

OUR TOWN

RAHWAY'S HOMETOWN NEWSPAPER

FREE

The Voice of the Rahway Chamber of Commerce.

Issue 30 • November 2012

NEXT CHAMBER MEETING

Thursday
NOVEMBER 15
from 8:30am
till 9:30am
THE LAFAYETTE LODGE,
1550 Irving St.
SPECIAL GUEST SPEAKER
MAYOR RICK PROCTOR
PLUS
INFO. ON "HURRICANE
SANDY RECOVERY LOANS"

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FEMA DISASTER INFO COURTESY OF CHAMBER OF COMMERCE

This information was shared with us and we wanted to pass it along to the businesses and residents of Rahway.

Governor Chris Christie recently invited small business owners across New Jersey to join Federal Emergency Management Agency (FEMA), US Small Business Administration (SBA), NJ Economic Development Authority (EDA) and NJ Business Action Center senior officials for a special conference call on government programs aimed at business recovery. Officials provided updates and answered questions about assistance and support to states affected by the aftermath of the storm.

Governor Christie has also announced that FEMA has extended disaster assistance for New Jersey residents and businesses in all 21 counties. Registration is available online at www.disasterassistance.gov, by web-enabled mobile device at m.fema.gov or by calling 800-621-FEMA(3362) or 800-462-7585 (TTY) for the hearing and speech impaired. The NJ Business Action Center has also introduced additional offerings for impacted businesses through emergency loans and repair of property. Visit their website, or call 866-534-7789 for details. The NJ Economic Development Authority (EDA), the Union County Economic Development Co., and the US Small Business Administration have loan programs available and are accepting applications now.



*(above) Hurricane Sandy toppled many trees in Rahway like this one photographed by Clea Carchia.
(See more of Clea's photos on pages 12 and 13.)*

Also, if you are a self-employed business owner, you may qualify for special Disaster Unemployment Assistance. Employees at companies that are shut down or without power may qualify for regular unemployment benefits.

– Warm regards, The Rahway Chamber of Commerce

UCEDC OFFERS STORM RECOVERY LOANS FOR IMPACTED BUSINESSES

Fast turn-around for storm recovery loans

In response to the devastation facing small businesses in the aftermath of Hurricane Sandy, the Union County Economic Development Corporation is now prepared to expedite loan applications of up to \$15,000 to meet the post-storm recovery needs of small businesses.

The Union County Economic Development Corporation is committed to providing small business owners with a decision within two weeks of receiving a completed application. The loans carry no prepayment penalty, so you

can pay off your balance with insurance proceeds if you choose to do so.

For larger capital needs, the UCEDC continues to offer loans up to \$250,000 with conventional processing periods.

Those interested in applying for these programs, should call today at 908-527-1166 to speak with UCEDC loan officers – the offices are open and ready for your call. UCEDC is located at 75 Chestnut Street, Cranford, NJ 07016-2937.

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Our Town is published by Renna Media in coordination with the Rahway Chamber of Commerce.

Four thousand papers are printed monthly and mailed free to every Rahway business as well as distributed free at the Rahway Public Library and other distribution sites throughout Rahway.

Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

RAHWAY CHAMBER OF COMMERCE

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CITY OF RAHWAY

1 City Hall Plaza, Rahway, NJ 07065

www.cityofrahway.com

Mayor: Richard Proctor

732-827-2009

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Given the upsets to our town created by Hurricane Sandy, I'm forgoing my November message. I've asked Mayor Rick Proctor to provide us with a message from him to our community. Bob Markey-President, Rahway Chamber of Commerce

Bob Markey, can be reached by calling 732-388-1765, by email at BobMarkey@StrikerRealty.com, or by mail at PO Box #277, Rahway, NJ 07065

www.rahwaychamberofcommerce.com



Message from the Mayor

Although the City began storm preparations five days in advance of the storm, the City of Rahway suffered extensive damage from Hurricane Sandy. Fallen trees and branches destroyed much of the electrical distribution system, blocking roads and damaging homes. Storm surge overtopped the downtown levy - flooding Dock Street, City Hall Complex and the lower Main Street areas. The storm surge also flooded large areas east of the Rahway River that traditionally do not flood.

As the storm subsided - three priorities emerged as dominant concerns: public safety, debris removal and restoration of power. A night time curfew was imposed to due to the danger posed by debris and downed wires on darkened streets. City employees began working as quickly as possible to clear debris and trees from homes and roadways. This work was essential for PSE&G to gain access to power lines and restore power. The Office of Emergency Management and I were in constant communication with PSE&G representatives to monitor restoration efforts and identify priority power needs. Although progress is being made there remain areas within the City without power. At this time, PSE&G estimates that 95% of the city will be restored by Friday November 9th. If you continue to experience power disruptions we have been advised that you should immediately call PSE&G at (800) 436-7734.

Individuals and businesses throughout the city suffered losses from power outages and storm damage. Federal Emergency Management Agency (FEMA) and Small Business Administration (SBA) officials are available for every Rahway resident and small business affected by the impact of Hurricane Sandy. Representatives of these agencies have already canvassed the city and are available to process claims. I urge anyone contemplating applying for assistance to call FEMA at (800) 621-3362 or visit their website at www.FEMA.gov and register immediately. Obtaining a prior registration number will absolutely facilitate your application while you meet with these federal representatives. New Jersey's Business Action Center (BAC) is another resource for business owners. Technical and financial assistance is available for impacted businesses on every aspect of recovery and in maintaining continuity of business. BAC can be reached at (866) 534-7789 or their website www.newjerseybusiness.gov.

