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WHEN THE CLASSROOM ISN'T A CLASSROOM: LESSONS LEARNED BY RAHWAY DISTRICT STUDENTS

Submitted by Rob Kinch

No lockers, no bells, not even a lunch line to navigate, all the vestiges of 'school' seem absent to the students of Rahway schools for the moment. That is, all but the need for education. With new challenges come new solutions and the district's teachers, administration, staff, and students have discovered themselves working together to ensure that learning is indeed counted as present as they transition into the diverse modes of instruction the changing daily social landscape necessitates. There is, however, one constant force in their education of which they may or may not be aware: their Superintendent. Recognizing the myriad questions, concerns, and anxieties of her student body, Dr. Patricia Camp has targeted her focus on reaching out to them directly, and to district staff, to listen and to evaluate how best to proceed in ensuring and maintaining the highest degree of education possible for her district's youth.

With the progression into at-home, online, and virtual learning, students are experiencing a series of discoveries both in their academic disciplines and in themselves. With the interruption of their daily scholastic routines, how does a student find the balance and the motivation to devote to his or her studies outside of the classroom? Add in the many obligations and limitations students may face daily within the home, and academic responsibilities can become, even for the most diligent student, a much more daunting endeavor. "It's all about the student's personal life," explains RHS freshman Harry Cardona. "I have to watch my siblings and help them with their homework because both my parents work!"

Although affirming that, "As educators we want to ensure that all our students' education experience continues," Superintendent Camp remains sensitive to situations such as Harry's and recognizes that, "we must be mindful of the other factors impacting our students and their families. We are all in the same 'boat' together, Harry," she reassures. "Please communicate with your teachers, as should all our other students, and make sure they know about your specific personal situations. I'm sure they'll be flexible and assist you in any way they can."

High school junior Caitlyn Sorber expresses a feeling commonly shared by students of all grade levels. "I have found that sometimes I become overwhelmed; I'm a very old-fashioned learner. The complete switch to online was weird at first, but I'm getting used to it."

Junior Jamarlia Fuller echoes a similar sentiment, "After a certain hour, I feel like my work becomes a burden that rests on my shoulders until it's completed!"

"Caitlyn...Jamarlia...first you have to take care of your health," Dr. Camp compassionately reminds them, recognizing the stress this new academic protocol has engendered. "Next, you have to deal with your family responsibilities. After that, you can focus on your studies." However, to help deal with those academic anxieties, she is quick to add, "You must make time to have fun! Take walks, read that book that has been collecting dust on your nightstand, or get together online with friends



(above) Freshman Natalia Abreu strives to remain current with all her assignments.

Photos by John Marks and Natalia Abreu, Rahway Public Schools.



(above) RHS teacher John Marks consults with Technology Facilitator Joseph Mudrak during lesson planning.

just to hang out together!"

Most noticeably missing from the students' typical academic day are their teachers; yet by no

(continued on page 2)

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LESSONS LEARNED (continued from page 1)

means can they be marked 'absent'! Although not physically present, every teacher within the district is working tirelessly to ensure that daily lessons are meticulously prepared and that the lines of communication with each of their students remain open for answering questions, offering support, and (often to the pupils' dismay) ensuring that they are staying on task! Relationships of the students with their teachers have in many cases been strengthened, with students becoming increasingly aware of the dedication their instructors have for ensuring their success and academic achievement. Rahway Academy 8th grader Ethan Hodge admits, "This has been challenging without my actual teachers...I miss the personal interaction. But all my teachers have been very responsive when I reach out via email. Mr. Sorrentino even called to inquire how I'm doing...that was very nice!"

On a more philosophical note, high school junior Victor Motino observes, "I feel that there has always been a barrier of disconnect between most students and teachers throughout the school year; I think this situation has enlarged that barrier. However, the faculty and students alike have been working very hard and have come together to fill in the gaps. Together we are helping to nurture the learning of all our students."

High school senior Andrew Santacruz offers, "I feel like this has fortified our teacher-student relationship because we have been in contact more than ever and they continue to worry for all their students and their well-being." However, despite all the emails and the 'virtual' classrooms, 9th grader Natalia Abreu is quick to affirm, "Nothing takes the place of my teacher!" Senior Miguel Garcia knows why: "No sort of at-home work can compare with face to face interactions with instructors who are passionate about what they teach."

However, despite the numerous hurdles this new academic protocol presents, students are creatively problem solving in a host of practical ways in order to surpass them. Junior Stephanie Ferreira notes, "I struggle with time management and staying on task, so I make sure to limit my

distractions such as turning off my phone completely and having everything I need near me so I won't get up and waste time." Caitlyn Sorber has "made a weekly assignment tracker so I can see what's due when." Junior Andres Barco-Cardona who admits, "Lack of discipline to complete my assignments is my biggest challenge," created his own 'teacher' substitute. "I have asked my parents to overlook my progress and push me to complete them just like my teachers do in school!"

Has this temporary foray by students into a non-traditional classroom experience influenced their concept of education? Miguel Garcia recognizes "great value in taking time away from the school classroom to self-study and to understand and implement in my daily life the different concepts I learn."

"I discovered that we are able to learn regardless of any challenge we may face," avers Andrew Santacruz or, as Ethan Hodge sees it, "even in a crisis."

Superintendent Camp voices her appreciation for their personal discoveries as she shares with them that, "Your insights, gentlemen, demonstrate your recognition that our overall educational goal during this time is to help move all of our students forward!"

In the end, the best advice to help students find success during this new 'normal' comes from our students themselves; they are eager and ready to pass along some useful hints to all their classmates within the district. "Avoid procrastinating," warns Jamarlia Fuller. "It will lead to your having added stress; use your time wisely and make a plan!" Andrew and Caitlyn agree that students "should not take this as a break," and both emphasize, "Stay home and do your work." Natalia Abreu advises, "It is important to reach for what you want in life; every student of every age has a future and should want to pursue it." Ever succinct and unwaveringly pragmatic, Harry Cardona puts it quite simply. "Wake up everyday like there is school and go about your classes like you normally would!" No doubt, his Superintendent would strongly agree.

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KAMILLA KOCSIS AWARDED PRESTIGIOUS JACK KENT COOKE FOUNDATION UNDERGRADUATE SCHOLARSHIP

Submitted by Nicole Torella

Union County College student Kamilla Kocsis, of Rahway, has been named a Jack Kent Cooke Foundation Undergraduate Transfer Scholar. This prestigious award includes up to \$40,000 per year in financial support to attend a four-year college or university. Kamilla was selected as one of only 50 recipients out of almost 1,500 applicants.

