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THAT'S A WRAP - MAYOR'S SUMMER CONCERT SERIES 2023

On August 3rd La Pachamambo performed at the Mayor's Summer Concert Series. The 10-piece Latin orchestra had the audience dancing. They are dedicated to the meticulous restoration and revival of salsa, mambo, and boogaloo hits of days gone by. Channeling the likes of Hector Lavoe, Celia Cruz, Ray Baretto, and beyond, La Pachamambo instantly transports audiences to New York City in the 1960s and 1970s where salsa was born. Other performances in the series were Coro and Lisette Melendez, Brian McKnight, Rusty Monks, Day One, Midnight Rock Show, and The Kings of Queen.









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MOONLIGHT TAVERN NIGHT MARKS AUTUMNAL EQUINOX

Join the Merchants and Drovers Tavern Museum in celebrating the arrival of autumn! On Saturday, September 23 the museum will hold its third annual Moonlight Tavern Night in the tavern yard. Beer, wine, and light hors d'oeuvres will be offered. To stay warm in the cool evening air, warm mulled wine and Ann's famous colonial punch will also be served.

Live music will be provided by the Brooklyn Bards, who will entertain attendees with Irish folk music, sea shanties, and other traditional tavern drinking songs. The Brooklyn Bards hail from Brooklyn, NY and include three musicians on fiddle, mandolin, tenor banjo, tin whistle, guitar, and percussion. All members also sing lead and harmony. Guests are welcome to gather around the fire pits, sing along with their favorite traditional songs, and toast marshmallows around the firepits.

The festivities begin at 7:30 p.m., with music beginning at 8 p.m. Reservations are recommended. Tickets are \$25 for the general public and \$20 for museum members. Tickets include tokens for spiritous drinks (drink tokens for 21 and over only) and refreshments. This event is recommended for guests 21 and over.

Parking will be at Parkside Plaza, 1600 St. Georges Avenue in Rahway, NJ.

The Museum is located at 1632 St. Georges Avenue Rahway, NJ. Visit the museum's website.merchantsanddrovers.org to reserve your spot or call (732)381-0441 for more information. Reservations are recommended.







Calling all homeowners! Looking for the best price for your home and most qualified buyer?



58 Florida St., Elizabeth This multi family home was successfully marketed by Jill Guzman, Jill Guzman Realty SOLD FOR: \$460,000



642 Elm St., Roselle This home was successfully marketed by Jill Guzman, Jill Guzman Realty SOLD FOR: \$430,000



355 W 5th Ave., Roselle This home went under contract within two weeks and soon it will be closing. Marketed by Jill Guzman, Jill Guzman Realty



13 Andrew Johnson Dr. #B This home is under contract and soon to close! Successfully selling by Jill Guzman, Jill Guzman Realty

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."

Jill, who lives in Rahway, NJ, had the honor of teaching at Rahway High School in her early career!!! Trusted and loved by clientele for three decades, sellers, investors, first time buyers and renters will find that this Real Estate office is committed to working harder and caring totally for YOU!

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ARTSFEST: ART IN ALL DIMENSIONS SEPTEMBER 23

City of Rahway

The second annual ArtsFest: Art in All Dimensions will be held on Saturday, September 23 from 2 - 6 p.m. on Irving St. from Central Ave. to Elizabeth Ave. ArtsFest is a celebration of the arts community that Downtown Rahway is known for and will showcase a variety of artists throughout all mediums for an impressive display of creativity.

ArtsFest will captivate visitors with over 50 artists, two live performance areas, and a variety of activities and attractions. Attendees can browse through an artist marketplace offering handcrafted creations made by local artisans, view the work of emerging and established artists, and watch urban and eclectic performances. To provide a truly immersive experience for attendees of all ages, ArtsFest will offer face painting, free art classes, and the opportunity to participate in interactive art displays.

ArtsFest is a free community event. Free parking will be available at Hamilton Stage, The Gallery Space, and Municipal Lots. Standard rates will apply at the Rahway Parking Garage. To learn more about ArtsFest, visit RahwayIsHappening.com/ArtsFest.

SEPTEMBER IS HISPANIC HERITAGE MONTH

City of Rahway

Mayor Raymond A. Giacobbe and the Rahway City Council have announced a series of exciting Hispanic Heritage Month events taking place in September throughout Downtown Rahway to celebrate the diversity that makes up our great City.

A Flag Raising Ceremony will start off the festivities at 5:00 p.m. on Friday, September 1 at Rahway Train Station Plaza.

From September 10 - October 6, The Gallery Space, located at 1670 Irving Street, will host the We+They=Us Exhibit. This 5th Annual Celebration of Hispanic and Latin Artists will provide a showcase of the rich artistic talent within the Hispanic community in our City.

