

WARREN MONTHLY_{NJ}

WARREN'S HOMETOWN NEWSPAPER

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**WARREN TOWNSHIP
CHAMBER OF
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MEETING
FEBRUARY 27
8:30 a.m.
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GARAFOLA HONORED BY REGIONAL BOY SCOUT COUNCIL

Carolann Garafola, Executive Director of Mt. Bethel Village, was presented with a Good Scout Award by the Boy Scouts of America Patriots Council at an awards dinner on December 10, 2013. The event, at Primavera in Stirling, honored several recipients designated Good Scouts by the Patriots Council. It was said to be the first time the Scouts presented this particular award.

Mrs. Garafola, a former Mayor and elected official in Warren Township for more than 20 years, was presented with the award by her friend, Warren resident Bonnie Plotkin. Mrs. Garafola has been a very big supporter of the Boy Scouts and Girl Scouts, as well as Eagle Scouts in Warren. She attends all events and has advocated for Eagle Scout Projects to be done in Warren through the township. For the past 46 years she has been very involved in helping people with special needs. This dates back to when she was a girl scout herself. Mrs. Garafola was taken by surprise when approached about being honored by the scouts. She says she is just doing what she loves to do.

Mrs. Garafola has been at the helm of Mt. Bethel Village since before it opened in the spring of 2013. A community for adults with autism, developmental disabilities and traumatic brain injuries, Mt. Bethel Village offers Resident and Day Programs for its adults at a brand new, state-of-the-art facility located at 130 Mt. Bethel Road in Warren.



(above, l-r) Mrs. Garafola holds the award, presented by Bonnie Plotkin.

ME AND MY GUY DANCE

The 2014 Warren Girl Scout "Me & My Guy" dance will take place on Sunday Feb. 23rd at the Primavera Regency in Stirling. Event organizers hope to include all Girl Scouts who wish to participate by lowering the price. Through the generous sponsorships of local businesses and community members, the cost of tickets has been cut in half.

The ALT 3rd Grade Brownie Troop will be organizing the event for the next three years, this dance being their first. The troop has also decided not to make the event a fundraiser for their Brownies.

The evening will include dinner, dancing with a DJ, games and special Guy/Girl activities. The cost has been reduced to \$30 per person and includes a framed photograph by Judy Shanahan, who is donating her time and professional talent to the event. Please contact your troop leader if your elementary or middle school Girl Scout would like to attend.

The Warren Girl Scouts would like to give special thanks to all those who were so generous in helping to make this event successful: The Elks Club of Warren, The Lions Club of Warren, Automotive Restorations, Bellezza Salon, The Berlant Family, Bruno's Restaurant, Dance Express, DLK Headbands, Dr. Craig Menker, Gatsby Salon, The Hills Mortgage Company, JAG Physical Therapy, JESCO, The Krangel Family, Pilates Design Studio, USA Karate, Warren Family Dental, Westfield Family Dentistry.

JAMAICAN DELEGATE SPEAKS TO STUDENTS



Because of security reasons, Watchung Hills social studies students could no longer go to the U.N., but they had the privilege of having a member of that body come to speak to them in January. Shorna-Kay Richards, a career diplomat with 20 years in the Jamaican Foreign Service, and, Deputy Representative to the U.N., addressed a group of more than 200 World Cultures students and the Model U.N. Club.

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SURGEON GIVES KIDS SOMETHING TO SMILE ABOUT

Local oral surgeon, Dr. Daniel Sullivan of Warren Oral Surgery, will provide one day of free oral surgical care for children ages 12 and under as part of National Children's Dental Health Month (CDHM) which is this February. The one-day program to provide children with free dental care, called Give Kids A Smile (GKAS), will take place on Friday, February 7, 2014 and is part of the American Dental Association's (ADA) annual push to bring attention to the number one childhood disease, tooth decay.

"I'm proud to be part of a cause that is truly needed in New Jersey" says Dr. Sullivan. "This program will help thousands of New Jersey's children have access to dental care, who would otherwise go without it. I'm happy to give back to my community who has helped me succeed as an oral surgeon."

