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Issue 125 • December 2020

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FOOD FOR FRIENDS EXTRA BUSY THIS HOLIDAY SEASON

Rahway Food For Friends currently serves over 600 families per month. With the closing of schools, increase in unemployment, and unemployment benefits being exhausted, we have experienced an influx of new clients. The numbers of families we serve monthly have more than doubled due to the Covid-19 pandemic. Our clientele has expressed dire needs for food, clothing, financial and housing support.

With the increase in clients, and new safety protocols, we immediately revised the programs under the direction of our CEO, Candance Ashe.

Our staff and volunteers welcomed this challenge as we maintained high safety standards for combating Covid-19 while serving clients, and keeping our volunteers and staff safe. We have implemented health protocols with guidance from the Centers for Disease Control and Prevention, and the New Jersey Department of Health. When implemented with fidelity, the protocols work to limit possible exposure and spread of COVID-19.

Pantry Directors, Nadine Burns and Denise Jones lead their team of volunteers in providing monthly food supplement packages, and enforcing the guidelines to prevent the spread of COVID. To decrease long lines and maintain social distancing, clients were given additional days to pick up food.

The soup kitchen teams implemented the changes and prepared "to go meals" along with mobile meal deliveries. The Vice President, Pat Carter headed the teams as they prepared to serve over 180 meals weekly. The mobile pantry was extended to 4 vehicles to deliver food to seniors and disabled persons.

Rahway Food For Friends remains open to serve the public 4 days a week, with staff working 6 days a week to service them. Staff duties include preparing food packages, collecting food orders, locating new food distributors, placing food orders, delivering food and meals, picking up donations, and other administrative duties.

The team at Rahway Food For Friends works tirelessly and diligently to perform Covid-19 cleaning to serve at the highest levels of sanitation, safety and dignity. Our guests are provided with masks if needed, and prayers always.

Rahway Food For Friends lost two staff members and many clients during this pandemic. This year has thrown us its worst, but in the face of these difficult times, our community and staff have proven to fight back with our very best!

We would like to thank each Board Member and our volunteers including:

Daniel Allen, Patricia Carter, Nadine Burns, Denise Jones, Barbara Johnson, Sara Adames, Deshawn Cornwall, Audrey



Young, Latoyah Kirkland - Washington, Rob Cianfrocca, Javonny James, Emanuel Ashe, Jadon Taylor, Marijean Batistella, Elijah Ashe, Latosha and Akua Hargrove, Carrie Souza, Yaneza Vazquez, Efrem Howard, Phillip Bellinger, Allen Gregory, Nate Austin, Idamiz Roman, Laury Pena, Elijah Ashe, Shandalis Francis, Maria Claudio, Deborah Yanuta, Americo Veno, and a host of others.

Our soup kitchen captains, Dana and Bill Marsh, Carlos and Irwin Allende, Natasha Drew, Pamela Wilson, Bethel and Carol, Erika Blazak and One Kind Step for their unyielding commitment and dedication to feeding with love and hope.

We have been successful in providing to those in need due to our corporate sponsors, private donors and foundations in their charitable giving. 98.3% of our clients meet the U.S. poverty guidelines. Thank YOU All for Making a Difference in our Community. If you would like to donate, or volunteer please visit rahwayfoodforfriendsnj.org for more information.

Rahway Food For Friends is seeking donations for this holiday season.

Monetary donations are always the preferred option. It gives the pantry the option to buy foods that are needed to fill the bags/boxes with items we may not have on our shelves.

You can mail your tax-deductible donation to: Rahway Food For Friends, P.O. Box 1882, Rahway, NJ. Or donate online at rahwayfoodforfriendsnj.org.

We are in need of canned and boxed food (no glass jars please), turkeys, toys and clothing. Drop off Mon., Wens, Fri., 8 a.m. – noon – only. Please do not leave donations outside the door. Address to drop off is 1221 New Brunswick Ave., Rahway, NJ.

If you have any questions call 732-381-7201 or email: rahwayfoodforfriends@gmail.com.

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

(continued on page 10 & 11)

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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.

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RENT ASSISTANCE AVAILABLE IN UNION COUNTY

Are you a Union County resident in danger of eviction because you are struggling to meet your rent payments? You may be eligible for rent assistance through Community Access Unlimited.

People who have fallen behind on their rent payments may be eligible for up to three months of back rent assistance. Applicants must already be at least one month behind on their rent payments.

Contact Community Access Unlimited at info@caunj.org to inquire about this program. Landlords or any person who knows a renter who is struggling are encouraged to let tenants know about this program.

