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70TH ANNUAL HALLOWEEN PARADE

The City of Linden's 70th annual Halloween Parade was held on Sunday, October 22nd, 2023. Residents and visitors to the city lined Wood Avenue to view Floats, Bands,

Marching Groups, Ghouls, Goblins, and a wide variety of local community participants dressed up and decked out to celebrate the season, and have a spooktacular time!



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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LET'S GO TO THE MOVIES! A CELEBRATION IN SONG - NOV 11

The magical music of the movies comes alive on stage! Hickory Tree Chorus will perform songs from Disney, Broadway, holiday songs and more, all sung in ringing four-part harmony at their annual show. Let's Go To The Movies! is on Saturday, November 11, 2023, at 2 p.m. at Drew University Concert Hall, located in the Dorothy Young Center for the Arts, 36 Madison Avenue, Madison, NJ. Come hear favorites like What I Did for Love, Weekend in New England, Seasons of Love, Beauty and the Beast, On the Road Again, and many more. The Maplewood Glee

Club and the Steppin' Out Quartet will be featured guests. Tickets are \$25 and are available at hickorytreechorus.org/tickets or by emailing tickets@hickorytreechorus.org. This is our biggest fundraiser of the year. Come support local singing while enjoying a musical journey.

The Hickory Tree Chorus, an award-winning chapter of Sweet Adelines International, performs fun-filled popular music, barbershop style. Founded in 1968 in Chatham Township, NJ, HTC currently rehearses in Stirling, NJ. Find more info at hickorytreechorus.org.



(above) Hickory Tree Chorus

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NEW JERSEY VETERANS NETWORK - HELP US SAVE VETS!

Michael D. Boll, Director NJVN

Everyday 22 veterans take their own lives, unfortunately this number hasn't changed over the years. Several groups and organizations have worked tirelessly to combat this horrible epidemic. The New Jersey Veterans Network (NJVN) is one of those groups that strives to help veterans daily to live a better way of life.

NJVN is a mobile outreach team, that aggressively seeks out veterans in need and

provides them life changing and saving resources. The NJVN is a 501c3 created in 2017 and has focused its mission by always putting our veterans first. Since the NJVN started thousands of veterans and National Guardsmen have been fed, clothed, and provided with various personal items. Also, we were able to get 30 veterans newer refurbished vehicles through the Recycled Rides program. However, the NJVN most important mission is that we save lives, just in the past first years alone our team has saved over a dozen lives.

Being a network, the NJVN works with other military, veteran, and first responder groups that share the same mission. We would never have succeeded without having the support and commitment from our partners and sponsors. This is vital for the NJVN to be able to help veterans in need throughout New Jersey.

Most recently, the NJVN has stepped up recreational events and programs such as camping, hiking, movie nights, BBQs, and field trips. We are fortunate to have amazing partners and volunteers that will help transport our veterans to and from the hospitals and shelters. These events allow our veterans to feel like they are part of a unit again and are not forgotten or abandoned.

What makes the NJVN unique is its willingness to try different things and think outside the box. By asking the veterans what they

want most, and how we can help them, has really made our program a huge success.

Our next initiative will be the launch of our veteran peer support/ mentoring program the "Uniformed Heroes Project". This initiative is a collaboration between the military-veteran-first responders groups and organizations. Also, it is backed by legislators and numerous charitable organizations. The NJVN is currently looking for volunteers and groups willing to help us provide our veterans with the best help possible. If you are interested in filing the team, or would like to volunteer, please send us an email at NJVN1775@gmail.com or call directly (973)332-1556.

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. Help us save Vets! We are always looking for volunteers, with various skills, to join the team. If you are a veteran or family member that's in need of assistance; or are interested in volunteering, would like us to speak at your event, or contribute to our mission, call 973-332-1556 or email njvn1775@gmail.com. To learn more about the team please check out our website njvn.org (accomplishments). Help us save Vets!

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FAMILY FUN BEGINS AT THE GATEWAY FAMILY YMCA

At The Gateway Family YMCA, individuals and families find more than just a place to work out. With opportunities to connect with new people, develop new skills and explore new interests, the Y facilitates the discovery of new passions and assists in gaining a greater sense of purpose for all. For local families, The Gateway Family YMCA provides a fun and unique opportunity to support all ages, together or apart, within the same organization.

“At the Y, we have the unique opportunity, and mission, to support all. We strive to provide inclusive, equitable and innovative programming and services for all ages, and commit to supporting individuals and families throughout the 17 communities we serve in Eastern Union County and Northern Middlesex County,” stated Melynda A. Disla, President and CEO, The Gateway Family YMCA. “At our Y, everyone has a place to go where they can feel supported and receive help. We are proud to be the place where adults can find life balance; children can reach their full potential; seniors can be active and social; and families can connect and strengthen relationships.”

