# OUR TOWN NEWSTATER

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### **RELAY FOR LIFE BENEFITS THE AMERICAN CANCER SOCIETY**

Submitted by Michele Miller

The 6th Annual Relay for Life of Rahway event was held on Saturday, June 10th, at Rahway River Park Stadium, in Rahway, NJ. This event is the largest of the year which benefits the American Cancer Society. All funds raised are used for cancer research, clinical trials, and services for patients, including, but not limited to, rides to treatments, and assistance in paying for their treatment medications.

During the event, those that have lost their battle to cancer were memorialized in a very many ways, not the least of which, was a very touching silent lap around the track amidst the glow of the luminarias and the lanterns carried by the attendees. Also, honored and celebrated were the survivors and their caregivers. The survivors were the VIP's of the entire day. They were escorted to their seats by the Rahway High School ROTC, Linden Police Chief David Hart, and our local dignitaries, including Assemblyman Emeritus Jamel C. Holley, Union County Commissioner Chairman Sergio Granados, City of Rahway Mayor Raymond Giacobbe, and Rahway City Council Members Joseph Gibilisco, Vannie Deloris Parson, Jeffrey Brooks, Jeremy Mojica, and Joanna Miles. The survivors were also awarded medals which were bestowed upon them by the aforementioned dignitaries, and oncology nurse Marisol Mateo.

There was a DJ and plenty of fun and entertainment for children and adults, generously provided by the Holton/Tobin Families. Our national anthem was beautifully performed by Ryan Sautner, a student of Kean University.

The event was attended by 150 cancer survivors, with a total of 450 participants in all. We reached and exceeded our goal of \$75,000. Donations for this year's event will be accepted until August 1st.

Special thanks to the Union County Board of Commissioners, the Union County Department of Parks and Recreation, Union County Police, Assemblyman Emeritus Jamel C. Holley, Mayor and Council of the City of Rahway, Rahway High School ROTC, Rahway Police Color Guard, Debutantes and Knights Twirl Team, Linden Police Chief David R. Hart, Team Rahway Regional Cancer Center, all the many



(above) Start of the Honorary Survivor Lap



(above) Survivor Diane Cassidy and her loving supporters.



(above) Members of the Rahway High School ROTC escorted our most honored guest, the Survivors, to their seats.

sponsors, teams and vendors, Renee Sarnicki and the Relay for Life of Rahway's Event Leadership Team, and the countless volunteers!

Please visit our website at relayforlife.org/rahwaynj for information regarding cancer prevention, support and services for patients and families, survivor registration, ways to get involved, future events, or to make a tax-deductible donation.

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The Hickory Tree Chorus chapter of Sweet Adelines International invites singers to register for its free "Big Summer Sing." You can come on any or all of the following Wednesdays: July 12, July 19, July 26, and August 2 from 7 to 9:30 p.m. at The Shrine of St Joseph, 1050 Long Hill Road, Stirling, NJ for chord-ringing, fun-filled, four-part a cappella music.

Each week, guests will participate in vocal and physical warm-ups and work on songs with the chorus. The chorus sings a variety of music, including old-fashioned love songs, Broadway, Disney, Beatles, and more.

For more info, or to register for the free "Big Summer Sing," visit hickorytreechorus.org, email info@hickorytreechorus.org or call 908-377-1399.



### 

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504 Chandler Ave, Roselle This home was successfully sold by Jill Guzman, Jill Guzman Realty SOLD FOR: \$382,000

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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### **INDEPENDENCE DAY CELEBRATION - JULY 3**

The City of Rahway's annual Independence Day Celebration, will take place from 6:00-9:00 p.m. on Monday, July 3rd at the quadrangle section of Rahway River Park. This highly anticipated event promises a great evening of fun for the whole community as we celebrate our nation's freedom.

The festivities will kick off at 6:00 p.m. with fun and excitement for all ages. The event will feature carnival-style games, face painters, lawn games, food trucks, stilt walkers, and giveaways, perfect for the whole family. Guests can expect the grand finale, a spectacular fireworks display, to light up the night sky in Rahway around 9:00 PM to conclude the event.

"Rahway's Annual Independence Day Celebration is an unforgettable community event that draws friends and families to Rahway River Department of Recreation at (732) 669-3600.

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Park as we celebrate the birth of our nation with a variety of activities and an incredible fireworks display. As a City with strong ties to the American Revolutionary War, Independence Day holds a special place in our community," said Mayor Giacobbe.

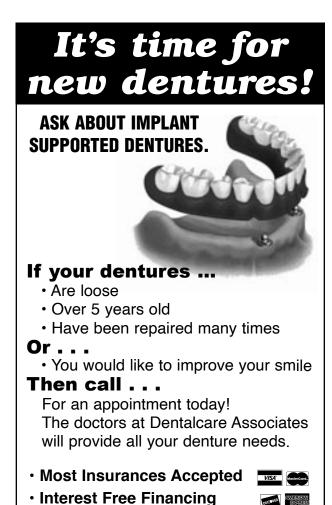
Entrances and exits to Rahway River Park will be restricted for the fireworks display and it is recommended that guests walk into the park rather than drive.

In the event of inclement weather, the Independence Day Celebration will be rescheduled for Wednesday, July 5. Visit CityofRahway.com or follow @CityofRahwayNJ on Facebook and @CityofRahway on Instagram for updates.

