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Published by Renna Media On-line at RennaMedia.com

Issue 143 • February 2022

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GIFT GIVEAWAY TO AID HAITIAN IMMIGRANTS

Linden Public Schools

A Linden teacher spearheaded a gift giveaway on December 21, 2021 as part of a greater effort to help recent Haitian immigrants who are facing difficult circumstances and were in need of extra holiday joy.

Danie Orelieu-Armstead, an English as a Second Language teacher at Linden's School No. 9, organized the grab-and-go event at the Linden Multipurpose Center on John Street. Children and their families were able to select from a wide selection of age-appropriate toys and gifts, donated by the Linden Mayor's Youth Commission.

Orelieu-Armstead was assisted by Superintendent of Schools Dr. Marnie Hazelton, Mayor Derek Armstead, and Dr. Pamela Jones, Head of Communities in Cooperation (CIC), a human-services organization serving Union and Essex counties. In addition to distributing gifts, the event aimed to give the children and families a connection to Linden Public Schools.

The event was part of a larger effort to help members of the Haitian immigrant community who face significant hurdles in their new country, including a language barrier; anti-immigrant discrimination; food, shelter and clothing needs; and the COVID-19 pandemic.



(above) Sandra Jackson of the Linden Mayor's Youth Commission, Linden Schools Superintendent Dr. Marnie Hazelton; School No. 9 teacher Danie Orelieu-Armstead, and Dr. Pamela Jones of Communities in Cooperation prepare for a gift giveaway.

Photos by Linden Public Schools



(above) Linden School No. 9 teacher Danie Orelieu-Armstead, Linden Mayor Derek Armstead, and Linden Superintendent of Schools Dr. Marnie Hazelton with recent Haitian immigrants helped by the gift giveaway organized by Orelieu-Armstead on December 21, 2021.

"These families are proud and good people, who do not want handouts," said Orelieu-Armstead, who teaches English as a Second Language. "Rather, they only seek to earn through education and hard work, what we already have: an incredible life in an amazing country filled with unprecedented opportunities. Like us, they too are self-starters. One 10-year-old girl is not only learning English at record speeds, but she is also teaching her entire family English through YouTube instructional videos."

Orelieu-Armstead and CIC established a fundraiser to financially support these families.

Funds raised will be used to pay for legal assistance to obtain Temporary Protected Status with work authorization; find training, and employment opportunities to work and sustain their families; assist with housing needs once employment is secured; connect immigrants with federally funded health care facilities; connect children to appropriate educational institutions; and teach English as a Second Language.

Tax-deductible donations can be made online at cic-nj.org/donate, or checks can be made payable to "Communities in Cooperation Inc. — Humanitarian Haitian Relief Fund" and mailed to 201 Lincoln Street, Linden, NJ 07036.

"Please open your hearts and help us reach our goal," Orelieu-Armstead said. "Your donations will significantly contribute to this effective long-term, multilayered solution. Your contribution will help these resilient people become the best versions of themselves."

"Thank you for doing your part and helping make our Linden family even bigger. We are so strong when we work together!"

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Renna Media LLC, Publishers

202 Walnut Ave., Cranford, NJ 07016

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COVID-19 TESTING FOR LINDEN RESIDENTS

City of Linden

Mayor Derek Armstead and Ammon Labs have teamed up to continue COVID-19 testing for Linden residents and residents in neighboring towns. The testing site is held at the JTG Recreation Center in Linden, Tuesday, Wednesday, and Thursdays from 8 a.m. to 6 p.m. No appointment is necessary. Mayor Armstead said, "I'm so glad that the City of Linden will continue to provide uninterrupted COVID-19 testing."

Vault Health Medical Services of NJ had been providing COVID-19 testing in partnership with the City of Linden since the beginning of January 2022. However, Union County informed Vault that they would be moved to the Performing Arts Center in Plainfield, where they already run a testing site at the Gerald Green Plaza managed by Union County. Mayor Armstead stated "It's unfortunate. We had extremely high-traffic operational logistics already streamlined. While

Vault was in Linden over 5,000 tests were administered. And then Vault was notified by Union County that they had to move."

Mayor Armstead then contacted Ammon Labs to keep the test site operational. "For over twenty years, Ammon Labs has provided high-quality diagnostic lab services to the healthcare industry. As a Linden-based business, we're always especially excited when we have an opportunity to work with the City of Linden," said Evan Haupt, President of Ammon Labs.

