RAHWAY'S HOMETOWN NEWSPAPER FREE

Distributed as a community service by the Rahway Chamber of Commerce.

Issue 2 • July 2010

Next Chamber Meeting **September 23, 2010** Have a great summer!

THE FRIENDS OF THE RAHWAY PUBLIC LIBRARY

Do you see yourself as an advocate for public libraries?

Are you interested in helping raise funds for special projects and programs?

Would you like to take an active role in supporting literacy in your community?

Do you feel that you could provide valuable input on long-range library plans?

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The Friends of the Rahway Public Library will meet in the library at 7 pm on the second Thursday of each month. All are welcome to join this group of people dedicated to helping our library!

For more information, call the reference desk at (732)340-1551 x. 212

Presort STD

CHAMBER KICKS OFF THEIR RENEWAL WITH A WELL ATTENDED FIRST MEETING

Nearly fifty guests attended the Chamber's first meeting Thursday morning June 24. Acting Chairman Bob Markey introduced the Chamber's steering committee: Former Chamber Presidents Joe Renna, Sam Shafran, Fred Oliveira and Bill Brenner. Bob Markey provided a snapshot of the Chamber's history starting with his founding presidency back in 1977. The Chamber had dissolved about ten years ago and has been restarted in order to help strengthen all Rahway businesses. Markey noted "Businesses all over town are our concern whether you're on St. Georges Ave., Rt #1 or downtown we'll be here to help you". Markey also noted that the organization is also about helping to strengthen our city schools, parks and overall quality of life.

The Chamber distributed copies of its premier issue of "Our Town" a monthly newspaper mailed to over 1,000 Rahway businesses with another two thousand copies available at various pickup locations throughout the city. The Chamber will meet next on September 23rd at 8:30am at a host location to be announced. September will mark the beginnings of the Chamber's membership drive and Acting Chairman Markey's goal is to reach one hundred members by year's end. The Masonic Temple located at 1550 Irving Street generously provided the host meeting location and Chris Wenson's Waiting Room Restaurant and Public Bar generously provided "coffee and".





(above,l-r) Warm Reunion of former chamber members. City historian Alex Shipley, Jim Smythe - YMCA Buildings Supervisor, Former Chamber Presidents Sam Shafran, Fred Oliveira and Eric Rickes.



(above. l-r) "Rahway Water Champions" program a highlight of Chamber meeting. Rutgers student Eliav Levy, Rahway High School student Ar-Rasheed Brisco, Steve Ruby "AmeriCorps Water Champions Ambassador" and Chris Wenson of the Waiting Room.

(left) Rahway Artists "Extraordinaire" Joanne Lynch (left) and Francesca Rizzo (right) discuss the arts scene with Lenora Ann Maple from A Beautiful Neighborhood Real Estate Agency located at 1582 Elizabeth Ave.

RAHWAY FOUNDATION 27th ANNUAL GOLF CLASSIC

Country Club in Westfield for our 27th Annual Classic on September 20th," said Kevin Headd, Golf Classic Co-Chair, adding that the Committee is privileged to have Dr. Barry Benisch of Rahway Patholgy, P.A. serving as this year's Honorary Golf Chairman. Rahway Pathology is also the 2010 Title Sponsor.

Mr. Headd, retired golf pro at Oak Hill Golf Club, has served as the Golf Committee's Co-Chair for the past 11 years. Also serving on the committee are RWJ Rahway Foundation President and Golf Co-Chair, Marlene H. Lubinger; Joseph D. Gibilisco, Foundation Chairman; Foundation Vice-Chairman, Bernice "Bunny" Bowen; Bonnie Josephs, Foundation Secretary; Richard "Rick" Parker, Foundation Treasurer, Executive Director, CBIZ KA Consulting Services and the 2008 Honorary Chairman; Foundation trustees Michele Chen and Roberta Geyer; Dave DePierro, Sodexo Food & Environmental Services General Manager at RWJ Rahway; John Moore, Senior Vice President, Willis; Lou Sgrizzi, Senior Vice President, Sodexo and the 2006 Honorary Chairman; Kirk C. Tice, President & CEO, RWJ Rahway; Robert White, Director of

"The Golf Committee is delighted to be returning to the Clinical Services, RWJ Rahway and Michael Widmer, legendary Donald Ross designed course at Echo Lake Executive Vice President, Northfield Bank and 2007 Honorary Chairman.

