

WARREN MONTHLY_{NJ}

WARREN'S HOMETOWN NEWSPAPER

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MIKE APRILE PREPS FOR NATIURAL BODY BUILDING EVENT

When it comes to building his body, Warren's Mike Aprile is a natural.

Aprile, at the age of 46, is training for his first men's physique show competition for 100 percent natural athletes in November.

"Being a natural athlete at 46 was important to me as many men my age take performance enhancing drugs and testosterone replacement therapy in untested competitions," Aprile said. "Since this will be my first show and I'm already nervous enough, I just wanted it to be an even playing field knowing everyone was also a one hundred percent natural athlete."

Aprile works out at Crunch Fitness on South Avenue in Garwood. He expects to compete in the masters and novice divisions, and possibly the open division, at the Bloomfield competition, hosted by the National Gym Association.

"Men's physique competitions are somewhat different then men's body building competitions," Aprile said. "One of the differences is that you have to wear knee-length board shorts, while in body building you wear a Speedo. You must pose in front of judges for pre-judging in the early afternoon, then in front of the judges and an audience later in the evening. ...

Judges will weigh more on overall stage presence and personality in men's physique than in bodybuilding."

Personality counts, but so does diet, exercise and technique. Enter professional trainer Robb Capponeto from South Jersey.

"Coach Robb gets my diet right and teaches me how to pose on stage in front of the judges while trying to build my confidence up and fat levels down," Aprile said.

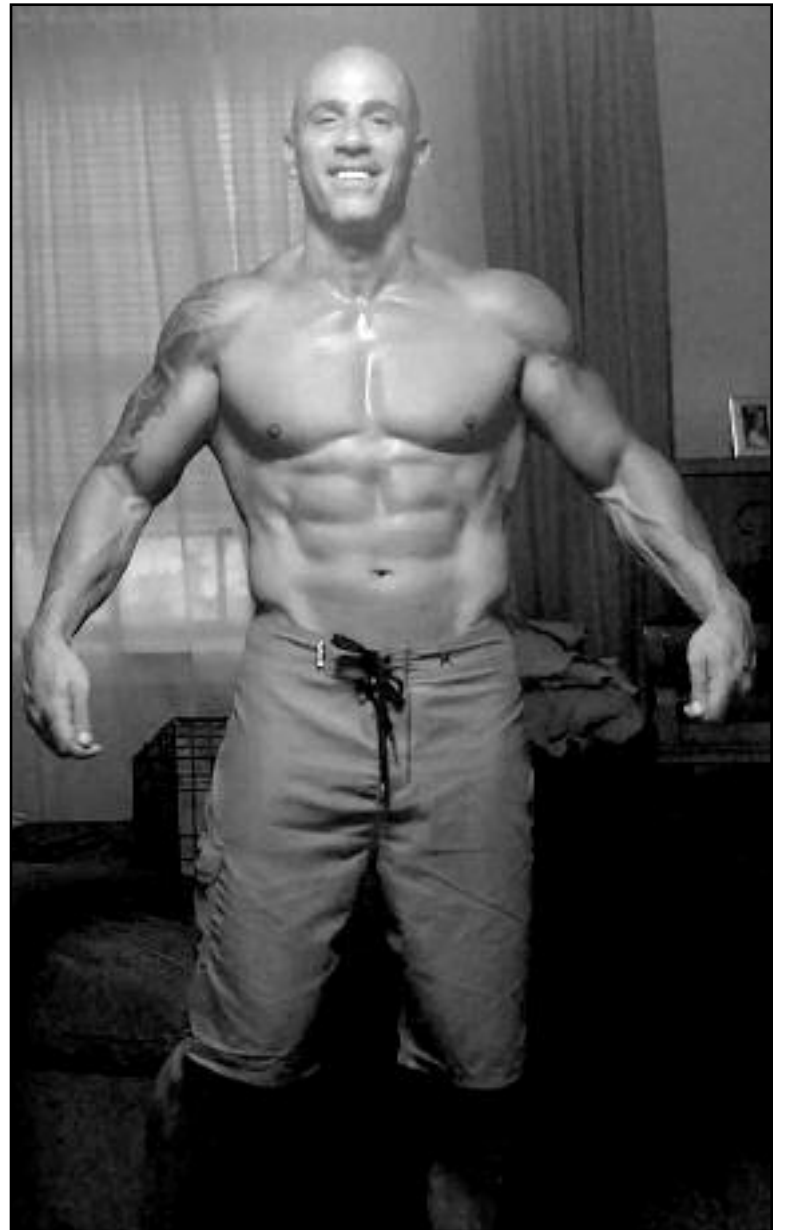
"I have never been on a stage in my life and that aspect of it is probably the scariest part for me."

