

ROSELLE PARK MONTHLY

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VETERANS CENTER COLLECTS FOR DISPATCHED SOLDIERS

Submitted by Lenore Jeans

The Joseph Nugent Association in combination with the Kenilworth Veterans Center recently collected toiletries to send to the women and men serving in Afghanistan. Former Roselle Park Mayor Carl Hokanson recently presented an award to The Joseph Nugent Association on behalf of the Central Jersey Leathernecks Det. #868 as a thank you for their outstanding contribution. The Association would like to thank all who participated in donating items for this worthy cause.



(above, l-r) Carl Hokanson, Former Mayor of Roselle Park; Kathy Noonan, Member of The Nugent Association; Allison and Tom Zuczek, Chairpersons of the Donation Drive effort and members of The Nugent Association; Brothers Marc and Kevin Dowling, Owners of Dowlings Irish Pub and Restaurant in Roselle Park; and Kenilworth VFW Post #2230 Commander Robert E. Jeans, Sr.

GETTING STUFFED FOR A GOOD CAUSE

The Sherman School PTA 5th Grade Luncheon committee held a "Get Stuffed Bread FUNraiser" with Roselle Park small business IORIO Deli. Customers purchased Gilda's famous stuffed breads while Sherman School parents delivered them to their doorstep. The 5th grade luncheon received 10% of sales and kept the delivery tips. Sherman School PTA parent and Fundraiser Organizer,

Paula Santiago said, "The Sherman 5th grade luncheon thanks Gilda (cutest nonna ever) for supporting our children. Thank you to the community for supporting us; our parents had a great time delivering the stuffed breads!" Owner Gilda DeLorio was happy with the overwhelming response. "People love my stuffed breads because I put love in when I make them, just like my mother did in Italy when I was a kid."



(above) Suzanne Radulov, Heidy Rosa, Paula Santiago, Gilda DeLorio, Kristine Rottmann, and Joe DeLorio.

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ROTARY CLUB STUDENT OF THE MONTH DEEYA SHAH

Submitted by Bob Zeglarski

Deeya Shah of Roselle Park High School was named Rotary Roselle-Roselle Park's December Student of the Month. Ms. Shah is a current senior at Roselle Park High School. She was selected for this honor in the spirit of Rotary's motto, Service Above Self. Since middle school she has been a part of many organizations in and out of town and has volunteered several hundred hours.

Students of the Month is a project of The Rotary Club of Roselle Park coordinated by Rotarian Courtney Washington and funded through the club's fundraising efforts, a grant from Rotary International and the generosity of its members. Aside from giving the students an opportunity for public speaking, the club awards each student a plaque commemorating the honor and a gift certificate to Barnes and Noble.

In a recent meeting of the Rotary club, Deeya addressed those in attendance via Zoom. Here is some of what she said:

"Being president of Interact club, Future Health careers club, People of color alliance, Captain and president of the Robotics team, structural engineering team and Class of 2021 vice president it is a privilege to serve all in my community. Building support with many students and faculty has impacted the high school and has increased collaboration and ideas that may never come to life. Such as the High School Pantry. I noticed many students would sit at lunch and would not eat anything and this gave me an idea to use that small storage room in the cafeteria. I had a meeting that day after school with the P.O.C.A Club advisor and had proclaimed I would do anything to make that room into a pantry. I was eager to make this change because every child deserves to have 3 meals a day. It took many weeks and many students to help make this dream come true,



however, when the pantry opened up, I witnessed many students walking in the pantry and coming out smiling and grateful for this. This then made me realize how such a small impact in a community can make a huge difference. One day I foresee myself building a charity or volunteering for a life changing organization. As of now, once my journey comes to an end at this loving high school, I intend to continue my education and pursue chemical engineering."

For more information about Rotary Roselle-Roselle Park and membership in the organization, please visit roselle-roselleparkrotary.org



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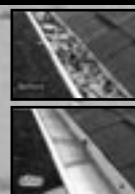
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ROSELLE PARK ACHIEVES SUSTAINABLE JERSEY CERTIFICATION

Sustainable Jersey representatives announced that Roselle Park has met the rigorous requirements to achieve Sustainable Jersey certification. Roselle Park is one of 55 towns that have attained certification in 2020 and will be honored at the Sustainable Jersey Virtual Awards Luncheon on Thursday, March 11, 2021. Sustainable Jersey's participating communities represent over 81 percent of the state's

municipalities.

