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Issue 129 • April 2021

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## GRAB YOUR PASSPORT AND LET'S GO TO TASTE OF SPRING!

Rahway's Taste of Spring, New Jersey's premiere, wine, food and aperitif tasting is ready to help get you out of the house! While it is not quite safe to gather in large numbers, we will still be giving our foodies a chance to get their tasting "fix."

This year, purchase a \$5 Taste of Spring Passport from one of the four Passport purchase locations and during four weekends in April, Taste of Spring "tourists" visit participating establishments during their scheduled times. Tourists present their passport and pay only \$5 for a special Taste of Spring feature! Tasters will be treated to many of the same delectable desserts and enticing cuisine that is a signature part of Rahway's annual event. You will even be able to vote for your favorites!

Just like at the larger Taste event, features are meant to be enjoyed "on the go". This year, we encourage Taste Tourists to be thoughtful of the indoor dining limitations brought on by the pandemic and head out with your sample. However, if the fare tickles your palette, feel free to head back in and order a full meal!

Passports can be purchased at: the Rahway Recreation Center (3 City Hall Plaza, Rahway); Northfield Bank (1515 Irving St. Rahway); Beana's Para Siempre (988 St. George's Ave, Rahway); Witty's Fine Wine and Liquors (870 St. George's Ave, Rahway). Please note, all Passports purchases are cash only. Each Passport comes with a complimentary Multi-tensil that you can bring along on your travels (and help cut back on waste)!

The schedule runs Thursday through Sunday on the

following weekends: April 8-11; April 15-18; April 22-25; April 29-May 2. Details of when your favorite establishments are participating and where they are located will be available at [RahwayIsHappening.com](http://RahwayIsHappening.com) and in your passport so you can plan your adventure!

Many of our award winning restaurants will be joining us again this year so make sure you don't miss out! From Rahway: Beana's Para Siempre; Cook's Kitch'n; CubaNu restaurant and Lounge; Dairy Queen; Dervish Kabob and Grill; Gyros Corner; Hugo's Peruvian Cuisine; Il Forna a Legna; Juice Hub; La Malinche; Luciano's Ristorante; Madina Halal Platter; Melao Cafe and Creamery; Michelino's Pizza; Mr. Subs 3; Nancy's Townhouse Pizza; Olivia's Catering and Dining; Rahway Bagels; Rahway Fried Chicken; Rahway Nutrition; Sabor Peruano; The Coffee Box; The Irving Inn Social; The Lounge at Watt Hotel; The World Famous Waiting Room; Uruguma Herbalife; Wet Ticket Brewing; Wheelie Good Pierogi; and Witty's Fine Wine and Liquors. From the surrounding areas: Bahama Breeze (Woodbridge); Chevys Fresh Mex (Linden); Climax Brewery (Roselle Park); Cooks Kitch'n Express (Menlo Park Mall/Edison); Havana Central (Menlo Park Mall/Edison) and La Bon Bakery (Woodbridge); Meson Tropical (Linden); Rialside Cafe (Fanwood); and The Tavern at Ash Brook (Scotch Plains).

We are excited to have you participate in our Rahway Taste of Spring 2021. Make sure you save the date for Rahway's Taste of Spring 2022 on April 8th back at the Rahway Recreation Center!

Visit [RahwayIsHappening.com](http://RahwayIsHappening.com) for more information

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*Our Town* is published by Renna Media. Over 12,600 papers are printed monthly, and mailed to every businesses and home in Rahway.

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## BEREAVEMENT SEMINAR

The First Presbyterian Church of Cranford (FPCC) is preparing for its free eight-week seminar, "Journey to Wholeness - Healing the Grieving Heart", taking place every Sunday from April 11 to May 30 from 6:30 - 8:30 p.m. Everyone across the United States who has experienced loss of any kind, in the past or present, are welcome to attend, as well as those who have previously attended this seminar. This unique seminar will take place via Zoom. Registration is required to attend this event. Call Patti Williams, seminar founder and trained pastoral bereavement counselor, to register at 908-709-1341.

Eight sessions, each designed to lead a person through the process of grief, will help those who have suffered any type of loss better understand the process and learn ways to cope, while also practicing self-care. Patti Williams, R.N. and Certified Pastoral Bereavement Counselor, and Virginia Waters, PhD. Psychologist, have helped almost 3,000 people experience healing, find new purpose for their lives and feel joy once again.

Per Williams, "We are all navigating through especially challenging times due to the ravages of the pandemic, exhaustion from political conflict, depletion of our resources, the loneliness of increased isolation, and the unprecedented chaotic environment in which we currently exist. When you are also grieving a loss in the midst of all these stressors, life can become very dark and every day may seem overwhelming."

The sessions include learning about the stages

of grief and understanding the tasks of the grieving process, coping strategies and tools for the journey, taking good care of ourselves, dealing with changes, decisions, loneliness, holidays, anniversaries, building a support system and more.

Both of the leaders and all of the facilitators have experienced loss within their lives and share from "the inside out." Bring family members and friends. All faiths are welcome.

In the words of a recent participant, name removed for privacy purposes, "I have learned more along this heartbreaking journey than I ever thought possible. I have learned that you will never ever forget your love and that you are changed forever, but you need to give yourself permission to heal... I believe that your loved one only wants the best for you and you will be reunited one day."

