

# OUR TOWN

RAHWAY'S HOMETOWN NEWSPAPER

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## RAHWAY'S DEBORAH STUART SQUARE FOOT GARDENING FOUNDATION'S "FEATURED INSTRUCTOR"

Lifelong Rahway resident Deb Stuart was recently recognized as the Featured Certified Instructor by the Square Foot Gardening Foundation for her work teaching both kids and adults how to garden.

Square Foot Gardening, created by best-selling garden author Mel Bartholomew, is a simple method of creating small, orderly, and highly productive kitchen gardens that are easy to grow, are fun, and take up very little space. Vegetables and flowers are grown in raised boxes filled with an organic soil mix and then divided into perfect 12" squares. Deb notes that this method is estimated to cost 50% less, uses 20% less space, 10% of the water, and only 2% of the work compared to single-row gardening.

One of Deb's earliest memories of gardening is the day when she was a little girl wearing a beautifully smocked dress with pristine white socks. She went out to the garden and, when she returned late in a less-than-clean outfit, her mother fussed at her. "I'm not dirty, Mommy," she responded, "It's the earth!"

Gardening extraordinaire Deb Stuart is also a Rutgers trained Master Gardener. When she isn't gardening and starting seeds at home, she tirelessly spends time as the President of the Rahway Garden Club and a Board of Trustee member of the Garden Club of NJ, and also manages Rahway's JFK Community Garden as well as teaching kids Square Foot Gardening at Rahway's Helping Hands Learning Academy. In addition, Deb has played a key role in helping her gardening colleague Bob Markey expand his Square Foot Gardening Program for summer campers at three NJ YMCA's.

"I teach by example using the Square Foot techniques and sharing that info with all who are interested. Often the best compliment that I receive is a fellow gardener looking at my raised beds and saying, WOW that's an amazing amount of veggies and flowers in such a small space...please show me how you do it. I just let the results speak for themselves!"

Square Foot Gardening Certified Instructor, Master Gardener, Garden

Club President and Board of Trustee member, passionate teacher, and seed-starter, Deb Stuart has spent her life getting "not dirty" with some truly amazing results.



(above) Lifelong Rahway resident Deb Stuart was recently recognized as the Featured Certified Instructor by the Square Foot Gardening Foundation for her work teaching both kids and adults how to garden.



(above) Deb Stuart teaches kids Square Foot Gardening at Rahway's Helping Hands Learning Academy.

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## NJ CAREER NETWORK – JOB SEEKER COMMUNITY

Are you a New Jersey resident and looking for work? Do you want to be part of a community of job seekers and volunteer coaches who want to support and encourage each other along the way? If so, consider joining the NJ Career Network Job Seeker Community today!

What is the NJ Career Network Job Seeker Community? A free online community to help you in your job search and to connect you with other people who are looking for jobs and with our volunteer coaches. This community offers a supportive network so you know where to turn with your questions and concerns. Volunteer experts and your peers will be here to help you navigate your job search and cope with all aspects of searching for work.

Why should you join? The job seeker community will share resources, facilitate conversations, and welcome questions about looking for a job. You will gain access to exclusive community member-only events when you join. We also understand that your job search will not be successful unless you are okay, both physically and mentally. That's why the community will be a place for you to share challenges that get in the way of or discourage your job search.

### WHAT THIS COMMUNITY IS:

- A safe space to ask questions and share your concerns.
- A chance to connect with your peers.
- A place to participate in conversations and events.
- A place to share and contribute your knowledge and expertise to your fellow community members.
- A place to figure out solutions to problems.
- A network to offer support for your overall well-being.
- An opportunity to help yourself and others looking for employment.

What this community is not: A job board or other impersonal networking. Networking that ignores the rest of your life. A place to just get information without participating.

Please visit [nj-career-network-jobseeker-community.mn.co](http://nj-career-network-jobseeker-community.mn.co) and join us! One of our coaches or moderators will reach out to answer any questions you may have and to help you get started!

We are using the Mighty Networks online platform to host the NJ Career Network Job Seeker Community.

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*This home was successfully sold by Sergio*  
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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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# RAHWAY FOOD FOR FRIENDS FIGHTS HUNGER AMIDST PANDEMIC

*Submitted by Can Ashe*

In the midst of much divisiveness and fear, heroes have arisen to help fight hunger.

Rahway Food For Friends has been feeding families for 30 years from their food pantry and soup kitchen. The recent pandemic created many challenges for our senior and disabled persons to get their food packages, so Rahway Food For Friends established a mobile pantry. Helping to combat food insecurity in our communities has been very trying as the lines have grown from 300 families prior to the pandemic to 600 families after. Our clients come from all over in search of food as many pantries are closing.

Rahway Food For Friends is staffed with a caring team and is blessed to have strong

community support. The local Girl Scout troop and their leader Robyn Wooley Koenig and her cavalry of friends donated food, toys, placemats and their time. The Mayor of Rahway, Ray Giacobbe and the Rahway Police Department helped with grants, donations and a food drive to combat hunger and keep our doors open to serve

those in need. Many cities and schools have taken to the cause and extended love and a genuine sense of care for our neighbors and friends who are struggling to make ends meet.

