

LOCAL TALK

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25¢

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OFFICIAL NEWSPAPER

ESSEX COUNTY • EAST ORANGE • ORANGE BOARD OF EDUCATION

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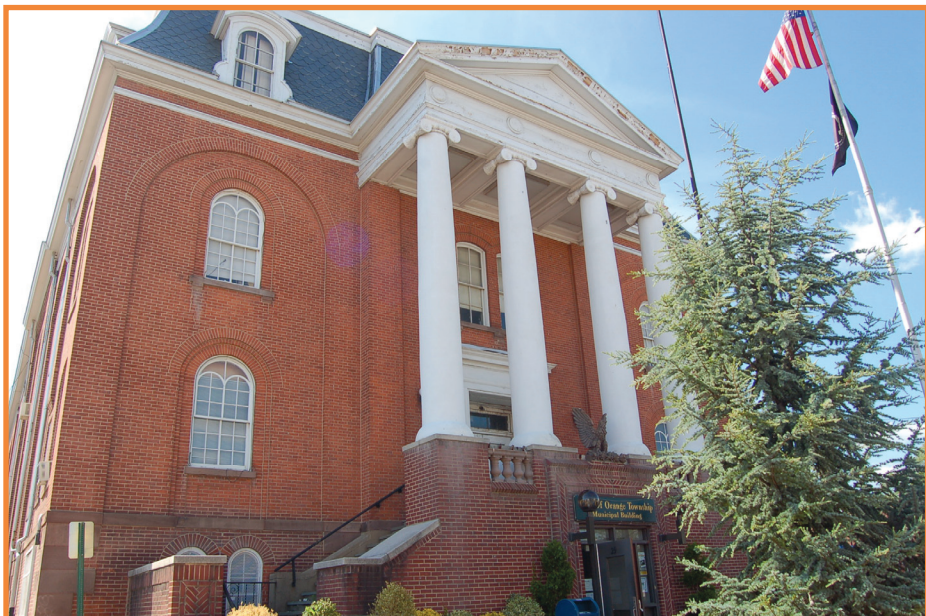
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ORANGE TERM LIMIT ATTEMPT FAILS TERM-LIMIT COMMITTEE ENDS PETITION DRIVE IN ORANGE



ORANGE - The Committee For Term Limits in Orange (CTLO) ended its petition drive. As of late afternoon on Friday 18th, 2023, the committee unofficially gathered 1,721 signatures.

“An official number can be declared once we sit down and find out which signatures are invalid,” said Derrick Henry, CTLO spokesperson.

Signatures declared “invalid” are from those who don’t reside in Orange, or citizens not registered to vote. The committee cited 18 signatures from Newark residents, six from the South Orange / Maplewood area, and two from Union County, despite the petition statement clearly stating those necessary requirements which needed to be met before signing. Moreover, the CTLO has

not reviewed voter list(s) for Orange as of yet, at press time.

In correspondence received from the City of Orange’s law department earlier this month by committee members, several “insufficiencies” allegedly cited include questioning the language and format of the draft ballot question, proposed legislative language, and other “semantic” issues. Also, the letter gave the committee the legal grace period of “10 calendar days” after receipt of notice to file an amended and corrected petition.

The CTLO fully exercised the grace period in available free consultation, and continued to exhaust efforts in its continuing search for representation, namely

(Continued on page 5)

32 CANDIDATES FILE FOR SCHOOL BOARD ELECTIONS

By Walter Elliott

SOUTH ORANGE / MAPLEWOOD - Participating registered voters in both towns here will likely be installing a new trio of South Orange-Maplewood School District Board of Education on their Nov. 7 General Election Ballot.

Liz Callahan, of Maplewood, plus South Orange villagers Shayma Sackett-Gable and Will Meyer are running together on a common, nonpartisan ticket. They, barring an unanticipated write-in candidacy, are to succeed three incumbents who have declined reelection.

Incumbents Johanna Wright, Elisa Malespina and Courtney Winkfield are not running again. Wright, a nine-year former incumbent, was appointed earlier this year to fulfill the resigned Susan Bergin's unexpired term.

They are among the usual annual more candidates than board of education seats among at least five public school district ballots. One district this year, due to this year's cycle, is literally "one person, one vote."

The candidates, who have all filed their petitions before 4 p.m. July 31, have passed the local school district and Essex County Clerk and Elections

Board signature verification muster.

There is, however, an Aug. 29 deadline for any candidates to withdraw from the ballot.

WEST ORANGE - While the other have multiple candidates vying for three board seats Nov. 7, the West Prange Public Schools District has only one of its own five Board of Education seats open this year.

Incumbent Melinda Huertas is seeking her second straight school board term.

BLOOMFIELD - Incumbents Kasey Dudley and Nadiesha Greene are vying to keep their seats against challengers Jefferson Ramos, Sandra Tufaro-Sarapolus, Pedro Antonio Gongora and Stephanie Perry. One of the four challengers is to succeed an open incumbent's seat.

MONTCLAIR - The Montclair Board of Education, midway through its tradition from a mayor-appointed to a voter-elected board, has two incumbents pitted against seven challengers.

A majority of participating Montclair voters selected Phaedra Dunn and Melanie Deysher to a pair of partial terms. They and challengers Alex Binkley,

(Continued on page 5)



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Editorial

Dhiren Shah
Editor-In-Chief

Hello Readers,

Rutgers Newark Chancellor Nancy Cantor has been informed that her contract will not be renewed after the current one ends. There were questions raised as to whether or not Cantor was an effective Chancellor, as per many opinions, and why she was not offered a new contract. Is it political or financial?

In response to our reporter Lev's question, Rutgers University President Jonathan Holloway replied, "I have great admiration for Chancellor Cantor, and as my August 16 message made clear, I believe she has done an outstanding job of leading Rutgers University-Newark

since she arrived nearly 10 years ago. I am confident that she will continue to lead Rutgers-Newark with vision in the coming year."

Despite the prompt response, he did not mention any clarification on the reason of not renewing the contract.

According to Derrick Henry, the CTLO collected 1,721 signatures to put a term limit question concerning Orange's Mayor and Councilpersons on the November ballot. However, due to the rules and regulations, they might have to take this to the Superior Court. They have already received three quotations of election attorneys for representation. In 2020, for the mayoral election, there were 3,226 votes cast and 7,495 votes were cast for the councilpersons at large (3).

