

# WARREN MONTHLY<sub>NJ</sub>

WARREN'S HOMETOWN NEWSPAPER

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## AMERICAN LEGION CELEBRATES ST. PATTY'S DAY

The Warren Township American Legion celebrated St. Patty's Day with a traditional dinner open to the public. Members of the community gathered at Post 293 on Sunday, March 20th, 2022. The Legion cooked 200 pounds of corned beef this year, a 50 pound decrease from last year due to increased prices. Despite the price increase, the day was a big success.



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# WARREN MONTHLY

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Warren Monthly

## WINTER FESTIVAL, BONFIRE & FIREWORKS WAS A HUGE SUCCESS

### Warren Township Recreation Department

The 13th Annual Winter Festival, Bonfire and Fireworks event on Saturday, March 5, 2022. It was attended by over 3,000 residents and people neighboring communities. The focal point of the event was the bonfire and the fireworks that was managed by the Warren Fire Department.

Event goers were also able to enjoy various activities such as horse and carriage rides, petting zoo, carnival rides, marshmallow roasting, an ice sculpture artist and visiting vendor booths.

The Recognized Sport Groups provided carnival games, the Warren Lions Club served hot chocolate and the Warren Cub Scout Pack 182 served popcorn. Food Trucks, Let's Have a Ball, Latin Bites, Big John's Gourmet Burgers and Dilly Dilly Donuts were selling food at the event.

Please thank our sponsors and our dedicated volunteers. Without them, we could not have had a successful event.

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Photos by Warren Township Recreation

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**LIVING THE GOSPEL, SHARING A SPACE**

*Wilson Memorial Church*

This January marked the start of the second year of Wilson Memorial Church’s space-sharing arrangement with St. Augustine & St. Monica Coptic Orthodox Church.

For many years now, Wilson’s congregation has been using the large, modern sanctuary which faces Hillcrest Road, leaving the lovely iconic stone chapel at the corner of Valley Road quietly waiting. But in January of 2020, the congregation voted to share that space with the Coptic Orthodox Church as they plan construction of their own building on a property they have purchased in Warren.

In the interim, the two churches have been welcoming the faithful on Sunday mornings to celebrate worship in similar, yet distinct, ways. And the result has been overwhelmingly successful.

“Hospitality has always been a hallmark of Christian practice, especially when it comes to members of our own Christian family. That hospitality has been certainly reciprocal as they have contributed much to the spirit of our congregational life at Wilson. It has been a joy to have our family from St. Augustine and St. Monica’s sharing the building that God gave us over a century ago,” commented Rev. Michael Droege, Pastor of Wilson Memorial.

Wilson Church members have been delighted

to see the quiet Chapel and unused meeting areas come to life again with families coming to worship under the guidance of the Rev. Peter Dimyan of St. Augustine and St. Monica’s.

Rev. Peter said, “As difficult as the early stages of a growing parish are, there are certainly an abundance of blessings as well. Among our greatest blessings have been the Christ-like love and hospitality shown to us by Wilson Memorial Church. Wilson’s Pastor, Michael Droege, their leadership, and congregants have exemplified the spirit of the Gospel, to love your neighbor as yourself. They not only have followed Christ’s command to go the second mile with us, but have gone to the third and fourth mile as well! Wilson Memorial Church’s love has been a humbling experience that our Parish will never forget and an example for us to imitate as we grow. Wilson Memorial Church is truly a blessing to the entire city of Watchung and I’m certain whoever walks through their doors will feel the same warmth and love we feel today!”

Someday in the future, the parishioners of St. Augustine and St. Monica Coptic Orthodox Church will have their own church building in which to pray, but for the time being, these two Christian churches, with different customs in worship, continue to enjoy the benefits of what it means to share.



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# STUDENT LEADERS HOST FUNDRAISER FOR SRAS

## Warren Township Schools

Student Leaders from Central School's fourth and fifth grades recently organized and executed a successful fundraiser for the Somerset Regional Animal Shelter (SRAS). Over five school days, the event pulled in over 650 much-needed supplies from the Central School Community.

According to Ms. Pech, who oversees the Student Leaders, "The students chose to organize their first fundraiser of the year for the animal shelter because it is an organization that they all care a lot about."

To increase participation, Student Leaders implemented an incentive program allowing students the opportunity to earn extra recess time.

