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OPERATION SLUMBER ON USS INTREPID

Another special event in the books for Cub Scout Pack 182 of Warren Township. Last month, the scouts were able to participate in Operation Slumber on USS Intrepid located in Manhattan, NY. The scouts had a private tour and exclusive viewing of flight deck, bridge, submarine, and space exposition! The event educated the Scouts on purpose of carrier, different military aircraft, the carriers living conditions, and an overview of a submarine. It was a late night of touring and fun followed by sleeping in the bridge of the vessel overnight.

For any parents that have a son interested in joining grades Kindergarten through 4th grade please message Ryan Valentino rvalentino@hotmail.com or text him at 732-983-1035 or visit our Facebook page at Cub Scout Pack 182 of Warren.

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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 through 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.



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MORNING MEETING SPARKS STUDENT-DRIVEN FOOD DRIVE



(above) Grade 5 Teacher Tiffany Serafin (left) was very proud of, Grade 5 student Jack Muir (center) for leading Woodland School through a successful Food drive. Rose Muir, Jack's mother, secured donation boxes and a truck from Uhaul (right).



(above) Jack Muir sits in the Uhaul truck full of donations from the Woodland Community before he and his mother, Rose Muir, deliver the donations to Oasis.



(above) Grade five Woodland School student Jack Muir decorates several boxes donated from Uhaul as the donation location for each homeroom.

Photos by Warren Township Schools

Warren Township Schools

Students in Warren Township benefit significantly by participating in what is called Morning Meeting. The daily twenty-five-minute period is dedicated to addressing social and emotional learning. The district adopted a program called Everyday Speech which provides lessons that focus on character development, self-management, empathy, social connections, and decision-making.

Jack Muir, a grade five Woodland School student in Tiffany Serafin's class, was recently inspired to start a school-wide food drive after participating in a Morning Meeting lesson on the purpose of community and the benefit of making a positive contribution to your community.

With the support of Serafin, Jack's initiative was taking off. Principal Jeffrey Heaney incentivized the activity by announcing that the

class that brought in the most donations would earn extra recess time.

Rose Muir, Jack's mother, who works for Uhaul, was able to secure twenty Uhaul boxes which Jack decorated and brought to school for each homeroom.

From February 6 through February 14, the Woodland School community contributed 1,450 items. Jack and his mother identified OASIS, a Haven for Women and Children, as the recipients of the drive.

On February 15, Rose and Jack arrived at Woodland School with a van donated by Uhaul to collect and deliver the donations to Oasis.

Serafin was very pleased with the food drive and the effort put forth by Muir. "I'm so proud of Jack for coming up with this idea and leading it! He was excited, as was the school to participate in such a great cause."

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FANTASY, FAIRY TALES, AND FABLES

Warren Township Schools

A group of Warren Middle School (WMS) teachers pooled their creative talents and launched a new Language Arts unit for grade six students in March. Gina Banks, Cynthia Cassidy, Anna Roga, Brenda Sasso, Lindsey Schreck, and Myranda Shimko were excited to bring Fantasy, Fairy Tales, and Fables to the WMS students.

For three days, 6th-grade students rotated through stations set up in the library, learning different storytelling genres under the umbrella of Fantasy, including Fractured Fairy Tales, Folktales, Greek Mythology, Fables, and Pourquois [por-kwas] (tales told to explain why certain events happened).

On the third day, the students could admire fantasy stories created by previous students and published authors. Additionally, each grade six student was able to tap into their artistic talents to illustrate a character or setting they may use in a future fantasy story. Finally, the students

checked out a fantasy book from the library to give them creative inspiration.

6th grade Language Arts teacher Gina Banks was excited about the project. “The students loved changing their schedule and visiting the library for three days. They had a crash course in the world of fantasy.”

Once the students completed each station in the library, they returned to the classroom and generated ideas for fairy tales and pourquois. Their final product will include written work and illustrations.

Shimko, Library Media Specialist, was thrilled to welcome this event into the library. “I’m so happy that the 6th-grade ELA teachers are encouraging their students to explore the world of fantasy. Using our imagination to explain the world promotes creativity and wonder.”