The seminar is dedicated to Patti's late husband, the Rev. Dr. Bruce D. Williams who had a vision for this program and a desire to help others deal with their pain and suffering during their time of loss.

For more information about the program, visit [firstprescranford.org](http://firstprescranford.org)

### ABOUT FIRST PRESBYTERIAN CHURCH OF CRANFORD

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

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## HIGH SCHOOL PRESENTS VIRTUAL PRODUCTION OF SHREK THE MUSICAL

*Submitted by Joe Elefante*

The award-winning Rahway High School performing arts program is proud to present a truly unique production of Shrek the Musical: Theatre for Young Audiences (TYA).

Liveness and theatre go hand-in-hand. But, with the recent shift to online learning, there is an opportunity for performances to have an unlimited reach and find a new audience. This new audience is of the digital world, craving new stories and ways to connect with them. The pandemic has given theatre makers challenges that beg the following question: how can we make art together, but apart?

On the heels of their fall drama, A Christmas Carol: a Radio Play by Philip Grecian, the Rahway High School theatre department is crafting ingenious ways to create theatre with students, with an added awareness of health and safety and new technology and media. "Technology is just as much the content as the libretto of Shrek the Musical TYA," says director-choreographer Mrs. Jensyn Oertel-Modero, or Mrs. Mo, as the students call her. The creative team and students auditioned and rehearsed 100% virtually using Google Meet and Zoom.

Then came the filming. Twenty green screens were purchased and sent home with each student as well as an at-home kit, complete with each cast member's costumes, props, and makeup. "The whole process is very student-centered because they must take center stage in their own learning," adds Mrs. Mo. Small groups of students report to school to film using a socially-distant three-camera setup with some of the newest recording and broadcasting technology to allow the students to record scenes together - while very much apart. Filming wrapped before spring break and will be edited during the month of April. Mrs. Mo and Mr. VanWyk, the musical director, are extremely proud of the tenacity and work ethic of all students involved in this unique and exciting production.

Shrek the Musical won a Tony Award for costume design and was nominated for eight others, including Best Musical. It is based on the popular movie franchise and children's book of the same name about a

green ogre who, in the face of a world that he feels has rejected him, abandons his secluded forest home to rescue a princess and reclaim his home - and along the way discovers friendship, love, and the confidence to be who he is.

The performances will be streamed on Friday, April 23, at 7 p.m. and Saturday, April 24, at 2 p.m. Purchase a ticket at [wearerahwayarts.org](http://wearerahwayarts.org) and let your "Freak Flag" fly!



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## ACADEMIC EXCELLENCE AWARDS

*Submitted by Linda Lampert*

On Friday, March 5, 2021, Franklin Elementary School in Rahway held a virtual Second Marking Period Academic Excellence Awards Celebration to honor the following exemplary fifth and sixth graders: Jason Afum, Sofia Da Silva, Elias Sanchez Lopez, David Wilk, Christian Morim, Steven Rosario, Lydell

James, Isabella Prado, Ashly Ashby, Hazel Hernandez, Chyanne Jazikoff, Sebastian Quinones Cortes, Leonardo Delgado Caceres, Byron Gillard, and Saaya Kadakia.

In order to be recognized for this achievement, students had to earn an A in every subject, which is an average of 90 or higher for the first marking period. Students received a certificate in the mail

along with a pizza coupon to recognize their hard work. The virtual celebration began with a message from Dr. Aleya Shoieb, the school's principal, followed by Dr. Juan Miao, the school's vice-principal, then each teacher shared some congratulatory words. Parents and students also had a chance to say something as well. The celebration was filled with smiles and laughter.



*(above) Franklin Elementary School exemplary fifth and sixth graders were celebrated during a virtual Second Marking Period Academic Excellence Awards Celebration.*

Photo by Rahway Public Schools

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## RAHWAY BOARD OF EDUCATION VOWS TO PROTECT ITS CHILDREN

*Submitted by Rob Kinch*

Their actions spoke louder than any words could. Classrooms were empty, frustrated students and parents were soldiering through the challenges of virtual learning, and school districts throughout the state were affecting plans to return to in person learning as soon as possible in a variety of formats. Rahway's Board of Education however, along with the district's Superintendent of Schools, boldly chose a different path. They listened to the science...and to their hearts.

Since March 13, 2020, return to school dates were visited, revisited, and continually revised with one consideration remaining paramount: what's best for the health of the children, their families, the community, the teachers, the administration, the staff and for all the people their lives, in turn, would ultimately touch. On Tuesday, January 12, the Board approved a resolution to once again extend virtual learning, now until March.

Board President Brittany Hale explains, "We did not want any of our students or staff to risk exposing themselves or their families to COVID-19." Vice-President Lori Kennedy firmly concurs. "The safety and health of our students and staff were always the most important factor in our decisions to extend virtual learning."

Superintendent of Schools Dr. Patricia Camp, applying her analytical training as a scientist to educational issues, notes, "This has truly been a bizarre year! As educators, we all want our students back in school every day, all day. The students need us and we need them. But we must remember that before the students can learn they must be healthy and feel safe. I and the district's Reopen Committee firmly believe that consistent education is important too – and so we have

hesitated to open for in person teaching until we can be assured that once the students are in school, they can stay in school."

