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GIRL SCOUT PROJECT FOCUSED ON FOLAS

Cranford Girl Scout Troop 40023

Cranford Girl Scouts Junior Troop 40023 has recently completed the prestigious Girl Scouts Bronze Award through a year-long project focusing on the welfare of animals.

The troop's mission was to help make animals adoptable and to assist with the sheltering and fostering of pets. In so doing, the girl scouts set out by assisting one local shelter, the Friends of Linden Animal Shelter (FOLAS).

First, the girls designed a troop logo, using original artwork. The girl scouts created a pamphlet explaining the benefits of fostering an animal, and important considerations when becoming a foster pet parent.

The girl scouts quickly realized that bringing their ideas to fruition would come with some costs, such as printing their pamphlets, as well as providing a weatherproof mailbox/information center at FOLAS so that the public could easily access the pamphlet. After several discussions on fundraising, the girl scouts decided on holding a garage sale.

Troop 40023 Bronze Award Garage Sale was held at the Cranford Community Center on the day of the Cranford Town Wide Garage Sale, with 100% of the proceeds going toward their Bronze Award Project. The girls were able to raise \$324.

The girls used a portion of the funds to make up 12 adoption kits to donate to the shelter. Each adoption kit included a litter box, scoop, collar, handmade pet toys, bowl, nail clipper, and a personalized thank you note to the adoptive parent. With the remaining funds the girl scouts designed and ordered weatherproof signs to be placed outside the grounds of the shelter.

The group of six girl scouts from Troop 40023 came together in late July, 2022 to present their donations to



(above, top, l-r) Troop Leader Nancy Valdivia, Aurelia Samson, Sarah McCombs, Bronze award Project Mentor and parent volunteer James McCombs.
(bottom, l-r) Girl Scouts Eliza Rivera, Macy Valdivia, Amelia Cippolletti and Alana Pugliese.

FOLAS, and they spent 2 hours weeding and cleaning out the shelter's outdoor dog pen to make the space safer for dogs to run and play.

Collectively, the girl scouts of Troop 40023 contributed approximately 140 hours toward their Bronze Award Project.

Nancy Valdivia, Troop 40023 Girl Scout Leader, is most impressed by the girl scouts' ingenuity and commitment to seeing this project through. "The girls were motivated and invested from the beginning through the very end, never losing sight of their ultimate goal. They created, designed, painted, assembled, organized, crafted, cleaned and carried the project through with such a sense of pride. They rose at every challenge of the project, and they worked beautifully as a team," proudly beams their Troop Leader.

The efforts put forth by Amelia Cippolletti, Sara McCombs, Alana Pugliese, Eliza Rivera, Aurelia Samson, and Macy Valdivia under the mentorship of Mr. James McCombs, Girl Scout Troop parent volunteer, have not gone unnoticed. In the two weeks following the troop donations, seven cats have been placed in adoptive homes, and they were lovingly provided with the adoption kits that the scouts donated. Tina, a FOLAS staff member, is most appreciative of how Troop 40023 helped to make the shelter easier to find, more inviting, and a happier place for all to visit.



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Life in Linden

NANCY ELLEN PETROSKI

March 14, 1963 - August 19, 2022

Nancy Ellen Petroski, 59, of Linden, NJ, entered into eternal rest on Friday, August 19, 2022.

Nancy was born to Joseph and Evelyn (Penksa) Petroski in Carbondale, PA., and she resided in Linden for over 50 years.

She graduated from Linden High School in 1981 and then earned her Associates Degree for a Medical Assistant. Nancy was also a Certified EMT for many years and volunteered with Linden Volunteer Ambulance Corp. before becoming a Police Officer where she served her community for over 30 years and earned her rank as a Police Lieutenant.

Nancy was a member of the International Association of Women Police, International Police Association, and the Mid Atlantic Association of Women Law Enforcement. She enjoyed Crocheting and was a devoted member of the Crochet Crowd. Nancy was also very passionate about traveling, and taking cruises, especially international travel as well.

Nancy was predeceased by her beloved mother, Evelyn Petroski in 2003. Surviving is her beloved father, Joseph Petroski, her 2 loving sisters, Janet and Elaine Petroski, her dearest Goddaughter, Tara Alves (Derek Winters), and many cousins and cherished friends.



(above) "It is with great sadness that we share news of the passing of Lt. Nancy Petroski. Nancy served the Linden Police Department for over 30 years, becoming the first woman to achieve the rank of Lieutenant. Nancy was a beautiful person, and her friendship will be missed by all."

Follow Linden Police Department on Facebook.

