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NATIONAL SENIOR HEALTH & FITNESS DAY® - OCT. 28

The Gateway Family YMCA and Shaping Eastern Union County will join an estimated 1,000 local groups nationwide to celebrate the 27th Anniversary of National Senior Health & Fitness Day (NSHFD) on Wednesday, October 28, 2020. The YMCA is offering free virtual programs with registration available at tgfymca.org/events.

In addition to National Senior Health and Fitness Day events, The Gateway Family YMCA has been providing virtual chronic disease self-management programs free to the local community throughout the global pandemic. Interested participants can also register for the Blood Pressure Self-Monitoring Program (BPSM) and the Diabetes Empowerment Education Program (DEEP) at tgfymca.org.

Throughout the day, the community is invited to visit The Gateway Family YMCA's Facebook page for helpful resources, information and updates and discussions at facebook.com/GatewayFamilyY

According to Krystal R. Canady, CEO, The Gateway Family YMCA, "National Senior Health & Fitness Day is the perfect opportunity for seniors to make, renew, and revitalize their commitment to lead healthier lives through wellness, nutrition and programs designed specifically to meet their needs. This is even more important today while we are practicing social distancing and may not be as active as usual."

During National Senior Health and Fitness Day, participants will join with an estimated 100,000 older adults across the country participating in local virtual activities to help promote active, healthy lifestyles through physical activity, good nutrition and preventative care. Although previously scheduled in May, the national event proposed an additional date to accommodate everyone.

"With the onset of social distancing and safety practices in early March, our YMCA pivoted and began offering virtual programming to our members and the community," stated Melynda A. Mileski, EVP/COO. "What we have found is that our active older adults are participating consistently from home, and enjoy the socialization as well as the wellness benefits our live group exercise programs provide."

National Senior Health & Fitness Day is typically held on the last Wednesday in May. The program, the largest senior wellness event of its



kind, is organized by the Mature Market Resource CenterSM, a national clearinghouse for professionals who work with older adults.

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 Gateway Family YMCA impacts the community by providing quality services to people of all ages, races, faith or incomes.

Shaping Eastern Union County is committed to improving the health and well-being of county residents and creating strategies to support improved health, nutrition and physical activity for all. Shaping Elizabeth, Shaping Rahway and Shaping Union are also sponsoring this event.

For more information on National Senior Health and Fitness Day at The Gateway Family YMCA visit tgfymca.org or email bpsm@tgfymca.org.

COMMUNITY HOPE CONNECTS VETERANS WITH SERVICES

CALL THE REFERRAL HOTLINE FOR ELIGIBILITY

Veterans and their families who are experiencing a housing crisis may be eligible for emergency assistance such as motel/hotel stays, security deposits, rent, rental arrears, groceries and utilities through Community Hope.

Community Hope's Supportive Services for Veteran Families (SSVF) program is currently providing assistance remotely. Urgent community-based services such as critical supplies and veteran wellness-checks are provided in person.

The increase in support services to veterans and their families during the COVID-19 pandemic is possible thanks to funding from the U.S. Department of Veterans Affairs.

To make a referral, please call the referral hotline at 1-855-483-8466 or email ssvf@communityhope-nj.org, or email Gema Diaz at gdiaz@communityhope-nj.org.

Community Hope is a nonprofit that helps individuals, including veterans, and their families, overcome mental illness, addiction, homelessness and poverty.

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OUR TOWN *Rahway*

Our Town is published by Renna Media in coordination with the Rahway Chamber of Commerce.

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Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

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RWJ FOUNDATION AWARDS GRANT TO YMCA

The Gateway Family YMCA was awarded a \$20,000 grant from the Robert Wood Johnson Foundation to assist the YMCA's Emergency, Transitional and Supportive Housing Programs during this global pandemic.

"The Gateway Family YMCA has served the local community for over 120 years," stated Krystal R. Canady, CEO. "Our organization received a general operating support grant from the Robert Wood Johnson Foundation as part of its \$50 million effort to provide humanitarian aid to support organization helping some of the families and communities feeling the greatest strain under the COVID-19 health emergency."

