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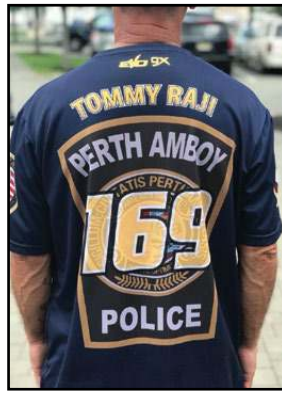
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AMBOY GUARDIAN

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Police Officer Thomas E. Raji 10th Anniversary Line of Duty Death Remembrance Ceremony



On Wednesday, August 22, 2018 there was three ceremonies commemorating the 10th Anniversary of Police Officer Thomas E. Raji's Line of Duty Death on August 22, 2008 at age 31. Police Officers paid their respects at his grave. The Perth Amboy Police Department and Police from other towns biked to Iselin where there is also a monument at the location where he died. They also placed flowers at the Fallen Police Officers Memorial which is made in the likeness of Thomas E. Raji and his dog in front of the Perth Amboy Police Station. Raji's wife, Marisol and daughter, Mikayla were present at the ceremony. *Photos Courtesy of PAPD

Women's 98th Suffrage Anniversary Breakfast Hosted by Mayor Wilda Diaz

By: Carolyn Maxwell

PERTH AMBOY – The Celebration included a breakfast that was held at the Barge Restaurant. In attendance were businesswomen, personnel from City Hall, various City Departments, Representatives from the Housing Authority, Women Clergy, Educators, Artists and in the Political Field, and from all walks of life.

During the event, Mayor Diaz held up a large Perth Amboy Evening News Article from August 1920 with the headline: "Will City Have a Lady Mayor?: Prominent Suffragists Discuss Possibilities Under Equal Suf-

frage: Better City."

As Mayor Diaz looked at the gathering of women in attendance, she recognized some who were in the audience and remarked about the strong intelligent and beautiful women they were, and how they have made the community a better place. She stated, "We need to listen to women at the forefront."

Diaz spoke about the history of Perth Amboy and how the City was in the forefront of Women's Rights. Perth Amboy was once the location of Eagleswood, a school that welcomed men and women of all countries and nationalities and how they learned

together without being segregated. She mentioned Feminist Rebecca Spring and the Grimke Sisters.

Diaz stated that she also values men, mentioning, "John-Luke," pointing to the young cameraman, who was filming the event. "I want to see other women at the table, especially in government. We work hard to be where we are at. I said I was going to give women who have the credentials an opportunity. I've always acted to empower women."

She then introduced the Guest Speaker, Patricia Campos-Medina, who is President of Latinas

United for Political Empowerment Political Action Committee (LUPE PAC). Diaz stated that Campos-Medina is a powerful spokeswoman for women's rights.

Medina spoke about how much history there was in Perth Amboy, and how that history was also important in the Country. She also jokingly said that her husband said she has been to Perth Amboy so much that, "Maybe we should buy a house here." She continued, "I have been friends with the Mayor since she first ran for office. At the time, the Mayor of Perth Amboy, Joe Vas asked me and



Mayor Wilda Diaz

the group that I was with for our support, but he didn't have

*Continued on Page 3

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Perth Amboy Train Station Upgrade on Track

By Ron Miskoff
PERTH AMBOY - After years of waiting, the decaying Perth Amboy Train Station is finally on schedule to be upgraded and modernized, beginning as soon as the start of 2019.

NJ Transit and the Federal Transit Administration (FTA) are both in agreement that the schedule projected in mid-2017 is holding, and work could start as soon as the spring. Ever since the original plans for improvement were announced, NJ Transit has been working to create the blueprints for the upgrade, officials said.

The train station, which is served by NJ Transit, needs approval from the federal government to begin construction. According to Nathan Rudy, a spokesman for NJ Transit, 30 percent of the design plans were submitted to the FTA early in August. The plans, he explained, do not have to be complete to allow the federal government to go ahead with the needed approvals.

"Once the plans are approved, we will bid it out," said Rudy.

The FTA, meanwhile, is looking at the plans to make sure that they comply with the many requirements that the federal government stipulates for commuter rail lines.

"New Jersey Transit submitted information to FTA regarding the upcoming renovation and improvement project at the Perth Amboy New Jersey Transit Railroad station," wrote Steven Taubenkibel, a spokesman for the FTA, in response to an inquiry from the Amboy Guardian. "FTA is reviewing the information to ensure it complies with the National Environmental Policy Act, National Historic Preservation Act, and the Americans with Disabilities Act. FTA anticipates completing its review later this year."

That would be by the end of December.

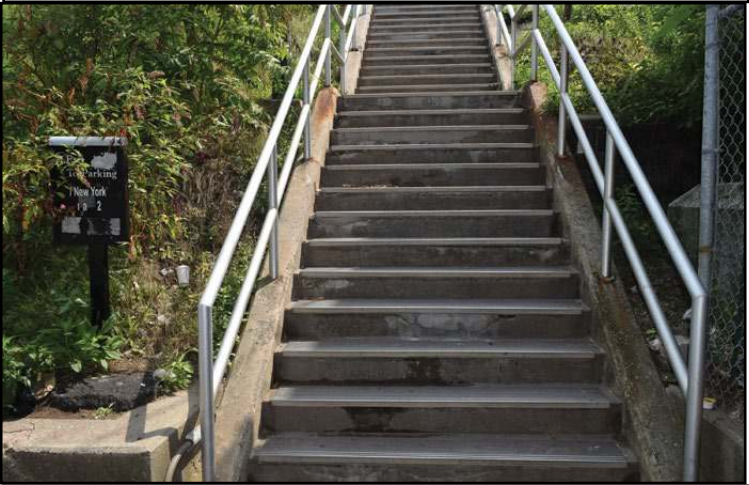
In NJ Transit's 2019 fiscal year budget, \$4 million — approved in August this year as part of the agency's entire budget — was earmarked for improvement to the Perth Amboy station. Another \$9 million was approved to rebuild the Elizabeth rail station, and \$7 million for other station and terminal improvements, inspections and repairs around the state.

The Perth Amboy station, which has been listed on the National Register of Historic Places since 1984, has been in need of repairs for years. But, moreover, the station does not comply with the Americans with Disabilities Act. Specifically, there are no elevators to assist travelers who need to get from street level to the level where trains stop, a drop of about 20 feet. The staircases have been patched. In addition, the station itself does not have what is known as a high-level platform, enabling passengers to simply step across the gap from the platform onto the train.

This means that conductors must assist travelers who need to get from the low-level (ground level) platform onto the train. The Conductors pop a door on the train which uncover



The Perth Amboy Train Station
*Photos by Paul W. Wang



Stairs on Northbound (shown) and Southbound side have been patched



Passengers board the train using built in steps on the train which are popped prior to arriving at the Perth Amboy Train Station

built-in steps for lower platform stations right before entering Perth Amboy Train Station. This allows passengers to get off the train onto a ground level platform and vice-versa.

Clearly, the station in its current state discourages traveling by handicapped and elderly passengers. As a result, this makes it difficult for the city to attract new housing and businesses because of the inability to use transportation that is standard in other cities the size and age of Perth Amboy.

The plans that have been submitted to the FTA include making the station comply with the law. Two new high-level platforms, one for passengers headed north and one for passengers heading south, are part of the plans. In addition the plans include the construction of four new elevators as well as stairs and ramps and the coveted high-level platform access. Included are plans to upgrade existing restrooms and the existing terminal buildings.

The plan got kick-started at the end of 2016 when the state Department of Environment Protection included the Perth Amboy station in its "environmental assessment process" to put the station at the head of the line. Mayor Wilda Diaz has been an outspoken proponent of the upgrade though she was not available to comment for this

story.

The Perth Amboy station serves the North Jersey Coastline, which begins in Bay Head at the New Jersey shore and runs into Newark Penn Station and New York Penn Station. Passengers can get off in Newark and make connections to Hoboken and other stops via the PATH lines.

According to Railway Age, an industry publication, the capital expenditure program now underway by NJ Transit also continues investments in railroad bridge rehabilitation, track replacement, signal upgrades and repairs to overhead "catenary and electric substations" as well as investments into the state-of-good-repair of the Northeast Corridor (NEC), NJT's most-utilized rail line. The NEC line, which principally runs from Trenton to Manhattan, meets the North Jersey Coastline in Rahway.

A catenary is the curve that a hanging chain or cable assumes under its own weight when supported only at its ends.

The projected completion date for the Perth Amboy train station upgrade is estimated to be May 2021, though the station will generally be in service from the start of construction until it is finished. That means that, as upgrades are completed, they should be put into use as soon as they are safe.

Women’s 98th Suffrage Anniversary Breakfast *Photos by Katherine Massopust & JohnLuke Chaperro



Mayor Wilda Diaz holds an article written in 1920 from the Perth Amboy Evening News



Listening to the speakers



Patricia Campos-Medina



Tashi Vasquez states what suffrage means to her



One of the women present at the breakfast expresses what the right to vote means to her



Over 40 women were present at the Barge



(L to R) Mayor Wilda Diaz, Alana Cueto (Pres. of the National Association of Hispanic Nurses), Patricia Campos-Medina, Jacqueline Quiles

**Continued from Page 1*

much to offer. Supporting Wilda Diaz was our best decision. We are now at a crossroads in our Country. I thought we were moving forward. Should we celebrate today? I want to hear from you.” She pointed to the women in the audience. “What does it (Women’s Suffrage) mean to you?”

Some of the responses were: “Power” and “Freedom to speak your mind”. One woman was frustrated saying, “To hear your voice, but every vote doesn’t count,” referring to the 2016 Presidential Election and her displeasure of the Electoral College. “We are going backwards.”

Another woman said, “We have a right to put our issues in the light.” Other women stated, “It’s being a part of the process. When we don’t get what we want, it makes us fight harder.” Other responses were: “Its fighting for others and being an example to them”, and “Advocating for our communities and leveling the playing field”, “Paying it forward for future generations”, “Voting means justice”, “Bringing honor and integrity that we lack”, “It means choice and equal pay”, “Allowing immigrants to come”, and “It’s a

right to choose (County, State, and Town).”

