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## THREE FAMILIES MADE OFFICIAL ON ADOPTION DAY

Multi-town parade includes superheroes, gift baskets and more

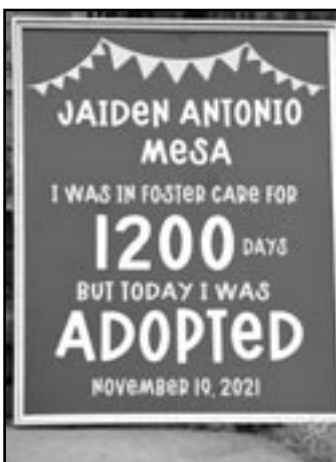
### CASA of Union County

The frosty morning of Nov. 19 may have been any other Friday for many, but for three Union County foster youth in Rahway, Roselle and Roselle Park, all under age three, their lives changed forever, as Union County Superior Court Judge Lara DiFabrizio granted each the consistency and stability deserved by all children, finalizing their adoptions and ending their time in the child welfare system. Each family had their own CASA volunteer working the case.

The annual event is held the Saturday before Thanksgiving and courts nationwide often celebrate National Adoption Day the business day before, or even open on Saturday, to hold adoption hearings. Here in Union County, all hearings were performed via Zoom due to Covid-19, and Judge DiFabrizio made official what each child likely already felt: they were finally home.

Despite the virtual component, those involved ensured the excitement was palpable. Upon completion of each adoption, the homes were visited by a caravan of fire trucks, police cars, court staff, law guardians and other case stakeholders, CASA of Union County staff and two of its interns suited up as Captain America and Mr. Incredible, and the bear mascot from Kenilworth's David Brearley Middle and High School. All cheered for the family, where each took their first official photo together, and the children spent time with the superheroes and school mascot.

Families received a hot breakfast donated by Urban Griddle in Elizabeth; a flower bouquet provided by Jane Phillips who, until her recent retirement, headed the Adoption Day Committee for the judiciary; and a gift basket from CASA of Union County made possible by collections of board and card games, puzzles and movie night fixings from the Kenilworth school and Summit's Oak Knoll School of the Holy Child. The latter collection was spearheaded by Desiree Mitchell, daughter of CASA volunteer Hope Mitchell, and included fleece blankets made with classmates. In addition, each child and all siblings received their own superhero dress-up costume and books



(above) Captain America and Mr. Incredible, and Kenilworth's School bear mascot visited homes of each adoption.

hand selected by the Phi Eta Omega Chapter of Alpha Kappa Alpha. Each family received a WalMart gift card funded by the Union County Bar Association. Costumes for CASA's interns were loaned by generous members of the Facebook Buy Nothing Group in Cranford and Garwood.

Today, more than 120,000 youth nationwide need a permanent home, with an average wait in foster care of four years. Each year, 23,000 youth age out of the system without a family or safety net in place. For details on CASA of Union County's mission, the need for volunteer advocates and how to become one, contact Lucia at [lfield@casaoofunioncounty.org](mailto:lfield@casaoofunioncounty.org) or log on to [casaoofunioncounty.org](http://casaoofunioncounty.org).

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## OUR TOWN *Rahway*

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## SING IN THE NEW YEAR WITH FREE WORKSHOPS!

Love singing? Come sing with the Hickory Tree Chorus on Wednesday evenings in January from 7 to 9 p.m. The Chorus hosts singing workshops via Zoom or in-person for fully vaccinated members and guests as covid safety protocols permit. Participants will learn more about chord-ringing, fun-filled, four-part harmony. Broadway, Beatles, and more!

Hickory Tree is an award-winning women's chorus singing four-part a cappella harmony in the barbershop style. We are passionate about

music, performance, fun and friendship. We believe every voice counts and encourage women singers of all ages, colors, ethnicities, and orientations to visit us and share our joy of music.

Please register for Sing in the New Year by email [info@hickorytreechorus.org](mailto:info@hickorytreechorus.org) or call 908-377-1399. More information at [hickorytreechorus.org](http://hickorytreechorus.org). Watch the promo video on the Hickory Tree Chorus YouTube channel: [youtu.be/mcvYYvPV4rQ](https://youtu.be/mcvYYvPV4rQ).



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Hats off to Sergia Floy! Amazingly dedicated Realtor Associate for many years with Jill Guzman Realty!!! This home was listed by Sergia and successfully went under contract in a week!!! If you are seeking a truly caring realtor, you have found one in Sergia! Call the office and ask for Sergia!!! You would be glad you did!!!



**1221 Madison Hill Rd  
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**74 W. Cherry Street  
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**2377 Knapp Drive, Rahway**  
Adorable home listed by Sergia Floy.

For more than 34 years, Jill Guzman Realty proudly serves NJ homeowners and buyers with all of their real estate needs. Jill's trilingual fulltime staff prides themselves on their outstanding "Good Old Fashioned Service."

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## SAVE THE TREES OF RAHWAY EPISODE #2 THE FIX VIDEO LAUNCHED



The second video in a series is now posted on the Save the Trees of Rahway Facebook page. The first video was made to raise awareness and solicit help in the effort to rebuild, restock and restore Rahway's urban forest. The video looks at the mistakes and oversights that were made, and provides a nifty "toolbox" of solutions to fix them. Episode #2 The FIX gets down to the real nitty-gritty of efforts to restore the inventory of trees in Rahway.

(left) *Save the Trees of Rahway Facebook page which contains two videos and links to petition.*

**Please SIGN our  
SAVE the Trees of Rahway PETITION!**  
*If you care about Rahway and it's trees,  
please consider signing our petition and help  
us make Rahway lush and green again!*

The effort has been spear headed by Rahway resident Bob Markey. "Episode 2 of "SAVE the Trees of Rahway" looks at specific tree tragedies that have befallen our urban forest and talks about how the existing Community Forestry Management Plan can easily guide us onto the right path towards making Rahway lush and green once again" says Bob.

