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KELLOGG FOUNDATION FUND SUPPORTS HOUSING PROGRAMS

The Gateway Family YMCA was awarded a \$50,000 grant from the J.C. Kellogg Foundation Fund to assist the YMCA in serving homeless and housing insecure residents through Emergency, Transitional and Supportive Housing Programs during this global pandemic.

"We are thankful for the generous support of the J.C. Kellogg Foundation Fund. This grant assists us in helping some of the families and communities feeling the greatest strain under the COVID-19 health emergency," stated Krystal R. Canady, CEO. "In 2020, our Y served 755 unduplicated men, women, seniors and children through YMCA housing programs."

The Gateway Family YMCA has served the local community for over 120 years, providing housing and social services for over 300 individuals, families and veterans each evening. Through residential housing programs in Elizabeth and Plainfield, as well as a supportive housing program throughout Union County, the Y provides emergency, transitional and affordable permanent housing opportunities along with wraparound social services focusing on employment preparation, life skills and case management. On average, 95% of residents make significant progress on their Individualized Service Plans, and 70% transition to permanent housing within 12-48 months.

"The reality of the COVID-19 pandemic meant our residents lost jobs, became food



insecure and struggled to access mainstream resources in a world that turned remote overnight. We have seen an increased need for essential housing and social services during this global health crisis," said Melynda A. Mileski, EVP/COO, The Gateway Family YMCA. "We provide support 24 hours a day, 7 days a week for the most vulnerable individuals, families and veterans in our community. Extra precautions and facility improvements have been taken in our housing buildings for the protection of our residents and staff."

The Gateway Family YMCA's housing programs are open to all residents of Union County regardless of age, race, ethnicity, gender, sexual orientation, physical ability, primary language, or veteran status. As one of more than 25 agencies collaborating in Union County's Continuum of Care unit, The Gateway Family YMCA works with other partner agencies to end homelessness and prevent a return to homelessness in Union County, NJ.

If you or someone you know is in need of emergency shelter, please contact Union County's 24-Hour Homeless Emergency Response Hotline at 2-1-1. They will direct you to the housing program and support services that can best support you and your loved ones.

The Gateway Family YMCA is a leading 501(c)(3) non-profit, health and community service organization committed to strengthening community by connecting all people to their potential, purpose and each other. Working locally, the Y focus on empowering young people, improving health and well-being, and inspiring action in and across communities. By bringing together people from different backgrounds, perspectives and generations, the Y ensure that all have access to the opportunities, relationships and resources necessary to learn, grow and thrive.

For more information about The Gateway Family YMCA or Residential Programs, visit tgfymca.org or contact 908-355-9622.



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GI GO FUND FUNDRAISER

Submitted by Linda Lampert

Franklin Elementary School in Rahway, New Jersey participated in a Jeans for Troops fundraiser in honor of Veterans Day in 2021. The project was run by students, Ericka Roberts and Malakhi Clermont. They are members of the school's Blue and Gold Club, which is a school-based club made up of students that volunteer

their time throughout the year to help with different community service activities.

Faculty and staff members donated money and in exchange, were allowed to wear jeans to work. The school collected \$101, which was donated to the GI GO Fund, a non-profit organization that assists veterans with their return home.



(above, l-r) Students, Ericka Roberts and Malakhi Clermont, who helped collect money to the GI GO Fund

Photo by Rahway Public Schools

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AUTISM FOUNDATION DISTRIBUTES GRANTS

Submitted by Thomas Trezza

The Drive for Autism Foundation is pleased to announce the distribution of \$42,500 in the form of nine grants to school-based programs providing education and training to individuals with autism spectrum disorders. 2021 was a rebound year for the foundation and they are pleased with the support they received this year. The foundation can't thank their participants, sponsors, and supporters enough! They are a special group of people and the foundation is blessed that they support their mission and foundation.

The Drive for Autism foundation held its 20th annual Golf Event in 2020 with 122 participants, as well as several other smaller fund-raising events throughout the year. The Drive for Autism Golf Outing, which has been held since 2002, has raised and distributed \$819,000 to local school programs. The grants in 2021 were awarded to: Morris Union Jointure Commission (New Providence, NJ), Salt Brook School (New Providence, NJ), AW Roberts School (New Providence, NJ), Union County Educational Services Foundation/Crossroads School (Westfield, NJ), Educational Partnership for Instructing Children, (Paramus, NJ), ECLC (Chatham, NJ), Eden II Programs (Staten Island, NY), Spectrum360 formerly The Children's Institute (Verona, NJ), and Seton Foundation for Learning (Staten Island, NY).

Grant recipients use money to fund a multitude of items including Health and Fitness Programs, Social Skills Programs, assessment tools, educational curriculum and teacher training, a van for community trips and transportation to job training centers, laptop computers, computer touch screens, SMART Boards, iPads, video projectors, as well as educational toys and games. The foundation aims to fund items that are not included in the programs' regular budget so it makes it extra special that they can help provide funding for items on different schools' "wish lists".

