

OUR TOWN

RAHWAY'S HOMETOWN NEWSPAPER

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THE RAHWAY ELKS HONOR FLAG DAY

Submitted by Kristina Petti

The Rahway Elks #1075 held their annual Flag Day celebration on Saturday, June 15th 2024. The ritual was held in the upstairs Lodge room and hospitality was served in the Grille room after. The event was open to the community. Lodge Treasurer Doreen Duffy and Secretary Kelly Mazza decorated the grill room beautifully and organized a delicious spread of food.

It was a lovely ceremony with the JROTC presenting colors, Antlers and essay contest winners carrying flags, and so many of our community members coming out to support the Elks.

Leading Knight and Americanism chair, Kristina Petti, organized the guest list and program. We gave awards to the Americanism essay contest winners, and had one student,

who was a repeat winner of the contest, read her essay aloud. All 1st, 2nd, and 3rd place local winners were awarded with a certificate and gift card.

Every year the Elks hold an Americanism Essay contest and award prizes up to the national level. This year's topic was "What does the Bill of Rights Mean to Me?", and next year's topic is "What Does Patriotism Mean To Me?". The contest is open to 5th-8th graders. Please have your essays into the Rahway Elks by December 15th 2024.

If you are interested in learning more about our organization or becoming a member please visit our website rahwayelks.org and follow us on Facebook: Rahway Elks #1075. To become a member of the Benevolent and Protective Order of Elks you must be 21 or over, an American citizen, and believe in God.



(above) Rahway Antlers and an Americanism essay contest winner carried the Flags during the ritual.



(above) Rahway High School JROTC presenting colors.



(above) Jessica Ramos was awarded the 23-24 Citizen of the Year for her dedication to lodge events and fundraising.



(above) Sean Givens was awarded the 23-24 Elk of the Year for his consistent volunteering of his culinary skills for any event that calls for them.



(above) Nancy Kozakiewicz was awarded the 23-24 Officer of the Year for her decades of dedication to the lodge as the secretary and much more!

Courtesy photos

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RAHWAY ACADEMY 8TH GRADERS SHINE BRIGHT

Submitted by Lauren Battiato

The Rahway Academy cafeteria transformed into a dazzling neon wonderland on Friday, June 14th, for the unforgettable 8th Grade Glow Dance! Blacklights cast an electrifying glow on the festive decorations, while DJ Shawn Lover kept the energy high with pulsating beats.

A big shoutout goes to Ms. Atkinson and Ms. Villao for their fantastic planning and facilitation of this memorable event. The students were treated to a delicious spread that included

empanadas, Spanish rice, wings, mozzarella sticks, baked chicken, and a variety of other treats. The night culminated in a delightful cake that perfectly complemented the vibrant atmosphere.

Stepping out in style, the eighth graders arrived in formal attire, adding a touch of neon magic with glow necklaces, bracelets, sunglasses, headbands, and other creative accessories. It was a night filled with laughter, dancing, and making memories that will last a lifetime.



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Registration begins on Monday, August 19th for the Fall 1 program session at The Gateway Family YMCA including swimming lessons, youth sports, martial arts, dance, teen leadership, gymnastics, arts, STEAM, enrichment and group exercise. Program registration is available at The Gateway Family YMCA branches in Elizabeth, Rahway and Union and online at tgfymca.org

The Gateway Family YMCA Fall 1 Program Session begins on Tuesday, September 3rd and ends on Sunday, October 27th. Most programs meet once per week for 8 weeks, with additional options available, as well as private swimming lessons or coaching sessions for individuals, pairs, or small groups.

“We know that fall is a busy time for our families, and we want to ensure that there is a place for the entire family to relax, unwind, decompress and maybe learn a new skill in the process,” stated Melynda A. Disla, President/CEO, The Gateway Family YMCA. “Providing activities for all ages – either together or separate is something that makes a YMCA unique. We are here to support everyone in the community.”

In 2023, The Gateway Family YMCA hosted over 1,800 children in youth swim lessons and

safety around water programs, helping them find their confidence, learn a lifelong life-saving skill. Taught by certified swimming instructors in a small-group setting, the YMCA focuses on a skill-based curriculum with a basis of safety skills training. YMCA Youth sports programs not only teach fundamental skills, they also teach the value of teamwork, help fuel determination, and build character. At The Gateway Family YMCA, a variety of sports programs help keep children active while igniting their passion and collaborative spirit.

In addition, The Gateway Family YMCA offers a competitive Swim Team, Basketball Team and Esports Team, with upcoming tryouts. 2024-2025 registration is ongoing for Before and After School Care in collaboration with school districts in Elizabeth, Rahway and Union, and YMCA Child Care at The Gateway Family

YMCA in Elizabeth and Union.

The Gateway Family YMCA is a 501(c)(3) non-profit, health and community service organization of caring staff and volunteers dedicated to strengthening community through Youth Development, Healthy Living and Social Responsibility. The Gateway Family YMCA impacts the community by providing quality services for all. The Y doesn't just strengthen bodies – it strengthens people, families and communities. Financial assistance is available, ensuring that everyone has access to reach their full potential.

