

ROSELLE PARK MONTHLY

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ROSELLE PARK 24/7 PORCHFEST 2022 DATES ANNOUNCED

Porchfest is back and hotter than ever! Positively Roselle Park 24/7 volunteer organization has announced Saturday August 13th (rain date Sunday August 14th) as the day when local talents shine and music is abundant throughout Roselle Park.

Roselle Park 24/7 Porchfest was showcased during the summer of 2020 as a way to encourage people to bike and walk around town while enjoying Roselle Park's aspiring and seasoned music professionals. Residents volunteer their home porches or front yards as venues.

Each performance will be from 20 to 45 minutes long and residents are welcomed to get to know the performers and sing along. Updates to the event are posted on the Positively Roselle Park Facebook page.

"We always dedicate each Porchfest as a fundraiser. This year we are asking attendees to donate to the Friends and Family group of Girl Scout Troop 40070 who are planning a mission to Puerto Rico with their sister Girl Scouts. Our Girl Scouts will conduct a community service project.", said Positively Roselle Park 24/7 representative Joe Delorio.

"We are also in desperate need of volunteers." Delorio said. He noted that this was the major issue for this year's Porchfest. "We almost didn't have it, but we know that there are people out there who want to help, they just need to step up."

Porchfest is also looking for additional talent and homes as venues. Interested persons are encouraged to email RosellePark247@gmail.com.

Positively Roselle Park 24/7 is a volunteer organization whose mission is to create and support activities for the Borough of Roselle Park that bring people together to celebrate, educate and promote pride and the many positive and diverse aspects of our community.



Photos by Lisa Coppola and Joe Delorio



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ROSELLE PARK MONTHLY

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Roselle Park Monthly

LOCAL CHORUS OFFERS FREE A CAPPELLA SINGING SESSIONS

The Hickory Tree Chorus chapter of Sweet Adelines International invites women singers to register for its free "Big Summer Sing." You can come any Wednesday, in August, 7 to 9:30 p.m. at The Shrine of St Joseph, 1050 Long Hill Road, Stirling, NJ for chord-ringing, fun-filled, four-part a cappella music.

Each week, guests will participate in vocal

and physical warm-ups and work on songs with the chorus. The chorus sings a variety of music, including old-fashioned love songs, Broadway, Disney, Beatles, and more.

To register for the Big Summer Sing, please email info@hickorytreechorus.org or call 908-377-1399. For more information, visit hickorytreechorus.org.



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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.



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(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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REGISTRATION OPEN FOR AFTER-SCHOOL PROGRAMMING

Registration for Roselle Park Recreation and after-school programming at the Anthony Signorello Youth Center will open August 1st. Various programs and our 2022-2023 Annual Membership will be available. Visit rpcreation.RecDesk.com to sign up.



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THE BOROUGH OF ROSELLE PARK TO CELEBRATE NATIONAL NIGHT OUT - AUG 2ND

On Tuesday, August 2nd, the Borough of Roselle Park will be hosting its annual National Night Out celebration in Michael Mauri Park from 6:00 p.m. to 9:00 p.m. The free event will consist of a meet and greet with the Roselle Park Police Department and Roselle Park Fire Department. The festivities will continue with live music, food trucks, and inflatables.

"Building positive relationships between our residents and our public safety departments is so important. I'm grateful we have National Night Out to do just that," said Mayor Joe Signorello. "Our police and fire service personnel are here to protect and serve us every day, and for that we

are grateful. I hope all residents can join us in celebrating our community heroes!"

Roselle Park Police Chief Daniel McCaffery is anticipating a great turnout for this year's celebration. "National Night Out is a great opportunity for us to meet with the people we work hard to protect in a fun and educational setting," he said. "I'm encouraging all Roselle Park residents to come out and enjoy this meaningful community event."

Roselle Park's National Night Out celebration is free to attend and open to residents of all ages. Please call the Casano Community Center at 908-245-0666 for further information.

TREE CITY USA RECOGNITION FOR A 10TH YEAR

Roselle Park Environmental Commission

Roselle Park achieved an important milestone by receiving Tree City USA recognition for a 10th year from the Arbor Day Foundation. The borough attained Tree City USA status by consistently meeting the program's four standards of maintaining a tree board or department, spending at least \$2 per capita on urban forestry, having a tree ordinance, and celebrating Arbor Day. This momentous achievement highlights the value that trees have in the borough, the importance of community in maintaining a healthy urban forestry, but also the ongoing efforts needed to keep moving forward in the years ahead.

As Roselle Park and surrounding areas continue to grow, experiencing more extreme weather conditions as a result, trees will play an important part in helping our community cope with these changes. According to the Arbor Day Foundation, every dollar spent on planting and caring for a community tree, yields benefits that are two to five times that investment. For example:

- Neighborhoods with trees are seven to nine degrees cooler than those without.
- Healthy, mature trees add an average of 10% to a property's value.
- Roadside trees reduce nearby indoor air pollution by more than 50%.
- Properly placed trees can reduce air conditioning needs by 30% and can save 20-50% in energy used for heating.
- Trees help absorb the sounds of traffic in urban areas by 40%.
- Studies of residential neighborhoods found that property crimes were less frequent when there were trees in the right-of-way, and more abundant vegetation around a house.

