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Issue 151 • October 2022

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## COMMUNITY DAY AT 4TH WARD PARK

The Friends of 4th Ward presented Community Day @ 4th Ward Park on Saturday, August 27th. The family fun event ran from 12 p.m. – 8 p.m. and featured free food, giveaways, entertainment including a petting zoo, pony rides, inflatables, and more. An all-day basketball tournament was held simultaneously.

At 5 p.m. there was a memorial tribute and dove release to honor Jennie Mae Hawks. Jennel Henderson had this to say “2022 Community Day was dedicated to the loving memory of Jennie Mae Hawks. Jennie Mae was a beloved Friends of 4th Ward committee member. A very longstanding member of our organization, she was with us since our inception and served us very well. She was an annual donor of the event. Each year she made a food donation as well as a monetary contribution as well. In addition to giving of her resources she also lent us her time and effort, she worked the event every year. Besides being a Friends of 4th Ward committee member Jennie Hawks is also my grandmother and she departed this life a few months ago. Her generosity and service within our community is exemplary and noteworthy. She was a servant through and through and that is her legacy.”



(above) Popeyes Chicken supported the event and gave back to the residents of Linden.  
They provided free 2-piece snack boxes of chicken.

Courtesy photo

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(above, left) 2022 Community Day was dedicated to the loving memory of Jennie Mae Hawks.



(above) Residents won free raffle giveaways.

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

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# LIFE in LINDEN

**Renna Media LLC, Publishers**

202 Walnut Ave., Cranford, NJ 07016

Life in Linden is published by Renna Media. 17,900 newspapers are printed monthly and mailed to every business and resident in Linden.

Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

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Do you have a community service that you need help publicizing? Did you or someone you know accomplish something amazing? We are interested in hearing about your latest achievement (accomplishment, honor, award, etc.), send us your news!

Email: [editor@rennamedia.com](mailto:editor@rennamedia.com)

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Life in Linden



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*Thanksgiving*

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## NORTHERN NEW JERSEY'S MOST INTIMATE COFFEEHOUSE

The Salem Roadhouse Café presents Zuko, Philips, Cohn & Starr, on Saturday, October 8, 2022. The doors open at 7:30 p.m.

Zuko, Philips, Cohn & Starr have carved themselves a unique niche within the realm of rock classic tunes. Focused mostly on vocals and light accompaniment with a pair of guitars and a djembe for rhythm, this group of very talented and familiar Roadhouse performers has taken classic rock tunes we all know and love and put a lighter spin on them. The usual trappings of rock with its requisite "wall of sound" is avoided, making the lyrics and tunes able to be heard clearly. Focused on rich harmonies, their sound is catching on like wildfire. Come and hear songs as you've never heard them before!

The Salem Roadhouse Café is live, intimate, upfront, and personal. All ages are welcome. Located in the Townley Presbyterian Church, 829 Salem Rd., Union, NJ. Doors open at 7:30 p.m., show starts at 8:00 p.m. Admission is \$20. Admission includes show, snacks, non-alcoholic beverages, and dessert.

Plan now for an evening of great music in Northern New Jersey's Most Intimate Coffeehouse™.

### ABOUT SALEM ROADHOUSE CAFÉ

It's not "church music." It's music music.

Folks who've come to the Salem Roadhouse Café know that it's a clean, safe place for people who enjoy listening to live music — in a world otherwise filled with clubs and bars. The Roadhouse has always offered its stage to local

and independent mainstream musicians. Jazz, rock, folk, and other groups have performed. What's the common thread? They're all great musicians playing the kind of music people like to hear. There's no message, just music.

The Roadhouse started in 2008 by members of Townley Presbyterian Church with a grant from the Presbytery of Elizabeth. Hey — that's why we're located where we are. The Roadhouse operates as a non-profit that raises funds for several carefully chosen local charities. That's its social mission.

But the many musicians who've played the Salem Roadhouse Café see it as a solid performance venue. They love it because of its special intimacy and great audiences. They say

people here "really listen." Ask any of the musicians you meet here — they love to play the Roadhouse, and they want to come back often.