ABOUT DRIVE FOR AUTISM FOUNDATION:

Based in New Providence, New Jersey, The Drive for Autism Foundation, is a 501(3)(c) tax exempt public charity that was created in the spring of 2002 for the sole purpose of raising and distributing funds for educational facilities specializing in individuals with autism.

DRIVE FOR AUTISM GOLF OUTING 2022:

The Drive for Autism XXI is scheduled for Monday, September 19, 2022 at Royce Brook Golf Club in Hillsborough, New Jersey. The event consists of a morning round of golf followed by lunch. Special events include golf contests, raffles, and a silent auction of sports memorabilia, game tickets, and golf trips.

For additional information, please visit their website at DriveForAutism.org or driveforautism@comcast.net.



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Imagine, A Center For Coping With Loss

Recent studies have found that more than 140,000 children nationwide lost a primary caregiver due to COVID-19, driving a 15% increase in orphaned children. However, these numbers don't include children who lost a parent or primary caregiver due to other causes. The need for grief support programs for children has never been greater.

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, as well as for the parents and guardians of the children in the program. Groups for Spanish speaking bereaved adults are also available. Currently, all groups are being held virtually, though we hope to transition some groups to in-person as soon as it feels safe to do so.



Imagine's support groups are only possible because of our amazing team of volunteers who facilitate the groups. Imagine currently has families waiting to join our support groups. We're unable to offer them support at this time because we don't have enough volunteers to begin another Night of Support. We need your help!

Imagine's volunteer facilitators 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 18 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.

We are hoping to fill our upcoming training with lots of wonderful new volunteers! We're planning to offer a virtual facilitator training that will meet Friday, February 25th from 6 p.m. – 9 p.m., Saturday and Sunday, February 26–27 from 9 a.m. – 5 p.m. each day and Monday, February 28th from 6 p.m. – 9 p.m. Participants are required to attend the entire training from Friday to Monday. If you're interested in participating in the training, please contact Imagine Program Manager, Giovanna Peacock, at giovanna@imagine-nj.org. If you have questions regarding the training, you can call us at 908-264-3100. Please help us ensure that no grieving child is required to wait for the support they need.

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BLOOD DONATIONS ARE CRITICALLY NEEDED

The American Red Cross is facing a national blood crisis – its worst blood shortage in more than a decade. Dangerously low blood supply levels are posing a concerning risk to patient care and forcing doctors to make difficult decisions about who receives blood transfusions and who will need to wait until more products become available.

Blood and platelet donations are critically needed to help prevent further delays in vital medical treatments, and donors of all blood types – especially type O – are urged to donate.

In recent weeks, the Red Cross had less than a one-day supply of critical blood types and has had to limit blood product distributions to hospitals. At times, as much as one-quarter of hospital blood needs are not being met.

The Red Cross continues to confront relentless challenges due to COVID-19, including about a 10% overall decline in the number of people donating blood as well as ongoing blood drive cancellations and staffing limitations. Additionally, the pandemic has contributed to a 62% drop in blood drives at schools and colleges.

“Winter weather across the country and the recent surge of COVID-19 cases are compounding the already-dire situation facing the blood supply,” said Dr. Baia Lasky, medical director for the Red Cross. “Please, if you are eligible, make an appointment to give blood or platelets in the days and weeks ahead to ensure no patient is forced to wait for critical care.”

The Red Cross urges donors to support patient care by making an appointment to give blood or platelets now for the weeks ahead. To schedule an appointment, use the Red Cross Blood Donor App, visit [RedCrossBlood.org](https://www.redcrossblood.org) or call 1-800-RED CROSS (1-800-733-2767).

Each Red Cross blood drive and donation center follows the highest standards of safety and infection control, and additional precautions – including face masks for donors and staff, regardless of vaccination status – have been implemented to help protect the health of all those in attendance. Donors are asked to schedule


an appointment prior to arriving at the drive.

To donate blood, individuals need to bring a blood donor card or driver’s license or two other forms of identification that are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also must meet certain height and weight requirements.

VOLUNTEERS NEEDED


In addition to blood donors, the Red Cross also needs the help of volunteers to support critical blood collections across the country. Blood drive volunteers play an important role by greeting, registering, answering questions and providing information to blood donors throughout the donation process.

To volunteer to support Red Cross blood collections, visit [redcross.org/volunteertoday](https://www.redcross.org/volunteertoday).



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It's the heart OF THE MATTER

In the current real estate market selling your home can be simple and quick. While buying on the other hand, if you are not prepared and given the right guidance, could become a heart breaking experience.

Even in this hot market selling can have its pitfalls. Anyone can get a deal in a day but it's the sprint to get to the closing that could expose unforeseen pitfalls like mold, or up to now unknown hidden oil tanks etc. (I know as my client, a veteran lived in his home for over 45 years and when he bought the house, it had a natural gas system but he had no knowledge there was a underground tank. Yes, now we must remediate to a tune of \$15,000 and this was heart breaking.) But take heart, absolutely having the right realtor working with you to handle all and any issues both in selling and buying are a must.

