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RAHWAY WELCOMED IN THE HOLIDAY SEASON

This year's Winter Wonderland was cancelled due to COVID, but Rahway residents were invited to get into the holiday spirit with festive carolers, fire pits, and a short parade

lead by Santa, before he lit the tree on Friday, November 27, 2020. A video of the festivities can be found on the City of Rahway page on Facebook.



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OUR TOWN *Rahway*

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

Over 12,600 papers are printed monthly, and mailed to every businesses and home in Rahway.

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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FREE A CAPPELLA SINGING WORKSHOPS ON ZOOM

Looking for joy in the new year? Love to sing? Making the most of the Zoom world, The Hickory Tree Chorus chapter of Sweet Adelines International offers a free Winter Sing series. Join the chorus via Zoom on Wednesdays in January, 7:15 to 9 p.m.

The chorus sings a variety of music, including old-fashioned love songs, Broadway, Disney, Beatles, and more. Using learning tracks and breakout rooms, singers continue to pursue their passion for singing via Zoom.

Hickory Tree is an award-winning women's

chorus singing four-part a cappella harmony in the barbershop style. We are passionate about music, performance, fun and friendship. We believe every voice counts and encourage women singers of all ages, colors, ethnicities, and orientations to visit us and share our joy of music.

Please contact the Chorus for the Zoom link for the free Winter Sing 2020 Workshops by email, info@hickorytreechorus.org or call 908-377-1399. For more information visit hickorytreechorus.org.



(above) The Hickory Tree Chorus chapter of Sweet Adelines International is offering a free Winter Sing series. Join the chorus via Zoom on Wednesdays in January, 7:15 to 9 p.m.

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This home was successfully marketed by Jhonatan
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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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PHILLIPS 66 CONTRIBUTES TO NEW JERSEY FOOD BANKS

Phillips 66 recently announced it is contributing a total of \$1 million to 48 local food banks across the U.S. and in the U.K. with \$55,000 going to 4 organizations in Union County, New Jersey, and 1 organization on Staten Island, New York. The gift, made on behalf of Phillips 66 employees, is meant to support organizations that have offered a critical lifeline this year to communities in or surrounding our company operations.

“We have a deep appreciation for the organizations that stood with their communities

and provided such an essential service in the face of the enormous challenges of 2020,” said Phillips 66 Chairman and CEO Greg Garland. “This is a gift from the people of Phillips 66 to those that are taking care of our most vulnerable.”

The company’s \$1 million donation will be spread across 11 states and in the United Kingdom and is part of more than \$31 million donated to charitable organizations in 2020.

In Union County New Jersey, the company is donating to St. Joseph Social Service Center Food Pantry and Jewish Family Service of Central NJ Food Pantry, both located in Elizabeth, the LINCS Food Pantry in Linden, and Rahway Community Action Organization Food Pantry in Rahway. On Staten Island, New York, the company is donating to Project Hospitality Food Pantry.

Aneesha Ghaly, MPA Executive Director of Rahway Community Action Organization stated, “In a year that could not have been more complex, Philips 66 consistently stepped up to help us when we needed it most. The greatest impact was their donation to our food pantry which serves over 60 families/200 people a week. This donation came at a time when our clients are having to make choices between heat and food and, thankfully, due to Phillips 66 Bayway Refinery’s generosity, that is no longer a decision they need to make. We are extremely grateful for their ongoing support of our efforts to serve our community.”

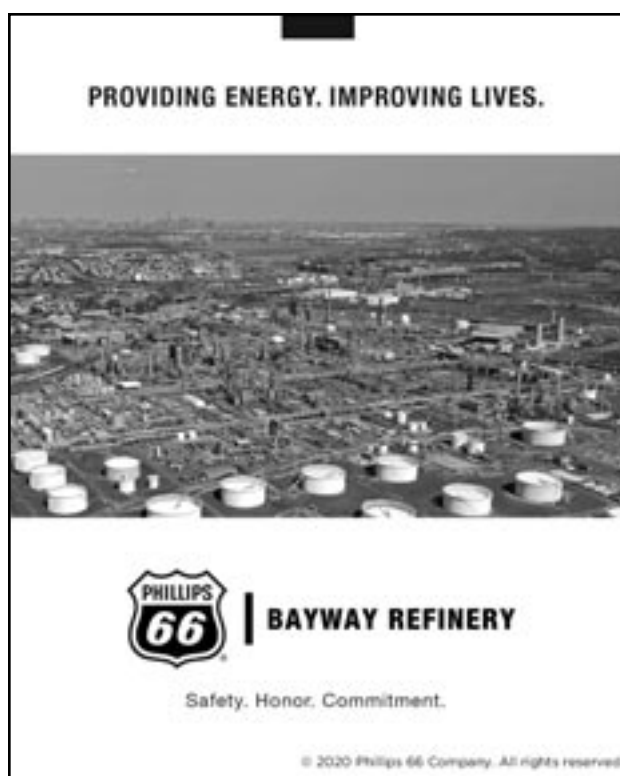
Rev. Dr. Terry Troia, President & Chief Executive Officer of Project Hospitality said, “We are deeply grateful to Phillips 66 Bayway Refinery for the gracious donation to support the emergency, life-saving COVID response work we are accomplishing on Staten Island! COVID-19 has changed who we serve, how we serve, and how many we serve. We have concentrated our efforts on the elderly, the medically vulnerable, the COVID-infected family, the unemployed worker and on tenants facing eviction and forced to choose between food on the table and a roof over their heads. With these funds we will save lives.”