To earn points the students dressed up as animals, donated items for the shelter, and participated in animal-themed games. Mrs. Christina Tommaso's second-grade class earned 50 points for winning the "Guess the Number of Dog Treats" game. In the end, the fifth graders swept the competition by donating over 250 items, and in return, they all enjoyed extra recess time.

The fundraiser was driven by the students' desire to help. "I love how as a Student Leader, I was able to count the donations every day. Another part of this fundraiser I loved was that the grade levels were competing for extra recess, so we got even more donations since everyone wanted to win!" said fifth-grader Sydney Ullrich.

If families are interested in helping the shelter or adopting a dog or cat, please visit the shelter's website [srasnj.org/](http://srasnj.org/).



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(above l-r) Top: Max Sobin, Mateo Torres, Lorenzo Gramaglia, Luca Runfola, and Leah Ferreira; Bottom: Farrah Hassimi. Some of the Student Leaders who organized and ran a fundraiser to benefit the Somerset Regional Animal Shelter.

Photo by Warren Township Schools



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# WOMEN'S GUILD INVITES WOMEN TO GATHER WITH THEM

Submitted by Carol Droege

The Women of Wilson Memorial Church in Watchung made HERstory on the morning of February 19th, 2022, by holding a meeting of the Women's Guild to widen the welcome to working women who have otherwise missed the opportunity to meet for service and fellowship during the traditional meeting time of 11:30 a.m., the first Thursday of each month.

As the Women's Guild morphs into its newest iteration, it is clear that there is a desire to uphold traditional practices established decades ago by the original guild, while keeping an eye out for new ways to bring care through the love of Jesus to those in Wilson's congregation and the community beyond. In addition, the goal of both groups is to provide a source of support to women of all ages that will empower them to leading a deeper spiritual life, for themselves and their families. Becoming inclusive to women from all backgrounds and giftings only enhances

the resources the Guild will be able to offer as a collective.

In this Lenten season, the Guild has initiated the return of the Shrove Tuesday Pancake Supper on March 1st, and provided soup for one of the four Soup Suppers taking place on the Sunday nights of Lent at Wilson from the 13th of March to April 3rd. They also facilitated the weekly post-worship Coffee Hour on March 6th. There has been discussion of forming different interest groups that will act as resources and emotional support to women, and their families, facing grief and other family care issues, including food insecurity.

There are two opportunities to gather each month. The Women's Guild meets each first Thursday of the month, at 11:30 a.m. and the Collective on the second Saturday, at 10:30 a.m. Women of all ages are welcome at both meetings as their schedule allows.

Courtesy photo



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(above) The Women of Wilson Memorial Church in Watchung invites women of all ages to gather with them.

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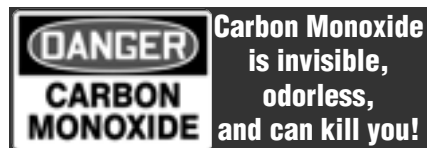
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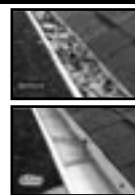
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To join a virtual program by phone, dial (646) 876-9923. After dialing, you will be prompted to enter a meeting ID, which is unique for every event. The meeting ID is the series of numbers at the end of the Zoom link posted for each event.

## VIRTUAL BOOK DISCUSSION SALONS:

### Graphic Novel Discussion

April 5; 6:00 p.m. - 7:00 p.m.

**The Marrow Thieves by Cherie Dimaline**

March 8; 6:30 p.m. - 7:30 p.m.

**The Children's Blizzard by Melanie Benjamin**

March 15; 7:00 p.m. - 8:00 p.m.

### Chair Yoga

April 6, & May 4; 10:30 a.m. - 11:30 a.m.

**Planning for Children with a Disability**

March 8; 6:30 a.m. - 7:30 p.m.

**Leading Ladies of the Renaissance**

March 8; 7:00 p.m. - 8:00 p.m.

Presented by Greater Raritan One-Stop Career Center:

**Business Etiquette for Jobseekers:**

**First Impressions Count**

March 9; 10 a.m. - 12:00 p.m.

**Neuro Linguistic Programming:**

**Tools for Real Life**

April 13; 10:00 a.m. - 12:00 p.m.

**Conquering Your Fear of Public Speaking**

May 18; 10:00 a.m. - 12:00 p.m.

### Recipe Club

6:00 - 7:00 p.m.

Casseroles on March 9.

Middle Eastern Food on April 13

Celebrity Chef Recipes on May 1

**Poet, Codebreaker, Nazi Hunter:**

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March 10; 7:00 p.m. - 8:00 p.m.

