



## Citywide Back-to-School Book Bag & School Supply Giveaway



On August 28, 2013, from 4:00 p.m. until 6:00 p.m. the City of Elizabeth will have its annual Back-to-School Book Bag and Supply Giveaway. This free event is presented by Mayor J. Christian Bollwage, the Elizabeth City Council, Senator Lesniak, Assemblyman

Cryan and woman Quijano. Collaborators include the Elizabeth Packers, Proceed Inc., Brand New Day Inc., Pat Perkins-Auguste Civic Association, Urban League of Union County, Retail Skills Center-Union County College, and Trinitas Regional Medical Center. All students, who are residents in the City of Elizabeth, will be able to receive a book bag filled with school supplies, while the adults will be provided with em-

powerment information. The goal is to eliminate one financial responsibility for parents as they prepare their children for a successful academic year. The eight locations of the giveaway are Oakwood Plaza, 380 Irvington Ave.; Elmora Racquet Club, 23 Fernwood Terr.; Peterstown Community Center, 418 Palmer St.; O'Donnell Dempsey Senior Center, 622 Salem Ave.; Miller-Evans-Logan Center, 161-163 First St.; Fred Erxleben Recreation Center, 513-515 Richmond St.; Mickey Walker Recreation Center, 860

Anna St., and Jefferson Park Day Care Center, 485 Madison Ave. There will be refreshments and entertainment for all. All of the school supplies were donated by our generous local sponsors. For more information, contact Grace Pereira at 908-820-4130 or Alonzo Jones at 908-820-4238.



## Hispanic Heritage Month

September 15, 2013 to October 15, 2013 marks Hispanic Heritage Month. Celebrated nationally and by the City of Elizabeth, it recognizes the history, culture and contributions made by Hispanic and Latin Americans. Hispanics hold notable firsts in the areas of government, military, science, medicine, literature, music, film, television, and sports, dating back to the early 1800s. Since 1968, Americans have recognized September 15<sup>th</sup>

as the anniversary of independence for the Latin American countries of Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Originally known as Hispanic Heritage Week, it was expanded in 1988 to incorporate the independence of Mexico, Chile and Belize. Here in Elizabeth, New Jersey's fourth largest municipality, nearly 60% of residents are Hispanic. On a larger scale, New Jersey is one of the eight

states with a Hispanic population of one million or more. In honor of the diverse Hispanic origins within the community, there will be several celebratory events around Elizabeth, including food festivals and flag raisings. For the latest information on all of these events, please visit the City of Elizabeth's official website at [www.elizabethnj.org](http://www.elizabethnj.org).

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**Upcoming Events**

**Prostate Cancer Awareness Month Walk-a-thon**

September 21, 2013  
1:00 pm - 3:00 pm  
Kellogg Park  
Fanny St. & Madison Ave.  
(Call 908-820-4050 for pre-registration)

**Red Ribbon Week for Alcohol, Drug Awareness & Prevention/Italian Heritage Month Celebration**

October 17, 2013  
11:00 am - 3:00 pm  
Peterstown Community Ctr.  
418 Palmer Street

**Making Strides Against Breast Cancer of Newark Walk**

October 20, 2013  
8:00 am  
Bus Departs from the Stephen Sampson Center  
800 Anna Street  
(Call 908-820-4044 to reserve a seat on the bus)

**Taste of Elizabeth**

October 28, 2013  
5:00 pm - 8:30 pm  
\$30/ ticket  
Renaissance Newark Airport Hotel  
1000 Spring St.

Well over 500 people joined Mayor J. Christian Bollwage, the Elizabeth Police Department and the Elizabeth Fire Department at Carteret Park to celebrate the 30<sup>th</sup> Annual National Night Out. This event is America's stand against crime. It encourages community and police unity, as well as allows the residents to participate in local anti-crime efforts. An additional focus was placed on recruitment for neighborhood block watch associations. The goals of the event were to raise awareness, involvement and support for local police and fire departments.



Additionally, it sent a message to criminals that the neighborhood is organized and prepared to fight back in order to maintain a safe community. This drug and crime-free environment allowed families to enjoy free refreshments, games, raffles, as

well as health, safety and security exhibits. Additionally, citizen awards were given out to deserving community members. Exciting demonstrations included a smokehouse, which creates a simulated fire to teach children how to remain safe in emergency situations and the Jaws of Life, a large tool used to remove passengers involved in severe car accidents. Contributions from many local organizations, businesses and sponsors have allowed this event to remain free.

