# WARREN MONTHLYNJ

### WARREN'S HOMETOWN NEWSPAPER

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# **CUB SCOUT PACK 182 GOES WINTER CAMPING**

Every year Cub Scout Pack 182 goes winter camping at Camp Winnebago in Rockaway, NJ. This is a historic campsite for all of scouting. This was a great starter event for our newer scouts and we stayed in a heated cabin with running water! Over the weekend the scouts experienced so many exciting events from a hike, archery activity, scavenger hunt, campfire, songs and skits, and Dutch oven pie cooking! This was a favorite for both adults and scouts. With several opportunities to learn team building and nature!

For any interested boys in Kindergarten though 4th grade please message Ryan Valentino rvalentino@hotmail.com or contact him at +1 (732) 983-1035.

As always like us on Facebook at Cub Scout Pack 182 Warren, NJ.





Courtesy photos

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# **FAMILY MINI-GOLF NIGHT**

### Warren Public Schools

Central School in Warren Township recently hosted ninety Central and Woodland School families for an indoor mini-golf event. Over three hundred and thirty people were in attendance.

Central School Principal Alison Tugya empowered her staff to create a family-friendly event to welcome the Woodland students and their families that will be rezoned to Central School in the fall.

Physical Education (PE) teacher Laura Lamson jumped at the opportunity to help and offered to organize a night of mini-golf. Lamson assembled a group of staff, including Aubrey Pellerin and John Tshilas (Warren PE teachers), students, parent volunteers, and representatives from the US Golf Foundation, to help with her vision.

For four weeks, Lamson worked with Art Teacher Susan Sage and other teachers, paraprofessionals, and students to handmake all the stations and decorations. The course was divided into two themes, 'In the Jungle' and 'Under the Sea.' The hallways and gymnasium were filled with accents such as jiggly jellyfish, lobster pots and cages, a shipwreck, sea turtles, a whale of a time hole, a volcanic eruption, vine time, slithering snakes & leaping lilies.

Under the supervision of Alyssa Pech, School Counselor, the Central School Student Leaders managed check-in, caddying responsibilities, and food and beverage sales.

The evening was filled with fun and laughter

shared between friends and families. Tugya praised Lamson, Pellerin, and Tsihlas for the planning, preparation, and creativity of the event that brought together Central students and the current Woodland students that Central will welcome in September.



(above) Aubrey Pellerin, Laura Lamson, and John Tsihlas take a moment during the minigolf event to pose for a picture.

# Feeling less sharp? Your brain may need more sound

### Good hearing helps your brain stay sharp

Along with your ears, your brain plays an important role in hearing. Your brain gets the rich input it needs to make sense of the many sounds around you, so you can focus on what's important. But when your brain lacks access to some sounds due to a hearing problem, it has to work harder to fill in gaps, which can be tiring. It also means you could be missing out or feeling that you are not at your best.

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# FIRST LADY FEATURED AT DAR CHAPTER CELEBRATION

Dolley Madison took center stage at a recent our First Lady during the War of 1812. gathering of the Elizabeth Snyder-Continental Chapter of the Daughters of the American Revolution (DAR). The occasion was a celebration of the chapter's 127thanniversary. Jean Stumberger of Bedminster presented a program on Dolley that was enjoyed by members and their guests at Prezzo's restaurant in Warren.

The event included a brief business meeting with a review of 2022 service projects. Several members were recognized for DAR milestone membership anniversaries, including Holly Dunbar of North Plainfield for 40 years, Leslie Strohmeyer of Bedminster with 25 years, and Barbara Diem of Watchung for 10 years. Following the luncheon, the program focused on the life and times of Dolley Madison, wife of our nation's fourth president, James Madison, and



Tuesday, March 14, at Green Brook Town Hall. On the agenda are preparations for the upcoming DAR State Conference at Forsgate Country Club, and State Chairman Susan Luczu will speak on DAR insignia. Prospective members are welcome to attend and should contact the chapter at ESCchapterDAR@gmail.com.

DAR is a nonprofit service organization open The next chapter meeting will be held on to women 18 and older who can prove lineal descent from a patriot of the American Revolution. Based in Green Brook, Elizabeth Snyder-Continental Chapter serves areas in Somerset, Middlesex and Union counties. Joining DAR is a great way to preserve your family's history for future generations. Learn more at www.DAR.org.



(above) DAR members celebrated a legacy of service at a recent luncheon in Warren.







