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## SUPPORTING FOOD SECURITY IN UNION COUNTY

The SHARE Alliance (the "Alliance"), a newly formed 501(c)(3) organization dedicated to addressing food security concerns in the County of Union, NJ, recently received a \$3,000 donation from the Springfield-based Atlantic Federal Credit Union to support the Alliance's mission to help community members in need.

"As a community-chartered Credit Union, we succeed when our Members, neighbors and the greater community succeed," stated Atlantic Federal Credit Union Chief Executive Officer Anthony A. Mero. "We are honored to be able to support the SHARE Alliance as the team offers critical resources to put local families on the path to success through food security and education."

The Atlantic Federal Credit Union is a not-for-profit financial cooperative providing banking services to residents and businesses in Union and Essex counties. For more than 85 years, the Atlantic Federal Credit Union has focused on delivering competitive rates on deposit accounts, low fees, and attractive rates on loans. In addition, the Credit Union regularly contributes to the social and economic wellbeing of the communities it serves by volunteering and donating to local charitable organizations.

More information about the Atlantic Federal Credit Union, including membership available to those who live, work, worship, attend school or conduct business in Union or Essex counties, is available at [web.atlfedcu.com](http://web.atlfedcu.com).

The S.H.A.R.E. (Sowing Hope and Reaping Equity) Alliance is a consortium of several congregations and other interested parties, is dedicated to the proposition that no one should go to bed hungry, or wonder where their next meal will come from. Under the sponsorship of the First Presbyterian Church of Springfield, the Alliance seeks to approach the issue of food security in Union County with a three-prong tactic of increasing availability of healthier food, coordinating their distribution, and promoting



(above, l-r) S.H.A.R.E. Alliance: Rev. Dr. Roberto Foiss, Andrea Holley-Blair, Russell Hovland, Rev. Reginald Harris, Jim Bover, Carol Kaiser; Atlantic Federal Credit Union: Anthony A. Mero, CEO; and Carla White-Garrett, Community Engagement Representative.

Courtesy photo

their right use in the kitchen. These objectives are achieved through the establishment of a Community Pantry and Community Kitchen that will operate from the Parish House, located at 37 Church Mall, Springfield.

"Recognizing that economic insecurity is a primary driver of nutrition related health issues, and that community members in food insecure settings are forced to make difficult decisions around food on a daily basis, the Alliance has come together to leverage the work of existing organizations and identify innovative solutions to help more people – including children and seniors – with food security and avoiding difficult tradeoffs between necessities like food and medicine," stated Acting Executive Director of the SHARE Alliance Rev. Dr. Roberto Foiss. "The generous donation from our neighbors at the Atlantic Federal Credit Union reflects the community spirit that will help us to promote better health and strengthen family cohesion in communities throughout Union County."

Information about the availability of services from the SHARE Alliance Community Kitchen and Pantry can be found on-line through the First Presbyterian Church of Springfield at [springfieldpresbyterian.org](http://springfieldpresbyterian.org). The SHARE Alliance can also be reached at [info@SHARE-Alliance.net](mailto:info@SHARE-Alliance.net).

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# LIFE in LINDEN

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Life In Linden is published by Renna Media. 17,900 newspapers are printed monthly and mailed to every business and resident in Linden, NJ. 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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## SEND US YOUR NEWS

Do you have a community service that you need help publicizing? Did you or someone you know accomplish something amazing? We are interested in hearing about your latest achievement (honor, award, etc.), send us your news! **Email: [editor@rennamedia.com](mailto:editor@rennamedia.com)**

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# EARTH DAY RIVER CLEAN-UP – APRIL 22

*Rahway River Watershed Association*

All volunteers are invited to celebrate Earth Day 2023 with a clean-up of the Rahway River with Union County Parks and Recreation's Rahway River Park on Saturday, April 22nd (with a rain date of Sunday, April 23rd).

The clean-up will focus on areas upstream and downstream of the dam at Winfield Park, New Jersey in Cranford, Clark, Linden and Rahway. Please come by the parking area adjacent to the waterfall of the Rahway River by the Bloodgood Dam at Winfield Park at 8:45 to register, pick up bags, gloves, bottled water and snacks, and receive safety information. Teams will be encouraged to travel to any part of the river within the park where they would like to perform cleanup activities. We specifically ask all folks to register and to work in small groups for safety purposes. Everyone under 18 must have their parent's signature on the attached Individual Waiver form as well as adult supervision to participate.