The Gateway Family YMCA provides housing and social services for over 300 individuals, families and veterans each evening through residential housing programs in Elizabeth and Plainfield, as well as supportive housing programs throughout Union County. The Y provides emergency, transitional, supportive and permanent affordable housing opportunities along with wraparound social services focusing on employment preparation, life skills and case

management.

"We have seen an increased need for essential housing and social services during this global health crisis," said Melynda A. Mileski, EVP/COO, The Gateway Family YMCA. "We provide support 24 hours a day, 7 days a week for the most vulnerable individuals, families and veterans in our community."

The Gateway Family YMCA is a leading 501(c)(3) non-profit, health and community service organization committed to strengthening community by connecting all people to their potential, purpose and each other. Working locally, the Y focus on empowering young people, improving health and well-being, and inspiring action in and across communities. By bringing together people from different backgrounds, perspectives and generations, the Y ensure that all have access to the opportunities, relationships and resources necessary to learn, grow and thrive.

For more information about The Gateway Family YMCA or Residential Programs, visit tgfymca.org or contact 908-355-9622.

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For more than 30 years, Jill Guzman Realty proudly serves NJ homeowners and buyers with all of their real estate needs. Jill's trilingual fulltime staff prides themselves on their outstanding "Good Old Fashioned Service."

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

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THINKING OF SELLING YOUR HOME ? YOU KNOW WHO TO CALL

VOTING IN UNION COUNTY THIS NOVEMBER

BLOOD DRIVE, OCTOBER 27

Franklin Elementary School in Rahway is holding a blood drive in partnership with the New York Blood Center (NYBC). Please consider donating.

WHO: FRANKLIN ELEMENTARY SCHOOL

WHAT: BLOOD DRIVE

WHEN: TUESDAY, OCTOBER 27, 2020

TIME: 2 TO 8 P.M.

**WHERE: 1809 ST. GEORGES AVENUE,
RAHWAY (REAR ENTRANCE)**

Did you know that 100 pints of blood will help over 300 people? NYBC is one of the largest community-based, non-profit blood collection and distribution organizations in the United States.

To schedule an appointment please sign up: smarturl.it/NJBS_Drive, the sponsor code is 69618 or call/text Genevieve (732) 672-5281 for an appointment. Donors must be between 16 (with signed NYBC parental permission form) and 75 years old (76+ must have a doctor's note), weigh at least 110 lbs. and be in good health. Most medications will not keep you from donating. Please eat and drink at your regular meal times. Please bring NYBC Donor Card or signature/photo ID.

The Union County Board of Elections continues to update voters on what to expect as Election Day, November 3, 2020, nears under Governor Phil Murphy's order for a primarily vote-by-mail election.

A video with step-by-step instructions for voters wishing to vote-by-mail can be accessed on the County Clerk's elections website, unioncountyvotes.com.

The video was produced to address the requirement by the New Jersey State Legislature and the Governor that the November 3 General Election be conducted primarily through vote-by-mail and the fact that most voters are unfamiliar with the vote-by-mail process.

Vote-by-mail ballots will be mailed to all registered voters beginning on Tuesday, September 15. All ballots for registered voters will be in the mail by October 5. If voters do not receive their ballots by October 13, they are asked to contact the Union County Clerk Election Division by calling 908-527-4996.

A step by step graphic how-to brochure will be enclosed with every ballot to help voters with the process. Voters with questions or concerns are asked to call the office of the Union County Clerk Elections Division at 908-527-4996.

Ballots can be mailed via the US Postal Service.

Ballots can also be deposited in one of 22 ballot boxes placed around the county. These boxes are under surveillance and picked up by

authorized Board of Election personnel on a regular basis. Locations of the boxes can be found by visiting unioncountyvotes.com or ucnj.org/ucboe.

