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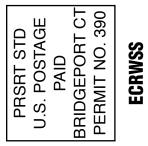
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(above, l-r) Danuta Lisowska Festival Coordinator, Sophie Kotulski Miss Polonia 2020/21, Marcelina Domaradzka Junior Miss Polonia, Milena Głąb Little Miss Polonia, Agnieszka Czajkowska President Generał Pulaski Memoriał Parade of St. Theresa Church, Jadwiga Kopala The Great Marshal of The 83 Pulaski Parade, Mayor Derek Armstead, David Hart Marshall of The 83 Pulaski Parade 2020/21, Vice -Consul General Consulate Republic of Poland Stanisław Starnawski, Linden Councilman Barry Javick, St. Theresa Pastor Ireneusz Pierzchala, Father Tomasz Koszalka of St. Theresa Church.







(above) First lady and President Andrzej Duda of Poland was presented the key to the city by Linden Mayor Derek Armstead with wife Danie.

Photos from this and other events can be found online at rennamedia.com and on the Life in Linden page on facebook.com. Feel free to "Like", "Tag" and "Share"



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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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BLESSING OF THE ANIMALS – OCT. 3

The Episcopal Church of St. John the Baptist, 230 Melrose Terrace in Linden, will host their annual Blessing of the Animals on Sunday, October 3, 2021, at 2 p.m. A rain date is scheduled for October 10.

The Blessing will take place on the great lawn of the church. People participating in the event are asked to bring a folding chair. All persons coming to the event must wear a face mask to create a healthy environment and to comply with worship requirements established by the Episcopal Diocese of New Jersey. Spaces will be designated on the great lawn to allow for social distancing.

A short Christian prayer service will begin at 2 p.m. and will include an individual blessing of animals. The priest will come to each animal and, with the owner's permission, bless the animal without touching the animal. Donations will be accepted for a local animal shelter.

The Blessing of the Animals takes place on the first Sunday of October since the blessing remembers St. Francis of Assisi, the Patron Saint of Animals, whose feast is celebrated on October 4. Throughout his life, St. Francis was known to preach to the birds, release rabbits caught in traps or fish caught by people, and even make peace between a wolf and the people of Gubbio whom the wolf terrorized.



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NAAVA HESS DONATES KIDNEY TO SAVE A LIFE AND RAISE AWARENESS

NJ Sharing Network

Naava Hess, of Linden NJ, is part of loving family devoted to helping others in need. Along with her husband, Rabbi Joshua Hess, they have encouraged their children - Daniel, Akiva, Esti and Dalia - to always look for opportunities to make a difference in the lives of others.

"At one point, I wanted to be a nurse, but science is not a strong point for me, so I passed on that. But I always thought that the opportunity to save a life was something I would love to do," said Naava.

That opportunity for Naava would ultimately come through living organ donation.

"I have a few friends and acquaintances that have been living donors, and it was always something that intrigued me," said Naava. "When there was a member of our synagogue who was in need of a kidney, I signed up for a drive to test to see if I was a potential match, along with my parents. At the same time, my twin sister, living in Israel, signed up to be a kidney donor there. One by one, we have been chosen - first my sister, then my mother, then it was my turn, when I donated my kidney in March. Now, my father is undergoing the preliminary testing to see if he will qualify to proceed."

For Naava and her family, living donation was an easy choice to make. They never felt any fear about the surgery or experiencing any short- or long-term health concerns.

"After educating myself more and more, I understand well that a second kidney is really an organ that, for most people, is a bonus," said Naava. "It's as if God builds your body with an extra, and why keep it around? In our family, we call it #shareyourspare. I really just felt a tremendous sense of peace and calm, knowing that I was doing the right thing and that all would be well."

Naava's 'spare' saved the life of a 37-year-old man who had been waiting for a transplant for several years. Naava, has been told her recipient in doing well both physically and emotionally since his transplant.

describe the feeling of knowing that you have done such a wonderful thing, making such a huge difference," said Naava. "I may never meet this man, but for someone I have changed his world, and that of his family. It lifted my spirit like nothing I have ever accomplished."

