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DIVISION OF SENIOR SERVICES HOSTS SENIOR PICNIC

There was a large turnout for the Seniors' Picnic hosted by the Division of Senior Services on June 2, 2022. Seniors were treated to live music, and food catered by The Waiting Room. Due to inclement weather, the event which was scheduled to be held outdoors at Hart Park, was held in the Recreation Center. It didn't dampen the fun!

See more photos on pages 10 and 11.



Photos from this and other events can be found online at rennamedia.com and on the Our Town Rahway page on [facebook.com](https://www.facebook.com/OurTownRahway). Feel free to "Like," "Tag," and "Share."

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GARDEN HONORS BELOVED LONG-TERM PATIENT

Robert Wood Johnson University Hospital Rahway now has a garden honoring Everett Duchin of Colonia, a beloved hospital patient.

"When we first discussed it, it was going to be a bench and tree," joked Everett's brother Eric of South Plainfield. Everett's immediate family, together with friends and extended family, started a GoFundMe page to raise money. The Everett Howard Duchin Memorial Garden now includes several ornamental trees, flowering plants, and benches circling the hospital's familiar gazebo.

"We thank the Duchin Family and their many friends for providing a beautiful place for family, friends and staff," said Hospital President Kirk Tice.

Everett Duchin was 41 when he passed away at home in 2021. An infection during infancy had left him severely brain damaged requiring 24/7 care. As an adult, he sometimes needed a ventilator to help him breathe.

His family was devoted to his care. He was often hospitalized for weeks and months at a

time.

"My mom spent many a night in a chair by his bedside at the hospital," Eric recalled. "He was hospitalized so often, we said he should have a wing."

Everett, called Evi, was beloved by hospital staff, who would comb his hair, play with him or just come in to visit, recalled Everett's mother, Arleen Duchin. "He had a great smile," recalled Nurse Theresa Dobbin. "And he really loved Teddy Ruxpin," an animatronic toy bear that talked.

In a touching ceremony in front of the hospital's signature gazebo, Arleen Duchin thanked the hospital staff, hospital administration and Hospital President Kirk Tice, her family and all the family's many friends for contributing to the garden.

"This gift from the Duchin family created a beautiful space for people to take a moment in their day," said Vice President of Development Heather Hays.



(above) The Duchin family pose with some of the many staff members who took care of their son Everett. RWJ Rahway Nurse Melanie Mercado, Everett's parents Mel and Arleen Duchin, RWJ Rahway Nurse Theresa Dobbin. Back row, Everett's brothers Eric, Jared and Elliot.

Photo by J Martin Production

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ANNUAL FOURTH OF JULY MEMORIAL CEREMONY

The Rahway Knights of Columbus Council #1146 Fourth Degree will be holding their annual Fourth of July Memorial Ceremony at 10 a.m., at the gravesite of Abraham Clark located in Rahway Cemetery. All are invited to attend.

RAHWAY'S SPECIAL CONNECTION TO THE 4TH OF JULY

Submitted by Al Shipley, City historian and Rahway Library research consultant

This story is reprinted from Our Own Rahway, June 2012 issue

Americans across the United States celebrate July 4th as the moment in history when our country declared its independence from Great Britain in 1776. We mark the day with parades, picnics, and fireworks and it's easy to forget the fifty-six brave gentlemen who signed their names on a piece of parchment bearing the title, The Unanimous Declaration of The Thirteen United States of America. For each of the signers, it was a momentous expression in which they committed their lives, their fortunes and their sacred honor to the noble cause of liberty. One of these courageous patriots was Abraham Clark.

Clark was born and raised in Roselle and as a young man worked as a surveyor. This field led him to the study of law, a profession he could employ to settle land disputes and property titles. A good deal of his business was transacted in the larger village of Rahway where he became known as the "Poor Man's Counselor." His family also traveled to Rahway on Sundays to worship in the small Presbyterian Church which stood on St. Georges Avenue.

As the fiery talk of separation from Great Britain began, Clark found that he closely identified with the patriotic cause, and by 1774 had become a bold advocate of independence. Aware of the great dangers in which the colonies were placing themselves, he wrote, "We can die but once . . . We are now embarked in a most tempestuous sea . . . It is gone so far that we must now be a free independent state or a conquered country."



(above) The gravesite of Sarah and Abraham Clark, signer of the Declaration of Independence, is located in Rahway Cemetery.

