

BUSINESS • LIFE KENILWORTH

PUBLISHED BY KENILWORTH CHAMBER OF COMMERCE



Issue #19

August 2009

The Kenilworth Chamber of Commerce is an affiliate of the Gateway Regional Chamber of Commerce.

7 RESIDENTIAL BUILDING LOTS WILL BE AUCTIONED

by the Borough of Kenilworth

THURSDAY, AUGUST 13

7:00 pm

A minimum bid of \$200,000 per lot is required.

NEXT KENILWORTH CHAMBER OF COMMERCE MEETING TO BE HELD ON SEPTEMBER 9 AT 8 A.M. LOCATION TO BE ANNOUNCED. CALL 908-352-0900 FOR MORE INFORMATION.

Presort STD
U.S. Postage
PAID
Springfield, NJ
Permit No. 10

SPOTLIGHT ON KENILWORTH FIRE & EMS

The Kenilworth Volunteer Firemen's Carnival is fast approaching. The carnival is scheduled for the week of August 17th through August 22nd at St. Theresa's School parking lot. The Fire Department relies heavily on the Carnival as its main fund-raising event of the year. It's always a great time, so bring the family and tell some friends.

The Borough of Kenilworth established a volunteer fire department in 1912. Today, 97 years later, they continue to be a dedicated group of volunteer citizens who provide fire, emergency medical service (EMS), as well as community services to the residents and business owners of Kenilworth. The department operates three engines, one tower ladder truck, one squad truck and two ambulances out of two stations.

The borough is approximately two square miles and has a residential population of 7,800. The department is responsible for protecting residential property, a busy hotel, the headquarters campus of Schering-Plough Corporation and numerous manufacturing facilities. The department also responds to emergency incidents on its stretch of the Garden State Parkway and is very active in the Union County Mutual Aid System. The volunteer department averages over 1,600 emergency calls per year.

Any Kenilworth resident (or non-resident within one-mile of the Kenilworth border) interested in joining this dedicated group of men and women are asked to send a letter of intent to: Kenilworth Fire Headquarters Attn: Deputy Chief, 491 Washington Ave., Kenilworth, NJ, 07033.

KENILWORTH FIRE DEPT. CARNIVAL AUG. 17-22



RIDES - FOOD - FUN

SUPER 50/50 prize over \$5000.00
Wristband night \$20; Tues, Thurs, Sat.
Beer Garden & Money Wheel

CARNIVAL HOURS MON-FRI 6:30pm to 10:30pm • SAT 5:00pm to 11pm
St. Theresa's School Yard, Monroe Ave. Between 22nd & 23rd St.
HOSTED BY KENILWORTH VOLUNTEER FIRE DEPARTMENT AND RESCUE SQUAD

AUTHOR TEACHES COSTUME CREATIONS AT LIBRARY



Author Holly Cleeland recently visited the Kenilworth Public Library to present Glue N' Go Costumes. Children and their families learned how to create unique and imaginative costumes from everyday materials found in the home.

Cleeland's book Glue & Go Costumes For Kids can be borrowed from the Kenilworth Public Library.

(left, l-r) Christian Mattos, age 6 (bunch of grapes), Anna Maria Luciano, age 11 (hula dancer) and Michael Huss, age 5 (lobster). (far left) Joseph Padula, age 3 models a gladiator costume created from can lids.

VFW POST #2230 PRESENTS SCHOLARSHIPS

Commander Jeans, VFW Post #2230, presented scholarships to high school students at David Brearley High School in June. These students were involved in the Voice of

Democracy program for VFW Post #2230.

8th grade students from David Brearley Middle School were involved in the Patriots Pen/Youth Essay program.



(above, l-r) Receiving scholarships are Torey Carbone, Amber Cox, Jimmy Stafford, Commander Jeans and Tommy Mannix.



(above, l-r) Students from David Brearley Middle School, Commander Jeans, Brandyn Pantano, John Cayetano, Danielle Klein, Stephanie Fields, Melissa Stryker and Vice Principal Luciani.

Kenilworth
Chamber of Commerce
P.O. Box 300
Elizabeth, NJ 07207-0300

BUSINESS • LIFE KENILWORTH

Kenilworth Business Life is published by the Kenilworth Chamber of Commerce, which is an affiliate of the Gateway Regional Chamber of Commerce.

