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The 10th annual CIT picnic for individuals, family members, and workers in the mental health community was held in Memorial Park on August 24th. The event was open to the public and featured free food and giveaways.

CIT-NJ is an evidence-based program which is based on community partnerships of law enforcement, mental health and addiction professionals, county resources, and other front line professionals on how to de-escalate many different crisis situations.

The Linden Police CIT (Crisis Intervention Team) Program was recognized as the CIT-NJ program of the year in 2017, and both Captain Abdul Williams and Dispatcher Kimberly Matos have subsequently received individual awards for their contributions. The Department was also among the first departments to complete the International Association of Chiefs of Police "One Mind" Campaign, and was selected by the New Jersey State Attorney General's Office as one of the first to participate in the ARRIVE together program.



POLICE HOST 10TH ANNUAL CIT PICNIC











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

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POLICE PROMOTIONS

City of Linden Police Department Linden Police Sergeants Joseph Apppello and Mieszko Niedziolka were promoted effective August 1st. They will fill newly created field supervisor positions in the Patrol Division.

"Policing is more complicated than ever. We have a younger police force under a high level of scrutiny performing very complex activities at a

rate higher than at any other time in history, and we need more experienced supervisors to guide them effectively, "said Police Chief David Hart. "Sergeants Appello and Niedziolka are both very capable, experienced, and enthusiastic Police Officers, and I am confident they have a significant impact in the Patrol Division."



(above, l-r) Mayor Derek Armstead, Sgt. Mieszko Niedziolka, Sgt. Joseph Appello, and Captain Christopher Guenther



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ST. JOHN'S GIFT & THRIFT BOUTIQUE

Happy Fall All! October is upon us, come checkout our new selection of clothing, including designer and new items. Add something new to your fashion accessories. We have beautiful Fall, Halloween and Thanksgiving items. Bring a friend! We have new inventory for every sale. The 'Gift & Thrift Boutique' is open every 2nd & 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, books for all ages, seasonal & holiday décor.

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 or call the church office at 908-925-1535. Donations accepted during operating hours. If you have any questions please contact us at the above e-mail address or phone number.

BULLIES TO BUDDIES WORKSHOP – OCT. 19TH

On Thursday, October 19th from 6:30-8:00 p.m. Imagine, A Center for Coping with Loss will offer a Bullies to Buddies workshop at their Mountainside center at 244 Sheffield Street in Mountainside. Ther is no cost for this program. Children and youth, third grade and older are welcome to attend along with adults who wish to help the children in their lives gain skills for responding to bullying behavior. Young people attending will have an opportunity to role play techniques taught throughout the session.

Bullying is a challenge for many students, but children and youth who are grieving are more likely to be bullied or become bullies. The Bullies to Buddies method fosters resilience by showing how to respond to verbal aggression. Children from 3rd grade and up, parents, school staff members and any interested community members are welcome to attend whether or not they have been recently impacted by a loss.

The training will be offered by Connie Palmer, LCSW who is a Grief Education Consultant for Imagine. Connie is a former school social worker, therapist and is a Certified Bullies to Buddies Trainer.

If you and/or your kids are interested in attending, please register by scanning the QR code below or visiting Imagine's website at imaginenj.org. Pizza dinner is available prior to the workshop at 6:15 p.m. Please indicate your interest in coming early for pizza when you

On Thursday, October 19th from 6:30-8:00 register. We hope you can join us at Imagine for n. Imagine, A Center for Coping with Loss will this timely and beneficial workshop!

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@imaginenj.org.



Scan here to register

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NEW PARKING ENFORCEMENT INITIATIVE

The Linden Police Department has announced a new parking enforcement initiative in an effort to curb illegal parking in the community. The initiative involves the installation of Municipal Parking Services (MPS) "Safety Sticks" at five locations in the downtown area to help combat illegal parking in restricted areas, such as near fire hydrants and crosswalks.

"Illegal parking, especially in the downtown area, makes our streets more dangerous for pedestrians, contributes to congestion, and are consistently among the most common frustrations cited by drivers," said Police Chief David Hart. "This technology will help reduce these violations by allowing for increased enforcement at no extra cost to the city."

Safety Stick devices do not indiscriminately capture or store any license plate data; a vehicle must be stopped in a restricted area longer than a designated period of time before the vehicle will be considered a violation. A Parking Enforcement Officer will review every alleged violation and determine if a summons when appropriate.

