RAHWAY'S HOMETOWN NEWSPAPER

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EIGHTEEN YEARS OF SUCCESS FOR TASTE OF SPRING

Rahway's Taste of Spring, boasted well over one thousand guests on the evening of Friday, April 20, 2018. Guests enjoyed a variety of culinary concoctions from both big name chain restaurants and smaller single proprietor entities, as well

as a bounty of aperitifs and spirits provided by Witty's Fine Wine & Liquors of Rahway and Metro Liquors of Linden. Food, music and fun define the Rahway Taste of Spring. Another year, another success.



(above) Witty's Fine Wine & Liquors of Rahway and Metro Liquors of Linden generously provided all the aperitifs and spirits.



Photos of all participating restaurants are inside on pages 12 and 13.

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Photos from this and other events can be found online at rennamedia.com and on the Our Town Rahway page on facebook.com Feel free to "Like," "Tag," and "Share."

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OUR TOWN Zahway

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YOUTH EXPRESS THEMSELVES WITH POETRY

By Maryanne Christiano-Mistetta

The Cherry Pit in downtown Rahway is the hip place to be. The Pit event, in collaboration with ACP Arts, Legends Entertainment, Rahway Prevention Coalition (RPC), and Rahway Arts & Business Partnership offers Rahway youth the opportunity to express themselves, showcasing their talents, with encouragement on poetry. Young people up to age 18 are invited to perform original poetry or spoken word pieces, individually or in small groups. It's noted that all pieces should be audience-appropriate and that extreme or excessive profanity will not be



(above, l-r) Joe Brown, Director of RPC and Matthew Kowal, RPC Coordinator.

allowed. There is a sign-up sheet, but walk-ins were welcome, time permitting. There is no charge for the event.

"Any kids can come and perform," said host Mike "Big Mike" Bertram, at a recent event.

Joe Brown, director of Rahway Prevention Coalition added, "We partnered with schools to get the word out."

Mayor Raymond Giacobbe said, "It's a wonderful community building event for people of all ages. We are an arts town that gives everybody a real sense of community."

At a reent event Ja'niya, 16, read a poem she wrote called, "My Only Heartbreak" about the challenges of family life.

Samuel, 15, read a poem he wrote called "Worried," about the future, "school-wise" regarding the right career and college.

Madirah, 10, read a poem she wrote called "My Black is Beautiful." When asked what it was about, she said, "When you feel you don't have to change anything about yourself. My sister wears a lot of make-up. I tell her she doesn't need it."

To find out when the next Pit event is, as well as other events, follow the RPC on Facebook at: facebook.com/RahwayPreventionCoalition

Photos by Maryanne Christiano-Mistretta



(above) Samuel, 15.



(above) Madirah, 10.



(above) Ja'niya, 16.



Reserve space in the next issue. Call Tina today at 908-418-5586 or email info@rennamedia.com

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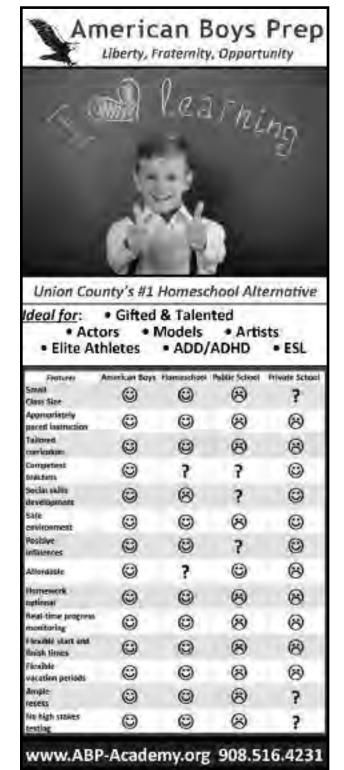


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TOMATOES

The tomato is native to Central and South America. While its culture is ancient, tomatoes have only reached their present prominence since the mid-1800s.

There are two types of tomato plants, Determinate or Indeterminate. Their growing habits, flowering and harvest is the major difference between them.

Determinate tomatoes are low growing plants that require less staking, but they flower only once and are all ready to harvest all at the same time. If you plan to preserve them you have a limited window of opportunity.

Indeterminate tomatoes grow taller so they require staking, pruning and care during the season. The advantages of indeterminate plants are worth the effort to true tomato lovers. Most importantly the flavor is better in these tomatoes. Secondly, they have a long harvest season, constantly flowering throughout the season and insuring a good harvest from early summer until the frost.

Indeterminate tomatoes need constant pruning, removing the stems which do not produce fruit but absorb energy from the plant. These stems are called 'suckers'. Staking your plants makes it easier to detect problems, to harvest your crop, and will keep fruit from touching the ground where it can rot. Staking also improves air circulation which helps control disease and fungus problems.

Unfortunately, tomatoes can host many diseases that can devastate your harvest just when you are looking forward to it. There are a few things you can do at planting time to help limit the chances that will happen to you.

Rotate your crops. Plants your tomatoes in a different spot than you planted them last year. This practice prevents diseases that can go into the soil, which can contaminate it for years into the future. If last year you had a tomato problem don't replant tomatoes, eggplants or peppers in the same area.



To preserve your tomatoes harvest your ripening fruit before a major rainfall.

Tomatoes will crack and lose flavor with too much water.



(above) Past President of The Rahway Garden Club, James Keane, has been researching and answering garden questions since 1995. Visit 'Keane Gardener' blog at: keanegardener.blogspot.com

Take a soil test from Rutgers every three years for nutrient requirements and add ground egg shells to the soil to prevent 'blossom end rot'.