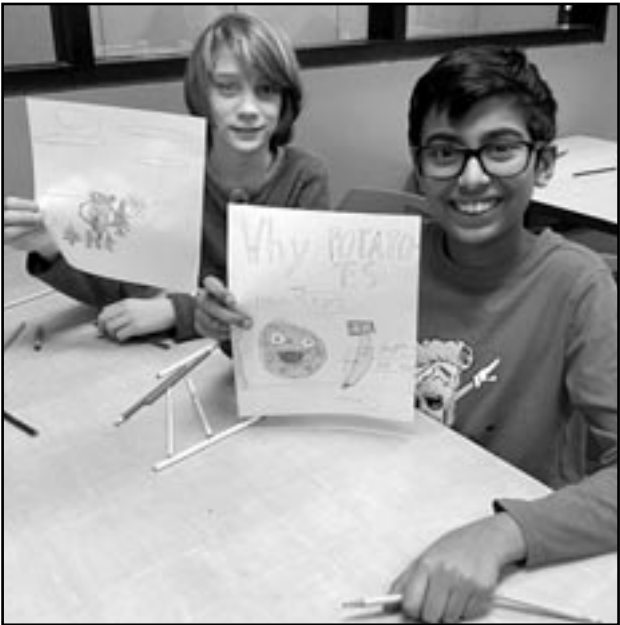
Cassidy, Roga, Sasso, and Schreck enjoyed combining their classes and witnessing the students' collaborative and creative energy.



(above) James Esposito, Benjamin Katchko, David Bubnowski, and Christopher Brown admire fantasy stories in the *Admiration*



(above) Kaleigh Gartner and Phoebe Goldman share their Fantasy Illustrations in the *Illustration* station.



(above) Nikola Dzeletovic and Sanjay Joshi share their Fantasy Illustrations in the *Illustration* station.

Photos by Warren Township Schools



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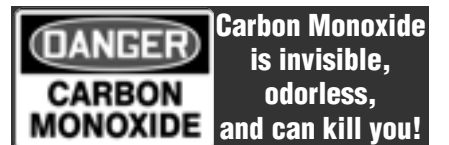
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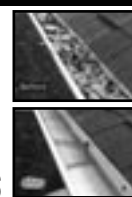
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CAREER DAY AT MT. HOREB SCHOOL

Warren Township Schools

For several years, the late Wendy Piller, a beloved teacher in Warren Township Schools, would orchestrate an annual Career Awareness



(above) Matteo Santos, Lucas Thomas, Callen Bracht, Alessio Cakirdas, Charlie Padilla, and James Carter take a moment for a picture in the photo booth.

activity for the fourth and fifth-grade students of Mt. Horeb elementary school. The event was held in the evenings and always drew many student participants. This tradition quickly became a cherished activity within the school community garnering several parent volunteers.

After the passing of Piller in 2019, and throughout the public health emergency, the school community could not hold the event. However, in March of 2023, through the coordination of Mrs. Toni-Ann Feeney on behalf of the Parent Teacher Organization and Principal Scott Cook, the cherished activity was once again introduced to the Mt. Horeb Gators.

In honor and remembrance of Piller, Feeney, Cook, and several parent volunteers planned a full day of Career Awareness activities for the entire school community (kindergarten through grade five).

On the morning of March 23, as students entered the Mt. Horeb Corporate Headquarters, many dressed to impress in their Career Day finest, they were handed official ID badges and a novelty briefcase filled with pens, stationery, business cards, and a packet of activities.

According to Feeney, the goal for the day was simple, "We wanted the students to have a fun

experience that was outside of the normal school day and learn that they can be anything they want."

As the day got underway, students moved between rooms throughout the building. They had the opportunity to hear from Crossfit Instructor Melissa Schlow, Science Teacher Cecilla Fontana, NJ State Trooper Detective Sergeant Shawn Bracht, Medical Doctor Meruka Hazari, and Professional Counselor Megan Cook. Additionally, the students spent time in the 'Gator Tank,' exploring their entrepreneurial side and brainstorming ideas for their very own companies. Lastly, the students viewed mock interviews between Principal Cook and the staff, demonstrating the do's and don'ts of interviews.

The event offered a fun day and several career choices for the children to learn about added Cook. "The building glowed with excitement as six different professionals showed off their career skills and engaged our students. It was a fantastic day!"

The district would like to thank each community member that participated in the event for sharing their insights, personal experiences, and career details with the students of Mt. Horeb School.



(above) Ryan and Keegan Feeney help distribute ID badges with their mother and Co-Organizer of the event Toni-Ann Feeney.



(above) Shawn Bracht speaks to a group of students about his journey to becoming a Detective Seargent with the NJ State Troopers.



