

LIFEⁱⁿ LINDEN

FREE

Linden Chamber of Commerce is an affiliate of Gateway Regional Chamber of Commerce.

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

Issue 4 • March 2010

NEXT CHAMBER

MEETING:

TUESDAY

MARCH 23

8:30 am TO 10:00 am

at the

LINDEN EMS

CATERING HALL

12 North Stiles Street,
Linden

LINDEN'S AMERICAN LEGION POST 102 MONTHLY PANCAKE

breakfast will be
served between
8:30 am & 12:30 pm

SUN, MARCH 21

*This month's
special will be
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**The all you can eat
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MARTINI TASTING NETWORKING EVENT A BIG SUCCESS

The Linden Chamber of Commerce held a martini tasting networking event and fundraiser for the Linden Chamber of Commerce Scholarship Fund recently. In the spring the Chamber gives out scholarships to graduating seniors at its Annual Awards Dinner.

The Chamber works to provide support for new and current businesses, advocates site development and promotes a forward thinking and carefully planned business environment in Linden.

The Chamber's meetings and networking events are designed for sharing information and experiences. The martini tasking event kicked off with an introductory martini making session from expert mixologist Igor of Amici's Ristorante in Linden. The attendees were then invited to sample each one-of-kind custom martini along with light hors d'ourves designed to accompany them. The flavors included Mint Margherita, Figtini, Compari Cocktail and Cabbage Patch. The fan favorite was the figtini, with the mint margherita a close second. The Chamber would like to express its gratitude for Award Winning Mixologist Igor whose extraordinary efforts make this evening possible.

Soon participants were sharing their opinions on the different flavors of drinks and accompanying foods as well as business cards which made for a fun filled relaxed way to get to know new people and their services.

The Linden Chamber is actively involved in the community. Along with company executives representatives from the Linden Government are always in attendance at

LIFE IN LINDEN IS NOW MAILED TO EVERY BUSINESS IN LINDEN!

This newspaper is published as a community service by the Linden Chamber of Commerce, an affiliate of the Gateway Regional Chamber of Commerce. Life in Linden launched its first edition in December, 2009 and was an instant hit with the community. Each month 5,000 papers are printed and distributed throughout Linden and as of February, 2,000 newspapers are mailed to every business. The ads are affordably priced with a special lower rate for Linden Chamber of Commerce members. To advertise in this newspaper call Tina Renna 908-418-5586 or email tinarena@rennamedia.com.

meetings and at many networking events, which allows for an open and communicative relationship between business owners and the municipality.

Meetings take place at 8:30 am, on the fourth Tuesday of every month. You do not have to be a chamber member to attend meetings. Meeting locations are announced in this newspaper.

The Linden Chamber of Commerce is a member of the Gateway Regional Chamber of Commerce which has a host of local chambers and networking groups under its umbrella. By joining the Linden Chamber of Commerce you automatically become a member of all these groups with a combined membership of over 1,800 businesses spanning 4 counties. For more information on joining the chamber, please contact Helen Durish at the Gateway Chamber office at 908-352-0900.



(above) Lucille Disano, Epicor; Dorothy Gerbounka & Rose Bussiculo, Epicor



(above l - r) Ya Yuan Lien, New York Life Insurance; Roland Minard, Trident Mortgage; Todd Pifher, Cox Printers; Ben Sheedy, Fig Leaf Insurance; Beth Frederickson, Fare Well Mortgage; Tina Campagna & Heather Zullo, Rahway Savings Bank.

PRUDENTIAL CELEBRATES GRAND OPENING

Prudential NJ Properties Alliance located at 867 N. Stiles Street had a grand opening on January 15, 2010. Mayor Gerbounka was on hand for a ribbon cutting.



(right l-r) Douglas Ramos, Broker of Record/owner; Valeria Marin, Administrator; Mayor Richard Gerbounka; Zolia Ramos, Manager/ Owner; and Alex Mosquera, Broker/ Associate

LIFE in LINDEN

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

Emergency911
Non-Emergency Police908-474-8500
Non-Emergency Fire.....908-474-3500
Mayor's Office.....908-474-8493
Board of Health.....908-474-8409
City Clerk.....908-474-8452
Construction Code908-474-8462
Engineering908-474-8470
Municipal Attorney908-474-8468
Municipal Court.....908-474-8546
Planning Board908-474-8453
Public Works908-474-8666
Recycling908-474-9567
Recreation908-474-8600
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Tax Assessor908-474-8544
Transportation & Parking908-474-8404
Weights & Measurers.....908-474-8403

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Message from the Mayor



This administration is working hard to encourage business development in our city. If your business is looking to relocate or you know of a business that wants to move into Linden, please call my office at 908-474-8493 or the office of Linden's Economic Development Executive Director, Ron Stefanowicz at 908-474-8405. I can assure you that Ron can assist your business needs or put you in touch with someone who can.