This lifestyle change introduced Aprile and his wife, Donna, to what they call meal prepping.

"We basically prepare two days' worth of meals at a time, which consists of about 12 containers of food that have to be consumed every two-and-a-half hours, six times a day," Aprile said. "You are basically eating chicken/fish, green veggies, sweet potatoes, egg whites and oats for 12 to 13 weeks without anything else entering your body. Add a full gallon of water every day and trust me, you're ready for a rubber room."

Still, Aprile wouldn't have it any other way.

"My first child, Gianna, was born in February of 1999 and after six months of paying gym dues and not going even once, I canceled my membership at 27 years old," Aprile said. "I always planned on getting back to the gym and revisit



(above) Mike Aprile of Warren is preparing for his first competition in November at age 46.

my 'Glory Days' but life got in the way."

Now Aprile is back, smarter and fitter than ever.

"I've learned it's never too late to accomplish anything," he said. "If you put one hundred percent of your heart and effort into it, your body will follow."

The National Gym Association was established in 1979. The organization says it is dedicated to the natural athlete and to teaching and training individuals to become the most professional certified personal fitness trainers in the world. Call 9954-344-8410 for more information.



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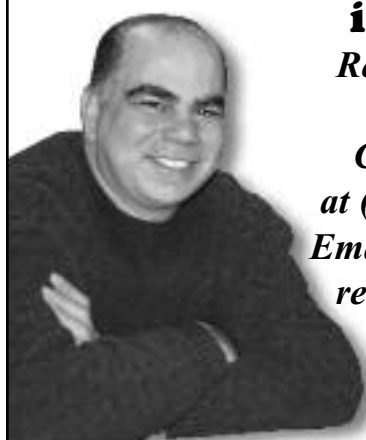
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WAGNER FARM ARBORETUM'S BRITE NITES 2018

Submitted by Christina Lewis

It's back! Returning for a seventh year, Wagner Farm Arboretum's spectacular Halloween-themed event "Brite Nites" showcases an elaborate display of intricately and creatively hand-carved and lighted pumpkins. Meander through our garden path filled with breathtaking pumpkin sculptures, where you will be astounded by their complexity and originality. New this year is the partnership with Dusk Productions to bring you an even bigger haunting experience with our "Barn of Fear" display. Watch out for the roaming ghouls, vampires and witches, or be mesmerized by the wandering magician, musicians and dancers. The whole family will be entertained with a night to remember. In addition, we will have a food pavilion where you can enjoy a quick bite from a wide selection of food trucks. Hot

cocoa and cider will be available for purchase.

Brite Nites 2018 will occur on the dates of October 12-13, 19-20, 26-28. Entry times start at 6:30 p.m. and end at 8:30 p.m. Wagner Farm Arboretum is located at 197 Mountain Ave., Warren, NJ 07059. They can be visited online at wfafnj.org.

Admission tickets cost \$15 per Adult; \$10 Senior, \$10 Child ages 4-12, Children 3 and under are free. Tickets are sold online in 15-minute intervals.

No Strollers, No Pets please - paths get muddy
About Wagner Farm Arboretum:

Established in 2004 as a non-profit organization, the Arboretum seeks to enrich, educate and inspire the community by increasing environmental awareness and natural recreational opportunities.



(above) The seventh annual "Brite Nites" Wagner Farm Arboretum will be back this October, with astounding pumpkin sculptures, a "Barn of Fear", and other entertainers.

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ANNE LAHOFF CELEBRATES 102ND BIRTHDAY AT THE CHELSEA AT WARREN

Anne LaHoff, a former dance teacher who once danced with Fred Astaire, celebrated her 102nd birthday at The Chelsea at Warren, 274 King George Road, surrounded by friends and family, on Wednesday, September 5, 2018.

