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Published by Renna Media On-line at RennaMedia.com

Issue 156 • March 2023

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LINDEN & GREATER ELIZABETH CHAMBERS JOIN FORCES FOR GREATER BUSINESS OPPORTUNITIES



(above, l-r) Greater Elizabeth Chamber of Commerce's Chairperson of the Board Terry Armstrong and President/CEO Jennifer M. Costa, with Linden Chamber of Commerce Chair Janet Miller, and Co-Chair Angie Tsirkas.

For more details, please visit elizabethchamber.com/linden

The Linden Chamber of Commerce and the Greater Elizabeth Chamber of Commerce [GECC] are proud to announce they are now joining forces for greater opportunities to help their members.

The new joint collaborative network will help support their local and small businesses in both cities of Union County. The Greater Elizabeth Chamber of Commerce has over 25 years of experience leading businesses and organizations to proactively work together to promote and improve the business environment; and it is the largest business association in the City of Elizabeth and the surrounding area. "We are proudly expanding our footprint to helping empower the business community of the City of Linden and we look forward to being of service especially in helping small businesses," said Jennifer Costa, GECC President/CEO.

The Linden Chamber of Commerce encourages site

development, and supports new and existing business, and now as an official division of the Greater Elizabeth Chamber of Commerce, its members will have additional outreach and marketing to assist in promoting their local businesses.

The Linden Chamber of Commerce meetings are held the fourth Tuesday of the month; the next meeting will be on March 28th at 8:30 a.m. All business owners wanting to participate are welcome to attend. Meetings are held at the John T. Gregorio Center located at 330 Helen St in Linden, New Jersey.

For more information on joining the Greater Elizabeth Chamber of Commerce and its benefits, please contact Jennifer M. Costa, Greater Elizabeth Chamber of Commerce Executive Director, at (908) 355- 7600 or via e-mail at jcosta@goelizabethnj.com. For more details, please visit elizabethchamber.com/linden.

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Renna Media LLC, Publishers
202 Walnut Ave., Cranford, NJ 07016

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SPRING PLAY - LEGALLY BLONDE

Linden Public Schools

OMG, like, you totally have to see the Linden High School Fine and Performing Arts Department's production of Legally Blonde on March 9, 10, and 11 at 7:00 p.m. Led by director Howard Whitmore, LHS welcomes the public to witness an energetic underdog story that teaches the lesson of empowerment and owning your choices.

Based on Amanda Brown's comedy novel and the hit movie, the story of a blonde college-sorority girl, Elle Woods, takes place as she is

broken up with by her college sweetheart, Warner Huntington III who claims she isn't "serious enough". This causes Elle to pack her bags and dog, Bruiser, and enroll in Harvard Law School to prove to Warner that she is indeed serious enough for him. Legally Blonde is a fun and fabulous feel-good musical comedy with show-stopping dance and musical numbers that remind you that being yourself never goes out of style.

Tickets are \$12. For more information visit lhsnj.booktix.com.



(above) Students are preparing for LHS Spring Play: Legally Blonde, The Musical. March 9, 10, and 11 at 7:00 p.m at Linden High School Susan L. Hudak Auditorium, 121 W. St. Georges Ave., Linden, NJ. For tickets visit: lhsnj.booktix.com

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257-259 Lincoln Ave., Elizabeth
15 Briarheath Ln., Clark
10 North Wood Ave., Linden
2723 Highland Ave., Linden
192 Linden Avenue, Rahway
43 Kathryn St., Clark
1126 Kline pl., Rahway
52 Mapes Ave., Springfield
237 Hussa St., Linden
408 Hemlock Ave, Garwood
124 E Clay Ave., Roselle Park
629 Washington Ave., Linden