The trees we plant today will keep Roselle Park green, beautiful, and healthy for generations.

If you are interested in learning more about sustainable efforts in Roselle Park, including tree preservation, please reach out to environmentalcommissionrp@gmail.com or on Facebook at [RPEnvironmentalCommission](https://www.facebook.com/RPEnvironmentalCommission).



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.'"

- Quentin L.

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KIMBERLY FLORES GRADUATES TRINITAS SCHOOL OF NURSING

Trinitas Regional Medical Center's School of Nursing recently celebrated 49 graduates at its 168th commencement ceremony. Included was Kimberly Akemi Hirakawa Flores of Roselle Park.

The graduation ceremony featured a traditional pinning ceremony that symbolizes a rite of passage into the professional world of nursing and the nurse's commitment to those they care for.

While nursing school is uniquely challenging for all who enroll, the students that made up Trinitas Regional Medical Center's School of Nursing class of 2022 faced unprecedented challenges throughout their two-and-a-half year nursing school journeys which started in January 2020 just prior to the COVID-19 pandemic. During that time the students navigated multiple challenges with resilience including transitioning between remote and in-person learning multiple times, adhering to safety protocols including

smaller clinical groups, social distancing, mandatory masking and face shields, COVID screening, weekly COVID testing and relocating on campus after Hurricane Ida flooded the Trinitas School of Nursing educational center on the Union County College Campus. Additionally, nursing students in the class of 2022 participated in vaccination efforts with supervision from faculty, administering some of the first COVID vaccines to the community.

"It is my pleasure to congratulate the Trinitas School of Nursing Class of 2022," said Gary S. Horan, FACHE, President & Chief Executive Officer, Trinitas Regional Medical Center, an RWJBarnabas Health facility. "The past two and a half years have been unexpected and unforgettable, but our nursing students rose to every challenge they were faced with. We are very proud of students as well as our faculty and staff, for doing this important work during a very challenging situation, all while keeping with the

mission of Trinitas Regional Medical Center upholding a commitment to providing high-quality care to a diverse population."

Established in 1891, the Trinitas School of Nursing is fully accredited by the Accreditation Commission for Nursing Education, Inc. and the New Jersey State Board of Nursing. In 1971, the school made a commitment to serve educationally disadvantaged students, the non-traditional, and those seeking a second career and/or career mobility. This commitment resulted in the formation of a Cooperative Nursing Program (CNP) in partnership with Union County College, which allows students in the CNP to graduate with a Diploma in Nursing from Trinitas School of Nursing and an Associates in Science from Union County College. Upon graduation, all students are also eligible to sit for the National Council Licensing Examination for Registered Nurse Licensure. (NCLEX). For more visit trinitasschoolofnursing.org.



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AMANI TO PERFORM AT 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 Belafonte, 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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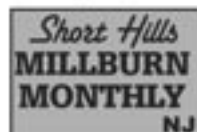
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NEWSPAPER AD RATES

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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
2-PAGE SPREAD	21" x 14"	\$700								
BACK PAGE	10" x 14"	\$500								
FRONT PAGE BANNER	8.25" x 2"	\$320								
FRONT PAGE BOX	1.5" x 4.5"	\$240								

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SUMMER COMMUNITY COOLDOWNS

The Borough of Roselle Park and the Roselle Park Fire Department are hosting four community cooldown events this summer. As firefighters perform their pump and water hose drills, children of all ages will be allowed to run through the water showers to cool off during the hot summer evenings.

Roselle Park Fire Chief Raymond Parenteau is excited for children to see just a part of what it's like to be a firefighter. "Not only is this a fun summer event for children,

but it's an excellent opportunity for them to experience a behind-the-scenes look at what our firefighters do to train," he said. "I encourage all children to come out, meet our firefighters, and beat the heat during the cooldown!"

The next Community Coolsdowns will take place on Tuesday, August 16th & 23rd from 6:30 - 7:30 p.m. near 180 W. Webster Avenue.

For more information, please call the Casano Community Center at (908) 245-0666.



WALK TO END LUPUS NOW SET FOR SEPT. 11

The Lupus Foundation of America, New Jersey Chapter, invites you to our 30th Annual Walk To End Lupus Now. Join us at 9:00 a.m. on Sunday, September 11, 2022 at Nomahegan Park in Cranford, NJ as we walk for a cure and to assist people suffering from lupus. Form a team, or walk as an individual, to raise money. To register or donate visit: givebutter.com/FNpmmK or text 53-555 and type in: WALKLUPUS22. For more information, please call 973-379-3226.



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