Warren Committee member Carolann Garafola was on hand to honor Mrs. LaHoff.

Mrs. LaHoff, who was born in Jersey City and later moved to North Arlington, was a career employee of RCA in Harrison where she

supervised the manufacture of vacuum tubes.

The highlight of her second career as a ballroom dance instructor came in 1949 when she won the Viennese Waltz portion of the Harvest Moon Dance competition in New York. The prize was a dance with legendary performer Fred Astaire.

Mrs. LaHoff was joined at her Chelsea birthday party by her many Chelsea friends, her grandson and great-granddaughter.

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(above) Warren Committee member Carolann Garafola with Mrs. LaHoff at the celebration of her 102nd Birthday.

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SPECIAL NEEDS STUDENTS PARTICIPATE IN SCOUT REGATTA

Students at the Crossroads School in Westfield participated in their annual "Raingutter Regatta," the school's summer version of their annual Cub Scout Pinewood Derby. In a raingutter regatta two students race handmade sailboats down a narrow channel, whoever reaches the end of the channel first is the winner. The students can decorate and name their boats before the race.

Patriots' Path Council of the Boy Scouts of America has partnered with the Union County Educational Services Commission for over 5 years to provide Scouting programs to special needs youth in Union County at The Crossroads School (Pack 45) and The Westlake School (Troop 1571), both in Westfield. The Westfield United Fund sponsors the program and pays for the students' registration and material costs.

Pack 45 at Crossroads school is led by school social worker Ms. Elaine Liggeri, who enjoys

using Scouting to give her students enrichment activities that they may not be able to participate in outside of a school setting. The pack will have its annual Pinewood Derby next winter.

For more information about Special Needs Scouting in Munsee, Raritan Valley, or Watchung Mountain, please contact Program Executive Will Adams at

will.adams@scouting.org

or 973-765-9322 x234; for Black River, Fishawak, and Sussex, please contact Program Executive Michael Loughman at

michael.loughman@scouting.org

or 973-765-9322 x 226.

For more information about Special Needs Scouting in our area, please contact Program Executive Will Adams at

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Cranford Endodontics Welcomes Dr. Eric Weinberg



Cranford Endodontics is pleased to welcome Dr. Eric M. Weinberg to our practice. Dr. Weinberg earned his Bachelor of Arts degree in History from Brandeis University, and graduated Cum Laude from the Boston University Henry M. Goldman School of Dental

Medicine, where he received his D.M.D. degree.

Dr. Weinberg returned to New Jersey to complete his General Practice Residency at Newark Beth Israel Medical Center, and then proceeded to serve the Union County community as a general dentist for an additional year. He then completed his specialty training at the Rutgers University School of Dental Medicine, where he earned his Certificate in Endodontics (root canal treatment).

Dr. Weinberg has been trained in modern Endodontics, including use of the dental microscope, Cone Beam CT (CBCT) three-dimensional radiography, up-to-date surgical techniques, and CBCT-guided endodontics via 3-D printing.

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(above) Students from Crossroads School in Westfield participating in their annual "Raingutter Regatta," where they raced handmade sailboats down a narrow channel.

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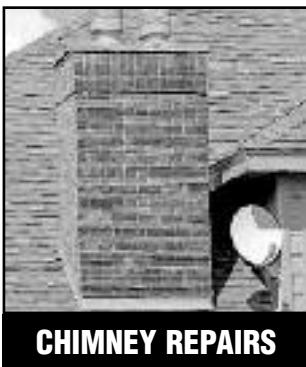
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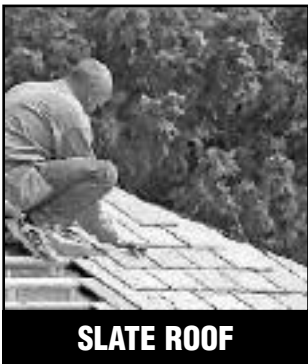
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REC DEPARTMENT LAUNCHES SURVEY FOR RESIDENT FEEDBACK

The Mission of the Warren Township Recreation Commission is to enhance the quality of life in Warren Township by providing the best possible recreational facilities, open natural spaces and programs for its citizens. The Warren Township Recreation Commission invites all residents to take advantage of the parks, natural resources, and recreation programs available in the township.

