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CITY MONUMENTS VISITED ON VETERANS DAY

On Friday November 11, 2022 The Linden Veterans Council honored veterans by visiting each of the memorials around Linden and performed a wreath placement ceremony.

Villani Bus Company, located in Linden, provided transportation. The American Legion Post 102 in Linden was the host post. In attendance were Linden Mayor and Councilmembers and the Veterans of Foreign Wars Post 1397, Marine Corp League, Catholic War Veterans and Vietnam Veterans of America.

More photos of this event can be found on Facebook @ VFW Post # 1397 Linden, NJ.



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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 (honor, award, etc.), send us your news! Email: editor@rennamedia.com

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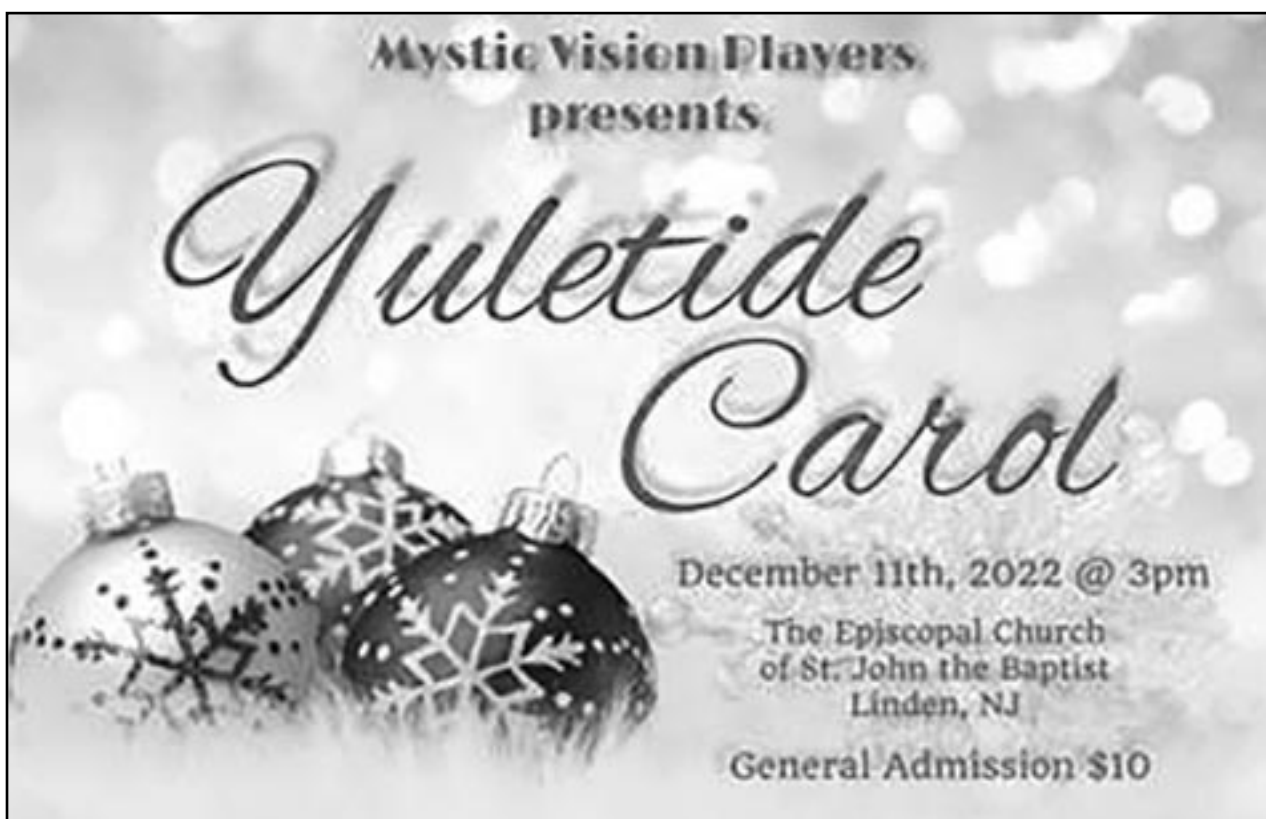
MVP'S MOST WONDERFUL TIME OF THE YEAR

Mystic Vision Players, the resident theatre of Linden, celebrates the Christmas season once again with our annual Yuletide Carol concert. The event will be held at the Episcopal Church of St. John the Baptist (ECSJB), 2018 Dewitt Terrace on Sunday, December 11th at 3:00 p.m.