Naava is now focused on sharing her story to encourage others by underscoring the fact that there is little to no risk to the donor and that the recuperation time is short. According to NJ Sharing Network, there are nearly 4,000 New Jersey residents currently waiting for a lifesaving transplant, and one person in New Jersey dies every three days waiting for a transplant. Just one organ and tissue donor can save eight lives and enhance the lives of over 75 people. To learn more, get involved and register as an organ and tissue donor, visit www.NJSharingNetwork.org.

"We all have opportunities in this world to make a difference. The chance to give a family

"I am euphoric. There is no other word to the ability to be together, to heal one person, one family, when so many are in need," said Naava. "I would do it again - a million times over if I could. Since I can't, I will pray that I can enlighten even one more person to save a life, and if they pay that forward and keep the chain going, I will be happy."

ABOUT NJ SHARING NETWORK

NJ Sharing Network is the federally designated non-profit organization responsible for recovering organs and tissue for the nearly 4,000 New Jersey residents currently waiting for a lifesaving transplant. With headquarters in New Providence, NJ, the organization is part of the national recovery system, serving the 110,000 people on the national waiting list. NJ Sharing Network was selected by NJBiz as one of the state's "Best Places to Work" for the third consecutive year. To learn more, get involved and register as an organ and tissue donor, visit www.NJSharingNetwork.org.



(above, l-r) Hess family members Dalia, Esti, Rabbi Joshua, Naava, Dani and Akiva.

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PANCAKE BREAKFAST AMERICAN LEGION POST 102 SUN., OCT. 17

Come to a Pancake Breakfast, hosted by the American Legion Auxiliary - Unit 102, on Sunday, October 17, 2020 at the American Legion Post 102, located at 112 West Elizabeth Ave., Linden, from 8 a.m. to 12 p.m. Donations: Adults \$8.00 / Seniors & Children \$7.00 / Ages 5 & Under Free.



Come one, come all to our Pancake Breakfast on Saturday, October 30th at the VFW #1397, located at 20 Pennsylvania Railroad Ave., Linden, from 8 a.m. to 12 p.m. Donations: Adults \$7.00 / Seniors & Children \$6.00 / Ages 5 & Under Free.

This event is open to the public, so come out and enjoy a home cooked breakfast! Take outs are also available!

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LINDEN POLICE DEPARTMENT FULFILLS ONE MIND CAMPAIGN PLEDGE

Submitted by Lt. Christopher Guenther The Linden Police Department is pleased to announce that they have completed a pledge they took to improve their response to those suffering from mental illness in their community. The pledge is part of an initiative called the One Mind Campaign started by the International Association of Chiefs of Police (IACP), a 31,000 member professional association for law enforcement that provides training, technical assistance, and recruitment services. To join the One Mind Campaign, law enforcement agencies must pledge to implement four promising practices in a 12-36 month period to ensure successful future interactions between police officers and persons with mental illness. Linden became just the second agency in New Jersey to complete the pledge.

In the law enforcement community, mental illness has become a common focus, with some departments estimating that as many as 20% of their calls for service are related to mental health challenges. Chief David Hart made the decision to join the International Association of Chiefs of Police's One Mind Campaign because of the growing number of calls for service related to mental health, as well as the challenges associated with safely dealing with a person in crisis.

"For years, we have been among the most progressive agencies in Union County and across the state in our efforts to build relationships within the mental health community," said Chief Hart. "The One Mind Campaign is a natural fit, and our participation demonstrates our commitment to helping our community in crisis."

The Linden Police Department Crisis Intervention Team (CIT), led by Captain Abdul Williams, hosts several events throughout the year to help build relationships and interact with affected members of the community when they are not in crisis. Captain Williams and other members of the team have been instrumental in developing curriculum and facilitating training for Police officers across the state. The program is well-respected for their consistent, sustained efforts; in 2017 the program was honored as the Program of the Year by the CIT – NJ Center of Excellence in 2017. Captain Williams was also personally honored earlier this year when he was selected as the 2020 Program Coordinator of the Year.

