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

Issue 3 • February 2010

NEXT CHAMBER MEETING: WEDNESDAY FEBRUARY 23 8:30 am TO 10:00 am at the HOTEL INDIGO @

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GATEWAY CHAMBER HONORS LINDEN COMPANY

The Gateway Regional Chamber of Commerce, the umbrella organization for the Linden Chamber of Commerce, held their 98th Annual Awards Dinner on January 28, at the Renaissance Newark Airport Hotel in Elizabeth. The Annual Awards Dinner has grown to be the largest business dinner in the northern New Jersey region.

The dinner honored three Chamber Members for their outstanding service to the business community, the Chamber and New Jersey in general. This year's honorees were Enterprise Rent-A-Car, AmeriHealth and Villani Bus Company of Linden.

Angie Tsirkas, Branch Manager of Northfield Bank in Linden, was the presenter for the small business of the year, Villani Bus Company. Angie said 'This award is presented to the company that has shown dedication, commitment and unswerving loyalty to the Gateway Chamber, the City of Linden and above all, to their customers. Currently in business for 90 years, the Villani Family has provided reliable transportation that serve communities and schools locally and across the country. Dee and Linda Villani and their daughter Courtney, who I have had the pleasure of working closely on the Board of the Linden Chamber of Commerce, have dedicated their life servicing their customers and their community. I can not think of a more deserving recipient of this award."

Ninety years ago, Frank Villani Sr. had an idea that grew out of necessity. The founder of Villani Bus Company, Frank Villani, was a true entrepreneur. Returning home after World War I, he found Newark embroiled in a trolley car strike. He saw crowds of workers, including himself, walking to their jobs each day and he surmised that they would be willing to pay a nickel for a ride. He commissioned a carpenter to build him a bus, improvising with a chassis that had a wooden body fitted out with benches to seat 20, The first make-shift bus (converted out of a milk truck) shuttled workers throughout Newark until the strike ended.

With a bus already built but his jitney service no longer necessary, Villani petitioned the city for a permit to operate a bus service out of Elizabeth, NJ in February 1920. He ran the bus from the Linden Train Station to the Elizabeth Train Station, creating the #44 Line which is still in operation today. Shortly after he started the #44 Line, Linden needed a bus to transport children to school and called upon Villani, which gave him the proud distinction of being the carrier of the first school bus route in Linden.

Over the years, many of Frank Villani, Sr.'s family and friends have worked at the bus company at one time or another. Frank's oldest son, Diodato has been working at the bus company full time since 1951 and has been President since 1956. "Dee" is still managing daily operations with his wife Linda and daughter Courtney. He attended Linden



(above) Frank Villani, founded Villani Bus Co. in 1919.



(above l-r) Villani Bus Company was honored as Small Company of the Year. Joseph Barbanel, Chairman of Gateway Chamber of Commerce; Angie Tsirkas, presenter; Villani family: Linda, Courtney and Dee.

Public Schools including School #6 elementary, Soehl Junior High and Linden High School. Three generations of Villani family members have been working together for over 90 years to provide safe, reliable transportation.

From the most humble of beginnings to today's modern, deluxe motor coaches, Villani has developed a fleet of tour and charter buses that serve local communities across the country as well as school buses.

Now in their 90th year, VBC is respected for safe and reliable transportation and operates at the highest standards, striving to be ethical, friendly, and hardworking. The Villani family is humble and feels fortunate to provide great service to their community. Most importantly, they are proud of how they treat their employees, clients, and the general public. Courtney Villani stated "A commitment to excellence has brought us this far and we are truly honored to be recognized for it! Remember, if you need a bus, call us! 908-862-3333".



(above) Bernadette Countryman of Trinitas Regional Medical Center, Chamber Chairman Joe Barbanel of Solar Compounds, Judith Roman CEO of Amerihealth NJ, honored as Medium Company of the Year.



(above) Eric Segal of Security Business Solutions, Chamber Chairman Joe Barbanel of Solar Compounds, Woody Erhardt of Enterprise Rent-A-Car, honored as Large Company of the Year.



Life in Linden is published by 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.



Linden Chamber of Commerce P.O. Box 300 Elizabeth, NJ 07207-0300 908-352-0900

Co-Chairs: Janet Miller, Cox Printers and Courtney Villani, Villani Bus Vice Chair: Angie Tsirkis, Northfield Bank Treas.: Linda Hundley, LJ Engraving & Signs

Gateway Regional Chamber of Commerce P.O. Box 300 Elizabeth, NJ 07207-0300 908-352-0900

Vice President: Kate Conroy kateconroy@gatewaychamber.com

LINDEN CITY COUNCIL

MAYOR:

Richard J. Gerbounka **COMMITTEE MEMBERS** Robert F. Bunk – Council President Christopher Kolibas, 1st Ward Richard Koziol, 2nd Ward Joe Harvanik, 3rd Ward Derek Armstead, 4th Ward Gene Davis, 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

