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CHAMBER PRESENTS BUSINESS AWARDS AND SCHOLARSHIPS

The Linden Chamber Division of the Greater Elizabeth Chamber of Commerce held their twenty-second annual scholarship and business awards dinner on June 8, 2023, at Ill Amici Ristorante in Linden, New Jersey. Five \$1,500 scholarships were awarded to Linden High School seniors Kyara Adolphe, Evelyn Jessenia Ojeda, Jeanine Castro, Courtney Mills, and Isabella Gonzalez.

The Linden Chamber Division hosts several events during the year to raise scholarship monies. In addition to an ad journal, this event's Host Sponsors were AmSpec LLC, Infineum USA, Phillips 66 Bayway Refinery and Polish American Sports Association. Reception Sponsors were Coldwell Banker, Columbia Bank, Linden Warehouse and Distribution Co., Northfield Bank, Pennoni, Quality Auto Center of Springfield, and Total Energies Marketing USA.

A 'Business of the Year' award was given to Homewood Suites by Hilton Newark-Cranford. They offer 108 spacious one and two-bedroom suites complete with separate living room area with a sleeper sofa and a kitchenette for travelers' convenience to prepare and cook meals. Whether it's a local resident recently displaced due to a home fire, a company recently awarded a large project within Union County, etc., the spacious apartment style suites creates a home-like atmosphere for any length of stay needed.

A 'Business of the Year' award was given to Chemical Services, Inc., a chemical warehouse and contract chemical manufacturer located in Linden that is run on Christian values and principles. They aspire to live out their calling to "love our neighbors as ourselves," by being active in the lives of their employees and involved in the local community. They are happy to partner with some local organizations that are already doing amazing work, including: Linden Chamber Division, Linden Police Department's CIT Program, Mayor's Scholarship Fund, School 4 Care Closet, Linden Food Pantry, and others.

A Person of the Year Award was given to Sandra Jackson. Sandra moved to Linden in 1983



(above) Businesses of the year award recipients Chemical Services, Inc. and Homewood Suites, along with Mayor Derek Armstead and GECC representatives.

(More photos on pages 24-25)

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

and is credited with being active in the community in many capacities. Her professional career includes work as a 911 dispatcher for the Linden Police, Fire and EMS. Currently she is the President of the Mayor's Youth Commission. She also volunteers for the various festivals and city programs and is still a strong supporter of the Linden High School ROTC program.

The Linden Chamber Division of the GECC is a leader among the great organizations representing the Linden Business Community, established with the mission to provide support to local businesses. The Chamber works to provide support for new and current businesses, advocates site development and promotes a forward thinking and carefully planned business environment in Linden. Their meetings are designed for sharing information and experiences. Representatives from the Linden Government are always in attendance at meetings, which allows for an open and communicative relationship between business owners and the municipality. Meetings take place at 8:30 a.m., on the fourth Tuesday of every month, except July and August. For more information about the Linden Chamber visit elizabethchamber.com or call (908) 355-7600.

The Greater Elizabeth Chamber of Commerce encourages businesses and organizations to proactively work together to promote and improve the business environment, build responsible partnerships that sustain prosperity and success and create a community that prides itself in providing the best place to work, live and do business.

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NEW POLICE OFFICERS

Linden Police Department

William Annunziato, Giovanni Jimenez, and Adrian Rivera officially joined the ranks of the LPD during a ceremony on June 12th. The Officers were joined by family and friends as

they took their oaths ahead of their graduation from the John Stamler Police Academy on June 13th. Congratulations to each of you, and welcome to the Linden Police Department family!



(above, l-r) Chief David Hart, Officers Giovanni Jimenez, Adrian Rivera, and William Annunziato, and Mayor Derek Armstead.

