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FRANKLIN SCHOOL GETS A NEW PLAYGROUND

Rahway Public Schools

Kids at Franklin Elementary School in Rahway, NJ are celebrating because the school recently debuted a kid-designed, state-of-the-art playground. The months-long collaboration between Franklin Elementary, Popsicle®, and KABOOM! culminated during the last week of the school year as more than 120 volunteers installed the new playspace, which will offer over 600 children a high-quality, safe place to play that is close to where they live and learn.

The new playground was a collaborative effort by numerous community members, including kids, who presented creative ideas for their dream playground during a design day this past June. The playground is inspired by those drawings and will provide playspace equity for hundreds of kids and their families with a place to get active, build social bonds, and gather as a community.

There were many individuals on the team that played integral roles in the success of this project. Dr. Aleya Shoieb, the principal of Franklin School, and Dr. Linda Lampert, Franklin School's technology facilitator initiated this project by writing a grant that ultimately got the ball rolling. Michele Anastos, Lindsey Barrett, Susan Dilollo, Susan Farrar, Nicole Sugzda, Vice Principal Dr. Juan Miao, and PTA President Shavon Smith-Simons were all essential in recruiting volunteers and securing food donations. Lead custodian Michael Dedinsky played an important role by securing all the necessary tools and materials for the playground construction. Edward Kushpa, Rahway Public Schools Manager of Buildings and Grounds was instrumental in securing Whirl Construction, a playground installation company, to excavate and prepare the area. KABOOM's project managers, Bicki Rudd and Katy Davis met with the team weekly to make sure that the project ran smoothly.

Among the approximate 120 volunteers that participated during the three-day build, were many of the school's staff members, students, members of the PTA, district administrators, board of education members, Rahway's Mayor Giacobbe, Rahway Police Officers, and members



Photos by Rahway Public Schools

of the Rahway Fire Department.

Over the course of the three days, several Rahway and surrounding area restaurants and businesses donated food and drinks for the volunteers. These included Il Forno a Legna, the Waiting Room, D'Italia, Las Pinatas, Sinai Bakery, Rahway Fried Chicken, Firehouse Eatery and Pub, Sabor Peruano, La Malinche, and Panda China, as well as the ShopRite in Clark. "We are eternally grateful to all who participated and made this event a huge success," said Dr. Shoieb.

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Our Town Rahway

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The Hickory Tree Chorus chapter of Sweet Adelines International invites women singers to register for its free "Big Summer Sing." You can come any Wednesday, in August, 7 to 9:30 p.m. at The Shrine of St Joseph, 1050 Long Hill Road, Stirling, NJ for chord-ringing, fun-filled, four-part a cappella music.

Each week, guests will participate in vocal

and physical warm-ups and work on songs with the chorus. The chorus sings a variety of music, including old-fashioned love songs, Broadway, Disney, Beatles, and more.

To register for the Big Summer Sing, please email info@hickorytreechorus.org or call 908-377-1399. For more information, visit hickorytreechorus.org.



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SCHOOL NURSES ASSOC POSTER CONTEST

Fabyana Gil Montero, a fifth-grader from Franklin Elementary School in Rahway was awarded for winning the Union County School Nurses Association's poster contest. She was the recipient of a certificate and a \$25 gift card. The contest is held every year for students in grades 5 through 8. This year the slogan was 'Healthy Eating / Healthy Choices.' Great job Fabyana.



Photo by Rahway Public Schools

PSA FROM RAHWAY POLICE DEPARTMENT

The will be putting out a PSA for pop up parties throughout the summer and we are trying to get the word out. I was hoping that your paper may be able to include it in an upcoming issue.

The City of Rahway is a welcoming place for visitors, but our utmost priority is the safety of our community, in both public places and on private property.

"Pop-Up Parties" are events that are organized on social media and can result in hundreds to thousands of teenagers and adults suddenly exiting trains and buses, flooding the streets, venues, and commercial districts with very little warning.

These parties typically results in multiple arrests and thousands of taxpayer dollars expended to cover the criminal damage and police overtime.

If you, as a private citizen or business owner, become aware of such an event, it is encouraged that you contact the Rahway Detective Bureau at (732) 827-2200.



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FRANKLIN SCHOOL LOVES TO READ

Rahway Public Schools

Franklin Elementary School in Rahway works hard to foster a love of reading in students. Students are encouraged to read every night for at least twenty minutes and complete monthly reading logs. The school has seen that this ongoing push has really helped to enhance students' reading skills and interest in books.

Recently, Joseph Ali-McDuffie, a second-grader from Mrs. Alicia Scipioni's class was the proud recipient of a Kindle Fire tablet. He has been working hard. He completed his summer reading, as well as 10 reading logs. How amazing! The school is looking forward to raffling off more tablets.