"Since the beginning of the pandemic, my team and I have gone out of our way to provide COVID-19 vaccination and testing clinics," said Mayor Armstead. "We're especially grateful to have worked with Super Health Pharmacy, also a Linden business, who have helped us provide thousands of vaccinations to Linden residents and neighboring communities. We plan to continue helping those in need, because that is what we do best."



(above) Ammon Labs Technician Kathleen Santos administering a COVID-19 PCR test to Linden resident Carmen Jimenez, as her children look on.

Photo by City of Linden

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LINDEN PD CELEBRATES RETIREMENT, PROMOTION, AND HIRING

Linden Police Department

The Linden Police Department proudly added five new officers to the ranks. Officers Rahmell Brown, Jillian Iazzetta, Victorson Jerome, Luis Landy, and Connor Pirozzoli successfully completed their training at the John H. Stamler Police Academy and were officially sworn in during a private ceremony on December 20, 2021.

“Thirty-nine officers have now graduated from the Police Academy and joined our ranks since I became Chief in 2017,” said Police Chief David Hart. “We are grateful to the Mayor and members

of the City Council who continue to support and appropriate funds to hire and properly train our Police Department.”

During a separate ceremony, Investigator John Halkias was promoted to the rank of Sergeant on December 28, 2021. John joined the department in 2012, and was most recently assigned to the

Traffic Bureau. John is currently assigned as a Field Supervisor in the Patrol Division. His promotion was made possible by the retirement of Det/Sgt Joe Birch. Joe retired on December 1, 2021 after 24 years of service with the Police Department.

Congratulations to all, and good luck!



(above, l-r) Mayor Derek Armstead, Sgt. John Halkias, and Capt. Christopher Guenther.



(above, l-r) Lt. Robert Sanchez, Mayor Derek Armstead, Officers Luis Landy, Victorson Jerome, Connor Pirozzoli, Jillian Iazzetta, Rahmell Brown, and Capt. Christopher Guenther.

Photos by Linden Police Department

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RELIEF FROM CHRONIC KNEE PAIN

FDA Approved Treatment to Avoid Surgery

DON'T BLAME THE ARROW FOR MISSING THE TARGET

Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought Viscosupplementation injections might be the answer, but the results were disappointing and painful. Don't assume the treatment wasn't right. That could very well be like blaming the arrow for its path to the target when the problem might be the archer. If you didn't get the pain relief you were hoping for, chances are your injection treatment was off target. Unlike blind injections or even ultrasound targeted treatments found elsewhere, **Northeast Spine & Wellness Center** uses diagnostic fluoroscopy to make sure the area that needs treated is the exact area where the injection goes. This is the most advanced method of delivering this pain relieving treatment with 95% accuracy to give you the results you're looking for. The use of Fluoroscopy guided injections sets **Northeast Spine & Wellness Center** apart. The end result is you living pain free from your chronic knee pain. You can avoid the lengthy and painful road of knee replacement surgery. You can avoid the endless trial and error assortment of potentially addictive prescription medications. This treatment, using fluoroscopy guided injections has seen a success rate of above 85% in those suffering from knee pain related to osteoarthritis, and that includes people with bone on bone involvement. You've suffered from chronic knee pain long enough. Call **Northeast Spine & Wellness Center** now for a RISK FREE consultation.



If Knee Surgery Sounds Scary, It Should

Have you have been told you are facing knee replacement surgery? Have you been told about all the downsides you could be facing? First and foremost, there are NO guarantees that knee replacement surgery will be the answer to your pain, but let's look further:

- Surgery is costly, regardless of the percentage of services covered by insurance.
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.
- With surgery, there is always a risk for unwelcomed complications. And you could be back to where you started, or worse.
- Medications will be required for relief from surgery and you have been down that road before. Addictions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

Consider This Alternative To Surgery

Northeast Spine & Wellness Center offers you a real opportunity and a painless way to say goodbye to your knee pain without any surgery. Here are just a few of the important benefits you should consider?

- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections.
- Guided fluoroscopic injections are virtually pain free, unlike blind injections.
- No lost time from work or family.
- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
- Recovery time is almost instant, not months or years.

How Does This New Treatment Work?

