WARREN MONTHLYNJ

WARREN'S HOMETOWN NEWSPAPER

Published by Renna Media, LLC. On-line at RennaMedia.com

ISSUE 121• JANUARY 2023

THINKING OF SELLING? Learn what Your Home is Worth in

Today's Market. Call Brenda 908-672-2447 For Superior Marketing,

Maximum Exposure, & the Highest Level of Service







54 STUDENTS EXPERIENCE A ONCE-IN-A-LIFETIME EVENT



(above, l-r) Amy Jensen, Music Teacher, Suzanne Del Valle, Charlotte Manzo, London Zubar, Malia Lorimor, Jolie Anderson, Ava Traina, Neha Raju, Allanna Navarette, Ariana Theofanidis, Sofia Alfaro, Emma Bariso, Kimaya Singh, Mackenzie Feliciano, Caroline Sifert, Diya Unadkat, Eun-Ah Lee, Madison Moy, Sydney Kang, Julie Feldblum, Aubrey Shoback, Allen Bye, Ethan Hammond, Rebecca Nuzzi, and Emma Xu. Photos by Warren Township Schools

Warren Township Schools

They say it's the most wonderful time of year, and that couldn't be more true for fifty-four seventh and eighth-grade students from Warren Township, NJ, and their Vocal Teacher, Mrs. Amy Jensen. The group recently experienced a once-ina-lifetime opportunity when they sang the opening number at the legendary Rockette's Christmas Spectacular Show at Radio City Music Hall in New York City on opening day.

Jensen and her choral students traveled to NYC on Friday, November 18, 2022, with six chaperones and over one hundred adoring fans from the Warren community.

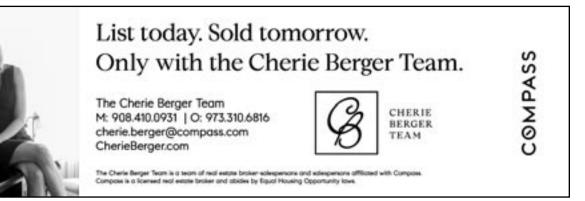
As part of the 'Sounds of Christmas' feature at Radio City, the Warren Middle School (WMS) students would be performing a three-minute a cappella version of This is Winter by Amy Bernon in front of a large audience. The event was coordinated by Jensen and E2 teacher Dr. Susan Cooper.

Minutes before the students were to take the stage, they were led into the main theater and coached on last-minute details by the Stage Manager. The students eagerly stood in line with big smiles and anticipation. Within moments, the students were introduced and welcomed to the stage. Just like in their practice sessions, they walked confidently on stage and took their places. Jensen signaled for their attention and they began to sing in perfect harmony. Their voices filled the theater with holiday spirit.

At the conclusion of their performance, the students and Jensen received an enthusiastic standing ovation from the crowd before taking their seats to enjoy the show.

The entire school community is extremely proud of Jensen and her chorus. According to Dr. Matthew Mingle, Superintendent of Schools, the chorus will perform at the December 19, 2022, Board of Education Meeting.

Jensen looks forward to showcasing her students' talent at future events. "The WMS 7th & 8th-grade Chorus was honored to perform at Radio City Music Hall before the first Rockettes Christmas Spectacular performance of the year! The students worked very hard to learn to sing a modified a cappella version of This is Winter, a song we plan to sing at our winter concert. I am very proud of my students!"





Renna Media LLC, Publishers 202 Walnut Ave., Cranford, NJ 07016

Warren Monthly is published by Renna Media. 6,200 newspapers are printed monthly and mailed to every business and resident in Warren, NJ. Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions. ©2022 Contents of this newspaper cannot be reproduced

without written consent from Renna Media LLC.

SEND US YOUR NEWS

Do you have a community service that you need help publicizing? Did you or someone you know accomplish something amazing? We are interested in hearing about your latest achievement (accomplishment, honor, award, etc.), send us your news!

Email: editor@rennamedia.com **ADVERTISING** Joe Renna: 908-447-1295 joerenna@rennamedia.com



Find us on online: rennamedia.com facebook.com/ Warren Monthly

HELP "WARM THE SOLES" OF STUDENTS IN NEED

New Jersey DAR

You can make the future brighter – and warmer - this winter by donating socks for Native American high school students at Chemawa Indian School. The students come from across America and spend 8-1/2 months of the year at the school. Socks are always in need.