Featuring Christmas music from the traditional to modern performed by great local

talent, guests can also tour the church's gorgeous exhibit of more than 35 nativity scenes and even do some last minute Christmas shopping at the ECSJB Gift & Thrift Boutique.

Tickets are only \$10 general admission cash only at the door with all funds helping to support the outreach programs at ECSJB.



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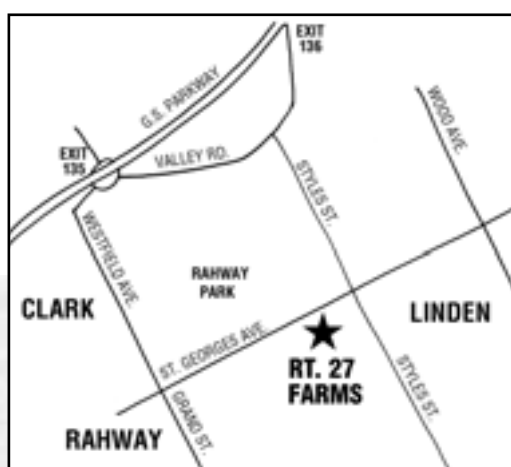
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SHINING STARS “CHRISTMAS SPECTACULAR” – DEC. 9

Celebrate the holiday season when the Shining Stars take the stage for their 2022 “Christmas Spectacular” set for Friday, December 9 at 7:00 p.m. The show will take place on the main stage at the historic Union County Arts Center in Rahway as this talented cast sings and dances to many of your holiday favorites.

With many cast members from all over Union County and beyond, Shining Stars Network has been producing live programming for the special needs community for ten years.

This year’s Christmas Spectacular marks the return of the Shining Stars to one of the most beautiful theaters in New Jersey and will feature 35 special needs cast members and their volunteer buddies from local high schools, who serve as mentors to the cast during rehearsals.

Two previous Shining Stars shows at UCPAC drew more than 1,000 audience members for each performance, and already, the buzz is building in the community.

“We’re so excited to ring in the holiday season,” noted Shining Stars Network co-founder and President Mike Curci. “Our stars are ready to share their smiles, energy and amazing talents with everyone. This will be a great way to cap off our 10th anniversary celebration.”

“We strongly believe in creating an inclusive

environment for our cast, and our buddies are an integral part of the Shining Stars experience,” noted Shining Stars co-founder and director Sally Curci. “We are so excited to bring a new show to the stage and cannot wait to connect with our incredible audience again to celebrate the holiday season.”

Shining Stars Network is wrapping up a big year, which included their annual “Evening of Shining Stars” Spring Show, Summer Performing Arts Workshop, and their successful Paper Mill Playhouse debut performing in front of a sold-out audience at the Paper Mill Brook Side Cabaret.

“Shining Stars Network is not only about performing, but more importantly we’re about building self-confidence and self-esteem,” said Shining Stars co-director Nicole Greene. “Our cast members are not only talented, but inspire us every day, and we are all very excited about taking the stage again to share another magical night with the audience.”

Tickets are on sale now at UCPAC.org.

For groups of 10 or more,

email shiningstarsnetwork@gmail.com.

The night will also feature a Tricky Tray and 50/50 raffle. Doors will open at 6:00 p.m.

Shining Stars Network is a 501(c)3 not-for-profit organization based in Cranford, N.J. that

offers opportunities in the performing arts for the special needs community.

Plans for the 2023 season include their 2nd “Reach for the Stars” Gale, set for March 14 at the elegant Park Chateau Estate & Gardens in East Brunswick.

For more information on Shining Stars Network or to make a donation, please visit shiningstarsnetwork.org.



