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WARREN'S HOMETOWN NEWSPAPER

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BOY SCOUT TROOP 228 ADDS 7 EAGLE SCOUTS

Submitted by Jane Maloney

Warren Troop 228 is proud to announce that in 2022, seven more scouts have earned the Eagle rank, the highest achievement available within the Scouts BSA program. Eagle Scouts have demonstrated their knowledge in a variety of important life skills including first aid and emergency preparedness, camping and the outdoors, citizenship, physical fitness and time and money management. They have also honed their leadership skills by taking on a variety of roles in their troop setting. As a culminating experience, scouts are required to plan, develop and lead others in carrying out a significant service project for the benefit of any religious institution, school or community.

Troop 228, originally chartered in 1965, is part of the Pioneer District of Patriot's Path Council BSA, and in 2022 was chartered by the Watchung Hills Elks Lodge #885. Only about 4% of scouts nationally achieve the Eagle rank, and we are extremely proud of the character and perseverance demonstrated by each of these young men.



(above) Graham Schmidt made improvements at Glenhurst Nature Preserve. He led a group to install a bog bridge, as well as a new, round picnic table near the gazebo. Graham graduated from WHRHS and is currently studying at the University of Delaware, majoring in Business.



(above) Luke Driscoll, with the help of his troop, cleared some trails, and then designed and installed a 200' bog bridge, as well as three new benches, at the Dealaman Nature Reserve in Warren. He graduated from WHRHS in June, and is currently attending Drexel University, majoring in Civil Engineering/Architecture.

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(above) Daniel led scouts of Troop 228 in building four picnic benches for the rain garden in Temple Har Shalom. His grandfather, David E. Setzer, earned Eagle Scout in 1951. Daniel graduated from WHRHS in 2022.



(above) Nolan Brunner created a new picnic area in the Warren ballfield parking lot. He and his team built an access bridge and picnic tables. Nolan graduated WHRHS and is studying game design at MCC.



(above) Landon Bush's team installed new trail markers for the Yellow Trail at Glenhurst Nature Preserve. Landon is a senior at WHRHS and currently serves as a volunteer at the Community Firehouse.



(above) Andrew Shi chose to support the EMT squad in Warren. He and his team built a new desk and hutch (designed by Andrew). Andrew graduated from WHRHS and is currently studying at New York University.



(above) Charles Steen made improvements to the prayer garden at Stonecrest Community Church in Warren. He and his team built and installed two planters, and a picnic table. Charles graduated from WHRHS in 2022.

Courtesy photos

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SCOUTS HOST SPAGHETTI DINNER – MARCH 25TH

Welcome friends and neighbors! Please support the Boy Scouts program in Warren by joining us for a meal of salad greens, garlic bread, spaghetti and meatballs with our special homemade sauce (all from fresh ingredients), drinks and wonderful desserts. Tickets are \$15/adult and \$10/children and seniors.

The dinner will be held 5-8pm on Saturday, March 25th at Our Lady of the Mount RC Church, 167 Mt Bethel Rd, Warren, NJ 07059. Ask any Troop 228 member for tickets or buy them at the door. Or use the info below to contact us for advance sales.

Due to the popularity of our Spaghetti Dinner, we see more and more people each year, many of them repeat customers who come back each year

with their friends. Last year over 300 people came, and we expect even more this year.

We also distribute a dinner program advertising local businesses - please consider buying an ad. Donations are also gratefully accepted.

For More Information, or to buy tickets or an ad contact us at: troop228warren@gmail.com or 732-822-5341

The spaghetti dinner is our major, annual fundraiser, it sustains the scouting program in Warren and offsets the cost of many worthwhile programs for our boys, including an extensive camping and education program, replacement of old equipment for the troop, as well as our summer camping trips.

Warren Boy Scouts Troop 228

Annual Spaghetti Dinner

Our Lady of the Mount
Roman Catholic Church
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MARCH HIGHLIGHTS FOR WARRENBROOK SENIOR CENTER

Warrenbrook Senior Center, located at 500 Warrentown Road in Warren, is one of the six county operated Senior Center. Somerset County residents who are 60 years and older are welcome to participate in any of the programs at the 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 call 908-753-9440 for more information on how to become member of the Warrenbrook Senior Community.

Below is the highlight of programs.

Basic Computer and iPad Instruction with Parul

March 16, 30 – 11 a.m.

In this basic computer learning class, the topics that will be covered will vary every week and will depend on the needs of the clients. Some of the topics will be checking the email, opening/attaching the attachments, clearing the cache, creating word documents. Please call (908) 753-9440 for more information.

Brains n Games and Hand Bells with Adrienne Graubard

March 3, 31 – 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.

Holi –by Seema Moondra, EnjoyExplore India!

March 6 - 11 a.m.

Get ready to welcome spring with a song and dance; enjoy the bountiful harvest, a fruit of labor, not chance! Holi is a time to let bygones be bygones, so let us play games, have fun, and celebrate life - colorful and bright!