"For students on rural reservations or impoverished areas, Chemawa offers the opportunity for a quality education," said Holly Dunbar, New Jersey DAR state chairman of the American Indians committee. "By promoting the study of Native American history, and encouraging students to participate in traditional practices, they are taking an active role in preserving America's indigenous cultures."

Chemawa students represent more than 70 different tribes, each with their own language and traditions. At the school, located in Salem, Ore., students are encouraged to share their culture and many participate in traditional singing, dancing and drumming. The school also hosts several Native gatherings each year.

To help preserve Native folkways, Chemawa offers classes in art, beading, basket weaving, and drum making. In addition, each student is required to take coursework in Native American literature and history, and must complete a senior project focusing on their own tribal culture, tradition and history.

This sock drive is hosted by the Elizabeth Snyder-Continental Chapter of the Daughters of the American Revolution (DAR). Any kind of socks, for girls or boys, are welcome and needed. The Somerset County 4-H is participating, and the members of Wattles and Snood 4-H Club will have a collection bin located at the Ted Blum 4-H Center, 310 Milltown Road in Bridgewater during the month of January.

If your organization would like to participate in the sock drive, please contact the DAR at ESCchapterDAR@gmail.com.

Chemawa Indian School is one of several schools around the country serving disadvantaged or special needs students that receive financial and material support from the DAR. The DAR is a nonprofit service organization for women 18 and over who are descended from a Revolutionary War patriot. Learn more at www.DAR.org.



(above) Chemawa Indian School is one of several schools around the country serving disadvantaged or special needs students that receive financial and material support from the DAR.



Call Today for a Free Estimate! 🔯 855.624.6655











ROOFING | SIDING | WINDOWS KITCHENS | BATHROOMS | BASEMENTS MASONRY | DECKS | PORCHES Payment Plans WINDOWS \$209 BASEMENTS \$395 KITCHENS \$389 BATHROOMS \$199 ROOFING \$249 DECKS/PATIOS \$189 SIDING \$289 PORCHES/STEPS \$185

0% Plans Available! Estimated monthly payments. Rates & payments based on credit approval.

VIRTUAL MEETINGS ALSO AVAILABLE

Interior & Exterior Remodeling | Family Owned & Operated

100% FINANCING AVAILABLE | 30+ YEARS EXPERIENCE

NJDCA 13VH07755300

MagnoliaHomeRemodeling.com 🔯

Want to learn about LearningRx brain training? Want to try our exercises?

Save these dates for

7 THINGS YOU DIDN'T KNOW ABOUT BRAIN TRAINING.

Wednesday, February 1 7:00 PM

Thursday, February 2 9:30 AM.

Call: 908-222-7246 Email: warren.nj@learningrx.net to find out more or reserve your seat.

CASA SHAW ANNOUNCES NEW BOARD MEMBERS

Somerset, Hunterdon and Warren Counties (CASA SHaW) has announced the appointment of five new Board of Trustee members. The Board of Trustees oversees the general operations of CASA SHaW, a 501c3, the annual budget and staff. Each board member serves a 2-year interval for up to 6 years.

Joining the Board of Trustees are Malcolm Kaye, Kathy Tober, Kathy Finnegan, Rupal Patel, and Thomas Dilts. "These individuals embody the spirit of community and bring talent, expertise and energy to the table. We are very fortunate to have them by our side as we continue to strengthen CASA SHaW's programming for foster children in our region," said Tracey Heisler, Executive Director.

"CASA envisions a world where every child will have a safe, permanent home. We are blessed to have the leadership to help fulfill our

Court Appointed Special Advocates of mission and advance the public good," said Heisler. "That starts by bringing together talented and committed leaders who have the perspectives, backgrounds, and skill sets the organization needs at the board level. We are so excited to welcome these individuals to our Board of Trustees here at CASA SHaW."

CASA of Somerset, Hunterdon, and Warren Counties is part of a statewide network of community-based, non-profit programs that recruit, screen, train and supervise volunteers to "Speak Up for a Child" removed from home due to abuse or neglect. CASA is the only program in New Jersey that uses trained volunteers to work one-on-one with children, ensuring that each one gets the services needed and achieves permanency in a safe, nurturing home.