Warren Township's Recreation Department is looking for feedback from Warren Residents on current programs, events and facilities. All feedback is greatly appreciated to help improve in the future. To access a short Google Survey, please go to <https://goo.gl/forms/qeDV8MUltKh44qjm2>.

To stay updated with recreation news visit warrennj.org, Facebook and Twitter. If you have any questions or concerns please contact the Recreation Director, Joseph Passaro, at 908-753-8000 ext. 270 or jpassaro@warrennj.org.

FREE DOCUMENT SHREDDING EVENT IN OCTOBER

The next "Operation Secure Shred," the free document-shredding program for Somerset County residents will be held on October 20, 2018 at Green Brook Middle School, 132 Jefferson Ave.

The Somerset County Public Works Department invite residents to take advantage of the drop-off program for easy, no-hassle shredding of personal documents.

The events are held rain or shine, from 9 a.m. to 1 p.m., or until the trucks are filled to capacity, at which time they leave and the event is over for that day. A valid New Jersey driver's license to confirm Somerset County residency is required. Pre-registration is not required. No businesses are allowed.

Residents from all 21 Somerset County municipalities are invited to have personal documents shredded at as many free, on-site mobile paper-shredding events as they wish to attend. Residents do not have to reside in the town hosting an event to participate.

Documents will be commercially shredded safely, privately and properly by trained, licensed and bonded document-destruction specialists. Staples and paperclips do not have to be removed. Residents may bring documents in up to six boxes, containers or bags per visit and will be asked to take back their receptacles. Residents may stay and watch as their documents are shredded.

Junk mail, magazines, and newspapers will not be accepted. This shredding opportunity is not open to businesses.

For more information about locations of the municipal shredding events, contact the towns directly. A listing of towns in Somerset County can be found on the county's website, co.somerset.nj.us. A schedule of shredding events and more also is available.

For more information about the "Operation Secure Shred" program, contact the Somerset County Public Works Department at 908-203-6018.

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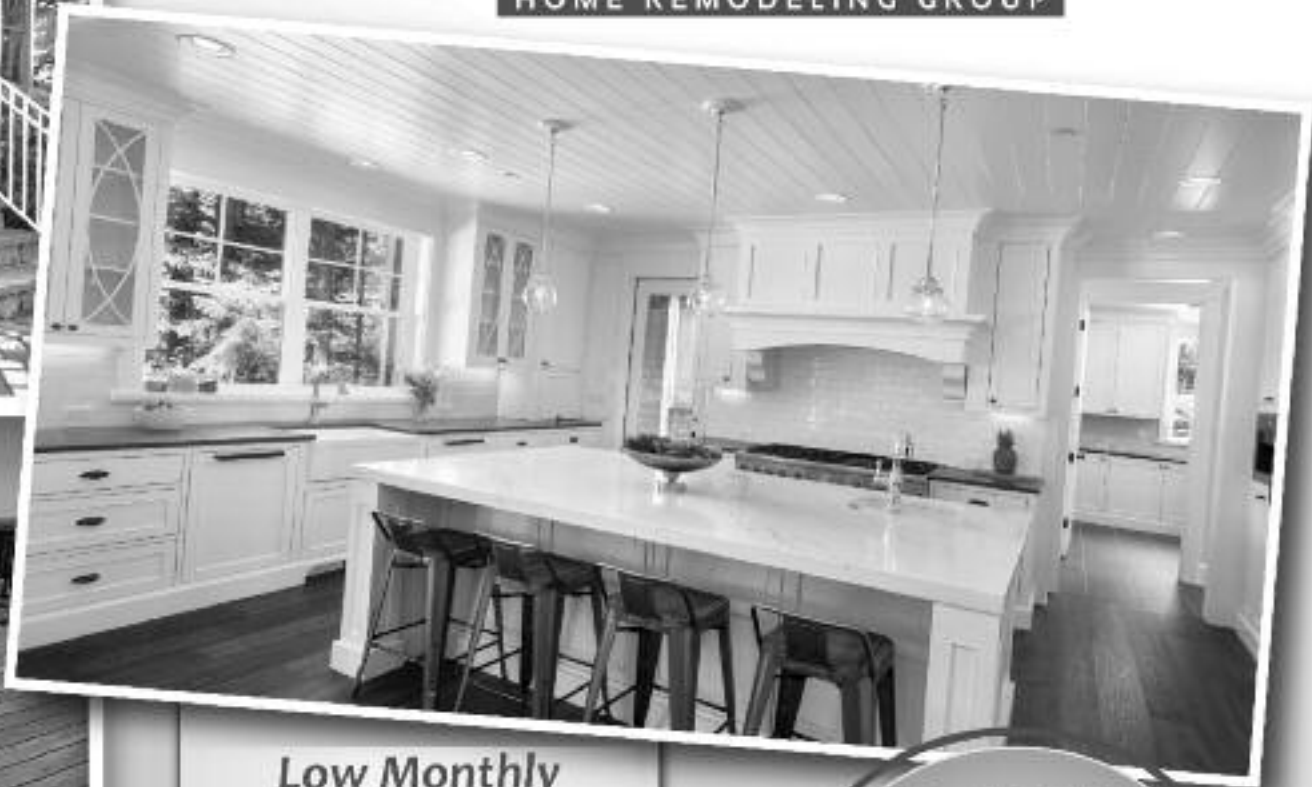


