

WARREN MONTHLY_{NJ}

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CHARLES “BUDDY” STEEN EARNS EAGLE SCOUT RANK

Charles “Buddy” Steen has earned the rank of Eagle Scout, the highest honor in the Boy Scouts of America.

The multiyear journey to the Eagle Scout Award is one of the most involved and transformative experiences a young person can have. They try new things through the merit badge program, develop confidence in the outdoors, practice leadership tactics, and plan, develop, and give leadership to a service project that benefits their community.

For Charles’s Eagle Scout service project, he cleaned and refurbished the Prayer Garden at Stonecrest Church, Warren, NJ, and built and installed outdoor furniture for the garden on a new bed of walking stone.

But the Scouting experience goes far deeper than one big project. Charles also learned through Scouting and earning his Eagle Award many life lessons, qualities, and character as exemplified by the Scout Oath and Scout Law.



(above) Charles “Buddy” Steen completed his Eagle Scout service project, cleaning and refurbishing the Prayer Garden at Stonecrest Church.

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Warren Monthly

WARREN WARRIOR'S WIN CHAMPIONSHIP

The Warren Warrior's 10 U travel team recently won the championship of the New Providence Green League by defeating Cranford, 6-5. The Warriors ended the season with an 11-2 record.



(above, l-r) Front row: Christian Fazio, Dylan Walters, Hunter Slater and Brian Videla; Back Row: Tyler Zissue, Assistant Coach Terry MacConnell, Assistant Coach Troy MacConnell, Owen Dealaman, Lyrik Shonibare, Eric Graham, Chase Surburg, Nicholas Guerra, Head Coach Charles Fabio and Asher Valenzuela

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50TH ANNIVERSARY OPEN HOUSE AND MEET THE OFFICERS EVENT

Warren Township Police Department Saturday, September 10, 2022

The Warren Township Police Department would like to invite the community to our 50th Anniversary Open House and Meet the Officers event being held at police headquarters, located at 44 Mountain Blvd, on Saturday, September 10, 2022 from 11:00 a.m. – 2:00 p.m. Various equipment from state and county agencies, such as the Somerset County Emergency Response Team Truck, the Somerset County Prosecutor's Office Forensic Lab Truck, along with a Warren Township Fire Department Truck, a Warren Township Rescue Squad Ambulance, and numerous Warren Township Police vehicles, bicycles, and our Utility Terrain Vehicle will be on display for attendees to tour and ask questions of our officers. Our K-9 Nikita will also be on hand for a demonstration. Additionally, police headquarters will be open to the public for touring and light refreshments. The event will conclude with a landing demonstration of the New Jersey State Police helicopter at the municipal field next to the library.

"We hope that members of the community will come out to see the various equipment we utilize to best serve the public and to meet all our officers who will all be available for questions," said Chief William Keane, who added "I would like to thank the Township Committee for being so supportive specifically during our 50th Anniversary yearlong celebration which culminates with this community open house event."



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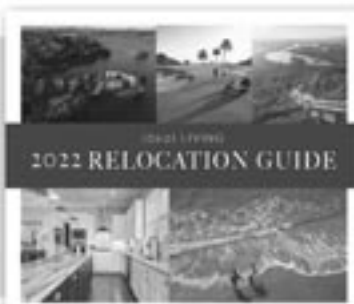
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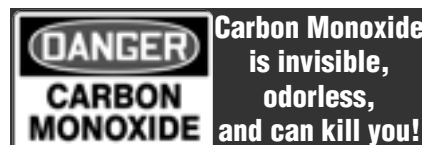
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STEPHANIE NAPHOLTZ EXHIBITS PHOTOS



(above) Works of Green Brook resident and self-taught photographer, Stephanie Napholtz, will be on display at SCLSNJ's Warren branch through September 29, 2022.

Courtesy photo

BOOK LOVER'S DAY

Watchung residents Pete and Rosebud Martino celebrated National Book Lover's Day, August 9th, by reading in the colorful Adirondack chairs overlooking Best Lake behind the Watchung Library.



DEMOCRACY CONVERSATION PROJECT

New Jersey Council for the Humanities



Courtesy photo

(above) Bridgewater Branch Manager Meredith Hoyer pictured alongside a Democracy Conversation Project Storybox.