Additionally, voters can drop off their ballots at:

- Union County Clerk's Office,
2 Broad Street, Room 113, Elizabeth
- Union County Clerk's Office,
300 North Avenue East, Westfield
- Union County Board of Elections,
271 North Broad Street, Elizabeth

Those wishing to register to vote can download a voter registration application from unioncountyvotes.com. Fill it out and mail it no later than October 13 in order to be eligible to vote in the General Election on November 3.

For more information about all County Clerk programs and services, visit online at ucnj.org/county-clerk or call 908-527-4787.

**TOM MALINOWSKI VS TOM KEAN, JR.
7TH CONGRESSIONAL
DISTRICT DEBATE
Monday, October 5th**

10:00 AM - 11:00 AM

Moderated by James Coyle

For more details and registration, email:
RebeccaLovelace@GatewayChamber.com

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St. Joseph's serves the materially poor and homeless community of greater Elizabeth. The economic fallout from the pandemic has created an unanticipated increase in the demand for basic human needs such as food and medications. Since the end of March, we have distributed thousands of bags of food to more than 600 families. We have also shared thousands of sandwiches, toiletries, and personal protective equipment.

This year, more than ever, we could harness the support and participation of the community in our annual fundraiser. Because we want to make sure that everyone stays safe and healthy, we've modified the format, from an in-person dinner to a "Virtual Fundraiser."

Here's How to Support Our Virtual Fundraiser
 Online: To purchase Virtual Dinner tickets, sponsorships, or to donate online, please visit eventbrite.com and search for St. Joseph Social

Service Center- 2020 Virtual Annual Fundraising Dinner. A link can also be found on our website, sjeliz.org.

Mail: To purchase raffle tickets, Virtual Dinner tickets, sponsorships, or to donate by mail, please download the form, which can be found on sjeliz.org.

In Person: To purchase Grand Raffle Tickets in person, here are the locations:

St. Joseph Social Service Center, 118 Division Street, Elizabeth, NJ 07201 - Emy Cruz, 908-354-5456 x3

St. Helen's Parish Center, 1600 Rahway Avenue, Westfield, NJ 07090 - Marilyn Ryan, 908-232-1214 x113

We hope you'll support us with ticket purchases, sponsorships, and donations and join us via Facebook Live on October 17.

Together, we can help our community survive and thrive!

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Welcome to exquisite cuisine the likes of Il Forno wood burning brick oven for great pizza and meals especially rigatoni Bolognese, Cubanu for great skirt steak and mojitos, Nancy's Townhouse famous for paper thin pizza and sangria, Luciano's fine Italian cuisine, The Waiting Room for great food and drink, Beana's for great Mexican food featuring fabulous nachos and much more.

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IMAGINE LAUNCHES SUPPORT PROGRAM FOR NURSES

Imagine, A Center for Coping with Loss announced the expansion of its virtual group support programs with one designed to help nurses dealing with the stressors of healthcare work during Covid-19. Imagine, which serves more than 2,000 individuals annually and is nationally recognized for its work helping bereaved children and their families, offers its Peer Support Group for Nurses at no cost. Interested nurses can join the weekly support

group at 7:30 p.m. on Wednesdays beginning September 30.

When asked about the decision to launch this program, Imagine's Founder and Executive Director Mary Robinson said, "Through the pandemic, we recognized a gap in support for some of the people we rely on most: our nurses. Supporting nurses who are themselves supporting grieving families felt like a perfect fit for our mission."

Robinson, who was named a 2019 CNN Hero, went on to say, "Nurses continue to selflessly care for others despite their own fears about their potential exposure to Covid-19. We need to ensure they have a place to turn to for support."

For many, the anxiety they feel going to work in a healthcare environment comes on top of grief they were feeling before the pandemic even hit.

Talia Sion, a newly minted nurse, had attended Imagine's Young Adult Group for support following the death of her mother in January, and then joined the organization's pilot support program for First Responders when the pandemic hit.

Of her experience, Sion said, "I was quickly overwhelmed with the weight of so many sick and unstable patients, not knowing if and when things would ever get back to 'normal.' Once again, Imagine created a program for me to turn to with people who understood how I feel; people who understood what I was facing on a daily basis at work."