Emergency	911
Non-Emergency Police	908-474-8500
Non-Emergency Fire	908-474-3500
Mayor's Office	908-474-8493
Board of Health	
City Clerk	908-474-8452
Construction Code	908-474-8462
Engineering	908-474-8470
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Municipal Court	908-925-5115
Planning Board	
Public Works	908-474-8666
Recycling	908-474-9567
Recreation	
Social Services	908-474-8620
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Tax Assessor	908-474-8544
Transportation & Parking	908-474-8404
Weights & Measurers	908-474-8403

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ADVERTISING & PRESS RELEASES

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

TINA RENNA

Email: TinaRenna@RennaMedia.com

Phone: 908-418-5586 Fax: 908-709-9209

Message from the Mayor



As Mayor of Linden, I would like to congratulate the Linden Chamber of Commerce on their new and extremely successful publication Life in Linden. I am proud to have such a professional organization representing the Linden business community. I want everyone to know that our city is here to help not only the Linden Chamber, but all businesses big and small that are part of the Linden family.

May the Linden Chamber of Commerce continue the great work they do for our community.

The City of Linden in conjunction with the NJ for Haiti Relief Fund (NJ4Haiti.org/partners.html) is collecting the following items only at all its firehouses: pharmaceutical products, water, tents, blankets, and nonperishable goods.

The "Haitian Alliance Relief Fund" chaired by Mrs. Danie Armstead, wife of Councilman Derek Armstead is collecting cash. Monetary donations can be made out to the above fund and taken to TD Bank (4245577147), Wachovia Bank (2000046023997) and Chase Bank (822455077) or online www.haitianfunds.com. For further information on donating, please call 908-403-3880 or go to the website clintonbushhatifund.org.

The City of Linden encourages all of its residents to assist the poor but proud Haitian people who are suffering because of this terrible earthquake. I know that Linden residents are generous and caring people who will help the Haitian recover from this devastating tragedy.

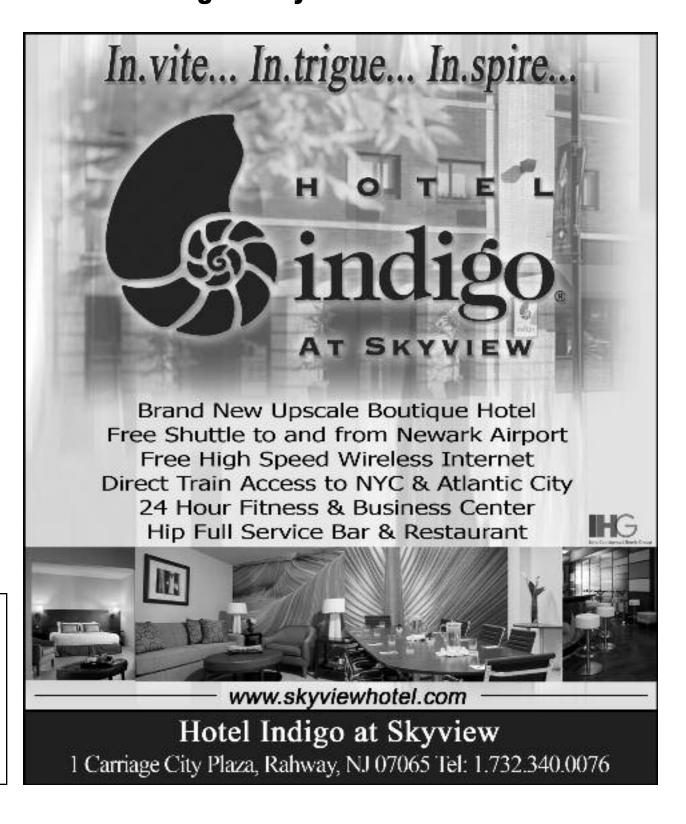
Mayor Richard J. Gerbounka

A WEALTH OF LINDEN INFORMATION OF

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. You'll find Linden resources and information including Linden's history, demographics, and recreation offerings for city youth, adults, and senior citizens, current city projects and community life.

linden-nj.orgFind the Linden Chamber website through the "Affiliates" link on:

gatewaychamber.com



TOWNSHIP MEETING DATES & SCHEDULES

LINDEN CITY COUNCIL MEETING DATES:

Conference meetings will be held in the Council Office. Regular meetings will be held in the Council Chambers, City Hall, Linden, New Jersey.

Conference Meeting: None Prior to Council Meeting: Feb. 17 at 5:30 pm Council Meeting: Feb. 17 - 7:00 pm

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 7pm. All meetings are open to the public.

LINDEN BOARD OF EDUCATION

Regular meetings are held in the auditorium, Linden, High School 121 W. St. Georges Avenue. Next meeting: Feb. 16, 2010 at 7 P.M.

LINDEN CHAMBER OF COMMERCE MARTINI TASTING

MARCH 2, 2010

6:00 pm

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\$25 PER PERSON

Light hors d'ourves to accompany each one-of-a-kind custom martini created by Igor

GATEWAY CHAMBER OF COMMERCE EVENTS

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

8:00 AM FEBRUARY 9

VETERANS BUSINESS ASSOCIATION
Food, 339 Springfield Avenue, Summit

8:00 AM FEBRUARY 10

KENILWORTH CHAMBER MEETINGAccess Self Storage, 750 Boulevard, Kenilworth

6:00 PM FEBRUARY 10 NEW JERSEY REAL ESTATE

SOCIAL NETWORK

The Westwood, 438 North Avenue, Garwood

8:00 AM FEBRUARY 11 SMALL BUSINESS COUNCIL

Kenilworth Inn.