To read more about the company’s COVID-19 relief efforts, visit:

phillips66.com/covid19response.

ABOUT PHILLIPS 66

Phillips 66 is a diversified energy manufacturing and logistics company. With a portfolio of Midstream, Chemicals, Refining, and Marketing and Specialties businesses, the company processes, transports, stores and markets fuels and products globally. Phillips 66 Partners, the company’s master limited partnership, is integral to the portfolio. Headquartered in Houston, the company has 14,500 employees committed to safety and operating excellence. Phillips 66 had \$54 billion of assets as of Sept. 30, 2020. For more information, visit phillips66.com or follow us on Twitter @Phillips66Co.



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Edward Anthony Somma, MD
Internal Medicine

After graduating from medical school, Dr Somma served his internship in Internal Medicine at Trinitas Regional Medical Center. He then completed his residency in Internal Medicine at Seton Hall Post Graduate School of Medicine, where he was elected Chief Resident of Internal Medicine in his final year.

Dr. Somma has been in practice in Union and Middlesex counties for over 20 years, with an emphasis on excellence and compassion for his patients. He has served as the physician for the Elizabeth Fire Department, the Board of Health of Hillside and has served the Board of Education for Woodbridge NJ. He was granted the Humanitarian of the Year Award by Trinitas Health Foundation in May 2014, for his dedication to the community and his outstanding service to the goals of the Foundation.

Dr. Somma has special interests in various fields of Internal Medicine, including diabetes, obesity, cardiovascular diseases and arthritis/rheumatology. He has represented to major pharmaceutical companies, such as Schering-Plough and Pfizer, in a consulting and educational role for his peers. Dr. Somma has been a clinical educator for Seton Hall’s Physician Assistant Program as an Associate Professor of Medicine for their Internal Medicine program.

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One moment everything may seem fine, when suddenly you're involved in a serious collision. Most people have one thing on their mind after a car accident--their car! However, it's important to remember that you and your injuries come first. A visit to a chiropractor should always follow an auto injury, as chiropractors are specialists in damage to soft and hard tissue.



YMCA VIRTUAL LEARNING SPACES PROGRAM FOR CHILDREN

Submitted by Colleen Clayton

When local school districts announced their intention to start the school year virtually, The Gateway Family YMCA, which typically offers before and after school care, adjusted to offer Virtual Learning Spaces at the YMCA. This program, offered during school hours, provides children a safe space where they can attend virtual classes while supervised by Y staff.

“The Gateway Family YMCA has served the local community for more than 120 of years. We have survived many challenging times together, none perhaps as impactful as COVID-19,” said Krystal R. Canady, CEO. “As an organization dedicated to youth development, we know how important it is that our children have a safe and enriching environment for learning. With many area schools operating virtually this fall, we restructured our YMCA branches to provide that

environment to children, while also providing essential child care to those parents who need to return to work,” said Melynda A. Mileski, EVP/COO.

The Gateway Family YMCA has created a video with information on the Virtual Learning Spaces program on their YouTube channel, which can be viewed at youtu.be/3HFM0FsYCEs. In addition to daily support while remote students are learning, the Y also provides arts and STEM activities, physical activity and outdoor education.

“This program has been a huge blessing to and for me and my children. Due to Covid-19, many of our lives have been impacted in such a challenging way. My son and daughter look forward to coming to the YMCA each day, as they get to interact with different people, leave the house while also knowing that being in the YMCA care that safety and precaution measures are ensured 24/7,” shared a parent. “I was under high stress before this program started, because I did not know how I was going to effectively help my children with their schooling while at the same time completing my work. The staff here has been very polite, kind, caring and efficient. I am grateful beyond measure.”

In order to help keep children and staff healthy and safe throughout the school year, The Gateway Family YMCA, following state and local requirements, has adapted several changes to its day-to-day operations, Safety Procedures

include: designated drop off and pick up locations and staggered times; daily health screenings for children and staff; reduced capacity in group activities; staggered activities, with children remain in “learning pods”; frequent safety reminders and hand washing; stringent cleaning protocols and additional day cleaning porters; cloth face coverings/masks required based on state and local regulations.

“Throughout this crisis, we have looked for ways the Y can best serve everyone in our community. We are pleased to partner with local school districts to provide an equitable, safe learning environment for children,” stated Rodger D. Koerber, Vice President of Operations.

