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RAHWAY WELCOMES NEW BUSINESS IN MIDST OF COVID-19 CRISIS

On August 22, 2020, Rahway resident Emily Ortiz hosted a Grand Opening celebration for her business Emily Stylez Salon, located at 330 St. George Avenue, Rahway, NJ. Mayor Ray Giacobbe, along with city council members Joanna Miles, Joe Gibilisco, Vannie Parson, and Dave Brown were on hand to welcome Ortiz into the Rahway business community. Emily Stylez Salon was established in 2010 in Kenilworth, NJ before moving to Rahway.

Ortiz not only faces the challenges of establishing a new business but she is doing so during the coronavirus pandemic. Those attending the event wore facemasks and had their temperatures taken.

The newly renovated salon adopted safety measures for dealing with Covid-19 crisis including barriers, social distancing, wearing masks and shields, and disinfecting surfaces and equipment. Emily Styles Salon welcomes clients of all ethnicities for hairstyling, color services, skincare, makeup, lashes and waxing. They can accommodate groups for special events in-house or on-site.

Anyone looking for more information can visit their website emilystylezsalon.com or by calling 848-235-5457. They can also be found on Twitter and Facebook.



(above, l-r) Councilmember Joanna Miles, Councilmember Joe Gibilisco, Salon Owner Emily Ortiz, Mayor Ray Giacobbe, Councilmember Vannie Parson, Councilmember Dave Brown.

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(above) Emily Ortiz cuts ribbon to Emily Stylez Salon located at 330 St. George Avenue, Rahway, NJ.

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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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Rahway Food for Friends Board of Trustees, employees and volunteers would like to thank Mayor Giacobbe and the Municipal Council members of the City of Rahway for their recent donation of \$10,000. We also like to thank you for your ongoing support and generosity in our efforts to end hunger in the community.

Your contribution will help us "Feed the Whole Person", through our Food Pantry, Soup Kitchen, Diabetic Program and Diaper Program, which aim to end hunger, homelessness and food insecurity.

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(above) The City of Rahway recently donated \$10,000 to Rahway Food for Friends.

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This home was successfully marketed by Jill Guzman

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This home was successfully sold by Deiny

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For more than 30 years, Jill Guzman Realty proudly serves NJ homeowners and buyers with all of their real estate needs. Jill's trilingual fulltime staff prides themselves on their outstanding "Good Old Fashioned Service."

Jill, who lives in Rahway, NJ, had the honor of teaching at Rahway High School in her early career!!! Trusted and loved by clientele for three decades, sellers, investors, first time buyers and renters will find that this Real Estate office is committed to working harder and caring totally for YOU!

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POSITIVE VIBES FROM FES



Due to Covid-19, the Rahway Public School buildings have been closed since March 13th. These unprecedented times have affected everyone, some more than others. Knowing that students and families might be sad and need a little positivity right now, Mrs. Stephanie Nasser, a third-grade teacher at Franklin Elementary School wanted to put a smile on everyone's face. She took the initiative to get the ball rolling and collaborated with the school's

Technology Facilitator, Dr. Linda Lampert. Staff members made posters and submitted their pictures, which were used to put together a short video.

The final product was shared on ClassDojo, which is a closed network that the parents can see, as well on Twitter and YouTube (<https://www.youtube.be/foAcywDnPzc>).

The video was well received and put a smile on many faces in the Rahway community.



Photos by Rahway Public Schools

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HAPPY 80TH BIRTHDAY TO AL PARKER

On August 7th the Rahway Police Department wished a happy 80th birthday to Chief of the Rahway Police Auxiliaries, Al Parker. "Thank you for your many years of service to the Rahway Police Department and to the City of

Rahway. You are a rare gem, and we value your commitment and your friendship! We are eternally grateful for the countless hours you have volunteered over the years."

Follow Rahway Police Department on Facebook.



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Welcome to exquisite cuisine the likes of Il Forno wood burning brick oven for great pizza and meals especially rigatoni Bolognese, Cubanu for great skirt steak and mojitos, Nancy's Townhouse famous for paper thin pizza and sangria, Luciano's fine Italian cuisine, The Waiting Room for great food and drink, Beana's for great Mexican food featuring fabulous nachos and much more.

So much history, so much value and fun, so easy to access. Why not allow me to be your guide in buying, selling, leasing, residential and commercial or project development. Come visit and allow me to be your guide and see all that is here now, and all that is yet to come. Come tour, eat, be entertained, and enjoy. Or let me help you relocate for whatever reason.

Welcome to Rahway. Welcome to my home town.

Matt Dobrowolski
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IT'S "SUNNY WITH A CHANCE OF YOGA!" AT THE GATEWAY FAMILY YMCA

While the summer is heating up, the weather forecast is "Sunny with a chance of Yoga!" at The Gateway Family YMCA. In an effort to provide safe and socially distanced group exercise programs, the Y is providing more than 20 weekly Outdoor Group Fitness Programs in 3 locations in Elizabeth, Rahway and Union. These programs are strategically scheduled in the cooler morning or evening hours, and registration is required at tgfymca.org as space is limited.

"As a nonprofit community organization, our Y has worked to meet the needs of the community for over 120 years. The restrictions presented by the global pandemic have provided us with an opportunity to bring our programs outdoors, an out-of-the-box idea that isn't new to us," stated Krystal R. Canady, CEO, The Gateway Family YMCA. "While in the past, outdoor programs were typically offered as a special event, fundraiser or specialty option,

today it's become part of the new normal."

Outdoor group exercise programs taught by YMCA instructors include popular sessions of classes like Yoga or Zumba, as well as low-impact options like Standing Chair Fitness or SilverSneakers, and higher-impact Just Pump it. Pilates and Circuit Training are also available. Outdoor group exercise programs are available for ages 12 and up, with a guardian required to remain on premises for those under 18. Health and safety requirements can be found at tgfymca.org/what-to-expect.

"We have worked together with our members and community to determine a good fit of program options, times and locations – utilizing our Elizabeth Branch, Rahway Branch and Wellness Center Branch in Union. As with anything planned outdoors, weather is always a concern. We have parameters in place to ensure notifications are sent through our mobile app, so that members receive them wherever they may be," added Melynda A. Mileski, EVP/COO.

While The Gateway Family YMCA has provided 24-hour housing and social services throughout the global pandemic as well as child care and virtual programs, in person group fitness classes have been restricted from being offered indoors. Outdoor programs began in July and are scheduled to continue into the fall, with a monthly schedule available.