To find a local CASA program in your county, visit casaofnj.org.





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...

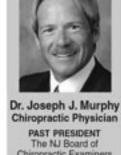
that "tingling" in your foot and toes and loss of balance... It interferes with your ability to walk, to ride a bicycle, play golf, garden... to have FUN IN LIFE!

Leg pain, thigh ache and numbness, and tingling in the foot may actually be caused by a pinched back nerve even though you have NO back pain - it could even be Sciatica. Dr. Murphy is an expert at finding the CAUSE of your leg pain and numbness and CORRECTING IT WITHOUT THE USE OF DRUGS OR SURGERY.

"YOUR BETTER HEALTH IS OUR ONLY CONCERN!"

Suburban Chiropractic Center

301 Main Street • Chatham 973-635-0036 • www.drmurphy.com



Chiropractic Examiners The NJ and Morris Chiropractic Societies

THINKING ABOUT RELOCATING? ATTEND OUR EXCLUSIVE REAL ESTATE EVENT.

ideal-LIVING REAL ESTATE SHOW

The Premier Relocation Event

- FEATURING TOP COMMUNITIES FROM LOW TAX STATES -North Carolina, Tennessee, South Carolina, Delaware, Florida, Georgia, Virginia and more

JANUARY 21-22 BRIDGEWATER MARRIOTT 700 Commons Way, Bridgewater, NJ

Sat: 10am-4pm & Sun: 11am-3pm

EXHIBITS, SEMINARS, DISCOVERY TRAVEL AND MORE!

AT THE SHOW, YOU CAN...

- View community exhibits, talk personally with area representatives & home builders.
- Compare many of the best places to relocate, or retire, all at one convenient location near you.
- Discover top destinations that afford a high quality of life, yet very low taxes.
- Explore lifestyle communities: active adult, golf, gated, 55+, coastal, waterfront, boating & more.

Attend Presentations:

- How to Choose Your Ideal Place
- · How to Make Your Money Last
- Envision Your Ideal Lifestyle



RSVP for Express Check-in & Complimentary Relocation Guide. ideal-living.com/RM Questions: 800-736-0321







When working with P&G Admissions Advisors, students discover colleges that are academically, socially and financially the "right fit".

To learn more about the services we offer, please visit our website at www.pgadmissions.net.

Contact us for a free consult at pgadmissionsadvisors @gmail.com

DAR GATHERS TO CELEBRATE SERVICE

Chapter of the Daughters of the American Revolution (DAR) will gather in January to celebrate the founding of the chapter 127 years ago and to look back on the achievements of 2022.

The chapter held a belated 125th Anniversary Celebration in June. A donation of \$300 was made to help provide service dogs for veterans and a DAR Community Service Award was presented to long-time Somerset County 4-H staff member and volunteer Barbara Navatto of Somerville.

New chapter officers were elected: Regent Ashley Salsano, from Washington, N.J.; Vice Regent Marti Kalko and Librarian Susan Dobrinsky, both of Green Brook; Chaplain Karen Miller and Historian Lynda Pasko, both of Dunellen; Recording Secretary Holly Dunbar and Registrar Ruth Ryno, both of North Plainfield; Corresponding Secretary Catherine Niemeyer of Warren: and Treasurer Barbara Pollison-Beck of North Brunswick.

Three members received state appointments. Holly Dunbar was named state chairman of the American Indians committee and liaison to the 4-H Youth Development Program; Ruth Ryno was appointed state chairman of Chapter Development & Revitalization and liaison to the Sons of the American Revolution; and Barbara Pollison-Beck was named state chairman of the State Scholarships committee.

At the Autumn Meeting of the State Society, the chapter received state and national awards and members were recognized for their committee work, including Ruth Ryno and Beth Scheiderman of Green Brook, who was recognized by the Community Classroom committee. The annual DAR Day of Service was observed with two projects, holiday gifts were collected for the veterans at Lyons V.A. Medical Center, and pet food and supplies worth an estimated \$300 were donated to the Plainfield Area Humane Society Shelter.

