

# OUR TOWN

RAHWAY'S HOMETOWN NEWSPAPER **FREE**

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## CULTURE CRAWL 2018 - SEPTEMBER 22ND FROM 1 - 6 P.M.

*Submitted by Rahway Arts & Business Partnership*

With the arts underfunded and under attack, Rahway continues to provide barrier free access to the arts with Culture Crawl 2018, a free one day Arts and Music festival all throughout the downtown of Rahway. This event will have your head spinning and your heart exploding! Artists of all genres will be on display, lining the streets of Rahway during this rain or shine event. Exhibits and performances will be moved indoors in the event of rain so there is no need to miss out on all of the excitement!

It features live performances, interactive art, sculpture, video, spoken word, film, music, and unique vendors. This arts and music based event is an opportunity for artists, musicians, and performers to create and present new work, and offers a chance to experience and engage with the arts and business communities in a unique and innovative way.

Visit one of the 9 featured areas that include 2 Main Stages with bands performing on the half, gaze as dancers of all different genres perform at the prestigious Hamilton Stage, or enjoy a cycle of the Rahway Reel Short Film Festival. Grab a map to lead you through the streets of downtown to witness

for yourselves that #rahwayishappening.  
 Follow details of the event at [culturecrawl.org](http://culturecrawl.org).



(above) Rahway Culture Crawl includes dancing in the street to live music played throughout the downtown like these revelers in front of Cuban Restaurant in 2016.

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## FOUR GENERATIONS OF MARSH FAMILY VISIT ROTARY - JOHN SR. HONORED

John Marsh Sr., former Mayor of Rahway whose family has a long history in Rahway, was recently awarded the prestigious "Paul Harris Award" for his volunteer work for the Fanwood-Scotch Plains Rotary.

John is shown here visiting his son at the Bath Maine Rotary Meeting. His Grandson Jesse Marsh was visiting from Sweden with his son, Cosimo. John Marsh, Jr. and his wife, Anne, are past presidents of the Bath, Maine Rotary Club.



(above, l-r) Cosimo Marsh being held by Jesse Marsh, John Marsh Jr., John Marsh Sr.

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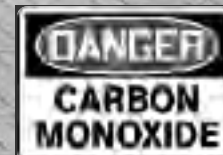
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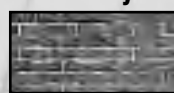
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(above) On June 18, 2018 Girl Scout Troops 40979 & 40745 earned a Wildflower Patch at the Rahway Historical Society on Saint Georges Ave. Members of the Rahway Garden Club instructed the troops on the history and importance of protecting the native plants and flowers of the United States of America.



## RAHWAY GARDEN CLUB

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## COLLARD GREENS

Most Americans associate collard greens with the south where they are very popular. There are annual festivals in cities like Atlanta and Savannah.

Collard greens are the official state vegetable of South Carolina. It's impossible to imagine southern cuisine without collards, grits or barbeque.

Research indicates that collards originated from wild cabbages found in Asia where it was consumed by humans before recorded time. From Asia it spread to Europe where it was grown by the Greeks and Romans in home gardens and eventually became established throughout Europe. Early European settlers brought collards to America by ship. After their arrival, African slaves added their own cooking styles which has become an important part of our traditional American cuisine today.

Nowadays, collard greens are widely consumed worldwide in many countries, including India and Brazil, where it is an important ingredient in national dishes. Collards are included in New Year's celebrations and eaten for good luck.

Collard greens are a leafy vegetable from the same family as cabbage and broccoli. Collards are a cool season vegetable that when planted in September can be harvested into early winter. Resistant to frost, they are one of the first crops that can also be planted in early spring, two to four weeks before the last frost. Many people claim that frost helps increase the flavor of this vegetable.

Closely related to kale, collard greens require similar care. A moist soil, rich with compost that is not permitted to dry out and receives full sun.

When started from seed in late August or September, follow the directions on the label for basic care of your seedlings. Collards require one inch of water a week. They are light feeders and



(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](http://keanegardener.blogspot.com)

when planted in soil enriched with compost do not require additional fertilizer.

Collard greens are considered a 'super-food' with impressive health benefits. They are known to purify the liver and eliminate toxins from the body. They supply vitamins and minerals that have many positive effects on the body. They even supply antioxidants which offset early aging, promote hair growth, and help prevent disease such as diabetes. Too numerous to write here, more information on the health benefits of collard greens can be found online and are well worth researching. Sadly, many people over boil these thick greens which leaches most of the nutrients out.

Other cole crops (cold weather crops) that can be planted now include cabbage, broccoli, Brussels sprouts, cauliflower and kale.

If you would like a quick harvest autumn vegetable, you can plant lettuce.

It grows fast and will last until the first frost.

Happy Autumn Gardening,

*James*

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## A TALE OF THREE HIGH SCHOOL BUILDINGS

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

Another September has arrived and the annual ritual of students returning to classrooms will soon begin, following a practice that in Rahway dates back to 1851 when the city's public school system was established. At that time, education was only offered at the grammar school level where learning the 3Rs was deemed sufficient for one's worldly knowledge. It would take another sixteen years before classes were offered to students desiring a higher education. Since that time, three buildings have been built and used as Rahway's institutions of higher learning.

### THIRD WARD SCHOOL/LINCOLN SCHOOL

The public school system started in 1851 and within a year, three grammar schools were built – Columbian, Washington, and Franklin. Ten years later, a Board of Education was incorporated and on August 5, 1867, a resolution was made to establish a high school that would have its own principal. Until a suitable high school could be built, classes were assigned to a room in Washington school. Students seeking admission into the class had to pass an exam and go before an examining committee consisting of the superintendent and two board members. The first principal was William B. Durie.

