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

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

Issue 37 • November 2012

LINDEN CHAMBER OF COMMERCE MEETING **NOVEMBER 27**

8:30 AM VISIT WEBSITE FOR LOCATION **GATEWAYCHAMBER.COM**

Hosted by Sovereign Bank

lifeinlinden.com

The website features up to date articles, a calendar of events, archives of LiL, photo albums, and advertisments. Businesses and residents are encouraged to submit items for publication through the site.

ONCE AGAIN LINDEN HOSTS DIAMOND GLOVE STATE FINALS

On October 5, 2012 the Linden Boxing Association, in conjunction with the Linden Public Property and Community Services Department, presented the 79th Annual New Jersey State Finals of the Diamond Gloves Boxing Tournament at the Linden High School Gymnasium. The full night of championship boxing entertainment was sponsored by Phillips 66 Bayway Refinery. This was the twelfth consecutive year that the finals were hosted by the City of Linden.

A dinner was held at Ill Amici Restorante prior to the fights. The dinner, boxing event and program book raised funds for Linden recreation programs. Through the years over \$537,000 has been put back into recreation activities. Many local businesses have donated to the cause and also supplied prizes that were raffled at the dinner.

The Linden Boxing Association President Alfred Volpe the numerous volunteers, city officials and employees assisted in making the event a success.

See photos of this event at www.lifeinlinden.com



(above) Linden Recreation fighter Angel Ortiz with supporters after his bout.

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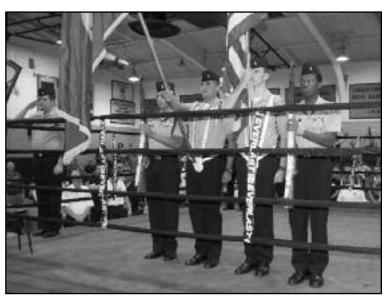
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(above) Diamond Gloves President Henry Hascup & Rubin Armstead 1947 Diamond glove & Golden Glove champion.



(above) NJ Boxing Commission Chairman Tony Orlando and former IBF/USBA Super Middleweight champ Bobby Czyz.



(above) Linden High School R.O.T.C. Presents the Colors prior to the first bout.

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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.

6,000 newspapers are printed monthly. 4,000 are mailed to homes and businesses and 2,000 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

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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 Adam Kuczynski, 10th Ward

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NAVY ROTC CELEBRATE

The Linden High School Navy Junior ROTC celebrated the 237th birthday of the U.S. Navy recently. In Navy tradition, the youngest and oldest members present cut the cake.



(above) Cadet Seaman Recruit Halie Barker (9th grade) and Commander Murphy, Senior Naval Science Instructor cut the cake.

HIGH STEPPING TIGERS COME IN FIRST PLACE

The band finished in first place out of eight bands competing in their group. The LHS Marching Band also won awards for Best Music and Best Marching. Very well done by our high stepping Tigers. Photo by Linden Public Schools



(above, l-r) Linden High School Marching Band Captain John Sheehy, Drum Major David Chapman and Color Guard Captain Marta Sliwa hold awards won at the South Brunswick High School Marching Band Competition.

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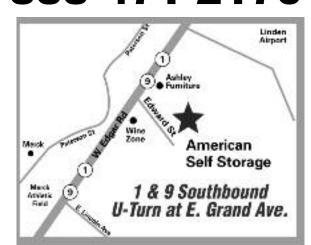


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ROARIE VISITS SCHOOL 1



School No. 1 had a Kick-Off Assembly for Week of Respect and PBSIS and received a special visit by "Roarie" the School No. 1 mascot. Fifth grade students Sherrod Mack, Amita Kudaka, and Xzavieon Brooks reviewed the ways they could show "Respect" (the theme for October) in the hallways, cafeteria, lavatories, classrooms, and playground. Students will receive Tiger Tickets from the faculty and staff when they are "caught" being respectful. The assembly created a positive energy and will increase school morale.

TEACHER TRAINING

Linden Public School teachers received training at School No. 4 on The Standards based Report Card. The revised report card is part of the new Common Core State Standards initiative and is designed to stimulate ongoing conversations between teachers, parents and students about what is expected in a rigorous academic program.



(abovbe, l-r) Teachers Kim Krupski, Lindsay Motley, Margaret Zucosky, Melissa Mazurek.



LINDEN VETERANS COUNCIL MESSAGE FOR VETERANS DAY 11-11-2012

Prepared by Ron Stefanowicz, Linden Veterans Council, Commander

Veterans Day is set aside to remember every man and woman who has taken up arms to defend our country. We honor every Soldier, Sailor, Airman, Marine and Coastguardsman who gave some of the best years of their lives to the service of the United States and stood ready to give life, itself, on our behalf. Twenty-five million military veterans walk among us, and on this day, our nation thanks them all.

