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Issue 152 • November 2022

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LINDEN'S 69TH ANNUAL HALLOWEEN PARADE

The City of Linden's 69th annual Halloween Parade was held on Sunday, October 23rd, 2022. Residents and visitors to the city lined Wood Avenue to view Floats, Bands,

Marching Groups, Ghouls, Goblins, and a wide variety of local community participants dressed up and decked out to celebrate the season, and have a spooktacular time!

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



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LINDEN LIONS CLUB INVITES NEW MEMBERS

LIFE in LINDEN

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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!

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Life in Linden

The mission of the Linden Lions Club is to empower volunteers to serve their communities, meet humanitarian needs, encourage peace. Visit Linden NJ Lions Facebook page to get involved.

The Lions Club held their Annual Fish Fry on

Friday, October 21, 2022.

Their next event will be a Holiday Fair on Saturday December 3. Anyone interested in being a vendor can email the Club at lionsoflindennj@gmail.com.



(above, l-r) Linden Lions Club officers served meals at their annual Fish Fry. Communications officer Gail Rodriguez, 2nd Vice President Virginia Ward, President Rhashonna Cosby, 1st Vice President Aida St. John, and Treasurer Sue Koblis.

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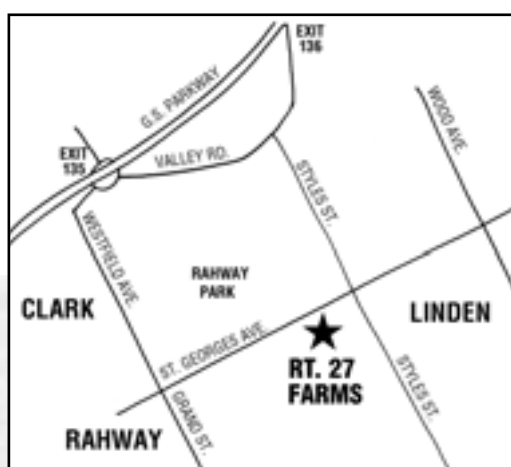
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VETERANS DAY SERVICES - NOV 11

On Veteran's Day – Friday November 11, 2022 The Linden Veterans Council will be honoring "Our Veteran's"

Residents are encouraged to attend the Veterans Grave and Wreath Placement Ceremony. The American Legion Post 102 will be the host post. In attendance will also be the Veterans of Foreign Wars Post 1397, Marine Corp League, Catholic War Veterans and Vietnam Veterans of America.

SCHEDULE IS AS FOLLOWS:

- 8:30 – Assemble at Linden American Legion Post #102 – 112 West Elizabeth Avenue – Linden, NJ – For Coffee, Tea, Juice and Danish. Phone number: 908-862-0276.
- 9:00 – All participants leave Post #102 parking lot with escort.
- 9:10 – St Theresa Church, Catholic War Veterans Monument.
- 9:20 – Veterans Memorial Park, South Wood Avenue. All Veterans Monument
- 9:30 – Monument on Lower Road, Andy Beno Memorial Park
- 9:40 – Marine League Building, South Wood Avenue Martin Danowski, Veterans Monument
- 9:50 – Melnyk Park, 11th Street, Marine League and Local Neighborhood Veterans Monument.
- 10:00 – Rosedale Cemetery, Route 1, Linden, American Legion Veterans Circle
- 10:10 – 8th Ward Monument, Park & Grier Avenue, All Veterans Monument
- 10:20 – Rosehill Cemetery, Linden Avenue, VFW Veterans Circle, All Veterans Monument
- 10:30 – Farawell Park, Ziegler Avenue, Marine League and Local Neighborhood Veterans Monument
- 10:45 – School #1, Curtis & Wood Avenue and Gibbons & Wood Avenue, All Veterans Monuments (2 stops)
- 11:00 – Wilson Park, Summit Terrace, Purple Heart and Local Neighborhood Veterans Monument
- 11:15 – Knosky Park, Stiles & Elm St. Marine Corp League and Local Neighborhood Monument
- 11:30 – Linden City Hall, North Wood Avenue, WWII, Korea & Vietnam Monuments
- 11:40 – VFW #1397, Pennsylvania Railroad Avenue, VFW Monument and All Veterans
- 11:50 – Return to American Legion Post #102 on Elizabeth Avenue, American Legion Monument and All Veterans

