

Treats worth the wagging

Central Jersey bakery/boutique makes healthy food for dogs. **1B**



Courier News

Sayreville BOE president says 'many crimes' occurred in football locker room, **1C**

PLANTING SEEDS OF LIFE



Lorraine Galbraith makes sun tea during a therapy session.

COURTESY OF LAURA DEPRADO

Oldwick resident is transformed through horticultural therapy experiences

GEORGE TATORIS EDITORIAL INTERN

After her daughter died, 89-year-old Lorraine Galbraith of Oldwick was left alone.

Gradually, her life, and her connections to others, grew smaller. She put herself in a wheelchair and lived in social isolation and in poor health. Over the years, she soldiered through Hurricane Sandy and numerous medical issues, including a stroke, by herself.

She was "not very engaging," said her legal guardian and caretaker, attorney Frank Whittlesey.

With no family to care for her as her health waned, Whittlesey searched for a way to get her "stimulated" and more involved in society, with everything from arts and crafts to musical activities.

Eventually, Right at Home Care, Galbraith's caregivers, suggested horticultural therapy, which uses gardening and planting related activities to help better the lives of patients. Whittlesey contacted Laura DePrado, president of Final Touch Landscaping and a registered horticultural therapist with the American Horticultural Therapy Association, to work with Galbraith.

For more than 1,600 hours and 300 sessions, Gal-

See **THERAPY**, Page 9A



Laura DePrado, right, works with Lorraine Galbraith during a therapy session.

COURTESY OF LAURA DEPRADO

"Working with plants helps to create a nonthreatening and low stress experience."

JOEL FLAGLER
PROFESSOR AT RUTGERS UNIVERSITY

Youth-driven bike shop 'pops up'

WENDY REED MIDDLE EARTH

BRIDGEWATER — On Saturday the community is invited to visit Big Dan's "Pop-Up" Bike Shop, a successful business venture that just happens to be run by teenagers, under adult supervision.

For the program, youths collect bike donations from the community, repair and refurbish the bikes, and make them available to the public for a donation.

From 11 a.m. to 3 p.m., the shop will appear at Middle Earth, a nonprofit that has served local youths for more than 40 years. Middle Earth is at 520 N. Bridge St. The shop will offer three services to the community:

» A repair table will be offered to the community. Trained youths will tune up or repair bikes to get them in full working order again for a small donation.

» Refurbished bikes will be available for a donation. The public can also look through a full catalog of the shop's inventory or purchase bike lights and mis-



Middle Earth staff and youths assist customers at a "Pop-Up" Bike Shop.

COURTESY OF MIDDLE EARTH

See **SHOP**, Page 9A



COURTESY OF AMANDA VARGAS

Flooding in Scotch Plains Wednesday evening.

Afternoon downpour causes floods

MIKE DEAK @MIKEDAKMYCJ

CENTRAL JERSEY — A sudden microburst in western Union County on Wednesday afternoon caused a wave of flash flooding, stopped rush-hour traffic, flooded basements and damaged roadways.

Preliminary radar reports say that 4 or 5 inches of rain fell in a relatively short time in a small area on the ridges of the Watchung Mountains as the area sweated under a hot and humid air mass.

Because of the recent hot and dry weather, the rainfall ran quickly off the mountain.

Rush-hour traffic on Interstate 78 and Route 22 came to a halt as concrete dividers acted as dams for the rushing water.

Sections of westbound Route 22 in Scotch Plain

See **FLOODS**, Page 9A



For photo gallery visit

MyCentralJersey.com

Little diversity among local schools faculties

SERGIO BICHAO @SBICHAO
KAREN YI @KAREN_YI

Middlesex County may be one of the state's most diverse counties — but not when it comes to the teachers in the classrooms.

While more than two-thirds of public school students in the county were minorities, the county's teachers remain overwhelmingly white, with minority educators accounting for just 13 percent of faculty, a MyCentralJersey.com review of state data found.

The most yawning gaps were in school districts with large Asian populations. Middlesex County has one of the highest concentrations of Asian Indian residents in the state.

North Brunswick, a district with one of the most diverse student bodies in the state — 21 percent white, 20 percent black, 30 percent Hispanic and 28 percent Asian — has a faculty that is 92 percent white.

Such disparities are true for the rest of the state. In Somerset County, the number of minority students has grown to half, but minority teachers account for less than 9 percent of the workforce.

Bound Brook's school district is more than 70 percent Hispanic, but minority teachers account for just 8 percent in the schools.