In addition to Outdoor Programs, the Y is offering live Virtual Programs through Your

Virtual YMCA – an online platform developed by The Gateway Family YMCA and in-person wellness and adult lap swimming by appointment. 24-hour Housing and Social Services programs are available for individuals, families and veterans in Elizabeth and Plainfield, NJ. The YMCA offers full-time infant and preschool Child Care services at the Youth Development Branch in Elizabeth, and a Virtual WISE Adult day services program. "We are here for the community, and will adjust to fit the unique needs based on the current situation," stated Colleen A. Clayton, Chief Membership and Development Officer. "While we remain positive that current conditions are temporary, we have a strong commitment to ensure we are providing opportunities for all."

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. The Y is a powerful association of men, women and children of all ages and from all walks of life joined together by a shared passion: to strengthen the foundations of community.

For more info about The Gateway Family YMCA, visit tgfymca.org or call 908-355-9622.



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COVID-19: TIPS FOR OLDER RESIDENTS ON DEALING WITH ISOLATION

Submitted by NewBridge Services

While the COVID-19 pandemic continues to impact our communities, physical distancing remains the order of the day — especially for older adults.

But socializing is a basic human need, and studies show it contributes to better physical and emotional health. Isolation, on the other hand, is linked to depression, anxiety, cognitive decline, a weakened immune system, and high blood pressure, among other maladies.

Seniors must seek out ways to connect with others while minimizing their exposure to the coronavirus.

Michelle Borden, CEO of Parsippany based NewBridge Services, a nonprofit that offers counseling services, housing and educational programs in North Jersey, offers the following advice:

USE TECHNOLOGY

Video conferencing, using FaceTime, Zoom and other programs on smartphones, tablets or computers, has become a popular way to “gather” with family and friends. Getting started on the programs may be challenging for seniors new to technology; call a tech-savvy neighbor, friend or family member to coach you through the process.

Phones, whether ‘smart’ or landline, are also excellent for staying in touch; some people feel more comfortable conversing without being on camera. People can call in to join a Zoom conversation.

Movie buffs with Netflix accounts can set up ‘watch parties’ using a free Google Chrome extension, which can be downloaded at netflixparty.com.

THE ART OF THE LETTER

If tech is not your thing, consider making connections the way people have for centuries: through letter-writing. Handwriting (or typing) letters allows you to process thoughts and feelings and create a bond with the recipient. Mailing or delivering ‘thinking of you’ cards is a thoughtful way to remind recipients they are not forgotten.

JOIN AN ONLINE CLASS OR GROUP

Many social groups, including religious communities, are hosting online gatherings. An organization called Senior Planet offers free access to virtual exercise classes. Online learning opportunities also abound. Platforms such as coursera.org and edX.org offer both free and fee options. Courses, which may be live-streamed, self-paced, or some combination, are taught by university professors.

The Osher Lifelong Learning Center at Rutgers University is running more than 30 online courses during its summer session, and registration will begin soon for the fall. Anyone age 50 and over can study areas of interest with no assignments or grades.

The Virtual Senior Center run by the nonprofit Selfhelp Community Services is an online community of seniors who take courses, enjoy

cultural experiences and discuss topics of interest in real time over their home computers and tablets. While volunteer opportunities are harder to come by during the pandemic, some organizations are seeking virtual helpers. The nonprofit Points of Light maintains a list of virtual volunteer opportunities.

GET TOGETHER IN PERSON

Seniors can socialize in person, as long as you take precautions. Walking, running or biking with a friend is a great way to stay both fit and connected. Keep at least a six-foot distance, and wear a mask if you’re unable to maintain that distance. Some senior citizen groups offer fitness classes either outdoors or indoors, with participants well spaced and other safety measures in place.

Picnicking with a couple of friends or family members is a fun way to spend the day, but be sure to wear masks when not eating. Use hand sanitizer, especially if you’re sharing any utensils.

STRUGGLING?

The pandemic is taking a toll on us all. To get through it, we have to make self-care part of our daily routine, and that includes staying connected with others. If you are struggling, contact NewBridge Services at 973-316-9333 to schedule a telehealth counseling session.

The Institute on Aging has a Friendship Line at 1-800-971-0016 that is both a crisis intervention hotline and a nonemergency warmline for emotional support.

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NJ SHARING NETWORK LAUNCHES #DONATIONNEEDSDIVERSITY CAMPAIGN

NJ Sharing Network, the non-profit, federally designated organ procurement organization responsible for the recovery of organs and tissue in the state, has kicked off 2020 #DonationNeedsDiversity, an initiative to empower multicultural communities to become more involved in saving and healing lives through organ and tissue donation.

Celebrated in August, National Minority Donor Awareness Month honors the generosity of multicultural donors and their families, while also underscoring the critical need for people from diverse communities to register as organ and tissue donors. The national initiative usually features an entire month of local, regional and national in-person events and activities. This year's #DonationNeedsDiversity efforts were powered by virtual events and activities through robust social media, website and targeted e-mails. NJ Sharing Network provides tools that supporters can use, such as Facebook photo frames, and encourages community interaction by sharing stories of how organ and tissue donation has improved lives. Additional online posts will encourage supporters to share recipes, favorite songs and photo memories that help celebrate life. To see the daily calendar of activities, please visit the online calendar at njsharingnetwork.org/donation-needs-diversity.

Joe Roth, president and CEO of NJ Sharing Network, stresses the importance of National Minority Donor Awareness Month and the #DonationNeedsDiversity campaign. Some staggering statistics include:

66% of those currently waiting for a life-saving transplant in New Jersey are people of color.

Almost 35% of the nearly 115,000 people on the national waiting list for a kidney transplant are African-American.

African-Americans, Asians and Pacific Islanders, and Hispanics/Latinos are three times more likely than Caucasians to suffer from end-stage renal (kidney) disease.

"Each year in New Jersey, thousands of lives are saved and enhanced through organ and tissue donation and transplantation. Clearly, this is something to celebrate. However, there is an urgent need to raise awareness of organ and tissue donation to help save more lives in our diverse communities of New Jersey," said Roth. "Although organs are not matched according to race and ethnicity, and people of different races frequently match one another, all individuals waiting for an organ transplant will have a better chance of receiving one if there are large numbers of donors from multicultural communities."

E. Denise Peoples, hospital and community services coordinator, NJ Sharing Network, is a double-lung transplant recipient and a Newark resident who works throughout the year to promote NJ Sharing Network's life-saving mission in local schools, faith-based organizations and community associations. "We have all experienced how health issues such as hypertension, diabetes and kidney failure have impacted those around us – our mothers, fathers, aunts, uncles, friends and neighbors. That's why

there is a greater need than ever for transplants among our racial and ethnic minorities. We need the active support of our community members to help educate others and dispel any myths and misinformation about organ and tissue donation," said Peoples.