On November 11th we celebrate Veterans Day honoring all veterans who have honorably served their country. There will be parades and wreath placing ceremonies that honor the day. We take time to remember those veterans who made the supreme sacrifice, Missing in Action, POW's, those fighting the War on Terror, currently are in harm's way, wounded in action and are home healing their wounds.

The War on Terror has generated a deep sense of national patriotism with response to our young men and women volunteering to serve our country. Their service has renewed a nation's profound respect and appreciation for those who serve to preserve our freedoms.

Our men and women in the military have superb training and the best equipment and able commanders. They have another great advantage -- they have the example of American veterans who came before. From the very day George Washington took command, the uniform of the United States has always stood for courage and decency and shining hope in a world of darkness. And all who have worn that uniform have won the thanks of the American people.

On this day, we also honor the men and women who did not live to be called "veterans," many of whom rest in many places in the world. Our veterans remember the faces and voices of fallen comrades. The families of the lost carry a burden of grief that time will lighten, but never lift. Our whole nation honors every patriot who placed duty and country before their own lives. They gave us every day that we live in freedom. The security of America depends on our active leadership in the world to oppose emerging threats and to spread freedom that leads to the peace we all want. And our leadership ultimately depends on the commitment and character of the Armed Forces.

America has needed these qualities in every generation, and every generation has stepped forward to provide them. What veterans have given our country is beyond our power to fully repay, yet, today we recognize our debt to their honor. And on Veterans Day, this national holiday, our hearts are filled with respect and gratitude for the veterans of the United States of America.

On this Veteran's Day we ask God to bless our veterans and their families, and may God continue to bless our great nation.

The Linden Veterans Council would like to take the opportunity for this years "Veterans Day" to thank all who display their appreciation and respect for all veterans. We especially, thank all Linden citizens, businesses and elected officials who support Linden's veteran organizations:





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(above, l-r) Peter, Alberto, and Angelo.



(above) The Monaco Family with Antonio and Viola.



(above) The Monaco Family with Giulia.

LINDEN FOREIGN EXCHANGE PROGRAMS AND THEIR IMPACT ON THE MONACO FAMILY

By Angelo Monaco

Two years ago, my family and I welcomed participate in the Italian Exchange Program this Antonio, a Spanish Exchange student, and year. We were lucky to have a wonderful girl

Viola, an Italian Exchange student, as a part of the foreign exchange programs that occurred at Linden High School. Antonio was my Spanish Exchange partner, and Viola was the Italian Exchange partner of my twin sister, Danielle.

Since their visits overlapped for a week, we were fortunate enough to have both Antonio and Viola living in my house at the same time. As one could imagine, life at the Monaco residence was crazy and hectic. However, it was an exciting and memorable experience for my entire family. As another part of the exchange programs, Danielle and I went to Italy and Spain, respectively, to stay at the residences of our partners. Our host families viewed us as members of their families, not just as visitors. To this day, when I

Write to Antonio's mom on Facebook, she refers to me as her son. For me, the two weeks I spent in Spain were the best two weeks of my life. Even though Spain has many beautiful museums and attractive sites, the part of my trip that I will cherish the most is the time I spent with Antonio and his family. There were countless times that Antonio, his brother Alberto, and I would relax and spend time together by watching movies, and I grew extremely close to their mother. These tight-knit relationships made it difficult for me to leave Spain, and I cried like I had never cried before in my life.

The lasting experiences that Danielle and I had encouraged my younger sister, Alyssa, to

year. We were lucky to have a wonderful girl like Alyssa's partner, Giulia, stay in our house for almost three weeks. As a bonus for me. Albedrto came to Linden as an exchange student in this year's edition of the Spanish Exchange with Linden High School. I made every effort to see him whenever I could, and I am grateful that his partner, Peter, allowed me to do so. By the time the Spaniards and the Italians left, things had come full circle for my family. Both of my sisters and I each had the opportunity to host an exchange student from another country in our house, and my family was able to meet my partners brother two years after my partner stayed in my house. However, we aim to remain in contact with our partners and their families and see each other in the future.

I would like to thank the entire Linden Public Schools district and the Linden Board of Education for their continued support of the exchange programs at Linden High School. Their backing has allowed my family to create international relationships that would not have existed otherwise. These programs are so vital to the World Language program at Linden High School that it was imperative for me to mention them as a part of my valedictory address during the 2011 High School Graduation. I hope that these programs will continue to exist in order for Linden High School to stand out from other high schools in the area and for other students and families to experience the joys of participating in foreign exchange programs. The experience is one that all involved will never forget.



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NORTHFIELD BANK

501 N. Wood Avenue is accepting donations of games and toys for children age 10 and younger.

These items will be given to the children at the JTG Center after the tree lighting on December 7.

The Linden Cultural Committee is an all-volunteer group that relies on donations from the community and company sponsorships to fund events such as this one. Your donation is greatly appreciated, and will put a big smile on the face of a Linden child.