Photo courtesy of Linden PD

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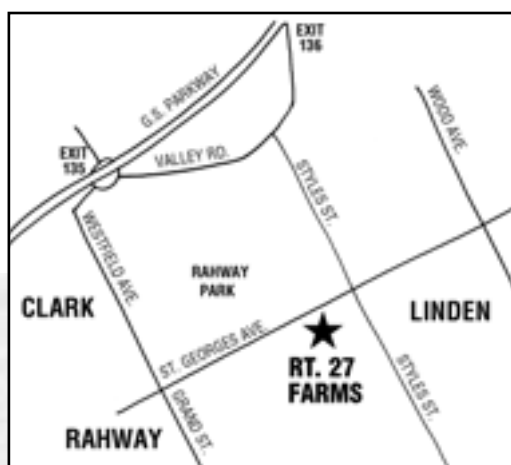
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ARTSFEST: ART IN ALL DIMENSIONS – SEPT. 24

On Saturday, September 24, 2022 from 2 – 6 p.m., ArtsFest: Art in All Dimensions takes the arts to new heights in the City of Rahway (literally!) With an array of performance artists showcasing their talents, including: a gravity defying aerialist, the skill and grace of a contortionist, the dance moves of Steppaz with Attitude and Rahway Dance Theater, as well as music from Sarah Teti, Sweater Pills, Stefano Catugno and Karickter. Visual Artists will have their creativity and talent on display and some of Irving Street's local restaurants will show off their culinary skills with creations from their kitchens. With over 50 accomplished and

amateur artists and local vendors displaying their work and selling hand-crafted items, there is something for everyone to enjoy. Those in attendance can help to create art as well with live art classes, demonstrations, and interactive community art pieces.

For more information check out rahwayishappening.com/artsfest.

After a day of being immersed in the arts scene, visitors and residents of Rahway can enjoy the Union County Performing Arts Center's feature presentation of "The Ultimate Michael Jackson Experience: Who's Bad." This event will provide "dinner and a show" options for those

who wish to enhance their theater experience by visiting a local Rahway restaurant before the show. The "Who's Bad" show specials include meal offerings ranging from \$25-\$29 or a free beverage with your order. To take advantage of these deals, simply present your ticket at a participating restaurant on the day of the show. Reservations are encouraged. Details about the "dinner and a show" specials are available at rahwayishappening.com/dinnershow. For tickets to "The Ultimate Michael Jackson Experience: Who's Bad", please visit the UCPAC's website: <https://ucpac.org/event/whos-bad-the-ultimate-michael-jackson-experience/>

9/11 MEMORIAL SERVICE

The City of Linden invites you to attend the 2022 September 11th Remembrance Ceremony with the Linden Police & Fire Departments.

Where: Wanda Green Park (Mack Place, off of Grier Avenue in Linden)

When: September 11, 2022, 6:30 p.m.

SEPTEMBER TO REMEMBER - SEPT 24

The Linden Cultural & Heritage Committee is happy to announce their September to Remember annual Street Fair and Classic/Custom Car & Motorcycle Show will be held on September 24 from 11:00 a.m. - 8:00 p.m. on Wood Avenue, Linden.

With Festival Food, Rides, Games, Contests, Activities, Vendor Market Place, Beer & Wine Tent, DJ, Live Entertainment, and much more, this Festival has fun for all ages.

Proceeds from this event will benefit free events and activities throughout the year for the community. Check linden-nj.gov for vendor applications.

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Rain Location: Rahway Recreation Center
ArtsFest is a free one-day festival taking place in downtown Rahway where visitors of all ages will have the chance to experience and engage with the arts in a dynamic way. Visual artists, performers, musicians, craft artisans, and local businesses from all walks of life come together to create an atmosphere that will enliven the senses.
More info at: www.rahwayishappening.com/artsfest
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(above) Lisa Shepard Stewart,
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SEPTEMBER KICKS OFF “SEWING SEASON”

Sewing’s resurgence during the height of the pandemic remains strong going into Fall 2022, with so many people buying sewing machines (or dusting off old ones), taking classes and stitching everything from face masks to easy home dec accents, clothing and accessories. Having the time to immerse (or re-immers) ourselves into fabric, needle and thread also gave us a much needed creative release.

Over the past two years in particular, more people have realized that sewing (along with other home-centered activities like cooking and gardening) is a valuable life skill with limitless benefits. Aside from the obvious creative benefits, sewing also relieves stress, aids in focus and decision-making and maintains/improves hand-eye coordination, among others. And the benefits apply to sewing

enthusiasts of all ages. You can discover countless ways to incorporate sewing into your lifestyle, making it work with your particular needs and interests.