Over three thousand newspapers are printed monthly and distributed free to every postal patron in Kenilworth.

Although great care has been taken to ensure the information contained within is accurate, Gateway Regional Chamber of Commerce assumes no liability for errors or omissions.

Gateway Regional Chamber of Commerce welcomes the comments and concerns of its readers put into writing and sent to:



P.O. Box 300
Elizabeth, NJ 07207-0300
908-352-0900
908-352-0865 Fax

Email us at info@gatewaychamber.com

Vice President: Kate Conroy
kateconroy@gatewaychamber.com

Kenilworth Chamber of Commerce Chairman
Chairman: Joe Renna: 908-447-1295
joerenna@joerenna.com

KENILWORTH, NJ

www.kenilworthnj.com

MAYOR:

Kathi Fiamingo

COUNCIL MEMBERS:

Salvatore Candarella Scott Kidler
Brian Joho Kevin Leary
Fred Pugliese Toncia Sosnosky

BOROUGH PHONE NUMBERS

Emergency	911
Police Department	276-1700
Fire Prevention	276-8935
Borough Clerk	276-9090
Tax Office	276-5800
Board of Health	276-2740
Building Inspector	276-5802
Public Works	276-5073
Library	276-2451
Senior Center	272-7743
Kenilworth Board of Education	276-5936

www.kenilworthschools.org

© 2008 Contents of this newsletter cannot be reproduced without written consent from the Gateway Regional Chamber of Commerce.

ADVERTISING & PRESS RELEASES

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

KATE CONROY

Email: KateConroy@GatewayChamber.com

Phone: 908-352-0900

Fax: 908-352-0865

MEMO FROM THE MAYOR

KCoC • Page 2 • August 09



As everyone knows by now, the Borough is auctioning seven (7) vacant building lots adjacent to Black Brook Park, at the end of North 18th and 19th Streets. The lots are prime residential lots and should draw a lot of attention. The auction is scheduled for Thursday, August 13, 2009 at Borough Hall. Everyone is welcome to attend the auction, even if just to observe.

Since the proceeds of the sale will be used to offset at least a portion of the increase in the 2009 taxes, we hope that the auction will be well attended and the bidding will be fast and furious.

One of the highlights of each summer is the Kenilworth Fire Department and Rescue Squad Carnival. This year the carnival will begin on Monday, August 17 and will wind up on Saturday, August 22. The carnival features fun rides for the kids, with pay one price nights on Tuesday, Thursday and Saturday. Nightly 50/50's will be sold each evening with the drawing of the winning Super 50/50 ticket on Saturday night. The proceeds go to funding the renovations of the Fire House. I hope that everyone will find their way down to the carnival to enjoy a zeppole or two, purchase a few 50/50 tickets and treat the kids to a fun night.

Mayor Kathi Fiamingo

UPCOMING MEETINGS

GOVERNING BODY OF THE BOROUGH OF KENILWORTH

All meetings are held in Council Chambers at Borough Hall, 567 Boulevard.

AUGUST 25 - Work Session
to start at 7:30 PM

UPCOMING PLANNING BOARD MEETINGS

All meetings are held at Borough Hall, 567 Boulevard.

AUGUST 27 - Regular Meeting
to start at 7:30 PM

KENILWORTH BOARD OF EDUCATION

All meetings are held in the Board Conference Room at David Brearley Middle/High School at 401 Monroe Avenue.

AUGUST 10 - Regular Meeting
to start at 7:30 PM

GATEWAY CHAMBER EVENTS

9/3 NETWORKING PROFESSIONALS OF NEW JERSEY

7:30 am Perkins of Green Brook, NJ

9/3 WORKFORCE EDUCATION COMMITTEE

8:45 am Gateway Chamber Conference Room

9/3 SUSHI FIT!