The Jack Kent Cooke Foundation Undergraduate Transfer Scholarship is available

to the nation's top community college students who are selected based on exceptional academic achievement and ability, demonstrated financial need, service to others, and leadership. Since the inception of this scholarship in 2000, Kamilla is the third Union student to receive this highly selective award.

At Union, Kamilla is a member of the American Honors program with a 4.0 GPA. She served as president of the College's Model United Nations Club, is the Cranford Senator for the Student Government Association, and serves as Co-Vice President of Scholarship for Phi Kappa Theta, the international honor society for two-year colleges. She credits her advisor Jennifer Ross, American Honors Academic Specialist, with supporting her through the Cooke

Undergraduate Transfer Scholarship application process. Currently a liberal arts major, Kamilla plans to pursue a baccalaureate degree in international relations after she graduates from Union.

"We are incredibly proud of Kamilla. The Jack Kent Cooke Foundation is providing a transformative opportunity for her to further her education at the college or university of her choice without the heavy financial burden. Kamilla is a wonderful representation of a community college student: focused on her goals and driven to succeed," stated Union President Dr. Margaret M. McMenamin.

For more information about Union County College, please visit ucc.edu or call 908-709-7000.



(above) Kamilla Kocsi




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RESPONDING TO CENSUS HELPS EVERY GENERATION IN OUR COMMUNITY

Submitted by Katie Mauro

The 2020 Census is here. Help Rahway residents receive the funding and representation we deserve by completing your 2020 Census!

Funding from the 2020 Census will impact Rahway residents for the next 10 years. Our public schools, roads, Public Library, Recreation Center, health centers and more depend on the funding.

Responding to the 2020 Census helps every generation in our community. An accurate count means that communities receive the funding, services, and business support they deserve and need. The count determines how many seats each state gets in Congress. It also guides how more than \$675 billion of federal funding is distributed to states and communities each year for the next ten years (that's \$6.75 trillion!). Census information is important for funding services for every generation: early childhood care and

education, school lunches, NJ FamilyCare, fire and police departments, federal student loans, affordable housing, Medicare Part B, senior housing, and SNAP ("food stamp") benefits. It also helps determine where roads and hospitals are needed.

Rahway was undercounted in the 2010 Census. An undercount can mean less funding and representation in Congress. New Jersey was undercounted in 2010, resulting in the loss of a seat in Congress, and some NJ counties received less funding for programs like senior transportation services.

Everyone counts regardless of age, citizenship, relationship, or housing status. Make sure to count newborns, young children, college students living in your home, senior citizens, roommates, tenants, and family. Responding is safe, easy, and convenient. You can complete the 2020 Census online, by phone, or by mail.

Look for your 2020 Census invitation in the mail:

March: The Census mailed out letter invitations for households to respond either online or by phone. Some households were mailed paper questionnaires.

Late March/Early April: The Census will mail a reminder letter to households that have not yet responded.

Mid-April: The Census will mail a paper

questionnaire to households that have not yet responded.

Late April: The Census will mail a final reminder before a Census taker follows up in person.

The 2020 Census will not ask your citizenship status. The Census will never ask for your Social Security Number, money, or donations. Your responses are confidential and protected by federal law, and Census data is never shared with any law enforcement agency, including local law enforcement or ICE. To learn how the US Census Bureau protects your information, visit 2020census.gov.

The 2020 Census Internet Self-Response Instrument and questionnaire assistance will be available in 12 non-English languages (Arabic, Chinese, French, Haitian Creole, Japanese, Korean, Polish, Portuguese, Russian, Spanish, Tagalog, and Vietnamese). Usted puede responder al Censo del 2020 en español: 2020census.gov/es.

The Rahway Public Library is partnered with the 2020 Census. Beginning March 28, look for ways the Rahway Library can help you complete your online Census form. If you or someone you know is homeless, do not have access to a computer or internet, or have questions about the online Census form, please check out the Library for possible 2020 Census online form assistance.

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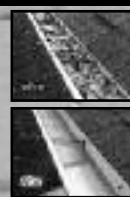
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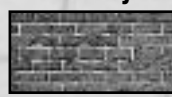
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FRANKLIN SCHOOL STAFF SENDS POSITIVE MESSAGES TO COMMUNITY

Due to Covid-19, the Rahway Public School buildings have been closed since March 13. These unprecedented times have affected everyone, some more than others. Knowing that students and families might be sad and need a

little positivity right now, Mrs. Stephanie Nasser, a third-grade teacher at Franklin Elementary School (FES) wanted to put a smile on everyone's face. She took the initiative to get the ball rolling and collaborated with the school's Technology

Facilitator, Dr. Linda Lampert.

Staff members made posters and submitted their pictures, which were used to put together a short video. The final product was shared on ClassDojo, which is a closed network that the parents can see, as well as on Twitter and YouTube (youtu.be/foAcywDnPzc). The video was well received and put a smile on many faces in the Rahway community.



(above) Teachers from Franklin Elementary School submitted pictures of themselves with positive messages to make a video for students, their families, and the community during the pandemic.

Photos by Rahway Public Schools



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YMCA TO OFFER NEW BLOOD PRESSURE SELF-MONITORING PROGRAM

The Gateway Family YMCA is offering a new session of the YMCA's Blood Pressure Self-Monitoring Program throughout 2020, designed to help participants with hypertension lower their blood pressure by following an evidence-based



(above) Participate in The Gateway Family YMCA's Blood Pressure Self-Monitoring Program to improve your health.

program that combines blood pressure self-monitoring, nutrition education seminars and personalized support. This program will be offered at The Gateway Family YMCA – Wellness Center Branch, 1000 Galloping Hill Road, Union, NJ. The program is also being offered at the Rahway Branch, 1654 Irving Street, Rahway and the Elizabeth Branch, 135 Madison Avenue, Elizabeth, as well as in collaboration with local community groups.

The Y developed this program to help individuals better manage hypertension and improve their overall health. According to the American Heart Association, more than 80 million Americans have high blood pressure, but less than half have it under control. Research shows that the simple process of checking and recording blood pressure at least twice a month over four months may lower blood pressure in some people with hypertension. In addition, evidence shows that proper nutrition, particularly with a reduction in sodium intake, may help reduce both systolic and diastolic blood pressures. As part of the Blood Pressure Self-Monitoring program, participants will measure their blood pressure at least two times a month for four consecutive months—a minimum of eight times--and record their blood pressure readings in a self-selected tracking tool. A nutrition education component will encourage the participants to practice healthier eating habits, including reducing sodium in their diet.