Cleaning up a river and park area is a great way to celebrate Earth Day and if you haven't participated in an event like this before, you will find it invigorating, and you will feel good about what you have accomplished...it is also fun and educational...especially for Scouts and young adults as they always find something interesting. Over the 25 years this cleanup has occurred

thousands of folks have participated, and pulled some amazing things from the river improving its quality.

The clean-up will generally be between 9 a.m. – 12 p.m., but any amount of time or effort that folks can volunteer is appreciated. There is always a large volume of floatable debris to pick up. The team working registration will provide suggestions on areas with large volumes of floatable debris.

All participants should wear jeans, long-sleeved shirts, gloves and boots, waders are welcome for folks who like to get a little wet. Each participant should bring a standard 5-gallon carry bucket with a handle (put your name on the bottom)...this makes for easy carrying of "stuff" for transfer to the large garbage bags. A mulching rake is also a great asset to have to enable reaching out and pulling debris into shore from the river bank. After the event there is an inventory of the debris removed, and within approximately 24 hours Union County Parks and Recreation removes and disposes of all the trash.

There is no RSVP required but if more information is required please contact [rivercleanup@comcast.net](mailto:rivercleanup@comcast.net) or the Rahway River Watershed Association at [CleaCarchia@outlook.com](mailto:CleaCarchia@outlook.com).

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(above) Whether you have autism, love someone who does, or are looking to support a diverse, accepting and kind community – you're invited to take the pledge to help create a world where all people with autism can reach their full potential. For more information visit: [autismspeaks.org/world-autism-awareness-day](https://autismspeaks.org/world-autism-awareness-day)

## WORLD AUTISM MONTH

### Autism Speaks

Every April Autism Speaks celebrates World Autism Month, beginning with the United Nations-sanctioned World Autism Awareness Day on April 2. This year marks the 15th annual World Autism Awareness Day.

Throughout the month, we focus on sharing stories and providing opportunities to increase understanding and acceptance of people with autism, fostering worldwide support. This year, we are committed to creating a world where all people with autism can reach their full potential.

Supporters can participate in World Autism Month by:

Join our 2.8 million social followers and help foster understanding and acceptance by sharing the diverse stories of people on the spectrum or telling your own. Submit your story by visiting: [surveymonkey.com/r/AutismSpeaksShareYourStory](https://surveymonkey.com/r/AutismSpeaksShareYourStory)

Invite your colleagues, classroom and friends to join our Kindness Campaign and encourage acceptance, understanding and inclusion with daily acts of kindness at school, work or in your community. Together, we can create a world where all people with autism can reach their full potential.

Make a meaningful, lasting impact for people with autism with your gift. It's one of the easiest

and best ways to show your support.

Learn about all the ways you can fundraise on social media.

Joined by the international community, hundreds of thousands of landmarks, buildings, homes and communities around the world come together on April 2, World Autism Awareness Day, to Light It Up Blue in recognition of people with autism and those who love and support them.

Everyone is encouraged to participate. Whether you have autism, love someone who does, or are looking to support a diverse, accepting and kind community – you're invited to take the pledge to help create a world where all people with autism can reach their full potential. For more information visit: [autismspeaks.org/world-autism-awareness-day](https://autismspeaks.org/world-autism-awareness-day)



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## GARWOOD VOLUNTEER FIRST AID SQUAD OFFERS MANY PROGRAMS TO SURROUNDING COMMUNITIES

The Garwood Volunteer First Aid Squad has been serving the community of Garwood for over 84 years but did you know we do much more than just respond to emergency calls?

We provide standby services at numerous community events throughout the year such as: Little League Parade, Garwood Rocks, Summer Junior Police Academy (First Aid & CPR Demo), Memorial Day Parade, Halloween Parade, Tree Lighting & Menorah Lighting, Sponsor the Summer and Winter Craft Bazaars at the Garwood Knights of Columbus Building, Provide Mutual Aid Stand-by for Other Towns (e.g. Carnivals, Fireworks, Street Fairs & Parades).

### FIRST AID SQUAD VOLUNTEER OPPORTUNITY

Volunteers Are Needed! If you have the desire to help others join us, we are in need for adult and junior members to join! We are staffed 100% by volunteers who live and work in the town, and surrounding communities. Squad crews respond to emergency calls 24 hours per day, every day of the week. Flex-time shifts are available. Volunteers are provided with free first aid/CPR training and uniforms.

For more information call 908-789-0300, or email us [informationgfaf@gmail.com](mailto:informationgfaf@gmail.com).



### FIRST AID AND CPR CLASSES

We offer First Aid and CPR classes to the community as several of our members are certified American Heart Association Instructors. We conduct monthly CPR classes at our squad building on the 3rd Sunday of the month from 2 to 6 p.m. (6 people minimum to run the class). We can also provide group classes on other days at our building or at another location upon request.

