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wish lists this year!

Issue 164 • March 2024



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## **ANGELS FROM ELKS CLUB CELEBRATE WITH VETERANS** Rahway Elks members celebrated the holidays with veterans by distributing the "Veterans Angels" gifts at the Menlo Park Facility this past December. The program allows veterans to make a wish list for the holidays and various charity organizations donate items. Our lodge sponsored four

If you are interested in learning more about our organization or becoming a member please visit our website rahwayelks.org and follow us on Facebook: Rahway Elks #1075. To become a member of the Benevolent and Protective Order of Elks you must be 21 or over, an American citizen, and believe in God. May God bless all of you during this holiday season!

Submitted by Kristina Petti



Courtesy photos





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## WEBINAR ON TALKING TO KIDS **ABOUT DEATH AND DYING**

#### Imagine

"A child can live with anything as long as he or she is told the truth and is allowed to share with loved ones the natural feelings people have when they are suffering." – Eda LeShan

We often struggle to find the words to talk to kids about life changing diagnoses, illness and death. Sometimes, we feel so unsure of what to say that we don't say anything at all. But our kids need to be given the opportunity to engage in honest conversations about these life changing events

The staff at Imagine are offering a free webinar to help community members navigate these difficult conversations. On Thursday, March 14th from 7-8:30 p.m., Imagine will offer a webinar on Talking to Kids about Death and Dying. Those attending the webinar will learn to:

- Recognize that grief begins at diagnosis
- Describe how children grieve at different developmental stages
- Develop tools for creating a safe space where children can share their feelings
- Discover ways to navigate conversations

#### about diagnosis, illness and death

If you'd like to join us for this webinar, please visit our website at imagineni.org or scan the QR code below to register. Once you register, you'll receive a zoom link to join us on March 14th. Please contact Imagine's Training and Education Director, Veronica C Ortiz, LPC at veronica@imaginenj.org with any questions.

Because loss is inevitable, it's so important that we have open conversations with our kids in these difficult moments. We hope that you can join us as we work to create a world where no child grieves alone.



# LOSS OF A CHILD PRAYER SERV

any circumstances, are invited to a time of prayer littleflowerbh.org. For any questions contact Dan and remembrance to be held on Sunday, March 10th at 2 p.m., at Church of the Little Flower, 310 Plainfield Avenue, Berkeley Heights, NJ. The

Parents who have lost a child at any age, under program will also be livestreamed at Grossano, Pastoral Associate for Outreach and Ministries 908-464-1585, at pastoral110.lf@gmail.com.

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# THINKING OF SELLING YOUR HOME ? YOU KNOW WHO TO CALL

# **"BEAUTY AND THE BEAST" A SPECTACULAR PRODUCTION FOR ALL AGES**

Rahway High School is delighted to announce its upcoming production of Disney's "Beauty and the Beast," set to captivate audiences on Friday, March 22nd and Saturday, March 23rd at 7:30 p.m., with a matinee performance on Sunday, March 24th at 2:00 p.m.

This enchanting and timeless tale of love, acceptance, and magic is brought to life by the talented students of Rahway High School. The cast, crew, and orchestra have been hard at work. ensuring that the production is not only a visual feast but also a heartwarming experience for audiences of all ages.

The classic story follows the journey of Belle, a bright and independent young woman, as she finds herself in an enchanted castle ruled by a Beast. Despite the initial challenges, Belle discovers the beauty within, and her kindness and compassion lead to a magical transformation that transcends appearances.

The Rahway High School production of "Beauty and the Beast" promises to be a magical experience for the entire family. From dazzling costumes to intricate set designs and unforgettable musical numbers, the show is a testament to the dedication and talent of Rahway's young performers.

Join us at the Rahway High School Center for

Ave., for performances on Friday, March 21st and the door before each performance. Saturday, March 22nd at 7:30 p.m., or for a Sunday matinee on March 23rd at 2:00 p.m.

for students. Secure your seats today by visiting evening of entertainment and enchantment.

the Performing Arts, located at 1012 Madison RWHS.BOOKTIX.COM or purchase tickets at

Don't miss this opportunity to be swept away by the magic of Disney's "Beauty and the Beast." Tickets are priced at \$12 for the public and \$10 Bring the whole family for an unforgettable



#### Friday, March 22nd & Saturday, March 23rd, 7:30 pm

Sunday, March 24th, 2:00 pm

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### SCHOLARSHIPS FOR LOCAL HIGH SCHOOL STUDENTS

#### Bayway Complex Community Advisory Panel

For the year 2024, the Bayway Complex Community Advisory Panel (CAP) is offering High School Seniors who are residents of Linden, Rahway, Elizabeth, and Staten Island the opportunity to be awarded a CAP scholarship. Several one-year scholarships will be awarded in the amount of \$1,000 each, to students in these four municipalities represented by the CAP.

