

OUR TOWN

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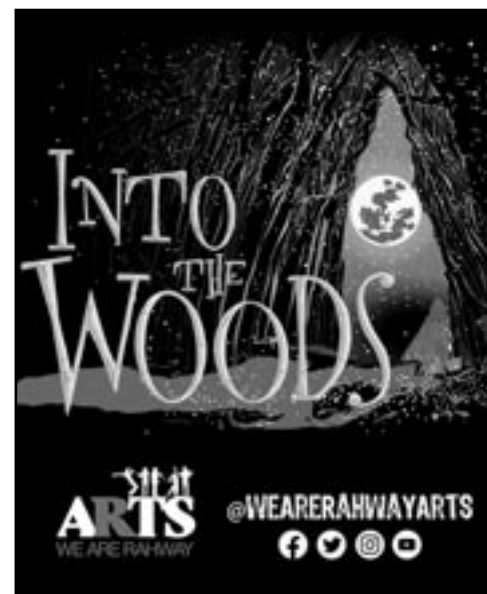
HIGH SCHOOL HEADS "INTO THE WOODS" FOR SPRING MUSICAL

Get ready to journey "Into the Woods" with Rahway High School, as they bring to life one of the most popular musicals of all time. This musical tells the story of a baker and his wife, who embark on a quest to lift a family curse and end up meeting well-known fairy tale characters along the way. With music and lyrics by Stephen Sondheim, and book by James Lapine, "Into the Woods" is a timeless classic that has captivated audiences for decades.

"An absolute monster of a score and script, 'Into the Woods' has our kids here at RHS working together harder than ever this year," says director Zachary Love. "With beautiful music, a powerful message, and a showcase of unbelievable talent from students on all fronts, this is certainly not going to be one to miss!" Our talented cast and crew have been hard at work to bring this show to life, and we can't wait for you to join us for this magical journey.

The performances will be held on Friday, 3/17 and Saturday, 3/18 at 7:30 p.m., and Sunday, 3/19 at 2 p.m. at the Rahway HS Performing Arts Center. Don't miss your chance to see this imaginative retelling of classic fairy tales with a modern twist.

Tickets are \$10-12 and available now at rwhs.booktix.com.



(above) The cast of 'Into The Woods'. The performances will be held on Friday, 3/17 and Saturday, 3/18 at 7:30 p.m., and Sunday, 3/19 at 2 p.m. at the Rahway HS Performing Arts Center. Don't miss your chance to see this imaginative retelling of classic fairy tales with a modern twist.

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Congratulations
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Award Recipients!
See Page 3

OUR TOWN
Rahway

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THE PRINCIPAL'S CLUB

Rahway Public Schools

On January 23, 2023, the Cleveland Scholars came out with their families to celebrate the Principal's Club. This honor is awarded to students nominated by their teacher for academics, positive behavior, and acts of kindness, to name a few categories. This prestigious award is only given to one eligible student in each homeroom every marking period.

During the Principal's Club celebration, Principal Giambrone reads the names and accolades written by the nominating teacher. Each student was awarded a special pin that bears the "Principal's Club" distinction by Mr. Sean White, the Vice President of the Board of Education and liaison to Grover Cleveland School. The Principal's Club wouldn't be fun

without jokes, laughter, and humor. Sure, a few of Mr. Giambrone's jokes fell flat; however, our amazing audience of Cleveland families and staff laughed along anyway. Principal Giambrone and Dr. Holness brought back the confetti to this go-round to add to the memorable night. The duo added silly string to the mix, adding more excitement to an already amazing show. To the families sitting in the front row dubbed the splash zone, the two admins apologize for the overabundance of confetti and silly string that flew your way.

It was another remarkable night at Cleveland School. Principal Giambrone and Dr. Holness can't say thank you enough to the families in attendance and thank you to the teachers who came out to celebrate with their students. Cleveland School is proud of all the recipients.



(above) The Principal's Club honorees with schools staff.

Photo by Dyan McMillen

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717 W. Meadow Ave., Rahway
127 Raritan Rd., Linden
15 Lake Ave., Hewitt
257-259 Lincoln Ave., Elizabeth
15 Briarheath Ln., Clark
10 North Wood Ave., Linden
2723 Highland Ave., Linden
192 Linden Avenue, Rahway
43 Kathryn St., Clark
1126 Kline pl., Rahway
52 Mapes Ave., Springfield
237 Hussa St., Linden
408 Hemlock Ave, Garwood
124 E Clay Ave., Roselle Park
629 Washington Ave., Linden

