

OUR TOWN

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RAHWAY WINTER WONDERLAND POP-UP SERIES 2021

On Friday, November 26, 2021 Rahway held its annual tree lighting celebration. Featuring fire pits, horse drawn carriages, ice skating, giveaways, hot chocolate, performances, and the grand finale when Santa lights the tree in front of City Hall. Rahway's Winter Wonderland featuring safe and festive holiday events continues on Fridays in December (12/3, 12/10, 12/17) from 4 p.m. – 7 p.m. in Train Station Plaza. There will be live jazz, fire pits, hot chocolate, give aways, crafts, photos with Santa and more. Fore more information call 732-669-3600.



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Wishing Our Community
a Happy & Healthy
Holiday Season!

OUR TOWN *Rahway*

Renna Media LLC, Publishers
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Our Town Rahway is published by Renna Media. 12,400 newspapers are printed monthly and mailed to every business and resident in Rahway.

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Do you have a community service that you need help publicizing? Did you or someone you know accomplish something amazing? We are interested in hearing about your latest achievement (accomplishment, honor, award, etc.). Then send us your news!

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Tina Renna: 908-418-5586

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Joe Renna: 908-447-1295

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WREATHS ACROSS AMERICA
Honoring America's Veterans
SATURDAY, DEC. 18, 2021
Rahway Cemetery
Saint Georges Ave., Rahway
12 PM

FREE THROW HOOP SHOOT CONTEST - 11/4

Rahway Lodge No. 1075 of the Benevolent and Protective Order of Elks is pleased to announce the 50th Annual Elks Hoop Shoot Contest. The National Free Throw Hoop Shoot Contest will be held on Saturday, December 4, 2021 at the Rahway Recreation Center. Registration starts at 9:00 a.m. The program is free to all children ages 8 through 13. The contest provides youth an opportunity to compete, connect and succeed through hard work and healthy competition.

There are six divisions and the groups are based on the contestant's age on April 1, 2022. If contestant will be age 7 on April 1, 2022, he or she is too young to participate. If the contestant will be age 14 on April 1st, they would be too old to participate. Contestants should be accompanied by at least one parent or guardian and bring proof of the contestants' age.

Winners will advance to a District Contest in January. The winners of the District Contest can advance to the State, Regional and National competitions. Visit elks.org/hoopshoot for more information or contact Bob Temple, Rahway Elks Hoop Shoot Director at (908) 487-8809.

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



**1322 Maple Terrace
Rahway**

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



**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 34 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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RWJUH RAHWAY RECEIVES AN 'A' FOR SAFETY

Robert Wood Johnson University Hospital Rahway, an RWJBarnabas Health facility was awarded with an "A" Hospital Safety Score rating by the Leapfrog Group, an independent national nonprofit run by employers and other large purchasers of health benefits.

"We are pleased and proud of this distinction – our eighth. Patient safety is our focus and it is an ongoing journey that demands continuous attention," said RWJUH Rahway President and Chief Executive Officer Kirk Tice.

"An 'A' Safety Grade is a tremendous achievement, of which this community should be extremely proud," said Leah Binder, president and CEO of The Leapfrog Group. "I thank the leadership and workforce of RWJUH Rahway for its commitment to prioritizing patients and their safety, especially during these trying times."

The Leapfrog Group is an independent national watchdog organization committed to health care quality and safety. The Leapfrog Hospital Safety Grade assigns an "A," "B," "C," "D," or "F" grade to all general hospitals across the country and is updated every six months.

It is the only hospital ratings program based exclusively on hospitals' prevention of medical errors and other harms to patients in their care. Developed under the guidance of a national Expert Panel, the Leapfrog Hospital Safety Grade uses up to 27 measures of publicly available

hospital safety data to assign grades to more than 2,700 U.S. acute-care hospitals. The Hospital Safety Grade's methodology is peer-reviewed and fully transparent, and the results are free to the public.

For more information on the Leapfrog Group and the fall 2021 scores, please visit: www.hospitalsafetyscore.org.

About RWJUH Rahway

Founded in 1917, Robert Wood Johnson University Hospital Rahway is an acute care community hospital that provides a continuum of care. In addition to its medical and surgical care, the hospital provides extensive outpatient services including physical, occupational, speech and hearing, wound care and hyperbaric medicine, pulmonary and cardiac rehabilitation. The hospital is home to Care Connection Rahway, a 24-bed rehabilitation unit and Kindred Hospital New Jersey-Rahway, a 34-bed long-

term acute care hospital for medically complex patients requiring a longer length of stay.

ABOUT THE LEAPFROG GROUP

Founded in 2000 by large employers and other purchasers, The Leapfrog Group is a national nonprofit organization driving a movement for giant leaps forward in the quality and safety of American health care. The flagship Leapfrog Hospital Survey and new Leapfrog Ambulatory Surgery Center (ASC) Survey collect and transparently report hospital and ASC performance, empowering purchasers to find the highest-value care and giving consumers the lifesaving information they need to make informed decisions. The Leapfrog Hospital Safety Grade, Leapfrog's other main initiative, assigns letter grades to hospitals based on their record of patient safety, helping consumers protect themselves and their families from errors, injuries, accidents, and infections.