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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THE GATEWAY FAMILY YMCA tgfymca.org

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Peripheral Neuropathy

is a condition that affects millions of Americans, commonly resulting in pain, tingling, numbness, and other painful symptoms in the hands, legs and feet. This pain changes your life and affects how you work, how you play and how you live.

How do you know if YOU have Peripheral Nerve Damage?

Peripheral neuropathy is the consequence of damage to your peripheral nerves. There are over 100 different kinds of peripheral nerve disorders or neuropathies – some are the result of a disease like diabetes, while others can be triggered by a viral infection. Still others are the result of an injury or compression on the nerves. No matter where the problems begin, it is imperative nerve disorders are resolved as soon as possible to prevent permanent damage.

Many people suffer with pain for years, not realizing that their symptoms may be due to Peripheral Neuropathy. Symptoms start gradually, then get worse, including numbness, burning or tingling sensations and sharp, electrical-like pain. Treatment options have been limited to a small assortment of pain medications, which can lead to further issues. Ignoring the problem or masking the symptoms has never been a viable solution. If you suffer from any of the aforementioned symptoms, we can help.

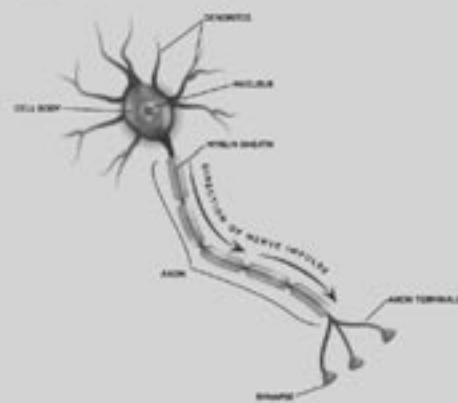
New FDA-cleared treatments provide hope

Northeast Spine and Sports Medicine is pleased to announce their new program for treating Peripheral Neuropathy, which includes a combination of advanced FDA-cleared treatments with breakthrough technology that aids in healing the damaged nerves.

What does Peripheral Neuropathy look like?

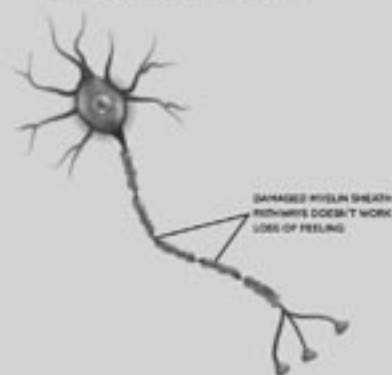
Healthy Nerve Cell

Properly processes sensory information to the brain:



Damaged Nerve Cell

Sends incorrect signals to the brain, from phantom pain to tingling and numbness:



The effects of this program can be felt on the first few visits. This treatment restores, stabilizes, and rebuilds the nerves in your extremities. Treatment has also been effective in addressing painful symptoms of arthritis, MS, and other forms of chronic pain. Patients generally feel relief physically throughout the treatment period and even feel better emotionally after experiencing a reduction in pain.

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-The Northeast Spine and Sports Medicine Team

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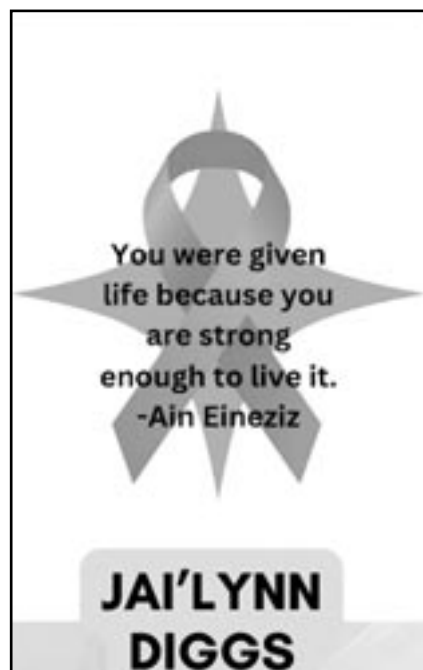
Eighth-grade students in Mrs. Swisstack's art classes at Rahway Academy put their creativity to good use recently, partnering with Robert Wood Johnson Hospital in Rahway to design logos for the hospital's upcoming Breast Cancer Awareness campaign.

Academy students worked tirelessly on their designs. Upon completion, students were given the opportunity to vote. From all the creative

entries, five spectacular logos rose to the top.

The honor of selecting a final winning logo now falls to the staff at Robert Wood Johnson Hospital. The chosen logo will be incorporated into their Breast Cancer Awareness initiative and ad campaign this coming October.

Congratulations to all the Rahway Academy students who participated in this important project! Their artistic talents will help raise awareness for a critical cause.



