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RAHWAY'S HOMETOWN NEWSPAPER

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Issue 148 • November 2022

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## RAHWAY DAY SPONSORED BY MERCK AND COLUMBIA BANK

Rahway Day was held on Saturday, October 8, 2022. Presented by the Rahway Chamber of Commerce and sponsored by Merck and Columbia Bank, the free community

event is designed to promote Rahway organizations, businesses, schools, and services, reminding Rahway residents to 'Think Rahway First'.



Photos from this and other events  
can be found online at  
[rennamedia.com](http://rennamedia.com) and  
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# STEPPAZ WITH ATTITUDE



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Our Town Rahway

## Rahway Public Schools

Steppaz With Attitude started in March of 2018, with only seven girls participating in the team. They are currently being led by their head Coach and Head Director, Coach Simone Smith. The team is composed of two groups: Steppaz With Attitude (High School/Middle School Level) and Steppetiez With Attitude (Elementary Middle Level) The Team has grown from only having seven members on the team to over 50!

Performing at games and school events, SWA began receiving a lot of notoriety and attention for their intricate steps and energizing dance routines. You can find SWA at any Rahway Community Event. Whether it be a block party or church event.

SWA has done it all. Football Games, Basketball Games, Pep Rallies, Banquets, Church Events, and even College Basketball games.

Since 2022, SWA has traveled and competed in step competitions all across America. Two in New York, another in Newark, NJ, and another in Greenville, North Carolina, where they placed 3rd in the Elementary Division. They have already received several awards and accolades, including Best Choreography. SWA is just getting started.

Starting in 2023, we plan on competing once again. We are looking to travel to New York, Virginia Beach, and North Carolina. SWA is the next big thing in Rahway!



Photos by Rahway Public Schools

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For more than 35 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."

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## RAHWAY HIGH SCHOOL PRESENTS FALL DRAMA PRODUCTION: PUFFS

If you long for more books and movies about wizarding worlds, wait no further. Rahway High School's fall drama production, Puffs, or Seven Increasingly Eventful Years at a Certain School of Magic and Magic, will provide many recognizable characters and a ton of nostalgia for audience members of all ages.

Director and new RHS theatre teacher Zachary Love says, "Puffs was the ideal choice for RHS this fall. 'Every single student plays a variety of roles, many of them such familiar characters, and they've been doing such detailed work at each rehearsal to bring them all to life in such different and distinct ways. And on top of that, they had about 3 fewer weeks of rehearsal than any other school!' In addition to the students on stage, Love has taken on two student assistants, Marcelino Torres and Abigail Reese, who, according to Love, 'have risen to the task of directing, stage managing, and realistically learning what it takes to produce a full show.'"

Puffs marks the beginning of a new chapter in RHS theatre. "Jumping into the Rahway Arts community as the director of Puffs! has been an absolute rollercoaster ride of emotion," says Love. "Having come in about 2 weeks into the school year, the biggest challenge for sure has been just utilizing time and also still getting to know the students at the same exact time."

For Love, the choice to produce Puffs was personal as well. "'The boy who lived' was such a huge introduction to my own theatrical journey and is such a big part of who I am as a person," he says. "My wife was actually the one who suggested it because it was such a concrete way for the students to get to know me, and we're having an amazing time."

As for the audience experience, Love says, "This is gonna be an absolute riot, and people are not going to want to miss it!"

Performances of Puffs will take place on Thursday-Saturday, November 17-19, at 7:30pm at Rahway High School Performing Arts Center, 1012 Madison Ave. in Rahway. To purchase tickets, visit [rwhs.booktix.com](http://rwhs.booktix.com).

## RAHWAY SENIOR MEN'S CLUB

The Rahway Senior Men's Club holds bus trips to Atlantic City on the first Wednesday of every month. The bus leaves at 10:00 a.m. from the Rahway Senior Center at 1306 Esterbrook Ave. and returns around 7:30 p.m. Cost is \$35 with a return of \$20 at the casino. Reservations are required, Contact Joe Keefe at 732-491-6980.

The club is looking for new members. The age requirement is 55 and older. Dues are \$10 per year. Meetings are every Monday at the Rahway Senior Center at 1:00 p.m. Doors open at 11:30 a.m. Come one, come all!

## CITY OF RAHWAY HOLIDAY EVENTS

Looking for the perfect place to begin your holiday shopping and celebrations? The City of Rahway is the ultimate holiday destination. The City is hosting a multitude of family friendly events and activities all season long. Beginning on Friday, November 25th, Rahway's Annual Tree Lighting and Winter Wonderland series will take place downtown. This fun event will feature bounce houses, live performances, ice sculptors, fire pits, pictures with Santa, and so much more. Cannot attend this event? No problem! Winter Wonderland is also offering two pop-up style events on December 2nd and December 16th.

For more information, please visit: [www.cityofrahway.com/winterwonderland](http://www.cityofrahway.com/winterwonderland).

The holiday extravaganza continues on

Saturday, November 26th, when the City kicks off Small Business Saturday which will feature various shopping specials, raffles, and giveaways. This a great opportunity to check out the unique retail shops, talented local artists and crafters, and multicultural dining that Rahway has to offer. For a complete list of the shopping, dining, and entertainment options that the city offers, please visit [rahwayishappening.com](http://rahwayishappening.com).