Relief begins almost as fast as it takes to pronounce the treatment. It's called Viscosupplementation Therapy. To begin with, it starts with **Northeast Spine & Wellness Center** investing in the use of diagnostic fluoroscopy. This enables them to target the exact location of your knee pain with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. That explains what you will see on the surface of this revolutionary treatment. What's taking place below the surface is how and where the natural healing process takes place. The injection of a Hyaluronic acid called Hyalgan. This gel-like substance was approved by the FDA in 1996. Hyalgan is a natural substance that mimics the synovial fluid that is already produced by your body in your joints. Osteoarthritis sufferers in particular see a reduction in this much needed synovial fluid in their knee joints. Without that cushioning layer of protection, the cartilage in your knee can begin to wear away leading to the rubbing of bone on bone. Through Viscosupplementation Therapy, this natural substance immediately goes to work reducing the swelling and inflammation in the joint and adding a coating layer of protection. Think about Dorothy taking the oil can to The Tin Man. You'll begin to feel that same kind of relief and quite possibly feel like you're ready for a dance down the yellow brick road to recovery yourself. And with a success rate of over 85% in alleviating pain associated with osteoarthritis, it's easy to see why this treatment is so readily covered by Medicare and by most major insurance providers. Diagnostic fluoroscopy to target the pain, Viscosupplementation Therapy to relieve the pain. Simple, fast and no surgery!

Do you Suffer from any of these Symptoms?

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

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

Let Me Show You Targeted Relief From Your Knee Pain

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

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

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

Call 732-827-0800

Scot Paris MD, FACS



Here's what our patients have to say

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

- Patricia G.

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

- Perry O.

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

- Quenton L.

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BLOOD DONATIONS ARE CRITICALLY NEEDED

The American Red Cross is facing a national blood crisis – its worst blood shortage in more than a decade. Dangerously low blood supply levels are posing a concerning risk to patient care and forcing doctors to make difficult decisions about who receives blood transfusions and who will need to wait until more products become available.

Blood and platelet donations are critically needed to help prevent further delays in vital medical treatments, and donors of all blood types – especially type O – are urged to donate.

In recent weeks, the Red Cross had less than a one-day supply of critical blood types and has had to limit blood product distributions to hospitals. At times, as much as one-quarter of hospital blood needs are not being met.

The Red Cross continues to confront relentless challenges due to COVID-19, including about a 10% overall decline in the number of people donating blood as well as ongoing blood drive cancellations and staffing limitations. Additionally, the pandemic has contributed to a 62% drop in blood drives at schools and colleges.

"Winter weather across the country and the recent surge of COVID-19 cases are compounding the already-dire situation facing the blood supply," said Dr. Baia Lasky, medical director for the Red Cross. "Please, if you are eligible, make an appointment to give blood or platelets in the days and weeks ahead to ensure no patient is forced to wait for critical care."

The Red Cross urges donors to support patient care by making an appointment to give blood or platelets now for the weeks ahead. To schedule an appointment, use the Red Cross Blood Donor App, visit RedCrossBlood.org or call 1-800-RED CROSS (1-800-733-2767).

Each Red Cross blood drive and donation center follows the highest standards of safety and infection control, and additional precautions – including face masks for donors and staff, regardless of vaccination status – have been implemented to help protect the health of all those in attendance. Donors are asked to schedule an appointment prior to arriving at the drive.

To donate blood, individuals need to bring a blood donor card or driver's license or two other forms of identification that are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also must meet certain height and weight requirements.

VOLUNTEERS NEEDED

In addition to blood donors, the Red Cross also needs the help of volunteers to support critical blood collections. Blood drive volunteers play an important role by greeting, registering, answering questions and providing information to blood donors throughout the donation process. To volunteer to support Red Cross blood collections, visit redcross.org/volunteertoday.

SCHOOL NO. 5 NAMED DISTINGUISHED SCHOOL

Linden Public Schools

School No. 5 in Linden has been selected as a National ESEA Distinguished School in recognition of the success of its education programs and progress of its students.

The National ESEA Distinguished Schools Program is a project of the National Association of ESEA State Program Administrators that publicly recognizes schools that receive federal funding for their positive educational advances and exceptional student achievement. School No. 5 is one of two schools chosen in New Jersey and 100 nationwide.

School No. 5 was chosen for the honor by the New Jersey Department of Education in a

category that recognizes “exceptional student performance and academic growth for two consecutive years.” School No. 5 Principal, Dr. Laura Scamardella, was surprised by the honor and was excited to share the news with her staff.

“I am completely in awe of the recognition and remain humbled by the tireless work my entire staff continues to do each and every day for our students,” she said.

Since 1996, ESEA has recognized schools that display a wide array of strengths, including team approaches to teaching and learning; focused professional development opportunities for staff; individualized programs for student success; and strong partnerships among the school, families,

and community.