**Mid Summer Wellness & Health Review**



Co-host of the "View" Sherri Shepherd joined Mayor J. Christian Bollwage, Councilwoman-at-Large Patricia Perkins-Auguste, Department of Health & Human Services Director Krishna H. Garlic and

Friends Inc. for the Mid Summer Wellness & Health Review. On Tuesday July 23, 2013, Shepherd was at Dolce Restaurant signing her new book Plan D: How to Lose Weight and Beat Diabetes (Even If You Don't Have It), giving out advice and taking pictures. Diagnosed with diabetes, Shepherd discusses in her book how one in three Americans have pre-

diabetes, which puts them at high risk for the Type 2 form of this condition. She also shares how she benefits from regular exercise and a low-glycemic diet that emphasizes fruits, vegetables, lean protein and healthy fats. Guests were asked to bring non-perishable food or a gift card of any denomination. All of the items were donated to replenish local food pantries.

**Adult Immunizations**

Are you in need of vaccinations but don't have insurance? Do you have insurance but it does not cover all vaccinations? Public Health Nurses offer shots free of charge to adults.

Elizabeth residents over the age of 19 may be eligible to receive this service. It includes hepatitis A, hepatitis B, meningitis, chickenpox, tetanus, pertussis, diphtheria, pneumonia, shingles,

measles, mumps and rubella. To find out if you qualify, call Nursing Supervisor Eileen Kelly at 908-820-4049.

## African American Heritage Day Parade

The City of Elizabeth will celebrate the African American Heritage Day Parade on September 15, 2013. This annual event will begin at Union Square on Elizabeth Avenue at 2:00 p.m., and end in front of City Hall. Submerged with culture and excitement, the Parade highlights and celebrates long-standing traditions. The Grand

Marshalls will be Hassana Kaba and William Jones. Hassana is the owner of the Nile Restaurant, which is located at 135 Fifth Street and has become a staple in Elizabethport. William Jones is the Executive Director of Elizabeth's Housing Authority, which is celebrating their 75<sup>th</sup> year anniversary. In attendance will be the East Orange High School band,

Elizabeth High School football team and cheerleaders, all star cheerleaders, the women's scholarship cotillion queen, a motorcycle club, dancers, a DJ and countless floats.

Several local organizations have been instrumental in planning and funding this event. For more information, contact Yolanda Eady at 908-220-6113.

## 9/11 Remembrance Ceremony

On September 11, 2013, Mayor J. Christian Bollwage and the City of Elizabeth will hold a remembrance ceremony to honor the victims and recognize the families of those that lost their lives during the terrorist attacks in 2001. In total, our country suffered the loss of approximately 3,000 people, six of them being Elizabeth residents: Colleen Fraser, Carlos DaCosta, Frankie Serrano, Anthony Tempesta, Arcelia Castillo, and Margaret Lewis. The ceremony will be held at the September 11<sup>th</sup> Memorial-Midtown Train Station Pedestrian Plaza on

West Grand Street. It will begin at exactly 8:46 a.m., the same time the first plane



struck the twin towers. Also in attendance will be the Elizabeth Police and Fire Departments.

The September 11, 2001 attacks were four coordinated

incidents in which commercial airplanes were hijacked simultaneously by terrorists. The sites of impact were the Twin Towers in New York, the Pentagon in Virginia, which is the headquarters for the United States Department of Defense and an empty field in Pennsylvania. By presidential proclamation, Americans across the country will observe a moment of silence at 8:46 a.m. and flags will be flown at half-staff. For more information, contact the Public Information Office at 908-820-4124.

## Hawaiian Luau

The Office on Aging hosted its annual Hawaiian Luau on August 8, 2013. A professional hula dancer was there to demonstrate and teach the technique. The fun took place from 11:00 a.m. to 3:00 p.m. at the O'Donnell Dempsey Senior Center. Seniors enjoyed delicious barbeque, vir-

gin margaritas, ice cream, face painting, a DJ and much more. This was one of several events sponsored by the Office on Aging. There are four senior centers located throughout Elizabeth that provide a weekly nutrition program, daily activities, and monthly planned trips. For more infor-

mation contact Denise Lowe at 908-820-4044.



