

LOCAL TALK 25¢

NEWARK • IRVINGTON • EAST ORANGE • ORANGE • WEST ORANGE • SOUTH ORANGE • MAPLEWOOD • BLOOMFIELD • MONTCLAIR & MORE

OFFICIAL NEWSPAPER

ESSEX COUNTY • ORANGE • EAST ORANGE • ORANGE BOARD OF EDUCATION
 1576 Springfield Avenue • Maplewood, NJ 07040
 Phone: 973-622-1111 • www.localtalkweekly.com
 E-mail - Newspaper: localtalk@aol.com * Printing: localtalkprinting@gmail.com

INDEX	Editorial & Weather - 02	The Doctor Is In - 04	Sports Wrap - 05
	World News Flash - 06	Spring Special - 08	Town Watch - 10
	Pastor's Heart - 12	Observation Booth - 14	

COMPLETE DENTISTRY FOR THE WHOLE FAMILY

Free Parking



Nova Dental

Downtown NEWARK

CHILDREN & ADULTS

\$49

EXAM, X-RAY & CLEANING

For new patients only

FREE

SECOND OPINION

No Insurance?

DISCOUNT OPTIONS & PAYMENTS PLANS AVAILABLE

240 Mulberry Street, Newark, NJ 07102
www.NovaDentalNJ.com



Dr. Joyce Lau DMD
 Dr. Bhavneet Singh DDS
 Dr. Pankaj Puri (Orthodontist)

EXCEEDING CDC EXPECTATIONS
 NEW SAFETY EQUIPMENT

Root Canal | Extractions | Dentures | Fillings
 Invisalign & Braces | Implants | Crown & Bridges

America's BEST DENTISTS
 Book your appointment today!
862-212-0865

MAYORÍA DE SEGUROS ACEPTADOS! Google 5.0 ★★★★★

MASK OFF - JUDGE ENDS FEDERAL MANDATE

MAYBE THEY SHOULD HAVE WAITED...

Low Turnout Suggests That School Board Elections Should Have Been Grouped with May Election Day Ballot



By Walter Elliott

ADULT USE CANNABIS SALES BEGIN IN NEW JERSEY

TRENTON - The New Jersey Cannabis Regulatory Commission will be issuing licenses to seven alternative treatment centers (ATCs) to begin adult-use cannabis operations, including at 13 retail dispensaries, starting April 21. Individuals 21 years and older will be able to purchase cannabis and cannabis products legally without a medical card.

"This is an exciting time for New Jersey," said New Jersey Cannabis Regulatory Commission executive director Jeff Brown. "New Jerseyans voted overwhelmingly to have access to adult-use cannabis and it is now here. I am very proud of the work the Commission has done over the past year to open the market. We have been intentional and deliberate to do everything in our power to set the market on good footing to start."

The Alternative Treatment Centers will be required to meet social equity standards, which include providing technical knowledge to new cannabis businesses, particularly social equity applicants.

(Continued on page 11)

NEWARK - Those registered Newark and Irvington voters who pressed voting machine buttons or checked boxes and sent off their Vote By Mail Ballots have, unofficially, kept their non-partisan school boards' status quo on April 19.

A majority of participating Newark voters have swept in the politically supported Moving Newark Schools Forward team for the seventh straight year.

All four "Irvington Schools Strong" candidates were elected or re-elected literally unopposed.

Voters in both municipalities approved their respective 2022-23 school budgets to around four-to-one ratios.

Essex County Clerk Christo-


pher Durkin has unofficially reported that 4,939 ballots were cast from a combined Newark-Irvington registered voter pool of 210,234.

The resulting percentage comes out to a perhaps record-low 2.35 percent turnout.

That turnout is the lowest since Newark and Irvington became the last two public school districts to hold Third Tuesday in April in 2014. Eight other "Local Talk" districts added their board elections onto their November General Election ballots.

The 2.35 percent continues a voter turnout decline since April 2016's high of 6.32 percent. It and April 20, 2021's 3.79 percent turnout fell below the eight election average of 4.29 percent.

(Continued on page 5)



Primary Care Multi Specialty Group
THE HEART CENTER OF THE ORANGES
 60 Evergreen Place, Suite 400, East Orange, NJ

Offering Same Day
 Appointments for
**All Specialties and
 DOT Exams**

Turn
 To
**PAGE
 16**



Editorial
Dhiren Shah
 Editor-In-Chief

Hello Readers,

The politics are in high effect in Orange. As I heard, the board of the public library arranged a debate for the ward candidates. One of the board members as I heard sent an email to everyone that three administration officials would be present to answer questions. I called all three members, BA Chris Hartwyk, Finance Director Adrian Mapp, and Chief Finance Officer Nile Clements to confirm it. Hartwyk and Clemens called back and stated that they are not planning to attend. The debate at the library was on Monday and none of them attended. The candidates should be responsive to the questions raised by the residents, not the employees of the administration.

After almost a year and a half, Essex County acting president Dr. Augustine A. Boakye was confirmed as permanent President on November 1, 2021. Due to the pandemic, everything became problematic. They had to carefully decide the date of Dr. Boakye's inauguration. Now on May 5, 2022, Dr. Boakye will be inaugurated as the 9th president of the college.

"We look forward to a long and productive relationship with our new President, one that will certainly continue to put Students First," stated Board of Trustees Chair Marion A. Bolden. "The Inaugural ceremony shows the commitment that everyone has at Essex County College to move our proud institution into our next chapter of service to the community," she added.

Perhaps the new movement and excitement will bring change to the College for the benefit of the students. Despite the decline of student enrollment, hopefully this will bring back the glory they once had.

Per NBC News: "Leaders of the Black Lives Matter movement are dismissing allegations that they mismanaged millions of dollars after a scathing New York Magazine report revealed that they had purchased a \$6 million home in Southern California with donated funds. Patrisse Cullors, co-founder and former executive director of the Black Lives Matter Global Network Foundation, and Melina Abdullah, co-founder of BLM Los Angeles and co-director of BLM Grassroots, spoke to reporters Monday during a closed roundtable discussion, dismissing recent articles about the organization's finances as media attacks and "misinformation and disinformation," and claiming that any lack of transparency about the multimillion dollar property was out of concern for the leaders' safety." "Almost immediately upon closing, the attacks on me, and BLM, which also means Melina and others, escalated," Cullors said, adding that she stayed at the home for four nights while the FBI investi-

gated a death threat against her. "So, we did use the campus as a haven, as a safe place. That derailed an announcement strategy. Conditions changed, and that's it."

According to the New York Magazine report, the BLM group secretly bought a 6,500 square-foot house in October 2020. According to the Associated Press, they received \$90 million in 2020 and \$21.7 million in 2021. As per the law, they are innocent until they are charged and proven guilty. If this is for their luxury, they should be punished according to the law.

Disney, a strong company, has gotten a tax benefit for all the years on the land Disney sits on. The republican majority senate has passed a bill to eliminate the special tax district. Disney makes billions, and with its power and support from lawmakers, not paying tax has gone on for too long. It is good that they eliminated the district and will collect taxes from the giant.

*Have a wonderful week.
 I'll talk to you next week.*

STAFF AND VOLUNTEERS FOR LOCAL TALK WEEKLY NEWSPAPER

- Publisher & Editor-in-chief : Dhiren Shah
- Editors : Kristopher Seals / Anuj Shah
- Journalists / Writers : Kristopher Seals | Walter Elliott | Bro. Thomas Ellis | Dhiren Shah | William Hathaway Jr. | Dr. Daniel Louis | Ahmed Screven, Esq. | Anuj Shah | Lev Zilbermints | Kinjal Shah | Asha Shah | Akshat Shah, MD | Ivy Mahabir | Kalindi Bhatt | Dr. Robert Kennedy
- Photographers : Dhiren Shah | Kristopher Seals | Thomas Ellis II | D. Adams, Jr.
- Distributors : Larry Wright | Walter Elliott | Fred Simpson
- Newspaper Designer : New Image Art Studio
- Web : www.localtalkweekly.com

Ask for our advertising rates and increase your business and get exposure to tens of thousands of readers every week. email your request to localtalknews@gmail.com or call 973-622-1111.

Subscribe to **LOCAL TALK** weekly newspaper
\$50 for one (1) year

Send your name, address and check or money order to:
**Local Talk Weekly Newspaper • 1576 Springfield Avenue
 Maplewood, NJ 07040 • Tel: 973-622-1111**

To serve you in the best manner, we request that you send your comments, community calendar events, news and other information and queries related to advertisements to the editor on e-mail : localtalknews@gmail.com

LOCAL TALK POLICIES

• We reserve the right to accept or reject any news item, article or advertising, which is not in accordance with Local Talk's Statement of Purpose. We further reserve the right to edit, correct and modify all copy submitted. Letters, articles, and news events are welcomed; but Local Talk will not assume any responsibility for them. • We regret that the volume of mail and pressure of deadlines precludes sending acknowledgements of receipt; nor can advance notice be given if articles are accepted or rejected for publication. • Unused materials may be used at a later date (if not date sensitive) and therefore, they cannot be returned. • The printing of articles or advertising in Local Talk does not necessarily imply either endorsement or agreement by the editorial staff of Local Talk. • This publication will not be responsible for errors in advertising beyond the cost of the space occupied by the error. • We will not be responsible for errors within material disseminated by offices that release matter for public record.

WEATHER FOR THE WEEK

<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>
Mostly Cloudy	Mostly Sunny	Partly Cloudy	Partly Cloudy	Cloudy	Rain	Partly Cloudy / Rain
HI 61	HI 70	HI 60	HI 71	HI 60	HI 63	HI 56
LO 50	LO 47	LO 51	LO 50	LO 52	LO 48	LO 41

TRANSFER YOUR PRESCRIPTION HERE!