At the request of the chapter, Middlesex

Members of the Elizabeth Snyder-Continental County issued a Proclamation designating November as Native American Heritage Month, and two members represented the chapter at New Jersey Sunday at Valley Forge. To close out the year, the chapter participated in Wreaths Across America and collected approximately 200 holiday cards for hospitalized veterans at the Somerset County 4-H Holiday Craft Fair.

> As a crowning achievement, the chapter was awarded Lantern Chapter status from the National Society, for "spreading the light of DAR" by helping to grow the organization.

> The DAR is a nonprofit service organization open to women 18 and over who can prove lineal descent from a patriot of the American Revolution. Founded in 1896, Elizabeth Snyder-Continental Chapter is based in Green Brook and serves areas of Somerset, Middlesex and Union counties.

> New members are welcome. Contact ESCchapterDAR@gmail.com or visit DAR.org.



(above) Corresponding Secretary Catherine Niemeyer delivers holiday gifts to Lyons V.A. Medical Center.





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 93% 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

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.

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 tendemess 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

 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.



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!

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 painfal and ineffective experience because the injections were not administered using fluoroscopic guidance. Instead of using the incredibly accurate diagnostic fluoros-

copy 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 more 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 hack to normal." - Perry O.

"After only four visits, i have absolutely no pain? The staff is "top-notch." - Quenton L.



HOPE FOR THE HOLIDAYS

Warren Township Schools

Across the district, volunteers from the Parent Teacher Organizations (PTO) devote countless hours to the students of Warren Township Schools. Additionally, each year the PTOs incorporate community outreach and charitable initiatives into their programs.

During the holiday season, the PTO from Angelo L. Tomaso (ALT) School runs a two-part program titled "Hope for the Holidays."

Part one of the two-part series kicked off the week before Thanksgiving with a school-wide food drive. Each grade level was invited to participate by collecting specific food or personal care items. This year the ALT community donated over four hundred and twenty-five pounds of food and personal care items to the Somerset County Food Bank.

Thank you to the event Chair and PTO Co-President Melissa Morano and volunteers Sandra Natale, Erica Valenti, and Meghan Horster for organizing and coordinating the food drop-off.

The season's second program is called the "Spirit of Gifting." The PTO teamed up with Hearts of Watchung, an organization that focuses on helping families in need celebrate the holiday season.

The ALT community generously donated one hundred and ten gifts to the Hearts of Watchung to be shared with local families. Grade 4 ALT students created handmade cards; grade 5 students decorated the gift bags.

On December 2, dressed in grinchy green, grade 5 students assisted the PTO with a gift pass to load up the donations. PTO Co-President Jessica Bodajlo reminded the students of the popular Dr. Seuss story, How The Grinch Stole Christmas; Bodajlo emphasized how the Grinch's heart grew three times larger when he gave back to the community of Whoville.

The students formed a line in the hallway from a classroom to the front door and worked together to get every last gift bag from the school to the parking lot while happily smiling along and wishing each other a happy holiday.

Thank you to PTO Co-Presidents Melissa Morano and Jessica Bodajlo and PTO members Kathleen Anderson, Natalie White, Kruti Ramani, Kristin Gardner, Lilia Utz, Joanne Purpora, Meghan Horster, and Karen O'Reilly for creating a wonderful opportunity for the students and families of ALT to give back to the community.



(above) Kruti Ramani, Melisa Morano, and Jessica Bodajlo

ng from anthritis, nditions. y are in surgery. te been cription in. very day, osupplehere and effective jections

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 viscosapplementation knee injections elsewhere and found it to be a painful and ineffective

BROOK ARTS CENTER RINGS IN THE NEW YEAR!

We are ringing in 2023 with a sneak peek of our upcoming season with the announcement of our January lineup!

JANUARY 7 AT 2 PM - DISNEY'S FROZEN

Experience Disney's Frozen on the big screen! Meet Elsa and Olaf in our winter wonderland! Dress up as your favorite character for our Costume Contest! Raffles and fun for the whole family!

JANUARY 8 AT 2 PM - ELVIS TRIBUTE

King of Rock' n' Roll's 88th birthday celebration with award-winning

Elvis Tribute Artist Jim Barone. Barone's "Elvis Through the Years" show spans the entire Presley catalog, keeping true to the sound, passion, and style that encompassed Elvis as an entertainer. Barone performs the iconic singer's career in three sets (the 1950's, 1960's, and 1970s) complete with costume changes.

