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## THOMAS ZYDZIK CELEBRATES 90TH BIRTHDAY

On Saturday, October 10th, members of the Rahway Police Department had the honor and privilege of escorting the members of Young Marines as they commemorated the 90th birthday of Rahway resident Thomas Zydzik. Mr. Zydzik is a Korean War Veteran and a double purple heart recipient, and as the saying goes - Once a Marine, always a Marine.

The Young Marines is a youth leadership and mentorship program that focuses on leadership and citizenship through community service, self-discipline, and living a healthy, drug-free lifestyle. For more information visit [youngmarines.com/unit/northjersey/page](http://youngmarines.com/unit/northjersey/page)

The men and women of the Rahway Police Department wish you a very happy birthday, and thank you for your service to our nation!

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*Wishing our community  
a Happy Thanksgiving!*

# OUR TOWN *Rahway*

*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.

Tina & Joe Renna, Publishers  
202 Walnut Ave., Cranford, NJ 07016  
(908) 418-5586  
Fax: (908) 709-9209

E-mail: [info@rennamedia.com](mailto:info@rennamedia.com)

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## FOOD FOR FRIENDS SEEKING DONATIONS

With the holiday season almost upon us, many people like to donate during this time. Here are some tips on donating. Pantries try to fill bags/boxes with the same items.

Monetary donations are always the preferred option. It gives the pantries the option to buy foods that are needed to fill the bags/boxes with items they may not have on their shelves. You can mail your tax-deductible donation to: Rahway Food For Friends, 1221 New Brunswick Ave., Rahway, NJ.

To donate food, please call the pantry to make an appointment to drop off your donation, 732-381-7201. Address to drop off is 1221 New Brunswick Ave., Rahway, NJ (by appointment only).

Cans and boxes only please. Do not donate foods in jars. They can break.

- Do not donate open or damage items.
- Do not donate loose items.
- Always check expiration dates.

Put like items in the donation bags. All donations are weighed, and items are listed. Mixed items bags take longer to sort and stock.

Canned goods in a bag, pasta in another, etc.

Most pantries do not take clothes and household items. Please call and ask before dropping those items off.

Rahway Food for Friends are especially in need for the following for the holiday season:

- Turkeys, Turkey Breasts, Ham
- Stuffing/Dressing
- Pasta, Rice
- Boxed Mashed potatoes
- Canned Gravy
- Canned Vegetables

Thanks for all your support. We appreciate all of you. Be Well and Stay Safe.

### "FEEDING THE WHOLE PERSON"

Accepting donations:

Rahway Food for Friends  
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1731 Church St., Rahway  
Drop off by appointment only.  
Tax-deductible contributions can be mailed.

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**RAHWAY  
TREE LIGHTING**

This year's Winter Wonderland has been postponed due to COVID-19, but Santa will still light the tree! Join us downtown in front of City Hall on Friday 11/27 between 5:00pm and 7:00pm! Get into the holiday spirit with festival carollers, fire pits, and a short parade at 7:00pm lead by Santa as he lights the tree!

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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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## EMPOWERMENT + EXPERIENCE - VIRTUAL AUTHOR TALKS CONSORTIUM

This fall, the Libraries of Union County Consortium in Union County, New Jersey will sponsor a series of virtual visits to explore the subject of Race, Empowerment and Experience. In light of the intense and widespread discussion of race and racism in America, our libraries are committed to providing online platforms for information and discussion.

Starting off this series on Tuesday, November 10 at 7:00 p.m., we will be joined by two prolific, award-winning authors and publishers: Cheryl Willis Hudson and Wade Hudson, the co-founders of Just Us Books, Inc., one of the most prominent black-owned publishing houses in America.

Continuing on Tuesday, November 17 at 7:00 p.m., we will welcome Derrick Barnes, author of the award-winning picture book *CROWN: An Ode to the Fresh Cut* and the 2020 best seller *I Am Every Good Thing*.

Both programs will be hosted on the Zoom webinar platform, and are free for all to attend. Registration is required. To register, visit [lucnjevents.org](http://lucnjevents.org).

Read on to learn more about our esteemed guests:

Wade Hudson is an author and publisher. He is also president and CEO of Just Us Books, Inc., an independent publisher of books for children and young adults. Among his 30 published books for children and young adults are *Book of Black Heroes from A to Z*, *Jamal's Busy Day*, *Pass It On: African American Poetry for Children*, *Powerful Words: More Than Two Hundred Years of Extraordinary Writing by African Americans*, *It's Church Going Time*, *Feelings I Love to Share*, and *Friends I Love to Meet*. *We Rise, We Resist, We Raise Our Voices*, co-edited with his wife and published by Crown Books for Young Readers, is a 2019 Jane Addams Peace Association Honor book. He is currently writing a coming-of-age memoir entitled *Mansfield* that will be published by Crown Books in fall 2020, and has just completed *Journey*, a collection of poems, to be published by Third World Press in spring, 2020. Wade has received a New Jersey Stephen Crane Literary Award; The Ida B. Wells



(above, l-r) Derrick Barnes, Wade Hudson, Cheryl Willis

Institutional Leadership Award (2008) presented by the Center for Black Literature; and the Madame C. J. Walker Legacy Award (2012) given by the Zora Neale Hurston-Richard Wright Foundation and a Children's Book Council 2019 Diversity Award. He has also been inducted into the International Literary Hall of Fame for Writers of African Descent. Born and raised in Mansfield, LA, he lives in East Orange, NJ with his wife Cheryl. His website is [wadehudson-authorpublisher.com](http://wadehudson-authorpublisher.com).

