

# WARREN MONTHLY<sub>NJ</sub>

WARREN'S HOMETOWN NEWSPAPER

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## SCHOOLS CELEBRATE INTERNATIONAL DAY

### Warren Township Public Schools

International Day in Warren Township Schools is a highly anticipated school event. Volunteers spend days, weeks, and even months of their time designing a one-day program that will likely leave a lasting impact on the students for years to come.

Due to the previous COVID restrictions, International Day had been paused for the last two years. Fortunately, the Parent Teacher Organizations (PTO) from each school made up for the lost time by giving the children of Warren Township a peek into the culture, geography, language, wildlife, people, music, entertainment, food, and more, from many different countries.

Angelo L. Tomaso (ALT) students were transported to the beautiful country of Brazil. The PTO transformed the All-Purpose room into a lush paradise that included a rainforest, an 8ft replica of the Iguazu Waterfall, and a 17ft replica of a kapok tree. Students were introduced to Brazilian music, indigenous species of plants and animals, the popular sport of soccer, dance, culture, and other tourist landmarks.

Before the day was over, the students danced to festive Brazilian music and observed a Samba performance and a dance lesson from the Washington Rock Dance Studio.

The Central School students were led into an International Day which boasted highlights from Brazil, Greece, and India.

A large image of the Parthenon hung in the gymnasium, and volunteers dressed in Greek robes and performed scenes from popular Greek mythology tales. The library was draped in colorful tapestry and bright flowers to represent India. The last stop of the day was to a classroom that had been overtaken by a rainforest. PTO members dressed as safari guides and took the children on an interactive tour of the indigenous animals of the rainforest.

As a culminating activity, the entire school participated in a Central School "Greek Olympics." The students competed in activities such as the long jump, javelin, and relay races.

Mt. Horeb School was temporarily replaced by an International Airport fully equipped with gate



(above, left, l-r) Marley Edwards and Sonia Shah and  
(above, right, l-r) Vanessa Carollo and Catia Bento dressed  
for the occasion on International Day.

(More photos on page 8)

signs, TSA Pre-Check, a Lunch Lounge, and music! The airport provided the students with quick access to the 8 countries on display. The students received a stamp in their passport book after they visited Germany, Spain, Israel, France, Zimbabwe, India, and Portugal.

While visiting Israel, students learned how to dance the Hora, which is a traditional dance performed at Jewish weddings.

Woodland School's International Day began when the children lined the hallways as a piper weaved his way through, playing traditional bagpipe sounds for all to hear.

Following the performance, the children were led into different rooms which had been decorated accordingly based on the country. Students had the opportunity to learn about Greece, India, Portugal, Peru, and Mexico. As a bonus, many Woodland students and staff dressed in clothing representing a variety of cultures.

International Day is an opportunity for the students, staff, and volunteers to celebrate the beauty of diversity within the Warren community and beyond. The volunteers from each of the four elementary schools were instrumental in providing the students with an understanding and appreciation of cultures throughout the world.



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Warren Monthly

# WARREN RECREATION SUMMER CONCERT SERIES

## EpicSoul (July 6)

EPICSOUL has been providing the best in private, corporate and concert entertainment since 2009. Unlike large agency bands that switch out musicians week after week, EPICSOUL has a core group of dedicated musicians who perform over 60 dates a year together. This dedicated group, featuring members of the Chops Horns, offers a truly unique and sophisticated entertainment experience. From soul-stirring Motown medleys, to today's R&B, pop, rock and contemporary hits, EPICSOUL rolls from one song to another keeping everyone dancing all night long. Every member of the EPICSOUL Band brings a bit of their own unique style and talent to our performances. With decades of professional experience as recording artists, composers and arrangers, some of our musicians have recorded and/or toured with international and domestic recording artists including Alicia Keys, Gloria Gaynor, Mariah Carey, Chaka Kahn, Jennifer Lopez, Mark Anthony and South Side Johnny and the Asbury Jukes.