### COMMUNITY INVOLVEMENT

The Salem Roadhouse Café has raised funds for many carefully chosen charities. They include: The Presbytery of Elizabeth E-port Center, Center For Hope Hospice, Community Food Bank, Monarch Housing, Angel Paws Animal Rescue, National MS Society, Haiti Disaster Relief, Hurricane Sandy Disaster Relief, The Union County YWCA Domestic Violence Programs, Making It Possible To End Homelessness, Camp Johnsonburg, The Music Institute, and others. Thousands of dollars have been raised for these deserving charities.

## RARELY SEEN

PHOTOGRAPHS OF THE EXTRAORDINARY



SUPERCCELL STORM CLOUD

Photo by Marko Korosec, near Julesburg, Colorado

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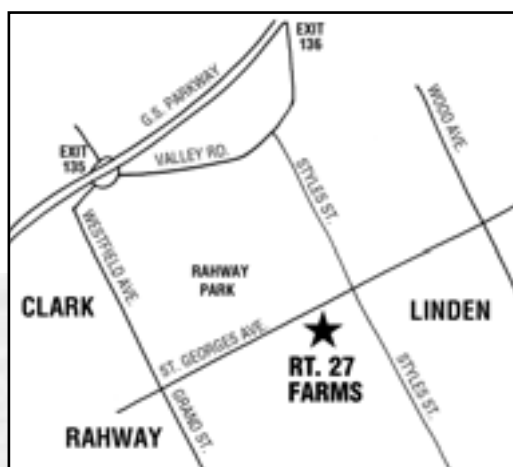
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## ST. JOSEPH SOCIAL SERVICE CENTER FUNDRAISING DINNER

St. Joseph's serves the materially poor and homeless community of greater Elizabeth. The economic fallout from the pandemic has created an unanticipated increase in the demand for basic human needs such as food and medications.

Now, more than ever, we could use the support and participation of the community at our Annual Fundraising Dinner, which will be held on October 20, at 6 p.m., at the Westwood in Garwood, NJ.

### HERE'S HOW TO SUPPORT OUR FUNDRAISER:

Online: To purchase Dinner Tickets, Sponsorships, or to Donate online, please go to [sjeliz.org/special-events.html](http://sjeliz.org/special-events.html)

Mail: To purchase Raffle tickets, Dinner

Tickets, Sponsorships, or to Donate by mail, please click to download the order form from [sjeliz.org/special-events.html](http://sjeliz.org/special-events.html)

In Person: To purchase Grand Raffle Tickets in person, here are the locations:

- St. Joseph Social Service Center  
118 Division Street, Elizabeth, NJ 07201  
Emy Cruz, 908-354-5456 x3
- St. Helen's Parish Center  
1600 Rahway Avenue, Westfield, NJ 07090  
Marilyn Ryan, 908-232-1214 x113

We hope you'll support us with ticket purchases, sponsorships, and donations and join us at our dinner on October 20. Together, we can satisfy hunger, improve health, and inspire hope in our community!

## LINDEN'S 69TH ANNUAL HALLOWEEN PARADE

It's almost autumn in Linden, and you know what that means! Linden's wonderful tradition, the 69th Halloween Parade is on! The Parade will line-up on Wood Avenue at 1:00 p.m. on October 23rd, and start promptly at 2:00 p.m. Get down to Wood Avenue early to reserve your best viewing spot! Floats, Bands, Marching Groups, Ghouls, Goblins, and a wide variety of local community participants. Mark your calendars for Sunday, October 23rd, 2022. Rain date will be October 30th. The Halloween Committee meets at JTG Center on Helen St. every Wednesday evening at 6:30PM. If you'd like to join us, or if you have any questions about the parade...please stop by!

**JOIN US FOR LINDEN'S 69TH**

**Halloween PARADE**

**SUNDAY | OCTOBER 23 | 2022**

**1:00PM PARADE LINE-UP • 2:00PM PARADE START**

**RAIN DATE SUNDAY, OCTOBER 30**

For more information about the Parade, please call the JTG Recreation Center at 908-474-8600

**THE LINDEN HALLOWEEN PARADE COMMITTEE**

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## YMCA SUPPORTS COMMUNITY MENTAL HEALTH

The Gateway Family YMCA is encouraging community members to join, and continue, the conversation about mental health.

