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HISPANIC HERITAGE MONTH CELEBRATION

Rahway Public Schools

Sun-filled blue skies and moderate fall temperatures created the perfect atmosphere for Grover Cleveland's Hispanic Heritage Month Celebration on Saturday, October 16th.

Over the last month, beginning on September 15th, Grover students and staff engaged in various activities to celebrate and acknowledge the contributions that people of Latinx have made to our society. This year 2021 national celebration took place from September 15th through October 15th. The origins of Hispanic Heritage Month dates back to 1968 when it was celebrated for only a week. In 1988 it became a month-long celebration. September 15th is an important day as several Latin American countries celebrate their independence on that day.

With many of our students representing several Latin American countries, there is so much to celebrate. The culmination of the month-long celebration ended with a family fun day at Grover Cleveland. Staff, students, and their families had an opportunity to play games such as dominoes, a popular game widely played within the Latin community. The Grover families were seen playing an organized soccer game. Arts and crafts, music, displays from various countries, Zumba, and food brought our community together. Here are a few photos in case you missed it, it was a great time.

On behalf of Mr. Giambrone, he would like to thank the committee that organized the event, Ms. Dumani, Ms. Moncayo, Mr. Landy, Ms. Prutzman, Ms. Geis, and Ms. Plowman. He would also like to thank the PTA and all the staff that came out with their families. Most importantly, he would like to thank all of the Grover students and parents that came out to celebrate.

Photos by Rahway Public Schools



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NEW PLAY REUNITES TEACHER AND STUDENT

When Deirdre Louise MacNamara was a high school student, she performed in several plays at Roselle Catholic High School, directed by Maurice J. Moran. Now, MacNamara has written a play that will be performed in New York City, directed by Moran. "Order Up!" consists of five one-act plays that take place in a "typical NYC diner." It will run in November for a limited engagement in Manhattan.

Moran, a resident of Rahway, has been directing plays for New Jersey high schools, community theatres, and professional summer stock for 50 years. MacNamara, who grew up in Elizabeth, has acted in New York and New Jersey. Together, they had worked on several projects prior to the pandemic, including her one-woman show that she performed in Brooklyn and Greenwich Village.

"Order up!" is her first full-length play. Each act is titled with "diner speak," reflecting the intriguing descriptions servers use to communicate with the cook. "Blonde with Sand," for example, one of the plays, is "Coffee with milk and sugar." The other plays include "In the Weeds," "Blue Plate Special," "Adam and Eve on a Raft," and "Pittsburgh." Each play features characters who use the diner as a meeting place to discover the different meanings of love, from friendship and family to romance.



(above,l,r) Playwright and actress
Deirdre Louise MacNamara and director
Maurice J. Moran

"Order Up!" will run November 9 through November 14 at the Chain Theatre on 36th Street and 8th Avenue. For tickets and more information, visit the website at <https://frankie-co-productions.mailchimpsites.com>.

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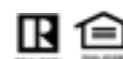
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PASTA BUFFET NOV. 14

Rahway Knights of Columbus Council #1147 is having an all you can eat pasta buffet on Sunday, November 14th, from 3 – 7 p.m., at the Columbian Club hall located on the corner of Jaques and Inman Aves. Cost is \$10.00. Proceeds will benefit the Merchant and Grover's Tavern renovation fund. Please come out and support this important cause.

THANK YOU,

This letter is in acknowledgement and appreciation for the tremendous job Council Person Vannie Deloris Parson did for the flood victims of that September Storm. Especially to those living in the Kennedy Apartments on West Grand Avenue.

Each and every night she and one of her staff would bring dinner to those staying in temporary housing. She also supplied them with a bed, linen, and whatever furniture she could muster up.

In my lifetime I have dealt with many council people, but never one who is so helpful and dedicated to her people in Rahway.

I hope she stays in this position as long as she can for the benefit of the Rahway community.

Sincerely,

J. Naddski

1st Vice Commander

Polish American Legion Veterans

SASHA POWELL SELECTED SCHOLASTIC KID REPORTER

Scholastic recently announced that Sasha Powell, a 7th grader from Rahway, NJ, has been selected to join the award-winning Scholastic Kids Press program, a team of 36 Kid Reporters from across the world that reports "news for kids, by kids."

During the 2021–22 school year, Sasha will interview leaders and experts in her community about the topics that matter most to kids. Kid Reporter stories are published on the Scholastic Kids Press website, and featured in select issues of Scholastic Magazines+, which reach more than 25 million students in U.S. classrooms.

Over the past two decades, Kid Reporters have made headlines covering major national and world events and interviewing influential figures, including prima ballerina, author, and actress Misty Copeland; children's author Varian Johnson; pediatrician and director of the Vaccine Education Center at Children's Hospital of Philadelphia, Dr. Paul Offit; actress Millie Bobby Brown; former United States Vice President Mike Pence; and former First Lady and President of the United States, Michelle and Barack Obama.



On August 29 the city of Rahway held their 2nd Annual Diner En Blanc, Soiree on Cherry Street. It was a perfect and beautiful evening with 20+ tables of entry participant's.

"An Elegant Evening with Billie Holiday" was the winner of the evening. Not only was there a life-size cut out of Billie Holiday in attendance, but her music was gently playing should you be standing near her. The table was dressed to the 10's, the wine glasses had a gold script letter of the first name of each diner at the table. There was much attention to detail when you see that even the water bottles were dressed in tuxedos!

A gift card and bragging rights for the most "creative entry" were announced and given to the winners Ms. Shirley McClary and Ms. Carol Cook.