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BY PIERRE DALPÉ

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PRESCHOOL FUN DAY

Submitted by Linda Lampert

The Academy and St. Thomas preschoolers were all smiles and laughter during their first-ever Fun Day held in June. This special event was designed to give these young learners a unique and unforgettable field day experience.

The day was filled with exciting activities tailored for preschoolers, including bouncy houses, sand art, and engaging games. The students were treated to delicious Italian ice to cool off and add a touch of sweetness. Adding a playful twist, the event even featured a "Pie the Staff" challenge, offering the children a chance to unleash some good-natured fun on their brave teachers and caregivers.

"We are thrilled with the success of our first-ever Fun Day," said Ms. Monica Moreno, Rahway's Early Childhood Specialist. "It was a fantastic opportunity for our preschoolers to enjoy the outdoors, participate in stimulating activities, and bond with their classmates in a relaxed and joyful atmosphere."

Ms. Moreno extended her gratitude to everyone who helped make Fun Day a reality. "We would like to express our sincere appreciation to all the volunteers, preschool staff, and Early Childhood Department members who dedicated their time and energy to creating a memorable experience for our littlest learners."

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RWJ HOSPITAL PRESIDENT AND CHIEF EXECUTIVE OFFICER TO RETIRE

Kirk Tice, President and Chief Executive Officer at Robert Wood Johnson University Hospital Rahway in Rahway, has announced his retirement, effective December 31, 2024. Tice has been with RWJUH Rahway, an RWJBarnabas Health facility for 46 years, spending the last 30 as President and Chief



(above) Kirk Tice's 30-year career as Rahway Hospital president and CEO to leave legacy of partnerships and commitment to health and well-being of residents and patients of Union County. Courtesy photo

Executive.

"We extend our heartfelt thanks to Kirk Tice for his dedication, service and leadership over the last four-plus decades at RWJUH Rahway," said Mark E. Manigan, President and Chief Executive Officer of RWJBarnabas Health. "Kirk has navigated the ever-changing healthcare landscape of New Jersey for half a century, all while keeping with his vision of putting patients first. He will be remembered for his legacy of commitment to better serve the residents of Union County."

- Under Tice's leadership, Rahway has:
- Earned six consecutive grade "A" scores in Hospital Safety by the Leapfrog Group;
 - Earned recognition from the Human Rights Campaign Foundation: Leader in LGBTQ Health Care Equality, in 2022 and 2023;
 - Earned recognition from the American College of Surgeons: Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program Accreditation;
 - Become fully accredited by the Joint Commission;
 - Certified its diabetes program through the American Diabetes Association;
 - Been named a Primary Stroke Center by the New Jersey Department of Health;
 - Awarded the American Heart Association's Mission: Lifeline® EMS Gold Award for heart attack treatment for its mobile intensive care unit; and

- Earned Most Wired recognition from The College of Health Care Information Management Executives (CHIME) in 2023.

"I have had the honor and privilege over the last 30 years of leading an exceptional team at RWJUH Rahway," said Tice. "I'd especially like to thank the hospital and medical staff for their many years of support, as we navigated the facility through many changes. I am truly fortunate to have worked beside so many professionals who care deeply for the patients and communities we serve. RWJUH Rahway will forever be in my blood, and I wish them continued success!"

Tice has had an enduring impact on the health and wellness of the greater New Jersey community and his steady management is a familiar guidepost at RWJUH Rahway, where he has been a visible and influential executive for nearly fifty years. His leadership, vision and partnerships will leave a lasting legacy.

For more than 100 years, Robert Wood Johnson University Hospital Rahway has been the trusted healthcare facility for patients and families in Union County and beyond as a comprehensive, state-of-the-art medical center.

Our hospital provides acute care, long-term acute and rehabilitative care, as well as outpatient services to ensure our patients and their families receive the education and help they need to make the fullest recovery possible. For more information, visit rwjrh.org/Rahway.



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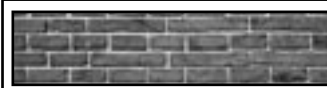
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GIRL SCOUTS HONOR OUR TROOPS

Submitted by Robyn E. Koenig

On May 18th, during a beautiful morning, the Girl Scout troops of Rahway met in the Rahway Cemetery to do their annual Flag planting; a tradition that has been happening for over 20 years. The girls, their leaders, and members of the girls' families, volunteered to plant flags at the many gravesites of fallen soldiers and those who served in the Armed forces. The soldiers were honored each with their own flag placed at their headstone or footstone. The volunteers were there for 2 hours and planted almost 600 flags on grave for soldiers who fought in wars as early as the

Revolutionary War. The girls learned about the soldiers as they walked through the cemetery looking at all the dates in history. They look forward to doing it again next year.

On May 26th, the Rahway Girl Scouts participated in the Memorial Day Parade starting in downtown Rahway. They walked the mile plus route and handed out sweet treats to the spectators. They carried signs and walked behind the Honorary GS Jeep, complete with Rahway Girl Scout Flag on its hood. The girls were such great sports about the whole walk and they look forward to next year.

