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# AMBOY GUARDIAN



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## Pallone and Local Leaders to Show Solidarity Against Trump Executive Orders on Immigration



Press Release

NEW BRUNSWICK/PERTH AMBOY – On Monday, January 30, in Perth Amboy, New Jersey, Congressman Frank Pallone, Jr. (NJ-06) and local leaders voiced their opposition to Trump’s executive orders on immigration. Earlier this week, President Trump signed executive orders for construction of a Mexican border wall and targeting sanctuary cities by threatening to revoke federal funding.

President Trump has also threatened to revoke DACA (Deferring Action for Childhood Arrivals), a program implemented in 2012 by President Obama to allow certain undocumented immigrants to the United States who entered as minors to stay in the country. He is also said to be considering suspending visas from several Majority-Muslim nations.

Congressman Pallone has called Trump’s executive orders a “continuation of his impractical, dangerous and discriminatory beliefs.”

The panel included: Congressman Frank Pallone, Jr. (NJ-06), Perth Amboy Mayor Wilda Diaz (Elected Officials) Representatives of the Anti-Defamation League, Latino Coalition of NJ, Reformed Church of Highland Park, Latino Action Network, NJ Working Families Alliance, LUPE, PRAB, Jewish Family Services, Manavi, El Centro Hispano Americano and others at the Alexander F. Jankowski Community Center, 1 Olive Street, Perth Amboy.

\*Photos by Paul W. Wang

## South Amboy Announces \$700,000 Budget Surplus

*Ferry Terminal Project On Hold After Archeological Findings*  
*2/1/17 Business Meeting*

By: Joseph L. Kuchie

SOUTH AMBOY - The South Amboy City Council covered a number of topics in what Council President Mickey Gross called a “very productive” business meeting.

Mayor Henry announced that the city had a \$700,000 surplus in the 2016 budget. He thanked the city council and Business Administrator Camille Tooker, and said it was time for everyone to take notice on how well the city has been doing.

“This is about four or five years in a row that we’ve done very well with that, and I think it’s time for people to come in to look at what we have been doing and looking at our bond rating and making sure that it gets improved because what we have been doing the past few years has been incredible.”

“I’d like to thank Camille for all the hard work she does, she does the day to day work here, her and [CFO] Angel Albanese put together great budgets... It’s just good news that we have.”

Business Administrator Camille Tooker gave an update on the ferry terminal project, which has been temporarily put on hold after construction works discovered historical artifacts beneath the site.

“Looking back years ago when we first started this project, there was a memorandum of agreement between the city and State Historic Preservation Office (SHPO),” Tooker said. “Under this agreement we have to have an archeological firm there constantly in case they find something. When they did find this of course SHPO was notified.”

“Hunter Research, which is the archeological firm that is charged with the monitoring of the project...they have elevated the archeological side so now they have to put together



Council President Mickey Gross



Councilman Thomas Reilly

a plan and determine what it is they found,” she added.

“They think it is a railroad turntable where they used to turn the engines and also they found a row of not only sleeper stones but other stones that go under the sleeper stones,” she said. “What they have to do is not only unearth the area where the turntable is but they also are charged with following that rail bed to see how far it goes.”

“It may delay us a little, but we all have to remember it’s all very important historically,” she said. “Nobody thought we were going to find something like this.”

“South Amboy has a rich history, especially with the railroading, and you never know what you going to find, even in South Amboy,” Mayor Henry said. “Unfortunately it delayed things down there but it’s not too long because the state has to come in, check out and categorize everything and we just move on from there.”

The city also discussed a resolution disapproving the Federal Highway Administration’s request to remove the thin blue line down Broadway from Main Street to Bordentown Ave. in support of the city’s police officers.

The Federal Highway Ad-

ministration released a directive that said that all towns participating needs to remove it because the blue paint used for the line is “confusing” because it’s the same blue color as handicapped parking.

“We’re doing this because there were over 100 police officers last year in the line of duty, it was open season on police, they’ve been through a lot, we want to show our support. This line does not affect any county road, state road, highway, or federal road.”

The council unanimously agreed to pass the resolution so the city could send it back to the state in support of the blue line staying in place.

Councilman Tom Reilly is in the process of trying to get a baseball field in the city dedicated to the late John Skarzynski. Skarzynski was a long-time official in South Amboy in multiple sports with at least 50 years of dedication to the city.

Reilly asked that if anyone knows of any fields that are not dedicated to anyone or available to be dedicated to reach out.

All council members were in attendance for the business meeting. The next city council meeting will be held on February 15th at 7:00 p.m.

Go to [www.amboyguardian.com](http://www.amboyguardian.com) for the Latest Breaking News

Perth Amboy City Council Meeting 2/8/17- 7 p.m.



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**Pallone**  
**Statement on**  
**Black History**  
**Month**

Press Release 2/1/17  
 WASHINGTON, DC- Congressman Frank Pallone, Jr. (NJ-06) released the following statement on the celebration of Black History Month, which begins on February 1.




“Every February we commemorate Black History Month and recognize the important contributions African Americans have made to our nation’s history and identity. African Americans in New Jersey and across the country have withstood obstacles and prejudices to enrich our national life in enumerable ways, from business to culture to public service.

“While we have made tremendous strides, too many African Americans children grow up in poverty and too many are put at a disadvantage because of flaws in our justice system. And in recent years we have seen the ugliness of racism surface in our political debates, whether it be denying that the first African-American President was born in the United States or efforts to fight the Voting Rights Act.

“Martin Luther King Jr. said ‘The arc of the moral universe is long, but it bends towards justice.’ I am actively working to ensure that this is reflected in Congress through our budgets and the policies we enact – from housing to voting rights to healthcare. This month, we reflect on the rich history and unquestionable contributions that African Americans have made to our nation’s greatness. And always, we must continue to confront the injustices we see today, to ensure a more just future.”

**Childbirth**  
**Education**  
**Class**

PERTH AMBOY - Raritan Bay Medical Center, a member of the Hackensack Meridian Health family, is holding a Childbirth Education class Saturday, February 25, 8:00 a.m. to 4:00 p.m. The class is designed to help expectant parents better understand the childbearing process. A registered nurse with special training in labor, delivery and childcare techniques will facilitate the class. The class will be held at Raritan Bay Area YMCA, 357 New Brunswick Ave., Lower Level, Perth Amboy. The fee for the course is \$125 per couple. Registration required, call 1-800-DOCTORS(1.800.362.8677) and reference zip code 08861.

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**Save the Date:  
Tricky Tray**

PERTH AMBOY - Ukrainian Assumption Church St. Ann's Society will hold their annual gift auction on Sunday, March 5, 2017. Mark this on your calendar.

**3D Snowflake Contest!**

SOUTH AMBOY - Through February 28 Create a snowflake using a 3D Pen, or 3D Printer. Categories Ages 5-10 & 11-17 The most creative snowflake will win a prize! Snowflakes will also be exhibited in our Showcase! At the Sadie Pope Dowdell Library, 100 Harold G. Hoffman Plaza, South Amboy.

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# LOCAL PERSPECTIVE

## EDITORIAL

### *This Was Super!*

Before the Super Bowl began, there was a patriotic tribute to the American Flag featuring the late Johnny Cash singing: "Ragged Old Flag."

We loved it! We also applaud Luke Bryan who sang the National Anthem.

The icing on the cake was the appearance of Former President George H.W. Bush and his wife, Former First Lady Barbara Bush. They were just released from the hospital a few days ago and came on the field to a resounding ovation. George H.W. Bush flipped the coin determining who decided who receives and who gets the first ball. After the coin toss, players from both teams shook hands with the Bushes.

It was heartwarming to see this done. President Bush had expressed wishes to be able to come to the game, and we were glad that his health held up for him to do so. You have to hand it to him, especially when you think about when he celebrated his 90<sup>th</sup> Birthday by jumping out of an airplane one last time. On this jump, he was in tandem with an ex-military jumper.

The commentators at the Super Bowl said that George H.W. Bush was the toughest man on the field by far. He served in the U.S. Navy during WWII and received the Distinguished Flying Cross, three Air Medals, and the Presidential Unit Citation.

During the half-time show, Lady Gaga started out by singing parts of "God Bless America" and "This Land is Your Land" topped by fireworks in the background forming an American Flag.

Her performance was very energetic and patriotic. It was a much needed diversion from all of the political unrest in the Country.

As far as the game, Atlanta was winning 21-3 at halftime and scored again in the third quarter. New England scored 25 points in the second half to



New England Patriots score the winning touchdown in overtime



New England Patriots Quarterback Tom Brady



New England Patriots Head Coach Bill Belichick

tie the score and win in overtime with a final score of 34-28.

Tom Brady became the first quarterback in history to win 5 Super Bowls. No matter what you think of Brady, you cannot deny his skills as a quarterback. Football is 11 men acting as one. You have to also give credit to the team that didn't give up.

It was the first time in Super Bowl history of an overtime and the first time a team has come back from a 25 point deficit.

To quote the late Yogi Berra, "It ain't over 'til it's over!"

We know it was a hard loss for the Atlanta Falcons, but they are a young, talented team with a bright future. We're sure that they will have more opportunities to make it back to the big show.

Rutgers University was well represented on both sides:

- Mohamed Sanu, WR, Falcons
- Duron Harmon, DB,

- Patriots
- Devin McCourty, DB, Patriots
- Ryan Logan, DB, Patriots
- Steve Belichick - Safeties Coach, Patriots

In other pre-game ceremonies, Super Bowl paid tribute to Black History Month, honoring several players from historical Black Universities. They were all Super Bowl Champions and they all are in the Football Hall of Fame.