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# VANDALS CAUGHT IN THE ACT.

Submitted by Dr. D. Michael Hart

The "Pool House Gang" were caught red handed vandalizing a building at Boy Scout Camp Wheeler, in Byram Township, NJ. They are seen here in a "line up" against the wall.

They claim that they were doing repairs and renovations to an old decrepit building at the Boy Scout Camp. But they were seen removing valuable lumber, sinks, toilets, shower heads, and construction materials from the building.

Just kidding. This is a group of dedicated volunteers, including many retired professionals, who volunteer every week all year round at the Boy Scout camps for Patriot's Path Council in northern New Jersey. These guys pictured have come up every Wednesday and Thursday for several months to renovate the Pool House and other buildings. This group includes retired engineers, an electrician, computer experts, small business owners, and corporate executives.

The Pool House building was built in 1971. The roof was still good, but the wooden walls were completely rotted, and the roof was sagging perilously. They needed to prop up the roof and replace the boards one by one. Eventually the building will have two Dr. Michael Hart drmhart@yahoo.com.

bathrooms, two common showers and 8 individual changing rooms on each of two sides. There is a full sized swimming pool behind the building, so all of the chlorination, pumping mechanisms and electrical service are also located inside the building.

The "Flintlocks BSA, Inc." a 501c3 corporation, is a group of retired scouters who volunteer at the camps every week, all year round, to help the council. They do most of the repairs and maintenance for the three Council camps, but also build new structures, such as cabins, waterfront structures, picnic tables and tent platforms. In 2018 they secured funding and built the STEM Lab at Allamuchy. Second, they make the craft kits for birdhouses, bird feeders, stools, handy boxes, racing sailboats, etc., which are sold through the Scout Shops. Third, Flintlocks volunteer to help run the many Council programs. Three quarters of the Flintlocks have received the Silver Beaver Award, the highest National award a volunteer may receive. The Facebook Page is "Flintlocks" For more information please contact Secretary



(above, l-r) "Line Up": Al Thomas, Randy Johnson, Frank Wallace, Dave Greene, George Van Dyke, Barry Bird, and Tom Mollitor.



# 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.

#### 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.

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**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 Derothy 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 painful and ineffective experience because the injections were not administered using fluoro scopic 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 fluoros copy 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 today to schedule your RISK FREE consultation & Wellness Center Call 732-827-0800

Scot Paris MD, FACS

PREMIER

OSTEOARTHRITIS

### 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 - Perry O. hack to normal.

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

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# WORLD AUTISM MONTH

Autism Speaks

Every April Autism Speaks celebrates World Autism Month, beginning with the United Nations-sanctioned World Autism Awareness Day on April 2. This year marks the 15th annual World Autism Awareness Day.

Throughout the month, we focus on sharing stories and providing opportunities to increase understanding and acceptance of people with autism, fostering worldwide support. This year, we are committed to creating a world where all people with autism can reach their full potential.

Supporters can participate in World Autism Month by:

Join our 2.8 million social followers and help foster understanding and acceptance by sharing the diverse stories of people on the spectrum or telling your own. Submit your story by visiting: surveymonkey.com/r/AutismSpeaksShareYourSt ory

Invite your colleagues, classroom and friends to join our Kindness Campaign and encourage acceptance, understanding and inclusion with daily acts of kindness at school, work or in your community. Together, we can create a world where all people with autism can reach their full potential.

Make a meaningful, lasting impact for people with autism with your gift. It's one of the easiest and best ways to show your support.

Learn about all the ways you can fundraise on social media.

Joined by the international community, hundreds of thousands of landmarks, buildings, homes and communities around the world come together on April 2, World Autism Awareness Day, to Light It Up Blue in recognition of people with autism and those who love and support them.

Everyone is encouraged to participate. Whether you have autism, love someone who does, or are looking to support a diverse, accepting and kind community - you're invited to take the pledge to help create a world where all people with autism can reach their full potential. For more information visit: autismspeaks.org/world-autism-awareness-day

### An AUGUST WEEK on the Ocean Beach Popham Beach, Maine Only \$1000 Ocean Beach Cottage Close to LL Bean

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# ATTENTION PARENTS OF KIDS AGES 8-18 SCAN BELOW TO ENTER TO WIN 40 FREE ATHLETE PERFORMANCE TRAINING SESSIONS AT GRIT IN BERKELEY HEIGHTS



# PARENTS OF KIDS AGES 6-18 IN Berkeley Heights

# Discover how to get your children strong, fast, and confident this summer...so they can become the best athletes they can be.