## The 180's (July 13)

The 180s is a New York-based rock and roll cover band formed in 2014. Comprised of industry veterans with diverse musical backgrounds and decades of experience, they provide a wide array of music that is sure to please everyone. From classic rock to country, alternative to blues, and everything in between, they bring high energy and a crowdpleasing experience to every performance. Come party with The 180's!

## 94Proof (July 20)

94 Proof Band is a New Jersey Rock N' Roll Band from Warren, NJ. 94Proof covers bands from The Rolling Stones, The Band, Chicago, The Grateful Dead to Bruce Springsteen and everything in between. Our core performers make up the band's vocal, rhythm, horn, and percussion sections. While we perform the songs as you know them, our fans enjoy our "original blend" of arrangements and solos.

## The Truant's (July 27)

THE TRUANTS are a dynamic band out of NYC that performs British Invasion and Garage Rock covers, and, as it says on the t-shirts, NOTHING AFTER 1967! The TRUANTS perform regularly at The Cutting Room in Manhattan, Daryl's House and have been a feature act for the last seven years at Musikfest in Bethlehem, Pa.. THE TRUANTS are looking forward to bringing their relentless, thoroughly danceable set list of classic hits, B-sides and criminally underrated deep cuts to the Warren Township concert series. Beatles, Stones, Zombies, Yardbirds, Kinks, Raiders, Rascals, Byrds, McCoys -- Oh my!

## Bob Marino, Al Elefante and Don Elefante (July 28)

Come join us in the Warren Municipal courtyard for an evening of beautiful nostalgic music. Bob, Al and Don will perform all your favorite standards.

WARREN TOWNSHIP RECREATION

## SUMMER CONCERT SERIES

July 6: Epic Soul  
July 13: The 180's  
July 20: 94Proof  
July 27: The Truant's  
August 3: Bob Marino, Al Elefante & Don Elefante

All concerts take place at 7:00pm at the Warren Municipal Field Area located at 46 Mountain Blvd.  
You must bring your own chair or blanket.

For more information regarding the concert series please visit [www.warrennj.org/175/recreation](http://www.warrennj.org/175/recreation) or follow us on Facebook at WarrenNJRec.



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**Warren Seniors Club**  
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Cruise along the beautiful, calm inland waters of the Manasquan River, Point Pleasant Canal and Barnegat Bay while enjoying lunch.

The \$45.00 includes the cruise, lunch and the bus to Brielle, NJ.  
For more information and pictures about the boat trip go to the internet and type "River Queen NJ"

The bus will leave the parking lot of Our Lady of the Mount RC church at 9:45am (please be there by 9:30am) and will return at about 4:30pm.

This trip is open to ALL Warren Seniors.  
Payment **MUST** be made before July 6th, 2022.  
Make your check out to "Warren Seniors" for \$45.00


Anyone interested in going, please contact:  
Marjorie Miller (908) 707-9210 or [marjoriea6@aol.com](mailto:marjoriea6@aol.com)  
Janet Estenes (732) 910-3029 or [janet.estenes@yahoo.com](mailto:janet.estenes@yahoo.com)

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## 2022 SUMMER SOCCER TRAINING CLINIC

Hi, my name is Ashton Zhao. I am a rising high school senior who has been playing soccer for most of my life. I currently play for the Watchung Hills NJ Elite Soccer Club and my school's varsity soccer team. As a player myself, I know how to effectively train to improve and have fun in soccer, and I am eager to share my experience with all of you. I will be hosting a 10-week long summer soccer clinic that will take place every Saturday morning from 10-12 am, from June 25th to August 27th. A part of the proceeds will be donated to charity. Players of all skill levels, ages 8-12, are welcome to attend.

Location: Mountain Park in Basking Ridge (10 Mountain Road, Basking Ridge, NJ)  
Cost: \$50 for all 10 sessions (or \$5/session). Cash or check. Please register at: <https://forms.gle/poUKn41Fj1rousDZ6>

## FOOD PANTRY SUMMER SCHEDULE

Twelve Baskets Food Pantry will be moving to the First Presbyterian Church in Stirling, at 158 Central Ave., for the summer months of July, August, and September. The pantry will be open the 1st and 3rd Saturday of each month from 10 a.m. – 11:30 a.m.

