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Issue 133 • August 2021

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YOUR CHECK LIST FOR CHERRY STREET SOIRÉE EN BLANC

Rahway Arts + Business Partnership

Cherry Street Soirée en Blanc is perhaps one of the classiest events happening in Rahway this summer on Sunday, August 29th from 7-10 p.m. Loosely adopting it's concept from the world famous Diner en Blanc, the Cherry Street Soirée is a group dinner setting in which both patrons and table settings all adorned in white, dine al fresco on the quaint Cherry Street in Rahway amidst both live music and DJ sets.

Diners are required to reserve either a round city picnic table or make a reservation for a space to bring your own table. Either way, you bring your fanciest white table settings and decorations and compete for a \$100 prize! If you are feeling extra adventurous, make a single reservation and be placed at a "Wild Card" table.

Bring all your own food and drinks or purchase from one of Rahway's delicious eateries. Pre-ordered Soirée Specials will be available from some places closer to the date.



(above) Cherry Street Soirée en Blanc

HERE IS YOUR CHECKLIST!:

- White attire is strongly encouraged.
- Make a table reservation in advance in one of three ways (there are limited reservations in all categories):
 1. Reserve a space to bring your own table, chairs, and white tablecloth
 2. Reserve one of the City's round picnic tables
 - ONLY for parties of 4-8 people
 - (handicapped accessible tables available)
 3. Reserve a single space at a "Wild Card" table
- Bring your own food, drink, and white themed table set-up or Pre-order a take out meal from any one of the Rahway Restaurants
- Decorate your table!
 - Prize for the best table decor will be a \$100 gift certificate from a participating Rahway business. Table scape should be white in theme
- Free Parking in Lot F (behind RSI Bank)
- Rain date is September 12, 7-10 p.m.

Bring your sense of fun as you bond with your Rahway community!
Visit Rahwayishappening.com/soiree for details and to make your table reservation.

To find out more about Rahway visit rahwayishappening.com.

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(above) Cherry Street Soirée en Blanc
winning table

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Call Tina today at 908-418-5586
or email info@rennamedia.com***

Detective Michael Gesumaria at the
Community Relations Office at 732-827-2049
or mgesumaria@rahwaypolice.com to R.S.V.P.

To find out more about Rahway visit rahwayishappening.com.

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



**1322 Maple Terrace
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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!



**170 Berthold Ave
Rahway**

Hats off to Sergia Floy! Amazingly dedicated Realtor Associate for many years with Jill Guzman Realty!!! This home was listed by Sergia and successfully went under contract in a week!!! If you are seeking a truly caring realtor, you have found one in Sergia! Call the office and ask for Sergia!!! You would be glad you did!!!



**1221 Madison Hill Rd
Rahway**

Adorable home located in Rahway by the border of Clark. Listed by Jill Guzman and under contract within weeks. Call your neighbor and friend Jill.



**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 . . . 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!

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THINKING OF SELLING YOUR HOME ? YOU KNOW WHO TO CALL

YMCA SWIM TEAM TRYOUT DATES ANNOUNCED

The Gateway Family YMCA has announced upcoming tryouts for the 2021-2022 Fall/Winter Rapids Swim Team, scheduled for Tuesday, August 24 and Wednesday, August 25, 6:00-8:00 p.m. at The Gateway Family YMCA – Rahway Branch, 1564 Irving Street, Rahway, NJ. Swimmers, ages 6 – 18 are invited to visit the YMCA to tryout for the Rapids Swim Team, no registration is necessary.

“YMCA competitive swimming and diving teams are the natural progression from Safety Around Water and Y Swim Lessons, encouraging children and teens to continue their love of swimming while providing an ideal environment for cognitive, physical and social-emotional development,” said Krystal R. Canady, CEO, The Gateway Family YMCA. “Through competitive aquatics programs, participants experience achievement, feel a sense of belonging and build supportive relationships, which is especially important at this time.”

Registration for the 2021-2022 Fall/Winter Rapids Swim Team will begin on Tuesday, August 24 at 10:00 a.m. online at tgfymca.org.

“Our team is a year-round competitive swim team offering quality coaching and technique instruction. The goal of the team is to provide every member an opportunity to improve swimming skills and achieve success at their individual level of ability,” added Melynda A. Mileski, EVP, Chief Operating Officer, The Gateway Family YMCA.

The competitive swim season typically runs from September through March, with dual meets starting in October and Championship meets starting in February. The Rapids swim team competes against other YMCA’s in the league. Swim meets are held at The Gateway Family YMCA - Rahway Branch or at the site of the competing YMCA.

As a leading nonprofit committed to youth development, the Y has been a leader in providing swim lessons, teaching water safety and inspiring competitive swimmers. The Gateway Family YMCA continues to help youth and adults experience the joy and benefits of

swimming, so they can be healthy, confident and secure in the water. There are a variety of programs to choose from, including swim lessons for all ages, starting with parent/child lessons through adult, water exercise, family swim, and competitive swimming. To ensure that everyone

has an opportunity to participate, financial assistance is available to those who qualify.

To learn more about The Gateway Family YMCA’s Swim Team programs, please visit tgfymca.org or contact the Rahway Branch 732-388-0057.



(above) Tryouts for the 2021-2022 Fall/Winter Rapids Swim Team are scheduled for Tuesday, August 24 and Wednesday, August 25, 6:00-8:00 p.m. at The Gateway Family YMCA – Rahway Branch.



Village Green REALTORS



Matt Dobrowolski

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CARING DURING THE *Lazy, Hazy, Hot Days of Summer*

I know I keep asking this question, but have you gotten your vaccination? The Delta variant is taking hold and you need to care about protecting yourself and your family. If you got measles and polio shots as a kid then this suggestion should be a summer breeze.

Speaking of caution and caring, it's summer and birds eat all kinds of seeds including, poison ivy and oak types. Yes, they then drop them in your yards and voila, pretty looking vines with not so pretty results. So just in case keep some calamine lotion in the cabinet. Unknown fact, your pets can rub against the vines and pick up the oils which then can be spread to you when you pet or play with Fido and Fluffy.

