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TECH DEPT CONNECTS LINDEN STUDENTS AND TEACHERS

Submitted by Gary Miller

Since remote learning took hold in Linden Public Schools in March, no area has been put to the test more than the district's technology. When students are at home, their ability to learn hinges greatly on their ability to seamlessly connect with their teachers, access their lessons, and get the virtual support they need to thrive.

At the hub of everything digital, has been the LPS Technology Department. This small but savvy group has gone to great lengths to keep the educational data flowing day after day.

With some students returning to elementary schools on October 13, the hurdles will only increase. But major upgrades being completed to the district's computer infrastructure will allow students and staff to meet these challenges head on.

Joseph Scaldino, the district's supervisor of instructional technology works closely with Chief Technology Officer Slawek Pajak to head the Technology Department. They have worked hard to make sure students have the updated equipment, personal devices, and internet access they need to learn in an unprecedented situation.

This year that means:

- Distributing more than 130 T-Mobile hot spots to families that do not have internet access at home. This allows the district to bridge the digital divide by giving underprivileged families unlimited internet access at home.
- Upgrading the district's technology infrastructure to increase bandwidth by 10 times within the schools and three times to the internet. This upgrade will be completed in early October and allows for more users to be on the system at one time without delays or outages.
- Distributing new MacBook Air laptops to all Linden High Schools students and teachers.

- Distributing new iPad tablets to all kindergarten and Pre-K students.
- Manning a technology help desk and call center from 7:30 a.m. to 3:30 p.m. every school day.

After some rough days to start the school year, Pajak and Scaldino are proud of what their department has done and excited about what comes next.



(above) All High School students recently had their MacBook Air laptops upgraded to brand new models under One-to-One program, which provides a device to every child in the district.



(above) Angela Paternostro, a fifth-grade teacher at School No. 8 in Linden, in her classroom connecting with her students at home through Cisco Webex, the district's secure platform for virtual learning.



(above, l-r) Supervisor of Instructional Technology Joseph Scaldino and Chief Technology Officer Slawek Pajak review data on network usage and call center volume.



(above) All Linden elementary school and middle school students are issued iPads through the district's One-to-One program.

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*Wishing our community
a Happy Thanksgiving!*

LIFE in 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.

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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!

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PLACING OF THE WREATHS THIS VETERANS DAY

The veterans from both the American Legion and the VFW invite the public to join in the Placing of the Wreaths on Veterans Day, Nov. 11.

For those that are interested the event will start at 7:30 a.m. at the Linden American Legion, 112 W. Elizabeth, NJ, serving coffee, tea and donuts. They will be leaving the Legion at 9 a.m. to then go to the various wreath placement sites. They will be stopping at the Linden City Hall for the placing of those 2 monuments at 11 a.m., and when all wreaths are placed they will return to the American Legion for refreshments.

Wreath placement sites will include: St. Theresa's – Clinton Street Monument; Memorial Park – South Wood Avenue; Martin Dankowski

Detachment Marine Corp League – South Wood Ave; Corporal Melnick Park – 11th Street between Wood Ave. & Clinton St.; Rosedale Cemetery – by the Flagpole at Veterans Circle; 8th Ward Monument – Park Avenue & Grier Avenue; Rosehill Cemetery – by the Flagpole at Veterans Circle; Ziegler Avenue Monument – just past Nuno's; School #1 E. Curtis Street & Wood Avenue; School #1 Gibbon Street & Wood Avenue; Wilson Park by the Monument; Elm Street & Stiles Street by Flagpole; City Hall – WWII Monument; City Hall – Korean/Vietnam Wars Monument; VFW Post 1397 Pennsylvania Railroad Avenue; and Andy Beno Monument – Memorial Park Pond, Lower Road.

A FREE WEBINAR

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Building or Updating Your Marketing Plan



Joe Renna has been in business since 1984 supplying businesses with a full array of marketing and advertising services. From developing business and marketing plans to multimedia production, over the years, his ad agency has worked with every size business. Since 2000 Renna Media has been publishing hyper-local community newspapers.

Each month, over 135,000 newspapers are mailed to every home and business in 21 towns. He also offers full color printing and mailing services as well as an online presence that parallels his print publications. Through these publications, Renna Media has focused on the needs of the local business owner offering customized, affordable, advertising opportunities. Joe Renna also helps his advertisers with their marketing plans as a value-added service.

