# LIFEINLINDEN

Published by Renna Media On-line at RennaMedia.com

**Issue 187 • October 2025** 

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#### **WANDA GREEN HONORED ON SEPTEMBER 11TH**

On September 11, 2025, Linden's Fire and Police Departments were joined by Linden High School ROTC students to honor Linden's own Wanda Green, and all those who lost their lives during the September 11th attacks. During a moving ceremony Ms. Green's family shared heartfelt words in remembrance of her life and legacy. Their tribute reminded us not only of her courage, but also of the strength and sacrifice of so many on that fateful day. She was 49 years old and the mother of of two children, Jennifer, 21, and Joe Benjamin, 18.

Mrs. Green, who worked as a United Airlines flight attendant for 29 years and was getting ready to retire, was aboard the hijacked United Flight 93 from Newark to San Francisco when it crashed in rural Pennsylvania.

Wanda followed her childhood dream. "As a teenager, she always wanted to fly, so she finally got her wings," said her mother, Aserene Smith. As a young woman, Wanda Green sought her mother's blessing to become a flight attendant. Though Aserene Smith was hesitant, she finally relented, and Wanda Green became one of the first African-Americans to join United Airlines as a flight attendant, according to her mother.

Wanda Anita Green, 49, loved to help. Whether she was listening to neighbors at their front gates in Linden, befriending the families she helped to find homes as a real estate agent, or comforting children during rough landings as a part-time United Airlines flight attendant, Wanda Anita Green delighted in helping others.

Green, 49, was an earnest listener who never judged, said her longtime friend and fellow flight attendant Sugar Manley. "She would stay up all night with you, she just cared for your soul, your spirit," said Manley.

As a deacon at Linden Presbyterian Church, Mrs. Green visited people in local hospitals, and volunteered her time for church activities, said her daughter, Jennifer Green.

Mrs. Green adored dancing the cha-cha and the slide, said Manley, but she wouldn't buy herself new dancing shoes unless her children each had two pair. "Oh, she would sacrifice it all for her

On September 11, 2025, Linden's Fire and children," said Manley. "Her shoes might have had a slight hole in them, but she wouldn't do for herself. Her kids came first."



Photos by City of Linden









# LIFEin LINDEN

Renna Media, LLC, Publishers 202 Walnut Ave., Cranford, NJ 07016

Life In Linden is published by Renna Media. 18,000 newspapers are printed monthly and mailed to every business and resident in Linden, NJ. Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

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#### NATIONAL SENIOR HEALTH & FITNESS DAY® ON OCTOBER 29TH

The Gateway Family YMCA will join over 1,000 local groups nationwide to celebrate the 32nd Annual National Senior Health & Fitness Day (NSHFD) on Wednesday, October 29, 2025. As an official host site, The Gateway Family YMCA is providing a Community Open House with activities like Swimming, Group Exercise, Water Exercise, Blood Pressure Self-Monitoring, Health Screenings and Information at Y branches



in Elizabeth, Rahway and Union. For details on individual Y branch events, classes and times, visit tgfymca.org/events

During National Senior Health and Fitness Day, participants will join with an estimated 100,000 older adults across the country participating in local events to help promote active, healthy lifestyles through physical activity, good nutrition and preventative care. The Gateway Family YMCA, Shaping Elizabeth and Shaping Union County will be hosting this year's event, along with local community partners to participate in a YMCA Community Open House with information and activities provided free of charge.

A Virtual Open House is also available for individuals who cannot easily access the YMCA for Senior Health & Fitness Day on Wednesday, October 29th with a schedule of group exercise programs available through Zoom.

"Older adults at all levels of physical fitness are encouraged to participate in National Senior Health & Fitness Day," says Patricia Henze, National Senior Health & Fitness Day program manager. "Our event goals are to increase awareness of the benefits of regular exercise, and to encourage all older adults to take advantage of the many health and fitness activities offered in their communities, as well as online."

The Gateway Family YMCA also provides

chronic disease self-management programs open to the local community. Interested participants can register for the Blood Pressure Self-Monitoring Program (BPSM), Group Lifestyle Balance Diabetes Program, Diabetes Management Program, LiveSTRONG at the YMCA or the Veterans Wellness Initiative at tgfymca.org or contact 908-349-9622 or bpsm@tgfymca.org for additional information.

