

KENILWORTH BUSINESS + LIFE

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GIRLS TRACK AND FIELD COMPETED THEIR WAY TO HISTORY

Kenilworth Public Schools

David Brearley High School's Bears made history at the Union County Conference Championship meet.

The Valley Division Conference title was Brearley's first-ever girls track championship and only the third track championship in the school's history. The boys winter track team earned a title in 1991, and the boys spring track team won a championship in 1992.

"At first, the girls didn't even realize the history they had made," said Head Coach Matthew Pitarresi.

Union County's 20-plus teams are divided into three divisions: Watchung, Mountain, and Valley. Brearley, in the Kenilworth school district, competes in the Valley Division alongside A.L. Johnson, Hillside, Linden, Plainfield, Roselle, Roselle Catholic, and Roselle Park. The Bears came out on top with 156 points, ahead of Hillside's second place by almost 50 points.

Pitarresi said he and assistant coaches Allen Phillips, Jacob Ulasevich, and Robert Kessler knew the amount of talent they had returning to the team this year and could not be prouder of the remarkable accomplishment.

Brearley placed in 13 of the 16 events on May 13, with some athletes placing in multiple events.

The achievement comes as the Kenilworth district is proposing improvements that include a



Courtesy photo

(above) David Brearley High School Girls Track and Field Competed Their Way to History. The team earned the school's first track championship since 1992 and first-ever girls track championship

new track and a synthetic turf field. Replacing the track would allow Brearley to host meets and provide an upgraded surface for community use.

Fresh off their division championship, the Bears competed among all three county divisions in the Union County Interscholastic Athletic Conference meet on May 24 and 25.

One member of the team made more Brearley history at the UCIAC meet. Senior Catherine Goger became Brearley's first female county champion in any sport by winning in javelin. She also finished second in discus at the UCIAC.

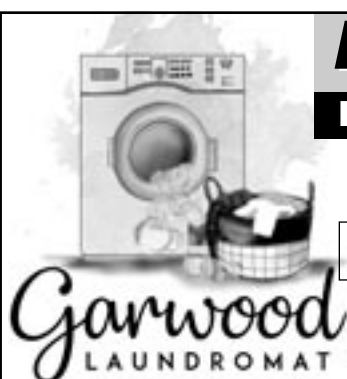
Not only did the girls track team make Brearley history with their division title, but they did by competing in "arguably one of the best counties in the entire country for track" with many athletes who compete at the New Jersey Meet of Champions coming from Union County year after year, Pitarresi said.

Goger (javelin, shotput, discus, long jump) and Maraya Watson (100m, 200m, 100m hurdles, triple jump) noted that the conference title was a long time coming.

The bus ride home was followed by an impromptu celebration outside Brearley with cheers of joy, photos, videos, and pure excitement.



(above, l-r) Senior Catherine Goger became Brearley's first female county champion in any sport by winning in javelin. She also finished second in discus.; Maraya Watson.



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BUSINESS + LIFE KENILWORTH

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BREALEY'S VALEDICTORIAN AND SALUTATORIAN

Kenilworth Public Schools

The David Brearley High School's Class of 2022 is well represented by two outstanding academic powerhouses, Valedictorian Raquel Conceicao and Salutatorian Ryan Tyra.