- "52 Weekend Digital Photo Projects: Inspirational Projects, Camera Skills, Equipment, Imaging Techniques" by Digital Photo Magazine
- "The Landscape Photography Book: The Step-By-Step Techniques You Need To Capture Breathtaking Landscape Photos Like The Pros" by Scott Kelby
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The Warren branch is located at 42 Mountain Boulevard in Warren.

For more information, email Kathy DeCristofaro at kdecristofaro@sclibnj.org.

Through November 8, 2022, the Somerset County Library System of New Jersey (SCLSNJ) will be participating in a statewide initiative in partnership with the New Jersey Council for the Humanities (NJCH) called the Democracy Conversation Project.

The goal of the program is to discover what New Jerseyans have to say about the state of our democracy. The tool that SCLSNJ and NJCH are using to collect this information is called Storybox. These Storyboxes provide a place for New Jerseyans to add their voices to the national story with personal reflections on preprinted response cards.

Join the conversation at SCLSNJ's Bridgewater, Hillsborough, North Plainfield, Somerville, Warren, and Watchung branches. To learn more about the Democracy Conversation Project, visit: njhumanities.org/programs/museum-on-main-street/dcp.

EXPLORING STEAM AT THE LIBRARY

Patrons at the Somerset County Library System of New Jersey's (SCLSNJ) Watchung branch recently explored basic chemistry concepts during a STEAM program by making play dough using general kitchen baking ingredients.

"STEAM stands for Science, Technology, Engineering, Art, and Mathematics," said Katie Salerno, youth services librarian. "The Watchung branch hosts monthly STEAM programs intended for children in or entering grades Kindergarten through 5th grade. STEAM programs include hands-on experiments where we discuss expected outcomes and inquire what will happen next as we learn the science behind a topic."

Continued Salerno, "What we learned during this experiment was what to do if the play dough

was too wet or too dry. We learned to add more flour if it's too wet and add more water if it's too dry. It was very messy but very fun and informative!"



(above) Aanya Patel, age 5, of Warren made play dough at an SCLSNJ STEAM program.

Courtesy photo



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5TH ANNUAL "CLUBS FOR CABINS" GOLF OUTING

The Arc Foundation of Somerset County

The Arc Foundation of Somerset County will be hosting their 5th Annual "Clubs for Cabins" Golf Outing fundraiser on Monday, September 12, at Raritan Valley Country Club in Bridgewater Twp.

Camp Jotoni, a 15-acre summer camp program for special needs children and adults of all ages, is located at 51 Old Stirling Rd. in Warren Township and owned and operated by The Arc of Somerset County.

Fundraising for Phase 1 & 2 (4 ADA accessible sleeping cabins) began in late 2015, with construction completed in early June 2022 after The Arc Foundation, Board of Trustees and long-term donors and supporters of camp helped raise over 3 million dollars over the course of 6 years.

The four new cabins were put to good use this summer as we returned to near normal operations post COVID-19, welcoming both long-time and first-time campers. Beyond the summer season, Camp Jotoni's new facilities will allow expansion to year-round respite, recreational and other service programs for the children, adolescents and adults we currently serve and those we hope to meet.

The existing aging pool is Jr. Olympic sized with a ramped entry (zero entry) for those who use mobility devices and is undeniably the highlight of each camp day. Renovation here will

also include relocation of the pool facilities to improve accessibility and omit the need to walk or be supported down a long-graded driveway that is becoming increasingly difficult for our campers and counselors to navigate several times a day. The original pool structure, now well over 20 years old, is a high priority for Camp Jotoni.

The Arc Foundation is asking the Somerset County and surrounding community for financial support as we seek to raise the funds to complete all of the demolition and reconstruction of our new pool, pool house and related structures and infrastructure – an approximate 2.5 million dollars.

Register to participate in the golf outing or attend the cocktail and dinner program on September 12 and learn more about the full campaign plans.

The check in table opens at 10:00 a.m., lunch begins at 10:30 a.m., and the scramble starts at 12:00 p.m. Cocktails and dinner will follow at

5:00 p.m. and are open to the general Somerset County public by registering.