The winners will be selected by the CAP Scholarship Committee, who will be taking the following areas into consideration when reviewing the applications: The Applications must be Computer-Generated and All Sections Completed; Academics (transcript/SAT/ACT scores); Financial Need; Essay; Science/Math Teacher Recommendation Letter(s). This scholarship is open to candidates who will be pursuing a college, university, career or vocational school education in the Industrial, Process Technology, or Engineering (Chemical, Civil, Mechanical, Environmental, Computer) fields. Please contact your high school guidance counselor for more information and the application forms. The deadline to submit applications is March 28, 2023.

The Bayway CAP is a committee of interested stakeholders including community representatives from Linden, Rahway, Elizabeth, and Staten Island representing various sectors of the community including neighbors, educators, retirees, public officials, emergency responders, and environmental organization representatives. The group meets quarterly for face-to-face dialogue between the community and company representatives from Phillips 66 Bayway Refinery, Infineum USA L.P., Cogen Technologies Linden Venture, Veolia North America, Solutia, Linden VFT LLC, and Parkway Generation.



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VALENTINE'S DAY CHEER
FOR SENIOR COMMUNITIES
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#### Rahway Public Schools.

In the spirit of Valentine's Day, Franklin Elementary School students spread love and joy to local senior communities, bringing smiles and heartwarming connections.

Fueled by creativity and kindness, students crafted dozens of personalized cards expressing their appreciation for veterans at the Veterans Memorial Home in Menlo Park. These heartfelt messages offered a touch of warmth and gratitude to those who served our country.

But the celebration didn't stop there. A group of enthusiastic students ventured out to Atria Senior Living in Cranford, personally delivering their handmade cards and candy treats to residents and staff. The interaction was filled with laughter, conversations, and the joy of sharing Valentine's Day spirit.

"Seeing the residents' faces light up as they received the cards was truly heartwarming," shared Barbara Maher, who accompanied the students to Atria. "It was a valuable experience for our students to connect with different generations and spread joy through simple acts of kindness."

Franklin Elementary's initiative embodies the essence of Valentine's Day – spreading love, building connections, and making a difference in the lives of others. This heartwarming act serves as a reminder that even small gestures can have a significant impact, fostering compassion and celebrating the importance of community.







# **4TH GRADERS LIGHT UP WITH IREADY CHALLENGE**



(above) Grover Cleveland 4th Graders Light Up with Success in iReady Challenge Photo by Stephanie Carvalho



1700 W. Elizabeth Ave., Linden, NJ www.amiciristorante.com

#### Submitted by Dyan McMillen

Get ready to groove! A 4th-grade class at Grover Cleveland Elementary School recently celebrated a shining achievement in their iReady learning journey, culminating in a dazzling "Glow Day" celebration. By setting a class goal and working together, these young scholars proved that learning can be both challenging and fun!

Aiming High: Led by their dedicated teacher, Mrs. Carvalho, the class embarked on an ambitious mission: to achieve an average score of 80% or better on their iReady math and reading lessons by the end of January. This challenging benchmark demanded individual dedication and collective support.

To keep spirits high and excitement buzzing, the class implemented a unique incentive system. Every student who scored 80% or better on their iReady lessons earned the right to color in a square on a giant, disco ball chart displayed in the classroom. As individual accomplishments mounted, the disco ball gradually transformed, reflecting the class's progress towards their collective goal.

The hard work and perseverance paid off! By the end of January, the class had not only met their target but surpassed it, achieving an impressive average score of 85%. This collective victory sparked a wave of commitment to learning.

excitement, earning them their highly anticipated reward: a "Glow Day" celebration!

The classroom transformed into a dazzling wonderland of neon lights and glow sticks. Students participated in a variety of engaging activities, like a game of "Tic-Tac-Glow" and a collaborative glow-in-the-dark mural creation. The atmosphere buzzed with energy and pride, showcasing the joy of learning and achieving goals together.

"Mrs. Carvalho shared the secret to their success: "This experience goes beyond academics. It's about teamwork, setting goals, and celebrating each other's achievements. Seeing the excitement on their faces during Glow Day made it all worthwhile!

Anna Cuevas a student in the class, added, "iReady was challenging, but working together and knowing we had a fun reward at the end really motivated me. Plus, Glow Day was the best!"

The iReady challenge and Glow Day celebration served as more than just a fun activity. They instilled valuable lessons in perseverance, teamwork, and the joy of achieving goals. This experience will undoubtedly stay with these students as they continue their academic journey.