Campos-Medina then began to speak again, “We have a right to vote.” She then mentioned two important women who led the Suffrage Movement: Elizabeth Cady Stanton, and Lucretia Mott who had the first Formal Women’s Rights Convention in Seneca Falls on July 19th & 20th, 1848. The two ladies were there to create a pro-right for women to vote. 500 people attended which included some men. They had four goals: 1) To make women equal to men; 2) Women should be able to own property; 3) Equal pay for women; 4) To make choices to become mothers.

“There’s a need to have reproductive healthcare.” Medina then went on to explain the atmosphere of the 1960’s and 1970’s regarding women’s issues, especially in the minority community. “In that era (‘60’s & ‘70’s) Latinas had the highest percentage of teen pregnancies and in the Black Community, it was reduced.”

She then went on to explain a personal experience she had when she had to go to a different doctor because her insurance was changed, and her current doctor didn’t take the new



Group Photo in front of the Barge

insurance. “When I went to see the new doctor, and he asked about my medical history, I told him I had a miscarriage. He replied to me, “You had an abortion.” I told him, “No, I had a miscarriage.” More doctors are doing this to women. I don’t want doctors to put their judgment on me.” She then talked about an experience her married niece had in San Salvador, in her country (El Salvador). My niece had a miscarriage. When she went to the hospital, she almost died because the police had to be called in and they are the ones who determine if it is an actual miscarriage or an abortion. If the police determine it was an abortion, they arrest you. Don’t let Republicans trick

you. We celebrate how we want to live our life. You have to have courage, like Mrs. Stanton had in 1848. We have a President who objectifies women. We need to find our courage again - to fight again! We have to fight for women who don’t get equal pay in the workforce. There are 500 children missing in the U.S. right now that belong to immigrant women. They’re saying you have no right because you chose to cross the border. We are going backwards. They want us to think they are criminals. They are human beings. Democrats are staying quiet. Women are still suffering from domestic violence because of the stigma. We still need a right to vote for others. In the State of Georgia,

Virginia, and Delaware, the voting rolls are being cleansed.” She then mentioned there are three women present at the breakfast that are running for office in Perth Amboy. “More women are running for office after Hillary Clinton lost. I try to help Latina women run for office. If they don’t get elected the first time, they may get elected the second or third time. I don’t like how my country (United States) is being run now. I have to fight for the America my parents came to.”

Mayor Diaz came up to make closing remarks, “The women in her group (LUPE PAC) have different opinions but come together. If the men were here, they would say, “Wow, we better listen to these women!”

Start the School Year Off Healthy!

By: Jennifer Seleem, MS, RDN
Summer has come to an end and now we’re back to reality. September marks the start of the school year and getting into a new routine. Let’s make sure this school year begins with healthy habits that continue indefinitely for the whole family.
Plan to have a balanced breakfast with your kids every morning. Breakfast helps with focus and may help improve academic performance. Examples of healthy breakfast, include
• Oatmeal with fat free milk, walnuts, raisins, flaxseeds
• Greek yogurt with berries and granola
• Omelet with spinach, onions,

peppers, low fat cheese and whole wheat toast, fruit
• Whole grain cereal with fat free milk with added fresh banana, walnuts and flaxseeds
Pack your own lunch and your children’s. School lunches are not always the healthiest and neither is take out at work. Planning and preparing your lunch will help prevent the purchase of fast foods. Try tuna salad made with avocado instead of mayo on whole-wheat toast or whole wheat crackers with a fruit on the side or a low sodium turkey and low fat cheese sandwich with lettuce and tomato on whole wheat bread, with a fruit on the side. If

you prefer, prepare a large salad with lettuce, tomato, onions, cucumbers, grilled chicken or tuna, sunflower seeds, walnuts with olive oil and vinegar with a fruit on the side or raisins in the salad.
Also, pack healthy snacks for the day to help prevent grabbing of unhealthy junk foods for adults and kids. These include;
• Yogurt with fruit
• Carrots/celery with peanut butter
• Nuts and dried fruit for homemade trail mix
• Low fat mozzarella string cheese
• Bell peppers, celery, carrots with hummus

• Tuna with whole-wheat crackers.
Plan to have dinner with the whole family for quality time and to ensure your kids see you enjoying healthy foods. Kids can be meticulous eaters and seeing their parents role model healthy eating can make a big difference in their willingness to try new healthy foods. And plan group physical activity with the family. It can be a walk in the park, dancing, online zumba videos, sports, etc... Being physically active is not only healthy, but it is also a time to bond with your children.
Make this new school year the start of healthier habits. Once

you start, continue these healthy habits for the whole year!
Jennifer Seleem is a registered dietitian/nutritionist with the Institute for Weight Loss at Hackensack Meridian Health Raritan Bay Medical Center-Old Bridge. The Institute provides weight loss surgery and support for individuals seeking weight loss and have been unable to lose weight through conventional dieting, exercise or weight loss medication. To attend a free seminar, which occurs three times a month, or to make an appointment with Jennifer for nutrition counseling, call 1-855-TIME-4-ME.

LOCAL PERSPECTIVE

EDITORIAL

A Matter of Character:
Reaching Across the Aisle



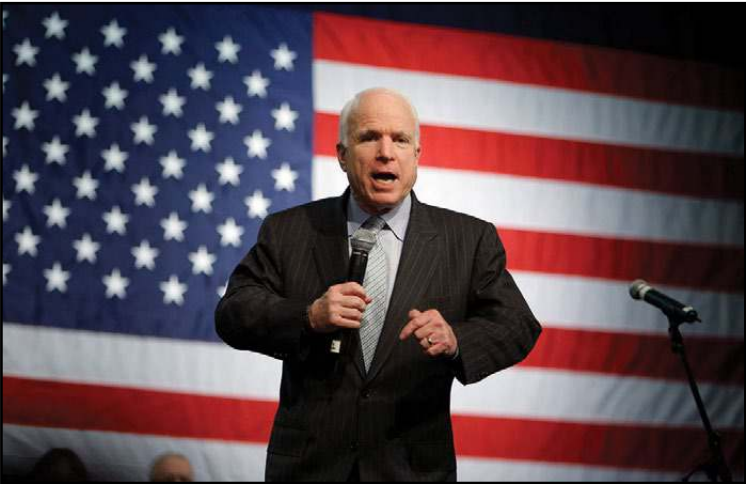
Naval Officer John McCain

This past weekend we lost Senator John McCain who passed away due to complications of brain cancer. The story of Senator John McCain’s life stands out as a man of good character. “The son and grandson of four star admirals, he was raised in the navy and in a tradition of military service that began before the American Revolution.” (from <https://www.johnmccain.com/story/>)

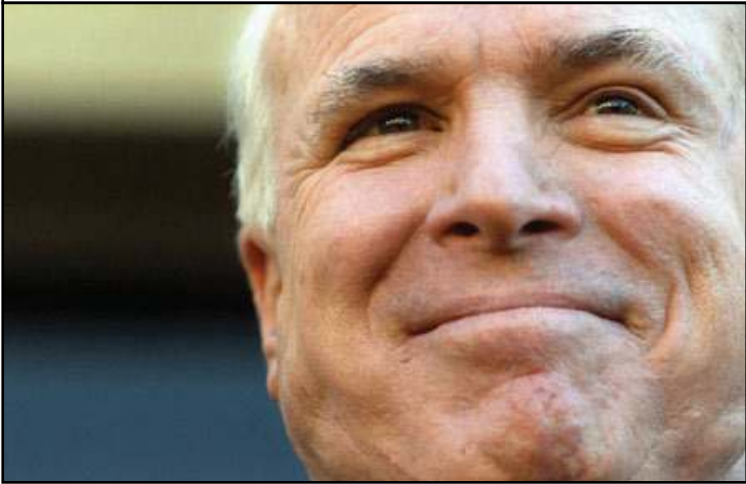
“An ancestor served on General Washington’s staff, and Washington himself is the Senator’s cousin many times removed.” His family’s roots have fought in the Civil War, World War I, and World War II.

While serving in Vietnam, McCain was captured by the Vietnamese when his plane went down and he was placed in several North Vietnamese prisons, one which was dubbed, “Hanoi Hilton.” McCain endured torture, repeated beatings and solitary confinement, but he never gave up.

“He was miserable, underweight, suffering from dysentery and heat rash.” McCain was offered an early release due to the fact that his father was a 4-Star Admiral, but McCain refused. “He didn’t know it at the time, but the Vietnamese hoped to use his release to embarrass him and his father, the Pacific commander-in-chief, and demoralize his fellow POWs by claiming the admiral’s son took amnesty while they, lacking privileged parents, were left behind to suffer more privation and danger.” (from <https://www.johnmccain.com/story/>)



Senator John McCain
*Photos Courtesy of <https://www.johnmccain.com/story/>



“The POWs were released in order of their date of capture. McCain was released on March 14, 1973. Among the decorations he received for his service in Operation Rolling Thunder and as a prisoner-of-war include the Silver Star, the Distinguished Flying Cross, three Bronze Stars, two Purple Hearts, and the Prisoner-of-War medal.” (from <https://www.johnmccain.com/story/>)

That is why it was one of the most uncalled-for remarks that Trump ever made was his criticism of John McCain, “He’s not a war hero. He was a war hero because he was captured. I like people who weren’t captured,” Trump had stated during his campaign for the Republican nomination.

What was Trump thinking? It was not only an uncalled-for remark, but as a result, Trump made an enemy of someone who could have been a powerful ally. This was a man who faced far more adversity in his life than Trump ever did. Trump made Senator McCain so an-

gry that when the Senator was diagnosed with brain cancer, McCain didn’t want Trump to come to his funeral. Vice-President Pence will go instead.

Senator McCain would vote based on his beliefs on what was right for the country, not necessarily what was best for the party. McCain had stated repeatedly every time he did something for political reasons, it never worked out. When he did things what he believed were best for the country, it was always the best choice.

Current politicians of both parties should take a lesson from Senator McCain, to do what is best for our Country and what is morally right.

McCain often spoke that in life we are often tested of one’s character as he said in "Character is Destiny": “It is your character, and your character alone, that will make your life happy or unhappy. That is all that really passes for destiny. And you choose it. No one else can give it to you or deny it to you. No rival can steal it from you. And no friend can give it to you. Others can encourage you to make the right choices or discourage you. But you choose.”

