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RAHWAY CARES FORGIVABLE LOAN PROGRAM EXTENDED

Building on the success of Rahway CARES Forgivable Loan Program, where \$250,000 in forgivable loans were provided to small businesses, the City of Rahway and the Rahway Arts and Business Partnership again have joined forces to financially help small businesses during the economic downturn due to the extension of the COVID19 restrictions.

Mayor Raymond Giacobbe, the Rahway City Council and the Rahway Arts and Business Partnership originally created the Rahway CARES (Coronavirus Aid, Relief, and Economic Security) Forgivable Loan Program in May of 2020 and were able to distribute more the \$250,000 in forgivable loans to small businesses throughout the city. To continue to support local businesses during the extended restrictions, compounded by the winter season, the City is continuing to provide monetary support by allocating an additional \$250,000 to provide an extension of the CARES Program. Each eligible business will be able to receive up to \$4,000.

"The COVID19 pandemic has wreaked havoc among small businesses all over the country and the City of Rahway is no different. Over the last year, I have seen many of our local businesses struggle and unfortunately some have closed their doors," Mayor Giacobbe stated. "It is my belief that, at the city level, we have a responsibility to assist our small businesses in any way that we can during these unprecedented times, which is why the City of Rahway has allocated a total of \$500,000 to the Rahway CARES Program to financially aid small businesses."

Eligible businesses must be a brick and mortar located in the City of Rahway, with 20 or fewer



(above) The Waiting Room receives Rahway CARES check.

full-time employees and be in business for at least one full year. Companies can use the grants for a range of recovery activities, including help with past business expenses, outdoor heaters outdoor enclosures, personal protective equipment (PPE), construction for COVID19 related improvements, tech grant and food delivery service. National franchises, non-profit organizations, medical, and legal businesses are ineligible.

The program is administered for the City of Rahway by the Union County Economic Development Corporation, and SID assessment provides funds for the program. Assistance is available in the form of a grant. For more information, please contact Lauren Ferrigno, City of Rahway Public Relations Coordinator at lferrigno@cityofrahway.com or (732) 882-5399.

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(above, l-r) Rahway CARES check recipients, Wisdom Media, Butch Kowals, Il Forno, and Nancy's Townhouse.

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RAHWAY TOY DRIVE HELPS 75 FAMILIES

Submitted by Linda Lampert

When the Rahway school nurses learned that it was going to be impossible to get the district's annual Toys for Tots Drive up and running, they decided to have their own toy drive.

With the help of each school's Parent Teacher Association and the Rahway community, they were able to successfully pull off the challenging

endeavor, in spite of the many obstacles and struggles. The Rahway community rose to the occasion, and there were enough donations to help 75 families throughout the district.

The generosity and support that made it possible to bring so many smiles to children's faces in the community was heartfelt and very much appreciated.



(above) School nurses Barbara Maher and Jennifer Stout with Reverend Marti Robinson and his wife, Chantel Robinson from the Ebenezer African Methodist Episcopal Church of Rahway with donated toys.

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A GENEROUS DONATION FROM STAPLES STORE

Kathy Duff, a representative from the Staples store located in Bloomfield, NJ, contacted Dr. Juan Miao, Vice Principal of Franklin School stating that she wanted to include Franklin's students in her community service project.

On December 20, 2020, Kathy Duff delivered

50 bags of student supplies to the school. Each bag contains crayons, color pencils, erasers, a bottle of glue, and a folder.

On behalf of Franklin Elementary School's staff and students, Dr. Miao thanked Mrs. Dunn. The donation will be used to motivate students for virtual learning at this unprecedented time.



(above) Dr. Juan Miao, Vice Principal, Mrs. Kathy Duff, Staples Representative, and Dr. Aleya Shoieb, Principal, with the Staples donation.

Photo by Rahway Public Schools

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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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SCHEDULE YOUR COVID VACCINATION

The County of Union opened an online registration system at ucnjvaccine.org for those eligible to receive the COVID-19 vaccination.

Please note the registration system will only log those who are eligible to receive the vaccination. Those who are ineligible to receive vaccinations will not be allowed to pre-register, and must wait until they are eligible.