The above time schedule could vary. Residents are invited to meet the Veterans entourage at a specific Monument listed above or to join the Veterans escorted entourage from the American Legion Hall to visit all the City Monuments.

PANCAKE BREAKFASTS

Events are open to the public, so come out and enjoy a home cooked breakfast!

AMERICAN LEGION AUXILIARY SUNDAY, NOV 20, 2022

8 a.m. to 12 p.m.

Donations: Adults \$8.00

Seniors & Children \$7.00

Ages 5 & Under Free.

VFW #1397 SATURDAY, NOV 26, 2022

8 a.m. to 12 p.m.

Donations: Adults \$7.00

Seniors & Children \$6.00

Ages 5 & Under Free.

DEPT. OF PUBLIC PROPERTY AND COMMUNITY SERVICES PROGRAM LOCATIONS

Any Linden resident needing more information or wanting to register can call:

JTG RECREATION CENTER

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Happy
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LINDEN HIGH SCHOOL IS A WONDERLAND!

The drama department at Linden High School is leaping into the school year with their production of Alice in Wonderland: Down the Rabbit Hole on November 17th and 18th at 7:00 p.m.

Drama teacher, Sandy Fenelus, directs this modern-day adaptation of Lewis Carroll's trip to Wonderland in which the restless birthday girl chases after a very busy bunny and ends up in a bizarre world. This production brings Alice, played by sophomore Abigail Armstead, into the 21st century with sharp-edged humor as she traverses the land of the Cheshire Cat (Brianna Espasa), the Mad Hatter (Cristian Medeiros), and the blustery Queen of Hearts (Olivia Muniz).

Susan L. Hudak Auditorium is located at Linden High School 121 W. St. Georges Ave., Linden, NJ. Tickets are only \$7 and can be purchased both online and at the door.

UNION COUNTY'S GOT TALENT AT KEAN ON NOVEMBER 19

Union County's Got Talent (UGT) is a major fundraising event that supports the Union High School Performing Arts Company and the Douglas Michael Krueger Scholarship Fund, both of which directly benefit the students of Union Township.

Union's Got Talent has been a major community success and, this year, we have gone county-wide.

Our contestants this year either live, work or attend school in Union County. We have 20 contestants from various towns in Union County.

The show, on November 19, 2022, will be hosted by Kean University and will take place at Kean's Enlow Recital Hall.

Tickets are available only online at unionsgottalent.org. Tickets will not be available at the venue. Enlow Hall is a small theater with only 300 available seats. We advise that patrons buy their tickets early.

This year, UHSPAC and the DMK Scholarship Fund will be partnering with the Township of Union's Cultural Arts Committee with sponsorship by Investors Bank, Union's Special Improvement District and BCB Bank to present UGT on Saturday, November 19, 2022.

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Photo by Marko Korosec, near Julesburg, Colorado

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WELLNESS EXPO - NOV 14

The Linden Public Library will be holding an Autumnal Wellness Expo (A.W.E.) at the library on 31 East Henry Street in Linden. The event will be held on Monday, November 14th from 10:00 a.m. until 2:00 p.m. The expo is open to all and free of charge.

At this event, several health vendors will be available to discuss their services with the community. Additionally, three lectures will be offered on different health and safety topics. Blood pressure and other health screenings will be provided by the city of Linden's Health Department. Flu shots and bivalent Co-Vid boosters will be given by St. George's Family Pharmacy of Linden. There will be prizes and promotional giveaways.