RIP Senator McCain. *K.M.*

THE COMMUNITY VOICE

Classroom
Safety

Is providing protection for students “nonsense” as one newspaper editorial claimed? If there is a possible danger to students and teachers, then it is foolish to refuse additional protection. Rejecting this idea shows poor judgment.

The Federal government and others use guns for protection.

Would you also object if the Federal government provided health care for students aged 5 to 18? Arming some teachers is a practical way to protect schools against a terrorist. No shootings have taken place in schools where there were armed teachers. Should schools also teach proper behavior to students?

Ronald A. Sobieraj

Rats!!!

Well, I see South Amboy is having a rat problem, but don't feel bad South Amboy. We in Perth Amboy also have a rat problem, too. And I don't mean those rats that talk to the Mayor. This is caused by the heatwave and the dirty streets and left-over food. This rat problem will grow because of growing popu-

lation in cities across America and will be a health issue in the future. New York City has the same problem, but they have those super rats and they make great watch dogs because of their size. This rat problem will be hard to resolve and there's no quick fix solution.

Orlando “Wildman” Perez.

We Value Your Opinion
Send Us a Response!

Proprietary House Coffee House



The EMKAYS: Ken Witkowski, Steve Beale, & Matt Telliho
*Photo Submitted

PERTH AMBOY - On Sunday September 9 from 1pm to 3pm, the 1683 Society will host a coffee house in partnership with the Proprietary House Association. The well known Central Jersey acoustic trio "The EM-KAYS" will be performing in the 1762 vault of the Proprietary House. In addition, tours will also be given of the Proprietary House.

"The Proprietary House is a great historic venue!" advised 1683 Society Trustee John Dyke. "1683 is pleased to volunteer its time and all proceeds will benefit the Proprietary House Association." Both 1683 Society and Proprietary House Association are non-profit groups. Please attend. A splendid time is guaranteed for all

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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

Historic Surveyor
General's Office

PERTH AMBOY - The Historic Surveyor General's Office, which is adjacent to Perth Amboy City Hall, is now open for tours. At one time, this structure was the meeting place of the East Jersey Board of Proprietors & housed their records. Presently the Surveyor General's Office is displaying artifacts from the John Watson (1685-1768) archaeological site along with other items from Perth Amboy's rich history. Perth Amboy history DVDs are also available.

Free tours are available Wednesdays, Thursdays & Fridays from 10:00 a.m. to 4:00 p.m. Clubs, classrooms & groups are welcome. Come & view this newly restored building!

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. Follow us on our website, www.theproprietaryhouse.org and or/ Facebook.

Community Calendar

Perth Amboy
MON. Sept. 10 City Council, Caucus, 4:30 p.m.
City Hall, High St.
WED. Sept. 12 City Council, Regular, 7 p.m.
City Hall, High St.

South Amboy
WED. Sept. 5 City Council, Business, 6 p.m.
City Hall, N. Broadway
WED. Sept. 19 City Council, Regular, 7 p.m.
City Hall, N. Broadway

*Check our website www.amboyguardian.com for updates on meeting times and places

Please Submit Your Events
to AmboyGuardian@gmail.com

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The Barge
732-442-3000 / 201 Front Street, Perth Amboy
VISIT OUR WEBSITE: www.thebarge.com

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 are taking safety precautions in the City of Perth Amboy, emphasize that it is important:

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.

Movie Night Under the Stars

PERTH AMBOY - The City of Perth Amboy and PARTNER will be hosting a movie night at Dalton Park, located at 635 Chamberlain Ave on Thursday, August 30th. Featured film is JUMANJI. Bring your chairs and blanket. For more information contact the Office of Recreation at (732) 826-1690 x4350. This is a free event.

Howley Night

SOUTH AMBOY – Join us for Howley Night: A Fun Filled Night of Chance. Saturday, September 8th, 2018. Doors open at 7 p.m. \$7 Donation. Light Food, Desserts, and Coffee. Reserve a table and bring your own snacks. Come with your friends and meet some new ones. South Amboy Elks #784, 601 Washington Ave., South Amboy. Call to reserve a table: 732-727-7170. RL#18-20-18 ID#444629541

DVD/Media Drive

SOUTH AMBOY - Please place your unwanted DVDs, Blu-Ray, CDs, and video games in good condition, into the collection boxes at the Dowdell Library, or Madura Pharmacy Your contributions will be donated to the Dowdell Library to help enhance its current collection. Larger collections call Grace at 732-721-6592 for pick-up Thank you for your support! This on-Going Collection Drive is Sponsored by the Dowdell Library Foundation, Inc.

First Aid Course

PERTH AMBOY - Hackensack Meridian Health Raritan Bay Medical Center-Perth Amboy, is holding a First Aid course Wednesday, September 26, 6:00 p.m. to 10:00 p.m. in Centennial Hall A, 530 New Brunswick Ave., Perth Amboy, NJ. Learn basic first aid training to manage many medical and traumatic injuries. Participants will practice using gloves, bandaging, and using an Epinephrine pen (trainer). Cost is \$80.00 per person. Registration required, call Mary at 732-324-5393, email michelle.norek@hackensackmeridian.org or call 1-800-560-9990 (reference zip code 08861).

Angioscreen Event

OLD BRIDGE - Hackensack Meridian Health Raritan Bay Medical Center-Old Bridge is holding an Angioscreen event Monday, September 10, 9:30 a.m. to 4:00 p.m. in Auxiliary Hall B&C, Raritan Bay Medical Center, 3 Hospital Plaza, Old Bridge, NJ. Learn your risk of heart attack and stroke. Screenings include carotid artery ultrasound, heart rhythm, blood pressure and screening for abdominal aortic aneurysm and peripheral artery disease. Receive a color report of your findings, education materials and consultation with a registered nurse. The cost is \$49.95. Registration required, call 1-800-560-9990.

Ritmo Caliente Latin Duo @ Woodbridge Main Library

Press Release 8/25/18

WOODBIDGE - Esteem Entertainment presents the Ritmo Caliente Latin Duo at the Woodbridge Main Library on Monday, September 17, 2018 @ 7:00 PM. Ritmo Caliente plays top hits and classic Latin favorites including Cuban, Puerto Rican and Dominican specialties. Come kick off National Hispanic Heritage Month with a night of international live music.

National Hispanic Heritage Month is from September 15 to October 15, 2018. During this special time the culture, customs and history of Hispanic Americans are celebrated and shared. September is very significant in Hispanic culture as September 15 is the anniversary of independence from Spain for the countries of Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Mexico and Chile also celebrate the anniversary of their independence during the month of September.

This free performance is open to all. The Woodbridge Main Library is located at 1 George Frederick Plaza, Woodbridge, NJ. For more information please call 732-634-4450 or visit us online @ <http://woodbridgelibrary.org/>

“Is Weight Loss Surgery Right for Me?”

OLD BRIDGE - The Institute of Weight Loss at Hackensack Meridian Health Raritan Bay Medical Center-Old Bridge, is sponsoring an “Is Weight Loss Surgery Right for Me?” seminar Monday, September 10, 7:00 p.m. to 8:00 p.m. at its Old Bridge location. The informative event will focus on weight loss surgery including discussion on Roux-En-Y Gastric Bypass, Adjustable Gastric Banding, and Gastric Sleeve and concerns surrounding weight loss surgery as well as its successes. Family and friends are welcome. The meeting will be held in Suite 404, Medical Arts Building, 3 Hospital Plaza. Registration required, call 1-855-TIME-4-ME (1.855.846.3463).

Free Seminar “Weight Loss Surgery: The Facts”

PERTH AMBOY - The Center for Bariatric Surgery at Hackensack Meridian Health Raritan Bay Medical Center-Perth Amboy is holding a free seminar “Weight Loss Surgery: The Facts” Thursday, September 6, 6:00 p.m., in Centennial Hall A, 530 New Brunswick Ave., Raritan Bay-Perth Amboy. Center for Bariatric Surgery Medical Director Karl Strom, M.D., will discuss the benefits of weight loss surgery. Registration required, call 1-800-560-9990.

Select Well-Fitting Athletic Shoes for Less Foot Pain

By: Ujjwal Datta, DPM, FAC-FAS

Proper shoe lacing makes a difference for your feet. It's just one of many simple things you can do to safeguard your feet while you put them through the demands of an athletic workout or even a long day of walking over all sorts of surfaces. Simply lacing your shoes or sneakers properly, along with choosing a shoe that fits your foot correctly, can add comfort to your stride and prevent foot injuries.

Improper fit and a poor lacing method are a dangerous combination. They can cause a variety of foot ailments, from blisters and hammertoes to foot disorders that are potentially disabling. Forget what you may have been told about buying snug-fitting athletic shoes that will break in with time. If the shoes don't fit comfortably the first time you try them on, put them back and try on another pair. If possible, try on athletic shoes right after you've done the activity for which you're buying the shoes. This is best since exercise makes your feet swell and will change the fit. Try running or walking to the shoe store or go to the shoe store at the end of the day, because that's when your feet will be their largest from all the walking and standing you've done.

While at the store follow a few tips to ensure your fit. Buy a shoe one-half inch longer than your longest toe. The forefoot should not be crowded. Be sure your toes can extend, and that there's a snug fit around the heel of the shoe. Stand when your feet are measured. Also, keep in mind, in many people, one foot is larger than the other. Shoes should be fitted to your longer and wider foot.

Almost as important as correct sizing is properly lacing your shoes. Loosen the laces as you try on the shoes. This prevents stress on the eyelets and the backs of the shoes. Always begin with the eyelets closest to your toes and pull the laces using one set of eyelets at a time to tighten the shoes. This prevents stress at the tops of the shoes and helps get a better fit. Be aware that shoes with more eyelets allow a more custom fit. The old standby method of lacing — crisscross to the top of the shoe — works best for most athletic shoe wearers. Lace any eyelets closer to the tongue of the shoe for wide feet. This allows greater width to the lacing area.