## Safety Zone

### Back to School Tips

- Make sure your child's immunizations, physical and eye exam are all up to date.
- To ease the financial burden of going back to school, there are low-cost programs and resources available to qualified families. Included are the Children's Health Insurance Program (CHIP) and the National School Lunch Program. Visit [www.usa.gov](http://www.usa.gov) for a complete list of guidelines.
- Nutrition is an important factor in academic performance. Studies show that children, who eat healthy, balanced breakfasts and lunches are more alert throughout the school day and earn higher grades than those who have an unhealthy diet.
- Exercise is an important part of a child's health. Physical activity helps build muscle, promote strong bones and control weight.

## YOUTH ZONE

### CITY OF ELIZABETH

City Hall  
50 Winfield Scott Plaza  
Elizabeth, NJ 07201  
9:00 a.m. - 4:00 p.m.

Phone: 908-820-4000  
Fax: 908-820-8624  
www.elizabethnj.org

### FOLLOW US ON SOCIAL MEDIA!

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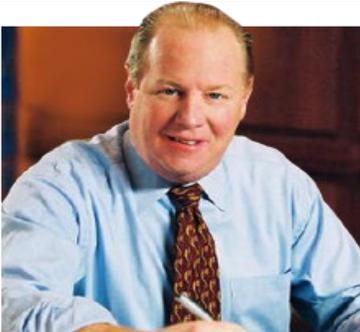
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Now in his twenty-first year as Mayor of Elizabeth, a diverse city of 124,969 and the fourth largest municipality in New Jersey, **J. Christian Bollwage** has created a more efficient city government while sparking \$800 million in economic redevelopment.

### OFFICE HOURS:

Mondays 5:00 p.m.-6:00 p.m.



100 kids went on a week-long trip to sleep away camp in Rockaway, New Jersey! This Office of Youth Services (OYS) sponsored trip

Office of Youth Services, in conjunction with C.O.D.E Youth, Bayway Family Success Center and the Boys & Girls Club of Union County, will host its 5<sup>th</sup> Annual Harvest Festival on October 31, 2013. Parents and children are invited to the Fred Erxleben Recreation Center located at 513-515 Richmond Street from 5:00 p.m. to 8:00 p.m. It

The C.O.D.E (Challenge Organize Develop and Empower) Youth Program has the answer to boredom on the weekends. C.O.D.E was created to offer an alternative solution for youth as an outlet that promotes "behavior modification" focusing on the enhancement of one's self-esteem. It aims to encourage the growth of its participants by deterring crime, fear, and social ills that can plague the community. C.O.D.E provides activities on Fridays and Saturdays from 7 p.m. to 1 a.m. at the Erxleben Recreation Center, 513 Richmond Street. Activities include

### Sleep Away Camp

took place from August 12-16, 2013. Every year, OYS is able to offer this trip free of cost to children ages 10 and up who are members of its summer camps. Webelos Resident Camp offers swimming, archery, boating, fishing, skateboard half-pipe, batting cages, handicrafts, sports, hiking, cooking campfires, camp-wide

games, and more. OYS is proud that they are able to take children out of their regular environment to be exposed to new activities.

OYS runs summer programs every year throughout Elizabeth where children can do arts & crafts, play games, go on trips and much more. For more information, contact Stan Neron at 908-820-4032.

### Harvest Festival

will be an evening of free games, entertainment, a pumpkin decorating contest, a dance-off, food, a costume parade and workshops. Met Life Solutions Group of Cranford will be facilitating workshops on financial literacy and empowerment for adults and youth. Topics will include money management/budgeting, banking, balanc-

ing a check book, debt correction and many other helpful tips. The goal is to teach youth financial responsibility now, so they can make informed decisions as adults later. For more information or to receive your free pumpkin for the decorating contest, contact Stan Neron at 908-820-4032.

### C.O.D.E. Youth Program

karate, open gym, board games, boxing, music, counseling and tons of fun. Additionally, the program will provide door to door transportation for all of its participants. It enforces the curfew ordinance in Elizabeth where youth ages 17 and younger are not allowed to be outside unattended between the hours of 10:00 p.m. to 6:00 a.m.

In collaboration with the City of Elizabeth, Elizabeth Police Department, Department of Health and Human Services, Office of Youth Services and Department of Recreation, this Juvenile Crime Prevention Initiative

will not insist on the arrest of juveniles, instead apply a multi-discipline approach that includes family education, youth/public assessment and public education. As an alternative of being charged with a curfew violation, first time offenders will be referred to C.O.D.E. Parental responsibility and support can greatly assist in the effective enforcement of this program. C.O.D.E. will run until September 30, 2013. For more information, contact the Office of Youth Services at 908-820-4051.