358 Main Street
East Orange, NJ 07018
973-266-9900
mikespharmacyllc@gmail.com



353 Main Street
Orange, NJ 07050
973-266-1002
orangerxpharmacy@gmail.com



13 William Street
Newark, NJ 07102
973-500-3660
newarkrxpharmacy@gmail.com



F/DESIGN SOLUTIONS · 862-448-9307

24H Covid-19 Testing
OTC Cards accepted
Blister Pack available

Free Delivery

NJ Lottery

Money Transfer

Western Union & RIA Money Transfer

Bill Payments

UPS Access Point

Fax, Print & Copy

SCAN & SAVE OUR
INFORMATION



WE ACCEPT WALK-INS! APPOINTMENT NOT REQUIRED!

WE ACCEPT ALL MAJOR HEALTH INSURANCE.



The Doctor Is In



Dr. Adil Manzoor OP/ED

12 Best Foods to Eat If You Have the Flu

When you have the flu, eating may not be among the options of things you'd like to do. However, you have to eat.

Taking pain to eat the right kinds of foods, regardless of how little, can go a long way to speed up your recovery. Certain foods are high in nutrients that can help boost your immune system. Read

on to check out the 12 best foods for flu.

Before then, let's learn a few things about the flu.

What is the Flu?

Flu is a contagious respiratory illness that infects the nose, throat, and sometimes the lungs. Flu can cause illnesses that are mild or severe.

There have also been cases of people who have died as a result of the flu. The symptoms of flu usually include cough, sore throat, runny nose, fever, fatigue.

People often get the flu when they come in contact with the respiratory droplets of infected people. A 2018 CDC study published in Clinical Infectious Diseases reported that an average of 8% of the US population gets sick from flu each season.

Anybody can be infected with the flu, with people within the range of 0-64 years being more susceptible, according to the same CID study. Therefore, it is important to know the right food to eat if you have the flu.

What Foods May Aid Flu Recovery?

The following food can help ease the symptoms of the flu and boost the immune system.

1. Chicken Soup

Inflammations trigger flu symptoms and lead to further complications. The chicken soup comes with several important ingredients.

The cut-up chicken itself contains iron and proteins. Other ingredients, such as carrots, herbs, and celery, contain helpful nutrients.

A 2000 study suggests that the collective ingredients in chicken soup may help reduce inflammatory responses. Therefore, you would expect that chicken soup will help clear congestions in the nose and throat.

The good thing about chicken soups is that they are easy to prepare and digest. They promote hydration, which soothes the body system.

2. Garlic

You might regard garlic as a food seasoning agent, but it is a lot more than that.

Over the years, garlic has proven to be one of the best alternative medicines for several illnesses. Garlic has several health benefits, which may be due to its antimicrobial properties.

A study aimed to examine the effects of garlic supplements in adults with flu. This study found that these supplements enhanced the immunity of patients and reduced the severity of flu symptoms.

Raw garlic also has beneficial effects. This means that you do not have to take the supplements. It would help if you considered eating garlic as soon as you suspect a symptom of the flu.

3. Leafy Greens

Leafy greens such as spinach, kale, and others are a good source of vitamin E.

Vitamin E is a powerful antioxidant that helps rid the body of free radicals that could cause inflammation.

According to a study published in the Nutrition Research Journal, if you supplement your

daily diet with 200 IU of vitamin E, there may be a significant decrease in the severity of lower and upper respiratory infections.

So, you might want to include a leafy green salad in your diet or make a smoothie with them. You could also eat the leafy greens raw, adding a bit of lemon or olive oil.

4. Yogurt

Yogurt that contains live bacterial cultures (probiotics) are popular for easing a sore throat, which is a major symptom of the flu. This kind of yogurt can also help boost the immune.

A study reported in the International Immunopharmacology journal confirmed yogurt's ability to aid a healthy immune system.

You must always remember that yogurts without any added sugars are the best options in this case. If you do not fancy yogurts, then other fermented foods such as sauerkraut can be great options as well.

5. Citrus Fruits

Vitamin C is an antioxidant that can help in boosting the immune system. Vitamin C can contribute to the immune system by supporting the proper functioning of the cells.

A good amount of vitamin C is required to compensate for the flu's high inflammatory responses. It also compensates for high metabolic demands and optimizes cell levels.

Citrus fruits such as oranges, lemon, and grapefruits are rich in vitamin C. It would be best if you considered including these fruits in your daily diet to help speed up your recovery from the flu.

You can make fruit juices with them, but it is always better to eat the whole fruit to benefit from the gut-regulating fiber.

6. Honey

Honey offers another great addition to your foods if you're looking to hasten your recovery from the flu. Honey is very effective in treating sore throat and cough, especially in children under one year.

(Continued on page 13)

Non-healing Foot Wounds? Diabetic Foot Ulcers?



We Save the Limbs that Others Can't.

DON'T WAIT.

These symptoms may mean serious problems:

Leg or Foot Pain • Gangrene • Non-Healing Wounds
Leg Cramping • Skin Discoloration

Prompt treatment is essential to preserving your long-term health and quality of life.

CALL TODAY: 833.PAD.EXPERT (723.3973)



John Rundback, MD



Endovascular & Amputation Prevention
Affiliated with American Endovascular

americanendovascular.com



Kevin Herman, MD

Now practicing at our newly located outpatient center:
347 Mount Pleasant Avenue, Suite 100, West Orange, NJ 07052

SPORTS WRAP



By William Hathaway, Jr.

The United States Football League has been formed once again, and kicked off its inaugural season on Saturday night. It was a perfect way to start the season, with the New Jersey Generals losing a tough fought game against the Birmingham Stallions 28-24. Stallions quarterback Jamar Smith led his team to the victory on a nine play, 50 yard drive for a touchdown with 23 seconds left in the game.

In the second game of the day, the Houston Gamblers beat the Michigan Panthers 17-12. The Gamblers scored all their points in the first half. Panthers quarterback Shea Patterson, who played for the Michigan Wolverines in college, fumbled a snap and Houston linebacker Reggie Northrup ran it in for a touchdown. Also, Clayton Thorston found Isaiah Zuber for a 12 yard touchdown.

In other action, the New Orleans Breakers defeated the Philadelphia Stars 23-17, and the Tampa Bay Bandits beating the Pittsburgh Maulers 17-3.

Switching to the NBA, the Nets lost their first game against the Celtics 115-114 on a Jayson Tatum spinning layup at the buzzer. During the contest, Nets guard Kyrie Irving, who led all scorers with 39, flipped off the Boston crowd several times. Also, the #2 ranked Memphis Grizzlies took a stunning Game 1 loss at home to the Minnesota Timberwolves.

Finally, reigning league MVP Nikola Jokic is vying for his second straight trophy against former two-time winner Giannis Antetokounmpo and Joel Embiid. This year, Embiid became the first Center to lead the NBA in scoring (30.6) since Shaquille O'Neal in 1999-2000.

SCHOOL BOARD RESULTS

(Continued from page 1)

Statistics from May 12, 2020's Special Election, which combined school board and non-partisan municipal elections due to the COVID pandemic, were not applied. That ballot included council elections in Newark, Irvington, Orange, Montclair, Belleville and Nutley.

The so-far 3,733 voters from Newark and Irvington did exercise their almost exclusive right to vote on \$1.403 billion worth of next school year's budgets - including \$35.259 million worth of property taxes.

The eight other non-appointed "Local Talk" boards of education agreed with the State Legislature to no longer place their annual budgets on the ballot in exchange for shifting to the November elections.

Please note that the April 19 results are unofficial until at least May 2.

There were 99 of the 115 voting machines deployed in both towns, or 95 percent, that was used until 8 p.m. Tuesday. Workers from the Essex County

Clerk-Elections Division and the Essex County Board of Elections may be looking into the conditions of the other 16 machines.

The clerk's office is allowing VBMBs that were postmarked April 19 five days' grace to arrive by mail and be counted. There are remaining provisional ballots and write-in votes to count.

The April 19 - May 2 period also allows for any challenges and recounts.

In NEWARK, the "Moving Newark Schools Forward" team was chosen from a balloted field of seven.

Newcomer Crystal Williams became the night's top vote-getter. The first-time candidate received 2,600 votes or 23.1 percent of the vote.

Incumbent running mates A'Dorian Murray-Thomas and Daniel Gonzalez were returned to their Newark Board of Education seats for their second terms.

Murray-Thomas tallied 2,559 for 22.7 percent. Gonzalez garnered 2,475 or 22.03.

The trio ran on a ticket supported by Mayor Ras Baraka and a constellation of elected



STOP SUFFERING
from debilitating fibroid symptoms

WE CAN HELP!

There is a medically safe non-surgical alternative to hysterectomy:

UTERINE FIBROID EMBOLIZATION (UFE)

Reduces the Size and Symptoms of Fibroids
Minimally Invasive Procedure
Fully Equipped Outpatient Center—NO Hospital Stay
Fewer Complications and Quicker Recovery

CALL OUR EXPERTS TODAY!

833.UFE.EXPERT (833.833.3973)

John Rundback, MD



American

Fibroid Centers

Kevin Herman, MD

Affiliated with American Endovascular

fibroidexpert.com

**Now practicing at our newly located outpatient center:
347 Mount Pleasant Avenue, Suite 100, West Orange, NJ 07052**

Heritage House Apartments 50 South Munn Ave., East Orange, NJ 07018 A PRESTIGIOUS SENIOR COMMUNITY

We are currently accepting applications for studios and one bed rooms in our 204 Unit Apartment Building! The property has undergone exterior and interior renovations including a completely new exterior, new elevator, newly installed hallway carpeting, and upgraded community room with computer lab and improvements to most apartment units. Heritage House is conveniently located near shopping, health care facilities, mass transportation and major thoroughfares.