Photo by Linden Police Department

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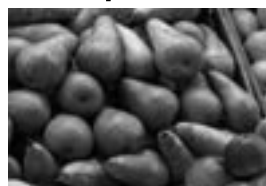
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(above) Rose Werner, the longest serving volunteer at LINC'S Food Pantry, cut the ceremonial ribbon for the Walkathon to begin.

ANNUAL WALKATHON RAISES FOOD AND FUNDS FOR FOOD PANTRY

LINC'S

On May 19th the annual LEA/Linden Food Pantry Walkathon was held. It was a beautiful day for the school children of Linden to walk around Wilson Park pond. The walk raised around 2,000 pounds of food and Linden High School National Honor Society presented the pantry with a check in the amount

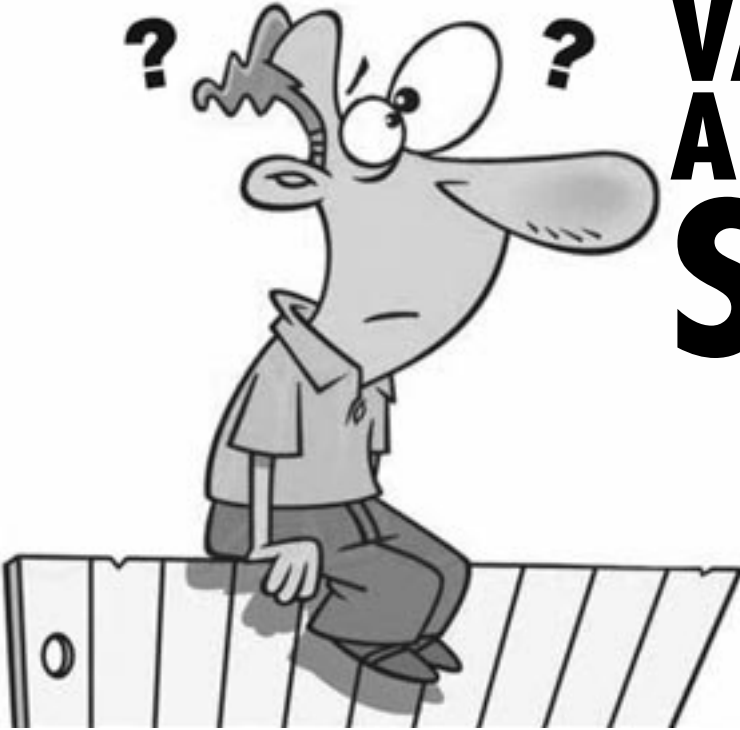
of \$2,500. There was a DJ and lots of great music for the children to sing and dance to. The Linden Food Pantry (LINC'S) would like to thank all of the schools and their staff, the LEA, the City of Linden, the children, the National Honor Society and our very dedicated volunteers for a successful and wonderful day.



(above) Linden High School National Honor Society presented LINC'S Food pantry with a 2,500.00 check.

Courtesy photos

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We are so happy and grateful for the outstanding staff at Brandywine (Summit). The entire staff is kind and compassionate. They have created an atmosphere that is warm, caring and attentive. They are extremely patient and make sure your loved ones get involved in the wonderful activities the coordinators have planned. The residence is beautiful, well kept and clean. We have been happy with the care and attention our Mom is receiving. More importantly our mother is very happy living there.

*Thank you,
Julie*

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LINDEN MEMORIAL DAY SERVICES

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VFW Post #1397

Thank you to all who came out to remember our deceased Veterans on Memorial Day at the 17 Veterans Mounments throughout Linden.

Special Thanks to the VFW #1397 Post and Auxiliary Members, American Legion #102 Post, S.A.L. and Auxiliary Members, Catholic War Veterans, Martin Danowski Marine Corp, Polish American Legion Post 91, Mayor Armstead, UC Commissioner Joe Bodek, City Council, Commander Decker and the Linden's H.S. ROTC, Ron who did the taps on the bugle and all the Citizens of Linden.