Disease resistant varieties are available. These are marked on the label and your local greenhouse personnel will be able to help you locate them.

Plant several different varieties. Not only will this help prevent disease from infecting all of your plants, it will also give you more flavor and most likely a longer and more bountiful harvest.

Proper and consistent watering will greatly improve your harvest. Tomatoes require less water than you might think, just one inch a week. Over-watered tomatoes lack flavor and meatiness. Although we cannot control rainfall, we must take it into consideration when hand watering. A rain meter, either bought or homemade, can be very helpful. It can be as simple as dipping a ruler into a bucket.

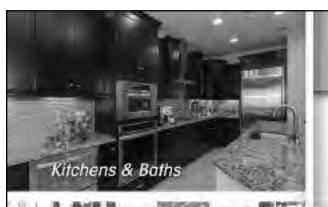
Mulching with black plastic or chopped leaves will control weeds and maintain moisture. This will help keep the soil cool during the heat of summer. Although we know tomatoes like it hot and sunny, they stop producing fruit when temperatures reach over 90 degrees. This can diminish your late harvest.

Container gardening is a good choice if you have had disease problems in the past. A simple five-gallon bucket with holes drilled in the bottom can be a good choice for this. This system works best with medium size or cherry tomatoes.

For more information on growing tomatoes contact our local Rutgers Cooperative Extension Service Garden Helpline of Union County: 908-654-9852, Mastergardeners@ucnj.org

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MEMORIAL DAY - A TIME TO PAY TRIBUTE AND TO REMEMBER

Submitted by Al Shipley, City Historian and Rahway Library Research Consultant

The tradition of decorating graves of soldiers is one that dates back to ancient times. In the United States, from the time of our Revolutionary War, it was not uncommon for floral tributes to be placed on soldiers' graves. But it was in the aftermath of the Civil War, our nation's bloodiest conflict, when a formal custom began to develop.

By 1890 every northern state had made "Decoration Day" an official state holiday to honor soldiers who fought in the Union Army. The 30th of May was chosen because it was the time of year in the north when many flowers are at the height of their bloom. In the south, the observance was celebrated on a different day with emphasis placed on honoring the Confederate dead. By the beginning of the 20th century, however, the memorial traditions of the northern and southern states merged and it became the practice to honor all Americans who died while in military service. Traditionally called "Decoration Day," the name of the observance was changed to "Memorial Day" after World War II after which a Federal law made it the official name in 1967.

Local research indicates that shortly after the Civil War, the citizens of Rahway began a practice of honoring soldiers who fell in defense of the Union cause. Graves were decorated and public gatherings were held, oftentimes featuring eloquent orators. The ceremonies were

organized by members of Barry Post 27 of the Grand Army of the Republic (G.A.R.). At an observance in 1886, Rahway's G.A.R. Post Commander addressed the crowd, imploring, "Comrades, let us so live that the lessons of this day will be imprinted upon the hearts of our children, and they will willingly take up the work where we have left it and perpetuate for all time to come the touching ceremony we have inaugurated."

After World War I, the City of Rahway erected a monument to pay tribute to the soldiers who died in "the war to end all wars." The granite monument was placed on St. Georges Avenue on the triangle of land between Pierpont Street and Forbes Street. A second monument was placed on the triangle at the end of World War II and a third added after the Korean War. In 1962, due to the widening of St. Georges Avenue, the three monuments were moved to the corner of St. Georges Avenue and Grand Avenue. A dedication service was held on Sunday, November 11, 1962. Over the years, a marker for soldiers lost in the War in Vietnam, and for Purple Heart recipients have been added to Memorial Park.

So we may heed the words spoken in 1886, and remember the sacrifice of those who died during times of war, the following is a list of names of Rahway soldiers that are inscribed on the hallowed plaques.

WORLD WAR I – 1914-1918

John F. Burt, Henry W. Cleary, Kenneth Conover, Mariano D'Angelo, George K. Ditmars, James Healy, William B. Howard, Phillip O. LaMacchia, John B. Miller, John J. Mulvey, Edgar W. Rowley, Timothy Sachrobsky, George J. Zirwes.

WORLD WAR II - 1939-1945

John O. Apgar, Jr., Michael R. Barry, Russell Bartlett, John R. Baumann, Jr., Micael Billy, Herbert Booth, Terrance J. Brady, William Caldwell, Frank Capobianco, Anthony J. Ciaramella, Mark B. Conner, John J. De Sisto, Joseph F. Dietz, John Falesky, Howard Farrell, Adam E. Faryna, William Froelich, Warren A. Glendinning, Arthur F. Greslin, Frank J. Haberle, Jack H. Harris, Arthur H. Heaton, Charles Hedin, Paul B. Hulick, Arthur R. Jensen, Edward H. Jowett, George H. Keller, William Kiesecker, Frank W. Kmak, George M. Knapp, Louis B. Kump, Robert A. Lans, John W. Leary, Charles A. Lentz Jr., Edward C. Ling, Jr., Stanley Mazlowski, Frank Mesaros, Arthur W. Miller, Michael Muke, Charles Perevuznik, Frederick D. Rayhon, Edward J. Rehak, Charles W. Revoir, Warren A. Riffle, William Rodgers, Clifford A. Saladin, Otto C. Scheidegger, Nicholas Skarrow, Jr., John J. Stacy, Jr., Meyer L. Stein, Eugene Sullivan, Thomas P. Thorne, Joseph E. Tully, George W. Van Buskirk, Jr., Edward S. Ward, Cecil B. Wescott, Lawrence P. Whelan, Walter E. Williams.