The Gateway Family YMCA offers a variety of programs to help achieve greater health and well-being, nurture youth and inspire individuals to give back to better their community. Program information and registration is available online at tgfymca.org for programs including swimming lessons, youth sports, active older adult fitness, dance, gymnastics, Esports, WISE Community Services and chronic disease self-management programs. Through the 7th Grade Initiative and 7th Grade Leaders Club, youth are supported with a complimentary membership, leadership opportunities and special events.

The Gateway Family YMCA provides individuals and families with the opportunity to improve their health and well-being and connect with the greater community, all while participating in their favorite program or activity, either at the Y, or virtually from home. Social events, affinity clubs, family special events, programs, activities and specialized children’s



theme events provide the variety of activities necessary to keep everyone engaged. No other organization provides the breadth of programming inclusive of all ages.

“Our goal is to provide a seamless opportunity to make healthy living easy and equitable for all ages,” stated Rodger D. Koerber EVP, Chief Operating Officer. “We know that social and mental well-being are increasingly important for all. At the Y, neighbors from all backgrounds and walks of life can discover common ground, broaden their perspectives, and support one another. We like to say there are no strangers, only friends you haven’t met yet.”

As a leading nonprofit committed to strengthening community by connecting all people to their potential, purpose and each other, the Y focuses on empowering young people, improving health and well-being and inspiring action in and across communities. By bringing together people from different backgrounds, perspectives and generations, the Y ensures that all have access to the opportunities, relationships, and resources necessary to learn, grow and thrive. The Gateway Family YMCA is a non-profit charitable organization serving Eastern Union County and Northern Middlesex County for over 123 years. Through the Y’s Annual Support Campaign, Membership For All Financial Assistance is available to those who qualify.

To learn more about The Gateway Family YMCA, visit tgfymca.org or contact the Elizabeth Branch (908-355-9622), Five Points Branch (908-688-9622), Rahway Branch (732-388-0057), or the Wellness Center Branch (908-349-9622) for more information.

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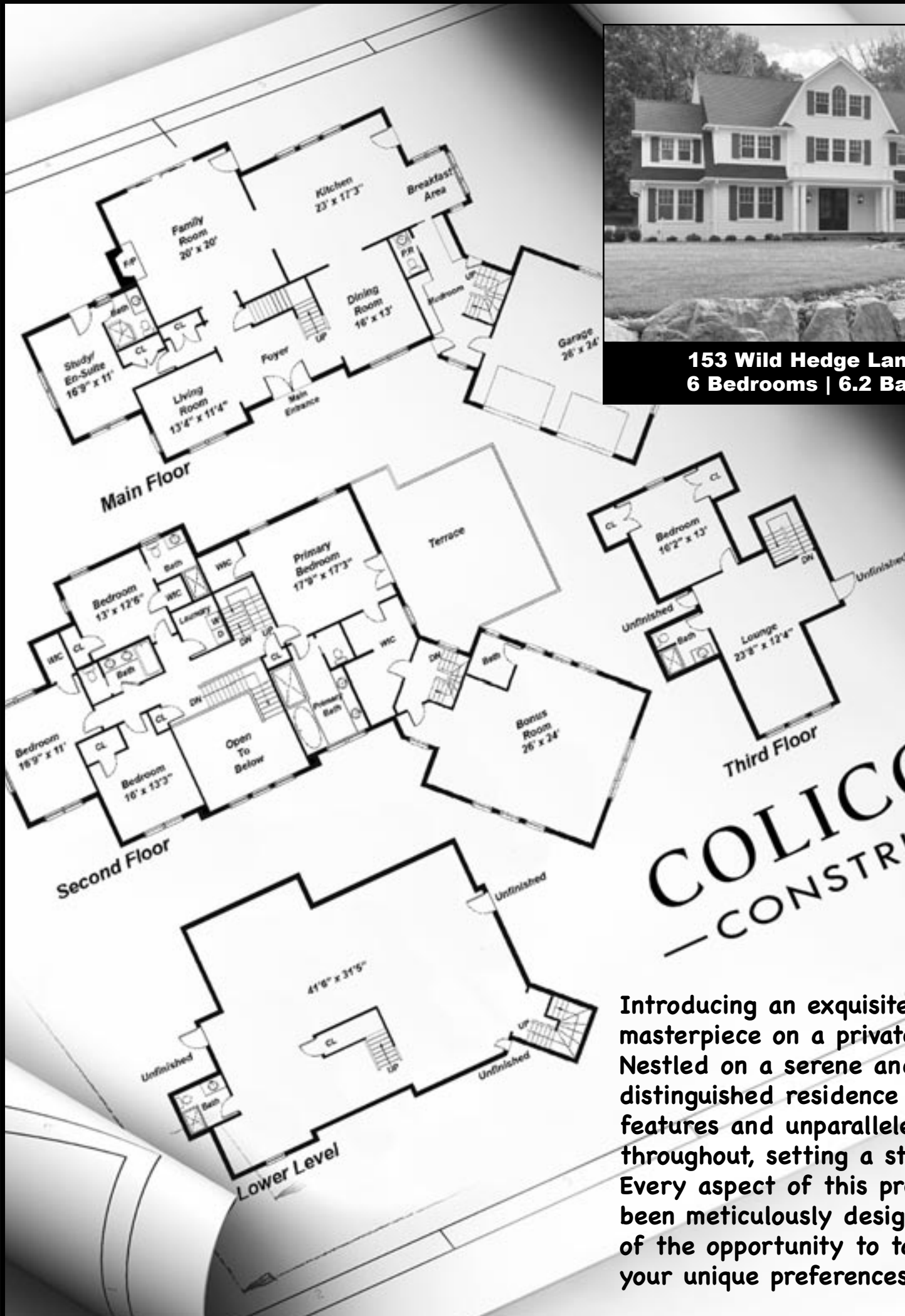
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MEET AND GREET WITH THE ELKS