Those who are eligible to receive the vaccine include paid and unpaid persons serving in health care settings who have the potential for direct or indirect exposure to patients or infectious materials and long-term care residents and staff, and also sworn law enforcement personnel and

fire professionals. Residents 65 and older are also eligible to receive the vaccinations, as are those between the ages of 16-64 with medical conditions, as defined by the CDC, that increase the risk of severe illness from the virus.

The county is offering the Moderna vaccine. The vaccination clinic is located at Downs Hall at Kean University in Union, and is currently open five days a week from 3-7 p.m. Once more vaccines are available, the county is planning to offer the COVID-19 vaccine in different areas of the county.

To secure an appointment for the COVID vaccination visit ucnjvaccine.org.

NAMI UNION COUNTY "CIRCLE OF FRIENDS"

The Union County chapter of the National Alliance on Mental Illness (NAMI) invites area residents to join its Zoom "Circle of Friends" for a free informal evening of discussion on Feb. 23, from 7:30 - 9 p.m.

The format will be a panel discussion with Joyce Benz, LCSW, Director of Intensive Family Support Services of the Mental Health Assoc. in NJ as moderator along with other NAMI members. The panel will explore various topics affecting persons with mental

illness and offer insight from their own experiences in dealing with these problems. Join us and bring your questions and concerns. This is an opportunity for information sharing with others who have a common interest.

Please register for this evening at naminj.org/support/affiliates/union/UpcomingEvent. Click on the "Register Here" link which will not be available until a few days before the event.

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ROBERT L. BROWN BROKE COLOR BARRIERS IN RAHWAY SCHOOL SYSTEM

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

A little more than sixty years ago, in August 1960, Robert L. Brown was hired by the Rahway Board of Education to teach seventh grade history at Roosevelt Elementary School. In a career that would last thirty-one years (1960-1991), Mr. Brown would become a trailblazer when he was appointed to numerous positions in the school system that had never before been filled by a person of color. Mr. Brown, who sadly passed away on December 27, 2020, was an outstanding educator, a role model to imitate, and a man to be remembered as Black History Month is observed.

After attending East Side High School in Newark and later Jersey City State College, where he received a B.A. in Social Science, Mr. Brown came to Roosevelt School at the start of the 1960-1961 school year. By the early sixties, the Board of Education was just beginning to hire Black educators and Mr. Brown became one of the first to be assigned to Roosevelt. His excellence in the classroom was quickly noted and after having received a Master's Degree from Montclair State College he was transferred to the newly opened junior high school in 1964 to serve as Department Chairperson of Social Studies. His appointment marked the first time in the history of Rahway schools that a member of the minority was named to chair a department.

An important accomplishment made by Mr. Brown while chairperson was his work on a "Resource Guide for the Study of the Negro" (sic) compiled in 1968. The guide was an anthology of the many contributions made by Black men and women to the development of the United States. In the work, he outlined the successes of Black scientists, artists, writers, musicians, athletes, and those from the business world. Mr. Brown stated in his introduction, "The purpose of this resource guide is to help teachers take the first step in increasing their knowledge and understanding of the American Negro" (sic). He felt strongly that all educators had a very important responsibility in teaching



(above) Robert L. Brown – Educator, Role Model, and Trailblazer in the Rahway School System.

the youth of the country and there was a need "As Americans and human beings to learn to appreciate, respect, and understand each other."

In 1973 Mr. Brown was transferred back to Roosevelt School to assume the position of Assistant Principal, another first for a person of color. A year after his return to Roosevelt, he was again transferred, this time back to the junior high where he became the first Black Vice Principal of the larger campus. He would remain at the junior high until 1982 when he was promoted to the office of Assistant Principal at Rahway High, yet another first.

Mr. Brown's next promotion came on April 7, 1986 when he was appointed the fourteenth principal in the history of the high school (a history that dates back to 1873) and the first principal of color. Retiring Principal Roy Valentine, who had served for seventeen years, said of his replacement, "Bob is an outstanding

educator and one who will do a superior job. He is a top-flight man."