The City Council approved the deployment of the devices in June. Installation is currently underway at designated locations of N. Wood Ave, including portions of W. Blancke St, and E. Price St. Other locations may be added based on the effectiveness of the program.

"Over the past several years we have taken significant steps to make our streets safer, especially for pedestrians," added Chief Hart. "This technology has reduced violations by as much as 95% in some areas, and we are confident they will be an effective tool here in Linden as well."

The devices are expected to be functional in the coming weeks, however, tickets are not expected to be issued until October.

"Our goal is to change driver behavior, so we want people to get familiar with how the system works before we start issuing tickets," said Chief Hart.

Drivers are encouraged to be mindful of all parking laws. Some of the most common violations include double parking, blocking a crosswalk, and parking within 50 feet of a stop sign, 25 feet of a crosswalk, 10 feet of a fire hydrant, or within an intersection.

More information about MPS is available at mpsintelligentinfrastructure.com/solutions-safetystick



FALL FUNDRAISER – BASKETS OF HOPE

The Center for Hope Hospice Auxiliary

The Center for Hope Hospice and Palliative Care Auxiliary 25th annual fall fundraiser "Baskets of Hope" will take place on October 22nd, 2023, from 11 a.m. to 4 p.m. at the Pines Manor in Edison, New Jersey.

The event will feature a wonderful luncheon, and raffles of over 100 baskets, a 50/50 raffle, door prizes, two gift card aprons, and a raffle for VISA gift cards in denominations of \$2,000, \$1,000 and \$500, and various vendors will offer an array of beautiful merchandise for sale.

The Center for Hope Hospice and Palliative Care Auxiliary provides financial support of the Center's charity care through fundraisers such as the "Baskets of Hope" in the Fall and a Wine Tasting in the Spring. The Auxiliary also runs the Hope Chest, a thrift store located at 26 Prospect Street in Westfield, New Jersey.

The Center for Hope Hospice and Palliative

Care is a not-for-profit hospice that provides loving care to patients and their families regardless of race, ethnicity, religious affiliation, or ability to pay. This care is provided in facilities in Scotch Plains and Elizabeth, New Jersey, and in patients' homes.

For more information regarding the event, and to purchase tickets visit cfhh.org. Tickets for the VISA card raffle can be purchased at the Hope Chest, located at 26 Prospect Street, Westfield, NJ, or from an auxiliary member.











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DOCUMENTING NJ'S REVOLUTIONARY WAR VETERANS

Elizabeth Snyder-Continental Chapter DAR

Two local women are helping create a new database of New Jersey Revolutionary War Soldiers. A project of the Daughters of the American Revolution (DAR), the database will be the most comprehensive produced to date utilizing a wide variety of sources.

"The hope is that this database will not only allow us to recognize and honor these veterans, but also help their descendants and researchers to learn about them," said DAR volunteer Holly Dunbar. Working on Somerset County, Dunbar has compiled information on more than 1,700 individuals to date.

Project volunteers aim to find and record as much information about each patriot as possible. This includes dates and locations of birth, enlistment, death and burial; service record with rank and unit, battles, if wounded, taken prisoner or killed; family with names of spouses, parents and children; and the sources of this information. A special effort is being made to include women, African Americans and Native Americans.

"We are starting with the current DAR database, but also using church records, county and local histories, surviving military and pension records, newspapers, and more," said Dunbar, who is a member of Elizabeth Snyder-Continental Chapter in Green Brook.

Another chapter member, Ruth Ryno, is working on Essex County, which also includes present-day Union and and part of Passaic County. ""I look forward to helping prepare this database in honor of our New Jersey patriots as our country prepares to celebrate America's 250th anniversary in 2026." When the project is completed, the database will cover all of New Jersey and will be made available to the public.

DAR is a nonprofit nonpolitical service organization open to women 18 and older who can prove lineal descent from a patriot of the American Revolution. Elizabeth Snyder-Continental Chapter is based in Green Brook and serves areas in Somerset, Middlesex and Union counties. New members are welcome. Contact ESCchapterDAR@gmail.com or learn more at DAR.org.



(above) Holly Dunbar, New Jersey DAR State Chairman

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 surpery 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.