In Union County, 16 percent of Linden's teachers were minorities and 18.5 percent of Rahway's were,

See **DIVERSITY**, Page 5A

ADVICE 5B
CLASSIFIED 5C
COMICS 4B
OBITUARIES 8A



0 40901 06500 5
Courier News Daily

cover story

Floods

Continued from Page 1A

were buckled by the sudden onslaught of flood waters.

At about 6:30 p.m. Wednesday, the state Department of Transportation was reporting traffic delayed on Route 22 for 50 to 55 minutes, while traffic on Route 78 was delayed for 90 minutes.

Vehicles stalled out in the floodwaters on both highways.

The runoff from the mountain gushed across the highway and flooded neighborhoods on the Scotch Plains and Plainfield border. Residents reported basements were flooded.

Particularly hard hit was Park Avenue in

Scotch Plains, Pineview Terrace, Emerson Avenue and East Front Street in Plainfield, and Terrill Road between the two towns.

Heavy flooding was also reported on Glenside Avenue in Berkeley Heights. North Plainfield residents posted on Facebook that though they only measured a quarter inch of rain, the Green Brook was near to overflowing.

Wednesday's microburst was eerily reminiscent of a cloudburst on Aug. 3, 1973, when six people lost their lives in a flash flood when a severe thunderstorm stalled over the mountain and transformed the Green Brook and Stony Brook into raging torrents.

Mike Deak: 908-243-6607; mdeak@mycentraljersey.com



JENNIFER GATTULLO
Flooding outside the Scotch Plains municipal building Wednesday evening.



AMANDA VARGAS
Flooding in Scotch Plains Wednesday evening.

Shop

Continued from Page 1A

cellaneous bicycle parts.

The shop will also be accepting donations of used bicycles and bicycle parts. The donations can be in any condition and of any size or style.

Middle Earth started Big Dan's Bike Shop in 2012 to teach local youths

the basics of bicycle mechanics, employment readiness skills, and how to successfully run a small business. The shop was an instant success and became a more structured program in 2014, incorporating a STEM (Science, Technology, Engineering, and Mathematics) component, internship opportunity, and job placement.

Teaming with college students from Enactus at

Raritan Valley Community College, the teenagers learn business principles (such as marketing, finance, sales and customer service) and leadership and communication skills. The shop experience prepares youths for the working world, gives them a positive outlet in which they can grow and prosper, allows them to develop valuable skills and work experience, and fosters creativity and

teamwork. Middle Earth is a nonprofit that has served youth in Somerset County for more than 40 years. Middle Earth's programs offer local children a safe environment where they can use their free time constructively, engage with caring adults who listen, obtain help with homework, prepare for college and/or future employment, participate in fun group activities, and

volunteer for community service opportunities. Their programs offer mentoring and teach positive decision making skills, acceptance of consequences for their actions, and leadership skills, as well as basic life skills such as budgeting, cooking and obtaining a driver's license. All of their programs guide youths in learning respect for themselves and others and choosing positive al-

ternatives to gangs, drugs and crime.

Follow Big Dan's Bike Shop on Twitter @BigDansBikeShop or Facebook at www.facebook.com/bigdanskeshop. For additional information about Middle Earth or Big Dan's Bike Shop, contact Middle Earth at 908-725-7223 or visit MiddleEarthNJ.org.

Therapy

Continued from Page 1A

braith worked with DePrado, each session with a different set of goals and activities for Galbraith to do.

Those goals are tailored to the specific needs of the patient. For Galbraith those included finding stimulation, tapping creative expression, being more engaging, finding new ways to interact and socialize, finding ways to feel empowered and allowing her to wilful-

ly participate in the activities.

Activities included drying flowers and responding to blooms, colors and fragrances, in addition to caring for the plants.

Over the past two-and-a-half years, Galbraith's life has blossomed. She cultivated a little indoor garden that became home to a palette of different plants such as flowering and non-flowering houseplants, herbs, vegetables and annuals.

On Aug. 12, Representative Leonard Lance (R-District 7) met with Galbraith to congratulate

her on her engaging new life. During a small event hosted down the street from her home at Melick's Town Farm, Lance gifted her with an American flag and told her that an American flag will be flown over the capital in her honor later this year. (The Melicks are neighbors to Galbraith and have one of their orchards in her backyard.)

