

# OUR TOWN

RAHWAY'S HOMETOWN NEWSPAPER

**FREE**

The Voice of the Rahway Chamber of Commerce.

Issue 29 • October 2012

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## RAHWAY DANCER EARNS SPOT WITH ALVIN AILEY COMPANY

Daphne Lee, a Rahway High School Class of 2009, was recently appointed to the Alvin Ailey Dance II Company located in New York. As a member of the Alvin Ailey II Company, Daphne will be traveling across the world. Ailey II is universally renowned for merging the spirit and energy of the country's best young dance talent with the passion and creative vision of today's most outstanding emerging choreographers. Alvin Ailey personally appointed former Ailey member, Sylvia Waters, as Artistic Director in 1974. Under her direction, Ailey II has flourished into one of the most popular dance companies in the country, combining a rigorous touring schedule with extensive community outreach programs.

Daphne was also a scholarship student at The Ailey School and a regional gold medal winner in dance for the NAACP ACT-SO competition. She has won summer intensive places to Alvin Ailey and Dance Theatre of Harlem both in New York. Originally from Rahway, NJ, Daphne Lee, 21, began her dance training at the Rahway Dance Theatre under the direction of Ms. Jay Skeete-Lee. A student in the Rahway schools from Madison Elementary through Rahway High School, Daphne has completed her academic courses at Fordham University a year early and will graduate with her class 2013.

### ABOUT RAHWAY DANCE THEATER

Rahway Dance Theatre (RDT) is located at 1439 Irving Street, Rahway, NJ directly across from the train station. Rahway Dance Theatre's mission is to introduce and to educate the local communities about the value of dance in everyday life. RDT has classes for everyone from 3 yrs. to 93 yrs. Students at Rahway Dance Theatre will learn a variety of dance forms e.g. Ballet, Tap, Jazz, Pointe, Hip-Hop, Modern, Afro-Modern and Pas De Deux. For more information on a free class, stop by or call Rahway Dance at 732-388-4242.



(above) Daphne Lee, a Rahway High School Class of 2009, was recently appointed to the Alvin Ailey Dance II Company located in New York.

The Rahway Recreation Center will host  
**4TH ANNUAL TRUNK OR TREAT**  
**Friday, October 26 from 6 – 7:30 pm.**  
Residents are invited to bring their cars to the parking lot behind the Recreation Center, decorate them in grand Halloween style and pop the trunk.  
Children in costume will trick-or-treat from car to car.  
Details about event can be found on page 4.

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# OUR TOWN Rahway

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## Message from the President IT SOMETIME JUST TAKES A TELEPHONE CALL ...

*They Helped Send Lindbergh to the Skies and Al Capone to the Slammer  
But without your volunteer and financial support we are at risk*

My buddies and I were having breakfast last Tuesday at Big Al's on Elizabeth Avenue. It was awkward to drive to Big Al's. Construction barricades that had been put in place before Labor Day at Elizabeth Avenue and West Scott were still up and still detouring northbound traffic.

Big Al's owners, Rahway residents Al and his wife Ching, had been suffering a loss of business for weeks since the construction had begun and were trying to tough it out. Toughing it out in a tough economy ain't easy and the strain showed deeply in the faces of these two hard working people.

I asked Al and Ching how much longer traffic might be diverted. They looked at me with an unknowing look and shook their heads. So I said let me make a call. I called our City Hall and spoke with Director of Community Development Cindy Solomon. I've known Cindy for years and quickly was able to explain how this ongoing hardship had been placed upon Big Al's luncheonette as well as all the other businesses on that section of Elizabeth Avenue. Cindy Solomon told me that she would find out the status of things and get back to me.

About an hour later Cindy called me and said that somehow this situation had gone under

the radar and she was so glad that I had called. Seems that the construction project was undertaken by the City of Linden and that proper notification had not been given to Rahway. Cindy Solomon was upset and said that something would be done very soon to help the plight of the local businesses.

Two days later the barricades came down and Elizabeth Avenue traffic was open in both directions.

*Bob Markey*



Bob Markey, can be reached by calling 732-388-1765,  
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## RAHWAY RECREATION ANNOUNCES 3RD ANNUAL TRUNK OR TREAT

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Calling all ghosts, goblins and things that go bump in the night! The Rahway Recreation Center will host its 4th Annual Trunk or Treat event on Friday, October 26 from 6 – 7:30 pm. Residents are invited to bring their cars to the parking lot behind the Recreation Center, decorate them in grand Halloween style and pop the trunk. Children in costume will trick-or-treat from car to car. For those who can't bring a car but still want to participate, the Recreation Center will gladly provide a table to decorate. Local businesses are welcome and encouraged to participate in this free, fun community event which drew nearly 400 children and families last year. Trophies will be awarded to the best decorated cars and tables.

There will be activities inside the Recreation Center including a haunted house and a Mad Science booth. Children are invited to

participate in a costume parade at 7:30 pm. Trophies for best costume will be awarded in four age groups plus a category for families.

Trunk or Treat is open to Rahway residents only. You don't have to have children to be part of the fun, but if you are bringing trick-or-treaters and not giving out treats, a donation of one bag of wrapped candy is requested.

The event will go on rain or shine. Due to the popularity of this event, pre-registration is required. Forms can be downloaded from the Recreation Center web page at [www.cityofrahway.com/recreation](http://www.cityofrahway.com/recreation) or the Recreation Center or City Facebook page. They may be delivered to the Recreation Center or mailed, faxed to 732-381-7269 or emailed to [azapcic@cityofrahway.com](mailto:azapcic@cityofrahway.com).

For more information or questions, please call the Recreation Center office at 732-669-3600.

## ORGAN CONCERT AT SENIOR CENTER

Ed Alstrom will perform at the next First Thursday Organ Concert that will be held at the Rahway Senior Center, 1306 Esterbrook Avenue on November 1, 2012 at 6:30 p.m.