Mr. Renna's presentation will address the different aspects of building a marketing plan and tuning up existing ones. The audience will leave with the information to guide them in developing a plan that will get them the best return for their marketing budget. The presentation will encourage questions from the audience and will address specific challenges facing participating business owners.

Date:
November 10, 2020

Time:
11:00 am

Cost:
Free

To Register:

<https://score.zoom.us/j/91039820189>



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21 Market Watch

Real Estate news for those on the move

Real Estate Blogs Every Buyer & Seller Should Read

- Home Improvement Tips of the Month by House Logics
- Are you Ready for the Fall Housing Market

For the full story visit our blog at njrealestatemarketwatch.com

LINDEN MARKET UPDATE - September 2020

SINGLE FAMILY

Key Metrics	2019	2020	% Change
New Listings	50	45	-10.0%
Closed Sales	37	32	-13.5%
Days On Market Until Sale	47	39	-17.0%
Median Sales Price	\$327,500	\$358,500	+9.5%
% of listing Price Received	99.6%	101.5%	+1.9%
Inventory of Homes for Sale	108	70	-35.2%
Months Supply of Inventory	3.1	2.3	-25.8%

MORE ON THE WEB



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EASTERN UNION COUNTY MARKET UPDATE - SEPTEMBER 2020

SINGLE FAMILIES	Rahway	Roselle	Roselle Park	Elizabeth	Union	Hillside	Clark
New Listings	48	27	20	28	82	26	32
Closed Sales	32	13	15	17	56	21	32
Days On Market Until Sale	45	45	52	68	30	46	67
Median Sales Price	\$365,000	\$320,000	\$370,000	\$308,000	\$395,750	\$327,000	\$525,000
% of listing Price Received	101.2%	102.8%	102.0%	98.6%	102.5%	102.1%	98.5%
Inventory of Homes for Sale	57	44	20	67	95	36	42
Months Supply of Inventory	2.3	2.2	1.7	3.2	2.0	2.1	2.4

*Does Not account for sale concessions and/or down payment assistance. Percent changes are calculated using rounded figures and can sometimes look extreme due to small sample size. Current as of October 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.

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ORGAN DONOR ENROLLMENT DAY

On October 8, NJ Sharing Network and its many healthcare partners and volunteers throughout the state worked together to register organ and tissue donors in celebration of Organ Donor Enrollment Day. The non-profit, federally designated organ procurement organization set a goal of amassing at least 2,020 new donor registrations on 2020 Organ Donor Enrollment Day. The 2,020 goal helps create a positive spin on the number '2020' as opposed to the negative '2020' references seen virtually everywhere due to the challenges faced this year.

Currently, there are nearly 110,000 Americans – nearly 4,000 of whom live in New Jersey – waiting for a life-saving transplant. You can register to be a donor at any time by visiting njsharingnetwork.org/register.

“Organ Donor Enrollment Day is about taking action and inspiring others to learn more about how they can save lives through organ and tissue donation,” said Joseph S. Roth, president and chief executive officer of NJ Sharing Network. “One organ and tissue donor can save eight lives and restore health to over 75 people.”

In New Jersey, one person dies every three days waiting for an organ transplant. However, the generosity of those in the Garden State is providing hope for the future. New Jersey's organ and tissue donor registrations continue to rise thanks to strong community education and outreach efforts as well as simplified ways to register as an organ and tissue donor are also helping to save more lives. It is now easier than ever for New Jerseyans to register in any of the following options:

Online at www.NJSharingNetwork.org

Through the iPhone Health App

In person at your local Motor Vehicle Agency

Another key component of Organ Donor Enrollment Day is encouraging those who register to have a conversation with their family and friends about their decision to donate.

“Donation provides comfort and healing to so many families after losing a loved one. It is so important to talk to your family and share your decision about organ donation so your gift is honored,” said Carolyn M. Welsh, vice president and chief clinical officer, NJ Sharing Network.

ABOUT NJ SHARING NETWORK

Dedicated to saving lives through organ and tissue donation, NJ Sharing Network is the non-profit 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 110,000 people on the national waiting list. To learn more, get involved and register as an organ and tissue donor, visit NJSharingNetwork.org.

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 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 unwelcome 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 chance 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** - Lying 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've been living without pain. I can move with no problem whatsoever. I can go up and down stairs 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."

- Quantum I.

