officer Justina Anitului, Command Master Chief Omar Thorne, and Cadet Operations Officer Gabriela Ulloa, who acted as master of ceremonies.

Special recognition was given to six cadets who will be joining the U.S. military upon graduation. They were called to center court with their families and recruiters to great applause. Those cadets are Cristian Ventura (Navy), Carl Adolphe (Navy), Omar Thorne (Marines), Aiden Scaff (Marines), Gabriela Ulloa (Navy), and Solomiya Malanyuk (Marines).

The inspection was conducted by a team of active-duty personnel led by Commander Robert Ballard, executive officer of Navy Talent Acquisition Group Empire State.

Specials guests who attended the ceremony included Superintendent Dr. Marnie Hazelton, LHS Principal Yelena Horré, Mayor Derek Armstead, Assistant Superintendent Denise Cleary, Board of Education member Lymari

Cintron, Second Ward Councilman Barry Javick, Police Chief David Hart, and Fire Chief William Hasko Jr.

The ceremony included several cadet demonstrations, recognition, and honors.

Demonstrations included the Unarmed New Cadet Drill Team led by Cadet Seaman Alyssa Perez; the Two-Man Armed Exhibition Team of Cadet Petty Officer Third Class Miguel Ventura and Cadet Seaman Alusine Kemokai; and the Armed Drill Team commanded by Cadet Hagr Elweshyhi.

Special recognition was given to cadets being promoted to chief petty officer by Naval Science Instructor Master Chief Mark Velez, who read the Master Chief Creed. The selectees are Hagr Elweshahy, Matheus Pereira, Haley Palma, Evelyn Ojeda, and Isabella Gonzalez. Their families were invited on the floor to join them for their promotion.

Cadets who achieved a grade of Outstanding during the inspection were awarded the Exemplary Personal Appearance Ribbon during the ceremony. Cadets of the Marking Period were also honored, and cadets who had earned promotion were awarded their new rank.

Commander Decker bestowed a special spot promotion to Petty Officer First Class to Karoll Aguilar, who just joined NJROTC in her senior year.



(above) The LHS NJROTC Armed Drill Team perform a demonstration during the regiment's recent Area Manager Inspection.



(above) Six LHS NJROTC cadets who have committed to join the U.S. military are honored during the regiment's recent inspection ceremony. Those cadets are Cristian Ventura (Navy), Carl Adolphe (Navy), Omar Thorne (Marines), Aiden Scaff (Marines), Gabriela Ulloa (Navy), and Solomiya Malanyuk (Marines).

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(above l-r) Cadet Seaman Alusine Kemokai and Cadet Petty Officer Third Class Miguel Ventura, members of a Two-Man Armed Exhibition Team, perform during the recent LHS NJROTC Area Manager Inspection.



(above l-r) Cadet Commanding Officer Abigail Meima, Cadet Executive Officer Justina Anitului, and Command Master Chief Omar Thorne observe the LHS Color Guard at the first full military inspection the LHS NJROTC has had in two years.



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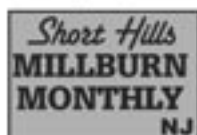
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