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FOOD FOR FRIENDS CELEBRATES 30 YEARS

Submitted by Candance Ashe

Rahway Food For Friends has been serving Greater Union County for 30 years. Our mission is to feed the hungry, homeless and needy families in our community.

Inspired by the late Dick Talbot, founder, Rahway Food For Friends continues to work with surrounding community churches in fulfilling its mission while "Feeding the Whole Person".

Rahway Food For Friends would like to thank the Community Food Bank for their recent grant contribution to help continue our efforts in fighting hunger. This project is made possible through the Community Food Bank of New Jersey's Network Investment Initiative, with lead funding from the New Jersey Pandemic Relief Fund and its partners.

We would like to thank the First Presbyterian Church who has been nothing short of a miracle to Rahway Food For Friends from the very beginning. The support and hard work of this congregation is very well the epitome of what love is and should stand for. Thank you to Dawn Mandela, Dana and Bill Marsh, Carlos and Irwin Altona, Joanne and Ted Padavano, Gail Anderson, Andy and JoAnn Roesch, Carol Ann Bregman, Helene Haithe, Ilanda Kerobo, Patick Weaver, Al and Robin Shipley, and Pastor Erin Cooke.

Rahway Food For Friends has had a humble beginning, though the struggles we faced were tough and challenging at times, the charity has maintained its mission with grace, hope and love for our community.

The beauty of helping others reaches far beyond the city of Rahway and extends well beyond the borders and into the hearts of caring people.

Rahway Food For Friends would like to thank:

Oasis Christian Center in Rahway for their service and donations of men's new suits for homeless, disabled veterans.

The entire team of One Kind Step for their ongoing service and support along with WBJL Radio.

The congregation of Ebenezer AME Church and Pastor Marti Robinson for their weekly food donations.

The Westfield, Fanwood and Clark communities for the recent food drive sponsored by Feeding the Frontline.

The Elizabeth Presbyterian Church and we thank you for your continued support through the years in fighting hunger.

The LINCS program in Linden. The Reverend Peter De Franco, and the Outreach Committee for the recent diaper drive to assist with our single mothers diaper program.

Rahway Food For Friends continues to partner with the City of Rahway and Mayor Giaccobe to further assist those food insecure families and those families facing homelessness. We would like to thank each person who has volunteered, donated your time, food, clothing, toys, or made a monetary contribution which made a grand impact on so many families over the 30 years. Changing the lives of those in need as they face hunger and food insecurity would not be possible without the support of each of you.



(above) Raheem of Rahway Coalition is pictured with Nadine Burns, pantry manager.



(above, l-r) St. John the Baptist Outreach Committee: Kim Cokelet, Carl Gincley, and Carolynne Baykowski

We will celebrate our 30 years of service at the Rahway River Park on Friday, August 13, 2021 from 12 p.m. until 8 p.m. All are welcome.

To find out more information about our mission and current needs, please visit our website at rahwayfoodforfriendsnj.org or visit our headquarters located at Second Presbyterian Church, 1221 New Brunswick Avenue, Rahway, and take a tour.

"A friend loves at all times." ~ Proverbs 17:17





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SONS OF UNION VETERANS OF THE CIVIL WAR

Submitted by Christopher D Sands

The Sons of Union Veterans of the Civil War is a fraternal organization dedicated to preserving the history and legacy of those who fought and worked to save the Union. Hereditary membership is available to a male descendant, 14 years of age, who directly descends from a Although great care has been taken to ensure Soldier, Sailor, Marine or member of the Revenue Cutter Service between April 12, 1861 and April 9, 1865.

> The General Phil Kearny Camp #20 meets four times a year at the Abraham Clark House in Roselle, NJ. The next scheduled Camp meetings are September 11, and November 13, 2021, all Saturdays at 1 p.m. We support over 20 high schools and 2 universities with the SUVCW ROTC Medal. Our current program is to place signs where Grand Army of the Republic (GAR) posts met in North Jersey.

For more information visit suvcw.org.



(above) Colonel Stephen Harlan is inducted into the General Phil Kearny Camp 320 membership. Chaplain James O, Halloran, Secretary Clark McCullough, and Commander Peter Lindsey conduct the induction.

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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.

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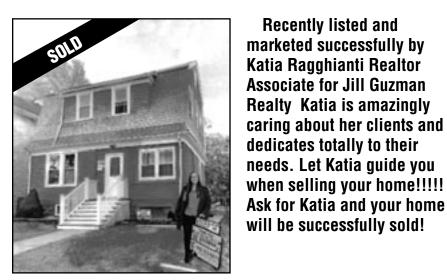


Wow! Are we selling Rahway, and for great prices!



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 Sergiia!!! You will be glad you did!!!



1322 Maple Terrace Rahway



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.

Recently listed and

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

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

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RAHWAY VETERAN INDUCTED INTO 'IN MEMORY PROGRAM'

Ceremony in Washington, D.C. honors Vietnam Veterans who died after returning home

Anthony Genevrino, U.S. Marine Corps, Rahway, NJ (August 3, 1950 – June 2004) was one of nearly 400 Vietnam veterans, including nine from New Jersey, inducted into the Vietnam Veterans Memorial Fund's (VVMF) In Memory Program in 2021. The program honors Vietnam veterans whose lives were cut short as a result of their service after they returned home from Vietnam.

