

Published by Renna Media On-line at RennaMedia.com

Issue 126 • September 2020

Place Your Ad 9n This Space! A GREAT ATTENTION GRABBER

First come, first served. CALL TINA FOR DETAILS 908-418-5586

FIRE DEPARTMENT PROMOTE CASSIDY, CUCO AND HOLLAND

Anthony Holland becomes the first African American officer in LFD History

History was made outside the Linden Fire Headquarters on Wednesday, July 29th, 2020 as Firefighter Anthony Holland was promoted to the rank of Lieutenant. With his promotion, Holland became the first African American officer in the 104 year history of the Linden Fire Department.

Holland has served on the Linden Fire Department for seven years, and ranked an impressive #5 on the State of New Jersey Civil Service Commission list of Fire Lieutenant's for the City of Linden.

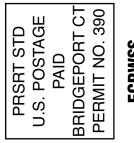
Growing up in the 4th ward of Linden, Holland's goal is to be a positive role model for the young men and women of his community. Holland was accompanied by his wife, children, and fellow firefighters while swearing into his new position; also in attendance was Mr. Lee Roper who was Linden's first African American firefighter. Members of CBS News New York for a special interview regarding the importance of this milestone.

In addition to Holland's promotion, Firefighter Steven Cuco was promoted to Lieutenant and Lieutenant Michael Cassidy was promoted to Captain. The series of promotions are the result of recent retirements of longtime Firefighters Joe Monsorno and Captain Brian Pericone.

"I am very happy with the direction our city is moving in and am confident that Anthony will do an excellent job in his new position. I would also like to congratulate Captain Michael Cassidy and Lieutenant Steven Cuco on their promotions," Mayor Derek Armstead said.



(above) At fire Headquarters before the swearing in FF Steven Cuco, Chief William Hasko Jr, Lieutenant Michael Cassidy and FF Anthony Holland



ECRWSSEDDM**

IATZA





(above) Chief William Hasko Jr. with Lt Cassidy and son Brady taken the Oath of Captain.

(above) Chief William Hasko Jr with FF

Cuco being sworn in as Lieutenant with

Fiancé Victoria Dinis and daughter Peyton.



(above) Anthony Holland being sworn in as lieutenant alongside his family

Photos by City of Linden





Life in Linden is published by Renna Media in cooperation with the Linden Chamber of Commerce, an affiliate of the Gateway Regional Chamber of Commerce.

17,400 newspapers are printed monthly. and are mailed to every postal patron in Linden.

Although great care has been taken to ensure the information contained within is accurate. Linden Chamber of Commerce assumes no liability for errors or omissions.

Tina & Joe Renna, Publishers 202 Walnut Ave., Cranford, NJ 07016 (908) 418-5586 Fax: (908) 709-9209 E-mail: editor@rennamedia.com

SEND US YOUR NEWS

Did you or someone you know accomplish something amazing? We are interested in hearing about your latest achievement (accomplishment, honor, award, etc.). Do you have an event that you need help publicizing? Then send Life In LInden your news!

Call: 908-858-4012 Fax: 908-709-9209 Email: editor@rennamedia.com

Life In Linden is online at rennamedia.com like us on facebook.com/ Life In Linden

TWO OLD SCHOOL LINDEN FIREFIGHTERS RETIRE AFTER 27 YEARS OF SERVICE

Monsorno and Captain Brian Pericone from the Linden Fire Department ended their careers. In recognition of their years of service to the community, LFD Chief William Hasko shared some parting words for his comrades.

Both Monsorno and Pericone began their respective careers at the Linden Fire Department, on March 1st, 1993. It is only fitting that the two retired together 27 ¹/₂ years later.

Firefighter Joe Monsorno is a secondgeneration Firefighter, taking after his father Tom, who was a firefighter for the City of Linden for over 25 years. Chief Hasko referred to Joe as an old school, prideful firefighter, and a leader in the department.

"What we in the fire business refer to as the straw boss. He loved the job and gave it his all for his entire career. He will surely be missed."

Captain Brian Pericone was the first Historian for the Linden Fire Department. Always recognizing and never forgetting those who pridefully served their tour of duty on the LFD. Brian was responsible for bringing members of the Department and Community together for



(above) Captain Brian Pericone and Chief Photos by City of Linden

INSURANCES:

Block Vision

Davis Vision

Oxford

• VSP

• Aetna

• Avesis

• NVA

On Saturday, August 1, 2020 Firefighter Joe many years with his work on the LFD Golf Outings, retirement parties, and his connection to the FDNY who the LFD assisted during 9/11.

> "Capt. Brian Pericone was an asset that reminded everyone that there is an old school tradition, passed on from generation to generation that cannot be overlooked or forgotten in the fire service."

> Congratulations and thank you to Joe Monsorno and Brian Pericone for their years of service to the Linden community.



(above) Firefighter Joe Monsorno and Chief William Hasko





Advertise in this newspaper 17,400 papers are printed monthly and mailed to homes and businesses in Linden.

Reserve space in the next issue. Call Tina today at 908-418-5586 or email info@rennamedia.com



Real Estate Blogs Every Buyer & Seller Should Read

Home Improvement Tips of the Month by House Logics

Are you Ready for the Summer Housing Market

For the full story visit our blog at **njrealestatemarketwatch.com**

LINDEN MARKET UPDATE - June 2020

NGLE FAMILY			
y Metrics	2019	2020	% Change
w Listings	52	40	-23.1%
osed Sales	40	28	-30.0%
ys On Market Until Sale	33	43	+30.3%
dian Sales Price	\$290,000	\$349,950	+20.7%
of listing Price Received	99.3%	99.8%	+0.5%
entory of Homes for Sale	136	71	-47.8%
onths Supply of Inventory	4.0	2.4	-40.0%
entory of Homes for Sale	136	71	-47.8



MORE ON THE WEB

FOR THE ONLINE VERSION OF THE **MARKET WATCH JUST VISIT** njrealestatemarketwatch.com

EASTERN UNION COUNTY MARKET UPDATE - JUNE 2020

SINGLE FAMILIES	Rahway	Roselle	Roselle Park	Elizabeth	Union	Hillside	Clark
New Listings	41	28	14	36	82	25	36
Closed Sales	20	19	7	22	38	11	13
Days On Market Until Sale	65	83	27	60	62	45	78
Median Sales Price	\$365,000	\$285,000	\$338,000	\$291,000	\$350,000	\$318,000	\$530,000
% of listing Price Received	99.6%	99.7%	102.7%	98.1%	98.9%	100.7%	97.6%
Inventory of Homes for Sale	42	48	16	75	98	49	41
Months Supply of Inventory	1.7	2.2	1.5	3.5	2.1	3.0	2.7

*Does Not account for sale concessions and/or down payment assistancel Percent changes are calculated using rounded figures and can sometimes look extreme due to small sample sizel Current as of July 20, 2020. All data from the multiple listing services in the state of New Jersey. Margin of error for reported statewide numbers is +/- 4% at a 95% confidence level. Report © 2020 ShowingTime.

