

# BUSINESS + LIFE KENILWORTH LIFE

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## KENILWORTH CHAMBER OF COMMERCE MEETING

FEBRUARY 10  
8:30am

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## SUICIDE PREVENTION TRAINING AVAILABLE FROM CRISIS HOTLINE CARING CONTACT BEGINNING MARCH 21

Crisis hotline Caring Contact will be offering its next round of training for volunteer listeners beginning Monday, March 21, at the RWJ Rahway Fitness and Wellness Center at 2120 Lamberts Mill Road in Scotch Plains, beginning at 7:00 p.m. The training program meets once weekly for 13 weeks, including one two-day weekend session.

Training is being offered to new volunteer listeners at Caring Contact, an award-winning, volunteer-staffed caring and crisis hotline and listening community, providing active listening support and best-in-class training to the Central and Northern New Jersey community.

The cost for the program is \$299, with a \$100 refund after volunteers have logged 100 hours on the phones. Volunteers are asked to commit to eight hours per month after completing the training.

### THE NEED FOR SUPPORT IS DRAMATIC.

"Every 12.3 minutes someone in the United States dies by suicide, including 4,600 young people, and for every one suicide there are 25 attempts," said Arlene Klemow, [training director] at Caring Contact. "In addition, nearly one in five Americans suffers from some form of mental illness each year.

"Providing an empathetic ear when someone is in crisis or simply experiencing a down period in their life can make so much of a difference. Our volunteers have a real impact on lives and they are the heart of our operations."

Program participants are trained in Excellence in Listening, including Mental Health First Aid Training and Applied Suicide Intervention Skills Training (ASIST), both listed on the National Suicide Prevention Registry of Evidence-Based Programs. They develop the ability to listen actively, assess the needs of someone in crisis and provide empathy and support. The program is taught by trainers who are both long-time listeners and nationally certified instructors in Mental Health First Aid and ASIST.

Following 54 hours of classroom instruction, volunteers are first partnered on the call-in lines with experienced listeners before taking calls on their own.

Potential volunteers who may be intimidated by the idea of talking to people in crisis should not be concerned, according to Klemow. Volunteers are well trained for their work, she said.

Colleen Mannix has been volunteering at Caring Contact for about a year. She came to the hotline with a master's degree in counseling and was impressed with the

professionalism of the training and how prepared it makes volunteers to take calls.

"I thought it was really comprehensive," Mannix said. "They prepare you for every scenario. It provides an understanding of mental health that is really important for volunteers who don't have a background in counseling. Then you are paired up with a veteran listener so I definitely felt prepared."

### MANNIX FINDS VOLUNTEERING AT THE HOTLINE VERY REWARDING.

"I feel good," she said. "I just spoke with someone who when he started said he was really down but by the end of the call he said he was feeling better. After a year I'm still really excited to do it."

While Mannix had a background in counseling when she came to the hotline, volunteers come from all backgrounds and age groups and the vast majority have no training in suicide prevention prior to volunteering. Some had their lives touched by suicide in some way but most simply want to help others in need, Klemow said.

Anyone interested in becoming a volunteer listener Caring Contact and wanting to register for the training should call 908.301.1899 or email Klemow at Arlene.Klemow@caringcontact.org.

Caring Contact also provides training to members of the public, community groups and businesses in suicide awareness and prevention, active listening, Mental Health First Aid and preventing teenage suicide.

Caring Contact serves Central and Northern New Jersey and is a primary responder to calls to the national suicide prevention line (1-800-273-TALK or 1-800-SUICIDE) that originate in New Jersey. Callers also reach Caring Contact by dialing 908-232-2880. Those preferring to seek supporting through texting may text "heart" to 741-741. The hotline also provides best-in-class training to the Central and Northern New Jersey Community.

### ABOUT CARING CONTACT

Caring Contact is an award-winning, volunteer-staffed caring and crisis hotline providing active listening support and best-in-class education to the Central and Northern New Jersey community. We attentively and compassionately serve those in emotional distress and educate our communities about the power of personal connection. If you are in crisis and need someone to listen, call us at 908-232-2880. To learn more, visit [www.caringcontact.org](http://www.caringcontact.org).

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## MEMO FROM THE MAYOR

To all in the Borough, I would like to wish you a Happy Valentine's Day! It looks like the warmer than average December has finally given way to some cold weather. I want all residents to be mindful of the temperature and wear the proper clothing in this weather, also anyone with pets, please bring them inside, they feel the cold too. On that note, please remember your neighbors who might not be prepared for this weather, especially the elderly.