Courtesy photo

In 1775 his neighbors elected him to the Provincial Congress of New Jersey and in June of the next year he was appointed to the Second Continental Congress which was meeting in Philadelphia.

Clark was well aware of the penalty for treason. Had the British won the war, all signers of the Declaration would have been executed. Fear of this possible fate, however, did not sway him from his obsession to sever relations with the mother country.

During the war years Clark did suffer severe hardships. The Redcoats destroyed all of his property, and two of his soldier sons were captured and held on the notorious prison ship, "The Jersey," a vile, floating jail where thousands of American prisoners perished. The conditions aboard the ship were horrible and the Clark boys suffered special hardships because of their father's connection with the rebels. Clark was

even promised the release of his sons if he abandoned the American cause, but he refused to betray his country.

Clark was unique in that he was the only member of Congress to serve throughout the entire war. He was re-elected three times and was chosen to represent New Jersey at the Philadelphia Convention in 1787. Due to ill health, however, he was unable to attend this famous convention where our Constitution was being framed.

Clark died at the age of sixty-eight and is buried in the Rahway Cemetery. Residents of Rahway and all of Union County should be proud that of the five signers from the New Jersey Colony, only Clark is buried in this part of the state. Abraham Clark is a name out of the rich pages of Rahway history and a name we should remember as we prepare to celebrate the birthday of our country's independence.

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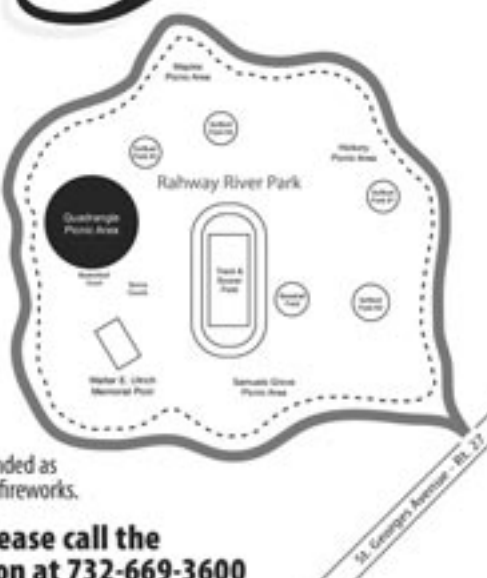
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invite you to celebrate!...


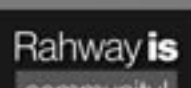


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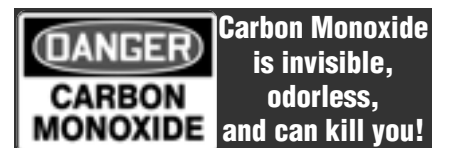
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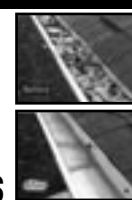
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Submitted by Latoyah K. Washington
Rahway Food For Friends would like to acknowledge the Franklin School Blue and Gold Club, Barbara Maher school nurse, and Blue & Gold club advisor, Kim Adams.
The group partnered with our founding teams from the original Second Presbyterian Church that now is merged as First Presbyterian Church of Rahway. We celebrate the long-standing work and service of Leslie and Chris Ficke Team

Captains Bill and Dana Marsh. The dedicated team has been with Rahway Food For Friends over 25 years.
The club organizes the students to help our soup kitchen serve meals, food donations, and creating gifts to be handed out. Each person on this team, along with the children, have been a blessing and RFFF would like to acknowledge you all for your service and commitment to ending hunger in our community.



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(above, l-r) Left to right Shante Hush, Kim Adams, Bill March, Patricia Carter, Barbara Maher, and Dana Marsh

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Continued from page 1. See more photos on page 11.



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Continued from page 10



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TAKING NOTE OF RAHWAY'S BRIDGES

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

A visitor to Rahway in 1900 made the observation that he had never seen a town the size of this one that had so many bridges. Considering the comment, many might be surprised to learn that in a city of only four square miles there are at least 33 bridges that span the river.

Prior to the time when this area was first being settled by Europeans, around 1680, the landscape



(above) After the Milton Avenue Draw Bridge was destroyed during the 1882 flood, this steel bridge was built. An overhead sign in the middle of the bridge read "Walk your horse or pay the fine." The brick support under the bridge remains to this day and supports the present bridge which was reconstructed in 2001.

was covered by fields and woodlands. The river followed a meandering course and split into three branches. Due to the way the branches cut through the terrain, four villages, Leesville, Bridgetown, Upper Rahway, and Milton would develop.