Want to say Thanks to the Villani Bus Company for always sending a bus for us and Hector for driving. Kudos to Carolyn, Margaret, and Rose for helping me by taking pictures and sending them to me to post.

A special Thanks to Pumpkin who volunteered her services to make sure we had coffee and danish prior to placing of the wreaths and prepping and cooking all the food for us when we returned.



Courtesy photos



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KIA/HYUNDAI STEERING WHEEL LOCK GIVEAWAY

The Linden Police Department has partnered with car manufacturers Kia and Hyundai to provide free steering wheel locks to car owners after an incredible surge in thefts involving these vehicles. Nationwide, police have seen a spike in thefts of Kia and Hyundai vehicles after a social media post showed how to start these cars without a key in as little as 20-30 seconds.

The problem was further magnified after viewers, mostly teenagers, were encouraged to steal Hyundai and Kia vehicles and upload videos of dangerous joyrides and other exploits to social media. Linden has had thirty (30) reported

incidents of stolen Hyundai and Kia vehicles in the first six months of this year. Other local law enforcement agencies have also seen an increase in these thefts and have launched similar steering wheel lock giveaways.

The car manufacturers have provided Linden PD with a limited number of steering wheel locks, at no cost, to distribute to residents in an effort to help deter and prevent these thefts. Linden Residents who own an affected model Kia or Hyundai can register for their free steering wheel lock at:

<https://forms.gle/J5sdT7apNcjqmzio8>.

Residents will be required to provide proof of residency and vehicle ownership.

"This is a very serious problem affecting our community," said Police Chief David Hart. "The actions of these young men and women are irresponsible and dangerous, and we welcome any effort to help keep our community safe by stopping these thefts."

AFFECTED VEHICLES REPORTEDLY INCLUDE:

2015-2021 Hyundai Accent, Elantra, Kona, Santa Fe, and Tucson; 2015-2018 Hyundai Veloster; 2015-2021 Kia Forte, Optima, Rio, Sedona, Soul, and Sportage; and 2015-2016 Kia Optima Hybrid and Sorento

In April, a group of Attorneys General, from 17 states and the District of Columbia, sent a letter to the National Highway Traffic Safety Administration (NHTSA) urging for a mandatory recall of certain Kia and Hyundai vehicles.

Engine immobilizers to correct this vulnerability have been standard on all Hyundai and Kia cars since November 2021. Additionally, a free software upgrade to prevent the method of theft involved in the videos is available. Please visit hyundaientitheft.com or kiatheft.com for more information about affected vehicles. Owners can also contact Hyundai (toll-free at 800-633-5151) or Kia (toll-free at 800-333-4542) directly for more information.

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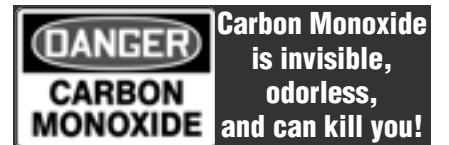
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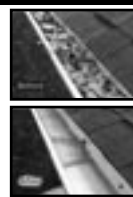
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Guys and Dolls tells the story of a group of gamblers and their romantic entanglements in 1950s New York City. The show features iconic toe-tapping songs such as "Luck Be a Lady" and "Sit Down, You're Rockin' the Boat," and many more led by stars Kevin Brady of Clark (Sky Masterson) and Kerri McNeill of Neptune (Sarah Brown).

"We are thrilled to bring Guys and Dolls to life on the LHS stage," said MVP President Bobby Devarona. "This show has been a beloved classic for more than 70 years, and we are excited to introduce it to our audiences."

Performances run July 21, 22, 27, 28 and 29 at 8:00pm and July 23 at 3:00pm in the air-conditioned Susan L Hudak Auditorium at Linden High School (121 W. St. Georges Ave., Linden, NJ)

General Admission tickets are on sale now at mysticvisionplayers.com for only \$20/\$15 for students and senior citizens.