In completing the One Mind Pledge, the Linden Police Department established a sustainable partnership with a local mental health organization, developed and implemented a model policy to address officers' interactions with those affected by mental illness, and ensured that all of their officers received some type of mental health awareness training, with at least twenty percent of the department completing the more intensive CIT or equivalent crisis response training. The 40-hour Crisis Intervention curriculum is designed by local agencies to train a team of specialized officers to respond to calls that involve individuals with mental health disorders such as depression or intellectual disability. The curriculum includes education on

role-play scenarios of officers responding to persons who need mental health assistance.

Campaign, visit the IACP's website at

various de-escalation techniques as well as live theiacp.org/projects/one-mind-campaign. A list of all agencies who have taken the pledge is available there. For more information about the For more information about the One Mind Linden Police Department's CIT program, please visit their website at linden-nj.gov/police.



(above, l-r) Pictured are Captain Abdul Williams, Chief David Hart, Mayor Derek Armstead, Captain Joseph Cacioppo, and Lt. Vincenzio Wegrzvnek.



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Linden Public Schools

Linden help prevent what could have been a tragedy.

Soehl Middle School health and physical education teacher Valerie Tauriello jumped into a moving vehicle that was headed for a group of students outside before the first day of school and stopped it before the situation turned into a disaster.

"It was a situation where a lot of people could have become injured," Tauriello said, "and without hesitation I just had to jump into action and stop that moving car from running into the school or injuring the kids."

It all started on Wednesday, September 8, while Tauriello was outside on drop-off duty on the first day of the school year when a parent jumped out of their car to run into the school to drop off their child's forgotten iPad. However, the vehicle was not in park and started to roll forward onto a sidewalk where a group of students was gathered.

"He went running to give his kid the iPad, so God, I have to stop this car or it's going to hurt Quick thinking by a middle school teacher in he wasn't near it," Tauriello said. "So I figured I'm the only one who can get to this car right now."

> Soehl Middle School Principal Gwendolyn Long said Tauriello thinks of the students safety first, as if they are her own children.

> "She did not hesitate to risk her life to save our students," she said. "In a matter of seconds she informed the father of what's going on, informed the staff to get the kids out of the way, then thought enough to risk her life, because she could have gotten injured. This is the person she is, and this is every day with Ms. Tauriello, thinking of our students first. The Soehl Middle School family is just blessed to have her."

> Tauriello, who is also the head softball coach for Linden High School, said her athletic training kicked in, despite the fact that she was wearing a boot on her foot for an old injury that was acting up.

> "I know I can't run that fast, so at first I was kind of frozen," she said. "But I was like, oh my

somebody.

"It was very hard jumping into a moving car. I never realized that would be a difficult task. At first I couldn't really get in because the car was moving faster than I expected it to. So I just ran a little faster and just hopped in and put into park."

The whole situation was caught on camera by the school's security system, showing how fast it all happened. Before jumping into action, Tauriello shouted to another teacher, Frank Hasenauer, to get the students out to the way.

"I yelled, 'Move the kids! There's nobody in that car, you gotta move the kids!' He told the kids to move out of the way, and that's when I ran for it," she said.

She also credited paraprofessional Deborah Okun with alerting her to the moving car, as Tauriello was watching the parent running toward the school with the iPad.

"I'm just glad everybody's OK," she said. "It could have been bad."



(above) Soehl Middle School health and physical education teacher Valerie Tauriello jumped into a moving vehicle that was headed for a group of students outside before the first day of school and stopped it before the situation turned into a disaster. Photo by Linden Public Schools







CASA SALUTES ITS VOLUNTEER CHILD ADVOCATES AT BBQ

Court Appointed Special Advocates (CASA) of Union County, the only local nonprofit advocating for youth from birth to age 21 involved in the child welfare system due to abuse, neglect and abandonment, took time-out on a recent sunny Sunday afternoon to fete its community members who are trained as child advocates and continuously give of their time to ensure the best interests of Union County's most vulnerable youth are protected and their needs are met.

Seeley's Picnic Grounds in Watchung Reservation was host to a guest list that included each of the organization's nearly 170 current volunteer advocates and their families and dogs, its funders, and court personnel with whom the organization regularly works as cases are heard by Union County Superior Court. CASA staff and several members of the Board of Trustees

served guests such grilled fare as ribs, pulled pork, hotdogs, burgers, and sides and dessert galore. Executive Director Mariel S. Hufnagel's husband Anthony was grill master.