(above) The Shining Stars will take the stage for their 2022 “Christmas Spectacular” on Friday, December 9 at 7:00 p.m.

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FUNDRAISER AND COLLECTION DRIVE ON-GOING

The Kiwanis Club of Linden would like to invite you to be part of a delicious fundraiser for the Kiwanis Club of Linden! Please use the organization's link to shop at Gertrude Hawk Chocolates online store and we will get credit for your purchases! It can be found online at fundraising.gertrudehawkchocolates.com by inputting "Kiwanis Club of Linden" for the organization and "Lois Bass" as the seller.

The Kiwanis Club of Linden supports the K-Kid Clubs in the Linden Elementary Schools and provides scholarships for Linden students. You can order online and have the order delivered to you directly. If you would prefer to place an order with our Club Secretary, June Lazaro, please let me know and we will get the NJ orders to you. Thank you for considering supporting our fundraiser and please feel free to share the link with Lois Bass as the seller, Lbass23608@yahoo.com or 908-296-5266.

The Kiwanis Club of Linden continues to spearhead the collection of cleaning supplies and other items for donation to the Elizabeth Coalition to House the Homeless. The Coalition is located in Elizabeth but also provides services/programs for individuals and families in surrounding Union County communities including Linden. The items will be used in the

Coalition's temporary transitional housing program, which helps working, low-income individuals/families get back on their feet.

How can you help by donating new items, such as buckets, brooms, mops, disinfectants, dish detergent, sponges, toilet cleaner, shower cleaner, floor cleaner, furniture polish, laundry detergent, fabric softener, blankets, twin & full sheets, pillows, body wash, shampoo, conditioner, bath towels, hand towels, washcloths, soaps, paper towels, toilet paper, napkins, paper plates, pots and pans. Please, no bleach products.

Donation bins are located at the Linden Free Public Library and Linden City Hall. Please join the Kiwanis Club of Linden in this community service project. Questions can be directed Lois Bass, 908-296-5266 or June Lazaro, 908-930-8310.

For more information about the Elizabeth Coalition to House the Homeless visit: theelizabethcoalition.org.

Kiwanis Club of Linden holds hybrid meetings monthly on the fourth Thursday of the month. Lunch is offered to those attending in person at 1301 Kent Place in Linden. One can attend in person or virtually via Zoom. Lois Bass, a retired employee from Infineum USA L.P., is our current President.

Interested in having an impact on our youth and serving our community? Contact June Lazaro to be invited to one of our luncheons. For information on joining, contact June at 908-930-8310 or email her at junlazaro@verizon.net. Together we can positively impact the future by guiding children through leadership and community service. Thank you!

PANCAKE BREAKFAST AT THE AMERICAN LEGION POST 102

Come to a Pancake Breakfast, hosted by the American Legion Auxiliary - Unit 102, on Sunday, December 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 Ham Steaks.





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POST-GRADUATE STUDENTS PROGRAM

Students who have graduated from high school but are still attending school will benefit from a new program design that has started at Westfield's Lamberts Mill Academy. According to Carrie Datillo, Superintendent of Westfield's Union County Educational Services Commission, the courses will provide a basis for transitional skills taking the students to the world of work. "Now that our students benefit from extended time in school, we are able to address the toolkit that will better prepare them for success in work and other necessary independence supports" she said.

Once fully engaged, the students will participate in morning classes and afternoon job placements. Resume building, job searching, personal budgeting, workplace attitudes, communication, attitudes for work, and organizational skills are among the many topics that will be reviewed in morning classes. These will be supplemented by jobsite visits, special

presentations, role play simulations and interviews with already working teens and their supervisors. The students have already begun to operate LMA's school store, like a local corner store, where students choose items based upon their success in school. After conducting an inventory the student compiled a shopping list and visited a local supermarket to purchase the needed items. They also provide administrative tasks, assembled fans that were placed in the classrooms, and a recycling initiative.