The proceeds from the Golf Outing will benefit the programs and services of RWJ Rahway to continue its mission to provide the quality and safe healthcare services our patients need and deserve.

The Golf Classic offers golfers of all skill levels the opportunity to enjoy a day on the golf course, which includes full golf registration, greens fee, driving range and putting green, buffet breakfast, on-course beverages, refreshments at the Halfway House, electric golf carts, and a deluxe cocktail reception. The cost is \$550 per person.

Golfers will have the opportunity to compete in two special skill contests – a Putting Contest sponsored by Chen, Wang & Guarino, M.D., P.A. and a Chipping Contest, sponsored by Station Cab. They will also have the opportunity to win hole-in-one prizes of His & Hers Rolex Watches, sponsored by Martin Jewelers, Cranford, and a G35 Infiniti, sponsored by Ray Catena Infiniti of Edison.

For more information or to make a donation to RWJ Rahway Foundation, please call the Foundation Office, 732.499.6135, or e-mail at foundation@rwjuhr.com.



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RAHWAY CHAMBER OF COMMERCE

Acting Chairman: Bob Markey 732 388 1765 Bob@SaligaMarkey.com 103 West Main Street, Rahway, NJ 07065

CITY OF RAHWAY

1 City Hall Plaza, Rahway, NJ 07065 www.cityofrahway.com Mayor: James Kennedy 732-827-2000

RAHWAY CITY COUNCIL

First Ward: Robert Rachlin 2215 Allen Street • (732) 499-7389 **Second Ward: Michael Cox** 776 West Scott Avenue • (732) 388-2880 Third Ward: Jerry Scaturo 515 Albermarle Street • (732) 381-1924 Fourth Ward: David Brown 353 East Stearns Street • (732) 388-6545 Fifth Ward: Jennifer Wenson-Maier 1314 Bryant Street • (732) 396-8536 Sixth Ward: Samson Steinman, Vice President 1104 Plymouth Drive • (732) 388-4475 At Large: James Baker, Council President 596 Leesville Avenue • (732) 574-1206 **At Large: Salvatore Mione** 1452 New Church Street • (732) 574-1328 At Large: Nancy Saliga 1103 Milton Boulevard • (732) 574-3188

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Email: TinaRenna@RennaMedia.com Phone: 908-418-5586 Fax: 908-709-9209

Message from the Chairman



THAT'S HOW THE LIGHT GETS IN!

The lyrics from Leonard Cohen's wonderful song "Anthem" speak deeply to me. They come to my mind now as I reflect back on the Chamber's successful kick off meeting coupled with the success of the premiere issue of this newspaper "Our Town". Discussions and planning that culminated in these two events took place over the course of nearly one year. Obstacles and roadblocks and reversals occurred that were formidable. Through some dark moments we always kept in mind our goals and stuck to the principles of fair play, transparency and good business. Today we are solidly on our way to

again becoming a strong volunteer led organization dedicated to promoting and strengthening all Rahway businesses as well as our city's schools, parks and quality of life.

Ring the bells that still can ring Forget your perfect offering There is a crack, a crack in everything That's how the light gets in. That's how the light gets in. That's how the light gets in.

Leonard Cohen "Anthem"

Sincerely, Bob Markey Acting Chairman

I can be reached by calling 732-388-1765, By email at Bob@SaligaMarkey.com or by mail at 103 West Main Street, Rahway, NJ 07065

CHAMBER CHAIRMAN ATTENDS WELLS FARGO/ WACHOVIA BANKING NETWORKING LUNCHEON

On Thursday June 24th a business networking social and luncheon was hosted by Wells Fargo/Wachovia Bank at the lovely Roselle Park restaurant, Solar Do Minho. The event was well attended and included presentations both in English and Spanish by representatives of Wells Fargo/Wachovia Bank as well as the Union County Economic Development Corporation. "The food was terrific and I met some interesting new business contacts" noted Bob Markey, Acting Chairman of the Rahway Chamber of Commerce. Markey was especially

(right, l-r) Ivon Creagh District Manager, Vice President of Metro Union Market, Wells Fargo/Wachovia. Bob Markey Rahway Chamber's Acting Chairman. Sandra Saravia, Rahway Store Manager, Assistant Vice President, Wells Fargo/Wachovia.

pleased to learn that facility upgrades and improvements were in the works for the downtown Irving Street branch of Wells Fargo/Wachovia.