I am also proud to report that on May 6th Executive Director Stefanowicz will be traveling to Shandong, China at the invitation of the Chinese government to attend the auto accessory exhibition. The attendees are interested in distribution centers in North America. Ron will be conducting a seminar promoting U.S. and China business opportunities, especially the benefits of locating at the former General Motors site as well as other vacant properties in our city. This trip is being paid for by the government of China.

Mayor Richard J. Gerbounka

GATEWAY CHAMBER OF COMMERCE EVENTS

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

8:30 AM MARCH 10

KENILWORTH CHAMBER MEETING

Access Self Storage of Kenilworth,
750 Boulevard, Kenilworth

6:00 PM MARCH 10

NJ REAL ESTATE SOCIAL NETWORK

The Westwood, 438 North Avenue, Garwood

8:30 AM MARCH 12

LOCAL & COUNTY AFFAIRS COMMITTEE

Roselle Park Borough Hall,
110 East Westfield Avenue, Roselle Park

6:00 PM MARCH 16

IRISH BUSINESS ASSOCIATION

ST. PATRICK'S DAY PARTY

Molly Maguire's Irish Pub & Restaurant,
1085 Central Avenue, Clark

Cost: First Time Guests: Free,
Members - \$20.00, Future Members - \$30.00,

8:00 AM MARCH 18

EMPLOYER LEGISLATIVE COMMITTEE MEETING

Lana's Fine Dining, 1300 Raritan Road, Clark

8:00 AM MARCH 19

WORKFORCE EDUCATION

"BUSINESS & EDUCATOR BREAKFAST"

Crowne Plaza Hotel,
36 Valley Road (GSP 135), Clark

Cost: \$25.00

8:00 AM MARCH 19

SOMERSET HILLS BUSINESS NETWORK BREAKFAST MEETING

Olde Mill Inn, 225 Route 202
(I-287, Exit 30B), Basking Ridge

Cost: First time guests: Free
Members \$5.00, Future Members: \$25.00

6:00 PM MARCH 22

21TH ANNUAL MAYORS DINNER

Renaissance Newark Airport Hotel,
1000 Spring Street (Route 1 South), Elizabeth

Cost: Ticket \$140, Table of Ten \$1,400,
Town Sponsor \$1,800

8:30 AM MARCH 23

LINDEN CHAMBER MEETING

Linden EMS Catering Hall,
12 North Stiles Street, Linden

8:30 AM MARCH 24

CLARK CHAMBER MEETING

Hosted by Prevention Links, Inc.
35 Walnut Avenue (Suite 17), Clark

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: Mar. 15 at 6 p.m.

Prior to Council Meeting: Mar. 16 at 6 p.m.

Council Meeting: Mar. 16 at 7 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

Regular meetings are held in the auditorium, Linden, High School

121 W. St. Georges Avenue.

Next meeting: Mar. 17 at 7 p.m.

A WEALTH OF LINDEN INFORMATION ONLINE

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

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



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DEPARTMENT OF PUBLIC PROPERTY AND COMMUNITY SERVICES

Hypertension Screening

Friday, March 12 – 2:00 p.m. - 4:00 p.m.

Blood pressure screening performed by the Linden Board of Health. Council Chambers, Linden City Hall, 301 N. Wood Ave. For more information, call 908-474-8409.

Children's Ceramic Class

Thursday, March 18 – 6:00 p.m.-7:00 p.m.

One day Easter project class held at the JTG Center, 330 Helen St. Deadline for registration is Wednesday, March 17, class limited to 35 participants. For more information, call 908-474-8627. Fee: \$10

Spaghetti Dinner for Linden HS NJROTC

Saturday, March 20 – 6:00 p.m. - 9:00 p.m.

Spaghetti dinner to benefit the Linden High School NJROTC and fund their trip to a competition in Florida. JTG Center, 330 Helen St. For more information, call 908-474-8493. Admission: \$10

COMPLETE FITNESS EXERCISE PROGRAM

10 weeks - April 6, 2010 – June 15, 2010

6:30 pm to 7:30 pm.

Registration Closes April 5th. Towels, water and exercise mat required. John T. Gregorio Recreation Center – 330 Helen St. For more information call: 908-474-8627. Fee: \$75.00.

Linden Mayor's Challenge 5K Race

Sunday, March 21 – 8:30 a.m. - 11:00 a.m.

See page 14 for details.

Magic show

Wednesday April 7, 2010

2 shows at 10:00 a.m. and 11:30 a.m.

Magic show for children in pre-school thru 5th grade featuring magician Joe Fischer at McManus Middle School located at 330 Edgewood Rd., Linden. Admission: Free.