JANUARY 14 AT 9 PM -

ROCKY HORROR PICTURE SHOW

The Rocky Horror Picture Show with Friday Nite Specials will have you dancing, singing, and shouting! This interactive presentation of the Rocky Horror Picture Show is a must-see for Rocky fans and newbies to the cult classic. Tickets include Prop Bags.

JANUARY 27 - FEB 5TH - CABARET

Willkommen, Bienvenue, Welcome... to CABARET - the multi-Tony award-winning legendary musical. Based on Christopher Isherwood's book - Goodbye to Berlin, Cabaret tells the story of British nightclub singer Sally Bowles, American writer Cliff Bradshaw, and the decadence of 1929 Berlin. With mounting fear and uncertainty outside, the emcee lures you into the world of the Kit Kat Club where your troubles are left at the door. Cabaret opens Friday, January 27, and runs through Sunday, February 5. Friday and Saturday performances are 8 pm and Sundays at 2 pm.

TICKETS ARE A GREAT HOLIDAY GIFT!

Advance Purchase discounted tickets are available@ at www.brookarts.org or call 732-469-7700. ADA seating, bar, concessions, and free parking are available. The Brook Arts Center is in Bound Brook, NJ, one block from the Bound Brook Train station and a few short miles from Rt 22, 287, and 78. Visit our website for information on all of our 2023 shows, directions, parking, and theater information. Keep checking our website (www.brookarts.org) and follow us on Social Media (BrookArtsCenter) for the 2023 season reveal!

WANTED TO BUY COMIC BOOKS GOLD & SILVER COINS SPORTS CARDS & MEMORABILIA 1 ITEM OR AN ENTIRE ESTATE ASK FOR MIKE 908-303-3749

WARRENBROOK SENIOR CENTER PROGRAMS

Warrenbrook Senior Center, located at 500 Warrenville Road in Warren, NJ, is one of the six county operated Senior Centers. Somerset County residents who are 60 years and older are welcome to participate in any of the programs at Warrenbrook Senior Center. They also provide a choice of 4 different meal choices during lunch that seniors can take advantage of during the weekdays. All the programs are free for the registered members. Please (908) 753-9440 for more information on how to become member of the Warrenbrook Senior Community.

Below is the highlight of some of the programs available at Warrenbrook Senior Center in January.

Musical Performance by DJ Gio

January 4 – 10:30 a.m. Let's kick off the new year to the music of DJ Gio who will share the music from Motown, Swing, Country, Top 40 and more.

Brains n Games and Hand Bells with Adrienne Graubard

January 6, 27 – 11 a.m. Did you know that solving puzzles or challenging yourself with new mind-stretching activities like learning music can stimulate the brain and enhance your creative and critical thinking processes? Join Adrienne for some mind-tingling, brain-stumping word games and a fun-filled musical workout using hand bells.

Myths about Foot & Ankle Care

January 12 - 11 a.m.

"Don't cross your eyes, they'll stay that way!" Old wives' tales and myths like that example are fun to laugh at. We believed them as children. "Step on a crack and you'll break your mother's back." But there are other myths that are no laughing matter, especially when

they involve your health. From bunions to broken toes, foot and ankle surgeon Dr. Mithun Sivadasan, DPM, AACFAS, has heard it all. He shares common myths about foot care and the realities behind them.

"I have a dream"

The story behind the Speech – Marisa Bozarth January 13 – 11 a.m.

We have all heard Martin Luther King, Jr.'s famous "I Have a Dream" speech. But do you know what was in the rest of the speech? How it came to be or what happened to the speech afterwards? Learn more about one of the most famous speeches in American history.

Casino Games with Caitlyn Campbell

January 23 – 11 a.m. Casino is a lot of fun! It's a great way to get everyone engaged, because the dealers find ways to include all ability levels and are trained to teach people how to play a variety of table games. It's stimulating and very exciting, and truly simulates a casino experience.

thury simulates a casillo experience.

Calming Stress & Anxiety (Virtual)

January 26 - 11 a.m.

Join certified Eden Energy Medicine Clinical Practitioner (EEM-CLP), Siobhan Hutchinson from Next Steps Strategies, LLC as she teaches us tools to help balance our life, relieve anxiety and stress and more.