To learn about a First Aid/CPR program, please call 973-610-7675 or e-mail [informationgfaf@gmail.com](mailto:informationgfaf@gmail.com)

### CAR SEAT INSPECTION STATION

We also host the Union County Central New Jersey Safe Kids Car Seat Inspection Station Program on Wednesdays and Thursdays from 7:30 - 11:00 a.m. Just stop by our station at 401 - 2nd Ave & Walnut and certified technicians will ensure your child's safety seat is the correct type and properly installed.

For info please call 908-789-6830.

### MEDICAL EQUIPMENT PROGRAM

We offer a free Medical Equipment Program to residents (e.g. wheelchairs, crutches, walkers, and shower seats) at no charge. We also accept donations of new, or well persevered and clean, equipment.

Please call 908-789-0300 or e-mail [informationgfaf@gmail.com](mailto:informationgfaf@gmail.com) for more information.

### CLOTHING BIN & BOOKCASE

Clean out their closets or bookcase!

We have permanent Clothing Bin & Book Bin in our parking lot located at 401- 2nd & Walnut Street. (The clothing will not be turned rags. We can only accept books: hardcover, paperback, or textbooks with ISBN numbers.)

### DOG TRAINING & BEHAVIOR SERVICES

K9 Kim's Dog Training & Behavior Services uses our building to provide dog training to the community.

For more information on classes and services contact Kim Guy 201-388-3221 or email [K9kimguy@gmail.com](mailto:K9kimguy@gmail.com)

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## THE GATEWAY FAMILY YMCA HEALTHY KIDS DAY – APRIL 29

The Gateway Family YMCA is hosting the Y's annual Healthy Kids Day® on Saturday, April 29th, 2023. This free, annual event features a variety of family-friendly activities to encourage healthy kids, healthy families and a healthy start to the summer season. The Gateway Family YMCA will be hosting an Open House and Community Health Fair on April 29th at 4 locations in Elizabeth, Rahway and Union, as well as a Summer Day Camp Parent Information Session from 12 – 2 p.m. at the Elizabeth Branch, Five Points Branch and Rahway Branch. For details visit [tgfymca.org/events](http://tgfymca.org/events).

At the Elizabeth Branch, 135 Madison Avenue, Elizabeth, families are invited for special family-friendly activities and a healthy snack 12:00-2:00pm. Parents and children ages 12+ are invited to join Abs and Glutes at 11:00am.

At the Rahway Branch, 1564 Irving Street, Rahway, families are invited for family-friendly events like Cornhole and Ducks in a Pond, Arts Mosaic coloring Basketball and Family Swimming from 1:00-3:00pm. Parents and children ages 12+ are invited to participate in Yoga at 9:15am.

At the Five Points Branch, 201 Tucker Avenue, Union, families are invited to visit and try the Y Soccer Class at 11:00am (Ages 8-12, Pre-Register at [tgfymca.org](http://tgfymca.org)), Pee Wee Soccer at 12:00pm (Ages 5-7, Pre-Register at [tgfymca.org](http://tgfymca.org)), and Family Swim 12:30-2:30pm.

At the Wellness Center Branch, 1000 Galloping Hill Road, Union, families are invited to attend the following classes: Friday, April 28, InStudio Pilates for Kids 5:00-5:30pm, Saturday, April 29 InStudio Family Pirate Ship Play Date 11:30-12:00pm, InStudio Pilates for Kids 12:30-1:00pm, InStudio Travel Adventure for Families 1:15-1:45pm, InStudio Stretch for Kids 2:00-2:30pm. On Sunday, April 30th, InStudio Family Pilates for Kids 12:00-12:30pm. Parents and children ages 12+ are also invited to participate in Group Exercise programs on April 29th including Yoga 8:00am, Body Works 9:00am,

Cycling 9:30am and Zumba 10:00am, on a first come, first serve basis.

Healthy Kids Day is the Y's largest single-day event promoting the health and well-being of kids and families. Healthy Kids Day gives Ys an opportunity to connect members and families in their community with important resources on healthy eating, physical activity and academic enrichment. Healthy Kids Day is also the unofficial kickoff for Y Summer Programming and Summer Camp.

"We believe in the potential of all children, and when a child is healthy, happy and supported, they can make great things happen," stated Rodger D. Koerber, EVP, Chief Operating Officer. "Healthy Kids Day is where fun and play become lifelong memories."