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

Shaping Eastern Union County is committed to improving the health and well-being of county residents and creating strategies to support improved health, nutrition and physical activity for all. Shaping Elizabeth, Shaping Rahway and Shaping Union are also sponsoring this event.

National Senior Health & Fitness Day is the largest event of its kind, organized by the Mature Market Resource Center, a national clearinghouse for professionals who work with older adults. For more information about National Senior Health & Fitness Day, visit fitnessday.com.

For more information about The Gateway Family YMCA visit tgfymca.org or contact the Y at 908-349-9622.











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#### **CANINE COMPANIONS CELEBRATING 50 YEARS**

#### Canine Companions

Mike Saverino was recently matched with his third Canine Companions service dog names Arbor. Mike is overjoyed about how Arbor has picked up right where his retiring service dog Webster left off, making a difference in Mike's daily life.

Arbor II is a two-year-old lab-golden retriever cross specially bred and trained by Canine Companions to serve people with disabilities. Arbor knows over 40 professional commands to assist Mike in his daily life. Arbor opens doors, turns on lights, and picks up dropped items for Mike to name just a few.

Mike enjoys sled hockey, weightlifting, and is heavily involved in the Canine Companions New Jersey Volunteer Chapter.

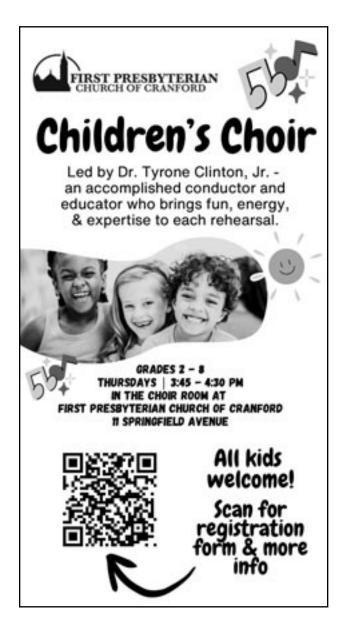
About Canine Companions: National nonprofit Canine Companions is celebrating 50 years of empowering people with disabilities to live with greater independence — and it all started with a service dog named Abdul. Canine Companions invented the concept of the modern service dog in 1975 and has since placed more than 8,200 expertly trained dogs at no cost to clients, entirely supported by donations. Today, as America's first and largest provider of service dogs, Canine Companions leverages seven locations across the country to serve adults, children and veterans with disabilities as well as professionals working in health care, law enforcement and educational settings in all 50 states. Volunteer, donate and learn more at canine.org.





(above) Mike Saverino & service dog Arbor

Courtesy Photo



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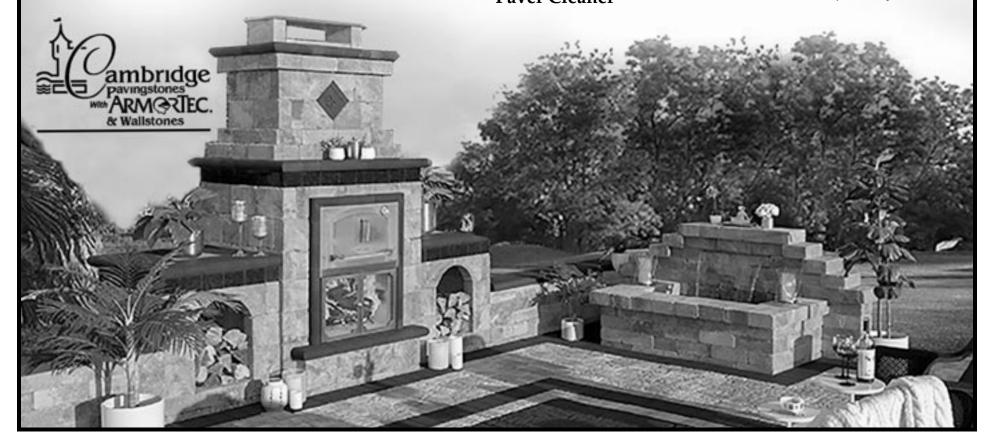
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# A BELOVED ART EVENT MAKES A REMARKABLE RETURN TO THE ARMORY

Westfield will once again will play host to a remarkable art event - one unlike any other in the greater New York metro area.