And since September is designated as both National Sewing Month and African Fabric Month, this is the perfect time to kick off “Sewing Season” with culturally relevant projects! Cultured Expressions Sewing Studio at 1417 Main Street celebrates both occasions with special offers during Rahway’s ArtsFest on Saturday, Sept. 24. Learn about the studio’s private Sewing Machine 101 classes and custom group events, along with a growing menu of virtual classes. Already know how to sew and quilt? The studio also offers a wide variety of African textiles and embellishments, kits, and lots of inspiration.

RARELY SEEN

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Photo by Marko Korosec, near Julesburg, Colorado

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GARDEN HONORS BELOVED LONG-TERM PATIENT

Robert Wood Johnson University Hospital Rahway now has a garden honoring Everett Duchin of Colonia, a beloved hospital patient.

“When we first discussed it, it was going to be a bench and tree,” joked Everett’s brother Eric of South Plainfield. Everett’s immediate family, together with friends and extended family, started a GoFundMe page to raise money. The Everett Howard Duchin Memorial Garden now includes several ornamental trees, flowering plants, and benches circling the hospital’s familiar gazebo.

“We thank the Duchin Family and their many friends for providing a beautiful place for family, friends and staff,” said Hospital President Kirk Tice.

Everett Duchin was 41 when he passed away at home in 2021. An infection during infancy had left him severely brain damaged requiring 24/7 care. As an adult, he sometimes needed a ventilator to help him breathe.

His family was devoted to his care. He was often hospitalized for weeks and months at a time.

“My mom spent many a night in a chair by his bedside at the hospital,” Eric recalled. “He was hospitalized so often, we said he should have a wing.”

Everett, called Evi, was beloved by hospital staff, who would comb his hair, play with him or just come in to visit, recalled Everett’s mother,

Arleen Duchin. “He had a great smile,” recalled Nurse Theresa Dobbin. “And he really loved Teddy Ruxpin,” an animatronic toy bear that talked.

In a touching ceremony in front of the hospital’s signature gazebo, Arleen Duchin thanked the hospital staff, hospital administration

and Hospital President Kirk Tice, her family and all the family’s many friends for contributing to the garden.

“This gift from the Duchin family created a beautiful space for people to take a moment in their day,” said Vice President of Development Heather Hays.



(above) The Duchin family pose with some of the many staff members who took care of their son Everett. RWJ Rahway Nurse Melanie Mercado, Everett’s parents Mel and Arleen Duchin, RWJ Rahway Nurse Theresa Dobbin. Back row, Everett’s brothers Eric, Jared and Elliot.

Photo by J Martin Production

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STRANGERS HELPING STRANGERS - THE NEW JERSEY VETERANS NETWORK

The New Jersey Veterans Network (NJVN) works with many different organizations to bring food, groceries, and clothes to veteran families in need. One organization they've worked with is Strangers Helping Strangers (SHS). They've provided over 100 meals for veterans and their families while pairing up with the NJVN over multiple projects. SHS itself distributes 20,000 pounds of food in Elmwood Park, NJ.

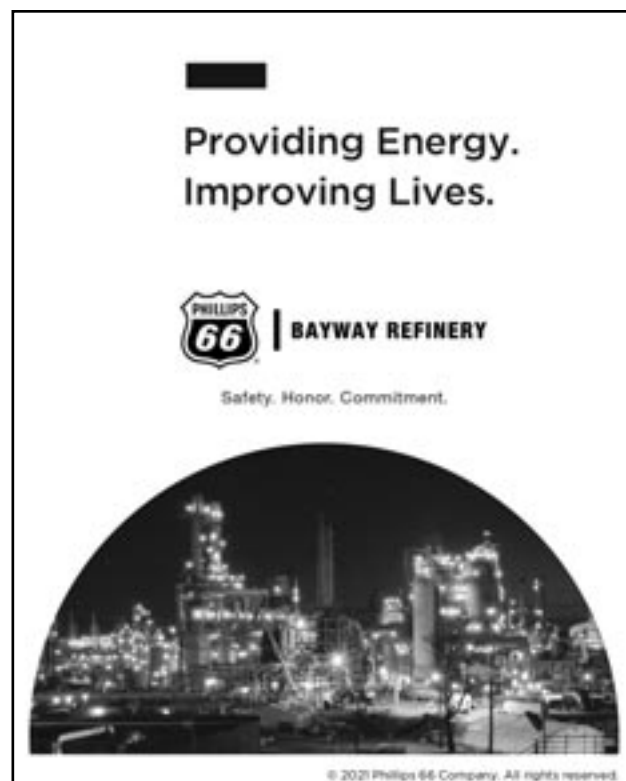
On Friday, August 12, 2022, Doc Schupp, Director of Veterans Outreach for NJVN, and

Dennis Duddie, American Legion Department Vice Commander, presented the Strangers Helping Strangers team with four awards, including a Hero Award for team President Chris Braitsch, a Certificate of Commendation, as well as the Community Service Award, recognizing their continuous support for Veterans and their families. Strangers Helping Strangers was also presented with the Certificate of Appreciation from The Department of NJ State VFW and an NJVN Community Service award.

