

BUSINESS + LIFE KENILWORTH LIFE

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JOY SUSSMAN TO EXHIBIT PHOTOGRAPHY AT LIBRARY

The Gallery-on-the-Boulevard, located in the Kenilworth Public Library, will present photographer Joy Sussman in a solo exhibit of her work entitled "Catching Light". The show opened in May and will close at the end of August.

As a visual artist, Joy Sussman is a work in progress. She describes herself as contemplative, creative, curious about everything, and her work reflects those qualities. Painterly still lifes, dreamy landscapes, fine art photography, tiny macro worlds, mobile art photography are some of the many areas that interest her. Joy received her first Kodak Instamatic camera for a Christmas present at the age of 7. She now works interchangeably with a full-frame Canon DSLR camera (5D Mark iii) and an iPhone to capture images, and then uses a combination of desktop software and mobile editing apps to add textural interest and mood.

Joy majored in Art History at Vassar College, worked several years in the creative sector of advertising in NYC and Philadelphia, and is now a full-time photographer. She also teaches online classes in photography and has created and curates/edits a magazine called Catch Light: Creative Inspiration for Photographers and Visual Artists (available in print and digital formats).

Joy's photographs and written work have been published in U.S. national magazines: Artful Blogging, and Bella Grace. She was one of seven Honorees worldwide in the Photography category of 2015 Voices of the Year and again in 2016. Her images will be included in Juried Group Exhibition, "Arts in the Park," Randolph, New Jersey May 2023, and Juried Group Exhibition, "Reflections of Solitude," 2023 Scotiabank Contact Photography Festival, Toronto, Canada May 2023.

All artwork is available for purchase by contacting the artist.

The exhibit is free and open to the public during regular library hours. For more information call 908-276-2451.

Any artists interested in exhibiting their work in 2023, may contact Barbara Wirkus at dmbbw33@gmail.com.



(above) Spring Lilacs



(above) Still Life with Autumn Fruit



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HISTORICAL SOCIETY BUS TRIP TO TROPICANA CASINO AND RESORT -JULY 29

The Kenilworth Historical Society will host a bus trip to the Tropicana Casino and Resort in Atlantic City on Sat., July 29, 2023.

The trip will depart Kenilworth (St. Theresa School parking lot) at 8 a.m. and return to Kenilworth at approximately 6:30 p.m. Cost of \$55 includes comfortable motor coach transportation, an approximate 6-hour visit to the casino and \$10 in free slot play. There will be a 50/50 raffle and complimentary door prizes on the bus.

The Tropicana premier casino and resort is a 24-hour gaming destination located on the acclaimed Atlantic City beach and boardwalk. With more than 3,000 slot machines and some 132 table games, plus 30 popular restaurants and eateries, 30 shops, 20 bars and lounges, four pools, an IMAX Theatre, multiple spas and the charming Old Havana ambience of its enclosed mall, "The Quarter," the Tropicana is consistently rated as a "Must-See Attraction" in Atlantic City.

For further information and reservations, please call 908-709-0434. As space is limited, reservations and payment should be made by July 15. 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 (www.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.

KENILWORTH SENIOR CITIZEN CLUB BUS TRIP TO RESORTS - JUNE 20

The Kenilworth Senior Citizen Club will be having a bus ride to Resorts Casino in Atlantic City, NJ, on June 20, 2023. The bus will leave the Acme parking lot at 9:30 a.m.

The cost is \$35

which includes \$15 back in slot play.

For reservations please contact Lilliam Furze at 908-709-0515.

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STUDENTS LEARN SKILLS WHILE PARTICIPATING IN ESPORTS



(above) Mind games: Esports programs develop skills at Kenilworth schools

Kenilworth Public Schools.

Previously considered just a fun distraction, video gaming has become both a school course and an after-school organized sport – and students at David Brearley Middle-High School are delighted.

The high school launched an Esports curricular class and an extra-curricular program this school year, and both are seeing much success. Students with a variety of interests are participating and learning about the video-game industry.

Those taking the Esports class use the game Minecraft to design maps and draw them to scale on grid paper, format and apply them into the program, and then develop systems so they function, said James Springsteen, Esports

instructor and coach at the high school.

