

# OUR TOWN

RAHWAY'S HOMETOWN NEWSPAPER

MAILED FREE TO EVERY HOME  
AND BUSINESS IN RAHWAY

Published by Renna Media

Issue 130 • May 2021

## JILL JILL GUZMAN REALTY INC.

Good Old Fashioned Service

Rahway Resident &  
Former Rahway Teacher  
List with your neighbor!



908-353-6611  
CELL: 908-377-4140  
JillGuzmanRealty.com

PRSR STD  
U.S. POSTAGE  
PAID  
BRIDGEPORT CT  
PERMIT NO.390

ECRWSS

\*\*\*\*\*ECRWSSDDM\*\*\*\*\*  
POSTAL PATRON  
RAHWAY, NJ 07065

## LEGACY TO ACADEMIC EXCELLENCE OF DR. P. ROY VAGELOS

Submitted by Rob Kinch

From 2001 to 2012, Rahway High School's Main Office wing was regarded each year with pride by teachers, students, staff, and administrators as its walls continually filled with the photos of those students carrying the distinction of being named Vagelos Scholars. This year, a formal portrait of Dr. P. Roy Vagelos and his wife Diana will take its rightful place of honor in the "Vagelos Hall of Fame" among the many students whom Mr. Ibrahim A. Sharif, retired Merck employee and catalyst for introducing this initiative to Merck and Company, refers to as "some of the best and brightest students at Rahway High School."

Former Superintendent of Rahway Public School District Mr. Edward Yergalonis affirms, "A defining moment occurred in 2001 when Dr. P. Roy Vagelos, an alumnus of RHS and former CEO of Merck and Co., became actively involved in changing student expectations and created a scholarship to help facilitate Rahway High School students to attend the top 25 universities in the nation. Simultaneously, the Merck Institute of Science Education (MISE) partnered with the Rahway Public Schools helping us change the way Science was taught by helping us develop teacher leaders throughout the district."

The litany of top universities attended by former Vagelos Scholars include Harvard, Notre Dame, Princeton, Brown, Columbia, and Georgetown. Scholars from the classes of 2003, 2004, and 2005 include, respectively, Dr. Sophia Kahn and Dr. Leonard Edokpolo, Dr. Sayuri Jinadas, along with Dr. Rosa Mendoza and Dr. Rebecca Rothstein. As Dr. Vagelos cites, "My career was capped when I became Chairman and CEO of Merck." Although he quickly adds, "But my involvement at Rahway High School gave me and my family a special joy since we watched the products of the program start to make special contributions to society."

In 2016, Dr. Vagelos and his wife Diana were the benefactors of a \$1.75 million gift that would allow 15 Rahway students per year to participate in the 'Rutgers Future Scholars' program, which initially served the four host communities of New Brunswick, Newark, Camden, and Piscataway. Funded primarily through private and corporate contributions, the 'Future Scholars' program provides students, beginning in the seventh grade and through high school, with mentoring, tutoring, and college prep courses, including summer sessions that are a required part of the program. In turn, should a student apply and be accepted to the university, Rutgers will cover the cost of his or her tuition. This year Rahway District has over 60 Rutgers Future Scholars in grades 8-12 and is in the process of selecting the 15 7th graders. For some Rahway students, this program can make the critical difference between advancing an academic career or suffering a lost opportunity for financial reasons. At the time of his and his wife's gift, Dr. Vagelos commented, "I had wonderful teachers at Rahway High School who helped me to reach the top by working harder. I believe this program will challenge RHS students to go for it – entry into a great university. I like being challenged and they will too."

Dr. Cary Fields, now in her first year as Rahway High School's new



(above) Portrait of Dr. Vagelos and wife Diana now hangs in the "Vagelos Hall of Fame"

Photo by Joseph Mudrak, Rahway Public Schools

Principal, is pleased to have it marked with this most kind gift. "We are proud to honor Dr. and Mrs. Vagelos by adding their portrait to our hallway. They have done so much for our students, dedicating a hallway in their honor is the least we can do to memorialize their contributions. I hope our students are inspired as they walk through the Vagelos Wing." Superintendent of Schools Dr. Patricia Camp is also appreciative for the broader positive effects of the Vagelos family's benefaction. "The amazingly generous gift from Dr. P. Roy and Diana Vagelos has not only helped our 60+ RFS Rahway students, it has also sparked motivation in other RHS students to aim higher in their collegiate expectations. Too many of our children feel they either do not have the academic 'chops' nor the finances for universities the caliber of Rutgers; the Vagelos' have helped to disprove that notion." Dr. Camp quickly adds that she is "very proud" of the collaboration between RHS staff and Rutgers RFS, noting that, "We have teachers that work in the RFS program and bring those supports back to the high school for all of our students."

Ultimately, as all pass through the Vagelos 'Hall of Fame' at Rahway High School, it is clear that, hanging beside a very formal portrait of two caring benefactors, hang the accompanying images of hopes, dreams, and goals pursued and fulfilled.

**Selling Your Home? Looking For Top Dollar?**  
**Call Your In Town Rahway Specialist All Towne Realty**

**WE GET YOUR HOME SOLD!**  
**Call Now For A Free Home Evaluation**  
**732-381-1190**

**www.alltownerealty.com**

**30 Brant Avenue, Clark, NJ 07066**



# OUR TOWN *Rahway*

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

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

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

Fax: (908) 709-9209

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

©2021 Contents of this newsletter cannot be reproduced without written consent from Renna Media, LLC.

## VISIT RENNAMEDIA.COM

*For all current and past issues  
to download for free,  
and forward to  
friends and family.*

*Photo albums of current and past  
Community Events are available  
to view, download and share.*

## LIKE US ON FACEBOOK

*Like Facebook.com/  
OurTownRahway  
Feel free to "Like,"  
"Tag," and "Share" photos.*

## NEW JERSEY RESIDENTS CAN NOW ACCESS CLEAN ENERGY AND SAVE ON ELECTRIC

Residents within PSE&G's service territory now have the option of locally produced, clean renewable energy through New Jersey's Community Solar Energy Pilot Program. Located right here in Linden, this 4 MW solar farm can produce enough energy annually to power 670 homes.

Both homeowners and renters are eligible to subscribe to this project through Community Solar Platform with no long-term commitment, upfront costs or cancellation fees. This is a completely free program for area residents. Once

subscribed, residents can expect to save up to

10% on their electric utility bills. The average customer saves \$176/year!

Community solar is the answer for those who do not wish to install solar panels on their property or would like the option to take their solar with them to their next home. Renters are also eligible to participate in the program with the same 10% savings. The electricity generated by the solar farm is fed into PSE&G's power grid and then delivered to subscribers in the form of on-bill credits. To see your estimated savings and subscribe, please visit

[Linden.RooflessSolar.com](http://Linden.RooflessSolar.com). Space is limited, so act fast!

## NJ CAREER NETWORK HELPS JOB SEEKERS

Are you a New Jersey resident and looking for work? Do you want to be part of a community of job seekers and volunteer coaches who want to support and encourage each other along the way? If so, consider joining the NJ Career Network Job Seeker Community today!

What is the NJ Career Network Job Seeker Community? A free online community to help you in your job search and to connect you with other people who are looking for jobs and with our volunteer coaches. This community offers a supportive network so you know where to turn with your questions and concerns. Volunteer experts and your peers will be here to help you navigate your job search and cope with all aspects of searching for work.

Why should you join? The job seeker community will share resources, facilitate conversations, and welcome questions about looking for a job. You will gain access to exclusive community member-only events when you join. We also understand that your job search will not be successful unless you are okay, both physically and mentally. That's why the community will be a place for you to share challenges that get in the way of or discourage your job search.

### WHAT THIS COMMUNITY IS:

- A safe space to ask questions and share your concerns.
- A chance to connect with your peers.
- A place to participate in events.
- A place to share and contribute your knowledge and expertise to your fellow community members.
- A place to figure out solutions to problems.
- A network to offer support for your overall well-being.
- An opportunity to help yourself and others looking for employment.

What this community is not: A job board or other impersonal networking. Networking that ignores the rest of your life. A place to just get information without participating.

Please visit [nj-career-network-jobseeker-community.mn.co](http://nj-career-network-jobseeker-community.mn.co) and join us! One of our coaches or moderators will reach out to answer any questions you may have and to help you get started! We are using the Mighty Networks online platform to host the NJ Career Network Job Seeker Community. When you join the online community, any references to Mighty Networks are in regard to the community's hosting platform service.

## Advertise in this newspaper



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

*Reserve space in the next issue.  
Call Tina today at 908-418-5586  
or email [info@rennamedia.com](mailto:info@rennamedia.com)*

## "Your Home Sold, Guaranteed . . . or We Buy IT!"



Samsel Realty (908) 514-4105

Samsel & Associates fully supports the principles of the Fair Housing Act which generally prohibits discrimination in the sale, rental, and financing of dwellings, and in other housing-related transactions, based on race, color, national origin, religion, sex, marital status and familial status.



# JILL GUZMAN REALTY

OUR BEST REFERENCE IS YOUR NEIGHBOR

WWW.JILLGUZMANREALTY.COM

## CALL US 908-353-6611



124 Elmora Ave., Elizabeth, NJ 07202

***Wow! Are we selling Rahway, and for great prices!***



**513 N. Park Avenue  
Linden**

Hats off to Sergia Floy! Amazingly dedicated Realtor Associate for many years with Jill Guzman Realty !!!! This home was sold directly by Sergia and had its successful closing March 2021! Happy Seller, Happy Buyer! When you are seeking a truly caring realtor, you have found one in Sergia!!! Call the office and ask for Sergia!!! You will be glad you did!!!



**1322 Maple Terrace  
Rahway**

Recently listed and marketed successfully by Katia Ragghianti Realtor Associate for Jill Guzman Realty Katia is amazingly caring about her clients and dedicates totally to their needs. Let Katia guide you when selling your home!!!! Ask for Katia and your home will be successfully sold!



**74 W. Cherry Street  
Rahway**

Adorable colonial, but you are too late!!! Listed by Jill Guzman and successfully placed under contract in a week!!!! Buyers love the easy commute to NYC with the Rahway train steps away!!!!!! Your home may be worth more than you think. Call your neighbor and friend Jill for a free market analysis!!!!



**1176 Kline Place  
Rahway**

Wow! This home was listed exclusively by Jill Guzman Broker. Placed under contract by Jill 5 days later . . . Happy Seller and Happy Buyer . . . The closing is right around the corner. Call Jill ! She can make this happen for you.

