

Distributed as a community service by the Linden Chamber of Commerce.

NEXT CHAMBER MEETING

APRIL 26

8:30 am

Hampton Inn

@ Aviation Plaza,

501 W. Edgar Rd

LINDEN'S AMERICAN

LEGION POST 102

MONTHLY PANCAKE

BREAKFAST

will be served between

8:30 am & 12:30 pm

SUN, APRIL 17

A special is

featured monthly.

The all you can eat buffet also includes

eggs, sausage, bacon, toast, juice and coffee.

The cost is \$6 for

children over 10 and

adults. \$5 for children

under 10 and seniors.

Post 102 is located at 112 West Elizabeth Ave.

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of Gateway Regional Chamber of Commerce.

33

CHAMBER OF COMMERCE WELCOMES FLATBUSH MOVING VAN COMPANY

The Flatbush Moving Van Co., Inc. has recently moved from Brooklyn, New York to Linden, New Jersey. Flatbush Moving Van Co. has been in business since 1922 and is still family owned and operated after almost 90 years. They are an agent of Wheaton World Wide Moving.

Since 1945, Wheaton has earned the Good Housekeeping seal for interstate moving every year since 1964, and recently has been ranked as one of the top 101 service companies in the United States.

With Flatbush Moving and their partnership with Wheaton, you can easily arrange the relocation of your home across town or across the nation, knowing you have the most dependable and professional people on your side each mile along the way.

Should you be overwhelmed as to how to begin, you can contact Flatbush Moving at: 1-800-671-MOVE.



(above) Flatbush building on 830 E. Elizabeth Ave.



(above) Photo from business archives going back 90 years.



Issue 17 • April 2011

(above) Linden's new business neighbor John Liantonio, Jr.

CASH FOR GOLD RAISES \$2,300 FOR CLASS OF 2012

The Linden High School Class of 2012 held a "Cash for Gold" Fundraiser with RSG Events Management/RC Jewelers of Linden on March 22, teachers and parents attended selling their silver and gold. The fundraiser is a party run by RC Jewelers with complimentary food, beverages, desserts and door prizes given to the gold sellers. The fundraiser profited \$2,300 for the Class of 2012, which will be used to offset the costs of their Senior Prom and Senior Banquet for next year. The Class also runs additional fundraisers throughout the school year (Yankee candle sales, Christmas basket raffles, bake sales, Christmas & Valentine's candy grams.)

> (right, l-r) Danielle Kushner, Class Advisor; Bob Gregory, Owner, RC Jewelers; and Anthony Wohlrab, LHS Class President.





Advertising in this newspaper

Each month this newspaper is mailed to every home and business in Kenilworth.

Reserve space in the next issue. Call Tina today at 908-418-5586 or email info@rennamedia.com



The next time you need to know what's going on in town, or to look for a municipal phone number, or who to speak to regarding city services check Linden's website.

linden-nj.org

Find the Linden Chamber website through the "Affiliates" link on: gatewaychamber.com

202 walnut Avenue, Cranford, NJ 07016 Renna Media



Life in Linden is published by Renna Media in cooperation with the Linden Chamber of Commerce, an affiliate of the Gateway Regional Chamber of Commerce.

Five thousand newspapers are printed monthly and distributed free at distribution sites throughout Linden.

Although great care has been taken to ensure the information contained within is accurate, Linden Chamber of Commerce assumes no liability for errors or omissions.



Gateway Regional Chamber of Commerce P.O. Box 300 • Elizabeth, NJ 07207-0300 Vice President: Kate Conroy kateconroy@gatewaychamber.com 908-352-0900 Linden Chamber of Commerce Co-Chairs: Janet Miller, Cox Printers and Courtney Villani, Villani Bus Vice Chair: Angie Tsirkas, Northfield Bank Treas.: Linda Hundley, LJ Engraving & Signs

LINDEN CITY COUNCIL MAYOR:

Richard J. Gerbounka COMMITTEE MEMBERS James D. Moore – Council President Christopher Kolibas, 1st Ward Richard Koziol, 2nd Ward Peter A. Brown, Jr., 3rd Ward Derek Armstead, 4th Ward Rhashonna Cosby Hurling, 5th Ward Robert J. Sadowski, 6th Ward Jack Sheehy, 7th Ward Michele Yamakaitis, 8th Ward Robert Frazier, 9th Ward Rich Puschel, 10th Ward

IMPORTANT PHONE NUMBERS

	NUMBERG
Emergency	
Non-Emergency Police	908-474-8500
Non-Emergency Fire	
Mayor's Office	
Board of Health	
City Clerk	
Construction Code	908-474-8462
Engineering	
Municipal Attorney	908-474-8468
Municipal Court	
Planning Board	908-474-8453
Public Works	908-474-8666
Recycling	
Recreation	908-474-8600
Social Services	
Tax Collector	
Tax Assessor	
Transportation & Parking	
Weights & Measurers	
0	

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TOWNSHIP MEETING DATES

LINDEN CITY COUNCIL MEETING DATES

Conference meetings will be held in the Council Office. Regular meetings will be held in the Council Chambers, LindenCity Hall.

Conference Meeting: April 18, 6:00 p.m.

Prior to Council Meeting:

April 19, 6:00 p.m. to 7:00 p.m. April 26, 6:00 p.m. to 7:00 p.m.

Council Meeting: April 19 & 26, 7:00 p.m.

PLANNING BOARD

Meetings are held the second Tuesday of each month at 7:00 p.m. in the Planning Room, City Hall, Linden, New Jersey.

ENVIRONMENTAL COMMISSION

Meetings are held at City Hall, normally on the first Wednesday of each month at 7 pm.

All meetings are open to the public.

LINDEN BOARD OF EDUCATION

April 27

School Board Elections/Budget Vote School #8

Located at 500 W. Blancke St., Linden

RENT LEVELING BOARD

Meetings are held the third Wednesday of each month at 7:30 pm in the Planning Board Room at City Hall.

ADVERTISING & PRESS RELEASES

Inquiries concerning advertising and submissions of press releases can be made via email or fax to:

TINA RENNA 908-418-5586 Email: TinaRenna@RennaMedia.com

GATEWAY CHAMBER EVENTS

For additional event information call the Chamber at 908-352-0900 or visit www.gatewaychamber.com

APRIL 12 8:00 AM VETERANS BUSINESS ASSOCIATION Perkins of Green Brook, 297 U.S. Highway 22 East, Green Brook 6:00 PM APRIL 12 **IRISH BUSINESS ASSOC. SATELLITE MEETING** Poitin Still, 774 Main Street, Hackensack, NJ 07601 8:30 AM **APRIL 13 KENILWORTH CHAMBER MEETING** Access Self Storage, 700 Boulevard 8:00 AM APRIL 15 GATEWAY CHAMBER HALF DAY SEMINAR "THE NEW INCOTERMS: What You Must Now Know to Conduct International Transactions." Cost: \$150 (includes 2011 INCO Book) Who Should Attend: All Import/Export Professionals Kenilworth Inn, Boulevard & 31st Street, Kenilworth 8:30 AM **APRIL 15** LOCAL & COUNTY AFFAIRS COMM. MEETING Scotch Plains Municipal Building, 430 Park Avenue, Scotch Plains 6:00 PM **APRIL 19 IRISH BUSINESS ASSOCIATION (IBA) MEETING** Molly Maguire's Irish Pub & Restaurant, 1085 Central Avenue, Clark 8:00 AM **APRIL 20** UNION COUNTY ELC MEETING Kenilworth Inn, Boulevard & 31st Street, Kenilworth **APRIL 21** 11:45 AM GATEWAY ASSOCIATION OF BUSINESS WOMEN LUNCHEON Garden Restaurant, 943 Magie Avenue, Union 8:30 AM **APRIL 26** LINDEN CHAMBER MEETING Hosted by Sovereign Bank Hampton Inn@Aviation Plaza, 501 W. Edgar Rd, Linden 8:30 AM **APRIL 27 CLARK CHAMBER GROUP** Crowne Plaza Hotel, 36 Valley Road, Clark 8:00 AM **APRIL 29** SOMERSET HILLS BUS. NETWORK MEETING Olde Mill Inn, 225 Route 202, Basking Ridge



2011 Summer Camp !!

Open to Boys and Girls Ages 4-14 3 and 5 Day Camps Available

Full Day 8:30 a.m. to 5:30 p.m. 1/2 Day 8:30 a.m. to 12:30 p.m.

Camper will participate in Gymnastics, Arts and Crafts and Indoor Recreational Games Full Day Campers go to Pool 4 Days and Bowling 1 Day each week

Before and After care available upon request Camp weeks start 6/20– 6/24 and run thru 8/22—8/26 5 Day full—\$210 half \$120 3 Day full \$150 half \$90 124 Market Street Kenilworth NJ (877) 411-4CJA www.cjacenter.net

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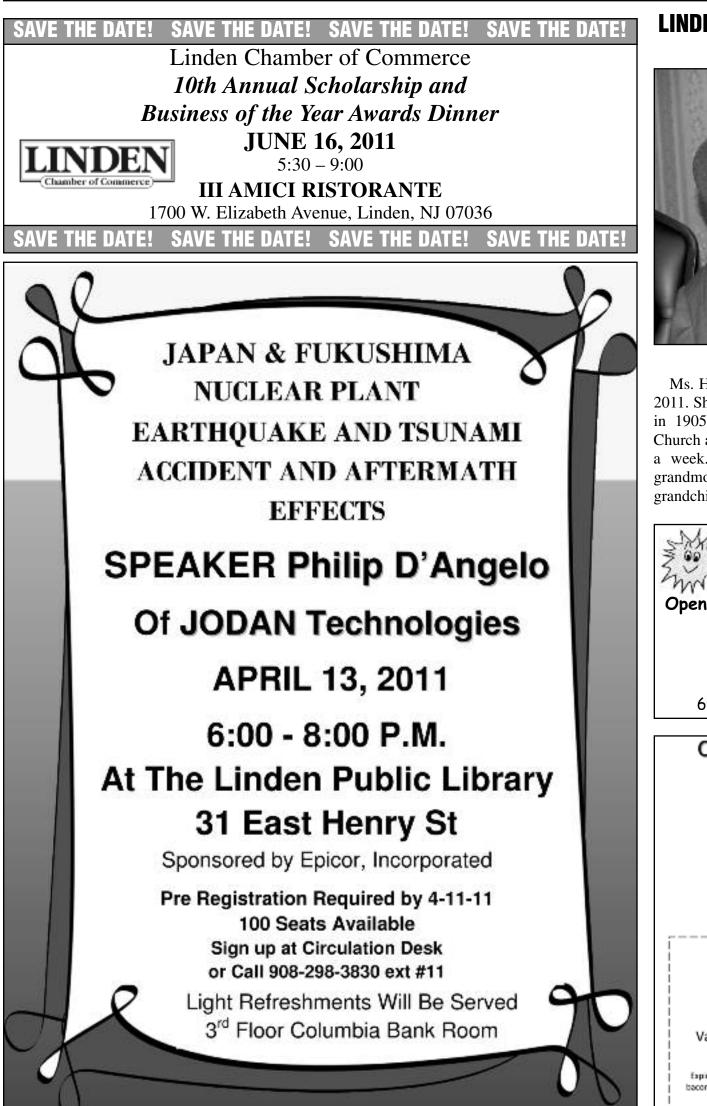
Birthday Parties

Preschool Gymnastics

Competitive and Non-competitive Cheerleading (Central Jersey All-Stars)

Floor Rentals

Zumba Classes for Adults



LINDEN RESIDENT CELEBRATES 106TH BIRTHDAY



(above) Hattie Bannister

Ms. Hattie Bannister turned 106 on March 5, 2011. She was born in Pinwood, South Carolina in 1905. She attends First Zion Hill Baptist Church and goes to the senior center three times a week. Hattie had 13 children and is the grandmother of 54 grandchildren, 97 great-grandchildren and 44 great-great grandchildren.





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LT. GOV. KIM GUADAGNO PRESENTS CHECK TO LINDEN FIRE DEPARTMENT

On Monday, April 4, 2011, Lt. Governor Kim Guadagno presented a \$25,000 check to benefit the city's fire department and other first responders. The money comes from a fund set up by the Port Authority of New York and New Jersey and was the first of \$135,000 in grants to be awarded to 13 fire departments and other first responders in northern New Jersey. Departments receiving money have agreed to assist the Port Authority when emergencies arise.