418 Elmwood Ter., Linden
54 Harding Ave., Clark
865 Sheridan Ave., Elizabeth
311 Hagel Ave, Linden
523 Spruce St., Roselle
150 South 8th St., Newark
1 Plymouth Rd., Clark
1809 Whittier St., Rahway
457 South 17th St., Newark
306 Parkway Dr., Clark
544 Harrison St., Rahway
718 Adams Avenue,
Elizabeth
321 W 15th St, Linden
60 Winthrop Rd, Clark
14 Washington St., Clark
319 Terrace St., Rahway
1601 Wood Ave., Roselle

229 Terrill Rd., Fanwood
3016 S. Wood Ave, Linden
45 Hussa St. Unit 5, Linden
222 Edgewood Rd. Linden
1650 Columbus Pl., Rahway
1143 Greslin Ter. Rahway
500 Morningside Rd., Linden
426 Amherst Rd., Linden
75 Union County Parkway, Clark
1193 Madison Hill Rd., Rahway
229 Academy Ter, Linden
49 Briarwood Path, Clark
66 Melrose Pl., Linden
161 Meadow Rd., Clark
16 Nassau St., Clark
333 White St., Roselle
549 Valley Rd., Clark
130 Daniel St., South Plainfield

68-70 Parkview Terr, Newark
907 Cranford Ave., Linden
663 Wood Ave., Roselle
740 Hemlock St., Rahway
1106 Donna Ct., Linden
160 Meadow Rd., Clark
415 Valley Rd, Clark
700 Stone St., Rahway
591 Harrison St., Rahway
626 Miltonia St., Linden
610 Route 627, Bloomsbury
2311 Knapp Dr., Rahway
604 Exeter Rd, Linden
120 Arthur St., Linden
161 Willow Ave., Garwood
18 King St., Hillside
346 Sussex Ave, Newark
201 Norwood Ave., South

Plainfield
181-183 Second St., Elizabeth
347 Livingston Rd., Linden
49 Joseph St., Clark
651 C Yale Way, Monroe
1 Outlook Ave., Colonia
717 Ercama St., Linden
10 Harvey Ct., Clark
59 Edgewood Rd., Linden
1199 Whelan Pl., Rahway
871 Pratt St., Rahway
914 Miltonia St, Linden
300 W. Munsell Ave., Linden
110 Sweet Briar Dr., Clark
76 Harding Ave., Clark
160 Cornell Ave, Rahway
101 Michael Court, Woodbridge
46 Roosevelt Ave, Colonia

629 Erudo St, Linden
30 Stanton St, Clark
570 E Woodbridge Ave, Avenel
2719 Highland Ave., Linden
23 Ayers Ln, Clark
1470 Campbell St., Rahway
610 Harris Dr, Rahway
602 W. Curtis St., Linden
1207 Dewitt Ter., Linden
1232 Clark St., Rahway
100 Luttgren Pl, unit A3, Linden
1501 N. Stiles St., Linden
402 W. Milton Ave., Rahway
620 Harris Dr., Rahway
93 Jupiter St., Clark
1046 Kilsyth Rd., Elizabeth
1227 Kline Pl, Rahway
718 Chestnut St., Roselle

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SHINING STARS GALA SET FOR MARCH 14TH

Shining Stars Network, a non profit organization that creates opportunities in the performing arts for the special needs community, kicks off their 11th year with their 2nd “Reach for the Stars” Gala, set for Tuesday, March 14th at the elegant Park Chateau Estate & Gardens in East Brunswick.

The evening, which will begin at 6:00 p.m., will feature a five-star cocktail hour, open bar, dinner and dessert. Highlights of the evening include performances by the Shining Stars cast and buddies, live and silent auctions and a 50/50. Special guest will be celebrity chef and restaurateur David Burke, of Iron Chef America, who will auction off dinner experiences at his famous New Jersey eateries, including a personalized dinner for four.

“Our first gala in 2019 was a great success and we can’t wait for what will be another magical evening,” noted Shining Stars Network President and co-founder Mike Curci. “Park Chateau is one of the finest venues in the country, and we’re excited for our Shining Stars families, friends and supporters to enjoy this special night together.”

Individual tickets are \$175 and a table of 10 can be purchased for \$1500 (a savings of \$250).

RAHWAY NON-PROFIT ALLIANCE

The Rahway Non-Profit Alliance strives to help our community through the combined resources of local non-profits. Through this collaboration, the RNA is able to provide a list of resources for youth, food assistance, housing assistance, and more.

Visit RahwayNonProfitAlliance.com for a full list of available resources and to join the RNA.



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Email your request to ShiningStarsNetwork@gmail.com. Please mention “gala tickets” in the subject line. Venmo, checks and credit cards are gladly accepted. Sponsorship opportunities and journal ads are also available.