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The Hickory Tree Chorus chapter of Sweet Adelines International invites singers to register for its free "Big Summer Sing." You can come on any or all of the following Wednesdays: July 12, July 19, July 26, and August 2 from 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.

For more info, or to register for the free "Big Summer Sing," visit hickorytreechorus.org, email info@hickorytreechorus.org or call 908-377-1399.



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Hundreds of items at great prices! The Gift & Thrift Boutique is found in The Episcopal Church of St. John The Baptist, 2018 Dewitt Terrace in Linden, NJ. Customers enter the main doors on Dewitt Terrace and follow the stairs to the store. The space is not handicap accessible.

For more information, friend the Gift and Thrift Boutique on Facebook, email giftandthriftboutique@gmail.com or call the church office at 908-925-1535.



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A Mass of Healing for Cancer will be offered on July 7 at the Koinonia Academy Gym, 1040 Plainfield Avenue, Plainfield, NJ 07060 by Fr. John Gordon, Secretary of the Office of Evangelization for the Newark Archdiocese. The

Mass is for all cancer patients, caregivers, family and friends to pray for those with cancer or have succumbed to cancer. All are welcome, there is no charge or obligation. For further information call 908-256-1788.

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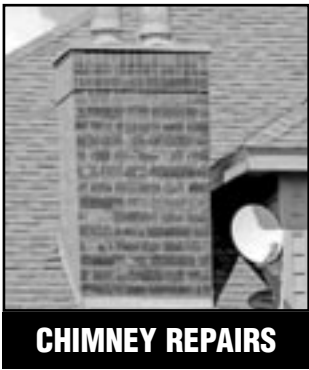
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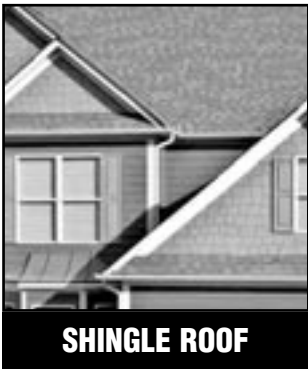
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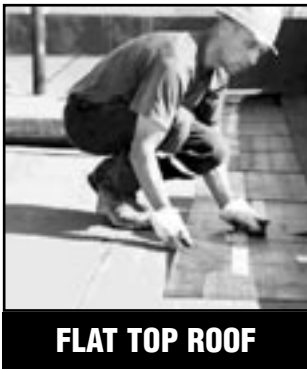
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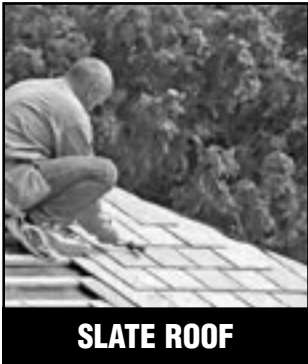
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EAGLE SCOUT KATELYN CANNON WINS STATE-WIDE ESSAY CONTEST

PRINCETON, NJ – Eagle Scout Katelyn Cannon of Scouts BSA Troop 19 from St. Rose of Lima Church, Short Hills, was unanimously selected as New Jersey's 2022 Sons of the American Revolution (SAR) winner of the Arthur M. & Berdena King Eagle Scout Award for authoring a patriotic themed essay titled "The Legacy of the Revolutionary Frontiersmen".

Katelyn's essay focused on racial tensions of the "Bloody Year" of 1782, where she highlighted the spike in racially motivated slaughters and vengeful attacks of both Native Americans and western Pennsylvania frontiersmen. Katelyn research discovered that she was a revolutionary descendant of Captain John "Miller" Hardin, who served under Colonel William Crawford in the Sandusky Plains as a member of the Westmoreland County Pennsylvania Militia. Colonel Crawford led his unit of approximately 500 men deep into Indian territory; however, he and dozens of his men were ultimately captured. Colonel Crawford was tortured and burned at the stake by American Indians. Fortunately, Captain Hardin was able to return home to his family shortly thereafter.