On September 14 and 21, Celebración returns to Arts District Park from 6:30-8:30 PM for two

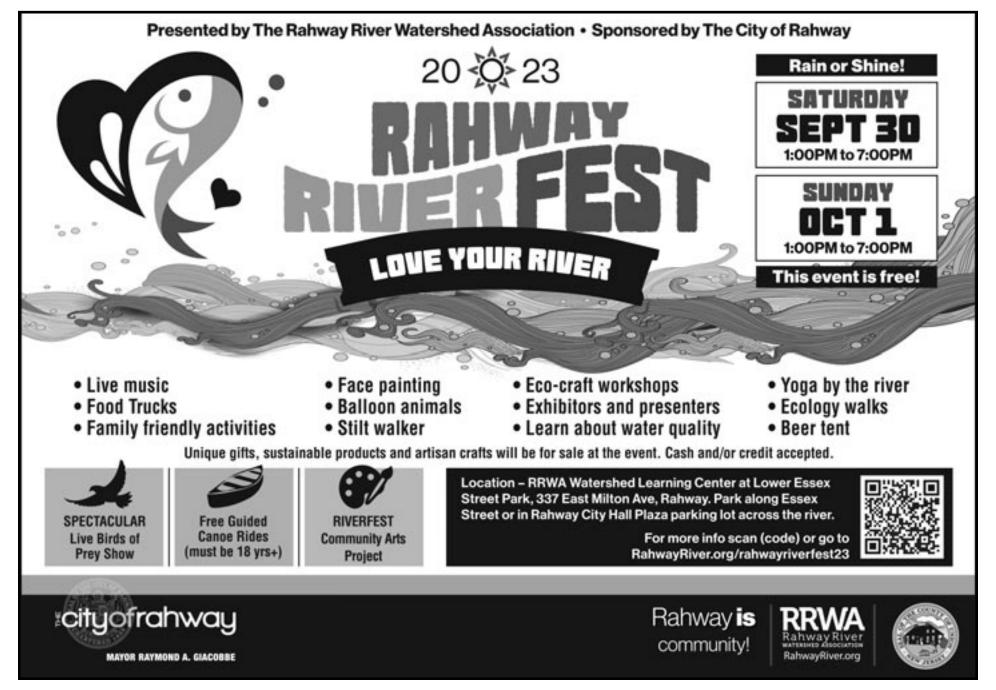


evenings of dancing with live music featuring original and classic Latin hits. Local restaurants will be on site with food giveaways to share the Hispanic cuisine that thrives in Rahway. Arts District Park is located across the street from the Union County Performing Arts Center (UCPAC), 1601 Irving Street.

On September 15, UCPAC will be presenting a live performance from the Spanish Harlem Orchestra at 8:00 PM. The Spanish Harlem Orchestra is a 3x Grammy award-winning Salsa and Latin Jazz band, known for their vintage sound that originally defined the genre. Tickets are on sale now at www.ucpac.org/event/spanishharlem-orchestra/.

The activities will conclude on September 16 with the Hispanic Heritage Celebration taking place from 6:00-9:00 PM outside of the Rahway Recreation Center, located at 275 E. Milton Ave. This celebration will feature an evening of entertainment including live performances by The Cover Girls and Noel with DJ Fauzi who will provide the soundtrack to dance the night away, and local restaurants will be providing free samples of Latin cuisine. In the event of inclement weather, the event will be moved inside the Rec Center.

"Diversity is one of our City's greatest strengths, and through the celebration of the many cultures found in Rahway, we can foster a deeper sense of community and belonging for all residents and visitors," said Mayor Giacobbe.



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HALFWAY TO ST. PATRICK'S DAY DINNER – SEPT. 17TH

The Rahway Knights of Columbus Council 1146 is having a halfway to St. Patrick's day dinner on Sunday, September 17th. We will be serving corned beef dinners or sandwiches, eat in or take out. Price is \$15 dollars each. Event starts at 3 p.m. at the Columbian Club hall located at the corner of Jaques St and Inman Ave.

SUMMER MUSICAL THEATER CAMP WAS A HUGE SUCCESS

Rahway Public Schools

This summer, Rahway Public Schools hosted its first annual Summer Musical Theater Camp at Rahway High School. Thirty-nine students entering grades 3-8 spent four hours, Monday-Friday, for three weeks learning about musical theater and preparing a production of "Suessical KIDS!" On the final day of camp, dozens of families, staff, and community members gathered to watch the final production in Rahway High School's beautiful 660-seat Performing Arts Center.

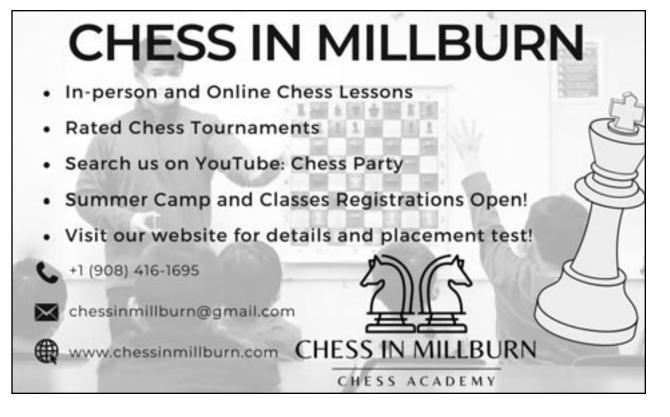
The staff included Rahway High School theater teacher Mr. Zach Love, Grover Cleveland/Madison music teacher Mrs. Lindsay Jenkins, and dance teacher Ms. Deanna Flanagan, an RHS alumna. Rising RHS seniors Franciso Marques and Abby Reese also assisted as camp counselors. Supervisor of Fine & Performing Arts, Joe Elefante, said, "This year's camp was the first in what we hope to be many Rahway Summer Musical Theater Camps for years to come. If anything, we hope to expand the camp to include more weeks and more students in future years. Camp just ended, and we're already planning for next summer!"