So after you get rid of the ivy and oak you can get back to gardening and your homestead upgrading. Now you can also make plans to finish, if needed, interior work for listing your home. No need to do full scale rehabs to get the best price, and that is where I can help guide you.

I can also help you find your next upgrade, downsized, or retirement homestead. Perhaps you want a great apartment instead. Perhaps I can assist you in leasing out or purchasing commercial property and even project property acquisitions. The key for me is caring for my clients and their needs and making sure they get the best results whether buying, selling, or leasing. My clients become my friends and long term relationships.


Everyone loves the great lazy days of summer, so why not have others cook for you. Try a night out in Rahway on Main St. at Nancy's Townhouse for awesome thin pizza and sangria. Or fabulous pork chops, seafood towers, and remarkable steaks at the "Portuguese" restaurant, or great Mexican at Beana's on St Georges Ave for awesome nachos, or tacos and chimichurri.

So it's Summer and time to enjoy, have fun, but also be safe and be caring!

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







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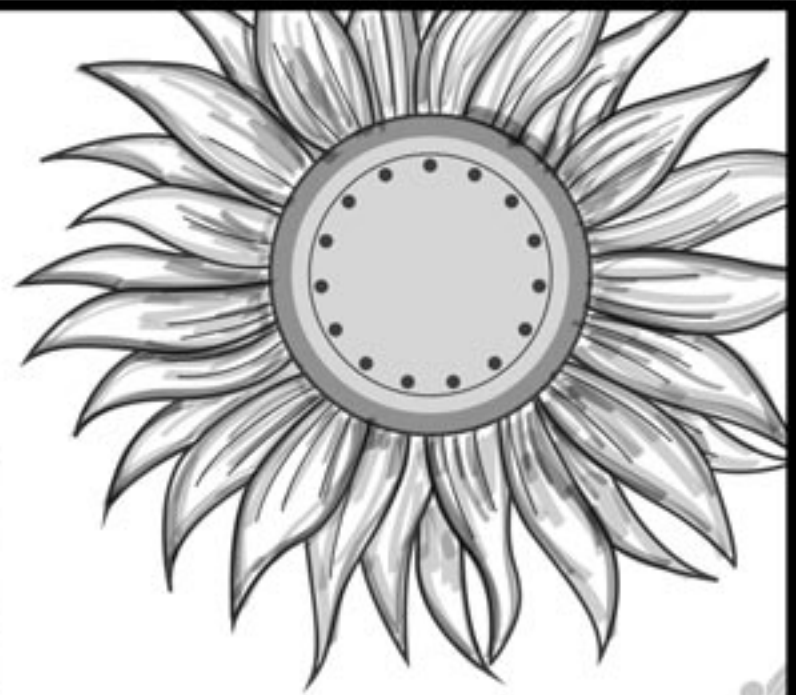
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CELEBRATE THE RAHWAY RIVER!

AUGUST 21 - 28, 2021 • RAHWAY, NJ

Presented by The Rahway River Watershed Association • Sponsored by The City Of Rahway



The Rahway River Watershed Association, sponsored by the City of Rahway, will be hosting its First Annual Rahway RiverFest. The week-long celebration from August 21st through 28th includes various events, activities, and exhibits that celebrate the Rahway River.

Mayor Raymond Giacobbe and the Rahway City Council are thrilled to be part of this one-of-a-kind event that celebrates the role the Rahway River plays in the lives of everyone in the Rahway River watershed. In addition to the events listed here, exhibits featuring environmentally themed artwork will be shown at locations throughout the city.

BIG COMMUNITY CLEANUP

SAT - AUGUST 21
DOWNTOWN RAHWAY

LANTERN FLOAT
SUN - AUGUST 22
RAHWAY RIVER PARK

RIVERLORE
TUES - AUGUST 24
MERCHANTS AND DROVERS
TAVERN

SWAMP SOIREE
WEDS - AUGUST 25
HAMILTON STAGE

RHYTHM AND BREWS

THURS - AUGUST 26
WET TICKET BREWING

CREATURE CRAWL
FRI - AUGUST 27
DOWNTOWN RAHWAY

**SPANKTOWN
SPLASH**
SAT - AUGUST 28
RAHWAY YACHT CLUB

Check the Rahway River Watershed Association facebook page and website for information on these events, activities, exhibits and more.



MAYOR RAYMOND A. GIACOBBE



BAYWAY COMMUNITY ADVISORY PANEL AWARDS 11 SCHOLARSHIPS

Submitted by Mary Phillips

The Bayway Community Advisory Panel (CAP), an organization of local community members and industry representatives including Phillips 66 Bayway Refinery, Infineum USA L.P., Linden Cogeneration Plant, Veolia North America, Solutia, Linden VFT LLC, PSEG, and NuStar Energy L.P., recently awarded \$1,000 scholarships to 11 local students in the municipalities of Linden, Elizabeth, Rahway, and Staten Island.

Congratulations to the following high school seniors who will be pursuing Process Technology

or Engineering degrees in various disciplines (Chemical, Civil, Computer, Electrical, Mechanical) this fall at college:

- Syrai Anderson, Linden High School, Linden
- Jay Santamaria, Linden High School, Linden
- Alexander Stapkowitz, Linden High School, Linden
- Scott Nwosu, Rahway High School, Rahway
- Janiyah Fullwood, Thomas A. Edison Career & Technical Academy, Elizabeth
- Emely Pascarella, Thomas A. Edison Career & Technical Academy, Elizabeth
- Ivan Lin, Frank J. Cicarell Academy, Elizabeth
- Dulina Gunasekera, Susan E. Wagner High School, Staten Island, NY
- Lindsay LaPointe, Saint Joseph Hill Academy, Staten Island, NY
- Emma Padula, Curtis High School, Staten

Island, NY

• Kelly Yu, Staten Island Technical High School, Staten Island, NY

The Bayway Community Advisory Panel (CAP) is a committee of community representatives from Linden, Rahway, Elizabeth and Staten Island including neighbors, educators, retirees, public officials, emergency responders, and environmentalists who attend quarterly meetings that serve as a forum for dialogue between the community and company representatives, in order to build trust by sharing information on safety, health, the environment, security and emergency preparedness/response. The scholarship program is one of many joint community/company activities benefiting the local communities.