Apartment/Community Features:

- Newly renovated accessible and barrier-free units
- Fully Equipped Modern kitchens
- Plenty of closet space
- On site laundry facility
- Attended Lobby Entrance
- 24 HR Emergency call w/On Site Maintenance
- Recreational Community Room
- Lovely picturesque outdoor garden sitting area.
- Free on-site indoor garage parking
- Window Treatments

Annual Income Qualifications:
**Maximum income
\$38,460.00 – 1 person
\$43,920.00 – 2 persons
** Subject to program guidelines

Open Monday - Friday
9:00 am to 5:00 pm
Call: 973-677-9111
TTY: 1-800-852-7899
or Stop by!

AN EQUAL HOUSING OPPORTUNITY

Heritage House does not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its federally assisted programs and activities. A senior executive has been designated to coordinate compliance with the nondiscrimination requirements contained in the Department of Housing and Urban Development's regulations implementing Section 504 (24 CFR, part 8 dated June 2, 1988). You may address your request for review or reconsideration to:

Senior Vice President, Related Management Company, LP,
423 W. 55th St., 9th Fl. NY, NY 10019,
(212) 319-1200, NY
TTY 1-800-662-1220



EQUAL HOUSING OPPORTUNITY



officials on the municipal, county, state and federal levels. While they enjoyed 22 and 23 percent of the vote, the other four independent candidates received single-digit totals.

Thomas Luna was "the best of the rest." The eighth-grade charter school mathematics teacher tallied 1,087 or 9.61. Maggie Freeman's first campaign since 2019 drew 1,027 or 9.14. Automotive technology teacher Phillip Wilson came in sixth at 807 or 7.18. Social worker Allison K. James-Frison rounded out the field at 679 or 6.04.

The Newark Public Schools' \$1.227 billion 2022-23 budget was carried on an 87.01/12.99 percentage split with 84.22 percent of city voting machine districts reporting.

There were 2,792 "Yes" votes to 417 "No" votes. The budget was carried with a property taxpayers' levy of \$176.155 million - which is an actual \$8.75 decrease on the tax bill on a house with an average assessed value of \$175,000.

In IRVINGTON, the only contest Tuesday night was over
(Continued on page 11)



MASK OFF

UNITED STATES

One of the most divisive measures regarding travel in the United States has suddenly come to an end, thanks to a judge doing her best Future impersonation.

On April 18, U.S. District Judge Kathryn Kimball Mizelle struck down the federal mask mandate on all public transportation in the nation, which includes buses, trains, planes, and more. The “Mask Off” decision came as she made a ruling in the case of Health Freedom Defense Fund, Sarah Pope, and Ana Daza vs. Joseph R. Biden, acting in his capacity as President of the United States. The plaintiffs sought to end the mandate under the idea that it violated the Administrative Procedure Act, to which Judge Mizelle agreed.

The fallout from the decision was swift, as the ruling took effect immediately. People were seen ripping off masks on airlines with heightened applause. The next day, several public officials announced that they would go along with the ruling, including NJ Governor Phil Murphy, who declared that masks would be option on transit going forward. Several companies, including Uber, made announcements considering optional mask wearing to the same accord.

While some have made masks optional after Mizelle’s ruling, other places like the MTA of New York announced that masks would still be mandatory upon riding their transit. Also, as the Biden Administration mulls over appealing the decision, they have advised Americans to continue to wear masks for their safety.

The ruling came on the very day that the mask mandate was actually supposed to end. However, the CDC mandated a two week extension on concerns of assessing the BA.2 subvariant that now makes up more than 85% of U.S. cases.

Since early April, there have been increases in the 7-day moving average of cases nationwide. The CDC Mask Order was to remain in effect while officials evaluated the potential impact of the rise of cases on severe disease, including hospitalizations and deaths, and healthcare system capacity.

UN LEADER CALLS FOR WAR PAUSE IN UKRAINE

WORLD

This year, Orthodox Holy Week is being observed under a “cloud of a war” that totally negates the Easter message of unity, the UN chief said on April 19, calling for a four-day humanitarian pause in Ukraine.

In five days, Ukrainians and Russians will mark Easter, a holiday that joins in celebration the Orthodox Christians in both Russia and Ukraine, as well as Catholic Ukrainians.

“Easter is a season for renewal, resurrection and hope. It is a time for reflection on the meaning of suffering, sacrifice, death - and rebirth. It is meant to be a moment of unity,” Secretary-General António Guterres told journalist, speaking in front of the Non-Violence bronze sculpture at UN Headquarters in New York.

“Instead of a celebration of new life, this Easter coincides with a Russian offensive in eastern Ukraine.”

An intense concentration of forces and firepower continue to make the battle more violent, bloody and destructive, the top UN official lamented.

Moreover, the onslaught and terrible toll on civilians seen so far “could pale in comparison to the horror that lies ahead.”

“This cannot be allowed to happen. Hundreds of thousands of lives hang in the balance,” he underscored.

Against the backdrop of many failed “good-faith efforts” by numerous parties to reach a ceasefire in Ukraine, the Secretary-General called for a four-day Holy Week humanitarian pause beginning on Holy Thursday and running through Easter Sunday, 24 April, to allow for a series of humanitarian corridors to open.

He explained that a humanitarian pause would provide the necessary conditions to meet two crucial imperatives, beginning with safe passage of all civilians willing to leave the areas of current and expected confrontation.

This would be done in coordination with the International Committee of the Red Cross.

Secondly, beyond humanitarian operations already taking place, a pause would allow for the safe delivery of lifesaving humanitarian aid to people in the hardest-hit areas such as Mariupol, Kherson, Donetsk and Luhansk.

“The United Nations is ready to send humanitarian aid convoys during this period to these locations,” he assured. “We are submitting detailed plans to the parties.”

The UN chief painted a heartbreaking picture of people without food, water, supplies to treat the sick and wounded, or simply to live day-to-day.

“More than 12 million people need humanitarian assistance in Ukraine today,” he said, with over one-third located in Mariupol, Kherson, Donetsk and Luhansk.

“We anticipate that this figure will increase to 15.7 million - that’s about 40 percent of all Ukrainians still left in the country.”

SCHOOL BOMBINGS CONDEMNED

ASIA

The United Nations has condemned deadly bomb blasts at two educational institutions in Afghanistan’s capital, Kabul, on April 13, which killed at least six people and wounded nearly 20 others.

Explosions took place at the all-boys Abdul Rahim Shahid high school and the nearby Mumtaz Education Centre, both located in the Dasht-e-Barchi area, a predominantly Shiite Muslim neighborhood in western Kabul.

The attack at the Abdul Rahim Shahid high school reportedly occurred as students were coming out of their morning classes, according to the UN in Afghanistan. The blasts at the Mumtaz Education Centre followed shortly afterwards.

Ramiz Alakbarov, the Secre-

tary-General’s Deputy Special Representative in the country, issued a statement strongly condemning the “horrific” attacks.

“Violence in or around schools is never acceptable. For the people of Afghanistan, already beleaguered by forty years of war, schools should be safe havens, and places where children can learn and flourish,” he said.

Mr. Alakbarov underlined that attacks against civilians and civilian infrastructure, including schools, are strictly prohibited under international humanitarian law.

The UN Assistance Mission in Afghanistan (UNAMA) took to Twitter to unequivocally condemn the “heinous” attacks.

“Those responsible for the crime targeting schools and children must be brought to justice,” the UNAMA tweet said, noting that Mission chief Deborah Lyons has extended her deepest sympathies to the families of the victims, and wishes for a speedy recovery for the wounded.

FRAUD SCHEME SQUASHED

EUROPE

Italian and Austrian authorities have dismantled a massive fraud scheme set up by a criminal network that used Italian companies to simulate business leases and false tax credits. The perpetrators deprived the Italian authorities of at least EUR 440 million. With the help of Eurojust, approximately 90% of the proceeds have been recovered and 12 suspects have been arrested.

The arrested suspects allegedly belong to an organized crime group (OCG) that defrauded the Italian State of at least EUR 440 million. The OCG used Italian companies to sell false tax credits, to simulate business leases in order to obtain COVID-19-related compensation, and to simulate tax credits for false works to improve the safety and energy consumption of the companies.

More than 90% of the proceeds have been recovered, mainly in Italy. The seized assets include cryptocurrencies, currently held in a wallet to prevent their movement, as well as gold,

(Continued on page 13)

BLACK LIVES, ANIMAL LIVES, ALL LIVES MATTER



By Michelle Lowe

EST. 1996

Message For You

Greetings to you all, and wishing everyone a blessed day. What does keeping streets cleaned really mean? There's an understanding you have to curb your dog, and there's way too much poop on these sidewalks and not in the grass where people are supposed to clean-up after your dogs,

Then there are hit and runs. Animals are left in our streets and left to decay after repeatedly getting run over. Nobody wants to come out of their homes and see animals dead in streets ran over. I myself make numerous phone calls for pick up when only necessary. I have also put on gloves and picked up animals out the street, but enough is enough. What are the city workers doing? I have seen animal control strolling right on by helpless animals. How long does it take for a response?



I put my life on the line for animals, as I treat everyone the same. Throughout my years in the wildlife field, the outcomes of saving and caring have turned out successful. Well, I take this route here and there by William Street in East Orange. There is a possum that's been there for quite some days. You can tell drivers drove around it. But around the fifth day, that's when someone smashed him. My point of this is proof of how people treat people, leaving them for dead

and treat animals the same way. Come on folks; get it together.

Keeping streets clean also means city workers, do your job. This possum should have been moved, and he is still there. We have street cleaners, animal control and no one reports this matter nor any other matter. I wonder will this possum be picked up by next week.