(above) Campers work on music with Mrs. Lindsay Jenkins



(above) Campers work on dance with Ms. Deanna Flanagan



Village Green REALTORS

Matt Dobrowolski

TEL 732-381-7477 CELL 908-500-3503 FAX 732-381-0953 mattdobes@aol.com 35 Brant Ave Clark, NJ 07066 Labor Day has many meanings. A day to celebrate a last summer blast, the unofficial end of summertime, an end of our shore vacations, the beginning of college, the start of football and hockey, time for basketball, Labor Day is all of what I stated but really its a celebration of all our nation's workers, our police and fire who are out there working while you are having fun with family and friends. It's the port worker, the restaurant workers, the mall workers and salespeople, the amusement operators and workers, the casino workers, it's everyone who is working so you can have a great time or just a safe day. They are our labor force, our family, friends and neighbors. They are us!

See You in September!

So say thank you when you see them even if they are in your family, say thank you for being you!

Allow me to say thank you to all of you who have allowed me the privlege to sell you a home, help you buy a home, rent an apartment. To sell your business or help you buy a business, a restuarnt building or office building. Thanks for allowing me to work on project development thanks for letting me meet and make so many new friends and I look forward to us having more exciting real estate times with all of you

Thank you all and happy Labor Day! Check out a great breakfast at Flynns on Main St, Rahway.

Matt Dobrowolski

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ST. JOHN'S GIFT & THRIFT BOUTIQUE

September is upon us! Update your work or school wardrobe. We have a beautiful selection of clothing, including designer and new items. Add something new to your fashion accessories. All shoes and coats are 50% off for the month of September. Bring a Friend! 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.

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, email giftandthriftboutique@gmail.com or call the church office at 908-925-1535.

AUGUST 1 DECLARED AS 'MS. ANNY' DAY

Gloria 'Ms. Anny' Garris is celebrating 50 years of employment at Rahway Community Action Organization. She has served thousands of community members, expanded the food pantry to serve more than 100 families per week, and she has engaged countless community partners. She possesses an infallible work ethic and is truly a servant leader. Both the City of Rahway and Board of Directors of Rahway Community Action Organization have recognized August 1 as 'Ms. Anny' Day annually to celebrate her and thank her for all she does.



(above) Rahway Mayor Raymond Giacobbe and Gloria 'Ms. Anny' Garris. Courtesy photo

2ND ANNUAL ARTSFEST – SEPT. 23

City of Rahway

The second annual ArtsFest: Art in All Dimensions will be held on Saturday, September 23rd from 2:00-6:00 p.m. on Irving St. from Central Ave. to Elizabeth Ave. ArtsFest is a celebration of the arts community that Downtown Rahway is known for and will showcase a variety of artists throughout all mediums for an impressive display of creativity.

ArtsFest will captivate visitors with over 50 artists, two live performance areas, and a variety of activities and attractions. Attendees can browse through an artist marketplace offering handcrafted creations made by local artisans, view the work of emerging and established artists, and watch urban and eclectic performances. To provide a truly immersive experience for attendees of all ages, ArtsFest will offer face painting, free art classes, and the opportunity to participate in interactive art displays.

"ArtsFest is a celebration that showcases the

power of creativity in our community," said Mayor Raymond A. Giacobbe. "This event brings artists, performers, and art enthusiasts from all walks of life together to participate in Rahway's local art scene. We invite everyone to join us and experience art in its many forms."

After a day in the arts scene, visitors and residents of Rahway can wind down and enjoy a live performance from Ryan Adams at the Union County Performing Arts Center. This event will provide "Dinner and a Show" options with special offerings from local Rahway restaurants. To take advantage of these deals, simply present your ticket to a participating restaurant on the day of the show. More details are available at RahwayIsHappening.com/DinnerShow

ArtsFest is a free community event. Free parking will be available at Hamilton Stage, The Gallery Space, and Municipal Lots. Standard rates will apply at the Rahway Parking Garage. To learn more about ArtsFest, visit RahwayIsHappening.com/ArtsFest.