Katelyn's essay presented a brave argument that "the revolution of frontiersmen, including her ancestor John Hardin, left an important, if not always positive, legacy".

Katelyn, who is also a senior at Millburn High School, was presented an Eagle Scout trophy and scholarship check by the national SAR President General C. Bruce Pickett. "Katelyn's essay has now been submitted to the national competition where the top Eagle Scout award recipient will receive a ten-thousand-dollar scholarship to be awarded at the national headquarters in Louisville, Kentucky this summer.", said SAR West Fields Chapter President

Julien Hershey.

The Sons of the American Revolution is a genealogical society for males who can prove descent from a patriot of the American Revolution. For more information contact Chris Sands at Chrissands44@aol.com.



(above) Eagle Scout Katelyn Cannon with West Fields SAR Chapter President Julien Hershey, National SAR President General C. Bruce Pickett, and National SAR Vice-President General Robert Meyer.

Courtesy photo

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**Karaoke events will begin at 6:00PM and end at 9:00PM
***Comedy Under The Stars will begin at 6:30PM and end at 9:00PM

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WESTFIELD SUMMER CONCERT SERIES DRAWS FROM MANY TOWNS

Westfield Community Concert Band

The Westfield Community Concert Band, under the direction of Dr. Thomas Connors, continues its 111th season with its annual Summer Concert Series in Mindowaskin Park, East Broad Street, Westfield. The band will perform Thursday evening concerts on June 29, July 6 and 13. All concerts begin at 7:30 p.m. and are free to the public.



(above) The Westfield Community Concert Band continues its annual Summer Concert Series in Mindowaskin Park, Westfield, with performances on June 29, July 6, and 13 at 7:30 p.m.

Courtesy photo

Highlighting this season's summer concerts will be a special Independence Day program taking place on June 29th featuring appearances by the Westfield Chapter of the Sons of the American Revolution and the Westfield Town Crier. The concert series will also include performances of selections from popular Broadway musicals, including The Music Man, Wicked, My Fair Lady, and Porgy and Bess. All of the band's summer concerts will include popular marches, classical works and many patriotic compositions.

The band has been fortunate to welcome many new musicians this season, including Kyle Ora on saxophone, Tori Larsen on clarinet, Katelyn Morgan on oboe, Lisa Dubeck on French horn, Karen Zatz on French horn, Julia Duggan on piccolo, and Ann Pollack on clarinet. The band also welcomed the return of a few former members, including Ralph Ciotti on tuba and Michael Conway on euphonium. The band also welcomed the return of Dr. Theodore Schlosberg on euphonium. Dr. Schlosberg is a former conductor of the band, having served in that role from 1972 to 1978.

The band was also selected to perform at Carnegie Hall in New York City on June 12, 2023 as part of the 2023 Symphonic Series. The band performed the Robert Russell Bennett

arrangement of Porgy and Bess Selection, by George Gershwin and An Irish Rhapsody, by Clare Grundman.

The band rehearses each Wednesday evening from 7:00 to 9:30 p.m. in the Community Room in the Westfield Municipal Building, 425 East Broad Street. The band's membership includes musicians from ages 18 to 90, including many active and retired music educators. Under the baton of conductor Dr. Thomas Connors, director of Instrumental Music Studies and an assistant professor of music education at Kean University, the band continues to perform a wide variety of concert band literature, including many contemporary compositions.

Experienced area musicians who are interested in a position with the band should contact band manager Barry Rosenberg at 908-337-9073 or info@westfieldcommunityband.com.

The band's Summer Concert Series is sponsored in part by the Westfield Recreation Department, Megan Schaffer, Director, and is made possible by funds from the Union County Office of Cultural & Heritage Affairs, a partner of the New Jersey State Council on the Arts.

Chairs and blankets are recommended. In the event of rain, the concerts will take place in the Westfield Community Room, located in the Westfield Municipal Building.



