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5:30 - 7:00 PM**

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## UNION CENTER WELCOME FALL FESTIVAL

The Union Center Welcome Fall Festival was held on Saturday, September 19, 2015 on Stuyvesant Avenue.

The annual event, formerly known as the Festival on the Green, is an art and music festival. It started in 1973 and was

brought back to life in 2011.

The day-long event featured arts and crafts vendors, activates for children, food vendors and music by The Nerds and a DJ.



Photo albums of this and other events can be found online at  
Spirit of Union is online at [www.rennamedia.com](http://www.rennamedia.com)

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## UNION HISTORICAL SOCIETY EVENTS

### FOUR CENTURIES IN A WEEKEND

On Saturday, October 17 (11 am-5 pm) and Sunday, October 18 (noon to 5 pm), the Caldwell Parsonage will serve as one of the historic sites participating in Union County's annual Four Centuries in a Weekend.

Docents will offer continuous tours of the house and barn, including new exhibits in both buildings; souvenirs and refreshments will be available. Admission is free.

For details, please call Barbara La Mort at 908-687-0048.

### HISTORIC PUB CRAWL

For spirits of a different nature, join the UTHS

Sunday, November 1, 2015

at noon for its first Historic Pub Crawl, stopping at inns/taverns

dating from the 18th century.

For \$70 per person (\$20 of which is a tax-deductible donation to the UTHS), guests will be transported by (motor) coach from Burnet Middle School to the Grain House in Basking Ridge, the Black Horse Tavern in Mendham, and the Ryland Inn in Whitehouse Station. At each stop, light pub fare will be provided with a cash bar available. We will return to the Burnet parking lot at 5 pm.

To make reservations, call 908-687-7468.

## IS THE CALDWELL PARSONAGE HAUNTED?

Come see the evidence and decide for yourself! On Saturday, October 24, 2015, from 6:45 to 7:45 and again from 8:15 to 9:15 pm, members of New Jersey Paranormal will describe the results of investigations they've conducted in the Parsonage, 909 Caldwell Avenue, Union. Then they'll lead audience members on their own ghost-hunting expedition through the house.

To purchase tickets at \$10 each, please call 908-591-4377. Leave a message, and your call will be returned promptly. (Proceeds will benefit the Parsonage, which is listed on the National and State Registers of Historic Places.)

During each session, the New Jersey Paranormal staff will: Explain how an investigation is conducted; demonstrate equipment used during an investigation; show video evidence from the Parsonage investigation and their other investigations; and lead a tour through the building, during which visitors may take pictures with their own digital devices to potentially capture orbs.



To learn more about New Jersey Paranormal, visit the website, [newjerseyparanormal.com](http://newjerseyparanormal.com) or search on Facebook (New Jersey Paranormal). For additional information about the Parsonage, the history of Union, or the Union Township Historical Society, go to [www.unionhistory.org](http://www.unionhistory.org) and [www.uniontwphistoricalsociety.webs.com](http://www.uniontwphistoricalsociety.webs.com).

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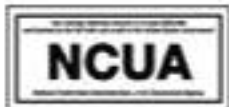
## Two Special Events Happening in October!

### "One-Day Vehicle Test Drive" Event Saturday, October 24th

From 9 am to 2 pm, dozens of select late-model, certified pre-owned vehicles from Enterprise will be featured at our Kenilworth branch.

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### "Get Out of Debt" Workshop Thursday, October 29th

From 5:30 pm - 7pm, attend our GreenPath workshop discussing what to do to eliminate debt. Light refreshments will be served; seating is limited. Call us at 908-245-1750, ext. 7512 or email [carlag@atlfedcu.com](mailto:carlag@atlfedcu.com) to reserve a seat.



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## YMCA CELEBRATES LIVESTRONG AT THE YMCA GRADUATION

The Gateway Family YMCA – Wellness Center Branch hosted a graduation ceremony for the first class of nine graduates from LIVESTRONG at the YMCA, a twelve week wellness and recovery program for cancer survivors. The graduation was held at the Wellness Center Branch, 1000 Galloping Hill Road in Union, NJ.

LIVESTRONG at the YMCA is a nationally recognized twelve-week, small group wellness recovery program designed for adult cancer survivors; it is collaboration between the LIVESTRONG Foundation and selected YMCA's across the country. This program fulfills the important need of supporting the increasing number of cancer survivors who find themselves in the transitional period between completing their cancer treatment and the shift to feeling physically and emotionally strong enough to attempt to return to their normal life or their "new normal". "Our goal is to help participants build muscle mass and muscle strength, increase flexibility and endurance and improve functional ability," stated Paul Mickiewicz, Wellness Center Branch Executive Director. Additional goals include reducing the severity of therapy side effects, preventing unwanted weight changes and improving energy levels and self-esteem. A final goal of the program is to assist participants in developing their own physical fitness program so they can continue to practice a healthy lifestyle, not only

as part of their recovery, but as a way of life. In addition to the physical benefits, LIVESTRONG at the YMCA provides participants a supportive environment and a feeling of community with their fellow survivors, YMCA staff and members.