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(above) GS Troops Flag planting at the Rahway Cemetery.

Courtesy photos



(above) GS Troops at 2024 The Rahway Memorial Day Parade.

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RAHWAY GIRL SCOUTS – A HISTORY OF FUN, LEARNING, AND SERVICE

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

Juliet Gordon Low, the founder of the Girl Scouts USA, organized the first Girl Scout troop meeting on March 12, 1912, in Savannah, Georgia. Six years after the introduction of Scouting, Mrs. Mary Edmonds of Colonia, New Jersey brought twelve Rahway and Colonia girls together to form the first group of Girl Scouts in this area. Interest in scouting was on the rise across the nation and as more troops were established the need for local councils became necessary.

On March 15, 1921, an official council in Rahway was organized at a meeting held at the Ilderan Club. Girls representing each troop were present along with their parents and a number of prominent local women who were selected to serve as officers of the council. Mrs. Francis Dobbins was elected to the position of Commissioner. During the meeting, craft and skill demonstrations were given, games were played, Scout songs were sung, and merit badges awarded. The guest of honor was Mrs. Arthur Choate, President of the National Headquarters, who spoke of the aims and ideals of the Girl Scout program. She stressed that scouting “makes girls absolutely dependable, it makes them healthy, and it teaches them how to accomplish things.”

Scout meetings were originally housed in a building located near the corner of West Milton Avenue and Fulton Street where the girls shared space with other tenants. In 1923, they moved into a large Victorian styled home on the corner of West Milton Avenue and Jaques Avenue that was owned by the Rahway Women’s Club giving the Scouts a meeting area of their own.

A major event in the history of the Rahway Girl Scouts occurred in 1932 when Mr. and Mrs. Frederick Squier, owners of the historic St. Georges Inn (presently the Merchants and Drivers Tavern Museum) generously offered the recently renovated four-story building to the troops to use for their headquarters. Not only would the Scouts hold their meetings there, but



(above) Girl Scouts form the number 100 in recognition of the national organization’s 100th anniversary.



(above) Two scouts pose in front of the open hearth in this c. 1935 photo taken in the Girl Scout House. Courtesy photos

they would utilize the building for all manner of activities. They staged craft shows and fashion shows and held holiday parties and award ceremonies there. It was the command center for Girl Scout Cookie Drives and was the perfect place for ghost stories and sleepovers. Shortly after moving into the building, the Council had it painted red after which it would become known fondly as the Girl Scout House. The building served as Scout Headquarters for 37 years (1932–1969) and was quite possibly the largest and finest Girl Scout Headquarters in the country.

Besides enjoying the fun aspects of scouting, the girls were always active in the area of community service. During the Depression years, the girls hosted holiday parties for needy children and collected clothing and food for poverty-stricken families. Throughout World War II, the Scouts participated in metal and paper drives and planted Victory Gardens. Following the war, they collected food items and sent them to the war-torn parts of Europe. In the 1960s and 1970s the Scouts assisted programs at Rahway Hospital and the Rahway Library.

Scouts have always been willing and eager to learn new things. With the cooperation of qualified volunteer leaders, the girls received training in many fields of interest including child care, dramatics, sewing, cooking, gardening, nature study, and leather and metal crafting.

The camping experience was also important in the life of a Scout. Over the decades, generations of Rahway girls attended camps with memorable names such as Camp Chickagami, Camp Wanakea, and Camp Hoover. Camp activities included swimming,


boating, hiking, camping, archery, and even horseback riding.

On June 29-30, 2012, the Rahway Scouts held a Girl Scouts USA Centennial Celebration and Reunion in observance of the national organization’s 100th Anniversary. Fittingly, the celebration took place on the grounds of the Merchants and Drivers. Activities during the two-day event included storytelling, recycling projects, trail sign reading, knot tying, beading, Museum tours, a history hunt in the Rahway Cemetery, and instructions on the basic steps of the Virginia Reel. Scouts and visitors were treated to S’mores, a Girl Scout staple, which were toasted over an open fire pit. A special commemorative patch, picturing the Girl Scout House, was created for the event and given to all participants.


Today, there are six active troops in Rahway, two of which hold their meetings at the Merchants and Drivers. Like the Scouts who came before them, the girls remain active in their service to the community. Early each spring they plant daffodil bulbs to beautify the Museum property and Veterans’ Memorial Park on the adjacent corner. They participate in the City’s Halloween “Trunk or Treat” event. They collect food for the Food for Friends Food Pantry and design placemats for the Food for Friends Saturday lunches. On Memorial Day and Veterans’ Day, the girls place American flags on the graves of veterans who are buried in Rahway Cemetery.

In their 123-year history the Rahway Girl Scouts have been faithful to the mission of Girl Scouts – “to build girls of courage, confidence, and character who make the world a better place.”