“The Linden Public School District is immensely proud of the recognition that School No. 5 has received for living up the district motto of Excellence in Education,” said Superintendent Dr. Marnie Hazelton. “Dr. Scamardella and her staff work tirelessly to ensure that all students are given the opportunity to learn and grow in an innovative environment nurtured by a positive school culture.”

The Elementary and Secondary Education Act (ESEA) was passed in 1965 and provides additional resources for vulnerable students and federal grants to state educational agencies to improve the quality of public education.

School No. 5 will be among the National ESEA Distinguished Schools publicly recognized in February 2022 at the National ESEA Conference in New Orleans.

School No. 5, which is home to nearly 300 students in grades Pre-K through 5, was also honored last year as a National Blue Ribbon School by the U.S. Department of Education, which celebrates excellent schools and effective educators. It was one of 367 schools in the nation and one of just nine schools from New Jersey selected for 2020.



(above) School No. 5 in Linden has been selected as a National ESEA Distinguished School for exceptional student performance and academic growth. This comes on the heels of last year’s honor of being chosen a National Blue Ribbon School by the U.S. Department of Education.

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FEBRUARY 14 IS NATIONAL ORGAN DONOR DAY

NJ Sharing Network

February 14 is all about sharing some love in New Jersey - and not just because it's Valentine's Day! NJ Sharing Network and its many healthcare partners and volunteers throughout the state are working together to register as many organ and tissue donors as possible in celebration of National Organ Donor Day.

"National Organ Donor 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. I am confident that everyone's efforts on National Organ Donor Day will go a long way toward bringing hope to those currently waiting for a

transplant."

Currently, there are over 110,000 Americans – nearly 4,000 of whom live in New Jersey – waiting for a life-saving transplant. 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 easy for New Jerseyans to register in any of the following options:

Online at NJSharingNetwork.org; Through the iPhone Health App; In person at your local Motor Vehicle Agency

Observed every year on February 14, National Organ Donor Day is dedicated to spreading awareness and education about organ and tissue donation. It is also a day to recognize loved ones who have given the gift of life, have received a transplant, are currently waiting or did not receive an organ in time. National Organ Donor Day was started in 1998 by the Saturn Corporation and its United Auto Workers partner with the support of the U.S. Department of Health and Human Services and many non-profit health organizations.



(above) On June 27, 2017, Mathew Pribish, a Linden Firefighter, received a heart transplant. He shared his story to help raise awareness about the importance of organ and tissue donation.

Photo courtesy of NJ Sharing Network

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PANCAKE BREAKFAST AT THE VFW #1397

Come one, come all to our Pancake Breakfast on Saturday, February 26, 2022 at the VFW Post #1397, located at 20 Pennsylvania Railroad Ave., 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 available. Support our Veterans!

PANCAKE BREAKFAST AT THE AMERICAN LEGION POST 102

Come to a Pancake Breakfast, hosted by the American Legion Auxiliary - Unit 102, on Sunday, February 20, 2022 at the American Legion Post 102, located at 112 West Elizabeth Ave., from 8 a.m. to 12 p.m. Donations: Adults \$8.00 / Seniors & Children \$7.00 / Ages 5 & Under Free.

So come out and enjoy a home cooked breakfast, including this month's special Kielbasa!

CASA KIDS ARE THE BOMB IN FEBRUARY

CASA of Union County

As many share a card of appreciation, friendship or romance this month for Valentine's Day, CASA of Union County – the only nonprofit tapped by the Union County courts to advocate for area youth in the child welfare system – has kicked off a campaign to share the same warm and fuzzies with the child-victims from our own community it serves each day.

Says Executive Director Mariel S. Hufnagel, "There's so much going on in the world right now, and so much on everyone's shoulders. But for those in the child-welfare system at no fault of their own, the burdens are even heavier and, sadly, the support is often less. Just as we rally around our own loved ones from time to time to ensure they feel special, we want to ensure local children involved in the child welfare system also get to feel the love this month! With each order, one of our dedicated volunteer advocates will be able to make a special delivery to share your gift with their youth. Let's show these kids that they live in a community that cares for them. It's as easy as heading to our website and choosing how many kids' cups you want to fill during this month of love."

Order a hot cocoa bomb for a foster youth or foster sibling set by logging on to

casaofunioncounty.org/CASA-Kids-Are-The-Bomb now through Friday, February 4, for distribution the following week. One cocoa bomb is just \$10; additional quantities are reduced.