A major raffle will be presented at this event and will include a 2022-2023 beach house weekly rental destination in Martha's Vineyard, a 2013 beach condo destination in Wildwood, NJ, and a winter condo weekend stay at Shawnee Wyndam for ski lovers.

Since 1972, The Arc of Somerset County has provided unwavering support to individuals with intellectual and developmental disabilities and their families. The Arc offers a full range of programs and services to more than 1,400 children, adolescents and adults, and their families in 33 locations, including 27 group homes and apartments, four employment centers, The Jerry Davis Center for Children and Families, and Camp Jotoni. For more information about The Arc of Somerset County and Camp Jotoni, please visit thearcofsomerset.org or call 908-658-3805.



(above) The Arc Foundation of Somerset County will be hosting their 5th Annual "Clubs for Cabins" Golf Outing fundraiser on Monday, September 12, at Raritan Valley Country Club in Bridgewater Twp. This fundraising efforts support the renovation of Camp Jotoni, a 15-acre summer camp program for special needs children and adults of all ages.



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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.

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- 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."

- Quenton L.

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VIRTUAL LIBRARY PROGRAMS

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.

Those Bald Eagles of Somerset County - Presented by Conserve Wildlife Foundation

September 1, 7-8 p.m.

sclsnj.libnet.info/event/6420302

Reducing Food Waste at Home

September 6, 7-8 p.m.

sclsnj.libnet.info/event/6441552

Neuro Linguistic Programming: Tools for Real Life - Presented by Greater Raritan One-Stop Career Center

September 7, 10 a.m. - noon

sclsnj.libnet.info/event/6555947

Organize for the Unexpected - Create Your Quick Emergency Plan Today

September 7, 7-8 p.m.

sclsnj.libnet.info/event/6301313

Lost New York City -

A Tour of New York's Demolished Landmarks

September 8, 7-8 p.m.

sclsnj.libnet.info/event/6716553

The Great Fire of 1835 and the Emergence of Modern New York - Presented by Author Daniel Levy

September 13, 7-8 p.m.

sclsnj.libnet.info/event/6570362

Hanging Henry Wirz - Andersonville Prison and War Crimes During the Civil War

September 14, 7-8 p.m.

sclsnj.libnet.info/event/6355148

A Virtual Trip to Costa Rica - Presented by NJ Audubon

September 15, 7-8 p.m.

sclsnj.libnet.info/event/6284268

Make Your Job Search Work For You - Presented by the Greater Raritan Workforce Development Board

September 16, 11 a.m. - noon

sclsnj.libnet.info/event/6667223

Tanzania: A Photographer's Journey

September 21, 7-8 p.m.

sclsnj.libnet.info/event/6406852

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

September 22, 7-8:30 p.m.

sclsnj.libnet.info/event/6668684

Andrew Carnegie - From Steel to the Building of Libraries

September 26, 7-8 p.m.

sclsnj.libnet.info/event/6458989

Publishing James Joyce - Sylvia Beach and Shakespeare and Company

September 27, 7-8 p.m.;

sclsnj.libnet.info/event/6336743

The Escape that Broke The Rock - The Story of the Escape from Alcatraz

September 28, 7-8 p.m.

sclsnj.libnet.info/event/6312276

Chili Night - Vegetable Chili with Tea Sangria (Non-Alcoholic)

September 29, 7-8 p.m.

sclsnj.libnet.info/event/6301614

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 \$45 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.

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Florham Park Press NJ Qty: 5,500 Zip: 07932	Garwood Times NJ Qty: 2,500 Zip: 07027	Green Brook Gazette NJ Qty: 3,000 Zip: 08812	BUSINESS • LIFE KENILWORTH NJ Qty: 3,500 Zip: 07033	NJ LIFE in LINDEN Qty: 17,900 Zip: 07036	Long Hill LEADER NJ Qty: 3,500 Zips: 07933, 07946, 07980
MADISON MONTHLY NJ Qty: 6,300 Zip: 07940	MOUNTAIN SIDE VIEW NJ Qty: 2,900 Zip: 07092	New Providence NEWS NJ Qty: 5,100 Zip: 07974	OUR TOWN Rahway, NJ Qty: 13,000 Zip: 07065	ROSELLE PARK MONTHLY Qty: 5,600 Zip: 07204	Scotch Plains NJ WHAT'S HAPPENING MONTHLY Qty: 9,400 Zip: 07076
Short Hills MILLBURN MONTHLY NJ Qty: 8,200 Zips: 07041, 07078	Summit Times NJ Qty: 9,600 Zip: 07901	Spirit of UNION NJ Qty: 6,800 Zip: 07083 (partial)	WARREN MONTHLY NJ Qty: 6,200 Zip: 07059	Watchung Post NJ Qty: 2,700 Zip: 07069	Westfield MONTHLY NJ 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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BUILDING OR UPDATING YOUR MARKETING PLAN