Twelve Baskets provides food and various non-perishables to individuals, families, seniors, and Veterans in Long Hill and surrounding areas. A valid driver's license or state ID to verify local address is the only documentation needed. Anyone in need of walk-in hours for emergency appointments can call 908-647-0067 ext. 4 and arrangements will be made. All calls and visits are free and confidential.

Masks are required, and we ask that everyone bring reusable bags for food.

The goal of the pantry is to help supplement families during these difficult times. Donations are accepted and can be placed in our donation barrels located in the side door at All Saints' Church, 15 Basking Ridge Road, Millington. We do ask that food items should not contain high amounts of salt, sugar or highly processed grains. We ask for foods high in protein, healthy fats and whole grains when possible. At this time, avoid pasta and all bulk sizes.

Items such as fresh produce (fruit, veggies), eggs, milk and bread can be accepted after 9:30 a.m. during open Saturdays. In addition, ShopRite card donations are greatly appreciated and will be used to purchase fresh produce, eggs, milk, etc.

If you would like more information on donating food, perishables, or gift cards, or would like more information, please visit [allsaintsmillington.org/outreach.html](http://allsaintsmillington.org/outreach.html) or call 908-647-0067 ext. 4.

Twelve Baskets Food Pantry is sponsored by All Saints' Episcopal Church, First Presbyterian Church of Stirling, Meyersville Presbyterian Church, Long Hill Community Services, and LHT CERT.


## FREE STATE PARK ADMISSION ALL SUMMER LONG

NJ State Park Service

Starting Memorial Day weekend, entry to all New Jersey State Parks, forests, and recreation areas will be free of charge this summer. Park entrance fees will be waived for all visitors, regardless of residency. Anyone who already purchased a 2022 annual State Park Pass will automatically receive a full refund.

Other individual park fees remain in place, such as camping, interpretive programs, and mobile sport fishing permits.

Discovery State of New Jersey Parks: [nj.gov/dep/parksandforests/](http://nj.gov/dep/parksandforests/)



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## ANNUAL FISHING DERBY

### FISHING DERBY PRIZE WINNERS:

#### OVERALL GRAND PRIZE WINNER:

David Mutafov who caught a 26" Catfish

#### 5-6 YEAR OLDS:

19 ½" Catfish – Sonia Mutafov

7" Bluegill – Jude Vesuvio

#### 7-8 YEAR OLDS:

26" Catfish – David Mutafov

25 ½" Catfish – Jeffery Bubnowski

#### 9-10 YEAR OLDS:

20" Catfish – Elias Lostan

14" Catfish – Kai Metzger

#### 11-12 YEAR OLDS:

22" Catfish – Owen Zambell

20" Catfish – Zeke Minieri

13-14 year olds:

19" Catfish – Gideon Minieri

14" Catfish – Analyn Shen

13" Catfish – Alexander

The Warren Township Fishing Derby was held on Saturday, May 21, 2022 at the Dealaman Nature Trail & Pond.

Prizes were awarded, the Warren PBA gave out free hats to the first 200 participants, there were also free hot dogs, hamburgers & drinks. Raffle prizes were sponsored by the Warren Blue Ridge Sportsmen Club.

The Recreation Department would like to thank Warren Blue Ridge Sportsmen's Club, Warren PBA Local #235, Bob Marino, Cub Scout Pack #182, Marius Idasiak, and all the other volunteers who helped serve the food, hand out bait and clean up after. It was another great event because of you!

