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LISA SMALLWOOD-BELK CELEBRATES LIFE-SAVING TRANSPLANT

NJ Sharing Network

On Saturday, May 20, 2023, thousands of organ and tissue transplant recipients, donor families, living donors and dedicated volunteers and advocates came together in Ocean Grove for NJ Sharing Network's 5K Celebration of Life Walk and USATF Certified Race. The 5K Celebration of Life is one of the Garden State's largest and most-recognized charitable events. Funds raised support the Sharing Network Foundation in its commitment to saving lives through clinical advancement, family support and public awareness and education about the life-saving benefits of organ and tissue donation and transplantation.

Family members and friends of Lisa Smallwood-Belk, 62, of Rahway, NJ, walked together as part of the "Each One, Reach One" 5K team to celebrate Lisa's life-saving kidney transplant and show their support for NJ Sharing Network's mission.

"In November 2020, through the blessing of an angel, I received a new, healthy kidney and a second chance at life. I am thrilled to be a part of NJ Sharing Network's 5K Celebration of Life. I am passionate about giving back and educating others about the power of organ and tissue donation and transplantation," said Smallwood-Belk.

In 1987, Smallwood-Belk was 27 years old when she was first diagnosed with Autosomal Dominant Polycystic Kidney Disease (ADPKD), a life-threatening genetic disease.

"I had just been married and was pregnant with the first of our three children when I was diagnosed. Fortunately, I had no symptoms at the time. So, I went on with enjoying my life, my professional career, and the excitement of starting a family. Unfortunately, my condition worsened over the years, eventually leading to End Stage Renal Disease (ESRD) and



(above) Family members and friends of Lisa Smallwood-Belk walked together as part of the "Each One, Reach One" 5K team to celebrate Lisa's life-saving kidney transplant. Pictured here are some of the members. BACK ROW: Collin Belk; Michelle Freeland; Lisa Smallwood-Belk; Jacyn McPhail; Tonny Belk; and FRONT ROW: Nichole Mcphail; Ariana Belk; Aerielle Belk.



(above) Lisa Smallwood-Belk

Photos Courtesy of NJ Sharing Network

kidney failure. While I was on dialysis, I kept my strong faith and hope alive that I would receive the gift of life through a transplant," said Smallwood-Belk.

On November 21, 2020, Smallwood-Belk's prayers were answered when she received "the call" for her kidney transplant at Cooperman Barnabas Medical Center.

"I was truly blessed by God because my kidney started working right away. I continue to face some health challenges, but I will do whatever it takes to honor my donor by keeping my new kidney healthy and safe," said Smallwood-Belk.

In addition to supporting NJ Sharing Network, Smallwood-Belk and her family created an organization, Each One Reach One, Inc., to educate, consult, heighten awareness around ADPKD with an added focus on communities of color.

To learn more, get involved, and join the National Donate Life Registry as an organ and tissue donor, visit NJSharingNetwork.org.

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2023 MUSIC SERIES CONTINUES IN JUNE

OUR TOWN *Rahway*

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City of Rahway

Mayor Raymond A. Giacobbe, the Rahway City Council, Rahway Special Improvement District, and the Union County Performing Arts Center, in partnership with Atelier Rosal, have announced the 2023 Mayor’s Music Series. The annual event will feature a diverse range of local artists and big-name musicians of all genres in Rahway’s Downtown Arts District to showcase our City’s growing arts community and bring residents and guests together for an array of musical entertainment throughout the summer.

The Mayor’s Music Series runs from May to October, with weekly performances taking place from June to September. Additional special performances will take place on select dates at Train Station Plaza, the Rahway Recreation Center, and E. Cherry Street.

Guests are encouraged to bring chairs, order from their favorite City restaurants, and enjoy a day of live music in the heart of Downtown Rahway. Weekly performances kick off with the Live at the Paseo series on Fridays from 6:30-9:30 p.m. starting on June 2, and at Arts District Park on Saturdays from 6:00-8:00 p.m. starting on June 3.