Please take heart and in this season of love, "Let's not listen to the negative nabobs of negativity and instead realize this is the season to take the time to admire those who have given a great deal of kindness, love and cheer to the world and have done so without ever expecting anything in return."

I hope I will get the opportunity to be your representative and help you move to your new home or get that first home, or that new commercial property.

I am sending warm wishes to you and your family and hope there are many moments filled with happiness and countless years filled with love in your current or future homes.

Happy Valentine's Day.

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RELIEF FROM CHRONIC KNEE PAIN

FDA Approved Treatment to Avoid Surgery

DON'T BLAME THE ARROW FOR MISSING THE TARGET

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



If Knee Surgery Sounds Scary, It Should

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

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

Consider This Alternative To Surgery

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

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

How Does This New Treatment Work?

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

Do you Suffer from any of these Symptoms?

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

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

Let Me Show You Targeted Relief From Your Knee Pain

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

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

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- Patricia G.

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TEACHER TAKES PART IN HOLOCAUST EDUCATION PROGRAM

The Jewish Foundation for the Righteous (JFR) has selected 23 middle and high school teachers and Holocaust center staff from six states to participate in its 2022 Advanced Seminar, an intensive two-day academic program that explores a number topics addressing the history of the Holocaust. The seminar, made possible through a grant from the Conference on Jewish Material Claims Against Germany (Claims Conference), took place virtually January 15 and 16, 2022.

Deborah Maller from Rahway High School took part in the seminar.

Other participants hailed from Alabama, Florida, New Jersey, Georgia, South Carolina and Texas.

The Advanced Seminar is an intensive graduate-level program in which a select group of educators who are already well versed in Holocaust history are given the opportunity to study more focused topics relating to the Holocaust from world renowned lecturers. Speakers included Professor Lawrence R Douglas from Amherst College; Professor Avinoam J. Patt from the University of Connecticut; Professor Edward B. Westermann from Texas A&M University; and United States Holocaust Memorial Museum Deputy Director for International Affairs Robert Williams.

The program is open to JFR Alfred Lerner Fellows, middle and high school educators who have already attended the JFR Summer Institute for Teachers which is typically held at Columbia University. Due to the pandemic, recent seminars have been held virtually. Both programs are meant for educators who teach the Holocaust either in classrooms or through Holocaust Centers and have taught at least five years and are at least five years from retirement.

"Each of these educators have already distinguished themselves through their tremendous commitment to teaching the Holocaust in their schools and towards furthering their own education in the environment of antisemitism which led to the Holocaust," said JFR Executive Vice President Stanlee Stahl. "By attending this intensive, graduate level program, they will gain an even greater understanding of the history of the Holocaust, which will increase their effectiveness in the classroom and enable them to mentor other colleagues who teach the subject."

The JFR continues its work of providing monthly financial assistance to more than 150 aged and needy Righteous Gentiles, living in 14 countries. Since its founding, the JFR has provided more than \$42 million to aged and needy rescuers – helping to repay a debt of gratitude on behalf of the Jewish people to these noble men and women. Its Holocaust teacher education program has become a standard for teaching the history of the Holocaust and educating teachers and students about the significance of the Righteous as moral and ethical exemplars. For more information, visit jfr.org.

FUN WITH AFRICAN FABRICS AT CULTURED EXPRESSIONS

At the Cultured Expressions Sewing & Quilting Studio in Rahway, African fabrics define a lifestyle, and are always a cause for celebration! When owner Lisa Shepard Stewart opened the studio in December of 2017, she already had an established online business that began in 2002, and over 30 years of experience in the sewing industry. With three how-to books and a self-published magazine called Fabrigasm, Shepard Stewart is on a mission to encourage others to enjoy African textiles and culture every day, not something to be “dusted off and displayed” only for Black History Month and Kwanzaa.

After teaching in her Rahway home for a few years, she decided to open a brick-and-mortar location in order to reach more people with an expanded selection of unique merchandise and hands-on classes. “At the same time Rahway was really developing an artsy, creative vibe, and I felt like we needed some African fabrics in the mix” explained Shepard Stewart, who has lived in Rahway with her husband since 2005.

The studio is filled with inspiration to go along with the fabrics, beads and embellishments. The colors, patterns, and textures are a treat for the

senses, as shared regularly on Instagram and Facebook @culturedexpressions.

The studio is located at 1417 Main Street in Rahway, and is open Wednesday thru Saturday.

With their vibrant colors, exciting colors, unique textures and cultural relevance, it’s no wonder that African fabrics continue to grow in popularity in the DIY sewing, quilting and craft arena. Ankara African prints, bogolan (aka “mudcloth”), batiks, kuba cloth and other specialty textiles are becoming increasingly mainstream, making it easy to incorporate these treasures into our creative activities all year long! These are just a few of the upcoming month-by-month celebrations of culture and creativity:

FEBRUARY

African American Heritage Month invites us to explore the beauty and versatility of African fabrics, regardless of skill level. With no sewing at all, a gorgeous cotton print or batik can become a regal headwrap, a table runner, sarong style skirt, wrapped top, or a quick carryall! More experienced sewers and crafters can make more detailed versions of these projects. And in between, fusible (iron-on) and hand-sewn options only increase the creative possibilities.