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DIAGNOSING GARDEN PROBLEMS

RUTGER'S GARDEN HELPLINE CAN HELP!

Its summertime and finally the tomatoes are ripening in New Jersey. The most popular vegetable/fruit of most home gardeners, tomatoes bring back memories of our youth. It could be a tomato sandwich with mayonnaise or just biting into a ripe tomato, this month millions of people are enjoying the taste of fresh grown Jersey tomatoes. Unfortunately, tomatoes can host many diseases that can devastate your harvest just when you are looking forward to it.

Problems aren't limited to just the vegetable garden. Annual flowers, perennials, shrubs and trees can develop diseases which if left untreated will weaken and slowly kill your plants. The best resolution is proper identification of the problem, and then the correct treatment and cure.

Vegetable problems may be the easiest to detect because we handle the plants so often when they are young. When I spot a deformed baby tomato, I pluck it off the vine so the plant's energy can be focused on better fruit. Often, I can take action then to fix the problem early.

Cultural problems that we cannot control such as a very wet and rainy spring create fungus and other viruses that can damage trees. When checking leaves be sure to turn the leaf over and look are the bottom also. Tree diseases are harder to cure. It is important to follow the directions on the label and not skip an application. Missing a timely application can allow the disease to come back. If that happens we have to start over from the beginning.

Some tree problems do not show up until summer. Rust is a form of leaf spot that if left untreated for a few years will kill a tree. I've seen this happen on trees like ornamental cherries. When you realize the tree has rust it's too late for treatment "this year". Research the problem NOW and gather the equipment to treat it early

next year at 'bud break. Bud break is when the flower petals start to crack open. After that follow the directions on the label and don't skip spraying when the time is right.

There is too much information to explain in this article, but I hope this gives you a good idea what to look for.

There are some dependable websites and knowable Farm and Garden Supply owners and employees that can help you. Luckily New Jersey has our own Cooperative Extension service.

**GARDENING QUESTIONS?
NEED INSECTS IDENTIFIED?
RUTGERS COOPERATIVE EXTENSION
OF UNION COUNTY CAN HELP.**

Even landscape professionals occasionally need assistance identifying problems. Diseases of trees and shrubs or insects need to be properly diagnosed before they can be cured or controlled.

Luckily for us, Rutgers Cooperative Extension has county offices throughout New Jersey. Your county office can be found in the yellow pages or online. Rutgers Garden Helpline is staffed by trained volunteers to assist the citizens of their county with continuing educational opportunities supplied by Rutgers agricultural department during the year.

Rutgers Garden Helpline of Union County is now located at: 151 Grant Street, Berkeley Heights, NJ, 07922

For questions and office hours call the Garden Helpline at 908-654-9852.

There are three ways you can reach the garden helpline with your questions.

First you can call them at the number above.

Secondly you can e-mail questions and photographs to: mastergardeners@ucnj.org

Or clients can bring a plant, lawn or insect



(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

samples to the office in Berkeley Heights. Specimens are the surest way to guarantee a proper identification.

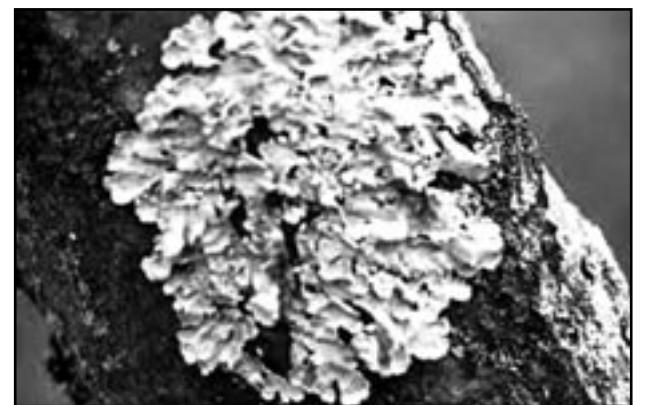
Summer hours are Monday to Thursday (10 a.m. – 2 p.m.)

Friday (10 a.m. - Noon).

The Garden Helpline volunteers are well trained to identify garden and household insects. The Helpline will also identify house infesting insects such as carpenter ants, termites and food infesting pests.

Happy Summer,

James



(above) Many homeowners would assume this tree is sick and dying and therefore have it removed. Actually, this growth is Lichen. Lichen is an ancient plant form similar to moss and algae which grows on the shady side and is harmless to the tree. Proper diagnosis will save both this tree and your money.




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ADVOCATE FOR ABUSED AND NEGLECTED CHILDREN IN YOUR COMMUNITY

Child Focus is seeking dedicated community members to make a difference in the lives of abused and neglected children by volunteering as Court Appointed Special Advocates, or CASA volunteers. The next training session to become a child advocate kicks off in September at the Clark Public Library.