Amid the frivolity of lunching, chatting and even competition at the cornhole and KanJam playing fields, CASA volunteers and staff still managed to make time for advocacy work, too. Each year as the summer draws to a close, the organization runs a school supply drive to ensure every foster youth served has a new backpack chock-full of needed supplies so their first day feels full of promise. The park's pavilion became backpack depot where advocates checked in to secure their foster youth's backpack, lunchboxes, and supplies.

Anne Collart, President of the Board of Trustees, was among those welcoming advocates. "It was a gorgeous day, and the perfect setting for CASA of Union County to give its time for all those who gift their time for local foster youth, and keep the organization moving forward in its mission. Today, we wanted to be in their corner, and encourage each advocate to relax, connect and enjoy our gratitude for all they do."

Since 2005, the nonprofit has recruited, trained, supported and supervised nearly 600 volunteers to advocate for more than 900 youth, protecting best interests in the courtroom, classroom and community, and helping ensure already experienced trauma is not exacerbated as youth await permanency in a safe and loving home.

For details on the advocate experience and joining upcoming information and training sessions, email Lucia at info@casaofunioncounty.org.



(above) Among the CASA volunteers attending were, from left, James Walker Jr. of Elizabeth, Isabella Blumberg of Springfield, Barbara Bagger of Westfield, Arlene Sumner of Linden, Carmen Iyala of Scotch Plains, Quetzali Sevillano of Rahway, Lara Gibbemeyer and Robert Bridgeman of Westfield, Flor Maria Mendez of Elizabeth, Mollie Yang of Mountainside, Fernando Porras of Clark, Katherine Romano of New Providence, Shelley Grobe of Cranford, Kristen Kim of Westfield, Rebecca Muston of Summit, Teresa Lastella of Clark, Kevin JeanCharles of Roselle, Donna Isidron of Clark, Karime Herrera of Elizabeth, Komal Nankani of Summit, Lisa Kalichman of South Orange, Sean O'Leary of South Plainfield, Carolyn Colonna of Fanwood, Cynthia Evans of Scotch Plains, and Lydia Pernia of Linden.





LINDEN SENIORS WELCOMED BACK TO JTG CENTER

Linden Department of Parks Recreation held a Senior Citizen Open House at the JTG Center on looking forward to interacting with the seniors September 8. The open house was to welcome back seniors to the building and introduce the staff. Also, Recreation Director Ralph Dunhamn and Recreation Leader Megan Martin-Ortiz provided residents with information on the upcoming fall schedule and building procedures. Light refreshments were served along with giveaways and door prizes.

Director Dunhamn stated "that the staff is and other visitors to JTG".

For more information on the fall schedule, email lindenrec@linden-nj.org. or call 908-474-8600. The Parks & Recreation office is located at 330 Helen Street. To view full class descriptions, visit www.linden-nj.org and click on Community Pass.



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(above) Door prize winner Lucy MacIndoe with Ralph Dunhamn.



(above) Door prize winner Arthur Henderson with Megan Martin-Ortiz.



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Submitted by Tom Kuzma

In 1986, the leaders of the Linden Interfaith Council of Churches met for the express purpose of establishing an emergency food pantry to feed the city's needy. After much deliberation, it was decided that St. Paul's Lutheran Church on East Elm Street in Linden would be an ideal location for the pantry. With the blessings of the council and the approval of the pastor, announcements were made in all Linden's churches soliciting donations of non-perishable food items and/or money to jumpstart the pantry's operation. After receiving multiple donations, it was decided that food distribution would take place every third week of each month on a Monday and Tuesday from 9:00 a.m. to 12:00 noon.

For many years the pantry worked out of the basement of St. Paul's School providing necessities for approximately two hundred families who were food insecure. However, during that time, the operation grew beyond the capabilities of the council and St. Paul's Church. Thus, LINCS, a 501C3 corporation was formed in 1996 to take over the food pantry and community service operation.

Rev. Hovart Utter became president of our corporation and for the next ten years under his leadership and through his generosity, we were able to flourish. Unfortunately, as time went on, the population of St. Paul's parish was in rapid decline and Rev. Utter had no alternative but to sell the parish properties in Linden. As a result, we had to find a new venue in order to maintain our emergency food pantry.