When asked about the assistance that SHS has provided for the Veteran Community, Doc

Schupp said, "This team (SHS) has provided for our State's heroes time and time again, we are blessed to have them as partners."

Strangers Helping Strangers was created during the COVID-19 crisis, and has continued to work with the New Jersey Veterans Network to provide for our veterans. They work closely to provide not only goods for those in need, but they also give hope in times of crisis. While SHS provides the food and groceries, the NJVN distributes them directly to the veterans homes. It's a wonderful system that has helped improve the lives of so many veterans and their families.



(above) Doc Schupp, Director of Veterans Outreach for The New Jersey Veterans Network, and Dennis Duddie, American Legion Department Vice Commander, presented the Strangers Helping Strangers team with four awards.

Courtesy photo

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Disabled American Veterans Chapter 40 in Union, NJ will be holding their meeting on **Thursday, September 15, 2022, at 10:30 a.m.,** at **The American Legion Hall 3**, Bond Drive Union, NJ (Located next to the Union Fire Department)

We are inviting all Veterans to attend our meeting as the Topic of the Day will be "How to file a VA claim and Win." We all know that our claims can go unnoticed for years, but with our help you can get them expedited and get you what you rightfully deserve. Many members of our chapter have been successful in using our method.

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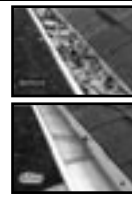
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PROGRAM TO FEATURE UNION COUNTY'S REIGN OF TERROR



(above) Dr. Walter E. Boright

Courtesy photo

The Union County Historical Society is pleased to host Dr. Walter E. Boright for a program entitled "Union County's Reign of Terror" on Sunday, October 2 at the Cranford Community Center, 220 Walnut Avenue, Cranford. As seating is limited, an advance reservation for this free event is suggested by emailing the society with the number attending at uncohissoc1@gmail.com.

The presentation centers on a Union County man who earned infamy as one of the most notorious killers in the state of New Jersey. His rampage in the 1950s into the 1970s began with grave desecration and arson, and escalated to rape, murder, and cop killing. He was not linked to some of his crimes until decades after they were committed. This serial killer eventually was convicted of murder and imprisoned for life where he later died of natural causes.

Union County Historical Society President

Joanne Rajoppi said, "We are excited to have Dr. Boright, a noted author and historian, review the history of these crimes for the Society's program. Dr. Boright is a respected, well-known author of six local history books and nearly 200 published articles about local, county, and New Jersey State history," she added.

Dr. Boright earned a bachelor's degree as a history major from Kean University in Union where he also taught New Jersey history. He taught history in Clark schools and became a New Jersey superintendent of schools. He earned master's and doctoral degrees at Seton Hall University. He served as a Kenilworth councilman and was elected five times to the Union County Board of Chosen Freeholders (now the Board of Commissioners). Dr. Boright has presented many programs to schools and organizations about local, regional, and New Jersey history.

OUTSTANDING CITIZENS HONORED BY SCOUTS

Submitted by Jennifer Volz

Boy Scouts of America, Patriots' Path Council will be honoring local citizens at the annual Union County Lifetime Achievement Awards Dinner to be held on the evening of Tuesday, September 13 at the Galloping Hill Golf Club in Kenilworth. This year's Lifetime Achievement award honorees are Peter Chemidlin, Melissa Mann, Kathy Matthews, Joanne Rajoppi, Theodore Schlosberg, and John Wohlrab. Doug Harris is receiving the Boy Scouts of America 2022 National Outstanding Eagle Scout Award at the event.

The event recognizes outstanding citizens for their community service, as evidenced by their leadership and interests within the Union County community, and for their embodiment of the values of the century old Scout Oath and Law in their personal and professional lives. The event co-chairs are Nancy DiLiegro and Gene Jannotti, past Lifetime Achievement Award recipients and active volunteers in the Union County community.

Peter Chemidlin is the President of Family Investors Company located in Fanwood; Melissa Mann is the Administrative Director GME at Trinitas Regional Medical Center; Kathy Matthews is an Educator at Union Catholic High School; Joanne Rajoppi is the Union County Clerk; Theodore Schlosberg is the Founder and Executive Director of the NJ Workshop for the Arts; and John Wohlrab is the Director of Government Relations at Waste Management.

Union County is a part of the Patriots' Path Council, Boy Scouts of America along with the counties of Middlesex, Morris, Somerset, and Sussex. In the council, over 3,000 adult volunteers deliver the values of Scouting to over 7,500 Scouts.