AB Salute House will bring house music to E. Cherry Street on June 3 from 5:00-8:00 p.m. for the City’s Pride event, Train Station Plaza on June 16 from 6:00-9:00 PM for Juneteenth, and the Rahway Rec Center on July 15, September 9, and October 14 from 4:00-9:00 p.m. Additional performances at Train Station Plaza include

Junction Funktion and MusicFest for Downtown Restaurants (Fall). Junction Funktion takes place on Saturday, July 29 featuring a unique blend of Hip Hop and a live DJ for a fun and energetic performance. As the weather cools down, MusicFest for Downtown Restaurants will be back for a Fall event on Saturday, October 7 from 1:00-7:00 p.m. before the end of the Music Series.

As a part of the Mayor’s Music Series, the highly anticipated Mayor’s Concert Series returns in the last week of July and features big name acts performing on Thursdays throughout August in front of the Union County Performing Arts Center. Artists include Coro and Lisette Melendez on July 27, La Pachamambo on August 3, Brian McKnight on August 10, Rusty Monks and AB Salute House on August 17, and Day One, The Midnight Rock Show, & The Kings of Queen on August 24.

Mayor Giacobbe expressed his enthusiasm for this year’s Music Series, stating, “The Mayor’s Music Series provides a unique opportunity for residents and visitors to experience the diverse and talented local music scene while enjoying the many dining options and cultural attractions in Downtown Rahway. It is one of the most popular events in our City and we are looking forward to seeing everyone come out and support our incredible arts community.”

For more information on the Mayor’s Music Series, including a full list of dates and musical acts, please visit CityofRahway.com/music.

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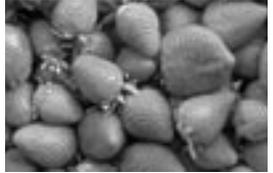
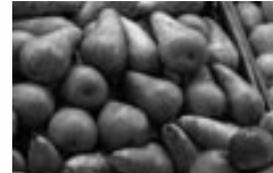
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1300 POUNDS OF CLOTHING COLLECTED IN CLOTHING DRIVE

Rahway Public Schools

The Blue and Gold Club at Franklin Elementary School recently held a clothing drive.

The drive was organized by the school-based club, which is a group of dedicated students who are passionate about making a difference in their community. Their goal for this project was to collect as much gently used clothing as possible and donate it to those who could use it most. Over the course of the drive, the students collected an incredible 1300 pounds of clothing, a true testament to their hard work and dedication.

"We are thrilled with the success of this clothing drive," said Mrs. Casey Dowling, the Blue and Gold Club's advisor. "It is truly amazing to see how much the students were able to collect

in such a short amount of time. Not only does this project help those in need within our community, but it also promotes sustainability and reduces waste, which is a major goal for our school and community."

The clothing collected by the Blue and Gold Club will be distributed to local thrift shops and directly to those in need within the community. The students' hard work and dedication will make a real difference in the lives of those who receive

the clothing, providing them with much-needed necessities.

"We are incredibly proud of the Blue and Gold Club and all the students who participated in this clothing drive," said Dr. Kevin Robinson, Acting Principal of Franklin Elementary School. "Their hard work and dedication have made a real impact on our community, and we look forward to continuing to support their efforts in the future."



(above) Franklin Elementary School's Blue and Gold Club collected 1300 Pounds of Clothing in a successful clothing drive.

Courtesy photos

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BRING YOUR CHILD TO WORK DAY

Rahway Public Schools

Franklin Elementary School celebrated Bring Your Child to Work Day for the first time since 2019, and the excitement was palpable. The entire school community was eager to participate.

The school was abuzz with excitement and enthusiasm. Throughout the building, contagious smiles and positive energy could be seen and felt,

creating a memorable and meaningful experience for all involved. Throughout the day, children had the opportunity to engage in a variety of meaningful, educational activities. It was heartwarming to see the older children taking on leadership roles and helping their peers to learn and grow.

Dr. Aleya Shoieb, Acting Superintendent, expressed her gratitude for the successful

celebration of Bring Your Child to Work Day, stating, "We are thrilled to have brought this tradition back to Rahway after a hiatus of a few years. It was wonderful to see the children engaging in fun and educational activities with their parents, as well as with their peers. We look forward to making this an annual event and continuing to foster a love of learning in our students."

Photo by Rahway Public Schools



(above) Franklin Elementary School celebrated Bring Your Child to Work Day with enthusiasm.