I receive a lot of notifications daily. The other day I opened them, and it was regarding numerous bodies discovered in a Chicago river. Three bodies were found, 2 women, 1 man. This is a Chicago river everyone. Seems more to me like a well-known area. Once again, no detection or nothing, but a discovering of bodies. Smh.

Before this incident or this year, this has been going on for many years now and people and the authorities know this. How many more bodies does it take for them to secure and lock down things until they have everything under control. Just nine months ago, I remember when Chicago authorities pulled another body from the river. But like I said, this has been going on for a long time. What is up with Chicago's rivers?



What a shame. This man clearly has lost it. It's just uncalled for what this man has done. Vincent Jean has torn a lot of hearts. Watching the entire video was just brutal and a disgrace that turned my stomach. To do such a thing to a woman, a stranger. No one deserves this. I pray the family gets the justice that they need. Must I speak on road rage again everyone? Please stop tailgating. It happens to me. You can go around; I'm not in a rush. This was a grown man, and to just continuously run this young 23 year old lady over was just obscene. As she recovers, my prayers go out to her family.

P.S. Everyone remember, peace and love.

ADVERTORIAL

BANKRUPTCY

CHAPTER 7 BANKRUPTCY
CHAPTER 13 BANKRUPTCY

- ▶ Stop Bank Levies!
- ▶ Stop Wage Garnishments!
- ▶ Stop Creditor Harassment
- ▶ Stop Foreclosure!!
- ▶ Stop Eviction! Protect Cosigners
- ▶ Restore Driving Privileges
- ▶ Prevent Auto Repossessions
- ▶ ELIMINATE Credit Card & Medical Debt.



FOR FREE CONSULTATION:

Call

DAVID WITHERSPOON

Attorney-at-Law

10 Hill St. (Suite 20Y) • Newark, NJ 07102

973-342-6653

973-489-9005

LOW RATES: ONE PHONE CALL MAY REDUCE YOUR STRESS!

David Witherspoon, Attorney-at-Law, is a Debt Relief Agency. A firm dedicated to helping individuals find relief under the Bankruptcy Code.

ESSEX COUNTY WEEKLY COVID-19 CASE TALLY

Municipality	4-13-2022	Deaths	4-20-2022	Deaths
Belleville	10,787	149	10,830	149
Bloomfield	11,734	157	11,811	158
Caldwell	1,493	17	1,507	17
Cedar Grove	3,646	135	3,674	135
City of Orange	8,079	168	8,097	169
East Orange	16,948	374	16,998	374
Essex Fells	469	2	476	2
Fairfield	1,922	36	1,938	36
Glen Ridge	1,127	18	1,146	18
Irvington	11,634	281	11,656	280
Livingston	5,826	100	5,913	100
Maplewood	4,749	46	4,830	46
Millburn	3,152	17	3,194	17
Montclair	6,256	84	6,338	84
Newark	77,747	1,238	77,967	1,242
North Caldwell	1,254	10	1,287	10
Nutley	6,323	83	6,399	83
Roseland	1,299	21	1,317	21
South Orange	3,077	22	3,127	22
Verona	3,091	22	3,135	22
West Caldwell	2,543	60	2,556	60
West Orange	12,549	263	12,644	263
Total	195,705	3,303	196,840	3,308

OTHER COVID-19 TALLIES (As of April 20, 2022)

NJ: 1,927,349 cases / 30,338 deaths (Plus 3,018 probable)

United States (approx.): 80.779 Million / 989,900 deaths

Worldwide (approx.): 506.6 Million / 6.206 Million deaths

LOCAL TALK WEEKLY PRINTING

2022 SPRING SPECIAL

**WEBSITE DESIGN BOOKING OPEN FOR MAY 2022
DYNAMIC DESIGN - AFFORDABLE RATES**

COLOR PRINTING

FREE BASIC SETUP* (UP TO 30 MINUTES)

Camera Ready Art
Email: localtalk@aol.com

OUR RATES
Up to 70% lower than Staples
*Minimum \$100 order
Basic Setup

Expires APRIL 30, 2022

ONE DAY or SAME DAY SERVICE

**SAVE MONEY ON
YARD SIGNS
POST CARDS
T-SHIRTS
BANNERS**

SAME DAY COLOR COPIES - NO RUSH CHARGE

Expires APRIL 30, 2022

ADVERTISING

**FIRST TIME ADVERTISERS
\$100 off**

QUARTER PAGE AD OR LARGER
LEGAL ADS are excluded.

EXPIRES APRIL 30, 2022

WEBSITE

**DYNAMIC PROFESSIONAL WEBSITE
BASIC WEBSITE**

\$500* (Reg. \$800)

E-COMMERCE

\$800* (Reg. \$1200)

BOOK YOUR DYNAMIC WEBSITE for May 2022.

*FIRST COME FIRST SERVE BASIS

Expires APRIL 30, 2022

Add NJ tax to printing orders where applicable. This ad supersedes all previous advertising before April 7, 2022

FREE PARKING ♦ HUGE SAVINGS ♦ BETTER SERVICE

1576 SPRINGFIELD AVENUE, MAPLEWOOD, NJ ♦ localtalk@aol.com ♦ localtalkweekly.com

Tels. (973) 622-1111 ♦ (973) 280-7547 ♦ E-mail: localtalkprinting@gmail.com



One of the World's Best Hospitals

Newark Beth Israel Medical Center

It's one thing to say that you are world renowned, and it's quite another to be recognized as world renowned, for four years in a row.

Newark Beth Israel Medical Center is a destination for heart and lung transplant patients. Premier hospitals from around the country send Newark Beth Israel their most complex cases, such as dual heart and lung transplant. Our cardiac program has been advancing research and perfecting innovative procedures. Our cancer program is a component of Rutgers Cancer Institute of New Jersey, an NCI-Designated Comprehensive Cancer Center. And our Children's Hospital of New Jersey is known for caring for the most serious pediatric cases.

And now, the world knows.

rwjbh.org/newarkbeth

**Newark Beth Israel
Medical Center**

**RWJ Barnabas
HEALTH**

Let's be healthy together.

TOWN WATCH

DISCLAIMER: The following items are primarily drawn from first responders. Responders' accounts may not be their full activity range. Grand juries hand down indictments when evidence presented them warrant a trial. Named suspects/defendants are innocent until proven guilty beyond a reasonable doubt in a court of law.

NEWARK - A city man has been scheduled for a June 13 sentencing by N.J. Superior Court Judge Michael L. Ravin after a jury, on March 30, found him guilty of felony murder, vehicular homicide and related counts.

The jury told Ravin that Wednesday that they found Najeeh Green, 30, guilty on all 11 counts put forward by Essex County prosecutors. They included manslaughter while fleeing police, aggravated assault, said assault of a shooting victim, carjacking a Newark driver in East Orange, conspiracy to commit said carjacking and multiple weapons offenses.

Prosecutors said that Green was on a May 5, 2018 crime spree that led to the death of Priscilla Godoy, 29, of Newark, along South 14th Street.

Godoy was trying to avoid Green's stolen white Jeep Cherokee by getting in between two parked cars at 11:44 p.m. Green struck one of the parked cars, crushing Godoy's skull.

Godoy was rushed to University Hospital, where the three-year West Essex First Aid Squad member and mother of a 12-year-old boy died. Godoy's father, Samuel, who was with her, was also seriously injured.

Green had earlier shot a man in Newark on the 100 block of Hayes Street t 10:55 p.m. He and an accomplice had carjacked a 2011 Ford Taurus from a woman, who was unloading packages, in East Orange. Newark police officers began pursuing the Jeep from Bergen and Chadwick.

Acting Essex County Prosecutor Theodore "Ted" Stephens II that Green had been convicted on two prior indictable offenses.

IRVINGTON - A former United

States Postal Service employee has pled guilty on April 14 to fraudulently obtaining unemployment benefits.

Ross Clayton, 31, confessed to one count of conspiring to commit wire fraud before US District Judge Julien X. Neals' Newark bench via teleconference.

Clayton had admitted that he had taken unemployment-related benefits mail, including debit cards from a USPS location in Newark in 2020-21 and "used that mail to obtain unemployment insurance benefits to which he was not entitled."

U.S. Justice Department-New Jersey District attorneys said that Clayton had applied for Californian unemployment insurance July 13, 2020 and received two \$18,000 benefit debit cards. He was seen on ATM camera footage using two cards to withdraw cash on Aug. 16, 2020.

There was \$7,000 left on one card when he was arrested and charged in August 2021. The stolen funds came from the Pandemic Unemployment Assistance and the Federal PUA under the 2020 Federal CARES Act.

Clayton is to receive Neals' sentence on Sept. 7. He faces a 20-year maximum prison sentence and the greater of a \$250,000 fine.

EAST ORANGE - Mayor Theodore "Ted" Green and Cong. Donald M. Payne, Jr., may be inviting themselves and East Orange Community Charter School teacher JaNiece Jenkins to a City Council meeting as early as the latter's April 25 sessions.

Green and Payne, as of April 11, have said they want to bestow Jenkins their proclamations for her in-class April 6 heroism. Jenkins, before her third grade class of 14, dislodged a bottle cap from the throat of a choking student with the Heimlich Maneuver.

What started out as a normal 11:15 a.m. Wednesday mathematics class took a life-or-death turn when Robert Stonaker, 9, approached her pointing at his throat and looking pale. His shirt was stained with water from both the class sink and the bottle of water that he had tried to open with his mouth.

Stonaker later said that he tried to open the water bottle with his teeth after failing to get it open with his hands. He said that

the water and the plastic cap suddenly rushed into his throat and first darted to the sink.

Jenkins, a 14-year teacher who just had a first aid refresher course, turned the boy around and applied the Heimlich Maneuver. The cap, before the other stunned students and the classroom surveillance camera, was dislodged within seconds.