Warren Oral Surgery will offer services such

as tooth extractions and wisdom tooth removal. In addition to participating in Give Kids a Smile Day, Warren Oral Surgery also donated \$1,000.00 to New Jersey's Give Kids a Smile program in December to help bus children to participating locations.

Please note each child must have an appointment and parental consent form. Call Warren Oral Surgery at 908-222-7922 to schedule your child's visit. Warren Oral Surgery will also accept cases referred by other dentists participating in the program.

Last year, more than 130 locations in New Jersey participated in GKAS. It is the largest single-day event of its kind in the state. Warren Oral Surgery is the only oral surgery practice participating in the Give Kids a Smile program this year.

Warren Oral Surgery is located at 31 Mountain Boulevard, Suite T in Warren, NJ.



(above) Dr. Daniel Sullivan, owner and oral surgeon of Warren Oral Surgery, and family, present New Jersey Dental Association president, Dr. Robert Giantomas (left) with a \$1,000.00 donation to GKAS.

PROMOTE YOUR COMMUNITY EVENT

Community service organizations and sports teams are encouraged to submit news of upcoming events or highlights and photos on recent events.

Organizations who are interested in submitting content can email Lynn Sjurset at lynn@rennamedia.com.



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Did you know that over 100 million Americans suffer from knee and joint pain? In fact, this pain accounts for one fourth of all visits to primary care physicians and half of all anti-inflammatory drug prescriptions. If you suffer from any degree of knee or joint pain Drs. Mejia & Spiaggia of Performance Rehabilitation & Integrated Medicine personally invite you to regain control of your life by scheduling a FREE step one consultation with their staff. Call now. You deserve to live pain free!



Who is a good candidate for this treatment?

- Have you been diagnosed with osteoarthritis?
- Do you wake up with knee, shoulder, or joint pain?
- Does your knee, shoulder, or joint pain keep you from certain activities?
- Have you been told you need a knee replacement?
- Are you active and sometimes suffer from sore knees or joints?
- Do you take medications for knee or joint pain?
- Do you have difficulty going up and down stairs due to knee pain?
- Are you considering surgery to alleviate knee pain?
- Does your knee ever feel like it is "giving way" or unstable?
- Has a recent car accident caused you a knee or joint injury?

If you answered yes to any of these questions, call now to schedule a FREE step one consultation.

Is surgery the answer?

If you have knee pain and are worried, concerned, or afraid of the possibility of surgery, you're not alone. Most likely, you've heard stories about knee surgery and the outcome not being good. You may also know someone who had surgery and their knee was never the same. You don't want the next unnecessary and preventable knee surgery story to be about you, but the pain is not going away and your life is being altered because of it. You may have tried getting information on the Internet about the best course of action for you to take, but there's so much conflicting advice that you're scratching your head about who you can believe and trust. If you are considering surgery, you owe it to yourself to schedule a FREE step one consultation with Performance Rehabilitation & Integrated Medicine first.

What else is available to treat knee pain?

Drs. Mejia & Spiaggia and their staff have taken years to carefully develop a customized treatment program for those suffering with knee and joint pain. This new treatment protocol utilizes the latest high-tech FDA approved solution available combined with cold laser technology, physical therapy, acupuncture and joint mobilization & stimulation. The patient's lifestyle is also taken into consideration as stretches, exercising, and lifestyle skills are taught for a lifelong approach to relieving pain.

How does this treatment work?

Utilizing dye and a cutting-edge live motion x-ray machine, the doctors and staff are able to pinpoint

problem areas with precision and accuracy. A viscosupplement injection is delivered and the healing process starts. Viscosupplementation has been shown to relieve pain in many patients who have not responded to other non-surgical methods by bonding with naturally occurring joint fluid to create a lubricating and cushioning layer. It also reduces pain, inflammation, and swelling of the joint. Little to no discomfort is noticed and many patients feel the effects within days.

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— Ron Spiaggia, DC - Clinic Director
Joseph Mejia, DO, F.A.A.P.M.&R. - Medical Director

What are patients saying?

"My life has changed for the the better since treatment. I no longer take medication or have down days where I just cannot get out of bed because of the pain. I've started riding my bike again with my husband and he is more happy because he has his riding partner back."

— Vicki M.