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!

- HOMES
- APARTMENTS
- MULTI FAMILY
- BUILDINGS
- LANDS

***THINKING OF SELLING YOUR HOME ? YOU KNOW WHO TO CALL***

## THREE LOCAL CHORUSES PRESENT FREE ONLINE SHOW

Summer is coming! And what better way to celebrate than with a virtual concert full of songs about sunshine and summer and the hope they bring.

Here Comes the Sun: Three Great Choruses, One Online Show will premiere Sunday, May 23, at 5:00 p.m. on YouTube. It's a first-of-a kind collaboration between three of the area's best-loved choruses. The Maplewood Glee Club is a community chorus that's been delighting local audiences with its harmonies and humor since 1946. The Morris Music Men is Morris County's premiere barbershop harmony chorus. The award-winning Hickory Tree Chorus shares the joy of barbershop through songs from the Beatles to Broadway.

This family-friendly show features a range of uplifting songs including Happy Together, Kokomo, Heat Wave, and Circle of Life, plus music by Beyoncé, Whitney Houston, Chance the Rapper, and more! The show will also feature guest appearances by two dynamic teen ensembles from West Morris Mendham High School.

Here's the best news about Here Comes the Sun: it's free! Just register ahead of time at [threechoruses.com](http://threechoruses.com) and you'll receive a free show link 24 hours before the premiere.

The choruses are also spreading sunshine by raising money for Newark Working Kitchens, a

non-profit organization that enables many local Newark restaurants to keep their doors open, their stoves on, and their employees paid during the Covid-19 crisis by cooking and delivering hundreds of meals a day to low-income seniors and families and people without homes. Donations can be made during the show or

through the show's website.

To learn more about Here Comes the Sun, visit [threechoruses.com](http://threechoruses.com) or contact Josh Adler at [JJadler@ymail.com](mailto:JJadler@ymail.com) or 917 697-2893.

To learn more about the three great choruses, check out: [maplewoodgleeclub.com](http://maplewoodgleeclub.com); [morrismusicmen.org](http://morrismusicmen.org); and [hickorytreechorus.org](http://hickorytreechorus.org).



**STRIKER  
REALTY**

REAL ESTATE PROFESSIONALS

**Cynthia Goodman**

Broker Associate

**20 years of experience**

**Direct 908-400-7925**

**Office 732-669-9090**

**Offices in Linden, Rahway,**

**Livingston, Milburn, Holmdel**

**1516 Irving Street • Rahway, NJ 07065**



**Don't hesitate to contact me for any of your real estate needs!**

*My Mother's friend referred me to Cynthia Goodman and I loved her from the first moment I met her. She has guided me with finding tenants for the past several years for my two family home until I decided that I couldn't be a landlord anymore.*

*She is very knowledgeable, knows the market and listens to her clients desires. It is very rare to find a caring professional sell your most valued treasure; but Cynthia makes everything run smoothly as though it is her own home.*

*During the pandemic, everything was and is so upside down. Many people lost so much and contemplating selling my home was a tough decision to make. Cynthia let me know that everything would be okay and acting promptly; my home sold within four days. We closed in March, 2021.*

*Cynthia is like Allstate Insurance; you know "you're in good hands" with Ms. Goodman. You're the BEST and thank you for all that you have done for me! - KB.*

*I recently had the opportunity to work with Cynthia Goodman on the marketing and sale of my property. I can clearly state that Cynthia is the best real estate professional I've ever worked with. From the beginning, Cynthia demonstrated confidence and along with her charismatic persona was able to draw, disarm and persuade potential buyers. She took charge from the very start which was particularly exhibited in her communication ability with all parties to the transaction including coordinating issues with city hall, attorneys on both sides as well as handling my tenants through out the entire process. Cynthia made the difficult task of selling a commercial building during a pandemic, look easy. Cynthia is a winner. - P.S.*

*Thanks again Cynthia - you were a trooper throughout this whole adventure. I'll certainly recommend your services to anyone I know in NJ looking for a realtor. - L.D*

*Cynthia, I knew from the moment you answered your office phone and we spoke a few minutes, that you were going to be the agent to list my home. You were very polite, professional and enthusiastic. You were just as pleasant when we met. I also want to thank you for keeping me up to date throughout the entire transaction. I will definitely recommend you to someone who needs a good realtor. - T.C.*

*Hello Ms. Goodman, I'm very happy that I decided to use you as my real estate agent. When we met, I explained to you that since I'm an investor, I normally don't use an agent, but my property was a unique style & I needed professional assistance. All of your recommendations were very instrumental in getting my property sold. Thank you - I. T.*

*Thank you Cynthia for going over and beyond in helping me sell my home. - S. L.*

*My husband and I are very grateful for all of your assistance in helping us sell our home. We'll definitely recommend you. Thank you - Mr. & Mrs. Johnson*

*Dear Cynthia, I'm very happy that we chose you as our real estate agent. Your knowledge and professionalism was outstanding. - G.R.*



# The Isoldi Collection

#LOVEWHEREYOU LIVE



**14 Kimball Circle, Westfield**  
5 Bedrooms | 5.1 Baths | \$3,850,000



**306 Massachusetts Street, Westfield**  
5 Bedrooms | 4.1 Baths | \$1,599,900



**225 Eton Place, Westfield**  
4 Bedrooms | 2.1 Baths | \$899,900



**37 Barchester Way, Westfield**  
5 Bedrooms | 3.1 Baths | \$1,150,000



**553 First Street, Westfield**  
4 Bedrooms | 3 Baths | \$649,000



**1370 Johnston Drive, Watchung**  
8 Bedrooms | 5.1 Baths | \$999,000



**941 Fox Hill Lane, Scotch Plains**  
5 Bedrooms | 4.3 Baths | \$1,399,900



**230 Virginia Street, Westfield**  
4 Bedrooms | 2 Baths | \$550,000

## Now More than Ever #LoveWhereYouLive



THE  
**ISOLDI**  
COLLECTION

Frank D. Isoldi



Cell **908.787.5990**  
Office **908.233.5555**  
Web **theisoldicollection.com**  
Facebook **/theisoldicollection**  
Twitter **@HomesWestfield**  
Instagram **@frankdisoldi**



© 2020 Coldwell Banker Residential Brokerage. All Rights Reserved. Coldwell Banker Residential Brokerage fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Operated by a subsidiary of NRT LLC. Coldwell Banker® and the Coldwell Banker logo are registered service marks owned by Coldwell Banker Real Estate LLC.



## CAU HELPS YOUTH OUT OF HOMELESSNESS

*Submitted by Erin Jerome*

The COVID-19 pandemic is straining resources that assist runaway and homeless youth, who are often trying to escape problems at home such as neglect, poverty, abuse or mental health issues.

"It's usually something that triggers them to run and it's our job to try to find out why," said Rolando Zorrilla, Managing Assistant Executive Director of Youth Services at Community Access Unlimited (CAU) in Elizabeth. CAU runs the Union County Youth Shelter, Runaway and Homeless Youth Transitional Shelters, and a Basic Center program. The statewide nonprofit works to integrate people with disabilities and youth at risk into the general community through comprehensive supports.

"Outreach is harder since the pandemic," Zorrilla said. "We used to get referrals through libraries, police departments and schools, but we are getting fewer referrals so our street outreach has picked up to try to reach those that are in need."

Youth living on the streets are at high risk for victimization and assault, mental illness, substance misuse, juvenile justice system involvement, and human trafficking, all of which increases the likelihood of perpetuated homelessness in adult life.

Youth who enter the shelter go through a screening process to determine their needs, including whether reunification with family or

guardians is a goal. They are then connected to the right resources, such as a medical or mental health care, vocational training, or family counseling.

CAU offers a continuum of services and provides a second chance for young people to build healthy relationships and get started on a path to a self-sufficient adulthood. Youth programs include the Transitional Opportunities Program (TOP) which provides comprehensive residential services to youth ages 13 to 21, as well as the Union County Youth Shelter and federal Runaway and Homeless Youth Basic Center Program and federal Transitional Living Programs.

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.



### You Are Not Alone

If you, or someone you know  
is in emotional distress or  
suicidal crisis, please call us for support.

**We Are Here to Listen**

**[www.caringcontact.org](http://www.caringcontact.org)**



## May Spring Fun

### FOOD, MOM, AND CHOCOLATE



**Village Green REALTORS**



**Matt Dobrowolski**

TEL 732-381-7477  
CELL 908-500-3503  
FAX 732-381-0953  
[mattdobes@aol.com](mailto:mattdobes@aol.com)  
[ChasingHomesWithMatt.com](http://ChasingHomesWithMatt.com)  
35 Brant Ave  
Clark, NJ 07066

Tents and gazebos are popping up, chairs and tables are being brought out of storage. This means it's time to "mangia" because outdoor dining is slowly opening up, vaccinations are rapidly increasing and step by step events (though limited) are coming back. Spring is now in full bloom and it's time to carefully, "with masks on," hop out of the depressing doldrums of the last year and embrace the season of hope and rebirth.

So if you haven't, it's time to get your vaccination. My wife and I did and we feel somewhat liberated. It's also time to get your outdoor projects started and (if you plan to sell) to create fabulous & inviting curb appeal. Pack up all the unwanted clutter and call the veterans, Good Donor, Green Drop, Lupus or other organizations to pick up your unneeded stuff.

After some interior painting, if needed, minor repairs and simple staging—voila!—you are ready for a quick sale. And oh yeah I can help in all these areas!

Chat with me to get answers about buying or selling, how to prepare, present, stage and market your home. In days, rather than months. And at the same time we can work on finding you that new home, or rental in multiple metro area counties, and even provide out of state assistance. Commercial property marketing, selling, leasing and engaging in project property assembly and project development.

Happy Mother's Day and remember dark chocolate is good for mom, as is dinner at the new fabulous Portuguese cuisine restaurant on Main Street in downtown Rahway.



**Matt Dobrowolski**  
Multi-year Real Estate Circle of Excellence winner  
Realtor Associate ERA Village Green,  
Residential, Commercial, Leasing




Spring is Here! Call Today for a Free Estimate! ☎ 855.624.6655



*Magnolia*<sup>TM</sup>  
HOME REMODELING GROUP

ROOFING | SIDING | WINDOWS  
KITCHENS | BATHROOMS | BASEMENTS  
MASONRY | DECKS | PORCHES



**Payment Plans**

WINDOWS \$209	BASEMENTS \$395
KITCHENS \$389	BATHROOMS \$199
ROOFING \$249	DECKS/PATIOS \$189
SIDING \$289	PORCHES/STEPS \$185

**0% Plans Available!**

Estimated monthly payments.  
Rates & payments based on credit approval.

