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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 friend and veteran 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



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

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 mentor 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](mailto:njvn1775@gmail.com). To learn more about the team please check out our website [njvn.org](http://njvn.org) (accomplishments). Help us save Vets!

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## THINGS TO KNOW:

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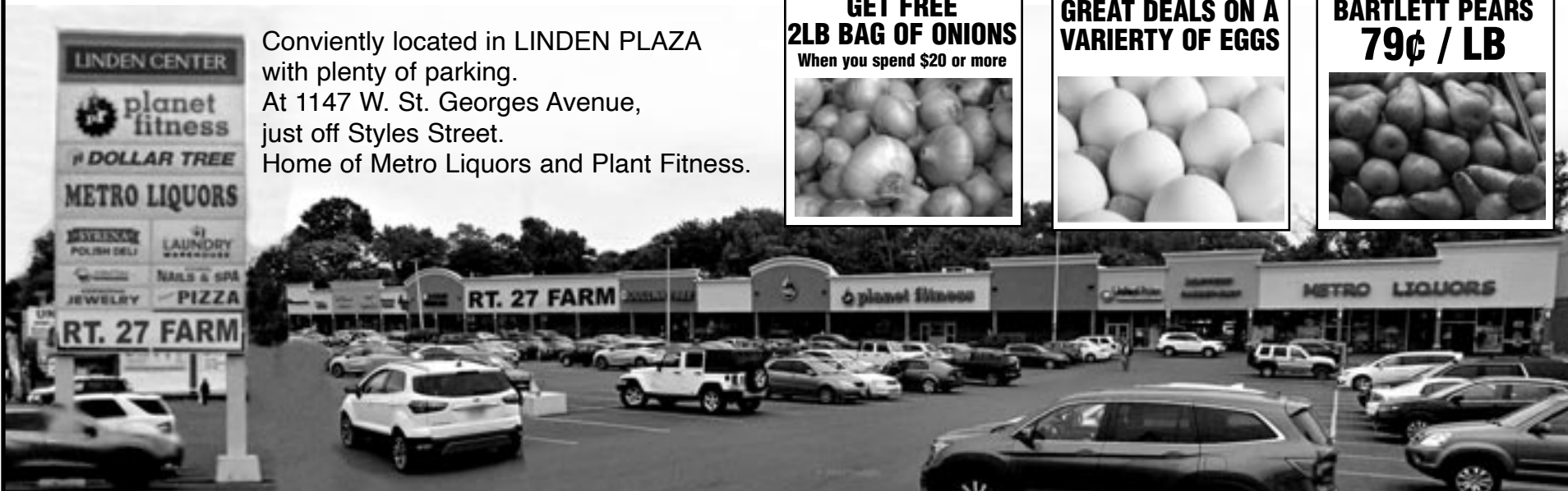
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## GIVING BACK TO SCIENCE HONOR SOCIETY STUDENTS

Mrs. Jenise Walker, an alumni of Linden High School and current employee, recently took time from her busy schedule to visit classroom 219. Mrs. Walker met with the Chemistry Honors and Science National Honor Society students to share her experience as a former full IB student and TCNJ graduate. It was a pleasure to see her leading the discussion

with these students as someone who once sat in their seats, and was not only able to fulfill her goal of becoming a social worker, but also to inspire the next generation of science majors at LHS.

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# NJ SHARING NETWORK'S 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](http://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](http://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](http://SharingNetworkFoundation.org/5K).

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# ARRIVE TOGETHER PROGRAM PROVIDES COMPASSIONATE 911 RESPONSE

## Union County Prosecutor's Office

The Union County Prosecutor's Office is pleased to announce that New Jersey's highly regarded ARRIVE Together program, aimed at providing compassionate response during 9-1-1 calls involving a mental health crisis, has been expanded to additional police departments in Union County.

The focus of the ARRIVE Together program is to provide individuals in crisis with whatever help they need as quickly and effectively as possible, by teaming up a police officer – specifically trained in crisis intervention — with a civilian certified mental health screener in order to respond to 9-1-1 calls relating to a mental health crisis. The officer and crisis worker literally arrive together. Both are in plain clothes, and arrive at the call in an unmarked police vehicle. During the encounter, the mental health screener takes the lead.