As principal, Mr. Brown was an energetic, well-organized leader who seemed to never sit still. He was often heard to say, "There aren't enough hours in the day." His five years as principal, he retired in 1991, were marked with many initiatives and improvements. New courses were added to the curriculum, current courses were revised, and mid-term exams and finals were instituted. Opportunities for professional development were increased and higher standards for staff and students were fostered. Efforts were made to explore ways to build better communications with parents. More student involvement in activities and an increase in school spirit were encouraged.

Mr. Brown was a member of numerous professional organizations including president of his local and county principal's association. He was a member of the New Jersey State Board of Governor's for Principals and Supervisors and was also a member of the Inter-Scholastic Athletic Association of New Jersey.

An accurate assessment of Mr. Brown might best come from the students and staff members who were under his leadership. It was said that "He brought a human touch to a difficult position and always had a willing ear." He was called "A figure of warmth and strength" and a leader who "brought about a new pride in our school." He was a principal who always "guided young people in the right direction" and one who "put motivation in the hearts of students and staff."

After his retirement, he returned to Georgia, his birth state, and became an active leader and teacher in the Zion Baptist Church in Marietta. A deeply religious man, he made service to others a consistent part of his life.

In a career that spanned over thirty years, Mr. Brown overcame many racial barriers and left a positive imprint on the Rahway School System as he focused on making a difference in the lives of his students.

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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. Additions 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.

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- Quenton L.

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BLUE AND GOLD CLUB'S COAT DRIVE SUCCESS

Submitted by Linda Lampert

Recently, the Blue and Gold Club at Franklin Elementary School in Rahway held their annual coat drive and collected 175 coats. 83 of the coats went to people in the Rahway community and 92 were delivered to Jersey Cares.

Jersey Cares is an organization that helps people in New Jersey. This is the 24th year that Jersey Cares has collected coats. This year, they plan to collect and distribute more than 30,000 "gently used" winter coats to men, women, and children in need throughout New Jersey. Over the past twenty-one years, Jersey Cares has collected, sorted, and distributed more than 500,000 coats to New Jersey residents through their annual drive. Companies, churches, fire departments, police stations, schools, and other organizations set up sites across the state to collect coats. Coats are then delivered by collection site representatives to the nearest container site. Volunteers then sort the donated coats at the container site and bag them for pick-up, after which nonprofit organizations pick up their coats and distribute them to people in need. For more information about Jersey Cares, check out jerseycares.org.



(above) The Blue and Gold Club at Franklin Elementary School in Rahway held their annual coat drive and collected 175 coats.

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FRANKLIN SCHOOL HELPS MAKE-A-WISH

Submitted by Linda Lampert

Franklin Elementary School in Rahway participated in the Macy's BELIEVE campaign to support the Make A Wish Foundation. Since 2008, Macy's and Make-A-Wish have teamed up to bring hope and joy with this letter-writing campaign.

Now more than ever, as COVID-19 impacts our communities, hope is essential for waiting Wish kids who are isolated and vulnerable. For every letter Macy's receives, they will donate \$1 to the Make-A-Wish®, up to \$1 million! Students in the Blue and Gold Club wrote 45 cards and dropped them off at Macy's. The students were thrilled to be able to help make some kids' wishes come true.



(above) Franklin Elementary School students helped support Make-A-Wish by writing 45 cards.

Photo by Rahway Public Schools

COMMUNITY HOPE CONNECTS VETERANS AND THEIR FAMILIES WITH HOUSING, 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. Learn more at communityhope-nj.org.



ROGER, FOR NEW JERSEY VETERAN COMMUNITY TO FIND SUPPORT

ROGER, a search platform for New Jersey veterans, launched on November 9th, just ahead of Veterans Day 2020. The platform was created by Backpacks For Life founders Brett D'Alessandro and Alexa Modero. After serving the Veteran community for 6 years, they found many inefficiencies and convoluted systems that prevented veterans from getting the care they need in a quick and efficient way. From lengthy intake processes to outdated information on organizations' websites, the Backpacks For Life team knew there was a better way to get veterans the care they needed.

ROGER allows veterans and their family members to search for programs, resources and care by a variety of factors such as zip code, branch of service, discharge status and income. With these customizable search features, veterans will see only the programs that they qualify for. This helps mitigate time wasted for not only veterans searching for programs that fit their needs, but also the service providers to ensure the

veteran is a good fit for them.