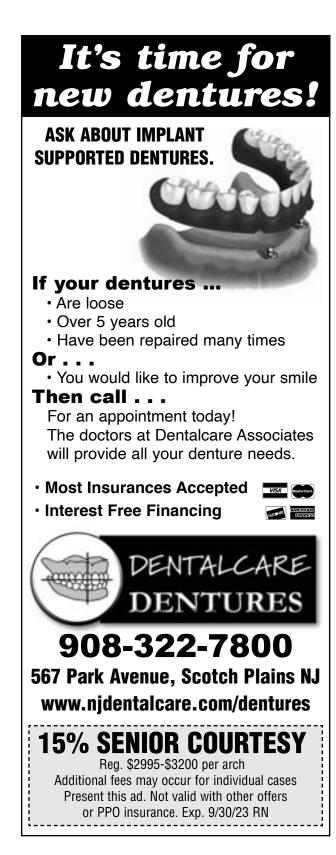


OUR TOWN Rahway • Page 9 • September 2023



OUR TOWN Rahway • Page 10 • September 2023





WINE TASTING EVENT – SEPTEMBER 23RD

Relay for Life on Rahway will host a wine tasting event on September 23rd. Come join us for an evening of fun at the American Legion Post #5, 581 Maple Avenue, Rahway, from 7:00 to 11:00 p.m. There will be hors d'oeuvres and entertainment, while we sample wines, rums, vodkas, and seltzers, etc. Tickets are available through Venmo @RahwayRFL (reference "wine tasting"), cash or checks can be dropped off (Fridays only) at the Rahway Regional Cancer Center, 892 Trussler Avenue, Rahway, or during normal business hours at Witty's Fine Wine and Liquors, 870 St. Georges Avenue, Rahway. Must be 21 to attend. All proceeds will benefit the American Cancer Society in funding research, clinical trials, and services for cancer patients and their families.

If you are unable to attend the Wine Tasting, 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.

Special thanks to Witty's Fine Wine and Liquors for generously sponsoring the wine and spirits for this event.

Looking to Make an Impact? Supporting Higher Education is a Life-Changing Investment.

> The path to higher education should be free from obstacles wide enough for all who wish to travel it.



We are in the midst of a great national debate on access to higher education and its cost. Is it fair that many people are saddled with student debt they may never be able to repay? Should the government, step in to create affordable access to higher education or forgive loans for millions of graduates? Should employers absorb more of the responsibility for educating their future workforce? While we work toward answers to these questions, one fact is undeniable: Education is the great equalizer.

KEAN UNIVERSITY

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At Kean University, we see this to a much greater extent than many other institutions in America. Kean serves a significant number of low-income students and those who are the first in their families to attend college. In fact, U.S. News and World Report ranked Kean 46th out of 439 in Top Performers for Social Mobility among national universities. That means we help those who come from disadvantaged backgrounds succeed and graduate. Our students find success regardless of their backgrounds. Each one of them deserves the opportunity Kean offers to improve their own lives and the lives of their families.

The path to higher education should be free from obstacles and wide enough for all who wish to travel it. Without solving the problems of cost and access, it's possible we could live in a country without a robust and diverse higher education sector. Can we really envision the prospect of an America without teaching, research, inventiveness, and social mobility for which American higher education is synonymous?

At the same time, institutions of higher education need to have multiple paths to fund the cost of educating future generations. Education costs money, and we need a full and diverse set of funding resources. Government, private sector support, and individual philanthropic giving are all part of the solution to the challenges students and families face around access and cost of securing a college degree.

Kean University is not unique in that we receive funding from private philanthropy. Over the last five years, more than 9,000 individual donors contributed over \$22,200,000 in support of Kean University. What these donors may not know is that their charitable investments in higher education are not merely a gift to an institution — they are a game changer for future leaders who are pursuing a college degree to level the playing field, to pursue dreams, and to overcome challenges that life has placed in front of them.

As CEO of the Kean University Foundation, I see firsthand the impact higher education has upon those who pursue it. We can all make a difference, America's charities show why even small financial gifts can be part of having a big impact. Time, energy, and talents have tremendous value.

Philanthropy is resilient and, during hard times, Americans respond in extraordinary ways. During the great recession, for instance, the S&P declined by roughly 40%. Over that same time, philanthropic giving dropped by only 7%. When there is a need, and people have the capacity to help, they respond generously. Every gift — large and small — empowers our colleges and universities to further leverage their impact across the country and around the world. Each and every donor, volunteer, and advocate makes an influential difference in strengthening educational leadership, advancing research initiatives, shaping policy decisions, and helping students (regardless of their economic backgrounds). One of our wonderful students at Kean says it best:

"To my parents who never gave up on me, thank you for instilling in me the importance of education. Obtaining this scholarship was the highlight of my college education. This scholarship was able to assist us financially especially after moving due to unforeseen circumstances and having to pay medical bills for my mom's surgery. It was hard and not thinking about having to pay out of pocket for school was such a reliever. So, I thank everyone who helped me to achieve this huge accomplishment. You have no idea how much it helped."

- Michelle Gomez

Recipient of the Unia Dharapuram Scholarship for Women's Studies

I would be remiss if I did not mention that acts of charity are also an investment in ourselves. Philanthropy can be life-changing for the donor(s). Arthur C. Brooks, one of the country's leading policy experts and the president of the American Enterprise Institute, reminds us that "it is a fact that givers are happier people than non-givers."

Of course, philanthropy is about so much more than financial resources. Independent Sector reminds us that volunteers are critical assets to civil society and all of our communities, especially in light of COVID-19. In its newest Value of Volunteer Time report, Independent Sector, with the Do Good Institute, announced that the value of a volunteer hour is now estimated to be \$31.80—a six percent (6.2%) increase compared to 2021. Estimated from data collected in 2022, the figure illustrates the valuable and significant contributions volunteers make every day to support our communities and nation. At Kean University, Board members, committee members, and community volunteers contribute in so many ways.

