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"MR. BOB THE GARDENER" HONORED

National Garden Clubs, Inc.

The members of National Garden Clubs, Inc. (NGC) recently honored Mr. Bob's Garden Foundation for YMCA Campers with their prestigious Award of Excellence, the highest award presented by NGC to a non-member. The Award of Excellence honors an individual, organization, or institution that has made significant contributions toward the advancement of the goals and purposes of National Garden Clubs, Inc.

Master Gardener and Certified Square Foot Garden Instructor Bob Markey started Mr. Bob's Garden Foundation for YMCA Campers in 2008 when he launched his YMCA Square Foot Gardening Summer Camp initiative at the Gateway YMCA in Rahway, New Jersey. In 2019, the program was incorporated as a 501(c)(3) organization and registered as Mr. Bob's Garden Foundation for YMCA Campers.

Square Foot Gardening is simple, easy to learn for all ages, and does not require lots of space or heavy tools. It involves the assemblage of an above-ground 3' x 3' box, a special organic soil mix, and a grid of nine squares and it is ready to plant. It is possible to grow nine different crops in that small space. Sixteen radishes fit in a square, nine bush beans fit in a square but only one tomato plant. Ultimately, Markey became known to the campers as "Mr. Bob the Gardener".

The Square Foot Garden Summer Camp Program supports the YMCA's Core Values of Youth Development, Healthy Living, and Social Responsibility. Along with learning the basics of Square Foot Gardening, the campers develop a deeper relationship with nature, a greater appreciation for the food they grow, and an expanded sense of community. The program's mission connects kids with nature by empowering them to grow, harvest, taste, and market the organic fruits and vegetables of their labor.

The Square Foot Garden concept originated in 1976, when civil engineer Mel Bartholomew set out to solve world hunger one square foot at a time. He called his revolutionary approach to growing plants of all kinds Square Foot Gardening. In 1981 his book, "Square Foot Gardening," became the largest selling gardening book of all time. That is when Markey, traveled to Eden, Utah, in 2008, to meet the author and where he became a Square Foot Gardening Instructor to teach the method to kids.

Since 2009, The Great Zucchini Race is the foundation's signature special event. The campers harvest zucchini squash, break into teams, and with bamboo skewers as axles they decorate their zucchini "race cars" with veggies. Add a 6-foot-tall wooden racetrack and it's "game on!" You can see the race on YouTube – search Great Zucchini Race!

Mel Bartholomew has said, "Mr. Bob's Square Foot Gardening for Kids has done an excellent job of bringing a summer program that will give a lifetime of memories for all of the children associated with the Y and all of their programs."

National Garden Clubs, Inc. currently has over 5,000 local clubs, with 145,000 members, and over 330 international affiliate clubs. The



(above, l-r) National Garden Clubs' President Mary Warshawer, National Award of Excellence Recipient Bob Markey for Mr. Bob's Foundation, National Garden Clubs' V.P. Donna Donnelly at NGC Award's Banquet.



(above) Bob Markey
email: Bob@MrBobtheGardener.com

organization provides education, resources, and national networking opportunities for its members to promote the love of gardening, floral design, civic, and environmental responsibility.

Learn more about National Garden Clubs, Inc. at <http://gardenclub.org>.

Courtesy photos

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ST. JOSEPH SOCIAL CENTER FUNDRAISING DINNER HONORS SOUP KITCHEN TEAMS

Please join us for our Annual Fundraising Raffle Dinner on October 19, 2023 at the Westwood in Garwood at 6:00 p.m.

This year we are delighted to honor our Soup Kitchen Teams from:

- Parish Community of St. Helen, Westfield
- Holy Spirit, Union
- Holy Trinity, Westfield
- St. Agnes, Clark
- Immaculate Conception, Elizabeth
- Church of Little Flower, Berkeley Heights
- St. John the Apostle, Clark
- St. Michael, Cranford
- Temple Sha'arey Shalom, Springfield

Thanks to countless volunteers from these faith communities, a hot meal has been served with dignity and compassion since April 19, 1986. Even during Covid, these volunteers prepared meals 'to-go' so that our sisters and brothers could enjoy lunch on Saturday.

The GRAND 50/50 Raffle will be in 5 cash prizes. Only 2,500 tickets will be sold, so please get your tickets early! The Grand Prize will be \$15,000 or 30% of ticket sales, and there will be Four Consolation Prizes of \$2500 or 5% of ticket sales.