Courtesy photo



(above) Fishing derby prize winners

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## SCHOOLS CELEBRATE INTERNATIONAL DAY ALBUM (CONTINUED FROM PAGE 1)



*(above) Beatrice Young created the outfit that Woodland School teacher Matt Gamage is sporting for International Day.*



*(above) Lucas Lella, Gavin Castagna, and Rudy Anderson stand with Alexis Brotspies, Kruti Ramani, and Laura Roberts after dancing the Samba!*



*(above) Dawn Serra, Lorice Bianchi, Manisha Ray Chatak Chaudhuri, Sonia Singh, Meaghan Mungekar, Tracey Seibert, and Pinki Antonio volunteer their time on International Day.*

Photos by Warren Township Schools



*(above) Jodi Seubert, Erika Berman, Maria Ianovska, Sara Byrne, Erica Feldman, Kelly Thomasey, Kateryna Sikorska, Keriann Linton, Nicolette Craumer, Ginny Conway, and Amy Diebert represent Greece on International Day.*

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*(above) Mrs. Gabel and Mrs. Rosen teach the students how to dance The Hora while holding Maximiliano Salerno.*



*(above) Jake Greenberg, Lucas Araujo, Thomas Chu, and Holmes Yang pose with their rain sticks.*



# RELIEF FROM CHRONIC KNEE PAIN

FDA Approved Treatment to Avoid Surgery

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**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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# \$17K RAISED FOR CHILDREN'S HOSPITAL

## Warren Township Schools

The Central School Parent Teacher Organization (PTO) hosted a Color Run on Friday, June 3, 2022, to benefit the St. Jude Children's Hospital. According to PTO member Jennifer McCarey, over 200 students participated in the event and the school raised an impressive \$17,182.

The event included a DJ, a raffle, and a visit from the Scream Truck. All children received a medal for participating in the event.

The Central School PTO would like to thank all of the sponsors for their contributions to the success of the Color Run event, Building Security Services & Systems, The Byrne Family, Cherie Berger Team of Compass, Ciro's Pizza, DFA Landscaping LLC, Dunkin' of Basking Ridge, Gotta Dance, Law Office of Daniel J. McCarey, LLC, SEARCH Learning Group, and Warrenville Plumbing & Heating.

Photos by the Central School PTO



(above) Quinn McCarey & Lyla Craumer after they finished the Color Run at Central School.



(above) Lauren & Julie Hildebrand hold the ceremonial check for the St. Jude Children's Hospital.

## EXPLORE JULY VIRTUAL EVENTS AT LIBRARY

The below programs will be hosted virtually.

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

### **The Audacious Adventures of Nellie Bly**

July 6, 7-8:30 p.m.

<https://sclsnj.libnet.info/event/6071405>

### **Meet Me at the Musee d'Orsay in Paris**

July 7, 7-8 p.m.

<https://sclsnj.libnet.info/event/6173404>

### **Movie Trivia**

July 12, 3-4 p.m.

<https://sclsnj.libnet.info/event/6191927>

### **Everything Orchid**

July 12, 7-8 p.m.

<https://sclsnj.libnet.info/event/6072056>

### **Defeating Unconscious Bias - Presented by Greater Raritan OneStop Career Center**

July 13, 10 a.m. - noon

<https://sclsnj.libnet.info/event/6173056>

### **Based on the Book - From Page to Picture**

July 13, 7-8 p.m.

<https://sclsnj.libnet.info/event/6092728>

### **Sidney Poitier at the Crossroads**

July 14, 7-8 p.m.

<https://sclsnj.libnet.info/event/6097639>

### **Put Your Best Self Forward - Presented by The Greater Raritan Workforce Development Board**

July 19, 7-8 p.m.

<https://sclsnj.libnet.info/event/6180122>

### **Photo Organization in the Digital Age**

July 20, 7-8 p.m.

<https://sclsnj.libnet.info/event/6170095>

### **New Jersey Architecture - Five Centuries in One Hour**

July 21, 7-8 p.m.

<https://sclsnj.libnet.info/event/6127554>

### **Buy and Sell on eBay and Craigslist**

July 25, 7-8 p.m.

<https://sclsnj.libnet.info/event/6236404>

### **Postcards From Indonesia**

July 27, 7-8 p.m.

<https://sclsnj.libnet.info/event/6135129>

### **John Trumbull's Paintings for the U.S. Capitol Rotunda**

July 28, 7-8 p.m.

