

# KENILWORTH BUSINESS + LIFE

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## FOUR CENTURIES IN A WEEKEND AT NITSCHKE HOUSE

Visitors to Kenilworth's historic Oswald J. Nitschke House (c. 1880) at 49 South 21 Street on October 15 and October 16 will gain glimpses into everyday life as a late 19th-/early 20th-century immigrant in a developing suburb through an enlightening, interactive "living history" program based on the theme "New Orange/Kenilworth – A Melting Pot of Many Cultures."

The October 15-16 weekend activities at the Nitschke House will be offered to the general public from 12 to 5 p.m. during Union County's annual historic sites tour, "Four Centuries in a Weekend." The Nitschke House is equipped with an elevator, and the building and gardens are fully accessible. Admission is free. For information, please call 908-709-0434.

The guided tour, geared to all age groups, will start in the site's "teaching gardens," where vegetables and herbs representing different heritage groups have been grown for use in a multicultural garden-to-table demonstration. Other activities will include the making of corn husk dolls (as there is corn in the site's "Three Sisters Garden" in honor of Native American culture), crocheted items from cotton yarn (as there is a cotton plant in the garden), and a Crazy Quilt - plus music from around the world. Visitors will be shown the site's period kitchen, bedroom, dining room, parlor and former Mayor Nitschke's office. They also will have the opportunity to view the newly installed exhibition, "New Orange/Kenilworth – A Melting Pot of Many Cultures," which comprises enlightening displays of historic photos, posters, artifacts and other materials that collectively tell the story of late 19th-/early 20th-century immigrants who settled in the Kenilworth area (formerly known as New Orange) and contributed to the early development of the community.

Union County Across the Centuries History Trading Cards for David Brearley (1745-1790), Hannah Sayre Caldwell (1737-1780) and Tin Kettle Hill (1780-1906), along with Nitschke House postcards, will be available at the Nitschke House during "Four Centuries in a Weekend."

Visitors to the Nitschke House will be able to view the site's "Kenilworth Heritage Walkway" featuring numerous engraved commemorative pavers that have been donated by local residents and businesses. The walkway is part of a paved path that makes the site's "teaching gardens" accessible to everyone, including those with physical challenges/disabilities. The path, together with a pergola and fencing, are part of a major garden construction project made possible through funding generously provided by the Merck Foundation. The project significantly supports and enhances the site's multicultural garden-to-table foodways program, which shows the importance of home food gardens in the lifeways of the Nitschkes and other late 19th-century immigrants and which additionally demonstrates the continued benefit of gardening in promoting good health, an appreciation of nature and a sense of environmental stewardship.

The Nitschke House, home of former Kenilworth Mayor Oswald J. Nitschke (1867-1934), features five historic rooms, which are authentically furnished in late 19th-/early 20th-century style and



(above) The historic Oswald J. Nitschke House (c. 1880) at 49 South 21 Street, Kenilworth, N.J., will be open to the general public on October 15 and Oct. 16 (12-5 p.m.). Exhibits and music will focus on the theme "New Orange/Kenilworth – A Melting Pot of Many Cultures." Admission is free.

interpreted primarily in the 1905-1934 period (the time of Kenilworth's first wave of suburban development when Oswald Nitschke made his greatest contributions to its growth), an exhibition center, a cultural arts center and "teaching gardens."

The Nitschke House project was recognized by the State of New Jersey with a 2008 New Jersey Historic Preservation Award and was cited as one of six "success stories" statewide in the 2011-2016 New Jersey Historic Preservation Plan, "Preserving New Jersey's Heritage: A Statewide Plan."

The Kenilworth Historical Society ([kenilworthhistoricalsociety.org](http://kenilworthhistoricalsociety.org)) is dedicated to the research, preservation and interpretation of the historic Oswald J. Nitschke House, local history and culture. Funding for the Nitschke House preservation project and all other programs that the Kenilworth Historical Society provides to the schools and general public is entirely dependent on donations, fundraising and competitive matching grants that the organization applies for and is awarded based on merit.