If the committee has collected 1,721 signatures in a very short period of time and not a single digital signature according

to Derrick Henry, this shows that the community wants change in the system. This is not a clear change; this is a question in the ballot. Also, the Essex Clerk website is not up to par. Maybe with the politics in mind, the candidates' names are not being placed before the election, but only after the results. It is Clerk Durkin's duty to inform the residents who is running for the posts, so voters can easily find their names and can search their credibility to make a better judgement.

In my opinion, when the same person getting elected every time, the chance of growth is very little. New ideas, excitement and stepping into a new way of life will not be there. Politics for the same group of people will not bring a new shine to the economy and services for the people.

For years the Democrats somehow hold Line A and their

slogan was Line A All The Way. Now, Essex County will have Line A for the Republican Party. Essex County Clerk Chris Durkin pulled randomly Line A for the Democratic Party for the past 17 years. However, the Republican Party went to court and finally got Line A for the upcoming November 7th election. Let's see if Line A will have an impact for the Republican Party.

No one has landed on moon's South Crater so far. Earlier this week, Russia made its latest attempt to be the first to land on the south side of the moon, but they crashed. India's Chandrayaan-3 is about to land on the south crater on August 23, 2023 at about 8:30 EST in the morning. Let's see what happens with India's mission to be the first to land.

Have a wonderful week.

I'll talk to you next time.

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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>
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The Doctor Is In



OP-ED BY DR. ADIL MANZOOR

Dementia Patients Twice as Likely To Go to the ER: The Implication for Caregivers

According to the CDC, stroke is a leading cause of death in the United States, with more than 795,000 people in the country having a stroke every year. That translates to someone in the US having a stroke every 40 seconds. Numbers, they say, do not lie, and that is certainly the case with stroke. That's one-half of the con-

ditions we are considering today.

For the other condition - insomnia - the prevalence statistics aren't encouraging either. It is estimated that up to 40% of adults in the United States report insomnia symptoms at some point in a year. In raw numbers, that's about 133 million Americans, which is clearly a lot.

While both stroke and insomnia are concerning, they are managed and treated as two totally different conditions. Although some studies have considered if links exist between these conditions, scientists have not found any significant relationship between stroke and insomnia. But the perception of scientists is changing in light of a new and comprehensive study on the link between insomnia and stroke.

The study, published in June of this year, sampled 31,126 participants without any history of stroke for an average of nine years. Researchers asked participants to rate their sleep based on the following factors: difficulty initiating sleep, difficulty maintaining sleep, waking up too early, and nonrestorative sleep. All of these factors are typical symptoms of insomnia. The rating was



done on a scale of 1-8, with 8 indicating the most severe and frequent insomnia symptoms and 1 being the mildest.

The study found that insomnia symptoms were linked with increased stroke risk, with participants who reported an insomnia symptom rating of 5 or above 51% more likely to have a stroke than participants with no insomnia symptoms at all. The effects were more pronounced among younger participants, with the study finding that the risk of stroke was more than three times more among people under 50.

The findings of this result are, by no means, definitively saying insomnia causes stroke. However, the research shows that insomnia symptoms can increase the stroke risk. Judging from this inference, it is reasonable to state that strategies employed at lowering the frequency and severity of insomnia symptoms may be useful in reducing the occurrence of stroke. This is even more significant among people below the age of 50. That said, it is only natural to wonder what strategies may reduce insomnia symptoms.

However, it is only right to consider the causes of insomnia to understand fully the strategies that can help reduce its symptoms. Although there is no single cause of insomnia, typical causes include stress, disruption of the body's circadian rhythm with frequent travels, bad sleep habits, late-night snacks, medical conditions, side effects of medications, and consumption of stimulants and alcohol.

From the highlighted causes, you can infer what the strategies for reducing insomnia symptoms will be, but I'd state them out for good measure. Firstly, reduce your stress levels. I cannot over-emphasize this, but chronic stress

can contribute to the progression of so many conditions in the body. However, reducing your stress levels does not mean cutting off regular physical activity. Countless studies show that staying active can promote a good night's rest.

Furthermore, limit your alcohol, caffeine, or nicotine intake. In fact, if you can cut them off completely, please do. As with stress levels, overconsumption of these chemical substances, particularly alcohol, can worsen or even cause other medical conditions. Speaking of chemicals, check your medications to see their effect on sleep. If you notice anything unnatural, get in touch with your doctor. Please, do not stop a medication or make other medication changes without consulting your doctor.

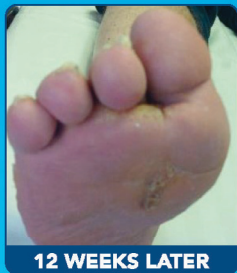
Then, you should avoid late-night snacks. I know how tempting it may be to grab a chocolate bar or open a pack of chips when scrolling through your phone at night - we've all been there - but you shouldn't. And that applies to using your phone at night too. Make it a practice to reduce your exposure to a screen, including phones and TVs, around your bedtime.

While all of these strategies can be useful in reducing your risk of stroke, note that they do not prevent or treat stroke. If you have a stroke, you should see your doctor immediately.

This article was written by Dr. Adil Manzoor DO, a Board-Certified Internist & Board Certified Pediatrician, who works as a Hospitalist, and Emergency Room Physician. He is also the current President of Garden State Street Medicine, a non-profit organization whose sole purpose is to provide free preventive and acute urgent care services for the homeless.

(Continued on page 13)

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SPORTS WRAP

Despite a stunning exit by the U.S. Women's Team, the FIFA Women's Cup rolled on, and Spain emerged as champions after a 1-0 win over England. This is the first Cup win for the ladies known as La Roja (The Red One). The victory had some controversy, as an official for the team kissed one of the players without her permission, drawing massive criticism.

The Yankees and Mets have been huge disappointments this year, with the Bronx Bombers achieving something that is not in line with their franchise. The Yanks suffered an eight game losing streak, something not seen since a futile period in the 1960s. With other teams in their divisions pulling away, many wonder if the locals could be in danger of finishing below .500.

As the Giants and Jets gear up for their annual preseason matchup, the Washington Commanders beat the Baltimore Ravens 29-28 in their contest. What made the outcome so significant is that the loss snapped

the Ravens' 24-game preseason winning streak.

Finally, in a bit of pro wrestling news, All Elite Wrestling (AEW) has set the true paid attendance record for a single day event with over 80,000 spectators set to see the "All In" event at Wembley Stadium this Sunday. This beats the WrestleMania 32 record held by World Wrestling Entertainment (WWE) since 2016.

While WWE boasts attendance figures higher than that, those numbers are not considered the true paying figure. Not to be outdone however, WWE has set a gate record for the upcoming WrestleMania 40 in April 2024 set to take place over two nights in Philadelphia.