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(left) The Mount Horeb School Service Club's food drive was a huge success. A group of over 30 students, led by their advisor Ms. Burkhardt, planned and advertised the event. All told, the students collected hundreds of food items, filling two cars, which were delivered to a local food bank. Mount Horeb Service Club also focused on Toys For Tots!



(above) The Service Club at Woodland School sponsored Thankful Thursday by asking students to donate spare change to support local families in need. Along with their advisor Mrs. Beekman, the Service Club members participated in a craft fair (pictured here) to raise money which was donated to a variety of charitable causes close to the heart of the Woodland School community. Additionally, students participated in the 18th Annual Jersey Cares Coat Drive, the largest coat drive ever held in the tri-state area!



(above) Woodland's Service Club advisor, Ms. Beekman, has organized Warren's participation in a "Teens for Jeans" collection! To contribute to the cause, drop off your donated jeans to Woodland School (114 Stirling Road) or the WTS Board Office (213 Mt. Horeb Road) until February 12th! In conjunction with DoSomething.org, the jeans will be distributed to homeless shelters nearby.

Open to scouts, parents, siblings, neighbors, friends, etc...



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PACK 182 

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Hours: Mon – Thurs: 9:30-9, Fri: 9:30-5, Sat: 9:30-4

www.sclsnj.org/warren.htm and visit program calendar to sign up.

Please note: Program dates and times may be subject to change.

For complete program information, go to the library's website or call the library.

FEB 2014 – ADULT PROGRAMS

No registration is required for the following programs:

Chess Club

10 AM to 1 PM, every Friday

Join our new Chess Club for Adults, every Friday from 10 to 1 pm. Bring your chess set and tell your friends!

Bridge in the Afternoon on Mondays: 1 to 4 PM.

Mondays, January 6, 13 and 27. Join us for a game of bridge in the afternoon amongst friends and neighbors.

Knowledge of bridge is preferable.

Mah Jongg Players' Afternoons

Tuesdays: 1 – 4 PM

Tuesdays, January 28.

Join us for an afternoon playing Mah Jongg! New players are always welcome, but knowledge of Mah Jongg is preferable.

The Library's Youth Services Department will host its 6th annual "Winter Festival"

Saturday, February 8, 2014.

Come in out of the cold! Stop in the library between 11:00 AM and 3:00 PM to participate in a variety of activities – crafts, WiiU games, board games, and other fun stuff! Light refreshments will be served. Snow date is Saturday, February 22. Funded by the Friends of the Warren Township Library.

FEB 2014 – ADULT PROGRAMS

The Green Heart of Beijing:

Public Parks & Imperial Gardens

2 PM, Saturday, February 1

The Warren Library's homage to Chinese New Year will bring us closer to Beijing and its fascinating gardens. Dr. Parness is the Superintendent of Horticultural Education of NJ's largest park system, the Morris County Park Commission. Registration required.

Affordable Care Act Enrollment Assistance

3:30 to 8 PM. Monday, February 3

Information and enrollment assistance services for individuals, families and small business owners.

An Honest Look at Abe:

Lincoln at the Dawn of the Photographic Era

7 PM, Thursday, February 6

Although Lincoln was not the first president to be photographed, he was our first true 'media' president.

Overuse Injuries

7 PM, Tuesday, February 11

Learn about tennis elbow, tendonitis and other overuse injuries, how should they be cared for, and tips on how to prevent the injuries from returning.

Stay Healthy all Winter Long

7 PM, Wednesday, February 12

Join us and explore natural, alternative remedies that support the health and wellness of your family. Presented by Michele Caws, holistic health practitioner.

Registration required.

The Precedents of the *President*: George Washington:

7 PM, Tuesday, February 18

*1789 print: The "s" was written as "f"! Everything George Washington did, from the inaugural oath, through the establishment of the U.S. Treasury, to the creation of the Coast Guard, cabinet meetings, appointment of ambassadors, his dealings with Congress, to the time when Washington stepped down as President of the United States was a precedent. Registration required.

Movie Discussion

11 AM, Wednesday, February 19

Join us for a screening and discussion of a film. Bring your lunch or snacks and the library will provide coffee and tea. This month movie selection is "Pride & Prejudice". Registration required.

Booking Online Travel

10:30 AM – Saturday, February 22.

