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VFW AND AMERICAN LEGION BREAKFASTS

VFW #1397 PANCAKE BREAKFAST WILL BE HELD AT AMERICAN LEGION POST 102 ON FEBRUARY 25.

Come one, come all to our Pancake Breakfast on Saturday, February 25, 2023 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!

PANCAKE BREAKFAST AT AMERICAN LEGION POST 102 ON FEBRUARY 19

Come to a Pancake Breakfast, hosted by the American Legion Auxiliary - Unit 102, on Sunday, February 19, 2023 at the American Legion Post 102, located at 112 West Elizabeth Ave., from 8 a.m. to 12 p.m. Donations: Adults \$8.00 / Seniors & Children \$7.00 / Ages 5 & Under Free.

So come out and enjoy a home cooked breakfast, including this month's special French Toast.



Photos from Linden American Legion Breakfast held on January 15, 2023. Breakfasts are held monthly.

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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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LIFE in LINDEN

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DONATION DRIVE FOR HATS, GLOVES, & SOCKS

Kiwanis Club of Linden would like to share that a new service project to benefit the Elizabeth Coalition to House the Homeless is underway. The Coalition is located in Elizabeth but also provides services and programs for individuals and families in surrounding Union County communities including Linden. With winter upon us, there is a huge need for hats, gloves/mittens, and socks. We do hope that while you are out shopping, you can pick up a few items for those who are in need.

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 to 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. The scheduled meetings will be held on Thursday, February 23, March 23, April 27, May 25, and June 22, 2023. The meeting time is 12 p.m. to 1 p.m. 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.

ANCHOR PROPERTY TAX RELIEF

The State of New Jersey has extended the deadline for filing your ANCHOR benefit application to February 28, 2023. The Affordable New Jersey Communities for Homeowners and Renters (ANCHOR) program will provide up to \$1,500 to homeowners with 2019 gross incomes up to \$150,000, and up to \$1,000 for those with gross incomes of between \$150,000 and

\$250,000 in that year. ANCHOR is also an important program for the tenants, who can receive \$450 if their gross income was \$150,000 or less in 2019.

To apply, visit the Division of Taxation's website: nj.gov/treasury/taxation/anchor The state has also established an ANCHOR hotline at 1-888-238-1233.

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1) APY = Annual Percentage Yield. Rates current as of January 26, 2023. Rates are subject to change without notice. Fees could reduce earnings on the account. 2) Ultra Checking is a blended rate tiered account with dividends paid on portions of your balance falling within designated tiers: \$0.00 - \$1,000.00: 3.14% APY; \$1,000.01 - \$5,000.00: 3.14% APY; \$5,000.01 - \$10,000.00: 3.14% APY; \$10,000.01 - \$15,000.00: 3.14% - 2.09% APY; \$15,000.01 - \$25,000.00: 2.09% - 1.25% APY; \$25,000.01 - \$50,000.00: 1.25% - 0.63% APY; \$50,000.01 and above: 0.63% - 0.02% APY. \$1,000 minimum balance to open. There is a \$15 monthly maintenance fee. Limit of one Ultra Checking account per tax identification number. 3) Ultra Savings is a blended rate tiered account with dividends paid on portions of your balance falling within designated tiers: \$0.00 - \$100,000.00: 3.45% APY; \$100,000.01 - \$250,000.00: 3.45% APY; \$250,000.01 - \$500,000.00: 3.45% APY; \$500,000.01 - \$1,000,000.00: 3.45% APY; \$1,000,000.01 - \$2,000,000.00: 3.45% - 1.72% APY; \$2,000,000.01 - \$5,000,000.00: 1.72% - 0.69% APY; \$5,000,000.01 and above: 0.69% - 0.35% APY. \$100,000 minimum balance to open. There is a \$100 monthly maintenance fee. Limit of one Ultra Savings account per tax identification number. 4) No surcharge when using an Atlantic Federal Credit Union Debit or ATM Card at ATMs in the Co-op Network. Visit <https://www.coop.org/Shared-Branch-ATM> for more information about the Co-op Network.

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LINDEN SEEKS RECREATION PROGRAM PROPOSALS

The City of Linden Department of Parks and Recreation is requesting proposals from the community of Linden and the surrounding areas to provide classroom-based services and programming to our community at one or more of our community centers.

