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Published by Renna Media, LLC. On-line at RennaMedia.com

Issue 160 • November 2023

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CHAMBER OF COMMERCE HOSTS 2023 RAHWAY DAY

Rahway Day was held on Saturday, October 21, 2023. Presented by the Rahway Chamber of Commerce, the free community event is designed to promote Rahway organizations, businesses, schools, and services, reminding Rahway residents to 'Think Rahway First'.



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

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FRANKLIN ELEMENTARY SCHOOL COMPLETES CONSTRUCTION UPDATES

Rahway Public Schools

Franklin Elementary School, a Rahway landmark since 1921, has recently completed a number of construction updates, thanks to the support of the Rahway Board of Education and the Rahway community. The updates include new windows in the 1920 and 1950 sections of the building, a new roof on the 1920 section, masonry work to rebuild a wall that was damaged by a flood and to make repairs all around the school, a new handicap ramp on School Street, new metal staircases on classrooms with external doors, removal of some large old trees for safety reasons, repaving of the teacher's parking lot, and restoration of the school's trailer. The next project, which is set to begin soon, is the

installation of new exterior doors.

"We are so grateful for the support of our community in making these important updates to Franklin Elementary School," said Dr. Patrick Holness, Franklin School's Principal. "These updates will help to ensure that our students and staff have a safe and comfortable learning environment for years to come."

Franklin Elementary School is a public elementary school in the Rahway School District. It serves approximately 700 students in prekindergarten through sixth grade. The school is committed to providing its students with a rigorous and engaging education in a supportive and nurturing environment.

(above) Franklin Elementary School

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GRANT FUNDING FOR YMCA SWIM LESSONS

The Gateway Family YMCA was chosen as one of 69 youth programs from the USA Swimming Foundation's nationwide network of swim lesson providers to receive grant money in early 2023. The grant award will go toward The Gateway Family YMCA's continued efforts to provide free or reduced-cost swim lessons. The USA Swimming Foundation has awarded a total of \$647,522 to programs.

"The Gateway Family YMCA is thrilled to be chosen for this grant, and we are grateful for the continued partnership of USA Swimming," stated Melynda A. Disla, President and CEO, The Gateway Family YMCA. "This grant funding allows us to provide drowning prevention and swimming lesson efforts for 80 children from the local community in the City of Elizabeth."

"Water safety is a necessary life skill, and we are committed to providing a curriculum that provides water safety information and basic swimming skills for all," stated Rodger D. Koerber, EVP, Chief Operating Officer.

The USA Swimming Foundation vetted more than 345 applications through a competitive annual review process and chose 69 youth and 35

adult programs to receive funding.

"The USA Swimming Foundation is thrilled to provide funding to 104 swim lesson providers across 29 states," USA Swimming Foundation Senior Director of Development Elaine Calip said. "Over 14,000 individuals will now have the opportunity to learn the lifesaving skill of water safety across the country. We owe a tremendous thank you to our partners and donors who continue to make a difference in our mission of saving lives and building champions."

Millions of individuals have received the lifesaving gift of swim lessons through the USA Swimming Foundation's network of swim lesson providers, comprised of more than 1,500 qualified lesson providers across the nation. To learn more, and for a full list of 2023 USA Swimming Foundation grant recipients or to donate to the Foundation, visit

www.usaswimming.org/foundation.

The Gateway Family YMCA is a leading 501(c)(3) non-profit, health and community service organization committed to strengthening community by connecting all people to their potential, purpose and each other. Working locally, the Y focus on empowering young people, improving health and well-being, and inspiring action in and across communities. By bringing together people from different backgrounds, perspectives and generations, the Y ensure that all have access to the opportunities, relationships and resources necessary to learn, grow and thrive.

For more information about Swimming Lessons at The Gateway Family YMCA, visit tgfymca.org or contact the Rahway Branch at 732-388-0057 or the Five Points Branch at 908-688-9622.

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THE GATEWAY FAMILY YMCA tgfymca.org

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Gobble Gobble Gobble!

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Clark, NJ 07066

Feathers are flying everywhere; ducks are flying south, Canadian geese are looking for a place to call home in Jersey and flocks of birds. They are looking for a place to rent for the winter, close to a feeder. Pumpkins are waiting to be picked and carved; corn stalks are popping up on your porch and colorful leaves falling everywhere. Ah yes, get the rakes out!

The plump wonderful birds of Thanksgiving will soon be joining us on our festive tables in many of our homes. Family and friends will be joining us to celebrate, but this year as we do, we must include in our dinner prayers a strong prayer for the families and soldiers in harms way in Israel, Ukraine, and Gaza. Let's pray that all these conflicts will end soon and peace will prevail.

Speaking of homes, perhaps you feel it may be time to fly the coop. You may be in need of a smaller nest, a bigger one or heading to a new neighborhood down south, north, west, east or by the water. These are somewhat roller coaster times and yet there continue to be opportunities to be found and some great offers floating around! You just need a strong and experienced realtor to buy or sell at the right price, and the right home. I believe I am that dedicated realtor with a strong successful reputation.


So go ahead and plan your Thanksgiving feast and festivities, bake those pumpkin and apple pies while thinking of what your future plans may hold, and all the while fantasizing about what type of place will your new home be, and the fun we will have finding it. Allow me to help you in buying, selling, or leasing, residential, or commercial. Perhaps helping in project property assembly or just navigating the rules and regulations. Finally, allow me to guide you through the potentially choppy waters of financing.