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. Working locally, the Y focus 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 ensure that all have access to the opportunities, relationships and resources necessary to learn, grow and thrive.

For more information about The Gateway Family YMCA, visit [www.tgfymca.org](http://www.tgfymca.org) or contact the Elizabeth Branch 908-355-9622, Five Points Branch 908-688-9622, Rahway Branch 732-388-0057 or Wellness Center Branch 908-349-9622.

### HEALTHY KIDS DAY!

**YMCA OPEN HOUSE**  
Saturday, April 29

**Family Friendly Events**  
Community Health Fair  
Program & Camp Information

Calendar of Events

**THE GATEWAY FAMILY YMCA** [tgfymca.org](http://tgfymca.org)

**Senior Health & Fitness Day**  
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## MENTAL MARATHON CONVOCATION



The 4th grade Gifted and Talented students attended the Mental Marathon Convocation on Wednesday, February 22nd. They were accompanied by their teachers Melissa Mazurek, Tania Pacheco, Vivian Pupo, and Stephanie Webb, Gifted and Talented supervisor Matthew Lorenzetti, and 10 Linden parent volunteers. The trip was sponsored by the Union County Gifted

and Talented Association and held at the Rahway Recreation Center. While on the trip, students worked with G&T 4th graders from Roselle and Rahway in 15 teams to complete challenges such as solving an escape room, creating tangram images, and completing craft stick puzzles. The students had a wonderful time.

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## FAMILY SUPPORT GROUP

Are you feeling stressed and alone in trying to cope with the effects of a loved one's mental illness? Union County's Family Support Group is for family members and caregivers of persons with mental illness. The group is led by NAMI-trained facilitators and is a peer support group that allows participants to gain insight from others facing the same challenges.

Zoom sessions are held on the 3rd Tuesday of every month from 7 p.m. – 8:30 p.m. To register, email Denise at: [namiunioncounty@yahoo.com](mailto:namiunioncounty@yahoo.com) with your name, town, and phone number.

## GRIEF AND LOSS SEMINAR

The First Presbyterian Church of Cranford (FPCC) is offering a free seven-week seminar, "Journey Toward Wholeness - Healing the Grieving Heart", which takes place via Zoom every Sunday from April 16 to June 4, 2023 from 6:30 – 8 p.m. Registration is open and is required to attend this event. Call Suzanne at (908) 251-5641 or Pam at (908) 964-3263 to register.

We welcome all who have experienced loss of any kind, past or present. We also welcome all who have previously attended this Seminar to return for a refresher. The Zoom option offers you a unique opportunity to attend with friends or family from other states.

All faiths are welcome. For more information visit [firstprescranford.org/care/grief-recovery](http://firstprescranford.org/care/grief-recovery)

## RELAY FOR LIFE INVITES YOU TO PARTICIPATE

*American Cancer Society*

Relay for Life is a unique event that offers you, your family, and the community an opportunity to join in the fight against cancer. Dedicated teams of friends, colleagues, and family members raise money and awareness by committing to participate in the June relay, walking around a track in memory of those who have not survived and in honor of those who have.

This year's Rahway event will take place at Rahway River Park Stadium, located at 1972 St. Georges Ave. in Rahway, on Saturday, June 10, from 3-10 p.m., with a 2 p.m. registration.

There are a variety of ways to get involved, including forming a team, raising funds, and volunteering, among others.

Will you commit to making a difference in the fight against cancer today?

To sign up online or for more information, visit the website: [relayforlife.org/rahwaynj](http://relayforlife.org/rahwaynj) You may also contact Tracey DePano at 732-867-7394

or email [tracey.depano@cancer.org](mailto:tracey.depano@cancer.org);  
or Renee Sarnicki at 732-382-5550  
or email [reneesarnickiACS@aol.com](mailto:reneesarnickiACS@aol.com).