A narrow heel and wider forefoot is a common problem among women. Consider using two laces for a combination fit. Use the closer set of eyelets to adjust the width of the shoe at

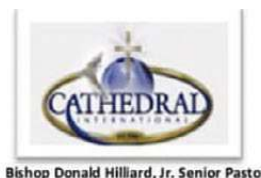
the forefoot, and the wider set to snug up the heel to prevent the heel from moving up and down or sliding back and forth.

With properly fitting and correctly laced shoes you'll be ready for exercising and activities while protecting your feet and preventing foot pain.

For more information and a free foot screening, stop by my healthy feet/happy feet seminar September 28, 2018, 2:00 p.m. to 3:00 p.m., at Raritan Bay Medical Center-Perth Amboy.

Board certified foot and ankle surgeon Ujjwal Datta, DPM, is affiliated with the Human Motion Institute at Hackensack Meridian Health Raritan Bay Medical Center. The institute is a comprehensive musculoskeletal program dedicated to returning patients to normal activities quickly and safely under the guidance of a nurse navigator. Dr. Datta is certified in extra corporal shock wave therapy; an innovative, non-invasive treatment modality to treat patients suffering from chronic heel and arch pain. He specializes in extra osseous talo tarsal stabilization, a surgical procedure to correct over pronation, heel pain, and flat feet. For an appointment at his Perth Amboy or Bound Brook, N.J., office, call 1-855-5-MOTION. To register for the September 28 event, call 1-800-560-9990.

Please Submit Your Events to AmboyGuardian@gmail.com



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Foundation
for Domestic Violence*



Cathedral Community Counseling Center

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One-Night Workshop On

Teen Dating Violence

And

Healthy Relationships

Ages: 12-18

Registration deadline is September 14th 2018

Date: Friday September 21st 2018

Time: 7pm - 9pm

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Siyan Bradley and Rev. Deniece Reid D. Min. LCSW

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Website: www.reneejbradleyfoundation.org

Call: 732-798-6006

School Lunches, Teacher & Staff Turnover, School Counselors Discussed 8/23/18 Board of Education Meeting



Board Members at McGinnis School at the 8/23/18 Board Meeting
*Photo by Katherine Massopust

By: Katherine Massopust
PERTH AMBOY – The meeting was Called to order at 5:33 p.m. at McGinnis School. All Board Members were present. The Board immediately went into closed session at 5:35 p.m. and returned at 7:18 p.m. There were no presentations. No one spoke at the Public Comments on Agenda Items Only.

Board President Ken Puccio talked about the Board Member's service to the community, "We're volunteers. Every one of us does this from our heart. We're all here for the right reasons. We have a very good relationship with the Central Administration. Several years back the graduation rates were the pits. Three years later, we have a Dual Language School, a New High School (being built). That's a reality. Now, have a new Elementary School (being built). All of this is positive in Perth Amboy. This didn't happen overnight. It's been an uphill battle. We are here because we care. I would like to thank my fellow Board Members."

Superintendent Dr. David Roman remarked, "We're trying to have thoughtful dialogue. I want to thank the Board of Education. I'd like to recognize you. We have two Assistant Superintendents: Richard Chromey and Dr. Vivian Rodriguez. Last year, there were wonderful initiatives, equity for access to technology. We will continue to build upon that. What does equity look like? Excellence in academics. I assure you, we're moving forward."

During the Meeting, Board Member Tashi Vasquez stated that this year, there were Robocalls to tell (parents/guardians) to complete lunch applications. "It's more visible and very approachable." Vasquez also stated that under no circumstance would a child go without lunch if they can't afford to pay for their meal. "No child will go hungry. Our children will be fed. We had some discussions to make some procedures. It's better for parents. We will never let a child go hungry."

Board Member Junior Iglesia

questioned the large number of teachers and staff who were either retiring or moving on to other jobs (high turnover rate).

Mr. Rodriguez answered this question, "We looked at the resignations. Some resigned because they were part-time positions and wanted full-time work. Some decided to move out-of-state (because of high property taxes) or for employment else ware for more money."

Board Member Tashi Vasquez acknowledged Central Administration for hiring School Counselors. "We decided this would be best for our students. It answers a lot of those questions asked. There are a lot of positive changes."

It was noted by Superintendent Dr. David Roman that the Perth Amboy School District is now in compliance with School Counselor requirements. "Every single Elementary School now has a Counselor."

No one spoke during the Public Portion. The Meeting was adjourned at 8:12 p.m.

Lopez, Benson, Swain and Tully Bill Focused on Seat Belt, School Bus Safety Signed Into Law

Press Release 8/25/18
TRENTON - Legislation sponsored by Assembly Democrats Yvonne Lopez, Daniel Benson, Lisa Swain and Chris Tully requiring new school buses to be equipped with 3-point lap and shoulder safety belts was signed into law by the Governor on Saturday.

"Children's safety should always be our priority," said Lopez (D-Middlesex). "This is a clear way for us to improve the safety of our students, so it is absolutely a step we should take."

The law (A-4110) is in response to a fatal school bus crash which claimed the lives of one student and one teacher driving from a Paramus middle school to an off-site historic site approximately 30 miles from the school and comes on the heels of a National Transportation Safety Board report recommending the state to make this legislative change.

"I am proud to co-sponsor this common sense bill to equip our

school buses with up-to-date equipment," said Benson (D-Mercer/Middlesex). "It's our moral responsibility to learn from this tragedy and enact measures to make our children, teachers and staff safer."

Previous law stated school buses were only required to be equipped with lap-only belts, and this law will amend this to include a shoulder strap.

"After the tragic crash which senselessly took the lives of 2 innocent souls from my district and injured others, it is clear that our school bus safety standards must change," said Swain (D-Bergen/Passaic). "We must not allow another tragedy like this to happen again."

"There is nothing more important to us in the legislature than protecting the lives of our children and students," said Tully (D-Bergen/Passaic). "After the crash which claimed the lives of 2 of my constituents and injured others, we knew we had to act swiftly to ensure that we can prevent further tragedy."

Total Joint Replacement Education Session

PERTH AMBOY - The Human Motion Institute at Hackensack Meridian Health Raritan Bay Medical Center-Perth Amboy, is sponsoring a free Total Joint Replacement Education session Friday, September 7, 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 1-800-560-9990.

Total Joint Replacement Education Session

OLD BRIDGE - The Human Motion Institute at Hackensack Meridian Health Raritan Bay Medical Center-Old Bridge, is sponsoring a free Total Joint Replacement Education session Tuesday, September 4, 8:00 a.m. to 9:00 a.m., in the Patient Education Center, 1st Floor, Medical and Surgical Pavilion, 2 Hospital Plaza, Old Bridge, NJ. 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 1-800-560-9990.

Total Joint Replacement Education Session

PERTH AMBOY - The Human Motion Institute at Hackensack Meridian Health Raritan Bay Medical Center-Perth Amboy, is sponsoring a free Total Joint Replacement Education session Friday, September 14, 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 1-800-560-9990.

Healthcare Provider CPR Class

PERTH AMBOY - Hackensack Meridian Health Raritan Bay Medical Center-Perth Amboy, is providing an American Heart Association Healthcare Provider CPR class Wednesday, September 5, 6:00 p.m. to 10:00 p.m. at Raritan Bay Medical Center, Centennial Hall A, 530 New Brunswick Ave., Perth Amboy, NJ. This class is for health care professionals. Participants will receive certification in CPR for adults, infants and children and learn about ventilation devices, automated external defibrillators and how to clear obstructive airway in responsive and unresponsive patients. Cost is \$80.00 per person. Registration required, call Mary at 732-324-5393, email michelle.norek@hackensackmeridian.org or call 1-800-560-9990. Reference zip code 08861.

Stroke Support Group

PERTH AMBOY - Hackensack Meridian Health Raritan Bay Medical Center-Old Bridge and Raritan Bay-Perth Amboy is providing stroke support group meetings for stroke survivors, their families, and caregivers Thursday, September 20. Attendees have an opportunity to connect with and learn from stroke experts as they provide guidance to help survivors and their families maximize their quality of life and navigate survivorship. Meetings will include new discussion topics each month, Q&A sessions with experts, and connections to available resources. Light refreshments will be served and meetings will be held in English and Spanish. The meetings will be held in Suite 101, 2 Hospital Plaza, Raritan Bay-Old Bridge, 12:00 p.m. to 1:00 p.m., and Centennial Hall B, 530 New Brunswick Ave., Raritan Bay-Perth Amboy, 5:30 p.m. to 6:30 p.m. Registration is required, call 1-800-560-9990.

Free Gardening Education Event

PERTH AMBOY - Integrative Health Services at Hackensack Meridian Health Raritan Bay Medical Center-Perth Amboy team is providing a free gardening education event in The Learning Garden, Tuesday, September 11, 12:30 p.m. to 1:30 p.m., at Raritan Bay-Perth Amboy, 530 New Brunswick Ave. Learn the basics of gardening, including container gardening, and the importance of healthy produce and proper nutrition through hands-on and interactive education. Children, adults, families or community groups welcome. Come with your garden questions and/or photos or samples of plants for discussion. The sessions are held by Master Gardener Constance Elek. Events are held weather permitting and registration is required. For more information and to register, call 732-324-5257 or emailintegrativehealth@hackensackmeridian.org.

Free Gardening Education Event

PERTH AMBOY - Integrative Health Services at Hackensack Meridian Health Raritan Bay Medical Center-Perth Amboy team is providing a free gardening education event in The Learning Garden, Tuesday, September 4, 12:30 p.m. to 1:30 p.m., at Raritan Bay-Perth Amboy, 530 New Brunswick Ave. Learn the basics of gardening, including container gardening, and the importance of healthy produce and proper nutrition through hands-on and interactive education. Children, adults, families or community groups welcome. Come with your garden questions and/or photos or samples of plants for discussion. The sessions are held by Master Gardener Constance Elek. Events are held weather permitting and registration is required. For more information and to register, call 732-324-5257 or emailintegrativehealth@hackensackmeridian.org. more about joint replacement. Registration required, call 1-800-560-9990.