The nature of the program's virtual environment breaks down geographic boundaries for those seeking support. Nurses from New Jersey and throughout the country are welcome to attend.

"New Jersey is no longer a hotspot for Covid-19, but many of the nurses here are processing what they went through and bracing for a possible resurgence," Robinson said. "Meanwhile, there are nurses in other states in similar positions to where we were a few months ago. Sharing these stories, fears, and challenges at all different stages in a peer support model is proven to be an effective way to learn coping strategies."

As with all of Imagine's offerings, this free Peer Group Support for Nurses program will be available year-round for as long as is needed. Those who are interested can register at imaginej.org/nurses.

Imagine, A Center for Coping with Loss is a New Jersey-based grief support center for children, young adults and families dealing with the death or life-altering illness of a parent, sibling or child. In addition to its peer grief support programs, Imagine provides training through education and outreach programs across the state to a variety of organizations including schools, houses of worship and corporations. Its goal is to create communities where grief and loss are transformed into resilience, empathy and compassion; and where no child grieves alone.



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UC RESIDENTS JOIN LITERACY NEW JERSEY'S TUTOR PROGRAM

Submitted by Nancy Lama

Literacy New Jersey welcomes ten new volunteer tutors from Union County who have joined the ranks as English as a Second Language tutors after completing a 15-hour training course. The new trainees include Leah Brown, Joan Craig, Carolyn Daurio, Tom Ganley, Tom Kaercher, Sherry Krakauer, Laura Lesniak, Ken Mirsky, Wilneris Santana and Teresa Tejada-Melo. The training prepares tutors to work with adults who struggle with reading, writing and speaking English. Literacy New Jersey tutors work in libraries, schools and church centers throughout Union County helping adults improve their skills in order to find better jobs, help their children in school, and become more involved in the community.

Several of the new trainees got right to work and are already teaching at locations such as the Elizabeth Public Library and Summit High School, where Literacy New Jersey has thriving ESL programs. These programs serve the growing immigrant population in Union County. Part of the recent Literacy New Jersey training included class observations at these locations where the new tutors had the opportunity to meet students and observe experienced tutors in action.

According to one trainee, "The tutor training program is very well put together. The trainers are amazing! I am confident about all I have

learned and I am both excited and nervous to meet my students."

Literacy New Jersey runs tutor training twice a year, in January and September. The training provides a practical, hands on approach to working with adults, and includes ideas for

materials and activities as well as strategies for lesson planning. Previous teaching experience is not required. For more information on training and other opportunities at Literacy New Jersey, please call 908-486-1777 or email bbagger@literacynj.org.



(above) Ten new volunteer tutors from Union County have completed their training and joined Literacy New Jersey as English as a Second Language tutors.

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FIRE PREVENTION WEEK FOCUS ON KITCHEN SAFETY

From Sunday, October 4 to Sunday, October 10, 2020, Fire Departments across the nation are celebrating Fire Prevention Week. With unattended cooking as the leading cause of kitchen fires in the United States, the National Fire Prevention Association (NFPA) is focusing on cooking safety and preventing kitchen fires at home with its topic this year - "serving up fire safety in the kitchen." This message is particularly relevant as people are spending more time at home and cooking more often during the COVID-19 pandemic.

The NFPA has provided the following safety tips to educate residents on kitchen safety:

While cooking, check the progress of food in the oven and on the stove top regularly. Use a timer to remind you that you are cooking.

Stay indoors until you are finished cooking and if you leave the kitchen, turn off the stove.

Always have a lid nearby when cooking. In the event of a small grease fire, cover the pan with a lid and turn off the burner. Leave the pan covered until it is cool. For an oven fire, turn off the heat and keep the door closed.

Keep anything that can catch fire such as food packaging, paper towels, dish cloths and pot holders away from the stove top.

Avoid wearing baggy or very loose clothing that can make contact with burners and catch fire while cooking.

Have a "kid-free zone" of at least three feet

around the stovetop, oven and microwave areas where hot food or drinks are prepared to avoid contact and potential burns to children.