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Happy
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RUTGERS MASTER GARDENER PROGRAM

Rutgers Master Gardeners are trained volunteers who assist Rutgers New Jersey Agricultural Experiment Station (NJAES) Cooperative Extension in its mission to deliver horticulture programs and information to the general public. Anyone with an interest in gardening and a commitment to volunteer service can become a Rutgers Master Gardener. No previous education or training in horticulture is required.

RUTGERS MASTER GARDENERS USE THEIR SKILLS IN A VARIETY OF AREAS, INCLUDING:

- Gardening demonstrations
- Telephone Helpline and Plant Clinics
- Community and youth gardening
- Horticultural therapy
- Information booths at county fairs and other public events
- Research assistance at Rutgers, The State University of New Jersey
- Harvesting and packing food for the hungry

The Rutgers Master Gardener Helpline is opened to the general public and is staffed year-round. April through November hours are, Monday – Thursday 9 a.m. to 3 p.m. and Fridays from 1 p.m. to 1 p.m. and can be reached at mastergardeners@ucnj.org or 908-654-9852. To learn more about the program visit njaes.rutgers.edu/master-gardeners/.

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LINDEN RECREATION NOVEMBER CLASSES

Linden Recreation announces two virtual youth classes and two senior citizens classes starting in November.

Elementary Drawing: Participants ages 6-12 are introduced to the fascinating world of characters, pattern, and color. The class will be held Wednesday, November 9 through December 14, from 5:00-6:00 p.m. The fee for this six-week class is \$95. Price includes supplies.

It's More Than Please & Thank You: Participants ages 7-13 learn manners and etiquette skills. Explore in-person behavior, out in public conduct, phone calls, texting, emailing and table manners. The class will be held Saturdays, November 14 and November 21, from 9:00 a.m.-12:00 p.m. The fee is \$45. Purchasing of supplies may be required.

Two senior citizens classes in November will be shown on TV 36/42. Pre-registration is required by calling 908-474-8627 or online at linden-nj.org and click on Community Pass. First time registrants are required to call during

business hours to have an account set up.

US War Presidents: Participants explore how this happens by examining the actions of Presidents from our first war, The War of 1812 to our present and longest conflict in Afghanistan. The class will be held Mondays, November 2 and November 9, from 1:00-2:30 p.m. on Linden TV36/42. The class is free.

The Creation of the US Supreme Court and Its Most Impactful Decisions: Participants learn about the Founding Fathers reason to create the Supreme Court as the third branch of the Federal Government and their decisions that had the most impact on the life of our Country. The class will be held Mondays, November 16 and November 23, from 1:00-2:30 p.m. on Linden TV36/42. The class is free.

For more information, email lindenrec@linden-nj.org, or call 908-474-8600. The Parks & Recreation office is located on the second floor at 605 South Wood Avenue. To view full class descriptions, visit linden-nj.org and click on Community Pass.

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flame will eventually make its way to light the cauldron to signal the official start of the Summer Games, the largest competition event of the year.

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(above) On October 9th Linden Police officers participated in the Law Enforcement Torch Run for the NJ Special Olympics. Donations were made to the NJ Special Olympics on behalf of their local PBAs.

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IMAGINE LAUNCHES SUPPORT PROGRAM FOR NURSES

Imagine, A Center for Coping with Loss announced the expansion of its virtual group support programs with one designed to help nurses dealing with the stressors of healthcare work during Covid-19. Imagine, which serves more than 2,000 individuals annually and is nationally recognized for its work helping bereaved children and their families, offers its Peer Support Group for Nurses at no cost. Interested nurses can join the weekly support group that takes place via Zoom from 7:30 – 8:30 p.m. on Wednesdays.

When asked about the decision to launch this program, Imagine's Founder and Executive Director Mary Robinson said, "Through the pandemic, we recognized a gap in support for some of the people we rely on most: our nurses. Supporting nurses who are themselves

supporting grieving families felt like a perfect fit for our mission."

Robinson, who was named a 2019 CNN Hero, went on to say, "Nurses continue to selflessly care for others despite their own fears about their potential exposure to Covid-19. We need to ensure they have a place to turn to for support."

For many, the anxiety they feel going to work in a healthcare environment comes on top of grief they were feeling before the pandemic even hit.

Talia Sion, a newly minted nurse, had attended Imagine's Young Adult Group for support following the death of her mother in January, and then joined the organization's pilot support program for First Responders when the pandemic hit.