(above) Jocelyn Rosenthal learns a 'step up' exercise from Crossfit Instructor Melissa Schlow.



(above) Principal Scott Cook demonstrates a strong professional handshake with Mt. Horeb student George Goncalves.

Photos by Warren Township School



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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.

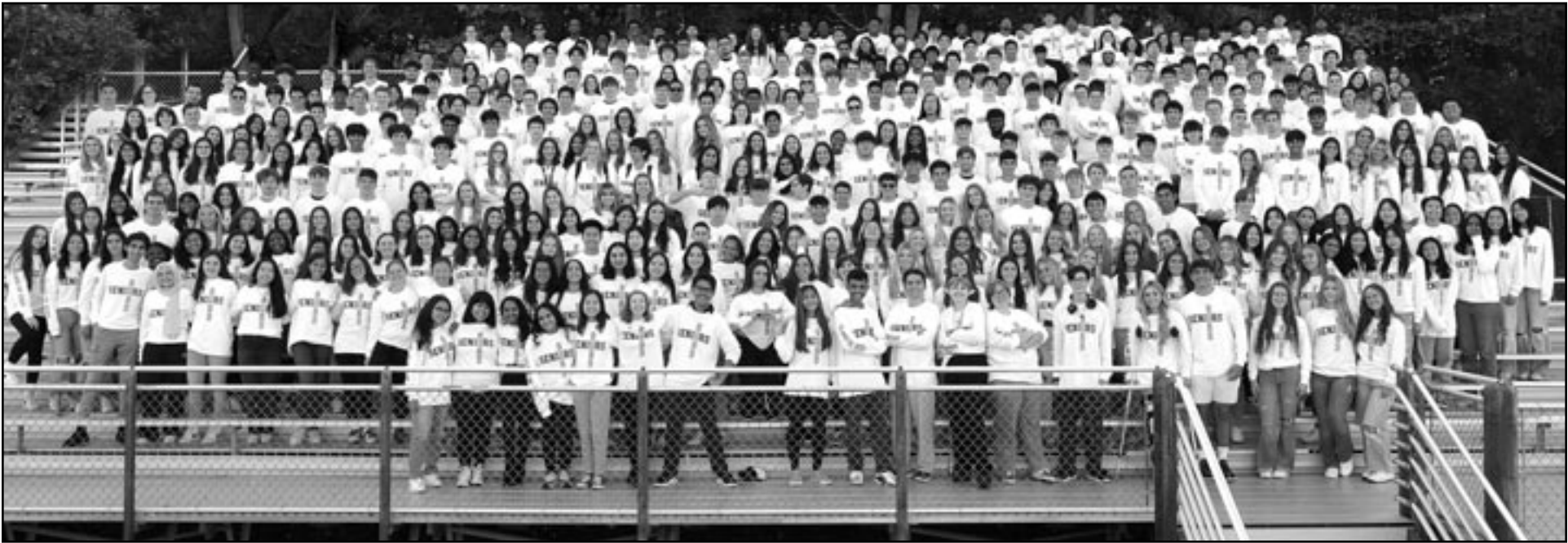
This year's graduation night event will take place at Iron Peak Sports & Events. Project Graduation is a year-long celebration for the

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

GOLDEN OLDIES SHOWS AT SEIMINSKI THEATER

On June 10th at the Sieminski Theater in Basking Ridge, NJ, The Jersey Four and Johnny Maestro's 16 Candles will take audiences on a musical journey through the life and music of these legendary artists whose music has stood the test of time!

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Nights A Week", "Step by Step", "The Angels Listened In", and the iconic song "Worst That Could Happen".

Get your tickets now for this fabulous concert paying tribute to two of the greatest artists of our time! The Sieminski Theater is located at 8000 Fellowship Road in Basking Ridge, NJ. This intimate theater is a premier entertainment venue for the very best in music, theater, dance, and the cultural arts providing the optimal live experience in performing arts.

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WARREN ME AND MY GUY DANCE

The annual Warren Me and My Guy Dance was held on March 12th at the Primavera Regency in Stirling, N.J. This year’s theme was Hollywood Nights. The event is open to girls in grades 1- 5, and their dads, who live in Warren. This year 108 girls and their dads participated.