LIVESTRONG at the YMCA Coaches work with each participant to fit the program to their individual needs and are trained in the elements of cancer, post rehab exercise and supportive cancer care. One participant thanked her coach, stating "Thank you for opening the doors of your heart and giving us joy, gentleness, vision, courage and most especially HOPE."

"Through LIVESTRONG at the YMCA, we are able to offer those who have been diagnosed with cancer the support they need to build both emotional and physical strength," stated Krystal R. Canady, CEO, The Gateway Family YMCA. The twelve week program is offered at no cost to the participant and is open to the community.

For more information on The Gateway Family YMCA or the LIVESTRONG at the YMCA program, visit [www.tgfyymca.org](http://www.tgfyymca.org) or contact Lexy Anderson at the Wellness Center Branch, 908-349-9622.



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## UNION AUTHOR TO DISCUSS HIS BOOKS

On Sunday, November 8, 2015 at the Crane-Phillips House Museum, Union resident, Richard J. King will discuss his books, "Just A Short Line, The Story of the Rahway Valley Railroad, Volume I: History of the Line 1897-1950 and Volume II: History of the Line 1951-2009" at the Crane-Phillips House Museum from 2:00-4:00 pm. Program begins at 2:15pm.

Richard J. King, a lifelong resident of Union, has been aggressively researching the history of the Rahway Valley Railroad. This railroad was a small, locally-owned, and family-operated line that only extended for 11.8 miles between Roselle Park and Summit, with a branch into Maplewood. Headquartered in Kenilworth, the railroad was a catalyst for industrial development in Union County between the years 1897 and 1992. The railroad connected with the Central Railroad of New Jersey in Cranford.

In partnership with the Garbely Publishing Company of Pompton Plains, NJ, King has written two books about the Rahway Valley Railroad, which cover the railroad's history from 1897 to 2009. King will give a presentation of the railroad's history, and its impact on the Township of Cranford and surrounding area. All are welcome to attend and King's two books will be available for purchase after the presentation.

Admission is free. To reserve your seat, call the Historical Society at 908-276-0082 or email us at [cranfordhistoricalsociety@verizon.net](mailto:cranfordhistoricalsociety@verizon.net). Visit our website at [www.cranfordhistoricalsociety.com](http://www.cranfordhistoricalsociety.com).



Union Township  
CHAMBER of COMMERCE  
BUSINESSES BUILDING BUSINESSES SINCE 1956

## October Networking Event Grow Your Business!

"Making Sense of Email & Social Media Marketing"



October 22, 2015 5:30 - 7:00 p.m.

AAA Northeast 2317 Route 22 West, Union NJ

Many businesses find themselves seeking the right strategies and tools to make their marketing efforts as effective as possible. But between social media, email and mobile, there's a lot to know! This session will make sense of the noise and show you how to make the most of the combination of email and social media for your business. When the session is done you'll have a greater understanding of marketing basics like goals and objectives. You'll learn what a "campaign" is and what to write about and offer in that campaign. You'll be given simple but powerful tips for how to get your messages opened and read. And you'll see that there are some great tools you can use to help engage with your existing customers and supporters as well as expand you reach to new prospects. Join us and start to build a plan that will help you grow your business by eliciting the responses you want from customers.



Susana is a Constant Contact Platinum Level Accredited Solution Provider and Authorized Local Expert, certified to deliver Email Marketing Strategy presentations.

Susana runs seminars and works privately with clients to create their Online Marketing Strategic Plan at her studio in East Hanover. Right Click Advantage provides business owners a wide array of Online Marketing services.

Admission: \$10.00 for Members / \$15.00 for Guests  
Pre-registration is REQUIRED

Register online at [www.unionchamber.com/october-events](http://www.unionchamber.com/october-events)  
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# BACK TO SCHOOL SAFETY

Summer is over, school has begun and children have returned to the classroom.

With all of the excitement related to back to school, sometimes important things can be overlooked. The Township of Union Police Department urges students, parents, and especially drivers to be aware of the increase in vehicular and pedestrian traffic. Parents should take time to review the basic safety rules with children, including the routes they should be taking to and from school and the locations of school crossing guards.

Encourage use of the same route each day. Young children should be advised of basic safety rules, including the importance of not talking to strangers.