For me (Carolyn), I don't normally watch regular season football, but there's something about the Super Bowl that catches my imagination. Sometimes you just need a diversion that takes you away from your everyday problems. It's a chance to unwind and have a good time with family, friends and good food.

Either way, I hope you had a super, Super Bowl Day.  
*C.M. & K.M.*



## THE COMMUNITY VOICE

### *Reforming the Supreme Court*

The controversies over US Supreme Court nominations are the result of the power of one Justice. This can be corrected by these reforms.

Increase the number of Justices to fifteen and limit each to a twelve-year term. Require the retirement of any Justice in the year when they reach seventy years of age.

The above will allow the renewal of Justices by preventing serving for life and lessen the power of any one Justice. The increase would allow more appeals to be heard. The states in the Union require a fixed term or mandatory retirement for their judges. This provides the "checks and balances" that are now lacking on the US Supreme Court.

Ronald A. Sobieraj

### *Putting Perth Amboy First:*

In 2008, I raised my hand and took an oath to uphold the constitution and to put the City of Perth Amboy first. Those first few months were a very difficult time. The poor decisions and burden of one administration had nearly compromised the well-being of an entire City. But through hard work and belt tightening, we began to see things turning around. As we came out of that recession Perth Amboy began to come alive again – and that happened because we were collectively responsive and we worked together on this mission to restore our beloved community!

While there is still so much work today, I am proud to say that we are on the road of progress. Sadly though, there are some in our government who have put that progress and our city's future in jeopardy.

As elected officials of this community, we must uphold our oath to serve it and put it first. Some members have not considered the welfare of our

residents and business owners in their decision making. As time goes on, the council meetings are very telling of this behavior with petty disputes and unlawful policy-making that demonstrate division and a lack of respect to the governing body and the community.

**I simply will not allow that to happen – because it is my duty as Mayor to protect Perth Amboy.**

This week I was left with no other choice but to file official legal action against the City Council. Several members of the City Council have repeatedly violated the authority of the executive office of the Mayor under the Faulkner Act. The actions they have taken put our entire city at risk and forced me to take this necessary step to protect Perth Amboy.

I hope you will stand with me as we move forward to protect the progress we have made in our home, because only together can we ensure a better future for Perth Amboy.

Thank you always for your continued support.

Wilda Diaz  
Mayor, Perth Amboy

### **Looking for Phil**

**This is Phil**

**Do You Know Him?  
John & Jimmy worked with him at UPS base at West 43<sup>rd</sup> St. in NYC from 1966-1967 & want to reunite for 75<sup>th</sup> birthdays in June**



**If you have any info on him, Please e-mail: krissmiss1224@gmail.com**

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## HIV Support

PERTH AMBOY — Raritan Bay Medical Center is sponsoring an HIV support group meeting on Monday's at 6 p.m. Anyone diagnosed with or caring for someone infected with HIV is welcome to attend. Meetings are held at the hospital's Perth Amboy Division, New Brunswick Avenue.

To register or for more information, call (732) 324-5022.

## Volunteer Firefighters Needed

PERTH AMBOY - The Perth Amboy Fire Department: Volunteer Division needs members. Accepting men and women ages 18 years or older. Volunteers must be a Perth Amboy resident. For more information please contact 732-442-3430.

## Kearny

### Cottage Open

PERTH AMBOY - Come visit the historic home of Commodore Lawrence Kearny. The Cottage is located at 63 Catalpa Ave, Perth Amboy, and is open on Mondays and Thursdays from 2 p.m. - 4 p.m. and the last Sunday of the month from 2 p.m. - 4 p.m. by appointment. The Kearny Cottage needs your help. Anyone interested in joining the Kearny Cottage Historical Society please contact 732-293-1090. We are on the web! [www.KearnyCottage.org](http://www.KearnyCottage.org)

## Proprietary House Open

PERTH AMBOY - The Proprietary House, the last official Royal Governor's residence still standing in the original 13 colonies, is open every Wednesday from 1:00 p.m. to 4:00 p.m., for tea and tours. Tea is served in our atmospheric candle-lit wine cellar, and includes our delicious homemade desserts and assorted teas. A \$10 donation, \$5 for children under 12, covers both the tea and a mansion.

Although the house is still in the process of being restored, some rooms have been newly decorated. Go back in time and learn about William Franklin and other residents of the house. It's a perfect way to spend a pleasant afternoon. The gift shop is also open.

Groups are welcome, although reservations are required for groups over six people. The Proprietary House is located at 149 Kearny Ave., Perth Amboy, NJ. Tel. 732-826-5527 E-mail: [info@proprietaryhouse.org](mailto:info@proprietaryhouse.org). Follow us on our website, [www.theproprietaryhouse.org](http://www.theproprietaryhouse.org) and or/Facebook.

## Community Calendar

<b>Perth Amboy</b>	
WED. Feb. 8	City Council, Regular, 7 p.m. City Hall, High St.
THURS. Feb. 9	Board of Education, 6 p.m. PAHS, Eagle Ave.
THURS. Feb. 16	BID, 4 p.m. City Hall, High St.
<b>South Amboy</b>	
WED. Feb. 15	City Council, Regular, 7 p.m. City Hall, North Broadway.
WED. Feb. 22	Planning Board, 7 p.m. City Hall, North Broadway

## Attend Public Meetings Have Your Voice Heard!

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Phone: 732 - 826-5020; Fax: 732-826-6646  
1201 E. Grand St., Unit 3A, Elizabeth, NJ 07201  
Phone: 908-351-0957; Fax: 908-351-0959

## Do you or someone you know have Old Photographs or Documents?

The Kearny Cottage Historical Society is Looking for Old Photos and Documents of Perth Amboy, South Amboy, Woodbridge, Fords, etc. (Local Area) For an Archiving Project - Your Photos & Documents will be scanned into digital format & returned to you. For more info please call 732-293-1090

## \$100 Groceries for \$40 or Less

PERTH AMBOY - The Jolin Food program is designed to provide families with nationally branded food products at wholesale prices. On behalf of the Cathedral's Community Development Corporation, the Jewish Renaissance Foundation's AmeriCorps is helping to promote the Jolin Food Box. Order by the 2<sup>nd</sup> Tuesday of the month online or by phone and pick up by the 3<sup>rd</sup> Saturday of the month. Go to <https://jolinfoodbox.com> to place your order online or call 732 826 8207 and ask for Juana Kearney.

## Attention! Our Newspaper is available at Shop-Rite, Perth Amboy at the Courtesy Counter!

### Safety Announcement From Mayor Wilda Diaz Regarding the Recent Incidents in NYC and NJ

We understand that some may be concerned by the recent incidents/threats in New York, Seaside, NJ and Elizabeth, NJ. At this time, it has been reported that a suspect was taken into custody in Linden, NJ. We are taking safety precautions in the City of Perth Amboy, and I want to emphasize that it is important that **IF YOU SEE SOMETHING, SAY SOMETHING!!**

Report Suspicious Activity - Be Vigilant - **STAY ALERT**  
Do not think that any call or report is too small  
Don't allow the actions of a few dictate your quality of life  
**FOR ALL EMERGENCIES, DIAL: 9-1-1**  
**FOR ALL NON-EMERGENCIES, DIAL: 732-442-4400**

## Deadline for Print Ads:

7 p.m. Thursday

## Office Hours:

Mon. - Wed. 9 a.m. - 5 p.m.

Thurs. 10 a.m. - 7 p.m.

Fri. 9 a.m. - 3 p.m.



## Blue Cross/Blue Shield Brunch, Armory 1/15/17

*\*Photo by Carolyn Maxwell*



PERTH AMBOY - On Sunday, January 15, 2017 Horizon Blue Cross/Blue Shield of New Jersey had a brunch at Seabra's Armory, Front St., Perth Amboy. The brunch was hosted by Statewide Hispanic Chamber of Commerce of New Jersey.

## Affordable Care Act Enrollment

PERTH AMBOY - 2016 Free Open Enrollment Program for All Perth Amboy Residents, Saturday, Dec. 3rd, 10th & 17th from 9 a.m. to 1 p.m. at the Alexander F. Jankowski Community Center, 1 Olive St. Free Registration Assistance is available. Certified staff will be available to assist residents step-by-step with the quick online registration & application process for health insurance in English and Spanish. \*No appointment is needed. Registration is first come, first served. For more information, contact: The Office of Housing & Social Services 732-826-4300.

## Become A Member of the South Amboy First Aid & Safety Squad

SOUTH AMBOY - Serve the Emergency Medical Needs of Your Community! A Unit of A.R.C. If you are at least 16 years old and have a few available hours in your day each week to give to others, contact us at Southamboyfirstaid.org or call (732) 721-1005. South Amboy First Aid Squad serves our residents 24 hours-a-day, 7 days-a-week, 365 days-a-year. The squad is an independently run private organization, completely staffed by dedicated volunteers and supported by tax-deductible donations. Join your fellow residents with service to our community. Neighbors Helping Neighbors! All training courtesy of the South Amboy First Aid Squad. See how a little bit of your time can benefit so many. Become A Volunteer Member Now! South Amboy First Aid Squad - PO Box 328 - South Amboy, NJ 08879

**Attend Public  
Meetings  
Have Your Voice  
Heard!**

## Central Jersey Alumni Chapter ΔΣΘ Sorority Inc. 1/25/17

*\*Photos by Carolyn Maxwell*



PERTH AMBOY - The Central Jersey Alumnae Chapter Delta Sigma Theta Sorority was honored with a proclamation from Mayor Diaz for their community work during Human Trafficking Awareness Day (January 25). During the presentation, one of the Sorority Members said, "Victims Human Trafficking can be anyone." She cited a recent case in Perth Amboy where there was a case of men of Human Trafficking. B.A. Adam Cruz, along with the Council presented the proclamation in absence of Mayor Diaz.