The Tricky Tray and Restaurant Gift Card baskets will be better than ever. This year we are also featuring a Take Me Away Travel Prize



donated by United Airlines. This prize features 2 electronic certificates valid for round trip travel between US 48 / Alaska / Canada / Caribbean / Central America.

The evening will start at 6:00 p.m. so you will have plenty of time to 'shop' and mingle! To purchase tickets, become a sponsor, or make a donation, please visit our website at sjeliz.org/special-events.html. Please purchase tickets by October 10th.

We are very grateful that your generosity has enabled us to serve our community for over 37 years through our food, health, counseling, adult education, clothing, and seasonal programs, and we hope we can count on your continued support.

Thank you for sharing your blessings and offering hospitality and hope to our sisters and brothers!

With gratitude, Jacqueline Karmol, Dinner and Grand Raffle Chair

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STUDENTS SHOW SIGNIFICANT GROWTH IN I-READY PROGRAM

Rahway Public Schools

Franklin Elementary School students have shown significant growth in their reading and math skills as a result of the i-Ready program, an online learning tool that helps teachers personalize instruction and track student progress. The i-Ready program is designed to help students identify their areas of strength and weakness, and then provide targeted instruction to help them improve. The program also tracks student progress over time, so teachers can see how each student is doing and make adjustments to their instruction as needed.

In the 2022-2023 school year, Franklin students completed a total of 59,862 i-Ready lessons over a span of 13,354 hours, averaging 99 lessons and over 22 hours per student. As a result of this hard work, Franklin students have shown significant growth in their reading and math skills. On average, students at Franklin School showed 124% of expected growth in their diagnostic scores, with some individual students hitting as high as over 300% annual growth. This growth was shown across the school and across data subsets as well. Every subgroup based on race or sex showed an average annual growth of over 100% as well. Economically disadvantaged

students were able to show an average of 110% annual growth.

In addition to the academic benefits, the i-Ready program has also helped to create a positive and fun learning environment for students. Mr. Greg Mariconda, the school's counselor, was able to obtain two successful Donors Choose grants to fund prizes and parties for students who completed i-Ready lessons. These incentives have helped to motivate students and keep them engaged in the program.

"The i-Ready program has been a great success at Franklin Elementary School," said Mr. Mariconda. "The prizes and parties have helped to create a positive and fun learning environment, and the data shows that students are making significant gains in their reading and math skills."

"We are very proud of the hard work and achievement of our students in the i-Ready

program," said acting Principal Dr. Kevin Robinson. "The program has helped our students make significant gains in their reading and math skills, and we are confident that these gains will continue in the years to come."

In addition to the individual prizes and parties, Franklin Elementary School also held a school-wide celebration to recognize the students who showed the most growth in the i-Ready program. Plory, the orange alien who appears in the i-Ready program, came to Franklin School and visited all the classrooms to recognize the i-Ready superstars.

The i-Ready program is just one example of the many ways that Franklin Elementary School is working to improve student achievement. The school is committed to providing a rigorous and challenging academic environment that prepares all students for success in college and beyond.

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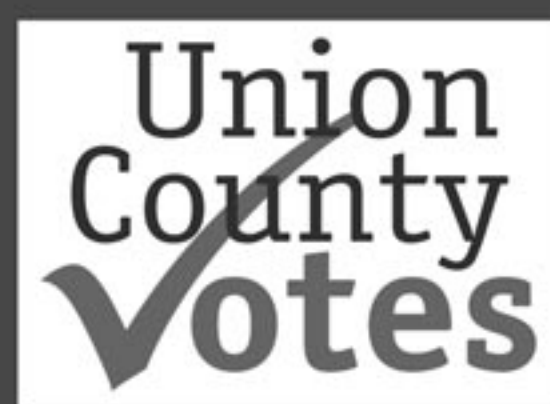
DESIGNER POCKETBOOK BINGO

Come join us for an afternoon of fun on Saturday, October 28th, Relay for Life of Rahway will host a Pocketbook Bingo Event at Trinity Episcopal Church, 141 Broadway, Bayonne. Doors open at 1:00 p.m., Bingo starts at 2:00 p.m. Prizes include designer bags from Coach, Kate Spade, Michael Kors and more!! Tickets purchased in advance are \$30, and \$35 if purchased at the door. Included in the price of admission are 10 games (3 cards on one sheet per game), and 1 free raffle ticket for a chance to win a door prize. Additional packs of cards and raffles


are available for purchase. Tickets can be ordered by contacting Donna 732-692-7863, Laura 201-779-8216, or Carol 551-200-3025.