This focused approach both supports the individual facing a mental health crisis, and protects the responding officers. The intention is to get the person in crisis the proper help they need as quickly as possible, while also preventing escalation and facilitating any necessary de-escalation.

The ARRIVE Together team also follows-up on these specific calls to ensure that the individual is doing well and does not need additional mental health support.

“Heart is a core value of the program, as this program humanely gets to the heart of many of the difficulties of responding to calls involving a mental health crisis for both law enforcement and those in crisis” said Union County Prosecutor William A. Daniel.

“This partnership approach enables a quicker response time to get the individual the help they need, rather than having to wait for the later arrival of a mental health screener,” Director of the Pre-Indictment Division Tiffany Wilson, who is also the UCPO Liaison for the ARRIVE Together Program, states. “It also helps to avoid having this person come in contact with the criminal justice system.”

The Prosecutor said that, since its inception, it is extremely promising that there have been no injuries or escalations associated with any Union County ARRIVE Together calls, specifically because nationally, half of the “Use of Force” reports arise from police responding to these types of calls.

Elizabeth and Linden Police Departments were quick to pilot the program in June of 2022, following its creation and the Office of the Attorney General's pilot launch in November

2021 in Cumberland County involving a partnership between the Cumberland County Prosecutor's Office and the New Jersey State Police, who provide local police services in that part of the state.

Elizabeth Police Chief Sacca is optimistic about the benefits of the ARRIVE Together program. “Since the inception of ARRIVE together program in Elizabeth, in addition to the lack of force and injuries, the department has had great successes in aiding those experiencing homelessness. This success is not only a benefit for the individuals impacted, but a benefit for the relationship between the police department and the community as a whole.”

The Roselle Park Police Department launched this program in December of 2022, followed by the current launch by the police departments in Clark, Cranford, Plainfield, Scotch Plains, and

Westfield, along with the Union County Police Department and the Union County Sheriff's Office.

“Union County has led the way for the past two decades in sensitizing our law enforcement officers to the struggles of individuals dealing with the wide spectrum of mental illness,” Prosecutor Daniel said. “We continue to offer law enforcement sensitivity training, including our intensive Crisis Intervention Team Training (CIT) and Autism Spectrum Awareness training, and de-escalation training, such as Integrated Communications, Assessment, and Tactics (ICAT),” he said.

“We are committed to partnering with the County community to tackle these tough issues, and to engage in honest dialogue with our citizens, with our eye on equality and social justice for all,” he added.

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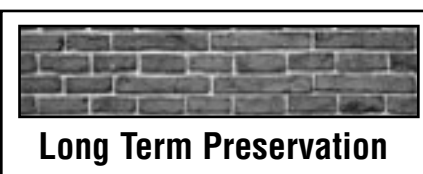
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# SERVING THE NEEDS OF INDIVIDUALS WITH DISABILITIES

## Inroads to Opportunities

Michele Ford, President & CEO, Inroads To Opportunities, was recently interviewed on 106.7 Lite FM, "Get Connected," with Host Nina Del Rio. Inroads to Opportunities is a Union County, NJ based non-profit human services agency, that provides programs and services to individuals with disabilities.

Ford covered what drew her to advocacy, her experiences and vast responsibilities at Inroads. Ford is dedicated to the success of each participant and noted that Inroads is one of the most diverse workplaces to be employed.

During National Autism Awareness Month, Inroads expands their already robust outreach to increase awareness for individuals with autism who are seeking employment. Ford mentions 45% of Inroads participants that transition from their school to work program are on the autism spectrum, but yet in the employment world 85%

of people with autism and other disabilities are unemployed. This is a huge statistic and obstacle that Inroads seeks to turn around.

According to Ford, "Our participants bring such an enrichment to our setting...we really need employers to open their doors just for practice, just to let someone come in and try." Exposure is necessary for these prospective employees to have a better understanding of their work environment and the expectations of their potential job.