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LOCAL VOLUNTEER RECEIVES PRESTIGIOUS JEAN HARRIS AWARD

Submitted by Dr. D. Michael Hart

Marilyn Ryan was presented with the prestigious Jean Harris Award at a recent meeting of the Rotary Club of Westfield. This award is given to a non-Rotarian who does exceptional service to the community. It is a District-wide award. The Rotary District 7475 comprises of 77 clubs through 9 counties in northern New Jersey District Awards Chair David Breidinger, from



(above, l-r) District Awards Chair David Breidinger, Jean Harris Award recipient Marilyn Ryan, Rotary Club Foundation Chair Liz Ensslin.

Courtesy photo

the Rotary Club of Trenton, presented this award on June 7, 2022.

Past President and Rotary Club Foundation Chair Liz Ensslin nominated Marilyn because she has worked closely with her for many years through the Rotary's food program to feed the hungry. Her remarks are as follows:

"Marilyn has dedicated her entire life to those in need. After earning a bachelor's degree in education from Seton Hall University in South Orange, Marilyn embarked on a 20-year career as a teacher in the parochial school systems in both Elizabeth, at St. Genevieve's and Blessed Sacrament, and Linden. She returned to school and became a licensed practical nurse, working in the Rahway Hospital Pediatrics Unit for the next 12 years. In 1985, she assumed the position of Pastoral Associate at Parish Community of Saint Helen in Westfield. In this role Marilyn coordinates many Outreach Programs and Eucharistic Ministry. Marilyn is the coordinator of the Helping Hands and Hearts Program, which is designed to provide temporary financial or material assistance to those in need in our community. Marilyn serves on the advisory board of Sister Pat's Camp for Kids with Cancer in New York and is an Emeritus Member of the Board of St. Joseph's Social Center in Elizabeth. What is most important to know about Marilyn is that she is truly one of the most selfless people we know.

The poor, the hungry and those in need always come first. She is the driver of our Soup Kitchens, Food Pantry, Service Auction and many other ministries.

When it comes to her work, Marilyn leads by example. She empowers others to lead their ministries for the poor and disadvantaged, but she also never hesitates to roll up her sleeves, pack Thanksgiving Baskets or deliver gifts to the poor. Marilyn knows first-hand that to "Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime." Her legacy is not only the work she does herself but the work she supports and empowers others to do. While we think of Marilyn delivering to those in need, we also deeply value the support she provides to members of our community who are suffering from illness, grief or a family crisis. She has truly touched the hearts of many and taught us how to serve others and be an advocate for others less fortunate than ourselves."

Many guests attended the meeting and gave Marilyn accolades for her dedicated service to the community and surrounding avenues.

The Rotary Club of Westfield meets the first three Tuesdays of the month at noon at Limani Restaurant on North Ave. Guests are always Welcome. For information check the Rotary Club website at westfieldrotary.org or contact secretary Michael Hart by email drmhart@yahoo.com.



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

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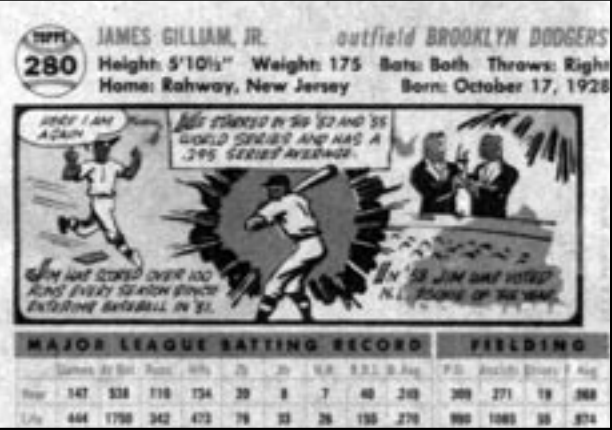
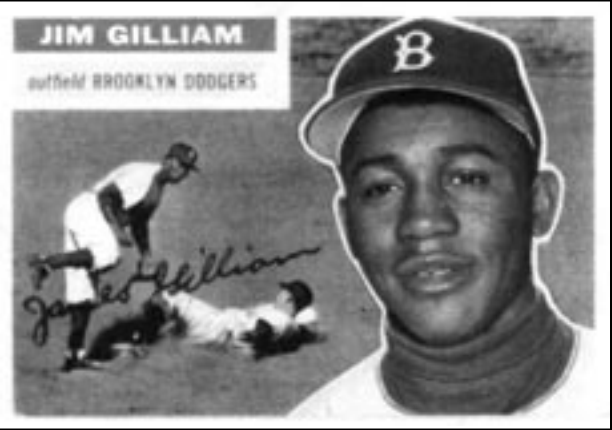
“Operation Alert,” a nation-wide air raid test was staged on Wednesday, June 15, 1955. The test was administered to check the ability of local Civil Defense facilities to act during an atomic attack. The drill began with reports that an atomic bomb was “theoretically” being dropped on Elizabeth.