Arthritis – RWJUH

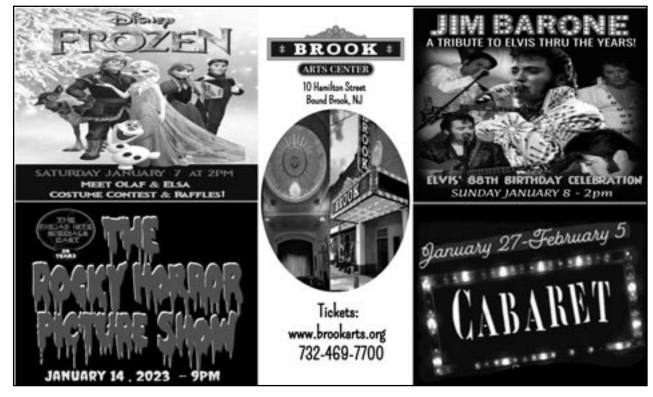
January 30 - 11 a.m.

Arthritis cannot always be prevented. The risk of arthritis can be reduced by altering eating habits and proper exercise. If arthritis is left untreated, it can lead to serious complications such as:

• Joint damage: Joint deformities, damage to nearby tendon, etc

- Widespread inflammation: Inflammation can spread to other parts of the body like lungs, heart, and eyes
- Cardiovascular damage: People with rheumatoid arthritis are at higher risk of developing cardio vascular disease

Dr. Brandis Belt along with the residents of RWJUH will provide a presentation on Arthritis Prevention & Management.



VETERANS DAY CELEBRATION AT WOODLAND SCHOOL

Warren Township Schools

In honor of Veterans Day, Woodland School students and staff dressed in Patriotic colors and assembled in the gymnasium to welcome six very important guests.

To kick off the Veterans Day celebration, everyone rose for the Pledge of Allegiance and The Star Spangled Banner, led by grade 5 student Cate Kardos.

Principal Jeffrey Heaney addressed the crowd of Kindergarten through grade 5 students to explain the importance of honoring and thanking the men and women that have served in the United States Military for their service to the United States of America.

Following Heaney's opening statements, five Woodland students, including Kardos, Olivia Orefice, Isabella Sicignano, Eduardo Rodriguez, and Laura Bubnowski, came to the podium to read heartfelt thank you letters they had prepared. The students thanked all veterans for sacrificing time away from their loved ones to protect the citizens of the United States.

Grade 5 student Olivia Orefice made a special reference to her grandfather while reading her card to the crowd. "Dear Veterans, thank you so much for your courage; my grandpa served in the Korean War, so I have a little perspective as to how hard it was for you. I honestly think that you are so brave and awesome because you fought for this country and my life. I hope you have an amazing Veterans Day, your friend Olivia."

Next up, the lights were turned down as Heaney played a video showcasing images of relatives of the staff and students who had previously or are currently serving in one of the six military branches. The images played over the sounds of Mariah Carey's "Hero".

After the video, Heaney invited Chase Surbrug, Tyler Lippitt, Charlotte Ohlson, Rama Scarpone, Kieran Melia, and Facundo Guerrero to introduce the guests of honor.

Surbrug introduced Mr. Ronald Budis, a member of the 82nd Airborne Division based in Fort Bragg, North Carolina. Budis was an Airborne Mechanic and Parts Clerk with the 782nd Maintenance Battalion, and Warren Township Schools are lucky to have him on staff as a Maintenance staff member.

Lippitt introduced his Grandfather and US Army Veteran, Mr. Arthur Lippitt. Mr. Lippitt served as 1st Lieutenant as an Infantry Officer and spent thirteen months in Korea.

Ohlson introduced her Grandfather and US



(above) Honored Guests at Woodland's Veteran's Day Celebration: Kenneth Laudenslager, United States Navy; Seargent Adam Sullivan, US Marine Corps.; Ronald Budis, United States Army; Mr. Dan Mahon, United States Army; Arthur Lippitt, United States Army; and Jim Ohlson, United States Army.