TREE LIGHTING FRIDAY DECEMBER 7

Enjoy live entertainment, holiday music, horse and buggy rides at the Linden tree lighting on Friday, December 7, beginning at 6:00 pm at City Hall on Wood Avenue. The festivities begin with horse-drawn carriage rides. Rita Greco of Mystic Vision Players, will introduce JROTC, National Anthem, The Linden High School entertainment. JROTC, under the direction of Commander Murphy, will present the colors followed by the Madrigals singing the National Anthem. Father Anthony from St. Elizabeth of Hungary Roman Catholic Church will give the invocation. The evening's entertainment, provided by Linden High School students, includes the Madrigals under the direction of Mr. Duane Cosby, the

Dance Company under the direction of NJ Dance Teacher of the Year, Mrs. Barbara Brady, and the Touring Troupe under the direction of Mr. Matthew Lorenzetti. Mayor Richard Gerbounka will then introduce the Council President and members of the Council, and then will announce the VIP who will light the tree.

After the tree is lit, Santa Claus will arrive at City Hall on the back of a fire engine. Bring your camera and take photos in the beautifully lit Raymond Wood Bauer Promenade. Linden children and their families are invited to the JTG Center to meet Santa Claus, have their photo taken, and enjoy treats including hot cocoa and cake. Children 10 years old and younger will get raffle tickets for toy give-aways.



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INDOOR SOCCER LEAGUE

Saturdays and Sundays starting Jan. 5, 2013. The league will be held at the Linden Multi Purpose Center, 1025 John St., \$25.00 per youngster (No Refunds). Registration deadline is Dec. 17, 2012 for age groups: Minors Ages 6-7; Juniors Ages 8-10; Seniors Ages 11-14.



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THANKSGIVING CERAMIC CLASSES

The Childrens' Thanksgiving Ceramic Class for students in Kindergarten through 8th grades, will be held on Thursday, November 15, 2012 from 6:00 pm to 7:30 pm, at the JTG Recreation Center, 330 Helen Street, Linden.

The Adult One Day Thanksgiving Ceramic Class for Linden adults will be held on Thursday, November 15, 2012 from 6:00pm-7:30pm at the JTG Recreation Center, 330 Helen Street, Linden.

Deadline for registration is November 14th. Registration hours are 9:00am - 4:00pm. The fee is \$10.00 per participant. Payment can be made by credit card, cash, check or money order, or register online at www.linden-nj.org.





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LIFE in LINDEN • Page 12 • November 2012



(above, l-r) Councilman Adam Kuczynski, Police Athletic League Director Officer Dan Kuczynski presenting the Wanda A. Green Memorial Trophy to Fire Department Chief Joe Rizzo, Fire Committee Chairman; firefighter Darvl Roberts; Police Sgt. John Mekovetz; and firefighter Sal Principato.

WANDA A. GREEN TROPHY 1ST TIME IN NEW HOME

The Wanda A. Green trophy is named for the Linden resident and flight attendant who was on United Flight 93 which was hijacked by four al-Qaeda terrorists on September 11, 2001 as part of the September 11 attacks. Flight 93 crashed into a field near Shanksville, Pennsylvania and all aboard were killed. The trophy is now located within the Linden Fire Headquarters after spending three years in the hands of the Linden Police Department.

The Linden Police Athletic League held its fourth annual Wanda A. Green "Battle of the Badges" flag football game in September. The event is about coming together as a community and remembering September 11th and those who were lost like Linden's Wanda Green, who was a courageous flight attendant on Flight 93.

The Fire Department came out ahead after the latest installment of the "Battle of the Badges" flag-football game and now gets to host the trophy until next year.

"I will be back to bring it home again," Linden Police Athletic League Director and team captain Officer Daniel Kuczynski said with a smile on his face during the trophy transfer

represents a long-term bridge between the Police and Fire Departments to children who tour the fire house.

presentation. According to Kuczynski, the trophy

The trophy will be held by the Linden Fire Department until next year's "Battle of the Badges" event. "Come see it while you can," Kuczynski joked.



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LINDEN HIGH SCHOOL CLASS OF 1942 REUNION



LIFE in LINDEN • Page 13 • November 2012

(left) The Linden High School Class of 1942 held its 70th reunion at the Linden Library on October 13th. Mayor Richard Gerbounka and Linden High Principal Antoinette Modrak.

AMERICAN LEGION BREAKFAST

Every third Sunday of the month a Pancake Breakfast is served at The American Legion Post 102 located at 112 W. Elizabeth Avenue -Linden, NJ 07036. Sunday November 18, 2012 from 8:30 am to 12:30 pm. Remember it's not just pancakes. Sponsored by the American Legion Auxiliary - Unit 102. There is a small fee payable at the door.