CENTURY 21 and the CENTURY 21 Logo are registered service marks owned by Century 21 Real Estate LLC. Real Estate Today LLC d/b/a CENTURY 21 Alliance Realty fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Each office is in dependently owned and operated. Any services or products provided by independently owned and operated franchises are not provided by, affiliated with, or related to Century 21 Real Estate LLC nor any of its affiliated companies

TO INSTANTLY FIND YOUR HOME'S VALUE Visit www.njrealestatemarketwatch.com

CENTURY 21 Alliance Realty

908-587-5222 867 North Stiles Street Linden, NJ 07036







(above) Darnel Therjuste, a Linden High School student, was among students awarded scholarships by CAP.

PROVIDING ENERGY. IMPROVING LIVES.

Safety, Honor, Commitment

Catering • Café

We're Known For Our Fresh Homemade Mozzarella, Delicious Prepared Foods, Sandwiches, Lunch Buffet,

SCHOLARSHIPS AWARDED TO LOCAL STUDENTS

The Bayway Community Advisory Panel (CAP), an organization of local community members and industry representatives including Phillips 66 Bayway Refinery, Infineum USA L.P., Cogen Technologies Linden Venture LP, Veolia North America, Solutia, and Linden VFT, recently awarded \$1,000 scholarships to eight local students in the municipalities of Linden, Elizabeth, and Staten Island.

Congratulations to the following high school seniors who will be pursuing engineering degrees in various disciplines (Chemical, Civil, Computer, Electrical, Mechanical) this fall at college:

Keyri Sorto, Frank J. Cicarell Academy, Elizabeth, NJ; Santiago Diaz, Frank J. Cicarell Academy, Elizabeth, NJ; Jonathan Jordan, Frank J. Cicarell Academy, Elizabeth, NJ; Victoria Pimenta Reyes, Staten Island Technical High School, Staten Island, NY; Kai Tong Gao, Staten Island Technical High School, Staten Island, NY;

Nafi Osmani, Staten Island Technical High School, Staten Island, NY; Darnel Therjuste, Linden High School, Linden, NJ; and Diego Sanchez, Alexander Hamilton Preparatory Academy, Elizabeth, NJ.

The Bayway Community Advisory Panel (CAP) is a committee of community representatives from Linden, Rahway, Elizabeth and Staten Island including neighbors, educators, retirees, public officials, emergency responders, and environmentalists who attend quarterly meetings that serve as a forum for dialogue between the community and company representatives, in order to build trust by sharing information on safety, health, the environment, security and emergency preparedness/response. The scholarship program is one of many joint community/company activities benefiting the local communities.

Congratulations and best wishes to all the 2020 scholarship winners.



#NJItaly

www.BellaGinaltalianDeli.com Online Ordering Now Available **BLOCKBUSTER PLAZA** 1025 W. St. Georges Ave. • Linden, NJ

AND HOME DELIVERY 908-925-6868

Fax 908-925-5736



15-19 Wood Avenue South Linden, NJ **908-862-2334** Visit Our Website for Directions & Menu **linwoodinntaphouse.com** Visit us on Face book & become a fan.

The renovation work took a little longer than expected. We will now be opening mid September.

Our renovations will include new family-size bathrooms, complete with a baby changing station. New hardwood oak floors throughout. Yosh has even found space for new 4k TVs.

Please follow us on Facebook, or Instagram (Linwood-Inn-Taphouse) for updates on the exact re-opening date. If the in-house dining is still not an option when we re-open, we will continue with take-out dining. We hope that you are all safe during this crisis. We are looking forward to seeing all of you soon!

Closed for renovations - Reopening mid August



For online ordering, go to our website, **www.linwoodinntaphouse.com** and select online ordering, or download the mobilebytes loyalty app. Earn points with every order for Mobilebytes.

SCHOOLS HONORED FOR ENCOURAGING STUDENTS TO WALK TO SCHOOL

Submitted by Gary Miller

Five of Linden's elementary schools have been recognized recently by the New Jersey Safe Routes to School program for encouraging students to walk or bike to school.

New Jersey Safe Routes to School, which is created and supported by the New Jersey Department of Transportation with funding from the Federal Highway Administration, enables and encourages safer and more accessible walking and bicycling environments for children in New Jersey through education, training, and research.

Safe Routes to School projects can involve physical improvements to the environment, as well as encouragement programs to promote more walking and bicycling to and from school.

School No. 4 reached the highest honor by gaining Gold-level recognition. To achieve the honor, the school organized a pedestrian safety assembly for the students and organized a "Walk to School Day" in October, with over 100 families participating. Students were also given

the opportunity to participate in a poster contest, highlighting pedestrian safety guidelines. And members of the student technology Vanguard created a digital bulletin board to share tips and procedures to walk to school safely.

"We are honored to participate in this statewide initiative, and to be honored with Gold SRTS status," said School 4 Principal Suzanne Olivero. "Walking to school allows our students to get their daily exercise and arrive to school safely, refreshed, and ready to have a productive day."



(above) Parents and students walking to Linden's School No. 4 on Walk to School Day in October 2019.



(above) Parents and students walking to Linden's School No. 9 on Walk to School Day in October 2019. Photos by Linden Public Schools



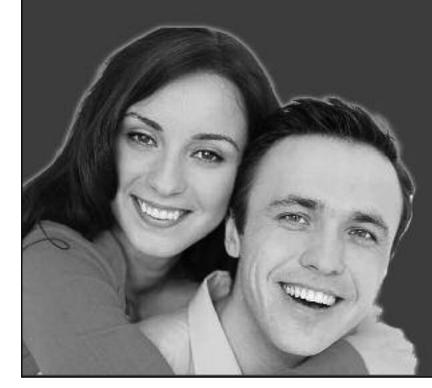
GENERAL AND COSMETIC DENTIST

We speak Polish and Spanish 908-925-8110 CenterofDentalServices.com 924 North Wood Avenue, Linden, NJ 07036

We are here for you during the COVID-19 pandemic with emergency appointments and 24 hour on-call service.

