

# Scotch Plains NJ

## WHAT'S HAPPENING MONTHLY

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### J.A. COLES "BRINGING BACK BROADWAY" VARIETY SHOW

Submitted by Coles PTA

Celebrating the return of musicals, plays and performing arts is not just celebrated on Broadway, but also right here in Scotch Plains and Fanwood, as the J.A. Coles Variety Show returned to the theater this year!

Musical groups from all grades showcased their talents, creativity, and courage as they honored some of the most beloved Broadway musicals with their performances. In front of a full audience of proud parents, caregivers, and other loved ones, Coles variety show performers sang and danced to numbers from musicals such as Hamilton, Mary Poppins, Lion King, Beetlejuice, and more. "I loved the Variety Show this year because I got to spend time with my friends and have fun," said 4th grader Ella Schiumo, a sentiment shared by all performers.

The Variety Show is one of the most popular events of the Coles school year and is made possible by dozens of parents and caregivers who donate their time to run



practices for weeks in advance, plan event details and logistics, choreograph dances, plan costumes and stage props, not to mention run the entire show from start to finish for the school community to enjoy. The effort this year was even more unique, with the need to plan an event that was enjoyable for all involved while still upholding pandemic safety practices.

Congratulations to all performers and volunteers for making the return of the Coles Variety Show a success! Bravo!

Courtesy photos

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# Scotch Plains NJ

WHAT'S HAPPENING MONTHLY

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# IS IT REALLY AN EMERGENCY? CHOOSING THE BEST PLACE FOR TREATMENT

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

When a serious accident happens or when someone is experiencing chest pains or other life threatening signs and symptoms, it's imperative that he or she is brought to and treated in the Emergency Room or Emergency Department of a hospital. Whether taken in by ambulance or personal vehicle, the person is given priority and seen right away.

Of course, many other non-life threatening issues, such as broken bones and lacerations, are seen in emergency rooms as well. The all-volunteer Scotch Plains Rescue Squad answers over 1,100 calls every year, and while some of these fall into the first category of critical emergencies, others are of the latter variety. Getting patients who need emergency care to the hospital quickly and keeping them as stable as possible during transport are always the goals.

However, some people believe that calling 911 and being taken to an emergency room by ambulance means they'll be prioritized and seen quicker, even for something as minor as a small cut that may need one or two stitches. But, this is not the case. Who is seen first is determined by medical need, not by mode of transportation.

Others with even minor ailments, such as a stomach upset or a wrist sprain, may call for an ambulance with the belief that their discomforts will be taken more seriously. Although the Scotch Plains Rescue Squad cares for all patients, people suffering from these issues would probably be better off going to their own doctors. Many hospitals are still dealing with staff shortages due to the pandemic, and the wait to see a medical provider for a minor issue often means hours and hours of sitting around. Then, they're usually told to follow up with their primary care physician anyway.

Going to an emergency room for non-dire medical problems also exposes people unnecessarily to much more serious illnesses such as COVID-19 and other viruses and bacteria.

So next time, before calling for an ambulance for a slight injury or mild illness, first see if you can get an appointment with your family doctor either in person or virtually, or visit an urgent care facility. You'll likely be treated much quicker, and you'll free up emergency personnel to deal with those who need help immediately.

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# GARWOOD ROCKS! JUNE 5, 2022, 11 A.M. - 6 P.M. (RAIN OR SHINE)

Garwood is revving up to rock out and enjoy a full day of family fun, with this year's event being held in its normal schedule, Sunday, June 5, 2022, from 11 a.m. - 6 p.m. (rain or shine) in downtown Garwood.

Garwood Rocks! features a classic car show hosted by "Hot Rod Mike" which is expected to draw over 100 cars this year, in addition to an all-day live stage, entertainment, vendors, and festival food including many local area favorite food trucks. Artisans and craftspeople will display paintings, pottery, photography, handmade jewelry, furniture, and many other unique gifts. The Crossroads will once again sponsor the Beer & Wine Garden and provide the main entertainment at the Garwood Rocks main stage. This year we have three featured bands, Algonzo Inc. at 2 p.m.; The Funktion

Band at 3:30 p.m. and headliner, 4 Flight Rock at 5 p.m. A fun day for the whole family and admission is free!