First launched in 1982 as the Westfield Craft Market, this event enjoyed a 20-year run, earning a reputation for quality and community spirit. Now, producers Richard & Joanna Rothbard - owners of An American Craftsman Galleries in NYC and Great Barrington, MA - return with fresh energy to reintroduce Westfield to a cultural tradition it once embraced.

Sharing the spotlight will be 80 gifted artists and designers including several nationally recognized for their award winning accomplishments; many traveling from across the U.S., from as far as California and Florida. Guests will enjoy work never before seen on the East Coast. The fair could be called a weekend "Off-Broadway production" - with a great cast, many stars, with several booths designed like stage sets.

#### HALLOWEEN EVE KICKOFF: ALL WEEKEND PASS FOR PARENTS AND KIDS FOR FREE.

The show opens Friday, October 31, with a family-friendly Trick-or-Treat Party. Kids can:

- Collect their treats while meeting the artists
- Create their own art on the famous Art Wall

Join a weekend-long Treasure Hunt. Great prizes made by the artists. And throughout the weekend, visitors can win original art prizes donated by An American Craftsman Gallery.

#### THINGS YOU SHOULD KNOW

- Westfield Armory is Just 5 minutes from Exit 135 on the Garden State Parkway
- Free parking at the Armory or across the street at the High School.
- \$12 weekend pass covers all three days. SENIORS \$10. Under 10 Free

#### **Show Hours**

Trick or Treat party
Friday Oct. 31 - 3 pm-7 pm
Saturday Nov.1. - 10 am-6 pm
Sunday Nov. 2 - 10 am-5 pm

An incredible selection of ceramics, independent fashion artists, fine woodworking, jewelry, paintings, mixed media, Illustration, photography, and art glass - from \$25 keepsakes to Michael Alexander's \$10,000 masterpieces.

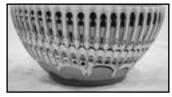
Overall, this will be the art weekend that Westfield and its surrounding communities will celebrate this first year - and for years to come. And please . . . don't forget your credit card.

#### **SOMETHING FOR EVERYONE**

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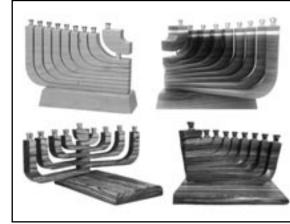
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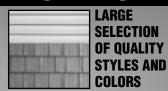
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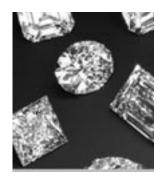
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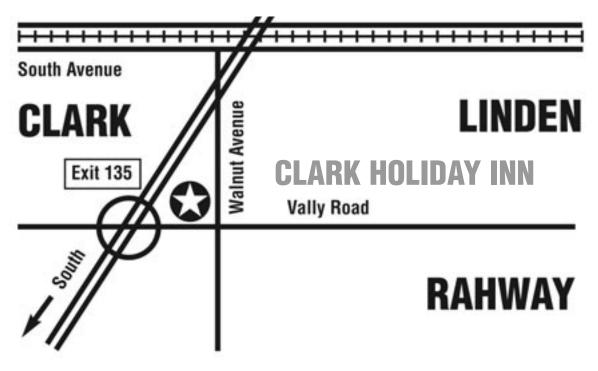
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#### **CHAMBER INVITES ALL TO RAHWAY DAY**

The Rahway Chamber of Commerce is proud to present our annual Rahway Day - an event showcase the designed to businesses, government, schools, and non-profit organizations of Rahway and the surrounding areas to our diverse and growing population of families, professionals, and seniors. Rahway Day is one of the ways in which the

Chamber encourages patronage in and around the Rahway Community.

This event is advertised to the 30,000 residents of Rahway and is a great way to interact with the community and local business owners, as well as potential and current customers.

Registration and set up is easy - you will work directly with a Rahway Day coordinator to ensure the correct marketing such as: event banner, website and social media signage.

On behalf of the Rahway Chamber of Commerce, we encourage you to reserve your table as this event has sold out in the past. To register, please fill out the enclosed form and or sign up on our website at

www.rahwaychamberofcommerce.com.