Parents who drive students to school should remember to pull up to the curb before letting children out and only park in designated areas around schools. Disregard of parking regulations, especially around schools, can create dangerous situations for both drivers and children.

Sergeant Robert Christie, Supervisor of the Union Police Department's Traffic Bureau feels children are never too young to learn good safety rules. "Learning how to stay safe is something that can be fun and doesn't have to be frightening," advises Christie. "Children need to be taught how to keep themselves safe as they grow and venture out into the expanded world of school and community, although the Police Department and other community helpers are there to provide assistance, parents are

often their child's first and best teachers in this area," added the Sergeant. Mayor Florio encouraged parents to sit down with their children and to advise them about basic safety

rules. "Parents are a child's best and first teacher when it comes to safety," stated Mayor Florio. "Safety should never be overlooked."

Parents of students who walk to school (Middle and High School students) should be aware that walking in the street rather than on the sidewalk is not only dangerous for the student, but is a violation of a traffic law 39:4-34. (Where sidewalks are provided it shall be unlawful for any pedestrian to walk along and upon an adjacent roadway.)

Parents of students who ride bicycles to school should know that any person under 17 years of age is required to wear a properly fitted and fastened bicycle helmet.

The safety of the students should be a concern of all, so following these rules will help make Union safe for the children on their way to and from school.

According to Union's Police Director, Daniel Zieser, the Department will be utilizing strict enforcement when it comes to motor vehicle and pedestrian violations. "Strict traffic enforcement and summoning of all violators is an effective tool in reducing motor vehicle accidents and protecting the safety of local residents, said Zieser. "The serious injury of one person due to disregard of traffic laws is one too many. We have to do everything we can as police officers to modify driving behaviors that are obvious causes of accidents and injuries," added the Director.

The Union Police Department also advises parents to discourage children from taking items of value to school such as cell phones, i-pods, mp-3 plays, expensive jewelry or other costly items. These items are often misplaced or can become the target of a theft.

## FRIENDS OF THE LIBRARY SEEKING NEW MEMBERS

The Friends of the Union Library are looking for new members who want to bring creative ideas and energy to our organization. Our mission is to create public interest in the Union Public Library, to promote increased knowledge and understanding of its services and needs, and to foster public support for the necessary development of said library so that it may serve adequately the needs of the community.

Visit [sites.google.com/site/friendsoftheuplor](http://sites.google.com/site/friendsoftheuplor) email us at [uplfriends@yahoo.com](mailto:uplfriends@yahoo.com).

Our next three meetings will be held in the second floor activities room in the main library on Monday November 2nd, and Thursday December 3rd. Please join us.

## FREE JOB TRAINING

Project Ready is a free 6-week job readiness and computer skills training class designed for adults who are actively looking for work. Volunteer tutors help students identify skills, write resumes, practice interviewing, and search for jobs. Basic computer skills, including Microsoft Word and Excel, are also taught.

The program runs

Tuesday through Friday

from 9:30 am until 2:30 pm

at St. Joseph's Social Service Center

located at 118 Division St. Elizabeth, NJ.

The next session begins October 20, 2015 and ends on December 3, 2015.

For more information, please call us

at (908) 353-1045, Ext 8,

or email [Projectreadyprg@yahoo.com](mailto:Projectreadyprg@yahoo.com).



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## BOYS & GIRLS CLUBS OF UNION COUNTY CELEBRATES 60TH ANNIVERSARY

Join Boys & Girls Clubs of Union County as we honor our sixtieth anniversary with a special Gala Celebration. On Friday, October 23rd, 2015 the generous hearts of alumni, members, staff, supporters, community leaders, and friends will come together at the Galloping Hill Golf Course in Kenilworth, NJ from 6pm to 10 pm.

Gala sponsors include: Altria, Law Office of Fred Shahrooz-Scampato, Kean University, and Elizabethtown Gas (AGL Resources). The evening will begin with a cocktail hour, as guests enjoy an open bar, photo opportunity, and

commemorative displays; followed by dinner and dessert. We are pleased to announce that Jim Clark, President & CEO of Boys & Girls Clubs of America, is our special guest and we will honor Where Angels Play Foundation.

A collection of unique gifts will be available for silent auction. Several prizes include Louis XIII cognac, Steve Weatherford (NY Giants) autographed cleat, 2 first class airline tickets on United Airlines, a 50" flat screen television, 4 Disney Park hopper passes, Allan Houston (NY Knicks) autographed basketball, Silpada sterling

silver bracelet, Movado BOLD watch, EJ Manuel (Buffalo Bills) autographed game football, original artwork, 4 VIP tickets to The Meredith Vieira Show, social membership to Bella Vista Country Club, and many more! Sponsorship opportunities are still available – if you are interested in becoming a sponsor or to place an ad in our Keepsake Journal, please contact Lisa Sepetjian at 908-687-7976 ext. 4 or lsepetjian@bgcuc.org.