For more information on Scouting in Patriots' Path Council, attending the event, and sponsoring the program journal, contact Jennifer Volz, Sr. Development Director, at 973-765-9322 ext. 249 and/or jennifer.volz@scouting.org.

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If Knee Surgery Sounds Scary, It Should

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

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

Consider This Alternative To Surgery

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

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

How Does This New Treatment Work?

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

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



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- Patricia G.

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- Perry O.

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- Quenton L.

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DRIVE FOR AUTISM TWENTY-FIRST ANNUAL GOLF EVENT

The Drive for Autism Foundation is pleased to announce that its annual golf event, Drive for Autism XXI will be held at Royce Brook Golf Club in Hillsborough, NJ on September 19, 2022.

The Drive for Autism Golf Outing which has been held since 2002 has raised and distributed over \$818,000 to local school programs. Previous beneficiaries of grants were Morris Union Jointure Commission (New Providence), Salt Brook School (New Providence), AW Roberts School (New Providence), Union County Educational Services Foundation/Crossroads School (Westfield), Educational Partnership for Instructing Children, Paramus, NJ, Young Life (greater Summit area), Eden II/Genesis Programs (Staten Island, NY), Spectrum360 formally The Children's Institute (Verona), and Seton Foundation/Mother Francheska Elementary School (Staten Island, N.Y.)

Grant recipients use money to fund Health and Fitness Programs, Social Skills Programs, educational curriculum and teacher training, a van for community trips and transportation to job training centers, laptop computers, computer touch screens, iPads, video projectors and educational toys and games

The golf event is the main fundraising function for the foundation. Single golfers and foursomes are welcome as well as, product donations and corporate sponsorships. To register online please go to birdease.com/DriveforAutismXXI

ABOUT DRIVE FOR AUTISM FOUNDATION:

Based in New Providence, New Jersey, The Drive for Autism Foundation (EIN#20-1760417), is a 501(c)(3) tax exempt public charity that was created in the Spring of 2002 for the sole purpose of raising and distributing funds for educational facilities specializing in students with autism.

DRIVE FOR AUTISM GOLF OUTING 2022

The Drive for Autism XXI is scheduled for Monday Sept 19, 2022 at Royce Brook Golf Club in Hillsborough, New Jersey. The event consists of a morning round of golf followed by a barbeque. Special events include golf contests, raffles and a silent auction of sports memorabilia, game tickets and golf trips. To register or for additional information please visit birdease.com/DriveForAutismXXI, call 908-451-8033 or email driveforautism@comcast.net.

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Saturday, Sept. 10: 2pm- 12am
Sunday, Sept. 11: 6pm- 11pm

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PANCAKE BREAKFAST SUN., SEPT. 18

Come to a Pancake Breakfast, hosted by the American Legion Auxiliary - Unit 102, on Sunday, September 18, 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 French Toast.

PANCAKE BREAKFAST SAT., SEPT. 24

Come one, come all to our Pancake Breakfast on Saturday, September 24, 2022 for the VFW Post #1397, which will be held at the American Legion Post 102, located at 112 West Elizabeth Ave in 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 available. Support our Veterans!

ELIZABETH POST 91, POLISH LEGION OF AMERICAN VETERANS

Red Nadolski, 1st Vice Commander

After three years of Covid and no donations for our hospitalized veterans, our two great companies, Epicor and Phillips 66 Bayway Refinery, under the auspices of our angels Rose Bussicula and Mary Phillips, have donated very generously to our cause, along with our members and friends. Resulting in all scheduled activities for our veterans will be continued. We will also be able to help finance all in-house activities

provided by the hospital.

We were very disappointed with Linden Shop-Rite who declined, with no apparent reason, after many years, to allow us to distribute Poppies during Memorial Day week. Linden shoppers were very concerned about our veterans and were very generous. Infineum did not answer our letter probably because of our third angel, Mrs. Lois Bass, who has since retired. She was also active in veteran affairs.

GIFT AND THRIFT BOUTIQUE AND MARKET FAIR

The 'Gift and Thrift Boutique' is found in The Episcopal Church of St. John the Baptist, 2018 Dewitt Terrace in Linden, New Jersey. The Gift and Thrift Boutique will be open on the 2nd and 4th Wednesdays of the month from 2 p.m. to 6 p.m. and on the 2nd and 4th Saturdays from 9 a.m. to 3 p.m. Customers enter the main doors on Dewitt Terrace and follow the stairs to the store. The space is not handicap accessible.

The Gift and Thrift Boutique features clothes, shoes, jewelry, kitchen and household items,

decorations for the home, toys, CD's, DVD's and seasonal holiday materials. There are hundreds of items at great prices.