The program is facilitated by Healthy Heart Ambassadors, appointed and trained by the Y, who will show participants how to use a blood pressure monitor, encourage self-monitoring and facilitate monthly nutrition education seminars.

The Gateway Family YMCA is looking for adults with high blood pressure who could benefit from participating in this program. Benefits include: simple, evidence-based program that may lower blood pressure; personalized support from a Y Healthy Heart Ambassador; tips for maintaining cardiovascular health; easy-to-use, portable self-tracking tool; and heart healthy nutrition education seminars.

Participants must meet the following criteria to participate in the program: must be at least 18 years old; must be diagnosed with high blood pressure; must not have experienced a recent cardiac event; must not have atrial fibrillation or other arrhythmias; and must not be at risk for lymphedema.

There is a small fee for the Blood Pressure Self-Monitoring program and financial assistance is available to those who qualify. In addition to the program, The Gateway Family YMCA will be providing weekly Nutritional Seminars that are free open to the community.

For more information contact Mike Johnson at BPSM@tgfymca.org or 908-249-4809. To register for the program, visit tgfymca.org or The Gateway Family YMCA branches in Elizabeth, Rahway and Union.

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Thank you for your overwhelming support during this pandemic. Businesses, restaurants, community organizations, religious groups and many, many individuals have reached out to show our staff that they're valued. We are very appreciative.

Stay Safe

Although the number of cases in New Jersey is declining, it is very important that we don't let down our guard. Continue to be safe by wearing face masks, washing your hands and practicing social distancing.

Above all, do not ignore your health. Don't become so focused on the COVID-19 pandemic that you neglect symptoms of serious disease like stroke, heart attack, and of course any serious injury. Chest pain, bleeding, shortness of breath, loss of muscular control, severe pain or dizziness, drug overdose, severe depression or anxiety, suicidal thoughts...these are just some of the serious symptoms that should be treated in a hospital.

You can feel confident coming to the Emergency Room for any health emergency.

Keeping You Safe

Here are the steps we are taking to keep you safe during the pandemic:

- Everyone who enters the Medical Center is screened for fever and given a face mask
- Patients with COVID-19 symptoms are separated from patients who do not have symptoms, and their treatment is governed by strict infection control protocols
- Each member of our staff is trained regularly in infection control and prevention procedures, and in the use of personal protective equipment
- All areas of the Medical Center are cleaned consistently and thoroughly, and all patient rooms undergo a deep cleaning using several steps including state-of-the-art ultraviolet technology



To fight COVID, Trinitas purchased an additional Surfield unit that automatically disinfects every surface in every room where a patient has been treated.

What's Ahead

We are planning to reopen services including elective surgery, diagnostic procedures and outpatient testing – but only when it is safe to do so. Our experienced staff is conquering COVID and is ready and willing to care for all your health needs again.

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RUTGERS MASTER GARDENER PROGRAM

Rutgers Master Gardeners are trained volunteers who assist Rutgers New Jersey Agricultural Experiment Station (NJAES) Cooperative Extension in its mission to deliver horticulture programs and information to the general public. Anyone with an interest in gardening and a commitment to volunteer service can become a Rutgers Master Gardener. No previous education or training in horticulture is required.

RUTGERS MASTER GARDENERS USE THEIR SKILLS IN A VARIETY OF AREAS, INCLUDING:

- Gardening demonstrations
- Telephone Helpline and Plant Clinics
- Community and youth gardening
- Horticultural therapy
- Information booths at county fairs and other public events
- Research assistance at Rutgers, The State University of New Jersey
- Harvesting and packing food for the hungry

The Rutgers Master Gardener Helpline is opened to the general public and is staffed year-round. April through November hours are, Monday – Thursday 9 a.m. to 3 p.m. and Fridays from 1 p.m. to 1 p.m. and can be reached at mastergardeners@ucnj.org or 908-654-9852. To learn more about the program visit njaes.rutgers.edu/master-gardeners/.



NATIVE AMERICAN PLANTS 'NATIVES'

I originally posted this article in March of 2019 but because of its importance to our environment and our native pollinators I believe it's worth posting again.

There is a renewed interest in growing 'native' plants throughout the nation. Although gardens go through trends of what is popular at the time, there are many good reasons for planting some natives everywhere we can.

Over the centuries native plants have adapted to their environment; our soil and weather making them more disease resistant and easier to take care of. Native plants and insects have evolved in a symbiotic relationship with flowers perfect for their pollinators. Now it is impossible for Monarch butterflies to survive without the native milkweed plants on which it lays its eggs.

The basic definition of 'native' is any plant growing in a habitat without human interference, or New World plants that were growing here before the arrival of Europeans.

There are gardens and meadows devoted to natives as well as pristine habitats such as 'The Great Swamp' in Basking Ridge, NJ. Rain Gardens, now popular to help reduce flooding, utilize natives because of their hardiness and ability to filter toxins from the water and soil.

The native plant movement has many followers who are devoted to 'native only' gardens. For mainstream gardeners, however, a blend of natives and modern plants with a few annuals is much more practical, especially since we have invested time and money over the years.

Introducing natives to your garden can be as easy as planting a few native bulbs, such as the 'Turks Cap Lily'. An old fashion lily that blooms in June with elegant speckled orange or white flowers that drip downward. These lilies are so beautiful they are now planted in gardens all over the world.

If you have space and a dramatic setting, native 'Witch Hazel' comes into bloom with yellow blossoms in March when nothing else is in bloom.



(above) A monarch butterfly feeds on an orange milkweed, which is a member of the only plant family on which they lay their eggs.



(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

'American Beauty Bush' has a remarkable show of lavender berries streaming down its stems in early autumn.

During late autumn our native 'Winterberry' holly drops its leaves and displays bright red berries along its branches deep into winter.

These are just a few of hundreds of different native plants that you can add to your garden.

When planting native shrubs, flowering plants, and bulbs think of its space for the long term. Many gardeners like to put in a plant and if they change their mind, just dig it up and move it, sometimes just a few feet. Many natives have deep taproots which makes them drought resistant but impossible to move successfully. Research your plant's requirements for sunlight, water and soil before planting to give it a proper start. Proper sunlight increases the energy plants require to produce more flowers.

I encourage everyone to plant a few natives in their garden. If you are at a garden fair or garden center, visit the Native Plants table, or you can find them in catalogs and on the Internet. If every garden has a few native plants, the benefits will ripple through our communities and environment.

