

OUR TOWN

RAHWAY'S HOMETOWN NEWSPAPER

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Published by Renna Media

Issue 111 • October 2019

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FAMILY FUN & FITNESS DAY AT THE GATEWAY FAMILY YMCA

Submitted by Colleen Clayton

This fall, The Gateway Family YMCA branches in Rahway, Elizabeth and Union will celebrate a family wellness event, Family Fun & Fitness Day. Family Fun & Fitness Day is designed with activities to engage both children and their parents, and is open to all ages.

A Family Fun & Fitness Day event is scheduled for October 5, 2019, at the Rahway Branch, 1564 Irving Street.

The Gateway Family YMCA branches will be hosting events that are open to the community, including free family group exercise programs, indoor playstreets, healthy snacks, nutrition information, community vendors and fun games.

"Providing a safe and positive environment for the community, where families come together in a healthy environment, sharing experiences and creating memories is what we do here at the Y," stated Krystal R. Canady, CEO. The Gateway Family YMCA offers family programs and events to support healthy family living in the communities throughout Eastern Union County and Northern Middlesex County, including Early Learning Readiness (ELR) a school-readiness community program for preschoolers and their caregivers.

"Serving families has always been at the heart of the Y. We have a fundamental desire to provide opportunities for every family to build stronger bonds, achieve greater work/life balance, become more engaged with their communities, and have fun," stated Melynda A. Mileski, EVP/COO.

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 Gateway Family YMCA impacts the community by providing quality services to people of all ages, races, faith or incomes. The Y doesn't just strengthen bodies – it strengthens people, families and communities.

For more information about Family Fun & Fitness Day, or programs and services provided by The Gateway Family YMCA, visit tgfymca.org or contact the Elizabeth Branch at 908-355-9622, Five Points Branch 908-688-9622, Rahway Branch 732-388-0057, Wellness Center Branch 908-349-9622, WISE Center Branch 908-687-2995 or Youth Development Branch 908-355-3061.

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(above) The YMCA will host a Family Fun & Fitness Day event on October 5 at the Rahway Branch.

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Our Town is published by Renna Media in coordination with the Rahway Chamber of Commerce.

Over 12,600 papers are printed monthly, and mailed to every businesses and home in Rahway.

Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

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TRICKY TRAY AUCTION - OCTOBER 16

Holy Trinity Orthodox Church in Rahway will sponsor its autumn Tricky Tray auction on Wednesday, October 16, 2019. The auction will be held at Saint Thomas the Apostle Parish Center, 1400 St Georges Avenue, Rahway.

This year, prizes include a toaster oven, a George Foreman Grill/Panini maker, seasonal items, lamps, a sports jersey, jewelry,

housewares, and much more. There will be a 50-50 drawing.

Hot sandwiches, including kohlbas and sauerkraut will be available for purchase at very reasonable prices. Beverages, snacks and cake will also be available in the kitchen.

Admission cost is \$10. Advance purchase is advisable. Call 732-574-9799 for tickets.



(above) Holy Trinity Orthodox Church in Rahway will sponsor its autumn Tricky Tray auction on Wednesday, October 16, 2019.

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On Wednesday, October 30, 2019, women entrepreneurs are invited to attend the “All Women Matter” Small Business Summit, offered by the Rahway Section of the National Council of Negro Women (NCNW). The event promises to be of benefit to women entrepreneurs of all backgrounds who are already engaged in their businesses, and to those preparing to launch a new venture.

Presentations and a panel discussion will be given by area small business experts and representatives from various organizations specializing in entrepreneurship. In addition, a “business speed dating” event, information vendors, plus morning refreshments, lunch and take-home materials are included. Tickets are \$45 before October 9, \$55 after. The event takes place on Wednesday, October 30, 2019 from 8:30 a.m. (registration) to 2:30 p.m. at the

Rahway Recreation Center, 275 East Milton Ave in Rahway, NJ.

NCNW is a not-for-profit coalition comprised of 200 community-based sections in 32 states and 38 national organizational affiliates that works to enlighten and inspire more than 3,000,000 women and men. For over 50 years, the Rahway section has provided a wide variety of programs and activities that benefit the community at large. Visit facebook.com/ncnw.rahway.section to learn more.

For information on the All Women Matter Small Business Summit, contact NCNW via email at ncnw.rahway.ee@mail.com, or follow on Instagram @ncnwrahwaynj.

To register for the summit, visit eventbrite.com/e/ncnw-all-women-matter-small-business-summit-tickets-68399291121.

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ANNUAL AIDS QUILT DISPLAY AT FIRST PRESBYTERIAN CHURCH

There will be an AIDS Quilt display once again this year at First Presbyterian Church in Rahway, 1731 Church St. The event will be held on Saturday, October 12 from 11:00 a.m. - 2:00 p.m.

The Quilt was nominated for a Nobel Peace Prize in 1989. It tells stories and shares history.

Experience the world's largest art project for yourself! The display is free of charge. This year's display features panels for loved ones with families in the Rahway area. There will also be a special AIDS awareness service the following day, Sunday, October 13 at 10:30 a.m. There will be a speaker, special music and a reading of the names.



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THE CITY OF RAHWAY ANNUAL HALLOWEEN PARADE

The parade begins at 4:45pm, from Hamilton Stage and marches towards Train Station Plaza. From 5:00pm to 7:00pm, registered children can participate in the Monster Mash Carnival on Train Station Plaza which will include carnival style games, prizes, music, and giveaways. Costume Contest at 6:30pm at Train Station Plaza.