Rahway Food For Friends is located at 1221 New Brunswick Ave, Rahway, NJ 07065. Visit online at [rahwayfoodforfriendsnj.org](http://rahwayfoodforfriendsnj.org).




*(above) The local Girl Scout troop and their leader Robyn Wooley Koenig and her cavalry of friends donated food, toys, placemats and their time.*




*(above) Rahway Food For Friends is staffed with a caring team and is blessed to have strong community support.*

## ANNOUNCING THE NEW OFFICE OF DR. EDWARD SOMMA IN BERKELEY HEIGHTS

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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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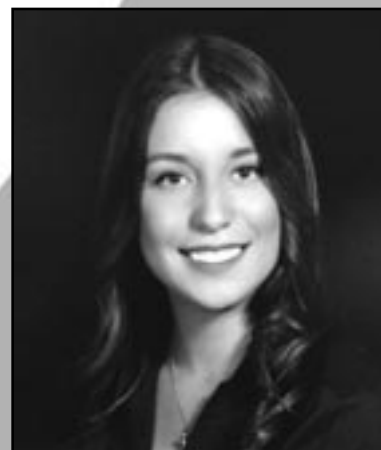
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## GRAB YOUR PASSPORT AND LET'S GO TO RAHWAY'S TASTE OF SPRING!

Rahway's Taste of Spring, New Jersey's premiere, wine, food and aperitif tasting is ready to help get you out of the house! While it is not quite safe to gather in large numbers, we will still be giving our foodies a chance to get their tasting "fix".

This year, purchase a \$5 Taste of Spring Passport from the Rahway Recreation Center located at 3 City Hall Plaza, Rahway. During four weekends in April, Taste of Spring "tourists" visit participating establishments during their scheduled times. Tourists present their passport and pay only \$5 for a special Taste of Spring sample! Tasters will be treated to many of the same delectable desserts and enticing cuisine that is a signature part of Rahway's annual event. You will even be able to vote for your favorites!

Just like at the larger Taste event, samples are meant to be enjoyed "on the go". This year, we encourage Taste Tourists to be thoughtful of the indoor dining limitations brought on by the pandemic and head out with your sample. However, if the fare tickles your palette, feel free to head back in and order a full meal!

The schedule runs Thursday through Sunday on the following weekends: April 8-11; April 15-18; April 22-25; April 29-May 2. Details of when your favorite establishments are participating and where they are located will be available at [RahwayIsHappening.com](http://RahwayIsHappening.com) and in your passport so you can plan your adventure!

Many of our award winning restaurants will be

joining us again this year so make sure you don't miss out! From Rahway: Beana's Para Siempre; Cook's Kitch'n; Il Forna a Legna; La Malinche; Melao Cafe and Creamery; Rahway Bagels; Rahway Fried Chicken; The Coffee Box; Watt Hotel Lounge; Sabor Peruano; Gyro's Corner; and Mr. Subs 3. From the surrounding areas: Bahama Breeze (Woodbridge); and La Bon Bakery (Woodbridge); Climax Brewing

Company (Roselle Park); Chevys Fresh Mex (Linden); and more are signing up every day!

We are excited to have you participate in our Rahway Taste of Spring 2021. Make sure you save the date for Rahway's Taste of Spring 2022 on April 8th back at the Rahway Recreation Center!

Visit [RahwayIsHappening.com](http://RahwayIsHappening.com) for more information

# RAHWAY TASTE PASSPORT 2021

THERE IS NO LIVE TASTE EVENT FOR 2021--BUT YOU CAN STILL ENJOY RAHWAY'S EATERIES WITH YOUR PASSPORT 2021! SAVE THE DATE FOR NEXT YEAR!

**TASTE OF SPRING 2022  
APRIL 8TH  
AT THE RAHWAY REC CENTER**

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## BLUE AND GOLD CLUB DONATES VALENTINE'S DAY PILLOWS

### BLUE AND GOLD CLUB SPREADS SOME CHEER

*Submitted by Linda Lampert*

The Blue and Gold Club at Franklin Elementary School in Rahway wanted to spread some happiness and cheer throughout their community. They decided to make lawn signs and put them around the town.

The Blue and Gold Club is a school-based club. Students volunteer their time throughout the year to help with different community service activities. They continually do a great job and work diligently to make a difference in their community. The club is overseen by the school nurse, Mrs. Barbara Maher.



(above) 6th grader, Chyanne Jazikoff delivers signs around town.

*Submitted by Linda Lampert*  
The Blue and Gold Club at Franklin Elementary School in Rahway has been busy making homemade heart-shaped pillows. Each student made about 3-4 pillows for a total of 55. The pillows were delivered to the Center for Hope Hospice in preparation for Valentine's Day.

The Blue and Gold Club is a school-based club. Students volunteer their time throughout the year to help with different community service activities. They continually do a great job and work diligently to make a difference in their community. The club is overseen by the school nurse, Mrs. Barbara Maher. Keep up the great work.

