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TASTE OF SPRING RETURNS WITH A SOLD-OUT CROWD

On April 14, 2023, the Rahway Taste of Spring, hosted by Mayor Raymond A. Giacobbe, the Rahway City Council, and Rahway Special Improvement District (SID) returned for the first time since 2019 to offer guests a fun night filled with great food, desserts, drinks, and live music. Establishments located throughout Rahway came together at the Rahway Recreation Center to share their best culinary creations with the sold-out crowd and provide a preview of the City's ever-evolving and growing business community.

"This past Friday, the Rahway Taste of Spring took place for the first time since the COVID-19 pandemic began and highlighted the economic recovery and development of our City. Throughout the pandemic, many businesses struggled, and needed assistance from the City of Rahway to help them survive. Today, our businesses are stronger than ever, and the Taste of Spring provided the opportunity for our restaurants to showcase the hard work and talent that contributes to their continued success. As our largest indoor event in years, I see it as a true milestone in Rahway as society continues to move forward from the pandemic," said Mayor Giacobbe.

As our business community continues to grow, its presence at the annual event does as well, with Rahway establishments making up two-thirds of this year's participants. Additional businesses came from neighboring towns including Westfield, Linden, Edison, Port Reading, Roselle, and Kenilworth, totaling nearly 40 local eateries and bakeries, plus an additional 40 stations of national distributors of fine wine, beer, and alcohol.

"The Taste of Spring is a unique event, and one of the biggest here in Rahway that reaches far beyond just our community. One of our goals as the event returned was to increase the presence of Rahway restaurants compared to previous years and really give them a platform to draw in new business, and it was a major success with two-thirds of the participating restaurants being from Rahway," said Councilwoman Danni Newbury, Chairwoman of the Special Improvement District.

Throughout the evening, the Taste of Spring judges, consisting of Gary Gonzalez – Rahway's Own & Chopped Champion, Lily Terhune – Social Media Influencer (@thesaturdaylocal), Cyd Katz – Social Media Influencer (@newjerseyisntboring), Jen Adona – Social Media Influencer (@jerseygirltravels), Susan Martino – Rahway High School Culinary Arts Teacher, Shelly & Pete Kowal –



(Additional photos on pages 20 and 21.)

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

Owner of Butch Kowal's Tavern, Emma Monica & Jack Barry – Owners of The Gilded Lily, and Heidi Rosal – Owner of Atelier Rosal and Rahway Chamber of Commerce President, visited each station and tallied their scores to close out the event by giving awards to the most impressive dishes, desserts, drinks, and displays of the night. Winners included Best Appetizer – Moaaz Mediterranean, Best Salad – Gigi's Latin Bistro, Best Dessert – D'Orsi's Bakery, Best Drink – Chevy's, Best Meat Entrée – Hugo's Restaurant, Best Seafood Entrée – Craven BBQ, Best Pasta Entrée – Il Forno a Legna, Best Other Entrée – Moaaz Mediterranean, Best Bakery – Pinho's Bakery, Best Display – Herradura Tequila, and Best of Taste – Alfonso's Catering.

Following a successful return, the Taste of Spring has been firmly reestablished as one of Rahway's premier events and an influential, yearly platform for new and existing local businesses to showcase their work to a wider audience.

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SHINING STARS TO PERFORM ON MAY 13TH

The Shining Stars, now in their 11th year, will take the main stage at the Union County Performing Arts Center for their “World Tour” on Saturday May 13th for a 7 p.m. show.

The talented cast of special needs performers will highlight the hits from groups and artists from all around the globe, including The Beatles and One Direction (England), Bruce Springsteen (USA), Abba (Sweden), Irish dancing, and so much more. The show will feature 30 special needs individuals and their “buddies” from local high schools, who serve as mentors during rehearsals.

“Our cast has been working hard for their 2023 debut,” noted Shining Stars Network Cofounder and Show Director Sally Curci. “The acts are going to be amazing and we invite everyone to join us for another exciting and fun night.”

Tickets are now on sale at UCPAC.org.

Also, on Saturday, August 5th, history will be made when the Shining Stars make their Paper Mill Playhouse main stage debut. Tickets for “The Greatest Show” — which will feature songs from Broadway and movies — are on sale now at PaperMill.org.

The Camp Shine Summer Workshop will take place from August 14th-25th (go to ShiningStarsNetwork.org to register) and they will cap off the year with their annual “Christmas



Spectacular” in December.

