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MERCK EMPLOYEE FEDERAL CREDIT UNION RECOGNIZED

Rahway Food For Friends

Since the beginning of the pandemic, the Merck Employee Federal Credit Union has assisted Rahway Food For Friends (RFFF) with donations, financial contributions, and volunteer support.

RFFF extends a 'thank you' to Mr. Paul Gentile, President of Merck Employee Federal Credit Union. Mr. Gentile has been involved with Rahway Food For Friends Food Pantry for a few years. His integrity, passion, and dedication are exemplary when helping those in need.

The price of groceries has risen 9.1%, the highest in 35 years, driven by a 17% rise in the costs of meat, poultry, seafood, and eggs.

In light of these recent increases, more people stop at our pantry for food. Soon after ordering the food, unloading it, stocking the shelves, and bagging it for our clients, the inventory is quickly depleted. We are familiar with the many faces of hunger and turn no one away, so we are preparing for this economical change.

Rahway Food For Friends asked for help from those in the community. Quickly answering their calls for help were Paul and the Merck Employee Federal Credit Union to assist. This was an endearing and very noble act of kindness.

Paul and his wife are great examples of hope when giving back to the community. His children volunteer at our Soup Kitchen on Saturdays. They understand the need of local families facing food insecurity and the importance of serving with dignity.

Merck has volunteered with Rahway Food For Friends for over 25 years and hosted food drives and holiday collections, led soup kitchens, and assisted in the pantry. Merck Employee Federal Credit Union, Merck Foundation, and Merck Cares focus on community health and support and always seek ways to strengthen our communities.

As inflation takes a massive toll on our nation, we witness the rise in food costs, fuel, and housing. Rahway Food For Friends continues to feed over 650 families monthly to combat food insecurity and hunger. We could not do this alone. Every donor and volunteer that lends a hand to Rahway



(above) Rahway Food For Friends thanks the contributions and continued support of Paul Gentile, President of Merck Employee Federal Credit Union.

Courtesy photo

Food For Friends ultimately helps a nation. Thank you all for your support and for helping us continue to feed our friends in the community!

For more information, or to donate, please visit rahwayfoodforfriendsnj.org.

ARTSFEST: ART IN ALL DIMENSIONS – SEPT. 24

On Saturday, September 24, 2022 from 2 – 6 p.m., ArtsFest: Art in All Dimensions takes the arts to new heights in the City of Rahway (literally!) With an array of performance artists showcasing their talents, including: a gravity defying aerialist, the skill and grace of a contortionist, the dance moves of Steppaz with Attitude and Rahway Dance Theater, as well as music from Sarah Teti, Sweater Pills, Stefano Catugno and Karickter. Visual Artists will have their creativity and talent on display and some of Irving Street's local restaurants will show off their culinary skills with creations from their kitchens. With over 50 accomplished and amateur artists and local vendors displaying their work and

selling hand-crafted items, there is something for everyone to enjoy. Those in attendance can help to create art as well with live art classes, demonstrations, and interactive community art pieces. For more information check out rahwayishappening.com/artsfest.

After a day of being immersed in the arts scene, visitors and residents of Rahway can enjoy the Union County Performing Arts Center's feature presentation of "The Ultimate Michael Jackson Experience: Who's Bad." This event will provide "dinner and a show" options. Details about the "dinner and a show" specials are available at rahwayishappening.com/dinnershow.

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Our Town Rahway

LOCAL NURSE WINS INTERNATIONAL DAISY AWARD

Robert Wood Johnson University Hospital Rahway Infusion Center nurse Marisol Mateo was awarded the prestigious DAISY Award for her attentive, family-focused care.

The Colonia resident, who was nominated by the wife of a patient, was praised for her careful explanations, her gentle touch, and her intuitive care. With a look, she knows “when you need a blanket, a pillow or a big smile,” the patient’s wife wrote in her nomination letter.

“Every need is met with kindness and great care. She does her skills with kindness and grace,” the patient’s wife wrote. “It all matters when you are ill, that your nurse is so wonderful. Her attentiveness is breathtaking and personal.”

The patient’s wife said Marisol has “the special abilities, no matter what our circumstances are, to help me and make me feel calm and safe.” Her husband would speak so highly of Marisol’s care that “his eyes would fill with tears” when he spoke of her, his wife wrote.

The DAISY Award is an international award celebrating a select number of the most passionate and caring nurses around the world. It was originally created to commemorate J. Patrick Barnes, who was diagnosed with an auto-immune disease.

“The DAISY award recognizes extraordinary nurses,” noted Vice President of Patient Services

and Chief Nursing Officer Ann Marie Shears. “Marisol’s care for this patient and his wife exemplifies what DAISY is all about.”



(above) Marisol Mateo (center) with RWJ Rahway Infusion Center teammates Nursing Assistant Joanne Kelly (left) and Nurse Diana Hopper.

Courtesy photo

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(above) Lisa Shepard Stewart,
CulturedExpressions.com

Photo by Limitless Visions

SEPTEMBER KICKS OFF “SEWING SEASON”

Sewing’s resurgence during the height of the pandemic remains strong going into Fall 2022, with so many people buying sewing machines (or dusting off old ones), taking classes and stitching everything from face masks to easy home dec accents, clothing and accessories. Having the time to immerse (or re-immers) ourselves into fabric, needle and thread also gave us a much needed creative release.