Yet what is their response to those who would quote figures that indicate children are safer in the classroom, that statistics show that there have been very low infection rates in school, and that the educational benefits far outweigh the risk? Board member Ray Lopez offers, "While it may be true that children are at minimal risk, there are so many other factors we must take into consideration. Families in our diverse community are constructed in many different ways. When polling these families, it was clear to the Board that the health and safety of everyone, including our teachers and staff, had to be our primary concern." President Hale avers, "We have to consider our children's health and safety and those they live with, not to mention our staff. We do not want to bring unnecessary risk into their

homes."

Response to the caring reflected in Board decisions to extend virtual learning have not gone unappreciated by administration, teachers, and community parents as well. High School math teacher Jenna Scaletti notes, "I am so very thankful to our Board for continually extending the opening date of school. By doing this the lives of both Rahway students and teachers are not put at risk. What other district would do that? My students are still safely learning and I am grateful that our Board values everyone's health as their priority." Mr. Victor Motino, parent of RHS senior Victor 'Jr.', shares, "By keeping our kids safe, they are keeping us safe."

By all accounts it is apparent that, thanks to the academic and community health influenced decisions of Rahway's Board of Education and Superintendent, nothing will stop the music of education from playing on.

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### The Changes of Spring

Hooray it's time to hop out of the depressing doldrums of the last year and embrace the season of hope and rebirth. Get ready for the rights and holidays of spring, a time to smell the hyacinths and marvel at the miracles of rebirth. The beauty and renewal powers of Mother Nature. Especially being ready to get your vaccines. New Jersey currently has distributed over 1 million inoculations so surely those who are still waiting must have their time coming soon. So get ready to embrace the hope of a better, healthier and safe future.

Now check your shed, garage or basement for gardening tools, miracle gro, gloves or paint brushes. Time to start those outdoor projects to enhance your home and thereby make both you and your home look and feel better; and sell for more.



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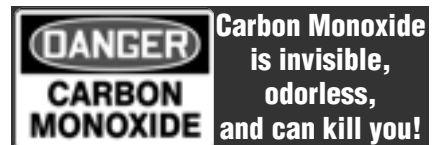
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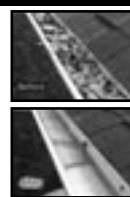
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## EARTH DAY RAHWAY RIVER CLEAN-UP — SAT., APRIL 24

All volunteers are invited to celebrate Earth Day 2021 with Boy Scout Troop 330 and members of the Rahway River Watershed Association in a clean-up of the Rahway River on Saturday, April 24th (with a rain date of Sunday, April 25th). The clean-up will focus on areas upstream and downstream of the Bloodgoods Pond Dam at Winfield Park, New Jersey. Please plan to stop by the parking area adjacent to the waterfall of the Rahway River by the dam at Winfield Park, NJ at 8:45 a.m. to register, pick up bags, gloves, bottled water and snacks, and receive safety information. Folks should feel free to travel to any part of the river where they would like to perform cleanup activities but we specifically will ask folks to work in small groups for safety purposes with folks socially distanced and wearing masks. The team working registration will provide suggestions on areas with large volumes of floatable debris.

Cleaning up a river and park area is a great way to celebrate Earth Day and if you haven't participated in an event like this before, you will find it invigorating, and you will feel good about what you have accomplished...it is also fun and educational...especially for scouts and young adults as they always find something interesting.

The clean-up will generally be between 9 a.m. - 12 noon, but any amount of time or effort that

folks can volunteer is appreciated. There is always a large volume of floatable debris to pick up. Over the 20+ years this cleanup has occurred thousands of folks have participated, including girl scouts, cub scouts, boy scouts, fishermen, local activists and citizens, and we pulled some amazing things from the river.

All participants should wear jeans, long-sleeved shirts, gloves and boots, and please wear a mask. Waders are welcome for folks who like to get a little wet. Each participant should bring

a standard 5-gallon carry bucket with a handle (put your name on the bottom)...this makes for easy carrying of "stuff" for transfer to the large garbage bags. When we complete the event we do a basic inventory of the "big stuff" that we removed....and within approximately 24 hours Union County Parks removes and disposes of all the trash. There is no RSVP required but if you need more information or think you will attend please let us know by e-mail at [rivercleanup@comcast.net](mailto:rivercleanup@comcast.net).



(above) 2020 Rahway River Clean Up.

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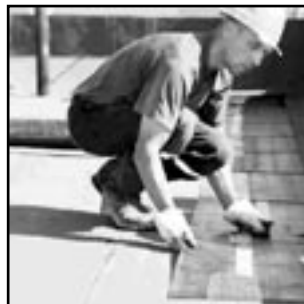
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## THREE FROM RAHWAY GRADUATE THE TRINITAS SCHOOL OF NURSING

One hundred and six students received their nursing diplomas from the Trinitas School of Nursing on January 21st, including Rahway residents Samy Pigne, Justin Appenzeller, and Kristen Perrine.

“Trinitas School of Nursing is a National League for Nursing Center of Excellence in Nursing Education for the fourth time,” said Dr. Roseminda Santee, Dean of the Trinitas School of Nursing, which is affiliated with Union County College, and also awards Associates in Science Degrees to the graduates. “I have data to show that the enrollment and applications to the School of Nursing have increased. And during

the pandemic, it did not falter. It continued increasing. You would think that people would no longer be interested. Instead, they go forward. We are very proud of our class of January 2021, and our faculty and staff, for doing this professional work during a very challenging situation and practicing all precautions including screening, social distancing, handwashing, and masking.”