CAU is a Union County-based, statewide nonprofit that works to integrate people with disabilities and youth at risk into the general community through comprehensive supports.

Funding for this program has been provided by the City of Elizabeth and Union County.

To learn more about CAU, visit caunj.org or follow the agency on Facebook, Twitter and Instagram. Learn more about supporting the agency and become a monthly donor at caunj.org/support-us/.

ABOUT COMMUNITY ACCESS UNLIMITED

Community Access Unlimited (CAU), celebrating more than 40 years in 2020, supports people with special needs in achieving real lives in the community. CAU provides support and gives voice to adults and youth who traditionally have little support and no voice in society. CAU helps people with housing, life skills, employment, money management, socialization and civic activities. CAU also supports

opportunities for advocacy through training in assertiveness, decision-making and civil rights. CAU currently serves more than 4,000 individuals and families, with the number served growing each year.

For more information about CAU and its services, contact us by phone at 908.354.3040, online at www.caunj.org or by mail at 80 West Grand Street, Elizabeth, NJ 07202.

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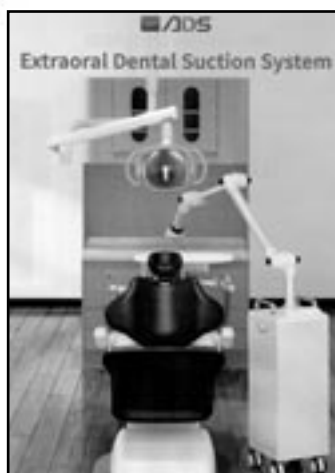
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For more than 30 years, Jill Guzman Realty proudly serves NJ homeowners and buyers with all of their real estate needs. Jill's trilingual fulltime staff prides themselves on their outstanding "Good Old Fashioned Service."

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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THE GIFT OF SIGHT: SAYING YES! CAN CHANGE SOMEONE'S LIFE

"I am passionate about spreading the important lifesaving and enhancing message of organ and tissue donation because I know the powerful impact it can have," said Peter DeSarno, member of the New Providence Lions and double cornea transplant recipient. "It is an honor to bring together two organizations (The Lions Club and Eversight) that do so much good and have personally impacted my life".

That was the way the presentation at the November 4 New Providence Lions Club meeting began as members heard the personal story of one of its own members receiving the gift of sight and discussed the 50-year history of Eye Banking in New Jersey with Jennifer Rosenblatt, Director of Philanthropy at Eversight.

Peter went on to share that when he was in high school, he was diagnosed with a condition called Keratoconus that affected both of his eyes and at the age of 24. He then received two cornea transplants that restored his vision and forever changed his life.

The gift of his first donor cornea in his left eye came to him with the assistance of the Lions Eye Bank of Texas. The second transplant in his right eye was procured with the assistance of the Lions Eye Bank of New Jersey (now Eversight) working in conjunction with the New Providence based, NJ Sharing Network.

Peter put his experience into perspective by

saying that today he looks out of the eyes of two other individuals. Peter explained that unfortunately he has not been able to make contact with and thank his donor families. He said what he does know is that they were two heroic human beings who came from two loving, caring and generous families who in their darkest hour displayed an incredible amount of love and compassion in providing him with the gift of sight. He said that he doesn't think humanity gets any more beautiful than that.

The Lions Club's work in fighting blindness goes back many years. In 1925, as an ambassador for the newly formed American Foundation for the Blind, Helen Keller addressed the Lions Club International Convention in Cedar Point, Ohio hoping that the Lions would partner with the American Foundation for the Blind and lend their support as an organization to those who had lost their sight.

It was at that convention where she appealed to the Lions and challenged them to become "knights of the blind in this crusade against darkness."

She had no idea just how far the association would take her challenge. Before the convention was over, the association dedicated itself to making Keller's dream a reality and the Lions would become Keller's Knights of the Blind.

Since 1925, millions of lives have been

changed through the vision-related work of Lions around the world, and today the association is as dedicated as ever to hastening the day when no one should suffer unnecessarily from vision problems. Lions work to end preventable blindness and aid the visually impaired through eye centers and hospitals, medicines and surgeries, eye glasses and eye banks.

Jennifer Rosenblatt, Director of Philanthropy of Eversight, shared with the New Providence Lions Club an inspiring presentation about the Eye Bank in New Jersey and the work of her organization. Specifically, the work at Eversight to restore sight and prevent blindness through the healing power of donation, transplantation and research.

From its home in Clark, NJ, Eversight proudly partners with NJ Sharing Network, Lions Clubs, surgeons, businesses and philanthropists throughout New Jersey to advance its mission.