The Gala will start a big year for the Shining Stars, who will take to the stage for their “Evening of Shining Stars Talent Show” on Saturday May 13th at the Union County Performing Arts Center in Rahway.

On Saturday August 5th, history will be made when the Shining Stars make their Paper Mill Playhouse main stage debut, becoming the first special needs show to perform a full production on that iconic venue. Tickets for “The Greatest Show” — which will feature songs from Broadway and movies — will go on sale in late spring.

“We’re honored and thrilled to be co-

producing a show with the esteemed Paper Mill team,” added Curci. “Our brookside cabaret at Paper Mill last September was an overwhelming success and to see our stars on the main stage this August will be a dream come true.”

The Camp Shine Summer Workshop will take place in late August, and the Stars will cap off the year with their annual “Christmas Spectacular” on Friday, December 1st.

“Shining Stars is all about being inclusive and giving our performers a chance to shine on stage while creating lasting memories,” noted co-founder and show director Sally Curci. “These opportunities build all-important self-esteem and self-confidence. Through the journey, our cast members and their high school buddies create bonds and friendships that they’ll always remember.”

For more information on the organization or events, please visit ShiningStarsNetwork.org.



Wharton CAFÉ Choir

For Ages 55+
FREE 8-Week Course • Two Convenient Locations
Performance: May 9, 2023

Summit Area YMCA
67 Maple Street, Summit
Mondays 11:30 a.m. – 12:30 p.m.
Start Date: March 20

Berkeley Heights YMCA
59 Locust Avenue, Berkeley Heights
Tuesdays 11:00 a.m. – 12:00 p.m.
Start Date: March 21

Make a joyful noise! Wharton Arts announces the return of its CAFÉ (Creative Aging for Everyone) Choir. In partnership with the Summit Area YMCA, Wharton Arts faculty will work with participants for eight weeks, during which the choir will learn several songs with piano accompaniment in preparation for a final concert at Burgdorff Hall in New Providence. Join us and discover camaraderie, learn new skills or refine old ones, and simply have fun! **No experience necessary** and free to join.

Questions? Call (908) 790-0700



Made possible by funds from the New Jersey State Council on the Arts, a partner agency of the National Endowment for the Arts.



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OPEN HOUSE AT THE GATEWAY FAMILY YMCA

The Gateway Family YMCA Offers Membership Madness this March

The Gateway Family YMCA is celebrating Membership Madness March 22-24 with an YMCA Open House and Membership Special open to everyone in the community. Individuals and families are invited to visit and Find Your Passion, Find Your Purpose, Find Your Y. Swimming, Basketball, Pickleball, Soccer, Group Exercise and Water Exercise programs are available, as well as Chronic Disease Management programs like Blood Pressure Self-Monitoring, a Summer Day Camp Open House and Parent Information Session, and a Community Health Fair with program and vaccine information. Located in Elizabeth, Rahway and Union, individual YMCA Branch event schedules and details are available at tgfymca.org/events.

The YMCA provides programs and services with the goal of building community, developing youth and creating a safe experience for all. New members who join The Gateway Family YMCA online at tgfymca.org/join-the-Y or in person at the Y will pay \$0 Joiner Fee with the code SP23 March 22-24!

"More than ever before, health and family need to come first. As a nonprofit community organization dedicated to strengthening community, the Y is the perfect place to share healthy activities with loved ones, create lasting memories and make lifestyle changes to increase health," stated Melynda A. Disla, President/CEO, The Gateway Family YMCA. "We are here to meet the unique needs of our community, families, and neighborhood partners, every day."

The Gateway Family YMCA has served the community since 1900, and offers programs including Chronic Disease Management and Wellness, Youth Sports and Mentorship, Swimming Lessons and Drowning Prevention, Arts and Academic Enrichment, WISE Community Services, Child Care and Summer Day Camp, Housing and Social Services. With a focus on healthy living, youth development and social responsibility, the Y provides a safe and supportive community to inspire everyone to find

balance in spirit mind and body, both in person and virtually.

"Through our digital innovation efforts, we have expanded our options and provided the flexibility that is important in our members and community. The ability to provide 24-hour access to recorded content and live virtual group exercise and chronic disease management programs, enables us to serve our community in a unique and innovative way," stated Rodger D. Koerber, EVP, Chief Operating Officer. "At the Y, we are here for all, and making wellness, nutrition, mental health and enrichment programs easy, no matter where you are, is a priority."