**Broad Band: The Untold Story of the Women Who Made the Internet**

March 14; 7:00 p.m. - 8:00 p.m.

**The Audacious Adventures of Nellie Bly with Dr. Bill Thierfelder**

March 16; 7:00 p.m. - 8:30 p.m.

Presented by The Greater Raritan Workforce Development Board:

### SkillUp Greater Raritan

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**Making Your Job Search Work for You**

April 20; 7:00 p.m. - 8:00 p.m.

**Career Connections Resources: Local and National**

May 13; 2:00 p.m. - 3 p.m.

**The Price of Popularity: How Uncle Tom's Cabin Changed America**

March 21; 7:00 p.m. - 8:00 p.m.

**Walking with Grandma Gatewood: The Woman Who Saved the Appalachian Trail**

March 24; 7:00 p.m. - 8:00 p.m.

**My Return to Glacier National Park**

March 28; 7:00 p.m. - 8:00 p.m.

**Springtime Storytime (ages 3-6 & caregivers)**

March 30; 10:30 a.m. - 11 a.m.

**Competition Math Prep (grades 7-12)**

March 30 & April 20; 5:30 p.m. - 6:30 p.m.

**Margaret Bourke-White and the Corporate Creation of the Photojournalist**

March 30; 7:00 p.m. - 8:00 p.m.

### Midcentury Cuisine:

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**The Lincoln Assassination**

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April 6; 7:00 p.m. - 8:00 p.m.

**Swing into Spring: Music, Dance, & Comedy Show**

April 12; 4:30 p.m. - 5:10 p.m.

**The RMS Titanic: Her Final Days**

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**My Letter to the World: A Virtual Tour of the Emily Dickinson Museum**

April 13; 7:00 p.m. - 8:00 p.m.

**The Science of Political Polling: A Lecture on Recent Industry Trends with Ashley Koning**

April 18; 7:00 p.m. - 8:00 p.m.

**Perennials in Pots: Creative Combinations for Jaw-Dropping Containers**

April 19; 7:00 p.m. - 8:00 p.m.

**The Brilliant and Bizarre Brontë Sisters**

**with Dr. Engel**

April 25; 7:00 p.m. - 8:00 p.m.

**Meet Rachel Carson, the Woman Who Advanced the Global Environmental Movement**

April 27; 7:00 p.m. - 8:00 p.m.

## MEET THE AUTHOR (GRADES 6-12)

Tehlor Kay

April 28 ;5:00 p.m. - 5:30 p.m.

Carlos Hernandez

May 10; 5:00 p.m. - 5:30 p.m.

**Transatlantic Airships with Jason Scappaticci**

May 4; 7:00 p.m. - 8:00 p.m.

**Understanding Hypertension**

**with Dr. Cedrick Batchateu**

May 5; 7:00 p.m. - 8:00 p.m.

**Broadway:From Back Row to Backstage**

May 9; 7:00 p.m. - 8:00 p.m.

**The Smallest War Heroes:**

**the U.S. Army Pigeon Service with Mary Rasa**

May 17; 7:00 p.m. - 8:00 p.m.

**Moviegoing in America: Nickelodeons to**

**Movie Palaces to IMAX to Netflix**

May 18; 7:00 p.m. - 8:00 p.m.

**The Jersey Shore: The Past, Present, and**

**Future of a National Treasure**

May 23; 7:00 p.m. - 8:00 p.m.

**Ecological Gardening with Charlie Nardozi**

May 24; 7:00 p.m. - 8:00 p.m.

**Claude Monet: Obsessed with the Natural**

**World with Janet Mandel**

May 25; 7:00 p.m. - 8:00 p.m.



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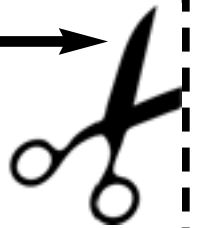
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## ATTENTION PARENTS OF KIDS AGES 6-18

# 31 IDEAS TO HELP KIDS EAT BETTER, RUN FASTER, GET STRONGER AND BECOME THE BEST VERSION OF THEMSELVES

*Cut This Page Out and Put on Your Refrigerator* →



### **Eat Better**

- Drink AT LEAST 4 Water bottles
- Have a fruit or veggie with each meal
- Have nuts instead of chips as a snack
- Have a source of protein in each meal
- Take a multivitamin
- Limit sweets to only one serving