In 1873, the Third Ward School was built on an open field on Central Avenue just east of St. Georges Avenue. It would serve both boys and girls of grade school and high school age. High school classes were located on the second floor of the three story brick building. The first graduating class (1874) consisted of six students, four girls and two boys.

In 1899 the Third Ward School was renamed Lincoln School and remained the high school until 1910. Lincoln School would continue to serve the Rahway community as a grammar school until 1964. It was razed on September 2, 1965. Today, the site contains a playground and five municipal tennis courts.



*(above) Lincoln School, Rahway, NJ*



*(above) Rahway High School and Cambell Street, Rahway, NJ*

### CAMPBELL STREET HIGH SCHOOL

The need for a new, more modern high school building was apparent by the turn of the century, and when land became available on the corner of Elm Avenue and Campbell Street, the Board of Education purchased the property. On July 24, 1909, a cornerstone was laid for a three story structure with full basement that would contain modern features that included science rooms, art rooms, typewriting rooms, a room for manual training, and a balconied auditorium with a seating capacity of 700. There were seven classrooms for high school students on the second floor and five rooms for seventh and eighth graders in the basement. There was so much room that students from Clark and Carteret attended the school.

The abundance of room, however, would be short lived and by the 1930s (the Post World War I babies were becoming teens), the school was bursting at the seams. While the class of 1911 had 27 graduates, the number would grow to 174 by 1935. To deal with the growing population, several measures were taken. In 1927, the seventh and eighth grades were moved to Roosevelt School and by 1932 students from Clark and Carteret were no longer accepted. In 1934 a six room annex was added in the rear of the school, portable structures were erected, and rooms were rented in the YMCA, St. Mary's Church, and the Lutheran Church on Campbell Street. Once again, it was clear that a new school was needed.

The last class to graduate from the Campbell School High School graduated on June 18, 1940. There were 220 students in the class, the largest in school history to that date. After the high school moved, the city converted the building into their new city hall facility and would use it for that purpose for the next 43 years. The building still stands after being converted into condominiums in the mid-1980s.

### MADISON AVENUE HIGH SCHOOL

Prior to the late 1940s, most of the area west of Jefferson Avenue was woodland and open fields. When a seven acre tract on Madison Avenue at the end of Central Avenue became available in 1938, the Board of Education bought it with funding assistance from the Parks Works Administration of the Federal Government for \$15,000, and the construction of a new state-of-the-art building was soon underway. The new high school featured an auditorium, gymnasium, cafeteria, library, industrial arts rooms, and science rooms. As adequate as this building was thought to be when built, it soon experienced the same overcrowded conditions as the Campbell Street School, this time caused by the baby boomers of the Second World War. By 1959 the graduating class size had grown to 260 students and the board was forced to initiate split session schedules. Under this system, sophomores, juniors, and seniors would attend classes from 7:30 A.M. to noon while 7th, 8th, and 9th graders would go from noon to 4:47 P.M. To illustrate just how crowded it was, the class of 1965 graduated 508 seniors, still the largest class in school history.

By the 1964-65 school year improvements were finally made to help alleviate the overcrowded conditions. A new science wing was added to the high school and a junior high school was built a block away.

Over the years, improvements have continued to be made to keep the school up to date. In 1986 the exterior of the building was restored, new lockers were installed, and classrooms, hallways, and lavatories were modernized. In 1987 the auditorium was renovated with new lighting, carpeting, and cushioned seats. A new gym was added in 1996. Most recently a new performing arts center was added, portions of the school were air conditioned, and the science wing was completely refurbished.



*(above) Rahway High School, Rahway, NJ*

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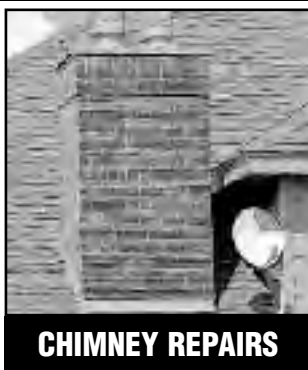
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# ARTIST AND ACTIVIST, LINDA GRANT, TAKES UP HER KNITTING NEEDLES

Submitted by Amy Garcia Phillips, Rahway Arts and Business Partnership



(above) Inspired by the immigration struggles at the border, artist and activist Linda Grant took up her knitting needles to create a portrait in yarn of Frida Kahlo. The piece will be a feature of Rahway's annual arts and music festival, Culture Crawl 2018, on September 22, taking place from 1-6 p.m. all throughout the downtown of Rahway.

When one thinks of Mexican artist Frida Kahlo, you don't often associate her with yarn, yet as you walk down Cherry Street in downtown Rahway you cannot help but make the connection as you pass the oversize portrait of Frida, made of yarn, created by the uniquely talented artist Linda Grant.

"The idea to do Frida had been brewing for some time. A lot was going on at our Southern border and I thought doing Frida would make a statement and be appropriate. Originally, I was going to do a full body portrait, but realized Frida wouldn't be much taller than your average person. Not dramatic enough! So I immediately decided to do just her head. I searched the internet and I found a portrait painted by a woman from Barcelona, Spain, Domna Banakou. I liked her interpretation of Frida and I knew I could make all those flowers!", explained Ms. Grant.

Yarn art projects usually consist of covering a piece of public property in a creative and colorful way using yarn. These are temporary installations, when it looks weathered, it gets removed. Linda has produced several large yarn art projects for Rahway. Last summer she decorated both City Hall and Rahway Train Station Plazas. Her little vignettes made of colorful shapes, animals and characters, intrigued commuters and residents alike and were sewn onto seats, hanging from trees or popping up in planters.