KOREAN WAR - 1950-1953

Edward P. Connors, Ronald R. Cree, Edward J. Flanagan, Richard A. Kanski, Richard J. Pollard.

VIETNAM WAR - 1955-1975

Jack A. Barnhart, William E. Berzinec, Michael S. Bezega, Lester Danchetz, Martin M. Di Antonio, Jr., Gale H. Felver, Carmine V. Genovese, Andrew Harbienko, Emerson E. Heller, Edward J. Kaminski, Norman G. Lanouette, Donald H. Moses, Myron R. Ross III, Lynn H. Rutter, Robert G. Solomon, Gregory H. Stalevicz, William V. Young.



The Monuments at Memorial Park

Photo by John Reminder



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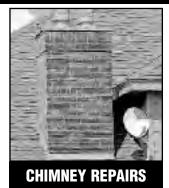


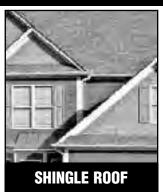




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This is the fourth year of this fun-filled actionpacked event. The Tournament will take place on Saturday, June 9, beginning at 10 a.m. at the Rahway Recreation Center, 3 City Hall Plaza, Rahway, New Jersey. Join us after the event at Wet Ticket Brewing for some complimentary lite fare provided by Rahway Fried Chicken.

We look forward to you and your team taking part in this event that fosters community spirit, good will, and a healthy sense of competitiveness.

Sponsored by the Friends of the Rahway Public Library and Rahway Fried Chicken, this event will bring together municipal organizations, businesses, houses of worship, friends, and nonprofits for this community building event. The proceeds from the event will be used by the Friends of The Rahway Public Library to sponsor various library programs and fund additional needs of the Rahway Public Library.

We look forward to seeing your team out on the court! For questions or registration info please call Eric Miles, at 732-540-1969 or check the Friends of the Rahway Library Facebook page.

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RAHWAY RIVER WATERSHED ASSOCIATION CLEANS UP BANKS OF RAHWAY RIVER

Submitted by Clea Carchia

The Rahway River Watershed Association (RRWA) conducted a cleanup of the banks of the Rahway River on April 15, 2018. We focused our efforts on the area behind the library from the overpass all the way down to past the Water's Edge apartment complex. At least 52 people participated in the cleanup, including many Boy Scouts, Girl Scouts, Brownie groups, and Rahway Public School students. Representatives from the RRWA board, and the Army Corps of

Engineers were also present. We collected over 50 bags of trash, including many plastic bottles, and some tires including a large tractor tire that had washed up on the bank. Some cat houses and a large cone were also collected from the banks of the river. Lunch, donated by Rahway restaurants, was provided for the volunteers after the cleanup at 337 Milton Avenue, Rahway, New Jersey, the location of RRWAs new offices, which are right near the cleanup site.



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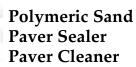


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TIME FOR A NEW SEWING MACHINE?

Maybe your creative side has been awakened by fashion competitions like "Project Runway," or you've decided to tackle your family's clothing repairs and alterations to save money, or you want to spruce up your home with easy DIY accents. You probably have multiple motivations, and nothing can inspire you more than a new sewing machine. If you've been feeling like it's time to reward your creativity with some fresh equipment, there are great options to fit any skill level and budget. Let's briefly review the three types of sewing machines available to help narrow down your choices...

Mechanical sewing machines will cover "the basics" for just about any sewing situation. Knobs and dials are used to change the settings. Mechanical sewing machines are the most affordable, with the higher end mechanicals offering more utility and decorative stitches. A quality mechanical is a great choice for the beginner and a nice second machine for more experienced sewers to use at home and take to classes, retreats and on vacations... Because they're not computer-controlled, they are not subject to any issues during sudden power outages.

Computerized sewing machines are the most expensive type. These machines not only do a variety of utility and decorative stitches, but have the capability of creating embroidery designs. Many have built-in embroidery stitches and alphabets, while some accept embroidery design cards, and still others can be connected directly to your computer. Programmed stitches can also be stored in memory for future use. The computer circuitry involved with these machines allows for more precise stitch patterns, timing and overall performance than the mechanicals. You'll want to protect your investment by plugging it into a good quality power strip with surge protection (the same type you would use with your home

computer.) Overall, these more expensive machines also come with more complete accessory packages -- additional feet and other parts will generally be included with the machine.

Electronic sewing machines are basically a hybrid between mechanical and computerized models, creating a workable balance of bells-and-whistles with affordable pricing. Compared to the mechanicals, these machines generally give you a greater selection of utility and decorative stitches, several types of buttonholes, and conveniences like thread cutters and push-button controls. Electronic machines will typically have an LCD screen that allows you to make adjustment to your stitches. Because of the LCD display, they're sometimes mistaken for computerized machines, but in general they don't have the same embroidery capabilities.

It's important to remember that each category of sewing machine has its perfect customer. The first step in choosing a model is to have a clear understanding of the primary use for the machine – will you sew clothing, quilts, or both? Creative home décor or utilitarian mending projects only? Interested in embroidery? What types of fabrics will you use most? And do you intend to use the sewing machine for business or purely for recreation? Will this be a shared machine or will you be the sole user?

As anyone who's hooked on sewing and quilting will proudly agree, it isn't uncommon to own more than one working machine at a time. In fact, we encourage it among ourselves! When you're ready to test-drive, bring some samples of the fabrics you plan to work with for a more accurate evaluation.