Cheryl Willis Hudson is an author, editor and publisher of children's books. She is co-founder and editorial director of Just Us Books, Inc., an independent company that focuses on Black interest books for children and young adults. Cheryl has authored over two dozen books for young children including *Brave. Black. First: 50+ African American Women Who Changed the World*; *Bright Eyes, Brown Skin*, (with Bernette Ford) *AFRO-BETS ABC Book*, *Good Morning, Baby*, *Glo Goes Shopping*, *From Where I Stand* and *Clothes I Love to Wear* (Marimba Books); *Hands Can and Construction Zone* (Candlewick Press); and *My Friend Maya Loves to Dance* (Abrams). She has also co-edited a number of titles including *How Sweet the Sound: African American Songs for Children* (Scholastic, Inc.), and *In Praise of Our Fathers and Our Mothers* (Just Us Books). Cheryl is also co-editor with Wade Hudson of the middle grade anthologies *We Rise, We Resist, We Raise Our Voices*, and *The Talk: Conversations About Race, Love & Truth*. A member of the Children's and Young Adult Committee of PEN America Cheryl has

served as diversity consultant to a number of educational publishers. Outside of her full time immersion in children's books, Cheryl enjoys a cappella singing and creating handmade story quilts. Visit her online at [cherylwillishudson.com](http://cherylwillishudson.com).

Derrick D. Barnes is from Kansas City, MO. He is a graduate of Jackson State University with a BA degree in Marketing. After graduation, he became the first African American male creative copywriter in the history of Hallmark Cards. He is the author of the critically acclaimed picture book *CROWN: An Ode To The Fresh Cut* (Denene Millner Books/Agate Bolden) which won a multitude of literary awards, making it one of the most decorated picture books in the history of children's literature (two 2018 Ezra Jack Keats Awards, the Gold Medal from the Society of Illustrators, the Coretta Scott King Author Honor, Coretta Scott King Illustrator Honor, Newberry Honor, and the Caldecott Honor, and highly coveted Kirkus Prize For Young Readers.) His follow up to *CROWN*, entitled *The King of Kindergarten*, published by Nancy Paulsen Books/Penguin in July 2019, debuted on the New York Times Best Sellers List. On September 1, 2020, Derrick's 12th trade title, *I AM EVERY GOOD THING*, was released, and debuted at #5 on the New York Times Bestseller List. Derrick resides in Charlotte, NC with his enchanting wife, Dr. Tinka Barnes and their four sons, *THE MIGHTY BARNES BROTHERS: Ezra, Solomon, Silas, and Nnamdi (Nom-dee)*. Learn more at [derrickdbarnes.com](http://derrickdbarnes.com).

The Libraries of Union County Consortium (LUCC) was incorporated on April 12, 1985. The consortium is made up of all 20 public libraries in the county along with Union County Community College. The purpose of the consortium is to promote cooperative library activities among its members so that a higher quality of library services for residents within Union County can be provided, and to provide informational, recreational and educational programs at the local and county levels. The directors of these libraries meet regularly throughout the year to share information and participate in accomplishing these purposes.



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## HOLOCAUST SURVIVOR MEETS LMA STUDENTS

*Submitted by Eugene Bell*

Holocaust survivor Peter Stein recently met with the students and faculty of Westfield's Lamberts Mill Academy (LMA) to share his experiences about living through the Holocaust. Mr. Stein spoke of his struggles and loss of family growing up as a young boy in German occupied Czechoslovakia. As he told his story the students were captivated by his recollections. He was born to parents of a mixed marriage – his father Jewish and his mother Catholic. As the terror grew, he identified with his mother to find some level of protection. Frequently his father was taken to do hard labor at Terezin without any notice. Most of his father's family were murdered there during the war.

He shared his fear on the days that Germany moved in to occupy – how their country and his life went from carefree to fearful. His childhood images were filled with the sight of soldiers and

equipment constantly moving around the city. He told of the affirmations he was meant to give every day at school to Adolph Hitler and the propaganda rallies they had to attend on a weekly basis to boost German morale. He spoke of the class bully who targeted him by calling him a dirty Jew and his fear that this might reveal his true background.

Mr. Stein also spoke of hope as he talked about the spirit of his people and their aspirations for a better future. He also highlighted other parts of his childhood – his meals with his Catholic grandparents where food was plentiful while at home there was rationing and a struggle to have enough to eat. He also told of the times that they secretly listened to the BBC on Sunday nights despite the German's radio jamming. He said this always gave them hope as the Allies moved closer.

After his presentation, several students and faculty asked questions. These ranged from his

levels of fear, what it was like to survive a bombing, and if he still believed in God. He noted that he was among the lucky as he and his mother were able to immigrate to the US after the war and establish a life in a free country. He emphasized several times how lucky we are to live in the US where we are free. Two students told Mr. Stein he was a hero for living through the terror and sharing his feelings with young people.

The assembly was part of the school's history program that brings history to life for its students. Lamberts Mill Academy is one of five special needs schools sponsored by the Union County Educational Services Commission, a public-school district headquartered in Westfield, NJ, to serve the needs of students in Union County and nearby towns.

Further details about LMA or the other schools may be gathered by calling their offices at 908-233-9317.

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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.

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After graduating from medical school, Dr Somma served his internship in Internal Medicine at Trinitas Regional Medical Center. He then completed his residency in Internal Medicine at Seton Hall Post Graduate School of Medicine, where he was elected Chief Resident of Internal Medicine in his final year.

Dr. Somma has been in practice in Union and Middlesex counties for over 20 years, with an emphasis on excellence and compassion for his patients. He has served as the physician for the Elizabeth Fire Department, the Board of Health of Hillside and has served the Board of Education for Woodbridge NJ. He was granted the Humanitarian of the Year Award by Trinitas Health Foundation in May 2014, for his dedication to the community and his outstanding service to the goals of the Foundation.

Dr. Somma has special interests in various fields of Internal Medicine, including diabetes, obesity, cardiovascular diseases and arthritis/rheumatology. He has represented to major pharmaceutical companies, such as Schering-Plough and Pfizer, in a consulting and educational role for his peers. Dr. Somma has been a clinical educator for Seton Hall's Physician Assistant Program and is an Associate Professor of Medicine for their Internal Medicine program.



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## FREE PROGRAMS FOR VISION LOSS

Vision Loss Alliance of New Jersey will be able to offer FREE virtual wellness classes, peer support groups and technology-focused offerings over Zoom thanks to a grant from the Grotta Fund for Senior Care. Anyone who has low vision in New Jersey, as well as out-of-state residents, can participate.