The City of Rahway understands the impact and devastation of Hurricane Sandy and as a community we must remain resilient. There is no greater priority than to restore our homes and businesses and continue to build a stronger Rahway. These are incredibly difficult times but we will continue to work tirelessly until the city returns to normal. If I can be of assistance, I can be contacted at 732 827 2009.

Mayor Rick Proctor



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EBENEZER CHURCH FREE TUTORING

A new partnership has begun between the Sons of Allen of Ebenezer A.M.E. Church in Rahway and the Rahway Public School System. Ebenezer Church holds fast to the quote from the United Negro College Fund which says that "A mind is a terrible thing to waste." The Ebenezer Church is thankful for an opportunity to encourage the academic excellence of our youth and to support their families in the educational process.

Parents are invited to send or bring their children to Ebenezer on Tuesdays and Thursdays from 3:15 to 5:15 PM for free tutoring with current and former certified teachers from our community.

In addition to the Tutoring Program, The Sons of Allen organization has a Young Men's Mentoring program which meets every other Saturday. This program is free and open to men from the greater Rahway Community.

The church is located at 253 Central Avenue in Rahway. For additional information call the church at 732-382-0541.

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HURRICANE RELIEF DRIVE

Submitted by Madison Elementary School



Pictured are students from Madison Elementary School in Rahway sorting clothing donated by students for their annual winter coat drive. But since Sandy, we have now turned it into our Hurricane Relief Drive. We stress character education at Madison School. We want to be strong and show our community what Madison School is made of. That is why we are continuing with the clothing, coats and blanket drive. The holiday food drive will be ongoing and we are collecting toys that will be donated to the "Toys for Tots" campaign. So again, many people throughout our state need our help. Please help the many needy families who lost everything by contributing to our relief drive.

We, at Madison School, are asking people to open their hearts and donate to our Hurricane Relief Drive. Again, we are collecting food, clothing, coats, scarves, hats, gloves, and blankets, and we are collecting new, unwrapped toys for the "Toys for Tots." This time of year should be a joyous time for all, yet so many people are suffering. We are asking everyone at Madison School and our community of Rahway to please help.

RAHWAY SENIOR CENTER

If you would like to get a copy of our latest newsletter or more information about any Senior programs please call 732-827-2016.

SENIOR TRIP TO HUNTERDON HILLS PLAYHOUSE NOV 29

The Rahway Division of Senior Services is sponsoring a trip to Hunterdon Hills Playhouse, Hampton, NJ on Thursday, November 29, 2012. The trip is \$75.00 per person with no refunds after Thursday, November 9, 2012.

Trip includes bus transportation, lunch and the musical show, A Playhouse Christmas.

The bus will leave from the Rahway Senior Center at 10:00 a.m. and depart from Hunterdon Hill's at approximately 3:30 p.m. For more information please call 732-827-2016.

SENIOR CLUB SCHEDULE

Come join a club at the Rahway Senior Center starting in September. The meeting schedule for the clubs follows:

Rahway Retired Men's Club

Meets every Monday at 1 PM

Merck Retirees

Meets 1st Tuesday of each month at 1 PM.

Ladies Golden Age Club

Meets every Wednesday at 12:15 PM

A.A.R.P. Chapter #607

Meets 2nd Thursday of the month at 12 Noon

Union County Minority Task Force

Meets 1st Friday bi-monthly at 12 Noon

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Rahway Public Library November 2012 Events

FRIENDS OF THE LIBRARY MEETING:

All are welcome to attend.
Thursday, November 8 at 7:00 pm

READER'S CIRCLE BOOK GROUP:

This month's title: *"The Widow's War"*
Wednesday, November 14 at 2:00 pm

TEEN EVENTS

TEEN MOVIE: Dark Shadows:

All are welcome to attend.
Monday, November 19 at 6:30 pm

WEBQUEST: Online scavenger hunt

Prize is a \$10 Barnes and Noble gift card.
Check our website for details www.rahwaylibrary.org

CHILDREN'S EVENTS

TODDLER TIME:

Story, Craft, and Playtime. No registration required.
Tuesdays, November 13 and 20 at 10:30 am

TODDLER TIME-TEDDY BEARS PICNIC:

Teddy bear themed story and craft
Tuesday, November 6 at 10:30 am

ALL DAY DROP-IN CRAFT: ELECTION DAY

Tuesday, November 6 all day

"SCHOOL'S OUT" MOVIE: Call for Title

Wednesday, November 7 at 2:00 pm

"DREAM CATCHERS" ART AND STORY:

Wednesday, November 7 at 6:30 pm

SCARECROW STORY TIME AND BOOK BINGO:

Thursday, November 8 at 6:30 pm

TURKEY TIME STORY AND CRAFT:

Thursday, November 15 at 4:00 pm and 6:30 pm

ALL DAY DROP-IN CRAFT: THANKSGIVING

Saturday, November 17 all day

BOARD GAME BLAST:

Friday, November 23 1:30-3:00 pm

Less BEDROOM, More COMMUNITY

Submitted by Colin Gittens, President of the Friends of the Rahway Public Library.



