

TAX PLANNING STRATEGIES IS TOPIC OF UNION CHAMBER NETWORKING EVENT

Wednesday
November 14, 2012
5:00p.m. to 7:00p.m.
Ray Catena of Union,
2585 Route 22 West
Union, N.J.

PSRT STD
 US POSTAGE PAID
 PERMIT #149
 CHERRY HILL NJ

POSTAL PATRON

Renna Media, LLC
 202 Walnut Avenue, Cranford, NJ 07016

STUDENTS PARTICIPATE IN FIRST STUDENT GOVERNMENT DAY

The Township of Union hosted its First Ever Student Government Day recently. The primary goal of Student Government Day was on education, promoting local government by creating a unique hands-on experience for the leaders of tomorrow in this community. Twelve students representing Union High School's student council and elected officers began their day at 8:30 am when they arrived at Town Hall. Each were paired with a committee member and members of the administration to "shadow" for the day as they worked closely with their adult counter-parts to prepare questions and information to present at an official township meeting to be held later in the afternoon. The students were instructed to speak as committee members and essentially conduct the meeting themselves as the official members observed.

The Township Clerk Eileen Birch's protégé, senior class vice President, Jeny Eapen, initiated the Township Committee Meeting which was conducted in a friendly-professional manner. Acting in place of Mayor Joseph Florio, Senior and Student Council President, Allannah Bucu supervised the conference which addressed town matters from community events, construction codes, and financial adjustments to the proposal of an online township newsletter, which was approved on this day. The students examined propositions from the Police and Fire departments regarding public safety, including the potential addition of contemporary technology like bullet-proof vests for police officers and advanced fire detectors. Personal



(above) Mayor Florio in the Main Meeting room at Town Hall discussing the duties and responsibilities of the elected officials.

inquiries, for example, a local citizen's request for a private handicapped parking space and other local concerns were also brought to attention for review and voted on at this meeting. Additionally, the entire council recognized and congratulated Bed, Bath, and Beyond as the Business of the Month for October.

Doimnique Little, Sophomore Class President and apprentice to committeewoman, Suzette Cavadas, commented on the extraordinary value that this experience provided: "Nobody ever thinks about what goes on behind-the-scenes at Town Hall." Committeeman's Figueiredo student counterpart was Maria Avella, Junior Class President. Deputy Mayor Clifton People, Jr was "shadowed" by Damiola Sangobiya, Senior Class President and Committeeman Anthony Terrezza was "shadowed" by Steven Oropeza, from the Freshman Class.

The students' final assignment is to write an essay expounding on how the opportunity to participate in Town Hall affairs has helped them become better informed about the workings of the local government and the duties and responsibilities of the elected officials.



THIS SPACE IS NOW AVAILABLE FOR ADVERTISING!!!

Demand for advertising in this space has been high. It is now available on a first come first served basis. Call Tina today to reserve the space in this or other Renna Media publications. Each month 5,000 newspapers are printed and 4,000 are mailed free to businesses and residents with the balance being distributed free throughout town.

Reserve space in the next issue. Call Tina today at 908-418-5586
or email info@rennamedia.com



Spirit of Union is published by Renna Media. Five thousand newspapers are printed monthly and 4,000 are mailed free to businesses and residents in Union and distributed free at distribution sites throughout town.

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

Tina & Joe Renna, Publishers
202 Walnut Ave., Cranford, NJ 07016
(908) 709-0530
Fax: (908) 709-9209
E-mail: info@rennamedia.com

SpiritofUnion.com

The website features up to date articles, a calendar of events, archives of Spirit of Union Newspaper, photo albums, and advertisements.

Businesses and residents are encouraged to submit items for publication through the site.

Restoration Pharmacy LLC

- Nutritional Supplements
- MoneyGram • Payment Center
- Home Health Care Supplies
- Fax • Copy
- Most Insurance Accepted
- Prescriptions filled in 5 minutes

Store Hours
Mon-Fri 9am-8pm
Sat 10am-6pm
Sun Closed

908-688-8866 • Fax: 908-688-7575
1385 Stuyvesant Avenue • Union NJ

TAX PLANNING STRATEGIES IS TOPIC OF UNION CHAMBER NETWORKING EVENT

Wednesday, November 14, 2012,

5:00 p.m. to 7:00 p.m.

Ray Catena of Union,
2585 Route 22 West, Union, N.J.

It is time for business owners to be proactive when planning for their 2012 income tax planning strategies, and the Union Township Chamber of Commerce is offering that assistance at its upcoming networking event for November.