"Thank you to Roselle Park's Green Team and Environmental Commission, especially to Michele LoManto, Green Team and Environmental Commission member and Sustainable Jersey Agent, for your work in ensuring Roselle Park's Sustainable Jersey Bronze certification. Here in Roselle Park, we believe in an environmentally responsible approach and we thank Sustainable Jersey for this recognition," said Roselle Park Mayor Joseph Signorello III.

To become Sustainable Jersey certified, Roselle Park submitted documentation to show it had completed a balance of two of the required sustainability actions, meeting a minimum of 150 action points. In addition to reaching 150 points, each certified community had to create a green team and select at least two out of 12 priority action options. Roselle Park met 210 action points and selected 3 of the 12 priority actions by completing a Natural Resource Inventory, Prescription Drug Safety and Disposal action and Sustainable Land Use Pledge.

"With nearly 90 percent of the New Jersey population living in a Sustainable Jersey community, we know our work at Sustainable Jersey has never been more important," said Randall Solomon, executive director of Sustainable Jersey. "Congratulations to the

municipalities that achieved certification in a very challenging year. Your hard work brings us closer to the goal of a sustainable New Jersey."

The Borough of Roselle Park registered with Sustainable Jersey and established the Green Team in 2018 when LoManto was placed in the leadership position. "I'm proud of the work we've done to be recognized by Sustainable Jersey as a Bronze Certified community for the third consecutive year. 2020 proved to be a most difficult year, one filled with many challenges, and we would not have accomplished this achievement without the support of our governing body and the efforts of our Green Team and Environmental Commission members. We look forward to seeing our borough continue on this path to sustainability."

ABOUT SUSTAINABLE JERSEY

Sustainable Jersey provides tools, training and financial incentives to support communities as they pursue sustainability programs. Sustainable Jersey participants (municipalities and schools) have successfully implemented and documented over 18,500 sustainability actions. Over \$5.9 million in grants has been provided by Sustainable Jersey to towns, school districts and schools for community-based projects that create healthy and sustainable communities in New Jersey. Visit online at SustainableJersey.com or SustainableJerseySchools.com.



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Edward Anthony Somma, MD
Internal Medicine

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

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

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

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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 and click on “Register as an Existing or New MRC Volunteer!”

COURSE ON DEALING WITH MENTAL ILLNESS

The NAMI Family-to-Family Education Course will be offered by the Union County Chapter of NAMI (National Alliance on Mental Illness). The course will be online via Zoom starting on Thursday evening, March 4 at 7 p.m., and meet each Thursday over a consecutive 8-week period. We ask that you be able to commit to the full series of dates through April 29, and be able to attend from a computer, tablet, or smartphone and attend with some sense of privacy.

The course is offered specifically to the parents, siblings, spouses, teenage and adult children, and significant others of individuals with severe and persistent mental illness. The program is not appropriate for individuals who, themselves, suffer from one of the major mental

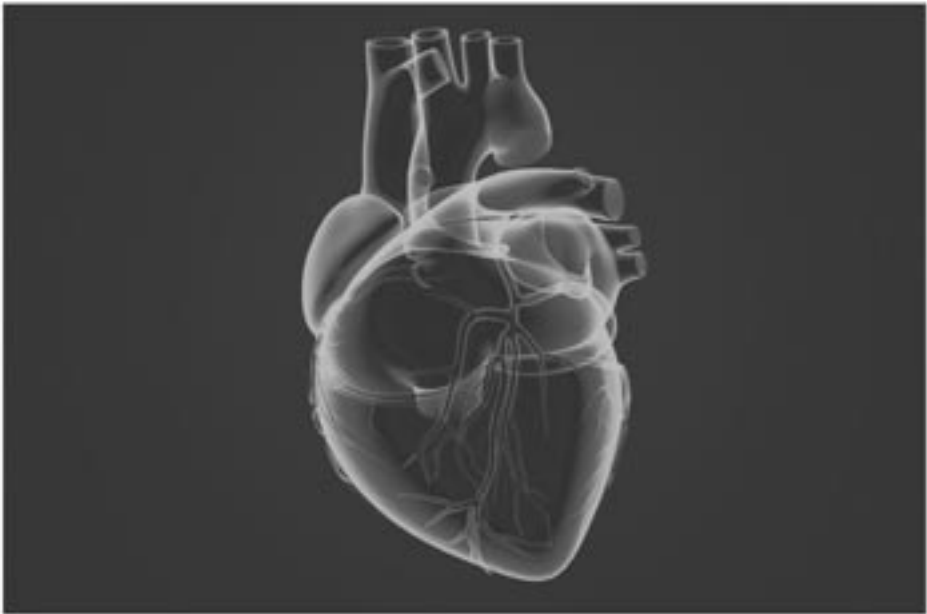
disorders. The course is taught by NAMI members who have completed intensive training.