**VIRTUAL MEETINGS ALSO AVAILABLE**

**Interior & Exterior Remodeling | Family Owned & Operated**

**100% FINANCING AVAILABLE | 30+ YEARS EXPERIENCE**

NJDCA 13VH07755300

**MagnoliaHomeRemodeling.com** 



## FREE RABIES VACCINATION CLINIC

**MAY 18, 2021**

BETWEEN 6:00PM – 7:00 PM

**MAIN STREET FIREHOUSE**

1300 MAIN STREET

**MAY 19, 2021**

BETWEEN 6:00PM – 7:00 PM

**MAPLE AVE FIRE HOUSE**

(ALL ANIMALS MUST BE ON LEASH OR IN  
CARRIER ACCOMPANIED BY AN ADULT)

**QUESTIONS?**

**CONTACT RAHWAY HEALTH DEPARTMENT  
732-827-2085**



**NEW JERSEY  
VETERANS NETWORK**

**Dedicated To Helping Veterans**

**And Their Families Live Better Lives**

If you are a veteran, or family member,  
in need of assistance or comradeship,  
please contact us at [NJVN1775@gmail.com](mailto:NJVN1775@gmail.com)  
or call 973-332-1556.

Visit online at [NJVN.org](http://NJVN.org)  
for more information about our services,  
and ways you can make a difference  
in a heroes life.

## MEDICAL RESERVE CORPS NEEDS VOLUNTEERS

The New Jersey Medical Reserve Corps (MRC) – a network of community-based, locally organized units comprised of volunteers – is looking for reinforcements, particularly those with vaccination skills. MRC volunteers are especially vital during emergencies and disasters when paid public health and emergency response assets are overwhelmed. Healthcare professionals (including recently retired individuals) having vaccination skills are

especially needed now that COVID-19 vaccines are available.

In addition to skilled vaccinators, individuals with all types of skill sets (for example, security, language translation/interpretation, education and outreach, warehouse operations, clerical, counseling, and more) are needed. If you are interested in volunteering with the MRC, visit [njlmn.njlines.net](http://njlmn.njlines.net) and click on “Register as an Existing or New MRC Volunteer!”

## MAY IS MENTAL HEALTH MONTH

*National Alliance on Mental Illness*

Are you feeling stressed and alone in trying to cope with a loved one’s mental illness?

NAMI meetings can help!

Join our peer-led group meetings and gain insight from others facing the same challenges.

To register, please email Denise at [namiunioncounty@yahoo.com](mailto:namiunioncounty@yahoo.com). Kindly include

your name, town, and phone number. She will provide the link to the meeting.

Questions? Contact Us:

NAMI Union County, PO Box 724

New Providence, NJ 07974, 908-233-1628,

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

Web: [www.naminj.org/affiliates/union](http://www.naminj.org/affiliates/union),

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

## 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).

## HEARING LOSS CAN SNEAK UP ON YOU



Do you constantly turn up the volume on your tv, have a hard time hearing in crowded places, or ask “what did you say” a little too much?

You’re not alone. Approximately 37.5 million American adults report some trouble hearing, according to the National Institutes of Health. Take our online quiz at [JFKAudiology.org](http://JFKAudiology.org) to see if you could benefit from a comprehensive hearing evaluation.

Turn up the volume on your life. Call JFK’s Center for Audiology at 732-321-7063 for more information.



**Hackensack Meridian  
JFK Johnson  
Rehabilitation Institute**



# CHIMNEY & ROOFING SPECIALISTS

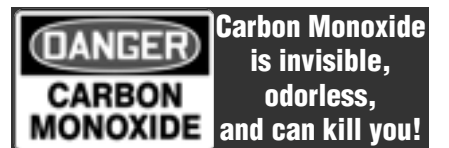
**MURSELI PRO CONSTRUCTION**  
**908-361-6372**  
**1-800-650-0968**

Family  
Owned &  
Operated For  
17 Years

- All Work Guaranteed
- 24/7 Emergency Service
- 20% Senior Discount
- Major Credit Cards
- NJ Lic. 13VH08570100

**Save \$900  
ON ROOF  
REPLACEMENT**

With coupon. Cannot be combined with any other offer.  
Some restrictions apply. Expires 5/31/21.



**May Special**  
**COMPLETE SET OF STEPS**  
 Up to 6 Feet, 5 Steps / Brick, Limestone & Concrete  
**\$2,800** With this ad. Cannot be combined with any other offer. Expires May 31, 2021



**BEFORE**



**AFTER**

## FOUNDATION



- NEW FOUNDATIONS
- REPAIRS
- WATERPROOFING

## MASONRY



- DRIVEWAYS
- STEPS
- BRICK & BLOCK
- SIDEWALKS
- REPAIR

## ROOFING



- RE-ROOF
- NEW ROOF
- ROOF REPAIRS
- SHINGLES
- FLAT ROOF

## CHIMNEY



- CLEANING
- RE-LINE
- REPAIRS
- REBUILD
- CAPPING

## GUTTERS

- CLEANING
- INSTALLATION
- SCREENING
- REPAIRS
- REPLACEMENTS



**\$400 OFF**  
**ANY FOUNDATION JOB**  
**OF \$2000 OR MORE**

With coupon. Cannot be combined with any other offer.  
Some restrictions apply. Expires 5/31/21.

**Save \$900**  
**ON ROOF**  
**REPLACEMENT**

With coupon. Cannot be combined with any other offer.  
Some restrictions apply. Expires 5/31/21.

**\$79.99**  
**GUTTERS CLEANING**  
**(Any Average House)**

With coupon. Cannot be combined with any other offer.  
Expires 5/31/21.

**\$150 OFF**  
**ANY ROOF REPAIR**  
**of \$500 or more**

With coupon. Cannot be combined with any other offer.  
Expires 5/31/21.

**\$200 OFF**  
**ANY CHIMNEY REPAIR**  
**of \$800 or more**

With coupon. Cannot be combined with any other offer.  
Expires 5/31/21.

**Special! CHIMNEY LINER**  
**\$1300**

*Why Should I Use A  
Chimney Lining System?*

- Protect your house from heat transfer combustibles
- Protect the masonry from the corrosive by products of combustion
- Provide a correctly sized flue for optimum efficiency of appliance



**Fire  
Safety**



**Improved  
Performance**



**Long Term  
Preservation**



**Easy & Effective  
Cleaning**

With this ad. Cannot be combined with any other offer. Expires May 31, 2021

## DONATE UNWANTED BICYCLES



(above) Alana Lamberti of Faith repairs a bike for shipment.

On Saturday, May 8, from 9 a.m. to 12 noon, Faith Lutheran Church, 524 South Street in New Providence, will be collecting second-hand bikes for use by adults and children in third world countries.

The collection is being conducted on behalf of Pedals for Progress (P4P), an organization which



(above) Bikes filled the P4P truck to capacity.

annually recycles 6,000 bicycles for persons in developing countries.

Anyone with a bicycle in repairable condition is urged to donate to this worthy cause. Bikes may be dropped off at the parking lot next to the church. Members of Faith will repair and process the bikes for shipment.

Since 2002, Faith Lutheran has been collecting bikes. In 2020, 170 bikes were collected from persons in New Providence, Berkeley Heights, Mountainside, Westfield, Warren, Scotch Plains and Fanwood. This range of towns was aided by articles published in Renna Media town newspapers.

Every year affluent Americans buy 22 million new bicycles and discard millions of old ones, abandoning many more in basements, sheds and garages. Most of these end up in our already overburdened landfills.

P4P ships its reconditioned bikes to persons in need of countries in Latin America, Africa and Asia. The bikes provide reliable transportation to commute to work, transport produce to market, access health care and other services. Steady employment for adults is vital to the development and success of these economies.

Persons who have bikes but are unable to deliver them to Faith on May 8 may call the church office on 908-464-5177 or email [family.faith@verizon.net](mailto:family.faith@verizon.net).

# SAM'S LANDSCAPING

## WEEKLY PROPERTY MAINTENANCE

### \*CLEANUPS\*

### \*AERATION & THATCHING\*

### \*PAVERS & PATIOS\*

### \*POWER WASHING\*

### \*OVERSEEDING

### \*DRAINAGE\*

### \*TOP SOIL

### \*TRIMMING

### \*MULCH

### \*PLANTING



\*LIKE US ON  
FACEBOOK\*

# 908-441-7302

## SAMSLANDSCAPING.COM

# JERSEY LANDSCAPE & GARDEN SUPPLY

**Hours:**

Monday - Saturday: 7:30 am - 5 pm

Sunday: 8:30 am - 3 pm

**908-688-8333**

**528 N. Michigan Ave. Kenilworth,**

**We accommodate the trade as well as the  
do-it-yourselfers! We are always ready to assist.**

**FREE**  
**Same Day Delivery**  
*5-Yards or more*

## LAWN & GARDEN



Grass – Seed  
Fertilizers  
Peat Moss



Polymeric Sand  
Paver Sealer  
Paver Cleaner



## HARDSCAPE

- Cement
- Concrete Block
- Belgium Block
- Curbing
- Limestone Treads
- Diamond Blades

## TOOLS

- Mason Tools
- Shovels
- Rakes

## DRAINAGE

- Catch Basins
- Pipe

## SOIL

Prices  
per yard

Black Topsoil .....\$36

## MULCH

Black Dyed.....\$30

Brown Dyed.....\$30

Red Dyed.....\$32

Hardwood.....\$24

## QUARRY BASE MATERIALS

Concrete Sand.....\$50

¾ Clean Stone.....\$44

Stone Dust.....\$34

QP .....\$36

## DECORATIVE STONE

¾ Red Stone .....\$74

¾ Red Stone .....\$70

¾ Goose Egg .....\$94

1½-3 Goose Egg.....\$98

¾ Arctic White.....\$94

¾ Riverbed / Pea Gravel.....\$60

1 Riverbed .....\$70

1½-3 Riverbed.....\$80

Prices subject to change without notice.