(above) Back row: Ronald Budis, Adam Sullivan, Dan Mahon, Kenneth Laudenslager, Arthur Lippitt, and Jeffrey Heaney; front row: Olivia Orefice, Cate Kardos, Eduardo Rodriguez, Isabella Sicignano, Chase Surbrug, Tyler Zissu, Kieran Melia, Facundo Guerrero, Laura Bubnowski, and Charlotte Ohlson.



(above) Gisele Talarico, Rosemary Smith, John Fuchs, and Niyel Beavers

Army Veteran Captain Jim Ohlson. Captain Ohlson was awarded two Bronze Star Medals while in Vietnam.

Scarpone introduced her Grandfather and US Navy Veteran Mr. Kenneth Laundenslager, who served as a Radioman and then was assigned aboard the USS Noa (Destroyer) until the ship was decommissioned.

Melia introduced Retired Colonel Dan Mahon, who served in the US Army from 1972 until his retirement in 2014.

Lastly, Guerrero introduced Mr. Adam Sullivan, United States Marine Corps. Mr. Sullivan served for nine years as a Meteorological Equipment Technician. Sergeant Sullivan was deployed to Okinawa, Japan, the Philippines, South Korea, Yuma, Arizona, and Afghanistan during Operation Enduring Freedom.

Captain Ohlson, Navyman Laudenslager, Colonel Mahon, and Sergeant Sullivan took the stage and briefly described their time in the US Military. Mahon asked the students to consider ways in which they can be of service to their communities.

The students and staff rose to their feet at the conclusion of the introductions. "It was so special to have the Veterans, who are heroes, join us for our assembly. Their messages of hard work, teamwork, and perseverance resonated with our students. Many staff, students, and Veterans had tears in their eyes as we took time to think about how amazing those that serve our country are. I am very proud of the students who spoke, the thank you letters that they wrote, and the great videos they created," stated Principal Heaney.

To end the afternoon, the crowd viewed a special video created by ELL Teacher Ms. Achau Nguyen featuring clips of the Woodland students explaining what Veterans Day means to them.

The district would like to acknowledge the students who participated in the assembly and thank each of the six honored guests for their service.



Marketing Toolbox

Renna Media offers a full range of marketing services, in print and online, hyperlocal 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.

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

RENNA MEDIA NEWSPAPER RATE SHEET WE MAIL 160,000 NEWSPAPERS MONTHLY! Tina Renna 908-418-5586 • tinarenna@rennamedia.com Joe Renna 908-447-1295 • joerenna@rennamedia.com 202 Walnut Avenue, Cranford, NJ 07016



EXPLORE SCLSNJ'S VIRTUAL PROGRAMS JANUARY THROUGH FEBRUARY

All SCLSNJ branches will be closed on Sat, Dec. 24; Sun, Dec 25; and Sun, Jan 1. Warren Twp. branch will be closed on Sat, Dec 31,; Mon, Jan 16; and Mon, Feb 20. The Warren Twp. branch will be closed on Sat, Dec 10.

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.

How The Hard Winter of 1880- 81 Became "The Long Winter" Presented by Cindy Wilson, Author of "The Beautiful Snow" January 3, 7-8 p.m. https://sclsnj.libnet.info/event/7091288. **Reducing Food Waste at Home** January 4, 7-8 p.m. https://sclsnj.libnet.info/event/6874041. **PRESENTED BY GREATER RARITAN ONE-STOP CAREER CENTER:** Overcoming Your Fear of Public Speaking January 5, 10 a.m. - noon https://sclsnj.libnet.info/event/7051462. **Defeating Unconscious Bias** February 2, 10 a.m. - noon https://sclsnj.libnet.info/event/7067447. **Put Your Best Self Forward** February 21, 11 a.m. - noon https://sclsnj.libnet.info/event/7154894. **Using the Power of Food -To Heal Ourselves and Our Planet** January 9, 7-8 p.m. https://sclsnj.libnet.info/event/7040121. Hawaii - A Photo Tour of Tropical Isles January 10, 7-8 p.m. https://sclsnj.libnet.info/event/6849452. The Dressmakers of Auschwitz - The True Story of the Women who Sewed to Survive January 11, 7-8 p.m. https://sclsnj.libnet.info/event/6848139. Italian Soup with Healthy Greens January 12, 7-8 p.m. https://sclsnj.libnet.info/event/6767361. I'll Do It Later - How to Stop Procrastinating January 17, 7-8 p.m. https://sclsnj.libnet.info/event/7040119.

