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YMCA RAPIDS SWIM TEAM AUGUST TRYOUT DATES

The Gateway Family YMCA will have tryouts for the 2024-2025 Fall/Winter Rapids Swim Team at the Gateway Family YMCA – Rahway Branch, 1564 Irving Street, Rahway. Tryout session options include Thursday, August 8 6:00-8:00pm, Sunday, August 11 1:00-3:00pm, Wednesday August 14 6:00-8:00pm or Thursday, August 15 6:00-8:00pm. Swimmers, ages 6 –18 are invited to visit the YMCA to try out for the Rapids Swim Team during any of the tryout dates. No advance registration is necessary. Swim team tryouts consist of demonstrating abilities for each of the four competitive strokes. For individuals who have been on the swim team previously, no tryout is necessary.

“Competitive swimming at the YMCA combines a sense of collaboration and belonging for our athletes, a celebration of individual and team achievements, along with positive and supportive relationships with coaches and mentors,” stated Melynda A. Disla, President and CEO, The Gateway Family YMCA. “We provide a continuum of aquatic programming beginning with foundational support in Safety Around Water and YMCA Swimming Lessons. The Rapids competitive swim team is the natural progression and next step for our experienced young swimmers, while providing an ideal environment for cognitive, physical, and social-emotional development.”

Registration for the 2024-2025 Fall/Winter



(above) The Gateway Family YMCA will have tryouts for the 2024-2025 Fall/Winter Rapids Swim Team at the Gateway Family YMCA – Rahway Branch, 1564 Irving Street, Rahway in August.

Courtesy photo

Rapids Swim Team will begin on August 8th online at tgfymca.org or in person at the YMCA. The Gateway Family YMCA Rapids Swim Team is available for children throughout the communities served by The Gateway Family YMCA in Eastern Union County and Northern Middlesex County.

“The Gateway Family YMCA offers a competitive swim team year-round, including quality coaching and advance technique instruction, in a collaborative and competitive team atmosphere” stated Rodger D. Koerber, EVP, Chief Operating Officer, The Gateway Family YMCA. “Our goal is to provide every athlete an opportunity to improve swimming skills and achieve success at their individual level of ability, while working together as a team.”

The YMCA competitive swim season typically runs from September through March; with dual meets starting in October and Championship meets starting in February. Because the Rapids swim team competes against other YMCA’s in the league, swim meets are held at The Gateway Family YMCA - Rahway Branch, at the site of the competing YMCA team or a championship swimming facility.

As a leading nonprofit committed to youth development, the Y has been a leader in providing swim lessons, teaching water safety and inspiring competitive swimmers. The Gateway Family YMCA continues to help youth and adults experience the joy and benefits of swimming, so they can be healthy, confident and secure in the water. Aquatic programming includes swim lessons for all ages, starting with parent/child lessons through adult, water exercise, recreational family swim, and competitive swimming. To ensure that everyone has an opportunity to participate, financial assistance is available to those who qualify.

To learn more about The Gateway Family YMCA’s Rapids Swim Team or other aquatics programs, please visit tgfymca.org or contact the Rahway Branch at 732-388-0057.



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23RD ANNUAL DRIVE FOR AUTISM GOLF EVENT

Drive for Autism Foundation

The Drive for Autism Foundation is pleased to announce that its annual golf event, Drive for Autism XXIII will be held at Royce Brook Golf Club in Hillsborough, NJ on Monday September 16, 2024.

The Drive for Autism Golf Outing, which has been held since 2002 has raised and distributed over \$855,000 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), Young Life (greater Summit area), Eden II/Genesis Programs (Staten Island, NY), Spectrum360 - formally The Children's Institute (Verona, NJ), and Seton Foundation/Mother Francheska Elementary School (Staten Island, NY).

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/DriveforAutismXXIII

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 2024

The Drive for Autism XXIII is scheduled for Monday Sept 16, 2024, at Royce Brook Golf Club in Hillsborough, NJ. 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 birdease.com/DriveForAutismXXIII, call 908-451-8033 or email driveforautism@comcast.net.



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FILMS AT THE LIBRARY

In August, the Linden Public Library celebrates the 125th anniversary of the master of suspense, Alfred Hitchcock, who was born in London, England on August 13, 1899. We also feature seven others movies, both past and recent, to beat the summer heat. All films are shown free-of-charge at the library, located at 31 East Henry Street in Linden.

Heaven is for Real (2014; PG; 99 mins)

Thu, Aug 1 @ 1:00 p.m.

Mean Girls (2004) (2004 PG-13; 97 mins)

Tue, Aug 6 @ 1:00 p.m.