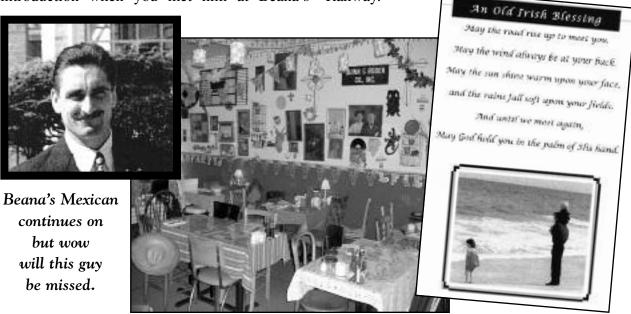


HE LEFT WITH A THUNDERING APPLAUSE

Eulogy by best friend Tim Argenziano asks a packed St. Agnes' Church to clap for a life well lived!

heart attack at age 56 on the day before the Fourth of July. If you knew him you liked him and if you knew him you knew that he was madly in love with not only his wife and family but with the town of Rahway. Kerry grew up here, worked here and raised his family in the same Jefferson Avenue home that he grew up in. What made this guy in part so special was perhaps that he cared so deeply for the people Remembrance donations may be made to the and businesses that makes up our community. "Can I tell you a story" was often his introduction when you met him at Beana's Rahway.

Kerry Patrick O'Connor passed away from a Mexican Restaurant, the business that he and his wife Gina owned and operated together. A warm handshake and a smile that rang true were his trademarks. An Irishman with a twinkle in the eye and willingness to roll up his sleeves and get the job done. A generous man, Kerry gave so often of his time to support city activities and was generally somewhere in the thick of things at our downtown community events. O'Connor Children's College Fund, established at the Bank of America, St. Georges Avenue,



CITY MEETING DATES & SCHEDULES

RAHWAY MUNICIPAL COUNCIL

Meetings will begin at 7:00 p.m. in the Council Chambers of the City Hall, City Hall Plaza, Rahway. Please call (732) 827-2100 for any inquiries.

Tuesday, August 3, Pre-Meeting Conference Monday, August 9, Regular Meeting

BOARD OF ADJUSTMENT

Meetings are held in the Municipal Council Chambers, 1 City Hall Plaza, Rahway, at 7:00 p.m. Please call (732) 827-2176 for any inquiries.

Monday, August 16

BOARD OF EDUCATION

Regular Monthly Caucus Meetings are held in the Louis R. Rizzo Board Meting Room (room inquiries. 105) of the Middle School at 7 p.m.

Board Meetings are held in the Cafeteria at 7 p.m. Organization Meeting begins at 7 p.m., Regular Meeting beings at 7:30 p.m. (Both in the Cafeteria). Please call (732) 396-1000 for any inquires.

Tuesday, July 20 Regular Meeting Tuesday, August 17 Caucus Meeting Tuesday, August 31 Regular Meeting

ENVIRONMENTAL COMMISSION

Meetings are held at 7:00 PM at Rahway City Hall (2nd floor conference room). Please call (732) 827-2000 for any inquiries.

August NO MEETING

HOUSING AUTHORITY

All Meetings will be held on Thursdays in the Regular Meeting Room of the Housing Authority of the City of Rahway at 165 East Grand Avenue at 7:00 p.m. Please call (732) 499-0066 for any inquiries.

August NO MEETING

LIBRARY BOARD

Meetings are held the third Tuesday of each month at 7:30pm at the Rahway Public Library. Please call (732) 340-1551 for any inquiries.

Tuesday, August 17

PARKING AUTHORITY

Meetings are held at the Parking Authority offices at 67 Lewis Street, Rahway, on the first Wednesday of every month at 6:30 p.m. Please call (732) 382-3279 for any inquiries.

Wednesday, August 4

PLANNING BOARD

Meetings are held in the Municipal Council Chambers, 1 City Hall Plaza, Rahway at 7:00 Please call (732) 827-2176 for any p.m.

Tuesday, July 27

RAHWAY CENTER PARTNERSHIP

Meetings are held at 7 p.m. at Hotel Indigo, 1 Carriage City Plaza, 2nd Floor. Please call (732) 396-3545 for any inquiries.