For more information, please call the Rahway

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### SHARING THEIR LOVE OF READING

Submitted by Susan Dougherty

When the social committee at the Riverview Apartments at Cranford Station was looking for an activity to help the local community area, the idea of a book drive for children and young people was raised. They agreed that anything they could do to promote learning would be significant. Committee members Rachel Pasichow and Annette Radick put up signs in the two buildings at 103 and 105 Chestnut Street in Cranford, arranged for drop-off boxes to be placed strategically, and encouraged the residents to donate. Their posters and emails reminded the residents to support the drive that continued in early spring. At the end of the month-long drive, a total of 172 new and gently used books for preschool through high school were collected. "I never expected we would get such a bounty," Ms. Radick said as she and Ms. Pasichow loaded donated books into recyclable bags ready for delivery.

The committee members wanted to have the largesse go to underserved children in Union County, so the decision was made to drop the bags and bundles of soft and hardcover books to D.A.S.H. (Destiny After School Haven), a group that the Union County Performing Arts Center in Rahway is promoting. UCPAC has partnered with the charity effort to encourage children to read this summer. Elementary school teachers and experts alike say younger children especially are prone to the most learning loss during the summer months because they are at a crucial stage in their development. Through this book drive of caring residents, each child in the summer program will get to select a new book or two to start their own collection of favorites.



(above) Residents of the Riverview Apartments at Cranford Station Annette Radick, and Rachel Pasichow load donated children's books in boxes and bags that were delivered to Union County Performing Arts Center Rahway for a summer program. The social committee at the apartments sponsored a book drive so that children could start the summer off with a present of a new or gently used book to call their own.

Courtesy photo

### 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 staned, 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 fluoros-



copy 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 whatwoever. 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 hack to normal." - Perry O.

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

- Quenton L.

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Julie







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### **WESTFIELD SUMMER CONCERT SERIES DRAWS FROM MANY TOWNS**

#### Westfield Community Concert Band

The Westfield Community Concert Band, under the direction of Dr. Thomas Connors, continues its 111th season with its annual Summer Concert Series in Mindowaskin Park, East Broad Street, Westfield. The band will perform Thursday evening concerts on June 29, July 6 and 13. All concerts begin at 7:30 p.m. and are free to the public.



(above) The Westfield Community Concert Band continues its annual Summer Concert Series in Mindowaskin Park, Westfield, with performances on June 29, July 6, and 13 at 7:30 p.m. Courtesy photo

Highlighting this season's summer concerts will be a special Independence Day program taking place on June 29th featuring appearances by the Westfield Chapter of the Sons of the American Revolution and the Westfield Town Crier. The concert series will also include performances of selections from popular Broadway musicals, including The Music Man, Wicked, My Fair Lady, and Porgy and Bess. All of the band's summer concerts will include popular marches, classical works and many patriotic compositions.

The band has been fortunate to welcome many new musicians this season, including Kyle Ora on saxophone, Tori Larsen on clarinet, Katelyn Morgan on oboe, Lisa Dubeck on French horn, Karen Zatz on French horn, Julia Duggan on piccolo, and Ann Pollack on clarinet. The band also welcomed the return of a few former members, including Ralph Ciotti on tuba and Michael Conway on euphonium. The band also welcomed the return of Dr. Theodore Schlosberg on euphonium. Dr. Schlosberg is a former conductor of the band, having served in that role from 1972 to 1978.

The band was also selected to perform at Carnegie Hall in New York City on June 12, 2023 as part of the 2023 Symphonic Series. The band performed the Robert Russell Bennet

Highlighting this season's summer concerts arrangement of Porgy and Bess Selection, by ill be a special Independence Day program king place on June 29th featuring appearances Clare Grundman.

The band rehearses each Wednesday evening from 7:00 to 9:30 p.m. in the Community Room in the Westfield Municipal Building, 425 East Broad Street. The band's membership includes musicians from ages 18 to 90, including many active and retired music educators. Under the baton of conductor Dr. Thomas Connors, director of Instrumental Music Studies and an assistant professor of music education at Kean University, the band continues to perform a wide variety of concert band literature, including many contemporary compositions.

Experienced area musicians who are interested in a position with the band should contact band manager Barry Rosenberg at 908-337-9073 or info@westfieldcommunityband.com.

The band's Summer Concert Series is sponsored in part by the Westfield Recreation Department, Megan Schaffer, Director, and is made possible by funds from the Union County Office of Cultural & Heritage Affairs, a partner of the New Jersey State Council on the Arts.

Chairs and blankets are recommended. In the event of rain, the concerts will take place in the Westfield Community Room, located in the Westfield Municipal Building.

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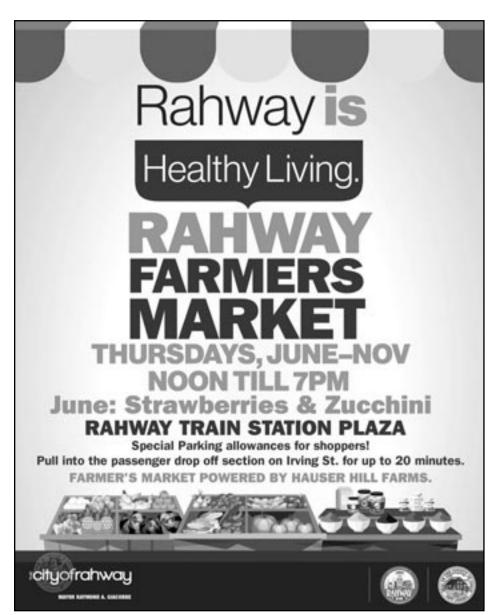
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### FIND YOUR SUMMER AT YMCA OPEN HOUSE JULY 15-16

#### The Gateway Family YMCA

The Gateway Family YMCA is celebrating a Community Open House event July 15-16, inviting local individuals and families to visit multiple locations and Find Your Summer, Find Your Passion, Find Your Y. Individual events hosted at The Gateway Family YMCA branches in Elizabeth, Rahway and Union include swimming, basketball, soccer, pickleball, family activities, and group exercise programs like Yoga and Zumba. The YMCA is offering a \$0 Joiner Fee Special for all family membership using code FAM online at tgfymca.org/join-the-Y or in person July 15-16. Full Event details and schedules are available at tgfymca.org/events

"At The Gateway Family YMCA, our supportive community will inspire you to find your inner strength to help you reach your individual goals and expand your health in spirit, mind and body," stated Melynda A. Disla, President and CEO, The Gateway Family YMCA. "We are anchored in 17 communities in Eastern Union County and Northern Middlesex County and are committed to support everyone with fun, educational and social opportunities."