As soon as the sirens were sounded, all vehicular traffic was stopped and with few exceptions, all pedestrians left the streets to seek shelter. School children were directed to hide under their desks and high school students were led into interior hallways. The drill was reported to have been 90% effective.

BOYS OF SUMMER IN RAHWAY

Jim “Junior” Gilliam, a member of the Brooklyn and Los Angeles Dodgers from 1953-1966, lived on Thorn Street from 1953 until the team moved to California after the 1957 season. Gilliam was Rookie of the Year in 1953, played in seven World Series, was named to four All-Star teams, and was on ten National League Championship Dodger teams.

While living in Rahway, he and fellow teammates Don Newcombe, who resided in Colonia, and Joe Black, who lived in Plainfield, stayed in shape during the off season by working out at the Rahway YMCA.



(above) 1956 Topps baseball card of Jim Billiam. Back of card shows hometown as Rahway.

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In May of 1946, the family of Mr. and Mrs. William Gettler, whose home was on Monroe Street, was selected as the “Average American Family” by a popular British magazine, “Illustrated.” In a four-page article, the editors outlined for their English readers the special and unique American qualities and how the Gettler’s embodied them.

It was reported that the Rahway family was selected from 35 million families living in the United States.

FOOTBALL SQUAD MAKES USE OF FORWARD PASS

On October 30, 1912, the Rahway High Football Team defeated Plainfield High 21-0 by using an innovative offensive strategy, the forward pass. All seven attempts made by the backs were completed.

The forward pass on the collegiate level goes back to 1906, but at the time was considered controversial and was used infrequently and by few schools. The famous coach, Glenn Scobey “Pop” Warner improved the play over the next six years making it more attractive for more teams. Notre Dame and Knute Rockne employed the play for the first time during their 1913 season, one year after R.H.S. went to the air.

FUNERAL TRAINS PASS THROUGH RAHWAY

On April 25, 1865, the funeral cortege carrying the body of President Abraham Lincoln passed through Rahway at 8:25 a.m. as it traveled from Philadelphia to New York City. The procession started its journey in Washington D.C. on April 21 and would travel through seven states before finally arriving in Springfield, Illinois on May 3. The train never exceeded 20 mph.

On Saturday, June 8, 1968, over 2,000 mourners gathered along the railroad tracks in Rahway as the train bearing the body of Robert F. Kennedy passed through the city. After a mass in St. Patrick’s Cathedral in New York City, the senator’s funeral train left Penn Station at 12:30 to start its journey to Washington, D.C.. Senator Kennedy was buried in Arlington Cemetery.

LAST CIVIL WAR SOLDIER PASSES

Rahway’s last Civil War veteran, Edmond Mays, died on June 9, 1936. Over 535 Rahway residents served during the bloody war. Mays served with the 8th New York Cavalry and saw action at Gettysburg and other important battles. He’s buried in Hazelwood Cemetery.

FREE VACCINES TO COMBAT POLIO

Free Salk vaccine inoculations were administered to 1st and 2nd graders on June 22 and 23, 1955, in a program advanced by the National Foundation for Infantile Paralysis. Only youngsters whose parents had signed a request through their child’s school could receive an injection. A second free dose was scheduled for a later date. Over 1,150 children had filed permission forms.

Children older than 2nd graders were encouraged to see their family doctors for their shots. Cost of the inoculations ranged from \$4.00 to \$8.00.

MILTON LAKE BECOMES COUNTY PARK

On November 15, 1936, Milton Lake and the surrounding area, a total of 38 acres, became part of the Union County Park system. The \$113,000 transfer was part of the federal government’s Works Project Administration (WPA) parks project.



(above) Scenic Milton Lake was a popular subject on early postcards.

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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.

Call 732-827-0800

Scot Paris MD, FACS



Here's what our patients have to say

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- Patricia G.

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

- Perry O.

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

- Question L.

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SUPERHERO WORKSHOP FOR CHILDREN WITH SPECIAL NEEDS

The Gateway Family YMCA

The Gateway Family YMCA announced an exciting and unique new program, designed specifically for children with special needs and their parents. The Superhero Workshop is a collaboration with the Maker Depot Academy, and offers a 4-week program where children will use their imagination and creative skills to design their own superhero. At the end of the session, children will have a project to display, share and take home.