Learn how to book your travel online with Cathy DeBerry. Registration required.

50 Things You Can Throw Away Today!

6 PM- Wednesday, February 26

Most of us have become 'hoarders' of one sort or another. In this light and fun session Michael Ivankovich will share with you 50 things you can probably throw away as soon as you hear this presentation. Registration required.

When Artwork Speaks: Eyewitness Images from the American Revolution

7 PM, Thursday, February 27

Historian Arthur Lefkowitz will present a color slide presentation of 18th Century artistry in the form of studio executed history paintings, portraits, illustrations and rapidly executed drawings done in the field.

Registration required.



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(above, l-r) Warren Middle School recognizes students who demonstrate positive character traits on a consistent basis. In addition to the six pillars, recipients of this honor are supportive, resilient, encouraging and have shown growth as individuals. Pedro Ruizdiaz, Teresa Rotolo, Sienna Christopherson, Clayton Bush, Cole Heuvelman, Tessa Phillips, Riya Mehta, and Alexander Tell (not pictured).

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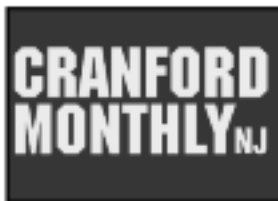
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NEWEST EAGLE SCOUTS FROM WARREN TROOP 228



(above) Boy Scouts from Warren Troop 228: (l-r) Michael Duncan (8th grade WMS), Peter Fogarty (freshman Somerset Cty Vo Tech), John Fogarty (freshman Newmark High School), John Trovato (freshman WHRHS), Stephen Meisenbacher (SPL, Junior St Joseph's High School), Michael Maloney (8th grade WMS), Alex Duncan (Junior WHRHS), Steven Guerin (Junior WHRHS), Bobby Fippinger (8th grade WMS), and Assistant Scout Masters Glenn Guerin & Mike Fogarty.



(above) Alex Duncan (L) and Jarrod Thompson (R), Warren Troop 228's newest Eagle Scouts. Alex Duncan is a Junior at WHRHS and is the Troop's 82nd Eagle Scout. His project was the beautification of the Hofheimer Grotto in Warren. Jarrod Thompson is a Sophomore at WHRHS, is the Troop's 83rd Eagle Scout, and his project was the beautification of the historic Chapel at our Lady of the Mount Catholic Church in Warren.

WARREN MIDDLE SCHOOL'S GEO BEE FINALISTS AND WINNER!