Tickets can be purchased online at bgcuc.org. We look forward to seeing you there!

## MILLENNIUM MARTIAL ARTS ACADEMY

Millennium Martial Arts Academy has recently relocated to 2191 Morris Avenue in Union. The Academy was located on Liberty Avenue in Union for 13 years and recent construction forced them to move. The new location is bigger and better with parking facilities.

Roy McLean, owner and master head instructor, has been involved with martial arts since 1973, and has been helping adults and children reach their personal and fitness goals. With over 22 years of teaching children, Roy has learned how to give students a fun, safe and nurturing environment where they can make mistakes without fear of embarrassment. Students are guided according to their means and abilities to higher levels of achievement in a program that has been specifically designed to promote personal advancement, and that builds successful futures for those who are willing to make the commitment.

The Millennium Martial Arts Academy offers both adult and children classes. It is, first and




foremost, a school. It is a dojang where students learn the art of Tae Kwon Do and see tangible improvements in schoolwork, friendships, and discipline.

They are currently offering a new location special for adults and children. Drop by, or call for details (908) 687-8881.

*"Helping children to grow and become all they are called by God to be..."*

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## HOLIDAY PRECAUTIONS - MEDICAL ADVICE FOR AVOIDING BACK PAIN THIS HOLIDAY SEASON

*With all the hustle and bustle of the Holiday Season upon us, it's easy to forget or take for granted a healthy lower back.*

*Those of you who have suffered from low back pain know all too well what this means.*

Anyone with a history or a predisposition to lower back pain is a prime candidate for an episode of it during the Holiday Season. It begins with raking leaves and putting out the Fall decorations, the giant turkeys, stringing up the lights or a Christmas tree, the unending shopping, and heaven forbid shoveling snow!

What can you do to prevent back pain from spoiling the holidays? Just follow a few simple guidelines explains Dr. Victor M. Fano, a local Chiropractic Physician.

For starters, Dr. Fano says, "try to think of what it is your about to do before you do it. Be aware of what task is ahead of you. Quick, sudden movements may make you unstable and can cause injury to muscles, ligaments, and even the discs of the spine. Twisting motions of the torso, particularly with carrying heavy or awkward loads, such as a big turkey, are the most dangerous for your lower back", explains Dr. Fano. "This causes a wrenching or wringing of the disc and could potentially result in injury. When turning, your feet should always lead or point in the direction you wish to go", this he explains, will help to avoid and prevent those twisting motions of the torso.

Secondly, Dr. Fano notes "whenever lifting objects of considerable weight (twenty pounds or greater), hold them as close to the body as possible", this will reduce the leverage or force put on the lower back muscles. A good tip is to always slide the object as close to you as possible before lifting it. This keeps the object near your center of gravity, preventing strain on the lower back muscles. If the object is on the floor, use a squatting technique to lift it, bending at the knees and keeping the back straight. Dr. Fano is quick to point out that the leg muscles are some of the most powerful muscles in the human body, far stronger than those of your lower back. He advises you to lift by pushing with your legs, not by using you back muscles (strain) are some of the most common type of injuries seen in Dr. Fano's practice.

When getting out those stored away decorations, Dr. Fano cautions you not to reach for objects higher than chest level. Rather, use a step-stool to bring the object closer to the waistline. This keeps the object nearer your center of gravity and reduces your chances for losing your balance and injuring yourself. If the object you wish to move is awkward, like a couch or large chair, have someone help you to prevent sudden load shifts while carrying the object. "It's better to plan ahead than to risk injury", says Dr. Fano.

Lastly, if you are traveling this Holiday Season, when carrying luggage or packages, balance the load evenly. If only carrying or pulling one bag, occasionally shift the bag from side-to-side to prevent overuse or strain on one side of your body. Following these general guidelines should help you to avoid back injury and help you to enjoy the Holidays. "With all the medical advances to date", notes Dr. Fano, "prevention is still the best treatment".

Dr. Victor M. Fano is a Chiropractic Physician with Union Medical, LLC located at 2182 Morris Ave. in Union, NJ. Dr. Fano is also a Certified American Red Cross Instructor for their "Protect Your Back" program. Union Medical employs both Medical and Chiropractic physicians who work together to identify and treat injuries of the muscles, joints and nerves.



If you or someone you know would like more information or a thorough evaluation by the team of physicians at Union Medical, LLC, please call (908) 851-2666. Mention this article and receive a complimentary consultation (\$175 Value).