Thanksgiving Wishes

In 2023, I and my wife Fran, and our office pray that you and yours may enjoy the blessings of Thanksgiving that mean so much and that we continue to pray for peace and an end to war, but also keeping family traditions, sharing favorite memories, and spending time in peace with those you love

Happy Thanksgiving to you and yours and may you have God's blessings.

Matt Dobrowolski
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FRANKLIN SCHOOL UNITED IN PINK TO SUPPORT CANCER AWARENESS

Rahway Public Schools

Franklin Elementary School joined the fight against breast cancer by hosting a special event on Wednesday, October 18, to raise awareness and funds for the Breast Cancer Research Foundation (BCRF).

On this day, all students and staff were encouraged to wear pink, symbolizing solidarity with those affected by breast cancer. The school community stood united to support the fighters, admire the survivors, and honor those who had lost their lives to this disease.

In addition to the sea of pink, a PTA snack sale was held after school on the playground. A portion of the proceeds from the snack sale, along with additional donations, was contributed to BCRF, a non-profit organization dedicated to advancing breast cancer research and improving outcomes for patients worldwide.

“Breast cancer has touched the lives of many in our community, and we wanted to show our support for those affected by this disease,” said Dr. Patrick Holness, Principal of Franklin School.

“By wearing pink and participating in the snack sale, we were able to raise awareness and funds for critical research that can lead to better treatments and ultimately a cure.”

The school invited all students, staff, parents,

and community members to join this meaningful event and demonstrate their commitment to the fight against breast cancer. Together, they made a difference in the lives of countless individuals and families affected by this disease.



Photo by Rahway Public Schools

FIRE SAFETY MONTH

Rahway Public Schools

The Rahway Fire Department recently visited Franklin Elementary School in Rahway to celebrate Fire Safety Month. Firefighters explained the fire truck and discussed fire safety with all of the kindergarten and prekindergarten children.

The children learned important fire safety tips, such as crawling under smoke to exit a building, dialing 911 in case of an emergency, and stopping, dropping, and rolling if their clothes catch fire.

The children were also able to see the firefighters' gear, which helped them to recognize a firefighter and alleviate any fears they may have during a rescue. They were very excited about the visit and learned a lot about fire safety.



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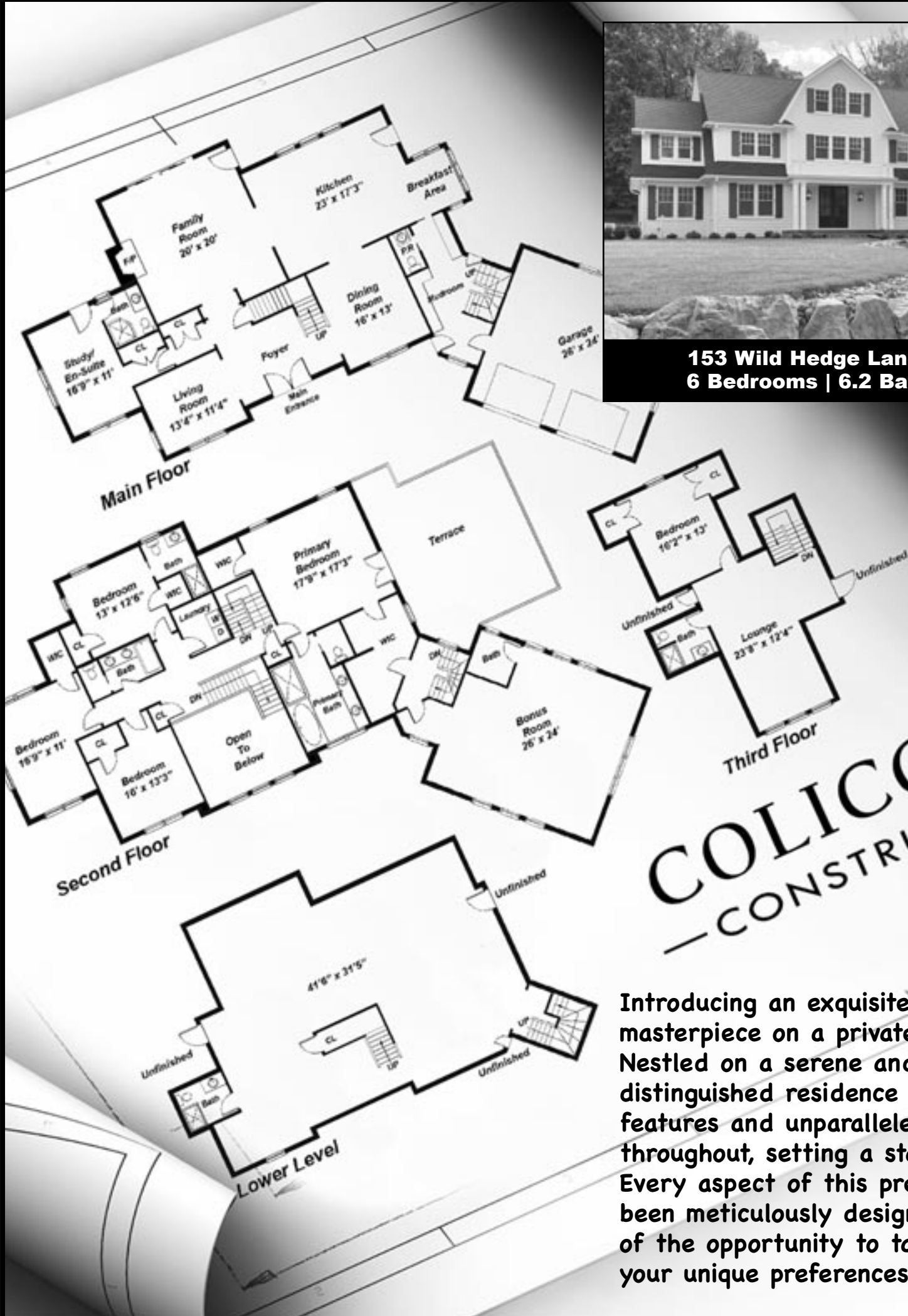