In the event of snow, keep in mind we do have a snow ordinance in effect, on even days, no parking is allowed on the even numbered side of the street, on odd days, no parking on the odd numbered side of the street. You can read it on our website at [www.kenilworthborough.com](http://www.kenilworthborough.com).

Please note when you do go on the website that we have added the Municipal Code for the Borough of Kenilworth. This is something we have been talking about for a while and it finally has come to fruition, enabling all residents to get information without having to copy and request documents.

A final thought, the sooner we get through these cold days, the closer we are to spring, let's all think warm thoughts! Please stay safe.

Thank You Kenilworth and God Bless America

*Mayor Anthony DuLuca*



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## KENILWORTH & UNION ROTARY CLUBS HAVE JOINT MEETING



(above l-r) Kenilworth Club President, Ceu Manata and Union Club President, Julie D'Aloia

Recently the Rotary Clubs of Kenilworth and Union held its Annual joint meeting in Kenilworth under the leadership of L-Kenilworth Club President Ceu Manata and R-Union Club President Julie D'Aloia to discuss upcoming events Individually and District 7510 comprising of 39 local clubs in NJ. The guest speaker for the day was Mindy Scarlett of Scarlett Marketing Group. Both clubs have provided decades of "Service Above Self" to their communities.

For further information on upcoming events and membership opportunities, please contact Kenilworth at [kenilworthnjrotary.org](http://kenilworthnjrotary.org), which meets every Wednesday at 12:15 in Rinaldis, 24 N. 20th or Union at [unionrotary.org](http://unionrotary.org), which meets every Thursday at 12:15 at Suburban Golf Club, 1730 Morris Ave.

To be a part of your Local Community and to learn more about making a difference in the world as part of Rotary International founded in 1905 go to [rotaryinternAtional.org](http://rotaryinternAtional.org).



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## 11 CRITICAL HOME INSPECTION TRAPS TO BE AWARE OF WEEKS BEFORE LISTING YOUR HOME FOR SALE

Kenilworth NJ - According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why it's critical that you read this report before you list your home. If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn prospective buyers away altogether. In most cases, you can make a reasonable pre-inspection yourself if you know what you're looking for, and knowing what you're looking for can help you prevent little problems from growing into costly and unmanageable ones.

To help homesellers deal with this issue before their homes are listed, a free report entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled which explains the issues involved.

To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-888-243-5861 and enter 3004. You can call any time, 24 hours a day, 7 days a week.

Get your free special report NOW to learn how to ensure a home inspection doesn't cost you the sale of your home.

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## KENILWORTH CHAMBER OF COMMERCE MONTHLY MEETING

This month The Kenilworth Chamber of Commerce is pleased to offer...

### TAKING THE TERROR OUT OF TALK

By Terry Viney



**You will Learn:**

- The 2 things you must do in the first 30 seconds of your presentation
- The one thing you must do to get your point across
- How to avoid the 3 mistakes most people make using PowerPoint
- How to quickly put together a presentation that gets results

Terry is an award winning speaker, a Distinguished Toastmaster and specializes in coaching business people in public speaking.

### FREE AND OPEN TO THE GENERAL PUBLIC

Wednesday, February 10th, 2016

8:30AM-10:00 AM

Kenilworth Public Library

548 Boulevard Kenilworth, NJ

Hosted By: Michael Maziekien from The Kenilworth Public Library

With a strong presence in the community, the Kenilworth Chamber of Commerce presents the Annual "Taste of Kenilworth" each fall, recently sponsored the Kenilworth Boulevard Street Banner program, and gives away thousands of dollars each spring in scholarship money to graduating Kenilworth High School Students.

## KENILWORTH FREE PUBLIC LIBRARY

Located at 548 Boulevard Library website is [www.kenilworthlibrary.org](http://www.kenilworthlibrary.org).  
Registration for programs may be done in person at the library or by calling 908 276-2451.  
Library is handicapped accessible. [facebook.com/kenilworth.public.library](https://www.facebook.com/kenilworth.public.library)

### READING GOES TO THE DOGS!

Students at Harding Elementary School had the opportunity to practice their literacy skills with a special guest, Valor the therapy dog. Valor and his owner, Elizabeth Smith, are members of Bright and Beautiful Therapy Dogs, Inc. The duo completed countless hours of training and testing to be registered and insured through the nonprofit organization. As a certified therapy dog team, Valor and Elizabeth can offer their services, free of charge, to hospitals, nursing homes, and schools. Tales for Tails was developed as a reading incentive program to encourage Harding students to read for pleasure, and they were challenged to read every day over winter break. The students and their parents completed a reading log and returned it to school. All logs were entered into a drawing to win a visit from Valor. Miss Shannon Simon, a student in Mrs. Parente's class, was the winner for her class.