(above) Robert Wood Johnson University Hospital Rahway Receives an 'A' for the Fall 2021 Leapfrog Hospital Safety Grade.

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118 Jupiter St., Clark
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39 Frances Dr., Clark
53 Conger Way, Clark
1 Jarvis, Clark
111 Westfield Ave, Clark
90 Liberty St., Clark
14 Washington St, Clark
11 Harding Ave., Clark
40 Ivy St., Clark
41 Largo Ln., Clark
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10 Wildwood Place, Colonia

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52 W. Hill Rd., Colonia
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31 Iroquios Rd., Cranford
45 Diamond Spring Rd., Denville
92 N. Park St, East Orange
1 Glenville Rd., Edison
9 Boltin St., Edison
7 Library Place, Edison
104 Schuyler Dr., Edison
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346 Florida St., Elizabeth
247 Fulton St., Elizabeth
27 Morrell St., Elizabeth
1035 Louisa St, Elizabeth
43 Fox Grape Rd., Flemington
299 Riviera Dr., Forked River
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109 Willow Ave, Garwood
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514 Valley Rd., Gillette
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213 May St., Hawthorne
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7 Park Pl., Helmetta
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1073 Chester St., Hillside
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69 Highland Blvd., Keansburg
117 Woodland Dr., Keyport
220 Robbinwood Ter, Linden
546 Edgewood Rd., Linden
00 Livingston Rd., Linden
307 W Simpson Ave., Linden
400 Washington St., Linden
612 Ainsworth St., Linden
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2616 Orchard Terr., Linden
41 Pallant Ave, Linden
915 Middlesex St., Linden
207 W 11th St., Linden
315 Lincoln St, Linden
2838 Wickwersham Ave., Linden
718 Willick Rd., Linden
829 Erudo St., Linden

206 W. Blancke St., Linden
911 Cranford Ave., Linden
434 Miner Terr., Linden
423 Gable Ln., Linden
2729 Oakwood Place, Linden
2006 Orchard Terr, Linden
345 Miltonia St., Linden
14 Furber Ave, Linden
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63 5th St., Newark
274-276 Meeker Ave., Newark
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366 Sunset Ave, Old Bridge
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839 Riffle Ave, Rahway
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1421 New Church St., Rahway
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2497 St Georges Ave, Rahway
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871 Apgar Ter, Rahway
667 Elm Ave., Rahway
2138 Prospect St., Rahway
2010 Rutherford St., Rahway
422 Central Ave, Rahway
1451 St. Georges Ave., Rahway

811 Midwood Dr., Rahway
661 Pierpont Street, Rahway
716 Elm Ave., Rahway
983 New Brunswick Ave., Rahway
1420 Brown Pl., Rahway
768 Audrey Dr., Rahway
2124 Evans St., Rahway
1757 Bond St., Rahway
749 Audrey Dr., Rahway
1215 Kline Pl., Rahway
2020 Rutherford St., Rahway
957 Richard Blvd., Rahway
287 Plainfield Ave., Rahway
2238 Church St., Rahway
2493 St. Georges Ave., Rahway
630 Union St., Rahway
2253 Church St. Rahway
1139 Briarcliff Dr., Rahway
782 Audrey Dr., Rahway
2314 Colonial Dr., Rahway
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THE GATEWAY FAMILY YMCA'S 7TH GRADE INITIATIVE

Registration is open for the new class of 7th Grade Initiative members at The Gateway Family YMCA. As part of the NJ YMCA 7th Grade Initiative, a state-wide program designed to support and encourage teens to maintain a healthy lifestyle, The Gateway Family YMCA offers a supportive 7th Grade Leaders Club program and complimentary membership for all 7th Grade Students in the local community.

Current 7th Grade students are invited to visit the YMCA and join with proof of grade and a guardian's signature. Registration is available at The Gateway Family YMCA – Elizabeth Branch - 135 Madison Avenue, Five Points Branch - 201 Tucker Avenue, Union, Rahway Branch – 1564 Irving Street, Rahway and Wellness Center Branch – 1000 Galloping Hill Rd, Union.

The goal of the 7th Grade Initiative is to increase physical activity and support teens in the development of lifetime healthy habits and leadership skills while providing a safe and supportive environment with role models.

As part of the 7th Grade Initiative, The Gateway Family YMCA offers a 7th Grade Leader's Club, a structured program offering teens leadership and volunteer opportunities.

With a focus on team building, personal growth, character development, service and volunteerism, the 7th Grade Leaders Club empowers teens to create a chart of work specific to the needs of their communities and provides support for projects to strengthen communities.

Students participate in programs and services offered by the YMCA and receive a complimentary Full Privilege membership including health and wellness options, swimming, group exercise, as well programs designed exclusively for teens. "Our goal is to provide ongoing support for 7th grade students, assisting them to strengthen healthy behaviors, increase activity, gain a better understanding of nutrition and develop leadership skills to assist in their development and future," stated Melynda A. Mileski, EVP/COO.