She also received a State and General Assembly citation for her "dedication, determination, commitment, success and support for horticultural therapy," as well as a proclamation from the Hunterdon County Board of Chosen Freeholders, represented at the event by Freeholder Director John King.

"Today gave me a rare but lasting impression of human spirit and compassion. Lorraine thrives because of horticultural therapy with Laura," King said.

State Sen. Michael Doherty and Assemblymen John DiMaio and Erik Peterson, Republicans representing the 23rd District, also were there to present the citation.

Many of the legislators in attendance have been raising awareness for horticultural therapy.



COURTESY OF JENNY DEPRADO
Hunterdon County freeholder John King accepts sun tea recipe from Lorraine Galbraith.

DiMaio and Peterson sponsored a bipartisan bill coined by Senators Christopher Bateman (R-Dist. 16) and Joseph Vitale (D-District 19) that called for the celebration of a "Horticultural Therapy Week" on the third week of each March starting next year. The bill was signed into law this May. DePrado, who organized last Wednesday's event, called it "a celebration of [Lorraine's] will to live."

"It couldn't be more appropriate and beautiful to hold this event," added DePrado, who studied horticultural therapy at the Rutgers School of En-

vironmental and Biological Sciences.

Why it works

According to Professor Joel Flagler, who teaches horticultural studies at Rutgers University, the therapy works because everyone can relate to plants in one way or another — we eat them, build with them and wear them on a daily basis.

The plants don't discriminate, according to Flagler, so patients can build their sense of self-worth without fear of being judged for their disabilities.

Plants are also inher-

ently calming and peaceful to patients, who can find a "special place" away from the stress of the human world when tending to them.

"Working with plants helps to create a non-threatening and low stress experience," Flagler said.

Flagler added that "it's a very good time for horticultural therapy" in the Garden State. The program began at Rutgers in 1996, and is classes, once sparsely populated by students, are now constantly full. The amount of grants the program receives has also increased.

"It's grown in popularity because it seems to resonate with the undergraduate population who are very interested in using nature as part of the healing process," he said.

Rutgers is just one of several schools offering a degree program in horticultural therapy. Others include Kansas State University, Temple University and Colorado State University.

Legislators are also taking a keen interest, due in part to a push from DePrado, who invited the legislators to meet Galbraith, and was one of the guiding forces behind the successful push for the bipartisan "Horticultural Therapy Week" bill.

There are currently 25 registered horticultural therapists in New Jersey that develop vocational, social and therapeutic programs for people living with a broad range of problems.

Those problems include substance abuse issues, psychiatric challenges, physical injury or developmental or psychiatric disability. There are also programs for incarcerated individuals, people with socioeconomic difficulties, the elderly and the general community.

Galbraith is a testament to what those programs can accomplish, and plans to continue to work with DePrado indefinitely.

The Monday before the event, the two made a sun tea of chocolate mint sprigs, which they gave to the legislators who came to honor Galbraith.

Whittlesey is very happy with Lorraine's "remarkable transformation"

The plants have "given her a new purpose in life," he said.

obituaries

Additional Obituaries, 8A

JOSEPH FRANCIS YATCZYN, JR.



Joseph Francis Yatzyn, Jr. passed into eternal life on Tuesday, August 18, 2015 at Care One at Hanover, Whippany, after a short illness. He was born in New Brunswick, the only child of Joseph F. Yatzyn, Sr. and Mary Pohira Yatzyn, both departed. He was raised in Oak Tree, Edison and South Plainfield, NJ graduating from Edison High School. He was a proud recipient of a Bachelor of Science degree in Chemical Engineering from his beloved alma mater, Villanova University, Villanova, PA. He went on to earn his MBA from Seton Hall University, South Orange, NJ. While Joe started his career as a chemical engineer with Diamond Alkali, he soon discovered his aptitude for sales and continued in that field for 47 years in their Nopco Chemical Division, which was spun off to Occidental Petroleum, Henkel, Cognis and ultimately, BASF. Joe's winning personality, attention to detail, expert knowledge and customer care enabled him to be named Salesman of the Year multiple times. Joe and his wife Pat lived in Indianapolis, IN; Lake Hiawatha and Rockaway Township, NJ

before settling in Succasunna 38 years ago to raise their family. He was a member of St. Therese R.C. Church and of the SACCI Chemical Organization. He was an enthusiastic world traveler and also an avid golfer and chess player. Since childhood he was a loyal fan of the Yankees as well as the Giants. For all who knew him, he was "the nicest guy" with a ready smile and helping hand.