Grover Cleveland Elementary School is proud of their 4th-grade class and their

### **PASSAIC COUNTY CASA EXPANDS TO UNION COUNTY**

Submitted by Gretchen Boger-O'Bryan

Passaic County Court Appointed Special Advocates (CASA), a leading child advocacy organization focused on protecting the best interests of abused and neglected youth, has announced the expansion of its service footprint to include Union County. With this expansion, critical volunteer advocacy for child victims removed from home and living under the jurisdiction of the family court will be made available to even more of New Jersey's most vulnerable children. This expansion allows for greater community impact, efficiency in operations, and greater long-term sustainability.

CASA recruits, screens, trains, and supervises community volunteers to advocate for local abused, neglected, and abandoned youth from birth to age 21 involved in the child welfare system through no fault of their own.

Executive Director Erica Fischer-Kaslander, who continues to lead the expanded advocacy organization, said, "There's no doubt this expansion will reap even greater rewards for Union County's vulnerable youth. The synergy created from two experienced programs allows far greater community impact and enhances its agility to withstand today's shifting landscape as a strengthened, multi-county program."

Gretchen Boger-O'Bryan, Content Director for CASA of Passaic and Union Counties, added, "In my 11 years working with CASA in Union County, I have seen the organization pivot to meet unforeseen needs, adapt to changing trends,

and persevere through recent challenges faced by all nonprofits, including a global health pandemic. Indeed, passion for and commitment to every child drives us, and this new chapter is simply an opportunity to enjoy greater efficiency, resource allocation, and space for innovation. Ultimately, the expansion of Passaic County CASA to include Union County breeds a strengthened organization that bolsters CASA's impact throughout the county. For our local youth, that's what matters."

Considered extra "eyes and ears" for judges hearing abuse and neglect cases, CASA volunteers are assigned to a youth or sibling set by court order, granting access to all parties in the youth's life. Advocates use unbiased observations to make fact-based recommendations to judges deciding the future of each youth. Often, CASA volunteers are the only long-term, caring, and informed adult in the corner of a youth awaiting a safe, stable, and permanent placement.

Volunteer advocates need no prior experience in child welfare. All prospective volunteers complete a 36-hour training course, extensive application, and screening process in addition to background checks. Volunteers with the newly expanded CASA of Passaic and Union Counties program are supported by a 26-person professional staff with extensive experience in child welfare. For details on becoming an advocate or other ways to get involved, visit casapassaicunion.org.





## **FISHING FLEA MARKET MARCH 23RD**

The Rahway Spring Fishing Flea Market will be held on Saturday, March 23, 2024, from 9 a.m. to 2 p.m., at St. Thomas Church Hall, 1400 St. Georges Ave., Rahway, NJ. A wide variety of salt and freshwater fishing tackle will be on display for anglers looking for great buys. New, used, antique, custom fishing and boating items will be available to all. Door prizes will be given away every half hour which include rods, reels, tackle and much more. Food and refreshments are sponsored by St. Thomas Holy Name Society. Admission price is \$5 per adult, children 12 and under are free. For show or vendor information visit fishingfleamarkets.com or call 732-381-2165.

# **AMERICAN LEGION & VFW POST BREAKFASTS**

#### PANCAKE BREAKFAST – MARCH 17, 2024

Come to a Pancake Breakfast, hosted by the American Legion Auxiliary - Unit 102, on Sunday, March 17, 2024 at the American Legion Post 102, located at 112 West Elizabeth Ave., from 8 a.m. to 12 p.m. This month's special is Corned Beef Hash. Donations: Adults \$8.00 / Seniors & Children \$7.00 / Ages 5 & Under Free. Take outs are available.

This event is open to the public, so come out and enjoy a home cooked breakfast, and support our veterans!

## **REGISTER FOR RELAY FOR LIFE OF RAHWAY**

are available.

our veterans!

Submitted by Michele Miller

More than just a walk, the American Cancer Society Relay For Life brings together passionate supporters who embody the American Cancer Society's vision to end cancer as we know it, for everyone. This volunteer-led experience unites communities to celebrate cancer survivors, remember loved ones lost to cancer, and raise funds to improve the lives of people with cancer and their families through advocacy, research, and patient support, to ensure everyone has an opportunity to prevent, detect, treat, and survive cancer.