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

dedicated to strengthening the foundations of community and stands for youth development, healthy living, and social responsibility. The Y impacts the community by providing quality services to people of all ages, races, faiths, and incomes. Providing services for Eastern Union County and Northern Middlesex County for over 119 years, the Gateway Family YMCA has six YMCA branches in Elizabeth, Rahway and Union, serving the communities of Avenel, Carteret, Clark, Colonia, Elizabeth, Hillside, Kenilworth, Linden, Plainfield, Port Reading, Roselle, Roselle Park, Sewaren, Union, Vauxhall, Winfield Park and Woodbridge, NJ.

For more information about The Gateway Family YMCA or the 7th Grade Initiative or the 7th Grade Leader's Club, visit tgfymca.org or contact the Elizabeth Branch at 908-355-9622, Five Points Branch at 908-688-9622, Rahway Branch at 732-388-0057 or Wellness Center Branch at 908-349-9622.



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Christmas memories and wishes

FROM 1957

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

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

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

2021 has been a year of stress, pain, and fear but now is the time for a season of reflection, healing and bringing peace to family and friends. Set aside political differences and anger. The holidays are for joy, hope for a pandemic end and peace on earth. Wishing you all a very merry Christmas, happy Hanukkah and a happy, healthy, prosperous and unified new year.

Santa recommends vaccinations as a great gift to your family. Give it a shot for the new year.

From Matt & Fran Dobrowolski and the ERA Village Green family (and mom, dad & chase in heaven).

Matt Dobrowolski



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TRUNK OR TREAT EVENT A SUCCESS

Rahway Public Schools

Rahway's Franklin Elementary's PTA President, Mrs. Patrice Ferreira and Vice-President, Mrs. Shavon Smith-Simons planned and organized the school's first trunk or treat event held in October. Over 24 Franklin

families, leaders, and board liaison, Mrs. Lori Kennedy volunteered to decorate the trunk of their cars and hand out candy. Over 350 students, along with their parents were in attendance for this event. Franklin School would like to thank the

community for making this event so special for its students. They are so pleased that their first trunk or treat was such a huge success and are looking forward to it becoming an annual extravaganza!




(above) Franklin School's Trunk of Treat Event

Photos by Rahway Public Schools

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Holiday Extravaganza

Together We Celebrate Winter Holidays

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Union County Performing Arts Center

1601 Irving Street, Rahway



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New Jersey Youth Chorus
Patricia Joyce, director



NJYS Youth Symphony



Natasha Loomis
conductor,
NJYS Flute Ensembles



Helen H. Cha-Pyo
artistic director and
principal conductor



Walker Jermaine Jackson
narrator, tenor soloist



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All UCPAC patrons 12 and over must show proof of either full vaccination or a negative COVID-19 test taken within 72 hours of entry. Negative test results are not required for patrons under 12 years of age. All patrons are required to wear masks at all times while in the theatre, except while actively eating or drinking. Masks are not required for patrons under 2 years of age.

WHY ARE THE NAMES OF RAHWAY BANKS ON UNITED STATES CURRENCY?

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

We all know what American dollars look like. No matter the denomination, the appearance of our paper money is something we readily recognize. Yet when introduced to the currency from another time period, one might easily assume it's just some kind of "play money," especially if the names of Rahway banks are prominently displayed on the front of the bills. In reality, the "Rahway" bills actually were United States legal tender and were circulated by four Rahway banks for portions of over seventy years.

Before the Civil War, banks were chartered by the state governments where they were

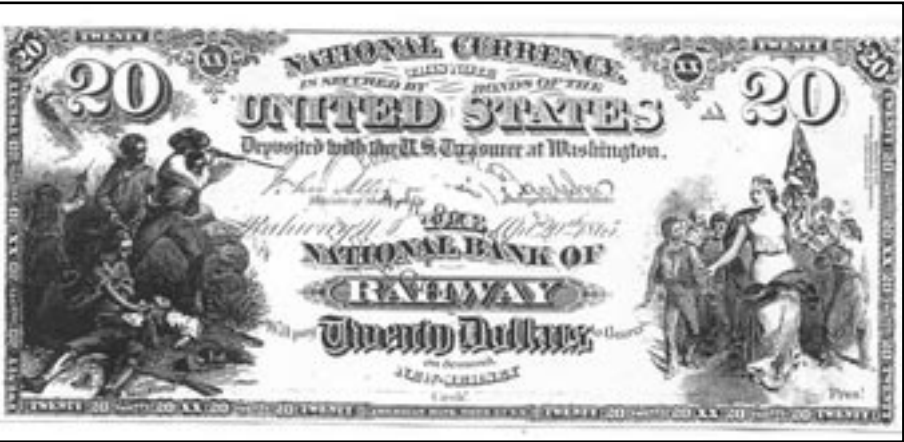
located. Different states developed different regulations and policies creating a system that was poorly integrated across state lines. As a result, it became more and more obvious that a nationally regulated banking structure was needed.

In February, 1863, the National Banking Act was created by President Abraham Lincoln with a three-fold purpose: to create a national chartering and regulatory system, to float Federal war bonds to help finance the Civil War, and to establish a national currency. After the Act was passed by Congress, more than 1,500 state banks, including two in Rahway,

converted to the National banking system. Two more national banks would be established in the city after 1900. The national banks would be chartered and supervised by the Office of the Comptroller of Currency, an agency in the U. S. Treasury Department.