On October 16, 2021, VVMF will host the 2021 In Memory ceremony on the East Knoll of the Vietnam Veterans Memorial, where each 2021 honoree's name will be read aloud.

"For many Vietnam veterans, coming home from Vietnam was just the beginning of a whole new fight. Many never fully recovered, either physically or emotionally, from their experiences. As these veterans pass, it is our duty and solemn promise to welcome them home to the place that our nation has set aside to remember our Vietnam veterans," said Jim Knotts, president and CEO of VVMF.

The plaque that honors these veterans was dedicated as a part of the Vietnam Veterans Memorial site in 2004. It reads: In Memory of the men and women who served in the Vietnam War and later died as a result of their service. We honor and remember their sacrifice.

VVMF has created a personal remembrance page for each honoree online in the In Memory Honor Roll at vvmf.org/honor-roll. Their photos will also be displayed around the country when VVMF's mobile exhibit, The Wall That Heals, is on display in an honoree's home state.

The 2021 In Memory ceremony will be shown live on VVMF's Facebook page (https://www.facebook.com/VietnamVeteransMe morialFund) beginning at 10 a.m. ET on October 16, 2021. The In Memory program was created in 1993 and has since honored more than 5,100 veterans. For more information on the In Memory program or to apply to have your loved 2022, honored in please vvmf.org/inmemory.

POSTED ON PERSONAL REMEMBRANCE PAGE:

Anthony Genevrino August 3, 1950-June 7, 2004 Rahway, NJ Marine: Sgt. Title: Warehouse Chief (in Combat Zone) 1st Battalion, 5th Marine, 1st Marine Div. Decorations & Medals: National Defense Service Medal, Vietnam Service Medal, Vietnam Campaign Medal and Good Conduct Medal.

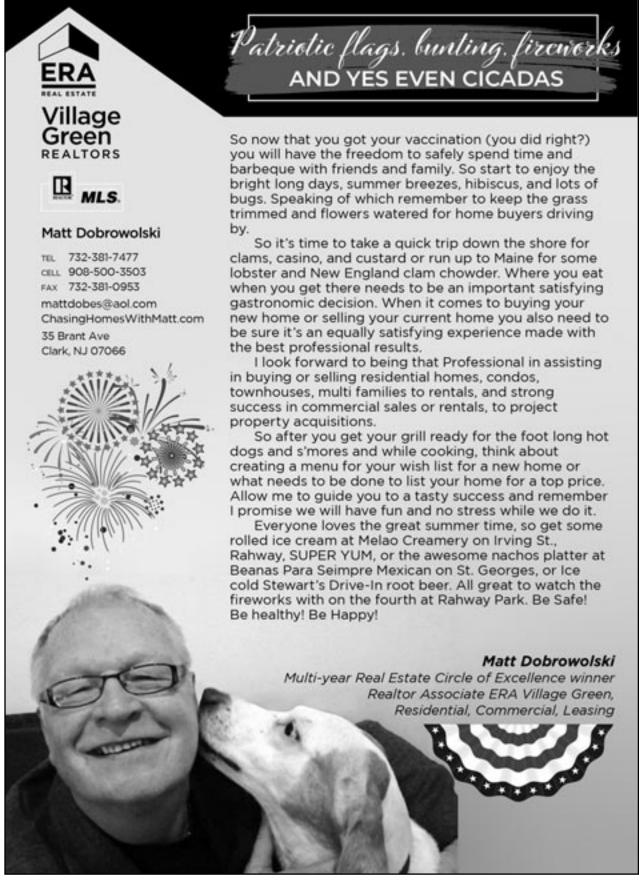
My brother, Anthony, grew up in his hometown of Rahway and graduated from Rahway High School in 1968. He enlisted in the Marines in January 1969. He was to be discharged in January 1971, but he had extended his enlistment until March 1971. After the service, he became a self-employed carpenter, and many times throughout his life, he used those talents to help others. He also helped others in the church he attended. He was a man of great faith in God. He loved the poem, "Footprints in the Sand". The poem reminded him that he wasn't alone in the world when life was challenging. Two years before his death, he returned to Vietnam. I believe he wanted to find some peace.

A year later, he was diagnosed with esophagus cancer and died a year later on June 7, 2004. After finding out about his illness, he told me that the only thing he wanted to live for was his family. Anthony is survived by his mother, Lucretia; brother, John; sister, Lucretia; daughter, Dayna; two grandchildren, Olivia and Layla; and a great grandchild, Lilliana, which he never got to see. He is greatly missed by his family and friends.

ABOUT VIETNAM VETERANS MEMORIAL FUND

The Vietnam Veterans Memorial Fund (VVMF) is the nonprofit organization that founded the Vietnam Veterans Memorial (The Wall) in Washington, D.C. in 1982. VVMF's mission is to honor and preserve the legacy of service in America and educate all generations about the impact of the Vietnam War and era. To learn more about VVMF, visit vvmf.org or call 202-393-0090.







epression and mood disorders can affect an individual's ability to carry on a normal life. They can leave a person feeling unusually sad, depressed, anxious, manic and generally not able to live life to its fullest.