<https://sclsnj.libnet.info/event/6214263>

Most programs request registration. To discover all SCLSNJ has to offer, visit SCLSNJ.org or connect with SCLSNJ on Facebook, Twitter, or YouTube.

### **ABOUT SOMERSET COUNTY LIBRARY SYSTEM OF NEW JERSEY**

Somerset County Library System of New Jersey (SCLSNJ) partners with you to connect, to explore, to share and to discover. Together we enrich lives, expand knowledge and strengthen communities. SCLSNJ branches can be found in Bridgewater, Bound Brook, Hillsborough, Manville, Montgomery, North Plainfield, Peapack & Gladstone, Rocky Hill at Mary Jacobs Memorial Library, Somerville, Warren Township, and Watchung. Additionally, there are two SCLSNJ reading stations in Branchburg and Washington Valley. Visit SCLSNJ.org.

## FURNITURE WORKSHOP BENEFITS SAGE

Since 1961, the SAGE Eldercare Workshop has offered the public fine-quality furniture repair. The volunteers will consider repairing any piece of furniture that can be carried into the workshop. The Workshop has a reputation throughout Union County and beyond for its fine reweaving of caned and rushed chairs. Our artisans are all highly trained volunteers. Proceeds from the Workshop benefit SAGE programming. Prices are reasonable and depend upon the condition of the chair or furniture item and the materials required in the restoration process.

The Workshop started out years ago as a place for older men who no longer had access to a home workbench. Since 2007, several women have joined the historically male enclave. Most of the volunteers are former professionals including investment bankers, college professors, physicians and scientists. Many have never worked with their hands and over the years, they've taught each other caning, rushing and a myriad of other techniques needed to fix the aging furniture brought to them for restoration.

Prim La Capra of Short Hills recently patronized the workshop. She had a table restored that had suffered from years of use and weathering. "I am so grateful to the volunteers who refinished my little table to its original beauty. My late husband bought this well-crafted table from Bloomingdales' NYC store decades ago and it became a special place to store important documents, memorabilia, pictures, and other things we wanted to keep in our library." Said Prim. "It got water damage on top and sun damage on the sides over the years. The volunteers at Sage Elder Care completely restored it at a reasonable cost. I love how the

piece turned out and plan to keep it for many more years. Thank you to the volunteers who contributed their skills, time, and talent to this project. It was a pleasure to work with Bob, the shop manager and visit the workshop."

The Workshop is located in the basement of the SAGE building at 290 Broad Street, Summit and is easily assessable. Shop hours are Mondays through Fridays, 8:30 a.m. – 11:30 a.m.

For more information about the service or to schedule an appointment to bring in furniture, call 908-598-5531.

SAGE Eldercare supports the independence, well being and quality of life of older adults, their families and caregivers, through the provision of client-centered health, social and support services. Founded in 1954, SAGE is both the oldest and one of the few nonprofit eldercare agencies in the United States that offers a broad and comprehensive array of services under one roof that assist elderly, often frail, adults to remain independent in their own homes. SAGE Eldercare programs include: HomeCare; Meals-on-Wheels; Spend-A-Day Adult Day Health Center; InfoCare free information and referral service; Fall Prevention Initiative; Chore Service; Shopping Service; Bill Paying Service; PREP caregiver support group; and SHIP (State Health Insurance Assistance Program). SAGE Eldercare serves over 5,000 older people and their families annually in Union, Essex Morris and Somerset counties. For more information, call 908.273.5550 or visit [www.sageeldercare.org](http://www.sageeldercare.org).



(above) Prim La Capra of Short Hills recently patronized the workshop. She had a table restored that had suffered from years of use and weathering. Before and after of La Capra's table.



(above) Volunteer Mark Goldsmith of North Caldwell.



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# OUTREACH PROGRAMS FOR PRIVATE GROUPS

## SOMERSET COUNTY PARK COMMISSION

Groups interested in learning about bears, bees, bats, trees, cool critters and other nature-based topics can register for "Group Outreach Programs" hosted by the Somerset County Park Commission Environmental Education Center (EEC). The outreach programs are available throughout the year as virtual or in-person sessions and are appropriate for any group audience.