For further information about this or other library programs, please call the library at 908-298-3830. Be sure to "Like" the library on Facebook and follow us on Twitter.

GIFT AND THRIFT BOUTIQUE FEATURES SEASONAL SALES

The 'Gift and Thrift Boutique' is found in The Episcopal Church of St. John the Baptist, 2018 Dewitt Terrace in Linden, New Jersey. On Saturday, December 10, there will be a store-wide 'Christmas Sale' along with a 'Nativities Display' from around the world. There will be over 35 Nativities, created in all sizes, colors and materials.

Our 'Autumn Sales' start now. The Gift and Thrift Boutique features clothes, shoes, jewelry, kitchen and household items, decorations for the home, toys, CDs, DVDs and seasonal holiday materials. Hundreds of items at great prices.

The Gift and Thrift Boutique will be open on the 2nd and 4th Wednesdays from 2 to 6 p.m. and on the 2nd and 4th Saturdays from 9 a.m. to 3 p.m. 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.



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RELIEF FROM CHRONIC KNEE PAIN

FDA Approved Treatment to Avoid Surgery

DON'T BLAME THE ARROW FOR MISSING THE TARGET

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



If Knee Surgery Sounds Scary, It Should

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

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

Consider This Alternative To Surgery

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

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

How Does This New Treatment Work?

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

Do you Suffer from any of these Symptoms?

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

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

Let Me Show You Targeted Relief From Your Knee Pain

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

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

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

Call 732-827-0800

Scot Paris MD, FACS



Here's what our patients have to say

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

- Patricia G.

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

- Perry O.

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

- Quenton L.

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HISTORY OF NJ JERSEY LECTURE SERIES

Linden Public Library

The Linden Public Library is proud to host the 2022 History of New Jersey Lecture Series between September and November. 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. This series began on August 3 with a talk about The German American Bund/Nazi Spies in New Jersey. The future lectures include:

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

Linden Public Library is Located at 31 East Henry Street. If you have any questions regarding these or other events at the library, please call us at 908-298-3830 or check out our web site at lindenpl.org. Please like us on Facebook and follow us on Twitter.



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TRICKY TRAY – NOV. 4

Rahway American Legion

Come and join the fun on Friday November 4 when Holy Trinity Orthodox Church in Rahway will celebrate its first post pandemic Tricky Tray and 50-50 drawing. The event will be held at the American Legion, 581 Maple Avenue in Rahway. Prizes include housewares, seasonal items and gift certificates. A TV will be awarded as well as many unique special prizes. Hot dogs, hot and cold drinks and desserts will be available for purchase at the event. The doors open at 6:00 p.m. and the drawing begins at 7:30 p.m. Admission tickets are \$15 and include a sheet of tickets for our merchandise tables. Tickets will be available at the door.



RAHWAY'S FALL FISHING FLEA MARKET NOV. 19

The Rahway Fall Fishing Flea Market will be held on Saturday, November 19th, 2022, from 9 a.m. to 2 p.m., at St. Thomas Church Hall, 1400 St. Georges Ave., Rahway, NJ. A wide variety of salt and fresh water fishing tackle will be on display for anglers looking for great buys.

New, used, antique, custom fishing and boating items will be available to all. Door prizes will be given away every half hour which include rods, reels, tackle and much more. Food and refreshments are sponsored by St. Thomas Holy Name Society. Admission price is \$5 per adult, children 12 and under are free. For show or vendor information visit fishingfleamarkets.com or call 732-381-2165.