Congratulations and best wishes to all the 2021 scholarship winners!



(above) Scott Nwosu

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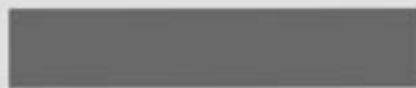
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RAHWAY TAPAS TRAIL AUG. 18

Come and explore downtown Rahway with your taste-buds and feet by visiting seven local eateries on a Tapas Trail! This event, sponsored by the Friends of the Rahway Library, will be held on August 18th from 6 – 8 p.m. In order to keep the event socially distanced, there will be five distinct trails with reserved outdoor seating spread among the following restaurants: Cubanu, Nancy's Townhouse, Olivia's Catering & Dining, Rahway Sushi, The Waiting Room and ending with coffee and dessert at The Coffee Box.

The cost is \$45 per person and does not include beverages; a cash bar will be available. A portion of each ticket sold goes to the Friends of the Rahway Public Library, and is used to support programs and needs of the Library.

For more information and to purchase tickets you may visit the Friends of the Library Facebook Event Page or call 732-822-2050.

The Friends of the Rahway Public Library is a 501(c)(3) organization dedicated to providing volunteer and fundraising support to the library.

FAMILY SUPPORT GROUP – AUGUST 17

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.

JOB OPPORTUNITY: PART-TIME CHEF MAKE A DIFFERENCE EVERY DAY!

Mobile Meals of Westfield is looking for a part time chef. Come join our dedicated team as we provide nutritious meals to members of our community in need.

The job is located in Westfield, NJ. The hours are 8:30 a.m. - 11:30 a.m., Monday through Friday with hourly pay and paid time off.

Must be able to cook a variety of hot foods in large quantities; must have excellent time management skills and dependability. Minimum of 5 years experience and serve safe certification preferred.

Submit cover letter and resume to: mobilemealswestfield@hotmail.com.

RELIEF FROM CHRONIC KNEE PAIN FDA Approved Treatment to Avoid Surgery

DON'T BLAME THE ARROW FOR MISSING THE TARGET

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



If Knee Surgery Sounds Scary, It Should

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

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

Consider This Alternative To Surgery

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

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

How Does This New Treatment Work?

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

Do you Suffer from any of these Symptoms?

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

- **Pain** - Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- **Swelling** - This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult and dangerous just name a few activities affected by swelling.
- **Stiffness** - Getting up out of bed or after sitting for a period of time gets more and more difficult. This loss of mobility can be more than a hindrance. It can be dangerous if you need to move quickly.
- **Loss of muscle strength** - This can lead to balance issues and the strong possibility of falling.
- **Joint deformity** - Not just unsightly, but painful as well.
- **Creaking Joints** - Can be painful and a sign of more discomfort to come.
- **Sleepless nights** - Losing sleep over your suffering is not just irritating, but potentially dangerous because of so many other health concerns that can be affected by loss of sound sleep.

Let Me Show You Targeted Relief From Your Knee Pain

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

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

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

Scot Paris MD, FACS



Here's what our patients have to say

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

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

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

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(above) Dimiana Ibrahim, Elizabeth resident and former Teen Volunteer at Trinitas, poses at Princeton University, where she has joined the Class of 2025.

TEEN VOLUNTEER FOLLOWS HER DREAMS

Trinitas Regional Medical Center offers teenagers with an interest in healthcare several opportunities to test-drive their dreams. Dimiana Ibrahim, an Elizabeth resident, followed her dream of becoming a doctor to Princeton University to join the Class of 2025. What helped make the decision to study medicine were her experiences as a volunteer and a Medical Explorer at Trinitas.

As a high school sophomore, she entered the Teen Volunteer program, run by Lisa Liss, Director of Volunteer Services at Trinitas. "I wanted to be further exposed to the hospital setting to see if medicine was really the right path for me," Dimiana says. "Volunteering on the maternity floor allowed me to observe the ins and outs of how a hospital floor works. Helping different varieties of patients exposed me to how different and equally important each patient's story is. I was exposed to real-world hardships, celebrations, and stories that I would've never been able to see otherwise. It taught me the great importance of patience and compassion in the field, which is something you really have to feel and not just read about in a book."

Then Dimiana joined the Medical Explorers Club, for those interested in healthcare, nutrition, physical therapy, and nursing, among other careers. "Although short-lived due to COVID, it was an overall really fun and educational experience for my friends and me. I learned a lot

about different specialties in the hospital, like anesthesia and dialysis. It showed me how truly excited I felt learning about medicine. It helped me realize that this is the excitement I aspire to have my entire life when it comes to my chosen field. These experiences, along with many others, helped me achieve the self-reflection and discovery needed to not only find my career path, but to recognize how I intend to get there. Attending Princeton University will be one of my first of many steps towards becoming a physician."

Liss, who also oversees Nurse Camp for high school students and the Collegiate Medical Mentor program for college students, says, "I'm always thrilled to hear about students taking their experiences at Trinitas and running with them. Dimiana was a shining example of how enriching these programs can be for students who may either be on the fence about healthcare as a profession and figure out that they definitely want it, or know for sure they want to study medicine at some level and can't wait until college to get started. Dimiana took advantage of what we have to offer and we hope to see her in our Collegiate Medical mentor program as she excels at Princeton."

For more information about Volunteering at Trinitas or to get involved with one of the medical mentoring programs, call Lisa Liss, 908-994-5164.

