

ROSELLE PARK MONTHLY

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PARAGON SOCCER TEAM MAKES PARK PROUD

Submitted by Salvador Moran

Paragon soccer team is gaining notoriety on the local soccer scene, achieving success both at the Club and school level.

After a successful Spring 2022 Season, Paragon boys' soccer team finished in first place in the Central New Jersey Elite Development Program (EDP) under 14 division. Among the 8 competitors were teams from Wall, Ocean Township, Hazlet, and Newark.

The team was recently invited by one of their past rivals, Carteret Coyotes, to compete in a head-to-head at the Red Bull Arena as part of a fundraiser event. The players did not disappoint. It is extraordinary to see how these young men have become so dedicated to a sport, and their achievements contribute to instilling pride among parents and the community at large.

Paragon also brought home the coveted trophy, after defeating well-respected soccer academies from around the State during the Father's Day weekend Vistula Tournament at Garfield, NJ. They defeated Cedar Stars, Quick Touch Futbol, and Vistula FC.

The amazing achievement of this 2008/09 team is due in large part to the dedicated coaches Sonya Leingang and Max Irigoyen. Their motto is "if you want to play, you must earn your spot, show up to practice and train as hard as you can, then we will see". Their approach is turning young men into disciplined and dedicated individuals. "We are so grateful to the coaches for all they do," says Juliann Ford, the mother of the team's central defender.

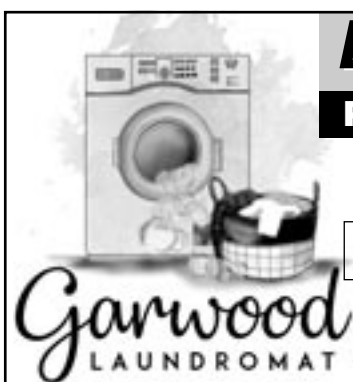
Seven Paragon players played on the Roselle Park Middle School team, several of them on the starting lineup. Recent graduate, Javien Ruiz, was captain of both teams.

The coaches and the team have earned the parents' respect. The parents have also developed stronger relationships with each other. The parents are there to support the team, and the coaches and to support each other.

The team's accomplishments provide an outstanding experience that makes many parents in Roselle Park very proud and we hope the community is proud of this young team as well. We are looking forward to what Fall will bring to these players on the Middle School team and as Freshmen on the High School team. Go Paragon, Go Park!



Courtesy photos



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PROGRAM FOR SENIORS WITH ONGOING HEALTH CONDITION OR THEIR CAREGIVERS

2ND ANNUAL MISCHIEF NIGHT CONCERT & PROGRAM

Back by popular demand, The Borough of Roselle Park will be hosting its second annual Mischief Night Concert & Program on Sunday, October 30, 2022. The concert is free to attend and will take place at Michael Mauri Gazebo Park (16 E. Grant Avenue) from 6 p.m. to 9 p.m.

The concert's headliner will be The Empire Band, a six-piece band assembled in the downtown clubs of lower Manhattan. Deemed "New York's Livest," The Empire Band has a song bank of over 300 songs performed by highly-accomplished musicians, meaning no show is ever the same.

The event is open to all! Free kids' activities will also be available at both Michael Mauri Gazebo Park and at the Youth Center (234 Chestnut Street). These activities are made possible by Robert Gordon Elementary School PTA, Roselle Park High School PTSA, Roselle Park Middle School PTA, Aldene Elementary School PTO, Sherman Elementary School PTA, and the Anthony Signorello Youth Center.

For more information on the 2nd Annual Mischief Night Concert & Program, please contact the Casano Community Center at 908-245-0666.

TRAIN STATION NEWS

The Borough is excited to announce that NJ Transit has awarded \$27 million in funding for improvements to the Roselle Park train station.

Built in 1967, this station has been in need of repair. Luckily, with these funds, residents will soon see a variety of improvements such as platform replacement, repairs to access stairs, customer-facing upgrades, and accessibility improvements which include the installation of an elevator.