As an alternative option for individuals who wish to participate from home, the YMCA is offering a Virtual Group Exercise Open House with registration available online at tgfymca.org. Throughout the week, the Y will also share community health and safety information on their

Facebook page at facebook.com/GatewayFamilyYMCA highlighting healthy family tips, nutritious recipes and exercise recommendations.

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 www.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.

FIND YOUR PASSION.

FIND YOUR PURPOSE.
FIND YOUR Y.

MEMBERSHIP MADNESS



MARCH 22-24
YMCA Open House
\$0 Joiner Fee Special

Membership Special March 22-24
Use Code SP23 for \$0 Joiner Fee Online

THE GATEWAY FAMILY YMCA tgfymca.org

Save the Date! Healthy Kids Day
Saturday, April 29, 2023
Open House & Community Health Fair
Program & Vaccine Information

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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.

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

Call 732-827-0800

Scot Paris MD, FACS



Here's what our patients have to say

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

- Patricia G.

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

- Perry O.

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

- Quenton L.

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GIRL'S WHO CODE AT CLEVELAND SCHOOL

Sponsored by NCNW-Rahway

Cleveland School is doing its part to prepare our young ladies for the future and beyond. Young ladies in grades 3-6 can participate in this free ten-week program that began on January 6th. Girl's Who Code is sponsored and run by the NCNW-Rahway (National Council of Negro Women). The Girls Who Code Club is delivered by the women of NCNW-Rahway, along with volunteers from the NCNW-Kean Collegiate Section. The idea is to promote and encourage young ladies to consider STEAM careers (Science, Technology, Engineering, Arts & Math). Girls Who Code is the spark that will ignite endless possibilities for our female student's futures. Hats off to our 50-plus young ladies as they take a step toward a brighter future.

MARTIN LUTHER KING'S LEGACY LIVES ON

Rahway Public Schools

Over 1,200 volunteers across the state came together to honor Dr. Martin Luther King's legacy through a variety of projects on January 16, 2023. Approximately 150 of these volunteers came out to Franklin Elementary School in Rahway. The volunteers helped to assemble various kits. They had the option to create First Responder, Garden, or First Night Kits donated to nonprofits and schools throughout the state to support their community members. Some of the kits will be donated to Franklin School.

This amazing event was all made possible through an ongoing partnership with Jersey Cares. As a leader in volunteerism in New Jersey, Jersey Cares increases the level of meaningful volunteer engagement by creating and managing efficient, impactful projects that address critical community-identified needs. To learn how you can volunteer, check out jerseycares.org.



(above) Approximately 150 volunteers came out to Franklin Elementary School in Rahway to honor Dr. Martin Luther King's legacy.

Photo by Rahway Public Schools

PEER LEADERSHIP CONFERENCE

Submitted by Kristina Petti, Rahway Elks Lodge #1075



(above) Chaperone, David Mudrak, Rahway High Schoolteacher, with 4 students.

Courtesy photos

For the past 34 years, the New Jersey Elks have sponsored a Peer Leadership Conference for High School students the first weekend in February. The objectives are to increase participant's ability to make healthy decisions for themselves, and to assist their peers in doing the same. The Conference provides peer leaders with specific tools and resources to implement action plans in their communities, thus creating a network with the ability to educate their peer groups, schools, and communities on the skills learned at the conference.

The Rahway Elks have sponsored students and chaperones in attending this conference in the past. This year we sponsored 2 chaperones and 4 students from Rahway High School for the 2023 Peer Leadership Conference that took place February 3rd-5th at the Ocean Place Resort in Long Branch, New Jersey. The sponsorship costs approximately \$2,660 and was donated by the lodge. I attended as a chaperone and Elk volunteer as the chair of the Peer Leadership Committee from the Rahway

Lodge.

It was a wonderful experience for all who attended, especially the students we sponsored. From the astounding speakers, to the delicious food, comfortable accommodations, and fun filled activities, the Elks do things right! This program is really something special. Students and chaperones get a 2-night stay at a beautiful resort, delicious meals and snacks, and the opportunity to network with their peers and motivational speakers.

One of my favorite events was the comedian hypnotist, the Trancemaster! This was my first year attending and I vow to never miss another one. This experience has made such a powerful impact on all who attended. If you would like to learn more about this program, please visit:

sites.google.com/view/njelkspeerleadership/home

Also check out the Rahway Elks' new website to learn about programs, scholarships, and fundraisers that make a huge impact on our community! Rahwayelks.org

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RAHWAY ENTREPRENEUR, GEORGE P. GORDON – INVENTOR OF THE GORDON JOBBER PRESS

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

George Phineas Gordon, a popular figure in the community in the decade of the 1870s, was a businessman, inventor, and printer who developed the basic design of the most common printing press made to date, the Gordon Jobber Press.