The holiday spirit is in full swing in the City of Rahway, you will not want to miss it. To learn more about upcoming events, follow the City of Rahway on social media

@CityofRahway  
and [facebook.com/CityOfRahwayNJ](https://www.facebook.com/CityOfRahwayNJ)  
or visit our websites, [cityofrahway.com](http://cityofrahway.com)  
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MAYOR RAYMOND A. GIACOBBE AND THE RAHWAY CITY COUNCIL

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**Experience our local Rahway Shopping, Dining and Events during the Holiday Season 2022!**

Rahway is home to a diverse small business community, with unique retail shops, talented local artists and crafters, multicultural dining, and seasonal holiday events for the whole family! It's the perfect place to begin the celebration and start your holiday shopping. For the most up-to-date information, please visit us at [cityofrahway.com](http://cityofrahway.com).



The City will kick-off the 2022 holiday shopping season with specials, raffles and giveaways starting on **Small Business Saturday Nov. 26, 2022!**

**JOIN US**

Visit [rahwayishappening.com/shoplocal](http://rahwayishappening.com/shoplocal) to explore the unique shopping, dining and entertainment that Rahway has to offer!



**RAHWAY WINTER WONDERLAND POP-UP SERIES 2022**

**Friday 12/2 Friday 12/16**  
4pm - 7pm

**LOCATIONS:**  
Arts District Park, Train Station, E. Cherry Street

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Visit [cityofrahway.com/winterwonderland](http://cityofrahway.com/winterwonderland) to find out more about our upcoming events planned for this Holiday Season!




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## RAHWAY FIRE DEPARTMENT VISITS GROVER CLEVELAND

It's always exciting when the big red shiny truck pulls up to the school. Grover Cleveland Daisy & Pre-School Program enjoyed their visit from the Rahway Fire Department. Students were taught fire prevention, safety, and awareness by their teachers. As part of a culminating activity, students received a visit from Rahway's Bravest Women and Men of the fire department. Curious minds had the chance to ask questions and see all the cool equipment on the fire truck. The excitement concluded as each student received a fire helmet.



Photos by Rahway Public Schools

## UNION COUNTY'S GOT TALENT AT KEAN ON NOVEMBER 19

Union County's Got Talent (UGT) is a major fundraising event that supports the Union High School Performing Arts Company and the Douglas Michael Krueger Scholarship Fund, both of which directly benefit the students of Union Township.

Union's Got Talent has been a major community success and, this year, we have gone county-wide.

Our contestants this year either live, work or attend school in Union County. We have 20 contestants from various towns in Union County.

The show, on November 19, 2022, will be hosted by Kean University and will take place at Kean's Enlow Recital Hall.

Tickets are available only online at [unionsgottalent.org](http://unionsgottalent.org). Tickets will not be available at the venue. Enlow Hall is a small theater with only 300 available seats. We advise that patrons buy their tickets early.

This year, UHSPAC and the DMK Scholarship Fund will be partnering with the Township of Union's Cultural Arts Committee with sponsorship by Investors Bank, Union's Special Improvement District and BCB Bank to present UGT on Saturday, November 19, 2022.

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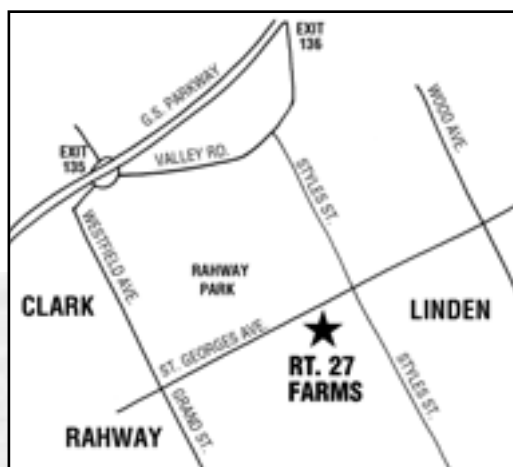
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## HELP US SAVE VETS!

*Michael Boll, Director New Jersey Veterans Network*

For the last five years the New Jersey Veterans Network (NJVN) has been working tirelessly to combat veteran's suicide with our mobile outreach and recreational programs. The NJVN volunteers aggressively seek out veterans in need and provide them with life changing and saving resources. Every day we encounter veterans in need, and some are in desperate need of the proper assistance to live a better way of life.

To accomplish this, our charity has joined forces with the NJ VFW. We work together on numerous outreach events that are dedicated to help veterans and their families. Also, we built relationships with the NJ National Guard, NJ American Legion, NJ SOS Stakeholders, Catholic Charities, NJ RWB, Backpacks For Life, Rebuilding Warriors, NJ Elks, Branchburg Rotary Club, and many other organizations. These partnerships are vital to help our veterans, and we are extremely lucky to have so many dedicated organizations putting veterans first.

What makes the NJVN different is that we are able to provide veterans various services because of our strong network. Our Team is comprised of people from all over the state with different

skillsets and this gives us an edge when it comes to helping veterans with their unique needs. Through the NJVN veterans have access to volunteers from all different professions, like lawyers, mechanics, service officers and physical therapists. Our volunteers do their very best to help assist veterans and their family members. We are the unit or detachment that provides the veteran a new purpose and empowers them to help others. We believe "Paying it Forward" is the best way to help veterans get in a better place and motivates them to live a better way of life.

In the last few years, our team has fed thousands of active-duty National Guardsmen and disabled veterans living in shelters and nursing Homes. We have been able to donate nearly 30 refurbished and new vehicles to

veterans in need. Also, we have been able to give thousands of veterans new suits, clothing and toiletries. But the most important thing our team does is, "SAVE LIVES". We are able to this because we love our veterans and provide them with in person human contact and stay with them throughout the process.