RAHWAY'S

FISHING FLEA MARKET

SATURDAY, NOV 19, 2022

9 am to 2 pm

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Info: 732-381-2165

Email: info@fishingfleamarkets.com



CITY OF RAHWAY HOLIDAY EVENTS

Looking for the perfect place to begin your holiday shopping and celebrations? The City of Rahway is the ultimate holiday destination. The City is hosting a multitude of family friendly events and activities all season long. Beginning on Friday, November 25th, Rahway's Annual Tree Lighting and Winter Wonderland series will take place downtown. This fun event will feature bounce houses, live performances, ice sculptors, fire pits, pictures with Santa, and so much more. Cannot attend this event? No problem! Winter Wonderland is also offering two pop-up style events on December 2nd and December 16th.

For more information, please visit: www.cityofrahway.com/winterwonderland.

The holiday extravaganza continues on

Saturday, November 26th, when the City kicks off Small Business Saturday which will feature various shopping specials, raffles, and giveaways. This a great opportunity to check out the unique retail shops, talented local artists and crafters, and multicultural dining that Rahway has to offer. For a complete list of the shopping, dining, and entertainment options that the city offers, please visit rahwayishappening.com.

The holiday spirit is in full swing in the City of Rahway, you will not want to miss it. To learn more about upcoming events, follow the City of Rahway on social media

@CityofRahway

and [facebook.com/CityOfRahwayNJ](https://www.facebook.com/CityOfRahwayNJ)

or visit our websites, cityofrahway.com

and rahwayishappening.com.

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Experience our local Rahway Shopping, Dining and Events during the Holiday Season 2022!

Rahway is home to a diverse small business community, with unique retail shops, talented local artists and crafters, multicultural dining, and seasonal holiday events for the whole family! It's the perfect place to begin the celebration and start your holiday shopping. For the most up-to-date information, please visit us at cityofrahway.com.







cityofrahway

MAYOR RAYMOND A. GIACOBBE

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ENJOY A SCANDINAVIAN SHOPPING SPREE IN NEW PROVIDENCE

After a 3 year delay because of the pandemic, Lodge Linne #429 VOA will once again be sponsoring their annual Import Sale on Saturday, November 19, 2022. The 42nd annual Scandinavian Import and Gift Sale will be held at Salt Brook School, 40 Maple St, New Providence, NJ (off Springfield Ave.). The sale will be open to the public between 10:00 a.m. and 3:00 p.m. and is handicapped accessible. Admission is free.

The sale will feature a variety of traditional holiday and everyday Scandinavian items made from silver, amber, wood, paper, wool, straw, and other materials. These gift and handicraft items are either manufactured in one of the Nordic countries or are designed in a Scandinavian style or motif and manufactured elsewhere.

Many of the traditional Scandinavian decorating items will be offered, including a large variety of elf-like tomten, Jul Bock or straw goats in many sizes, and many Christmas ornaments. Among paper items for sale will be a wide selection of advent calendars, including those filled with chocolate candy, Carl Larsson calendars, Christmas cards, and stationary. An assortment of table linens will be available including runner fabric by the yard for both Christmas and everyday use. For the home one will find trays, baking needs, aprons, knives, Danish wrought iron candleholders, and wooden candleholders for Christmas and general use. Personal items will include lovely sweaters from Dale of Norway for men and women in both cardigan and pullover styles. The jewelry department is selling necklaces, earrings, and

pins.

We will be selling a large variety of Scandinavian baked goods, such as limpa bread, coffee braids, and pastries. Imported foods that will be sold are cheeses such as authentic Farmer's cheese, several types of herring, lingonberries, cloudbberries, and various chocolates and marzipan. Scandinavian pastries will be served throughout the day. Drawings for door prizes will be held frequently during the day.

The location of the sale is easily reached by taking either route 24 to Summit or route 78 to New Providence. Springfield Avenue is also known as route 512. The school is also a 5-minute walk from the New Providence Railroad Station on the Summit/Gladstone line from New York City.

Lodge Linne #429 Vasa Order of America is a non-profit organization originally for individuals of Scandinavian descent. However, now membership has been opened up to people who are interested in Nordic heritage and culture. For further information about membership contact Vibeke (908-646-0425) or Judy (908-464-0139). The lodge meets on the third Friday of the month at Faith Lutheran Church, 524 South St., in New Providence.