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One coupon per table. Not to be combined w/any other offer. Expires 12/17/12

\$5 OFF Any Order of \$35 or more

Valid Sunday - Thursday. One coupon per table. Not to be combined w/any other offer. Expires 12/17/12

w/purchase of 2 adult entrees

One coupon per table. Not to be combined w/any other offer. Expires 12/17/12

NAPOLI ITALIAN BISTRO GRAND OPENING

The Grand Opening of Napoli Italian Bistro is specials are offered for the budget conscience. scheduled for November 23, 2012. Owner, Eddy Guerra, has rebranded the restaurant located at 523 North Wood Avenue in Linden, NJ and has begun promoting the restaurant to various markets.

Napoli's atmosphere and menu is that of a bistro and not a pizzeria as its previous name suggested. The intimate space is cozy and quite with outdoor dining available in warm weather. The menu is deep with ordinary italian dishes mixed with some unique items. Even though the menu items are familiar the taste and preparation are far from ordinary.

Napoli goes the extra step in preparing its meals using top quality, fresh ingredients. Hand made pasta, locally grown produce and imported Italian delicacies are the norm. The pizza is exceptional, served as whole pies, not by the

Napoli has loyal lunch customers and many deliveries go to employees working in local businesses. They are also accommodating to patrons who arrive for lunch who have time restraints. Special affordable pricing for lunch

Evenings also see people ordering takeout to bring home for dinner. Deliveries continue through the evening until 10 pm closing. The Bistro is filled with mostly couples and small groups in the evening who bring their own wine to pair with dinner.

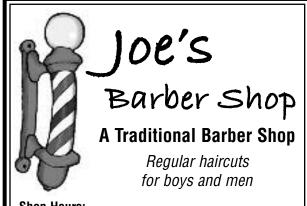
A wine tasting event will be part of the Grand Opening celebration. Metro Liquors of St. Georges Avenue in Linden will sponsor the wine tasting portion between 6pm and 9pm. Participation is \$15 and includes an all you can eat pasta along with the wine presentation.

Napoli caters for all occasions on and off premises. They will deliver, set up and clean up for parties, supplying servers, bartenders and cooks. Parties up to 80 people can be held in the North Wood Avenue location. Luncheons and office parties are being booked for the holidays with dinners in full trays serving 8-10 people starting at \$15 per person.

Napoli Italian Bistro is open seven days a week and can be reached by phone by calling 908-486-0600. They can also be found on-line at www. NapoliLinden.com.

LINDEN 2013 LITTLE KICKERS INDOOR SOCCER CLINIC

Linden is offering soccer for Linden Boys and Girls ages 4 & 5 Saturdays January 5, 12, 19, 26 and February 2, 2013. The clinic will take place at the Linden Multi-Purpose Center 1025 John St. from 9 am - 10 am. Children must wear shin guards and should have water with them. The emphasis will be on fun, basic fundamentals and skill development. The Cost is \$25.00 per child. Registration deadline December 17, 2012. You may register at the Community Center Building, 605 So. Wood Ave., the JTG Center, 330 Helen St. or the Multi Purpose Center, 1025 John St. Monday through Friday from 9am - 4pm. Or online at www.linden-nj.org and click onto Community Pass. For more information call 908-474-8600.



Mon., Tues., Thurs., Fri. 9:30 am to 5:00 pm Saturday 9 am to 2:00 pm • Closed Wednesday No appointments Necessary • Seniors Welcome

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KIWANIS CLUB METS AT NAPOLI BISTRO



LIFE in LINDEN • Page 15 • November 2012

The Kiwanis Club of Linden held their weekly lunch meeting at Napoli Italian Bistro recently.

Kiwanis is a global organization of members of every age who are dedicated to changing the world, one child and one community at a time. Each community's needs are different—so each Kiwanis club is different. By working together, members achieve what one person cannot accomplish alone. When you give a child the chance to learn, experience, dream, grow, succeed and thrive, great things happen.

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

Appetizers
Pasta Fagioli4.00
Minestrone Soup4.00
Tortellini Soup4.00
Eggplant Rollatini7.00
Eggplant stuffed with Spinach & Ricotta,
topped with a light tomato sauce
Calamari Fritti9.00
Served with Marinara Dipping Sauce
Portobello Balsamic8.50
Portobello Mushroom with Gorgonzola
Cheese in Aged Balsamic Vinaigrette
Mussels Fra Diavolo8.50
Clams Casino
Hot Antipaste for 214.50
Calamari, Musels, Eggplant & Stuffed Mushroom
Chicken Fingers with French Fries6.00
Officker Fringers with French Fries
Salads
Add Chicken 4.00 or Steak 7.00 or Shrimp 7.00
Mixed Greens Salad
Caesar Salad4.50
Baby Green Salad5.50
Walnuts, Pear, Gorgonzola Cheese
in a Raspberry Vinaigrette