We all enjoy showing our gardens to family and friends. When we do it's always fun to point out "this is a native".

Keep Keeping Safe,

James

YMCA EMBARKS ON STORY PROJECT TO CELEBRATE 120 YEAR ANNIVERSARY

Submitted by Colleen Clayton

The Gateway Family YMCA announced the launch of a story collection project to collect 120 “Y Stories” to celebrate 120 years of serving the community in June 2020. The Gateway Family YMCA is asking Y members, friends of the Y and the local community to share their personal Y story at surveymonkey.com/r/120YStories.

“The Gateway Family YMCA is celebrating 120 years of serving the local community this June,” stated Krystal R. Canady, CEO, The Gateway Family YMCA. “We are proud to support the needs of the communities we serve, and as those needs have grown and changed over the last 120 years, our Y has pivoted and changed to provide responsive services and programs for all.”

Each year, The Gateway Family YMCA provides service to 15,000 YMCA members and 25,000 community members and program participants. In addition to traditional YMCA programs like child care, youth sports and swim lessons, The Gateway Family YMCA also provides housing and social services, chronic disease self management, and WISE Adult Social Day Services programs.

“The Y has helped to shape the lives of many individuals and families,” stated Melynda A. Mileski, EVP/COO, The Gateway Family YMCA. “We often receive tremendous feedback from current and past members who want to

share their Y story of impact.”

Whether you learned to swim at the Y, met your best friend at a Y program, served your community through Togetherhood or the 7th Grade Leaders Club, gained a healthier lifestyle or the Y was your first place of employment, The Gateway Family YMCA wants to hear your story at surveymonkey.com/r/120YStories.

“One of the things we often say is that everyone has a Y story,” added Colleen A. Clayton, Chief Membership & Development Officer. “120 years of serving the community is a major milestone for our YMCA and we want to celebrate those who have been a part of our history during our anniversary month.”

The Gateway Family YMCA is a 501(c)(3) non-profit, health and community service organization of caring staff and volunteers dedicated to strengthening the foundations of community and stands For Youth Development, For Healthy Living and For Social

Responsibility. The Y impacts the community by providing quality services to people of all ages, races, faiths or incomes. The Y is a powerful association of men, women and children of all ages and from all walks of life joined together by a shared passion: to strengthen the foundations of community.

For more information on The Gateway Family YMCA, visit tgfymca.org.

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RAHWAY STATE CHAMPS SALUTE THE SELFLESS CHAMPIONS OF FIRST RESPONSE, HEALTHCARE, AND COMMUNITY

Fear is ever-present. Anxiety and heartbreak are its unwelcomed partners. Yet each is unceremoniously set aside every minute, every hour, every day so that life can be nurtured, treasured and, hopefully, allowed to move forward. These emotions are conquered daily by your neighbors, the fabric of your community. They are the champions of life - a sublime but deserved title. They are the first responders, the doctors, the nurses, the neighborhood restaurants that ensure a hot meal is always available for all the community. It is they who must be celebrated and it is with admiration and respect that students from Rahway's high schools have taken this opportunity to proudly salute them.

Though heralded in November 2019 as Central Jersey Group II State Sectional Champs (the first time in 47 years), Rahway's high school Varsity Soccer Team's players are resolute in their determination to ensure that each and every one of the self-sacrificing 'champions' who set their personal well-being aside in the service of others receive the respect, recognition, and gratitude they truly merit.

"Those who are working on the front lines, who are risking their lives to help others, are the real-life heroes and champions in life," affirms team captain, senior Charles Cutignola. It is with this spirit and understanding that the team players, students from Rahway High School (RHS) and Rahway's Alternative Center for Education, are united in their wish to dedicate that long-awaited trophy to their heroes.

Commenting on their team's journey to that elusive championship, team captain senior Ryan Beenders notes, "Even though we were underdogs in our tournament run, we were still supported by our town." He adds, "Our front liners may be underdogs against the virus but, like us, they will win and defeat it!"

"On behalf of myself and my team," offers Senior Captain Jose Hernandez, "we are honored

to dedicate our championship trophy to the warriors on the front line...the real heroes."

Union County Coach of the Year and RHS head Boys' Soccer Coach Kevin O'Callahan takes great pride in his 22 players and is deeply moved by their willingness to relinquish rights to their trophy. "Their effort, trust, and belief in one another game after game taught them what it took to become champions, yet they never lost sight of who the real champions are...the frontline workers." Voicing his team's sentiments, he adds, "Our soccer championship was for fun but their daily battle is about life and death. We salute all those on our front lines for the sacrifices they make for us." Rahway Athletic Director Tom Lewis is right there on the field alongside Coach O'Callahan with his sincere praise for each of the

students on the team. "I could not be more proud of our State Soccer Champions. Coach O'Callahan and staff should be truly commended. This is truly a 'Rahway Strong Moment.'

Moved, but not surprised by the caring hearts her students have shown in this gesture, is their Superintendent of Schools Dr. Patricia Camp. "I witnessed many times when one of our players passed over a chance for personal 'glory' to allow a teammate the opportunity to help the team win. The team continues this esprit de corps with their dedication of their trophy and championship to our first responders and healthcare workers who are working as a team to keep us all safe during this pandemic." And, as player Ryan Beenders promised, "They WILL win!"



Photos by Rahway Public Schools, Ryan Beenders, Charles Cutignola, Kevin O'Callahan, Megan O'Callahan



(above) Rahway's high school Varsity Soccer Team, who in November 2019 won Central Jersey Group II State Sectionals, dedicate their trophy to their heroes during the pandemic.

RAHWAY RESIDENTS STRUGGLED, BUT SURVIVED THE 1918 EPIDEMIC

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

One-hundred and two years ago, the world was plagued by an influenza epidemic that would affect one-fifth of the world's population and one-fourth of the population of the United States. By the time it had subsided, the virus, known as the Spanish flu, claimed the lives of an estimated fifty million people. In cities like Rahway, situated on the densely populated east coast, the epidemic had a deadly effect and afflicted thousands of residents. Surprisingly, the measures taken by the local authorities and the ways in which the citizens responded to combat the silent killer were very similar to the actions taken and displayed during the current crisis.

The first phase of the epidemic surfaced in the late spring and proved to be relatively mild. Called "the three day fever," victims recovered after only a few days of illness and the death count was relatively low. When the disease struck again in the fall, however, the results were far more devastating. In late September the effects of the epidemic were being felt throughout Union County and by October 1st, Rahway's Board of Health announced regulations to halt the spread. Broadsides were posted in neighborhoods around the city with the following notice: "To prevent the spread of Spanish influenza, sneeze, cough, or expectorate (if you must) in your handkerchief. You are in no danger if everyone heeds this warning."