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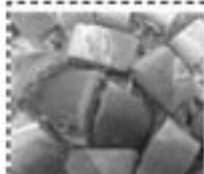
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US SPACE FORCE: GUARDIANS OF THE HIGH FRONTIER

Civil Air Patrol Cadet Program (NJ-102)

As we explore new horizons, the United States expands beyond what is imaginable. With the creation of the US Space Force, the country truly embodies the notion of “reaching for the stars”! On June 29, 2021, Captain “Bud” Jackson Composite Squadron (NJ-102) of the Civil Air Patrol (CAP), an Auxiliary of the United States Air Force, had special guest speakers from the US Space Force - Major Jose Almanzar and Captain Ronald Nguyen. In a virtual meeting of over 110 participants, including visitors from other CAP squadrons, attended and the speakers shared the goal and purpose of this new branch of the military, talked about their jobs, gave advice to the cadets considering the path and much more. There was time for a Q&A session, where the speakers provided valuable information towards a wide range of cadet/senior member questions. Cadets took away extensive information to inspire them about this new exciting path of space research and operations.

Headquartered at the Pentagon, the US Space Force is an independent branch of the military that was carved out of the Air Force in December 2019. With their Command motto as “Guardians of the High Frontier”, the US Space Force is considered a critical asset, impacting everyday

life. Although it is currently the smallest of the US armed services, the Space Force is responsible for operating and defending military satellites and ground stations and supports communication and navigation on Earth. It provides a much needed position of strength, especially technology-wise, for protecting US interests in space or going on offense, if needed, in the future. Civilian life cannot survive without our space capabilities. Our military based missions are now largely supported by space operations. Additionally, as space tourism is about to lift off in the coming years, the US will have a growing space community.

As an empowerment message to the young cadets, Maj Almanzar and Capt Nguyen talked about the Space Force’s need for bold and diverse leaders with new ideas. They stressed the

importance of being exposed to STEM (Science, Technology, Engineering, and Math) experiences and education early on - “Always take advantage of opportunities presented to you and explore the growing areas of the Space Force. The sky is not the limit so it is your time to soar!”

The Civil Air Patrol (CAP) Cadet Program is open to all Middle School and High School students from ages 12 to 18. For more information about C.A.P., please contact the NJ-102 Squadron Commander, Captain Jose Vergara, at jose.vergara@njwg.cap.gov, or the NJ-102 Squadron Recruiting Officer, 1st Lt Josline Pinto, at josline.pinto@njwg.cap.gov. Visit the CAP National webpage at gocivilairpatrol.com or the NJ-102 squadron website at nj102.cap.gov. Also, be sure to check out the NJ-102 Squadron’s Facebook page at facebook.com/NJ102/.

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The Turkeys are Coming! THE TURKEYS ARE COMING!

Leaves are turning beautiful colors, scarecrows and pumpkins are popping up replacing witches and goblins. Now thoughts turn to the smell of turkeys in the oven and pumpkin pies baking, with hot potatoes being mashed. Everything you need for celebrating your Thanksgiving in your current or new home with family for probably the first time in two years.

As always I am sure you will protect your family by being vaccinated or at least masked. Things are improving but we all need to still be vigilant and protect ourselves, family and friends so we can all still be here together for Christmas 2021 and Thanksgiving 2022.

It's like protecting your home with a new roof, or painting to protect the exterior, or for the family getting a shot for the kids against measles or the flu. It's just common sense so as long the work is approved by the industry for roofing or painting, then the same applies to vaccines if approved by the CDC and FDA.

Interest rates are still at very competitive levels, prices are still strong for selling and inventory is still tight but there are still opportunities constantly available to gobble up. You simply need a strong agent to help keep an eye out on the market and be able to move quickly with the right guidance. You will find my experience, reputation and knowledge will be the right recipe for buying or selling, for residential, commercial, leasing or project assembly.

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Michael D. Boll, Director

New Jersey Veterans Network

For the last few years the New Jersey Veterans Network and its mobile outreach team has been aggressively seeking out veterans in need and providing them resources to have a better way of life. This is only possible because of our volunteers' commitment and dedication with helping our veteran community. Donations are wonderful and help us purchase food, clothing, medical equipment and other life changing items, however someone's time is what makes an enormous difference.

During our charity's existence, we have provided meals for thousands of veterans and servicemen, dropped off PPE and clothing to veterans, provided medical equipment for disabled veterans, had 30 cars donated to disabled veterans, and most importantly we successfully saved the lives of veterans who were in some type of a dangerous crisis.

Every day we lose approximately 22 veterans to suicide and unfortunately this number hasn't changed over the years. Depression, PTSD and

trauma run extremely high among our veterans and their family members. There are countless lifesaving programs out there for veterans, however it's a difficult task to get veterans to trust others and go get the help they need to live a better life.

The New Jersey Veterans Network also has a program called Operation Rebound that consists of a mobile outreach team that helps to train veterans for events like races, hiking, and other athletic activities. The goal of Operation Rebound is to do athletic events from 5k races to long distance Iron Man competitions in order to empower the veterans and show the public how people can do amazing things with the proper support. It is truly incredible to see the veterans go from no physical activity to completing these tremendous athletic challenges.

Our charity has been able to work alongside other amazing charities that always put veterans first and are capable of rapidly providing them with essential resources. Recently, we formed a veteran anti-suicide and PTSD awareness coalition, called Uniformed Heroes, that will

provide peer support sponsors for any veteran in need. Our peer support sponsors will be trained by the VA and Penn Med and our goal is to have volunteers statewide to help veterans in need.

To make this upcoming Uniformed Heroes campaign successful, we are in desperate need of volunteers from both the veteran and civilian communities. There are numerous events and daily tasks that our charity could use assistance with and we are always looking to have more volunteers willing to help us reach veterans in need.

Our goal is to provide all veterans in need with a peer support sponsor that will do whatever they can to help veterans with obtaining the resources needed to live a better life. This is not an easy thing to do, but the New Jersey Veterans Network has already been able to make a huge difference because of the team's volunteers and its strong partnerships with other charities.

If you are interested in joining the team, please send us an email at NJVN1775@gmail.com and provide your name, email, and phone number. Also, if you have any questions, and concerns please feel free to contact us at 973-332-1556.



(above) Memorial Day Murph Event

Photos by New Jersey Veterans Network

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If Knee Surgery Sounds Scary, It Should

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

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

Consider This Alternative To Surgery

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

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

How Does This New Treatment Work?