**Bon Tool Co.**

**Largest Display of  
Cambridge Pavers  
in Union County**

**Waterfalls • Fireplaces**

**• Fire Pits • Walls • Walkways**

**• Patios • Curbs**





## CELEBRATE OLDER AMERICANS MONTH

### The Gateway Family YMCA

In honor of Older Americans Month this May, The Gateway Family YMCA and Shaping Eastern Union County will be hosting a series of free virtual community educational HealthEASE Presentations, YMCA Chronic Disease Self-Management programs, wellness opportunities and social events. Individual event listings and registration information is available at [tgfymca.org/events](http://tgfymca.org/events)

"The global coronavirus pandemic has brought unique challenges to our senior population, exacerbating chronic disease, social isolation, mental health and obesity rates based on multiple recent studies. At The Gateway Family YMCA we found a bright spot in the consistency, community and support we have been able to build within our virtual programs and events, especially within this group of community participants," stated Krystal R. Canady, CEO, The Gateway Family YMCA.

Virtual programs will be facilitated by Susan Butler, Director of WISE Adult Day Services and Paul Mickiewicz, Senior Director of Healthy Living at The Gateway Family YMCA.

Virtual Events offered by The Gateway Family YMCA in celebration of Older American's Month this May include:

#### HealthEASE - Serving Up Good Nutrition

May 3, 2:00-3:00 p.m.

Learn to identify common nutritional deficiencies in older adults and learn some easy ways to make meals healthier.

#### HealthEASE – Keep Your Mind Sharp

May 10, 2:00-3:00 p.m.

Learn about the effects of normal aging on the brain, how to improve brain function and prevent "senior moments".

#### None Better Than a Boomer Trivia!

May 24, 2:00-3:00 p.m.

Join The Gateway Family YMCA for a fun and fact-filled virtual trivia game, especially designed for Boomers! Test your knowledge and spend time with friends.

#### Healthy Eating Presentation

Mondays 10:15-11:15 a.m.

Provided as a complementary program to Blood Pressure Self-Monitoring, individuals will learn about health, nutrition and healthy eating options.

#### Blood Pressure Self-Monitoring program

Wednesdays 2:00-3:00 p.m.

Participants work with trained YMCA staff to improve their self-monitoring skills with the goal of reducing and managing blood pressure and enhancing knowledge of healthier eating habits.

#### Diabetes Empowerment Education Program

Wednesdays 2:00-3:00 p.m.

This program is designed to help participants gain a better understanding of diabetes self-care. Curriculum includes preventing complications, increasing physical activity, improving nutrition and utilizing available resources.

### Healthy Living Behavior Change

Fridays 10:15-11:15 a.m.

This program is designed to assist members in setting goals and making personal progress to a healthy life.

Free community registration for all individual events and sessions is available at [tgfymca.org/events](http://tgfymca.org/events). In addition to these community events, the YMCA suggests individuals check with their health insurance regarding programs and options that may be available to cover the costs of a Y membership or provide incentives for participation.

"The YMCA is one place where everyone can participate, get healthy and make new friends, even virtually," stated Melynda A. Mileski, EVP/COO, The Gateway Family YMCA. "We have served communities in Eastern Union County and Northern Middlesex County since 1900, and understand the unique needs of those who may need a little extra support in their wellness journey."

The Virtual WISE Adult Services program provides specialized support for individuals, families and caregivers living with dementia, Alzheimer's or mild cognitive impairment. For more information, contact Susan Butler, Director [wiseinfo@tgfymca.org](mailto:wiseinfo@tgfymca.org) or 908-349-9622. The HealthEASE educational series was developed by the NJ Institute for Successful Aging and is sponsored by the NJ Department of Health and Senior Services.

The Gateway Family YMCA is a 501(c)(3) non-profit, health and community service organization of caring staff and volunteers



(above) Older Americans Month is May. Join The Gateway Family YMCA for their series of free virtual programs, wellness opportunities and social events.

dedicated to strengthening the foundations of community and stands For Youth Development, For Healthy Living and For Social Responsibility. The Gateway Family YMCA impacts the community by providing quality services to people of all ages, races, faith or incomes. The Y doesn't just strengthen bodies – it strengthens people, families and communities.

Shaping Eastern Union County is committed to improving the health and well-being of county residents and creating strategies to support improved health, nutrition and physical activity for all. The Shaping Eastern Union County Initiative is sponsored by the County of Union.

For more information about programs and services provided by The Gateway Family YMCA, visit [tgfymca.org](http://tgfymca.org) or contact 908-355-9622.

## It's time for new dentures!



Ask about  
implant supported dentures.

### If your dentures ...

- Are loose
- Over 5 years old
- Have been repaired many times

### Or . . .

- You would like to improve your smile

### Then call . . .

For an appointment today!  
The doctors at Dentalcare Associates will provide all your denture needs.

- 1 hour denture repairs
- 3 hour lab relines laboratory on premises
- All repairs schedule permitting



### OFFICE COVID-19 PRECAUTIONS

- ✓ All staff & patients screened and temperatures taken
- ✓ Intra-oral high speed suction systems
- ✓ Reduced reception seating
- ✓ Shielded reception desk
- ✓ UV wands for surfaces and equipment
- ✓ Personal protective equipment for the dental team
- ✓ Operatories with HEPA and UV-C filtration



• Most Insurances Accepted • Interest Free Financing •

**DENTALCARE ASSOCIATES**

Serving Scotch Plains • Fanwood • Westfield area for 60 years

Dr. Robert V. Scalera, Jr., Director

**908-322-7800**

567 Park Avenue, Scotch Plains NJ • [www.njdentalcare.com](http://www.njdentalcare.com)

## YOU CAN REDUCE YOUR MONTHLY ELECTRIC BILL WITH COMMUNITY SOLAR. NO PANELS ON YOUR ROOF.



***Support clean renewable energy locally produced from the  
Community Solar Farm located on Linden City Solid Waste Landfill.***



PSE&G customers can now enjoy  
on-bill solar credits saving  
up to 10% on electric!

**This is a free program  
with no cost to join  
and no cancellation fees!**

Both homeowners and renters  
are eligible to subscribe

**To estimate your savings  
and subscribe, visit  
[News.RooflessSolar.com](http://News.RooflessSolar.com)**

Space is limited, act fast!

**Subscribe by June 1, 2021  
and receive a \$50 cash rebate!**

Must be located in Linden, Carteret,  
Woodbridge, Rahway, Clark,  
Cranford, Roselle or Elizabeth.



**It's Smart** – Subscribe to clean solar energy  
in our local Linden community solar array.  
Nothing is installed on your roof or property.



**It's Clean** – We work with PSEG to connect  
clean solar technology to the grid in your area.



**It Saves** – You will start earning monthly credits  
directly on your PSEG electric bills,  
providing ongoing energy savings.

**RooflessSolar™**  
Powered by CSP

**Contact Erin at 908-768-2039  
or [erin@rooflessolar.com](mailto:erin@rooflessolar.com)**  
with any questions or for assistance  
with your subscription.



(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) A clean birdbath will attract local birds as well as many summer visitors to your summer garden.

Photo by Audra Loccisano



## ATTRACTING BIRDS DURING SUMMER

The best reason to attract birds during spring and summer is for our own entertainment. Watching the male and female courting rituals, dancing and feeding each other soon followed by bonding and nesting is educational and entertaining. With luck a pair will nest close by and you can watch the fledglings eagerly follow their parents begging for food. Although many birds leave their parents after a week or ten days, some young stay longer learning the techniques they will need for survival.

Crows are so intelligent they stay with their parents up to two years learning the tricks they have developed for survival. For instance, crows drop nuts from far in the air to crack them open. They also use sticks as tools to dig ants and insects out of their mounds. These are not instinct, they are learned techniques by the crows from generation to generation.

Keeping a small bird feeder with a high protein such as black oil sunflower seed helps the parents teach their young how to utilize bird feeders. This is essential for winter survival for many species.

Bird houses are invaluable to many birds. If you put up a bird house it will most likely have a pair of birds in it quickly. I will focus in detail on the topic of bird houses in a future article. Bird houses make great gifts.

Birds eat so many thousands of insects in the garden they pay back for any investment you make.

### BIRD BATHS

You can easily attract many birds during the spring and summer months by supplying a source of clean water. Garden centers offer a wide assortment from the traditional pedestal bird baths to modern 'water features'.

A bird bath doesn't have to be big or expensive.

Even a simple plant saucer filled with clean water will be used by many birds. There are a few things you can do to make your bath more user friendly. Since birds come in many different sizes, a stone placed in the bath creates levels for the birds to enter the water. This will make it more attractive to many birds from smaller wrens and sparrows to the larger colorful bluejays and cardinals.

Protection from cats and hawks is a major concern. Keep your bath about ten feet from shrubs or a fence that can be used for a quick escape. This will give birds time to hide but prevent cats from using the bushes to hide and wait. Cats are born hunters.

Many migrating birds are attracted to the sound of moving water. These water features have the added advantage of a relaxing sound which is enjoyed as much by people as it is by animals. I'm going to be honest; they are harder to clean, but the extra effort is well worth the rewards. Most garden centers and stores put these on sale in the autumn. A good time to buy one.

It is important to keep your bird bath clean and filled with fresh water. This will prevent it from becoming a breeding ground for mosquitoes. Once a week I empty it out and scrub it with baking soda and steel wool. I keep those items together in zip-loc bags so they are always handy.

When selecting your bird bath get one which you know you can easily tend. Otherwise, it will become an annoying chore rather than the enjoyable experience it should be.

Happy Gardening & Keep Keeping Safe,

*James*



**RAHWAY**



**RECENT 2020 RENOVATION!**

Charming 4 Bedroom, 2.5 bath Colonial home with custom features thru-out! 2 zone central air and gas heating. Oak flooring, ctr Island Kitchen, full basement, 2 car garage. High quality features thru-out. Contact Fernando Rivera for current pricing and your appt to see 732-388-9145.

Serving Rahway and vicinity since 1968.