Portobello Mushrooms with Melted

Mozzarella Cheese over Mixed Greens

with a Balsamic Vinaigrette Reduction

Capresse Salad......6.50

Fresh Mozzarella, tomatoes, olives and roasted

peppers in Olive Oil and Balsamic Vinegar

Grilled Portobello Salad

Pasta
All Pasta served with salad
Penne Bolognese\$10.50
Pink Vodka Meat Sauce
Penne Vodka / add Chicken9.95 / 11.95
Pink Sauce & Peas
Whole Wheat Spaghetti/add Meatballs 9.95 / 12.95
Fresh Oven Roasted Tomato Sauce, Basil & E.V.O.O
Tortellini Pesto
Rigatoni9.95
Sweet Italian Sausage with Peas
in a Pink Vodka Sauce
Capellini Primavera
Angel Hair Pasta in a Fresh
Oven Roasted Tomato Sauce, Basil & E.V.O.O.
and Mixed Seasonal Vegetables
Four Cheese Ravioli10.95
in a Pink Vodka Sauce
Ravioli Bolognese9.95
Linguini with Clams
Choice of Red or White Clam Sauce
Goat Cheese Gnocchi10.95

Grand-Opening on Nov. 23, 2012: \$15 All You Can Eat Pasta includes a FREE Wine Tasting from 6pm-9pm

523 N. Wood Ave • Linden, NJ

eat in. b.v.o.b. take out. WE DELIVER

t. 908.486.0600

Open 6 Mon thru Sat: 11am - 10pm Sundays 1:30pm to 10pm www.NapoliLinden.com

We Cater All Occasions:

We deliver, set up & clean up. Servers, bartenders & cooks Parties up to 80 people Starting at \$15/person Served in Full Trays. Serving size 8-10 people.

catering. Chicken Sorrentino 75.00 Mixed Green Salad 20.00 Chicken Parmesan 70.00 Caesar Salad 25.00 Chicken Scarpariello 75.00 Eggplant Rollatini 55.00 Veal Marsala 75.00 Four Cheese Ravioli 60.00 Veal Saltimbocca 75.00 Penne Bolognese 60.00 Pan Seared Salmon 80.00 Penne Vodka 55.00 Almond Crusted Tilapia Rigatoni Verona

Entrees

Littlees
All Entrees served with salad11.95 / 14.95
Chicken Sorrentino11.95 / 14.95
Veal Sorrentino
With Prosciutto, Eggplant and Mozzarella Cheese
in a Marinara Sauce
Chicken Parmesan11.95 / 14.95
Veal Parmesan
Chicken Milanese / Veal Milanese11.95 / 14.95
Chicken Scarpariello11.95
Boneless Pieces of Chicken Breast,
Sweet Sausage, Hot Cherry Peppers,
Rosemary Potatoes & Marsala Wine
Chicken Balsamic11.95
Topped with Portobello Mushrooms
and Aged Balsamic
Eggplant Parmesan11.95
Tilapia Livornese14.95
Salmon Dijon14.95
Shrimp Scampi15.95

Prices & Menu subject to change without notice. Prices do not include taxes

Specialty Sandwiches Half / Whole5.50 / 9.00 Italian Chicken Sandwich...... Grilled Chicken, Roasted Peppers, mesclun, tomatoes & Mozzarella with creamy ranch Meatball or Sausage Parmesan5.50 / 9.00 Eggplant or Chicken Parmesan..... 5.50 / 9.00 Grilled Chicken..... Roasted Peppers, Spinach & Mozzarella Philly Cheese Steak6.00 / 9.50 Buffalo Chicken Cheese Steak6.00 / 9.50 B Sausage Peppers & Onions5.50 / 9.00 Flank Steak Sandwich7.00 / 11.00 Grilled Chicken Panini6.00 Steak Panini Buffalo Chicken Wrap Chicken Caesar Wrap Philly Cheese Steak Wrap6.00 Chicken Parmesan Wrap..... The BIG FAT Sandwich..... Cheese Steak, Chicken Fingers, Mozzarella Sticks, French Fries, Lettuce, Tomatoes, Ketchup,

Mayo and American Cheese

\$6.00 Lunch Specials

Mon - Fri: ll am - 3 pm

1. Personal Pizza 2 toppings

2. Chicken Caesar wrap

- 3.Meatball Parmesan sandwich
- 4. Grilled Chicken sandwich
- 5. Personal specialty pizza Comes with 20 oz soda or water!

Large Plain ... 7.00 10.00 Toppings(ea) ... 1.75

Pizza Toppings:

- Bacon Beef Chicken Genoa Salami Ham
- Italian Sausage Meatball Pepperoni, Steak
- Anchovies Artichoke Hearts Banana Penners
- Broccoli Cherry Peppers Eggplant Extra Cheese
- Onion Fresh Garlic Olives Peppers Jalapenos
- Mushroom Pesta Pineapple Ricotta Cheese Sliced Tomato • Sun-Dried Tomatoes • Spinach