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U-19 RAPTORS COMPLETE THE PERFECT SOCCER SEASON

Perfection is not easily attained, but it is something the Watchung Hills Soccer Association U-19 Raptors can lay claim to following an unblemished spring season.

Compiling a 10-0 record in the regular season, the Raptors' road to the U-19 Mid NJ Championship in June included a 4-1 semifinal victory over Woodbridge Barccelona and a 3-1 triumph over Cranford Rush in the final.

"Perfect seasons do not come around very often, and they are never products of luck," said Matthew Murphy, the team's trainer from the United Soccer Academy. "We went 12-0, we won our flight, and we won the MNJ title. We scored over 50 goals and conceded only 5. It really

doesn't get much better than that."

The Raptors are comprised of soccer players from the Watchung Hills sending district towns of Warren, Watchung, Long Hill and Green Brook. Many of the players were active on the Watchung Hills Regional High School varsity soccer squad, though the team also includes players from Rutgers Prep and Morris Catholic. Many of the members graduated in the WHRHS 2018 class, and are attending colleges such as Cornell, Rensselaer Polytechnic, UCal-Berkeley and Michigan in the fall.

"We started with a solid group of players who really love the game, but needed to quickly learn to work together to play at a very high level,"

said Michael Cantone, the head coach and a longtime WHSA volunteer. "I'm proud that the values of the team – respect, teamwork and focus – were apparent in every game and training session. ... They play soccer like the beautiful game it is meant to be."

"They are winners, and I have no doubt that success will follow them wherever they go in life," Murphy said.

The Watchung Hills Soccer Association provides recreational, travel and elite soccer programs primarily for children in Warren, Watchung, Green Brook and Long Hill. There are more than 1,200 children in the program. WHSA can be reached at whsahelp@verizon.net.



(above, front row) The Watchung Hills Soccer Association U-19 Raptors include Head Coach Michael Cantone, Sergio Garcia, Dan Snyder, StevenBressler, KC Wittmaack, Preston Gatto, Varun Kadikar, Rajveer Singh, David Cantone, Michael Tobin, (back row) Karl Durant, Gabe Ferriera, Matthew Tankel, Shawn Cagnetta, David Gerdau, John Sonta, Arthur Paganini and United Soccer Academy trainer Matthew Murphy. Not pictured are John Maziarz, Reid Baltuch, Timothy Scanlo and Justin Goldberg.

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“HOW VOLUNTEERING TRANSFORMED ME:” AN INTERVIEW WITH CARING CONTACT VOLUNTEER

Each year approximately 45,000 people die by suicide in the United States, 120 people each day, one person every 12 minutes. Though this tragically large number continues to increase annually, there is work being done to reverse this trajectory.

Caring Contact is an award-winning, volunteer-staffed crisis hotline and listening community. We compassionately serve those in emotional distress and educate our communities about the power of personal connection. In 2017, our volunteers responded to over 10,000 calls

through our caring and crisis line. Contact Listeners are volunteers who listen to people in crisis over the phone. They receive 52 hours of listening and suicide awareness and intervention training before assisting people in need of support. Even after this rigorous training, most listeners are surprised by how volunteering transforms them. To give you a sense of their experience, here is an interview with a current Caring Contact volunteer listener (whose name is being withheld).

