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The City of Linden Summer Entertainment Series continues thru September 12th. All concerts are free and start at 7:30 p.m. and end at 9 p.m. They are held at the Raymond Wood Bauer Promenade, 400 North Wood Ave., Linden, NJ. Seating is first-come, first-served. Additional seating available for lawn chairs as space permits. In event of inclement weather, for up-to-date concert/rain information, call 908-474-8604 after 4:00 p.m.

### Remaining Schedule

- 8/11 – Gentlemen of Soul, Soul/Rhythm & Blues
- 8/15 - Jo Bonnano And The Spirit of Asbury Park
- 8/23 – Karaoke Night With Vicky Diamond  
\* 6 – 9 p.m.
- 8/25 – Adam Chrola, Polish Pop
- 8/29 – Frontiers, Journey Tribute
- 8/31 – Comedy Under The Stars,  
Produced by Bob & Reggie Summer  
\* 6:30 – 9 p.m.
- 9/08 – 100 Proof Band, Country Rock
- 9/12 - Mushmouth, Rock & Roll



(above) Jo Bonnano And The Spirit of Asbury Park  
to perform August 15

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(above) The Van Martin Big  
Band entertained the crowd  
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## DRIVE FOR AUTISM GOLF EVENT – SEPT 18TH

The Drive for Autism Foundation is pleased to announce that its annual golf event, Drive for Autism XXII will be held at Royce Brook Golf Club in Hillsborough, NJ on September 18, 2023.

The Drive for Autism Golf Outing which has been held since 2002 has raised and distributed over \$851,000 to local school programs. Previous beneficiaries of grants were Morris Union Jointure Commission (New Providence, NJ), Salt Brook School (New Providence, NJ), AW Roberts School (New Providence, NJ), Union County Educational Services Foundation/Crossroads School (Westfield, NJ), Educational Partnership for Instructing Children, Paramus, NJ, Eden II/Genesis Programs (Staten Island, NY), Spectrum360 formally The Children's Institute (Verona, NJ), ECLC (Chatham, NJ) and Seton Foundation for Learning (Staten Island, N.Y).

Grant recipients use money to fund health and fitness programs, social skills programs, educational curriculum and teacher training, a van for community trips and transportation to job training centers, laptop computers, computer touch screens, iPads, video projectors and educational toys and games.

The golf event is the main fundraising

function for the foundation. Single golfers and foursomes are welcome as well as, product donations and corporate sponsorships. To register online please go to [birdease.com/DriveforAutismXXII](http://birdease.com/DriveforAutismXXII)

### ABOUT DRIVE FOR AUTISM FOUNDATION:

Based in New Providence, New Jersey, The Drive for Autism Foundation (EIN#20-1760417), is a 501(3)(c) tax exempt public charity that was created in the Spring of 2002 for the sole purpose of raising and distributing funds for educational facilities specializing in students with autism.

### DRIVE FOR AUTISM GOLF OUTING 2023

The Drive for Autism XXII is scheduled for Monday Sept 18, 2023 at Royce Brook Golf Club in Hillsborough, New Jersey. The event consists of a morning round of golf followed by a barbeque. Special events include golf contests, raffles and a silent auction of sports memorabilia, game tickets and golf trips.

To register or for additional information please visit

[www.birdease.com/DriveForAutismXXII](http://www.birdease.com/DriveForAutismXXII),  
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# IMAGINE GRIEF SUPPORT FOR CHILDREN AND YOUNG ADULTS

Volunteers recently completed three full days of training in order to join Imagine's amazing team of volunteer facilitators. During their training, space was provided where they could share their stories of loss with one another and give and receive support as Imagine staff modeled the skills utilized in Imagine's peer support groups. Imagine practices Alan Wolfelt's Companioning Model which encourages us to walk beside someone on their grief journey, so they feel felt and know that their story matters. Those who participated in this training can utilize the same skills and tools modeled by Imagine staff as they create safe spaces for Imagine participants in our peer support groups.

When asked about their experience at the training, one participant shared: "This training gave me skills that I didn't even know I needed. What I gained from taking part in this facilitator training will assist me in every relationship I have. I've already learned how to be a better listener to my children, to my husband, and to my friends. It may be cliché to say, but it's true that this training was life-changing!" Another shared: "I loved the whole thing" and a third shared a belief that the training should be offered in every school. We are so pleased that they found the training valuable and are excited to welcome this wonderful new group of facilitators to Imagine's community of volunteers!