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 tendemess 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



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 pinpoin 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 explain 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 you 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!

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 prescription

copy 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 fluoror copy 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 more with no problem whatsoever. I can go up and + Patricia G. down steps with no pain."

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

"After only four visits, I have absolutely no pain? The staff is "top-notch." - Oversion 1.







mething else I see almost every day,

prescribed various medications to deal with the pain. are patients that have tried viscosupplementation knee injections elsewhere and



FUNDING FOR DROWNING PREVENTION EFFORTS

The Gateway Family YMCA

Phillips 66 Bayway Refinery is partnering with The Gateway Family YMCA – Rahway Branch to provide funding towards drowning prevention and swimming lesson scholarships for middle school age children in the Linden Public School district. The grant award is \$7,500.

"We are grateful to the Phillips 66 Bayway Refinery for their dedication to our local communities and their support of our YMCA and the families we serve," stated Melynda A. Disla, President and CEO of The Gateway Family YMCA, "This funding will allow us to meet a growing need for drowning prevention, water safety and swimming lessons identified in the City of Linden through our local YMCA."

The Gateway Family YMCA - Rahway Branch serves the local community through programs for all including drowning prevention, swimming lessons and lifeguard training, specialized arts programs, socialization for senior citizens, family support, community wellness and outreach programs, as well as youth sports, before and after school care, summer day camp and preschool childcare. In addition, the Y provides free memberships for all 7th grade students in the local community and chronic disease selfmanagement programs for blood pressure and diabetes.

"At our core, the Y is about helping individuals reach their full potential, and giving them opportunities to connect with the community around them, all in service of making us better," stated Rodger D. Koerber, EVP/COO of The



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Gateway Family YMCA. "We rely on the support of our community partners to meet the need for support identified locally, including drowning prevention. Together with our donors, members, volunteers and staff, we demonstrate the power of what we can achieve by giving back."

The Gateway Family YMCA is a 501(c)(3) non-profit, health and community service organization of caring staff and volunteers dedicated to strengthening the foundations of community and stands For Youth Development, For Healthy Living and For Social

Responsibility. The Y impacts the community by providing quality services to people of all ages, races, faiths or incomes. The Y is a powerful association of men, women and children of all ages and from all walks of life joined together by a shared passion: to strengthen community.

To learn more about the Y's cause or donate to support drowning prevention efforts, please visit tgfymca.org/donate

To learn more about The Gateway Family YMCA's Swimming Lessons, please visit tgfymca.org or contact The Gateway Family YMCA – Rahway Branch at 732-388-0057.



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LIBRARY EVENTS

Linden Public Library is excited to announce their lineup of programs for the month of October. We will continue to show movies every Tuesday at 1 pm as well as continue our monthly programs and host some special Halloween programs. A full listing of events can be seen below:

- October 3, at 1 pm- Movie: In the Heights (2021;PG; 2hr 23 min)
- October 4, at 6:30 pm- Book Club- The Night Shift by Alex Finlay
- October 10, at 1 pm- Movie: Father of the Bride (2022;PG-13; 1hr 57min)
- October 11, at 6:30 pm- De-Stress Fest
- October 13 at 2:30 pm- Accessing E-books from Linden Public Library
- October 17, at 1 pm- Movie: 80 for Brady (2023;PG-13; 1hr 38min)
- October 18, at 6:30 pm- Adult Craft Club, Cork Pumpkins and Ghosts
- October 24, at 1 pm- Movie: The Addams Family (2019;PG; 1hr 45min)
- October 25, at 6:30 pm- NJ Paranormal Lecture
- October 26, Project B.E.S.T. Vision
- Screening, advance registration required
- October 27, at 2:30 pm- Mystery Book Bingo • October 31, at 1 pm- Movie: Ghost Busters: Afterlife (20231;PG-13; 2hr 4min)

All programs are presented free of charge. Advance registration is appreciated, but not usually required.

Located at 31 East Henry Street, the Linden Public Library has been at the center of social, educational, civic, and cultural life within the City of Linden since its founding in 1928. If you have any questions regarding these or other events at the library, please call us at 908-298-3830 or check out our website at LindenLibrary-NJ.gov. Please like us on Facebook and follow us on Instagram.