Colin Gittens

Since at least the renovation of the train station in 1999, Rahway has been reimagined as community quite different from that of its historic past. Once a blue-collar community where people lived, worked, and shopped in relative proximity, Rahway had to change as manufacturing jobs took flight and downtown took a downturn.

With Rahway's rail access, it was perhaps inevitable that the city would be seen as an ideal bedroom community. And over the past several years, the city has grown into that vision, with new, dense constructions of apartments in the downtown area and beyond, geared to those commuting into New York.

To me, the phrase "bedroom community" has a slightly disparaging quality about it, suggesting that residents of these places do little more than crash in their apartment at the end of an exhausting day, rarely to be seen. For some, that may well be true. As someone who does that commute into New York, I understand how taxing that daily grind can be. For others, living in a bedroom community is no different than any other domestic arrangement.

If you have moved to Rahway largely for the convenient commute, I am fairly confident that is working out for you, despite the occasional inconveniences of NJ Transit.

And if you have been spending more time in your apartment than you'd like—whether

because of work-related time limitations, exhaustion, or simply because you have yet to get out and meet folks—may I offer you a counterintuitive suggestion?

Instead of going home and staying in, why not carve out time, push through tiredness, and join the community at large? There are many worthy volunteer opportunities here in town, as well as civic organizations and social events. A community requires the involvement of individuals, and this community wants you. Even if you hadn't planned to stay in the area long term, put down some roots—you may be surprised by the friends you make, the new interests you acquire, and the satisfaction you obtain through this new involvement.

Postscript

I wrote this column prior to Superstorm Sandy. After living through that, and experiencing the increased fellowship and neighborliness brought about by the storm's aftermath, I am more certain than ever of the importance of making connections among ourselves here in our community and beyond.

FAREWELL, PATTI

A long-time member of the Rahway Public Library community, Patti McIntosh, recently resigned from the library to begin a new chapter of her life in a new state. Patti served as a reference librarian for more than 30 years and was the library's liaison to the Friends' group. Through her long involvement, Patti became a pillar of this community as well as a dear friend to many. She will be sorely missed.

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LEAVES, LEAVES, LEAVES!

After learning about why leaves change colors in the Fall, students in Ms. Richert's 2nd grade class at Franklin school in Rahway read the story "Leaf Man" by Lois Ehleft. Students created their own pictures out of leaves.



(above, l-r) Caleb Santos, Francisco Gonzalez, Katrina Young.



IT'S TIME TO PLANT FOR SPRING

A glorious bed of spring bulbs brightens gardens like little else can; well worth the time and energy you put into it now.

Leading the pack are the showstoppers, tulips and daffodils, followed by a long list of spectacular flowers: crocus, snowdrops, muscari and allium to name a few. By planting clusters of different blubs around your garden you will enjoy flowers for weeks.

Daffodils and tulips have hybrids that bloom at slightly different times: early, mid or late spring. The time is listed on the package or in the catalog. You can easily prolong the blooming period by planting some of all three. For nice punches of color avoid blending all three together. For example, I plant separate clusters, 13 early bloomers, then a splash of 19 late and a bed of 17 mid-blooming bulbs. As the first bed fades away, eyes are drawn to the mid and then the late blooming bulbs. Another Japanese technique is to plant odd numbers of bulbs. It flows more naturally on the eye. Landscapers do this with everything from flowers to shrubs.

Tulips and daffodils are planted 6 to 8 inches deep. As you are filling the holes consider planting smaller flowers such as crocus over them around 2 or 3 inches, thereby including an earlier spring display in the same place with the same amount of work.

As with all flowers planting correctly will extend your display for years. Add a handful of



Rahway resident gardener "Extraordinaire" James Keane, has been researching and answering garden questions since 1995.

chopped leaves at the bottom of the hole and sprinkle in some bone meal for a strong root system. Watering your blubs encourages them establish before the ground freezes.

If you love to herald the end of winter, plant snowdrops by your front door. A small simple white flower, snowdrops are the first to bloom in the spring. They even go dormant if it snows and then bounce back as good as new. The snowdrop blubs I planted twenty years ago still bloom strong every March. I love that.

Happy Gardening.

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RAHWAY MARCHING INDIANS WIN WITH “THE RAINFOREST” PERFORMANCES

The Rahway High School Marching Band recently finished several busy weeks of rehearsals and competitive performances of their 2012 production “The Rainforest,” by Bryan Harmsen, which celebrates birds and other rainforest wildlife. On Sunday, October 7th, the marching band took first place out of four local bands at a USBands sanctioned competition held at JP Stevens High School. The band also took special awards for best music and best effect.

On Saturday, October 13th, the Rahway High School Marching Band took part in a large competition held at MetLife Stadium, the football home of the New York Giants and Jets. Sponsored by the USBands Association, 49 bands of the best bands in the tri-state area competed in performance throughout the day. Within their category of 10 different bands, an excited Rahway Band finished in 3rd place.

On October 20th, at the 31st annual South Plainfield Marching Band Festival, the Marching Indians were second in Group 3A. Their performance also earned for Rahway the Best Music award for “The Rainforest.”

Band Director, Robert Van Wyk states “We couldn’t be prouder of our Rahway band. Their hard work throughout the summer and the fall is being recognized through these successes. Our marching band’s achievement is truly a combined effort of our talented and dedicated students, parents and teaching staff. This year has been even more of a challenge as we have been living out of a small gym while we are waiting the completion of our new performing arts wing. Our organization has met every challenge with patience, cooperation, hard work and pride. I am so excited to see what is ahead.”