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. Groups are also available for parents

who have lost a child aged 30 or younger. Imagine's Training and Education staff provide grief and loss education and training to the community. For more information, please visit [imagineenj.org](http://imagineenj.org) or contact Imagine at 908-264-3100 or [info@imagineenj.org](mailto:info@imagineenj.org).



(above, l-r) Imagine's June Facilitator Training Class - Back Row: Katie Perlowitz, Bridgewater; Doug Roberts, Basking Ridge; Mouli Patel, Union; Imagine's Program Supervisor, Abigail Preece; Arielle Miller, Springfield; Curtis Moore, Irvington; and Rong Lui, Chatham; L-R Front Row: Imagine's Summer Intern, Emma Heinze; Meghan Cole, Westfield; Lyrica Smolenski, Cranford; Imagine's Family and Community Engagement Manager, Ashley S Allen; and Imagine's Executive Assistant, Najiyyah Bailey.



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# HAGR ELWESHAHY RECEIVES 2023 JUNIOR LEAGUE AWARD

The Junior League of Elizabeth-Plainfield awarded five \$5,000 scholarships at their Annual Dinner to college bound women who demonstrated a passion for volunteerism. The scholarship recipients are: Hagr Elweshahy of Linden, NJ who will be attending Princeton University, Olivia Encarnacion of Plainfield, NJ who will be attending Duke University, Sweksha Mehta of New Providence, NJ who will be attending Cornell University, Shalini Ramakrishnan of Springfield, NJ who will be attending Cornell University, and Madison Gabrielle Wright of Westfield, NJ who will be attending University of Michigan.

All five young women were committed to volunteerism during their high school careers. As Ms. Elweshahy mentioned in her application, “one act of positive volunteering can ripple across an entire community”. We look forward to seeing what wonderful things they do in the future.

The Junior League of Elizabeth-Plainfield (JLEP) celebrated its 100th Anniversary in 2023. In honor of the Centennial Celebration, the JLEP awarded five \$5,000 scholarships (an increase from its traditional \$2,000 scholarships) to college bound women who reside in Union County and demonstrate a commitment to volunteerism.

The JLEP is an organization of women whose

mission is to advance women’s leadership for meaningful community impact through volunteer action, collaboration, and training. The JLEP is located in Cranford, NJ with our nonprofit thrift shop – The Jumble Store and our signature service project – The Career Closet. JLEP has been serving our community for over 100 years.

ABOUT the Junior League of Elizabeth Plainfield: The Junior League of Elizabeth Plainfield is a chapter of the Association of Junior Leagues International, Inc. and is an organization

of women committed to promoting voluntarism, developing the potential of women, and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable. Learn more about us at: [jlep-nj.org](http://jlep-nj.org) or contact Heidi Martindill or Laura Lanigan, Co-President 2023-2024, Junior League of Elizabeth-Plainfield [president@jlep-nj.org](mailto:president@jlep-nj.org). For more information about becoming a member, please reach out to [newmembers@jlep-nj.org](mailto:newmembers@jlep-nj.org).



(above) The Junior League of Elizabeth-Plainfield awarded five \$5,000 scholarships in 2023.

Courtesy photo

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## OFFICER KATARINA DZIADOSZ HONORED BY MADD

Congratulations to Linden Police Officer Katarina Dziadosz was honored recently at the the MADD New Jersey Annual Law Enforcement Recognition Awards luncheon. Officer Dziadosz received a "Recognition of Achievement" award and the Union County "Top Cop Award of Excellence". Officer Dziadosz was recognized among other local officers for her incredible efforts to keep impaired drivers off our roadways.

### ABOUT MADD

At Mothers Against Drunk Driving, we're focused on one goal: ending impaired driving for good. Since our founding, we've served as a lifeline for thousands of victims and survivors, and drunk driving fatalities have been cut in half — but we refuse to stop there. Together, we can end this 100% preventable crime.

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## GIFT & THRIFT BOUTIQUE

Beat the heat with 50% off all clothing in the month of August. Check out our books for summer reading. Bring a Friend! Book selections include all age groups. We have new inventory for every sale. The 'Gift & Thrift Boutique' is open every 2nd and 4th Saturday, from 9 a.m. to 3 p.m. Items for sale include Women's, Men's & Children's clothes, shoes, jewelry, kitchen and household items, decorations, toys, CD's, DVD's, seasonal & holiday decor.