### **Get stronger**

- Perform 50 bodyweight squats
- Perform 50 pushups
- Perform a plank for 60 seconds 3 times
- Perform 25 vertical jumps
- Get at least 8 hours of sleep a night

### **Be Happier**

- Get at least 30 minutes of exercise
- Do a morning routine that you enjoy
- Write 5 things that you are grateful for
- Adopt a Growth Mindset
- Listen to music whenever you can

### **Run Faster**

- Do 10 hill sprints
- Perform 15 Broad Jumps
- Sprint for 50 yards
- Perform single leg jumps
- Perform High Knee Marches

### **Build Confidence**

- Do something outside of your comfort zone
- Read a book
- Practice or spend time on your hobbies
- Learn a new skill
- Work towards a new Goal

### **Be More Active**

- Walk during TV show commercials
- Schedule exercise time
- Whenever you see a commercial for a car company, perform 10 squats
- Find a buddy, and exercise with them
- Try a new method of exercise every week (i.e. biking, running, lifting weights, etc.)

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PARENTS  
OF KIDS  
AGES 6-18**

# Summer Athlete Performance Camp in Berkeley Heights

**Discover how to get your children strong, fast, and confident this summer...so they can become the best athletes they can be.**

**This program is for your child if:**

- They want to get better at sports but struggle because of **lack of speed, strength or stamina.**
- They **eat more junk food than healthy food** and you need another voice to help them understand how important a healthy diet is during these developmental years.
- They **need to improve their confidence** and you want them to start to get better at recovering from their mistakes.
- They're doing pretty good right now but want to take their performance in their sport to a **higher level.**

**Here's what parents can expect to happen:**

- **They will get stronger** which means when they show up to their sport they'll be able to perform better than ever.
- **They will run faster and jump higher** so they can show up to their next season and people will start asking what the heck have they been doing.
- They'll become **more coordinated and improve agility** which means they'll pick up new skills their coaches teach them faster.
- **Your children will start to eat better** because we'll be educating them daily on what's good and what they should avoid...don't be surprised if they start asking you to buy more vegetables.
- **Confidence will skyrocket.** When kids get stronger, faster and more fit...their confidence will rise ...so will their self-esteem which means their performance in every aspect of life will get better.
- **Their mindset will improve.** We're going equip your child with very specific mindset skills that'll help them learn how to transform how they think about mistakes and failures.

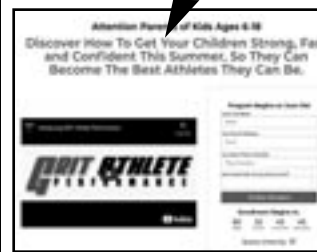


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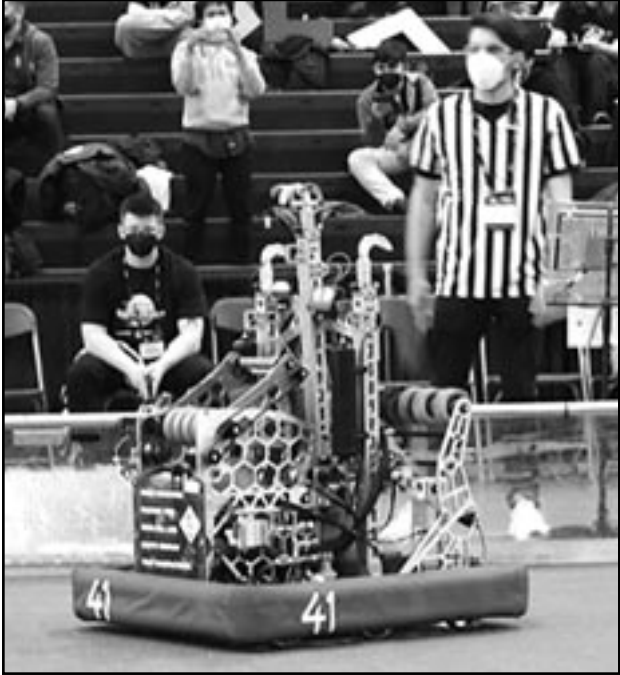
**About Grit Athlete Performance** (A Gabriele Fitness Company)

GRIT helps kids ages 6-18 get strong, fast and confident so they can build a bigger and better future. They are located in Berkeley Heights inside Gabriele Fitness. All Grit coaches have been handpicked via a very lengthy interview process by Gabriele Fitness founder, Vince Gabriele.