In many respects, our charitable actions are simply reminding us what makes us human: taking care of each other and doing it as a group to create a bigger impact. By making a philanthropic gift to a college or university—whether it be your time, talent, treasure, or willingness to introduce new friends to an institution, you are positively changing lives.

It has been said that philanthropy is an act of optimism. The act is an investment in a student, a member of the faculty, a vision, an organization. Philanthropy can help fortify the American higher education system by continuing to provide opportunities to our students, who will ultimately do the same for the next generation or create a better world for all of us.

Sincerely,

Bill Miller

Chief Executive Officer, Kean University Foundation

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Photos by Rahway Public Schools







FUN DAY AT FRANKLIN ELEMENTARY SCHOOL

Rahway Public Schools

Franklin Elementary School held its annual Fun Day in June. The event, which is a longstanding tradition, is a chance for students in pre-kindergarten through sixth grade to let loose and have some fun. This year's Fun Day was packed with lots of activities, including a foam party, inflatables, relay races, a dance party, and a barbecue lunch. Peer leaders from Rahway High School also came to help out. The students had a blast at Fun Day, and they were all smiles as they participated in the various activities. "This was the best day ever!" said one student. "I had so much fun with my friends." Fun Day is an excellent way for students to unwind after a long school year. It's also a chance for them to build relationships with their peers and make memories that will last a lifetime.





On View

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Carol Mullen, "Monarch," collage, 18x3x.5 in. Melissa Stern, "Deflated," 2020, sculpture, 43x18x17 in. Lisa Ficarelli-Halpern, "Joy, after Reynolds," 2023, oil on carwas, 62x38 in.



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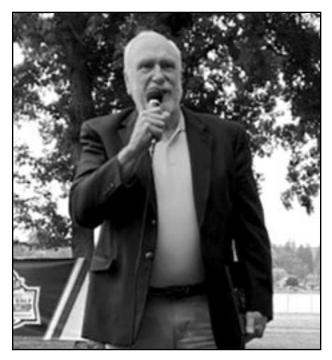


LONGTIME COUNTY COLLEGE GOLF COACH INDUCTED INTO HALL OF FAME

Union College of Union County, New Jersey is proud to announce that longtime Golf Coach and Dean of STEM William Dunscombe was inducted into the National Junior Athletic Association (NJCAA) Golf Hall of Fame at this year's NJCAA Division III National Golf Championship held in June in Chautauqua, New York.

The induction took place at the National Golf Coaches Annual meeting, held in conjunction with the NJCAA Division Golf Championships. Dean Dunscombe started his golf career at Union in 1975, serving as Head Golf Coach until 2019. Over the course of his coaching career, Dean Dunscombe had 18 NJCAA National Tournament appearances (both individual and teams), more than 500 career wins, one Region XIX Championship, seven Garden State Athletic Conference Champions, and coached one All-American player. Four of his athletes went on to play professionally. Dean Duncombe was inducted into Union's own Hall of Fame in 1981.

"The Union community is incredibly proud of Dean Dunscombe and thanks the NJCAA for their recognition of his vast contributions over the past 40 plus years," stated Union's President Dr. Margaret M. McMenamin. "It is the support of coaches, like Dean Dunscombe, that help our athletes to grow and develop their skills. Dean Dunscombe has inspired many student-athletes during his time coaching, and he should be proud of the mark he has made on them. This is a tremendous recognition."



(above) William Dunscombe was inducted into the National Junior Athletic Association (NJCAA) Golf Hall of Fame.

Courtesy photos





YMCA WELCOMING WEEK OPEN HOUSE – SEPT. 8-17

This Welcoming Week, September 8 -17, The YMCA offers a complimentary Community Gateway Family YMCA will join Welcoming America, other YMCAs and organizations nationwide to celebrate immigrants' contributions to communities and bring together all residents in a spirit of unity. The Gateway Family YMCA invites the community to visit the YMCA Open House inclusive of all, with details and schedules available at tgfymca.org/events/welcome23 including a Community Health Fair with vaccination information, fun family programs, social events for all ages, blood pressure selfmonitoring and programs open to the community.

In addition to a YMCA Open House for all September 8-17, The Gateway Family YMCA is offering a Membership Special with \$0 Joiner Fee. Individuals and families are invited to tour and join at any YMCA branch in Elizabeth. Rahway and Union, and can join online at tgfymca.org/join-the-Y with code WEL3 during Welcoming Week.

The Gateway Family YMCA celebrates Welcoming Week with the local communities each year, as part of a commitment to the mission of serving all. Every day, The Gateway Family Membership for access to select programs and events for every member of the community focused on chronic disease prevention and social opportunities for seniors and families.

As part of the YMCA commitment for inclusive access, the Welcoming Week Open House also includes a digital and virtual program and social component. Community members are encouraged to visit the Y's website and social media channels to participate in Welcoming Week 2023. For individuals who are unable to visit the Y in person, the YMCA will be providing a Digital Community Health Fair and Community Conversation Prompts throughout the week Facebook at on facebook.com/GatewayFamilyYMCA and YMCA Virtual programs are available from home.