"We know we can SAVE the Trees of Rahway, but we'll need your help and support. We just can't do it without you. Links to how to help can be found on Save the Trees of Rahway Facebook page, and the Save the Trees of Rahway YouTube page. To help, folks can email Help@SaveTheTreesofRahway.org, subscribe to the YouTube Channel, an follow on Facebook. Please sign the online petition "Save the Trees of Rahway" found on Change.org.

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## RAHWAY FIRE DEPARTMENT: ROPE RESCUE TRAINING

### City of Rahway

The Rahway Fire Department remains committed to the safety of the community and of its members. To ensure that safety, the Department is proactive in conducting various training exercises that are implemented throughout the year. Recently, members of the Department participated in Rope Rescue Training. This training allows firefighters to simulate situations in which a person is injured, incapacitated, or unconscious and secure them into a rescue litter to lift them to safety. Some simulations include confined space rescues, which is where an individual has been injured or has become stuck in a confined space like a vent, pipe, silo, or tank. This specific training includes a 145-pound dummy that is used to mimic "dead weight" and act as the injured body that needs to be secured and transported. The ropes are used to lower aid down to victims via a tripod or help

firefighters' rappel down into the structure where they are secured and harnessed to safety.

Leading these training sessions is Battalion Chief Thornton, who serves as the Department's training officer. Alongside Battalion Chief Thornton is Battalion Chief Schlosser who, as an iron worker, has experience with precise knot techniques and tripod engineering to be able to provide to most leverage for a successful rescue. These trainings are provided to Rahway's firefighters at least four times a year on a rotating schedule to ensure that every tour benefits.

"Rahway's Fire Department conducts various trainings through the year," Michael Roberts, Chief of the Department states. "These trainings involve different simulated scenarios from car accidents to ice rescues, confined space rescues, ladder rescues, and more. Our firefighters are skilled and ready for any rescue scenario, and we will continue to work and train to remain ready."

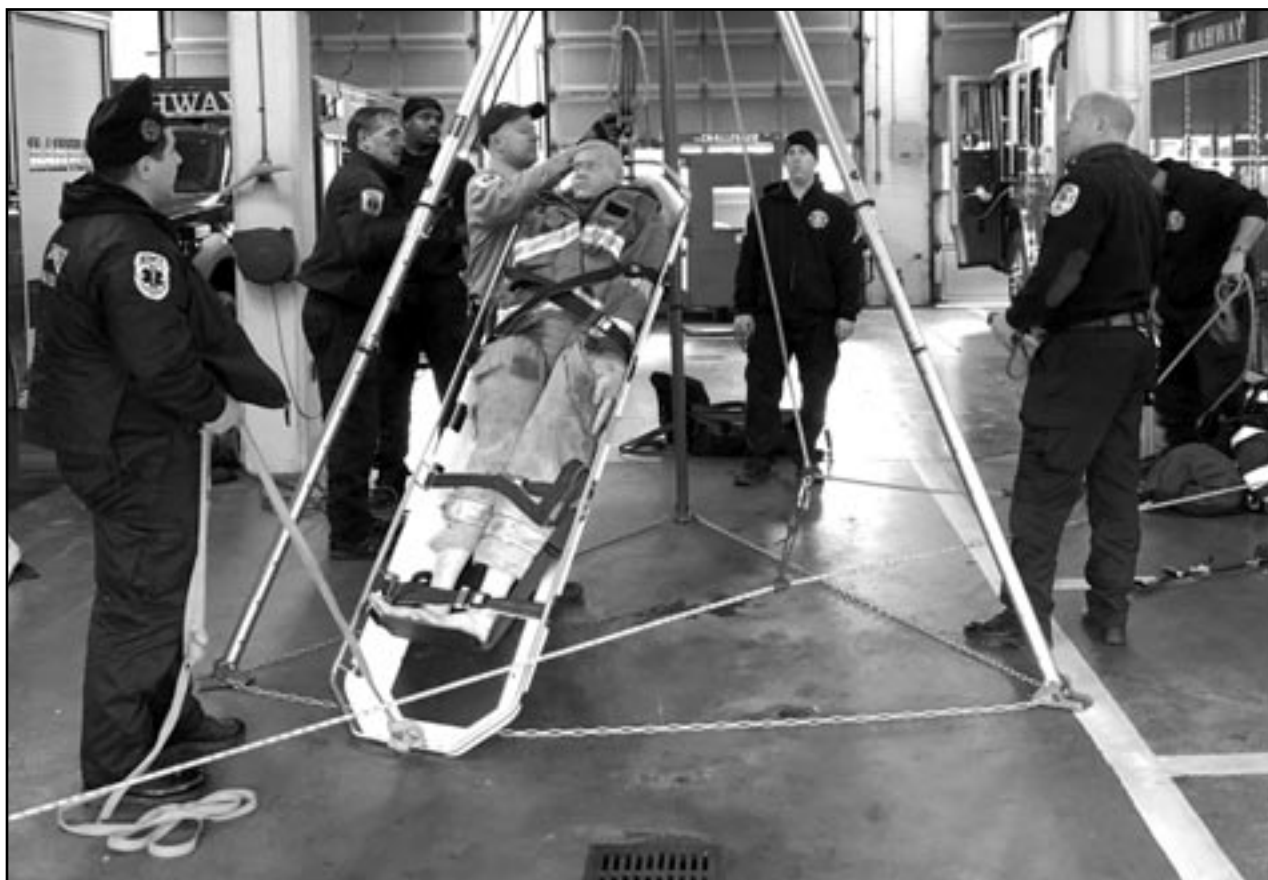


Photo by City of Rahway

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## RELIEF FROM CHRONIC KNEE PAIN