All proceeds will benefit the American Cancer Society in funding research, clinical trials, and services for cancer patients and their families.

If you are unable to attend the Bingo, please visit our website at relayforlife.org/rahwaynj for information regarding cancer prevention, support and services for patients and families, survivor registration, ways to get involved, future events, or to make a tax-deductible donation.




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SCHOOL YEAR KICKS OFF WITH "CHALK THE WALK" EVENT

Rahway Public Schools

Franklin Elementary School in Rahway welcomed the 6th-grade students and their families on Saturday, September 2, 2023, for an exciting and colorful "Chalk the Walk" event. This exciting gathering, sponsored by the Parent-Teacher Association (PTA), aimed to build enthusiasm and anticipation for the upcoming school year, which took place on Tuesday, September 5, 2023.

The "Chalk the Walk" event was a success, with families, students, and staff coming together to create a festive atmosphere that radiated positivity and community spirit. Parents seized the opportunity to forge new friendships and connections, while students reveled in the fun-filled activities and camaraderie that marked this special occasion.

Dr. Patrick Holness, the principal of Franklin School, expressed his delight at the event's success and his eagerness to establish it as an annual tradition. "We believe that fostering a sense of excitement and togetherness on the eve of the school year is vital for our students and their families," remarked Dr. Holness. "The 'Chalk the Walk' event was a fantastic way to kick off the year, and we look forward to continuing this tradition in the years to come."

The event's highlight was the artistic outpouring of creativity by the 6th-grade students and their families, who transformed the school's walkways into a colorful canvas of welcome-back messages and inspirational artwork. These messages, created with vibrant chalk, greeted all students as they entered the school grounds on the first day giving them a warm and motivating start to their academic journey this year.

As students stepped onto the school property for the first time this year, their smiles and excitement were palpable. The "Chalk the Walk" event succeeded in instilling a sense of belonging and pride in the Franklin Elementary School community, setting a positive tone for the upcoming school year.

Franklin Elementary School looks forward to the continued support and participation of its dedicated students, families, and staff in future "Chalk the Walk" events, which promise to be a cherished tradition for years to come.



Photos by Rahway Public Schools

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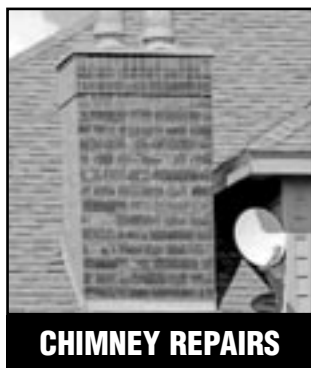
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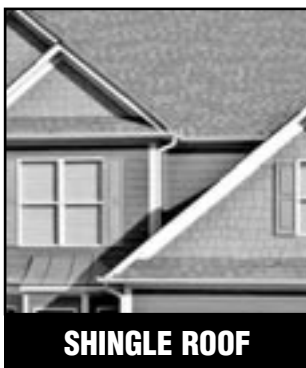
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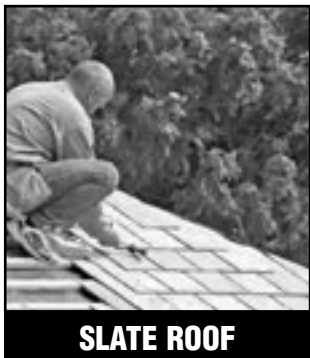
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BULLIES TO BUDDIES WORKSHOP – OCT. 19

On Thursday, October 19th from 6:30-8:00 p.m. Imagine, A Center for Coping with Loss will offer a Bullies to Buddies workshop at their Mountainside center at 244 Sheffield Street in Mountainside. There is no cost for this program. Children and youth, third grade and older are welcome to attend along with adults who wish to help the children in their lives gain skills for responding to bullying behavior. Young people attending will have an opportunity to role play techniques taught throughout the session.

Bullying is a challenge for many students, but children and youth who are grieving are more likely to be bullied or become bullies. The Bullies to Buddies method fosters resilience by showing how to respond to verbal aggression. Children from 3rd grade and up, parents, school staff members and any interested community members are welcome to attend whether or not they have been recently impacted by a loss.

The training will be offered by Connie Palmer, LCSW who is a Grief Education Consultant for Imagine. Connie is a former school social worker, therapist and is a Certified Bullies to Buddies Trainer.

If you and/or your kids are interested in attending, please register by scanning the QR code below or visiting Imagine's website at imagineenj.org. Pizza dinner is available prior to the workshop at 6:15 p.m. Please indicate your interest in coming early for pizza when you register. We hope you can join us at Imagine for this timely and beneficial workshop!