(above) The Rahway High School Marching Band taking the field at MetLife Stadium, Drum Majors, Morgan Farrar, Emily Gottlick and members of the Rahway High School Percussion (Zachary Woolley, Kelly Porr and Cesar Gamarra)

RAHWAY FRESHMAN TRUMPETER NAMED TO HONORS JAZZ ENSEMBLE

Rahway High School offers congratulations to freshmen trumpeter, Phillip Schroeder for successfully auditioning into the N.J. Region II Jazz Ensemble. Phillip was chosen as one of five trumpet players to comprise the honors jazz ensemble, and also one of only three freshmen to be selected.

The N.J. Region II Jazz Ensemble will perform in concert on April 22, 2013 (3 p.m.) at Princeton High School.



(above) Rahway High School sophomore trumpet player, Phillip Schroeder will be performing as a member of the 2012 New Jersey All State Jazz Ensemble in Atlantic City and NJPAC in November.

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HIGH SCHOOL STUDENTS DECORATED DOWNTOWN RAHWAY WINDOWS FOR HALLOWEEN



(left & above) Union County Performing Arts Center is the venue for two views of a team of Rahway High School student painters, Kayla Roberts, Danyel Labaut, Kenya Sumpter, and Marvin Jones.

Early in October, Rahway High School students in Mrs. JoAnne Campanelli's art classes design and paint murals on downtown Rahway stores and other institutions.



(above) Shemeka Tennant studies her pumpkin/skeleton mural at Rahway Library.

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RAHWAY RECREATION CENTER WELCOMES NOW & ZEN NEW HOLISTIC SPACE FOR YOGA AND WELLNESS

The City of Rahway, Department of Parks and Recreation announces the opening of Now & Zen, a new, dedicated yoga and wellness studio inside the Recreation Center. Formerly a multi-purpose art and ceramics room, the space has been retro-fitted with carpeting, room darkening shades, soft lighting, music and décor to inspire contemplation, centering and positive energy.

“The arts and ceramics classes have been relocated to another room in the building, allowing us to repurpose the space with a focus on the healing arts,” said Recreation director Andrea Zapic.

The following classes are currently scheduled:

• YOGA/QI GONG

This class includes basic yoga pose and practice of Qigong - rhythmic breathing coordinated with slow, stylized repetition of fluid movement, and a calm, mindful state.

• MY PERFECT BODY with MELT Method

An integrative approach to Health & Fitness which incorporates yoga, Pilates, and ballet plus MELT method to strengthen all areas of your body and get rid of stiffness, irritation and aches.

• TAI CHI CHUAN – TAIJI FOR HEALTH

This class focuses on health cultivation and provides relaxing, pleasant and good humored instruction in movement, mechanics, and meditation for people of all ages. Taiji for health provides stress relief and stabilizes and enhances vitality while improving balance, flexibility, muscle strength and physical grace. This program is appropriate for most fitness

• BLISS YOGA FLOW

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Clea Carchia is a graphic/website designer and photographer living and working in Rahway, NJ.

Her website is: ChameleonDesignHouse.com, she can be reached at - INFO@CLEACARCHIA.COM



RAHWAY CHAMBER OF COMMERCE MEMBERSHIP DRIVE

Don't be surprised if sometime, somewhere, someplace when you least expect it, someone steps up to you and says, "Hey! Would you like to join the Rahway Chamber of Commerce?"

Over the next several weeks, RCC officers and trustees will be out hitting the pavement, visiting businesses all over town, inviting owners and managers to join the organization.

*As a special promotion, any business
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RAHWAY HALLOWEEN ZOMBIE BAR CRAWL

(right) Organizers Patrick Marri and Kirsten Marri.

What better way to celebrate Halloween than with a Zombie Bar Crawl. The event was organized by Patrick Marri and Kirsten Marri to promote Rahway and have fun. Pat and Kris reached out to restaurants and bars who were all too happy to patriciate. They then invited friends to join in and spread the word through Facebook for anyone who wanted to express themselves as an undead, decaying brain eater. A countless number of very creative folks gathered and followed the plan to visit all the stops. Revelers were picked up along the way and the crowd grew as the evening progressed. The evening featured vitis to the following Zombie Friendly Establishments:

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1482 Main Street, Rahway, NJ

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1453 Main St, Rahway, NJ

The Railhouse 1449

1449 Irving St, Rahway, NJ

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*Photos of this
and other events
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www.OurTownRahway.com

*(left) Joe Renna gets makeup by students
Sarah and Tyler from Capri Institute.*

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SNAPSHOTS FROM SCHOOL



(left) Students in Mrs. Harris' Pre K class in Roosevelt School, Rahway, learned about fire safety through stories, videos, books about visiting fire stations, and dramatic play with puppets and a model fire truck.

(right) Pre-K students in Mrs. Harris' class in Roosevelt School, Rahway, created their own All About Me Books. The book covers included the student's self portrait, and inside the students shared information about their families and birthdays.