“Esports is a combination of coding and design as well as business management, brand identity, and creation through the lens of gaming,” he said during a presentation at a recent Board of Education meeting. “The students also make their own teams and merchandise, and then we finish with an in-class event that they organize themselves.”

About 30 students joined the Esports after-school program, which takes place on Tuesdays, Wednesdays, and Thursdays. They play games including Rocket League, Super Smash Bros. Ultimate (SSBU), Valorant, and Overwatch 2. The competitive teams play other schools from across the state, and the winter season teams earned a place in the first round of the state finals.

“For a program that began in January, to have this record is very impressive,” said principal Jeremy Davies. “The kids take on a team mentality much like a soccer or softball team. There’s a whole team dynamic with coaching, strategy, watching and reviewing plays. It’s fascinating to watch them.”

Other technologically inclined students are participating in Brearley’s Robotics Club. The club competed in its inaugural First Tech Challenge, finishing just short of the state competition.

For more information about Kenilworth Public Schools Esports, visit kenilworthschools.com.



Courtesy photos

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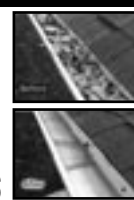
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SALEM ROADHOUSE CAFÉ JUNE SHOW

The Salem Roadhouse Café presents the Stephen Fuller Quintet, Saturday, June 10, 2023. The doors open at 7:15 p.m., the show starts at 8 p.m. Admission is \$20 and includes show, snacks, non-alcoholic beverages, and dessert. The venue is located in the basement of Townley Presbyterian Church, 829 Salem Rd, Union, NJ. The Roadhouse operates as a non-profit that raises funds for several carefully chosen local charities.

Stephen Fuller's deep rich voice and soulful renditions have long made him a favorite with sophisticated audiences around the world, performing in Israel, Jamaica, Costa Rica and The US Virgin Islands. In addition to his overseas engagements, Fuller has also performed in renowned New York City and New Jersey venues and has opened for both Stevie Wonder and Bill Withers while attending Colgate University.

Stephen will perform at the Roadhouse with his quintet. Last year he did a total calypso show which got the audience totally involved and thrilled. Stephen has always been top notch entertainment. This show he's working on some special treats for us.

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

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, 829 Salem Rd, Union, NJ. 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.

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 Program, Making It Possible To End Homelessness, Camp Johnsonburg, The Music Institute, and others. Many thousands of dollars have been raised for these deserving charities.



SALEM ROADHOUSE CAFÉ

JAZZ featuring....

STEPHEN FULLER QUINTET



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23RD ANNUAL FEAST OF ST. ANTHONY

Church of the Assumption, Roselle Park, NJ - June 8-11, 2023

The Church of the Assumption's annual St. Anthony Italian Feast returns for its 23rd year! The Feast will feature rides, games, live entertainment, homemade cooking, food vendors, a beer and wine garden, nightly 50/50s and a Super 50/50 drawn Sunday Night at 9 p.m. The Feast, located on the Church grounds at 113 Coolidge Place, Roselle Park, NJ, begins on Thursday, June 8 and runs through Sunday, June 11. Feast hours: Thursday & Friday 6-10 p.m., Saturday & Sunday 5-10 p.m.

As of press time, the following entertainment has been booked:

THURSDAY, JUNE 8:

- 6 p.m. - Fusion Dance Centre (Roselle Park)
- 7:30 p.m. - Planet Dance (Roselle Park)
- 8 p.m. - Valencia School of Music (Westfield)

FRIDAY, JUNE 9:

- 6 p.m. - Roselle Park High School Band

7:30 - 10 p.m. Band: Diamonds in Jupiter.

SATURDAY, JUNE 10:

5 p.m. - Susie Karlik's Dance Sensation (Union);

6 p.m. - Sabre Guild (Star Wars Costuming Group)

7:30 - 10 p.m. Band: 2/5ths Crazy

Sunday, June 11:

3 p.m. - Mass followed by a procession through the streets with the statue of St. Anthony;

5 - 6 p.m. - Traditional Italian music (DJ)

7:30 p.m. - Maplewood Glee Club.