### This program is for your child if:

- They want to get better at sports but struggle because of **lack of speed**, **strength or stamina**.
- They eat more junk food than healthy food and you need another voice to help them understand how important a healthy diet is during these developmental years.
- They **need to improve their confidence** and you want them to start to get better at recovering from their mistakes.
- They're doing pretty good right now but want to take their performance in their sport to a **higher level**.

### Here's what parents can expect to happen:

- They will get stronger which means when they show up to their sport they'll be able to perform better than ever.
- They will run faster and jump higher so they can show up to their next season and people will start asking what the heck have they been doing.
- They'll become **more coordinated and improve agility** which means they'll pick up new skills their coaches teach them faster.
- Your children will start to eat better because we'll be educating them daily on what's good and what they should avoid...don't be surprised if they start asking you to buy more vegetables.
- **Confidence will skyrocket.** When kids get stronger, faster and more fit...their confidence will rise ...so will their self-esteem which means their performance in every aspect of life will get better.
- Their mindset will improve. We're going equip your child with very specific mindset skills that'll help them learn how to transform how they think about mistakes and failures.



# SENIORS CELEBRATE INDIAN FESTIVAL OF COLORS – HOLI

the beginning of Spring during a free Holi Festival celebration held at the Warrenbrook Senior Center, located at 500 Warrenville road in Warren, one of six county operated senior centers.

Holi is the Indian Festival of colors – it marks

Somerset County seniors were invited to mark the beginning of spring. The Holi festival is celebrated with great enthusiasm all over India. It 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!

Seniors danced to the Bollywood music using Indian scarves and had fun. Seema Moondra from Enjoy Explore India! Co-ordinated the event with Warrenbrook Senior Center manager Parul Patel.

All senior centers offer a nutritionally balanced lunch at noon, Monday through Friday. The menu choices include both hot and cold lunches, with and without meat. Lunch reservations should be made by 10 a.m. the day before attending. There is a suggested lunch donation of \$2.50 for anyone ages 60 and above. For seniors less than 60 years of age, the cost is \$8.07.

To learn more about the Somerset County Senior Wellness Centers, call 908-704-6346 or email OfficeAging@co.somerset.nj.us.















Photos from this and other events can be found online at rennamedia.com and on the Warren Monthly page on facebook.com. Feel free to "Like," "Tag," and "Share."

# **CLASS OF 2023 PROJECT GRADUATION SEEKS COMMUNITY SUPPORT**

The Watchung Hills Regional High School Project Graduation Committee has been busy working on the Class of 2023's Senior year events and graduation night event since the beginning of the school year in September.

This year's graduation night event will take place at Iron Peak Sports & Events. Project Graduation is a year-long celebration for the

Senior Class that began in October with the distribution of "Senior Class of 2023" t-shirts where students then had a class photo taken to help kick off their Senior Year!

The Project Graduation event is held the night of graduation to help safeguard our Seniors by providing a fun filled, substance free celebration in a safe environment to keep our graduates safe. Parents, community members and local businesses are the heart of our success.

Please show your support to our program by sending in your tax-deductible donation today to

WHRHS Project Graduation, 108 Stirling Road, Warren, NJ 07059.



(above) Please show your support by sending in your tax-deductible donation today to WHRHS Project Graduation, 108 Stirling Road, Warren, NJ 07059.

Courtesy photo



Sunday Mornings 8:00 and 10:00 a.m. Liturgies with Eucharist 8:45 a.m. Education Hour

Passion/Palm Sunday - April 2 8:00 a.m. Spoken Liturgy with Eucharist 10:00 a.m. Festival Liturgy with Eucharist

Holy Thursday - April 6 12 noon Spoken Liturgy with Eucharist 7:30 p.m. Liturgy with Rite of First Holy Communion

Good Friday - April 7 12 noon Ecumenical Community Service 7:30 p.m. Service of Tenebrae

Holy Saturday - April 8 A Day of Silence, Prayer & Reflection

Easter Celebration - April 9 7:00 a.m. Memorial Garden Liturgy 8:00 and 10:00 a.m. Liturgies with Eucharist

Visit our website or Facebook at Faith Lutheran, New Providence We practice an open Communion table. All are welcome!



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We Welcome You

# Holy Week Services

Palm Sunday 10:00 am Maundy Thursday 6:00 pm Good Friday 6:00 pm Easter Sunday 10:00 am



Visit our website for information on virtual services and updates.

