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Issue 140 • July 2022

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UNION PAL PROGRAM HOSTS FIRST COMMUNITY EVENT

The Township of Union Police Athletic/Activity League hosted its first event on Friday, June 10th, 2022, at the Deron School of New Jersey.

"I am so proud to be hosting our very first event at the Deron School for children with special needs," said Ted Merced, Executive Director of Union PAL. "We look forward to many more events focused on bringing meaningful and valuable programs to our special needs families in Union."

Besides a picnic lunch, the day of activities included a petting zoo, unicorn, and bounce house; and members of the PAL and the Union Police Department visited the students in Marvel super hero costumes.

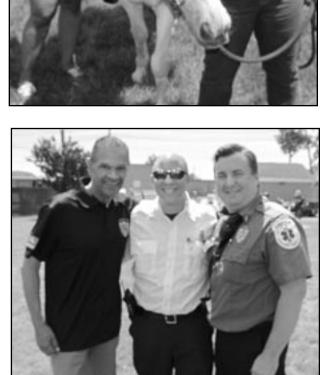
"We're excited to have the Union PAL connect the community with our police officers," stated Committeeman and Police Commissioner Joe Florio.

Since 1967, The Deron School has offered a state-approved private school program for students with multiple disabilities (MD), physical disabilities, intellectual disabilities, autism spectrum disorder (ASD) and down syndrome. Their nurturing environment, family culture, personalized curriculum design and methods are all quite intentionalto optimize the experience and results of all student.

About Union Police Athletic League: Founded in 2022, the Union Police Athletic League provides athletic and activity programs for children in the Township of Union. The programs are supervised and coached by Union Police Officers and volunteers from our community. The P.A.L. programs help create a positive, trusting relationship between youth and the Police Officers of Union. For more information contact pal@uniontownship.com.















Spirit of UNION

Renna Media LLC, Publishers

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RAY LIOTTA PASSES

Ray Liotta died in his sleep on Wednesday night, May 25th, or early Thursday, in the Dominican Republic. He was 67.

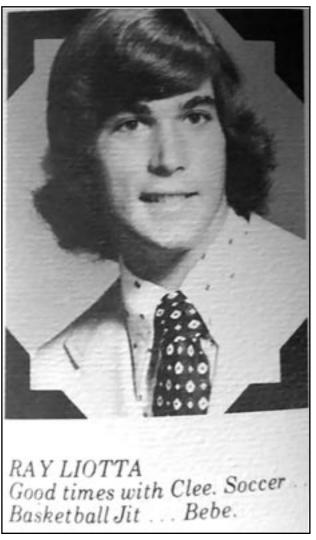


Photo courtesy of Union Town Historical Society

MAYOR FIGUEIREDO'S STATEMENT ON RAY LIOTTA'S DEATH

Township of Union

"I was devastated to hear of Ray Liotta's passing earlier today. He will leave a void heavy on the hearts of those who knew him," stated Mayor Manuel Figueiredo. Ray was not just an immensely talented actor, but he was also a Union High School Class of 1973 graduate.

Ray Liotta, 67, was born in Newark and grew up in the Township of Union. Ray was adopted at the age of six months by Mary and Alfred Liotta. His mother was Township Clerk, and his father was an auto parts store owner and the president of a local Democratic club.

In 1993, Ray was induction into the Union High School Hall of Fame, showcasing his accomplishments. Later that year, Liotta participated in the Township's Annual Holiday Tree Lighting Ceremony in December.

"Ray was an extraordinary talent whose remarkable performances left a mark on the screen." stated Mayor Figueiredo, "May he rest in peace."

Some of his memorable roles included "Goodfellas" (1990) and "Field of Dreams" (1989). His recent big-screen roles included "Noah Baumbach's Marriage Story" (2019), Steven Soderbergh's "No Sudden Move" (2021), and Alan Taylor's "The Many Saints of Newark" (2021).