Submitted by Kristina Petti

The New Jersey State Elks Special Children's Committee held their annual State Ambassador Meet and Greet on Sunday, October 15, 2023. Liam Donovan, Area 4 Ambassador, sponsored by Rahway Lodge, was in attendance with his mother, Cheryl, and sister, Emma. Liam's chaperone Dee King is pictured with the group

as a representative from the lodge. A fun time was had by all celebrating our state poster children.

The purpose of the state ambassador program is to highlight the work that the Elks do for children with special needs.

Check out our website for more information about our ambassador and our other committees at Rahwayelks.org.

FISHING FLEA MARKET NOV. 18TH

The Rahway Fall Fishing Flea Market will be held on Saturday, November 18th, 2023, from 9 a.m. to 2 p.m., at St. Thomas Church Hall, 1400 St. Georges Ave., Rahway, NJ. A wide variety of salt and fresh water fishing tackle will be on display for anglers looking for great buys. New, used, antique, custom fishing and boating items will be available to all. Door prizes will be given away every half hour which include rods, reels, tackle and much more. Food and refreshments are sponsored by St. Thomas Holy Name Society. Admission price is \$5 per adult, children 12 and under are free. For show or vendor information visit fishingfleamarkets.com or call 732-381-2165.



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GIFT & THRIFT BOUTIQUE

Winter is coming, check out our great selection of coats. We will be open Saturday, Nov.25th, to start your Holiday Shopping. We will be having surprise sales throughout the Holiday Season. 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.

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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. Donations are accepted during operating hours.

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

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YOUTH TRAINED PEER SUPPORT GROUPS FOR CHILDREN

Imagine a Center for Coping with Loss

In the 10 years that Imagine has been offering peer support groups for children, youth facilitators have played an important role in the groups for children ages 3-12. Imagine's youth volunteers are high school age and co-facilitate with adult facilitators in support groups for younger kids. Recently, Imagine staff trained twelve young people who devoted a full Sunday to learning the companioning model of facilitation practiced at Imagine. Imagine's youth facilitators are such a valued and essential part of their support group program, and their staff are grateful for the commitment of this new group of youth facilitators and the many others who have been supporting Imagine's kids.

Abigail Preece, Imagine's Program Supervisor ran the training along with their Bilingual Program Manager, Sonia Nuñez. Abigail said this about the new group of youth facilitators: "Imagine's Youth Facilitators are such an inspiring group of people and this training class is no exception. They are an empathic and enthusiastic group and will do an amazing job being present and supportive to our participants. We are so excited to welcome them to the Imagine community!"

Imagine's youth facilitator training program is held once a year in September. If you are a youth who is interested in participating in the 2024 training, Imagine staff recommend you and a parent or guardian schedule a tour of Imagine's center. Tours can be scheduled by visiting Imagine's website at imagineenj.org.

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@imagineenj.org.