Sponsored by the Union County Educational Services Commission, Lamberts Mill Academy supports students aged 13-22 who would not find success in a typical school. The program blends academic rigor with comprehensive clinical and psychiatric services and social and daily living skills all tuned to the needs and skills of each student. Additional details about LMA and/or to arrange a tour, please reach Principal Reed Leibfried on 862-324-6373.

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LINDEN HIGH GRADUATE INDUCTED INTO PROFESSIONAL WOMEN’S BOWLING HALL OF FAME

Carolyn Dorin-Ballard, a 1982 graduate of Linden High School, was inducted into the Professional Women’s Bowling Hall of Fame in Chicago on May 17, 2022. She was actually notified of her pending induction for the Class of

2020, but due to Covid issues, the induction ceremonies were held up for two years. This was “the dream of a lifetime” coming true for this athlete. When her Linden High School World History teacher asked her what she planned to do upon graduation, Carolyn replied “I want to be the best female bowler in the country.”

Carolyn went on to attend West Texas State University in Canyon, TX, majoring in communications and marketing, both of which would help in her career years later. She was a three-time Collegiate All American, while leading WT5U to two national championships. Upon graduation from WTSU, she pursued a professional career in the bowling world. As a professional, Carolyn has 20 titles, was named “Bowler of the Decade” (2000’s) by Bowler’s Journal International, was named “Player of the Year” by the PWBA, is a member of the Linden Athletic Association Hall of Fame, Union County Bowling Hall of Fame, Texas State Bowling Hall of Fame and inducted into the United States Bowling Congress Hall of Fame in 2008.

In 2001, Carolyn had won seven major titles and made the most TV appearances that year than any other pro bowler. In the meantime, that history teacher had retired and joined a bowling league. She met Carolyn’s mother, Maryann

Dorin, a member of the Linden Board of Education at the time, at a teacher’s retirement dinner and remarked “I saw this large poster of Carolyn as the Player of the Year at the bowling center where I bowl; please tell her that she wasn’t meant for past history but preferred to make history and that I am very proud of her.”

Carolyn is married to Del Ballard Jr., also a professional bowler who is a member of both the PBA and the USBC Hall of Fame. For the last ten years, the Ballards have run a fundraising event for cancer research and development in Ft. Worth, TX where they reside. The proceeds are split between Baylor Hospital and Cancer Care. They were awarded the American Institute of Billiards and Bowling Service Award in Cancun, Mexico in May for their dedication to the bowling industry with their pro shop businesses and bowling clinics that they conduct throughout the country, and their off-the-lanes support to cancer research with their Ballard vs the Big C non-profit organization that has raised more than \$700,000 to date.

The Ballards have one daughter, Alyssa, who is currently attending Vanderbilt University in Tennessee and is part of the school’s bowling team. She is also a member of the Jr. Team USA Bowling team, and so the beat goes on.



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HANUKAH: A HOLIDAY OF LIGHTS AND MIRACLES

Submitted by Rabbi Paul David Kerbel

Hanukah is a 'major' Jewish holiday. You might be surprised by that. Most rabbis and Jewish educators would say just the opposite, that Hanukah is a 'minor' Jewish holiday. From the perspective of religious Jewish law, Hanukah does not have the same religious significance of Rosh Hashanah (the Jewish New Year), Yom Kippur (our Day of Atonement and forgiveness), Passover (our Festival of Freedom), Shavuot (the holiday where we celebrate the revelation of the Five Books of Moses), and Sukkot (our Fall festival celebrating the end of the summer harvest and our relationship with God).

Hanukah is a 'major' Jewish holiday culturally and ethnically. One of the ways we can understand any religion is not just what the religion 'teaches' but what its followers actually observe and practice. More Jews observe Hanukah than any other ritual, other than participating in a Passover Seder. Part of Hanukah's 'popularity' is that it falls in the Jewish calendar between Thanksgiving and Christmas.

Hanukah represents a powerful response to the feelings of exclusion and of being a minority in the larger Christian culture of America and allows members of the Jewish community to celebrate its own traditions and be proud of the Jewish heritage even as the airwaves, malls and

TV commercials are filled with the sounds and traditions of Christmas.