Union Chamber member Anthony Azevedo, CPA, of Pereira and Azevedo, a certified public accounting firm based in Newark, N.J., will be presenting strategies for businesses to minimize their tax liabilities.

"Major tax changes are scheduled for January 1, 2013," said James Masterson, chamber executive director. "It is important for our members to learn which changes will affect their bottom line, and find out how to implement effective strategies before year-end."

Admission is \$10 for Chamber members, \$15 for non-members.

Pre-registration is required by contacting the Chamber at 908-688-2777, or by emailing executivedirector@unionchamber.com.

The Union Township Chamber of Commerce is a professional association organized to unite, strengthen, represent and promote the growth and success of its member businesses.



VFW KELLY POST 2433 HONORED NATIONALLY

The Michael A. Kelly Post 2433, Veterans of Foreign Wars, has recently been honored by both the Department of New Jersey and the National VFW organizations.

Because of a record keeping error at the state office, Leo Graf, Commander of the Post, was overlooked in 2011 at the ceremony recognizing All State Commanders. Although he and the Post had achieved or exceeded all the requirements for the honor, his name was inadvertently omitted and the prestigious white hat was not presented to him. Learning of this problem, Past State Commander Dennis Clark, who now serves as Adjutant and Senior Vice Commander of the Kelly Post, was able to resolve the issues, and made the presentation for the state at a recent Post meeting.

The Post was also recognized by the Department of New Jersey for its sponsorship in the Patriot's Pen Program. This is an essay contest for 6th, 7th and 8th grade students that challenge them to write essays on patriotic subjects. Scholarship funds are awarded to the winners.

The National VFW presented the Post with a National Recognition Award which reads "In recognition and praise for the many outstanding contributions made to America through sponsorship and promotion of local community program activities."



CERTIFIED PUBLIC ACCOUNTANTS & CONSULTANTS

Providing Financial Security to Generations of Businesses

Accounting & Auditing Services
Tax Planning & Preparation
Estate & Trust Planning
Business Succession Planning
Sports & Entertainment Accounting
Forensic & Investigative Accounting

20 Commerce Drive, Suite 301
Cranford, NJ 07016
P: (908) 272-6200
F: (908) 272-2416

WWW.FMRTL.COM



EYES ON YOU

FAMILY EYECARE AND OPTICAL

1535 Irving Street, Rahway, NJ

732-388-3900

www.primaryecp.com/eyesonyou



- Comprehensive Eye Examinations
- Glaucoma Testing and Cataract Evaluations
- Treatment and Management of Ocular Disease
- Variety of Eyewear including Designer Brands
- Contact Lens Examinations
- Variety of Contact lenses
- Eyeglass Repairs

Dr. M. Williams

Optometric Physician

Lic#: 270A00565300/27OM00062400

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 |
| • Davis Vision | • Oxford | and many more. |



Coming Soon to Union Township

Union Township Office - 1313 Morris Avenue

Northfield Bank is proud to join the Union community with the planned opening of our branch location on the corner of Morris Avenue and Salem Road next to Walgreens.

With Free Checking, a competitive money market rate, and a mobile app for iPhone and Android devices, we have the products and services to meet your financial needs.

We're excited to be your new neighbor and look forward to meeting you soon!

(732) 499-7200
www.eNorthfield.com



“REVOLUTIONARY ERA NJ PRIVATE” TO SPEAK AT CALDWELL PARSONAGE



Tim Abbott will present “The Elizabeth Area Affected by the American Revolution” at the Caldwell Parsonage, 909 Caldwell Avenue, Union, on Sunday, November 18, 2012, at 2:30 p.m. His program will be part of the meeting of the Union Township Historical Society (UTHS), which will begin at 2 pm.

Mr. Abbott is a genealogist and living history reenactor with the 1st New Jersey Regiment of the Continental Line. He descends from John Ogden (1609-1682), one of the founders of Elizabethtown, New Jersey. Mr. Abbott’s grandmother, Athalia Ogden Barker (1911-2007), was the 9th and last generation of her family to live in Elizabeth. His interest in the Jersey Line during the American Revolution was sparked by close family connections to a number of its officers, including Major Aaron Ogden (4th gr-grandfather), General Elias Dayton (6th gr-grandfather); Captain Jonathan Dayton (5th gr-grandfather), and Colonel Matthias Ogden (5th gr-uncle).