YOGA/TAI CHI

April 8, 2010 – June 24, 2010

7:30 pm to 9:00 pm.

Registration Deadline – April 7th. Held at the John T. Gregorio Center- 330 Helen Street. Register on line using CommunityPass or call 908-474-8627. Fee: \$55.00.

Tennis Clinic

Mondays from 6:45 pm to 7:45 pm.

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 Wilson Park Tennis Courts for the 5 week program under the instruction of Coach Joey Panchenko. Call Coach Panchenko at 908-494-9487 for more information. Cost: \$75.00.

Friends of Linden Animal Shelter
TRICKY TRAY FUNDRAISER - APRIL 10th, 2010
 Gregorio Recreation Center
 330 Helen St. in Linden
 11:00-3:00
 Tickets cost \$7.00
 For tickets email folasevents@gmail.com

BOATING SAFETY CERTIFICATION COURSE TO BE PRESENTED IN LINDEN

The Linden Department of Recreation and Community Services is sponsoring a one day boat safety certification course, approved by the U.S. Coast Guard, on Saturday, May 1, 2010 at the John T. Gregorio Recreation Center, 330 Helen St., Linden, NJ beginning at 8:00 am. The course takes eight hours to complete, including break and exam time, so bring your lunch.

Registration fee is \$75.00 and you must register by April 9, 2010 at one of Linden's Recreation Centers (John T. Gregorio Recreation Center-330 Helen St., Community Center Building -605 So. Wood Ave., Linden Multi-Purpose Center-1025 John St., or on line at www.linden-nj.org by clicking on CommunityPass.

Each registered individual will receive a study

book, and will be required to take an examination at the end of the course. Upon attaining a passing grade, a Boating Safety Certificate for the State of New Jersey and the NASBLA will be issued.

The course instructor has been teaching boat safety courses for the past seventeen years and has a Master United States Coast Guard Merchant Marine License for near coastal waters. He and the course have been approved by the N.J. State Police and the National Association of State Boating Law Administrators.

For further information on the Boat Safety Certification Course, call Linden Recreation at 908-474-8600 or go to www.linden-nj.org and click on Recreation.

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INDIGO HOSTS FEBRUARY LINDEN CHAMBER OF COMMERCE MEETING

The historic city of Rahway, New Jersey has continued a cosmopolitan downtown revitalization. For the past 9 years, the City of Rahway has been preparing for a new way of life, a newly renewed community. Rahway is becoming a synergy of where the historic and contemporary collide, a place where the old meets the new- Rahway in essence, is alive!

Hotel Indigo artfully combines the conveniences and consistencies of a brand hotel with the design cache and service personality of a boutique at an attractive price. It is uniquely designed to appeal to guests who desire affordable luxury, personal service and an alternative to traditional hotels without sacrificing any of the businesses amenities they have come to expect.

Upon entering Hotel Indigo, guests will feel an immediate shift away from the hectic pace of business travel. Completely different from typical beige box hotels, Hotel Indigo brings the outdoors inside, embracing vivid nature-inspired murals and unique aroma scents in its open and inviting public space. The soul of the brand’s retail-inspired concept is renewal– thoughtful changes that are made throughout the year to

Spotlight on Chamber Host



(above) Traci Powers, Director of Sales Hotel Indigo, between Linden Chamber of Commerce Co-Chairs Courtney Villani and Janet Miller.

keep the hotel fresh, similar to the way retailers change their window displays. The renewal concept provides even the most frequent guest a unique experience with every stay. Public spaces

will be transformed seasonally through changing artwork, music, flora and murals.

Inspiring, Intriguing, Inclusive... these are just a few “IN” words that serve as the foundation for the “In.spired” Service that is cultivated and manifested by its In.bassadors destined to deliver a special “surprise & delight” service moment that personally touches each one of the hotel’s guests. Invite Inspiration, a comprehensive brand culture program, delivers the Hotel Indigo boutique service personality: “Consistent, Individual Service”.

At Hotel Indigo guests can relax, recharge... and feel just a little bit hip. Guest rooms create the ultimate “relaxation station”. Complete for that exceptionally refreshing night’s sleep is indulgent and plush bedding, a 32"HD-LCD TV, spa inspired shower, free Wifi, hardwood floors, oversized work station and an ergonomic chair. The hotel also features 2100 total square feet of thought-provoking meeting space, ideal for that perfect corporate venture outside the office.

Make plans to be Inspired, Intrigued and Renewed, experience Hotel Indigo. For more information view the website at www.skyviewhotel.com.

KNITTING AND CROCHETING FOR A CAUSE

Do you have free time that you would like to donate to a worthy cause? Would you like to meet new friends? The Department of Public Property and Community Services announces, they have formed a “Knitting and Crocheting for a Cause” group and would like to invite all ages, young adult through senior citizens to join.