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Linden Police Department

Members of the Linden Police Department once again participated in the Law Enforcement United "Road to Hope" ride to remember and honor Police Officers killed in the line of duty. The ten participants joined more than 500 others from across the state in the three day, nearly 300 mile ride from Atlantic City, NJ to Washington DC. The team comprised of cyclists Joe Cacioppo, John Vasquez, John Condora, and Gabby Mesaros, motorcycle officers Pete Hammer, John Halkias, Marco Abrantes, and Renald Dume, and support staff Dolph Joseph

and Eric Deryce. This is the second year Team Linden has participated in the Law Enforcement United ride, after more than a decade riding in the Police Unity Tour. "The funds raised by the LEU ride include support for the families of fallen law enforcement officers, and that is something that really resonated with us," said Team Linden organizer Joe Cacioppo. This year the team raised more than \$11,000 to benefit charities that include Concerns of Police Survivors (C.O.P.S.) and The Officer Down Memorial Page (O.D.M.P.) among others.



(above) Motorcycle officers Pete Hammer, John Halkias, Marco Abrantes, and Renald Dume.



(above) Support staff Dolph Joseph and Eric Deryce.



(above, l-r) Rachel Loeffler (Rahway PD), John Condora, Gabby Mesaros, John Vasquez, Joe Cacioppo (Linden PD)

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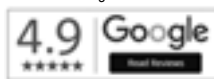


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FIBER ENTHUSIASTS GATHER TO SPIN A YARN

Kathleen Czarnecki, Kenilworth Public Library

When was the last time you walked into a library and saw a room filled with fiber artists spinning roving into yarn? Well... if you visit the Kenilworth Public Library the last Tuesday of each month that's exactly what you will see.

Fiber enthusiasts recently gathered from around New Jersey to take part in the library's newest program "Spin A Yarn". Participants brought spinning wheels, roving, spindles and enjoyed time crafting wool into yarn.

There aren't many places to go to gather as a group to enjoy this hobby, so staff at the

Kenilworth Public Library decided to try to bring people together. The inaugural session was held in June and was a big success.

The most important part of this group is the gathering of a community of crafters who enjoy the same unique hobby, to share their knowledge about the craft's techniques, and even the business end of it, with one another.

There are larger plans in store for this group. The future will hold a "fiber-tasting" session, where participants can learn about different types of spinning fibers. We hope to offer hands-on

technique workshops as well.

This program is free for adults. All are welcome. No registration is required. You don't need any experience to join us, we are happy to help show you how to spin fiber into yarn.

We meet the last Tuesday of each month, from 5 - 7:45 p.m.

Visit our website at kenilworthlibrary.org to view additional programs and services.

The Kenilworth Public Library is located at 548 Boulevard, Kenilworth, NJ. Our phone number is (908) 276-2451.



(above) Kenilworth residents Suzanne and Kathleen Czarnecki, Kenilworth Library Senior Programming Library Assistant.



(above) Claudine is a Summit resident. She teaches sewing classes at Fabricland in Green Brook.



(above) Anne Choi of Bedminster, is the owner of Middle Brook Fiberworks. She is a fiber farmer (she owns Shetland sheep), and is the founder of NJ Fibershed, a network of fiber farmers raising small flocks of sheep, alpacas, goats, and other fiber animals in New Jersey. Their goal is to promote face-to-face relationships between fiber animals, farmers, and fiber artists within their community.



(above) Dee from Union



(above) Karen from Rahway



(above) Charlene, a Green Brook resident, heard about the event thru a friend.



(above) Sister and brother from Kenilworth, Leah & Sean tried spinning for the first time.

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

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. 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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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.

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- Perry O.

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- Quenton L.

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SALEM ROADHOUSE CAFÉ JULY SHOW

The Salem Roadhouse Café presents Carrie Jackson and the Jazzin' All Stars, Saturday, July 8, 2023. The doors open at 7:15 p.m., the show starts at 8:00 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.