# ROBOWARRIORS SECURE 2ND PLACE VICTORY IN FIRST QUALIFIERS

*Submitted by Leanna Wellerding*

Watchung Hills Regional High School Team 41 RoboWarriors added a 2nd place ranking victory and an award for Excellence in



(above) Team 41 RoboWarriors robot – at this writing, name has not yet been announced.

Engineering to their long list of achievements, during the weekend of March 5th-6th, 2022.

At the FMA District Bridgewater-Raritan Event, part of the international FIRST® (For Inspiration and Recognition of Science and Technology) competition, held at Bridgewater-Raritan Regional High School, the team competed against 35 other teams from within the First Mid-Atlantic District in a series of qualifying matches. The team earned Rank 2 with a record of 13-4-1 and won the following awards:

- District Event Finalist
- Excellence in Engineering Award

This marks the teams 25th year and 52nd official event with FIRST®. The drive team and team captains Victor Johansson, Aaron Binstock, Mason DiGiorgio and Luka Hadzic, with the oversight of supervising teacher Peter Ponzio, led their team to near victory, with a one-point loss in the final round.

During the 2021-2022 robotics season, FIRST® FORWARDSM presented by Qualcomm:now going full speed ahead - teams have the power to reimagine a path forward and invent the future of transportation.

Under strict rules, with limited time and

resources, FIRST® Robotics Competition teams use sophisticated technology to build and program industrial-sized robots to play a themed field game in an action-packed alliance format.

Beginning with the livestreamed season kickoff on January 8th, teams had just two months to engineer their remotely controlled computerized robotic vehicles, determine their strategy and train their drive team. Team 41 is composed of 40+ students, serving on sub-group committees of Programming, Mechanical, Electrical and Design.

The team will next compete in the FMA District Montgomery Event which will take place April 1-3 at Montgomery High School and hope to maintain good standing for the FIRST Mid-Atlantic District Championship at Lehigh University on April 7-April 9, 2022.

Team sponsors include: Picatinny Arsenal/The Knotts Company/Nokia Bell Labs/Picut Manufacturing/Warren Lions Club/Intuitive Surgical/Thor Labs/P&R Fasteners Inc./Advent Industrial/Offaly Associates LLC/Advanced Circuits/Watchung Hills Education and Technology Foundation & Watchung Hills Regional High School.



(above) Watchung Hills Regional High School Team 41 RoboWarriors

Photos courtesy of FIRST

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# RELIEF FROM CHRONIC KNEE PAIN

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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." - Question L.

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 10:00 a.m. Festival Liturgy with Eucharist

**Holy Thursday - April 14**  
 12 noon Spoken Liturgy with Eucharist  
 7:30 p.m. Liturgy with Rite of First Holy Communion

**Good Friday - April 15**  
 12 noon Ecumenical Community Service  
 7:30 p.m. Service of Tenebrae

**Holy Saturday - April 16**  
 A Day of Silence, Prayer & Reflection

**Easter Celebration - April 17**  
 7:00 a.m. Memorial Garden Liturgy  
 8:00 a.m. Spoken Liturgy with Eucharist  
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## WMS STUDENTS GIVE PEACE A CHANCE

### Warren Township Schools

Eighth graders at Warren Middle School (WMS), under the guidance of two advisors, have been busy living up to the name of their organization, the PEACE Club. Through PEACE—Participation, Empathy, Advocacy, Community, and Empowerment—these students work in the community and within the school to create positive change.

Recent initiatives by the Club include making Thanksgiving Bags for the residents of Visions and Pathways, an organization that helps abused, neglected, homeless, and at-risk youth; crafting holiday ornaments for United Way; organizing a toy drive and a personal care items drive to support Project Homeless Connect; creating valentines for soldiers and health care workers; and making lunches for the Samaritan Homeless

Interim Program (SHIP).

Within their school community the PEACE Club members work hard to promote kindness, positivity, and peace within the Middle School and Warren Township's elementary schools.

Mrs. Lynn Degen and Dr. Susan Cooper are co-facilitators of the WMS PEACE Club. Student members of the PEACE Club include: Allison Ameo, Zoya Balakrishnan, Amanda Cashman, Demiana Doss, Emma Dsouza, Angelina Huang, Clarissa Kwan, Rebecca Lubeck, Nicholas Micheludis, Saanvi Parikh, Kayla Peng, Navya Raju, Clara Risso, Namya Singh, and Leyla Turakhonova.