Registration for the August session is available online at tgfymca.org or in person at The Gateway Family YMCA – Rahway Branch, 1564 Irving Street, Rahway where the program will be held. This program is open to the community and financial assistance is available.

"The Gateway Family YMCA has served the community since 1900," stated Krystal R. Canady, CEO, The Gateway Family YMCA. "Our programs and services are essential in meeting the needs of everyone in the community, and this program promises to be fun, educational and unique."

The Gateway Family YMCA – Rahway Branch offers a variety of traditional YMCA programming like swimming lessons, youth sports and child care, as well as arts programming and education.

"We are proud to be a part of the community in Rahway, and our commitment to the Arts, as well as our extensive renovations of the Rahway Branch a few years ago," stated Melynda A. Mileski, EVP/COO, The Gateway Family YMCA. "The Superhero Workshop is a fun and unique twist to traditional arts programming and we are excited to see this concept take off in our community."

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. 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 on The Gateway Family YMCA visit tgfymca.org or contact The Gateway Family YMCA – Rahway Branch at 732-388-0057 or rahwayinfo@tgfymca.org.

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SIX RAHWAY RESIDENTS GRADUATE TRINITAS SCHOOL OF NURSING

Trinitas Regional Medical Center's School of Nursing recently celebrated 49 graduates at its 168th commencement ceremony. Included were Rahway residents Norician Florentyna, Marie Anderson, Luis Yordano Garcia Hernandez, and Vianca Marie Jeffrey.

The graduation ceremony featured a traditional pinning ceremony that symbolizes a rite of passage into the professional world of nursing and the nurse's commitment to those they care for.

While nursing school is uniquely challenging for all who enroll, the students that made up Trinitas Regional Medical Center's School of Nursing class of 2022 faced unprecedented challenges throughout their two-and-a-half year nursing school journeys which started in January 2020 just prior to the COVID-19 pandemic. During that time the students navigated multiple challenges with resilience including transitioning between remote and in-person learning multiple times, adhering to safety

protocols including smaller clinical groups, social distancing, mandatory masking and face shields, COVID screening, weekly COVID testing and relocating on campus after Hurricane Ida flooded the Trinitas School of Nursing educational center on the Union County College Campus. Additionally, nursing students in the class of 2022 participated in vaccination efforts with supervision from faculty, administering some of the first COVID vaccines to the community.

"It is my pleasure to congratulate the Trinitas School of Nursing Class of 2022," said Gary S. Horan, FACHE, President & Chief Executive Officer, Trinitas Regional Medical Center, an RWJBarnabas Health facility. "The past two and a half years have been unexpected and unforgettable, but our nursing students rose to every challenge they were faced with. We are very proud of students as well as our faculty and staff, for doing this important work during a very challenging situation, all while keeping

with the mission of Trinitas Regional Medical Center upholding a commitment to providing high-quality care to a diverse population."

Established in 1891, the Trinitas School of Nursing is fully accredited by the Accreditation Commission for Nursing Education, Inc. and the New Jersey State Board of Nursing. In 1971, the school made a commitment to serve educationally disadvantaged students, the non-traditional, and those seeking a second career and/or career mobility. This commitment resulted in the formation of a Cooperative Nursing Program (CNP) in partnership with Union County College, which allows students in the CNP to graduate with a Diploma in Nursing from Trinitas School of Nursing and an Associates in Science from Union County College. Upon graduation, all students are also eligible to sit for the National Council Licensing Examination for Registered Nurse Licensure (NCLEX). For more visit trinitasschoolofnursing.org.



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CHESS FOR FUN CELEBRATES 50 YEARS

OUR TOWN *Rahway* • Page 13 • August 2022

Chess for Fun is a casual group of chess players who have been meeting for roughly 50 years. The group's players come from all over, and in the case of Larry Morse, as far away as Whitehouse Station. The most senior player, at 98 years old, is still playing strong.

It their earlier years the group met at the Rahway Public Library when it was located on St. Georges Avenue. In 1999 a flood destroyed the library. Chess for Fun has been meeting in

the Clark Public Library every Thursday from 11:00 a.m. to 3:00 p.m. And at Max's Pizza & Bistro in Scotch plains on Monday mornings at 11 a.m.

There are no formalities to the group. It is not an established club with officers or membership. Everyone of any ability is welcome to participate. Regulars bring their own board to share so it is not necessary to bring a board, but it would be helpful if you can.