To listen to the episode visit:

<https://bit.ly/41V1pLM>

### ABOUT INROADS TO OPPORTUNITIES:

Since 1959, Inroads to Opportunities, formerly the Occupational Center of Union County, has provided programs and services to over 400 individuals each year with all types of disabilities and ranging in age from 16 through retirement. Programs and services include vocational

preparation, transition from school to work, job placement and mental health services. For more information visit: [inroadsto.org/contact-us](http://inroadsto.org/contact-us)

Inroads to Opportunities is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), an approved provider of the NJ Department of Labor, Division of Vocational Rehabilitation Services and Commission of the Blind and Visually Impaired. Inroads is licensed by the State of New Jersey Department of Human Services, NJ Division of Mental Health and Addiction Services to provide partial care and the NJ Department of Developmental Disabilities to provide Day Habilitation Services. Inroads is an approved Medicaid provider, an approved Employment Network under the Ticket to Work Social Security initiative and an approved Benefits Planning and Counseling Service through the Division of Vocational Rehabilitation Services.



(above) For over 35 years, Michele Ford has dedicated her life to serving the needs of individuals with disabilities. A life-long advocate, Michele has been a champion for this most vulnerable population by serving on the Union County Nonprofit Consortium, Union County Crisis Consortium and most recently addressing members of the US Commission on Civil Rights in Washington, D.C. to raise awareness of choice in defense of employment options for individuals with disabilities.

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## AIMEE PULUSO NAMED PUBLIC HEALTH HERO

The NJBIZ Healthcare Heroes awards recognize deserving professionals across twelve categories who have a significant impact on health quality in the State of New Jersey. On May 12, NJBIZ announced the winners, which include Aimee Puluso, the Health Officer of the City of Linden, NJ. Ms. Puluso was named the NJBIZ 2023 Healthcare Hero in the Public Health Hero Category. She will be presented the award by Horizon Blue Cross Blue Shield of New Jersey at the annual gala this year on June 27th.

“When I first met Ms. Puluso, I knew she had the credentials, the experience, and the proactive work ethic to revamp our Health Department and

make it one of the best in the State of New Jersey. And so she has,” said Linden’s Mayor Derek Armstead. Ms. Puluso became Linden’s Health Officer in 2021, shortly after the pandemic began. During the pandemic she worked tirelessly with Mayor Armstead and safely hosted dozens of clinics, events, and informational sessions for Linden and Union County residents.

“I’m both humbled and honored to be recognized with this award. All of my team members in the Health Department help contribute to our department’s excellence, and I see this award as a reflection of them as much as it is of me. While health professionals all work diligently because we believe in the work, and not for awards, it is certainly both personally and professionally satisfying to be recognized.” said Ms. Puluso.

Ms. Puluso has over 25 years of experience in local environmental and public health in New

Jersey as both a Registered Environmental Health Specialist, and as the Health Officer of the City of Linden Health Department. Ms. Puluso has presented educational seminars at municipal and state conferences, and teaches Public Health Law and Ethics at Rutgers University as a part-time lecturer. She has volunteered for and chaired several New Jersey environmental and public health committees, task forces, and advisory boards, is a 2019 graduate of the Leadership Morris Institute, and is the published author of the New Jersey Environmental Health Association’s 2014 R.E.H.S. Workforce Assessment. She is the recipient of several state and national awards and honors, is both a Past President and the current Treasurer of the New Jersey Environmental Health Association, and is the President of both the Union County Health Officers Association and Union County Public Health Partnership.



(above) Health Officer Aimee Puluso of Linden, NJ Recognized by NJBIZ for Excellence in Public Health and Awarded as a 2023 Healthcare Hero in Public Health.

Courtesy photo

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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.

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## FREE EYE SCREENING CLINIC - JUNE 22

The Linden Public Library is proud to continue its partnership with the New Jersey state Commission on the Blind and Visually Impaired (CBVI) to offer free vision screenings at the library to local residents. The next clinic will be held on Thursday, June 22nd at 9:30 a.m. While there is no charge to patients for this clinic, advance registration is required.

Project B.E.S.T. (Better Eye-health Services and Treatment) is a state-run and funded program. It is administered by the CBVI and specifically designed for New Jersey residents who are uninsured or under-insured to receive eye screenings and who have not received a recent eye examination. Professional opticians and ophthalmologists will provide these screenings. They are able to write prescriptions for eyeglasses; to check for different vision health issues; and to give referrals for eye specialists, if needed. New Jersey residents aged four years and above are eligible for this free program. The Linden Public Library is the first public library in the state to host these clinics.