In a lengthy front page newspaper article the board outlined ten guidelines to help one escape the disease and prevent its spread:

- * Don't jam entrances to railways, theaters, and places of assembly.
- Don't put unclean things into your mouth or eat in dirty places.
- Don't expose yourself to cold or wet.
- Don't go out if feeling unwell.
- Don't forget to use handkerchief covering mouth when coughing or sneezing.
- Don't eat without first washing hands.
- Keep the home as well as the office and workroom well ventilated.
- Avoid overeating.
- Exercise in the open air.
- Stay at home.
- Even with these guidelines in place, by the end of the first week, 2,000 cases and eleven deaths were reported.

Fortunately, from the onset, there was complete cooperation between local physicians, hospital, health, and city officials. A ban was quickly placed on all kinds of public gatherings. Schools, churches, theaters, dance halls, pool rooms, lodge rooms, and other places where numbers of people might congregate were closed. School dances, football games, Columbus Day celebrations, parades, and social events of churches and fraternal organizations were all cancelled. Public funerals for all who died from the flu were forbidden. Pharmacies, saloons and ice cream stores were allowed to remain open, but in the case of the latter two, only to sell products in packages to be taken out. The general rule in those venues was "Buy it and beat it!" The police were ordered to break up any gatherings

and move people along. By the next morning streets were practically deserted.

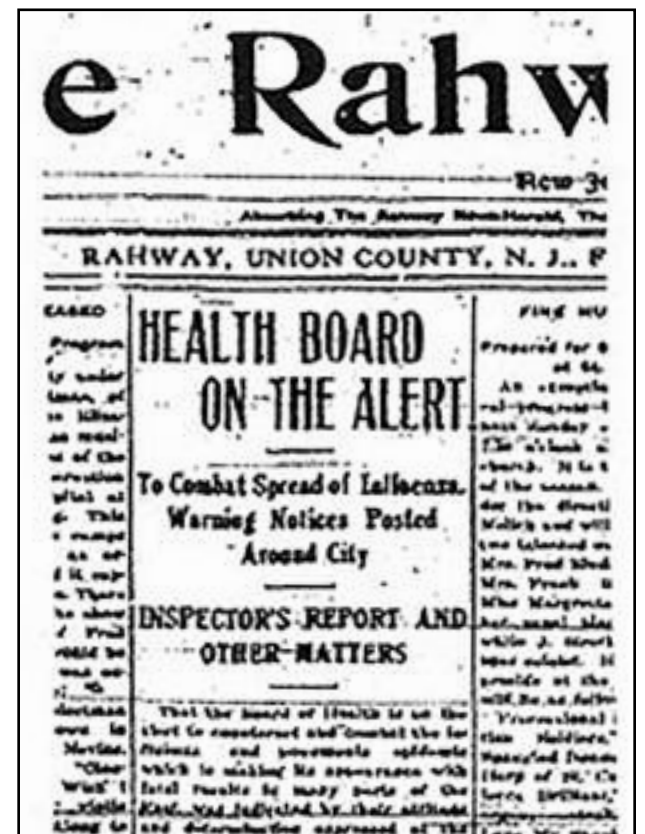
Those who contracted flu symptoms were directed to go promptly to bed, in a separate room if possible. Family members and visitors were instructed to stay out of the room and not use any dishes, glasses, or utensils used by the sick person. In all cases it was required that a physician be notified to determine if the patient required hospital care.

Rahway's small, twelve-bed hospital, adequate during normal times, was quickly overrun with cases. To fill the void, arrangements were made with St. Mary's Church to use their hall as a make-shift hospital annex. Koenig's Hall, a large space on Main Street, was also converted to handle the increasing numbers. Fifty beds were brought in from the army hospital in Colonia to be used in the two halls. Members of the Elks lodge on Milton Avenue and the owner of the Empire Theater on Irving Street also made their halls available, although they were never used.

Average citizens rose to the occasion to respond and assist in any variety of ways. A call went out to all women with any type of nursing experience to help doctors and trained nurses with the countless duties needed in the annexes. Chemists from Merck who had pharmaceutical experience assisted in preparing prescriptions and dispensing drugs at local drug stores filling in for store employees who were sick with the virus. Young teens took on harvesting jobs at an east Rahway seed farm so the regular workers could help at the St. Mary's annex. The Women's Auxiliary of the Rahway Hospital organized food drives to supply the hospital and annexes. Citizens responded in a generous manner donating canned milk, bread, potatoes, cereals, fresh fruits and vegetables, and homemade delicacies.

By mid-October, the crest of the epidemic had passed and the number of new cases was decreasing daily. On Thursday, October 24, officials deemed it was safe enough to reopen businesses. Schools would be reopened on Monday, November 4. Most churches waited until Sunday, November 3rd before holding services. Although the ban had been lifted, the daily routine of life was not fully normalized. A portion of the public was cautious about resuming their usual daily activities, and remained wary of large gatherings. The number of cases continued to decline, but the specter of the virus lingered. As the weeks went on, practically every patient who developed pneumonia did not survive which added to the fatality rate.

An editorial in the Rahway Record praised the health authorities and noted that it was their early and dramatic measures and the cooperation of the citizens that saved the city from reaching the dire numbers that had been predicted when the epidemic hit. Still, the numbers were terribly high. It was estimated that almost 4,000 residents in a city of 12,000 were affected and that close to 100 persons died, making the epidemic the deadliest in the history of the city.



(above) Headline from the Rahway Record, October 4, 1918.



(above) Rahway's original hospital, located on the corner of Jaques and W. Hazelwood Avenues, as it looked at the time of the epidemic. The building served as a hospital until 1929 when the present hospital was built on Jefferson Avenue. The old building was converted into a multi-unit dwelling and still stands.

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DISTRICT TEACHERS VALUED AS LEADERS

To earn their contractual hours dedicated to continued professional development, so as to maximize the degree of excellence of their students' education, NJ teachers frequently find themselves at odds with the scope, content, and utility of the 'workshops' provided them by their school districts. Attending a series of full and half day presentations throughout the year, which they often find less than stimulating or which have little or no bearing on their specific disciplines, teachers often discover themselves feeling frustrated, unengaged, and skeptical of each subsequent district-planned presentation. Dr. Tiffany Beer, Director of Curriculum and Instruction for the Rahway School District, is having none of it. "We have a ton of expertise on our own staff; they are experts in myriad areas!" With her recognition of the talents of the district's educators, Dr. Beer developed her plan to allow teachers their own voice in expressing their varying needs and to provide the arenas for teachers to share their knowledge with their colleagues.