Check for meetings; www.cityofrahway.com /rahway_center_partnership.htm

REDEVELOPMENT AGENCY

Meetings are held in the Municipal Council Chambers, 1 City Hall Plaza, Rahway. Please call (732) 827-2193 for any inquiries.

Wednesday, August 4

JERSEY FRESH MARKET STARTS BACK UP JULY 15th

Beginning Thursday, July 15 and running from noon till 6pm each Thursday throughout the growing season, the Rahway Train Station Plaza will host the long running Jersey Fresh Farmer Market. Freshly picked produce, baked goods, flowers, nuts and many other assorted healthy food items will be available for purchase. Convenient short term parking can be found on the street or at the adjacent Rahway Parking Authority deck. Come on downtown on Thursdays and enjoy this open air market and perhaps have a casual lunch at one of the many local downtown eateries. The market this year will be sponsored by the City of Rahway with assist from the Rahway Center Partnership.

If your like this newspaper, thank an advertiser.

2010 MAYOR'S SUMMER CONCERT SERIES LINE-UP

August 5 - Latin Night with David Cedeno and Orchestra

August 12 - Swing Night with Sentinental Journey Orchestra Salute to Glenn Miller and the Big Bands of Yesteryear

August 19 - Celtic Night with Jennifer Mylod and the Boys of County O'Cean Traditional Irish music with contemporary flair

August 26 - Oldies Night with The Bronx Wanderers Sentinental Journey Big Band

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Wed: Closed

Thur: 10am to 6pm Fri: 10am to 6pm Sat: 9am to 2pm Sun: Closed

BAYWAY COMPLEX CAP PROVIDES SCHOLARSHIPS

The Bayway Complex Community Advisory Panel (CAP), an organization of local community and industry representatives, recently awarded \$1,000 scholarships to four distinguished scholars: Adam Staryak of

Rahway High School; Daniel Niedzwiedzki of Linden High School; Ahmad Masi Abdul Zaher of Elizabeth High School Upper Academy; and Nicholas Joseph Fusco of Moore Catholic High School in Staten Island.



The Bayway CAP was formed in 1997 to facilitate a dynamic forum between local industrial companies and community members. The scholarship program is just one of the joint activities designed to promote education among local youth. Consistent with the member companies' outreach programs recommendations from the CAP Scholarship Committee, each of the four \$1,000 scholarships were awarded to local high school seniors who will be pursuing careers in engineering or process technology.

In addition, two high school juniors, Piterson Massenat-Desir from Linden High School and Chisom Emeana from Benedictine Academy in Elizabeth, received scholarships to attend New Jersey Institute of Technology (NJIT)'s Precollege Academy this summer, which also includes room and board.

The Bayway Complex CAP comprises community members from Elizabeth, Linden, Rahway, and Staten Island, as well as representatives from Cogen Technologies Linden Venture LP, ConocoPhillips Bayway Refinery, DuPont, and Infineum USA L.P, which are all located in Linden. CAP members meet seven times per year to share information on safety, health, the environment, security, emergency preparedness and response, and to improve the quality of life in local communities.

(above, front, l-r) The Bayway Complex Community Advisory Panel & (CAP) scholarship award recipients: Adam Staryak of Rahway High School, Daniel Niedzwiedzki of Linden High School, Ahmad Masi Abdul Zaher of Elizabeth High School Upper Academy, and Nicholas Joseph Fusco of Moore Catholic High School in Staten Island, NY. (back, l-r)) Company representatives Walter Zacharewich of Cogen Technologies Linden Venture LP, Marcos Colom of Infineum USA L.P., Joseph Hausler of DuPont, and Michael C. Karlovich of ConocoPhillips Bayway Refinery.

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WHO SAYS FOUNTAINS DON'T HAVE FEELINGS?



The little fountain at downtown Arts Park is sad and broken.

The postage stamp park at Central & Irving across from the UCPAC is a "green oasis" for local residents and theater goers alike providing a cool, shady spot to pause or sit by on a hot summer day or evening. The problem is that the fountain stopped pumping sometime late last August and hasn't pumped since. Wow that's nearly one year! A concerned downtown resident brought the problem to the attention of city fathers this past April but as this issue is going to print it's still broke and the fountain water is stagnant with cans and plastic bottles floating in it.....Hmmm!