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RAHWAY'S FALL FISHING FLEA MARKET 11/17

On Saturday, November 17, 2012 the Rahway Fall Fishing Flea Market will celebrate their 16th year at St. Thomas Church Hall located at 1400 St. Georges Ave., Rahway, NJ. A wide variety of salt and fresh water fishing tackle will be on display for anglers looking for great buys. New, used, antique, custom fishing and boating items will be available to all. Door prizes will be given away every half hour which include-rods, reels, tackle and much more. Food and refreshments are sponsored by St. Thomas Holy Name Society. Show hours are 9 a.m. to 2 p.m. Admission price is \$4.00 per adult, children 12 and under are free. For show or vendor information go to www.fishingfleamarkets.com or call 732-381-2165.

**FLEA MARKET
SATURDAY
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9 am - 3 pm
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RAHWAY CELEBRATES 32ND ANNUAL TREE LIGHTING HOSTS SANTA'S WORKSHOP MARKET AND WINTER WONDERLAND FRIDAY EVENING, NOVEMBER 23

On Friday evening, November 23, the City of Rahway will celebrate its 32nd Annual Tree Lighting and Holiday Festival. In addition to outdoor performances by the Rahway High School Band and Chorus, Santa will arrive by fire truck and then light the tree on City Hall Plaza.

This year, in cooperation with the Rahway Chamber of Commerce, the festival will also include a Winter Wonderland and Santa's Workshop from 5 – 9 pm inside the Recreation Center. In addition to a vendor's market featuring Rahway businesses and Chamber members, there will be music, entertainment, a bounce house, crafts and other activities for children and their families to take part in. Santa will be available for take-your-own photos after the Tree Lighting.

All Rahway businesses, including residents with home-based businesses, and Rahway Chamber members are eligible to participate. The Recreation Center will provide a space of approximately 10', including one 8' table and two chairs and access to electricity if it is needed. Businesses may display, sample or sell as they please. (Those selling food items must comply with Health Department regulations. An information packet is available on request.) There is a \$10 fee to participate and space is limited but still available at press time.

All residents are invited to kick off the season with an evening of free family fun, showcasing all that Rahway has to offer. "Think Rahway First" and shop locally for the holidays!

For more information contact the Recreation Center office at 732-669-3600.

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YMCA OF EASTERN UNION COUNTY IS HELPING PEOPLE MAKE CHANGE TODAY FOR A HEALTHIER FUTURE WITH THE YMCA'S DIABETES PREVENTION PROGRAM

November is National Diabetes Awareness Month, and the YMCA of Eastern Union County is helping residents of Avenel, Carteret, Colonia, Elizabeth, Hillside, Kenilworth, Linden, Rahway, Roselle, Roselle Park, Union, Vauxhall, and Winfield Park cut their risk of developing type 2 diabetes through the YMCA's Diabetes Prevention Program. This innovative program teaches people to make lifestyle changes that lead to greater health. Throughout November, the YMCA of Eastern Union County will be raising awareness of the risks of developing type 2 diabetes and how intervention can help reduce your risk.

One of our class participants, "Julie", provided feedback stating that "participating in the program has helped her make lifestyle changes that have increased her energy level and supported her to make changes in portion size and physical activity".

The YMCA of Eastern Union County will be recognizing National Diabetes Awareness and Prevention Month with lectures, workshops and screenings which support you to stay healthy and reduce your risk of developing Type 2 Diabetes. Join us throughout November and beyond to learn and experience how you CAN TAKE CONTROL.

FREE TO THE COMMUNITY

November 12, 7:00 PM,

Five Points Wellness Center,

1000 Galloping Hill Road

The Shocking Truth about Type 2 Diabetes,

Presented by Dr. Robert White

November 13, 6:30 PM

Rahway Branch

1564 Irving Street

You Are in Control: Tips on how to control stress, weight and life for healthy living with diabetes.

Presented by Paula Rovinsky,
Robert Wood Johnson University Hospital,
Rahway

November 19, 6:00 PM

Elizabeth Branch

135 Madison Avenue

Diabetes Control and Prevention

Presented by Dr. Ari Eckman, MD Chief,
Division Endocrinology, Diabetes &
Metabolism, Trinitas, RMC

November 27, 4:00-6:00 PM

Elizabeth Branch

135 Madison Avenue

Free Blood Glucose and Blood Pressure
Screening by Trinitas RMC, Diabetes Staff

For More information or to register
please call or email Alane McCahey
908-249-4806, amccahey@ymcaeuc.org

The YMCA of Eastern Union County is one of 74 Ys nationwide participating in the YMCA's Diabetes Prevention Program, a lifestyle modification program that helps people reduce their risk for type 2 diabetes by helping them learn about eating healthier, increasing physical activity and other behavior changes. The program is part of the Centers for Disease Control and Prevention's National Diabetes Prevention Program, and based on the National Institutes of Health led, CDC supported, Diabetes Prevention Program study that showed losing a moderate amount of weight and increasing physical activity reduces the number of cases of type 2 diabetes by 58 percent.

The YMCA of Eastern Union County is a not-for-profit community service membership organization working to meet the health and social service needs of the children, men and women. Committed to our mission of building healthy lives through programs that strengthen spirits, minds and bodies for people of all ages, religions and cultures, the YMCA serves over 15,000 through four branches located in Elizabeth, Union (Five Points) and Rahway. All of our programs are tools the YMCA uses to achieve its vision of strengthening the foundations of community and to reinforce the YMCA's core values of honesty, caring, respect and responsibility.