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SUPPORT OUR TROOPS CASINO NIGHT 2023

Bonds of Courage, the NJ Cavalry and Armor Association and the 1-102nd Cavalry Family Readiness Group will be hosting the 12th Annual Support Our Troops Casino Night on Saturday, November 18, 2023, at 7:00 p.m. at the Westfield Armory, 500 Rahway Avenue in Westfield, NJ.

The night will benefit Bonds of Courage and the Family Readiness Groups of the 1st Squadron 102nd Cavalry Regiment, 44th Brigade Combat Team of the New Jersey Army National Guard.

The Headquarters (the 102nd's Forward Support Company) are the units that are assigned to the Westfield Armory. The soldiers, noncommissioned officers, and officers assigned there perform a variety of duties focused on the command and control, operations, administration, logistics, and communication of the squadron. The squadron also has three line units, A, B and C Troop, that are assigned to armories in Dover, West, Orange, and Hackettstown, respectively. Cavalry units perform a variety of functions that include reconnaissance and security; they have a distinct culture and history that promote adaptability, flexibility and taking initiative. New Jersey's cavalry has a rich tradition of service to our state and nation.

The squadron is preparing to deploy again, this time to Iraq and Syria. They are deploying in 2024 in support of Operation Inherent Resolve (OIR), which includes a campaign in both of those countries.

As we prepare for their absence, we hope to continue and even redouble our fundraising efforts. While Bonds of Courage's mission has been to support all Veterans and service members serving all branches of the military, we now turn our hearts and our effort toward the 102nd Cavalry Squadron. They are our hometown heroes.

Bonds of Courage is an all-volunteer organization that serves to support our troops, veterans, and their families. The Family Readiness Group assists the Commander in maintaining readiness for service members and families by promoting self-sufficiency, resiliency, and stability during peace and war.

Tickets are \$60 per person \$ 0 seniors and veterans. Special military ticket pricing available. Tickets include \$75 in gaming chips for casino, buffet dinner, beer and wine, and music.

Business owners, please join the community and consider a donation of product, service, program ad, or sponsorship to our event.

For ticket sales and further information, visit bondsofcourage.org or contact Christine Bradley 703-407-0203, chrisb@bondsofcourage.org or Danielle Bracco 917-301-8751, danielle@bondsofcourage.org.

RELIEF FROM CHRONIC KNEE PAIN FDA Approved Treatment to Avoid Surgery

DON'T BLAME THE ARROW FOR MISSING THE TARGET

Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought Viscosupplementation injections might be the answer, but the results were disappointing and painful. Don't assume the treatment wasn't right. That could very well be like blaming the arrow for its path to the target when the problem might be the archer. If you didn't get the pain relief you were hoping for, chances are your injection treatment was off target. Unlike blind injections or even ultrasound targeted treatments found elsewhere,

Northeast Spine & Wellness Center uses diagnostic fluoroscopy to make sure the area that needs treated is the exact area where the injection goes. This is the most advanced method of delivering this pain relieving treatment with 95% accuracy to give you the results you're looking for. The use of Fluoroscopy guided injections sets **Northeast Spine & Wellness Center** apart. The end result is you living pain free from your chronic knee pain. You can avoid the lengthy and painful road of knee replacement surgery. You can avoid the endless trial and error assortment of potentially addictive prescription medications. This treatment, using fluoroscopy guided injections has seen a success rate of above 85% in those suffering from knee pain related to osteoarthritis, and that includes people with bone on bone involvement. You've suffered from chronic knee pain long enough. Call **Northeast Spine & Wellness Center** now for a RISK FREE consultation.



If Knee Surgery Sounds Scary, It Should

Have you have been told you are facing knee replacement surgery? Have you been told about all the downsides you could be facing? First and foremost, there are NO guarantees that knee replacement surgery will be the answer to your pain, but let's look further:

- Surgery is costly, regardless of the percentage of services covered by insurance.
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.
- With surgery, there is always a risk for unwelcomed complications. And you could be back to where you started, or worse.
- Medications will be required for relief from surgery and you have been down that road before. Additions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

Consider This Alternative To Surgery

Northeast Spine & Wellness Center offers you a real opportunity and a painless way to say goodbye to your knee pain without any surgery. Here are just a few of the important benefits you should consider:

- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections.
- Guided fluoroscopic injections are virtually pain free, unlike blind injections.
- No lost time from work or family.
- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
- Recovery time is almost instant, not months or years.

How Does This New Treatment Work?