But regardless of where Hanukah falls in the calendar, I would suggest the following four reasons why Hanukah is a 'major' Jewish holiday and has lessons for both Jews and our non-Jewish neighbors to learn from share:

1. Hanukah represents the first victory in human history for religious freedom. Had the Jewish Maccabees not won their war with the Greek/Syrian kingdom, Judaism may have died out and Christianity and Islam, both of which have roots in Judaism, may never have developed. The Jewish people celebrate the value for all of us to celebrate our respective religious traditions.
2. Hanukah teaches us religious tolerance and to celebrate diversity and pluralism. As America becomes more diverse and welcomes citizens of many different religions from around the world, we learn from each other and how much we have in common.
3. Hanukah reinforces the ability and opportunity of each minority to teach, learn and celebrate its religious traditions and its principles and unique ethnic and religious identity while we all share and believe in the values of freedom and democracy.
4. Hanukah reminds us of the modern-day miracles that we have participated in: the redemption of over one million Jews from

the former Soviet Union who were not allowed to learn about their Jewish faith and practice Judaism while under Communist rule; the rescue and welcoming of over 100,000 Jews from Ethiopia and the rescue and of endangered Jews and other Jewish communities around the world. We must always be prepared to deliver the few from the many, the weak from the mighty and the righteous from the wicked.

Finally, I would like to share that the word "Hanukah" means 'dedication' and comes from the same Hebrew word as 'education.' Hanukah is about making sure that we maintain our Jewish identity, that we teach our children, the values, the history, the rich heritage which is ours to embrace and pass on to the next generation. May the lights of our Hanukah menorah symbolize our love for Judaism, our right to practice Judaism as a minority while at the same time, sharing symbols of light and the theme of miracles with those who celebrate Christmas even as all of us strive to make the world a better place. For our Jewish tradition has taught us this eternal message: "It is better to light one candle than to curse the darkness."

Happy Hanukah and Happy Holidays to all!

Rabbi Paul Kerbel is the spiritual leader of Temple Beth El Mekor Chayim in Cranford and the current chair of the Cranford Clergy Council.



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MICHELINO'S OWNER MIKE LOBRACE NAMED UNICO CITIZEN OF THE YEAR



(above, l-r) UNICO's 2022 Citizen of the Year recipient Michael LoBrace and club President Nino Quaglia.

The Elizabeth Chapter of UNICO recently honored Michael LoBrace with thier 2022 Citizen of the year award. Michael exemplifies the organization's motto, "Service Above Self". Michael is recognized for his commitment to community service in the city of Elizabeth and his dedication to preserving Italian-American history and culture.

Michael opened Michelino's Pizzeria, located at 169 Washington Avenue, Elizabeth, New Jersey in November 1992. The business celebrated its 29th year in business this November. He subsequently opened one in Rahway at 79 East Milton Avenue and another at 600 E St Georges Avenue in Linden.

He was born on May 7, 1966, at Elizabeth General Hospital, to Rocco LoBrace and Carmela LoBrace (Nee DiMaggio). In his early years, Michael attended St. Anthony's Catholic School, St. Mary's High School and ultimately Elizabeth High School. Upon graduating from Elizabeth High School, Michael attended Rutger's University where he earned a bachelor's degree in Economics and Italian Literature. Upon graduation, he began working at Harmonia Savings Bank (now Santander). While working at Harmonia, Michael attended St. John's University where he earned his MBA.

Michael's maternal grandmother migrated to the United States in 1915 at the age of 20 years old. She met and married Alfonso DiMaggio and they settled down to raise their family on John Street in Elizabeth. Michael's mother lived in the family home until her passing earlier this year.

Along with being an owner of Michelino's

Pizzeria, Michael is also the School Business Administrator for the Perth Amboy School District. Michael has been an integral part of the city of Elizabeth. He has sat on the advisory board of the Elizabeth Historical Society and he was the chairman of the Elizabeth Special Improvement District for many years. He also worked for the Elizabeth Board of Education for several years. He was responsible for renovating and opening a restaurant in the original Elizabeth Train Station. He has supported countless charities and organizations throughout the city and is always willing to help those who are in need.