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**Greg Scharpf of Amboy Bank Honored**

*\*Photo Submitted*



**News Release**

COLTS NECK - Joseph Mancino Jr. of Colts Neck Firehouse #2 presents a plaque of appreciation to Greg Scharpf, Chief Retail Officer of Amboy Bank. The bank is a long-term supporter of the firehouse and its volunteers, recently helping to refurbish their building. Amboy Bank, with 22 offices, has been voted Best Bank in Central Jersey for 19 years in a row.

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**Thomas Mundy  
 Peterson Day**

PERTH AMBOY - Come Celebrate Thomas Mundy Peterson Day at the Library, 196 Jefferson St., Perth Amboy all day, Friday, March 31, 2017.

**Author Event**

PERTH AMBOY - Acclaimed children's author Artie Bennett is coming to Perth Amboy Free Public Library on Saturday, March 4 at 11:00 a.m., for a special Read Across America story time and merriment galore! Artie Bennett is Author of: "The Butt Book", "Poo-pendous", "Peter Panda Melts Down" and "Belches, Burps, Farts--Oh My!" Drop by in droves. You won't want to miss "The Dr. Seuss of Your Caboose"! The Perth Amboy Free Public Library is located at 196 Jefferson St., Perth Amboy.

**Meditation:  
 Improving our  
 Practice,  
 Experiencing the  
 Love Within**

Press Release 1/19/17  
 WOODBRIDGE - Please join us on Thursday, February 9 @ 7:00 PM at the Woodbridge Main Library for Meditation: Improving our Practice, Experiencing the Love Within. Facilitator Jim Rose will help you discover the best way to integrate meditation into your daily life and unlock the doorway to deep inner peace and love. He will show you how you can awaken to the power of divine love through meditation. The more you meditate, the more you experience the peace, joy, and love inside you. This love transforms you and those around you.

Jim Rose, M Ed Rutgers University, is a former executive with Johnson and Johnson. By the time he retired, he was senior vice president in charge of quality management for the J&J Pharmaceutical Group worldwide. Part of Jim's global responsibilities was teaching conflict resolution through collaboration, the need for respecting and caring for one another, and the necessity of working toward win-win outcomes. As a member of Science of Spirituality, Jim brings his skills to the organization, leading workshops focused on meditation and spirituality and their practical application to daily life. He has spoken all over the world: from throughout the United States and Europe to Dubai and India.

This program is free and no registration is required.

The Woodbridge Main Library is located at 1 George Frederick Plaza.



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**Spanish speakers encouraged to apply.**

**Applications due by February 13.**

**For more information contact  
 Melanie Passignajen-Pormentilla**

**(732) 246 4449 ext. 2**

**melanie@casaofmiddlesexcounty.org**

**or**

**visit [www.casaofmiddlesexcounty.org/volunteer](http://www.casaofmiddlesexcounty.org/volunteer)**



# Happy Valentine's Day!

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**Stress Management**  
 PERTH AMBOY - Horizon Blue Cross Blue Shield Stress Management at the Perth Amboy Free Public Library, 196 Jefferson St., Perth Amboy . Saturday, 2/18/17.

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**GIVE BLOOD**



**SAVE LIFE**

**Red Cross Critically Needs Donors After Winter Weather Adds to Severe Blood Shortage**

Press Release 1/18/17  
 NEW JERSEY - Following several rounds of severe winter weather in many parts of the country, the American Red Cross urges eligible blood and platelet donors to help restock its shelves to overcome a shortage.

Since Dec. 1, about 300 blood drives across 27 states have been forced to cancel due to inclement winter weather, resulting in more than 10,500 blood and platelet donations going uncollected.

Blood donor Jim Taylor knows how it feels to have a loved one waiting for a transfusion. His son Aaron was born with a rare liver condition. In the short two months of his life, he received 115 blood products. Taylor said each transfusion gave his family more time with Aaron, so he encourages others to give.

"When the Red Cross says there is a shortage, they are not exaggerating," said Taylor. "I now know from experience that what they are saying is somewhere there is a father waiting on the donation that will save his son's life. When the Red Cross asks for help, what that means is a new dad is praying for a miracle."

To make an appointment to give blood, download the Red Cross Blood Donor App, visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RED CROSS (1-800-733-2767). Donors are encouraged to make appointments and complete the RapidPass online health history questionnaire at [redcrossblood.org/rapidpass](http://redcrossblood.org/rapidpass) to save time when donating.

Happy Valentine's Day to All Our Customers  
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**Happy Valentine's Day!**

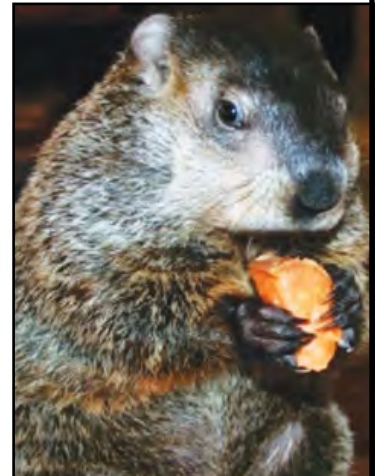
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 TEL: 732-826-5555 FAX: 732-826-4653

## Groundhog Day 2/2/2017

**Punxsutawney Phil**



**Staten Island Chuck**



**Phil saw his shadow.**

**Chuck did not.**

**Which Groundhog's prediction will come out on TOP?**

**Send Your Events to:**  
**[AmboyGuardian@gmail.com](mailto:AmboyGuardian@gmail.com)**



# Happy Valentine's Day!



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*We Wish You all Happy Valentine's Day*

## Healthy Heart Event

PERTH AMBOY - Raritan Bay Medical Center, a member of the Hackensack Meridian Health family, is holding a healthy heart event providing free education about chronic heart conditions, medication management and blood pressure screenings and heart rate testing Thursday, February 23, 9:00 a.m. to 11:00 a.m. at the Raritan Bay Area YMCA, 357 New Brunswick Ave., Lower Level, Perth Amboy, NJ. High blood pressure and irregular heart rate is associated with stroke, heart failure, heart attack and other life threatening conditions. Take advantage of these screenings and education to maintain a healthy heart.

## We Keep You Moving

PERTH AMBOY - The Human Motion Institute at Raritan Bay Medical Center, a member of the Hackensack Meridian Health family, is sponsoring a free "We Keep You Moving" Total Joint Replacement Education session Friday, February 24, 8:00 a.m. to 9:00 a.m., at the medical center's Perth Amboy location, 530 New Brunswick Ave. The session is intended for patients who have been scheduled for joint replacement surgery or for those who would like to learn more about joint replacement. Registration required, call Nurse Navigator Clare Schuld, R.N., at 732-535-4746.

## "What Can I Eat?"

OLD BRIDGE - The Joslin Diabetes Center, Affiliate at Raritan Bay Medical Center, a member of the Hackensack Meridian Health family, is providing a diabetes self-management educational workshop "What Can I Eat?" Thursday, February 23, 9:00 a.m. to 11:00 a.m. in Suite 420, Medical and Surgical Pavilion, 2 Hospital Plaza, Old Bridge, NJ. "What Can I Eat?" reviews how to plan meals, count carbohydrates, read food labels and provide education on carbohydrates present in participants' diets and how they affect blood sugar levels. Registration and insurance verification is required; call 732-360-4070.

## Come To Washington, D.C. For 2<sup>nd</sup> Annual DC Bike Ride Experience the Nation's Capital from a Bike While Riding on Closed Roads Past Famous Landmarks

Press Release 1/26/17

WASHINGTON - DC Bike Ride, the region's premier scenic urban bike ride, invites visitors to cruise through the District on May 14 as part of ongoing National Bike Month celebrations. Registration for the May 14 event is now open at <http://www.dcbikeride.com>, where registrants can take advantage of the early bird rates.

Make the drive from New York to D.C. for the perfect family-friendly activity on Mother's Day. DC Bike Ride offers a unique, recreational car-free tour of our nation's capital. Riders will pedal by some of the capital's most-recognizable sites, including the Washington Monument, the White House and the John F. Kennedy Center for Performing Arts. Participants will conclude their journey with a post-ride celebration on Pennsylvania Avenue near the United States Capitol. (The 2017 course can be found at [dcbikeride.com/2017-course/](http://dcbikeride.com/2017-course/)).

"We are excited to announce the return of DC Bike Ride," said Greg Bibb, Capital Sports Ventures chief executive officer. "This annual event is widely-popular amongst cycling enthusiasts, the active lifestyle community and families. The ride offers a unique opportunity to see some of Washington, D.C.'s most iconic monuments at your own pace and in a car-free environment. DC Bike Ride celebrates life on two wheels, promotes street safety and allows participants from the region and beyond to enjoy a one-of-a-kind journey through the nation's capital."

The inaugural 2016 event hosted more than 7,000 riders.

This year, DC Bike Ride expects approximately 10,000 riders to be in attendance as it grows into one of the leading recreational cycling events on the east coast.

Washington, D.C. provides the perfect backdrop for the ride. The District was recently voted by Forbes as one of the "10 Most Bike-Friendly Cities In America," and by Travel Channel as one of the "Top 10 Cycling Cities in US."

The Washington Area Bicyclist Association (WABA) is the primary benefactor of DC Bike Ride with a portion of the proceeds to benefit WABA's street safety programs.