Please join us for our biggest event of the year, and bring the whole family, on Saturday, June 8th at the Rahway River Park Stadium, Rahway, NJ, from 2:00 to 10:00 p.m. (check in begins at 1:30). During the course of the day, we will celebrate cancer survivors and to fight back! Every cancer, every life.

caregivers; there will be an array of children's activities; healthcare, fitness, and wellness personnel with educational materials; music, entertainment, fun, and food trucks! At sunset, there is a very moving, candlelight luminaria ceremony to honor and remember loved ones who have lost their fight against cancer.

PANCAKE BREAKFAST - MARCH 23, 2024

Come one, come all to the VFW#1397

Pancake Breakfast on Saturday, March 23, 2024

for the VFW Post #1397, which will be held at

the American Legion Post 102, located at 112

West Elizabeth Ave in Linden from 8 a.m. to 12

p.m. Donations: Adults \$7.00 / Seniors &

Children \$6.00/ Ages 5 & Under Free. Take outs

and enjoy a home cooked breakfast, and support

This event is open to the public, so come out

Visit relayforlife.org/rahwaynj to register today and join your community in the fight against cancer. If you cannot attend this event, please go to our website to find information regarding cancer prevention, support and services for patients and families, ways to get involved, future events, or to make a taxdeductible donation.

Relayers celebrate the wins we have accomplished, own the impact our dollars are making, and champion the future for everyone.

Cancer has touched us all. This is our chance





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# **CAROLYN WELLS – "AMERICA'S MOST FAMOUS MYSTERY WRITER"**

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

During her lifetime, Rahway native Carolyn Wells (1862–1942) was hailed as "America's Most Famous Mystery Writer" and was considered the authority on that genre. In a career spanning over forty years, Ms. Wells produced a body of more than one hundred and eighty literary works including novels, plays, and anthologies.



Born in Rahway, the daughter of New York insurance executive William Wells, she grew up in the elegant Victorian style home which still graces the corner of Elm and Esterbrook Avenues. From an early age she had a love for literature. After her graduation from Rahway High (Class of 1879), she became an assistant librarian at the Rahway Library and in 1890 was named head librarian, a position she held for twelve years. Surrounded by books, she eventually tried her hand at writing stories of her own and in 1896 published The Sign of the Sphinx, a collection of verse riddles.

Over the next fourteen years Wells penned stories and poems geared mainly for young readers. Her early works featured playful poetry, nonsense verse, humor, and novels for children. Akin to the popular Bobbsey Twins series, she created the Patty Books, the Margorie Books and the Dick and Dolly series.

Wells' career took a turn after 1910 when she became fascinated with the structure of the mystery story and ventured into the format, having a more sophisticated adult audience in mind. From 1910–1940 she wrote a succession of some seventy mystery novels and created her own detective character, a distinguished sleuth named Fleming Stone. In 1929 she wrote The Technique of the Mystery Story considered by aficionados of the field to be the "most understanding study of the mystery form produced up to that time."

During her career, she also wrote and generated ideas for 16 silent films and several Broadway shows, edited the first literary daily, she was one of the first crossword puzzle editors for the New York Times, and was a founding member of the Authors League, the precursor to the Authors Guild.

In 1918 Ms. Wells married Hadwin Houghton, son of the wealthy book publisher Bernard Houghton and heir to the Houghton–Mifflin publishing empire and moved to New York City where she lived until her death. Although she loved the New York social scene, her years in Rahway held special memories as she related in her autobiography Rest of My Life (1937).

"Across the street from my home lived a Quaker gentleman with a large estate like an English Park. It pleased him to walk around his gardens at sunset and I often walked with him. He told me the names of his many rare trees and flowers."

"When I married, I came to New York to live, which gratified a lifelong longing. Not that I didn't love my New Jersey home with its broad lawns, big trees, flower gardens and pleasant verandas."

Ms. Wells died on March 26, 1942, and was brought back to her hometown to be interred in the Rahway Cemetery next to her husband. Her stately Elm Avenue home and her eclectic collection of books (the Rahway Public Library has over one hundred of her titles) keeps her connection to Rahway alive.



# **LIBRARY TO HOST CAROLYN WELLS BIOGRAPHER**

The Vanishing of Carolyn Wells is the first biography of one of the "lost ladies" of detective fiction who wrote more than eighty mysteries and hundreds of other works between the 1890s and the 1940s. What ever happened to the story and legacy of Carolyn Wells? Why did the name of this highly accomplished writer of mystery novels become lost In time? How is she viewed by the critics of today?

These questions and more will be the topic of discussion on Wednesday, March 13, with a visit from Rebecca Rego Barry, author of The Vanishing of Carolyn Wells: Investigations into a Forgotten Mystery Author. City Historian & Rahway Library Research Consultant Al Shipley writes that during Wells' lifetime, she "was hailed as "America's Most Famous Mystery Writer," and was considered the authority on that particular genre."