#DonationNeedsDiversity and other year-round outreach initiatives play an essential role in providing hope for the nearly 4,000 New Jersey residents on a waiting list for a life-saving organ transplant. Jayla Sorenson, a vivacious 8-year-old from Toms River, is one of the many young children on the waiting list. Jayla loves to dance, play outside, and hug and kiss her family members. However, Jayla has a kidney disease that limits their ability to filter and clean her blood, and the clock is ticking towards a more critical stage in Jayla's condition that will eventually involve a pediatric kidney transplant. Jayla and her family actively participate in events and programs to promote organ and tissue donation throughout the year.

For more information about ways to support the #DonationNeedsDiversity campaign, please visit NJSharingNetwork.org/donation-needs-diversity

or contact E. Denise Peoples at 973-655-4687 or email dpeoples@njsharingnetwork.org.

ABOUT NJ SHARING NETWORK

NJ Sharing Network is the non-profit organization responsible for the recovery and placement of donated organs and tissue. To learn more, get involved and register as an organ and tissue donor, visit NJSharingNetwork.org.

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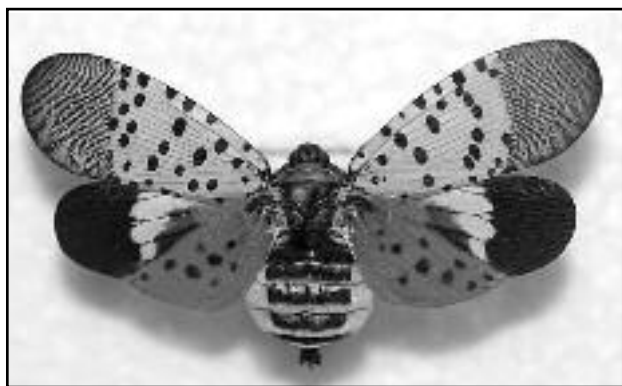
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SPOTTED LANTERNFLY SEE IT, REPORT IT!



Residents are seeing these bugs in their yards and even inside the house. While not dangerous to humans or pets, the Spotted Lantern Fly can be devastating to trees and plants.

If you see a Spotted Lanternfly or egg masses that you should report the site to the New Jersey Department of Agriculture. You can contact them through the NJ Spotted Lanternfly Hotline at 1-833-223-2840 or by email at SLF-plantindustry@ag.nj.gov.

SPOTTED LANTERNFLY WHAT TO DO:

If you see egg masses, scrape them off, double bag and throw away. You can also place the eggs into alcohol, bleach or hand sanitizer to kill them.

- Collect a specimen: Specimens of any life stage can be turned in to the New Jersey Department of Agriculture's lab for verification.
- Take a picture: With your GPS function turned on your smartphone or a camera with GPS, take a photograph of ANY life stage (including egg masses). Submit picture to: SLF-plantindustry@ag.nj.gov

Report a site: If you can't take a specimen or photograph, call and leave a message detailing the sighting location/address and your contact information. NJ Spotted Lanternfly Hotline at 1-833-223-2840 (BADBUG0)

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UNITED WAY KICKS OFF VIRTUAL SCHOOL SUPPLIES DRIVE

Need for school supplies even greater due to the pandemic

United Way of Northern New Jersey is seeking help from volunteers and donations of new school supplies for its annual United Way Tools for School drive, which provides students with the basic tools needed for learning in any classroom — either in school or virtually from home.

Children still will need basic school supplies, no matter how instruction will be delivered due to the pandemic. The drive seeks to benefit more

than 10,000 elementary and middle school children of ALICE (Asset Limited, Income Constrained, Employed) workers and those in poverty throughout the northern New Jersey region.

Through a partnership between United Way and YouGiveGoods.com, donors can make an online purchase of supplies that will be delivered automatically to United Way or a partner school. Donations can be made by visiting www.UnitedWayNNJ.org/ToolsforSchool.

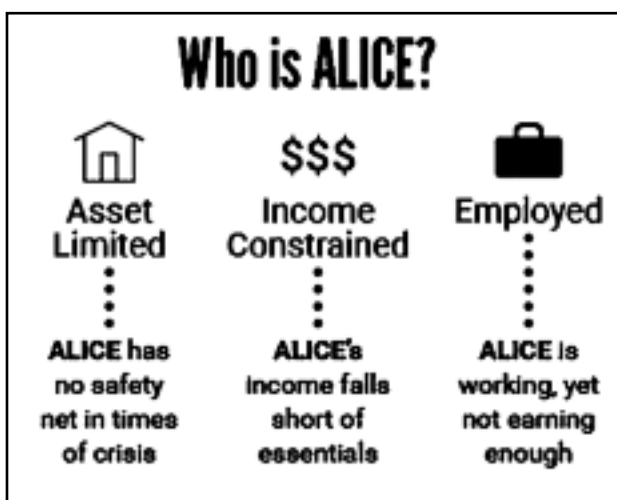
Based on needs expressed by local educators, United Way is collecting the following school supplies: hand sanitizer, masks, backpacks, lunch boxes, binders, three-ring notebooks, book covers, filler paper, pocket folders, composition and spiral notebooks, index cards, calculators, pencils, pencil cases, pencil sharpeners, erasers, pens, highlighters, crayons, markers, colored pencils, construction paper, glue, rulers, and scissors.

In addition, school nurses have asked for personal care items such as toothbrushes, deodorant, and kindergarten and first grade-aged children's underwear and socks. Gift cards that can be used to purchase items such as shoes and clothing are also appreciated.

United Way Tools for School seeks to alleviate the budget strains on families who already were struggling to afford basics such as housing and food even before the COVID-19 pandemic hit.

"ALICE essential workers need our help now more than ever," said Kiran Handa Gaudio, CEO of United Way of Northern New Jersey. "United Way Tools for School offers companies, groups, clubs, places of worship, families and individuals a safe way to help neighbors facing unprecedented levels of need."

For more information about making donations, holding a United Way Tools for School drive, visit www.UnitedWayNNJ.org/ToolsforSchool, email Lisa.Galonardo@UnitedWayNNJ.org or call 973.993.1160, x503.



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MOSQUITOES & HOW TO CONTROL THEM AROUND THE HOME

Mosquitoes can be found worldwide from the tropics to the Arctic and from below sea level to altitudes of 14,000 feet. Approximately 3,200 species of mosquitoes exist worldwide with 175 species found in The United States and Mexico. The minimum number of mosquito species in each state ranges from 25 in West Virginia to 84 in Texas. -Handbook Of Pest Control (Mallis)

More than 60 different kinds of mosquitoes have been identified in New Jersey. In the 1990's a new mosquito invaded New Jersey. The Asian Tiger Mosquito, a black mosquito with distinct white markings bites her prey during daylight hours.