DC Bike Ride has partnered with Marriott to provide participants with hotel options within the district. Discounted nightly rates at two great locations in close proximity to the start line are available at [dcbikeride.com/hotel2017/](http://dcbikeride.com/hotel2017/). In addition, participants in need of a bike can rent one through Bike and Roll Washington D.C. Visit [www.dcbikeride.com](http://www.dcbikeride.com) for more information.

**JOIN DC BIKE RIDE:** Registration for DC Bike Ride presented by CareFirst BlueCross BlueShield and Events DC is available starting January 12 and can be purchased by visiting [DCBikeRide.com](http://DCBikeRide.com). Early bird pricing starts at \$50. Regular pricing, starting at \$60, begins on March 1. VIP registration and special group pricing is also available.

**JOIN THE CONVERSATION:**

Fans can also follow DC Bike Ride on Twitter / Facebook / Instagram and #DCBR and #DCBR2017 for updates leading up to the event



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## **Healthy Heart Event**

WOODBIDGE - Raritan Bay Medical Center, a member of the Hackensack Meridian Health family is sponsoring a Healthy Heart event Sunday, February 12, from 11:00 a.m. to 4:00 p.m. at the Woodbridge Center Mall, 250 Woodbridge Center Drive, Woodbridge, NJ. Are you at risk for heart disease? Learn signs and symptoms and how to start living a healthy lifestyle.

## **Newborn Care Class**

PERTH AMBOY - Raritan Bay Medical Center, a member of the Hackensack Meridian Health family is providing a Newborn Care Class, Wednesday, February 22, 6:00 p.m. to 9:00 p.m. at the Raritan Bay Area YMCA, 357 New Brunswick Ave., Perth Amboy, NJ. Attendees will learn diapering, feeding, sleeping habits and CPR from an experienced registered nurse. Cost is \$50 per couple. Please make checks payable to Raritan Bay Medical Center. Registration required, call 1-800-DOCTORS.(1.800.362.8677) and reference zip code 08861.

## **Superhero Bash and Culinary Programs**

Press Release 1/31/17

SOUTH AMBOY - Join the Dowdell Library for fun programs including a Superhero Bash and creative Culinary Programs. On Wednesday, February 22, put on your superhero attire and fly on over to the Library for games, 3D badges and more. Superhero attire is optional.

Starting February the library will be holding culinary programs for all ages. When kids are making their own tasty creation, adults and teens will be able to simultaneously work on their own culinary masterpieces. Please join us on Thursdays, February 16 & 23 at 3-4 pm. Registration is suggested, please call or email us.

To learn about other free programs, sign up for the library's monthly eNewsletter at <http://dowdell.org/newslettersignup.html>

The Dowdell Library's hours are Monday, Tuesday, Thursday from 10 am to 8 pm, Wednesday and Friday from 10 am to 5 pm and Saturdays from 12-4 pm. For more information, please visit [www.dowdell.org](http://www.dowdell.org), or contact the Library at 732-721-6060 or [comments@dowdell.org](mailto:comments@dowdell.org). The Dowdell Library is located at 100 Hoffman Plaza, South Amboy

## **Total Joint Replacement Education Session**

PERTH AMBOY - The Human Motion Institute at Raritan Bay Medical Center, a member of the Hackensack Meridian Health family, is sponsoring a free "We Keep You Moving" Total Joint Replacement Education session Friday, February 10, 8:00 a.m. to 9:00 a.m., at the medical center's Perth Amboy location, 530 New Brunswick Ave. The session is intended for patients who have been scheduled for joint replacement surgery or for those who would like to learn more about joint replacement. Registration required, call Nurse Navigator Clare Schuld, R.N., at 732-535-4746.

## **Dog Therapy Training Course**

PERTH AMBOY - Raritan Bay Medical Center, a member of the Hackensack Meridian Health family is offering a five session Dog Therapy Training Course Saturdays, February 4 through March 4, 10:00 a.m. to 11:00 a.m. or 11:00 a.m. to 12:00 p.m., at the Raritan Bay Area YMCA, 357 New Brunswick Ave., Perth Amboy. This course will teach you to be a safe handler and train your dog to provide therapy for patients. The cost is \$120.00, testing fees are additional. Please contact Marie at [mcolasanti@comcast.net](mailto:mcolasanti@comcast.net) for more information and to register.

## **How to Become a U.S. Citizen: Free Naturalization Information Session**

WOODBIDGE - A representative from the U.S. Citizenship and Immigration Services (USCIS) will present "How to Become a U.S. Citizen" at the Woodbridge Main Library on Thursday February 16 at 10:30 am.

This session will help permanent residents and others interested in naturalization learn more the process. This session is free of charge and open to the public. No registration is required.

Topics covered at this session will include:

- naturalization eligibility requirements
- the naturalization process
- the naturalization test
- rights and responsibilities of U.S. citizenship

The Woodbridge Main Library is located at 1 George Frederick Plaza, Woodbridge. This presentation is free and open to all.

## **Neighborhood Watch**

### **Resident Meeting**

PERTH AMBOY - Attention Gateway Residents: Join Perth Amboy's Community Police (PACP) and P.A.R.T.N.E.R. to help organize a Neighborhood Watch (NW) program in Gateway Neighborhood. This is a revitalization initiative that aims to promote the development of a resident-led and community-supported redevelopment framework of the Gateway Neighborhood. Meeting agenda will plan for the next NW Block party and Perth Amboy's Green Collaborative in making our neighborhood cleaner and greener. Thursday, MARCH 2, 2017 from 6 p.m. - 7:15 p.m. at 415 Fayette Street. Open to residents. Light refreshments included.

## **Art Through Technology City wide 3D Design Contest**

Press Release 12/29/16

SOUTH AMBOY - The Dowdell Library of South Amboy will be holding an innovative art competition using 3D printing technology. Using the library's 3D printer or 3D pens, community members of all ages may enter the art competition from January through June 15th. Entries must be entered within one of the following categories: the waterfront, pets and a floral theme. Age categories will range from children through seniors.

Entries will be exhibited at the South Amboy Arts exhibition hall on Broadway during July and August. The community will have the opportunity to vote for the winners in each category. For more information, contact the library at [comments@dowdell.org](mailto:comments@dowdell.org) or 732.721.6060.

To learn about free programs, sign up for the library's monthly eNewsletter at <http://dowdell.org/newslettersignup.html>

The Dowdell Library's hours are Monday, Tuesday, Thursday from 10 am to 8 pm, Wednesday and Friday from 10 am to 5 pm and Saturdays from 12-4 pm. For more information, please visit [www.dowdell.org](http://www.dowdell.org), or contact the Library at 732-721-6060 or [comments@dowdell.org](mailto:comments@dowdell.org).

## **Perth Amboy Gets Served On MLK Day**

### **The Jewish Renaissance Foundation AmeriCorps Dedicate National Day of Service to The Mercy House Food Pantry**

Press Release 1/18/17

PERTH AMBOY - In the 1963 collection, Strength to Love, by Martin Luther King Jr., it included a sermon titled, "Three Dimensions of a Complete Life" which contained the following quote, and "Life's most persistent and urgent question is: What are you doing for others?" Striving to honor Dr. King's legacy, the Jewish Renaissance Foundation's (JRF) AmeriCorps has been putting aim into action of giving back to their community since its incorporation in 2006. This year, twenty (20) of their AmeriCorps members committed themselves to the only federal holiday observed as a national day of service - a "day on, not a day off" to rehabbing the Mercy House Food Pantry of the Cathedral International, on Monday, January 16th, located on 282 McClellan Street in Perth Amboy.

The Mercy House Food Pantry of the Cathedral International provides dry food goods, clothing and referral assistance for all who are in need regardless of race, age or income. Working tirelessly to provide assistance to those that seek it, the Mercy House Food Pantry was in need of restoration to improve their continued work. The JRF AmeriCorps members were able to make such improvements, including cleaning, painting, sorting food donations, and organized coats. The members also purchased and assembled furniture for the intake office including lamps, a sofa set, file cabinets, racks for clothes and guest chairs.

"We are honored and humbled that JRF's AmeriCorps chose our site to complete the day of service," stated Dam-

aris Ramirez, Program Director of Social Services of Cathedral's Community Development Corporation (CDC). "We are truly grateful and impressed of the work completed that will positively impact how we serve our clients."

Joining thousands across the country, the JRF AmeriCorps members and Perth Amboy community volunteers committed themselves and their time to participate in MLK Day of Service led by the Corporation for National and Community Service, a federal agency that encourages Americans to participate in service through organizations like AmeriCorps. (continued)

"We answer Dr. King's call to serve and are making a difference in the lives of Middlesex County residents," said Shakila Woltz, the AmeriCorps Program Manager of the Jewish Renaissance Foundation. "A resourceful way to meet local needs, volunteer service is a powerful tool that builds strong communities. We are putting the core American principles of citizenship and service into action."

The JRF AmeriCorps program is seeking for eager individuals to serve. AmeriCorps is a community-based, service learning initiative that recruits, trains, and places members in agencies throughout Middlesex, Bergen, Essex, Union & Monmouth counties, improving the quality of education and community assistance programs. For more information about how to become a member or become a host site, contact Shakila Woltz, AmeriCorps Program Manager, at (732) 324-2114 x 120 or by email at [Shakila.Woltz@jrfnj.org](mailto:Shakila.Woltz@jrfnj.org).