Relief begins almost as fast as it takes to pronounce the treatment. It's called Viscosupplementation Therapy. To begin with, it starts with **Northeast Spine & Wellness Center** investing in the use of diagnostic fluoroscopy. This enables them to target the exact location of your knee pain with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. That explains what you will see on the surface of this revolutionary treatment. What's taking place below the surface is how and where the natural healing process takes place. The injection of a Hyaluronic acid called Hyalgan. This gel-like substance was approved by the FDA in 1996. Hyalgan is a natural substance that mimics the synovial fluid that is already produced by your body in your joints. Osteoarthritis sufferers in particular see a reduction in this much needed synovial fluid in their knee joints. Without that cushioning layer of protection, the cartilage in your knee can begin to wear away leading to the rubbing of bone on bone. Through Viscosupplementation Therapy, this natural substance immediately goes to work reducing the swelling and inflammation in the joint and adding a coating layer of protection. Think about Dorothy taking the oil can to The Tin Man. You'll begin to feel that same kind of relief and quite possibly feel like you're ready for a dance down the yellow brick road to recovery yourself. And with a success rate of over 85% in alleviating pain associated with osteoarthritis, it's easy to see why this treatment is so readily covered by Medicare and by most major insurance providers. Diagnostic fluoroscopy to target the pain, Viscosupplementation Therapy to relieve the pain. Simple, fast and no surgery!

Do you Suffer from any of these Symptoms?

There are a number of reasons why you developed Osteoarthritis pain. It can develop with age or because of heredity. It could be from repetitive stress from a job or some glory days in athletics. Of course your concern is with the symptoms you face daily and how to make them end, hopefully without surgery or the use of potentially addictive medications. **Northeast Spine & Wellness Center** understands the symptoms you have been living with and can help. If you have any of the symptoms below, please call us today. Relief is a phone call away.

- **Pain** - Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- **Swelling** - This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult and dangerous just name a few activities affected by swelling.
- **Stiffness** - Getting up out of bed or after sitting for a period of time gets more and more difficult. This loss of mobility can be more than a hindrance. It can be dangerous if you need to move quickly.
- **Loss of muscle strength** - This can lead to balance issues and the strong possibility of falling.
- **Joint deformity** - Not just unsightly, but painful as well.
- **Creaking Joints** - Can be painful and a sign of more discomfort to come.
- **Sleepless nights** - Losing sleep over your suffering is not just irritating, but potentially dangerous because of so many other health concerns that can be affected by loss of sound sleep.

Let Me Show You Targeted Relief From Your Knee Pain

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

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

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

Call 732-827-0800

Scot Paris MD, FACS



Here's what our patients have to say

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

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

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

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VENDORS INVITED TO PARTICIPATE ELKS FAIR – NOVEMBER 25

Submitted by Kristina Petti

Last year the Rahway Elks sponsored four Rahway High School students and two chaperones attending the NJ Elks Peer Leadership Conference in Long Branch. Among those who attended were the 2023 RHS Valedictorian, Pearl Davis, and Rahway High School scholarship recipient David Villatoro Castro, who is studying at Rice University this year.

We are so grateful that our lodge had a hand in helping these students reach their potential! They are wonderful students and I really enjoyed my time with them at the conference last year.

This year we have a much larger goal to impact the youth of our town! Alongside with the 34th Annual Peer Leadership Conference taking place in February 2024, there will also be

a Path to Leadership Conference. This is a one day conference that is aimed specifically towards the needs of middle school students. My goal this year is to send more than 10 middle school students!

In an effort to reach this goal, we need some community support! We are holding a Vendor Fair that is open to the public in our upstairs lodge hall on Small Business Saturday, November 25th, 2023, 12– 4 p.m. The vendors that have already committed are selling treats, candles, nail art, jewelry, hand made crafts and designs, and Pampered Chef (I love their Almond Pound cake mix!), If you are interested in becoming a vendor, please reach out to Kristina Petti, Peer Leadership Chair at kristinarahwayelks@gmail.com.

Not only will we have fantastic vendors, but we are going to have some holiday music and a

bake sale with hot chocolate. Please come out to support the teens of our city! It is going to be a fun time for a great cause and you can get your holiday shopping done early!

MORE ABOUT OUR CONFERENCE:

The Conference provides peer leaders with specific tools and resources to implement action plans in their communities, thus creating a network with the ability to educate their peer groups, schools, and communities on the skills learned at the conference. The conference gives participants knowledge and information that promotes wellness.

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(above) Franklin Elementary School students during their bus safety drill.

Photo by Rahway Public Schools

FISHING FLEA MARKET NOV. 18TH

The Rahway Fall Fishing Flea Market will be held on Saturday, November 18th, 2023, 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 fresh water 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.

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SCHOOL DISTRICT PURCHASES NEW BUSES

The Rahway Public School District is excited to announce the purchase of six new school buses. This purchase is a game-changer for the district and its students, providing better transportation, more affordable field trips, and a more inclusive and equitable environment for each and every student.

The new buses will allow the district to transport students more efficiently and safely. They will also make it possible for various groups, such as all-city music and sports teams, to travel more cost-effectively. Additionally, the new buses will make field trips more affordable, as the district previously had to rent buses at a cost of close to \$800 each.

Safety is a top priority for the Rahway Public School District. To ensure that students are prepared for any emergency, each school held safety drills. These drills teach students how to evacuate the bus quickly and safely in the event

of a fire, accident, or other emergency. Bus drills are important because they help students learn the location and operation of the emergency exits on the bus, practice evacuating the bus in a calm and orderly manner, and become aware of the safety procedures that they should follow in an emergency. Bus drills also help to reduce student anxiety and stress in the event of a real emergency. By knowing what to do and how to do it, students are more likely to remain calm and safe.

"This is very exciting for everyone," said Dr. Patrick Holness, the principal of Franklin School. "With the new buses, everyone will have wonderful opportunities and experiences."

The Rahway Public School District is grateful for the support of the community in making this purchase possible. The new school buses will make a big difference in the lives of students and staff.