Because of their ability to transmit diseases to humans and animals, mosquitoes are considered by many experts to be the most dangerous creatures on earth. Malaria, a major cause of death around the world is transmitted by only one species of mosquito, 'Anopheles'. The female picks up the malaria from an infected human while blood feeding and transmits it to other healthy humans nearby.

All mosquitoes develop from eggs deposited by females that have previously fed on

blood. The female mosquito is very specific about where she lays her eggs and searches diligently for water that will be suitable for her offspring, but the kind of water the female selects for her eggs varies considerably from one species to the next.

Most of the mosquitoes that breed around the home require stagnant water rich in decomposing organic material such as leaves and plants. Having located a suitable water source, the female mosquito deposits 100-200 eggs that will produce the next generation. Mosquitoes are aquatic in their immature stages and all species require water to complete their development. The entire life cycle from egg to adult can be completed in less than 10 days during periods of favorable temperatures.

This time of the mosquito life cycle is the best

opportunity homeowners have to substantially reduce their mosquito nuisance by eliminating their breeding areas such as standing water around your property.

Adult mosquitoes obtain energy by feeding on flowers and converting the sugar from nectar as a source of fuel. Both male and female mosquitoes feed regularly on flowers but females require blood to produce fertile eggs. As a result, a female mosquito must find a host and blood feed before she can lay her eggs. Male mosquitoes never feed on blood.

The mosquito species that breed around the home are considered "domestic species" and rarely range far from human habitations.

The northern house mosquito, *Culex pipiens*, is the most common mosquito found in urban and suburban areas. This mosquito will lay its eggs in virtually any receptacle containing water rich in decomposing organic material. Breeding habitats around the home include: discarded tires, unwashed bird baths, clogged rain gutters and plastic. Even a bottle cap can be a breeding habitat for mosquitoes. Pay special attention to discarded tires that may have accumulated on your property. The used tire has become the most widespread domestic mosquito producer in this country.

Dispose of tin cans, plastic containers, ceramic pots or similar water-holding containers that have accumulated on your property. Do not overlook containers that have become overgrown by aquatic vegetation. Drill holes in the bottom of recycling containers that are left out of doors. Drainage holes that are located on the sides collect enough water for mosquitoes to breed in. Clean clogged roof gutters on an annual basis, particularly if the leaves from surrounding trees have a tendency to plug up the drains. Roof gutters are easily overlooked but can produce millions of mosquitoes each season. Turn over plastic wading pools when not in use. Turn over wheelbarrows and do not allow water to stagnate



(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

in bird baths.

Aerate ornamental pools or stock them with fish. Water gardens are fashionable but become major mosquito producers if they are allowed to stagnate. Clean and chlorinate swimming pools that are not being used. A swimming pool that is left untended by a family that goes on vacation for a month can produce enough mosquitoes to result in neighborhood-wide complaints to your county mosquito control agency. Be aware that mosquitoes may even breed in the water that collects on swimming pool covers.

Use landscaping to eliminate standing water that collects on your property. Mosquitoes will develop in any puddle that lasts more than 4 days.

A walk around your property once or twice a week will help cut down unexpected breeding sites.

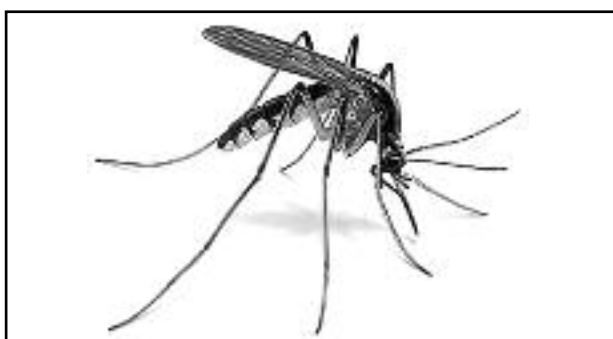
To obtain additional information on mosquitoes and their control contact your local county mosquito control agency. They can help if the source of the problem is not on your property. Mosquito control is organized by county in New Jersey and your county mosquito control agency has the expertise to inspect your property, collect biting adults and determine the source of the problem. Your county mosquito control agency can also provide additional information about mosquitoes, the diseases they transmit and the best methods for their control.

Most of the information in this article is from Rutgers Cooperative Extension Fact Sheet (FS) #80, Controlling Mosquitoes Around the Home. This fact sheet has more information than I could put in the article including the life cycle of mosquitoes.

You may also want to research Asian Tiger Mosquitoes, Rutgers FS # 845

Happy Summer & Keep Keeping Safe,

James



(above) Our local mosquitoes die off when the temperature goes below 50 degrees and their eggs stay dormant until next spring.

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NAMI WALKS NEW JERSEY

Since 1979, NAMI's mission has been to provide advocacy, education, support, and public awareness so that all individuals and families affected by mental illness can build better lives.

The Covid-19 pandemic has affected so many individuals and families, and the number of people needing the support and education programs that NAMI offers has increased tremendously.

Since the beginning of the pandemic, NAMI has provided many online webinars and support groups, and will continue to develop programs as needed in the community.

This is NAMI's largest mental health awareness and fundraising event of the year. Due to the Covid-19 pandemic, this year's walk will be held virtually on Saturday, September 26, 2020.

We are a non-profit organization and our sponsors and volunteers make it possible to help everyone who needs it today, and for those who may need it tomorrow.

How to make a donation: Log onto the NAMIWalk site by clicking <https://www.namiwalks.org/team/37917>.

Click on "Join Our Team", then "Register" Search by State and select "New Jersey"

Select the event "NAMIWalks Your Way New Jersey. A Virtual Event – Seaside Park, NJ"

Click on "Donate to this event"

Please be sure to visit naminj.com for the latest up-to-date information.

SCAM ALERT: CYBER CRIMINALS EXPLOITING COVID-19 DATA

Don't Click the Link on "Urgent" and "New" COVID-19 Data!

With many new cases of Coronavirus being recorded daily, the bad guys know that many people are afraid — and they plan to exploit that fear, warns the Morris County Office of Information Technology.

They are sending phishing emails claiming to have official "new" or "updated" data on COVID-19 in your area.

These emails are intense, urgent, and are designed to spark a knee-jerk reaction. Don't fall victim to their scare tactics!

Remember the following to protect yourself:

- Think before you click. The scammers are expecting an impulsive click.
- Never click a link or attachment from an email you weren't expecting.
- Stay informed by going directly to a trusted news source for information about Coronavirus such as the Center for Disease Control (CDC) or the World Health Organization (WHO).