(above) Imagine's staff members Paul Muir, and Abigail Preece with youth facilitators Gavin LaConti, Aanya Wright, Alexis Zhang, Arissa Xiang, Elsea Reynoso, Haley Motz, Kira Goldman, Noa Goldstein, Benjamin Ooi, Robert Qi, Chloe Katz, and Jagger Cohen

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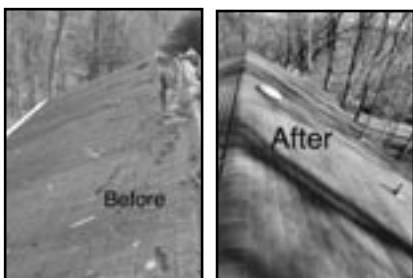


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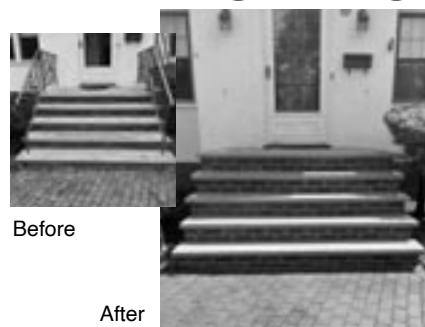


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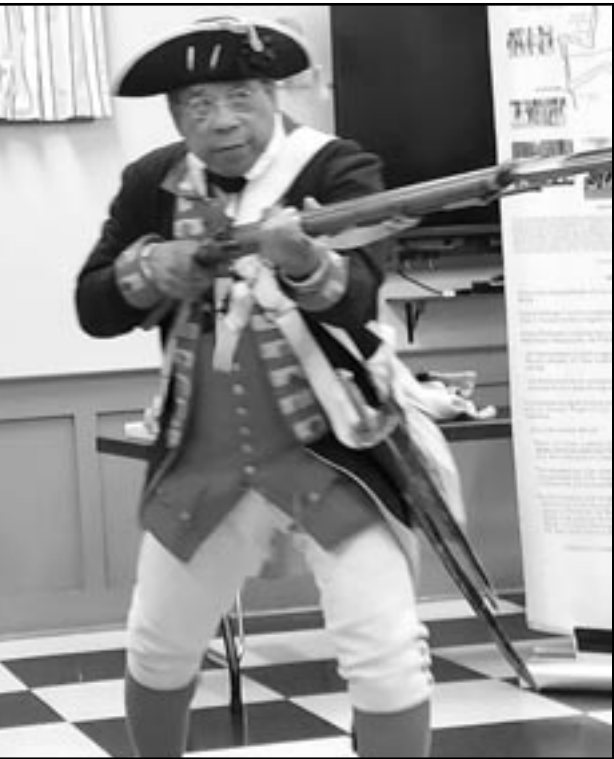


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(above) Mr. Noah Lewis portrays Privates Edward "Ned" Hector of the 3rd PA Artillery, in the American Revolution.

Courtesy photo

WHAT AN OWL KNOWS LECTURE - NOV. 12TH

New York Times Best-selling author Jennifer Ackerman joins The Raptor Trust on Sunday, November 12th, 2023 at 2:00 p.m. for a discussion of her latest book, What an Owl Knows.

We are excited to bring the 2023 lecture back in an in-person format after several years of virtual presentation! We look forward to welcoming attendees just down the road from The Raptor Trust at the Environmental Education Center (190 Lord Stirling Rd, Basking Ridge, NJ 07920).

General Admission tickets are \$10 (\$5 for Senior Citizens). VIP tickets are \$75 include a copy of What an Owl Knows, preferred seating, and an invitation to the Opening Reception where you will be able to meet Jennifer Ackerman (to occur immediately before the event).

We hope you join us for this Owl-tastic event! For more information visit: theraptortrust.org/ldsmf-annual-lecture

The Raptor Trust is a 501 (c)(3) not for profit organization. We are dedicated to the fulfillment of three primary missions: To provide free care and assistance to injured, sick, or orphaned wild birds. To educate people about wild birds, especially birds of prey. To provide a humane example for others.



NATIONAL SOJOURNERS GARDEN STATE CHAPTER #438

Submitted by Chris Sands

National Sojourners Garden State Chapter #348, which has members from around Union County, held their quarterly meeting at the Atlas-Pythagoras Lodge building, located on Central Ave. in Westfield, NJ, on September 14. Mr. Noah Lewis portrayed Private Edward "Ned" Hector from Colonel Proctor's 3rd PA Artillery, Continental Line. Ned discussed the role of Afro-Americans in the Revolutionary War and his heroic role in the Battle of Brandywine, where he saved arms, powder, his horses and wagon during the retreat. Ned also instructed the chapters members on the duties of a cannon crew.

The Chapter is currently fund raising to send high school sophomores and juniors to the

Freedoms Foundation "Spirit of America" Youth Leadership Conference at Valley Forge, PA. We were honored to receive a \$1,500 donation from the H. Hovnanian Foundation to support this effort.

The National Sojourners are a Uniformed Services-Masonic organization that cultivates Masonic ideals, supports all patriotic aims and activities in Masonry, develops true patriotism and Americanism throughout the nation, brings together representatives of the uniformed services of the United States (past and present) in a united effort to further the military needs of national defense, and for opposing any influence whatsoever calculated to weaken the national security. For more information contact chrissands44@aol.com.