Proceeds from the Import Sale benefit many organizations and charities such as First Aid Squads, Summit Speech School, Sage, Bling Foundation, a New Providence High School scholarship, and annually we sponsor a New Providence girls softball team.

Admission is free. Only checks and cash are accepted.

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MILITARY FAMILY MONTH SUPPORTS FAMILIES

Since its inception in 1996, YMCAs have celebrated Military Family Month, providing Americans the opportunity to recognize the dedication, sacrifice, and service of military personnel and their families. Throughout the year, and especially this November, The Gateway Family YMCA supports military families with programs and initiatives that improve their well-being and provide opportunities to connect with other families waiting at home.

“Military families have unique needs when a loved one is away from home,” said Melynda A. Disla, EVP/COO, The Gateway Family YMCA. “Whether it’s providing a place where kids can make friends and have a sense of belonging or providing a place for adults to meet health goals, the Y is here and able to help.”

The Gateway Family YMCA offers YMCA family memberships through the national Military Outreach Initiative. Since 2008, the Military Outreach Initiative has provided more than 82,000 Y memberships to military members and their families nationwide. Here in Eastern Union County and Northern Middlesex County, The Gateway Family YMCA supports active duty military members and their families every day with programs to support all.

“Since moving to Elizabeth, my entire family has been a Y member due to the Army’s relationship with the YMCA. My membership is free and my family gets to use the Y as part of the Military Outreach Program. My wife uses the gym daily and takes advantage of the spin and Zumba classes, and my daughter participates in swimming and dance classes,” stated Brian, YMCA member and active duty military.



The Gateway Family YMCA is a leading 501(c)(3) non-profit, health and community service organization committed to strengthening community by connecting all people to their potential, purpose and each other. The Y focuses on empowering young people, improving health and well-being, and inspiring action in and across communities. By bringing together people from different backgrounds, perspectives and generations, the Y ensures that all have access to the opportunities, relationships and resources necessary to learn, grow and thrive.

First established by the Armed Services YMCA (ASYMCA) and recognized by the U.S. government ever since, Military Family Month recognizes the dedication and service of military personnel and their families.

To learn more about the Y and programming that supports military families, visit 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 Branch 908-349-9622.

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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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HELP US SAVE VETS!

Michael Boll, Director New Jersey Veterans Network

For the last five years the New Jersey Veterans Network (NJVN) has been working tirelessly to combat veteran's suicide with our mobile outreach and recreational programs. The NJVN volunteers aggressively seek out veterans in need and provide them with life changing and saving resources. Every day we encounter veterans in need, and some are in desperate need of the proper assistance to live a better way of life.

To accomplish this, our charity has joined forces with the NJ VFW. We work together on numerous outreach events that are dedicated to help veterans and their families. Also, we built relationships with the NJ National Guard, NJ American Legion, NJ SOS Stakeholders, Catholic Charities, NJ RWB, Backpacks For Life, Rebuilding Warriors, NJ Elks, Branchburg Rotary Club, and many other organizations. These partnerships are vital to help our veterans, and we are extremely lucky to have so many dedicated organizations putting veterans first.

What makes the NJVN different is that we are able to provide veterans various services because of our strong network. Our Team is comprised of people from all over the state with different skillsets and this gives us an edge when it comes to helping veterans with their unique needs. Through the NJVN veterans have access to volunteers from all different professions, like

lawyers, mechanics, service officers and physical therapists. Our volunteers do their very best to help assist veterans and their family members. We are the unit or detachment that provides the veteran a new purpose and empowers them to help others. We believe "Paying it Forward" is the best way to help veterans get in a better place and motivates them to live a better way of life.