Boulevard & South 31st Street, Kenilworth

8:30 AM FEBRUARY 12

LOCAL & COUNTY AFFAIRS COMMITTEE

Borough of Mountainside,

1385 Route 22 East Mountainside

6:00 PM FEBRUARY 16

IRISH BUSINESS ASSOC. (IBA) MEETING Molly Maguire's, 1085 Central Avenue, Clark

LINDEN'S AMERICAN LEGION POST 102 MONTHLY PANCAKE BREAKFAST

WILL BE SERVED
BETWEEN 8:30 AM & 12:30 PM
ON SUNDAY. FEB 21ST.

This month's special will be blueberry pancakes!!!

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 Avenue

8:00 AM FEBRUARY 17
EMPLOYER LEGISLATIVE COMMITTEE
MEETING

Kenilworth Inn,

Boulevard & South 31st Street, Kenilworth

11:45 AM FEBRUARY 18 GATEWAY ASSOCIATION OF BUSINESS WOMEN

La Casa di Martino,

301 West Clay Avenue, Roselle Park

FEBRUARY 23 • 8:30 AM LINDEN CHAMBER MEETING

Hosted by Hotel Indigo @ Skyview, 1 Carriage City Plaza, Rahway

8:30 AM FEBRUARY 24

CLARK CHAMBER MEETING

Arthur L. Johnson High School Media Center, 365 Westfield Avenue, Clark

8:00 AM FEBRUARY 26

SOMERSET HILL BUSINESS NETWORK

GENERAL MEETING

Royce Brook Golf Club, 201 Hamilton Road, Hillsborough, NJ 08844

Mystic Vision Players presents a Rose Scholarship Fundraiser:

Warren Martin's The True Story of Cinderella And Other Fairytale Operas

Saturday, February 13 - 8:00 p.m. and Sunday, February 14 - 4:00 p.m.

The Reformed Church of Linden, 600 N. Wood Ave. For more information,

visit www.mysticvisionplayers.com or call 908-925-8689. Tickets: \$12



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LINDEN POLICE DEPARTMENT PROMOTION DAY

were promoted. Jonathan Parham was promoted to Lieutenant. He was appointed to the Linden Police Department in 1992 and promoted to the rank of Sergeant in 2005. During his career in the LPD, he was assigned to the Patrol Division, the Counter-Terrorism Unit, and he is presently the Commander of the Community Policing Unit. He is also responsible for the creation of Linden PD Critical Infrastructure Protection/Swat Unit that is currently comprised of twenty officers from various units within the PD. He also commands that unit. He has served on the Union County Emergency Response Team and SWAT, the Union County Gang Task Force, and the Union County Narcotics Strike Force. Jon has certifications as a Field Training Officer, Physical Training Instructor, Crime

On February 1st four Linden police offers Prevention Officer, WMD / Radiological / HAZMAT Technician, Less Lethal/Chemical Munitions Instructor, Crisis Negotiator, and SWAT Commander. He is a highly decorated officer who received the Police Officer of the Year Award in the year 2000. In the very near future he will be assigned as a Patrol Shift Commander.

> Michael Saake was promoted to Lieutenant. He was appointed to the Linden Police Department in 1990 where he achieved the #1 academic ranking in his police academy class. He was promoted to the rank of Sergeant in 2005. He has a Bachelors Degree from Rutgers University and a Master's Degree from Seton Hall University (State Police Graduate Studies Program). Mike has served very successfully in quite a wide range of assignments throughout

his career including Patrol Officer, Field Training Officer, Juvenile Bureau Detective, School Resource Officer, Records Bureau Commander, and the Internal Affairs Unit. He is currently serving as a Field Supervisor in the Patrol Division. In the very near future he will be assigned as a Patrol Shift Commander.

George Senkus was promoted to Captain. He was appointed to the Linden Police Department in 1981. He was promoted to the rank of Sergeant in 1989 and served as a Patrol Field Supervisor. He was promoted to the rank of Lieutenant in 1996 and has been serving as a Patrol Shift Commander. George has a Bachelors Degree from Seton Hall University and a Masters Degree from Seton Hall University (State Police Graduate Studies Program). He served as the Department's Domestic Violence Liaison Officer to the Union County Prosecutors Office for seven years, and also conducted the Department's Domestic Violence In-Service Training Program for the same period of time. He is also solely responsible for the formation of Linden's Domestic Violence Response Team that consists of volunteers from the community. George is also a past President of the Linden Police Superior Officers Association. In the very near future he will be assigned as the Uniformed Services Commander.