It is believed the first bridge, built on what is today East Hazelwood Avenue, was constructed in 1686 to connect Woodbridge to Elizabethtown. It is likely bridges on the King George Highway (St. Georges Avenue) were also built at a very early date. As more roads were eventually laid out, more bridges made of wood and stone were built. An early map indicates that at least 11 bridges had been constructed by 1856 and by 1900 one could count 22 bridges, the newer ones made of concrete and steel.

Most of the bridges that stand today have been reconstructed and/or redesigned several times over the years. Sixteen of the bridges were destroyed or badly damaged during the great flood of September, 1882, the worst in Rahway's history. After destroying the Milton Avenue Bridge, raging waters, travelling at 15-25 miles per hour and carrying lumber, canal boats, and

heavy debris, slammed into the Monroe Street Bridge sweeping one person to his death. Each bridge from Monroe all the way to St. Georges, on both the main branch and the Robinson's Branch, was totally lost or severely damaged. The western half of the St. Georges Avenue Bridge near River Road collapsed. The St. Georges Avenue Bridge that spans the Robinson's Branch, however, was spared any damage. Although the roadbed of this bridge has been reconstructed over the years, its sturdy four-arch concrete foundation and cut-stone guard rails date back to 1873.

During the 1920s, with the speculation that housing would be needed after World War I, streets were laid out in the undeveloped areas in the western parts of the city. Although housing would not be built until the late 1940s, bridges were built on Orchard, Plainfield, Albermarle, Bramhall, Milton Boulevard, and two on Madison Avenue in preparation for development.

Next time you go for a walk or a drive, take notice of the bridges you cross. The number and types might surprise you as they did the visitor to Rahway over 100 years ago.



(above) Photo (circa 1914) shows the Grand Avenue Bridge when it was a truss bridge. The small dam was built in 1912 to keep the river at a depth that would allow for swimming and rowboats. The concrete arch bridge that stands today was built in 1917. Note the Wheatena building at top left.



(above) A railroad bridge was constructed over the river in the 1830s when tracks were first laid in Rahway. In 1875 an iron bridge was built. It was reported to be the first four track iron bridge built in the United States. When the tracks were elevated (1911-1914) this new 3-arch concrete bridge was constructed.



(above) The picturesque Irving Street Bridge (photo circa 1900) looking east from Hamilton Street. The surface was "modernized" in 1924 with concrete sides. The bridge is presently under reconstruction after being damaged by flood waters this past fall. Perhaps, when redesigned, it will be brought back to its original charm.

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(above) Mike with his many awards including the honors he received for helping veterans. Mike was awarded the prestigious "Bob Hope" award (seen here in his right hand). This award is only presented to performers who go beyond the call of duty.



(above) "Live from my Mother's Basement" is now on all major podcast apps.

UNION COUNTY'S OWN COMEDIAN MIKE MARINO

Submitted by Michael Boll, President NJVN

I recently had the honor and pleasure of meeting "New Jersey's Bad Boy of Comedy" Mike Marino. Mike grew up in Scotch Plains, and resides there now in his childhood home.

He is a comic who has performed all over the world and head-lined at some of the biggest stages, clubs, and theaters in the country. This talented comedian has been on the stage with some of the biggest names in the business. Mike has appeared in over 200 national television commercials, received many endorsements, and a Best Actor Clio Award Nomination. He has acted in many prime-time soaps and television shows including: As the World Turns, One Life to Live, Becker, Nikki, Frasier and Party of Five. His film credits include Crooks, Pizza with Bullets, hangin' in Hedon, Steven King's Lucky Quarter and Criticized.

Adding to his great success in film, theatre, commercials and soaps, Mike Marino began touring the world performing and selling out at countless clubs, theatres and casinos. His stand-up material ranges from cutting edge observations of everyday life to his Italian family roots, which recently spun into a television pilot called "Re-Constructing Jersey". His comedic style has landed him guest appearances on "The Tonight Show" as a regular sketch player, "The Martin Short Show", "Canada's Comedy TV", "The Boomer Show", "Wild Pitch", and "Hand Held Comedy Radio". A clip of Mike's appearance on Byran Allen's "Comics Unleashed" earned him over 7 million views (and counting). This led to his current web series "Marino 2016" – an original comedy based on Mike's Road to the White House and wise guy attempt to become the first Italian American President of the United States.