Arrangements were made with A.J. Aluminum to rent a portion of their warehouse space for our new location. With our dedicated and caring staff of twenty-four volunteers, we moved our operation (no small task) to our new location at 14 West Munsell Avenue in Linden. After preparing the pantry for operation, our volunteers never missed a distribution date even while the COVID-19 pandemic was raging. Now it was time to reach out to the general public, our local businesses, and the county for assistance.

Being a non-profit and strictly volunteer organization, we needed to solicit help from our local community and the county of Union to continue our mission. The outpouring of support we received for our pantry was phenomenal. At first, it was the Linden schools who answered our call. Diana Braisted (former principal of School One and later Soehl Middle School) was very interested in creating a culture of community service for her School One students. With the help of our directors, Joseph LaPlaca III and the late Michael Chengeri, and Irene Modrak, her dream became a reality. It wasn't long before all the schools in Linden, as well as the Linden Board of Education, the Linden Education Association, and the schools became involved. Every year since 1998, the schools of Linden have collected food and monetary donations during the holidays and special occasions to feed the needy in our community. They supplemented these collections with an annual walkathon at Wilson Pond where the students not only donated

money and food but also boxed and loaded the and organizations: Linden Chamber of items to be taken back to LINCS for distribution. Commerce, the County of Union, Shop Rite of

Besides our schools, there are individuals and many organizations who support our pantry during the holidays. St. Elizabeth of Hungary Parish has been collecting food donations to fill in some of the food shortage gaps we've experienced. Also, at Thanksgiving, the Linden Fire Department donates money to purchase the turkeys and other staples that are normally served at a Thanksgiving dinner. But the department goes above and beyond because they also volunteer their time to distribute these items to our patrons over a two-day period regardless of the weather. At Christmas time we are blessed to have a friend like Joe Sarica. Over the years, Joe, through his own generosity and no cost to us, has supplied our pantry with toys to distribute to the children of our patrons at Christmas. It is people like Joe and others in our community who make our work at the food pantry both rewarding and joyful. Besides our regular food distribution at Easter, we've also have been able to supply the needy of our community with a Shop Rite gift card.

Besides food donations, we've also received financial support from the following businesses

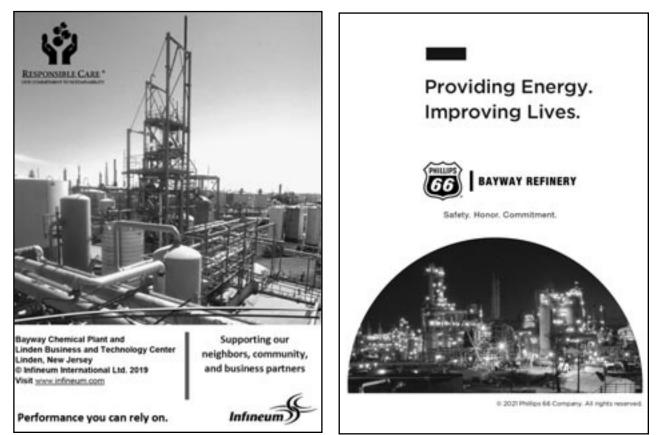
and organizations: Linden Chamber of Commerce, the County of Union, Shop Rite of Clark, Raiffe's, Infineum, Phillips 66, Linden Knights of Columbus, Merck & Co., Inc, Unity Bank, and the United States Postal Service. Every year the United States Postal Service conducts a "Stamp Out Hunger Drive" in our town. Over the years they have collected thousands of pounds of non-perishable items that have helped us to restock our depleted shelves.

Even though the current pandemic has put a temporary halt to our walkathon and the post office's food drive, we are humbled by the generosity of our local businesses, schools, individuals and companies who support our organization. It is due to their involvement that we are able to keep our pantry operational during this world-wide crisis. With their continued support, we hope the next thirty-five years will be just as successful.

If you wish to donate food to LINCS Food Pantry, call 908-925-2523. Someone is usually in the office after 11:00 a.m. on Mondays. Should you choose to make a monetary donation, make a check payable to "LINCS Food Pantry" and mail it c/o Joseph LaPlaca at 14 West Munsell Avenue, Linden, NJ 07036.