Born in 1821 in Salem, New Hampshire, Gordon was a lad with an aptitude for machinery who began sketching designs for anything mechanical including printing presses while still in his teens. By 1851, at age 30, he received his first patent for a job press which could produce up to 2,000 impressions per hour. Prior to his invention, the average hand press could only produce 300 copies per hour and required the labor of two men.

Gordon’s biggest breakthrough, however, came in 1858 when he produced the Gordon Jobber, a machine which was strong, well-built, and easy to operate. Known by printers as the “upside-down press,” the bed containing the form was placed above a platen which moved upward to make the impression. The design was unique and would remain virtually unchanged over the next 120 years.

Legend has it that the idea for the design came to Gordon in a dream where he was visited by the famous statesman/inventor Benjamin Franklin. A Spiritualist for much of his life, Gordon maintained that old Ben had appeared to him



while he was asleep and shared the basic design for his innovative invention. In gratitude, he called his invention the “Franklin” but most in the business referred to it as the Gordon Jobber and the name stuck.

With his reputation in place, Gordon established a factory in Rahway in 1872 where he would secure over 50 patents while accumulating a large fortune. The factory would reach a capacity to build over 600 presses per year.

The Gordon Printing Press Works was a large four-story brick building located on the north side of Seminary Avenue a short distance from Irving Street. Adjoining the main building was a foundry where the castings used in the manufacturing of the presses were made. Several small outbuildings for storage of lumber, sand, iron, and coal dotted the property. Smith Street, the short, one-way street connecting Hamilton Street with Seminary Avenue and fronting the factory was renamed Gordon Place in honor of the inventor who had become an active participant in many public enterprises. It was said

that Gordon had done more for the city in various ways than by any one before.

An enthusiastic devotee of theatricals and a great admirer of the Shakespearean Theater, Gordon built the Gordon Opera House as a “compliment” to the city where he had made his fortune. Located on the east side of Irving Street between Elm Avenue and Elizabeth Avenue, it was one of the largest opera houses in the country. Built at a cost of \$100,000.00, it was his way of bringing culture to Rahway. (Go on line at Renna Media, “Our Town” to find the article on Gordon’s Opera House in the June 2014 issue).

In ill health the last few years of his life, Gordon died in 1878 at the age of 67. By the end of the 1800s, more than a dozen companies were building presses based on the Gordon Jobber design. The company left Rahway in 1907 and relocated in Chicago. The factory was razed sometime between 1911 and 1915. Today, it is estimated that over 10,000 of his presses are still in operation in the United States and around the world.

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THE HISTORY OF ONIONS

Many archaeologists, botanists, and food historians believe onions originated in central Asia, while other research suggests onions were first grown in Iran and West Pakistan.

It is presumed that our predecessors discovered and started eating wild onions very early, long before farming or even writing was invented. Very likely, this humble vegetable was a staple in the prehistoric diet.

Most researchers agree the onion has been cultivated for 5000 years or more. Since onions grew wild in various regions, they were probably consumed for thousands of years and domesticated simultaneously all over the world. Onions may be one of the earliest cultivated crops because they were less perishable than other foods of the time, were transportable, were easy to grow, and could be grown in a variety of soils and climates. In addition, the onion was useful for sustaining human life. Onions prevented thirst and could be dried and preserved for later consumption when food might be scarce. While the place and time of the onion's origin is still a mystery, many documents from very early times describe its importance as a food and its use in art, medicine, and mummification.

In ancient Egyptian priests saw onions as objects of worship with the inner rings symbolizing eternity. The Pharaoh King Ramses IV was entombed with onions in his eye sockets. Paintings of onions appear on the inner walls of the pyramids depicted on banquets tables of royal feasts and on the altars of the gods.

Ancient Greek athletes consumed large quantities of them thinking it would "balance" their blood and improve their athletic prowess. Later, after conquering Greece, Romans ate onions regularly and also rubbed it on their gladiators to tone their muscles.

Medical uses for onions started long ago in the history of civilization and are still used in some areas around the world today. During the Civil War, General Ulysses S. Grant sent a warning to the War Department in Washington, "I will not move my army without onions." This curious message reflects the fact that, throughout history, onions were valued as much for their medicinal properties as for their culinary use. While we have more sophisticated ways of treating battle wounds today than using onions, their healthful nature and ability to add culinary interest to bland dishes makes onion the third most important vegetable in the world.