"Students were excited when they found out our class won the visit. Each child had a chance to read their own book to Valor at the school library," said Kristine Parente, Kindergarten teacher.

"Studies find that animal assisted learning has many benefits. It is a great motivator for children. The use of animals has also been shown to reduce stress and have a calming effect on students," said Dr. Tabitha Bradley, Supervisor of

Curriculum. As she looks towards expanding the program, she hopes to have more doggy visits so that she can expose reluctant readers to the benefits of reading to dogs.

For more information, contact Tabitha Bradley at 908-276-1644, extension 1566 or by email at [tabitha\\_bradley@kenilworthschools.com](mailto:tabitha_bradley@kenilworthschools.com)



(above) Miss Shannon Simon, a student in Mrs. Parente's class, was the winner for her class.

### FIBER FEST AT THE LIBRARY FEB 9, 2016

Visit the library for a night of fun and fiber! The Kenilworth Public Library will be hosting a fiber fest Tuesday, February 9, 2016. Join us from 6:00-8:00 PM for a special evening of creative exploration. Feel free to bring a project to work on. Watch demonstrations of knitting, crocheting and weaving. Try your hand at spinning on a spinning wheel! Bring a finished item to show

others. If you enjoy the fiber arts, this is the event for you. For more information, please call us at 908 276-2451. or visit our website at <http://www.kenilworthlibrary.org/> or our Facebook page at [www.facebook.com/kenilworth.public.library](https://www.facebook.com/kenilworth.public.library). We look forward to seeing all our fiber-loving friends there!



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# STUDENTS OF THE MONTH

Sr. Helene Godin, principal of St. Theresa School in Kenilworth awarded the "Student of the Month" certificate to students that showed kindness to other students.

Teachers from Pre-K 3 to 8th grade acknowledged the individuals who showed tremendous amounts of kindness during the month of December. Congratulations to the following students...

- Prek 3 Katarina Dieckmann
- Prek 4A Camryn Baumann
- Prek 4B Juliana Carvalho
- Kindergarten Valentina Benegas
- 1st Grade Eve Forenza
- 2nd Grade Dylan Salvadore
- 3rd Grade Adrian Martinez
- 4th Grade Remberto Martinez
- 5th Grade Kaelyn Pavlik
- 6th Grade Ethan Veloso
- 7th Grade Christopher Hnatowski
- 8th Grade Ryan Villani



(above) All Students of the Month proudly hold up their certificates.