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



REST IN PEACE DONALD MACE

April 17, 1963 - October 10, 2021

All of us here at Budget Print, Clark, NJ, mourn the loss of our dear friend and co-worker of over 30 years, Donald "Donny" Mace. Donny left his mark on not only his coworkers, but on the customers he served—many of whom regularly asked about him. Everyone who knew Donny became very fond of him and his great sense of humor. But Donny loved more than a good laugh—he was an avid lover of music, movies, and the arts his whole life. Above all these, Donny was a lifelong Mets fan. One close friend recalls how Donny stormed the field at Shea Stadium among thousands of exhilarated fans after the Mets clinched the 1986 World Series pennant.

Not only was Donny a loving father and reliable, hardworking employee at Budget Print, but he was like family to all who work here. His integrity, loyalty, and honest character were truly unmatched. He will be dearly missed by all who knew and loved him.

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

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- Patricia G.

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

- Perry O.

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

- Question L.

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MEMORY OF CAITLIN NELSON HONORED DURING CELEBRATION OF LIFE

NJ Sharing Network

On September 12, thousands of walkers, runners and volunteers participated in NJ Sharing Network's 5K Celebration of Life Walk and USATF Certified Race at the organization's headquarters in New Providence, NJ. The event, which was presented by Hackensack Meridian Health and Pfizer and supported by dozens of other generous sponsors, honored those who gave the gift of organ and tissue, paid tribute to those who have received a transplant, offered hope to

those currently waiting for a transplant and remembered the lives lost while waiting for the gift of life.

Family members and friends of the late Caitlin Nelson, 20, of Clark, NJ, gathered together to form the "Caitlin Gives" 5K team to honor her memory and show their support for NJ Sharing Network's life-saving mission. Caitlin, who tragically passed away in 2017, was an organ and tissue donor who saved and enhanced the lives of many others. Caitlin was a social work student hoping to be a pediatric oncology social worker and she was also a huge proponent of organ donation. At one time prior to her tragic accident, Caitlin told her mother to donate her organs if anything ever happened to her because she said someone could use them. Members of "Caitlin Gives" offered the following message during the 5K Celebration of Life:

Caitlin was a selfless, loving, amazing, warm-hearted girl who was one month shy of celebrating her 21st birthday when she tragically passed away. Her passion for life and devotion to helping others was remarkable.

Caitlin's brilliant smile had this way of lighting up a room. She had an incredible, dazzling charm and a sweet, warm personality. She was a fervent

supporter of organ donation and strongly encouraged her family and friends to sign up to become organ donors. Caitlin gave the gift of life by donating her heart, lungs, kidneys, pancreas, and liver. She also donated over 200 bone and tissue grafts. Her gifts have already helped 50 people.

Our angel baby accomplished so much and touched so many lives in her 20 years. As a daughter, sister, girlfriend, cousin, friend, and niece, Caitlin will be missed terribly but will live on in our minds and hearts.

ABOUT NJ SHARING NETWORK

Dedicated to saving lives through organ and tissue donation, NJ Sharing Network is the non-profit organization responsible for the recovery and placement of donated organs and tissue for the nearly 4,000 New Jersey residents waiting for a life-saving transplant. With headquarters in New Providence, NJ, the organization, selected by NJBIZ as one of the state's "Best Places to Work" for the fourth consecutive year, is also part of the national recovery system, serving the 110,000 people on the national waiting list.

To learn more, get involved and register as an organ and tissue donor, visit www.NJSharingNetwork.org.



(above) Caitlin Nelson gave the gift of life by donating her heart, lungs, kidneys, pancreas, and liver. She also donated over 200 bone and tissue grafts. Her gifts have already helped 50 people.



(above) Family members and friends of the late Caitlin Nelson, 20, of Clark, NJ, gathered together to form the "Caitlin Gives" 5K team to honor her memory and show their support for NJ Sharing Network's life-saving mission

Photos by NJ Sharing Network

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FEEDING THE HUNGRY THIS HOLIDAY SEASON

Rahway Food For Friends

Patricia Carter is no stranger to acts of kindness. She believes “a community is only as strong as their support.” Ms. Carter dedicates her time to preparing and serving those in need with hot meals, over 180 meals weekly at Rahway Food For Friends (RFFF) Soup Kitchen located at First Presbyterian Church, 1731 Church St., Rahway, NJ. Since 2018, Patricia has served on the Executive Board of Rahway Food For Friends. The caring heart has expanded her efforts in giving back by organizing clothing, bedding, and winter coats at the soup kitchen since Hurricane Ida.

The soup kitchen is busier than ever now. Patricia and Rahway Food For Friends have increased their efforts, time, and energy to the growing needs of those during the holiday season. In addition to the Pandemic, which sent shockwaves through an already fragile food system in New Jersey, many are astonished at the bandwidth RFFF and Ms. Carter possesses.

Ushering in the fall and winter months, demands are placed on the soup kitchen more than ever.

Patricia Carter extends compassion and reassurance to all soup kitchen patrons. She is a two-time cancer survivor and credits the community of close friends and family propelling her through those difficult times. Ms. Carter hopes her “presence in this world will make a difference to the people [she] comes in contact with,” much like those who assisted in her time of need. She no longer has to hope, she is doing the work. True to her word, Patricia’s life reveals dedication. Known as a hard worker, she served as a Social Security Administrator for 34 years, serves on the Board of St. Mark AME Church in Cranford, NJ, and is currently a realtor, and proud mother of Sabrina Carter, a recent college graduate of Morgan State University. Patricia is aware that she cannot fix all the problems in the world, but she can be a catalyst in propelling all those in contact with her to greater heights. Her life has proven this to be true.



(above) Patricia Carter,
Rahway Food For Friends volunteer.

With growing needs around the holiday season, Rahway Food For Friends and Patricia Carter need your help. Rahway Food For Friends is seeking donations for this holiday season. During Thanksgiving, Christmas, Hanukkah, Kwanza, RFFF hosts their annual hot buffet-style meals served at First Presbyterian Church, 1731 Church St., Rahway, NJ. As Covid cases surged last holiday season, RFFF is prepared if it happens again, while responding to the tremendous need during the fall and winter months.