CASA of Union County aims to raise awareness about Union County youth in the child welfare system as well as the need for community volunteers to train as advocates to protect their best interests. Funds raised not only provide foster youth a surprise sweet treat when their advocate next visits, but also support the recruitment and training efforts involved in maintaining a corps of trained volunteer advocates serving as extra eyes and ears for local judges and a voice for their assigned youth.

With the ambitious goal of being able to provide an advocate for every youth that needs one, the organization remains steadfast in efforts to ensure its work continues, even amid the pandemic. Last year, CASA volunteers donated more than 7,000 hours to serve 339 child-victims and 99.7 percent of all court recommendations were accepted by judges.

For details on how you can become an advocate and Change a Child's Story for a lifetime, and other ways to support the agency's efforts, contact Lucia at info@casaofunioncounty.org.



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Recent studies have found that more than 140,000 children nationwide lost a primary caregiver due to COVID-19, driving a 15% increase in orphaned children. However, these numbers don't include children who lost a parent or primary caregiver due to other causes. The need for grief support programs for children has never been greater.

Imagine offers free peer support groups for children ages 3–18 who have experienced the death of a parent, sibling, or close family member. Groups are also available for young adults ages 18–30, as well as for the parents and guardians of the children in the program. Groups for Spanish speaking bereaved adults are also available. Currently, all groups are being held virtually, though we hope to transition some groups to in-person as soon as it feels safe to do so.

Imagine's support groups are only possible



because of our amazing team of volunteers who facilitate the groups. Imagine currently has families waiting to join our support groups. We're unable to offer them support at this time because we don't have enough volunteers to begin another Night of Support. We need your help!

Imagine's volunteer facilitators come from all walks of life and no special background is required other than a willingness to listen, a heart inclined to serve, and the ability to be with children and adults in grief without trying to fix, solve, or give advice. No prior experience is necessary. Volunteers must be 18 years or older.

Bilingual (Spanish speaking) volunteers are needed as well. Volunteers serve as companions and loving listeners for those who are grieving and help create a space where participants can share tears and embrace the joys of life.

We are hoping to fill our upcoming training with lots of wonderful new volunteers! We're planning to offer a virtual facilitator training that will meet Friday, February 25th from 6 p.m. – 9 p.m., Saturday and Sunday, February 26–27 from 9 a.m. – 5 p.m. each day and Monday, February 28th from 6 p.m. – 9 p.m. Participants are required to attend the entire training from Friday to Monday. If you're interested in participating in the training, please contact Imagine Program Manager, Giovanna Peacock, at giovanna@imaginein.org. If you have questions regarding the training, you can call us at 908-264-3100. Please help us ensure that no grieving child is required to wait for the support they need.



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FUN WITH AFRICAN FABRICS AT CULTURED EXPRESSIONS

At the Cultured Expressions Sewing & Quilting Studio in Rahway, African fabrics define a lifestyle, and are always a cause for celebration! When owner Lisa Shepard Stewart opened the studio in December of 2017, she already had an established online business that began in 2002, and over 30 years of experience in the sewing industry. With three how-to books and a self-published magazine called Fabrigasm, Shepard Stewart is on a mission to encourage others to enjoy African textiles and culture every day, not something to be “dusted off and displayed” only for Black History Month and Kwanzaa.

After teaching in her Rahway home for a few years, she decided to open a brick-and-mortar location in order to reach more people with an expanded selection of unique merchandise and hands-on classes. “At the same time Rahway was really developing an artsy, creative vibe, and I felt like we needed some African fabrics in the mix” explained Shepard Stewart, who has lived in Rahway with her husband since 2005.

The studio is filled with inspiration to go along with the fabrics, beads and embellishments. The colors, patterns, and textures are a treat for the

senses, as shared regularly on Instagram and Facebook @culturedexpressions.

The studio is located at 1417 Main Street in Rahway, and is open Wednesday thru Saturday.

With their vibrant colors, exciting colors, unique textures and cultural relevance, it’s no wonder that African fabrics continue to grow in popularity in the DIY sewing, quilting and craft arena. Ankara African prints, bogolan (aka “mudcloth”), batiks, kuba cloth and other specialty textiles are becoming increasingly mainstream, making it easy to incorporate these treasures into our creative activities all year long! These are just a few of the upcoming month-by-month celebrations of culture and creativity:

FEBRUARY

African American Heritage Month invites us to explore the beauty and versatility of African fabrics, regardless of skill level. With no sewing at all, a gorgeous cotton print or batik can become a regal headwrap, a table runner, sarong style skirt, wrapped top, or a quick carryall! More experienced sewers and crafters can make more detailed versions of these projects. And in between, fusible (iron-on) and hand-sewn options only increase the creative possibilities.