In fall of 2017 she created an oversized

replication of a Matisse Goldfish painting on the same fence where Frida now lends a watchful eye. "Her ability to look at a space and create something beautiful, artistic, and eye-catching is a true talent.", commented Amy Garcia Phillips, the Executive Director of the Rahway Arts and Business Partnership, (RABP), the organization that reached out to Ms. Grant last year. "In addition to the institutions like Union County performing Arts Center and The Gallery Space, we are lucky to have the work of many local artists like Linda who are truly proficient in their craft."

"Anything we can do to draw attention to Rahway is a good thing. We want people to come down and see all that Rahway has to offer. Having a works of art like Linda's portrait is that something extra that will draw people downtown.", commented Rahway's Mayor Giacobbe. "We are fortunate to have artists of this caliber in our community, who feel supported and who are willing to share their talents with us."

The Frida Kahlo portrait will be a feature of Rahway's annual arts and music festival, Culture Crawl 2018, on September 22, 2018 taking place from 1-6 p.m. all throughout the downtown of Rahway.

Ms. Grant teaches regular classes in knitting and crochet and can be contacted through the Rahway Recreation Center, (732) 669-3600 or by contacting the RABP at [info@Rahwayishappening.com](mailto:info@Rahwayishappening.com).

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## RAHWAY'S ANNE COLLART NAMED VP OF CASA OF UNION COUNTY TRUSTEES

Submitted by Gretchen Boger-O'Bryan

Rahway's Anne Collart was elevated to vice president of the board of trustees of Court Appointed Special Advocates (CASA) of Union County. The attorney with Gibbons in Newark practices commercial and criminal litigation, and criminal defense. She and husband Neil each trained as volunteer advocates to work with Union County foster youth.

CASA of Union County recruits, trains, supervises and supports community volunteers to advocate for abused, neglected and abandoned Union County children removed from home and placed in foster care or residential facilities. There are nearly 500 Union County children in foster care.

Collart said, "I am absolutely thrilled to be taking on a greater role with CASA of Union County and serve as vice president of the board of trustees. Our volunteer advocates really do such tough work, trying to connect with and lift up children who are at what will probably be the lowest point of their childhoods: being taken away from their home and their parents. Having been an advocate two years, and working with a little girl removed from home and then abused in her first foster home, I can tell you that my role now is far easier. I very much look forward to the opportunity to support our volunteers and help the organization continue to develop so we can meet our goal of providing a CASA volunteer for every Union County child who needs one."

"We are so pleased Anne has taken on the vice presidency," said Executive Director Marla Higginbotham. "Her time in the advocate trenches and her commitment to and understanding of the needs of these youth, as well as her upbeat spirit and approach to any task dovetail into an ideal candidate to guide the organization in the coming years."

Other changes to the board of trustees include elevation of Mountainside's Ron Silver to president, a retired dentist who trained and served

as a CASA volunteer advocating for several foster youth for six years; and new members real estate agent Terry Gould of Westfield and Edison attorney Adam Rothenberg of Scotch Plains. Gould has served as a CASA volunteer in Connecticut and New Jersey, and Rothenberg's wife Christie has advocated for five Union County foster youth over the last four years.

Through court-ordered access to foster parents, doctors, caseworkers, therapists and teachers, CASA volunteers ensure a child's best interests remain a priority while working toward establishing a safe, stable and permanent home. CASA of Union County serves half the county's youth in care; its goal is to reach every child. For details on how to get involved, reach Courtney at (908) 293-8136.



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## REGISTRATION BEGINS FOR THE YMCA'S 7TH GRADE INITIATIVE

Registration has begun for the new class of 7th Grade Initiative members at The Gateway Family YMCA. As part of the NJ YMCA 7th Grade Initiative, a state-wide program designed to support and encourage teens to maintain a healthy lifestyle, The Gateway Family YMCA offers a supportive program and membership for all 7th Grade Students in the local community, free of charge. Incoming 7th Grade students are invited to visit the YMCA and sign up for this complimentary membership and program with proof of grade and a guardian's signature. Registration is available at The Gateway Family YMCA – Elizabeth Branch - 135 Madison Avenue, Five Points Branch -201 Tucker Avenue, Union, Rahway Branch – 1564 Irving Street, Rahway and Wellness Center Branch – 1000 Galloping Hill Rd, Union.

The goal of the 7th Grade Initiative is to increase physical activity and support teens in the development of lifetime healthy habits while providing a safe and supportive environment at the YMCA. "At the Y, we recognize that 7th grade is a pivotal time in youth development. It is a time where sports become more competitive and many teens begin to become sedentary," stated Krystal R. Canady, CEO, The Gateway Family YMCA. "We believe in providing our students with a supportive environment where healthy habits can be learned and reinforced, new

friendships can be made, and positive programs and role models are part of the daily routine." In 2016, The Gateway Family YMCA released a video depicting the story highlighting a student in the 7th Grade Initiative, Gerby Janvier. This video is available on The Gateway Family YMCA's youtube channel: <http://bit.ly/7Grade>

"In order to prepare for the incoming school year, The Gateway Family YMCA is inviting incoming 7th grade students to register beginning August 15th at our branches in Elizabeth, Union and Rahway," added Melynda A. Mileski, EVP/COO. Students participate in programs and services offered by the YMCA, and receive a complimentary Full Privilege membership including health and wellness options, swimming, group exercise, as well programs designed exclusively for teens. "Our goal is to provide ongoing support for 7th grade students, assisting them to strengthen healthy behaviors, increase activity, gain a better understanding of nutrition and the importance of continuing these habits into their adult lives," stated Thomas Galuppo, Director of Healthy Living, Five Points Branch.

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,



For Healthy Living and For Social Responsibility. The Y impacts the community by providing quality services to people of all ages, races, faiths or incomes. Providing services for Eastern Union County and Northern Middlesex County for over 117 years, The Gateway Family YMCA has 5 YMCA branches in Elizabeth, Rahway and Union, serving the communities of Avenel, Carteret, Clark, Colonia, Elizabeth, Hillside, Kenilworth, Linden, Port Reading, Roselle, Roselle Park, Sewaren, Union, Vauxhall, Winfield Park and Woodbridge, NJ.