MARCH

National Quilting Month AND (and more specifically, National Quilting Day on March 19) encourage stitchers to indulge their senses in rich, colorful prints and batiks. They blend in beautifully with one’s existing fabric stash, adding a pop of excitement to an otherwise familiar quilt project or technique.

National Craft Month also takes place in March, the perfect time to try decoupage with African prints, or create unique jewelry with beads and brass embellishments imported from West Africa. Get a time-saving head start by decorating items you already own, or begin from scratch.

APRIL

Earth Day inspires us to Reuse, Repurpose and Recycle in creative ways. African prints or bogolan scraps make excellent appliqué patches for “Trendy Mending” projects on your favorite



(above and left) Lisa Shepard Stewart opened her studio at 1417 Main Street in Rahway in December of 2017.

denim garments and other casual clothing. Or, try integrating already-recycled elements into an Earth Day project, like Krobo beads from Ghana, West Africa. Krobo beads are made from recycled glass bottles, in a centuries-old, labor-intensive process that is still used today.

National Decorating Month also takes place in April, is sure to be on the minds of many, as the stay-at-home lifestyle of the pandemic caused so many of us to update and decorate the space, we now spend so much time in! Now our décor has to not only look great, but we also need our surroundings to provide a feeling of calm and comfort in unsettling times. The neutral palettes and handwoven textures found in Bogolan, from Mali, korhogo from the Ivory Coast and kuba raffia cloths from Central Africa can bring a soothing, earthy quality to any home setting, in simple pillows, sofa throws, bed runners, table toppers, seat covers and more.

For many sewing, quilting and crafts enthusiasts, these unique textiles aren’t just raw materials for projects, they’re a lifestyle! And it’s clear from these few examples that anytime is the right time to get creative with these fabrics, whether it’s a month-long celebration, a special occasion, or no reason at all – sew many opportunities to “Feel the Fabric and Embrace the Culture”.

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CARING FOR FRESH CUT ROSES

"A rose by any other name would smell as sweet"

William Shakespeare (Romeo and Juliet)

In literature and poetry for centuries, Roses are perhaps the most beloved flower in the world. Roses have been a symbol of love and passion since Roman times.

Roses are among the oldest of cultivated flowers, with the first known to have grown in Asian gardens 5,000 years ago.

On Valentine's Day roses are in incredible demand. Of course, this increases the cost at this time of year. To get the most out of your investment you can follow a few basic steps.

The more water that reaches the flower, the longer it will last. To ensure this process proper cutting is essential. Roses need a clean cut on an angle to open the stem and absorb water. A blade or sharp knife is a good tool for this. Scissors or pruning shears unfortunately close the stem and are therefore not a good choice, blocking the water from entering the rose.

Keep your fresh roses out of the sun. Direct sunlight will dehydrate the flower and lessen its life span.

After a few days or when your flowers begin to droop it is time to freshen them up. Remove the flowers and clean the vase, then refill with fresh water. Give your roses a fresh 'clean' cut as described above and put them in the vase. This will give your roses a few more days of beauty.

Flower crystals do work so I add them to all flower arrangements. Flower shops and even super markets supply crystals free of charge, so remember to ask for it. If you don't have flower crystals a regular lemon lime soda (not diet) will also do the trick. (P. Allen Smith)

DRYING YOUR ROSES

You can easily dry roses and enjoy them all winter long. Do this while the roses are still fresh, before the flowers droop or the petals drop off. Using a hanger and twist ties, simply hang the roses up-side-down, leaving space between them for good air circulation. Hang them in a dry room out of direct sunlight, which will help preserve color. Leave them undisturbed until they are fully dried, approximately two or three weeks. When dried they are ready for display.

MEANING OF ROSES BY COLOR

A red rose is an unmistakable expression of love. Red roses convey deep emotions - be it love, longing or desire. Red Roses can also be used to convey respect, admiration or devotion. A deep red rose can be used to convey heartfelt regret and sorrow. The number of red roses has special romantic meanings associated with them. Two red roses are the most popular of all which conveys "Be mine" and "I love you".

White Roses: White is the color of purity, chastity and innocence. White flowers are generally associated with new beginnings and make an ideal accompaniment to a first-time bride walking down the aisle. White flowers can



(above) Green roses are symbols of freedom and new beginnings because in the 18th century, Quaker abolitionists planted them in their gardens to signify that they were part of the Underground Railroad.

be used to convey sympathy or humility. They also are indicative of spirituality. Hence, white roses also follow suit.

Yellow Roses: Yellow roses are an expression of exuberance. Yellow roses evoke sunny feelings of joy, warmth and welcome. They are symbols of friendship and caring. The yellow rose, like the other roses, does not carry an undertone of romance. It indicates purely platonic emotions.