Among those competing at "All In" is Tag Team Champion Daniel "Cash" Wheeler of FTR. This comes in the wake of his shocking third degree felony arrest on aggravated assault charges in Florida linked to a road rage incident. Wheeler has pled not guilty.



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SCHOOL BOARD

(Continued from page 1)

Stuart Ball, Kimberly Robinson Santos, Allison Silverstein, Will Novak, Jessica Glass, Theodore Graham are now vying for three full three-year terms.

BELLEVILLE - Two of the Belleville Board of Education Trustee incumbents are facing six challengers for three seats.

Erika V. Jacho and Nelson Berra are seeking re-election while single-term Frank Velez has declined. Lissa Missaggia, Kenia Nicole Arroyuabe, Ruben A. Rodriguez, Esteban M. Leon, Brenda Pachero and Michael Sheldon are challenging.

NUTLEY - Four candidates - incumbents Steve Balsamo, Lisa Danchak-Martin and Salvatore Ferraro and challenger Stephen Gilberti - are seeking three seats.

Queries on who will be on the respective Orange and Glen Ridge ballots were not returned before press time.

The above said non-partisan school board elections will occupy a separate place on the voting machine and Vote by Mail ballots.

All 120 New Jersey State Legislature seats and all nine Essex County Commissioner seats are up for grabs. Voters also have to decide who will be Essex County Surrogate, on four East Orange and three Bloomfield council ward seats plus two of Maplewood Township Committee's seats.

Prospective voters have until the end of business Oct. 17 to register or transfer their registrations with Essex County. Oct. 31 is the last day to apply by mail for a Vote by Mail Ballot. Details are found at essexclerk.com.

ORANGE TERM LIMIT ATTEMPT FAILS

(Continued from page 1)

an experienced election lawyer. There was one "conflict of interest(s)" response, meaning that firm was already retained by the City of Orange Township. Retainer offers ranged from \$16,000 to \$20,000 before "a phone call, a letter or a court appearance could be made, even for just a few months" said Henry.

Another arm of the committee and a few researchers did successfully correct the legislative language. Committee members and several supporters also reached out to other "term-limit veterans" from previous attempts, such as those in Morristown and Hoboken.

However, the sample ballot question and the extended interpretative statement still needed to be further remedied by deadline, despite several drafts attempting to comply. They were also advised that due to the rarity and timing of the question, this issue might possibly be an appellate-level, or State Supreme court matter.

By majority vote, the committee decided not to submit signatures to the City Clerk's office "to enhance the strength and correctness of its petition in form and content in a later re-

launch, and for the protection of its supporters," as stated in part of an official statement, to be released later this week by the CTLO.

"While we expected opposition because we gave Orange voters a new and different voice, we didn't want to submit signatures to a dead cause without fully being able to realistically defend our movement," said Ricky Tenant, another CTLO member.

Expressing thanks, the committee issued a press-time statement. "We are, coincidentally enough, almost on par with the previous CEOSB (Committee For An Elected Orange School Board). If we have to accept a legislative stalemate with the city for our opening efforts, so be it.

"No one expected 1,700 signatures in the middle of summer from Orange for a term-limits movement with no digital outreach, just our need to give Orange an equal chance for all to make decisions on a municipal level, and word of mouth. Imagine what can happen with corrective research, finally having representation, either through one of the legal clinics, angel donors or a GoFundMe page, and re-launching a better-timed petition drive. We stand a more-than-fighting chance to open the doors of Orange City Hall to all of Us."



EUROPE

NURSE TO PAY FOR MURDERING BABIES

A nurse has been convicted of murdering newborn babies at the hospital where she worked.

Lucy Letby used a variety of methods to secretly attack a total of 13 babies on the neonatal ward at the Countess of Chester hospital between 2015 and 2016.

Seven babies died as a result and a jury found Letby guilty of their murder on Aug. 18. She was also found guilty of seven counts of attempted murder relating to six other babies. On Aug. 21, Judge James Goss issued a whole life order with no condition of early release. The American equivalent would be life in prison with no parole.

During the trial, which began in October last year, Manchester Crown Court heard that doctors at the hospital began to notice a significant rise in the number of babies who were dying or were unexpectedly collapsing. When they were unable to find a medical explanation, police were alerted and an investigation followed.

Letby, 33, was first arrested in July 2018 and subsequently charged in November 2020.

The prosecution was able to present evidence of Letby using various methods to attack babies, including: the injection of air and insulin into their bloodstream; the infusion of air into their gastrointestinal tract; force feeding an overdose of milk or fluids; impact-type trauma. Her intention was to kill the babies while deceiving her colleagues into believing there was a natural cause.

Pascale Jones of the Crown Prosecution Service (CPS) said, "Lucy Letby sought to deceive her colleagues and pass off the harm she caused as nothing more than a worsening of each baby's existing vulnerability.

"In her hands, innocuous substances like air, milk, fluids - or medication like insulin - would become lethal. She perverted her learning and weaponized her craft to inflict harm, grief and death.

"Time and again, she harmed babies, in an environment which should have been safe for them and their families. Her attacks were a complete betrayal of the trust placed in her.

"My thoughts are with families of the victims who may never have closure, but who now have answers to questions which had troubled them for years."

Jonathan Storer, Chief Crown Prosecutor, CPS Mersey-Cheshire, said, "This is an utterly horrifying case. Like everyone who followed the trial, I have been appalled by Letby's callous crimes.

"To the families of the victims - I hope your unimaginable suffering is eased in some way by the verdicts. Our thoughts remain with you.

"Our prosecution team and police investigators have my respect and gratitude. These convictions could not have happened without their dedication to securing justice."

Key evidence in the prosecution case

- Medical records - these were crucial to establish the condition of the babies when they were attacked. When some babies recovered, the speed of their recovery was too sudden to be seen as a natural occurrence. Several medical documents featured falsified notes made by Letby to hide her involvement. She amended timings on several documents in an attempt to distance herself from incidents where babies had suddenly become severely unwell.
- Text messages and social media activity - these were an important part of the case as they coincided with the attacks happening on the neonatal Unit. They were dated and timed, sometimes they were similar to a live blogging of events. They also

explained how Letby deceived her colleagues into believing that these inexplicable collapses were simply a natural worsening of children's underlying conditions. They also revealed an intrusive curiosity about the parents of babies she had harmed.