For more information about The Gateway Family YMCA or the 7th Grade Initiative, visit [www.tgfymca.org](http://www.tgfymca.org) or contact the Elizabeth Branch at 908-355-9622, Five Points Branch at 908-688-9622, Rahway Branch at 732-388-0057 or Wellness Center Branch at 908-349-9622.

## THE GOAL IS CONTROL: RWJ AND YMCA TEAM UP TO CONTROL DIABETES

If you have diabetes, the goal is control. Control your blood sugar levels and you reduce the risk of heart disease, kidney disease, blindness and neuropathy. Robert Wood Johnson University Hospital Rahway and The Gateway Family YMCA-Rahway Branch are teaming up to help uninsured people control their diabetes with a free, six-week education and exercise program.

"Diabetes control is more than diet. It's medication management, exercise, balancing meals and snacks, managing stress. People want to do the right things regarding their diabetes, but they often don't know how," said Angela Bacque, MPA, RPh, CDE, Pharmacy and Diabetes Self-Management Program Manager at RWJ Rahway. "This program gives them the tools they need."

The program includes the expertise needed to help control high blood sugar. It features diabetes educators, exercise experts, a pharmacist and nurse. Topics will include medication management, stress management, and tips like the timing of meals with glucose checks. There will be light exercise at each session by a YMCA fitness expert, as well as a healthy lunch and incentives.

"Exercise plays an important role in learning to control your blood sugar levels. Community-based organizations like the YMCA play a key role in chronic disease prevention, increasing access to services that are outside of a traditional clinical environment," said Krystal R. Canady, CEO of The Gateway Family YMCA. "In partnership with Robert Wood Johnson University Hospital Rahway, programs like this can help change behaviors and improve lives."

The first six week program is open to those without insurance or whose insurance does not cover diabetes education. Caregivers are welcome. The session begins Tuesday, September 18 from 11:30 am to 1 pm at the YMCA and runs each Tuesday for six weeks. The YMCA is located at 1564 Irving Street, Rahway. After six weeks, another six week program will begin in the Rahway area. Registration for these programs is required. To register, please call 732 499 6109.

For those who have insurance, including Medicare and Medicaid, the hospital runs a Diabetes Self-Management Program, offering one-on-one counseling. That program can be reached by calling 732.499.6109.

### ABOUT RWJUH RAHWAY

Founded in 1917, Robert Wood Johnson University Hospital Rahway is an acute care community hospital that provides a continuum of care. In addition to medical and surgical care, the hospital provides extensive outpatient services including physical, occupational, speech and hearing, wound care and hyperbaric medicine, pulmonary and cardiac rehabilitation. The hospital is home to Care Connection Rahway, a 24 bed rehabilitation unit and Kindred Hospital New Jersey-Rahway, a 34-bed long-term acute care hospital for medically complex patients requiring a longer length of stay.

### ABOUT RWJBARNABAS HEALTH:

RWJBarnabas Health is the largest, most comprehensive health care system in New Jersey, with a service area covering nine counties with five million people. The system includes eleven

acute care hospitals – Clara Maass Medical Center in Belleville, Community Medical Center in Toms River, Jersey City Medical Center in Jersey City, Monmouth Medical Center in Long Branch, Monmouth Medical Center Southern Campus in Lakewood, Newark Beth Israel Medical Center in Newark, RWJUH in New Brunswick, RWJUH Somerset in Somerville, RWJUH Hamilton, RWJUH Rahway and Saint Barnabas Medical Center in Livingston; three acute care children's hospitals and a leading pediatric rehabilitation hospital with a network of outpatient centers (Children's Specialized Hospital) with its multiple outpatient centers, a freestanding 100-bed behavioral health center, two trauma centers, a satellite emergency department, ambulatory care centers, geriatric centers, the state's largest behavioral health network, comprehensive home care and hospice programs, fitness and wellness centers, retail pharmacy services, a medical group, multi-site imaging centers and two accountable care organizations.

RWJBarnabas Health is New Jersey's largest private employer – with more than 33,000 employees, 9,000 physicians and 1,000 residents and interns – and routinely captures national awards for outstanding quality and safety. RWJBarnabas Health recently announced a partnership with Rutgers University to create New Jersey's largest academic health care system. The collaboration will align RWJBarnabas Health with Rutgers' education, research and clinical activities, including those at the Rutgers Cancer Institute of New Jersey and Rutgers University Behavioral Health Care.

# SEPTEMBER IS AFRICAN FABRIC MONTH!

OUR TOWN *Rahway* • Page 13 • September 2018

African fabrics are more popular than ever, and the time is right to spotlight some of the continent's most popular textile arts with a month-long celebration in September! From fashion runways all around the world to exclusive boutiques to discount home décor retailers to the mega-influence of the Black Panther movie and its "Wakanda Style," the appeal of African culture in cloth continues to flourish. And these unique forms of creative expression take on even greater meaning when they're transformed into DIY (do-it-yourself) projects.

African Fabric Month™ was launched in 2016 to promote the artistic and practical uses of such fabrics as batik, kuba, adinkra, bogolan/mudcloth, korhogo, adire and kente, and to honor the cultures that create them. Fabrics like these lend themselves to one-of-a-kind garments, handbags and accessories, quilts and home accents, connecting DIY makers to the creators of the cloths through their culturally relevant colors, patterns and symbols.

"The month centers on events and activities that expose people of all backgrounds to the

beauty of the fabrics, giving them an opportunity to truly "Feel the Fabric... Embrace the Culture," and African Fabric Month is just another fun vehicle to reach people," says Lisa Shepard Stewart, owner at the Cultured Expressions Sewing & Quilting Studio in Rahway.