Tim has extensively researched the service records of these men and the 1st and 3rd New

Jersey Regiments, to which they belonged, including a detailed examination of Sullivan’s Staten Island Raid in August 1777, and the parts they played during Knyphausen’s Connecticut Farms and Springfield Raids in June of 1780. For his talk, Tim will be dressed as a private soldier of the New Jersey Line and will cover many aspects of the Revolutionary War that affected the Elizabeth area, the Ogdens and Daytons, and the New Jersey Line. A graduate of Haverford College and Clark University, he lives in Northwest Connecticut and works for the Housatonic Valley Association.

The public is cordially invited to attend the presentation. Refreshments will be served. Admission is free.

For more information, please call Barbara La Mort at 908-687-0048. Also, visit the UTHS’s websites: www.unionhistory.org and www.uniontwphistoricalsociety.webs.com, as well as Tim Abbott’s blog www.uniontwphistoricalsociety.webs.com.

SAVE MORE
WITH ONLY
3 1/2%
SALES TAX

CELEBRATING OUR 63RD YEAR

JACOBSON’S
DISTRIBUTING COMPANY

BIG SAVINGS
IN OUR
BEDDING
DEPARTMENT

*An Elizabeth
Tradition
since 1949*

725 Rahway Ave - Elizabeth - 908-354-8533

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

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, REFRIGERATORS, WASHERS,
DRYERS, RANGES, DISHWASHERS, BIG SCREEN TV'S AND BEDDING.**

**Free
Delivery**

**\$25 OFF FOR UNION
RESIDENTS & BUSINESSES**

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 12/17/12.

NOW THANKS TO OVERLOOK MEDICAL CENTER, YOU CAN FIND THE LATEST MEDICAL EXPERTISE RIGHT IN YOUR OWN BACKYARD.



We're bringing many of our board-certified physicians to you in Union at Overlook Union Campus, 1000 Galloping Hill Road, conveniently located just one mile off the Garden State Parkway.

Services at Overlook Union Campus include:

- Free-standing emergency department with short wait times and high patient satisfaction.
- State-of-the-art imaging center including a wide-body MRI and a low-dose CT.
- Full-service outpatient lab services. No appointment necessary for most tests.
- Developmental Disabilities Center for adults with developmental disabilities.
- Suburban Heart Group for clinical and interventional cardiology.

And more services yet to come. Almost all insurance plans accepted.

Overlook Union Campus
1000 Galloping Hill Road, Union, NJ
atlantichealth.org/unioncampus
1(888)4AH-DOCS



**Overlook
Medical Center**
ATLANTIC HEALTH SYSTEM

INVESTING STRATEGICALLY IN TODAY'S MARKET

A LECTURE AT
THE UNION PUBLIC LIBRARY

Financial Advisor, David Larkin will lecture on "Investing Strategically in Today's Market" at the Union Public Library on Tuesday, November 27, 2012, at 7:00 P.M.

Mr. Larkin is a Certified Financial Planner™, a designation awarded by the Certified Financial Planner Board of Standards. His focus with the Larkin Group at Merrill Lynch is to ensure client accounts are taking advantage of the latest changes in estate laws, and retirement strategies.

Prior to Joining Merrill Lynch, David spent several years working in the Boston area for Fidelity Investments. At Fidelity he was a product specialist and retirement consultant.

The public is invited to this admission-free event. The Union Public Library is located at 1980 Morris Avenue in Union, New Jersey. Call the library on (908) 851-5452 for further information.


We repair any and all storm damage
DUN-RITE
SIDING
ROOFING
ADDITIONS
DOORS/WINDOWS
DECKS/GUTTERS
908-709-0101

Marion & Jacobson
General Contractors
Bringing a Century of Craftsmanship Home
908-245-3030 Interior & Exterior Renovations

	Slate	Kitchens
	Copper	Bathrooms
	Stonework	Roofing
	Foundations	Gutters
	Walkways	Chimneys
	Decks	Windows
	Patios	Doors
	Additions	Siding

www.marionandjacobson.com

Licensed & Insured • Free Estimates
Emergency Repair Service Available
Kenilworth, NJ NJHIC# 13VH00052000



Applebee's

BREAKFAST WITH SANTA

Enjoy a short stack for a tall cause.