The Holi festival celebrated with great enthusiasm all over India gives people the opportunity to renew friendships and build new relationships. It is a time to rejoice in the bounties of nature, honor farmers and their cattle, and enjoy the blossoming of the Earth. During Holi people play with colored powder, dance to fun songs, engage in spring cleaning, light bonfires and hold family get-togethers to celebrate life! Join us to learn more about the festival as you enjoy traditional Indian drinks like "thandai" served during Holi celebrations.

We will listen to Holi songs, learn some cool Bollywood dance moves, and play fun games. So put on your dancing shoes and get ready for some colorful fun!

Margaret Morris: American Revolution Diary- Marisa Bozarth

March 8 – 11 a.m.

Margaret Hill Morris is one of the hidden stories of the American Revolution. Throughout the war, she kept a diary, now viewed as one of the most detailed accounts from New Jersey. Also, a doctor she treated soldiers and worked in Philadelphia during the yellow fever epidemic of 1793. Morris's story is one that should be remembered as a story of heroism and survival.

2022 Tax Preparation

March 8, 15, 10 a.m. – 3 p.m.

AARP Foundation Tax-Aide provides in-person tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. Tax-Aide volunteers are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code. Please call (908) 753-9440 and sign up for getting your taxes prepared free of charge.

Craft – Butterfly Button Art

March 10 – 11 a.m.

March 14 is the National Learn about Butterflies Day. What better way to learn about the butterflies than do a craft activity together.

We will be using the buttons to create the butterfly of our imagination. All supplies will be provided.

PRE-REGISTRATION IS REQUIRED.

Berries & You, Perfect Together – Jennifer Korneski

March 13 – 11 a.m.

A discussion on the history of berries and the health benefits of this functional food.

Musical Performance – Lorri Woodward

March 22 – 11 a.m.

We're all Irish on St. Patrick's day. To celebrate St. Patrick's day, feast day of St. Patrick, patron saint of Ireland, Lorri Woodward will entertain us with some Irish songs along with other songs from 50's and 60's to commemorate the day.

The Price is Right- 1960s version

March 23 – 11 a.m.

The game Price is Right debuted in 1972 and was hosted by Bob Barker. We will play a similar version of the game and guess the price of items that was in 1960s.

Craft – Cherry Blossom & Owl

March 24 – 11 a.m.

Celebrate spring being in full bloom with this craft! The DIY cherry blossom tree signs come to life with simple craft supplies like pom-poms, making them look lush and pretty. We will also be making owl using the sticky back foam pieces, wiggly eyes, scratch art circle.

PRE-REGISTRATION IS REQUIRED

"The Do's and Don'ts of Recycling in Somerset County" by Melissa Harvey

March 29 – 11 a.m.

certified recycling professional, Somerset County Division of Solid Waste Management. This program will inform residents what is acceptable and what is not acceptable in the county's recycling program. Melissa will discuss the impact China has had on the marketing of recyclables and where the recyclables are being disposed of. She will also discuss how to dispose of household hazardous waste and electronics and discuss the shredding events throughout the county in 2023.

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RELIEF FROM CHRONIC KNEE PAIN

FDA Approved Treatment to Avoid Surgery

DON'T BLAME THE ARROW FOR MISSING THE TARGET

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



If Knee Surgery Sounds Scary, It Should

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

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

Consider This Alternative To Surgery

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

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

How Does This New Treatment Work?

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

Do you Suffer from any of these Symptoms?

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

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

Let Me Show You Targeted Relief From Your Knee Pain

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

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

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

Call 732-827-0800

Scot Paris MD, FACS



Here's what our patients have to say

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

- Patricia G.

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

- Perry O.

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

- Quentin L.

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ARTIST BRING HAPPINESS AND PEACE

Artist and teacher Aprajita Lal, a Bridgewater resident, strives to create art that is both happy and peaceful. Lal uses watercolors, acrylics, oils, and mixed media to take viewers to "untouched, pristine surroundings," hoping that this artistic journey will bring happiness.

The Somerset County Library System of New Jersey's (SCLSNJ) Warren Township branch has installed 18 of Lal's artistic creations within their rotating Art Space. The exhibit will be available for viewing through March 31, 2023.

The branch offers many crafting events for adults throughout the month. If you are interested in learning embroidery, the branch will be offering a free flower embroidery course on March 22 at 1 p.m. All materials are provided but registration is required: sclsnj.libnet.info/event/7136752. Additionally, if you are interested in learning to paint, the branch will be offering a free painting course on April 1 at 11 a.m. All materials are provided but registration is required: sclsnj.libnet.info/event/7531158.

Art displays are available to view during regular hours of operation. The Warren branch is located at 42 Mountain Boulevard in Warren. For more information about the art space, email Kathy DeCristofaro at kdecristofaro@sclibnj.org. For questions about the branch, call (908) 458-8450 or email warrentownship@sclibnj.org.



(above) Works by Artist and teacher Aprajita Lal will be on display at the Warren Township Library through March 31, 2023.