Ed Alstrom has been the Weekend Organist at Yankee Stadium since 2004 (replacing the venerable Eddie Layton), where he regularly plays for an audience of roughly 50,000 people. He has served several NJ churches as Organist/Choir Director since age 12, and is currently at Church of the Redeemer in Morristown, where he plays the wonderful and historic 1918 J.W. Steere pipe organ each Sunday. Ed is constantly busy with multiple

musical activities, playing piano, organ, guitar, and singing in several groups in the area, playing jazz, rock, pop, and blues. He has performed with Bette Midler, Dion, Eddie Fisher, Ronnie Spector, Darlene Love, Chuck Berry, and many other notables. He has also been a conductor/director and keyboard/guitar player on many Broadway shows.

Come hear Ed play the famous Wurlitzer Theatre Pipe Organ from the New York City Rockefeller Center Rainbow Room. It is sure to be an entertaining evening.

The organ concert is free. Please call (732) 827-2016 for more information.

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(above, l-r) Members of Mrs. Sierra's Honors Spanish III class, from left, Julian Ingram, Aa'mani Dennis, Alexandra Concepcion, Juan Ospina-Garzon, Alexis Martin, Zaniya Joe, and David Garcia with posters celebrating the achievements of Hispanic culture made in honor of Hispanic Heritage Month.

## RAHWAY HIGH CELEBRATES HISPANIC HERITAGE

by Maryjane Finne

In honor of Hispanic Heritage Month classes at Rahway High School have been engaged in activities to learn more about Hispanic cultures and the achievements of American citizens with ancestors from Spain, Mexico, the Caribbean and Central and South America.

Each year, we in the United States observe National Hispanic Heritage Month from September 15 to October 15. The dates were chosen because September 15 is the independence day for Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua, while Mexico's is September 16 and Chile's is September 18. In addition, Columbus Day or Día de la Raza, falls on October 12.

Spanish teachers Senoras Sierra, Lulkoski,

Monteiro, and Senor Peralta have been creating posters and writing reports highlighting the elements of the various cultures and achievements of Hispanic-Americans scientists and politicians. Sra. Lulkoski's Spanish classes will also hold a food festival on October 15.

The school television network, Kudos, led by Lauren Palermo, broadcast morning greetings in Spanish from students whose ancestry included seven different Hispanic nations. The advanced English language learners in Ms. Lagattuta's class, decorated display case with artifacts from Central and South America.

Through the posters, television greetings, and display case, these students have enhanced their own knowledge and helped broaden the awareness of their fellow-students.



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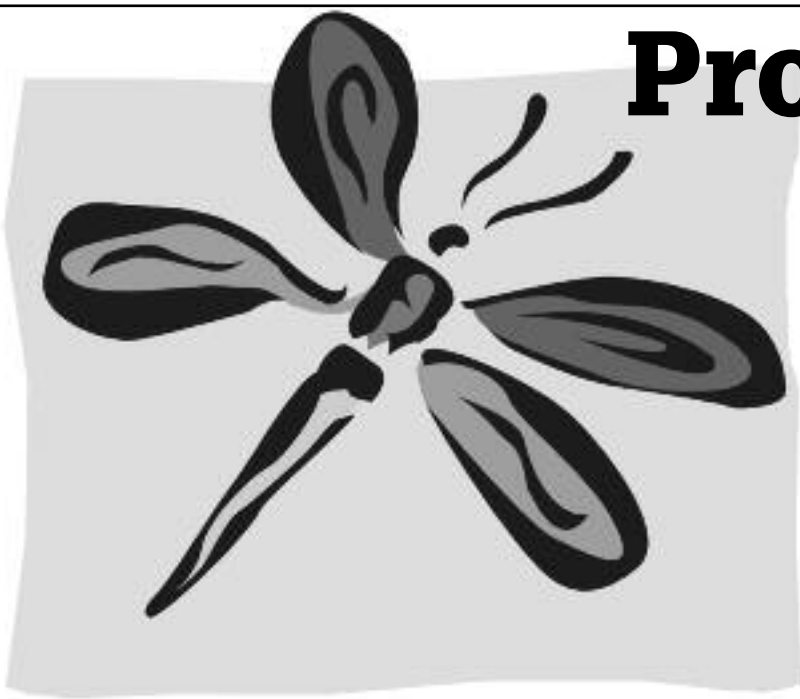
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# POLICE DOG VISITS FRANKLIN SCHOOL

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Officer Buckley and his K9 partner, Dagon, from the Union County Sheriff's Department came to visit the third grade students at Franklin Elementary School in Rahway. Students had recently read the story, "Officer Buckle and Gloria" which stresses the importance of working as a team. Officer Buckley and Dagon demonstrated how they work together to keep the citizens of Union County safe!

*(right, l-r)  
Officer Buckley and Dagon  
with students Joselyn Manzano,  
Amari Saunders, Ashlee Vanpelt,  
Daniel Blakke, Giovanni Philantropo,  
Kaitlyn Nemeth, Gabriella Pavon,  
and Alivia Peterson.*



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## RAHWAY HS WELCOMES PARENTS BACK TO SCHOOL

by Maryjane Finne

On Thursday, September 27, Rahway High School welcomed parents with a chance to experience a day in the life of their son or daughter. Principal John Farinella greeted



(above, l-r) French Club members share their knowledge of French culture and cuisine with parents, while working to raise funds for a future trip. Christian McMillan, Cristal Estrada, Chrishawn Brown, Cesar Gamarra, Camilla Albuquerque, and Kelsey Rogers.

parents in the gym, making them aware of exciting changes taking place this year. Construction under the Referendum Project is proceeding with new science and home economics classes already in use, while music and dance facilities, the auditorium, and more science classrooms will be completed later during this school year.