Pink Roses: There are a lot of variations of the pink rose. Over all, pink roses are used to convey gentle emotions such as admiration, joy and gratitude. Light pink rose blooms are indicative of sweetness and innocence. Deep pink rose blooms convey deep gratitude and appreciation. Pink roses also connote elegance and grace.

Lavender Roses: A Lavender rose like its color conveys enchantment. It also expresses "love at first sight". Darker shades of lavender roses (close to purple) convey a sense of regal majesty and splendor. These roses are used to express fascination and adoration.



(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

Mixed Roses: By mixing rose blooms of different colors purposefully, you can create a bouquet of emotions. For example, a bouquet of red and white roses would mean I love you intensely and my intentions are honorable. A random mix of roses would convey mixed feelings or send a message: "I don't know what my feelings are yet but I sure do like you enough to send you roses."

A dozen red roses symbolizes love, passion and desire. A single red rose is an elegant way to say "I Love You."

California, grows approximately 60% of all cut roses for Valentine's Day in the United States. However, by far the most cut roses for Valentine's Day, and throughout the entire year come from South America, Columbia and Ecuador. The long, warm days and cool nights along with fertile soils found in the Andes contribute to the superior quality of South American roses.

Happy Valentine's Day

James



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171 YEAR HISTORY OF RAHWAY SAVINGS (RSI) NEARS AN END

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

When the news broke this past December that RSI Bank had signed a merger agreement with Columbia Bank, a collective gasp of surprise and dismay could be felt throughout the city. For many Rahway residents and for patrons from surrounding communities, RSI/Rahway Savings was the only bank they ever knew. It was the bank where they opened their first savings account, where they kept a Christmas Club, where they got a mortgage for their home. The downtown area would change many times over the decades, yet the bank remained a constant and steady institution that served generations. The prospect of losing RSI was akin to losing a long-time, trusted friend.

Incorporated on February 19, 1851, Rahway Savings was the town's second bank preceded only by the Farmers and Mechanics Bank which opened in 1828. The original home of Rahway Savings was a tiny, narrow, two-story structure squeezed between two retail establishments on Main Street opposite Cherry Street. The bank's first president was William C. Squier who held the position for over 50 years, a testament to the stability of the Institution. The business thrived over the next sixteen years and in 1867 the bank moved into a new three-story building on Main Street at the corner of Monroe. The bank occupied the entire first floor with city hall offices and courtroom chambers on the second and third floors. There was so much activity in the building that the location became known as "Savings Bank Corner." By the turn of the century Rahway Savings had earned the reputation as the "Bank of Strength" and was regarded as one of the strongest and most successfully managed savings banks in the state.

Rahway's downtown was changing, however, and by the 1920s Irving Street, with three banks located between the railroad elevation and Milton Avenue, had replaced Main Street as the financial district of the city. To keep up with the changing times and to expand their services, Rahway Savings bought property on Irving Street and built a new home next to St. Paul's Church. The handsome neo-classical styled bank, which was designed by Rahway architect Seymour Williams, opened on Saturday, December 28, 1928.

Business at the new location continued to prosper and over the next several decades the bank would become known as the "Friendly and Progressive Bank." By the 1950s more changes in the banking business were occurring and bank officials were again faced with the need to find larger quarters to accommodate expanding operations and offerings. In 1959 a building committee was appointed to recommend improvements to the facility and the advisability of purchasing additional property. Many suggestions were proposed, but no major changes in the building would take place until August 14, 1971 when ground was broken for an addition that would be almost three times as large as the original structure. The addition would include nine teller windows, more office space, and a three car, covered drive-thru area.

When designing the addition, architects were faced with the challenge of creating a façade that would combine the old and the new as it was imperative to bank officials that the large, modern addition would blend in with the smaller original building. Through the use of brown bricks, enhanced by white Danby marble

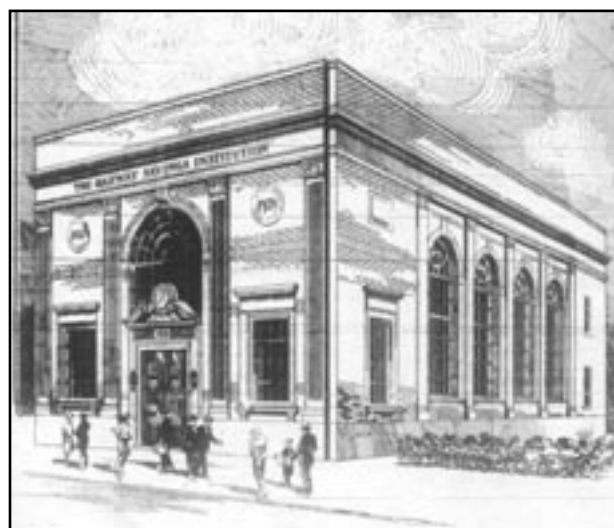
imported from quarries in Vermont, and the replication of vertical columns and window treatment, the challenge was beautifully and skillfully met.