Ads Sell!
Call Carolyn
732-896-4446

Family Day, Sadowski Pkwy, Perth Amboy 8/18/18

*Photos by Katherine Massopust



Police Officer Harry Scheman Retirement Party, American Legion, Perth Amboy 8/11/18

*Photos by Paul W. Wang



Lopez Applauds Legislation Focused on Seat Belt, School Bus Safety Becoming Law

Press Release 8/25/18
TRENTON – Assemblywoman Yvonne Lopez (D-Middlesex) issued the below statement Saturday following the signing of legislation promoting seat belt and school bus safety into law:
“Today, New Jersey leads by example in requiring by law the use of 3-point seat belt systems in school buses. The bush crash that took place on May 17th in Paramus shocked our entire state – and prompted the legislature to take action in order to prevent another tragedy like it from ever happening again.
“The safety of our students

is one of the highest priorities for us as legislators, and this includes ensuring that our school buses are equipped with the strongest safety protections. The goal of this law is to protect our students on their way to and from school by having the best technology available on our school buses.
“I would like to thank my colleagues in the Assembly and the Senate for supporting this piece of common sense, bipartisan legislation as well as Governor Murphy for signing it into law.”

Vitale Statement on Federal Approval of New Jersey’s Affordable Care Act Protection Measures

Press Release 8/17/18
TRENTON – Senate Health, Human Services and Senior Citizen Committee Chair Joseph F. Vitale expressed relief today as the U.S. Secretary of Health and Human Services and the U.S. Secretary of the Treasury approved a State Innovation Waiver application to create the New Jersey Health Insurance Premium Security Fund in the State Treasury. As sponsor of the “New Jersey

Health Insurance Market Preservation Act,” Vitale issued the following statement on the federal ruling that ensures funding for the preservation and protection of Affordable Care Act benefits for New Jersey residents:
“This federal approval cements our defense against the Trump Administration’s intent to dismantle the Affordable Care Act which has expanded health insurance coverage to more than 800,000 New Jersey residents

and dropped our uninsured rate to the lowest in three decades. New Jersey is now the premier state in the nation to stabilize the insurance market, lower premiums and preserve the viability of the individual mandate. Having as many people as possible in the insurance program makes it more affordable for everyone. New Jersey has a lot to celebrate today.

Attend Public Meetings *Have Your Voice Heard!*

Raritan Bay Area YMCA Coach Strived in the 2018 Pan-American U.S. Masters National Championships

*Photos Submitted



Press Release 8/13/18
PERTH AMBOY – Our very own Competitive Stroke Coordinator Darian Russell competed in the 2018 Pan-American U.S. Masters National Championships in Orlando, Florida on July 28 – August 3, 2018. Coach Darian showcased his skills among extremely talented swimmers from all over the nation. He did extremely well; we are so proud of him!

Darian competed in the 35-39 year old age group, in the 50 meter Freestyle and the

100 meter Freestyle, he came in 2nd on both events in his heat. Not only that, but he finished TOP TEN OVERALL IN BOTH EVENTS!!! He came in 10th place in the 50 Free and 8th place in the 100 free. The type of dedication and commitment needed to accomplish such a feat is outstanding, and we are proud to have him on our team!

Congratulations Darian!

For more information about the Y or Aquatics, please contact Samantha Hague, 732.442.3632 ext. 6516 or sh-



ague@rbaymca.org.

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Aplicaciones de Lotería para
el año escolar 2018-2019
para los grados 7 - 11

La próxima lotería será:
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en el campus principal



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en 612 Amboy Avenue, Perth Amboy, NJ 08861
848-203-3742 (xt. 104) or (xt. 176)

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THE HONORABLE MAYOR WILDA DIAZ

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PERTH AMBOY CLASSIC CAR SHOW



Saturday, September 8, 2018

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Phone: 908-351-0957; Fax: 908-351-0959

Movies @ Main: True Stories

WOODBIDGE - On September 7 the Woodbridge Main Library will begin a new film series scheduled Friday afternoons at 2 p.m. that will feature films based on true stories. The first movie is *Patriots Day*, a depiction of the 2013 Boston Marathon bombing starring Boston native Mark Wahlberg. On September 14, we will screen *Florence Foster Jenkins*, a comedy drama with New Jersey native Meryl Streep as the titular character. Streep was nominated for her 20th Best Actress nomination for her portrayal of an incompetent opera singer. September 21 will feature *Only the Brave*, an uplifting film about an elite group of firefighters who heroically battled the Yarnell Hill Fire (Arizona) in June 2013.

I Can Only Imagine, an inspiring drama about a father-son relationship that is the basis of the song “I Can Only Imagine,” will be shown on September 28, followed by Marshall, a biographical film depicting the life of the first African-American Supreme Court Justice. On October 12 we will present *Chappaquiddick*, a dramatic film about the 1969 fatal car accident in Massachusetts. The following week we will show the war drama, *The Darkest Hour* on October 19. This film, with Gary Oldman in his a Best Actor performance, depicts Winston Churchill during the early days of World War II. Our series concludes on October 26 with *Adrift*, the true story of Tami Oldham and Richard Sharp’s heartbreaking adventure at sea.

Our films are sponsored by the Friends of the Libraries of Woodbridge Township.

Light refreshments are provided by the Woodbridge Library Foundation. Films are free and open to all.

The Woodbridge Public Library is located at 1 George Frederick Plaza, Woodbridge, NJ.

Cruise Nights on Broadway

SOUTH AMBOY - Come join DJ Richie, The Flash and Crew for great cruise nights the third Friday of every month from June to October from 6 p.m. to 9 p.m. Music from the 50's to the 80's Trophies will be awarded - Bring the Family! For additional information please contact carshowsRus@gmail.com or Mike Toth at mtoth1@optonline.net or 908-930-3497. Sponsored by the City of South Amboy.



Raritan Bay Cruisers Car Show

WOODBIDGE- Tuesdays from May 15th - Oct. 9th from 6 p.m. - 9 p.m. at Pizza Hut, Rte. 9, Woodbridge (Wal-Mart Parking Lot) Weather Permitting. Rock & Roll Music, Trophies, Kids Games, and Just Family Fun. For more info about Cruise Night Call 1-732-407-2396.

Classic Car Cruise Night

SOUTH AMBOY – The South Amboy Knights of Columbus Council 426 hold their annual fall Classic Car Cruise Night on Friday, September 7th from 6 p.m. to 9 p.m. in the K of C parking lot 308 Fourth St., South Amboy. Food, refreshments, oldies music will be provided. A 50-50 drawing will be held. Trophies will be presented to the best entries. Please bring a non-perishable food item for the local food pantry. For more information call 732-553-9060 or 732-721-2025.

Historical Association of Woodbridge Township Presents.....

The Spanish Flu of 1918
WOODBIDGE - The Spanish Flu of 1918 with speaker Brian Armstrong, author and historian of local history. Mr. Armstrong also is the Vice President, Central Region, for the League of Historical Societies as well as President of the South River Historical and Preservation Society.

Between 1918-1920, this global specter killed an estimated 50-100 million people worldwide including 675,000 Americans. In his presentation, Brian Armstrong will deliver an overview of the 3 phases of the epidemic, the effect of the disease on the New Jersey-New York Metropolitan era and its impact on the US Healthcare system. A question and answer session will follow the lecture. Light refreshments will be served at the conclusion.

For further information contact: Brenda Velasco, Township Historian, 732.428.2403

Monday September 24, 2018 at 7 p.m., Fellowship Hall, First Presbyterian Church, Rahway Avenue, Woodbridge

September Fun @ Dowdell Library

Press Release 8/27/18
SOUTH AMBOY - Fall into fun programs at the Dowdell Library including fun storytimes, 3D Printer Magic, Alzheimer’s Workshop, Mad-Lib Storytime, Adult Culinary Workshops and the Banned Book Week Contest.

Join us for two storytime programs for toddlers. On Mondays at 1:00 pm build with your toddler using magnetic shapes while listening to fun music. On Fridays at 10:30 am hear stories and music in this fun storytime!

Learn how to make 3D printed objects on Mondays, September 10, 17 & 24 during 3D Printer Magic at 3:30. A new project will be printed each week including a Lighthouse, Pokemon Togepi, and a Dinosaur.

Discover techniques and information at Alzheimer’s Managing Difficult Behaviors Workshop on Monday, September 17 from 6-7:30 pm. Learn why people with Alzheimer’s disease and other forms of dementia experience behavior changes, what those behaviors mean, and how to cope when behaviors are challenging. Register online comments@dowdell.org or call the library at 732-721-6060.

Hear funny stories when we fill in the blanks for Mad-Lib Storytimes on Wednesdays,

September 12, 19 and 26 at 3:30 pm. You’ll never know how the story will turn out!

Create apple pie waffles, a perfect seasonal dish at the Adult Culinary Workshops on Wednesdays, September 19 and 26 at 11 am. This 3 ingredient marvel will be the highlight of any breakfast or brunch!

Learn about Banned Books during the week of September 24, and participate in the Banned Book Week Contest. Pick up a quiz sheet, and match the name of the book, with the reason why it was banned. Everyone who participates will be entered into a drawing, where a winner will be picked at the end of the week. One entry per person!

To learn more about upcoming library programs, sign up for the monthly eNewsletter at <http://dowdell.org/newsletter-signup.html>.

The Dowdell Library is located off O’Leary Blvd. – adjacent to the South Amboy H.S. Hours are Monday, Tuesday, and Thursday from 10 am to 8 pm, Wednesday and Friday from 10 am to 5 pm and Saturdays 12-4 pm starting September 8. For more information, please visit www.dowdell.org, or contact the Library at 732-721-6060 or comments@dowdell.org.

Reducing Anxiety through Meditation

Press Release 8/24/18
WOODBIDGE - Life in today’s world is stressful. People are anxious about their health, their finances, their relationships, their safety and their work. Please join Jim Rose, M Ed Rutgers University, retired Senior Executive of Johnson & Johnson who has been meditating for over 30 years for this engaging and powerful workshop on Monday, September 24, 7pm @ the Woodbridge Main Library.

Doctors and medical practitioners are promoting the benefits of meditation to relieve stress and anxiety. By sitting in meditation, we can calm the body and the mind. We can slow our brain waves to states of relaxation. When we are in a state of physical and mental calmness, we have more control over our reactions towards life’s stressors. We can make better decisions. We can react more calmly to others, alleviating the tension in our relationships.