Skip the line at the ticket booth and save up to 50% on the price of ride tickets by purchasing them prior to the Feast! Pay-One-Price Unlimited Ride wristbands, available at the Feast for \$30, are valid for Thursday, June 8. Visit the Church of the Assumption website at assumptionrp.com for more information and to buy discounted ride tickets.

23rd Annual Feast of St. Anthony

Feast of St. Anthony

Church of the Assumption • 113 Coolidge Place • Roselle Park, NJ



Church of the Assumption
2023

Thursday, June 8
6:00pm-10:00pm

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Saturday, June 10
5:00pm-10:00pm

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5:00pm-10:00pm

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DAVID BREARLEY HIGH SCHOOL NAMES VALEDICTORIAN AND SALUTATORIAN

Kenilworth Public Schools

The journey to the head of the Class of 2023 was filled with adventures and achievements for David Brearley High School's valedictorian and salutatorian.

Liz Gonzalez, named valedictorian after recording the highest GPA in her graduating class, has a unique way of describing her secret to success.

"I am proud of the fact that my personality is similar to a tick on a deer – very hard to shake off," said Gonzalez. "I have remained true to myself throughout these four years of high school and have not strayed from my path."

Gonzalez was a member of the school band and a performer with lead roles in "Mean Girls" and "The Little Mermaid" (as Sebastian the fish). She also worked behind the scenes as the chorale manager and an illustrator for Brearley's school newspaper, The Bear Print.

Despite her busy schedule, Gonzalez said she has figured out a work-life balance that most people would envy.

"I know when it is time to focus on work and when it is time to focus on my family," she said.



(above) Liz Gonzalez, the Class of 2023 valedictorian, is headed to William Paterson University.



(above) Krisy Leiva, the Class of 2023 salutatorian, will attend Johns Hopkins University.

Courtesy photos

"Although I have a lot to do, I do my best to keep track of everything and allocate the time necessary for all my tasks and activities."

Gonzalez also participated in prestigious academic groups including Scholars Academy and the National Honor Society, and was a member of the GSA Executive Board, she plans to study clinical and neurological psychology at William Paterson University in Wayne.

She would advise future Brearley graduates to give high school their all – and to do it all early.

"If a deadline is a month away, jump on it as soon as you get it. Never give something 50 percent effort because it doesn't seem to matter," Gonzalez said. "Even miniscule assignments will teach you something you can take with you for the rest of your life."

Kristy Leiva, whose second-highest GPA earned her the title of salutatorian, is also a member of Scholars Academy and the National Honor Society. She rounded out her high school career with participation in music, sports, social justice clubs and more.

Taking as many Advanced Placement (AP) courses as possible at Brearley helped Leiva chart a successful path.

"Having this exposure to rigorous courses will allow me to succeed in college as I have well adapted to course load and the expectations that teachers set for students along with it," she said.

Leiva was a member of the competition cheer team, a drum major for the marching band, and editor-in-chief of the school newspaper. She showed an interest in societal issues, becoming co-president of the Race Matters Alliance and Conversation Matters.

"What I enjoyed the most about my high school years are the opportunities I had to make a difference within the school community. Involving myself with community service, Race Matters, and other groups allowed me to not only

educate and assist others, but it allowed me to make great connections and friendships," she said.

Leiva will attend Johns Hopkins University, where she will major in molecular and cell biology with a pre-health track. She said achieving the rank of salutatorian took her by surprise.

"I truly I did not expect this. I knew that I would challenge myself and accomplish as much as possible academically, but never would I have thought to have accomplished being the top of my class. It was truly one of those 'I finally did it' moments," she said.

Brearley Principal Jeremy Davies noted that the class leaders' accomplishments are particularly noteworthy since they are both first-generation college students.

"The least I can do to give back to my family as a first-generation student is to put all my focus into my schoolwork," Gonzalez said.

Leiva agreed, adding, "I knew that through all my accomplishments my parents would always be proud of me, but I felt like I accomplished what they came to America for, and I could never be more proud of myself for doing it."

Davies is very proud of Leiva and Gonzalez as well.

"I want to thank Kristy and Liz for their hard work, their determination, for always pushing themselves beyond the limit," Davies said. "They are model Brearley citizens; students who have always conducted themselves with honor and integrity. They make this school a better place because of their generosity of spirit."