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# BUSINESS + LIFE KENILWORTH

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# ST. THARESA'S SALESIAN SISTERS CELEBRATE 150TH ANNIVERSARY

Submitted by Sr. Isabel Garza, FMA

On Saturday, June 4, 2022, St. Anthony's Church in Elizabeth held a 5:00 p.m. Mass to celebrate the 150th Anniversary of the founding of the Salesian Sisters. Many alumni came to join in the celebration and spent some time together and with the Sisters who attended. Most of the Sisters present had taught in the school and one of the Sisters graduated from the school.

Rev. Timothy Zak, Provincial, was the main celebrant assisted by Fr. Jose I. Gamba, Pastor of St. Anthony's Church, Fr. Marco T. Marroquin, Parochial Vicar, and Deacon Joe Caporaso, a graduate of St. Anthony School. Frank Malta, representing the First Graduating class alumni, spoke in the name of all the alumni. After the Mass, Frank O. Mazza, Councilman, presented the Salesian Sisters with a Proclamation from J. Christian Bollwage, Mayor of Elizabeth.

After the Mass, there was a heartwarming reception in the school cafeteria which was beautifully decorated for the occasion. Everyone had a marvelous time reminiscing and sharing memories of the good old days at St. Anthony's.

A special thanks to our St. Anthony's Committee who worked so hard to prepare for this once-in-a-lifetime event.



(above) A Mass and celebration were held on Saturday, June 4, at St. Anthony's Church in Elizabeth to celebrate the 150th Anniversary of the founding of the Salesian Sisters. The Salesian Sisters currently teach at St. Theresa School in Kenilworth, NJ.

Courtesy photo

Photos from this and other events can be found online at [rennamedia.com](http://rennamedia.com) and on [PerstownNJ](https://www.facebook.com/PerstownNJ) page on facebook.com. Feel free to "Like," "Tag," and "Share."

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## HELLO KENILWORTH SENIORS,

### UPCOMING EVENTS FOR KENILWORTH SENIORS

#### Senior Atlantic City Bus Trip

The Kenilworth Senior Citizen Club will be having a bus ride to Resorts Casino in Atlantic City, N.J. on Tuesday, October 18, 2022. The bus will leave the Acme parking lot at 9:30 a.m. The cost is \$35.00 which includes \$15.00 back in slot play. For reservations please contact Lillian Furze at 908-709-0515.

#### Senior monthly meetings

**First Wednesday of every month at 1 p.m.**

The next meeting is on November 1, 2022. Membership dues are \$10.00 per person per year.

#### County lunch

**Mondays, Wednesdays, and Fridays from 11:30-12:00.**

Participants must call Senior Center Club to reserve lunch at 908-272-7743. Voluntary donation for 60 and over is \$1.75 per lunch, and under 60 years of age is \$4.00.

#### Zumba Gold with Nona

**every Wednesday at 9:30 a.m.**

If you are looking to socialize, interact with others, or make new friends, please join us for some fun playing games, like Mahjong, Po keno, bring your knitting and crocheting, board games, and puzzles, and soon in the fall time we will be getting a donated pool table for all to enjoy. We also have a TV and listen to music.

All events are located at the Senior Center Building, 526 Boulevard, Kenilworth, NJ 07033 (front doorsteps only). Parking is on the Boulevard and back parking lot which allows you to enter through the back door, with a very nice elevator and steps to the downstairs or upstairs level.

#### WEEKLY SCHEDULE

Mondays - Line Dancing - 11:15 am

Tuesdays Senior Fitness @ 10:30 am

Wednesdays Zumba Gold @ 9:30 am

#### Health and Wellness Program

**Mondays, 10 a.m. to 12:30 p.m.**

Holy Redeemer Nurses will check Blood Pressure and Blood Sugar and will issue health packets of information on nutritional ideas of healthy and delicious foods and staying active with daily exercise.