(right) Chyanne Jazikoff, a 6th grader and member of the Blue and Gold Club, makes heart shaped pillows which were delivered to the Center for Hope Hospice in preparation for Valentine's Day.

Photos by Rahway Public Schools



### CANNED FOOD DRIVE



#### RAHWAY FOOD FOR FRIENDS (RFFF)

Provides Rahway families and individuals with dignified access to nutritious, supplemental groceries, free of charge. The best food donations are healthy (low-fat, low-sugar, low-sodium) and meet the needs of the multicultural communities served by RFFF.

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## The Changes of Spring

Hooray it's time to hop out of the depressing doldrums of the last year and embrace the season of hope and rebirth.

Get ready for the rights and holidays of spring, a time to smell the hyacinths and marvel at the miracles of rebirth. The beauty and renewal powers of Mother Nature. Especially being ready to get your vaccines. New Jersey currently has distributed over 1 million inoculations so surely those who are still waiting must have their time coming soon. So get ready to embrace the hope of a better, healthier and safe future.

Now check your shed, garage or basement for gardening tools, miracle gro, gloves or paint brushes. Time to start those outdoor projects to enhance your home and thereby make both you and your home look and feel better; and sell for more.

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- Elm Avenue, Rahway offers after 10 days on market \$532,500

Happy holidays, happy spring and good health to you and yours, and remember dark chocolate is good for you.

**Matt Dobrowolski**

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## VOLUNTEERS WANTED FOR MEDICAL RESERVE CORPS

The New Jersey Medical Reserve Corps (MRC) – a network of community-based, locally organized units comprised of volunteers – is looking for reinforcements, particularly those with vaccination skills. MRC volunteers are especially vital during emergencies and disasters when paid public health and

emergency response assets are overwhelmed. Healthcare professionals (including recently retired individuals) having vaccination skills are especially needed now that COVID-19 vaccines are available.

In addition to skilled vaccinators, individuals with all types of skill sets (for example, security,

language translation/interpretation, education and outreach, warehouse operations, clerical, counseling, and more) are needed.

If you are interested in volunteering with the MRC, visit [njlmn.njlincs.net](http://njlmn.njlincs.net) and click on “Register as an Existing or New MRC Volunteer!”

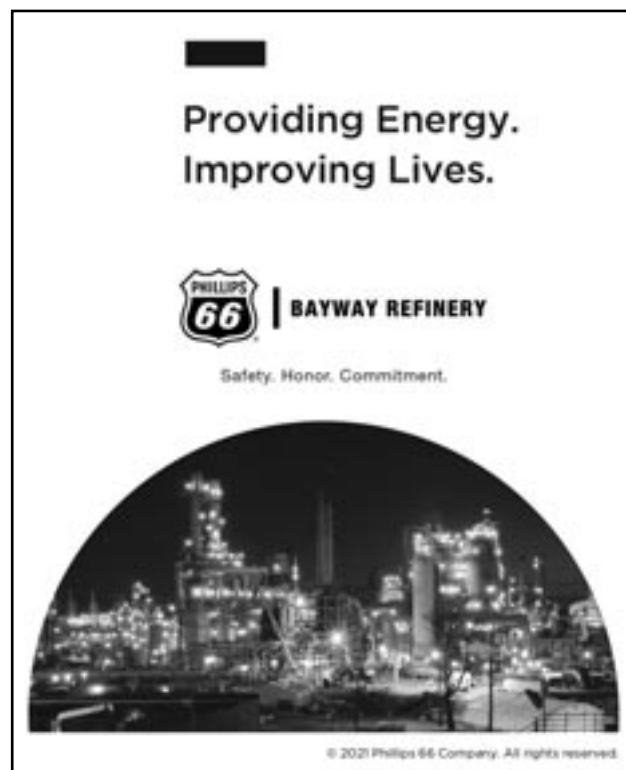
## BAYWAY COMPLEX OFFERING SCHOLARSHIPS

For the year 2021, the Bayway Complex Community Advisory Panel (CAP) has elected to offer High School Seniors who are residents of Linden, Rahway, Elizabeth, and Staten Island the opportunity to be awarded a CAP scholarship. Several one-year scholarships will be awarded in the amount of \$1,000 each, to students in the four municipalities represented by the CAP.

The winners will be selected by the CAP Scholarship Committee, who will be taking the following areas into consideration when reviewing the applications: The Applications must be Computer-Generated and All Sections Completed; Academics (transcript/SAT/ACT scores); Financial Need; Essay; Science/Math Teacher Recommendation Letter(s). This scholarship is open to candidates who will be

pursuing a college, university, career or vocational school education in the Industrial, Process Technology, or Engineering (Chemical, Civil, Mechanical, Environmental, Computer) fields. Please contact your high school guidance counselor for more information and the application forms.

The Bayway CAP is a committee of community representatives from Linden, Rahway, Elizabeth, and Staten Island including neighbors, educators, retirees, public officials, emergency responders, and environmentalists who attend quarterly meetings that serve as a forum for dialogue between the community and company representatives from Phillips 66 Bayway Refinery, Infineum USA L.P., Linden Cogeneration Plant, Veolia North America, Solutia, NuStar, Linden VFT LLC, and PSEG.