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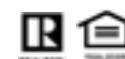
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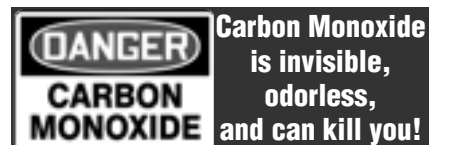
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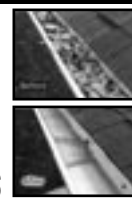
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WHY RAHWAY RESIDENTS CONTINUE TO LEND A HELPING HAND

Submitted by Najah Allen

Rahway Food for Friends honors their volunteers, staff, and all helping hands in the City of Rahway. The community has stepped up to address the increasing number of citizens in the City of Rahway and surrounding cities who deal with food insecurity. Welcoming their 30th Anniversary, the nonprofit tackles larger demands to combat hunger during the COVID-19 pandemic. Established in 1991, it is necessary to highlight all those who selflessly dedicate their time, resources and love. So, how do they continue to combat food insecurity during heightened times such as these? Local churches, Rahway High School students and distinguished women in the community remain the backbone to manifest the world they hope to see.

The COVID-19 pandemic has affected many households across the country. With New Jersey approved for unemployment extended benefits, this still holds true over a year later. Food pantries are needed more than ever. Meeting overwhelming demands and making healthier options a necessity, former Mayor of Rahway Samson Steinman, The Board of Trustees, and Executive Director Candance Ashe became quite innovative. The goal was to provide more than meals with the increased needs of many residents and those in surrounding cities. A Mobile Pantry and Mobile Meals Program was created to deliver meals to seniors, displaced veterans, and disabled patrons. This added on additional needs since Rahway Food for Friends already provides food supplemental packages to all families in the NJ area every second Monday, Tuesday, and Wednesday of the month from 9 – 2 p.m.

Many volunteers overextend themselves by being on call just in case any person or family has a need for food or toiletries in between that time. Visiting the food pantry, I got a glimpse of how much hard work goes into making the machine run. The display of being each other's keeper was heartfelt.

The food pantry is truly an established network of community agencies. The NJ nonprofit partnered with the RWJ Rahway Hospital to offer glucose testing, education, and prevention of dietary needs, focusing on clients with Type 1 and Type 2 Diabetes. This is separate from the food pantry. Taking on another responsibility, over 150 families are fed through their soup kitchen as well. The dates can be found on the website, rahwayfoodforfriendsnj.org/.

How does Rahway Food for Friends tackle such large but essential demands? The community ecosystem of course! For 30 years the food pantry and soup kitchen remain with the help of local businesses, Rahway students, Rahway High School ROTC, local churches such as Second Presbyterian, Second Baptist, Zion Lutheran, Ebenezer AME, Divine Mercy Parish, The Church of the Good Shepherd Episcopal, and Rahway natives. Many Rahway volunteers remain anonymous because the mission is more important than any applause. However, during my time there, it was not hard to spot two prominent women who assisted with conducting the orchestra.



(above, left) Mary Johnson dedicates her time each week to those in need. (above, right) Julia Major has volunteered her time at Rahway Food for Friends for over 30 years.

Never looking for praise, Julia Major and Mary Johnson strategize to make sure enough packages are made for families, notate logs of what was given and what is needed, and make sure all packages are ready for the Mobile Meals Program. I would love to fill all readers in on a little background information on the women who embody supporting the community within healthcare, education, economic, and all other social sectors.

Julia Major continues to give herself for over 30 years to combat food insecurity and all intersectionalities that come along with that. So, where did the tenacity come from you may ask? Julia has been a part of the Black community in Rahway who experienced many sociological issues. Social justice was a big chunk of her life during numerous racial climates in our Nation. One can say she dedicates her time and experience to seeing the world she hoped for since a young girl. Julia came to Rahway Food for Friends when it was “just a soup kitchen and food pantry” with a group of women offering help. A member of the Red Hat Society, she brought in women who were like minded to assist. The program is geared towards helping women internationally encouraging fellowship, unity, and the betterment of the social society. No shock here as she supports women and mothers

donating time, guidance, and toiletries. Enough cannot be said to the type of woman Julia Major is.

Mary Johnson has volunteered her time for years to the food pantry as well. Living in Rahway since 1978, she gave time to helping the small group of Black homeowners in Rahway. They worked together to keep themselves encouraged and step in whenever anyone was in need. The mother of six children, over 20 grandchildren, and a handful of great grandchildren, Mary has been faithful and committed to assisting others. Mary embodies feeding the whole person as she knows many families by name and offers her advice and prayers to patrons.

Both women are members of Ebenezer AME Church, under the leadership of Reverend Dr. Marti Robinson, Esq.

Rahway Food for Friends continues to celebrate their helping angels who are deeply rooted in making sure no need goes unmet. It remains community driven, much like an ecosystem; interacting to keep the system going, knowing all components and people are important to its function, and understanding nothing would get accomplished if any part fails since they are all linked.

Please don't hesitate to reach out to volunteer or donate in the form of monetary contributions, clothing, non-perishables, food items, toiletries, baby products, miscellaneous personal items (i.e., soap, toothbrushes, etc.).

Formore information, reach out to rahwayfoodforfriends@gmail.com. Make all checks payable to: Rahway Food For Friends, Inc., P.O. Box 1882, Rahway, NJ 07065.

Thank you to all those who have donated: Community Food Bank of NJ - Hillside location, Mayor Raymond Giacobbe and the City of Rahway / PBA, Rahway F.L.A.G., RSI, Northfield Bank, Feeding the Frontline, GULF Oil, Elizabeth Presbyterian Church, First Presbyterian Church (Rahway), FedEx, WAWA, TJXX Foundation, ACME, Shop Rite, and Panera Bread.

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EVENT BENEFITS MUSCULAR DYSTROPHY ASSOCIATION

The Tau Zeta Alumni Association (TZAA) in conjunction with Rahway's Finest Barber Shop, held a fundraiser for the Muscular Dystrophy Association on Saturday, July 10th on Cherry Street in Rahway. The event was very successful in raising over \$1,000 for the MDA.