"As we approach the tenth anniversary of 9/11, it is particularly appropriate that we recognize the heroism of the first responders like you," Lt. Governor Guadagno said during a ceremony at the city's South Wood Avenue firehouse. "I know that for some of you, these memories are all too real. You were among the policemen, firemen and emergency personnel who ran toward the towers as they were burning so that you could save others."

"The money is going to be spent for safety equipment for our firefighters and for safety equipment for our residents," said Richard J. Gerbounka, the mayor of Linden. Grant rules



stipulate that fire departments must use the money to buy firefighting equipment or to upgrade facilities.

Also on hand was Bill Baroni, a former state senator and the Deputy Executive Director of the Port Authority. He noted that the grant was timely, coming as it does in a month when the Port Authority is commemorating its 90th anniversary.

Lt. Governor Guadagno also spoke about the

importance of helping municipalities, saying, "The important thing is to get what funding is available out of the hands of government and into the hands of those who can best use it to defend our communities."

As about two dozen firefighters listened, the Lt. Governor added, "With your help, we will support those of you on the front lines and keep strengthening the networks that will keep us secure."

URN YOUR UNWANTED

GOLD AND JEWELRY

INTO CASH !



(above, l-r) President of Council James Moore, Mayor Richard Gerbounka, Lt. Governor Kim Guadagno, Port Authority Deputy Executive Director Bill Baroni and Fire Chief Joseph Rizzo.

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KIWANIS CLUB OF LINDEN PASTA DINNER

The Kiwanis Club of Linden will be hosting a Pasta Dinner on Wednesday, April 13, 2010 from 5:00 - 8:00 p.m. at the JTG Recreation Center, located at 400 Helen Street in Linden. The Club invites the community to join them for a delicious, home-cooked, Italian-style dinner.

The donation is \$10 and can be paid at the door, and there is free admission for children under 10 years of age. Sam's Club has donated food, and ConocoPhillips Bayway Refinery and Infineum USA, LP have donated door prizes for the event.

Proceeds from the dinner tickets will fund Kiwanis Club of Linden community projects. A 50/50 will be held, and the monies raised from the 50/50 will go towards scholarships for high school seniors who are residents of Linden.

KIWANIS UPCOMING PROGRAMS

April 13: 5:00 p.m. - 8:00 p.m. Fundraising Pasta Dinner by Chef Al Volpe at the John T. Gregorio Center

April 14: 12:15 p.m. at the Southern Smokehouse Restaurant Guest Speaker: Dr. Rocco Tomazic, Superintendent of Linden Schools.Topic: School Budget April 21: 12:15 p.m.

at the Southern Smokehouse Restaurant Guests: Linden HS Basketball Team State Sec. Champs April 28: 12:15 p.m.

at the Southern Smokehouse Restaurant Speaker: Sean Carroll. Topic: Networking

For information about membership or attending Linden Kiwanis Club luncheon meetings, contact Kiwanis President, June Lazaro, at Primerica, by calling (908) 687-9008.

LINDEN WINS UC HS CONSUMER BOWL TITLE

Linden High School wins 9th Union County Title for the High School Consumer Bowl Competition. On Friday February 25, 2011 at Governor Livingston High School in Berkeley Heights, New Jersey, five high schools from Union County competed in at the 14th Annual High School Consumer Bowl Competition for Union County. Linden High School's team consisting of the following students: Captain-Angelika Drozd, Sophomore Milena Drozd, Sophomore Zak Modrak, Sophomore Manessa Lormejuste, Junior Dan Ortiz, Senior- Angelo Monaco and Freshmen Mwakulomba Juma;

won the first round against Jonathan Dayton High School and Governor Livingston High School and then won the final round against Thomas Edison High School in Elizabeth This event is a quiz bowl style format on the laws and agencies that protect the consumer from fraud on the state level. The Division of Consumer Affairs has sponsored this event since 1997 and has been promoting consumer education and protection to teens across the state. The regional competition will be held on April 13, 2011 where Linden High School will be facing five other county champions.





UPCOMING LIBRARY PROGRAMS

For more information or to sign up, please call Dennis Purves at 908-298-3830, ext. 11.

MATTHEW FISHTEYN OFFERS CONCERT

Guitarist, pianist and composer Matthew Fishteyn will offer a concert in the Columbia Bank Room of the Linden Public Library on Wednesday, May 4th, from 6:30 p.m. – 7:30 p.m. His music incorporates elements of jazz, blues and rock 'n' roll, seamlessly switching from classical to contemporary music styles.

DEFEATING DEPRESSION AUTHOR TO SPEAK

Author Leo J. Battenhausen will speak at the Linden Library on Thursday, April 14th at 6:30 p.m. He will discuss his upcoming book, Defeating Depression, and will be signing copies.

CONCERNING FUKUSHIMA POWER PLANT

Philip D'Angelo of JoDAN Technologies will speak on the Japanese earthquake and the resulting tsunami and Fukushima nuclear power plant accident. The program is sponsored by Epicor, Incorporated and will be held in the Columbia Bank Room of the Linden Public Library. It will be held on April 13th at 6:00 p.m. - 8:00 p.m. Light refreshments will be served. Seating is limited, so please contact Dennis Purves at 908-298-3830, extension 11 to sign up or for more information.

CHECKERS THE PENGUIN VISITS LINDEN

Checkers the Penguin from Jenkinson's Aquarium on Point Pleasant Beach Boardwalk thrilled the audience on March 21st at the Linden Free Public Library.

The response was so tremendous that Checkers did three performances for children and adults alike.





(above) Rachel Morkis and her grandmother Rae Marie Morkis check out penguin feathers.

(left) Mayor Richard Gerbounka looks on as Laura Graziano of Jenkinson's Aquarium made her presentation while holding Checkers.

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STRATEGIC VISION PLAN IN FINAL STAGE

The City of Linden is in the final stages of preparing a Strategic Vision Plan for the City. The Plan was prepared by the Rutgers University, Bloustein School of Public Planning and Policy. The subject matter was gathered from Linden Strategic Vision Plan Steering Committee, focus groups, such as Linden elected officials, Board of Education, Industrial and Commercial business groups, City leaders, Residents, Religious and Fraternal organizations that make up the chemistry of the City. A summarization of the collected ideas, suggestions and identified needs for the City of Linden to consider for adoption has been posted on the City of Linden Website.

The residents and business people are being asked to review the strategic plan summary to ensure that any additional subject matter relevant to the Vision Plan is included as part of the information gathering process. Note, The remaining detail explanation and technical detail will be included in the final Vision Plan copy. The Public is encouraged to comment or ask questions on the Strategic Vision Plan subject content.

Your comments on the Strategic Vision plan can help influence the shape and structure of the final plan. To post your comments, a website has been set up to collect your input to the plan. Information collected on the survey site will be processed by Rutgers University for dissemination of the survey information.

The website address for the survey is http://www.surveymonkey.com/s/lindenplan.

REMEMBER TO REGISTER YOUR CHILD FOR LINDEN DAY CAMP!

Linden Day Camps will run from June 27th days a week. through August 18th this year with hours of operation from 8:00am to 5:00pm. The fee of \$350.00 per child can be paid all at once or in monthly \$100.00 increments. You can register your child for a Linden Day Camp by:

Going to the City of Linden website at clicking www.linden-nj.org and onto CommunityPass. Follow the directions and include a payment of \$350.00 per child at the time of sign up or in \$100.00 monthly increments by submitting your Visa or MasterCard number. You can sign your child up for camp utilizing this method, 24 hours a day, 7

If you do not have a computer, you may manually register your children at any City of Linden Recreation Center through Friday, May 27,2011, from 9:00am to 4:00 pm at the Community Center Building, 605 So. Wood Ave. or the JTG Recreation Center, 330 Helen St. or from 9:00 am to 9:00 pm at the Linden Multi Purpose Center, 1025John St.

It is mandatory that each camper's parent/guardian/representative attend an Open House Orientation at 6:00pm at the John T. Gregorio Recreation Center, 330 Helen Street, Linden.

valid thru 5/8/11

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FAMILY EVENING OF READING

Linden, New Jersey, over 350 Parents and Children arrived for an evening of reading. On Wednesday, March 2nd the school decided to celebrate the yearly observance of "Read Across America" a little differently.

"We saw a need in our school that we wanted to address," stated Christine Messina, a Basic Skills teacher at the school. With data attained from a school wide reading assessment Messina and Reina Clark, also a Basic Skills Teacher formed a committee to create a weeklong celebration which focused on specific areas of reading instruction, including selecting books based on one's favorite genre.

Once the students selected their favorite books they were invited back for an evening of "Reading under the Stars". School Four's Faculty, Staff and Community came together and converted the school library into a campsite with real tents, live plants, a canoe, and a variety of impressive mounted trophy animals. In groups of one hundred, parents and students entered "Camp Read-A-Lot". There they read together by flashlight inside the tents, canoe, next to simulated campfires, and picnic grounds. After a short time of reading, families were invited to take a "Reader's Oath" promising to

The stars were aligned at School No. 4 in read together each day and night. The festivities were not over yet. Families were invited into the cafeteria for cake and a celebration of Dr. Seuss's birthday including dancing in the gymnasium.



(above) Zarya Kimbrough and Xavier Small along with their families cozy up in their tent with good book at Linden School 4 Camp Read A Lot. Even the moose hangs over head waiting to see what happens next in the story. Everyone has fun reading at School No. 4. Photos by Christine Hudak, Linden Public Schools

RED LIGHT CAMERAS

Recently the Linden Police Traffic Bureau along with technicians from American Traffic Solutions joined Linden City Engineers George Vircik and Joseph Chrobak to inspect the Red Light Camera equipment.

As part of the NJ Dept of Transportation Red Light Running Program, cities are required to routinely inspect the equipment to insure the proper function of the monitoring system. All three of the intersections: Route 27 and N. Stiles Street, US Route 1 and S. Stiles Street, US Route 1 and S. Park Avenue, received a certification of approval.



(above) Traffic Investigator David J. Allison oversees the inspection of one of the city's red light camera systems located at S. Park Ave. and E. Edgar Rd.



LINDEN EMS ADVICE FOR SPRING TRAINING

Now that the snow is melting and temperatures are climbing many of us will be venturing outdoors to exercise and enjoy nature. While getting ready for the beach or improving our health there are some preventative measures that will keep you ready for action and decrease your risk of injury. In addition to wearing a hat and sunscreen and having the correct gear for your sport there are some simple actions you can take to keep yourself well.

Hydrating yourself with water or sports supplement is imperative during any strenuous activity. Dehydration is a serious risk, especially as the weather becomes warmer. The body and its functions work best within a certain

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temperature range. Water helps regulate this temperature while you exert yourself. Water also promotes blood flow through your body and correct muscle contraction while exercising. Dehydration can cause hyperthermia, dizziness, shortness of breath, fatigue, cardiac problems and even death.

Stretching before any strenuous activity can prevent an injury that will cut your new exercise regimen short. Proper stretching can increase flexibility over time, leading to a wider range of motion before an injury occurs. Wider range of motion can also help your performance. Stretching before and after exercise can increase recovery and decrease soreness, speeding your

healing time between workouts.

Of course, before starting a new exercise regimen you should consult your physician. Visiting your doctor for a physical regularly before you have an acute illness can improve your health and quality of life greatly. Your doctor may also be able to recommend a supplemental nutrition and supplement strategy to accompany your new exercise routine.

Prevention and preparation is key to keeping fit. Preparing before your workout or outing is almost more important than the activity itself. Doing these small things can keep you alive and injury free. Visit your doctor, stretch out, grab your water bottle and have a great time!





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LINDEN PD CRIME PREVENTION TIPS

The Linden Police Department wishes to inform its residents that with the spring season brings an annual type of crime with it: distraction burglary. The majority of residents targeted are elderly. Residents are advised to be wary of being approached at home or on the street by anyone who is looking to share found money or gain your confidence by impersonating utility or government workers in order to earn your trust. Be wary of ANY unsolicited visitors to your home. Do not open your door to speak to anyone as these criminals will quickly walk in before you can stop them. Ask them for identification, and if you are still not sure, ask them to wait while you call the police. If they are a legitimate worker, they will not mind waiting for the police!