Curriculum topics include: schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder, obsessive-compulsive disorder etc., the clinical treatment of these illnesses and how caregivers can learn to cope more effectively. Attendees will learn about new research, medications, skills needed to successfully communicate with a relative and how to deal with critical periods.

Capacity is limited. To register, or if you have questions, contact Pat Roman at 732-382-0762 or email patroman2@aol.com.

Please include in the subject line: “F2F Course”. A F2F teacher will contact you with the details.

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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.

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Here's what our patients have to say

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

- Patricia G.

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

- Perry O.

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

- Quentin L.

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1ST BABY BORN IN ROSELLE PARK IN 2021

Roselle Park 24/7 is proud to announce that Ava is the first baby born in Roselle Park in 2021. Ava, born on January 12, is the daughter of proud parents Brianah Bryant and Paul Joseph. Roselle Park's newest resident for 2021 will be presented a welcome basket of donated items from residents and small businesses.

Ava's mom Brianah was excited. "It's pretty cool that Ava is Roselle Park's 1st baby of 2021. We're thankful that the community took the time to show her recognition. We'll tell her all about it when she's older," she said.

Roselle Park 24/7 volunteer Joe DeIorio said, "Our organization loves programs that create community spirit and well being. It's who we are and what our community is all about."

For more information about Roselle Park 24/7 programs go to RosellePark247.org



(above) Ava, born on January 12, was the first baby born in Roselle Park in 2021.

ST. PATRICK'S DAY DINNER TO GO

The Church of the Assumption can't hold our Annual St. Patty's Day Dinner party this year, however, you can buy a delicious dinner to go for your family, and pick it up on Saturday, March 13 from 4-6:30 p.m. at Church of the Assumption, Loreti Hall. All proceeds will go towards the Church Air Conditioner Fund.

Dinners to go for 4 people will include, corn beef, cabbage, potatoes, carrots, and Irish soda bread. (Only available as dinner for 4. No individual servings.)

It is highly recommended that you order in advance, for our planning purposes, and to ensure that you can get a dinner. Or you can try your luck of the Irish on the day of and pay in person.

Please mail or drop off your check made payable to K of C Council # 3240, or pay by cash at the Church of the Assumption rectory.

Mail to: Church of the Assumption, 113 Chiego Pl., Roselle Park, NJ 07204. Include your name, and phone number.

BOYS & GIRLS CLUBS OF UNION COUNTY OFFERS VIRTUAL LEARNING WITH SUPPORT FROM THE SUMMIT FOUNDATION

Submitted by Lisa Sepetjian

Boys and Girls Clubs of Union County is pleased to announce the award of \$20,000 from The Summit Foundation to support our Virtual Learning Program. As parents/guardians return to work, students need a safe place for guided learning instruction. Most of the school districts in Union County are virtual since September and will likely continue throughout the entire school year. Students from districts in Union County are welcome to attend.

Our Virtual Learning Program provides guided virtual classroom instruction to those youth in Union County in need of a safe place during school time, Monday – Friday. In the current COVID-19 environment, youth need a space for virtual classes that meets CDC guidelines for sanitizing and social distancing. Most of the

school districts we serve have moved to a virtual classroom. Many families find themselves in need of a safe place for children to learn during the school day with high speed internet. Our Clubs in Union, Plainfield and Elizabeth have been completely reimagined and transformed to provide socially distant, individual learning modules for youth in need and to support working families. Professional Staff provides education enhancement and guidance during class sessions. Support from The Summit Foundation has made this transformation and program possible. Space is available for students. Please contact your local site for information. Union: 908-687-2697; Plainfield: 908-822-8672; Elizabeth: 908-351-3344.

“We are excited to meet the current needs of the communities we serve and offer this new Virtual Learning Program”, said Russell Triolo, CEO of Boys & Girls Clubs of Union County. “COVID-19 has changed how students learn and attend school; we are grateful to The Summit Foundation for their support, which allows us to provide programming to benefit our Clubs and youth in Union County”.