Mean Girls (2024) (2024; PG-13; 112 mins)

Thu, Aug 8 @ 1:00 p.m.

Psycho (1960; R; 109 mins)

Tue, Aug 13 @ 1:00 p.m.

Suspicion (1941; 99 mins)

Tue, Aug 13 @ 7:00 p.m.

Rear Window (1954; 112 mins)

Thu, Aug 15 @ 1:00 p.m.

Dune (2021; PG-13; 155 mins)

Tue, Aug 20 @ 1:00 p.m.

Ghostbusters: Frozen Empire (2024; PG-13; 115 mins)

Thu, Aug 22 @ 1:00 p.m.

Dune: Part Two (2024; PG-13; 166 mins)

Tue, Aug 27 @ 1:00 p.m.

An American in Paris (1951; 113 mins)

Thu, Aug 29 @ 1:00 p.m.

LIBRARY PRESENTS FOSTER PARENTING AND ADOPTION INFORMATION SESSION

The Linden Public Library will present a program about foster parenting and adoption in New Jersey. The event will be held at the library on Tuesday, August 6th at 6:00 p.m. All in the community are invited to attend.

Kimberly Geller of the New Jersey Division of Child Protective Services will present this informative talk. Topics to be discussed will include the requirements for becoming a foster parent; how to begin the process of becoming a

foster parent; and how to adopt children who are already in the public welfare system. Ms. Geller will answer audience members questions.

Located at 31 East Henry Street in Linden, the Linden Public Library has served the social, cultural, educational, and public interest needs of Linden since it was founded in 1928.

If you have any questions about this or other programs, call the library at 908-298-3830.

BLOOD DRIVE - AUGUST 26

The Linden Public Library is proud to sponsor a blood drive with the New York Blood Center (NYBC). It will be held at the library on Monday, August 26th from 12:30 to 6:30 p.m. The Linden Public Library is located at 31 East Henry Street in Linden.

Donors must be in good health; 17 years or

older (16 with a parent or guardian's written consent and 76+ with physician consent); and weigh at least 110 pounds (donors aged 16-18 have additional height and weight restrictions).

For additional information and eligibility requirements, please check the NYBC's web site at: nybc.org/donate-blood/donor-eligibility

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YOUTH FACILITATORS SOUGHT – TRAINING IS IN AUGUST

Imagine, A Center for Coping with Loss

If you're a high school age youth interested in training to become a volunteer facilitator at Imagine the next training will take place over two days beginning on August 28th and concluding on August 29th and interested volunteers should plan to attend both days of the training. The training will be held from 10 a.m. – 1 p.m. each day. Please visit Imagine's website at

imaginenj.org to learn more about volunteering with Imagine and to complete an interest form for our upcoming training. Questions about training to be an Imagine facilitator can be directed to Imagine's Clinical Program Supervisor, Abigail Priece, LPC at abigail@imaginenj.org.

Imagine's youth facilitators partner with our adult volunteers as they facilitate Imagine's peer support groups for children. Youth facilitators are

an integral part of Imagine's team as they create safe spaces where Imagine's young participants can share their stories or use play as an outlet for their feelings of grief.

One of Imagine's former youth facilitators said this about her experience as a volunteer:

"Being a part of imagine as a youth facilitator not only made my high school experience, it made me who I am today. I am so honored to be a part of a community that holds a space for so many families they can find nowhere else, as well as one that creates a space where us too as volunteers grow, and learn, and listen. At Imagine, I gained things that I don't think are accessible elsewhere, all while hopefully adding to someone else's life." The staff at Imagine are so grateful for the time that youth volunteers commit to their programs and for the unique perspective and empathy that they bring to their support groups.

Imagine is a 501c3 that offers grief and loss education and training to the community and 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. For more information please contact Imagine at 908-264-3100 or info@imaginenj.org or visit our website at imaginenj.org.

