

# WARREN MONTHLY<sub>NJ</sub>

WARREN'S HOMETOWN NEWSPAPER

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## ROBOWARRIORS RETURN HOME TRIUMPHANT

*Submitted by Leanna Wellerding*

Team 41-RoboWarriors, representing Watchung Hills Regional High School, arrived home on Sunday, April 24th, bringing home the title of FIRST Robotics World Championship Roebbling Division Semi-Finalists.

More than 3,300 teams from across the globe participated in the FIRST Robotics 2021-2022 season. High performers all season long, bringing home 2 silver medals and a cache of awards, the RoboWarriors joined with 453 other teams that earned their qualification to the FIRST Robotics World Championships, this year held in Houston, Texas.

Teams had just under 2 months to scratch build an industrial sized robot capable of playing in the season's themed game. "Under strict rules and limited time and resources, teams of high school students are challenged to build industrial-size robots to play a difficult field game in alliance with other teams, while also fundraising to meet their goals, designing a team "brand," and advancing respect and appreciation for STEM within the local community."

Participating teams tackled the hands-on tasks of designing, programming and building a robot, work to train their drive team to maneuver the field and to pick up and transport cargo across the field under enemy defensive plays, offload cargo by shooting into either of two cargo hubs, climb a series of 4 suspended bars at increasing heights and cooperate with their alliance partners to earn ranking points.

During the early season the team brought home 3 coveted awards: Excellence in Engineering, Innovation in Control, Industrial Design. Team families with the assistance of the

WHEAT Foundation raced to organize transportation and accommodations for team members to attend the global event and the team's 54th official event since its inception in 1997. The WHEAT Foundation's GoFundMe, found on [gofundme.com](http://gofundme.com): WHRHS Team 41 Robotics to World Championship! seeks to help offset the cost of team participants' families who paid those fees personally, as well as the cost of transporting the robot, pit equipment and tools safely to Houston and back.

WHRHS Team 41 descended on Houston, Texas, during the high-school's spring break, joining their competitors for 4 days of intense competition from Wednesday, April 20 through Saturday, April 23, 2022, at the George R. Brown Convention Center. Team battled it out in the Roebbling Division. After collecting ranking points and racing up to 4th rank at one point, team bumped teams up and down the ranks during the 127 matches played. The battle ran fast and furious as bots traversed the field, firing at the target and performing lightning-fast offensive and defensive maneuvers.

With a season full of exhilarating wins and challenging losses, Team 41 drove their bot all the way into the semis, among a mere 96 teams still in contention from the original 3,325 teams who participated in the season.

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) Team members and advisors in attendance at Worlds

Photo by Peter Ponzio



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# WARREN MONTHLY

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Warren Monthly

## LOCAL YOUTH CAPTURES GOLD MEDAL FOR US SOCCER

The United States u17 women's soccer team participated in the Concacaf Tournament in Santo Domingo, Dominican Republic April 23-May 8, 2022. Warren resident Melina Rebimbas was a member and standout of that team that captured the Gold. After defeating their first 5 opponents by the margin of 43-0, the United States was up to the task in the semifinal round defeating Canada 3-0 behind 2 goals from Melina Rebimbas and she scored the game winner in the championship game versus rival Mexico 2-1. Melina finished the tournament with 8 goals. "I was extremely excited to represent my country. Like every little kid growing up playing soccer their dream is to have the opportunity to wear the US crest and this was my dream too... but to be able to score 3 goals in the last two games was nothing that I could have imagined."

Melina began her soccer journey in town playing recreation soccer and soon thereafter she became a member of the travel team and eventually her desire for greater competition took her to the Player Development Academy (PDA). It was at PDA that she began to blossom into one of the elite players in the country. Rebimbas explained, "I was very fortunate to be given an opportunity early to play at PDA. Everyone at PDA is super motivated to be challenged, and they set the bar high for excellence. That expectation of excellence provided me with a

blueprint on what I had to do to be successful."

She is currently ranked 6th nationally in the 2023 graduation class by Top Drawer Soccer and has already committed to playing soccer at the University of North Carolina-Chapel Hill. Where she will be mentored by Legendary and 23-time national championship coach Anson Dorrance.



(above) Warren resident Melina Rebimbas

Courtesy photos

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## LIONS CLUB EXPO 2022 – JUNE 15 - 18

We are excited to announce Lions EXPO 2022, to be held at the Warren Township municipal field (46 Mountain Boulevard), a classic carnival of family fun over four days, Wed., June 15 thru Sat. June 18 from 6-10 p.m. There will be amusement rides, games of chance, fireworks, food vendors and an exposition of local businesses. This will be the 54th Annual EXPO, the flagship event of the Warren Lions Club.