418 Elmwood Ter., Linden
54 Harding Ave., Clark
865 Sheridan Ave., Elizabeth
311 Hagel Ave, Linden
523 Spruce St., Roselle
150 South 8th St., Newark
1 Plymouth Rd., Clark
1809 Whittier St., Rahway
457 South 17th St., Newark
306 Parkway Dr., Clark
544 Harrison St., Rahway
718 Adams Avenue, Elizabeth
321 W 15th St, Linden
60 Winthrop Rd, Clark
14 Washington St., Clark
319 Terrace St., Rahway
1601 Wood Ave., Roselle
229 Terrill Rd., Fanwood
3016 S. Wood Ave, Linden
45 Hussa St. Unit 5, Linden
222 Edgewood Rd. Linden
1650 Columbus Pl., Rahway
1143 Greslin Ter. Rahway
500 Morningside Rd., Linden
426 Amherst Rd., Linden
75 Union County Parkway, Clark
1193 Madison Hill Rd., Rahway
229 Academy Ter, Linden
49 Briarwood Path, Clark
66 Melrose Pl., Linden
161 Meadow Rd., Clark
16 Nassau St., Clark
333 White St., Roselle
549 Valley Rd., Clark
130 Daniel St., South Plainfield

68-70 Parkview Terr, Newark
907 Cranford Ave., Linden
663 Wood Ave., Roselle
740 Hemlock St., Rahway
1106 Donna Ct., Linden
160 Meadow Rd., Clark
415 Valley Rd, Clark
700 Stone St., Rahway
591 Harrison St., Rahway
626 Miltonia St., Linden
610 Route 627, Bloomsbury
2311 Knapp Dr., Rahway
604 Exeter Rd, Linden
120 Arthur St., Linden
161 Willow Ave., Garwood
18 King St., Hillside
346 Sussex Ave, Newark
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SUPPORTING CHILDREN COPING WITH LOSS – WEBINAR, MAR. 21

Children will experience different losses in life: divorce, moving, friendships ending, sports injuries or the death of a friend or family member. Imagine, A Center for Coping with Loss is working to create grief informed communities where children will be surrounded by adults who are able to provide support as they cope with these losses.

On Tuesday, March 21st from 7:00–8:30 p.m., Imagine will offer a webinar on Supporting Children Coping with Loss for anyone who wants to learn how to support a child who is grieving. While loss due to death will be the primary focus of this webinar, the concepts that will be presented are applicable to all types of loss. It is especially important for parents and grandparents, guardians, teachers, members of community organizations, coaches, therapists, counselors, and social workers to attend this program. The webinar will be offered in both

English and Spanish.

THOSE WHO ATTEND WILL BE ABLE TO:

1. Define the terms “loss,” “grief,” and “mourning”
2. Understand the different types of loss and the impact of those losses



3. Identify similarities and differences on how children, teens, and adults experience their grief
4. Learn how to support someone who is grieving

CEUs are available for social workers with a \$30 registration fee. For those who do not need CEUs, a \$30 donation is appreciated, but not required.

Those interested in the Spanish-speaking webinar do not need to register, but may contact Imagine's Training and Education Director, Veronica Ortiz at veronica@imagenj.org to receive the link to join the webinar.

Please join Imagine in our effort to create supportive communities for children who are grieving. To register for the English-speaking webinar, please scan the QR code below or visit imagenj.org.

FREE COURSE ON MENTAL ILLNESS

The NAMI Family-to-Family Education Course will be offered by the Union County Chapter of NAMI (National Alliance on Mental Illness). The course will start on Thursday evening, March 9, 2023 and meet each Thursday over a consecutive 9-week period. It is free-of-charge, with all necessary materials furnished at no cost.

The course is offered specifically to the parents, siblings, spouses, teen-age and adult children, and significant others of individuals with severe and persistent mental illness. The program is not appropriate for individuals who, themselves, suffer from one of the major mental disorders. This course is taught by NAMI members who have completed intensive training.

Curriculum topics include: schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder, obsessive-compulsive disorder, etc., the clinical treatment of these illnesses, and how caregivers can learn to cope more effectively. Attendees will learn about new research, medications, skills needed to successfully communicate with a relative, and how to deal with critical periods.