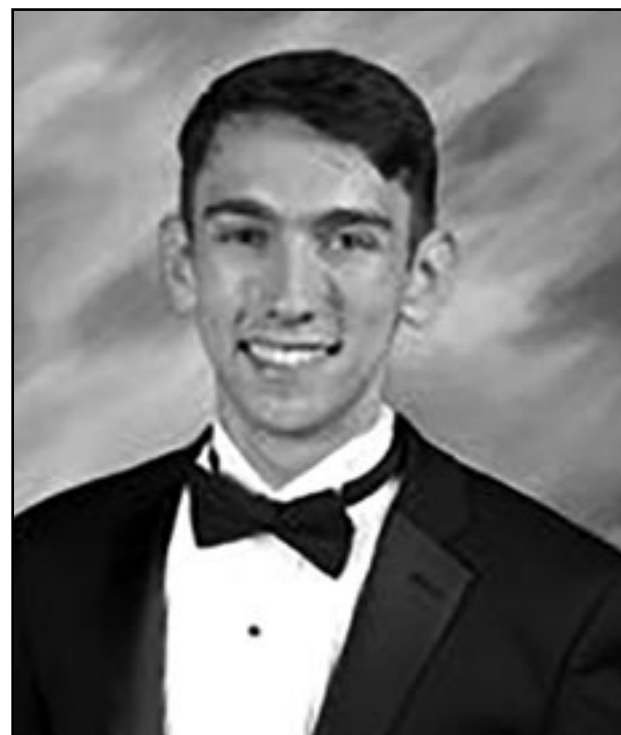
Raquel served the school community as a Peer Leader and editor-in-chief of The Bear Print newspaper. She also participated in theater and theater stage crew, and as a volunteer with Clean Ocean Action, she participated in the beach sweep at Sandy Hook.

Raquel will be a pre-med/biology student at Johns Hopkins University.

Ryan has been a member of the David Brearley Scholars Academy since 7th grade and served as president of the National Honor Society. The scholar-athlete also was a member of the football team and Homecoming King, while earning the highest grades in his AP classes throughout high school. Ryan will study business/accounting at Florida State University. Congratulations Raquel and Ryan!



(above) Valedictorian Raquel Conceicao



(above) Salutatorian Ryan Tyra

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A Communitywide Garage Sale will be held in Kenilworth on Saturday, October 8, and Sunday, October 9, 2022. This major annual event, sponsored by the Kenilworth Historical Society, will take place, rain or shine, between the hours of 9 a.m. and 4 p.m. each day. There are usually nearly 200 participating residences.

Residents who register and pay a \$12 fee to hold garage sales at their homes anytime during the October 8/October 9 weekend will receive a certificate representing the Borough's permission to proceed and will benefit from the Kenilworth Historical Society's statewide advertising of the communitywide event via major newspapers, Web sites, Facebook postings and prominently placed signage and fliers. The registration deadline is Friday, September 30.

The addresses of registered participating residences will be included in a Kenilworth Communitywide Garage Sale listing and map that will be available in quantity, free of charge, at the Kenilworth ACME Customer Service desk (801 Boulevard), Borough Clerk's Office (567 Boulevard), Public Library (548 Boulevard), and Love You More Flowers LLC (13 N. 20th Street) after October 6. The listing also will be posted on the Borough of Kenilworth Web site kenilworthborough.com.

Communitywide Garage Sale registration forms with instructions may be obtained at the Kenilworth Borough Clerk's Office/Borough

Hall, Public Library, Love You More Flowers LLC and on the Borough of Kenilworth Web site kenilworthborough.com. The \$12 Garage Sale registration fee may be paid by check (payable to the Kenilworth Historical Society) or in cash (exact amount required). As outlined in the instructions, payment may be made by mail (to the Kenilworth Historical Society) or in person at the Borough Clerk's Office or at Love You More Flowers LLC. For further information, please call 908-709-0434.

The Kenilworth Historical Society is sponsoring the Communitywide Garage Sale as a service to the community. Any proceeds after advertising and other related costs are paid will benefit the Oswald J. Nitschke House "living history" museum and cultural arts center by helping defray operating expenses, including the cost of an elevator that makes the site fully accessible to everyone.

The Kenilworth Historical Society is an independent, volunteer-based, non-profit, tax-exempt, 501 (c)(3) organization dedicated to the research, preservation and interpretation of the historic Oswald J. Nitschke House (c. 1880), local history and culture. Further information about the organization, the Nitschke House and other upcoming events may be found at the Kenilworth Historical Society website at kenilworthhistoricalsociety.org and Facebook page.