(above, standing, l-r) Players and hometowns: Larry Morse, Whitehouse Station; Mark Shoengold, Colonia; Jack Rothstein, Edison; John Foy, Scotch Plains; Bodre. (seated, l-r) David Goldstein, South Plainfield; Neil Landau, Edison; Matthew Bistis, Mountainside.

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WALK TO END LUPUS NOW SET FOR SEPT. 11

The Lupus Foundation of America, New Jersey Chapter, invites you to our 30th Annual Walk To End Lupus Now. Join us at 9:00 a.m. on Sunday, September 11, 2022 at Nomahegan Park in Cranford, NJ as we walk for a cure and to assist people suffering from lupus. Form a team, or walk as an individual, to raise money. To register or donate visit: givebutter.com/FNpmmK or text 53-555 and type in: WALKLUPUS22. For more information, please call 973-379-3226.



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YMCA SWIM TEAM TRYOUT DATES ANNOUNCED

The Gateway Family YMCA has announced upcoming tryouts for the 2022-2023 Fall/Winter Rapids Swim Team, scheduled for Thursday, August 11, Tuesday, August 16, Thursday, August 23 from 6:00 - 8:00 p.m., or Saturday, August 27 from 10:00 a.m. - 12:00 p.m. at the Gateway Family YMCA – Rahway Branch, 1564 Irving Street, Rahway, NJ. Swimmers, ages 6 – 18 are invited to visit the YMCA to try out for the Rapids Swim Team during any of the tryout dates, no registration is necessary. The YMCA Swim Team is available for children throughout the communities served by The Gateway Family YMCA in Eastern Union County and Northern Middlesex County.

“Our YMCA provides a continuum of aquatic programming beginning with Safety Around Water and YMCA Swimming Lessons. YMCA competitive swim teams are the natural progression and next step for our experienced young swimmers, and encourage those children and teens to continue their love of swimming while providing an ideal environment for cognitive, physical and social-emotional development,” said Krystal R. Canady, CEO, The Gateway Family YMCA.

The YMCA competitive swim season typically runs from September through March; with dual meets starting in October and Championship meets starting in February. The Rapids swim team competes against other YMCA's in the league. Swim meets are held at The Gateway Family YMCA - Rahway Branch or at the site of the competing YMCA team.

As a leading nonprofit committed to youth development, the Y has been a leader in providing swim lessons, teaching water safety and inspiring competitive swimmers. The Gateway Family YMCA continues to help youth and adults experience the joy and benefits of swimming, so they can be healthy, confident and secure in the water. There are a variety of programs to choose, including swim lessons for all ages, starting with parent/child lessons through adult, water exercise, family swim, and competitive swimming. To ensure that everyone has an opportunity to participate, financial assistance is available to those who qualify.

To learn more about The Gateway Family YMCA's Swim Team programs, please visit tgfyymca.org or contact the Rahway Branch 732-388-0057.



(above) Swimmers, ages 6 –18 are invited to visit the YMCA to try out for the Rapids Swim Team during any of the tryout dates, no registration is necessary.



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USING WEED CONTROL CHEMICALS WISELY

I have posted this information in the past, but as a Master Gardener Of Union County since 1995 and an active member of the Rahway Environmental Commission I know there are few things in gardening as important as the safe use of chemicals. Not only in your garden but around your home for yourself, your family and pets.

Take a ride around your neighborhood on a hot summers day and it won't take long to see someone spraying weed control on their lawn wearing short pants and sandals. I have seen this happen while the children were playing just a few feet away.

Chemicals are so readily available and abundant in America, that we take them for granted. This is as true for the sellers as it is for us, the consumers. We are encouraged by the manufacturers to use their chemicals as often as possible.

Sadly, many people use these chemicals without taking the time to read the label. If they did read the label, they would know that these weed control chemicals become less effective as the temperatures get higher. The grass and weeds undergo stress and stop absorbing the chemicals. The toxins slowly evaporate creating a mist over your lawn where your children are playing. By the time the temperature reaches 90 you might as well throw your money away.

These chemicals work by attaching themselves to the weeds and then become absorbed into the cell tissues, working their way into the plant and finally the root system. When you apply them in short pants you are exposing your leg's cell tissue to the same chemicals.

Removing weeds from your garden beds has multiple benefits. Weeds compete with garden plants and vegetables for space, nutrients, sunlight and water.

Worst of all for many gardeners, weeds make your beds look messy and untended. Basically, weeds are plants growing where you don't want them. This can apply to wildflowers, shrubs and even trees, such as the Norway Maple.

Whenever possible use safer weed control practices such as hand weeding and mulching in the spring.

USE AND STORAGE OF GARDEN CHEMICALS

- Read and follow the directions on the label.
- Store all chemicals properly as directed on the label.