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



### If Knee Surgery Sounds Scary, It Should

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

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

### Consider This Alternative To Surgery

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

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

### How Does This New Treatment Work?

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

### Do you Suffer from any of these Symptoms?

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

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

### Let Me Show You Targeted Relief From Your Knee Pain

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

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

Once I am able to explain to my patients about the pin point accuracy of using diagnostic fluoroscopy and the amazing results viscosupplementation can provide, they are thrilled to get started. They are even more thrilled when they feel the relief. Please contact **Northeast Spine & Wellness Center** today to schedule your RISK FREE consultation. Call 732-827-0800

Scot Paris MD, FACS



### Here's what our patients have to say

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

- Patricia G.

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

- Perry O.

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

- Quentin L.

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## SONS OF UNION VETERANS OF THE CIVIL WAR

Submitted by Christopher D. Sands

The General Phil Kearny Camp #20 of the Sons of Union Veterans of the Civil War (SUVCW) held its quarterly meeting on November 13th, 2021 at the Abraham Clark House, located at 101 West 9th Avenue, Roselle, NJ. Three new members were sworn in and a presentation on FreeMasons in the Civil War was given. Since the new school year has started, the camp has begun planning how it will cover the awarding of the SUVCW ROTC/JROTC to the approximately thirty schools in the area. The camp covers all of North Jersey above the Raritan River to the New York Border.

The SUVCW is a fraternal organization dedicated to preserving the history and legacy of veteran heroes who fought and worked to save the Union in the American Civil War. The organization meets four times a year and the meetings in 2022 will be on March 5th, May 7th, September 10th, and November 5th, all starting at 1 p.m. For more information, visit suvcw.org.



(above) Camp Commander, Peter Lindsey, swears in Fredrick Dillman and Robert Caruso during the SUVCW Gen. Phil Kearny #20's November 13th meeting.

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# NEWS BRIEFS FROM 100, 75, AND 50 YEARS AGO

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



(above) Franklin School as it looked when it opened in September, 1922.



(above) Wheatena Park was already beautifully landscaped and ready for public use when it was donated to the county.

Another year is upon us. It's again a good time to get a glimpse of what was going on in our fair city 100, 75, and 50 years ago.

## 1922

The city was growing in the post- World War 1 period and the Board of Education projected that more schools would be needed due to the rapid growth of population and the expected increase in the number of babies to be born. The new Franklin School on St. Georges Avenue would be ready to open in September, a site for Roosevelt had been selected, and plans for a new school in East Rahway (Cleveland) were on the horizon.

Plans to abolish the volunteer fire department and replace it with a paid department were being discussed by city council. The council was also considering the construction of a garbage incinerator which eventually would be built at the end of Haydock Street.

Members of the Rahway Federation of Churches were protesting a bill before the New Jersey State Legislature that would allow movies to be shown on Sundays. The Federation also admonished the Board of Education for allowing tennis to be played on Sundays on the courts at Riverside Park (Veterans Field) which was owned by the Board.

In July, Arthur R. Wendell, President of the Wheatena Corporation, donated the first tract of land to the Union County Park System. The donation included four acres of the company's holdings along the Rahway River at Elizabeth and Grand Avenues.

New clubs were being organized in the twenties. On September 24, the Italian American Club was formed when three societies joined to create the Guglielmo Marconi Lodge. 120 candidates were initiated into the new lodge. Local businessmen met at the Cross Keys Hotel in October and started the Rahway Chapter of Kiwanis.

## 1947

Permanent and temporary housing for veterans was being constructed to provide housing needs for those returning after their service during World War II. When the first 35 units became available, 307 applications were filed. Temporary housing complexes were constructed on the block of Bond, Washington, and Brady Court, Dietz Court, Turner Street, Barry Court, and Lennington Street.

Parking meters were installed throughout the

business section much to the chagrin of both shoppers and shop keepers who argued for parking lots, not meters. Small lots would be created, but the meters remained.

In August, prior to the high school football season, a committee was formed to study plans for a new athletic field to replace the field at Riverside. The committee considered two options. One proposal was to purchase Riverside from the Board of Education and make major upgrades to the facility. A second possibility was to construct a new field in another part of town. In the end, the committee was not able to achieve any of its goals and football remained at the Central Avenue field.

## 1972

The problem of flooding has always been an issue in Rahway and in 1972 City Council and members of the Rahway Citizens for Flood Control joined to seek remedies. At a meeting in July, Rahway's Municipal Council adopted an ordinance regulating the use of floodways and flood hazard areas and placing restrictions on construction in flood plains. Rahway was one of the first municipalities in the nation to adopt such an ordinance.

Residents living in the western part of the city and city officials protested when the Union County Board of Freeholders asked the State Department of Transportation to consider the construction of a new Garden State Parkway interchange at Inman Avenue in Woodbridge. The county board felt a new exit would relieve traffic congestion at the Clark exit. An Inman Avenue exit would also facilitate movement of traffic from the parkway into Rahway, Edison, Plainfield, and northern sections of Woodbridge. Fortunately for Rahway, city officials prevailed and the proposed exit was never installed.

Rahway City Hall and Police Headquarters were antiquated and in need of renovation. In July, an appropriation of \$500,000 was introduced to city council that would convert the former Elizabethtown Gas Building at Central Avenue and Hamilton Street into Police Headquarters. Some of the appropriation would also be used to renovate the city hall building. The proposed plans were voted down when the six votes required to adopt the ordinance could not be garnered. Over the next ten years, other plans would be brought before the council, but it would not be until June, 1981 when a new City Hall/Police Headquarters complex was dedicated.