Throughout antiquity the medicinal properties of onion were widely avowed. As a result, it was used by ancients to treat a wide array of conditions ranging from irregularity to hair loss. Early Americans used wild onions to treat colds, coughs, and asthma and breathing problems. Today, onion is still considered a health food. Its consumption has been associated with a reduced risk of cancer, heart disease and diabetes because of its high level of phenolic and flavonoid



(above) For thousands of years onions have played a major roll to humans as a source of food, medicine, in art and mummification.

compounds with high antioxidant activity. In general, onions with greater pungency have higher antioxidant activity than milder types.

There are three basic groups of onions: all are used more to flavor dishes than as a main course themselves. The common onion is known only in cultivation and is the most important of the three. This is the type of onion we plant in our gardens in the spring. It produces a single, large bulb that usually matures by mid-summer in our climate. Green onions are simply plants of this species that are pulled before the bulb is well-formed. The common onion is able to produce seed which is its primary means of propagation.

Onions are not able to survive frost or cold weather under 50 degrees Fahrenheit, so if you plant them outside too early in the spring they will die. And if you plant them too late, your onions won't produce a harvest before the first frost arrives in the fall.

Common onion is spring-planted and may be grown from sets, transplants or seeds. In all cases planting should be done as soon as the soil can be worked in the spring. Onion sets are the most common means of planting onions. 'Sets' are small bulbs that develop quickly to produce green onions or allowed to mature to produce (dry) bulbs. To produce green onions plant the sets in a well-drained soil about an inch apart. For larger dry bulbs, sets should be placed no closer than two inches apart. Small sets are more desirable than larger sets which tend to flower more easily. If flowering occurs, the flower head should be removed as soon as it is visible. Onions which flower form smaller bulbs which do not store as well as bulbs harvested from non-flowering plants.

Onion transplants represent seedlings which have been started (usually in the South) by a specialist propagator, pulled at an early stage of growth and shipped north for sale as propagates or "starts". Large, sweet types such as Sweet Spanish and the Bermuda types frequently are grown from transplants. They should be spaced four to five inches apart within rows spaced 12



(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*

to 18 inches apart. As a rule, "sweet" onions do not store as well as the more pungent types.

Onion is a cool season crop with a fairly long maturity (95+ days). Consequently those produced from seeds planted directly outdoors normally do not perform well in areas with hot summers. Instead, when seeds are used, they should be started indoors well in advance of outdoor planting since onion seedlings grow slowly.

Onion also is a photoperiodic plant. Some onion varieties exhibit a short day response and will form bulbs only when the length of day is 12 hours or less. Other varieties are long day in response and form bulbs when day length is at least 15 hours. However they are started, onions grow best under cool temperatures (55 to 75 degrees F) in a loose, workable soil. Onions are sensitive to acid soils and soil pH should be kept in the 6.2 to 6.8 range. As with most vegetables, fertilizers should be applied according to soil test recommendations. When called for, a fertilizer low in nitrogen but high in phosphorus and potassium (e.g. 5-10-10) is recommended.

Weed control is important in onion production since they do not compete well with weeds. Mulching (after onions are established) will help to control weeds as well as conserve moisture. Common production problems with onions include insects such as thrips and onion maggots along with fungal diseases such as downy mildew, neck rot, pink root and smut.

According to Debra Stuart, President of the Rahway Garden Club, "There are three types of onions. I grow long day types. I start my seeds indoors in January, usually harvesting in late July, early August. They are ready for harvest when the tops fall over. They are also good to grow in between tomatoes."

For more information on growing onions, you can call Rutgers Cooperative Extension 908-654-9852. There is also a great deal of information on the internet.

Thanks to University of Montana and the Smithsonian for the information in this article.

Have a Happy & Safe Spring Everyone,

James

CLEVELAND SCHOOL UGLY SWEATER DAY

Photo by Dyan McMillen



(above) Cleveland School is a unique place filled with a love of teaching and learning, and beyond that, there is camaraderie. The sense of community was shown and demonstrated before winter break when the majority of staff members participated in the annual Ugly Sweater Day.

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VALENTINES FOR HOSPICE RESIDENTS

Members of the Blue and Gold Club at Franklin Elementary School in Rahway made homemade heart-shaped pillows and Valentine's Day cards. The items were delivered to the Center for Hope Hospice in Scotch Plains in hopes to put a smile on resident's faces. The Blue and Gold Club is a school-based club.

Students volunteer their time throughout the year to help with different community service activities. They continually do a great job and work diligently to make a difference in their community.

The club is overseen by the school nurse, Mrs. Casey Dowling.

Photo by Rahway Public Schools



SWEETHEART DANCE

The Parent Teacher Association at Franklin Elementary School in Rahway hosted a Sweetheart Dance in February. Students were invited to attend the dance with a parent, guardian, or loved one. Students danced and had a great time. Light refreshments were served and awards were given out for the best-dressed duos and trios. The gymnasium was filled with lots of smiles and the event was very successful.