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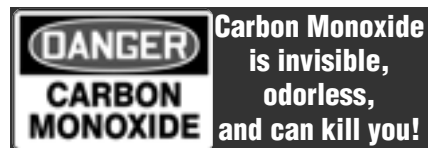
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SUPPORT OUR TROOPS CASINO NIGHT 2023

Bonds of Courage, the NJ Cavalry and Armor Association and the 1-102nd Cavalry Family Readiness Group will be hosting the 12th Annual Support Our Troops Casino Night on Saturday, November 18, 2023, at 7:00 p.m. at the Westfield Armory, 500 Rahway Avenue in Westfield, NJ.

The night will benefit Bonds of Courage and the Family Readiness Groups of the 1st Squadron 102nd Cavalry Regiment, 44th Brigade Combat Team of the New Jersey Army National Guard.

The Headquarters (the 102nd's Forward Support Company) are the units that are assigned to the Westfield Armory. The soldiers, noncommissioned officers, and officers assigned there perform a variety of duties focused on the command and control, operations, administration, logistics, and communication of the squadron. The squadron also has three line units, A, B and C Troop, that are assigned to armories in Dover, West, Orange, and Hackettstown, respectively. Cavalry units perform a variety of functions that include reconnaissance and security; they have a distinct culture and history that promote adaptability, flexibility and taking initiative. New Jersey's cavalry has a rich tradition of service to our state and nation.

The squadron is preparing to deploy again, this time to Iraq and Syria. They are deploying in 2024 in support of Operation Inherent Resolve (OIR), which includes a campaign in both of those countries.

As we prepare for their absence, we hope to continue and even redouble our fundraising efforts. While Bonds of Courage's mission has been to support all Veterans and service members serving all branches of the military, we now turn our hearts and our effort toward the 102nd Cavalry Squadron. They are our hometown heroes.

Bonds of Courage is an all-volunteer organization that serves to support our troops, veterans, and their families. The Family Readiness Group assists the Commander in maintaining readiness for service members and families by promoting self-sufficiency, resiliency, and stability during peace and war.

Tickets are \$60 per person \$ 0 seniors and veterans. Special military ticket pricing available. Tickets include \$75 in gaming chips for casino, buffet dinner, beer and wine, and music.

Business owners, please join the community and consider a donation of product, service, program ad, or sponsorship to our event.

For ticket sales and further information, visit bondsofcourage.org or contact Christine Bradley 703-407-0203, chrisb@bondsofcourage.org or Danielle Bracco 917-301-8751, danielle@bondsofcourage.org.

RELIEF FROM CHRONIC KNEE PAIN FDA Approved Treatment to Avoid Surgery

DON'T BLAME THE ARROW FOR MISSING THE TARGET

Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought Viscosupplementation injections might be the answer, but the results were disappointing and painful. Don't assume the treatment wasn't right. That could very well be like blaming the arrow for its path to the target when the problem might be the archer. If you didn't get the pain relief you were hoping for, chances are your injection treatment was off target. Unlike blind injections or even ultrasound targeted treatments found elsewhere,

Northeast Spine & Wellness Center uses diagnostic fluoroscopy to make sure the area that needs treated is the exact area where the injection goes. This is the most advanced method of delivering this pain relieving treatment with 95% accuracy to give you the results you're looking for. The use of Fluoroscopy guided injections sets **Northeast Spine & Wellness Center** apart. The end result is you living pain free from your chronic knee pain. You can avoid the lengthy and painful road of knee replacement surgery. You can avoid the endless trial and error assortment of potentially addictive prescription medications. This treatment, using fluoroscopy guided injections has seen a success rate of above 85% in those suffering from knee pain related to osteoarthritis, and that includes people with bone on bone involvement. You've suffered from chronic knee pain long enough. Call **Northeast Spine & Wellness Center** now for a RISK FREE consultation.



If Knee Surgery Sounds Scary, It Should

Have you have been told you are facing knee replacement surgery? Have you been told about all the downsides you could be facing? First and foremost, there are NO guarantees that knee replacement surgery will be the answer to your pain, but let's look further:

- Surgery is costly, regardless of the percentage of services covered by insurance.
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.
- With surgery, there is always a risk for unwelcomed complications. And you could be back to where you started, or worse.
- Medications will be required for relief from surgery and you have been down that road before. Additions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

Consider This Alternative To Surgery

Northeast Spine & Wellness Center offers you a real opportunity and a painless way to say goodbye to your knee pain without any surgery. Here are just a few of the important benefits you should consider?

- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections.
- Guided fluoroscopic injections are virtually pain free, unlike blind injections.
- No lost time from work or family.
- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
- Recovery time is almost instant, not months or years.