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If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, join us for this free program at SAGE Eldercare, 290 Broad Street in Summit beginning on Tuesday, October 18 at 10

a.m. Free refreshments will be served at each lesson.

This educational program offers six lessons that cover a wide range of topics. Participants will have an opportunity to meet new people and learn:

- How to manage your symptoms.
- How to get started with healthy eating and exercise.
- How to communicate effectively with your doctor.
- How to manage fear, anger, and frustration.
- How to make daily tasks easier.

For more information, please contact Amy Lewis at 908-789-4070 ext. 4080 or alewis@westfieldnj.gov.

RARELY SEEN

PHOTOGRAPHS OF THE EXTRAORDINARY



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Photo by Marko Korosec, near Julesburg, Colorado

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TWO ELECTRIC VEHICLE GRANTS AWARDED

The Borough of Roselle Park

The New Jersey Board of Public Utilities Electric Vehicle Tourism Program recently awarded the Borough of Roselle Park two Electric Vehicle ("EV") Tourism Grants. The EV Tourism Grant Program offers numerous incentives to promote the adoption of electric vehicles and tourism through investing in EV charging stations at key tourism sites, landmarks, and other areas of interest throughout New Jersey.

As a result of these grants, Roselle Park was approved to equip two notable locations with electric vehicle charging stations. Michael J. Mauri (Gazebo) Park, located at the intersection of Chestnut Street and East Grant Avenue, is slated for two (2) Level-Two EV Charging Stations. The main Municipal Complex, located at 110 East Westfield Avenue, is slated for two (2) Direct Current Fast Charger (DCFC) stations, also referred to as Level-Three Stations.

Michael J. Mauri (Gazebo) Park is a passive green space with a gazebo that hosts many cultural events throughout the year - a perfect spot for visitors looking to get a taste of life in New Jersey and the Union County area. The park is also situated closely to cultural attractions, such as the Roselle Park Museum and Historical Society, and the Roselle Park Veterans Memorial Library. It is likewise within walking distance to numerous restaurants and other amenities.

The Roselle Park Municipal Complex serves as the hub of the Borough's local government operation, including the Roselle Park Police Department, Roselle Park Municipal Court, and many administrative offices. The Complex is located near many restaurants and small businesses, while also being very close to the Garden State Parkway.

For those traveling through New Jersey either to or from New York City or the Jersey Shore, Roselle Park is a perfect destination for drivers to enjoy some fresh air and enjoy local attractions while charging their vehicles. Installation for the electric vehicle charging stations funded through these grants will take place over the next year and will otherwise follow all grant guidelines.

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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. Additions 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.

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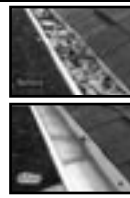
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APHASIA COMMUNICATION GROUP OFFERED

The Adler Aphasia Center is currently offering an Aphasia Communication Group for stroke and brain injury survivors with aphasia in Scotch Plains, NJ. This group provides those diagnosed with aphasia an opportunity to socialize with others who share similar experiences, provide tips to communicate more effectively, and time to practice communication skills in a natural environment. Aphasia is a language disorder caused by stroke or other brain injury. It affects spoken language, reading, and writing, but does not affect one's intellect.

This group is facilitated by a licensed speech language pathologist and is offered two Fridays of each month for two hours. A person with aphasia may join the group at any time but must pre-register. There is a nominal charge, but we never turn people away for lack of funds, we offer scholarships to those who are not able to pay \$80 for eight sessions.

To learn more about this communication

group and to pre-register, please contact Gretchen Szabo, M.A., CCC-SLP at 551-287-2238 or email gszabo@adleraphasiacenter.org.