In addition, Rahway High School was named one of the "Top 10 Most Improved High Schools" by New Jersey Monthly, moving the school to a rank in the middle of New Jersey public high schools. Also, tenth grade students this year will be the first to have the opportunity to join selective "Academies" for Science and Technology, Teaching, or the Arts.

Finally, Rahway has added two more Advanced Placement (AP) courses in French and Spanish. PTO President Sam Weakland also greeted parents and encouraged their participation in the PTO.

After the introductory remarks, parents followed their child's daily schedule, moving from class to class with the help of uniformed Marine Corps Junior R.O.T.C. cadets stationed throughout the building to guide lost parents. Teachers presented the curriculum taught in their classes and had an opportunity to get to know parents. During lunch periods, parents were able to meet with Yearbook representatives and enjoy snacks from the PTO and French Club members stationed in the cafeteria. Like students after a busy day at school, parents ended an evening of learning and building new relationships tired and ready to return home.

## MYSTIC VISION PLAYERS PRESENTS "VANITIES"

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## USING LEAVES IN YOUR GARDEN

At this time of year we are very fortunate to live in an area with spectacular leaf color. We don't have to go far to enjoy it, often looking right out of your own window. A walk at the lake, park or a short drive west towards the mountains will offer views that millions of people travel many miles to enjoy.

As the leaves begin to fall they offer one of the best amendments any gardener can give to his vegetable garden, brown leaf compost. Oak leaves are the very best for this use because they break down the fastest.

There are several ways leaves can easily be used in your own garden. One of the simplest is to chop leaves with a lawn mower and dig them in to the top six inches of your vegetable beds. Over the winter they will continue to break down and by spring planting will add nutrients and texture to you soil.

Whenever I plant I add a few handfuls of

chopped leaves to the soil. As leaves break down they help keep our clay soil loose and are slowly utilized by the plants. This is great when planting daffodils and bulbs we hope to have bloom for many years to come. Both daylilies and roses love soil rich in leaf compost.

There are many more ways leaves can be used to enhance your garden and save money at the same time. Put leaves in plastic bags in a corner of your yard. Some folks put a few holes in the bags to enhance quicker decay. Slugs dislike the acid in oak leaves which make them an excellent mulch for hosta. I also like to sprinkle fine leaves into delicate plants like coreopsis which don't grow well though thicker mulches. If you compost during the growing season, adding layers of chopped brown leaves produces a more balanced mixture. My problem isn't finding ways to use leaf compost; it is not having enough until next autumn.



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

## CAUTION: DEER MATING SEASON

October is deer mating season also known as rutting season. During this month deer dart through woods and often onto roads and highways. Sadly this leads to the most collisions between man and beast during the year, especially at night. Keep your eyes on the road and stay alert to avoid accidents.

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# HIGH SCHOOL OPENS, CELEBRATING ACHIEVEMENTS, LOOKING AHEAD

by Maryjane Finne

Rahway High School began classes this year celebrating a number of accomplishments and aiming to continue in this trajectory to excellence. The September issue of New Jersey Monthly named Rahway High School as one of the top 10 most improved high schools, with its rank moving up 70 places from 2010 to 2012. Advanced Placement (AP) scores increased 38%, and the number of students attaining grades of 3, 4, or 5 doubled over the past two years. (Grades of 3, 4, and 5 are considered passing scores, indicating college level proficiency.) New Jersey State High School Proficiency Assessment (HSPA) scores increased 5.2% in language arts literacy and 8.6% in mathematics, while scores on the state biology exam went up 7.7%. Administrators, teachers, and students have set their sights for this year still higher.

One way of accomplishing these purposes will be the efforts of staff to implement Excellence by Design, the accreditation process for Middle States Association of Colleges and Schools. According to the Middle States organization, Excellence by Design leads schools to establish objectives for improving student performance and organizational capacity based on its vision of a preferred future for its students...In addition, the protocol provides for a continuous review of programs and services and of the results of student performance.

Another major focus last year, the Freshman Transition Initiative, will move to the next stage.

The Freshman Transition Initiative is comprehensive advisory, financial literacy, and career-planning class where each student has an opportunity to develop meaningful academic and career goals and publish online action plans for the next ten years of their life. All members of the current sophomore class were enrolled in this course last year and completed ten year plans. These plans are now available online to all members of the faculty, who can use them as advisory tools when working with their sophomore students. In addition, the current freshman class members will be engaging in the process, refined after one year of experience on the part of faculty. The impact of this course on students has been gratifying. Maria Hennessy, course coordinator who also taught one section last year, had nearly 20 of her 30 past class members seek her out on the first day of school to comment on how much they were looking forward to engaging successfully in school this year in order to attain their goals.

Another new event, Club Day, took place during the lunch periods. Leaders in all student organizations from the Thespian Society and Speak-up the debate club, to sports teams staffed tables in the gymnasium and presented displays in order to attract new members. This was a special opportunity for incoming freshmen and other new students, but also served to inform upperclassmen about opportunities for co-curricular and athletic endeavors.

Rahway High School also looks forward later



(above) At Rahway High School's first time Club Day, Matthew Gregory and Justin Becker entreat Marieli Roman to join the Math Club.

this year to the completion of the referendum construction project. Home economics and some new science classrooms and labs have been completed and are in use now, but as the year continues, construction workers will finish more science classes, arts studios and classrooms, and the auditorium. Staff and students have been very flexible in dealing with all the modifications required by ongoing construction, but are excited to see the progress, which will allow for greater achievements in the future. We look ahead to a wonderful year of achievement with expectations of excellence.