Of her experience, Sion said, "I was quickly overwhelmed with the weight of so many sick and unstable patients, not knowing if and when things would ever get back to 'normal.' Once again, Imagine created a program for me to turn to with people who understood how I feel; people who understood what I was facing on a daily basis at work."

The nature of the program's virtual environment breaks down geographic boundaries for those seeking support. Nurses from New Jersey and throughout the country are

welcome to attend.

"New Jersey is no longer a hotspot for Covid-19, but many of the nurses here are processing what they went through and bracing for a possible resurgence," Robinson said. "Meanwhile, there are nurses in other states in similar positions to where we were a few months ago. Sharing these stories, fears, and challenges at all different stages in a peer support model is proven to be an effective way to learn coping strategies."

As with all of Imagine's offerings, this free Peer Group Support for Nurses program will be available year-round for as long as is needed. Those who are interested can register at imagineinj.org/nurses.

Imagine, A Center for Coping with Loss is a New Jersey-based grief support center for children, young adults and families dealing with the death or life-altering illness of a parent, sibling or child. In addition to its peer grief support programs, Imagine provides training through education and outreach programs across the state to a variety of organizations including schools, houses of worship and corporations. Its goal is to create communities where grief and loss are transformed into resilience, empathy and compassion; and where no child grieves alone.

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Cheddar Cheese	\$2/\$4	Onions \$1.50/\$2.75
Extra Cheese	\$2/\$4	Pepperoni \$1.75/\$3.25
Eggplant	\$2.75/\$5.50	Ricotta \$2/\$4
Fresh Basil	\$1.50/\$2.75	Roasted Red Peppers \$2/\$4
Garlic	\$1.75/\$3.25	Sautéed Spinach \$1.75/\$3.50
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VISION LOSS ALLIANCE OFFERS FREE VIRTUAL PROGRAMS

Vision Loss Alliance of New Jersey will be able to offer FREE virtual wellness classes, peer support groups and technology-focused offerings over Zoom thanks to a grant from the Grotta Fund for Senior Care. Anyone who has low vision in New Jersey, as well as out-of-state residents, can participate.

VLANJ offers virtual classes in managing grocery shopping, yoga, Zen, meditation and mindfulness. Additionally, their tech talk classes help people understand their tech devices and how to use them to connect to online events. The classes have been a hit, helping people with vision loss stay active, learn skills and connect socially.

Vision Loss Alliance of New Jersey is a nonprofit organization serving people who are blind or have low vision. Through the group's programs, participants learn skills that allow them to manage their lives, and create a welcoming community in which they feel safe and supported.

The Grotta Fund provides its grantees with opportunities for technical assistance,

learning, and networking with other non-profits. In turn, grantees are encouraged to promote the results of their grant, leverage funding, and sustain programs which have been funded by Grotta. The fund is administered through the Jewish Community

Foundation of Greater MetroWest NJ.

To Register for Classes visit

www.vlanj.org/programs/

The post Vision Loss Alliance's Virtual Classes Get a Boost from Grotta Fund first appeared on Morris County, NJ.

VOLUNTEERS NEEDED TO HELP AT BLOOD DRIVES

New Jersey Blood Services (NJBS), which supplies blood to hospitals throughout the state, is in need of volunteers to help at blood drives. The blood drive volunteer is an integral member of the blood collection team whose task it is to assist donors with registration and/or at the refreshment area. No medical background is necessary. Volunteers should have the ability to relate to the public, be able to perform different

jobs as needed and have the willingness to follow the rules. For additional information contact, Monday to Thursday 9 a.m. to 5 p.m., Manager of Volunteer Services Sharon Zetts at 732-850-8906.

To apply on line as a blood drive volunteer, please go to:

nybc.org/support-us/volunteer-nybc/volunteer-application/

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VETERAN ADMINISTRATOR TO LEAD DISTRICT'S CHARGE FOR EQUITY

Submitted by Gary Miller

When Kcyronne Zahir was growing up in Newark in the 1980s and 1990s, he was a student who could have gone either way. He could have worked hard to build a productive life, or he could have been overlooked and lost to the streets. He credits his mother – a former Black Panther – and athletics with keeping him on the right path.

Today, Zahir is director of the Linden Public Schools alternative high school, housed at the Academy of Excellence in the former St. Elizabeth's elementary school. The program offers smaller group settings that allow educators to meet students' unique educational and behavioral needs outside the traditional high school.