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# MARTIN LUTHER KING, JR. DAY OF SERVICE

### Join the Y to Make a Difference

The New Year is a time to focus on positive change and forward movement. While many make individual New Year’s resolutions, The Gateway Family YMCA is encouraging the community to come together and support all in honor of Dr. Martin Luther King Jr. Day of Service on January 17th.

For many years, the MLK Day of Service has encouraged individuals to volunteer their time to improve their communities. This year, The Gateway Family YMCA is encouraging everyone to use this day as a call to action to get involved to make our communities better. From January 1st – January 17th, The Gateway Family YMCA’s TOGETHERHOOD® volunteer program is collecting toiletries, canned and non-perishable food at the Elizabeth Branch, 135 Madison Avenue, Elizabeth, Five Points Branch, 201 Tucker Avenue, Union, Rahway Branch, 1564 Irving Street, Rahway and the Wellness

Center Branch, 1000 Galloping Hill Road, Union. For those wishing to donate online, The Gateway Family YMCA Charity Wish List is on Amazon Smile: <https://amzn.to/30xqmTk>

“We hope to make this Martin Luther King, Jr. Day a meaningful and positive day for our community,” stated Krystal R. Canady, CEO, The Gateway Family YMCA. “We’re grateful for every one of our Y volunteers and the commitment they have to our community and our YMCA residents.”

Volunteering keeps relationships, both personal and community focused, strong and positive. Just one hour a week can make a major impact on neighbors and communities in need. Additionally, volunteering may even help individuals achieve goals, provide the ability to meet new people, try something new, and gain confidence and skills that can be applied to your personal life. The Gateway Family YMCA offers opportunities for individuals to come together



and give back.

“Our Y relies on volunteers to support our programs, service projects, residents and community. Our volunteers and community donors provide the much needed support to ensure that the YMCA is here and open for all,” stated Melynda A. Mileski, EVP/COO, The Gateway Family YMCA. “Through our Annual Support Campaign donations at [www.tgfymca.org/donate](http://www.tgfymca.org/donate) individuals provide financial support to assist YMCA Financial Assistance and Membership For All. Our Volunteers give their time, which is also so very valuable.”

The Y’s TOGETHERHOOD® program volunteers help provide food for the hungry, clean local parks and pathways, create inter-generational opportunities to share and support emergency housing programs. Volunteer campaigners also assist the YMCA in raising donations for the Annual Support Campaign, directly impacting the community with financial assistance.

The Gateway Family YMCA is a 501(c)(3) non-profit, health and community service organization of caring staff and volunteers dedicated to strengthening the foundations of community and stands For Youth Development, For Healthy Living and For Social Responsibility.

To learn more about The Gateway Family YMCA’s service projects visit [tgfymca.org](http://tgfymca.org) or call the Rahway Branch 732-388-0057,



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# 10TH ANNUAL SEASONS OF HOPE

*Imagine, a Center for Coping with Loss*

Close to 400 guests were registered for Imagine's 10th Annual Seasons of Hope event that was held virtually last year on November 10, 2021, which raised money as well as hope for the more than 130,000 children who are bereaved every year in New Jersey. Since its founding in 2011, Imagine has served over 1000 families in its peer grief support groups, provided education and training to thousands of adults and youth on grief, loss, and how to support those who grieve, as well as, provided on-site support in schools, workplaces, and agencies to hundreds of employees and students after traumatic loss. Guests heard from two families who attend Imagine support groups, Imagine's Founder, Mary Robinson, and its new Executive Director,

Lindsay Schambach, who is also a former participant at Imagine with her son, Cameron. After sharing her story of the loss of her young husband Mike to colon cancer, leaving behind his 4-week-old daughter Chloe and four-year-old son Cameron, Lindsay shared "I promise I will never stop working towards the day when every family has the support they need and deserve and where no child ever has to grieve alone."

In her remarks, Imagine Founder, Mary Robinson, reminded the guests they could help change lives with their support by ensuring children coping with loss that they could grow up emotionally healthy and also be able to lead meaningful as well as productive lives, instead of losing years of their lives to unaddressed grief as statistics show.

Imagine is deeply grateful to everyone who supported the event — both sponsors and donors — and would especially like to thank its Gold Sponsor Sanofi; Silver Sponsors — Atlantic Health System, Northfield Bank, and PSEG; Bronze Sponsors — Bradley Funeral Homes, Ernst & Young, Memorial Funeral Home, Prudential, and Wiss; Advocate Sponsors — American Global, David Weinman, DMD, Powerflow Yoga, Provident Bank, Rossi Funeral Home, and Westfield Pediatric Dental Group LLC. "Thanks to our sponsors because all money raised at the event went directly to support Imagine programs," said Shane Nelson, Imagine Board of Trustees Member, and Diversity & Inclusion Business Director at Sanofi.

Also, thanks are due to the many volunteers that contributed their time and energy to making the event a success, as well as to the Imagine's Board of Trustees, the Imagine staff, and to the event's in-kind sponsor, Grammables, and video production company, Riverside Digital Productions of West Orange.

To make a donation to Imagine, visit [imagineenj.org/donate](http://imagineenj.org/donate) or to get more involved, please join us for one of our monthly experiential and transformational virtual tours of our mission and centers by visiting [imagineenj.org/tour](http://imagineenj.org/tour). Finally, Imagine needs volunteers! To become a volunteer, contact Val at [val@imagineenj.org](mailto:val@imagineenj.org). For grief support, contact us directly at 908-264-3100.