Our Event sponsor is NextHome Premier. The Corporate sponsors are Pfizer, Lawrence Law Firm and Lightbridge Academy. The Mitlo Family is sponsoring this year's Fireworks, which concludes the EXPO on Saturday, 10 p.m.

The Lions EXPO attracts approximately 10,000 people over the four days and has become the premier family fun event in Warren Township and the surrounding communities.

The EXPO will have a pay-one-price wristband every night this year. We will be holding a Giant 50/50 cash raffle with the

drawing on Saturday June 18th, resulting in a multi-thousand-dollar payout to a single winner. The winner need not be present. Tickets will be available for purchase throughout the Expo dates for \$5 each.

"Hosting the EXPO has been a tradition for us, it's our resolve to spread the smiles on people's faces, especially after the difficult couple of years we all have endured" said Mark Ramos, the 2022 EXPO chairperson of the Warren Township Lions Club.

The Lions Club, as well as the games, rides and food vendors at the EXPO are committed to observing the State-mandated COVID safety guidelines in force during the Expo dates. In addition to multiple washing stations adjacent to the restrooms, special hand sanitation stations will be available throughout the Expo. All patrons are kindly asked to cooperate with the State-mandated guidelines.

Local Business Exposition The EXPO is an excellent platform for local businesses to showcase their services and connect directly with customers through the purchase of a \$500

Exclusive Game sponsor sign or a \$150 non-exclusive ride sponsor sign displayed at the Expo for the 4-day duration.

We are still accepting a very limited number of applications for tent vendors to sell or promote their business to the thousands of people in attendance at the LIONS EXPO. For information on becoming a tent vendor at the 2022 Lions EXPO, please contact Anthony Franchini at 908-334- 9304.

All proceed from the Lions EXPO are donated back to community organizations and sight and hearing foundations throughout New Jersey.

### ABOUT THE LIONS CLUB OF WARREN TOWNSHIP

To empower volunteers to serve their communities, meet humanitarian needs, encourage peace, and promote international understanding through Lions clubs. Our motto: "WE SERVE." OUR VISION To be the global leader in community and humanitarian service.

To learn more about us, please visit [www.warrenlionsclub.org](http://www.warrenlionsclub.org), and our Facebook page.



The poster features a background image of a Ferris wheel and a large black circular graphic with white text. The text inside the circle reads: "The Warren Lions Expo will feature RIDES, GAMES, FOOD, VENDORS & ENTERTAINMENT with a FIREWORKS display Saturday evening." To the right of the circle, the text "Welcome to the Warren Lions Club Warren, NJ" is written in a cursive font. Below this, "54th Annual EXPO CARNIVAL" is written in large, bold, white letters. The dates "WED. June 15th to Sat. June 18th" and times "6:00 pm to 10:00" are listed. The location "Warren Township Municipal Grounds at 46 Mountain Blvd." is also provided. A large white starburst graphic contains the text "Admission \$200 kids under 5 get in FREE". A box on the left lists sponsors: NextHome Premier, Pfizer, Lawrence Law Firm, The Mitlo Family, Lightbridge Academy, and Pinto Brothers Disposal. At the bottom right, the website "www.warrenlionsclub.org" and contact information for Mark Ramos are given. A banner at the bottom right says "VENDOR SPACE AVAILABLE" with the contact number 908-334-9304.

Welcome to the  
**Warren Lions Club**  
Warren, NJ

**54th** Annual  
**EXPO CARNIVAL**

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**6:00 pm to 10:00**  
**Warren Township Municipal Grounds**  
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[www.warrenlionsclub.org](http://www.warrenlionsclub.org)  
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kids under 5 get in  
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Lions EXPO is the major fundraiser of the Warren Township Lions Club and enables the club to donate to local charities, organizations and events.

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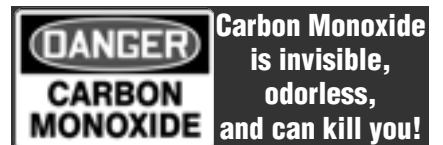
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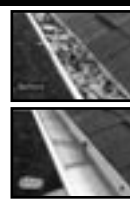
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## THE SPOTTED LANTERNFLY IS HATCHING

### 2022 MEMORIAL DAY PARADE

The Warren Township Committee invites you to the Memorial Day Parade and Service on Monday, May 30, 2022.