Mental health is how we think, feel and act. “At the Y, we recognize that we all have mental health, and mental health is an important part of our physical health and social-emotional well-being, as well as a core component of our identity,” stated Krystal R. Canady, CEO, The Gateway Family YMCA.

“We can all play a role in supporting each other’s mental health – at the Y and in our communities,” said Melynda A. Mileski, EVP/COO, The Gateway Family YMCA. “The first step is to start talking in our communities about what mental health really is.”

Help the Y get the conversation going about mental health by sharing these facts with friends and family:

**FACT:** We all have mental health, not just those who live with a mental illness. Everyone faces challenges in their life that can impact our mental health.

**FACT:** There are many things we can do each day to positively impact our mental health. A few examples include: moving, fueling and resting our bodies; being mindful of how we’re feeling and what’s going on around us; connecting with others; and asking for help when needed.

**FACT:** In addition to biological and environmental factors, mental health is influenced by health inequities that can be attributed to systemic racism, the social determinants of health and exposure to trauma. Ys and community organizations can support mental health by addressing barriers that prevent marginalized communities from having access to the support they need.

**FACT:** Mental health and physical health are interconnected, and both can impact your overall well-being. For example, research shows that exercise can alleviate long-term depression.

**FACT:** Positive mental health can be supported in community settings, like the Y, in addition to traditional clinical settings. The Y supports the

mental health of individuals and communities in all of the work we do to help people reach their full potential—whether that’s The Gateway Family YMCA supporting youth in our summer camps, helping people achieve their best physical health or providing newcomer immigrants access to housing and community services.

**FACT:** We all can support the mental health of our community through bringing empathy, compassion and kindness to our interactions with others. Something as simple as intentionally asking “how are you?” and encouraging honest answers can provide us an opportunity to normalize mental health and help others when they need it.

Help is available for those struggling with their mental health. For a list of resources visit the National Suicide Prevention Lifeline at [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org).

For immediate help 24-hours a day, call 800-273-8255 or text TALK to 741741.

The YMCA offers programs to assist with mindfulness, meditation and mental health. Join the conversation, and connect with your community. Learn more at [tgfymca.org](https://tgfymca.org)

The Gateway Family YMCA is a 501(c)(3) non-profit, health and community service organization of caring staff and volunteers dedicated to strengthening community. The Gateway Family YMCA impacts the community by providing quality services for all. The Y doesn’t just strengthen bodies – it strengthens people, families and communities.

For more information visit [tgfymca.org](https://tgfymca.org) or contact the Elizabeth Branch 908-355-9622, Five Points Branch 908-688-9622, Rahway Branch 732-388-0057 or the Wellness Center and WISE Center Branch at 908-349-9622.

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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

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A native of Roselle, New Jersey, serves the U.S. Navy aboard USS Boxer, which is homeported in San Diego.

Petty Officer 2nd Class Katherine Chumbiray, a 2013 graduate of Abraham Clark High School, joined the Navy three years ago.

"I always felt the need to join the military," said Chumbiray. "I was in Junior Reserve Officers' Training Corp all four years of high school and that helped me to decide to join the service. My grandfather also served in the military and he inspired me as well."



(above) Roselle's Petty Officer 2nd Class Katherine Chumbiray serves aboard USS Boxer for the Navy.

Courtesy photo



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## PANCAKE BREAKFAST AT AMERICAN LEGION POST 102 - OCT 16

Come to a Pancake Breakfast, hosted by the American Legion Auxiliary - Unit 102, on Sunday, October 16, 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 Blueberry Pancakes.

## VFW #1397 PANCAKE BREAKFAST AT AMERICAN LEGION POST 102 - OCT 22

Come one, come all to our Pancake Breakfast on Saturday, October 22, 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!

## MARKET FAIR RETURNS TO LINDEN – OCT. 22

The 'Market Fair' will be held on Saturday, October 22, from 9 a.m. – 3 p.m. (rain date: October 29), at The Episcopal Church of St. John the Baptist, 2018 Dewitt Terrace in Linden. This is a vendor sale that includes household items, clothes, shoes, kitchenware, holiday decorations, books, DVDs and CDs. The flea market will be held on the Great Lawn of the church, across the street from the McManus Middle School. A new addition to this year's

sale is the 'Gift & Thrift Boutique'.