Dr. Myung Hae Hyon DDS & Dr. Mrunal Patel DDS Dr. Lealon Robinson - Oral Surgeon - FREE Implant consultation Dr. Jeff Seiger - Orthodontist - FREE Orthodontic consultation

MENTION THIS AD FOR A FREE EXAM, X-RAYS AND CLEANING





LIFE in LINDEN • Page 8 • September 2020

OFFICER ANTONIO LACOSTA PROMOTED TO SERGEANT

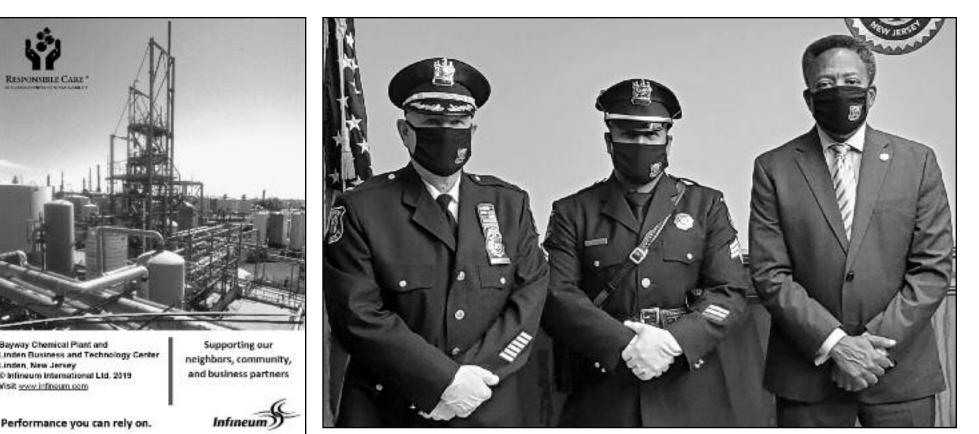
rank of Sergeant during a private ceremony on July 22. Antonio is a Marine Corps veteran. He joined the Patterson Police Department in 2007, and joined the Linden Police Department in 2011 following massive layoffs in Patterson. He was

and previously served in the Department's Training Unit where he oversaw Field Training Operations.

"Antonio has truly found a home here in

Officer Antonio Lacosta was promoted to the quickly designated as a Field Training Officer widely respected for his knowledge, commitment, and demeanor. He has done an exceptional job since he joined us, and I have no doubt he will continue to do so as a supervisor."

> Following his promotion, Antonio was Linden PD," said Police Chief Dave Hart. "He is assigned as a Supervisor in the Patrol Division.



(above) Pictured are Chief Dave Hart, Sgt. Antonio Lacosta, and Mayor Derek Armstead.

Photo by City of Linden





of \$600 or more Expires 9/30/20.

_ _ _ _ _ _

L

of \$900 or more With coupon. Cannot be combined with any other offer. Expires 9/30/20. _ _ _ _ _ _

11

11

A 6

ANY FOUNDATION JOB 11 Expires 9/30/20. . h

OF \$2000 OR MORE **ROOF REPLACEMENT** . . With coupon. Cannot be combined with any other offer. 11 _ _ _ _ _ _ 4 6

Expires 9/30/20.

_ _ _ _ _

SCHOOLS STOCK UP ON SANITARY SUPPLIES TO FIGHT COVID-19

Linden Public Schools will be armed and ready to keep students safe when they return to the classroom.

Supervisor of Buildings and Grounds Lawrence Miranda ran down the list of supplies the district has stocked up on to make sure schools are sanitized and that students and staff are well-stocked to meet the challenge of COVID-19, whenever in-person classes resume.

Miranda said he began ordering the extra supplies as soon as the district closed its schools in March.

"I jumped right on it," he said. "And it's a good thing I did, because otherwise we wouldn't have had them."

Here is a list of the supplies in the district warehouse or to be delivered shortly.

- 400 wall-mounted sanitizer dispensing stations to be installed in the schools "in very strategic locations," Miranda said.
- 1,200 one-gallon pump bottles of liquid hand sanitizer. That's enough for one in each classroom in the district, with a large surplus to remain in the warehouse.
- 2,800 containers of Clorox disinfecting wipes for use in classrooms.
- 250 non-contact infrared forehead thermometers to be distributed to schools.
- 600,000 disposable face masks. "That number, assuming one mask per student per day gets us from September 1 to December 31," Miranda said. "I don't know that we'll need that many because I envision a lot of students will bring

their own mask, same with staff. So I think the 600,000 is more than enough." • 150 cases of disinfectant and cleaner to be used in spray bottles and mop buckets. "We

• 4,800 eight-ounce bottles of hand sanitizer to be used in offices throughout the district.

• 25 Minuteman Misting Disinfectant Sprayers with Micro-Chem Plus disinfectant detergent. "There is a wand on it, and custodians will go around and spray on desktops, lockers, doors, you name it," Miranda said. "It dries and you don't have to wipe it, and it sanitizes everything." • 150 cases of disinfectant and cleaner to be used in spray bottles and mop buckets. "We have dispensing stations in all the custodial closets," Miranda said. "This is disinfectant that we've been using all along, but we actually doubled the order on this so we'd have enough to get us through the school year."

Photo by Linden Public Schools



(above) Linden Public Schools Supervisor of Buildings and Grounds Lawrence Miranda displays the array of cleaning and health supplies that are ready to be deployed whenever schools reopen to students.



(above) Custodian Mardy Christopher using a Minuteman disinfecting spray machine to sanitize lockers at Linden's School No. 8.







MagnoliaHomeRemodeling.com 🗵

NJDCA 13VH07755300

NJ SHARING NETWORK LAUNCHES #DONATIONNEEDSDIVERSITY CAMPAIGN

NJ Sharing Network, the non-profit, federally designated organ procurement organization responsible for the recovery of organs and tissue state, has kicked off in the 2020 #DonationNeedsDiversity, an initiative to empower multicultural communities to become more involved in saving and healing lives through organ and tissue donation.