FREE for Rahway Residents. Registration required per child for entry into the Monster Mash Carnival. Register in person at the Recreation Center or online at CityofRahway.com/Halloween

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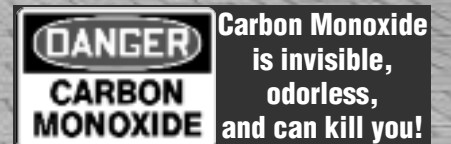
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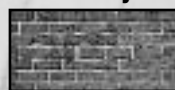
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RAHWAY'S FREDDIE RUSSO WAS AMONG BOXING ELITE IN 1940S

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

Freddie Russo, considered one of the classiest boxer-punchers of the era (1942-1951), was the only professional boxer from Rahway to take a shot at becoming a world boxing champion. In his outstanding career, Russo compiled a record of 102 wins, 14 losses, and four draws. After joining the professional ranks in 1943, he went undefeated in his first fifty-one bouts.

Born in Rahway on October 3, 1925, Freddie's introduction to fighting began at age four when his older brother, Danny, who himself would become a pretty good amateur boxer, bought him a pair of regulation boxing gloves. Almost immediately, the young boy thrust his hands in the gloves and began exchanging blows with his older sibling. Once in grammar school, it would become an all too common occurrence for Freddie to get into afterschool scrapes with his schoolmates. After having bested the boys of similar age who dared to take him on, he soon challenged older boys and trounced them in like manner. With his parents and teachers at their wits end on how to quell his aggressive spirit, his father enrolled him in the PAL Recreation Boxing Program held at the old firehouse/police station on Main Street. The training suited the

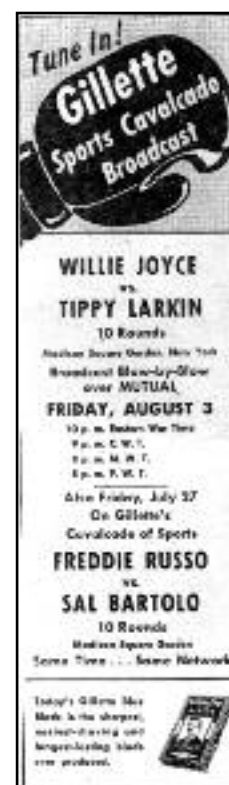


(above, l-r) Boxing champions Rocky Graziano, Willie Pep, Freddie Russo, and Joey Giardello gather at a fund raising event along with Rahway businessman and boxing aficionado John "Butch" Kowal (center) in this circa 1970's photo.



(above) Freddie Russo in a publicity pose.

(right) Boxing card newspaper ad lists a ten round bout between Freddie Russo and Sal Bartolo at Madison Square Garden.



young boxer who in an early interview for Ring Magazine would state, "The truth is, I had fighting on my mind all the time. All I thought about ever since I could think was that I wanted to become a prizefighter."

In January, 1942, at age seventeen and still in his senior year of high school, Freddie joined the amateur ranks. During a fifteen-month stint on the amateur level, he fought a total of twelve bouts, winning all twelve. His success did not go unnoticed and he was soon touted as one of the best amateurs ever developed in New Jersey. He ended this first stage of his boxing career having won four Golden Gloves Championships and the N. J. 118 lb. Championship. He was also the recipient of the prestigious Diamond Belt.

Russo moved up to the professional ranks on April 7, 1943 and in his first bout, scored a TKO victory over Ike Roland. After this initial win, he would go undefeated in his next fifty bouts. In his fourteenth pro bout, he won the New Jersey Featherweight Championship with a second round KO over George Knox. Russo, who often gave the press good copy for their

articles, angered the Boxing Commission when he gave the belt that was presented to him in the ring to his opponent saying, "I don't want to be Featherweight Champion of New Jersey. It's the World Championship that I'm after." At the time, Freddie was managed by Irving Cohen, one of the best in the business, and trained by Whitey Bimstein and Dan Florio. Rocky Graziano, a popular middleweight, was a stablemate of Russo.

By the beginning of 1945, Russo was getting more and more attention from the boxing press. A Boxing News article from that year noted that Freddie was, "One of the most sought after scrappers in the ring today. Not only because of his undefeated record, but also because of his aggressive, two-fisted style of fighting. He is strongly and solidly built and is on the move all the time. He has a dangerous left hook and is willing to mix it with good ring opponents."

Russo finally got his chance at the World Title when he fought the reigning National Boxing Association Champ, Sal Bartolo on July 27, 1945 at Madison Square Garden. Although Russo lost the ten round decision, he impressed the crowd of over 15,000 Garden fans by giving Bartolo all he could handle. The loss was Freddie's first professional set back.

Freddie Russo would never win a world championship, a prize that eluded him on two separate occasions by the narrowest of margins, but he did defeat four world champions during his career. His proudest win was his fiftieth straight victory when he defeated Vince Del Orto, the European featherweight and lightweight champion. His notable ring achievements include N. J. 126 lb. Champion (1944-1949), being named the New York Journal's Fighter of the Year (1945), undefeated in 51 consecutive fights, defeated four world champs, member of the New Jersey Boxing Hall of Fame, the Italian American Hall of Fame, and the Veteran Boxer's Association of N. Y. and N. J.

Russo resided in Rahway for fifty-five years. He died in 1987.

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PUMPKINS

Pumpkins are native to North America where seeds have been found in Mexican graves and temples dating back five to seven thousand years ago. Up north, pumpkins were grown by Native Americas for hundreds of years before the first European settlers arrived here.

The America Indians created a farming technique called "The three sisters". Corn was grown in the same plot as beans and squash. The corn would grow tall and the beans would use it as a trellis. The pumpkins and squash were planted at the base and would discourage raccoons and other critters from eating the corn and beans. The Natives later taught this practice to the Pilgrims. Without pumpkins it is doubtful any of the Pilgrims would have survived the first long winter.