"The family-friendly Garwood Rocks! festival is a great example of Garwood's close-knit community," said Adam Pasternack, President of Russo Property Management. "This is one of the best events Union County has to offer and we were delighted to support last year's much anticipated return, which drew thousands of excited music, classic car and food enthusiasts to downtown Garwood. We're excited to be on board once again at a time when our Vermella community in town is welcoming new residents every day who are enjoying all that Garwood has to offer."

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For over 74 years, GWACC (the Greater Westfield Area Chamber of Commerce) has been connecting commerce and community. The GWACC promotes the economic prosperity of businesses primarily in Fanwood, Garwood, Mountainside, Scotch Plains and Westfield. It is the largest association of businesses and nonprofits in our area. Members include business owners, professionals, managers, and operators. Membership cultivates the opportunity to build relationships, partner, make referrals, increase business, attend lunch, and learn, and support the community. For more information about the GWACC, visit [www.gwaccnj.com](http://www.gwaccnj.com). You can also call the office at 908-233-3021 Monday through Friday between the hours of 8:30 a.m. and 3:30 p.m. Our office is now located at 212 Lenox Avenue, Westfield, NJ 07090.



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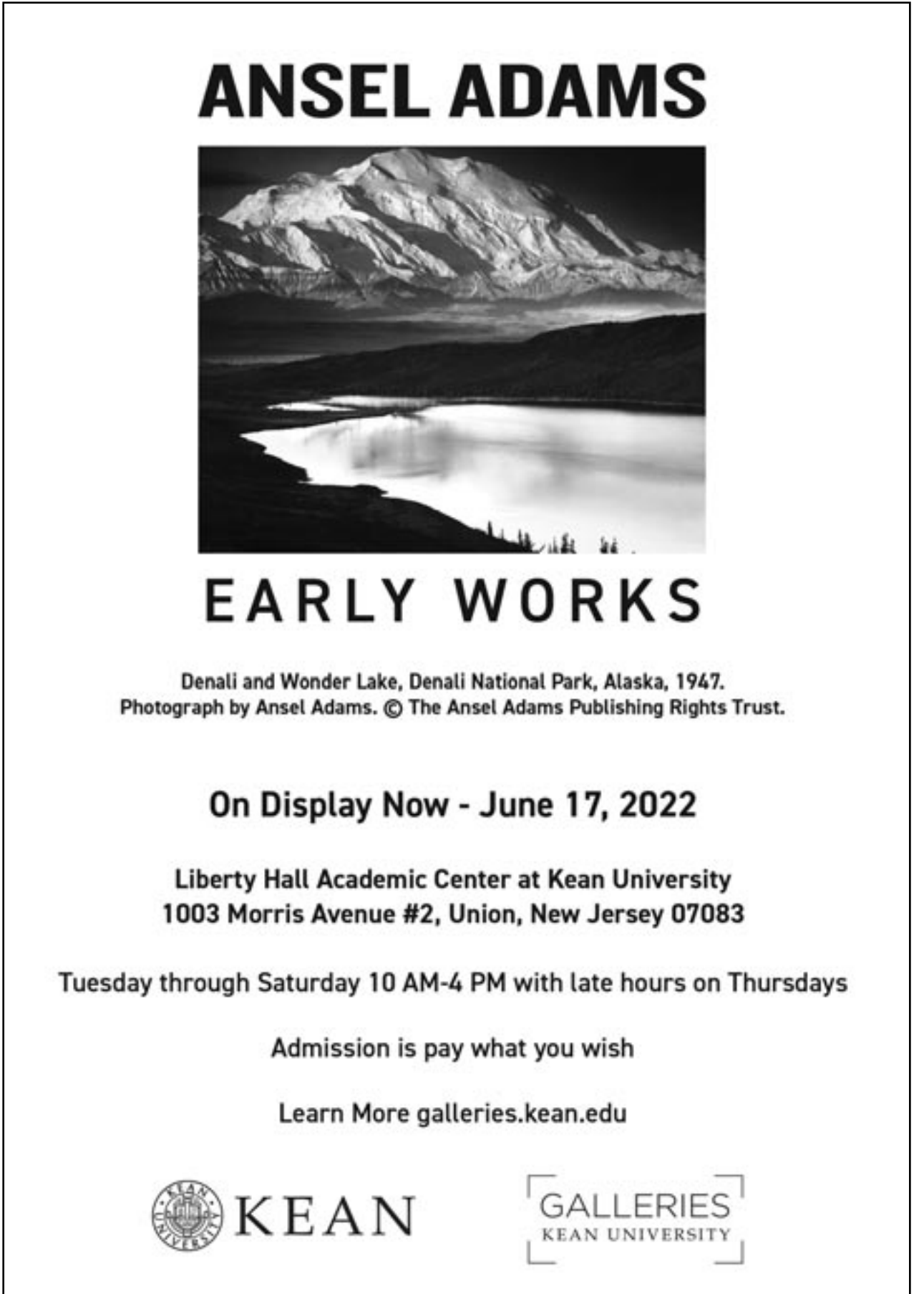
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## LIONS CLUB EXPO 2022 – JUNE 15 - 18