- Staff rotas - we were able to show the jury that Letby was the one common denominator in the series of deaths and sudden collapses on the neonatal unit. We were also able to show the jury that many of the earlier incidents occurred overnight, but when Letby was put onto day shifts, the collapses and deaths began occurring in the day. We were able to corroborate this further using Letby's personal diary in which she had noted her shift patterns.
- Handwritten notes and diaries - many handwritten notes were discovered by police during their investigation. They included phrases such as: "I killed them on purpose because I'm not good enough to care for them"; "I am evil I did this"; and "today is your birthday and you are not here and I am so sorry for that". These notes gave an insight into her mindset following her attacks.

UNITED STATES

NO EQUALITY IN MATERNITY CARE

For Twenty percent of women surveyed reported experiences of mistreatment during pregnancy and delivery care, according to a new CDC Vital Signs report. Mistreatment during maternity care was higher among Black (30%), Hispanic (29%), and multiracial (27%) women.

"Every mother deserves to be treated with dignity and respect. Maternal care is a core component of this nation's health care, and the Biden-Harris Administration is committed to improving maternal health outcomes," said U.S. Department of Health and Human Services Secretary Xavier Becerra. "Bias,

stigma, and mistreatment have no place in our healthcare systems."

Women with no insurance (28%) or public insurance (26%) at the time of delivery experienced more mistreatment during maternity care than women with private insurance (16%).

The most common types of mistreatment reported were:

- Receiving no response to requests for help
- Being shouted at or scolded
- Not having their physical privacy protected
- Being threatened with withholding treatment or made to accept unwanted treatment

CDC analyzed data from the Porter Novelli View Moms survey administered in English from April 24-30, 2023, to examine components of respectful care. While most of the 2,402 survey respondents reported overall satisfaction with the maternity care they received, satisfaction was lower among those who experienced mistreatment.

Improving the quality of maternity care is one approach that can prevent pregnancy-related deaths. All women deserve respectful maternity care that maintains their dignity, privacy, and confidentiality, ensures freedom from harm and mistreatment, and includes shared decision-making and continuous support.

"As a healthcare community, we need to do all we can to make sure we are delivering equitable and respectful care to women during pregnancy and delivery," said CDC Chief Medical Officer Debra Houry, M.D., M.P.H. "Health systems, hospitals, and providers can take steps to improve care and lower the risk of pregnancy-related complications and death for all women. These data show that we must do better to support moms."

Twenty-nine percent of women reported discrimination during maternity care. The most common reasons for reported discrimination were age, weight, and income and varied by race/ethnicity.

(Continued on page 11)

BLACK LIVES, ANIMAL LIVES, ALL LIVES MATTER



By Michelle Lowe

EST...1996

Message For You

Hello again to my fellow readers. I miss you all. I hope everyone out there is maintaining and doing what needs to be done. If you don't handle your business, who else is going to do it for you?

There is so much out there in this world to see. Just overlook the bad and negative and go for it, people. When distraction comes in the way push it far away as possible, because it doesn't want you to reach where you need to go. Succeed and keep smiling. Now, nothing comes over night; things take time, so just have a little patience, but put your all into it and you will be good.

As I always say, and may I make myself very clear, I'm not perfect nor better than anyone else. I'm just me, being the loving and caring person with a good heart that I am. So, you all may know I experienced something not long ago, and it hurt my feelings but also was very shocking and disappointing.

I tell you all, we can't be nice to everyone out here because that devil surely can be busy. He comes in many different forms and trust me, it will fool you like a blinded bat. Just to everyone, please be careful out here because there are some loose in the head folks and you can't help everybody. I surely learned my lesson. It's a lot on my plate in my life, especially as I still go through my mourning, but I will always be the same genuine caring person. - M.L.



This week, I'm going to keep it simple relating to one another and having an understanding with you all.

When things get hard for me, I feel like I can't do it. We all have many different techniques that work for us. But the one that works for me is isolating - going into my own

space and quality. This way, I can focus and have a clear mind.

I know you all don't see me weekly like you used too, but I have many different things going on at this moment in my life. I have to keep up the good work. Every day that goes by, we are getting older. When will you take time out to set your goals? It's never too late and again, things take time. Nothing happens overnight, and money does not grow on trees.

This is why we should take the life that was given to us with a little more respect, and that means also your own self-respect. I love my freedom. I love to have good times, just mellow and laid back. We get our freedom now, and not all but some folks take advantage by corrupting the world.

I tell you, people. Just do what you have to survive out here. Don't let anyone disrespect you, because that's when they start to believe somewhere in their mind that they own you and they can continue to treat you so cruelly. If anyone is going through that, get away and out of that situation. - M.L.



Lastly everyone, before I depart, we must protect our animals in the best way. I was keeping posted with the complaints on Seaside Heights about the amount of birds, and a lot of people been complaining they want them gone. They're complaining the birds are taking over the boardwalks. Well folks, as I said it before and I say it again, these animals have been here longer than us, plus everyone knows animals go where the food is.

Supposedly in Seaside Heights, they are coming up with some type of plans so they will not return. Smh... this world is so unfair. Living out in areas just as well as they tell people when it comes to sharks to avoid any type of situation and stay out of the water. But you cannot chase away animals from their habitat. If anything, we need to come up with something more peaceful than harming animals, and just keeping the number down. Remember, animals were created just as we were too. This is their land, so it's time to move over people and let them live. - M.L.

Well everyone, time for me to go now. But remember, don't let anyone hurt you or bring you down. Stay strong. You are somebody. 'Til next time, peace and love.

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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 - The City of Newark will allow the New York City Department Social Services, after their Aug. 10 agreement, to resume the latter's Special One-time Temporary Program here by a more restrictive process.

The NYC department may relocate up to 28 participating STOP homeless families here per year, or four families per quarter. STOP is a program where families are taken out of NYC shelters into housing within or outside of "The Big Apple." The families come with an NYC DSS-issued vouchers that pays landlords one year's worth of rent.

NYC STOP, started in 2017 under Mayor Bill de Blasio's Administration, sent 1,198 of 7,500 "going out of state" families to Newark until Mayor Ras Baraka's Administration filed a 2019 federal lawsuit and injunction. The Newark Municipal Council also passed a 2020 bill banning other municipalities from sending homeless people here for the sole purpose "of making that person a public charge."

NYC DSS inspectors, furthermore, must vet the prospective housing here and send their findings to their Newark colleagues. STOP families will also be given a hotline number should they find unsafe or unhealthy conditions. The measures are to prevent unscrupulous landlords to take the STOP vouchers and do no up-keeping.

The New York agency is to furnish STOP family transfers and housing conditions in quarterly reports to Newark Yearly vouchers are also to be issued

monthly. NYC must contact Newark for permission to exceed the 28-family limit.