Lunch is available for all seniors at least 60 years of age, for a voluntary/donation of \$1.75. Reservations are required. Please call the Senior Club 908-276-7743.

If you need more information please call Darlene Candarella, Senior Center Director at 908-276-1716.

My name is Darlene Candarella. As of July 13th 2022, I was appointed to the position of Kenilworth Senior Center Director by Mayor and Council. I was overjoyed to finally officially be a part of our beloved Kenilworth Seniors and Kenilworth's Older Community. I have been a resident of Kenilworth for 26 years with my husband Sal, and our son MarcAnthony.

My Duties include: writing monthly reports, seeking grants to help fund and pay for these very much needed programs, setting up monthly calendars so that everyone can read, understand and participate in our programs. Organizing activities for the Kenilworth Senior Center for the days of operation on Mondays, Wednesdays and Fridays. Seeking information on Farmers' Market Food Vouchers. Also, planning outside activities such as bowling, or a trip to a restaurant.

Monthly meetings are on the 1st Wednesday of every month between September and June.

Note: Senior annual membership dues are \$10 for Kenilworth Residents. County suggested donation/cost of \$1.75 for a hot nutritious meal offered 3x's a week, as long as the club is open on Mondays, Wednesdays and Fridays. Must reserve a meal by calling ahead of time to the Kenilworth Senior Center: 908-272-7743.

My office is located on the 2nd floor of the Kenilworth Senior Center, 526 Boulevard, Kenilworth. The center has an elevator to accommodate everyone. I can be contacted by phone, office: 908-276-1716, cell: 908-447-9421, email seniorcenter@kenilworthnj.org.

Thank you very much for this opportunity. I am thrilled to be selected as the Director of the Kenilworth Senior Center.

See you at the September Meeting!

Warmest Regards,

*Darlene Candarella*

Director, Kenilworth Senior Center

## RARELY SEEN

PHOTOGRAPHS OF THE EXTRAORDINARY



SUPERCCELL STORM CLOUD

Photo by Marko Korosec, near Julesburg, Colorado

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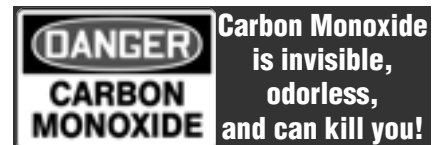
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## 1970 CLASS REUNION

The David Brearley Regional High School Class of 1970 will mark its 50th Class Reunion on Friday, November 18, 2022, after a delay due to the pandemic.

The reunion will be held at the Shackamaxon Country Club in Scotch Plains, beginning with an open bar and hors d'oeuvres from 6:30 to 7:30 p.m. Dinner will be served at 7:30 p.m. The cost to attend is \$125 per person. Classmates are asked to RSVP by October 7 at [dbrhs1970.com](http://dbrhs1970.com), whether or not attending, and to share the reunion information with other 1970s graduates. Questions may be emailed to [dbrhs1970.com](mailto:dbrhs1970.com).

## Gallery-on-the-Boulevard Presents VISIONS OF THE SHORE

The Gallery-on-the-Boulevard presents "Visions of the Shore", an exhibit of paintings and photography by multidisciplinary artist and musician, Anthony Rodriguez. The show opened on August 2 and will remain through November.

Rodriguez holds a BFA in Illustration and Visual Communications and an MFA in Painting and Photography. His paintings and photographs have been featured in multiple exhibits throughout New Jersey. He has been the recipient of artist residencies concentrating in painting from I-Park, Artist Enclave in Connecticut, and the Vermont Studio Center in Vermont. Mr. Rodriguez is also a guitarist for several New Jersey bands including The Accelerators and The Remains, to name a few.

Rodriguez states, "my work is influenced by artists I have admired: Picasso (red and blue periods), Hopper, Robert Henri, Gershon Benjamin, and late 19th-century painters such as Van Gogh and Monet. I'm also influenced by many film genres, such as film noir, which fuel my imagination and influence my work. I'm driven by the need to spill my vision in oil on canvas or panel and show the world what I see."