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

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

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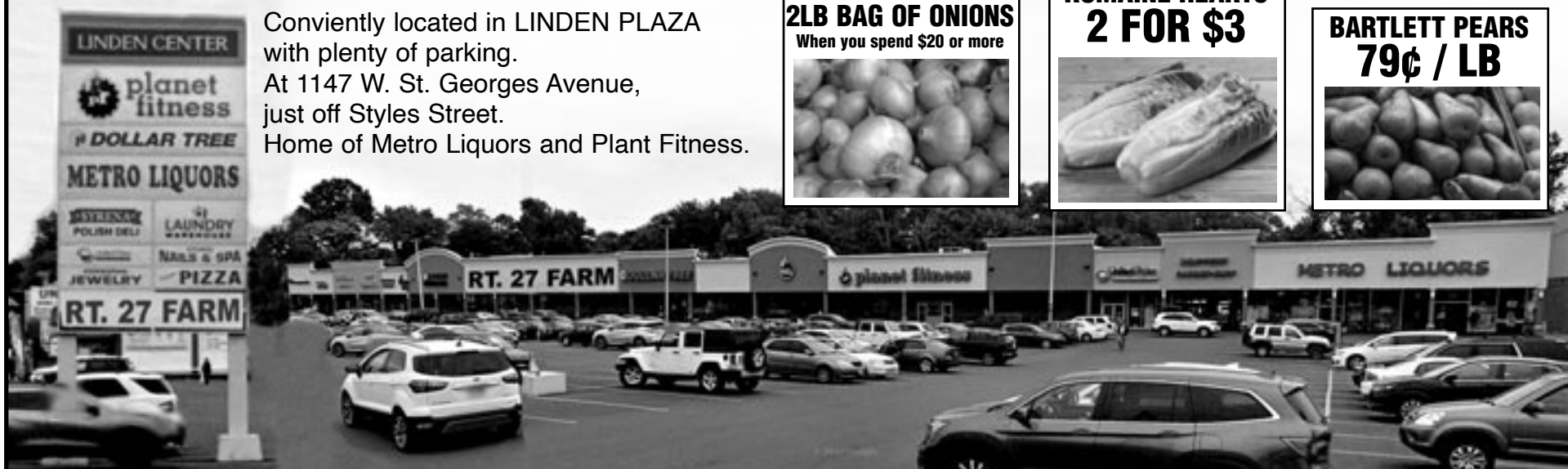
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BUILDING THE THINKING CLASSROOM IN MATHEMATICS

Rahway Public Schools

Franklin Elementary School in Rahway recently implemented the "Building the Thinking Classroom in Mathematics" approach in their math curriculum in an effort to enhance critical thinking and problem-solving skills among students.

The approach is a teaching method that emphasizes inquiry-based learning, collaborative problem-solving, and the use of real-world scenarios to teach math concepts. This approach has been shown to be effective in improving student achievement in math, particularly for students who struggle with traditional teaching methods. The supportive environment allows students to work at their own pace. By creating a classroom culture that values critical thinking and problem-solving, students become more confident and better equipped to succeed academically.

Franklin Elementary School is seeing amazing results in student achievement and engagement since the recent implementation of this approach. Students have become more confident in their abilities to solve problems and apply math concepts to real-world situations. The teachers love that this approach has also led to increased student participation and engagement in math classes.

"We are thrilled with the positive results that we have seen from the implementation of the 'Building the Thinking Classroom in Mathematics' approach," said the District's Math Supervisor and acting Principal Dr. Kevin Robinson.

"Our students have shown remarkable progress in their critical thinking and problem-solving skills, and we are excited to see how this approach will continue to benefit our students in their academic success."



Photo by Rahway Public Schools

SANFORD E. GARRETT JR. NAMED PASTOR

The First Baptist Church of Rahway founded in 1833, has called Reverend Sanford E. Garrett Jr. as the 27th Pastor. Pastor Garrett has worked in the gospel ministry for more than 30-years as an Associate Minister, Youth Pastor, Evangelist, Director of Christian Education, and teacher, under Dr. James W. Ealey of the Second Baptist Church in Rahway, New Jersey.

Pastor Garrett is married to his college sweetheart, Pamela Garrett, and they are the proud parents of four children. He has served as a Mentor for Young Men at the Rahway Intermediate School under the direction of Principal Johnson (Now Retired). Pastor Garrett and Mrs. Garrett also serve on the Board of Directors for Greater Life, Inc., Community Center in Newark, New Jersey. Greater Life is a faith based community center whose mission is to reach and serve indigent, at risk, disadvantaged or impoverished youth, parents, and seniors.

Pastor Garrett and Mrs. Garrett are bivocational working in the Gospel Ministry and as environmental professionals. "We are honored and excited to be the next chapter in the history of the First Baptist Church in Rahway, New Jersey." Reverend Sanford E. Garrett Jr. – Pastor

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PIKTORS METAMORPHOSIS AT THE SALEM ROADHOUSE CAFÉ IN UNION

The Salem Roadhouse Café presents the Piktors Metamorphosis, Saturday, May 20, 2023. The doors open at 7:15 p.m., show starts at 8 p.m. Admission is \$20 and includes show, snacks, non-alcoholic beverages, and dessert. The venue is located in the basement of Townley Presbyterian Church, 829 Salem Rd, Union, NJ. The Roadhouse operates as a non-profit that raises funds for several carefully chosen local charities.