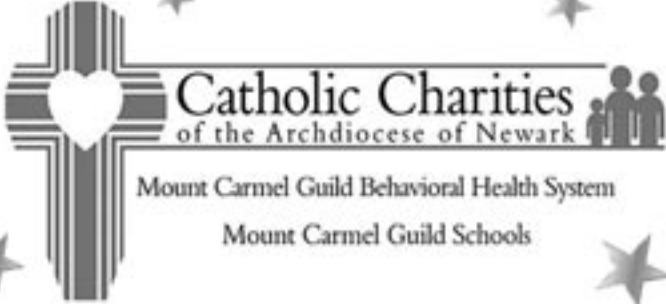
Monetary donations are always the preferred option. It gives the soup kitchen the option to buy foods that are needed. Let’s continue to serve our community in need! Please don’t hesitate to reach out to volunteer or donate in the form of monetary contributions, non-perishables, food items, toiletries, baby products, miscellaneous personal items (i.e., soap, toothbrushes, etc.).

Rahway Food for Friends needs all helping hands and donations which have become depleted due to increased needs brought about by the COVID-19 pandemic.

For more information about donations please email: rahwayfoodforfriends@gmail.com


Make all checks payable to and mail: Rahway Food For Friends, Inc., P.O. Box 1882, Rahway, NJ 07065.

Thank you for all your support. We appreciate all of you. Be Well and Stay Safe.



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IMAGINE IS SEEKING VOLUNTEER FACILITATORS

Imagine, A Center for Coping with Loss offers free peer grief support groups for grieving families that are facilitated by a wonderful group of trained volunteers. Imagine's volunteers are an essential part of Imagine's programs and they're looking to grow their community of facilitators. Are you interested in joining Imagine's team of volunteers? If so, we'd like to tell you more about Imagine's programs.

Imagine offers free peer support groups for children ages 3-18 who have experienced the death of a parent, sibling or close family member. Groups are also available for young adults ages 18-30, and for the parents and guardians of the children in the program. Groups for Spanish speaking bereaved adults are also available. All groups are currently being held virtually, with some set to transition to in-person as soon as it is

safe to do so. Other groups will remain virtual.

Support groups are facilitated by trained adult volunteers who attend a three-day training totaling 24 hours, as well as regular continuing education. Volunteers come from all walks of life and no special background is required other than a willingness to listen, a heart inclined to serve, and the ability to be with children and adults in grief without trying to fix, solve or give advice. No prior experience is necessary. Volunteers must be 21 years or older. Bilingual (Spanish speaking) volunteers are needed as well. Volunteers serve as companions and loving listeners for those who are grieving and help create a space where participants can share tears and embrace the joys of life.

"In order to continue to grow our English and Spanish speaking programs, we need to constantly recruit and train new volunteer facilitators," said Veronica Ortiz, Imagine Program Manager. "Our programs are growing

because of the great need in this community, especially in the wake of the Covid-19 pandemic. Over 220 children and adults have been participating in our virtual support groups this year. We have recently launched a new program year, but there is more demand for our programs than we're able to meet with our current number of facilitators. Doing this additional training will ensure that no child will ever have to wait to get the support they need."

Are you interested in joining Imagine's incredible community of volunteers and help us eliminate a wait list for our groups? Imagine is planning to offer a virtual facilitator training from Friday, November 5 through Sunday, November 7 from 9 a.m. - 5 p.m. each day. An interview is required prior to the training, so please contact Imagine Training Manager, Jamie Saltamachia at jamie@imagineinnj.org to arrange a convenient interview time. If you have questions regarding the training, please call 908-264-3100.



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SWEET POTATOES

SWEET POTATOES (IPOMOEA BATATAS)

Sweet Potatoes belong to a large family of tropical vines, many with thick fleshy roots which includes Morning Glories. Today 'sweet potato vines' are a popular ornamental plant used by gardeners in pots to add trailing interest in an arrangement, often referred to as a 'spiller'. These are not good sweet potatoes for eating because they are too hard to chew and lack flavor.

HISTORY OF SWEET POTATOES

Our popular edible orange or purple Sweet Potatoes have been cultivated in Central and South America for over five thousand years. There are also white and yellow varieties. Researchers believe its origin was in the Andes Mountains where it was grown by the ancient Peruvian people in what became the Inca Empire. The great Inca Empire survived for centuries before the arrival of Columbus and his compatriots.

The Spanish Europeans believing anyone who was not a Catholic was fair game plundered the New World. The Conquistadors stole shiploads of gold and silver and shipped it home to Spain.

On Columbus' forth return journey to Spain he also bought back to Spain many of the vegetables we eat today. Potatoes, tomatoes and chili peppers to name a few. In the centuries to follow these New World foods were going to change and enrich the cuisines of the Old World, Europe and Asia.

There is at least one vegetable on our Thanksgiving Day tables that traveled without the help of Europeans, the sweet potato.

Researchers have discovered evidence that the sweet potato made the trip first from the mountains of Peru to the west coast of South America and from there began its incredible journey. The sweet potato traveled five thousand miles to the islands of Polynesia four hundred years before King Ferdinand and Isabella's ships landed in the Americas.

Capt. James Cook's crew picked up some of the root vegetables in Polynesia in 1769. Examining the genetic blueprint of Cook's sweet potatoes allowed scientist to trace the Polynesian Sweet Potato's evolution all the way back to Ecuador and Peru. Additional research suggests the sweet potato was a staple in Polynesian diets since 1,000 AD.

It is now well known that the Polynesians were



a mighty seafaring culture traveling hundreds or even thousands of miles for trade. Many scientists credit the Polynesian travelers for spreading the sweet potato on their trading expeditions.

Some researchers believe the sweet potato may have traveled without any human assistance, but was spread by birds carrying it in their wings or internally passing seeds through their bodies.