"I don't think I really thought," said Jenkins, who has been teaching at the school for the last five years and is also a Montclair cheerleading coach. "I think I was just like, 'He needs my help -Let me help him.'"

The video, released by EOCCS April 8, became viral. Its footage was repeated on NBC Television's "Today" show and covered by "People" magazine.

ORANGE - City and county arson investigators, as a matter of course, are searching through what is left of the Masonic Temple and Old Post Office building at 229-235 Main St. after its devastating April 19 fire.

The first of what would be all Orange Fire Department hands and units from seven neighboring towns arrived on the scene at 4 a.m. Tuesday. Although the worst of an overnight storm that dumped 1.78 inches of rain in Newark had passed, up to 20 mph wind gusts would hamper firefighters all day.

They found a heavy fire condition within the four-story late-Victorian Era building. Firefighters from West Orange, East Orange, Montclair, Maplewood, Bloomfield, Belleville and Millburn supplied ladder trucks and engines at the scene. Traffic, including buses on five routes, was detoured from Park Street and North/South Center Streets out to Scotland Road and East Orange's Harrison Street.

Fire personnel went into defensive mode by 7 a.m. The building's main roof and the green copper roof to its six-story tower would collapse.

The distinctive Masonic Temple had been the subject of postcards since the 1890s and even after the founding lodge had moved out in the 1970s. Five storefront businesses moved in after the main post office moved to 384 Mian St. in 1922.

Tuesday's fire is the latest to change the face of Main Street. Previous blazes included the one

in 1971 that destroyed the North Orange Baptist Church at 164 Main and one that damaged Orange Drugs at 239 Main in 1967.

The single worst blaze destroyed the First Presbyterian Church and the Music Hall/Bijou Theater April 5, 1927. Wind gusts brought embers from the church across North Day Street onto the music hall's roof, catching fire. "First Pres" moved to a new edifice on the Old Burying Ground at 420 Main.

WEST ORANGE - Interstate 280 drivers through the Watchung or Orange Mountains here have had to be extra alert here since April 13.

Westbound drivers who were used to taking Exit 10 for Northfield Avenue, for example, have had to continue to Exit 7 Pleasant Valley Way and return onto 280 East for Exit 10. They picked up Northfield by taking Brennan Drive.

NJDOT had to completely close the exit when an underground drainage pipe collapsed, causing a sinkhole, at 1 a.m. that Wednesday. That ramp was closed until emergency repairs were completed by 6 a.m. April 14.

Motorists who took the detour still had to take Northfield's left-hand lane to continue. The repairs had also affected Northfield's right-hand lane and shoulder.

Eastbound drivers had also had to stay away from 280's right-hand lane between Exits 8 and 7 (Laurel Avenue) 7 a.m.-7 p.m. April 19 for repairs.

Eastbound drivers have had to navigate a natural sinkhole area between Exits 7 and 8 since Sept. 1. Former hurricane Ida runoff had undermined up to three lanes.

SOUTH ORANGE / MAPLEWOOD - Pre-eminent casting director Jay Binder, 71, who died in his Manhattan West Side apartment April 15, may have inadvertently left behind a mystery over his South Orange connection.

Many of Binder's obituaries state that he was a village native when he was born on March 11, 1951. Binder would then be a part of Columbia High School's graduating Class of 1969.

A Binder was found, but not
(Continued on page 15)

SPRING 2022 MUNICIPAL ELECTION PREVIEW - PART II

By **Walter Elliott**

ESSEX - In this week's edition, we will recap those running for positions in Newark and Belleville. Please note that the following outline is largely in alphabetical order and not as found on the ballot. Slogans as found on their ballot will further identify candidates.

NEWARK voters have the opportunity to decide on the mayor and all nine Municipal Council members all at once every four years. This has been so since the city's governing structure was changed from Mayor-Ward Commissioner to the current Mayor-At Large and Ward Council format in 1954.

For MAYOR, the contest is between Ras Baraka and Sheila A. Montague.

Incumbent Baraka, who is leading the "Moving Newark Forward 2022" ticket, is seeking his third four-year term. He has been South Ward Councilman and deputy mayor as well as Central High School principal.

Montague, running her own campaign, is an Essex County College professor and former Newark Public Schools teacher. The Changing the Lens Together founder and Parents United for Local School Education co-founder had run previous campaigns for council and board of education members.

City monitor Donna Jackson and former Newark Board of Education Student Representative Debra Salters did not make City Clerk Kenneth Louis' certification or DNMC.

All five At Large Council candidates are running on the "Moving Forward" platform practically unopposed.

C. Lawrence Crump, Esq. is looking for his first elective office. He was Mildred Crump's chief of staff until his mother resigned last year due to health issues. Clerk Lewis cited the 2021 election calendar for not running a special one-year election for "Larry" Crump.

Incumbent Carlos Gonzalez, who was part of the 2006 Team Booker sweep, is seeking his fifth consecutive term.

Luis Quintana, "The Dean of the Municipal Council" and interim Mayor November 2013-July 2014 (between Cory Booker and Baraka), is seeking his eighth council term.

Rev. Louise Rountree, currently Baraka's Deputy Mayor of Clergy Affairs, is looking to succeed the outgoing Eddie Osborne. Osborne, a labor union official, did not file signature petitions before the 4 p.m. March 8 deadline.

Those who did not make certification were Dr. Elaine A. Aquil, Dannisha J. Clyburn, former mayor Sharpe James and Khalil T. Kettles.

There are 17 overall candidates seeking four Ward Council seats.

In the Central Ward, incumbent LaMonica McIver (NF2022) is seeking her second term.

Challenging is CHS Head Boys Basketball Coach Shawn McCray. McCray, who had run for Central Ward office in 2018, The Zoo Crew Basketball founder is running for "Building a Better Central Ward."

East Ward voters are to choose the retiring Augusto Amador's successor from among four candidates.

Retired Newark Police Chief and Director Anthony Campos is making his second run for office. He was narrowly defeated by Amador in a 2018 runoff election.

Supermarket chain executive Jonathan T. Seabra is making a second run under his own "I'm With You" banner.

Former Newark Police detective Michael J. Silva, who is on the NF2022 slate, is also running under his own "Always Ready to Serve" slogan.

Luis Weber, currently Newark Police ABC Executive Director, wants to "Revive the East Ward."

North Ward incumbent and NF2022

member Anibal Ramos, Jr., barring a write-in campaign, is running unopposed in a run for his fifth straight term.

South Ward voters are to succeed the outgoing John Sharpe James from among six balloted candidates.

Bloomfield College Student Leadership and Engagement Director and former council runner Terrence Bankston is saying "It's time for Independent Leadership."

Christina G. Cherry, the South 17th and 18th Street Neighborhood Association President, is calling her campaign, the "Right Motive, Right Time, Right Person."

The Rev. Patrick Council, former Deputy Mayor of Economic Development and current, is running with NF2022 and his own "South Forward" slogan.

Douglas H. Freeman, Weequahic Sports Authority President, has the "Sweat Equity, Grassroots and a Vision" banner.

Trenton Jones wants to "Love Newark First" which is also the name of his resident outreach organization.

Cynthia Truitt-Rease, the South Ward Economic Development Corporation emergency service representative, calls herself "Unbossed + Unbought."

Altariq White's name, however, is among those not ballot-certified. The Leaders for Life founder told a Superior Court judge March 28 that, although he received a lease for ward residency, it was not signed until last June. The judge then ruled that White had not met the one-year minimum residency requirement.

Three-term incumbent James (he was first appointed to complete Congress-bound Donald Payne, Jr.'s remaining term in 2013) is retiring from the council. He has endorsed Council as his preferred successor.

West Ward voters are being asked to choose their next council member from a ballot of six.

(Continued on page 12)

CANNABIS *(Continued from page 1)*

"We remain committed to social equity," said Commission Chair Dianna Houenou. "We promised to build this market on the pillars of social equity and safety. Ultimately, we hope to see businesses and a workforce that reflect the diversity of the state, and local communities that are positively impacted by this new and growing industry."

Medicinal cannabis companies that have been approved to open the recreational market will be assessed on diversity in hiring and management, support for community programs, the number of new and local businesses to which they provide technical support, and the percentage of minority-owned vendors or suppliers with which they contract, among other things. Dispensary scores will be posted and updated regularly on the NJ-

CRC's website.

"We know that drug prohibition laws have through history disproportionately impacted Black and Brown communities - and continue to do so," said Wesley McWhite III, NJ-CRC's director of Diversity and Inclusion, who will be responsible for ensuring that the ATCs licensed for recreational use comply with the Act.

(Continued on page 14)

SCHOOL BOARD RESULTS

(Continued from page 5)

which "Irvington Schools Strong" candidates get bragging rights as top vote-getter.

First-time candidate Janelle Lowery, with 95 percent of Irvington voting machines reporting, topped the balloted field with 617 or 34.22. Lowery was appointed after the June

30 resignation of longtime Irvington Board of Education member Richard Williams.

Lowery's running mates, incumbents Joseph Sylvain and Luis Antilus, were similarly returned to the board. Sylvain drew 608 or 33.72. Antillus amassed 578 or 32.06.

John F. Brown will get to complete Gene Etichon's unexpired term. Brown, who was appointed July 7, received all 579 votes, or 100 percent, in the special election.

Irvington Public Schools' \$176,155,359 2022-23 budget - and its \$14.8 million property tax levy - was carried on an 82.06/17.94 percentage split. There were 430 "Yes" votes to 94 "No" votes.

Clerk Durkin, barring recounts or challenges, is poised to certify the above results on May 2. Elected board members will then be sworn in before the May 30 Memorial Day holiday.