Jeffrey Vitrano was promoted to Captain. He was appointed to the Linden Police Department in 1978. He was promoted to the rank of Sergeant in 1986 and served as a Field Supervisor in the Patrol Division. He was promoted to the rank of Lieutenant in 1998. Jeff was a graduate of the FBI National Academy in Quantico, Virginia in 2001 and he has a Bachelor's Degree from Missouri Southern State University. During his career, Jeff served as a detective in the General Assignment Detective Bureau, Commander (and founder) of the Linden Police Department Auto Squad, and Commander of the Linden Police Department Narcotics Bureau. He was also assigned to the Essex/Union Auto Theft Task Force as one of the "original five" pioneers of that task force that continues to operate today. Throughout his career he has received numerous departmental commendations and special recognition for service. Jeff has served admirably for the past 9 years as Commander of the Internal Affairs Unit. In the very near future he will be assigned as Commander of the newly formed Professional Standards Division of the Linden Police Department.



(above, l-r) Mayor Richard Gerbounka, Chief Michael Boyle, Captain George Senkus, Captain Jeffrey Vitrano, Lieutenant Jonathan Parham, Lieutenant Michael Saake.

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LINDEN LIONS CLUB'S PEACE POSTER WINNERS

The Linden Lions Club recently chose the winners of their Peace Poster Contest "The Power of Peace". They are Noelle Sollivan of St. Mary and Elizabeth Academy, Anthony Mc Grath of St. John The Apostle School and Stephanie Nikitiadis of Mc Manus Middle School. All students are in the sixth grade, Each were presented with a certificate and \$50.00 at the Lions' January Meeting at the Gregorio Center.

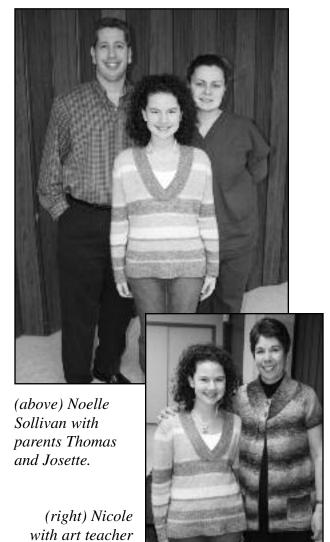
The Linden Lions have been part of the International Lions for over 60 years. They answered the call of Helen Keller who in a 1925 speech challenged Lions to be "Knights of The Blind".

Used eyeglasses and hearing aids can be placed in the Lions' Yellow Mail Box in front of the Linden Pathmark. These are recycled and distributed to the needy.

Proceeds from our fundraisers support blind adult and children's camps, local charities and scholarships.

The Linden Lions are holding a Fish Dinner on Thursday, March 25, 2010 at The Linden Ambulance Squad Building from 5-7 p.m. catered by Argyle's of Kearny. For information call Helen at (732) 815-3280 or Josephine at (908) 862-8808.

New members are always welcome to meetings on the first Tuesday of the month (except June and July) at the Gregorio Center at 7:00 p.m.





(above, standing, l-r) Caroline, Anthony and Jim Mcgrath. (seated) Bill and Dorethy Flemm.



(above) Susan Koblis and daugher Stephanie.



Valerie Pollo.

(above) Lions Club President Teru Coleman with Stephanie Nikitiadis, Anthony Mc Grath, Noelle Sollivan, and Lion's Club Treasurer Lorraine Kelly.





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HIGH SCHOOL OFFERS COOPERATIVE EDUCATION PROGRAMS FOR SENIORS

approved program where employers provide work stations for high school students, where they learn and earn 15 credits toward graduation. These are paid positions where the students work and learn about business, careers and workplace readiness skills.

There are two types of cooperative educational experiences offered at Linden High School. Co-operative Business Education and Co-operative Marketing Education. programs provide 15 credits and require students to work 540 hours for the school year in an approved work training site.

Cooperative Business Education: This

Co-op or cooperative education is a state program works with students who are interested in the careers associated with Business such Administration Accounting, as: Administrative Assisting, Finance, Information Processing, Office and Secretarial Studies. Students take the related class where the skills required for these positions are instructed. A National Occupancy Certification Test is administered at the end of the year in Administrative Assisting.

> Cooperative Marketing Education: This program works with students who are interested in the careers associated with Marketing Management such as: Food Services, Restaurant Services, Retail Services, Hospitality and

Tourism Services. In the related class, students learn the required marketing and sales skills for service industries. A National Occupancy Certification Test is administered in Workplace Readiness Skills.

If you are interested in more information or in participating in the co-op program and provide a paid internship for Linden High School students please contact either Antoinette Modrak or Christine Simpson at Linden High School Academy of Science and Technology at (908) 486-2212.

Or e-mail either: amodrak@linden.k12.nj.us csimpson@linden.k12.nj.us.

ACADEMIC TEAM COMPETITION



(above) Soehl Middle School competitors Marcel Thompson (L) and Kyle Musialowicz. (R) appear confident that they are on the right track toward answering a math problem. Photo by Chrisitne Hudak, Linden Public Schools.

Soehl Middle School held an Academic Team Competition. The challenge was open to sixth, seventh, and eighth graders, and those who participated in the tournament did so with a tenacity and motivation that would make any parent, teacher, or onlooker proud. The tournament started with sixteen teams. From there, the eight teams who earned the most points moved on to the next round. The victorious teams in the second round moved on to Final Four Trophy Round.