In later years the Pilgrims would carve out pumpkins, fill them with milk and bake them until they turned in a rich, flavorful custard. This tradition later became today's pumpkin pies. Sugar pumpkins are the smaller orange pumpkins used to make pumpkin pie.

Pumpkins and other winter squash are easy to grow if you give them their basic requirements, warm rich soil, heavy but even moisture, lots of sun and most importantly, plenty of space to spread out and grow. If they outgrow their space you can turn the growing tips towards where you want them to grow. When harvesting leave at least one inch of stem attached and let your pumpkins sit in the sun for ten days to cure them before storing them.

Our modern Halloween tradition of carving out pumpkins began in ancient Ireland. The Celtic people believed the dead arose from their graves every year on October 31. To ward off evil, people carved faces into rutabaga or turnips, beets or potatoes and put them in windows and at their doors. Even the name Jack-O-Lantern is derived from Irish lore and folktales.

When our Irish immigrants arrived in America, they brought these traditions with them and quickly learned pumpkins are much easier to carve out.

Today pumpkins can be found in a variety of sizes, from the massive orange pumpkins to jack-be-little, which can fit in the palm of your hand. Color choices now start at white, then orange, and blended. There are even pumpkins with warts for folks looking for something different.

Selecting a pumpkin is often a family event with everyone going to a local farm to make their selections. When choosing your pumpkin pay attention to the stem. Pumpkins with stems last longer; long or curved stems add character to the pumpkin.

A pumpkin placed by a door or in front of a house today has come to symbolize the autumn season, good fortune and prosperity.

Happy Autumn,

James



*October is deer "rutting" season.
Keep your eyes on the road and drive with
caution, especially at night.
A mating deer can leap in front of your car
faster than you can text lol.*



(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



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CELEBRATING EMPOWERMENT: 99 YEARS ON A MISSION

Submitted by Shannon Myre

The YWCA Union County announces our Fall Cocktail Reception, Celebrating Empowerment: 99 Years on a Mission. This is our signature event celebrating nearly a century of serving our community and empowering survivors of domestic violence. This event will be held Thursday, October 10, 2019 from 6 to 9 p.m. at the Westwood in Garwood and is a major fundraiser for our domestic violence programs.

The 2019 Honorees are Kean University, The Housing Authority of the City of Elizabeth, and Westfield United Fund.

The YWCA's Mission is eliminating racism, empowering women, and promoting peace, justice, freedom and dignity for all. In 1978, our organization dedicated its mission to an urgent need in our communities – domestic violence. YWCA Union County is on a mission to empower survivors of domestic violence to

become safe and free from abuse through comprehensive, client-centered services, and through education, collaboration and advocacy that builds safe, informed and supportive communities.

Domestic violence crosses all barriers of race, ethnicity, religion, sexual orientation, gender and socioeconomic status and it is a crime that impacts our entire community. It is estimated that 1 in every 3 women and 1 in 7 men will be affected by domestic violence in their life - more than breast cancer, lung cancer, and ovarian cancer combined. The monetary cost of domestic violence in the United States in dollars has been estimated to exceed 9.3 billion dollars a year in medical and mental health services, loss of productivity, and loss of paid earnings. An average of 3 women per day in the United States are killed as a result of domestic violence.

The YWCA's Celebrating Empowerment: 99 Years on a Mission will be held during Domestic Violence Awareness Month. The program will include delicious food, refreshments, an online silent auction, a 50/50 raffle, and much more. Proceeds of the event will benefit the YWCA Union County's Domestic Violence Programs. For more information or tickets, contact Shannon Myre by email at smyre@ywcaunioncounty.org.

If you or anyone you know is experiencing domestic violence, call the 24-Hour Hotline at 908-355-HELP (4357).

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“PERSONAL VISIONS” ART EXHIBIT AT THE GALLERY SPACE

Submitted by Larry Cappiello

The Gallery Space in Rahway is presenting Personal Visions, an art exhibit celebrating Hispanic Heritage Month, until October 15, 2019.

This exhibit features artworks by Rodriguez Calero, Beatrice Coron, Maria Mijares, Nicholas Rosal, Jo-EL Lopez, Luis Alves, Joe Velez, Miguel Trelles and Vazquez.

“Each of these artists has developed and is working in a strong personal style, very often representational and reflecting in some cases

their cultural background, that allows them to create powerful, memorable images,” said exhibit curator Lawrence Cappiello, adding that this was the impetus for the development of the exhibit.

Rodriguez Calero invented a technique which she calls acrollage, which combines photographic images with stenciled designs and

acrylic painting to create powerful images with an air of spiritual presence. Beatrice Coron of Brooklyn creates cut-out complicated designs using Tyvek sheeting. She is represented in this exhibit by two recent series’ work: Fashion Warriors and Dancers. Nicholas Rosal, an owner of Atelier Rosal Gallery & Framing Shop on Cherry street in downtown Rahway, is represented by paintings that often combine visual elements to create compound and complex images with an allegorical focus. Jo-EL Lopez is a painter well known around Newark and points north whose colorful work frequently makes comments about or refers to social issues confronting us. Joe Velez’ work is based on classical techniques producing images of people which have a profound and moving presence. Miguel Trelles, a New York artist, is often influenced by Mayan and Indo-Chinese art. Vazquez has created stunning paintings that at times are inspired by ancient and modern myths. Maria Mijares is represented in the exhibit by paintings of the ship, the SS United States. Her work uses her many voyages on ships to define her personal history through the images of on which she has sailed.