In 2019, Eversight worked with the families of 882 New Jersey residents who gave the gift of sight for transplantation, research and education. Through outreach and programs, Eversight provided donated tissue for 8,176 sight-restoring corneal transplants in 2019 in New Jersey and around the world.

Saying "yes" to donation can change someone's life.

For more information/membership please email info@nplions.org and visit nplions.org.



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RAHWAY'S LARRY PLATT HONORED BY NJ VETERANS NETWORK

On Veterans Day the New Jersey Veterans Network hosted its first team awards ceremony at the Union VFW. Rahway-American Legion State board member Larry Platt was one of over 50 contributors (called team members) that were honored during a ceremony that practiced social distancing protocol.

The New Jersey Veterans Network is a volunteer mobile outreach team that aggressively seeks out veterans and their families members in need.

In the last few years the NVN has saved over a dozen lives, donated 20 cars, 400 business suits, and during covid the team provided over 3,000 meals and thousands of PPE items for disabled veterans and active servicemen.



(above) Rahway-American Legion State board member Larry Platt was awarded the NJVN Plaque and the State Proclamation. Larry is a NJVN liaison to the state American Legion and he has collected donations for the charity, and speaks at events.

COAT DRIVE – DONATIONS SOUGHT

The Blue and Gold Club at Franklin Elementary School in Rahway is hosting their annual Jersey Cares Coat Drive. The club is collecting new and gently used coats from now until January 8, 2021. Please place your donation in a plastic bag and drop it off in the donation box located near door 26 in the school parking lot at 1809 St. Georges Avenue, Rahway. All coats will go to NJ families in need.



The Team is fully backed by the NJ VFW, NJ American Legion, NJ PBA, NJ FOP, NJ FMBA, multiple service groups, and several elected state officials.

Former VFW State Commander Barbara Hagemann presented over 30 NJ VFW Award Commendations.


NJVN President Michael Boll presented all the members in attendance with NJVN team plaques in recognition of their contributions. Each member also received a proclamations from the New Jersey Senate and Assembly.

Congressmen Tom Malinowski presented the Presidents Volunteer Service Award with a Gold Medal and a Congressional Commendation to the team's executive board including Michael Boll, Sara Abraham, Frank Schupp, Bob Johnsen, and Leo Graf. Frank Schupp was presented an American Flag that was flown over the Capital Building in his honor. Schupp is the mobile outreach program director. He was awarded for


his outstanding work mentoring veterans during Covid and organizing an effort to feed over 3,000 veterans.

ABOUT NEW JERSEY VETERANS NETWORK

We are a group of veterans and volunteers dedicated to helping our veterans and their families live better lives. Our team is raising awareness of our veterans needs by organizing public speaking engagements, meeting with business and political leaders across the state and sponsoring fundraising events. Our mission is to identify veterans and connect them with resources and programs designed to meet their unique set of needs. To ensure that every single one of our veterans, who have sacrificed so much for this great country, receives the resources that they require and deserve. If you are interested in joining our team, would like us to speak at your event, or contributing to our mission, call 973-332-1556 or email mdbollio@optonline.net. To learn more visit njvn.org.



Village Green REALTORS



Christmas memories and wishes FROM 1957

It was the holiday season of 1957 and as a 9-year-old I was preparing for a Christmas where it was not likely that Santa was going to be generous as my dad had an accident and had to take time off from work to heal. I was ok with prospects of a simple holiday so long as my tata (dad) was going to be ok.

As always, we spent Christmas Eve at my grandmother's sandwich shop. There we would see my father's 9 brothers and sisters and all of my cousins. It was always a grand evening especially with my grandma's fabulous baked rice pudding made in her wood burning stove and a bottle of Nehi grape soda.

When we left to go home it was actually snowing, how cool and it helped to cancel out any sadness. We made it home around 9 p.m. and went in. As we entered, my dad said I should turn the Christmas tree lights on in the enclosed front porch. As I entered the porch, I stopped dead in my tracks. Standing there was a brand new Roadmaster bike with a Bermuda horn, chrome fenders and wheels. I went from speechless to tears. I will always hold dear that rough year and my most memorable Christmas with parents whom I will always love and miss.


2020 has been a year of stress, pain, and fear but now is the time for a season of reflection, healing and bringing peace to family and friends. Set aside political differences and anger, the holidays are for joy, hope and peace on earth.

Wishing you all a very merry Christmas, happy Hanukkah and a happy, healthy, prosperous and united new year from Moma and Tata and Matt & Fran Dobrowolski and the ERA Village Green family.