Stop Look Think – Don't be fooled!

Get more information on COVID-19 scams from the Federal Trade Commission: <https://www.ftc.gov/coronavirus/scams-consumer-advice>

JOURNEY TOWARD WHOLENESS IN THE TIME OF COVID-19 TOOLS FOR NAVIGATING THROUGH GRIEF

If you have been feeling exhausted, confused, frustrated and anxious lately. If you have been wondering what happened to the world as you knew it, when this pandemic would be over and what it would take to awaken from the nightmare we collectively share. If you have experienced intense emotional reactions that seem out of control, then you have entered the community of those who grieve. Some of us have experienced recent loss, some are re-experiencing ungrieved losses from the past and all of us are profoundly affected by the innumerable losses resulting from the pandemic.

Although we are all grieving, not all of us realize it. However, we can all benefit from learning about the process we are experiencing, and from learning tools for navigating through grief. A Journey Toward Wholeness Seminar offers help in Healing the Grieving Heart. There is no charge to participate. Since we respect social distancing, the seminar is currently offered for six weeks on a Zoom platform. It is sponsored by the First Presbyterian Church of Cranford in memory of Dr. Bruce Williams who co-created the program 20 years ago.

The co-leaders of the program, Patti Williams, RN and Virginia Waters, Ph.D. have both

professional and personal training and experience in the field of grief and loss and are joined by a team of trained facilitators who also provide support as well as lead small breakout groups for individuals with like losses.

When: September 20 – October 25, 2020, 6:30 PM - 8:30 PM for six consecutive weeks.

Where: Meet us on Zoom. A meeting link will be provided upon registration.

Who: We welcome everyone who has had a loss of any kind in the past or in the present. We also welcome anyone who has previously taken this Seminar to return for a refresher.

To register for this free program, call Patti Williams at 908-709-1341. All are welcome.

For more information about the program, visit firstprescranford.org/journey-to-wholeness-healing-the-grieving-heart/

ABOUT THE FIRST PRESBYTERIAN CHURCH OF CRANFORD

As the body of Christ empowered by the Holy Spirit, the First Presbyterian Church of Cranford (FPCC), 11 Springfield Ave., Cranford, seeks to live God's Word and inspire others to embrace Jesus' commandment to love one another as the Lord loves us. Learn more at firstprescranford.org.

SEPTEMBER IS SUICIDE PREVENTION MONTH

During September mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.

Caring Contact is working locally to change the conversation from suicide to suicide prevention, to actions that can promote healing, help and give hope.

"National Suicide Prevention Month is an important time each year to refocus on supporting our loved ones, friends and colleagues who may be struggling emotionally," said Janet Sarkos, Caring Contact's Executive Director. "Awareness events, fundraising initiatives and community conversations are all excellent ways to get involved and are key components to ensuring resources are available and accessible for all. Awareness is especially important now as we have seen an increase in calls since the Covid-19 pandemic began in mid-March."

Caring Contact encourages individuals to embrace the campaign of #BeThe1To. #BeThe1To is the National Suicide Prevention Lifeline's message for National Suicide Prevention Month and beyond which helps spread the word about actions we can all take to prevent suicide.

Caring Contact is a local, award-winning, volunteer-staffed crisis hotline and listening community serving central and northern New Jersey. As a member agency of the National

Suicide Prevention Lifeline and the International Council for Helplines, Caring Contact compassionately serves those in emotional distress and educates local communities about the power of personal connection. In 2019, hotline volunteers responded to nearly 13,000 calls through the caring and crisis line. For more information please visit caringcontact.org. If you, or someone you know, is in crisis, please call 800-273-8255.



(above) Caring Contact, with support from Northfield Bank, is offering Awareness Coffee Sleeves in area coffee shops to help raise awareness about suicide during National Suicide Prevention Month.

MEMORABLE FIRES (PART II OF II)

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

Last month's entries of eight memorable fires covered the years 1885-1954. Readers might have a better time remembering this edition's group as they focus on more recent fires.

February 2, 1959-Rahway Recreation Alleys: Near zero temperatures hampered firefighters as they fought the early morning blaze that destroyed the four year old Rahway Recreation building, a twenty-four lane bowling alley and cocktail lounge, located at the corner of Route 1/9 and Lawrence Street. Sixty Rahway firemen and one Avenel company fought the blaze from 6 a.m. until 9 a.m. The hanger-type roof of the 150 x 150 foot building collapsed at 6:15 leaving only the twisted steel support girders, evidence of the intense heat. The loss was estimated at \$500,000. Owners rebuilt the alleys and lounge and reopened before the end of the year. In the late 1980s the business was sold to an automobile dealership and is now home to BM Motor Cars.

March 17, 1961-Second Presbyterian Church: Located at Main Street and New Brunswick Avenue, the 111 year old church was ravaged by a fire believed to have been caused by a defective oil burner. An alarm was sounded by a neighbor shortly before 7 a.m., but by the time firemen arrived, the church was a mass of flames. All Rahway fire companies responded and were joined by an aerial truck from Linden. For well over two hours the structure burned out of control, and it was only because of the skill of the firefighters and fortuitous gusts of strong winds blowing away from the sanctuary that the building was saved from being a total loss. By 10:30 a.m. the fire was essentially extinguished. While repairs were made to the church, the congregants held worship services at Roosevelt School and later St. Paul's Episcopal Church. Services resumed in the refurbished sanctuary on September 3, 1961. Since 2012, the church has been home to the Rahway Spanish Seventh Day Adventist congregation.

January 4, 1970-Cross Keys Hotel: The historic hotel, a city landmark for over 150 years, might still be standing today if not for a devastating fire which completely destroyed the building. It was reported that at around 6 p.m. a fire started under the kitchen and quickly spread through the old wooden structure. When firefighters arrived, the hotel was already engulfed by smoke and flame. The blaze burned out of control for over five hours as over one hundred firemen from Rahway, Clark, Colonia, Linden, and Roselle braved freezing temperatures, icy conditions, and thick smoke

trying to save the structure. Forty-eight guests were safely removed and fortunately no one was seriously injured. Two firemen and two hotel residents were treated at Rahway Hospital for smoke inhalation. The Cross Keys was located on West Cherry Street between Campbell Street and Broad Street facing the triangular Martin Luther King Jr. Park.