Recently, Untied Brewing Company hosted a comedy show for the New Jersey Veterans Network in New Providence. Both Assemblyman Jon Bramnick, known as New Jersey's funniest lawyer, and Mike Marino performed at the show and it sold out immediately. After the show, I was able to meet

Mike and he explained to me how he always supported our uniformed heroes and wanted to really get involved with our team.

A few days later, I met with Mike in his 'Mother's Basement' studio, in Scotch Plains, where he hosts his nationwide podcast show, and we began working on ideas to help the charity. Mike has always supported our uniformed heroes; he was a member of the USO comedy team and entertained the troops in places like Bosnia and Afghanistan. After his comedy tour, Mike was awarded the prestigious "Bob Hope" award. This award is only presented to performers who go beyond the call of duty. Mike has hosted and performed countless times for our brothers and sisters in blue. After the 9-11 tragedy, Mike felt he was obligated to do something for the first responders' families affected by that horrendous and devastating day. He joined up with both the Los Angeles Sheriffs and Police Department, and they do a comedy show every year that raises money for the 9-11 fallen families.

New Jersey Veterans Network is very lucky to have Mike on board and we can't wait to bring joy to these extremely difficult times.

For more information, and if you would like to follow Mike Marino, please check out his website mikemarino.net and podcast – "Live from My Mother's Basement".

If you are interested in joining the New Jersey Veterans Network team please contact Michael Boll at mdbollio@optonline.net. For more information visit NJVN.org.

ABOUT NEW JERSEY VETERANS NETWORK

We are a group of veterans and volunteers dedicated to helping our veterans and their families live better lives. Our mission is to identify veterans and connect them with resources and programs designed to meet their unique set of needs. If you are interested in joining our team, would like us to speak at your event, or contribute to our mission, call 973-332-1556 or email mdbollio@optonline.net. To learn more visit njvn.org.



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RELIEF FROM CHRONIC KNEE PAIN

FDA Approved Treatment to Avoid Surgery

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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. Additions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

Consider This Alternative To Surgery

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

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

How Does This New Treatment Work?

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

Do you Suffer from any of these Symptoms?

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

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

Let Me Show You Targeted Relief From Your Knee Pain

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

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

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

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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.'"

- Question L.

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CARING CONTACT RECEIVES GRANT

Caring Contact, a local, award-winning, volunteer-staffed crisis hotline and listening community, recently announced it has been awarded a Major Grant in the amount of \$15,000 from The Northfield Bank Foundation to support building hotline capacity for the launch of "988" in 2022.

Caring Contact was selected to receive the grant based on the current increase in crisis line call volume and the Federal approval of the 3-digit 988 crisis line. Since the start of 2021, Caring Contact has answered over 13,000 calls on the National Suicide Prevention Lifeline and local hotline. Over 1,000 of these calls were from teens aged 13 to young adults aged 24. Additionally, the change from 10-digit National Suicide Prevention Lifeline number to a 3-digit number, like 911, will greatly increase the volume of calls to the agency. Beginning in July 2022 The Northfield Bank Foundation Grant will assist Caring Contact's efforts to continue responding to the increase in calls by supporting their strategy to add Listener capacity through increased and more accessible training and to prepare for the launching of 988.

"Answering more calls will result in increased connection to individuals experiencing mental health crises," states Caring Contact's Executive Director Mary Claire Givelber. "This increased connection means fewer suicide attempts, a healthier population and fewer people ending up in the already strained health system because of a suicide attempt or an unchecked mental health crisis. We are honored to have the support of The Northfield Bank Foundation as we support those currently in crisis and prepare for 988."

Executive Director Maria Fuentes, The Northfield Bank Foundation said, "We extend our best wishes to Caring Contact and their continued success. We look forward to their accomplishments during the year. It is a pleasure to be a Caring Contact supporter."

ABOUT CARING CONTACT

Caring Contact is a local, award-winning, volunteer-staffed crisis hotline and listening community serving central and northern New Jersey. As a member agency of the National Suicide Prevention Lifeline and the International Council for Helplines, Caring Contact compassionately serves those in emotional distress and educates local communities about the power of personal connection. For more information, please visit caringcontact.org. If you, or someone you know, is in crisis, please call 800.273.8255.



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GIRLS' CHESS TOURNEY POWERED BY U.N. GRANT

On Sunday May 29, 2022, the 2022 JL All-Girls Chess Tournament took place at the Westfield YMCA, under the auspices of the Westfield Chess Club, considered one of New Jersey's most celebrated chess clubs. The goal of this event was to further chess for girls in the local region. This event was the brainchild of Jessica Lee, a high school student from Mountain Lakes, who won a grant to run this tournament through the United Nations Foundation. Lee has been playing chess since age 5 ½ and wanted to introduce the game she loves to girls, since they tend to be underrepresented in chess.