"Groups can take a 'virtual' trip to the Rainforest, visit Tanzania on a safari, trek deep into Africa or learn about plants, maple sugaring and a variety of other topics. Our subject matter experts know how to tailor the presentation according to the audience and are great at engaging participants," said Somerset County Park Commission Secretary-Director Geoffrey Soriano. "Our programs are ideal for libraries, senior centers, garden clubs, women's clubs and other organized groups for a minimal cost."

The discussion-based lectures, led by professional Naturalists, can be tailored to each group's specifications, needs, interests and schedule. Programs are available in several formats including a live virtual presentation; a prerecorded video; an in-person presentation; an artifact-based, hands-on program; or a combination of an artifact-based, in-person PowerPoint lecture.

For more information or to schedule a program, contact Kurt Bender at 908-722-1200 ext. 5332 or email [kbender@scparcs.org](mailto:kbender@scparcs.org).

### SPECIAL ACCOMMODATIONS FOR PEOPLE WITH DISABILITIES

Persons with disabilities who require special and reasonable accommodations must contact the Park Commission at least three weeks before an event to ensure there is time to implement the requested modifications. For more information, call 908-722-1200 ext. 5324.

### SOMERSET COUNTY PARK COMMISSION

The Park Commission welcomes everyone to participate in its programs and facilities regardless of race, color, gender, disability, age, sexual orientation, national origin or religious or political affiliation.

The Park Commission stewards nearly 15,000 acres of county-owned open space, which is visited by 2 million park users each year. Five golf courses have three driving ranges, a pitch and putt course and a recreational putting course. Other attractions include a riding stable, an environmental education center, two tennis facilities, an outdoor pool, paddle boating, a rock and rare plant garden, an award-winning rose garden, an arboretum and a sensory and fragrance garden. Six county parks also offer amenities, such as athletic fields, picnic facilities, bike paths, fishing, birdwatching, cross country skiing, and hiking.

To stay up to date with Somerset County events and information, sign up for free email alerts at [co.somerset.nj.us/subscribe](http://co.somerset.nj.us/subscribe) or follow us on Facebook, Twitter and Instagram.



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## FLINTLOCKS CELEBRATE 100TH BIRTHDAY OF MEMBER



(above) Joe Schott seated to the immediate right of the parking sign, behind the cake, in a flannel shirt; celebrating his 100th birthday with his 24 Flintlock friends around him.

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### Dr. D. Michael Hart

Not many centenarians get to celebrate their 100th birthday surrounded by friends. On Thursday, February 17, the Flintlocks celebrated Fanwood resident Joe Schott's 100th birthday. Joe has been active in this volunteer group for 33 years since retiring from Bells Labs. He recruited many of his friends to join, and even a few relatives. Joe has a wry sense of humor, so they presented him with a parking plaque which reads: "Reserved Parking Only for Flintlocks Over 100 Years Old."

The Flintlocks are a group of retired scouts who devote every Thursday all year round to helping the Scout Camps. They build cabins, make picnic tables, paint the dining hall, do maintenance and build craft kits for the Scout shops. The Flintlocks represent a wide range of skills, including: two electricians, a millwright, carpenters, plumbers, diesel mechanics, police officers, heavy equipment operators, but also many professionals such as a dentist, two college

professors, computer experts, financial advisors, salesmen, etc.

The most popular craft kits sold at the Cedar Knolls and Mountainside Scout Shops are the bird houses, bird feeders, benches and handy boxes. The men also volunteer at many of the Patriot Path Council activities for the scouts. Since they are a 501c3, they do not need to pay sales tax, and they provide skilled labor for free. The Council has 3 camps and the volunteers are important to keep things running smoothly. Many of the scouters had children or have grandchildren in the scouts. More than half of the volunteers have been awarded the Silver Beaver Award, which is the highest National Honor offered by the Boy Scouts of America. They are an outstanding group of volunteers.