Over the past two years in particular, more people have realized that sewing (along with other home-centered activities like cooking and gardening) is a valuable life skill with limitless benefits. Aside from the obvious creative benefits, sewing also relieves stress, aids in focus and decision-making and maintains/improves hand-eye coordination, among others. And the benefits apply to sewing

enthusiasts of all ages. You can discover countless ways to incorporate sewing into your lifestyle, making it work with your particular needs and interests.

And since September is designated as both National Sewing Month and African Fabric Month, this is the perfect time to kick off “Sewing Season” with culturally relevant projects! Cultured Expressions Sewing Studio at 1417 Main Street celebrates both occasions with special offers during Rahway’s ArtsFest on Saturday, Sept. 24. Learn about the studio’s private Sewing Machine 101 classes and custom group events, along with a growing menu of virtual classes. Already know how to sew and quilt? The studio also offers a wide variety of African textiles and embellishments, kits, and lots of inspiration.



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ARTS FEST

RAHWAY

Saturday, Sept. 24

2PM to 6PM • Irving Street From Central Ave. to Elizabeth Ave.
Rain Location: Rahway Recreation Center

ArtsFest is a free one-day festival taking place in downtown Rahway where visitors of all ages will have the chance to experience and engage with the arts in a dynamic way. Visual artists, performers, musicians, craft artisans, and local businesses from all walks of life come together to create an atmosphere that will enliven the senses.

More info at: www.rahwayishappening.com/artsfest




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PROGRAM TO FEATURE UNION COUNTY'S REIGN OF TERROR

The Union County Historical Society is pleased to host Dr. Walter E. Boright for a program entitled "Union County's Reign of Terror" on Sunday, October 2 at the Cranford Community Center, 220 Walnut Avenue, Cranford. As seating is limited, an advance



(above) The Union County Historical Society is pleased to host Dr. Walter E. Boright for a program entitled "Union County's Reign of Terror" on Sunday, October 2 at the Cranford Community Center.

Courtesy photo

reservation is suggested by emailing the society with the number attending at uncohissocl@gmail.com.

The presentation centers on a Union County man who earned infamy as one of the most notorious killers in the state of New Jersey. His rampage in the 1950s into the 1970s began with grave desecration and arson, and escalated to rape, murder, and cop killing. He was not linked to some of his crimes until decades after they were committed. This serial killer eventually was convicted of murder and imprisoned for life where he later died of natural causes.

Union County Historical Society President Joanne Rajoppi said, "We are excited to have Dr. Boright, a noted author and historian, review the history of these crimes for the Society's program. Dr. Boright is a respected, well-known author of six local history books and nearly 200 published

articles about local, county, and New Jersey State history," she added.

Dr. Boright earned a bachelor's degree as a history major from Kean University in Union where he also taught New Jersey history. He taught history in Clark schools and became a New Jersey superintendent of schools. He earned master's and doctoral degrees at Seton Hall University. He served as a Kenilworth councilman and was elected five times to the Union County Board of Chosen Freeholders (now the Board of Commissioners). Dr. Boright has presented many programs to schools and organizations about local, regional, and New Jersey history.

The program is open to the public without charge. Parking at the Cranford Community Center is adjacent to the center and library with free off-street parking.

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POP UP MARKET ON LEWIS STREET

The City of Rahway has been sponsoring a Pop Up Market on Lewis St. on Fridays from 3 – 8 p.m. Remaining dates are September 9th & 16th.

The Lewis Street Pavilion is located in the beautiful downtown area of Rahway, NJ between Main and Augusta Streets. The Pavilion and Market are just a few steps away from our parking deck, next to several restaurants.

Enjoy great live music from local artists from 6:30 - 9:30 p.m. at the Paseo, which is just three doors away from the Lewis Street Pavilion.

The Lewis Street Market will feature local artisans and Rahway businesses selling a variety of goods from honey to hand bags, candles to cocktail mixers, fresh produce and flowers.

Be sure to follow @Rahwayishappening on Instagram and Facebook to find out who will be there each week.



(above) The Lewis Street Pavilion is located in the beautiful downtown area of Rahway, NJ between Main and Augusta Streets.

REGISTER FOR FAMILY-TO-FAMILY COURSE ON MENTAL ILLNESS

National Alliance on Mental Illness

The National Alliance on Mental Illness (NAMI) Family-to-Family Education Course will be offered by the Union County Chapter of NAMI. The course will begin on Thursday evening, September 22, 2022, and meet each Thursday over a consecutive 8-week period. It is free of charge with all necessary materials furnished at no cost.

The course is offered specifically to the parents, siblings, spouses, teenage and adult children, and significant others of individuals with severe and persistent mental illness. The program is not appropriate for individuals who, themselves, suffer from one of the major mental disorders. This course is taught by NAMI members who have completed intensive

training.

Curriculum topics include schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder, obsessive-compulsive disorder, etc., the clinical treatment of these illnesses, and how caregivers can learn to cope more effectively. Attendees will learn about new research, medications, skills needed to successfully communicate with a relative, and how to deal with critical periods.

Capacity is limited. To register, or if you have questions, please contact Pat Roman at 732-397-8123 or via email at: patroman2@aol.com before September 15, 2022. Please include "F2F Course" in the subject line. A Family-to-Family instructor will contact you with the details.



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Harvest Home

So now is time to see you in September, when the summer prepares to end and leaves start to turn. Fireplaces start to burn, pumpkins getting ready for picking, and time for one last summer hurrah at the Jersey shore. Maybe even take a gamble and try your luck at a casino in Atlantic City.

It's also time to finally decide do we stay or do we go, do we sell or so we buy, do we own or do we rent. Decisions can be fun and exciting especially if a new location is in the cards.