## RECOVERY INTERNATIONAL

Recovery International gives people the tools to lead more peaceful and productive lives. It is a self-help support group for anxiety, stress, fears, panics, anger, etc. Dr Abraham Low developed the methods to cope, which are demonstrated at the meetings, using cognitive behavioral techniques. All newcomers are welcome to attend and there is no charge but a donation is requested if means allow for it.

Meetings are held weekly at the Willow Grove Presbyterian Church, 1961 Raritan Road, Scotch Plains, Mondays at 2pm.

For more info please email Dorothy at dy61em@comcast.net or call 732-381-3712.

Visit [www.recoveryinternational.org](http://www.recoveryinternational.org)

## KENILWORTH COMMUNITYWIDE GARAGE SALE

**OCT. 10 AND OCT. 11, 2015.**

This major event, sponsored by the Kenilworth Historical Society, will take place, rain or shine, between the hours of 9 a.m. and 4 p.m. each day.

The addresses of registered participating residences will be included in a Kenilworth Communitywide Garage Sale listing and map that will be available in quantity, free of charge, at the Public Library (548 Boulevard), and will be posted on the Borough of Kenilworth Web site ([www.kenilworthborough.com](http://www.kenilworthborough.com)).

## WESTFIELD RAINBOWS

Westfield Rainbows is a non-profit organization offering free support to foster emotional healing among children ages 5 through 18 and their parents who are adjusting to a life-altering event due to death, divorce, separation, illness or other painful transition. Registration for the 7-week fall session is on-going. Rainbows is open to children from all economic, racial, ethnic, and religious backgrounds.

Visit on-line [www.westfieldrainbows.org](http://www.westfieldrainbows.org) or contact the coordinators, Mike Mulry at (732) 648 1173 or Anne Koons at 908-233-2555 or email [rainbowshelp@gmail.com](mailto:rainbowshelp@gmail.com).



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**LIBRARY HOURS:** Mon – Thurs: 10 a.m. to 9 p.m. /  
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## VAUXHALL BRANCH LIBRARY

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Saturday: 10 a.m. to 5 p.m.

## UNION AUTHOR TO DISCUSS HIS BOOKS

On Sunday, November 8, 2015 at the Crane-Phillips House Museum, Union resident, Richard J. King will discuss his books, “Just A Short Line, The Story of the Rahway Valley Railroad, Volume I: History of the Line 1897-1950 and Volume II: History of the Line 1951-2009” at the Crane-Phillips House Museum from 2:00-4:00 pm. Program begins at 2:15pm.

Richard J. King, a lifelong resident of Union, has been aggressively researching the history of the Rahway Valley Railroad. This railroad was a small, locally-owned, and family-operated line that only extended for 11.8 miles between Roselle Park and Summit, with a branch into Maplewood. Headquartered in Kenilworth, the railroad was a catalyst for industrial development in Union County between the years 1897 and 1992. The railroad connected with the Central Railroad of New Jersey in Cranford.

In partnership with the Garbely Publishing Company of Pompton Plains, NJ, King has written two books about the Rahway Valley Railroad, which cover the railroad's history from 1897 to 2009. King will give a presentation of the railroad's history, and its impact on the Township of Cranford and surrounding area. All are welcome to attend and King's two books will be available for purchase after the presentation.

Admission is free. To reserve your seat, call the Historical Society at 908-276-0082 or email us at

[cranfordhistoricalsociety@verizon.net](mailto:cranfordhistoricalsociety@verizon.net).

Visit our website at

[www.cranfordhistoricalsociety.com](http://www.cranfordhistoricalsociety.com).

## MAIN LIBRARY CHILDREN'S DEPARTMENT

*No Registration is required.*

### BEDTIME STORY TIME

October 5 and 26 at 6:30pm to 7:00pm

bedtime stories and sing-along rhymes and songs. Dress in your pajamas and cuddle your favorite stuffed animal as we get you ready for sleep. Children of all ages and their families, friends, and caregivers are welcome.

### PRESCHOOL STORY AND CRAFT

October 6 and 28 at 10:30am to 11:30am

story and related craft. Children ages 4 to 6 years and their parents and caregivers are welcome.

### BABY RHYMES AND STORYTIME

October 9 and 23 at 10:30 am to 11:00am

stories and sing-along rhymes and songs. Babies and their caregivers are welcome.

### KIDS MAKE IT @ YOUR LIBRARY

October 7 and 22 at 3:30pm to 4:30pm

October 7, we will be testing if two eyes are better than one? October 21, we will be constructing buildings with toothpicks and candy. Children ages 6 to 8 years and their friends and family are welcome.