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SALEM ROADHOUSE CAFÉ

The Salem Roadhouse Café, located in Townley Presbyterian Church, 829 Salem Rd., Union, NJ, presents The Robert Rucker Project, Saturday, July 9, 2022. The doors open at 7:30 p.m. Show stated at 8 p.m. Admission: is \$20 and includes show, snacks, non-alcoholic beverages, and dessert.

The Robert Rucker Project is a mixture of southern blues and classic jazz. This quintet, consisting of drummer Robert Rucker, tenor saxophonist Alex Mincek, trombonist Vince Gardner, pianist Roy Dunlap and bassist Greg Williams, aims to provide and create an unforgettable jazz experience. The quintet, which began several years ago in Florida, has opened for such notables as Nat Adderly and Sam Rivers.

Robert appears on Wynton Marsalis' "Amongst The People: Live at the House Of Tribes" on Blue Note Records. He is also featured on the soundtrack of the Movie "Black or White."

As well as an accomplished jazz drummer, Robert is a music teacher and composer and has recorded with many notable artists. He has produced music for Sony Pictures.

ABOUT SALEM ROADHOUSE CAFÉ

It's not "church music." It's music music.

Folks who've come to the Salem Roadhouse Café know that it's a clean, safe place for people who enjoy listening to live music — in a world otherwise filled with clubs and bars. The Roadhouse has always offered its stage to local and independent mainstream musicians. Jazz, rock, folk, and other groups have performed. What's the common thread? They're all great musicians playing the kind of music people like to hear. There's no message, just music.

The Roadhouse started in 2008 by members of Townley Presbyterian Church with a grant from the Presbytery of Elizabeth. Hey — that's why we're located where we are. The Roadhouse operates as a non-profit that raises funds for several carefully chosen local charities. That's its social mission.

But the many musicians who've played the Salem Roadhouse Café see it as a solid performance venue. They love it because of its special intimacy and great audiences. They say people here "really listen." Ask any of the musicians you meet here — they love to play the Roadhouse, and they want to come back often.

Community Involvement

The Salem Roadhouse Café has raised funds for many carefully chosen charities. They include: The Presbytery of Elizabeth E-port Center, Center For Hope Hospice, Community Food Bank, Monarch Housing, Angel Paws Animal Rescue, National MS Society, Haiti Disaster Relief, Hurricane Sandy Disaster Relief, The Union County YWCA Domestic Violence Programs, Making It Possible To End Homelessness, Camp Johnsonburg, The Music Institute, and others. Thousands of dollars have been raised for these deserving charities.

We are proud to invite residents to the 2022 Fourth of July Spectacular taking place at Biertuempfel Park on Monday, July 4th! Rain date July 5th.

The night will kick off with a concert at 7:30 p.m. featuring the Silver Arrow Band as they play high-energy music from classic to pop, followed by a fireworks display.



(above) The Silver Arrow Band





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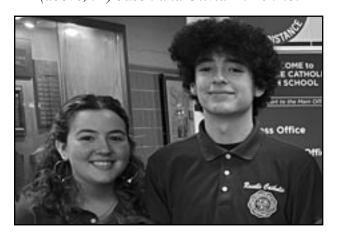
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(above, l-r) Jason and Olivia DiMenmo.



(above, l-r) Allison and John Owens



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RC GRADUATING CLASS HAS 6 SETS OF TWINS **INCLUDING 2 SETS FROM UNION**



(above) The 2022 graduation class of Roselle Catholic in Roselle, NJ, had the unique occurrence of having six sets of twins, two each from Elizabeth, Roselle, and Union. Listed in pairs, standing and seated, left top right: Efrem and Efrem Terry of Roselle; Gabe and Aiden Moskal Linder of Elizabeth; Gamael and Samuel Joseph or Roselle, RC Mascots, John and Allison Owens of Union; Jason and Olivia DiMenmo of Union; and Lenzay and Naisha Yuschak of Elizabeth.