Autumn is the best time of the year to have an outdoor flea market. It is a great way to kick off the holiday season. There will be thousands of items at great prices!

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## 5TH ANNUAL BENEFIT CONCERT FOR THE HOMELESS

On Sunday, October 9, Catholic Charities of the Archdiocese of Newark will host its 5th Annual Benefit Concert for the Homeless at St. Philomena Church in Livingston. All proceeds from the event will help to fund the homeless programs and services of the agency that provides assistance to thousands of individuals and families in need.

The Drive-In Concert will offer a variety of

family/kid friendly activities (face painting, magicians, balloon artists, etc.) along with a full concert by New Jersey's own "The Nerds" – a widely acclaimed rock and roll band. Food trucks will be available but folks are encouraged to tailgate as well.

Registered participants get a parking space with an adjoining space to set –up chairs, etc. Each car can carry up to 6 occupants and parking

spaces are priced at \$300, \$175 & \$125 based on their proximity to the stage.

For event details, please visit [ccanconcert22.GiveSmart.com](http://ccanconcert22.GiveSmart.com) or call Peter Ruccione, Catholic Charities Director of Development, at 973-818-4060.

Last year Catholic Charities provided over 71,000 nights of Shelter, food, and clothing for over 1,171 people, individuals and families.

For more information on Catholic Charities of the Archdiocese of Newark, visit [ccannj.org](http://ccannj.org).

### ABOUT CATHOLIC CHARITIES

Catholic Charities of the Archdiocese of Newark has been in operation since 1903 serving adults, children, families, seniors, veterans, and those suffering from HIV with compassionate care and services that provide help and hope. Our 84 programs serve close to 50,000 individuals in Bergen, Essex, Hudson and Union Counties annually. Our programs include counseling and support services for at-risk youth and their families; psychological and psychiatric help for those with mental illness; job training for those who are cognitively disabled; childhood education for preschoolers in Newark, Bloomfield and Elizabeth; emergency shelter for the homeless and for those who are HIV-positive; affordable housing for low-income families; immigration legal services; refugee resettlement; and adoption services.



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## SPOTLIGHT ON VETERANS DOING YOGA PROJECT

Submitted by Laura Meola and Alyssa Duclos

The Veterans Yoga Project Video filming was a free event sponsored by the New Jersey Veterans Network for their web series, Local Legends. This web series is a talk show that showcases real stories from extraordinary people including gold medalists, army veterans, athletes and many more. With its strong veteran influence, Local Legends is produced, directed, hosted and filmed by veterans and their supporters. They provide a great deal of informational resources to help the community.

The Veterans Yoga Project event featured Maggie Stoddard, a yoga instructor trained to work specifically with veterans. Her work with these heroes has greatly benefited their everyday lives. During filming, Maggie showed the participants three sets of poses. This included the warrior 2, peaceful warrior, and seated cat/cow. Aside from this filming, Maggie runs yoga events weekly for all veterans and their families who wish to participate. She had this to say about the program, "We lead a class with some breath work, stretching and mindfulness. Veterans Yoga Project promotes resilience and recovery."

America's Hot Dog pup, Shadow, also made an appearance to provide support for all who participated in the filming process.

This production was directed and produced by Doc Schupp with Michael Boll as co-producer. Credit also goes to Shaun Crafton, director of cinematography, and camera-man Diddy.

If you know of an inspiring or helpful resource for veterans that would make a great Local

Legends Video please call Doc Schupp at 551-293-3049. The Local Legends Videos can be viewed on the NJVN website at njvn.org/local-legends.

Thank you to all volunteers who helped put this event together: Doc Shupp and Michael Boll who run the NJVN; Rochelle Park American Legion Post; all the cast and crew who participated in the Local Legends production; Alyssa Duclos, owner of Alyssa's Critter Sitters LLC, and official dog handler of Shadow, America's pup; and assistant dog handler Joe Astarita.

### ABOUT NEW JERSEY VETERANS NETWORK

We are a group of veterans and volunteers dedicated to helping our veterans and their families live better lives. Our mission is to identify veterans and connect them with resources and programs designed to meet their unique set of needs. If you are a veteran or family member that is in need of assistance, or are interested in joining our team, would like us to speak at your event, or contribute to our mission, call 973-332-1556 or email mdbollio@optonline.net. To learn more visit njvn.org.