Since the beginning of the global COVID-19 pandemic, The Gateway Family YMCA has distributed 13,997 meals to combat food insecurity, provided emergency, transitional or supportive housing for 2,350 individuals, families and veterans, led 1,190 virtual Chronic Disease programs for 2,258 community participants, 3,119 Virtual Wellness participants, 1,038 Outdoor Group Exercise participants and recorded 71,127 outreach endeavors to 23,204 unduplicated socially vulnerable individuals. In addition to Child Care and Virtual Learning Spaces, The Gateway Family YMCA offers a Virtual WISE Adult Services program.

For more information on Virtual Learning Spaced or The Gateway Family YMCA, visit tgfymca.org or call 908-688-9622.



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HAPPENINGS IN RAHWAY 100, 75, AND 50 YEARS AGO

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

1921

The Conservative Christian movement had much influence on the ethical attitudes of society in 1921 and moral issues were front page news throughout the year. Theaters showing moving pictures or staging live vaudeville shows were condemned by the Rahway Federation of Churches for offering material they considered risqué. The Federation demanded that the theaters present shows of higher standards minus the “lurid and suggestive portrayal of crime and immorality” and even appealed to the State Legislature for a state-wide censorship of theaters showing “improper sex pictures.” The Church Federation also campaigned to stop Rahway’s two theaters, the Empire and the Lyric, from offering shows on Sundays.

Theater presentations were not the only concerns of the Federation. They vocally opposed a professional boxing match between Jack Dempsey and Georges Carpentier scheduled to be held in Jersey City. They asserted that boxing “exerted a brutalizing influence upon the youth, lowered moral standards, and advertised our state as a patron of brutal exhibitions.” They also decried the behavior of young adults regarding their “improper dress, joy riding, painted faces, improper dancing, vulgar talk, reading material and movies.”

The city spent much of the year trying to solve a problem with the water system and spent many months studying the water supply, the operation of the filtration system, and the cause of possible pollution. Engineers from Memphis, Tennessee were hired to investigate the problem and recommend solutions.

Ten red oak trees were planted at Riverside Park (Veterans Field) as a memorial to the Rahway boys who made the Supreme Sacrifice during World War I. The trees were planted along the west side of the park from the baseball grandstand to the driveway entrance at the top of the hill.



(above) The Terrill Tavern rolls onto St. Georges Avenue after being lifted off the Searles property. (Note St. Thomas Church to the right of photo.)

1946

An Emergency Housing Committee was formed to study the housing needs of veterans returning after World War II. By the end of the year, over seventy units were promised to the city through a Federal Housing program.

The Board of Education raised the annual minimum salary for teachers from \$1,500 to \$1,800. The Board also pledged to give preference to veterans who were seeking teaching positions when qualifications were similar.

A Rahway family was selected as the “Average American Family” from a survey of over 35 million homes from across the United States. The survey, conducted by the English magazine, Illustrated, chose the family of Mr. and Mrs. William Gettler and their two daughters and featured them in a four-page story to give their British readers a good picture of American life.

Downtown businesses were booming after the war and there was much debate between the Police Commission and business owners over traffic flow (one-way or two-way) and parking

space alignment (parallel or angle) on Main and Irving Streets. In June, parking meters were installed in the downtown shopping area for the first time.

The Community Christmas Tree was lighted on Tuesday, December 17 marking the start of extended holiday shopping hours. In 1946, the holiday tree was located at Firemen’s Park, the triangular green space at Campbell, Cherry, and Broad Streets.

1971

The year saw the start of two large building projects and plans for major additions and/or renovations to be made on public buildings. A request for the subdivision of the fourteen-acre Searles estate, located on St. Georges Avenue between Hamilton Street and Stone Street, was granted at the August meeting of City Council. Fifty-one, one-family homes would be built on the site. Plans were also approved for two twelve-story apartment buildings to be constructed on lower Main Street near East Hazelwood Avenue. The buildings would contain 288 units.

The Rahway Train Station would be reconstructed at a cost of \$560,000. The modern station would replace the old passenger station, an impressive brick and terra cotta structure built in 1913.

The Rahway Savings Institution (RSI) broke ground for its first major addition. Plans called for a unified facade design addition that would include a drive-in facility, nine teller windows, and more office space.

Ground was broken for a four story, five million dollar addition to the Rahway Hospital which would include a thirty-two room pediatric unit.

The Board of Education began discussions on expansion plans for the four elementary schools.

On the morning of Wednesday, December 29, the Terrill Tavern, a structure built circa 1750, was moved from the Searles property to the rear of the Merchants and Drovers Tavern Museum.