In 1988 a second major addition was made which enlarged the lobby space, improved the design of the teller area, added more offices and a conference room on the second floor, and enlarged the drive-thru area. The final piece of the RSI building was added in 2011 when the Mortgage Department was constructed on the corner of Irving and Broad Street. The handsome beauty of the entire complex was maintained by using the same materials on each addition, thus keeping the unified appearance.

In the long history of the bank there have only been eight presidents, each with the same philosophy of looking to the future in order to share in the growth of the city and to afford better services to their depositors. Even as RSI was preparing its transition, it was done with the best interests of the community and its customers in mind. To this end, the bank will be establishing and funding a new charitable foundation in the amount of five million dollars to continue to support the many charitable and civic organizations that serve the communities. David R. Taylor, President and Chief Executive Officer of RSI, recently commented in part, "The merger will provide an opportunity for our customers to join a larger banking network with expanded products and services." Although all things must come to an end, it will feel strange transacting business in a new bank, and it will take a long time before the 'Friendly, Progressive Bank,' the "Bank of Strength," is forgotten. It will be like losing a friend.



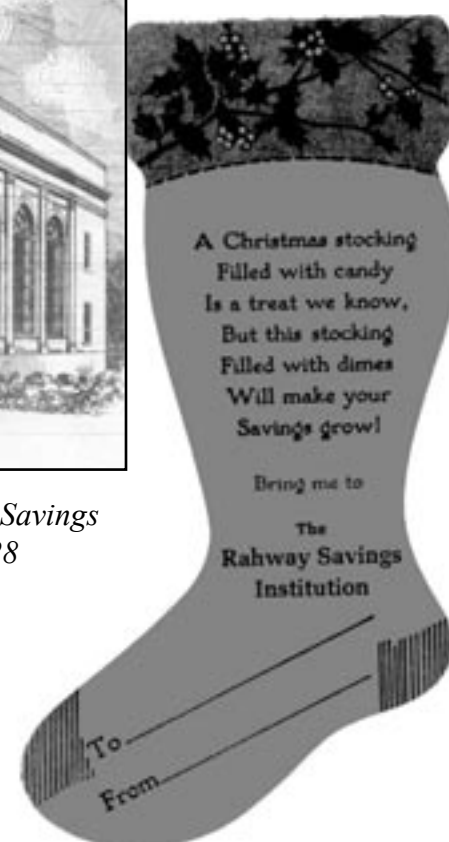
(above) Rahway Savings was located on the first floor of this three story Mansard-styled building from 1867-1928. The corner of Main and Monroe was called "Savings Bank Corner."



(above) The third home of Rahway Savings opened on December 28, 1928 on Irving Street.

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(above) Holiday stockings were given out by the bank to encourage baby boomers to save their money. The cardboard stocking would flip open to reveal slots where dimes could be inserted.

FEBRUARY 14 IS NATIONAL ORGAN DONOR DAY

NJ Sharing Network

February 14 is all about sharing some love in New Jersey - and not just because it's Valentine's Day! NJ Sharing Network and its many healthcare partners and volunteers throughout the state are working together to register as many organ and tissue donors as possible in celebration of National Organ Donor Day.

"National Organ Donor Day is about taking action and inspiring others to learn more about how they can save lives through organ and tissue donation," said Joseph S. Roth, president and chief executive officer of NJ Sharing Network. "One organ and tissue donor can save eight lives and restore health to over 75 people. I am confident that everyone's efforts on National

Organ Donor Day will go a long way toward bringing hope to those currently waiting for a transplant."

Currently, there are over 110,000 Americans - nearly 4,000 of whom live in New Jersey - waiting for a life-saving transplant. In New Jersey, one person dies every three days waiting for an organ transplant.

However, the generosity of those in the Garden State is providing hope for the future. New Jersey's organ and tissue donor registrations continue to rise thanks to strong community education and outreach efforts as well as simplified ways to register as an organ and tissue donor are also helping to save more lives. It is easy for New Jerseyans to register in any of the

following options:

Online at NJSharingNetwork.org; Through the iPhone Health App; In person at your local Motor Vehicle Agency

Observed every year on February 14, National Organ Donor Day is dedicated to spreading awareness and education about organ and tissue donation. It is also a day to recognize loved ones who have given the gift of life, have received a transplant, are currently waiting or did not receive an organ in time. National Organ Donor Day was started in 1998 by the Saturn Corporation and its United Auto Workers partner with the support of the U.S. Department of Health and Human Services and many non-profit health organizations.



(above) Cranford's Emma Rothman Celebrated 10 Years with Heart Transplant in 2021.

Photo courtesy of NJ Sharing Network



(above) On June 27, 2017, Mathew Pribish, a Linden Firefighter, received a heart transplant. He shared his story to help raise awareness about the importance of organ and tissue donation.

Photo courtesy of NJ Sharing Network



(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.