Hundreds of items at 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@gmail.com](mailto:giftandthriftboutique@gmail.com) or call the church office at 908-925-1535.

## LOCAL AUTHOR HOLDS BOOK SIGNING AT LIBRARY

Former Linden public school student Kyle Phipps had a book signing event at the Linden Public Library on June 26th, 2023. Kyle presented his debut book, "We Got This: Barney The Brave French Bulldog" to local children and community members.

### ABOUT THE BOOK

Are you aware that the 4th of July can be overwhelming for our furry friends? To shed light on this issue, I have written a story about Barney, The Brave French Bulldog, and his journey of confronting his fear of fireworks alongside his pals on Independence Day. The underlying message of this book is to encourage readers to embrace discomfort and take steps towards personal growth, as Barney did by facing his fears. Additionally, I hope to raise awareness about the struggles our pups face during this tough time of year for them, emphasizing the importance of showing them extra love and care.



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# “AFRICAN ACCENTS” CELEBRATES AFRICAN FABRIC MONTH IN SEPTEMBER

The Cultured Expressions Sewing & Quilting Studio in Rahway is marking African Fabric Month in September with a special event at the Barron Arts Center in Woodbridge on September 7, 2023. Studio owner Lisa Shepard Stewart will share her passion for the unique textile arts of the Continent, and how to use them creatively. Learn how and why the fabrics are made traditionally, and view some of the most recent projects she has made with them. Sewing skills are NOT required to enjoy this informal presentation of creative ideas and inspiration. “Of course, if you ARE inspired to learn to sew after the presentation, we do offer beginner classes at the studio, and lots of virtual classes”, says Lisa.

African Fabric Month promotes the beauty and cultural significance of textiles like bogolan (mudcloth), kente cloth, adinkra, batik, ankara

prints and more. Their suitability and versatility for DIY enthusiasts ranges from fashion and quilts to home décor, crafts and gifts. Embellishments like Krobo beads and brass accents from Ghana will also be shown and discussed as the perfect finishing touches for any project.

(NOTE: The lecture is FREE but advance reservations are required; please call Barron Arts Center at 732-634-0413)

Regular studio hours are Wed 4-8pm; Thurs 12-6pm; Fri 12-6pm and Sat 10-6pm. For information on workshops, upcoming Handbag MasterClass, the studio’s Sewcial Impact initiative and more, visit [www.CulturedExpressions.com](http://www.CulturedExpressions.com), visit in person at 1417 Main Street in Rahway, or call 866-MUDCLOTH.

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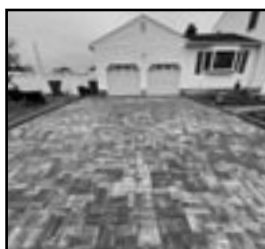
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## EAGLE SCOUT KATELYN CANNON NAMED NJ VFW SCOUT OF THE YEAR

*Submitted by Scouts BSA Troop 19*

The annual Department of New Jersey Veterans of Foreign Wars (VFW) Convention was again held at the Wildwood Convention Center in Wildwood this June, where Eagle Scout Katelyn Cannon of Scouts BSA Troop 19, chartered at St. Rose of Lima Church, Short Hills, was honored as the New Jersey Veterans of Foreign Wars "Scout of the Year."

Cannon, a resident of Millburn and a recent Millburn High School graduate was selected by the VFW's Scout of the Year as New Jersey's single standout Scout who exemplifies leadership, patriotism, and love of country. State-wide applicants for this distinguished award are both Girl Scouts and Boy Scouts who have earned either the Gold Award or achieved the rank of Eagle Scout respectively.

"The challenge (for the selection committee) is that there are so many worthy applicants from all the districts, but I found this year's choice to be easier than most. It's because this person, this Scout, this Eagle Scout, was just head and shoulders above her peers," said VFW Scouting Chairman, Jim D'Arcy.

"She was in the Inaugural Class of Female Eagle Scouts of 2021, now that is going through a glass ceiling," added D'Arcy to a round of applause.

Cannon was requested to address the statewide delegation at the convention where she requested the assembly of dominantly male veterans to close their eyes, as she walked them through a visualization as to what their childhood as Scouts may have entailed.