Welcoming Week is an annual, non-partisan event that celebrates diversity and the community

benefits of welcoming everyone and their contributions to the social fabric of the country. The Y will be celebrating with themed events for program participants in Child Care, YMCA Residential Housing, Aquatics, Group Exercise and WISE Community Services programs.

The Gateway Family YMCA is a leading 501(c)(3) non-profit, health and community service organization committed to strengthening community by connecting all people to their potential, purpose, and each other. By bringing together people from different backgrounds, perspectives and generations, the Y ensure that all have access to the opportunities, relationships, and resources necessary to learn, grow and thrive.

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

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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.

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 tendemess 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.



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 Derothy 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!

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 fluoro scopic 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 fluoros copy 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 more with no problem whatsoever. I can go up and - Patricia G. down steps with no pain."

"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.





AMERICAN LEGION GOLF OUTING - SEPT 25

Clark American Legion Post #328 announces the Bernie Yarusavage Children and Youth Memorial Scholarship Golf Outing will be held at Ash Brook Golf Course on September 25, 2023, in Scotch Plains, NJ. Proceeds go directly into the scholarship fund of the Post for the benefit of our veterans' children attending a higher education or trade school.

Applications are at Legion Post #328. 78 Westfield Ave., Clark

732-574-8374.

Sign up as an individual, or a group, or be a

sponsor to contribute to the success of the outing. Breakfast prior and BBQ lunch follows.



(above) Doran foursome at the 2022 Bernie Yarusavage Memorial Scholarship Golf Outing.



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CELEBRATING READING

Rahway Public Schools

Franklin Elementary School in Rahway celebrated reading by giving reading medals to students. The medals were presented by Dr. Juan Miao, the school's Vice-Principal. Dr. Miao spoke to the students about the importance of reading and how it can open up a world of possibilities. She encouraged them to keep continue reading all summer long. "Reading is a lifelong journey," said Dr. Miao. "It's a way to learn about new things, to explore different cultures, and to expand your imagination." The students were all smiles as they received their medals. They have worked hard all school year to read for at least 20 minutes every night and to complete monthly reading logs. "I'm so proud of all of our students for their hard work," said acting Principal, Dr. Kevin Robinson. "They have really shown a love of reading this year, and it's been amazing to see their progress." The school hopes that the students will continue to love reading and that they will use their reading skills to learn and grow throughout their lives.

Photo by Rahway Public Schools



(above) Dr. Juan Miao & Mrs. Alicia Scipioni (2nd Grade Teacher) with some amazing 2nd graders.





AUTUMN, THE SECOND GARDENING SEASON

As a young boy growing up in the Bronx I was always amazed how quickly the seasons change in our area. As if by the snap of a finger, the heat of the summer subsides and the evenings cool off. These conditions are perfect for planting trees, shrubs and spring and summer flowering bulbs while they have time to develop roots before the ground freezes. This will give them a boost for when they restart growing next year.

Fall officially starts on September 21, but the autumn planting season in our area begins in early September as temperatures drop and conditions become favorable for planting. THE BEST TIME TO PLANT A TREE WAS 20 YEARS AGO. THE SECOND BEST TIME IS NOW.

Trees planted in the autumn have a major obstacle they must overcome. In a short period of time, the ground will freeze and root development will come to a halt until next spring.

To help roots prepare for winter, trees and shrubs should be planted before October 1st, which is six to eight weeks before the ground freeze occurs in our areas. This gives the root systems time to adjust before the ground is frozen in mid-November. For the first few weeks water your plants every few days to encourage healthy root development.

SUMMER FLOWERING BULBS

When gardeners discuss autumn bulb planting, imagines of tulips and daffodils automatically spring into mind. These flowering bulbs create spectacular displays in our gardens, but save space for summer bulbs such as lilies. Although they won't bloom until next summer, planting them the autumn before gives them time to develop strong root system and stems. You will be rewarded with more robust blooms in the first year. From my experience I suggest planting small groupings. Most lilies are fragrant but too many together can easily become overwhelming.



(above) Casablanca lilies make a stunning display in any garden. There are so many varieties of lilies to plant, it can be hard to choose.

One common question gardens have is "should I water my bulbs when I plant them? YES. Water will help start the growth for a strong root system. Unless it rains a second watering a few days later will also help.

If you are new gardener, you can find lilies and other flowering bulbs on the internet. Catalogs are free and flower companies are happy to send one to you.

LAWNS

There are a few rules to follow for growing grass.

- In order to germinate grass seeds must make contact with the soil. Tossing seeds on spots with dead grass is a waste of money.
- Keep your grass moist or it will quickly dry up and die. This might mean giving it a light watering twice a day of covering it "salt hay". Weeds in salt hay need salt water to germinate so its weed seeds wont sprout on our lawns.
- Grass, once established needs sunlight to grow so remove fallen leaves before they kill your lawn. This rule applies for the salt hay also. There is too much information to write about



(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

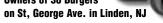
in this article but universities like Rutgers and Ohio State have lots of good posting and videos online.

As with all things on the internet, choose wisely. Some people are just having fun and don't have facts to back them up.

Happy autumn,

James









NEW PROVIDENCE BOOK FESTIVAL – SEPT. 23

On Saturday, September 23, 2023, New Jersey authors will sign books and talk to visitors at the New Providence Book Festival. Located on the grounds of the historic Salt Box Museum, the festival will include a series of presentations by authors.