Zahir took over the alternative program in 2016 after serving as principal of McManus Middle School and School No. 2, and as vice principal at Schools No. 1 and No. 4. He began in Linden as a health teacher at McManus and Soehl middle schools in 2000, and has been an administrator for 16 years.

This year he has a new title. In addition to being the alternative school director, Zahir is now also the district's director of equity in education, tasked with making sure that every student in the district gets an equal shot at a quality education.

In his new position, Zahir is heading a team of about a dozen administrators that will be crafting the district's long-term equity plan. The team consists of Superintendent Dr. Marnie Hazelton, Assistant Superintendent Denise Cleary, and several principals from elementary, middle, and high school levels.

The team will be attending virtual workshops offered by the University of Pennsylvania through the spring to help them create and deliver an equity plan, which will likely be part of the district's five-year strategic plan.

He said the plan will be driven by data in an effort to find inequities and address them.

Understanding the many different cultures that make up Linden is a big part of making sure students feel comfortable in their schools and classrooms.

He said he made it through school because he needed to maintain his athletic eligibility. But playing football and running track also taught him how to prepare, how to deal with adversity, teamwork, how to trust others.

It also made college a more realistic dream. He went to Montclair State University, where he was part of the track team. He obtained his master's degree from St. Peter's College and is working

toward his doctorate at Trident at American InterContinental University.

He wants to make sure through a renewed focus on equity that Linden students who might otherwise be left behind are supported and given a fair opportunity at that kind of future success.

"It's something that if we do it correctly, we can reach a lot of students," he said. "Let me start at the same starting point as the person next to me. Give me the same amount of time, give me the same amount of support. And watch how I flourish."



(above) Director Kcyronne Zahir, far right, with staff and students at the Academy of Excellence, Linden Public Schools' alternative high school. Zahir has taken on the added role of director of equity in education for the district this year.



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Dr. Somma has been in practice in Union and Middlesex counties for over 20 years, with an emphasis on excellence and compassion for his patients. He has served as the physician for the Elizabeth Fire Department, the Board of Health of Hillside and has served the Board of Education for Woodbridge NJ. He was granted the Humanitarian of the Year Award by Trinitas Health Foundation in May 2014, for his dedication to the community and his outstanding service to the goals of the Foundation.

Dr. Somma has special interests in various fields of Internal Medicine, including diabetes, obesity, cardiovascular diseases and arthritis/rheumatology. He has represented to major pharmaceutical companies, such as Schering-Plough and Pfizer, in a consulting and educational role for his peers. Dr. Somma has been a clinical educator for Seton Hall's Physician Assistant Program and is an Associate Professor of Medicine for their Internal Medicine program.



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(above) Cielo & Melvin

LINDEN HALLOWEEN HAPPENINGS

The City of Linden Halloween Parade for 2020 has been canceled due to COVID-19. The Halloween Committee met throughout the year, hoping to have the parade. However, with the safety and best interest of the community in mind, the final decision was to cancel the parade.

While trying to keep some sense of normalcy

for the City, the City of Linden, the Halloween Committee and the Department of Parks and Recreation planned several socially-safe events for the community. The events included, a family night with a magic show, a movie night, and 'Scarecrow Creations' made by the Linden Public Schools, were on display in front of City Hall from October 19 through October 31.



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NEW LINDEN HIGH GIRLS SOCCER COACH CARLA SILVA

Submitted by Gary Miller

Carla Silva was excited about her new opportunity. She was eager to get to work as the new head coach for Linden High School girls soccer.

Then her first season was nearly taken away when the sports world was thrown into doubt by COVID-19.

"I'm excited for the season, really excited," Silva said. "I was really worried that it wasn't going to happen. My first year and it's not going to happen. So the fact that it's still on and seeing how many girls showed up, and they're happy, and they want to be here, and they're ready to go, I'm just ecstatic and looking forward to the season."

The season was delayed and shortened, and players and coaches need to abide by special guidelines to protect everyone's health and safety. But the games will go on.

"With COVID, it changes things a lot," Silva said. "Now you have to be extra prepared with anything that might happen. But it's been working out great. Just the fact that we're having a season is great. The girls are very excited about that because I know they were all concerned with possibly not having a season. My goals for the season is to keep a positive culture, keep them excited and wanting to be there, and to hopefully win."