All you need is a basic knowledge of knitting or crocheting and a set of knitting needles or a crochet hook. We’ll teach you the rest.

Meetings are held Tuesday mornings from 10:00 am – 12:00 noon at the John T. Gregorio Recreation Center, 330 Helen Street. Projects are distributed to charitable causes.

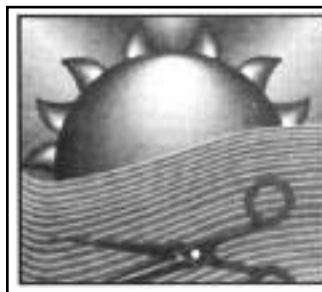
For more information please call 908-474-8627 or visit our website at www.linden-nj.org.

HOUSE OF FLOWERS CELEBRATES 60th ANNIVERSARY



(above, l-r) Marie & John Gregorio celebrated the 60th Anniversary of the family owned and operated Flower Shop on 650 N Wood Ave in Linden. The staff welcomed family, friends and patrons for an evening of cheer on February 2nd, 2010 in a show of appreciation. This beautiful flower shop, quietly contributing to the city over the years, has come a long way from its humble beginnings on Stiles Street.





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The Linden Lions will be hosting their
ANNUAL FISH DINNER
Thursday, March 25, 2010
5 to 7 P.M.

Linden Volunteer Ambulance Hall,
12 North Stiles St., Linden, NJ.
Adults \$11.00, Children under 12 \$6.00
Contact Josephine at (908)862-8808
or Helen at (732)815-3280.
High School students who would like to volunteer for Community Service are also asked to call.



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COUNTY CHAMPS



The Linden Boy's Shuttle Hurdle Relay team won the Union County Shuttle Hurdle Relay Championship in a time of 32.04.

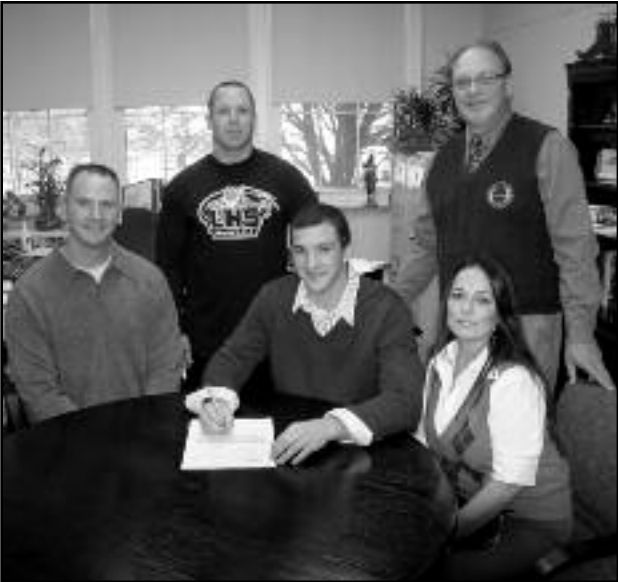
The Linden boys have not accomplished this feat since the winter of 2002. This could be the start of a nice run for the boys because the members of this team are Juniors and Sophomores. The members of the Union County Championship winning Shuttle Hurdle relay team are Sophomore Raheem Harris, Sophomore Ruhann Peele, Junior Abiola Oyelaja, and Junior Myron Mayes.

KYLE FRAZIER TO ATTEND WEST CHESTER UNIVERSITY

Linden High School senior Kyle Frazier will be attending West Chester University in Pennsylvania on a baseball scholarship. Kyle's career accomplishments include a 455 Career Batting Average, 8 Career Home Runs, 55 Career Runs Batted In, 52 Career Runs Scored. He was a two-time All Watchung Conference selection and a two-time All Union County selection. He was also a 4-Year Varsity Starter with his position as a catcher. Academically, Kyle excels in all subjects and is a member of the National Honor Society which is a nationwide organization and selection is based

(right) Seated are Kyle Frazier's parents, Linden High School student Kyle Frazier and standing are Mr. Patrick Migliore, head Linden High School varsity baseball coach, and Mr. Stephen Yesinko, Director of Athletics.

Photo by Christine Hudak, Linden Public Schools



MAYOR ENCOURAGES RESIDENTS TO PARTICIPATE IN THE CENSUS

The United States Census 2010 will be mailing forms to every household in mid March, this questionnaire has 10 questions and takes approximately 10 minutes to complete.

By law, the Census Bureau cannot share an individual's responses with anyone other than the applicant; this includes all federal, state and municipal agencies including the IRS and law enforcement entities. All information is kept confidential for 72 years.

Mayor Gerbounka is encouraging all Linden residents to fill out this 2010 Census form. It is important to Linden because it not only counts persons who are naturalized citizens but any person residing in our city.