Specialty Pizza	Small	Large
Meat Pizza	12.00	15.00
Pepperoni, Italian Sausage, Genoa	a Salami &	Meatball
White Pizza	10.00	13.00
Ricotta & Mozzarella		
Aloha Pie	11.00	13.00
Sliced Pineapple &	Ham	
Margherita	12.00	14.00
Crushed Roasted Tomatoes with	h Fresh Mo	ozarella,
Basil & E.V.O.C).	
Super Veggie	12.00	15.00
Roasted Peppers, Mushrooms, E	ggplant &	Zucchini
Buffalo Chicken		15.00
Sauteed Chicken, Mo.	zzarella,	
Spicy Buffalo Sauce & B	lue Cheese)
Chicken Penne Vodka Pizza	12.00	15.00
Chicken Scarpariello Pizza	12.00	15.00
Chicken Parmesan Pizza	12.00	15.00
Side Orders		
Garlic Bread / w. Cheese	3.0	00 / 4.00
French Fries / w. Cheese	3.0	00 / 4.00
/egetables		4.00

Sauteed Spinach4.00

Mozzarella Sticks

Attention High School Students SAT Review

Open to the public – bring your friends along

SATURDAY, NOVEMBER 17, 2012

8:00 am - 2:30 pm Registration & Continental Breakfast 8:00 am

\$10.00 Registration Fee (non-refundable)
Limited Seating - Register Early
-Lunch will be served-

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Communities In Cooperation, Inc.

Adrienne Parham (908) 499-8450

or

Ms. Johnie Green (973) 558-5378

Also email us via

CICNJmail@yahoo.com

SOEHL MIDDLE SCHOOL MAKES TRIPS TO CLASSIC THYME COOKING

The 21st Century Community Learning Center at Soehl Middle School coordinated several class trips to the Classic Thyme Cooking School. After-school participants participated in a hands-on Italian cooking class in which the students made pasta, sauce, meatballs, garlic bread and fruit smoothies. The chef at Classic Thyme gave a demonstration of basic cooking concepts and worked with the student groups to ensure that the recipes were being followed and offered helpful cooking tips along the way. At the end of the cooking class, the students thoroughly enjoyed their Italian meal.



(above) Aliani Rosado (grade 6) making fresh tomato sauce.

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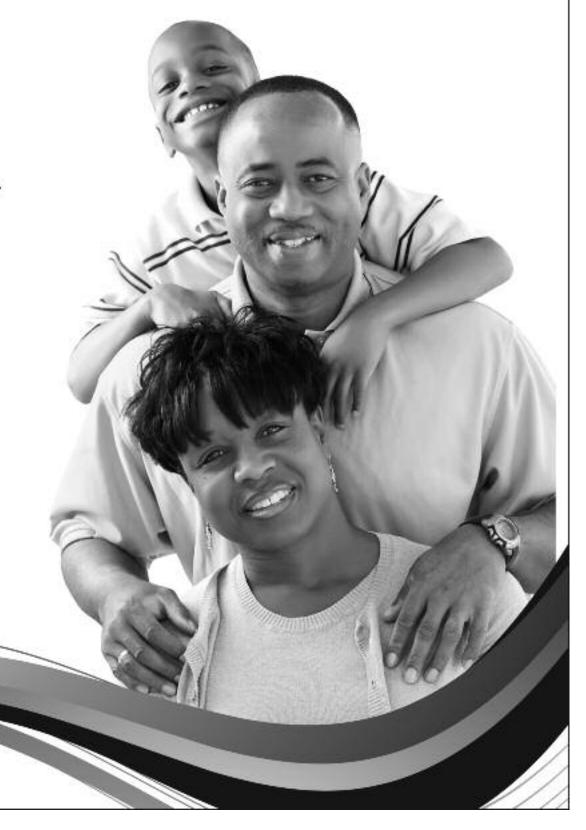
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GATEWAY CHAMBER

Members of the Linden Chamber of Commerce, an affiliate of the Gateway Regional Chamber of Commerce, are welcomed in all Gateway events. For information call the Chamber at 908-352-0900 or visit our website at www.gatewaychamber.com

NOVEMBER 20 IRISH BUSINESS ASSOC. NETWORKING EVENT Molly Maguire's Irish Pub, 1085 Central Avenue, Clark

NOVEMBER 21

EMPLOYER LEGISLATIVE COMMITTEE

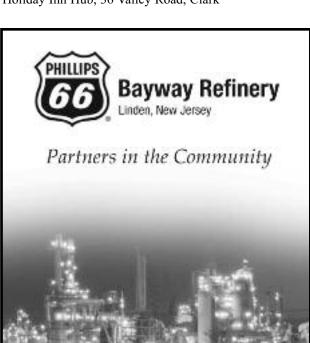
Kenilworth Inn, Boulevard & S. 31st Street, Kenilworth

8.30 AM **NOVEMBER 27** LINDEN CHAMBER MEETING

Hosted by Sovereign Bank. Visit website for location.