Piktors's Metamorphosis takes you on a journey back to the incendiary sounds of the Jazz/Rock fusion era injecting their improvisational craft. The Jazz/Rock/Fusion heyday of experimental creativity has inspired it's fans and other great musicians alike to push music further to its limits. This exciting music is challenging to execute, understandably a reason why many have not approached it. That is until now. Whether it's exciting tributes or their ambitious original pieces this ensemble delivers with passion and warmth.

Piktors overall sound departs from just another stage show to a level of cerebral and tonal excitement that comes with Fusion rock/jazz. They are masters at what they do, and they continue the traditions of modern fusion started by the likes of Mile Davis, Weather Report and Pat Methany, just to name a few.

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

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, 829 Salem Rd, Union, NJ. 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.

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 Program, Making It Possible To End Homelessness, Camp Johnsonburg, The Music Institute, and others. Thousands of dollars have been raised for these deserving charities.

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MEMORIAL DAY PARADE – SUN., MAY 28, 2023

The Rahway Veterans Central Committee invites the community to attend the Memorial Day Parade to be held on Sunday, May 28, 2023 starting at 1:30 p.m. The parade will begin on Main Street and Milton Avenue, Rahway, New Jersey. This Year's Grand Marshall is Berley Hanna, Jr.

Berley Hanna, Jr. joined the Naval Reserve



(above) Berley Hanna, Jr. is the Grand Marshall of the 2023 City of Rahway Memorial Day Parade.

Courtesy photo

during high school with a buddy at the age of 17 on August 1, 1962, and was honorably discharged in 1968. His active-duty tour was served aboard the Aircraft Carrier USS Wasp CVS-18 Boston, Massachusetts. Aboard the Wasp he worked in the "Ice Machine" crew and made Machinist Mate 3rd Class Petty Officer. They were responsible for the ship's refrigeration, chilled water systems and air conditioning for the pilot's ready rooms.

Berley was employed by Merck & Co. Inc. for a period of 39 years, retiring in 2006. During his Merck career he was an active OCAW Union Representative. He was elected to several positions, including Steward, Committeeman, Treasurer, Recording Secretary and Vice President.

After trade school graduation as an electrician, he joined the American Legion James E. Mackie Post 499 (Union County) in 1977 and immediately became active within the Organization. He attended American Legion College Basic; Advanced; Service Officer; Club Management; and National Extension Institute Courses.

He is a life member of the American Legion and has proudly served for over 45 years! He has held every position in his post, including Post Commander and is presently serving as Adjutant. He is a Past Department (State) Commander 1999-2000, Department Vice Commander, Union County Department

Executive Committeeman, County Commander, County Vice Commander, County Sgt-At-Arms, County Adjutant, and currently serves as Union County Finance Officer.

He chairs Post 499's Annual Unsung Heroes Program. The Unsung Heroes Program is a Memorial Service honoring Civil War "Colored Troops" (USCT) who are buried in Rahway Cemetery.

Berley currently serves the American Legion on the Department Revised Legion as Chairman, and he serves as Vice President of the New Jersey Boys State Trustee Program. He has served on the NJ American Legion Boys State Program for over 28 years.

He also serves on the NJ Governor's State Veteran's Council as Past Chairman, and he is the liaison to the Facility Council to Veteran's Memorial Home in Menlo Park, and past liaison to the Vietnam Veterans Memorial & Museum, Holmdel, New Jersey.

On the National Level of the American Legion, he serves as a member of the Media & Communications Commission, he now serves as the liaison for that committee. He currently serves as New Jersey National Executive Committeeman (NEC). Berley is a voting member on the National Level representing the department of New Jersey.

Berley and his wife Janet are the proud parents of two children, five grandchildren and four great-grandchildren.

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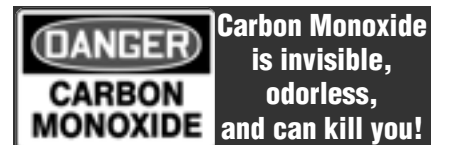
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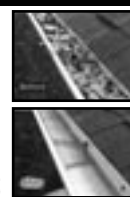
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In a joint venture, the Rahway Elks #1075 and the Union Elks Lodge #1583 had a fundraiser for Rahway Lodge member, Brian Dudek's 6 year old daughter Camy in October and raised \$6,891. In March, the Rahway Elks Lodge presented her family with a check and celebrated the successful fundraiser and community participation.

In 2022 Camy was diagnosed with brain cancer and since has had several surgeries, many

hospital stays and test after test after test and this kid just continues to smile and keep her spunkiness! Her current treatment protocol calls for 730 additional days of oral chemotherapy and more tests. We continue to pray for Camy and her family.