If you have any doubt about fighting a small fire, just get out. When you leave, close the door behind you to help contain the fire. Call 9-1-1 from outside the home.

For more information on fire safety programs, visit NFPA.org.



(above) The National Fire Prevention Association is focused on the theme "serving up fire safety in the kitchen" this year.

RAHWAY PUBLIC LIBRARY WELCOMES NEW DIRECTOR

The Board of Trustees is pleased to announce the appointment of Ian Sloat as the new director of the Rahway Public Library. Ian comes to this position with over eight years' experience with libraries and several years as an administrator. He holds a Master of Library Sciences from Simmons College in Boston, Massachusetts and a Masters of Liberal Arts from Duke University in Durham, NC. Ian has extensive experience in community outreach, creating partnerships and grant development, in addition, he is an active participant in NJ library associations. His first commitment is addressing the stages of reopening and the delivery of services during the pandemic, while working with the staff and board on the future direction of the library for our patrons and the Rahway community.

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AMERICAN COLLIE BREED DEVELOPED IN RAHWAY KENNEL

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

Mrs. Clara Lunt, a Rahway resident for thirty-eight years (1915 until her death in 1953), was an influential owner and breeder of pedigreed collies and a woman considered to be one of the early breeders to shape the destiny of the American Collie. As a breeder for over fifty years, her Alstead Kennels produced close to forty champions, several national winners, and many ribbon winners at the largest and most prestigious shows including Westminster (twice, 1914 and 1917) and the National Specialty Show. Her 1914 win at Westminster marked the first time an American bred collie was chosen over the perennial English winners at the famous venue. Active in the Collie Club of America, she served four years as president and worked as a judge at state and national shows for over forty years. In a circle of breeders that was almost completely dominated by men, her accomplishments reveal a woman who was more than able to stand tall among them.

The long-haired collie, a breed that goes back to before the 18th century, was bred for herding sheep in the Scottish Highlands. After the Industrial Revolution, dog ownership became fashionable and when Queen Victoria was seen with a collie at her side, the breed became a status symbol. By the second half of the 1800s, the collie, originally bred for a life of hard field work, had become a popular entry in the English show rings. The high quality of the English champions soon became the envy of the dog world and American kennel owners wanted a piece of the action. In 1879, the first collies were imported into the States and when the imports began taking top prizes, other American breeders followed suit and purchased English dogs to improve their stock. Mrs. Lunt was one such breeder. In a span of time that lasted over five decades, her Alstead

Kennels would come to play a prominent role in the pedigrees of some of the most important collies in the early history of the breed.

From 1902 until 1915 Mrs. Lunt's dogs were housed on a 200 acre farm in Belle Mead, New Jersey where she was in a partnership with another kennel. In 1915 she moved to Rahway, purchased a large Victorian Styled home on Jefferson Avenue facing Stanley Place and constructed Alstead Kennels on the acreage behind her home. Note: Hemlock Street was not put through to connect Madison Avenue and Jefferson Avenue until after her estate was razed in 1954.

Mrs. Lunt made a major acquisition in 1916 when she imported the highly acclaimed English winner, Ch. Laund Luminous who would go on to sire several champions for Alstead. The outstanding dog, that became available because of the perilous wartime conditions in England, brought Mrs. Lunt immediate rewards. In the first Annual American Kennel Club Show held by the Collie Club of New York on November 26, 1916, the dog won Best in Show in a field of 55 entries. The New York Times reported that the big surprise at the show, however, was another Alstead entry, Alstead Arbutus, the winner of the Puppy Class.

With the notoriety of her kennels on the rise, the Collie Club of America held a specialty show in Rahway. The show, held on June 9, 1917, featured 78 entries brought in from "all points on the compass." A reporter from The Rahway-News Record covered the show and commented, "The ideal open-air surroundings on a charming spot of the Lunt premises, made an ideal setting that was highly credible to the club and to the city." When the afternoon of entertainment, social mingling, and judging was over, Ch. Laund

Luminous was chosen Best in Show. All proceeds from the show were donated to the American Red Cross toward the purchase of a field ambulance as the country was preparing to enter World War I. The donation was made as per the wishes of the host who was a member of the local motor corps.