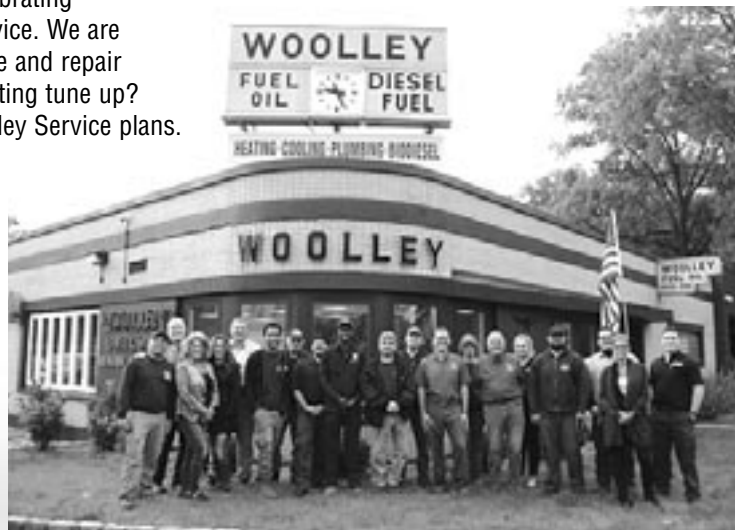


(above, l-r) Participants in Imagine's recent youth facilitator training proudly displaying their certificates of completion: Tim Jiao, Addy Oni, Ava Handler, Amanda Linde and Lauren Glasofer

Courtesy photo

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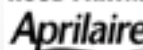
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Tue, August 27	Larger Than Life - Ultimate Boyband	Pop
Tue, September 3	The Kootz	Classic Rock & Pop
Fri, September 6	Comedy Under the Stars with Bob Sumner	Comedy
Thur, Sept 12	House Music Fest	House Music
Fri, September 20	Blues People Pre Jazz Fest	Blues



Concert events will begin at 7:30PM and end at 9:00PM *Comedy Under The Stars will begin at 6:30PM and end at 9:00PM
House Music events will begin at 4:40PM and end at 9:00PM *Legends of Linden event will begin at 3:00PM and end at 7:00PM

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CENTER FOR HOPE AUXILIARY FUNDRAISING CONTINUES

Submitted by Dana Gillie

The Center for Hope Hospice and Palliative Care Auxiliary hosted its annual Wine Tasting Fundraiser recently. During the event Dolores Paruta, president of the Auxiliary, presented Frank Brady, president of the Center for Hope Hospice and Palliative Care with a check for \$75,000. Our Auxiliary raises funds to support the Charity Care Program at the Center providing financing for patients who are unable to pay for the services of the Center. Last year alone the Auxiliary was able to donate well over \$100,000. These funds are raised through events sponsored by the Auxiliary such as the Wine Tasting in the spring and our Baskets of Hope luncheon fundraiser in the fall. The Hope Chest thrift store, located on Prospect Street in Westfield, is manned fully by volunteers and is the auxiliary's major fundraiser.

The Auxiliary's next fundraiser will be the Baskets of Hope on October 6, 2024, at the Gran Centurions in Clark. Please contact the Hope Chest, 908-233-9973, or the Center for Hope Hospice and Palliative Care, 908-889-7780, for further information regarding the event.

The Auxiliary is always happy to welcome new members and information on membership can be found at the above numbers or on the Center's website - cfhh.org.



(above) Auxiliary president, Dolores Paruta and Center for Hope Hospice and Palliative Care President Frank Brady.

Courtesy photo

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JUNIOR FIRE ACADEMY GRADUATION

LINDEN POLICE YOUTH ACADEMY CLASS #6



Linden Police Department

A ceremony on Friday, July 19, 2024, to celebrate the Linden Police Youth Academy Class #6 graduation.

Thank you to the Elected Officials, local businesses, and emergency services partners who gave their time, money, and support to make this program possible. As the saying goes, it takes a village, and this program would not be possible without the support and generosity of our partners.

Derek Armstead Mayor of Linden, Council President Michele Yamakaitis, and the members of the City Council, Linden P.B.A. Local #42, Linden Police Superior Officers Association, Linden Fire Department, Linden Recreation, Linden Buildings & Grounds, Columbia Bank of Linden and the Columbia Bank Foundation, Shoprite of Linden, Villani Bus Co Paul Dudley, Councilman Ralph Strano, and the Linden Airport staff, U.S. Navy, U.S. Army, Union County Sheriff's K-9 Unit, Union County Police Department, Union County SWAT, U.S. Customs and Border Protection and the New Jersey State Police Aviation Unit.

City of Linden

The Linden Fire Department Junior Fire Academy hosted a graduation ceremony on Friday, June 28, 2024, at the JTG Center. The junior fire cadets received certificates, award recognitions, and watched a video presentation.

The week-long Junior Fire Academy is available to Linden children entering 7th and 8th grades and provides an opportunity to educate Linden youth about the Linden Fire Department's routines. Linden Fire Department instructors demonstrated engine and ladder truck operations, rope rescues, car extrication, HazMat, hose handling, and more.

The basic training included physical fitness, department operations, fire science, HazMat, First-Aid, and CPR. "We provide Linden youth with the technical skills and comprehensive training in the fire service, while developing their

physical fitness, leadership and lifesaving skills," said Deputy Fire Chief Kevin Brady.