Celebrated in August, National Minority Donor Awareness Month honors the generosity of multicultural donors and their families, while also underscoring the critical need for people from diverse communities to register as organ and tissue donors. The national initiative usually features an entire month of local, regional and national in-person events and activities. This year's #DonationNeedsDiversity efforts were powered by virtual events and activities through robust social media, website and targeted e-mails. NJ Sharing Network provides tools that supporters can use, such as Facebook photo frames, and encourages community interaction by sharing stories of how organ and tissue donation has improved lives. Additional online posts will encourage supporters to share recipes, favorite songs and photo memories that help celebrate life. To see the daily calendar of activities, please visit the online calendar at njsharingnetwork.org/donation-needs-diversity.

Joe Roth, president and CEO of NJ Sharing Network, stresses the importance of National Minority Donor Awareness Month and the #DonationNeedsDiversity campaign. Some staggering statistics include:

66% of those currently waiting for a lifesaving transplant in New Jersey are people of color.

Almost 35% of the nearly 115,000 people on are African-American.

African-Americans, Asians and Pacific Islanders, and Hispanics/Latinos are three times more likely than Caucasians to suffer from endstage renal (kidney) disease.

"Each year in New Jersey, thousands of lives are saved and enhanced through organ and tissue donation and transplantation. Clearly, this is something to celebrate. However, there is an urgent need to raise awareness of organ and tissue donation to help save more lives in our diverse communities of New Jersey," said Roth. "Although organs are not matched according to race and ethnicity, and people of different races frequently match one another, all individuals waiting for an organ transplant will have a better chance of receiving one if there are large numbers of donors from multicultural communities."

E. Denise Peoples, hospital and community services coordinator, NJ Sharing Network, is a double-lung transplant recipient and a Newark resident who works throughout the year to promote NJ Sharing Network's life-saving in local schools, faith-based mission organizations and community associations. "We have all experienced how health issues such as hypertension, diabetes and kidney failure have impacted those around us - our mothers, fathers, aunts, uncles, friends and neighbors. That's why there is a greater need than ever for transplants among our racial and ethnic minorities. We need the active support of our community members to help educate others and dispel any myths and misinformation about organ and tissue donation," said Peoples.

#DonationNeedsDiversity and other yearthe national waiting list for a kidney transplant round outreach initiatives play an essential role in providing hope for the nearly 4,000 New Jersey residents on a waiting list for a life-saving organ transplant. Jayla Sorenson, a vivacious 8year-old from Toms River, is one of the many young children on the waiting list. Jayla loves to dance, play outside, and hug and kiss her family members. However, Jayla has a kidney disease that limits their ability to filter and clean her blood, and the clock is ticking towards a more critical stage in Jayla's condition that will eventually involve a pediatric kidney transplant. Jayla and her family actively participate in events and programs to promote organ and tissue donation throughout the year.

For more information about ways to support the #DonationNeedsDiversity campaign,

please visit NJSharingNetwork.org/

donation-needs-diversity

or contact E. Denise Peoples at 973-655-4687 or email dpeoples@njsharingnetwork.org.

ABOUT NJ SHARING NETWORK

Dedicated to saving lives through organ and tissue donation, NJ Sharing Network is the nonprofit organization responsible for the recovery and placement of donated organs and tissue for the nearly 4,000 New Jersey residents waiting for a life-saving transplant. With headquarters in New Providence, NJ, the organization, selected by NJBiz as one of the state's "Best Places to Work" for the third consecutive year, is also part of the national recovery system, serving the nearly 115,000 people on the national waiting list. To learn more, get involved and register as and an organ tissue donor, visit NJSharingNetwork.org.



• Video Tape Transfers

- DVD & Flash Drive Duplication
- High Speed Photo & Slide Scanning

VIDEO DATA SERVICES® locally owned since 1984

www.vdsnj.com facebook.com/vdsnj email: ira@vdsnj.com 908-964-4004 406 Chestnut St. • Union, NJ 07083

LINDEN POLICE DEPARTMENT RESCUES INJURED BALD EAGLE ON ROUTE 1

Many people don't realize there are more than 150 Bald Eagle nests across NJ, including one right here in Linden!

Officers recently were called to assist Humane Officers as they rescued an injured Bald Eagle on Route 1. We are happy to report that the Eagle has since recovered and has been relocated.

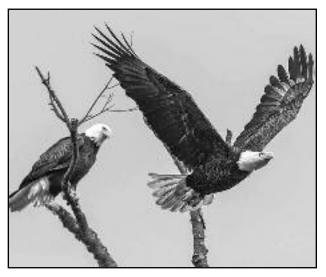
Thank you to NJ Division of Fish and Wildlife volunteer Frank Budney for taking the time to update us on the case, and good luck to Bald Eagle E-98!

The bald eagle is a shining example of recovery in New Jersey. In 1973, when the Endangered and Nongame Species Conservation Act was passed, there was just one nesting pair, in a remote forest in Cumberland County.

According to the Division of Fish and Wildlife today there are more than 150 nesting pairs of eagles in the state. Most are in the Delaware Bay counties of Cumberland and Salem, but eagles can now be found statewide. Additionally, numbers of wintering eagles along the Delaware have increased dramatically. They remain on the state endangered species list, however, due to their sensitivity to environmental contaminants,

habitat loss and human disturbance. The challenge to biologists and citizens now is protecting the lands and waterways used by eagles to maintain and enhance this species' recovery. For more information visit www.njfishandwildlife.com/ensp/raptor info.ht m.

Follow Linden Police Department on Facebook.









IT'S "SUNNY WITH A CHANCE OF YOGA!" AT THE GATEWAY FAMILY YMCA

While the summer is heating up, the weather forecast is "Sunny with a chance of Yoga!" at The Gateway Family YMCA. In an effort to provide safe and socially distanced group exercise programs, the Y is providing more than 20 weekly Outdoor Group Fitness Programs in 3 locations in Elizabeth, Rahway and Union. These programs are strategically scheduled in the cooler morning or evening hours, and registration is required at tgfymca.org as space is limited.

"As a nonprofit community organization, our Y has worked to meet the needs of the community for over 120 years. The restrictions presented by the global pandemic have provided us with an opportunity to bring our programs outdoors, an out-of-the-box idea that isn't new to us," stated Krystal R. Canady, CEO, The Gateway Family YMCA. "While in the past, outdoor programs were typically offered as a special event, fundraiser or specialty option, today it's become part of the new normal."