You are invited to an
Applebee's® Flapjack Fundraiser to support
Township of Union
Veteran's Alliance Memorial Day Parade Fund

Tickets are \$10.00
December 1, 2012
1st Seating: 8 am
2nd Seating: 9 am

Applebee's of Union 1721 Morris Avenue Union NJ 07083
For Tickets Contact Peggy Gehrig 908-686-1922 or
Phyllis Monguso 908-851-5291

MEALS INCLUDES: Pancake, Sausage, Scrambled Eggs and Beverage (Coffee, Juice, Soda or Tea) Please contact organization to purchase a ticket. This flyer is only intended for advertising purposes. Ticket valid for pancake event only. Applebee's® menu items are not included as part of purchase.



OPEN 24 HOURS - 7 DAYS
Call Ahead for
Curb Side Pick-Up and
Don't Leave Your Car!

Diner • Bakery

545 Morris Avenue Elizabeth, NJ
Tel: 908-351-7775 Fax: 908-351-1169

Visit Us on the Web At: www.tropicanadiner.com
or Look for us on Facebook

Seasonal Gourmet Specials

- DAILY SPECIALS
- ETHNIC LATINO DISHES
- SEASONAL GOURMET BREAKFAST MENU



Chipotle Chicken Sandwich

UNIVERSITY DINER IS NOW UNDER NEW OWNERSHIP!!!
Owners of Tropicana are now owners of
University Diner, 580 North Avenue, Union, NJ.

10% OFF ENTIRE CHECK
With coupon. Expiration date 12/17/12.

RUN AROUND THE WORLD GOES THROUGH TOWN

Submitted by: Tom Haggerty THS Multi media, LLC Kenilworth, <http://thsav.com>

I ran into this guy and he tells me he is running around the world trying to be the first to do so following the Guinness Book of World Records rules. His name is Tom Denniss and according to his website, tomsnextstep.com since starting in Sydney, Australia on December 31, 2011, he has run about 8000 miles.

This run is expected to take nearly two years, and will cover over 29,000 km. Tom will be raising funds for charity as part of the effort. In simple terms, the event will encompass running the equivalent of 700 marathons in 700 days.

Tom began in Sydney at the Opera House, and will be finishing at precisely the same place. He will be heading in a predominantly easterly direction around the world until he arrives back in Sydney. He will be running on every

continent other than Antarctica, and will be crossing the Rockies and the Andes, running in latitudinal extremes, and crossing deserts.

He has a support crew accompanying him for the duration of his journey. His wife, Carmel is "driving the course" and chronicling the trip.

Guinness World Records has defined the criteria for officially achieving the world record for the "Fastest Circumnavigation of the Earth on Foot". The record is unclaimed to date. There are, however, a few other runners who are currently involved in similar runs.

As of mid October, 2012, He completed the New Zealand leg and most of the US, chalking up over 13,000 km, or more than 300 marathons. The North American leg will be the longest, and concluded in late October.

Spirit of UNION • Page 7 • November 2012



(above) Tom Denniss pauses in front of Connecticut Farms Church on Stuyvesant Avenue in Union on his run around the world.

KAWAMEEH MIDDLE SCHOOL CELEBRATES WEEK OF RESPECT 2012

Submitted by: Jill Hall, Student Assistance Counselor

Kawameeh Middle School in Union, New Jersey celebrated a "Week of Respect" with a variety of activities designed to demonstrate respectful behavior, and support anti-bullying initiatives in the school. The theme of the week was "Walk a Mile in their shoes". A display of shoes was put up in the foyer of the school, and when the display is taken down, the shoes will be donated to a shelter in Newark.

The week began on October 1st with a "Paint your pinkies purple" event. Students painted their pinkies with purple nail polish – purple is our anti-bullying color. On Tuesday, which was

also LiveSTRONG Day, we wore yellow, and students and staff took a mile long fitness walk.

Wednesday was "wear purple Wednesday" and our students wore purple clothing. In addition, throughout the week, we had compliments printed up and displayed throughout the school. Students were encouraged to tear off one of the compliments and give them to their peers, or teachers, this demonstrated the power of a kind word to others.

On Thursday, we "shredded the hate." Students wrote out hateful words and phrases on

index cards during our advisory class. At lunchtime, students fed these hateful words into a shredder in the cafeteria. We have displayed the shredded cards to show that we have eliminated hateful words from our vocabulary here at KMS.

The week culminated with a movie afternoon held on Friday after school as a respectful, bully free activity. Students wore baseball jerseys to show that we are all on the same team when it comes to respect. Our student body participated fully in all of our events, and feedback was very positive!

3 Lagar
WINEHOUSE

UNDER NEW
MANAGEMENT

THE ONLY RESTAURANT IN
UNION
FOR PORTUGUESE
& SPANISH CUISINE

3 Lagar
WINEHOUSE

10% OFF
ENTIRE CHECK
WITH THIS COUPON.