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

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

Let our highly skilled and compassionate staff help you or your loved one today.

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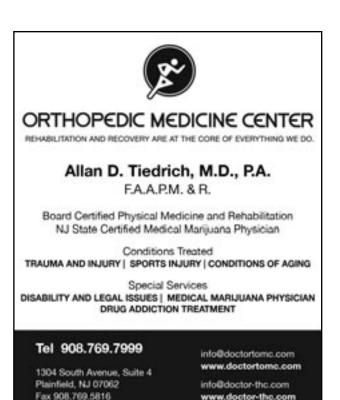


225 Williamson Street Elizabeth, NJ 07202 www.TrinitasRMC.org

VOLUNTEERS WANTED FOR MEDICAL CORPS

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.njlincs.net and click on "Register as an Existing or New MRC Volunteer!"





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KINDERGARTEN CLASS READS 5,000 BOOKS



(above) Mrs. Kristine Gaglio's kindergarten class at Franklin Elementary School in Rahway was recognized by Epic! Books for Kids for reading 5,000 books. They celebrated their achievement with an ice cream party. Photo by Rahway Public Schools



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GREAT SUMMERS START YMCA

Great Summers Start at The Gateway Family YMCA, and the summer of 2021 is no different. The Gateway Family YMCA is planning for a summer of fun including Summer Day Camp in Rahway and Union, NJ as well as Y Summer programs including swimming lessons, group exercise and youth programs. Registration for Summer Day Camp and Y programs for the Summer of 2021 is available online at tgfymca.org.

"This has been a challenging year for all, and we are just beginning to understand the effects of social isolation on all ages in our community. Our Y is committed to continue to serve members with programs that foster community, personal growth and overall wellness, all while meeting the strictest safety guidelines," stated Krystal R. Canady, CEO, The Gateway Family YMCA.

The Gateway Family YMCA is offering Summer Day Camp July 5 – August 27 for children entering Pre-K Age 3 through 6th Grade. Summer Day Camp teaches essential leadership and social skills and helps kids build character and develop confidence and independence. At The Gateway Family YMCA Summer Day Camp, kids can develop new skills, build self-confidence, make new friendships and gain a sense of belonging – all while having tons of fun in an outdoor, active environment. From games and sports to arts and crafts to outdoor adventures to science and technology, a Y Summer Day Camp experience offers kids the chance to learn new things and enjoy new adventures.

In addition to Summer Day Camp, The Gateway Family YMCA offers YMCA Child Care, Swimming Lessons, Summer Swim Team, Group Exercise, Indoor, Outdoor and Virtual Programs, Youth Programs, Virtual WISE Services and family experiences including Basketball, Pickleball and Family Swimming, as well as traditional YMCA wellness, fitness centers, free weights and nutrition programs. In addition, The Gateway Family YMCA offers chronic disease management programs to the community, including Blood Pressure Self-Monitoring and Diabetes Empowerment Education programs.

The Gateway Family YMCA is a leading 501(c)(3) nonprofit committed to strengthening community by connecting all people to their potential, purpose and each other. With a focus on empowering young people, improving health and well-being, and inspiring action in and across the local community, the Y brings together people from different backgrounds, perspectives and generations, to ensure that all have access to the opportunities, relationships and resources necessary to learn, grow and thrive. The Y doesn't just strengthen bodies – it strengthens people, families and communities.

For more information on The Gateway Family YMCA or Y Summer Programs, visit tgfymca.org. For information on Summer Day Camp at The Gateway Family YMCA, visit tgfymca.org/day-camp or contact The Gateway Family YMCA Five Points Branch 908-688-9622 or Rahway Branch 732-388-0057.

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 ostcoarthritis, 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 car 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 fluoros-



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 whatwoever. I can go up and down steps with no pain." - Patricia G.

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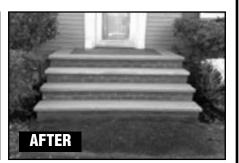
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took part in this year's Special Olympics Torch statewide, daylong marathon along 26 separate Run held on June 11, 2021 by carrying the routes, involving 3,000 New Jersey law

enforcement officers each carrying the torch thru their perspective towns. Follow Rahway Police Department on Facebook.



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Chloe Beauchamp brings her own unique blend of marketing savvy, boundless enthusiasm and a lifelong knowledge of the area she serves. As a member of the Jackie Safran Group, a team with over 30 years of combined experience, affiliated with the top-performing Westfield East office of Coldwell Banker Realty, Chloe can deliver personal service to both buyers and sellers with the resources of a big agency.