Every year, the federal government allocates \$400 billion to states and communities based on Census data. If the city of Linden can reach the 50,000 person count, we will receive Urban City Status. This will put Linden into a higher

classification and that designation increases the monies we will receive.

Mayor Gerbounka would also like to remind individuals that are undocumented that by filing the 2010 Census they have a permanent record of residency in our city, state and country. In 1986, President Reagan granted amnesty to undocumented individuals that resided in the United States prior to that date. Many undocumented residents used their past Census filings to prove their residency status so they could eventually qualify for citizenship.

It is important that every Linden resident participates in the 2010 Census so that Linden can receive a complete count on each and every individual residing in our great city.

Please call 908-474-8493
Mayor Gerbounka's office if you have any further questions or concerns.

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SCRUPLES

TALE OF TWO CITIES - LINDEN, NEW JERSEY & ALLEN, TEXAS

In the early hours of September 11, 2001, students and teachers across the United States had just settled into a new school year, when the day's tragic events began to unfold.

Now nine years have passed since Americans heard those first unbelievable reports that a plane, and then another plane had crashed into the Twin Towers of the World Trade Center in New York City. Soon this was followed by a crash from a hijacked jet slamming into the Pentagon and another into a field in southwest Pennsylvania. The United States was under attack, killing nearly 3000 Americans. Who would have thought that these tragic events would link two high schools over 1500 miles apart in what has evolved into the Tale of Two Cities program?

Prompted by curiosity, concern, and caring, students from Allen, Texas High School expressed a desire to converse with students in the northeast, within close proximity to New York City. Students felt a need to share their emotions, find out how the events were affecting daily life in the northeast, and search for answers to the many questions they had. Allen staff members contacted Linden High School, located less than 20 miles away from ground zero, and a unique videoconference meeting was arranged. During that initial connection students shared their fears, anxieties, and personal accounts of the disaster. They spoke of school security, religion, and simply hugging their moms before leaving for school. From that first, powerful, electronic meeting, bonds and friendships between the students and staff grew and

everyone felt a connection and need to continue the dialog.

One year later, 20 students and faculty members from the Allen Texas PAL's program (Peer Assistance Leadership) visited their new friends at Linden High School. While in Linden they exchanged gifts with Linden police and fireman, shadowed their peers at Linden High School, visited Ground Zero, and the Statue of Liberty, and set in motion plans to establish a biannual joint scholarship fund. But one of the most touching moments was connecting via videoconferencing technology, a young widow and her three small children from New Jersey to a Dallas car dealer whose family befriended her after her husband perished.

Nine years later students from Allen, Texas PAL's and Linden High School have maintained their videoconferencing relationship. Students use technology like cell phones, text messaging, Facebook, Twitter, and email to stay connected. Linden students have traveled to Allen, Texas twice and Allen students will be returning to Linden for their third visit on March 19 through the 21st. Nearly all expenses have been covered both in Allen and Linden through student fundraising and private donations.

Students get to experience first hand the culture and climate of two very diverse schools, communities, and states. Joseph Cataline, Linden's videoconferencing coordinator and program originator explains, "Since 9/11 the long distance partnership has evolved to promote among students an understanding of global issues, has fostered multicultural



(above) Linden High School Senior Chelsea Roberts getting to know her ride during Linden High Schools visit to Allen, Texas last spring.

diversity, promoted teamwork, provided an understanding of regional differences and created friendships half way across the United States. The partnership has created opportunities for Linden students that they may never have had." Even with students graduating and with new faces coming into the program every year the close connection between the high schools continues. As one Linden student sums it up, "One terrible tragedy, one amazing connection."

For more information contact Joe Cataline at the Office of Media / Technology, Linden Public Schools. 908-587-3280.

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INJURED SOLDIER VISITS LINDEN SCHOOLS TO SAY “THANK YOU”

On February 16, 2010 the Linden Public Schools played host to a very special visitor: Corporal Joseph Whipple, United States Army. Corporal Whipple was injured in Iraq on April 1, 2009 when the vehicle he was traveling in flipped over after swerving to avoid a bomb in the roadway. He was ejected from the vehicle and the 8,000 lb gunners’ turret came to rest on top of him. He sustained multiple severe injuries: 17 broken bones including both arms, both shoulders, his back in 6 places, a collapsed lung and severe head trauma. He awoke 9 days later at Walter Reed Military Hospital in an amputee ward where he was told that he would lose his right arm. It was at this point that the story began to make its way to Linden.