Silva served last year as JV coach after having been assistant coach at David Brearley High School in Kenilworth for three years. She was hired to coach the Bears shortly after graduating from Kean University. But her loyalties were split because she was hired around the same time as a social studies teacher at Linden High School.

"That was very conflicting, to say the least," she said. "I had all the soccer girls as my students and they would say, 'Come to my game!' and I

would say, 'Well, we're going to play against you guys.' But it was still nice, because I got to be a little competitive with my students."

Then she got a call from Athletic Director Steven Viana before the 2019 season offering her the opportunity to join Linden's program as an assistant coach.

"I was very much in love with Linden and wanted a job here, absolutely," Silva said. "It was great. I loved it. This time I actually had my students as my soccer girls, so it was really nice. It was nice to see where the girls were at and try to build the JV program from there."

Now, just a year later, she's got the opportunity to take over as head coach after the retirement of Wayne Mehalick, who headed the program for 27 years.

"Coaching with Coach Mehalick was great," Silva said. "When I got the call, at first I was a little intimidated because he's been here for so long, he's done so many great things. That's big shoes to fill. Then I was really excited because he's done this much, now I get to take that and just do more with it. He's always wanted great things for the girls program and we can just keep feeding off of that, developing that."

Viana said he's looking forward to great things with Silva as head coach.

"Carla has a good vision of where she wants to go with the team to build a family atmosphere," he said. "She brings a great awareness and understanding of the game. I know she's happy to get on the field this year, and we expect big things down the road."

When Silva was hired in the spring, it took a little while for news to spread to the players because of COVID-19 and remote learning.

"I got a couple of messages right away and they were very excited," she said. "It wasn't until June when I had my first meeting virtually, and I

introduced myself as the new head coach, and some of the girls were like, 'What?! Why didn't you tell me?!' It was nice to get that kind of reaction.

"I've got big shoes to fill, so the fact that they welcomed me with open arms was very, very nice."

Because of the circumstances, Silva hasn't gotten to know as many of the players' parents as she would have liked so far, but says that will come with time.

"I do hope they are involved because that's the program that I want to build," she said.

As far as her other goals, she wants to take things one step at a time this season, but the goal is to win.

"Countys are still on, states are still on. Going there is definitely the end goal," she said. "But as long as the girls are enjoying themselves, are learning, are developing as we go on through the season, that's all a coach can really ask for."

Looking beyond this season, Silva wants to build a culture of teamwork and success.

"I want to build that climate of bringing varsity and JV together," she said. "It's not just two separate teams, it's one team. We're the Linden Girls Soccer Program. That's definitely something I'm working on."

"When I was growing up, Linden girls soccer was on the map. So if I can do that for Linden, that's where I want to go. I want Linden to be that competitor that I know that we can be. We have the girls for it. It's just building that drive, getting the girls to connect together. That's hopefully where we can get in the next few years."

Right now, she and her players are focusing on staying safe, staying healthy, and staying on the field in the year of COVID.

"It's a short season," she said, "but a short season is better than no season."



(above) Linden High School girls soccer head coach Carla Silva, right, going over practice plans with assistant coaches Tara Dey, left, and Erin Murphy.

(above) Linden High School girls soccer head coach Carla Silva, right, going over practice plans with assistant coaches Tara Dey, left, and Erin Murphy.

(above) Girls soccer head coach Carla Silva talking with players during practice at Wheeler Park.

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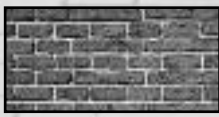
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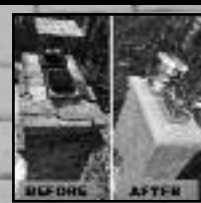
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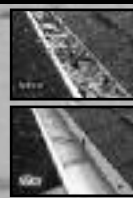
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HOLOCAUST SURVIVOR MEETS LMA STUDENTS

Submitted by Eugene Bell

Holocaust survivor Peter Stein recently met with the students and faculty of Westfield's Lamberts Mill Academy (LMA) to share his experiences about living through the Holocaust. Mr. Stein spoke of his struggles and loss of family growing up as a young boy in German occupied Czechoslovakia. As he told his story the students were captivated by his recollections. He was born to parents of a mixed marriage – his father Jewish and his mother Catholic. As the terror grew, he identified with his mother to find some level of protection. Frequently his father was taken to do hard labor at Terezin without any notice. Most of his father's family were murdered there during the war.