Imagine is a 501c3 nonprofit that offers free year-round grief support groups for children ages 3-18 and young adults 19-30 who are coping with a loss due to death. Concurrently, support groups are available for the parents and guardians of the children in the groups and offered in English and Spanish. Imagine also offers grief and loss education and training to the community. For more information please contact Imagine at 908-264-3100 or info@imagineenj.org.



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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.

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

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

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

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Scot Paris MD, FACS

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- Patricia G.

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

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ANNUAL BLESSING OF THE ANIMALS – OCT 1

The Episcopal Church of St. John the Baptist will hold its annual Blessing of the Animals on Sunday, October 1, 2023, at 1:00 p.m. The event will take place on the church lawn at 2018 Dewitt Terrace in Linden and is open to all members of the community.

The Blessing of the Animals is a yearly tradition to honor St. Francis of Assisi, the patron saint of animals and the environment, whose feast is celebrated on October 4th and to show our appreciation for all of the animals in our lives.

All animals are welcome to participate in the Blessing of the Animals, including dogs, cats, birds, reptiles, and even farm animals. There will be a brief service at 1:00 p.m. led by Canon Joanne Izzo, followed by a time for people to bring their animals forward to be blessed. Participants should bring a folding lawn or beach chair.

The Blessing of the Animals is a fun and family-friendly event. It is a great way to show your love for animals and to celebrate the special bond that we share with them.

We hope to see you and your furry friends at the Blessing of the Animals on Sunday, October 1. Donations will be accepted for a local animal shelter.

ST. JOSEPH SOCIAL CENTER FUNDRAISING DINNER HONORS SOUP KITCHEN TEAMS

Please join us for our Annual Fundraising Raffle Dinner on October 19, 2023 at the Westwood in Garwood at 6:00 p.m.

This year we are delighted to honor our Soup Kitchen Teams from:

- Parish Community of St. Helen, Westfield
- Holy Spirit, Union
- Holy Trinity, Westfield
- St. Agnes, Clark
- Immaculate Conception, Elizabeth
- Church of Little Flower, Berkeley Heights
- St. John the Apostle, Clark
- St. Michael, Cranford
- Temple Sha'arey Shalom, Springfield

Thanks to countless volunteers from these faith communities, a hot meal has been served with dignity and compassion since April 19, 1986. Even during Covid, these volunteers prepared meals 'to-go' so that our sisters and brothers could enjoy lunch on Saturday.

The GRAND 50/50 Raffle will be in 5 cash prizes. Only 2,500 tickets will be sold, so please get your tickets early! The Grand Prize will be \$15,000 or 30% of ticket sales, and there will be Four Consolation Prizes of \$2500 or 5% of ticket sales.

The Tricky Tray and Restaurant Gift Card baskets will be better than ever. This year we are also featuring a Take Me Away Travel Prize



donated by United Airlines. This prize features 2 electronic certificates valid for round trip travel between US 48 / Alaska / Canada / Caribbean / Central America.

The evening will start at 6:00 p.m. so you will have plenty of time to 'shop' and mingle! To purchase tickets, become a sponsor, or make a donation, please visit our website at sjeliz.org/special-events.html. Please purchase tickets by October 10th.

We are very grateful that your generosity has enabled us to serve our community for over 37 years through our food, health, counseling, adult education, clothing, and seasonal programs, and we hope we can count on your continued support.

Thank you for sharing your blessings and offering hospitality and hope to our sisters and brothers!

With gratitude, Jacqueline Karmol, Dinner and Grand Raffle Chair.

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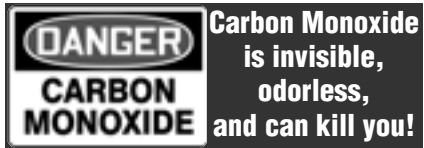
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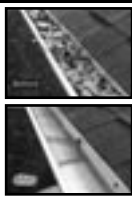
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RAHWAY ELKS NEWS

FALL FUN DAY - OCTOBER 15

The community is invited to join us on October 15th for 'Fall Fun Day'. Sponsored by the Rahway Elks Special Children's Committee, the free event will feature pumpkin picking & painting, food, games, and music.