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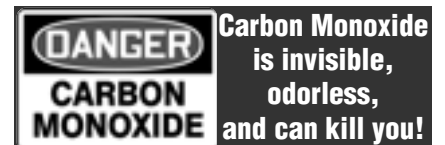
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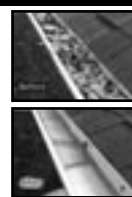
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(above) Liam Donovan, pictured at the annual State Ambassador Meet and Greet, is the Area 4 States Ambassador to the New Jersey State Elks Special Children's Committee.

Courtesy photos

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MEET AND GREET WITH THE ELKS

Submitted by Kristina Petti

The New Jersey State Elks Special Children's Committee held their annual State Ambassador Meet and Greet on Sunday, October 15, 2023. Liam Donovan, Area 4 Ambassador, sponsored by Rahway Lodge, was in attendance with his mother, Cheryl, and sister, Emma. Liam's chaperone Dee King is pictured with the group

as a representative from the lodge. A fun time was had by all celebrating our state poster children. The purpose of the state ambassador program is to highlight the work that the Elks do for children with special needs. Check out our website for more information about our ambassador and our other committees at Rahwayelks.org.



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CLEVELAND SCHOOL SUPPORTS BREAST CANCER AWARENESS MONTH

Submitted by Dyan McMillen

Grover Cleveland School held its annual Pink Out on October 11, to raise awareness and support for breast cancer research and prevention. The event was a huge success, with students, staff, and community members coming together to show their support.

In addition to raising awareness, the Pink Out also raised over \$225.00 for the Rahway Rely for

Life. This money will go to support important research and prevention efforts.

“We are so grateful for the support of our students, staff, and community members,” said Kate Giametta, School Nurse at Grover Cleveland School. “We are proud to come together to raise awareness for breast cancer and support those who have been affected by this disease.”



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THE ELKS' FABULOUS FALL FUN DAY



Submitted by Kristina Petti

The Rahway Elks hosted the 2nd Annual Fall Fun Day on Sunday, October 15, 2023, and we had a blast!

Everyone enjoyed delicious food including hot dogs, chicken nuggets, fries, chips, drinks, and candy. They all got a pumpkin or two to paint, decorate with face stickers, and take home for free.

Elroy the Elk showed up and everyone was excited to high-five him and take pictures. The real cherry on top of this event was the surprise visit from our wonderful Rahway Fire Department. Kids were able to climb aboard the truck, sit in the driver's seat, and even honk the

very loud horn. All kids who visited the firetruck got a plastic helmet as well. Everyone also enjoyed the fun toss games and Pin the Eye on the Zombie.

This event was sponsored by the Elks National Foundation (ENF) with a \$1,000 grant. A huge shoutout to all the members of the Elks for getting this vision to become a reality for the 2nd year in a row! From cooking, setup, the quickest cleanup I have ever seen, and all through the event, our members were there in numbers ready to play and help.

We look forward to our Spring Fling in April 2024. Keep an eye out for registration for this upcoming event.



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LET'S GO TO THE MOVIES! A CELEBRATION IN SONG - NOV 11

The magical music of the movies comes alive on stage! Hickory Tree Chorus will perform songs from Disney, Broadway, holiday songs and more, all sung in ringing four-part harmony at their annual show. Let's Go To The Movies! is on Saturday, November 11, 2023, at 2 p.m. at Drew University Concert Hall, located in the Dorothy Young Center for the Arts, 36 Madison Avenue, Madison, NJ. Come hear favorites like What I Did for Love, Weekend in New England, Seasons of Love, Beauty and the Beast, On the Road Again, and many more. The Maplewood Glee

Club and the Steppin' Out Quartet will be featured guests. Tickets are \$25 and are available at hickorytreechorus.org/tickets or by emailing tickets@hickorytreechorus.org. This is our biggest fundraiser of the year. Come support local singing while enjoying a musical journey.

The Hickory Tree Chorus, an award-winning chapter of Sweet Adelines International, performs fun-filled popular music, barbershop style. Founded in 1968 in Chatham Township, NJ, HTC currently rehearses in Stirling, NJ. Find more info at hickorytreechorus.org.



(above) Hickory Tree Chorus

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MOVIE NIGHTS TO RAISE FUNDS FOR SCHOOL ACTIVITIES

Rahway Public Schools

In celebration of Hispanic Heritage Month, Franklin Elementary School in Rahway recently hosted two movie nights for students. Encanto was shown for pre-kindergarten to grade 3, and Selena was shown for grades 4 to 6.

With a combined attendance of almost 300 people, both events were successful in fundraising for the school's Parent Teacher Association (PTA). The proceeds from the

refreshments that were sold at the door will help the PTA provide support for the school's annual Fun Day and other school activities.

Admission to the movie nights was free, making these events accessible to everyone in the community. Several staff members were in attendance to lend a helping hand and ensure that the events ran smoothly.

"We're so grateful for the support of our families and community members," said Franklin

Elementary School Principal Dr. Patrick Holness "Events like this help us to raise much-needed funds for our school and provide our students with fun and engaging activities that are accessible to everyone, while also celebrating the rich culture and heritage of our Hispanic community."

The PTA is planning to host more fundraising events throughout the year, so stay tuned for more information.



(above, l-r) Dr. Patrick Holness, Franklin School principal and Mr. Jonathan Cox, Franklin School custodian.