At 10 a.m., during the children's story hour, Nadja Springer, Sue Steinhardt, and Selene Castrovilla will read from their children's books, The Big Adventures of a Little Tree, This is Tap: Savion Glover Finds His Funk, and ImperfectPhil is a Friend.

At 11 a.m., historical mystery novelist Mally Becker will make her presentation, "Bringing the Past to Life One Spy, Mystery and Murder at a Time."

At 12:00 Noon, novelist Elissa Matthews will speak on "Three Kinds of Historical Fiction – Which One Calls to You?"

At 1 p.m., Susen Edwards will speak on "Writing Your Own Memoir"

At 2 p.m, J.R. Bale will talk about "Turning the Voices in My Head into Novels"

All these authors will be available for book signing. Other authors signing their books include Linda Barth, Michelle Cameron, Michael Stephen Daigle, Steven Farkas, Sarajane Giere, Tom Kranz, Nev March, Linda Raedisch, Eileen Harrison Sanchez, Kal Uddin, and others.

"We wanted to expand this event which

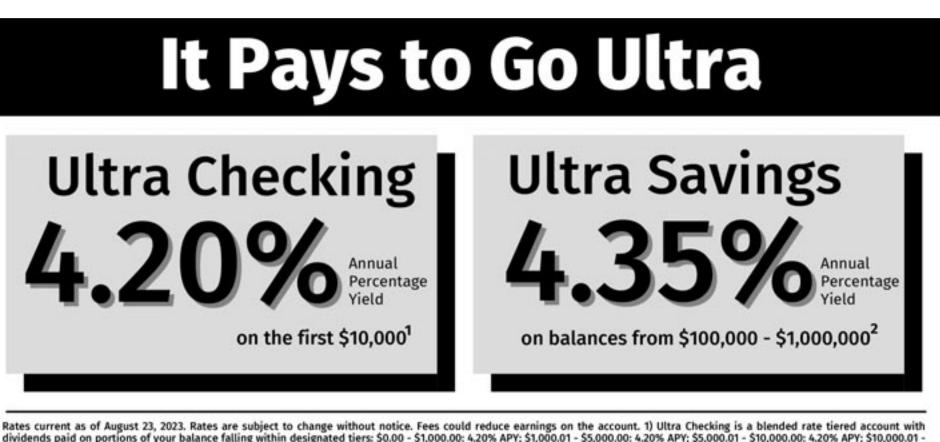


connects authors with readers in a very personal way," explains J.R. Bale, author and one of the organizers of the event. "With over 17 authors of writing in various genres, it will be a stimulating event for even the most casual book lover."

Anyone purchasing a book at the festival will be entitled to receive a free raffle ticket for drawings for a gift basket, which will include a Barnes & Noble gift card.

The festival will be held on the grounds of the Salt Box Museum at 1350 Springfield Avenue from 9:00 a.m. to 3:00 p.m.. The rain date is September 30, 2023. The Salt Box Museum, the site of the festival, is operated by the New Providence Historical Society and will be open for tours, free of charge. Refreshments will be available on the grounds.

More information is available at newprovidencebookfestival.com



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WHAT ARE YOU SEEKING?

A free spirituality seminar is being offered by again." Immaculate Heart of Mary Church in Scotch Plains, NJ. Meetings are weekly, and most are on Zoom

Some of the most interesting and meaningful discussions occur when we talk about subjects that really matter to us. What is important to you? What fills you with joy? What do you seek in life? What do you believe? Alpha was created as an opportunity to examine important topics that ask us to reevaluate what we believe and why.

The four in-person meetings begin with a meal, followed by a short video on various Christian topics, small group discussions and conclude with some summary comments. The other meetings are conducted on Zoom. There are twelve meetings in total. While it seems as though only people with faith are the target audience, all are welcome whether a believer, an atheist, or an agnostic. Come and bring a friend.

Listening is critical to this format. It is as important to understand other points of view as much as to be understood. Dialogue is expected to be respectful not confrontational. No one is forced to talk if they simply choose to listen.

The comments of those who have done the Alpha Program offer the best reasons to "Try Alpha":

"I needed a spiritual tune up and I got it." "It was a safe place to discuss deep topics of faith." "I found a new energy and peace about my faith." "It gave me a sense of hope." "I found my faith

The next Alpha Program will begin on Monday, September 18, 2023 with a dinner at 7 p.m. in the Nazareth Center at Immaculate Heart of Mary (IHM) Church, 1571 S. Martine Avenue, Scotch Plains. Since most meetings will be on Zoom it will require access to a device for the Zoom meetings. Links and directions for Zoom will be provided to those who register. Participation is capped at 30 people. Sign up by visiting the IHM website: ihmparish.net. If you have any questions about Alpha, email: office@ihmparish.net or call: 908-889-2100.



(above) Immaculate Heart of Mary Church in Scotch Plains to host a free spirituality seminar. Registration is required, please visit *ihmparish.net/alpha. If you have any questions* about Alpha, email: office@ihmparish.net or call: 908-889-2100.