What is your professional background?

I am a recent college graduate. I studied Sociology and Psychology.

How would you describe your listening skills?

I would regard myself as a quiet listener. I know that probably sounds weird or maybe even obvious. But, after the training I realized how much talking I was doing when people were venting to me. Before I became a trained listener I don't think I realized how powerful the act of listening can be or how difficult it is sometimes. I used to be distracted when listening to people and I missed a lot. Through the training I've attached a real purpose to listening and listening well, which has made me better in a variety of aspects in my life.

Tell me about your training.

The training struck this balance between easing the volunteers into the material and also challenging people in ways that were a bit nerve-racking. I remember my first practice session where I was acting as the Listener. All I was supposed to do was listen and reflect on a feeling or two. This, honestly, turned out to be one of the most difficult role plays because all I wanted to do was solve what seemed like an obvious problem to me, rather than just really listen to what the person was saying.

I found that the training applied to both the hotline and also my everyday life. I think everyone's family members and friends are grateful when a person takes this training. I also loved the growth of each volunteer, it is so clearly visible because of the practice sessions and utilization of the skills we learned - there is a lot of development throughout those 12 weeks.

Do you ever feel like you get a call you can't handle? How do you cope?

The first few crisis calls were really scary. I remember that I decided on those few phone calls to just be there and to sit with the person in this dark, dark hole. By the end of the call we had developed a safety plan and the person was safe in that moment. After these types of calls, I usually debrief with someone in the office or another volunteer who is working at the same time as me.

Also, there is a bell in the phone room which lets someone in the office know you need help. There was one instance when my phone call got disconnected because I was so shaken up and didn't know what to do. Janet Sarkos, the Executive Director at Caring Contact and a volunteer listener, came in and talked me through the call. It's things like that that make the



(above) A Caring Contact volunteer shares what she's experienced on the suicide prevention and crisis hotline.

overwhelming calls easier. It's really helpful to be surrounded by people who have had similar calls, speaking to them is a huge way of coping for me.

What types of calls are most challenging?

Any call that involves someone being really down, feeling stuck and alone. Those are hard calls. They aren't necessarily difficult to manage, but so many of these calls stick with me and I want to do more, to change their living situations and that's just not possible. I think the most difficult calls are those that end before it seems like we have reached a safe plan, or have made enough progress - this has happened before and it's really hard to let those calls go.

Which call was really memorable for you?

One of the most memorable calls was from a college student. We talked for about 45 minutes. He told me that he's never told anyone the things that he's told me during our phone call. He disclosed that if he had not picked up the phone and talked to me, that he was planning on running in front of a truck on the highway. Knowing that someone called and just by speaking to me for an hour felt like they could go on for one more day, that's very powerful.

How did becoming a listener change you?

Being a listener has opened my eyes to how many people are struggling, how many people think about suicide but don't tell those they are close to. I now feel comfortable asking those I am close to if they are struggling or thinking of suicide. That's something I never would have done if it hadn't been for this training and experience. I now know how powerful listening can be, just listening to another person. It can change their life.

Please visit our website, caringcontact.org, to find out more and how you can volunteer to save a life.

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ALL AGE PROGRAMS

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October 8, 9; 9:30 a.m. - 9 p.m.

Constructions Zones

October 13, 11 a.m. - 2 p.m.

Drop-in Craft - Monster Mobile (families)

October 23, 3:30-7 p.m. and

October 27, 11 a.m. - 3 p.m.

CHILDREN, TWEEN, AND TEEN PROGRAM

Baby Storytime (ages birth - 18 months)

October 2, 9, 16, 23, 30; 9:45-10:10 a.m.

Toddler Storytime - Story and Craft (18-36 months)

October 3, 4, 10, 11, 17, 18, 24, 25, 31;
10-10:30 a.m.

Preschool Storytime - Story and Craft (ages 3-5)

October 4, 11, 18, 25; 11-11:45 a.m.

Let's Cook - Apple Strudel Muffins (grades 3-5)

October 9, 4:30-5:15 p.m.

LEGO® Time (grades K-5)

October 10, 3:45-4:45 p.m.