"Navigating through resources is hard...we get it. As a veteran myself, I was often running around in circles trying to find programs that I was eligible for and that fit my needs. When we're working with veterans, every minute matters and with ROGER we can work more quickly to get veterans what they need. We're excited to bring ROGER to the NJ veteran community." - Sgt. Brett D'Alessandro, Retired US Marine & President of Backpacks For Life

To explore ROGER, visit www.roger.vet or contact the ROGER team at roger@backpacksforlife.org

Backpacks For Life is a 501(C)3 nonprofit organization that serves the homeless and at-risk veteran community. By regularly distributing backpacks filled with essentials to veterans on the streets and providing mentorship to at-risk veterans and their families, Backpacks For Life aims to bridge the gap between veterans and the resources available to them.

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FROM SHELTER-IN-PLACE TO CREATE-IN-PLACE

OUR TOWN *Rahway* • Page 11 • February 2021

Back in March of 2020, little did we know how long our new shelter-in-place lifestyle would remain in effect. And through the past year, collectively, we've grown to realize the increasing significance of a comfortable home, as it evolved to also become a workplace, study space and entertainment hub for many as well. For some, this monumental lifestyle shift pointed up the need to create (or update) the home as a true oasis, a place of safety and wellbeing, and yes, even style. So, it's no wonder sewing is enjoying a resurgence right now! It's a creative, practical, fun and economical way to upgrade your décor. In addition, it could be the mental health boost — and the colorful distraction --- you've been looking for!

Pillows are one of the easiest home dec items to make, and when you compare sewing your own to purchasing ready-mades, the choice is just as easy. And you can add these comfy accessories all around your home. When your dining room now doubles as your home office, lumbar pillows make seated tasks more comfortable.

Likewise, you can sew plush, oversized body pillows for lazy lounging while streaming your favorite shows and movies. (Don't forget a dog bed for your best furry friend!) By sewing your own, you control not only the fabric choice, but also the amount of firmness, the shape and size, as Vanessa learned during her recent class at Cultured Expressions Sewing Studio in Rahway. Plus, you'll enjoy the bragging rights that come with "I made it myself."

Table toppers are another great choice for creativity, from full table cloths to runners, right down to placemats, cloth napkins, mugrugs and

coasters. Any of these would be a perfect choice for beginners, and can be made by machine or hand sewing, or with no-sew methods using iron-on products.

Window treatments are still another way to customize your home with ease. When you choose fabrics with lots of visual impact, you can sew the simplest styles, letting the fabric provide the "Wow" factor.

For the bedroom, quilts are by far the most striking room-transforming choice, created in your favorite color scheme. If you don't have the time to devote to a full-sized bed quilt, consider stitching up a cheerful wall hanging to greet you in the morning, or a bed runner and a pair of quilted pillow covers. The Winter 2021 issue of *Fabrigasm*® magazine includes a feature on



creative headboard ideas, and tips and tricks for using handwoven fabrics.

Finally, be sure to get the kids involved in your home-enhancing projects — creating with fabrics, beads, needle, thread and glue can expose them to a fun new hobby as well as an important life skill. And maybe more important, it gives them a much-needed break from the excessive screen time demands of their online lessons.

For information on private sewing classes, online classes, fabrics, kits, *Fabrigasm* magazine and more at-home DIY inspiration, visit the Cultured Expressions Sewing Studio in Rahway or call 866-MUDCLOTH.

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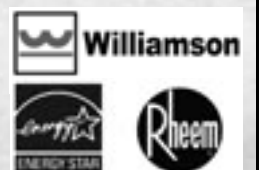
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SEA SCOUT SHIP 228 VIRTUAL OPEN HOUSE

Are you interested in boating, sailing, or mechanics? Come check out Sea Scouting and let the adventure at sea begin! The crew of Ship 228 will be hosting a virtual open house, taking place over Zoom on Saturday, March 13 at 4:00 p.m. and featuring various activities that are bound to pique a young adult's interest in scouting.