Trinitas School of Nursing, operated jointly by Trinitas Regional Medical Center and Union County College, currently holds full accreditation from the Accreditation

Commission for Education in Nursing (ACEN), and the New Jersey State Board of Nursing. The National League for Nursing has awarded the School of Nursing a fourth designation as a Center of Excellence in Nursing Education status for the years 2015 - 2024 for Creating Environments that Enhance Student Learning and Professional Development. The School also holds a 20-year, 40-class national licensing examination (NCLEX) passage rate of 86.30% on first writing.


For more information about Trinitas School of Nursing, visit [www.trinitasschoolofnursing.org](http://www.trinitasschoolofnursing.org)

Individual photos were taken by Grace Photography and edited to create the class photo.



(above) Although a typical ceremony was not held, 89 women and 17 men became eligible to sit for the registered nurse licensing exam.

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# New Hope for Mood Disorders

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One of the state's largest and comprehensive hospital-based Behavioral Health programs is offering new hope to patients with life-affecting mood disorders.

The new Mood Disorders Program at Trinitas Regional Medical Center has centralized all major treatments into a single, customized delivery system – one that now includes, medication, psychotherapy, esketamine and Electroconvulsive Therapy (ECT).

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(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)



(above) Celebrate Earth Day April 22, 2021



## THE 17 YEAR CICADAS

This spring one of the most incredible insect phenomena will occur in our area; the emergence of the 17 year cicada.

As the soil warms up one foot underground, the cicada larva (immature insects) will release themselves from the tree roots that have been their source of nourishment for the last 17 years and begin their climb to the surface, creating little mounds of soil as they dig upward. There they will wait until the time is perfect. Then one spring day when the soil temperature reaches sixty-four degrees, millions of cicadas across our region will leave the ground and climb nearby trees. Once securely latched onto the tree the larvae will enter a period of metamorphosis soon to emerge as a transformed adult cicada.

Metamorphosis is a process in which an insect transforms from its larvae form into an adult often looking much different from the larvae. One good example is a caterpillar changing into an adult butterfly. In the case of the cicada the most notable change will be its clear wings.

As you walk through parks and fields you will see the 1/2" holes the cicadas have prepared, patiently waiting underground for the correct evening to begin this timeless ritual. Temperature plays a key part in this timing.

Once full-grown adults, the masses of insects will feed on tree sap, clumsily getting used to flight, as they bang into each other and humans. This of course is very annoying to people. Animals including dogs and cats feast on the abundance of this prey and can gorge themselves until they get sick. It is important to keep a good eye on your pets at this stage. Thankfully cicadas are not toxic.

Rapidly the cicadas become good flyers and buzz around searching for mates. Noise to some and music to others, the whirring sound of

cicadas fill the air. Luckily for us they settle down in the evening and are not active at night. Within six or seven weeks the process will reach its climax.

Female cicadas will find a branch often high in a tree to lay her eggs. There they chew a hole in the branch and deposit their eggs. Nymphs are the second stage of the cicada's life cycle which are: eggs, nymphs, larvae and adults. There, the nymphs will grow until they are ready for the next major step. The young nymphs will fall to the ground at the base of the tree and dig down to attach to a root where it will live for seventeen years, waiting to start the process all over again.

Later in the summer, brown tree branches show evidence where this feeding has happened. This is a form of natural pruning and doesn't harm mature trees. Young trees however can benefit from a protective covering. Cover small young trees with a protective cloth in June to guard them from the egg laying females. This will not be a major problem for mature trees which can survive a 'natural pruning'.

The life cycle of the 17 year cicada is an incredible survival story. Appearing all at once in the millions is assurance that no predator would be able to get them all.

The sudden appearance of so many cicadas led early Americans to confuse them with the Biblical 'locust'. Actually, true locust of the Bible are swarms of grasshoppers, not cicadas. The locust devoured fields of wheat and grain while cicadas survive on tree sap. This mistake remains common today as cicadas are often referred to as "17 year locust".

This seemingly fool proof life style technique of the cicada has now come across an unpredictable problem. As millions of trees are removed from the environment by humans for development, vast areas of cicada habitat are disappearing. Along with the cicada, millions of other animals and birds are losing their habitat to mankind.

Get more information about this incredible wonder of the insect world from Rutgers Cooperative Extension fact sheet #220 entitled "Periodical Cicadas: 17 Year Locust".

Happy Gardening,

*James*

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## 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

Scot Paris MD, FACS



### Here's what our patients have to say

"I'm dancing without pain. I can move with no problem whatsoever. I can go up and down steps with no pain."

- Patricia G.

"Over 85% relief for the first time in 15 years, suffering with knee pain. My life is getting back to normal."

- Perry O.

"After only four visits, I have absolutely no pain! The staff is 'top-notch.'"

- Quenton L.

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## GIRL SCOUTS ALWAYS LOOKING TO HELP

Submitted by Robyn Koenig

Girl Scout Troop 41748 is from Rahway, NJ. We are comprised of girls from all over Union and Somerset counties. We have girls ranging from 7th to 12th grade. We are an active troop, even during the pandemic.