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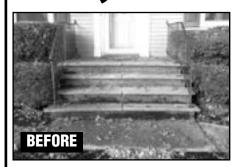
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ANNUAL SUMMER CONCERT SERIES

Township of Union

Concert Series lineup taking place this July. The series will kick off with Silver Arrow Band at Biertuempfel Park on Monday, July 4th. The series continues every Thursday in July at Rabkin Park. Concerts are open to the public and free of charge. The concerts run from 7:30 -9:00 p.m. Blankets and chairs are recommended. • THURSDAY, JULY 28 - E STREET SHUFFLE The series is set to include:

• THURSDAY, JULY 7 - EPIC SOUL

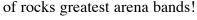
This New Jersey-based band plays everything from the greatest classic soul songs to funk, plus today's current top R&B and Pop Hits.

• THURSDAY, JULY 14 - FOREIGNERS JOURNEY

This rock group from Boston is bringing together the incredible sites and sounds of two



(above) Super Trans Am



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Courtesy photos



(above) E Street Shuffle



(above) Foreigners Journey



(above) EPIC SOUL



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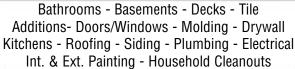
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Christmas in July: Beach Ornament (In-person)

Wed., July 6 at 3:00 pm

Come to the library and make your very own beach ornament. Seats are limited. Registration is limited and will open closer to the event. Materials will be provided along with instructions to go at your own pace.

Meditation (Zoom)

Thurs., July 7, 14, 21, 28 at 11:30 am Join Bindu Bhatt for a virtual meditation session. No experience is necessary. Bindu has practiced meditation for over 30 years and would like to share her insight with you.

Beginners Flow Yoga (Zoom)

Thurs. July 7, 14, 21, 28 at 6:00 pm This class will lead you through the foundations of yoga postures, body awareness and alignment, relaxation of the mind, and a connection with the breath. You will learn how to improve muscle strength, promote flexibility, and build your yoga program specific to your mind and body.

Bagels and Books (In-person)

Tues., July 12 at 10:00 am

Share your likes and dislikes with fellow lovers and walk away with a list of suggestions! Share your likes and dislikes with fellow book lovers.

Writing Workshop (Zoom and at Kean University)

Wed., July 13 at 7:00 pm

Ever want to write stories from your life for yourself or others to read? Interested in stimulating or jump-starting your writing? Lisa Sisler from Kean University leads this workshop to help you with whatever you want to write.

Ocean Origami (In-person at Main)

Thurs., July 14 at 6:00 pm

Learn the art of origami from instructor Joy Ann Cabanos! This class is for adults and registration will open closer to the event. All materials will be provided and seats are limited.

Zumba (In-person at Vauxhall)

Mon., July 18 at 6:30 pm

Come join the fun by taking a free Zumba fitness class. Zumba is a fitness program that combines Latin and international music with dance moves. Dance to great music and burn a ton of calories without even realizing it! Please wear clothes & shoes that offer freedom of movement.

AARP Six Pillars of Brain Health "Oceans of Possibilities Wellness Week (Zoom)

Tues. July 19 at 12:30 pm.

Exercise your mind and join us for the "The Six Pillars of Brain Health" workshop. This session is designed to empower participants to take charge of their brain health and learn more about the six pillars of a healthy brain lifestyle. Participants will learn about practical, brainboosting behaviors.

Open Mic Poetry (At Kean University or through Zoom)

Tues., July 19 at 6:30 pm

Join Kean University poets for inspiration and then read your own at our open mic (one poem each). Note: This is a hybrid event at Kean University and online. Please register to read by writing to abjette@kean.edu or dwalter@uplnj.org.

You Are Here: A New Jersey Travel Guide (Zoom)

Wed., July 20 at 6:30 pm

No matter where you live in NJ, you are likely near an interesting museum, historic site, or park. We'll show you where they are. Whether new to NJ or a long-time resident, you'll be inspired to visit the places discussed. Presenter Kerri Sullivan is the editor of New Jersey Fan Club: Artists & Writers Celebrate the Garden State and founder of Jersey Collective. She's also a librarian and enjoys day-tripping all over New Jersey.

Off the Shelf Book Club (Zoom)

Thurs., July 21 at 7:00 pm

New members are always welcome. This month's title is Long Petal of the Sea by Isabel Allende.