Expires 12/17/12.

COME TRY OUR SIGNATURE SANGRIA
AND SPECIALTY WINES

COME ENJOY FRESH SEAFOOD,
THE BEST CUTS OF MEAT, &
A LARGE SELECTION OF WINE



COME WATCH YOUR FAVORITE SPORTS GAMES
IN OUR BAR AREA ON 14 FLAT SCREEN TV'S

WE OFFER A LARGE HALL FOR ALL TYPES OF PARTIES INCLUDING
CHRISTENINGS, BIRTHDAYS, WEDDINGS, & FUNERALS

1252 STUYVESANT AVENUE
UNION / NJ / 07083 / 908.687.7020



**THE
RED CADILLAC
TACOS - TEQUILA**

★★★★★

AS SEEN IN THE NEW YORK TIMES!

Your favorite Mexican Joint, driven by your favorite Restaurateur, Joe Montes. Whether your looking for Killer Mexican Street Cuisine or a Hip City Lounge to park for awhile with a Cadillac Margarita or a Lobster Tail Fajita.

Follow us on



Hours of operation: Happy hour 3-6
Wed, Thu & Sat: 1pm-2am, Fri 11:30am-2am, Sun 1pm-9pm

2258 Morris Avenue
Union New Jersey 07083
908-349-8411
www.TheRedCadillacNJ.com

UNION PUBLIC LIBRARY

1980 Morris Ave. • Union, NJ 07083

Phone: 908.851.5450

E-mail: UnionPL@uplnj.org

web: youseemore.com/UnionPL

LIBRARY HOURS: Mon – Thurs: 10 a.m. to 9 p.m. /
Fri: 9 a.m. to 5 p.m. / Sat: 9 a.m. to 5 p.m.

VAUXHALL BRANCH LIBRARY

123 Hilton Ave. • Vauxhall, NJ 07088

Phone: 908.851.5451

LIBRARY HOURS: Mon: 1 p.m. to 8 p.m.

Tue & Thurs: 10:30 a.m. to 5:30 p.m.

Wed: 10:30 a.m. to 8 p.m. /

Friday: Closed / Saturday: 10 a.m. to 5 p.m.

NOVEMBER FILM SCREENINGS

The Union Public Library is screening a series of feature films with foreign locales beginning Tuesday, November 13, 2012 and continuing through November 27, 2012. The films will be shown on Tuesdays commencing at 2 PM. Admission to the programs is free.

The following movies comprise the series:

A Separation

November 13, 2012 @ 2 PM.

(2011) starring Peman Moadi and Leila Hatami.

Winner of an Oscar for best foreign language film.

Directed by Jodaeiye Nadar.

Best Exotic Marigold Hotel

November 20, 2012 @ 2 PM

(2011) starring Judi Dench, Maggie Smith

and Tom Wilkinson

They Call It Myanmar: Lifting the Curtain

November 27, 2012 @ 2 PM

(2012) A documentary directed by Robert H. Lieberman

VAUXHALL BRANCH CHILDREN'S DEPARTMENT

School-Age Craft Programs

Thursday November 15th at 3:30pm.

This program is for children, grades 1 and up, and their caregivers. Space is limited. Signup is required.

Preschool Craft Program

Tuesday, November 13th at 11:00am.

This program is for children, ages 3 – 5, and their caregivers. Space is limited. Signup is required.

"Your Toddler and You!"

Wednesday, November 14th at 11:00am.

Children, 24 months of age and younger, are invited to visit the library with their caregivers to read stories, use the computers or check out a book. No signup required.

Game Day Part 2

Tuesday, November 20th at 3:30pm.

for children, ages 3 – 5, and their caregivers will be held on Space is limited. Signup is required.

The film, "Toy Story"

Disney Movie Matinee on Tuesday,

November 27th at 10:45am.

Children of all ages and their caregivers are invited to attend. No registration required.

Our After School Movie Presentation of,

"Madagascar 3: Europe's Most Wanted"

Thursday, November 29th at 3:30pm.

Children of all ages are welcome to attend.

No signup required.



MAIN LIBRARY CHILDREN'S DEPARTMENT

No registration required.

Mother Goose Time

Tuesdays, November 13th, 20th and 27th / 10:30am.
for children 1 ½ - 2 ½ and their caregivers

Preschool Storytime

Wednesdays, November 14th, 21st and 28th /
10:30am.

for children 3 ½ through Kindergarten

Toddler Time

Thursdays, November 15th and 29th / 10:30am.

for children 2 ½ - 3 ½ and their caregivers.