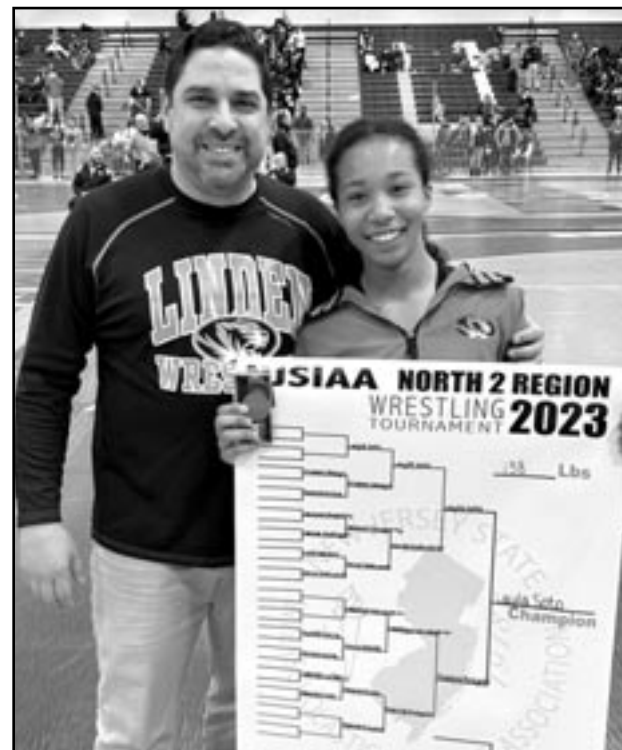


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## LAYLA SOTO REGIONAL WRESTLING CHAMP

Linden High School's Layla Soto won the NJSIAA North II Region Wrestling Champion at the 138 lb weight class. She is the school's first female Region Champion and first Girls State Tournament Qualifier in Linden High School History.

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IMAGINE SEEKS LOVING LISTENERS FOR JUNE TRAINING

You may be familiar with Imagine and know that the non-profit provides free peer support groups for children, youth, young adults and parents/guardians who are grieving. Did you know that the groups are facilitated by an amazing team of volunteer facilitators? Imagine's volunteer facilitators come from all walks of life and no special background is required other than

a willingness to listen, a heart inclined to serve, and the ability to be with children and adults in grief without trying to fix, solve or give advice. No prior experience is necessary.

Volunteers must be 18 years or older. Spanish-speaking volunteers are needed as well. Volunteers serve as companions and loving listeners for those who are grieving and help create a safe space where participants can share tears and embrace the joys of life.

Here's how some of our current volunteer facilitators have described their experience:

"Being an Imagine volunteer has been the most fulfilling and worthwhile volunteer experience I've ever had. I feel that the model is just what it should be, and I love being a part of it. I think being an imagine volunteer helps me fulfill my desire to be a good person." Aimee-6+ years as Imagine Facilitator

"People outside of Imagine are always supportive when they hear that I volunteer at a grief support center. But I know it can be a little confusing to hear that volunteering at a grief support center is the best night of my week. And that's the magic. That as a volunteer, the joy is not in what we bring, but what we take home from our participants." Rob-4+ years as Imagine Facilitator

"I have found the people at Imagine to be among the best that I have ever met." Diane-6 months as Imagine Facilitator

If you'd like to join Imagine's amazing team of volunteer facilitators, there is a training planned for June 2 - 4. Each training is held from 9 a.m. – 5a.m. each day over 3 days at Imagine's Mountainside center. Imagine asks that you plan to attend the entire training. Participants in the training will have an opportunity to learn companionship and facilitation skills while sharing stories with one another and providing each other with support. Many of Imagine's facilitators come away from the training feeling truly connected to one another and describe the experience as "life changing" Participants also come away better prepared to support those at Imagine, and those in their lives who have experienced a loss.

If you'd like to join one of the upcoming trainings, please visit Imagine's website at [imagineinj.org](http://imagineinj.org) or call the center at 908-264-3100. Imagine's staff and volunteers hope to welcome you to the 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 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@imagineinj.org](mailto:info@imagineinj.org).



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## SALEM ROADHOUSE CAFÉ ANNOUNCES MARK ADAMY BAND

The Salem Roadhouse Café presents the Mark Adamy Band, Saturday, April 15, 2023. The doors open at 7:15 p.m., show starts at 8 p.m. Admission is \$20 and includes show, snacks, non-alcoholic beverages, and dessert. The venue is located in the basement of Townley Presbyterian Church, 829 Salem Rd, Union, NJ. The Roadhouse operates as a non-profit that raises funds for several carefully chosen local charities.

Mark Adamy is a multitalented keyboardist and vocalist who works with artists around the globe as a live performer and recording artist. This includes his own band: The Mark Adamy Band, which is a group of accomplished musicians that has thrilled listeners with its original stylings fusing pop, rock, jazz, R&B, world, and spiritual music.

Mark has enjoyed popularity as a sought-after talent for special events, productions, and performances. Mark has won honors including Entertainer of the Year and Boston Music award nominations. He has shared the stage with greats like Chaka Khan, James Brown, The Four Tops, John-Lee Hooker, Pieces of a Dream, Howard Hewitt, Phil Driscoll, Phil Keaggy, Roger Humphries, and many others. Mark has played in many Broadway productions as well as music directing off-Broadway productions in NYC.