"The Academy's goal has always been to inspire our youth about the possibility of a future career in firefighting, while enabling them to experience various aspects of firefighting and EMS training that help prepare for real life emergencies," said Mayor Derek Armstead. "I am so proud of the certified cadets and am glad that they've achieved this level of fire safety training experience."

The City of Linden welcomes and encourages all City of Linden residents to join various programs. The Linden Fire Department Junior Fire Academy graduates had a wonderful time with their families at the graduation. "Inclusion and diversity are critical, especially when it pertains to our children," said Mayor Derek Armstead.



(above) Mayor Derek Armstead and Junior Fire Academy cadets.

Courtesy photo

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Michael D Boll, NJVN President

For the last few years, the New Jersey Veterans Network (NJVN) has been helping veterans with resources and assistance with their mental health conditions. Over time we came to realize that the veteran's family was being affected by their struggles as well. Our team had to learn how to include their family members in our outreach efforts. We lose 22 veterans each day to suicide, and they leave behind grieving families. Recently, we decided to make sure all veteran family members can use the same resources that our team has available for veterans. Sometimes

we forget about the sacrifices our veteran families have to make and this country should appreciate them for this.

One thing our team decided to do was to have Gold Star families meet disabled veterans at our events, so they can work together and form a bond. This effort was extremely affective and immediately brought joy to both the Gold Star families and to the disabled veterans. By adding veteran family members to the team, it allows us to work together on our peer support and recreational therapy programs. We are honored to have veteran family members to work alongside us and know they are just as committed with helping our veterans live a better way of life.

If you need assistance, or would like to join the team as a volunteer, please send us your name, email, and phone number to NJVN1775@gmail.com.

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 is 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 visit njvn.org.



(above) Michael D Boll, NJVN President, with Dina and Tom Duffy who lost their son Tom Duffy, a Marine Corporal and Afghanistan War veteran.

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URGENT NEED FOR ADVOCATES FOR YOUTH IN FOSTER CARE

Information sessions are scheduled for August

The afternoon that five-year-old Bella's mom failed to pick her up from kindergarten, she and her little brother Ethan, age two, would see their lives change. As Bella waited at school, calls were made to locate mom – who suffers from schizophrenia. When it was learned mom had been hospitalized, the Division of Child Protection and Permanency became involved and, upon arriving at the family home, it was discovered there was no food, furniture, or other necessary items. It was then that life in foster care for Bella and Ethan began.

Bella and Ethan are among more than 500 children who need to be removed from their homes in Passaic and Union counties each year due to abuse and/or neglect. Separated from all they've ever known, the road ahead is long, and they need a caring, consistent adult in their corner to protect their best interests. That's where Child Focus comes in. Specifically, its Court Appointed Special Advocate (CASA) program and, right now, there is an urgent need for volunteers – including those bilingual in both English and Spanish – to step up and train as child advocates for waiting children.

The next advocate training series will be held from 5:30 to 8:30 p.m. Tuesdays and Thursdays September 12 through October 22 in Clark. Those interested must first attend any one of the following information sessions: Wednesday, August 14 at 5:30 p.m. at the Colleen Fraser Building, 300 North Avenue, Westfield; Thursday, August 22 at 5:30 p.m. at the Rahway Library, 2 City Hall Plaza, Rahway; and Wednesday, August 28 at noon at the Child Focus office, 1143 East Jersey Street, 2nd Floor, Elizabeth. Register now at casapassaicunion.org/info-session.

Said Executive Director Erica Fischer-Kaslander, "We are committed to recruiting, screening, and training advocates for every child

in both Passaic and Union counties who needs one. It is difficult to overstate the difference a CASA volunteer can make in the life of a child removed from home through no fault of their own, due to abuse or neglect." She added, "Children with volunteer advocates are more likely to have needed services ordered on their behalf, spend less time in the foster care system, and experience significantly better outcomes than those who go without. Becoming a CASA volunteer requires a significant time commitment and training, but volunteers often find the work as life-changing for themselves as it is for the children they help."

CASA volunteers receive professional training on the ins and outs of advocating for children in foster care and are fully supported by CASA staff members. No special background in child welfare or law is necessary; successful CASA volunteers are dedicated community members with varied life experiences. CASA volunteers visit the children, make unbiased observations, interview others in the child's life, and make recommendations to the judge. They often are the only consistent adult in the life of a child involved in the child welfare system, as caseworkers, professionals, and placements can be ever-changing. A CASA volunteer provides continuity during a time of chaos and unknowns.