The City of Linden Department of Parks and Recreation continues to provide various seasonal and non-seasonal sports and non-sport-related programs. We are interested in traditional, non-traditional, diverse programming activities to offer to our toddlers, youth, teens, adults and seniors population.

The City of Linden Department of Parks and Recreation does not always have the wherewithal or staffing to present the widened interest of the community as it pertains to many activities. Currently, there are many independent professionals and entities (Independent Service

or Sports Group) that provide these desired services. The City of Linden Department of Parks and Recreation seeks to work with individuals and organizations on a standard agreed term outlined in a complete proposal, inclusive of program objective, goals, outline, cost, and space required.

The John T Gregorio Center and the Linden Multi-Purpose Center have available and full access to the gymnasium, classrooms, arts and crafts room, ceramic shop, wood shop, commercial kitchens, dance studio, and more.

Some examples of service or sport would be but are not limited to Dance Classes (Tap, Step, Latin, Hip Hop), Financial Literacy, Gaming, Cooking, Wood Crafts, Art & Crafts, Ceramic Making, Chess, Computer Basics, Tai Chi, Gymnastics, Workout Training, Martial Arts, and the likes.

The independent service or sports group can be a for-profit or a nonprofit organization or an individual made up of experienced professionals within their area of services offered. The City will seek their services when it is identified they can offer a service we do not currently offer and their fees are not cost-prohibitive for our residents to participate. The anticipated success and program model of the organization can be duplicated to assist and serve the community on more than one occasion.

Please email all proposals to lindenrec@linden-nj.gov. In the subject line please state your activity followed by the word "Proposal". We are looking to curate an updated menu of offerings to the residents of Linden.

All vendors will be required to provide a Certificate of Insurance indemnifying The City of Linden as an additional insured.

C.A.R. PROVIDES YOUNG PEOPLE WITH LEADERSHIP TRAINING

Training tomorrow's leaders to serve our country and preserve our nation's history is the mission of the Children of the American Revolution (C.A.R.). Members honor those who came before and paved the way for what we have today.

The nation's oldest and largest patriotic youth organization, C.A.R. offers membership to girls and boys from birth to age 22 who can prove lineal descent from a man or woman who supported the cause of American independence.

Local C.A.R. groups, known as societies, are sponsored by chapters of the Daughters of the American Revolution (DAR) or Sons of the American Revolution. Here in central New Jersey, Elizabeth Snyder-Continental Chapter DAR in Green Brook sponsors the Pis-Cat-A-Qua Society C.A.R. Members may participate in state and national activities that focus on patriotism, service, and education about our American heritage.

Harriett Lothrop, a 19th century children's author from Concord, Mass., presented the idea for a children's organization to the DAR in 1895. Organized "for the training of young people in true patriotism and love of country," C.A.R. has promoted this vision to hundreds of thousands of members over the years. These boys and girls are the leaders of yesterday, today and tomorrow.

New members are welcome. Contact Elizabeth Snyder-Continental Chapter DAR at ESCchapterDAR@gmail.com, or learn more online at NSCAR.org.



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CRISIS LINE COUNSELOR VOLUNTEERS SAUGHT

Have you ever been told you are a good listener? Do you have a yearning to really make a difference? Caring Contact, a Westfield, NJ based crisis hotline, will be offering its 102nd volunteer crisis counselor training beginning March 14th through June 13th. The training will run once a week on Tuesdays from 6:30 - 9:30 p.m. and will be a combination of in-person training and via Zoom.

Participants receive 52 hours of comprehensive training by nationally certified instructors in active listening and Applied Suicide Intervention Skills Training. Volunteers develop the ability to listen actively, assess the needs of someone in crisis and provide empathy and support.

"This training and volunteer opportunity is ideal for people of varying backgrounds - retirees, empty-nesters, stay-at-home parents, and full-time professionals" said Mary Claire Givelber, Caring Contact's executive director. "Many of our listeners were looking for something meaningful to do after they retire or their children leave home. Full-time professionals also participate finding the flexible volunteer hours work well with their work obligations."

Following training new volunteer crisis counselors are supported by seasoned listeners during 24 hours of internship before they take calls on their own. Even once a volunteer is a certified listener, Caring Contact provides a range of support and training opportunities to allow them to keep honing their skills.

Anyone interested in registering for the training should visit <https://caringcontact.org/listener-training/> or call the Caring Contact administrative offices for more information at 908-301-1899.