(above) Rahway Mayor Ray Giacobbe, and event organizer James Walker

“TRANSIT TO TRAILS” APP OFFERS PUBLIC TRANSPORTATION OPTIONS TO PARKS

NJ Transit recently launched its “Transit to Trails” initiative, an interactive and user-friendly web application that easily identifies great parks and green spaces in New Jersey that are accessible by public transportation.

The “Transit to Trails” website, found at njtransit.com/trails, has links to NJ Transit service details and park information for 62 national, state and county parks throughout New Jersey. Results will feature bus, rail and light rail options within two miles of the desired park throughout all 21 New Jersey counties.

While using NJ Transit’s “Transit to Trails” map, users will be able to search for their prospective destinations by park name or view a virtual map of the state with different park locations. Each destination has clickable access points comprised of park entranceways, parking

lots or meeting areas. Service options for each of these individual areas, managing agency information and directions will be accessible from a pop up that appears at each access point.

The ease and convenience of being able to efficiently plan for leisurely visits to outdoor recreation and community destinations encourages residents and visitors to utilize available public transportation as opposed to their personal vehicles when planning a trip. NJ Transit’s “Transit to Trails” application planning tool will help decrease road congestion, help the environment and ensure equitable access to New Jersey’s parks for those who depend on public transportation for all their travel needs.

For more information on NJ Transit to Trails please visit njtransit.com/trails.





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ARCHITECT, SEYMOUR WILLIAMS, GAINED STATE/NATIONAL PROMINENCE

By Al Shipley, City Historian and Rahway Library Research Consultant

For over forty years (1916-1960), Seymour Williams spent a career designing many of the city's public, civic, and religious buildings and many homes for Rahway's leading citizens as well as for clients from around the state. In the two decades following World War I, he was considered the architect of progress who provided valuable ideas for the future development and beautification of the city. By the 1930s, Williams had gained a state-wide reputation and in 1934 was named Supervisor of the New Jersey Historic American Buildings Survey (HABS). The survey, a project of the Emergency Relief Administration and the Works Projects Administration, was established by the federal government to collect data on buildings located throughout the United States that were of historic interest. His work in New Jersey was so well done, he would later be placed in charge of an area covering five states.

Williams was born in 1883 in Ludlow, England, came to the United States as a young man and graduated from the University of Pennsylvania in 1911. He arrived in Rahway in 1916 and within a short time became the most sought after architect in town. He sketched the plans for the Ilderan Clubhouse (1923), the Masonic Temple (1924), the Rahway Savings Institution (1925), Grover Cleveland Elementary School (1928), the original field house at Veteran's Field (1930), and the Robinson Building in the central business district (1930). He was hired to remodel the Citizens National Bank on the corner of Irving Street and Lewis Street (1925), and the police headquarters on Main Street (1927). He also designed the community halls for the First Presbyterian Church (1926), St. Paul's Church (1922), and the First Baptist Church (1928). Williams was also contracted to create the blueprints for many private homes, each built with a high standard of design, that still grace Rahway's neighborhoods.

Williams was good friends with Dr. Fred Albee, the famous orthopedic surgeon renowned for his bone-grafting techniques, and designed an elaborate addition for his Colonia mansion. During the Florida land boom of the 1920s, Dr. Albee purchased 112 acres in the city of Venice on the state's gulf coast with plans to develop the area. In 1925 he asked Williams to join him when he left for Venice to begin the layout of his property. Williams would draw the specs for numerous private and public structures including a bathing pavilion of Spanish architecture considered at the time to be the most beautiful building in that part of the state.

During the Great Depression of the thirties, the government created programs to provide work for millions of Americans. One such program was the Historic American Buildings Survey (HABS) providing work for architects, draftsmen, and historians. The aim of the survey was to establish a permanent record of all historical buildings in the nation that would be filed in the Library of Congress in Washington D.C. National in scope, teams were authorized to visit each state to select houses, bridges, forts,



(above, right) Greek Revival style Masonic Temple on Irving Street.

(above, left) Elm Avenue home designed by Williams in the Colonial Revival style.

(left) Sketch of Seymour Williams drawn in 1929.

barns, mills, churches, and public buildings of historic merit. Secretary of the Interior, Harold T. Ickes, selected Williams to serve as District Officer for the State of New Jersey.

Under the direction of the Rahway architect, the Jersey team, consisting of about 100 persons, traced, mapped, photographed, and certified some 600 buildings of historic interest in the state. The Merchants and Drovers (former Girl Scout House) on the corner of St. Georges Avenue and Westfield Avenue was included on the list. The New Jersey HABS was "one of the most thorough and well-organized, setting standards for documentation that eventually became the national standard." Due to his excellent management, Williams was promoted to lead a survey encompassing a five-state area.

Over his long career, Williams served as president of the New Jersey Chapter of the American Institute of Architects, the New Jersey State Society of Architects, and was vice-president of the Union County Society of

Architects. For twenty years (1930-1950), he was the Architectural Supervisor of school plans and buildings for the New Jersey Department of Education. On the local level, as a member of the Rahway Zoning Board and Board of Adjustments, he was instrumental in preparing new zoning ordinances. In a presentation given in 1946, he suggested the following measures to enhance the community: 1) Undertake a practical and complete improvement of the Rahway River and all its branches, 2) Place a curb on remodeling proposals in the city whenever the remodeling does not fit in with the general architecture of the neighborhood, 3) Form a general clean-up campaign to encourage the elimination of rubbish in backyards in both residential and business zones.

Seymour Williams passed on July 1, 1967. As the "Architect of Rahway's Progress," his artistic endeavors in the form of public and private, business and educational buildings have left a lasting visual legacy in all parts of the city.

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RAHWAY SUMMER CONCERT SERIES LINE-UP



Mayor Giacobbe and the Rahway City Council officially announced the return of the Mayor's Summer Concert Series, on Thursday nights in August. Each concert begins at 7:30 p.m., rain or shine, in front of the Union County Performing Arts Center (1601 Irving Street). Admission is free and a beer garden will be on-site and will serve as a fundraiser for Rahway's first responders.