"Allow me to take you back to your teenage years. Think about the outdoor place that you loved. It may have been a summer camp, or on the riverbed fishing, or even hiking the Appalachian Trail or possibly camping in the Pinelands. Think about those adventures, what did you learn? You were taught to be independent and confident, you learned critical life skills, became leaders, and made lifelong memories and friends along the way. Just think, for over 110 years, these opportunities to learn leadership, experience adventure, and master life-long skills were only open to young men. Now open your

eyes. I am proud to stand before you as living proof that your daughters and granddaughters now too can have the same wonderful experience in Scouting and possibly become Eagle Scouts."

Cannon's Scouting accomplishments include being a founding member of Scouts BSA Troop 19, a former Senior Patrol Leader and current Junior Assistant Scoutmaster who has earned 83 merit badges to date, has received the Ad Altare Dei and Pope Pius XII religious awards, as well as a citizenship medal from American Legion. Furthermore, she was selected to attend 2022 New Jersey Girls State, a leadership and citizenship program sponsored by the American Legion Auxiliary. In addition, she was recently selected as the Sons of American Revolution Eagle Scout Essay contest winner for the State of New Jersey and was national runner-up.

"Scouting and my Eagle project was such an incredible learning experience. Being involved in the program, because of the positive change, has defined my path forward in life," said Cannon.

"It was and is a tremendous honor for our Post that Katie was selected as the Scout of the Year. We are very inspired by Katie and all that she has done for herself, the Scouting community, our state and great country. It was especially great that our Post was able to sponsor such a well-qualified person to represent our district and state. We here at Post 6259 offer our thanks and congratulations on her terrific achievement," shared Berkeley Heights VFW Post 6259 Commander Al Campora.

Katelyn Cannon will be embarking on a new journey this fall, studying Public Relations & Strategic Communications at Purdue University.



(above) VFW Scout of year - Eagle Scout Katelyn Cannon (center) with NJ Department of VFW Commander Jay Boxwell (right) and VFW Scouting Chairman, Jim D'Arcy (left).

Photo by Scouts BSA Troop 19, St. Rose of Lima, Short Hills NJ

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Carol Mullen, "Monarch" collage, 18x3x.5 in.  
Melissa Stern, "Deflated," 2020, sculpture, 42x18x17 in.  
Lisa Ficarelli-Halpern, "Joy, after Reynolds," 2023, oil on canvas, 42x38 in.  
Giants, Dragons & Unicorns: The World of Mythic Creatures is organized by the American Museum of Natural History, New York ([amnh.org](http://amnh.org)).

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## VOLUNTEER CLASS 102 IS READY TO LISTEN

### Caring Contact Crisis Line

Residents from Linden, Westfield, Summit, Clark, Florham Park and North Plainfield completed training in June to become volunteers on the Caring Contact crisis hotline. During the 52-hours of training the graduates developed the ability to listen actively, assess the needs of someone in crisis and provide empathy and support. The training included dynamic and interactive presentations by guest experts in active listening, grief recovery, mental health issues and suicide intervention. Volunteer Listener Training was taught by trainers who are long-time listeners and nationally certified instructors in Applied Suicide Intervention Skills Training.

"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 are 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 the 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.

The next volunteer crisis counselor training begins September 20th through December 13th. The training will run once a week on Wednesdays from 6:30 to 9:30 p.m. and will be

a combination of in-person training and via Zoom. Anyone interested in registering for the training should visit [caringcontact.org/listener-training/](http://caringcontact.org/listener-training/) or call the Caring Contact administrative offices for more information at 908-301-1899.

Caring Contact is a 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 80 trained volunteers answered over 17,000 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](http://caringcontact.org). You are Not Alone.

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(above) Caring Contact Crisis Line Graduates Volunteer Class 102. Next training begins in September. Visit [caringcontact.org/listener-training/](http://caringcontact.org/listener-training/) or call the Caring Contact administrative offices for more information at 908-301-1899.

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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. 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.

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- Quenton L.



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## ARC OF UNION COUNTY RAISES \$41,000

The Arc of Union County, a non-profit agency serving more than one-thousand adults with intellectual and developmental disabilities, raised over \$41,000 at its first annual Swing Into Summer Golf Invitational on June 21st at Galloping Hill Golf Course in Kenilworth.