Rebecca Rego Barry is an established writer and editor who lives in New York's Hudson Valley. Her articles and essays about books, history, and collectibles have appeared in Financial Times, Literary Hub, CrimeReads, Atlas Obscura, Lapham's Quarterly, Smithsonian Magazine, The Guardian, The Public Domain Review, Fine Books Magazine, and elsewhere. Ms. Barry has made several trips to the Rahway Public Library during her research with City Historian Al Shipley using the materials stored in the Rahway History Room.

The program will begin at 6 p.m. on Wednesday, March 13. Copies of the book will be available for purchase.

## ANNUAL CORNED BEEF DINNER – MARCH 10

Knights of the Columbus, Council #1142, will be having its annual corned beef dinner On Sunday, March 10th, eat in or take out. Adults \$15, children under 10, \$10. Dinner will start at 3:00 p.m., until ???. Dinner will be held at the Columbian Club hall located at the corner of Jaques St and Inman Ave.







## YMCA OFFERS MARCH OPEN HOUSE & MEMBERSHIP SPECIAL

Membership Madness March 28-30 with a YMCA Open House and Membership Special open to everyone in the community. Individuals and families are invited to the Y to Find Your Passion, Find Your Purpose, Find Your Y. Swimming, Basketball, Pickleball, Soccer, Group Exercise and Water Exercise programs are available, as well as Chronic Disease Management programs like Blood Pressure Self-Monitoring. Located in Elizabeth, Rahway and Union, individual YMCA Branch event schedules and details are available at tgfymca.org/events

The YMCA provides programs and services with the goal of building community, developing youth and creating a safe experience for all. New members who join The Gateway Family YMCA online at tgfymca.org/join-the-Y or in person at the Y will pay \$0 Joiner Fee with the code SP24 March 28-30!

"Family and social activities are important for your well-being. As a nonprofit community organization dedicated to strengthening community, the Y is the perfect conduit to share healthy activities with loved ones, create lasting memories and share lifestyle changes to increase Melynda health," stated A. Disla, President/CEO, The Gateway Family YMCA. "We are here to meet the unique needs of our community, every day."

The Gateway Family YMCA has served the community since 1900, and provides traditional programs like swimming lessons, summer camp and child care, as well as WISE community services, housing and social services, drowning prevention, mentorship and STEAM initiatives. The Y provides a safe and supportive community to inspire everyone to find balance in spirit mind and body, both in person and virtually.

"At the Y, we are here for all, and making wellness, nutrition, mental health and enrichment programs easy, no matter where you are, is a priority. Through our digital innovation efforts and community outreach, we work

The Gateway Family YMCA is celebrating tirelessly to provide equitable access for all," stated Rodger D. Koerber, EVP/COO.

> As an alternative option for individuals who wish to participate from home, the YMCA is offering a Virtual Group Exercise Open House with registration available online at tgfymca.org. Throughout the week, the Y will also share community health and safety information on their Facebook page at facebook.com/GatewayFamilyYMCA highlighting healthy family tips, nutritious recipes and exercise recommendations.

The Gateway Family YMCA is a 501(c)(3)

organization of caring staff and volunteers dedicated to strengthening community through Youth Development, Healthy Living and Social Responsibility. The Gateway Family YMCA impacts the community by providing quality services for all. The Y doesn't just strengthen bodies - it strengthens people, families and communities.

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

### YMCA SUMMER CAMP INFORMATION SESSIONS

#### The Gateway Family YMCA

It's never too early to begin thinking about Summer Camp and researching the best opportunities for your child to thrive. The Gateway Family YMCA understands the unique needs of children and families, providing transformational Summer Camp experiences for hundreds of children throughout Eastern Union County each year. Learn more about Summer Day Camp at The Gateway Family YMCA this Spring at YMCA Summer Camp Parent Information Sessions.

Hosted at The Gateway Family YMCA -Elizabeth Branch, 135 Madison Avenue, Elizabeth, Five Points Branch, 201 Tucker Avenue, Union and Rahway Branch, 1564 Irving Street, Rahway, Summer Camp Parent Information Sessions are scheduled on March 21st 6:00-8:00 P.M., April 20 12:00-2:00 P.M. and May 16 5:00-7:00 p.m. Parents are invited to join YMCA Camp Directors for tips on getting the most out of your child's camp experience, transition from school to camp, summer safety and fun! Advance registration is optional, with additional information available at tgfymca.org/events.

At Y Summer Day Camp, kids can develop skills and self-confidence, make new friendships, and gain a sense of belonging - all



(above) The Gateway Family YMCA is offering Summer Camp Information Sessions

while having tons of fun. From games and sports to arts and crafts to outdoor adventures to STEAM and academic enrichment, a Y Summer Day Camp experience offers kids the chance to learn new things and enjoy new adventures.