The American volunteer has always been there first for every crisis or disaster and our team is extremely fortunate to have the best group of men and women, who are willing to put their egos aside and focus on helping our veterans live the best life possible. The team is always looking for volunteers to help us with our mission. If you are interested in joining the team, please send me your name, email, and phone number via email [NJVN1775@gmail.com](mailto:NJVN1775@gmail.com). Help us save Vets!!

## VETERANS DAY CEREMONY

The Veterans Central Committee will host the annual Veterans Day ceremonies on Friday, November 11, 2022 at the monuments dedicated to those who Made the Supreme Sacrifice, located on West Grand Avenue and St. Georges Avenue. The ceremony will begin at 10:30 a.m. and should last approximately 30 minutes.

## NEW RECRUITS SAFETY PATROL

Grover Cleveland is proud to present our 2022-2023 Safety Patrols. We are proud of our students for taking on the responsibility of ensuring that we are all safe. As part of the annual new recruit tradition, Ms. Carpenter trains the new Patrols on how to raise, lower, and fold the flag. Thank you, Ms. Carpenter, for your continued support in keeping up the tradition.



Photo by Rahway Public Schools



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# Gobble Gobble



Feathers are flying everywhere, ducks are flying south, Canadian geese are looking for a place to call home in Jersey and flocks of birds are looking for a place to rent for the winter close to a feeder.

Pumpkins are waiting to be picked and carved; corn stalks are popping up on your porch and colorful leaves falling are everywhere. Ah yes, get the rakes out!

The plump wonderful birds of Thanksgiving will soon be joining us on our festive tables in many of our homes. Speaking of homes, perhaps you feel it may be time to fly the coop. You may be in need of a smaller nest, a bigger one or heading to a new neighborhood down south, north, west, east or by the water. These are somewhat roller coaster times and yet there continue to be opportunities to be found and some great offers floating around! You just need a strong and experienced realtor to buy or sell at the right price and right home. I believe I am that dedicated realtor you need.

So go ahead and plan your Thanksgiving feast and festivities, bake those pumpkin and apple pies while thinking of what your future plans may hold, and all the while fantasizing about what type of place your new home will be and the fun we will have finding it. Allow me to help you in buying, selling, or leasing, residential, or commercial. Perhaps helping in project property assembly or just navigating the rules and regulations. Finally, allow me to guide you through the potentially choppy waters of financing.

In 2022 I pray that you and yours may enjoy the blessings of Thanksgiving that means so much. Keeping family traditions, sharing favorite memories, and spending time in peace with those you love.

Happy Thanksgiving!

**Matt Dobrowolski**  
Multi-year Real Estate Circle of Excellence winner  
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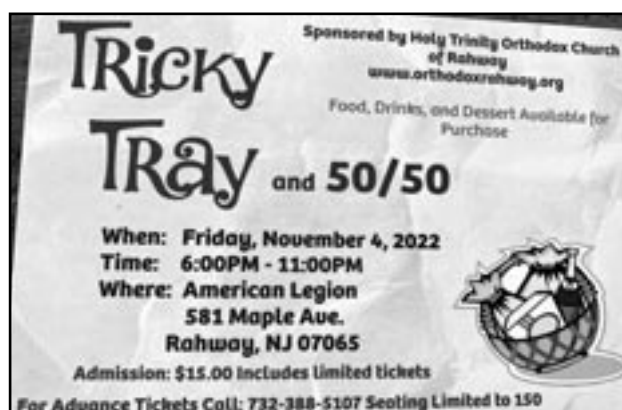
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## TRICKY TRAY – NOV. 4

### *Rahway American Legion*

Come and join the fun on Friday November 4 when Holy Trinity Orthodox Church in Rahway will celebrate its first post pandemic Tricky Tray and 50-50 drawing. The event will be held at the American Legion, 581 Maple Avenue in Rahway. Prizes include housewares, seasonal items and gift certificates. A TV will be awarded as well as many unique special prizes. Hot dogs, hot and cold drinks and desserts will be available for purchase at the event. The doors open at 6:00 p.m. and the drawing begins at 7:30 p.m. Admission tickets are \$15 and include a sheet of tickets for our merchandise tables. Tickets will be available at the door.



## RAHWAY'S FALL FISHING FLEA MARKET NOV. 19

The Rahway Fall Fishing Flea Market will be held on Saturday, November 19th, 2022, from 9 a.m. to 2 p.m., at St. Thomas Church Hall, 1400 St. Georges Ave., Rahway, NJ. A wide variety of salt and fresh water fishing tackle will be on display for anglers looking for great buys.

New, used, antique, custom fishing and boating items will be available to all. Door prizes will be given away every half hour which include rods, reels, tackle and much more. Food and refreshments are sponsored by St. Thomas Holy Name Society. Admission price is \$5 per adult, children 12 and under are free. For show or vendor information visit [fishingfleamarkets.com](http://fishingfleamarkets.com) or call 732-381-2165.

**RAHWAY'S**

## FISHING FLEA MARKET

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9 am to 2 pm

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Email: [info@fishingfleamarkets.com](mailto:info@fishingfleamarkets.com)

## ELKS LODGE FALL FUN DAY

### *Rahway Elks Lodge #1075*

On Saturday, October 8th 2022, the Rahway Elks' Lodge Special Children's Committee hosted a Fall Fun Day. Over 150 people were in attendance and were served lunch and snacks. Festive music played as children picked pumpkins from the front lawn, painted them with paint markers, and put face stickers on them. Everyone enjoyed touring the lodge and playing games. Elroy the Elk even made an appearance! It was a wonderful community day

and we look forward to making this an annual event! Keep an eye out for another fun event around Easter!

The Rahway Elks Lodge is a charity organization that raises funds for different committees, the Special Children's Committee being one of the oldest. Our committee sponsors special needs students attending Camp Moore each year, as well as hosts a Christmas Party for students with special needs, and many other projects throughout the community.