Outdoor group exercise programs taught by YMCA instructors include popular sessions of classes like Yoga or Zumba, as well as lowimpact options like Standing Chair Fitness or SilverSneakers, and higher-impact Just Pump it. Pilates and Circuit Training are also available. Outdoor group exercise programs are available for ages 12 and up, with a guardian required to remain on premises for those under 18. Health and safety requirements can be found at tgfymca.org/what-to-expect.

"We have worked together with our members and community to determine a good fit of program options, times and locations – utilizing our Elizabeth Branch, Rahway Branch and Wellness Center Branch in Union. As with anything planned outdoors, weather is always a concern. We have parameters in place to ensure notifications are sent through our mobile app, so that members receive them wherever they may be," added Melynda A. Mileski, EVP/COO.

While The Gateway Family YMCA has provided 24-hour housing and social services throughout the global pandemic as well as child care and virtual programs, in person group fitness classes have been restricted from being offered indoors. Outdoor programs began in July and are scheduled to continue into the fall, with a monthly schedule available.

In addition to Outdoor Programs, the Y is offering live Virtual Programs through Your Virtual YMCA – an online platform developed by The Gateway Family YMCA and in-person wellness and adult lap swimming by appointment. 24-hour Housing and Social Services programs are available for individuals, families and veterans in Elizabeth and Plainfield, NJ. The YMCA offers full-time infant and preschool Child Care services at the Youth Development Branch in Elizabeth, and a Virtual WISE Adult day services program. "We are here for the community, and will adjust to fit the unique needs based on the current situation," stated Colleen A. Clayton, Chief Membership and Development Officer. "While we remain positive that current conditions are temporary, we have a strong commitment to ensure we are providing opportunities for all."

The Gateway Family YMCA is a 501(c)(3) non-profit, health and community service organization of caring staff and volunteers dedicated to strengthening the foundations of community and stands For Youth Development, For Healthy Living and For Social Responsibility. The Y impacts the community by providing quality services to people of all ages, races, faiths or incomes. The Y is a powerful association of men, women and children of all ages and from all walks of life joined together by a shared passion: to strengthen the foundations of community.

For more info about The Gateway Family YMCA, visit tgfymca.org or call 908-355-9622.

JOURNEY TOWARD WHOLENESS IN THE TIME OF COVID-19 TOOLS FOR NAVIGATING THROUGH GRIEF

If you have been feeling exhausted, confused, frustrated and anxious lately. If you have been wondering what happened to the world as you knew it, when this pandemic would be over and what it would take to awaken from the nightmare we collectively share. If you have experienced intense emotional reactions that seem out of control, then you have entered the community of those who grieve. Some of us have experienced recent loss, some are re-experiencing ungrieved losses from the past and all of us are profoundly affected by the innumerable losses resulting from the pandemic.

Although we are all grieving, not all of us realize it. However, we can all benefit from learning about the process we are experiencing, and from learning tools for navigating through grief. A Journey Toward Wholeness Seminar offers help in Healing the Grieving Heart. There is no charge to participate. Since we respect social distancing, the seminar is currently offered for six weeks on a Zoom platform. It is sponsored by the First Presbyterian Church of Cranford in memory of Dr. Bruce Williams who co-created the program 20 years ago.

The co-leaders of the program, Patti Williams, RN and Virginia Waters, Ph.D. have both professional and personal training and experience in the field of grief and loss and are joined by a team of trained facilitators who also provide support as well as lead small breakout groups for individuals with like losses.

When: September 20 – October 25, 2020, 6:30 PM - 8:30 PM for six consecutive weeks.

Where: Meet us on Zoom. A meeting link will be provided upon registration.

Who: We welcome everyone who has had a loss of any kind in the past or in the present. We also welcome anyone who has previously taken this Seminar to return for a refresher.

To register for this free program, call Patti Williams at 908-709-1341. All are welcome.

For more information about the program, visit firstprescranford.org/journey-to-wholeness-healing-the-grieving-heart/

ABOUT THE FIRST PRESBYTERIAN CHURCH OF CRANFORD

As the body of Christ empowered by the Holy Spirit, the First Presbyterian Church of Cranford (FPCC), 11 Springfield Ave., Cranford, seeks to live God's Word and inspire others to embrace Jesus' commandment to love one another as the Lord loves us. Learn more at firstprescranford.org.

COVID-19: TIPS FOR OLDER RESIDENTS ON DEALING WITH PANDEMIC

Submitted by NewBridge Services

While the COVID-19 pandemic continues to impact our communities, physical distancing remains the order of the day — especially for older adults.

But socializing is a basic human need, and studies show it contributes to better physical and emotional health. Isolation, on the other hand, is linked to depression, anxiety, cognitive decline, a weakened immune system, and high blood pressure, among other maladies.

Seniors must seek out ways to connect with others while minimizing their exposure to the coronavirus.

Michelle Borden, CEO of Parsippany based NewBridge Services, a nonprofit that offers counseling services, housing and educational programs in North Jersey, offers the following advice:

USE TECHNOLOGY

Video conferencing, using FaceTime, Zoom and other programs on smartphones, tablets or computers, has become a popular way to "gather" with family and friends. Getting started on the programs may be challenging for seniors new to technology; call a tech-savvy neighbor, friend or family member to coach you through the process.

Phones, whether 'smart' or landline, are also excellent for staying in touch; some people feel more comfortable conversing without being on camera. People can call in to join a Zoom conversation. Movie buffs with Netflix accounts can set up 'watch parties' using a free Google Chrome extension, which can be downloaded at netflixparty.com.

THE ART OF THE LETTER

If tech is not your thing, consider making connections the way people have for centuries: through letter-writing. Handwriting (or typing) letters allows you to process thoughts and feelings and create a bond with the recipient. Mailing or delivering 'thinking of you' cards is a thoughtful way to remind recipients they are not forgotten.

JOIN AN ONLINE CLASS OR GROUP

Many social groups, including religious communities, are hosting online gatherings. An organization called Senior Planet offers free access to virtual exercise classes. Online learning opportunities also abound. Platforms such as coursera.org and edX.org offer both free and fee options. Courses, which may be live-streamed, self-paced, or some combination, are taught by university professors.