How Does This New Treatment Work?

Relief begins almost as fast as it takes to pronounce the treatment. It's called Viscosupplementation Therapy. To begin with, it starts with **Northeast Spine & Wellness Center** investing in the use of diagnostic fluoroscopy. This enables them to target the exact location of your knee pain with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. That explains what you will see on the surface of this revolutionary treatment. What's taking place below the surface is how and where the natural healing process takes place. The injection of a Hyaluronic acid called Hyalgan. This gel-like substance was approved by the FDA in 1996. Hyalgan is a natural substance that mimics the synovial fluid that is already produced by your body in your joints. Osteoarthritis sufferers in particular see a reduction in this much needed synovial fluid in their knee joints. Without that cushioning layer of protection, the cartilage in your knee can begin to wear away leading to the rubbing of bone on bone. Through Viscosupplementation Therapy, this natural substance immediately goes to work reducing the swelling and inflammation in the joint and adding a coating layer of protection. Think about Dorothy taking the oil can to The Tin Man. You'll begin to feel that same kind of relief and quite possibly feel like you're ready for a dance down the yellow brick road to recovery yourself. And with a success rate of over 85% in alleviating pain associated with osteoarthritis, it's easy to see why this treatment is so readily covered by Medicare and by most major insurance providers. Diagnostic fluoroscopy to target the pain, Viscosupplementation Therapy to relieve the pain. Simple, fast and no surgery!

Do you Suffer from any of these Symptoms?

There are a number of reasons why you developed Osteoarthritis pain. It can develop with age or because of heredity. It could be from repetitive stress from a job or some glory days in athletics. Of course your concern is with the symptoms you face daily and how to make them end, hopefully without surgery or the use of potentially addictive medications. **Northeast Spine & Wellness Center** understands the symptoms you have been living with and can help. If you have any of the symptoms below, please call us today. Relief is a phone call away.

- **Pain** - Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- **Swelling** - This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult and dangerous just name a few activities affected by swelling.
- **Stiffness** - Getting up out of bed or after sitting for a period of time gets more and more difficult. This loss of mobility can be more than a hindrance. It can be dangerous if you need to move quickly.
- **Loss of muscle strength** - This can lead to balance issues and the strong possibility of falling.
- **Joint deformity** - Not just unsightly, but painful as well.
- **Creaking Joints** - Can be painful and a sign of more discomfort to come.
- **Sleepless nights** - Losing sleep over your suffering is not just irritating, but potentially dangerous because of so many other health concerns that can be affected by loss of sound sleep.

Let Me Show You Targeted Relief From Your Knee Pain

Every day, I see patients suffering from knee pain due to arthritis, osteoarthritis, sports injuries or other conditions. Many have been told that they are in need of knee replacement surgery. Other patients say they have been prescribed various prescription medications to deal with the pain.

Something else I see almost every day, are patients that have tried viscosupplementation knee injections elsewhere and found it to be a painful and ineffective experience because the injections were not administered using fluoroscopic guidance. Instead of using the incredibly accurate diagnostic fluoroscopy we use at **Northeast Spine & Wellness Center** these patients experienced a blind injection technique, which can be as inaccurate as playing pin the tail on the donkey.

Once I am able to explain to my patients about the pin point accuracy of using diagnostic fluoroscopy and the amazing results viscosupplementation can provide, they are thrilled to get started. They are even more thrilled when they feel the relief. Please contact **Northeast Spine & Wellness Center** today to schedule your RISK FREE consultation. Call 732-827-0800



Scot Paris MD, FACS

Here's what our patients have to say

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- Patricia G.

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

- Perry O.

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

- Quenton L.

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KIWANIS CLUB'S 8TH ANNUAL TASTE OF LINDEN

Submitted by June Lazaro

The Grand Banquet Hall in Linden held the Annual Taste of Linden on October 11, 2023. It was wonderful getting back with the community since this event had been placed on hold since 2019. The evening was filled with local restaurants, supporting businesses, neighbors, some spirits and coffee too!

Linden High School (LHS) vocalist and former K Kid, Abigail Armstead, along with the LHS guitar quartet, under the leadership of Bernard Matthews, entertained us with their talents and added a classy homegrown touch to the evening. Commander Boyd Decker and LHS ROTC cadets lent us helping hands and showed their commitment to serving others. Newark Crowne Plaza donated a gift certificate for a stay for an attendant who donated canned foods to LINCS (the local foodbank). Look for the video coverage on the City of Linden's website, the local Linden TV channel, and possibly even YouTube.