November 11, 1981-YMCA: One man perished and fifteen others were hurt in a fire that destroyed two floors of the YMCA building on Irving Street. The blaze began shortly after 4 p.m. and was under control by 5:15. Dormitories on the second and third floors sustained the heaviest damage. Areas on the first level including office rooms, old locker rooms, and the entrance to the bowling alleys were also damaged. It was reported that for fifteen minutes after the fire was discovered, YMCA officials tried to extinguish it themselves. The delay proved to be costly as it gave the fire a chance to spread with deadly results. Fifteen persons were hospitalized including three police officers and four firefighters. Forty residents of the dormitories were displaced and transferred to YMCAs in neighboring towns. The Rahway Fire Department was lauded for its work in fighting the blaze and containing it in less than two hours.

November 29, 1991-Rahway Hardware and Appliance Co.: Located on the east side of Main Street near the corner of Monroe, Rahway Hardware and Appliance, a long established local business, stored turpentine, varnishes, and a variety of other paint products in the basement of the store. On Friday afternoon, the day after Thanksgiving, combustible substances erupted creating an inferno that would test the skills of 150 firemen for over five hours. The Rahway Fire Department reached the scene at 4:15 and after assessing the extent of the blaze and the threat to adjacent storefronts, called for units from surrounding towns for assistance. Notwithstanding the valiant efforts of the firefighters, the hardware store and two other stores were completely destroyed. The property on which the buildings stood is now the site of the Meridia Lafayette Village Apartments.

March 19, 1993-Firehouse Eatery and Pub: Early morning traffic on St. Georges Avenue was snarled and diverted as firemen fought a large fire that destroyed the Firehouse Eatery and Pub. Firemen reached the scene at 4:30 a.m. and had the fire under control in four hours. Besides the loss of the structure, the owner, an avid collector of firefighting memorabilia, lost collectibles



(above) Firefighters battle the blaze at the Rahway Hardware and Appliance store.

worth over \$150,000. The owner vowed to rebuild the business and reopened the restaurant in 1994.

June 5, 1995-Rahway Lumber: It was during a fierce thunderstorm that lightning struck the home of Rahway Lumber, a two-story 20,000 square foot structure located on Hazelwood Avenue next to the Route 1/9 overpass. Seventy firefighters from nine towns fought the blaze from 8:30 p.m. until 2 a.m. During the fight to get the fire under control, Route 1/9 was closed in both directions so pumpers could be parked on the overpass to direct water onto the roof. It was estimated that damages exceeded two million dollars. Rahway Lumber, founded in 1924, was originally located on Fulton Street. In the late 1960s the new complex was built on Hazelwood Avenue. After the fire, Rahway Lumber was rebuilt and was in business until the early years of 2000 when it was razed to make way for the realignment of Route 1/9.

January 4, 2011-Brookside at Rahway Apartments: Plans for an opening in the spring were dashed when a massive fire broke out which leveled the near completed fifty-unit apartment complex located on the east side of St. Georges Avenue between the Robinson's Branch of the Rahway River and Church Street. The Rahway Fire Department responded to the 1:30 a.m. alarm and would summon additional assistance from ten neighboring departments. Throughout the morning, more than 100 firefighters worked through heat and smoke as the fire jumped from section to section of the pre-fabricated building. By 9 a.m., the fire which had completely consumed the entire complex was controlled. Amazingly, Brookside at Rahway was reconstructed and ready for occupancy in 2012.

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We mail 135,000 newspapers to every home and business in 21 towns. You can advertise in any number of towns. ads start at \$60.

FULL COLOR PRINTING

We print flyers and menus, full color, two sided, on coated stock for only \$35 per thousand.

DIRECT MAIL

Insert your flyer into the newspapers and get it mailed to every home and business for \$60 per thousand and as low as \$30 per thousand for higher quantities.

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Online ads and press releases designed and placed to drive traffic to your website and get your phone ringing.

SOCIAL MEDIA

We can design and/or manage your social media campaign from passive to aggressive plans customized to work within your budget.

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Start with an audit/analysis of your website giving you a report and recommendations for \$250.

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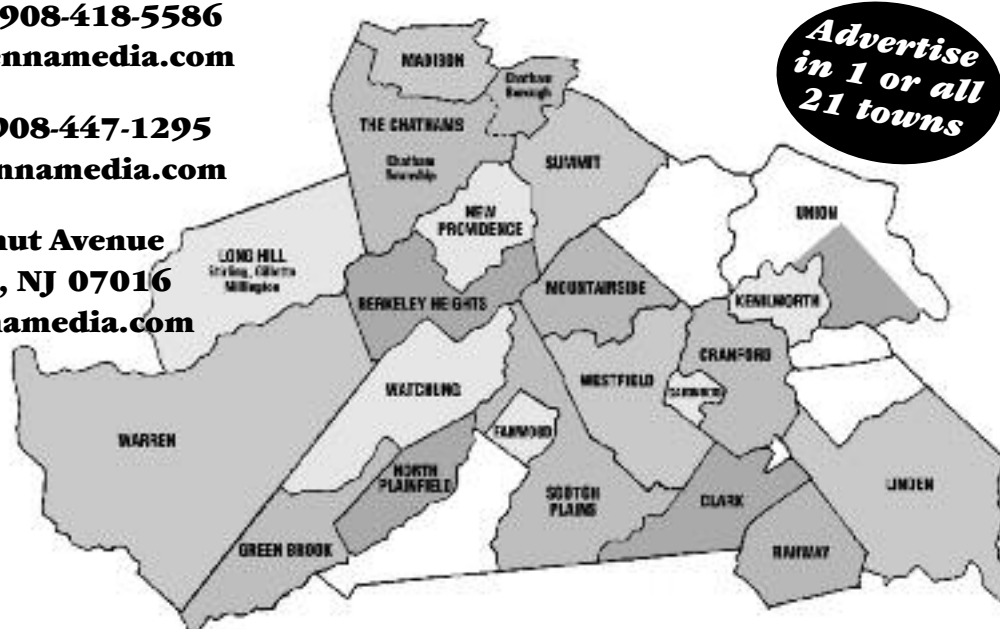
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Advertise in 1 or all 21 towns