Grant Gutkowski, a Linden resident, former teacher’s aide and Linden NJ ROTC Cadet was a 1st Lieutenant in Corporal Whipple’s unit in Iraq when he was injured. Lt. Gutkowski took an interest in the plight of his friend Corporal Whipple and his situation that he was in back in the United States. At this point it appeared as if Corporal Whipple would lose his arm and to add insult to injury, the Army classified the incident as an accident since the bomb did not go off therefore Corporal Whipple was informed that he would not receive a Purple Heart or Merit Award of any kind. With his spirits down and more surgeries in front of him, Corporal Whipple was a soldier in need of support. Lt. Gutkowski began to send emails to his brother Burke here in Linden to ask if there was anything that could be done to help Corporal Whipple. Burke is an owner of The Fig Leaf Insurance Agency along with Benjamin Sheedy and Linden Board of Education Member Bryan Tomko. Bryan shared the emails and the request for help with Linden Board of Education Superintendent Dr. Rocco Tomazic in the hopes that maybe a class or a school could adopt this injured soldier and produce some letters of support and encouragement.

Dr. Tomazic, who knows Grant Gutkowski

from his days as Commander of the Linden ROTC program, took this plight very seriously and responded in a big way. Dr. Tomazic brought this situation to the entire district: principals, teachers and students; and asked each school to do what it could to help a soldier in need. The Linden School District did just that. With a sense of community, patriotism and gratitude for our veterans, our schools and our children flooded Corporal Whipple with boxes of candy, notes, stories, drawings, and most importantly special words of encouragement written in their own hand.

Corporal Whipple was very deeply touched by this outpouring of support and kindness and made known his intention to come to Linden and personally thank the students for helping him heal. He arrived in Linden and spent February 16th, 17th and 18th touring all Linden Schools and being received by the students. He was introduced to Linden City Council on February 16th and honored by the Board of Education on February 17th. Corporal Joseph Whipple made good on his promise to come and personally

thank the students and the City of Linden for being there for him and supporting him in his moment of need. In his words, he wanted to personally place the exclamation point at the end of this story. “Having the opportunity to come personally and be a face to the name and let these kids know just how much it meant to me; that was special for me. I wanted to show the kids that the people they write letters to are real and that they do appreciate what the kids do and please keep it up. I have thousands of brothers and sisters still over there that could use some of the same support and encouragement that I received.”

As of March 1st, Cpl. Whipple is to be promoted to Sergeant. While doctors were able to save his right arm with about 30% functionality, he is now waiting for his eleventh surgery later this month to remove some plates and try to repair some nerve damage. The scars are real, the pain is real and the people who fight for us are real. The love and support that our community and our students have shown is equally as real and we should all be proud to be a part of that.



(above, l-r) The 3rd grade students of School No. 1 are holding the flag that Corporal Whipple sent to the school are Gilbert Nolasco, Damian Martins, Britney Jean, William Pierre, Elijah Cenatus and Teacher Dina Silverman.



(above) Corporal Whipple displays the shirt that the students of School No. 2 gave him.



(above) School No. 6 pre- k students Isabel Andrade and Ulises Cardoso present gifts.



(above) School No.6, 5th grade student Cathy Zawistowski salutes Corporal Whipple.



(above) Linden HS NJROTC cadet Michael Tisdall is promoted to Seaman, by Corporal Whipple as Aaron & Arkeese Thomas look on.

Photos taken by Christine Hudak, Linden Public Schools

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STS. MARY & ELIZABETH ACADEMY WELCOMES OFFICER STEVEN MCDONALD

On Friday, February 5th, the students of Saint's Mary and Elizabeth Academy in Linden were honored to have Officer Steven McDonald speak to them as the celebration of Catholic School Week came to a close.

Officer McDonald is the New York police officer that was shot three times at point blank range by his 15-year-old assailant, while on duty in Central Park. This incident took place 25 years ago. The shooting left Officer McDonald paralyzed and confined to a wheelchair. He explained to the children how faith and prayers kept him alive throughout this terrible ordeal. He has met with the young boy of 15 that shot him. He explained why he forgave the boy and how important it is to forgive those that may tease or insult you.

Police officers and firefighters were also present at Officer McDonald's presentation. Officer McDonald spoke to the children about how police and fireman put their lives on the line each and every day to protect the citizens throughout our country and how hard the job really is.

Officer McDonald now travels around the country speaking to children about the importance of faith and forgiveness. Father

Benedict Worry, the pastor of St. Elizabeth's Church, explained to the children to remember

this day as it may be the only time in their lifetime to meet a real live hero.



(above) Pictured with Officer McDonald are members of the Linden Police and Fire Departments, City Council President Robert Bunk, and Reverend Benedict Worry of St. Elizabeth Church. Also Saint's Mary & Elizabeth Academy Principal Maritess Kaminski and members of the Academy Student Council.