Lastly, if you hire a home improvement contractor to do work, make sure they are licensed by the state of New Jersey. The license number should be on their work vehicle and any contract. Their license can be verified by the State of New Jersey website under Licenses and Permits.

SENIORS ST. PATRICK'S DAY PARTY

The Linden Retired Men's Club held a St. most active club for senior citizens of Linden, Patrick's Day Party for members and their guests on Tuesday, March 15th at the JTG Recreation Center, 330 Helen St., Linden.

There were 135 seniors in attendance. All the men wore green derbies and the women wore shamrock necklaces. Everyone was dressed in green. The hall was had Irish decorations with shamrocks, balloons and leprechauns.

The event was catered by "Bayway Catering" of Linden, with a menu of Corned Beef & Cabbage, Potatoes, Chicken and Irish Soda Bread. Music and dancing was supplied by the "Joe Caroselli Band" with songs and a sing along of Irish favorites. Miss Caitlin Ahr, a national champion Irish Dancer skillfully performed for the members.

Joseph Czajkowski, a Men's Club member, dressed in Irish kilts and played the bagpipes for the members.

Mythical Leprechauns are normally hundreds of years old but the youngest known is 83 year old, member, George Petroski who did many Irish Jigs and dances for the attendees entertainment.

The Retired Men's Club is the largest and

sponsored by the Dept. of Public Property and Community Services. It is open to all senior men and women of Linden.

The Club continues to grow due to the many social events such as Themed Parties, Trips to Dinner Shows and Atlantic City.

The Club meets every Tuesday at 1:00 pm at the JTG Recreation Center. Anyone wishing to join may call the center at 908-474-8627.



(above) Joseph Czajkowski played the bagpipes. Leprechaun George Petroski danced with member Gloria Nisky.



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(908) 463-6815 Mon. - Sat. 9:30-6:30 Cut • Color • Foil • Perm • Wax Men, Woman, Children \$13.00 any cut \$10.00 Senior/Kids

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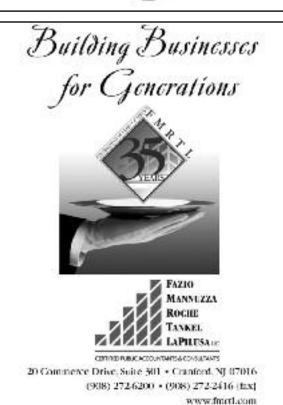
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LINDEN'S 2011 INDOOR SOCCER WINNERS

The Department of Public Property & Community Services held its 2011 Indoor Soccer Program. The winners are as follows:

SENIOR DIVISION CHAMPIONS – FLYERS Coach: Mario Menyou. Players: Lendy Lopez, Andre Cruz, Anthony Milano, Anthony Milano, Ignacio Manyou, Javier Lemache, Alexander Primavera, and Nigel Sydney.



JUNIOR DIVISION CHAMPIONS---FIRE

Coach: Don Fowler. Players: Haley Galvez, Mariah Moreno, Andrew Moreno, Ivan Rosa, Dylan Fowler, Giovanni Vyajkora, Dean Musilaowicz Andrew Adesso, Efrain Correa, Juan Jimenez.



MINOR DIVISION CHAMPIONS----STRIKERS

Coaches: John Principato, Alex Rodriguez. Players: Lindsay Harper, Olivia Principato, Ariana Ascue, Gianni Principato, Vincenzo Principato, Alex Lopez, Brandon Forbes, Richard Zack, Robert Zack, Alex Rodriguez, Kacper Sula.



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JUNIOR DIVISION RUNNER-UP....JAGUARS

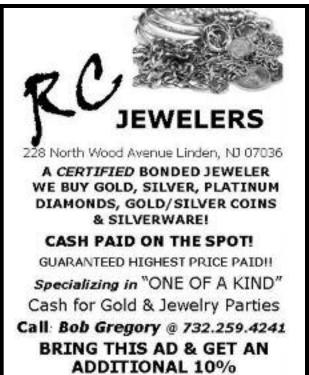
Coach: Jeff Welsh. Players: Sayra Granados, Gianna Figlioino, Ziana Velazquez, Mahmoud Shehata, Derrick Cosby-Hurling, Ian Charris, Christopher Morales, Brendan Welsh, Robins Etienne, Gabriel Figueroa, Nicholas Serra.

SENIOR DIVISION RUNNER-UP---EAGLES Coaches: Wilfredo Rosa, Alex Rodriguez, Derick Percoskie. Players: Esmeralda Pena, Joshua Rivera, Matthew Percoskie, Zachary Percoskie,.Jose Alvarez, Leonardo Suescun, Javier Olmedo, William Ferreira.

MINOR DIVISION RUNNER-UP---ROCKETS

Coach: Hugo Lopez. Players: Jomary Colon, Jarela Colon, Ashley Lopez, Daniel Scavino, Peter Janovcik, Sebastian Puchala, Angelo Aguilar, Oscar Pacheco, Brian Trujillo, Nahuel D'Elias, Javier Melendez.





DONNA'S Psychic Boutique

Speak to a Live Person on all Matters of Life.

Tarot Cards and Palm Readings.

Crystals, Candles and Oils, etc.

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Linden Area. By Appointment Only.

THE LINWOOD INN Pub & Brick Oven Pizza

15-19 Wood Avenue South • Linden, NJ 908-862-2334 Visit Our Website for Directions & Menu www.thelinwoodinn.com Visit us on Face book & become a fan Website www.thelinwoodinn.com

Open 7 Days A Week - Kitchen Open 'Til 1 a.m. Friday and Saturday



PIZZA PARTY

BUY 5 PIZZA'S WITH ANY TOPPINGS AND GET ONE FREE. OR

BUY 10 PIZZA'S WITH ANY TOPPINGS AND GET 2 FREE

TAILGATER

4 PIZZA'S UP TO 2 TOPPINGS EACH, **50 BUFFALO WINGS,** CELERY. **RANCH DRESSING** AND CHOICE OF HOUSE OR CAESAR SALAD: FEEDS 10 TO 15 PEOPLE.....\$100.00

EXECUTIVE TAILGATER

4 PIZZA'S WITH UP TO 2 TOPPINGS EACH. MUSSELS MARINARA, **GARLIC BREAD**, 50 WINGS. **CELERY, RANCH DRESSING** AND CHOICE OF HOUSE OR CAESAR SALAD: FEEDS 10 TO 15 PEOPLE.....\$135.00

PARTY PACKAGE

5 PIZZA'S ANY STYLE. CHOICE OF MUSSELS OR CLAMS (Drunken or Zuppa), GARLIC BREAD, **50 WINGS, :** HOTSY TOTSY SHRIMP AND CHOICE OF HOUSE OR CAESAR SALAD: FEEDS 15 TO 20 PEOPLE.....\$175.00

ANTI PASTA, COLD SALADS HALF TRAY.....\$15.00 / FULL TRAY.....\$30.00 **CEASAR SALAD:** GARDEN SALAD WITH OUR FAMOUS HOUSE DRESSING: HALF TRAY.....\$15.00 / FULL TRAY.....\$30.00

ANTIPASTA SALAD:	HALF TRAY\$40.00 / FULL TRAY\$70.00
COLE SLAW:	HALF TRAY\$15.00 / FULL TRAY\$30.00
POTATO OR MACARONI	SALAD:
	HALF TRAY\$15.00 / FULL TRAY\$30.00

SUBS **3 TO 6 FOOT ITALIAN SUB OR BUILD YOUR OWN 3 TO 6 FOOT SUB:**

\$14.95 PER FOOT

BAKED ZITI: MEAT LASAGNA:

POTATO & CHEESE PIEROGIS:

PENNE ALA VODKA PLAIN:

VEGETABLE LASAGNA:

HOTSY TOTSY SHRIMP:

HOT PASTA TRAYS

PENNE ALA VODKA W/ SHRIMP OR SCALLOPS:

HALF.....\$65.00 / FULL.....\$95.00 HALF.....\$40.00 / FULL.....\$70.00 HALF.....\$40.00 / FULL.....\$70.00 HALF.....\$35.00 / FULL.....\$65.00 HALF.....\$35.00 / FULL.....\$65.00

HALF.....\$35.00 / FULL.....\$65.00

SAUERKRAUT & MUSHROOM PIEROGIS: HALF.....\$35.00 / FULL.....\$65.00

HOT CHICKEN TRAYS CHICKEN FRANCAISE:

HALF.....\$50.00 / FULL.....\$85.00 **CHICKEN MARSALA:** HALF.....\$50.00 / FULL.....\$85.00 **CHICKEN PARMIGIANA:** HALF.....\$50.00 / FULL.....\$85.00 **CHICKEN MURPHY:** HALF.....\$50.00 / FULL.....\$85.00 **CHICKEN, BROCCOLLI & PENNE:** HALF.....\$50.00 / FULL.....\$85.00 HALF.....\$50.00 / FULL.....\$85.00 **BUFFALO WINGS: BBQ WINGS:** HALF.....\$50.00 / FULL.....\$85.00 HALF.....\$50.00 / FULL.....\$85.00 **BONELESS BBQ WINGS:** HOT SPECIA

HOT SPECIALTY	TRAYS
EGGPLANT PARMIGIANA:	HALF\$35.00 / FULL\$65.00
MEATBALLS:	HALF\$35.00 / FULL\$65.00
SAUSAGE & PEPPERS:	HALF\$40.00 / FULL\$70.00
KIELBASI & SAUERKRAUT:	HALF\$35.00 / FULL\$65.00
ROAST BEEF & GRAVY:	HALF\$50.00 / FULL\$85.00
ROAST PORK & GRAVY (FRESH HAM):	HALF\$50.00
	FULL\$85.00
HOME FRIED POTATO'S, PEPPERS AN	D ONIONS: HALF\$20.00

HALF.....\$80.00 / FULL.....\$110.00

HOME FRIED POTATO'S, PEPPERS AND ONIONS:

	FULL\$40.00
HOT VEAL TRA	YS
VEAL FRANCAISE:	HALF\$70.00 / FULL\$100.00
VEAL MARSALA:	HALF\$70.00 / FULL\$100.00
VEAL PARMIGIANA:	HALF\$70.00 / FULL\$100.00
HOT SEAFOOD	TRAYS
MUSSELS MARINARA:	HALF\$50.00 / FULL\$ 85.00
DRUNKEN CLAMS:	HALF\$50.00 / FULL\$ 85.00
ZUPPA DE CLAMS:	HALF\$50.00 / FULL\$ 85.00:

ZUPPA DE PESCE: HALF.....\$85.00 / FULL.....\$125.00 (shrimp, scallops, clams, mussels and calamari) **SHRIMP SCAMPI:** HALF.....\$85.00 / FULL.....\$125.00 SHRIMP & CHORIZO: HALF.....\$85.00 / FULL.....\$125.00

***All Seafood Trays come with half tray of Penne or Linguini.

We must have at least 48 Hours notice for all Orders



THE LINWOOD INN Pub & Brick Oven Pizza 15-19 Wood Avenue South Linden, NJ 908-862-2334 **Hours of Operation** Mon thru Wed 11 am till 2 am Bar and 11 am till 10 pm Kitchen Thurs thru Sat 11 am till 3 am Bar and 11 am till 11 pm Kitchen Sun 12 pm till 2 am Bar and 12 till 10 pm Kitchen