"I wanted our teachers to have more choice," affirms Dr. Beer. "They have decidedly different needs and I respect their professionalism in choosing what they wish to learn about." As she focused on the implementation of her idea of teacher-led professional development, Dr. Beer considered the negatives associated with bringing in speakers and special workshops from outside

the district. "One-off professional development yields no continuity for our teachers. Also, you never know what you'll get...sometimes it's good, sometimes it's not! With our teachers, I knew what I was going to get! I have seen their daily successes in interacting with their students and their colleagues." She adds pragmatically, "Why should our dollars be spent on other people when they can be invested in our own talent?" Her plans for the innovative in-house driven professional development were quickly realized as teachers, eager to avail themselves of this opportunity, signed on for the new program which debuted in September, was followed up in October, and most recently implemented in the district's March 2 day of professional development (PD).

Evaluating the success of the September and October PD days, Dr. Beer offers, "I was very happy with what I saw; naturally there are gaps to be filled in, but seeing the staff excited gave me the confidence to move forward. Some of the workshops filled up in 35 minutes and there was an easy transition...things went more smoothly than anticipated. Feedback from the faculty was very positive; parking seemed to be the only problem!" Recognizing realistically that her program is still a "work in progress," she is constantly exploring ways to expand it to include more offerings. "My brain's always going! I want the teachers to know that I trust that their

knowledge goes so much deeper than what we are able to witness daily."

Rahway District's March 2 Professional Development day offered faculty members numerous workshop options such as, "The Pyramid Model: Building Relationships and Creating Supportive Environments" for PreK-K teachers, "Incorporating Orton-Gillingham Strategies in the Classroom" (reading methodology) for K-12 teachers, "Exploration and Table-Talk of Multiple High School Mathematical Practices" for district Math teachers, and "Responsive Classroom: Middle Grades" (focus on social-emotional learning/creating safe and joyful learning communities) for grades 5-9, all organized and presented by Rahway District staff members. Success of the new PD format could be easily measured by comments offered by both presenters and attending faculty members alike. "Yesterday's Mathematical Practices workshop was a huge success," explains RHS Math teacher Toni Robertelli. "As first-time presenters, Anna Winters and I were beyond pleased with the amount of highly valuable discussions and productivity of the group. Our participants left the workshop excited with actual planned out lessons ready to go in their classroom for the upcoming week."

Social Studies teacher Michael Celoski "absolutely loved the structure of faculty members sharing with their colleagues." As presenters to Social Studies teachers throughout the district, he and Edward Dailey "had a fantastic experience collaborating with one another to create a presentation we knew would address firsthand the needs of our fellow colleagues and, most importantly, our students." Echoing Dr. Beer's wryly stated belief that professional development "begins at home," Mr. Celoski is eager to acknowledge "using Rahway's own to turnkey best teaching practices is, in my opinion, a much better and effective use of Rahway's resources to help improve student achievement and teacher performance."

"As Director of Curriculum and Instruction," notes Superintendent of Schools Dr. Patricia Camp, "Dr. Tiffany Beer has broadened her influence from the Language Arts department to all departments. This includes her recognition that we have many strong teachers in the district and her development of a PD program to support them sharing their expertise with their colleagues." Culinary Arts teacher Susan Martino would most definitely agree. Having attended a workshop that she found "personal, private, and healing" which provided participants with the curriculum and skills necessary to inspire young women to embrace their purpose in the world, Ms. Martino believed the new direction taken in professional development evidenced that "the administration believes we are equal to or more qualified to help one another than an outside source!"

Dr. Beer's ultimate goal? "I want this to be the teachers' voices. They should have the opportunity to demonstrate what they know and what they want to learn." A goal set and met.



(above) Dr. Beer enjoys a light moment with math teachers.



(above) Teacher Jacqueline Fagan and Dr. Beer facilitate a workshop on reading methodology.

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Submitted by Denise Jones - Executive Director of Programs

Isn't it good to know that in challenging times you can depend on your friends? Not only old friends, like Wet Ticket and Mr. Sub, who continue to raise money for us during these times. RSI Banking who awarded Rahway Food for Friends a \$10,000 COVID-19 Pandemic Grant. Rahway Mayor Giaccobe and the F.L.A.G. team for their support and donations. RWJUH-Rahway, who not only continue to donate food for our Diabetic program, but also donated homemade masks, cleaning products and hand sanitizers.

We have made new friends like Michael Esposito from Jefferson PTO/Westfield, who

launch food drives with help from neighboring townships of Garwood, Cranford, Scotch Plains and Fanwood, which includes Tony Cullaro, Michael Todaro, Mark Nissim, David Tedesco and Kava Shovlin. As of the end of April, they have donated over \$8,000 and over 2600 lbs. of food, baby products and diapers, health and beauty products, and cleaning products. Juanita Vargas from United Way of Greater Union County, who have included us in their weekly pick up of mostly produce and fruit, but sometimes include meats and dairy. Brookside Farm Produce, who donates several cases of produce each week.

This just a small list of our friends old and new. Please visit our Facebook page to see the others. We cherish our old friends and welcome a long friendship with our new ones.

Rahway Food for Friends would like to let the community know we are here for you. If you need food, please call our office at 732-381-7201 to make an appointment to pick up food. Due to a smaller staff, our schedule has changed to the following Monday, Wednesday and Friday 10 a.m. – 12 noon, location 1221 New Brunswick Ave, Rahway NJ. Our Soup Kitchen is also available every Saturday between 11 a.m. – 12 noon, location 1731 Church St Rahway, NJ.

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(above) Rahway resident, Jack Silver will be on show Karma which will be released on June 18 on @HBOMAX. Silver, 14, is a 9th grader at The Wardlaw & Hartridge School in Edison. Follow him on instagram at @jackisback47 and @jack_n_charlies_multiverse.