Once we connect to a place of happiness and peace within us, we experience a reduction in our anxiety. Through meditation we can cope with the stresses of life. Meditation helps us replace anxiety with joy and peace. During this program there will be a short meditation sitting.

This program is free and open to all. The Woodbridge Main Library is located at 1 George Frederick Plaza, Woodbridge, NJ 07095.

Classic Cruise Night

EDISON – The Hollywood Night Cruisers is having a Classic Cruise Night sponsored by Our Lady of Peace Church on Saturday, Sept. 8th, 2018 from 5 p.m. to 9 p.m.; Rain date Sept. 9th. Free Admission, Great Food, Gift Basket, Live D.J. OLP Parish Center Parking Lot, 25 Franklin Ave., Edison. Franklin Avenue is just off Amboy Avenue

Stuffed Pork Chop Dinner

SOUTH AMBOY – The South Amboy Elks are having a stuffed pork chop dinner on Thursday, Sept. 6, 2018 from 6 p.m. to 8 p.m. Cost: \$12pp. All proceeds benefit the Peer Leadership Program. Dinner includes: Stuffed Pork Chop, Mashed Potato, String Beans, Applesauce, Dessert & Coffee. Advanced Tickets Only. Lodge Hrs. For Tickets Are: M-F: 3 p.m. to 8 p.m., 601 Washington Ave, South Amboy; 732-727-7170.

“Joseph and the Amazing Technicolor Dreamcoat”

A Musical Performance by Cathedral International and the Greater Perth Amboy Community - September 7, 2018

Press Release
PERTH AMBOY - A buzz is in town about rehearsals taking place for a popular musical coming to Perth Amboy. It’s the spectacular staging of “Joseph and the Amazing Technicolor Dreamcoat.” This international smash hit plays one night only, Friday, September 7, 2018, 7:00 p.m. at Cathedral International, 277 Madison Ave., Perth Amboy, NJ.

The production is a reimaging of the Biblical story of Joseph, sold into slavery by his brothers after his father gave him a coat of many colors. Joseph’s gift of prophecy saves him from an uncertain fate and helps him to rescue Egypt from famine.

Often described as a high voltage extravaganza, this full-scale musical performance has a cast of singers, dancers and musicians from Cathedral International and

the greater Perth Amboy community.

“We have been rehearsing since May with a multi-generational cast who are excited and ready to get on the stage,” stated Musical Director, Ted Elias.

“This show is hailed for its family-friendly storyline, universal themes, and catchy music,” said Anita Dowd, production director. “Consider bringing the entire family.”

Susan Roque is the choreographer.

“Joseph and the Amazing Technicolor Dreamcoat” is presented by arrangement with the musical company, LP. Lyrics to this legendary performance were written by Tim Rice and music was created by Andrew Lloyd Webber.

For more information please visit www.cathedralinternational.org/Joseph.

Business Improvement District

Offering Early-Bird Pricing

For Taste of Perth Amboy 2018 Scheduled for October 18th

Save the Date on the Calendar for the City's Premier Cuisine Event this fall

Press Release 8/24/18

PERTH AMBOY– Early-bird pricing is now available for what will surely be the hottest ticket in Perth Amboy this fall.

The City's Business Improvement District (BID) just began selling tickets to Taste of Perth Amboy 2018. The much-anticipated event will be held on Thursday, October 18th from 6 to 9 PM. From now through Monday, September 10, adult admission is just \$25 a person. Attendees will be treated to a delectable sampling of Latin and international cuisine. More than 30 local restaurants, cafes, fast-casual eateries, bakeries and food artisans are participating in The Taste.

Everyone who enjoys fine food, good company and great music is encouraged to order their tickets online for The Taste. Now is the time to act by simply clicking to the Taste of Perth Amboy 2018page on Eventbrite. Here is the link to page: www.tasteofpa2018.eventbrite.com. Seniors, 60 and older, may also register online for The Taste at the cost of \$15, which is the same fee for children under 17.

The Taste will be held aboard the spacious Cornucopia Cruise Line's St. Charles vessel that is docked along the Raritan River. Plenty of free parking is available in the lot adjoining the Cornucopia's paddle-wheel ship, which is located at 401 Riverview Drive.

Perth Amboy Mayor Wilda Diaz, BID Chairman Barry Rosengarten and the BID's Board of Directors are asking each of the City's restaurants, cafes, bakeries and food purveyors to register for The Taste. Over 350 food lovers and gastronomes are expected to attend. For more details about



Early-bird tickets are available now for Taste of Perth Amboy 2018, which will be held on October 18th. More than 30 restaurants, cafes, taquerias and food purveyors are expected to participate, chef still have time to register for The Taste. Photo shows the team from Don Manuel Restaurant, which earned the first-place trophy last year.

**Photo Courtesy of the Perth Amboy BID*

participating as an eatery, contact the BID's office at 732-442-6421, 732-826-1690, ext. 4050 or by email at perthamboybid@gmail.com.

Trophies will be awarded in the following categories: Best Taste, Best Dessert and Best Presentation.

This year, all proceeds raised through the sale of tickets to The Taste 2018 will be donated to the Perth Amboy YMCA's Homeless Initiative.

Community and Chefs Connect for a Grand Evening of Food, Music and Fun

A committee of BID Directors and staff are organizing The Taste 2018. The Committee Chairman Jason Conway, who is Vice President of Provident Bank in Perth Amboy, said, "I would like to invite everyone to join us on October 18th for the annual Taste event. One of the major heartbeats of this City is our restaurants, and this great evening gives everyone an opportunity to enjoy the cuisine from highly talented chefs. This

is also a superb opportunity for our restaurants to reach a wider range of food lovers, who will soon become their new customers."

Perth Amboy Mayor Diaz, the BID and the City's Office of Economic and Community Development are presenting and sponsoring the Taste of Perth Amboy 2018.

About the Perth Amboy BID
The Perth Amboy BID serves local businesses, property owners, the community and visitors by scheduling and presenting a year-long program of special events. The program includes business seminars, skill building programs for employees, and such festivals as the Taste of Perth Amboy. For more information, contact BID Executive Manager Junel Hutchinson at 732-826-0290, ext. 4048, or jhutchinson@perthamboy.nj.org. The BID's office is located in Perth Amboy City Hall, 260 High Street.

ESL Literacy Registration Fall 2018

Press Release 8/16/18

WOODBIDGE TOWNSHIP - English as a Second Language (ESL) conversation groups and beginning instruction will be offered at all Woodbridge Township Libraries from September 2018 through May 2019. Instruction and ESL Conversation Group leaders will be provided in partnership with LiteracyNJ, (<https://literacynj.org/>), a state-wide literacy services provider.

In-person registration is required for a fifteen week series of Conversation Group classes that will be held at the Iselin Branch Library, the Henry Inman Branch Library and the Main Library. Also available to English language learners will be Beginning ESL group instruction at the Fords Branch Library.

For more information about ESL classes at Woodbridge Public Libraries, LiteracyNJ or classes offered in the area, please contact Melissa Bernstein of LiteracyNJ, 732-906-5456, mbernstein@literacynj.org.

Frog Hollow 5K Run & Health Walk

SOUTH AMBOY - Frog Hollow Swim and Tennis Club's 41st annual 5K Run and Health Walk will be held Sunday, September 9th, 2018. A portion of the proceeds will benefit the South Amboy First Responders. There will be a free youth Fun Run, awards, t-shirts, post race picnic, and use of pool facilities. For the Frog Hollow Run, entry fee is \$25 + \$3.75 Sign-up Fee. Registration Ends September 2, 2018 at 11:59 p.m. For the 1 Mile Kids Fun Run, Sign up is Free. Registration ends September 2, 2018. The Kids Run starts at 8:30 a.m. For the For more information or to download a registration form, go to <https://runsignup.com/Race/Events/NJ/SouthAmboy/FrogHollow5Miler>

Remembering Patti Page

SOUTH AMBOY – The Sacred Heart Seniors are sponsoring an outing Wednesday September 26th to Lakeside Manor Route 36 Hazlet to see the musical tribute to legendary singer Patti Page. Cost of \$70 includes the show plus lunch. Transportation will be on your own. For more information call Judy at 732-727-0154.

Mentors Wanted

MIDDLESEX COUNTY/FRANKLIN TOWNSHIP - Catholic Charities is seeking volunteer mentors. Both male and female mentors are needed to participate in one-to-one activities and be a role model to young people.

Do you:
1. Have a minimum of three hours per week to offer a child?
2. Like having fun?
3. Reside in or near Middlesex County or Franklin Township?
4. Want to make a difference in a child's life?
Contact Jeanette Cullen at (732) 738-1323 or jcullen@ccdom.org, for more information.

Ads Sell!
Call Carolyn
732-896-4446

Tom's Tax Tips

Become Debt-Free

Courtesy of Tom Ploskanka C.P.A.

The average household carries \$137,063 in debt, while the median household income is less than \$60,000, according to data from the Federal Reserve and U.S.Labor Department. While it's easy to get into debt, it can be hard to get out. Here are five tips personal finance experts recommend to lower your debt burden:

1. List and prioritize

Create a list all of your debts by amount owed and the interest rate you are paying. Then prioritize your repayment based on one of two strategies:

- **The Avalanche.** Focus on paying the debt with the highest interest rate first, to minimize the total interest you'll pay.
- **The Snowball.** Focus on paying the debt with the smallest balance first. While this may seem counter intuitive, it's recommended for those who have difficulty sticking to a repayment plan. The smallest balance gets paid off sooner and then its debt repayments can be devoted to the next debt. This gives you a powerful psychological boost and sense of achievement.

2. Pay more

Pay more than the minimum amount due. Your lender receives more interest income from you if you pay the minimum, but that's not what you want. Think of ways you can increase your income to make the extra payments, such as:

- Taking a second job or freelancing.
- Asking for a raise at work.
- Devoting extra cash to debt repayment, such as your refund check.