Visit the CE Studio at 1417 Main Street in Rahway, NJ during our regular studio hours: Wed 4-8 p.m., Thurs and Fri 12-6 p.m., Sat 10-6 p.m. Or call us to arrange an appointment - 866-MUDCLOTH (866-683-2568).



ANNUAL LETTER CARRIERS' STAMP OUT HUNGER FOOD DRIVE IS MAY 12

The Letter Carriers' Stamp Out Hunger® Food Drive is happening on Saturday, May 12, 2018. On this day, you can set out your non-perishable food before your letter carrier's regular pick up time. The top requested non-perishable food items are: cereal, pasta, pasta sauce, rice, canned fruits and vegetables, canned meals (such as soups, chili, and/or pasta), 100 percent juice, peanut butter, macaroni & cheese, canned protein (tuna, chicken, and/or turkey), beans (canned or dry). You can also donate healthy, low-sodium, low-sugar items such as beans, oatmeal, and other whole grains, and canola or olive oil.

Please do not donate frozen food, homemade food, or home-canned items. Please do not donate items that have expired or are in glass containers. In keeping with good food-handling and foodsafety procedures, food that is opened, damaged, out of code or does not have the official

ingredients will be discarded by the food bank in distribute or put them to good use with the sorting process.

The Food Drive is primarily a people food drive, but if you also want to give pet food in addition to your regular donation, food banks may be able to distribute or direct it to pet shelters and organizations in the area that have a need.

Please do not donate any form of individual baby food products, including formula, jarred vegetables and fruits, meals, snacks, infant cereal. Baby food may be donated by the case or pallet, but single item donations present potential Hunger Food Drive are tax-deductible because contamination risks and special handling requirements.

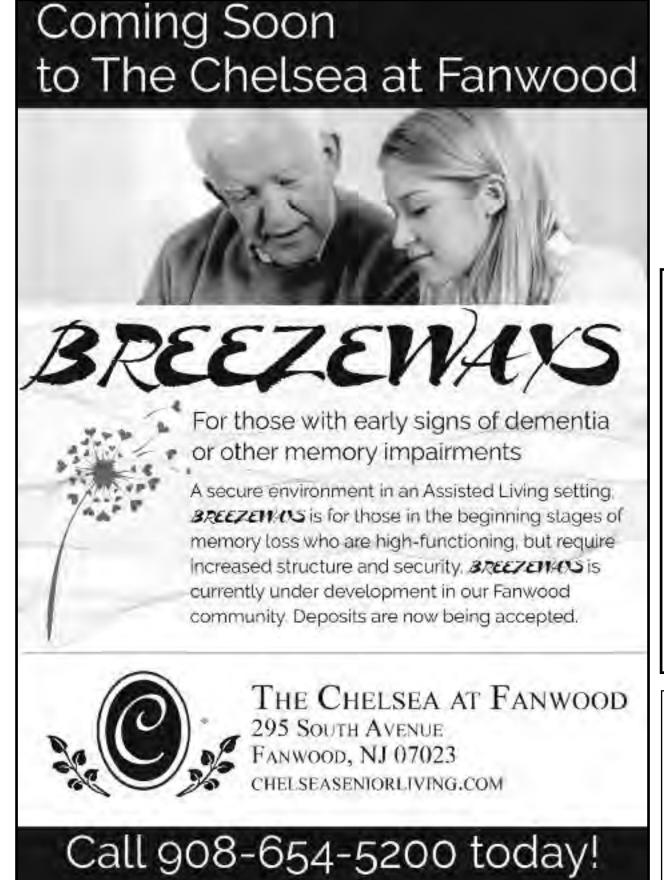
if you also want to give personal care items (such as diapers, laundry detergent, soap, toilet paper, and household cleaning items) in addition to your regular donation, food banks may be able to

organizations that also provide help to those in need. Please note that not all food banks will be able to accept these items.

If you would like to volunteer with food distribution and sorting, or in any other capacity, call your local post office and ask to speak to the local food drive person there. Many food banks have a great need for volunteers on Food Drive Day, as well as all throughout the year.

All donations to the Letter Carriers' Stamp Out all the food collected on Food Drive Day is given directly to non-profit charity food agencies in the The Food Drive is primarily a food drive, but community the food was collected. Though the National Association of Letter Carriers plans the Food Drive's logistics and letter carriers provide the transportation for each donor's generous donation, the National Association of Letter Carriers is not the agency that gets listed on tax forms for claiming deductions. There are more than 10,000 food agencies throughout the country that receive these donations, so if you itemize your taxes and want to provide proper credit for your Food Drive donations, you will need to determine the name of the agency (food pantry or other charity) that received your food, as well as the agency's address and tax I.D. number for proper reporting on your tax-filing forms. The Food Drive Coordinator at your local post office should be able to give you the name of the receiving agency, and that agency will likely have tax information handy.

For more information, visit: nalc.org.





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RHS DESIGNER BAG BINGO FUNDRAISER FOR PROJECT GRADUATION

Rahway High School is hosting a Designer Bag Bingo on May 18, 2018, at Rahway Middle School (also known as the Seventh and Eighth Grade Acadmey) Rahway, New Jersey.

Proceeds support Project Graduation. The doors open at 5:30 p.m. and bingo calling starts at 7 p.m. sharp. The cost of tickets is \$20 and this includes 10 tickets and dauber. There will be 10 games. Additional boards will be available for purchase. There will also be a 50/50.

Advanced tickets are available only; there will be no ticket selling at the door. For tickets please call Sam at 908 487-0495.