Weekly Specials - Dine-In Only

PLAIN PIE WITH PITCHER OF DOMESTIC BEER\$16.99	9
PLAIN PIE WITH PITCHER OF SODA\$14.99	
2 SLICES AND A PINT OF DOMESTIC\$4.99	
(noon till 2 pm)	
PLAIN PIE WITH BOTTLE OF WINE\$24.99	
Sensational Sundays	
3 LARGE PIES\$21.99	
Sunday & Monday	
LINWOOD JUMBO BUFFALO WINGS,	
LARGE PIE & PITCHER OF	
DOMESTIC BEER\$24.99	
Tuesday Special	
2 PLAIN PIES\$16.99	
Wacky Wednesdays	
WINGS\$.75	
ALSO: 2 LARGE PIES AND BUFFALO WINGS\$23.99	
Thursday Clam & Corona Night	
\$3 BOTTLES OF CORONA	
DOZEN CLAMS ON THE HALF SHELL\$6.99	
Friday, Saturday & Sunday Specials	
THE BIG RICK\$29.99	
Dozen Drunken Clams, Dozen Zuppa De Clams (can sub Mussels),	
Cheese Pizza, Pitcher of domestic beer and bowl of Salad	
served family style with our own delicious house dressing	
IN HOUSE FAMILY SPECIAL\$29.99	
2 Large Cheese Pizzas, 2 baskets homemade Potato Chips, Choice of	
Chicken Fingers or Buffalo Fingers, Pitcher of Soda and bowl of Sala Served family style with our own delicious house salad dressing	d
18% Gratuity added for parties of 6 or more.	
We have upgraded our Tap Beer	
System to 19 different choices of	
Domestic, Imported and Craft Beers!	
FAVORITES	
Loaded Potato Skins, chili, cheddar, bacon,	
raw onion and sour cream \$7.9	5
Fish & Chips w/ Fries, lemon and tartar \$10.9	
Fried Calamari w/ marinara sauce\$9.9Buffalo Calamari w/ bleu cheese and celery\$9.9	
Bullato Catalitati w/ Dicu checse and celety 59.9.	
	5
Fried Shrimp platter w/cocktail sauce, lemon & Fries\$11.9Buffalo Shrimp w/ bleu cheese\$9.9	
Fried Shrimp platter w/cocktail sauce, lemon & Fries\$11.9Buffalo Shrimp w/ bleu cheese\$9.9Hotsy Totsy Shrimp w/garlic bread\$9.9	5 5
Fried Shrimp platter w/cocktail sauce, lemon & Fries\$11.9Buffalo Shrimp w/ bleu cheese\$9.9	5 5 5

raw onion and sour cream	\$7.95
Fish & Chips w/ Fries, lemon and tartar	\$10.95
Fried Calamari w/ marinara sauce	\$9.95
Buffalo Calamari w/ bleu cheese and celery	\$9.95
Fried Shrimp platter w/cocktail sauce, lemon & Fries	\$11.95
Buffalo Shrimp w/ bleu cheese	\$9.95
Hotsy Totsy Shrimp w/garlic bread	\$9.95
Mozzarella Sticks w/ marinara sauce	\$6.95
Beer Battered Onion Rings w/ranch	\$6.95
Chili Cheese Fries, swimming in chili and cheddar	\$5.95
Disco Fries w/cheese & brown gravy	\$5.95
French Fries	\$3.50
Basket of Homemade Potato Chips	\$3.95
Garlic Knots w/marinara sauce	\$3.50
Drunken Shrimp, dozen shrimp in our drunken sauce	\$15.95
**** extra bleu cheese, ranch or cheddar sauce .75.	

Tuna

Roast Beef & Provolone

***All Subs topped with lettuce, tomato, onion,

oil & vinegar and served with potato chips & pickle.