Imagine, A Center for Coping with Loss, a not-for-profit 501(c)3 organization, provides year-round grief support for children ages 3-18, young adults, and their parents/guardians using a peer-support group model. Trained adult volunteers as well as professionals provide children and teens with support and the coping tools needed to process grief resulting from loss due to death. Imagine is based in Mountainside and Newark, but also provides education and training in NJ communities and on-site support in schools and workplaces after a death has occurred. Groups have been meeting virtually on weeknights. Imagine plans to offer both in-person and virtual groups beginning in January, 2022. For more information, contact Imagine at 908-264-3100, or [info@imagineenj.org](mailto:info@imagineenj.org).



*(above) Imagine participant and Rahway Police Officer, Darius Singletary, served as the Seasons of Hope event's MC sharing his own story of loss and the impact of Imagine on his life, while guiding guests through the 45-minute program.*

## RWJ RAHWAY SURGICAL WEIGHT-LOSS CENTER ACHIEVES ACCREDITATION

Robert Wood Johnson University Hospital Rahway's surgical weight loss program has received accreditation by the national Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP®), a joint quality program of the American College of Surgeons (ACS) and the American Society for Metabolic and Bariatric Surgery (ASMBS).

The accreditation as a Comprehensive Center means that patients seeking surgical treatment for obesity have a high-quality choice at a nationally accredited program that meets the highest standards for patient safety and quality.

"We are immensely proud that the program was recognized as MBSAQIP Comprehensive Center," said Dr. Anish Nihalani, FACS, FASMBS, medical director of the RWJUH Rahway Weight Loss program. "The American Society of Metabolic and Bariatric Surgery (ASMBS) is the national governing body that reviews programs and has rigorous standards for surgical outcomes, pre and post nutritional support and ongoing care of the morbidly obese patient."

MBSAQIP Standards ensure that metabolic and bariatric patients receive multidisciplinary medical care, which improves patient outcomes and long-term success.

RWJ Rahway's commitment to quality care begins with expertly trained staff and the leadership of an experienced bariatric surgeon. The program is tasked with continuous review of surgical data as they continue improving the structure and outcomes expertise necessary to provide safe, efficacious, and high-quality care to all metabolic and bariatric patients.


To earn MBSAQIP Accreditation, the RWJ Rahway program met essential criteria for

staffing, training, facility infrastructure and patient care pathways, ensuring its ability to support patients with obesity. The center also participates in a national data registry that yields semiannual reports on the quality of its surgical outcomes and identifying opportunities for quality improvement. The MBSAQIP Standards, Optimal Resources for Metabolic and Bariatric Surgery, are published by the ACS and the ASMBS.

The program underwent an extensive site visit by an experienced bariatric surgeon who reviewed the center's structure, processes, and clinical outcomes data.

The Centers for Disease Control and Prevention (CDC) estimates about 93 million adults in the United States are affected by obesity, which increases the risks of morbidity and mortality because of the conditions commonly associated with it, such as type II diabetes, hypertension, cardiovascular disease, and cancer, among other health risks.

Metabolic and bariatric surgery has proven to be effective in the reduction of comorbid conditions related to obesity. Working together, the ACS and the ASMBS have developed accreditation standards for metabolic and bariatric surgery to assist patients with obesity in identifying centers that provide optimal patient care.



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## HOUSE SPARROWS (*PASSER DOMESTICUS*)

As a young child growing up in the Bronx, I was fascinated by the house sparrows that nested in the signs above our local supermarkets, frantically swooping down to the ground, gleaning and back up to their nests. Although I didn't realize it at the time, I was watching one of the oldest and most successful relationships between humans and animals, house sparrows.

House sparrow (*Passer domesticus*) is one of the most common animals in the world. It is found throughout Northern Africa, Europe, the Americas and much of Asia and is almost certainly more abundant than humans. The birds follow us wherever we go. House sparrows have been seen feeding on the 80th floor of the Empire State Building. They have been spotted breeding nearly 2,000 feet underground in a mine in Yorkshire, England. If asked to describe a house sparrow, many bird biologists would describe it as a small, ubiquitous brown bird, originally native to Europe and then introduced to the Americas and elsewhere around the world, where it became a pest of humans.

The problem with sparrows is that the story of their marriage with humanity is ancient and so, like our own story, only partially known.

Many field guides call the house sparrow the European house sparrow or the English sparrow and describe it as being native to Europe, but it is not native to Europe.

The clan of the house sparrow appears to have arisen in Africa. The first hint of the house sparrow itself is based on two jawbones found in a layer of sediment more than 100,000 years old in a cave in Israel. The bird to which the bones belonged was a pre-domestic sparrow, although it has been speculated that even this bird might have associated with early humans, whose remains have been found in the same cave. The fossil record is then quiet until 10,000 or 20,000 years ago, when birds very similar to the modern house sparrow begin to appear in the fossil record in Israel.

House sparrows were so common in Israel they are mentioned in the Bible. "For only a penny you can buy two sparrows, yet not one sparrow falls to the ground without your Father's consent. Matthew 10:20

Once house sparrows began to live among humans, they spread to Europe with the spread of agriculture and, as they did, evolved differences in size, shape, color and behavior in different regions. As a result, all of the house sparrows around the world appear to have descended from a single, human-dependent lineage, one story that began thousands of years ago. From that single lineage, house sparrows have evolved as we have taken them to new, colder, hotter and otherwise challenging environments, so much so that scientists have begun to consider these birds different



subspecies.

As for how the relationship between house sparrows and humans began is unknown. What is clear is that eventually sparrows became associated with human settlements and agriculture. Eventually, the house sparrow began to depend on our garden food so much so that it no longer needed to migrate. The house sparrow, like humans, settled. They began to nest in our habitat, in buildings we built, and to eat what we produce (whether our food or our pests).