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April 20th – May 19th Celebration Event

Saturday, May 19th

@ The Rahway Recereation Center https://www.rwjbh.org/readyletsgrow

Everything's Coming Up Roses Ball

Saturday, April 28th
The Wilshire Grand

https://www.rwjbh.org/roseball

35th Annual Golf Classic

Monday, September 17th
Echo Lake Country Club
www.rwjbh.org/rahwaygolf

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RAHWAY LIBRARY MAY 2018 EVENTS

The Rahway Public Library is located at 2 City Hall Plaza, Rahway, New Jersey. For more information, call 732-340-1551. Or visit: rahwaylibrary.org

Coin and Stamp Roadshow

May 9 at 6 p.m.

Register for a free appointment, bring in your items and a professional consultant will tell you if there may be treasure hiding in your trash!

Friends' Group Meeting

May 10 at 7 p.m.

The Friends of the Rahway Public Library will meet at the library

Discovery Studio Crochet Club

May 17 at 6:30 p.m.

Bring your hooks and yarn.

Work on a project or learn a new technique!

Program is free for teens and adults.

Readers Circle Book Club

May 16 at 2 p.m.

Join us for the discussion of The Last Days of Night by Graham Moore.

Third Thursday Movie: "Lady Bird" (2017) R.

May 17 at 1 p.m.

1 hour, 34 minutes. Comedy, Drama starring Saoirse Ronan, Laurie Metcalf.

TEEN EVENTS

Discovery Studio-Pamper Mom!

May 7, 6 p.m.
Salt Scrubs, Bath Bombs
and More for Mother's Day!

Teen Screen Presents

May 21, 5 p.m.

Join us as we screen a recently released PG-13 All are welcome to attend.

CHILDREN'S EVENTS

Toddler Time

Wednesdays 10:30 a.m. May 9, 16, 23, 30. We will be talking, singing, reading, writing, and playing during this literacy story time.

Ages birth to 4 with caregiver.

STEMTastic Fridays

Friday, May 11 at 4 p.m. Experiment at the library with a fun S.T.E.M. project. Ages 6+.

Lego Club

May 16 at 6:30 p.m.

Make something out of Legos and put it on display! Ages 2 to 5.

Junior Lego Club

May 25 at 11 a.m.

Make something out of Legos and put it on display! Ages 2 to 5.

Preschool Dance Party

May 15 at 11 a.m.

Come on out to play instruments and dance Ages birth to 5.

Kids BINGO

May 24 at 4 p.m.

Have a blast playing BINGO at the library!

Ages 4+.

Pajama Storytime

May 21 at 6:30 p.m.

Wear your pajamas to this fun story time.
All ages.

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Ask for TV Project Department, for job evaluation and estimate of cost and compensations!

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YMCA CELEBRATES 25TH ANNIVERSARY OF NATIONAL SENIOR HEALTH & FITNESS DAY®

Local Organization Part of National Wellness Event to Promote Healthy Lifestyles for Older Adults

The Gateway Family YMCA will join an estimated 1,000 local groups to celebrate the 25th Anniversary of National Senior Health & Fitness Day (NSHFD) on Wednesday, May 30, 2018. As an official host site, The Gateway Family YMCA branches will hold information sessions and community classes on May 30th.

On this day, The Gateway Family YMCA will join with an estimated 100,000 older adults across the country participating in local activities to help promote active, healthy lifestyles through physical activity, good nutrition and preventative care. According to Krystal R. Canady, CEO, The Gateway Family YMCA, "National Senior Health & Fitness Day is the perfect opportunity for seniors to make, renew, and revitalize their commitment to lead healthier lives through wellness, nutrition and programs designed specifically for their demographic."

National Senior Health and Fitness Day at The Gateway Family YMCA takes place on May 30th at the Elizabeth Branch - 135 Madison Avenue, Elizabeth, Five Points Branch - 201 Tucker Avenue, Union, Rahway Branch - 1564 Irving Street, Rahway, and Wellness Center Branch -1000 Galloping Hill Road, Union and WISE Center YMCA Branch – 2095B Berwyn Street, Union, NJ.

National Senior Health & Fitness Day is always held on the last Wednesday in May, and this year's special 25th anniversary event is set for Wednesday, May 30th. The program, the

largest senior wellness event of its kind, is organized by the Mature Market Resource CenterSM, a national clearinghouse for professionals who work with older adults. For more information about National Senior Health & Fitness Day, please visit fitnessday.com

The Gateway Family YMCA is a 501(c)(3) non-profit, health and community service organization of caring staff and volunteers dedicated to strengthening the foundations of community and stands For Youth Development, Healthy Living and For Social Responsibility. The Gateway Family YMCA impacts the community by providing quality services to people of all ages, races, faith or incomes. For more information on The Gateway Family YMCA visit www.tgfymca.org.



KAYLA HORTA AND DANIEL ZUNIGA WINNERS OF DENTAL SOCIETY POSTER CONTEST

Submitted by Linda Lampert

Kayla Horta and Daniel Zuniga were recently chosen as the winners for the countywide poster contest sponsored and coordinated by the Union County Dental Society. On March 28, 2018, the fourth-graders from Franklin Elementary School in Rahway New Jersey were honored at the 2018 poster contest awards presentation. The event took place at Costa Del Sol in Union where the students were awarded a ribbon and a gift certificate for Sports Authority.

The contest was open to all fourth-grade public school children using this year's ADA Dental Health Month theme "Brush your teeth with fluoride toothpaste and clean between your teeth for a healthy smile "The contest helps to promote healthy mouths and bodies in children as part of National Dental Health Month.