Golfers from local and regional businesses, private individuals and other supporters enjoyed a full day of golf, breakfast, lunch and numerous prizes. Among them was a raffle for an all-expense paid luxury three-day, two-night stay at the exclusive Kiawah Island Golf Resort in South Carolina won by Ryan Frangopoulos of Macro Technology.

The event also served as a passing of the torch from The Arc of Union County's long-time Executive Director Frank Caragher, who retired at the end of June after 49 years of service to the IDD community, to his successor, Edwin Asuta, who took over in January.

For 74 years, The Arc of Union County has offered a lifespan of services including family support, early intervention, education, residential, day habilitation and employment services. All proceeds will directly support these programs.

The Arc is grateful to Galloping Hill Golf Course and GAPGEM LLC Golf Event Management for their essential roles in making this event a success. We also thank our 23 sponsors without whose support this event wouldn't have been possible. They are:

Risk Strategies, Meeker Sharkey Hurley, Excel Air, Frieri Law Group, Macro Technology, NJM Insurance, The Branna Agency, Columbia Bank Foundation, Document Solutions, Springbrook Wealth Advisors powered by Ameriprise Financial, Withum, Coordinated Compliance Solutions, Caffrey Landscaping, Carracino's Auto & Truck Service, Fuscon, J & E Auto Body, Improcom, MargFinancial, The Robbins Agency, The Dudas Family, Kenilworth Carwash, TK Books, and PSE&G.

Learn more about The Arc of Union County, its programs and services, at [arcunion.org](http://arcunion.org) or follow us on Facebook, Instagram, and LinkedIn. And for an early start on next year's golf event, contact Marianne Kranz at [mkrantz@arcunion.org](mailto:mkrantz@arcunion.org).

Courtesy photo



(above) Retired Executive Director Frank Caragher and his successor Edwin Asuta

## JUNIOR ACADEMY CLASS OF 2023

*Linden Fire Department*

Congratulations to the Linden Fire Department Junior Academy class of 2023 recruits on their recent graduation. The recruits graduated from the five-day program on Friday, June 30th. During this program, students in the 7th and 8th grade were able to learn about the fire department services. Members of the Linden Fire Department lead the recruits in lectures, demonstrations, and fun hands-on activities. Some of the topics that were covered are: Fire Safety, Engine and Ladder Company Operations, Car Extrication, Rope Rescue, HazMat/Decon and First Aid/CPR. Congratulations to the young recruits who participated.

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## 4-H FAIR CELEBRATES MILESTONE AUGUST 9-11

This year's Somerset County 4-H Fair will celebrate 75 years of Free Family Fun. For many families, a visit to the fair is a multi-generational summer tradition. The first county 4-H Fair was held in 1948 at the fairgrounds in Far Hills. In 1962, the fair moved to its current location at North Branch Park in Bridgewater.

The fair is the highlight of the year for 4-H club members who showcase their skills through a variety of exhibits, demonstrations and competitions. You can reconnect with the county's agricultural past with farm animals, or glimpse the future with 4-H projects in robotics and rocketry.

Be sure to bring your appetite. A large food tent features many items to tempt your tastebuds. Food sales benefit local nonprofit organizations and help to make the fair possible.

The Somerset County 4-H Fair is August 9-11, 10 a.m. to 10 p.m., at North Branch Park on Milltown Road in Bridgewater. Admission and parking are free. Visit [4HisTops.org](http://4HisTops.org).



*(above) The 4-H Fair offers 15 acres of Free Family Fun.*



*(above) Animals shows from pets to livestock are popular events.*

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## IS THERE MORE TO LIFE THAN THIS?

A free spirituality seminar is being offered by Immaculate Heart of Mary Church in Scotch Plains, NJ. Most meetings are on Zoom. 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, 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, September 18, 2023, 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.

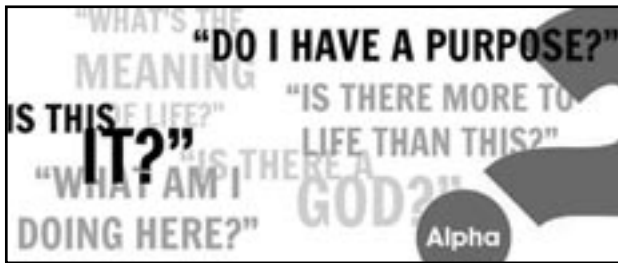
"When I offered tech support for the pilot program at IHM, I had no idea what I was in for. I'm not very religious, but Alpha was an unexpected surprise!" offers Gabe Lamberty. "The program is interesting and entertaining. And it's nice to meet new folks from the community. Overall an unforgettable experience."