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## GROVER CLEVELAND SCHOOL'S WRESTLING CLUB

### *Rahway Public Schools*

The 2022-2023 School year marks the second year of the Grover Cleveland Wrestling Club. Last year we had a co-ed group of roughly 20 wrestlers between grades 4th and 5th. This year, we have increased our number to 33 students between 4th and 6th grades.

The club is very popular here in Rahway. We go over different wrestling-designed drills ranging from wrestling stances, single and double leg takedowns, standups and reversals, film study, as well as team-building exercises and workouts.

The Coach of Grover Cleveland's wrestling

club is Physical Educator Aaron Landy. Mr. Landy is a former wrestler who was a 2-time district place winner and region qualifier and placed top 5 in the county tournament in high school. He went on the wrestle open tournaments in college and competes in the sport of powerlifting, where he earns many accolades, boasting an over 500lb deadlift.

Mr. Landy is excited to take the Grover Cleveland Wrestling club to new heights as he hopes to build a competitive team in the future. Grover Cleveland's co-ed wrestling club is excited to continue Rahway Wrestling's historic tradition!



Photos by Rahway Public Schools



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# RELIEF FROM CHRONIC KNEE PAIN

## FDA Approved Treatment to Avoid Surgery

### DON'T BLAME THE ARROW FOR MISSING THE TARGET

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



### If Knee Surgery Sounds Scary, It Should

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

- Surgery is costly, regardless of the percentage of services covered by insurance.
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.
- With surgery, there is always a risk for unwelcomed complications. And you could be back to where you started, or worse.
- Medications will be required for relief from surgery and you have been down that road before. 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.

Call 732-827-0800

Scot Paris MD, FACS



### Here's what our patients have to say

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

- Patricia G.

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

- Perry O.

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

- Quentin L.

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# RAHWAY FOOD FOR FRIENDS SOUP KITCHEN NEEDS ASSISTANCE

Rahway Food For Friends is currently feeding 654 families per month via the mobile and food pantry. Help us to feed our friends in the community.

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- Pasta (all varieties)
- Cereal
- Pasta sauce (jarred in plastic)
- Tuna or canned chicken
- Fruit cups (individual servings)
- Snacks for children
- Rice (brown and white)
- coffee cups
- Sugar/Equal
- Laundry detergent
- Ice Tea instant (large)
- Baby Food, Baby Formula, Diapers
- Oatmeal and boxed cereal
- Coffee, tea and hot chocolate
- Styrofoam 9" Plates
- aluminum pans full
- aluminum pans half
- Napkins
- paper towels
- Saran wrap
- Shampoo, hand soap, body wash, deodorant, toothbrushes, toothpaste and disposable razors
- Plastic Utensils (knife fork spoon)
- Aluminum foil (reg and heavy duty)
- Ziploc bags (medium & large)
- aluminum containers with lids for one pound of food
- Three compartment Styrofoam to-go boxes 8 x 8 or 9 x 9

In addition of gift cards or cash donations so that we are able to purchase food items that we are unable to obtain from the Foodbank. We will also be collecting monetary donations (checks only) made payable to: Rahway Food For Friends. Your donation is tax deductible - 501c 3 organization - Guide Star Bridge number: 4075009535.

Together, we can make a difference to those in need in our neighborhood. God bless you and your family.

### ALL ITEMS CAN BE DELIVERED TO

Rahway Food For Friends,  
1221 New Brunswick Avenue, Rahway, NJ  
Mondays and Fridays from 8 a.m. until 2 p.m.

### ON SATURDAYS DONATIONS CAN BE DELIVERED TO

First Presbyterian Church, Davis Hall,  
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# RAHWAY HAS LONG HISTORY OF HONORING VETERANS

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

You just have to look around. The citizens of Rahway have always been faithful in remembering and honoring the service of veterans. In most every part of the city, one can find tributes to those who served in the United States Armed Forces dating back to the early days of our country's beginnings.

Some years ago, a sign was erected by the New Jersey Commission on Historic Sites to commemorate the Battle of Spanktown, a battle that was fought during the Revolutionary War in January and June of 1777. The plaque stands on St. Georges Avenue near the entrance to the Rahway County Park to mark the site where American troops met and fought British regulars in a two-hour engagement. The name Spanktown still evokes a sense of pride in the city and is a reminder of the struggle for American independence made by the brave men and women who lived in the area who contributed to the creation of the new country.

During our Civil War, 535 Rahway boys, about one-tenth of the population, joined the United States Army to preserve the Union and to help bring an end to slavery. The veterans who returned formed Barry Post 27 of the Grand Army of the Republic. The Post became an important and respected organization in the community. In 1913 the citizens of Rahway erected the Soldiers and Sailors Monument on the triangle at Main, Irving and Central Avenue to remember those who fought in the Revolution War, the War of 1812, and the Civil War.

On July 4, 1919, a celebration was held to recognize the end of WW I. There was a parade, banquet, and a ceremony at Riverside Park where over 300 medals were awarded to veterans in appreciation of service. Eleven red oaks were planted at the park for the Rahway soldiers who died during the war. In September 1919, American Legion Post 5 was established. It was one of the first Legion Posts to be chartered in New Jersey. In 1923, Mulvey Ditmars Post 681 of the Veterans of Foreign Wars was founded by



*(above) On July 11, 1943, city officials unveiled a huge "Roll of Honor" listing the names of over twelve hundred men and women who were serving in the military. The signboard was located next to the Campbell Street city hall. By the end of World War II, the board listed 2,400 names.*

veterans of the Spanish American War and WW I. A monument for the WW I veterans who made the Supreme Sacrifice would later be erected on the triangle at St. Georges Avenue, Pierpont and Forbes Streets.