It was said by her peers that Mrs. Lunt had knowledge of collies and the collie type that was unrivaled and she continued to populate Alstead with the best dogs England had to offer. In 1922 she acquired the very beautiful Ch. Seedley Queen who would go on to produce a bevy of champions. Undoubtedly Mrs. Lunt's most important contribution to the breed was the fact that she was not selfish with the wealth of her Alstead breeding stock. After obtaining English dogs to build her own program, she passed them on to other owners, thus enhancing the entire breed. Most of the important kennels of the 1920s and 1930s had Alstead in their pedigrees. To a large degree, it was because of the breeding program at Alstead that the American Collie was able to surpass the quality of the English dogs by 1925.

No one at the time enjoyed a more prominent or highly respected position in the collie world than Clara Lunt. Having been on the scene in the early years and having endured through the most critical periods, she created a family of quality type collies that blended well with almost every American line. According to Gayle Kaye, a long-time collie breeder, owner of Chelsea Kennels (Cal.), respected show judge, and writer, the dogs bred at Alstead "were a major factor in developing and establishing breed type in this country. Kaye praised the breeding program of Mrs. Lunt calling her, "the mother of the American Collie" and Alstead "the place where the American Collie truly began."



(above) Mrs. Lunt with several of her collies.



(above) One of Alstead's champions –
Ch. Alstead Spotland Sterling



(above) Advertisement in a 1916-1917
Rahway City directory.

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RAHWAY GARDEN CLUB - CATS (FELIS CATUS)

CATS (FELIS CATUS)

On May 11, 2020 The City Of Rahway passed Resolution AR-120-20: 'Resolution Supporting Responsible Pet Ownership Programs In The Community'. Cat owners and cat lovers should read this important information at the bottom of this article.

THE HISTORY OF CATS & HUMANS

In ancient times long before recorded civilization, roaming tribes of humans were followed by rodents, mice and rats which were very destructive to stored crops. In Asia Minor cats began to follow these nomads, feasting on the rodent populations. This new relationship was welcomed by humans who saw cats as their protectors. This was the first major step in the domestication of cats.

The second step came as early as 4,000 years ago when ancient Egyptians domesticated cats.

Imagine living in a time and place where every home was teeming with tiny, dangerous beasts. Some new threat lurked at every corner, snakes hiding in clay jars, rats spoiling massive amounts of stored grain, venomous scorpions creeping under cradles. In this time and place in ancient Egypt, one creature existed that could make the world safer from these little monsters, the cat.

Like their wild relatives, domestic cats are natural hunters able to stalk prey and pounce with sharp claws and teeth. They are particularly effective at night, when their light-reflecting eyes allow them to see better than much of their prey. Cats also enjoy acute hearing. All cats are nimble and agile, and their long tails aid their outstanding balance.

Soon after their introduction to Egypt, the Egyptian religion began to worship cats as gods and created laws making injuring or killing cats a punishable crime. One of the earliest deities of ancient Egypt was the goddess Mafdet, who was highly revered by people seeking protection against venomous animals like snakes and scorpions. She was shown with a variety of fierce, feline forms, most often as a woman with the head of a lion, cheetah, or house-cat. Because cats could protect against the tiny monsters that made Egyptian homes unsafe, Mafdet was

regarded as the protector of the home and of the kingdom itself!

As Egyptians truly domesticated their cats, making them valued family members rather than just semi-feral animals that stalked and protected their owner's homes, Bastet's image became a lot softer and she became a goddess of family, fertility, and love. Egyptians began regarding their cats as loving, important members of their families, and treated them with as much respect and dignity as their own children. Followers of the cult of Bastet would mummify their cats and mourn them in the same way they mourned human family members and in much the same way we cat-lovers mourn our own furry friends today.