(above, l-r) Shay Mittelhammer, Emilia Gomes, Angelina Pontoriero, Gabriella Addvensky, Sophia Shehady, Angelica Orsillo, Savanna Snider, Caralina Giudice, Sianna Mago, Mia Prisco

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(above) Dads: Damiano Orsillo, Christopher Giudice, Elia Shehady, Kabeer Mago, Joseph Pontoriero, Hugo Gomes, and Brian Addvensky

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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.'"

- Quenton L.

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BANNERS FOR HOMETOWN HEROES

The Warren Township Committee authorized the Hometown Heroes Banner Program through Resolution 2023-088, adopted on March 16, 2023, which will offer the opportunity for the families of Warren Veterans to honor their military service.

Committeeman Daniel Croson, who introduced this program to the Township Committee, stated, "The banners will serve as a living tribute for the family and the community to honor past and present members of the armed forces."

The Township has 72 light poles in the Town Center on Mountain Boulevard and Mount Bethel Road, which will be utilized for the program and provide 144 potential sponsorships.

Deputy Mayor George Lazo, who worked closely with Committeeman Croson to develop the program, stated, "Veterans deserve to be recognized so that their sacrifice and commitment to our Country is not forgotten."

Applications for the Hometown Heroes program will be processed by the Warren Township Recreation Department. Applications are available on the Recreation page of the Township website at <https://warrennj.org/528/Hometown-Heroes-Banner-Program> or by contacting the Recreation department at Recreation@warrennj.org.

The following information is required for the application:

- Name of Honoree
- Rank
- Era, War, or conflict served
- Branch of service
- Status (KIA/MIA/POW)
- Medals (Purple Heart, Silver Star, Bronze Star or other)
- Photo of Honoree at the time of service. (Please note the photo must be 150dpi.)

The Warren Township Public Works Department will be responsible for ordering and installing the banners. The cost of each Sponsorship is \$130, which will support the cost of the banners. The Township Committee is excited to implement this program honoring our veterans.

It is the goal of the Township to have these banners installed by May 15, 2023 in order for the banners to be displayed for Memorial Day. Please submit your applications at your earliest convenience.



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The Raptor Trust's 9th annual Community Day will take place on Sunday, May 21, 2023 from 11 a.m. – 3 p.m. We invite you and your family for a day of all things bird!

Spring and summer are our busiest time of year, and we're preparing for the adorable invasion of tiny Robins, Great Horned Owl fluffballs, and baby Blue Jays with an attitude, among hundreds of other youngsters.

The average cost of one bird's total rehabilitation is currently \$237, and, because we admit an average of 5,000-6,000 birds per year, those costs quickly add up. All proceeds from the event provide resources for these busy months—from purchasing food and medicine for injured birds of all ages and species, to maintaining the caging and grounds that visitors can enjoy.

All proceeds from the event benefit our wild bird hospital, which offers free veterinary services to wild birds, empowering our community to help. On May 21, we celebrate that community. For more information visit: theraptortrust.org/trt-community-day

TRT is committed making a long-term impact. With your help, we will continue to play a major role in conserving local wild bird populations and reducing the suffering of wildlife in the tri-state area.

The Raptor Trust is located at 1390 White Bridge Road, Millington, NJ. Approximately 50 resident birds are on exhibit in large outdoor aviaries viewed by walking along the trails. Living on the campus of the Trust throughout the year is variety of raptors and birds of prey. Currently, the Trust is home to two Bald Eagles, Turkey Vultures, Barred Owls, Great Horned



Owls, Ravens, Screech Owls, Red-Tailed Hawks, a Snowy Owl and many more!

The aviaries are open to the public seven days of week. Our visiting hours during the fall, winter and spring are 9 a.m. to 4 p.m. During the summer we are open to visitors from 9 a.m. to 7 p.m. There is no cost to come by for a self-guided tour, however, we ask you to consider a small donation of \$2 per person.

The Raptor Trust is a 501(c)(3) not for profit organization which provides free medical care to thousands of orphaned or injured birds each year. Our infirmary staff is available seven days a week during daylight hours to admit injured birds, but we must rely on the people who find them to bring them to us for care. If you find a bird that needs help, please visit our website theraptortrust.org for instructions. We cannot do what we do without the kindness of many – including our visitors.