Opening the Mayor's Summer Concert Series on Thursday, August 5 is *The Soul of Broadway*, starring Terron Brooks, performing classic and contemporary Broadway songs. Brooks is a two-time NAACP Award and Ovation Award nominee and best known for his portrayal as Eddie Kendricks in NBC's mini-series *The Temptations* and starring in Broadway's *Lion King* and *Hairspray*. Opening for *The Soul of Broadway* is Day One, a popular local hard rock cover band.

On Thursday, August 12, the City of Rahway welcomes *En Vogue*, an American R&B/pop vocal group who have had three consecutive platinum albums and six Top Ten pop hits during the 1990's, with some of their biggest hits being "My Lovin' (You're Never Gonna Get It)", "Hold On", "Whatta Man" and "Free Your Mind". Opening for *En Vogue* is Rusty Monks, a popular Rahway-based band with a groove-oriented funk/rock/latin/jazz sound.

Closing out the Mayor's Summer Concert Series on Thursday August 19 is the POP2000 Tour hosted by *NSYNC's Lance Bass and featuring Sugar Ray's Mark McGrath, with performances by OTOWN and LFO. The POP2000 tour will have audience members reminiscent of early 2000 MTV moments with platinum-selling artists from the time. A special guest DJ will be opening for the POP2000 Tour.

FIRST ANNUAL RAHWAY RIVERFEST AUG. 21ST - 28TH

The Rahway River Watershed Association, sponsored by the City of Rahway, will be hosting its First Annual Rahway RiverFest. The week-long celebration from August 21st through 28th includes various events, activities, and exhibits that celebrate the Rahway River.

According to the RiverFest Facebook page, "In true Rahway style, RiverFest will use the arts to bring attention to the river and environment. Music and art will be used to create a scene that will inspire people to rejoice in the spirit of the river and appreciate its many gifts by exploring the connection between rivers, and other bodies of water, in history and mythology in a tongue and cheek nod to the Loch Ness monster and other mythical and magical water creatures."

Mayor Raymond Giacobbe and the Rahway City Council are thrilled to be part of this one-of-a-kind event that celebrates the role the Rahway River plays in the lives of everyone in the Rahway River watershed. "Like all things Rahway, the Rahway RiverFest is a unique collection of arts and culture created and presented by the community to celebrate one of its most notable natural elements," stated Mayor Giacobbe.

Rahway RiverFest will begin the week with a Big Community Cleanup in downtown Rahway and kick-off party at the Watershed Learning Center at 337 East Milton Avenue on Saturday, August 21st. The festivities will continue with a Lantern Float at the lake in Rahway River Park, yoga and story-time along the Rahway River, eco-crafts for kids, a showing of the camp movie classic *The Creature From the Black Lagoon*, live music, a canoe and kayak race at the Rahway Yacht Club, and much more. In addition, exhibits featuring environmentally themed artwork will be shown at locations throughout the city.

More details on specific events, including times and locations can be found at RahwayRiver.org, or on the Rahway River Watershed Association Facebook page.



RICHARD HERNANDEZ, RECEIVES STUDENT EXCELLENCE AWARD

Literacy New Jersey



Literacy New Jersey recently held its annual Literacy for Life Conference, a virtual conference for adult literacy practitioners. During the conference, Richard Hernandez received the Student Excellence Award from among more than 1,000

Literacy New Jersey students.

Program Director Barbara Bagger of Westfield said: "Richard is an outstanding choice for our Student Excellence Award. He is a model student and earned his high school diploma in record time. He aspires to attend college and join his brother's software business. He inspires other students to achieve their goals. We are very proud of Richard. I know that this is just the beginning for Richard."

Richard Hernandez came to Literacy New Jersey in September 2020 during the height of the pandemic. While many HSE students were discouraged from attending online classes and

using unfamiliar computer technology, and faced with closed test centers, Richard persevered. Richard has lived in Elizabeth, New Jersey all of his life. He had trouble in high school because of test anxiety and accordingly did not earn his high school diploma. However, at 27, Richard made the decision to earn his high school diploma and called Literacy New Jersey to sign up for classes. Within 3 short months, Richard was a high school graduate.

His tutor, Vivian Saito, a Literacy New Jersey tutor from Westfield, describes Richard: "From the get-go Richard Hernandez was a 'go-getter'; He was determined to earn his HSE diploma within the term allotted to do so.

"Even while taking care of family obligations, Richard made time to study his lessons and complete all practice tests for class each week. I knew Richard was bound for success in earning his diploma after reading his initial writing essay (His was the first in the class to be submitted.). Richard's essay was like reading a page from a book and I told him so... Thank you, Richard, for allowing this tutor to feel my time spent has been so worthwhile with Literacy New Jersey and with students like you."

Math tutor Peggy Tung, a Literacy New Jersey tutor from Berkeley Heights added, "Richard has all the qualities that make every student a success. It can be summed up in three words: goal-setting, conscientiousness and hard-work.

"First, he set his goal, in this case, to get his HSE certificate. Then, he meticulously did everything he could to reach that goal. He understood that 'practice makes perfect' was a necessary condition for learning math. As a

result, he made every effort to attend all classes while meeting family obligations. He was attentive in all classes, trying to understand the subject at hand and asking questions for clarification. He did all the homework assigned to the students, which required tenacious pursuit. Last but not least, to prepare for the test he did all sample tests in the TASC system and the extra review problems until he mastered them. His hard work paid off. He passed the math test in his first attempt, a reward for and a testament to his sustained and concentrated effort. As a math tutor, I cannot ask for more from a student than what Richard has been doing. His methodical approach to reaching his goal was exemplary. It has been a complete privilege to have the opportunity to be his tutor and to help him accomplish success. It is without a doubt that Richard will continue to complete whatever goal he sets for himself in his life."

Literacy New Jersey is a non-profit organization that helps adult students who struggle with reading, writing and speaking English. Programs include: English as a Second Language, Basic Literacy, High School Equivalency, Digital Literacy and citizenship classes. Classes are free to students and because of the pandemic, all classes are currently held online. Literacy New Jersey gratefully received support from the Westfield United Fund, the Westfield Foundation and the Elizabeth Public Library. If you would like to volunteer with Literacy New Jersey, you must be 18 years old and speak English. For more information, contact Barbara Bagger, Program Director at bbagger@literacynj.org.