VLANJ offers virtual classes in managing grocery shopping, yoga, Zen, meditation and mindfulness. Additionally, their tech talk classes help people understand their tech devices and how to use them to connect to online events. The classes have been a hit, helping people with vision loss stay active, learn skills and connect socially.

Vision Loss Alliance of New Jersey is a nonprofit organization serving people who are blind or have low vision. Through the group's programs, participants learn skills that allow them to manage their lives, and create a welcoming community in which they feel safe and supported.

The Grotta Fund provides its grantees with opportunities for technical assistance, learning, and networking with other non-profits. In turn, grantees are encouraged to promote the results of their grant, leverage funding, and sustain programs which have been funded by Grotta. The fund is administered through the Jewish Community Foundation of Greater MetroWest NJ.

To Register for Classes visit  
[www.vlanj.org/programs/](http://www.vlanj.org/programs/)

The post Vision Loss Alliance's Virtual Classes Get a Boost from Grotta Fund first appeared on Morris County, NJ.

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Late appointments are available by request.

## RELIEF FROM CHRONIC KNEE PAIN FDA Approved Treatment to Avoid Surgery

### DON'T BLAME THE ARROW FOR MISSING THE TARGET

Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought Viscosupplementation injections might be the answer, but the results were disappointing and painful. Don't assume the treatment wasn't right. That could very well be like blaming the arrow for its path to the target when the problem might be the archer. If you didn't get the pain relief you were hoping for, chances are your injection treatment was off target. Unlike blind injections or even ultrasound targeted treatments found elsewhere, **Northeast Spine & Wellness Center** uses diagnostic fluoroscopy to make sure the area that needs treated is the exact area where the injection goes. This is the most advanced method of delivering this pain relieving treatment with 95% accuracy to give you the results you're looking for. The use of Fluoroscopy guided injections sets **Northeast Spine & Wellness Center** apart. The end result is you living pain free from your chronic knee pain. You can avoid the lengthy and painful road of knee replacement surgery. You can avoid the endless trial and error assessment of potentially addictive prescription medications. This treatment, using fluoroscopy guided injections has seen a success rate of above 85% in those suffering from knee pain related to osteoarthritis, and that includes people with bone on bone involvement. You've suffered from chronic knee pain long enough. Call **Northeast Spine & Wellness Center** now for a RISK FREE consultation.



### If Knee Surgery Sounds Scary, It Should

Have you have been told you are facing knee replacement surgery? Have you been told about all the downsides you could be facing? First and foremost, there are NO guarantees that knee replacement surgery will be the answer to your pain, but let's look further.

- Surgery is costly, regardless of the percentage of services covered by insurance.
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.
- With surgery, there is always a risk for unforeseen complications. And you could be back to where you started, or worse.
- Medications will be required for relief from surgery and you have been down that road before. Addictions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

### Consider This Alternative To Surgery

**Northeast Spine & Wellness Center** offers you a real opportunity and a painless way to say goodbye to your knee pain without any surgery. Here are just a few of the important benefits you should consider:

- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections.
- Guided fluoroscopic injections are virtually pain free, unlike blind injections.
- No lost time from work or family.
- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
- Recovery time is almost instant, not months or years.

### How Does This New Treatment Work?

Relief begins almost as fast as it takes to pronounce the treatment. It's called Viscosupplementation Therapy. To begin with, it starts with **Northeast Spine & Wellness Center** investing in the use of diagnostic fluoroscopy. This enables them to target the exact location of your knee joint with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. That explains what you will see on the surface of this revolutionary treatment. What's taking place below the surface is how and where the natural healing process takes place. The injection of a Hyaluronic acid called Hyalgan. This gel-like substance was approved by the FDA in 1996. Hyalgan is a natural substance that mimics the synovial fluid that is already produced by your body in your joints. Osteoarthritis sufferers in particular see a reduction in this much needed synovial fluid in their knee joints. Without that cushioning layer of protection, the cartilage in your knee can begin to wear away leading to the rubbing of bone on bone. Through Viscosupplementation Therapy, this natural substance immediately goes to work reducing the swelling and inflammation in the joint and adding a coating layer of protection. Think about Dorothy taking the oil can to the Tin Man. You'll begin to feel that same kind of relief and quite possibly feel like you're ready for a drive down the yellow brick road to recovery yourself. And with a success rate of over 85% in alleviating pain associated with osteoarthritis, it's easy to see why this treatment is so readily covered by Medicare and by most major insurance providers. Diagnostic fluoroscopy to target the pain, Viscosupplementation Therapy to relieve the pain. Simple, fast and no surgery!

### Do you Suffer from any of these Symptoms?

There are a number of reasons why you developed Osteoarthritis pain. It can develop with age or because of heredity. It could be from repetitive stress from a job or some glory days in athletics. Of course your concern is with the symptoms you face daily and how to make them end, hopefully without surgery or the use of potentially addictive medications. **Northeast Spine & Wellness Center** understands the symptoms you have been living with and can help. If you have any of the symptoms below, please call us today. Relief is a phone call away.

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- **Stiffness** - Getting up out of bed or after sitting for a period of time gets more and more difficult. This loss of mobility can be more than a hindrance. It can be dangerous if you need to move quickly.
- **Loss of muscle strength** - This can lead to balance issues and the strong possibility of falling.
- **Joint deformity** - Not just unsightly, but painful as well.
- **Creaking Joints** - Can be painful and a sign of more discomfort to come.
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(above) Jim Rhatican of Berkeley Heights was in desperate need of a life-saving liver transplant. Thanks to the selflessness of his donor, Jim gets to enjoy precious time with his grandchildren.

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## ORGAN DONOR ENROLLMENT DAY

On October 8, NJ Sharing Network and its many healthcare partners and volunteers throughout the state worked together to register organ and tissue donors in celebration of Organ Donor Enrollment Day. The non-profit, federally designated organ procurement organization set a goal of amassing at least 2,020 new donor registrations on 2020 Organ Donor Enrollment Day. The 2,020 goal helps create a positive spin on the number '2020' as opposed to the negative '2020' references seen virtually everywhere due to the challenges faced this year.