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Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought Viscosupplementation injections might be the answer, but the results were disappointing and painful. Don't assume the treatment wasn't right. That could very well be like blaming the arrow for its path to the target when the problem might be the archer. If you didn't get the pain relief you were hoping for, chances are your injection treatment was off target. Unlike blind injections or even ultrasound targeted treatments found elsewhere, **Northeast Spine & Wellness Center** uses diagnostic fluoroscopy to make sure the area that needs treated is the exact area where the injection goes. This is the most advanced method of delivering this pain relieving treatment with 95% accuracy to give you the results you're looking for. The use of Fluoroscopy guided injections sets **Northeast Spine & Wellness Center** apart. The end result is you living pain free from your chronic knee pain. You can avoid the lengthy and painful road of knee replacement surgery. You can avoid the endless trial and error assortment of potentially addictive prescription medications. This treatment, using fluoroscopy guided injections has seen a success rate of above 85% in those suffering from knee pain related to osteoarthritis, and that includes people with bone on bone involvement. You've suffered from chronic knee pain long enough. Call **Northeast Spine & Wellness Center** now for a RISK FREE consultation.



If Knee Surgery Sounds Scary, It Should

Have you have been told you are facing knee replacement surgery? Have you been told about all the downsides you could be facing? First and foremost, there are NO guarantees that knee replacement surgery will be the answer to your pain, but let's look further:

- Surgery is costly, regardless of the percentage of services covered by insurance.
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.
- With surgery, there is always a risk for unwelcomed complications. And you could be back to where you started, or worse.
- Medications will be required for relief from surgery and you have been down that road before. Addictions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

Consider This Alternative To Surgery

Northeast Spine & Wellness Center offers you a real opportunity and a painless way to say goodbye to your knee pain without any surgery. Here are just a few of the important benefits you should consider?

- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections.
- Guided fluoroscopic injections are virtually pain free, unlike blind injections.
- No lost time from work or family.
- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
- Recovery time is almost instant, not months or years.

How Does This New Treatment Work?

Relief begins almost as fast as it takes to pronounce the treatment. It's called Viscosupplementation Therapy. To begin with, it starts with **Northeast Spine & Wellness Center** investing in the use of diagnostic fluoroscopy. This enables them to target the exact location of your knee pain with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. That explains what you will see on the surface of this revolutionary treatment. What's taking place below the surface is how and where the natural healing process takes place. The injection of a Hyaluronic acid called Hyalgan. This gel-like substance was approved by the FDA in 1996. Hyalgan is a natural substance that mimics the synovial fluid that is already produced by your body in your joints. Osteoarthritis sufferers in particular see a reduction in this much needed synovial fluid in their knee joints. Without that cushioning layer of protection, the cartilage in your knee can begin to wear away leading to the rubbing of bone on bone. Through Viscosupplementation Therapy, this natural substance immediately goes to work reducing the swelling and inflammation in the joint and adding a coating layer of protection. Think about Dorothy taking the oil can to The Tin Man. You'll begin to feel that same kind of relief and quite possibly feel like you're ready for a dance down the yellow brick road to recovery yourself. And with a success rate of over 85% in alleviating pain associated with osteoarthritis, it's easy to see why this treatment is so readily covered by Medicare and by most major insurance providers. Diagnostic fluoroscopy to target the pain. Viscosupplementation Therapy to relieve the pain. Simple, fast and no surgery!

Do you Suffer from any of these Symptoms?

There are a number of reasons why you developed Osteoarthritis pain. It can develop with age or because of heredity. It could be from repetitive stress from a job or some glory days in athletics. Of course your concern is with the symptoms you face daily and how to make them end, hopefully without surgery or the use of potentially addictive medications. **Northeast Spine & Wellness Center** understands the symptoms you have been living with and can help. If you have any of the symptoms below, please call us today. Relief is a phone call away.

- **Pain** - Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- **Swelling** - This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult and dangerous just name a few activities affected by swelling.
- **Stiffness** - Getting up out of bed or after sitting for a period of time gets more and more difficult. This loss of mobility can be more than a hindrance. It can be dangerous if you need to move quickly.
- **Loss of muscle strength** - This can lead to balance issues and the strong possibility of falling.
- **Joint deformity** - Not just unsightly, but painful as well.
- **Creaking Joints** - Can be painful and a sign of more discomfort to come.
- **Sleepless nights** - Losing sleep over your suffering is not just irritating, but potentially dangerous because of so many other health concerns that can be affected by loss of sound sleep.

Let Me Show You Targeted Relief From Your Knee Pain

Every day, I see patients suffering from knee pain due to arthritis, osteoarthritis, sports injuries or other conditions. Many have been told that they are in need of knee replacement surgery. Other patients say they have been prescribed various prescription medications to deal with the pain.

Something else I see almost every day, are patients that have tried viscosupplementation knee injections elsewhere and found it to be a painful and ineffective experience because the injections were not administered using fluoroscopic guidance. Instead of using the incredibly accurate diagnostic fluoroscopy we use at **Northeast Spine & Wellness Center** these patients experienced a blind injection technique, which can be as inaccurate as playing pin the tail on the donkey.

Once I am able to explain to my patients about the pin point accuracy of using diagnostic fluoroscopy and the amazing results viscosupplementation can provide, they are thrilled to get started. They are even more thrilled when they feel the relief. Please contact **Northeast Spine & Wellness Center** today to schedule your RISK FREE consultation.