LIBRARY IMPROVED E-BOOK PLATFORM

Linden Public Library is excited to announce LFPL.boundless.baker-taylor.com. a new and improved e-Book and e-Audiobook experience from Baker and Taylor. Beginning September 30, the Axis360 app and website will be transitioned over to Boundless.

Boundless is Baker & Taylor's reimagined digital service for libraries. A platform that provides patrons with digital content like ebooks and audio like never before. Built from the ground up on the latest app and web technologies, Boundless is intuitive, easy to use and fun.

Patrons who currently use Axis360 should have received messages in app about this change. In order to continue accessing e-books patrons will need to download the new Boundless app, however, their reading history and checkouts should transfer over. All you need to access Boundless is your library card. The new link for desktop access to Boundless is

In order to best assist patrons with this transition Linden Public Library will be hosting two sessions on how to access e-books on Friday, October 13 at 2:30 pm and Wednesday November 1, at 6:30 pm. Meanwhile, if you need any assistance or have issues with Boundless please contact our e-resource librarian Leanne Manna at Lmanna@lindenpl.org or (908) 298-3830 x16.

Located at 31 East Henry Street, the Linden Public Library has been at the center of social, educational, civic, and cultural life within the City of Linden since its founding in 1928. If you have any questions about Linden Public Library or our services call us at (908) 298-3830 or check out our website at LindenLibrary-NJ.gov. Please like us on Facebook and follow us on Instagram.





SALEM ROADHOUSE CAFÉ ANNOUNCES ZUKO, PHILIPS, COHN & STARR







Salem Roadhouse Café presents Zuko, Philips, Cohn & Starr, Saturday, October 14, 2023. The doors open at 7:15 p.m., the show starts at 8:00 p.m. Admission is \$20 and includes show, snacks, non-alcoholic beverages, and dessert. The venue is located in Bailey Hall at Townley Presbyterian Church, 829 Salem Road, Union, NJ. The Roadhouse operates as a non-profit that raises funds for several carefully chosen local charities.

Zuko, Philips, Cohn & Starr have carved themselves a unique niche within the realm of rock classic tunes. Focused mostly on vocals and light accompaniment with a pair of guitars and a djembe for rhythm, this group of very talented and familiar Roadhouse performers has taken classic rock tunes we all know and love and put a lighter spin on them. The usual trappings of rock with it's requisite "wall of sound" is avoided, making the lyrics and tunes able to be heard clearly. Focused on rich harmonies, their sound is catching on like wildfire. Come and hear songs as you've never heard them before! States Michael Zuko, "We are in the midst of recording our debut album, which will be out next year. More original material is being added to our set lists."

This promises to be a very special, exciting show with some surprises!

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. 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 Programs, Making It Possible To End Homelessness, Camp Johnsonburg, The Music Institute, and others. Thousands of dollars have been raised for these deserving charities.



ST. JOSEPH SOCIAL CENTER FUNDRAISING DINNER HONORS SOUP KITCHEN TEAMS

Please join us for our Annual Fundraising Raffle Dinner on October 19, 2023 at the Westwood in Garwood at 6:00 p.m.

This year we are delighted to honor our Soup Kitchen Teams from:

- Parish Community of St. Helen, Westfield
- Holy Spirit, Union
- Holy Trinity, Westfield
- St. Agnes, Clark
- Immaculate Conception, Elizabeth
- Church of Little Flower, Berkeley Heights
- St. John the Apostle, Clark
- St. Michael, Cranford
- Temple Sha'arey Shalom, Springfield

Thanks to countless volunteers from these faith communities, a hot meal has been served with dignity and compassion since April 19, 1986. Even during Covid, these volunteers prepared meals 'to-go' so that our sisters and brothers could enjoy lunch on Saturday.

The GRAND 50/50 Raffle will be in 5 cash prizes. Only 2,500 tickets will be sold, so please get your tickets early! The Grand Prize will be \$15,000 or 30% of ticket sales, and there will be Four Consolation Prizes of \$2500 or 5% of ticket sales.

The Tricky Tray and Restaurant Gift Card baskets will be better than ever. This year we are also featuring a Take Me Away Travel Prize



donated by United Airlines. This prize features 2 electronic certificates valid for round trip travel between US 48 / Alaska / Canada / Caribbean / Central America.