Michael has been married to his wife, Diana (Nee Nigro) for 30 years. Together they share three children, Anthony, an attorney, Julia, a nurse, and Alexander, who has decided to join the family business.

The Elizabeth Chapter of UNICO is committed to supporting various organizations such as Cooley's Anemia, The Arc of Union County, Center for Hope Hospice & Palliative Care, Occupational Center, Elmora Youth League, Scholarships for Italian American Collegian Students, and many other charitable organizations, who desperately rely on our donations to continue their services.

UNICO, which stands for Unity, Neighborliness, Integrity, Charity, and Opportunity, has as its motto, "Service Above Self". Each year, UNICO sponsors a Dinner Dance as its main fundraiser. Additionally, the organization seeks to honor an Italian American who exemplifies the ideals of UNICO.

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UCEDC AWARDED THE DEI TRAILBLAZER AWARD FOR ACCESS TO CAPITAL

On November 3rd, Union County Economic Development Corp., UCEDC, a non-profit economic development corporation, was honored with the DEI Trailblazer Award for Access to Capital, which recognizes New Jersey companies that are demonstrating tangible and measurable progress in the critical areas of diversity, equity, and inclusion (DE&I), by the African American Chamber of Commerce of New Jersey and the New Jersey Chamber of Commerce.

UCEDC is proud to share that over the last three years, 85 percent of UCEDC's over \$6 Million in lending has gone to either minority-owned businesses or businesses located in low-income census tracts or low-income borrowers. In 2021 UCEDC issued 162 loans, 62% of which were to minority-owned businesses and 42% to women-owned.

UCEDC also started two new programs centered on social justice, including the Virtual Incubator Program, which is focused on diverse businesses from underserved populations, and Entrepreneurship As a Second Chance which enables citizens reentering society to forge an alternate path toward employment free of the typical societal prejudices and obstacles they traditionally face. Both programs include live educational workshops, one-on-one mentorship, and access to capital in the form of forgivable loans.

"Being in support of diversity, equity and inclusion is not always synonymous with proactive advocacy, and cohesive company-wide implementation of measurable equity and inclusion goals," said John E. Harmon Sr., founder, president & CEO of the African American Chamber of Commerce of New Jersey. "The inequities that exist in the marketplace were put in place with intentionality and it will take intentionality to reverse these generational impediments. If we are adamant about making an

impactful difference, then we must advocate for a reimagined corporate culture of inclusivity in New Jersey and across the nation. That is the pathway to our mutual success."

Tom Bracken, president and CEO of the N.J. Chamber, added, "We are recognizing and celebrating the champions who are meeting the challenge and challenging the status quo."

In response to the DEI Trailblazer Award, UCEDC President Adam Farah said, "I want to thank both chambers for this recognition. This is the first award we've received that has recognized UCEDC's diversity efforts. First and foremost I want to thank our staff. They were the driving force behind this. Also, our Diversity Advisory Committee, whose work helped us expand our reach in underserved communities."

Mr. Farrah also thanked UCEDC's Board of Directors, who encouraged him to invest UCEDC capital in diverse communities as a way to effect change. UCEDC's popular Virtual Incubator Program and its Entrepreneurship as a Second Chance program were born from that investment.

The Entrepreneurship as a Second Chance and Virtual Incubator Programs have also been funded in part by Impact 100 Garden State, Valley Bank, Santander Bank, Capital One Bank, Wells Fargo Bank, Union County Savings Bank, and Northfield Bank.

UCEDC understands that the work to create a more diverse, equitable, and inclusive culture is never complete. There will always be more to learn and more that can be done to create an atmosphere that is socially just. Moving forward, UCEDC will continue to work with its Diversity Advisory Committee to refine our programs and further efforts toward developing a diverse, equitable, and inclusive environment for UCEDC's staff, partners, and the clients we serve.


If you would like to contribute to our Virtual Incubator or Entrepreneurship as a Second Chance programs, please email Adam Farrah at afarah@ucedc.com.

For more information about the services of UCEDC visit ucedc.com.