Any sub on toasted garlic hoagie add \$1.00

SOUPS & SALADS		
16 oz. Baked Potato Soup topped with Bacon & Ched	dar	\$3.95
Crock of French Onion Soup		\$3.95
16 oz. Crock of Chili topped with cheddar and raw on	ion	\$5.95
Caesar Salad		\$7.95
w/ grilled chicken		\$9.95
w/ buffalo Chicken		\$9.95
w/ grilled shrimp		\$11.95
Home Style House Salad with our delicious		
House dressing added to any entrée or Pizza \$4.9	5 by itsel	f \$7.95
Linwood Greed Salad		\$7.95
CLAM BAR		
Linwood Drunken Clams (dozen)		\$11.95
Zuppa Di clams (dozen)		\$10.95
Steamed Clams (dozen)		\$10.95
Clams Casino (half dozen)		\$7.95
New Zealand Green Shell Mussels Marinara (dozen)		
Clams on the Half Shell (dozen) w/ cocktail sauce & I		\$10.95
	Lemon	\$10.95
WINGS, WINGERS & FINGERS		
Jumbo Buffalo Wings -		
Hot, Medium or Mild w/Celery and Bleu Cheese		\$8.95
Wingers - Boneless Chicken Breast Strips,		
Lightly Dusted and Fried, Served Hot, Medium or	Mild	
w/ Bleu Cheese, Celery & Carrots		\$8.95
Chicken Fingers served w/ Fries		
& Choice of Honey Mustard or BBQ sauce		\$9.95
Buffalo Chicken Fingers		ψ7.75
served Hot, Medium or Mild w/ Fries & Bleu Che	ese	\$9.95
,		
BRICK OVEN THIN CRUST PIZZA	12″	16″
Plain Cheese Pizza	\$8.50	\$11.50
White Pizza w/Ricotta, Mozzarella & Fresh Garlic	\$10.95	\$14.95
Marinara Pie (Spicy, Garlicy & Cheesy)	\$9.50	\$12.50
Additional topping \$2.00 ¹ / ₂ toppings \$	\$1.00	
Choices are Extra Cheese, Pepperoni, Sausage, Me	atballs, B	acon,
Ham, Tomatoes, Onion, Peppers, Mushrooms, Bro	ccoli, Sau	téed
Spinach, Black Olives, Fresh Garlic and An		
Plain Slice (\$.50 per additional topping)		\$2.25
	10//	
SPECIALTY GOURMET PIZZA	12″	16″
The Lone Cowboy - Buffalo Chicken & Bleu Cheese		S16 50
	\$12.95	\$16.50
The Lone Cowgirl,		
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese	\$12.95	\$15.95
The Lone Cowgirl,		
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese		
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack	\$12.95	\$15.95
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon	\$12.95 \$12.95	\$15.95 \$17.50
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie Philly Cheese Steak Pizza - Peppers & Onions	\$12.95 \$12.95 \$12.95	\$15.95 \$17.50 \$15.95
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie	\$12.95 \$12.95 \$12.95 \$12.95	\$15.95 \$17.50 \$15.95 \$17.50
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie Philly Cheese Steak Pizza - Peppers & Onions The Aloha - Pineapple and Ham Pizza Melanzana	\$12.95 \$12.95 \$12.95 \$12.95	\$15.95 \$17.50 \$15.95 \$17.50
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie Philly Cheese Steak Pizza - Peppers & Onions The Aloha - Pineapple and Ham Pizza Melanzana - Eggplant Parmigiana & Ricotta Cheese	\$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$11.95	\$15.95 \$17.50 \$15.95 \$17.50 \$14.95
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie Philly Cheese Steak Pizza - Peppers & Onions The Aloha - Pineapple and Ham Pizza Melanzana - Eggplant Parmigiana & Ricotta Cheese Nonna's Pizza	\$12.95 \$12.95 \$12.95 \$12.95 \$11.95 \$11.95	\$15.95 \$17.50 \$15.95 \$17.50 \$14.95 \$14.95
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie Philly Cheese Steak Pizza - Peppers & Onions The Aloha - Pineapple and Ham Pizza Melanzana - Eggplant Parmigiana & Ricotta Cheese Nonna's Pizza - Fresh Tomato, Basil, Garlic & Mozzarella	\$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$11.95	\$15.95 \$17.50 \$15.95 \$17.50 \$14.95
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie Philly Cheese Steak Pizza - Peppers & Onions The Aloha - Pineapple and Ham Pizza Melanzana - Eggplant Parmigiana & Ricotta Cheese Nonna's Pizza - Fresh Tomato, Basil, Garlic & Mozzarella Hold on Special,	\$12.95 \$12.95 \$12.95 \$12.95 \$11.95 \$11.95 \$11.95	\$15.95 \$17.50 \$15.95 \$17.50 \$14.95 \$14.95 \$14.95
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie Philly Cheese Steak Pizza - Peppers & Onions The Aloha - Pineapple and Ham Pizza Melanzana - Eggplant Parmigiana & Ricotta Cheese Nonna's Pizza - Fresh Tomato, Basil, Garlic & Mozzarella Hold on Special, Pepperoni, Hot Peppers & Black Olives	\$12.95 \$12.95 \$12.95 \$12.95 \$11.95 \$11.95	\$15.95 \$17.50 \$15.95 \$17.50 \$14.95 \$14.95
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie Philly Cheese Steak Pizza - Peppers & Onions The Aloha - Pineapple and Ham Pizza Melanzana - Eggplant Parmigiana & Ricotta Cheese Nonna's Pizza - Fresh Tomato, Basil, Garlic & Mozzarella Hold on Special, Pepperoni, Hot Peppers & Black Olives Bambino Special, Grilled Chicken,	\$12.95 \$12.95 \$12.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95	\$15.95 \$17.50 \$15.95 \$17.50 \$14.95 \$14.95 \$14.95 \$14.95
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The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie Philly Cheese Steak Pizza - Peppers & Onions The Aloha - Pineapple and Ham Pizza Melanzana - Eggplant Parmigiana & Ricotta Cheese Nonna's Pizza - Fresh Tomato, Basil, Garlic & Mozzarella Hold on Special, Pepperoni, Hot Peppers & Black Olives Bambino Special, Grilled Chicken, Roasted Peppers and Sautéed Onions The Big Bubba, with Grilled Chicken,	\$12.95 \$12.95 \$12.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95	\$15.95 \$17.50 \$15.95 \$17.50 \$14.95 \$14.95 \$14.95 \$14.95 \$14.95 \$14.95 \$15.95
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The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie Philly Cheese Steak Pizza - Peppers & Onions The Aloha - Pineapple and Ham Pizza Melanzana - Eggplant Parmigiana & Ricotta Cheese Nonna's Pizza - Fresh Tomato, Basil, Garlic & Mozzarella Hold on Special, Pepperoni, Hot Peppers & Black Olives Bambino Special, Grilled Chicken, Roasted Peppers and Sautéed Onions The Big Bubba, with Grilled Chicken, Bacon and Ranch Dressing Chef Dave's Super Pie w/Peppers,	\$12.95 \$12.95 \$12.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95	\$15.95 \$17.50 \$15.95 \$17.50 \$14.95 \$14.95 \$14.95 \$14.95 \$14.95 \$15.95
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The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie Philly Cheese Steak Pizza - Peppers & Onions The Aloha - Pineapple and Ham Pizza Melanzana - Eggplant Parmigiana & Ricotta Cheese Nonna's Pizza - Fresh Tomato, Basil, Garlic & Mozzarella Hold on Special, Pepperoni, Hot Peppers & Black Olives Bambino Special, Grilled Chicken, Roasted Peppers and Sautéed Onions The Big Bubba, with Grilled Chicken, Bacon and Ranch Dressing Chef Dave's Super Pie w/Peppers, Onions, Pepperoni, Sausage & Mushrooms Vegetarian Super Pie w/Peppers, Onions, Mushrooms, Broccoli and Spinach Linwood Hotsy Totsy Shrimp Pie with fresh garlic & basilGet it hot, medium or mild CALZONES	\$12.95 \$12.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95	\$15.95 \$17.50 \$17.50 \$14.95 \$14.95 \$14.95 \$14.95 \$14.95 \$15.95 \$15.95 \$15.95 \$17.00 \$17.00
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie Philly Cheese Steak Pizza - Peppers & Onions The Aloha - Pineapple and Ham Pizza Melanzana - Eggplant Parmigiana & Ricotta Cheese Nonna's Pizza - Fresh Tomato, Basil, Garlic & Mozzarella Hold on Special, Pepperoni, Hot Peppers & Black Olives Bambino Special, Grilled Chicken, Roasted Peppers and Sautéed Onions The Big Bubba, with Grilled Chicken, Bacon and Ranch Dressing Chef Dave's Super Pie w/Peppers, Onions, Pepperoni, Sausage & Mushrooms Vegetarian Super Pie w/Peppers, Onions, Mushrooms, Broccoli and Spinach Linwood Hotsy Totsy Shrimp Pie with fresh garlic & basilGet it hot, medium or mild CALZONES Plain Cheese Calzone	\$12.95 \$12.95 \$12.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95	\$15.95 \$17.50 \$15.95 \$17.50 \$14.95 \$14.95 \$14.95 \$14.95 \$14.95 \$15.95 \$15.95 \$17.00 \$17.00 \$21.95 \$7.00
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie Philly Cheese Steak Pizza - Peppers & Onions The Aloha - Pineapple and Ham Pizza Melanzana - Eggplant Parmigiana & Ricotta Cheese Nonna's Pizza - Fresh Tomato, Basil, Garlic & Mozzarella Hold on Special, Pepperoni, Hot Peppers & Black Olives Bambino Special, Grilled Chicken, Roasted Peppers and Sautéed Onions The Big Bubba, with Grilled Chicken, Bacon and Ranch Dressing Chef Dave's Super Pie w/Peppers, Onions, Pepperoni, Sausage & Mushrooms Vegetarian Super Pie w/Peppers, Onions, Mushrooms, Broccoli and Spinach Linwood Hotsy Totsy Shrimp Pie with fresh garlic & basilGet it hot, medium or mild CALZONES Plain Cheese Calzone ***\$1.50 per extra filling - choices are Ham, Pepper	\$12.95 \$12.95 \$12.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$12.95	\$15.95 \$17.50 \$15.95 \$17.50 \$14.95 \$14.95 \$14.95 \$14.95 \$14.95 \$15.95 \$15.95 \$17.00 \$17.00 \$21.95 \$7.00 \$37.00
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie Philly Cheese Steak Pizza - Peppers & Onions The Aloha - Pineapple and Ham Pizza Melanzana - Eggplant Parmigiana & Ricotta Cheese Nonna's Pizza - Fresh Tomato, Basil, Garlic & Mozzarella Hold on Special, Pepperoni, Hot Peppers & Black Olives Bambino Special, Grilled Chicken, Roasted Peppers and Sautéed Onions The Big Bubba, with Grilled Chicken, Bacon and Ranch Dressing Chef Dave's Super Pie w/Peppers, Onions, Pepperoni, Sausage & Mushrooms Vegetarian Super Pie w/Peppers, Onions, Mushrooms, Broccoli and Spinach Linwood Hotsy Totsy Shrimp Pie with fresh garlic & basilGet it hot, medium or mild CALZONES Plain Cheese Calzone ***\$1.50 per extra filling - choices are Ham, Pepper Meatball, Broccoli, Spinach, Onion, Peppers and	\$12.95 \$12.95 \$12.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$12.95	\$15.95 \$17.50 \$15.95 \$17.50 \$14.95 \$14.95 \$14.95 \$14.95 \$14.95 \$15.95 \$15.95 \$17.00 \$17.00 \$21.95 \$7.00 \$37.00
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie Philly Cheese Steak Pizza - Peppers & Onions The Aloha - Pineapple and Ham Pizza Melanzana - Eggplant Parmigiana & Ricotta Cheese Nonna's Pizza - Fresh Tomato, Basil, Garlic & Mozzarella Hold on Special, Pepperoni, Hot Peppers & Black Olives Bambino Special, Grilled Chicken, Roasted Peppers and Sautéed Onions The Big Bubba, with Grilled Chicken, Bacon and Ranch Dressing Chef Dave's Super Pie w/Peppers, Onions, Pepperoni, Sausage & Mushrooms Vegetarian Super Pie w/Peppers, Onions, Mushrooms, Broccoli and Spinach Linwood Hotsy Totsy Shrimp Pie with fresh garlic & basilGet it hot, medium or mild CALZONES Plain Cheese Calzone ***\$1.50 per extra filling - choices are Ham, Pepper	\$12.95 \$12.95 \$12.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$12.95	\$15.95 \$17.50 \$15.95 \$17.50 \$14.95 \$14.95 \$14.95 \$14.95 \$14.95 \$15.95 \$15.95 \$17.00 \$17.00 \$21.95 \$7.00 \$37.00
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie Philly Cheese Steak Pizza - Peppers & Onions The Aloha - Pineapple and Ham Pizza Melanzana - Eggplant Parmigiana & Ricotta Cheese Nonna's Pizza - Fresh Tomato, Basil, Garlic & Mozzarella Hold on Special, Pepperoni, Hot Peppers & Black Olives Bambino Special, Grilled Chicken, Roasted Peppers and Sautéed Onions The Big Bubba, with Grilled Chicken, Bacon and Ranch Dressing Chef Dave's Super Pie w/Peppers, Onions, Pepperoni, Sausage & Mushrooms Vegetarian Super Pie w/Peppers, Onions, Mushrooms, Broccoli and Spinach Linwood Hotsy Totsy Shrimp Pie with fresh garlic & basilGet it hot, medium or mild CALZONES Plain Cheese Calzone ***\$1.50 per extra filling - choices are Ham, Pepper Meatball, Broccoli, Spinach, Onion, Peppers and	\$12.95 \$12.95 \$12.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$12.95	\$15.95 \$17.50 \$15.95 \$17.50 \$14.95 \$14.95 \$14.95 \$14.95 \$14.95 \$15.95 \$15.95 \$17.00 \$17.00 \$21.95 \$7.00 \$37.00
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The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie Philly Cheese Steak Pizza - Peppers & Onions The Aloha - Pineapple and Ham Pizza Melanzana - Eggplant Parmigiana & Ricotta Cheese Nonna's Pizza - Fresh Tomato, Basil, Garlic & Mozzarella Hold on Special, Pepperoni, Hot Peppers & Black Olives Bambino Special, Grilled Chicken, Roasted Peppers and Sautéed Onions The Big Bubba, with Grilled Chicken, Bacon and Ranch Dressing Chef Dave's Super Pie w/Peppers, Onions, Pepperoni, Sausage & Mushrooms Vegetarian Super Pie w/Peppers, Onions, Mushrooms, Broccoli and Spinach Linwood Hotsy Totsy Shrimp Pie with fresh garlic & basilGet it hot, medium or mild CALZONES Plain Cheese Calzone ***\$1.50 per extra filling - choices are Ham, Pepper Meatball, Broccoli, Spinach, Onion, Peppers a STROMBOLI Plain Stromboli	\$12.95 \$12.95 \$12.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$12.95	\$15.95 \$17.50 \$15.95 \$17.50 \$14.95 \$14.95 \$14.95 \$14.95 \$14.95 \$15.95 \$17.00 \$17.00 \$21.95 \$7.00 \$3age, \$7.95