African Fabric Month encourages a variety of suggested activities and projects that are fun, educational, and culturally relevant. Because it's geared to people who like to sew, quilt and create (the DIY audience), the one-month time frame gives people of all skill levels enough time to engage in the creation of unique projects. Lisa adds, "Everyone is welcome to participate, and to share their own ideas for African Fabric Month with social media posts, using #AfricanFabricMonth and #SewAfrican."

The Studio will celebrate with free trunk shows on Saturday, Sept 1 and Sunday, Sept 16, giveaways, weekly specials, gifts-with-purchase and more. Regular hours are Wed 4-8 p.m.; Thurs 12-6 p.m.; Fri 12-6 p.m. and Sat 10-6 p.m. (Note: The Studio will be closed Sept 19-22).

Visit [AfricanFabricMonth.com](http://AfricanFabricMonth.com).



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 CLASSIC CAR & MOTORCYCLE SHOW  
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 11AM-8PM, WOOD AVE. AT CITY HALL  
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## RAHWAY FOOD FOR FRIENDS RECEIVES FUNDING FROM NORTHFIELD BANK FOUNDATION

*Submitted By Candance Ashe*

Rahway Food For Friends was established in 1992 with the sole mission to feed the hungry, homeless and needy families in the community. This organization has had many great leaders, board members and volunteers to assist in these efforts. We continue to fight hunger in the community with great strides.

Rahway Food For Friends is proud to

acknowledge The Northfield Bank Foundation for its grant contribution of \$7,500 to support our efforts to end hunger in the community. The Northfield Bank Foundation focuses its efforts on projects to support education, health and human services, youth programs, affordable housing and other types of community organizations or civic-minded projects that improve the quality of life around us.



**RAHWAY FOOD FOR FRIENDS (RFFF)**

Provides 217 Rahway families and individuals with dignified access to nutritious, supplemental groceries, free of charge. The best food donations are healthy (low-fat, low-sugar, low-sodium) and meet the needs of the multicultural communities served by RFFF.

**THE FOODS NEEDED MOST ARE:**  
*\* Low sodium & low sugar preferred.  
 \* No glass please!*

- Baby Formula and baby food
- Diapers
- Canned Tuna
- 1 lb. bags of Rice
- Canned Soups
- Canned Vegetables
- Peanut Butter (in plastic jars)
- Low Sugar Cereal



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**Contact us at 732-381-7201**  
 Thank you so much for your support!  
 Learn more at  
**[rahwayfoodforfriendsnj.org](http://rahwayfoodforfriendsnj.org)**




(above) The Northfield Bank Foundation contributed \$7,500 to the Rahway Food For Friends organization.

### VOLUNTEERS NEEDED

TO HELP CLEAN UP THE RAHWAY RIVER

**Saturday, September 8th**  
**11:00AM to 2:00PM**






Join the Rahway River Watershed Association, the Central Jersey Stream Team, the Rahway Library and the Rahway Environmental Commission to help clean up the Rahway River behind City Hall and the Library!

Don't like to see tires, shopping carts and other debris littering the bed of the Rahway River behind the library or low tide? JOIN US for a fun event where we will get down and dirty to get that stuff out! The Central Jersey Stream Team will come to town from Somerset County to provide their expertise in this type of clean up. Let's show them that Rahway Community Spirit by providing a great turnout!

Meet in back of Rahway Public Library  
 2 City Hall Plaza, Rahway, NJ 07065 at 10:45AM

- No registration is required!
- All ages are welcome!
- Please wear a long sleeved shirt, and long pants you won't mind getting dirty or wet.
- High boots or waders will also be appreciated.
- Bags and gloves will be provided.

For **FOOD** donations  
**CONTACT**  
 Tim Valente  
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VISIT  
[cjsstreamteam.org](http://cjsstreamteam.org)

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**Sunday, September 30th, 2018**  
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**Hamilton Stage**  
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# SEPTEMBER 2018 EVENTS AT THE RAHWAY PUBLIC LIBRARY

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## Friends of the Library-Amazing Rahway Race

The Eighth Annual Amazing Rahway Race, an event similar to scavenger hunts will take place as part of Culture Crawl 2018 on

**Saturday, September 22, 2018 from 1-6 p.m.**

To participate, you will need to assemble a team of 2, 3 or 4 individuals who enjoy puzzle solving and don't mind some physical activity.

## Fall into Wellness with Yoga

**Wednesday, September 5, 12, 19 & 26 at 6:30 p.m.**

Celebrate National Yoga Month at the library with FREE, gentle, chair yoga, breathing, and guided meditation led by Kathleen Williams. All experience and fitness levels welcome.

Register by calling 732-340-1551, ext. 212 or by visiting the Reference Desk. Adults (16+) only.

## Discovery Studio - Crochet Club

**Thursdays, September 6 & 20 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.

## Friends' Group Meeting

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

**at 7:00 p.m. on Thursday, September 13.**

## Readers Circle Book Club

**Monday, September 17 at 2:00 p.m.**

Join us for the discussion of The Seven Sisters by Lucinda Riley.

## Third Thursday Movie

**Thursday, September 20 at 1:00 p.m.**

Daughters of the Dust (1991) TV-PG | 1h 52min | Drama, History, Romance. This classic film directed by Julie Dash, is set amidst the Gullah culture on the sea islands of South Carolina and Georgia.

## "Calling all Entrepreneurs"

**Thursday, September 20 at 6:30 p.m.**

Free Seminar by the Small Business Administration: Are you thinking about starting your own business or interested in growing the one you already have? A

Representative of the U.S. Small Business Administration will present an overview of programs and services and answer your questions. Sign-up at the Reference Desk or by calling; 732-340-1551, ext. 212.