We meet about once a month and do many different badges and community service activities. We have also traveled to many places such as Philadelphia, PA and Savannah, GA.

We always are happy to help in our community and look forward to doing the placemats for Rahway Food For Friends each year to put smiles on the faces of the community. Visit gshnj.org to join or learn more.



(above) Charlotte Koenig, Cadette, Lily Ternay, Senior, and Momyka Koenig, Ambassador.

## LOVE SHOULDN'T HURT

Safe+Sound Somerset

You may have heard about the increase in domestic violence since the start of the pandemic as families are forced to shelter in place. Since then, Safe+Sound Somerset has seen a 40% increase in calls and texts to our 24/7 domestic violence hotline – even as it has become harder for those experiencing domestic abuse to reach out for help. Domestic abuse is a pattern of controlling, threatening, degrading and violent behaviors by a partner. Abuse takes many forms, including emotional, psychological, physical, sexual and financial.

If someone you know is experiencing domestic abuse or dating violence, we can help.

24/7 Confidential Hotline - Call or text 866-685-1122. For more information visit [www.safe-sound.org](http://www.safe-sound.org).

## CELEBRATING 10 YEARS WITH HEART TRANSPLANT

### NJ Sharing Network

Emma Rothman of Cranford, NJ will be graduating this spring from Syracuse University with a degree in Food Studies. Like most college graduates, she has mixed emotions about taking the next step in her life's journey.

"I am definitely a bit terrified, but I am excited about the variety of opportunities that lie ahead," said Emma.

This is a remarkable time for Emma as she is also celebrating the 10th anniversary of her life-

saving heart transplant (April 1). She is humble and always thankful for her donor who gave her the gift of life and made her achievements possible.

"Everything after my heart transplant was working towards moments like this," said Emma. "It motivates me to appreciate the day to day – being able to travel, go away to school, and have life experiences without my health dictating what I can and cannot do is a blessing. I owe all of this to my organ donor's act of extraordinary humanity."

In March 2011, Emma was 12-years-old when she suddenly began to feel extremely fatigued and could not make it through an entire day at school. Her parents brought her to Newark Beth Israel Medical Center (NBIMC) for what was supposed to be a quick, routine blood test. However, Emma went into cardiac arrest, was put on life-support under an induced coma and was rushed to the pediatric cardiac intensive care unit at New York-Presbyterian/Morgan Stanley Children's Hospital.

Emma, who showed no prior symptoms, was somehow battling end-stage heart failure brought on by hypertrophic cardiomyopathy. On April 1, 2011, Emma, underwent a successful emergency heart transplant, which saved her life. Just 15 days later, Emma was discharged, taking with her new knowledge about what a heart transplant is and how she could best care for her new heart at

home.

"The last thing I remember was feeling uncomfortable while the nurses were attempting to draw blood at the hospital thinking I might have had mono or a virus," said Emma. "I woke up six days later and learned that I had a heart transplant. Prior to that, I had never heard of organ and tissue donation or transplantation."

In 2013, Emma and her family, guided by their firsthand experience, established Hearts for Emma, a 501 (c)3 organization that provides assistance to families of children with heart disease, and supports educational initiatives related to heart transplantation and promotes awareness of organ and tissue donation. As part of a joint outreach effort, Hearts for Emma established a Partner Fund within the NJ Sharing Network Foundation that has raised more than \$50,000 since its inception. The Hearts for Emma Partner Fund has helped educate more than 100,000 students in New Jersey about organ and tissue donation and transplantation through the production and distribution of education materials and related programs, and provides scholarships to high school seniors who are advocates of or personally impacted by the mission.

### CALL TO ACTION

To learn more, get involved and register as an organ and tissue donor, visit [www.NJSharingNetwork.org](http://www.NJSharingNetwork.org).





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# RAHWAY JOINS UNION CAUSE AT START OF CIVIL WAR

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

## PART I RESPONDING TO THE CALL TO ARMS

The assault on Fort Sumter took place 160 years ago on April 12, 1861, marking the beginning of four long years of terrible strife for our relatively new nation. When word reached the cities and towns in both North and South, it was met with the premature excitement that greets too many wars. Politicians rose to the occasion and gave patriotic speeches, shopkeepers closed their doors as if for a holiday, and young men rushed to organize and enlist “before the war was over.”

The young men of Rahway couldn’t wait to get into the action and after President Lincoln’s call to arms on May 4, 1861 for 75,000 United States volunteers, the War Department directed New Jersey to form three infantry regiments. A local man, James Bodwell, was the first to sign up. New Jersey’s initial volunteer infantries, which included seventy-two men from Rahway, were mustered into the Union Army on May 21. A year later, thirty-two more would join and by the close of the war 535 men from the city, almost one-tenth of Rahway’s population, would participate in the deadly conflict.

Prior to Lincoln’s May 4th call, one group of Rahway men had secured a brass Napoleon cannon and were intent on forming an artillery unit. They sought out an experienced leader and approached John R. Chapin, who had been a captain of an artillery battery in Newark, to guide them in their efforts. Chapin accepted their appeal and went to the Irving Street carriage factory owned by Isaac Osborn to ask him if the boys could meet and store their equipment in the basement of his warehouse. Osborn consented and a meeting was set for the end of the week.