Camp is available in one-week sessions for Pre-K Age 3 through Grade 6. Registration is first come, first serve and parents are reminded to register early.

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





## DANDELIONS (TARAXACUM) WILDFLOWER - HERB - MEDICINAL PLANT - WEED

Native to Asia and Europe, the dandelion has been recorded in ancient writings, and Arabian physicians used the plant as medicine in the tenth and eleventh centuries. For centuries, the Chinese and Indians have grown the dandelion to treat liver diseases and digestive problems.

The common dandelion is a perennial, herbaceous (i.e. not "woody") plant that forms rosettes of leaves with yellow flower clusters rising from the center. The seed head is quite symmetrical and beautiful.

Its name comes from the Latin Dens Leonis; meaning lion's teeth, describing the plant's toothlike leaves. The English changed this phrase to dandelion.

Dandelions were grown alongside vegetables and herbs in home gardens to create remedies from the discomfort of many ailments: baldness, toothaches, fevers, weakness, lethargy, and depression; and as a food commodity. Tonics and teas made from dandelion roots resulted in a gentle, nutritional diuretic that aided digestion and helped the body remove toxins from the liver and bloodstream. In the late spring, dandelion wine was made to drink in the autumn and winter. Ladies drank the sweet and light wine as a digestive. Another common culinary use was roasting dandelion roots for a caffeine free coffee substitute.

Dandelions have been eaten for centuries because the leaves contain numerous vitamins and minerals, including iron, potassium, and calcium. A salad of dandelion leaves is packed with valuable vitamins and minerals.

The dandelion arrived in the Americas at the time of the Mayflower. European settlers used the herb for its many medical advantages. There is a legend that the Pilgrims brought the dandelion seeds to the New World in a golden box and with much ceremony and fanfare, Myles Standish planted them into the virgin soils of eastern North America.

Dandelions are now found throughout North and South America and on every continent except the Arctic, because they tolerate a wide range of conditions.

Their quick spread is due to a few factors. Dandelions are fast growers. It takes as little as 8 weeks for a dandelion to go from seed to seed head. The seed of dandelion are not dormant and can germinate immediately in the same year that they are formed. Long lived, a healthy dandelion can thrive up to 13 years. They are adaptable and they can live in almost any condition except compacted soil. Dandelions are very prolific. They produce 150-200 seeds per flower or 15,000 seeds per plant. Dandelions can grow from the taproot or from new seed spread in the wind. The parachute (pappus) attached to the seed carries it far and wide. There are over 100 different species of dandelions around the world.



(above) Once grown by humans for their many benefits, Dandelions are now viewed as the enemy of beautiful lawns.

We most commonly see the common dandelion (Taraxacum officinale) and the red-seeded dandelion (Taraxacum erythrospermum).

Bees, butterflies and other pollinating insects love dandelions. The flower heads consist of tube like florets, each containing nectar and pollen. Although seen as a weed, it can make a good companion plant in the home garden. Its deep roots pull up nutrients for plants with shallower roots, and add nitrogen and minerals to soil. This once-prized plant, which gardeners used to exhibit at county fairs, now holds the title of Public Lawn Enemy No. 1.

Our obsession with lawns dates back to the days when most people were actively involved in agriculture, growing their own food. Lawns were a symbol of wealth, a way to signal that a person could afford to maintain unproductive land. The concept took hold and evolved into its current ideal: a uniform, highly manicured swath of nothing but grass. "It comes down to image. It's this cultural thing. It means that you take pride of ownership in your lawn."

In fruit tree orchards and on farms, dandelions bright yellow flowers lures bees away from the fruit and vegetable blossoms. Each plant can be removed by use of a dandelion knife but it must go deep into the ground to remove all of the crown buds.

Today many environmentalists are asking people to leave some dandelion flowers for our native pollinators. In many areas it is the only early food source for bees.

The information in this article comes from National Library of Medicine, Rutgers University, Michigan State University & Smithsonian Museum.

James

Happy Spring,

OUR TOWN Rahway • Page 15 • March 2024



(above) Past President of The Rahway Garden Club, James Keane, has been researching and answering garden questions since 1995. Visit 'Keane Gardener' blog at: keanegardener.blogspot.com



"FREE - ALL WELCOME THURSDAY EVENING, 7-8 pm - March 31, 2024 Merchants & Drovers Tavern Museum 1062 ST. Georges Ave, Rahway, NJ 07065 SPRING HAS OFFICIALLY STARTED



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# **CONCERT CELEBRATES PARTNERSHIP FOR ACCESSIBILITY IN MUSIC**

**Community Access Unlimited** A group of Union County performers marked seven years of musical partnership and disability inclusion in a recent performance at Kean University's Wilkins Theater in Union.