Call 732-827-0800

Scot Paris MD, FACS



Here's what our patients have to say

"I'm dancing without pain. I can move with no problem whatsoever. I can go up and down steps with no pain."

- Patricia G.

"Over 85% relief for the first time in 15 years, suffering with knee pain. My life is getting back to normal."

- Perry O.

"After only four visits, I have absolutely no pain! The staff is 'top-notch.'"

- Question L.

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LUCIA JUNKROFT WINS SMOKEY POSTER CONTEST

The Rahway Garden Club is proud to announce that Lucia Junkroft is the 5th-grade statewide winner of the 2020 Smokey Bear Contest. Lucia attends St. John the Apostle School and is active in Girl Scouts, cheerleading, track, and other community organizations. The annual poster contest is open to youth throughout New Jersey and is supported by the 4,500-member Garden Club of NJ.

The competition celebrated Smokey's 50th birthday and is sponsored by the National Garden Club in conjunction with the U.S. Forest Service. In light of the devastating wildfires in our country this year, the Smokey Bear poster contest is especially relevant, helping to maintain public awareness of the need to prevent human caused wildfires.

The Rahway Garden Club is open to members of all ages and gardening experience and has two separate Youth Clubs teaching kids and teens how to become future, responsible and capable stewards of their environment. More info on the Rahway Garden Club can found on Facebook.



(above, l-r) Lucia Junkroft and Rahway Garden Club President Deborah Stuart

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ACADEMIC EXCELLENCE AWARDS CELEBRATION

Submitted by Linda Lospinoso Lampert Ed.D.

On Friday, December 18, 2020, Franklin Elementary School in Rahway held a virtual Academic Excellence Awards Celebration to honor the following exemplary fifth and sixth graders: Jason Afum, Sofia DaSilva, Christian Morim, David Wilk, Bryan Arias, Ashly Ashby, Leonardo Delgado, Jaylen Eastman, Madison Ferreira, Brian Gliwa, Jonathan Hanna, Hazel Hernandez, Chyanne Jazikoff, Saaya Kadakia, Tristian Keitt, Erin Mazzeo, Sarah Nisenbaum, Diya Patel, Neby Paulos, Isabella Prado, and Daniel Dade.

In order to be recognized for this achievement, students had to earn an A in every subject, which is an average of 90 or higher for the first marking period. Students received a certificate in the mail along with a pizza coupon to recognize their hard work. The virtual celebration began with a message from Dr. Aleya Shoieb, the school's principal, followed by Dr. Juan Miao, the school's vice-principal, then each teacher shared some congratulatory words. Parents and students also had a chance to say something as well.



(above) The celebration was filled with smiles, laughter, and even some tears of joy. Congratulations to all. Keep up the great work.

Photo by Rahway Public Schools

RECOGNITION OF FRANKLIN READERS

Submitted by Susan Farrar

Several students of Franklin Elementary School in Rahway were awarded reading prizes in recognition of their completed reading logs.

To support and foster a love of reading, Principal Dr. Aleya Shoieb made surprise,

socially distant visits to the homes of the students to personally hand them their prizes. The reading prizes range from stickers to medals.

Dr. Shoieb continually reminds Franklin's students to complete their logs. She would love to visit more homes soon.



(above, l-r) Dr. Shoieb with Jason Afum, William Dilollo, Nathaniel Alarcon, and Sofia Da Silva.

Photos by Rahway Public Schools

BEREAVEMENT SEMINAR ON ZOOM

Submitted by Virginia Waters, PhD and Patti Williams, RN

We are all navigating through especially challenging times due to the ravages of the pandemic, exhaustion from political conflict, depletion of our resources, the loneliness of increased isolation, and the unprecedented chaotic environment in which we currently exist. When you are also grieving a loss in the midst of all these stressors, life can become very dark and everyday may seem overwhelming.

As we enter the darkest time of the year, we offer a ray of light and welcome you to join the Journey Toward Wholeness bereavement seminar. The seminar, sponsored by the First Presbyterian Church of Cranford, grew out of a spark from Dr. Bruce Williams who co-created this program 20 years ago. Due to our respect for keeping our participants safe, the program has transitioned from in person to a ZOOM platform

which allows us to include participants from a wider distance.

The co-leaders of the program Patti Williams, RN, Certified Bereavement Counselor, and Virginia Waters, PhD have both personal and professional training and experience in the field of grief and loss and are joined by a team of trained facilitators who provide support and lead breakout groups for individuals with like losses.

The seminar begins Sunday, January 10, 2021 for 6 consecutive weeks, from 6:30 p.m. to 8:30 p.m. Meet us on ZOOM, a meeting link will be provided upon registration. Register by calling Patti Williams at 908-709-1341.

There is no cost for this seminar. We have had over 3,500 participants over 20 years.

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JOHNSON & JOHNSON DONATES PPE TO FRANKLIN ELEMENTARY SCHOOL

OUR TOWN *Rahway* • Page 11 • January 2021

In November, the Franklin Elementary School Parent Teacher Association received a generous donation from the Microbiological Quality and Sterility Assurance Department at Johnson & Johnson of Raritan, New Jersey.