In the final face off of the competition, it was a group of eighth grade boys Jordy Vasco, Marcel Thompson, Tyler Orcutt, and Kyle Musialowicz who earned the title of Soehl Middle School champions by missing only one of their original questions and stealing a few of the other teams. After the winners were declared, they received their sparkling blue and gold trophies, posed for group photos by thrilled family and friends, and then reminisced about exciting moments with their friends from the other teams. In the end it was encouraging to see the students take this academic pursuit seriously, it was even more heart-warming to know that in the end as they left the auditorium they were comparing their perspectives on the night with their friends and everyone felt successful.

LINDEN STUDENTS HEADED TO STATE COMPETITION

On January 6, 2010, Linden High School students competed in the DECA Gold Regional Competition at Middlesex County College. Students had to answer a 100 question subject specific test and participate in real scenario business role plays. The following students are finalists and will move on to the state level of their events:

T 1 - A 11 -	E1 M-d4' C Ein-1'-4
Joseph Apello	Food Marketing Services Finalist
Alex Cerna	Marketing Management Services 2nd Place Overall
Viviana Montanez	Marketing Management Services 4th Place Overall
Kerry Gorbos	Principles of Business Management Finalist
Milena Drozd	Principles of Hospitality and Tourism 2nd Place Overall
Manessa Lormejuste	Principles of Hospitality and Tourism Finalist
Mohammed Hosein	Principles of Marketing 3rd Place Overall
Bianca Lominy	Quick Serve Restaurant Management Finalist
Justin Ferretti	
Thalia Ortiz	Retail Management Services Finalist
Steve Hodge	Technical Sales Event Finalist
Andres Giraldo	Technical Sales Event Finalist
Alex Maresco	
Zak Modrak	

As part of learning social responsibility, Linden High School's DECA chapter has raised over \$500.00 for cancer research through the NJ DECA State Civic Conscious Project.

DECA, an association of marketing students has over 185,000 high school students in 5,000, chapters, located in the U.S., Canada, Germany, Mexico, Puerto Rico and Guam who benefit unparalleled network curriculum-enhancing programs DECA provides for those with an interest in marketing, management and entrepreneurship.

DECA helps students to develop skills for successful business careers, build self-esteem, experience leadership and practice community service. DECA members create friendships with like-minded people from all over the world at career and leadership conferences and build resumes that move them to the top of the job and college application list.



(above) The finalists in the DECA Gold Regional Competition.

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HONORS STUDENTS COOK IN FRENCH TRADITION

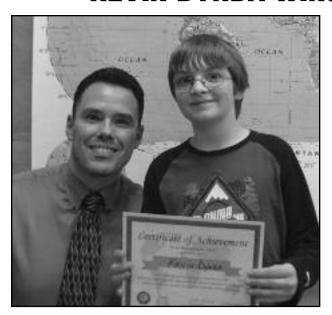
Linden High School French V-honors students showed their expertise in cooking. In the picture students are making a traditional French cake known as la galette du roi. This cake is eaten during the Winter season in France. During this lesson, students incorporated some of the 5C S culture, communication comparison and

After finishing the theme on Traditions, connection. And they also used all three modes of communication. Students interpreted the recipe, they gave directions to each other and they made connection to mathematics by converting the metric system into the American system. The French V-honors class represented a French family that brought together all its family members around this cake.



(above, l-r) Linden High School French honor students Magda Budkiewich, Kostyantyn Budzan, Linden High School French teacher Assumpta Foy, Nadia Ramlakhan, Alex Cerna, Leanne Suero, Nada Diab come together as a French family in the class. Photos by Christine Hudak, Linden Public Schools

KEVIN DYNDA WINS GEOGRAPHY BEE



The second annual McManus Middle School Geography Bee took place on Friday, Jan. 15th. Fifteen students competed in the bee which was sponsored by the National Geographic Society. Questions consisted of topics that covered all phases of geography on both a national and world level. The winner of the geography bee, 8th grader Kevin Dynda, will take a written placement test to determine whether he will represent Linden, New Jersey in the state geography bee in the near future. The winner of the state bee will move on to compete in the prestigious National Geography Bee, hosted by Jeopardy's Alex Tribec, with a chance at \$25,000 in college scholarships and a trip to the Galapagos Islands. Good luck, Kevin!

(above) Mr. Anthony Ventura, Social Studies teacher at McManus Middle School congratulates McManus 8th grader Kevin Dynda on his achievement. Photo by Chrisitne Hudak, Linden Public Schools.

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PEACEMAKER PLAYS TO SCHOOL NO. 2



(above) Eric Minarchenko is surprised by the Simp an actor of the Peacemakers. Photo by Chrisitne Hudak, Linden Public Schools.

The George Street Playhouse Educational Touring Theatre presented a play to the students of Linden School No. 2 dealing with prejudice. The play was known as Peacemaker by David Holman and they encouraged the audience to participate in a charming parable of our increasingly diverse society, promoting an end to prejudice based on what people look like and where they come from. The children came away with new lessons learned and respect for one another. This was part of the character Education program at School No. 2.