The exhibit is located in the Kenilworth Public Library. It is free and open to the public during regular library hours. For more information call 908-276-2451.

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### If Knee Surgery Sounds Scary, It Should

Have you have been told you are facing knee replacement surgery? Have you been told about all the downsides you could be facing? First and foremost, there are NO guarantees that knee replacement surgery will be the answer to your pain, but let's look further:

- Surgery is costly, regardless of the percentage of services covered by insurance.
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.
- With surgery, there is always a risk for unwelcomed complications. And you could be back to where you started, or worse.
- Medications will be required for relief from surgery and you have been down that road before. Additions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

### Consider This Alternative To Surgery

**Northeast Spine & Wellness Center** offers you a real opportunity and a painless way to say goodbye to your knee pain without any surgery. Here are just a few of the important benefits you should consider?

- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections.
- Guided fluoroscopic injections are virtually pain free, unlike blind injections.
- No lost time from work or family.
- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
- Recovery time is almost instant, not months or years.

### How Does This New Treatment Work?

Relief begins almost as fast as it takes to pronounce the treatment. It's called Viscosupplementation Therapy. To begin with, it starts with **Northeast Spine & Wellness Center** investing in the use of diagnostic fluoroscopy. This enables them to target the exact location of your knee pain with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. That explains what you will see on the surface of this revolutionary treatment. What's taking place below the surface is how and where the natural healing process takes place. The injection of a Hyaluronic acid called Hyalgan. This gel-like substance was approved by the FDA in 1996. Hyalgan is a natural substance that mimics the synovial fluid that is already produced by your body in your joints. Osteoarthritis sufferers in particular see a reduction in this much needed synovial fluid in their knee joints. Without that cushioning layer of protection, the cartilage in your knee can begin to wear away leading to the rubbing of bone on bone. Through Viscosupplementation Therapy, this natural substance immediately goes to work reducing the swelling and inflammation in the joint and adding a coating layer of protection. Think about Dorothy taking the oil can to The Tin Man. You'll begin to feel that same kind of relief and quite possibly feel like you're ready for a dance down the yellow brick road to recovery yourself. And with a success rate of over 85% in alleviating pain associated with osteoarthritis, it's easy to see why this treatment is so readily covered by Medicare and by most major insurance providers. Diagnostic fluoroscopy to target the pain, Viscosupplementation Therapy to relieve the pain. Simple, fast and no surgery!

### Do you Suffer from any of these Symptoms?

There are a number of reasons why you developed Osteoarthritis pain. It can develop with age or because of heredity. It could be from repetitive stress from a job or some glory days in athletics. Of course your concern is with the symptoms you face daily and how to make them end, hopefully without surgery or the use of potentially addictive medications. **Northeast Spine & Wellness Center** understands the symptoms you have been living with and can help. If you have any of the symptoms below, please call us today. Relief is a phone call away.

- **Pain** - Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- **Swelling** - This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult and dangerous just name a few activities affected by swelling.
- **Stiffness** - Getting up out of bed or after sitting for a period of time gets more and more difficult. This loss of mobility can be more than a hindrance. It can be dangerous if you need to move quickly.
- **Loss of muscle strength** - This can lead to balance issues and the strong possibility of falling.
- **Joint deformity** - Not just unsightly, but painful as well.
- **Creaking Joints** - Can be painful and a sign of more discomfort to come.
- **Sleepless nights** - Losing sleep over your suffering is not just irritating, but potentially dangerous because of so many other health concerns that can be affected by loss of sound sleep.

### Let Me Show You Targeted Relief From Your Knee Pain

Every day, I see patients suffering from knee pain due to arthritis, osteoarthritis, sports injuries or other conditions. Many have been told that they are in need of knee replacement surgery. Other patients say they have been prescribed various prescription medications to deal with the pain.