Sea Scouting is open to both male and



(above) Whether you're steering the vessel from the wheelhouse, learning engine room repair, or visiting a new location on one of the many trips, there's something you'll enjoy in Sea Scouting.

females ages 14-21 who have graduated the 8th grade; we also have a new Maritime Explorer Club for younger youth in 6th to 8th grade. Adult volunteers with maritime experience or captain's licenses are needed too. Join us for a day on the water and bring a friend! Visit our website for more information ship228.com.

Ship 228 is proud to host the virtual open house. The event will include a tour of the ship's main vessel (the 65' Sea Dart II, one of the largest Sea Scout vessels on the east coast), an introduction to the Sea Scout program, appearances from current Sea Scouts, a lively Q&A, and more.

To register, please provide your name, email address, and phone number (which is optional) in an email to Ship228.SeaDart@gmail.com.

Sea Scouts from Ship 228 operate the 65' vessel Sea Dart II, along with a fleet of smaller vessels (including sailboats) from their picturesque base located in Linden, New Jersey. Sea Scouting (which is part of the Venturing Program of the Boy Scouts of America) offers young adults the opportunity to travel and learn skills that could be useful in future careers. Whether you're steering the vessel from the wheelhouse, learning engine room repair, or visiting a new location on one of the many trips, there's something you'll enjoy in Sea Scouting. So, try something different, check us out, and prepare yourself to set sail for a real adventure.



(above) Sea Scouts from Ship 228 operate the 65' vessel Sea Dart II, one of the largest Sea Scout vessels on the east coast, along with a fleet of smaller vessels (including sailboats) from their base located in Linden, NJ.



(above) Adult volunteers with maritime experience or captain's licenses are needed too. Visit our website for more information ship228.com, or email Ship228.SeaDart@gmail.com.



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HOUSEPLANT CARE

HOUSEPLANT CARE

Houseplants help bring a relaxing atmosphere into your home as well as clean the air. There are many pluses to having a few plants in your home, but to have success its best to follow a few basic rules.

First, it's important to know your plant and its basic needs. The gardener's rule is "right plant in the right place." This rule applies to all plants, indoor and outdoor landscape plants. If you supply your plants with the correct sunlight, water and soil requirement it will be able to thrive in its new environment for years into the future.

PROPER WATERING

One of the most important requirements for houseplants is totally in our hands to control; watering.

As daylight hours shorten, houseplants slow their growth and requirements for watering lessens. This enables plants to adapt and survive the long winter months. Stop fertilizing until active growth resumes in the spring.

During the summertime we can usually water all our houseplants at the same time, but now each plant must be watered for their individual water requirement. To make this easier, group like plants together and refresh your memory of the water suggestions for each plant.

The most common problem related to houseplants is 'root rot' due to over watering. When plants aren't growing, they don't absorb as much water. The excess water sits in the soil and on the root system. This situation allows the roots to 'rot' and leads to the death of the plant.

The easiest way to avoid this problem is a simple watering technique, touching the soil. Simply stick your finger in the top inch of soil and if it is moist don't water it. Let the soil dry out between watering. Many gardeners use this horticultural practice all year long.

Another result of wet soil is 'fungus gnats', tiny flying insects that are an annoying houseplant pest. These insects lay eggs on moist soil and hatch quickly increasing the number of gnats throughout the winter. These pests can be controlled by lessening the amount of water. Once again let the top inch of soil totally dry out between watering. You can also put a few small pieces of potato in the top of the soil. The newly hatched gnats crawl into the potato for food and can be easily removed before becoming adults. Remember to dispose and replace these chunks of potatoes once or twice a week and your problem will be solved within a few weeks. If you have a treasured houseplant this procedure is worth the time and effort to save it.

Use room temperature water. After you empty your watering can refill it and let it sit for the next time. This also lets the chlorine drop to the bottom before you water your plants again.

The modern day 'trick' of using ice cubes and letting them melt on top of the soil does more harm than good for your plant. Remember most

of our houseplants are from hot tropical or desert climates. Orchids are one plant that suffers greatly from this practice of using ice cubes.

SUNSHINE & INDOOR LIGHT

Another requirement, sunlight is a little harder to control. There are many plants that do well in light shade, east or west facing windows. South facing windows are very sunny and many houseplants grow great in this exposure. If the light is too intense for your plant you can move it a few feet away. It's better to get a houseplant that will do well with the sunlight you have then to try to make the plant adjust.