2:30 pm The AVE by Corman Communities, Union, NJ

9/9 KENILWORTH CHAMBER

8:30 am Location to be announced

9/9 NEW JERSEY REAL ESTATE SOCIAL NETWORK

6:00 pm The Westwood in Garwood, NJ

9/10 LUNCH & NINE GOLF OUTING

12 noon Hyatt Hills, Clark, NJ

9/11 LOCAL & COUNTY AFFAIRS COMMITTEE

8:30 am Location to be determined

9/15 IRISH BUSINESS ASSOCIATION

6:00 pm Location to be determined

9/16 EMPLOYER LEGISLATIVE COMMITTEE

8:00 am Lana's Fine Dining, Clark, NJ

9/17 GATEWAY ASSOCIATION OF BUSINESS WOMEN

11:45 am La Casa di Martino, Roselle Park, NJ

9/22 LINDEN CHAMBER

8:30 am Union County Performing Arts Center, Rahway, NJ

9/13 CLARK CHAMBER OF COMMERCE

8:30 am Gran Centurions, Clark, NJ

9/25 SPRINGFIELD CHAMBER

8:30 am OEM, Fire House, Springfield, NJ

9/24 IBA ANNUAL GOLF OUTING

11:00 am Twin Brooks, Watchung, NJ

9/25 SOMERSET HILLS BUSINESS NETWORK

8:00 am Olde Mill Inn, Basking Ridge, NJ

9/30 GATEWAY CHAMBER BUSINESS TO BUSINESS EXPO

5:00 pm Renaissance Newark Airport Hotel, Elizabeth, NJ

Cameo Dance & Fitness Wear

Complete line of:

★ Dancewear ★ Dance shoes ★ Fitness wear
★ Yoga wear ★ Accessories gifts ★ Jewelry
& much more!



BACK TO SCHOOL
★ SPECIAL ★

10% discount
with this ad

(Exp. 9/30/09)

908-276-9100

New location

118 Walnut Avenue ★ Cranford

There's only one **Synergy Bank** for all your business and personal banking needs.

Receive a complimentary
\$10 Starbucks® Gift Card
just for stopping by to
meet Vincent from
August 1, 2009 to
September 30, 2009.*

Kenilworth Branch

Vincent Oyola, Branch Manager

15 Market Street

Kenilworth, NJ 07033

908-254-1240

M - W 9:00am - 6:00pm

Th - F 9:00am - 7:00pm

Sat 9:00am - 3:00pm

Sun 10:00am - 2:00pm

Drive-Up: Same Hours as Branch



A Division of New York Community Bank • Member FDIC

1-800-430-5721

www.myNYCB.com

*Persons who stop by the Kenilworth branch of Synergy Bank located at 15 Market Street, Kenilworth, NJ 07033 from August 1, 2009 to September 30, 2009 will receive a \$10 Starbucks® Gift Card just for stopping by. Limit one gift card per person.
Starbucks®, the Starbucks® logo and the Starbucks® Card design are either trademarks or registered trademarks of Starbucks® U.S. Brands, LLC. Starbucks® is not a participating partner in or sponsor of this offer.
New York Community Bank is not affiliated with Starbucks® in any way.

© New York Community Bank - Member FDIC

Equal Housing Lender

COMMUNITYWIDE GARAGE SALE

A Communitywide Garage Sale will be held in Kenilworth on Sept. 12 and Sept. 13, 2009. This major annual event, sponsored by the Kenilworth Historical Society, will take place, rain or shine, between the hours of 9 a.m. and 4 p.m. each day. More than 170 residences participated in Kenilworth's Communitywide Garage Sale last September, and this year's participation is expected to equal or exceed that of last year.

Residents who pay a \$10 registration fee to hold garage sales at their homes anytime during the Sept. 12/Sept. 13 weekend will receive the required Borough permits and will benefit from the Kenilworth Historical Society's statewide advertising of the communitywide event via major newspapers, Web sites and prominently placed signage and fliers. The addresses of registered participating residences will be included in a Kenilworth Communitywide Garage Sale map/listing that will be available in quantity, free of charge, at certain central locations before and during the garage sale weekend. Details regarding the distribution of the map/listing will be announced.

The Kenilworth Historical Society is sponsoring the Communitywide Garage Sale as a service to the community. Any proceeds after permit fees, advertising and other related costs are paid will benefit the organization's project to restore the local 19th-century Oswald J. Nitschke House and transform it into Kenilworth's first "living history" museum and cultural arts center. A "Treasures from the Attic Sale" will be held at the Nitschke House (49 S. 21 Street, Kenilworth) on Sat., Sept. 12, from 10 a.m. to 3 p.m.

Communitywide Garage Sale registration forms with instructions can be obtained from the Kenilworth Borough Clerk's Office/Borough Hall, Kenilworth Public Library and Especially Yours Florist (13 N. 20th Str.). The registration deadline is Aug. 28.

For further information, please call 908-709-0434 or 908-709-0391.