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This year's Rahway event will take place at Rahway River Park Stadium, located at 1972 St. Georges Ave. in Rahway, on Saturday, June 10, from 3-10 p.m., with a 2 p.m. registration.

There are a variety of ways to get involved, including forming a team, raising funds, and volunteering, among others.

Will you commit to making a difference in the fight against cancer today?

To sign up online or for more information, visit the website: relayforlife.org/rahwaynj

You may also contact

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GIRLS EMPOWERMENT MENTORSHIP CLUB LAUNCHED

Rahway Public Schools

Laura Giacobbe, a Rahway Board of Education member, visited schools in Rahway to promote a new girls empowerment mentorship club created in memory of her daughter Anabella (Bella), who passed away in September 2022. The mission of the club is to instill confidence in young ladies and encourage them to dream big and pursue their passions, just as Bella did.

The Girls Empowerment Mentorship Club will offer an inclusive curriculum that is both educational and fun, and its members will enjoy a variety of activities, including trips, social and team-building skills, guest speakers, entrepreneurship skills, and community service projects. The club aims to provide a supportive and engaging environment that will help girls

entering 6th, 7th, and 8th grade grow and learn together.

"Creating this mentorship program in memory of my daughter Bella is a way of keeping her spirit alive and making a positive impact on the lives of young girls in our community," said Mrs. Giacobbe. "Through this program, we hope to empower girls to pursue their dreams, develop their skills and talents, and build strong and supportive relationships with one another."

Girls interested in joining the club will fill out an application that their homeroom teacher at school will give them access to, and the first meeting will take place in June. Parents and guardians are encouraged to support their daughters and help them take advantage of this wonderful opportunity.



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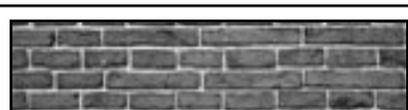
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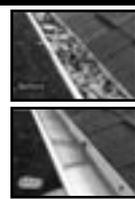
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BARN YARD VISITS FRANKLIN SCHOOL

Rahway Public Schools

Prekindergarten through 2nd-grade students at Franklin Elementary School in Rahway had the opportunity to experience a fun and educational animal presentation courtesy of The Barn Hill Preserve.

The students gathered in the school auditorium to see a variety of 'animal ambassadors' up close, including a bearded dragon, a snake, a tenrec, and an owl. The Barn Hill Preserve's knowledgeable animal handlers provided interesting facts and engaged the students with an interactive presentation that captivated their attention.

The presentation was an excellent way to help children learn about animals and nature, and it provided a unique and engaging educational experience.

The Barn Hill Preserve is a wildlife conservation organization that is dedicated to educating the public about the importance of animal conservation and preservation.

They offer educational programs for schools and organizations, as well as hands-on animal encounters and tours. For more information about their organization, visit barnhillpreserve.com.



(above) Students were thrilled to get the chance to take pictures with the animals and learn more about their habitats and behaviors.

Photo by Rahway Public Schools

RELIEF FROM CHRONIC KNEE PAIN FDA Approved Treatment to Avoid Surgery

DON'T BLAME THE ARROW FOR MISSING THE TARGET

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



If Knee Surgery Sounds Scary, It Should

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

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

Consider This Alternative To Surgery

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

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

How Does This New Treatment Work?

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

Do you Suffer from any of these Symptoms?

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

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

Let Me Show You Targeted Relief From Your Knee Pain

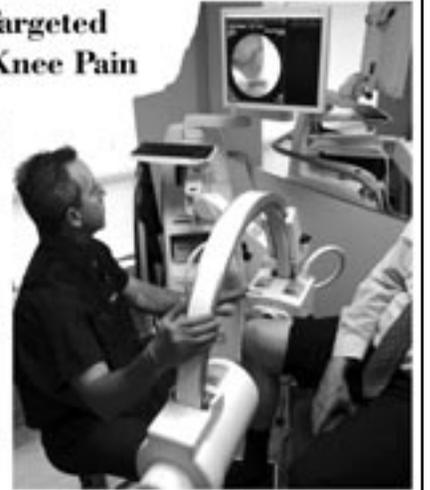
Every day, I see patients suffering from knee pain due to arthritis, osteoarthritis, sports injuries or other conditions. Many have been told that they are in need of knee replacement surgery. Other patients say they have been prescribed various prescription medications to deal with the pain.