“Virtual School” and After-School programs are now open for our Union, Elizabeth, and Plainfield Clubs. Contact us at 908-687-2697 for information and registration. Aquatics, stroke development, and water safety instruction is

available at our Union Club. Teen Leadership Club programs are available in Plainfield, Elizabeth, and Union. Teen members participate in character, leadership, career preparation and community service activities throughout the year.

THE SUMMIT FOUNDATION

The Summit Foundation fosters philanthropy by identifying local needs and offering donors flexible ways to make a difference in the lives of their neighbors. Since 2010, it has awarded \$6 million through more than 430 competitive grants to tax-exempt organizations that serve the area.

BOYS & GIRLS CLUBS OF UNION COUNTY

Boys & Girls Clubs of Union County seek to inspire and enable young people, who need them most, to realize their full potential and have provided opportunity for youth since 1955. They are part of a national network of some 4,000 neighborhood-based facilities, Boys & Girls Clubs of America, which serves more than 4.6 million young people annually, in all 50 states and on U.S. military bases worldwide. Clubs provide guidance-oriented character development programs on a daily basis for children 6-18 years old, conducted by a full-time professional staff. Key Boys & Girls Club programs emphasize leadership development, education and career exploration, financial literacy, health and life skills, the arts, sports, fitness and recreation, and family outreach.



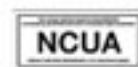
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ROSELLE PARK VETERANS MEMORIAL LIBRARY NEWS

The library's construction project is almost complete and we are looking forward to welcoming you back to the library this spring! We are doing a lot of work behind the scenes to bring you fun interactive videos, craft projects, events on the library lawn, and more! Be sure to check our website, roselleparklibrary.org for all of the latest information on library programs and events. The library's lobby is open for book pickup and your questions, Monday through Friday 10 a.m. - 5 p.m. and Saturdays 10 a.m. - 2 p.m. We look forward to seeing you soon!

STORYTIME AND LAPSIT STORYTIME:

The Roselle Park Veterans Memorial Library is proud to announce our weekly storytime videos for ages 1-5. Our interactive videos contain a fun Storytime experience with new movement songs, finger movement poems, and stories each week. Each Saturday, the videos are posted on the Roselle Park Veterans Memorial Library's

YouTube page, linked at roselleparklibrary.org. For more information, please reach out to Kayli Reyna, Youth Services Supervisor, kreyana@rosellepark.net.

2021 New Jersey Makers Day Event: Learn, Execute, Grow, and Operate

The Roselle Park Veterans Memorial Library will be hosting a New Jersey Makers Day event on March 20, 2021. The event is sponsored by the New Jersey Makers Day organization. This year's theme is architecture and buoyancy. Community members of all ages wishing to participate will be challenged to build a miniature boat that floats with the allotted building materials. RPVML is also a 2021 New Jersey Makers Day Grant recipient. Further information regarding the event will be officially announced at the end of February 2021 on the library's Facebook page:

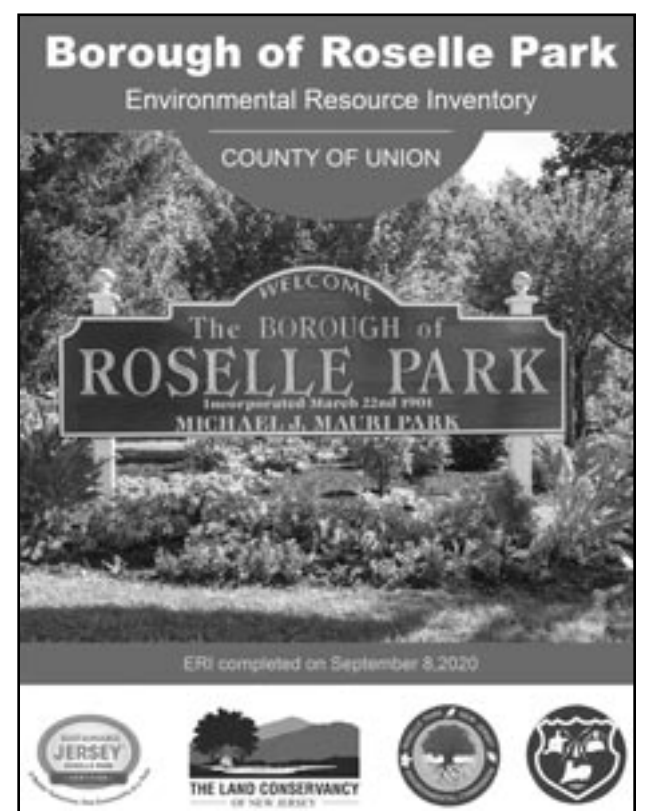
[/RoselleParkVeteransMemorialLibrary](https://www.facebook.com/RoselleParkVeteransMemorialLibrary)