Currently, there are nearly 110,000 Americans – nearly 4,000 of whom live in New Jersey – waiting for a life-saving transplant. You can register to be a donor at any time by visiting [njsharingnetwork.org/register](http://njsharingnetwork.org/register).

“Organ Donor Enrollment Day is about taking action and inspiring others to learn more about how they can save lives through organ and tissue donation,” said Joseph S. Roth, president and chief executive officer of NJ Sharing Network. “One organ and tissue donor can save eight lives and restore health to over 75 people.”

In New Jersey, one person dies every three days waiting for an organ transplant. However, the generosity of those in the Garden State is providing hope for the future. New Jersey’s organ and tissue donor registrations continue to rise thanks to strong community education and outreach efforts as well as simplified ways to

register as an organ and tissue donor are also helping to save more lives. It is now easier than ever for New Jerseyans to register in any of the following options:

Online at [www.NJSharingNetwork.org](http://www.NJSharingNetwork.org)

Through the iPhone Health App

In person at your local Motor Vehicle Agency

Another key component of Organ Donor Enrollment Day is encouraging those who register to have a conversation with their family and friends about their decision to donate.

“Donation provides comfort and healing to so many families after losing a loved one. It is so important to talk to your family and share your decision about organ donation so your gift is honored,” said Carolyn M. Welsh, vice president and chief clinical officer, NJ Sharing Network.

### ABOUT NJ SHARING NETWORK

Dedicated to saving lives through organ and tissue donation, NJ Sharing Network is the non-profit organization responsible for the recovery and placement of donated organs and tissue for the nearly 4,000 New Jersey residents waiting for a life-saving transplant. With headquarters in New Providence, NJ, the organization, selected by NJBiz as one of the state’s “Best Places to Work” for the third consecutive year, is also part of the national recovery system, serving the nearly 110,000 people on the national waiting list. To learn more, get involved and register as an organ and tissue donor, visit [NJSharingNetwork.org](http://NJSharingNetwork.org).

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Phillips 66 Bayway Refinery's "Good Neighbor Fund" Committee organized two golf outings recently, and employees, various other companies, and individuals participated in and sponsored tee hole signs at the outings.

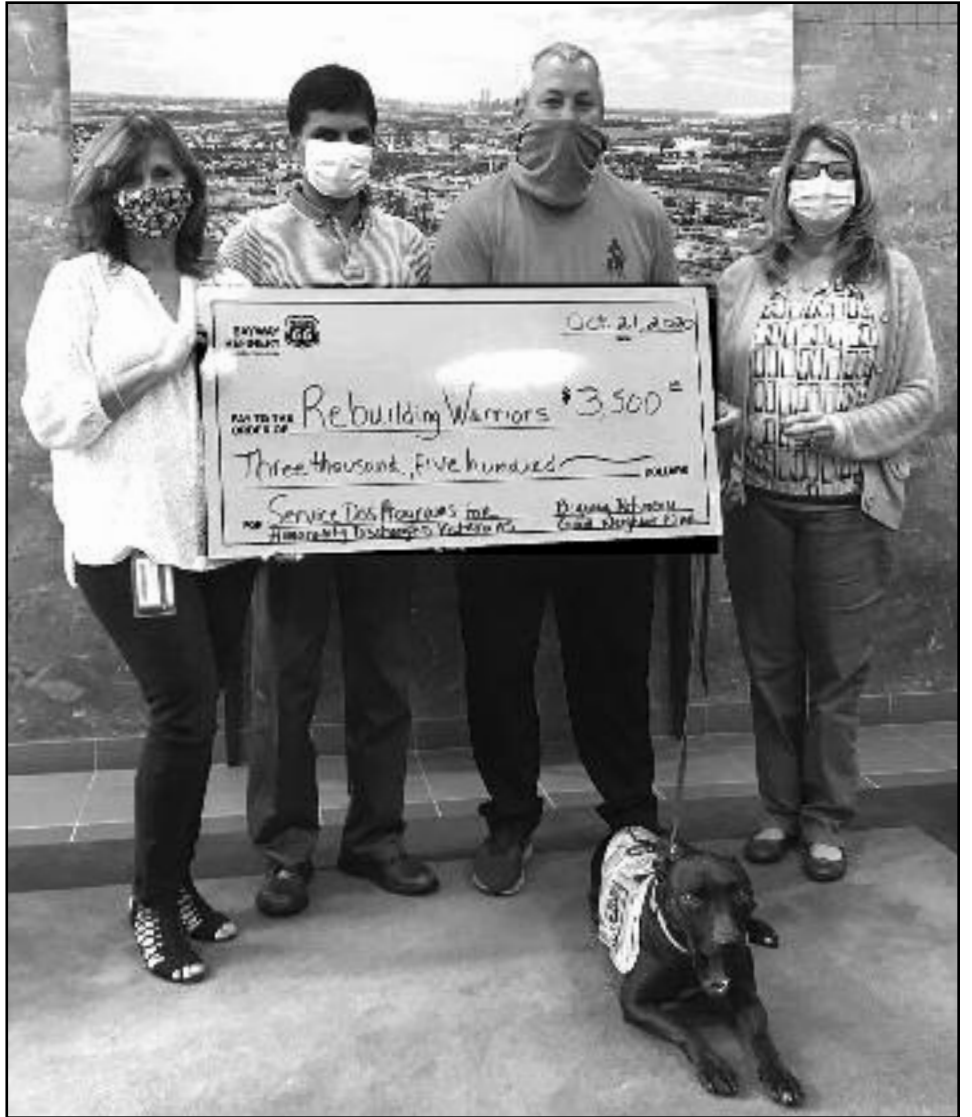
Jeff Mullins, Vice President of Operations for Rebuilding Warriors and his service dog K9 Zoey, stopped by to visit Bayway, pose for a photo op, and pick up the \$3,500. The monies raised from the tee hole sponsorships will be used to assist Rebuilding Warriors with their programs to provide highly trained service dogs to honorably discharged veterans who are diagnosed as Amputees, as well as those with PTSD (Post Traumatic Stress Disorder), TBI (Traumatic Brain Injury), and First Responders.