(above) Organic fertilizers are great for your garden vegetables and soil, then should be handled with the same care as man made chemicals. Follow the instructions on the label and wear protection covering over your mouth, nose & hands.

- Don't let liquids freeze or get too hot and don't allow dried chemicals to get moist.
- If you go to a store and their chemicals are sitting in the sun or are not properly stored, go to another store.
- Always wear gloves when mixing any chemical.
- Cover your nose and eyes, arms and legs, especially when spraying.
- Even though your mix may be 100% organic don't breathe it in. Most organics contain microorganisms you want in your soil, but not in your lungs.

"An ounce of prevention is worth a pound of cure"

KEEP YOUR ANNUALS BLOOMING- 'DEAD-HEADING'

Annuals are plants that grow to maturity, flower, set seed, and die within one year. Once the flowers are pollinated most of the energy of the plant is focused on producing seeds which will ensure its survival the following year.

In order to "fool" the plant into creating more flowers gardeners use the simple trick of pinching off the old flowers. This technique is



(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*

known as 'dead-heading'. It forces the plant to start over and produce even more flowers.

This proven practice works on all annuals from early spring pansies to summer blooming zinnia and marigolds. Some plants like pansies will even form two new flowers for every one pinched.

With many flowers you can simply remove the old bloom with your fingertips. With plants with thicker stems, it is wiser to use snips to prevent damaging the plants and new flowers.

The hardest part of this task is finding the time to do it. If it's late in the season and your marigolds have more dead flowers than you want to deal with, take a chair and cup of tea to where they are and make the task more enjoyable. This will keep your marigolds blooming into early autumn.

Dead-heading is also beneficial to many other plants as well. Although most 'perennials' will only bloom for a few weeks during their season, removing the seeds encourages the plants to produce stronger roots systems. Since many perennials are best propagated by division (dividing the root system) this practice is very beneficial.

Summer flowering shrubs such as butterfly bushes or roses will also produce more flowers when dead-headed.

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YMCA'S 7TH GRADE INITIATIVE

The Gateway Family YMCA

Registration opens on August 15th for the 2022-2023 class of 7th Grade Initiative members at The Gateway Family YMCA. As part of the NJ YMCA 7th Grade Initiative, a state-wide program designed to support and encourage teens to maintain a healthy lifestyle, The Gateway Family YMCA offers a supportive 7th Grade Leaders Club program and complimentary membership for all 7th Grade Students in the local community. Upcoming 2022-2023 7th Grade students are invited to visit the YMCA and join with proof of grade and a guardian's signature. Registration is available at The Gateway Family YMCA – Elizabeth Branch - 135 Madison Avenue, Five Points Branch -201 Tucker Avenue, Union, Rahway Branch – 1564 Irving Street, Rahway and Wellness Center Branch – 1000 Galloping Hill Rd, Union.

The goal of the 7th Grade Initiative is to increase physical activity and support teens in the development of lifetime healthy habits, volunteerism and leadership skills while providing a safe and supportive environment with role models at the YMCA.

"We recognize that 7th grade is a pivotal time in youth development, and are committed to support the youth in our community. Many teens become sedentary as sports become more competitive," stated Krystal R. Canady, CEO, The Gateway Family YMCA. "Now, more than ever, our 7th grade students need activity and socialization, and role models to provide healthy habits to last a lifetime."

As part of the 7th Grade Initiative at The Gateway Family YMCA, students can become a part of the 7th Grade Leader's Club, a structured program offering teens leadership and volunteer

opportunities. With a focus on team building, personal growth, character development, service and volunteerism, the 7th Grade Leader's Club empowers teens to create a chart of work specific to the needs within their community and provides support for projects to strengthen community.

Students participate in programs and services offered by the YMCA, and receive a complimentary Full Privilege membership including health and wellness options, swimming, group exercise, as well programs designed exclusively for teens. "Our goal is to

provide ongoing support for 7th grade students, assisting them to strengthen healthy behaviors, increase activity, gain a better understanding of nutrition and develop leadership skills to assist in their development and future," stated Melynda A. Mileski, EVP/COO.

For more information about The Gateway Family YMCA's 7th Grade Initiative, visit tgfymca.org or contact the Elizabeth Branch at 908-355-9622, Five Points Branch at 908-688-9622, Rahway Branch at 732-388-0057 or Wellness Center Branch at 908-349-9622.



INDEPENDENT AUTHORS BOOK EXPO TO BRING TOGETHER WRITERS

The Roselle, NJ-based nonprofit Independent Authors Book Experience (IABX) will be hosting its 9th annual book expo in person on Sat., Aug 6th, 11a.m. – 5 p.m., at Linden Public Library, 31 East Henry St, Linden, NJ. Authors from around the nation will be gathering together to share their original works and to promote the love of literacy to all ages, while attendees can enjoy readings from the authors, book signings, children's books giveaways and more.