The new currency would be designed and printed in Washington D.C. Local banks were given the option of having the name of their bank added on the face side. The Rahway banks took advantage of the offer.

The following are images of the four Rahway national banks and samples of the bills circulated by each.



(left) The National Bank of Rahway, formerly the Farmers' and Mechanics', a state bank, received a national charter in 1865 and transacted business for the next twenty-two years. The bank was located on the NW corner of Main and Poplar Streets. The building was razed in 1905.



(left) The Union National Bank was housed in the Exchange Building, SW corner of Irving and Cherry Streets. Chartered in 1865, the bank was in business until 1878. The building was razed in 1911 to clear the way for the elevation of the railroad tracks.



(left) The architecturally beautiful Rahway National Bank was constructed in 1900 on the NW corner of Irving Street and Vail Place. It maintained its national charter until 1962 when it switched to a state charter. The building still stands, but over the years has been altered, added to, and modernized completely changing the façade.



(left) The Citizens' National Bank lasted only seven years (1925-1932). Located on the SE corner of Irving and Lewis Streets, the building still stands and looks much the same as it did in the 20s. When it closed, its deposits were assumed by the Rahway National Bank, its neighbor across the street.

Presented by the Rahway Social Justice Commission
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RED RIBBON WEEK AT FRANKLIN ELEMENTARY

Rahway Public Schools

Every year, students all over the nation celebrate Red Ribbon Week. The annual celebration is sponsored by the National Parent Partnership to provide drug awareness. Since its beginning in 1985, Red Ribbon Week has touched the lives of millions of people around the world.

As part of their celebration, students at Franklin Elementary School in Rahway were

asked to make good choices and show good character by bringing in canned goods to donate to the Rahway Food for Friends Food Bank. Overall, the food drive was exceptional. The students brought in 1,123 cans. This was the most that the school has ever collected.

Mrs. Rebecca Rose-Wood's 3rd-grade class brought in 60 cans, which was more than any other class in the school! They will receive a pizza party for their efforts. Great job kids!



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(above) Red Ribbon Week at Franklin Elementary

Photo by Rahway Public Schools

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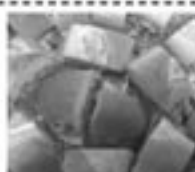
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DOROTHY FRANCES SCHMIDT TAYLOR



Dorothy Frances Schmidt Taylor left this world peacefully after a long battle with dementia on October 27, 2021. She was 94.

Born and raised in Morristown, NJ, she was predeceased by her Mother Dorothy, Father

Francis, dear sister Barbara, nieces Karly and Heidi, and her beloved husband of 35 years, Edward J. Taylor Sr.

She was employed at Merck & Co. Inc for 30+ years, where she worked in Financial Services and met the love of her life.

Settling in Rahway, she and Ed created and enjoyed a loving home and family. She enjoyed gardening in her beautiful yard, cooking for everyone, sharing celebrations, marking milestones, picnics and parades.

She was a member of the Rahway Elks and Historical Society and enjoyed bowling at the Rahway Lanes where her Uncle Bill taught her to line up her "thumb to the head pin". She rolled a spare at 93 years.

After retiring she moved down the shore with her family where she loved the beach and walking on the boards, meeting old friends and making new ones.

Eventually heading further south to St Augustine, Fla, she lived her twilight years with spunk and grace and enjoyed visits with dear friends and family.

She is survived by her devoted, loving family; sons, Edward J Taylor, Jr and his wife Suanne, and David W. Taylor and his wife Lisa, daughter Dorothy T. Hadley and her husband Rob, and her cherished grandchildren; Brian "Bri James", Collin, Kerianne, Jackie, Juliet and Danny, beloved cousins, nieces, nephews and extended family. She was another mother to many and loved her grand dogs and great-grand dogs.

Mom loved moonrises and sunsets which she often described in superlatives; stupendous, absolutely marvelous, spectacular and breath taking. She appreciated and created awe-inspiring moments, and in doing so, lived an awe-inspiring life.

A memorial service will be planned at a future date. Donations in her name can be made to merchantsanddrovvers.org or saveourseabirds.org and would be greatly appreciated.

ELF THE MUSICAL JR. TO SUPPORT SERVICES FOR PEOPLE WITH DISABILITIES

Community Access Unlimited

A triumphant musical returning this December promises holiday cheer, a lot of laughs, and possibly too much sugar.

Tickets for Elf the Musical Jr. are now available for showings on December 10, 11, and 12th. All shows are streaming virtually at 7:00 p.m. for audiences to enjoy at home. Tickets are \$10 and can be purchased on line at: www.showtix4u.com/event-details/57483

The CAU Community Players are an inclusive group of performers with and without disabilities who collaborate to stage incredible musical performances, including past productions of Hairspray and Aladdin. Community Access Unlimited (CAU) is a Union County-based, statewide nonprofit that works to integrate people with disabilities and youth at-risk into the community through comprehensive ways.