The Kenilworth Historical Society is an independent, non-profit, tax-exempt organization dedicated to the research, preservation and interpretation of the Oswald J. Nitschke House, local history and culture.

CHAMBER'S BANNERS BEAUTIFY KENILWORTH



In an effort to help beautify the Borough, the Kenilworth Chamber of Commerce has embarked on an initiative to update the current street banners.

The banners will measure 60" long and 30" across with space on each for the sponsor's name.

The cost to sponsor a banner is \$210.00 for Chamber Members and \$300.00 for non-members.

Businesses may purchase as many banners as they wish. The banners last a minimum of three years and will be placed on telephone poles along the Boulevard and Michigan Avenue in September 2009.

The proceeds of the Street Banner Program will benefit the Kenilworth Chamber Scholarship Fund. Please call 908-352-0900 with any questions.

KENILWORTH ROTARY CLUB WELCOMES NEW MEMBERS



(above, l-r) Recently the Kenilworth Rotary Club recognized members with over 15 yrs. service to the community. (photo l-r) Jay Gilden, Saul Seltzer, Dave Klugman, Janet Henkel-Fisher, Loyd Leschuk (not pictured Mary Orella). Kenilworth Rotary Club meets every Wednesday at 12:15 at the Blackthorn Pub.

(above, l-r) The Kenilworth Rotary Club recently inducted 2 new members Jay Iruia, Northeast Tire and David Wendel, Esq. are warmly welcomed by President-Elect Ceu Dasilva, Sovereign Bank.



CONSIDER THIS PERK ON YOUR NEXT COFFEE BREAK...

Attention Kenilworth Residents: Ask your employer to offer you and your coworkers Atlantic Federal Credit Union membership. **It's a valuable employee benefit your employer can make available, free!** Call 1-800-222-1329 ext 509 and get all the details.

Atlantic Federal Credit Union is loaded with great products and services for you and your entire family:

- Federally Insured, High Rate Money Market Accounts, CDs & Savings
- Low Rate Loans / Real Estate Loans / Vehicle Lease Alternative
- Free Checking with Optional Benefits Plus / Free On-Line Banking & Bill Payer
- VISA® Credit & Check Cards



ATLANTIC FEDERAL CREDIT UNION

"Service Excellence All the Time"

Toll Free Phone: 1-800-222-1329 / www.atlfedcu.com

Main Office, Kenilworth:
37 Market Street,
Kenilworth, NJ 07033



SUMMERTIME FUN AT THE LIBRARY

20 YEARS OF SERVICE



(above) Eileen LoBianco, administrative coordinator cuts the cake in celebration of her 20 years of service to the Kenilworth Library.

CHILDREN'S AUTHOR TEACHES FAMILIES

Award winning children's author, Karen Rostoker-Gruber recently presented Be Creative With Books at the Kenilworth Public Library.

Children and their families had an opportunity to learn how books are created and published from beginning to end.

Rostoker-Gruber shared one of her stories, Food Fright! with the children. She is also the author of Rooster Can't Cocka-A-Doodle-Do and Bandit. Her next book, Bandit's Surprise will be released in 2010.



(above) Author Karen Rostoker-Gruber

LIBRARY PRESENTED "STORY TIME"

Children ages 3 and up participated in a story time session which included bean bag activities and bubbles to pop.



(above) Bean bag fun during story time.

SPARKEE VISITS KENILWORTH

The Kenilworth Public Library recently kicked off the 2009 Summer Reading Club with Wondergy's "Cool" Science & Ice Cream program. The summer theme, Be Creative @ Your Library offered children and their families an opportunity to enjoy a creative and fun experience with science.

Wondergy representative, Ken Fink performed experiments and introduced children to scientific concepts. Many experiments contained the use of liquid nitrogen. The experiments delighted both children and adults.

The concluding experiment, included various ingredients, and liquid nitrogen. His experiment provided a delicious ice cream treat for the entire audience. Following the program, children visited with Sparkee, the official mascot of the Somerset Patriots.



(above) Children enjoy ice cream with Sparkee the mascot from the Somerset Patriots' minor league baseball team

COSTUME CREATIONS

Author Holly Cleeland recently visited the Kenilworth Public Library to present Glue N' Go Costumes. Children and their families learned how to create unique and imaginative costumes from everyday materials found in the home.