Davies noted that the Class of 2023 overall "has demonstrated very strong academic abilities, with many students who have pushed themselves to great heights."

David Brearley High School's Class of 2023 will graduate on Friday, June 23.



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LICENSED & INSURED



(above) Station Pond lower right, 1949.
Acme Mall upper left today.

Photo: Ray Scheuerer collection



(above) Pond was located behind
Access Storage.

Photo: Google



(above) Pond supplied water for railroad
water tower.

Photo: Historic Signs.

WHAT WHERE AND WHEN IN OLD KENILWORTH THE PONDS THAT DISAPPEARED, PART 1

Kenilworth once boasted four ponds. Only Shallcross Pond off the end N. 14th St. in Black Brood Park remains. It was the subject of March and April articles in this newspaper. But what about the other three – Station Pond, Hiller’s Pond, and Jackson Pond? This three-part series features a pond at a time and explains where each was located and what became of them.

Station Pond is shown on maps dating far back into the 1800s, and geologically that it existed for an untold time before then. Located somewhat behind today’s Access Storage facility on the Boulevard, maps suggest that it covered several acres. Like most ponds, one source of its water was from springs which were plentiful in the region well before Kenilworth came into existence in 1907. Another source was run-off water that came down the slope of Kenilworth’s legendary Tin Kettle Hill, the crest of which was located somewhat along N. Michigan Ave. between Monroe and Washington avenues. The pond was at the eastern base of the hill.

When the New Orange Industrial Association began to develop this region in the 1890s, one of the improvements it brought to Kenilworth – then a part of an area known as New Orange – was a railroad, later known as the Rahway Valley Railroad. The last train ran in 1992. The eastern bank of the pond literally was located within a good stone’s throw of the railroad station erected by the Association. Thus, the pond quickly earned the name Station Pond. The station stood about where the Parkway Liquor store is located today.

The pond had large, flowering water lilies which railroad passengers and residents undoubtedly admired. In the winter, Station Pond, as did other local ponds, froze over when temperatures dropped sufficiently. Ice skaters were drawn to the glazed-over pond. We know this to be true due to writings about Rev. Otis Moore of the old Methodist Church located on N. 20th St. off Monroe Ave. hiking to Station Pond in the 1940s with children from his congregation and elsewhere from the community to enjoy the winter-time skating activity.

The railroad benefited from the pond. It used its water to help fill the adjacent, huge railroad water tank on stilts that was used to funnel water into the steam locomotives of the day.

As industrial development in the area expanded, some parts of the pond, generally off N. 26th St. and Jefferson and Federal avenues, shrank in size as the pond slowly was filled in with dirt. Aerial photography as late as 1969 depicts much pond area filled in while a small portion remained. The final year of the end of Station Pond is not known but there are writings about the pond in Kenilworth history books, outlines of it on old maps, and memories of it in the minds of older residents to further attest to its existence. Watch for Part 2 for Hiller’s Pond next month.

Research provided by Walter E. Boright, Ed. D., historian, and Historic Signs, Inc.

Persons with inquiries about this or other Kenilworth history topics may contact Dr. Boright at drbori@aol.com or 908-256-5200.

KENILWORTH MEMORIAL DAY SERVICES

VETERAN GRAVE FLAG PLANTING MAY 27TH

The public is invited to join Veterans from VFW Post 2230 and Scout troops for an annual tradition of walking through Graceland Memorial Park Cemetery in Kenilworth, NJ to find headstones of veterans and plant a flag at the grave to commemorate Memorial Day. This very touching event begins with a breakfast served at the Kenilworth VFW Hall at 8 a.m. on Saturday, May 27th. Light refreshments are served at the VFW afterwards for all workers. No preregistration is required. The VFW organizes the event along with the American Legion, Sons of the VFW and the Ladies Auxiliary.

MEMORIAL DAY SERVICES, MONDAY, MAY 29TH

The public is invited to attend a ceremony honoring all veterans at 11 a.m. at the Kenilworth Veterans’ Center, S. 21st Street, Kenilworth, NJ. Refreshments will be served afterwards. There is no registration required for these events.

For more information please call the Kenilworth Veterans Center at 908- 276-9769.