MARCH

National Quilting Month AND (and more specifically, National Quilting Day on March 19) encourage stitchers to indulge their senses in rich, colorful prints and batiks. They blend in beautifully with one’s existing fabric stash, adding a pop of excitement to an otherwise familiar quilt project or technique.

National Craft Month also takes place in March, the perfect time to try decoupage with African prints, or create unique jewelry with beads and brass embellishments imported from West Africa. Get a time-saving head start by decorating items you already own, or begin from scratch.

APRIL

Earth Day inspires us to Reuse, Repurpose and Recycle in creative ways. African prints or bogolan scraps make excellent appliqué patches for “Trendy Mending” projects on your favorite



(above and left) Lisa Shepard Stewart opened her studio at 1417 Main Street in Rahway in December of 2017.

denim garments and other casual clothing. Or, try integrating already-recycled elements into an Earth Day project, like Krobo beads from Ghana, West Africa. Krobo beads are made from recycled glass bottles, in a centuries-old, labor-intensive process that is still used today.

National Decorating Month also takes place in April, is sure to be on the minds of many, as the stay-at-home lifestyle of the pandemic caused so many of us to update and decorate the space, we now spend so much time in! Now our décor has to not only look great, but we also need our surroundings to provide a feeling of calm and comfort in unsettling times. The neutral palettes and handwoven textures found in Bogolan, from Mali, korhogo from the Ivory Coast and kuba raffia cloths from Central Africa can bring a soothing, earthy quality to any home setting, in simple pillows, sofa throws, bed runners, table toppers, seat covers and more.

For many sewing, quilting and crafts enthusiasts, these unique textiles aren’t just raw materials for projects, they’re a lifestyle! And it’s clear from these few examples that anytime is the right time to get creative with these fabrics, whether it’s a month-long celebration, a special occasion, or no reason at all – sew many opportunities to “Feel the Fabric and Embrace the Culture”.

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SONS OF UNION VETERANS OF THE CIVIL WAR

Submitted by Christopher D. Sands

The General Phil Kearny Camp #20 of the Sons of Union Veterans of the Civil War (SUVCW) held its quarterly meeting on November 13th, 2021 at the Abraham Clark House, located at 101 West 9th Avenue, Roselle,

NJ. Three new members were sworn in and a presentation on FreeMasons in the Civil War was given. Since the new school year has started, the camp has begun planning how it will cover the awarding of the SUVCW ROTC/JROTC to the approximately thirty schools in the area. The

camp covers all of North Jersey above the Raritan River to the New York Border.

The SUVCW is a fraternal organization dedicated to preserving the history and legacy of veteran heroes who fought and worked to save the Union in the American Civil War. The organization meets four times a year and the meetings in 2022 will be on March 5th, May 7th, September 10th, and November 5th, all starting at 1 p.m. For more information, visit suvchw.org.



(above) Camp Commander, Peter Lindsey, swears in Fredrick Dillman and Robert Caruso during the SUVCW Gen. Phil Kearny #20's November 13th meeting.

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HIGH SCHOOL STUDENTS USE CREATIVITY TO EXPLORE SOCIAL JUSTICE

Linden Public Schools

A class of students at Linden High School recently used their creativity to explore how racism, bias, and inequity affect their school and the world outside.

The assignment was part of the Introduction



(above) Linden High School students in Anthony Fischetti’s Introduction to Education class took part in a gallery walk to showcase art they created that focused on racism, bias, and social justice. Students examined one another’s artwork and discussed the meaning behind it as a class.

to Education class, where students who may want to become teachers take the first step in learning what it takes to prepare lessons, run a classroom, and shape young minds.

Teacher Anthony Fischetti asked his students to create a piece of art exploring the area of social justice and to record a video discussing the meaning behind the piece. When the projects were done, the class held a gallery walk where the students examined and critiqued one another’s work.

Fischetti said he was very pleased with how the project turned out.

“It was great to see they took initiative with their work,” he said. “I looked at their reflection videos and they opened up about the message that they had. They put a lot of effort into their work. And the fact that it was going to be displayed was more of an impetus for them to do it well. They wanted it to be their best possible effort.”

“I couldn’t be prouder of what they did.”

During the gallery walk, students and special visitors took time to walk the classroom examining the artwork, which included messages such as “Life, liberty, and the pursuit of happiness, but make it for everyone” and “Only humility will lead us to unity, and unity will lead

us to peace.” Students jotted down their thoughts for each piece, then shared them with the class after each artist spoke.