Thank you to all that donated to this wonderful family. If you want to donate, you can send a donation check to Rahway Elks Lodge #1075 Rahway, NJ No. 1075, 122 W Milton Ave., Rahway, NJ 07065-3247. Put "Camy Fundraiser" in the memo.



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(above) In March, Elks Lodge members presented the Dudek family with a check and celebrated the successful fundraiser.

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REMEMBERING THE ROOTS OF THE RAHWAY NEWS-RECORD (1822- 1994)

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

In this present age of Google, Twitter, and Facebook, it might be hard for many of the younger generations to perceive that for over 200 years local newspapers were a vital part of almost every city, both large and small, throughout the country. Whether published on a daily, bi-weekly, or weekly basis, these papers would eventually evolve and become the sole sources of information that not only presented an account of the important news, but also included the minutia that made up the fabric of each community. By the 1990s and into the early years of the 21st century, however, most of these local papers would go out of business due in large part to the increasing cost of staffing and the loss of advertising and subscription revenue that had shifted to the more lucrative electronic media. In Rahway, the Rahway News-Record shut their presses down in 1994, ending the run of one of the nation's oldest newspapers that dated back to 1822.

In 1804, the four villages that made up present day Rahway (Upper Rahway, which included much of what is now Clark Township, Bridgetown, Leesville, and Milton) consolidated to form Rahway Township. A letter written in 1818 suggests that in little more than a dozen years the township had grown large enough to perhaps support a newspaper. In that year, a New Brunswick man, Nathaniel L. Combs, wrote to a Dr. Manning of Rahway seeking backers to help him start a newspaper business. As there is no substantial proof that a paper was ever published in Rahway prior to 1822, it is likely that Combs was not successful in securing his sponsors.

Research does show that on July 13, 1822 Rahway's first newspaper, The Bridgetown Museum and New Jersey Advocate was published. It was a four page weekly that came out on Saturdays. The editor was Smith Edgar whose shop was located on Main Street. At the time the paper was established, there were only seven other papers being published in all of New Jersey.

The early papers did not resemble in content or layout the papers we recognize today and actually gave little in the way of news. Instead, they included stories, many in serial form, poems, songs, bits of advice, advertising, and editorial opinions. It would not be until the 1880s and 1890s that editors began to include "news items," usually placed among ads on pages 2 or 3.

In 1828, the name Bridgetown Museum was dropped from the mast and the publication became the New Jersey Advocate. This would begin the first of several name changes and mergers in the life of the publication that would eventually become the Rahway News-Record.

By the 1830s, Rahway's population had grown to 3,000 and the area was described as having "300 - 400 homes, at least 25 stores, 5 churches, 2 schools, 3 taverns, a post office, a bank, several mills and factories, and considerable farm acreage." It had become a bigger and more diverse town with people who had differing



(above) The roots of the Rahway News Record go back to 1822. This masthead, used from 1946 to 1994 was a familiar sight to most long-time Rahway residents.

opinions on all manner of topics, especially politics, and it might be said that it was politics that had a hand in the creation of competing newspapers.

During the presidential campaign of 1840, the New Jersey Advocate supported the Whig Party candidate, William Henry Harrison. The highly charged political rivalry between Harrison and the Democratic incumbent, Martin Van Buren, gave rise to a new publication with democratic leanings, the Democratic-Republican.

The next two decades saw the birth of several more publications, mergers, and name changes, the history and order of each tends to be confusing. Between 1850 and 1870, Rahway was supporting at least three to four publications. During the Civil War years, political debates in Rahway were heated, especially because so much of the city's economy relied on business with the southern states. As a result, newspapers were started and mergers consummated that would further serve as platforms for editorial expression. Rahway's first daily publication came out in 1878 under the unique masthead, the Daily Rahwegian. The New Jersey Advocate, the paper whose roots dated back to 1822, became the Union National Democrat during the war years and in 1891 merged again and became the News Herald.

By the turn of the century, only two papers

remained. Of the two, the Daily Record, which still had a historical link to the 1822 paper, bought out its final competitor in 1911 and renamed itself the Rahway Record.

The Record remained the city's sole newspaper until 1930 when the Rahway News was established. For the next 16 years, the two papers would vie for increased readership and advertising dollars as each professed to offer the predominant opinions of the citizenry. The rivalry ended in 1945 when a merger was amicably struck and on Thursday, February 7, 1946, the first issue of the Rahway News-Record hit the stands. In a front page article, the editors wrote, "It is hoped that through the combining of the two separate publications that the public can be better served... A community newspaper belongs to the community at large not any small or large group of citizens representing any individual or separate classification."

The Rahway News-Record covered the news faithfully and honestly for the next 48 years until 1994 when the 172-year history of Rahway's oldest paper came to an end. Within the year, a new publication, the Rahway Progress, took on the task of news gathering and was able to remain solvent until 2008 when it too shut down. Today, newspapers such as Our Town have taken on the role of highlighting the news of interest in local communities.