This donation was an effort to make sure that schools stay equipped with some of the

necessary personal protective equipment and school supplies to help students and staff be prepared and protected while learning in school. Some of the donated items included non-medical face masks, disinfectant wipes, hand sanitizer, gloves, pencils, and erasers.

Photo by Rahway Public Schools



(above) Dr. Aleya Shoieb, Principal, Mrs. Susan Dilollo, PTA Treasurer, and two Franklin Elementary School Kindergarteners show off some of the supplies donated by Johnson & Johnson.

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RAHWAY TEENS TACKLE TEACHING'S TRIALS

Submitted by Rob Kinch

“My parents are often busy with work and trying to provide my siblings and me with basic necessities such as food, school supplies, and clothes. As the oldest kid in the house, I am responsible for pretty much everything my little sisters do. What’s the big deal in helping them with their own work?” It seems such a formidable task for a 9th grader. Yet, Rahway High School Freshman Chidinma Chikezie is by no means daunted. “I feel it’s simply the right thing to do.”

As every household adjusts to the changes in daily life necessitated by the current pandemic, many discover themselves in situations they heretofore could never have envisioned. Teenagers in the Rahway community have been no exceptions. As all the vestiges of ‘school’ as they know it are replaced with the concept of ‘virtual learning’, families with younger children are confronted with an entirely new set of challenges. The overwhelming demands of balancing work and home do not always afford

parents the opportunity or luxury of sitting beside their little ones at a computer helping them to maneuver through their daily lessons. That responsibility now often falls on big brother or sister who frequently has his or her own academic requirements to address.

Many high school students now discover themselves in the new role of ‘teacher’ offering support, guidance, and tutoring services as needed on demand. However, with all the students interviewed, not one begrudged their new role as surrogate ‘instructors’. The experience of helping their siblings or cousins, knowing that they were in turn helping their families, was for them a reward in itself. Freshman Giovanni Jean is helping his 10th grade sister Maya because, as he explains, “I want to help my sister in anything she has trouble in, especially school.” Junior Manny Mendez shares Giovanni’s dedication to his family as he explains, “I really care about my cousin Leilani’s grades. She’s in 9th grade so, whenever I can, I help her out with any work she has.” This, being a noticeably shared sentiment, simply shines a bright light on the caring and concern for family embraced by the district’s students.

Fortuitously, the teaching experience has also helped students recognize abilities and strengths they never knew they had. Sophomore Kayla Dobrzyn, who is now taking responsibility for the academic responsibilities of her baby sister, admits, “It’s been a little tricky! Since it’s just pre-k, it hasn’t been too difficult. I’m meeting the challenge of getting her focused to accomplish the task. I’ve learned to be patient and understanding and have discovered new ways to keep her calm and motivated.” Giovanni Jean has realized “not to give up if your sibling is having trouble understanding you.” He has discovered it best “to just take your time and don’t speak too fast!” Chidinma Chikezie finds she can “stay calm and be patient,” and offers, “They are just like you, a student trying to get an education. Be selfless.”

However, as the new crop of ‘student teachers’ navigate their path through the uncharted waters of ‘virtual education’, each is quick to learn that it is not always smooth sailing. There are challenges a’plenty! Sophomore Kevin Rivera has found significant obstacles in “teaching someone something they have no knowledge of, along with two adults who have no knowledge of computers or connectivity issues.” The only challenge Giovanni Jean faces is knowing “how my sister is taking in the information I’m giving her because I don’t know if she will forget the next day or if she’s just not paying attention.” Sound familiar classroom teachers?

Chidinma Chikezie also echoes a challenge shared now by parents and teachers alike as they help their own children with their schoolwork. “Sometimes it’s hard not to get frustrated with my siblings if they don’t get something right the first time! There are days when I just want to keep to myself and shut out the rest of the world, but I know I have to force myself from thinking negatively and try my best to support them. As an educator, you’re still family and you don’t

want them to see you in a bad light. You want them to keep looking up to you.

RHS English teacher Sonia Saadeh can definitely relate and offers some empathetic encouragement. “Chidinma, I completely understand your frustration! It’s so hard to have to re-teach something because that takes so much time, and who wants to spend more time teaching the same thing? I have a daughter in the second grade and she is already telling me she is bad at math. Whenever she has math homework, she begins to react emotionally before she even turns her chromebook on. As an educator, I want her to get to work and attack the assignment with passion and confidence, but as a parent, my heart breaks to see her feeling negatively about school. Whenever I feel frustrated with my daughter or my students, Chidinma, what works for me is to think about all the times I get frustrated because I don’t understand something or have to do something I don’t want to. I speak openly and honestly with my daughter and I let her know I understand how she’s feeling, that I’ve been there.” Ms. Saadeh cites that it makes her daughter “feel supported” and, happily, “It works every time!”