When Europeans first arrived in the Americas, there were none of the species Europeans had come to expect in cities: no pigeons, no sparrows, not even any Norway rats. Even once European-style cities began to emerge, they seemed empty of birds and other large animals. In the late 1800s, a young visionary, Nicholas Pike, imagined that what was missing were the birds that live with humans and, he thought, eat our pests. Pike, about whom little is known, introduced about 16 birds into Brooklyn. They rose from his hands and took off and prospered. Every single house sparrow in North America may be descended from those birds. The house sparrows were looked upon favorably for a while until they became abundant and began to spread from the New York to California. In 1889, just 49 years after the introduction of the birds, a survey was sent to roughly 5,000 Americans to ask them what they thought of the house sparrows. Three thousand people responded and the sentiment was nearly universal: The birds were pests.

House sparrows are often blamed for declines in the abundance of native birds, such as bluebirds, though the data linking sparrow abundance to bluebird decline are sparse. The bigger issue is that we have replaced bluebird habitats with the urban habitats house sparrows favor as we have been doing for tens of thousands of years.

House sparrows have become more rare in Europe for the first time in thousands of years. In the United Kingdom, for example, numbers of house sparrows have declined by 60 percent in cities. As the birds became rare, people began to miss them again. In some countries the house sparrow is now considered a species of conservation concern. Newspapers ran series on the birds' benefits. One newspaper offered a



(above) Past President of The Rahway Garden Club, James Keane, has been researching and answering garden questions since 1995.

Visit 'Keane Gardener' blog at:  
[keanegardener.blogspot.com](http://keanegardener.blogspot.com)

reward for anyone who could find out "what was killing our sparrows. Then just this year a plausible (though probably incomplete) answer seems to have emerged. The Eurasian sparrowhawk (*Accipiter nisus*), a hawk that feeds almost exclusively on sparrows, has become common in cities across Europe and is eating the sparrows. Some people have begun to hate the hawk.

When I began this article, I didn't know how I could make the House Sparrow sound interesting. Now after researching this article by Rob Dunn and others I plan to follow up with more information on the fascinating story of the 'common house sparrow' and its incredible success.

In the end, I can't tell you whether sparrows are good or bad. I can tell you that when sparrows are rare, we tend to like them, and when they are common, we tend to hate them. Our fondness is fickle and predictable and says far more about us than them. They are just sparrows. They are neither lovely nor terrible, but instead just birds searching for sustenance and finding it again and again where we live. Now, as I watch a sparrow at the feeder behind my own house, I try to forget for a moment whether I am supposed to like it or not. I just watch as it grabs onto a plastic perch with its thin feet. It hangs there and flutters a little to keep its balance as the feeder spins. Once full, it fumbles for a second and then flaps its small wings and flies. It could go anywhere from here, or at least anywhere it finds what it needs, which appears to be us.

Rob Dunn is a biologist at North Carolina State University and the author of *The Wild Life of Our Bodies*. He has written for *Smithsonian* about our ancestors' predators, singing mice and the discovery of the hamster.

Enjoy your garden all year long.

*James*

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## SPOTLIGHTS ON ROBYN E. KOENIG AND JANETTE ALONSO CARDOSO

### *Rahway Food For Friends*

As we celebrated Christmas, we celebrated these two exceptional women who represent the Spirit of Giving all year round. It was a fight to get these two women to share their stories because they don't want the attention or fame. They simply asked that in sharing this article others would remember what matters most in life and keep the meaning of giving and philanthropy growing in all communities.

Robyn E. Koenig has been a Rahway resident for most of her life as well as a Union County resident for 45 years. Robyn grew up in Rahway and lived here until marriage, then returned in 2016.

Mrs. Koenig is a well-established leader and teacher in the Rahway community. She has been a Girl Scout for 28 years, 12 as a Girl Scout growing up and 16 of those as a leader in Rahway, NJ. She is also active with Rahway Food For Friends.

She is an integral part of collections many times throughout last year. During the most critical time of 2021 when COVID-19 cases spiked, she was responsible for 1000 pounds of food donated to help the needy families of Rahway and the surrounding towns. Many people when coming to drop off food mentioned "The Girl Scout leader's post helped me donate." Robyn doesn't mind when people call her "The Girl Scout Leader" as she is a self-proclaimed Girl Scout nerd.

Robyn also was responsible for 100 toys donated for the children of the needy families of Rahway and the surrounding towns as well. She further wrapped each one of them and added labels to help the Rahway Food For Friends warriors have more time to handle food requests.

Robyn is motivated in her giving by the inspiration of her mother, the late Margaret McWhorter Woolley, who was also her Girl Scout leader for 70 years. "She was my role model in so many ways growing up. She was always thinking of others, so I had a wonderful foundation to build upon as I got older."

"I know she is happy I have continued her work with helping others, whether it be with Girl Scouting or with Food For Friends. I hope she is proud of the work I have put in for our hometown, as she grew up in Rahway too."

"I am now raising my daughters in Rahway; in



*(above, l-r) Robyn E. Koenig, Janette Alonso Cardoso*

the same house my mother and I grew up in. Four generations in Rahway and in the same location is a pretty impressive family history. I am just happy I can continue our family legacy with helping others within our community." Mrs. Koenig said.

When times in our nation were at its bleakest, our heroes stood up to fight against hunger and COVID-19 with Rahway Food For Friends. Death tolls rose and food shortages were rapidly increasing throughout the world. It was these times that we witnessed the trying of people's souls. Rahway Food For Friends is so grateful for those who remembered those struggling.

Another hero to celebrate is Janette Alonso Cardoso. Janette is the loving mother of two amazing children, Mia who is 16 and Nico who is 14, as well as a humble wife. Janette's husband, Jose Cardoso, proudly shares in the compassionate care and concern for human life along with his wife.