Almost seventy-five young men between the ages of sixteen and twenty-two arrived at Osborn’s and although the boys wanted to hurry off to the front, Chapin explained that a period of training was essential. Newspaper accounts recorded that “The boys were drilled in their marchings and facings and the residents of Rahway witnessed squads of ununiformed boys



*(above) Military equipment and arms were stored in the basement of the Osborn Carriage Factor (right of photo) located on Irving Street opposite Seminary Avenue. Rahway boys drilled along Irving Street as they prepared for enlistment with lofty expectations of going into battle.*

who raised the dust in the streets at night, and to whom it seemed very much like playing soldiers.” It would be almost a month and a half before equipment arrived and the delay caused many of the young soldiers to lose interest. To them, there didn’t seem to be much fun in marching through the streets without uniforms or weapons.

While the monotonous and unglamorous drilling proceeded, Chapin applied to Trenton offering the unit and their cannon to the war effort. The state officials, however, turned down their request because New Jersey at that time was not enlisting the services of cavalry or artillery units. (The state would raise additional regiments throughout the war and would eventually accept cavalry and artillery units). The disappointment felt after receiving this news was quickly alleviated when a dispatch arrived from New York asking them to join ranks with the Ninth Regiment of that state. The offer was accepted, and Company K of the Ninth New York State Militia was formed under the command of

Lieutenant Walter M. Bramhall, a well-respected figure in the city.

Six days before the newly designated company’s departure, school children conducted a flag-raising ceremony at the Second Ward schoolhouse on Union Street. A large American flag, prepared by teachers and students, was raised on the school’s flagstaff. Following speeches given by prominent ministers, all joined in singing patriotic songs.

On Sunday, June 9, 1861, Company K, now composed of thirty-nine men, marched to the First Baptist Church located on Milton Avenue opposite Fulton Street. Every seat in the church was occupied and those who couldn’t get in listened at the door. Reverend William Rollinson delivered an eloquent sermon (Luke VIII:5 “For He Loveth Our Nation”) and closed by advising the boys to be wary of the demoralizing influences of camp life.

When the sermon was completed, the company marched up Milton Avenue to Fourth Street (Esterbrook Avenue) and came to attention at the home of Commander Chapin. He presented a speech in which he told the boys of the sadness of battle, the honor of serving, and the righteousness of the cause. He also warned them to mind their conduct and to beware of liquor and profanities. He then presented Bibles, which had been donated by a lady of the city, to each soldier to “carry and peruse.” Chapin then turned the company over to Lieutenant Bramhall.

Company K left Rahway on Thursday, June 13 on the 11:20 train. Members of volunteer fire companies and a great many flag-waving citizens escorted the soldiers to the station. Each had been furnished with a knapsack, a haversack, a canteen, woolen and water-proof blankets, belts, and a mess kit. The Daughters of Liberty had supplied havelocks, undershirts, and drawers. Leaving peace, security, and youth behind, they were about to be thrust into the great abyss of war.

*(Next issue: Part II – Rahway Boys Go into Battle)*

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## ADVOCATES TAKE OATH TO SERVE LOCAL FOSTER YOUTH

*Submitted by Gretchen Boger-O'Bryan*

Nine Union County residents ranging from age 22 to 63 make up the newest class of volunteer child advocates for CASA of Union County, the only nonprofit advocating for the best interests of Union County youth removed from home due to abuse or neglect, and placed in foster care.

Superior Court Judge Marc R. Brown presided over the recent swearing-in ceremony via Zoom; advocates will now be matched to a foster youth or siblings and begin putting their 30 hours of training into practice. The class includes both non-parents and parents, and such backgrounds as teaching, freelance, law and homemaking. They are Jacqui Lenner and Nicole Sandstedt of Westfield, Laurie Litterio of Cranford, Rebecca Muston and Amy Saunders of Summit, Sue Pangis of Berkeley Heights, Tamara Parraga-Sez of Newark, Lydia Pernia of

Linden, and Jackie Rodriguez of Clark.

Prior to administering the oath, the judge shared, "I find the value of CASA volunteers immeasurable. Although I practiced family law for decades, it involved pieces related to a family, like divorce. In these cases, everything we do is attuned to the entire family and it's the most rewarding in my career. I didn't previously realize the extent of need out there – from poverty, substance use, mental health, and the guidance needed, all of it. CASA is so significant; I always make a point of hearing from the CASA volunteer during the hearing." Acknowledging that COVID-19 requires the swearing-in and court hearings remain virtual for now, he added, "I so look forward to being able to shake your hand and congratulate you. The assistance you will provide is, again, immeasurable. Thank you for doing this."

Currently, the organization serves just over 80

percent of all Union County foster youth in care. With a goal to provide an advocate for every youth that needs one, the organization has remained steadfast – despite the pandemic – in efforts to ensure its work continues. To that end, a fully online training and recruiting infrastructure was put into place, and protocols implemented to ensure advocates remained both connected to their youth and able to report to judges, and staff continued recruiting and training volunteers to help meet the need for youth still awaiting an advocate.

Upon being court-ordered to a case, CASA volunteers have access to the youth as well as foster parents, doctors, caseworkers, therapists and teachers in order to identify concerns and unmet needs, and protect best interests.