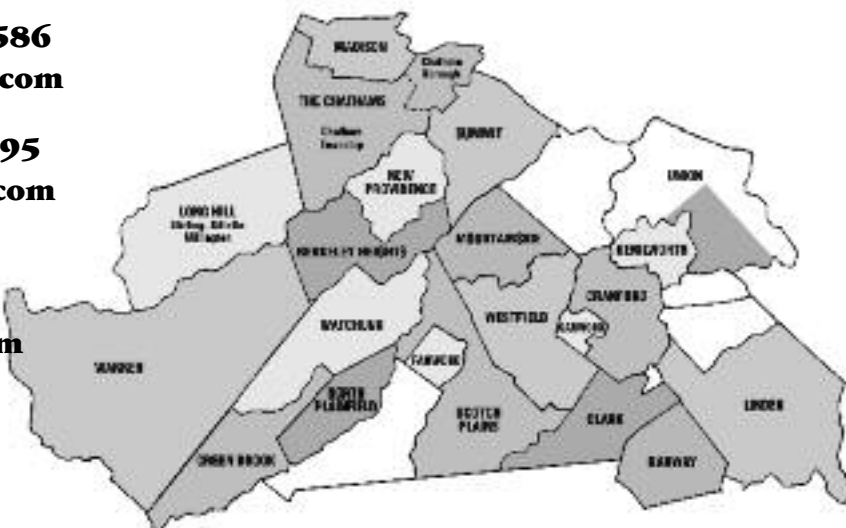
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OUR TOWN Rahway, NJ Qty: 12,400 Mailed to every home and business. Zip: 07065	Scotch Plains NJ Qty: 9,600 Mailed to every home and business. Zip: 07076	Summit & Times NJ Qty: 9,600 Mailed to every home and business. Zip: 07901	Spirit of UNION NJ Qty: 5,500 5,000 mailed to homes and businesses. Zip: 07083	WARREN MONTHLY NJ Qty: 6,200 Mailed to every home and business. Zip: 07059	Watchung Post NJ Qty: 2,800 Mailed to every home and business. Zip: 07069	Westfield MONTHLY NJ Qty: 11,800 Mailed to every home and business. Zip: 07090

NEWSPAPER AD RATES

Rates are per month. Adwork included in price. Newspapers are black on white.

Units	Size	RATE FOR ANY 1 NEWSPAPER	RATE FOR ANY 3 NEWSPAPERS	RATE FOR ANY 6 NEWSPAPERS	RATE FOR ANY 9 NEWSPAPERS	RATE FOR ANY 12 NEWSPAPERS	RATE FOR ANY 15 NEWSPAPERS	RATE FOR ANY 18 NEWSPAPERS	RATE FOR ANY 21 NEWSPAPERS
1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000
2 PAGE SPREAD	21" x 14"	\$700							
BACK PAGE	10" x 14"	\$500							
FRONT PAGE BANNER	8.25" x 2"	\$320							
FRONT PAGE BOX	1.5" x 4.5"	\$240							

Back cover, front page banner and front box reserved on first come, first served basis. Current advertiser has right of first refusal.

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Visit RennaMedia.com for online publications.

Photo albums, video and advertising opportunities.

Howdy Partners!

Online Marketing is like the Wild West

Too many carpetbaggers are exploiting business owners, making empty promises that don't materialize.

Too many businesses are stuck in contracts with no return on investments, no way to check if the work is getting done, and needing to invest more to make things right.

The following is a guide to Renna Media services and costs that you can compare to your present provider.

I highly recommend doing an independent audit of your website!

Contact Walter Watson at walter@www-online-enterprises.com

He does a great job analysing and making recommendations.

It is only \$250 and can save you time, money and headaches.

Thank you. - Joe Renna

Full Service Online Marketing



Online Marketing Items

- Website ads and Social Media Posts, Classified ads\$20 per item
- Special bulk price.....Block of 20 items \$100
Including: Press releases / Classified Ads
Web Page / Calendar Event / Monthly Banner ads

Extra Boost:

- Blast your online ad or press release to a targeted market:\$100
- National Press Release Distribution
to 300 to 500 news outlets.....Budget choice from \$300 to \$500.

Website / SEO services

- Website Audit/Analysis and recommendation plan:\$250
- Website creation/update:.....\$2,400
(Cost for average website: 12 pages,
contact form, SEO friendly, responsive design)
- Website Hosting:\$300 per year
Includes website hosting, software updates,
monthly website content updates
- SEO Services:.....average cost \$1,000 - \$2,000 per month
Custom tailored solutions:
Google Ranking, Local SEO, Social Marketing

Video advertising

Production:

- Product placement \$250
- 30-second commercial \$500
- 3-minute spot \$1,000
- 30-minute show \$1,500
- 3-hour shoot - \$2,000

Do not commit to a service unless you have a solid marketing plan and budget.

Your plan should work on paper before you spend dime one. Don't waste money just trying something. There is no magic bullet.
Call Joe for a free consultation.

Call Joe Renna 908-447-1295
Email: JoeRenna@RennaMedia.com

Check out Joe Renna's Hyper Local Network on You Tube. Call 908-447-1295

if you want your business featured on line and in print. See sample show below.



JENNIFER ALARCON - THE INSPIRATION BEHIND MEXICAN SPICE

I was born and raised in Mexico City, and now a happy resident of Chatham NJ for the last 13 years, I have searched for what I would call authentic and delicious Mexican food. Disappointed with my local findings, I decided to start my own little catering business to my friends and neighbors.

Business took off amazingly! In a matter of 3 years I went from making Salsa Verde in my own kitchen, to setting up a commercial kitchen, growing the team (or better said, building a team), participating in local Farmers Markets and catering countless events and parties.

We are now at two brick-and-mortar locations, and have exciting plans for continuing to grow.

Oh and did I mention the super-chic-amazing-fun-classy-fabulous Food Truck? Mexican Spice has a Food Truck which is the cutest little thing and we take it around New Jersey to cater special events like birthdays, weddings, and of course, to the local Food Truck Festivals.

I am passionate about the Mexican culture, the infinite flavors, colors and traditions, and I love that I am able to share "A little taste of Mexico" with the community.