Something else I see almost every day, are patients that have tried viscosupplementation knee injections elsewhere and found it to be a painful and ineffective experience because the injections were not administered using fluoroscopic guidance. Instead of using the incredibly accurate diagnostic fluoroscopy we use at **Northeast Spine & Wellness Center** these patients experienced a blind injection technique, which can be as inaccurate as playing pin the tail on the donkey.

Once I am able to explain to my patients about the pin point accuracy of using diagnostic fluoroscopy and the amazing results viscosupplementation can provide, they are thrilled to get started. They are even more thrilled when they feel the relief. Please contact **Northeast Spine & Wellness Center** today to schedule your RISK FREE consultation.

Call 732-827-0800

Scot Paris MD, FACS



### Here's what our patients have to say

"I'm dancing without pain. I can move with no problem whatsoever. I can go up and down steps with no pain."

- Patricia G.

"Over 85% relief for the first time in 15 years, suffering with knee pain. My life is getting back to normal."

- Perry O.

"After only four visits, I have absolutely no pain! The staff is top-notch."

- Quenton L.

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SCAN ME



## WHAT WHERE AND WHEN IN OLD KENILWORTH

**WHEN THE PARKWAY CUT THROUGH TOWN (Part 2)**

Research provided by Walter E. Boright, Ed. D., historian, and Historic Signs, Inc.

Persons with inquiries about this article or other aspects of Kenilworth history may contact Dr. Boright at drbori@aol.com or 908-256-5200.

The residential southside of Kenilworth bore the brunt of the Parkway cutting through town. Many of those homes moved were from the Oak Knolls section of town – roughly the area west of Michigan Ave., then south of Bloomingdale Ave. to Fairfield Ave. A good number were cape cod homes built in 1940-41 that had to be taken away in 1949 and 1950. A bunch were placed on empty lots along Cranford, Faitoute, and Quinton Aves. These relocated cape cods are still identifiable today by the fact that those homes had a front door with double windows on each side of the entry door. Homes on Michigan, Vernon and Union avenues also were uprooted. To help assure that there were sufficient lots in the area to relocate homes, Kenilworth acquired some land on Cranford Ave. from Cranford.

In this aerial photograph of nearly 75 years ago, four streets running left to right are identified from top to bottom of the aerial photo: (1) Galloping Hill Rd., (2) Market St., (3) Michigan Ave., and (4) Faitoute Ave. At bottom left, the curved street is Bloomingdale Ave.

At bottom right on a diagonal is Fairfield Ave.

Research provided by Walter E. Boright, Ed. D., historian, and Historic Signs, Inc. Appreciation to Luke Allocco for obtaining NJ Department of Transportation file photo.



(above) Parkway construction, ca. 1949-50.

NJDOT



(above) Fairfield Ave. home, ca. 1942-43.  
Ashwood Ave. homes on left taken by Parkway.

Charles E. Vitale



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## AUTUMN HARVEST TEA PROGRAM WILL HIGHLIGHT HISTORY AND CUSTOMS OF THE NATIVE LENAPE TRIBE

An Autumn Harvest Tea will be presented by the Kenilworth Historical Society on Saturday, November 5, 2022, at the Kenilworth Veterans Center (Kennedy Room), 33 South 21 Street.

The autumnal event, which will include an enlightening program highlighting the history and customs of the locally indigenous Lenape tribe, a gift auction, 50/50 raffle and door prizes, will begin at 12:30 p.m. An array of assorted teas, tea sandwiches and desserts will be served.

Admission is \$30. Advance reservations (by October 17) are requested, as seating is limited. Safe social distancing practices will be observed. For reservations/tickets, please call 908-709-0434.

Featured speakers Sherry Lange and Janet Murphy, of the Miller-Cory House Museum (Westfield, N.J.), will discuss the history and lifeways of the Lenape tribe, particularly the role of Lenape women, and will display maps, cooking tools, a replica of a Lenape longhouse and other cultural artifacts.