Saturday Storytime and Craft Program

Saturday, November 24th at 11:00am.

Children of all ages and their caregivers are welcome.

"Thanksgiving" Storytime and Craft Program

Monday, November 19th at 7:00pm.

Children of all ages and their caregivers are invited.

Homeschooling Group

Monday, November 19th at 10:30am.

This is a place to meet and share information and ideas with other homeschoolers and also become familiar with the Library and the resources we have to offer. Families are encouraged to bring their own board games to the meetings. Please call or email Mary Pritting at mpritting@uplnj.org or 908.851.5450 x3 for info.

The children's film, "E.T.: the Extra-Terrestrial"

Friday, November 23rd at 11:00am.

Children of all ages and their caregivers are invited.

Lego Club for children

Thursday, November 29th at 3:30pm.


ages 5 through 12. This is an opportunity for kids to get creative and build anything they choose. The library will provide the Legos, while the kids provide the imagination! Bring your camera.

LEARNING FROM THE OBESITY EPIDEMIC - A TALK AT THE LIBRARY

Thursday, November 15, 2012
7 PM

Richard Perlmutter, a nutritionist and founder of Abington Nutrition Services, will give a talk entitled, "Learning From The Obesity Epidemic: What Not To Eat" at the Union Public Library on Thursday, November 15, 2012 at 7 PM.

Mr. Perlmutter has two college degrees related to food chemistry - a B.S. in Dairy Technology from the University of Illinois; and a M.S. in Food Science from Michigan State University. He has been employed in various positions, all in the food industry. Mr. Perlmutter is a member of the Academy of Nutrition and Dietetics and for several years he wrote a nutrition column for a community newspaper. Richard has conducted several courses on nutrition subjects.



**molly
maguire's**
IRISH PUB & RESTAURANT

**1085 central avenue,
clark, nj 07066
732-388-6511**

Monday through Thursday

FREE • FREE • FREE

**Buy One Burger and get
the Second Burger FREE!**

Includes French Fries. Toppings additional.
18% gratuity will be added on the full price of the bill before promotion.

Monday through Friday

Join us for Our Sunset Specials

From 3pm to 6pm. All inclusive.
Choice of Soup or Salad. Choice of Entrée,
Coffee or Tea and Dessert
\$14.95 per person

Sunday's Prime Rib Special

Includes
Choice of Soup or Salad
Prime Rib with Potato and Vegetable
Coffee or Tea and Dessert
Queen Cut: \$16.99
King Cut: \$19.99

MAYORS COUNCIL RAHWAY RIVER WATERSHED FLOOD CONTROL APPROVES AGREEMENT FOR REGIONAL DETENTION BASIN

On October 24 at a special meeting at the Millburn Municipal Building, the seven Mayors representing their communities signed an historic Inter-local Agreement for the development of the South Mountain Regional Detention Basin, a storage project to reduce water elevations during peak storms in the Rahway River Watershed. The mayors of Millburn, Union, Springfield, Cranford, Kenilworth, Maplewood and Rahway and their governing boards approved the agreement and this is a major first step in seeing the project to the implementation stage.

Millburn Mayor Sandra Haimoff, Union Mayor Joe Florio, Springfield Mayor Ziad

Andrew Shehady, Maplewood Mayor Victor DeLuca; Cranford Mayor David Robinson, Mayor Kathi Fiamingo and Mayor Rick Proctor joined together to work with the US Army Corps of Engineers and the State of New Jersey Department of Environmental Protection to focus on the development of a dry dam in the South Mountain Reservation between Campbell's Mill Pond and Diamond Hill Pond. The Corps did hydrology assessments and determined preliminarily that water elevations during peak storm conditions during 100 year storms would be almost 3 feet lower in Millburn, Union and Springfield and 1.5 feet lower in Cranford and reduced elevations in

Rahway.

The inter local agreement will permit legal analysis and a work plan to be developed for the storage project. The project would be sited on property that sits on City of Orange property and the Mayors Council has begun meeting with the Mayor of Orange, Dwayne Warren and will soon meet with the City Of Orange City Council.

The storage project is one of several projects being evaluated to mitigate some of the worst case impacts of flooding such as what resulted from Irene. Estimates of over \$75 million of damages including Impacted downtown districts; flooded municipal and school facilities; and hundreds of families.