The evening will start at 6:00 p.m. so you will have plenty of time to 'shop' and mingle! To purchase tickets, become a sponsor, or make a donation, please visit our website at sjeliz.org/special-events.html. Please purchase tickets by October 10th.

We are very grateful that your generosity has enabled us to serve our community for over 37 years through our food, health, counseling, adult education, clothing, and seasonal programs, and we hope we can count on your continued support.

Thank you for sharing your blessings and offering hospitality and hope to our sisters and brothers!

With gratitude, Jacqueline Karmol, Dinner and Grand Raffle Chair





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We will continue to offer the same great service delivered to REEL-STRONG customers. The addition of REEL-STRONG represents an exciting opportunity for WOOLLEY to do more for our customers. You will still find the same reliable technicians and office staff from REEL-STRONG now at WOOLLEY HOME.



LIFE in LINDEN • Page 15 • October 2023

4TH ANNUAL POLISH FESTIVAL PHOTO ALBUM

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

The City of Linden 4th Annual Polish Festival was held on Wood Avenue and the Raymond Wood Bauer Promenade on Saturday, September 16. Visitors were treated to a fun-filled day of Polish culture, food and activities.



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The Kiwanis Club of Linden Presents:		
M ANNUAL	PARTICIPATING	
	RESTAURANTS	
	III Amici Ristorante	
OF	Applebee's	Th
	Chevy's Fresh Mex	annu
FUNDRAISER	Craven BBQ	Wedi first
EDNESDAY, OCTOBER 11, 2023	Gold Leaf Pastry Shop	2019
5:30 p.m. to 8:30 p.m.	Jersey Mike's Subs	To the
The Grand Banquet Hall	Hook & Reel Cajun Seefood	Bang
12 North Stiles Street, Linden	Little Havana	cours Starb
MADMISSION	Meson Tropical	M
\$20/person in advance	Metro Liquors *	Supe Olive
\$25/person @ the door	Pinho's Bakery	Arms
	Primavera's Café, Ristorante, Pizzeria *	voice
50/50 RAFFLE	Starbucks	High too.
\$5 for 3 tickets \$10 for 10 tickets	Su Taco Rico	Ac
1st place wins 25%	T & L/Leon Catering	\$25 j be pi
2nd place wins 15% 3rd place wins 10%	Your So Souped	Non-
Event proceeds benefit the Kiwanis Club of Linden's	* purchase tickets here	Lind Servi
community projects and student scholarships.		Ev
Please bring a non-perishable food item for the Linden Food Pantry, L.I.N.C.S. (Linden Interfaith for Community	Make CHECKS payable to: Kiwanis Club of Linden	Lind We r
Services) and receive a free rafile ticket for a special dra	501C4 non for profit organization	Curr
City of Linden	Like us at	Platin Crea
City of Linden	Taste of Linden for updates	Oi
Community. Diversity. Progress.	WAT	is se progi
ease contact June Lazaro at juniazaro@verizon.	net or 908 930 8310 for sponsorship information	is a
	October 11, 2023	to im at a
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BENEFITS	all, 12 N. Stiles Street, Linden REGISTRATION	Jo great
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roceeds from the event to benefit the Kiwanis Club of inden's community projects and student scholarships	Company Name	junla
latinum Sponsorship\$750	Contact	D
 Presentation Table Business name/logo to appear on ALL marketing collateral 	Person	D
 Business name/logo prominently displayed at event 10 tickets 	Street Address	He
Certificate of Appreciation	City, Zip	CO
old Sponsorship	55.502.000.000	Ca
 Business name/logo prominently displayed at event Business name to be included in press release 	Telephone	
7 tickets Certificate of Apprecition	Fax	
ilver Sponsorship \$250	E-mail	
 Company literature to be displayed in sponsorship area Business name/logo displayed at event 	DEADLINE: OCTOBER 2, 2023	
 Business name to be included in press release \$ tickets 	Please make checks payable to: Kiwanis Club of Linden (a 501c4 organization)	
Certificate of Appreciation	By Mail: June Lazaro, Chairperson	
Business name/logo displayed at event	145 Jeffery Rd, Colonia, NJ 07067	
Business name to be included in press release 2 tickets	By Fax: 888-440-3068	
Certificate of Appreciation	Please "LIKE" our Facebook page, Taste of Linden, for updates	

ASTE OF LINDEN **OCTOBER 11**

iwanis Club of Linden will host its ste of Linden fundraiser taking place on ay October 11, 2023, at 5:30 p.m. Our held in 2013 and our last event was in ly it is so nice to be back again.