The Osher Lifelong Learning Center at Rutgers University is running more than 30 online courses during its summer session, and registration will begin soon for the fall. Anyone age 50 and over can study areas of interest with no assignments or grades.

The Virtual Senior Center run by the nonprofit Selfhelp Community Services is an online community of seniors who take courses, enjoy

cultural experiences and discuss topics of interest in real time over their home computers and tablets. While volunteer opportunities are harder to come by during the pandemic, some organizations are seeking virtual helpers. The nonprofit Points of Light maintains a list of virtual volunteer opportunities.

GET TOGETHER IN PERSON

Seniors can socialize in person, as long as you take precautions. Walking, running or biking with a friend is a great way to stay both fit and connected. Keep at least a six-foot distance, and wear a mask if you're unable to maintain that distance. Some senior citizen groups offer fitness classes either outdoors or indoors, with participants well spaced and other safety measures in place.

Picnicking with a couple of friends or family members is a fun way to spend the day, but be sure to wear masks when not eating. Use hand sanitizer, especially if you're sharing any utensils. **STRUGGLING?**

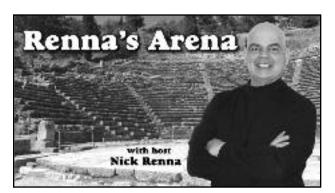
The pandemic is taking a toll on us all. To get through it, we have to make self-care part of our daily routine, and that includes staying connected with others. If you are struggling, contact NewBridge Services at 973-316-9333 to schedule a telehealth counseling session.

The Institute on Aging has a Friendship Line at 1-800-971-0016 that is both a crisis intervention hotline and a nonemergency warmline for emotional support.



LIFE in LINDEN • Page 16 • September 2020

Check out Joe Renna's Hyper Local Network on YouTube. Call 908-447-1295 if you want your business featured online and in print. See sample show below.



NICK RENNA'S BIBLE REVIVAL

By Joe Renna

My brother Nick is known as 'The Voice of Union County', best known for announcing high school sports. When I created the Hyper-Local Network YouTube channel, we planned on producing a local sports show. The idea was lingering but went completely dormant when the coronavirus put a halt to school altogether.

Nick is not a technical person so any attempt to broadcast would have to be facilitated by someone. That person came in the form of his pastor, Jerry Rittenhouse, who was impressed by Nick's participation in Bible study sessions and thought Nick should be sharing his knowledge of the Bible, his devotion to Jesus, and his gift of gab.

Nick was not plugged into social media. But his fear of big brother was over taken by his love of God. Pastor Jerry created a Facebook page under Nick's name and has been recording him in an impromptu manner. Pastor Jerry has been uploading a video each day since Nick's birthday on August 4th. His videos have been getting a few thousand views each, and he has maxed out his friends list at 5,000.

I'm encouraging Nick to continue his mission, and am loading his videos onto his 'Renna's Arena' playlist.

SCAN QR CODE TO OPEN OUR YOUTUBE CHANNEL



Howdy Partners! Online Marketing is like the Wild West

Too many carpetbaggers are exploiting business owners, making empty promises that don't materialize.

Too many businesses are stuck in contracts with no return on investments, no way to check if the work is getting done, and needing to invest more to make things right.

The following is a guide to Renna Media services and costs that you can compare to your present provider.

I highly recommend doing an independent audit of your website!

Contact Walter Watson at walter@www-online-enterprises.com

He does a great job analysing and making recommendations.

It is only \$250 and can save you time, money and headaches.

Thank you. - Joe Renna

Full Service Online Marketing



Online Marketing Items

Website ads and Social Media Posts, Classified ads\$20 per item
Special bulk price......Block of 20 items \$100
Including: Press releases / Classified Ads

Web Page / Calendar Event / Monthly Banner ads Extra Boost:

- Blast your online ad or press release to a targeted market:\$100
- National Press Release Distribution to 300 to 500 news outletsBudget choice from \$300 to \$500.

Website / SEO services

- Website Audit/Analysis and recommendation plan:\$250
- Website creation/update:.....\$2,400 (Cost for average website: 12 pages, contact form, SEO friendly, responsive design)
- Website Hosting:\$300 per year Includes website hosting, software updates, monthly website content updates
- SEO Services:average cost \$1,000 \$2,000 per month Custom tailored solutions: Google Ranking, Local SEO, Social Marketing

Video advertising

Production:

- Product placement \$250
- 30-second commercial \$500
- 3-minute spot \$1,000
- 30-minute show \$1,500
- 3-hour shoot \$2,000

Do not commit to a service unless you have a solid marketing plan and budget.

Your plan should work on paper before you spend dime one. Don't waste money just trying something. There is no magic bullet. **Call Joe for a free consultation.**

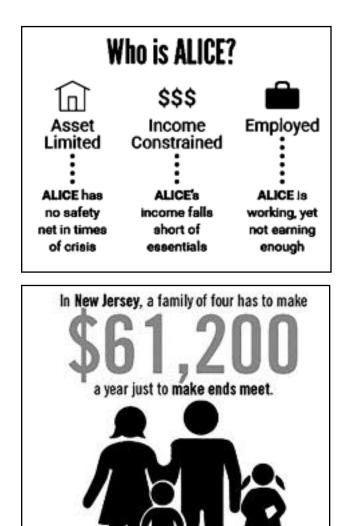
Call Joe Renna 908-447-1295 Email: JoeRenna@RennaMedia.com

UNITED WAY KICKS OFF VIRTUAL SCHOOL SUPPLIES DRIVE

Need for school supplies even greater due to the pandemic

United Way of Northern New Jersey is seeking help from volunteers and donations of new school supplies for its annual United Way Tools for School drive, which provides students with the basic tools needed for learning in any classroom — either in school or virtually from home.

Children still will need basic school supplies, no matter how instruction will be delivered due to the pandemic. The drive seeks to benefit more



LINE UNITED Lears more about ALICE in your community





than 10,000 elementary and middle school children of ALICE (Asset Limited, Income Constrained, Employed) workers and those in poverty throughout the northern New Jersey region.

Through a partnership between United Way and YouGiveGoods.com, donors can make an online purchase of supplies that will be delivered automatically to United Way or a partner school. Donations can be made by visiting www.UnitedWayNNJ.org/ToolsforSchool.