(above) Millburn's Mayor Sandra Haimoff signs the agreement with (l-r) Millburn's attorney Kit Falcon, Maplewood Mayor Victor DeLuca, Kenilworth Mayor Kathi Fiamingo, Union Mayor Joe Florio, Cranford Deputy Mayor Andis Kalnins(for Mayor David Robinson) , Rahway Mayor Mayor Rick Proctor and Springfield Mayor Ziad Andrew Shehady

ACCIDENT REPORTS AVAILABLE ON-LINE

The Township of Union Police Department has now implemented a new online program for obtaining copies of traffic accident reports. You will be able to access accident reports 24 hours a day, 7 days a week. Reports are available beginning with September 1st, 2012. If the report you are looking for is unavailable please call the Records Department at (908) 851-5090 Monday to Friday from 8:00am to 4:00pm. A report can be located by entering the report number or date of accident or by last name.

The link to access these reports is <http://uniontwpnj.policereports.us/>

GUARANTEED PRICE OVER THE PHONE!



Carpet Cleaning Powered by Oxygen
of Union, Middlesex, and Somerset counties

908-654-4242

www.OxyMagicOnline.com





We Make Your Dirt Disappear.
The GREENER Carpet Cleaner

6 ROOMS CARPET CLEANING \$259
Includes 6 Rooms & Hallway.
NO HIDDEN FEES
Stairs extra.
OxyMagic 908-654-4242
With this coupon.
Small furniture moving only.
Expires 12/31/12.

3 ROOMS CLEANED \$129
NO HIDDEN FEES
Stairs and hallway extra.
OxyMagic 908-654-4242
With this coupon.
Small furniture moving only.
Expires 12/31/12.

8 FT SOFA & 6 FT LOVESEAT \$144
reg price is 160.00
Additional fee for Leather
OxyMagic 908-654-4242
With this coupon.
Small furniture moving only.
Expires 12/31/12.

We Clean:

- Carpet • Tile & Grout • Upholstery
- Oriental Rugs • Area Rugs
- Pet Stains • Odor Removal Specialist

1 Hour Average Dry Time

- Deeper Cleaning than steam or chem
- Carpet dries soft, not hard or crunchy
- Non-toxic, safe for children & pets
- Deep stain removal process that eliminates stubborn stains

Tile & Grout Solutions
OxyMagic also has a safe, effective product for cleaning tile and grout, so it can make virtually any surface in your home look new again.

Upholstery Cleaning, Too
OxyMagic also offers outstanding upholstery cleaning using Aridex, the dry upholstery cleaning system. This foaming cleaning process is unique: there's not overwetting, never any shrinkage, and no sticky residue. It's completely safe for all fabrics and furniture, and it dries beautifully.

We also clean leather!

UNION CHECKER

908 688-5511


688-5355

1997 Morris Ave, Union, NJ 07083

Airport Service to all major and local Airports

Senior Citizen & Student Discounts

Speedy Service



TRINITAS HOSPITAL PROGRAMS

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.

HAMILTON SCHOOL'S HEAVENLY HATS FOUNDATION

On Thursday, October 25, 2012, Hamilton School held their Heavenly Hats Foundation event. This fundraiser donates new head wear to hospitals and patients all around the United States who lose their hair due to cancer treatments. The students were asked to donate \$1.00 for the privilege of wearing their favorite hat to school and watching their school custodian, Barry Loessel, have his head shaved.

This event was a great success exceeding the goal of \$200.00 and raised a total of \$410.10. All of the proceeds from this event will be used to pay for the cost of shipping the new head wear.



(above, l-r) Student Council Advisors and the school custodian. Lindsay Kolator, Barry Loessel, Gillian Pilone, and Cindy Pellis.



(above) Making good on his promise school custodian Barry Loessel gets his hair clipped by Debra Murphy.



(below) Student Council members and Advisors.

PAUL'S CLEAN UP

Commercial Residential
All Types of Debris

**Attics | Basements
Houses | Interior
Exterior | Demolition**

Low Rates—Very Dependable

908-964-1554

PAUL'S MASONRY

**Steps | Sidewalks
Driveways | Stucco
Brick & Concrete
Specialists**

All Types of Repairs—Very Dependable

908-964-1554

FURNITURE CONNXION

Tel: 908-241-0221 Hours: Mon - Fri 10am-7pm
721 Boulevard Sat 10am-6pm
Kenilworth, NJ 07033 Sun 12pm-5pm
www.furnitureconnxion.com Discount Prices Fast Delivery

Living Rooms • Bedrooms • Sofa Beds • Dining Rooms
Youth • Mattresses • Futons & More

Kathleen Gwaldis
25 Years of Experience

cell: (908) 400-8409

**Union Real Estate Specialist
FREE MARKET ANALYSIS**

Realtor Associate - Weichert President's Club
185 Elm Street, Westfield NJ, 07090
Office: (908) 654-6560, x 162

Weichert Realtors

Lee Myles
TRANSMISSIONS AutoCare

Honesty, Integrity and Complete Customer Satisfaction...