Caring Contact is an award-winning, volunteer-staffed crisis hotline and listening community, providing active listening support and best-in-class training to the Central and Northern New Jersey community. More than 100 trained volunteers answered over 13,000 calls last year from people in crisis, having suicidal thoughts or simply needing someone to talk to.

If you need someone to listen, call us at 908-232-2880. If you, or someone you know, are in crisis call 988, the new access code to the National Suicide Prevention Lifeline. To learn more, visit caringcontact.org. You are Not Alone.

CHURCH TO HOST "ALPHA" SESSIONS

Is There More to Life Than This? In a world of isolation, anonymity, and keyboard-warriors, Alpha offers content and guidance for churches, ministries, and individuals to create a space for honest and open conversations about life's biggest questions. Everyone is welcome and no questions are off limits.

Alpha is a place to connect with other people who are open to exploring life, faith, and meaning. Alpha fosters honest, open, and judgment-free conversations for anyone to explore the Christian faith. Each session includes a time to connect with others (often over a free meal), watch a short video on an element of the Christian faith, and then a chance for each person to share thoughts and questions with the group.

"I was invited to participate in the Alpha pilot. From the initial meeting, I knew this was something that I wanted to be a part of,"

explains Nancy Schreck. "After completing the pilot, I joined the Alpha team to help plan for the future of Alpha at IHM. It's a wonderful opportunity for people at any level of faith to meet new people and explore new ideas."

Sessions are free to attend and are scheduled on Monday nights at 7:30 p.m. The first meeting will be live and in-person on Monday, February 13, 2022 beginning at 7 p.m. in the Nazareth Center of Immaculate Heart of Mary (IHM) Church: 1571 S. Martine Ave. Scotch Plains. Good food and conversation will be offered to all in attendance. Most meetings after that will be hosted on Zoom. Links and directions will be provided to those who register. Participation is capped at 30 people.

Registration is required, please go to our website at ihmparish.net/alpha or call 908-889-2100. If you have questions about Alpha, please email office@ihmparish.net.



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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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SUVCW INDUCTS NEW MEMBER

The General Phil Kearny Camp #20 swore in its newest member on December 22 at the Abraham Clark house in Roselle, NJ. Senior Airman Nathan Sands was home on leave from the Air Force and was sworn in by Camp Secretary Clark McCullough.

The Sons of Union Veterans of the Civil War (SUVCW) is a fraternal organization preserving the history of those that fought in the Civil War, including hereditary membership from a Civil War Veteran or associate membership. To learn more visit suvcw.org.

General Phil Kearny Camp #20 meets five times a year at 1 p.m. at the Abraham Clark Memorial House, located at 101 W 9th Ave, Roselle, NJ. 2023. Dates are March 18, May 6, September 9, October 28, and November 11.



(above) Camp Secretary Clark McCullough swears in Nathan Sands.

Courtesy photo



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SHAKESPEARE'S COMEDY TWELFTH NIGHT COMING TO CDC THEATRE



“Better a witty fool, than a foolish wit.”, “If music be the food of love, play on.” and “Some are born great, some achieve greatness, and some have greatness thrust upon ‘em.” are just a few of the familiar lines from William Shakespeare’s Twelfth Night.

A talented cast is preparing to present one of the Bard’s finest comedies at CDC Theatre in Cranford for seven shows running from February 10th to the 25th and is being directed by Susan Speidel. Ms., Speidel currently serves on the faculty of the Kean University Theatre Conservatory and is a lecturer for the Osher Lifelong Learning Institute at Rutgers University. Holding a range of academic degrees, she has studied acting and directing at HB Studios in New York City and at the Globe Theater in London. She served for 20 years as Director of Education for the Tony-Award winning Paper Mill Playhouse and has directed more than 50 plays and musicals.

“A woman, disguised as a man, falls in love with her boss, only to be pursued by the woman her boss is determined to marry. Confused?“, asked Ms. Speidel recently, “You’re not alone, but Twelfth Night, Shakespeare’s witty look at

gender confusion, invites us to put convention aside, stretch the boundaries of “acceptable” attraction, and that, in the end, love is love is love. The play is filled with relatable characters contending with mistaken identities, unrelenting desire, hilarious pranks, and unrequited love – not to mention cross-dressing, duels, and deception – all offered up with a generous dash of merriment!”