We tend to joke about how cats feel entitled to worship. Anyone who's ever known a spoiled tomcat knows that cats have never forgotten the days when they were worshiped. The worship of cats in ancient Egypt was well-founded. Cats once saved lives by defending families from vermin. Without them, civilization as we know it might have never survived!

Cats were later used on trade ships to protect precious grains and cargo from rodents. This began the cat's journey, traveling throughout the known world and being adopted by other cultures for their hunting skills and as companions. Cats finally reached Europe around 900 BC with the Roman legions.

Cats communicate by marking trees, fence posts, or furniture with their claws or their waste. These 'scent posts' are meant to inform others of a cat's home range. House cats employ a vocal repertoire that extends from a purr to a screech.

Domestic cats remain largely carnivorous, and have evolved a simple gut appropriate for raw meat. They also retain the rough tongue that can help them clean every last morsel from an animal bone and groom themselves. Their diets vary with the whims of humans, however, and can be supplemented by the cat's own hunting successes.

RAHWAY'S NEW CAT POLICY

Cat owners are now required to follow many of the same regulations that dog owners have been obeying for decades.



(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

Rahway has instituted cat licensing ordinances and hopes to increase the percentage of licensed dogs and cats through enforcement measures. Cat license are available through Rahway Department of Health at city hall and must be renewed every year, the same as dogs. For more information call or contact Rahway Department of Health. Dennis Green, Health Officer 732-827-2085.

The city's Animal Control will pick up and impound all stray cats along with dogs. Cats must be collared with their license tags on for easy ID. Instead of waiting for your cat to come home, responsible cat owners should now do what dog people do, panic. Find your cat as soon as possible and bring it home for safety.

The major benefit of this policy is to ensure that all cats and dogs are vaccinated for rabies and other feline diseases. It will also insure they are spayed or neutered to prevent overpopulation of unwanted pets.

As written in the resolution, approximately 37% of animals who enter New Jersey's impoundment facilities are euthanized, at a rate of 3000 animals every month. New Jersey impounds 100,000 animals every year in shelters.

This is sad news for animal organizations and that have devoted precious time and money spaying, vaccinating, feeding and protecting unwanted feral cat colonies in Rahway over the decades. These volunteers also trapped feral kittens to be socialized with humans and adopted. Spayed feral cats have their ears snipped for easy identification. These cats will now be trapped along with the rest for certain doom, the ear snip marking them as feral and unadoptable.

Without cats as predators our rodent population, mice and rats will most likely increase.

Report rodent sighting immediately to Rahway's Health Department: 732-827-2085

Keep Keeping Safe & Happy Autumn,

James



(above) Egyptian families loved their cats and mourned together when they died, very much like pet owners do today.

RAHWAY GARDEN CLUB

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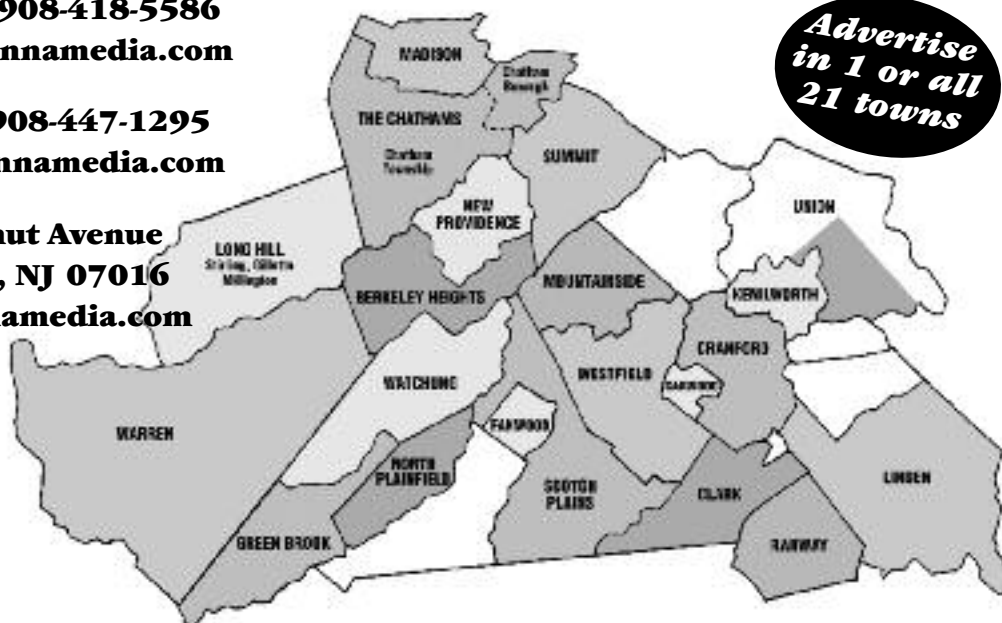
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KEAN UNIVERSITY STUDENT-VETERAN RECEIVES K-9 SERVICE DOG