Janette and Jose Cardoso are the owners of Texas Road Pharmacy located at 355 Applegarth Road, Monroe, NJ. Janette is a Doctor of Pharmacy and currently works at Pharmicare, Inc, Clark, NJ as a Consultant Pharmacist.

Janette shared her motivation for serving others with us and she shed tears as she spoke. "I began donating to Rahway Food for Friends at the beginning of the pandemic when others were panicking, I saw the need to help others survive in these times. It began with 200 sandwiches we were making every week. My family and I wanted to give back, even if in some small way, to the community around us. When the pandemic started, we realized so many people lost their jobs and were struggling to make ends meet. We

wanted to make a difference." Mrs. Cardoso said.

"Both my husband and I are children of immigrant parents. We never had a lot growing up and we understood how sometimes something as simple as a free meal could make a huge difference that week. I enlisted the help of the National Junior Honor Society at Carl H. Kumpf Middle School and their members joined me in making sandwiches."

"We then were asked to assist the Rahway Food for Friends Soup Kitchen in providing sandwiches for them to distribute." Mrs. Cardoso said.

Janette reached out to a friend, Cecilia Gomes, who was the PTA president at Frank K. Hehnl Elementary School in Clark, NJ. Together they reached out at anyone who was willing to help make sandwiches. Sometimes a Boy Scout troop contributed, sometimes a Girl Scout troop, sometimes a fellow co-worker would make sandwiches, and sometimes an old acquaintance would see Janette's plea for help on Facebook and drop off sandwiches. Janette received sandwiches, cases of water, boxes of fruit, chips, cookies, juice boxes, etc. and took anything anyone offered, then would drop off weekly.

When there was a need for coats, Janette collected them and dropped them off. When Janette realized many children would not be receiving gifts for Christmas, she collected and wrapped presents and were able to load over two cars full of gifts.

In the words of Janette Cardoso, "This year I again am donating Christmas gifts for those in need, assisted by the student council at Kumpf and my company, Pharmicare. I live by the motto to "do unto others as you would have done to you".

"A simple change in circumstances and we could be the ones in need of help. Our lives have never been easy, but we are truly blessed. Life is so short and I want to make an impact and be remembered for being able to even make a small change in someone's life."

If you would like to help like Robyn Koenig and Janette Cardoso, please reach out to Rahway Food for Friends at 732-381-7201, or visit their website, [rahwayfoodforfriendsnj.org](http://rahwayfoodforfriendsnj.org).

Also, if you would like more info on joining Girl Scouts, please visit [gshnj.org](http://gshnj.org) for more information.



*(above, left) Robyn E. Koenig has been a Girl Scout for 28 years. (right) Janette Alonso Cardoso and her loving family*

# RAHWAY POLICE DEPARTMENT IMPLEMENTS NEW JIU-JITSU TRAINING

## *Rahway Police Department*

While police departments throughout New Jersey became ready for 2022, the city of Rahway's Police Department was at the forefront of internalizing instruction for its officers in the new state-approved jiu-jitsu training course. Led by Sergeant Scott Rayack, who holds a black belt in jiu-jitsu, training started in December 2021 at the Rahway Recreation Center to prepare select officers to be assistant trainers when the full program launches in January 2022.

Rahway's program does not only provide training on alternatives to traditional methods used by law enforcement, but it will also serve to educate command level personnel on the techniques officers will utilize when force is needed to control a person who needs medical assistance, arrest a subject who is physically resisting the officer's control, and defend themselves from an attack.

The creation of the program comes as the state's Police Training Commission (PTC) has approved new benchmarks and guidelines for defensive tactics training for its' new recruits. While probationary police officers for the Rahway Police Department will learn these tactics at the John H. Stamler Police Academy in Scotch Plains, NJ, experienced Rahway Police

Officers will undergo several training sessions yearly under the instruction of Sgt. Rayack.

Rahway Police Director, Jonathan Parham, is looking forward to providing the city of Rahway's police officers tools that will enhance their safety as well as the safety of the public. Having the training available in-house is not only convenient, but comes with significant cost-savings.

"With our own Sgt. Rayack leading the training, Rahway does not have to outsource this to local martial arts schools. We will be using confiscated funds to transform unused space in the basement of the department into a training center," the director stated.

"We have been working hard over the last few months to audit our own police policies, and practices and make any necessary changes where gaps exist," said Director Parham. "Martial Arts training builds officer confidence, reduces officer and subject injuries, and has been proven to be a critical factor in the officer's ability to utilize de-escalation techniques before resorting to force. The officers deserve the best training, and the citizens of Rahway deserve the best service. This is one of the many ways we are realizing our commitment to the delivery of equitable, and just police services."



(above) The city of Rahway's Police Department practicing jiu-jitsu in the new state-approved jiu-jitsu training course.

Photos by City of Rahway

# SCHOLARSHIP APPLICANTS SOUGHT

## *Friends of the Rahway Library*

The Friends of the Rahway Public Library is offering a \$500 educational scholarship in honor of Gail Miller, former Director of the Rahway Library. The intent of the award is to assist in funding textbooks and other costs of education.

The program is open to high school students who have resided in Rahway for at least the past twelve months or longer and are patrons in good standing at the library. Applicants must write a 350-word essay describing the influence the library has had in their lives as well as supply two letters of recommendation from a high school teacher, guidance counselor, or librarian.

The scholarship will be awarded to the qualified recipient upon confirmation of acceptance into a full-time undergraduate program, working toward a bachelor or associate degree at a college or university.

The deadline to apply is April 15, 2022 and applications may be sent via US mail to Rahway Public Library, Attn: Gail Miller Memorial Scholarship Program, 2 City Hall Plaza, Rahway, NJ, 07065. The applications may also be submitted via email to [friendsofrpl@rahwaylibrary.org](mailto:friendsofrpl@rahwaylibrary.org).