Each year in Union County, more than 250 children are removed from home, through no fault of their own, and placed in foster care. These children suffer a dual layer of trauma - first from the abuse and neglect that led to their placement in the child welfare system, and second from the upheaval and uncertainty that comes with being removed from the only home they've known. They need a reliable adult on their team, someone whose only agenda is speaking up for the best interests of that child.

That's where the nonprofit Child Focus' Court Appointed Special Advocates (CASA) program comes in. A CASA volunteer ensures a child's needs are met while in care awaiting a safe, permanent home. Advocates visit the child regularly and connect with those in the child's life, making informed, independent, evidence-based recommendations to a family court judge. As caseworkers and resource homes frequently change, the CASA volunteer is often the only consistent adult presence in the child's life, and providing continuity during a time of turmoil and unknowns is critical.

No professional experience or prior knowledge of the child welfare system is needed, as volunteers are trained on the ins and outs of advocating for child-victims, and fully supported by CASA staff. Volunteers complete a 36-hour in-person training course that covers a wide range of topics to ensure volunteers are prepared to navigate court proceedings, build trusting relationships with children, and collaborate with caseworkers and attorneys to create a comprehensive support network.

"Our CASA training program is designed to ensure that volunteers have the tools they need to succeed in this role and advocate for what's truly in the best interests of the child or sibling group," said Erica Fischer-Kaslander, Executive Director of Child Focus. "We teach a strengths-based approach, which helps volunteers harness the potential within each child and the support network surrounding them. It's about fostering resilience and optimism for children who have experienced very difficult circumstances, and for all those involved in their journey toward a brighter future."

In addition to educating volunteers on the child welfare system and preparing court reports, the multi-disciplinary training delves into a range of issues from trauma and mental health to poverty and cultural competency. The training incorporates role-play as well as courtroom observations, the latter of which help demystify

the work. Upon successful completion of training, volunteers are equipped with the tools needed to successfully advocate for local vulnerable children, and are sworn in by a Family Court judge.

Interested in securing a spot in the fall training? Attend one of these information sessions: Wednesday, August 14 at 5:30pm at the Union County Colleen Fraser Building, 300 North Avenue East in Westfield; Thursday, August 22 at 5:30pm at the Rahway Public Library, 2 City Hall Plaza; and Wednesday, August 28 at 12pm at the Child Focus office at 1143 East Jersey Street, 2nd Floor in Elizabeth. Sessions at the Wayne Child Focus office, Hamburg Turnpike, Suite D2, are Tuesday, August 6 at 5:30pm, Thursday, August 15 at 12pm, and Monday, August 19 at 12pm. Register now at casapassaicunion.org/info-session.

ABOUT CHILD FOCUS:

Child Focus prioritizes the needs and well-being of infants, children and teens impacted by, or at risk of, abuse or neglect by amplifying their voices and working toward lasting, permanent solutions that address their unique situations and provide support needed to thrive. This critical work is accomplished through three distinct but complementary programs: CASA of Passaic and Union Counties, NJ Safe Babies Court Team, and the Open Door Store. For more information about Child Focus, log on to childfocusnj.org.

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(above) A recent CASA Volunteer class during their training session at the Child Focus office.

Courtesy photo

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HIGH SCHOOL SENIORS FINISH FRESH START SECOND CHANCES PROGRAM

Submitted by Najah Allen

Fresh Start Second Chances, Inc. hosted their Annual Scholarship Workshop Ceremony in June at Sweet Bliss Event Space in Rahway, NJ. This event celebrated Rahway High School seniors who participated in a five-month workshop dedicated to researching, drafting, revising, and submitting scholarship applications. Sponsored by Reworld and Dropped Along the Way, the ceremony exceeded its goal of \$10,000, awarding over \$15,000 in scholarships. Students received scholarships from various organizations, including Rahway Chamber of Commerce, Pomptonian Food Service, Union County Club, It's Kairos Time, RHSAAA, Inc., and regional sororities.

The workshop offered mentorship, volunteer opportunities, career guidance, essay assistance, and personalized scholarship searches for each student. The Annual Scholarship Workshop, which will continue yearly for Rahway High School seniors with financial need, aims to address the high costs of higher education that can lead to significant debt. Rising education costs disproportionately impact minority students, which often limit their access to social and economic mobility. Fresh Start Second Chances, Inc. seeks to combat these issues by supporting students through the scholarship application process and staying in contact with them for up to a year after graduation, offering continued guidance and support.

Students who participated in the workshop expressed disbelief at being selected for scholarships worth \$1,000 or more. They credited the program with boosting their confidence and helping them produce their best work. Parents were kept informed throughout the process and appreciated the support given to their child. Fresh Start Second Chances, Inc. plans to expand the workshop to increase the number of students and scholarship goal for the 2025 graduating class.

If you know any Rahway High School 2025 juniors or seniors, who need help selecting which University to attend and in need of volunteer hours, or anyone who would like to volunteer as a mentor for The Scholarship Workshop, please contact freshstartsecondchances@gmail.com.