Yes, prices are still strong, interest rates have stabilized and even dropped a bit but opportunity can be knocking and perhaps it's time to make that decision. To pick out that new home and fill it with beautiful end of summer sunflowers or early fall mums. And make it your own new domain!

Allow me to help you just as I have with the sale of other clients homes: Linden (\$550,000); Rahway—under contract at under \$500,000; Rahway—sold at \$450,000; Sewaren—under contract at under \$600,000; Port Reading—just listed \$464,500, plus many more. So perhaps when I see you in September I can help you at any place or in any town to list sell, buy or rent!

So enjoy the remaining days of summer and prepare for the colors of fall and remember to call me for your real estate needs whatever they may be and where ever it may be.

Please also remember to get your vaccinations and be careful. Also please pray for the people of the Ukraine.

God bless your family, God bless America.



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STRANGERS HELPING STRANGERS - THE NEW JERSEY VETERANS NETWORK

The New Jersey Veterans Network (NJVN) works with many different organizations to bring food, groceries, and clothes to veteran families in need. One organization they've worked with is Strangers Helping Strangers (SHS). They've provided over 100 meals for veterans and their families while pairing up with the NJVN over multiple projects. SHS itself distributes 20,000 pounds of food in Elmwood Park, NJ.

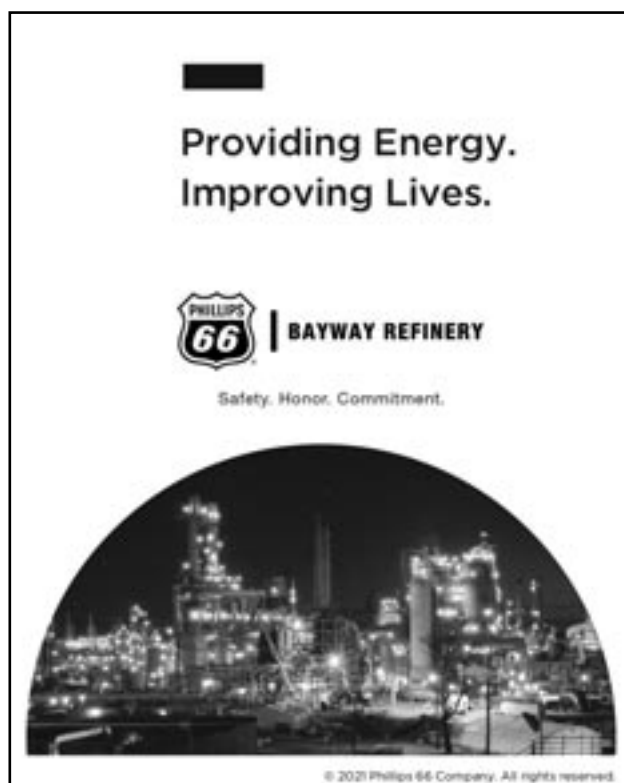
On Friday, August 12, 2022, Doc Schupp, Director of Veterans Outreach for NJVN, and

Dennis Duddie, American Legion Department Vice Commander, presented the Strangers Helping Strangers team with four awards, including a Hero Award for team President Chris Braitsch, a Certificate of Commendation, as well as the Community Service Award, recognizing their continuous support for Veterans and their families. Strangers Helping Strangers was also presented with the Certificate of Appreciation from The Department of NJ State VFW and an NJVN Community Service award.

When asked about the assistance that SHS has provided for the Veteran Community, Doc

Schupp said, "This team (SHS) has provided for our State's heroes time and time again, we are blessed to have them as partners."

Strangers Helping Strangers was created during the COVID-19 crisis, and has continued to work with the New Jersey Veterans Network to provide for our veterans. They work closely to provide not only goods for those in need, but they also give hope in times of crisis. While SHS provides the food and groceries, the NJVN distributes them directly to the veterans homes. It's a wonderful system that has helped improve the lives of so many veterans and their families.



(above) Doc Schupp, Director of Veterans Outreach for The New Jersey Veterans Network, and Dennis Duddie, American Legion Department Vice Commander, presented the Strangers Helping Strangers team with four awards.

Having trouble with your VA claim? Is your claim being denied by the VA?

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Disabled American Veterans Chapter 40 in Union, NJ will be holding their meeting on

Thursday, September 15, 2022, at 10:30 a.m.,
at **The American Legion Hall 3**, Bond Drive Union, NJ
(Located next to the Union Fire Department)

We are inviting all Veterans to attend our meeting as the Topic of the Day will be "How to file a VA claim and Win." We all know that our claims can go unnoticed for years, but with our help you can get them expedited and get you what you rightfully deserve. Many members of our chapter have been successful in using our method.

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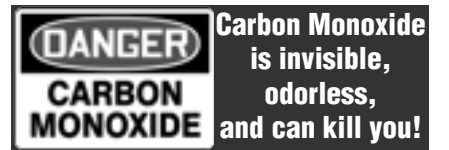
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In April 2018, then-Rahway High School senior, Kyle Steven Sanders, formed the Rahway-based indie rock band, The Yellow Fevers, with his brothers, Will and Chris. Four years later, numerous EPs and a handful of singles later — as well as a name change to The New You — Sanders's band has had a busy 2022. Throughout the year, they have been busy in the studio recording new versions of formerly released tunes they made under "The Yellow Fevers" for a New You re-release, as well as brand new tunes.