Mark's concert credentials are extensive with

acts such as the Coasters, the Cadillacs, Ink Spots, Jive Five, Silhouettes, Marvellettes, the Charelles, and guitarist Billy Davis. He has jammed with jazz artists such as Warren Hill, Makoto Ozone, Darren Lyons Group, and Lee Robinson at venues ranging from New York's Russian Tea Room and Knitting Factory to Boston's Symphony Hall.

As always, the Salem Roadhouse Café is live, intimate, up front, and personal. All ages are welcome.

### ABOUT SALEM ROADHOUSE CAFÉ

It's not "church music." It's music music. Folks who've come to the Salem Roadhouse Café know that it's a clean, safe place for people who enjoy listening to live music — in a world otherwise filled with clubs and bars. The Roadhouse has always offered its stage to local and independent mainstream musicians. Jazz, rock, folk, and other groups have performed. What's the common thread? They're all great musicians playing the kind of music people like to hear. There's no message, just music.

The Roadhouse started in 2008 by members of Townley Presbyterian Church with a grant from the Presbytery of Elizabeth. Hey — that's why we're located where we are, 829 Salem Rd, Union, NJ. The Roadhouse operates as a non-profit that raises funds for several carefully chosen local charities. That's its social mission.

But the many musicians who've played the Salem Roadhouse Café see it as a solid performance venue. They love it because of its special intimacy and great audiences. They say people here "really listen." Ask any of the musicians you meet here — they love to play the Roadhouse, and they want to come back often.

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



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# BLACK HISTORY POSTER CONTEST WINNER

2023 Winner of the Linden Recreation Black History Poster Contest, Edwin DeJesus, a 12th Grader at Linden High School. This year's theme was Black American NFL, NBA or MLB Coaches. Edwin chose to create a poster of past Las Vegas Raiders Coach, Art Shell.

Photo by City of Linden



# POET TO VISIT LINDEN LIBRARY – APRIL 19

April is National Poetry Month and to celebrate poetry, the Linden Public Library is proud to present local artist, Tashiona Green, for an evening of poetry reading. The event will be held on Wednesday, April 19th at 7:00 p.m. in the Columbia Bank Room at the library. All residents are welcome to attend this event free-of-charge. Light refreshments will be served, courtesy of the Friends of the Linden Library.

Tashiona Green is a local author, born and raised in Elizabeth. Writing has been a passion for her and she has worked with family and youth groups to promote this love of the written word. Earlier this year, she published first volume of poetry, ‘The Flowers Rumored’. Selections from this work will be presented at the event.

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 regarding this or any other programs, please call the library at 908-298-3830. Check out the library’s web page at [lindenpl.org](http://lindenpl.org). Be sure to like us on Facebook and Instagram.



(above) Local artist, Tashiona Green, will read from her first volume of poetry, ‘The Flowers Rumored’, at the Linden Public Library at 7:00 p.m. on Wednesday, April 19th to celebrate National Poetry Month. All are welcome to attend this free event.

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## LINDEN PUBLIC LIBRARY MOVIE SERIES

The Linden Public Library continues its series of popular films, both old and new, during the month of April. Titles to be presented include comedies, Oscar-winning dramas, suspenseful thrillers and a week of Family Friendly Films during Spring Break week between April 10 and 14. Films start at 1:00 p.m. except for a special Monday evening movie (A Quiet Place, Part II) on April 17 at 6:30 p.m. All films are presented free-of-charge and shown in the Columbia Bank Room.

**Midnight in Paris - PG-13; 2011; 94 mins**

*Tuesday, April 4*

**Ben Hur - G; 1959; 212 mins**

*Monday, April 10*

**Millions - PG; 2004; 98 mins**

*Tuesday, April 11*

**Paddington - PG; 2014; 95 mins**

*Wednesday, April 12*

**Paddington 2 - PG; 2017; 103 mins**

*Thursday, April 13*

**Charlie and the Chocolate Factory - PG; 2005; 115 mins**

*Friday, April 14*

**A Quiet Place, Part II - PG-13; 2021; 96 mins**

*Monday, April 17 @ 6:30 p.m.*

**Wild Mountain Thyme - PG-13; 2020; 102 mins**

*Tuesday, April 18*

**The Hating Game - R; 2021; 102 mins**

*Friday, April 21*

**Schindler's List - R; 1993; 195 mins**

*Tuesday, April 25*

**Touch of Evil - PG-13; 1958; 95 mins**

*Friday, April 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 regarding this film series or other programs, please call the library at 908-298-3830. Check out the library's web page at [lindenpl.org](http://lindenpl.org). Be sure to like us on Facebook and Instagram.