Proceeds from the Tea and gift auction will benefit the Kenilworth Historical Society's Oswald J. Nitschke House (c. 1880) "living history" museum and cultural arts center by helping defray operating expenses, including the cost of an elevator that makes all levels of the site ("living history" museum, exhibition center and cultural arts center) fully accessible to everyone.

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# VFW SCHOLARSHIP WINNERS

*Submitted by Lenore Jeans*

VFW Post #2230 held awards ceremonies for the recipients of the VFW Scholarships and two other scholarships.

## VFW VOICE OF DEMOCRACY AWARDEES (UNION):

Benjamin Duvelson and Anuoluwa Olwakuyide

## ST. THERESA'S 8TH GRADE PATRIOTS PEN YOUTH ESSAY AWARDEES:

Jacob Falconer, Ryan Williams, Magdalene Battita, Arielle Lopina, and Mia Pumarada

## B. HIRTH MEMORIAL SCHOLARSHIP

Brandon Hamilton

## ROBERT E. JEANS, JR. SCHOLARSHIP

Michael Rabec

## SELMA AND JACK FEIN AWARD



(above, l-r) Mike Fein and Ryan Tyra

## UC VOTECH AWARDEE



(above, l-r) Commander Jeans and Gianna Sandull

## BREARLEY 8TH GRADE PATRIOTS PEN YOUTH ESSAY AWARDEES



(above) Joseph Squillaro, Joshua Romeo-Pastor, and Caroline McHale with Commander Jeans of VFW Post #2230.

## BREARLEY 12TH GRADE VOICE OF DEMOCRACY AWARDEES (VFW)



(above, l-r) Anthony Campanelli, Commander Jeans, Andrew Gasper, Richard Martello, and Mia Fuschino. Not pictured Quinn Lonergan



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## NEWS FROM KENILWORTH ROTARY CLUB

*Submitted by Janet Henkel*

As the Kenilworth Rotary Club wraps up this Rotary year, we are happy to see how much we have accomplished throughout the year. One year ago, we decided to resume our in-person club meetings. We set up our schedules and through our friendship with Caetano Morales, we were able to have our lunches at Caetano's Cucina in Kenilworth.

We started working on service projects, which include:

- Providing lunch to our First Responders during the 9/11 ceremony
- Donations to our local food pantries
- Participated in our annual Christmas gifts programs for Children and Families
- Dictionary Project – 3rd Graders
- Donating to the Kenilworth PBA's fishing derby
- Honoring our Students of the Month
- Participated in our Annual Scholarship Program
- Organizing our Annual Scholarship Day Camp and Camp Program
- Participating in the Kenilworth Street Fair - Fundraising
- End of Year Teacher Appreciation Day

In the spring of '22, we focused on the projects that involve basic education and literacy. We held our annual scholarship program and celebrated the academic achievements of the high school students who have excelled throughout the year. We awarded two scholarships to two David Brearley High School students and hosted a lunch

with nine students who we recognized for their academic achievements.

We also choose to acknowledge and show appreciation for our educators. With a generous donation from our local Dunkin Donuts, we were able to give out 165 gift cards to our teachers. This gesture was important to us. We believe that along with the hard work that the students put into academic excellence, the teachers work equally hard.

This year, we marked 75 years of service with

### POLICE CHIEF JOINS ROTARY

Kenilworth Police Chief Fred Soos Jr. was recently installed into the Kenilworth Rotary Club by president Terry Zuckerman (left) and Past District Governor Ray Freaney (right). The club is currently in its 76th year of service to the community. For further information please contact Terry at 908-272-5550 or email [kenilworthrotaryclub@gmail.com](mailto:kenilworthrotaryclub@gmail.com).



a dinner party at 572 Boulevard, we celebrated with Rotary dignitaries, retired Rotary members, and friends.

As we wrap up the year, I want to say thank you to my fellow Rotarians and to the people who have taken time from their busy days to meet with us. If you are interested in joining the Kenilworth Rotary Club or would like information about our projects, please contact, Sandra Trapani, Club President, [sandra.r.trapani@gmail.com](mailto:sandra.r.trapani@gmail.com), or 908-349-0441.