Jack Powers, a music major at Montclair State University from Hazlet, NJ, became the band's bassist in 2021. With a lineup of Kyle, Jack and Chris, The New You has headlined The Chubby Pickle in Highlands and Redhouse in Boonton, and has performed at local venues such as Crossroads in Garwood and Jimmy's Bar and

Grill in Kearny. Kyle has since graduated in May 2022 with a degree in philosophy and music from Montclair State University, where he met Jack in a jazz combo. Kyle spends his weekdays as a supplemental instructor of philosophy for MSU's Center for Academic Success and Tutoring.

The New You released their cinematic, arena-ready debut single, "Make You Mine," under the new band name on June 30, 2022 on all major streaming services including Spotify and Apple Music, and it can also be found on Bandcamp, SoundCloud, Amazon Music, Pandora and Tidal. The band released "A Thousand Miles Away" and "Make It Out Alive" on July 31, and "Crazy For You" and "She's A Dangerous Girl" came out in August. They can be found on Instagram (@thenewyou.band), on Twitter (@TheNewYouBand), and on Facebook.



(above) Rahway-based band The New You have had a busy year recording and releasing new music. Their debut single, "Make You Mine," can be heard on all major streaming services.



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UNKNOWN WOMAN MURDER OF 1887 STILL OUTSTANDING CRIME IN CITY

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

It's hard to imagine that news of a strange crime which took place in Rahway 135 years ago could captivate attention and excite interest all across the United States and even reach countries on the other side of the Atlantic. But the brutal murder of a young woman and the ensuing layers of mystery that unfolded during the investigation, created one of the most intriguing murder mysteries of the nineteenth century.

On the morning of March 26, 1887, Alfred, Thomas, and Irving Worth set out along Jefferson Avenue for their two mile walk to work. As they reached Central Avenue, they spied something on the ground that appeared to be a discarded coat. The brothers approached the object for a closer examination and were horrified to discover a bloody corpse of a young woman.

Rahway Police Chief William Tooker was immediately summoned, but by the time he arrived at the scene, over 100 curious neighbors had beat him to the site. Many were hovering around the body and others were kicking through the scrub grass searching for clues. Tooker restored order as best he could and finally had the opportunity to examine the awful scene.

The ground around the body showed every sign of a terrific struggle. The woman had been brutally murdered. Her throat had been slashed from ear to ear and her face was discolored with bruises. She was blue eyed, brown haired, and appeared to be in her early to mid-twenties. She was dressed in a dark green dress, wore tan kid gloves and was clad in a pair of shoes which looked foreign made. Near her body lay a fur cape, a black straw hat, and a parasol. A small willow basket and nine eggs, all but three of which were broken, were strewn among the other effects.

While Tooker was making his survey, two men came up to him with objects they had uncovered.

One handed him a small black bag which he said he found in the river by the Jefferson Avenue Bridge. The other man gave the chief an item of even greater interest. It was a bloody knife. These items; the clothes, the eggs and basket, the black bag and the bloody knife would make up the primary bits of evidence as the search would begin for the killer.

There was, however, an unusual and unsettling development. Of all those who viewed the corpse during the course of the morning, no one recognized the woman. It was this unusual twist that would take the crime out of the realm of a local story and make it one that would pique the interest of a nation-wide audience.

By noon on the morning of the murder, beat reporters from the Elizabeth, Newark, and New York City papers had arrived and by the next day reporters from as far off as Boston, Philadelphia, and Washington D.C. were in town to try to break the story. Professional and amateur detectives hurried to the community. Rewards were offered by the state of New Jersey, the local city council, wealthy citizens, and crime magazines. Photos of the woman would soon be circulated throughout the major cities on the east coast and as far west as San Francisco. Readers in Salt Lake City, Fort Worth, Chicago, and Atlanta followed the story in their local dailies.

Public viewings were held in Ryno's Funeral Home on the three Sundays after the body was found with the hope someone would identify the victim. Although a total of over 10,000 visitors would come to Rahway on those Sundays and stand on long lines to get a glimpse of the woman, no one could offer a positive identification.

The Rahway religious community, upset by the lack of dignity and decorum during the public viewings, urged the authorities to give the woman a proper funeral service and burial. The powers-to-be did allow a funeral service to take place on

April 11, but would not give permission to bury the body. There was still a chance someone would recognize the victim.

Early on, a jury had been selected with the assumption that an inquest would be scheduled and witnesses called. On Monday, April 18, the first of a series of six sessions began. Twenty-five citizens testified, but nothing conclusive ever came out of the inquest. As many as fifteen men were pursued as suspected killers. The ones apprehended were questioned and a few spent a night or two in jail. But in the end, no one was ever convicted.

On Tuesday, May 3rd, thirty-eight days after the body was found, the unknown woman was finally buried in a rear section of the Rahway Cemetery. Six New York reporters served as pall bearers. Of the three-dozen people who attended the burial, two women swore they knew the name of the victim. The only problem—each argued it was a different person.

In the months that followed more leads concerning the killer would come forward. One story surfaced which named the owner the basket, and in June, a man in Salem, Illinois confessed to the crime. Both stories, however, led to dead ends. Ownership of the basket was never proven, and when the confession of the Illinois man was checked out, it was surmised he was a “crank” looking for free passage back to the east coast.

Although the names of some 51 women, thought to be the victim, had been brought to the authorities since the beginning of the investigation, no positive identification was made. In the next fifteen years, identifications continued to come forth, but with the body interred and the passage of time, it was becoming next to impossible to give the woman a rightful name.