TWENTY-ONE NEW VOLUNTEER TUTORS JOIN LITERACY VOLUNTEERS OF UNION COUNTY

Literacy Volunteers of Union County (LV-UC) recently graduated twenty-one new volunteer tutors who attended a Spring New Tutor Training Workshop Series in Westfield, New Jersey. The volunteers became certified to tutor both Basic Skills and English as a Second Language after completing the 15 hour workshop. LV-UC is a non-profit, volunteer driven organization that improves the lives of adults by teaching them to read, write and speak English so they can participate more fully in family, workplace and community life. In addition to one to one tutoring, the organization also conducts GED Preparation classes for adult learners in the community.

Literacy Volunteers has begun registration for the next New Tutor Training Workshop Series. This four part series will be held at St. Thomas

the Apostle Byzantine Catholic Church located at 1407 St. George Avenue, Rahway, NJ.

The first session of the four part series begins on Tuesday, September 21 from 7:00 pm to 9:30 pm. The remaining sessions are Thursday, September 23 from 7:00 pm to 9:30 pm, and Saturdays, September 25 and October 2 from 9:00 am to 2:00 pm. Attendance is required at all sessions to become a certified tutor.

There is a \$40 non-refundable registration fee to cover the cost of materials used for training. A need based scholarship is available for the registration fee.

You may contact LVUC by emailing susan@lvaunion.org or calling Susan at 908-755-7998. To learn more about how "Literacy Changes Lives," visit our website at www.lvaunion.org.

SENIOR HANDY MAN PROGRAM

This program is for Rahway residents, 62 years of age or older, who own their own home and meet the income requiresments. The Handy Man Program will make small home repairs for eligible Rahway seniors. The labor is provided at no cost; the homeowner pays only for materials. Income Limits Single \$40,000 & Married \$45,000

HOW TO GET STARTED

You must register at the Rahway Senior Center by filling out a data and income application. Proof of home insurance and income must be provided in the form of a current PAAD or Senior Gold Card, Property

Tax Reimbursement form or your latest Federal Tax Return. Also, you must provide proof of insurance.

EXAMPLES OF WORK THAT CAN BE DONE

Caulking, light carpentry, repair a leaky faucet, install smoke alarm, replace light bulbs, batteris or fuses, replace door handles, put up shelves, repair window panes and other minor "screwdriver and pliers" type repairs.

EXAMPLES OF WORK THAT CAN'T BE DONE

Yard work, emergency service,s house cleaning or roof repairs.

For more information, call the Rahway Senior Center (732) 827-2016.



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HOT TOWN... SUMMER IN THE CITY!



(above) RSI's electronic sign taken the afternoon of July 6th on Irving Street in downtown. Day after day of sweltering heat and high humidity.

RAHWAY POLICE DEPARTMENT INTODUCES NEW COMMUNITCATON SERVICE

The Rahway Police Department will utilize a new communications service, effective immediately, which allows us to send important, valuable community information directly to residents using the latest technology.

The Nixle Community Information Service allows us to create and publish messages to be delivered to subscribed residents instantly via cell phone text message and/or email. Notifications can also be accessed online at Nixle's web site at www.nixle.com.

Messages may include construction and road closure information as well as alerts and other relevant safety and community event information. This service is reliable and free for our group to use. There is NO spam and no hidden cost. (Standard text messaging rates do apply.)

The messages can be sent specifically to residents registered within a ¼ mile radius, giving them the opportunity to receive trustworthy information relevant only to their neighborhood. Residents decide from which



local agencies they want to receive information. Subscribers can also choose the way in which alerts are received, whether it is by email, text message, or over the web.

Nixle builds on the foundations of other public-to-public communication services, such as Twitter, Facebook, and MySpace, but adds a key component: security. When citizens receive information from our agency via Nixle, they know it can be trusted.

Residents of Rahway and those in neighboring communities can immediately begin receiving pertinent information via text message, email, and web by registering at www.nixle.com.

Stay up-to-date on happenings in your neighborhood. We are very excited to have you experience it for yourself!



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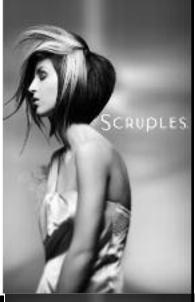
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PERHAPS WE NEED TO PLACE GREATER VALUE ON OUR TREES

beauties left. You can't just grow a 100-year-old oak tree. I feel a deep connection to these trees and when I see one being cut down it makes me very upset. I grew up in the 70s, when there was a big social movement in favor of the environment. I am lucky to have parents who exposed me to the beauty of nature and educated me about the importance of protecting our environment. They showed me that my attitude toward conservation was important and taught me ways I could make a difference.