The Gallery Space is located at 1670 Irving St. in downtown Rahway. For further information, please contact Lawrence Cappiello at 732-827-2210 or by email at: lcappiello@cityofrahway.com. Gallery hours are Monday through Friday, 1:00 p.m. - 4:00 p.m. or by appointment.



(above) *Personal Visions*, an art exhibit celebrating Hispanic Heritage Month, will be on display at the Gallery Space until October 15, 2019.



(above) “Personifier” by Rodríguez Calero.

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Dinner 3:30pm - 10:30pm

Adult\$12.59
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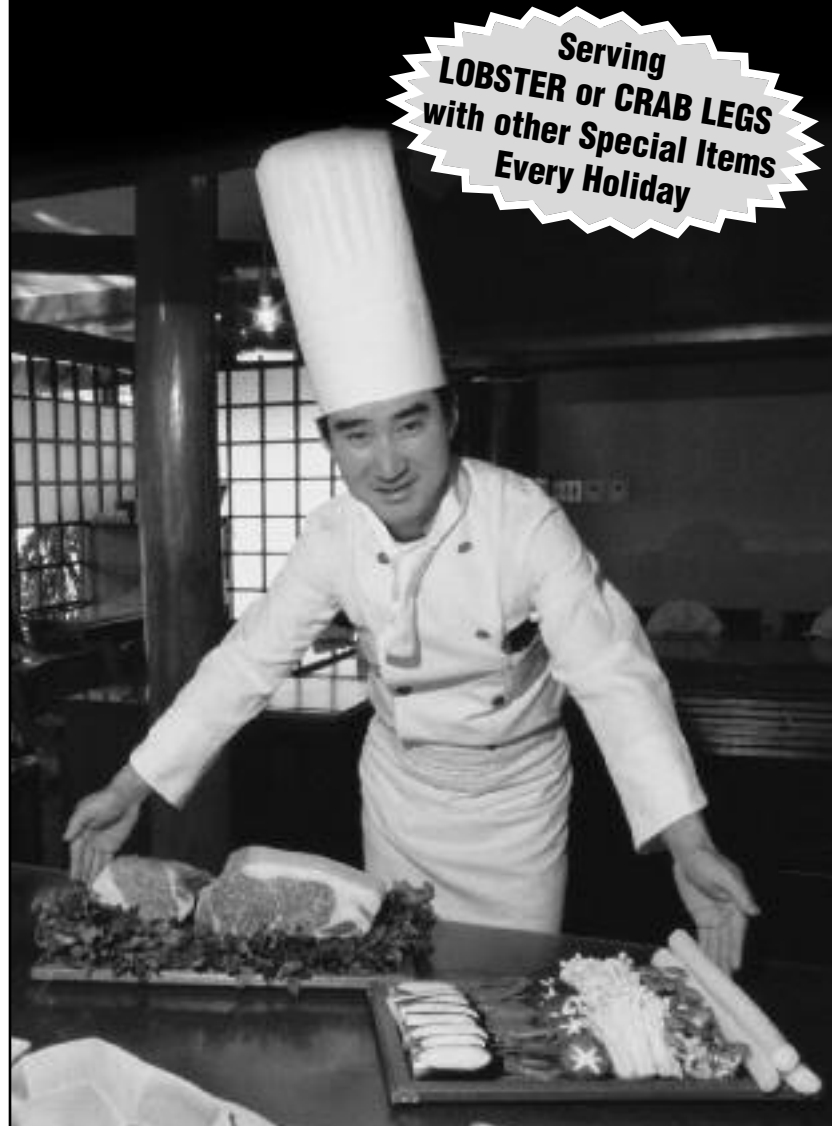
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RAHWAY PUBLIC LIBRARY OCTOBER 2019 EVENTS

2 City Hall Plz, Rahway, NJ 07065 Tel: 732-340-1551 • Fax: 732-340-0393 • Visit us at www.rahwaylibrary.org

Library hours are Monday, Wednesday & Thursday, 9:00 a.m. to 8:00 p.m., Friday & Saturday 9:00 a.m. to 5:00 p.m., Sunday, Closed

New Voting Machine Demonstrations and Voter Registration

Wednesday, October 2 from 5:00 – 7:00pm.
A representative from the Union County Board of Elections will be on hand to demonstrate the new machines, answer questions and provide voter registration for Union County residents.

Yoga with Kathleen Williams Fall into a Deeper Calm

Wednesday, October 2 at 6:30pm.
Gentle chair yoga, guided meditation and breathing techniques for stress reduction. Beginners and all fitness and experience levels are welcome. Adults only please. Register or Drop-ins also welcome.

Progressive Dinner

Wednesday, October 16 at 7:00pm
Support the Friends of Rahway Public Library and eat some great food! The evening starts with appetizers at Cuban Restaurant & Lounge, followed by entrees at Luciano's, and dessert at The Irving Inn Social. Tickets are \$50 each and are available at the Reference Desk or online at <https://bit.ly/2kwDhjB>.

Third Thursday Movie for Adults

Thursday, October 17 at 1:00pm.
Join us in the auditorium as we screen a new movie! Call for title.

Free Seminar

Writing a Winning Business Plan

Thursday, October 17 at 4:30pm.
Learn from a representative of the U.S. Small Business Administration why writing a winning business plan matters and how to do it. No registration required and open to the public.

Friends' Group Meeting

The Friends of the Rahway Public Library will meet at the library
at 7:00 pm on Thursday, October 17.

Readers Circle Book Club

Monday, October 21 at 2:00pm.
Join us for the discussion of *Before We Were Yours* by Lisa Wingate.