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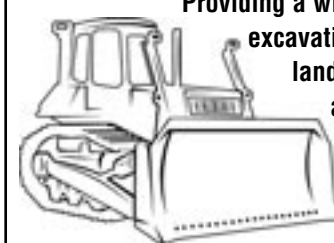
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HOLOCAUST SURVIVOR TO SPEAK - MAY 9TH

The Summit Old Guard

Of the 1.6 million Jewish children who lived in Europe before World War II, only 100,00 survived the Holocaust. Most were hidden children. Separated from her parents in July 1942, 6-year old Maud Dahme and her 4-year old sister, Rita, were hidden from the Nazis by Christian families in the Netherlands. Dahme will share with the Summit Old Guard her wartime experiences, as well as her reunion with her parents, immigration to the United States at age 14, and serving as a Holocaust education advocate.

"I think the greatest gift that was given me was to be alive," said Dahme in an interview with the Huffington Post. Dahme went on to explain the significance of genocide education and the importance of emphasizing the efforts of people who hid, protected, and rescued Jewish people with no concern for their own safety. "I think it's very important to remember that it was a time in history when millions of people died and only because of their religion. But there's also the other side of the story, which is how many people cared and were willing to risk their lives to save Jews and anyone else."

Dahme was inducted in the New Jersey Hall of Fame as one of the state's Unsung Heroes in 2014. She served as president of the New Jersey State Board of Education and has spent much of

her time speaking to students and adults about her experiences during World War II. Dahme's story was published in a 2015 memoir entitled "Chocolate, The Taste of Freedom." The memoir was co-written and edited by Maryann McLoughlin of Stockton University's Sara & Sam Schoffer Holocaust Resource center.

Dahme will speak at the Summit Old Guard's weekly meeting on Tuesday, May 9th at 10 a.m. in the Parish Hall of the New Providence Presbyterian Church, 1307 Springfield Ave., New Providence, NJ. This presentation is open to guests and prospective new members, who are also invited to enjoy coffee and conversation at a social reception starting at 9:15 a.m.

About the Summit Old Guard: The Old Guard of the Summit NJ area was founded in 1930 with the purpose of providing retired business and professional men with good fellowship and activities. Men from throughout the broader Summit area gather on Tuesday mornings to hear from interesting speakers on a broad range of topics. The 270+ members may also choose to participate in various activities/interest groups, including bocce, golf, fishing, books, chess, financial & investment, sports forum, timely topics, and weekday lunches. Prospective new members are always welcome to attend a Tuesday morning meeting to learn more about the organization. See also summitoldguard.org.

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WARREN TOWNSHIP TO RECEIVE \$66,000 GRANT

The Township Committee is pleased to announce that the Township has been awarded a grant for \$66,000 from the New Jersey Department of Community Affairs (DCA). The grant funds will go towards a new playground and upgrades to the tennis courts to include pickleball at the Greenwood Meadows Park. The total project cost is estimated at \$320,000.

The Township Committee expressed appreciation to Recreation Director, Joseph Passaro and his department for spearheading the project.

Mayor Gary DiNardo, Recreation Liaison expressed his appreciation for receipt of the grant and commented that the proposed park improvements are anticipated to commence in 2024. The project will provide improved recreation facilities for our residents.

The improvements to Greenwood Meadows Park continues the Township Committees goal of improving recreation facilities throughout the township. The financial assistance provided by the grant, will reduce the financial burden to Warren taxpayers.


**American Heart Association
Heart Ball**

New Jersey Heart Ball
June 7, 2023 | 6:00pm - 10:00pm
Brooklake Country Club
njheartball.heart.org




**Warren Township Recreation
Annual Fishing Derby**
Saturday, May 20, 2023 (rain date May 21)
11:00am-2:30pm

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Questions: Contact the Recreation Dept.
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or email recreation@warrennj.org
Weather Update: Check our Facebook page
at facebook.com/WarrenNJRec/



MAY HIGHLIGHTS WARRENBROOK SENIOR CENTER

Warrenbrook Senior Center located at 500 Warrentown Road 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 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 May.

Healthy Aging

May 1, 8, 15 & 22, 10:30 a.m.

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

The Spirit of Making Spirits

May 3, 11 a.m.

The Spirit of Making Spirits by Camden Winkelstein, Bellemara Distillery. Learn the chemistry process, vernacular, and personal passion Bellemara takes when making spirits.

Basic Computer and iPad Instruction

May 4 & 18, 11 a.m.

Basic Computer and iPad Instruction with Parul. Basic computer and iPad instruction. The topics that will be covered will vary every week and will depend on the needs of participants.

The Warrenbrook Derby

May 5, 11 a.m.