TERRIFIC TRICKY TRAY

On Wednesday, September 13th, The Rahway Elks' Better Parades Committee hosted a Tricky Tray that was open to the public. There was a wonderful turnout for tons of great prizes, some good tunes, and delicious food from The Firehouse. A huge thank you goes out to all community partners who donated goods, gift certificates, and more! Some of the hot ticket items were a patio set, a grill, and tickets to the Giants vs. Seahawks game on October 2nd. The funds raised during this event will go towards the NJ Elks Convention in Wildwood, NJ in June. This year is very special for the Rahway Elks, as

we are the sponsor for the Area 4 Special Children's Ambassador, Liam Donovan. We look forward to another successful convention and parade, thanks to the funds that we raised tonight. Be on the lookout for more great events at the Rahway Elks in the future. If you are interested in joining the Elks please check out Rahwayelks.org.

BACKPACK DISTRIBUTION

On Tuesday, August 29th Sebastian's Acts of Kindness in collaboration with the Rahway Elks, hosted a backpack distribution! Over 150 backpacks were distributed and the kids enjoyed some refreshments and a DJ sponsored by the Elks. A huge shout out to the Elks National Foundation for approving a \$1,000 grant so that we could help Sebastian get to his goal! We can't believe that all the backpacks went in just 30 minutes. We are hoping to collaborate again next year with a larger impact.



The Rahway Elks Lodge invites you to

Fall Fun Day

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SALEM ROADHOUSE CAFÉ ANNOUNCES ZUKO, PHILIPS, COHN & STARR

Salem Roadhouse Café presents Zuko, Philips, Cohn & Starr, Saturday, October 14, 2023. The doors open at 7:15 p.m., the show starts at 8:00 p.m. Admission is \$20 and includes show, snacks, non-alcoholic beverages, and dessert. The venue is located in Bailey Hall at Townley Presbyterian Church, 829 Salem Road, Union, NJ. The Roadhouse operates as a non-profit that raises funds for several carefully chosen local charities.

Zuko, Philips, Cohn & Starr have carved themselves a unique niche within the realm of rock classic tunes. Focused mostly on vocals and light accompaniment with a pair of guitars and a djembe for rhythm, this group of very talented and familiar Roadhouse performers has taken classic rock tunes we all know and love and put a lighter spin on them. The usual trappings of rock with its requisite “wall of sound” is avoided, making the lyrics and tunes able to be heard clearly. Focused on rich harmonies, their sound is catching on like wildfire. Come and hear songs as you’ve never heard them before! States Michael Zuko, “We are in the midst of recording our debut album, which will be out next year. More original material is being added to our set lists.”

This promises to be a very special, exciting show with some surprises!

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. 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 Programs, 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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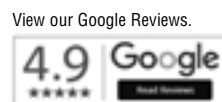
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PUMPKINS

I had originally started to write about Bats in New Jersey this month, but there is so too much information about these incredible and misunderstood creatures to write about in just one article. Therefore, I have decided to wait until the winter months when I can focus two articles about NJ Bats in a row.

This article about Pumpkins was originally written in 2017.

Pumpkins are native to North America where seeds have been found in Mexican graves and temples dating back five to seven thousand years ago. Up north, pumpkins were grown by Native Americas for hundreds of years before the first European settlers arrived here.

The America Indians created a farming technique called "The three sisters". Corn was grown in the same plot as beans and squash. The corn would grow tall, and the beans would use it as a trellis. The pumpkins and squash were planted at the base and would discourage raccoons and other critters from eating the corn and beans. The Natives later taught this practice to the Pilgrims. Without pumpkins it is doubtful any of the Pilgrims would have survived the first long winter.

In later years, the Pilgrims would carve out pumpkins, fill them with milk and bake them until they turned into a rich, flavorful custard. This tradition later became today's pumpkin pies. Sugar pumpkins are the smaller orange pumpkins used to make pumpkin pie.

Pumpkins and other winter squash are easy to grow if you give them their basic requirements, warm rich soil, heavy but even moisture, lots of sun and most importantly, plenty of space to spread out and grow. If they outgrow their space, you can turn the growing tips towards where you want them to grow. When harvesting leave at least one inch of stem attached and let your pumpkins sit in the sun for ten days to cure them before storing them.

Our modern Halloween tradition of carving out pumpkins began in ancient Ireland. The Celtic people believed the dead arose from their graves every year on October 31. To ward off evil, people carved faces into rutabaga or turnips, beets or potatoes and put them in windows and at their doors. Even the name Jack-O-Lantern is derived from Irish lore and folktales.

When our Irish immigrants arrived in America, they brought these traditions with them and quickly learned pumpkins are much easier to carve out.