## TEEN EVENTS

### Discovery Studio for Teens

Join us in our Discovery Studio on

**Monday, September 24th at 6 p.m.**

Fashion a bookmark in a creative shape out of wires for all your school reading needs!

### Teen Screen Presents

Please join us as we screen the box office sensation

Avengers: Infinity War in our auditorium on

**Monday, September 17th.**

All are welcome. PG-13.

### Needle Felting Workshop for Adults & Teens

Learn a new craft technique with experienced artist

Christine Hsaio on

**Saturday, September 22 at 2:00 p.m.!**

Use sheep wool to create a cute duckling with the needle felting technique. No experience needed. No sewing! No knitting! All supplies will be provided, but registration is necessary due to limited space.

Register for this free program by calling the Reference Desk at 732-340-1551, ext. 212 today!

### Summer Assignment Help

**September 4 & 5 at 2:00 - 4:00 p.m.**

Librarians are here to help with your summer assignment for kids going into grades K-6.

Call to make an appointment.

## Tween Scene

**Thursday, September 13 at 4:00 p.m.**

Come to the library for a fun project especially for tweens. Ages 8 - 12.

## Toddler Time

**Wednesdays, September 5, 12, 19 & 26 at 10:30 a.m.**

We will be talking, singing, reading, writing and playing during this literacy readiness storytime. Ages birth - 4.

## Lego Club

**Monday, September 17 at 6:30 p.m.**

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

## Kids Movie

**Saturday, September 22 at 2:00 p.m.**

Enjoy a family friendly movie on the library's big screen. Refreshments provided. All ages.

## Preschool Dance Party

**Tuesday, September 11 at 11:00 a.m.**

Dance to the music and play some instruments! Ages 6 and under.

## Junior Lego Club

**Friday, September 21 at 11:00 a.m.**

Come play and build with the library's Lego Duplo collection. Ages 2-5.

## Pajama Storytime

**Monday, September 24 at 6:30 p.m.**

Come to the library in your jammies and hear some stories! All ages.

## Kids BINGO

**Tuesday, September 25 at 4:00 p.m.**

Play some BINGO and win some prizes! All ages.

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<b>Echo Lake Country Club</b> 515 Springfield Ave. Westfield, NJ 07090	<b>Skin Deep Salon and Spa*</b> 1330 Springfield Ave. New Providence, NJ 07974
8:00 AM Shotgun 1:00 PM Shotgun	9:00 AM Spa Session 12:00 PM Spa Session
\$650 per Individual Golfer \$3,000 per Golf foursome	\$650 per Individual Spa Guest \$3,000 per Spa Foursome <i>*Only 30 spots available</i>

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<http://trinitasrnc.org/golfspa>

If you have questions,  
 please contact **Kim Boyer**  
 at (908) 994-8249  
 or [kboyer@trinitas.org](mailto:kboyer@trinitas.org)

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To learn more and apply, please log onto <http://caringcontact.org/volunteer-listener-application/> or call 908-301-1899

About Caring Contact

Caring Contact is an award-winning, volunteer-staffed caring and crisis hotline providing active listening support and best-in-class education to the Central and Northern New Jersey community. We attentively and compassionately serve those in emotional distress and educate our communities about the power of personal connection. We are affiliated with CONTACT USA, the National Suicide Prevention Lifeline and the American Association of Suicidology. If you are in crisis and need someone to listen, call us at 908-232-2880. To learn more, visit [caringcontact.org](http://caringcontact.org).



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<b>St. Joseph Social Service Center</b> 118 Division Street Elizabeth, NJ 07201 908-354-5456 x3	<b>St. Helen Parish Center</b> 1600 Rahway Avenue Westfield, NJ 07090 Marilyn Ryan, 908-232-1214 x113
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**To purchase Dinner Tickets or to Donate online, please use the following link:**  
<https://www.sjeliz.org/special-events.html>

**We greatly appreciate your continued support - THANK YOU!**

# OBITUARY FOR ELLEN ZIENTEK (MCCARTHY)

Ellen R. Zientek, 92, formerly of Spring Lake Heights, passed away peacefully on Tuesday, July 24, 2018, at Allegria at Ocean Grove. Her family remembers her love of music-she once played upright bass in Carnegie Hall. She loved to make everyone laugh. She was proud of her Irish heritage until the end.

Mrs. Zientek (nee McCarthy) was born and raised in Bayonne. She lived in Rahway, where she raised her family, before moving to Spring Lake Heights in 1992. She was a graduate of the Bayonne Hospital School of Nursing, former President of the Bayonne Hospital Nursing Alumni, a member of the Occupational Health Nurses of N.J., and former President of the Rosary Altar Society at St. Mary's Church, Rahway. She enjoyed a distinguished career in nursing before retiring, but above all else, she was a devoted wife, mother, grandmother and great-grandmother.

Mrs. Zientek was predeceased by her parents, John F. and Kathleen McCarthy, and by her siblings, Consuela Murtagh, and James and John McCarthy. She is survived by her beloved husband of 64 years, Joseph F. Zientek. Also surviving are her children and their spouses, Jan and Susan Zientek, Farmingdale, Mary Ellen Cook, Belmar, Mark and Virginia Zientek, Sea Girt, Paul and Diane Zientek, Yardley, Pa. and Patricia Zientek Bonhag and William Bonhag, of

Bluffton, SC, as well as 13 grandchildren and 5 great-grandchildren.

In lieu of flowers, donations were asked to be made to Alzheimer's New Jersey, via alznj.org. Condolences may be sent via obrienfuneralhome.com.



# RAHWAY YOGA MALA EVENT BENEFITS RAHWAY FOOD FOR FRIENDS

Join Stacy and Seth Newfeld on Saturday, September 15th, 8:30-11 a.m., for the 4th Annual Rahway Yoga Mala, a charity yoga event for the benefit of our local food bank, Rahway Food For Friends.