During World War II, an impressive 6' X 25' "Wall of Honor" was placed next to the Campbell Street City Hall listing names of the more than 2,400 Rahway men and woman serving in the war. Two years after the war had ended, 58 trees were planted in the Rahway County Park for the 58 soldiers who died during the war. The trees have recently been tagged with QR codes so they can be scanned for information on each soldier. A monument for the WW II soldiers who made the Supreme Sacrifice was erected next to the WW I memorial on the triangle and in 1958 a monument was added for those who lost their lives during the Korean War.

In the early part of the 1960s, the three

monuments were moved to Squier Memorial Park, on the corner of St. Georges Avenue and Grand Avenue. Since the move, monuments were added for Vietnam Veterans and, in 2006, for Purple Heart recipients.

One can also find other memorials in the town including the one on the Grand Avenue, Patterson, and Washington Street triangle. The monument lists the names of 17 men who lived in the East Rahway neighborhood who died in wars from WW I to Vietnam.

Many tributes are also held annually in our local cemeteries. Flags are placed on graves of veterans each Memorial Day. Since 1997, the James E. Mackie Post 499 of the American Legion, chartered in 1945, holds a memorial service on the third Saturday in July to honor the 29 veterans who were part of the United States Colored Troops (USCT) during the Civil War. The Rahway Cemetery is also the site for the National Wreaths Across America program. Each year, in December, over 200 volunteers from across the state gather in the Rahway Cemetery to lay 650 wreaths on the graves of veterans who served their country dating back to the American Revolution.

After WW II, a city ordinance was created mandating that any newly laid street would be named after an enlisted person that died during a time of war. Today there are 44 such streets. The intersection of St. Georges Avenue and Grand Avenue was "officially" named General Al Gray Boulevard to recognize the 29th Commandant of the Marine Corps, the Corps highest rank, who grew up in Rahway. Ten of the city's 18 parks are named after Rahway veterans. More recently, banners have been placed around the city lining the main thoroughfares. Banners to honor our veterans who made the Supreme Sacrifice line St. Georges Avenue. Banners for Rahway veterans line the avenues that lead to St. Georges.

It's important that a city remembers to recognize the patriotic service of its citizens. Rahway does. You just have to look around.

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## WIND POLLINATION

The plant pollination process describes the vital method of sexual reproduction in plants. It enables a plant to bear fruit and seeds, many of which are not only eaten by humans, but also by other living species from birds to mammals. Birds and mammals may then distribute those seeds to new geographical locations through their droppings.

In some plants, the process of self pollination has evolved. This means a single flower may pollinate itself, or other flowers on the same plant stem.

Nearly all of our common conifers, including pines, spruces, and firs rely on wind pollination, and so do many broadleaved trees, including aspens, cottonwoods, oaks, ashes, elms, birches, and walnuts. Many important trees and crops are wind pollinated, and many of our nut trees and grasses as well. Corn and wheat are both wind pollinated grains.

Here are 5 key differences between insect and wind pollinated plants:

- Unlike insect pollinated plants, wind pollinated plants are not scented, because there is no need to attract insects with scent.
- Unlike insect pollinated plants, wind pollinated plants offer no nectar (nectar is an important food reward for bees and other pollinating insects).
- Wind pollinated plants have small, inconspicuous or dull petals - there is no need to attract insects with bright colors.
- Wind pollinated plants produce a lot of pollen to increase the chances of pollination. It is also very, very light in texture, so that it is easily blown on the wind currents.

Pollen produced by wind pollinated plants is of very low nutritional benefit to insects. It has low protein content, and usually will only be gathered by them when other pollen sources are scarce.



(above) Modern corn is a man-made creation and without human assistance would cease to exist.

The pollen of this plant group of plants is most frequently associated with symptoms of hay fever among those sensitive to pollen allergies.

Wind pollinated plants are very important to our survival and are used to make a huge proportion of the staple foods we eat, such as bread, pastry for pies, cornflakes and so on.

Because the pollen is so light, it is possible that it can be picked up by passing insects like bees. As bees fly through the air, their bodies become positively charged with static electricity. Pollen in the air can thus stick to the furry coat of the bee, but unless the bee lands on a female part of the same flower species, this doesn't help the plant.

### A BRIEF HISTORY OF CORN

Ancient farmers took the first steps in growing corn when they chose which kernels to plant. Corn comes from a wild grass plant called teosinte in central Mexico. The history of modern-day corn begins about 7,000 to 10,000 years ago. Ancient corn still growing in Mexico today. Native Americans brought corn up the Mississippi River. The earliest corn plant was very small, but after periods of breeding by Native Americans, settlers, and scientists, the corn plant has changed into the corn we know today. Native Americans found out that corn grew well in Iowa's soil and could be worked easily with bone hoes and wooden digging sticks. Modern Iowa farmers produce a bushel of corn with only six minutes of man-labor. Native Americans spent about twenty hours of man-labor on each bushel.

In the Pioneer days, women spent most of their time growing, preserving, and preparing food. Corn could be prepared in many different ways, such as Johnny cakes, hominy, corn bread, and cornmeal mush. Hand-picking corn was still the hardest job on the farm. It started in October and it might take the whole family several cold months to finish.