We are excited to announce Lions EXPO 2022, to be held at the Warren Township municipal field (46 Mountain Boulevard), a classic carnival of family fun over four days, Wed., June 15 thru Sat. June 18 from 6-10 p.m. There will be amusement rides, games of chance, fireworks, food vendors and an exposition of local businesses. This will be the 54th Annual EXPO, the flagship event of the Warren Lions Club.

Our Event sponsor is NextHome Premier. The Corporate sponsors are Pfizer, Lawrence Law Firm and Lightbridge Academy. The Mitlo Family is sponsoring this year's Fireworks, which concludes the EXPO on Saturday, 10 p.m.

The Lions EXPO attracts approximately 10,000 people over the four days and has become the premier family fun event in Warren Township and the surrounding communities.

The EXPO will have a pay-one-price wristband every night this year. We will be holding a Giant 50/50 cash raffle with the

drawing on Saturday June 18th, resulting in a multi-thousand-dollar payout to a single winner. The winner need not be present. Tickets will be available for purchase throughout the Expo dates for \$5 each.

“Hosting the EXPO has been a tradition for us, it's our resolve to spread the smiles on people's faces, especially after the difficult couple of years we all have endured” said Mark Ramos, the 2022 EXPO chairperson of the Warren Township Lions Club.

The Lions Club, as well as the games, rides and food vendors at the EXPO are committed to observing the State-mandated COVID safety guidelines in force during the Expo dates. In addition to multiple washing stations adjacent to the restrooms, special hand sanitation stations will be available throughout the Expo. All patrons are kindly asked to cooperate with the State-mandated guidelines.

Local Business Exposition The EXPO is an excellent platform for local businesses to showcase their services and connect directly with customers through the purchase of a \$500

Exclusive Game sponsor sign or a \$150 non-exclusive ride sponsor sign displayed at the Expo for the 4-day duration.

We are still accepting a very limited number of applications for tent vendors to sell or promote their business to the thousands of people in attendance at the LIONS EXPO. For information on becoming a tent vendor at the 2022 Lions EXPO, please contact Anthony Franchini at 908-334- 9304.

All proceed from the Lions EXPO are donated back to community organizations and sight and hearing foundations throughout New Jersey.

### ABOUT THE LIONS CLUB OF WARREN TOWNSHIP

To empower volunteers to serve their communities, meet humanitarian needs, encourage peace, and promote international understanding through Lions clubs. Our motto: “WE SERVE.” OUR VISION To be the global leader in community and humanitarian service.