Carrie Jackson has graced the stage at the Salem Roadhouse Café many times since its inaugural show. She has always brought fantastic entertainment and music to the events. Accompanied by the area's absolute finest jazz musicians, Carrie brings her clear, unique jazz vocal styles to life, from the golden era of jazz vocals to contemporary hits. Carrie rekindles thoughts of America's great jazz history and attributes her vocal style of singing to her mentors, the Great Ladies of Jazz, Sarah "Sassy" Vaughan, Ella Fitzgerald, Billie Holiday, Dinah Washington, Nancy Wilson, and Carmen McRae. Newark's notable musicians include, Wayne Shorter, Woody Shaw, James Moody, Ike Quebec, just to name a few.

Original artwork by local artist Dr. Frances E. Billups will be on display for all to enjoy at the Roadhouse gallery of Fine Art.

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.

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.

SUMMER FUN STARTS AT THE GATEWAY FAMILY YMCA



(above) Swim Lessons



(above) Summer Camp

Summer is the perfect time to visit the Y and participate in activities for the entire family, including swimming, basketball, pickleball, youth sports and fun family events. The Gateway Family YMCA is celebrating Summer, in every branch and in every program, promising a fresh lineup of classes to spark imagination, creativity and socialization. With options like Summer Day Camp, Swimming Lessons, Youth Soccer, Dance, Basketball and Gymnastics, the Y is bringing the fun this summer, like never before.

Registration begins June 12 for Summer YMCA Programs online at tgfymca.org and at The Gateway Family YMCA's branches in Elizabeth, Rahway or Union. The YMCA Summer program session includes traditional favorites, along with some added unique programs like W.I.S.E. (Wellness, Independence, and Socialization for our Elders) Community Services, Water Exercise, Arts programs and more.

"As many families are looking for opportunities to participate together, and socialize after the isolation of the past few years, the Y provides programs and services to build community, develop youth and create safe experiences," stated Melynda A. Disla, President and CEO, The Gateway Family YMCA. "We are uniquely positioned to provide essential services like YMCA Housing and Social Services and Child Care, while also offering programs and events to bring our community, and families, together."

In response to the growing obesity epidemic and decline in chronic conditions exacerbated by the global coronavirus pandemic, The Gateway Family YMCA offers programs like Blood Pressure Self-Monitoring, Group Lifestyle Balance and Diabetes Management which are open to the community, offered in multiple locations and taught in both English and Spanish. A free Community Membership is available to provide vital access to chronic disease programming and many family events.

"The epidemic of health disparities in underserved communities and communities of

color is something that has come to light during the pandemic, and something we have worked diligently to engage and support for many years," stated Rodger D. Koerber, EVP/COO, The Gateway Family YMCA.

"Our dedication and commitment to meet the needs of the communities we serve in Northern Middlesex County and Eastern Union County, provides our Y with an opportunity to improve reach, access and affordability through programs, services and YMCA membership for all," added Colleen A. Clayton, Chief Membership and Development Officer, The Gateway Family YMCA. "The YMCA offers financial assistance to ensure that everyone has access to thrive."

The Gateway Family YMCA provides innovative 24-hour virtual program opportunities to meet the needs of every individual. These programs have become part of the fabric of every day opportunities, including group exercise programs, water safety education, mental health and skills seminars. Busy families and seniors can visit the Y, take a class online, or any combination of both. In person, the Y provides family and lap swimming, basketball, personal training and all the amenities you would expect, while also teaching water safety for all ages, enrichment to combat learning loss and events for community socialization opportunities, bringing everyone together.

The Gateway Family YMCA is a 501(c)(3) non-profit, health and community service organization of caring staff and volunteers dedicated to strengthening community through Youth Development, Healthy Living and Social Responsibility. The Gateway Family YMCA impacts the community by providing quality services for all. The Y doesn't just strengthen bodies – it strengthens people, families and communities.