The Music for All Concert, a collaboration between Community Access Unlimited (CAU) and Kean University, attracted an audience of over 400 people on January 12 for a musical showcase that had a special focus on accessibility for both the attendees and the performers. CAU is a Union County-based nonprofit that provides comprehensive supports for individuals with disabilities and at-risk youth to help them reach their goals and integrate into the community.

The set list included favorites of the group: "Jump" by Van Halen and "Bohemian Rhapsody" by Queen, as well as a song with original lyrics by CAU's performers from the Academy of Continuing Education (ACE). In addition to Kean University students and alumni as well as performers from ACE, the show featured musicians and choruses from Union County high schools and middle schools.

For the first time, the performance included American Sign Language (ASL) interpreters. The venue also set up a sensory room for anyone who wished to take a break during the show, and provided ear protection and fidget toys.

"We started the Music for All Concert with the idea of giving everyone a chance to participate in a true concert format using music they would be

reading and instruments they would be playing," said Marguerite Modero, music and theater director at ACE. "From the time we started to members who are really eager to perform and solo. come back year after year."

Kean's music education department, mentoring CAU members for the show was an inspiration for her to complete a master's degree in special education, and later become a special education teacher.

modified instruments," Adams shared. "It's a color-coded system based on colors along with shapes. So instead of reading black notes on black lines, it's a little bit more accessible. Our celebrating 45 years in 2024, supports people with goal is to make music accessible for everyone and this concert is a great example of that."

Adams said she was proud to work with Lynann Schraer-Joiner, Kean associate professor and music education coordinator, to build on her work and passion making music approachable for people with disabilities. The group has also submitted their work to be published in an advocacy through training in assertiveness, international music education journal.

"Once we had that first concert we knew that we had to do it again," Schraer-Joiner said. "I also saw my students' realization that music really needs to be accessible for everyone, and everyone should have the ability to express themselves musically if that's what they want to do."

ACE student John Drescher sang in the show, sharing his love of Frank Sinatra with a rendition of "Fly Me to the Moon." He credits Modero for now the growth has been enormous. We have helping him build the confidence and skills to sing

"It's a lot of fun, I get to meet new people and For Samantha Adams, a 2019 graduate of meet new friends," Drescher said. "I can't believe I got a standing ovation for Frank Sinatra."

Many ACE students perform each summer with the CAU Community Players, a theater troupe made up of people with and without disabilities. To learn more about the program and "We taught a modified notation system with register to receive audition information, email Asia Mitchell at Amitchell@caunj.org.

#### **ABOUT COMMUNITY ACCESS UNLIMITED**

Community Access Unlimited (CAU), disabilities in achieving real lives in the community. CAU provides support and gives voice to adults and youth who traditionally have little support and no voice in society. CAU helps people with housing, life skills, employment, money management, socialization and civic activities. CAU also supports opportunities for decision-making and civil rights. CAU currently serves more than 3,000 individuals and families, with the number served growing each year. For more information about CAU and its services. contact us by phone at 908.354.3040, online at www.caunj.org or by mail at 80 West Grand Street, Elizabeth, NJ 07202.



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(above) John Drescher performs "Fly Me to the Moon" at the Music for All Concert at Kean University





(above) Taylor LaFalce provides sign language interpretation as CAU's Academy of Continuing Education students sing at the Music for All Concert at Kean University.



## **BLUE ENVELOPE PROGRAM OPINION**

#### Submitted by Simone Palermo

The Blue Envelope Program's purpose is to raise Union County's police departments' awareness of special needs (such as Autism Spectrum Disorder, dementia, and anxiety) and how to best communicate with a special needs driver. One point of interest for me in this news article is how all police officers in Union County's twenty-one municipalities will go through a specialized training course on special needs, as well as learning the best methods in engaging with special needs drivers during a traffic stop. These specialized training courses will be vital in not only developing a deeper understanding of special needs, but also on how to best approach special needs drivers to minimize potential misunderstandings and escalations in conflict when pulled over. They will also better communication to special needs drivers that are non-verbal to provide a safer, unprejudiced community that can ensure trust in its police force.