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie Philly Cheese Steak Pizza - Peppers & Onions The Aloha - Pineapple and Ham Pizza Melanzana - Eggplant Parmigiana & Ricotta Cheese Nonna's Pizza - Fresh Tomato, Basil, Garlic & Mozzarella Hold on Special, Pepperoni, Hot Peppers & Black Olives Bambino Special, Grilled Chicken, Roasted Peppers and Sautéed Onions The Big Bubba, with Grilled Chicken, Bacon and Ranch Dressing Chef Dave's Super Pie w/Peppers, Onions, Pepperoni, Sausage & Mushrooms Vegetarian Super Pie w/Peppers, Onions, Mushrooms, Broccoli and Spinach Linwood Hotsy Totsy Shrimp Pie with fresh garlic & basilGet it hot, medium or mild CALZONES Plain Cheese Calzone ***\$1.50 per extra filling - choices are Ham, Pepp- Meatball, Broccoli, Spinach, Onion, Peppers a STROMBOLI Plain Stromboli Meatball Stromboli	\$12.95 \$12.95 \$12.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$12.95	\$15.95 \$17.50 \$15.95 \$14.95 \$14.95 \$14.95 \$14.95 \$14.95 \$15.95 \$15.95 \$17.00 \$17.00 \$21.95 \$7.00 sage, \$7.95 \$8.95 \$8.95
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie Philly Cheese Steak Pizza - Peppers & Onions The Aloha - Pineapple and Ham Pizza Melanzana - Eggplant Parmigiana & Ricotta Cheese Nonna's Pizza - Fresh Tomato, Basil, Garlic & Mozzarella Hold on Special, Pepperoni, Hot Peppers & Black Olives Bambino Special, Grilled Chicken, Roasted Peppers and Sautéed Onions The Big Bubba, with Grilled Chicken, Bacon and Ranch Dressing Chef Dave's Super Pie w/Peppers, Onions, Pepperoni, Sausage & Mushrooms Vegetarian Super Pie w/Peppers, Onions, Mushrooms, Broccoli and Spinach Linwood Hotsy Totsy Shrimp Pie with fresh garlic & basilGet it hot, medium or mild CALZONES Plain Cheese Calzone ***\$1.50 per extra filling - choices are Ham, Pepper Meatball, Broccoli, Spinach, Onion, Peppers a STROMBOLI Plain Stromboli Meatball Stromboli Sausage Stromboli	\$12.95 \$12.95 \$12.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$12.95	\$15.95 \$17.50 \$14.95 \$14.95 \$14.95 \$14.95 \$14.95 \$14.95 \$15.95 \$15.95 \$17.00 \$17.00 \$21.95 \$7.00 \$21.95 \$7.00 \$3age, \$7.55 \$8.95 \$8.95 \$8.95
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie Philly Cheese Steak Pizza - Peppers & Onions The Aloha - Pineapple and Ham Pizza Melanzana - Eggplant Parmigiana & Ricotta Cheese Nonna's Pizza - Fresh Tomato, Basil, Garlic & Mozzarella Hold on Special, Pepperoni, Hot Peppers & Black Olives Bambino Special, Grilled Chicken, Roasted Peppers and Sautéed Onions The Big Bubba, with Grilled Chicken, Bacon and Ranch Dressing Chef Dave's Super Pie w/Peppers, Onions, Pepperoni, Sausage & Mushrooms Vegetarian Super Pie w/Peppers, Onions, Mushrooms, Broccoli and Spinach Linwood Hotsy Totsy Shrimp Pie with fresh garlic & basilGet it hot, medium or mild CALZONIS Plain Cheese Calzone ***\$1.50 per extra filling - choices are Ham, Pepper Meatball, Broccoli, Spinach, Onion, Peppers a STROMBOLI Plain Stromboli Meatball Stromboli Sausage Stromboli Chicken Strom-oli Ham, Salami & Capicola Stromboli	\$12.95 \$12.95 \$12.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$12.95	\$15.95 \$17.50 \$15.95 \$17.50 \$14.95 \$14.95 \$14.95 \$14.95 \$14.95 \$15.95 \$15.95 \$17.00 \$17.00 \$17.00 \$21.95 \$7.00 \$3age, \$7.95 \$8.95 \$8.95 \$8.95 \$8.95
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie Philly Cheese Steak Pizza - Peppers & Onions The Aloha - Pineapple and Ham Pizza Melanzana - Eggplant Parmigiana & Ricotta Cheese Nonna's Pizza - Fresh Tomato, Basil, Garlic & Mozzarella Hold on Special, Pepperoni, Hot Peppers & Black Olives Bambino Special, Grilled Chicken, Roasted Peppers and Sautéed Onions The Big Bubba, with Grilled Chicken, Bacon and Ranch Dressing Chef Dave's Super Pie w/Peppers, Onions, Pepperoni, Sausage & Mushrooms Vegetarian Super Pie w/Peppers, Onions, Mushrooms, Broccoli and Spinach Linwood Hotsy Totsy Shrimp Pie with fresh garlic & basilGet it hot, medium or mild CALZONIES Plain Cheese Calzone ***\$1.50 per extra filling - choices are Ham, Pepper Meatball, Broccoli, Spinach, Onion, Peppers a STROMBOLI Plain Stromboli Sausage Stromboli Chicken Strom-oli Ham, Salami & Capicola Stromboli Cheese Steak Stromboli	\$12.95 \$12.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95	\$15.95 \$17.50 \$14.95 \$14.95 \$14.95 \$14.95 \$14.95 \$14.95 \$15.95 \$15.95 \$17.00 \$17.00 \$21.95 \$7.00 \$21.95 \$7.00 \$3.00 \$21.95 \$7.95 \$8.95 \$8.95 \$8.95 \$8.95
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie Philly Cheese Steak Pizza - Peppers & Onions The Aloha - Pineapple and Ham Pizza Melanzana - Eggplant Parmigiana & Ricotta Cheese Nonna's Pizza - Fresh Tomato, Basil, Garlic & Mozzarella Hold on Special, Pepperoni, Hot Peppers & Black Olives Bambino Special, Grilled Chicken, Roasted Peppers and Sautéed Onions The Big Bubba, with Grilled Chicken, Bacon and Ranch Dressing Chef Dave's Super Pie w/Peppers, Onions, Pepperoni, Sausage & Mushrooms Vegetarian Super Pie w/Peppers, Onions, Mushrooms, Broccoli and Spinach Linwood Hotsy Totsy Shrimp Pie with fresh garlic & basilGet it hot, medium or mild CALZONES Plain Cheese Calzone ***\$1.50 per extra filling - choices are Ham, Pepper Meatball, Broccoli, Spinach, Onion, Peppers a STROMBOLI Plain Stromboli Meatball Stromboli Sausage Stromboli Chicken Strom-oli Ham, Salami & Capicola Stromboli Cheese Steak Stromboli	\$12.95 \$12.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95	\$15.95 \$17.50 \$14.95 \$14.95 \$14.95 \$14.95 \$14.95 \$14.95 \$15.95 \$15.95 \$17.00 \$17.00 \$21.95 \$7.00 \$21.95 \$7.00 \$3.00 \$21.95 \$7.95 \$8.95 \$8.95 \$8.95 \$8.95 \$8.95 \$8.95 \$8.95
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie Philly Cheese Steak Pizza - Peppers & Onions The Aloha - Pineapple and Ham Pizza Melanzana - Eggplant Parmigiana & Ricotta Cheese Nonna's Pizza - Fresh Tomato, Basil, Garlic & Mozzarella Hold on Special, Pepperoni, Hot Peppers & Black Olives Bambino Special, Grilled Chicken, Roasted Peppers and Sautéed Onions The Big Bubba, with Grilled Chicken, Bacon and Ranch Dressing Chef Dave's Super Pie w/Peppers, Onions, Pepperoni, Sausage & Mushrooms Vegetarian Super Pie w/Peppers, Onions, Mushrooms, Broccoli and Spinach Linwood Hotsy Totsy Shrimp Pie with fresh garlic & basilGet it hot, medium or mild CALZONES Plain Cheese Calzone ***\$1.50 per extra filling - choices are Ham, Pepp- Meatball, Broccoli, Spinach, Onion, Peppers a STROMBOLI Plain Stromboli Meatball Stromboli Sausage Stromboli Chicken Strom-oli Ham, Salami & Capicola Stromboli Cheese Steak Stromboli Vegetarian - Peppers, Onions, Broccoli & Mushrooms Pepperoni Stromboli	\$12.95 \$12.95 \$12.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$16.95 eroni, Saund Bacon	\$15.95 \$17.50 \$14.95 \$14.95 \$14.95 \$14.95 \$14.95 \$14.95 \$15.95 \$15.95 \$17.00 \$17.00 \$21.95 \$7.00 \$21.95 \$7.00 \$3.00 \$21.95 \$7.95 \$8.95 \$8.95 \$8.95 \$8.95
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie Philly Cheese Steak Pizza - Peppers & Onions The Aloha - Pineapple and Ham Pizza Melanzana - Eggplant Parmigiana & Ricotta Cheese Nonna's Pizza - Fresh Tomato, Basil, Garlic & Mozzarella Hold on Special, Pepperoni, Hot Peppers & Black Olives Bambino Special, Grilled Chicken, Roasted Peppers and Sautéed Onions The Big Bubba, with Grilled Chicken, Bacon and Ranch Dressing Chef Dave's Super Pie w/Peppers, Onions, Pepperoni, Sausage & Mushrooms Vegetarian Super Pie w/Peppers, Onions, Mushrooms, Broccoli and Spinach Linwood Hotsy Totsy Shrimp Pie with fresh garlic & basilGet it hot, medium or mild CALZONES Plain Cheese Calzone ***\$1.50 per extra filling - choices are Ham, Pepp- Meatball, Broccoli, Spinach, Onion, Peppers a STROMBOLI Plain Stromboli Meatball Stromboli Sausage Stromboli Chicken Strom-oli Ham, Salami & Capicola Stromboli Cheese Steak Stromboli Vegetarian - Peppers, Onions, Broccoli & Mushrooms Pepperoni Stromboli ****All come with Peppers, Onions, Mozzareli	\$12.95 \$12.95 \$12.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$16.95 eroni, Saund Bacon	\$15.95 \$17.50 \$14.95 \$14.95 \$14.95 \$14.95 \$14.95 \$14.95 \$15.95 \$15.95 \$17.00 \$17.00 \$21.95 \$7.00 \$21.95 \$7.00 \$3.00 \$21.95 \$7.95 \$8.95 \$8.95 \$8.95 \$8.95 \$8.95 \$8.95 \$8.95
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie Philly Cheese Steak Pizza - Peppers & Onions The Aloha - Pineapple and Ham Pizza Melanzana - Eggplant Parmigiana & Ricotta Cheese Nonna's Pizza - Fresh Tomato, Basil, Garlic & Mozzarella Hold on Special, Pepperoni, Hot Peppers & Black Olives Bambino Special, Grilled Chicken, Roasted Peppers and Sautéed Onions The Big Bubba, with Grilled Chicken, Bacon and Ranch Dressing Chef Dave's Super Pie w/Peppers, Onions, Pepperoni, Sausage & Mushrooms Vegetarian Super Pie w/Peppers, Onions, Mushrooms, Broccoli and Spinach Linwood Hotsy Totsy Shrimp Pie with fresh garlic & basilGet it hot, medium or mild CALZONES Plain Cheese Calzone ***\$1.50 per extra filling - choices are Ham, Peppe Meatball, Broccoli, Spinach, Onion, Peppers and SIROMBOLI Plain Stromboli Maatball Stromboli Chicken Strom-oli Ham, Salami & Capicola Stromboli Cheese Steak Stromboli Vegetarian - Peppers, Onions, Broccoli & Mushrooms Pepperoni Stromboli ***All come with Peppers, Onions, Mozzarella and Marinara Sauce.	\$12.95 \$12.95 \$12.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$16.95 eroni, Saund Bacon	\$15.95 \$17.50 \$14.95 \$14.95 \$14.95 \$14.95 \$14.95 \$14.95 \$15.95 \$15.95 \$17.00 \$17.00 \$21.95 \$7.00 \$21.95 \$7.00 \$3.00 \$21.95 \$7.95 \$8.95 \$8.95 \$8.95 \$8.95 \$8.95 \$8.95 \$8.95
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie Philly Cheese Steak Pizza - Peppers & Onions The Aloha - Pineapple and Ham Pizza Melanzana - Eggplant Parmigiana & Ricotta Cheese Nonna's Pizza - Fresh Tomato, Basil, Garlic & Mozzarella Hold on Special, Pepperoni, Hot Peppers & Black Olives Bambino Special, Grilled Chicken, Roasted Peppers and Sautéed Onions The Big Bubba, with Grilled Chicken, Bacon and Ranch Dressing Chef Dave's Super Pie w/Peppers, Onions, Pepperoni, Sausage & Mushrooms Vegetarian Super Pie w/Peppers, Onions, Mushrooms, Broccoli and Spinach Linwood Hotsy Totsy Shrimp Pie with fresh garlic & basilGet it hot, medium or mild CALZONES Plain Cheese Calzone ***\$1.50 per extra filling - choices are Ham, Pepp- Meatball, Broccoli, Spinach, Onion, Peppers a STROMBOLI Plain Stromboli Meatball Stromboli Sausage Stromboli Chicken Strom-oli Ham, Salami & Capicola Stromboli Cheese Steak Stromboli Vegetarian - Peppers, Onions, Broccoli & Mushrooms Pepperoni Stromboli ***All come with Peppers, Onions, Mozzarella and Marinara Sauce. COLD SUBS	\$12.95 \$12.95 \$12.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$16.95 eroni, Saund Bacon	\$15.95 \$17.50 \$14.95 \$14.95 \$14.95 \$14.95 \$14.95 \$14.95 \$15.95 \$15.95 \$17.00 \$17.00 \$21.95 \$7.00 \$21.95 \$7.00 \$3.00 \$21.95 \$7.95 \$8.95 \$8.95 \$8.95 \$8.95 \$8.95 \$8.95 \$8.95
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie Philly Cheese Steak Pizza - Peppers & Onions The Aloha - Pineapple and Ham Pizza Melanzana - Eggplant Parmigiana & Ricotta Cheese Nonna's Pizza - Fresh Tomato, Basil, Garlic & Mozzarella Hold on Special, Pepperoni, Hot Peppers & Black Olives Bambino Special, Grilled Chicken, Roasted Peppers and Sautéed Onions The Big Bubba, with Grilled Chicken, Bacon and Ranch Dressing Chef Dave's Super Pie w/Peppers, Onions, Pepperoni, Sausage & Mushrooms Vegetarian Super Pie w/Peppers, Onions, Mushrooms, Broccoli and Spinach Linwood Hotsy Totsy Shrimp Pie with fresh garlic & basilGet it hot, medium or mild CALZONES Plain Cheese Calzone ***\$1.50 per extra filling - choices are Ham, Peppe Meatball, Broccoli, Spinach, Onion, Peppers and SIROMBOLI Plain Stromboli Maatball Stromboli Chicken Strom-oli Ham, Salami & Capicola Stromboli Cheese Steak Stromboli Vegetarian - Peppers, Onions, Broccoli & Mushrooms Pepperoni Stromboli ***All come with Peppers, Onions, Mozzarella and Marinara Sauce.	\$12.95 \$12.95 \$12.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$16.95 eroni, Saund Bacon	\$15.95 \$17.50 \$14.95 \$14.95 \$14.95 \$14.95 \$14.95 \$14.95 \$15.95 \$15.95 \$17.00 \$17.00 \$21.95 \$7.00 \$21.95 \$7.00 \$3.00 \$21.95 \$7.95 \$8.95 \$8.95 \$8.95 \$8.95 \$8.95 \$8.95 \$8.95
The Lone Cowgirl, BBQ Chicken & Mozzarella Cheese The Heart Attack - Pepperoni, Sausage, Meatballs & Bacon Chicken Parmigiana Pie Philly Cheese Steak Pizza - Peppers & Onions The Aloha - Pineapple and Ham Pizza Melanzana - Eggplant Parmigiana & Ricotta Cheese Nonna's Pizza - Fresh Tomato, Basil, Garlic & Mozzarella Hold on Special, Pepperoni, Hot Peppers & Black Olives Bambino Special, Grilled Chicken, Roasted Peppers and Sautéed Onions The Big Bubba, with Grilled Chicken, Bacon and Ranch Dressing Chef Dave's Super Pie w/Peppers, Onions, Pepperoni, Sausage & Mushrooms Vegetarian Super Pie w/Peppers, Onions, Mushrooms, Broccoli and Spinach Linwood Hotsy Totsy Shrimp Pie with fresh garlic & basilGet it hot, medium or mild CALZONES Plain Cheese Calzone ***\$1.50 per extra filling - choices are Ham, Pepp- Meatball, Broccoli, Spinach, Onion, Peppers a STROMBOLI Plain Stromboli Meatball Stromboli Sausage Stromboli Chicken Strom-oli Ham, Salami & Capicola Stromboli Cheese Steak Stromboli Vegetarian - Peppers, Onions, Broccoli & Mushrooms Pepperoni Stromboli ***All come with Peppers, Onions, Mozzarella and Marinara Sauce. COLD SUBS	\$12.95 \$12.95 \$12.95 \$12.95 \$11.95 \$11.95 \$11.95 \$11.95 \$11.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$12.95 \$16.95 eroni, Saund Bacon	\$15.95 \$17.50 \$15.95 \$17.50 \$14.95 \$14.95 \$14.95 \$14.95 \$15.95 \$17.00 \$17.00 \$21.95 \$7.00 \$21.95 \$7.00 \$24.95 \$8.95 \$8.95 \$8.95 \$8.95 \$8.95 \$8.95