## 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. 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

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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Customers enter the main doors on Dewitt Terrace and follow the stairs to the store. The space is not handicap accessible.

**Open every 2nd & 4th Saturday  
from 9:00 am to 3:00 pm.**

For more information, Friend the Gift and Thrift Boutique on Facebook, email [giftandthriftboutique@yahoo.com](mailto:giftandthriftboutique@yahoo.com) or call the church office at 908-925-1535.



## VFW AND AMERICAN LEGION BREAKFASTS

### PANCAKE BREAKFAST – APRIL 16

Come to a Pancake Breakfast, hosted by the American Legion Auxiliary - Unit 102, on Sunday, April 16, 2023 at the American Legion Post 102, located at 112 West Elizabeth Ave., from 8 a.m. to 12 p.m. This month's special is Corned Beef Hash. Donations: Adults \$8.00 / Seniors & Children \$7.00 / Ages 5 & Under Free. Take outs are available. This event is open to the public, so come out and enjoy a home cooked breakfast, and support our veterans!

### PANCAKE BREAKFAST – APRIL 22

Come one, come all to the VFW#1397 Pancake Breakfast on Saturday, April 22, 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. Take outs are available. This event is open to the public, so come out and enjoy a home cooked breakfast, and support our veterans!

## SLOW DOWN, MOVE OVER CAMPAIGN

The Retired Policemen and Firemen's Association, Local 3 of Union/Somerset Counties (NJRPF), is helping NJSP and the NJ Department of Transportation (NJDOT) to promote this important Safety Issue to help protect our First Responders. 41 Emergency First responders were struck and killed by motor vehicles in 2022. When you see flashing lights ahead, please, "Slow Down and Move Over", stated Local 3 President, retired Police Chief Kenneth Grady.

NJ State Trooper Marc Castellano who was killed by a speeding vehicle on June 6, 2010, while assisting during a roadside investigation. His mother, Donna Setaro has made it her life's mission to share the Slow Down, Move Over message with the public. Local 3 will assist in this program in memory of her son and many other NJSP Troopers and local Police Officers who were struck and killed by speeding vehicles while working our busy roads and Highways in the State of New Jersey.

New Jersey is a leading State in Traffic Incident Management (TIM) responder training

provided by NJDOT. It brings Police, Firefighters, medical personnel, transportation, towing, and other incident responders together to engage in interactive, hands-on incident resolution exercises. In New Jersey, more than 20,000 first responders have completed NJDOT's TIM training.

The NJRPF was established in 1987 to promote and develop a friendly spirit among its members, both retired and associate members. There are over 3,000 members of the association in various county Locals in NJ, as well as Local 22 in the State of Florida. These members are retirees from State, County and Local Firefighters, Police, Sheriff, Prosecutors, and Attorney General's Office to name a few. These members reside in NJ, NY, PA, FL, VA, SC and many other states.

If you live in Union County or Somerset County, please consider joining our Local 3 to keep abreast of major issues which may impact on your retirement benefits and issues that may be of value to you. Our yearly dues are \$10. For more information visit: [njrpf.org/local3/](http://njrpf.org/local3/)



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## CIVIL AIR PATROL OPEN HOUSE

*Submitted by Capt Jose Vergara*

Civil Air Patrol (CAP) is the U.S. Air Force Auxiliary. The NJ-102 Squadron will host an open house for CAP membership applications. CAP has two programs one for Youth, and one for Adults. The events will be held on April 18th, at 7:00 p.m., at JP Steven High School, Edison, NJ. Attendees must register by April 7th by emailing [jose.vergara@njwg.cap.gov](mailto:jose.vergara@njwg.cap.gov). No walk-ins will be allowed.

The youth program (Cadet Program) is open to students ages 12 to 18 who meet U.S. Air Force Auxiliary requirements. The Cadet Program offers: Aerospace and STEM education, Emergency Services training, Leadership and Character training, Flight Orientation, Military Drills, Ceremonies & Discipline, Awards and Promotions, and many other activities.

The Adult Program (Senior Member program) offers the opportunity to provide Volunteer Service to the community and CAP. Senior

Members in NJ-102 Squadron support the Cadet Program by mentoring and teaching the youth to mature as good citizens. Senior Members take training to work with the cadets and fulfill other duties such as Search and Rescue.

Everyone who joins CAP will provide "Volunteer Service" on the three core missions: Cadet Programs, Emergency Services, and Aerospace Education. To learn more about CAP-Air Force Auxiliary, please visit the following links: [gocivilairpatrol.com](http://gocivilairpatrol.com).