"It's always such a pleasure hosting this outstanding event where book lovers, young and old, can gather and meet the writers of such unique stories," states Renae Smith, founder and

CEO of Independent Authors Book Experience. "This year, we are welcoming children's book writers, biography authors, sci-fi and fantasy works and lots of poets. All will have a chance to meet with interested readers, as well as have a chance to read an expert to the crowd."

In acknowledgement of the COVID-19 pandemic, the event will be held outdoors. All CDC recommendations at that time will be followed. Forty authors and multiple vendors will be gathered together to showcase their work and create a fun event for all ages.

"Our annual expo is always a blast, and we won't let COVID-19 dampen our spirits," states Smith. "We look forward to meeting in person and hosting this intimate networking event. We are planning some exciting activities, including our regular children's corner for kids to listen to some new stories and take home some free crafts, giveaways for all who participate, and seminars for authors to help them along with their craft. There is something for everyone who attends."

The goal of the Expo is to also help novice authors find ways to make a living through the written word. Smith speaks from a position of experience - she is an international award-

winning author herself, pulling from her native Jamaica to write cook books, as well as writing children's picture books. She inherited her mother's passion for reading and literature, sharing her deep love for the arts at a young age.

Smith started IABX in 2014 with a goal to promote and empower independent authors through various events and workshops, thereby promoting literacy for all ages. To date, 300 writers from all over the nation have benefitted from the services offered by the nonprofit.

For more information about the event and how to register, visit: www.iabx.org/iabx-expo

ABOUT INDEPENDENT AUTHORS BOOK EXPERIENCE

Independent Authors Book Experience (IABX) is a nonprofit organization whose mission is to promote and empower independent authors through events, workshops and author services, thereby promoting literacy for all ages. Since its creation, IABX has become a widely-recognized hub of resources for the launch and promotion of new titles, including author profiles, book reviews, recommendations, event information, interviews and articles. Learn more about IABX at iabx.org.

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AMANI TO PERFORM AT NEW JERSEY'S MOST INTIMATE COFFEEHOUSE

The Salem Roadhouse Café presents Amani, Saturday, August, 13 2022. The doors open at 7:30 p.m.

Amani means “peace” in Swahili. The group was formed to share the concept of peace through music.

The core veteran musicians are frontmen Stephan Fuller on vocals, and Marty Eigen on woodwinds. Amani is a collective with connections to dozens of talented musicians who perform alongside them regularly.

Amani performs hits from a variety of genres including: The American Songbook, Folk, Blues, Gospel, R&B, Jazz, Bossa Nova and Broadway.

Amani brings the sounds of the Caribbean to the Salem Roadhouse Café! Featuring hits by Harry Belafonte, Jimmy Buffett, Bob Marley, Sunny Rollins and more, this joyful presentation will have you singing and dancing in the aisles. Amani features: Stephen Fuller, a dynamic bass/baritone singer; Marty Eigen, tenor and baritone sax; Domo, a steel drums, piano and vocalist virtuoso who will also excite the audience with a dance; Alex Gressel, Bass; Larry Greenburg piano; Gordon Lane, drums, along with Oloye Karade, percussionist.

As always, the Salem Roadhouse Café is live, intimate, up front, and personal. All ages are

welcome.

Salem Roadhouse Café is located at 829 Salem Rd., Union, NJ. Doors open 7:30 p.m. Show starts at 8:00 p.m. Admission is \$20, and includes show, snacks, non-alcoholic beverages, and dessert.

ABOUT SALEM ROADHOUSE CAFÉ

It's not “church music.” It's music music.

Folks who've come to the Salem Roadhouse Café know that it's a clean, safe place for people who enjoy listening to live music — in a world otherwise filled with clubs and bars. The Roadhouse has always offered its stage to local and independent mainstream musicians. Jazz, rock, folk, and other groups have performed. What's the common thread? They're all great musicians playing the kind of music people like to hear. There's no message, just music.

The Roadhouse started in 2008 by members of Townley Presbyterian Church with a grant from the Presbytery of Elizabeth. Hey — that's why we're located where we are. The Roadhouse operates as a non-profit that raises funds for several carefully chosen local charities. That's its social mission.

But the many musicians who've played the Salem Roadhouse Café see it as a solid performance venue. They love it because of its

special intimacy and great audiences. They say people here “really listen.” Ask any of the musicians you meet here — they love to play the Roadhouse, and they want to come back often.