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# A PIECE OF RAHWAY ON EVERY U.S. COIN

Submitted by Al Shipley, City historian and Rahway Library research consultant

In the spring of 1776 Christopher Marsh purchased a gristmill and a sawmill, both located on the south bank of the Rahway River on the east side of St. Georges Avenue (opposite the Union County Park). He bought the two structures from a Mr. Abraham Clark who might have been the Clark of Declaration of Independence fame. Marsh operated the two mills for a year and then sold the property to a relative, Daniel Marsh. Nine years later the new owner would convert these mills into the first state mint in New Jersey.

State coinage was established in 1786 and was one of the first demonstrations of sovereignty exercised after achieving independence. The Constitution later gave this right to the federal government, but in the early years of the nation the states had the privilege of producing legal tender.

On May 23, 1786 Walter Mould, Thomas Goadsby, and Albion Cox approached members of the House of the Tenth General Assembly of New Jersey seeking permission to strike copper coinage for the state. When the proposal was brought to the floor it was met with lively interest, and the House immediately ordered a committee to interview the applicants. The interviews were successful and in less than two months the New Jersey Legislature passed an act on June 1, authorizing Mould, Goadsby, and Cox to strike and coin the sum of ten thousand pounds. The act specified that the coins be made within the state, that they be made of pure copper, and that they weigh six penny-weights and six grains each.

In the fall of 1786, the three men came to

Rahway and began the minting process at Daniel Marsh's mill. The method of production was crude and expensive. Dies were hand-cut in soft steel and had little longevity. Stamping was also done entirely by hand, one coin at a time. The obverse side was struck with a plow and a horse head design and the words Nova Caesarea (NJ). The reverse of the copper depicted a large shield with the inscription "E Pluribus Unum" (Out of many, one). They were the first coins in the country to bear the noble Latin phrase.

Unfortunately, the Rahway mint was a short-lived operation. In the spring of 1787 the partners fell into disagreement and following an altercation among the partners, Mould left Rahway and went to Morristown. When word of the trouble reached the Legislature it authorized Cox and Goadsby to make two-thirds of the coinage by themselves. The other third was contracted to Mould who was already setting up New Jersey's second mint in Morristown.

Cox and Goadsby continued to work the Rahway mint but financial difficulties plagued them. By the late summer of 1787 the mortgage on their equipment was foreclosed and their presses and dies were transported to Elizabethtown where the third New Jersey mint was established.

The story of the Rahway mint, however, does not end there. Albion Cox would eventually make his way to Philadelphia and take employment in the Federal mint when it was established in 1792. It is very possible he was the one to suggest inscribing "E Pluribus Unum" on the new United States coins. These certainly would have been considered appropriate words



to describe the formation of a united nation from thirteen colonies. In any event, the motto which first appeared on the Rahway coppers was adopted and used and is still being struck on all our coins.



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## PROGRESSIVE DINNER ON THE MENU FOR LIBRARY FRIENDS GROUP

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



*(above, l-r) Dinner organizers Eric and Joanna Miles finalize plans for the dinner with Railhouse General Manager Allan Maslo.*



*Colin Gittens*

What's better than a good meal at a fine restaurant? How about three different courses of a single meal, at three highly regarded restaurants, allowing you to sample the best of each? If this sounds like a winning combination to you, mark your calendars for Wednesday, November 14, at 7 PM, for a progressive dinner sponsored by the Friends of the Rahway Public Library.

In keeping with the Friends' efforts at conducting events that raise funds for and awareness of the library, while at the same time helping to build bridges into the larger community, dinner organizers Eric and Joanna Miles worked with Cubanu, Luciano's Italian Restaurant, and The Rail House to set up event.

The evening will begin with appetizers at Cubanu, move on to the entrée at Luciano's, and will finish the evening approximately 3 hours later with desserts at The Rail House. The event is sponsored by RSI Bank, the Law Offices of Christopher D. Armstrong, Rahway Station Cabs, and Mr. B's Printing.

"The weather at this time of year is still conducive to walking around town" says Ms Miles. The dinner will provide a chance "to meet new people" Ms Miles suggests. Diners' experiences should be enriched by knowing the evening out is helping to support the Rahway Public Library.

Tickets for the event are \$45 (not including alcohol). Drinks may be purchased separately by diners at any of the locations. If there is great demand for tickets, the dinner will be run for a second night (on Thursday, November 15), but tickets for the first night must be sold before the additional tickets will be released.

Tickets can be purchased at the library, The Rail House restaurant, and Witty's Liquor Store on St George's Ave before November 14. For additional information please call 732-822-2050. If any tickets remain on the night of the event, they will be sold at the door at Cubanu's.



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# SHOCKING NEWS! KIDS LIKE TO READ!

*Sports Author Dan Gutman Visits Roosevelt School*

Just about every kid loves sports, but many are reluctant to open a book. That wasn't a problem at Roosevelt School in Rahway recently, when visiting author Dan Gutman used sports to get the students excited about reading and writing.

"I hated to read when I was a kid," Gutman told the students. "But around the time I was ten years old, I became a big sports fan. I wanted to know everything about sports. Reading baseball cards, magazines, and biographies of my favorite athletes made me into reader. My mother was astonished that I grew up and became a professional writer."

Gutman the author of the My Weird School series, Honus & Me, The Kid Who Ran For President, The Million Dollar Shot, and many others, entertained the students with stories of sports past and present.

First, Gutman took students through the steps of the publishing process- the original idea, research, outlining, writing, re-writing, editing, cover design, and finally the exciting arrival of the finished book. He showed kids his original manuscripts; early cover designs and even read a few of the many rejection letters he received from publishers over the years. "I don't care how many times they turn me down", said Mr. Gutman. "I never give up. And I hope you won't if you get rejected."

Next, Gutman put on an amusing slide show, in which he called "A Day In The Life Of An Author." Then he answered questions from the students and their teachers. During the day he also had lunch with a group of children and

signed many copies of his books.