Twelfth Night combines love, confusion, mistaken identities and joyful discovery all while telling a story of fickle fortune, mourning, love and reunion. Set in the free-wheeling, mirror-ball world of the 1970s, the celebratory nature of Shakespeare’s play is heightened with a series of Top-Ten hits that enhance the production and move the action forward with a disco beat. Shipwrecked twins, gender-bending romance and a bumper crop of fools, from the wise to the ridiculous, guarantee a full-blown evening’s entertainment.

CDC Theatre is celebrating its 104th season in Cranford, NJ at 78 Winans Ave.

For best ticket selection and prices, visit cdctheatre.org for additional information.



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CAP OFFERING SCHOLARSHIPS

Bayway Complex Community Advisory Panel

For the year 2023, the Bayway Complex Community Advisory Panel (CAP) has elected to offer High School Seniors who are residents of Linden, Rahway, Elizabeth, and Staten Island the opportunity to be awarded a CAP scholarship. Several one-year scholarships will be awarded in the amount of \$1,000 each, to students in these four municipalities represented by the CAP.

The winners will be selected by the CAP Scholarship Committee, who will be taking the following areas into consideration when reviewing the applications: The Applications must be Computer-Generated and All Sections Completed; Academics (transcript/SAT/ACT scores); Financial Need; Essay; Science/Math Teacher Recommendation Letter(s). This scholarship is open to candidates who will be pursuing a college, university, career or vocational school education in the Industrial,

Process Technology, or Engineering (Chemical, Civil, Mechanical, Environmental, Computer) fields. Please contact your high school guidance counselor for more information and the application forms. The deadline to submit applications is March 28, 2023.

The Bayway CAP is a committee of community representatives from Linden, Rahway, Elizabeth, and Staten Island including neighbors, educators, retirees, public officials, emergency responders, and environmental organization representatives who attend quarterly meetings that serve as a forum for dialogue between the community and company representatives from Phillips 66 Bayway Refinery, Infineum USA L.P., Linden Cogeneration Plant, Veolia North America, Solutia, Linden VFT LLC, and Parkway Generation.

GRANT OPPORTUNITIES FOR BUSINESSES

City of Rahway

Have you ever thought about opening a business? Are you looking for a new market and new customers? This is your sign to get started and choose Rahway! Mayor Raymond Giacobbe and the Rahway City Council encourage new and existing businesses to apply for the Rahway Special Improvement District's Business Improvement Grant Program. Those that qualify will be eligible to receive a \$2,000 grant to update equipment, trade fixtures and business technology, create a new sign, or freshen up their look and marketing. The City of Rahway believes it is important to foster a diverse business community, therefore any business that is registered as a Minority, Women, Veteran or LGBTQ Business Enterprise will be eligible to receive an additional \$1,000 grant.

Current Rahway businesses will be receiving information by email and mail. New businesses or businesses looking to relocate to Rahway should contact economicdevelopment@cityofrahway.com for details and information on how to bring your business to the City of Rahway. Applications open in March 2023. Visit rahwayishappening.com for more information and to apply!

CITY OF RAHWAY | MAYOR RAYMOND A. GIACOBBE

RAHWAY SPECIAL IMPROVEMENT DISTRICT BUSINESS IMPROVEMENT GRANT PROGRAM 2023

Applications Open from March 1 – April 30, 2023



Grant Opportunities for new and existing qualified businesses that meet the following criteria:

- Businesses must be registered with the State of NJ (NJBRIC)
- Approved use in the City of Rahway
- More than 50% of business occurs within a brick and mortar location in the City of Rahway
- No chains or franchises

A business must remain in operation for one year after issuance of Grant to qualify for 50% forgiveness, and two years for 100% forgiveness.

BUSINESSES THAT QUALIFY WILL BE ELIGIBLE TO APPLY FOR A LIMITED NUMBER OF GRANTS. A \$2,000 GRANT IS AVAILABLE IN EACH OF THESE THREE FOLLOWING AREAS:

- **Fit Out - Interior**
Non-permanent Interior Improvements
- **Signage - Exterior**
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*Must be registered as Minority, Women, Veteran, LGBTQ-Owned Business Enterprises

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BLACK HISTORY MONTH FILM SERIES

The Linden Public Library is proud to continue its tradition of presenting movies celebrating Black History Month. Eight films will be shown on Tuesdays and Fridays during the month of February. The Tuesday films include three recent Hollywood releases as well as a classic film starring the late Sidney Poitier. Each Friday features one part of the recent Ken Burns' four-part PBS documentary about Muhammed Ali. All films are shown afternoons at 1:00 and presented free-of-charge in the Columbia Bank Room at the library. The films include:

Muhammed Ali (part 1) (2021; TV-G; 120 mins)

Friday, February 3

Son of the South (2020; PG-13; 105 mins)

Tuesday, February 7

Muhammed Ali (part 2) (2021; TV-G; 120 mins)

Friday, February 10

Miss Juneteenth (2020; NR; 99 mins)

Tuesday, February 14

Muhammed Ali (part 3) (2021; TV-G; 120 mins)

Friday, February 17

To Sir, With Love (1967; NR; 105 mins)

Tuesday, February 21

Muhammed Ali (part 4) (2021; TV-G; 120 mins)

Friday, February 24

A Journal for Jordan (2021; PG-13; 105 mins)

Tuesday, February 28

Located at 31 East Henry Street, the Linden Public Library has been at the center of the city's social, cultural, artistic and educational life since it was founded in 1928. If you have any questions about the film series and other programs, please call the library at 908-298-3830 or check out the library's Facebook page or web site at lindenpl.org.

LOW-IMPACT EXERCISE CLASSES

The Linden Public Library is pleased to announce the continuation of low impact exercise classes on Wednesday and Friday mornings, beginning February 1st. All classes begin at 10:00 a.m. Registration is not required. These classes are designed for people with some mobility issues. Each class is led by Paulette Rasul, an experienced and certified fitness instructor.

On Wednesday mornings (February 1, 8, 15 and 22) Project Healthy Bones classes will be held. This course is designed for osteoporosis prevention and provides an excellent exercise and education program for older adults. Light weights are used in this program which is designed to build stronger bones and endurance. It also increases balance. On Friday mornings (February 3, 10, 17 and 24), Chair Yoga classes will be held. Low impact yoga exercises will be performed with the use of a chair. Chair yoga has been shown to improve flexibility, balance and posture.

If you have any questions about these classes or other library programs, please call the library at 908-298-3830. Check out the library's web site at www.lindenpl.org. Like the library's Facebook page and follow us on Twitter.

FREE EYE SCREENING CLINIC

The Linden Public Library is proud to partner with the New Jersey state Commission on the Blind and Visually Impaired (CBVI) to offer free vision screenings at the library to local residents. Advance registration is required. The next clinic will be held on Thursday, February 23rd at 9:30 a.m. The library is located at 31 East Henry Street in Linden.

Project B.E.S.T. (Better Eye-health Services and Treatment) is a state-run and funded program. It is administered by the CBVI and specifically designed for New Jersey residents who are uninsured or under-insured to receive eye screenings and who have not received a

recent eye examination. Professional opticians and ophthalmologists will provide these screenings. They are able to write prescriptions for eyeglasses; to check for different vision health issues; and to give referrals for eye specialists, if needed. New Jersey residents aged four years and above are eligible for this free program.

Because of the limited availability of doctors, advanced registration is required. Walk-ins will not be permitted. Once the maximum number of patients is reached, a waiting list will be started. To make an appointment for either the February or March clinic, please call Jeff Wayne at the Linden Public Library at 908-298-3830 x34.

COLD DAYS, WARM HEARTS, BEST SALES!

Gift & Thrift Boutique

Are you looking for some beautiful items at low prices? Are you looking to stage a house for sale? Are you looking for some winter retail therapy? The 'Gift & Thrift Boutique' is open every 2nd and 4th Saturday from 9:00 a.m. to 3:00 p.m.

Our expanding store features clothes, shoes, jewelry, kitchen and household items, decorations for the home, toys, CD's, DVD's, seasonal and holiday items. There is new

inventory for each sale. Hundreds of items... great prices!

The Gift & Thrift Boutique is found in The Episcopal Church of St. John The Baptist, 2018 Dewitt Terrace in Linden, NJ. Customers enter the main doors 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.



**2023 NJ FMBA Cooked and Uncorked
Monday February 27th
6PM-9PM**

Pines Manor, Edison, NJ

Tickets to the 2023 NJ FMBA Cooked and Uncorked Fire Department Cookoff are on sale now! The event is back for the first time since 2020 and tickets will be limited to the first 600 tickets sold!! Get them before this event sells out.

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GLORIA PRUDENTE NISKY PASSES AT AGE 95



Longtime Linden resident and active member of the community Gloria Prudente Nisky, 95 of Linden, entered eternal rest on December 22nd, 2022, after living a very long and fruitful life.