Most people fail to properly assess the pros and cons of trees.

The cons: Trees on your property can require more yard maintenance. There is a slight risk of damage from falling limbs and the very rare instance of a fallen tree. Some people complain about bird excrement on their deck or patio.

The pros: Trees provide shade and reduce energy costs. It's a lot less taxing for your AC to keep your house cool if you have a couple of trees on your property. Another benefit is that trees prevent flooding, which is very important in a town like Rahway where the water table is high. Without these large trees the periodic local flooding would be much worse. Then there is the value to the environment. Trees suck up carbon dioxide and spit out oxygen, which is very important in a highly populated area like Union County. In addition there is the monetary value, which has to be quite substantial for the large Rahway trees. A 100-year-old tree must be worth thousands of dollars. Also, trees are home to many animals. Animals enrich our lives. I wake each morning to the sound of songbirds chirping outside my window. It's peaceful. It makes me happy. No trees. No birds. Less value. There is the aesthetic value. Trees are beautiful. I bought my home on Sycamore Street in part because of the row of 10 large oak trees that line the block (a nice cool block I might add). If any of them were to go, I would feel like my house was worth less.

The value of trees is immeasurable, really. If you combine the monetary value of a large oak

There are only a limited number of these old tree and the many benefits the tree provides and factor in how much it costs to remove the tree, then we are certainly taking a loss every time one comes down. There are times, I must begrudgingly admit, when a tree has to go, for instance if the risk of injury or damage to property is great. I am simply suggesting we scrutinize every decision and provide alternatives to removing a tree. These trees have been here for many generations, survived heat waves, blizzards and hurricanes and "witnessed" history. They should be removed as a last resort. Sometimes we should just say, "no, I'm sorry, that tree is staying".

I am encouraged by the recent passage of the 'City of Rahway Green Building and Sustainability Master Plan Element" by the Rahway Planning board on June 29th which calls for better protection and maintenance of our tree stock. The document suggests consulting a certified NJ arborist to aid in making decisions about the fate of our trees. Hopefully there will be an effort made to educate the public about trees and provide suggestions and alternatives to removal.

It's my wish that more people would have respect for plants and animals. The condition of our environment affects every living thing. A dirty environment makes us sick. Trees and plants help clean it up. Rahway trees enrich our lives and provide many benefits. In my opinion, the pros heavily outweigh the cons.











This article and accompanying photos of a 100 year old seamingly healthy oak tree on East Emerson Avenue that was cut down by Rahway DPW were submitted to "Our Town" by Rahway resident Clea Carchia. Clea purchased her lovely older home on Sycamore Street this past April. Her decision to relocate to Rahway from New York was primarily influenced by our towns growing arts community. Clea, an artist herself, also loves the fact that Rahway is so centrally located as well as offering great older neighborhoods with affordable pricing. As you might imagine, a healthy community tree stock also rings her "green bell". In her work Clea specializes in photography as well as web design and graphic design. You can contact Clea directly at cleacarchia.com.



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Enjoy our beautiful patio, private party room available.

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Made in the USA is a regular feature of "Our Town" honoring our soldiers and veterans.

Born in 1924 and raised on W. Inman Ave, Angelo Servedio remembers helping his dad sell blocks of ice and coal to Rahway residents from an 8' X 8' "box" on the corner of Irving and Cherry Streets.

In 1942, Angelo switched trades and got a job in the printing industry as a typesetter and compositor at Quinn & Boden Book Manufacturing on Elizabeth Ave.

Then, in 1943, Angelo enlisted in the Air Force and was sent to the Los Angeles Airport for training. "I never thought of myself as mechanically inclined," says Angelo, "but their IQ tests said I was, so who was I to argue?" Angelo proved to be more mechanically inclined than he suspected, and was eventually promoted



(above) Angelo Servedio: then and now. Standing in front of similar B-17s in Dalhart, Texas & Essex County Airport, New Jersey.

to Crew Chief overseeing the B-17s used in training our troops before they went overseas.

In 1946, he came home to his job at Quinn-Boden and met Josephine Miele who was a secretary on the third floor. "Oh, we were quite an item," Angelo fondly recalls. They married in 1947 and Josephine had four sons, Michael, Anthony, Joe and Bob, but sadly, she passed away in 2006.