Berkeley Heights COMMUNITY NEWS Qty: 4,800 Mailed to every home and business. Zip: 07922	THE CHATHAMS NJ Qty: 7,400 Mailed to every home and business. Zip: 07926	Clark Monthly NJ Qty: 6,700 Mailed to every home and business. Zip: 07066	CRANFORD MONTHLY NJ Qty: 9,800 Mailed to every home and business. Zip: 07016	Fairwood Post NJ Qty: 3,000 Mailed to every home and business. Zip: 07023	Garwood Times NJ Qty: 2,200 Mailed to every home and business. Zip: 07027	Green Brook Gazette NJ Qty: 3,000 Mailed to every home and business. Zip: 08812
KENILWORTH NJ Qty: 3,600 Mailed to every home and business. Zip: 07033	Life in Linden NJ Qty: 17,400 Mailed to every home and business. Zip: 07036	Long Hill Leader NJ Qty: 3,600 Mailed to every home and business in Littleton, Millington and Littleton. Zip: 07935, 07946, 07988	MADISON MONTHLY NJ Qty: 6,300 Mailed to every home and business. Zip: 07940	MOUNTAINVIEW NJ Qty: 2,900 Mailed to every home and business. Zip: 07092	New Providence NEWS NJ Qty: 4,900 Mailed to every home and business. Zip: 07974	The PRIDE of North Plainfield NJ Qty: 8,300 Mailed to every home and business. Zip: 07060, 07063, 07065
OUR TOWN Rahway NJ Qty: 12,400 Mailed to every home and business. Zip: 07065	Scotch Plains NJ Qty: 9,600 Mailed to every home and business. Zip: 07076	Summit Times NJ Qty: 9,600 Mailed to every home and business. Zip: 07901	Spirit of Union NJ Qty: 5,500 Mailed to every home and business. Zip: 07083	WARREN MONTHLY NJ Qty: 6,200 Mailed to every home and business. Zip: 07059	Watchung Post NJ Qty: 2,800 Mailed to every home and business. Zip: 07069	Westfield MONTHLY NJ Qty: 11,800 Mailed to every home and business. Zip: 07090

NEWSPAPER AD RATES

Rates are per month. Adwork included in price. Newspapers are black on white.

Units	Size	RATE FOR ANY 1 NEWSPAPER	RATE FOR ANY 3 NEWSPAPERS	RATE FOR ANY 6 NEWSPAPERS	RATE FOR ANY 9 NEWSPAPERS	RATE FOR ANY 12 NEWSPAPERS	RATE FOR ANY 15 NEWSPAPERS	RATE FOR ANY 18 NEWSPAPERS	RATE FOR ALL 21 NEWSPAPERS
1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000
2 PAGE SPREAD	21" x 14"	\$700							
BACK PAGE	10" x 14"	\$500							
FRONT PAGE BANNER	8.25" x 2"	\$320							
FRONT PAGE BOX	1.5" x 4.5"	\$240							

Back cover, front page banner and front box reserved on first come, first served basis. Current advertiser has right of first refusal.

PREPAY FOR 6 MONTHS AND GET 1 FREE

Make Checks payable to Renna Media, 202 Walnut Avenue, Cranford, NJ 07016

Visit RennaMedia.com for online publications. Photo albums, video and advertising opportunities.

Howdy Partners!

Online Marketing is like the Wild West

Too many carpetbaggers are exploiting business owners, making empty promises that don't materialize.

Too many businesses are stuck in contracts with no return on investments, no way to check if the work is getting done, and needing to invest more to make things right.

The following is a guide to Renna Media services and costs that you can compare to your present provider.

I highly recommend doing an independent audit of your website!
Contact Walter Watson at walter@www-online-enterprises.com
He does a great job analysing and making recommendations.
It is only \$250 and can save you time, money and headaches.

Thank you. - Joe Renna

Full Service Online Marketing



Online Marketing Items

- Website ads and Social Media Posts, Classified ads\$20 per item
- Special bulk price.....Block of 20 items \$100
Including: Press releases / Classified Ads
Web Page / Calendar Event / Monthly Banner ads
- Extra Boost:
- Blast your online ad or press release to a targeted market:\$100
- National Press Release Distribution
to 300 to 500 news outlets.....Budget choice from \$300 to \$500.

Website / SEO services

- Website Audit/Analysis and recommendation plan:\$250
- Website creation/update:.....\$2,400
(Cost for average website: 12 pages,
contact form, SEO friendly, responsive design)
- Website Hosting:\$300 per year
Includes website hosting, software updates,
monthly website content updates
- SEO Services:.....average cost \$1,000 - \$2,000 per month
Custom tailored solutions:
Google Ranking, Local SEO, Social Marketing

Video advertising

Production:

- Product placement \$250
- 30-second commercial \$500
- 3-minute spot \$1,000
- 30-minute show \$1,500
- 3-hour shoot - \$2,000

Do not commit to a service unless you have a solid marketing plan and budget.

Your plan should work on paper before you spend dime one. Don't waste money just trying something. There is no magic bullet.
Call Joe for a free consultation.

Call Joe Renna 908-447-1295
Email: JoeRenna@RennaMedia.com

Check out Joe Renna's Hyper Local Network on You Tube. Call 908-447-1295 if you want your business featured on line and in print. See sample show below.



NICK RENNA'S BIBLE REVIVAL

By Joe Renna

My brother Nick is known as 'The Voice of Union County', best known for announcing high school sports. When I created the Hyper-Local Network YouTube channel, we planned on producing a local sports show. The idea was lingering but went completely dormant when the coronavirus put a halt to school altogether.

Nick is not a technical person so any attempt to broadcast would have to be facilitated by someone. That person came in the form of his pastor, Jerry Rittenhouse, who was impressed by Nick's participation in Bible study sessions and thought Nick should be sharing his knowledge of the Bible, his devotion to Jesus, and his gift of gab.

Nick was not plugged into social media. But his fear of big brother was over taken by his love of God. Pastor Jerry created a Facebook page under Nick's name and has been recording him in an impromptu manner. Pastor Jerry has been uploading a video each day since Nick's birthday on August 4th. His videos have been getting a few thousand views each, and he has maxed out his friends list at 5,000.

I'm encouraging Nick to continue his mission, and am loading his videos onto his 'Renna's Arena' playlist.

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WHISKY

Ballantine	1.75L	\$28.97
Buchanan's 12yrs old	750ml	\$28.99
Buchanan's 12yrs old	1.75L	\$55.99
Bushmill's Irish	1.75L	\$42.99
Chivas Regal	750 ml	\$28.99
Chivas Regal	1.75L	\$58.99
Chivas Regal 18 yrs old	750 ml	\$72.99
Crown Royal	750ml	\$27.99
Crown Royal	1.75L	\$48.99
Dewars 12 yrs old	750ml	\$25.99
Dewars 12 yrs old	1.75L	\$45.99
Dewars White Label	750 ml	\$19.99
Dewars White Label	1.75L	\$32.99
Gentleman Jack	750ml	\$29.99
Gentleman Jack	1.75L	\$52.99
Glenmorangie 10 yrs old	750ml	\$40.99
Glenlivet 12 yrs old	750 ml	\$47.99
Glenlivet 12 yrs old	1.75L	\$91.99
Grants	750ml	\$15.99
Grants	1.75L	\$23.99
Jack Daniels	750ml	\$25.99
Jack Daniels	1.75L	\$45.99
Jack Daniels Fire	750ml	\$25.99
Jack Daniels Fire	1.75L	\$45.99
Jameson	750ml	\$29.99
Jameson	1.75L	\$54.99
Jim Beam Whisky	1.75L	\$29.99
Johnnie Walker Blue	750ml	\$187.99
Johnnie Walker Blue	1.75L	\$379.99
Johnnie Walker Black	750ml	\$32.09
Johnnie Walker Black	1.75L	\$59.99
Johnnie Walker Double Black	750ml	\$34.99
Johnnie Walker Red	750ml	\$19.99
Johnnie Walker Red	1.75L	\$32.09
Macallan 12yrs old (double cask)	750ml	\$61.99
Makers Mark	750ml	\$27.99
Makers Mark	1.75L	\$49.99