Newark, under pressure from an NYC Legal Aid Society lawsuit, scuttled what the suit called its "Needy Persons Ban."

Newark officials said they were not informed of the new arrivals who become additions to the city and Essex reach agreement on the latter's one-time, one-year homeless relocation program.

IRVINGTON - Daniel Mangan, Irvington High School's latest principal, recently remembered when he was kicked out of the Florence Avenue School in 1997.

Mangan, 39, who is also the IHS Blue Knights assistant football coach for the last two years, said that his expulsion was when Florence was a Kindergarten-Eighth Grade school. He said that he never failed a class but kept having behavioral issues.

The Irvington native, his mother and three siblings, after having lived in the township's four wards, moved to Newark's West Side. He was hanging out in the streets past Midnight here when he should be completing the eighth grade when the late Golden Knights youth football founder Ralph Steele asked him to join his squad.

Mangan continued with the Golden Knights until he graduated from West Side High School in 2002 and Kean University with a history degree in 2006. He became a long term substitute teacher at Malcolm X Shabazz High School on WSHS Principal Ferdnard Williams' recommendation. Mangan would eventually attain a masters degree in educational leadership from Grand Canyon College; he is pursuing a doctorate in education from Liberty University.

The Shabazz HS principal at the time noticed Mangan's rapport with students and asked him to become in-school suspension teacher - and as an assistant football coach for the Bulldogs. Some Newark football followers may recall him as an on-time Barringer HS Blue Bears head coach.

The Irvington Board of Education hired Mangan this summer to lead an IHS staff of 170

and an anticipated student body of at least 1,565 students. He, and his family have long resettled in Irvington. His eldest of three sons happen to be a Blue Knights linebacker.

EAST ORANGE - The red New Jersey Department of Labor "Stop Work" handbill on 471 Central Ave., which was posted on Aug. 15, will stay on - and the Boston Market restaurant will stay closed - until its owners pays up its back wages to its employees.

NJ DOL's Division of Wage and Hour and Contract Compliance, since that Tuesday, have closed 26 more of Boston Market's other 32 New Jersey restaurants until its owners pay back the \$607,471 in wages to 314 of its employees. Store owners and Boston Chicken of NJ LLC, of Ewing, are to also pay the agency \$1,214,942 in penalties and charges for an overall arrears of \$2,554,154.30.

The DOL, in an Aug. 15 release, said that division investigators were first told of unpaid back wages by a Hamilton Township Boston Market employee last November. Detectives found failure to pay the minimum wage, unpaid or late wage payments, failure to keep paid sick leave records and hindering the investigation.

The 314 Garden State employees are not alone in claiming that Boston Market had shortchanged them. A group of Massachusetts workers had filed suit in Boston Federal Court in July - and that is not the company of 342 nationwide stores' only problem area.

US Foods and several other food suppliers and distributors said that they are owed \$11.7 million. Its Golden, Colo. headquarters were padlocked by the Colorado Division of Revenue over \$423,000 in back rent Jan. 23.

Those are three of the headaches BM CEO Jignesh "Jay" Pandya, who has been named in NJ DOL's complaint, have had since he bought the casual dining fast food chain from a venture capital firm in April 2020. Pandya, of Newton, Pa., who owned and operated a string of Delaware Valley Pizza Huts and Dunkin' Donuts, had hoped to

add 105 more BMs and bring its 5,500 employee level to 8,000.

The .77-acre restaurant was opened around 1970 as a Gino's Hamburgers-Kentucky Fried Chicken. NFL Baltimore Colts football captain Gino Marchetti helped bring Col. Harlan Sanders' KFC to the Mid-Atlantic states.

Boston Market's Sunrise Holdings real estate division bought the southeast Central Avenue and South Clinton Street eatery July 1, 1986. KFC moved to 434 Central Ave. after the former Robert Hall clothing store there was demolished.

ORANGE - The South Ward Neighborhood Alliance's petition to address the city's part of the Orange Valley's parking conditions has passed its signature midway point.

The SWNA petition, addressed to South Ward Councilwoman Jaime Summers-Johnson, is asking for "a comprehensive parking assessment of four streets covering an eight-block area framed by Morris Street, Scotland Road, Randolph Place and Vose Avenue plus Argyle Avenue west to the Rahway River West Branch and Valley Street between McLaughlin Place and Morris.

That area is a mix of houses, garden apartment and midrise apartment buildings. Those residences' parking areas range from private lots to curbside-only. The area includes a new midrise apartment building off Vose and Argyle's northwest corner.

The petition asserts that the limited parking spaces and residency growth has resulted in unauthorized or illegal parking, parking congestion and inadequate parking for visitors.

The petition, which is still taking signatures, is found on change.org. Details are found at SWNAorangenj@gmail.com in her petition drive to address her neighborhood's parting residents petitioning their Councilwoman to consider revamping parking regulations.

No Nov. 7 Term Limit Question

"Local Talk" has learned from Orange Municipal Clerk Joyce Lanier Aug. 22 that the
(Continued on page 14)

WORLD NEWS FLASH

(Continued from page 6)

Black (40%), multi-racial (39%), and Hispanic (37%) women reported the highest rates of discrimination. Experiences of racial discrimination have previously been associated with pregnancy complications.

Nearly half (45%) of women reported holding back from asking questions or discussing concerns with their provider during maternity care. The most common reasons included:

- Thinking, or being told by friends or family, what they were feeling was normal
- Not wanting to make a big deal about it or being embarrassed to talk about it
- Thinking their healthcare provider would think they're being difficult
- Thinking their healthcare provider seemed rushed
- Not feeling confident that they knew what they were talking about

Effective communication among healthcare providers and patients can build trust and contribute to high-quality care. It is important for patients to feel comfortable sharing health concerns with their providers, which could lead to more accurate and timely treatment for pregnancy-related complications.

MASS SHOOTING UPDATE

Information recent as of 8-22-2023 at 12 p.m.

2023 Mass Shooting Stats: (Source: Mass Shooting Tracker, https://

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www.massshootingtracker.site/data/?year=2023)

- Total Mass Shootings: 525
- Total Dead: 638
- Total Wounded: 2120
- Shootings Per Day: 2.24
- Days Reached in Year 2023 as of August 22: 234

AFRICA

CYBER CROOKS & NETWORKS CRUSHED

INTERPOL and AFRIPOL have coordinated an operation across 25 African countries that enabled investigators to

arrest 14 suspected cybercriminals and identify 20,674 suspicious cyber networks, highlighting the surge in digital insecurity and cyber threats in the region.