As part of the July Open House, The Gateway Family YMCA, will be hosting a Community Health Fair with vaccination, health, chronic disease management and wellness information, along with local partners and in coordination with Shaping Eastern Union County, Shaping Elizabeth, Shaping Rahway and Shaping Union.

"At the Y, we intentionally provide opportunities to connect with new people, develop new skills and explore new interests. We know that socialization is so very important to mental health for all and are committed to providing supportive services in our YMCA, our community and from the comfort of home," stated Rodger D. Koerber, EVP/Chief Operating Officer. "Our commitment to digital innovation includes 24-hour virtual access for our members utilizing YMCA360 and providing access to virtual seminars and programming from over 100 YMCAs across the country."

The Gateway Family YMCA provides a





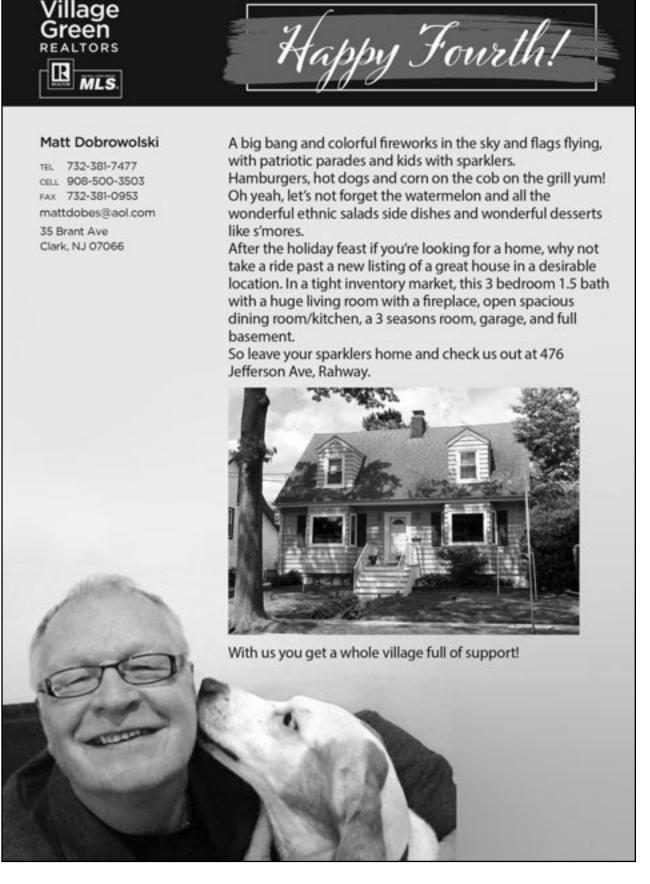
complimentary Community Membership, enhancing an opportunity for everyone to participate in designated Y programs, special events and communications designed to provide access to all, while remaining connected to each other and the community. More information is available at tgfymca.org/community-membership

With a unique focus that encompasses programs and services for all ages, the Y is poised to assist families in a very intentional way, as a partner in their holistic wellness. In addition to

traditional Y programs like youth sports and swimming lessons, The Gateway Family YMCA also offers Child Care, WISE Community Services, Chronic Disease Management programs, Residential Housing and Social Services.

The Gateway Family YMCA is a 501(c)(3) non-profit, health and community service organization of caring staff and volunteers dedicated to strengthening community through Youth Development, Healthy Living and Social Responsibility. Serving the community since 1900, the Y doesn't just strengthen bodies – it strengthens people, families, and communities.

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



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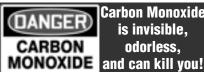












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### 110 YEAR OLD MONUMENT – A TRIBUTE TO ALL RAHWAY FIREFIGHTERS

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



(above) The Monument as it looks today in its attractive setting.

Courtesy photos





(above) The Firemen's Monument on its original site facing the railroad elevation. The Regina Factory on Campbell Street (today the Heritage Square Condominiums) is to the back of the monument.

The Firemen's Monument located next to the Fire Headquarters Building on Main Street is a handsome tribute to Rahway firefighters, past and present. Set back some distance from the sidewalk in a grotto-like setting, it was moved to its present site in 2000. Originally erected on the triangle of land at the juncture of Cherry, Broad, and Campbell Streets, the monument has a long and interesting history.

The idea for a monument to pay tribute to the men of the volunteer fire companies was first conceived in the 1890s. Interest in the project waned over the next several years and it was not until 1912 that representatives from each of the fire companies and the Exempt's Association took definite steps to secure funds for the memorial and to plan an unveiling ceremony. The initial thought was to place the memorial within the grounds of the Rahway Cemetery in the plot reserved as the final resting place for Rahway firemen. In the end, however, it was decided that the monument should be placed on one of the city parks to be more visible to a greater number.

On the afternoon of Wednesday, November 12, 1913, the project was finally realized. From the start of the day, a holiday atmosphere permeated throughout the city. Most businesses were closed by noon and school children were dismissed from classes after morning sessions. The festivities began at 1 p.m. with a big parade comprised entirely of local volunteer fire companies and auxiliary organizations. By the time the marchers reached the small triangular plot, over 5,000 citizens had gathered to witness the dedication ceremony and the unveiling of the monument.