Rockness Music (ages 6 months - 4 years)

October 15, 10-10:45 a.m. and 11-11:45 a.m.

Teen Volunteer Night (grades 6-12)

October 16, 7-8 p.m.

Spooky Snacks (grades 2-5)

October 18, 4:30-5:30 p.m.

Craftastic Fun (grades K-2)

October 25, 4:30-5:15 p.m.

ADULT PROGRAMS

Yarns and Threads

October 1, 8, 15, 22, 29; 10 a.m. - noon

Special Needs Social Hour

October 1, 7-8 p.m.

English Conversation Group

October 2, 9, 16, 23, 30; 10-11:30 a.m.

History of Old Presbyterian Graveyard in Bound Brook

October 3, 7-8:30 p.m.

Starting the Conversation

October 6, 11 a.m. - 12:30 p.m.

Recipe Club

October 8, 7-8:15 p.m.

Needlepoint

October 9, 7-8:30 p.m.

The Beatles - The Songs They Gave Away

October 10, 6:30-8:30 p.m.

Book Discussion

October 11, 1:30-3:30 p.m. and

October 24, 7:15-8:45 p.m.

Film Discussion

October 12, 1-3 p.m. and October 18, 1-4 p.m.

Writers Group

October 17, 7-8:30 p.m.

World Religions and Cultures - From Shtetl to Ghetto

October 18, 7-8:30 p.m.

Legends and Lore of Somerset County

October 25, 7-8:45 p.m.

Celebrate Your Life Story

October 27, 11 a.m. - 12:30 p.m.

Professor Led Book Discussion:

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Summar's 10th Annual Golf Outing

Columbus Day

Monday, October 8th

12:00pm Shotgun Start

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Player Registration (Dinner & All Drinks Included) is only \$135 per Golfer!
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For more information, please contact Summar A. Kasar at
Summarak@gmail.com or 732.331.9796

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- Ad marketed in the program
- Introduction at Dinner
- Presented a special gift at the dinner.

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Warrenbrook Golf Course
500 Warrentown Road, Warren, NJ

Cocktail Dinner & AWESOME Tricky Tray starts 5:30pm at

FOREST LODGE

Please contact Summar A. Kasar 732.331.9796 or Summarak@gmail.com with any questions.

Thank you for donating to such an important cause!

CALL FOR ENTRIES: NJ PHOTOGRAPHY FORUM'S 24TH JURIED EXHIBIT

Photographers are invited to submit photographs to be considered for exhibition at the 24th Juried Photography Exhibit of the New Jersey Photography Forum. In the almost twenty-five years since its founding, this exhibition has developed to be one of the most important juried photography shows annually and attracts entries from all over New Jersey.

The exhibit is open to any photographer able to hand deliver their work to the Watchung Arts Center on the Watchung Circle in Watchung, NJ on Saturday, October 27, 2018 from 1 - 4 p.m. The cost is \$20 for every two photographs entered. There is no limit to the number of entries; however, all entries must be professionally presented and securely wired for hanging. There will be cash awards for Excellence and Merit. A show prospectus is available on the NJPF website.

The public is invited to attend the opening reception on Sunday, November 4, 2018 from 1 - 4 p.m. at which time awards will be presented and everyone will have an opportunity to meet the artists. The exhibit is free and open to the public during business hours of the Watchung Arts Center: Tuesday, Wednesday, Thursday, and Friday: noon - 5 p.m., Saturday: 10 - 3 p.m. The exhibit will be curated by Nancy Ori of Berkeley Heights. All of the images will be for sale with a portion of the proceeds going to support the Watchung Arts Center.

The jurors for the show are: Matthew Gosser, Professor and Gallery Director of the College of

Architecture and Design, NJIT and Gallery Dir of Art and Artifacts of Architecture and Design, NJIT and Gallery Dir of Art and Artifacts of Newark and a photographer, sculptor and furniture designer; Bill Brokaw, owner of Brokaw Photography in Frenchtown, NJ, and a teacher and curator; Nancy Ori, exhibitor, curator, author, freelance photographer and educator and the director of NJ Photography Forum and Digital Arts Group and the owner of NJ Media Center in Berkeley Heights.