Who was the woman? Who killed her? What was the motive? No one to this day has been able to solve the uncanny mystery.

CEMETERY TOUR TO FEATURE UNKNOWN WOMAN MYSTERY - OCT 2

On the cold, Friday evening of March 25, 1887, the life of a young woman, whose identity has never been established, was snuffed out by a fiendish killer, who, like the victim, has never been named.

The unusual and intriguing story of the Unknown Woman Murder Mystery will come to life on Sunday, October 2nd when the Merchants and Drovers Tavern Museum Association presents its 28th Annual Cemetery Tour.

On the afternoon of the tour, visitors will be escorted to the graves of more than a dozen persons who were in some way involved with the case. Costumed interpreters will be stationed at the sites to portray the individuals and tell their stories.

Tour groups will meet Frank Worth, one of the brothers who found the body, Daniel Ryno, the undertaker, Dr. Walter Cladek, the doctor who performed the autopsy, and Mayor John Daly,

whose city was unnerved by the murder. Reverend Alfred Gay will speak on the funeral, City Clerk Franklin Marsh will relate facts about the inquest, and railroad agent Richard Feist will tell a story about a suspicious passenger. Visitors will also meet the editor of the local paper, a mother whose son was implicated in the crime, a police officer who worked on the case, the town crier, and a young woman who will share the fears enveloping her community.

Reservations are recommended. Tours start at noon and leave every fifteen minutes. The last tour will go off at 4 P.M. Each tour takes approximately two hours. Admission is \$15 for adults, \$10 for members of the Association and seniors (65+), and \$5 for children (12 and under).

To make reservations and pay by PayPal visit our website at merchantsanddrovers.org or call the Museum office at (732) 381-0441 for tour time availability and for more information.





SQUIRRELS

Squirrels are familiar to almost everyone. More than 200 squirrel species live all over the world, with the notable exception of Australia.

A group of squirrels is called a scurry. A baby squirrel is called a kit or kittens.

The tiniest squirrel is the aptly named African pygmy squirrel—only five inches long from nose to tail. Others reach sizes shocking to those who are only familiar with common tree squirrels. The Indian giant squirrel is three feet long.

Like other rodents, squirrels have four front teeth that never stop growing so they don't wear down from the constant gnawing. Tree squirrels are the types most commonly recognized, often seen gracefully scampering and leaping from branch to branch. Other species are ground squirrels that live in burrow or tunnel systems, where some hibernate during the winter season.

Ground squirrels eat nuts, leaves, roots, seeds, and other plants. They also catch and eat small animals, such as insects and caterpillars. These small mammals must always be wary of predators because they are tasty morsels with few natural defenses, save flight. Sometimes groups of ground squirrels work together to warn each other of approaching danger with a whistling call.

Tree squirrels are commonly seen everywhere from woodlands to city parks. Though they are terrific climbers, these squirrels do come to the ground in search of fare such as nuts, acorns, berries, and flowers. They also eat bark, eggs, or baby birds. Tree sap is a delicacy to some species.

Flying squirrels are a third, adaptable type of squirrel. They live something like birds do, in nests or tree holes, and although they do not fly, they can really move across the sky. Flying squirrels glide, extending their arms and legs and coasting through the air from one tree to another. Flaps of skin connecting limbs to body provide a wing-like surface. These gliding leaps can exceed



(above) Flying squirrels are more common than we think, nesting in trees during the day and gliding overhead from tree to tree at night.

150 feet. Flying squirrels eat nuts and fruit, but also catch insects and even baby birds. Unlike other squirrel species, tree squirrels don't hibernate. They instinctively bury food in hundreds of caches to dig up during leaner months—some of those stored acorns and other seeds are forgotten, making squirrels one of the most effective (if accidental) tree planters on the planet.

Many people enjoy watching the antics of squirrels playing and scampering up and down trees. At backyard bird feeders, squirrels are tricksters figuring out new ways to get to the seeds. These larger creatures scare away the smaller bird's feeders are meant to attract. There are feeders and gadgets designed to deter squirrels. The main thing is to exclude squirrels from entering the home. Keep your garage door closed and don't leave open windows unattended.

Trapping and relocating squirrels is the last resort. This is not easy and usually ends up poorly for the squirrel. In fact, a 2004 study of grey squirrels who were trapped and relocated from



(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

suburban areas to a large forest showed that a staggering 97 percent of the animals either soon died or disappeared from the release area.

Chipmunks are small squirrels with stripes. Chipmunks have cheek pouches which help them carry food. Many chipmunk species hoard food such as nuts, berries, egg and grains for the winter.

Remember that just like every other animal, squirrels are just trying to survive.

Information and photograph in this article are thanks to National Geographic.

Happy Autumn,

James



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SAFETY, ENRICHMENT AND FUN AT AFTERSCHOOL PROGRAMS

The Gateway Family YMCA

Registration is open for the 2022-2023 school year Before and After School Programs offered by The Gateway Family YMCA in coordination with the Rahway, Elizabeth and Union Township public school districts. School age child care programs continue to be a place where children can remain active, extend their learning and continue to be engaged during their time out of school – a critical time for all school age children, especially as they continue to adjust to the many changes related to COVID-19.



(above) Registration is open for the 2022-2023 school year Before and After School Programs offered by The Gateway Family YMCA.

“The Gateway Family YMCA has served the local community for more than 122 years, during which we have made it through many challenging times together,” stated Krystal R. Canady, CEO, The Gateway Family YMCA. “As an organization dedicated to youth development, we know how important it is that our children have a safe and enriching environment for learning, both in and out of school.”