Scientists discovered that allowing the pollen from one corn plant to pollinate itself created an inbred plant with special characteristics. This plant was called a hybrid, which had some unique traits, such as a higher yield or resistance to insect pests. Even though hybrid corn cost more to produce, farmers liked the improved yield, and hybrid corn became popular across the Corn Belt. In 1933, less than 1% of all corn raised in Iowa was hybrid corn. Just nine years later, in 1942, virtually 100% of all corn raised in Iowa was hybrid corn.

Three acres of hybrid corn produces the same amount of corn as four acres of old-fashioned corn, so farmers could grow more corn on their land. Hybrid corn stands up well, so it is easier to harvest with a machine. The old-fashioned corn had stalks and roots that were weak, and they "blew down," so it was hard for machine pickers to harvest the corn.

Today corn grows on every continent except



(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](http://keanegardener.blogspot.com)

Antarctica and corn is an ingredient in more than 4,000 everyday grocery items. A single bushel of corn can sweeten about 400 cans of soda.

In an average year, Iowa produces more corn than most countries. If Iowa were a country, it would rank 4th in corn production.

Iowa livestock consumes 292 million bushels of corn a year.

In 2012-2013, the USDA estimated 4.5 billion bushels of corn in the US would produce 14 billion gallons of ethanol.

The Iroquois and the Cherokee planted corn, bean, and squash in a method known as "the three sisters" because they nurture each other like family when planted together. These agriculturalists placed corn in small hills planting beans around them and interspersing squash throughout of the field.

The first Thanksgiving was a celebration for the first successful corn harvest by the Pilgrims, ensuring their survival through the winter months.

\*Information in this article was gleaned from several sources including the USDA and The History Channel.

Happy Autumn,

*James*



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# PBA ROAST BEEF DINNER PHOTO ALBUM

*Rahway Honorary PBA Local # 31 hosted a roast beef dinner for the community on Sunday, October 16 at the American Legion Hall.*



Photos from this and other events can be found online at [rennamedia.com](http://rennamedia.com) and on the Our Town Rahway page on [facebook.com](https://www.facebook.com). Feel free to “Like,” “Tag,” and “Share.”

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## TRUNK OR TREAT & HALLOWEEN DANCE

On Friday, October 21, 2022, the Parent Teacher Association at Franklin Elementary School in Rahway held the school's second annual Trunk or Treat event and Halloween Dance. About three dozen Franklin families, teachers and administrators set up their trunks to hand out treats to the kids. Over 300 students,

along with their parents were in attendance for this event. It was an amazing time and the kids had a blast. Franklin School would like to thank the community for making this event so special for its students. They are so pleased that this event was such a huge success. They are looking forward to continuing this annual extravaganza!



Courtesy photos



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## SCANDINAVIAN SHOPPING SPREE IN NEW PROVIDENCE

After a 3 year delay because of the pandemic, Lodge Linne #429 VOA will once again be sponsoring their annual Import Sale on Saturday, November 19, 2022. The 42nd annual Scandinavian Import and Gift Sale will be held at Salt Brook School, 40 Maple St, New Providence, NJ (off Springfield Ave.). The sale will be open to the public between 10:00 a.m. and 3:00 p.m. and is handicapped accessible. Admission is free.

The sale will feature a variety of traditional holiday and everyday Scandinavian items made from silver, amber, wood, paper, wool, straw, and other materials. These gift and handicraft items are either manufactured in one of the Nordic countries or are designed in a Scandinavian style or motif and manufactured elsewhere.

Many of the traditional Scandinavian decorating items will be offered, including a large variety of elf-like tomten, Jul Bock or straw goats in many sizes, and many Christmas ornaments. Among paper items for sale will be a wide selection of advent calendars, including those filled with chocolate candy, Carl Larsson calendars, Christmas cards, and stationary. An assortment of table linens will be available including runner fabric by the yard for both Christmas and everyday use. For the home one will find trays, baking needs, aprons, knives, Danish wrought iron candleholders, and wooden candleholders for Christmas and general use. Personal items will include lovely sweaters from Dale of Norway for men and women in both cardigan and pullover styles. The jewelry department is selling necklaces, earrings, and pins.

We will be selling a large variety of Scandinavian baked goods, such as limpa bread, coffee braids, and pastries. Imported foods that will be sold are cheeses such as authentic Farmer's cheese, several types of herring, lingonberries, cloudberry, and various chocolates and marzipan. Scandinavian pastries will be served throughout the day. Drawings for door prizes will be held frequently during the day.

Lodge Linne #429 Vasa Order of America is a non-profit organization originally for individuals of Scandinavian descent. However, now membership has been opened up to people who are interested in Nordic heritage and culture. For further information about membership contact Vibeke (908-646-0425) or Judy (908-464-0139). The lodge meets on the third Friday of the month at Faith Lutheran Church, 524 South St., in New Providence.

Proceeds from the Import Sale benefit many organizations and charities such as First Aid Squads, Summit Speech School, Sage, Bling Foundation, a New Providence High School scholarship, and annually we sponsor a New Providence girls softball team.

Admission is free. Only checks and cash are accepted.

## BREAST CANCER AWARENESS MONTH



*(above) Grover Cleveland students and staff showed their support for Breast Cancer Awareness Month by collecting donations from staff. Students and staff were encouraged to wear pink. The Cleveland School Community wishes to bring awareness to the importance of breast cancer screening. An informed community is a healthy community.*

Photo by Rahway Public Schools



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# HISPANIC HERITAGE MONTH CELEBRATION 2022

*Submitted by Dr. Holness*

During Grover Cleveland Elementary School's celebration of Hispanic Heritage Month, the school took the time to recognize the contributions of Hispanic and Latin individuals internationally. It's the perfect time to reflect, celebrate, educate, and come together as a school community.