GIN

Beefeater	1.75L	\$35.99
Bombay Sapphire	1.75L	\$36.99
Seagram's gin	1.75L	\$17.99
Tanqueray	750ml	\$21.99
Tanqueray	1.75L	\$36.99

COGNAC & BRANDY

Courvoisier V.S.	750ml	\$26.99
Courvoisier V.S.	1.75L	\$47.99
Remy Martin V.S.O.P.	750ml	\$42.99
Remy Martin V.S.O.P.	1.75L	\$84.99

CORDIALS

Bailey's Irish Cream	1.75L	\$47.99
Duggan's Irish Cream	1.75L	\$24.99
Kahlua	1.75L	\$36.99
Krupnik	750ml	\$13.99
Licor 43	750ml	\$22.99
Licor 43	1.75L	\$40.99

VODKA

Absolut (regular)	750ml	\$19.09
Absolut (regular)	1.75L	\$29.09
Belvedere Vodka	750ml	\$27.99
Belvedere Vodka	1.75L	\$44.99
Ciroc (all types)	750ml	\$29.99
Ciroc (all types)	1.75L	\$57.99
Finlandia	750ml	\$15.99
Finlandia	1.75L	\$24.99
Grey Goose	750ml	\$24.99
Grey Goose	1.75L	\$39.99
Ketel One	750ml	\$19.99
Ketel One	1.75L	\$39.99
Luksusowa	1.75L	\$22.99
Pinnacle (all types)	750ml	\$11.99
Pinnacle (80 proof)	1.75L	\$17.99
Skyy	1.75L	\$21.99
Sobieski	750ml	\$11.99
Sobieski	1.75L	\$18.99
Stolichnaya (all types)	1.75L	\$29.09
Tanqueray Sterling	750ml	\$19.99
Tanqueray Sterling	1.75L	\$30.99
Three Olives (all types)	1L	\$19.99
Tito's Vodka	1.75L	\$30.99

RUM

Bacardi Light & Gold	750ml	\$12.99
Bacardi Light & Gold	1.75L	\$19.19
Captain Morgan Spice	1.75L	\$25.99
Malibu	750ml	\$17.99
Malibu	1.75L	\$25.09

TEQUILA

Deleon Blanco Tequila	750ml	\$29.99
Deleon Blanco Tequila	1.75L	\$59.99
Patron Silver	750ml	\$43.99
Patron Silver	1.75L	\$86.99
Patron XO Café	1.75L	\$34.99

BEER

Becks (12oz) 24pk	24pk	\$24.99
Bud and Bud Lite cans	30pk	\$23.00
Bud and Bud Lite loose bottles	24pk	\$19.99
Coors Lite (24oz) cans	12pk	\$15.99
Coors Lite/Miller Lite loose bottles	24pk	\$19.99
Coors Lite/Miller Lite	30pk	\$22.99
Corona/Corona Lite loose bottles	24pk	\$28.99
Dab (16oz) cans	24pk	\$21.99
Dogfish Head 60 min.	24pk	\$35.99
Heineken/Heineken Lite bottles	24pk	\$28.99
Land Shark	24pk	\$26.99
Lech (500ml)	20pk	\$28.99
Modelo Especial cans	12pk	\$14.99
New Belgium Fat Tire	24pk	\$33.99
Pabst Blue Ribbon cans	30pk	\$19.99
Pilsner Urquell	24pk	\$30.99
Sagres	24pk	\$24.99
Sam Adams Boston Lager	24pk	\$32.99
Stella Artois loose bottles	24pk	\$28.99
Yuengling Lager bottles	24pk	\$19.99
Zywiec (11.2oz)	24pk	\$21.99

WINE

Bartenura Moscato	750ml	\$11.99
Barone Fini Pinot Grigio	750ml	\$11.99
Beringer White Zinfandel	750ml	\$ 5.99
Beringer White Zinfandel	1.5L	\$ 9.49
Black Box (All Types)	3L	\$19.99
Carnivor Cabernet Sauvignon	750ml	\$10.99
Casal Garcia Vinho Verde	1L	\$ 5.99
Cavit (All Types)	1.5L	\$14.99
Clos du Bois Chardonnay	1.5 L	\$19.99
Dom Perignon	750ml	\$156.99
Dreaming Tree (All Types)	750ml	\$12.99
Ecco Domani Pinot Grigio	750ml	\$ 9.99
Fish Eye (All Types)	1.5L	\$ 9.95
Freixenet Brut, Extra, Extra Dry	750ml	\$10.99
Gato Negro (All Types)	1.5L	\$ 9.99
Gazela Vinho Verde	750ml	\$ 6.49
Joseph Carr Cabernet Sauvignon	750ml	\$26.99
Kendall Jackson Vintners Chardonnay	750ml	\$12.09
Kim Crawford Sauvignon Blanc	750ml	\$13.99
Louis Jadot Beaujolais Villages	750ml	\$ 10.99
Louis Jadot Pouilly Fuisse	750ml	\$21.99
Martini & Rossi Asti	750ml	\$11.97
Menage a Trois Red	750ml	\$ 9.99
Mi Amore Red	750ml	\$ 8.99
Moet Imperial Champagne	750ml	\$43.99
Noble Wine 337, 667	750ml	\$11.99
Papi (All Types)	1.5L	\$10.99
Ruffino Chianti	750ml	\$ 8.99
Ruffino Chianti	1.5 L	\$13.97
Ruffino Pinot Grigio	1.5L	\$13.99
Ruffino Tan label	750ml	\$19.99
Santa Margerita Pinot Grigio	750ml	\$22.09
Silver Oak Alexander Valley Cabernet	750ml	\$76.99
Simi Chardonnay	750ml	\$13.09
Woodbridge (All Types)	1.5L	\$12.49

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