Capacity is limited. To register, or if you have any questions, please contact Pat Roman at (732) 397-8123, or via email at: patroman2@aol.com. Please include F2F Course in the subject line. A F2F instructor will contact you with the details.

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SHINING STARS GALA SET FOR MARCH 14TH

Shining Stars Network, a non profit organization that creates opportunities in the performing arts for the special needs community, kicks off their 11th year with their 2nd "Reach for the Stars" Gala, set for Tuesday, March 14th at the elegant Park Chateau Estate & Gardens in East Brunswick.

The evening, which will begin at 6:00 p.m., will feature a five-star cocktail hour, open bar, dinner and dessert. Highlights of the evening include performances by the Shining Stars cast and buddies, live and silent auctions and a 50/50. Special guest will be celebrity chef and restaurateur David Burke, of Iron Chef America, who will auction off dinner experiences at his famous New Jersey eateries, including a personalized dinner for four.

"Our first gala in 2019 was a great success and we can't wait for what will be another magical evening," noted Shining Stars Network President and co-founder Mike Curci. "Park Chateau is one of the finest venues in the country, and we're excited for our Shining Stars families, friends and supporters to enjoy this special night together."

Individual tickets are \$175 and a table of 10 can be purchased for \$1500 (a savings of \$250). Email your request to ShiningStarsNetwork@gmail.com. Please mention "gala tickets" in the subject line. Venmo, checks and credit cards are gladly accepted. Sponsorship opportunities and journal ads are also available.

The Gala will start a big year for the Shining Stars, who will take to the stage for their "Evening of Shining Stars Talent Show" on Saturday May 13th at the Union County Performing Arts Center in Rahway.

On Saturday August 5th, history will be made when the Shining Stars make their Paper Mill Playhouse main stage debut, becoming the first special needs show to perform a full production on that iconic venue. Tickets for "The Greatest Show" — which will feature songs from Broadway and movies — will go on sale in late spring.

"We're honored and thrilled to be co-producing a show with the esteemed Paper Mill team," added Curci. "Our brookside cabaret at Paper Mill last September was an overwhelming

success and to see our stars on the main stage this August will be a dream come true."

The Camp Shine Summer Workshop will take place in late August, and the Stars will cap off the year with their annual "Christmas Spectacular" on Friday, December 1st.

"Shining Stars is all about being inclusive and giving our performers a chance to shine on stage while creating lasting memories," noted co-founder and show director Sally Curci. "These opportunities build all-important self-esteem and self-confidence. Through the journey, our cast members and their high school buddies create bonds and friendships that they'll always remember."

For more information on the organization or events, please visit ShiningStarsNetwork.org.

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KIWANIS CLUB HELPS COALITION TO HOUSE THE HOMELESS

Kiwanis Club of Linden is continuing a service project to benefit 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. We are collecting gloves/mittens, and socks.

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. The schedule of meetings will be held on Thursdays, March 23, April 27, May 25 and June 22, 2023. Meeting time is 12 p.m. to 1 p.m. You can attend in person or virtually via zoom. Lois Bass, a retired employee from Infineum USA L.P., is our current President.

For information on joining, contact June at 908-930-8310 or email junlazaro@verizon.net.



(above) The Kiwanis Club of Linden supported the "Toys for Tots" Christmas drive by purchasing gifts which were presented to the Linden Fire Department for distribution. Pictured: Rafel Gajko-LFD, June Lazaro, Stella Tylicki, Roberta Canavan, Carl Tattoli – LFD, and Al Volpe.