3. Spend less

Review your monthly expenses to find things that you can eliminate to increase your debt repayment. You can reward yourself by renewing these luxuries, but only after you've paid off what you owe. You could cut spending on things like:

- Cable TV
- Gym fees
- Restaurants
- Entertainment

4. Downsize and declutter

Not only does it help to spend less, it may also be worth getting rid of what you already have. Consider selling possessions you no longer need, or finding a place to live with lower rent or smaller mortgage payments. Be ready to make some sacrifices in exchange for financial freedom. Things that you may be able to part with include:

- Sporting equipment
- Extra or recreational vehicles
- Electronics, games
- Collectibles

5. Negotiate

It's worth calling your lenders to see if there's a way to lower your interest rate. They will often do this if you've been a long-time customer with a history of timely payments. In some cases, you can even get them to forgive part of your debt. Also consider using zero-percent balance transfer options with different credit card providers. While these may come with fees, 12 months of no interest can be worth it.

Remember, reducing your debt burden can seem overwhelming, but small steps can yield big results.

Atlantic City Bus Trip

Fellowship Circle of the Hungarian Reformed Church

PERTH AMBOY – AC Bus Trip to the Tropicana Casino on Sunday, Sept. 30, 2018. Sponsored by the Fellowship Circle of the Hungarian Reformed Church, 331 Kirkland Place, Perth Amboy, NJ. Bus leaves the church at 12:00 pm - 6 hour stay at Casino from when we arrive in AC. Cost: \$30 pp (\$25 slot play). Bagged lunch provided. To reserve a seat call: 732-261-8726. Payment due ASAP. NO REFUND FOR LAST MINUTE CANCELATIONS!

Celebrate Hispanic Heritage

PERTH AMBOY - The City of Perth Amboy in collaboration with several partners (PARTNER, LA CASA, AARP) will be honoring Hispanic Heritage Month with events at the Perth Amboy Center for the Arts Gallery, 339 Reade Street, starting from September 15th.

Join us on the following dates:
9/15 - Latina Pop Up Shop,
9/19 - Julisa Mugica's Family Spices Art Opening, and 10/5 - Cultural Celebration with food, music, and art. All events are free, and family inspired.

Attend Public Meetings
Have Your Voice Heard!

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.*

On August 27, U.S. Marines retake Vella Lavella, Solomon Islands. Arundel Island, also in the Solomons, is reported secured as well. U.S. troops land on Nukufetau, an atoll in the Ellice Islands. In the Bay of Biscay, off western France, the Royal Navy sloop *HMS Egret* is the first ship to be sunk (with the loss of 194 of its crew) by a guided missile. The newly developed Henschel Hs 263 is a radio-controlled glide bomb with a rocket engine attached that is launched from a bomber. The success of the attack causes the Royal Navy to withdraw anti-submarine patrols from the area.

King Boris III of Bulgaria (which is aligned with the Axis) dies under mysterious circumstances at the age of 49 on August 28. Some conspiracy theorists maintain he was poisoned by the Germans, who may have wanted a more-compliant ruler, while others opine that he was poisoned by the Communists for his collaboration with the Nazis. The official cause of death is listed as "heart attack." Boris's six-year-old son takes the throne as King Simeon II; Prime Minister Bogdan Filov is named as regent. In Scandinavia, the Danish government receives a German ultimatum to "do more," including establishing the death penalty, as a sabotage campaign by the Danish Resistance reaches a crescendo. In response, the Danish government resigns en masse.

The German Army on August 29 occupies Copenhagen, Denmark, declares martial law, arrests Prime Minister Erik Scavenius and confines King Christian X to his palace. As this is being done, the Royal Danish Navy scuttles 32 vessels of its fleet, leaving only a few small craft to be taken by the Germans. Some vessels escape to neutral Sweden.

An air battle between 44 USAAF P-38s and 75 Luftwaffe fighters occurs above Italy on August 30. The P-38s are escorting a large formation of B-26s on their way to bomb railroad marshalling yards at Aversa, about three miles north of Naples. The Americans lose 13 P-38s but shoot down 9 Axis aircraft. The fighter action allows the bombers to make an unmolested run to their target, where they cause extreme damage without loss. In Germany, the Ministry of Transport forbids non-business use of horse-drawn vehicles, mandating their use only in "work of war importance."

The Japanese submarine *I-8* reaches France on August 31 after a marathon voyage from Penang, Malaya. In Germany, the RAF again pounds Berlin: over 600 bombers drop more than 1,000 tons of ordnance, killing about 5,000 civilians. In Eastern Europe, Hitler allows Field Marshal Erich von Manstein, commander of Army Group South, to make limited withdrawals in the Ukraine. In the Pacific, the Grumman F6F Hellcat fighter — flown from aircraft carriers by Navy and Marine Corps pilots — makes its combat debut. (Of the 6,477 Japanese aircraft that U.S. carrier-based pilots claimed to have destroyed during the war, the Hellcat was responsible for 4,979 [77%] of them.)

On September 1, 1943, U.S. troops occupy Baker Island, just north of the Equator in the Pacific, roughly halfway between Hawaii and Australia.

The neutral Swedish ocean liner *MS Gripsholm* on September 2 departs from Jersey City, New Jersey, for Mormugao, Goa, Portuguese India, carrying 1,330 Japanese citizens stranded in the U.S. when the war broke out. By an agreement between the U.S. and Japan, the Japanese ship *Teia Maru* will bring 1,525 civilians of American and other nationalities similarly stranded in Japan to Mormugao, where an exchange will take place on October 15, 1943.

SkillUp Middlesex

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- Professional development

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, Sept. 6, 2018. 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

Holy Rosary Seniors

HOPELAWN – The Holy Rosary Seniors are sponsoring a bus trip to Golden Nugget Casino, Atlantic City, NJ, Tuesday October 2, 2018. Bus leaves 10 a.m. from church parking lot. Cost \$30; \$25 back in play and \$5 food voucher. For any questions, call Ronnie at 732-442-5252.

A.C. Bus Trip

St. John Paul II Seniors

PERTH AMBOY – A trip to the Resorts Casino in Atlantic City will be held on Wed. Sept. 26, 2018. Cost \$35 pp.; \$25 back in slot play. Bus will depart from behind St. Stephens Church parking lot on Mechanic Street at 9:30 a.m. Call Bobbi to reserve a seat: 732-636-2867.

Art Show

Jacqueline Baker

PERTH AMBOY – Art Show of Jacqueline Baker, in honor of Patricia Baker, August 25-29, 2018. at The Gallery for the Arts, 339 Reade St., Perth Amboy. Guest Artist Henry Osaretin. Entertainment: Ernest Baker, Bass & Noel Beers, Trombone.


Open Mic

SOUTH AMBOY – The South Amboy Knights of Columbus Council 426 resume their monthly Open Mic musical evening Friday, September 28th at 8 p.m. at 308 Fourth St., South Amboy. There is no cover charge. Anyone who belongs to a group or is a soloist is invited to perform. Drums and amplifiers will be provided. Refreshments will be available. For more information call 732-721-2025.

Summer Wine-Down

SOUTH AMBOY - Sacred Heart Church in South Amboy will have their first ever wine tasting fundraiser Saturday September 15th from 7 p.m. to 10 p.m. in Sacred Heart's Memorial Hall. Tickets are now on sale and are \$30 in advance and \$40 at the door. You must be 21 or over to attend. Children will not be admitted. Tickets include food, dessert, and over 150 wine, beer, and spirits to sample. For more information call the Sacred Heart parish office at 732-721-0040.

Pet of the Week



Mia Bella waiting for Parents, Josie & Sonny to come home

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.

Helping Veterans Find a Place to Call Home

PERTH AMBOY – Are you or know a veteran with DD 214? Are you or they interested in being a first-time home owner? The Perth Amboy Housing Authority is looking for a Veteran to help realize the dream of home ownership. The first step is to attend the First Time Homebuyer Class to obtain information on how you can be eligible for our upcoming lottery. You fought for our country, now let us fight for you! Register Today! Housing Authority of the City of Perth Amboy, 881 Amboy Ave., Perth Amboy, NJ 08861. Call to reserve your seat today: 732-826-3110 ext. 647 or email homeownership@perthamboyha.org We are a HUD Certified Housing Counseling Agency. Free for all Veterans with a DD 214.

St. Mary's High School Class of 1958 Reunion

PERTH AMBOY – Friday, Sept. 28. 2018 from 12 Noon to 4 p.m. The Grand Marquis, Old Bridge. All Graduates from St. Mary's or Perth Amboy High School invited. Call Betty Pappas: 732-236-4479 or Joan Dias: 732-634-0239.

Vendor Night

SOUTH AMBOY – The South Amboy Columbiettes hold a Fall Vendor Night on Friday, November 9th from 7 p.m. to 10 p.m. at the Knights of Columbus Columbian Club at 308 Fourth St., South Amboy. Vendors are wanted. Please contact Cheryl at 732-407-3295 or sa426ladies@yahoo.com

Fall Photo Contest

Share your Photos of South Amboy's Dynamic Businesses!

Press Release

SOUTH AMBOY - The Dowdell Library of South Amboy invites avid shutterbugs to enter the library's Fall Photo Contest. Celebrate our community through the art of photography, and contribute to the Library's local history picture collection.

All photo entries must feature a SOUTH AMBOY BUSINESS. The submission should be a clearly identifiable image of an interior or exterior place of business.

Photographs should be taken between September 1 and October 31 and submitted by November 15, 2018. Contestants may submit up to five high resolution DIGITAL images to: comments@dowdell.org; open to amateur photographers only.

Please include the location of the photograph, the date the photograph was taken, your name, and contact information.

Important photo release! Photographs that contain recogniz-

able people must be accompanied by a release form signed by each person photographed. If individuals are under the age of eighteen, their parent or legal guardian must sign the photo release.

Awards will be based on artistic distinction and historical value. Awards will be presented for the best "South Amboy" photograph, the Runner-up, and one for the best "architectural" photograph. Winners will be announced at the library's HOLIDAY OPEN HOUSE on Monday, December 3 at 7:30 pm.

By entering the contest, participants allow the library to use the images in library publications, their website/social media or in future exhibits; photographers will be credited.

For further details, please contact the Dowdell Library of South Amboy at 732-721-6060 or comments@dowdell.org. The Library is located off John T. O'Leary Blvd – adjacent to the South Amboy High School.

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 Savior 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!