The Flintlocks meet every Thursday from 8 am to 2 pm at Camp Winnebago in Rockaway. Guests are always welcome. For information, contact Secretary Dr. D. Michael Hart by email [drmhart@yahoo.com](mailto:drmhart@yahoo.com).

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# WATER SAFETY GUIDANCE AND RESOURCES

## American Red Cross

The warm weather has arrived, the perfect time to take a dip in a pool or visit a water park or head to the beach. The American Red Cross recommends steps you should take to help stay safe around the water.

### WATER SAFETY

- Designate a “water watcher” to keep a close eye and constant attention on children and weaker swimmers in and around the water until the next water watcher takes over.
- Always swim with a buddy in a lifeguarded area and follow the rules of the facility.
- Provide close and constant attention to those you are supervising in the water.
- Stay within arm’s reach of young children and new swimmers.
- Check the water depth and don’t swim or play beyond your swimming abilities.
- Children, weak or non-swimmers, and all boaters should wear a properly fitted U.S. Coast Guard-approved life jacket.
- Watch the weather and get out of the water at the first sign of lightning or rumble of thunder. Stay indoors and away from the water for 30 minutes after the last lightning flashes or thunder roars.

### BEACH SAFETY

- Swimming in the ocean, a lake or river is different than swimming in a pool. Be sure you have the skills for these environments.
- Swim only at a beach with a lifeguard, within the designated swimming area. Obey all instructions and orders from lifeguards and ask them about local conditions.
- Make sure you swim sober and that you always swim with a buddy.
- Protect your neck—don’t dive in headfirst. Check for water depth and obstructions and walk carefully into open waters.
- Know your limitations and make sure you have enough energy to swim back to shore.
- If you are caught in a rip current, try not to panic. Signal to those on shore that you need assistance. Stay calm and don’t fight it. Swim parallel to the shore until you are out of the current. Once you are free, swim toward

shore. If you can't swim to the shore, float or tread water until you are free of the rip current and then head toward shore.

### WATER PARK SAFETY

- Make sure lifeguards are on duty before you go in the water and follow all their instructions.
- Wear protective clothing, including a hat and some kind of cover-up for when you’ve had enough sun.
- Use waterproof sunscreen before leaving home and reapply during the day and drink plenty of fluids
- Read the signage at each waterpark attraction—including height, weight or age requirements, water depth, health and safety advisories, and how to safely use the attraction.
- Parents—keep an eye on the kids. If they can’t swim or are less than four feet tall, have them wear a U.S. Coast Guard approved life jacket.
- Signal a lifeguard if you see someone is in trouble. Yell if you need to grab attention, but don’t go in after the person yourself.
- Set up a meeting place in case someone gets separated from your group. Use the buddy system to make sure no child is alone.

### ABOUT THE AMERICAN RED CROSS IN NEW JERSEY:

The American Red Cross provides programs and services to a population of 8.8 million in New Jersey. The Red Cross trains and mobilizes more than 4,400 volunteers who support the delivery of services throughout the state. In New Jersey last year, the Red Cross responded to 848 local disasters, mostly home fires, helping 2,004 displaced families; collected more than 90,923 units of blood through blood drives and Red Cross Blood Donation Centers; provided more than 6,898 military family case services with emergency messages, helping families find assistance and/or get counseling and referrals; and trained 72,073 people with life-saving skills in preparedness, CPR, AED use, first aid and aquatics. For more information, please visit [redcross.org/NJ](http://redcross.org/NJ) and follow us on Twitter @NJRedCross.org.

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Zip: 07076



Qty: 8,200  
Zips: 07041, 07078



Qty: 9,600  
Zip: 07901



Qty: 6,800  
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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TEAM



## Our Featured Warren Listings



**43 Skyline Drive, Warren, NJ**  
3 Bed | 2 Bath | 1 Half Bath | \$789,000



**4 Nase Court, Warren, NJ**  
4 Bed | 2 Bath | 1 Half Bath | \$724,900



**83 Old Stirling Road, Warren, NJ**  
5 Bed | 4 Bath | \$1,245,000  
*Eye catching indoor pool and Incredible  
72' x 82' pole barn!*



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