**ERA Village Green Realtors**  
**35 Brant Avenue, Clark**  
**732-381-7477**  
**eravillagegreen.com**

**LOADED DOWN WITH PLUMBING, HEATING OR CLOGGING DRAIN PROBLEMS?**

★★★★★  
4.9 stars on Google



**ONE WAY**

**PLUMBING & HEATING**

**Call Today 908-925-7007**

**[www.plumbingheatingnj.com](http://www.plumbingheatingnj.com)**

Linden, NJ - NJ License No. 12493

**FULLY LICENSED & INSURED**

**18 month**  
**Financing Available**  
**0% Interest**

<b>\$25 OFF</b>	ANY WORK PREFORMED
<b>\$50 OFF</b>	ANY HYDROJETTING DRAIN CLEANING
<b>\$50 OFF</b>	ANY WATER HEATER OR BOILER REPLACEMENT

Not to be combined. Coupons expire 5/31/2021






# THE COUNSELING CENTER

CONVENIENT | LOCAL | TRUSTWORTHY

## GET THE HELP YOU NEED CLOSE TO HOME

*World-Class Substance Abuse &  
Mental Health Outpatient Treatment*

**The Counseling Center offers a full range of substance abuse and mental health treatment in a serene and comfortable atmosphere with flexible scheduling during day and evening hours.**



### 10 Facilities Throughout New Jersey

Freehold • Monmouth Junction • Clark • West Caldwell • Fair Lawn  
• Middlesex • Cherry Hill • Toms River • Roxbury • Robbinsville

**LEARN MORE AT**  
**TheCounselingCenter.com**  
**855-788-8247**

*All Services Also Available Via Telehealth*

## UC COLLEGE GRADUATES NOW ATTENDING ELITE FOUR-YEAR COLLEGES

Union County College is proud to announce that three of the College's spring 2020 graduates are continuing their educations at prestigious colleges and universities. Kamilla Kocsis is attending Dartmouth College, Beianka Tomlinson is attending Princeton University, and Vasiliki "Vas" Vlastaras is attending Georgetown University.

While each of these three graduates had their own journey, there is a common thread: they all wanted to start their college experience at an affordable school that provided a high-quality education and was close to home. Once at Union, to further grow, they sought out engagement and leadership opportunities through their involvement with student clubs, American Honors, and the honor society Phi Theta Kappa (PTK).

Kamilla Kocsis, of Rahway, has continued her studies at Dartmouth College with a major in international relations. At Union, Kamilla was an American Honors student with a 4.0 GPA. She served as president of the College's Model United Nations Club, was a Cranford Senator for the Student Government Association (SGA), and served as Co-VP of Scholarship for Phi Kappa Theta, the international honor society for two-year colleges. In 2020, Kamilla was named a Jack Kent Cooke Foundation Undergraduate Transfer Scholar. This prestigious award includes up to \$40,000 per year in financial support to attend a four-year college or university. Kamilla was selected as one of only 50 recipients out of almost 1,500 applicants.

Beianka Tomlinson was accepted as one of only 13 transfer students admitted to Princeton University for the fall 2020 semester. Beianka graduated from Union with a 4.0 GPA and her Associate in Science degree in chemistry. While attending Union, she was an American Honors student, served as SGA President, and was a member of PTK. Beianka also served as a tutor in the College's Academic Learning Center (ALC) which provides free peer-to-peer tutoring to students. At Princeton, Beianka is majoring in chemistry. She hopes to pursue a career in

medicine as a cardiovascular surgeon.

Vas Vlastaras, of Union, is now attending Georgetown University. She is majoring in government with a minor in modern Greek. While at Union, Vas was also an American Honors student. She served as SGA Secretary, Vice President for the American Honors Council, Fellowship Committee Leader for PTK, and worked as an ALC tutor. Vas graduated from Union with her Associate in Arts degree in public administration. Vas headed to the right city for her future goals: she hopes to become a lobbyist or campaign staffer.

"Each of these three outstanding students made

their mark at Union before moving on to their dream four-year schools. Their hard work and dedication has paid off. As Kamilla, Beianka, and Vas did, we welcome all students to start their higher education journey at Union: earn an affordable and excellent education and then go on to attend the four-year school of your choice. We look forward to seeing what they do next," stated Union President Margaret M. McMenamin.

Registration for the fall 2021 semester is open. To apply to the College with our free application, search for classes, and to learn about financial aid and more, visit [ucc.edu/fall](http://ucc.edu/fall) or call 908-709-7000.



(above) Union graduates Beianka Tomlinson, Kamilla Kocsis, and Vasiliki "Vas" Vlastaras.

**Up to \$1,800 yearly to buy over-the-counter products and \$600 yearly to buy healthy food**



Get a prepaid debit card to buy thousands of over-the-counter (OTC) health and wellness products, plus a second card with more credits to buy healthy food. It's just one of many extra benefits you could get with **UnitedHealthcare Dual Complete® ONE (HMO D-SNP)**.

**OTC and healthy food benefits include:**

- Up to \$1,800 yearly to spend on OTC products, including pain management, vitamins, supplements, ibuprofen, bandages, antacids, cough drops, allergy relief, toothpaste and more
- Up to \$600 yearly to spend on fruits, vegetables, dairy products, meats and other healthy food
- One prepaid debit card to buy OTC products in-store or for home delivery, plus a second card with additional credits to buy healthy food at many retailers

**See if you can get this plan. Call today.**

**Steve Madurski**  
Licensed Sales Agents  
732-882-3229, TTY 711  
[jstevem55@gmail.com](mailto:jstevem55@gmail.com)



**Dual Complete is a health plan for people who:**

- Have both Medicaid and Medicare
- Could use more help to cover more care and costs
- Want more benefits for a \$0 plan premium

[UHCCommunityPlan.com/NJ](http://UHCCommunityPlan.com/NJ)

UnitedHealthcare Dual Complete® ONE (HMO D-SNP) is a Dual Eligible Special Needs Plan (D-SNP) with a Medicare contract and a contract with the New Jersey Medicaid program. Enrollment in UnitedHealthcare Dual Complete® ONE depends on contract renewal. This plan is available to anyone who has both Medicare and full New Jersey Medicaid benefits. Members must use network plan providers, pharmacies, and DME (Durable Medical Equipment) suppliers. Members will be enrolled into Medicare Part D prescription drug coverage under the plan and will be automatically disenrolled from any other Medicare Advantage or Medicare Part D prescription drug coverage. Depending on your level of Medicaid eligibility, costs may vary. Benefits, features and/or devices vary by plan/area. Limitations and exclusions apply.  
© 2020 United HealthCare Services, Inc. All rights reserved.  
Y0066\_201014\_024629\_M

21CST31404\_H3113-005-000

**Providing Energy.  
Improving Lives.**



Safety. Honor. Commitment.



© 2021 Phillips 66 Company. All rights reserved.

## 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.

**MOST INSURANCES ACCEPTED - INCLUDING MEDICARE**



**Northeast  
Spine &  
Wellness  
Center**

**1043 Raritan Rd., Clark, NJ 07066**  
**www.nespinecenter.com**  
**Call 732-827-0800**  
**for your RISK-FREE Consultation!**



## RAHWAY PUBLIC LIBRARY MAY EVENTS

### ADULT EVENTS

#### Don't Get Scammed!

**Wednesday, May 19 at 6:30 p.m.**

Please join us as a representative from the New Jersey Division of Consumer Affairs tells us how to avoid getting scammed. Register here to receive Zoom Login: <https://bit.ly/32i55KG>.

#### Readers' Room Book Discussion Group

**Wednesday, May 26 at 6:30 p.m.**

Virtual book discussion. New members welcome! Register here to receive Zoom Login: <https://bit.ly/3tmpf29>.

## DISCOVERY STUDIO (TEENS & ADULTS)

### Discovery Studio On-the-Go

**Starting Monday, May 3**

Easy-to-make Quilled Paper Earrings for Mothers and Others! These kits are recommended for adults. Pick one up during curbside pickup hours while supplies last.

### Crochet Classes for Beginners

**Mondays, May 3 & 17 at 6:00 p.m.**

Registration is not required but is recommended. After you register, you will receive a Zoom link for the class. These classes are for all ages but are recommended for teens & adults. You will need your own supplies prior to the classes. Registration & Supply List: <https://bit.ly/3uWSXuV>.

### Discovery Studio Teens

**Starting Monday, May 3**

Celebrate Mom this Mother's day! Grab a teen takeout kit during curbside hours to make a mason jar oatmeal milk bath to give as a gift or keep. For teens ages 13-18. Quantities are limited.

## CHILDREN'S EVENTS

### Curbside Crafts

Pick up a new craft every week during curbside hours.

### Toddler Time on Facebook Live

**Tuesday at 10:30 a.m.**

Join us on Facebook for a live storytime. [facebook.com/rahwaypubliclibrary/live](https://facebook.com/rahwaypubliclibrary/live)

### Family Fun Nights

**Every Thursday night at 6:30 p.m.**

on Zoom. Register here: [bit.ly/RPL-FFN](https://bit.ly/RPL-FFN)

### Graphic Novel Book Club

**May 26 at 3:30 p.m.**

Register here: [bit.ly/RPL-GNBC](https://bit.ly/RPL-GNBC)



# LOCALS SEE ACTION IN MAJOR CIVIL WAR CAMPAIGNS

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

## PART II – RAHWAY BOYS GO INTO BATTLE

Over the duration of the Civil War, more than 535 young men who called Rahway home, would enter the Union Army with many participating in some of the bloodiest campaigns. Rahway boys were recruited into dozens of different regiments. A number of the recruits were assigned to the 5th and 14th New Jersey Infantry units, two regiments that would win distinction in battle. Black residents joined the United States Colored Troops (USCT). Some of these recruits would end up fighting in the battle-tested 22nd Regiment. The Rahway artillery unit, Company K of the 9th New York State Militia (the focus of the April article), would also see much action.

After leaving Rahway Station on June 18, 1861, Company K reported to Hagerstown, Maryland where they were issued their weapons and received orders to cross the Potomac River to Martinsville, Virginia to drive rebel forces from Charlestown. The company was then assigned to Washington D.C. to provide a line of defense to protect the capital. On August 25, the unit was detached from the 9th Regiment to become the 6th Independent New York Battery, commonly called “Bramhall’s Battery,” and was placed in General Joseph E. Hooker’s division. While under Hooker’s command, the battery participated in the Peninsula Campaign including the siege of Yorktown, the battles of Williamsburg, Fair Oaks, and the Seven Day’s Battle.

On October 6, 1862, they accompanied three-thousand cavalry in an effort to recover government property on the Orange and Alexander Railroad. Rebel troops had succeeded in removing the confiscated goods across the Rappahannock before the cavalry arrived, but the excellent work of the 6th and their quickness in action was noted by Brigadier General William Barry. The general would later honor the unit by changing its designation to a flying battery (also called a horse battery). The 6th would thereafter travel in conjunction with cavalry units on reconnaissance missions and raids. “Bramhall’s Battery” was kept in constant service to the close of the war participating in no fewer than a dozen engagements including the major battles of Chancellorsville and Gettysburg.