The networks identified were linked to financial losses of more than USD \$40 million.

The four-month Africa Cyber Surge II operation was launched in April 2023 and focused on identifying cybercriminals and compromised infrastructure. It was coordinated by INTERPOL's Cybercrime Directorate, under the auspices of the INTERPOL Africa Cybercrime Operations desk and INTERPOL's

Support Program for the African Union in relation to AFRIPOL (ISPA).

This operation sought to facilitate communication, provide analysis and share intelligence between countries, streamlining cooperation between African law enforcement agencies to prevent, mitigate, investigate, and disrupt cyber extortion, phishing, business email compromise and online scams.

By leveraging actionable private sector intelligence, it underlined how cybersecurity is most effective when international law enforcement, national authorities, and private sector partners

cooperate to share best practices and pro-actively combat cybercrime.

INTERPOL, AFRIPOL and private sector partners Group-IB and Uppsala Security provided on-the-ground operational support, sharing actionable intelligence leveraged throughout the operation.

- In Cameroon, acting on a tip-off from Côte d'Ivoire, three suspects were arrested in relation to an online scam involving the fraudulent sale of works of art worth USD 850,000.
- Authorities in Nigeria (Continued on page 12)



*From
The
Pastor's
Heart*

OP-ED BY DR. ROBERT KENNEDY

**Submit Yourselves
To One Another**

The title of this article is quite a challenging yet encouraging one. We are being asked to "submit" ourselves to one another. (cf. Ephesians 5:21, 1 Peter 5:5). If one does not understand its import, one might be put off by the suggestion.

One might think that one is being asked to become a "door mat" to be walked upon or yielded to authorities or forces, regardless of the absurdity of the demands placed on us. I have seen some unequal spousal relationships in which one spouse (generally the male) demands that the other spouse submit to them. I have seen parents who are so dogmatic about their children's submission that I have wondered whether such parents know that there is a text in the Bible that also says, "Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord." (Ephesians 6:4 NIV)

I have seen specific religious authorities, pastors, priests, bishops, archbishops, and others who

require absolute submission. I have also seen some charismatic figures in public spaces demanding the allegiance of their subjects to act against what accords with the will of God.

Yes, I have seen a lot that indicates many people do not understand submission. And I have said anyone who understands submission from a divine perspective will know that when one yields to the will of another, such yielding must correspond to what constitutes God-given authority. Based on this understanding of submission, Peter and John resisted the Jewish leaders when they were mysteriously released from prison and returned to the temple preaching about Jesus.

When the council leaders heard they were back preaching and sent for them, the text says of the incident: "Then the captain went with the officers and brought them without violence, for they feared the people, lest they should be stoned. And when they had brought them, they set them before the council. And the high priest asked them, saying, 'Did we not strictly command you not to teach in this name? And look, you have filled Jerusalem with your doctrine and intend to bring this Man's blood on us!' But Peter and the other apostles answered and said: "We ought to obey God rather than men." (cf. Acts 5:26-29)

In the Protestant Reformation, the protesters adopted the same principle of resistance to false church authority. At the council of the Diet of Spiers that was called in Germany to bring judgment against the reformers, it is said that "The majority were amazed and alarmed by the boldness of the protesters. Dissension, war, and bloodshed seemed inevitable. But the Reformers, relying on God's omnipotent arm, were "full of courage and firmness."

The Protestants understood that the power of conscience was above any ruler and the authority of God's word above the visible church. The principle of operation agreed with the prophets and apostles, "We must obey God rather than man." In the presence of the crown of Charles the Fifth, it uplifts the crown of Jesus Christ. (Read concerning the Protest of the Princes in Germany during the Protestant Reformation to get the fuller story.)

The point is that submission is not yielding to demonic authority but to that which is born of God. Here are the principles that identify underlay such submission.

1. Love - The love demanded is not rude or sentimental. It is the love of God.
2. Humility - The spirit of pride that forces authority is not of God and cannot ask for submission.

3. Honor - Offers the opportunity to show respect and differ to another.
4. Graciousness - Here is the level of kindness, politeness, and generosity that is shown, especially toward those of a lower social position.
5. Mutuality - This reflects the shared feelings that modify how one person relates to another.

As is said, the touchstone for the Christian understanding of submission is Jesus's astonishing statement, "If any want to become my followers, let them deny themselves and take up their cross and follow me. (Mark 8:34)

The call of Jesus to "self-denial" is simply a way of understanding that we do not have to have our way. It has nothing to do with self-contempt or self-hatred. It does not mean the loss of our identity or our individuality. It means, quite simply, the freedom to give way to others. It means to hold the interests of others above our own. It means freedom from self-pity and self-absorption.

The bottom line is that if we clearly understand submission, we will not have so many conflicts in our homes, churches, and public spheres. The tragedy is that too many people want to have others yield to their demands without any reference to the principles of submission born of the divine.

WORLD NEWS FLASH

(Continued from page 11)

- arrested a suspect accused of defrauding a Gambian victim.
- Police in Mauritius arrested two money mules linked to scams initiated through messaging platforms.
- In Gambia, proactive measures and strong partnerships led to the take down of 185 Internet Protocols (IP) connected to malicious activities.
- Two Darknet sites have been taken down following actions by Cameroonian authorities.
- In Kenya, authorities took down 615 malware hosters.

Some 150 INTERPOL analytical reports providing intelligence and insight on cyber threats targeting specific countries were distributed to participating countries for investigative and disruptive actions during the operation.

Developed by INTERPOL based on in-

formation shared by partners Group-IB, Trend Micro, Kaspersky, and Coinbase, the reports contained information on:

- 3,786 malicious command and control servers
- 14,134 victim IPs linked to data stealer cases
- 1,415 phishing links and domains
- 939 scam IPs
- More than 400 other malicious URLs, IPs and botnets.

"The Africa Cyber Surge II operation has led to the strengthening of cybercrime departments in member countries as well as the solidification of partnerships with crucial stakeholders, such as computer emergency response teams and Internet Service Providers. This will further contribute to reducing the global impact of cybercrime and protecting communities in the region," said Jürgen Stock, INTERPOL Secretary General.

The initiative highlighted the strong correlation between financial crime and cyber-

crime, allowing participating countries to expand their law enforcement response by adopting a "follow the money" approach.

It was also preceded by a one-week tabletop exercise in Tanzania on cybercrime and cryptocurrency investigations, equipping officials from 20 African countries with the knowledge and skills necessary for the successful execution of the operation.