Matt Dobrowolski


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UNITED WAY PROGRAMS

As part of its transformation to continue providing programs and services, United Way of Greater Union County (UWGUC) recently announced that it has modernized their comprehensive approach to their family strengthening model. The organization is collaborating within its community resources network and its affiliated initiatives to provide a series of virtual webinars that will provide families and individuals with continued access to services, leadership and career focused initiatives, and ways they can advocate in their communities.

Building Resiliency Empowering Parents, Families and Individuals, the themed focus, serves to provide continued support to residents who are facing educational, health and economic barriers, and ensures services are provided in both the traditional and virtual (online) setting. During the Coronavirus pandemic, UWGUC saw an increase in the number of families struggling to meet basic needs such as buying food, paying rent and utility bills, and having access to healthcare. The unemployment rate in Union County went from 4.5% in January to 16.4% in June 2020, resulting in more than 81,000 unemployed residents, 3,100 evictions filed and 9,000 food stamp applications filed in Union County.

The organization, through donations of fresh and nonperishable food from Amazon Logistics and the Community Food Bank of New Jersey, also hosts weekly food distributions, where 900 families are served on average each week, since the pandemic began. In addition, during the summer, UWGUC organized and held a virtual back-to-school drive serving more than 400 students with backpacks and school supplies.

UWGUC is also calling for volunteers who are experts in their field to host a workshop or webinar that could help those in the community.

The virtual workshops and webinars are free and open to the public. Interested persons can access them through the United Way of Greater Union County website at:

uwguc.org/virtualworkshops.

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Sat: 9am to 2pm

Sun: Closed

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 assortment 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 unwelcomed 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 pain 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 dance 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.

- **Pain** - Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- **Swelling** - This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult and dangerous just name a few activities affected by swelling.
- **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.
- **Sleepless nights** - Losing sleep over your suffering is not just irritating, but potentially dangerous because of so many other health concerns that can be affected by loss of sound sleep.

Let Me Show You Targeted Relief From Your Knee Pain

Every day, I see patients suffering from knee pain due to arthritis, osteoarthritis, sports injuries or other conditions. Many have been told that they are in need of knee replacement surgery. Other patients say they have been prescribed various prescription medications to deal with the pain.

Something else I see almost every day, are patients that have tried viscosupplementation knee injections elsewhere and found it to be a painful and ineffective experience because the injections were not administered using fluoroscopic guidance. Instead of using the incredibly accurate diagnostic fluoroscopy we use at **Northeast Spine & Wellness Center** these patients experienced a blind injection technique, which can be as inaccurate as playing pin the tail on the donkey.

Once I am able to explain to my patients about the pin point accuracy of using diagnostic fluoroscopy and the amazing results viscosupplementation can provide, they are thrilled to get started. They are even more thrilled when they feel the relief. Please contact **Northeast Spine & Wellness Center** today to schedule your RISK FREE consultation. Call 732-827-0800

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WELLNESS, INDEPENDENCE, AND SOCIALIZATION FOR SENIORS

Submitted by Colleen Clayton

The Gateway Family YMCA was awarded a \$20,000 grant from the Grotta Fund for Senior Care of the Jewish Community Foundation of Greater MetroWest NJ in support of their Virtual W.I.S.E. (Wellness, Independence, and Socialization for our Seniors) program during the global pandemic.

"The W.I.S.E. Senior Services program has served our community for over 35 years, providing specialized care and services for a unique demographic," stated Krystal R. Canady, CEO, The Gateway Family YMCA. "During the global pandemic, we recognized the strong need for a supportive program like ours, that cares for seniors with Alzheimer's or dementia and also provides their caregiver with assistance. Through the support of the Grotta Fund for Senior Care of the Jewish Community Foundation of Greater MetroWest NJ, we are able to continue this critical service in the Virtual W.I.S.E. program when it is needed more than ever before."

The Virtual W.I.S.E. program provides daily activities and support for members with Alzheimer's and/or dementia and their caregivers. This includes daily activity emails, weekly social work support, weekly live virtual Zoom activities and support groups, home drop-off of activity supplies and meals and 24/7 telephone availability of W.I.S.E. staff.

"These programs have provided D. and her family the support and encouragement needed on a daily basis," said one of our Virtual W.I.S.E. Caregivers. "The emails have been inspirational. We have even learned a lot of good facts about life, events and people. We even have found ourselves laughing out loud! What a good feeling! We need this and look forward to these programs to get by each day! Thank you for providing them. We appreciate it very much!"