> (right, back row l-r) Dr. Douglas Chester (General Dentist), Dr. Lee Kaswinter (Orthodontist). Dr. Glenn Rosivack (Pediatric Dentist): (front row, l-r) 1st place winner, Kayla Horta, and 2nd place winner, Gabriel Zuniga.





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ST. JOSEPH SOCIAL SERVICE CENTER THANKS VOLUNTEERS AND FAITH COMMUNITIES

In recognition of National Volunteer Week, we would like to express our gratitude to the countless volunteers that serve the poor and homeless at St. Joseph Social Service Center in Elizabeth (sjeliz.org). Whether you make a sandwich, collect toiletries, tutor in the job program, make soup, wrap Christmas gifts, donate food, goods, time, talent, or money, it all adds up to make our center a refuge for those in need. We simply couldn't do what we do without you, and we thank you.

This year, we would especially like to thank all of those who volunteer at the Saturday soup kitchen. In February of 1986, when St. Joseph's began operating from the current location at 118 Division St., Elizabeth, a group of volunteers got together to discuss hosting a soup kitchen. Some of those same people still volunteer today. They

established a beautiful service model, where guests are welcomed, seated, and served a hot meal. Since April 19, 1986, the following faith communities have served their less fortunate brothers and sisters: St. Helen's (Westfield), Holy Trinity (Westfield), St. Agnes (Clark), St. John's (Clark), Holy Spirit (Union), Church of the Little Flower (Berkeley Heights), Immaculate Conception (Elizabeth), and Temple Sha'arey Shalom (Springfield). While we can add up the number of soup kitchens (1664), or the meals served (374,400), the true measure of the effort is the dignity and compassion with which the meals are served. The reward is when a guest says: "Thank you for treating me like a human being."

With loving gratitude, Bernadette Murphy, Director



OUR TOWN Rahway • Page 19 • May 2018

Relay for Life of Rahway is being held on relayforlife.org/rahwaynj Saturday, June 2, 2018 at Rahway River Park located at 1972 St. George Avenue in Rahway, New Jersey, from 11 a.m. to 11 p.m. All proceeds will benefit The American Cancer Society.

Relay for Life is a community-based team event. Survivors, friends, family, and caregivers walk to honor of those who lost their lives to cancer, those who are getting treatment, survivors, and caregivers. We love our survivors and people in remission; they are honored at the event.

This event is not a race. You walk when and as much as you can and want. People typically join and start a team; register your team at the Relay for Life of Rahway website:

The first lap is dedicated to survivors. As the survivors walk around the track thev are applauded by the crowds and are cheered on. During the second lap caregivers join the survivors. Everyone is welcome to join in from the third lap on.

There are fun activities for the kids, a photo area with props, music and a lot of food choices.

During the event, around 9 p.m., a ceremony is held. A presentation on a huge screen displays photos of survivors, loved ones who lost their battle to cancer, and caregivers. The majority of the lights are turned off and luminaria bags around the track are lit in honor of loved ones.

Visit us on facebook: RFL of Rahway NJ

RAHWAY MEMORIAL **DAY PARADE**

Submitted by Rosann Delso

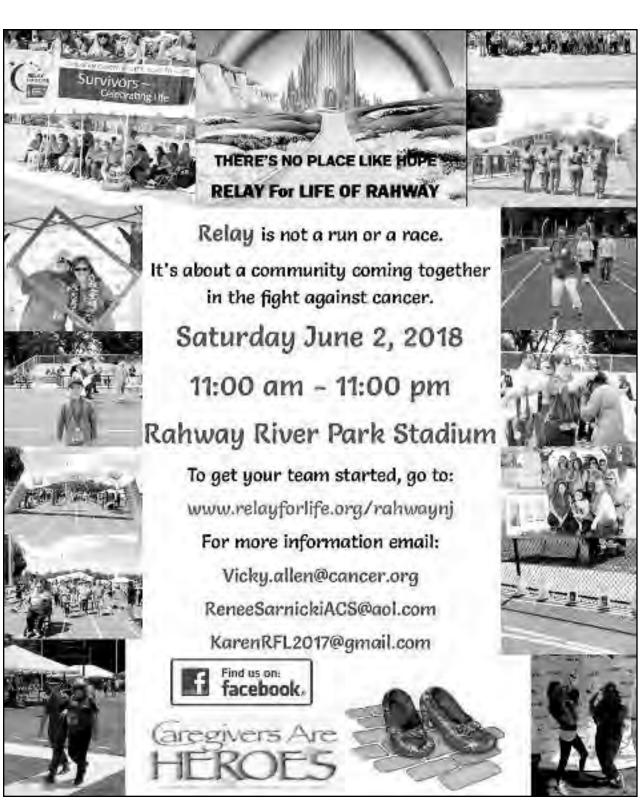
The Rahway Veterans Central Committee will again host the Memorial Day Parade on May 27, 2018 at 1:30 p.m. The parade will begin on Main Street and Milton Avenue, Rahway, New Jersey. The Grand Marshal this year will be Walter Norz, An Army 187th Airborne Veteran. Walter is a Korean War Combat Veteran. He is a member of The American Legion, The Veterans of Foreign Wars (where he has been Past Commander five times), The D.A.V., and the Elks.



(above) Walter Norz, Grand Marshall







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WE WEREN'T BAD KIDS, WE WERE SAD KIDS: EXECUTIVE DIRECTOR AT IMAGINE SHARES HER STORY

By Mary Robinson, MA, CT

When I was 14 my father died of cancer, reticulum cell sarcoma, still one of the most deadly and difficult cancer to treat. It was 1974 and I was a freshman at Madison High School, my brother Jim was a sophomore. I remember it like it was yesterday and still dream of my dad, and still miss him. The death of a parent changes a child's life forever, as it did mine.