ST. PATRICK'S EVENT MARCH 12

On Sunday, March 12th, the Knights of Columbus Council 1146 will be holding its annual St. Patrick's event. Hours from 3 p.m. until we run out of corned beef. We will be serving corned beef and cabbage dinners and sandwiches. Cost is \$15 each for adults and \$8 for children under 10. The event will be held at the Columbian Club hall located at the corner of Inman Ave and Jaques St., Rahway, NJ.

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39TH ANNUAL QUILT SHOW - MARCH 25

Harvest Quilters of Central NJ will present their 39th annual quilt show on Saturday, March 25, 2023. Sharing the Quilts XXXIX will be held at the Willow Grove Presbyterian Church, 1961 Raritan Road, Scotch Plains NJ from 9 a.m. to 5 p.m. Adult admission is \$8 and \$3 for children under twelve.

As always, giving back will be at the heart of the show, with local charities benefiting from the sale of fabric and drawings for a quilt and fabric basket. A special display will feature several of the over 300 colorful pillowcases and lap quilts

made by members and donated to a children's hospital under the umbrella of Ryan's Case for Smiles.

At 11 a.m., nationally recognized quilt book author Karen Gloeggler of Rahway will speak on "The Secrets to Preventing Unfinished Projects." The award-winning quilter is the author of "Jane Austen's Quilts Inspired by Her Novels" (available for purchase at the show) and "Crazy, Luscious Quilting" due out by the end of the year.

Diane Fleming of Westfield will be honored as 2023 featured quilter. Known for creating one-of-a-kind king-sized works of her own design, Fleming's 13-year journey as a quilter will be explored through 20 spectacular themed quilts. "My interests in art history and watercolor painting influence my fabric and design choices," said the avid gardener and mother of three grown

sons, who will also display examples of her painting and needlework.

Linda Blauvelt, artist-in-residence, will exhibit original oil paintings. A quilter for many years, she has branched out into this second art form, recently displaying her work at the Westfield Public Library.

A memorial tribute will be on display for Peg Foy, coverlet expert and prolific miniature quilter. Late Harvest Quilters founder Ann Eelman will also be remembered.

In addition to viewing a full array of modern, traditional bed-sized, art and wall hanging quilts, attendees can participate in viewer's choice awards, kid's scavenger hunt, vendor area and a tearoom for snacks or lunch.

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* Diane Fleming: Featured Quilter

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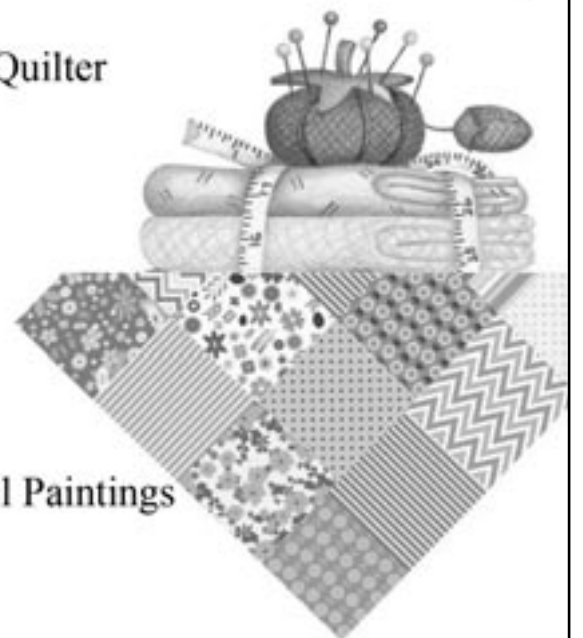
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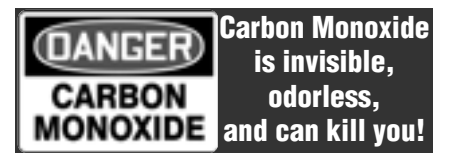
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The First Congregational Church of Westfield Board of Outreach Ministries is currently seeking nominations for the annual Marc Wesley Hardy Human Rights Award for 2023. Candidates for this scholarship must be young adults between the ages of 16-22, living in Westfield or the greater Union County area, who have distinguished themselves in the area of human rights. The selected individual will have demonstrated the following:

openness and friendliness to persons of all

racess, creeds and nationalities; involvement and leadership in organizations and activities committed to improving human relations; extraordinary personal dignity; the willingness to risk for what he or she believes is right; absolute acceptance of others; respect for diversity; great personal integrity; deep caring and willingness to listen; the strength and ability to lead by example.