Both Degen and Cooper are extremely proud of their students. More importantly, the students take pride in their Club and recognize that they are making a difference in their community.



(above l-r) Demiana Doss sorts donations from a recent Hygiene Product drive.



(above l-r) Amanda Cashman and Clara Risso create Thanksgiving Bags for residents of Visions and Pathways.



(above l-r) Demiana Doss, Mrs. Degen, Angelina Huang, Namya Singh, Clara Risso, and Allison Ameo make lunches for the Samaritan Homeless Interim Program (SHIP).

Photos by Warren Township Schools

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(above l-r) Kayla Peng, Rebecca Lubeck, Angelina Huang, Namya Singh, and Zoya Balakrishnan make lunches for the Samaritan Homeless Interim Program (SHIP).



# BE CREATIVE AT THE WARREN LIBRARY

Library customers enjoyed a winter-themed afternoon painting session at the Somerset County Library System of New Jersey's (SCLSNJ) Warren Township branch. The acrylic painting class was led by Adult Services Librarian Genevieve Girvan.

"This casual step-by-step art lesson gave participants the tools to explore their creativity," said Girvan. "Attendees learned how to blend

acrylics, paint reflections, and add shadows to create dimension in their paintings as light snow flurries fell outside the library."

The next art class for adults will be hosted at the Warren branch on April 4 at 2 p.m. Participants will learn basic embroidery stitches and create an embroidered constellation; all materials will be supplied: [sclsnj.libnet.info/event/5853778](http://sclsnj.libnet.info/event/5853778).



(above, l-r) Standing: Kelvin Kwan, Michele Woo, Felicia Flanigan, Anh Hollowell, Maryellen Carpenter, and Joe Carpenter. Sitting: Sri Karuppur and Bethany Dzedzic.

Courtesy photo

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406 Chestnut St. • Union, NJ 07083

# Marketing Toolbox

Renna Media offers a full range of marketing services, in print and online, hyper-local to regional, for every budget and market size.

## NEWSPAPER ADVERTS

We mail 160,000 newspapers to every home and business in 24 towns. You can advertise in any number of towns. Ads start at \$60.

## FULL COLOR PRINTING

We print flyers and menus, full color, two sided, on coated stock for only \$35 per thousand.

## DIRECT MAIL

Insert your flyer into the newspapers and get it mailed to every home and business for \$60 per thousand and as low as \$30 per thousand for higher quantities.

## ONLINE MARKETING

Online ads and press releases designed and placed to drive traffic to your website and get your phone ringing.

## SOCIAL MEDIA

We can design and/or manage your social media campaign from passive to aggressive plans customized to work within your budget.

## WEBSITE AND SEO SERVICES

Start with an audit/analysis of your website giving you a report and recommendations for \$250.

It is highly recommended to have a marketing plan and budget before spending.

**CALL JOE RENNA FOR A FREE CONSULTATION.**  
**908-447-1295**

# RENNA MEDIA NEWSPAPER RATE SHEET

## WE MAIL 160,000 NEWSPAPERS MONTHLY!

Tina Renna 908-418-5586 • tinarena@rennamedia.com

Joe Renna 908-447-1295 • joerenna@rennamedia.com

202 Walnut Avenue, Cranford, NJ 07016

Online at [RennaMedia.com](http://RennaMedia.com)  
and [NJLocalInfo.com](http://NJLocalInfo.com)

Call today for **FREE** consult on marketing and business plans.