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WHAT, WHERE, AND WHEN IN OLD KENILWORTH STEPPING BACK IN TIME TO LUGARA'S STORE

This past May, 95-year-old Kenilworth native Rose Lugara Muravsky revisited 488 Washington Ave., the site of Tony Lugara's Fruits and Vegetables store. A mom-and-pop store, her parents, Antonio and Francesca Lugara, owned and operated it. Born in Italy in the 1890s they came to America in 1910, found their way to Kenilworth, and opened a store. Before that he worked on the Holland Tunnel. The family lived behind and over the store where Rose and her six brothers and sisters were born.

In a June interview, Rose stepped back in time to share memories of the store and of growing up in Kenilworth. Built about 1910, the building still stands but is no longer in the family nor is it a store.

Rose stated, "The store started before I was born and sold mostly fruits, vegetables, bread, and round hard cheese my father cut and sold in chunks. Both of my parents worked in the store. Customers of all nationalities walked to the store and carried their items home in a paper bag. If a customer could not pay, they used the honor system and paid later. I would watch the front of the store when my mother was cooking in the kitchen behind the store front. I stocked shelves, organized, cleaned, and swept the floor." Other Lugara children helped, too.

Rose continued, "My father stopped driving after a bad car accident and could no longer pick up the produce for the store. So, the Tripodi brothers drove him to Newark to get them."

After the store closed in the early 1950s, her father obtained a job at Volco Brass and Copper in town. The former store area was converted into their living room.

"As a child," recalled Rose, "I played marbles, hopscotch, and climbed and picked pears from a tree in the backyard with friends and my brothers and sisters. Many times, during the summer, the Tripodi brothers drove our family to the seashore."

In Rose's youth there was no Catholic Church in town. Of that she said, "On Sundays when the weather was nice my mother would tell us to go to church. We would walk with friends down Orange Ave. to St. Michael's Church in Cranford."

She commented, "The old firehouse across the street had a very loud horn that blew and blew when there was a fire. Old man Stein [David Stein] lived next to the firehouse and had a horse and wagon."

Rose attended Harding School and recalled long-time principal William Deans. Of high school she noted, "I took a bus to Jonathan Dayton Regional High School in Springfield for two years until my girlfriend and I decided we wanted a job to earn money. So, we dropped out and worked at the Gering Plastic Factory." The factory was at the end of Monroe Ave. at 7th St.

In 1948 wedding bells rang when Rose married Michael Muravsky of Linden. He served in WWII with the Army Air Corps. It appears that Rose holds the honor of currently being the oldest woman residing in Kenilworth who actually was born here. Thanks to Rose for her story.

Research provided by Walter E. Boright, Ed. D. and Historic Signs, Inc., in addition to the interview and data from her family. Persons with questions about this article or any aspect of Kenilworth history may contact Dr. Boright at 908-256-5200 or drbori@aol.com.



*(above) Rose Lugara at
store, 1940*

Photo: Historic Signs, Inc.



*(above) Rose Lugara Muravsky
revisits store site, 2022*

Photo: Family



*(above) Store building as it
appears in 2022.*

Photo: Family

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CHESS FOR FUN CELEBRATES 50 YEARS

Chess for Fun is a casual group of chess players who have been meeting for roughly 50 years. The group's players come from all over, and in the case of Larry Morse, as far away as Whitehouse Station. The most senior player, at 98 years old, is still playing strong.

It their earlier years the group met at the Rahway Public Library when it was located on St. Georges Avenue. In 1999 a flood destroyed the library. Chess for Fun has been meeting in

the Clark Public Library every Thursday from 11:00 a.m. to 3:00 p.m. And at Max's Pizza & Bistro in Scotch plains on Monday mornings at 11 a.m.