The program, which was planned by the Rahway Firemen's Relief Association, included opening and closing prayers, musical selections, and speeches by Committee Chairman Henry L. Lamphear, Mayor Thomas A. Fyffe, and several other state, county, and local officials.

Mayor Fyffe, who served as Master of Ceremonies, noted in his remarks that "The lives of the great majority of our firemen will be perpetuated by this monument. It is not to honor one above another, but rather to bear silent and impressive testimony to the fact that there have been a large number of men among our citizens who were unselfish enough to risk their lives, make great personal sacrifices, and forget their own personal comfort, that they might thereby serve the public."

Following his speech, the mayor gave a signal, the band began playing the Star-Spangled Banner, and the monument was unveiled revealing a life-sized (6' 6") figure of a fireman standing atop a 7-foot granite base. The Italian marble figure depicted a firefighter in action with fire hose in hand as he alertly watched over the community. Musical selections concluded the program after which the guests were invited to the Woodruff Building on Irving Street for entertainment and refreshments.

The stone fireman kept a constant vigil over the city from that lofty position for the next nine decades. Unfortunately, over the span of 86 years, the elements of nature took their toll on the monument. The hands and facial features had lost their sharp details, the helmet was damaged, and the entire figure showed signs of erosion. It was obvious that restoration was needed. To this end, in the summer of 1999, members of the Rahway Fire Department, the Rahway Exempt Firemen's Association and a local businessman joined forces to restore the statue. The monument was removed from the triangle and brought to a local restoration shop where it was meticulously cleaned and repaired.

After the work was completed, the monument was transported to the Main Street Fire Station, a location thought to be most appropriate, and placed on its north-east side. On September 27, 2000, a rededication ceremony was held. In his remarks during the service, Mayor James Kennedy stated, "I think it is wonderful that a monument to firefighters who daily put their lives on the line to rescue the people of Rahway and save their property, is being rescued itself by the very citizens that those firefighters have served."





### **MANAGING WHITEFLIES**

Whiteflies are closely related to aphids, mealybugs and scale, all of which feed by sucking sap from plants. Whiteflies can be found on the undersides of leaves and are active during the daytime when the temperature is warm. When a heavily infested plant is disturbed, white clouds of winged adults fly into the air.

Some species of whiteflies can become serious pests of certain vegetable crops, greenhouse plants or ornamental plants. In colder climates, whiteflies die outdoors, but in warmer climates, as well as indoors and in greenhouses, they can reproduce throughout the year with several overlapping generations.

Adult whiteflies are about 1/10 to 1/16 inch long and look like tiny moths. Adult females usually lay between 200 and 400 eggs. Sometimes the eggs are deposited in a circular pattern in groups of 30 to 40 because the female will often keep her mouthparts in the plant to feed while moving her abdomen in a circle.

Within about a week, the eggs hatch into flattened nymphs, called crawlers, that wander about the plant. Soon, they insert their mouthparts into the plant and begin to feed. After their first molt, the nymphs lose their legs and antennae. They attach themselves to the undersides of leaves with several waxlike rods coming from their bodies, giving them the appearance of small white oval scale. The nymphs remain fixed to the plant and feed for about four weeks. After a pupa stage, the adults emerge and live for about one month. Within a population, all life stages are present, and generations often overlap.

Whiteflies damage plants by sucking out plant juices. Because large amounts of sap can be removed, primarily by the developing nymphs, heavily infested plants can be seriously weakened and grow poorly. Leaves often turn yellow, appear dry and drop prematurely.

Also, whiteflies suck out more plant juice than they can digest, and they excrete the excess as a sweet, sticky substance called honeydew. The honeydew covers leaf surfaces and acts as a growth medium for a black, sooty mold. Both the removal of plant juices and the presence of the black, sooty mold growing on the honeydew can interfere with photosynthesis.

Ornamental plants in or around the home and plants in greenhouses or gardens often become infested with whiteflies through the introduction of infested plants. A slight infestation from one plant can quickly spread to other plants. Inspect all new plants thoroughly, and isolate them for a few days before placing them among established plants. During this isolation period, inspect the plants and treat those infested.

Inspect plants regularly, and remove by hand older leaves that are heavily infested with whiteflies.

Whiteflies have many natural enemies in the garden setting, such as spiders, lady beetles and lacewings. However, frequent or widespread use



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

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(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

of insecticides to control other garden pests prevents these predators from effectively controlling whitefly populations

The use of traps can be very helpful in controlling light infestations of whiteflies in greenhouses. You can make a trap from a 12-by-6-inch strip of strong bright yellow poster board. Then coat with a sticky substance, such as petroleum jelly. Hang the trap vertically or support it on stakes just above the plants. The adults are attracted to the yellow color and become trapped on the sticky substance. Whitefly traps are available commercially also.

One trap for every two large vegetable plants is recommended. Clean the traps periodically to remove insects and other debris, and apply fresh adhesive to the yellow surface. To avoid trapping too many of the whitefly's natural enemies, use traps when whiteflies first start to appear, but remove them when the whitefly population seems to be decreasing.

In many cases, controlling whiteflies with insecticides has been difficult because they have developed resistance to some chemicals. Because of this resistance, a certain product may work well in one area but not in another. Resistance may be delayed by alternating the types of chemicals used. In addition, the eggs and nonfeeding pupae are generally not as susceptible to insecticides as are the nymphs and adults. Consequently, eradication of a whitefly population usually requires four to five applications of a registered insecticide at five- to seven-day intervals. Be sure the applications are made to the lower leaf surface. Apply the insecticide as soon as whiteflies are detected; do not wait until populations become severe.