Discovery Studio (Teens & Adults)

Crochet Club

Thursdays, October 3 & 17 at 6:30pm.
Bring your hooks and yarn. Work on a project or learn a new technique! Ages 16+ & adults.

Discovery Studio Teens

Wednesday, October 16 at 4:00pm.
Shrinky Dink Monsters. For ages 13-18 only.
Teen Events (Ages 13-18)

Teen Screen

Monday, October 7 at 5:00pm.
Dark Phoenix Rated PG-13.
All are welcome to attend!

CHILDREN'S EVENTS

Toddler Time

Wednesdays, October 2, 9, 16, 23 & 30 at 10:30am.

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

Art Party

Thursday, October 3 at 6:30pm.
Make a monster at this month's art party.
All ages.

Kids Movie

Saturday, October 5 at 2:00pm.
Enjoy a movie for kids on the library's big screen. Call the library for movie title. All ages.

Pajama Storytime

Monday, October 7 at 6:30pm.
Wear your pjs to the library for this storytime.
Ages birth – 6.

Apple Decorating

Wednesday, October 16 at 4:30pm.
Decorate a "poison" apple. Ages 7-12.

Creation Station

Thursday, October 17 at 4:30pm.
Use your imagination to solve problems, create inventions, and make art. This month's topic: leaf art. Ages 7-12

Junior Bingo

Friday, October 18 at 11:00am.
Bring your little one to Junior BINGO – perfect for learning shapes, numbers, and pictures.
Ages 1-5.

Graphic Novel Book Club

Read this month's graphic novel and take part in group discussion and activities. Copies are available at the Children's Desk. Ages 8-12.
Wednesday, October 23 at 4:00pm.

BINGO

Thursday, October 24 at 4:30pm.
Play some BINGO, win some prizes.
Ages 4-12.

Saturday Science

Saturday, October 26 at 11:00am.
Put on your lab coat and safety goggles because the library is getting scientific! This month's theme: float vs. sink. All ages.

Family Fun Night

Monday, October 28 at 6:30pm.
Bring your family to the library for a fun activity! This month's activity: bubbles. All ages.

Halloween Party

Thursday, October 31 at 11:00am.
Come to the library for a Halloween party. No scary costumes please. Ages birth – 7.



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TICKETS ON SALE FOR SHINING STARS GALA, CHRISTMAS SHOW

Shining Stars Network, a non profit organization shining the light on the special needs community through the performing arts and other activities, has two exciting events planned over the next few months.

Shining Stars will be hosting their inaugural "Reach for the Stars" Gala on Wednesday, November 6, 2019 at the the elegant Park Savoy Estate in Florham Park, featuring a 5-star dinner and show featuring the Shining Stars special needs cast members.

The night will feature a cocktail hour, dinner and a Venetian hour, all highlighted by a 45-minute performance from the amazing and talented Shining Stars cast, along with a 50/50 raffle and auction items.

"This is a night we've been dreaming of having for quite some time," noted Shining Stars Network co-founder and President Mike Curci. "As we continue to expand our mission of

providing opportunities in the performing arts, we felt a gala would be a wonderful way to introduce our special stars to the corporate community and other donors while raising funds that will allow us to grow our programs."

Shining Stars Network is an expansion of the successful Shining Stars talent shows which began in Cranford more than eight years ago with 15 cast members. That number has grown to 50 and there are new requests each week from those who want to become a part of the Shining Stars family. While the majority of cast members live in Union County, there are cast members from seven different counties who have taken the stage.

"It's an exciting time for our organization and we continue to receive requests from those who want to join our cast," said Curci. "We know there's a need for what we are providing and our goal is to continue our mission of creating even

more opportunities to be on stage in the future."

"Being on stage builds self-confidence and self-esteem, which is something our stars take into their everyday lives," noted Shining Stars Network co-founder and co-director Sally Curci. "Friendships are built between cast members and our volunteer 'buddies' and these long-lasting bonds are just as important as the performing. Our goal is to provide more opportunities as possible for the special needs community."

Tickets for the "Reach for the Stars" gala are available at shiningstars.booktix.com or you can email your ticket request to shiningstarsgala@gmail.com. The cost to attend is \$150.00 per person.

"We are incredibly thankful to our gala committee members for their time and dedication," added Mike Curci. "We could not do this without them. And we cannot say enough thank you's to the local community for their continued support in helping our stars shine over these past eight years."

In addition, Shining Stars Network is also excited to present their second annual "Christmas Spectacular," a not to be missed evening of holiday favorites presented by their incredible cast and filled with sing-a-longs and audience participation, including the return of "The Twelve Days of Christmas," which includes every audience member and instantly became an audience favorite.

Because of the success of last year's show, this year's "Christmas Spectacular" will be presented at the beautiful and historic Union County Performing Arts Center in Rahway on Thursday, December 5, 2019.

"UCPAC has been our home for the past two "Evening of Shining Stars" shows, which drew an audience of more than 1,000 each year," said Curci. "We are thrilled to take our Christmas show to this iconic stage and look forward to presenting another magical night for our audience."

Tickets for the Shining Stars "Christmas Spectacular" are on sale now at UCPAC.org/events. There will be a 10% discount on tickets through November 1 by using the code "holiday stars."

Also, mark you calendars for Friday, May 8, 2020 when the Shining Stars return to the UCPAC main stage for the third straight year. The 9th annual "Evening of Shining Stars" promises to be bigger and better than ever.

"Our stars continue to inspire us every day with their passion, dedication and talents," said co-director Nicole Greene. "We can't wait to see them shine on stage again."