# SAM'S



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# RAHWAY BOWLER, MARTY CASSIO, REACHED NATIONAL PROMINENCE ON THE WAY TO HALL OF FAME CAREER

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

In the annals of athletes who came out of Rahway, Marty Cassio, who became a nationally known bowler, ranks right up with the best of them. In a career that spanned four decades (1920s-1950s), Cassio's accomplishments on the alleys earned him a place in the United States Bowling Congress Hall of Fame, the New Jersey Hall of Fame, and the Union County Hall of Fame where he was the first from his sport to be inducted. Known as "the Little Bowling Tailor," (he stood at 5'5" and weighed 140 pounds), his accomplishments and records against the best in the sport are truly remarkable.

Born in Palermo, Italy in 1904, Cassio came to the United States at age five. When a teen, one of his first jobs was setting pins at the Rahway YMCA and at age fourteen he figured he would try the game from the other end of the alley. By sixteen, he was averaging 190.

Cassio family members were tailors and it was likely the young man would follow in the business. At seventeen he took on a job in a Milton Avenue tailor shop where an accident occurred that almost put an end to what would become a career as a professional bowler. One afternoon while carrying an armful of clothes, he slipped and fell into a plate glass window seriously cutting his right hand. Doctors told the seventeen-year-old, "We can save your hand, but it will never be normal again." The doctors turned out to be correct in their prognosis. The mishap had left Cassio's bowling hand shrunken with his ring finger and little finger permanently curled.

Less driven individuals might have given up any thoughts of a future in sports, but Cassio would not accept defeat and promised himself he would bowl again. Using a ball specially fitted for his grip, he would come to rely on accuracy rather than wrist strength as he continued practicing to exercise his hand. In time, his strenuous practice regimen paid off and he



*(above) Cassio gives bowling tips to baseball legend Babe Ruth in 1946.*

became good enough to join and excel on the professional level.

It was during the 1930s and 1940s that Cassio put up his best numbers. Over the two-decade period, he maintained an average of over 200. He won the State Individual Tournament in 1939 and held the title for ten years in a row and after losing it in 1949, regained it in 1953. His best All-Events showing in American Bowling Tournament play came in 1940 when he finished third with a 1,943-pin total. He bowled 300 three times in sanctioned play and held a high series of 803. One of his perfect games came in national competition in 1944. Speaking of perfect 300 games, over his career, he performed the feat twenty-three times and once hit twenty-two straight strikes pinning scores of 280 and 300. Overall, his tournament record included fifteen titles. He finished in the Top Ten sixteen times in ABC Tournaments in singles, doubles, and all-events and his ABC average for twenty-nine years was 197. He is listed in the Encyclopedia of Sports for having rolled six series of 1,800 or better for five and ten year averages of 208.25 and 203.67 respectively.

His success on the lanes came in no small part from his fierce competitive spirit perhaps a result of the strenuous work he put in after the accident suffered as a young man. He always played to win and was known to glare at the pins if they failed to fall, glare at his opponents, and even at teammates if he felt they were not taking a match seriously. Fans referred to him as a "Money Bowler" who never got rattled and who was at his best when the match was on the line. He bowled in eighty match games winning seventy-two of them. In rematches of the eight he lost, he won seven with one having never been replayed. He was willing to take on all comers and once offered to bowl anyone in the country for a



*(above) Marty Cassio, Hall of Fame bowler, rolls a strike.*

\$1,000 stake in a sixty or eighty game home and home series.

In 1946 AMF (American Machine and Foundry), manufacture of recreational equipment, began producing bowling films to promote the sport. Cassio was selected to star in their first effort. The movie short titled "Ten Pin Magic" was shown throughout the country with a special showing at the Rahway Theater. An ad for the film announced, "Special Extra Attraction... Ten Pin Magic... Marty Cassio, Rahway's own champion bowler...A real treat for those who have seen him and those who have not."

Marty Cassio died in December, 1972. On March 23, of that year he became the fifty-fourth bowler inducted into the American Bowling Congress Hall of Fame (The ABC became the United States Bowling Congress in 2005 after a number of mergers.) At his induction ceremony it was noted that although he never won an ABC Tournament Championship (he came in third in 1940), he had nine game all-events totals over 1,800 in twelve tournaments and in 1946 led the ABC Open Championships ten-year average list with 203 for ninety games across thirty sets of lanes. A bronze tablet bearing his likeness is housed in the USBC Hall of Fame Museum in Arlington, Texas.

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## FORSYTHIA

Everyone who lives in our region would easily recognize the Forsythia shrub, even if they don't know it by name. Forsythia is the first shrub that blooms in the early spring, March and April. It heralds the end of winter and the beginning of spring.

Forsythias' popularity is due to its bright, golden yellow flowers that bloom on bare branches. They create a spectacular display when other plants are just waking up from their winter dormancy.

Forsythia is native to high elevations in China and have been cultivated in China and Japan for centuries.