From The Pastor's Heart

OP-ED BY DR. ROBERT KENNEDY

The Curse Of Lying

I was amazed when I read that researchers have found that 60% of people can't go for 10 minutes without lying. Of course, they did not tell about the other 40% percent of the people, but it would be of interest if they could tell, for the prophet Jeremiah seems to think that we are all deceivers. He says, "The heart is deceitful above all things, and desperately wicked: who can know it?" (Jeremiah 17:9). And we might need to agree because the researchers have also found that children begin to lie by the age of four. Is it that they learn how to lie from their parents?

Lying is pervasive in some cultures as evidenced in the following account. I have told my story a few times of being in a certain country as a salesman before the current collection systems and showing up at the doorsteps to collect payments for the goods credited. Several times, as I showed up at the doors to collect what was owed for the products that I had left on credit, it was common as I rang the doorbells for a child to come to the door to say, "Mommy ain't here." Sometimes I would pause a little before turning

away because I could see the moms at the windows, behind the curtains peeking. Then, not wanting to embarrass the children, I would say, "Okay, I will come back when your mom returns."

One colleague who was part of our sales team gave this account as he went to make a collection. He said that a child came to the door with the same excuse, "Mom ain't here." But the child had the door wide open, and my friend noticed a pair of feet sticking out from under the bed, which was high. His response was not as kind as mine, for as he told, he said to the child, "Tell your mom, the next time she is going out, she is to take her feet with her."

We do not know if my colleague was just trying to be funny or exaggerating, but that is that lying seems to be easy for so many. Just imagine the children of that country and generation growing up with the legacy of lying? It causes me to think of the harsh comment of the apostle Paul as he instructed the young Titus on how he should deal with the people of Crete, "One of them, a prophet of their own, said, 'Cretans are always liars, evil beasts, lazy gluttons.'" This testimony is true. Therefore, rebuke them sharply, that they may be sound in the faith. (Titus 1:12, 13 NKJV).

We might look down on Crete and people of other countries and talk of their deceptive behaviors, but in reflecting on our contemporary culture here in the United States of America, we remind ourselves that lying seems to be accepted as norma-

ive. In fact, at the start of his presidency, former President Trump was being called "a liar" after he uttered a few sentences. By the close of his four years, those calculating said he told more than 30,373 lies, and his lying was accepted as normal.

Articles and books have been written on "Trump versus the truth," "Trump and the Legacy of Lies," "The truth behind Trump need to lie," et cetera. While many have called the former president "an unapologetic liar," Trump called himself "the Most Honest Human Being Perhaps That God Ever Created." Based on the Big Lie, Mr. Trump claims that he won the 2020 election, and it was stolen from him and given to President Biden.

I am not trying to play God in judging all persons, countries, and cultures that I have named above that I have cited for lying, but I have brought the reflection because, in my view, lying is being so popularized that too many in our contemporary world are taking it for granted. "This is how we are," they are saying.

The greatest problem, of course, is not that lies are being told to others, but that lies are being told to ourselves. In this case, the whole fabric of our relationships is being sown with distrust and destruction, and our minds and our characters are being wasted. Just think of the brokenness that is brought into many marital relationships because spouses lie so much to one another. Just think of what our children are suffering because of their lying parents. Lying is not good.

The Tenth commandment says, "You shall not lie." (Thou shalt not bear false witness...) I am not taking time to write more on the multiple consequences of lying but sharing a reflection that came in my devotional reading on the consequence of lying to two individuals who belonged to the early Christian church. Their story is reported in Acts 5. It says:

From the stern punishment meted out to those perjurers, God would have us learn how deep His hatred and contempt is for all hypocrisy and deception. In pretending that they had given all, Ananias and Sapphira lied to the Holy Spirit, and, as a result, they lost this life and the life that is to come. The same God who punished them condemns all falsehood, then and now. Lying lips are an abomination to Him. He declares that "there shall, in no wise enter into the Holy City... anything that defileth, neither whatsoever worketh abomination, or maketh a lie." Revelation 21:27. Let truth-telling be held with no loose hand or uncertain grasp. Let it become a part of life. Playing fast and loose with the truth, and dissembling to suit one's own selfish plans, means a shipwreck of faith. "Stand therefore, having your loins girt about with truth." Ephesians 6:14. **He who utters untruths sells his soul in a cheap market.** His falsehoods may

(Continued on page 14)

ELECTION PREVIEW

(Continued from page 11)

High School Academic Program founder Lyndon F. Brown is a "Candidate With Proven Record of Service."

Former South Ward Councilman Oscar James II has moved here and is billing himself "Leadership You Can Trust."

Lavita Johnson, currently the mayor's Office of People's Assembly assistant manager, wants to "Rebuild, Renew, Return."

Dupree L. "Do it All" Kelly is part of NF2022. The rapper/entrepreneur, who has his own "Together We Can Do It" slo-

gan, made an independent run in 2018.

Former NYPD officer Michelle Lyn Middleton says she has West Ward "Plans to Prosper."

Lawyer-turned-N.J. Department of Community Affairs assistant commissioner Chigozie U. Onyema declares "A Better World is Possible."

Outgoing incumbent James McCallum has been finishing his two-term tenure and is preparing for his July 21 sentencing here in federal court for wire fraud and filing a false 2018 tax return. He had pleaded guilty to those two counts on March 15.

McCallum's viability became

moot since Oct. 20, 2020. U.S. Department of Justice attorneys charged him for his part in a bribery and kickback scheme with a now-former Newark Community Economic Development Corporation.

BELLEVILLE voters have two competing slates for mayor and two ward council seats on their ballot.

For MAYOR, incumbent Michael A. Melham and challenger Steve J. Rovell are going head-to-head. Melham, who heads the "Building a Better Belleville Together" platform, is seeking his second term. Second Ward Councilman Rovell, who leads "Belleville Families First,"

is challenging Melham.

The two at-Large COUNCIL seats are contested by four candidates. Deputy Mayor Naomi De Pena and Thomas Graziano, both on "a Better Belleville," are seeking their second terms.

Challenging are "Belleville Families First" members Chares Hood and Tracy Juanita Williams.

Prospective voters have until May 3 to obtain Vote By Mail Ballots. Some municipal ballot drop boxes may have changed location since the Nov. 2 General Election. Details, including voting machine polling station locations and hours, are found at essexclerk.com.

WORLD NEWS (Cont. from page 6)

platinum and watches of significant value, which were held in a safe deposit box in Austria.

Eurojust assisted in the coordination of the cross-border judicial cooperation in this case, including by providing support to execute a European Investigation Order and a freezing order in Austria issued by Italian authorities.

The following authorities took part in this investigation:

Italy - Public Prosecutor Office of Rimini (Procura della Repubblica di Rimini) and Financial Crime Unit of Guardia di Finanza of Rimini (Nucleo di Polizia Economica e Finanziaria, Guardia di Finanza di Rimini)

Austria - Central Public Prosecutor's Office for Combatting Economic Crimes and Corruption (CPPOCECC) and the State Criminal Police Agency Vienna.

FORMER CFO CHARGED IN FRAUD SCHEME

SOUTH AMERICA

A superseding indictment was unsealed April 18 in the Southern District of Iowa charging the former Chief Financial Officer (CFO) of publicly traded reinsurance company, IRB Brasil Resseguros SA, aka IRB Brasil RE (IRB), for fraudulently propping up its stock price by spreading false information that U.S. investment firm Berkshire Hathaway Inc. had invested in IRB.

According to court documents, Fernando Passos, 39, of Brazil, allegedly executed the fraud scheme beginning in February 2020, after an investment company published a report questioning the accuracy of IRB's financial statements and announcing that the investment company had taken a short position against IRB's stock. IRB's stock price dropped in the wake of the report.

In response, Passos allegedly developed and executed a scheme to mislead shareholders and the investing public by disseminating and causing to be disseminated materially false information that Berkshire Hathaway had invested in IRB, despite knowing the U.S. investment firm had not made such an investment. Passos discussed his plans to spread this materially false information with IRB investor relations employees. In one text message described in the indictment, Passos stated, "I will spread this story that berk (i.e., Berkshire Hathaway) bought 28MM of shares," and added, "then it becomes true."

As part of the fraud scheme, the superseding indictment alleges, Passos falsified documents and information to support his claims that Berkshire Hathaway was an IRB shareholder and caused this information to be provided to members of the press, several of IRB's directors, and IRB investors. News outlets in both Brazil and the United States began incorrectly reporting that Berkshire Hathaway had invested in IRB.

Following the news coverage, on the evening of March 3, 2020, Berkshire Hathaway issued a press release stating that it was not currently, had never been, and had no intention of becoming a shareholder in IRB. On March 4, 2020, after Berkshire Hathaway's press release, IRB's stock price dropped, causing significant shareholder losses.

IRB, which is based in Brazil, trades on Brazil's B3 exchange and has shareholders around the world, including in the United States.

Passos is charged with one count of securities fraud and three counts of wire fraud. If convicted, he faces up to 20 years in prison on each count. A federal district court judge will determine any sentence after considering the U.S. Sentencing Guidelines and other statutory factors. He remains at large.

Assistant Attorney General Kenneth A. Polite, Jr. of the Justice Department's Criminal Division and Inspector in Charge Eric Shen of the U.S. Postal Inspection Service's Criminal Investigations Group made the announcement.

The U.S. Postal Inspection Service is investigating the case. Trial Attorney Kate McCarthy of the Criminal Division's Fraud Section is prosecuting.

The Fraud Section uses the Victim Notification System (VNS) to provide victims with case information and updates related to this case. Victims with questions may contact the Fraud Section's Victim Assistance Unit by calling the Victim Assistance phone line at 1-888-549-3945 or by emailing Victimassistance.fraud@usdoj.gov.