Because of the limited availability of doctors, advanced registration is required for this program. Walk-ins will not be permitted. Once the maximum number of patients is reached, a waiting list will be started. To make an appointment for the June 22nd clinic, please call Jeff Wayne at the Linden Public Library at 908-298-3830 x34.

## THIRD ANNUAL BIKE RODEO - JUNE 3

The Linden Police Department Third Annual Bike Rodeo will be held on Saturday, June 3, 2023 from 8 a.m. - 12 p.m. at the basketball courts at Dr. Martin Luther King Park (4th Ward Park), which is located at 701 McCandless Street.

Bring your bike and enjoy fun bicycle activities, giveaways, and obstacle courses, while learning the ABC bike check, bike safety education and more!

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## VIRTUAL WINE TASTING FUNDRAISER FOR YMCA

The Gateway Family YMCA is hosting a Virtual Wine Tasting Fundraiser to support YMCA Summer Day Camp financial assistance on Thursday, June 8th at 7:00 p.m. Global Wine Tour Sampling Kit reservations are available for purchase through May 31st at [tgfymca.org/events](http://tgfymca.org/events) and in Y branches in Elizabeth, Rahway and Union. Each Global Wine Tour Sampling Kit includes 4 specially selected bottles of wine and exclusive cheese pairing selections for \$100. Sampling Kits can be picked up at The Gateway Family YMCA branches on June 7th or June 8th. All participants must be age 21+, and provide photo identification.

The Virtual event, held on June 8th will be hosted by Christine Zubra, Owner, Versi Vino Wine Bar & Kitchen in Maple Shade, NJ. A recording will be available for participants unable to attend live. The virtual event is intended to provide educational and fun facts about the selected wine and cheese pairings.

The unique event will combine individual or small-group social gatherings from home with speakers, socialization, engaging content and educational information online. Virtual Wine Tasting Sponsorships are available to local businesses and community organizations at [tgfymca.org/sponsorships](http://tgfymca.org/sponsorships) in further support of

the children in summer camp.

The Gateway Family YMCA has served the community since 1900, and provided over \$250,000 in financial assistance in 2022, ensuring that Y membership, housing, child care, WISE community services and senior socialization is available to all. As a nonprofit organization dedicated to strengthening community in Eastern Union County and Northern Middlesex County, The Gateway Family YMCA served over 16,000 individuals, families, children and veterans last year.

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](http://www.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.



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### METUCHEN

Saturdays - 9 am to 2 pm

### MONTGOMERY

Saturdays - 9 am to 1 pm

### MORRISTOWN

Sundays - 8:30 am to 2 pm

### RIVERDALE

Tuesdays - 2:30 pm to 7 pm

### ROSELLE PARK

Wednesdays - 1 pm to 6 pm

### SOUTH ORANGE

Wednesdays - 2 pm to 7 pm

### SPRINGFIELD

Mondays - 11 am to 6 pm



The New Jersey Council of Farmers and Communities (NJFCF) is a non-profit organization dedicated to developing and growing the network of community farmers' markets and farmers throughout northern and central New Jersey.

## SERIES OF ADULT PROGRAMS AT LIBRARY

For more information contact librarian Leanne Manna at 908-298-38030 x 16, or [Lmanna@lindenpl.org](mailto:Lmanna@lindenpl.org). Located at 31 East Henry Street, the Linden Public Library has been at the center of social, educational, civic, and cultural life within the City of Linden since its founding

in 1928. If you have any questions regarding these or other events at the library, please call us at 908-298-3830 or check out our website at [LindenLibrary-NJ.gov](http://LindenLibrary-NJ.gov). Please like us on Facebook and follow us on Twitter and Instagram.

### GARDEN STATE TRAVEL TRIVIA, FRI, JUNE 23, AT 2:30 PM.

Come join us for a fun bingo game to learn about different travel and day trip opportunities right here in NJ!

Beach Reads Bingo, Friday July 7, at 2 pm. Do you like beach reads? Play bingo and learn more about this genre, win prizes, and find your next favorite book.

### PUZZLE PANDEMONIUM, SAT, JULY 29, AT 2 PM.

This program is for all ages. Teams of no more than 4 will compete to see who can complete the same 200 piece puzzle the fastest! The winning team will get an LPL swag bag and a puzzle to take home.