According to one source within the Clark Township's Police Department, the process of getting a blue envelope is very easy, as the special needs driver can simply call their local police department, press the number for their helpdesk, and ask to receive a blue envelope either directly from the local police station or having it delivered to them in their mailbox. A copy of their driver's



# THE BLUE ENVELOPE PROGRAM

The blue envelope brings together law enforcement and motorists with autism and other sensory disorders. It's a resealable and convenient place to keep all driver documents, and contains instruction for both the driver and the interacting officer in the event of a traffic stop.

The tool will help bridge gaps in communication and build empathy in our community.

GET YOURS NOW!

by visiting your local police station in any one of Union County's 21 municipalities, Union County Sheriff's office, Union County Police Department, or Union County Prosecutor's office



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license and vehicle registration, insurance details, and (if necessary) emergency contact card are placed inside the envelope, which is then placed onto the dashboard of their vehicle so that officers do not make the driver even more nervous than normal under a traffic stop. However, it does concern me deeply how easily accessible these blue envelopes can be as there is a possibility of individuals not in the spectrum to abuse them for their own benefit.

According to the same source, there are other towns in Union County that have implemented the Blue Envelope Program in their police departments; said source however does not know if it has currently spread throughout the entire state of New Jersey. Regardless, my source said that the Clark Police Department has managed to hand out several of these blue envelopes to special needs drivers, which is a promising start for the program's progress. Upon further research, I have discovered on various websites – such as Crimewatch and the Montgomery County website – that it is being employed in police departments in California, Pennsylvania, Connecticut.

Overall, my opinion on the Blue Envelope Program is incredibly positive. I am advocating for the Blue Envelope Program for Union County's police departments and hope that it spreads beyond just Union County and the state of New Jersey.

Having lived most of my life with Autism Spectrum Disorder – specifically Pervasive Developmental Disorder Not Otherwise Specified (PDD-NOS) – I was personally intrigued when I came across the Clark Monthly's "Blue Envelopes for Drivers with Autism" newspaper article. As someone who has lived with autism for years, I feel as though I have a voice in this matter, and I would like to let it be heard.

If you or a loved one are a special needs driver looking for more information regarding the Blue Envelope Program, contact your local police department and ask them how you can get started with your blue envelope today.



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## **THE WONDER BAND TO PLAY MARCH 9**

The Salem Roadhouse Café presents The Wonder Band – a Tribue to Stevie Wonder's Music, Saturday, March 9, 2024. The doors open at 7:15 p.m., the 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.

The Wonder Band is made up of three extremely talented performers who are well known to the Metro NY/NJ area music scene. Ed Alstrom, leader, is the organist for Yankee Stadium, as well as keyboard player for many famous performers such as Bette Midler, Chuck Berry, Leonard Bernstein, Herbie Hancock and others. The list goes on and on.

Accompanying Ed will be guitarist Al Orlo. Al has recorded with the legendary Ben E. King and was his musical director for 25 years. Al also held the #1 chair at Broadway shows, such as Kinky Boots, Carol King Musical, Hairspray abd Smokey Joe's Café, to name a few.

Bobby Deitch on drums rounds out the trio. Bobby has performed on several recordings such as Richard Sorce's Latin album "A Place I've Never Been" and Richie Hart's "33 1/3" album.

States Ed Alstrom, "Obviously, Stevie's music is even more fun to play than it is to listen to. This group does a mix of the hits and some lesserknown things, without the vocals, and it doesn't hurt the music one bit not to have them, because they'll be playing in your mind!

Original artwork by local artist James Spath will be on display at the Roadhouse Gallery of Fine Art for all to enjoy before, during and after the show.

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.

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. Many thousands of dollars have been raised for these deserving charities.



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## RENNA MEDIA LAUNCHES YOUTUBE PODCAST

Joe Renna

Renna Media has posted its first episode of "Mind Your Own Local Business," a podcast that gives advice on how to run a successful local business.

This is my 40th year in business and I draw from my experience and expertise to give advice. I have received so much help in my career from mentors and seasoned business owners, and this is a way to pay it forward.

I already offer free one-on-one consultation on putting together business plans and marketing plans. The show would be a way to reach many more people.

I started in business in 1984 as a graphic designer and grew into a full-service marketing and adverting company. Now, along with my wife Tina, we publish twenty-four community newspapers mailing out 160,000 to homes and businesses monthly.

Like the newspapers, the show will serve as a venue to support local community service organizations and events and production costs will be covered by advertisers. There are several marketing and advertising opportunities for businesses to be included with the freedom to be unique and creative.

I am looking forward to having a lot of fun doing the show. It is another application of my Do-What-You-Love mentality. The show is a free-form magazine format production that is flexible. I welcome business owners to join in the fun.

To learn more call me, 908-447-1295, or email joerenna@rennamedia.com.



Scan for First Episode of Mind Your Own Local Business on YouTube.



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