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DEER MATING (RUTTING) SEASON

White-tailed deer (*Odocoileus virginianus*) are one of the most easily recognized wildlife species in New Jersey. Highly valued as a major game species, white-tailed deer are increasingly perceived as nuisance animals because of their negative interactions with humans, particularly in densely populated areas like Union County. Agricultural crop destruction, private property damage, deer-vehicle collisions, and tick-borne illnesses are all important points to consider in the management of deer. Deer also offer amenity and economic value for hunting and ecological benefits (i.e., seed dispersal, increased plant diversity) when they occur at appropriate densities.

Deer are most active seasonally from mid-September through November during the peak of the breeding season (rut). Activity increases shortly after sunrise and between sunset and midnight. Deer crossings commonly occur where roads cause fragmentation of intact forest or separate forest from agricultural lands. Heightened driver awareness in these areas during peak activity periods can help reduce deer-vehicle collisions. Obeying the speed limit and using high-beam headlights can also increase driver reaction time.

Between July 1, 2010 and June 30, 2011, there were over 1 million deer-related collisions in the U.S. From 2011-2012, more than 31,192 deer-vehicle collisions occurred in New Jersey alone, making the likelihood of hitting a deer 1 in 191. Although the frequency of deer-vehicle collisions is largely influenced by human population size, road density, deer density, time of year, habitat, road type, and speed limit, defensive driving behavior has been shown to minimize accident risk.

White-tailed deer are large mammals generally ranging in size from 50-200 lbs. While some adult males (bucks) can grow up to 3.5 ft tall at shoulder height and weigh up to 200 lbs, an average buck in New Jersey weighs around 150 lbs. Females (does) are typically smaller and average around 100 pounds. Their summer coats are reddish-brown and gradually fade to a brownish-grey in the winter. Deer under the age of 1 yr (fawns) are 4-8 lbs at birth and have red coats with white spots, which help to conceal them from predators. As young deer grow their first winter coat, the white spots disappear. In April, bucks begin growing their antlers, which are covered in a "velvet" layer of skin, consisting of soft hairs and blood vessels that provide nutrients to the growing tissue. Bucks then rub off this soft layer once their antlers are fully grown. The size of these antlers is determined by age and nutrition levels. Antlers are shed annually each winter.

Deer generally reach sexual maturity at 2 years of age. However, reproductive potential is directly related to nutritional state, so with good resources, fawns as young as 6 months can begin breeding. This phenomenon is common in New

Jersey. Younger animals and new mothers usually produce one fawn, with twins becoming more common in yearling does; triplet litters may occur in older does. Deer breed from late September through January, with the peak of breeding (rutting) activity occurring in mid-November. Fawns are born beginning in early May.

By feeding on or damaging tree seedlings and saplings, an overabundant deer population prevents forests from naturally regenerating. Habitat changes caused by overbrowsing are also detrimental to native birds, small mammals, and invertebrates. Many birds nest in native vegetation on or close to the forest floor, while others rely on the constant supply of insects within the leaf litter and in vegetation to feed themselves and their young. The absence of nuts and berries in over browsed forests also leads to a decrease in food supply for small mammals and migratory birds, making it difficult for them to survive at critical times during the year.

For small-scale gardens and flowerbeds, taste-based or odor-based repellents can be effective at discouraging deer. Only certain commercial products are approved for use on garden vegetables or fruit trees. Common repellent ingredients include urine from a natural predator, such as coyote or bobcat; hot sauce derived from capsaicin in pepper; and putrescent eggs. Attractiveness and palatability of the plants, deer hunger, amount of rainfall, and local food preference are among factors influencing repellent effectiveness. To maximize success, repellents should be used with additional deer management tactics in an integrated approach.

The information in this article is from An Overview of White-Tailed Deer Status and Management in New Jersey Rutgers Cooperative Extension Fact Sheet FS1202. Brooke Maslo, Extension Specialist, Wildlife Ecology, Samantha Wehman, Technician

Happy Autumn,

James



(above) During rutting season a mating deer can appear in front of your vehicle faster than you can text LOL.



(above) Past President of The Rahway Garden Club, James Keane, has been researching and answering garden questions since 1995.

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1931 MURDER OF PHEOBE STADER (PART TWO) CAPTURE, TRIAL, CONCLUSION

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

(Editor's note: Part One of this story can be found in the October issue of "Our Town," page 16. Log on to Renna Media, "Our Town" and scroll down to past issues to open the October, 2023 issue.)

It was almost 11:00 a.m. on the morning of Thursday, February 1931 when William Frazer left Rahway with the bloody corpse of his paramour, Pheobe Stader, hidden under a blanket in the back seat of his brown Buick. He was headed for Florida to complete the romantic getaway he and Pheobe had planned just before he killed her.

By midnight that night, Frazer drove into Washington, D.C. where he parked and spent the night sleeping in his car. On Friday morning, he drove to Richmond, Virginia, stopped for gas and continued on for about 45 miles until he reached the small village of Tappahannok. The day was cool, but the sun was shining as Frazer pulled the car into an open field. He drove across it for a distance of about a mile until reaching the beginning of a wooded area. He exited the Buick and looked cautiously around. When assured there was no one in sight to notice him, he opened the back door, pulled Pheobe's body out, and dragged it behind a cluster of bushes. Using a pair of scissors, he cut the clothes from Pheobe's body to stymie efforts of identification. Frazer then gathered the shreds of clothes, looked over the field again, turned from the nude body, and returned to the car. He headed south towards Raleigh, North Carolina to rendezvous with his cousin Ira who was bringing \$200.00 from his mother.