On Saturday, October 22, the church will host 'Market Fair', our vendor flea market, located on the great lawn of the church.

For more information, friend the Gift and Thrift Boutique on Facebook, email giftandthriftboutique@yahoo.com or call the church at 908-925-1535. Vendors: email carlmarketfair@yahoo.com.

VOLUNTEERS NEEDED AT YWCA

The YWCA Union County is actively seeking new volunteers to serve our communities. Crisis Response Team Volunteers are needed to work with local police departments that are providing options, advocacy, and emotional support to domestic violence survivors reporting abuse.

IF INTERESTED, THE FOLLOWING IS REQUESTED:

- Must be 18 years of age or older
- Evening or weekend availability a plus
- Bilingual a plus (Spanish, Creole, Polish &

Arabic)

- Must have a valid driver's license and access to a vehicle
- Experience working/volunteering with vulnerable & diverse populations a plus
- Must complete a mandatory, free, 40-hour Domestic Violence Training session (to be held via Zoom in September)
- Background check required

For more information - please contact Amanda Gonzalez, CRT Coordinator via email at:

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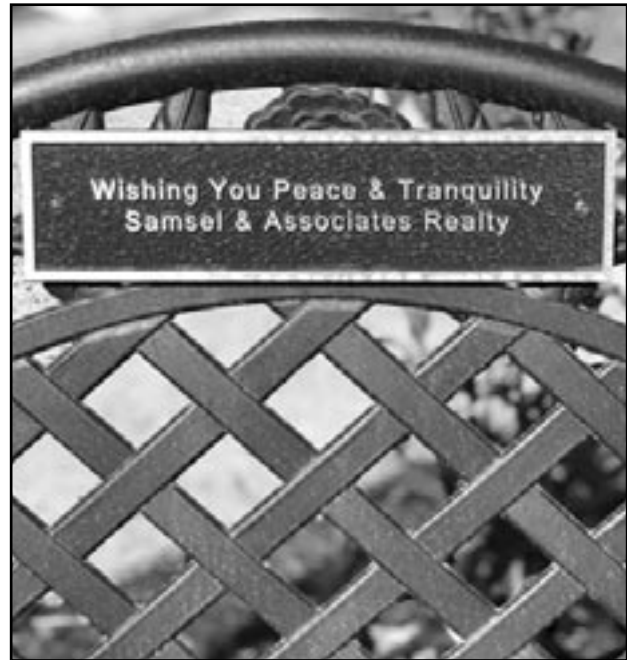
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GARDEN RECEIVES BENCH DONATION

John Samsel of Samsel & Associates Realty has donated a bench to the newly renovated Everett Duchin Memorial Garden at Robert Wood Johnson University Hospital Rahway in Rahway, NJ. Over the years, this space has served as a pinnacle place for RWJUH Rahway staff, patients, and families. In the wake of the

COVID-19 Pandemic, this space had become a place not only for breaks or staff and family meetings, but a place for tranquility, peaceful repose, reflection and remembrance. Thanks to the generosity of Samsel & Associates Realty, it will continue to serve as a symbol of hope and resilience for all.



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The parish of St. Theresa of the Child Jesus, located at 131 E. Edgar Road in Linden NJ, held their annual Parish Picnic at the Deutscher Club of Clark, NJ on Sunday, August 21, 2022. The well attended event featured Polish and American food,

music and entertainment by DJ Junior, vendors and more.

The Roman Catholic church is also host to the Archdiocesan Shrine of St. John Paul II.



Photos from this and other events can be found online at rennamedia.com and on the Life in Linden page on [facebook.com](https://www.facebook.com/lifeinlinden). Feel free to "Like", "Tag" and "Share".

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CABARET FOR YOUNG ARTISTS WITH DISABILITIES – SEPT. 13

Paper Mill Playhouse

Paper Mill Playhouse welcomes the New Jersey-based non-profit Shining Stars Network for the “Shining Stars Network Cabaret”, a showcase at the theater’s outdoor Brookside Cabaret featuring young artists with disabilities. Performers will present an evening of music celebrating their love of all things music and dance! The cabaret will take place on Tuesday, September 13, 2022, at 6:30 p.m.

Tickets for the cabaret are \$35 with a \$25 food and beverage minimum per person. Seating begins at 5:15 p.m. Tickets may be purchased directly from Shining Stars Network by emailing shiningstarsnetwork@gmail.com.