### BOOK JEOPARDY, FRI, AUGUST 4, AT 1:30 PM.

Join us and test your knowledge of all things book and library! Prizes will be given out to the winners.

Adults and teens over 13 are encouraged to participate in these programs. Advance registration is appreciated, but not required.

### READING PROGRAM

The Linden Public Library is proud to announce that the Adult Summer Reading Program will commence on June 20, 2023 and run until August 16, 2023. During this time adult patrons will be asked to read books, explore digital resources, and attend library programs for a chance to win one of our raffles. No registration is required and all are encouraged to participate.

## JUNETEENTH CELEBRATION: COOKOUT – JUNE 17

### City of Linden

The City of Linden will be celebrating a day of culture, sharing, and learning on “A Juneteenth Celebration: The Cookout”, an engaging showcase that connects the past to the present using storytelling, music, dance and food. Juneteenth, short for June 19th, commemorates the date enslaved people, in the U.S., got word that they were free. Acknowledging this federal holiday is important, as it not only marks the end of slavery, but gives all Americans a sense of encouragement and inspiration to continue to fight for freedom.

Mayor Derek Armstead announced that The City of Linden and Department of Parks and Recreation will be hosting this event. This Juneteenth Commemoration will be managed by McManus Middle School Counselor, Eric Stanley, and will be sponsored by the Linden Education Association (LEA). The event will be held on Saturday, June 17, 2023 (12 p.m. – 4

p.m.) at the Raymond Wood Bauer Promenade located at 400 North Wood Avenue Linden, N.J. 07036. Rain date will be June 18, 2023 (1 p.m. – 5 p.m.).

This day will be filled with family learning experiences that will capture the heart of African American History and unify the community. Join us and support our local vendors while celebrating a joyous event. There will be food trucks, live entertainment, and fun activities for everyone to enjoy. For more information, please contact Eric Stanley at [EricStanley302@gmail.com](mailto:EricStanley302@gmail.com) or call the Department of Recreation at 908-474-8600.

Mayor Derek Armstead stated “I am proud to be the first African American Mayor of the City of Linden”. He also said “Linden is a diverse city, and we welcome all different cultures and backgrounds”.

Celebrating Juneteenth, also encourages people to look back at the past and learn more about African American history.

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#### 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!

# ACADEMY AWARD FILM SERIES JUNE SCHEDULE

The Linden Public Library is proud to continue its annual Academy Award Film Series during the month of June with the biggest winners from Oscar Night. We also present three films which were snubbed by the Oscars in 2022. All films are shown free of charge in the Columbia Bank Room and begin at 1:00 p.m., except for Wednesday, June 28 which starts at 6:30 p.m.

#### OSCAR SNUBS FILM SERIES --- 2022

**Fri, June 2, A Man Called Otto**

(PG-13; 126 minutes)

**Tue, June 6, Till**

(PG-13; 130 minutes)

**Fri, June 9, She Said**

(R; 129 minutes)

#### CONTINUATION OF OSCAR FILM SERIES --- 2022

**Mon, June 12, Avatar**

(2009; PG-13; 162 mins)

**Tue, June 13, Black Panther: Wakanda Forever**

(PG-13; 161 minutes)

**Wed, June 14, Avatar: The Way of Water**

(PG-13; 192 mins)

**Fri, June 16, Triangle of Sadness**

(R; 147 minutes)

**Tue, June 20, Tár**

(R; 158 minutes)

**Fri, June 23, The Whale**

(R; 157 minutes)

**Tue, June 27, Everything Everywhere All at Once**

(R; 139 minutes)

**Fri, June 30, Guillermo del Toro's Pinocchio**

(PG; 117 minutes)

#### SPECIAL WEDNESDAY EVENING OSCAR FILM

**June 28 @ 6:30, Living**

(PG-13; 102 minutes)

Located at 31 East Henry Street, the Linden Public Library has been at the center of the city's social, cultural, artistic and educational life since 1928. If you have any questions regarding the Oscar Film Series or other library programs, please call the library at 908-298-3830 or check out the library's web page at [lindenlibrary-nj.gov](http://lindenlibrary-nj.gov). Like us on Facebook or Instagram.