The cast of the show is thrilled to return to the stage after months of virtual rehearsals and preparation. Performers used clear masks to interact safely while allowing the audience to enjoy their expressions.

"The point of the show is to fill everyone with Christmas spirit," said Tyler O'Neill, who plays Buddy. "I'm discovering a side I never thought I had and a lot of joy. And like Buddy, I too enjoy a good hug every now and again."

Adam Fleissner, who plays Buddy's cantankerous father, Walter, said he is excited for everyone's hard work to pay off in the final production after a hiatus last year, due to the

pandemic.

"It's the first time doing a CAU play since the shutdown and I just love seeing everyone again," said Fleissner.

Proceeds from the play support CAU's comprehensive services for people with disabilities and youth at-risk, which include housing, education, employment, support coordination, and life skills training.

This adaptation of the hilarious, hit film is sure to warm hearts as we prepare for the holiday season.

"I want people to get tickets so they can laugh hard," said cast member Ernie Smalls.

ABOUT COMMUNITY ACCESS UNLIMITED:

Community Access Unlimited (CAU), who is celebrating 42 years in 2021, supports people with special needs in achieving real lives in the community. CAU provides support and gives voices to adults and the youth who traditionally have little support and no voice in society. CAU helps people with housing, life skills, employment, money management, socialization, and civic activities. CAU also supports opportunities for advocacy through training in assertiveness, decision-making and civil rights. CAU currently serves more than 3,000 individuals and families, with the number growing each year.

For more information about CAU and its services, contact us by phone at 908-354-3040, online at caunj.org, or by mail at 80 West Grand Street, Elizabeth, NJ, 07202.



(above, l-r) Zoe Rivera and Tyler O'Neill perform as Jovie and Buddy in *Elf the Musical Jr.* with other CAU Community Players.

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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. Additions 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.
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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."
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SHOP & PAINT NIGHT

Submitted by Linda Lampert

The Parent-Teacher Association at Franklin Elementary School in Rahway recently hosted a "Shop and Paint Night." They had a great turnout. About 65 parents and students come out to support this fundraiser. Families were invited to look around and shop at the Scholastic Book Fair, then they went to the cafeteria and had some fun painting. The painting activity was led by Mrs. Laura Gould, the school's art teacher and everyone had a great time. The school's principal, Dr. Aleya Shoieb said that she was extremely pleased with the success of the event and is looking forward to having the school host future painting events. The special memories that were made are priceless!



Photos by Rahway Public Schools

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HANUKAH: A CELEBRATION OF RELIGIOUS FREEDOM

By Rabbi Paul David Kerbel Temple Beth El Mekor Chayim, Cranford

Hanukah is one of the Jewish religion's most popular holidays. No doubt, part of Hanukah's popularity derives from its proximity to Christmas and the bundling of a variety of religious, ethnic and cultural holidays that occur at this time of year creating a festive holiday season.

You might be surprised to know however, that unlike Christmas, Hanukah is not one of Judaism's major holidays. That billing goes to Rosh HaShanah (the Jewish New Year) and Yom Kippur (the Day of Fasting and Atonement) and the Pilgrimage Festivals of Passover, Sukkot and Shavuot that are explained and discussed in The Book of Leviticus (Chapter 23).

But Hanukah is important for many reasons. In the first place, next to the Passover Seder, more Jews celebrate Hanukah than any other Jewish ritual or holiday observance. We celebrate two miracles on Hanukah: the military victory of a small, outmanned Jewish army winning out over a superior Syrian-Greek King Antiochus Epiphanes, who forbade the Jewish people to study their scriptures, keep their calendar, observe their holidays or offer sacrifices in the Temple. The King wanted the Jews to sacrifice to the Greek Gods and study the best of Greek culture. King Antiochus was jealous of the God of Israel and sought to eradicate distinctive Jewish practices and culture.

The second miracle of Hanukah is the story in Rabbinic tradition, that when the revolt ended and the Jewish people sought to rededicate and purify the Holy Temple in Jerusalem that had been defiled by the decree of King Antiochus by lighting the Menorah, the religious candelabrum that served as a major symbol of religious Jewish life in the Temple, that there was only enough purified olive oil to last for one day, but the lamp remained burning for eight days!

But I also think the story of Hanukah teaches and shares important lessons for our friends and neighbors of other faiths about religious faith and belief. To me, Hanukah represents the first victory in human history of religious freedom. In a certain sense, Hanukah is a universal holiday of religious freedom. If the Jewish people had lost this physical and spiritual war in 164 BCE (before the common era) and 164 years before the birth of Jesus, Judaism would have died out and since Christianity and Islam emanate out of and are connected to Judaism, there would not be today any adherents of these great faiths. Judaism, Christianity and Islam exist today because of the religious faith of these defenders of Judaism to stand up for their beliefs and rights.

Hanukah also teaches religious tolerance and the celebration of pluralism. Hanukah reinforces the rights of a minority to stand up for its beliefs while living in a larger secular or religious culture of other religious faiths. Our country was built on the idea of freedom of religion and the freedom to live by and practice the customs, rituals and commandments of our respective religions. Hanukah teaches me that sometimes miracles happen in the quiet constancy of our everyday

practice of our respective customs, prayers and traditions and our interaction and bonds of friendship and community responsibility with our neighbors of all religions and ethnic groups.