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first and third Tuesday from 2:00 - 4:00 pm  
for our card-making group "Paper Pals." You don't need any paper crafting experience to join the fun. This is a free program for adults.

### "Yarnies"

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"Yarnies" meet the last Thursday of each month from 6:00 - 7:30 p.m.

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#### Lap Sit

Oct. 4, 11, 18, and 25, 10:30 - 10:50 am  
Interactive stories and songs  
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#### Toddler Time

October 5 and 19, 10:30 am - 10:50 am  
Interactive stories, songs, and activities for ages  
2 - 3 years old

#### Halloween Craft

October 7, 3:30 pm - 4:00 pm  
Create a unique craft to take home and display  
for ages: 4 - 9.

#### Halloween Grab N' Go Craft

October 17

Visit the library to pick up a craft kit to take  
home for ages: 4 - 9.

This craft kit is available while supplies last.

## OCTOBER SPECIAL EVENTS

Kenilworth residents may begin to register one week prior to each special event. Out-of-town residents may begin to register two days prior to each event, space permitting. To register for individual special events, call the library.

### Italian Heritage Celebration

Thursday, October 6  
from 3:30 pm - 4:30 pm

Join us as we celebrate, honor, and recognize the centuries of achievements, successes, and valuable contributions of Italian immigrants and Italian Americans. This interactive musical program will be presented by Richard Stillman. This program is recommended for children ages 4 and up and adults. This program was made possible by funds from the Union County Office of Cultural & Heritage Affairs, a partner of the New Jersey State Council on the Arts.

### Yoga Story Time

Wednesday, October 12  
from 10:30 am - 11:00 am

This program will be presented by Certified Yoga Instructor Pamela Nixon. Ages: 2 - 5 years old with a caregiver. Please bring along a yoga mat or towel. Program has been funded by donations made in memory of Ruth Small.

### Mad Science Workshop: Chem-Mystery

Thursday, October 13  
from 3:30 pm - 4:30 pm

Ages: 4 - 12. Interactive workshop exploring a unique science theme. This program has been funded by The Ralph Errington Foundation.

### Cartooning With Doug Baron

Saturday, October 15, 12:30 pm - 1:30 pm  
for ages 8 - adult. Participants will learn how to draw Halloween theme characters during this event. This program has been funded by donations made in memory of Ruth Small.

### Mad Science Workshop: Science Magic

Thursday, October 20 at 3:30 pm - 4:30 pm  
Ages: 4 - 12. Interactive workshop exploring a unique science theme. This program has been funded by The Ralph Errington Foundation.

### Good Tymes String Band

Wed., October 26 at 10:30 am - 11:00 am  
Foot-tapping, knee-slapping music for all ages. Children are welcome to wear their Halloween costume to this program.

### Halloween Magic Show

Thursday, October 27, 7:00 pm - 8:00 pm  
Interactive magic show for children ages 4 - 12, teens, and adults. This program will be presented by Anthony Salazar. Participants are welcome to wear their Halloween costume to



(above) "Yarnies" meet each Thursday from 2:00 - 4:00 p.m. except for the last Thursday of the month. "Yarnies" meet the last Thursday of each month from 6:00 - 7:30 p.m. This is a free program for adults.

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(above) Join us the first and third Tuesday of the month from 2:00 - 4:00 p.m. for our card-making group "Paper Pals." You don't need any paper crafting experience to join the fun. This is a free program for adults.

# Trinitas Regional Medical Center Now Horizon Blue Cross Blue Shield Tier 1

We're pleased to announce that our partnership with RWJBarnabas Health means that you—our valued patients—can now access Trinitas Regional Medical Center as a Horizon Blue Cross Blue Shield of New Jersey OMNIA Tier 1 provider. This means lower out-of-pocket costs and greater opportunity to maximize your health plan benefits through Trinitas Regional Medical Center and RWJBarnabas Health.

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