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YMCA RAPIDS SWIM TEAM TRYOUT DATES

The Gateway Family YMCA will have tryouts for the 2024-2025 Fall/Winter Rapids Swim Team at the Gateway Family YMCA – Rahway Branch, 1564 Irving Street, Rahway. Tryout session options include Thursday, August 8 6:00-8:00pm, Sunday, August 11 1:00-3:00pm, Wednesday August 14 6:00-8:00pm or Thursday, August 15 6:00-8:00pm. Swimmers, ages 6 –18 are invited to visit the YMCA to try out for the Rapids Swim Team during any of the tryout dates. No advance registration is necessary. Swim team tryouts consist of demonstrating abilities for each of the four competitive strokes. For individuals who have been on the swim team previously, no tryout is necessary.

“Competitive swimming at the YMCA combines a sense of collaboration and belonging for our athletes, a celebration of individual and team achievements, along with positive and supportive relationships with coaches and mentors,” stated Melynda A. Disla, President and CEO, The Gateway Family YMCA. “We provide a continuum of aquatic programming beginning with foundational support in Safety Around Water and YMCA Swimming Lessons. The Rapids competitive swim team is the natural progression and next step for our experienced young swimmers, while providing an ideal environment for cognitive, physical, and social-emotional development.”

Registration for the 2024-2025 Fall/Winter Rapids Swim Team will begin on August 8th online at tgfymca.org or in person at the YMCA. The Gateway Family YMCA Rapids Swim Team is available for children throughout the communities served by The Gateway Family YMCA in Eastern Union County and Northern Middlesex County.

“The Gateway Family YMCA offers a competitive swim team year-round, including quality coaching and advance technique instruction, in a collaborative and competitive team atmosphere” stated Rodger D. Koerber, EVP, Chief Operating Officer, The Gateway Family YMCA. “Our goal is to provide every athlete an opportunity to improve swimming skills and achieve success at their individual level of ability, while working together as a team.”

The YMCA competitive swim season typically runs from September through March; with dual meets starting in October and Championship meets starting in February. Because the Rapids swim team competes against other YMCA’s in the league, swim meets are held at The Gateway Family YMCA - Rahway Branch, at the site of the competing YMCA team or a championship swimming facility.

As a leading nonprofit committed to youth development, the Y has been a leader in providing swim lessons, teaching water safety and inspiring competitive swimmers. The Gateway Family YMCA continues to help youth and adults experience the joy and benefits of swimming, so they can be healthy, confident and secure in the water. Aquatic programming includes swim lessons for all ages, starting with parent/child lessons through adult, water exercise, recreational family swim, and competitive swimming. To ensure that everyone has an opportunity to participate, financial assistance is available to those who qualify.

To learn more about The Gateway Family YMCA’s Rapids Swim Team or other aquatics programs, please visit tgfymca.org or contact the Rahway Branch at 732-388-0057.

SUMMER CONCERT SERIES LINEUP

City of Rahway

Mayor Raymond A. Giacobbe is proud to announce the return of the Mayor’s Summer Concert Series in August 2024. The highly anticipated series brings an incredible lineup of talented artists to the stage. From August 1st through August 22nd, music enthusiasts can enjoy a series of captivating performances outside the Union County Performing Arts Center (UCPAC), located at 1601 Irving Street.

“Every year, the Mayor’s Summer Concert Series paints a vibrant picture of our community’s culture,” said Mayor Raymond A. Giacobbe. “I am thrilled to invite everyone back for another year of unforgettable music, energetic performances, and summer memories that will help beat the heat.”

The Mayor's Summer Concert Series has become a beloved tradition in Rahway, drawing music lovers from near and far. All performances are free to the public, and attendees are encouraged to bring their own lawn chairs for seating. This year's event promises to be bigger and better than ever, featuring an eclectic mix of genres and artists to captivate audiences of all ages.

The series kicks off on August 1st at 6:30 p.m. with ABSalute House taking the stage. On August 8th, The Amor Prohibido, a Selena tribute band, will perform alongside opening act Swing Sabroso, blending Latin and jazz influences. On August 15th, 24k Magic, a Bruno Mars tribute band, will be accompanied by the talented Raquel Liane as the opening act. The series concludes on August 22nd with performances by 112 and opening act DJ Nubian.

In case of inclement weather, performances will be moved inside the Union County Performing Arts Center. For more information, please visit CityofRahway.com/music.



(above) The Gateway Family YMCA will have tryouts for the 2024-2025 Fall/Winter Rapids Swim Team at the Gateway Family YMCA – Rahway Branch, 1564 Irving Street, Rahway in August.