Relatives and friends gathered on December 30th at Leonard Lee Funeral home where they were treated to Aunt Gloria's cream

puffs. A Mass of Christian Burial followed at St. Elizabeth of Hungary Church. Entombment followed at Hollywood Memorial Park in Union where she was laid to rest next to her husband John Nisky.

Ms. Nisky was born and raised in Jersey City and moved to Linden in 1962. She was formerly employed as a waitress at the Edgar Road Diner for 20 years and at the Grill for 15 years, both under the same ownership. Gloria was the secretary and active member of the Woman of the Moose Lodge 913 in Linden, a volunteer at the Linden Retired Men's Club, and the AARP Chapter 1894. She also volunteered at St. Elizabeth Church with the Pre-Cana Program. A proud moment that she cherished was in 2018 when the city of Linden honored her as the

Outstanding Senior Citizen of the Year for her service to the community and as a member of the Ferguson Towers Senior's Club. Gloria also enjoyed her yearly modeling at the Generations in Style Fashion Show and her frequent excursions to Atlantic City, which allowed her to dress up, another attribute that she was known for. She was also a fervent Yankee fan and could hold her own in sporting debates with anyone.

Gloria was known for her baking, her blueberry cheesecake, pistachio cake, carrot cake, strawberry shortcake and of course her cream puffs were famous amongst her friends and family. Her handwritten recipes were bound into a book and given to each guest that attended her memorial service. At her repast reception, the guests were treated to a homemade spread of her desserts that were re-created by family members at Triestina Italian Restaurant in Cranford.

Gloria was the beloved wife of the late John Nisky (1996) and was also predeceased by her son, Thomas Santora, Sr, and her beloved and devoted companion, Edward Jones. She is survived by her grandsons Thomas Santora, Jr, and his wife Whitney of Baton Rouge, Louisiana; Michael Santora and his wife Kim, of New York; her nieces and nephews Cheryl Daniels, of Hawaii, Don Sweeney and wife Joanne of Cranford, Nancy Mullins and husband Jeff of Fords, Ron Sweeney of Plainfield, Colleen O'Connor and husband Bill of Rumson, and Patrick Sweeney and wife Michelle of Virginia.

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IMAGINE WELCOMES NEW FACILITATORS

Recently, Imagine, A Center for Coping with Loss staff members Sonia Nunez, Newark Program Manager and Ashley S. Allen, Newark Training and Education Manager trained a wonderful new team of facilitators who will join our rapidly growing Newark Night of Support. Many of the new facilitators will be facilitating Imagine's groups that meet at the Boys and Girls Club in Newark. Our new volunteers spent three full days training in the Teach for America (TFA) headquarters in Newark and we're so grateful to TFA for sharing their beautiful space with us! During the training, our new volunteers had an opportunity to share their grief experiences and receive support from one another while learning facilitation and companioning skills. We're so happy to welcome this amazing group to our team of volunteer facilitators!

If you're interested in joining the Imagine community as a volunteer facilitator at either our Newark or Mountainside location, the best way to start is with a tour. Please visit our website at imagineenj.org to sign up for an upcoming tour and join our wonderful volunteer team!

Imagine is a 501c3 nonprofit that 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 are 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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(above, l-r) Back row: Ashley S. Allen, Imagine's Newark Training and Education Manager; Sonia Nunez, Imagine's Newark Program Manager; Cynthia White Shabazz, Irvington; Christina Macauley, Union; Idalmi Acosta, East Orange; and Afina Roberts, Millburn. Front row: Marco Antonio Nunez, Newark; Cari Libysen, Sparta; and Tiffany Newton, Newark. Also attending but not pictured, Jean Marie Morgan, Westfield.

Courtesy photo

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GIVING THANKS FOR A LIFE WELL LIVED

Elizabeth Coalition to House the Homeless

Mikaela Santos came into our lives in the summer of 2022. In July, we received an email from Karen Gilmour, a yoga instructor with Alluem Yoga in Cranford, telling us about a young student with a desire to give back to the community, especially homeless children. She wanted to collect backpacks full of all the necessary school supplies to start the year off right. Mikaela, together with her instructor Karen, her sister Vivienne, her mother Yesica, her Aunt Natalie, and her good friend, Marielle, started a giving tree with the backpack needs of nearly 50 children in our housing programs.