Each year since 2015, Stacy and Seth, who've lived in Rahway since 2014, along with a group of Rahway-centric yoga teachers and musicians have gathered in town for an event open to all ages and experience levels, to celebrate Yoga Month, the UN's International Day of Peace and the impending Autumnal Equinox, and the city of Rahway itself.

This year the Yoga Mala event returns to where it began in 2015: The Train Station Plaza on Irving St. There'll be a few vendors, music, raffles with prizes from Yoga studios all over Union, Essex and Middlesex Counties. And of course, there'll be Yoga, including yoga for kids!

All are welcome..  
Suggested donation is \$15\* per participant (\$5\* for kids 5-13 but must be accompanied by an adult.)  
\*Every dime raised from this event goes directly to Rahway Food For Friends.





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## NATIONAL ALLIANCE ON MENTAL ILLNESS TO HOST TALK

The Union County affiliate of the National Alliance on Mental Illness (NAMI) will have Dr. Thomas Massarelli, Director, School Psychology Program, Dept. of Professional Psychology and Family Therapy at Seton Hall University speak about "Recognizing early signs of mental illness, getting help and family therapy for dealing with mental illness."

Dr. Massarelli will speak at the Wednesday, September 26, 2018 meeting. All are welcome. Learn about the support and education that NAMI can offer. Meeting starts at 7:30 p.m. at RWJ Rahway Fitness & Wellness Center, 2120 Lamberts Mill Rd., Scotch Plains. For more information, call 908-233-1628 or email [namiunioncounty@yahoo.com](mailto:namiunioncounty@yahoo.com)

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## ANNUAL CEMETERY TOUR TO HAVE WORLD WAR I THEME

The focus throughout much of 2018 has been the observance of the 100th anniversary of the end of World War I. To pay tribute to the men and women who gave so much during the "war to end all wars," this year's cemetery tour, hosted by the Merchants and Drovers Tavern Museum Association, will feature a World War I theme. The tour, the Association's 24th annual, will be held on Sunday, October 7, 2018 in the historic Rahway Cemetery.

Guests will be escorted to eleven graves of citizens who have interesting and in some cases tragic stories to tell. Costumed actors will represent both soldiers and civilians as they give the historic accounts of the parts they played in the war.

Tour stops will include the graves of two soldiers who were killed in action, the mausoleum of Dr. Fred Albee, the famous orthopedic surgeon, and a 15 year old girl who

worked as a Red Cross Volunteer. Descriptions of some of the brutal battles will be given by soldiers who were there, two of whom received the Purple Heart and came home with life-altering injuries. Visitors will also learn about the USA Coast Artillery Corps, the Army Air Force, and the Balloon Squadron. Visitors will hear the unusual story of a decorated soldier, who after the war, murdered his girlfriend and was executed in the electric chair.

Tours start at noon and leave every 15 minutes with each tour taking approximately 1 1/2 hours. The last tour goes out at 4:00 p.m. Since large crowds are anticipated, tour time reservations are recommended to ensure a desired starting time. Admission is \$15.00 for adults, \$10.00 for seniors (65+), and \$5.00 for children (12 and under). For reservations and more information, call the Museum office at (732) 381-0441.

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**WINE**



<b>Alamos Malbec</b> .....	750ml	<b>\$ 8.99</b>
<b>Andre</b> (All Types).....	750ml	<b>\$ 6.99</b>
<b>Apothic Red</b> .....	750ml	<b>\$ 9.29</b>
<b>Avalon</b> (Cabernet Sauvignon).....	750ml	<b>\$ 9.99</b>
<b>Barefoot All Types</b> .....	1.5L	<b>\$10.39</b>
<b>Bartenura Moscato</b> .....	750ml	<b>\$11.99</b>
<b>Barone Fini</b> (Pinot Grigio).....	750ml	<b>\$11.99</b>
<b>Beringer White Zinfandel</b> .....	750ml	<b>\$ 4.99</b>
<b>Beringer White Zinfandel</b> .....	1.5L	<b>\$ 8.69</b>
<b>Black Box</b> (All Types).....	3L	<b>\$19.99</b>
<b>Blackstone</b> (All Types).....	1.5L	<b>\$12.99</b>
<b>Bogle</b> (Chardonnay and Merlot) .....	750ml	<b>\$ 6.99</b>
<b>Bolla</b> .....	1.5L	<b>\$12.99</b>
<b>Caymus Napa Valley</b> (Cabernet Sauvignon).....	750ml	<b>\$79.99</b>
<b>Carlo Rossi</b> (Chablis, Burgundy, Sangria, Blush).....	4L	<b>\$13.99</b>
<b>Carnivor</b> (Cabernet Sauvignon).....	750ml	<b>\$10.99</b>
<b>Casal Garcia Vinho Verde</b> .....	1L	<b>\$ 5.99</b>
<b>Cavit</b> (All Types) .....	1.5L	<b>\$13.99</b>
<b>Chateau ste Michelle Columbia Valley</b> Cabernet and Merlot .....	750ml	<b>\$13.99</b>
<b>Chateau Ste. Michelle Columbia Valley</b> Chardonnay .....	750ml	<b>\$ 9.95</b>
<b>Chateau Ste. Michelle Columbia Valley</b> Riesling .....	750ml	<b>\$ 8.99</b>
<b>Clos du Bois</b> Chardonnay .....	1.5 L	<b>\$19.99</b>
<b>Clos du Bois</b> Cabernet, Merlot.....	750m	<b>\$ 9.95</b>
<b>Cockburns Ruby and Tawny Porto</b> .....	750ml	<b>\$11.99</b>
<b>Concha Y Toro Frontera</b> .....	1.5L	<b>\$ 8.99</b>
<b>Coppola Diamond</b> Cabernet Sauvignon, Merlot.....	750ml	<b>\$13.99</b>
<b>Coppola Diamond</b> Chardonnay.....	750ml	<b>\$11.99</b>
<b>Corbett Canyon</b> (All Types) .....	1.5L	<b>\$ 7.99</b>
<b>Cupcake</b> (All types, except Prosecco and Moscato) .....	750ml	<b>\$ 8.99</b>
<b>Dom Perignon</b> .....	750ml	<b>\$149.99</b>
<b>Dreaming Tree</b> (All Types) .....	750ml	<b>\$11.99</b>
<b>Ecco Domani</b> (Pinot Grigio).....	750ml	<b>\$ 8.99</b>
<b>Fish Eye</b> (All Types).....	1.5L	<b>\$ 9.99</b>
<b>Flip Flop</b> (All Types).....	1.5L	<b>\$ 9.99</b>
<b>Franzia</b> (Crisp White, Blush, Sangria, Chilable red).....	5L	<b>\$13.99</b>
<b>Freixenet</b> (Brut, Extra, Rose, Sweet) .....	750ml	<b>\$ 9.99</b>
<b>Gato Negro</b> (All Types).....	1.5L	<b>\$ 9.99</b>
<b>Gazela Vinho Verde</b> .....	750ml	<b>\$ 5.99</b>
<b>Ghost Pines</b> (Merlot and Red Blend).....	750ml	<b>\$15.99</b>
<b>J. Lohr</b> Cabernet Sauvignon .....	750ml	<b>\$11.99</b>
<b>Josh</b> Cabernet Sauvignon.....	750ml	<b>\$13.99</b>
<b>Joseph Carr</b> Cabernet Sauvignon .....	750ml	<b>\$22.99</b>
<b>Kendall Jackson Vintners</b> Chardonnay .....	750ml	<b>\$12.09</b>
<b>Kim Crawford</b> (Sauvignon Blanc) .....	750ml	<b>\$13.99</b>
<b>Korbel</b> (All Types except Natural and Organic) .....	750ml	<b>\$11.99</b>
<b>La Crema Sonoma</b> Pinot Noir.....	750ml	<b>\$16.99</b>
<b>Liberty Creek</b> (All Types).....	1.5L	<b>\$ 7.99</b>