To learn more about us, please visit [www.warrenlionsclub.org](http://www.warrenlionsclub.org), and our Facebook page.



*Welcome to the*  
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 Warren, NJ

**54th** Annual  
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**WED. June 15th to Sat. June 18th**  
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 Warren Township Municipal Grounds  
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 For more information & sponsor opportunities, contact EXPO Chairperson Mark Ramos 908-334-7795

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Lions EXPO is the major fundraiser of the Warren Township Lions Club and enables the club to donate to local charities, organizations and events.

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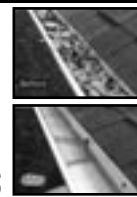
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(above) James running his last mile of 900 miles in 2019, with Cranford youth.

## 52 MARATHONS IN 52 DAYS TO RAISE AWARENESS OF CLEAN WATER

Scotch Plains native, James Leitner, on June 1st will begin running a marathon a day for 52 days to bring attention to clean water issues in the United States. His goal is to raise \$100,000 for his nonprofit, MissionCleanWater which will complete three clean water projects in New Jersey and two in Uganda. Each day he will complete a marathon in iconic towns that has helped him grow his nonprofit organization.

“Running long distance is the best way to symbolize what people face without clean water. If a five-year-old has to walk 3-5 every day to get water for their family as a normal chore, I can symbolize their journey for just 52 days.”

James founded MissionCleanWater in the summer of 2018 and to date has assisted 6 communities and 5 schools in Uganda to gain access to clean water, which approximately

helped 15,000 people. Since 2021, MissionCleanWater has been developing a plan to assist New Jersey communities dealing with lead and chemical contamination in their drinking water. Some communities are less than a 15-minute drive to Scotch Plains!

“I have had clean water my entire life, as I am sure everyone reading this has as well. Imagine having no water in your home or your ability to buy bottled water wasn’t possible. Or if your house had water but drinking it meant consuming carcinogenic chemicals that can lead to neurological issues. We can change the world and the communities we live next to together.”

To learn more, donate, and run with James, you can visit: [missioncleanwater.org/projectstateline](http://missioncleanwater.org/projectstateline).

## PATRICK’S DOWNTOWN RACE TO SUMMER 5K

Registration is open for the June 14, 2022 Patrick’s Downtown Race to Summer 5K! Register on our webpage: [runsignup.com/PatrickRacetoSummer5k](http://runsignup.com/PatrickRacetoSummer5k)

We are just weeks away from one of the biggest events in the heart of downtown Scotch Plains. Be sure to register now for \$25 before the price increases on June 7. Check in will begin at 6:00 p.m. on June 14, with the Family Fun Run at 7:00 p.m. and the 5K starting at 7:30 p.m.

The race will use the same 5K course as previous years, starting and finishing across from the Fire House on Senger Place, and conclude with an after party with music and BBQ from the Stagehouse Tavern on the grounds of the Scotch Plains municipal building.

The Patrick’s Downtown Race to Summer 5K was started in 2015 by a local group of runners who wanted to see a great event to promote downtown Scotch Plains. This group of runners partnered with another group of local residents who previously put on the Patrick J. Allocca Memorial 5K.

Together, the Patrick’s Downtown Race to Summer 5K raises money to support charitable recipients, including Camp Clover, a summer bereavement camp for children, local veterans, the Scotch Plains Rescue Squad, the Scotch Plains Police Foundation, local families, and Kyra’s Cancer Care.

Email questions or sponsorship information: [patricksdowntownracetosummer5k@gmail.com](mailto:patricksdowntownracetosummer5k@gmail.com) with any questions or sponsorship information. The Patrick’s Downtown Race to Summer 5K is pleased to announce we are now a 501 (c)3 and all donations are tax deductible.

Please also “Like” the Patrick’s Downtown Race to Summer 5K Facebook page for the latest updates.