The award is named in honor of Marc Wesley Hardy, a talented and promising student and a member of First Congregational Church of Westfield, who was tragically killed in a car accident in 1990 shortly before his graduation from Westfield High School. Marc was a national merit scholar, a gifted singer and actor, and was exceptionally active in the preservation of human rights. Because of his dedication and commitment to social justice, this award was established in his memory.

Nominees for the award may be either self-nominated or nominated by a teacher, school official, or another individual not in the nominee's immediate family, who is familiar with the nominee's background and qualities that exemplify Marc Hardy's commitment to human rights. To nominate an individual for the Award, original documents of the following must be submitted:

For full information, please visit: fccofwestfield.org/marc-hardy-human-rights-award.

The deadline for submitting nominations is April 21, 2023. The award will be presented later this spring.



(above) Marc Wesley Hardy

Courtesy photo

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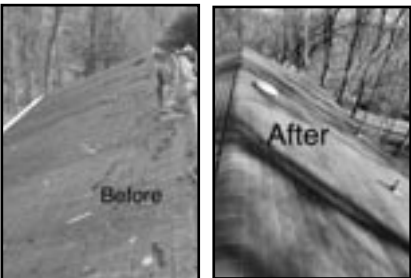


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Florham Park Press NJ Qty: 5,500 Zip: 07932	Garwood NJ Times Qty: 2,500 Zip: 07027	Green Brook NJ Gazette Qty: 3,000 Zip: 08812	BUSINESS • LIFE KENILWORTH NJ Qty: 3,500 Zip: 07033	NJ LIFE in LINDEN Qty: 17,900 Zip: 07036	Long Hill LEADER NJ Qty: 3,500 Zips: 07933, 07946, 07980
MADISON MONTHLY NJ Qty: 6,300 Zip: 07940	MOUNTAIN SIDE VIEW NJ Qty: 2,900 Zip: 07092	New Providence NEWS NJ Qty: 5,100 Zip: 07974	OUR TOWN Rahway, NJ Qty: 13,000 Zip: 07065	ROSELLE PARK MONTHLY Qty: 5,600 Zip: 07204	Scotch Plains NJ WHAT'S HAPPENING MONTHLY Qty: 9,400 Zip: 07076
Short Hills MILLBURN MONTHLY NJ Qty: 8,200 Zips: 07041, 07078	Summit NJ Times Qty: 9,600 Zip: 07901	Spirit of UNION NJ Qty: 6,800 Zip: 07083 (partial)	WARREN MONTHLY NJ Qty: 6,200 Zip: 07059	Watchung Post NJ Qty: 2,700 Zip: 07069	Westfield NJ MONTHLY Qty: 11,800 Zip: 07090

NEWSPAPER AD RATES

Units	Size	1 TOWN	3 TOWNS	6 TOWNS	9 TOWNS	12 TOWNS	15 TOWNS	18 TOWNS	21 TOWNS	24 TOWNS
1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550	\$600
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900	\$1000
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700	\$1900
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
2-PAGE SPREAD	21" x 14"	\$700								
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SUPPORTING CHILDREN COPING WITH LOSS WEBINAR, MAR. 21

Children will experience different losses in life: divorce, moving, friendships ending, sports injuries or the death of a friend or family member. Imagine, A Center for Coping with Loss is working to create grief informed communities where children will be surrounded by adults who are able to provide support as they cope with these losses.

On Tuesday, March 21st from 7:00–8:30 p.m., Imagine will offer a webinar on Supporting Children Coping with Loss for anyone who wants to learn how to support a child who is grieving. While loss due to death will be the primary focus of this webinar, the concepts that will be presented are applicable to all types of loss. It is especially important for parents and grandparents, guardians, teachers, members of community organizations, coaches, therapists, counselors, and social workers to attend this program. The webinar will be offered in both English and Spanish.

THOSE WHO ATTEND WILL BE ABLE TO:

- 1. Define the terms “loss,” “grief,” and “mourning”
- 2. Understand the different types of loss and the impact of those losses
- 3. Identify similarities and differences on how children, teens, and adults experience their grief
- 4. Learn how to support someone who is grieving

CEUs are available for social workers with a \$30 registration fee. For those who do not need CEUs, a \$30 donation is appreciated, but not required.

Those interested in the Spanish-speaking webinar do not need to register, but may contact Imagine’s Training and Education Director, Veronica Ortiz at veronica@imagineenj.org to receive the link to join the webinar.

Please join Imagine in our effort to create supportive communities for children who are grieving. To register for the English-speaking webinar, please scan the QR code below or visit imagineenj.org.



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Grants	1.75L	\$23.99
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