The Good Neighbor Fund thanks all who came out and participated/donated to this important cause!


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*(right) Phillips 66 Bayway Refinery Good Neighbor Fund Golf Committee representatives Lynne Petronio and Sathish Pushpala (left) and Mary Phillips (right), present the donation to Jeff Mullins and service dog K9 Zoey. Not pictured: Golf Committee members*



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# THE ILDERAN CLUB – WHERE RAHWAY’S SOCIAL CLASS MET AND PLAYED

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

“One of the oldest and best known of the athletic and social clubs of not only New Jersey but the entire nation” was the way the Ilderan Club was described in the 125th Anniversary Edition of the Rahway News Record, published in 1948. In the six decades between 1900 and the 1960s, social, civic, fraternal, and religious-based clubs were important parts of the fabric of every community. These organizations filled the social needs of the time and memberships boomed. In Rahway, over four dozen clubs were established during that span of years, but it was the Ilderan Club, an exclusive organization, that gave the city an air of sophistication.

Organized in 1881 as the Seminole Archery Club, meetings were held in the stately homes of members who were all part of Rahway’s social class. When open land on Milton Avenue (where the Case Senior Apartments now stand) became available, the group acquired it and set up archery ranges and croquet fields. In 1884, the club’s

interest shifted to tennis and in July of 1885, two grass tennis courts were built. The first tennis tournament was held that fall, and by the next year, the club became a member of the New Jersey State Tennis Association.

By 1889, the archery club had reached ninety-four members, and it was proposed that a larger, incorporated club could be supported. With this end in mind, incorporation papers were filed in the County Clerk’s office on April 1, 1890, thus creating the Ilderan Outing Club. The name was adopted at the suggestion of a member who knew of a fine club in the Adirondacks that bore the same name. A primary objective of the group was “to encourage and participate in suitable outdoor exercises and amusements and to promote all things that may be conducive to social recreation and social intercourse among its members.” Within a year, the club purchased property on the corner of Emerson Avenue and Pierpont Street, constructed its first clubhouse, and laid out three clay tennis courts (the three courts were converted to fast drying green-surfaced hard courts in 1936, when a fourth court was added). The original clubhouse included a large dance floor and stage, dressing rooms, a comfortable lounge, and two bowling alleys. Ilderan teams would be a formidable force in state, county, and local bowling leagues throughout the years.

It was tennis, though, that brought state-wide and national attention to the club from the earliest days of the Ilderan. Several club players were achieving national prominence and many of the nation’s outstanding players came to Rahway to compete in tournaments and exhibitions. The courts were lighted in 1915, and on June 28 of the same year, the Ilderan hosted the first night tennis tournament ever held in New Jersey. A large, enthusiastic gallery of several hundred attended the competition to watch top players perform under the lights. In 1916, the Ilderan joined the United States Lawn Tennis Association and in the decades that followed, club teams and

individual players would excel in N.J. Tennis League play.

Sports alone, however, did not define the mystique of the Ilderan. Since its inception as the Seminole Archery Club, it had remained a club whose membership included many of Rahway’s most prominent families. The names of lawyers, judges, prosecutors, doctors, business executives, architects, mayors, and freeholders were on the rolls. Several members reached national and state prominence including former United States Senator Clifford Case, and authors Carolyn Wells and Earl Reed Silvers. The club offered its members a full schedule of entertainment which included elaborate dance parties, banquets, holiday galas, formal luncheons, concerts, plays, lectures, wedding receptions and bridal parties. In addition, it was the scene of formal assemblies, cotillions, and debutante balls where the daughters of Rahway’s finest families would be introduced to society.

By the 1960s, change was in the air and the new generation of baby-boomers was losing interest in any form of organization and the rituals of society. The sixties were a time of individuality and non-conformity and the need to be part of a group was not in the DNA of many young adults. Memberships in all organizations would wane and by the 1970s the once active Ilderan was pretty much defunct. The tennis court property was sold in 1972 and replaced by four one-family homes. Entries for the club were no longer included in city directories after 1978, and the clubhouse was sold during the next decade.

Today, all that remains of the once prestigious Ilderan is the circa 1923 structure that served as their third clubhouse. The building was bought in 1990 and was eventually converted into a private residence with fourteen units. Fortunately, the beautiful renovation work done on the exterior retains the “look” of the former clubhouse, and stands as the sole reminder of what had been Rahway’s most elite club.



*(above) Postcard, postmarked 1918, shows the second Ilderan Clubhouse that was built in 1909. Much of it was destroyed by fire in 1923. The third clubhouse, the one that still stands, retains similar contours.*



*(above) Ilderan members enjoy a tennis match as they watch from the covered veranda of their clubhouse, circa 1940s.*



*(above) Tennis action at the Ilderan Club, circa summer, 1941.*

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## POTATOES (SOLANUM TUBEROSUM)

Thousands of years ago, high in the Andes mountains of Peru, ancient people grew and harvested the potato as their ancestors had already been doing for hundreds of years before them. This dependable food source enabled them to feed their population which would later become the mighty Inca empire. The Inca were admired and feared by neighboring tribes who were victims of raids for slaves and human sacrifice. The pyramids and temples of the Inca remain today as a testament to their great civilization.

The Inca ate potatoes baked with edible clay. They boiled, peeled, and mashed them. They also made potato starch. Inca's had a technique for persevering potatoes; 'chuno' which could last for years without refrigeration. It was the food that protected them in times of poor harvest against starvation and fed their powerful Inca army. Chuno was made by spreading potatoes outside to freeze on cold nights, then thawing them in the morning sun. Repeated freeze-thaw cycles transform the spuds into soft, juicy blobs that resembled today's gnocchi, a potato dumpling from central Italy.

The Inca reigned for thousands of years before the arrival of the first Europeans from Spain. In the 1620's the Spanish who were devote Catholics brought Christianity to the New World, as well as strange and deadly diseases for which the natives had no immunity. In return the Conquistadors took shiploads of gold and silver back to Spain as well as new plants and foods including potatoes.