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# GARDEN CLUB SPREADING JOY AT JARDINE ACADEMY


The Rake & Hoe Garden Club of Westfield joined some students and staff members at the Jardine Academy of the Cerebral Palsy League in Cranford, NJ to make Mother's Day planters that the students could give to their families. Seventy-five colorful pots were planted with a variety of popular garden plants and decorated with the brightly colored bows that members of the Club had made.

The Jardine Academy is operated by the Cerebral Palsy League, and is approved by the New Jersey Department of Education. They provide a comprehensive educational program designed to meet the cognitive and physical

needs of children and young adults ages 3-21 with multiple disabilities.

The Rake and Hoe Garden Club is affiliated with the Garden Club of New Jersey and the National Garden Clubs, Inc. The club meets on the second Wednesday of the month at 12:00 p.m. at the Scotch Hills Country Club. Meetings feature speakers on horticulture, floral design, floral crafts, and environmental topics. Membership is open to residents of Westfield and surrounding towns. For more information, call Sharon Shiraga (908) 228-2865, or visit the club's website, rakeandhoegc.org or Facebook page.

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(above, l-r) The Rake & Hoe Garden Club of Westfield members Adah Levine, Susan Feldman, Mary Lou Nolas, Mary Fran Annese, Irene Greenstein, Betty Clark, and Betty Gulino.


Courtesy photo

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# LOCAL COACH COMES OUT AND TELLS THE TRUTH ABOUT WHETHER A KID CAN ACTUALLY LEARN TO RUN FASTER

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 Summer Sports Performance session starts on June 20th in Berkeley Heights NJ, visit [www.gritathletes.com](http://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 summer program that starts on June 20th. Visit [www.gritathletes.com](http://www.gritathletes.com) to apply for their summer session or call (908) 747-1600 for more details.*

## SPORTS PERFORMANCE TRAINING FOR KIDS AGES 6-18 STARTS JUNE 20 (19 SPACES REMAINING)

APPLY NOW

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### STEP 2

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### STEP 3

Coach Mike will respond and set you up



**Warning: If you are reading this article after June 5th, please call (908) 747-1600 to see if there are still spots remaining.**

## Attention Parents of Kids Ages 6-18

# THE GRIT ATHLETE PERFORMANCE SUMMER PROGRAM HAS ONLY 19 SPACES REMAINING

GRIT helps kids ages 6-18 get strong, fast and confident so they can build a bigger and better future.

### 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

## STARTS JUNE 20TH (Only 19 Spaces Remaining)

**STEP 1**  
Scan This QR Code



**STEP 2**  
Press that Send Button!



**STEP 3**  
Coach Mike will respond and set you up



*Warning: If you are reading this article after June 5th, please call (908) 747-1600 to see if there are still spots remaining.*

# COLONIAL CHILDREN'S DAY - JUNE 5TH

*The Osborn Cannonball House*



(above) A Colonial Children's Day celebration will be held on Sunday, June 5th between 2 – 4 p.m., at the Osborn Cannonball House Museum, located at 1840 Front Street.

Imagine waking up each morning shortly after sunrise. In the winter, there might be a thin layer of ice on the water in the pitcher you would use for washing up. In the summer, you sweated while the mosquitoes bit and the flies buzzed in your bedroom. Life in colonial days was vastly different than life in the 21st century.

In each family children were expected to do chores. Boys worked with their father to plant, water, and harvest crops. They helped raise livestock and hunt wild animals to feed the family. They chopped wood, built fences, and some even went to school. However, many children did not attend school because there was no free public school like we have today. The girls helped their mother do all the cooking, cleaning, washing, gardening, child care, and sewing to make clothes for their large families.

Children of long ago had fun despite their many chores. They always found time to play.

Most of the toys were simple and a good imagination made playtime the most enjoyable time of each day. Boys played with spinning tops, jacks, or clay marbles. They made whistles out of blades of grass and made boats out of sticks and leaves. Girls played with corn husk, handkerchief, or wooden dolls. They made bracelets and necklaces out of dandelions and daisies. Both boys and girls had fun running while spinning a large wooden hoop with a stick. Some of the most popular toys were ball in a cup, Jacob's ladder, spinners, quoits (ring toss), and draughts (checkers).