Today we add to the confusion by lumping sweet potatoes and yams together, often confusing the two. Actually, the two are not even related. Sweet Potatoes are from the morning glory family and Yams are related to lilies and grasses.

White potatoes are only distantly related to sweet potatoes. Although they both came from same region, white potatoes belong to the nightshade family (Solanaceae), which also includes many other important crops like peppers, tomatoes, tomatillos, eggplant, tobacco and others.

SWEET POTATOES ARE A SUPER FOOD

Today the edible sweet potatoes, especially the orange or purple type are highly nutritious and considered a super food. They are a great source of fiber, vitamins, and minerals. In order to get the highest benefit, it is important to eat the skin also.

Sweet Potatoes are rich in antioxidants that protect your body from free radicals. (Free radicals are unstable molecules that can damage DNA and trigger inflammation.) Eating them can help fight off chronic illnesses like cancer, heart disease, and aging.

As if these advantages aren't enough, the fiber



(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

and antioxidants in purple sweet potatoes are advantageous to stomach health. Sweet potatoes contain two types of fiber, soluble and insoluble.

Test-tube studies have found that antioxidants in purple sweet potatoes promote the growth of healthy stomach bacteria. Yellow sweet potatoes lack many of the benefits we are discussing in this article.

When the Portuguese introduced the sweet potatoes to Africa, they brought the white and yellow varieties. Today many humanitarian groups are introducing the orange sweet potatoes successfully increasing vitamin A intake in their daily diets. This has proven to cut mortality rates in Africa by 25 percent.

Sweet Potatoes are known to be beneficial to individuals with type 2 diabetes due to the high levels of magnesium and fiber, which can aid in reducing insulin resistance and stabilizing blood sugar. Talk to your doctor before adding them to your daily diet.

Happy Autumn Everyone,

James

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SCOUT EXECUTIVE SPEAKS TO ROTARY CLUB

Submitted by Dr. D. Michael Hart

Marc Andreo, the Scout Executive and CEO of the Patriot's Path Council, Boy Scouts of America spoke to the Rotary Club of Westfield on Tuesday, September 21, 2021. His topic was to update the club on the state of the local Scouting. The pandemic has decreased the scouting program somewhat, but it is still going strong, and they are planning to rebuild it to where it was before the shutdown.

Paul Harris, the man who started Rotary International in 1905, was great friends with James E. West who started the Boy Scouts of America in 1910. Paul gave advice on how to spread the program throughout the US, mirroring the way Rotary clubs were spreading. Both organizations have a lot of similarities, including an ethical code, teaching leadership skills, being

community based and service oriented. Rotary clubs currently charter 1,000 scout units across the US.

The Patriot's Path Council, BSA consists of 5 counties in northern New Jersey with more than 10,000 scouts and 4,000 adult volunteers. They are in the counties of Sussex, Morris, Somerset, Union and northern Middlesex. The headquarters in Cedar Knolls has only 25 full-time staff. There are two scout shops one in Cedar Knolls, and one in Mountainside.

The Council offers three Day Camps: at Watchung Reservation; Johnson Park, New Brunswick; and Camp Wheeler at Mt. Allamuchy Scout Reservation. The Council offers four overnight camping opportunities: Winnebago Scout Reservation in Rockaway, NJ; Mt. Allamuchy in Byram Township; Sabattis Adventure Camp in Long Lake NY, and the four national high adventure bases: The Summit in West Virginia; Northern Tier in Minnesota, Sea Base in the Florida Keys, and Philmont Scout Ranch in New Mexico.

Recent changes to the Scouts include welcoming girls to the Cub Scout and the legacy Boy Scout programs three years ago. The purpose was to include entire families in the activities. To accommodate this change, the "Boy Scout" program for ages 5th grade through age 18 was renamed the "Scouts BSA". The name of the parent organization remains the Boy Scouts of America. The Cub Scout program is for children from K through 5th grade; Scouts BSA is for children 5th grade through age 18. Other

programs have been coed for many decades, including Explorers - who explore career opportunities, Venture Crews - who go on high adventure trips, Sea Scouts who learn mariner skills, and a relatively new program - STEM- in which students explore science related careers. These last four programs welcome boys and girls from ages 14 to 21.

Cub Scout Dens may be all boy and all girl, or coed. Scouts BSA Troops are either all girl or all boy. This year there are 250,000 young women in the scouts, and 1,000 girls were the first graduating class of female Eagle Scouts. Only 4% of all scouts ever achieve the rank of Eagle, making it a mark of distinction.

The residents of Westfield are enthusiastic supporters of Scouting. There are 12 units: 7 Cub Scout Packs and 5 Scout Troops, with nearly 500 youth, which is double the national average. Last year the Patriots' Path Council recognized 315 Eagle Scouts and Scouts collectively earned more than 6,200 merit badges. The Rotary Club of Westfield has been a long time supporter of the Scouts. Several members are Eagle Scouts, and many of the children of Rotarians are in the Scouting program, and a number have earned the rank of Eagle. The club likes to support Eagle Service projects financially.

Scout Executive Marc Andreo asked the Rotarians to help spread the word about local Scouting. With units and camps open again, they are seeking more youth to join the local programs. Please visit beascout.org to locate a unit near you!

BAND SEEKS NEW MEMBERS

The Township of Union Municipal Band is back and is seeking new members to join the band! "Musicians of all ages are welcome," says director Howard Toplansky. "If you are a high school musician looking for extra practice or a retired professional who wants to get back into music, the municipal band is a perfect fit." The band is looking for new members who play any instrument. Out of towners are welcome.

The Township of Union Municipal Band rehearses on Monday evenings at Hannah Caldwell School. The band performs ten concerts throughout the year, including special concerts at Ehrhart Gardens and Putnam Manor.

Mr. Toplansky believes the municipal band contributes to the culture of the township, sharing that "the municipal band is one of Union's oldest traditions and is a great way to introduce members of the community to time-honored musical styles and compositions."

Musicians who are interested in joining the band should contact the Township of Union Recreation Department at 908-686-4200.