Mr. Gutman, who grew up in Newark and now lives in Haddonfield, New Jersey, said he was short, skinny, and a "terrible" athlete when he was a boy. "But I really loved sports, Gutman told the students, "and I was lucky that I was able to make sports part of my career when I grew up. So if there's something you really love, maybe you can make it part of your career someday, too." This was a good lesson for kids and everyone had an entertaining, educational day at Roosevelt School.

You may want to check out Mr. Gutman's web site ([www.dangutman.com](http://www.dangutman.com)).

OUR TOWN *Rahway* • Page 13 • October 2012



(above) Students with author Dan Gutman.

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## 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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for 2013 will become a member  
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## DR'S CHOICE OFFERS EUROPEAN PAIN REMEDY

Everyday millions of Americans seek out cures for both chronic and acute pain in hopes for lasting relief. In many instances, pain subsides with the use of over the counter analgesics and homeopathic remedies. However, for many others, daily pain becomes chronic and debilitating and a further intervention is needed.

Recently, many athletes in the highest echelons of sports have turned to a treatment known as Platelet Rich Plasma Therapy, or PRP, to treat their chronic pain issues as well as injuries. This treatment is carried out by taking a small sample of the patients own blood, placing it in a centrifuge and reintroducing the plasma

rich cells that promote muscle and tissue repair. Athletes including, Kobe Bryant, Alex Rodriguez, Brandon Roy and Tiger Woods have traveled as far as Germany for this pioneering therapy. All of whom have hailed these treatments as career saving and revolutionary. This therapy has become the buzz of the professional sports world and more athletes every year are undergoing these therapies.

Today, local chiropractor, Dr. Mark Zientek of Doctors Choice Chiropractic, has teamed up with Interventional Pain Specialist, Dr. Dariusz Nasiek, to bring this innovative therapy to his practice in Rahway. Dr. Dariusz Nasiek, who has been treating Doctors Choice patients for four years, is regarded as an expert in the field of PRP and has authored an upcoming book.

PRP Therapy is a relatively simple procedure as explained by Dr. Nasiek, "PRP injections are prepared from the patient's own blood with strict aseptic technique. After being centrifuged, the activated platelets are injected into the abnormal tissue releasing growth factors that recruit and increase the proliferation of reparative cells."

After the patient undergoes these injections,

Dr. Mark Zientek implements a chiropractic routine that maximizes the stretching and freeing of the injured muscles and ligaments. Collaboratively, this inter-disciplinary approach allows patients to heal from injury much more rapidly than with traditional therapies as well as relieving chronic pain.

Furthermore, the side effects of these treatments are virtually non-existent as the patient's body will not react poorly to the reintroduction of its own cells. Several clinical studies have demonstrated that PRP injections have improved function and decreased pain due to various conditions, including - but not limited to - elbow, wrist, shoulder, hip, knee, and ankle tendonitis and chronic pain associated with spinal issues.

Dr.'s Choice and Dr. Mark Zientek are excited to add Dr. Nasiek's expertise and services to the already esteemed Medical, Chiropractic and Physical Therapy available at Dr's Choice, located at 1082 St. Georges Avenue, Rahway, NJ. To make your preferred appointment with any of the professionals at Dr.'s Choice please CALL 732-388-4344.

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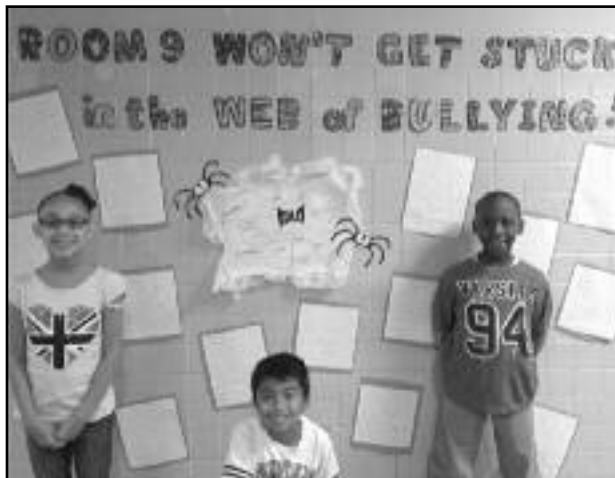
## RESPECT AT ROOSEVELT!

Roosevelt School students in Rahway recently celebrated "Respect Week". Mrs. Schiffman, the School Counselor, visited classrooms and conducted lessons on bullying, intimidation, and harassment. Mrs. Grau, the Art Teacher, created a banner that reads "We, the students of Roosevelt, pledge to be respectful Everyday to Everyone!" All students signed the banner.



(above, l-r) Fourth grade students signing the banner: Rokhsana Najar, Celson Cartalla, Erick Garcia, and Sarah Towler.

## DON'T GET STUCK IN THE WEB OF BULLYING



Students in Ms. Fielder's third grade class at Franklin Elementary School in Rahway, recently learned about the harmful effects of bullying. The class discussed the differences between a normal conflict and a bullying situation. Pictured here are proud students standing near the class' writing assignments. Students wrote about the reasons why they won't get stuck in the "Web of Bullying" and ways they can help others who may be victims.

## FREE JOB READINESS PROGRAM: "PROJECT READY"

Project Ready will be accepting applications for its free six week job preparedness program on Tuesday, October 16 at 9:30 sharp. Applicants should be prepared to stay until 12 pm. A six week program is offered to people seeking to improve their skills as they search for employment. Students receive training in basic business and computer skills. They learn interviewing skills, resume writing, Math and English. Upon completion of the program, staff assists students with job searches.