Submitted by Warren Township Schools

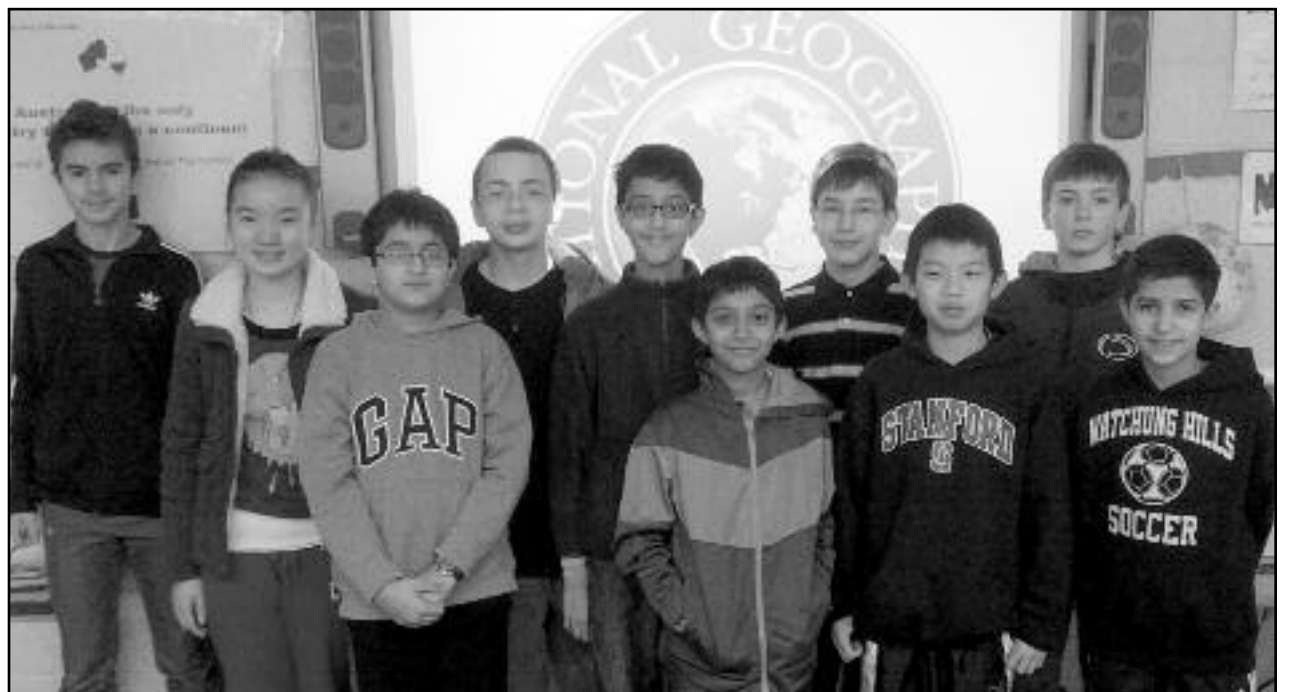
Where is the highest peak in North America? The Maldives are located off the SW coast of what country? For the last 25 years, students have participated in the National Geographic Bee. The first round of the Geography Bee was held on December 6, 2013. All Warren Middle School students in grades 6-8 had an opportunity to show what they know about geography during their social studies class as questions were administered by their teachers. Each class was given seventy questions, a mix of multiple choice and short answer, and the most knowledgeable in geography moved on to the second round. Mr. Arnold, 7th grade Social Studies teacher and Geo Bee coordinator said proudly, "Some of the questions on the Geo Bee are very difficult and every year I am amazed how much Warren Middle School students know about geography!"

The second round of competition questions were administered on January 8, 2014 to the following 11 finalists: Jayden Baltuch, Ruitao Chen, Matthew Istanfanous, Victor Osoliniec, Lindsey Shi, Arbi Ulaj, Neelay Trivedi, Mayur Sharma, Amay Mehta, Michael Harrison, and Shaun Cagnetta! Congratulations to Neelay Trivedi who placed 1st and will now take a written test that will be submitted to National Geographic and scored against other New Jersey school winners. If he places in the top 100 in the state, Neelay will continue on to the state competition. Winning the state Geography Bee means Neelay will head off to Washington D.C. and be one step closer to the grand prize of a \$50,000 scholarship, a lifetime membership to the National Geographic Society, a \$500 cash prize, and a trip to the Galapagos Islands! The

Washington D.C. competition will also be moderated by the famous broadcast journalist Soledad O'Brien!

Studying geography increases students' awareness on a national and global level, bringing knowledge of locations in terms of physical geography, as well as appreciation of people, beliefs, traditions and cultures. The National Geographic Bee is designed to encourage teachers to include geography in their classrooms, spark student interest in the subject, and increase public awareness about geography. It is a challenge, but one that thousands of children across the nation are willing to take on!

How can one improve his or her geography skills? Get a good, up-to-date world map, atlas, and geography reference book. Learning map terminology will help with reading coordinates and map keys. Recognize the interconnectedness of geography such climate and culture so it is easier to categorize and remember information about countries and regions. To keep geography fun, visit the National Geographic website; try the GeoBee Challenge, with ten new questions each day, and GeoSpy, which tests map skills. Ultimately, start to follow current events and become an informed citizen of the world!



(above, l-r) Arbi Ulaj, Lindsey Shi, Neelay Trivedi, winner; Michael Harrison, Amay Mehta, Mayur Sharma, Victor Osoliniec, Ruitao Chen, Shaun Cagnetta, Matthew Istanfanous. Not pictured: Jayden Baltuch.

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\$20.00 OR MORE**



WAR

Excludes garden center and fish purchases. Limit 1 offer per customer per day. Not to be combined with other offer. Offer expires 2/16/14.

**WHOLE, 2%, 1%,
OR SKIM MILK
\$3.49 GALLON**

**TREE RIPE
ORANGE JUICE
2 1/2 GALLONS
\$5.00**