Each year the festivities at Grover Cleveland continue to grow larger. Event organizer and ESL teacher Mrs. Nicole Dumani tapped into the school's theme for the year, "Creating a Connected Cleveland." The theme promotes bringing students and families together socially and academically. Stronger relationships and bonds among all school members become the building blocks of a thriving community.

Nowhere was this more evident than in the closing celebration held on the evening of Thursday, October 13th. Rainy skies didn't put a damper on the evening's events. As you entered the cafeteria doors, you were instantly greeted by the rhythmic sounds of Latin music playing in the background. It was instant family-style party

vibes. Those that weren't too shy could be seen showing off their salsa, merengue, and bachata moves. Smiles and laughter filled the air as you watched families and staff engaging in games such as dominoes, loteria, checkers, and Jenga. The vibrant colors synonymous with Latin culture were seen in the creativity of the crafts participants created.

How could you have a Hispanic Heritage Celebration without food? It's impossible, or it just wouldn't be complete! Latin food's sweet, savory aroma drew families into the other half of the cafeteria. The assortment of food left everyone's palate wanting more. If you felt the need to burn off the extra calories, indoor soccer took place in the gym. Cleveland families had an opportunity to capture the moment in the photo booth area. If you were looking to wind down after an evening of fun, the lounge area was filled with books written by Latin and other multicultural authors.

All had a great time. Mrs. Dumani was genuinely grateful for the Cleveland PTA that sponsored the event, Cleveland Staff members

that participated and helped set up the event, Rahway High School ESL Program students, and the Rahway High School Multicultural Ethnic Club Students for supporting the event and donating food. Mrs. Dumani would be remiss if she didn't thank the following local Rahway restaurants for their generosity Ill Forno a Legna, The Waiting Room, & Gigi's Latin Bistro. The support and collaboration between the local business and Grover Cleveland are excellent.

We look forward to next year's event.



Photos by Rahway Public Schools

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## SHINING STARS “CHRISTMAS SPECTACULAR” – DEC. 9

Celebrate the holiday season when the Shining Stars take the stage for their 2022 “Christmas Spectacular” set for Friday, December 9 at 7:00 p.m. The show will take place on the main stage at the historic Union County Arts Center in Rahway as this talented cast sings and dances to many of your holiday favorites.

With many cast members from all over Union County and beyond, Shining Stars Network has been producing live programming for the special needs community for ten years.

This year’s Christmas Spectacular marks the return of the Shining Stars to one of the most beautiful theaters in New Jersey and will feature 35 special needs cast members and their volunteer buddies from local high schools, who serve as mentors to the cast during rehearsals.

Two previous Shining Stars shows at UCPAC drew more than 1,000 audience members for each performance, and already, the buzz is building in the community.

“We’re so excited to ring in the holiday season,” noted Shining Stars Network co-founder and President Mike Curci. “Our stars are ready to share their smiles, energy and amazing talents with everyone. This will be a great way to cap off our 10th anniversary celebration.”

“We strongly believe in creating an inclusive environment for our cast, and our buddies are an integral part of the Shining Stars experience,” noted Shining Stars co-founder and director Sally

Curci. “We are so excited to bring a new show to the stage and cannot wait to connect with our incredible audience again to celebrate the holiday season.”

Shining Stars Network is wrapping up a big year, which included their annual “Evening of Shining Stars” Spring Show, Summer Performing Arts Workshop, and their successful Paper Mill Playhouse debut performing in front of a sold-out audience at the Paper Mill Brook Side Cabaret.

“Shining Stars Network is not only about performing, but more importantly we’re about building self-confidence and self-esteem,” said Shining Stars co-director Nicole Greene. “Our cast members are not only talented, but inspire us every day, and we are all very excited about taking the stage again to share another magical

night with the audience.”

Tickets are on sale now at UCPAC.org. For groups of 10 or more, email [shiningstarsnetwork@gmail.com](mailto:shiningstarsnetwork@gmail.com).

The night will also feature a Tricky Tray and 50/50 raffle. Doors will open at 6:00 p.m.

Shining Stars Network is a 501(c)3 not-for-profit organization based in Cranford, N.J. that offers opportunities in the performing arts for the special needs community.

Plans for the 2023 season include their 2nd “Reach for the Stars” Gale, set for March 14 at the elegant Park Chateau Estate & Gardens in East Brunswick.

For more information on Shining Stars Network or to make a donation, please visit [shiningstarsnetwork.org](http://shiningstarsnetwork.org).

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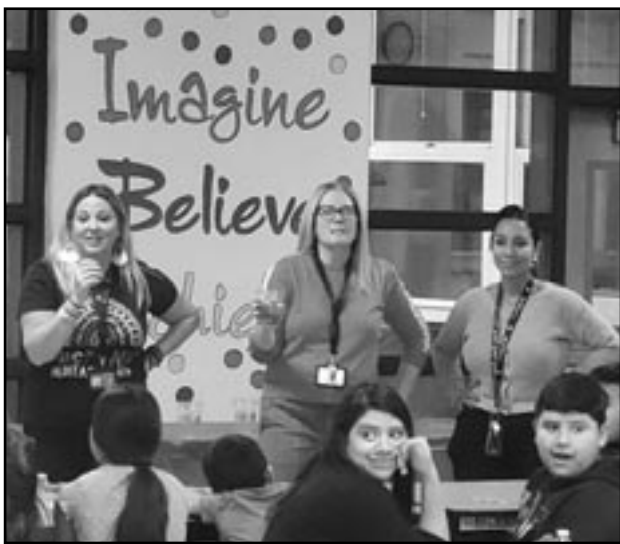
## FAMILY LITERACY NIGHT

### Rahway Public Schools

Franklin Elementary School in Rahway held its first Family Literacy Night of the school year on Wednesday, October 12, 2022. The focus of this night was to celebrate Hispanic Heritage while engaging families in literacy activities. The activities were broken into four separate rotations. Families rotated through stations that consisted of: creating bookmarks, going on a scavenger hunt while shopping at the Scholastic Bookfair, playing Kahoot, and listening to Franklin School's very own author, Lisa Crespo, read her published book titled; Why Are My Humans Home Today? After families finished

rotating through the activities they were treated to a pizza party, where prize baskets were raffled off!