Cleeland's book Glue & Go Costumes For Kids can be borrowed from the Kenilworth Public Library.



(left, l-r) Christian Mattos, age 6 (bunch of grapes), Anna Maria Luciano, age 11 (hula dancer) and Michael Huss, age 5 (lobster).

THE KENILWORTH PUBLIC LIBRARY RECENTLY PRESENTED "GOT GOATS"

Cloverland Farms ranch manager, Beverly Mulrooney and her two children, Steven and Shannon, also employees of the farm, visited the

library with Maggie the pygmy goat and her two week old kids, Squirtle and Boomer. The children had an opportunity to learn about goats and visit with Maggie and her babies.



(above) Cloverland Farms employee, Shannon Mulrooney introduces Maggie, the pygmy goat, and her 2 week old kids, Squirtle & Boomer to the audience.



PERFORMERS PRESENTED MUSICAL STORIES

(left, l-r) Storytime Stage performers Irene Maher, Nora Maher and Vito Leanza recently performed their musical stories at Kenilworth Public Library.



KENILWORTH LIBRARY IS A COOL PLACE TO HANG OUT THIS SUMMER



(above) A huge crowd of children and parents enjoyed the music and stories of Storytime Stage performers.

LIBRARY MAKES ONLINE VIDEO AVAILABLE

The Kenilworth Public Library is pleased to announce that Kenilworth residents now have free home access to more than 900 downloadable videos through the library's new subscription to MyLibraryDV. Library patrons wishing to get started with this service can visit the library's website at www.kenilworthlibrary.org and click on the tan box with the "MyLibraryDV" logo. To access the service, patrons will need a computer CPU with at least 1GHz and one GB of free disk space along with either a Windows XP with SP2 or Windows 2000 with SP4. The MyLibraryDV website will also provide a free download of Windows Media Player 10 for those who do not already have this software installed on their computers.

MyLibraryDV offers eight different categories or "channels" to choose from, 24 hours a day, seven days a week. Each library patron may download up to 10 video titles per week per Kenilworth Public Library card bar code, and all titles are available to all patrons at all times, regardless of the number of patrons wishing to download and view a video at any one time.

The movie channel of MyLibraryDV offers downloads of more than 400 videos, including feature films, documentaries, independent and foreign films. The "how to" channel includes guitar instruction along with episodes of "Antique Road Show" and "Today's Homeowner" home repair videos. The travel channel offers more than 100 episodes from the series "Globe Trekker" and "Rick Steves' Europe" while the food channel includes more than 70 episodes from "America's Test Kitchen", "Michael Chiuallo's Napa" and "Julia and Jacques Cooking at Home." Rounding out MYLibraryDV are more than 50 videos on the health and fitness channel, a literature channel

that features special resources for students and author interviews for book lovers and a "Kids" channel that offers a number of popular children's series, including "Boohbah", "Caillou", "Kraft's Creatures" and "Liberty's Kids".

MyLibraryDV offers unparalleled choice to Kenilworth Library patrons, not only by supplementing the library's already extensive collection of movies available in DVD and video formats, but also by allowing patrons to access a portion of the library's collection from the comfort of their homes. Kenilworth residents are encouraged to visit the library to sign up for a library card if they have not already done so. All that is required is a driver's license or other current document that verifies Kenilworth residency.

LIBRARY FRIENDS TO HOST APPLEBEE'S DINING TO DONATE

On Monday, August 17, the Friends of the Kenilworth Public Library will host its final "Dining to Donate" at Applebee's of Union II, located at Route 22 East @ Jefferson Avenue by Home Depot and Wal Mart. Participants may choose to either eat in or use Applebee's "Carside to Go" takeout service at any time during the entire day and 10% of the bill will be donated to the Friends of the Kenilworth Public Library. People wishing to participate in this fundraiser must present a copy of the Friends' fundraiser flyer upon placing their order in order for their donation to count. Copies of the flier are available at the library, located at 548 Boulevard. Please note that tax, tip and alcohol sales are not counted toward the donation percentage.

LIBRARY BOOK DISCUSSION GROUP

The book discussion group of the Kenilworth Public Library will meet at 7:15 PM on Tuesday, August 18, to discuss the Pulitzer Prize winning novel *The Hours*, by Michael Cunningham. According to the book's liner notes, "the novel opens with an evocation of Woolf's last days before her suicide in 1941, and moves to the stories of two modern American women who are trying to make rewarding lives for themselves in spite of the demands of friends, lovers, and family...With rare ease and assurance, Cunningham makes the two women's lives converge with Virginia Woolf's in an unexpected and heartbreaking way..."