When potatoes reached Spain, they were met with skepticism. The tuber looked unappetizing and lacked flavor on its own. In spite of this the potato would soon change the world and fuel the industrial revolution.

Potatoes were harder and easier to grow than wheat. When wheat or corn is knocked over by a storm the entire plant is damaged. Potatoes, growing underground are able to withstand this damage. Wheat was also very susceptible to diseases and crop loss. Because of this problem there were often times of starvation in European countries which lead to unrest and riots. It is believed that potatoes brought an end to these

cycles of starvation.

Rulers of these nations saw the potential of potatoes and worked hard to get their people to eat them. When potato plants bloom, they send up five-lobed flowers that spangle fields like fat purple stars. By some accounts, Marie Antoinette liked the blossoms so much that she put them in her hair. Her husband, Louis XVI, put one in his buttonhole, inspiring a brief vogue in which the French aristocracy 'swanned' around with potato plants on their clothes. The flowers were part of an attempt to persuade French farmers to plant, and French diners to eat, this strange new species.

Thomas Jefferson loved fried potatoes so much he brought the potato home to America.

From 1845 to 1849 Europe was struck by the Irish Potato Famine, also known as the great hunger or the great starvation. A natural virus, 'water spore' spread the disease called 'late blight' to potato crops throughout Europe. One hundred thousand people died on the European mainland but the Irish suffered the most. Over one million Irish people starved to death and another one million fled Ireland for counties around the world. In those four years Ireland lost twenty-five percent of her population.

Today the potato is the fifth most important crop worldwide, after wheat, corn, rice and sugar cane.

Potatoes contain a good amount of carbohydrates and fiber, as well as vitamin C, vitamin B6, potassium and manganese. Their nutrient content can vary depending on the type of potato and cooking method. Potatoes also contain antioxidants.

The potato skin has more nutrients than the interior of the potato. The skin has lots of fiber, about half of a medium potato's fiber is from the skin. Eat the skin to capture all the natural nutrition of a russet potato.

Although the potato is now associated with industrial scale monoculture, the International Potato Center in Peru has preserved almost five thousand varieties.

Growing Potatoes In Containers

Gardening with children

It takes a lot of land to grow enough potatoes to feed an entire family, but luckily potatoes can



(above) Past President of The Rahway Garden Club, James Keane, has been researching and answering garden questions since 1995.

Visit 'Keane Gardener' blog at:  
[keanegardener.blogspot.com](http://keanegardener.blogspot.com)

be grown in raised beds or even containers. This project can be done with little space as long as you have six hours of sunlight a day. This is a great educational project for gardening with children.

It is best to start with 'seed potatoes' from a garden center which haven't been treated with chemicals to preserve the potato and might inhibit growth.

Select a container that is at least 12" wide and 12" deep. Add 5" of soil to the container and plant your seed potatoes, eyes facing up 4" apart and 4" from the side of your container. Wait until the sprouts emerge before watering and as the potatoes grow add soil over them. This will make stronger plants and a bigger crop. Don't cover the plants completely as it needs sunlight to grow. Potatoes require a constant moisture level and don't like to dry out. Your crop of potatoes should be ready to harvest in 70 to 120 days, depending on the variety.

You can research growing potatoes or gardening with children on the internet and YouTube.

Thanks to The Smithsonian for the information in this article.

Happy Autumn & Keep Keeping Safe,

*James*



(above) Although we are used to our potatoes looking similar there are five thousand known varieties documented in Peru.

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# WHEN COVID-19 HITS THE VETERAN COMMUNITY THE VETS HIT BACK

Submitted by Jesus MiroQuesada and Angie Abbot, NJVN

A group of veterans and veterans' organizations are making a huge difference during New Jersey's Covid-19 pandemic. The New Jersey Veterans Networks' "Operation: Helping Heroes" project has two objectives including providing meals and groceries to veterans, and protective equipment to first responders. Food and PPE have been delivered to first responders, hospital workers, and activated National Guardsmen throughout the state.

They have distributed almost 3,000 hot meals and groceries to veterans, National Guardsmen and essential frontline workers at 61 different drop-off locations. The NJVN also provided personal protective equipment and helped distribute over 10,000 gallons of hand sanitizer to hospitals, EMS squads and police departments, and provided over 2,000 protective masks. This all happened during a crucial time when things like food, masks and hand sanitizer were very much needed, but hard to find.

The New Jersey Veteran Network has truly lived up to its name and partnered with a rich network of almost a dozen other organizations in order to fulfill their mission. Non-profits like the Samaritan Outreach Services, Operation Jersey Cares, the CSM Robert Gallagher Charitable Foundation, and Milltown VFW 2319, worked tirelessly to contribute to the Helping Heroes effort by either supporting heroes and first responders working through the crisis, or helping veterans whose health and finances were affected by the pandemic.



(above) NJVN President Michael Boll, Outreach Director Frank "Doc" Schupp and Reverend Richard Starling dropping off food and snacks for the Senior Veterans of Menlo Park Senior Home.



(above) NJVN Outreach Director Doc Schupp and sidekick Shadow dropping off hot meals to National Guardsmen.

Doc Schupp who created the Helping Heroes program had this to say "We were only able to reach and help as many people as we did because we are working with some of the best and most passionate organizations and people in the state. People like James Ludolph, would drive for hours dropping off food to sick and quarantined vets only to ask me what the next mission to help was, or 2319 VFW Commander Bob Kolesare, who would personally go out to help fill veterans' pantries."

NJVN Outreach Director, Frank "Doc" Schupp organized the hot meal and groceries portion of the program in collaboration with VFW 2319, Operation: Jersey Cares and Samaritan Outreach Services. Food was donated by restaurants including Jim Dandy of East Rutherford, Marinelli's and 55 Main both of Flemington, Amici's of Linden, Burnett BBQ of Union, and Applebee's of Garfield. Donations were delivered to National Guard units, hospital workers and veteran shelters such as Operation Valor in Newark and Vet Haven North.