(above) The Veterans Yoga Project Video was filmed at a free event by the New Jersey Veterans Network for their web series, Local Legends.

Photos by Shaun Crafton and Diego Diazand

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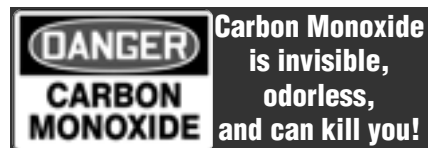
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## FIRE PREVENTION WEEK - OCT 9 - 15

The Linden Fire Department (LFD) has announced that this year's fire prevention week will take place during the week of October 9 through October 15.

*The LFD will kick off this campaign on October 7 at Fire Prevention Night from 5 p.m. - 7 p.m.*

*in front of City Hall, 301 N. Wood Ave.*

*The theme this year is*

*"Fire won't wait. Plan your escape."*

By planning and practicing your escape plan, you can increase your family's and employees' preparedness, enabling them to react more quickly and safely in the event of a fire.

*Please check our Linden Fire Department Facebook page and Public TV Channel 36 for additional information.*

## TEEN DRIVER SAFETY WEEK

### Street Smart NJ

National Teen Driver Safety Week is October 16-22, 2022 — is the perfect opportunity to talk with teens about safe driving habits. This year, the U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA) is teaming up with Street Smart NJ to empower parents to discuss safe driving habits with their young drivers. Assure your teen driver knows the Rules for the Road before you hand over the keys. Ultimately, parents are in control.

### FACTS ABOUT TEEN DRIVER FATALITIES

Motor vehicle crashes are the leading cause of death for teens (15-18 years old) in the United States.

In 2019, there were 2,042 people killed in crashes involving a teen driver, of which 628 deaths were the teen driver.

Parents can be the biggest influencers on teens' choices behind the wheel if they take the time to talk with their teens about some of the biggest driving risks.

## ST. JOSEPH SERVICE CENTER URGENT NEEDS

New Shopping Bag Rules in NJ... and We Need Bags!

New Jersey has the strictest ban on plastics in the country, and it is now in effect for the entire state of New Jersey, including for food distribution at St. Joseph Social Service Center. We are in need of reusable bags for our clients. If you can donate new or used but clean reusable shopping bags, please drop them, 118 Division Street, Elizabeth, NJ, during normal operating

hours. If you have questions, please contact our Food Program Director, Corey Wu-Jung at [cwujung@sjeliz.org](mailto:cwujung@sjeliz.org) or 908-354-5456 x412.

One of our urgent ongoing needs is for tuna or chicken in single serve pouches. Donations are gratefully accepted!

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# ST. JOHN THE APOSTLE CHURCH'S OKTOBERFEST CELEBRATION

St. John The Apostle Church had a parish Oktoberfest on Sunday, Sept. 25th, 2022 at the Deutscher Club, located in Clark, NJ.

Live music was provided by the German band The Adlers. German and American food and

beverages were available to purchase.

St. John The Apostle is located at 1805 Penbrook Terrace in Linden, NJ. The Parish serves the communities of Linden, Clark, Cranford, Rahway and Winfield.



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

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## LINDEN PUBLIC LIBRARY PROGRAMS

31 East Henry Street, Linden, NJ 07036 • 908-298-3830 • [lindenpl.org](http://lindenpl.org). Please like us on Facebook and follow us on Twitter.

### OCTOBER FILMS

The Linden Public Library will continue its popular film program during the month of October with three films remembering Oscar winners (Groucho Marx, Anne Hathaway and Richard Dreyfuss) and a Football Fridays series of football-themed films, four of which are based on real life stories. Films are shown free of charge on Tuesdays and Fridays at 1:00 p.m. in the Columbia Bank Room.

#### THE OCTOBER FILMS INCLUDE:

October 7: 12 Mighty Orphans; 2021; PG-13; 118 min.

October 11: Brian's Song; 1971; G; 73 min.

October 14: Rudy; 1993; PG; 114 min.

October 18: Locked Down; 2021; R; 118 min.

October 21: American Underdog; 2021; PG; 112 min.

October 25: Whose Life Is It Anyway?; 1981; R; 119 min.