Career Development Basics: Impact through Research and Cover Letters (Zoom)

Mon., July 25 at 12:00 pm

How do I know I want to interview with a company? How do I find out what a company is about before I send them my resume or fill out an application? How do I know what "fair market" salary is, or even what that means? How do I create a cover letter that will stand out? Join Susan Justiniano, IT Education Specialist, as she shares tips, keywords, research, and market reports to find out about a company, the company culture, and the benefits beyond a base salary: wellness, benefits, community outreach, incentives, flexibility, work/life balance. Action steps and resources include what keywords get noticed in automated job portals, and how to find the best fit for you before you interview by structuring a standout authentic cover letter.

An Ocean of Wellness Possibilities (Zoom) Tues. July 26 at 12:30 pm

Have you thought about the endless possibilities of living a holistically well lifestyle? We skim the surface of living our best life every day. Learn how to live financially, mentally, physically, intellectually well, and more to discover the many possibilities of living the lifestyle we've always dreamed of having. Presented by Crystal Dodson, CEO of EnVizion Wellness, Inc. Wellness Lifestyle Concierge Please contact the Library at (908) 851-5450 or visit our website at www.uplnj.org for more information.

YOU'RE INVITED! TO YMCA OPEN HOUSE - JULY 28-31

The Gateway Family YMCA is celebrating a Find Your Summer Open House event July 28-31, available free to the local community. Everyone is invited to visit and Find Your Summer, Find Your Passion, Find Your Y at The Gateway Family YMCA. Individual events hosted at Y branches in Elizabeth, Rahway and Union include family swimming and basketball, water exercise programs, and group exercise programs like yoga or Zumba. Event details are available at tgfymca.org/events

"To be our best selves, we need to take care of our whole selves. At the Y, our supportive community will inspire you to find your inner strength so you can expand your health in spirit, mind and body," stated Krystal A. Canady, CEO, The Gateway Family YMCA. "The past two years have been hard on our community, and especially our families. We are happy to be opening our doors and providing some family fun and stress relief in the form of healthy activities, events and information."

The Gateway Family YMCA has served the local community since 1900, and provides programs and services with the goal of building community, developing youth and creating a safe experience. With a unique focus that encompasses programs and services for all ages, the Y is poised to assist families in a very intentional way, as a partner in their holistic wellness. In addition to the Open House, new members who join with a Family Membership at The Gateway Family YMCA online at tgfymca.org/join-the-Y will pay \$0 Joiner Fee with the code FAM July 28-31.

"At the Y, you'll find more than just a place to work out. With opportunities to connect with new people, develop new skills and explore new interests, you might just discover a new passion, too," stated Melynda A. Mileski, EVP/Chief Operating Officer. "We understand flexibility is important in today's world and have added virtual options for 24-hour access for our members, as well as tools and resources like YMCA360 and Nationwide Membership."

This June, The Gateway Family YMCA launched a Community Membership initiative, an opportunity for everyone to participate in designated Y programs, special events and communications through a complimentary membership designed to provide access to all, while remaining connected to each other and the

community. More information is available at www.tgfymca.org/community-membership

In addition to traditional Y programs like Youth Sports and Swimming Lessons, The Gateway Family YMCA also offers Child Care, Before and After School Care, Summer Day Camp, Virtual WISE Adult Services, Chronic Disease Management programs, Residential Housing and Social Services.

The Gateway Family YMCA is a 501(c)(3) non-profit, health and community service organization of caring staff and volunteers dedicated to strengthening community through Youth Development, Healthy Living and Social Responsibility. The Gateway Family YMCA impacts the community by providing quality services for all. The Y doesn't just strengthen bodies - it strengthens people, families and communities.