LOCAL 3 DONATES TO TUNNEL TO TOWERS

The Retired Policemen and Firemen’s Association of Union/Somerset Counties donated \$1,000 to the Tunnel to Towers Foundation at their February meeting. Accepting the donation from Local 3 President Retired Police Chief Kenneth Grady, is retired FDNY Fire Chief Jack Oehms who is a representative of Tunnel to Towers. FDNY Chief Oehms presented a 45-minute PowerPoint presentation about that horrific day when the Towers were struck. If you live in Union County or Somerset County, please consider joining our Local 3 to keep abreast of major issues which may impact on your retirement benefits and issues that may be of value to you. Our yearly dues are \$10. For more information visit: njrpfa.org/local3/

Courtesy photo



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More than 100 supporters, partners and community leaders gathered at St. Joseph Social Service Center in Elizabeth on April 5 to celebrate the start of construction on the agency's new facilities, which will make it possible for the organization to expand and improve services to residents in need in Elizabeth and to achieve its vision of dignity for all. St. Joseph's is one of the largest social service agencies in Elizabeth and Union County, providing residents with food, clothing, household items, prescription assistance, health screenings, mental health counseling, job training and case management.

There are four components to the new facilities plan. The first is to build a food pantry. This new building will give St. Joseph's a dedicated space, a larger space, and a more functional space to operate its food pantry. Perhaps most importantly, the new building will allow the organization to offer a better food pantry model – an individual choice food pantry. With this model, clients will come at an appointed time and will be able to choose their food. The second project is to construct a clothing and household goods distribution center. Clothing and home goods will be displayed in different sections much like one would find in a retail store. The third project is to renovate the former parish hall and church building on campus to expand and enhance the many support services offered by the agency. The fourth project is to reconfigure and repave the parking lot.

Bernadette Murphy, Executive Director, remarked that the overarching goal of the plan is to "serve our sisters and brothers in need with dignity." At the Groundbreaking Event, she introduced the agency's new logo and tagline, "Connecting Communities – Nourishing Each Other." To fulfill its mission, the agency relies

on 6,000 volunteers who come from schools, community groups, businesses, churches and other houses of worship in five counties in New Jersey. "In addition to serving the hungry, St. Joseph's is also a place that feeds the hunger to serve," stated Murphy. The volunteer program welcomes people of all ages, faiths, abilities and economic circumstances to provide hope and hospitality to their neighbors.

Karen Maher, Board President, thanked the audience for their contributions to the \$1,400,000 capital campaign, which will fund the facilities plan. The agency received support from foundations, businesses, community groups and individuals in Union County and surrounding communities. Lead donors included The Westfield Foundation, The Harold B. and Dorothy A. Snyder Foundation, The Mushett Family Foundation, Horizon Blue Cross Blue Shield of New Jersey, Elizabethtown Healthcare Foundation, Robert and Marion Schamann Brozowski Foundation, Columbia Bank, The Hyde and Watson Foundation, E. J. Grassmann Trust, The Tepper Foundation, Phillips 66 Bayway Refinery and several individual donors.

Harold "Kess" Kessler, Past Board President and the leader of the capital improvement plan, noted that "construction work will be completed in four phases over the next two years. In the first phase, the new food pantry and clothing distribution center will be built and outfitted and the driveway will be reconfigured and repaved." Kessler stated that the construction work has been planned to ensure that services to the community will not be interrupted. "We are excited to begin a new chapter in St. Joseph's service to the community" noted Murphy.

To learn more about St. Joseph's please visit sjeliz.org.



(above r-l) Debbie Durand and Teresa LaStella, organizers for the groundbreaking event, greet guests at the Welcome Table.



(above, l-r) Sister Jacinta Fernandes, Founder and former Executive Director of St. Joseph's for 32 years, places soil in a planter in which a tree will be grown along with Julissa Campos, Vice President of the Board of Trustees.

Courtesy photos

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.