There are no formalities to the group. It is not an established club with officers or membership. Everyone of any ability is welcome to participate. Regulars bring their own board to share so it is not necessary to bring a board, but it would be helpful if you can.



(above, standing, l-r) Players and hometowns: Larry Morse, Whitehouse Station; Mark Shoengold, Colonia; Jack Rothstein, Edison; John Foy, Scotch Plains; Bodre. (seated, l-r) David Goldstein, South Plainfield; Neil Landau, Edison; Matthew Bistis, Mountainside.




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Monday - Wednesday: 10 AM-5 PM; Thursday: 10AM-8PM; Friday: 10 AM-5 PM; Saturday: 10 AM-2 PM; Sunday: Closed

Children and teens ages 2 - 18 years old are welcome to join the 2022 Oceans Of Possibilities Summer Reading Club.

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I Can Read: (Ages: 6 - 8 years)

Read 15 Easy Reader Fiction or Nonfiction books checked out from the library and receive a free book.

Club Readsalot: (Ages 9 - 12 years)

Read 7 Junior Fiction or Nonfiction books checked out from the library and receive a free book.

Teens: (Ages 13 - 18 years)

Read 3 Young Adult Fiction or Nonfiction books checked out from the library and receive a free book. **Teens can register in person and request a Reading Book Log.

WEEKLY PROGRAMS:

Lap Sit

10:30am - 10:50am

August 2 & 9

Interactive stories and songs for ages 0 - 2 years old

Toddler Time

10:30am - 10:50am

August 3 & 10

Interactive stories, songs and activities for ages 2 - 3 years old

PJ Story Time

6:30pm - 7:00 pm

August 4 & 25

Stories and a craft for ages 3 and up

Crafts

3:30pm - 4:00pm

Create a unique craft to take home and display.

Ages: 4 - 9

AUGUST SPECIAL EVENTS

Kenilworth residents may begin to register one week prior to each special event. Out of town residents may begin to register two days prior to each event, space permitting. To register for individual special events, call the library at 908-276-2451.

Mad Science Workshop: Space Technology

Thursday, August 4 at 11:00am - 12:00pm.

Ages: 4 - 12. Interactive workshop exploring a unique science theme. This program has been funded by The Ralph Errington Foundation.

Musical Celebration with Charlie O

Monday, August 8 at 11:00am - 12:00pm.

All ages are welcome to join us for this interactive event celebrating summer reading and an opportunity to win one of several raffle prizes. This event will be presented by DJ Charlie Oliva.

Mad Science Workshop: The Dirt On Garbage

Thursday, August 11

at 11:00am - 12:00pm.

Ages: 4 - 12. Interactive workshop exploring a unique science theme. This program has been funded by The Ralph Errington Foundation.

The Summer Reading Club concludes

Friday, August 12

Summer fun continues at The Kenilworth Public Library during the month of August.

Mad Science Workshop:

Thursday, August 18

at 11:00am - 12:00pm.

Ages: 4 - 12. Interactive workshop exploring a unique science theme. This program has been funded by The Ralph Errington Foundation.

Dinosaur Theme Drawing Workshop

Thursday, August 18 at 5:30pm - 6:30pm

Learn how to draw and improve artistic skills.

Ages: 8 - adult. This program has been funded by The Friends of The Kenilworth Public Library.

Learn To Paint with Stefanie Lawlor from The Artist Framer

Monday, August 22 at 11:00am - 12:30pm.

Ages 10 - adult.

Learn painting skills and bring home your own completed canvas to display. The materials for this program have been funded by The Friends of The Kenilworth Public Library.

Good Tymes String Band

Wednesday, August 24

at 10:30am - 11:00am.

Foot tapping knee slapping music for all ages.

Mad Science Workshop: Detective Science

Thursday, August 25

at 11:00am - 12:00pm.

Ages: 4 - 12. Interactive workshop exploring a unique science theme. This program has been funded by The Ralph Errington Foundation.