On Sunday, June 5th between 2 – 4 p.m., come visit the Osborn Cannonball House Museum, located at 1840 Front Street, Scotch Plains, NJ. Step back in time to experience the simple joys of childhood. Costumed docents will provide hands-on activities, including crafts, and stories for your fun and participation in our Colonial Children's Day celebration!

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1 1/2-3 Riverbed.....\$90

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# VOLUNTEERS SWORN IN AS ADVOCATES FOR LOCAL FOSTER YOUTH

## CASA of Union County

The latest classes of community members to step up and train as advocates for Union County foster youth have officially taken their oath before Union County Superior Court Judge Lara DiFabrizio and become the newest volunteers with Court Appointed Special Advocates (CASA) of Union County.

Since 2005, the nonprofit has recruited, trained, supported and supervised nearly 600 community volunteers to advocate for more than 950 such youth, protecting best interests and ensuring needs are met in the courtroom, classroom and community. As caseworkers, foster placements and schools can change frequently, CASA volunteers often are the only consistent, caring adult in a youth's corner, helping ensure already experienced trauma is not exacerbated as youth await permanency in a safe and loving home.

Judge DiFabrizio presided over two swearing-in ceremonies via Zoom and, prior to asking each to repeat their oath "to protect, respect, and report," she shared appreciation and gratitude for the new advocates' desire to make a lasting positive impact on youth in the community. "I like to thank CASA volunteers who take on this very important role. You do this because you want to make a difference in a child's life and make the world a better place. The court is grateful and thankful. You have a special opportunity to seriously help a child and family live and succeed. You're part of the village now."

The 14 new CASA volunteers are Jackie Parker and Lynda Sun Lee of Berkeley Heights; Loretta Masterson and Katherine (Katie) Rabecki of Cranford; Dina Ghazi of Kearny; Ana Gutierrez of Basking Ridge; Janae Bunn of Linden; Julia Dranishnikov and Tamiah Chester of Scotch Plains; Philip Ross of Summit; Lila Monroe and Mark Papa of Roselle; and Robert Mallard and Roya Enayati Basu of Union. Next, each advocate will be matched to a youth or sibling set, and begin putting their 30-hour

training into practice.

Anyone passionate about making a difference in a child's life can apply to volunteer; there is no prior experience or special background needed to serve as an advocate. Each undergoes a thorough training process and is supported by CASA staff throughout their work. Successful advocates have varied life experiences and these classes are no exception, as professional backgrounds include education, business, social work, law, and health management.

Upon being court-ordered to a case, CASA volunteers have access to the youth's foster parents, doctors, caseworkers, therapists, and teachers and, through regular child visits, identify and report to the judge any concerns and needs. CASA of Union County is the only nonprofit serving as extra eyes and ears for local judges hearing cases of youth from birth to age 21 in the child welfare system.

To learn more about CASA of Union County, secure a seat in an upcoming training class, and for other ways to Change a Child's Story, contact [info@casaoofunioncounty.org](mailto:info@casaoofunioncounty.org).

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(above) The 14 new CASA volunteers include Julia Dranishnikov and Tamiah Chester of Scotch Plains.

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# RELIEF FROM CHRONIC KNEE PAIN

## FDA Approved Treatment to Avoid Surgery

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

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



#### If Knee Surgery Sounds Scary, It Should

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

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

#### Consider This Alternative To Surgery

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

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

#### How Does This New Treatment Work?

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

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

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

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

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

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

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

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

Call 732-827-0800

Scot Paris MD, FACS



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

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

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

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

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# HIGH SCHOOL SWIMMERS HONORED

*Borough of Fanwood*

Aislinn Mooney and Bridget Davis recently received proclamations from Fanwood Mayor Colleen Mahr for their outstanding academic achievements and extraordinary performances at YMCA swim meets. Aislinn maintained a 4.3 grade point average while achieving multiple placements at the YMCA Short Course National Championships in Greensboro, North Carolina. She is a member of the National Honor Society and will attend Duquesne University in the Fall. Bridget, with a 4.0 grade point average, achieved personal bests at the 2022 YMCA Nationals. She is a member of the National Honor Society, honor roll student and is a student ambassador. She will attend the University of Connecticut in the fall.