In the case of your windows facing north, which is very shady, adding artificial light can help keep them healthy and robust.

The use of houseplants goes far back in history. Wealthy Greeks and Romans adored their patio areas and doorways with houseplants two thousand years ago. The Greeks grew their plants in clay pots while the Romans used marble pots. The ancient Chinese recorded having potted plants in houses well before the Greeks.

Houseplants are mostly tropical plants from all over the world. Thanks to warm houses and windows we are now able to grow these tropical plants in our own homes.

There is a lot of good information about houseplant care on the internet. YouTube also has many good videos on houseplant care.

If in doubt of which houseplant you have, send a photograph to Rutgers Master Gardeners of Union County and they will help identify it for you. Please include your phone number in your e-mail. astergardeners@ucnj.org.

Due to the pandemic the office is closed to the public until further notice.

Enjoy gardening all year long,
James

James



(above) Overwatering houseplants can cause diseases and root rot. A simple touch test of the soil can help prevent this problem.



(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

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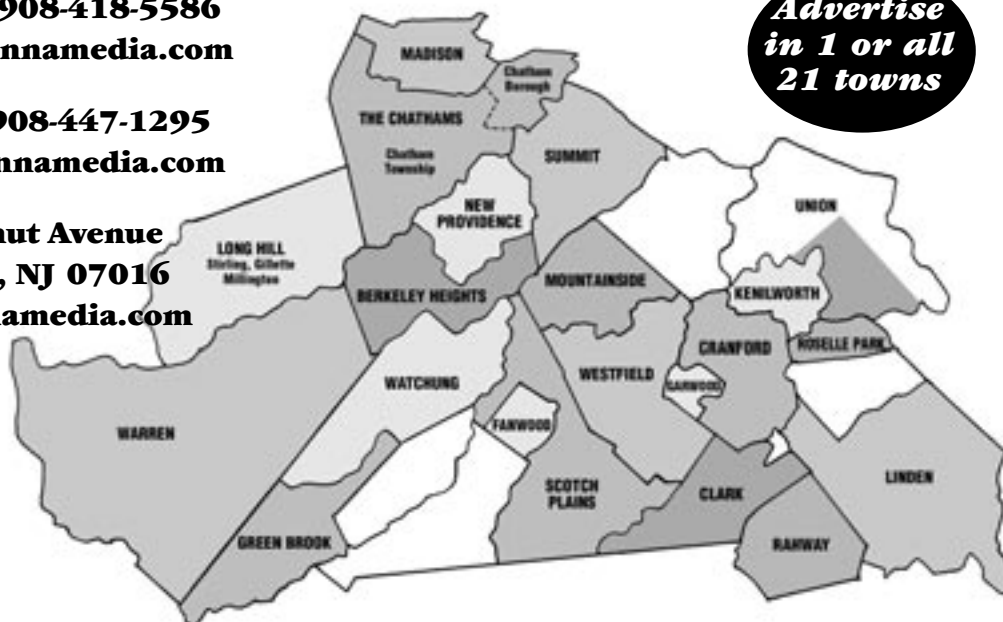
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WOW! THEY ARE FROM RAHWAY?!

Submitted by Amy Garcia Phillips, Rahway Arts + Business Partnership

“And for our next honoree that makes you say, ‘Wow! They’re from Rahway?’...” explained

Patricia Volino-Reinoso, Principal of Madison School and a founding member of the Rahway’s Own program, “...Tomi Jenkins! From the musical group Cameo!”

The annual Rahway’s Own celebration is usually an in-person event, hosted at Rahway High School. Due to the coronavirus pandemic, this year’s annual celebration was prerecorded and the premiere was held virtually on Sunday, December 17, at 7 p.m. on the Rahway’s Own Youtube channel. Matt Milligan, of Matt Q Productions, and a 2019 Rising Star (the youth recognition branch of the Rahway’s Own program) assisted the Rahway Arts + Business Partnership in the development and creation of this new format.