"As digital systems, Information Communication Technologies and Artificial Intelligence grow in prominence, it is urgent that public and private actors work hand in hand to prevent these technologies from being exploited by cybercriminals. Coordinated operations such as Cyber Surge are necessary to disrupt criminal networks and build individual, organizational and society-wide levels of protection," said AFRIPOL's Acting Executive Director, Ambassador Jalel Chelba.

Africa Cyber Surge II was carried out with funding by the UK Foreign Commonwealth and Development Office, the German Federal Foreign Office and the Council of Europe.



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HOW TO BE HAPPY ... A Collection By Dhiren Shah via WhatsApp

I've often thought about what it is that makes people happy - what one has to do in order to achieve happiness.

First and foremost is good health. If you do not enjoy good health, you can never be happy. Any ailment, however trivial, will deduct something from your happiness.

Second, a healthy bank balance. It need not run into crores, but it should be enough to provide for comforts, and there should be something to spare for recreation - eating out, going to the movies, travel and holidays in the hills or by the sea. Shortage of money can be demoralising. Living on credit or borrowing is demeaning and lowers one in one's own eyes.

Third, your own home. Rented places can never give you the comfort or security of a home that is yours for keeps. If it has garden space, all the better. Plant your own trees and flowers, see them grow and blossom, and cultivate a sense of kinship with them.

Fourth, an understanding

companion, be it your spouse or a friend. If you have too many misunderstandings, it robs you of your peace of mind. It is better to be divorced than to be quarrelling all the time.

Fifth, stop envying those who have done better than you in life - risen higher, made more money, or earned more fame. Envy can be corroding; avoid comparing yourself with others.

Sixth, do not allow people to descend on you for gup-shup. By the time you get rid of them, you will feel exhausted and poisoned by their gossip-mongering.

Seventh, cultivate a hobby or two that will fulfill you - gardening, reading, writing, painting, playing or listening to music. Going to clubs or parties to get free drinks, or to meet celebrities, is a criminal waste of time. It's important to concentrate on something that keeps you occupied meaningfully.

Eighth, every morning and evening devote 15 minutes to introspection. In the mornings, 10 minutes should be spent in keeping the mind absolutely

still, and five listing the things you have to do that day. In the evenings, five minutes should be set aside to keep the mind still and 10 to go over the tasks you had intended to do.

Ninth, don't lose your temper. Try not to be short-tempered, or vengeful. Even when a friend has been rude, just move on.

Above all, when the time comes to go, one should go like a man without any regret or grievance against anyone. Iqbal said it beautifully in a couplet in Persian: "You ask me about the signs of a man of faith? When death comes to him, he has a smile on his lips."

I don't fear death. What I dread is the day I go blind or am incapacitated because of old age - that's what I fear - I'd rather die than live in that condition.

All that I hope for is that when death comes to me, it comes swiftly, without much pain, like fading away in sound slumber. Till then, I'll keep working and living each day as it comes.

THE DOCTOR IS IN

(Continued from page 4)

He is also the co-founder of his own unique medical practice *Mobile Medicine NJ & House call Doctors*. He is also currently pursuing an Executive MBA and a Master's of Science in Healthcare Leadership at Samuel Curtis Johnson Graduate School of Management and the Weill Cornell Graduate School of Medical Sciences.

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The Observation Booth

COMMUNITY WATCH



OP-ED By Andrea Dialect

THE FLIP SIDE

A smile is a facial expression formed primarily by flexing the muscles at the sides of the mouth. Some smiles include a contraction of the muscles at the corner of the eyes, an action known as a Duchenne smile. Among humans, a smile expresses delight, sociability, happiness, joy, or amusement. - Wikipedia

The Muscle Used in Smiling - Zygomaticus Major. Ultimately, your smile type is formed after your facial muscles have identified a pattern and developed a specific shape when you smile. According to researchers, there are three different types of smiles - cupid, commissure, and complex - Google

It really does take more muscles to frown, about 47 of them. And for smiling, we only use about 13 so they say. But, rumor has it that statement is a bit of a stretch of the truth. And, besides I am a bit curious about how such things are tallied up. Another site that I referenced states that it takes 17 muscles to smile and forty-three to frown. ...

The amount of energy that people spend frowning extends far past the muscles it takes to grin. Who knows? But what I do know is whether a person is grinning like a Cheshire cat from ear to ear or that smile is beaming like starlight. Honestly, I love your smile.

On Saturday, I crossed paths with a slew of the ultimate reps which were those that were utilizing less muscle as spreading love at Monte Irvin Orange Park during the House Music Festival.



Many of those faces I spotted from miles away and sadly I couldn't capture them all. I grinned at the sight of them then and I'm cheesin' hard now. Notably a smile is truly contagious. How beautiful!

in a challenge, project sharing a topic, news or if you have any questions, comments or concerns, send them to localtalkandrea@gmail.com.



Read this article in its entirety at www.localtalkweekly.com and type The Observation Booth, Andrea Dialect and/or Entertainment Section in the search bar. If you are interested in participating

Photos Courtesy Andrea Dialect

TOWN WATCH

(Continued from page 10)

Committee for Term Limits in Orange did not submit signature petitions before the 4 p.m. Aug. 18 deadline. There will be no public question on whether to place term limits on Orange's mayor and city council on the Nov. 7 General Election ballot.

WEST ORANGE - A 10 a.m. visitation and an 11:30 a.m. memorial service with military honors for Peter J. Longo, 100, has been set here at the Dangler Funeral Home for Oct. 7. Longo, who has been recognized as West Orange's oldest World War Two veteran at his Nov. 2, 2022 100th birthday, died peacefully at home here Aug. 4.

Longo was an Orange native who was living with his family at the city's Nassau Street residence and was an electrician and nickel plater for Thomas A. Industries here when Uncle Sam called him for service in

1945. He was sent off for a 25-month tour of duty in the war's European and North African Theater.

Tank crewman and Staff Sgt. Longo, upon honorable discharge, married defense plant worker Elizabeth "Betty" Raycheck. They moved to the Orange Valley's 483 Cary St. to raise daughters Patricia Bolles, Diana Longo and son Peter M. Longo.

Longo became an electrical inspector for the City of Orange, Montclair, Verona, and Cedar Grove among nearby towns. He eventually joined Essex County as a senior electrician.

Longo, off-hours and in retirement, was an avid fisherman throughout the Continental U.S., Alaska, Hawai'i, Guatemala, Costa Rica and Brazil. He and the late conductor Gabriel Nevola, of Glen Ridge, were Bloomfield Mandolin Orchestra charter members.