Shining Stars Network, Inc. is a registered 501(c)(3) non profit organization that shines the light on the special needs community by creating opportunities in the performing arts and other events. In addition, our Shining Stars Ambassadors basketball team travels to play local first responders and organizations with the goal of building friendships and understanding in an inclusive environment. The successful Camp Shine — a two-week special needs performing arts summer camp, just concluded their 3rd year.



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Participants receive 52 hours of comprehensive training by nationally certified instructors in active listening and become certified in Mental Health First Aid and Applied Suicide Intervention Skills Training. Volunteers develop the ability to listen actively, assess the needs of someone in crisis and provide empathy and support.

"This training and volunteering opportunity is ideal for retirees, empty-nesters, stay-at-home parents," said Janet Sarkos, Caring Contact's executive director. "Many of our listeners were looking for something meaningful to do after they retired or their children left home. They find that volunteering at Caring Contact not only gives them something to do with their new-found freedom but also gives them a sense of reward

when they help someone in crisis. Full-time professionals also participate finding the flexible volunteer hours work well with their work obligations."

Following training, new volunteer listeners are supported by seasoned listeners during 24 hours of internship before they take calls on their own. Even once a volunteer is a certified listener, the hotline provides a range of support and training opportunities to allow them to keep honing their skills.

Anyone interested in registering for the training should visit caringcontact.org/volunteer-listener-application/.

Caring Contact is an award-winning, volunteer-staffed crisis hotline and listening community, providing active listening support and best-in-class training to the Central and Northern New Jersey community. More than 100 trained volunteer listeners answered over 10,000 calls last year from people in crisis, having suicidal thoughts or simply feeling depressed and lonely.

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THE ARC CELEBRATES 70 YEARS AND COUNTING

A leading provider of services for people with disabilities commemorates milestone year with a landmark event this October.

Submitted by Ellen de Havilland

The Arc of Union County was founded in 1949 when a group of concerned parents of children with intellectual and developmental disabilities gathered by the collective desire for their children to lead fulfilling lives and thrive in their communities, instead of being subject to institutions with harsh living conditions. Seven decades ago, there was much to learn about intellectual and developmental disabilities (then referred to as ‘mental retardation’), the people, their families and the causes. There were virtually no programs or services to assist people with disabilities in the community or to support their families. It was a common occurrence for doctors to tell parents that the best place for their child was in an institution. This group of parents was granted a temporary charter by the “New Jersey Parents’ Group for Retarded Children”, and what is now known as The Arc of Union County was designated the Union County Unit of that Organization. Seventy years later, The Arc has become a local pioneer within Union County and its surrounding areas.

To commemorate this major milestone, The Arc of Union County will hold their landmark event, "Celebrating 70 Years: Autumn & The Arc," on October 3, 2019 from 6 – 9 p.m. at the Stage House Tavern located at 1099 Route 22, Mountainside, NJ. The event will feature three hours of unlimited food, wine and beer, live music, and high value raffle items, including a cruise to Bermuda. Over 100 community partners and supporters are anticipated to join The Arc in their celebration of 70 years of service. All proceeds of this event will benefit the continuation of programs and services provided by The Arc. For tickets and more information, or to donate/sponsor, please contact aoliver@arcunion.org or 973-315-0009 or visit arcunion.org.

“Our 70th Anniversary has been a record-setting year for the agency,” said Frank Caragher, Executive Director of The Arc of Union County. “We have a proud history of changing with the times. While the agency has been undergoing exciting new developments and an expansion of services, its core principles have remained constant. As we work to achieve our vision of creating productive and enhanced lives for people with disabilities, their families, and the community, we’re taking a moment to reflect on our past while also embracing our future.”

Since its founding, The Arc of Union County has played a major role within the community by providing a lifespan of programs and care to individuals with intellectual and developmental disabilities. Through

Photos courtesy of The Arc of Union County



(above) The ABLE program supports adults with intellectual and developmental disabilities, giving opportunities for social skill development, volunteer engagement, recreation opportunities and personal growth.

quality services and by advocacy efforts to fight the stigma of disabilities, The Arc has a longstanding profound reputation for making change happen.

“As we celebrate our 70th Anniversary, we must anticipate the next 70 years. We must continue to grow, taking what has been positive about our history, and use it to improve what we do and how we do it. The more we work together, the stronger we will get, and the better we will be for our consumers and their families,” said Frank X. Caragher.

ABOUT THE ARC OF UNION COUNTY

The Arc of Union County is a non-profit, 501c(3) organization headquartered in Springfield, NJ, dedicated to enriching the lives of individuals of all ages with intellectual and developmental disabilities. The Arc of Union County serves more than 1,000 families throughout Union County. To learn more contact 973-315-0000 or visit arcunion.org.



(above) The Arc Kohler School (formerly Harry Kohler Day Care Center) in Winfield Park, NJ is where The Arc of Union County's roots were started, providing services for children and adults with disabilities, including transportation.



(above) Annie Forts, participant in programs at The Arc of Union County as a child, was appointed by (then President) Bill Clinton to serve 3 terms on the President's Committee on Mental Retardation (now known as The President's Committee for People with Intellectual Disabilities).

AT-RISK YOUTH HEAR STORY OF PERSONAL PERSEVERANCE

Submitted by Christopher Reardon

One evening El-Amin Jumuah mapped out his strategy for building his fledgling fashion business, including financing it with the salary from his job. The next day he was laid off.

Four years later, Jumuah's business, Passionate Rebel, is thriving and has been featured on News 12 New Jersey's Spotlight Edition and various New York Fashion Week media platforms.