Today pumpkins can be found in a variety of sizes, from the massive orange pumpkins to jack-be-little, which can fit in the palm of your hand. Color choices now start at white, then orange, and blended. There are even pumpkins with warts for folks looking for something different.

Selecting a pumpkin is often a family event with everyone going to a local farm to make their selections. When choosing your pumpkin pay attention to the stem. Pumpkins with stems last longer; long or curved stems add character to the pumpkin.

A pumpkin placed by a door or in front of a house today has come to symbolize the fall season, good fortune and prosperity.

Happy Autumn,

James



(above) Long before their arrival in America, Irish people carved faces into turnips and radishes to help keep evil spirits away.



(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



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RAHWAY ELKS LODGE NEWS

Submitted by Kristina Petti

Every year thousands of New Jersey Elk members head to Wildwood, NJ during the first weekend of June for the annual NJ State Elks reunion & convention. Throughout the weekend members can enjoy some fun times with their local lodges, Exalted Rulers and other dignitaries attend business sessions, and the highlight of the whole weekend is the New Jersey Elks Parade!

The Rahway Elks stayed at the wonderful Water's Edge Resort and enjoyed events such as a Luau Friday night, a BBQ after the parade Saturday, and breakfast Friday- Sunday. The lodge's Better Parades committee hosts fundraisers throughout the year and the profits are used to pay for food and entertainment. This year's DJ, long standing friend of the Elks, Michael Martino hosted 2 nights of dancing, karaoke, and fun! This is a wonderful time for our members to unwind and appreciate all of the work that they have done for our community



(above) *Rahway Lodge Members, Kristina Petti & Raymond Moceikis with Woodbridge member & Rahway High School teacher, Trish Evanik.*



(above)*Alternate Ambassador Liam Donovan, with his mom, Cheryl Donovan, during the NJ State Elks parade.*

throughout the year.

This year was even more special because we had the Donovan family on board! Our Alternate Ambassador Liam, sister Emma, mom Cheryl, and Grandma Linda made it down Friday night and marched in the parade on Saturday. Well, they didn't really march... they rode in style on a brand new 6-seater golf cart that was decked out in patriotic decor. A huge shoutout to Mayor Ernie Troiano, Jr. of Wildwood for getting us such a sweet ride for the parade at no cost to our lodge!

Even though it was quite windy that day, the event was still on. There have been years that we have marched in a flooding street as it poured around us. The Rahway Elks were dressed in patriotic Hawaiian shirts to go with our Luau theme. It was a beautiful event, and we were proud that Alternate Ambassador Liam and his family could join us. Who knows what our theme will be next year? Maybe Liam can help us pick it out. I hear he likes Toy Story.

The Rahway Elks Special Children's Committee is proud to announce that next year Liam Donovan will be the Area 4 Ambassador (Poster Child) of the NJ Elks, starting at the end of July. It has been a pleasure to have the Donovan family active in our lodge, district, and state events this year and we are looking forward to another fantastic year to come!

The NJ Elks Ambassador Program allows children under the age of 18 to interact socially and encourage them to attain their full potential. These children will have the opportunity to partake in many lodge events and the various programs we provide. Ambassadors are a reminder to our lodge members of what we do at the Elks and why we do it.



(above) *Banner carriers PER Paul Kozakiewicz & PER Jonathan Joshua, Jr Elks, all ready for the parade to start!*

Courtesy photos



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EAGLE SCOUT PROJECT PRESERVES HISTORY

Boy Scout Troop 145

As his Eagle Scout project Chris Bacek, along with the help of his fellow scouts from BSA Troop 145 of Clark Township, documented the inscriptions of some of the oldest tomb stones in Rahway Cemetery on Saturday, August 12th, 2023.

Eagle Scout is the highest achievement or rank attainable in the Scouts BSA program of the Boy Scouts of America. Since its inception in 1911, only four percent of Scouts have earned this rank after a lengthy review process. Reaching Eagle Scout rank entails a lot of hard work, and a project must be completed which entails leadership, and a lot planning and work to achieve.

Due to time and erosion some of the stones in Raway Cemetery are deteriorating. The cemetery is an important part of American history. Buried there are Revolutionary and Civil War soldiers, and Abraham Clark, signer of the Declaration of Independence and namesake for Clark Township.

The scouts carefully and respectfully recorded sections 1, 2, and 5 of Rahway Cemetery. They noted names, dates, and special characteristics of the graves and took a picture of each headstone.

Upon completion, a digital file, as well as a printed document, will be presented to Rahway historian Al Shipley and the staff of the Merchants and Drovers Tavern Museum for archiving.