<b>Louis Jadot Beaujolais</b> .....	750ml	<b>\$ 9.99</b>
<b>Louis Jadot Beaujolais Villages</b> .....	750ml	<b>\$ 10.99</b>
<b>Louis Jadot Pouilly Fuisse</b> .....	750ml	<b>\$21.99</b>
<b>Luna di Luna</b> (All Types).....	1.5L	<b>\$13.99</b>
<b>Mark West Pinot Noir</b> .....	750ml	<b>\$ 9.39</b>
<b>Mark West Pinot Noir</b> .....	1.5L	<b>\$17.99</b>
<b>Martini &amp; Rossi Asti</b> .....	750ml	<b>\$11.99</b>
<b>Menage a Trois Red</b> .....	750ml	<b>\$ 8.99</b>
<b>Merry Vale</b> (Cabernet) .....	750ml	<b>\$49.99</b>
<b>Mezzacorona Pinot Grigio</b> .....	1.5L	<b>\$12.99</b>
<b>Mi Amore Red</b> .....	750ml	<b>\$ 8.99</b>
<b>Moet Imperial Champagne</b> .....	750ml	<b>\$39.99</b>
<b>Noble Wine 337, 667</b> .....	750ml	<b>\$10.99</b>
<b>Papi</b> (All Types) .....	1.5L	<b>\$10.98</b>
<b>Real Sangria</b> .....	1.5L	<b>\$ 9.99</b>
<b>Rex Goliath</b> (All Types) .....	1.5L	<b>\$10.99</b>
<b>Robert Mondavi Private Select</b> .....	750ml	<b>\$ 8.99</b>
<b>Robert Mondavi Private Select</b> .....	1.5L	<b>\$16.99</b>
<b>Rodney Strong Sonoma Cabernet</b> .....	750ml	<b>\$16.99</b>
<b>Rodney Strong Sonoma Chardonnay</b> .....	750ml	<b>\$11.99</b>
<b>Rombauer Chardonnay</b> .....	750ml	<b>\$36.09</b>
<b>Ruffino Chianti</b> .....	750ml	<b>\$ 7.99</b>
<b>Ruffino Chianti</b> .....	1.5 L	<b>\$13.99</b>
<b>Ruffino Pinot Grigio</b> .....	1.5L	<b>\$11.99</b>
<b>Ruffino Chianti Gold</b> .....	750ml	<b>\$30.99</b>
<b>Ruffino Tan label</b> .....	750ml	<b>\$19.99</b>
<b>Santa Margerita Pinot Grigio</b> .....	750ml	<b>\$20.29</b>
<b>Senor Sangria</b> (All Types) .....	1.5L	<b>\$12.99</b>
<b>Silver Oak Alexander Valley Cabernet</b> .....	750ml	<b>\$76.99</b>
<b>Simi Chardonnay</b> .....	750ml	<b>\$12.09</b>
<b>Sonoma Cutrer Chardonnay</b> .....	750ml	<b>\$20.99</b>
<b>Sutter Home</b> (All Types).....	1.5L	<b>\$ 8.99</b>
<b>Tom Gore</b> (All Types) .....	750ml	<b>\$ 9.99</b>
<b>Woodbridge</b> (All Types) .....	1.5L	<b>\$11.49</b>
<b>Yago Sangria</b> .....	3L	<b>\$14.99</b>
<b>Yellow Tail</b> (All Types) .....	1.5L	<b>\$11.49</b>

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