(above) CAP Cadets in Classroom Training

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# ORGAN DONATION IN NJ REACHED NEW ALL-TIME HIGH IN 2022

## NJ Sharing Network

Carolyn M. Welsh, President and CEO of NJ Sharing Network, the federally-designated nonprofit organization responsible for the recovery of donated organs and tissue in the state, announced the number of organ donors (283) and organs transplanted in a single year (670) reached all-time highs in 2022.

These unprecedented totals mark significant increases over the previous records of 233 organ donors and 613 organs transplanted. This also marked the fourth consecutive year NJ Sharing

Network has reported new records in the number of organ donors, underscoring the clear trend of increased support for organ donation in the Garden State.

"Thanks to the generosity of New Jersey organ donors and their families, more lives were saved last year than ever before - ensuring others now have more time to share special moments with their loved ones," said Welsh.

In 2022, the 670 organs transplanted included 350 kidneys (all-time high), 170 livers (all-time high), 71 hearts, 58 lungs, 20 pancreata and one

intestine. In addition, 40,000 eye and tissue gifts enhanced the quality of life for those in need. Tissue donations include corneas, heart valves, skin grafts, bone grafts, saphenous veins, ligaments, and tendons.

According to United Network for Organ Sharing (UNOS), nearly 4,000 people in New Jersey are on the organ transplant waiting list. One organ donor can save eight lives, and one tissue donor can enhance the lives of over 75 people. To learn more, get involved and register visit [NJSharingNetwork.org](http://NJSharingNetwork.org).

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## LINDEN PUBLIC LIBRARY PROGRAMS

*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 [lindenpl.org](http://lindenpl.org). Like the library's Facebook page and follow us on Twitter.*

### STROKE RISK FACTORS – LECTURE

The Linden Public Library and its health partner, RWJ University Hospital Rahway, will co-sponsor a lecture about Additional Stroke Risk Factors. The special health awareness event will be held in the Columbia Bank Room at the library on Wednesday, April 19th at 1:00 p.m. The library is located at 31 East Henry Street in Linden.

Karen Vargas, the stroke coordinator at RWJ Rahway, will present this informative discussion outlining an individual's specific stroke risk factors, particularly regarding high blood pressure and diabetes. These medical conditions present two of the greatest risk factors for strokes. Everyone attending the lecture will receive free Linden Public Library promotional items.

### HOLOCAUST REMEMBRANCE LECTURE – APRIL 24

The Linden Public Library is proud to offer a Holocaust Remembrance Lecture which will be presented by Dr. Joanna Sliwa. The event will be held on Monday, April 24th at 7:00 p.m. in the Columbia Bank Room. The library is located at 31 East Henry Street in Linden.

A Linden resident, Dr. Sliwa will discuss the topic of "The Holocaust Through the Eyes of Jewish Children." In her 2021 award-winning book, *Jewish Childhood in Krakow: A Microhistory of the Holocaust*, Sliwa describes the actual events and daily lives of two Jewish children in a Polish ghetto. First, there is a young girl named Janka Warszawska who smuggled food into the Krakow Ghetto and later smuggled Jewish children out of the ghetto, saving them from death. Second, she tells the

story of Jerzy Hoffman, a Jewish boy, who lived under a false identity on the streets on Kraków. He eventually approached a Catholic institution to help him.

Sliwa is an historian at the Conference on Jewish Material Claims Against Germany (Claims Conference) in New York City where she also administers academic programs. Joanna has taught at Rutgers University and Kean University. Previously, she worked at the Museum of Jewish Heritage – A Living Memorial to the Holocaust, and the American Jewish Joint Distribution Committee (JDC). Additionally, she consults for projects ranging from teacher training programs to academic texts, websites, films, television programs, and exhibits.

### LOW IMPACT EXERCISE CLASSES

The Linden Public Library is pleased to announce the continuation of the popular low impact exercise classes on Wednesday and Friday mornings, beginning March 1st and running through April 28th. All classes begin at 10 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, Project Healthy

Bones classes are held. These classes are designed for osteoporosis prevention and use light weights to help build stronger bones and endurance. These classes are sponsored through a generous donation from Aristacare at Parkside in Linden. On Friday mornings, Chair Yoga classes are scheduled. Chair yoga has been shown to improve flexibility with use of a chair. Funding for these Friday classes has been provided by the Friends of the Linden Public Library.



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Simi Chardonnay	750ml	\$13.09
Woodbridge (All Types)	1.5L	\$12.49

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Any purchase of  
6 bottles of wine  
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Coupons not valid on sale items.

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