Angelo keeps fit at the Rahway Rec Center 5

days a week. And then there's always his 7 foot tall sunflowers which grow alongside veggies Angelo grows in his Rahway Community Garden. "You plant it, water it and hope it comes up," he says, "a little Miracle Grow now and then ... a couple of prayers."

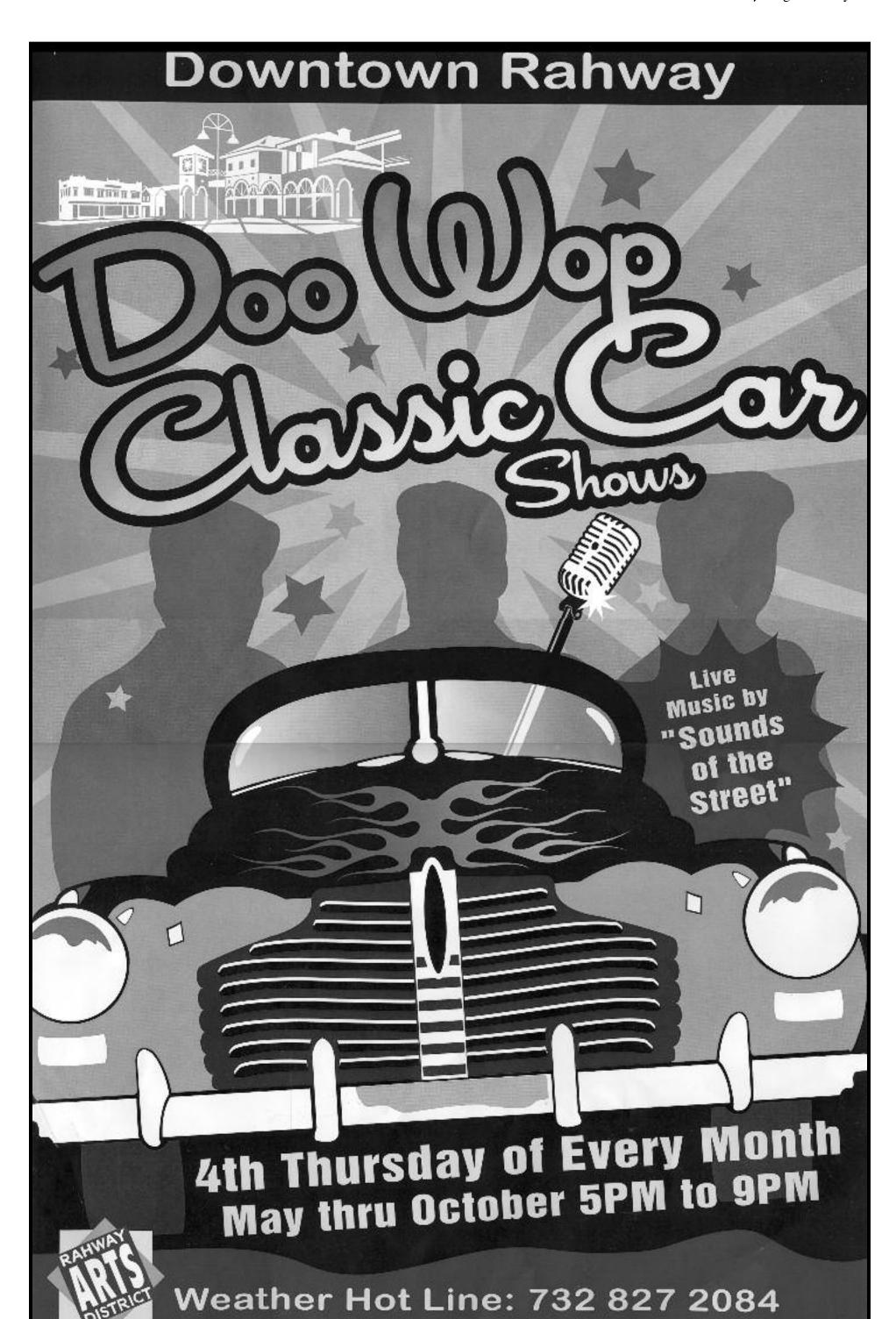
Now at 86, Angelo lives happily in senior housing in Rahway and keeps a busy social calendar. "Every day's gotta be an "up" day or you become dormant. That's not me."











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