Advertise in 1 or all 24 towns



<b>Berkeley Heights</b> COMMUNITY NEWS Qty: 4,700 Zip: 07922	<b>THE CHATHAMS</b> NJ Qty: 7,500 Zip: 07928	<b>Clark Monthly</b> Qty: 6,700 Zip: 07066	<b>CRANFORD MONTHLY</b> NJ Qty: 9,900 Zip: 07016	<b>Elmora Hills</b> ELIZABETH, NJ Qty: 5,400 Zip: 07208 <small>Section of Elizabeth, NJ</small>	<b>Fanwood Post</b> NJ Qty: 3,000 Zip: 07023
<b>Florham Park Press</b> NJ Qty: 5,500 Zip: 07932	<b>Garwood Times</b> NJ Qty: 2,500 Zip: 07027	<b>Green Brook</b> NJ Qty: 3,000 Zip: 08812	<b>BUSINESS • LIFE KENILWORTH</b> NJ Qty: 3,500 Zip: 07033	<b>NJ LIFE in LINDEN</b> Qty: 17,900 Zip: 07036	<b>Long Hill LEADER</b> NJ Qty: 3,500 Zips: 07933, 07946, 07980
<b>MADISON MONTHLY</b> NJ Qty: 6,300 Zip: 07940	<b>MOUNTAINSIDE VIEW</b> NJ Qty: 2,900 Zip: 07092	<b>New Providence NEWS</b> NJ Qty: 5,100 Zip: 07974	<b>OUR TOWN Rahway, NJ</b> Qty: 13,000 Zip: 07065	<b>ROSELLE PARK MONTHLY</b> Qty: 5,600 Zip: 07204	<b>Scotch Plains NJ</b> WHAT'S HAPPENING MONTHLY Qty: 9,400 Zip: 07076
<b>Short Hills MILLBURN MONTHLY</b> NJ Qty: 8,200 Zips: 07041, 07078	<b>Summit &amp; Times</b> NJ Qty: 9,600 Zip: 07901	<b>Spirit of UNION</b> NJ Qty: 6,800 Zip: 07083 (partial)	<b>WARREN MONTHLY</b> NJ Qty: 6,200 Zip: 07059	<b>Watchung Post</b> NJ Qty: 2,700 Zip: 07069	<b>Westfield MONTHLY</b> NJ Qty: 11,800 Zip: 07090

Rates are per month. Artwork included in price. Newspapers are black on white.

### NEWSPAPER AD RATES

Units	Size	1 TOWN	3 TOWNS	6 TOWNS	9 TOWNS	12 TOWNS	15 TOWNS	18 TOWNS	21 TOWNS	24 TOWNS
1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550	\$600
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900	\$1000
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700	\$1900
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000	\$2200
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400	\$2700
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700	\$3000
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000	\$3400
2-PAGE SPREAD	21" x 14"	\$700								
BACK PAGE	10" x 14"	\$500								
FRONT PAGE BANNER	8.25" x 2"	\$320								
FRONT PAGE BOX	1.5" x 4.5"	\$240								

**PREPAY 6 MONTHS AND GET 1 MORE FREE**  
**PREPAY 12 MONTHS AND GET 3 MORE FREE**

Back cover, front page banner and front box reserved on first-come, first-served basis. Current advertiser has right of first refusal.

Make Checks payable to Renna Media, 202 Walnut Avenue, Cranford, NJ 07016

# BOOK BUDDIES AT WOODLAND SCHOOL

## Warren Township Schools

A recent cold, icy day resulted in a delayed opening for all students and staff in Warren Township. However, Woodland students had a particularly warm and cozy morning once they arrived at school.

Dressed in their favorite pajamas, and supplied with hot chocolate and candy canes donated and served by the PTO, students spread out throughout the school to participate in the Book Buddy program. The program is coordinated by school principal Mr. Jeffrey Heaney, ASAP Reading Coaches Mrs. Nancy Braunstein and Mrs. Lisa Coppola, and School Librarian Mrs. Amanda McGrath.

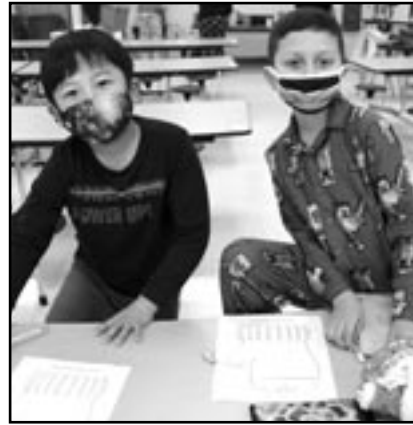
According to Coppola, "The book buddy program was implemented as a school-wide initiative to engage students in literacy activities while promoting collaboration. Older students select books with our librarian, Mrs. McGrath, that are of high interest and engaging for their

younger buddies. The primary goal is to inspire kids to read and share books together, and in the process, we hope our students will foster new friendships."

In addition to the program's primary goal, Braunstein points out the benefits to both the younger and older students. "The program provides our older students with a chance to serve as mentors, practice reading fluently with phrased and expressive reading, lead small group discussions, and build confidence. Our younger students get the opportunity to bond and develop new friendships with an older child, grow as readers when they hear more experienced readers model fluent reading, and observe their buddy demonstrating positive behaviors and valuable social skills."

The Book Buddy program is a school-wide adventure that the students look forward to each month.