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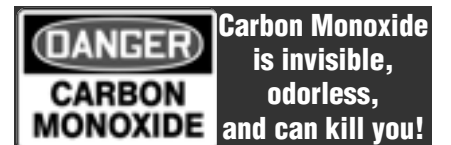
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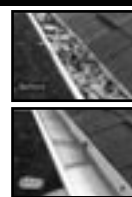
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OPEN HOUSE AT THE GATEWAY FAMILY YMCA

The Gateway Family YMCA Offers Membership Madness this March

The Gateway Family YMCA is celebrating Membership Madness March 22-24 with an YMCA Open House and Membership Special open to everyone in the community. Individuals and families are invited to visit and Find Your Passion, Find Your Purpose, Find Your Y. Swimming, Basketball, Pickleball, Soccer, Group Exercise and Water Exercise programs are available, as well as Chronic Disease Management programs like Blood Pressure Self-Monitoring, a Summer Day Camp Open House and Parent Information Session, and a Community Health Fair with program and vaccine information. Located in Elizabeth, Rahway and Union, individual YMCA Branch event schedules and details are available at tgfymca.org/events.

The YMCA provides programs and services with the goal of building community, developing youth and creating a safe experience for all. New members who join The Gateway Family YMCA online at tgfymca.org/join-the-Y or in person at the Y will pay \$0 Joiner Fee with the code SP23 March 22-24!

"More than ever before, health and family need to come first. As a nonprofit community organization dedicated to strengthening community, the Y is the perfect place to share healthy activities with loved ones, create lasting memories and make lifestyle changes to increase health," stated Melynda A. Disla, President/CEO, The Gateway Family YMCA. "We are here to meet the unique needs of our community, families, and neighborhood partners, every day."

The Gateway Family YMCA has served the community since 1900, and offers programs including Chronic Disease Management and Wellness, Youth Sports and Mentorship, Swimming Lessons and Drowning Prevention, Arts and Academic Enrichment, WISE Community Services, Child Care and Summer Day Camp, Housing and Social Services. With a

focus on healthy living, youth development and social responsibility, the Y provides a safe and supportive community to inspire everyone to find balance in spirit mind and body, both in person and virtually.

"Through our digital innovation efforts, we have expanded our options and provided the flexibility that is important in our members and community. The ability to provide 24-hour access to recorded content and live virtual group exercise and chronic disease management programs, enables us to serve our community in a unique and innovative way," stated Rodger D. Koerber, EVP, Chief Operating Officer. "At the Y, we are here for all, and making wellness, nutrition, mental health and enrichment programs easy, no matter where you are, is a priority."

As an alternative option for individuals who wish to participate from home, the YMCA is offering a Virtual Group Exercise Open House with registration available online at tgfymca.org. Throughout the week, the Y will also share community health and safety information on their Facebook page at facebook.com/GatewayFamilyYMCA highlighting healthy family tips, nutritious recipes and exercise recommendations.

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

For more information about The Gateway Family YMCA, visit www.tgfymca.org or contact the Elizabeth Branch 908-355-9622, Five Points Branch 908-688-9622, Rahway Branch 732-388-0057 or the Wellness Center and WISE Center Branch at 908-349-9622.