### TWEENS MAKE IT

October 21 and 29 at 3:30pm to 4:30pm

October 21, we will be constructing and testing catapults. October 29, we will be testing peripheral vision and asking how accurately do you see? 9 to 12 year olds and their friends and family are welcome.

### FACTS AT YOUR FINGERTIPS: HOME SCHOOL AND HOMEWORK ONLINE RESOURCES

October 24 at 11:00am to 12:00pm

Do you need fast, reliable information for your child's research projects or home school assignments?

Parents and caregivers are welcome.

### LEGO CLUB

October 27 at 3:30pm to 4:30pm

Bring your imagination and we will provide the Legos. Please note that all your Lego creations must stay in the library so bring your camera to take a picture. Children of all ages and families, friends, and caregivers welcome.

## OCTOBER EVENTS - ADULTS

### HELEN MIRREN FILMS

Tuesdays, October 6, 13, 20, 27 at 2:00 PM

The popular “Tuesdays at Two” movie series continues with four films starring actress Helen Mirren.

### DE-STRESS WITH COLORING FOR ADULTS

Tuesday, October 6 at 7:00 PM – 8:15 PM

Coloring and doodling for adults is a trend that's hot and surprisingly relaxing! The library will provide the materials. No judgement, no teacher, just D-I-Y fun!

### OFF THE SHELF BOOK DISCUSSION GROUP

Thursday, October 15 at 7:00 – 8:15 PM

Now in its 16th year! October's selection, “Open City: A Novel” by Teju Cole will be discussed. Contact the Reference Desk for help in obtaining a copy of the book. New members welcome.

### “THE ARK, THE GRAIL,

### AND THE QUEST FOR DISCOVERY” LECTURE

Thursday, October 29 at 7:00 – 8:15 PM

Join us in this illustrated exploration of archaeology, history, and legend to discover what the Ark of the Covenant and the Holy Grail really were. Presented by Christopher M. Bellitto, Ph.D., Associate Professor of History, Kean University.

## VAUXHALL BRANCH LIBRARY

### OCTOBER EVENTS

#### ADULTS

*Sign up is required.*

#### TAI CHI - FREE EXERCISE PROGRAM FOR MATURE ADULTS

Tuesdays, October 13, 20, and 27

12:30 p.m. – 1:30 p.m.

Wear sneakers & comfortable clothing. Space is limited.

Sign up required!

#### “I KNOW WHO MY PEOPLE ARE!

A GENEALOGICAL QUEST TO UNEARTHING FAMILY ROOTS” THIS A TWO-PART SERIES PRESENTED BY DR. VALERIE LEWIS-MOSLEY.

#### Part One:

Wednesday, October 14th, 6:00 p.m. – 7:45 p.m.

At Part 1 Dr. Lewis-Mosley will discuss, “The Circle of Life: Ancestors, Elders, and Children” and she will also speak about the importance of, “Connecting the Dots to Trace Your Family History.”

#### Part 2:

Monday, October 19th, 6:00 p.m. – 7:45 p.m.

Dr. Lewis-Mosley will discuss, “What's in a Name?” and “Who are Your People?”

#### HILTON READERS BOOK DISCUSSION GROUP

Monday, October 26th at 6:00 p.m. – 7:45 p.m.

to discuss “Yellow Crocus” by Laila Ibrahim. Bring dinner. Beverage and dessert are provided. Please contact the Vauxhall Branch Library Circulation Desk for help obtaining a copy of the book. All are welcome to attend.

No registration required.

#### CHILDREN

#### BEDTIME STORY TIME

Monday, October 5th at 7:00 p.m. - 7:30 p.m.

Children 8 years old and younger and their parents/guardians are invited. Children are encouraged to dress in their pajamas and cuddle their favorite stuffed animal as we get you ready for sweet slumber. No registration required.

#### TWEEN CHEF

Wednesday, October 7th at 3:30 p.m. – 5:00 p.m.

Students ages 9-12 years old are invited to join Mrs. Kristine Nicholson, Healthy Eating Specialist for Whole Foods, as she teaches students creative ways to make healthy snacks. Space is Limited. Parents/guardians are encouraged to attend this workshop.

#### GAME TIME FOR TWEENS

Thursday, October 8th at 3:30 p.m. – 4:30 p.m.

Children ages 9 - 12 are welcome to try their hand at board games, card games and more! **PRESCHOOL STORY**

#### AND CRAFT

#### “BACK TO SCHOOL PENCIL BOX”

Tuesday, October 13th at 11:00 a.m. – 11:45 a.m.

Children Ages 3 – 5 and their parents/guardians are invited to attend on. (Children under 8 must be accompanied by a parent/guardian.)