The parade will start at 11:30 a.m. on Mountain Blvd. & Mt. Bethel Road and continue down Mountain Blvd. to the Municipal Complex.

Following the parade, there will be a service at the Veterans Memorial in the center courtyard.

#### CEREMONY TO INCLUDE:

- Pledge of Allegiance,
- Placement of Wreath,
- Moment of Silence and
- Remarks

Please join us to pay tribute to our brave men and women for their service and sacrifice.

Invasive Insect Is a Danger to Trees, Decorative Plantings, and Agriculture

The Somerset County Department of Health is reminding residents to keep an eye out for the invasive spotted lanternfly that has caused damage to residential and agricultural plants and trees throughout the area. Residents are asked to check trees, fences, and other flat surfaces around their homes and neighborhoods for egg masses, as well as grown lanternflies and Stomp Them Out!

The spotted lanternfly is native to China, India, and Vietnam. It was first sighted in the United States in Pennsylvania, and has since spread to surrounding states, including New Jersey. The spotted lanternfly was first discovered in Somerset County in 2019. While not harmful to humans or animals, this invasive insect feeds on the sap of many different hardwood trees, scrubs,

ornamental plants, and has the potential to impact agricultural crops of economic importance such as grape vines, hops, and apple orchards. Feeding damage caused by the spotted lanternfly significantly stresses the affected plants which can lead to decreased health and potential crop loss.

Residents and visitors are advised to keep an eye out for spotted lanternflies and their egg masses and kill them on sight. Destroying spotted lanternfly egg masses before they hatch is the best way to limit their spread. Eggs can be laid on any flat hard surface including metal, wood, and plastic. Egg masses are commonly found on fence posts, telephone poles, lawn furniture, and the underside of tree branches. Egg laying begins in September and continues through November or until the first freeze.

While adult spotted lanternflies do not survive the cold winters, their egg masses do. Beginning in May through June, the eggs will start to hatch and mature through their life stages into adulthood. Join the battle to beat the bug and help us Stomp Them Out!

#### IF YOU FIND SPOTTED LANTERNFLY EGG MASSES:

Scrape egg masses using scraper cards, or anything else that is hard, tapered and/or flat

Kill eggs by putting them into doubled bags, using alcohol/hand sanitizer, or by smashing



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(above) Warren Township students Sydney Paradise and Maria Pontoriero.



(above) Warren Township students Omar Mohallim and Brian Castillo.

## TRACK TEAM COMPETES IN LOCAL EVENT

### Warren Township Schools

The Warren Middle School (WMS) track team, coached by Kristen Boni, Scott Vaglio, Richard Bardy, and TJ Fabiano is made up of students from grades six, seven, and eight.

Warren Township Schools participated in the Watchung Hills Regional High School (WHRHS) Annual Invitational on Wednesday, May 11. In addition to finishing first in many events, the coaches were proud of the athletes for displaying

incredible sportsmanship and team camaraderie.

Coach Boni and Coach Vaglio are extremely proud of their team. “The majority of the Warren athletes achieved personal bests in more than one event. The entire Track team has shown such amazing work ethic and discipline throughout the season. They all deserve to be congratulated for this victory. The athletes always support each other in practice and at meets with such enthusiasm!”

Photos by of Warren Township Schools



(above, l-r) Warren Township students Leyla Turakhonova, Alyssa Unadkat, Antonio Giuliano compete at the WHRHS Annual Invitational.

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## Twelve Baskets Food Pantry

**Goal/Mission:** “Food support for neighbors when times are tough”

**About the Pantry:** Opened for walk-in service January 22nd

- The food pantry is free and confidential
- The food pantry provides supplemental food for Long Hill & surrounding area individuals, families, children, seniors, and Veterans
- The Panty offers produce, non-perishable foods, and at times, toilet paper, paper towels, and cleaning supplies

**Details to note:**

- Sponsored by local area Churches:
  - All Saints' Episcopal Church,
  - First Presbyterian Church of Stirling, &
  - Meyersville Presbyterian Church
- Located at All Saints' Church Parish House
- Open the 1<sup>st</sup> and 3<sup>rd</sup> Saturday of the month from 10am to 12Noon
- A valid driver's license or state ID card showing current address is the only documentation needed

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WARREN MONTHLY

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### 1Qtr Success by the Numbers:

- Seven Distribution Offerings to date: 5 Saturdays at Parish House, 1 Senior Center, 5 VA
- Five pick-ups of perishable and shelf stable food from the Hillside Food Distribution Center
- Total of ~5,612 lbs. of food distributed
- ~35 Volunteers and over 200 hours from:
  - Sponsored Church's
  - Long Hill CERT Team
  - Local Area Boy & Girl Scouts
  - Community volunteers

Average per distribution week:

- 15 Families
- 10 Seniors
- 20 Adults
- 16 Children
- 60 Vets

31-Mar-2022



# RELIEF FROM CHRONIC KNEE PAIN

## FDA Approved Treatment to Avoid Surgery

### DON'T BLAME THE ARROW FOR MISSING THE TARGET

Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought Viscosupplementation injections might be the answer, but the results were disappointing and painful. Don't assume the treatment wasn't right. That could very well be like blaming the arrow for its path to the target when the problem might be the archer. If you didn't get the pain relief you were hoping for, chances are your injection treatment was off target. Unlike blind injections or even ultrasound targeted treatments found elsewhere, **Northeast Spine & Wellness Center** uses diagnostic fluoroscopy to make sure the area that needs treated is the exact area where the injection goes. This is the most advanced method of delivering this pain relieving treatment with 95% accuracy to give you the results you're looking for. The use of Fluoroscopy guided injections sets **Northeast Spine & Wellness Center** apart. The end result is you living pain free from your chronic knee pain. You can avoid the lengthy and painful road of knee replacement surgery. You can avoid the endless trial and error assortment of potentially addictive prescription medications. This treatment, using fluoroscopy guided injections has seen a success rate of above 85% in those suffering from knee pain related to osteoarthritis, and that includes people with bone on bone involvement. You've suffered from chronic knee pain long enough. Call **Northeast Spine & Wellness Center** now for a RISK FREE consultation.



### If Knee Surgery Sounds Scary, It Should

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

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

### Consider This Alternative To Surgery

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

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

### How Does This New Treatment Work?

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

### Do you Suffer from any of these Symptoms?

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

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

### Let Me Show You Targeted Relief From Your Knee Pain

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

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

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

Call 732-827-0800

Scot Paris MD, FACS



### Here's what our patients have to say

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

- Patricia G.

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

- Perry O.

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

- Quentin L.

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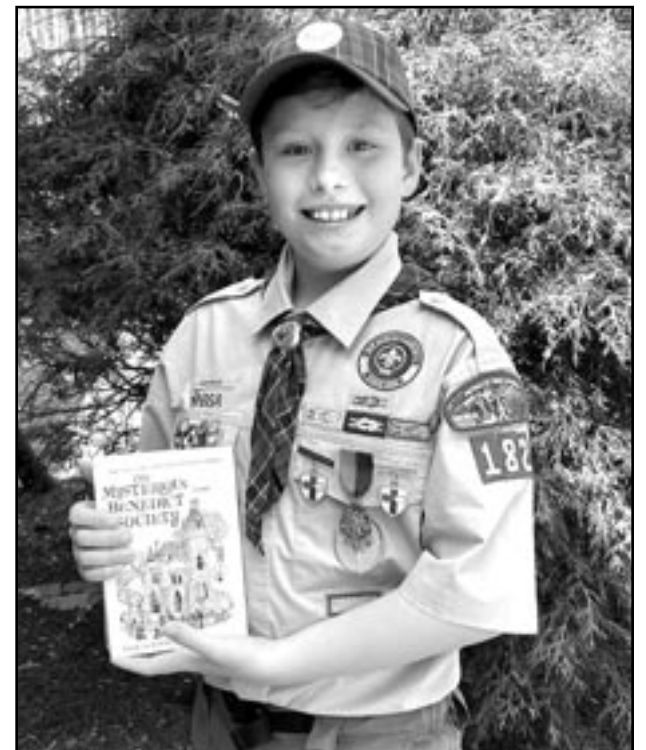
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# CONSTANTIN BELLMANN WINS FIRST IN NATIONAL READING CONTEST

Congratulations to AOL scout Constantin Bellmann of Pack 182 Warren for winning First Place in the 2021 National Scout Life Reading Contest. Constantin was featured in the May 2022 Scout Life Magazine and was the recipient of a \$100 Scout Shop gift card. Constantin wrote a 500 word book report on one of his all-time favorites, *The Mysterious Benedict Society* by Trenton Lee Stewart. 'Constantin says the book reminds people to use their talents for good and to help people instead of harming them, "This book is about friendship, loyalty, honesty, truth and perhaps the most important – kindness. We are all unique and we all have a gift but we need to work together to achieve greatness and make the world a better place."' Constantin will continue scouting in Boy Scout Troop 228 in Warren and hopes to achieve his Eagle Rank.