Photos by Warren Township Schools



(above, left) Third Grader Ela Kirgezmis and 1st Grader Kendra Hearne toast with hot chocolate after reading together at Woodland School. (middle) Together, 3rd Grader Hugo Calle Wu and 1st Grader Ava Carvalho enjoy Tedd Arnold's Ride, Fly Guy, Ride! (right) First Graders Cole Vespucci and Jayden Dong discuss the book they read together as book buddies.

# CAPITAL BEE

On Wednesday, February 23, 2022, twelve amazing Warren Middle School students participated in the National Geography Bee, demonstrating excellent geographical knowledge. Students went through six grueling rounds of challenging questions.



(above) First Place Winner, Michael McAusland. Congratulations!



## ST. ANTHONY'S GRAMMAR SCHOOL OF ELIZABETH, NJ EVERY YEAR REUNION

Celebrating the Salesian Sisters 150 year Anniversary

**SATURDAY, JUNE 4TH**

Starting with a Mass at 5:00pm in church, followed by festivities in the **ST. ANTHONY'S SCHOOL CAFETERIA**

227 Centre St, Elizabeth, NJ

**ALL ALUMNI ARE INVITED.**

The Salesian Sisters served St. Anthony's from 1954 to 1992.

Please register for this free event at: [eventbrite.com](https://www.eventbrite.com)

(search Salesian-Sisters-Celebrate-150) or link from our facebook group page:

St. Anthony's school reunion

## THIS EARTH DAY MAKE A COMMITMENT TO "HELP SAVE OUR LOCAL TREES"

Advertisement by Gene Gregory from [DefendOurTrees.com](http://DefendOurTrees.com)

### IN 2020 HEADLINES READ:

1. "HIGHEST CARBON DIOXIDE RATE EVER RECORDED IN HUMAN HISTORY"
2. "2020 SETS ANOTHER GLOBAL TEMPERATURE RECORD."

Did you know? Science says that "the most important thing we can do GLOBALLY to curb this PHENOMENON is to Save our OLD Trees."

You don't have to believe in Climate Change or Global Warming to know this is a bad thing. Increasing Carbon Dioxide levels decrease the amount of oxygen in the air. This along with other pollutants in the air, has not only been linked to climate change and Global Warming, but an array of diseases as well: Cancer, Diabetes, Premature births,... Autism, the list goes on and on.

These problems and the severity are dramatically worse in poorer areas with more industry, diesel fumes and NO TREES. (please see "Earth Day turns 50" in the Star Ledger, it touches on what are children and their children are facing. One of the things they speak of are the "Large bodies of polluted water" we are leaving behind.

Despite these facts and my efforts: dozens of these trees, our "Oldest Residents", are killed in our local neighborhoods each year. Among the many losses: Shade, Solace the Filtering of our Air and Water, the oxygen they provided, ...they also release the Carbon they have accumulated for hundreds of years.

On June 8th, 2021, I hired a tree expert to help

save some of the trees in our area. I showed him dozens of trees in Westfield, New Providence, Summit and Scotch Plains. He used the word "disgusting" to describe what he saw. In his report he writes "that many of these trees can be saved if prompt action is taken".

### HOW CAN YOU HELP SAVE THESE TREES?

Please visit our site and read all the facts [defendourtrees.com](http://defendourtrees.com) See the:

- 1) "Pictorial of trees that can be saved". These are just a few of the many OLD trees being destroyed and dying in our area. If you live in the area, please write a letter (to your local mayor and town council) demanding this needless destruction of our old trees, stop immediately. Please Email a copy to [defendourtrees.com](http://defendourtrees.com)
- 2) Please also read "Rooting out Problems" at my site or google it yourself. It explains: "simple measures for saving trees during construction", which is the biggest cause of killing our trees. Most importantly, you will recognize what will harm a tree. Make a commitment to share this information with your children and friends.

**Instagram @DefendOurTreesNJ to see other sites and locations.**

# COMPASS

COMPASS RE IS PROUD TO CONGRATULATE  
THE CHERIE BERGER TEAM

# #1

IN WARREN & IN WATCHUNG  
FOR TOTAL 2020-2021 COMBINED SALES VOLUME\*

WE THANK ALL OF OUR FRIENDS AND CLIENTS FOR THEIR  
TRUST AND SUPPORT OF THE CHERIE BERGER TEAM



HELPING YOU FIND YOUR PLACE IN THE WORLD



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