We're looking forward to seeing you at Rahway Day!

Sincerely,

#### Heidi Loder-Rosal

Heidi Loder-Rosal, RCC President/Rahway Day Chair For Sponsorship information or any other questions, please call or email 732-675-5140, rahwaychamberofcommerce@gmail.com, or visit our website

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#### The Kiwanis Club of Linden Presents The Annual

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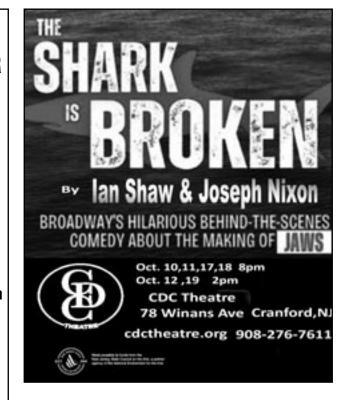
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#### SENIOR CITIZENS ENJOY DEALY MEALS ON WHEELS AT CENTER

City of Linden

Linden Parks and Recreation treated the Linden senior community to a fun-filled summer BBQ at the JTC Center Friday, July 25th.

There was no shortage of fun, laughter and great company as seniors came together to enjoy the sunny day and each other's stories.

Missed the event? No worries - seniors are served nutritious meals daily at the JTG Center, located at 330 Helen Street, Linden, NJ, as part of Union County's Meals on Wheels America program.

To reserve your lunch, please contact Elouise Orange at 908-474-8629.

# COURSE ON HOW TO SUPPORT YOUR LOVED ONE'S MENTAL HEALTH JOURNEY

The NAMI Family-to-Family Education Course will be offered by the Union County Chapter of NAMI. The course will meet in person starting on Thursday evening October 9th and meet each Thursday from 7:00 to 9:30 p.m. over a consecutive 8-week period in Scotch Plains. The course is free-of-charge, with all necessary materials furnished at no cost to participants.

The course is specifically for the parents, siblings, spouses/partners, teen-age and adult children, and significant others of individuals with severe and persistent mental illness. The program is not appropriate for individuals who, themselves, suffer from one of the major mental disorders. NAMI members who have completed intensive training will teach.

Curriculum topics include schizophrenia,

bipolar disorder (manic depression), clinical depression, panic disorder, obsessive-compulsive disorder etc., the clinical treatment of these illnesses and how caregivers can learn to cope more effectively. Attendees will learn about new research, medications, skills needed to successfully communicate with a relative and how to deal with critical periods.

Advance registration is required. To register or if you have questions contact Evelyn Nath at (908-377-4886) or email evelynodat@gmail.com

Family-to-Family education has been called one of the most valuable programs NAMI offers. Many graduates say it changed their lives and interactions with their loved ones for the better.

Visit namiunioncountynj.org for more information about the NAMI Family to Family Education program.







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**Caring Contact** 

On October 11, 2025, Caring Contact proudly celebrated 50 years of unwavering service to individuals in crisis. Since 1975, its mission has remained clear and steadfast: to provide immediate, compassionate, and confidential support to those experiencing emotional distress, mental health challenges, or personal crises.

What began as a small group of volunteers answering calls from the basement of Willow Grove Presbyterian Church in Scotch Plains has grown into a vital community resource. Today, more than 100 trained Listeners - both volunteer and paid - offer support and understanding to

thousands of callers every year.

In 2005, Caring Contact became one of the first agencies to respond to the National Suicide Prevention Lifeline while continuing to serve its original warmline. When the Lifeline transitioned into the nationwide 988 Suicide & Crisis Lifeline in 2022, the volume of calls surged dramatically. In 2024 alone, Caring Contact Listeners answered over 21,000 calls, serving as a lifeline for anyone in need - no matter the reason for their call.

Caring Contact extends heartfelt gratitude to the supporters, volunteers, donors, and staff past and present—whose dedication has made this work possible. Their compassion has touched countless lives and built a legacy of hope that will carry forward into the next 50 years. With this milestone, Caring Contact reaffirms its commitment to continue evolving, listening, and responding - because everyone deserves to be heard, especially in their darkest moments.

Become a volunteer. Caring Contact Listener training applications can be found at caringcontact.org.