CPA AWARDS SCHOLARSHIPS FOR HIGH SCHOOL STUDENTS

The Bayway Complex Community Advisory Panel (CAP) will be awarding four \$1,000 scholarships to eligible students living in Linden, Rahway, Elizabeth and Staten Island. High school seniors who are planning on attending college and studying for a career in the engineering, industrial, or process technology fields can apply for the scholarship.

Applications can be obtained from guidance counselors at the high schools. The deadline for application submission is March 31, 2010.

These scholarships are sponsored by ConocoPhillips Bayway Refinery, Infineum USA L.P., DuPont, and Cogen Technologies Linden Venture L.P., which are member companies of the Bayway CAP.

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LHS NJROTC UNIT HOSTS ANNUAL DR. MARTIN LUTHER KING DRILL MEET

How did you spend the Martin Luther King Marine Corps National Drill Competition last Holiday? Under the leadership of Cadet Captain Lexi Alvarez the Cadets of Linden High School's NJROTC unit served as host for the annual Doctor Martin Luther King Memorial Drill Meet. The MLK Drill Meet is held at Linden High School and brought drill teams from twelve Navy JROTC units together to honor the memory of Dr. King and to put their drill, Navy related academic knowledge and physical fitness to the test against some of the best units in the New Jersey, New York and Pennsylvania area.

Doctor King's leadership of the Civil Rights Movement, struggle to extend human dignity to all men and women, and continuing influence on our nation were remembered throughout the day as posters with excerpts from Doctor King's "I Have A Dream" speech and "Letter from Birmingham Jail" placed on prominent display around Linden High School. Cadets also took time to read excerpts from his speeches, and his writings during the opening ceremonies.

The Doctor Martin Luther King drill meet prepares unit drill teams to compete in the Navy regional drill meets in hopes of qualifying to go to the Navy National Drill Team competition held each year in April. The Linden High School Drill team, coached by First Sergeant Mike Philibert and Petty Officer First Class Juanita O'Neill, won the right to go to the Navy and

year and will travel to Pensacola in early April for the first time in ten years. Parent Boosters and LHS Cadets who are not themselves members of the Drill Team took the lead in ensuring that events ran smoothly.

The MLK drill meet brings traditional rivals to Linden and always produces a friendly but hard fought competition. New Jersey Schools competing at Linden included Sterling High School, Rancocas Valley High School, Maritime and Science Technology High School (MAST), Neptune High School, Passaic High School, Passaic County Technical Vocational High School (PCTI), Perth Amboy High School. Pennsylvania was represented by Owen J. Roberts High School. New York Units included Freeport High School, Middletown High School, and Southhold High School.

Preparation for the annual drill meet begins in February following each year's drill meet. Linden parent boosters, cadets and staff members conduct a critique of the meet called a hot wash up and identify lessons learned to improve the following year's meet.

Teams competed in events such as personnel inspection, armed and unarmed trick drill events, platoon armed and platoon unarmed team drill, personnel inspection, varsity and new cadet color guard, new cadet drill, academic test, a team push up and sit up competition, and an

individual drill competition. As host the Linden unit participates in all events, but in keeping with long standing traditions it is not eligible to place in the standings. The competition was touch and go with several units in close range of the overall winner. Third place was taken by Southold High School from Southold, NY. Second place went to Perth Amboy High School. First place honors went to the Maritime and Science Technology High School from Sandy Hook, NJ.

More than one hundred of Linden's over 300 Cadets were present, along with 25 parent boosters, ROTC staff and seven LHS staff members and helped coordinate the events and making sure that events take place on schedule. ROTC Instructor Juanita O'Neil and her team of Parent Boosters oversaw score keeping, and were busy running food concessions from start to finish of the meet.

Senior ROTC instructors participating schools noted that execution of the meet went extremely smooth and credited First Sergeant Philibert, Cadets Juliana Campos and Nikki Janusz, the Cadets coordinating events, Petty Officer O'Neal and the Parent Boosters with having done an outstanding job. Cadet Captain Lexi Alvarez, the Drill Team, and Regimental Staff continued working until six that evening, and left feeling tired but proud of a Drill Meet that was very well run.

SAFETY TIPS ON STROKE: WHAT EVERYONE NEEDS TO KNOW!

This health and safety information is courtesy of your friends at, Linden Emergency Medical Services, Inc.

how many really know what it means? Very simply put, a stroke is an area of brain cells that are dying because of a lack of oxygen. Oxygen is essential for the function of all cells in the body; essentially it is as fuel is to a car engine. So how does a stroke occur? There are two ways in which brain cells are deprived of oxygen during a stroke; a clot may develop blocking blood flow (otherwise known as an ischemic stroke) or bleeding may occur into the brain (otherwise known as a hemorrhagic stroke).