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RAHWAY ELKS INSTALLATION



(above) Rahway Lodge #1075 Exalted Ruler for the 2023-2024 Elk's Year, Lawrence Mastroberardino

Courtesy photos

Every year, the Rahway Elks Lodge #1075 holds an Installation where state and grand lodge officials assist with installing new officers into their roles for the fraternal year, April-March. Our lodge held our Installation on March 25th, 2023 to install a new Exalted Ruler, a few new Trustees, and both appointed positions for Chaplin and Esquire. We celebrated the outgoing and incoming officers after the ceremony with a party with food catered by The Firehouse and music.

Being an officer of the lodge comes with additional duties, such as maintaining the building, accounting of funds, and handling paperwork. Without these phenomenal volunteers we can not do what we need to for this

community. Our lodge has been revitalized with new members and community supporters who are all working together to better our world.

Message from the Exalted Ruler:

As the newly installed Exalted Ruler of Rahway Elks 1075, I am excited and looking forward to meeting and working with our businesses and residents to continue our community support.

In the near future, we will be planning an open house to convey to the community what the Elks are about and what we do and will continue to do going forward to help the entire community.

Fraternally,

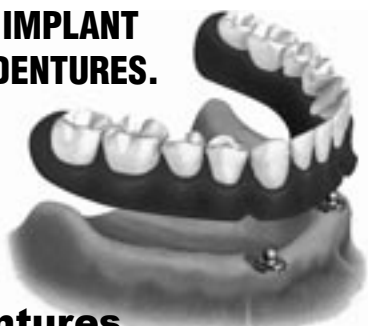
Larry Mastroberardino, Exalted Ruler
Rahway Elks # 1075



(above, l-r) Rahway Elks Officers from the 2023-2024 fraternal year: Raymond Mocekis (4 yr. Trustee), Kristina Petti (Esquire), Jeffrey Pflug (Inner Guard), Mary Ellen Paxton (Est. Lecturing Knight), Robin Mastroberardino (Chaplain), Lawrence Mastroberardino (Exalted Ruler), Robert Temple, (Est. Loyal Knight), Christel Mocekis (5 yr. Trustee), Paul Kozakiewicz, PDD (3 yr. Trustee), Nancy Kozakiewicz (Secretary), Richard Schuck (1 yr. Trustee). Not pictured: Britton dePaolo (Esteemed Leading Knight), Doreen Duffy, PDD (Treasurer), Benny Pizelli (Tiler), Jonathan Joshua, PER (2 yr. trustee)

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STEM CAN MAKE A DIFFERENCE

Rahway Public Schools

Sixth-grade students involved in Franklin Elementary School’s Technology Club recently participated in a STEM activity aimed at making everyday toys more accessible for students with special needs. The students learned about the challenges faced by children with disabilities and put their STEM skills to work to make a difference.

The lesson began with the basics of accessibility and the different types of disabilities that can make it difficult for children to play with certain toys. The students were

tasked with coming up with creative ideas for modifying existing toys to make them more inclusive and accessible.

The students worked together with Dr. Linda Lampert, the school’s Technology Facilitator to modify an everyday toy by adding an adaptive switch. After a few attempts, they were able to successfully get the switch to work. Their project will be entered into the New Jersey City University’s STEM Maker’s Day Contest. They don’t want to stop there though. The students hope to modify a few more toys and then bring them to the learning-disabled classroom, which

is located at another school within the Rahway school district.

Overall, the STEM activity was a huge success. The students not only learned valuable skills in engineering and programming but also developed a greater understanding and appreciation for the challenges faced by students with disabilities.

Their efforts to make everyday toys more accessible are a shining example of how STEM skills can be used to make a real-world impact and make a positive difference in the lives of others.



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EMMANUEL CANCER FOUNDATION TO HOST TRICKY TRAY

On Saturday, May 20, 2023, the 9th annual 'Play for Keeps & a Cause' Tricky Tray will be held at Arthur L Johnson High School, 365 Westfield Avenue, Clark, NJ. Enter through side entrance, (near cafeteria, parking lot side). Doors open at 5:30 p.m. First ticket is pulled at 7:30 p.m.

Admission price is \$30 and includes one sheet of 25, tier 1 tickets and one door prize ticket. Purchase online at:

<https://givebutter.com/ECFTrickyTray2023>.

Or mail check to: Emmanuel Cancer Foundation (ECF), 77 Brant Ave., Suite 304, Clark, NJ 07066

There will be hundreds of baskets, 3 tiers of prizes. Bundles, 50/50 raffle and more. Lots of door prizes. Bring your own food and beverages. No alcohol permitted on premises. Coffee, tea, water and cookies will be served.

Stay up-to-date on event information at: facebook.com/events/s/ecfs-tricky-tray/517854203815034/

All proceeds raised during this event will help the Emmanuel Cancer Foundation (ECF) provide

counseling, food, emergency funds, and so much more to these brave children and their families. ECF's goal is to make life more manageable for families who are dealing with the fear, stress, and financial burden of pediatric cancer.