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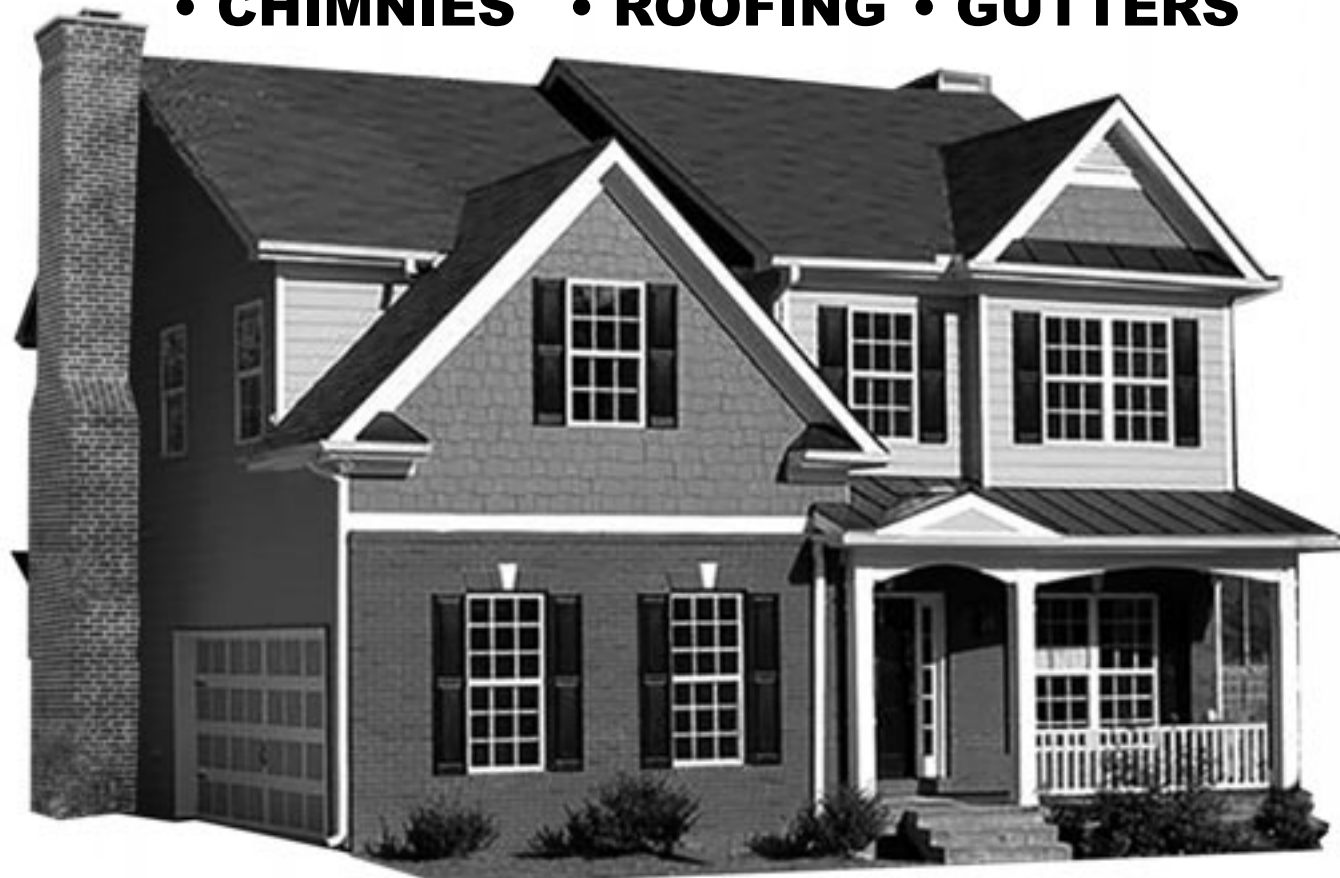
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Hundreds of items...GREAT PRICES! The Gift & Thrift Boutique is found in The Episcopal Church of St. John The Baptist, 2018 Dewitt Terrace in Linden, NJ. Customers enter the main doors on Dewitt Terrace and follow the stairs to the store. The space is not handicap accessible.

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

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SEEKING HUMAN RIGHTS AWARD CANDIDATES

The First Congregational Church of Westfield Board of Outreach Ministries is currently seeking nominations for the annual Marc Wesley Hardy Human Rights Award for 2023. Candidates for this scholarship must be young adults between the ages of 16-22, living in Westfield or the greater Union County area, who have distinguished themselves in the area of human rights. The selected individual will have demonstrated the following:

openness and friendliness to persons of all races, creeds and nationalities; involvement and leadership in organizations and activities committed to improving human relations; extraordinary personal dignity;

the willingness to risk for what he or she believes is right; absolute acceptance of others; respect for diversity;

great personal integrity; deep caring and willingness to listen; the strength and ability to lead by example.

The award is named in honor of Marc Wesley Hardy, a talented and promising student and a member of First Congregational Church of Westfield, who was tragically killed in a car accident in 1990 shortly before his graduation from Westfield High School. Marc was a national merit scholar, a gifted singer and actor, and was exceptionally active in the preservation of human rights. Because of his dedication and commitment to social justice, this award was established in his memory.