## **Bingo**

SAYREVILLE - FEELING LUCKY! Get out of the house and off the couch - come enjoy an evening or afternoon playing Bingo. St. Stan's Parish, 225 MacArthur Ave., Sayreville - has Bingo each Thursday evening, with doors opening at 6 p.m. and games beginning at 7:30 p.m. We also have Sunday afternoon Bingo each week, with doors opening at 12 Noon and games beginning at 1:30 p.m. Our kitchen is open for great homemade lunch and dinner specials along with a nice selection of snacks to munch on. Please call our Parish Office at (732) 254-0212 for more info. See you there!

## **Celebration of Black History**

PERTH AMBOY - The "Friends of the Library" will be having a Celebration of Black History at the Perth Amboy Free Public Library with African Storytelling, Percussions and Dance, Games, Arts & Crafts! Come join us! On Saturday, February 18, 2017 12:00-2:00 p.m. - Admission FREE! Perth Amboy Free Public Library Children's Department, 196 Jefferson St., Perth Amboy. Presenter: Joycelyn Gumbs Alsup, Former Teacher of the Dr. Herbert N. Richardson School

**Ads Sell!  
Call Carolyn  
732-896-4446**



**Perth Amboy Police, Firefighters and EMS Honored at ACS, Perth Amboy 2/3/17**

*\*Photos Submitted*



Press Release  
 PERTH AMBOY - On Friday morning, February 3, 2017 police officers, firefighters and EMS visited Assumption Catholic school for special breakfast as part of the school's activities for national Catholic School Week. The good work they do is not often mentioned in the papers or on the evening news, but they are the unsung heroes of our communities. Thank you for your service and we ask God's blessing and protection on each of you.

**Send Your Events to:**  
**AmboyGuardian@gmail.com**

**150<sup>th</sup> Anniversary of Thomas Mundy Peterson Casting My Ballot for Liberty Play**

PERTH AMBOY - Friday, February 24, 2017 at 7 p.m. at the Academy for Urban Leadership, 612 Amboy Ave., Perth Amboy. Tells the story of New Jersey Native, Thomas Mundy Peterson whose simple act marked an important milestone in our nation's racial and political evolution . . . He cast a vote! Casting my Ballot for Liberty that appeals to young people's civic sense and provides them with a unique historical perspective on current issues involving voting rights in our democracy.

**4<sup>th</sup> Annual African American History Month Celebration Rescheduled**

PERTH AMBOY - PRAHD is thrilled to be honoring Bob McCoy with the Arturo Alfonso Schomburg Award for all the love and care he gives to our community in the City of Perth Amboy. Please join us as we celebrate the many contributions of Bob McCoy during African American History Month. Special Guest ~ Dean Schomburg. **Friday, February 24, 2017 - Noon to 2 p.m.** PRAHD, 100 First Street, Perth Amboy.

**Tom's Tax Tips**

**Cures Act Authorizes New Breed of Small Employer Health Reimbursement Arrangements (HRAs)**

*Courtesy of Tom Ploskanka C.P.A.*

The 21st Century Cures Act, a new law signed late in 2016 that helps fund medical research, also provides a cure for the health insurance woes of small employers. Under this legislation, your small business may now offer stand-alone Health Reimbursement Arrangements (HRAs) for employees.

An HRA is a special account used to pay health care expenses, similar to the way some employers use Flexible Spending Accounts (FSAs). Unlike FSAs, however, HRAs may pay for insurance costs – including deductibles, co-insurance and co-payments – in addition to other qualified expenses. In this newly defined, small employer HRA, contributions are provided by the

employer as opposed to pay withdrawals determined by the employee.

HRAs are often paired with high-deductible health insurance plans. Distributions and reimbursements from HRAs used to pay for qualified expenses are completely tax-free to employees.

Previously, the Affordable Care Act (ACA), which includes an insurance mandate for employers with 50 or more full-time (or full-time equivalent) employees, effectively barred stand-alone HRAs for small employers. But now the Cures Act permits stand-alone HRAs if the following conditions are met:

- The employer has fewer than 50 employees and doesn't offer any other group health plan to employees.
- The plan is funded solely by

employer contributions.

- Typically, HRAs must offer the same basic terms for all eligible employees.

- The maximum annual employer contribution is \$4,950 per year for an HRA covering just the employee and \$10,000 that also covers family members.

- The plan must provide payment or reimbursement for qualified expenses. Documentation by employees is required.

Although the future of the Affordable Care Act is uncertain, it is expected that stand-alone HRAs for small employers will remain a viable option in the years to come. If interested, these new smaller employee HRAs may be offered beginning in 2017.

**Forward in Rehab™**  
**Cutting-Edge Orthopedic Rehabilitation at Alameda Center in Perth Amboy**

Press Release 2/1/17

PERTH AMBOY - Located in the heart of Perth Amboy, New Jersey, and awarded a 4 Star CMS rating, Alameda Center's state-of-the-art Orthopedic Rehabilitation Program broadens its impressive suite of specialized programs that includes Cardiac Care, Wound Care and Pulmonary Care.

Dedicated to restoring physical function to individuals who have undergone joint replacement, have sustained a musculoskeletal injury, experienced bone trauma or have been diagnosed with a degenerative joint disease, "the aim of Alameda Center's Orthopedic Rehab Program is to get our patients back home confident and ready to resume an active lifestyle as soon as possible", states Dr. Grover.

An orthopedic surgeon in practice for more than 51 years, Dr. Grover received his orthopedic training at UMD-NJ, is certified by the American Board of Orthopedic Surgery, currently serves as a Chairman of the Department of Surgery at RBMC. Possessing extensive knowledge of the latest research showing that "where an individual goes for treatment can make all the difference in their recovery" Dr. Grover assuredly cites studies indicating that "an early start to rehabilitation can optimize functional gains".

Indeed, Alameda Center's physical therapy department



PERTH AMBOY - Alameda Center for Rehabilitation & Healthcare, a foremost provider of subacute rehabilitation and skilled nursing care is proud to introduce its specialized Orthopedic Rehabilitation Program under the direction of Dr. Surender Grover.

*\*Photo Submitted*

begins planning their residents' rehabilitation prior to arrival, in collaboration with the referring hospital & healthcare team, utilizing cutting-edge algorithms to chart the rehab process of each resident.

Making expert use of rehab algorithms throughout the continuum of care while at Alameda Center, the rehab journey comes to an end when the quality of life improves beyond the pre-surgical state of health. Finally handing the patients back to their loved ones: revitalized in body and spirit!

Focused on restoring physical function and enhancing the skills needed to perform daily activities, building strength and endurance, and maximizing independence, Alameda Center's specialized Orthopedic Rehab Program features

physical, occupational and speech therapy 7 days a week, cutting edge rehab equipment and modalities and, most importantly, an outstanding staff of expert therapists that delivers effective multidisciplinary treatment plans with a hands-on approach that begins with an initial evaluation and extends through post-discharge care.

A 250-bed subacute rehabilitation and nursing care facility with a 30-year reputation for clinical excellence, Alameda Center welcomes your inquiries. To schedule a visit, and to obtain more information please call Junel Hutchinson, Executive Director of Admissions & Marketing/ Assistant Administrator Alameda Center for Rehabilitation & Healthcare at 732-638-7280.



## *This Week in World War II 75 Years Ago*

By: Phil Kohn. *Dedicated to the memory of his father, GM3 Walter Kohn, U.S. Navy Armed Guard, USNR, and all men and women who have answered the country's call in time of need. Phil can be contacted at ww2remembered@yahoo.com.*

German Field Marshal Erich von Manstein meets with Hitler on February 6, 1941, in Rastenburg, East Prussia, and lays out a plan for a German counteroffensive in the southern Soviet Union. Hitler agrees in principle. The former Grand Mufti of Jerusalem, Amin al-Husseini, arrives in Rome from Germany for talks with Mussolini. He is accompanied by Rashid Ali al-Gaylani, the former Iraqi leader who had tried to oust the British in 1941.

In North Africa, Rommel halts his offensive near Gazala, Libya, on February 7. In two weeks, he has regained most of the territory taken by the British Eighth Army in the latter part of 1941. Vidkun Quisling suspends Norway's constitution and establishes a dictatorship. In Washington, the government establishes the War Shipping Administration (WSA) to administer the purchasing and operation of civilian shipping tonnage needed by the U.S. to conduct the war. The agency will operate under the supervision of Vice Admiral Emory Land, head of the U.S. Maritime Commission. In the Philippines, American and Filipino troops continue their defense of the Bataan Peninsula against Japanese forces under Lt. Gen. Masaharu Homma.

On February 8, the Battle of Singapore — "The Gibraltar of the East" — begins. Approximately 36,000 troops of the Japanese 25th Army, along with elements of the Imperial Japanese Navy, begin attacking around 85,000 densely packed British, Australian, New Zealand, Indian and Malay-an defenders. On the Eastern Front, the city of Kursk, Russia — captured by the Germans in November 1941 — is re-taken by the Red Army. German engineer Fritz Todt, Reich Minister for Armaments and Ammunition and a favorite of Hitler, dies in a plane crash shortly after leaving "Wolf's Lair," *Der Führer's* Eastern Front headquarters near Rastenburg, East Prussia.

Japanese forces begin crossing the Straits of Johor to invade Singapore on February 9. President Roosevelt institutes year-round Daylight Savings Time — called "War Time" — throughout the U.S. It will remain in effect until Sunday, September 30, 1945. Nationalist Chinese leader Chiang Kai-shek and his wife arrive in India for a two-week visit. The seized French cruise ship, SS Normandie, docked in New York City and being converted into a U.S. troopship, catches fire and capsizes at her berth. Although probably caused by a workman doing welding, the fire is the subject of many conspiracy theories. The capsized vessel is seen — and is part of the plot — in the April 1942 Alfred Hitchcock film "Saboteur," starring Robert Cummings and Priscilla Lane.