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252 Welch Way, Westfield "We brought the buyers"



9 Barchester Way, Westfield 3 bedrooms, 2 1/2 bathrooms - \$880,000 3 bedrooms, 1 1/2 bathrooms - \$407,500



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U Vaccine is Worth a Shot You can get the lu from an infected Person when they cough, Sneeze, tal or by touching a Surface that has flu virus oh it and then touching Your eyes, hose, or

(above) Nicole Garcia's winning poster. Photo by Rahway Public Schools

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PROTECT ME WITH 3+ POSTER CONTEST

Submitted by Linda Lambert

5th-grade students in Mrs. Venisha Jordan's science classes at Franklin Elementary School in Rahway participated in the Protect Me With 3+ poster contest. This statewide contest is held annually in collaboration with The Partnership for Maternal and Child Health of Northern New Jersey and the New Jersey Department of Health. Targeting youth in middle and high schools, the contest aims to raise awareness about the importance of adolescent immunizations among pre-teens, teenagers, and parents, and increase vaccination rates for several important vaccines, such as Tetanus, Diphtheria, Pertussis (Tdap),

Human Papillomavirus (HPV), Meningococcal Conjugate, and Flu.

In order to prepare for the contest, Mrs. Barbara Maher, the school's nurse, taught the kids about vaccinations and the importance of getting their 6th-grade vaccinations. After the lesson, students created posters and submitted them.

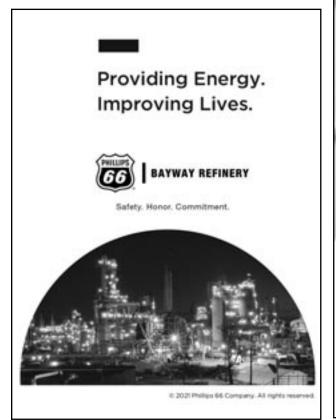
Franklin School is proud of Nicole Garcia and Jason Afum. Nicole's poster was chosen as the 2nd place winner and Jason's was chosen as a finalist.

All of the winners can be seen here: protectmewith3.com/winners/



(above) Jason Afum standing alongside the school nurse, Mrs. Barbara Maher, and classroom teacher, Mrs. Venisha Jordan.









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RAHWAY IS THE ARTS: ART EVENTS YOU SHOULD NOT MISS THIS SUMMER

Rahway, NJ was just named #2 Best Small THE MAYOR'S CONCERT SERIES Town Arts Scene in the country by 10Best and USA Today. This summer Rahway will not disappoint, this small City has not missed a beat despite the pandemic shutdown.

Here are 15 outdoor arts events happening in Rahway! Grab some grub from a myriad of top notch eateries and dine al fresco while enjoying dance, music, spoken word, art and so much more!

CULTURE CRAWL SUMMER MUSIC SERIES~PASEO

Live music takes place every Friday night in the Paseo, (the vibrant public space adjacent to 1501 Main Street!) during the months of June, July and August. Music starts at 6:30pm. Listen to a great line up of acoustic songbirds! In the case of inclement weather the rain date is the following Saturday.

DRIVE IN MOVIES

During the month of July, Mayor Giacobbe and the Rahway City Council bring you Drive In Movies at the Hamilton Stage (360 Hamilton St.) starting at dusk. Registration required. Call: (732)-669-3600

MOVIE SCHEDULE:

July 1- The Princess and the Frog July 8- Elf July 15- Onward July 22- Zootopia

The final event of the City's Big Summer Nights happens Thursdays in August, Mayor Giacobbe and the Rahway City Council bring you a great lineup of musical acts on Irving Street in front of the Union County Performing Arts Center. Pull up your lawn chair!

Festivities move inside the theater in the event of rain.

August 5 - 7:30pm ~The Soul of Broadway featuring Terron Brooks. Opening act: Day One August 12-7:30pm En Vogue. Opening act: **Rusty Monks**

August 19- 7:30pm Pop 2000 Tour hosted by Lance Bass of *NSYNC

DEEP AFRO HOUSE MUSIC DANCE PARTIES BROUGHT TO YOU BY AB SALUTE HOUSE

Meghan Trainor said it best " I Feel Better When I'm Dancing". Shake off this crazy year and dance your heart out! At these Deep Afro House Music Dance Parties taking place at the Train Station Plaza, we challenge you to stay still once you hear this beat. Guest DJs, vendors, dining al fresco from one of the local restaurants, and coming together as a community make each event one you don't want to miss!

Schedule:

• Saturday July 3 @5-9pm (Rain Date Sunday, July 4 @4-8pm) Train Station Plaza with DJs Dawud Johnson, Rashiem Ahmed, Crue Paris

- Friday, July 16 (with Youth performances) @5-9pm (Rain Date Sunday, July 18 @4-8pm) Train Station Plaza.
- Youth Performances by Steppaz With Attitude and Rahway Dance Theatre and DJ Ameer-Featuring 14 year old, JUSTHE DJ, Justin Miles
- August 6 Train Station Plaza -Featuring Rahway DJs and (Rain Date Friday, August 13 5pm-9pm) with DJ Jihad Muhammad (Bang the Drum) and DJ Butch Buchanan (B.B.S.)
- September 25 As part of Culture Crawl Arts and Music Festival 1-6pm @ The Gallery Space with DJ David Shell, DJ Zion, & DJ Sharif
- Saturday, October 9 5-9pm Final Kick off party (Rain Date the following Sunday @4-8pm) with DJ Beloved Tennant & DJ Mark Francis

DOWNTOWN BOHEMIAN FESTIVAL POP UPS

Poetry and Jazz is the third in a series of three. This one takes place at the Train Station Plaza on September 4th from 4-7pm featuring poets and open mic. Rain date is the following Saturday, September 11.