"Caregiving can be one of the most rewarding, yet stressful of life's tasks. It is our belief that assisting the caregiver is just as important as assisting their loved one," stated Melynda A. Mileski, EVP/COO. "Our specialized staff team is dedicated to these families, providing daily contact, information, socialization activities, support, counseling, home visits and meal delivery."

The Gateway Family YMCA is a leading 501(c)(3) non-profit, health and community service organization committed to strengthening community by connecting all people to their potential, purpose and each other. Working locally, the Y focus on empowering young people, improving health and well-being, and inspiring action in and across communities. By bringing together people from different backgrounds, perspectives and generations, the Y ensure that all have access to the opportunities,

relationships and resources necessary to learn, grow and thrive.

For more information about The Gateway Family YMCA or the Virtual WISE Center adult program, visit tgfymca.org or contact 908-349-9622.

*Names of WISE members and caregivers have been changed for privacy.



(above) Karaoke Jam

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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 as an Associate Professor of Medicine for their Internal Medicine program.

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FOOD FOR FRIENDS PHOTOS (continued from page 1)



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MISS ANN SHOTWELL - A STORY OF KINDNESS AND GOOD WILL FOR THE SEASON

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

If one were to think of an image of a matronly school attendance officer making her rounds on a bicycle in the early years of the 20th century, thoughts of Almira Gulch, the mean-spirited neighbor of Dorothy who transforms into the Wicked Witch of the West in the classic film, "The Wizard of Oz" might come to mind. In the case of Miss Ann Shotwell, attendance officer for the Rahway Board of Education, however, such an image would be totally misleading. In fact, Miss Shotwell lived such a full life of service to others that she was considered one of the best known and most highly respected citizens in all of Rahway.

Miss Annie, as she was familiarly known, started working for the Board in 1913 when she was already fifty-two years old. She served as attendance officer for twenty-three years and peddled around on a bicycle looking for students who were truant from school - not to punish them, however, but to help them. This was a woman who felt acts of charity and good will were a required duty and whose story is an appropriate one for the approaching season.

The Shotwell family was one connected with the founding history of Rahway. The family was one of Rahway's pioneer Quaker families, and owned farmland in East Rahway abutting the Trembley Point section of Linden. Shotwells would unite in marriage with the Wood family after whom Wood Avenue in Linden gets its name. Annie, the daughter of Abram F. and Mary Jane Wood Shotwell, was born on the farm on the fourth of July, 1861. By 1890, the family had moved to St. Georges Avenue where they built a large manor house on the north-west corner of Stone Street and became active members of the First Presbyterian Church.

Perhaps it was because of her ancestors' association with the Quakers or perhaps because of her deep Presbyterian faith that her altruistic spirit was formed. She felt a great need to help the indigent and came to know the needs of each poor family better than anyone else. Because of this earned reputation, citizens wishing to give to those in need would contact her when they had clothes or food to donate. As attendance officer, she would visit the homes of children who were absent from school and would often learn that they were too embarrassed to attend because they didn't have shoes or nice clothes to wear. It became her practice to carry clothing items on her bike to give the children so they might return to school feeling better about themselves. It was not unusual for Miss Shotwell, after a day of bike-riding, to return home in her stocking feet having given her own shoes to a needy individual. Over the years, those same children she helped had told her how she induced them to go to school and how that changed their lives.

In 1932, the Board of Education, knowing that she would not resign, offered to give her an assistant which she refused contending she could carry-out the work herself. She continued to cover her route by bicycle until 1934 when she finally purchased a car.



(above) Marker and tree grace the front lawn of Grover Cleveland Elementary School in memory of "Miss Annie Shotwell."

Miss Shotwell also served as a librarian in the children's department at the Rahway Library. Working with youngsters, she had an innate sense of knowing what books each child would enjoy. Parents called upon her to select the titles that would encourage their children to read and credited her with fostering their education.

During the summer months Miss Shotwell supervised the playground activities at Riverside Park now known as Veterans Field. She was a favorite of the children and was held in such high esteem by city officials that when the new field house was being planned, her needs were incorporated in the layout. Built in 1930, the structure, deemed to be one of the most attractive field houses erected in the state, was designed by Seymour Williams, the city's leading architect at the time. Prominently, it featured a large window on the west side of the building so Miss Shotwell, who by that time was almost seventy, could sit in her office and have a view of all the children playing at the park.

After Miss Shotwell's passing on September



(above) Miss Shotwell could view the entire playground through the oversized window of the athletic fieldhouse.