Stroke is the third leading cause of death in the U.S. and the second leading cause of death worldwide, yet if treatment is sought in a timely

Most people have heard the term stroke but manner strokes are treatable. How do we change these alarming statistics? We at Linden Emergency Medical Services believe the best way is to be informed. There are several risk factors that we need to be aware of. High blood pressure accounts for 35-50% of stroke risks, patients with diabetes are 2 to 3 times more likely to develop stroke, and high cholesterol has been discussed as a possible risk factor but studies have not been able to consistently contribute it as a true risk factor. Patients who suffer from a cardiac arrhythmia, known as a trial fibrillation, have an increased risk of 5% every year since their diagnosis. Also, any patient with a history of cardiovascular disease is at a much higher risk as well.

When should one suspect someone could be suffering a stroke? Detection of a stroke may be more difficult than what one would think. Some of the symptoms can be both subtle and mild. The symptoms of a stroke can vary greatly; starting with the presence of persistent numbness, tingling, weakness, or paralysis to one side of the body, or perhaps just one extremity, Blurred vision, slurred speech, or facial droop can result as well. Some people may become confused or unable to respond at all.

What do we do if we believe that someone is having a stroke? Call 911 immediately; do not attempt to take this person to the hospital on your own. It is crucial that these patients are brought to a hospital in a timely manner and by professional healthcare providers.

Definitive treatment for strokes is available, however, most of it is very time sensitive and needs to be administered in a hospital. The treatment that is typically administered can only be given within the first three hours from when symptoms appear. The more time the brain continues to have a decreased oxygen supply, the less likely the patient is to regain normal



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THE SALVATION ARMY **HAITI RELIEF UPDATE**

Fast Facts: Current Operations

While continuing to develop the work providing support and assistance to the thousands of displaced families sheltering adjacent to our compound in Port-au-Prince, the Haiti Relief Team in the field continues to reach out and extend help and hope to even more people in Haiti:

- The Salvation Army Relief Team, supported by the US Army 82nd Airborne, accomplished the delivery of over 174,000 meals to the coastal community of Petit Goave. To our knowledge, this was the very first major delivery of food to earthquake survivors in this affected area.
- · Assessment visits are being organized to Leogane and Jacmel to investigate the level of need and the logistics of extending relief operations to these communities.
- An assessment team visit to the Le Bon Samaritan orphanage in Port-au-Prince resulted in a delivery of twenty tents and seven cases of food. A commitment to continue weekly deliveries of food to the 130 children there was made. Other orphanages in the area are also receiving visits to assess their needs.
- In spite of receiving significant damage to the building, the 'College Verena' school located in the Salvation Army compound has developed a daily feeding program that serves 600 children per day.
- Work continues with partner agencies to provide a package of comprehensive services and resources to the families sheltering in the soccer field an plaza adjacent to The Salvation Army's Port au Prince compound.
- Classes continued for 100 preschoolers.
- Medical treatment continued to be provided to earthquake survivors with an average of well over 200 people being treated each day.

For continued updates and to make donations, please visit: www. Blog.salvationarmyusa.org.

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> www.primerica.com/junelazaro jlazaro.byt17@primerica.com

REGISTER YOUR CHILD FOR LINDEN DAY CAMP---NOW

Registration is on-going and ends on May 28, 2010.

Linden Day Camps will run from June 28th through August 19th from the hours of 8:00am to 5:00pm. The fee of \$200.00 per child can be paid all at once or in monthly \$50.00 increments. You can register your child for a Linden Day Camp by going to the City of Linden website at www.linden-nj.org and clicking on CommunityPass. Follow the directions and include a payment of \$200.00 per child at the time of sign up or in \$50.00 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 days a week.

If you do not have a computer, you may manually register at any City of Linden Recreation Center through May 28, 2010, from 9:00am to 4:00pm at the Community Center Building, 605 So. Wood Ave. or the John T. Gregorio Recreation Center, 330 Helen St. or the Linden Multi Purpose Center, 1025 John St. from 9:00am to 9:00pm.

Remember you may only register your own child. When registering manually, you may pay the \$200.00 registration fee all at once or in \$50.00 monthly increments, by cash, check, money order or by Visa or Master Card. Completed applications should include a copy of your child's birth certificate and parents should be prepared to show 2 proofs of residency such as a driver's license or utility bill.

It is mandatory that each camper's parent/guardian/representative attend an Open House Orientation at 7:00pm at the John T. Gregorio Recreation Center, 330 Helen Street, Linden. The dates for the mandatory meeting will be given at registration.

At the orientation, camper's T-Shirts, Day Camp Trip Information and Day Camp Handbooks will be distributed,. Additionally, all necessary medical and release forms will be discussed. You will also be able to meet the Staff and have any of your questions or concerns answered. It is important to note that Open House Orientation is a mandatory meeting for

each camper's parent/ guardian/representative. Failure to attend orientation will result in your child not being admitted to Day Camp on the first day.

Campers entering the 1st, 2nd or 3rd grades this fall, can attend camp at the Al Kalla Park, the McGillvray Park or Veteran's Memorial Park. Campers entering the 4th and 5th grades this fall will attend camp at Veteran's Memorial Park on Tremley Point Road; while 6th graders will attend "Sports Camp" at McManus Middle School at Edgewood Road and DeWitt Terrace. Kiddie Campers entering Kindergarten this fall will attend camp at School #4, Peach Orchard

Any questions concerning the 2010 Linden Day Camp Program should be made to the Linden Department of Public Property and Community Services at (908) 474-8600.