Nominees for the award may be either self-nominated or nominated by a teacher, school official, or another individual not in the nominee's immediate family, who is familiar with

the nominee's background and qualities that exemplify Marc Hardy's commitment to human rights. To nominate an individual for the Award, original documents of the following must be submitted:

For full information, please visit:

fccofwestfield.org/

marc-hardy-human-rights-award.org

The deadline for submitting nominations is April 21, 2023. The award will be presented later this spring.



(above) Marc Wesley Hardy

Courtesy photo

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RELIEF FROM CHRONIC KNEE PAIN

FDA Approved Treatment to Avoid Surgery

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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. Additions 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

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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."

- Quentin L.

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WOMEN'S HISTORY MONTH FILM SERIES

The Linden Public Library is proud to continue its tradition of presenting movies celebrating Women's History Month. Throughout March, popular Hollywood films will be shown on Tuesdays at 1:00 p.m. while Non-Fiction Films will be presented on Fridays at 1:00 p.m. A special evening film presentation, *Downton Abby: A New Era*, will be shown on Monday, March 27th at 6:30 p.m. All films will be shown free of charge in the Columbia Bank Room.

Tuesday films include Hollywood releases highlighting women as central characters in movies through the years. Each Friday features a biographical film about famous women as well as the PBS documentary, *The Vote*, which highlights the eight-decade fight for women's suffrage in the United States. All films are shown free-of-charge in the Columbia Bank Room at the library. The films include:

The Vote (part 1)

(2020; TV-G; 120 mins)

Friday, March 3

Thoroughly Modern Millie

(1967; G; 152 mins)

Tuesday, March 7

The Vote (part 2)

(2020; TV-G; 120 mins)

Friday, March 10

Coal Miner's Daughter

(1980; R; 152 mins)

Tuesday, March 14

Elizabeth I: The Virgin Queen -

(1995; TV-G; 50 mins)

and

The Queen Mother

(2001; TV-G; 52 mins)

Friday, March 17

Elizabeth: The Golden Age -

(2005; PG-13; 114 mins)

Tuesday, March 21

Margaret: The Rebel Princess -

(2019; TV-G; 120 mins)

Friday, March 24

Downton Abby: A New Era -

(2022; PG; 124 mins)

Monday, March 27

Diana

(2013; PG-13; 113 mins)

Tuesday, March 28

Elizabeth II: Her Glorious Reign

(2022; TV-G; 89 mins)

Friday, March 31

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 web site at lindenpl.org. Be sure to "Like" us on Facebook and follow us on Instagram and TikTok.

ISAAC LIMA NAMED 2023 HOSPITALS' NEW JERSEY CHAMPION



(above) Isaac Lima, 2023 Children's Miracle Network Hospitals New Jersey Champion.

Children's Specialized Hospital (CSH) is proud to announce the 2023 Children's Miracle Network Hospitals (CMNH) New Jersey Champion, Isaac Lima of Roselle Park, NJ.

Each year, participating hospitals identify a "Champion" in each of their communities to serve as the face for children treated at their local children's hospital. These ambassadors spend the year advocating for the charitable needs of children's hospitals across North America. Isaac will be representing Children's Specialized Hospital, central and northern New Jersey's local Children's Miracle Network hospital.

Isaac was a happy, active teenage boy until he experienced a tragic accident at cheer practice that caused a C4 complete spinal cord injury leaving him paralyzed from the neck down. After two lengthy emergency surgeries, Isaac was transferred to CSH and began therapies, including extensive physical rehabilitation to help him regain some mobility and psychiatry to help him process the severity of his injury and acclimate to life in a wheelchair.

Immediately after his accident, Isaac had shut down emotionally and was experiencing extreme bouts of anger and depression. At CSH he found hope and his energetic, kindhearted, and fearless spirit began to shine once again. His goal now is to spread awareness about mental health in children of different abilities.

"We are so excited to have Isaac as our champion in 2023," said Keely Davenport, Associate Director of Children's Miracle Network Hospitals at CSH. "Isaac's story of perseverance and his infectious spirit makes him the perfect ambassador for our hospital. He will honorably represent the thousands of patients that are treated at CSH each year."