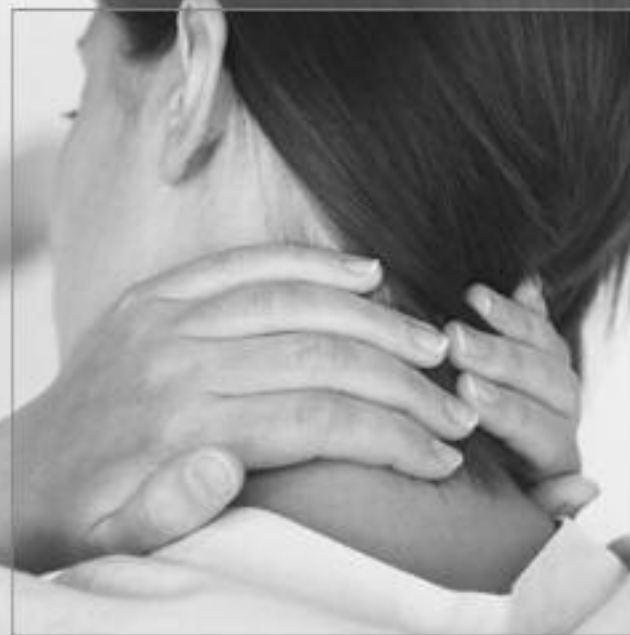
Project Ready is located within St. Joseph Social Service Center at 118 Division St. in Elizabeth. The staff of "Project Ready" consists of a staff director and several volunteers, most of whom are retired business and education professionals.

For more information please call (908) 353-1045, email [projectreadyprg@yahoo.com](mailto:projectreadyprg@yahoo.com) or visit [www.stjosephelizbeth.org](http://www.stjosephelizbeth.org)

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## 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

## 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.

## ESTATE ATTORNEY

The County of Union Division on Aging has on its staff an experienced Estate Attorney who will visit the Rahway Senior Center on Thursday, November 1, 2012. He will prepare wills, powers of attorney and advanced medical directives or will review any existing documents at no charge.

If interested, please call (732)827-2016 to set up an appointment.



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**732-340-9006**  
**1118 Main St. Rahway**  
**Car Sales & Financing Available**



**Bayway Refinery**  
Linden, New Jersey

*Partners in the Community*





**WANTED:**  
**ALL CARS & TRUCKS: JUNK OR NOT**


Late Model Foreign & American New & Used  
Auto & Truck Parts:  
• Motors • Transmission  
• Auto Glass • Computers  
• Tail Lights • Doors  
• Fenders • AC Compressors

**Junk Tow Away**  
**Fast Pick Up**  
**24 HR Service**

**732-381-2646**  
Night Towing 732-496-1633  
**1 Dudley Ct. & Rt. 1 South, Avenel, NJ**  
Across from Sansone Auto Mall.

**10% OFF ALL AC COMPRESSORS**  
With this ad. Expires 12/31/12.

**EYES ON YOU** 1535 Irving Street, Rahway, NJ  
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FAMILY EYECARE AND OPTICAL [www.primaryecp.com/eyesonyou](http://www.primaryecp.com/eyesonyou)



- Comprehensive Eye Examinations
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**Dr. M. Williams**  
Optometric Physician  
Lic#. 27OA00565300/27OM00062400

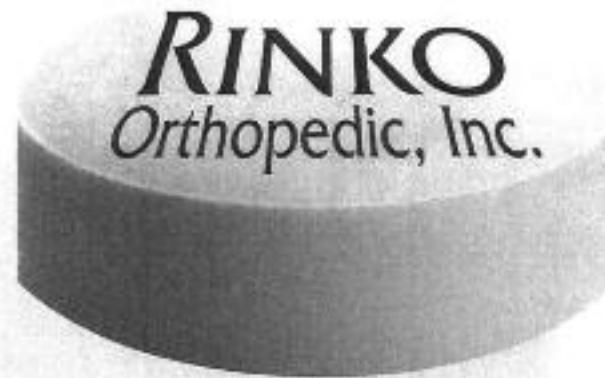
**Our Office Hours:**  
Mon: 10am to 6pm  
Tues: 10am to 6pm  
Wed: Closed  
Thur: 10am to 6pm  
Fri: 10am to 6pm  
Sat: 9am to 2pm  
Sun: Closed  
Late appointments are available by request.

**INSURANCES:** Please call if you do not see your insurance plan listed.

• Eyemed	• Medicare	• Optum Health Vision (formerly Spectera).
• VSP	• Medicaid	• United Health Care
• Aetna	• NVA	• Blue Cross Blue Shield of NJ
• Avesis	• Block Vision	• Vision Benefits of America
• Qualcare	• Superior Vision	• Empire Blue Cross Blue Shield and many more.
• Davis Vision	• Oxford	



**NEWS FLASH!**  
**Prostheses are not supposed to hurt you!**



**For Quick Relief from the aches and pains of poor fitting prosthetics, Rinko Orthopedic is the best prescription.**

Not all prosthetics are created equal or correctly designed. Rinko Orthopedic has highly skilled prosthetists trained in the most technologically advanced procedures intended to provide you with complete comfort and mobility.

**Rinko Orthopedic is one of the leaders in cutting-edge state-of-the-art Technologies!!!**

We are the first New Jersey company trained to fit the **Negative Pressure Socket-Elevated Vacuum...** a major prosthetic breakthrough! This superior suction system, used successfully on American service personnel who are returning to service in Iraq, eliminates piston action in your prosthesis, increases blood flow and oxygenation of tissue and permits evaporation of perspiration. It is perfect for all AK, BK and Hip disarticulation patients.

The **Q.I.C. Socket** (Quadrilateral Ischial Containment Socket) is a special Rinko innovation... designed to be one of the most comfortable technologies in use today! It is the perfect fitting solution for all AK amputees and can be used with elevated vacuum suspension.