Discovered by a Swedish botanist in Japan around 1775/76 Forsythia was first introduced to Holland in 1833. Forsythia then reached England in 1850. Later the plant was named Forsythia after William Forsyth (1737-1804), the superintendent of the Royal Gardens at Kensington and St. James Palaces. Forsythia finally arrived in America in 1917.

Today there are hundreds of Forsythia cultivars for sale. Although the golden yellow is still the most popular, there is also a white variety and lighter shades of yellow available. There are now a few dwarf Forsythia on the market but Forsythia is, for the most part, larger shrubs not suitable for border plantings.

Long lived and hardy, these disease resistance plants can live to be fifty or sixty years old. Many of the problems that Forsythia have, such as stem galls, can be easily corrected simply by pruning the sickly stems off. These galls look like golf balls growing along the branches.

Fast growing plants, Forsythia can be easily propagated from soft or hardwood cutting. In the wild, Forsythia often propagates itself by 'stem layering'. A branch that hits the ground and becomes covered with soil or leaves develops its own roots and soon becomes its own viable plant. In the home garden this new plant can later be cut away from the original and replanted in a different area. This is a horticulture technique that can be stimulated in the home garden as well.

Propagation from seed takes a long time, up to two years, starting with harvesting seeds and safely overwintering them outdoors. The avid gardener might enjoy trying this but there is no guarantee the offspring will have the desirable qualities of the parent plant.

Since Forsythia are long-lived fast-growing plants, site selection is very important. A mature shrub can reach the height of 8 to 10 feet and 12 feet wide. When planting along a fence line, give plenty of room to avoid unnecessary conflicts with neighbors in the future. Because of its eventual size Forsythias should not be added to a border planting as they will quickly outgrow the space.

According to Michael Dirr, Manual of Woody Landscape Plants "Shrub borders, mass groupings and along banks are the most

appropriate sites." The most spectacular plantings are along fence lines and on roadsides where they have plenty of space and sunlight to grow.

Correctly pruning Forsythia is the key to the most beautiful display in the spring. Since they bloom on last season's new branches, pruning should be done soon after blooming in the spring. After the leaves grow in, the young buds for next year's bloom are already formed. Later pruning will remove these flower buds. When pruning, remove the thick old wood in the center to encourage new growth.

Forsythia looks best when they are allowed to maintain their weeping, flowing habit so the less pruning the better. If you prefer your garden tightly pruned with rounded shrubs, Forsythia are not the best selection for you.

Forsythia has been used in traditional Chinese medicine for at least four thousand years. It is still used, often blended with other plants, to treat skin infections, colds, fever and jaundice. Laboratory studies have confirmed its anti-tumor, antibacterial and anti-inflammatory actives.

### FORCING FORSYTHIA FLOWERS INDOORS

Forcing Forsythia to bloom indoors in early spring is an easy way to bring spring color indoors. Select a branch with as many buds as possible. Give it a good cut on an angle and place it in water. Cutting it on an angle helps the cutting absorb more water. A few hours later give your branch another fresh cut and put it in fresh, clean room temperature water. It's also a good idea to strip off the flower buds that will be under water since these will rot and possibly smell. A sunny window helps your Forsythia branch flower sooner. Change the water once or twice a week and soon you will have a beautiful display of flowers.

Often these forced branches will develop roots and become a new young plant. Prune off the top of the branch, leaving about eight inches and put it back in fresh water. When the roots are about six to eight inches long it's time to plant it. Allowing the new root to become too long is not a good idea. These 'water roots' have a harder time adjusting to their new life in soil, increasing possibility of failure. Plant your new Forsythia in the garden or directly in a pot if you plan to exchange it at a plant swap or give it as a gift.

The first year is crucial for the new roots to develop so don't forget to water your young plants at least once a week.

Thanks to the following for the information in this article: Michael Dirr, Manual of Woody Landscape Plants; Smithsonian Museum, 'Plants Of The World'; and Wyman's Gardening Encyclopedia.

Happy Springtime everyone

*James*



(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](http://keanegardener.blogspot.com)



(above) Golden yellow flowers on bare stems creates Forsythia's spectacular spring display before other plants wake from their winter dormancy.

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## NEW JERSEY OUTDOORS: ARCHIVE NOW AVAILABLE ONLINE

New Jersey is far more than just a “garden” state. While well known for its vast network of fields and farms, fresh produce and fruit orchards, New Jersey boasts incredible ecological diversity. Even those who only know New Jersey from the Sopranos have heard of the Pine Barrens. The 1.1 million acre swath of forest and wetland that confounded Chris and Paulie in the episode “Pine Barrens,” was actually the country’s first National Reserve and designated by UNESCO as a single-site biosphere reserve. It is the largest body of open space on the Mid-Atlantic seaboard and home to dozens of rare and endangered species.

Yet even though the Pine Barrens claim some 22% of the state’s land, it is not the only highlight when it comes to New Jersey’s environmental diversity. Our state hosts portions of the Appalachian Trail and the black bears who live along it, streams full of native brook trout, fields where wild turkey roam and song birds compete for blueberries, and homes for marine wildlife all along the Jersey Shore.