Adler Aphasia Center, a non-profit organization with three full-service facilities based in Maywood, West Orange, and Toms River, NJ and Aphasia Communication Groups located throughout the state, is an innovative, post-rehabilitative program that addresses the long-term needs of people with aphasia and their families. Aphasia is a communication disorder that impairs the expression and understanding of spoken language, reading, and writing. It occurs most often from a stroke or other brain injury. It affects a person's ability to communicate, but not his or her intellect. This communication disorder affects 40% of all stroke and brain trauma survivors. The Center is considered a world leader in long-term, post-rehab community-based care for people with aphasia. With 2.5 million people diagnosed with aphasia in the U.S., the Center is the only one of its kind in NJ, an area with an estimated 70,000 people living with aphasia. For more information about the Center's programs and services in Maywood, West Orange, or Toms River, NJ, or for information about the Center's Aphasia Communication Groups in Bridgewater, Haddonfield, Hammonton, Maywood, Monroe, Scotch Plains, Toms River, Virtual Spanish Speaking Group and Virtual NJ Group, visit their website at adleraphasiacenter.org or call 201-368-8585



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5TH ANNUAL BENEFIT CONCERT FOR THE HOMELESS

On Sunday, October 9, Catholic Charities of the Archdiocese of Newark will host its 5th Annual Benefit Concert for the Homeless at St. Philomena Church in Livingston. All proceeds from the event will help to fund the homeless programs and services of the agency that provides assistance to thousands of individuals and families in need.

The Drive-In Concert will offer a variety of

family/kid friendly activities (face painting, magicians, balloon artists, etc.) along with a full concert by New Jersey's own "The Nerds" – a widely acclaimed rock and roll band. Food trucks will be available but folks are encouraged to tailgate as well.

Registered participants get a parking space with an adjoining space to set –up chairs, etc. Each car can carry up to 6 occupants and parking

spaces are priced at \$300, \$175 & \$125 based on their proximity to the stage.

For event details, please visit ccanconcert22.GiveSmart.com or call Peter Ruccione, Catholic Charities Director of Development, at 973-818-4060.

Last year Catholic Charities provided over 71,000 nights of Shelter, food, and clothing for over 1,171 people, individuals and families.

For more information on Catholic Charities of the Archdiocese of Newark, visit ccannj.org.

ABOUT CATHOLIC CHARITIES

Catholic Charities of the Archdiocese of Newark has been in operation since 1903 serving adults, children, families, seniors, veterans, and those suffering from HIV with compassionate care and services that provide help and hope. Our 84 programs serve close to 50,000 individuals in Bergen, Essex, Hudson and Union Counties annually. Our programs include counseling and support services for at-risk youth and their families; psychological and psychiatric help for those with mental illness; job training for those who are cognitively disabled; childhood education for preschoolers in Newark, Bloomfield and Elizabeth; emergency shelter for the homeless and for those who are HIV-positive; affordable housing for low-income families; immigration legal services; refugee resettlement; and adoption services.



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FIESTA HISPANA Y LATINA

The Borough of Roselle Park held their annual Hispanic & Latino Heritage Festival and rebranded it “Fiesta Hispana y Latina,” on Friday, September 9 from 6 - 8 p.m. at Michael J. Mauri (Gazebo) Park.

The free family friendly event was open to residents of all ages. Festivities included a dance party, food trucks, and a concert from Los 9 Del Sabor, a 10-piece Latin and South American band based right in Roselle Park! Local food truck favorites, including Latin Bites and Arepas Kreme Bar were at the festival offering tastes of the culture.



Photos from this and other events can be found online at rennamedia.com and on Roselle Park Monthly page on [facebook.com](https://www.facebook.com). Feel free to “Like,” “Tag,” and “Share.”

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4TH ANNUAL OKTOBERFEST

The 4th Annual Oktoberfest hosted by the Borough of Roselle Park was held on Saturday, September 17 at Michael J. Mauri Gazebo Park.

The event included authentic German music by Bernie's Orchestra, a variety of food trucks, a beer garden hosted by Roselle Park Youth Football, and attractions for children.



Photos from this and other events can be found online at rennamedia.com and on Roselle Park Monthly page on [facebook.com](https://www.facebook.com). Feel free to "Like," "Tag," and "Share."



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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
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