11, 1936, several tributes were made in her memory. A month after her death, the Rahway Recreation Commission proposed the establishment of a permanent, well-equipped playground "as a fitting tribute to the memory of a woman who devoted her life to work of this type." Shotwell Park was eventually created behind the public library on Seminary Avenue. The Men's Club of Grover Cleveland Elementary School planted a memorial tree on the front lawn of the school in appreciation for all the good works she did in helping students succeed. A plaque, set in stone, was placed next to the sapling with the words:

In Memory of
Miss Annie Shotwell
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By Men's Club of
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The stone and plaque are still there, and the sapling has grown to be a sturdy oak, a symbol of a life well-lived and a life worth emulating.

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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

WINTER BIRD FEEDING 2020/21: A WINTER WITHOUT ACORNS

Although most people haven't noticed, oak trees have not produced many acorns this year. This is most likely due to poor weather conditions during the time of pollination in early spring. Oak trees pollinate by the wind carrying its pollen to the tiny female flowers. If there is too much rain or other unfavorable condition such as a calm and windless spring it will reduce the success rate of pollination and result in a poor acorn harvest. This problem will have no affect on the health or survival of trees and is part of its normal cycle of life.

Not long ago a year without acorns would have been devastating to Native Americans and other humans who depended on acorns as a source of protein during the winter months. In recent times we have stopped eating acorns and switched to other more desirable nuts to eat.

Unfortunately, a year without acorns is tragic for the wildlife that depend on them as a reliable winter food source. Deer, chipmunks, squirrels, raccoons, possum and white bellied mice are a few of the creatures that will have very difficult winter. Even Black bears include acorns in their diets to fatten up before hibernation. Included in this group are many of our wild songbirds such as blue jays, cardinals and finches. Luckily these birds can fly to backyard birdfeeders to help survive the winter. If you have never fed back yard birds before this winter is a perfect year to start.

Backyard winter bird feeding is one of the most popular hobbies in the United States and Europe. Many people spend a lot of money on birdfeeders and different types of seed to attract various birds to their yards. In this article I am going to discuss a few ways you can supplement this protein and help our feathered friends survive this winter.

Try to keep your feeding areas close by so they are easier to maintain, with a good view from your window. The easier it is, the more likely it is you will keep doing it. Birds need our help most when the snow covers the ground and cuts off all other food supplies.

Black oil sunflower seed is perhaps the best food you can use to feed your birds. Black oil is high in protein and attracts a large variety of wild birds including goldfinches, mourning doves and cardinals. Birds use protein as fuel to burn and keep themselves warm during freezing temperatures so black oil seeds are a desirable high-quality food source.

'Wild bird' seed mixes are available everywhere and seem like a great value but they are loaded with cheap fillers like corn which has little nutritional value for wintering birds. These fillers also attract bigger more aggressive birds like grackles and starlings that will gobble your seed and chase the smaller more colorful and desirable birds away.

Many people would like to help feed birds during the winter, but for various reasons do not want to get involved with tending bird feeders. When the ground is frozen or covered with snow there is a simple technique you will appreciate and many birds love. Simply sprinkle seed on the ground and your birds will eat it up. I have a mulched area close to my door that I use to sprinkle the seed on. In early spring I simply put fresh mulch over this area to cover up the old seed hulls.

Gleaning is a type of foraging technique where birds methodically pick over an area to collect food, typically insects or seeds. Many species that overwinter in our area use this of feeding method. Dark-eyed Juncos, White-crowned sparrows, Mourning Doves and even Cardinals will frequent your garden to glean seeds off the ground.

In the early morning I sprinkle some seed, but not too much at once because I don't want unnecessary and expensive waste. If you have an easily assessable area with a view from a window, that is perfect. If you are enjoying your bird watching you can always sprinkle more. Even if you are a devoted back yard bird watcher, tossing some seed on the ground will give your feathered friends more areas in which to feed.

Birds with diets that depend mostly on insects have the hardest time finding enough proteins and calories in other food sources such as fruit and seeds. For these birds, 'suet' is extremely valuable.

Suet is a winter bird food made from animal fat that is easily digested and metabolized by many birds; it's a high-energy food, especially valuable in cold weather. Suet is particularly attractive to woodpeckers, nuthatches, chickadees, blue jays, tree creepers, and starlings when they visit feeders. Of course, squirrels love suet and will gobble every bite if permitted.

Suet cakes are sold almost everywhere we shop. Garden shops, hardware stores, and even our local grocery stores. I try to find suet cakes at the best price and stock up on them. They can be stored in a cool spot or put in a freezer for long term storage.