"I'm looking forward to the Alpha experience," says Lou Zappo. "It sounds like a lot of fun, and who knows, I might learn something about myself."

Registration is required, please visit [ihmparish.net/alpha](http://ihmparish.net/alpha) or call 908-889-2100. If you have questions about Alpha, please email [office@ihmparish.net](mailto:office@ihmparish.net).



(above) Immaculate Heart of Mary Church in Scotch Plains to host a free spirituality seminar. Registration is required, please visit [ihmparish.net/alpha](http://ihmparish.net/alpha).



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# BAYWAY COMMUNITY ADVISORY PANEL SCHOLARSHIPS AWARDED

The Bayway Community Advisory Panel (CAP), an organization of local community members and industry representatives including Phillips 66 Bayway Refinery, Infineum USA L.P., Linden Cogeneration Plant, Veolia North America, and Linden VFT LLC, recently awarded \$1,000 scholarships to 13 local students in the municipalities of Linden, Rahway, Elizabeth, and Staten Island.

All of the high school seniors will be pursuing Process Technology or Engineering degrees in various disciplines (Chemical, Computer, Electrical, Mechanical) this fall at college. The winners from Elizabeth are Joe Alves, Ismael Fuentes, and Bryan Larin.

Joe Alves is a senior at Frank J. Cicarell Academy in Elizabeth, NJ.

Joe is an intelligent and conscientious student who is full of curiosity to learn new things. his analytical approach enables him to absorb difficult concepts in science effortlessly. His work habits reflect his qualities of being a team member and being extremity kind and helpful.

Joe has been an active member of some prestigious clubs in school like National Honor Society and Italian Honor Society. He has been enthusiastically involved in Civil Air Patrol activities outside school. His aspiration for higher education has assisted him in maintaining valuable standings in the current academic year. Joe will be pursuing a degree in Computer Engineering. Joe is responsible and proactive therefore a deserving candidate of the Bayway CAP Scholarship sponsored by Infineum USA, LP.

Ismael Fuentes is a senior at Frank J. Cicarell Academy in Elizabeth, NJ.

Ismael has been a student exhibiting great enthusiasm, intellectual curiosity, and scholastic aptitude. He takes mathematical changes very well and tries to succeed in whatever he pursues with dedication. With his mature approach to his responsibilities and superior knowledge and involvement in the school, he has demonstrated outstanding leadership. Ismael has developed a

strong sense of confidence. He is a good team leader who always leads his team with confidence and respect. He works very well independently as well as group setting. Ismael will be pursuing a degree in Computer Science.

Ismael was strongly recommended for a Bayway CAP Scholarship sponsored by Infineum USA, LP congratulations!

Bryan Larin is a senior at Frank J. Cicarell Academy in Elizabeth, NJ.

Bryan is a skilled student that is willing and motivated to accept challenges as they relate to academia. Bryan is a mature young man for his age. He adapts quickly and has superior abilities that are favorable for his success. His unselfishness to help others far exceeds most of his peers. The subject of mathematics and calculation had always remained a strength in Bryan's learning. Bryan will be pursuing a degree in Physics. It is with great pleasure to award Bryan with a Bayway CAP Scholarship, sponsored by Infineum USA, LP.

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(above) Congratulations and best wishes to all the 2023 CAP scholarship winners. Elizabeth winners: Joe Alves, Ismael Fuentes, and Bryan Larin; Linden winners: Jaiden Jones, and Evelyn Ojeda; Rahway winners; Pearl Davis, Destiny Ledgister, and Camilla Monterrosa; Staten Island winners: Aaron McDonald, Anthony McDonald, Terrance McDonald, Evan Randeniarachchi, and Joseph Dalton.

Courtesy photo



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## SINGLE USE PLASTICS EXCELLENCE IN EDUCATION AWARD

The New Jersey Clean Communities Council (NJCCC), a statewide, comprehensive, litter-abatement program, has honored Union County's Trailside Nature & Science Center in Mountainside with its "2023 Single Use Plastics Excellence in Education Award."