(Catch the second one in the series on Saturday July 17 from 7:30pm in The Gallery Space (1670 Irving St.) featuring Short Films & Poetry and Open Mic.)

(continued on page 15)



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OUTSIDE ART EVENTS (continued from page 14)

JAZZ TRAX

Saturdays in August chill out with some cool jazz during the Jazz Trax Series. Hosted by Mayor Giacobbe and the Rahway City Council at the Train Station Plaza from 4-7pm. The rain date is the following Sunday.

Schedule

August 7- Reut Regev's R*Time

August 14 - James Popnick & Supernova

August 21- The Joe Lisa Trio

August 28- Campblicated

WHAT'S THE WORD, RAHWAY?

ACP Arts brings you a night of Poetry Slams, Open Mic and Spoken Word on Friday, August 20, from 6-9pm. Hosted at the Rahway Arts District Park (corner of Central Ave and Irving St.), the rain date is the following Friday, August 27, 6-9pm. More dates TBD.

DERRICK BAKER AND UPWARDS ENTERTAINMENT

An afternoon of uplifting music by Upwards Entertainment at the Paseo (the public space adjacent to 1501 Main Street) Sunday July 25 from 4-5pm.

SPONTANEOUS POP UP MUSIC

Rahway's streets come alive spontaneously with live music, art and dance as businesses throughout the district pop up art events of their own. For example: The Coffee Box Rahway has regular live music outside on Thursdays and Saturdays.

RAHWAY RIVER WATERSHED ASSOC'S RIVER FEST

The Rahway River is a vital part of Rahway's identity and the RRWA is taking an entire week to celebrate it! Activities include, a River Clean Up, Storytimes, Concerts, Movies, a Swamp Soiree, a Kayak and Canoe Race and so much more. See the full events calendar at www.rahwayriver.org

CULTURE CRAWL ARTS AND MUSIC FESTIVAL

This one day explosion of the Arts on September 25th from 1-6pm hosts artists of all genres throughout the downtown of Rahway. Free to participate, free to attend. Find more details at CultureCrawl.org. (The event is weather dependent this year due to COVID-19.)

To find out more about Rahway visit https://rahwayishappening.com.

FAMILY SUPPORT GROUP

Tuesday July 20, 2021

Are you feeling stressed and alone in trying to cope with the effects of a loved one's mental illness? NAMI Union County's Family Support Group is for family members and caregivers of persons with mental illness. Join our peer-led group meetings and gain insight from others facing the same challenges. Zoom sessions are held on the 3rd Tuesday of every month from 7 p.m. - 8:30 p.m. To register, email Denise at: namiunioncounty@yahoo.com with your name, town, and phone number.

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COMMEMORATIVE TREES – LIVING REMINDERS OF LOCAL, NATIONAL HISTORY

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

From the earliest of times, trees have been used as life-affirming symbols and have represented any number of admirable human qualities. In the works of mythology, legends, folklore, religion, fiction, and poetry, trees have symbolized attributes such as strength, knowledge, wisdom, persistence, beauty, and longevity. Rahway's first use of a tree as a symbol dates back to the time of the American Revolution when citizens assembled around a stately tree to demonstrate their resistance to British rule. In later years, the city would plant trees to honor and remember soldiers lost in war, to honor George Washington, and to celebrate the 150th anniversary of the signing of the United States Constitution.

In the years leading up to the American Revolution, the rebellious leaders of Boston held mass gatherings to plan their protests against the unfair policies of the British. Their meeting place was beneath the branches of a large, old elm tree which came to be called the "Liberty Tree" by those committed to the cause of independence. Soon, word of the gathering spot spread through the colonies and many towns selected a "Liberty Tree" of their own where they too could show defiance to the Crown. Rahway's "Liberty Tree" was located near the south-east corner of Milton Avenue and St. Georges Avenue. The tree was lost over time and replaced by a tall "Liberty Pole" that marked the spot where it had stood. The pole remained in place until March 12, 1888 when the fierce winds of the infamous Blizzard of 88 snapped it in half.

Following World War I, eleven red oaks were planted at Riverside Park (Veterans Field) as a way to honor and remember the eleven Rahway boys who made the Supreme Sacrifice during the war. The trees were placed in a row parallel to the first base line of the baseball diamond extending from the diamond to the driveway entrance at the top of the hill. Unfortunately, most have been lost due mainly to the flooding conditions that have plagued the field over the past one-hundred years.

After the Union County Park system was created in 1921, the parklands of the Rahway County Park became the perfect venue for commemorative tree planting programs. The park had been built on what had been farmland and over-grown fields and was devoid of many trees. Even after the Olmsted Brothers, the celebrated landscape architects worked their magic and created a beautiful 129 acre park, there was still ample room for new plantings. The extensive acreage was also ideally suited to accommodate



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(above) Sugar maples forming "Constitution Grove" provide plenty of shade for two picnic pavilions.