The Rahway’s Own program was conceived back in 2012 as a rebranding and marketing campaign to highlight luminaries who have called Rahway home. Some of the past Rahway’s Own, such as Milton Friedman, Daphne Lee and Carl Sagan, are Rahway natives. Others, such as Nikola Tesla and Shanice Williams, called Rahway home as they achieved national or international recognition for their talents. All of the Rahway’s Own honorees have been molded by their time in Rahway. This year’s class of 2020 does not disappoint.

Four were chosen this year: Professional football player, Bobby Scarpitto; Public Health Strategist, Jackie Cornell; Major Blake Jackson, Chief Artillery Officer for the USMC; and the aforementioned, Tomi Jenkins, founding member of the 80’s Funk band, Cameo. Each honoree spoke of the hard work and determination they needed to find within themselves to accomplish their goals. Each one attributing the Rahway community as an integral part in helping develop those traits.

During the celebration, Louis Campbell, a Rahway’s Own from 2018, spoke about what it meant to receive this honor. Campbell, recording his message from Copenhagen, Denmark, recently came home and hosted “Teen Talks with Louis Campbell”, until the program was shut down due to the resurgence of the pandemic. He spoke of the pride this program instills in this community and the youth, as we all learn about these exceptional people coming from Rahway.

Major Blake Jackson spoke about growing up in Rahway and how his time on the wrestling team and JROTC helped mold his work ethic and dedication. He learned that hard work is what is needed to get you from good to excellent. Jackson shared that his time in the Musical Theater program in Rahway was also an important part of his development. He feels creativity has a role in any career or problem you are facing, crediting and thanking his Musical Theater teacher, Mrs. Watson.

Introduced by Offensive Tackle for the Buffalo Bills, and 2017 Rahway’s Own, Dion Dawkins, Bobby Scarpitto spoke of the difference in the AFL/NFL now, versus when he was playing during the 1960’s. Scarpitto paved the way for

many talented athletes by becoming the first from Rahway to play professional football. Drafted by the Chargers, he had a record-breaking career as a punter with the Denver Broncos. He cited his many coaches, teachers and community members who supported him and gave him valuable advice, including getting an education while playing for Notre Dame University, knowing he wouldn’t be playing football forever and would be needing something else when his playing days were behind him. He was grateful to be recognized as one of Rahway’s Own.

The unique vocals you hear throughout one of Cameo’s signature songs, “Candy,” are those of Tomi Jenkins, one of the founding members of the standout, soul-inspired funk group. During the presentation, Jenkins reminisced about his schedule early on in his career, touring with his group from Friday to early Monday morning, and then going to his job at Merck-illustrating his commitment to his art. It wasn’t easy, but he was following his passion and put in the hard work to succeed. Tomi is still working hard, creating new music, authoring his third book and working on a screenplay.

Joel Payne, political strategist and a 2019 Rahway’s Own, spoke fondly of his friend, Jackie Cornell, who has had an influential career in public policy. At both the state and national levels, including as a Director of Health and Human Services under the Obama

administration, Cornell has been a staunch advocate for underserved populations. Her current position as Chief of Policy and Innovation at the cannabis edibles company, 1906, again puts her at the forefront of important issues affecting our country. Cornell, reminisced about her father’s health crisis that alerted her to inequalities in our healthcare system, which, in turn, inspired her to dedicate her career to rectifying our public policies.

“It is my distinct honor to be a part of the Rahway’s Own program,” stated Mayor Raymond Giacobbe. “Our City is full of talent and every year we have the chance to showcase individuals whose hard work and success has earned a nomination to the program. I look forward continuing to be a part of this yearly celebration.”

After viewing the celebration, one is left proud and inspired by Rahway and her sons and daughters, proud to be a part of the rich tapestry of this community. If you missed this little bit of joy, in what has been a difficult year, then you should take some time to watch the presentation.

It can be seen on the Rahway’s Own Youtube page. The link is listed on the Rahway’s Own Facebook and Instagram pages. Nominations are open for the class of 2021! Go to www.Rahwaysown.com to nominate someone who you think is worthy of being honored as one of Rahway’s Own.





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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	\$28.99
Kahlua	1.75L	\$37.99
Krupnik	750ml	\$17.99
Licor 43	750ml	\$24.99
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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