“We are pleased to be able to provide these programs to the children in our community, allowing their invaluable social, emotional, physical and academic growth to continue long after the school day ends,” stated Melynda A. Mileski, EVP/COO, The Gateway Family YMCA. “Through a balanced approach to youth development, the curriculum offers activities, mentorship and academic support, nurturing the

potential of all participants throughout the school year.”

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, or Rahway Branch 732-388-0057 or the Wellness Center and WISE Center Branch at 908-349-9622.

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Photo by Marko Korosec, near Julesburg, Colorado

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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. 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.

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- Patricia G.

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OUTSTANDING CITIZENS HONORED BY SCOUTS

Submitted by Jennifer Volz

Boy Scouts of America, Patriots' Path Council will be honoring local citizens at the annual Union County Lifetime Achievement Awards Dinner to be held on the evening of Tuesday, September 13 at the Galloping Hill Golf Club in Kenilworth. This year's Lifetime Achievement award honorees are Peter Chemidlin, Melissa Mann, Kathy Matthews, Joanne Rajoppi, Theodore Schlosberg, and John Wohlrab. Doug Harris is receiving the Boy Scouts of America 2022 National Outstanding Eagle Scout Award at the event.

The event recognizes outstanding citizens for their community service, as evidenced by their leadership and interests within the Union County community, and for their embodiment of the values of the century old Scout Oath and Law in their personal and professional lives. The event co-chairs are Nancy DiLiegro and Gene Jannotti, past Lifetime Achievement Award recipients and active volunteers in the Union County community.

Peter Chemidlin is the President of Family Investors Company located in Fanwood; Melissa Mann is the Administrative Director GME at Trinitas Regional Medical Center; Kathy Matthews is an Educator at Union Catholic High School; Joanne Rajoppi is the Union County Clerk; Theodore Schlosberg is the Founder and Executive Director of the NJ Workshop for the Arts; and John Wohlrab is the Director of Government Relations at Waste Management.

Union County is a part of the Patriots' Path Council, Boy Scouts of America along with the counties of Middlesex, Morris, Somerset, and Sussex. In the council, over 3,000 adult volunteers deliver the values of Scouting to over 7,500 Scouts.

For more information on Scouting in Patriots' Path Council, attending the event, and sponsoring the program journal, contact Jennifer Volz, Sr. Development Director, at 973-765-9322 ext. 249 and/or jennifer.volz@scouting.org.



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GARDEN RECEIVES BENCH DONATION

John Samsel of Samsel & Associates Realty has donated a bench to the newly renovated Everett Duchin Memorial Garden at Robert Wood Johnson University Hospital Rahway in Rahway, NJ. Over the years, this space has served as a pinnacle place for RWJUH Rahway staff, patients, and families. In the wake of the

COVID-19 Pandemic, this space had become a place not only for breaks or staff and family meetings, but a place for tranquility, peaceful repose, reflection and remembrance. Thanks to the generosity of Samsel & Associates Realty, it will continue to serve as a symbol of hope and resilience for all.



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Not to be combined. Exp. 9/30/22.

CIVIL AIR PATROL'S CADET YOUTH PROGRAM OPEN HOUSE

On September 13, the Civil Air Patrol (CAP) will have an Open House event open to the public for the youth and adults. CAP is a Volunteer organization serving as the United States Air Force-Auxiliary (a non-combatant civilian organization with a military structure). CAP has many missions, and one of the primary missions is Community Service. Therefore, CAP members provide Community Service in numerous ways.

Students ages 12 to 18 can join the CAP "Cadet Program." The Cadet Program trains cadets in different areas: Emergency Service, Aerospace-STEM Education, Physical Training, Orientation Flight Training, Military Custom and

Courtesies, Leadership, Character, and much more. The Cadet Program aims to prepare the youth to be productive citizens, learn to serve the community, and have a strong sense of leadership and character. The Cadet Program has a military structure in which the cadets learn the Air Force military traditions.

At an early age, the youth is challenged to take responsibility by climbing the ladder of promotions to command, serve, and be a wingman in the Cadet Corps. With time, parents see the transformation of their children into young adults as they advance in the Cadet Program by taking on responsibilities. The

majority of the cadets prepare for college by serving in CAP. Others join CAP to get ready for a military profession. During cadets' CAP careers, they earn ranks, awards, scholarships, special recognition, national training, etc. Also, cadets proudly add on their resume that they are airmen of the U.S. Air Force-Auxiliary. The CAP Cadet Program is not like other youth programs; it requires commitment and reliability to the organization. CAP forges character in the youth!

CAP (U.S. Air Force-Auxiliary) also accepts adults in their service. Adults can select from the many missions and duties that CAP offers. Adults will receive training in the field that they are selected to serve. Many parents join CAP with their cadets, creating a special bond (parent and child) by having something in common to do together. Parents will become mentors and educators for many of the cadets. A lesson learned is that cadets benefit more from the program when parents join CAP.

Established in 1941, Civil Air Patrol is the official auxiliary of the U.S. Air Force and, as such, is a member of its Total Force. CAP proudly served in WW2 by flying over the U.S. coast, searching for U-boats, and rescuing sailors from sunken ships. Presently in its auxiliary role to the U.S. Air Force, CAP operates a fleet of 555 single-engine aircraft and 2,250 small Unmanned Aircraft Systems (sUAS) and performs about 90% of all search and rescue operations within the contiguous United States as tasked by the Air Force Rescue Coordination Center. CAP's 56,000 members also perform homeland security, disaster relief, and other missions at the request of federal, state, and local agencies.