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As a follow up to the fourth grade science curriculum unit on ecosystems, Linden School No. 6 invited the Rutgers Cooperative Extension 4-H Master Tree Stewards of Union County to visit in January. They taught over 70 fourth grade students about the wonders of trees and how to protect the community forest of Linden. This interactive program reinforces the concepts that were learned through the many hands on

(left) 4-H Master Tree Steward Jerry Petz uses a photo of a chicle taper to explain how tree sap can be used to make chewing gum.

Photos by Christine Hudak, Linden Public Schools

A TREE GROWS IN LINDEN

investigations in the classroom.

Master Tree Stewards are volunteers. They are trained and supervised by the Rutgers Cooperative Extension 4-H Program of Union County. For more information about the program or to become a Master Tree Steward contact 4-H Agent James Nichnadowicz at 908-654-9854 or email Nichnadowicz@njaes.rutgers.edu.

Rutgers Cooperative Extension of Union County is supported by the Union County Board of Freeholders, the United States Department of Agriculture, Rutgers University and the New Jersey Agricultural Experiment Station.

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KIWANIS CLUB DISTRIBUTES THERMOMETERS

Kiwanis International focuses on children around the world in an effort to support them in health and education. The local Kiwanis groups plan projects to coincide with this goal. The Kiwanis Club of Linden has in the past, and is doing once again, their project of giving thermometers to the Kindergarten grades in all of Linden's schools - public and parochial. This is their way of bringing the importance of good health to children at an early age. Donations received from Infineum USA and Conoco Phillips helped to subsidize the cost of the thermometers for this Kiwanis project. Both companies are very supportive of educational projects within this organization as well as the community as a whole. Members of the Kiwanis Club of Linden visited all the elementary schools in Linden in February to distribute the thermometers to the children.



(above) Dr. Robert Pine, of Innovation Optics of Linden, is explaining how to use a thermometer when a student or someone else is feeling ill - or running a fever. Dr. Pine, a member of the Kiwanis Club of Linden, is one of several members taking part in the Thermometer Project for 2010.

Photos by Christine Hudak, Linden Public Schools

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STS. MARY & ELIZABETH ACADEMY CONDUCTS A SUPER BOWL CONTEST

As one of the many activities held to celebrate Catholic School Week, the members of the Student Council of Saint’s Mary & Elizabeth Academy conducted their own version of the Super Bowl.

Each student in the school was asked to vote for their favorite food team by bringing in a jar of peanut butter or jelly. Each of the four days that the jars were collected represented one of the four quarters of a football game. The jars were collected and were counted by the student council members and recorded on the official scoreboard.

At the end of the week, the scoreboard read Peanut Butter 70 and Jelly 25. The students packed the jars in boxes and donated them to the local food pantry.

This is just one of the many community activities that are conducted by the Student Council during the year. Ms. Meredith Mannino, the Student Council adviser, said the students

(right, L-R) Student Council President Dawn Gergich, Debbie Charles, Vice President Amanda Coccia and Treasurer Jade Weatherington.



THE FAST AND THE FRUTTIEST

The Lunchbox Derby at Linden School No. 6 was a science extension of the fifth grade FOSS science kit Motion and Design. Mrs. Lorenzetti's students had to create a working vehicle out of assorted fruits or vegetables. The Lunchbox Derby was a cross curricular activity which incorporated math, measuring the distance that the vehicles traveled, and charting and graphing the results. A health lesson was infused which reinforced the "five a day" concept of good nutrition, along with the food pyramid. School No. 6 fifth grade scientists used the scientific method to search for cause and effect as they designed their vehicles. Students had to do background research on the process, as a team they constructed and tested a hypothesis by doing an experiment. In the final stage an analysis of the data was constructed where the teams had to draw a conclusion. As a class,

together they had to communicate their team results and answer scientific questions.



(above, l-r) School 6 students Joshua Rodriguez, Dominik Krzesik, Dezarey Williams, Carlos Gonzalez are hopeful of Veggie’s win.

Photo by Christine Hudak, Linden Public Schools

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LINDEN EMERGENCY MEDICAL SERVICE

Most people have heard about diabetes before and may even know someone who is diabetic. An estimated 23.6 million people in the United States, approximately 7.8% of the population, are diabetics. Of those 17.9 million have been diagnosed but 5.7 million have not yet been diagnosed. Each year about 1.6 million people age 20 or older are diagnosed with diabetes. Diabetes is a life threatening condition in which the body has difficulty converting food into energy for the body. When food is taken into the body it is broken down into glucose which is carried throughout the body by the blood. Without insulin glucose cannot be broken down into energy.

Type 1 diabetes (also known as juvenile diabetes) is categorized as the complete lack of insulin production. This occurs because the immune system destroys the insulin producing cells. Type 2 diabetes occurs when the insulin

produced in ineffective and blood sugar levels (or glucose levels in the blood) increase. Over time the body will stop producing any insulin at all. Type 2 diabetes is typically diagnosed in patients that are 20 years of age or older.