New Jersey Outdoors was created with the idea of highlighting and celebrating New Jersey’s rich environmental heritage. First published in 1950

by the Department of Conservation and Economic Development – the precursor to the modern Department of Environmental Protection – New Jersey Outdoors featured articles on hunting, fishing, and conservation related topics. The combination of photography and illustration by local artists gave each issue a unique personality.

The New Jersey State Library is pleased to provide free online access to its entire collection of New Jersey Outdoors. Issues from 1961-2002 have been digitized in color and are available through the Library’s Digital Collections.

Browsing the table of contents reveals the breadth of topics in each issue – from in-depth commentary on particular species, to fishing tips, and profiled conservation projects. The issues also provide a glimpse at how environmental concerns changed over time.

For example, the January 1963 issue features commentary on what could happen to New Jersey’s wildlife and food supply in the event of nuclear disaster. Tensions between sportsman and environmentalists were highlighted in the August 1971 issue – just a year after the first Earth Day

and the rise of the new environmental movements. In July/August 1983, an article on urban waterfront restoration projects showed the culmination of years’ worth of work. Peppered throughout the issues are articles on historical and archaeological topics, as researchers explored human interaction with their environment.

New Jersey Outdoors was published monthly from 1961-1973, bimonthly 1973-1991, and then seasonally from 1991-2003. Publication ended in 2003 after the publication of the Department of Environmental Protection’s new magazine, Fish and Wildlife Digest. Fish and Wildlife Digest eventually split into three separate, annual magazines: Hunting and Trapping Digest, Freshwater Fishing Digest, and Marine Digest. These magazines are also available through the Library’s Digital Collections.

Unfortunately, we are missing the earliest published issues (1950-1960) of New Jersey Outdoors from our collection. Anyone who would like to donate copies of these issues to the New Jersey State Library can contact Deborah Mercer or Caitlyn Cook in Reference Services at [refdesk@njstatelib.org](mailto:refdesk@njstatelib.org).



(above) Red squirrel illustration by Reece, from the October 1965 issue, Forrest fire prevention poster from the May 1964 issue, “This is the life”- Harry Grosch. Camping at Saw Mill Lake in High Point Park, from the July 1961

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## RELIEF FROM CHRONIC KNEE PAIN

### FDA Approved Treatment to Avoid Surgery

### DON'T BLAME THE ARROW FOR MISSING THE TARGET

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.

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- Quenton L.



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## BEST WAY TO ENJOY MARCH MADNESS?

Mention the month of March to any sports fan and visions of basketballs start to dance in their heads! Throughout the month of March, the NCAA hosts a month long tournament for their Division I basketball teams during what is commonly known as March Madness. This year Rahway has added to the excitement with their own twist: Munch Madness!

Here is how it works. Between March 1st and April 5th, patrons visit any one of the five participating Rahway establishments: Butch Kowals

Tavern (950 St. George's Ave.); CubaNu Restaurant and Lounge (1467 Main Street); Firehouse Eatery and Pub (455 St. Georges Ave.); The World

Famous Waiting Room (66 E. Cherry St.); and the Watt Hotel Lounge (1403 Irving St.), spend \$20 or more and receive a Munch Madness ticket. The ticket has a number from 1-68. On March 14th, the NCAA announces the teams in the tournament. On March 15th, an NCAA Division I Mens team will be assigned to each number. The teams' corresponding numbers will be listed at rahwayishappening.com. Root for your team to make it to

the Final Four, and if they are crowned champions of the tournament, the 20 winning ticket holders will also win and receive a \$50 gift certificate to

their favorite participating Rahway business!

The good news is you can visit your favorite place or try someplace new as much as you want and collect an additional ticket each time you spend \$20 or more.

If you have a winning ticket, send a photo of you and your ticket, along with your contact information to Info@Rahwayishappening.com - Subject line: Munch Madness 2021 during the week of April 5-11. Winners will be announced April 16.

For more information and full details visit rahwayishappening.com.



## RAHWAY SOUP STROLL: THE COLD NEVER BOTHERED US ANYWAY!

*Submitted by Amy Garcia Phillips*

Rahway's first Soup Stroll was a tasty success! While not an original idea, Rahway's Soup Stroll brought the community out for four consecutive Saturdays in January from 1-5 p.m. Participating restaurants throughout the City gave away 4oz samples of their favorite soup to strollers. Undaunted by the cold, mask wearing strollers happily accepted the soup and consumed samples outside in order to comply with social distancing and to respect the indoor dining capacity limitations due to the pandemic.

"When it's cold out, we all need a little extra motivation to leave the house. Add the pandemic into the mix, and hibernation seems like a great idea. This Soup Stroll brought people out in a safe and entertaining way," said Mayor Raymond Giacobbe.

Strollers from all over New Jersey, NYC and Staten Island were drawn to Rahway for this fun free event. Reunions amongst friends were common, such as Lisa and Allan Vandever of Rahway and their long time friend, David Kock from NYC. "Due to the pandemic, we haven't seen our friend from NYC in months. He took the train to Rahway, and we were able to partake in an activity, outside and socially distanced. This was really the perfect event," commented Lisa.