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DEPRESSION ERA BANK HEIST REMAINS UNSOLVED

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

Throughout the 1930s, notorious bandits such as John Dillinger, “Machine Gun” Kelly, and “Pretty Boy” Floyd were at the height of their infamy. News agencies would follow their criminal exploits and broadcast detailed stories containing the lurid accounts of their devilry. Although those particular fore-mentioned criminals operated in mid America, bank jobs were not restricted to the rural regions of the country. High stakes robberies were also being committed in towns and cities east of the Mississippi. Even in places like Rahway, New Jersey.

One such crime actually did take place in 1931 when four armed robbers entered the Citizens National Bank and absconded with over \$70,000 (nearly 1.25 million in 2021 dollars). The four crooks, plus their getaway driver, may never have reached the notoriety of a Bonnie and Clyde or a “Baby Face” Nelson, but they did out-do them in one very important respect – they never got caught.

At exactly 8:10 a.m. on Friday, November 13, an armored car arrived in front of the Citizens National Bank at the corner of Irving and Lewis Streets. J. H. Farrell, manager of the Gibbs and Hill Construction Company, got out of the vehicle carrying two heavy sacks. He was accompanied by two Rahway policemen. The Gibbs and Hill contractors had been working on electrifying the Pennsylvania Railroad for several months and each Friday Farrell came to the bank to deposit the payroll. Once he was safely inside, the police escorts were relieved of their duty.

According to eye witnesses, at 8:20, just ten minutes after the payroll was carried in, four neatly dressed men strolled into the building. Six bank employees and five patrons were in the lobby engaged in customary banking business. Without any apparent verbal signal, the four intruders drew their weapons and one of the robbers calmly announced, “If you utter a word or try to get away, you’ll get your head blown off.” A second robber lined everyone against a



(above) The Citizens National Bank of Rahway shortly after the robbery on the morning of November 13, 1931. The building, located on the corner of Irving and Lewis Streets, still stands.

wall while another kept an eye on the cashiers. The fourth, flourishing his revolver, went behind the teller cages to the area where the head teller, two women clerks, and Farrell were counting out the Gibbs and Hill payroll. Holding his gun on the surprised counters, the robber hastily scooped the piles of cash into waste baskets. As the money was being gathered, the employees and customers who were held in the lobby were quickly herded into a back room near the vault. Strangely, the robbers showed no interest in gaining access to the vault nor did they search individuals for cash or valuables. When the entire payroll was cleared off the counting table, the gunman told Farrell and the three bank employees to lie on the floor and to keep down for five minutes. He shouted to his accomplices, and the men hurried out the front door. Once outside, they jumped into a large, black sedan driven by a fifth man, sped south down Irving Street, skidded left onto Milton Avenue, and raced toward State Highway 25 (now U.S. 1&9).

The entire heist took less than five minutes.

The bank had no alarm system. By the time one of the cashiers telephoned police headquarters, the robbers were away from the scene and long gone. After the police arrived at the bank and assessed the situation, they flashed an alarm across the state over their new teletype system. The ensuing search for the perpetrators would weave an unusual story of escape - one filled with miscalculation and luck.

The next day, an abandoned black sedan was found far off a back road outside of town near Lambert’s Dock on the Rahway River. The vehicle was discovered by two men who were hunting rabbits in the wooded fields of the Bayway oil refinery property. The men also found a bag containing three loaded pistols, packages of cartridges, and a man’s overcoat. A 32-foot speedboat, its propeller buried in the soft mud, was found on the Linden side of the river. It was later learned that the boat had been reported stolen. The police also received a tip that two suspicious looking men, who appeared to be carrying money bags, had been seen getting out of a car in Newark. It was noted that after they alighted, a young man slid onto the driver’s seat and drove off. A teen was later arrested at his home in Elizabeth when it was established that his license plate matched the car seen in Newark. The 17-year-old spent a night in jail, but was released when the account of his innocent involvement in the case was corroborated.

In the days and weeks that followed, the police pierced together the scenario of how the robbers had made their escape. They believed that the robbers must have spent several weeks casing the bank and that the Gibbs and Hall payroll was their sole target. The robbers knew the exact time the payroll was always delivered, the routine of the police escort, and even the layout of the bank. Their plan was to get away in the motorboat while police roadblocks were positioned on the highway. However, when the robbers discovered the motor boat had sunk during the low tide and could not be started, they set out on foot in the direction of the highway. Unfamiliar with the terrain, they soon found themselves sloshing through the muddy water of the marshland. But then luck struck for the assailants. They spied a vehicle parked on a dirt road next to the fields where a young driver was waiting for his father and uncle to return from hunting rabbits. The men, wet to the waist, got in the car, and with one of the men taking the wheel, drove to Newark. It is likely some of the gang left the car and split up during the trip. Upon reaching the big city, the remaining robbers gave the youth \$100.00 of the stolen money and told him to take his time going back.

Numerous clues would turn up, Rogues Gallery photos were examined by those who were present in the bank, and some men were taken into custody; in the end however, no one was charged. The culprits of the greatest robbery in the annals of Rahway history were never brought to justice.

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HEALTHY HABITS CAN REDUCE CHILDHOOD OBESITY

The Gateway Family YMCA

For Childhood Obesity Awareness Month, The Gateway Family YMCA is working to inform the community of healthy program options. While the dangers of childhood obesity are well chronicled, many families need support changing their families' habits with the goal of overweight and obese children obtaining and maintaining a healthy weight. Childhood obesity and wellness is even more of a concern during the Covid-19 global pandemic, where social distancing often became a sedentary lifestyle change. That is why The Gateway Family YMCA — a leading community-based organization dedicated to improving health—wants families to understand the dangers of childhood obesity and ways to reverse course through improved eating habits and increased physical activity.

According to the Centers for Disease Control and Prevention (CDC), the prevalence of obesity has remained stable at about 17 percent and affects about 12.7 million children and adolescents. Today, obesity affects one in six children and one in three are overweight, which poses greater risks for many health problems such as type 2 diabetes, high blood pressure, high cholesterol and some cancers. Here in New Jersey, 31% of children ages 10-17 years old are overweight or obese, according to childhealthdata.org[1].