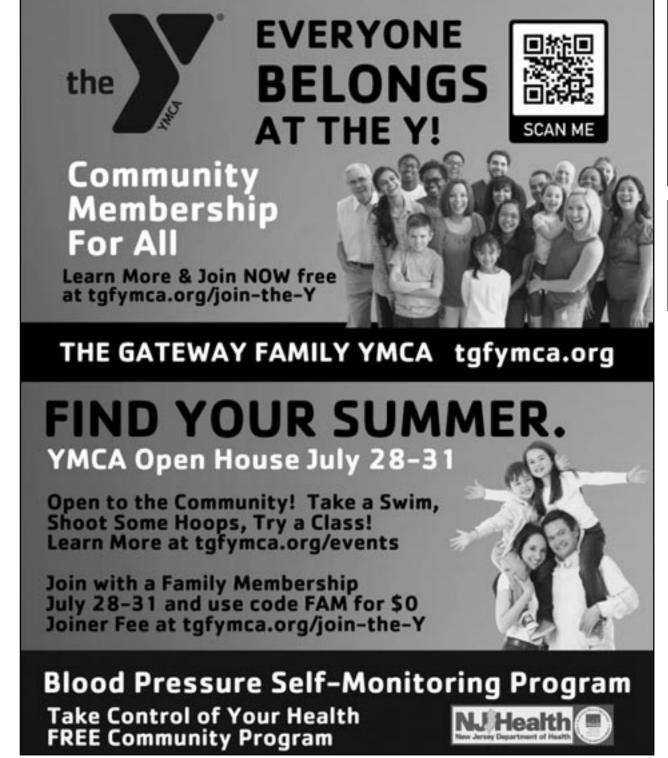
For more information about The Gateway Family YMCA, visit tgfymca.org or contact the Elizabeth Branch 908-355-9622,

Five Points Branch 908-688-9622,

Rahway Branch 732-388-0057

or the Wellness Center

and WISE Center Branch at 908-349-9622.





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CELEBRATION OF LIFE UNITES THOUSANDS OF ORGAN AND TISSUE DONATION SUPPORTERS

NJ Sharing Network

On June 5, thousands of organ and tissue transplant recipients, donor families, living donors and dedicated volunteers participated in NJ Sharing Network's 5K Celebration of Life Walk and USATF Certified Race in New Providence, NJ. The 5K Celebration of Life, which was sponsored by Pfizer, is the largest fundraising event to support organ and tissue donation and transplantation in the United States.

Participants honored those who gave the gift of organ and/or tissue, paid tribute to those who have received a transplant, offered hope to those currently waiting for a transplant, and remembered those who passed away while waiting for the gift of life. Funds raised by 5K Celebration of Life participants, teams, sponsors, and contributors support the Sharing Network Foundation. Thus far, nearly \$1.3 million has been raised for this year's campaign. Campaign contributions can be made until the end of August

by visiting SharingNetworkFoundation.org/5K.

"We were thrilled to come together with our community and safely reconnect in person to share stories and love, tears, and laughter. It was a healing and uplifting experience for those whose lives have been touched by organ and tissue donation and transplantation," said Elisse E. Glennon, Executive Director, Sharing Network Foundation.

According to United Network for Organ Sharing (UNOS), there are over 100,000 Americans – nearly 4,000 of whom live in New Jersey – waiting for a life-saving transplant. One organ and tissue donor can save eight lives and enhance the lives of over 75 others. To learn more, get involved and register as an organ and tissue donor, visit NJSharingNetwork.org.