Home deliveries of food as well as social service assistance, in coordination with Catholic Charities and PACO agency, were also provided to assist veterans who were quarantined at home due the COVID-19 crisis.

The protective equipment distribution was managed by NJVN President Michael Boll in collaboration with Ashland Chemical who sponsored the hand sanitizer, and Backpacks for Life - a veterans' organization who has created a full-scale operation to create masks to give to first responders and hospital staff. Protective equipment was given to hospitals including Holy

Name of Teaneck, the East Orange and Lyons VA Hospitals, Jersey City and New Bridge Medical Centers, and police departments including New Providence and Florham Park.

Both the food distribution and PPE could not have been made possible without the volunteers who took the time to pick up and distribute the goods. Great people like James Ludolph, Robert Bouthille, Dana Black, Juan Peris, Jamel Dobbins and Michael Salerno (with the team Mascots Shadow and Mush) and many others made this project happen! Many good people came together and were able to make a positive impact on the community during a difficult time. All of this was done by strong partnerships, unpaid volunteers, and sponsored through donations.

Perhaps, VFW 2319s Commander Bob Kolesare said it best, "VFW 2319 really enjoyed taking care of our vets. We hope that we were able to brighten their days just a little bit during this crisis."

## ABOUT NEW JERSEY VETERANS NETWORK

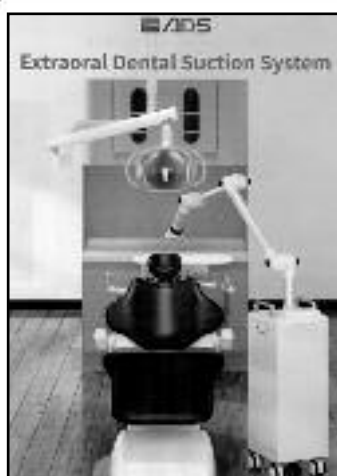
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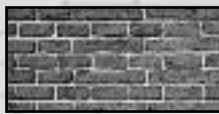
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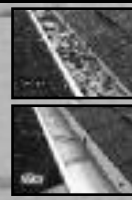
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# Strategies for Today's Small Business



## Building or Updating Your Marketing Plan



Joe Renna has been in business since 1984 supplying businesses with a full array of marketing and advertising services. From developing business and marketing plans to multimedia production, over the years, his ad agency has worked with every size business. Since 2000 Renna Media has been publishing hyper-local community newspapers.

Each month, over 135,000 newspapers are mailed to every home and business in 21 towns. He also offers full color printing and mailing services as well as an online presence that parallels his print publications. Through these publications, Renna Media has focused on the needs of the local business owner offering customized, affordable, advertising opportunities. Joe Renna also helps his advertisers with their marketing plans as a value-added service.

Mr. Renna's presentation will address the different aspects of building a marketing plan and tuning up existing ones. The audience will leave with the information to guide them in developing a plan that will get them the best return for their marketing budget. The presentation will encourage questions from the audience and will address specific challenges facing participating business owners.

**Date:**  
**November 10, 2020**

**Time:**  
**11:00 am**

**Cost:**  
**Free**

**To Register:**

<https://score.zoom.us/j/91039820189>



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## KEAN VOLUNTEERS JOIN UNION COUNTY EMERGENCY FOOD DISTRIBUTION

Kean students are supporting local families struggling with food insecurity during the COVID-19 pandemic by volunteering at Union County food distribution events throughout the Fall semester.

In a community partnership with the county, more than two dozen students volunteered on Saturday at an emergency food distribution site in the Vaughn-Eames parking lot. Students will continue to volunteer at the campus location as well as at Cedar Brook Park in Plainfield.

"The experience was so very humbling and rewarding," said Nives Migliaccio of Springfield, a graduate student in the writing studies program. "We helped over 1,000 families that day. I feel like a proud Kean cougar, and everyone involved was very kind and really cared deeply about their fellow citizens who are in need. I can't wait to volunteer next time!"

On Saturday, the volunteers offered curbside service, depositing bags of produce from the Community FoodBank of New Jersey into the trunks of cars at the drive-through event.

"Kean prides itself on preparing our students to become active, contributing members of their communities, and this is clearly evidenced by the commitment from our students to this important program," said Kean President Lamont O. Repollet, Ed.D.

Kean is currently the site of the county's drive-through COVID testing program.

"We continue to work to ensure that our residents receive the necessary resources to support them during this time as they face

unprecedented levels of unemployment, housing issues and food insecurity," said Union County Freeholder Sergio Granados '10, '16 MPA. "We thank the Community FoodBank of New Jersey and volunteers involved in coordinating this effort."

"The distributions have been a lifeline to many of our residents affected by the COVID-19 pandemic," Freeholder Chairman Alexander Mirabella said.

Senior criminal justice and psychology major Danielle J. Olistin of Woodbridge said she volunteered to give back to her community.

"Food is one of the main necessities in life, and it's awful to know that not everyone can afford to have the bare necessities in their households especially during this pandemic," she said. "If the service act is small or large, all types of volunteerism makes a difference in changing the lives of citizens in our community. All it takes is one person to begin the change."

Offering students an opportunity to participate in community service is a vital part of a Kean education. Kean students volunteer between 60,000-70,000 hours per year, according to Acting Vice President for Student Affairs Matthew Caruso.

"We often hear from students that this is the most rewarding work they have ever performed," he said. "This kind of real-world experience is invaluable to our students' development and both their personal and professional growth."

Alyssa Ramirez, a senior biomedicine major from Somerset, said she will volunteer again at a

county food distribution site.

"It is a safe and great way to give back to the community especially with so many families affected by COVID-19," she said. "Kean provides us with various ways to volunteer, and there are a lot of students eager to help the community in any way possible."

For more information, including the schedule for emergency food distribution events, visit [ucnj.org/covid19/food-distribution-events/](https://ucnj.org/covid19/food-distribution-events/).



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# Marketing Toolbox

Renna Media offers a full range of marketing services, in print and online, hyper-local to regional, for every budget and market size.

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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.

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

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## ONLINE MARKETING

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.

## WEBSITE AND SEO SERVICES

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

It is highly recommended to have a marketing plan and budget before spending.