There are several risk factors that are known for type 2 diabetes. Some of these risk factors include family history, history of gestational diabetes, hypertension (high blood pressure), high cholesterol specifically low HDL or "good" cholesterol and high triglycerides, limited exercise (fewer than three times a week), a history of cardiovascular disease, or being overweight.

Obviously as with anything else risk factors are not an absolute, however there are actions one can take to help decrease the risk of becoming diabetic. There is nothing that we can do to change our genetic make-up, so therefore if there are diabetics in your immediate family,

there is an emphasized significance to limit the other risk factors on the list. Maintaining a low fat, high protein diet and limiting salt intake will allow you to maintain cholesterol levels, lose weight, help control blood pressure and maintain steady blood sugar levels. Exercise regularly, mild exercise three to four times a week is sufficient. If your blood pressure is elevated, you should monitor it and treat as advised by your physician. If you are at risk, you are urged to contact a physician. Your physician can work with you to decrease your risk factors and devise a treatment plan that suits you and your medical needs.



LINDEN RESIDENT RECEIVES ALL EXPENSES PAID TRIP THROUGH TRINITAS HEALTH FOUNDATION AND ONE GIFT ORGANIZATION

Wanda Marsach of Linden (center), the latest recipient of a One Gift award through the Trinitas Health Foundation, was the center of attention as, from left, Lisa Liss, Director of Volunteer Services, Griselda Hidalgo, Clinical Social Worker, Rick Emery, Executive Director of the Trinitas Comprehensive Cancer Center, Trinitas Volunteer Grant Hobson, Cheryl Wachtel, registered dietician, and Nadine Brechner, Executive Director of the Trinitas Health Foundation, gathered to celebrate with her recently.

Cheryl Wachtel and Griselda Hidalgo, who recommended Wanda to be a gift recipient, have worked closely with her. During her treatments, they noted that Wanda willingly shares information she has gathered about nutrition with other cancer survivors. Grant Hobson spoke with Wanda and learned that she wanted

to visit family in Chicago. Nadine Brechner worked with One Gift and arranged the transportation and other details of the visit. All agreed that Wanda was well-deserving of roundtrip airfare to visit her son in Chicago. Wanda's One Gift award included dinner for her and several guests at Benihana's as well as tickets for a performance of Blue Man Group.

"It is extremely touching as a physician working daily with patients battling cancer to be able to bring such joy and happiness to our patients through the generosity of the One Gift program," expressed Dr. Vincent Salerno, Medical Oncologist at the Trinitas Cancer Center. "Seeing Wanda's excitement about the trip brings happiness into an otherwise serious situation."

"I am so excited and appreciative about receiving this wonderful gift," shared Wanda

Marsach. "The doctors and staff who take care of me at the Cancer Center have been a vital part of my life and I would not want to take this journey with anyone else....I feel alive!"


The One Gift organization helps make dreams come true for adults with cancer.



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LINDEN PAL’S 2ND ANNUAL BASKETBALL WEEKEND

The Linden PAL will hold its second annual Basketball Weekend on Saturday, March 27, 2010. Last year’s event took place in the Linden High School Gymnasium, and was sold out in advance and filled with families from across the city. Those in attendance were treated to an evening of basketball by the children of Linden, capped off with an exhibition game between a team of former And 1 Mixed-Tape All-Stars, led by Wally “The Main Event” Dixon and a team of community leaders. The participants put on a great show and most important, the kids had fun.

This year is going to be even bigger. The Linden PAL has teamed up with the Elizabeth PAL in an unprecedented joint effort to display a

type of unity that has never before been witnessed by the children and families of our cities. During the event, which will take place at the Dunn Center in Elizabeth, a youth basketball game between the children of our two cities is planned. The game will lead up to a finale that nearly doubles the number of former And 1 Mixed Tape Tour players from last year. It will be a fun filled evening for all those in attendance, which is currently expected to be a sell-out of over 6,000 individuals.

Prices are: \$10.00 General Admission
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Door opens at 1:00 pm

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, who has displayed exceptional service to the community. All nominees must have attained a minimum age of 65 by January 1, 2009, and must be Linden residents. 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, NJ
West Curtis & DeWitt Streets

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

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

Last name	First name
Street	City, State, Zip
Phone number	e-mail
Age on race day: _____ <input type="checkbox"/> Female <input type="checkbox"/> Male	

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 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 enter the “Linden Mayor’s Challenge 5K 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.

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*"Dedicated" - Fire Department
Chief Joseph Rizzo*

*"Visionary" - Economic Development
Director Ron Stefanowicz*

*"Legislative" - Council Members and
President Robert Bunk*

"Leadership Personified"

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