Based on needs expressed by local educators, United Way is collecting the following school supplies: hand sanitizer, masks, backpacks, lunch boxes, binders, three-ring notebooks, book covers, filler paper, pocket folders, composition and spiral notebooks, index cards, calculators, pencils, pencil cases, pencil sharpeners, erasers, pens, highlighters, crayons, markers, colored pencils, construction paper, glue, rulers, and scissors.

In addition, school nurses have asked for personal care items such as toothbrushes, deodorant, and kindergarten and first grade-aged children's underwear and socks. Gift cards that can be used to purchase items such as shoes and clothing are also appreciated.

United Way Tools for School seeks to alleviate the budget strains on families who already were struggling to afford basics such as housing and food even before the COVID-19 pandemic hit.

"ALICE essential workers need our help now more than ever," said Kiran Handa Gaudioso, CEO of United Way of Northern New Jersey. "United Way Tools for School offers companies, groups, clubs, places of worship, families and individuals a safe way to help neighbors facing unprecedented levels of need."

For more information about making donations, holding a United Way Tools for School drive, visit www.UnitedWayNNJ.org/ToolsforSchool, email Lisa.Galonardo@UnitedWayNNJ.org or call 973.993.1160, x503.



PAINTING DOCTORS Fine Workmanship at Reasonable Prices Interior & Exterior Wallpaper Removal – Drywall Repairs References * Insured * Free Estimates A division of Carpet Doctor LLC. 908-342-5048 116 Sussex Street, Westfield, NJ

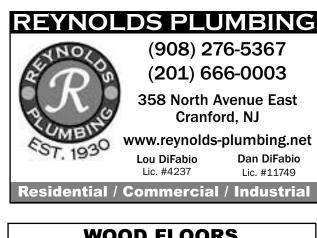
13VH06607700

A NEW DECADE WITH EXPECTATIONS FOR 2020 & BEYOND! • Are you ready to sell your house? • Are you ready to buy a house? • LET'S MAKE IT HAPPEN!!!





highest prices along with friendly, professional service. Free on-site consultation at your home or business Over 20 years of Experience Located in Summit



WOOD FLOORS Sand • Stain • Refinish • Repairs • Installation CARPET & RUGS Clean • Stretch • Sanitize • Repairs • Bind RESTOREMYFLOORS.NET A DIVISION OF CARPET DOCTOR LLC. 116 SUSSEX ST. WESTFIELD, NJ 908-342-5048 Insured * References * Visa / MasterCard 10% Discount On labor only. Materials not included. Cannot be combined with other offers. Exp. 9/30/20. LIFE in LINDEN • Page 18 • September 2020

Marketing Toolbox

Renna Media offers a full range of marketing services, in print and online, hyperlocal to regional, for every budget and market size.

NEWSPAPER ADVERTS

We mail 135,000 newspapers to evry home and business in 21 towns, You can advertise in any number of towns. ads start at \$60.

FULL COLOR PRINTING

We print flyers and menues, full color, two sided, on coated stock for only \$35 per thousand.

DIRECT MAIL

Insert your flyer into the newspapers and get it mailed to every home and business for \$60 per thousand and as low as \$30 per thousand for higher quantities.

ONLINE MARKETING

Online ads and press releases designed and placed to drive traffic to your website and get your phone ringing.

SOCIAL MEDIA

We can design and/or manage your social media campaign from passive to aggressive plans customized to work within your budget.

WEBSITE AND SEO SERVICES

Start with an audit/analysis of your website giving you a report and recommendations for \$250.

It is highly recommended to have a marketing plan and budget before spending.

CALL JOE RENNA FOR A FREE CONSULTATION. 908-447-1295

DRIVE LOCAL TRAFFIC TO YOUR WEBSITE

- Get unlimited clicks
- Trackable results
- Free ad design and copywriting
- Paid search engine promotions
- Posts are shared through social media

Call Joe Renna 908-447-1295

See samples on our websites and facebook pages.

18 FULL PAGE

2 PAGE SPREAD

FRONT PAGE BANNER

FRONT PAGE BOX

BACK PAGE

10° x 14°

21' x 14'

10° x 14°

8.25° x 2'

1.5' x 4.5'



RENNA MEDIA NEWSPAPER RATE SHEET WE MAIL 135,000 NEWSPAPERS MONTHLY!







September

09/07 - "Happy Labor Day" 09/21 – "Fall Season Startup"

Welcome Autumn! Exchange "Hot Air" for "Hot Sales" Switch From "Lazy Days" To "Action Programs" Don't "Fall" Behind on Company Goals Harvest Fields Of Growth & Profits Keep The "Heat On" Sales

Celebrate Labor Day!

Loyal Labor & Good Management = "Success" Appreciate All Those Who Work For You! Company Success Is Not Individual - It Is A Team Effort – Everyone Who Contributes Is Important!







Epicor / Mercer 1414 / 1410 East Linden Avenue



www.metroliquors.com 908-925-1770 **PICK-UP CURBSIDE** OR DELIVERY

1179 WEST ST. GEORGES AVE. (RT. 27) LINDEN, NJ 07036

email: metroliquors@gmail.com Hours: Mon. thru Sat. 9am - 10pm, Sun: 11am - 8pm



TWO

OCATIONS

Witty's Fine Wine and Liquors **ORDER ONLINE AT** www.wittyswine.com 732-381-6776



870 ST. GEORGES AVE. (RT. 27) RAHWAY, NJ 07065 email: wittyswines@gmail.com

Hours: Mon. thru Wed. 9am - 9pm, Thur. - Sat. 9am - 10pm, Sun. 10am - 7pm

Like us on Facebook: Facebook.com/metrolinden and Facebook.com/wittyswines

VODKA

WHISKY

	IJAI	
Ballantine		
Buchanan's 12yrs old		
Buchanan's 12yrs old		
Bushmill's Irish		
Chivas Regal		
Chivas Regal		
Chivas Regal 18 yrs old		
Crown Royal		
Crown Royal		
Dewars 12 yrs old		
Dewars 12 yrs old	1.75L	\$45.99
Dewars White Label	750 ml	\$19.99
Dewars White Label	1.75L	\$32.99
Gentleman Jack	750ml	\$29.99
Gentleman Jack	1.75L	\$52.99
Glenmorangie 10 yrs old	750ml	\$40.99
Glenlivet 12 yrs old	750 ml	\$47.99
Glenlivet 12 yrs old		
Grants	750ml	\$15.99
Grants	1.75L	\$23.99
Jack Daniels	750ml	\$25.99
Jack Daniels	1.75L	\$45.99
Jack Daniels Fire	750ml	\$25.99
Jack Daniels Fire	1.75L	\$45.99
Jameson	750ml	\$29.99
Jameson	1.75L	\$54.99
Jim Beam Whisky	1.75L	\$29.99
Johhnie Walker Blue	750ml	\$187.99
Johhnie Walker Blue	1.75L	\$379.99
Johnnie Walker Black	750ml	\$32.09
Johnnie Walker Black	1.75L	\$59.99
Johnnie Walker Double Blac	k 750ml	\$34.99
Johnnie Walker Red	750ml	\$19.99
Johnnie Walker Red	1.75L	\$32.09
Macallan 12yrs old (double of	ask)750ml	\$61.99
Makers Mark		
Makers Mark		
		•