The most enduring symbol of both Hanukah and Christmas is the celebration of light. We light a Menorah to symbolize the miracles of our survival and the dedication of our people - for over four-thousand years even in the midst of persecution or the attempt to suppress our faith and practice - to practice our customs and traditions with hope and confidence in the future as a monotheistic ethical religion and culture.

For our Christian friends, the lights of the Christmas season represent essential religious beliefs including joy, peace, kindness and service to our fellow human beings. Even with the challenges the Covid-19 pandemic has caused, among the most difficult in our lifetimes, may the lights of our respective traditions strengthen our commitment to our respective faiths and our obligation and opportunity to make a difference in our community and in the world at large. As



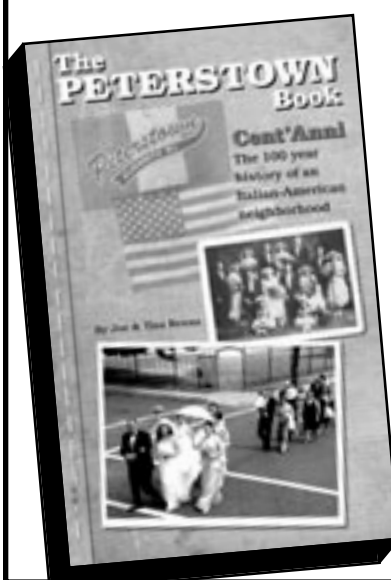
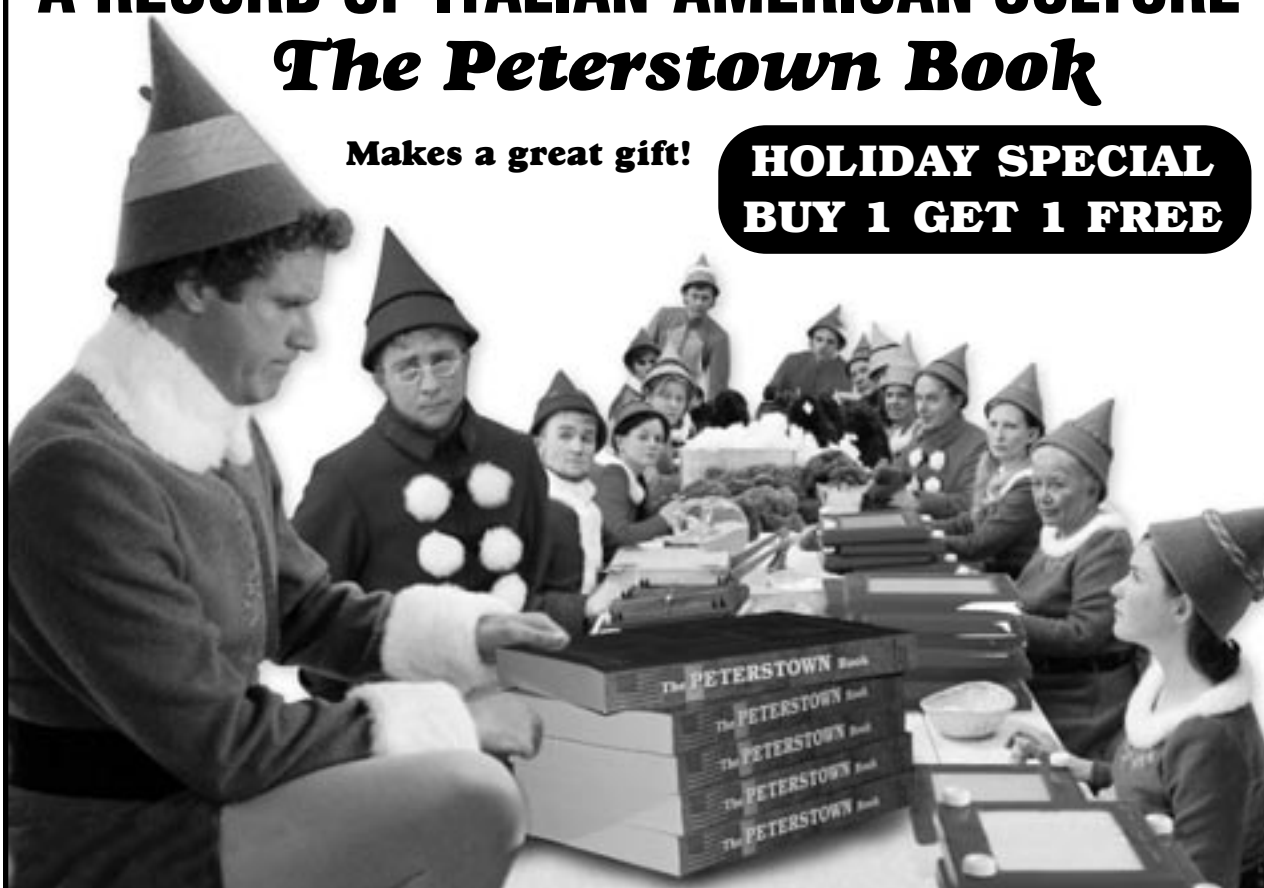
one great rabbi wrote: "It is better to light one candle than to curse the darkness." Wishing all of us a meaningful holiday season!