To learn more about victims' rights, please visit: <https://www.justice.gov/criminal-vns/victim-rights-derechos-de-las-v-ctimas>. If you believe you are a victim of the conduct described in the Passos indictment, please visit <https://www.justice.gov/criminal-vns/case/Passos>.

An indictment is merely an allegation, and all defendants are presumed innocent until proven guilty beyond a reasonable doubt in a court of law.

THE DOCTOR IS IN (Continued from page 4)

The authors of a 2018 review found that honey was more effective than cough medications like diphenhydramine and salbutamol. It also produced similar results as dextromethorphan.

Hence, honey is one of the best foods to take if you have the flu. It soothes the back of the throat and breaks up induced mucus.

7. *Ginger*

When it comes to flu recovery, ginger is one of the best food that can provide relief. Ginger has potent anti-inflammatory properties that give it the power to fight flu and the common cold.

As previously mentioned, inflammation adversely affects the body's immune response. The anti-inflammatory gingerols present in ginger will play a key role in boosting your immunity.

Another potent constituent of ginger is the sesquiterpenes. This chemical target the most common family of cold viruses. Adding some tablespoons of grounded ginger root to your green tea could aid quick recovery. Also, ginger tea or chews can do the trick.

8. *Broccoli*

Broccoli is little green trees that are popular for their high fiber content. Not only do they contain enriching fiber, but they also have an incredible value of vitamin C.

Since vitamin C helps eliminate antioxidants that cause inflammation, Broccoli will be a good addition to your diet.

Broccoli is said to contain a chemical called sulforaphane that turns on antioxidants and immune enzymes. These will prevent you from getting sick or hasten your recovery.

Eating the vegetables raw will give you superior nutritional benefits. So, you can add them to salads and eat till you get well.

9. *Tomatoes*

Tomato soup is the perfect substitute for vegans who won't fancy the chicken soup. Tomatoes also contain an antioxidant constituent - Lycopene.

According to a study from the Journal of the American College of Nutrition, eight weeks of lycopene supplements decreased oxidative stress in patients.

Oxidative stress is caused by an imbalance in free radicals in the body. This imbalance can cause several illnesses and worsen the severity of flu symptoms.

You should, therefore, try to incorporate tomatoes in your meals if you have the flu.

10. *Wild Blueberries*

Cultivated blueberries contain high contents of anthocyanins, which are powerful antioxidants. Anthocyanin is a flavonoid that, when consumed, reduces your likelihood of catching the flu.

So, you can head to a grocery store and get yourself some bags of blueberries. Try to eat them daily to ease your symptoms faster.

11. *Elderberry Extract*

Berries are generally potent when it comes to fighting

(Continued on page 15)

The Observation Booth



OP-ED By Andrea Dialect

THE BIKE NERD

Part One

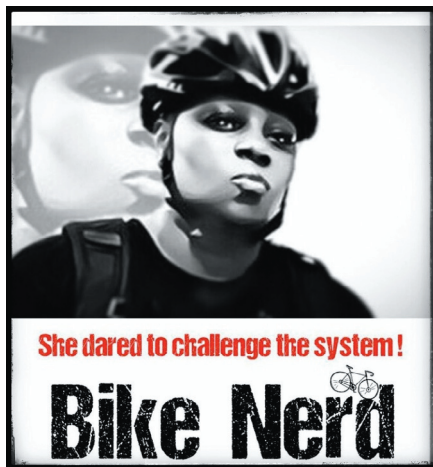
"It was approximately about a 45 minute ride back and forth every day from my residence to Newark International Airport where I was employed. That meant driving my bike on the highway and crossing over. As commuting when in that moment my mind space was very erratic, it was crazy and actually like an adrenaline rush. I also actually like riding my bike against traffic but I was very, very careful and very safety conscious at the time that I was actually doing it.

"I wanted to make a statement when I was riding my bike so; I would wear my extreme sports gear that I liked. I had this grand image of an extreme sports person in my head and that's how I wanted to look when I'd ride to work. The reaction that I'd get was like oh my God. The stares that I got

from the mainstream public were crazy back then because they had never seen a black female on such a high-tech first generation full trek mountain bike with an extreme crazy hairstyle and clad in all of my gear. Today if I geared up, I'd get the same reactions!"

ROLL UP...

"The Bike Nerd"
Recreational & Commuter Cyclist



"I got into cycling as a Recreational and Commuter Cyclist. It started out as a recreational pursuit and that's how I was able to discover the extreme sports downhill mountain bike racing market by being a recreational commuter cyclist. What that means is that wherever I needed to go I rode my bike. I used to have an expensive mountain bike at the time, and I would ride it from my house to my job daily as a commuter.

"Normally you're advised to go with the flow and not to ride against traffic. But if you want to be safe you want to see the people in front of you, you'd want to

be able to make eye contact with them. They can't do that if you're riding with traffic, and you can't see what's going on behind you and that makes your chances of getting hit increase.

TAKE COVER

"My aspirations were to make the transition from a commuter cyclist to break into the extreme sports world but that was not possible because of all the structural institutional racism and the amount of financial backing that I was lacking. The bicycle communities here local are very traditional and are not extreme sports orientated. Most don't understand the image and the back-story of what extreme sports and mountain bike racing is all about. So as far as the community is concerned, I was on my own.

"The Extreme sports community wasn't receptive at all. They were very, very racist, very, very disrespectful, and very, very closed-minded. Even though the resistance level was very high I still persisted, and I remained vigilant in my ideas and in my journey. As far as financial backing is concerned, we're talking about a bare minimum of \$100,000 in equipment, training, resources, and bikes and this was something I did not have access to as a black female living in Newark and in this state. Yes, you heard me correctly.

"One hundred thousand back then would cover the cost of

BIKE NERD is the story of a African American female from the inner city ghetto of Newark NJ, who faced brutal hardships trying to become the first professional black female athlete in the sport of downhill mountain bike racing!

health insurance, doctors, coaching, fitness training, racing license, your highly specialized bicycles, the equipment and parts that you're going need for competition, travel expenses, you'll also have to hire a licensed bike mechanic to work on your equipment. You'll likely pay even more now. Let's just say that one bicycle is not going to be enough to be a competitor. Mountain bike racing is apparently very expensive and very, very dangerous...

Remember, due to space this article can be read in its entirety on our website: www.localtalkweekly.com. You can search Observation Booth Section on the search bar, or you can go directly to the Entertainment section which is found on the home page on the far right under Categories.

If you are interested in participating in one of the challenges or projects or if you have any questions or comments, send them to: localtalkandrea@gmail.com.

CANNABIS (Continued from page 11)

"A socially equitable cannabis market will have substantial representation of those communities in employment and in ownership and these companies that have been benefitting from the market for the past 12 years - and are now expanding into the lucrative recreational space - have a role in helping to accomplish that. Making the standards and the grades public ensures customers, stakeholders, advo-

cates, and the general public have a clear picture of the equity and diversity efforts in the New Jersey market."

Pursuant to the CREAMM Act, medicinal cannabis companies are the first to open the recreational market and the NJ-CRC has committed to assessing them on diversity in hiring and management, support for community programs, the number of new and local businesses to which they provide technical support, and the percentage of minority-owned ven-

dors or suppliers with which they contract, among other things.

A list of locations that will open on April 21 will be posted on the Commission's website as soon as ATCs confirm the date on which they will begin operations.

The New Jersey Cannabis Regulatory Commission establishes and enforces the rules and regulations governing the licensing, cultivation, testing, selling, and purchasing of cannabis in the state.

PASTOR'S HEART (Continued from page 12)

seem to serve in emergencies; he may thus seem to make business advancements that he could not gain by fair dealing, but he finally reaches the place where he can trust no one. Himself a falsifier, he has no confidence in the word of others. (AA 75.3, emphasis mine).

I could not say what is stated better in the above. I have felt the pain of being lied upon. But compared with what I read about the lies told about Jesus, my pain has been minuscule. However, I can say that lies can take a person to the cross. Lying brings a curse. Lying prepares the mind for another lie, and another, until we will find that we are caught up in the Big Lie, whatever that will be. The last day phenomenon is that Sa-

tan, "the father of lies," will be using lies to deceive the whole world because he knows he has a short time to ply his trade of lying (cf. Revelation 12:9).

So, my encouragement is to be careful. Be careful if you are ever tempted to listen to lies or tell lies. Keep your minds clear from lying, for "the curse causeless shall not come." (Proverbs 26:2).

TOWN WATCH (Continued from page 10)

Jay, in the 1969 CHS yearbook.

If Jay and his parents lived in South Orange, they must have moved out by 1954. The 1954 and 59 real estate directories list three Binder families in Maplewood; Jay was not listed among them.

"SOMA" would likely want to share in the four-decade casting director's lime-light. Binder cast over 100 Broadway plays and as many more Off-Broadway and regional theater plays, movies, television shows and commercials. The 11-time Casting Society of America's Artios Award winner had cast all of the late Neil Simon's plays 1990-2009.

Binder's village nativity may be clarified when relatives and friends hold a future "curtain call" memorial.

BLOOMFIELD - What is - and is not - proposed for the former Friendly's restaurant here at 1243 Broad St., has been the subject of an April 12 Bloomfield Planning Board meeting and an upcoming May 10 session.

The township's panelists and its traffic expert, on May 10, are to take up the Broad Street entrance and exit plans to be presented by Finomus Bloomfield Holdings LLC. The plans supposedly include vehicular traffic to enter from and exit onto northbound Broad Street.

A prospective traffic plan would prevent motorists from regularly disregarding the "No Left Turn" sign that was posted across the street. The sign was placed between the Brookdale Elementary School and a private home plus Brookdale Road to its south sometime in the last 51 years.