The foot soldiers of the 5th New Jersey Infantry saw heavy fighting throughout the war, but especially on July 2, 1863, the second day of the three-day battle at Gettysburg. Under the command of Colonel William Sewell, the regiment, in the face of deadly fire, engaged in brutal, often hand-to-hand combat as it tried to



*(above, l-r) 5th N.J. Infantry at Gettysburg; 14th N.J. Infantry at Monocacy Battlefield; 6th N.Y. Independent Battery (Bramhall’s Battery) at Gettysburg*

hold a strategic position. Ten months later, on May 5, 1864, the 5th was again tested, this time at the Battle of the Wilderness. There, the regiment, consisting of 200 men, suffered losses amounting to sixteen killed, 119 wounded, and twenty-two missing.

Members of the 14th New Jersey Infantry fought bravely at the Battle of Monocacy (July 9, 1864) tragically losing two-thirds of its contingent. Against heavy odds, Union forces withstood five attacks thus delaying the enemy’s advance towards Washington. The delay gave Union reinforcements time to halt the enemy in their last desperate plan to attack the capital. The heroic actions of the 14th earned them the nickname “The Monocacy Regiment.”

Following the Emancipation Proclamation on January 1, 1863, the recruitment of black men began in full force and free blacks and freedmen rushed to recruiting stations to join the USCT. Enough men would enlist to eventually fill 175 regiments making up one-tenth of the entire Union Army. Men from Rahway were mustered into the 22nd, 25th, 41st, and 127th Regiments. Their actions would bolster the Union war effort at the most critical time.

The 22nd was active in the siege operations at Petersburg and Richmond, the Battle at Dutch Gap, Chaffin’s Farm, and the Battle at Fair Oaks.

A specific instance illustrating the bravery of the 22nd occurred on June 15, 1864 when the regiment “met the enemy near Baylor’s Farm as Confederate shells were tearing up the troops. As the Union lines began to fall back, they were saved when the 22nd led a charge and joining with the 5th USCT drove the enemy from their position, captured one gun, and saved the division’s honor.” The regiment was selected as one of the first Union regiments to victoriously enter the captured Confederate capital of Richmond on April 3, 1865. A part of the regiment was also on duty at Appomattox Court House on April 9, 1865 when General Ulysses S. Grant accepted the surrender of General Robert E. Lee and his Army of Northern Virginia.

When the terrible war was finally over, Rahway’s citizen-soldiers returned to their home town to resume the lives they had left behind. They did, however, maintain a kindred brotherhood with their fellow vets by establishing a local Grand Army of the Republic (GAR) post. The post would be called William F. Barry Post 27, so named to honor the general who lifted “Bramhall’s Battery” to the status of Flying Battery. The fraternal organization remained an active and respected group in the city until 1923 by which time most of the Civil War veterans had passed.

**WOOD FLOORS**  
Sand • Stain • Refinish • Repairs • Installation  
**CARPET & RUGS**  
Clean • Stretch • Sanitize • Repairs • Bind  
**RESTOREMYFLOORS.NET**  
A DIVISION OF CARPET DOCTOR LLC.  
116 SUSSEX ST. WESTFIELD, NJ  
**908-913-4650**  
Insured \* References \* Visa / MasterCard  
**10% Discount** On labor only. Materials not included. Cannot be combined with other offers. Exp. 5/31/21.

**PETER W. TRAUB**  
ROOFING & CARPENTRY LLC  
908-464-9655  
PeterWTraubRoofing@gmail.com  
**PeterTraubRoofing.com**  
A.A.S. in Construction, SUNY Delhi University  
Established 1985 • Lic. #13VH00107400  
83 Industrial Road, Berkeley Heights, NJ 07922

**NOW HIRING**

- Slate • Tile
- Wood Shingles
- Copper Gutters & Flashing
- Snow Guards
- All Phases of Carpentry
- Roof Restoration

**SUBURBAN PAVING COMPANY**  
Specializing in Asphalt Driveways,  
Parking Lots, Belgium Block Curbing  
**908-925-0444**  
**908-928-0031**

Serving All Union County

## POSTAL INSPECTION SERVICE LISTS SCAMS TARGETING VETERANS; OFFERS VALUABLE INFORMATION TO PROTECT AGAINST THEM

Operation Protect Veterans, a joint crime prevention program created by the U.S. Postal Inspection Service and AARP, is alerting the more than 17 million U.S. veterans to scams specifically targeting them.

### THESE INCLUDE:

**Secret Veterans Benefits Scam:** Veterans are told they qualify for "secret" government programs or benefits that offer thousands of dollars. But first, they attempt to collect personal information or a fee.

**Pension Poaching Scam:** Scammers often offer veterans lump sum payments up front, in exchange for signing over all their future monthly benefit checks.

**Bogus Employment Scam:** Scammers post fake job descriptions to collect personal information from a veteran's job application, or they charge an employment fee.

**VA Loan Scams:** Offers to refinance VA loans at extremely low rates.

**Update Your File Scam:** An imposter, claiming to be from a government agency, attempts to get a veteran's personal information to "update their file," so they can maintain their benefits.

**Aid and Attendance Scam:** Veterans (or their family members) receive an offer to move their assets into a living trust so that they can qualify for financial assisted living benefits.

According to research conducted by AARP, veterans are twice as likely as the general public

to be victims of scams. What can veterans – and those who care about them – do to prevent being taken advantage of by scammers?

The Postal Inspection Service advises every veteran do the following:

Visit the Postal Inspection Service's website ([uspis.gov](http://uspis.gov)) to learn about scams targeting veterans and what they can do to prevent becoming a victim.

Check out any offer with a trusted family member, friend or your local veteran's affairs office before acting.

Don't be pressured into acting immediately. If you are dealing with a legitimate outfit, they won't try to pressure you to act before having a chance to check it out and think about it. If they do, just say "no" and hang up.

Get an answering machine and caller ID display. Then, let the machine answer the phone for you. If you don't recognize the person leaving a message, don't pick up the phone!

Contact your telephone service provider, and ask them what kind of services they offer to help you block unwanted calls.

Report if you believe you have been the victim of a scam. Contact your local police or AARP ([protectveterans@aarp.org](mailto:protectveterans@aarp.org) or 877-908-3360).

Get credible information on how to qualify for veterans' benefits by contacting your state veterans' affairs agency. Visit [nasdva.us](http://nasdva.us), and click on "Links."

"Veterans have access to special benefits and share a special bond that scammers know and use to take advantage of them," said Chief Postal Inspector Gary Barksdale. "The Postal Inspection Service works hard every day to stop scams targeting veterans, but we need everyone to become better informed, so they can help spread the knowledge to the veterans they know and love. I encourage all Americans to make this Veteran's Day not only a day of remembrance and thanks for our veterans, but also to make it the start of learning about, and helping to spread information on scams targeting veterans."

For more information on scams targeting veterans and other scams, visit [uspis.gov](http://uspis.gov).

### ABOUT THE U.S. POSTAL INSPECTION SERVICE

The U.S. Postal Inspection Service is the nation's oldest federal law enforcement agency. It supports and protects the U.S. Postal Service and its employees, infrastructure and customers; it enforces the laws that defend the nation's mail system from illegal or dangerous use; and it ensures public trust in the mail. Over 2,400 postal inspectors, postal police, technical and administrative people are spread out over 17 divisions and the national headquarters in Washington.

For more information, visit [uspis.gov](http://uspis.gov), and follow us on Twitter (@USPISpressroom), Facebook (@Postalinspectors), and Instagram (@postalinspectors).

## Keep your cool this summer with Reel Strong



908-276-0900 or 1-888-480-0901

[WWW.REEL-STRONG.COM](http://WWW.REEL-STRONG.COM)

Visit us on



REEL-STRONG can evaluate your heating and cooling needs with no obligation, before you purchase equipment that you may not need.

We are a full service installation and maintenance company.

- HEATING OIL SUPPLIER • RHEEM FURNACES AND AIR CONDITIONERS
- WILLIAMSON BOILERS • NATURAL GAS CONVERSIONS AND SERVICE



Williamson

**Serving Union County for 96 years!**



**Rheem High Efficiency Central Air Conditioning**

**NJ Clean Energy Program\* Incentive for the Purchase of High Efficiency Heat and AC**

**ASK US ABOUT OUR GREAT WARRANTIES!**

\*Some model restrictions may apply.

**549 Lexington Avenue • Cranford**

**FREE ESTIMATES  
0% Financing Available**

Master HVACR Contractor License #19HC00438000

**SAVE THIS COUPON**

**\$25 OFF  
ANY SERVICE CALL**

May Not Be Used For Routine Maintenance.  
With Coupon – No Expiration

**NEW RHEEM HEATING OR  
AIR CONDITIONING SYSTEM**

**MAKE YOUR BEST DEAL  
THEN TAKE**

**\$300 OFF**

May Not Be Combined With Other Offers.

\*Some expiration dates apply so don't delay

## FIREFIGHTER MATHEW PRIBISH HELPS NJ SHARING NETWORK

### NJ Sharing Network

Celebrated in April each year, National Donate Life Month features local, regional and national activities that encourage Americans to register as organ and tissue donors and to celebrate those who have saved lives through the gift of donation.

Linden, NJ firefighter Mathew Pribish helped NJ Sharing Network kick off National Donate Life Month by sharing his personal heart transplant story to help raise awareness about the importance of organ and tissue donation. Inspired by Mathew's story, Linden Mayor Derek Armstead and the Linden Police and Fire Departments teamed up to educate the community through speaking engagements and a public service announcement on LindenTV, which can be viewed on youtube.com. Mathew's personal story is detailed below.

### A PERSONAL STORY FROM MATHEW PRIBISH

My gift of life story started more than a decade ago when I went to the doctor for a regular cardiology checkup because heart disease runs in my family and I wanted to make sure that, as a firefighter, my heart was healthy. I was told during one of these regular checkups that I have Marfan Syndrome, a connective tissue disorder that affects the heart, joints and other parts of the body.

In 2013, after being monitored for a few years, my aortic root was enlarged to the point that I needed replacement surgery. Although my surgery went well, I had an adverse reaction and went into advanced heart failure. The doctors



*(above) Mathew Pribish, a Linden Firefighter, shared his heart transplant story to help raise awareness about the importance of organ and tissue donation.*

made the decision to implant a Centrimag BiVad, an external device to pump both sides of my heart. After a couple of weeks, my heart healed enough to remove the device and implant an LVAD-Left Ventricular Assist Device. That was my lifeline for four years and I was placed on the New York heart transplant list.