Commercial suet feeders are available, and are an inexpensive investment. They have a latch to close them but I also use a twist tie to prevent squirrels from opening the cage and knocking the cake on the ground.

Place the suet in feeders at least five feet from the ground to keep it out of the reach of pets.

Do not put out suet during hot weather as it can turn rancid. During hot weather the dripping fat can damage natural waterproofing on bird feathers causing permanent damage and a shorter life; not what we are hoping for when we feed birds.

Today suet cakes come in a wide variety of



We can help our local Blue Jays survive this winter without acorns by feeding them a cup full of raw unsalted peanuts every day. They will quickly become a daily visitor to your garden.

ingredients and flavors. Everything from citrus, blueberry or hot chili. The birds are coming for the fat, so the simpler the ingredients, the better. If I find a suet cakes filled with corn, I put it back. Corn is the least nutritional "filler" with only two-percent protein.

It is possible to make your own suet from leftover fat. You can find information on how to make it on the internet and YouTube.

To discourage squirrels and undesirable birds I use a simple trick that helps avoid or limit this problem. Hang your suet cake feeder upside down. When I unwrap the suet, I only take off the top wrapper, leaving the plastic tray on the rest of the cake. Place the suet in the feeder with the exposed suet facing down and the plastic upward. This makes it difficult for the larger birds to hang on for long and they soon search for an easier food supply. The smaller birds are able to cling upside down and have no trouble eating the suet.

Peanut butter is very high in protein. I attached a board on my tree and spread the peanut butter mixed with some black oil seeds in it on that so I don't harm the tree. Peanut butter will attract many birds including woodpeckers.

Raw unsalted peanuts are beloved by Blue jays. If you put out a cupful every day your local Bluejays will appear within minutes bringing a frenzy of activity to your garden. Many people ring a bell to alert the Blue jays its dinner time.

Lastly, gray stripped sunflower seed are high in protein and the favorite seed of Cardinals. The shells of these sunflower make an unsightly mess. The shells also contain oils that can inhibit the growth of other plants so avoid using them over a flower bed. Many shops sell sunflower seeds with the shells off but they can be expensive. If you have an area where you can easily rake and clean up the shells in the spring they are a welcome addition to your birds winter menu.

As for squirrels I have given up long ago. They need to eat also.

Happy back yard bird watching,

James

FAITH LEADERS DISCUSS SUPPORT FOR ORGAN AND TISSUE DONATION

Submitted by Gary Mignone

On November 12, NJ Sharing Network kicked off National Donor Sabbath weekend with an interactive Donation and Faith Panel Discussion that brought together faith leaders from throughout New Jersey to discuss why most major religions in the United States support organ and tissue donation as an unselfish act of charity. A recording of the panel discussion can be viewed on NJ Sharing Network's Facebook page or at www.YouTube.com/NJSharingNetwork. Some of the key messages from the panelists included:

E. Denise Peoples, Agape Family Worship Center of Rahway and NJ Sharing Network panel moderator, and double-lung transplant recipient – “We are extremely fortunate to have strong partners in our local faith-based communities who support our life-saving mission by

discussing organ and tissue donation with their congregations and by sharing their inspirational stories and unique perspectives about donation.”

Rev. Dr. Vanessa M. Brown, Rivers of Living Water Ministries UCC of Newark – “Life is one of the greatest gifts that you can give, and it is a gift that can be shared. It is part of us doing good in this world by saving lives.”

Rev. Dr. Marilyn M. Harris, First Baptist Church of Teaneck – “We share information with our community about organ and tissue donation to show them what love looks like. Many in our faith community have had life-saving transplants and they show others what the gift of life looks like.”

Rajesh Karnani, son of a tissue donor and member of the Hindu community – “My father was passionate about his family, his faith and his support for organ and tissue donation. He would often speak with our Hindu religious leaders to discuss the virtues of organ donation, and they recognized it as the best gift anyone could give to another person.”

Rabbi Ari Lucas, Congregation Agudath Israel (CAI) of Caldwell – “Organ and tissue donation is supported by all major streams of Judaism. Many in our synagogue community have been profoundly affected by the generosity of people who gave and they are the greatest preachers of the importance of this because they are living testaments to the value of organ and tissue

donation.”

Fr. Edmund Luciano, Parish of the Visitation of New Brunswick, and heart transplant recipient – “The Catholic Church is very much in support of organ and tissue donation. We encourage our families to be aware of this. It is a testament of love for our neighbor.”

Observed annually in November, National Donor Sabbath seeks to educate faith-based communities across the country about the critical need for organ and tissue donation, and the vital role faith plays in making the decision to register as a donor.