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

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

Call 732-827-0800

Scot Paris MD, FACS



Here's what our patients have to say

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

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

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

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ELKS VETERANS COMMITTEE LUNCHEON

PUBLIC IS INVITED TO PATRIOTIC SERVICES

On June 14th, Flag Day, Knights of Columbus Council 1146, Rahway, NJ, will be having its annual flag retirement service. It will begin at 7:00 p.m. in the Columbian Club parking lot located at the corner of Jaques St. and Inman Ave.

On July 4th, there will be a service at the Rahway cemetery honoring Abraham Clark, one of the signers of the Declaration of Independence. The cemetery is adjacent to the Downer's and Grover's Tavern (The Girls Scout House) located At the corner of Grand St. And St. George Ave. The service will begin at 10 a.m.

2023 ELKS CLUB FLAG DAY RITUAL

In July of 1908, the Elks' Grand Lodge provided for the annual nationwide observance of Flag Day on the 14th of June each year, making it mandatory for each subordinate Lodge in the Order. June 14 was officially established as Flag Day by a proclamation by President Woodrow Wilson in 1916.

This year the Rahway Elks is hosting the annual Flag Day celebration on Sunday, June 11th at 12pm. We will have guests from scout clubs in the area, Americanism Essay contest winners from Roosevelt School, local politicians, and more. The Flag Day ritual will be followed by a celebratory lunch. This event is free of charge and open to the public. If you are interested in attending please see our flier for more information and fill out the google form at <http://flagday.rahwayelks.org/>. If you have any questions please do not hesitate to reach out to Americanism Chair, Kristina Petti at kristinarahwayelks@gmail.com.

The Rahway Elks Veterans Service Committee recently hosted a luncheon at the Firehouse Restaurant for 16 Veterans, staff, and aides from the Veterans Memorial Home at Menlo Park. Nine Elks members also volunteered their time to help assist vets from the bus into the restaurant and have some meaningful conversations with our countries' heroes. Guests enjoyed an afternoon of food, drink, and pleasant

conversation.

Elks pledge "So long as there are veterans, the Benevolent and Protective Order of Elks will never forget them." Across the country and in our local community, thousands of Elks volunteers give generously of their time, energy and resources to serve Veterans and military members each day, to ensure that pledge is not an idle one.



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RAHWAY ELKS FLAG DAY

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GROVER CLEVELAND BLOCK PARTY

The City of Rahway hosted a ‘Grover Cleveland Block Party’ on Thursday, May 4th. Guests enjoyed a fun evening of carnival style games, face painting, pizza, and more.

An official ribbon cutting ceremony was also held for the playground which features new equipment and a safety surface to keep our youth safe as they enjoy the fresh air.



Photos by City of Rahway

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SALEM ROADHOUSE CAFÉ JUNE SHOW

The Salem Roadhouse Café presents the Stephen Fuller Quintet, Saturday, June 10, 2023. The doors open at 7:15 p.m., the show starts at 8 p.m. Admission is \$20 and includes show, snacks, non-alcoholic beverages, and dessert. The venue is located in the basement of Townley Presbyterian Church, 829 Salem Rd, Union, NJ. The Roadhouse operates as a non-profit that raises funds for several carefully chosen local charities.

Stephen Fuller's deep rich voice and soulful renditions have long made him a favorite with sophisticated audiences around the world, performing in Israel, Jamaica, Costa Rica and The US Virgin Islands. In addition to his overseas engagements, Fuller has also performed in renowned New York City and New Jersey venues and has opened for both Stevie Wonder and Bill Withers while attending Colgate University.

Stephen will perform at the Roadhouse with his quintet. Last year he did a total calypso show which got the audience totally involved and thrilled. Stephen has always been top notch entertainment. This show he's working on some special treats for us.

As always, the Salem Roadhouse Café is live, intimate, up front, and personal. All ages are welcome.