*We also feature a complete selection of running and sports prosthetics plus a host of innovative custom cosmetic systems too.*

***Don't suffer from pain with a poor fitting prosthesis.  
Take comfort in a fitting Solution today from Rinko Orthopedic.***



*The Fitting Solution for All Walks of Life.*

**RINKO**  
Orthopedic, Inc.  
Est. 1957

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**Email: [info @rink.com](mailto:info@rink.com)**



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

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

## WIDE SELECTION OF PUMPKIN AND OCTOBERFEST BEERS AVAILABLE

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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**

## WINE

Apothic (All Types) 750ml	\$10 <sup>99</sup>
Arbor Mist (All Types) 1.5lt	\$ 6 <sup>99</sup>
Barefoot (All Types) 1.5lt	\$10 <sup>99</sup>
Beringer White Zinfandel 1.5lt	\$ 8 <sup>99</sup>
Blackstone (All Types) 750ml	\$ 7 <sup>99</sup>
Carlo Rossi 4lt.	\$12 <sup>99</sup>
(chablis, burgundy, blush, sangria)	
Cavit Pinot Grigio 1.5lt	\$13 <sup>99</sup>
Chateau Ste Michelle (cab., merlot) 750ml	\$12 <sup>99</sup>
Concha Y Toro Frontera (All Types) 1.5lt	\$ 8 <sup>99</sup>
Corbett Canyon (All Types) 1.5lt	\$ 6 <sup>99</sup>
Cupcake (All Types) 750ml	\$ 8 <sup>99</sup>
Fetzer (All Types) 1.5lt	\$10 <sup>99</sup>
Franzia 5lt.	\$12 <sup>99</sup>
(crisp white, blush, sangria, chileable red)	
Kendall Jackson Chardonnay 750ml	\$11 <sup>99</sup>
Korbel 750ml	\$11 <sup>99</sup>
(All Types except Natural and Organic)	
La Cema Pinot Noir 750ml	\$17 <sup>99</sup>
Liberty Creek (All Types) 1.5lt	\$ 6 <sup>99</sup>
Louis Jadot Beaujolais 750ml	\$ 8 <sup>99</sup>
Louis Jadot Pouilly Fuisse 750ml	\$19 <sup>99</sup>
Luna di Luna (All Types) 1.5lt	\$12 <sup>99</sup>
M&R Asti 750ml	\$11 <sup>99</sup>
Menage Trois Red Rose 750ml	\$ 9 <sup>99</sup>
Mirassou (All Types) 750ml	\$ 8 <sup>99</sup>
Nando Asti Sumante 750ml	\$ 8 <sup>99</sup>
Robert Mondavi Private Selection 750ml	\$ 9 <sup>99</sup>
Robert Mondavi Private Selection 1.5lt	\$18 <sup>99</sup>
Ruffino Chianti 1.5lt	\$13 <sup>99</sup>
Ruffino Chianti classico	\$19 <sup>99</sup>
Ruffino Pinotgrigo 1.5lt	\$10 <sup>99</sup>
Santa Margerita Pinot Grigio 750ml	\$19 <sup>99</sup>
Simi Chardonnay 750ml	\$13 <sup>99</sup>
Sutter Home (All Varieties) 1.5lt	\$ 9 <sup>99</sup>
Sutter Home White Zinfandel 1.5lt	\$ 7 <sup>99</sup>
Sutter Home Moscato 1.5lt	\$ 8 <sup>99</sup>
Woodbridge (All Types) 1.5lt	\$10 <sup>99</sup>
Yellow Tail (All Types) 1.5lt	\$10 <sup>99</sup>
Zonin Pinot Grigio 1.5lt	\$ 9 <sup>99</sup>

*Please check out our  
in-store wine specials  
and our fine wine  
selections!*

## LIQUOR

### COGNAC/BRANDY

Courvoisier VS 750ml	\$27 <sup>99</sup>
Courvoisier VS 1.75lt	\$52 <sup>99</sup>
Hennessy 750ml	\$28 <sup>99</sup>
Hennessy 1lt	\$36 <sup>99</sup>
Hennessy 1.75lt	\$59 <sup>99</sup>
JC VSOP 750ml	\$19 <sup>99</sup>
Paul Masson VS 750ml	\$ 9 <sup>99</sup>
Paul Masson VS 1.75lt	\$19 <sup>99</sup>
Remy Martin VSOP 750ml	\$36 <sup>99</sup>
Remy Martin VSOP 1lt	\$49 <sup>99</sup>

### VODKA

Absolut 750ml	\$18 <sup>99</sup>
Absolut 1.75lt	\$29 <sup>99</sup>
Ciroc (All Types) 750ml	\$29 <sup>99</sup>
Ciroc (All Types) 1.75lt	\$55 <sup>99</sup>
Finlandia 750ml	\$15 <sup>99</sup>
Finlandia 1lt	\$17 <sup>99</sup>
Finlandia 1.75lt	\$25 <sup>99</sup>
Fris 1.75lt	\$18 <sup>99</sup>
Grey Goose (All Types) 750ml	\$27 <sup>99</sup>
Grey Goose (All Types) 1.75lt	\$49 <sup>99</sup>
Ketel One 1.75 lt	\$39 <sup>99</sup>
Luksusowa 1.75lt	\$19 <sup>99</sup>
Majorska 1.75lt	\$14 <sup>99</sup>
Pinnacle Vodka 1.75lt	\$19 <sup>99</sup>
Russian Standard 1.75lt	\$29 <sup>99</sup>
Sobieski 1.75lt	\$18 <sup>99</sup>
Svedka (All Types) 1.75 lt	\$19 <sup>99</sup>
Smirnoff 750ml	\$10 <sup>99</sup>
Smirnoff 1.75lt	\$19 <sup>99</sup>
Soplica 1.75lt	\$19 <sup>99</sup>
Stolichanaya 1.75lt	\$29 <sup>99</sup>
Three Olives (All Types) 1lt	\$22 <sup>99</sup>
Three Olives (All Types) 1.75lt	\$25 <sup>99</sup>
Tanqueray Sterling 1.75lt	\$29 <sup>99</sup>