#### TWEEN MOVIE: “CINDERELLA”

Thursday, October 15th at 3:00 p.m. – 4:55 p.m.

Rated PG; 112 Min. for children ages 9-12

#### JOY (Jenkins Outreach for Youth) presents

#### CLUB TEEN: COLLEGE BOUND SERIES

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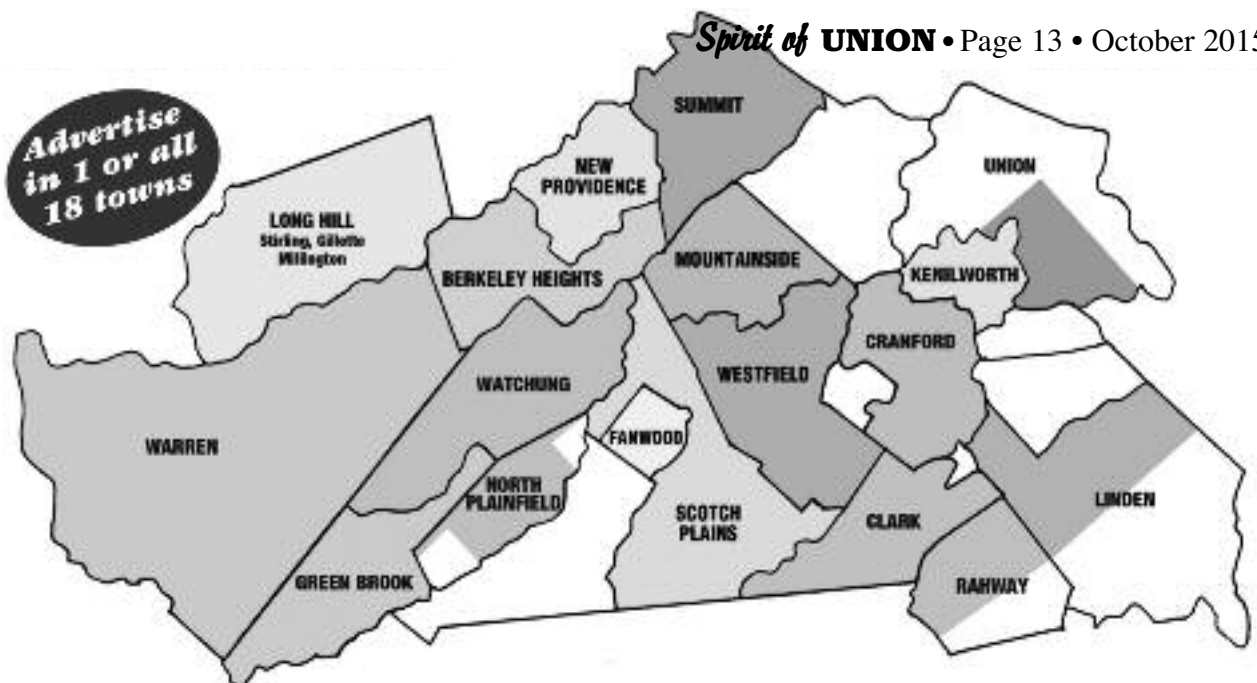
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ppbsa.doubleknot.com/

event/white-castle-watchung-mountain-chess-tournament/1792566

Email Charlean Mahon at Charlean.Mahon@scouting.org for more info.

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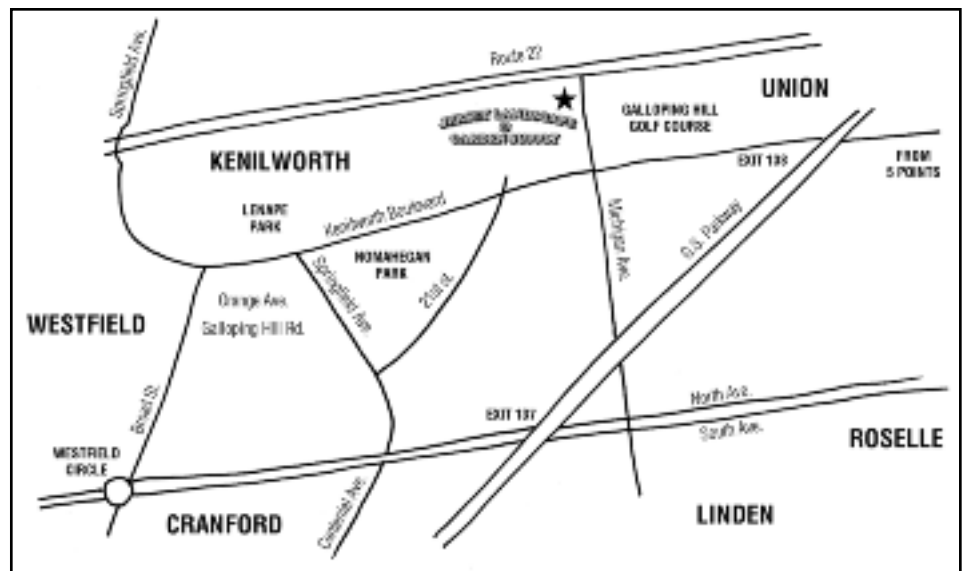
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3/4 Arctic White .....	\$82
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1 Riverbed .....	\$58
2-4 Riverbed .....	\$58

Prices subject to change without notice.