The 25 mph stretch, going northbound, includes a Bloomfield fire station and an eye-care office building before Broad Street turns towards Clifton. Eastbound West Passaic Avenue splits off at the traffic signaled bend.

Finomus Holdings want to replace the Friendly's building with a 3,000-square-foot structure for a Taco Bell and Wendy's. It is applying for three variances concerning a drive aisle and signage.

Finomus, explained Mayor Michael Venezia in an April 11 open letter, is not asking for a drive-through window and 24-hour operation. The property is in a B-2 Zone, said Venezia, which bans drive-throughs and Midnight-6 a.m. opening hours.

GLEN RIDGE - A Funeral Mass was held April 7 in Moneta, Va.'s Resurrection Catholic Church for borough native and GRPD Chief Thomas P. Dugan. Dugan, 81, died March 28 at his home in Roanoke.

Dugan, who was born here Nov. 24, 1940, enlisted with the USAF shortly after graduating from Glen Ridge High School in 1958. He returned to the borough with an honorable discharge and being an Air

Policeman (the USAF's version of Military Police).

He then followed his father and grandfather's footsteps by joining the borough police in 1964. Dugan was promoted to sergeant in 1979, lieutenant in 1982 and chief in 1986. He had also served as the local PBA representative, Essex County Chiefs of Police president and a member of the International Chiefs of Police along the way.

Thomas and wife Mary Page Dugan retired to Roanoke upon his 1995 retirement. Son Patrick S, grandsons Kevin and Michael and sister Judith Grace Wohlge-muth are also among his survivors. Memorial donations may be made to the Tunnel to Towers Foundation "or your favorite charity."

BELLEVILLE - The Belleville Planning Board will not be considering site plan applications until the status of six of its members is settled.

Planning Board Chairman Ray Veniero, after listening to Board Attorney Rose Tubio's opinion of a letter from Hackensack attorney Michael B. Kates, suspended the panel's operations at their April 14 meeting.

Tubio had likely received Kates' letter after resident and gadfly Michael Sheldon presented his copy of the pre-eminent land use attorney's letter to Township Attorney Steve Martino at the April 12 Township Council meeting.

At issue are the appointments of six BPB Class IV members since July 8, 2018. Mayor Michael Melham, who was at the April 12 meeting, has maintained that he has the appointing authority.

Belleville's mayor had that authority until 1990 - when its government structure went from Township Commissioners to its present Township Council-Township Manager form. There had been members of the public who have maintained that planning board appointment power rests with the manager but is subject to council confirmation.

"A new municipal manager became the chief executive and administrative official of Belleville, not the Mayor or Council Members as so-called 'commissioners,' " said Kates in his letter. "Belleville opted for professional management, with the consequence that the Mayor's appointive authority significantly diminished."

Township Manager Anthony Iacono may be reviewing the six planning board members' resumes to determine which, if any, are sent to the Township Council for consideration. Melham has told a reporter that the suspension over his appointees "campaign noise 25 days before the (May 10) election."

The last four years of Belleville Planning Board rulings, should the appointments are deemed illegal, would be put into doubt.

MONTCLAIR - Township detectives have reviewed a convenience store's parking lot security recordings to find the person who slashed one of MPD's own vehicle's tires.

One of the Montclair Parking Enforcement Officers said she had parked her marked vehicle on the Quick Chek, lot on April 4. 10 minutes later, after making a purchase at 146 Valley Rd., she found three of the car's tires slashed.

As of presstime, the incident is still under investigation, and the tire slasher is still at-large. There have also been reports of catalytic converter thefts.

THE DOCTOR IS IN (Continued from page 13)

diseases. They contain infection-fighting compounds, mostly anthocyanins.

The less popular Elderberry extract is a very effective food that fights against influenza (flu). A study posted in the Journal of Internal Medical Research confirms elderberries' potency in alleviating the respiratory infection severity.

When you notice symptoms of the flu, elderberry extract can prove helpful.

12. Broth

Broth offers a versatile option for a wide range of people. Whether you are a vegan or you prefer chicken or beef, the broth is one of the best foods when you have the flu.

You can start eating broth once you begin to see symptoms of the flu, and you can continue it till you've fully recovered.

The broth is a great option because it prevents dehydration and helps soothe sore throat and congestion in the respiratory tract.

Conclusion

It may take a few days to weeks to totally recover from the flu. However, eating the right foods will make recovery even faster. A general rule of thumb is that you must stay as hydrated as possible.

Try to eat the best foods for flu until your symptoms are gone, and your health is restored.



NATIONWIDE PEST MANAGEMENT LLC

P.O. Box 4062
East Orange, NJ 07019
(973) 672-8358 • Fax: (973) 672-2560
www.nationwidepestmanagement.com

TERENCE WILSON
SERVICE CONSULTANT
nationwidepest@aol.com

LOCAL TALK PRINTING

- Business Cards
- Color Copies
- Flyers
- T-Shirts
- Color Printing
- Posters
- Newspapers
- Letterheads
- AD Journals
- Envelopes
- Banners
- Tickets
- Signs
- Promotional

DHIREN SHAH
Ambassador for Peace
Publisher / Editor-in-Chief
In Printing Business Since 1985
www.localtalkweekly.com

1576 Springfield Ave.
Maplewood, NJ 07040
Email: localtalk@aol.com

Tel. (973) 622-1111
Cell: (973) 280-7547
Fax: (973) 622-1120



Heart Center of the Oranges

VISIT US at Our State of the Art Facility
East Orange - 60 Evergreen Place • Suite 400

OUR PROVIDERS

CARDIOLOGY

- Gitendra Rajiyah, MD
- Catalino Delacruz, MD
- Abbas Shehadeh, MD
- Isaac Tawfik, MD
- Guetty Gabaud-Dumesle, APN
- Marlyn Escalona, APN
- Nina Orleans, APN

PULMONARY/SLEEP DISORDERS

Jeffrey Miller, DO

PODIATRY

Kordai DeCoteau, DPM

NEUROLOGY

Ruth Clark-Brown, MD

GYNECOLOGY

Clifford Toliver, MD

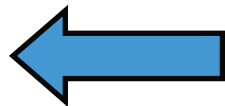
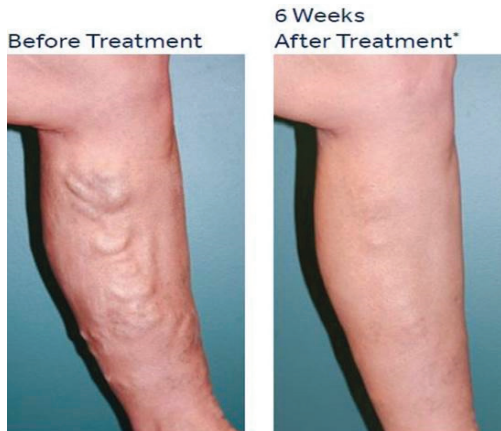
NUTRITION

David Sonenberg, MS, RD, CDE

PRIMARY CARE/ INTERNAL MEDICINE

- Eddy Simon, MD
- Nancy Cahiwat, MD
- Mamatha Mohan, MD
- Myriam Sterlin, MD
- Aleksander Lekan, MD
- Indu Vira, MD
- Hemlata Bhatia, MD
- Narinda Kaur, MD
- Normita Narvaez, MD
- Nivia Rowe, APN
- Roody Dalbe, APN
- Sanjaykumar Shah, APN
- Mary Elias, APN
- Janiece Howell, APN
- Jamila Jones, DNP
- Nmandu Utuk, APN
- Beena Mathew, DNP
- Roody Dalberis, APN

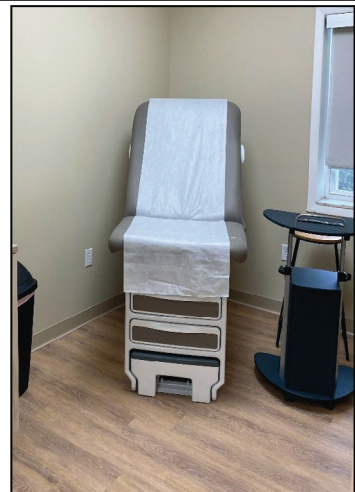
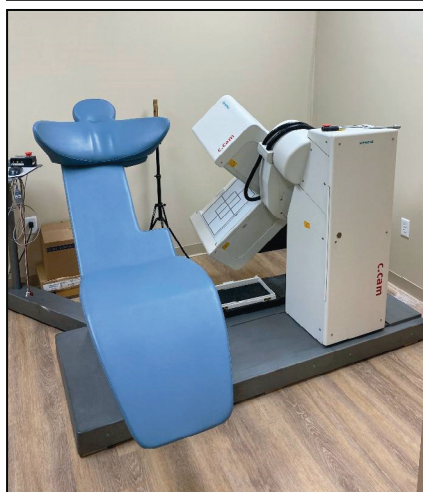
NOW OFFERING



**Varicose
Vein
Treatment**



VISIT US at Our Newest State of the Art Facility
West Orange - 92 Old Northfield Avenue



Contact us: 973-395-1550
Orangeheartcenter.net

VISIT ONE OF OUR OTHER CONVENIENT LOCATIONS:

- | | | |
|----------------------|--------------------------------|-------------------|
| South Orange: | 60 Vose Avenue | Tel. 973-763-5200 |
| Maplewood: | 2091 Millburn Ave. | Tel. 973-378-2266 |
| Bloomfield: | 135 Bloomfield Avenue, Suite B | Tel. 973-743-2248 |
| Newark: | 202 Stuyvesant Ave. | Tel. 973-374-8807 |
| West Orange: | 77 Main Street (Sleep Center) | Tel. 973-324-2090 |
| West Orange: | 95 Main Street | Tel. 973-736-5552 |
| West Orange: | 92 Old Northfield Avenue | Tel. 973-736-5552 |