October 28: Any Given Sunday; 1999; R; 162 min.

### DENI BONET AND CHRIS FLYNN IN CONCERT - OCT 24

The Linden Public Library is proud to present Deni Bonet and Chris Flynn in concert on Monday, October 24 at 7:00 p.m. The concert is free of charge and all are invited to attend. Light refreshments will be served.

### NJ HISTORY LECTURE SERIES

Each lecture will be held at 7:00 p.m. in the Columbia Bank Room on the third floor of the library. Light refreshments will be provided and all members of the general public are encouraged to attend.

All lectures are presented free-of-charge thanks to a Humanities Grant for Libraries, which is an initiative of the American Library Association. Funding for these programs was made possible with monies from the National Endowment for the Humanities through the American Rescue Plan Act of 2021. The lecture series includes a varied and interesting look at different events, people and places in New Jersey history from our colonial period into the American Revolution through the Civil War then onto modern day events. The future lectures include:

**Wicked Woodbridge and Crazy Carteret**  
**Speaker: Bill Gillette**

Wednesday, October 26

**The Role of New Jersey in the Civil War**  
**Speaker: Bill Gillette**

Wednesday, November 9:

**George Washington, New Jersey and the Revolutionary War; Speaker: Joel Farkas**

Monday, November 14:

**New Jersey's Greatest Governors**  
**Speaker: Bill Gillette**

Wednesday, November 16

**Remember the Ladies: Women During the American Revolution; Speaker: Joel Farkas**

Monday, November 21

**Painting the American Revolution**  
**Speaker: Joel Farkas**

Monday, November 28

### MENTALIST/MIND READER – OCT. 17

The Linden Public Library is proud to present “An Evening With Flavian”. The event will be held on Monday, October 17 at 7:00 p.m. All are invited to attend this event free of charge. Light refreshments will be served.

New Jersey-born and bred Flavian Petruccio is an accomplished mentalist and mind reader. He plays “mind games” with his audiences who have been entertained by his act in nightclubs, casinos, performing arts centers and other venues for many years. He shocks and amazes his audiences

in an amusing way. Flavian even hosted his own television show titled “Mind Play”. Join us for an enjoyable evening at this fun-filled event.

Located at 31 East Henry Street, the Linden Public Library has been at the center of social, educational, civic and cultural life within the city of Linden since its founding in 1928. If you have any questions regarding these or other events at the library, please call us at 908-298-3830 or check out our website at [lindenpl.org](http://lindenpl.org). Please like us on Facebook and follow us on Twitter.

### LEARN AND LUNCH LECTURE ON STROKES

The Linden Public Library and its health partner, RWJ University Hospital Rahway, will co-sponsor a “Lunch and Learn” lecture about “Stroke! What’s Your Risk?” The special event will be held in the Columbia Bank Room at the library on Wednesday, October 19 from 12 noon until 1:00 p.m.

Karen Vargas, the stroke coordinator at RWJ Rahway, will present this informative discussion over lunch, which will be provided free of

charge. This lecture will include topics such as what a stroke looks like; what to do if you suffer one; what are the risk factors and how to reduce them; and recovery after a stroke.

Seating for this event is limited and advanced registration is required. Walk ups will not be admitted.

To reserve your spot for this event, please call Jeff Wayne at the Linden Public Library at 908-298-3830 x34.

### ENERGY EDUCATION WORKSHOP FOR EDUCATORS

Mark your calendars for the Phillips 66 Energy Education Workshop for Educators being held on October 13, 2022, at the Linden Free Public Library, 31 E Henry Street, Linden, NJ.

Attendees invited include 4th – 12th grade science teachers, CTE teachers, math teachers, social science teachers, and afterschool program leaders.

Register at [needorg.secure.force.com/event/home/p66101322](https://needorg.secure.force.com/event/home/p66101322). Please register 10 days prior to the event.

Attendance is free of cost and includes lunch, substitute reimbursement, a NEED Science of Energy Kit, state standard aligned curriculum

For any questions, call or email Wendi Moss at 1-800-875-5029 or [Wmoss@need.org](mailto:Wmoss@need.org).