(above) LINCS staff pose for a picture. 2021 marked 35 years of service for the food pantry.



LINDEN RECREATION OCTOBER CLASSES

Linden Recreation announces a variety of classes for all ages starting in October. Linden residents only are eligible. Pre-registration is required by calling 908-474-8600 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. Prgram location: JTG Center, 330 Helen Street.

YOUTH Yoga

Wednesday, October 6, from 6:00-6:45 p.m. The fee is \$24.

Happy Memories Pillow Arts & Crafts

Thursday, October 7, from 6:00-7:00 p.m. The fee is \$10.

Ceramics Wednesday, October 13, from 6:00-7:30 p.m. The fee is \$10.

Kids Paint Thursday, October 14, from 6:00-7:30 p.m. The fee is \$10.

Full Moon Hike at Hawk Rise

Friday, October 22, from 6:00-7:30 p.m. Hawk Rise Sanctuary, Range Road. The class is FREE.

ADULTS

Lazy Susan Arts & Crafts

Thursday, October 7, from 7:15-8:15 p.m. The fee is \$10.

Looking for Late Migrants at Hawk Rise: The class will be held Thursday, October 14, from 9:00-11:00 a.m. at Hawk Rise Sanctuary, Range Road. The class is free.

Ceramics

Wednesday, October 20, from 6:00-7:30 p.m. The fee is \$10.







SENIOR CITIZENS China vs US

Monday, October 4, from 1:00-2:30 p.m. The class is FREE.

Paint a Picture Wednesday, October 13, from 1:00-2:00 p.m. The class is FREE.

Latch Hook Kit

Thursday, October 14, from 10:00 a.m.-12:00 p.m. The class is FREE.

The Crisis at the Border Monday, October 18, from 1:00-2:30 p.m.

The class is FREE.

Today's Battle Over Voting Rights in The US Monday, October 25, from 1:00-2:30 p.m.

The class is FREE.

Sunflower Memo Board

Thursday, October 28, from 10:00 a.m.-12:00 p.m. The class is FREE.

Benefits of Physical Therapy

Thursday, October 28, from 1:00-2:00 p.m. The class is FREE.

For more info, email lindenrec@linden-nj.org. The Parks & Recreation office is located at 330 Helen Street. To view full class descriptions, visit www.linden-nj.org and click on Community.



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LIBRARY FILM SERIES

The Linden Public Library continues its popular film series into the fall with two distinctly different but interesting themes of movies. On Friday afternoons at 1:00 p.m., the library will present politically-themed, Oscar nominated movies set in Washington while three other films that are based on real events will be shown at other dates and times during October.

The presidential-based movies will begin on **Friday, October 15** when the 1979 film **Being There** will be shown. A simple-minded gardener becomes a most unlikely trusted advisor to a high-powered Washington insider who is close to the president. The film stars Peter Sellers and Melvyn Douglas, who won an Oscar for this role.

On Friday, October 22, The Contender, a 2000 political thriller, will be presented as a female candidate is considered for appointment as vice president when scandalous information - and misinformation - about her past surfaces and threatens to derail his candidacy. The film stars Joan Allen, Jeff Bridges and Gary Oldman.

On **Friday, October 29**, Rob Reiner's popular 1995 film, **The American President**, will be shown. A widowed president seeking reelection falls in love with a Washington lobbyist. The film stars Michael Douglas, Annette Bening and Martin Sheen.

On Friday, November 5, the 1993 comedy, **Dave**, will be shown. This Oscar-nominated screenplay tells the story of an uncanny presidential lookalike named Dave who is recruited by the Secret Service to stand in for the actual president. This movie stars Kevin Kline and Sigourney Weaver.

Other films based on real life events include **Critical Thinking**, a 2020 drama which will be shown on **Wednesday**, **October 13** at 1:00 p.m. This movie is based on the true story of Miami's Jackson High School chess team which becomes the first inner-city youth team to win the U.S. National Chess Championship. It stars John Leguizamo, who also directed and produced this inspirational film.

On **Monday evening, October 18** at 6:00 p.m., the film **Monuments Men** will be shown. This 2014 movie is based on the real events of a special Allied unit of soldiers during the closing months of WWII that was charged with finding and saving pieces of rare art before the Nazis destroy or steal them.