# **PROGRAMS AT WARRENBROOK SENIOR CENTER**

500 Warrenville Road, Warren • Seniors aged 60 and older. Weekdays 9 a.m. – 4 p.m. Please call 908-753-9440 for more information on the programs and lunch choices.

Warrenbrook Senior Center, located at 500 Warrenville Road, 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. 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 registered members.

### Fish & Wildlife

April 5 – 11 a.m. A presentation from New Jersey State Conservation Police Officer Brice Paey describing what Conservation Law Enforcement and its role in protecting and preserving New Jersey's vital natural resources. The presentation will cover everything from the

daily responsibilities of a New Jersey Conservation Police Officer to the regulations they enforce.

### PAINT AND CALLIGRAPHY ARTIST EXHIBIT

Paint and calligraphy artist Allan Jann, of Watchung, will be exhibiting traditional brush fans at the Somerset County Library System of New Jersey's (SCLSNJ) Warren Township branch through May 31, 2023.

Jann draws inspiration in the creation of his art from nature as well as from literary and philosophical concepts. Jann's calligraphic works utilize five script styles: classic Small Seal, Clerical or Lithu, Kaishu or Standard, Coashu or Cursive, or Wild Cursive.

"Daily life should be cherished," said Jann. "Through my creative endeavors, I aim to touch my viewers' hearts."

Viewers should take extra time to look for and detect the parables and special meanings hidden within Jann's art.

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.



### **Blood Pressure Screening**

April 5 – 11 a.m. The nurse from VNA (Visiting Nurse Association) will meet with you individually and take your blood pressure and answer

### your questions.

### Easter Trivia

April 6 – 11 a.m.

We will be playing Easter Quiz, Egg-spressions, Unscramble word search, Easter Word Quilt and try to create an Easter Basket.

Ladies of Liberty Hall

### April 10 – 11 a.m.

Hannah Gaston - From Susan Livingston, daughter of Governor Livingston, whose daring exploits saved Liberty Hall from the British during the Revolutionary War, to Mary Alice Kean who worked tirelessly for the preservation of our historic structures, Livingston and Kean women have played an important role in the history of our community. This lively talk

describes 200 years of contributions by the ladies of Liberty Hall.

### What's Cooking by the Museum of Early Trades and Crafts

April 12 – 11 a.m.

Learn about the nineteenth century cooking techniques through hands-on examination of cooking utensils and food-related artifacts from

the Museum of Early Trades and Crafts teaching collection. Participants are encouraged to reminisce about favorite recipes, and to share food and cooking memories.

### Basic Computer and iPad Instruction with Parul

April 13, 27 – 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 April 14, 28 – 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.

### Healthy Aging with Brenda Miller, Community in Crisis Senior Education Director

April 17, 24 - 11 a.m.

This is a seven-week wellness program for adults 60 years of age or older. The program's interactive lessons provide valuable education to older adults on topics including health and wellness, medication use, stress management, depression and substance use and misuse. The seventh session will discuss alternative ways to manage pain such as yoga, chiropractic care. massage and more. Attendance at all (or most)

### sessions is requested.

### Brain Health

April 20 – 11 a.m. Dr Karthik Joshua Kota—Assistant Professor of

Medicine and Geriatrics at Rutgers Robert Wood Johnson Medical School—will briefly present on how exercise, diet, sleep, and brain health affect a person's cognition. Learn more about what types of activities boost the brain best, and how to best incorporate these nonpharmacologic techniques into your life for a healthy long-term future and age gracefully in place."

### Mahjong and Bridge

Every Tuesday the seniors play Mahjong in the morning and Bridge in the afternoon. Please call (908) 753-9440 if you are interested in joining the Mahjong or Bridge group.



# **"EAGLE'S NEST" PRESERVED IN THE WATCHUNG HILLS**

Somerset County in February completed the open space purchase of the "Eagle's Nest," one of several major lookouts in the Watchung Hills used by General George Washington during the American Revolution. Consisting of 1.43 acres, the property holds outsized historic importance, and fills in a missing piece in the Somerset County Park Commission's Washington Valley Park.