In the last few years, our team has fed thousands of active-duty National Guardsmen and disabled veterans living in shelters and nursing Homes. We have been able to donate nearly 30 refurbished and new vehicles to veterans in need. Also, we have been able to give thousands of veterans new suits, clothing and toiletries. But the most important thing our team does is, "SAVE LIVES". We are able to this because we love our veterans and provide them with in person human contact and stay with them throughout the process.

The American volunteer has always been there first for every crisis or disaster and our team is extremely fortunate to have the best group of men and women, who are willing to put their egos aside and focus on helping our veterans live the best life possible. The team is always looking for volunteers to help us with our mission. If you are interested in joining the team, please send me your name, email, and phone number via email NJVN1775@gmail.com. Help us save Vets!!



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.



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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
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NOVEMBER

11/06 – Daylight Saving Time Ends

11/07 – “FDR” Elected to 4th Term

11/08 – “Election” Day – Vote!

11/11 “Veterans” Day Armistice WWI

11/14 – “Happy” Thanksgiving

“Wow” It’s Dark Already
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“Enjoy” Thanksgiving With Family & Friends



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WHISKY

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Buchanan's 12yrs old	750ml	\$28.99
Buchanan's 12yrs old	1.75L	\$57.99
Bushmill's Irish	1.75L	\$42.99
Chivas Regal	750 ml	\$29.99
Chivas Regal	1.75L	\$58.99
Chivas Regal 18 yrs old	750 ml	\$72.99
Crown Royal	750ml	\$28.99
Crown Royal	1.75L	\$50.99
Dewars 12 yrs old	750ml	\$25.99
Dewars 12 yrs old	1.75L	\$45.99
Dewars White Label	750 ml	\$19.99
Dewars White Label	1.75L	\$32.99
Gentleman Jack	750ml	\$29.99
Gentleman Jack	1.75L	\$52.99
Glenmorangie 10 yrs old	750ml	\$40.99
Glenlivet 12 yrs old	750 ml	\$50.99
Glenlivet 12 yrs old	1.75L	\$97.99
Grants	750ml	\$15.99
Grants	1.75L	\$23.99
Jack Daniels	750ml	\$26.99
Jack Daniels	1.75L	\$47.99
Jack Daniels Fire	750ml	\$25.99
Jack Daniels Fire	1.75L	\$47.99
Jameson	750ml	\$30.99
Jameson	1.75L	\$56.99
Jim Beam Whisky	1.75L	\$31.99
Johnnie Walker Blue	750ml	\$193.99
Johnnie Walker Blue	1.75L	\$425.99
Johnnie Walker Black	750ml	\$28.99
Johnnie Walker Black	1.75L	\$59.99
Johnnie Walker Double Black	750ml	\$34.99
Johnnie Walker Red	750ml	\$19.99
Johnnie Walker Red	1.75L	\$33.99
Macallan 12yrs old (double cask)	750ml	\$60.99
Makers Mark	750ml	\$28.99
Makers Mark	1.75L	\$56.99

GIN

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

COGNAC & BRANDY

Courvoisier V.S.	750ml	\$32.99
Courvoisier V.S.	1.75L	\$57.99
Remy Martin V.S.O.P.	750ml	\$49.99
Remy Martin V.S.O.P.	1.75L	\$104.99

CORDIALS

Bailey's Irish Cream	1.75L	\$47.99
Duggan's Irish Cream	1.75L	\$28.99
Kahlua	1.75L	\$39.99
Krupnik	750ml	\$17.99
Licor 43	750ml	\$27.99
Licor 43	1.75L	\$45.99