If you or someone you know is struggling or having thoughts of suicide, please call 988.

"You Are Not Alone."







#### CITIZEN ENGAGEMENT AND FEEDBACK SOLUTION

Linden Police Department

Chief David Hart has announced that the Linden Police Department has launched a new citizen satisfaction and feedback solution that uses text messaging to allow citizens the opportunity to provide feedback after interacting with Police.

"Effectively engaging with the community we serve is an essential part of our mission," said Chief Hart. "This software uses customer service principles commonly used in the private sector to improve communication with citizens and enhance their experience with Police. We expect this program will provide important insight and significantly aid our efforts to provide top-level service to our community."

The software, PowerEngage, sends text powerdms.com/power-engage

message-based surveys to community members following an interaction with Police. These messages ask community members to answer a few questions about their experience and allows them to provide their own comments, feedback or even have an opportunity to thank the responding officer. Community members who do not want to participate can simply not respond or reply with STOP to opt themselves out of all future text surveys from the department.

It is essential that everyone know that PowerEngage should not be used to report any emergency or crime. As always, please call 9-1-1 for any emergency or use or call (908) 474-8500 for non-emergency assistance.

To learn more about Power Engage, visit:

#### **LIBRARY BOOK SALE OCT 8TH - 11TH**

The Friends of the Linden Library will be holding a book sale from Wed., October 8th through Sat., October 11th at the library, located at 31 East Henry Street in Linden. Refreshments will also be available for purchase to benefit the Friends of the Linden Library.

Donations of books will be accepted through October 1st at the Circulation Desk of the library. Encyclopedias, dictionaries, travel guides, text books, Reader's Digest condensed books, magazines and VHS tapes, CD's & DVD's will not be accepted.

The sale will begin with a special preview only for Members of the Friends on Wednesday, October 8th from 6:00 until 8:00 p.m. Others may join the Friends at the door. The general public may enter on Thursday and Friday (October 9th and 10th) from 10:00 a.m. through 4:00 p.m. Everyone is invited to come out on Saturday, October 11th between 10:00 a.m. and 1:00 p.m. when we we'll feature "Bag Day" when a bag of books of your choosing can be purchased for \$5.00 a bag.

The Friends of the Linden Library is established as a 501(c)(3) non-profit charitable organization and serves as the fundraising group for the Linden Public Library. By statute, it is eligible to receive tax-deductible contributions in accordance with federal and New Jersey state law. For more information about the sale, please check out the library's web page at lindenlibrarynj.gov.



Joanne Rajoppi **Union County Clerk** 

# Union County Votes

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6 Units 6.5"x6.25" or 10"x4"	320	760	1200	1400	1600	1800	2000	2200	2400
9 HALF PAGE 6.5"x9" or 10"x7"	360	860	1300	1600	1900	2200	2400	2600	2800
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Buchanan's 12yrs old			Belvedere Organic Vodka			
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Chivas Regal			Ciroc (all types)			
Chivas Regal			Ciroc (all types)	1.751.	\$57.99	
Chivas Regal 18 yrs old			Finlandia			
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Dewars White Label			Ketel One	1.75L	\$39.99	
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Glenlivet 12 yrs old			Sobieski			
Grants		•	Stolichnaya (all types)	1.75L	\$30.99	
Grants			Tanqueray Sterling	750ml	\$19.99	
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Jack Daniels Jack Daniels Fire			Three Olives (all types)	1L	\$19.99	
Jack Daniels Fire			Tito's Vodka	1.75L	\$31.99	
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Jameson			Bacardi Light & Gold	750ml	\$13.99	
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Johnnie Walker Red	1.75L	\$33.99	Patron Silver			
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Makers Mark			Suave Lunar Tequila			
Makers Mark	1.75L	\$56.99	BEE			
G	IN		Becks (12oz)			
Beefeater		\$36.00	Blue Moon			
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Seagram's gin			Bud and Bud Lite loose bottles			
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,		φοσίου	Coors Lite/Miller Lite			
COGNAC 8	& BRAN	DY	Corona/Corona Lite loose bottles		•	
Courvoisier V.S.			<b>Dab</b> (16oz) cans			
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Remy Martin V.S.O.P.			Land Shark			
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