"HOLIDAY TOY DRIVE"

Please bring in a new toy for a child, on or before Dec. 15.

Ages newborn through 12 years old.

The gift will be wrapped and given to a needy child
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TRINITAS HOSPITAL

WOMEN'S HEART HEALTH SEMINAR: CARDIAC HEALTH FOR WOMEN

Wed., Nov. 14, 2012, 5:30 pm - 7:00 pm.

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

WORKSHOP: STRESS REDUCTION AND PAIN MANAGEMENT FOR CANCER PATIENTS "USING YOUR HANDS TO HELP YOURSELF"

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

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

OPEN HOUSE ON SLEEP HEALTH:

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

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

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

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



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James Coyle (CEO chamber of Commerce)
Wednesday, November 14, 2012 at 11:30am
at the Solar Manor, Roselle Park, NJ

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• Davis Vision	• Oxford	

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

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REAL ESTATE MARKET SNAPSHOT

There are currently 169 active single family residential listings for Rahway on the MLS. 11 are investment properties under \$100,000, with the lowest price tag being a short sale property: a 2 bedroom, 1 bath ranch which has been on the market for almost a year. There are 22 homes between \$100,000-\$150,000, 35 between \$150,000-\$200,000, 37 ranging from \$200,000-\$250,000 and 32 between \$250,000-\$300,000, 17 properties are in the \$300's and 6 are from \$400,000-\$600,000. A wonderful time to look for your new Rahway home!

In addition, there are 33 multi-family homes

available in Rahway. 7 are investment properties under \$150,000 and the other 26 in the price range of \$155,000 to \$400,000. 12 of these are short sales.

Also, there are 13 commercial/business properties available in Rahway. They have a wide range, from \$250,000-\$1,295,000.

All of the above properties are listed on the local MLS. For a more extensive list of all properties available, or if you need assistance in buying, selling, financing or other real estate solutions, please contact your local Rahway real estate professional Realtor.

Written by Carmen Tyler McLendon, Broker/Branch Manager of Striker Realty, Rahway and Jasmine Leake, performance poet and president of Grey Eyes Publications.

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

WHISKY

Ballantine.....	1.75L.....	\$28.99
Black & White.....	1.75L.....	\$28.99
Buchanan's 12yrs old.....	750ml.....	\$26.99
Canadian Club.....	1.75L.....	\$19.99
Canadian Mist.....	1.75L.....	\$17.99
Chivas Regal.....	750ml.....	\$28.99
Chivas Regal.....	1.75L.....	\$52.99
Chivas Regal 18 yrs old.....	750 ml.....	\$65.99
Clan Macgregor.....	750ml.....	\$11.99
Clan Macgregor.....	1.75L.....	\$19.99
Crown Royal.....	750ml.....	\$23.99
Crown Royal.....	1.75L.....	\$44.99
Cutty Sark.....	1.75L.....	\$28.99
Dewars 12yrs old.....	750ml.....	\$29.97
Dewars 12yrs old.....	1.75L.....	\$49.99
Dewars White Label.....	750 ml.....	\$19.99
Dewars White Label.....	1.75L.....	\$29.99
Famous Grouse.....	750ml.....	\$19.99
Famous Grouse.....	1.75L.....	\$29.99
Gentleman Jack.....	750ml.....	\$27.99
Gentleman Jack.....	1.75L.....	\$49.99
Glenfiddich 12 yrs old.....	750ml.....	\$41.99
Glenlivet 12yrs old.....	750 ml.....	\$36.99
Glenlivet 12yrs old.....	1.75L.....	\$69.99
Grants.....	750ml.....	\$13.99
Grants.....	1.75L.....	\$23.99
Jack Daniels.....	750ml.....	\$22.99
Jack Daniels.....	1.75L.....	\$41.99
Jameson.....	750ml.....	\$25.99
Jim Beam Whisky.....	1.75L.....	\$28.99
John Barr red.....	1.75L.....	\$19.99
Johnnie Walker Red.....	750ml.....	\$19.99
Johnnie Walker Red.....	1.75L.....	\$31.99
Johnnie Walker Black.....	750ml.....	\$31.99
Johnnie Walker Black.....	1.75L.....	\$59.99
Johnnie Walker Double Black.....	750ml.....	\$39.99
Johnnie Walker Gold.....	750ml.....	\$79.99
Johnnie Walker Gold.....	1.75L.....	\$149.99
Johnnie Walker Blue.....	750ml.....	\$169.99
Johnnie Walker Blue.....	1.75L.....	\$399.99
Knob Creek 9 yrs old.....	750ml.....	\$31.99
Macallan 12yrs old.....	750ml.....	\$46.99
Makers Mark.....	750ml.....	\$25.99
Makers Mark.....	1.75L.....	\$47.99
Old Smuggler.....	1.75L.....	\$19.99
Seagrams 7.....	1.75L.....	\$19.99
Seagram V.O.....	1.75L.....	\$20.99