Your One-Stop Service Center for All Your AutoCare Needs!

- Free Vehicle Inspection and Performance Report
- Free Towing with Major Repairs
- Nationwide Warranty
- Expert Transmission and Auto Repair
- Foreign and Domestic
- Cars, Vans, SUVs, Trucks, RVs
- Automatic and Standard Transmissions

1415 Staywood Ave., Union, NJ
908-687-0300
1-800-LEE-MYLES

Our Goal: Customers for Life

Family Owned & Operated • Serving Union Since 1984

www.leepmylescare.com

UCEDC OFFERS STORM RECOVERY LOANS FOR IMPACTED UNION COUNTY SMALL 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.

**My job is selling Real Estate...I love my Job.
Call Now for your Customized Marketing
and/or Home Search Plan...**

908-296-0247

Donna J Evaristo,
GRI,SFR,REOS
Broker-Associate

The Right Choice

RE/MAX Lifetime Realty
Independently owned.

908-688-2828 ex 55

www.the-realestatelady.com



**DON'T OVERPAY ON
YOUR INK & TONER
THIS YEAR!**



Your local Cartridge World can show you a smarter way to do business this busy season. Reduce costs on every form you print and make your business "greener".

Drop by or call today and see how much you can save.

2576 US Hwy 22 E, Union, NJ 07083 • 908-688-5601



**VILLAGE
GREEN
REALTORS**

Commercial/Industrial/Office Real Estate Services
Office phone: 732-381-7477

PROPERTY OWNERS & TENANTS
Do you have any real estate needs?

- Are you downsizing your business
- Looking for a new larger space to lease
- Planning on buying a new building
- Planning on putting your property on the market

I can help with all your needs
Just call me, Bill Caruso at:
732.381.5910 or Cell 732.306.2810

All Rooters
Piping, Heating,
Sewer And Drain Cleaning

**DO YOU HAVE A CLOGGED
OR SLOW DRAIN?**

Any Drain **\$99²⁵**

1(888)572-3303
(908) 998-1555

FOUR SUPPORTER
OF FINANCIAL CRISIS
HOMESIDE CARE

Allrooters@gmail.com

**L&C
IRON WORKS**

915 East Hazelwood Ave.
Rahway, NJ

732-572-7871

**Serving New Jersey &
Staten Island Since 1967**

Visit Our Showroom

Shop-at-Home Service

Maintenance Free Aluminum Railings



Custom Designs and Colors

10% off any job over \$500.



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.

For the *Best* in Cancer Care

TRINITAS
Regional Medical Center

Look to a Comprehensive
Cancer Center that is *first* to
offer the latest technology...

Clarissa Henson, MD
Chair of Radiation Oncology

Look to Trinitas Comprehensive Cancer Center.

Being first with ground breaking technology is a hallmark of Trinitas Comprehensive Cancer Center, which was the first cancer center in New Jersey to provide patients with the Varian Trilogy radiation therapy system in 2005. Trilogy's ultra-precise robotics accurately tracks and adjusts for tumor movements at the moment of treatment, then targets cancer and neurological lesions with sub-millimeter accuracy. **No other facility in New Jersey has more experience with Varian Trilogy than Trinitas.**

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.

Ground breaking technology, and the expertise to use it - that's the Trinitas Comprehensive Cancer Center.



TRINITAS COMPREHENSIVE CANCER CENTER

225 Williamson Street, Elizabeth, NJ 07202 • 908-994-8000 • www.TrinitasCancerCenter.org



TRINITAS CENTERS
OF EXCELLENCE

Behavioral Health • Cancer Care • Cardiology • Diabetes Management
Maternal & Child Health • Renal Services • School of Nursing • Senior Services
Sleep Disorders • Women's Services • Wound Healing & Hyperbaric Medicine



Trinitas Regional Medical Center is a Catholic teaching institution sponsored by the Sisters of Charity of Saint Elizabeth in partnership with Elizabethtown Healthcare Foundation.