Twenty restaurants throughout Rahway participated in the Soup Stroll: Beanas Para Siempre; CubaNu Restaurant & Lounge; Dervish Kebab and Grill; Flynn's; Gyros Corner; Hugos Peruvian Restaurant; Il Forno a Legna; Jersey Fried Chicken Fusion; Luciano's Ristorante; Medina Halal Platter; Melao Cafe and Creamery; Michelino's Pizza; Monchy's Rahway; Olivia's Catering and Dining; Ortega's BBQ Churrasqueira; Rocky's Bar & Grill; The Coffee Box; The Irving Inn; The Waiting Room; and Wheelie Good Pierogi. Some were serving up the same fare from week to week, while others were changing the soup each week. Every type of restaurant was represented, from the Grab and Go's to more upscale sit down establishments. A myriad of cuisines were showcased, highlighting that Rahway has become a destination for foodies.

Living in Rahway for almost 15 years, Rahway resident Andrew Garcia Phillips, said, "You get into a rut of visiting the same establishments. This was a great way to remind myself of other favorites and even check out some new places I have yet to visit."

Not only were Rahway Soup Strollers treated

to delicious soups, they were encouraged to take selfie photos at fifteen or more locations and submit them to be entered to win one of three \$25 gift cards to their favorite Rahway establishment. This year's winners were Nick Zolfo, Lauren Pollack, Kristina Junkroft and Vinnie Basciano.

Soup sippers weren't the only ones who benefited from the Stroll. Proprietors throughout Rahway appreciated this promotional event. Masyitah Alwalid, from Medina Halal Platter located at 395 St. Georges Ave. had this to say, "Thank you, once again, for allowing us to partake in the wonderful promotion. It truly was a brilliant idea and success, as we were visited by

many new faces from the Rahway community. We hope that we may collaborate again sometime!"

Ann Marie Williams, Managing Director of The Rahway Arts + Business Partnership, the Rahway non-profit that collaborated with the City to produce this event, confirmed that Rahway's Soup Stroll would go on the list of annual tasting events such as the crowd pleasing Rahway Taste of Spring.

To find out more about Rahway's restaurants and eateries and learn more about other Rahway events, including Rahway's Taste of Spring for 2021, visit [rahwayishappening.com](http://rahwayishappening.com).



(above) Organizers Amy Garcia Phillips and Ann Marie Williams



(above) Soup Stroll winner Nick Zolfo at Wheelie Good Pierogi



(above) Soup Stroll winner Kristina Junkroft at Madina Halal Platter



(above) Soup Stroll winner Lauren Pollack at The Coffee Box Rahway



(above) Soup Stroll winner Vinnie Basciano at Beana's Para Siempre



(above) David Koch, NYC and Lisa Vandever, Rahway enjoy CubaNu's homemade Cuban Chicken Soup.

## THANK YOU CITY HALL

During last month's nor'easter, it was nightfall when I contacted Rahway City Hall and spoke with Monique Velazquez. I explained my front door wasn't opening and I needed help clearing the snow, as I am 94 years old, and ailing.

To my amazement our wonderful Mayor Raymond Giacobbe and his son came to my rescue and shoveled my property.

I have best regards for my city hall staff and Mayor Giacobbe.

Thank you!, *Marge Taylor*, Rahway, NJ

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# MAKING MAGICAL MEMORIES AT CAMP FATIMA

*Submitted by Sue Baldani*

Like most nonprofit organizations, Camp Fatima of New Jersey is experiencing major challenges due to COVID-19. Founded in 1968 by four Seton Hall seminary students, the camp offers free sleep-away programs for disabled children and adults. And it's determined to continue doing so. Seeing the smiles on the faces of those it serves, and providing a respite to their families, is not something that can be sacrificed due to a pandemic.

And smile they do. It's not called FATIMAGIC for nothing. The campers, regardless of their disabilities, get to do things that most able-bodied children and adults take for granted. They splash around in pools, sing songs, eat s'mores, dance,

and take part in arts and crafts. Every child has his or her own dedicated counselor to ensure the utmost care, so each activity can be individually tailored according to the camper's ability.

Its mission statement, "Camp Fatima provides free, life enriching camp experiences for children and adults with developmental disabilities," says it all. Some of the campers are in wheelchairs, while others have neurological, sensory or other serious issues. Camp Fatima and its volunteers open their hearts to all who come. It truly is a magical place.

The volunteers come from diverse ethnic and socio-economic backgrounds. Most have experience working directly with the disabled, and include teachers, nurses, police officers,

firefighters, college students and other professionals. For these selfless individuals, the sounds of laughter and the looks of pure joy on the campers' faces are all the payment they need.

Many of these volunteers live locally. Billy Malone, a Scotch Plains firefighter and Fanwood resident, became a volunteer in 1994 and has been the chairperson for the past 13 years. Scotch Plains resident and former Scotch Plains police officer, Jamie Denman, has been a volunteer since 1979, and is the current director.