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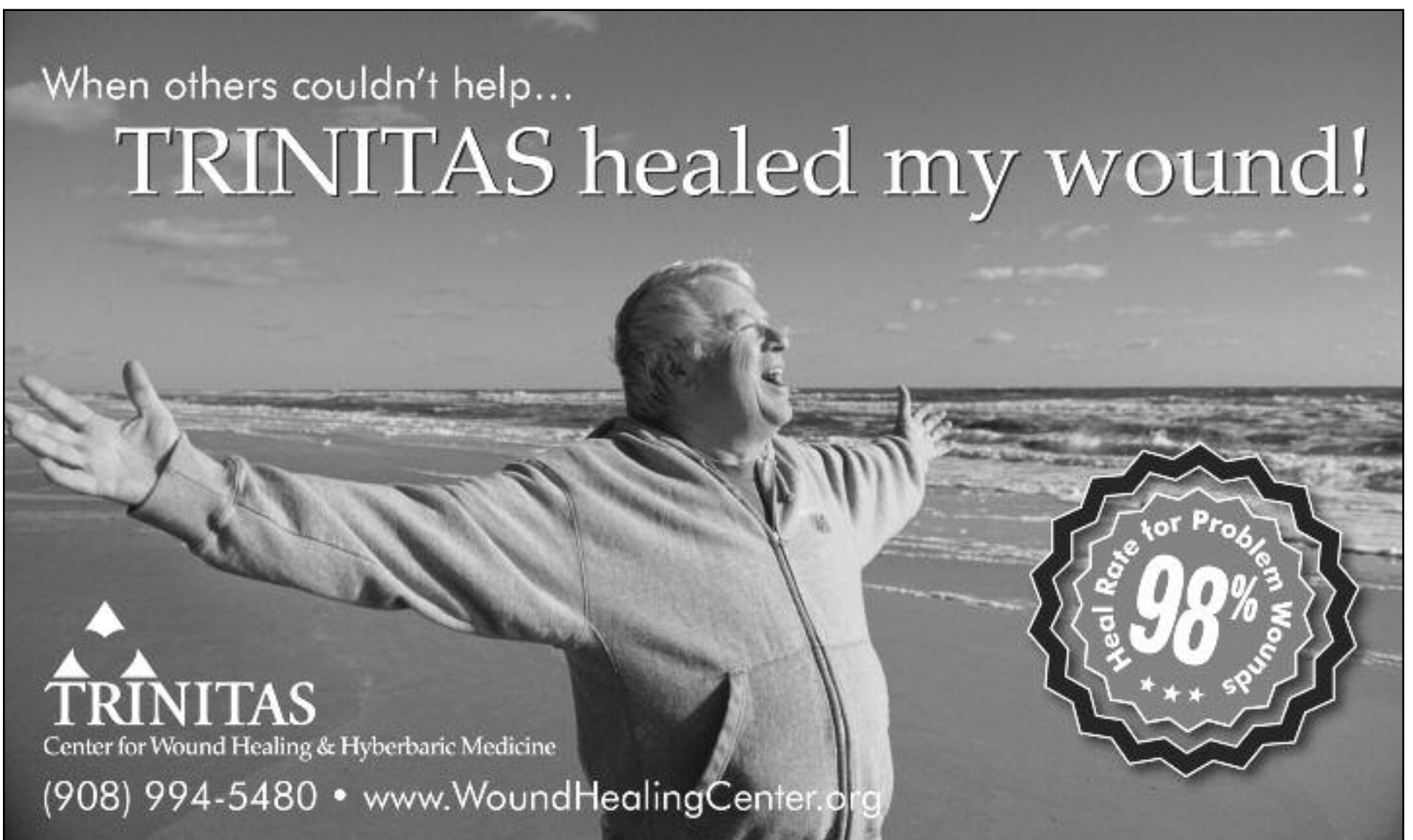
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RSVP by: Thursday February 4th, 2016

Kyra Miller (973) 232-2573

Kyra.miller@cancer.org

## A VERY YOUNG GARDEN CLUB

Students in Mrs. Serrano's after school garden club at St. Theresa School in Kenilworth prepare for the winter.

Children from grades Kindergarten to 8th take part in strawing the strawberries for the cold winter expected. During the school year children plant, pull the weeds and tend to all the schools plants inside and outside the building.



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# Kenilworth

## PBA LOCAL #135

Is hosting their 3rd annual Food,  
Wine and Beer Festival  
catered by LaGriglia Restaurant

Date: April 15th Time: 7:00 PM

**Location:**

**Kenilworth Fire House  
491 Washington Avenue  
Kenilworth, NJ 07033**

Cost: \$40.00 per person

We will also be hosting a Tricky Tray that evening.  
Prizes will include a flat screen TV & I Pad Mini.

A portion of the proceeds will benefit the  
St. Theresa Church Social Concerns Food Pantry.

**For Tickets,  
Please contact:**

**Ptl. Robert Cox (908) 447-4184 or giggle031@verizon.net  
Kenilworth Police Department at (908) 276-1700**

**Reserve Now!**

**This event will be limited to 150 people**



# 2016 White Castle



## Munsee District Boy Scout Chess Tournament

**Saturday, February 27, 2016**

10:00 am to 2:00 pm

Sign-in/setup starts at 9:00 am

**Cranford Community Center**

220 Walnut Avenue, Cranford, NJ • 908.709.7283

Open to all registered Boy Scouts/Venturers/Explorers.

Limited to 40 players who must know how to play chess. Registration is \$6  
Use Patriots' Path Council Munsee District Double Knot link to register on-line  
at ppbsa.doubleknot.com

Email Jim Parlapiano jim.parlapiano@hotmail.com for more info.

Trophies awarded to 1st, 2nd and 3rd place finishers.

Commemorative ribbons for all participants.

Lunch will be provided by White Castle for all players.

This tournament meets the 6a requirement for earning a Chess merit badge.

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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**

<b>Lunch 11am - 3:30pm</b>	<b>Dinner 3:30pm - 10:30pm</b>
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!

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**11am - 10pm**

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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 3/10/16.

**\$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 3/10/16.

**\$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 3/10/16.

**\$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 3/10/16.