The project grew out of the class’s exploration of educational diversity, in which students learned about the laws and classroom practices surrounding special education. Fischetti said he wanted to continue that discussion with a discussion of cultural diversity.

“When we started looking at inequity in education, we were talking about a lot of heavy topics with privilege, bias, and systemic racism,” Fischetti said. “I didn’t want to necessarily lighten the topic, but I wanted to do something that was proactive in getting that message out. I decided on the artwork aspect. From there, we built out the oral presentations.”

Fischetti, who gave the students all the art supplies they need to create their projects, said it’s rewarding to show Intro to Education students that teachers are responsible for so much more than just teaching the classroom topic.

“They really do build character into their students,” he said. “Even if they don’t become teachers, the fact that they got to experience this and see it from so many different angles will make them ultimately just better people. For me that is the biggest part.”




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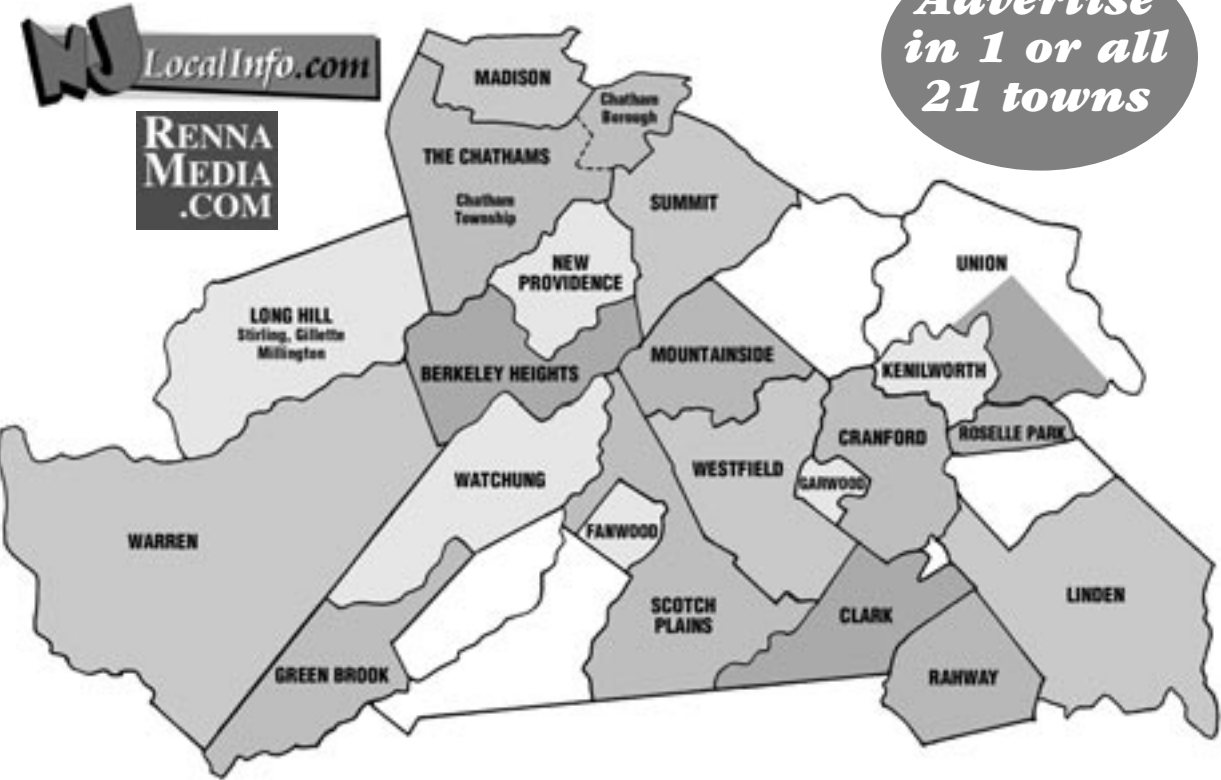
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WHISKY