Over-the-counter insecticides commonly used for whitefly control include neem oil, insecticidal soap, horticultural oil and pyrethrins.

Before you use any insecticide for whitefly control, make sure that both the site and the target plant are listed on the label. Follow label directions carefully.

Enjoy a Safe & Happy Summer,



### LOCAL ELKS LEADER ELECTED STATE VP

Elks USA

Hank Bedlivy was installed as the new District Vice President for the East Central District of the New Jersey State Elks Association. He was installed in Wildwood, NJ on June 2nd, at the Wildwood Convention Center. State Vice President Hank Bedlivy. is a member of Union Elk Lodge # 1583.

There are 50,000 Elks members and 107 Lodges in New Jersey. Last year alone the New Jersey State Elks Lodges donated more than \$16 million towards enriching our communities. The New Jersey State Elks volunteer hours exceed 365,000 and they drove more than 1.4 million miles, all for the betterment of our New Jersey communities.

Annually, the Elks award college scholarships across the nation totaling more than \$5.2 million. Last year alone, the Elks donated approximately \$300 million in cash, gifts, and time to make our communities better places to live. The Elks Community Investment Program will award nearly \$15 million towards enriching our communities. The Elks National Foundation also granted \$10 million to the state Elks associations through State Charities Grants, Special Project Grants and Bonus Grants, which help fund each state's charitable activities.

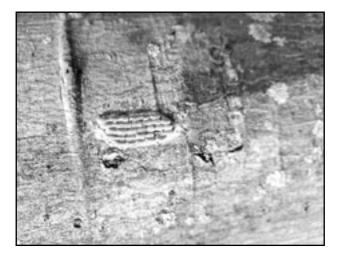
To learn more visit elks.org. For membership information visit Join.Elks.Org.

### THE SPOTTED LANTERNFLY IS HATCHING

Invasive Insect Is a Danger to Trees, Decorative Plantings, and Agriculture

Residents are reminded to keep an eye out for the invasive spotted lanternfly that has caused damage to residential and agricultural plants and trees throughout the area. Residents are asked to check trees, fences, and other flat surfaces around their homes and neighborhoods for egg masses, as well as grown lanternflies and Stomp Them Out!

The spotted lanternfly is native to China, India, and Vietnam. It was first sighted in the United States in Pennsylvania, and has since spread to surrounding states, including New Jersey. The spotted lanternfly was first discovered in Somerset County in 2019. While not harmful to humans or animals, this invasive insect feeds on the sap of many different hardwood trees, scrubs,



ornamental plants, and has the potential to impact agricultural crops of economic importance such as grape vines, hops, and apple orchards. Feeding damage caused by the spotted lanternfly significantly stresses the affected plants which can lead to decreased health and potential crop loss.

Residents and visitors are advised to keep an eye out for spotted lanternflies and their egg masses and kill them on sight. Destroying spotted lanternfly egg masses before they hatch is the best way to limit their spread. Eggs can be laid on any flat hard surface including metal, wood, and plastic. Egg masses are commonly found on fence posts, telephone poles, lawn furniture, and the underside of tree branches. Egg laying begins in September and continues through November or until the first freeze.

While adult spotted lanternflies do not survive the cold winters, their egg masses do. Beginning in May through June, the eggs will start to hatch and mature through their life stages into adulthood. Join the battle to beat the bug and help us Stomp Them Out!

### IF YOU FIND SPOTTED LANTERNFLY EGG MASSES:

- Scrape egg masses using scraper cards, or anything else that is hard, tapered and/or flat
- Kill eggs by putting them into doubled bags, using alcohol/hand sanitizer, or by smashing

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### **ROCKELL WORTS EARNS TESU DEGREE**

Rockell Worts, of Rahway, N.J., was awarded a Bachelor of Arts degree in Social Sciences by the Board of Trustees of Thomas Edison State University in Trenton. A child development associate at Elizabeth Board of Education, Elizabeth, N.J., Worts noted, "My BA degree in Sciences rewards more than professionalism. My efforts and contributions in community advocacy for young people has not only allowed me to seek my goals, but more the goals and succession for young children who deserve a positive environment in today's calamity of social issues."



(above) Rockwell Worts

Courtesy photo

### **GIFT & THRIFT BOUTIQUE**

Add something new to your fashion accessories. All pocketbooks are 50% off for the month of July. Check out our books for summer reading. Bring a Friend! Book selections include all age groups. We have new inventory for every sale. The 'Gift & Thrift Boutique' is open every 2nd & 4th Saturday, from 9 a.m. to 3 p.m. Items for sale include Women's, Men's & Children's clothes, shoes, jewelry, kitchen and household items, decorations, toys, CD's, DVD's, seasonal & holiday decor.