COGNAC & BRANDY

Cardenal Mendoza.....	750ml.....	\$36.99
Courvoisier V.S.....	750ml.....	\$26.99
Courvoisier V.S.....	1.75L.....	\$52.99
E & J V.S. brandy.....	750ml.....	\$ 8.99
E & J V.S. brandy.....	1.75L.....	\$19.99
E & J V.S.O.P. brandy.....	750ml.....	\$10.99
E & J V.S.O.P. brandy.....	1.75L.....	\$20.99
Hennessy V.S.....	750ml.....	\$28.99
Hennessy V.S.....	1.75L.....	\$59.99
Leroux Blackberry.....	750ml.....	\$11.99
Leroux Blackberry.....	1.75L.....	\$19.99
Paul Masson Amber.....	750ml.....	\$10.99
Paul Masson Amber.....	1.75L.....	\$19.99
Remy Martin V.S.O.P.....	750ml.....	\$36.99
Remy Martin V.S.O.P.....	1.75L.....	\$84.99
Remy Martin 1738.....	750ml.....	\$49.99

VODKA

Absolut.....	750ml.....	\$18.99
Absolut.....	1.75L.....	\$29.99
Belvedere Vodka.....	750ml.....	\$27.99
Belvedere Vodka.....	1.75L.....	\$44.99
Ciroc (all types).....	750ml.....	\$29.99
Ciroc (all types).....	75L.....	\$57.99
Finlandia.....	750ml.....	\$15.99
Finlandia.....	75L.....	\$25.99
Fris.....	1.75L.....	\$18.99
Grey Goose (all types).....	750ml.....	\$27.99
Grey Goose (all types).....	1.75L.....	\$49.99
Ketel One.....	750ml.....	\$26.99
Ketel One.....	1.75L.....	\$39.99
Majorska.....	750ml.....	\$ 8.99
Majorska.....	1.75L.....	\$14.95
Pinnacle (all types).....	750ml.....	\$13.99
Pinnacle (all types).....	1.75L.....	\$19.99
Skyy.....	1.75L.....	\$24.99
Smirnoff Vodka 80 proof.....	750ml.....	\$10.99
Smirnoff Vodka 80 proof.....	1.75L.....	\$19.99
Sobieski.....	750ml.....	\$11.99
Sobieski.....	1.75L.....	\$18.99
Soplica.....	750ml.....	\$ 9.99
Soplica.....	1.75L.....	\$18.99
Stolichnaya (all types).....	1.75L.....	\$29.99
Svedka (all types).....	750ml.....	\$11.99
Svedka (all types).....	1.75L.....	\$19.99
Tanqueray Sterling.....	750ml.....	\$22.99
Tanqueray Sterling.....	1.75L.....	\$30.99
Three Olives (all types).....	1L.....	\$22.99
Three Olives (all types).....	1.75L.....	\$25.99
Zyr Vodka.....	750ml.....	\$27.99
Zyr Vodka.....	1.75L.....	\$54.99

CORDIALS

Bailey's Irish Cream.....	750ml.....	\$19.99
Bailey's Irish Cream.....	1.75L.....	\$39.99
Carolans Irish Cream.....	750ml.....	\$10.99
Carolans Irish Cream.....	1.75L.....	\$19.99
Kahlua.....	750ml.....	\$19.99
Kahlua.....	1.75L.....	\$31.99
Licor 43.....	750ml.....	\$19.99
Licor 43.....	1.75L.....	\$39.99
Patron XO Café.....	750ml.....	\$22.99
Patron XO Café.....	1.75L.....	\$47.99
Southern Comfort.....	750ml.....	\$16.99
Southern Comfort.....	1.75L.....	\$26.99

GIN

Beefeater.....	1.75L.....	\$31.99
Bombay Sapphire.....	1.75L.....	\$39.99
Seagram's gin.....	1.75L.....	\$17.99
Tanqueray.....	1.75L.....	\$37.99

RUM

Bacardi Light & Gold.....	750ml.....	\$13.99
Bacardi Light & Gold.....	1.75L.....	\$19.99
Captain Morgan Spiced.....	1.75L.....	\$26.99
Malibu.....	750ml.....	\$16.99
Malibu.....	1.75L.....	\$24.99

TEQUILA

El Jimador Reposado.....	750ml.....	\$19.99
El Jimador Reposado.....	1.75L.....	\$29.99
Jose Cuervo.....	750ml.....	\$19.99
Jose Cuervo.....	1.75L.....	\$32.99
Patron Silver.....	750ml.....	\$39.99
Patron Silver.....	1.75L.....	\$81.99

BEER

Cold and Warm same price		
Becks (12oz) 24pk.....	24pk.....	\$21.99
Budweiser family.....	30pk.....	\$21.99
Budweiser Loose Bottle.....	24pk.....	\$17.99
Coors Lite.....	30pk.....	\$20.99
Coors Lite Loose Bottles.....	24pk.....	\$16.99
Corona/Corona Lite Loose.....	24pk.....	\$25.99
Guinness Pub Cans (14.9oz).....	24pk.....	\$29.99
Heineken/Heineken Lite.....	24pk.....	\$25.99
Miller Lite cans.....	30pk.....	\$21.99
Pilsner Urquell.....	24pk.....	\$27.99
Sam Adams Lager.....	24pk.....	\$26.99
Stella Artois Bottles.....	24pk.....	\$25.99
Yuengling Lager Cans.....	24pk.....	\$16.99