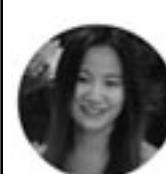
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## HOME-DELIVERED MEALS ARE AVAILABLE

Mobile Meals of Westfield President Ruth Maloney, board members and the organization's chef manned the information tent at the recent Westfield Spring Fling street fair. The message they delivered to attendees of the event focused on Mobile Meals delicious and nutritious food offerings for those individuals unable to provide meals for themselves. Hot dinners are provided for \$7.50 which includes a protein, two sides, soup, dessert and drink. Clients can also order a lunch in combination which includes sandwich, fruit and a drink. The cost for both meals is \$10.50.

Meals are delivered to clients' doors between 11 a.m. – 1 p.m. Monday thru Friday. The non-profit organization serves Clark, Cranford, Fanwood, Garwood, Mountainside, Scotch Plains and Westfield.

For more information, visit the Mobile Meals website at [mobilemealsofwestfield.org](http://mobilemealsofwestfield.org) or call 908-233-6146.



(above) Ruth Maloney, Mobile Meals of Westfield President. Courtesy photo

## UNICO WELCOMES TWO NEW MEMBERS

The Scotch-Plains Fanwood Chapter of UNICO recently welcomed two new members into its organization. Joseph De Candia, and Angelo Ucciferri were sworn in by Chapter Vice-President Paul Raphael.

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 takes 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.

For more information about Scotch-Plains Fanwood UNICO, please visit [unicospf.org](http://unicospf.org) or email [spfunico@gmail.com](mailto:spfunico@gmail.com).

Courtesy photo



(above, l-r) Joseph De Candia, and Angelo Ucciferri were sworn in by Chapter Vice-President Paul Raphael.

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## LIVE MUSIC RETURNS TO FANWOOD'S ARTS CENTER

The Fanwood Performance Series returns on Saturday, June 11, with performances by two noted singer-songwriters: Scott Krokoff and Matt Bednarsky.

Over the past decade-plus, the series has brought numerous musicians to the Patricia M. Kuran Cultural Arts Center, also known as the "old carriage house," adjacent to Fanwood Borough Hall. Audiences enjoy the experience of great performances, up close, in an historical

setting and a convenient suburban location.

Doors open at 6:30 p.m. and show time is 7 p.m. The suggested donation for admission is \$15, or \$10 for senior citizens and students. All donations support the organization and enable it to continue bringing excellent performers to the stage. Light refreshments will be available for purchase during intermission.

For everyone's safety, proof of Covid vaccination will be required for admittance, and

patrons are asked to wear face masks.

Following the June show, the volunteer-run Fanwood Performance Series plans three shows in the fall of 2022, resuming its regular schedule after the disruption of the pandemic. Performers for the September, October and November shows will be announced soon.

For more information, including directions, and to keep up-to-date on the series, visit [fanwoodperformanceseries.org](http://fanwoodperformanceseries.org).

## TAKE A CHANCE AND RAISE SCHOLARSHIP FUNDS

The College Club of Fanwood-Scotch Plains is holding a special ShopRite Gift Card raffle to raise funds for the annual scholarships that the College Club has been awarding to local young women for 89 years.

Raffle drawings will be held on October 9, 2022 at Brookside Park in Scotch Plains. Winners need not be present.

The tickets are \$5 each. The first prize is a \$500 ShopRite Gift Card, and there is a second prize of a \$250 ShopRite Gift Card. 750 tickets are available. The prizes have been donated by the Clover Leaf Farm, which produces The Farmer Hen's Eggs. Due to the generosity of the Culley family, owners of the farm, all proceeds from the sale of the raffle tickets will go directly into the College Club's scholarship fund.