Sometime, somewhere, along the ride south, Frazer picked up a young hitchhiker - 16-year-old Will McGrath-who would travel with him all the way to Raleigh. It was during this journey that Frazer made an unusual stop that raised suspicions in the mind of his passenger. After

stopping on the side of a country road, Frazer told the youth he had to get rid of some rags. He then took the remains of Pheobe's clothes, walked a short distance off the roadway, and set them afire.

It was early Friday evening when Frazer reached Raleigh's Sir Walter Hotel where he met his cousin who had arrived by bus around 5:00. Raleigh's grand, ten-story hotel was a safe place to meet as there was little chance of being observed in the busy lobby. Ira handed Frazer a wad of cash and, still feeling obligated to his erring cousin, agreed to send him more money within the next few days. He instructed Ira to address the envelope to the alias, H. G. Devlin, care of General Delivery. Frazer planned to get lodging in a boarding house and remain in Raleigh until money was forwarded which would enable him to continue on to Florida. Before departing, Frazer intimated to Ira that he could get "ten years" as an accomplice if the law ever caught up with them.

The long bus ride back to Rahway gave Ira time to think. He became more and more unnerved as he wondered how long Frazer's odyssey could continue and in what jeopardy he might be placing himself. Returning to Rahway, he went directly to Frazer's Jefferson Avenue home, to confer with his cousin's wife, Hilda. Although she remained steadfast in her loyalty to her way-ward husband, she realized his only chance for leniency might come if he surrendered. The two finally agreed that Ira should meet with Rahway's Chief of Police, George McIntyre, on Monday morning to tell the grim story.

Chief McIntyre found the entire account baffling, and immediately called upon the Union County Chief of Detectives, Roy A. Martin, to come to Rahway to hear the story and discuss matters of jurisdiction since the place where Pheobe died might have been Elizabeth. Together they made some initial inquiries, and after interviewing Pheobe's husband, the two were more convinced the story might be true and a murderer was on the lam. Figuring Frazer would be waiting for money mailed from relatives, Detective Martin conceived a clever scheme to nab the fugitive. The detective mailed a letter to the Raleigh Post Office addressed to H. G. Devlin. He then contacted Raleigh's Chief of Police to explain the plan and ask him to set up a stake-out in the post office for the next few days.

Meanwhile, on Tuesday evening, February 24, a man, looking for his lost dog in a field in Tappahannok, Virginia, spied buzzards circling over a clump of bushes. Walking closer he noticed a number of other scavenging birds were on the ground flitting around the same scrub brush. Terrified that his dog might be their prey, he ran towards the bushes scaring off the birds. When he reached the spot, he was horrified to discover the body of a badly mutilated woman. Authorities were immediately notified, and the body was brought to the County Offices at Bowling Green, Virginia. The next afternoon,

Phillip Stader arrived to view the body. He was only able to identify the gruesome remains to be his wife, Pheobe, by a bruise on the right thigh and by the way the toes were trimmed and polished.

On that the very same night, Frazer stopped by the Raleigh Post Office to check for any mail addressed to H. G. Devlin. The postal clerk handed him two letters and as he turned to a counter to open them, the clerk gave a silent signal to the plain clothes detectives. Frazer's flight was over, and he was apprehended without incident.

The case against William Frazer for the murder of Pheobe Stader went before the Union County Grand Jury on June 15, 1931. Witnesses for the prosecution included Frazer's cousin, Ira, who gave his account, and Will McGrath, the young hitchhiker, who testified he was there when Frazer set fire to a bunch of "rags" during the drive to Raleigh. Prosecutors also presented a board of psychiatrists who had examined the alleged murderer, and concluded he was sane. The defense argued that there was an absence of premeditation and no motive and sought a verdict of accidental homicide and temporary insanity.

In a highly unusual method of getting to the facts, the brown Buick "death car" was brought inside the courtroom. It had been hoisted up to the second floor and placed next to the jury box so the details and angles of the shooting could be demonstrated. Frazer was first to enter the vehicle and from the back seat re-enacted how his shot was accidental and was fired from the rear. He explained he went to get the rifle after hearing sounds of a wild animal. Ballistic experts followed and demonstrated how the shot could only have come from someone standing from the side of the victim, not from behind.

It took the jury only six hours to reach a verdict. Frazer was found guilty of murder in the first degree, and upon hearing the verdict, Judge Alfred A. Stein sentenced him to die by electric chair on July 27, 1931. Three days later, a stay of execution was granted until September.

Over the next several months, Frazer's wife and mother, who both remained faithful to Frazer, worked with lawyers for an acquittal. The mother claimed that her son, a World War I veteran, had not been the same since fighting in France. She maintained that having joined the army when he was just 17, he had trouble re-adjusting to civilian life and began to drink. She recruited several of her son's army buddies to make statements on his behalf citing his war record. Frazer's wife blamed Pheobe Stader for all her husband's problems and referred to her as a gold-digger. His lawyers petitioned the Court of Pardons to commute the death sentence citing a plea of insanity. After their requests failed, they appealed to Governor A. Harry Moore to intercede and grant a reprieve.

Governor Moore, however, refused the request, and William Frazer's last hope was gone. His fate was sealed: on April Fools Day 1932, he was executed at Trenton State Prison.

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FRANKLIN SCHOOL NEW INTERACTIVE DISPLAYS

Rahway Public Schools

Franklin School in Rahway recently received a special delivery of eight new interactive Newline boards. These interactive touchscreen displays are a much-needed upgrade for the aging technology in the classrooms.