On February 10, Adolf Hitler begins a two-day meeting with Romanian leader Ion Antonescu at the "Wolf's Lair," in East Prussia. Antonescu promises to provide large numbers of Romanian troops for the coming offensive on the Eastern Front, but asks for modern equipment as a condition for the assistance. In Burma, Japanese troops begin moving across the River Salween near Martaban. In the United Kingdom, the government begins rationing soap. The last civilian automobile moves off the assembly line of the Ford Motor Co.'s River Rouge Plant in Michigan, as the company switches to making only military vehicles.

The German battleships *Scharnhorst* and *Gneisenau*, along with the heavy cruiser Prinz Eugen, depart from Brest, France, on February 11 and dash northward through the English Channel to German ports, successfully running a British naval blockade. In the Pacific, the submarine USS Shark is sunk by the Japanese destroyer *Yamakaze*. It is the first American sub to be lost to anti-submarine operations in the war.

On February 12, German Army Groups in the Soviet Union are renamed: Manstein's Army Group Don becomes Army Group South and Kluge's Army Group B becomes Army Group Center. In Berlin, a state funeral is held for Fritz Todt, killed in an airplane crash on February 8. Hitler attends and speaks at the services, and posthumously makes Todt the first recipient of a new decoration of honor: The German Order, the most important award the Nazi Party could bestow on an individual. At Valletta, Malta, the British destroyer *HMS Maori* is bombed and sunk by the Luftwaffe while moored in the Grand Harbour.

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

### **A.C. Bus Trip San Salvador Seniors**

PERTH AMBOY - The San Salvador Seniors are sponsoring a bus trip to Caesar's Casino in AC on Thursday, Mar. 2, 2017. Bus leaves 12 Noon from the Perth Amboy Knights of Columbus, High Street, Perth Amboy. Cost 30 pp. Receive \$30 back in slot dollars. For more info call Joe at 732-826-0819.

### **A.C. Bus Trip Hungarian Reformed Church**

PERTH AMBOY - The Fellowship Circle of the Hungarian Reformed Church is sponsoring a Bus Trip to the Tropicana Casino, Atlantic City on Sunday, March 12, 2017. Bus leaves the church at 331 Kirkland Place, Perth Amboy at 12:00 noon for a 6 hour stay at Casino from when we arrive in AC. Cost: \$27.00 per person (\$25 slot play) Bagged lunch provided -To reserve a seat call: 732-261-8726

### **Ask the Rabbi**

EDISON - Wednesdays, 12 noon -1 p.m. at the Food Court in Menlo Park Mall (between Chik-fil-A and Panera) Have a question? Have a seat! Bring your lunch and ask Rabbi Ari Saks of Congregation Beth Mordecai ANY question you'd like about Judaism, life, spirituality...anything! First person to come will get a FREE drink from the rabbi. For more information please contact Rabbi Saks at ari.saks@gmail.com

### **The Berkow Maternity Pavilion & Family Health Information Open House**

PERTH AMBOY - Raritan Bay Medical Center, a member of the Hackensack Meridian Health family, monthly tour of The Berkow Maternity Pavilion and family health information open house will be held Wednesday, February 8, 7:00 p.m. to 8:00 p.m. Newly expectant parents are invited to tour and learn about the maternity unit's modern comforts, designed to provide a calm and relaxing birthing experience. Participants are asked to meet in the main lobby of Raritan Bay - Perth Amboy, 530 New Brunswick Ave. Registration required, call 1-800-DOCTORS (1-800-362-8677) and reference zip code 08861.

### **Pet of the Week**



Treats enjoying a nap on a chair

### *Have a Special Pet?*

**E-mail us your Pet Photos to AmboyGuardian@gmail.com with Pet of the Week in the Subject line and explain why your pet is special. Please include Name and Phone# for verification.**

### **Book Sale**

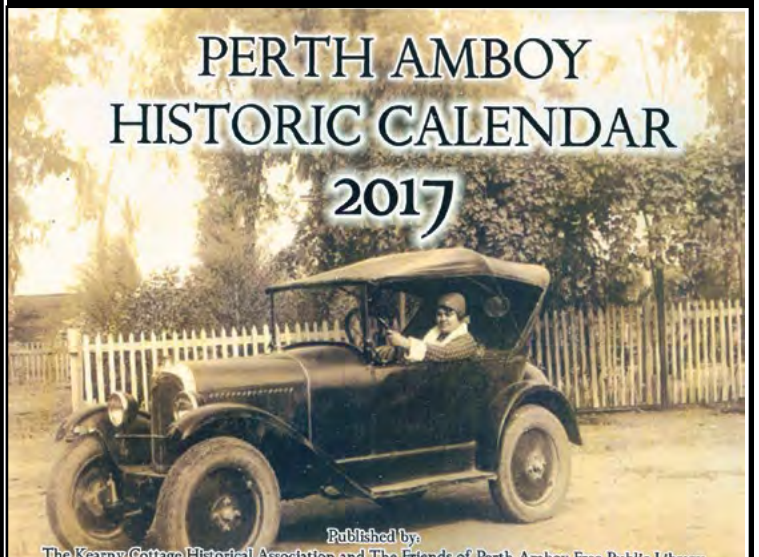
PERTH AMBOY - Pick up a book or two (\$.50 for paperbacks/\$1 for hard cover) ...or select a "bag of books" for a price of only \$5. Presently due to lack of shelf space we are NOT accepting any donations of books.

Visit us at the Brighton Ave. Community Center located at the corner of Brighton Ave. and Sadowski Pkwy. in Perth Amboy. The schedule is as follows: Saturdays, February 11 & 25 March 11 & 25 We will be there from 1:00 p.m. - 3:00 p.m. (weather permitting). For more info, e-mail us at friendsofperthamboylibrary@gmail.com Book Dealers are welcome. !!!!

### **"First Steps"**

OLD BRIDGE - The Joslin Diabetes Center, Affiliate at Raritan Bay Medical Center, a member of the Hackensack Meridian Health family, is providing an educational workshop "First Steps" Tuesday, February 7, 1:00 p.m. to 3:00 p.m. in Suite 420, Medical and Surgical Pavilion, 2 Hospital Plaza, Old Bridge, NJ. "First Steps" reviews the basics of diabetes self-management, including; blood sugar, hypo- and hyperglycemia and target ranges, foot care, medication and nutrition. Registration and insurance verification is required; call 732-360-4070.

### **2017 Historic Perth Amboy Calendars**



**2017 Historic Perth Amboy Calendars are now available at the Barge Restaurant, 201 Front St., Perth Amboy 732-442-3000 or at Fertigs Uniform Store, 195 New Brunswick Ave., Perth Amboy 732-442-1079, Perth Amboy City Hall or Call Paul or Katherine at 732-293-1090. Back by popular demand the Calendars feature old photographs from Perth Amboy. Sponsored by the Kearny Cottage Historical Association and the Friends of Perth Amboy Free Public Library. Calendars are \$10 Each.**



**Novena to St. Rita**

O holy protectress of those who art in greatest need, thou who shineth as a star of hope in the midst of darkness, blessed Saint Rita, bright mirror of God's grace, in patience and fortitude thou art a model of all the states in life. I unite my will with the will of God through the merits of my Saviour Jesus Christ, and in particular through his patient wearing of the crown of thorns, which with tender devotion thou didst daily contemplate. Through the merits of the holy Virgin Mary and thine own graces and virtues, I ask thee to obtain my earnest petition, provided it be for the greater glory of God and my own sanctification. Guide and purify my intention, O holy protectress and advocate, so that I may obtain the pardon of all my sins and the grace to persevere daily, as thou didst in walking with courage, generosity, and fidelity down the path of life. *(Mention your request.)* Saint Rita, advocate of the impossible, pray for us. Saint Rita, advocate of the helpless, pray for us.  
*Recite the Our Father, Hail Mary, and Glory Be three times each. K.M. & C.M.*

**Remember to Say Your Novenas!**

**Overnight Trip**

HOPELAWN - Holy Rosary Seniors overnight trip to Foxwood and Mohegan Sun 4/3/17 and 4/4/17. Cost is \$145 a person for double room; and \$214 for single per person. Must have full payment by 1/27/17. Call Ronnie for more information. 732-442-5252

**Volunteer Drivers Needed For Meals on Wheels Program**

Press Release  
 HIGHLAND PARK – Jewish Family Services of Middlesex County (JFS) is in need of volunteer drivers to deliver meals to homebound senior adults in the Highland Park area for the Kosher Meals on Wheels Program. The program delivers meals Monday – Friday mornings. A commitment of at least 2 days per month for regular volunteers is required. Also seeking substitute drivers who can fill in as needed throughout Middlesex County. Must have valid driver's license. Please contact the JFS Volunteer Coordinator for more detailed information at 732-777-1940 or visit [www.jfsmiddlesex.org](http://www.jfsmiddlesex.org) under the Volunteer Tab

**Tax Preparation Services**

PERTH AMBOY - Tax Preparation Services at Perth Amboy Free Public Library, 196 Jefferson St. provided by Vita Group. Dates: 2/11, 2/25, 3/11, 3/25. By appointment only. 732-826-2600.