The Friends of the Rahway Public Library is a 501(c)(3) organization that serves to support the library through fundraising and volunteer activities.

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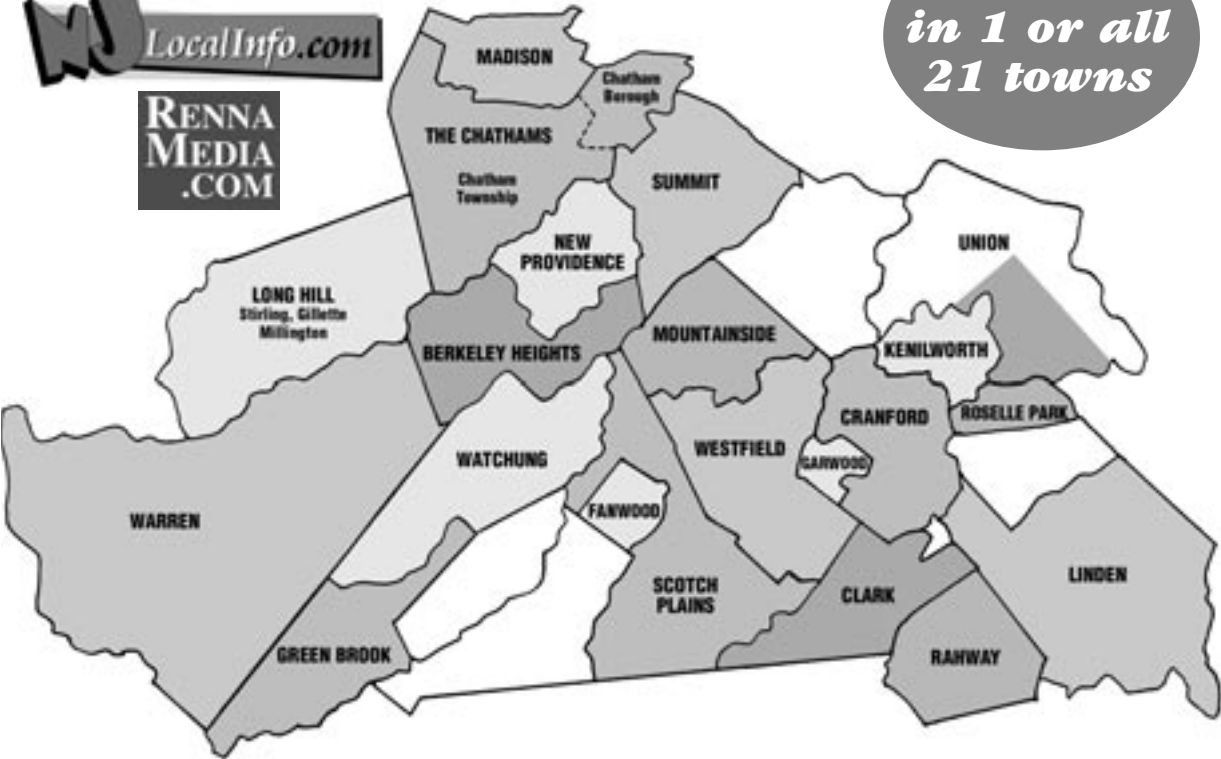
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**NEWSPAPER AD RATES**

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Units	Size	RATE FOR ANY 1 NEWSPAPER	RATE FOR ANY 3 NEWSPAPERS	RATE FOR ANY 6 NEWSPAPERS	RATE FOR ANY 9 NEWSPAPERS	RATE FOR ANY 12 NEWSPAPERS	RATE FOR ANY 15 NEWSPAPERS	RATE FOR ANY 18 NEWSPAPERS	RATE FOR ALL 21 NEWSPAPERS
1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550
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6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000
2 PAGE SPREAD	21" x 14"	\$700							
BACK PAGE	10" x 14"	\$500							
FRONT PAGE BANNER	8.25" x 2"	\$320							
FRONT PAGE BOX	1.5" x 4.5"	\$240							

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## KENILWORTH CHESS CLUB IS BACK ON BOARD

The Kenilworth Chess Club resumed meeting on November 11, 2021, after twenty months of being closed due to the Covid-19 restrictions.

Club President Jack McCorkell of Cranford held a "Welcome Back Tournament" to celebrate. The casual unrated tournament excited members, and even some new arrivals, who were itching to play "over the board" again. The three-week tournament ended in a tie for first place between Hanna Malko of Clark and Joe Renna of Cranford.

The club was formed in 1972 amid the chess craze in America spearheaded by Bobby Fischer's march to the world championship. For 45 years the club was a force to be reckoned with as its member roster included many Master level players, including state champions.

The club has a reputation for being friendly and accommodating. It welcomes non-members with no obligation or cost. It's a place where beginners can learn in a casual setting without being intimidated. Strong players are generous with their time in analyzing and giving instruction.

The club's website, [kenilworthchessclub.org](http://kenilworthchessclub.org), is well read and features an award-winning blog by Michael Goeller and other instructional features.

Players are welcome to just pop into the Kenilworth Chess Club with no formalities every Thursday evening at 8 p.m. at the Kenilworth Community Center located next to Kenilworth Borough Hall on the Boulevard and the corner of 24th Street.



(above, l-r) Brandon Verno of Kenilworth, John Moldovan of Garwood, Hannah Malko of Clark, Jack McCorkell of Cranford, Mark Shoengold and Louis Leiggi of Colonia analyze a critical position during the post mortem of Welcome Back Tournament game between Verno and Leiggi held at the Kenilworth Chess Club.

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