(above) Constantin Bellmann

Courtesy photo



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# LOCAL COACH COMES OUT AND TELLS THE TRUTH ABOUT WHETHER A KID CAN ACTUALLY LEARN TO RUN FASTER

Retired San Francisco 49ers QB Joe Montana, is arguably one of the greatest NFL players that has ever played football...when his son started playing football it would have made sense for him to help his son learn how to play Quarterback.

But that's not how it went. Joe Montana had to hire a quarterback coach to help his son be a better football player. Here's possibly the greatest NFL QB of all time, needing to hire someone else to help his son. It was not that Joe Montana was not equipped for the job...it was that his son needed a second voice to help him get to the next level.

Many parents who have much less knowledge, experience, and skills than Joe Montana are in the same boat in regards to helping their kids get stronger, faster, and more confident.

Most parents we've come across want their kids to eat healthier, be more active, and have a stronger mindset. But many have told us they need help.

Even with the constant reminders of telling their kids to eat more vegetables, get outside instead of watching TV, practice their sport more, get to bed earlier...they find that sometimes the message falls on deaf ears...and some backup would be helpful toward their vision of helping their kid be the best they can be.

Parents have told us that having us(the Grit Athlete Performance Coaches) as a second voice to help reinforce the habits they want for their kids...is changing the game.

Further...Our Grit Athlete Founder has over 20 years experience with training athletes himself...and certainly knows a LOT more about getting stronger and faster than the average parent...But has all 3 of his children(9,8 and 6) enrolled in Grit year round....because he knows the power of that second voice.

And after they come through our program, parents tell how it's turbocharging their parenting. Here are some real-life examples that have been reported...

Before, parents struggled with getting kids to eat vegetables...now their kids are asking for more.

Before, parents struggled with getting their kids to get enough sleep....now their kids are getting to bed earlier on their own.

Before, parents struggled with getting their kids to watch less TV or play video games...now they are limiting these activities because they've learned they don't really help them become better athletes.

Before, parents struggled with helping their kids have more confidence...now their kids are doing things out of their comfort zone more often which is helping them believe in themselves which further improves self-esteem.

Before, parents had no clue how to help their kid get faster...now they are faster because they've learned that speed is a skill, and a few simple tweaks can make a kid faster immediately.

Before, parents could not get their kids to make their beds...now their kid makes their

bed each morning on their own because they learned that making their bed in the morning helps them have a better day.

Before, parents struggled with getting their kids to do even one good push-up...now they catch them in their room practicing on their own.

Before, parents wanted their kids to have more determination and grit when training new things...now they are staying calm under pressure and seeking out challenges instead of avoiding them.

Many times it's not about telling your kid to eat more vegetables or stop watching TV...but rather finding the right environment for them to be more successful.

Right in your backyard, there's a team of great coaches waiting to be second voices for your kids...so that all the things you're teaching as parents will be reinforced. But most importantly, the results you're after for your kids will actually become a reality. The Grit Athlete Summer Sports Performance session starts on June 20th in Berkeley Heights NJ, visit [www.gritathletes.com](http://www.gritathletes.com) to fill out an application for your child.

*Grit Athlete Performance is a Sports Performance Training Company located in Berkeley Heights that helps kids ages 6-18 get strong, fast, and confident so they can have a bigger and better future. They have just released the dates for their summer program that starts on June 20th. Visit [www.gritathletes.com](http://www.gritathletes.com) to apply for their summer session or call (908) 747-1600 for more details.*

## SPORTS PERFORMANCE TRAINING FOR KIDS AGES 6-18 STARTS JUNE 20 (19 SPACES REMAINING)

APPLY NOW

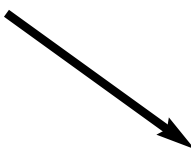
### STEP 1

Scan This QR Code



### STEP 2

Press that Send Button!



### STEP 3

Coach Mike will respond and set you up



**Warning: If you are reading this article after June 5th, please call (908) 747-1600 to see if there are still spots remaining.**

Attention Parents of Kids Ages 6-18

# THE GRIT ATHLETE PERFORMANCE SUMMER PROGRAM HAS ONLY 19 SPACES REMAINING

GRIT helps kids ages 6-18 get strong, fast and confident so they can build a bigger and better future.