Ballantine	1.75L	\$28.97
Buchanan's 12yrs old	750ml	\$28.99
Buchanan's 12yrs old	1.75L	\$55.99
Bushmill's Irish	1.75L	\$42.99
Chivas Regal	750 ml	\$29.99
Chivas Regal	1.75L	\$58.99
Chivas Regal 18 yrs old	750 ml	\$72.99
Crown Royal	750ml	\$28.99
Crown Royal	1.75L	\$49.99
Dewars 12 yrs old	750ml	\$25.99
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	1.75L	\$91.99
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	\$47.99
Jameson	750ml	\$29.99
Jameson	1.75L	\$54.99
Jim Beam Whisky	1.75L	\$29.99
Johnnie Walker Blue	750ml	\$187.99
Johnnie Walker Blue	1.75L	\$399.99
Johnnie Walker Black	750ml	\$28.99
Johnnie Walker Black	1.75L	\$57.99
Johnnie Walker Double Black	750ml	\$34.99
Johnnie Walker Red	750ml	\$19.99
Johnnie Walker Red	1.75L	\$32.09
Macallan 12yrs old (double cask)	750ml	\$59.99
Makers Mark	750ml	\$27.99
Makers Mark	1.75L	\$52.99

GIN

Beefeater	1.75L	\$35.99
Bombay Sapphire	1.75L	\$37.99
Seagram's gin	1.75L	\$19.99
Tanqueray	750ml	\$21.99
Tanqueray	1.75L	\$36.99

COGNAC & BRANDY

Courvoisier V.S.	750ml	\$31.99
Courvoisier V.S.	1.75L	\$53.99
Remy Martin V.S.O.P.	750ml	\$48.99
Remy Martin V.S.O.P.	1.75L	\$99.99

CORDIALS

Bailey's Irish Cream	1.75L	\$47.99
Duggan's Irish Cream	1.75L	\$28.99
Kahlua	1.75L	\$39.99
Krupnik	750ml	\$17.99
Licor 43	750ml	\$25.99
Licor 43	1.75L	\$42.99

VODKA

Absolut (regular)	750ml	\$19.09
Absolut (regular)	1.75L	\$29.09
Belvedere Vodka	750ml	\$27.99
Belvedere Vodka	1.75L	\$44.99
Ciroc (all types)	750ml	\$29.99
Ciroc (all types)	1.75L	\$57.99
Finlandia	750ml	\$15.99
Finlandia	1.75L	\$24.99
Grey Goose	750ml	\$24.99
Grey Goose	1.75L	\$39.99
Ketel One	750ml	\$19.99
Ketel One	1.75L	\$39.99
Luksusowa Vodka	1.75L	\$23.99
Pinnacle (all types)	750ml	\$11.99
Pinnacle (80 proof)	1.75L	\$17.99
Skyy	1.75L	\$19.99
Sobieski	750ml	\$11.99
Sobieski	1.75L	\$19.99
Stolichnaya (all types)	1.75L	\$29.09
Tanqueray Sterling	750ml	\$19.99
Tanqueray Sterling	1.75L	\$30.99
Three Olives (all types)	1L	\$19.99
Tito's Vodka	1.75L	\$30.99

RUM

Bacardi Light & Gold	750ml	\$12.99
Bacardi Light & Gold	1.75L	\$19.19
Captain Morgan Spice	1.75L	\$25.99
Malibu	750ml	\$17.99
Malibu	1.75L	\$25.09

TEQUILA

Deleon Blanco Tequila	750ml	\$37.99
Deleon Blanco Tequila	1.75L	\$59.99
Patron Silver	750ml	\$46.99
Patron Silver	1.75L	\$99.99
Cantera Negra Coffee Tequila	750ml	\$26.99

BEER

Becks (12oz) 24pk	24pk	\$25.99
Bud and Bud Lite cans	30pk	\$23.99
Bud and Bud Lite loose bottles	24pk	\$20.99
Coors Lite (24oz) cans	12pk	\$15.99
Coors Lite/Miller Lite loose bottles	24pk	\$20.99
Coors Lite/Miller Lite	30pk	\$23.99
Corona/Corona Lite loose bottles	24pk	\$30.99
Dab (16oz) cans	24pk	\$23.99
Dogfish Head 60 min.	24pk	\$35.99
Heineken/Heineken Lite bottles	24pk	\$29.99
Land Shark	24pk	\$26.99
Lech (500ml)	20pk	\$28.99
Modelo Especial cans	12pk	\$15.99
New Belgium Fat Tire	24pk	\$34.99
Pabst Blue Ribbon cans	30pk	\$19.99
Pilsner Urquell	24pk	\$30.99
Sagres	24pk	\$24.99
Sam Adams Boston Lager	24pk	\$33.99
Stella Artois loose bottles	24pk	\$29.99
Yuengling Lager bottles	24pk	\$20.99
Zywiec (11.2oz)	24pk	\$20.99

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