Participation in the book discussion group is free and open to all adult members of the general public, including residents of communities other than Kenilworth. Previous experience in a book discussion group is not required and new members are always welcome. Because space is limited, preregistration is requested and can be done in person at the library or by calling 908 276-2451 during regular library hours. Copies of *The Hours* are available for checkout at the library's circulation desk.

The Kenilworth Public Library is located at 548 Boulevard.

For more information about the library and the services it offers, visit its website at www.kenilworthlibrary.org or call the library at 908 276-2451.

KENILWORTH'S NATIONAL NIGHT OUT 2009

The Kenilworth Police Department participated in the 26th Annual National Night Out on August 4th with neighborhood run block party's. The National Association of Town Watch (NATW) sponsors this wonderful program.

When the program started in 1984, there were 2.5 million people who participated nationwide. Last year in 2008, there were over 37 million participants. The program has really grown since 1984.

The National Association of Town Watch is a nonprofit, crime prevention organization that works together with crime watch groups and law enforcement agencies throughout the country.

The Annual National Night Out helps communities by strengthening neighborhoods and police-community partnerships; helps generate support and participation in local anticrime programs and build relationships between neighbors and local law enforcement.



(above) Lisa and Dino Cascarano organized a block party on Commonwealth Road. The Cascaranos, who own Three Brothers from Italy, are pictured with Mayor Kathi Fiamingo and Police Chief Dowd.



(above) Councilman Salvatore Candarella and his wife visited Darlene with their neighbors at the Cross St. party.



(above, l-r) Homeowner Kevin McCracken of N.11th St., whose wife Deborah was the organizer of the block party, School Resource Officer Det. Jim Grady, Det./Sgt. Tim Dowd, Det. Anthony Giacalone and Det. Fred Soos.

PIZZA STOP 908-245-6262
 Monday – Saturday:
 11 am – 10 pm
FREE DELIVERY
 290 Michigan Avenue
 Kenilworth, NJ 07033

BAC Better Auto Care, Inc
 WWW.BETTERAUTOCARE.COM
 *COMPLETE FOREIGN & DOMESTIC REPAIRS
 *MANUFACTURER DIAGNOSTIC CAPABILITIES
 *AUTHORIZED N.J. STATE INSPECTION & EMISSIONS REPAIR FACILITY
 ASE
 Authorized Repair Facility
 Owners: Ben & Eli Felner
 700 Colfax Ave Kenilworth, NJ 07033 908-245-6577 Fax 908-245-4851

TWINS MASONRY LLC
 BRICK PAVERS
 STEPS • PATIOS • GARAGES
 ADDITIONS • ETC.
 FULLY INSURED
Mike Firetto
 ALL TYPES OF MASONRY WORK 908-354-2304
 908-451-8390
 WWW.TWINSMASONRY.COM

KENILWORTH BODY AND FENDER
 Scott Paulson
 General Manager
 24 Hr. Towing Service
(908) 687-8653
 Accepted by ALL Major Insurance Companies
 636 North Michigan Ave. LIC. NO. 01156A
 Kenilworth, NJ 07033 Fax: (908) 687-6417

A.T.D. DANCENTER
 Old School Values,
 New School Technique...Since 1982
 • Family Dance Center
 • Adult Certified & Caring Faculty
 • Positive & Fun Atmosphere
 • Newest Techniques
 • Large Boys Program
 • Performing Teams
 • Dance Camp
 • Recreational - Advanced Classes
 • Ages 3 & Up
 • 28 Years of Excellence
 Bring This Ad to Receive Discount
 VISA
 JOIN US FOR OUR "2009-2010 Dance Season"
 In Person Registration August 26th & 27th from 6:00-8:00pm
 September 2nd, 3rd, 8th, 9th & 10th from 6:00-8:00pm
 Classes Fill Up Quickly - Please Register Early
 Register by September 1st and receive a 10% discount off your first dancewear purchase.
 Register a friend by September 12th and you both receive a \$28.00 savings on May 2010 tuition
 (new students only and both must be registered for the entire 2009/2010 dance season)
 Classes Begin SATURDAY, SEPTEMBER 12th
 969 Stuyvesant Avenue, Union, NJ 07083
 908-688-8822 / www.atddancenter.com