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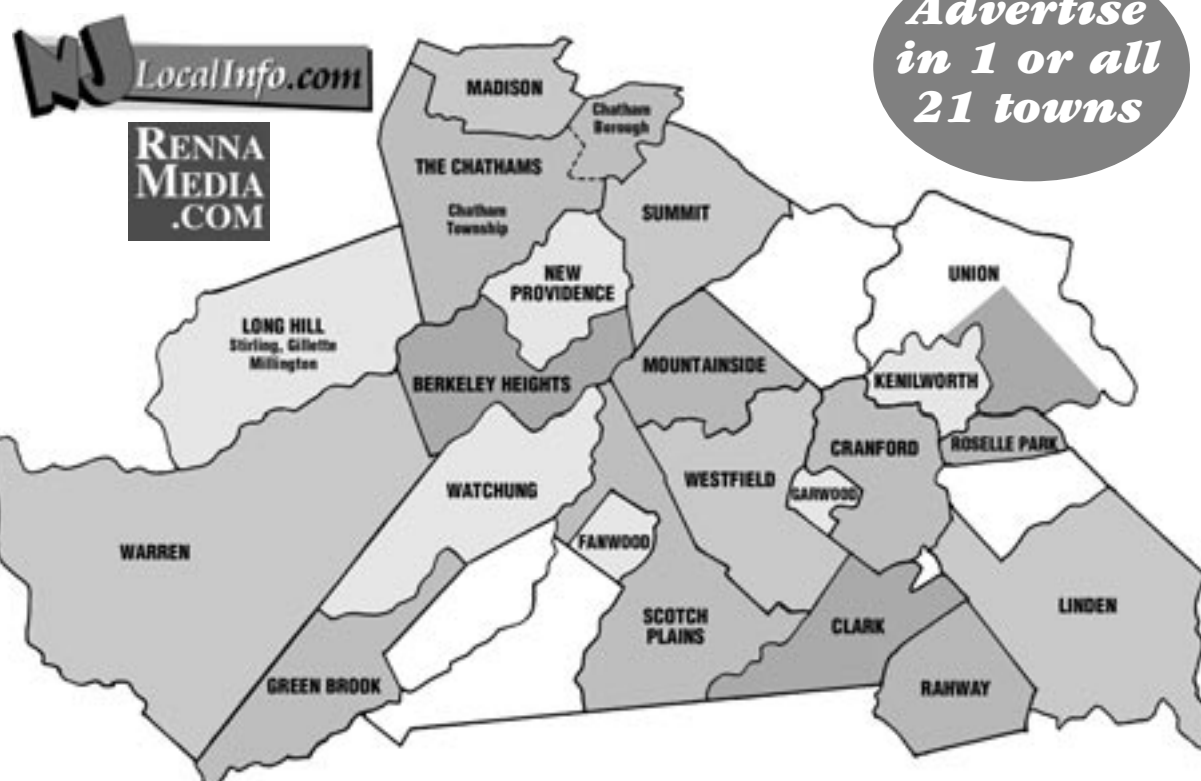
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COURSE ON MENTAL ILLNESS BEGINS MARCH

OUR TOWN *Rahway* • Page 15 • February 2022

The NAMI Family-to-Family Education Course will be offered by the Union County Chapter of NAMI (National Alliance on Mental Illness). The course will be starting on Thursday evening, March 3, 2022 and meet each Thursday over a consecutive 8-week period. It is free-of-charge, with all necessary materials furnished at no cost.

The course is offered specifically to the parents, siblings, spouses, teen-age and adult children, and significant others of individuals with severe and persistent mental illness. The program is not appropriate for individuals who, themselves, suffer from one of the major mental disorders. The course is taught by NAMI members who have completed intensive training.

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

Capacity is limited. To register, or if you have questions, contact Pat Roman at 732-397-8123 or email patroman2@aol.com. Please include in the subject line: F2F Course. A F2F teacher will contact you with the details.

FAMILY SUPPORT GROUP – FEB. 15

Are you feeling stressed and alone in trying to cope with the effects of a loved one's mental illness?

NAMI Union County's Family Support Group is for family members and caregivers of persons with mental illness.

The group is led by NAMI-trained facilitators and is a peer support group that allows participants to gain insight from others facing the same challenges.

Zoom sessions are held on the 3rd Tuesday of every month from 7 – 8:30 p.m. To register, email Denise at: namiunioncounty@yahoo.com with your name, town, and phone number.

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

• **INCREASE ONLINE MARKETING RESULTS**
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Cost for average website: 12 pages, contact form, SEO friendly, responsive design

• **WEBSITE HOSTING: \$300 PER YEAR**

Includes website hosting, software updates, monthly website content updates

• **SEO SERVICES: AVERAGE COST \$1,000 - \$2,000 PER MONTH**
Custom tailored solutions: Google Ranking, Local SEO, Social Marketing

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help developing an online marketing plan.