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NEW JERSEY VETERANS NETWORK MEMORIAL DAY MESSAGE

Michael D. Boll, Director, NJVN

A few years ago, I was approached by a veteran who is a friend of mine who expressed how extremely depressed he was and that he wanted to take his own life. Initially, I was completely shocked because this guy seemed to be upbeat and happy all the time. Immediately, I asked him to come with me to a private office so we could talk about his awful situation. This was the first time in my life that I had a friend talk to me about suicide, and I knew I had to really do my best to help him get through this horrible ordeal. We spoke for a few hours and I listened closely to everything he said. I was able to convince him to immediately get some help and we went to the hospital. I stayed with him at the hospital and met with him when he was released. I did everything to show my friend that I had his back, and because of this he is alive today. This awful situation inspired me to do whatever I possibly can to help others in need, and shortly after the New Jersey Veteran's Network created our mobile outreach program.

In today's day and age, most of you have known a veteran or first responder who has taken their own life. We lose nearly 22 veterans and approximately 300 first responders every year to suicide. Even with all the awareness and new anti-suicide programs available, this number has not changed, and in some cases has

increased.

The VA hospitals with PTSD and mental health programs are packed with patients and unfortunately, the numbers continue to increase. More of our first responders are also seeking help and are utilizing some of the state programs being offered. So many people want to help and put an end to this crisis, but sadly there isn't a foolproof program available that will stop this ever-growing crisis from destroying our uniformed heroes and their family's lives.

For the last two years, our team has been working tirelessly with other charities to come up with a better solution to help prevent this epidemic from continuing. Personally, we believe our Mobile Outreach Team is really making a difference and everyday it helps our uniformed heroes live a better way of life.

The first thing we learned as a team is that we must lose our ego and seek out other groups and organizations that are looking to save lives. Then we find the right volunteers who are committed and dedicated to being a men-tor to a person in crisis. Volunteers are extremely valuable because they want to be there, and they usually care more than the people who get paid for their services.

To date, we have been able to change and save countless lives because of the incredible commitment from the volunteers and other

supporting groups. In the next few months we are excited to be launching the "Uniformed Heroes Project," which is a statewide peer support/mentorship program for veterans, first responders, and active duty military. This project is a collaboration between the NJ VFW, NJ American Legion, NJ FMBA, PFANJ, NJSPBA, NJ FOP, NJ MAVA, NJ legislators, other military/first responder organizations. The Uniformed Heroes Project will provide peer support training throughout the state for volunteers and host numerous recreational therapy events for our heroes in need.

ABOUT NEW JERSEY VETERANS NETWORK

We are a group of veterans and volunteers dedicated to helping our veterans and their families live better lives. Our mission is to identify veterans and connect them with resources and programs designed to meet their unique set of needs. Help us save Vets! We are always looking for volunteers, with various skills, to join the team.

If you are a veteran or family member that's in need of assistance; or are interested in volunteering, would like us to speak at your event, or contribute to our mission, call 973-332-1556 or email njvn1775@gmail.com To learn more about the team please check out our website njvn.org (accomplishments). Help us save Vets!



(above) New Jersey Veterans Network veterans and volunteers at a recent Memorial Day Parade.



5K CELEBRATION OF LIFE - JUNE 11



NJ Sharing Network

NJ Sharing Network’s 5K Celebration of Life Walk and USATF Certified Race will be held on Sunday, June 11, at NJ Sharing Network, 691 Central Avenue, New Providence, NJ. The event, which is presented by RWJBarnabas Health and Hackensack Meridian Health, is one of the Garden State’s largest and most-recognized charitable events. It brings together thousands of transplant recipients, donor families, living donors and dedicated volunteers and advocates. Funds raised by event participants, teams, sponsors, and contributors will support the

Sharing Network Foundation.

To sign up to participate in the 5K Celebration of Life or make a contribution to a team, visit SharingNetworkFoundation.org/5K.

According to United Network for Organ Sharing (UNOS), there are over 100,000 Americans – nearly 4,000 of whom live in New Jersey – waiting for a life-saving transplant. One organ and tissue donor can save eight lives and enhance the lives of over 75 others. To learn more, get involved, and join the National Donate Life Registry as an organ and tissue donor, visit NJSharingNetwork.org.



(above) NJ Sharing Network’s 5K Celebration of Life Will Unite Thousands of Organ and Tissue Donation Supporters in New Providence on June 11. To sign up to participate in the 5K Celebration of Life or make a contribution to a team, visit SharingNetworkFoundation.org/5K.