Prayer to the
Blessed Virgin

(Never known to fail)
O Most Beautiful Flower of Mt. Carmel, Fruitful Vine, Splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. O Star of the Sea, help me and show me herein you are my Mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succor me in my necessity *(make request)*. There are none that can withstand your power. O Mary conceived without sin, pray for us who have recourse to thee *(3 times)*.
Holy Mary, I place this cause in your hands *(3 times)*.
(Say this prayer for 3 consecutive days. You must publish it, and it will be granted to you.)
J.M.P. 8/29

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, we are not accepting 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: Saturday: Aug. 25th, Sept. 8th & 22nd 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. !!!!

Prayer to the
Blessed Virgin

(Never known to fail)
O Most Beautiful Flower of Mt. Carmel, Fruitful Vine, Splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. O Star of the Sea, help me and show me herein you are my Mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succor me in my necessity *(make request)*. There are none that can withstand your power. O Mary conceived without sin, pray for us who have recourse to thee *(3 times)*.
Holy Mary, I place this cause in your hands *(3 times)*.
(Say this prayer for 3 consecutive days. You must publish it, and it will be granted to you.)
A.L.S.

Farmers
Market

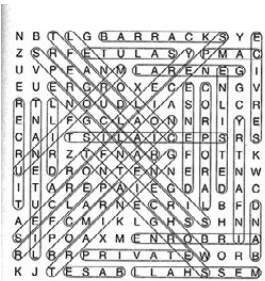
WOODBIDGE - Every Wednesday from June 27th to September 5th from 3 p.m. to 8:30 p.m. at Parker Press Park, 400 Rahway Ave., Woodbridge, NJ. Specialty Foods, Live Music, Artisans, Beer & Wine Garden, Jersey Fresh Produce.



Fresh Veggies

PERTH AMBOY - You want fresh veggies or smoothies but whole foods is too far in this summer heat, starting July 19th catch the Emerging Leaders sell market fresh vegetables, fruits and smoothies at 500 Dobranski Drive, Perth Amboy every Thursday 12 p.m. - 3 p.m.

Answers
From Puzzle
On Page 15



LOOKING BACK



PERTH AMBOY - A Battle between the Loyalists from Staten Island (Skinner's Greens) and the Continental Battery was reenacted by an artillery group at the Waterfront in Perth Amboy. The battle was staged by the Perth Amboy Bicentennial Commission. May 23, 1976

**Photo Courtesy of Anton J. Massopust*

This photo was restored under a grant from the Middlesex County Cultural and Heritage Commission to the Kearny Cottage Historical Association.

Senior Scene
Happenings

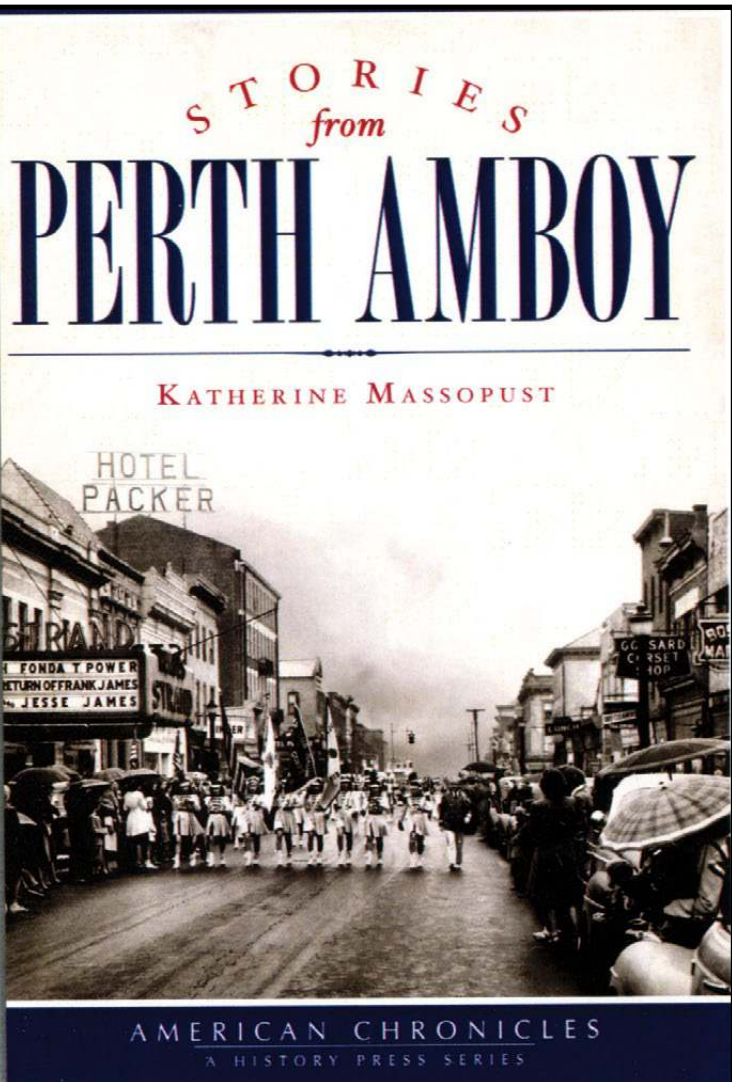
Perth Amboy

TUES. Aug. 28 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. Aug. 29 Good Shepherd Wednesday Seniors, 12:30 p.m., Msgr. Gambino Hall, Florida Grove Rd.
• St. Stephen's Seniors, 1 p.m., Cafeteria, State St.
THURS. Aug. 30 The Cathedral International Seniors, 9:30 a.m., Family Life Center, Madison Ave.
MON. Sept. 3 St. James Golden Girls, 10 a.m., Fellowship Hall, Commerce St.
TUES. Sept. 4 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. Sept. 5 Good Shepherd Wednesday Seniors, 12:30 p.m. Msgr. Gambino Hall, Florida Grove Rd.
• St. Stephen's Seniors, 1 p.m., Cafeteria, State St.
• Holy Trinity Seniors, 1 p.m., Church Hall, Lawrie & Johnstone St.
THURS. Sept. 6 The Cathedral International Seniors, 9:30 a.m., Family Life Center, Madison Ave.

South Amboy

WED. Sept. 5 South Amboy Seniors, 12 Noon, Senior Center, S. Stevens Ave.
MON. Sept. 10 St. Mary's Seniors, 12 Noon, Senior Center, S. Stevens Ave.
MON. Sept. 24 Sacred Heart Seniors, 12 Noon Memorial Hall, Wash 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!

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	Solid Oak Coffee Table \$75; Oak End Table \$50 732-570-9732	Antique Sleds Good Shape, Flexible Flyer Size 51 1/2 in. FF Original Sticker \$50 732-727-0314
	Garden Tiller 24" Briggs & Straton Engine Hardly Used. \$75 -732-583-2305	Baseball Card Collection 30+ Years Old \$75 - 732-727-8417
	Panasonic 2.2 cu.ft. full size Microwave, great for home, office or dorm \$25. Girls 20" bike \$15. 732-596-2116	Fish Tank - 55 gal. \$50. Call Richie: 732-727-9523
	Safe Combination 21" High 13 1/2" wide on wheels \$75 732-634-1851	Glasstop Dining Room Table w/four chairs \$75; 25 Gal Fish Tank \$25 732-826-4142
	Records in Leather Case; about 50 - \$30 variety - 732-634-3589	Dining Hutch - Wood - Good Condition \$50 - Self Pick-up 732-826-6324
	Exercise Bike Pro Form JT-30 \$75; 46" Samsung TV Flat Screen \$75 732-636-3345	Moving - tables, lamps, dresses, dishes, tools grandfather clock \$5-\$75 - 732-925-6542
	Gold Carnival Glass Collector Plate (5 th Day of Christmas) \$25 732-673-6305	Atari 2600 original joystix paddles 27 cartridges \$75 or B.O. 908-803-9623
	Sewing Machine - portable Singer \$35; Toilets, Shower Doors \$20 Each 732-679-0086	Girl's Bicycle 24" Panasonic LX Sport Twelve Speed. Light Blue. \$75 or B.O. 908-501-3993
For Sale	Playstation, Xbox, Sled, Batman Cards, Flipper Movie Poster, Telescope Prices: \$25-\$75 - 732-713-0536	32ft. Heavy Duty Aluminum Roofing/Siding Ladder \$75 - 908-803-9623
Household Items - Gun Case; Tables, Lamps, Furniture, Dishes \$5-\$75 - 732-277-4975	New never used Mirror 27"/41" Brown Frame was \$120 - Now \$75 732-721-7186	Toro Commercial Edger Gas \$75 - 908-930-6741
Umbrella - Patio, needs cord and iron stand. \$30 - 732-283-0975		Dining Table Chairs, Dewalt Battery Saw, Lamps, Tools: \$10-\$70 - 917-656-7566
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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.

Prayer To St. Clare

For Employment

Prayer To St. Jude

Prayer To Blessed Mother

Prayer To Holy Spirit

Novena To St. Anthony

Prayer To Blessed Virgin

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St. Jude Novena

Pray The Rosary

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PERTH AMBOY - Hallmark of this luscious 3-bedroom Brick cape cod custom built a few blocks from High School. Carefully maintained, it features lots of charm and lots storage space throughout, many things are custom-crafted, 3-bedroom, 2 car garage, beautiful kitchen all included appliances. this property is ready-to-move-in. it is an absolutely bargain!!!!!!!!!!!!!!!!!!!!!! **\$289,000**



PERTH AMBOY - Very clean apartment move-in condition unit is located in the second-floor upper left-hand side. **\$1,300 Mo/Rent**



PERTH AMBOY - This is an investor dream, all separated utilities including water, great income producing property, brick large yard and more. **\$289,000**



OLD BRIDGE - This Ranch is meticulously updated lots of details beautiful starter home. large shed, deck, and much more. A "must see." **\$165,000**



PISCATAWAY - Beautiful Bi-level a truly pride of ownership throughout located in very desirable section of Piscataway, large yard, nice deck, shed, 2 car garage a must see. **\$435,000**



FORDS - Great location beautiful Cape Cod with Many upgrades, Garage and much more need some TLC great potential!!!!!!!!!!!!!! **\$249,000**



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PERTH AMBOY - Great investment two family all separated utility including water, great location 3 bedrooms each unit, full basement, needs some TLC. Mutual driveway it has lots of potential. **\$329,000**