(above) The majestic "George Washington Oak" stands on the knoll over looking the green expanse of the park at the entrance from St. Georges Avenue.



(above) QR code markers have recently been placed next to the 58 memorial trees planted for the Rahway soldiers who died while in service during WWII.

large gatherings that would likely attend "Constitution Grove" and it was proposed that a dedication ceremonies.

On Monday, February 22, 1932, a ceremony was held in the Rahway County Park to dedicate a sturdy oak to the memory of George Most of the sugar maples, however, still stand. Washington on the occasion of the 200th anniversary of his birth. Over 1,000 citizens witnessed Rahway's tribute to Washington which included a parade, musical selections, and speeches. One of the orators remarked, 'Washington was a lover of trees. It is appropriate that on the 200th anniversary of his birth a major part of the national program should be the planting of millions of trees across the country." stands to this day.

In observance of the Sesquicentennial (150 year anniversary) of the signing of the United program was held at the Rahway County Park on October 12, 1937. Thirteen sugar maples, one for each of the thirteen original colonies, were planted on the knoll east of the swimming pool and south of the baseball diamond. Sugar maples traditionally are symbols of balance, promise, and longevity. The grove was to be known as

metal plaque would be set to mark the area as a place of significance. Today, the marker, if one was actually ever placed there, no longer exists.

On Memorial Day, May 30, 1947, a Memorial Tree Grove was established in the Rahway County Park in honor of the fifty-eight soldiers from Rahway who lost their lives during World War II. Several thousand people, young and old, attended the program which was reported to be "the first and most suitable method to honor the heroes." The Grove was "rediscovered" in 2015 when a map was found which gave the location The oak, which was said to "exemplify the of each tree (A full account of finding the map character of our first president," was planted on appeared in the May, 2015 issue of "Our Town"). the knoll overlooking the bowling green where it In the past six years, county officials have redesigned and beautified the memorial stone marker that was also dedicated during the ceremony and have most recently marked the States Constitution, a tree planting dedication trees with QR codes that contain information on the individual soldiers.

> With the summer months upon us and the lifting of COVID-19 restrictions, it's a perfect time to visit the park. This time, while walking or jogging, take notice of the history that has been memorialized and preserved in the majestic form of natural monuments.







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SPOTTED LANTERNFLY

New Jersey is asking for our help to stop, control and destroy our newest invasive insect, the Spotted Lanternfly. Although not yet sighted in Union County, we as gardeners are very likely to spot and identify it early.

This insect was accidentally introduced from Asia into Pennsylvania and was confirmed in September 2014. At first it was only found in Bucks County, however, today it has spread throughout Pennsylvania and to neighboring states, including New Jersey.

Most people mistake this insect as a moth but it's actually the Asian plant hopper known as the spotted lanternfly (SLF). In the USA, spotted lanternfly is an invasive species that could be very devastating to some New Jersey crops and hardwood trees.

During feeding, SLF excretes significant amounts of honey dew (or sugar water). Honey dew deposits provide a food source for a sooty mold fungus that can grow on plant surfaces and fruit leading to reduced photosynthesis and plant vigor. This lack of photosynthesis over time will lead to the slow death of many trees. Adults feed in large congregations and highly noticeable. Although there are no numbers or estimates on the economic impact of SLF, we are concerned about the impacts to our agricultural and homeowner communities.

New Jersey populations were first detected in 2018 are currently primarily distributed along the state's border with Pennsylvania. In response, the NJ Department of Agriculture has issued an eight-county quarantine. People and businesses travelling in and out of these counties (Burlington, Camden, Gloucester, Hunterdon, Mercer, Salem, Somerset, and Warren) should inspect vehicles for hitchhiking SLF and inspect outdoor items such as packing bins, firewood, paving stones, lawn equipment, etc. for egg masses. Quarantine compliance will reduce the spread of SLF to new areas and counties thereby protect New Jersey resources including forests and agriculture.

Spotted lanternfly is distinctive from most other native insects which greatly aids in identification. In the spring, around mid-May, young juveniles hatch from the eggs and are black with white spots. As they grow, nymphs become red and black with white spots. The presence of the "polka dots" on the nymphs is





(above) The polkadots on both the nymphs and brightly colored winged adults make SLF easy to identify from our native insects.

distinct from most other insect species present in New Jersey.

Nymphs mature into adults in late July-August and are quite colorful with a black head, grayish black spotted forewings, and reddish black spotted hind wings. They are approximately 1" in length and a ½" in width and are present until frost. Adults feed in large congregations from August – October and are easily recognizable. Because they spend at least one month as adults before laying eggs, this could be a critical time for management. Mating and egg laying is delayed and egg laying does not occur until October. Egg masses are laid on smooth surfaces and appear like a patch of mud. They spend the winter in this stage and thus are very likely to be accidentally transported to a new location.