RP ENVIRONMENTAL RESOURCE INVENTORY

Submitted by Michele LoManto

Roselle Park's Green Team and Environmental Commission are pleased to announce that the Borough's first ever Environmental Resource Inventory (ERI) was completed. This ERI was made possible through Sustainable Jersey and a \$10,000 grant funded by the PSEG Foundation.

Barbara Davis of The Land Conservancy of New Jersey provided a presentation to explain the purpose of this inventory which will help inform municipal planning decisions for years to come. The presentation can be downloaded from the Borough website, rosellepark.net.



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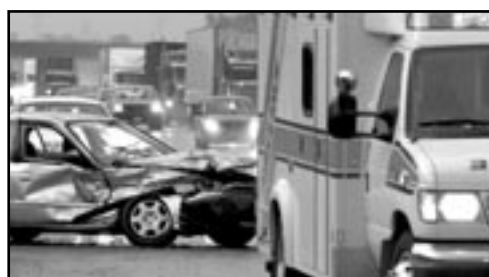
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NEW JERSEY OUTDOORS: ARCHIVE NOW AVAILABLE ONLINE

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.



(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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GRAB YOUR PASSPORT AND LET'S GO TORAHWAY'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 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 for more information

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FAMILY CAREGIVERS WEATHERING COVID-19

Submitted by Erin Jerome

Having reached a dead end in his career, Thomas Corea decided to become a stay-home dad when his son, TJ, was 18 months old. Not long after that, he and his wife, Carol, discovered TJ was on the autistic spectrum. Thomas Corea has been the family caregiver for his son, now 26, ever since.

While Thomas Corea is a very positive person – he is a musician by trade – he often found it daunting to deal with the system that is in place to provide people with disabilities and their families the supports they need.

“Unless you stand on a mountain and scream, you get nothing,” he said. “You try to keep your head above water and their head above water to keep them safe.”

According to estimates from the National Alliance for Caregiving, 65.7 million Americans serve as family caregivers for an ill relative or a relative with a disability. Per the Administration for Community Living, research indicates family caregiving takes a significant emotional, physical and financial toll. With nearly half of all caregivers over the age 50, many are vulnerable to a decline in their own health, they say. Studies show that coordinated support services can reduce caregiver depression, anxiety and stress.

To ease that stress, Thomas Corea turned to Community Access Unlimited, first for direct support services while TJ was in school, then for respite services when he turned 21. Monique St. Claire is the family’s support counselor, providing the family with 6.5 hours of respite support one day each week. St. Claire takes TJ on short trips, such as to outside events.

“TJ’s mother and father need a break because he takes a lot to handle,” St. Claire said. “I’m getting him out of the house and giving his parents respite...He gets frustrated when he doesn’t get what he wants. But I can reason with him and then he says with a sweet voice, ‘Okay.’ It’s very endearing.”

St. Claire’s support became even more important when Covid-19 hit the United States and all TJ’s other supports stopped. St. Claire is back to visiting weekly.

“He lost all his routine,” Thomas Corea said. “He lost his sense of day and night. He needs constant attention...Now that he has it back, he’s back to normal.”

CAU plays a major support role for thousands of family caregivers and has not abated its services during Covid. Yet the agency is facing

drastic increases in expenses related to the pandemic and is asking for help.

“CAU is working hard to keep our members and staff safe during the pandemic and we continue to incur significant expenses, such as personal protection equipment,” said Bernadette Griswold. “We are asking people to consider becoming a monthly donor – 100 percent of their donations will support ongoing safety measures and program expenses as we continue to support individuals and families with special needs in New Jersey.”

Griswold said there are three ways people can support the agency: volunteering their time, advocating for CAU members, or donating directly via the agency’s website or choosing CAU as their charity of choice on Amazon Smile and eBay for Charity. To learn more, visit caunj.org/support-us/.

To learn more about CAU, visit caunj.org or follow the agency on Facebook, Twitter and Instagram. Learn more about supporting the agency and become a monthly donor at caunj.org/support-us/.