\$8.95	Hall of Fame and your choice Fint of Beer.
\$8.95 \$8.95	Re-connect with the Glory Days
	Bring your childrento a place
	like your parents brought you to.

lall of Fame and your choice Pint of Beer.

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HOT SUBS AND SANDWICHES Jumbo Fried Fish Sandwich, topped with lettuce,	
tomato and tartar sauce	\$9.5
Linwood Meatloaf Sandwich, charbroiled and topped with sautéed onion, mushrooms and brown gravy	\$8.9
Italian Sausage Sub - smothered with onions, peppers, cheese & marinara sauce	\$8.9
Philly Cheesesteak - thinly sliced Ribeye smothered with onions, peppers, marinara sauce and cheese	\$8.9
Eggplant Parmigiana Eggplant Supreme, breaded eggplant topped with salami, roasted	\$8.9 1
red peppper, mozzarella, lettuce, tomato and balsamic vinega Meatball Parmigiana The Big Bubba Sandwich -	r \$8.9 \$8.9
Grilled Chicken, Bacon, Ranch Dressing, lettuce and tomato Beefeater - Roast Beef dipped in au jus & topped with	\$8.9
melted cheddar cheese, sautéed onions & mushrooms Roast Beef Thunderdunk, Roast Beef on a hard roll totally	\$9.9
immersed in Au Jus our Knife and Fork Special Chicken Bambino, breaded chicken breast topped w/breaded eggplant, salami,	\$9.5
roasted red pepper, mozzarella and tomato sauce The Jolly Rancher, Breaded Chicken Cutlet	\$8.9
with bacon, lettuce, tomato, roasted red pepper, provolone cheese, and ranch dressing	\$8.9
French Dip w/ melted provolone & au jus	\$9.5
Chicken Parmigiana - breaded chicken breast topped with marinara sauce & melted mozzarella cheese	\$8.9
Grilled Chicken - topped with lettuce, tomato & mayo	- \$8.9
Chicken Tuscany - Grilled Chicken topped with roasted red	
pepper, melted mozzarella, lettuce, tomato & balsamic vinega	r \$8.9 \$7.9
Grilled Cheese, Bacon & Tomato on rye Taylor Ham & Cheese	۵7.9 \$7.9
All subs and sandwiches served with in-house cut fries and c *Try any sandwich on toasted garlic roll add \$1.00	
FLAME GRILLED BURGERS	
The Star Ledger's Munch Mobile Choice for "Best Hamburger" HAMBURGER w / lettuce, tomato and raw onion	! \$8.5
CHEESEBURGER w / choice of American, Swiss, cheddar or mozzarella	\$8.9
THE BURSTIN BOBBIE, Jumbo hamburger stuffed with your choice of American, cheddar or mozzarella cheese and toppe with dill pickles, fried onion, lettuce, tomato and raw onion. This is the cheesiest burger you will ever have,	
soon to be a Linwood Favorite. THE JENNA-RATOR , 2 four ounce burgers layered with grilled Virginia ham, bacon, roasted red pepper, mushrooms,	\$8.9
fried onion, lettuce, tomato, pickles, American, cheddar and provolone cheese	\$9.5
THE "DAMMIT BOY", The Jenna-Rator on Steroids! 3 four ounce burgers with all the toppings of the Jenna-Rator plus Roast Beef dipped in au jus, onion rings served on toast	
garlic bread.	\$11.9
THE PORKY PIG, jumbo burger topped with grilled Virginia	¢0.6
ham, bacon, pork roll, fried onions and American cheese PIZZA BURGER topped w / marinara sauce and mozzarella	\$9.5 \$8.9
BACON CHEESE BURGER topped w/thick cut crispy bacon and melted cheddar MUSHROOM SWISS BURGER topped with sautéed	\$8.9
mushrooms and melted Swiss	\$8.9
JERSEY BURGER topped with Taylor ham and American che \$8.95	ese
CALIFORNIA BURGER topped with American cheese, roasted red pepper and mayoYOSH' S SPECIALTY BURGER topped w / sautéed onions,	\$8.9
sautéed mushrooms & Cheddar CRISPY ONION BURGER topped w / lettuce, tomato	\$8.9
and Crispy Fried Onions Chili Cheese Burger, Our Jumbo Burger topped with Chili,	\$8.9
Cheddar Cheese and Raw Onion DOUBLE BEEF BURGER, Our Jumbo Burger topped with fre Roast Beef dipped in au jus with American Cheese	\$9.5 esh
and sautéed onions ***All Burgers served with in-house cut fries and a pickle	\$9.5 ?.
****Try any burger on toasted garlic roll add \$1.00	

COMMUNITY CALENDAR APRIL 2011

AUTHOR LEO J. BATTENHAUSEN

Thursday, April 14 – 6:30 pm at the Linden Public Library, 31 E. Henry Street. Author Leo J. Battenhausen will discuss his upcoming book, Defeating Depression, and will sign copies. For more information or to register, call Dennis Purves at 908-298-3830, ext. 11. Fee: free

EASTER EGG HUNT

Saturday, April 16 – 11:00 am at the Iozzi park on Dill Ave. Open to All Ages. Any questions please call: Councilwoman Cosby-Hurling, 908-477-4120 and/or Councilwoman Yamakaitis, 908-925-2309.

LINDEN CITY COUNCIL MEETING

Tuesday, April 20 – 7:00 pm in the Council Chambers of Linden City Hall, 301 N. Wood Avenue. For more information, call Mayor Gerbounka's office at 908-474-8493.

MAGIC SHOW FOR CHILDREN

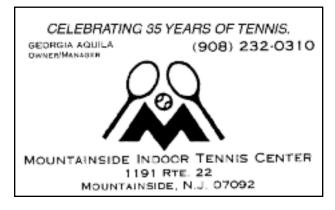
Wednesday, April 27 – 10:00 am and 11:30 am at McManus Middle School, 330 Edgewood Road. Magician Joe Fischer will provide the fantasy, illusion and magic (and a rabbit out of his hat) at two shows for Linden children in public or parochial pre-school through 5th grade. No ticket or registration required. For more information, call 908-474-8600.

CAREGIVERS SUPPORT GROUP

Thursday, April 28 – 7:00 pm at the Linden Public Library, 31 E. Henry Street. All caregivers are welcome to attend. For more information, call Carol Hohl at 908-355-4643 or e-mail her at hohlcarol@yahoo.com.

BOATING SAFETY CERTIFICATION COURSE

Friday, April 29 – (registration deadline; course will be held on Saturday, May 21) – 8:00 a.m. – 4:00 p.m. at the JTG Center, 330 Helen St. The Linden Department of Recreation and Community Services is sponsoring a one-day U.S. Coast Guard-approved boating safety certification course, which is required to operate jet skis and boats. Time allotted includes break and exam time - bring your lunch. Register at the JTG Center, Multi-Purpose Center, or online. For information, call 908-474-8600. Fee: \$75



TENNIS ANYONE?

The Linden Department of Public Property and Community Services is sponsoring Tennis Classes for all Linden residents ages 5 to 16.

Classes will be held at the Wilson Park Tennis Courts, Orchard Terrace in Linden on seven consecutive Saturdays starting May 14th and ending on June 25th.

The cost is \$25.00 per child and everyone receives a Tee-shirt. Children will be divided into age groups.

Registration runs through May 6th at any of the Linden Recreation Centers (605 S. Wood Ave, 330 Helen St. or 1025 John St.) or on line at www.linden-nj.org and click onto CommunityPass.

For further information on how to sign up your future Andy Roddick or Serena Williams, call the Linden Department of Public Property and Community Services at 908-474-8600 Monday to Friday 8:30am – 4:30pm.

Linden's 150th Anniversary 5K Race & Fun Walk Sunday, May 8 Schedule: Registration8:30 am Fun Walk9:30 am All proceeds from this event fund the Registration: Linden Cultural & By mail, in person at the Mayor's Heritage Committee office or at www.compuscore.com and Linden's 150th Fees: Anniversary events 5K: \$20 by 5/5 ; \$25 thereafter and on race day (\$18 and \$23 respec-North Jerse tively for USATF-NJ members); The 5K race is \$15 for high school students New Jersey USATF-NJ certified and a Fun Walk: \$10 Grand Prix Event 500-point Grand Prix Event 500 Points Scoring: www.compuscore.com Awards: Trophies to top 3 male and <u>Sunday, May 8, 2011</u> female finishers, medals for 5-year age groups: 14 & under to 80 & over Tiger Stadium, Linden, NJ Info: www.linden-nj.org West Curtis & DeWitt Streets www.compuscore.com Course Map: www.linden-nj.org LINDEN'S 150th ANNIVERSARY 5K RACE & FUN WALK - Each participant must complete this entry form Please make checks payable to: Linden Cultural & Heritage Committee

Mail to:

Fees:

□ 5K through May 5: \$20

Fun Walk: \$10

T-Shirt Size:

first 500 entrants

5K from May 6 to race day: \$25 USATF-NJ members: \$18 or \$23

5K for high school students: \$15

Youth S Youth M Youth L

Bain or shine ◀► Mostly flat course through

residential neighborhoods <> Water stops at

one- and two-mile points **4** Bathroom facili-

ties ◀► T-shirt (while supplies last) post-race refreshments ◀► Registration limited to the

Mayor's Office

Linden City Hall 301 N. Wood Ave.

(please check box)

Linden, NJ 07036

Last name	First name
Street	City, State, Zip
Phone number	e-mail
Date of birth	USATF number
Age on race day:	E Female D Male
RELEASE AND HOLD HAP	RALESS AGREEMENT: In consideration of the

acceptance of my application to enter the "Linden's 150th Anniversary 5K Race & Fun Walk" I, my heirs, executor/trix, administrator/trix, successors and assigns do hereby forever release and hold harmless the City of Linden. Its agents, servants and employees, from any and all claims for personal injuries or property damage of any type whatsoever which is in any way related to my participation in said activity. I recognize that participation in such activity may be inherently dangerous and I represent that I have been certified by a physician to be in sufficiently good health to enable me to participate in this activity without exposing me to any undue health-related dangers. In addition, in consideration of the acceptance of my application to onter the "Linden's 150th Anniversary SK Race & Fun Walk" I hereby give my permission for the use of my name and/or photograph in any newspaper, broadcast, video, telecast, or other written or visual account of the event.

Signature (parent/guardian if under 18)

Date

COMMUNITY CALENDAR MAY, 2011

ANTI-RABIES VACCINATIONS

Monday, May 2 - 3:00 - 5:00 pm at James Iozzi Park, 1500 Dill Avenue. Free vaccinations for dogs & cats owned by Linden residents. For more information, call the Board of Health at 908-474-8409. Fee: free

ANTI-RABIES VACCINATIONS

Wednesday, May 4 - 3:00 - 5:00 pm at the Fire House at St. George & DeWitt Aves. Free vaccinations for dogs & cats owned by Linden residents. For more information, call the Board of Health at 908-474-8409. Fee: free

CHILDREN'S MOTHERS DAY CERAMIC CLASS

Thursday, May 5 - 6:00 pm - 7:00 pm at the JTG Center, 330 Helen St. For children in Kindergarten through 8th grade. Registration deadline is May 4. For more information, call 908-474-8627. Fee: \$10

ADULT GARDEN CERAMIC CLASS

Thursday, May 5 - 7:45 pm - 9:30 pm at the JTG Center, 330 Helen St. Registration deadline is May 4. For more information, call 908-474-8627. Fee: \$10

UNION COUNTY RABIES CLINIC

Friday, May 6 - 5:00 pm - 7:00 pm at Roselle Borough Hall, 210 Chestnut Street, Roselle, For more information, call 908-259-3031. Fee: free

UNION COUNTY RABIES CLINIC

Saturday, May 7 – 10:00 am – 12:00 noon at Roselle Borough Hall, 210 Chestnut Street, Roselle. For more information, call 908-259-3031. Fee: free

ANTI-RABIES VACCINATIONS

Wednesday, May 11 - 5:00 - 7:00 pm at the Fire House, 302 S. Wood Ave.. Free vaccinations for dogs & cats owned by Linden residents. For more information, call the Board of Health at 908-474-8409. Fee: free.

FREE NETWORKING EVENT

Free networking event hosted by the Clark & Linden Branches of Columbia Bank, 5 pm – 7 pm, Wednesday, April 27 1100 Raritan Road, Clark. Please RSVP by April 22 by calling Sharon Redding at 732-381-5515 or Joseph Schweikert at 908-925-1111. Refreshments will be served. Your business card enters you into a raffle to win an 8GM iPod Nano, 6th Generation.