ECF has a headquarters office in Clark and three other regional centers across the state, including in Midland Park, Wall Township and Woodbury Heights.

If you have questions please contact Emmanuel Cancer Foundation via email: mgiblin@emmanuelcancer.org

CELEBRATING 40 YEARS OF SERVICE TO NJ KIDS AND FAMILIES

ECF was founded 40 years ago by Susan and Joseph Vizzoni, a New Jersey couple whose lives were turned upside down by their son's cancer battle and the enormous emotional and financial hardships that ensued. In 1983, two years after Emmanuel's death, the Vizzoni family established ECF to give back to other families experiencing the same pain and offer services that made a vital difference in their daily lives. Based on their

passionate vision, today ECF is committed to being a beacon of light for New Jersey families facing pediatric cancer.

More than 280 families receive free emotional and advocacy support by professional caseworkers, material donations such as food, clothing, toys, household items and birthday and holiday gifts, and emergency financial assistance. Nearly 60% of ECF families live below the poverty level, and a cancer diagnosis only exacerbates precarious financial situations and increases already sky high stress. Services are tailored to a family's unique needs, and ECF will stay by their side for as long as needed, whether one month or 10 years.

Do you know a family who is in need of our services? Please refer them to us because we can do so much to lift their burdens and guide them through their cancer ordeals. Our help begins with the first phone call. Our only requirements is that the child be 18 or under and live in the state of New Jersey. Visit emmanuelcancer.org for more information.

YWCA OF UNION COUNTY AWARDS BREAKFAST CELEBRATION - MAY 11

The YWCA of Union County

The YWCA of Union County will host its annual TWIN event on Thursday, May 11, 2023 at the Embassy Suites Hotel in Berkely Heights, NJ from 8 am to 9:30 am.

Debbie-Ann Anderson, Union County Director of Human Services will serve as the Keynote Speaker at the event and will receive the Lifetime Achievement Award for her dedication to improving the lives of those in need. Anderson has an extensive background in programs serving families, as well as vast experience with corporate, non-profit and community affairs organizations.

YWCA Executive Director Karen Geer stated, "We are very excited to honor Debbie-Ann with this award. She has been a champion for the YWCA and its mission. Her support and commitment to our programs has enabled us to deliver more vital services to those in need."

Anderson began her professional fundraising career in 2004 at the Muscular Dystrophy Association (MDA) in Towson, Maryland. She joined the United Way of Greater Union County in 2008 and served as its Executive Vice President. Anderson also served as Executive Director of HomeFirst Interfaith Housing Services and was appointed Union County Director of Human Services in 2017.

Five additional honorees will be presented awards for Racial Justice, Community Service, Young Professional, YWCA Ally, and Business & Industry Leadership. Nominations will be submitted by sponsors of the event by visiting www.ywcaunioncounty.org/twinawards2023.

Individual tickets to the TWIN event are \$150 and can be purchased at www.ywcaofunioncounty.org or by emailing events@ywcaofunioncounty.org.

The YWCA of Union County is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom and dignity for all. Its mission is to empower survivors of domestic violence to become safe and free from abuse, and to promote social justice and eliminate violence against women and girls. We accomplish this mission through the provision of comprehensive, client-centered services, and through education, collaboration and advocacy that builds safe, informed and supportive communities. Its programs include a 24-hour Domestic Violence Hotline (908-355-HELP), Community Support Services, Family Justice Center, and Residential Programs, PALS (Peace: a Learned Solution), and Community & Professional Education. For more information, please visit www.ywcaofunioncounty.org or call (908) 355-1995.

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Calendar of Events

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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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IN THE HEIGHTS AT CDC THEATER MAY 5-20

Before Hamilton was In The Heights and it's coming to CDC Theatre in Cranford.

The final production of CDC Theatre's 104th season, *In the Heights*, is set to run weekends from May 5 to May 20. Lin Manuel Miranda's first Broadway show burst onto the stage in 2008. The show was nominated for thirteen Tony Awards, including Best Musical, Book and Score, as well as for Direction and Choreography. Of those thirteen nominations, it won four awards, including Best Musical, Original Score, Choreography and Orchestration.

The musical tells the story of three days in the vibrant community in Manhattan's Washington Heights – a place where the coffee from the corner bodega is light and sweet, the windows are always open, and the breeze carries the rhythm of three generations of music. It's a community on the brink of change, full of hopes, dreams and pressures; where the biggest struggles can be deciding which traditions you take with you, and which ones you leave behind.

"We are excited to at last be able to produce this show. Circumstances and pandemic restrictions caused it to have been postponed, but we were committed to having the chance to present it," said Joe Leo, the show Producer. "Once we were able to add it to this season, we had one of the biggest audition turnouts ever at the theatre and have assembled a wonderful cast from throughout the state!"