The Perfect Party!
 Our 4-star chefs will prepare you delicious, elegant, affordable cuisine
 Beautiful Banquet Rooms For All Occasions • Fully Equipped Corporate Meeting Rooms • Hotel Accommodations
 Aliperti's Catering at 3 convenient locations
 Accommodations 30 to 350 • Full service off-premises catering also available at your location
 YA GRAN CENTURIONS Premier Banquet Facilities for Over 40 Years
 440 Madison Hill Rd, Clark, NJ 07066 732-382-1664 • thegrancenturions.com
 Aliperti's RESTAURANT 1189 Raritan Rd, Clark, NJ 07066 732-381-2300 • alipertisrestaurant.com
 The Kenilworth Innes Hotel and Banquet Facility
 60 South 31st St, Kenilworth, NJ 07033 908-241-3030 • kenilworthinn.com



(above) Liam Fernandez, 8 months old, introduced himself to Mayor Fiamingo.



(above) Detective Jim Grady, Police Chief Bill Dowd, homeowner Pat McEvoy organizer of the Cross Street Block Party, and neighbors Rich and Louise Casale

2009

2008



(above) Councilman Fred Pugliese visits with neighbors Domenica Cuppari, and Jerry and Frances Cullari.



(above left) Cristina Licata pictured with her Nonna Lola Comrci, was the youngest First Night Out attendee, as was her cousin Michael Silverio pictured with his Nonna Lola at last year's event (right).

SAVE MORE WITH ONLY 3 1/2% SALES TAX

An Elizabeth Tradition since 1949

CELEBRATING OUR 59TH YEAR
JACOBSON'S
 DISTRIBUTING COMPANY

725 Rahway Ave - Elizabeth - 354-8533
 Open Mon. & Thurs. 10 am 'Til 8 pm; Tues., Wed. & Fri. 10 am 'Til 6pm;
 Open Saturday 10 am 'Til 5 pm; closed Sunday's

BIG SAVINGS IN OUR BEDDING DEPARTMENT

We Accept: **CASH**

 and Personal Checks

APPLIANCES • BEDDING • ELECTRONICS • AUDIO & VISUAL

Not responsible for typographical errors. Bring us your best deal from any authorized dealer and we will gladly beat their offer on any item we carry.

WE CARRY A FULL SELECTION OF GAS GRILLS FROM FAMOUS MAKERS SUCH AS WEBER, DUCANE, DCS AND LYNX
WE ALSO CARRY BEDDING, REFRIGERATORS, WASHERS, DRYERS, RANGES, BIG SCREEN TV'S AND DISHWASHERS.

Free assembly on gas grills.

Free Delivery

\$25 OFF FOR KENILWORTH RESIDENTS & BUSINESSES

Free Delivery

ONE PER CUSTOMER. CAN NOT BE COMBINED WITH ANY OTHER OFFER. MINIMUM PURCHASE OF \$299.00. MUST PRESENT THIS COUPON AT TIME OF PURCHASE. OFFER EXPIRES 9/7/09.

HEART ASSOCIATION OFFERS RECIPE FOR HEART-HEALTHY DESSERT

A healthy diet is one of the best weapons in the fight against cardiovascular disease, the nation's No. 1 leading cause of death. Food choices (and the amount) can affect controllable risk factors such as cholesterol, blood pressure, diabetes and weight. Nutrient-rich foods — which have vitamins, minerals, fiber and other nutrients—are lower in calories over nutrient-poor foods. A diet rich in vegetables, fruits, whole-grain and high-fiber foods, fish, lean protein and fat-free or low-fat dairy products is the key to maintaining a heart-healthy diet.

The American Heart Association recommends 8 to 10 servings of fruits and vegetables each day for adults. One serving is equivalent to a medium-size piece of fruit, a half cup of fruit

juice or a half to one cup of cooked fresh vegetables. Fruits and vegetables provide vitamins, minerals and fiber with few calories. They are also low in fat and sodium and do not contain cholesterol.

The summer is an opportune time to take advantage of fresh produce and begin incorporating fruits and vegetables in meals, snacks and even desserts. The American Heart Association offers a recipe for a tasty, heart-healthy summer berry meringue dessert.