#### ABOUT THE NATIONAL ENERGY EDUCATION DEVELOPMENT (NEED) PROJECT

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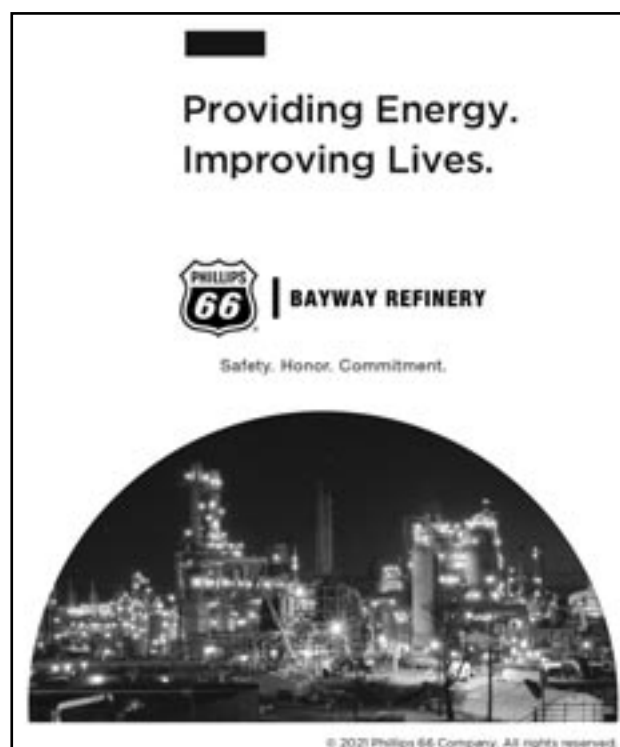
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### BOOK CLUB

The Linden Public Library is proud to announce the first meeting of its new book club. The meeting will be held on Wednesday, November 2, 2022 at 6:30 p.m. in the Bernice Bedrick Room. At the meeting, we will be discussing The Paris Apartment, the latest mystery by Lucy Foley. Copies of this book are available to borrow on the first floor of the library. You may register for this event either in person at the Circulation Desk or by calling Leanne Manna at the library, although registration is not required.



# APHASIA COMMUNICATION GROUP OFFERED

LIFE in LINDEN • Page 21 • October 2022

The Adler Aphasia Center is currently offering an Aphasia Communication Group for stroke and brain injury survivors with aphasia in Scotch Plains, NJ. This group provides those diagnosed with aphasia an opportunity to socialize with others who share similar experiences, provide tips to communicate more effectively, and time to practice communication skills in a natural environment. Aphasia is a language disorder caused by stroke or other brain injury. It affects spoken language, reading, and writing, but does not affect one's intellect.

This group is facilitated by a licensed speech language pathologist and is offered two Fridays of each month for two hours. A person with aphasia may join the group at any time but must pre-register. There is a nominal charge, but we never turn people away for lack of funds, we offer scholarships to those who are not able to pay \$80 for eight sessions.

To learn more about this communication group and to pre-register, please contact Gretchen Szabo, M.A., CCC-SLP at 551-287-2238 or email [gszabo@adleraphasiacenter.org](mailto:gszabo@adleraphasiacenter.org).

Adler Aphasia Center, a non-profit organization with three full-service facilities based in Maywood, West Orange, and Toms River, NJ and Aphasia Communication Groups located throughout the state, is an innovative, post-rehabilitative program that addresses the long-term needs of people with aphasia and their families. Aphasia is a communication disorder that impairs the expression and understanding of spoken language, reading, and writing. It occurs most often from a stroke or other brain injury. It

affects a person's ability to communicate, but not his or her intellect. This communication disorder affects 40% of all stroke and brain trauma survivors. The Center is considered a world leader in long-term, post-rehab community-based care for people with aphasia. With 2.5 million people diagnosed with aphasia in the U.S., the Center is the only one of its kind in NJ, an area with an estimated 70,000 people living with aphasia. For more information about the Center's programs and services in Maywood, West Orange, or Toms River, NJ, or for information about the Center's Aphasia Communication Groups in Bridgewater, Haddonfield, Hammonton, Maywood, Monroe, Scotch Plains, Toms River, Virtual Spanish Speaking Group and Virtual NJ Group, visit their website at [adleraphasiacenter.org](http://adleraphasiacenter.org) or call 201-368-8585

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