The music of *In The Heights* takes its cues from the diverse Latin community it represents, infusing hip-hop, salsa, merengue and soul music into the score with lyrics about life, love, community and the American dream. There are eight shows, including two matinees. For best ticket prices and selections visit cdctheatre.org.

IN THE HEIGHTS

Conceived by
LIN-MANUEL MIRANDA

**Fridays/Saturdays
May 5—20
at 8pm**

**Sunday, May 14
at 2pm**

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GUIDANCE FOR PARENTS OF STUDENT ATHLETES

Do you want to be a supportive parent to your aspiring athlete? Are you eager to help your child achieve their potential in sports, but are wary of the psychic costs?

Caring Contact, the Westfield based crisis line, will host a free presentation on May 4th entitled "How to Reap the Benefits of Youth Sports Without Losing It All". The program will be held at 7 - 8:30 p.m. at the Westfield Memorial Library.

Linda Flanagan, author of Take Back the

Game, will moderate a discussion with collegiate athletes Katie McCafferty Rathbun and Andrew Garstka, along with New Providence High School Student Assistance Counselor David Chango, on how families can best navigate competitive youth sports.

The event is free but space is limited. To register, visit events.wmlnj.org/event/10508930. Attendees will have an opportunity to ask questions of the panel at the end of the presentation.

Caring Contact is an award-winning, volunteer-staffed crisis hotline and listening community. More than 90 trained volunteers answered over 17,000 calls in 2022 from people in crisis, having suicidal thoughts or simply needing someone to talk to.

If you, or someone you know, are in crisis call 988, the new access code to the National Suicide Prevention Lifeline.

To learn more, visit caringcontact.org. You are Not Alone.

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CONTROLLING PLANT DISEASES

Plant diseases are caused by plant parasites or pathogens, which include four types of organisms: fungi, bacteria, nematodes, and viruses. Fungi and bacteria thrive in warm, moist conditions and are most common when rain showers or heavy dews are frequent and temperatures are warm. Nematode damage is more evident in dry conditions, whereas viral diseases can occur at any time.

METHODS OF CONTROL

Site selection: A home garden site should be well drained. Avoid wet and poorly drained soils. Excessive soil moisture will favor root and crown diseases such as damping-off as well as crown and root rots caused by fungal soil borne pathogens. Most vegetables require full sunlight for maximum yield and drying of the foliage.

Crop rotation: Continuous plantings of vegetables within the same plant family provide opportunities for pathogen buildup. Do not plant the same family of vegetable in the same areas year after year. Grow the same plants or closely related plants in the same soil only once every 3 to 5 years. This practice starves out most pathogens that cause stem and leaf diseases.

Diseases Free Seed and Transplants: Many plant diseases can be seed-borne. Do not save seeds from year to year. This is important to prevent a number of diseases, including halo blight, common blight, anthracnose of snap beans, and bacterial spot of tomatoes. When starting a crop from transplants, seedlings should be examined carefully for disease symptoms before purchasing.

Use Resistant Varieties: Using resistant varieties is the most efficient way of controlling vegetable diseases. Make an effort to buy resistant varieties when they are available. Seed catalogs generally list resistant traits of the various vegetable varieties.

Planting Date Management: The selection of planting date can be an effective tool for disease management. Follow the recommended planting dates for the particular vegetable grown. For example, warm-season crops should be planted when soil temperatures are warm for good germination and growth. Planting these crops when soil temperatures are cool can cause increased incidence of soil-borne diseases.

Trap Crops: Using trap crops helps manage virus diseases and aphid populations. A few rows of a trap crop (such as rye or corn) around the vegetable garden will cause aphids to feed there first, possibly loosening the virus they may carry. Trap crops can limit aphid damage and help reduce the incidence of virus diseases.

Proper Spacing and Trellising: Space plants properly to allow growth and air circulation. Staking or trellising prevents soil contact with the foliage and fruit, reducing the incidence of diseases such as fruit rots. Trellising also promotes foliage drying, discouraging the growth of pathogens.

Use a Mulch Layer: Mulching prevents soil



(above) Hickory Horned Devil. Rutgers Master Gardener volunteers are well trained to solve your garden problems, call 908-654-9852.

from splashing onto plants and also fruit from touching the bare ground. This will help prevent rots on mature fruit. Mulches also are a sound cultural practice to help conserve soil moisture and reduce weed infestations.

Proper Fertilization: Proper fertilization helps prevent vegetable diseases. Test soil 3 to 6 months before the growing season, and follow the recommendations to supply appropriate nutrient requirements and adjust soil pH. Proper pH prevents blossom end rot and encourages healthy growth of tomatoes and peppers.

Weed Free Gardens: Weeds can serve as virus reservoirs for several insect-transmitted viruses that can infect homegrown vegetables. Good weed control will increase air movement and decrease conditions – such as excessive moisture – that favor disease development.