Special thanks to The Grand Banquet Hall for creating a great atmosphere, especially Leo from T & L Catering. He served with a smile and

stayed to the end. The City of Linden was a collaborative partner, and their contribution is greatly appreciated. Mayor Armstead spoke proudly of our city's diversification and community mindset. Assistant Superintendent of Linden Public School Mr. Paul Oliveira shared his focus and support.

So many local establishments that I've enjoyed shared their cuisine, time, and staff. This year's participants were Applebee's Grill & Bar, Chevy's Fresh Mex, Craven BBQ, Gold Leaf Pastry Shop, Hook & Reel Cajun Seafood, Inspo Nutrition, Jersey Mike's Subs, Little Havana, Meson Tropical, Metro Liquors, Pinho's Bakery, Primavera's, Starbucks, and T&L/Leon's Catering. Some attendants did not even know that a few of the restaurants were in Linden.

Thanks to attendants, sponsors, and the 50/50 raffle, around \$4,000 was raised.

The Diamond Sponsor was Linden Education Association; Silver Sponsors included Bass &

Temple families, Just in Time Chemical Inc., Linden Chamber of Commerce Division of GECC, Mindful Moving & Storage, Phillips 66 Bayway Refinery, Primerica, So Delicious Ice Cream Inc., Unity Bank Bronze: American Legion Post 102, Stella Tylicki, Al Volpe

Donations received go towards scholarships, sponsoring of our Linden Public School K Kid clubs, and other community projects. Please consider joining our club, as members are aging, and our youth is our future. For information on joining, contact June Lazaro at 908-930-8310 or email her at junlazaro@verizon.net. The Kiwanis Club of Linden usually has monthly Thursday luncheon meetings at Just In Time Chemicals. Meetings can be attended virtually or in person.

The 8th Kiwanis Club of Linden Taste of Linden truly was a success because of our community and fellow Kiwanians. After all was settled, I looked around, and smiled thinking "what a great community gathering". Thank you!



Photos from this and other events can be found online at rennamedia.com and on the Life in Linden page on [facebook.com](https://www.facebook.com/lifeinlinden). Feel free to "Like", "Tag" and "Share."

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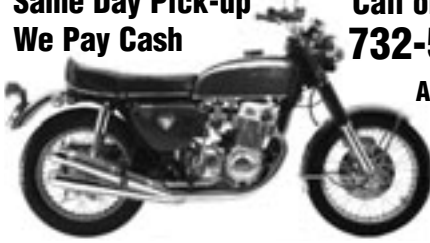
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2023 GENERAL CASIMIER PULASKI DAY PARADE

Submitted by City of Linden Councilwoman Michele Yamakaitis

The City of Linden was well represented at the 2023 Pulaski Day Parade. The contingent marched down 5th Avenue in New York City on Sunday, October 1, with Linden city officials, the Linden Fire and Police Departments, students from Catechetical Center Polish Supplementary School of Karol Woitya, which is located in St. Theresa's Roman Catholic Church, and church parishioners.

One highlight from the parade was the President of Poland, Andrzej Duda, greeted the Linden Contingent and Mayor Derek Armstead, Council President Michele Yamakaitis, Linden Pulaski Parade President Agnieszka Czajkowska, and 2022 Linden Marshal Chief David Hart.

The names of our 2023 Linden Contingent are as follows:

Grand Marshal: Sgt. Bartlomiej Glab, grew up and worked in Linden, he is a parishioner of St. Theresa's, and currently serves as a Sgt. in the Madison Police Department.

Miss Polonia: Sonia Matany is a student at Linden High School and attends Catechetical Center Polish Supplementary School of Karol Woitya at St. Theresa's church.

Junior Miss Polonia: Milena Glab, is a student at the Catechetical Center Polish Supplementary School of Karol Woitya at St. Theresa's, and served as the 2022 Little Miss Polonia from Linden.

Little Miss Polonia: Olivia Debinski, is a third grade student at Linden School No. 6, attends Catechetical Center Polish Supplementary School of Karol Woitya at St. Theresa's, and is a member of the St. Theresa's Polish Scout group.



(above) The President of Poland, Andrej Duda, posed for a photo with Linden Mayor Derek Armstead, Council President Michele Yamakaitis, Linden Contingent President Agnieszka Czajkowska, Linden Police Chief David Hart, and members of the Linden Contingent.

Photos by Michele Yamakaitis



(above, left) Linden Contingent Marshal Sgt. Bartlomiej Glab, his wife, Kasia Glab, and their daughter, Junior Miss Polonia Milena Glab.
(above, right) 2023 Miss Polonia Sonia Matany

SALEM ROADHOUSE CAFÉ NOVEMBER SHOW

Salem Roadhouse Café presents Robert Hill Band on Saturday, November 11, 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 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.