When my father was first diagnosed I was in eighth grade and that's when I first started skipping school. Though not a very helpful way to cope with my distress, it was also not unusual, as grief starts the moment of diagnosis; someone doesn't have to die for us to grieve. And that was certainly true of me and my family.

After our dad died my brother and I acted out in ways typical of grieving children, we were text book examples of grieving children in fact, but at that time it wasn't understood that children grieve too, not just adults. The adults in our lives saw our changed behavior but didn't know what to do or say, or even to equate it with our dad's death and changed home life.

My mom was extraordinarily resilient all through my dad's illness and after he died. She went from being a stay-at-home mom to being a realtor, seemingly working 24/7 to pay the bills and keep us in our home. She is definitely my hero for how she worked so hard on our behalf, sending me to college and making the life I live today possible. But not all kids are so lucky. Often after a death there is great financial stress along with many secondary losses like having to move to a new neighborhood or even a new town, so a child loses friends, a sense of safety and familiarity and connections to the very people that could have been supportive.

I've now been working and volunteering in the field of children's grief support since 1997, working to ensure other children and teens don't lose years of their lives to unresolved grief like my brother and I did. The death of a parent is a trauma for a child but it doesn't have to leave them traumatized, if they get support. As the founder of two children's grief support centers



and currently as Executive Director of Imagine, A Center for Coping with Loss in Mountainside, my commitment is to ensure grieving children develop healthy coping skills, grow in their resiliency, emotional health and well-being, and to create communities where children coping with loss get the love and support they need to thrive and live up to their unique potential.

Dr. Gerald Glasser of Westfield was the catalyst for the start of Imagine. He wanted to insure that no child should ever have to grieve alone. He invited me to come to Westfield and open a grief support center providing an initial grant for startup funding through The Glasser Foundation, a philanthropic organization set up in memory of Dr. Glasser's son, Thomas Glasser, who was a victim of the 9/11 attack and who left behind two young children. The Glasser Foundation continues to provide extraordinarily generous annual support to Imagine.

Meeting Dr. Glasser was such a gift in my life. His generosity and vision provided me with my life's purpose. When my father died there was no awareness back then that children and teens needed support after a loss like the death of a parent or brother or sister. Children truly were 'the forgotten mourners' as Elisabeth Kübler-Ross, author of On Death and Dying said over 40 years ago. But fortunately things have gotten better since then with over 500 children's grief support centers like Imagine existing around the country, and with schools bringing us in to provide educational workshops so that they are better equipped to support and understand youth coping with all types of loss. Now when a parent dies, families tell us that they heard about Imagine from multiple sources including their child's school, their funeral home or house of worship, and from multiple friends who scour the internet looking for support.

Childhood bereavement is one of society's more pervasive issues. One out of seven children under the age of 18 will lose a parent or sibling by age 20. And kids in grief are at-risk for unhealthy or destructive ways of coping which is why Imagine and other centers like it exist. Children and teens don't necessarily have the coping skills, life experience, or maturity to process their loss, and they re-grieve their losses during the various stages of their development. Imagine exists as an effective intervention and prevention program and a place for healthy mourning. The key to how well a child or teen or adult will do after a loss is to actively mourn the loss and not keep everything bottled up inside.

The mission of Imagine is to support children and families coping with loss and foster resiliency and emotional well-being for all those who grieve. But our higher purpose is to normalize grief and death and dying in society so that those who are grieving aren't left isolated or made to feel like there is something wrong with them. Our goal is to create "Good Mourning" communities that are grief- and trauma-informed. We do this by partnering with schools, agencies and workplaces to provide support and education on the topic of grief and loss and to hopefully





(above, l-r) Mary Robinson and her dad, Gerry Robinson.

change the lens through which society views grieving youth.

We work with the whole school community including school staff, parents, other agencies, healthcare providers, and first responders to create an environment that wraps around the youth served. The goal is that wherever a child turns in their life, at school, home, after-school programs, etc., there are adults who understand the impact of loss and trauma on youth, how to recognize it and how to support, listen to, and help build resilience in grieving youth.

Adults and peer support programs like Imagine can help children learn healthy ways to cope and grow more resilient. Loss is part of life and if we support children at the time of their loss they will be better able to cope with future life losses.

Over 40 years later, I am able to say, as I learned from my St. Vincent's School kindergarten friend Chris Harrington whose mom died when he was 11, that "I wouldn't have missed my dad for the world." I had the best dad for 14 years. Good can come from grief, loss, and pain, if we get and give support. As adults it is our job to help children navigate life's painful losses and create loving, supportive communities in which children can mourn their losses in healthy ways. That is the work of Imagine and all the centers like it around the country.

Imagine is a free year-round peer grief support center located in Mountainside, New Jersey serving children age 3 to 18 who have had a parent or sibling die, with concurrent support groups for their parents or guardians. Support for children and teens living with a parent or sibling with a life-altering physical illness is also available. Free year-round support groups are also available for young adults who have had a friend, sibling, parent or other important person in their life die, or who have a parent, sibling or friend living with an illness. Imagine is completely privately funded and completely free to participants for as long as they need. We rely on donations from individuals, companies, local businesses, and foundations to support the close to 300 children and adults currently attending our support groups every two weeks at Imagine. And we rely on volunteers to facilitate those groups. For more information about support, donating, or volunteering, please call 908-264-3100, email me at mary@imaginenj.org or visit imaginenj.org.