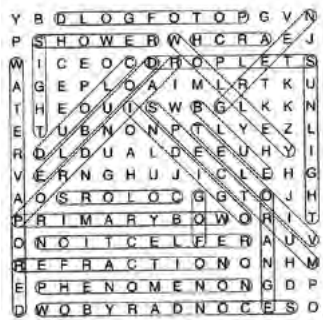
**African-American Film Festival**

PERTH AMBOY - African American Film Festival at the Perth Amboy Free Public Library, 196 Jefferson St., Perth-Amboy. Thursday Nights from 6 p.m. to 8 p.m.  
 2/9/17 - The African American: Many Rivers to Cross  
 2/16/17 - Malcolm X  
 2/23/17 - Black in Latin America: Haiti and Dominican Republic - An Island Divided

**Spaghetti Dinner**

Perth Amboy - The Diamond Breakers will host a spaghetti dinner Sunday, Feb 19th at 2pm to benefit Perth Amboy's 12U/14U girls' softball travel team. The dinner is slated for 2 p.m. at the Alexander Jankowski Community Center, located at 1 Olive Street. The dinner will feature food from Perth Amboy businesses. Tickets are available at pre-sale from any Diamond Breaker softball player, or at the door for \$10 or \$7 for seniors. Children under 5 are no charge. Take-outs will also be available. For more information, contact the Diamond Breakers at [diamondbreakers-pa@gmail.com](mailto:diamondbreakers-pa@gmail.com)

**Answers From Puzzle On Page 15**



**LOOKING BACK**

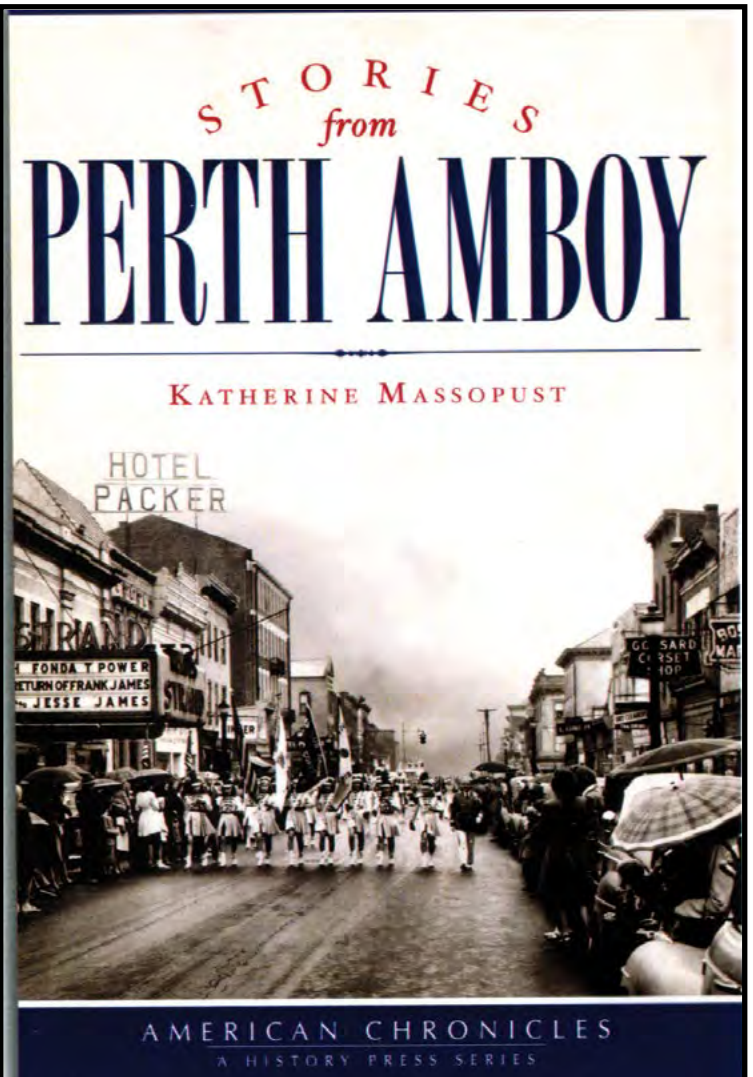


PERTH AMBOY -Sweetheart's Dance at the America On Wheels Roller Rink  
*\*Photo Courtesy of Chester Fried  
 This Photo was restored under a grant for the Kearny Cottage Archiving project by the Middlesex County Cultural and Heritage Commission*

**Senior Scene Happenings**

- Perth Amboy**  
 TUES. Feb. 7 Market Square Seniors, 1 p.m., Presbyterian Center, Market St.  
 • Good Shepherd Tuesday Seniors (HS) 12:30 p.m. Msgr. Gambino Hall, Florida Grove Rd.  
 WED. Feb. 8 St. Stephen's Seniors, 1 p.m., Cafeteria, State St.  
 • Good Shepherd Wednesday Seniors, 12:30 p.m., Msgr. Gambino Hall, Florida Grove Rd.  
 THURS. Feb. 9 The Cathedral International Seniors, 9:30 a.m., Family Life Center, Madison Ave.  
 MON. Feb. 13 St. James Golden Girls, 10 a.m., Fellowship Hall, Commerce St.  
 TUES. Feb. 14 Market Square Seniors, 1 p.m., Presbyterian Center, Market St.  
 WED. Feb. 15 St. Stephen's Seniors, 1 p.m., Cafeteria, State St.  
 • Holy Trinity Seniors, 1 p.m., Church Hall, Lawrie & Johnstone St.  
 THURS. Feb. 16 The Cathedral International Seniors, 9:30 a.m., Family Life Center, Madison Ave.
- South Amboy**  
 WED. Feb. 11 South Amboy Seniors, 12 Noon, Senior Center, S. Stevens Ave.  
 MON. Feb. 27 Sacred Heart Seniors, 12 Noon Memorial Hall, Wash Ave.  
 MON. Mar. 6 St. Mary's Seniors, 12 Noon, Senior Center, S. Stevens Ave.

**Attn: If Your Club changes its Schedule due to the Holidays or if you have Community Events to Submit Please give us two weeks advanced notice! 732-896-4446 or 732-261-2610 AmboyGuardian@gmail.com**



**Stories From Perth Amboy**  
 PERTH AMBOY - Stories From Perth Amboy by Katherine Massopust is available at the Barge Restaurant, 201 Front St., Perth Amboy or in Fertig's Uniform Store, 195 New Brunswick Ave., Perth Amboy For more info call Katherine at 732-261-2610 or call the Barge at 732-442-3000 - or Fertig's at 732-442-1079 - A Great Gift! Get it now along with Then & Now: Perth Amboy!



## SERVICE DIRECTORY

Call Carolyn @ 732-896-4446

**New Plans for the Service Directory Effective 1/1/16 Are Now in Effect. If You Offer a Service, the Place to Advertise is Here! Catering, Auto Repair, Heating, Plumbing, Home Health Aides, Landscaping, Snow Removal, Dry Cleaning, Chauffeuring, Exterminators, Hall Rentals, Insurance, Delivering Services, Hair Stylists, Photography, Counseling, WebSite Design, Computer Repair etc.**

**Call For the Plan Which Will Best Suit Your Needs. Discounted Rates for Prepaid Plans!**

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<b>For Sale: Vehicle, Collectibles</b> 2004 G35 Infiniti \$8600-67K Miles; Louis Unifold Wallets (men) 1-200 Boxer signed prints, comics, dip-tical, Steiff Bear, DVD's 732-713-0536	Metal Twin Loftbed Frame \$50 - Gym Exercise Step Machine \$25 732-442-1093	Sears Steel Fire Proof Safe Heavy Duty 2 cu. ft. \$75 732-721-7186
<b>For Sale: Wood Lathe</b> With motor. Over 50 years old. Works. \$100 or B.O. Cash and Carry 732-442-3430	5 Quart Slow Cooker - like new \$35. Service for dinnerware set \$20, Foreman Grill \$20, 5 quart slow cooker \$35 732-442-1642	White Dresser \$50; Banquet Table \$15; Shelf, Birdhouses \$10 732-721-8584
<b>For Sale</b> 3D Tin Portrait of Last Supper 23"x 17" \$75 732-254-1398	Two wooden folding chairs. Well built. For inside or outside. \$25 732-442-5806	Antique Sleds Good Shape, Flexible Flyer Size 51 1/2 in. FF Original Stiker \$50 732-727-0314
Hoover Carpet Cleaner Machine - Five Scrubbing Brushes - Like New \$50 732-236-4479	Wood Sled \$25; Treadmill \$25; Vanity \$25 732-442-9454	Lionel Trains - Engine Coal Car, Caboose, Track Transformer \$50 - 732-727-8417
Lounge Chairs - Four 2 Adult; 2 Child, metal frame \$20 732-283-0975	Solid Oak Coffee Table \$75; Oak End Table \$50 732-570-9732	Vacuum Cleaner Eureka Bagless \$15; Coffee Machine Keureg \$10 - 732-826-6324
Older New Toy Trucks Sunoco, Exxon, Mobil Hess \$20 Each or B.O. - 732-316-5092	Back2Life Therapeutic Massager for home or office use. Great Condition \$50 - 732-595-6334	Thatcher for Snapper Power Lawn Mower Good Condition \$20 732-826-8522
X-Mass Tree, pre-lit 7 1/2 ft. 700 lights, excellent condition Pd. \$225; Sell \$45 Leave Message 732-324-0964	Bell and Howell Movie Projector \$50 - 732-634-1851	Walker and Raised Toilet Seat with Rails \$30 Each 732-826-8724
	Miniature toy cars \$25, wood sled \$25, basketball hoop game \$40, tents, paintings 10-\$30 - 732-713-0536	Hess Toy Trucks Monster and Tanker 5 \$12 Each - 732-915-1977
	Holmes Air Purifier \$30; DVD Player Portable \$30 732-715-5449	32ft. Roofing Ladder, Cherry Wood Table \$75 Cash O.B.O. 908-803-9623