Besides his wife, Patricia C. Yatzyn, of 46 years, Joe is survived by their two children: son Jeffrey Yatzyn of Wayne, PA and daughter Leslie Orzack and her husband Robert of Succasunna, and two grandchildren: Liam and Reese Orzack; uncles John Pohira of Winter Park, FL; Charles Yatzyn of Orlando, FL; aunts Margaret Lewkow of Littleton CO; Helen Stoll of Teaneck, NJ and multiple cousins.

Family and friends may visit at the Davis & Heppelwhite Funeral Home, 96 Main Street, Succasunna 973-584-7264 (davisheppelwhitefh.com) on Friday, August 21st from 2-4pm & 7-9pm. The Funeral Liturgy will be held on Saturday, August 22nd at 11:00am at St. Therese R C Church, 151 Main Street, Succasunna, NJ. In lieu of flowers, donations may be made payable to "Villanova University." Please include on the memo line that the donation is for the "Robert E. White Endowed Scholarship in memory of Joseph Yatzyn '67." Address: Villanova University, Office of University Advancement, ATTN: Janet Duffy, 800 Lancaster Avenue, Villanova, PA 19085.

DATEBOOK

Publication Date	Monday	Tuesday	Wednesday	Thursday	Rates:
Deadline Date	Thursday, 4:30 pm	Friday, 4:30 pm	Monday, 4:30 pm	Tuesday, 4:30 pm	1-5 times\$40
Publication Date	Friday	Saturday	Sunday		6-10 times ...\$45
Deadline Date	Wednesday, 4:30 pm	Thursday, 4:30 pm	Thursday, 4:30 pm		11-15 times..\$50

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Datebook ads are limited to event listings
• Advance payment is required prior to publication
• All ads run 1-5, 6-10, or 11-15 consecutive days
• Ads will appear in the Courier News.

..... AUGUST 22

Alcoeur Gardens Daily Lunch & Tour
During Month of AUGUST. Enjoy a Complimentary Lunch and Tour our Matawan Community. We Specialize in Alzheimers & Dementia Care. Call for Reservations: 732-290-2273

..... AUGUST 23

Sunday Fundy - Sunday, Aug. 23, 1pm
Travelers Fellowship Community Church, 33 Poplar Rd, Piscataway NJ. Food, Game Truck, Pony Rides, Face Painting, 200 book bags to be handed out & much more. All FREE! For more info call 732-253-7195

..... AUGUST 29

Allaire Village presents "The Coast Liners"
performing those golden oldies, acapella, in the Allaire Chapel on 8/29 @ 7:30PM. Tickets \$15 Advance Purchase Recommended www.allairevillage.org 4263 (GPS 4265) Atlantic Ave, Farmingdale, NJ 07727 732-919-3500

..... SEPTEMBER 12

Annual Flea Market - Vendors Wanted
Sponsored by St. Anthony of Padua Holy Name Society at the church parish hall & parking lot. 436 Port Reading Ave, Port Reading. 8am-2pm, Saturday 9/12. Vendors wanted. \$10 for outdoor parking space or \$15 indoor 8' table. Call church office, 732-634-1403.

..... SEPTEMBER 19

Franklin Day Festival - VENDORS WANTED
2nd Annual Franklin Day Festival is expecting attendance of over 5,000 people. We are seeking both food & non-food vendors, entertainers & sponsors. The event will be held in Colonial Park, Somerset, NJ. Rain Date is September 26th. Contact franklindayfestival@gmail.com if interested.

Sleep-Convention

EARLY BIRD PRICING! VENDOR OPPORTUNITIES AVAILABLE! Half price! Only \$250 for a table. The Asbury Park Press and P.C. Richard present "Sleep-Con" at Monmouth University, a day of entertainment & education! Giveaways, contests, games, field experts, local personalities, interactive displays and much more. Be a part of our celebration of sleep and healthy living from 10 am to 3 pm. For more info and vendor registration call 732-643-3703. Space is limited. Call today. Tickets are FREE to Asbury Park Press Subscribers through our Insider program. To learn more go to app.com/Insider.

.....OCTOBER 10

Allentown, NJ Fall Festival - Hand Made Crafters Wanted
Sponsored by the Allentown Business Community Assoc. Sat & Sun Oct 10th & 11th 10am-5pm. \$100 for both days. Located on Main & Church Sts. For application call Heather 609-208-0544 or email allentownfallfest@gmail.com