Community Involvement

The Salem Roadhouse Café has raised funds for many carefully chosen charities. They include: The Presbytery of Elizabeth E-port Center, Center For Hope Hospice, Community Food Bank, Monarch Housing, Angel Paws Animal Rescue, National MS Society, Haiti Disaster Relief, Hurricane Sandy Disaster Relief, The Union County YWCA Domestic Violence Programs, Making It Possible To End Homelessness, Camp Johnsonburg, The Music Institute, Ukraine disaster relief, and others. Thousands of dollars have been raised for these deserving charities. The Salem Roadhouse Café, together with Townley Presbyterian Church, has begun a series of free outdoor concerts to help various urgent charitable causes. More are planned.




VOLUNTEERS SERVING COMMUNITIES, SAVING LIVES, AND SHAPING FUTURES

Established in 1941, Civil Air Patrol is the official auxiliary of the US Air Force and, as such, is a member of its Total Force. In its auxiliary role, CAP operates a fleet of 555 single-engine aircraft and 2,250 small Unmanned Aircraft Systems (sUAS) and performs about 90% of all search and rescue operations within the contiguous United States as tasked by the Air Force Rescue Coordination Center. CAP's 56,000 members also perform homeland security, disaster relief, and other missions at the request of federal, state, and local agencies.

How to Join the Cadet Program

CAP also has a “Cadet Program” designed for youth who want to serve the community. The cadet program challenges the youth to excel in leadership, character, physical training, and discipline. Also, the cadet program provides education in: aerospace, STEM education, military traditions, emergency service, educational camps, orientation flights, and many more activities. Students 12 to 18 years old can join CAP with the understanding to follow Air Force-style traditions and discipline and provide community service. The Cadet Program meets every Tuesday from 6:30 - 8:30 p.m. at JP Stevens High School, Edison. In addition, adults can join CAP to serve the public and mentor the cadets. Adults could take training and duties to support the Air Force-Auxiliary.

For more information about the Civil Air Patrol contact Capt Jose Vergara via email jose.vergara@njwg.cap.gov, or GoCivilAirPatrol.com.



SALEM ROADHOUSE CAFÉ

CARIBBEAN CALYPSO featuring....

AMANI

SATURDAY, AUGUST 13, 8:00 PM

DOORS OPEN AT 7:30 PM ADMISSION: \$20.00 STUDENTS \$15.00

Admission includes snacks, beverages, tea, coffee & desserts

SALEM ROADHOUSE CAFÉ @ TOWNLEY PRESBYTERIAN CHURCH

829 SALEM ROAD UNION NJ 07083

PHONE: 908-686-1028 (leave message) E-MAIL: salemroadhouse@gmail.com

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6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000	\$2200
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400	\$2700
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700	\$3000
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000	\$3400
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BACK PAGE	10" x 14"	\$500								
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FRONT PAGE BOX	1.5" x 4.5"	\$240								

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PER 1,000

MENUS

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PER 1,000



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- **WEBSITE CREATION/UPDATE: \$2,400**

Cost for average website: 12 pages, contact form, SEO friendly, responsive design

- **WEBSITE HOSTING: \$300 PER YEAR**

Includes website hosting, software updates, monthly website content updates

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WEBSITE AUDIT/ANALYSIS AND RECOMMENDATION PLAN

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Know where your web traffic is coming from and why.

- **ELIMINATE / AVOID COSTLY SCHEMES**

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

- **INCREASE ONLINE MARKETING RESULTS**

Recommendations include ways to increase traffic to your website

- **NO OBLIGATION**

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Johnnie Walker Blue	750ml	\$193.99
Johnnie Walker Blue	1.75L	\$425.99
Johnnie Walker Black	750ml	\$28.99
Johnnie Walker Black	1.75L	\$59.99
Johnnie Walker Double Black	750ml	\$34.99
Johnnie Walker Red	750ml	\$19.99
Johnnie Walker Red	1.75L	\$32.09
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Makers Mark	750ml	\$28.99
Makers Mark	1.75L	\$52.99

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Beefeater	1.75L	\$35.99
Bombay Sapphire	1.75L	\$37.99
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Tanqueray	750ml	\$21.99
Tanqueray	1.75L	\$36.99

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Courvoisier V.S.	750ml	\$32.99
Courvoisier V.S.	1.75L	\$57.99
Remy Martin V.S.O.P.	750ml	\$49.99
Remy Martin V.S.O.P.	1.75L	\$104.99

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
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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

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Bacardi Light & Gold	750ml	\$12.99
Bacardi Light & Gold	1.75L	\$19.19
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Malibu	750ml	\$18.99
Malibu	1.75L	\$27.99

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