NJCCC Executive Director JoAnn Gemenden presented the inaugural award to Center Director Patricia Bertsch during the recent New Jersey Sustainability in Motion Expo in Atlantic City, which attracted hundreds of attendees from across the state.

When introducing the award, Gemenden explained that New Jersey Clean Communities promotes education to change the attitudes that cause littering. With that in mind, the Excellence in Education Award was designed to honor a business, community organization, school or individual who has achieved measurable results in reducing litter through education.

Union County's Trailside Nature & Science

Center, a 4,500-square-foot interactive museum in the Watchung Reservation, was bestowed with this year's honor for "fostering an awareness and appreciation of the natural world, while bringing a creative, inclusive, and immersive approach to learning and enrichment programs," Gemenden said.

She noted one of the center's noteworthy projects was inspired during the COVID-19 pandemic, featuring creation of bottle-cap inspired artwork about plastic pollution.

This eye-catching artwork was fashioned in the shape of marine animals, each paired with educational signage to explain the harm that plastic pollution causes to the environment. These works were placed along trails in the Watchung Reservation, as an outdoor educational walk for park-goers. The initiative was so successful that the artwork has now become a traveling exhibit as various events, including the Sustainability in Motion Expo.

With a plethora of environmental programs, activities, and experiences curated for children and adults, the Trailside Nature & Science Center consistently rises to the occasion, finding interesting and effective ways to engage a wide audience.

Learn more at [njclean.org](http://njclean.org) and [litterfreenj.org](http://litterfreenj.org).



(above) Recycled Dolphin Artwork created by Trailside Nature & Science Center as part of plastic pollution education outreach.



(above) NJCCC Executive Director JoAnn Gemenden (L) with Patricia Bertsch, Director of Union County Trailside Nature & Science Center with Karen Inzillo and Dario Scholis of Union

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# VANDALS CAUGHT IN THE ACT

Submitted by Dr. D. Michael Hart

The “Pool House Gang” were caught red handed vandalizing a building at Boy Scout Camp Wheeler, in Byram Township, NJ. They are seen here in a “line up” against the wall.

They claim that they were doing repairs and renovations to an old decrepit building at the Boy Scout Camp. But they were seen removing valuable lumber, sinks, toilets, shower heads, and construction materials from the building.

Just kidding. This is a group of dedicated volunteers, including many retired professionals, who volunteer every week all year round at the Boy Scout camps for Patriot’s Path Council in northern New Jersey. These guys pictured have come up every Wednesday and Thursday for several months to renovate the Pool House and other buildings. This group includes retired engineers, an electrician, computer experts, small business owners, and corporate executives.

The Pool House building was built in 1971. The roof was still good, but the wooden walls were completely rotted, and the roof was sagging perilously. They needed to prop up the roof and replace the boards one by one.

Eventually the building will have two bathrooms, two common showers and 8 individual changing rooms on each of two sides. There is a full sized swimming pool behind the building, so all of the chlorination, pumping mechanisms and electrical service are also located inside the building.

The “Flintlocks BSA, Inc.” a 501c3 corporation, is a group of retired scouts who volunteer at the camps every week, all year round, to help the council. They do most of the repairs and maintenance for the three Council camps, but also build new structures, such as cabins, waterfront structures, picnic tables and tent platforms. In 2018 they secured funding and built the STEM Lab at Allamuchy. Second, they make the craft kits for birdhouses, bird feeders, stools, handy boxes, racing sailboats, etc., which are sold through the Scout Shops. Third, Flintlocks volunteer to help run the many Council programs. Three quarters of the Flintlocks have received the Silver Beaver Award, the highest National award a volunteer may receive. The Facebook Page is “Flintlocks” For more information please contact Secretary Dr. Michael Hart [drmhart@yahoo.com](mailto:drmhart@yahoo.com).

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(above, l-r) "Line Up": Al Thomas, Randy Johnson, Frank Wallace, Dave Greene, George Van Dyke, Barry Bird, and Tom Mollitor.

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# SHINING STARS TO MAKE HISTORIC DEBUT AT PAPER MILL PLAYHOUSE

## Shining Stars Network

After making their successful Broadway debut recently at the Gershwin Theatre, Shining Stars Network, a regional theater group for young adults with disabilities and their typical peers, will be performing a groundbreaking show at the Paper Mill Playhouse, Millburn, NJ on August 5, 2023. The esteemed group will perform a selection of songs and dance from Broadway, movies and more! Shining Stars Network will be the first group of performers with special needs to be featured on the main stage in Paper Mill Playhouse history. The Tony award-winning Paper Mill Playhouse has been offering a theater experience since the late 1700's and is excited to bring this unprecedented performance to their stage as part of their Theatre for Everyone program.

