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Watchung's Hometown Newspaper

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### **COMMUNITY DAY AT THE RAPTOR TRUST – MAY 21**

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

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

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

The Watchung Hills Regional High School 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.



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### DO YOU KNOW ABOUT NJ 211?

The 211 system is found throughout the United States and is devoted to connecting people in need to the resources that can help. While each 211 operates independently, all of the more than 200 organizations provide a network of local support that people can call on with confidence when they need help and simply don't know where to turn. In New Jersey, our motto has been: Need Help? Start Here.

NJ 211 provides live assistance 24 hours a day, every day of the year. Our services are free, confidential and multilingual. There are several ways to reach us: By phone (simply dial 2-1-1); via text (send your zip code to 898-211); email (info@nj211.org); or chat on-line: nj211.org/contact-us. Whichever method you choose, you will be communicating with a community resource specialist who has been educated about federal, state and local systems created to help people who are struggling.

NJ 211 also serves as the State Homeless Hotline and New Jersey's Utility Assistance Hotline.

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### **ANNUAL HOME-GROWN PLANT SALE – MAY 13**

The Garden Club of Watchung

Our plant sale is unique because the plants we offer have been grown and donated by our members. We have a wide selection of perennial plants that do well in our climate and most are deer resistant. This year we will also have tomato plants grown from seeds. Our aloe plants were a success last year so they will be on sale again.

We will be at Best Lake parking lot in Watchung on Saturday, May 13, 2023 from 9:00 a.m. to Noon. Come early because our plants sell quickly!

The plant sale is one of our major fund raisers. Proceeds enable us to carry out our community service projects. You will see us planting flowers on the Watchung Circle in May so give us a wave as you drive by! In November, we decorate the Watchung library to celebrate Winter and mentor the fourth grade Youth Gardening Club at Bayberry School. Two of our members are on the Traffic and Beautification Commission of Watchung Borough. We maintain three gardens behind the Watchung Arts Center. The large "L" shaped garden is filled with deer-resistant perennials. In the same area is the newly replanted Memorial Garden. Next to the library entrance is the Children's Hummingbird Garden that was planted last year by the Girl Scouts. The Blue Star By-way memorial on Somerset Street was given a complete renovation last summer. The memorial honors those who have served and are serving to protect our country. Additionally, we contribute to organizations that protect and add beauty to our environment.

Interested in becoming a member? Give us a call at (908)754-5766 or ask for information on our Face Book page.

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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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### **DAUGHTER'S KIDNEY DONATION SAVED HER MOM'S LIFE**

#### NJ Sharing Network

Twenty years ago, Rosemarie Hampp, 58, made the loving decision to donate one of her kidneys to save her mother's life. Today, Rosemarie is forever thankful for that decision, and she is now on a personal mission to support NJ Sharing Network, the nonprofit organization responsible for the recovery and placement of donated organs and tissue in the Garden State.

"My goal is to save and enhance more lives because there are nearly 4,000 people in New Jersey waiting for a life-saving transplant," said Rosemarie. "I believe that everyone should consider being a living organ donor or simply register as an organ and tissue donor to make a positive difference in the lives of others after your time on Earth is done."

Rosemarie's fundraising efforts to support the Sharing Network Foundation have been powered by many of her family members and friends who are participating in the 5K Celebration of Life on May 20 in Ocean Grove. "Team Rosie," named in honor of Rosemarie's mother (Rose Marie Hampp), was established earlier this year to



(above) Rosemarie Hampp recently celebrated the 20 Year Anniversary of her kidney donation to save her mother's life. Rosemarie creates

colorful Donate Life stickers to raise awareness. To support Rosemarie's efforts, visit events.njsharingnetwork.org/go/TeamRosie23. Courtesy photo



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celebrate the 20th anniversary of Rosemarie's life-saving gift.

"My mom lived a healthy and happy life until she was diagnosed with primary amyloidosis," said Rosemarie. "Her health issues grew progressively worse and dialysis treatments were never easy."

Once Rosemarie learned about the possibility of being a living kidney donor for her mother, she was eager to move forward with hopes of giving her mother the gift of life. However, her parents did not want her to donate her kidney.

"Even though I knew they were against it, I secretly got tested for transplant compatibility," said Rosemarie. "When the results showed that I was a great match, I was a nervous wreck because I was not sure how I was going to tell them about it."

Although Rosemarie's mother was hesitant at first, she finally agreed. The successful kidney transplant was completed by the medical team at Cooperman Barnabas Medical Center on December 17, 2003. Rosemarie's gift gave her mother several additional years to enjoy life's precious moments.

"We named my donated kidney 'Fred,' and we called my remaining kidney 'Ginger' because they worked well together and individually," said Rosemarie. "My mom ultimately passed away in 2006 due to pancreatitis. It was unrelated to her transplant, and her kidney always worked perfectly."