Jumuah served as the keynote speaker at the 2019 Annual Youth Conference hosted by Community Access Unlimited (CAU) that drew more than 100 at-risk youth from more than a dozen youth services programs from throughout the state. CAU is a Union County-based, statewide nonprofit that strives to integrate people with disabilities and at-risk youth into the general community through comprehensive supports.

"The conference is designed to bring together youth from a number of programs, allow them to

network and provide them with information and resources, thereby empowering them," said Carla Hollinger, a curriculum specialist at CAU. "It's a day of fun and education."

Jumuah's apparel is intended to create self-directed leaders who, with their independent passion, will enhance their creative skills and rebel against not following their passion, according to the Passionate Rebel website.

"Be a passionate rebel," he told the youth. "Be someone who is dedicated to following your goals regardless of the obstacles. Be a dreamer. Understand dreams take you far but they depend on the time and effort you put into them."

Jumuah said to be successful they first must define their own success. For example, a single mother might define success as caring for her children while a college student might define success as working his way through college and graduating. Success is not defined by money and material belongings, he said.

"You have to go out and learn for yourself," he said. "And there's no shame in struggling. That's the way you get to where you want to be."

Jumuah's message resonated with the youth in attendance, including Romance Morrison, 21, a CAU member.

"He really got through to me about how he started his own business out of nothing," Morrison said, adding that he has set his goals for success as going to college, getting a good job and starting a family.

The conference also featured a number of workshops designed to help the attendees better manage their lives and improve their life skills, according to Hollinger. Examples included goal setting, healthy relationships and living within the system.

"The workshops are intended to prepare them for life going forward," she said.

To learn more about CAU, visit caunj.org or follow the agency on Facebook, Twitter and Instagram.

About Community Access Unlimited

Community Access Unlimited (CAU), celebrating its 40th year in 2019, supports people with special needs in achieving real lives in the community. CAU provides support and gives voice to adults and youth who traditionally have little power in society. CAU helps people with housing, life skills, employment, money management, socialization and civic activities. CAU also supports opportunities for advocacy through training in assertiveness, decision-making and civil rights.

For more information about CAU and its services, contact us by phone at 908-354-3040, online at caunj.org or by mail at 80 West Grand Street, Elizabeth, NJ 07202.



(above) El-Amin Jumuah (second from right), founder of the apparel business Passionate Rebel, poses with CAU members Romance Morrison and Casandra Jeffers, along with the Passionate Rebel mascot.

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RAY POWERS & FRIENDS TO PERFORM AT NORTHERN NEW JERSEY'S MOST INTIMATE COFFEEHOUSE

The Salem Roadhouse Cafe proudly presents Ray Powers & Friends, performing on Saturday, October 12, 2019.

Ray Powers, who was one of the first performers at the inaugural Roadhouse Show, returns as he has every year for his 12th exciting, energetic performance at the Roadhouse Cafe. The usual band will accompany him, along with a list of special musical guests. Ray and the band will perform crowd favorites, and as always will have special guests join in at times for great music and fun.

Ray also has been hosting the The Ray Powers Hour on New Visions Radio, the online "radio station."

His show is syndicated worldwide and reaches 200 countries. He is now the Program Director at New Visions Radio and he just announced an album release in January 2019: 'Ray Powers - The Singles And More.'

Opening for Ray will be Professional Smart Aleck Carla Ulbrich. Carla is a comical singer-songwriter and guitarist whose biggest musical influences were (and still are) Sesame Street, camp songs, and cat food commercials. She has a love of the absurdities of ordinary life, a somewhat twisted viewpoint, and a way with words.

Fans won't want to miss this live, up front and personal show. Artwork and photography will be on display at the Roadhouse Gallery Of Fine Arts. All ages are welcome. It's a wholesome show, so bring the entire family!

Doors open 7:00 p.m. The show starts at 7:30 p.m. Admission is \$20.00.

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PROCEEDS WILL HELP GROUNDWORK ELIZABETH.

About Salem Roadhouse Café

Dedication best defines the Salem Roadhouse Café: dedication to excellent music and dedication to the community. In its tenth year, The Salem Roadhouse Café reaffirms its commitment to both.

Started in 2008 by members of Townley Presbyterian Church with a grant from the Presbytery of Elizabeth, the Roadhouse Café continues to operate as a non-profit that raises funds for several carefully chosen local charities. That may be its social mission... but the Roadhouse Café is and has been a solid performance venue beloved by the musicians who play there because of its special intimacy with the audience.

CHURCH MUSIC, IT'S NOT

The Roadhouse Café has always offered its stage to local and independent main stream musicians. It's a clean, safe place for people who enjoy listening to live music, in a world of clubs and bars. Jazz, rock, folk and other groups have performed. During the past ten years well over 100 different entertainers have appeared. Local fine artists also display their works.

COMMUNITY ORIENTATION

The Salem Roadhouse Café has raised funds for many carefully chosen charities. They include: The Presbytery of Elizabeth E-port Center, Center For Hope Hospice, Community Food Bank, Monarch Housing, Angel Paws Animal Rescue, National MS Society, Haiti Disaster Relief, Hurricane Sandy Disaster Relief, The Union County YWCA Domestic Violence Program, Making It Possible To End Homelessness, Camp Johnsonburg, The Music Institute, and others. Thousands of dollars have been raised for these deserving charities.

The musicians who play the Roadhouse often ask to return as soon as possible. The Roadhouse has given them a place with a beautiful stage, good acoustics, a live, attentive audience, and a sound system that is first class.

Now in its eleventh year of operation, the Salem Roadhouse Café features many of the performers who have graced the stage in the past, as well as bring talent that is new to the Café stage. The current season is benefitting Groundwork Elizabeth – Changing Places, Changing Lives

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Union 34TV records the shows for broadcast — so check out past shows on cable TV34. See the Roadhouse on Union TV Channel 34's "Union After Dark" nightly music series.