### CORDIALS

Bailey's Irish Creme 750ml	\$19 <sup>99</sup>
Bailey's Irish Creme 1.75lt	\$38 <sup>99</sup>
Leroux Blackberry Brandy 750ml	\$11 <sup>99</sup>
Leroux Blackberry Brandy 1.75lt	\$19 <sup>99</sup>
Patron XO Cafe 750ml	\$22 <sup>99</sup>
Southern Comfort 750ml	\$16 <sup>99</sup>
Southern Comfort 1.75lt	\$26 <sup>99</sup>

### GIN

Bombay Sapphire 1.75lt	\$39 <sup>99</sup>
Seagram's 1.75lt	\$17 <sup>99</sup>
Tanqueray 1.75lt	\$37 <sup>99</sup>

### RUM

Bacardi Lt, Gold, Select 1.75lt	\$19 <sup>99</sup>
Captain Morgan 1.75lt	\$26 <sup>99</sup>
Malibu 750ml	\$16 <sup>99</sup>
Malibu 1.75lt	\$24 <sup>99</sup>

### WHISKEY

Ballantine Finest 1.75lt	\$28 <sup>99</sup>
Canadian Club 1.75lt	\$19 <sup>99</sup>
Canadian Mist 1.75lt	\$18 <sup>99</sup>
Chivas Regal 12 Year 750ml	\$29 <sup>99</sup>
Chivas Regal 12 Year 1.75lt	\$49 <sup>99</sup>
Crown Royal 1.75lt	\$45 <sup>99</sup>
Dewar's White Label 750ml	\$19 <sup>99</sup>
Dewar's White Label 1.75lt	\$29 <sup>99</sup>
Dewar's 12 Year 750ml	\$29 <sup>99</sup>
Dewar's 12 Year 1.75lt	\$49 <sup>99</sup>
Gentleman Jack 750ml	\$26 <sup>99</sup>
Gentleman Jack 1.75lt	\$49 <sup>99</sup>
Grant's 750ml	\$13 <sup>99</sup>
Grant's 1.75lt	\$23 <sup>99</sup>
Jack Daniel's Black 750ml	\$21 <sup>99</sup>
Jack Daniel's Black 1.75lt	\$40 <sup>99</sup>
Jameson 750ml	\$25 <sup>99</sup>
Jim Beam Whisky 1.75lt	\$29 <sup>99</sup>
Johnnie Walker Black 750ml	\$31 <sup>99</sup>
Johnnie Walker Black 1.75lt	\$59 <sup>99</sup>
Johnnie Walker Blue 750ml	\$169 <sup>99</sup>
Johnnie Walker Red 750ml	\$19 <sup>99</sup>
Johnnie Walker Red 1.75lt	\$31 <sup>99</sup>
Maker's Mark 750ml	\$25 <sup>99</sup>
Maker's Mark 1.75lt	\$46 <sup>99</sup>
Seagram's 7 1.75lt	\$18 <sup>99</sup>

### TEQUILA

Avion Silver 750ml	\$36 <sup>99</sup>
El Jimador Reposado 100% Agave Tequila (#1 Selling Tequila in Mexico) 750ml	\$19 <sup>99</sup>
El Jimador Reposado 1.75lt	\$29 <sup>99</sup>
Jose Cuervo 1lt	\$20 <sup>99</sup>
Jose Cuervo 1.75lt	\$32 <sup>99</sup>
Patron Silver 750ml	\$37 <sup>99</sup>

## BEER

*"Come check our large  
23 door cooler full of cold  
craft beers and large  
variety and as always  
COLD AND WARM  
SAME PRICE!"*

Beck's (12oz) 24pk.	\$21 <sup>99</sup>
Budwesier Family (Cans) 24pk	\$16 <sup>99</sup>
Bud Family (Loose Bottles) 24pk	\$16 <sup>99</sup>
Coors Lt (Loose Bottles) 24pk	\$15 <sup>99</sup>
Coors Lite (Cans) 30pk	\$19 <sup>99</sup>
Corona 24pk (Bottles)	\$25 <sup>99</sup>
Guinness Pub (Bottles) 24pk	\$26 <sup>99</sup>
Heineken (7oz) 24pk.	\$16 <sup>99</sup>
Heineken and Amstel Lt 24pk	\$24 <sup>99</sup>
Miller Lite (Cans) 30pk	\$20 <sup>99</sup>
Modelo Especial (Cans) 24pk	\$19 <sup>99</sup>
Pilsner Urquell 24pk	\$25 <sup>99</sup>
Sam Adams Lager 24pk	\$26 <sup>99</sup>
Stella Artois 24pk	\$24 <sup>99</sup>
Tecate 24pk (Cans)	\$15 <sup>99</sup>
Yuengling Lager (Loose Bottles) 24pk	\$16 <sup>99</sup>
Zyweic (11.2oz) 24pk	\$19 <sup>99</sup>

*We also have a large  
selection of craft beers,  
European beers  
and kegs on sale!*

**10% Off**  
ANY PURCHASE OF 6 BOTTLES OF WINE  
OR  
**15% Off**  
ANY PURCHASE OF 12 BOTTLES OF WINE  
PRICES VARY BY LOCATION AND SEASONALITY. SOME ITEMS MAY BE EXCLUDED. MUST PRESENT COUPON.

**10% OFF**  
TWO BOTTLES OR SIX  
PACKS OF MICRO BEERS,  
LIMITED TO CERTAIN SELECTION  
MUST PRESENT COUPON