The Robert Hill Band has been at the Roadhouse Café many times before, and each time is a unique, exciting experience for the audience. Robert has been inducted into the NY Blues Hall Of Fame in 2014. He not only does incredible slide guitar work, he also does original songwriting and has won numerous competitions. Vocalists Rae Simone and Paulina Hill bring

backgrounds rooted in Blues, Motown, Jazz, R&B and Soul. Rae has been featured in Rolling Stone. Paulina, Robert's daughter, has been performing with her father since the age of ten. She has received the Rising Star Award for New Jersey from the Papermill Playhouse. She is also a veteran performer of many musical theater productions. Eric Puente, on drums and Ed Alstrom on Hammond B3 have toured with some of the biggest names in music, including Donlad Fagen, Al Green, Blondie, Levon Helm, Dr. John and numerous others.

The band adds their own unique interpretations to traditional blues classics, as well as performing many of their own compositions. With searing slide guitar, exceptional vocals, and a rhythm section of seasoned veterans, they are known for

jaw-dropping, entertaining performances.

This promises to be a very special, exciting show with some other possible 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 at 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.



AMERICAN LEGION & VFW POST BREAKFASTS

PANCAKE BREAKFAST – NOVEMBER 19, 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 – NOVEMBER 25, 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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LIBRARY PROGRAMS

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.

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.

De-Stress Fest

November 8 at 6:30 pm

Movie: 1917 (2019;R; 1hr 59min)

November 14 at 1 pm

Adult Craft Club- Thanksgiving Serving trays

November 15 at 6:30 pm

Movie: An Officer and a Gentleman (1982;R; 2hr 4min)

November 21 at 1 pm

Movie: About My Father (2023;PG-13; 1hr 29min)

November 28 at 1 pm

Project B.E.S.T. Vision Screening

November 30

Registration Required

Holiday Book Bingo

December 1 at 2:30 pm

Friends of the Library Wrap and Yap

December 2 from 9 am- 2 pm

Friends of the Library Wrap and Yap

December 4 from 4:30-8:30 pm

Movie: Book Club: The Next Chapter (2023;PG-13; 1hr 47min)

December 5 at 1 pm

Book Club: What Lies in the Woods by Kate Alice Marshall

December 6 at 6:30 pm

Sigma Alpha Iota National Music Fraternity Central NJ Alumnae Concert

December 9 at 1 pm

Movie: Eight Gifts for Hanukkah (2021; TV-G; 1hr 24min)

December 12 at 1 pm

Movie: A Christmas Story Christmas (2022; PG; 1hr 38min)

December 19 at 1 pm

Adult Craft Club- Wreaths

December 20 at 6:30 pm

Movie: New Year's Eve (2011; PG-13; 1hr 58min)

December 26 at 1 pm

WRITE IN PROGRAMS

November is National Novel Writing Month! To help our patrons meet their writing goals Linden Public Library is offering 3 Write-In events. Come work on your novel and enjoy snacks provided by the Friends of Linden Library! All programs will be held in the Columbia Bank Room, dates and times are as follows:

November 4 from 12-4 pm

November 9 from 11-2 pm

November 20 from 5-8:30 pm

For more information on NaNoWriMo visit nanowrimo.org.

ELKS SCHOLARSHIP HELPS STUDENTS PURSUE THEIR GOALS

The Elks National Foundation is proud to announce the start of the 2024 Elks Most Valuable Student scholarship contest. The MVS scholarship is available to high school seniors who are United States citizens. Applicants do not need to be related to a member of the Elks. The judging criteria is based on academics, leadership, service, and financial need.

The application is completed online and must be submitted by the November 13, 2023, deadline. The 500 national winners will be announced in April 2024. The top 20 national finalists will participate in the Leadership Weekend in Chicago and receive \$30,000 scholarships. The remaining 480 runners-up will receive \$4,000 scholarships.

This year, the Elks National Foundation is investing more than \$4 million in college scholarships. MVS scholars—all of whom demonstrate outstanding leadership skills and a commitment to service—are graduating from

college at a rate of 90 percent, 30 percent higher than the national average.

Since 1931, the Elks National Foundation has awarded life-changing scholarships to thousands of students like William Jones, a 2023 top winner. Jones' scholarship will help him attend Texas A&M University to study agricultural engineering.

"My ultimate career goal encompasses working as an agricultural problem solver through mechanical development and usage education," says Jones. "This goal centers around creating or improving efficient machines to feed today's world as well as the world of my children, their kids, and the generations beyond."

Applications for the 2024 contest are available on the Elks National Foundation's website. For complete Most Valuable Student scholarship contest details, including the application, visit enf.elks.org/MVS.



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11/11 – “Celebrate Veterans Day” – USA!
11/23 – “Happy Thanksgiving”

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Tanqueray Sterling	1.75L	\$30.99
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