The Gateway Family YMCA is helping families improve their health and potentially reduce the impact of childhood obesity through healthy living program for youth and families. While outside support is key, developing healthy habits begins at home. The following tips are



some great ways to incorporate healthier eating habits and more physical activity and into your daily family routine:

- **Eat & Drink Healthy:** Make water the drink of choice and encourage everyone to fill half their plates with fruits and vegetables by offering two or three colorful options at every meal. As a family choose a new fruit and veggie every week to taste together. Place a full pitcher of water on the table during meals and allow children to pour their own water. Keep full water bottles available in the car and back packs.
- **Play Every Day/Go Outside:** Children should have at least an hour a day of unstructured play outside (when possible) and break a sweat at least three times a week by getting 20 minutes or more of vigorous physical activity. Join your children in games that get your hearts pumping and bodies moving.
- **Get Together:** Eat as a family as frequently as possible. Involve kids in meal planning, preparation and clean up. In addition, adults should take a break from electronics and

spend one-to-one time each day with their kids, enjoying one another's company.

- **Reduce Recreational Screen Time:** Time spent in front of a television, computer, tablet, cell phone or video games should be limited to two hours or less per day. Make a family plan to reduce screen time at home (i.e. turn off screens during meals, charge electronics/screens in the kitchen overnight, go for a walk after a meal, set a timer to remind you to power down the screen).
- **Sleep Well:** Kids and adults need to keep a regular sleep schedule; unwind together in the evenings by reading a book or listening to soft music to ensure the body is preparing for sleep. Kids are growing and need 10-12 hours of healthy sleep per night and seven to eight hours for adults.

The Gateway Family YMCA is a 501(c)(3) non-profit, health and community service organization of caring staff and volunteers dedicated to strengthening community and stands For Youth Development, For Healthy Living and For Social Responsibility. The Gateway Family YMCA impacts the community by providing quality services to people of all ages, races, faith or incomes. The Y doesn't just strengthen bodies — it strengthens people, families and communities.

To learn more about The Gateway Family YMCA's Healthy Living programs, please visit www.tgfymca.org or contact the Elizabeth Branch at 908-355-9622, Five Points Branch 908-688-9622, Rahway Branch 732-388-0057, Wellness Center Branch 908-349-9622 or WISE Center YMCA Branch 908-687-2995.

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Students in Mrs. Alicia Scipioni's second-grade class at Franklin Elementary School in Rahway were excited to earn reading medals and prizes from their principal, Dr. Aleya Shoieb as an incentive for completing their September Reading Log.

All students in the school are encouraged to read every night for at least twenty minutes and to complete a reading log every month to enhance their reading skills. These amazing students said they can't wait to get started on their next log.

Franklin School received six free tablets through a Donors Choose grant and they will be raffling them off throughout the year. Students that complete their reading logs are eligible for a chance to win one. What a great way to promote reading!



(above, l-r) Joseph, Taj, Gabriella, Shawn, Uma, Timothy, and principal, Dr. Aleya Shoieb

Photo by Rahway Public Schools

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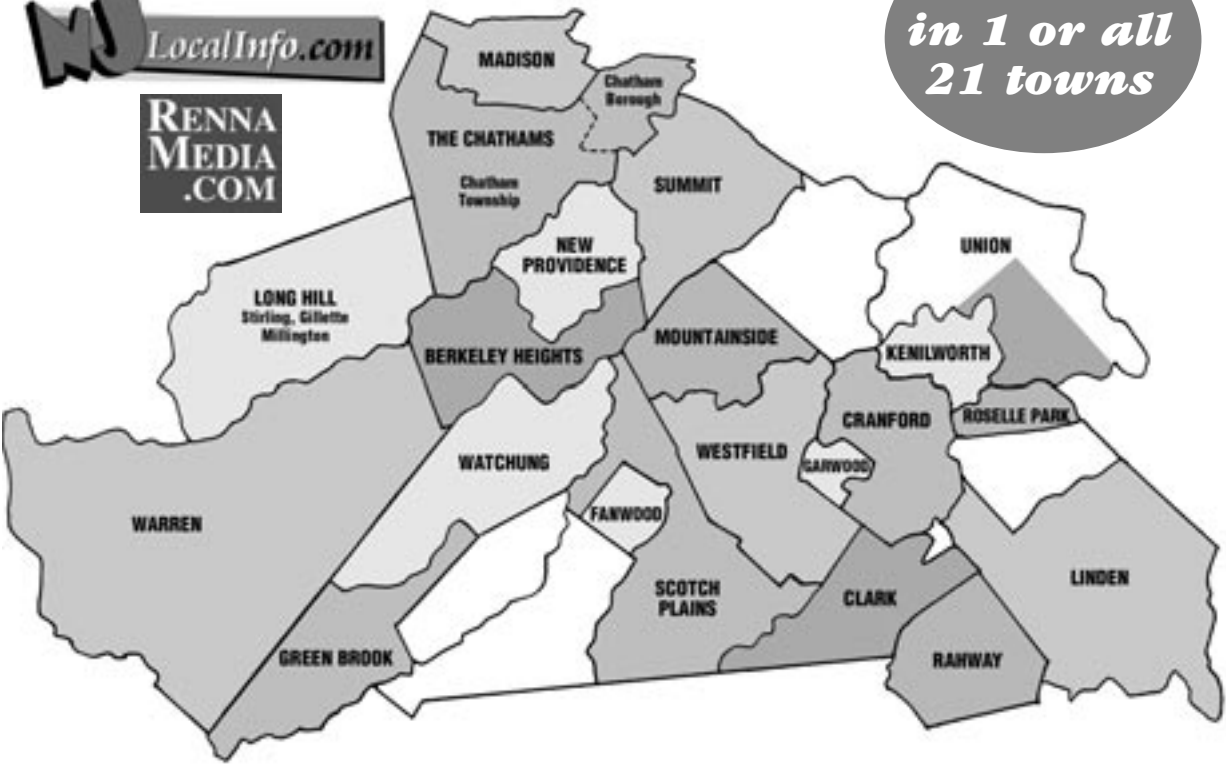
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Sebastián Heredia has been awarded the 2021 Patriots' Path Sea Scout Leadership Award. Sebastián is a Sea Scout from Ship 228 in Linden and he is an Eagle Scout from Troop 67 of St. Teresa of Avila Catholic Church in Summit.