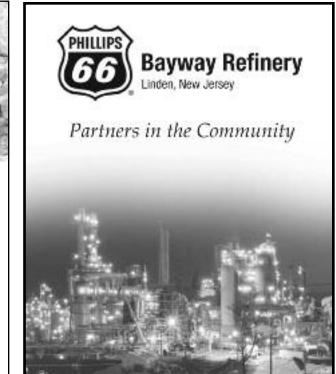
NOVEMBER 28

CLARK CHAMBER MEETING Holiday Inn Hub, 36 Valley Road, Clark



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TRINITAS HOSPITAL

WOMEN'S HEART HEALTH SEMINAR: CARDIAC HEALTH **FOR WOMEN**

Wed., Nov., 14, 2012, 5:30 pm - 7:00 pm. Sponsored by Trinitas Regional Medical Center. Speaker: Meherwan Joshi, MD, Cardiologist. CORE Building of Trinitas Regional Medical Center, 1164 Elizabeth Ave., Elizabeth (Enter parking lot from South Broad St., next to Fire House.) Light dinner will be served. Call (908) 994-8694 for further information and to register to attend.





Tues., Nov. 13, 11:00 am - 1:00 pm.

A new program for cancer patients and their families to learn self-help techniques using acupressure. Presenter: Sharon Kurtz, RN, BSN, CHt, Integrative Medicine/Holistic Nurse. Conference Room A, First Floor, Trinitas Comprehensive Cancer Center, 225 Williamson St., Elizabeth, NJ. Light refreshments will be served. To register, please call Sharon Kurtz at 908-994-8730.



OPEN HOUSE ON SLEEP HEALTH:

Wed., Nov. 15, 4:00 pm - 7:00 pm

Trinitas Regional Medical Center Comprehensive Sleep Disorders Center at Homewood Suites by Hilton in Cranford.

Learn about the benefits of having a supervised sleep study performed at the only hotel-based sleep center in the state. The Center's medical director is a board certified specialist in sleep medicine as well as internal medicine, pulmonary medicine and critical care medicine.

The Center is staffed by registered sleep technologists who record sleep patterns during the course of the overnight study and then analyze data. Daytime studies can also be arranged for shift workers. Homewood Suites by Hilton is easily accessible from the GSParkway.



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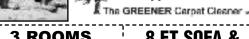




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Being first with ground breaking technology is a hallmark of Trinitas Comprehensive Cancer Center, which was the first cancer center in New Jersey to provide patients with the Varian Trilogy radiation therapy system in 2005. Trilogy's ultra-precise robotics accurately tracks and adjusts for tumor movements at the moment of treatment, then targets cancer and neurological lesions with sub-millimeter accuracy. No other facility in New Jersey has more experience with Varian Trilogy than Trinitas.

Trinitas was also the first in New Jersey to offer women the new Accuboost radiotherapy technology – a highly effective, non-invasive treatment for breast cancer that is more accurate than standard breast radiotherapy. In addition, Trinitas is a leader in radiosurgery – which uses precisely-focused beams of radiation to treat tumors anywhere in the body.

Ground breaking technology, and the expertise to use it - that's the Trinitas Comprehensive Cancer Center.



TRINITAS COMPREHENSIVE CANCER CENTER

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Canadian Club	1.75L	\$19.99	E & J V.S. brandy	750ml	\$ 8.99	Carolans Irish Cream		
Canadian Mist	ist1.75L		E & J V.S. brandy			Kahlua		
Chivas Regal	ns Regal750ml		E & J V.S.O.P. brandy	750ml	\$10.99	Kahlua	1.75L	\$31.99
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Chivas Regal 18 yrs old			Hennessy V.S			Licor 43		
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Clan Macgregor			Leroux Blackberry	750ml	\$11.99	Patron XO Café		
Crown Royal			Leroux Blackberry			Southern Comfort		
Crown Royal	1.75L	\$44.99	Paul Masson Amber			Southern Comfort	1.75L	\$26.99
Cutty Sark	1.75L	\$28.99	Paul Masson Amber			G	IN	
Dewars 12yrs old	750ml	\$29.97	Remy Martin V.S.O.P	750ml	\$36.99	_		#21 00
Dewars 12yrs old	1.75L	\$49.99	Remy Martin V.S.O.P			Beefeater		
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Dewars White Label	1.75L	\$29.99	VO	DKA		Seagram's gin	1./3L	\$17.99
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Jameson	750ml	\$25.99	Grey Goose (all types)			Jose Cuervo		
Jim Beam Whisky	1.75L	\$28.99	Ketel One			Jose Cuervo		
John Barr red			Ketel One			Patron Silver		
Johnnie Walker Red	750ml	\$19.99	Majorska			8.99 Patron Silver 1		\$81.99
Johnnie Walker Red	1.75L	\$31.99	Majorska			RE	ER	
Johnnie Walker Black	750ml	\$31.99	Pinnacle (all types)				·LIX	
Johnnie Walker Black			Pinnacle (all types)			Cold and Warm same price	241-	¢21.00
Johnnie Walker Double Black	750ml	\$39.99	Skyy			Becks (12oz) 24pk	24pk	\$21.99
Johnnie Walker Gold	750ml	\$79.99	Smirnoff Vodka 80 proof			Budweiser family		
Johnnie Walker Gold	1.75L	\$149.99	Smirnoff Vodka 80 proof			Budweiser Loose Bottle	•	
Johhnie Walker Blue	750ml	\$169.99	Sobieski			Coors Lite		
Johhnie Walker Blue	1.75L	\$399.99	Sobieski			Coors Lite Loose Bottles		
Knob Creek 9 yrs old	750ml	\$31.99	Soplica			Corona/Corona Lite Loose		
Macallan 12yrs old			Soplica			Guinness Pub Cans (14.9oz)		
Makers Mark			Stolichnaya (all types)			Heineken/Heineken Lite		
Makers Mark			Svedka (all types)			Miller Lite cans		
Old Smuggler	1.75L	\$19.99	Svedka (all types)			Pilsner Urquell		
Seagrams 7			Tanqueray Sterling			Sam Adams Lager		
Seagram V.O			Tanqueray Sterling			Stella Artois Bottles		
-			Three Olives (all types)			Yuengling Lager Cans	24pk	\$16.99
			Three Olives (all types)	1.75Ĺ	\$25.99			