14 restaurants will be participating in t which will be held at the Grand Hall located at 12 North Stiles Street. Of sampling from Metro Liquors and will satisfy your thirst too.

Deriek Armstead and Assistant endent of Linden Public Schools Mr. will address our community. Abigail , a prior K- Kid, will grace us with her ging God Bless America and the Linden ool Guiter Ensemble will entertain us

sion is \$20 per person in advance and erson at the door. Advance tickets can ased at Primavera and Metro Liquors. shable food items can be donated for the Interfaith Network for Community L.I.N.C.S).

proceeds benefit the Kiwanis Club of community projects and scholarships. funds thru sponsorships and a 50/50. , Mindful Moving & Storage is a Sponsor. Primerica & So Delicious Ice e Silver Sponsors.

wanis Club was chartered in 1947 and g new members. We sponsor k -kid in Linden elementary schools. Kiwanis al organization of volunteers dedicated ing the world, one child one community . Come meet the Kiwanians and be one of our monthly luncheons.

ir community for a great evening for a se. For more information contact June (908) 930-8310 at or @verizon.net. Thank you!



ANNUAL BLESSING OF THE ANIMALS – OCT 1

The Episocopal Church of St. John the Baptist will hold its annual Blessing of the Animals on Sunday, October 1, 2023, at 1:00 p.m. The event will take place on the church lawn at 2018 Dewitt Terrace in Linden and is open to all members of the community.

The Blessing of the Animals is a yearly tradition to honor St. Francis of Assisi, the patron saint of animals and the environment, whose feast is celebrated on October 4th and to show our appreciation for all of the animals in our lives.

All animals are welcome to participate in the Blessing of the Animals, including dogs, cats, birds, reptiles, and even farm animals. There will be a brief service at 1:00 p.m led by Canon Joanne Izzo, followed by a time for people to bring their animals forward to be blessed. Participants should bring a folding lawn or beach chair.

The Blessing of the Animals is a fun and family-friendly event. It is a great way to show your love for animals and to celebrate the special bond that we share with them.

We hope to see you and your furry friends at the Blessing of the Animals on Sunday, October 1. Donations will be accepted for a local animal shelter.

IMAGINE VOLUNTEER APPRECIATION NIGHT

Imagine staff recently gathered with many of Imagine's wonderful volunteers to thank them for all of their volunteer support during Imagine's 22-23 program year.

Some of the volunteers who gathered support Imagine's families by facilitating a support group for children, teens, young adults or their parents or guardians who have experienced a loss due to death. They create safe spaces where group participants can share their stories with one another and receive empathy and support.

Other volunteers at the event serve as greeters, welcoming families as they arrive for pizza dinner at the center on their Night of Support. Still other volunteers help by setting up or cleaning up the center before or after a Night of Support. Imagine could not be the resource for the families they seek to support without this amazing community of volunteers and the staff at Imagine were so happy to show their gratitude and appreciation for all that the volunteers do!

Imagine's Executive Director, Lindsay Schambach said this about Imagine's volunteers: "The volunteers at Imagine truly change lives. They are the most humble, kind, considerate, selfless human beings who sit in a room with you or your children in your moments of the most vulnerability, and they just hold space. They allow you to say everything and anything, the types of things you might not be able to say anywhere else. What they do is they create safety so that you can put yourself back together again. People who volunteer here at Imagine truly help change lives, and we hope that others who can give of themselves in that way consider joining us! The need for grief

support continues to grow, and we know there are volunteers who can help meet that need."

If you're interested in learning more about becoming a volunteer at Imagine, please reach out 908-264-3100 email to or info@imaginenj.org to connect with Imagine staff about volunteering options available. For those interested in training to become an Imagine facilitator, a training will be offered August 18-20 from 9am-5pm each day for facilitators for Imagine's Newark or Mountainside programs. Bilingual (Spanish/English) facilitators are also needed at both locations.

For youth interested in volunteering, Imagine is offering a training for high school age facilitators on September 10th from 9am-5pm. If you're interested in joining either of these trainings, please email Imagine's Program Supervisor, Abigail Priece at abigail@imaginenj.org or visit our website at www.imaginenj.org/support/grief-supportfacilitator/.