To enjoy the real Kentucky Derby on May 6th, we will play our own version; the Warrenbrook Derby. We will name each horse per table and participate in the racing contest with the other teams. No Kentucky Derby can ever be held without a Mint Julep. We will share the recipe and sample some virgin Mint Juleps. Wear your colorful hats and be prepared for some laughter.

Brain Games and Hand Bells

May 5 & 19, 11 a.m.

Brain Games and Hand Bells with Adrienne Graubard. Did you know that solving puzzles or challenging yourself with activities like learning music can stimulate the brain? Join Adrienne for some mind-tingling, brain-stumping, word games and a fun-filled musical workout using handbells.

Fall Prevention

May 10, 11 a.m.

Fall Prevention by Dr. Nisha Rele, BSME, PT, DPT. Dr. Nisha Rele will present a talk on fall prevention and active aging. She will discuss information on why falls happen, how to prevent them, and exercises to work on for improved strength and balance. Dr. Rele will also lead a boxing and strength training class.

Armchair Travels

May 11, 11 a.m.

Armchair Travels: Patagonia with Parul. Argentina is a land of staggering diversity from the dramatic grasslands of Patagonia to the end-of-the-world archipelago of Tierra del Fuego. Today we will watch the Patagonia Expedition and Argentine Tango Dance. We will also learn about the Gaucho Culture. Similar to what

American's would call cowboys.

Craft: Paint Palette Mother's Day Tulips

May 12, 11 a.m.

Craft: Paint Palette Mother's Day Tulips with Parul. A convenient way to create a beautiful watercolor painting. All supplies will be provided. Pre-registration is required. Please call (908) 753-9440 for more information.

Comedy Magic Show

May 17, 11 a.m.

Comedy Magic Show with Ed Smoot. Be ready for fun times with some laughter and giggles.

Older American's Month Performance

May 24, 11 a.m.

Older American's Month Performance with James Barba who not only will play songs, but also make you sing the songs from the 50s and 60s. He will also play music to celebrate the

Memorial Day Holiday.

Craft: Ceramic Vases

May 26, 11 a.m.

Craft: Ceramic Vases with Parul. All supplies will be provided. Pre-registration is required.

Free Blood Pressure Screenings

& Presentation

May 31, 10:30 a.m.

The Somerset County Vo-Tech students will be onsite to provide free blood pressure screenings. No appointment is necessary. Students will also give a presentation on how to chart your blood pressure which can help you figure out if your blood pressure is at a healthy level or if you need to take some steps to improve your numbers using either exercise or diet.

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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								

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THE SPOTTED LANTERNFLY IS HATCHING

Invasive Insect Is a Danger to Trees, Decorative Plantings, and Agriculture

Residents are reminded to keep an eye out for the invasive spotted lanternfly that has caused damage to residential and agricultural plants and trees throughout the area. Residents are asked to check trees, fences, and other flat surfaces around their homes and neighborhoods for egg masses, as well as grown lanternflies and Stomp Them Out!

The spotted lanternfly is native to China, India, and Vietnam. It was first sighted in the United States in Pennsylvania, and has since spread to surrounding states, including New Jersey. The spotted lanternfly was first discovered in Somerset County in 2019. While not harmful to humans or animals, this invasive insect feeds on the sap of many different hardwood trees, scrubs, ornamental plants, and has the potential to impact agricultural crops of economic importance such as grape vines, hops, and apple orchards. Feeding damage caused by the spotted lanternfly

significantly stresses the affected plants which can lead to decreased health and potential crop loss.

Residents and visitors are advised to keep an eye out for spotted lanternflies and their egg masses and kill them on sight. Destroying spotted lanternfly egg masses before they hatch is the best way to limit their spread. Eggs can be laid on any flat hard surface including metal, wood, and plastic. Egg masses are commonly found on fence posts, telephone poles, lawn furniture, and the underside of tree branches. Egg laying begins in September and continues through November or until the first freeze.

While adult spotted lanternflies do not survive the cold winters, their egg masses do. Beginning in May through June, the eggs will start to hatch and mature through their life stages into adulthood. Join the battle to beat the bug and help us Stomp Them Out!

IF YOU FIND SPOTTED LANTERNFLY EGG MASSES:

- Scrape egg masses using scraper cards, or anything else that is hard, tapered and/or flat
- Kill eggs by putting them into doubled bags, using alcohol/hand sanitizer, or by smashing



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