The New Jersey Photography Forum is dedicated to furthering the interests of professional and serious photographers living or working in the New Jersey area. Over the past 24 years under the direction of Nancy Ori, the NJPF has become the largest and most recognized group of fine art exhibiting photographers in the state.

The monthly meetings are held at the Visual Arts Center of New Jersey in Summit and

attendees are encouraged to share expertise and advance their skills. The meetings provide access to a wide variety of current creative and technical information through informal presentations and demonstrations by manufacturers and photographic artists. Regularly, photographers have an opportunity to display their work for critique by others. Exhibition possibilities within the fine art community are constantly explored, and the NJPF is has become a valuable resource for photographers interested in becoming fine art exhibitors.

The Watchung Arts Center offers new art exhibitions each month, performances of music, comedy, improv and classes for children and adults in art, photography, dance, yoga, and more. Visit their website at watchungarts.org.

You can learn more about the New Jersey Photography Forum by visiting their web site at njphotoforum.com or calling Nancy Ori at 908-790-8820.

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CHELSEA SENIOR LIVING DIRECTOR'S NYC MARATHON RUN

Chelsea Senior Living Regional Operations Director Paul Gedbaw has been an avid runner for twenty years. But his participation in this year's New York City Marathon has special significance.

"In April my good friend Bob passed away from ALS," he says. "That's how I got hooked up with Team ALS."

Gedbaw will run with Team ALS in the Marathon, one of the world's premier foot races, held November 4, 2018. The 26-mile race, the ultimate endurance test for a runner, is also a fundraising venue for many charities. The money raised by Team ALS goes to the New York Chapter of the ALS Association.

ALS, Amyotrophic Lateral Sclerosis, also known as Lou Gherig's Disease, attacks the nerves and makes them unable to control the muscles. It has no cure. Stilson's decline from the degenerative disease began in his early 70's and happened quickly. He died at age 73.

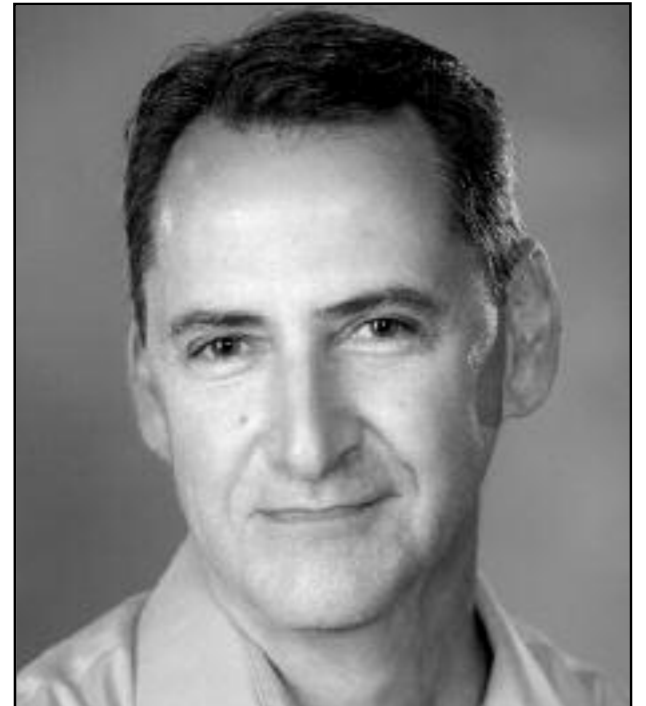
"Bob Stilson was a high school teacher of mine," Gedbaw says. "He was a mentor and really the first adult who showed me there was a

world outside the town I grew up in (Ogdensburg, NY). In later years, we just stayed friends. My goal is to raise five-thousand dollars. The money, which will go to the ALS Association, goes towards research, treatment, therapies and trying to improve the quality of life for people living with the disease."

Gedbaw of Raritan Borough, is soliciting donations through his Crowd Rise web page, crowdrise.com/paulgedbaw.



(above) Bob Stilson, whose life inspired Paul Gedbaw to run with Team ALS.



(above) Paul Gedbaw.

Photos courtesy of Chelsea Senior Living.

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5K/RUN

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9:05 am - 5k Runners & Walkers

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10:15 am - Awards



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Watchung • 908-490-1600
Cash Only. Limit 4. Not valid with any other
offers or discounts. Expires 11/10/18.