#### Do you Suffer from any of these Symptoms?

There are a number of reasons why you developed Osteoarthritis pain. It can develop with age or because of heredity. It could be from repetitive stress from a job or some glory days in athletics. Of course your concern is with the symptoms you face daily and how to make them end, hopefully without surgery or the use of potentially addictive medications. **Northeast Spine & Wellness Center** understands the symptoms you have been living with and can help. If you have any of the symptoms below, please call us today. Relief is a phone call away.

- **Pain** - Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- **Swelling** - This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult and dangerous just name a few activities affected by swelling.
- **Stiffness** - Getting up out of bed or after sitting for a period of time gets more and more difficult. This loss of mobility can be more than a hindrance. It can be dangerous if you need to move quickly.
- **Loss of muscle strength** - This can lead to balance issues and the strong possibility of falling.
- **Joint deformity** - Not just unsightly, but painful as well.
- **Creaking Joints** - Can be painful and a sign of more discomfort to come.
- **Sleepless nights** - Losing sleep over your suffering is not just irritating, but potentially dangerous because of so many other health concerns that can be affected by loss of sound sleep.

#### Let Me Show You Targeted Relief From Your Knee Pain

Every day, I see patients suffering from knee pain due to arthritis, osteoarthritis, sports injuries or other conditions. Many have been told that they are in need of knee replacement surgery. Other patients say they have been prescribed various prescription medications to deal with the pain.

Something else I see almost every day, are patients that have tried viscosupplementation knee injections elsewhere and found it to be a painful and ineffective experience because the injections were not administered using fluoroscopic guidance. Instead of using the incredibly accurate diagnostic fluoroscopy we use at **Northeast Spine & Wellness Center** these patients experienced a blind injection technique, which can be as inaccurate as playing pin the tail on the donkey.

Once I am able to explain to my patients about the pin point accuracy of using diagnostic fluoroscopy and the amazing results viscosupplementation can provide, they are thrilled to get started. They are even more thrilled when they feel the relief. Please contact **Northeast Spine & Wellness Center** today to schedule your RISK FREE consultation.

Call 732-827-0800

Scot Paris MD, FACS



#### Here's what our patients have to say

"I'm dancing without pain. I can move with no problem whatsoever. I can go up and down steps with no pain." - Patricia G.

"Over 85% relief for the first time in 15 years, suffering with knee pain. My life is getting back to normal." - Perry O.

"After only four visits, I have absolutely no pain! The staff is "top-notch." - Quenton L.

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## 2023

5 10 KARAOKE NIGHT WITH VICKY DIAMOND**	7 18 VAN MARTIN BIG BAND BIG BAND/SWING
5 18 HOUSE MUSIC AFTER WORK THURSDAYS*	7 19 KARAOKE NIGHT WITH VICKY DIAMOND**
6 01 HOUSE MUSIC AFTER WORK THURSDAYS*	7 28 GOOD STUFF STEELY DAN TRIBUTE/SOFT ROCK
6 02 EPIC SOUL SOUL/RHYTHM & BLUES	8 01 SENSATIONAL SOUL CRUISERS SOULTOWN TO MOTOWN
6 06 3D RHYTHM OF LIFE LATIN RHYTHM	8 10 HOUSE MUSIC AFTER WORK THURSDAYS*
6 07 KARAOKE NIGHT WITH VICKY DIAMOND**	8 11 GENTLEMEN OF SOUL SOUL/RHYTHM & BLUES
6 20 LEGACY ROCK/POP	8 15 JO BONNANO AND THE SPIRIT OF ASBURY PARK
6 21 KARAOKE NIGHT WITH VICKY DIAMOND**	8 23 KARAOKE NIGHT WITH VICKY DIAMOND**
6 29 COMEDY UNDER THE STARS Produced by Bob & Reggie Sumner***	8 25 ADAM CHROLA POLISH POP
6 30 SHERRY WINSTON SMOOTH JAZZ	8 29 FRONTIERS JOURNEY TRIBUTE
7 05 KARAOKE NIGHT WITH VICKY DIAMOND**	8 31 COMEDY UNDER THE STARS Produced by Bob & Reggie Sumner***
7 07 COUNTRY FRESH COUNTRY	9 08 100 PROOF BAND COUNTRY ROCK
7 13 HOUSE MUSIC AFTER WORK THURSDAYS*	9 12 MUSHMOUTH ROCK & ROLL
7 14 FOREVER RAY RHYTHM & BLUES	

Concert events will begin at 7:30PM and end at 9:00PM  
\*House Music events will begin at 5:00PM and end at 9:00PM  
\*\*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

CITY OF LINDEN DEPARTMENT OF PARKS & REC City of Linden NEW JERSEY UPTOWN LINDEN INCORPORATED

MAYOR DEREK ARMSTEAD, THE CITY OF LINDEN AND UPTOWN LINDEN PRESENTS...