For details on upcoming trainings and how you can Change a Child's Story, contact Walia at [wworrill@casaoofunioncounty.org](mailto:wworrill@casaoofunioncounty.org).



(above) CASA volunteers for foster youth who were recently sworn in during a ceremony held via Zoom. For details on upcoming classes and how you can Change a Child's Story, contact Walia at [wworrill@casaoofunioncounty.org](mailto:wworrill@casaoofunioncounty.org).

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## FROM FINANCIAL LITERACY TO SELF-HELP, VIRTUAL SERVICES HELP PEOPLE WITH DISABILITIES AND YOUTH IN NJ THRIVE

### *Community Access Unlimited*

Service Providers for people with disabilities continue to raise the bar for remote learning and virtual programs to meet the needs of the people they serve.

Staff at Community Access Unlimited have been working hard since the start of the pandemic to make sure members don't miss out on enrichment just because they are at home. CAU is an Elizabeth-based, statewide nonprofit that works to integrate people with disabilities and youth at risk into the general community through comprehensive supports.

CAU is currently accepting registrations for virtual Day Habilitation, the Academy of Continuing Education (ACE), and Vocational services. Members can choose from a wide selection of groups such as Life Skills, Fundamentals of Reading, World Cultures, Culinary Arts, and Health and Safety in the Workplace, depending on what services suit their needs.

"It was important for us to create a virtual learning experience that emulates an in-person day program structured day that provides age appropriate activities, offers variety and choice, and focuses on small groups and individual interactions," said Onekia Grier, managing assistant executive director of Day Habilitation & Educational Services.

Both Day Program and ACE have virtual

groups, but with different offerings. ACE is CAU's answer to post-graduation learning for adults with developmental disabilities. Program choices are designed to appeal to every type of student.

This fall, CAU students participated in a financial literacy workshop series presented in partnership with Valley Bank. The program was specifically designed for members using presentation materials provided by Valley. The four-part series has concluded for ACE students and is currently being offered to students in the Pathways to Academic & Career Exploration to Success program, a college and employment prep service for high school and college-aged youth at risk. The special series is not the only collaborative educational partnership for ACE this year—the program also partnered with Kean University in November for a virtual music workshop for individuals with disabilities.

Students said they were eager to learn more about money to set goals and develop good habits.

Student Alyssa Elenis works part time at ShopRite and has set a goal to save enough money to buy a new laptop for her online classes.

"I think I spend too much money and I want to lower that," she said. "They did a great job with the class and were helpful with answering questions."

Student Jessica Sucuzhanay said she enjoys taking ACE classes to continue learning and retaining her education.

"I want to learn how to save and manage money," said Sucuzhanay, who is looking for a part-time job. "I want to know how to spend money when I go to the supermarket and how to create a budget to plan for the future."

Elenis said that she is reaping the benefits of virtual services with classes in music and theater, computers, art and media, and self-help.

"It helps a lot," she said of her self-help class. "We practice taking notes, learning about current events, and managing how we're feeling."

The financial literacy series has helped members better understand how money works, how to make smart spending decisions and what a bank can do to support and help them reach their financial goals, according to Stacy Marshall, assistant executive director of Educational Services.

"It's empowering to understand money and make knowledgeable decisions about how to spend that money," Marshall said. "They can feel more independent going out into the community and making those choices. We appreciate our partnership with Valley Bank to learn about personal finance."

To learn more about CAU, visit [caunj.org](http://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/](http://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 [caunj.org](http://caunj.org) or by mail at 80 West Grand Street, Elizabeth, NJ 07202.

## NAMI UNION COUNTY APRIL PROGRAMS

### **TUESDAY, APRIL 27 AT 7:30 P.M.**

Dr. James McCreath, Ph.D., Vice President, Behavioral Health & Psychiatry at Trinitas Regional Medical Center

The National Alliance on Mental Illness (NAMI) affiliate of Union County invites the public to hear about the \$3.7 million federal grant from the Department of Health and Human Services given to Trinitas Regional Medical Center to expand and increase operations of mental health care. This grant will enable Trinitas to be better equipped to identify those who have had an acute psychiatric crisis and are in need of community services for psychiatric, medical and substance use services.

Join us to hear Dr. McCreath explain how this program can alleviate decades old challenges by assisting individuals to receive the fully integrated care that they need on an ongoing basis to help stabilize them in the community and reduce hospitalizations.

You must register in advance for this program.

Email [namiunioncounty@yahoo.com](mailto:namiunioncounty@yahoo.com)

or visit online at [naminj.org/affiliates/union](http://naminj.org/affiliates/union)

or on Facebook at

[facebook.com/NAMI.UnionCounty](https://facebook.com/NAMI.UnionCounty).

Tuesday, April 20 at 7 p.m.

Family Support Zoom Group

This group is for family members and caregivers of persons with mental illness. Are you feeling stressed and alone in trying to cope with the effects of a loved one's mental illness? Join this peer led group meetings and gain insight from others facing the same challenges. This group meets on the 3rd Tuesday of every month 7:00 p.m. - 8:30 p.m. Next meeting is April 20, 2021.

To register: email Denise at

[namiunioncounty@yahoo.com](mailto:namiunioncounty@yahoo.com)

with your name, town, and phone number



(above) Alyssa Elenis prepares for her CAU virtual learning program, the Academy of Continuing Education, at home.