In spite of having to curtail fundraising events due to continued COVID concerns, the F-SP College Club was able to award \$31,500 in scholarships for the 2021-22 academic year. The College Club remains united with the community in its mission to empower young women through educational programs and scholarships and is looking forward to awarding scholarships for the 2022-23 academic year.

Please consider supporting this worthy and important cause that is taking the place of the club's annual luncheon which has been a major source of scholarship funds.

ShopRite raffle tickets can be obtained by contacting Dorothy Lusk at 908-230-4917 or email [dorothyculleylusk@gmail.com](mailto:dorothyculleylusk@gmail.com).

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- MEMORIAL DAY PARADE | MAY 30 AT 10:45 AM (STARTS AT SCOTCH PLAINS GAZEBO)



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# TAKE OUR DAUGHTERS AND SONS TO WORK DAY

## Scotch Plains Township

Children followed in the footsteps of their parents on "Take Our Daughters And Sons To Work Day" at Scotch Plains Town Hall on Thursday, April 28, 2022.

The kids, who enjoyed the day off from school,

received a first-hand experience of what it is like to be a police officer, firefighter, first responder and DPW worker. They got to play around in a police car, take a ride in Ladder 1632 and toured town hall afterwards. Their day ended with a pizza party with township officials.

Photos by Scotch Plains Township



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<b>Short Hills MILLBURN MONTHLY</b> NJ Qty: 8,200 Zips: 07041, 07078	<b>Summit Times</b> NJ Qty: 9,600 Zip: 07901	<b>Spirit of UNION</b> NJ Qty: 6,800 Zip: 07083 (partial)	<b>WARREN MONTHLY</b> NJ Qty: 6,200 Zip: 07059	<b>Watchung Post</b> NJ Qty: 2,700 Zip: 07069	<b>Westfield MONTHLY</b> NJ Qty: 11,800 Zip: 07090

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1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550	\$600
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900	\$1000
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700	\$1900
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000	\$2200
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400	\$2700
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700	\$3000
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000	\$3400
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 Monday, Wednesday, Thursday: 9:30am – 9:00pm  
 Tuesday, Friday, Saturday: 9:30am – 5:00pm • Sunday: Closed

## Adult Summer Reading Program Wednesday, June 1

begins with the theme Oceans of Possibilities. Visit [www.scotlib.org/adult-summer-reading](http://www.scotlib.org/adult-summer-reading) for details.

## Balance Awareness with Yasmin Ofek Fridays, 10 am

All you need are a chair and sneakers to experience this gentle but effective approach to moving confidently throughout the lifespan.

This is a virtual class.

## Hypertension Clinic

Friday, June 3, 10 am to Noon

Inside the Library with a public health nurse from Union County. Please call 908-322-5007 x204 to let us know you're coming.

## Florian Schantz Jazz Combo

Saturday, June 4, 1 pm

Will perform outside the library, thanks to a Union County HEART Grant.

## Bagels and Books

Monday, June 6, 10 am

An informal discussion of what participants have recently read and enjoyed.

## Primary Election Tuesday, June 7

The Library will be closed for library business, only open for voting.

## Evening Book Club

Monday, June 13, 7 pm

Will discuss *The Lincoln Highway* by Amor Towles.

## Library Closed

Monday, June 20

## Afternoon Book Club

Tuesday, June 21, 1 pm

Will discuss *The Lowland* by Jhumpa Lahiri.

## Meet the Author: Robin Gigl

Wednesday, June 22, 7 pm

An evening of conversation with Robin Gigl, author of the Erin McCabe legal thriller series, set in New Jersey. Sponsored by the Libraries of Union County Consortium.


## Cookbook Club

Thursday, June 23, 7 pm

Will prepare recipes from library cookbooks to share at an outdoor potluck at the Library.

Registration is required for all events, except the outdoor concert.


More information about the library can be found at [www.scotlib.org](http://www.scotlib.org).



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