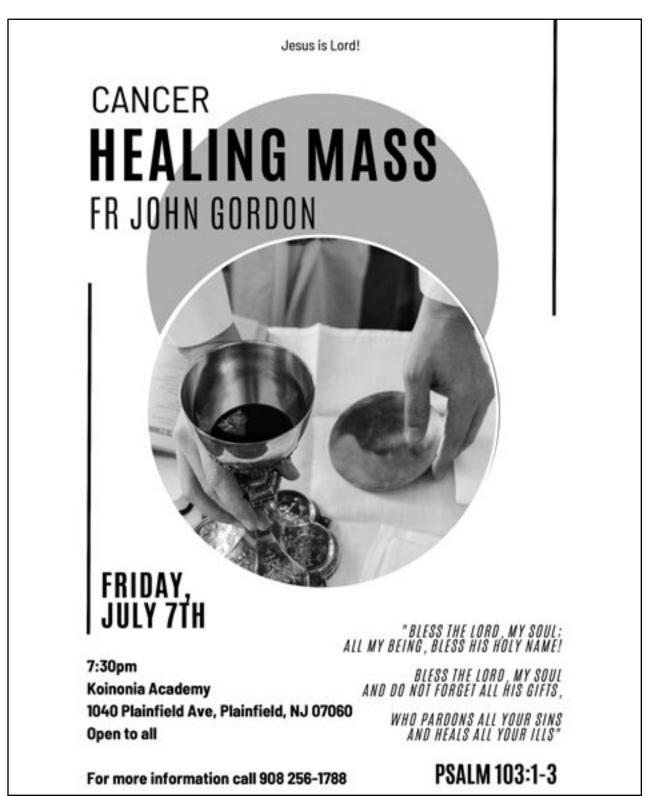
Hundreds of items at great prices! The Gift & Thrift Boutique is found in The Episcopal Church of St. John The Baptist, 2018 Dewitt Terrace in Linden, NJ. Customers enter the main doors on Dewitt Terrace and follow the stairs to the store. The space is not handicap accessible.

For more information, friend the Gift and Thrift Boutique on Facebook, giftandthriftboutique@gmail.com or call the church office at 908-925-1535.

### A MASS OF HEALING FOR CANCER

on July 7 at the Koinonia Academy Gym, 1040 Plainfield Avenue, Plainfield, NJ 07060 by Fr. John Gordon, Secretary of the Office of Evangelization for the Newark Archdiocese. The

A Mass of Healing for Cancer will be offered Mass is for all cancer patients, caregivers, family and friends to pray for those with cancer or have succumbed to cancer. All are welcome, there is no charge or obligation. For further information call 908-256-1788.







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### FIBER ENTHUSIASTS GATHER TO SPIN A YARN

Kathleen Czarnecki, Kenilworth Public Library

When was the last time you walked into a library and saw a room filled with fiber artists spinning roving into yarn? Well... if you visit the Kenilworth Public Library the last Tuesday of each month that's exactly what you will see.

Fiber enthusiasts recently gathered from around New Jersey to take part in the library's newest program "Spin A Yarn". Participants brought spinning wheels, roving, spindles and enjoyed time crafting wool into yarn.

There aren't many places to go to gather as a group to enjoy this hobby, so staff at the

Kenilworth Public Library decided to try to bring people together. The inaugural session was held in June and was a big success.

The most important part of this group is the gathering of a community of crafters who enjoy the same unique hobby, to share their knowledge about the craft's techniques, and even the business end of it, with one another.

There are larger plans in store for this group. The future will hold a "fiber-tasting" session, where participants can learn about different types of spinning fibers. We hope to offer hands-on technique workshops as well.

This program is free for adults. All are welcome. No registration is required. You don't need any experience to join us, we are happy to help show you how to spin fiber into yarn.

We meet the last Tuesday of each month, from 5 - 7:45 p.m.

Visit our website at kenilworthlibrary.org to view additional programs and services.

The Kenilworth Public Library is located at 548 Boulevard, Kenilworth, NJ. Our phone number is (908) 276-2451.



(above) Kenilworth residents Suzanne and Kathleen Czarnecki, Kenilworth Library Senior Programming Library Assistant.



(above) Claudine is a Summit resident. She teaches sewing classes at Fabricland in Green Brook.



(above) Charlene, a Green Brook resident, heard about the event thru a friend.



(above) Anne Choi of Bedminister, is the owner of Middle Brook Fiberworks. She is a fiber farmer (she owns Shetland sheep), and is the founder of NJ Fibershed, a network of fiber farmers raising small flocks of sheep, alpacas, goats, and other fiber animals in New Jersey.

Their goal is to promote face-to-face relationships between fiber animals, farmers, and fiber artists within their community.



(above) Dee from Union



(above) Karen from Rahway

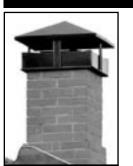


(above) Sister and brother from Kenilworth, Leah & Sean tried spinning for the first time.

Photos from this and other events can be found online at rennamedia.com and on the Kenilworth Life page on facebook.com Feel free to "Like," "Tag," and "Share."







**CHIMNEY LINERS** 

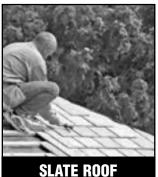




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(above, l-r) Ms. Kym Adams, Fabyana Gil Montero, Nyla Tisdale, and Monica Zuniga.

Photo by Rahway Public Schools



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### **BLUE & GOLD CLUB JUMP FOR JEANS DRIVE**

Rahway Public Schools

The Blue & Gold Club at Franklin School proudly organized and hosted a highly successful Jump for Jeans Drive, a charitable initiative aimed at collecting and donating unwanted jeans to families in need in Union County. The drive received overwhelming support from the school community, resulting in a substantial number of jeans being donated to make a positive impact on the lives of local families.

Students, teachers, parents, and staff of Franklin School demonstrated remarkable generosity and empathy by donating their

unwanted jeans. The outpouring of support showcased the collective commitment of the school community to make a tangible difference in the lives of their neighbors. The donated jeans will be distributed to families throughout Union County, ensuring that those facing economic challenges have access to suitable clothing.

The Blue & Gold Club wishes to extend its sincere gratitude to everyone who contributed to the success of the Jump for Jeans Drive. The selflessness and compassion demonstrated by the Franklin School community exemplify the core values of kindness and empathy that the school aims to instill in its students.

### **URGENT - DOG FOSTERS NEEDED**

Home for Good Dog Rescue

Attention all dog lovers and previous HFG adopters in the NJ area! Home for Good Dog Rescue urgently needs your help. The high-kill shelters in SC and GA where we rescue all our dogs are facing a dire situation. We need your support to provide temporary homes for these dogs, so we can rescue more and save them from an otherwise imminent death.