Salem Roadhouse Cafe is located at 829 Salem Road, Union, NJ.

Visit online at roadhousecafe.org or facebook.com/roadhousecafe.

Reach by phone at phone 1-908-687-1028 (leave a message and a return number).

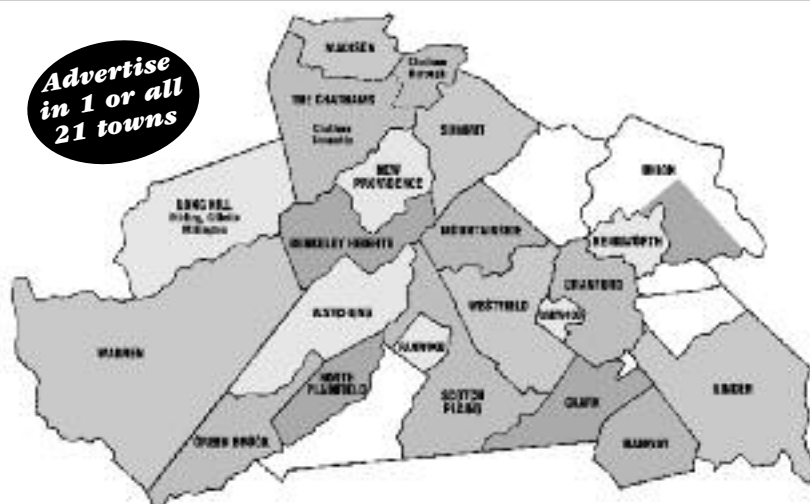
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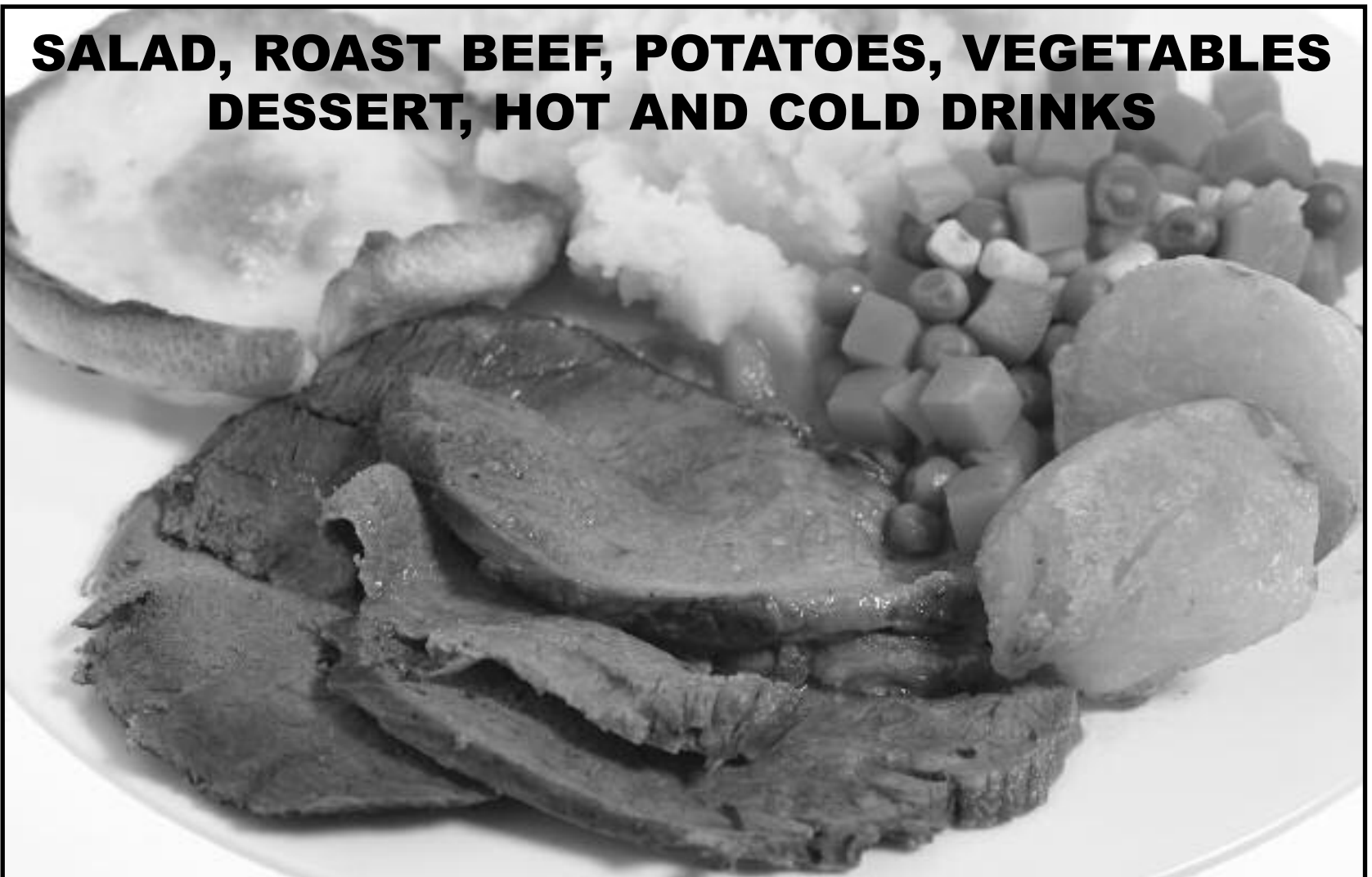
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