To learn more about American Heart Month, the American Heart Association or how to make a donation, visit www.americanheart.org or 1-800-AHA-USA1.

BERRY-TOPPED PUDDING PIE IN MERINGUE-NUT CRUST

Recipe courtesy Alton Brown

Serves 8; 1 slice per serving

Ingredients

Canola or corn oil for pie pan

2 large egg whites

1/2 teaspoon vanilla extract

1/8 teaspoon cream of tartar

1/8 teaspoon salt

1/2 cup sugar

3/4 cup walnuts or pecans, finely chopped

1 small package fat-free, sugar-free instant lemon or vanilla pudding mix, prepared with 2 cups cold fat-free milk

12 ounces fresh berries or other fruit, sliced if needed

1/2 cup fat-free frozen whipped topping, thawed (optional)

Directions

Preheat the oven to 300°F. Pour a small amount of oil onto a paper towel and lightly wipe the bottom and side of an 8- or 9-inch pie pan.

In a large mixing bowl, using an electric mixer, beat the egg whites, vanilla, cream of tartar, and salt on medium speed until foamy. With the mixer still running, gradually add the sugar in a slow steady stream, until stiff peaks form. (The peaks shouldn't fold over when the beater is lifted.) Very gently fold in 1/2 cup of the nuts.

Using a flexible spatula or rubber scraper, spread the meringue over the bottom and up the side of the pie pan and onto the lip of the pan, but not over the edge of the pan. Sprinkle the bottom the pan with the remaining nuts.

Bake for 50 minutes or until the meringue is firm and lightly browned. Transfer to a cooling rack and let cool completely, at least 2 hours.

Using the package directions, prepare the pudding. Spread over the cooled crust. Arrange the fruit decoratively over the pudding. Top with the whipped topping.

Note: In warm weather, meringues will get gummy after a few days, so it's best to serve this dessert within 24 hours.

Nutrition analysis (per serving): 169 calories, 6.5g fat, 0.5g saturated fat, 4.5g polyunsaturated fat, 1.0 g monounsaturated fat, 0.0g trans fat, 1 mg cholesterol, 223 mg sodium, 25 g carbohydrates, 18g sugar, 3 g fiber, 5 g protein.

This recipe is brought to you by the American Heart Association's Face The Fats program. Recipe copyright © 2007 by the American Heart Association. Look for other delicious recipes in American Heart Association cookbooks, available from booksellers everywhere.



NEW CUSTOMER SPECIAL!

\$1.79 Most Garments Dry Cleaned/Pressed

Excludes home goods/specialty items must pre-pay. Cash only. New customers only.

As an added bonus we are Organic Cleaners

DRY CLEANING SUPERSTORE

Open 7 Days, 7 am - 8 pm

908-686-9300

2480 Rt. 22 E., Kenilworth, NJ



Mother Foy says "I'll take care of your things as if they are my own."



- Serving New Jersey Since 1976
- Private rooms from lockers to 10'x30' and larger
- Open 7 days a week
- Climate Controlled and Drive Up
- All rooms individually alarmed



Use our truck **FREE** to move in!

CLARK, NJ
360 Central Ave
732-680-1010

KENILWORTH
750 Boulevard
908-259-1020

50% OFF 1st Three Months

*Some restrictions may apply. Not to be combined with other offers. Not valid on prior purchases. Expires 12/31/09

www.accessselfstorage.com

Let Us Remove, Install Or Test Your Oil Tank!



(908) 964-2717

180 Market Street, Kenilworth, NJ



Serving Union County for Over 30 Years!

www.oiltanksolutions.com

\$100 OFF

Any Underground Oil Tank Removal

Must Present Coupon At Signing Of Contract With Coupon Only. Coupons May Not Be Combined With Any Other Offer. Expires 8/31/09.

\$75 OFF

Any Oil Tank Installation

Must Present Coupon At Signing Of Contract With Coupon Only. Coupons May Not Be Combined With Any Other Offer. Expires 8/31/09.

\$50 OFF

Any Complete Soil Sampling Analysis

Must Present Coupon At Signing Of Contract With Coupon Only. Coupons May Not Be Combined With Any Other Offer. Expires 8/31/09.

STAFFORD

PLUMBING & HEATING



Jim Stafford
NJ State Lic. No. 5162

908-241-7067

230 Faitoute Avenue
Kenilworth, NJ 07033