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NEW 2nd LOCATION!!! 529 Inman Ave. • Colonia, NJ 732-827-0060 • Fax 732-827-0062

SUMMER **BASKETBALL LEAGUES** FOR BOYS AND GIRLS AGE 11 THROUGH 18

Registration ends June 24. FEE: \$20.00 Register at: Community Center Building -605 So. Wood Ave.

JTG Center - 330 Helen St. or Linden Multi-Purpose Center -1025 John St.

Or On Line at www.linden-nj.org

VOLUNTEER COACHES NEEDED!!!



Our Office Hours:

Mon: 10am to 6pm Tues: 10am to 6pm Wed: Closed Thur: 10am to 6pm Fri: 10am to 6pm Sat: 9am to 2pm Sun: Closed Late appointments are available by request.

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- Optum Health Vision (formerly Spectera).
- United Health Care
- Blue Cross Blue Shield of NJ
- Vision Benefits of America
- Superior Vision Empire Blue Cross Blue Shield and many more.

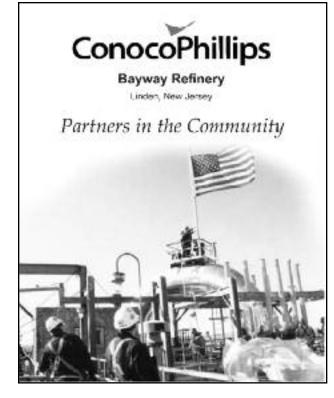


• Medicaid

Block Vision

• NVA





SOCIETY FOR HISTORIC PRESERVATION FORMED TO CELEBRATE AND PRESERVE LINDEN'S PAST

The City of Linden will celebrate its 150th year anniversary of incorporation in 2011. An exciting year-long celebration is in the works for 2011, with events, exhibits, and much more.

The newly formed Linden Society for Historic Preservation, in conjunction with the Linden Cultural and Heritage proved a resolution establishing the Linden Society for Historic Preservation, and along with a volunteer committee, will be responsible for planning the City's anniversary events.

In recognition of the City's 150th Anniversary, the Committee would like to encourage Linden residents to share their personal stories, memories and historic photos about the city of Linden, New Jersey.

"The Linden Society for Historic Preservation's Mission is to educate, celebrate and commemorate that which is of historical value and significance, and to strive to preserve it. The Committee will plan a year that will honor the City's past. Most recently and significantly the city's 150th anniversary, and prepare it for the future by celebrating its unique and storied past, and extraordinary future potential," states Society president and Celebration co-chairperson Lauren Pansurak Yeats.

The Society's goals will be to honor the City's past and leave a legacy for future generations and celebrate and commemorate the history and culture of Linden, New Jersey.

Councilman Richard Koziol and Society liaison adds, "We will nurture and create opportunities for a variety of educational, civic, faith-based, and business organizations to participate and celebrate the Celebration. We'll also develop programs and activities that will educate residents about Linden's history, and support events that 'will provide educational outreach to residents and those outside of the community.

According to the Society's charter, initial trustees will be chosen by the Mayor and by City Council, but all citizens who love history and enjoy learning unique facts about their hometown are welcomed to join. The Society will meet periodically. to discuss plans to promote the city's anniversary. Meeting dates will soon be established and posted on TV-36 and online, and everyone who is interested in preserving and celebrating Linden's proud history is welcomed to become involved. Please watch for details on upcoming events and displays around Linden.

For more information, please contact Councilman Richard Koziol at councilmankoziol@gmail.com,or on Facebook at Linden Society for Historic Preservation. Or call 908217.7419.

Members of the Linden City Council 150th Anniversary Celebration Committee are Linden Mayor Richard Gerbounka, Council President James Moore, Councilman Robert Frazier, and Councilman Richard Koziol.

The founding Society President is Linden author and distinguished historian Lauren Pancurak Yeats, author of Arcadia Publishing S "Images of America' and "Making of America' series on Linden, NJ.



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HAPPY BIRTHDAY GALE FERRIS

Who is George Washington Gale Ferris, Jr? Why he is the creator of the Ferris Wheel and in honor of his birthday, Saints Mary and Elizabeth Academy's 5th grade teacher, Doretta Warnock and her class put a tasty "spin" on making a their own miniature version of Ferris wheel. This project was a double treat as not only did they work together to assemble it but then being to able eat it at the end; no better reward for a job well done. Photo by B. Jones



FRIENDS OF LINDEN LIBRARY ELECTS OFFICERS

The Friends of Linden Library re-elected Dr. Susanne Piatek Miskiewicz as president of the organization at their recent reorganization meeting. A lifelong resident of Linden, Dr. Miskiewicz serves as a principal with the Old Bridge Board of Education. She is a member of the Linden Library Board of Trustees and also serves on the Linden Zoning Board. Doris Matey and Joanne Gareis were also re-elected as vice president and secretary, respectively.

The Friends of Linden Library, Inc. are the fund raising arm for the Linden Library.



(above, l-r) Joanne Gareis, Dr. Susanne Piatek Miskiewicz and Doris Matey.



SCHOOL NO. 9 RAISED A TOTAL OF \$3,719 FOR PENNIES FOR PATIENTS

(right) Abigail Nemec-Merwede and Ainsley Colish, in back from left to right: Joyce Hirsch, Olivia Cornwell, Konrad Wiklinski, Andre Cruz, and Theresa Rogakos.

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game per person per visit. Expires 9/30/11.

CITY OF LINDEN DEPT. OF PUBLIC PROPERTY AND COMMUNITY SERVICES

JOHN T. GREGORIO RECREATION CENTER

330 Helen Street. Call 908-474-8627 for more information or to register for programs. Monday through Friday, 8:30am – 4:30pm or visit our website at www.linden-nj.org.

THE LINDEN MULTI-PURPOSE CENTER

located at 1025 John St. is available to Seniors from 9:00am - 12:00pm and 7:00pm - 10:00pm for everyone. Call 908-474-8639

SENIOR CRAFT CLASSES

Senior Craft Classes are also free to Linden Seniors. Classes are held on Monday, Wednesday and Thursday mornings from 10am – 12pm at the JTG Recreation Center. Classes are also held the 4th Tuesday of each month at the 8th Ward Recreation Center, Bedle Place from 12:30 - 2:30pm

HAVE LUNCH WITH YOUR FRIENDS

The JTG Recreation Center is a Union County Nutrition Site where nutritious lunches are served daily, Monday through Friday at noon for anyone 60 years of age and older. A \$1.75 donation is suggested. Make your reservations by calling Nate at 474-8629.

CAREGIVERS SUPPORT GROUP

The Caregivers Support Group meets at the Linden Public Library on the last Thursday of each month at 7 P.M. All caregivers are welcome to attend.

For information, please call Carol Hohl at 908-355-4643 email or her at hohlcarol@yahoo.com

CHILDREN & ADULT CERAMIC CLASSES

Children: Thursday, May 5 - 6:00 pm - 7:00 pm. For children in Kindergarten through 8th grade. Adults: Thursday, May 5 - 7:45 pm - 9:30 pm. Registration deadline is May 4. Fee \$10.

Classes will be held at the JTG Recreation Center. For more information. call 908-474-8627.

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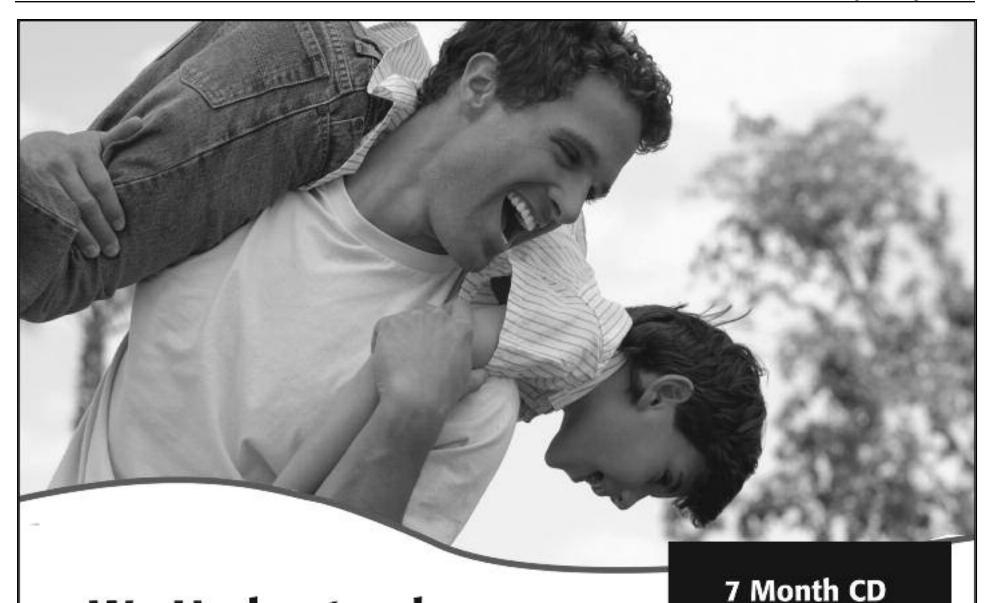


LIFE in LINDEN • Page 22 • April 2011



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LATEST HEART TREATMENT IS COOL ANSWER TO RECOVERY AT TRINITAS

Following cardiac arrest, therapeutic temperature-reducing protocol preserves brain function of local resident

During a recent visit from Florida to see relatives and friends in Roselle Park, New Jersey, Alfred Colucci experienced a cardiac arrest that made him an excellent candidate to receive the latest treatment using therapeutic hypothermia at Trinitas Regional Medical Center. His remarkable recovery is attributed to the protocol that involved cooling his body temperature to 91 degrees.

Nicknamed "Code Frosty," the protocol involves staff in key areas, including the Mobile Intensive Care Unit, the Emergency Department, Intensive Care Unit, Respiratory Therapy, Pharmacy, Anesthesiology, and the Cardiac Catheterization Lab. For patients such as Mr. Colucci, therapeutic hypothermia relies on the interaction of staff members in these departments who work rapidly to cool the patient in order to preserve brain function in the first minutes following a cardiac arrest.

"Therapeutic hypothermia, which involves bringing a patient's body temperature down to 91 degrees, is recommended for patients whose hearts have stopped, been restarted through CPR, and who remain unconscious," explains Trinitas Advance Practice Nurse Debbie Durand. "Therapeutic hypothermia helps to prevent damage to the brain which is dependent on a steady supply of oxygen from the heart. Since many patients do not even survive the original cardiac arrest, we want to give those that do every chance to maintain good brain function. If the supply of oxygen to the brain is interrupted, various processes can cause damage to brain cells that may result in an inability to communicate or interact with others. By chilling the whole body, we can slow brain damage or even prevent it from happening," she continues.

Therapeutic hypothermia begins in the field where Trinitas paramedics are equipped with icepacks and cooled IV solution. En route to the Emergency Department, work begins on the patient so that valuable time is not wasted. The process then continues in the Emergency Department where the patient is wrapped in a specialized vest and leg coverings.

The care of the patient continues while he or she is under sedation. For the next 24 hours, the patient is kept cool and cared for in the Intensive Care Unit. During this time, the patient's normal body functions are monitored and ultimately, the patient's body temperature is gradually

warmed and returned to normal level.

At Trinitas, this new equipment is in use thanks to a grant received from the Gertrude L. Hirsch Charitable Trust.

The introduction of therapeutic hypothermia as a treatment protocol in such cases has resulted in positive outcomes and remarkable recoveries such as that of Mr. Colucci, whose wife Mary described the entire Trinitas "Code Frosty" team as "angels from heaven."



(above) Grateful cardiac patient Alfred Colucci (seated) and his wife Mary returned to Trinitas recently to convey their thanks and appreciation to some of those involved in the treatment of his recent cardiac arrest. Alfred's remarkable recovery was attributed to treatment he received as part of Trinitas' new therapeutic hypothermia protocol that involved cooling his body temperature to 91 degrees to preserve brain function.





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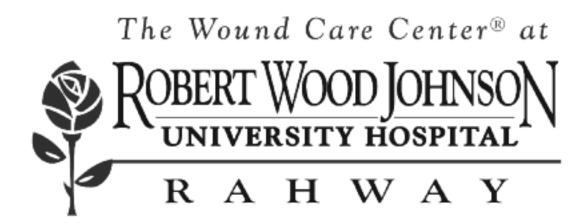
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