And now, after having dipped their toes into the pedagogical pool, has the experience afforded our novice educators any insight into the challenges faced by their own classroom teachers? Kevin Rivera very comically points out that, “it feels more like a role in a movie rather than teaching: having to keep a child’s attention and be there and act like you want to be there!” Manny Mendez recognizes that his teachers “go through a lot.” “I found new respect for them; they have to go through all this: multiple classes, multiple students and they have to manage it all on their own!!” Pre-k ‘teacher’ Kayla Dobrzyn confirms. “It definitely shed some light on the challenges my own teachers face, such as students being frustrated, impatient, unmotivated, and sleepy. It puts such a burden on them not to reciprocate with the same emotions!” Giovanni Jean notes, “Teachers don’t have a lot of time to teach their students things they don’t understand; I had a whole day to teach my sister what she missed or didn’t comprehend.” On a philosophical note, Chidinma offers, “Being a teacher isn’t easy; there are always ups and downs. You have to figure out ways to make the best of your situation.”

As school districts and teachers continue to move forward ensuring that each of their students receives consistent academic instruction and rigor, whether in or outside of the traditional classroom, the opportunities for learning present themselves in various forms. For many of Rahway’s students, the responsibilities of assuming the role of ‘educator’ to another has taught them lessons not found in a textbook. Parents within the community have learned how caring, responsible, and devoted to family their sons and daughters are. However, one lesson definitely learned by all is that coming to the aid and support of a family member is not just a necessity (as is often the case), but a gift that comes from the heart as well.



(above) Kevin Rivera helps to put his niece through her academic paces. Photo by Rahway public schools, Kevin Rivera Varela.



(above) ‘Uncle’ Manny shares time working with his cousin. Photo by Rahway public schools, Manuel Mendez Alvira



NORTHERN CARDINAL (*Richmondia cardinalis*)

Of all the birds that visit our gardens and parks, none are more admired than the Northern Cardinal.

John James Audubon, the famous naturalist and artist wrote the Northern Cardinal "in richness of plumage, elegance of movement and strength of song, surpasses all its kindred in the United States."

The spectacular male northern cardinal is instantly recognizable, being completely red with a black patch on his throat and a heavy red bill. The female cardinal has buff brown and tan feathers with a red wash across the chest, a black throat and an orange bill. Both male and females have a crest on top of their heads and are 7 1/2 to 9 inches long. Young cardinals resemble the females but with black beaks. As the males mature their feathers and beak begin to turn red.

The red coloration that males develop in their plumage is a result of carotenoids or pigments in their feather structure they ingest through their diet. There is a rare yellow cardinal. This is due to genetic plumage variation, but I have never seen one.

Cardinals are shy birds that prefer to stay close to cover. They are not normally aggressive but once it has established a mating territory in the spring, the male becomes very protective, especially against other male cardinals. Cardinals will attack their own reflections in puddles, windows and mirrors.

Once a male and female bond they stay together for life. Even in winter the pair is never far apart. Although cardinals mate for life, if one of the pair dies the other will quickly seek a new mate. In the wild the lifespan of a cardinal is usually three years. In captivity cardinals have been recorded to live fifteen years and one lived to be twenty-eight years old.

In early spring mating season begins. Nests are built by the female in dense shrubbery, thickets, small trees and briar tangles. The nests are loosely built of various materials such as animal hair, leaves, fine grasses, thin roots, tree bark, and small twigs. Males are not involved in nest building but remain close by to protect and feed his mate.

Once the nest is completed the female lays three or four greenish blue or greenish white eggs dotted with brown specks on them. Incubation of the eggs is done by the females while the male's job is to supply food to her and their young. The eggs are incubated for 12 to 13 days before they hatch. When the first fledglings leave the nest the male continues to care for them while the female incubates the second clutch. The nestlings grow fast on a high protein diet of insects and seeds and are ready to leave the nest after ten days. Cardinals can have three clutches a year.

The male cardinals sing to attract a mate and mark his territory. The female sings when she is hungry or needs food for her young. The female sings a larger variety of tunes and songs than the



(above) Cardinals known for their monogamy remaining together for life.

Photo by Korwell Photography

male. If you are lucky you can hear them singing together. The males often sing two hundred times in an hour.

Cardinals commonly visit bird feeders in the early morning and at dusk, often being the last birds of the day. Cardinals also forage on the ground, scratching under shrubs searching for insects and seeds.

The cardinal's strong beaks have evolved for cracking and eating seeds, a main source of their diets, but cardinals are omnivores. In addition to seeds cardinals eat insects, buds, berries and fruit. Cardinals also eat grains like oats, buckwheat, millet, sassafras and bread crumbs. Suet, a high-calorie fat, provides nutrients for cardinals when insects become scarce or non-existent in the winter.

Some cardinals have an unusual molting pattern which creates unpleasant naked-headed cardinals. Originally it was thought to be parasites were to blame, but some experts like Eastern Kentucky University ornithologist, Gary Ritchison believe this unusual feather loss may be a response to a traumatic injury.

Cardinals are non-migratory birds which means they don't migrate in the winter months. Cardinals actually prefer to live within a mile of where they were born.