Courtesy photo



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Buchanan's 12yrs old	1.75L	\$57.99
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Chivas Regal	1.75L	\$62.99
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Glenlivet 12 yrs old	1.75L	\$104.99
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Grants	1.75L	\$24.99
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Jack Daniels	1.75L	\$48.99
Jack Daniels Fire	750ml	\$27.99
Jack Daniels Fire	1.75L	\$48.99
Jameson	750ml	\$29.99
Jameson	1.75L	\$58.99
Jim Beam Whisky	1.75L	\$32.99
Johnnie Walker Blue	750ml	\$193.99
Johnnie Walker Blue	1.75L	\$449.99
Johnnie Walker Black	750ml	\$29.99
Johnnie Walker Black	1.75L	\$59.99
Johnnie Walker Double Black	750ml	\$35.99
Johnnie Walker Red	750ml	\$19.99
Johnnie Walker Red	1.75L	\$33.99
Macallan 12yrs old (double cask)	750ml	\$74.99
Makers Mark	750ml	\$29.99
Makers Mark	1.75L	\$56.99

GIN

Beefeater	1.75L	\$36.99
Bombay Sapphire	1.75L	\$39.99
Seagram's gin	1.75L	\$24.99
Tanqueray	750ml	\$22.99
Tanqueray	1.75L	\$38.99

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Courvoisier V.S.	750ml	\$35.99
Courvoisier V.S.	1.75L	\$66.99
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Remy Martin V.S.O.P.	1.75L	\$129.99

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Duggan's Irish Cream	1.75L	\$32.99
Kahlua	1.75L	\$45.99
Krupnik	750ml	\$20.99
Licor 43	750ml	\$27.99
Licor 43	1.75L	\$45.99

VODKA

Absolut (regular)	750ml	\$21.99
Absolut (regular)	1.75L	\$31.99
Belvedere Organic Vodka	1L	\$39.99
Belvedere Organic Vodka	1.75L	\$49.99
Ciroc (all types)	750ml	\$29.99
Ciroc (all types)	1.75L	\$57.99
Finlandia	750ml	\$16.99
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Grey Goose	1.75L	\$39.99
Ketel One	750ml	\$19.99
Ketel One	1.75L	\$39.99
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Pinnacle (all types)	750ml	\$11.99
Pinnacle (80 proof)	1.75L	\$17.99
Skyy	1.75L	\$21.99
Sobieski	750ml	\$12.99
Sobieski	1.75L	\$19.99
Stolichnaya (all types)	1.75L	\$30.99
Tanqueray Sterling	750ml	\$19.99
Tanqueray Sterling	1.75L	\$30.99
Three Olives (all types)	1L	\$19.99
Tito's Vodka	1.75L	\$31.99

RUM

Bacardi Light & Gold	750ml	\$13.99
Bacardi Light & Gold	1.75L	\$20.99
Captain Morgan Spice	1.75L	\$27.99
Malibu	750ml	\$20.99
Malibu	1.75L	\$30.99

TEQUILA

Deleon Blanco Tequila	750ml	\$37.99
Deleon Blanco Tequila	1.75L	\$59.99
Patron Silver	750ml	\$44.99
Patron Silver	1.75L	\$81.99
Cantera Negra Coffee Tequila	750ml	\$29.99

BEER

Becks (12oz) 24pk	24pk	\$29.99
Blue Moon	24pk	\$36.49
Bud and Bud Lite cans	30pk	\$26.99
Bud and Bud Lite loose bottles	24pk	\$24.99
Coors Lite (24oz) cans	12pk	\$18.99
Coors Lite/Miller Lite loose bottles	24pk	\$23.99
Coors Lite/Miller Lite	30pk	\$26.99
Corona/Corona Lite loose bottles	24pk	\$32.99
Dab (16oz) cans	24pk	\$26.99
Founders All Day IPA	15pk	\$17.49
Heineken/Heineken Lite bottles	24pk	\$31.99
Land Shark	24pk	\$29.99
Lech (500ml)	20pk	\$32.99
Modelo Especial cans	24pk	\$29.99
Pabst Blue Ribbon cans	30pk	\$20.99
Pilsner Urquell	24pk	\$35.99
Sam Adams Boston Lager	24pk	\$37.99
Stella Artois loose bottles	24pk	\$32.99
Super Bock	24pk	\$32.99
Yuengling Lager bottles	24pk	\$23.99
Zywiec (11.2oz)	24pk	\$21.99

WINE

Bartenura Moscato	750ml	\$12.99
Barone Fini Pinot Grigio	750ml	\$11.99
Beringer White Zinfandel	750ml	\$ 5.99
Beringer White Zinfandel	1.5L	\$ 9.49
Black Box (All Types)	3L	\$19.99
Carnivor Cabernet Sauvignon	750ml	\$10.99
Casal Garcia Vinho Verde	1L	\$ 6.99
Cavit (All Types)	1.5L	\$15.99
Clos du Bois Chardonnay	1.5 L	\$19.99
Dom Perignon	750ml	\$264.99
Dreaming Tree (All Types)	750ml	\$13.99
Ecco Domani Pinot Grigio	750ml	\$11.99
Adagio Pinot Grigio	1.5L	\$10.99
Freixenet Brut, Extra, Extra Dry	750ml	\$11.99
Gato Negro (All Types)	1.5L	\$ 9.99
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