(above) UCEDC President Adam Farah accepted the DEI Trailblazer Award

Courtesy photo



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HOLIDAY FILMS

The Linden Public Library is pleased to present its annual Holiday Film Series on Friday afternoons during December. The library will also present other recent films on Tuesday afternoons and feature family friendly films for each day between December 27 and 30. All films are presented free-of-charge and begin at 1:00 p.m. in the Columbia Bank Room.

December 2

Silent Night , 2021; R;

92 minutes

December 6

The Artist's Wife, 2019; R;

94 minutes

December 9

Love Actually, 2003; R;

135 minutes

December 13

The Duke, 2020; R;

95 minutes

December 16

Christmas in Connecticut, 1945; NR;

101 minutes

December 20

Father Stu, 2022; R;

124 minutes

December 23

Meet Me in St. Louis, 1944; NR;

113 minutes

December 27

Prancer Returns, 2001; NR;

91 minutes

December 28

The Princess Diaries, 2001; G;

115 minutes

December 29

Cinderella, 2021; PG;

113 minutes

December 30

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BLOOD DRIVE – DEC. 12TH

The Linden Public Library is proud to sponsor a community blood drive on December 12th from 12:30 through 6:30 p.m. The New York Blood Center will run the drive at the library.

Blood supplies are low especially around the holidays and a single donation can save up to three lives. Donors must be at least 17 years of age and in good health. Donors may walk in on the day of the drive. For any questions about donating blood or to schedule a donation time, please go the New York Blood Center's web site at nybc.org/.

LOCAL CITIZENS HONORED AT GOOD SCOUT AWARDS DINNER

Boy Scouts of America, Patriots' Path Council honored local citizens at the 2022 Linden Good Scout Awards Dinner, held on the evening of Wednesday, November 2nd at The Grand Banquet Hall in Linden. The honorees for the event were Ingrid Andrade, Commander Boyd Decker, Chief William Hasko Jr., John La Placa & Joseph La Placa, Dr. Joseph Schulman, and Michele Yamakaitis.

The Good Scout Awards Dinner recognizes outstanding citizens for their positive contributions and service to their community. Ingrid Andrade is the Branch Manager, Financial Services Officer at Columbia Bank; Boyd Decker is a Senior Naval Science Instructor as part of the Linden High School Navy Junior ROTC; William Hask is the Chief of the Linden Fire Department; John La Placa is the Outreach Coordinator (LHOC) for the Linden Health Department; Joseph La Placa is the Chairman for the Linden Planning Board; Dr. Joseph Schulman runs his family medical practice, caring for generations of Linden

families; and Michele Yamakaitis is the Linden City Council President.

The Boy Scouts of America is proud to be able to honor these integral leaders in the Linden community, for embodying the very core of our values, derived from the Scout Oath and Law, in their professional and personal lives. The Chair and Master of Ceremonies for the event was June Lazaro, Financial Representative, Primerica and a 2019 Linden Good Scout Award Recipient. The Linden Good Scout Awards Dinner raised over \$14,000 to benefit Scouting in the Linden area and across the Patriots' Path Council.

The Patriots' Path Council, Boy Scouts of America, serves over 14,000 youth and adults in over 300 scouting units throughout the communities of Morris, Middlesex, Somerset, Sussex, and Union Counties.

For more information on Scouting, the Good Scout Awards Dinner, and future events, contact Jennifer Volz, Sr. Development Director at 973-765-9322 ext.249 or Jennifer.volz@scouting.org or visit www.ppcbsa.org/special-events



(above) The honorees for the event were Ingrid Andrade, Commander Boyd Decker, Chief William Hasko Jr., John La Placa & Joseph La Placa, Dr. Joseph Schulman, and Michele Yamakaitis.

Courtesy photo

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CHRISTMAS SALE & NATIVITIES DISPLAY

The Gift and Thrift Boutique will host a great Christmas Sale on Saturday, Dec. 10th from 9 a.m. – 3 p.m. The Sale includes All Things Christmas with hundreds of items at great prices.