CAU is Hiring! Community Access Unlimited continues to expand and we have a number of full time and part time openings available. Contact our HR department at 908-354-3040 ext. 4203 to learn more! For a full list of available positions, visit caunj.org

ABOUT COMMUNITY ACCESS UNLIMITED

Community Access Unlimited (CAU), celebrating more than 40 years in 2020, supports people with special needs in achieving real lives in the community. CAU provides support and gives voice to adults and youth who traditionally have little support and no voice in society. CAU helps people with housing, life skills, employment, money management, socialization and civic activities. CAU also supports opportunities for advocacy through training in assertiveness, decision-making and civil right. CAU currently serves more than 5,000 individuals and families, with the number served growing each year. For more information about CAU and its services, contact us by phone at 908-354-3040, online at caunj.org or by mail at 80 West Grand Street, Elizabeth, NJ 07202.



(above, l-r) Monique St. Claire, support counselor at Community Access Unlimited, poses with one of the families she supports, TJ, Carol and Thomas Corea.

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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/. 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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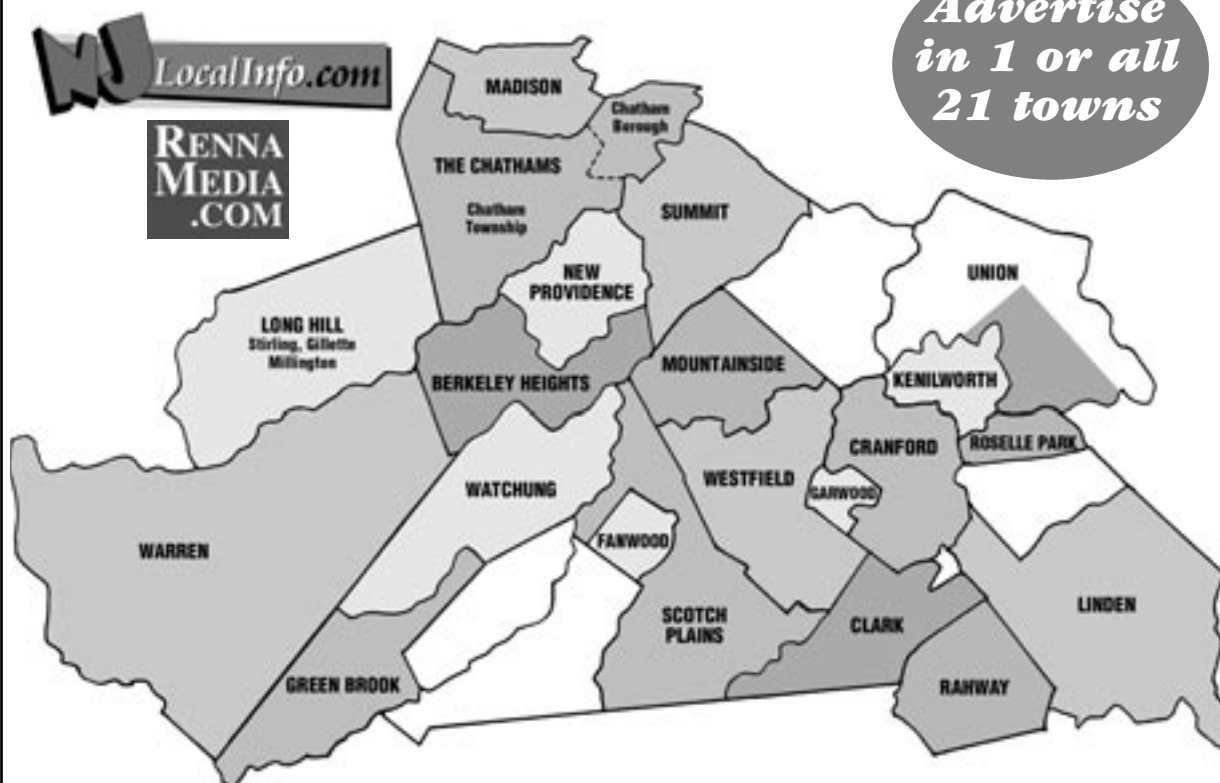
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- **Starter Website: \$500**

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**

Custom tailored solutions: Google Ranking, Local SEO, Social Marketing


**STARTER
WEBSITE
\$500**

**Call for free a consultation if you need
help developing an online marketing plan.**

Joe Renna at 908-447-1295
email: JoeRenna@RennaMedia.com

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