Regular Meetings: Twelve months of the year (it's an all-year-round program). When: Every Tuesday from 6:30 p.m. to 8:30 p.m. (arrival is at 6:15 p.m.). Where: JP Stevens High School in Edison. Other unscheduled meetings may be required, such as flight orientations, community service, special training, etc.

Open House Information

When: September 13, at 7:00 p.m.

Where: JP Steven High School,
855 Grove Ave, Edison, NJ 08820
(Multipurpose Room).

RSVP is required. Please make your reservation for the Open House by emailing Lt Josline Pinto: josline.pinto@njwg.cap.gov, and cc Capt Jose Vergara: jose.vergara@njwg.cap.gov For more information, visit CAP.News, or GoCivilAirPatrol.com.



(above) On September 13, the Civil Air Patrol (CAP) will have an Open House event open to the public for the youth and adults.

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RAHWAY DAY - OCT 3

Rahway Chamber of Commerce

Rahway Day is a community event hosted by the Rahway Chamber of Commerce. It is designed to showcase the businesses, government, schools, and non-profit organizations of Rahway and the surrounding areas, to our diverse community. Rahway Day is a great way to interact with the community and local business owners, as well as potential and current customers.

It will be held Saturday, October 8, 2022 from 11 a.m. to 3 p.m. at the Rahway Recreation Center.

To register, please sign up at rahwaychamberofcommerce.com/rahwayday or email rahwaychamberofcommerce@gmail.com.

We're looking forward to seeing you at Rahway Day!

SPAGHETTI DINNER FUNDRAISER – SEPT. 23

Rahway Knights of Columbus

On Friday, September 23, Rahway Knights of Columbus Council 1146 will be having a spaghetti dinner to benefit a displaced Ukrainian family. The cost is \$15 for adults, \$10 for children under 5. The event will be held from 5 to 8 p.m. The event will be held at the Columbian Club hall located at 80 West Inman Avenue, Rahway, NJ 07065. Cake, coffee, and refreshments will be served. Food is available for eat in or take out.

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GRIEF RECOVERY SEMINAR BEGINS SEPT. 18

The First Presbyterian Church of Cranford (FPCC) is preparing to offer its free, 8-week, grief recovery seminar, "Journey Toward Wholeness: Healing the Grieving Heart," which takes place on Sunday evenings beginning September 18 until Sunday, November 6 from 6:30 to 8:30 p.m. The seminar is being offered on Zoom only. There is no charge, but registration is required by calling 908-251-5641.

Exhausted, depleted, lonely, and isolated are just a few of the terms that describe how we are feeling while navigating through an increasingly chaotic existence, exacerbated by a pandemic, political conflict, and extreme weather. When you are grieving a loss amid all these stressors, every day may seem dark and overwhelming.

We offer a ray of light and welcome all grieving a loss of any type to join our seminar. The co-leaders of the program, Patti Williams, RN and Certified Grief Counselor, and Virginia Waters, Clinical Psychologist, have personal and

professional training and experience in the field of grief and loss. They are joined by a team of trained facilitators who provide support and lead breakout groups for individuals who have experienced a similar loss.

In the words of a recent participant, "Thank you and your team for everything you are doing to create such necessary, safe, and encouraging bereavement healing space for these times. Being with other grieverers, I felt myself soften into the truths of my loss in a profound way that I haven't had the opportunity to do at all during this time of Covid. I'm so grateful for that small step forward. I was also mightily impressed by how well you all managed the technology to make this possible. Well done!"

The program is free and open to all faiths. We have helped thousands of participants in 21 years. For more information visit firstprescranford.org/care/grief-recovery.

About the First Presbyterian Church of

Cranford

As the body of Christ empowered by the Holy Spirit, the First Presbyterian Church of Cranford (FPCC), 11 Springfield Ave., Cranford, seeks to live God's Word and inspire others to embrace Jesus' commandment to love one another as the Lord loves us. Learn more at firstprescranford.org.

ST. JOSEPH SOCIAL SERVICES' URGENT NEEDS

New Shopping Bag Rules in NJ... and We Need Bags!

New Jersey has the strictest ban on plastics in the country, and it is now in effect for the entire state of New Jersey, including for food distribution at St. Joseph Social Service Center. We are in need of reusable bags for our clients. If you can donate new or used but clean reusable shopping bags, please drop them, 118 Division Street, Elizabeth, NJ, during normal operating

hours. If you have questions, please contact our Food Program Director, Corey Wu-Jung at cwujung@sjeliz.org or 908-354-5456 x412.

One of our urgent ongoing needs is for tuna or chicken in single serve pouches. Donations are gratefully accepted!

We are in need of a car or minivan. If you have a spare vehicle in good working condition, please consider donating it to St. Joseph's. Please contact Emy Cruz at 908-354-5456 x403.

Mountainside's Town Wide Garage Sale

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2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900	\$1000
4 Units	3.25" x 8" or 6.5" x 4"	\$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	6.5" 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
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000	\$3400
2-PAGE SPREAD	21" x 14"	\$700								
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- Analyzing results

DATE: Wednesday, September 14, 2022

TIME: 10:00 am

COST: FREE

REGISTER: <https://score.tfaforms.net/17?EventID=a105a000005qvnQ>

Participants are encouraged to ask questions as they pertain to their own businesses.