Also, the church will present a grand display of over 50 Nativities created in all sizes, colors and materials. This unique display will highlight Crèches from around the world. Come and see this seasonal event.

The 'Gift & Thrift Boutique' is located at the Episcopal Church of St. John the Baptist, 2018 Dewitt Terrace in Linden, NJ. The Boutique is open on the 2nd & 4th Saturdays from 9 a.m. – 3 p.m. Items for sale feature clothes, shoes, jewelry, kitchen and household items, decorations for the home, toys, CD's, DVD's and seasonal holiday materials. Customers enter the main doors of the church on Dewitt Terrace and follow the stairs to the store. The space is not handicap accessible.

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

UNION COUNTY DAY OF PRAYER

On Thursday, October 27, over 130 people attended the Union County Day of Prayer organized by Community Access Unlimited (CAU) and the Union County Interfaith Coordinating Council (UCICC).

It was the 8th annual "Day of Prayer" event, hosted by Temple Emanu-El in Westfield. The event featured a variety of inspirational speakers and performers from Jewish, Muslim, Hindu, Christian, Sikh, and Buddhist faiths. The service included a chant from the International Society for Krishna Consciousness of Central New Jersey and musical offerings from Shimon Smith, Cantorial Soloist/Artist in Residence at Temple Emanu-El, who shared Hebrew songs with attendees.

CAU spearheaded UCICC in 2012 to build bonds in the interfaith community and encourage the respect and welcoming of others regardless of faith, sexual orientation, legal status, or ability. CAU is based in Union County and works statewide to assist people with

developmental disabilities and youth at risk to integrate into the community through support services and support coordination. CAU services include housing, education, employment services, behavioral management, advocacy and more.

Rev. LL DuBreuil, who has been a part of UCICC since the first Day of Prayer, said "I was looking for this kind of community because I believe that when we all come together in celebration...then we're already ready to be together in difficult times. UCICC does not only have these worship experiences, but we sometimes do vigils and marches and we raise money for causes. And it's because we know each other from this that we can more easily work together when times are more difficult." DuBreuil is the Interim Pastor of Willow Grove Presbyterian Church, Scotch Plains.

Joyce Cagle, a longtime CAU member, said of the event, "We learned inclusion and we learned about community today."

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- 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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JOIN IMAGINE'S TEAM OF VOLUNTEER FACILITATORS

November is Children's Grief Awareness Month and at Imagine, A Center for Coping with Loss we're spending this month honoring the children who come to us for support by doing all we can to ensure that no child grieves alone. One of the ways that we're working to bring free grief support groups to more children is by bringing them to more communities, most recently to the Newark community.

In October, Imagine began offering free grief support groups every other week on Thursday evenings at the Boys and Girls Club of Newark on Avon Avenue. As these groups continue to grow, our need for volunteer facilitators will grow as well. Imagine's volunteer facilitators are the heart of our support group program. Facilitators first complete a three-day training to prepare them to create safe spaces and be loving listeners for the children, youth, young adults and adults in Imagine's support groups.

Imagine staff are planning a training for adults interested in facilitating Imagine's Newark support groups. The training will be held at the Teach for America location in Newark December 9-11 from 9 am-5 pm each day. If you're interested in making a difference in the lives of grieving families and would like to participate in this life-changing training, we'd like to hear from you! Imagine's training will prepare you to be present for the children and families that participate at Imagine, help you support those in your family and community who are grieving and also provide an opportunity for you to receive support for losses you've experienced. Those interested in this training can complete this form <https://forms.office.com/r/RGwq323gHg> or contact Imagine's Newark Program Manager, Sonia Nunez at sonia@imagineenj.org.

Please join us in honoring Children's Grief Awareness Month by considering joining Imagine's amazing team of volunteers. We hope to welcome you to the Imagine community.

Imagine offers free year-round grief support groups for children ages 3-18 and young adults 19-30 who are coping with a loss due to death. Concurrently, support groups are available for the parents and guardians of the children in the groups and offered in English and Spanish. Imagine also offers grief and loss education and training to the community. For more information please contact Imagine at 908-264-3100 or info@imagineenj.org.



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