Life with an LVAD isn't easy and it was hard to adjust to at first - no swimming, limited showers, limited activities and lots of medication. Thankfully, with my family, my fire department family and my doctors, I was able to forge through into this new normal. I was able to return to work for the fire department as an Administrator and Fire Inspector. I started to walk/jog in local 5K events in a healthy condition so that I would be a perfect candidate for transplant.

In 2017, my cardiologist recommended that I also be put onto the New Jersey transplant list. In the time leading up to my approval on the New Jersey transplant list, the alarm of my LVAD

device started to sound, on and off. The team of doctors decided that it was a mechanical issue and that they would either need to either replace the LVAD or hold me in the hospital for transplant.

On June 22, 2017, I was informed by Newark Beth Israel Medical Center that I was officially listed on the New Jersey list. It was just four days later that my wife got the phone call early in the morning. They said, "Mrs. Pribish, we found a heart for your husband."

There were so many emotions that day. I felt happy and thankful that I now had hope that my health could be restored. I also felt a great deal of sadness for the family that lost their loved one. On June 27, 2017, I had a successful LVAD removal/Heart Transplant.

Since my transplant, I have been blessed to return to the life I had known before. In my donor's memory, I decided to become a transplant advocate through NJ Sharing Network.

In Fall 2018, I was released by the doctors to return to full firefighting duties. On January 3, 2019, I officially returned to the fire department for my first day back at the position I left almost six years before.

I never thought that the day would come where I could return back to active duty. But thanks to my donor, my doctors, and NJ Sharing Network, this dream became a reality. I hope that my story can give hope to others that may need a transplant to inspire them to keep the faith.

### 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](http://NJSharingNetwork.org).

**Don't let your family memories fade away**

**HOME MOVIES TRANSFERRED TO DIGITAL FILES & DVD**

- Video Tape Transfers
- DVD & Flash Drive Duplication
- Audio Cassette to CD
- Reel to Reel Audio to CD
- LP to CD
- High Speed Photo & Slide Scanning
- Foreign Conversions

**VIDEO DATA SERVICES®**

locally owned since 1984

**[www.vdsnj.com](http://www.vdsnj.com)**

**[facebook.com/vdsnj](https://facebook.com/vdsnj)**

**email: [ira@vdsnj.com](mailto:ira@vdsnj.com)**

**908-964-4004**

**406 Chestnut St. • Union, NJ 07083**

**WE BUY HOUSES IN NEED OF REPAIR FOR CASH**

**FAST CLOSINGS  
WE BUY IN "AS IS" CONDITION**

**CONTACT ANTHONY  
AT 732-388-9144**



**ERA Village Green Realtors  
35 Brant Avenue, Clark  
[eravillagegreen.com](http://eravillagegreen.com)**

**PAYLESS ROOFING**  
ROOFING – SIDING – REPAIRS

Roof Coatings - Flat Roofs

• Same Phone # for 20 Years •

**Call 908-486-0866**

**[PaylessRoofingServices.com](http://PaylessRoofingServices.com)**

Lic # 13VH00418100

**PAYING CASH FOR HOUSES**

- As-is Condition
- Fast Closings
- Stop Foreclosure
- 35 Years Experience



**CALL TONY: CELL 973-202-0996  
OR GARY: OFFICE 973-762-9000**

Realty 33 LLC, 1837 Springfield Ave, Maplewood, NJ

**WIRED RITE  
ELECTRICAL SERVICE**

**COMMERCIAL & RESIDENTIAL**

**ALL PHASES OF ELECTRICAL WORK**  
• FIXTURES • OUTLETS • PANEL CHANGE  
• SECURITY • HIGHHATS • CEILING FANS

Senior  
Citizen  
Discount

24 Hour  
Emergency Service

Free  
Estimates

**201-600-3530**



# RAHWAY FOOD FOR FRIENDS CELEBRATES WOMEN MAKING HISTORY

*Submitted by Can Ashe*

Rahway Food For Friends (FFF) would like to spotlight women in our community making history. This month they are highlighting volunteer Audrey Burnett-Young.

Audrey Burnett-Young is originally from Queens, New York and currently lives in Rahway, New Jersey. She is the proud mother of two adult children, Lauren and Erica Young. She currently works in NY for a Wall Street based Investment Banking firm where she has over 25 years tenure. Audrey is passionate about volunteerism. She was introduced to FFF, a nonprofit 503(c) organization in Rahway, NJ that feeds the hungry in Rahway and the surrounding communities, by the City of Rahway where she was employed for over 4 years. Audrey has a long history of volunteerism which started over 20 years ago through her current job. For many years, she would sign herself and her daughters up for various community teamwork projects including: Habitat for Humanity, Jewish Center for the Aging, Bark Animal Shelter, as well as a Women's Shelter in NY for those recovering from domestic violence. Seeing the distress of these mothers further sparked her interest in helping those in need.

Audrey is passionate about her works with FFF, a lot of which are behind the scenes. Through generous donations, Rahway FFF is currently feeding 647 families with food insecurities via mobile pantry and food pantry programs. They also provided 300 families with Thanksgiving holiday meals and supplied over 200 new toys this past Christmas to children who might have otherwise not had any.

Audrey is a member of the African Methodist Episcopal Church (AME). She served as Vice President of the Elizabeth Area Woman's Missionary Society which consists of 9 area AME churches. She was also the recipient of the 2017 Women's Missionary Society Diamond Award. Audrey has held several officer positions and served as the President of the Deborah Missionary Society of Ebenezer AME Church.

While serving as Vice President of the

Elizabeth Area Woman's Missionary Society, Audrey introduced FFF as a community service project. All 9 of the area AME churches graciously accepted and have been providing much appreciated ongoing support, volunteerism, and donations to the FFF food pantry and soup kitchen.

Through the AME Church, Audrey signed up for a project where she and other missionaries travelled to an undisclosed location to give out handbags filled with toiletries to victims of Human Trafficking. Through this experience, Audrey has been interested in helping victims of Human Trafficking. She is also passionate about helping to create awareness about mental illness and providing resources.

Audrey is a longtime member of the NAACP where she served on the executive committee. She was also the Banquet Chair. Audrey was presented with the NAACP Rahway Branch President's award in 2014 by former Rahway branch President the late Shirley J. Palmer. In 2018 she was presented an appreciation honor from the Rahway branch's former President Ronald McCray.

She is also a supporter of the NJ Association of Black Educators (NJABE) and contributes to the NJ Association of Black Psychologists (NJABPsi) as well as The Innocence Project.

Audrey is currently a member of Church Women United (CWU), an organized national movement established in 1941 that brings Christian women together in a visible community to witness their faith in Jesus Christ. Enabled by the Holy Spirit, members go out into every community and nation as instruments of reconciling love. She serves as recording secretary for the CWU Cranford Unit.

Audrey has a heart for missions and helping people and has been known to carry food and water in her car in case she encounters someone in need. While she has received numerous recognitions, she is humbled to be recognized in this Women's History Award. Her mantra is "If I can help somebody as I pass along. If I can cheer somebody, with a word or song. If I can show

somebody that he is travelling wrong, then my living shall not be in vain." One of her favorite scriptures is: Philippians 4:13 "I can do all things through Christ who strengthens me."



(above) Audrey Young Burnett, a volunteer with Rahway Food For Friends, is being highlighted this month as a woman in our community making history.

## CANNED FOOD DRIVE



**RAHWAY FOOD FOR FRIENDS (RFFF)**

Provides Rahway families and individuals with dignified access to nutritious, supplemental groceries, free of charge. The best food donations are healthy (low-fat, low-sugar, low-sodium) and meet the needs of the multicultural communities served by RFFF.

### THE FOODS NEEDED MOST ARE:

*\*Low sodium & low sugar preferred. \*No glass please!*

- Baby Formula and baby food
- Diapers
- Canned Tuna
- 1 lb. bags of Rice
- Canned Soups
- Canned Vegetables
- Peanut Butter (in plastic jars)
- Low Sugar Cereal



### DONATIONS MAY BE DROPPED OFF TO

1221 New Brunswick Avenue  
Rahway, New Jersey 07065

Mondays, Wednesdays or Fridays  
from 9am until 12pm.

**Contact us at 732-381-7201**

Thank you so much for your support!

Learn more at

**[www.rahwayfoodforfriendsnj.org](http://www.rahwayfoodforfriendsnj.org)**

PARKING PRODUCTIONS  
JOHN DENT INC.

## NOW HIRING



MAIN OFFICE LOCATED IN CLARK, NJ

**\$13.50/hr**

**Plus  
Tips**

Parking Productions is seeking Valet Parkers for Special Events and local accounts.

- Flexible schedule!
- Great for Students or those seeking extra income!
- Fun, exciting work!

732-574-9300 Option 2  
[jobs@parkingproductions.com](mailto:jobs@parkingproductions.com)

**BLUESTREAK  
POWERWASHING**

Call, text or email today  
for a free estimate and ask about  
our **SPRING CLEANING special!**

**(732) 596-7525**

[BlueStreakPWNJ@gmail.com](mailto:BlueStreakPWNJ@gmail.com)

- Houses
- Decks
- Roofs
- Patios
- Driveways
- Fences
- Siding
- Gutters
- And More