ABOUT SALEM ROADHOUSE CAFÉ

It's not "church music." It's music music. Folks who've come to the Salem Roadhouse Café know that it's a clean, safe place for people

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

The Roadhouse started in 2008 by members of Townley Presbyterian Church with a grant from the Presbytery of Elizabeth. Hey — that's why we're located where we are, 829 Salem Rd, Union, NJ. The Roadhouse operates as a non-profit that raises funds for several carefully chosen local charities. That's its social mission.

But the many musicians who've played the Salem Roadhouse Café see it as a solid

performance venue. They love it because of its special intimacy and great audiences. They say people here "really listen." Ask any of the musicians you meet here - they love to play the Roadhouse, and they want to come back often.

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

SALEM ROADHOUSE CAFÉ

JAZZ featuring....

STEPHEN FULLER QUINTET

SATURDAY, JUNE 10, 8:00 PM

DOORS OPEN AT 7:30 PM ADMISSION: \$20.00 STUDENTS \$15.00

Admission includes snacks, beverages, tea, coffee & desserts

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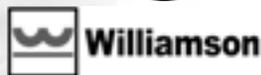


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Thursdays - Noon to 6 pm

KENILWORTH

Tuesdays - 10:30 am to 6:30 pm

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Thursdays - 1 pm to 6 pm

MAPLEWOOD

Mondays - 2 pm to 7 pm

METUCHEN

Saturdays - 9 am to 2 pm

MONTGOMERY

Saturdays - 9 am to 1 pm

MORRISTOWN

Sundays - 8:30 am to 2 pm

RIVERDALE

Tuesdays - 2:30 pm to 7 pm

ROSELLE PARK

Wednesdays - 1 pm to 6 pm

SOUTH ORANGE

Wednesdays - 2 pm to 7 pm

SPRINGFIELD

Mondays - 11 am to 6 pm



The New Jersey Council of Farmers and Communities (NJFCF) is a non-profit organization dedicated to developing and growing the network of community farmers' markets and farmers throughout northern and central New Jersey.

Memorial Day PARADE

★ ★ MAY 28TH, 1:30PM ★ ★

Join us for Rahway's annual Memorial Day Parade. Come out to show support for our local heroes!

Refreshments will be served at American Legion Post 5, located at 581 Maple Ave., following the parade. All are welcome.

Mayor Raymond A. Giacobbe and the Rahway City Council present

Rahway Pride

a community celebration

Thursday June 1
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ORGANIC INSECT CONTROLS

There are too many methods of organic insect control to list in this article. Some critters can be handpicked and dropped in a cup of soapy water. A strong spray of water will help knock off aphids and mites to control their numbers. Unfortunately, they will return quickly so you may decide to use stronger control.

Even organic fertilizer and chemicals can be dangerous if not used properly. Many contain micro-organisms that you want on your plants but not in your lungs.

For an example, Neem oil is a very common and popular organic spray used to control both insects and fungus. If you take a good look at the warnings on the label, Neem oil is not as safe as people think it is.

PRECAUTIONARY STATEMENTS: HAZARDS TO HUMANS AND DOMESTIC ANIMALS, CAUTION.

Harmful if absorbed through the skin. Causes moderate eye irritation. Avoid contact with skin, eyes, or clothing. Wash thoroughly with soap and water after handling and before eating, drinking, chewing gum, or using tobacco. Remove and wash contaminated clothing before reuse.

ENVIRONMENTAL HAZARDS

This product is hazardous to fish and aquatic invertebrates. For Terrestrial Uses Do not apply directly to water, or to areas where surface water is present, or to intertidal areas below the mean high water mark. Do not contaminate water when disposing of equipment wash water.

BEE HAZARD

This product is toxic to bees exposed to direct treatment. Do not apply this product while bees are actively visiting the treatment area.

Vegetable Insect Control Recommendations for Home Gardens

Rutgers Cooperative Extension Fact Sheet FS1123

INSECT PEST MANAGEMENT

Home vegetable gardeners will find more than two dozen major insect and mite pests that attack various vegetable crops and damage them by feeding directly on the foliage and fruit or by transmitting plant diseases. Some insect pests are serious problems every year, while others rarely appear in the garden. There are also many insects which are beneficial and, in several instances, essential to vegetable production in the home garden. I will discuss this in more depth at the end of the article.