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### How to Publish a Novena

**If you wish to publish a Novena in The Amboy Guardian, you may use this coupon.**

#### A Petition to St. Joseph

Dear St. Joseph, head of the most perfect household, foster father of Jesus and guardian of His mother Mary, I confidently place myself and all my concerns under your care and protection. I ask that, through your powerful intercession with God, you obtain for me all the help and graces that I need for my spiritual and temporal welfare and in particular, the special favor I now ask there mention or think of your home sale or any other petition, especially family needs. Good St. Joseph, I know with confidence, that your prayers on my behalf will be heard by God and that He will grant my request, if it be for His glory and my greater good. Thank you St. Joseph, for having responded to my call. Amen. **G.T.A.**

Prayer To St. Clare

Prayer To Blessed Mother

Prayer To Blessed Virgin

St. Jude Novena

**Cost \$10.**  
 Pre-payment required.

#### A Petition to St. Jude

May the sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world, now and forever. Sacred Heart of Jesus, have mercy on us. St. Jude, worker of Miracles, pray for us. St. Jude, helper of the hopeless, pray for us. *Say this prayer nine times a day for nine days. It has never been known to fail. Publication must be promised.*

**Thank you, St. Jude**  
**F.M.J.**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_

Initials at end of prayer \_\_\_\_\_

Please circle one prayer, and return form with check or money order to:

**The Amboy Guardian**  
 P.O. Box 127  
 Perth Amboy, NJ 08862

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Thanksgiving Novena

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Prayer To St. Jude

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**FREE CLASSIFIED AD  
FOR ITEMS \$75 & UNDER**

Use this space for 10 words or less to sell your small household items that are too inexpensive to advertise. The Amboy Guardian will print your classified and help you sell those items. Merchandise must be used and not new items for sale items. Please send one ad per family per week.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Tel: \_\_\_\_\_

Send to: The Amboy Guardian, P.O. Box 127, Perth Amboy, NJ 08862

# SERVICE DIRECTORY

Call Carolyn @ 732-896-4446

### Graphic Design

**Need an  
Advertisement  
Designed?**  
Call 732-293-1090  
www.photosbythebay.com

### Website & Graphic Design

Newspapers      Newsletters  
Magazines      E-Publications  
Website Design  
Website Updates  
Call the communications experts at  
**Media Trends**  
**732-548-7088**  
www.mediatrends.org

### Hall For Rent

**AMERICAN LEGION  
POST 45**  
  
**HALL FOR RENT**  
Baby Showers, Sweet 16, Parties,  
Meetings, ETC.  
CALL TUE Thru FRI. After 1PM.  
(732)-826-2432  
530 Smith St. Perth Amboy, NJ 08861

### Hall for Rent

**Ancient Order  
of Hibernians**  
271 Second St., South Amboy, NJ  
Hall Accommodates 100 Guests  
Great for: Birthdays, Retirement,  
Christenings, Communion Parties and  
Baby or Wedding Showers  
**VERY REASONABLE RATES**  
Call: 732-721-2098

## OVER THE RAINBOW

1. ARCH

Y B D L O G F O T O P G V N

2. BLUE

P S H O W E R W H C R A E J

3. CLOUD

W I C E O C D R O P L E T S

4. COLORS

A G E P L O A I M L R T K U

5. DOUBLE

T H E O U I S W B G L K K N

6. DROPLETS

E T U B N O N P T L Y E Z L

7. FOG

R D L D U A L D E E U H Y I

8. GREEN

V E R N G H U J I C L E H G

9. INDIGO

A O S R O L O C G G T O J H

10. ORANGE

P R I M A R Y B O W O R I T

11. PHENOMENON

O N O I T C E L F E R A U V

12. POT OF GOLD

R E F R A C T I O N Q N H M

13. PRIMARY BOW

E P H E N O M E N O N G D P

14. RAINDROP

D W O B Y R A D N O C E S O

15. RED

BOW

22. SUNLIGHT

16. REFLECTION

19. SHOWER

23. VIOLET

17. REFRACTION

20. SIGHT

24. WATER VAPOR

18. SECONDARY

21. SPECTRUM

25. YELLOW

### Catering

#### Mikie Dee's Gourmet Catering & BBQ



Corporate Events, Weddings, Gated Communities,  
Seniors & Kids, Organizations, Football Packages,  
*Any Event, Anytime - Your Venue!*

*Our Menus, Perfect Together - Visit: mikiedees.com*  
Hm: 732-254-0170 Cell: 732-421-4578 ask for Mikie Dee

*Off-Site Catering Starts at \$10.95pp*  
Menu: Garlic Herb Chicken, Sausage & Peppers, Cavatelli & Broc., Eggplant  
Parm., Baked Ziti or Panna Vodka, Italian Tossed Salad, Rolls, Butter  
(\$30 chg. for Racks & Sterno) *No Substitutions*

### Sharpening

**Make Dull  
Stuff Sharp  
Cheap!!!**  
Knives, Scissors,  
Garden Tools  
732-442-3430



### Hall For Rent



**KNIGHTS  
OF COLUMBUS**  
IN SERVICE TO ONE. IN SERVICE TO ALL.

**Knights of Columbus #299**  
228 High St.  
Perth Amboy, NJ 08861

Contact: John Jordan, PGK  
Hall Rental Chairman  
732-442-2998  
jordan4118@aol.com

### Your Ad Here

Your Ad Can  
Go Here for  
**\$11**  
**a week**  
*10 Week  
Minimum  
Required*

### Photography

**Photos by the Bay/  
ALR Photography**  
*All your Photography Needs  
Under One Roof*  
Portraits/Weddings/Sweet Sixteens  
Bar/Bat Mitzvah's/Head Shots  
Photo Restoration  
www.photosbythebay.com  
732-500-5093 or 732-293-1090  
**Photography Done Right!**

### Your Ad Here

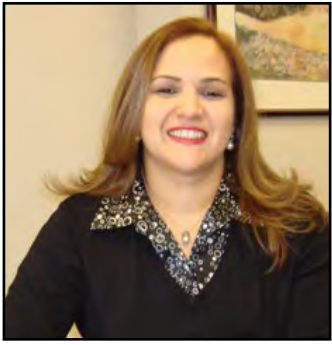
Your Ad Can  
Go Here for  
**\$11**  
**a week**  
*10 Week  
Minimum  
Required*

### Wellness Center

**Matawan Wellness Center**  
*Heal Anxiety & Depression • Body Detox  
• Body Biofield Scan • Aromatherapy  
• Chakra Balancing • Reconnective Healing  
• Body Psychotherapy • LED Light Therapy  
• Eden Energy Medicine • Past Life Regression  
• Nutrition • Reiki • Essential Oils & more*  
**20% OFF with this ad**  
(Discount on Sundays)  
347 Matawan Road  
Matawan, NJ 07747  
www.healingglobe.com  
732-623-9846







**Indira Marine**  
Realtor/Agent

*Congratulations to  
Indira Marine  
for being the  
#1 Agent for the  
Month of January*



**329 SMITH STREET • PERTH AMBOY**  
**(732) 442-1400 • (732) 442-1480 fax**



*The Real Estate Team With  
Dedication, Vision and Results!*

**FOR MORE OF OUR FEATURED LISTINGS, PLEASE GO TO OUR WEBSITE:  
WWW.PETRABESTREALTY.COM**

**PETRA BEST REALTY WILL GET YOUR HOUSE **SOLD** FAST!!!  
PLEASE CALL FOR FREE MARKET ANALYSIS!**



**PERTH AMBOY - IMPECCABLE ONE FAMILY HOUSE READY JUST TO MOVE IN. SHOW IT AND BRING OFFER. PROPERTY FEATURES AN ENCLOSED FRONT PORCH. MASTER BEDROOM WITH WALK IN CLOSET. BRAND NEW FURNACE. SELLER MOTIVATED. SOME FURNITURE NEGOTIABLE. FINISHED ATTIC. \$199,900**



**PERTH AMBOY - Large two family great location, many upgrades a must see. \$314,900**



**WOODBIDGE TOWNSHIP - Great single Family, lots of potential nice large yard. \$179,900**



**PERTH AMBOY - This beautiful home offers finished attic with 2 rooms full basement (full bath) and family room 1<sup>st</sup> level. kitchen, living room, formal dining 2<sup>nd</sup> level 3 bedrooms. Roof 9 yrs old. 90% of this house has been upgraded. 1 car garage and you have access to the back yard for 3or 4 cars owner motivated-present all offers. \$230,000**



**PERTH AMBOY - This delightful property welcomes you with 4 bedrooms, 2 1/2 bathrooms, beautiful hardwood floors. New kitchen with stainless steel appliances, designer cabinets and granite floors and counter top. Beautiful backyard with above swimming pool and gazebo, sprinkler system, finished basement and much more. \$379,000**



**CARTERET - Quality Workmanship very large and beautiful single family, very elegant located in the finest Carteret park neighborhood. it features 4 large bedrooms, gas fire place, over-sized car garage, huge yard. if you like comfort & charm, you'll love it. A MUST SEE. \$269,000**



**PERTH AMBOY - Great investment with many possibilities, former Beauty Salon and 3 bdrm apartment on 2<sup>nd</sup> level plus 4 car garages. In mint condition. \$279,000**



**PERTH AMBOY - Nice big building, fully rented, very clean(well maintained). All utilities separated including water. Let this be part of your retirement plan, great supplemental income. \$1,299,900**



**PERTH AMBOY - Nice 4 Family Waterfront area. Each unit has 2 bedrooms. Separate heating systems, gas and electric meter. 4 Car Garage. \$735,000**