A special ceremony was held on Kean University's Union campus as senior Jason Pryor, a U.S. Army veteran, introduced the K-9 service dog that he received through an on-campus fundraiser.

Pryor, a senior from Elizabeth majoring in exercise science, did tours in Iraq and Honduras and suffers from PTSD. He received the K-9, named Keen, at the start of the Fall semester as a gift from the Kean Office of Student Government.

"Being with Keen has taught me to be more patient," said Pryor, whose dog accompanies him to class. "Keen is used as a measure to help prevent me from going through the symptoms and effects of spiraling down, by me tending to his needs and having him tend to me."

Kean is ranked first in the nation among large public schools for its programs supporting student-veterans, according to the Military Friendly Schools survey.

Student Government raised nearly \$20,000 to support service dogs through Rebuilding Warriors, a volunteer non-profit organization whose mission is to provide trained service dogs to veterans. The bulk of the funds raised went toward training Pryor's dog, and the rest was donated to Rebuilding Warriors to help train other K-9 dogs.

At the ceremony held outside Miron Student Center, Vito Zajda, director of Veteran Student Services at Kean and a U.S. Coast Guard

veteran, called Pryor a remarkable student.

"He has been a big support and influential person in our program," Zajda said. "He has helped open our eyes about how the University can best support its vets."

Vice President of Rebuilding Warriors Jeff Mullins, also a veteran, said post-traumatic stress disorder (PTSD) is a condition that can't be seen by others. "It's invisible, stays with you your entire life, and it's not easy sometimes," he said. "Our goal is to provide veterans and first responders with a service dog to help them achieve their new normal."

The University's Veterans Day event included a color guard, a performance of the national anthem by the Kean Gospel Choir, and the presentation of other honors.

Juan Leon Torres, a senior from Spotswood also studying exercise science and a U.S. Navy veteran, received the 2019 Kean Veteran's Award for Outstanding Mentor. He develops transition opportunities and initiatives, and mentors a student-veteran each semester.

"Being a veteran and going back to school is super hard because you go from one community to a different lifestyle," Torres said.

Zajda noted that it is important to support veterans at all times. "The importance of Veterans Day is to recognize that it's 365 days a year, as veterans go through different highs and lows in their lives," he said.

ABOUT REBUILDING WARRIORS

A 501(c)3 Non-Profit Providing Service Dogs to Veterans

Rebuilding Warriors provides highly trained and socialized Service/Companion Dogs to Veterans diagnosed as Amputees as well as those with PTSD, (Post Traumatic Stress Disorder) and TBI (Traumatic Brain Injury). Most of our dogs are bred especially for this mission and have a highly sought after demeanor. We provide these dogs to Honorably Discharged Veterans from any branch of the Armed Forces or from any service era meeting our eligibility standards as well as First Responders. For more information, or to support our mission, please visit www.rebuildingwarriors.com.



(above) Jason Pryor, a U.S. Army veteran who did tours in Iraq and Honduras and suffers from PTSD, received the K-9, named Keen, as a gift from the Kean Office of Student Government through an on-campus fundraiser.

Photo by Kean University

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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	\$43.99
Patron Silver	1.75L	\$86.99
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	12pk	\$14.99
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	\$21.99

WINE

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	\$43.99
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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