TENNIS CLINIC

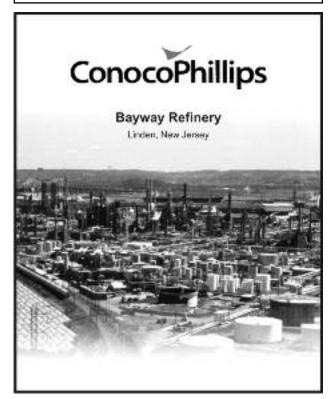
Department of Public Property and Community Services

The Department of Public Property and Community Service will offer a tennis clinic this year at the Wilson Park Tennis Courts on Monday evenings from 6:45pm to 7:45pm.

The dates are April 19 and 26 and May 3, 10 and 17. May 24 will be a rain date.

All Linden adults, 18 years of age and older are welcome to participate at the cost of \$75.00 for the 5 week program under the instruction of Coach Joey Panchenko.

Call Coach Panchenko at 908-494-9487 for more information.





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NOMINATIONS BEING ACCEPTED FOR SENIOR CITIZEN OF THE YEAR

The Department of Public Property and Community Services is currently accepting applications for nominations for this year's Annual Outstanding Senior Citizen of the Year. The purpose of the award is to recognize the Linden senior citizen who has displayed exceptional service to the community.

A permanent plaque inscribed with the purpose of the award is displayed at the John T. Gregorio Recreation Center and is engraved with the name of each year's Outstanding Senior Citizen. A similar plaque will be awarded to the person selected.

The Department of Public Property and

Community Services has appointed a committee, composed of the Mayor's Senior Citizen Advisory Committee, Recreation Committee and local civic organizations to make the final selection.

The outstanding senior citizen award will be limited to one recipient. If the committee determines that no applicants meet the awards criteria, no outstanding senior will be designated. The Department of Public Property and Community Services has contacted all Linden organizations to acquaint them with the project and to invite them to submit nominations on official entry forms. Nominations from the

organizations, naming the candidates and listing detailed reasons for their nomination must be received by the Department of Public Property and Community Services by March 19, 2010. All nominees must have attained a minimum age of 65 by January 1, 2009, and must be Linden residents. The candidates signature must be affixed to the letter of nomination. The award is presented each year at the Annual Senior Citizens Day Celebration in May. Any organization wishing to submit a nomination may do so by contacting the Department of Public Property and Community Services at (908) 474-8627 for additional information.

Linden Mayor's Challenge 5K Race & Fun Walk

Sunday, March 21 Schedule:

Registration8:30 am Fun Walk9:30 am 5K Race10:00 am

Registration:

By mail, in person at the Mayor's office or at www.active.com

Fees:

5K: \$20 by 3/17; \$25 thereafter and on race day; \$15 for high

school students Fun Walk: \$10

Scoring: www.compuscore.com

Awards: Trophies to top 3 male and female finishers, medals for 5-year age groups: 14 & under to 70 & over

Info: www.linden-nj.org www.compuscore.com www.active.com

Course Map: www.mapmyrun.com



Sponsored by Mayor Richard J. Gerbounka and the Linden Cultural & Heritage Committee

> All proceeds from this event to support the Linden High School NJROTC

Sunday, March 21, 2010 Tiger Stadium, Linden, NT West Curtis & DeWitt Streets

Spaghetti dinner (\$10) at 6:00 pm Saturday, March 20 at JTG Center, 330 Helen St.

Please make checks payable to:

2010 LINDEN MAYOR'S CHALLENGE Entry Form – Each participant must complete an entry form

Last name	First name	First name		Linden Cultural & Heritage Committee		
Street	City, State	, Zip		Mail to:	Mayor's Office Linden City Hall 301 N. Wood Ave. Linden, NJ 07036	
Phone number Age on race day:	e-mail	⊒ Female	☐ Male	Fees:	(please check box)	
RELEASE AND HOLD HARMLESS AGREEMENT: In consideration of the acceptance of my application to enter the "Linden Mayor's Challenge 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 par-			☐ 5K through March 17: \$20 ☐ 5K from March 18 to race day: \$25 ☐ 5K for high school students: \$15 ☐ Fun Walk: \$10			
ticipation 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				T-Shirt Size:		
activity without exposing me to any undue health-related dangers. In addition, in co- eration of the acceptance of my application to enter the "Linden Mayor's Challenge Race & Fun Walk" I hereby give my permission for the use of my name and/or phot graph in any newspaper, broadcast, video, telecast, or other written or visual accou- the event.		r's Challenge 5K e and/or photo-	□ Youth S □ Youth M □ Youth L Rain or shine ◀► Mostly flat course through residential neighborhoods ◀► Water stops at one- and two-mile points ◀► Bathroom facilities ◀► T-shirt (while supplies last) post-race			
Signature (parent/guardian i	f under 18)	Dat	te	first 500 entra	◆► Registration limited to the ants	

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