Lee recounts that the vast majority of players she has encountered in tournaments have been male players. "Usually at a tournament there are only a handful of girls... I would love to see this change." At her high school, she is the only girl in her chess club. She feels this is a shame because she has derived so many benefits from chess. "Chess teaches you so many things: patience, resilience, analytics, and goal-setting." She and her twin brother, Justin, who also plays chess, have had years of chess lessons, chess camps, and have attended nearly 300 tournaments. At many events, where there were prizes for "mixed doubles," meaning a team of a male and a female, she would get many offers to be on a team, because there were so few girls relative to boys.

On Sunday, Lee gave a chess introduction lecture to about 15 girls, many of them very young, with the youngest age 6 years, reviewing the basic tenets of chess. Following that, there were practice games, a tournament with rated and

unrated sections, with pizza, cookies, and chips offered. Finally, each girl went home with their own portable chess set.



(above) Westfield Chess Club General Manager and Chief Tournament Director John Moldovan and Jessica Lee at the 2022 JL All-Girls Chess Tournament which took place on May 29, 2022. Each participant went home with their very own chess set.

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YOU'RE INVITED! TO YMCA OPEN HOUSE - JULY 28-31

The Gateway Family YMCA is celebrating a Find Your Summer Open House event July 28-31, available free to the local community. Everyone is invited to visit and Find Your Summer, Find Your Passion, Find Your Y at The Gateway Family YMCA. Individual events hosted at Y branches in Elizabeth, Rahway and Union include family swimming and basketball, water exercise programs, and group exercise programs like yoga or Zumba. Event details are available at tgfymca.org/events

"To be our best selves, we need to take care of our whole selves. At the Y, our supportive community will inspire you to find your inner strength so you can expand your health in spirit, mind and body," stated Krystal A. Canady, CEO, The Gateway Family YMCA. "The past two years have been hard on our community, and especially our families. We are happy to be opening our doors and providing some family fun and stress relief in the form of healthy activities, events and information."

The Gateway Family YMCA has served the local community since 1900, and provides programs and services with the goal of building community, developing youth and creating a safe experience. With a unique focus that encompasses programs and services for all ages, the Y is poised to assist families in a very intentional way, as a partner in their holistic wellness. In addition to the Open House, new members who join with a Family Membership at The Gateway Family YMCA online at

tgfymca.org/join-the-Y will pay \$0 Joiner Fee with the code FAM July 28-31.

"At the Y, you'll find more than just a place to work out. With opportunities to connect with new people, develop new skills and explore new interests, you might just discover a new passion, too," stated Melynda A. Mileski, EVP/Chief Operating Officer. "We understand flexibility is important in today's world and have added virtual options for 24-hour access for our members, as well as tools and resources like YMCA360 and Nationwide Membership."

This June, The Gateway Family YMCA launched a Community Membership initiative, an opportunity for everyone to participate in designated Y programs, special events and communications through a complimentary membership designed to provide access to all, while remaining connected to each other and the community. More information is available at www.tgfymca.org/community-membership

In addition to traditional Y programs like Youth Sports and Swimming Lessons, The Gateway Family YMCA also offers Child Care, Before and After School Care, Summer Day Camp, Virtual WISE Adult Services, Chronic Disease Management programs, Residential Housing and Social Services.

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

Responsibility. The Gateway Family YMCA impacts the community by providing quality services for all. The Y doesn't just strengthen bodies – it strengthens people, families and communities.

For more information about The Gateway Family YMCA, visit tgfymca.org or contact the Elizabeth Branch 908-355-9622, Five Points Branch 908-688-9622, Rahway Branch 732-388-0057 or the Wellness Center and WISE Center Branch at 908-349-9622.

the Y **EVERYONE BELONGS AT THE Y!**  **SCAN ME**

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QUEEN ANN'S LACE (WILD CARROT)

Today we are so use to the term 'invasive' relating to plants that arrived in America by that accident we have forgotten that many of our modern weeds were brought here on purpose by colonists who thought they were beautiful.

One great example is 'Daucus carota', also known as wild carrot and Queens Ann's Lace.