Hours: Mon. thru Sat. 9am - 10pm Sun. 12pm - 8pm

EXCHERICAN DIFFERENCE DIFFERENCE

We specialize in hard to find items and custom orders, just ask!

Thanking all our customers with a holiday sale!

VISIT OUR FACEBOOK PAGE FOR NEWS OF NEXT TASTING EVENT: FACEBOOK.COM/METROLINDEN

1179 WEST ST. GEORGES AVE. (RT.27) | LINDEN, NJ 07036 | LOCATED IN FORMER NATIONAL WHOLESALE LIQUIDATORS MALL 908-925-1770 | EMAIL: METROLIQUORS@GMAIL.COM

WINE

Alamos Malbec	750ml	\$ 7.99	All Types	1.5L	\$13.99
Andre All Types	750ml	\$ 5.49	Mark West Pinot Noir		
Apothic Red			Mark West Pinot Noir		
Barefoot All Types			Martini&Rossi Asti	750ml	\$11.99
Beringer White Zinfandel			Martini&Rossi Asti	1.5 L	\$21.99
Beringer White Zinfandel			Menage a Trois Red and Rose	750ml	\$ 9.95
Black Box			Mezzacorona	1.5L	\$11.99
Blackstone			Mi Amore Red		
Blackstone			Moet Imperial Champagne	750ml	\$36.99
30lla			Nando Asti	750ml	\$ 8.99
Campo Viejo Rioja			Nando Asti		
Carlo Rossi (Chablis, Burgundy, Sangria, Blush)			Noble Wine 337, 181, 667		
Casal Garcia Vinho Verde			Papi All Types	1.5L	\$ 9.95
Casillero Del Diablo			Ravenswood All Types	750ml	\$ 8.99
Cavit All Types			Real Sangria		
Chateau Ste Michelle Columbia Valley Cabernet, Merlot.			Rex Goliath All Types		
Chateau Ste. Michelle Columbia Valley Chardonnay			RM Private Select		
Chateau Ste. Michelle Columbia Valley Riesling			RM Private Select		
Che Gaucho All Types			Rodney Strong Sonoma Cabernet & Merlot		
Clos du Bois Chardonnay			Rodney Strong Sonoma Chardonnay		
Clos du Bois Chardonnay			Ruffino Chianti	750ml	\$ 8.99
Cockburns Ruby and Tawny Porto			Ruffino Chianti		
Concha Y Toro Frontera			Ruffinio Chianti Reserva Gold		
Corbett Canyon			Ruffino Pinot Grigio		
Cupcake all types			Ruffino Tan Label		
Oon Perignon			Santa Margerita Pinot Grigio		
Oreaming Tree All Types			Simi Chardonnay		
Estancia Chardonnay			Sonoma Cutrer Chardonnay		
ish Eye All Types			Sutter Home Moscato/White Zinf		
Tip Flop All types			Verdi All Flavors		
ranzia 5lt (Crisp White,Blush,Sangria,Chilable red)			Verdi All Flavors		
reixenet			Woodbridge All Types		
Gazela Vinho Verde			Yago Sangria		
Gato Negro			Yellow Tail All Types		
Iess Select Chardonnay			Zonin Pinot Grigio		
. Lohr Cabernet and Merlot			Zonin Prosecco		
Kendall Jackson Vintners Chardonnay					
Korbel All Types except Natural and Organic					
a Crema Sonoma Pinot Noir			ABC prices prevail	Committee of the commit	
iberty Creek All Types			other prices, limited	∩% 1111	
J F			outer prices, minited		

other prices, limited to store inventory.

Not responsible for typographical errors.

Prices valid till Dec. 15, 2012