# Marketing Toolbox

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

## NEWSPAPER ADVERTS

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

## FULL COLOR PRINTING

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

## DIRECT MAIL

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

## ONLINE MARKETING

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

## SOCIAL MEDIA

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

## WEBSITE AND SEO SERVICES

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

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

**CALL JOE RENNA FOR A FREE CONSULTATION.**  
**908-447-1295**

## RENNA MEDIA NEWSPAPER RATE SHEET

**WE MAIL 135,000 NEWSPAPERS MONTHLY!**

**Tina Renna 908-418-5586 • tinarena@rennamedia.com**

**Joe Renna 908-447-1295 • joerenna@rennamedia.com**

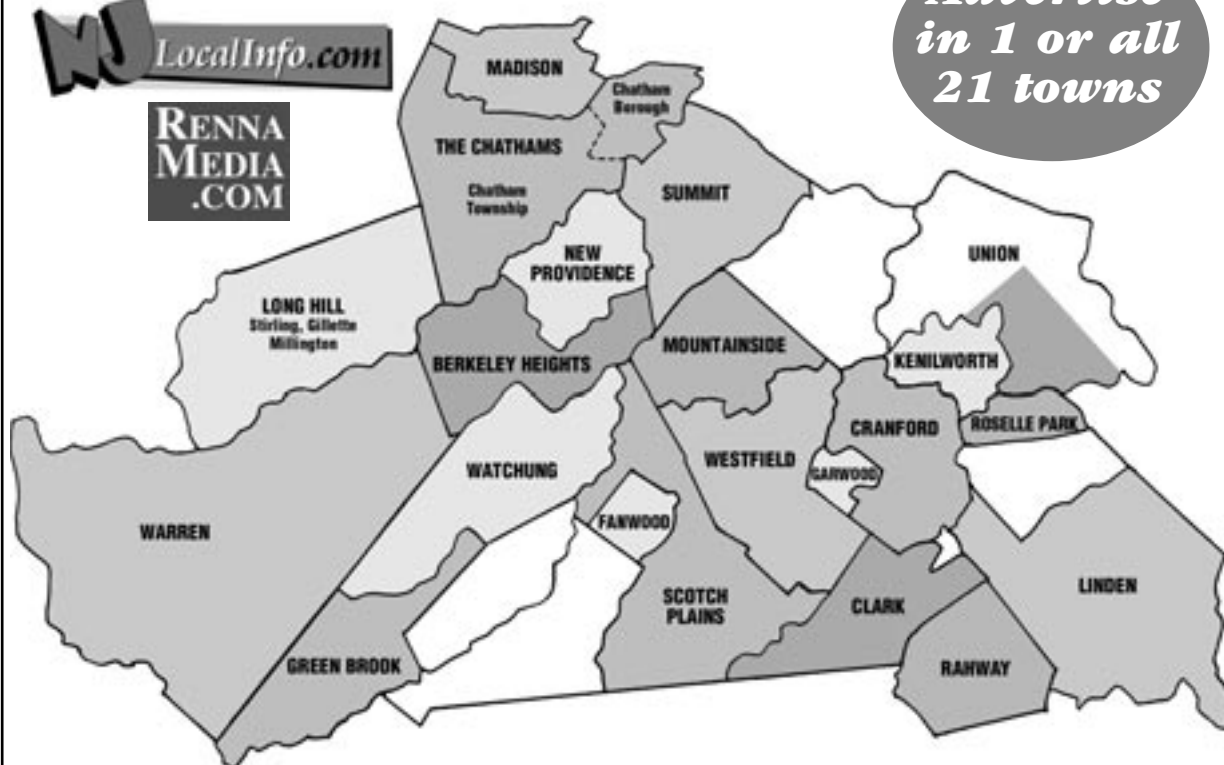
**202 Walnut Avenue, Cranford, NJ 07016**

**Call today for FREE consult on marketing and business plans.**

Online at [RennaMedia.com](http://RennaMedia.com)  
and [NJLocalInfo.com](http://NJLocalInfo.com)



*Advertise  
in 1 or all  
21 towns*



<b>Berkeley Heights</b> COMMUNITY NEWS Qty: 4,800 Mailed to every home and business. Zip: 07922	<b>THE CHATHAMS</b> NJ Qty: 7,400 Mailed to every home and business. Zip: 07928	<b>Clark Monthly</b> Qty: 6,700 Mailed to every home and business. Zip: 07066	<b>CRANFORD MONTHLY</b> NJ Qty: 9,800 Mailed to every home and business. Zip: 07016	<b>Fanwood Post</b> NJ Qty: 3,000 Mailed to every home and business. Zip: 07023	<b>Garwood Times</b> NJ Qty: 2,200 Mailed to every home and business. Zip: 07027	<b>Green Brook Gazette</b> NJ Qty: 3,000 Mailed to every home and business. Zip: 08812
<b>BUSINESS + LIFE</b> <b>KENILWORTH</b> NJ Qty: 3,600 Mailed to every home and business. Zip: 07033	<b>NJ LIFE in LINDEN</b> Qty: 17,400 Mailed to every home and business. Zip: 07036	<b>Long Hill LEADER</b> NJ Qty: 3,600 Mailed to every home and business in Gillette, Millington and Stirling. Zip: 07933, 07946, 07980	<b>MADISON MONTHLY</b> NJ Qty: 6,300 Mailed to every home and business. Zip: 07940	<b>MOUNTAINVIEW</b> NJ Qty: 2,900 Mailed to every home and business. Zip: 07092	<b>New Providence NEWS</b> NJ Qty: 4,900 Mailed to every home and business. Zip: 07974	<b>OUR TOWN Rahway NJ</b> Qty: 12,400 Mailed to every home and business. Zip: 07065
<b>ROSELLE PARK MONTHLY</b> Qty: 5,600 Mailed to every home and business. Zip: 07204	<b>Scotch Plains NJ</b> WHAT'S HAPPENING MONTHLY Qty: 9,600 Mailed to every home and business. Zip: 07076	<b>Summit Times</b> NJ Qty: 9,600 Mailed to every home and business. Zip: 07901	<b>Spirit of UNION</b> NJ Qty: 5,500 5,000 mailed to homes and businesses. Zip: 07083	<b>WARREN MONTHLY</b> NJ Qty: 6,200 Mailed to every home and business. Zip: 07059	<b>Watchung Post</b> NJ Qty: 2,800 Mailed to every home and business. Zip: 07069	<b>Westfield MONTHLY</b> NJ Qty: 11,800 Mailed to every home and business. Zip: 07090

### NEWSPAPER AD RATES

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

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

**PREPAY 6 MONTHS AND GET 1 MORE FREE**  
**PREPAY 12 MONTHS AND GET 3 MORE FREE**

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

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

## ONLINE ADS & PRESS RELEASES DRIVE LOCAL TRAFFIC TO YOUR WEBSITE

- **GET UNLIMITED CLICKS**

An alternative to expensive pay-per-click programs

- **FREE AD DESIGN AND COPYWRITING**

Advertising webpage includes many features including write-up, images, video, Google map, etc.

- **POSTS ARE SHARED THROUGH SOCIAL MEDIA**

Posts shared on multiple Facebook pages and twitter.

- **PAID SEARCH ENGINE PROMOTIONS**

Posts are promoted by industry, key words and location.

- **TRACKABLE RESULTS**

All ads include a live view counter.

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

**\$20  
PER POST  
Block of 20  
for \$200**

**RENNA  
MEDIA  
.COM**

**NJ LocalInfo.com**

## WEBSITE AUDIT/ANALYSIS AND RECOMMENDATION PLAN

- **SEE WHAT IS WORKING AND NOT WORKING**

Know where your web traffic is coming from and why.

- **ELIMINATE / AVOID COSTLY SCHEMES**

Evaluate the return you are getting from your online marketing costs.

- **INCREASE ONLINE MARKETING RESULTS**

Recommendations include ways to increase traffic to your website

- **NO OBLIGATION**

This service is recommended even if you have an existing web management contract. Use it to tune up your marketing plan.

**ONE TIME  
FLAT FEE  
\$250**

**Call for a consultation  
if you do not have a website  
or if need a new one.**

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

## WEBSITE / SEO SERVICES

- **STARTER WEBSITE: \$500**

Basic static site that can be developed further

- **WEBSITE CREATION/UPDATE: \$2,400**

Cost for average website: 12 pages, contact form, SEO friendly, responsive design

- **WEBSITE HOSTING: \$300 PER YEAR**

Includes website hosting, software updates, monthly website content updates

- **SEO SERVICES: AVERAGE COST \$1,000 - \$2,000 PER MONTH**

Custom tailored solutions: Google Ranking, Local SEO, Social Marketing

**Call for free a consultation if you need  
help developing an online marketing plan.**

**STARTER  
WEBSITE  
\$500**

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

## Full Color Flyers and Menus Printed and Mailed to Every Home and Business in Town!

**MENUS - PRINTING - \$50 PER THOUSAND**

Rate is for quantities of 25,000 or more.

For quantities less than 25,000 cost is \$68 per thousand.

11"x17" / Full color / 2 sided / 60lb gloss coated stock /

Includes folding (quarter fold or tri-fold, with or without coupons tab)

**FLYERS - \$35 PER THOUSAND**

8.5" x 11" / Full color / 2 sided / 60lb gloss coated stock /

Tri-fold add \$10 per thousand

**INSERTED AND MAILED TO EVERY HOME AND BUSINESS**

\$60 per thousand. (as low as \$30 per thousand depending on quanttiy.)

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com



**FLYERS  
\$35  
PER 1,000**

**MENUS  
\$50  
PER 1,000**





**ORDER ONLINE AT**  
**www.metroliquors.com**  
**908-925-1770**

**PICK-UP CURBSIDE  
OR DELIVERY**

**1179 WEST ST. GEORGES AVE.**  
**(RT. 27) LINDEN, NJ 07036**  
 email: metroliquors@gmail.com

Hours: Mon. thru Sat. 9am - 10pm, Sun: 11am - 8pm



Hours: Mon. thru Wed. 9am - 9pm, Thur. - Sat. 9am - 10pm, Sun. 10am - 7pm

**Witty's**  
 Fine Wine and Liquors  
**ORDER ONLINE AT**  
**www.wittyswine.com**  
**732-381-6776**

**PICK-UP CURBSIDE**

**870 ST. GEORGES AVE.**  
**(RT. 27) RAHWAY, NJ 07065**  
 email: wittyswines@gmail.com

Like us on Facebook: Facebook.com/metrolinden and Facebook.com/wittyswines

### 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	\$59.99
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	\$28.99
Kahlua	1.75L	\$37.99
Krupnik	750ml	\$17.99
Licor 43	750ml	\$24.99
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
Sky	1.75L	\$19.99
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	\$37.99
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	\$22.99
Bud and Bud Lite cans	30pk	\$23.99
Bud and Bud Lite loose bottles	24pk	\$20.99
Coors Lite (24oz) cans	12pk	\$14.99
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

**We specialize in hard to find items  
and custom orders, just ask!**

<b>10% OFF</b>	<b>15% OFF</b>
Any purchase of	Any purchase of
6 bottles of wine	12 bottles of wine
Restriction apply.	Restriction apply.
Coupons not valid on sale items.	Coupons not valid on sale items.
Visit our facebook page for news of next tasting event: facebook.com/metrolinden	

*"Cold or warm Beer = Same Price"*  
*"Visit the store for more In-Store Specials!"*

ABC prices prevail other prices, limited to store inventory.

Not responsible for typographical errors.

Prices valid till May 31, 2021.