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WHISKY

Ballantine	1.75L	\$28.97
Buchanan's 12yrs old	750ml	\$28.99
Buchanan's 12yrs old	1.75L	\$55.99
Bushmill's Irish	1.75L	\$42.99
Chivas Regal	750 ml	\$28.99
Chivas Regal	1.75L	\$58.99
Chivas Regal 18 yrs old	750 ml	\$72.99
Crown Royal	750ml	\$27.99
Crown Royal	1.75L	\$48.99
Dewars 12 yrs old	750ml	\$25.99
Dewars 12 yrs old	1.75L	\$45.99
Dewars White Label	750 ml	\$19.99
Dewars White Label	1.75L	\$32.99
Gentleman Jack	750ml	\$29.99
Gentleman Jack	1.75L	\$52.99
Glenmorangie 10 yrs old	750ml	\$40.99
Glenlivet 12 yrs old	750 ml	\$45.99
Glenlivet 12 yrs old	1.75L	\$86.99
Grants	750ml	\$15.99
Grants	1.75L	\$23.99
Jack Daniels	750ml	\$25.99
Jack Daniels	1.75L	\$45.99
Jack Daniels Fire	750ml	\$25.99
Jack Daniels Fire	1.75L	\$45.99
Jameson	750ml	\$29.99
Jameson	1.75L	\$54.99
Jim Beam Whisky	1.75L	\$29.99
Johnnie Walker Blue	750ml	\$185.09
Johnnie Walker Blue	1.75L	\$379.99
Johnnie Walker Black	750ml	\$32.09
Johnnie Walker Black	1.75L	\$59.99
Johnnie Walker Double Black	750ml	\$34.99
Johnnie Walker Red	750ml	\$19.99
Johnnie Walker Red	1.75L	\$32.09
Macallan 12yrs old (double cask)	750ml	\$54.99
Makers Mark	750ml	\$27.99
Makers Mark	1.75L	\$49.99

GIN

Beefeater	1.75L	\$35.99
Bombay Sapphire	1.75L	\$36.99
Seagram's gin	1.75L	\$17.99
Tanqueray	750ml	\$21.99
Tanqueray	1.75L	\$36.99

COGNAC & BRANDY

Courvoisier V.S.	750ml	\$26.99
Courvoisier V.S.	1.75L	\$46.99
Remy Martin V.S.O.P.	750ml	\$42.99
Remy Martin V.S.O.P.	1.75L	\$80.99

CORDIALS

Bailey's Irish Cream	1.75L	\$39.99
Duggan's Irish Cream	1.75L	\$24.99
Kahlua	1.75L	\$36.99
Krupnik	750ml	\$13.99
Licor 43	750ml	\$22.99
Licor 43	1.75L	\$40.99

VODKA

Absolut (regular)	750ml	\$19.09
Absolut (regular)	1.75L	\$29.09
Belvedere Vodka	750ml	\$27.99
Belvedere Vodka	1.75L	\$44.99
Ciroc (all types)	750ml	\$29.99
Ciroc (all types)	1.75L	\$57.99
Finlandia	750ml	\$15.99
Finlandia	1.75L	\$24.99
Grey Goose	750ml	\$27.99
Grey Goose (all types)	1.75L	\$49.99
Ketel One	750ml	\$19.99
Ketel One	1.75L	\$39.99
Luksusowa	1.75L	\$22.99
Pinnacle (all types)	750ml	\$11.99
Pinnacle (80 proof)	1.75L	\$17.99
Skyy	1.75L	\$21.99
Sobieski	750ml	\$11.99
Sobieski	1.75L	\$18.99
Stolichnaya (all types)	1.75L	\$29.09
Tanqueray Sterling	750ml	\$19.99
Tanqueray Sterling	1.75L	\$30.99
Three Olives (all types)	1L	\$19.99
Tito's Vodka	1.75L	\$30.99

RUM

Bacardi Light & Gold	750ml	\$12.99
Bacardi Light & Gold	1.75L	\$19.19
Captain Morgan Spice	1.75L	\$25.99
Malibu	750ml	\$17.99
Malibu	1.75L	\$25.09

TEQUILA

Deleon Blanco Tequila	750ml	\$29.99
Deleon Blanco Tequila	1.75L	\$59.99
Patron Silver	750ml	\$42.99
Patron Silver	1.75L	\$85.99
Patron XO Café	1.75L	\$34.99

BEER

Becks (12oz) 24pk	24pk	\$24.99
Bud and Bud Lite cans	30pk	\$23.00
Bud and Bud Lite loose bottles	24pk	\$19.99
Coors Lite (24oz) cans	12pk	\$15.99
Coors Lite/Miller Lite loose bottles	24pk	\$19.99
Coors Lite/Miller Lite	30pk	\$22.99
Corona/Corona Lite loose bottles	24pk	\$28.99
Dab (16oz) cans	24pk	\$21.99
Dogfish Head 60 min.	24pk	\$35.99
Heineken/Heineken Lite bottles	24pk	\$28.99
Land Shark	24pk	\$26.99
Lech (500ml)	20pk	\$28.99
Modelo Especial cans	24pk	\$25.99
New Belgium Fat Tire	24pk	\$33.99
Pabst Blue Ribbon cans	30pk	\$19.99
Pilsner Urquell	24pk	\$30.99
Sagres	24pk	\$24.99
Sam Adams Boston Lager	24pk	\$32.99
Stella Artois loose bottles	24pk	\$28.99
Yuengling Lager bottles	24pk	\$19.99
Zywiec (11.2oz)	24pk	\$19.99

Bartenura Moscato	750ml	\$11.99
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	\$ 5.99
Cavit (All Types)	1.5L	\$14.99
Clos du Bois Chardonnay	1.5 L	\$19.99
Dom Perignon	750ml	\$156.99
Dreaming Tree (All Types)	750ml	\$12.99
Ecco Domani Pinot Grigio	750ml	\$ 9.99
Fish Eye (All Types)	1.5L	\$ 9.95
Freixenet Brut, Extra, Extra Dry	750ml	\$10.99
Gato Negro (All Types)	1.5L	\$ 9.99
Gazela Vinho Verde	750ml	\$ 6.49
Joseph Carr Cabernet Sauvignon	750ml	\$26.99
Kendall Jackson Vintners Chardonnay	750ml	\$12.09
Kim Crawford Sauvignon Blanc	750ml	\$13.99
Louis Jadot Beaujolais Villages	750ml	\$ 10.99
Louis Jadot Pouilly Fuisse	750ml	\$21.99
Martini & Rossi Asti	750ml	\$11.97
Menage a Trois Red	750ml	\$ 9.99
Mi Amore Red	750ml	\$ 8.99
Moet Imperial Champagne	750ml	\$42.99
Noble Wine 337, 667	750ml	\$11.99
Papi (All Types)	1.5L	\$10.99
Ruffino Chianti	750ml	\$ 8.99
Ruffino Chianti	1.5 L	\$13.97
Ruffino Pinot Grigio	1.5L	\$13.99
Ruffino Tan label	750ml	\$19.99
Santa Margerita Pinot Grigio	750ml	\$22.09
Silver Oak Alexander Valley Cabernet	750ml	\$76.99
Simi Chardonnay	750ml	\$13.09
Woodbridge (All Types)	1.5L	\$12.49

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