Fostering a dog is a truly rewarding experience that can save lives and provide invaluable love and care to these animals. By opening your heart and home to a foster dog, you'll play a crucial role in giving them a second chance at life.

If you have the love and time to share, please consider becoming a foster family today. You'll receive all the support you need, including training and supplies (including but not limited to dog food, crate, bowls, toys, etc.), to make this a positive and rewarding experience for you and your foster dog.

Don't wait - the need is urgent. Help us save more lives by fostering a dog today.

Fill out our foster application now at homeforgooddogs.org/foster-application/ and help us give them the second chance they deserve.

If you have any questions prior to completing the foster application you may also call our 'Foster Hotline' at 908-377-2840. If you cannot foster at this time, please share with your friends and family.

Thank you for your support!







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### THOUSANDS UNITE IN SUPPORT OF ORGAN AND TISSUE DONATIONS

#### NJ Sharing Network

On Sunday, June 11, thousands of people came out in support of organ and tissue donation during NJ Sharing Network's 5K Celebration of Life. The event, presented by RWJBarnabas Health, brought together transplant recipients, donor families, living donors, hospital partners, and dedicated volunteers to help raise awareness about the power of organ and tissue donation and transplantation.

Funds raised by 5K Celebration of Life participants, teams, sponsors, and contributors support the Sharing Network Foundation. Thus far, \$1.5 million has been raised for this year's campaign. Campaign contributions can be made until the end of August by visiting SharingNetworkFoundation.org/5K.

"Our 5K Celebration of Life has grown to become one of the Garden State's largest and most-recognized charitable 5K events," said Amanda Tibok, Executive Director of the raised plays a vital role in powering what we do - whether it is increasing resources focused on clinical advancements, expanding programs to provide the care and support for donor families and transplant recipients, or boosting our award-winning community education and awareness activities."

Victor DiSanto, Chair of the New Providence 5K Celebration of Life, has a powerful connection to NJ Sharing Network's life-saving mission. His words spoken from the main stage helped energize the crowd at the event.

"We come together because all of us have been touched by donation and transplantation in some way," said DiSanto. "My son, Joe, is alive and well, thanks to a heart transplant he received 17 years ago. And he just got married this past weekend! None of this happens without our angel - Joe's organ donor, Natalie."

There are over 100,000 Americans – nearly 4,000 of whom live in New Jersey – waiting for

Sharing Network Foundation. "Every dollar a life-saving transplant. However, New Jersey's growing support for organ and tissue donation is providing hope for the future, according to Carolyn M. Welsh, President and CEO of NJ Sharing Network.

> "Here in New Jersey, we have had four consecutive years of record growth in the number of lives saved and enhanced through organ and tissue donation and transplantation," said Welsh. "Last year, we saw a remarkable 21% increase in the number of organ donors and a 12% increase in the number of organs transplanted. We are deeply grateful for the exceptional efforts of our team members, healthcare partners and community supporters."

> One organ and tissue donor can save 8 lives and enhance the lives of over 75 others. There are more than 2.7 million New Jerseyans registered as organ and tissue donors. To learn more and join the National Donate Life Organ Tissue Donor and Registry, visit NJSharingNetwork.org.

Courtesy photo



(above) Thousands of NJ Residents United to Express Support for Organ and Tissue Donation. One organ and tissue donor can save 8 lives and enhance the lives of over 75 others. There are more than 2.7 million New Jerseyans registered as organ and tissue donors. To learn more and join the National Donate Life Organ and Tissue Donor Registry, visit NJSharingNetwork.org.

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### **SALEM ROADHOUSE CAFÉ JULY SHOW**

The Salem Roadhouse Café presents Carrie Jackson and the Jazzin' All Stars, Saturday, July 8, 2023. The doors open at 7:15 p.m., the show starts at 8:00 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.

Carrie Jackson has graced the stage at the Salem Roadhouse Café many times since its inaugural show. She has always brought fantastic entertainment and music to the events. Accompanied by the area's absolute finest jazz musicians, Carrie brings her clear, unique jazz vocal styles to life, from the golden era of jazz vocals to contemporary hits. Carrie rekindles thoughts of America's great jazz history and attributes her vocal style of singing to her mentors, the Great Ladies of Jazz, Sarah "Sassy" Vaughan, Ella Fitzgerald, Billie Holiday, Dinah Washington, Nancy Wilson, and Carmen Mc

Rae. Newark's notable musicians include, Wayne Shorter, Woody Shaw, James Moody, Ike Quebec, just to name a few.

Original artwork by local artist Dr. Frances E. Billups will be on display for all to enjoy at the Roadhouse gallery of Fine Art.

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

#### **ABOUT SALEM ROADHOUSE CAFÉ**

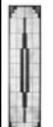
It's not "church music." It's music music. Folks who've come to the Salem Roadhouse Café know that it's a clean, safe place for people who enjoy listening to live music — in a world otherwise filled with clubs and bars. The Roadhouse has always offered its stage to local and independent mainstream musicians. 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....

### CARRIE JACKSON

&
THE JAZZIN' ALL STARS

SATURDAY, JULY 8, 8:00 PM
DOORS OPEN AT 7:30 PM ADMISSION: \$20.00 STUDENTS \$15.00

Admission includes snacks, beverages, tea, coffee & desserts



Carrie has graced the stage at the Salem Roadhouse Café many times since it's inaugural show. She has always brought fantastic entertainment and music to the events. Accompanied by the areas absolute finest jazz musicians, Carrie brings her clear, unique jazz vocal styles to life; from the golden era of jazz vocals to contemporary hits. Carrie's smooth, sultry, soulful sound has captivated thousands, and she maintains a uniqueness that is her own and proudly carries the jazz banner with her own enchanting style.