**We accommodate  
the trade  
as well as the  
do-it-yourselfers!  
We are always  
ready to assist.**

## HARDSCAPE

Cement



Concrete  
Block



Brick



Curbing



Belgium  
Block  
Diamond  
Blades



Limestone  
Treads



Polymeric Sand  
Paver Sealer  
Paver Cleaner

**FREE  
Same Day Delivery  
5-Yards or more**

## DRAINAGE

Pipe • Catch Basins

## LAWN & GARDEN



Grass - Seed  
Fertilizers  
Peat Moss

## TOOLS

Mason Tools • Shovels • Rakers



**son Tool Co.**

FREE  
WiFi  
AVAILABLE

# HIBACHI GRILL

## supreme buffet

Serving  
**LOBSTER or CRAB LEGS**  
with other Special Items  
Every Holiday

For more information, please call

**908-490-1600**

Fax: 908-490-1601

[www.hibachigrillandbuffetnj.com](http://www.hibachigrillandbuffetnj.com)

**BLUE STAR SHOPPING CENTER**

10% DISCOUNT  
Seniors 60+, Military,  
Police, College Students  
Hibachi Grill Supreme Buffet (Show ID)



Large Parking Lot to  
Accommodate our Customers

**1701 U.S. Highway 22 West • Watchung**



### MONDAY - THURSDAY

Lunch 11am - 3:30pm	Dinner 3:30pm - 10:00pm
Adult .....\$7.99	Adult .....\$11.59
Kids 7-10.....\$5.99	Kids 7-10.....\$6.99
Kids 3-6.....\$3.99	Kids 3-6.....\$5.99
2 & Under.....FREE!	2 & Under.....FREE!

### FRIDAY - SATURDAY

Lunch 11am - 3:30pm	Dinner 3:30pm - 10:30pm
Adult .....\$7.99	Adult .....\$11.59
Kids 7-10.....\$5.99	Kids 7-10.....\$6.99
Kids 3-6.....\$3.99	Kids 3-6.....\$5.99
2 & Under.....FREE!	2 & Under.....FREE!

### SUNDAY ALL DAY DINNER

11am - 10pm
Adult.....\$11.59
Kids 7-10 .....\$6.99
Kids 3-6 .....\$5.99
2 & Under .....FREE!

**GIFT CERTIFICATES AVAILABLE**

## SUSHI

**Fantastic range of freshly prepared sushi.**  
**Most selection and top quality among all competitors.**  
**It is far from the typical "buffet quality" sushi.**  
**At HIBACHI, you don't sacrifice taste for price.**

## BUFFET

**Elegant, modern, fresh, executed with care and confidence. HIBACHI Grill Supreme Buffet brings together 250+ of fresh-made Asian dishes in eleven buffet bars.**

## HIBACHI

**Choose your favorite ingredients from dozens of seafood, meats and vegetables. Watch our chef preparing them in our special hibachi sauce to create a full-flavored dish.**

**ASK US ABOUT CATERING YOUR NEXT EVENT!**

**We have a large party room available for birthday parties, office meetings & weddings.**

**\$125 OFF**  
**ADULT BUFFET**

With purchase of a beverage per person  
Watchung • 908-490-1600  
Cash Only. Limit 4. Not valid with any other  
offers or discounts. Expires 11/10/15.

**\$250 OFF**  
**2 ADULT  
BUFFETS**

With purchase of a beverage per person  
Watchung • 908-490-1600  
Cash Only. Limit 4. Not valid with any other  
offers or discounts. Expires 11/10/15.

**\$10 OFF**  
**ANY ONE  
PARTY**

Of \$100 or more. Monday - Thursday Only.  
Watchung • 908-490-1600  
Cash Only. Limit 4. Not valid with any other  
offers or discounts. Expires 11/10/15.

**\$500 OFF**  
**4 ADULT  
BUFFETS**

With purchase of a beverage per person  
Watchung • 908-490-1600  
Cash Only. Limit 4. Not valid with any other  
offers or discounts. Expires 11/10/15.