Even though no one at the camp is paid, all this magic requires funding. It costs several hundred thousand dollars to operate the two children's summer sessions and the four adult weekends each year. Funding to support and host the more than 200 campers and over 450 on-site volunteers comes from generous benefactors, corporate matching gifts, private giving, and fundraising. Because of COVID-19, many of the usual fundraisers are not able to take place. So this year, Camp Fatima is looking for individuals to sponsor a camper. The cost to feed, house, and supply materials to each camper is more than \$1,000.

To find out more about Camp Fatima, or to volunteer, make a donation, or sponsor a camper, please go to [campfatimanj.org/](http://campfatimanj.org/). Since the camp is a designated 501(c)(3) organization, all donations may be tax-deductible.

Camp Fatima of New Jersey: Changing Lives, Enriching Hearts - One Camper, One Volunteer at a Time.

Photos by Camp Fatima



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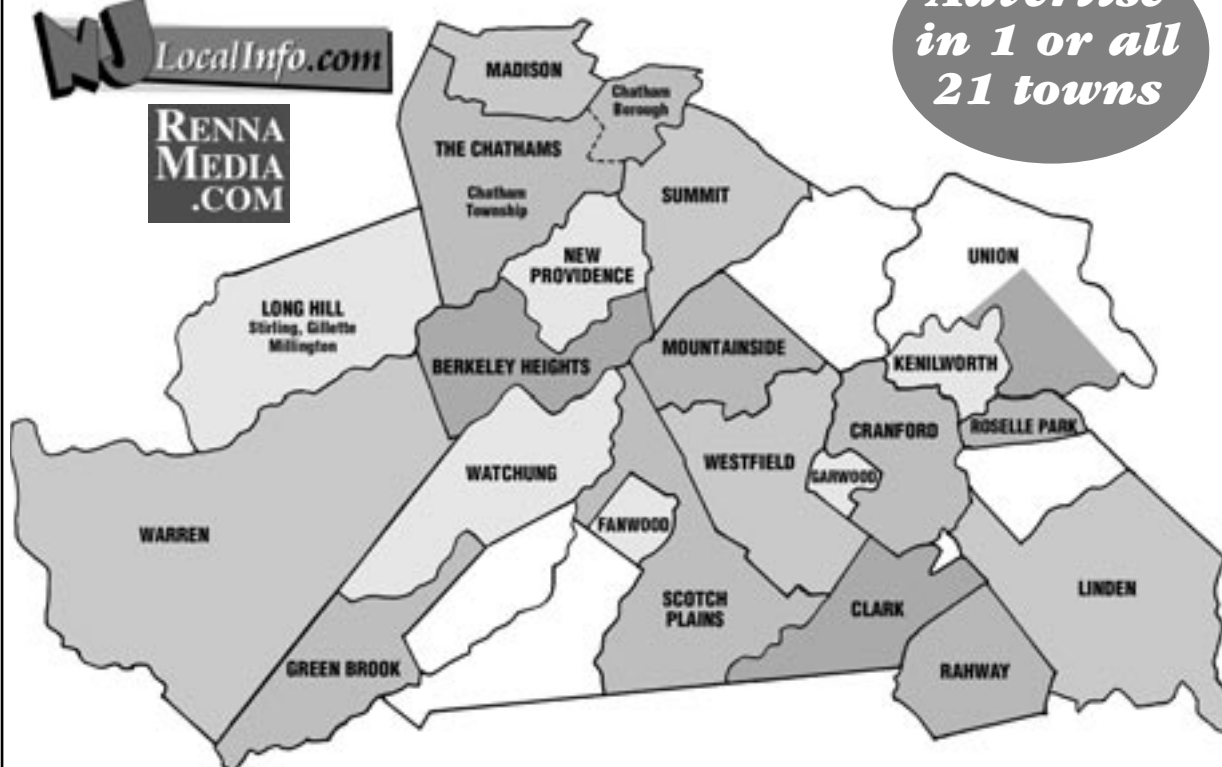
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4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000
2 PAGE SPREAD	21" x 14"	\$700							
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FRONT PAGE BANNER	8.25" x 2"	\$320							
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### WEBSITE AUDIT/ANALYSIS AND RECOMMENDATION PLAN

- **See what is working and not working**

Know where your web traffic is coming from and why.

- **Eliminate / avoid costly schemes**

Evaluate the return you are getting from your online marketing costs.

- **Increase online marketing results**

Recommendations include ways to increase traffic to your website

- **No obligation**

This service is recommended even if you have an existing web management contract. Use it to tune up your marketing plan.

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**Call for a consultation if you do not have a website or need a new one.**

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### WEBSITE / SEO SERVICES

- **Starter Website: \$500**

Basic static site that can be developed further

- **Website creation/update: \$2,400**

Cost for average website: 12 pages, contact form, SEO friendly, responsive design

- **Website Hosting: \$300 per year**

Includes website hosting, software updates, monthly website content updates

- **SEO Services: Average cost \$1,000 - \$2,000 per month**

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Licor 43	1.75L	\$42.99

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