This wonderful event was organized by the following Franklin Leaders: Susan Farrar, Lindsey Barret, Michele Anastos, Edwina Suarez, Diana Arboleda, Doris Jones, Komal Patel, Susan Dilollo, Kym Adams, and Shavon Smith-Simons. Of course, this event would not have been possible without the support of Franklin School's amazing Principal, Dr. Aleya Shoieb. Franklin Leaders are excited to plan the next Family Literacy Night, which will be held in the winter.



Photos by Rahway Public Schools

## ST. JOSEPH SOCIAL SERVICE CENTER 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](mailto: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.

## VOLUNTEERS NEEDED

The YWCA Union County is actively seeking new volunteers to serve our communities. Crisis Response Team Volunteers are needed to work with local police departments that are providing options, advocacy, and emotional support to domestic violence survivors reporting abuse.

### IF INTERESTED, THE FOLLOWING IS REQUESTED:

- Must be 18 years of age or older
- Evening or weekend availability a plus
- Bilingual a plus (Spanish, Creole, Polish & Arabic)
- Must have a valid driver's license and access to a vehicle
- Experience working/volunteering with vulnerable & diverse populations a plus
- Must complete a mandatory, free, 40-hour Domestic Violence Training session (to be held via Zoom in September)
- Background check required

For more information - please contact Amanda Gonzalez, CRT Coordinator via email at: [amgonzalez@ywcaunioncounty.org](mailto:amgonzalez@ywcaunioncounty.org).

## FAMILY SUPPORT GROUP - NOV. 15

Are you feeling stressed and alone in trying to cope with the effects of a loved one's mental illness?

NAMI of 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](mailto:namiunioncounty@yahoo.com) with your name, town, and phone number.

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# MILITARY FAMILY MONTH THANKS AND SUPPORTS LOCAL FAMILIES

*The Gateway Family YMCA helps families of military personnel maintain health and well-being while their loved ones serve our country*

Since its inception in 1996, YMCAs have celebrated Military Family Month, providing Americans the opportunity to recognize the dedication, sacrifice, and service of military personnel and their families. Throughout the year, and especially this November, The Gateway Family YMCA supports military families with programs and initiatives that improve their well-being and provide opportunities to connect with other families waiting at home.

"Military families have unique needs when a loved one is away from home," said Melynda A. Disla, EVP/COO, The Gateway Family YMCA. "Whether it's providing a place where kids can make friends and have a sense of belonging or providing a place for adults to meet health goals, the Y is here and able to help."

The Gateway Family YMCA offers YMCA family memberships through the national Military Outreach Initiative. Since 2008, the Military Outreach Initiative has provided more than 82,000 Y memberships to military members and their families nationwide. Here in Eastern Union County and Northern Middlesex County, The Gateway Family YMCA supports active duty military members and their families every day with programs to support all.

"Since moving to Elizabeth, my entire family has been a Y member due to the Army's relationship with the YMCA. My membership

is free and my family gets to use the Y as part of the Military Outreach Program. My wife uses the gym daily and takes advantage of the spin and Zumba classes, and my daughter participates in swimming and dance classes," stated Brian, YMCA member and active duty military.

"My YMCA membership has allowed me to stay active and healthy," added Clara, YMCA Member and military spouse. "More importantly, it has helped me cope during the stressful times that all military families go through."

The Gateway Family YMCA is a leading 501(c)(3) non-profit, health and community service organization committed to strengthening community by connecting all people to their potential, purpose and each other. Working locally, the Y focuses on empowering young people, improving health and well-being, and inspiring action in and across communities. By bringing together people from different backgrounds, perspectives and generations, the Y ensures that all have access to the opportunities, relationships and resources necessary to learn, grow and thrive.

First established by the Armed Services YMCA (ASYMCA) and recognized by the U.S. government ever since, Military Family Month recognizes the dedication and service of military personnel and their families.

To learn more about the Y and programming that supports military families, visit [tgfyymca.org](http://tgfyymca.org) or contact the Elizabeth Branch 908-355-9622, Five Points Branch 908-688-9622, Rahway Branch 732-388-0057 or the Wellness Center Branch 908-349-9622.



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Dewars White Label	1.75L	\$32.99
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Tanqueray	1.75L	\$36.99

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Licor 43	1.75L	\$45.99

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Absolut (regular)	1.75L	\$29.09
Belvedere Vodka	750ml	\$27.99
Belvedere Vodka	1.75L	\$44.99
Ciroc (all types)	750ml	\$29.99
Ciroc (all types)	1.75L	\$57.99
Finlandia	750ml	\$15.99
Finlandia	1.75L	\$26.99
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Grey Goose	1.75L	\$39.99
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Ketel One	1.75L	\$39.99
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Tanqueray Sterling	1.75L	\$30.99
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Bacardi Light & Gold	1.75L	\$19.19
Captain Morgan Spice	1.75L	\$25.99
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Malibu	1.75L	\$27.99

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Deleon Blanco Tequila	750ml	\$37.99
Deleon Blanco Tequila	1.75L	\$59.99
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