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PINEWOOD DERBY AND OTHER PACT 182 NEWS

Warren Cub Scout Pack 182 recently held their annual Pinewood Derby race. The event was hosted by Warren Middle School. The scouts had a great time showing their creativity and enjoying a fun competition with their peers. The ccouts and siblings got to show off their wood working skills and compete for fastest, most stylish and

fan favorite award amongst other prizes. A big thank you to all the parents who volunteered to make the event a successful one.
Coming up the scouts will have winter cabin camping at historic scout camp in Northwest NJ, and also a private tour of the Intrepid in Manhattan!

For any parents interested in having their son join through grades kindergarten - 4th grade please message Ryan Valentino
rvalentino86@hotmail.com
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Follow us on Facebook at
Cub Scout Pack 182 - Warren, NJ.





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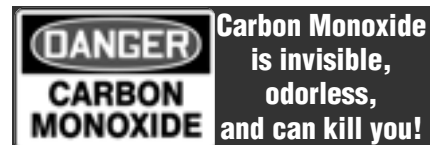
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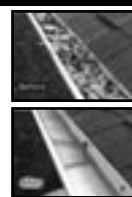
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STUDENTS EXPERIENCE A DAY OF DRUMMING AND DANCE



(above) Path to Rhythm provides educational and interactive group drumming and dance programs in schools and other organizations. Issadore and his assistant, Mr. Yaya, met with all Woodland students by grade level for one-hour sessions on Tuesday, February 2, 2023.

Photos by Warren Township Schools

Warren Township Schools
Woodland elementary school students experienced an immersive musical and movement activity with Adam Issadore, the founder and owner of Path To Rhythm.

Principal Jeffrey Heaney was very impressed by the program. "The Path to Rhythm Assembly was a great time for students and staff. Students were fully engaged in dancing and were immersed in playing a new instrument. It was great to see the students having so much fun together as they made great memories and celebrated a sense of community through dance and music!"

The Path to Rhythm program was organized by the Woodland Elementary School Parent Teacher Organization.



(above) The 60-minute program included a brief description of African culture, a drumming demonstration from Issadore and Yaya, a description of the African Djembe (hand drum), a dance lesson choreographed by Yaya, and the opportunity to drum with Issadore.



(above) The students were split into two groups. Half of the class worked with Yaya to learn a short sequence of African dance moves, while the other half learned a beat on the djembe. After the lesson, the dancers showcased their learning while the drummers kept the beat. The drumming/dance activity inspired the students to listen, learn, communicate, smile, laugh, dance, and play.

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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.

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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.

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

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Florham Park Press NJ Qty: 5,500 Zip: 07932	Garwood Times NJ Qty: 2,500 Zip: 07027	Green Brook 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
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Rates are per month. Artwork included in price. Newspapers are black on white.

NEWSPAPER AD RATES

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

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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WARREN TOWNSHIP POLICE DEPARTMENT RESIDENTIAL BURGLARY AWARENESS

With the recent residential burglaries that have occurred in Warren Township, and throughout New Jersey the Warren Township Police Department would like to take this opportunity to advise our residents how to lessen the possibility of becoming a victim.

Report ANY and ALL suspicious activity you may see in your neighborhood, no matter how minor it may appear.

Install quality door locks and dead bolts to all exterior doors of your home.

If you do not have one or both, install an alarm system and surveillance cameras on the exterior and interior of your home. Make sure the alarm is monitored by a central station that will immediately notify the police first of an activation. Additionally, when you install cameras ensure that the system have a street, driveway, and perimeter views as well as the interior near all entrances of your home.

If you already have these systems make sure you activate them, and they are working accordingly. When having these systems installed or updated, we suggest you have a battery/cellular back up in place as well as remote monitoring capabilities available.

Install motion lights on the perimeter of your property and make sure the exterior of your

home is always well lit during all nighttime hours.

Communicate with your neighbors. Advise them when you are going on vacation or extended weekend trips so they can monitor your home, mail and any activity that may be out of the ordinary.

DO NOT post on any social media sites that you are on vacation and for how long. We advise that you post any pictures/events from your trip after you return home.

Add your home to the Warren Township Police Department "Vacant House List" when you go on vacation or extended weekend trips. Once on the list, your home will be specifically checked by the patrol division in your absence. Refer to warrenpolice.com for the vacant house list form.

If you tend to keep any valuables and or cash in your home, we suggest utilizing a home safe that is secured to the floor or wall.

As always, the Warren Township Police Department takes all investigations seriously and again we encourage you to report any suspicious activity no matter how minor it may seem.

If you would like to have a security survey performed on your home, please contact the Warren Township Police Detective Bureau for assistance

KINDERGARTEN REGISTRATION

Kindergarten registration for the 2023-2024 school year is open!

- The Warren Township School District is excited to welcome all families with kindergarten age students!
- If your child will be 5 on or before October 1, 2023, your child can be registered!

Please register as soon as possible.

You can also register by visiting the Warren Township School District Registration Site at:
warrentboe.org/schools/district/registration/



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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.**



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ashley.freitas@compass.com
M 908.432.9818



Karla Gary
karla.gary@compass.com
M 908.285.3813



Cherie Berger Team
Licensed Real Estate Salespersons
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