"We are beyond thrilled to partner with the iconic Paper Mill Playhouse to bring this show to life," noted Shining Stars Network co-founder & CEO Mike Curci. "Our cast is so excited and we can't wait for our stars to shine at such an amazing venue and to work with the talented Paper Mill team."

The Shining Stars Network cast recently

celebrated their ten-year anniversary of inclusive theater performances with the assistance of typical buddies. It all began in a local home with a karaoke machine and people with disabilities who just wanted to perform to the best of their abilities with joy and acceptance. Shining Stars Network has performed in front of large audiences at the Union County Performing Arts Center, the Paper Mill Cabaret, and most recently the Gershwin theater on Broadway in New York City. They provide a safe and enthusiastic learning experience, culminating with a professionally staged performance.

Tickets for the Paper Mill performance start at \$25 and can be purchased at: [my.papermill.org/shiningstars](http://my.papermill.org/shiningstars). More information about Shining Stars Network can be found at [shiningstarsnetwork.org/](http://shiningstarsnetwork.org/).

"We're all about inclusion and opportunity while building self-esteem and creating friendships," noted Shining Stars co-founder and Show Director Sally Curci. "There have been so many incredible performances over the years and we can't wait to see our stars shine on the Paper Mill stage."

"Each opportunity offers our special cast members a chance to create lifetime memories," added Mike Curci. "Our ensemble just made their Broadway debut at the "Arts for Autism" concert at the Gershwin Theatre, where they received a standing ovation, and now, the amazing opportunity to perform a full show on the legendary Paper Mill stage will be another dream come true."

SHINING STARS NETWORK is a non profit organization based in Cranford, N.J. founded by Sally and Mike Curci that shines the light on the special needs community by creating opportunities in the performing arts, with the goal of building self-confidence and self-esteem while enjoying the experience of performing on stage. Now entering its 6th year, Camp Shine (for ages 10-20 years) and The Shining Stars Summer Workshop (21 and over performers) are two-week intensive programs open to everyone, including those with developmental disabilities, and will take place Aug. 14-25. To register, or for more information on Shining Stars Network or any of their programs, please visit [ShiningStarsNetwork.org](http://ShiningStarsNetwork.org) or send your email to [ShiningStarsNetwork@gmail.com](mailto:ShiningStarsNetwork@gmail.com).

Courtesy photos



(above) Performers with Special Needs take the main stage on August 5th at the Paper Mill Playhouse. Tickets start at \$25 and can be purchased at: [my.papermill.org/shiningstars](http://my.papermill.org/shiningstars). The Shining Stars Network has performed in front of large audiences, and most recently the Gershwin theater on Broadway in New York City.





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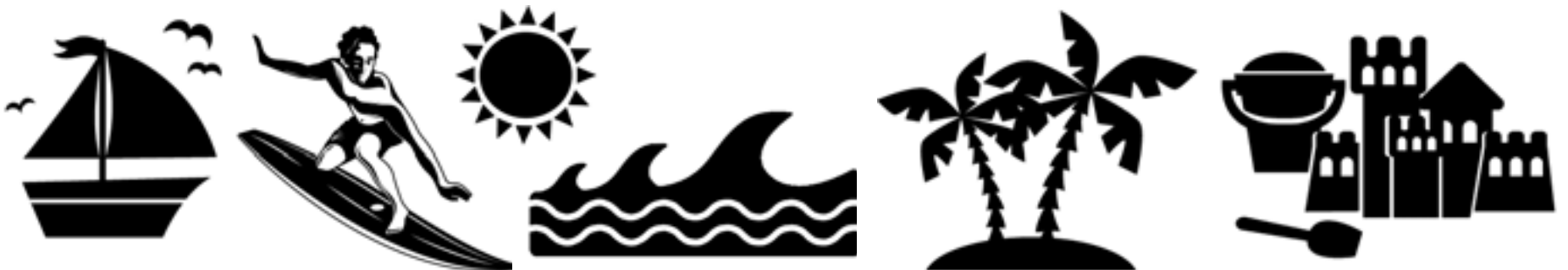
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