	GIN	
Beefeater	1.75L	\$35.99
Bombay Saphire	1.75L	\$36.99
Seagram's gin	1.75L	\$17.99
Tanqueray	750ml	\$21.99
Tanqueray	1.75L	\$36.99

COGNAC & BRANDY

Courvoisier V.S.	750ml	\$26.99
Courvoisier V.S.	1.75L	\$47.99
Remy Martin V.S.O.P.	750ml	\$42.99
Remy Martin V.S.O.P.	1.75L	\$84.99

CORDIALS

Bailey's Irish Cream	1.75L	\$47.99
Duggan's Irish Cream	1.75L	\$24.99
Kahlua	1.75L	\$36.99
Krupnik	750ml	\$13.99
Licor 43	750ml	\$22.99
Licor 43	1.75L	\$40.99

V V		
Absolut (regular)	750ml	\$19.09
Absolut (regular)	1.75L	\$29.09
Belvedere Vodka	750ml	\$27.99
Belvedere Vodka		
Ciroc (all types)	750ml	\$29.99
Ciroc (all types)	1.75L	\$57.99
Finlandia	750ml	\$15.99
Finlandia	1.75L	\$24.99
Grey Goose		
Grey Goose	1.75L	\$39.99
Ketel One	750ml	\$19.99
Ketel One		
Luksusowa		
Pinnacle (all types)	750ml	\$11.99
Pinnacle (80 proof)		
Skyy		
Sobieski		
Sobieski	1.75L	\$18.99
Stolichnaya (all types)		
Tanqueray Sterling		
Tanqueray Sterling		
Three Olives (all types)		
Tito's Vodka	1.75L	\$30.99
R	UM	
Bacardi Light & Gold	-	
Bacardi Light & Gold		
Captain Morgan Spice		
Malibu		
Malibu		
		• • • •

Deleon Blanco Tequila		
Deleon Blanco Tequila		
Patron Silver		
Patron Silver		

Deleon Blanco Tequila	750ml	\$29.9
Deleon Blanco Tequila	1.75L	\$59.9
Patron Silver	750ml	\$43.9
Patron Silver		-
Patron XO Café		•

BEER

Becks (12oz) 24pk	24pk	\$24.99
Bud and Bud Lite cans	30pk	\$23.00
Bud and Bud Lite loose bottles	24pk	\$19.99
Coors Lite (24oz) cans	12pk	\$15.99
Coors Lite/Miller Lite loose bott	les . 24pk	\$19.99
Coors Lite/Miller Lite	30pk	\$22.99
Corona/Corona Lite loose bottles	s 24pk	\$28.99
Dab (16oz) cans	24pk	\$21.99
Dogfish Head 60 min	24pk	\$35.99
Heineken/Heineken Lite bottles		
Land Shark		
Lech (500ml)		
Modelo Especial cans		
New Belgium Fat Tire	-	
Pabst Blue Ribbon cans	-	
Pilsner Urquell		
Sagres	24pk	\$24.99
Sam Adams Boston Lager		
Stella Artois loose bottles	-	
Yuengling Lager bottles	-	
Zywiec (11.2oz)		
• ()	1	

WINE		
Bartenura Moscato	750ml	\$11.99
Barone Fini Pinot Grigio	750ml	\$11.99
Beringer White Zinfandel	750ml	\$ 5.99
Beringer White Zinfandel	1.5L	\$ 9.49
Black Box (All Types)	3L	\$19.99
Carnivor Cabernet Sauvignon	750ml	\$10.99
Casal Garcia Vinho Verde	1L	\$ 5.99
Cavit (All Types)	1.5L	\$14.99
Clos du Bois Chardonnay	1.5 L	\$19.99
Dom Perignon	750ml	\$156.99
Dreaming Tree (All Types)	750ml	\$12.99
Ecco Domani Pinot Grigio	750ml	\$ 9.99
Fish Eye (All Types)	1.5L	\$ 9.95
Freixenet Brut, Extra, Extra Dry	750ml	\$10.99
Gato Negro (All Types)	1.5L	\$ 9.99
Gazela Vinho Verde	750ml	\$ 6.49
Joseph Carr Cabernet Sauvignon	750ml	\$26.99
Kendall Jackson Vintners Chardonnay.	750ml	\$12.09
Kim Crawford Sauvignon Blanc	750ml	\$13.99
Louis Jadot Beaujolais Villages	750ml	. \$ 10.99
Louis Jadot Pouilly Fuisse		
Martini & Rossi Asti	750ml	\$11.97
Menage a Trois Red	750ml	\$ 9.99
Mi Amore Red	750ml	\$ 8.99
Moet Imperial Champagne	750ml	\$43.99
Noble Wine 337, 667	750ml	\$11.99
Papi (All Types)	1.5L	\$10.99
Ruffino Chianti	750ml	\$ 8.99
Ruffino Chianti	1.5 L	\$13.97
Ruffino Pinot Grigio	1.5L	\$13.99
Ruffino Tan label	750ml	\$19.99
Santa Margerita Pinot Grigio		
Silver Oak Alexander Valley Cabernet .	750ml	\$76.99
Simi Chardonnay	750ml	\$13.09
Woodbridge (All Types)	1.5L	\$12.49

We specialize in hard to find items and custom orders, just ask!



"Cold or warm Beer = Same Price" "Visit the store for more In-Store Specials!"

ABC prices prevail other prices, limited to store inventory. Not responsible for typographical errors. Prices valid till September 30, 2020.