Also known as Wayne's Brigade Encampment, the" Eagle's Nest" site in Bridgewater Township was owned for several decades by local restauranteur and Navy veteran Herbert Patullo, who showcased it, off-and-on, as a private Revolutionary War museum. The property was accessible via a right-of-way through Washington Valley Park. A lifelong resident of Bound Brook, Mr. Patullo wanted the property to be preserved. Acquiring the land has been a high priority of Somerset County and the purchase was handled through his Estate, following Mr. Patullo's death in 2020.

"On behalf of the Estate of Herbert ("Herb") Patullo, we are very pleased that Herb's wishes and legacy are fulfilled with the transition of this property to the County of Somerset," said John Bruder, co-executor of the estate. "Herb expressly desired that the property be conveyed to the County so that the property would be maintained as an historic site and not developed. With this transaction, we have now ensured that Herb's wishes for the preservation of this historic piece of property are honored. Herb was himself a treasured piece of Somerset County history, having accomplished many things in his life including leaving Bound Brook High School as a 16-year-

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old to serve his country, at the US Army Supply Depot during WWII, and later in the US Navy. Herb was a local historian and Revolutionary War history buff. He would be very happy to know that Somerset County shall preserve this property for the benefit of all its residents and use it as a centerpiece for its celebration of the 250th anniversary of this nation's founding."

Local historian Robert A. Mayers, of Watchung Borough, wrote about the Eagle's Nest site in his book Middlebrook: The Revolutionary War Encampment that Saved America (American History Press, 2021). In the book, he describes seven lookout rocks through the Watchung Mountains, including the most famous, Washington Rock in Green Brook. Mayers has dubbed the newly acquired property as "Middlebrook Washington Rock" and believes it was used by Washington more often than any other.

"The Revolutionary War was here. Washington stayed seven months right here," said Mr. Mayers in a video released by Somerset County. "This is a fantastic place, and for 250 years it was forgotten!"

The Eagle's Nest was acquired in February by Somerset County with dedicated Open Space funds for \$680,000 and will be incorporated into the surrounding Washington Valley Park. The County is considering options for possible future uses of the small residential building, barn, and pavilion that remain on the property. Until a plan is developed for the property, the buildings and adjacent fenced area will not be accessible to the public.

Search for Eagle's Nest Video on YourTube.

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(above) Local historian Robert A. Mayers at the newly preserved "Eagle's Nest" Lookout in Bridgewater Township.











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# **COUNTY SENIORS CELEBRATE CHINESE NEW YEAR**

Somerset County seniors were invited to join the fun of a free Chinese New Year celebration held at the Somerset County Senior Wellness Center in Bridgewater on Wednesday, Jan. 25. Entertainment included line dancing, Tai Chi, a martial arts demonstration, a musical performance, and educational information about the Chinese New Year.

Participants had the opportunity to practice Tai Chi and dance the Mayim-Mayim, which is an Israeli dance adopted by Asians. The Hulusi (gourd flute) solo performance and a sworddrawing demonstration will captivate any audience. Seniors will also learn fascinating facts about the Chinese New Year.

A lunch with an Asian Flair was served. Including: Chicken & Vegetable Dumplings, Vegetable (edamame) Dumplings, Roast Beef with Provolone Cheese Sandwich, Tomato, Arugula, Cheddar Cheese & Pesto Sandwich

lunch at noon, Monday through Friday. The menu choices include both hot and cold lunches, with and without meat. Lunch reservations should be made by 10 a.m. the day before attending. There is a suggested lunch donation of \$2.50 for anyone ages 60 and above. For seniors less than 60 years of age, the cost is \$8.07.

To learn more about the Somerset County Senior Wellness Centers, call 908-704-6346 or email OfficeAging@co.somerset.nj.us.

### **ABOUT THE CHINESE NEW YEAR**

The Chinese New Year is a 15-day festival that Chinese communities celebrate globally. The holiday is often called the Lunar New Year because it follows the phases of the moon. This year it begins on Jan. 21 and ends on Feb. 20, or until the next full moon.

This year is called "Year of the Rabbit because the Chinese New Year coincides with the Chinese





Photos from this and other events can be found online at rennamedia.com and on the Warren Monthly page on facebook.com. Feel free to "Like," "Tag," and "Share."



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All senior centers offer a nutritionally balanced Zodiac sign the rabbit. There is a repeating zodiac cycle lasting 12 years, with each year representing a zodiac animal that has special attributes. In the Chinese culture, the Rabbit is a symbol of longevity, peace, and prosperity. People born in the year of the Rabbit are called "Rabbits" and are believed to be vigilant, witty, quick-minded, and ingenious.











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