Participating scouts and leadership included Erie Lugo, Dante Cistaro, Xander Cistaro, Anderson Schieferstein, Spencer Prusakowski, Chris Bacek, Nick Merola, Alex Kefalas, and Rui

Macieira.

Boy Scout Troop 145 is an active Troop of young men who dedicate themselves to the values of Scouting while learning and having fun in a safe environment. Scouting teaches leadership, citizenship and volunteerism, as well as appreciation for the outdoors.

Chris Bacek and his family would like to thank Al Shipley of Merchants and Drovers Museum, Bee Real Photography, and ShopRite of Clark and Phillipo's Pizza for their assistance and generous donations.



(above) Rahway historian Al Shipley, and Boy Scout Chris Bacek



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DOCUMENTING NJ'S REVOLUTIONARY WAR VETS

Elizabeth Snyder-Continental Chapter DAR

Two local women are helping create a new database of New Jersey Revolutionary War Soldiers. A project of the Daughters of the American Revolution (DAR), the database will be the most comprehensive produced to date utilizing a wide variety of sources.

“The hope is that this database will not only allow us to recognize and honor these veterans, but also help their descendants and researchers to learn about them,” said DAR volunteer Holly Dunbar. Working on Somerset County, Dunbar has compiled information on more than 1,700 individuals to date.

Project volunteers aim to find and record as much information about each patriot as possible. This includes dates and locations of birth, enlistment, death and burial; service record with rank and unit, battles, if wounded, taken prisoner or killed; family with names of spouses, parents and children; and the sources of this information. A special effort is being made to include women, African Americans and Native Americans.

“We are starting with the current DAR database, but also using church records, county and local histories, surviving military and pension records, newspapers, and more,” said Dunbar, who is a member of Elizabeth Snyder-Continental Chapter in Green Brook.

Another chapter member, Ruth Ryno, is working on Essex County, which also includes present-day Union and and part of Passaic

County. “I look forward to helping prepare this database in honor of our New Jersey patriots as our country prepares to celebrate America's 250th anniversary in 2026.” When the project is completed, the database will cover all of New Jersey and will be made available to the public.

DAR is a nonprofit nonpolitical service organization open to women 18 and older who can prove lineal descent from a patriot of the American Revolution. Elizabeth Snyder-Continental Chapter is based in Green Brook and serves areas in Somerset, Middlesex and Union counties. New members are welcome. Contact ESCchapterDAR@gmail.com or learn more at DAR.org.



(above) Holly Dunbar, New Jersey DAR State Chairman



THE ELIZABETH COALITION
POCKETBOOK BINGO & TRICKY TRAY FUNDRAISER
Saturday, October 28, 2023

DOORS OPEN 5:30PM • CALLING STARTS 6:30PM
St. Thomas The Apostle Byzantine Catholic Church
1410 Church Street, Rahway, NJ 07065

ENTRY FEE 10 GAMES \$25 TOTAL!

FOR MORE INFORMATION OR TO PURCHASE TICKETS CONTACT
Carmen Rivera • 973-908-2380
or visit <https://theelizabethcoalition.networkforgood.com/events/59276-pocketbook-bingo-tricky-tray-fundraiser>

Outside Food is Welcomed • No Alcohol Allowed on Premises
Must be 18 Years or Older for Entry

Evening Includes:
10 Games of Pocketbook Bingo
• Prizes Value From \$228.00 to \$449.00

For Sale at event:
50/50 Raffle • Tricky Tray Raffle
Mystery Bag Ticket • Daubers • Extra Bingo Game cards

Presented by The Rahway River Watershed Association • Sponsored by The City of Rahway



20  23

RAHWAY RIVER FEST

LOVE YOUR RIVER

Rain or Shine!

SATURDAY SEPT 30
1:00PM to 7:00PM

SUNDAY OCT 1
1:00PM to 7:00PM

This event is free!

- Live music
- Food Trucks
- Family friendly activities

- Face painting
- Balloon animals
- Stilt walker

- Eco-craft workshops
- Exhibitors and presenters
- Learn about water quality

- Yoga by the river
- Ecology walks
- Beer tent

Unique gifts, sustainable products and artisan crafts will be for sale at the event. Cash and/or credit accepted.



SPECTACULAR
Live Birds of Prey Show



Free Guided Canoe Rides
(must be 18 yrs+)



RIVERFEST
Community Arts Project

Location – RRWA Watershed Learning Center at Lower Essex Street Park, 337 East Milton Ave, Rahway. Park along Essex Street or in Rahway City Hall Plaza parking lot across the river.