Frequent monitoring of the garden to detect problems at an early stage will allow you to prevent or reduce insect damage. However, for effective monitoring, the homeowner must know where and when to look for insect pests and be able to identify those that are found. Without proper identification, pest management is impossible.



(above) Although they look very different during the stages of their life cycle, all ladybugs have a big appetite for Aphids and other insects.

KEYS TO EFFECTIVE MANAGEMENT

- Thoroughly inspect plants at regular and frequent intervals to monitor any potential pest buildup. It is suggested to scout the garden at least twice weekly. Inspect plants from the bud to the soil, including both upper and lower leaf surfaces.
- Rotate the garden plot as often as possible. If the same plot is used more than one season, rotate the crops within the garden. Garden rotation is highly effective in reducing soil insect and disease problems.
- Plow or turn the soil well in advance of planting. The garden should be well plowed and free of weeds, grass, etc., at least 30 days before planting.
- Transplants should be purchased from a reputable dealer and should be free of insect pests and disease at time of planting.
- A healthy plant is often able to outgrow insect and disease attack. Use proper fertility and watering programs to maintain plant health and vigor.
- Learn to identify garden pests and beneficial organisms and consider chemicals only when a pest problem exists. Seek alternatives to chemical insecticides when possible.
- Harvest fruit, seed, pods, etc., as soon as they are ripe. Allowing overripe fruit to remain on the plants often invites additional pest problems.
- Once a plant is no longer productive, destroy it, plow it under, or remove it from the garden. DO NOT just pull it up and leave it in the garden area.
- If you use garden vegetable plants in any form to add to a mulch bed or compost bin, ensure that the material does not harbor insects, disease organisms or nematodes that will easily survive organic decomposition and cause future problems if that mulch is used in the garden.

Luckily, nature has joined us in the battle against destructive insects. Insects such as lady bugs help by eating massive numbers of insects and their larvae. These insects are classified as



(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

beneficial insects. It is good to know them so you don't kill the good helpers along with the destructive ones.

You can find this information online or call the Garden Helpline and they will send you a color copy. This fact sheet is also educational for children.

Rutgers NJAES Fact Sheet FS295, "Beneficial Insects of the Home Garden," may be of help in identification of these beneficial organisms.

Phone 908-654-9852, or text them at Mastergardeners@ucnj.org

Happy Gardening

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JOHN SAMSEL NAMED CHAMBER OF COMMERCE 'PERSON OF THE YEAR'



(above) John Samsel of Samsel & Associates Real Estate Courtesy photo

Rahway resident John Samsel of Samsel & Associates Real Estate, located on Raritan Road in Clark, was awarded the Greater Westfield Chamber of Commerce (GWACC) 'Person of the Year Award' during its 75th Anniversary Award Gala held on April 30th. The event brought together business leaders, community members, and elected officials to honor the achievements of the Chamber and its members. In all, 180 were there to enjoy the evening.

John Samsel's entrepreneur career started in 1992 as a young 20-year-old owning a landscaping company. He and his friend created advertising flyers "College kids need work" and started handing them out. Within 2 short weeks they obtained over 30+ clients. Samsel and his partner sold their Landscaping business in 1994.

Moving on to his mid-twenties in 1997, he launched Yum Yum's hot dog and Italian ice truck. He and his father custom built the truck from a retired ambulance. With his grandfather, they operated out of Mottano Park in Elizabeth NJ complete with a delivery service. John sold Yum Yum's in 2000.

While working on the hot dog truck in 1999, he and his mom incorporated Metro Cigar & Internet lounge located Iselin NJ near the Metro Park Train Station. This cigar lounge was one of the first internet lounges. Samsel and his mom sold Metro Cigar & Lounge in 2006.

During his time at Metro Cigars in 2001, John also launched a real estate investment/construction company. That is when he and his partners started to invest in properties throughout NJ. It was in 2004 when he received his NJ Real Estate License.

By 2010 Samsel started consulting and building in 6 states for a restaurant franchise. It is during this time that he realized how important franchising is and could be if properly structured.

John continues to work in the real estate and construction industries. At the end of 2017 he opened Samsel & Associates Realty and in less than 2.5 years the office has grown to over 50

agents throughout NJ and continues to grow.