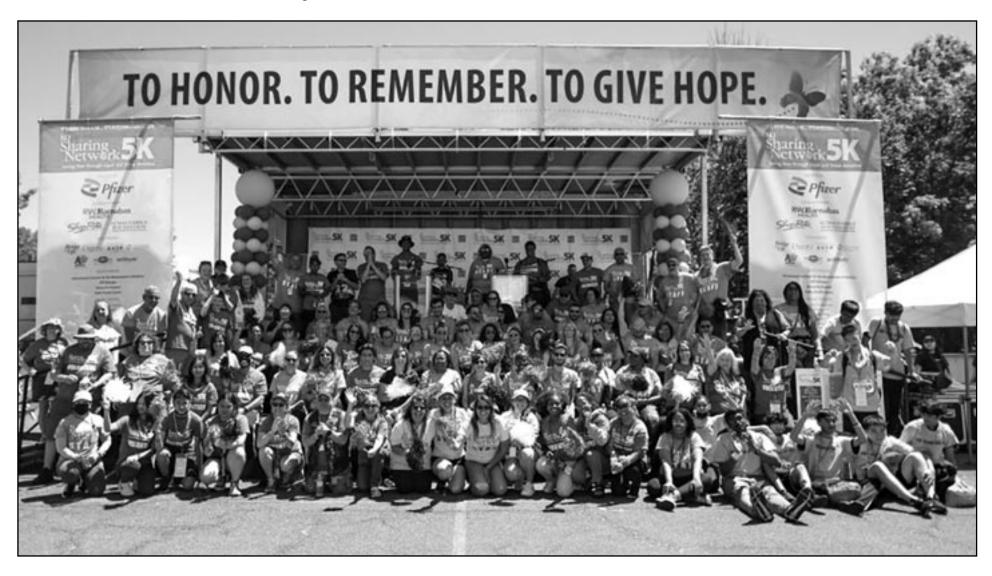
ABOUT NJ SHARING NETWORK

Currently celebrating its 35th anniversary, NJ Sharing Network is the federally designated non-

profit organization responsible for recovering donated organs and tissue in the Garden State. Last year, 233 generous individuals in New Jersey gave the gift of life, an all-time high for a single year. In addition, 42,112 eye and tissue donations healed and enhanced the quality of life for those in need. With headquarters in New Providence, NJ, the organization has been recognized by NJBIZ as one of the state's "Best Places to Work" for four consecutive years.

ABOUT THE SHARING NETWORK FOUNDATION

The Sharing Network Foundation is committed to increasing the number of lives saved through clinical advancement, family support, public awareness and education about the life-saving benefits of organ and tissue donation and transplantation. By making a contribution, you empower our efforts, bringing us a step closer to providing the greatest gift of all... the Gift of Life.



(above) Thousands of organ and tissue transplant recipients, donor families, living donors and dedicated volunteers participated in NJ Sharing

Network's 5K Celebration of Life Walk and USATF Certified Race.

Photo courtesy of NJ Sharing Network



FAMILY SUPPORT GROUP – JULY 19

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.

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.

Zoom sessions are held on the 3rd Tuesday of every month from 7–8:30 p.m. To register, email Denise at: namiunioncounty@yahoo.com with your name, town, and phone number.

LOCAL VOLUNTEER RECEIVES PRESTIGIOUS JEAN HARRIS AWARD

Submitted by Dr. D. Michael Hart

Marilyn Ryan was presented with the prestigious Jean Harris Award at a recent meeting of the Rotary Club of Westfield. This award is given to a non- Rotarian who does exceptional service to the community. It is a District-wide award. The Rotary District 7475 comprises of 77 clubs through 9 counties in northern New Jersey

District Awards Chair David Breidinger, from the Rotary Club of Trenton, presented this award on June 7, 2022.

Past President and Rotary Club Foundation Chair Liz Ensslin nominated Marilyn because she has worked closely with her for many years through the Rotary's food program to feed the hungry. Her remarks are as follows:

"Marilyn has dedicated her entire life to those in need. After earning a bachelor's degree in education from Seton Hall University in South Orange, Marilyn embarked on a 20-year career as a teacher in the parochial school systems in both Elizabeth, at St. Genevieve's and Blessed Sacrament, and Linden. She returned to school and became a licensed practical nurse, working in the Rahway Hospital Pediatrics Unit for the next 12 years. In 1985, she assumed the position of Pastoral Associate at Parish Community of Saint Helen in Westfield. In this role Marilyn coordinates many Outreach Programs and Eucharistic Ministry. Marilyn is the coordinator of the Helping Hands and Hearts Program, which

is designed to provide temporary financial or community and surrounding avenues. material assistance to those in need in our community. Marilyn serves on the advisory board of Sister Pat's Camp for Kids with Cancer in New York and is an Emeritus Member of the Board of St. Joseph's Social Center in Elizabeth. What is most important to know about Marilyn is that she is truly one of the most selfless people we know. The poor, the hungry and those in need always come first. She is the driver of our Soup Kitchens, Food Pantry, Service Auction and many other ministries.