When you see Isaac's photo at your local Costco, Walmart, Sams Club or other CMNH retail partner, 100% of your donation at checkout will support the 35,000 children who receive life-changing care at CSH each year. To learn more about Isaac and make a donation to CSH Foundation in his honor visit <https://bit.ly/isaaccmnh>.

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FREE EYE SCREENING CLINIC AT LIBRARY REGISTRATION REQUIRED

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, March 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 the March 23rd clinic, please call Jeff Wayne at the Linden Public Library at 908-298-3830 x34.

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LINDEN TEEN HELPS NEW FOSTER CARE LAW GET PASSED

Deanna Lescouflair, a senior from Linden High School, helped write and advocate for the passage of legislation recently signed into law by Governor Phil Murphy to protect sibling relationships for children and teens in New Jersey's child welfare system.

The "Siblings' Bill of Rights," signed into law in January, codifies the rights of foster youth to remain actively involved in the lives of their siblings, and, where appropriate, to have their voice heard in the permanency planning process for their siblings.

To hear the perspectives of young people who have been involved in the state's foster care system and to gather their feedback on ways in which it could be improved, the New Jersey Department of Children and Families (DCF) created a Youth Council in 2020 as part of DCF's Office of Family Voice. Lescouflair is one of about 20 young people who participate in this Youth Council.

She and her fellow members developed the draft of the Siblings' Bill of Rights, met with key legislative leaders, and created a video to advocate for the bill's passage.

"Being separated from my sister was one of the hardest things that's happened while being in the child welfare system," said Lescouflair. "Once she left, I didn't have contact with her for four months before I was able to have visits with her. This is a recurring issue that many youth faced in the child welfare system. Being a member of the DCF Youth Council and pushing for this bill, I was able to help other kids that may be experiencing these same issues."

"The bill is important to me because it helps me stay in contact with my siblings," Lescouflair said. "This new law ensures communication between siblings, which is very important for kids who are separated."

"Lescouflair and her young colleagues led the movement every step of the way, from developing legislative language, securing the sponsorship of legislators, advocating for the bill, and celebrating its successful passage," said DCF Commissioner Christine Norbut Beyer.

According to the Department of Children and Families, about 54% of children who are placed outside of their home have at least one sibling. The bill affects those 1,638 children.

"This bill represents the power of shared leadership and the importance of having individuals with lived experiences in a meaningful role at the table," Commissioner Beyer said. "I am so very, very proud of our Youth Council members who worked tirelessly to move this initiative forward."

Governor Murphy applauded the young change-makers as well: "I was deeply moved, as I'm sure my counterparts in the Legislature were, by the compelling recommendations of the Youth Council who shared their lived experiences of their time during the child welfare process. In what could very well be the most difficult time of their young lives, it is our hope that this bill will allow siblings in the child welfare system to maintain some measure of stability and continuity."

Outside of advocating for the bill, Youth Council members have also worked to help their peers throughout the state in other ways. They redesigned a youth-centered website, assisted in creating scripts for two mental health public service announcements, and issued and awarded a request for proposal (a government solicitation for professional services) for a peer mentorship program.

"In support of other youth entering foster care, the Youth Council also created the EnlightenMENT Peer2Peer mentoring program to provide resources and to be an outlet for adolescents that are currently in care," said Lescouflair. "The mentors have lived experience in care which helps the youth to feel heard and to essentially have a big brother or sister to look out for them."

Lescouflair is eyeing a career in biotechnology as she maintains a part time job and keeps up with her academics. However, the lessons she learned while pushing to pass major state legislation will stay with her.

"Being a part of the legislative process has



(above) Deanna Lescouflair

Courtesy photo

given me the hands-on learning experience about the life cycle of a bill – from coming up with the idea and drafting the language, to advocating for it, and finally, anxiously awaiting the passing of the bill in the legislature before making its way to the Governor's desk for his signature," she said. "While it was a lot of hard work and dedication, my fellow Youth Council members and I were very excited to be a part of the process and create change in New Jersey's child welfare system."