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 www.imaginenj.org or contact Imagine at 908-264-3100 or info@imaginenj.org.



CAR DONATIONS BENEFIT VETS IN NEED

Submitted by Michael Boll, Director New Jersey Veterans Network

For the last few years the New Jersey Veterans Network (NJVN) has grown to a full time charity that provides life changing and saving resources. Nearly every day the NJVN is conducting numerous charitable pickups and drop offs throughout the state. To accomplish our vital and important missions, we rely on using our trucks and vans. The NJVN fleet is small, and all the vehicles are used, but they are able to deliver because of both of our team board members, Adam Rempfer, owner of DeFalco's Towing, and Joseph O'Neill, owner of Benner's Auto. Not only have these two men always played a major role with the NJVN day to day operations, they have helped countless people in need.

Adam Rempfer, owner of DeFalco's Towing and Auto Body, joined our team after his shop donated a refurbished car to a disabled veteran. For years Adam and DeFalco's have been donating cars to people in need and hosting various charity events. Also, they have contributed huge financial donations to the Law Enforcement Unity Tour and NJ State Police. Now Adam is a NJVN board member and has graciously taken on all the NJVN vehicle repair and maintenance. However, Adam and DeFalco's generosity doesn't stop there; they have hosted and sponsored numerous events at our VA Hospitals and veteran shelters.

Joseph O'Neill, owner of Benner's Auto Body, was a board member of the NABC Charity Cars, and a few years ago he contacted the NJVN about donating several refurbished cars to our veterans. After working with Joe and Benner's Auto, and seeing what an incredible job they did, we asked him to join the NJVN team. For a long time, Joe and Benner's have been helping people who were desperately in need, and they have hosted different types of charitable events and galas. Joe is also a cancer survivor and has done a tremendous job raising and providing large financial donations to fight cancer and fund cancer research. Recently, Joe and Benner's Auto have taken on NJVN vehicle care and maintenance.

Every day the NJVN is providing resources to veterans in need, and now we know there is nothing stopping us from completing our mission because of amazing men like Joe O'Neill and Adam Rempfer. Each of them has always put others first and loves being able to help our veterans live a better way of life.

If you would like to join the team, please send us an email at NJVN1775@gmail.com and be sure to include your name, email, and phone number.

Check out more of our accomplishments at our website: NJVN.org . Help us save Vets!!!

ABOUT NEW JERSEY VETERANS NETWORK

We are a group of veterans and volunteers dedicated to helping our veterans and their families live better lives. Our mission is to identify veterans and connect them with resources and programs designed to meet their unique set of needs.

If you are a veteran or family member that is in need of assistance, or are interested in joining our team, would like us to speak at your event, or contribute to our mission, call 973-332-1556 or email mdbollio@optonline.net. To learn more visit njvn.org.



(above) Joe Oneill Benners Auto veteran car donation



(above) Adam Rempfer Defalcos towing car donation









AMERICAN LEGION & VFW POST BREAKFASTS

Pancake Breakfast – October 15, 2023

Come to a Pancake Breakfast, hosted by the American Legion Auxiliary - Unit 102, on Sunday, October 15, 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 Blueberry Pancakes. 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 - October 28, 2023

Come one, come all to the VFW#1397 Pancake Breakfast on Saturday, October 28, 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!





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10/31 – "Happy" Halloween

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Prepare – Jack-O-Lantern Pumpkin Pie Parade Costumes "March" To Happy Sounds "Visit" Friendly Neighbors - And -"Fill" The Business Basket With Sales "Find" Three New Customer Accounts "Explore" & Review Current Markets

"Uncover" Dormant Prospects











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Crown Royal		
Dewars 12 yrs old		
Dewars 12 yrs old		
Dewars White Label	750 ml	\$19.99
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Grants		-
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Jack Daniels Fire		
Jack Daniels Fire		
Jameson		
Jameson		
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Johhnie Walker Blue		•
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Tanqueray		

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Ciroc (all types)	.1.75L	\$57.99
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Finlandia		
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Grey Goose		
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Ketel One		
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Coors Lite (24oz) cans		
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Modelo Especial cans		
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Freixenet Brut, Extra, Extra Dry	750ml	\$10.99
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