When it comes to her work, Marilyn leads by example. She empowers others to lead their ministries for the poor and disadvantaged, but she also never hesitates to roll up her sleeves, pack Thanksgiving Baskets or deliver gifts to the poor. Marilyn knows first-hand that to "Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime." Her legacy is not only the work she does herself but the work she supports and empowers others to do. While we think of Marilyn delivering to those in need, we also deeply value the support she provides to members of our community who are suffering from illness, grief or a family crisis. She has truly touched the hearts of many and taught us how to serve others and be an advocate for others less fortunate than ourselves."

Many guests attended the meeting and gave Marilyn accolades for her dedicated service to the

The Rotary Club of Westfield meets the first three Tuesdays of the month at noon at Limani Restaurant on North Ave. Guests are always Welcome. For information check the Rotary Club website at westfieldrotary.org or contact secretary Michael Hart by email drmhart@yahoo.com.

Courtesy photo



(above, l-r) District Awards Chair David Breidinger, Jean Harris Award recipient Marilyn Ryan, Rotary Club Foundation Chair Liz Ensslin.



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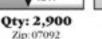
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4	Units 3.25° x 8° or 6.5° x	f \$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700	\$1900
6	Units 6.5° x 6.25° or 10° x	4 \$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000	\$2200
9	HALF PAGE 65'x 9" or 10" x	7" \$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400	\$2700
12	Units 10° x	8" \$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700	\$3000
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STARTER

WEBSITE

UNION MUNICIPAL BAND SUMMER CONCERT

The Union Municipal Band, under the direction of Howard Toplansky will present an outdoor Summer Concert on Monday, July 11, 2022 at 7:30 p.m. at Putnam Manor, Plymouth Road and Bennington Drive, Union. Please bring a chair and enjoy music under the stars! The Rain Date for the concert is Monday, July 18, 2022 in the same location.

Some of the selections will include: "God Bless America", "Estrellita", "On the Square", "Armed Forces Medley", "Tally-Ho" Overture and many other fine musical selections.

The band would like to invite musicians, including High School students from Union and the surrounding communities to join the group. If you are interested please call the Recreation Department at 908-686-4200.

GARDENING QUESTIONS?

Need insects identified?

Rutgers Cooperative Extension of Union County can help.

After being closed for the past two years due to the Covid pandemic the Helpline is now open to help solve your questions and problems.

Even landscape professionals occasionally need assistance identifying problems. Diseases of trees and shrubs or insects need to be properly diagnosed before they can be cured or controlled.

Rutgers Garden Helpline is staffed by trained volunteers to assist the citizens of their county with continuing educational opportunities supplied by Rutgers agricultural department during the year.

Rutgers Garden Helpline of Union County is located at 300 North Ave East, Westfield, NJ, (Colleen Fraser Building, 2nd floor). For questions and office hours call the Garden Helpline at 908-654-9852

There are three ways you can reach the garden helpline with your questions.

First you can call them at number above.

Secondly you can e-mail questions and photographs to: mastergardeners@ucnj.org

Or clients can bring a plant, lawn, or insect samples to the office. Specimens are the surest way to guarantee a proper identification.

Hours are Monday to Thursday, 10 a.m. until 2 p.m., and Friday 10 a.m. until noon.

The Garden Helpline volunteers are well trained to identify tick* species including 'deer ticks' which transmit Lymes disease to humans and pets.

This is an extremely valuable service as the deer and tick populations continue to grow in New Jersey.

The Asian Lantern-fly invaded Union County last spring and has already damaged many fruit trees and vines. The Helpline will keep you updated on the latest information how to control this colorful but destructive leaf hopper.

In addition to garden critters the Helpline will identify house infesting insects such as carpenter ants, termites and food infesting pest.



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