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JUNE PROGRAMS AT KENILWORTH PUBLIC LIBRARY

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CHILDRENS' PROGRAMS

Bingo For Children

Mondays, June 5, 12, 19 & 26

3:30pm – 4:00pm

Bingo games for children ages 3 & up

Lap Sit

Tuesdays, June 6 & 27

10:30am – 10:50am

Stories and songs for ages 0 – 2 years old

PJ Story Time

Tuesdays, June 6, 13, 20 & 27

6:30pm – 7:00pm

Children are welcome to attend this story time program dressed in their pajamas and bring along a favorite stuffed animal, for ages 3 & up.

Toddler Time

Wednesday, June 7 at 10:30am – 10:50am

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

JUNE SPECIAL EVENTS

Registration is required for all special events.

Father's Day Craft

3:30pm – 4:00pm on Friday, June 2.

Create a unique craft to take home and display for ages: 4 – 9.

Local Children's Author Visit with Linda Yianolatos

6:30pm – 7:00pm on Tuesday, June 6

Local children's author will read her new book, *Children: A Word Please!* and present an activity related to the of the story. Ages: 3 & up

Lego At The Library

3:30pm – 4:00pm on Friday, June 1 & 8

Explore and build with our Lego bricks.

Ages: 4 - 12

Boogie Woogie Babies

10:30am – 11:00am on Tuesday, June 13

Interactive musical program will be presented by Tiffany Taylor for ages: 0- 4

Yoga Story Time

10:30am – 11:00am on Wednesday, June 14

Join us for stories and yoga for the youngest listeners and their caregiver. This program will be presented by Sandy Szeluga for ages: 2 - 5..

Journey To Africa

7:00pm – 8:00pm on Thursday, June 15

Join us for a fascinating interactive experience highlighting traditional rhythms, songs, instruments and dances that are part of the African continent as we celebrate Juneteenth. This program will be presented by Okra Dance Company and is recommended for ages 4 – adult. This program was made possible by funds from the Union County Office of Cultural Affairs, a partner of the New Jersey State Council on the Arts.

Juneteenth Craft

3:30pm – 4:00pm on Friday, June 16.

Create a unique craft to take home and display for ages: 4 – 9.

Wondergy: Cool Science

7:00pm – 8:00pm on Thursday, June 22

Participants will explore interactive science experiments which include the use liquid nitrogen - along with cream, milk, and sugar - to serve up the freshest ice cream you've ever tasted! This program is recommended for ages 4 – adult. Don't miss this educational program which includes a delicious treat. This program has been funded by a Recycling Grant given to the Borough of Kenilworth.



(above) Local Children's Author Visit with Linda Yianolatos: 6:30pm – 7:00pm on Tuesday, June 6



(above) Journey To Africa: 7:00pm – 8:00pm on Thursday, June 15

Professor W's Earth Science Circus

11:00am – 12:00pm on Monday, June 26.

Join us for this interactive event featuring earth science experiments and circus fun. This program is recommended for ages 4 – adult.

This program has been funded by a Recycling Grant given to the Borough of Kenilworth.

Good Tyme String Band

10:30am – 11:00am on Wednesday, June 28.

All ages are welcome to attend and enjoy foot tapping knee slapping music.

Unique Creatures

7:00pm – 8:00pm on Thursday, June 29.

Participants will be educated and entertained as they learn about and view up close various unique and amazing animals. This program will be presented by Larry Apap and is recommended for ages 4 – adult. This program has been funded by donations made in memory of Elvira Kowalczyk.

ADULT PROGRAMS

Paper Pals

Tuesday, June 6 & 20 at 2:00pm – 4:00pm

Our card making group "Paper Pals." You don't need any paper crafting experience to join the fun. This is a FREE program for adults.

"Yarnies"

Thursday, June 1, 8 & 15 2:00pm – 4:00pm and Thursday, June 29 6:00pm – 7:30pm.

"Spinning Fibers"

Tuesday, June 27 at 6:00pm – 7:45pm.

Bring your spinning wheel or drop spindle and create beautiful yarns! If you don't have a wheel, you are still welcome to join us to learn about spinning.

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