For more info scan (code) or go to RahwayRiver.org/rahwayriverfest23





city of rahway
MAYOR RAYMOND A. GIACOBBE

Rahway is community!

RRWA
Rahway River Watershed Association
RahwayRiver.org



FALL FUNDRAISER – BASKETS OF HOPE

The Center for Hope Hospice Auxiliary

The Center for Hope Hospice and Palliative Care Auxiliary 25th annual fall fundraiser “Baskets of Hope” will take place on October 22nd, 2023, from 11 a.m. to 4 p.m. at the Pines Manor in Edison, New Jersey.

The event will feature a wonderful luncheon, and raffles of over 100 baskets, a 50/50 raffle, door prizes, two gift card aprons, and a raffle for VISA gift cards in denominations of \$2,000, \$1,000 and \$500, and various vendors will offer an array of beautiful merchandise for sale.

The Center for Hope Hospice and Palliative Care Auxiliary provides financial support of the Center’s charity care through fundraisers such as the “Baskets of Hope” in the Fall and a Wine

Tasting in the Spring. The Auxiliary also runs the Hope Chest, a thrift store located at 26 Prospect Street in Westfield, New Jersey.

The Center for Hope Hospice and Palliative Care is a not-for-profit hospice that provides loving care to patients and their families regardless of race, ethnicity, religious affiliation, or ability to pay. This care is provided in facilities in Scotch Plains and Elizabeth, New Jersey, and in patients’ homes.

For more information regarding the event, and to purchase tickets visit cfhh.org. Tickets for the VISA card raffle can be purchased at the Hope Chest, located at 26 Prospect Street, Westfield, NJ, or from an auxiliary member.

HALLOWEEN PARADE & SPOOKTACULAR

The City of Rahway’s Halloween Parade & Spooktacular will take place on Saturday, October 28 from 2:00-5:00 p.m. at Train Station Plaza.

The parade will depart from the Hamilton Stage Parking Lot at 2:15 p.m. and walk over to

the Train Station Plaza. There will be carnival style games, strolling characters, candy giveaways, music, and more. Attendance is free, but registration is required at CityofRahway.com/halloween. This event is open to Rahway residents only.



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MAYOR RAYMOND A. GIACOBBE AND THE RAHWAY CITY COUNCIL PRESENT

SAT OCT 28
2PM-5PM

Rahway is.
SCARY IN SAFE!



RAHWAY CITY LIMITS SCARY

Halloween
PARADE & SPOOKTACULAR 2023

Attendance is Free but registration is required at
www.cityofrahoway.com/halloween

LOCATION:
HAMILTON STAGE PARKING LOT/ TRAIN STATION PLAZA
Rain Location: Rahway Rec Center

Parade will depart Hamilton Stage Parking lot at 2:15pm and walk to the Train Station Plaza where there will be a Halloween Spooktacular from 2:00-5:00pm that will feature carnival style games, strolling characters, candy giveaways, music, and much more.
(Rahway Residents Only)

COSTUME CONTEST!
Judges will be walking around during the event to select costume contest winners which will be announced after the parade arrives at Train Station Plaza.

cityofrahoway
MAYOR RAYMOND A. GIACOBBE

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RAHWAY

Union County
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We print flyers and menus, full color, two sided, on coated stock for only \$45 per thousand.

DIRECT MAIL

Insert your flyer into the newspapers and get it mailed to every home and business for \$60 per thousand and as low as \$30 per thousand for higher quantities.

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Online ads and press releases designed and placed to drive traffic to your website and get your phone ringing.

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We can design and/or manage your social media campaign from passive to aggressive plans customized to work within your budget.

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Florham Park Press NJ Qty: 5,500 Zip: 07932	Garwood Times NJ Qty: 2,500 Zip: 07027	Green Brook NJ 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	MOUNTAINSIDE 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 & Times NJ 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 MONTHLY NJ 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								
BACK PAGE	10" x 14"	\$500								
FRONT PAGE BANNER	8.25" x 2"	\$320								
FRONT PAGE BOX	1.5" x 4.5"	\$240								

Back cover, front page banner and front box reserved on first-come, first-served basis. Current advertiser has right of first refusal.

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**FLYERS
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PER 1,000**

**MENUS
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PER 1,000**

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Grey Goose	1.75L	\$39.99
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Sobieski	1.75L	\$21.99
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Captain Morgan Spice	1.75L	\$26.99
Malibu	750ml	\$21.99
Malibu	1.75L	\$31.99

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