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WINE

Alamos Malbec.....	750ml.....	\$ 7.99	All Types.....	1.5L.....	\$13.99
Andre All Types.....	750ml.....	\$ 5.49	Mark West Pinot Noir.....	750ml.....	\$ 9.99
Apothic Red.....	750ml.....	\$ 9.99	Mark West Pinot Noir.....	1.5L.....	\$18.99
Barefoot All Types.....	1.5L.....	\$10.99	Martini&Rossi Asti.....	750ml.....	\$11.99
Beringer White Zinfandel.....	750ml.....	\$ 5.79	Martini&Rossi Asti.....	1.5 L.....	\$21.99
Beringer White Zinfandel.....	1.5L.....	\$ 8.99	Menage a Trois Red and Rose.....	750ml.....	\$ 9.95
Black Box.....	3L.....	\$21.99	Mezzacorona.....	1.5L.....	\$11.99
Blackstone.....	750ml.....	\$ 8.99	Mi Amore Red.....	750ml.....	\$ 9.99
Blackstone.....	1.5L.....	\$14.99	Moet Imperial Champagne.....	750ml.....	\$36.99
Bolla.....	1.5L.....	\$12.99	Nando Asti.....	750ml.....	\$ 8.99
Campo Viejo Rioja.....	750ml.....	\$ 9.99	Nando Asti.....	1.5L.....	\$15.99
Carlo Rossi (Chablis, Burgundy, Sangria, Blush).....	4L.....	\$12.99	Noble Wine 337, 181, 667.....	750ml.....	\$10.99
Casal Garcia Vinho Verde.....	750ml.....	\$ 5.99	Papi All Types.....	1.5L.....	\$ 9.95
Casillero Del Diablo.....	750ml.....	\$ 8.99	Ravenswood All Types.....	750ml.....	\$ 8.99
Cavit All Types.....	1.5L.....	\$13.99	Real Sangria.....	1.5L.....	\$10.99
Chateau Ste Michelle Columbia Valley Cabernet, Merlot.....	750ml.....	\$12.99	Rex Goliath All Types.....	1.5L.....	\$ 9.99
Chateau Ste. Michelle Columbia Valley Chardonnay.....	750ml.....	\$ 9.95	RM Private Select.....	750ml.....	\$ 9.95
Chateau Ste. Michelle Columbia Valley Riesling.....	750ml.....	\$ 8.99	RM Private Select.....	1.5L.....	\$18.99
Che Gaucho All Types.....	1.5L.....	\$ 7.99	Rodney Strong Sonoma Cabernet & Merlot.....	750ml.....	\$13.95
Clos du Bois Chardonnay.....	750ml.....	\$ 9.99	Rodney Strong Sonoma Chardonnay.....	750ml.....	\$10.99
Clos du Bois Chardonnay.....	1.5 L.....	\$18.99	Ruffino Chianti.....	750ml.....	\$ 8.99
Cockburns Ruby and Tawny Porto.....	750ml.....	\$10.99	Ruffino Chianti.....	1.5 L.....	\$13.99
Concha Y Toro Frontera.....	1.5L.....	\$ 8.99	Ruffinio Chianti Reserva Gold.....	750ml.....	\$27.99
Corbett Canyon.....	1.5L.....	\$ 6.99	Ruffino Pinot Grigio.....	1.5L.....	\$10.99
Cupcake all types.....	750ml.....	\$ 8.99	Ruffino Tan Label.....	750ml.....	\$19.99
Don Perignon.....	750ml.....	\$149.99	Santa Margerita Pinot Grigio.....	750ml.....	\$19.99
Dreaming Tree All Types.....	750ml.....	\$13.99	Simi Chardonnay.....	750ml.....	\$12.99
Estancia Chardonnay.....	750ml.....	\$ 9.99	Sonoma Cutrer Chardonnay.....	750ml.....	\$19.99
Fish Eye All Types.....	1.5L.....	\$ 9.99	Sutter Home Moscato/White Zinf.....	1.5L.....	\$ 8.99
Flip Flop All types.....	1.5L.....	\$ 9.99	Verdi All Flavors.....	750ml.....	\$ 5.99
Franzia 5lt (Crisp White,Blush,Sangria,Chilable red).....	5L.....	\$12.99	Verdi All Flavors.....	1.5 L.....	\$ 7.48
Freixenet.....	750ml.....	\$ 8.99	Woodbridge All Types.....	1.5L.....	\$10.99
Gazela Vinho Verde.....	750ml.....	\$ 4.95	Yago Sangria.....	3L.....	\$13.99
Gato Negro.....	1.5L.....	\$ 8.99	Yellow Tail All Types.....	1.5L.....	\$10.99
Hess Select Chardonnay.....	750ml.....	\$ 9.99	Zonin Pinot Grigio.....	1.5L.....	\$ 9.99
J. Lohr Cabernet and Merlot.....	750ml.....	\$12.99	Zonin Prosecco.....	750ml.....	\$ 8.99
Kendall Jackson Vintners Chardonnay.....	750ml.....	\$11.99			
Korbel All Types except Natural and Organic.....	750ml.....	\$11.99			
La Crema Sonoma Pinot Noir.....	750ml.....	\$17.99			
Liberty Creek All Types.....	1.5L.....	\$ 6.99			
Lindemans All Types.....	1.5L.....	\$ 9.99			
Louis Jadot Beaujolais.....	750ml.....	\$ 8.99			
Louis Jadot Beaujolais Villages.....	750ml.....	\$ 9.95			
Louis Jadot Pouilly Fuisse.....	750ml.....	\$19.99			
Louis Martini Sonoma.....	750ml	\$13.99			
Luna di Luna.....					

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