Sebastián discovered Sea Scouting in 2017 and has been dual enrolled in Ship 228 and Troop 67 ever since. In 2019, Sebastián was nominated Sea Scout of the Year and he was the only Sea Scout from Patriots' Path Council to attend the World Scout Jamboree in West Virginia as a member of the National Sea Scout Ship. At the World Scout Jamboree, 40,00 Scouts and leaders participated from all over the world.

Sebastián earned his Eagle rank in 2019 and later earned the Silver Palm award. He is a Brotherhood member of the Order of the Arrow. Sebastián graduated from Summit High School in 2020 and went on to become an EMT. He is a member of the Summit Volunteer First Aid Squad.

Currently, Sebastián serves as the Patriots' Path Council Boatswain. In 2021, he carried out a successful regional, virtual training program and was selected for this Area Leadership Award. He was also selected to attend SEAL this summer: the Sea Scout Advanced Leadership Training in San Francisco, California. SEAL Training is the highest leadership training for Sea Scouts. He is working to earn the rank of Quartermaster which is Sea Scouting's highest honor.

Sebastián is accepted to SUNY Maritime College and will enter the Regiment of Cadets in August. His goal is to obtain a United States



(above) Sebastián Heredia has been awarded the 2021 Patriots' Path Sea Scout Leadership Award.

Coast Guard deck license and a degree in Maritime Transportation. His future plans hope to include military service. He is grateful for all of the opportunities that have been granted to him through Scouting.

Sea Scouting is open to both male and female youth ages 14-21 who have graduated the 8th grade. There is a Maritime Explorer Club for younger youth in 6th to 8th grade. Adult volunteers with maritime experience or captain's licenses are needed too. If you are interested in learning more about Sea Scouting and Ship 228 in Linden please visit ship228.com.

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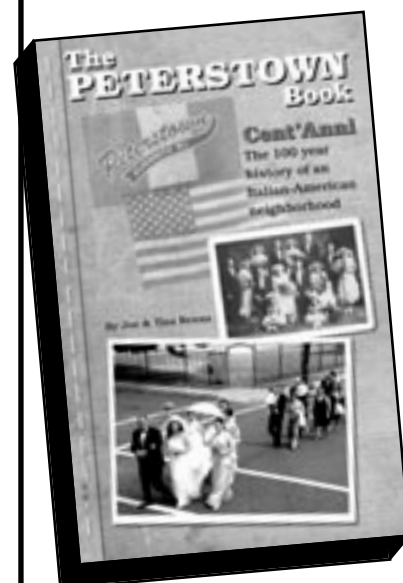
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Dab (16oz) cans	24pk	\$21.99
Dogfish Head 60 min.	24pk	\$35.99
Heineken/Heineken Lite bottles	24pk	\$29.99
Land Shark	24pk	\$26.99
Lech (500ml)	20pk	\$28.99
Modelo Especial cans	12pk	\$15.99
New Belgium Fat Tire	24pk	\$34.99
Pabst Blue Ribbon cans	30pk	\$19.99
Pilsner Urquell	24pk	\$30.99
Sagres	24pk	\$24.99
Sam Adams Boston Lager	24pk	\$33.99
Stella Artois loose bottles	24pk	\$29.99
Yuengling Lager bottles	24pk	\$20.99
Zywiec (11.2oz)	24pk	\$20.99

WINE

Bartenura Moscato	750ml	\$11.99
Barone Fini Pinot Grigio	750ml	\$11.99
Beringer White Zinfandel	750ml	\$ 5.99
Beringer White Zinfandel	1.5L	\$ 9.49
Black Box (All Types)	3L	\$19.99
Carnivor Cabernet Sauvignon	750ml	\$10.99
Casal Garcia Vinho Verde	1L	\$ 5.99
Cavit (All Types)	1.5L	\$14.99
Clos du Bois Chardonnay	1.5 L	\$19.99
Dom Perignon	750ml	\$189.99
Dreaming Tree (All Types)	750ml	\$12.99
Ecco Domani Pinot Grigio	750ml	\$ 9.99
Fish Eye (All Types)	1.5L	\$ 9.95
Freixenet Brut, Extra, Extra Dry	750ml	\$10.99
Gato Negro (All Types)	1.5L	\$ 9.99
Gazela Vinho Verde	750ml	\$ 6.49
Joseph Carr Cabernet Sauvignon	750ml	\$26.99
Kendall Jackson Vintners Chardonnay	750ml	\$12.09
Kim Crawford Sauvignon Blanc	750ml	\$13.99
Louis Jadot Beaujolais Villages	750ml	\$ 10.99
Louis Jadot Pouilly Fuisse	750ml	\$21.99
Martini & Rossi Asti	750ml	\$11.97
Menage a Trois Red	750ml	\$ 9.99
Mi Amore Red	750ml	\$ 8.99
Moet Imperial Champagne	750ml	\$43.99
Noble Wine 337, 667	750ml	\$11.99
Papi (All Types)	1.5L	\$10.99
Ruffino Chianti	750ml	\$ 8.99
Ruffino Chianti	1.5 L	\$13.97
Ruffino Pinot Grigio	1.5L	\$13.99
Ruffino Tan label	750ml	\$19.99
Santa Margerita Pinot Grigio	750ml	\$22.09
Silver Oak Alexander Valley Cabernet	750ml	\$76.99
Simi Chardonnay	750ml	\$13.09
Woodbridge (All Types)	1.5L	\$12.49

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Not responsible for typographical errors.

Prices valid till November 30, 2021.