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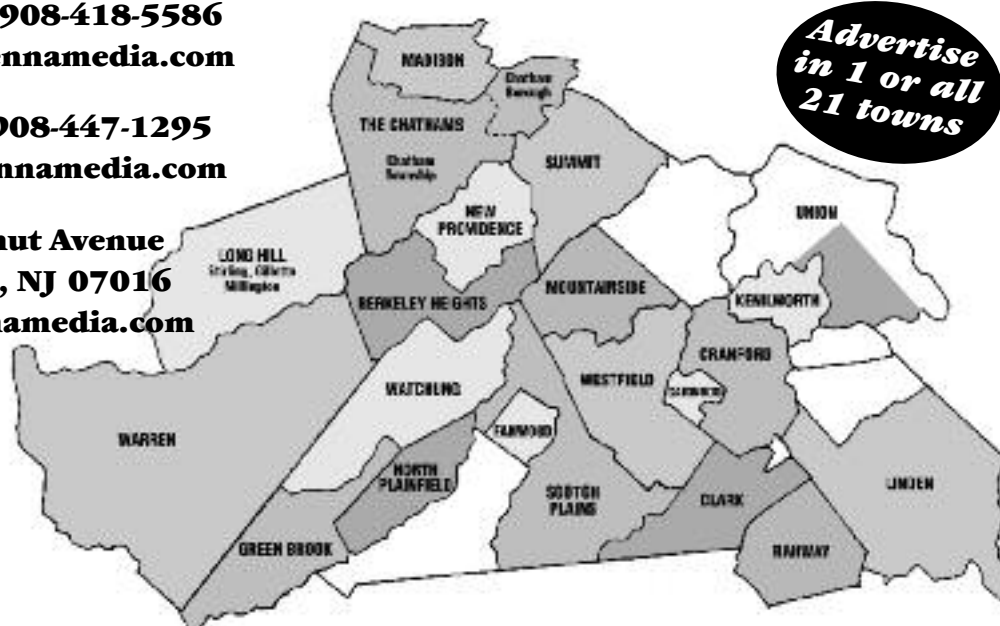
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Joe Renna 908-447-1295  
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Cranford, NJ 07016  
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**Advertise in 1 or all 21 towns**

<b>Berkeley Heights</b> COMMUNITY NEWS Qty: 4,800 Mailed to every home and business. Zip: 07922	<b>THE CHATHAMS</b> NJ Qty: 7,400 Mailed to every home and business. Zip: 07928	<b>Clark Monthly</b> Qty: 6,700 Mailed to every home and business. Zip: 07066	<b>CRANFORD MONTHLY</b> NJ Qty: 9,800 Mailed to every home and business. Zip: 07016	<b>Fanwood Post</b> NJ Qty: 3,000 Mailed to every home and business. Zip: 07023	<b>Garwood Times</b> NJ Qty: 2,200 Mailed to every home and business. Zip: 07037	<b>Green Brook Gazette</b> NJ Qty: 3,000 Mailed to every home and business. Zip: 08812
<b>Kenilworth</b> NJ Qty: 3,600 Mailed to every home and business. Zip: 07033	<b>Life in Linden</b> NJ Qty: 17,400 Mailed to every home and business. Zip: 07036	<b>Long Hill Leader</b> NJ Qty: 3,600 Mailed to every home and business in Gillette, Millington and Strickling. Zips: 07933, 07946, 07988	<b>MADISON MONTHLY</b> NJ Qty: 6,300 Mailed to every home and business. Zip: 07940	<b>MOUNTAIN VIEW</b> NJ Qty: 2,900 Mailed to every home and business. Zip: 07093	<b>New Providence NEWS</b> NJ Qty: 4,900 Mailed to every home and business. Zip: 07974	<b>The PRIDE of North Plainfield</b> NJ Qty: 8,300 Mailed to every home and business. Zips: 07060, 07062, 07063
<b>OUR TOWN Rahway, NJ</b> Qty: 12,400 Mailed to every home and business. Zip: 07065	<b>Scotch Plains NJ</b> WILMA'S HAPPENING MONTHLY Qty: 9,600 Mailed to every home and business. Zip: 07076	<b>Summit NJ Times</b> Qty: 9,600 Mailed to every home and business. Zip: 07901	<b>Spirit of UNION</b> NJ Qty: 5,500 5,000 mailed to homes and businesses. Zip: 07083	<b>WARREN MONTHLY</b> NJ Qty: 6,200 Mailed to every home and business. Zip: 07059	<b>Watchung Post</b> NJ Qty: 2,800 Mailed to every home and business. Zip: 07069	<b>Westfield MONTHLY</b> 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](http://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](mailto: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](mailto:JoeRenna@RennaMedia.com)**

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



## BOB MARKEY - SAVE THE TREES OF RAHWAY

During the past 20 years, over 2000 of Rahway's street trees have died or were removed and never replaced. Resident Bob Markey is producing a three-episode video which provides viewers with a sobering look into this serious crisis affecting Rahway's trees. The video also provides a toolbox to fix the tree problems and to rebuild Rahway's urban forest. There is a plan to accomplish it, but the effort needs help and support.

Markey states, "This crisis didn't happen overnight, nor is it the fault of any individual, city department or elected official. Over the years mistakes and oversights have been made."

The Arbor Day Foundation certified Rahway as a Tree City USA Community in 1997 with two primary requirements: Form a Tree Board and Enact a Tree Ordinance.

The video is to raise awareness and solicit help in the effort to rebuild, restock and restore Rahway's urban forest.

Folks can help by sending an email to [Help@SaveTheTreesofRahway.org](mailto:Help@SaveTheTreesofRahway.org), and by subscribing to Save The Trees of Rahway YouTube Channel, and by following the group on Facebook.

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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	\$28.99
Johnnie Walker Black	1.75L	\$57.99
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	\$27.99
Courvoisier V.S.	1.75L	\$47.99
Remy Martin V.S.O.P.	750ml	\$44.99
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	\$16.99
Licor 43	1.75L	\$42.99

### 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
Skyv	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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