Queen Anne's lace, *Daucus carota* (Family Apiaceae), is a common sight in dry fields, roadside ditches and open areas. There are many explanations for the origin of this common name, including the flower's resemblance to the lace that was fashionable around the time of the British monarch, wife of King James I; because people thought it resembled Queen Anne's lace headdress; 18th-century English courtiers used the flowers as "living lace;" and supposedly because Queen Anne challenged her ladies-in-waiting to a contest to see who could produce a piece of lace as beautiful as the flower, but none could rival her own efforts.

It is also called wild carrot because this is the European plant that cultivated carrots were developed from. It was brought to North America with the colonists as a medicinal plant and is now naturalized throughout the continent.

Seeds germinate throughout the growing season, producing a small rosette of ferny green leaves. The finely divided alternate leaves are tri-pinnate (the feather-like leaflets are again divided) and the lower leaves are considerably larger than the upper ones. The plant also produces a firm, yellowish, spindly taproot. Although the root is edible when young (but not tasty like its cultivated relatives), the leaves can

cause skin irritation in some people, especially those sensitive to celery or chrysanthemums. There are similar looking plants such as poison hemlock or fool's parsley (*Conium maculatum*) and water hemlock (*Cicuta maculata*) that are poisonous, so roots. This biennial flowers in its second season, then dies. Hollow branched flower stems grow two to four feet tall, and both the stems and leaves are covered with short, coarse hairs. The attractive, airy two to four inch "flower" is actually a compound flower. Up to a thousand tiny white flowers are produced in lacy, flat-topped clusters (umbels) with a dark, purplish center. As the seeds ripen, the inflorescence curls inward to form a "bird's nest" shape and turns a brownish color. A small bristly seed is produced at the end of each flower stalk, and once dry they readily latch onto fur or feathers to be disseminated beyond where the seeds would otherwise fall.

Queen Anne's Lace is so adaptable that in some habitats it crowds out native species that can't compete with its vigorous growth. Many people consider Queen Anne's lace an invasive weed (it is listed as a noxious weed in at least 35 states), but it is used by some native animals for food. It is a host plant for eastern black swallowtail caterpillars and many butterflies and adult bees and beneficial insects utilize the flower nectar. To reduce the spread of this plant, remove the seedheads before they mature.

– Susan Mahr, University of Wisconsin – Madison

Happy Gardening,

James



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

Visit 'Keane Gardener' blog at:
keanegardener.blogspot.com

FREE STATE PARK ADMISSION

NJ State Park Service

Starting Memorial Day weekend, entry to all New Jersey State Parks, forests, and recreation areas will be free of charge this summer. Park entrance fees will be waived for all visitors, regardless of residency. Anyone who already purchased a 2022 annual State Park Pass will automatically receive a full refund.

Other individual park fees remain in place, such as camping, interpretive programs, and mobile sport fishing permits.

Discovery State of New Jersey Parks:
nj.gov/dep/parksandforests/

GARDEN HELPLINE REOPENS

Gardening questions?

Need insects identified?

Rutgers Cooperative Extension of Union County can help.

After being closed for the past two years due to the Covid pandemic the Helpline is now open to help solve your questions and problems.

Even landscape professionals occasionally need assistance identifying problems. Diseases of trees and shrubs or insects need to be properly diagnosed before they can be cured or controlled.

Rutgers Garden Helpline is staffed by trained volunteers to assist the citizens of their county with continuing educational opportunities supplied by Rutgers agricultural department during the year.

Rutgers Garden Helpline of Union County is located at 300 North Ave East, Westfield, NJ, (Colleen Fraser Building, 2nd floor). For questions and office hours call the Garden Helpline at 908-654-9852

There are three ways you can reach the garden helpline with your questions.

First you can call them at number above.

Secondly you can e-mail questions and photographs to: mastergardeners@ucnj.org

Or clients can bring a plant, lawn, or insect samples to the office. Specimens are the surest way to guarantee a proper identification.

Hours are Monday to Thursday, 10 a.m. until 2 p.m., and Friday 10 a.m. until noon.

The Garden Helpline volunteers are well trained to identify tick* species including 'deer ticks' which transmit Lyme disease to humans and pets.

This is an extremely valuable service as the deer and tick populations continue to grow in New Jersey.

The Asian Lantern-fly invaded Union County last spring and has already damaged many fruit trees and vines. The Helpline will keep you updated on the latest information how to control this colorful but destructive leaf hopper.

In addition to garden critters the Helpline will identify house infesting insects such as carpenter ants, termites and food infesting pest.

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