Between 2018 – 2022 John started acquiring and holding commercial & residential properties, building an extensive portfolio in Linden, Clark, Barnegat, and Sarasota, Florida. He is in the process of redeveloping parts of Raritan Road in Clark to create future passive income for himself and his family. John also saw a need for his brother and best friend to have extra income and that is where So Delicious Ice Cream, LLC has been born – coming to a street fair or festival near you in 2023!

A note from John: "Keep in mind with all great success comes great failures and I have had my fair share ranging from \$10,000 to hundreds of thousands of dollars in losses but the thing I have never done is gave up. Persistence beats resistance."

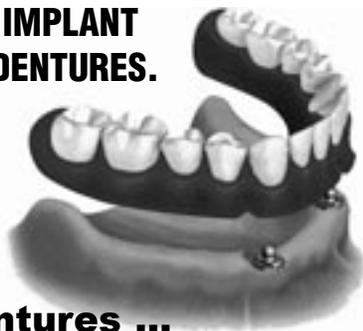


GWACC (GREATER WESTFIELD AREA CHAMBER OF COMMERCE)

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ACCLAIMED CARTOONIST, FRANK THORNE, HAD EARLY ROOTS IN RAHWAY

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

The artistic talents of Frank Thorne (1930-2021) were recognized early by his classmates and members of the faculty at Rahway High School. In a career that lasted 70 years, Thorne's success as a pen and ink illustrator surpassed even the loftiest predictions made regarding his future. During the decades of the 1950s and 1960s he drew and wrote comic strips for Dell and D.C. Comics, two giants in the industry. In 1976 he penned his best known character, Red Sonja, for Marvel Comics. Fascinated by the female form from an early age, he would later create erotic fantasy comics and characters for a number of magazines including *Playboy*, *National Lampoon* and *Hustler*. A master illustrator, he worked in every area of cartooning, combining realism with a whimsical humor that even in his later more risqué creations was never meant to be offensive.

After graduating from Rahway High in 1947, Thorne enrolled in Manhattan's Art Career School, the highly regarded institution for serious individuals planning a career in the competitive field of commercial art. During his second term, he was given a two week leave to work on a project as a graphic artist for Koos Bros., Rahway's upscale furniture store. He was sent to the Dominican Republic with Koos' premier designer to look over each empty room of the just completed summer palace of the notorious dictator, Rafael Trujillo. The young artist's assignment was to sketch the rooms as they would look if arrayed with furnishings from the Rahway store. He must have done a commendable job as Koos got the contract to furnish the entire estate.

Thorne's next illustration job came from the publishers of the *Elizabeth Daily Journal* who hired him to draw and write the text for a feature called *The Illustrated History of Union County*. The first installment of the cartoon panel began on January 8, 1950 and ran for a total of 173 issues. The column proved to be so popular that the *Elizabeth* paper re-ran the series in the early 1960s and in 2005 the entire collection was

published in book form.

The comic book world was introduced to Thorne in 1952 when he was hired to pen Perry Mason, a syndicated newspaper strip for King Features. From here he went to work for Dell Comics writing and illustrating *Flash Gordon*, *Jungle Jim*, *Green Hornet*, *Tom Corbit-Space Cadet*, and *Mighty Samson*. D.C. Comics hired him to create *Son of Tomahawk* and *Korak-Son of Tarzan*. It should be noted that for most of his work, Thorne had total control over the visual character and narrative, an arrangement that was highly unusual for a commercial cartoonist during that time.

A major break in Thorne's career came in 1976 when he began working for Marvel Comics joining the staff producing *Conan, the Barbarian*. In the second episode of *Conan*, Thorne introduced Red Sonja, a fierce, buxom beauty who was both powerful and sexy. Described as a "she devil with a sword," the character gained so much popularity that a solo spin-off started in January, 1977 that would run for the next two years.

Thorne's ability to draw beautiful women made for an easy transition into the market of adult publications. During the 1980s he would create humorously indecent heroines for several adult venues including *Moonshine Mcjugs* for *Playboy Magazine* and *Danger Rangerette* for *National Lampoon*. Although some might find his work during this period of his career offensive, his female characters were largely presented with good-humored satire and wit with story lines that were generally farcical.