Rabbi Paul David Kerbel is the rabbi of Temple Beth El Mekor Chayim in Cranford. He is active in the Cranford Clergy Association, the Union County Board of Rabbis, the Rabbinic Roundtable of the Jewish Federation of MetroWest, NJ and on the New Jersey Advisory Board of The Anti-Defamation League.

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GRIEF SUPPORT FACILITATORS NEEDED

OUR TOWN *Rahway* • Page 17 • December 2021

Imagine, A Center for Coping with Loss

In the wake of the COVID-19 pandemic, the need for children's grief support programs has never been greater. Imagine, A Center for Coping with Loss, a non-profit organization based in Mountainside and Newark, exists to support children in New Jersey who have experienced the death of a parent, sibling, or close family member. Imagine offers free peer support groups for children ages 3-18, young adults 19-30, and the parents and guardians of the children in the program. Groups for Spanish-speaking bereaved adults are also available. Currently, all groups are being held virtually, however, there are plans to transition some groups to in-person as soon as it feels safe to do so.

Imagine's support groups are only possible because of our amazing team of volunteers who facilitate the groups. Imagine currently has a wait list of families looking to join our support groups. We are unable to offer them support at this time because we do not have enough volunteers to begin another Night of Support. We need your help!

Imagine's volunteer facilitators come from all

walks of life and no special background is required, other than, a willingness to listen, a heart inclined to serve, and the ability to be with children and adults in grief without trying to fix, solve, or give advice. No prior experience is necessary, but volunteers must be 18 years or older. Bilingual (Spanish-speaking) volunteers are needed as well. Volunteers serve as companions and caring listeners for those who are grieving to help create a safe space where participants can share tears and embrace the joys of life.

We are hoping to fill our upcoming training with lots of wonderful new volunteers! We are planning to offer virtual facilitator training December

10-12th from 9 a.m. to 5 p.m. each day. For information on joining Imagine's team of volunteers, please contact Imagine's Program Manager, Veronica Ortiz, by emailing veronica@imagine-nj.org, or by calling 908-264-3100. Please help us address the growing need for children's grief support and ensure that no grieving child is required to wait to receive the support they need.

FAMILY SUPPORT GROUP — DEC. 21

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 people with mental illnesses. The group is led by NAMI-trained facilitators and is a peer support group that allows participants to gain insight

from others facing the same challenges.


Free Zoom sessions are held on the 3rd Tuesday of every month from 7 p.m. – 8:30 p.m.

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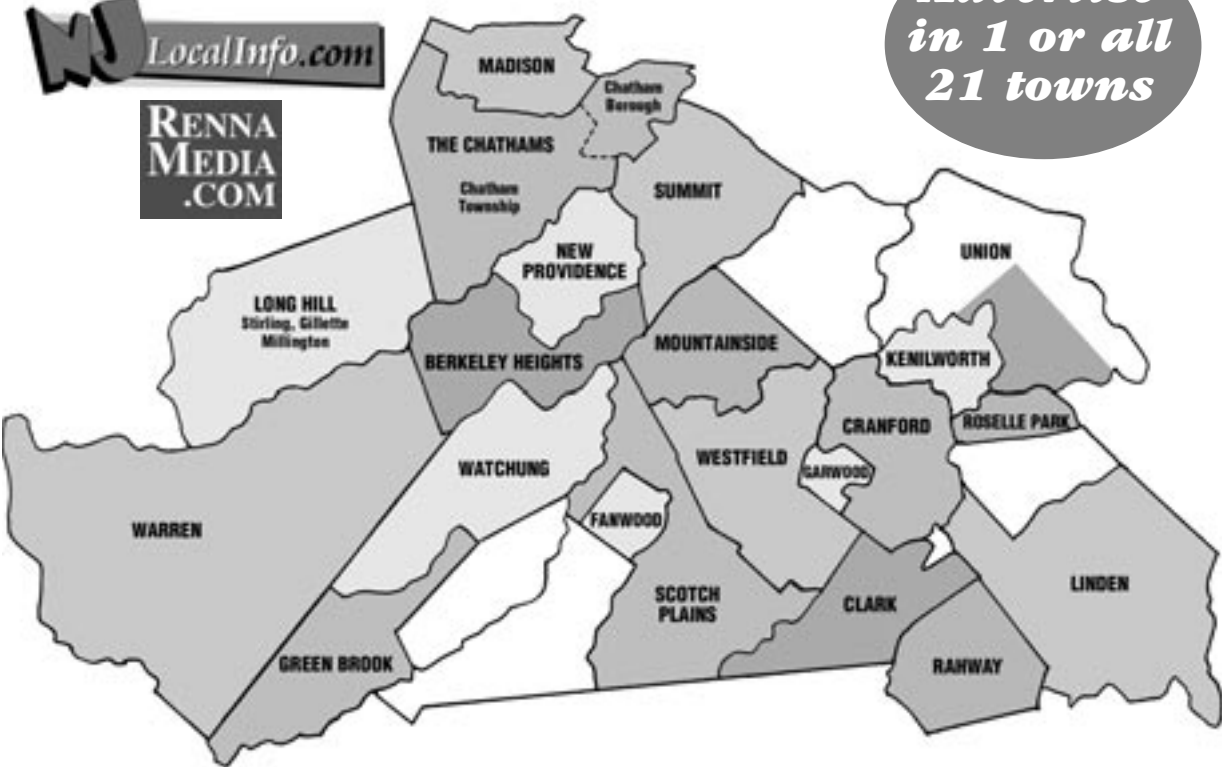
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A SHORT HISTORY OF CHRISTMAS TREES