Newline boards offer a number of benefits for students and teachers. They can help keep students engaged and focused, promote collaboration and teamwork, differentiate instruction, and make assessment more efficient and effective.

The new boards are all on wheels, giving teachers the flexibility to place them anywhere in the classroom. This also creates the opportunity for students to use the boards in small groups as a center, either with the teacher or independently.

With the addition of these new devices, 39% of the classrooms at Franklin School will have updated display technology.

"I'm excited by the opportunities the technology offers to enhance teaching and learning for our students and staff," said Dr. Patrick Holness, Franklin School's principal. "I am fully committed to the development of Franklin School's students and staff. My goal is to outfit all of the school's classrooms with a Newline Interactive Board as soon as possible."



SUCCESSFUL CLEVELAND PTA EVENT

Submitted by Dyan McMillen

The Grover Cleveland School Parent Teacher Association (PTA) hosted a movie night on September 25th, to raise money for the school's PTA programs. The event was a huge success, with over 80 students, parents, and community members attending.



The movie night featured the new Super Mario Bros. Movie, which was released in theaters on April 5, 2023. The movie was a big hit with the audience, and everyone had a great time.

"We were so happy with the turnout for our movie night, 'It was a great opportunity for our school community to come together and have some fun. We also raised a lot of money for the PTA, which will go towards supporting our students and programs.'"

In addition to the movie, the PTA also sold snacks and drinks at the event. All of the proceeds from the event went to support the PTA's programs and activities.

The Grover Cleveland School PTA is a non-profit organization that supports the school and its students. The PTA hosts a variety of events throughout the year to raise money for the school, including movie nights, a shoe drive, and book fair.

The PTA also supports the school by providing volunteers for events and activities, and by advocating for the needs of students and teachers. The Grover Cleveland School PTA is committed to providing a safe and supportive learning environment for all students.

Courtesy photos



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Customers enter the main doors on Dewitt Terrace and follow the stairs to the store. The space is not handicap accessible.

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HISPANIC HERITAGE MONTH

OUR TOWN *Rahway* • Page 25 • November 2023

Rahway Public Schools

The Grover Cleveland School hosted a Hispanic Heritage Night on October 12, 2023 to celebrate the rich culture and heritage of the Hispanic community. The event was a huge success, with over 120 students, parents, and community members attending.

The Hispanic Heritage Night featured a variety of activities, including games of *lotería*, *pirinola*, and dominoes. There was also a food booth serving up delicious Hispanic food from local restaurants. Additionally, there were live music performances and cultural demonstrations.

“We were so happy with the turnout for our Hispanic Heritage Night,” said Nicole Dumani “It was a great opportunity for our school community to come together and learn about and

celebrate Hispanic culture. We are also grateful to the local restaurants that donated food for the event.”

The Grover Cleveland School PTA is committed to providing a culturally inclusive environment for all students. The PTA hosts a variety of events throughout the year to celebrate the diversity of the school community.

The Grover Cleveland School and the Grover Cleveland PTA are committed to providing a culturally inclusive environment for all students. This is just one of the many events hosted by Cleveland or the PTA to celebrate the diversity of the school community. Grover Cleveland is grateful for the support of our families and our community in making the Hispanic Heritage Night a huge success.



Photos by Rahway Public Schools

VENDOR POP-UP - NOV 5

Join us at the Fanwood Train Station for our last outdoor fair for the year. The vendor pop-up will feature over 50 top-notch exhibitors selling arts, crafts and quality items. There will be music by Cold Sweat from 11 a.m. – 4 p.m., and gourmet food trucks. For more information visit Jcpromotions.info.

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We are excited to bring the 2023 lecture back in an in-person format after several years of virtual presentation! We look forward to welcoming attendees just down the road from The Raptor Trust at the Environmental Education Center (190 Lord Stirling Rd, Basking Ridge, NJ 07920).

General Admission tickets are \$10 (\$5 for Senior Citizens). VIP tickets are \$75 include a copy of What an Owl Knows, preferred seating, and an invitation to the Opening Reception where you will be able to meet Jennifer Ackerman (to occur immediately before the event).

We hope you join us for this Owl-tastic event! For more information visit: theraptortrust.org/ldsmf-annual-lecture

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Patron Silver	1.75L	\$89.99
Cantera Negra Coffee Tequila	750ml	\$29.99

BEER

Becks (12oz) 24pk	24pk	\$27.99
Blue Moon	24pk	\$36.49
Bud and Bud Lite cans	30pk	\$25.99
Bud and Bud Lite loose bottles	24pk	\$22.99
Coors Lite (24oz) cans	12pk	\$18.99
Coors Lite/Miller Lite loose bottles	24pk	\$23.99
Coors Lite/Miller Lite	30pk	\$26.99
Corona/Corona Lite loose bottles	24pk	\$32.99
Dab (16oz) cans	24pk	\$26.99
Founders All Day IPA	15pk	\$17.49
Heineken/Heineken Lite bottles	24pk	\$32.99
Land Shark	24pk	\$29.99
Lech (500ml)	20pk	\$32.99
Modelo Especial cans	24pk	\$29.99
Pabst Blue Ribbon cans	30pk	\$20.99
Pilsner Urquell	24pk	\$30.99
Sam Adams Boston Lager	24pk	\$34.99
Stella Artois loose bottles	24pk	\$32.99
Super Bock	24pk	\$32.99
Yuengling Lager bottles	24pk	\$23.99
Zywiec (11.2oz)	24pk	\$21.99

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