Avoid Tobacco When Working in the Garden: If you use tobacco, wash your hands thoroughly before handling plants. This practice will prevent the spread of tobacco mosaic virus, which can infect many different kinds of vegetables, particularly solanaceous crops (plants related to the nightshade family) such as tomatoes and peppers.

Nematode Control: Nematodes are microscopic, soil-inhabiting roundworms that injure vegetables and other plants by feeding on their root systems, causing decay or galling.

Soil solarization can be used to reduce the number of nematodes present. This involves tilling the garden and then covering the areas with a clear plastic tarp for 6 to 8 weeks. The best time to solarize soil is June through August, when temperatures are at their hottest. Soil solarization requires intense solar heat to be effective.

Sanitation: After harvest remove and destroy plant material. Plow the soil to help break down



(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*

debris that may harbor nematodes, fungi, and bacteria. Plant refuse may also be plowed under. Remove diseased plants, plant residue, and weeds in and around the vegetable garden to reduce the occurrence of some diseases.

Pesticide Use: Pesticides should be the last defense used by home gardeners once all other disease control options have been exhausted. Home gardeners have access to few fungicides or bactericides compared to commercial growers.

I have removed all pesticide names because some are not recommended by Rutgers University Cooperative Extension which must approve all garden chemicals, pesticides and herbicides used in New Jersey.

As with any pesticide, read the label and follow the recommended precautions to ensure the chemical is applied in a safe, effective manner. Cover your nose, mouth and eyes and wear latex gloves.

For more information on plant problems contact our local Rutgers Cooperative Extension of Union County.

Information in this article is thanks to The Alcorn State University Extension Fact Sheet, Mississippi.

James

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SOS ~ SAVE OUR SEAL!

A Message from the Union County Historical Society

War is hell. Unfortunately, that powerful expression is just as accurate today in Ukraine, for example, as it was in Elizabethtown in 1780. In both cases, civilians suffered, and are suffering, along with soldiers.

Heroic sculptures and statues of beribboned generals on horseback are noble and inspiring, to be sure. On the other hand, however, there is the World War II Katyn Memorial in Jersey City, showing the horror of war as it depicts the brutal massacre Russians committed on Polish soldiers graphically showing a bound and gagged Polish soldier impaled through his back by a bayoneted rifle. At its base, a Polish woman cradles a starving child, representing the Polish citizens who were deported to Siberia. Are we to take down such monuments because the horror they depict offends us, or should they remain, conveying their timeless message to us: "Never forget, and Never again!"

Yes, war is hell. And it was so in 1780 as local patriots fought for independence against the often cruel and brutal British and Hessian troops.

One of the most infamous events of that struggle was the horrible murder of Mrs. Hannah Caldwell, the wife of the famous Rev. James Caldwell ("the fighting Parson"), on June 7, 1780 in Connecticut Farms, now Union. It seems that ongoing discussions concerning the changing of the County Seal depicting Mrs. Caldwell's murder by a British soldier apparently have finally come to light recently.

This tragic event has been depicted on our County Seal for over 100 years. In 1923, the Union County Historical Society proposed and supported the official adoption of the Seal, which had previously been used unofficially for decades. It was formally ratified by the Board of Freeholders at that time. The Society has been proud of its role in the adoption of the Seal a hundred years ago, and strongly opposes current efforts to change it.

Some now object to the Seal's depiction of a

violent and senseless act against a woman and mother of nine young children. But it really happened! Are we to ignore it? Those were dangerous times in this area and few were spared from the death, destruction, and suffering that occurred.

Indeed, Hannah Caldwell's death became a rallying cry to the despondent, tired, and outnumbered American troops who were inspired to fight on at the Battle of Springfield, the turning point of the Revolution in the North, just two weeks after her death.

Whether she was inside the house or outside when she was murdered is immaterial to the Seal's message. Showing her outside the house simply makes the event more visible. Similar artistic license is often employed in depicting important events in history. For example, the iconic and dramatic 1851 Emanuel Leutz painting of Washington's 1776 Christmas night crossing of the Delaware near Trenton is inaccurate in every way except one: its heroic portrayal of a courageous and brilliant military operation, which led to an important turning point in the war.

History is not always convenient; it has more than its share of suffering and evil, as the Union County Seal demonstrates. And isn't that in fact the meaning and message of the Seal, that democracy and freedom often demand sacrifice. It is a reminder of the terrible price paid by the brave men and women during those difficult times. Any redesign of our iconic and unique Seal would dishonor and diminish the memory of Hannah Caldwell and so many others who sacrificed all in the long and difficult struggle for independence.

Indeed, after the war, Washington acknowledged that no place had suffered greater deprivation and destruction than Elizabethtown and its environs. Our Seal reminds us of that. Let it be.

Charles Shallcross, Vice-President, U.C.H.S.

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