VODKA

Absolut (regular)	750ml	\$19.09
Absolut (regular)	1.75L	\$29.09
Belvedere Vodka	750ml	\$27.99
Belvedere Vodka	1.75L	\$44.99
Ciroc (all types)	750ml	\$29.99
Ciroc (all types)	1.75L	\$57.99
Finlandia	750ml	\$15.99
Finlandia	1.75L	\$26.99
Grey Goose	750ml	\$24.99
Grey Goose	1.75L	\$39.99
Ketel One	750ml	\$19.99
Ketel One	1.75L	\$39.99
Luksusowa Vodka	1.75L	\$23.99
Pinnacle (all types)	750ml	\$11.99
Pinnacle (80 proof)	1.75L	\$17.99
Skyy	1.75L	\$21.99
Sobieski	750ml	\$12.99
Sobieski	1.75L	\$20.99
Stolichnaya (all types)	1.75L	\$30.99
Tanqueray Sterling	750ml	\$19.99
Tanqueray Sterling	1.75L	\$30.99
Three Olives (all types)	1L	\$19.99
Tito's Vodka	1.75L	\$30.99

RUM

Bacardi Light & Gold	750ml	\$12.99
Bacardi Light & Gold	1.75L	\$19.19
Captain Morgan Spice	1.75L	\$25.99
Malibu	750ml	\$18.99
Malibu	1.75L	\$27.99

TEQUILA

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

BEER

Becks (12oz) 24pk	24pk	\$27.99
Blue Moon	24pk	\$36.49
Bud and Bud Lite cans	30pk	\$25.99
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Coors Lite (24oz) cans	12pk	\$18.99
Coors Lite/Miller Lite loose bottles	24pk	\$22.99
Coors Lite/Miller Lite	30pk	\$25.99
Corona/Corona Lite loose bottles	24pk	\$31.99
Dab (16oz) cans	24pk	\$26.49
Founders All Day IPA	15pk	\$17.49
Heineken/Heineken Lite bottles	24pk	\$32.99
Land Shark	24pk	\$28.69
Lech (500ml)	20pk	\$32.99
Modelo Especial cans	24pk	\$30.99
Pabst Blue Ribbon cans	30pk	\$20.99
Pilsner Urquell	24pk	\$30.99
Sam Adams Boston Lager	24pk	\$35.25
Stella Artois loose bottles	24pk	\$32.99
Super Bock	24pk	\$26.99
Yuengling Lager bottles	24pk	\$23.99
Zywiec (11.2oz)	24pk	\$21.99

WINE

Bartenura Moscato	750ml	\$11.99
Barone Fini Pinot Grigio	750ml	\$11.99
Beringer White Zinfandel	750ml	\$ 5.99
Beringer White Zinfandel	1.5L	\$ 9.49
Black Box (All Types)	3L	\$19.99
Carnivor Cabernet Sauvignon	750ml	\$10.99
Casal Garcia Vinho Verde	1L	\$ 5.99
Cavit (All Types)	1.5L	\$15.99
Clos du Bois Chardonnay	1.5 L	\$19.99
Dom Perignon	750ml	\$259.99
Dreaming Tree (All Types)	750ml	\$12.99
Ecco Domani Pinot Grigio	750ml	\$10.99
Adagio Pinot Grigio	1.5L	\$10.99
Freixenet Brut, Extra, Extra Dry	750ml	\$10.99
Gato Negro (All Types)	1.5L	\$ 9.99
Gazela Vinho Verde	750ml	\$ 6.49
Joseph Carr Cabernet Sauvignon	750ml	\$29.99
Kendall Jackson Vintners Chardonnay	750ml	\$13.99
Kim Crawford Sauvignon Blanc	750ml	\$14.99
Louis Jadot Beaujolais Villages	750ml	\$13.99
Louis Jadot Pouilly Fuisse	750ml	\$26.99
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Menage a Trois Red	750ml	\$10.49
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Noble Wine 337, 667	750ml	\$11.99
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Ruffino Chianti	750ml	\$ 8.99
Ruffino Chianti	1.5L	\$13.97
Ruffino Pinot Grigio	1.5L	\$14.99
Ruffino Tan label	750ml	\$19.99
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Silver Oak Alexander Valley Cabernet	750ml	\$84.99
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