On **Tuesday afternoon, October 26** at 1:00 p.m., the 2006 film **The Hoax** will be presented. This movie deals with the intriguing events surrounding writer Clifford Irving's bogus biography of billionaire Howard Hughes during the early 1970s. This movie stars Richard Gere and Alfred Molina.

Located at 31 East Henry Street, the Linden Public Library has been at the center of the city's social, cultural, artistic and educational life since it was founded in 1928.

Films are presented thanks to special funding by the Friends of the Linden Library.

If you have any questions, please call the library at 908-298-3830.





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POWER HOUSE GYM HOLDS GRAND REOPENING

Powerhouse Gym, located at 201 South Park Avenue in Linden, NJ held a grand reopening celebration on Saturday, September 25, 2021. Linden Mayor Derek Armstead did the honors of cutting the ribbon along with Janet Miller, Chairperson of the Linden Chamber of Commerce.

The event featured Rich Gaspari from Gaspari Nutrition and area athletes handing out samples. Catering was provided ny Stephanie's BBQ.

Raffle prizes included free months added to a membership, with the grand prize being a 1-year membership. Enrollment fees were waived for people who signed up that day. Group classes including a outdoor spinning class were held for the duration of the event. Daycare was also available.

PER 1,000

For more information visit: powerhousegym.com/locations/linden Facebook.com/PowerhouseFitness201



(above) Andrew Parr, owner of Power House Gym assists Linden Mayor Derek Armstead in cutting the ribbon during a grand reopening ceremony held on Saturday, September 25, 2021.

Photos from this and other events can be found online at rennamedia.com and on Life in Linden page on facebook.com Feel free to "Like," "Tag," and "Share."



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UNION COUNTY ANNUAL DAY OF PRAYER - OCT. 6

As the nation continues to reckon with the effects of the COVID-19 pandemic, the seventh annual Union County Day of Prayer will serve as "A Memorial Service to Those in Our Memory" on Oct. 6.

The event will be held at 7 p.m. at Holy Trinity Roman Catholic Church in Westfield and is sponsored by Union County Interfaith Coordinating Council and Community Access Unlimited.

The annual Day of Prayer brings the community and leaders of different faiths together for an evening of music, prayers of unity and reflective readings. UCICC works to build bonds within the interfaith community and promotes the respect, inclusion and welcoming of others at houses of worship.

"We cannot do justice to all of the lives that have been taken from us at the Union County Day of Prayer on Oct. 6th, but we can begin to do so together," said Pastor Carmine Pernini of Zion Evangelical Lutheran Church in Rahway. "We can take a few small steps to appreciate the gift that is the life we have yet to live together by honoring those loved ones, those impossible times we have made it through, and those trials that have forged who we are and will be from this side of the pandemic."

The event includes speakers, musicians and readers representing major Abrahamic and Indian religions; among the performers scheduled are students of the Muslim Community Center of Union County and Eliezer Almonte of Communidad Cristiana in Elizabeth. Masks are required and attendees will observe social distancing.

UCICC works closely with Community Access Unlimited to promote accessibility in the local faith community for individuals with developmental disabilities. Past events have included weekly interfaith services and introducing members to different houses of worship in the area.

"Religion and communities of faith are an important part of spiritual life that everyone should have access to regardless of their abilities and needs," said Walter Kalman, associate executive director of Advocacy, Communications and Resource Development at CAU. "We are proud of our continuing partnership with UCICC and the growing community and the teamwork it has fostered."

ABOUT COMMUNITY ACCESS UNLIMITED

Community Access Unlimited (CAU), celebrating 42 years in 2021, supports people with special needs in achieving real lives in the community. CAU provides support and gives voice to adults and youth who traditionally have little support and no voice in society. CAU helps people with housing, life skills, employment, money management, socialization and civic activities. CAU also supports opportunities for advocacy through training in assertiveness, decision-making and civil rights. CAU currently serves more than 3,000 individuals and families, with the number served growing each year. For more information about CAU and its services, contact us by phone at 908.354.3040, online at www.caunj.org or by mail at 80 West Grand Street, Elizabeth.

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