He shared his fear on the days that Germany moved in to occupy – how their country and his life went from carefree to fearful. His childhood images were filled with the sight of soldiers and equipment constantly moving around the city. He told of the affirmations he was meant to give every day at school to Adolph Hitler and the propaganda rallies they had to attend on a weekly basis to boost German morale. He spoke of the class bully who targeted him by calling him a dirty Jew and his fear that this might reveal his true background.

Mr. Stein also spoke of hope as he talked about the spirit of his people and their

aspirations for a better future. He also highlighted other parts of his childhood – his meals with his Catholic grandparents where food was plentiful while at home there was rationing and a struggle to have enough to eat. He also told of the times that they secretly listened to the BBC on Sunday nights despite the German's radio jamming. He said this always gave them hope as the Allies moved closer.

After his presentation, several students and faculty asked questions. These ranged from his levels of fear, what it was like to survive a bombing, and if he still believed in God. He noted that he was among the lucky as he and his mother were able to immigrate to the US after the war and establish a life in a free country. He emphasized several times how lucky we are to live in the US where we are free. Two students told Mr. Stein he was a hero for living through the terror and sharing his feelings with young people.

The assembly was part of the school's history program that brings history to life for its students. Lamberts Mill Academy is one of five special needs schools sponsored by the Union County Educational Services Commission, a public-school district headquartered in Westfield, NJ, to serve the needs of students in Union County and nearby towns. Further details about LMA or the other schools may be gathered by calling their offices at 908-233-9317.

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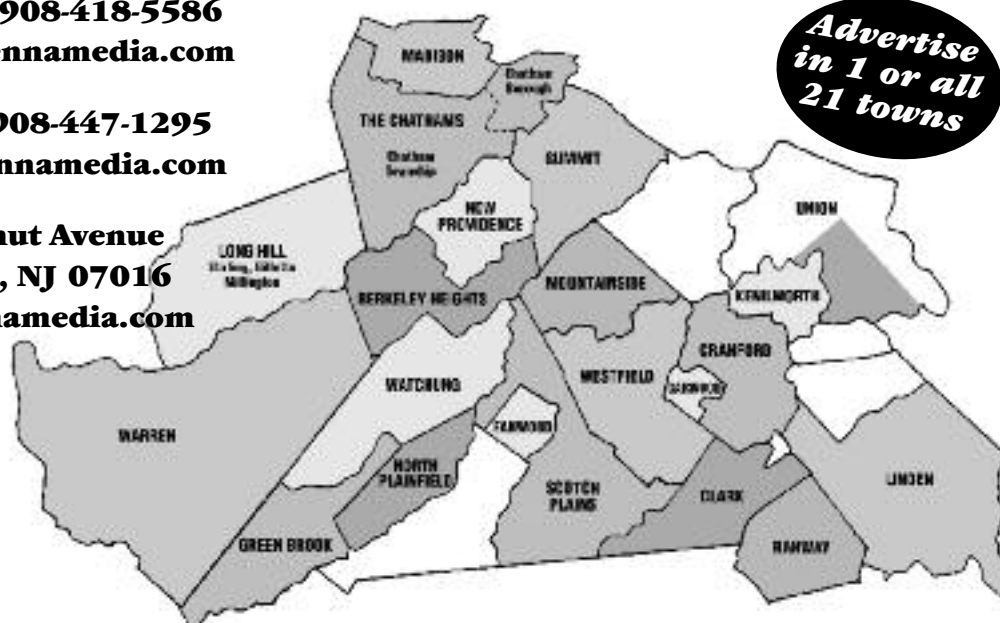
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Pabst Blue Ribbon cans	30pk	\$19.99
Pilsner Urquell	24pk	\$30.99
Sagres	24pk	\$24.99
Sam Adams Boston Lager	24pk	\$32.99
Stella Artois loose bottles	24pk	\$28.99
Yuengling Lager bottles	24pk	\$19.99
Zywiec (11.2oz)	24pk	\$21.99

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	750ml	\$21.99
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	750ml	\$22.09
Silver Oak Alexander Valley Cabernet	750ml	\$76.99
Simi Chardonnay	750ml	\$13.09
Woodbridge (All Types)	1.5L	\$12.49

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Any purchase of 6 bottles of wine	Any purchase of 12 bottles of wine
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ABC prices prevail other prices, limited to store inventory.

Not responsible for typographical errors.

Prices valid till November 30, 2020.