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Buchanan's 12yrs old	1.75L	\$55.99
Bushmill's Irish	1.75L	\$42.99
Chivas Regal	750 ml	\$29.99
Chivas Regal	1.75L	\$58.99
Chivas Regal 18 yrs old	750 ml	\$72.99
Crown Royal	750ml	\$28.99
Crown Royal	1.75L	\$49.99
Dewars 12 yrs old	750ml	\$25.99
Dewars 12 yrs old	1.75L	\$45.99
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Dewars White Label	1.75L	\$32.99
Gentleman Jack	750ml	\$29.99
Gentleman Jack	1.75L	\$52.99
Glenmorangie 10 yrs old	750ml	\$40.99
Glenlivet 12 yrs old	750 ml	\$47.99
Glenlivet 12 yrs old	1.75L	\$91.99
Grants	750ml	\$15.99
Grants	1.75L	\$23.99
Jack Daniels	750ml	\$25.99
Jack Daniels	1.75L	\$45.99
Jack Daniels Fire	750ml	\$25.99
Jack Daniels Fire	1.75L	\$47.99
Jameson	750ml	\$29.99
Jameson	1.75L	\$54.99
Jim Beam Whisky	1.75L	\$29.99
Johnnie Walker Blue	750ml	\$187.99
Johnnie Walker Blue	1.75L	\$399.99
Johnnie Walker Black	750ml	\$28.99
Johnnie Walker Black	1.75L	\$57.99
Johnnie Walker Double Black	750ml	\$34.99
Johnnie Walker Red	750ml	\$19.99
Johnnie Walker Red	1.75L	\$32.09
Macallan 12yrs old (double cask)	750ml	\$59.99
Makers Mark	750ml	\$27.99
Makers Mark	1.75L	\$52.99

GIN

Beefeater	1.75L	\$35.99
Bombay Sapphire	1.75L	\$37.99
Seagram's gin	1.75L	\$19.99
Tanqueray	750ml	\$21.99
Tanqueray	1.75L	\$36.99

COGNAC & BRANDY

Courvoisier V.S.	750ml	\$31.99
Courvoisier V.S.	1.75L	\$53.99
Remy Martin V.S.O.P.	750ml	\$48.99
Remy Martin V.S.O.P.	1.75L	\$99.99

CORDIALS

Bailey's Irish Cream	1.75L	\$47.99
Duggan's Irish Cream	1.75L	\$28.99
Kahlua	1.75L	\$39.99
Krupnik	750ml	\$17.99
Licor 43	750ml	\$25.99
Licor 43	1.75L	\$42.99

VODKA

Absolut (regular)	750ml	\$19.09
Absolut (regular)	1.75L	\$29.09
Belvedere Vodka	750ml	\$27.99
Belvedere Vodka	1.75L	\$44.99
Ciroc (all types)	750ml	\$29.99
Ciroc (all types)	1.75L	\$57.99
Finlandia	750ml	\$15.99
Finlandia	1.75L	\$24.99
Grey Goose	750ml	\$24.99
Grey Goose	1.75L	\$39.99
Ketel One	750ml	\$19.99
Ketel One	1.75L	\$39.99
Luksusowa Vodka	1.75L	\$23.99
Pinnacle (all types)	750ml	\$11.99
Pinnacle (80 proof)	1.75L	\$17.99
Skyy	1.75L	\$19.99
Sobieski	750ml	\$11.99
Sobieski	1.75L	\$19.99
Stolichnaya (all types)	1.75L	\$29.09
Tanqueray Sterling	750ml	\$19.99
Tanqueray Sterling	1.75L	\$30.99
Three Olives (all types)	1L	\$19.99
Tito's Vodka	1.75L	\$30.99

RUM

Bacardi Light & Gold	750ml	\$12.99
Bacardi Light & Gold	1.75L	\$19.19
Captain Morgan Spice	1.75L	\$25.99
Malibu	750ml	\$17.99
Malibu	1.75L	\$25.09

TEQUILA

Deleon Blanco Tequila	750ml	\$37.99
Deleon Blanco Tequila	1.75L	\$59.99
Patron Silver	750ml	\$46.99
Patron Silver	1.75L	\$99.99
Cantera Negra Coffee Tequila	750ml	\$26.99

BEER

Becks (12oz) 24pk	24pk	\$25.99
Bud and Bud Lite cans	30pk	\$23.99
Bud and Bud Lite loose bottles	24pk	\$20.99
Coors Lite (24oz) cans	12pk	\$15.99
Coors Lite/Miller Lite loose bottles	24pk	\$20.99
Coors Lite/Miller Lite	30pk	\$23.99
Corona/Corona Lite loose bottles	24pk	\$30.99
Dab (16oz) cans	24pk	\$23.99
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	\$15.99
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
Adagio Pinot Grigio	1.5L	\$ 9.99
Freixenet Brut, Extra, Extra Dry	750ml	\$10.99
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Noble Wine 337, 667	750ml	\$11.99
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Ruffino Chianti	1.5 L	\$13.97
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Ruffino Tan label	750ml	\$19.99
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