THE CELEBRATION SINGERS SPRING 2018 CONCERT

Submitted by Christopher Silvestri

The Celebration Singers would like to invite you to our spring concert titled "Music from the Heart, from the Soul" at Union County College, Roy Smith Theater, 1033 Springfield Avenue, Cranford, New Jersey at 8 p.m. on June 1 and June 2, 2018. Tickets are \$20 for adults and \$15 for children and seniors. Tickets can be purchased in advance through our website, celebrationsingers.org, or at the box office at the night of the

performances can be directed to our email at celebrationsingersnewjersey@gmail.com or to our landline at 908-552-4656.

The Celebration Singers are multi-generational ambassadors of song drawing music from a breadth of genres and cultures. The Choir's commitment to artistic excellence and its engaging and dynamic style provide its diverse singers and audiences with a compelling musical

concert. Any questions concerning the experience. The Choir lends support through music and participates in the cultural life of the community.

> Please also visit our Facebook page: facebook.com/Celebrationsingers.

> Funding for the Celebration Singers is made possible in part by the New Jersey State Council for the Arts, Department of State, through a grant administered by the Union County Office of Cultural and Heritage Affairs.



(above) The Celebration Singers Adult Choir at St Michael's in Cranford New Jersey for their annual winter concert.

CRISIS HOTLINE SCREENS FILM TO RAISE SUICIDE AWARENESS

Submitted by Janet Sarkos

The crisis hotline Caring Contact will present a special screening of "Suicide: The Ripple Effect," the remarkable story of Kevin Hines, who at 19 attempted to take his life by jumping from the Golden Gate Bridge. The screening will take place May 16, at 7:30 p.m. at AMC Loews at 1021 Route 22 East, Mountainside, New Jersey.

Following the screening, there will be a question and answer session and discussion on the topic, featuring some of the area's leading suicide prevention advocates. This discussion will be led by trained volunteers who are involved with Caring Contact.

Tickets are \$12, plus a processing fee, and can be purchased by visiting gathr.us/s/22327, where visitors can also view the film trailer and screening page. Tickets are limited so reservations are highly recommended.

With endorsements from some of the world's

leading suicide prevention experts, "Suicide: The Ripple Effect" began worldwide screenings on March 13, 2018. Since surviving the jump, one of only 25 to live among the more than 1700 people who have jumped from the bridge, Hines has been on a mission to use his story to help others find recovery and stay alive. He has become one the world's most prominent suicide prevention speakers and advocates.

The film features some of the world's leading suicide prevention experts and shines light on people who are using their personal experiences with suicide to help others find the hope they need to stay alive.

"Kevin Hines' 'Suicide: The Ripple Effect' is a marvel of inspiration, a film that should be seen by anyone who has known despair and anyone who is or has been close to someone in a suicidal crisis," said Dr. John Draper of the National Suicide Prevention Lifeline.

Caring Contact is an award-winning,

volunteer-staffed crisis hotline and listening community serving North and Central New Jersey, an area with 3 million inhabitants in Union, Essex, Middlesex, Morris and Somerset counties. More than 100 listeners attentively and compassionately serve those in emotional distress and educate communities about the power of personal connection. Caring Contact responded to more than 10,200 calls in 2017.

Caring Contact is a member agency of the National Suicide Prevention Lifeline network and its hotline services are available to anyone, anonymously and confidentially. Visit Caring Contact at: caringcontact.org

NAMI UNION COUNTY SUPPORT GROUP OR CAREGIVERS OF LOVED ONES **WITH MENTAL ILLNESS - MAY 15**

NAMI (National Alliance on Mental Illness) Union County is hosting a support grou for caregivers of loved ones who have a mental health diagnosis. Join our peer led monthly group meetings and gain insight from others facing similar challenges. The next meeting is May 15,

2018, 7:30 to 9 p.m. Meetings are held on the third Tuesday of every month at the First Presbyterian Church of Cranford, 11 Springfield Avenue, Cranford, New Jersey.

For more info call 908-233-1628 or email namiunioncounty@yahoo.com



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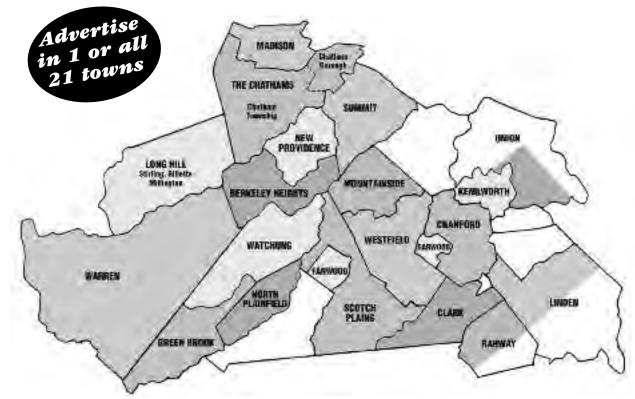
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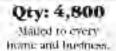
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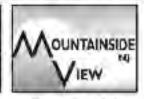
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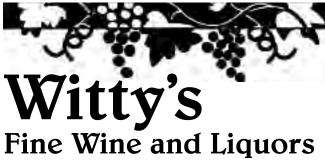
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Johnnie Walker Black						Coors Lite/Miller Lite		
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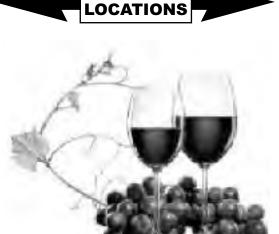




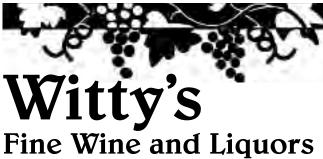


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