The spotted lanternfly can feed on more than 70 plant species including cultivated and wild grape, fruit trees, and hardwood trees common in woodlots and as landscape plantings. As with all plant hoppers, SLF has sucking mouthparts that it inserts into plant tissues to remove the fluids it needs to survive.

SLF adults and nymphs are phloem feeders that feed in large congregations on woody tissue. Feeding primarily occurs on the trunk and limbs of plants, not on the fruit or leaf tissues although young nymphs may feed on the leaves, particularly along the leaf veins. Feeding and abundance on different hosts switches throughout the growing season, likely tied with sugar flow in the trees.

One tree that hosts large numbers of SLF is Ailanthus altissima (Tree of Heaven), which is abundant in New Jersey. Tree of Heaven typically grows in clumps in sunny areas along highways or disturbed habitats such as the edges of crop fields, open spaces, or parks. Other key tree hosts include black walnut, red maple, river birch, willow, and agricultural crops such as grapes, apples, and peaches.

When looking for SLF, survey along the perimeters of fields and on Tree of Heaven, black



(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

walnut, red maple, willow, river birch, and wild grapevines at the edges of wood lines. Multiple egg masses can also be found on trellis posts within a vineyard. Insecticides are effective but due to the high mobility of this pest, in highly infested areas, vines should be monitored closely for the arrival of new bugs.

In Pennsylvania, adults and nymphs have caused economic injury to cultivated grapes in commercial vineyards. Populations are increasing in NJ vineyards each year as well. Economic estimates of injury are unavailable but some Pennsylvania growers report direct vine losses due to reduction in cold hardiness and plant health. Populations and injury are higher along vineyard edges and in New Jersey vineyards we are seeing populations of adult moving into the vineyard in September and October to feed.

SLF is very susceptible to multiple insecticides. During the fall when adults are very abundant, products with higher residual activity may be required. Care needs to be taken if using soil drench insecticides on landscape trees that are important pollen and nectar sources for foraging bees in the spring as the insecticide may still be present in harmful levels.

There are two species of natural occurring fungi that can attack SLF, Beauvaria bassiana and Batkoa major. A few beneficial insects have also been observed attacking SLF, primarily in the egg stage. The impact these biological organisms will have on SLF is unknown and until that time insecticide management and removal of egg masses are the primary lines of defense.

Information in this article is from Rutgers Cooperative Extension.

Happy summer everyone

James

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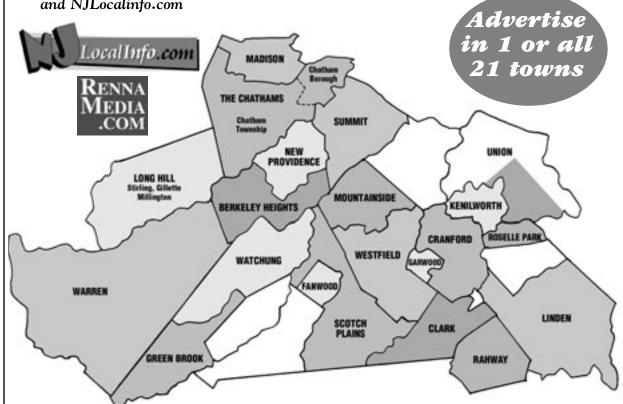
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Crown Royal			Finlandia	1.75L	\$24.99
Crown Royal			Grey Goose	750ml	\$24.99
Dewars 12 yrs old			Grey Goose	1.75L	\$39.99
Dewars 12 yrs old			Ketel One		
Dewars White Label			Ketel One	1.75L	\$39.99
Dewars White Label			Luksusowa	1.75L	\$22.99
Gentleman Jack		•	Pinnacle (all types)	750ml	\$11.99
Gentleman Jack			Pinnacle (80 proof)	1.75L	\$17.99
Glenmorangie 10 yrs old			Skyy	1.75L	\$19.99
Glenlivet 12 yrs old			Sobieski	750ml	\$11.99
Glenlivet 12 yrs old			Sobieski	1.75L	\$19.99
Grants			Stolichnaya (all types)		
Grants			Tanqueray Sterling		
Jack Daniels			Tanqueray Sterling	1.75L	\$30.99
Jack Daniels			Three Olives (all types)	1L	\$19.99
Jack Daniels Fire			Tito's Vodka		
Jack Daniels Fire			RU	I RAI	
Jameson	750ml	\$29.99			440.00
Jameson		•	Bacardi Light & Gold		
Jim Beam Whisky			Bacardi Light & Gold		
Johhnie Walker Blue			Captain Morgan Spice		
Johhnie Walker Blue			Malibu		
Johnnie Walker Black			Malibu	1.75L	\$25.09
Johnnie Walker Black			TEQU	JILA	
Johnnie Walker Double Black			Deleon Blanco Tequila		\$37.99
Johnnie Walker Red	750ml	\$19.99	Deleon Blanco Tequila		
Johnnie Walker Red	1.75L	\$32.09	Patron Silver		
Macallan 12yrs old (double cask			Patron Silver		•
Makers Mark			Patron XO Café		
Makers Mark	1.75L	\$49.99			φο 4.00
			BE		
G	IN		Becks (12oz) 24pk		
Beefeater		\$35.99	Bud and Bud Lite cans		
Bombay Saphire			Bud and Bud Lite loose bottles		
Seagram's gin			Coors Lite (24oz) cans		
Tanqueray			Coors Lite/Miller Lite loose bottl		
Tanqueray			Coors Lite/Miller Lite		
quotuy	1.1.711	430 .33	Corona/Corona Lite loose bottles		
COGNAC	O DDANDV		Dab (16oz) cans		
	& BRANDY		Dogfish Head 60 min		
Courvoisier V.S.			Heineken/Heineken Lite bottles .		•
Courvoisier V.S.		•	Land Shark	24pk	\$26.99
Remy Martin V.S.O.P.			Lech (500ml)	20pk	\$28.99
Remy Martin V.S.O.P.	1.75L	\$99.99	Modelo Especial cans	12pk	\$15.99
			New Belgium Fat Tire		
CORI	DIALS		Pabst Blue Ribbon cans	30pk	\$19.99
Bailey's Irish Cream	1.75L	\$47.99	Pilsner Urquell	24pk	\$30.99
Duggan's Irish Cream			Sagres		
Kahlua			Sam Adams Boston Lager		
Krupnik			Stella Artois loose bottles		
Licor 43			Yuengling Lager bottles		
Lines 42		¢40.00	7,muio (11 2 -)		