## 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.

## HAPPY PARENTS TALKING ABOUT THE PHYSICAL AND MENTAL TRANSFORMATION OF THEIR KIDS...

- "When my son started Grit he was quiet, shy, and had some difficulty with movements...Now he is confident in himself, has become more vocal, and is mastering the exercise he struggled with in the past."  
- Jen O'Brien, Grit Athlete Parent
- "My son is more disciplined and confident in himself"  
- Steve Hughes, Grit Athlete Parent
- "I have watched my children become more confident and vocal."  
- Christine Stramandinoli, Grit Athlete Parent
- "His confidence has shot up in the last few months...and has carried forward to the way he approaches other activities like sports and schoolwork. My son is now making his bed daily and exercising every day."  
- Catherine Solfaro, Grit Athlete Parent

**STARTS JUNE 20TH (Only 19 Spaces Remaining)**

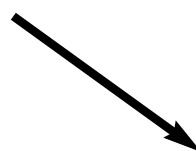
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### STEP 3

Coach Mike will respond and set you up



**Warning: If you are reading this article after June 5th, please call (908) 747-1600 to see if there are still spots remaining.**



## GATES AVENUE KNITTERS MAKING FRIENDSHIPS AND MORE



On Monday April 25, 2022, the Gates Avenue Knitters celebrated their 22-year anniversary. The group has been meeting at the Long Hill Township Library, located at 917 Valley Road, Gillette, every Monday from 1 p.m. to 3 p.m. Everyone is welcome from beginners to experts.

Thereabouts in the month of April in the year 2000, Gates Avenue, Gillette resident Arlene Kaplan, started a knitting group along with 4 friends. Twenty-two years later the group, now called the Gates Avenue Knitters, are still knitting after all these years. Including 4 of the 5 original knitters who still live in town. One moved to Pennsylvania.

The group has met steadily over the years. During Covid, in the warm months they met outside in Cantor Park. When it got chilly, they moved inside to the Long Hill Township Library. The group is looking forward to spring and spending some warm days knitting outside again.

There are about 40 knitters on the club's roster. Eighteen to twenty show up on any given club meeting day. Their skills range from beginner to master knitters. They help each other get past stitchy problems with patterns, and they are

excited and willing to help beginners learn to knit.

They come from Long Hill Township and surrounding towns, including, but not limited to, Warren, Watchung, Bridgewater, Springfield, Chatham, Madison, Summit, and Westfield. Many were introduced to the club thru friends.

Along with their own projects, the group knits for causes. They knit approximately 500 hats per year and distribute them to soup kitchens. Beginning in November they have a display at the library and the hats are sold as a fundraiser thru March. The group recently presented the library with \$1,300 from the proceeds of the last hat sale, which is the most ever.

The group welcomes donations of yarn and knitting and crocheting supplies. Donations can be dropped off at the Long Hill Township Library any day during business hours.

On Saturday, June 11th, from 10 a.m. to 2 p.m. the Gates Avenue Knitters will be outside the Long Hill Township Library (weather permitting, inside if it rains), celebrating the annual Worldwide Knit in Public Day. They hope to see you there!

(above, l-r) During the Gates Avenue Knitters 22-year anniversary, the group presented the Long Hill Township Library with a \$1,300 donation from their hat sale. Pictured: Arlene Kaplan, Gates Avenue Knitters; Marygrace Luderitz, Director; and Albie Ashbrook, Adult Services Librarian, Long Hill Township Library.





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## COMMUNITY DAY AT TRT – JUNE 5 - A SUMMER RAPTOR FESTIVAL

The Raptor Trust's annual Community Day will take place on Sunday, June 5, 2022 from 11 a.m. – 3 p.m. at 1390 White Bridge Road, Millington, NJ.

We're excited to welcome friends, visitors, and supporters for a day that honors the important lives of our feathered friends. We'll have raptor demonstrations, tours, a scavenger hunt, a food truck, raffle, silent auction, and more! All proceeds will support our spring and summer efforts to help birds of New Jersey



(above) Christopher Soucy, Executive Director of The Raptor Trust.

In our 39+ years, TRT has admitted over 130,000 birds for care. Spring and summer are our busiest time of year, and we're preparing for the adorable invasion of tiny Robins, Great Horned Owl fluffballs, and baby Blue Jays with an attitude, among hundreds of other youngsters.

The average cost of one bird's total rehabilitation is currently \$237, and, because we admit an average of 5,000-6,000 birds per year, those costs quickly add up. All proceeds from the event provide resources for these busy months— from purchasing food and medicine for injured birds of all ages and species, to maintaining the caging and grounds that visitors can now enjoy.