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For patients in the emergency room, fighting cancer or coping with a life-threatening illness, help can't wait. Their health is reliant on the selfless generosity of blood donors. However, the blood supply continues to face challenges from the ongoing pandemic and extreme winter weather that impacted much of the U.S. last month.

More donors, especially those with type O blood, are needed now to ensure that patients have lifesaving blood products available for emergencies and everyday medical treatments.

Schedule a blood donation appointment by downloading the Red Cross Blood Donor App, visiting RedCrossBlood.org, calling 1-800-RED CROSS (1-800-733-2767) or enabling the Blood Donor Skill on any Alexa Echo device.

## REGISTER FOR THE COVID-19 VACCINE FOR SENIORS 75 AND OLDER

The NJ State Department of Health has established a dedicated call center line for seniors 75 years and older to assist in registering, scheduling and re-scheduling the COVID-19 vaccine.

**THE CALL NUMBER IS 856-249-7007**

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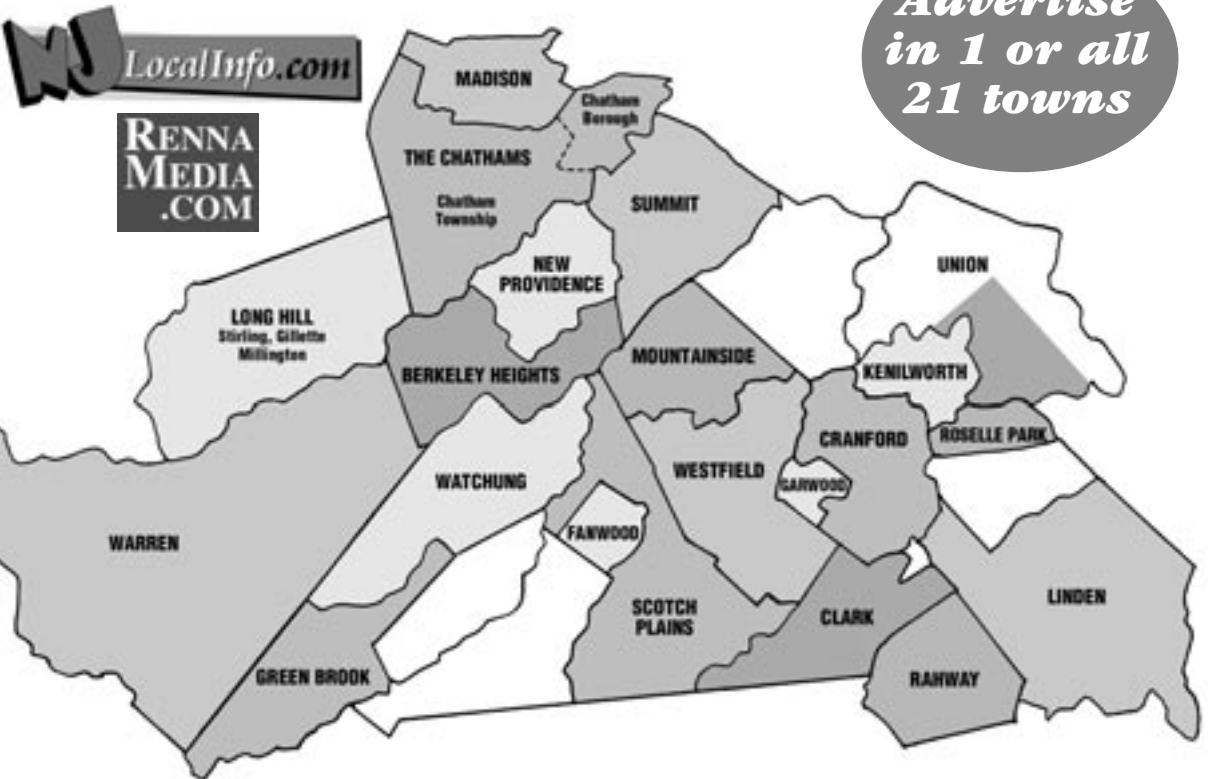
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Patron Silver	750ml	\$43.99
Patron Silver	1.75L	\$86.99
Patron XO Café	1.75L	\$34.99

## BEER

Becks (12oz) 24pk	24pk	\$24.99
Bud and Bud Lite cans	30pk	\$23.99
Bud and Bud Lite loose bottles	24pk	\$19.99
Coors Lite (24oz) cans	12pk	\$15.99
Coors Lite/Miller Lite loose bottles	24pk	\$20.99
Coors Lite/Miller Lite	30pk	\$23.99
Corona/Corona Lite loose bottles	24pk	\$29.99
Dab (16oz) cans	24pk	\$21.99
Dogfish Head 60 min.	24pk	\$35.99
Heineken/Heineken Lite bottles	24pk	\$29.99
Land Shark	24pk	\$26.99
Lech (500ml)	20pk	\$28.99
Modelo Especial cans	12pk	\$15.99
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	\$33.99
Stella Artois loose bottles	24pk	\$29.99
Yuengling Lager bottles	24pk	\$20.99
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	\$162.99
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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Coupons not valid on sale items.	Coupons not valid on sale items.
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Not responsible for typographical errors.

Prices valid till April 30, 2021.