Absolut (regular)	1.75L	\$29.09
Belvedere Vodka		
Belvedere Vodka		
Ciroc (all types)	750ml	\$29.99
Ciroc (all types)	1.75L	\$57.99
-inlandia	750ml	\$15.99
inlandia	1.75L	\$24.99
Grey Goose	750ml	\$24.99
Grey Goose	1.75L	\$39.99
(etel One	750ml	\$19.99
(etel One	1.75L	\$39.99
_uksusowa	1.75L	\$22.99
Pinnacle (all types)	750ml	\$11.99
Pinnacle (80 proof)	1.75L	\$17.99
Skyy		
Sobieski		
Sobieski		
Stolichnaya (all types)		
Tanqueray Sterling		
Tanqueray Sterling		
Three Olives (all types)		
Tito's Vodka	1.75L	\$30.99
R	UM	
Bacardi Light & Gold		\$12.99
Bacardi Light & Gold		
Captain Morgan Spice		
Malibu		
Malibu		
	_	
	QUILA	407.00
Deleon Blanco Tequila		
Deleon Blanco Tequila		
Patron Silver		
Patron Silver		
Patron XO Café	1.75L	\$34.99
R	FFR	

atron XO Café	.1.75L	. \$34.99
BEE	R	
ecks (12oz) 24pk	. 24pk	. \$22.99
dud and Bud Lite cans	. 30pk	. \$23.99
dud and Bud Lite loose bottles	. 24pk	. \$20.99
cors Lite (24oz) cans	. 12pk	. \$15.99
coors Lite/Miller Lite loose bottles	. 24pk	. \$20.99
coors Lite/Miller Lite	. 30pk	. \$23.99
Corona/Corona Lite loose bottles	. 24pk	. \$29.99
(16oz) cans	. 24pk	. \$21.99
logfish Head 60 min	. 24pk	. \$35.99
leineken/Heineken Lite bottles	. 24pk	. \$29.99
and Shark	. 24pk	. \$26.99
ech (500ml)	. 20pk	. \$28.99
Modelo Especial cans	. 12pk	. \$15.99
lew Belgium Fat Tire	. 24pk	. \$34.99
abst Blue Ribbon cans	. 30pk	. \$19.99
ilsner Urquell	. 24pk	. \$30.99
agres	. 24pk	. \$24.99
am Adams Boston Lager	. 24pk	. \$33.99
stella Artois loose bottles	. 24pk	. \$29.99
uengling Lager bottles		
ywiec (11.2oz)	•	
	_	

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)		
Carnivor Cabernet Sauvignon	750ml	\$10.99
Casal Garcia Vinho Verde		
Cavit (All Types)		
Clos du Bois Chardonnay		
Dom Perignon		
Dreaming Tree (All Types)		
Ecco Domani Pinot Grigio		
Fish Eye (All Types)		•
Freixenet Brut, Extra, Extra Dry		
Gato Negro (All Types)		
Gazela Vinho Verde		
Joseph Carr Cabernet Sauvignon		
Kendall Jackson Vintners Chardonnay		
Kim Crawford Sauvignon Blanc		
Louis Jadot Beaujolais Villages		
Louis Jadot Pouilly Fuisse		
Martini & Rossi Asti		
Menage a Trois Red		•
Mi Amore Red		
Moet Imperial Champagne		
Noble Wine 337, 667		
Papi (All Types)		
Ruffino Chianti		
Ruffino Chianti		
Ruffino Pinot Grigio		
Ruffino Tan label		
Santa Margerita Pinot Grigio		
Silver Oak Alexander Valley Cabernet		
Simi Chardonnay		
Woodbridge (All Types)	1.5L	\$12.49

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