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WOMEN IN RAHWAY HISTORY

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

On Sunday, October 1st, the Merchants and Drovers Tavern Museum Association will present its 29th annual "Spirits of the Past" tour of the Rahway Cemetery. This year's theme, "Women in Rahway History," will feature 12 women from the pages of Rahway's past who played a part in the history of the city, exhibited admirable attributes, or represented universal qualities. During this unique educational experience, groups are guided to gravesites where costumed actors portray each woman and tell their stories.

Catherine Anderson – Wife of John Anderson, the man who built the Merchants and Drovers hotel and tavern in the early part of the 1790s. Mrs. Anderson will present information on the history of the building and describe tavern life as it might have been experienced in the inns of those early days.

Catherine Squier – Mrs. Squier, one of Rahway's most prominent citizens, was the founder of the Rahway Public Library in 1858. A champion of many social and civic causes, she took a leading part in the work of the Union Aid Society, an organization formed to look after the needs of the families of men who went off to fight in the Civil War. She and her husband, William, donated many parcels of land for the construction of civic buildings, churches, and parks.

Sarah Clark – Wife of Abraham Clark, a signer of the Declaration of Independence, and mother of two soldier-sons who were captured and imprisoned during the Revolutionary War. Mrs. Clark will relate the hardships and difficulties of living in this strategic and dangerous area during the war as she tried to raise her 11 children.

Carolyn Wells – Ms. Wells was an author who wrote/edited 180 books and became a best selling writer of mysteries in the years between 1909 and 1942. In 1913 she penned the first history and how-to of the mystery genre. Also a writer of essays, stories, and poems, her works were published in periodicals including The New Yorker, Life, and Thrilling Detective.

Elisabeth Logan Davis – Mrs. Davis was an accomplished painter, author, and community activist while living in Rahway (1922-1958.) Wife of Reverend Chester M. Davis of the First Presbyterian Church, she helped found the Rahway Arts Center, the Rahway Council of Church Women, was an inaugural member of the Rahway Housing Authority, and was instrumental in setting up the John F. Kennedy Community Center.

Gladys Whitehead – A life-long Rahway resident, Ms. Whitehead wrote 4 volumes of memoirs titled Reflections which contain a treasure trove of historical information about life in Rahway. As a 17 year old during World War I she did volunteer work for the Red Cross and aided the war cause by sewing, knitting, and making bandages.

Ambo – An enslaved woman, Ambo worked for the family of Abraham Terrill for 3 generations. If legend be true, she might have served General George Washington a quick meal as he passed through Rahway during the Revolutionary War. Upon her death she was buried in the Terrill family plot with a grave stone to mark her final resting place – a highly unusual distinction for an enslaved person.

Agnes Johnson – Mrs. Johnson's son, John, was killed at the Battle of Gettysburg. The letters written to and from her son and military officials present a poignant picture of the tragedy of war and its effects on loved ones.

The Unknown Woman – This young woman, probably in her mid twenties, was brutally murdered by an unknown killer on March 24, 1887. The story of this unsolved crime will be presented by an actor playing the part of a citizen who experienced the events that unfolded in the aftermath of the murder.

Ann Vonah – After Mrs. Vonah's husband, John, enlisted in the Union Army to fight during the Civil War, she joined the cause as a volunteer nurse. Stationed in Fort Monroe, Virginia, she experienced the horrors of war as she tended to the needs of wounded and dying soldiers.

Margaret Mulvey – Mrs. Mulvey was married to her husband, John, for just three years before he was killed in action on July 15, 1918 at the Battle of the Marne during World War I. Her letters represent the love and sense of loss experienced by a grieving widow.

Annie Shotwell – Ms. Shotwell was employed by the Rahway Board of Education for 23 years where she served as the attendance officer. Her gift was her ability to help young students who she found playing "hooky" return to school and continue their education. She helped so many students "get back on track" that a memorial oak tree and stone marker was placed on the front lawn of Grover Cleveland Elementary School in her memory.

"SPIRITS OF THE PAST" CEMETERY TOUR

Sunday, October 1, 2023 Tours start at noon and leave every 15 Minutes. The Last Tour goes off at 4 P.M. Each Tour lasts approx. 2 hours

Reservations are recommended to ensure a desired tour time. Walk-ons are also welcome.

Admission is \$15 for Adults, \$10 for Seniors (65+) and students, \$5 for Children (12 and Under).

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





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Joseph Carr Cabernet Sauvignon	750ml	\$29.99
Kendall Jackson Vintners Chardonnay.		
Kim Crawford Sauvignon Blanc	750ml	\$14.99
Louis Jadot Beaujolais Villages		
Louis Jadot Pouilly Fuisse		
Martini & Rossi Asti		
Menage a Trois Red	750ml	\$10.49
Mi Amore Red		
Moet Imperial Champagne		
Noble Wine 337, 667		
Papi (All Types)		
Ruffino Chianti		
Ruffino Chianti		
Ruffino Pinot Grigio		
Ruffino Tan label		
Santa Margerita Pinot Grigio		
Silver Oak Alexander Valley Cabernet .		
Simi Chardonnay		
Woodbridge (All Types)		

We specialize in hard to find items and custom orders, just ask!



"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.