(above) Classic Rock Band
Rewind



(above) Learn To Paint with
Stefanie Lawlor



(above) Learning To Draw
with Doug Baron



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If Knee Surgery Sounds Scary, It Should

Have you 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.

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- 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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TRIP TO WIND CREEK CASINO TO BENEFIT NITSCHKE HOUSE


The Kenilworth Historical Society will host a bus trip to Wind Creek Bethlehem Casino (formerly known as the Sands) in Bethlehem, Pa., on Saturday, September 17, 2022.

The trip will depart Kenilworth (St. Theresa's School parking lot) at 8:30 a.m. and return to Kenilworth at approximately 5:30 p.m. Cost of \$50 includes comfortable motor coach transportation, an approximate 6-hour visit to the casino and \$25 in free slot play. There will be complimentary door prizes on the bus. The casino offers more than 3,000 state-of-the-art slot machines ranging in denomination from 1 cent to \$100, more than 150 table games – and more. The Wind Creek Bethlehem site additionally houses a wide range of distinctive outlet stores and popular restaurants/eateries.

For further information and reservations, please call 908-709-0434. As space is limited, particularly for safe "social distancing" on the bus, reservations and payment should be made by September 1 to ensure availability. Gift certificates for the trip are also available for purchase.

Proceeds from the bus trip will benefit the Kenilworth Historical Society's historic Oswald J. Nitschke House (c. 1880) by helping defray operating expenses, including the cost of an elevator that makes the restored "living history" museum and cultural arts center fully accessible to everyone.

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



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6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000	\$2200
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18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000	\$3400
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AMANI TO PERFORM AT NORTHERN NEW JERSEY'S MOST INTIMATE COFFEEHOUSE

The Salem Roadhouse Café presents Amani, Saturday, August, 13 2022. The doors open at 7:30 p.m.

Amani means “peace” in Swahili. The group was formed to share the concept of peace through music.

The core veteran musicians are frontmen Stephan Fuller on vocals, and Marty Eigen on woodwinds. Amani is a collective with connections to dozens of talented musicians who perform alongside them regularly.

Amani performs hits from a variety of genres including: The American Songbook, Folk, Blues, Gospel, R&B, Jazz, Bossa Nova and Broadway.

Amani brings the sounds of the Caribbean to the Salem Roadhouse Café! Featuring hits by Harry Bellafonte, Jimmy Buffett, Bob Marley, Sunny Rollins and more, this joyful presentation will have you singing and dancing in the aisles. Amani features: Stephen Fuller, a dynamic bass/baritone singer; Marty Eigen, tenor and baritone sax; Domo, a steel drums, piano and vocalist virtuoso who will also excite the audience with a dance; Alex Gressel, Bass; Larry Greenburg piano; Gordon Lane, drums, along with Oloye Karade, percussionist.

As always, the Salem Roadhouse Café is live, intimate, up front, and personal. All ages are welcome.

Salem Roadhouse Café is located at 829 Salem Rd., Union, NJ. Doors open 7:30 p.m. Show starts at 8:00 p.m. Admission is \$20, and includes

show, snacks, non-alcoholic beverages, and dessert.

ABOUT SALEM ROADHOUSE CAFÉ

It's not “church music.” It's music music.

Folks who've come to the Salem Roadhouse Café know that it's 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.

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, and they want to come back often.

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 Food Bank, Monarch Housing, Angel Paws Animal Rescue, National MS Society, Haiti Disaster Relief, Hurricane Sandy Disaster Relief, The Union County YWCA Domestic Violence Programs, Making It Possible To End Homelessness, Camp Johnsonburg, The Music Institute, Ukraine disaster relief, and others. Thousands of dollars have been raised for these deserving charities. The Salem Roadhouse Café, together with Townley Presbyterian Church, has begun a series of free outdoor concerts to help various urgent charitable causes. More are planned.

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