Tune-up your marketing plan

If you are developing a new marketing plan or updating an existing one, this presentation will guide you through the process. The presentation uses real examples to illustrate successful techniques. Topics include:

- Starting with a solid business plan
- Developing a Marketing Plan based on goals and budget
- Identifying your target market
- Positioning your business in your industry
- Honing your message
- Crating an image
- Choosing an advertising vehicle
- Analyzing results

DATE: Wednesday, September 14, 2022

TIME: 10:00 am

COST: FREE

REGISTER: <https://score.tfaforms.net/17?EventID=a105a000005qvnQ>

Participants are encouraged to ask questions as they pertain to their own businesses.



Joe Renna
Renna Media

Joe Renna has been in business since 1984 supplying businesses with a full array of marketing and advertising services. From developing business and marketing plans to multimedia production, over the years, his ad agency has worked with every size business. Since 2000 Renna Media has been publishing hyperlocal community newspapers.

Each month, over 160,000 newspapers are mailed to every home and business in 24 towns. He also offers full color printing and mailing services as well as an online presence that parallels his print publications. Through these publications, Renna Media has focused on the needs of the local business owner offering customized, affordable, advertising opportunities. Joe Renna also helps his advertisers with their marketing plans as a value-added service.

Mr. Renna's presentation will address the different aspects of building a marketing plan and tuning up existing ones. The audience will leave with the information to guide them in developing a plan that will get them the best return for their marketing budget. The presentation will encourage questions from the audience and will address specific challenges facing participating business owners.

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WOOFSTOCK 2022: BATTLE OF THE BANDS!

Home for Good Dog Rescue

WoofStock is back and better than ever! Home for Good's 3rd Annual two-day music and food festival will feature two of NJ's most popular live bands, The Nerds and Brian Kirk & The Jerks. Bring your family and furry friends and be ready to rock and roll! Live music, beer and wine, and food trucks will be ready for you to devour their tasty treats.

It will be a fun-filled weekend with vendors, games, dog contests, and activities for kids and the whole family. WoofStock is a reunion event for adopters, fosters, and volunteers. We have a network of over 10,000 adopters throughout the New Jersey area that come to the yearly summer event to reunite with their Home for Good family. There will be a Tricky Tray, prizes, and a 50/50 raffle. WoofStock welcomes all well-behaved and leashed dogs!

WoofStock is your chance to not only support our local dog rescue but to promote your business, no matter how big or small, by having direct contact with the local community.

Join Home for Good Dog Rescue on Saturday and Sunday, September 10 and 11, at Brook Valley Farm, located at 336 Loantaka Way, Chatham, NJ, for a weekend celebrating Puppy Love! To purchase tickets visit homeforgooddogs.org or call 908-598-8212.

Home for Good Dog Rescue is a non-profit 501(c)(3) charitable organization based in Berkeley Heights, New Jersey. We are dedicated to saving dogs from the South from abuse, neglect, and high-kill shelters. Our dogs are fostered by local families until they are adopted. In the 11 years we have been in operation we have saved over 10,000 dogs and adopted them to loving families.

LEG PAIN

You Don't Have To Live With It!

That "searing, burning pain" in your thigh and calf... that "aching, numbing" feeling in your hip and buttocks... that "tingling" in your foot and toes and loss of balance... It interferes with your ability to walk, to ride a bicycle, play golf, garden... to have FUN IN LIFE!



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Chiropractic Physician
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4 Nase Court, Warren, NJ
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Ashley Berger-Freitas
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