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Joe Renna has been in business since 1984 supplying businesses with a full array of marketing and advertising services. From developing business and marketing plans to multimedia production, over the years, his ad agency has worked with every size business. Since 2000 Renna Media has been publishing hyperlocal community newspapers.

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Mr. Renna's presentation will address the different aspects of building a marketing plan and tuning up existing ones. The audience will leave with the information to guide them in developing a plan that will get them the best return for their marketing budget. The presentation will encourage questions from the audience and will address specific challenges facing participating business owners.

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WE+THEY=US!

Art Exhibit Celebrates Latin and Hispanic Artists in Rahway

As a part of our yearly Celebration of Hispanic Heritage Month, Rahway Mayor Raymond Giacobbe and the Rahway City Council present WE+THEY=US!, the 4th Annual Celebration of Latin & Hispanic Artists at The Gallery Space, 1670 Irving St, Rahway, NJ from September 18-October 14, 2022. The opening reception is Sunday, September 18 from 1:00-4:00 p.m. Admission is free and open to the public. Light refreshments will be served.

The artists featured in this exhibit are: Nelson Alvarez, Dante Guariglia, Jacqueline Hernandez, Caridad Sierra Kennedy, Sylvia Padilla Lalaleo, Manuel Macarrulla, Hernando Rico Sanchez and Vincent Zambrano.

At the opening reception, artist Nelson Alvarez will conduct a demonstration of his pastel drawing technique on large black panels in the Main Art Gallery. His chalk drawings are often of organic forms found in nature or more hard-edged images of industrial sites both real and remembered or invented.

For Information about this exhibit, contact Lawrence Cappiello at: lcappiello@cityofrahway.com or call 732 827-2210 Monday-Friday between 9 a.m. and noon and 1 - 4 p.m. Regular gallery hours are Monday-Friday 1:00-4:00 p.m.

The National Endowment For The Arts finds that the Arts are a powerful and important part of what unites us. The arts celebrate our differences while connecting us through shared experiences. It is precisely this ability, this action, that makes Arts of all kinds such an important force in human life. It is a way to arrive at a broader sense of the world, to see the way that other people live and the values that we share or that are different than our own. Art brings insight, joy, empathy, understanding and a realization that we are all a lot more alike than we might believe.

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Cantera Negra Coffee Tequila	750ml	\$26.99

BEER

Becks (12oz) 24pk	24pk	\$25.99
Bud and Bud Lite cans	30pk	\$24.99
Bud and Bud Lite loose bottles	24pk	\$21.99
Coors Lite (24oz) cans	12pk	\$17.49
Coors Lite/Miller Lite loose bottles	24pk	\$21.99
Coors Lite/Miller Lite	30pk	\$24.99
Corona/Corona Lite loose bottles	24pk	\$31.99
Dab (16oz) cans	24pk	\$23.99
Dogfish Head 60 min.	24pk	\$37.99
Heineken/Heineken Lite bottles	24pk	\$30.99
Land Shark	24pk	\$26.99
Lech (500ml)	20pk	\$32.99
Modelo Especial cans	12pk	\$17.99
New Belgium Fat Tire	24pk	\$35.49
Pabst Blue Ribbon cans	30pk	\$19.99
Pilsner Urquell	24pk	\$30.99
Sagres	24pk	\$24.99
Sam Adams Boston Lager	24pk	\$35.25
Stella Artois loose bottles	24pk	\$32.99
Yuengling Lager bottles	24pk	\$22.99
Zywiec (11.2oz)	24pk	\$21.99

WINE

Bartenura Moscato	750ml	\$11.99
Barone Fini Pinot Grigio	750ml	\$11.99
Beringer White Zinfandel	750ml	\$ 5.99
Beringer White Zinfandel	1.5L	\$ 9.49
Black Box (All Types)	3L	\$19.99
Carnivor Cabernet Sauvignon	750ml	\$10.99
Casal Garcia Vinho Verde	1L	\$ 5.99
Cavit (All Types)	1.5L	\$15.99
Clos du Bois Chardonnay	1.5 L	\$19.99
Dom Perignon	750ml	\$219.99
Dreaming Tree (All Types)	750ml	\$12.99
Ecco Domani Pinot Grigio	750ml	\$10.99
Adagio Pinot Grigio	1.5L	\$ 9.99
Freixenet Brut, Extra, Extra Dry	750ml	\$10.99
Gato Negro (All Types)	1.5L	\$ 9.99
Gazela Vinho Verde	750ml	\$ 6.49
Joseph Carr Cabernet Sauvignon	750ml	\$29.99
Kendall Jackson Vintners Chardonnay	750ml	\$13.99
Kim Crawford Sauvignon Blanc	750ml	\$14.99
Louis Jadot Beaujolais Villages	750ml	\$13.99
Louis Jadot Pouilly Fuisse	750ml	\$26.99
Martini & Rossi Asti	750ml	\$11.97
Menage a Trois Red	750ml	\$ 9.99
Mi Amore Red	750ml	\$ 8.99
Moet Imperial Champagne	750ml	\$49.99
Noble Wine 337, 667	750ml	\$11.99
Papi (All Types)	1.5L	\$11.99
Ruffino Chianti	750ml	\$ 8.99
Ruffino Chianti	1.5L	\$13.97
Ruffino Pinot Grigio	1.5L	\$14.99
Ruffino Tan label	750ml	\$19.99
Santa Margerita Pinot Grigio	750ml	\$22.09
Silver Oak Alexander Valley Cabernet	750ml	\$84.99
Simi Chardonnay	750ml	\$13.09
Woodbridge (All Types)	1.5L	\$12.49

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