The balloon animal maker for children had several of his poems - including "Our Golden Years," "Trees" and "Share a Smile" -

were published by the National Library of Poetry. The Our Lady of Mt. Carmel of Orange parishioner was a member of West Orange Knights of Columbus Council No.5519 and VFW West Orange Post No. 376.

VFW Post No. 376 and West Orange Mayor Robert Parisi respectively honored Longo at Bella Italia Ristorante Nov. 2, 2022 and at the annual West Orange Veterans Day Observance Nov. 11, 2022. The former Essex County Vocational and Technical High School student lost his beloved Betty Dec. 30, 2017.

Memorial donations may be made to the Wounded Warriors Project, PO Box 758517, Topeka, KS 66675 and or the Tunnel to Towers Foundation, 2361 Staten Island, NY 10306.

SOUTH ORANGE - Village President Sheena Collum and the Village Trustees ran into controversy on Aug. 14 when they intro-

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TOWN WATCH

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duced their latest charter changes that they want to send to the State Legislature for their approval.

The revised charter change resolution proposes dropping "Township" from the Village of South Orange title and rename the VP and Trustees "Mayor" and "Village Council Members." The resolution provides a possible move of South Orange's nonpartisan municipal elections from May to the November General Election.

What got some villagers' ire up is the creation of stipends for the prospective "Mayor" and "Village Council." The measure calls for paving the VP/Mayor \$12,000 and each of the six VT/Council Members \$8,000 annually.

Some public speakers want to keep South Orange's elders as unpaid volunteers. The thinking is that the individuals in office are there for the service and not for the pay.

VP Collum, who was elected to her third term May 9, said that she spends \$15,000 from her pocket for job-related expenses. Former Trustee Donna Coallier, in an Aug. 18 editorial, said that the \$60,000 in annual stipends can be offset by saving \$70,000 in shifting its May elections to November.

The trustees carried the introduction, 5-1. It's second reading and public hearing date has not been immediately set.

MAPLEWOOD - An East Orange man is to answer a summons he was issued July 23 here soon in the Maplewood Municipal Court part of 1618 Springfield Ave.

Maplewood Police Chief Albert Sally said that Derek Marshall had been processed and released from the police headquarters half of 1618 Springfield late early that Sunday morning after being arrested at 1942 Springfield Ave. the night before. There was also a side trip to Newark's University Hospital to treat Marshall's head laceration.

MPD officers had first responded to an unwanted person report from Maple Crest Deli & Liquors' business owner and arrived to find the results of a fight between him and the man identified as Marshall.

The store owner said he had banned Marshall after he had allegedly stolen a bottle of wine in a paper bag. He then confronted Marshall when he returned to the store.

The manager said that Marshall had struck him with the bagged bottle, causing its contents to break. The manager said he then caused Marshall's head wound by striking the top of his head.

Marshall has been charged with theft,

trespassing and simple assault. The manager had initially refused medical attention.

BLOOMFIELD - Mayor Michel Venezia and a majority of the Township Council, in a 5-2 vote Aug. 14, has awarded a \$275,000 contract to Musco Lighting to install field floodlights around Lion Gate Park and Urban Wetlands' soccer field.

The lighting - after that Monday night's meeting, an Aug. 8 Zoom town hall and the resolution's July 17 introduction - is to be installed later this year.

The fixtures will allow soccer play to continue past sunset - which is what Second Ward Councilman Nicholas Joanow, Councilman Ted Gamble and several homeowners around the 18.4-acre municipal park object.

"Who are we representing?" asked Joanow - himself an adjacent homeowner and a longtime Lion Gate Park advocate, "the homeowners who live there 24/7 (or) the soccer people who go home at night?"

Joanow had asked for an independent environmental impact study on adding the floodlights, "like the planning board does with a traffic study," instead of a recommendation from Musco. He and Township Attorney Michael S. Parlavecchio disagreed on when the pack closes "8:30 p.m." or "an hour after dusk."

Gamble's objection was that the lighting is an additional project when LGP Phase One, including additional tree plantings, has not been finished. The councilman favored holding off the contract's awarding "until we've gotten the grant money that's due us."

Venezia, and Council Members Jenny Mundell, Sarah Cruz, Richard Rockwell and Dr. Wartyna "Tina" Davis, in the end, awarded the contract.

MONTCLAIR - A large crowd of Grace Presbyterian Church and community members held a 10 a.m. Aug. 20 "Bring Your Own Lawn Chair" worship service in front of Grace's manse here at 63 Tuxedo Rd.

The reason for the special outdoor service was self-evident through the just-erected chain link perimeter fence next door. Grace's sanctuary and fellowship hall at 153 Grove St., its stained glass windows broken out and its roof partially collapsed, had been gutted by fire Aug. 15.

The first Montclair Fire Department units, acting by a pedestrian's 911 call, swiftly arrived at Grove Street and Tuxedo Road's southeast corner at 8 a.m. that Tuesday. Firefighters, said MFD Deputy Chief Robert Duncan, found flames and smoke running from the 1926 edifice's basement to its roofline.

Three alarms were pulled, bringing all

MFD hands, Montclair's police and ambulance units plus mutual aid and/or station coverage from West Orange and other neighboring departments. Although the fire was brought under control by 1 a.m., part of its roof collapsed and the interior heavily damaged by fire, smoke and water.

Four firefighters were treated at and released from a local hospital for minor injuries. No one was in the edifice. Although township and ECPO fire inspectors are looking for the blaze's exact source, it is believed to have started in the basement.

Grace Interim Pastor Robin Curra said that future worship services will be held at the Upper Montclair Presbyterian Church. Grace has 500 members from in and around Montclair.

The pastor said that rebuilding project donations must be made to gracemontclair.org's tithe page.

GLEN RIDGE - A Bloomfield man may likely be appearing at Glen Ridge Municipal Court in September to answer burglary and related charges from an early Aug. 9 reported incident.

GRPD Officer Michael Addu said he was responding from an Outlook Place resident's 2:25 a.m. alarm sounding that Tuesday. The resident told Addu that he noticed a man walking on his driveway towards Essex Avenue.

Addu began searching for the suspect, and found a man matching the resident's description sitting in a car parked in another driveway. That man bolted from the car and soon got the attention of Sgt. Patricia Romaine when he cut through a backyard to Bay Avenue.

Romaine and Addu were joined in the foot pursuit by Det. Anthony Re, who apprehended the man at Bay Avenue and Broad Street. The suspect - identified as Akeem Williams, 20 - was charged with burglary to an automobile, theft and resisting arrest.

Williams may be facing additional charges after another car had been entered along Outlook Place.

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