Original artwork by Dr. Frances E. Billups will be on display at the

#### ROADHOUSE GALLERY OF FINE ARTS



2022 Show proceeds will benefit Townley Church Missions

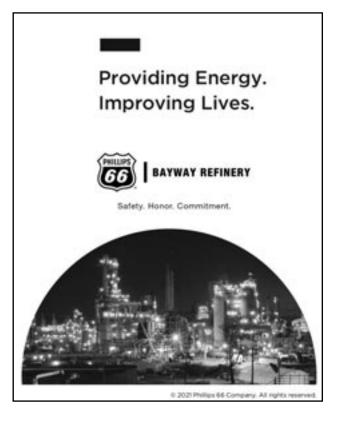
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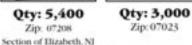
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### **ELKS FLAG DAY CELEBRATION**

#### Submitted by Kristina Petti

Flag Day was celebrated on June 11th at the Rahway Elks Lodge, even though Flag Day is celebrated on June 14th nationally. This holiday holds a special place in the heart of Elks as it was our organization that instituted it. Allegiance to the flag of our country is a requirement of every member. In 1907, the Grand Lodge of the Benevolent and Protective Order of Elks designated, by resolution, June 14 as Flag Day. The Grand Lodge of the Order adopted mandatory observance of the occasion by every Lodge in 1911, and that requirement continues. The Elks prompted President Woodrow Wilson to recognize the Order's observance of Flag Day for its patriotic expression. But it was not until 1949 when President Harry Truman, himself a member of the Elks, made the proclamation that thereafter June 14 would be a day of national observance for the symbol of our country. It was through his Elks Lodge in Independence, Missouri, that President Truman got the idea for a national observance of Flag Day.

The way that the Rahway Lodge Celebrates Flag Day is with the Elks ritual, presentation of awards for the Americanism Essay Contest, and presentation of awards by the past year's Exalted Ruler. Then we had lunch following the ceremony, donated by our lodge and open to the public.

This year's essay topic was "What is Your American Dream?". For the second year in a row, we received over 60 essays from Mrs. Polanin's 5th grade class in Roosevelt Elementary School. We appreciate them taking the time to do this! This years' topic was a wonderful source of inspiration for our students to think about what they want their futures to look like. Many students were so detailed in exactly what they wanted for their futures. There were the traditional careers: teacher, doctor, nurse, welder, fisherman. Some of the careers were very different from the dreams that I had as a child: graphic designer, online influencer, video game creator, computer coder, travel blogger. We

enjoyed reading all of the essays, but there had to be a winner to move on to district judging and then the state.

For the 5th grade division our 3rd place winner was, future Ornithologist, Julissa Higuita-Torres. The 2nd place winner was, future Forensic Anthropologist, Kylie Piersall. Finally our 1st place winner, who placed 5th in the state for this division was Ukrainian immigrant, Andriana Valko. She read her essay aloud to the audience. All of our winners received certificates and gift cards to Target donated by our lodge charity fund.

As for our lodge awards, presented by Past Exalted Ruler Jonathan Joshua they traditionally include Elks, officer, and citizen of the year for the 2022-2023 lodge year, which is April 1st-March 31st.

The Elk of the Year was Robin Perez, longtime member of the Rahway Elks who is always up for a challenge, and creates and executes inspirational ways to raise funds! She has been an asset to our lodge as the House Manager and has been involved in countless fundraisers, and multiple committees.

The Officer of the Year is Michael Duffy. With his precision of speech and knowledge of the lodge traditions, he is an exemplary Esquire, and this writer has learned so much about the position she currently holds from Mike. His wife Doreen Duffy writes that "He's been an Elk member for more than 30 years. He has served as an officer for many of his 30 years as a member, as well as been Chairman of several committees. He has performed rituals from memory and competed in the NJSEA ritual competition. He served as Exalted Ruler for Hillside Lodge #1591 and Rahway Lodge #1075. He has also served as District Deputy from 2003-2004."

The Citizen of the year is none other than your Nightmare on Maple Ave. creator, Michael D'Emilio. As said by our Past District Deputy Doreen Duffy, "Thank you cannot begin to describe how much I truly do thank you for all of your time and effort you have put into your Halloween Display the past 23 years. ... I can't fathom how many hours, along with your heart

and soul, that you have put into this. I love how you would show the kids your "secret remote control" and tell them when to push a button if someone new walked up we could see their reaction. For those that do not know, all of his props are hand made by Mike himself. I can't begin to think of all of the children and adult lives that you have touched over the years. This community owes you a debt of gratitude. It is because of your selflessness and dedication that you are truly deserving of our Citizen of the Year Award."

Also, Outstanding Service Commendation awards were presented to Gary Jack and Kristina Petti.

Gary Jack has been a member for a short time, but has exhibited the true spirit of community service and reliability. He never shies away from a difficult job and is there in minutes if you call him for anything.

Kristina Petti has been an active member in the lodge for years as a committee chairman of four or more committees at a time. At this time she is chair or co-chair of the Special Childrens, Americanism, Peer Leadership, Public Relations, and just recently stepped down from Drug Awareness. This past year she initiated community days for the children of Rahway. The Fall Fun Day and Spring Fling were fun new additions to our lodge that will hopefully be annual events.

The Flag Day celebration is an annual event that is open to the public. We look forward to seeing more residents in the coming years.





(above, left, l-r) 1st & 2nd place Essay Contest winners Andriana Valko & Kylie Piersall. (above, right) Exalted Ruler Larry Mastrobernardino



(above) Michael D'Emilio with Friends and Family







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