A southern bird, cardinals have slowly increased their range as far north as the Canadian border and east to the Dakotas.

Let me finish with a few interesting cardinal facts:

Cardinals are named after cardinals of the Roman Catholic church who wear bright red robes.

One of the most interesting facts about cardinals is that they practice what is appropriately called "anting". In fact, over 200 species of birds, including the Baltimore Orioles and the wild turkey, also cover themselves with ants. It is possible that because the ants release formic acids, cardinals help themselves ward off lice.

The ants come from two subfamilies, they produce defensive secretions to repel attackers, and they don't sting. The cardinal will hold an ant in its beak, spread and lower its wings, and bring its tail forward between its legs, wiping the outer wing and tail feathers with the ant.

The cardinal is seen as a symbol of some



(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

positive traits, and it is mainly portrayed as a reassuring sign. They symbolize confidence mainly because it is known for being a confident species.

Cardinals also represent balance as they serve as a powerful representation of a family. The father cardinal is in charge of nurturing young birds. Parent cardinals live a well-balanced family life, giving both of them the chance to take care of and nurture their offspring in turn.

The cardinal is the most popular state bird in the United States. These are the seven states in America that have the northern cardinal as their state bird:

Illinois (1929), Indiana (1933), Ohio (1933), Kentucky (1942), North Carolina (1943), West Virginia (March 7, 1949), Virginia (January 25, 1950).

There are many types of cardinals, a total of 19 subspecies which are mostly distinguishable by their colors.

Enjoy your garden all year long,

James



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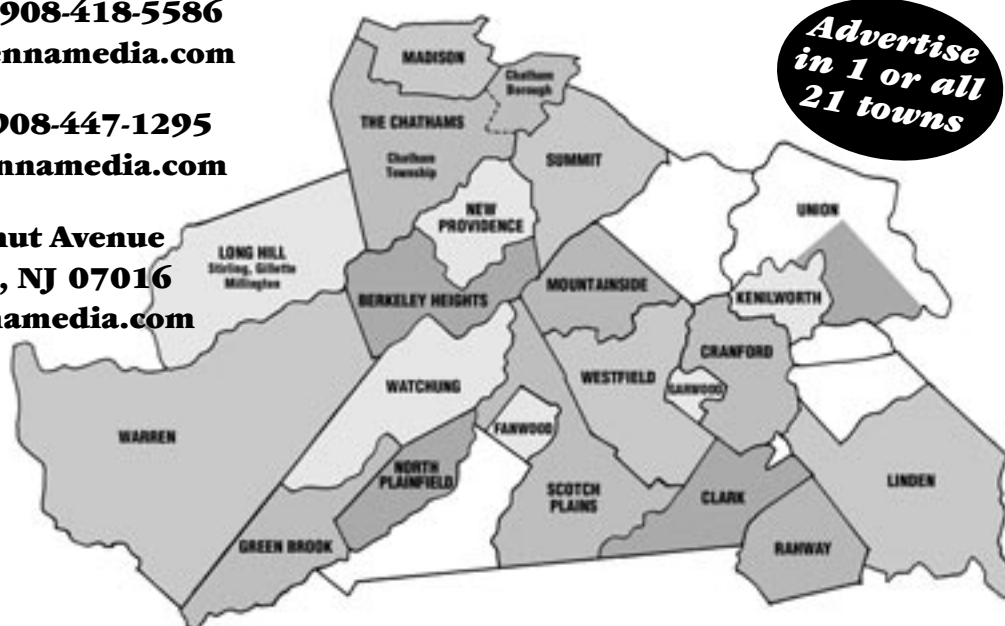
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Dewars White Label	1.75L	\$32.99
Gentleman Jack	750ml	\$29.99
Gentleman Jack	1.75L	\$52.99
Glenmorangie 10 yrs old	750ml	\$40.99
Glenlivet 12 yrs old	750 ml	\$47.99
Glenlivet 12 yrs old	1.75L	\$91.99
Grants	750ml	\$15.99
Grants	1.75L	\$23.99
Jack Daniels	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	\$187.99
Johnnie Walker Blue	1.75L	\$379.99
Johnnie Walker Black	750ml	\$28.99
Johnnie Walker Black	1.75L	\$57.99
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	\$59.99
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	\$27.99
Courvoisier V.S.	1.75L	\$47.99
Remy Martin V.S.O.P.	750ml	\$44.99
Remy Martin V.S.O.P.	1.75L	\$84.99

CORDIALS

Bailey's Irish Cream	1.75L	\$47.99
Duggan's Irish Cream	1.75L	\$24.99
Kahlua	1.75L	\$37.99
Krupnik	750ml	\$17.99
Licor 43	750ml	\$22.99
Licor 43	1.75L	\$42.99

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	\$24.99
Grey Goose	1.75L	\$39.99
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	\$19.99
Sobieski	750ml	\$11.99
Sobieski	1.75L	\$19.99
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	\$22.99
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	\$162.99
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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