With an extensive volume of work behind him, Thorne was ready to settle down, go into semi-retirement, and write his memoirs. Over a five-year period (1998-2003), he published three autobiographical books describing his years growing up in Rahway. *Barrington Hall* (1998) was a nostalgic look back at his home town in 1942 when he was a young lad of 12. The title comes from the fanciful name given to his St. Georges Avenue home by his father from whom

the boy got his sense of humor. The book is loaded with references to people and places in Rahway, many now long gone. He also tells of his early interest in reading *Marvel Comics* and his two dreams of drawing and one day playing the trumpet like his idol, Harry James.

In 2000 he penned *Drawing Sexy Women*, a chronicle of his days as an art student and his growing fascination with and love of the female form. In the last chapter, he gives basic instructions on how to draw the figures.

The Crystal Ballroom (2003), my favorite, is an account of his memories of being a senior at Rahway High, his growth as an artist, and his goal of playing with a band at the Crystal Ballroom, a dance hall in Keansburg, New Jersey. All three books are filled with pencil drawings that make great additions to the text.

Winner of several awards for his artistry, including a *National Cartoonists' Society Award*, a *San Diego Inkpot Award*, and a *Playboy Editorial Award*, Frank Thorne was one of American comic's finest craftsmen. He passed on May 7, 2021 at the age of 90. I think Frank would want me to mention that Marilyn, his loving wife and companion of 69 years, passed on the same day.



(above) The two-line verse beneath Thorne's 1947 Rahway High School yearbook photo accurately predicted his future "Frank is quick to play a prank; With horn or crayon he's top rank".



(above) Cover of the inaugural issue of *Red Sonja*, January, 1977.

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VIRTUAL WINE TASTING FUNDRAISER FOR YMCA

The Gateway Family YMCA is hosting a Virtual Wine Tasting Fundraiser to support YMCA Summer Day Camp financial assistance on Thursday, June 8th at 7:00 p.m. Global Wine Tour Sampling Kit reservations are available for purchase through May 31st at tgfymca.org/events and in Y branches in Elizabeth, Rahway and Union. Each Global Wine Tour Sampling Kit includes 4 specially selected bottles of wine and exclusive cheese pairing selections for \$100. Sampling Kits can be picked up at The Gateway Family YMCA branches on June 7th or June 8th. All participants must be age 21+, and provide photo identification.

The Virtual event, held on June 8th will be hosted by Christine Zubra, Owner, Versi Vino Wine Bar & Kitchen in Maple Shade, NJ. A recording will be available for participants unable to attend live. The virtual event is intended to provide educational and fun facts about the selected wine and cheese pairings.

The unique event will combine individual or small-group social gatherings from home with

speakers, socialization, engaging content and educational information online. Virtual Wine Tasting Sponsorships are available to local businesses and community organizations at tgfymca.org/sponsorships in further support of the children in summer camp.

The Gateway Family YMCA has served the community since 1900, and provided over \$250,000 in financial assistance in 2022, ensuring that Y membership, housing, child care, WISE community services and senior socialization is available to all. As a nonprofit organization dedicated to strengthening community in Eastern Union County and Northern Middlesex County, The Gateway Family YMCA served over 16,000 individuals, families, children and veterans last year.

For more information about The Gateway Family YMCA, visit www.tgfymca.org or contact the Elizabeth Branch 908-355-9622, Five Points Branch 908-688-9622, Rahway Branch 732-388-0057 or the Wellness Center and WISE Center Branch at 908-349-9622.



(above) "Summer Day camp is a foundational support program for our working families, providing child care, drowning prevention, academic reinforcement, art activities, special events and fun," stated Melynda A. Disla, President/CEO, The Gateway Family YMCA. "Through our Virtual Wine Tasting, we will be providing summer camp financial assistance to those who may not otherwise be able to attend."

Courtesy photo

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Any purchase of	Any purchase of
6 bottles of wine	12 bottles of wine
Restriction apply.	Restriction apply.
Coupons not valid on sale items.	Coupons not valid on sale items.
Visit our facebook page for news of next tasting event: facebook.com/metrolinden	

"Cold or warm Beer = Same Price"
"Visit the store for more In-Store Specials!"

ABC prices prevail other prices, limited to store inventory.

Not responsible for typographical errors.

Prices may vary.