For National Donor Sabbath tools and other resources visit NJSharingNetwork.org/donor-sabbath.

ABOUT NJ SHARING NETWORK

NJ Sharing Network is the federally designated non-profit organization responsible for recovering organs and tissue for the nearly 4,000 New Jersey residents currently waiting for a life-saving transplant. With headquarters in New Providence, NJ, the organization is part of the national recovery system, serving the 110,000 people on the national waiting list. NJ Sharing Network was selected by NJBiz as one of the state's “Best Places to Work” for the third consecutive year. To learn more, get involved and register as an organ and tissue donor, visit NJSharingNetwork.org.



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(above) Master of Ceremonies: Rosann Delso, American Legion Unit 5 & Larry Platt DEC Union County American Legion Post 5

(above) Evelyn Boyd, American Legion Auxiliary Past Union County President, Past President Unit 499 & Gene Kolb, American Legion Post 5 Past Commander

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(above) Rahway Police Department Color Guard



(above) Dori Miller, American Legion Auxiliary Union County President & Al Trematerra, American Legion Post 5 and Vietnam Veteran



(above) Rosa Fort, American Legion Auxiliary President Unit 499 & Roy Smith, American Legion 2nd Vice Commander Post 499



(above) Nancy Wahl, American Legion Auxiliary President Unit 5 & Randy Wahl, American Legion Past Commander Post 5



Opening prayer; Yogi Bera Minister of the Universal Life Church



(above) Danni Newbury, 5th Ward Council Member



(above) Guest Speaker: Larry Platt,



(above) Bill McQueeney, Purple Heart Recipient & Marine Hubert

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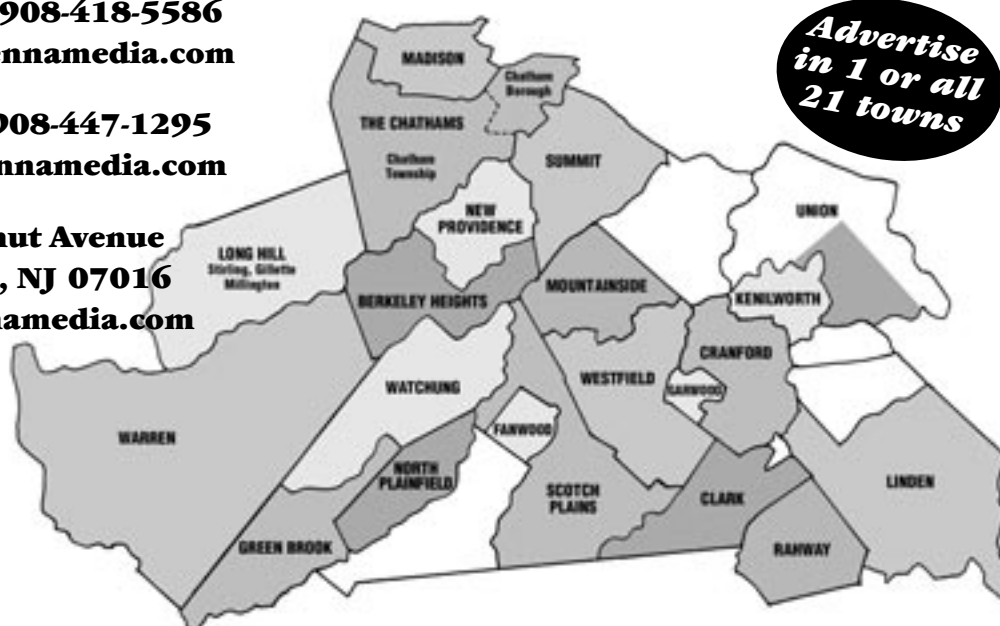
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1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700
6 Units	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
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2 PAGE SPREAD	21" x 14"	\$700							
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FRONT PAGE BANNER	8.25" x 2"	\$320							
FRONT PAGE BOX	1.5" x 4.5"	\$240							

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- Website Hosting:\$300 per year
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monthly website content updates
- SEO Services:.....average cost \$1,000 - \$2,000 per month
Custom tailored solutions:
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- 30-second commercial \$500
- 3-minute spot \$1,000
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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	\$37.99
Krupnik	750ml	\$22.99
Licor 43	750ml	\$22.99
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
Skyy	1.75L	\$21.99
Sobieski	750ml	\$11.99
Sobieski	1.75L	\$19.99
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	\$22.99
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
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Louis Jadot Pouilly Fuisse	750ml	\$21.99
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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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