ABOUT CHILD FOCUS:

Child Focus champions the needs and well-being of infants, children and teens impacted by, or at risk of, abuse or neglect by amplifying their voices and working toward lasting, permanent solutions that address their unique situations and provide support needed to thrive. This critical work is accomplished through three distinct but complementary programs: CASA of Passaic and Union Counties, NJ Safe Babies Court Team, and the Open Door Store. For more information, log on to childfocusnj.org.

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Peripheral Neuropathy

is a condition that affects millions of Americans, commonly resulting in pain, tingling, numbness, and other painful symptoms in the hands, legs and feet. This pain changes your life and affects how you work, how you play and how you live.

How do you know if YOU have Peripheral Nerve Damage?

Peripheral neuropathy is the consequence of damage to your peripheral nerves. There are over 100 different kinds of peripheral nerve disorders or neuropathies – some are the result of a disease like diabetes, while others can be triggered by a viral infection. Still others are the result of an injury or compression on the nerves. No matter where the problems begin, it is imperative nerve disorders are resolved as soon as possible to prevent permanent damage.

Many people suffer with pain for years, not realizing that their symptoms may be due to Peripheral Neuropathy. Symptoms start gradually, then get worse, including numbness, burning or tingling sensations and sharp, electrical-like pain. Treatment options have been limited to a small assortment of pain medications, which can lead to further issues. Ignoring the problem or masking the symptoms has never been a viable solution. If you suffer from any of the aforementioned symptoms, we can help.

New FDA-cleared treatments provide hope

Northeast Spine and Sports Medicine is pleased to announce their new program for treating Peripheral Neuropathy, which includes a combination of advanced FDA-cleared treatments with breakthrough technology that aids in healing the damaged nerves.

What does Peripheral Neuropathy look like?

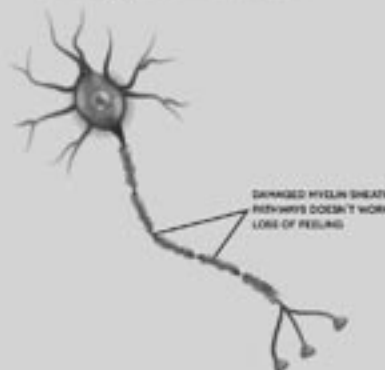
Healthy Nerve Cell

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Damaged Nerve Cell

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The effects of this program can be felt on the first few visits. This treatment restores, stabilizes, and rebuilds the nerves in your extremities. Treatment has also been effective in addressing painful symptoms of arthritis, MS, and other forms of chronic pain. Patients generally feel relief physically throughout the treatment period and even feel better emotionally after experiencing a reduction in pain.

Why Northeast Spine & Sports Medicine?

Northeast Spine and Sports Medicine offers some of the most advanced, non-surgical, FDA-cleared procedures for relieving chronic pain. Our multidisciplinary approach utilizes the latest medical technology. We offer programs and procedures that will improve your health with the utmost safety and precision. We will provide you with an accurate diagnosis and recommend a program that best fits your needs.

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-The Northeast Spine and Sports Medicine Team

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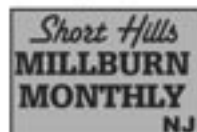
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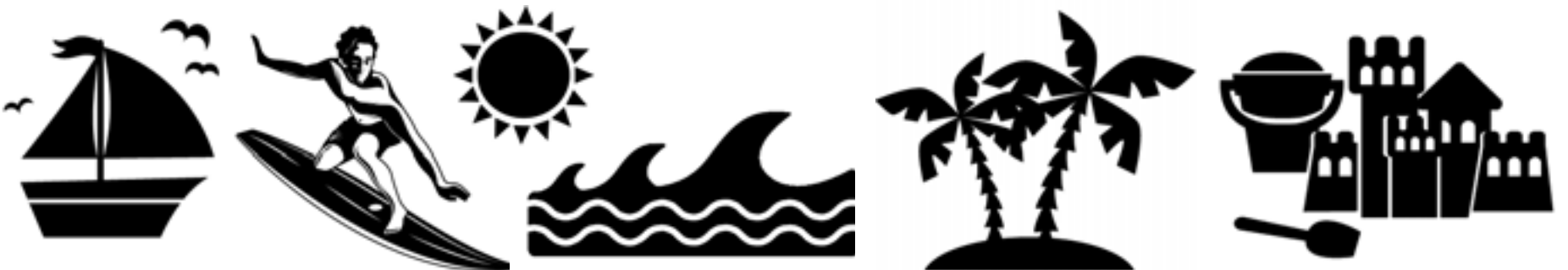
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