Shining Stars Network, celebrating their ten-year anniversary, is well-known for creating opportunities in the performing arts for the special needs community to showcase their many talents. By producing inclusive entertainment, opportunities are provided for people with and without disabilities to work together to create experiences that enhance their lives. Shining Stars Network believes that everyone deserves the chance to showcase their abilities and talents and to connect with their community. Shining Stars performers are individuals with developmental and intellectual disabilities who perform in inclusive events that build self-esteem and friendships. To promote an inclusive environment, Shining Stars Buddies, neurotypical high school students who mentor Shining Star cast members, will be performing alongside the cast. Starting from a local group from Cranford, New Jersey, there are now Shining Stars performers from five different New Jersey counties.

“We are beyond thrilled to partner with the iconic Paper Mill Playhouse to bring this show to life,” noted Shining Stars Network co-founder and CEO Mike Curci. “Our cast is very excited and we can’t wait for our stars to shine at such an amazing venue as we celebrate ten years on stage.”

This event marks an expansion of Paper Mill Playhouse’s Theater For Everyone programs, the award-winning initiative that strives to weave inclusion throughout the fabric of the institution, creating opportunities for people of all abilities to learn, perform and attend performances with independence and dignity.

“Shining Stars Network Cabaret” is an opportunity to foster a love for performing for these young artists whose gifts are many, and who have an enthusiasm for music, dance and theater that is huge!” remarked Paper Mill



(above) Shining Stars Network performers

Playhouse Producing Artistic Director, Mark Hoebee. “We’re very pleased to offer our cabaret stage to these performers. This event speaks to our core mission to provide theater for everyone, in a most meaningful way.”


“Our special performers are talented and love to take the stage,” shared Shining Stars co-founder and show director, Sally Curci. “Each and every year our audience has grown along with our cast. They continue to inspire us every day. Each opportunity offers our cast to create lifetime memories and we are so excited to give our special cast the chance to perform at such a great venue!”

Long a national leader in cultural accessibility, Paper Mill Playhouse offers a myriad of award-winning access programs and services, including audio description, sensory seminars, Braille and large-print programs for the visually impaired, and open-captioning and assistive listening devices for those with hearing loss. In addition, Paper Mill offers autism-friendly performances of both mainstage and children’s shows throughout the season. Upcoming Access performances include an autism-friendly performance of the one-hour musical *The Lightning Thief* on December 11, 2022, at 10:00 a.m., followed by Paper Mill mainstage autism-friendly performances of *The Sound of Music* on


December 30, 2022, at 1:30 p.m., and Disney’s *Hercules* on March 12, 2023, at 1:30 p.m. For more information, please visit PaperMill.org/access-for-all/.

Paper Mill Playhouse, a not-for-profit arts organization under the direction of Mark S. Hoebee Producing Artistic Director, Michael Stotts - Managing Director and recipient of the Regional Theatre Tony Award, is one of the country’s leading regional theaters. Paper Mill Playhouse programs are made possible, in part, by funds from the New Jersey State Council on the Arts. Paper Mill Playhouse is a member of the National Alliance for Musical Theatre, the Council of Stock Theatres, and the New Jersey Theatre Alliance. Paper Mill Playhouse Education and Outreach are proudly sponsored by Hearst Foundations. Major funding for autism-friendly programs is provided by Merck and the National Endowment for the Arts. Additional support includes BD, The Karma Foundation, and The Summit Foundation.

Shining Stars Network is a non-profit organization founded by Sally and Mike Curci that shines the light on the special needs community by creating opportunities in the performing arts, with the goal of building self-confidence and self-esteem while enjoying the experience of performing on stage. In addition, their Shining Stars Ambassadors basketball team travels to play local first responders while building friendship and understanding. Camp Shine (for ages 10-20 years) and the Shining Stars Summer Workshop (21 and over performers) are two-week intensive programs open to everyone. There are also two full productions each year — “An Evening of Shining Stars” — set for May 13, 2023 — and the “Shining Stars Christmas Spectacular” on December 9, 2022. For more information on any of their programs or to purchase show tickets, please visit shiningstarsnetwork.org or send an email to ShiningStarsNetwork@gmail.com.




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LINDEN CELEBRATES NATIONAL NIGHT OUT 2022

Follow Linden Police Department on Facebook.

National Night Out, a national community-building campaign that promotes police-community partnerships, was held on Tuesday, August 2nd from 5 – 7 p.m. in front of Linden City Hall. The free event was hosted by the Linden Police Department and featured giveaways, food, drinks, entertainment.

National Night Out culminates annually on

the first Tuesday in August. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community.

Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances. For more information visit natw.org.

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FALLS PREVENTION AWARENESS WEEK AT THE YMCA

Falls Prevention Awareness Week is September 18-24 and The Gateway Family YMCA is joining the National Council on Aging (NCOA) to help raise awareness on preventing falls and reducing falls risk.