TRT is committed making a long-term impact. With your help, we will continue to play a major role in conserving local wild bird populations and reducing the suffering of wildlife in the tri-state area.

The Raptor Trust is located at 1390 White Bridge Road, Millington, NJ. Approximately 50 resident birds are on exhibit in large outdoor aviaries viewed by walking along the trails.

Living on the campus of the Trust throughout the year is variety of raptors and birds of prey. Currently, the Trust is home to two Bald Eagles, Turkey Vultures, Barred Owls, Great Horned Owls, Ravens, Screech Owls, Red-Tailed Hawks, a Snowy Owl and many more!

The aviaries are open to the public seven days of week. Our visiting hours during the fall, winter and spring are 9 a.m. to 4 p.m. During the summer we are open to visitors from 9 a.m. to 7 p.m. There is no cost to come by for a self-guided tour, however, we ask you to consider a small donation of \$2 per person.

The Raptor Trust is a 501(c)(3) not for profit organization which provides free medical care to thousands of orphaned or injured birds each year. Our infirmary staff is available seven days a week during daylight hours to admit injured birds, but we must rely on the people who find them to bring them to us for care. If you find a bird that needs help, please visit our website [theraptortrust.org](http://theraptortrust.org) for instructions. We cannot do what we do without the kindness of many – including our visitors!



(above, l-r) Penny, a 9-year-old blind Eastern Screech Owl and Zizi, a female American Kestrel.



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# WARREN CUB SCOUTS HOLD TWO KEY EVENTS

Submitted by Adam Lella

Over the past month the Warren Cub Scouts had two of their key events. One of them being the Blue and Gold Dinner at the Watchung Reservation to honor our scouts crossing into Boy Scouts! This ceremony happens once a year and acknowledges the scouts who have

completed their journey in Pack 182. On May 7th, Pack 182's annual Pinewood Derby Race took place. The scouts had a great time showing their creativity and enjoying a fun competition with their peers. The Scouts and siblings got to show off their wood working skills and compete for fastest, most stylish and fan

favorite award amongst other prizes. A big thank you to all the parents who volunteered to make the event a successful one! For anyone interested in scouting contact Ryan Valentino at Rvalentino86@hotmail.com, 732-983-1035 or visit our Facebook page at Cub Scout Pack 182, Warren, NJ.



(above) The Blue and Gold Dinner at the Watchung Reservation was to honor our scouts crossing into Boy Scouts

Courtesy photos



(above) Pinewood Derby Race

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## EXPLORE JUNE VIRTUAL EVENTS WITH SCLSNJ

The below programs will be hosted virtually. All Somerset County Library System of New Jersey (SCLSNJ) branches will be closed on Sunday, June 19

To join a virtual program by phone, dial

### **Stress Reactivity, Mindfulness - and MBSR (Mindfulness-Based Stress Reduction)**

June 1, 7-8:30 p.m.

<https://sclsnj.libnet.info/event/6251254>

### **Acing the Interview**

June 6, 6-7:30 p.m.

<https://sclsnj.libnet.info/event/6145260>

### **Wall Street and the Price of Food**

June 6, 7-8 p.m.

<https://sclsnj.libnet.info/event/6097891>

### **All the Buzz**

June 7, 7-8 p.m.

<https://sclsnj.libnet.info/event/6092361>

### **The Art of Effective Communication**

June 8, 10 a.m. - noon

Presented by Greater Raritan One-Stop Career Center

<https://sclsnj.libnet.info/event/6173011>

### **Betsy Ross - The Flag Unfurled**

June 9, 7-8 p.m.

<https://sclsnj.libnet.info/event/6162010>

### **When The Cavalry Came to Call - Juneteenth**

June 13, 7-8 p.m.

<https://sclsnj.libnet.info/event/6125584>

### **Virtual Book Discussion Salons:**

#### **Mid-Year Book Share**

June 14, 10-11 a.m.

<https://sclsnj.libnet.info/event/6244578>

#### **"The Guest List" by Lucy Foley**

July 13, 2-3:15 p.m.

<https://sclsnj.libnet.info/event/6244991>

#### **"The Birthday of the World and Other Stories" by Le Guin**

August 9, 6:30-7:30 p.m.

<https://sclsnj.libnet.info/event/6197692>

#### **Judy Garland - The One, the Only**

June 14, 7-8 p.m.

<https://sclsnj.libnet.info/event/6156744>

#### **Recipe Club: Meal Planning and Prep**

June 15, 6-7 p.m.