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RAHWAY FIBER ARTIST TO EXHIBIT AT BARRON'S

OUR TOWN *Rahway* • Page 19 • August 2021

Lisa Shepard Stewart, a Rahway resident and owner of Cultured Expressions Sewing Studio, will be featured at the Barron Arts Center in Woodbridge, September 10-26, 2021, as a part of the center's 2021 series, "Textiles: Reimagining New Jersey."

"African Accents: Modern Designs from traditional Textiles" highlights authentic African fabrics, along with quilts, handbags, home accents and crafts made from them. Shepard Stewart works primarily with bogolan (mudcloth) from Mali, Korhogo from the Ivory Coast, kuba cloth from Central Africa, Ghanaian batik, and African cotton prints. Recycled glass beads and hand-cast brass accents from Ghana often provide the finishing touches pieces.

Her obsession with African textiles began in 1986 during a trip to Senegal, West Africa. Through her publications, her sewing studio in downtown Rahway, virtual events and more, Lisa encourages other DIY enthusiasts to express

themselves creatively with the culturally relevant fabrics, embellishments and techniques.

She wants viewers to come away from the exhibit with a new (or heightened) appreciation for the cultures behind these traditional textiles. And, just maybe, viewers will also leave with a desire to create their own beautiful pieces with these unique fabrics.

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BACKPACKS FOR LIFE FIFTH ANNUAL GOLF OUTING FUNDRAISER

On September 20, 2021, Backpacks For Life will be hosting their Fifth Annual Golf Outing in Wayne, NJ. The golf outing is one of Backpacks For Life's tentpole fundraiser events that occurs annually in an effort to spread awareness about veteran homelessness and their mission to serve the veteran community. Last year's event was cancelled after a handful of rescheduling attempts due to COVID-19. The outing is presented by the founding sponsors of the event, three local New Jersey businesses, Biltmore Tuxedos, Sal Laurretta for Men and DSM.

"While it was a disappointment to cancel the event last year, we knew it was the right call.

This year, we're excited to get back out there, bring the community together and have a great day in support of the veterans we serve. Our event has a lot to offer so whether someone is a golfer or not, they can participate in some capacity," said Sgt. Brett D'Alessandro, President, Backpacks For Life.

The outing will be held at one of New Jersey's premiere golf courses, North Jersey Country Club located in Wayne, NJ. The event kicks off with the veteran owned business brunch featuring a variety of local veteran owned businesses including The Mobile Cigar Lounge, Backward Flag Brewing and Black 6 Coffee. The event continues with a round of 18 holes as well as on course activities.

"Each year we try to bring something new and exciting from within our veteran community for others to experience. With the veteran owned business brunch and our cocktail reception, we're able to highlight incredible veteran owned small businesses and help them after what was a

challenging year for all. It's an honor to share the stories of successful veteran entrepreneurs," said Alexa Modero, Executive Director, Backpacks For Life.

The evening concludes with a cocktail hour reception sponsored by Bond Street Mortgage. This portion of the event is open to the public, golfers and nongolfers alike. The reception features food and beverage, a silent auction and guest speaker, US Navy SEAL veteran, Anthony Page.

For all event details, tickets and registration, visit backpacksforlife.org/golf.

Backpacks For Life is a 501(c)3 nonprofit organization that serves the homeless and at-risk veteran community. By regularly distributing backpacks filled with essentials to Veterans on the streets and providing mentorship to at-risk Veterans and their families, Backpacks For Life aims to bridge the gap between Veterans and the resources available to them.



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AN UNKNOWN ILLNESS KILLING YOUNG BIRDS

An unknown illness affecting young birds that has been sweeping throughout the United States is now reported in New Jersey.

The morbidity and mortality event has been occurring in nestling and fledgling songbirds in the mid-Atlantic, extending into the Southeast and eastern upper Midwest, according to NJ Division of Fish and Wildlife officials. Since mid-May, numerous young birds, mainly blue jays, starlings, and common grackles, but also robins and cardinals, have been found with eye and neurologic issues, and in some cases these birds have been found dead in large numbers, officials said. Some, but not all, of the affected birds are showing neurologic signs consisting of head tremors, leg paresis (partial paralysis or weakness), ataxia (falling to the side) or inability to stand at all, and excessive vocalizations. Also, most of the birds are in good body condition, likely still being fed by their parents, officials said.

Cases have been reported in Washington, DC, TN, KY, VA, WV, MD, DE, IN, OH, FL, PA and NJ, officials said.

In 2020 there was reports of similar problems with young birds in Utah and New Mexico. At this time there is no evidence that the two events are related.

"Many theories have been posed as to the cause of this event; however, no cause has been determined at this time," officials said.

Dr. Nicole Lewis, the wildlife veterinarian for the New Jersey Division of Fish and Wildlife, has collected about 30 birds, all of them hatchlings and fledglings, that have died of the affliction, but estimates that it has killed upward of 100 birds in the state.

"We're seeing a lot of eye swelling with the discharge around it," Lewis said of the symptoms. "The bird's kind of seem like they're blind. Or we're also seeing neurological signs, such as impacting their brains, they're stumbling and they're falling over. They're not right."

These symptoms, Lewis said, impair the birds' ability to eat and fly, and eventually they die from it. Birds have been found alive with these symptoms and taken to wildlife rehabilitation centers, but none has seen the conditions improve, and most have died.

Though the nature of the disease has yet to be discovered, some known diseases, such as the West Nile Virus, which has killed millions of birds and can affect humans, have been ruled out. There have also been no reports of the disease affecting humans or any other animals.

When a dead bird suspected of having this disease is collected, a necropsy, the equivalent of a human autopsy, is performed and tests are run in hopes of ruling out other diseases. Once everything known, such as West Nile and salmonella, is ruled out, further testing is done to try to understand where the disease is coming



(above) In case of an impending heavy rain event, harvest your ripening tomatoes beforehand to save their flavor.

from, Lewis said.