The Gateway Family YMCA is kicking off Falls Prevention Awareness Week with a Virtual Falls Prevention Presentation on September 19 at 3:00pm with free registration available at tgfymca.org/events. This educational virtual presentation will be taught by Susan Butler, WISE Community Services Director at The Gateway Family YMCA.

“As a leading community-based organization dedicated to improving the nation’s health, the Y is asking older adults, caregivers, family members and health care professionals to raise awareness and prevent falls in the older adult population,” said Krystal R. Canady, CEO, The Gateway Family YMCA. “Falls are preventable, but many older adults and their families don’t know how to safely get active; the good news is that organizations like the Y can help.”

According to the NCOA, each year it is estimated that one out of four Americans aged 65 or older will suffer a fall, leaving many adults with a fear of falling that can cause them to limit physical activities. This leads to reduced mobility and diminished quality of life and can increase their risk of falling. In addition, as the population ages falls put an immense strain on the health care system.

“With a focus on healthy aging, the Y is committed to helping older adults learn their fall risk and provide resources that can help them reduce their risk for falls,” stated Melynda A. Mileski, EVP/COO, The Gateway Family YMCA. “At the Y, we offer programming specifically tailored to meet the needs of those in our community who may be at risk for falls, or who may need chair or water-based exercise to increase strength and agility in a controlled



environment.”

The Gateway Family YMCA is helping to improve the health and well-being of older adults across the country through programs like Enhance Fitness for Arthritis, Tai Chi, Active Older Adults, WISE Cardio Jam, Chair Yoga, Water Exercise and SilverSneakers. At The Gateway Family YMCA, the WISE Community Services programs provide additional opportunities for those who may need a little additional assistance or individuals with dementia, Alzheimer’s or mild cognitive impairment including a specialized wellness coaching program called Fit Assist.

The CDC suggests these basic lifestyle and safety changes to help reduce risk and prevent falls:

BEGIN AN EXERCISE PROGRAM TO IMPROVE YOUR LEG STRENGTH & BALANCE.

- Ask your doctor or pharmacist to review your medicines.
- Get annual eye check-ups & update your eyeglasses.

MAKE YOUR HOME SAFER BY:

- Removing clutter & tripping hazards.
- Putting railings on all stairs & adding grab bars in the bathroom.
- Installing proper lighting, especially on stairs.

The Y is the leading nonprofit committed to strengthening community by connecting people to their potential, purpose and each other. The Gateway Family YMCA is a 501(c)(3) nonprofit, health and community service organization of caring staff and volunteers dedicated to strengthening community through Youth Development, Healthy Living and Social Responsibility. By bringing together people from different backgrounds, perspectives and generations, the Y ensures that everyone has access to the opportunities, relationships and resources necessary to learn, grow and thrive.

To learn more about The Gateway Family YMCA or Fall Prevention Awareness Week, visit tgfymca.org or contact the Elizabeth Branch 908-355-9622, Five Points Branch 908-688-9622, Rahway Branch 732-388-0057, Wellness Center and WISE Center Branch 908-349-9622 or Youth

SUMMER CONCERT SERIES

The City of Linden Summer Concert Series continues thru September. All concerts are free and start at 7:30 p.m. They are held at the Raymond Wood Bauer Promenade, 400 North Wood Ave., Linden, NJ. Seating is first-come, first-served. Additional seating available for

lawn chairs as space permits.

In event of inclement weather, the concerts are held as scheduled at the JTG Recreation Center, 330 Helen St.

For up-to-date concert/rain information, call 908-474-8604 after 4:00 p.m.

Friday, September 3 Jersey Shades - 50s & Up
Tuesday, September 6 Gentlemen of Soul - Earth, wind & Fire Tribute - R&B
Friday, September 9 High Strung - Rock/Country
Tuesday, September 13 Van Halen Nation - Van Halen Tribute - Rock

Welcoming Week

YMCA Open House September 9-18

Open to the Community! Take a Swim, Shoot Some Hoops, Try a Class! Learn More at tgfymca.org/events

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- Identifying your target market
- Positioning your business in your industry
- Honing your message
- Creating an image
- Choosing an advertising vehicle
- Analyzing results

DATE: Wednesday, September 14, 2022

TIME: 10:00 am

COST: FREE

REGISTER: <https://score.tfaforms.net/17?EventID=a105a000005qvnQ>

Participants are encouraged to ask questions as they pertain to their own businesses.



Joe Renna
Renna Media

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 hyperlocal community newspapers.

Each month, over 160,000 newspapers are mailed to every home and business in 24 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.

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1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550	\$600
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900	\$1000
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700	\$1900
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000	\$2200
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400	\$2700
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700	\$3000
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000	\$3400
2-PAGE SPREAD	21" x 14"	\$700								
BACK PAGE	10" x 14"	\$500								
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