"Evergreen boughs have been essential seasonal decor since ancient times as part of pagan winter solstice celebrations. Evergreens at midwinter festivals were traditional, signifying the victory of life and light over death and darkness." *

In many countries it was believed that evergreens would keep away witches, ghosts, evil spirits, and illness.

There is some debate over the origin of our modern-day Christmas trees. Both Latvia and Estonia claim to have been home to the first Christmas tree. Latvia traces its Christmas tree traditions back to 1510, when a merchant guild called the House of the Black Heads carried a tree through the city, decorated it, and later burned it down. Meanwhile, Estonia has countered those claims, saying it has evidence of a similar festival hosted by the very same guild in its capital city Tallinn in 1441.

Today most historians believe our traditions started in Alsace, part of Germany at the time but now France. Historical records indicate that a Christmas tree was raised in the Strasbourg Cathedral in 1539 and that the tradition had grown so popular throughout the region that the city of Freiburg banned felling trees for Christmas in 1554.

Still, the tradition caught on among German families and slowly evolved through the years to what we know today. Protestant reformer Martin Luther is often credited with being the first to put lights on the Christmas tree with candles after a nighttime stroll through the forest with twinkling stars above. German emigrants took these traditions with them as they resettled in other countries. By the 18th century Christmas trees were all over Europe.

In 1848, Queen Victoria and her husband Prince Albert from Germany captured the imaginations of royal watchers around the world when the Illustrated London News published an illustration of their family gathered around a decorated Christmas tree. Queen Victoria was a trendsetter of her time, and so the tradition took off around the world.

Germany's Christmas tree tradition also likely arrived in the United States in the late 18th century, when Hessian troops joined the British to fight in the Revolutionary War. In the years that followed, German immigrants also brought



(above) This illustration of Queen Victoria, Prince Albert & the Royal Family popularized Christmas trees in Europe and worldwide.

the tradition to the U.S. and, over time, historian Penne Restad writes that they "became a point of fascination for other Americans."

American families adopted the Christmas tree more widely after 1850, when the Philadelphia-based magazine Godey's Lady's Book republished the royal family's Christmas scene from Illustrated London News. The magazine made a few tweaks, editing out Victoria's crown and Albert's royal sash to transform them into one version of an American family.

Today, the lighting of two beloved U.S. Christmas trees is a part of our country's ritual for ushering in the holiday season. In 1923, President Calvin Coolidge oversaw the lighting of the first National Christmas Tree in Washington, D.C.

A decade later, in 1933, New York City lit the first Christmas tree at Rockefeller Center which has since become a must visit for tourists and New Yorkers alike each holiday season. Both trees have been illuminated every year since, save for a few years in the 1940s when they went dark due to blackout restrictions during World War II.

CHRISTMAS TREE FARMS

Many citizens of New Jersey would be surprised to learn that we are the home of the first Christmas Tree Farm in the United States.

In 1901, W.V. McGalliard planted twenty-five thousand Norway Spruces on his property in Mercer County near Trenton. Seven years later those Christmas trees were sold for one dollar each.

Today there are 83 Christmas tree farms in New Jersey. Their locations are posted on the internet.



(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

During the 1940s, 90 percent of all natural Christmas trees sold in the United State were harvested from forests. The most popular species during that era, Balsam Fir, Douglas-fir, Black Spruce and White Spruce, were all readily available growing wild in forests.

Luckily following World War II more trees began to be planted on plantations.

Today 30 million Christmas trees are harvested every year on tree farms. 25% of these trees are grown in Oregon and shipped throughout the country. Christmas trees are grown in all 50 states including Hawaii and Alaska. Today 98 percent of all Christmas trees are grown on farms.

Evergreen trees generally take 6 to 10 years to reach maturity. All of these trees are trimmed once a year to give them a pleasing appearance in the home. The best-selling trees are Scotch Pine, Douglas Fir, Fraser Fir, Balsam Fir and White Pine.

The tallest living Christmas tree is believed to be the 122-foot, 91-year-old Douglas fir in the town of Woodinville, Washington.

In the first week, a tree in your home will consume as much as a quart of water per day.

*Carole Cusack is a professor of religious studies at the University of Sydney.

The information in this article comes from a few different sources. Thanks to the Smithsonian, National Geographic & The History Channel.

Have a safe & happy holiday season,

James

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