Mind Games -The Science of Perception Deception January 18, 7-8 p.m. https://sclsnj.libnet.info/event/6773003. **Five Daily Exercises in Gratitude** to Transform Your Life January 19, 7-8 p.m. https://sclsnj.libnet.info/event/6937295. **The Big Band Era** January 23, 7-8 p.m. https://sclsnj.libnet.info/event/6135502. "Why? Explaining the Holocaust" January 24, 7-8 p.m. https://sclsnj.libnet.info/event/6786696. **Shutterfly Photo Books** January 25, 7-8 p.m. https://sclsnj.libnet.info/event/7046547. Afterlives - Recovering the Lost Stories of Looted Art Presented by The Jewish Museum January 26, 7-8 p.m. https://sclsnj.libnet.info/event/7096223. Where's My Stuff? The Ins and Outs of Managing Space January 30, 7-8 p.m. https://sclsnj.libnet.info/event/7044930. Life in the Last Frontier - Alaska January 31, 7-8 p.m. https://sclsnj.libnet.info/event/6999172. **Black Scientists We Should Know** February 1, 7-8:30 p.m. https://sclsnj.libnet.info/event/6770636. The Most Fascinating, Obscure Figure in American History - Benjamin Lay, Abolitionist February 6, 7-8 p.m. https://sclsnj.libnet.info/event/6765075. **Dr. Mary McLeod Bethune -**The Link to our Past, Present, and Future February 7, 7-8 p.m.; https://sclsnj.libnet.info/event/6889393. **Bessie Coleman - Fly! Bessie, Fly! Performed by Daisy Century from American Historical Theater**

February 8, 7-8 p.m. https://sclsnj.libnet.info/event/6916020.

The Legacy of Harry and Harriette Moore February 9, 7-8 p.m. https://sclsnj.libnet.info/event/6816281. **Chocolate Lover's Desserts -A Virtual Bake-Along** February 13, 7-8:30 p.m. https://sclsnj.libnet.info/event/6963073. **Advanced Care Planning - Wills and Healthcare Proxies Made Simple** February 15, 7-8 p.m.; https://sclsnj.libnet.info/event/7147236. Motown - Music That Moved the World February 16, 7-8 p.m. https://sclsnj.libnet.info/event/6836221. **The Harlem Renaissance -Courage, Grace and Vision** February 21, 7-8 p.m. https://sclsnj.libnet.info/event/6775462. Jesse Owens - A Life in American History February 22, 7 p.m. https://sclsnj.libnet.info/event/6911416. **Overview of Atrial Fibrillation -February is Heart Month** February 23, 7-8 p.m. https://sclsnj.libnet.info/event/7086590. The Food and the Folks of the Great Migration February 27, 7-8 p.m. https://sclsnj.libnet.info/event/6830532. Self-Care Advocate -**7 Steps to Prevent Chronic Disease** February 28, 7-8 p.m. https://sclsnj.libnet.info/event/7093964. **ABOUT SOMERSET COUNTY LIBRARY SYSTEM** Somerset County Library System of New

Jersey (SCLSNJ) partners with you to connect, to explore, to share and to discover. 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.





Let the Cherie Berger Team help guide you home

B

CHERIE BERGER TEAM



Our Featured Listings



61 Reinman Road, Warren, NJ 4 Bed | 3 Bath | \$624,000



16 Old Forge Drive, Warren, NJ 4 Bed | 2 Bath | 1 Bath | \$899,000



103 Smoke Rise Drive, Warren, NJ 4 Bed | 2 Bath | 1 Half Bath | \$800,000



33 Johns Road, Warren, NJ 3 Bed | 4 Bath | 1 Half Bath | \$1,125,000



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



Steven Berger steven.berger@compass.com M 908.256.0307



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

The Chere Berger Teom is a teom of real extore braker-schepersons and schepences atflicted with Compose. Compose is a licensed real extore braker and object to Boust Housing Opportunity laws. All material presented herein is interded for informational purposes only information is compiled from sources deemed reliable but is subject to emore, amissions, changes in price, condition, sole, or withdrawal without notice. Photos may be virtually waged or digitally enhanced and may not reflect actual property conditions.