# KARAOKE

## After Work

JOIN US FOR FAMILY FUN!

6-9PM OUTDOOR AT THE RAYMOND WOOD BAUER PROMENADE

FEATURING DJ VICKY DIAMOND

WED, MAY 10 WED, JULY 5  
WED, JUNE 7 WED, JULY 19  
WED, JUNE 21 WED, AUG 23

For more information, please call Uptown Linden at 908-718-5831, or email [uptownlindeninc@gmail.com](mailto:uptownlindeninc@gmail.com)

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## GIFT & THRIFT BOUTIQUE

Celebrate our 1 year anniversary!  
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We have a beautiful selection of jewelry, bags and shoes. Bring a friend!  
We have new inventory for every sale.

**Hundreds of items...GREAT PRICES!**

Items for sale include Women's, Men's & Children's clothes, shoes, jewelry, kitchen and household items, decorations, toys, CD's, DVD's, seasonal & holiday decor.

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.

Open every 2nd & 4th Saturday from 9:00 am to 3:00 pm.

For more information, Friend the Gift and Thrift Boutique on Facebook, email [giftandthriftboutique@gmail.com](mailto:giftandthriftboutique@gmail.com) or call the church office at 908-925-1535.

## JOHN SAMSEL NAMED 'PERSON OF THE YEAR'



(above) John Samsel of Samsel & Assoc. Real Estate

John Samsel of Samsel & Associates Real Estate, located on Raritan Road in Clark, was awarded the Greater Westfield Chamber of Commerce (GWACC) 'Person of the Year Award' during its 75th Anniversary Award Gala held on April 30th. The event brought together business leaders, community members, and elected officials to

be if properly structured.

John continues to work in the real estate and construction industries. At the end of 2017 he opened Samsel & Associates Realty and in less than 2.5 years the office has grown to over 50 agents throughout NJ and continues to grow.

Between 2018 – 2022 John started acquiring and holding commercial & residential properties, building an extensive portfolio in Linden, Clark, Barnegat, and Sarasota, Florida. He is in the process of redeveloping parts of Raritan Road in Clark to create future passive income for himself and his family. John also saw a need for his brother and best friend to have extra income and that is where So Delicious Ice Cream, LLC has been born – coming to a street fair or festival near you in 2023!

A note from John: "Keep in mind with all great success comes great failures and I have had my fair share ranging from \$10,000 to hundreds of thousands of dollars in losses but the thing I have never done is gave up. Persistence beats resistance."

honor the achievements of the Chamber and its members.

John Samsel's entrepreneur career started in 1992 as a young 20-year-old owning a landscaping company. By 2010 Samsel started consulting and building in 6 states for a restaurant franchise. It is during this time that he realized how important franchising is and could

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<b>Short Hills</b> MILLBURN MONTHLY NJ Qty: 8,200 Zips: 07041, 07078	<b>Summit</b> NJ & Times Qty: 9,600 Zip: 07901	<b>Spirit of UNION</b> NJ Qty: 6,800 Zip: 07083 (partial)	<b>WARREN</b> MONTHLY NJ Qty: 6,200 Zip: 07059	<b>Watchung</b> Post NJ Qty: 2,700 Zip: 07069	<b>Westfield</b> NJ MONTHLY Qty: 11,800 Zip: 07090

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6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000	\$2200
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400	\$2700
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700	\$3000
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000	\$3400
2-PAGE SPREAD	21" x 14"	\$700								
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6/21 – “Here Comes Summer!”

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Ruffino Chianti	750ml	\$ 9.99
Ruffino Chianti	1.5L	\$14.99
Ruffino Pinot Grigio	1.5L	\$14.99
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Santa Margerita Pinot Grigio	750ml	\$22.09
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