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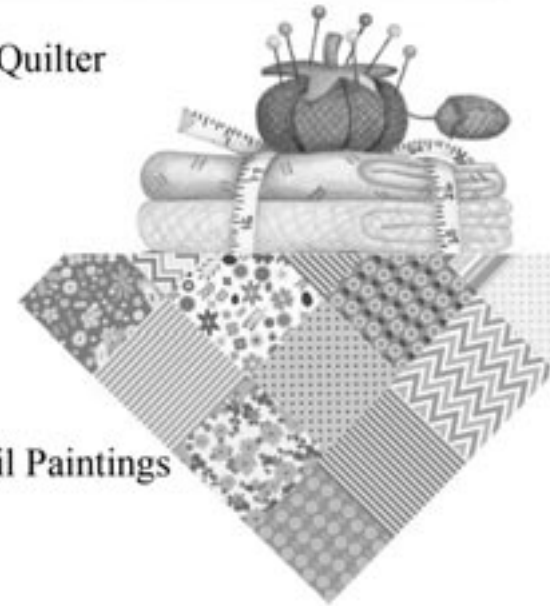
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VFW AND AMERICAN LEGION BREAKFASTS

MARCH 19 - PANCAKE BREAKFAST AT THE AMERICAN LEGION POST 102

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

Enjoy a home cooked breakfast, including this month's special Corned Beef Hash.

MARCH 25 - VFW #1397 PANCAKE BREAKFAST WILL BE HELD AT AMERICAN LEGION POST 102

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



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Performance: May 9, 2023

Summit Area YMCA
67 Maple Street, Summit
Mondays 11:30 a.m. – 12:30 p.m.
Start Date: March 20

Berkeley Heights YMCA
59 Locust Avenue, Berkeley Heights
Tuesdays 11:00 a.m. – 12:00 p.m.
Start Date: March 21

Make a joyful noise! Wharton Arts announces the return of its CAFÉ (Creative Aging for Everyone) Choir. In partnership with the Summit Area YMCA, Wharton Arts faculty will work with participants for eight weeks, during which the choir will learn several songs with piano accompaniment in preparation for a final concert at Burgdorff Hall in New Providence. Join us and discover camaraderie, learn new skills or refine old ones, and simply have fun! **No experience necessary** and free to join.

Questions? Call (908) 790-0700

FREE!
Classes begin
March 20



Made possible by funds from the New Jersey State Council on the Arts, a partner agency of the National Endowment for the Arts.



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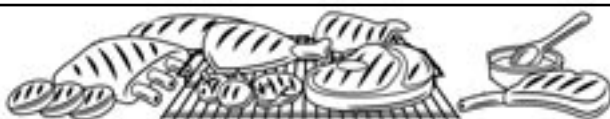
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Florham Park Press NJ Qty: 5,500 Zip: 07932	Garwood NJ Times Qty: 2,500 Zip: 07027	Green Brook NJ Gazette Qty: 3,000 Zip: 08812	BUSINESS • LIFE KENILWORTH NJ Qty: 3,500 Zip: 07033	LIFE in LINDEN Qty: 17,900 Zip: 07036	Long Hill LEADER NJ Qty: 3,500 Zips: 07933, 07946, 07980
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Short Hills MILLBURN MONTHLY NJ Qty: 8,200 Zips: 07041, 07078	Summit NJ Times Qty: 9,600 Zip: 07901	Spirit of UNION Qty: 6,800 Zip: 07083 (partial)	WARREN MONTHLY NJ Qty: 6,200 Zip: 07059	Watchung Post NJ Qty: 2,700 Zip: 07069	Westfield NJ MONTHLY Qty: 11,800 Zip: 07090

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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
2-PAGE SPREAD	21" x 14"	\$700								
BACK PAGE	10" x 14"	\$500								
FRONT PAGE BANNER	8.25" x 2"	\$320								
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