A few weeks later at the beginning of the 2022 school year Mikaela passed away. Mikaela was just 11 years old. She lived most of her life in and out of hospitals because she had childhood cancer. So briefly did we know her yet how profoundly she affected us all. She left everyone she met with a sense of love and light. And it is her story we want to share with you today.

Just days after her death, her mother, sister, aunt, and friend delivered her backpack project to the Elizabeth Coalition. We were amazed at the love and care that went into creating each individual backpack. Mikaela willed her idea into being...she really made it happen!

What made Mikaela so special was her ability to transform her experiences of pain and illness into a project for others. Mikaela was asked what inclined her to helping others when she herself was going through so much. Mikaela answered, matter of fact-ly, "I might have cancer but I also have love, a home, and my family to support me. One thing does not have to do with the other."

Karen remembers Mikaela as someone who always showed up with love...to the studio...to her practice of yoga...to her friendships. "Every moment with Mikaela was a favorite one. I loved her little laugh and her sweet smile. Mikaela was a light in this world...and in my life."

Mikaela's mom, Yesica, recalls how knowing Mikaela made her a different person, "Mikaela was my first-born, she's the reason I became a mother and then when her sister, Vivienne, was



born we were complete. Knowing Mikaela makes me feel honored and proud to be her mother." Mikaela's precious spirit burns brightly in memory for those who loved her most but also for those lives she touched so briefly with her creativity, her giving, and her compassion.

The children who received a backpack wrote notes and drew pictures to thank Mikaela. Some notes make mention of an angel, which is how they choose to remember her and her supreme act of bravery in being a force for good in the world. To be so young and yet full of such a wise mind and kind heart, sharing her blessings with others, is a page from her remarkable story that we can all learn and grow from.

Thank you, Mikaela.

It is supporters like Mikaela that are so vital to our work. Donations and volunteers free us to offer premium case management to those who need it, allowing us to offer the care and focus on each client who comes through our door. Consistent, dedicated partnerships push our vision that one day, we will eliminate homelessness and equip each person with the support they need.

For volunteer opportunities to help our homeless brothers and sisters, and donate, visit theelizabethcoalition.org.

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6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000	\$2200
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Jim Beam Whisky	1.75L	\$31.99
Johnnie Walker Blue	750ml	\$193.99
Johnnie Walker Blue	1.75L	\$399.99
Johnnie Walker Black	750ml	\$29.99
Johnnie Walker Black	1.75L	\$59.99
Johnnie Walker Double Black	750ml	\$35.99
Johnnie Walker Red	750ml	\$19.99
Johnnie Walker Red	1.75L	\$33.99
Macallan 12yrs old (double cask)	750ml	\$64.99
Makers Mark	750ml	\$28.99
Makers Mark	1.75L	\$56.99

GIN

Beefeater	1.75L	\$38.99
Bombay Sapphire	1.75L	\$37.99
Seagram's gin	1.75L	\$24.99
Tanqueray	750ml	\$22.99
Tanqueray	1.75L	\$38.99

COGNAC & BRANDY

Courvoisier V.S.	750ml	\$32.99
Courvoisier V.S.	1.75L	\$60.99
Remy Martin V.S.O.P.	750ml	\$49.99
Remy Martin V.S.O.P.	1.75L	\$97.99

CORDIALS

Bailey's Irish Cream	1.75L	\$47.99
Duggan's Irish Cream	1.75L	\$28.99
Kahlua	1.75L	\$42.99
Krupnik	750ml	\$20.99
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	\$29.99
Belvedere Vodka	1.75L	\$45.99
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	\$12.99
Pinnacle (80 proof)	1.75L	\$17.99
Skyy	1.75L	\$21.99
Sobieski	750ml	\$12.99
Sobieski	1.75L	\$21.99
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	\$31.99

RUM

Bacardi Light & Gold	750ml	\$13.99
Bacardi Light & Gold	1.75L	\$20.99
Captain Morgan Spice	1.75L	\$25.99
Malibu	750ml	\$21.99
Malibu	1.75L	\$31.99

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	\$29.99
Blue Moon	24pk	\$36.49
Bud and Bud Lite cans	30pk	\$26.99
Bud and Bud Lite loose bottles	24pk	\$22.99
Coors Lite (24oz) cans	12pk	\$18.99
Coors Lite/Miller Lite loose bottles	24pk	\$22.99
Coors Lite/Miller Lite	30pk	\$26.99
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	\$29.99
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

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