For more information about The Gateway Family YMCA, visit www.tgfymca.org or contact the Elizabeth Branch and Youth Development Branch 908-355-9622, Five Points Branch 908-688-9622, Rahway Branch 732-388-0057 or the Wellness Center and WISE Center Branch at 908-349-9622.

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YMCA OPEN HOUSE JULY 15-16

Find Your Summer at The Gateway Family YMCA

The Gateway Family YMCA is celebrating a Community Open House event July 15-16, inviting local individuals and families to visit multiple locations and Find Your Summer, Find Your Passion, Find Your Y. Individual events hosted at The Gateway Family YMCA branches in Elizabeth, Rahway and Union include swimming, basketball, soccer, pickleball, family activities, and group exercise programs like Yoga and Zumba. The YMCA is offering a \$0 Joiner Fee Special for all family membership using code FAM online at tgfymca.org/join-the-Y or in person July 15-16. Full Event details and schedules are available at tgfymca.org/events

“At The Gateway Family YMCA, our supportive community will inspire you to find your inner strength to help you reach your individual goals and expand your health in spirit, mind and body,” stated Melynda A. Disla, President and CEO, The Gateway Family YMCA. “We are anchored in 17 communities in Eastern Union County and Northern Middlesex County and are committed to support everyone with fun, educational and social opportunities.”

As part of the July Open House, The Gateway Family YMCA, will be hosting a Community Health Fair with vaccination, health, chronic disease management and wellness information, along with local partners and in coordination with Shaping Eastern Union County, Shaping Elizabeth, Shaping Rahway and Shaping Union.

“At the Y, we intentionally provide opportunities to connect with new people, develop new skills and explore new interests. We know that socialization is so very important to mental health for all and are committed to providing supportive services in our YMCA, our community and from the comfort of home,” stated Rodger D. Koerber, EVP/Chief Operating Officer. “Our commitment to digital innovation includes 24-hour virtual access for our members utilizing YMCA360 and providing access to virtual seminars and programming from over 100 YMCAs across the country.”



The Gateway Family YMCA provides a complimentary Community Membership, enhancing an opportunity for everyone to participate in designated Y programs, special events and communications designed to provide access to all, while remaining connected to each other and the community. More information is available at tgfymca.org/community-membership

With a unique focus that encompasses programs and services for all ages, the Y is poised to assist families in a very intentional way, as a partner in their holistic wellness. In addition to traditional Y programs like youth sports and swimming lessons, The Gateway Family YMCA also offers Child Care, WISE Community Services, Chronic Disease Management programs, Residential Housing and Social Services.

The Gateway Family YMCA is a 501(c)(3) non-profit, health and community service organization of caring staff and volunteers dedicated to strengthening community through Youth Development, Healthy Living and Social Responsibility. Serving the community since 1900, the Y doesn't just strengthen bodies – it strengthens people, families, and communities.

For more information about The Gateway Family YMCA, visit tgfymca.org or contact the Elizabeth Branch 908-355-9622, Five Points Branch 908-688-9622, Rahway Branch 732-388-0057 or the Wellness Center and WISE Center Branch at 908-349-9622.

ALWAYS WELCOME

YMCA Open House July 15-16
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THE GATEWAY FAMILY YMCA tgfymca.org

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CHAMBER 2023 BUSINESS AWARDS AND SCHOLARSHIPS PHOTO ALBUM




(above) Ill Amici Ristorante owner
Giovanni Lavorato.



(above) Sandra Jackson, recipient of the Person of the Year Award

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



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CHAMBER 2023 BUSINESS AWARDS AND SCHOLARSHIPS PHOTO ALBUM



(above) The Touring Troupe of the Linden High School Madrigals entertained the audience.



(above) Scholarship recipirnt



(above) Scholarship recipirnt Jeanine Castro



(above) Scholarship recipirnt Courtney Mills



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



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