<https://sclsnj.libnet.info/event/6284220>

(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.

### **Grilled or Chilled**

July 20, 6-7 p.m.

<https://sclsnj.libnet.info/event/6284248>

### **Packing a Picnic**

August 17, 6-7 p.m.

<https://sclsnj.libnet.info/event/6284274>

### **You Are Here - A New Jersey Travel Guide**

June 15, 7-8 p.m.

<https://sclsnj.libnet.info/event/6086390>

### **Study for Success**

June 16, 2-3 p.m.

Presented by The Greater Raritan Workforce Development Board

<https://sclsnj.libnet.info/event/6180007>

### **Meet the Author: Mike Scardino - "Bad Call: A Summer Job on A New York Ambulance"**

June 16, 7-8 p.m.

<https://sclsnj.libnet.info/event/6194283>

### **The Ever Changing Lower East Side**

June 20, 7-8 p.m.

<https://sclsnj.libnet.info/event/6154462>

### **When Watergate Changed the World**

June 21, 7-8 p.m.

<https://sclsnj.libnet.info/event/6172864>

### **George Eliot's "Middlemarch" -**

#### **One Hundred and Fifty Years Later**

June 22, 7-8 p.m.

<https://sclsnj.libnet.info/event/6175996>

### **Relaxed Summer Dining - Delicious Bites, Charcuterie Boards, and Seasonal Snacks**

June 23, 7-8 p.m.

<https://sclsnj.libnet.info/event/6079463>

### **Keyhole Gardening and Other Ways to Garden Smarter**

June 29, 7-8 p.m.

<https://sclsnj.libnet.info/event/6092443>

### **Liberty - Don Troiani's Paintings**

#### **of the Revolutionary War**

June 30, 7-8 p.m.

<https://sclsnj.libnet.info/event/6148488>

## MEET YOUR LIBRARY BRANCH MANAGER

*Somerset County Library System of NJ*

Lynn Mazur is the manager at the Warren Township library branch, located at 42 Mountain Boulevard in Warren Twp. Mazur graduated with a bachelor's degree in journalism and media studies from Rutgers University in 2006, and worked in the book publishing industry before pursuing a master's degree in library and information science. In 2010, she graduated with her MLIS from Rutgers University, and joined SCLSNJ as a young adult librarian at the Bridgewater branch. In her most recent role at SCLSNJ, she was the youth services department supervisor for the Warren Township and Watchung branches.



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Zip: 07066



Qty: 9,900  
Zip: 07016



Qty: 5,400  
Zip: 07208



Qty: 3,000  
Zip: 07023



Qty: 5,500  
Zip: 07932



Qty: 2,500  
Zip: 07027



Qty: 3,000  
Zip: 08812



Qty: 3,500  
Zip: 07033



Qty: 17,900  
Zip: 07036



Qty: 3,500  
Zips: 07933, 07946, 07980



Qty: 6,300  
Zip: 07940



Qty: 2,900  
Zip: 07092



Qty: 5,100  
Zip: 07974



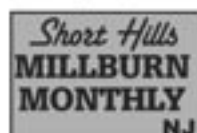
Qty: 13,000  
Zip: 07065



Qty: 5,600  
Zip: 07204



Qty: 9,400  
Zip: 07076



Qty: 8,200  
Zips: 07041, 07078



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Zip: 07901



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Zip: 07083 (partial)



Qty: 6,200  
Zip: 07059



Qty: 2,700  
Zip: 07069



Qty: 11,800  
Zip: 07090

### 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								

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

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July 30	Sweet Baby James ( James Taylor Tribute)
Aug 6	Ronstadt Revue
Sept 10	Well Alright - A Rolling Stones Tribute
Sept 17	The Duprees
Sept 24	Pink Floyd USA Experience
Oct 1	Winslow, An Evening of The Eagles
Oct 22	Psychic Medium Nini Grace
Oct 28	Motor City Revue

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Cherie Berger  
cherie.berger@compass.com  
M 908.410.0931  
O 973.310.6816



Steven Berger  
steven.berger@compass.com  
M 908.256.0307



For Sale

16 Betsy Ross, Warren, NJ

3 Bed | 3 Bath | 1 Half Bath | \$1,100,000



Sold - 10 days

7 Livingston, Warren, NJ

3 Bed | 2 Bath | 1 Half Bath | \$650,000



Ashley Berger-Freitas  
ashley.freitas@compass.com  
M 908.432.9818

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