"There's a lot of different options and a lot of different testing that goes on," Lewis said.

In New Jersey, blue jays have been the species most affected, but Lewis has also seen grackles, starlings, robins and one cardinal that have died from the disease.

Don Torino, president of the Bergen County Audubon Society, has been concerned with these mysterious deaths. "Birds are in trouble as it is," Torino said. "It's scary."

Torino said this disease is another concern for birds that already face significant dangers, particularly climate change and loss of habitat.

Torino has not found any birds that have died from the disease, but has been constantly seeking updates from scientists and officials.

"This is hopefully something we can get a handle on pretty quickly," Torino said.

But Lewis said it's a laborious process, involving a lot of trial and error to try to figure out what the underlying causes may be. Lewis has been working with experts from other states that have had birds die from the disease to determine what the disease is and how it spreads.

One possibility that has been bandied about is a connection between the disease and the Brood X cicadas, since they emerged at about the same time and place.

"We have been discussing that," Lewis said. "It is certainly on the table as a possibility, but we have not ruled that in or out. That's a bit of a challenge."

Lewis added that the areas that have the heaviest bird deaths have been those with a large cicada presence. According to Lewis, there has been information circulating about a fungus that the cicadas may have. But with so many uncertainties, it's difficult to label anything a direct cause.

One way the disease could potentially spread is at congregational spaces for birds, such as feeders.

"It is very possible that the adults are feeding



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

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at feeders or in a local spot where they congregate and then going back to feed their young and giving it to them," Lewis said. "That's a possibility, but we don't know as of yet."

What to do if you find a dead bird

Lewis has been requesting that people who find dead, young birds email her at Nicole.Lewis@dep.nj.gov, and let her know.

"I've been getting a lot of emails alerting me, and it's extremely helpful," Lewis said.

Or you can call 1-877-WARN-DEP and for any additional instructions.

Lewis has been collecting birds from all over the state, driving to get them. So if you find a dead or sick fledgling, and she thinks it's worth collecting, you may be getting a visit from a wildlife veterinarian.

"Dead birds should be handled with gloves, double-bagged and kept cool until picked up.

WHAT CAN WE DO?

If you have a bird feeder, take it down and clean it out with 10% bleach solution.

Do the same with birdbaths, empty them out and clean with 10% bleach solution.

Hopefully this will curb the transfer of this virus from affected birds to other smaller birds who have not displayed any symptoms yet. As of now goldfinches and sparrows are among birds not affected. The birds will be able to fly to other wild sources of food and water.

Avoid contact between your pets and sick birds.

Hopefully with our assistance science can quickly find a resolution to this crisis.

Have a wonderful summer,

James



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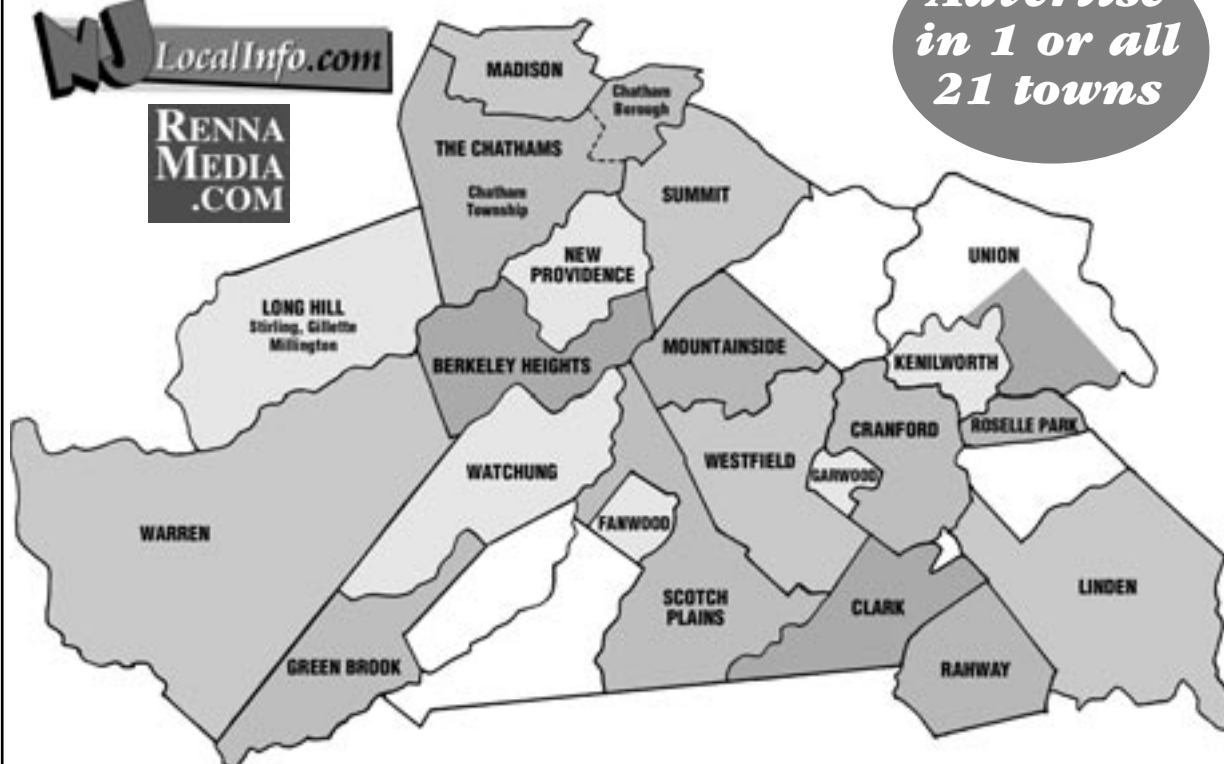
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"Visit the store for more In-Store Specials!"

ABC prices prevail other prices, limited to store inventory.

Not responsible for typographical errors.

Prices valid till August 31, 2021.