Rosemarie has also used her professional art skills to create colorful Donate Life stickers to raise additional funds and awareness. To support Rosemarie's efforts, visit events.njsharingnetwork.org/go/TeamRosie23.

According to United Network for Organ Sharing (UNOS), over 100,000 people in the U.S. are waiting for a life-saving organ transplant, and 17 people in the U.S. die each day waiting for an organ transplant. To learn more, get involved and register as an organ and tissue donor, visit NJSharingNetwork.org.





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### FREE CAMP FOR CHILDREN DEALING WITH GRIEF

#### **Atlantic Visiting Nurse**

Registration is now open for a free bereavement day camp for children who have experienced the death of a close relative or friend.

Camp Clover offers a supportive and fun environment for children, grades 1-8, to connect with others who have experienced a similar loss, learn healthy coping strategies, and express their grief in a safe and nurturing space.

"Childhood grief is a complex issue that can have long-lasting effects on a child's emotional wellbeing," said Mary Ellen Diana, Hospice Director at Atlantic Visiting Nurse, which runs the camp.

"Our goal is to provide children with the tools and support they need to navigate their grief journey in a healthy and positive way. Camp





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Clover offers a unique opportunity for children continued to attend as a camper and now to connect with others who understand what they're going through, and to build resilience through fun activities and educational programming."

Camp Clover is staffed by licensed grief counselors, trained volunteers, and experienced camp counselors who are dedicated to creating a safe and welcoming space for all children. The camp includes a variety of activities such as art therapy, music therapy, nature walks, and teambuilding games.

Camp counselor and former camper, Michael Kavouras, said: "I started attending Camp Clover at 12 years old when my mother passed away. It was so helpful to be with other kids my age that had a similar loss"

"It's not easy losing someone that you loved, I

volunteer as a camp counselor helping other kids feel like they are not alone"

Michael's father, Thomas Kavouras Jr. said: "My son was able to connect with other children who had experienced the loss of a parent, which helped him feel less alone in his grief. I am forever grateful to Camp Clover for the support they provided my family."

Camp Clover will take place from August 14-17, 2023 at Camp Riverbend, in Warren, New Jersey. Registration is free and open to all children in grades 1-8 who have experienced the death of a close relative or friend.

Space is limited, so interested families and guardians are encouraged to register early at: atlantichealth.org/conditions-treatments/visitingnurse/hospice/camp-clover.html

# LAWSUIT FILED AGAINST META PLATFORMS, INC. FOR IMPACT ON STUDENT MENTAL HEALTH

#### **WHRHS**

Watchung Hills Regional High School District (WHRHS) has seen a steady rise in the mental health struggles of its students over the last decade, and believes social media is a substantial factor causing this crisis.

As such, WHRHS has filed a lawsuit in United States District Court against Meta Platforms, Inc., formerly known as Facebook, Inc. Instagram, YouTube, LLC, Snap Inc., TikTok Inc. and ByteDance Inc ("Defendants"). The Defendants' businesses exploit minor users' undeveloped decision-making capacity, impulse control, emotional immaturity, and poor psychological resiliency. Defendants engage in exploitive practices despite their awareness that minors are much more likely to sustain serious psychological harm through social media use than adults.

WHRHS has been forced to spend increasing resources in an effort to address the mental health needs of WHRHS's students at all grade levels,

including students' rising rates of depression, anxiety, and suicidal ideation. WHRHS expenditures in this area are not sustainable and divert resources from classroom instruction and other programs. In short, the harms caused by these Defendants have impacted WHRHS's ability to carry out its core mission of providing an education.

By virtue of this lawsuit, WHRHS seeks to do two things. First, it seeks to hold Defendants responsible for the harm caused by their conduct. Second, it seeks to force Defendants to introduce simple, common-sense protections for school age children that will provide benefits going forward.

WHRHS is represented by Carella, Byrne, Cecchi, Brody & Agnello, P.C. - a law firm known for multidistrict mass torts and class actions in both state and federal court - on a contingency basis. As such, there is no cost to taxpayers. Attorneys are compensated if there is a recovery in the case at no cost to WHRHS.



### **MAY HIGHLIGHTS WARRENBROOK SENIOR CENTER**

Warrenbrook Senior Center located at 500 Warrenville 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, brainstumping, 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.









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#### **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 endof 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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### **JOE DOLL - "VOLUNTEER OF THE YEAR"**

Independence for Veterans Green Brook Resident Mr. Joseph P. Doll has been honored with the prestigious Independence for Veteran's 2023 Volunteer of the Year award.

Independence for Veterans is a grass roots, multi-award winning 501c-3 nonprofit based in Bedminster, N.J., spearheaded by Mrs. Stacia McDonough, the widow of Sergeant John E. McDonough, a decorated Vietnam Veteran, USAF, Enlisted. Their primary missions are assisting our disabled and homeless veterans with much-needed new clothing, groceries, toiletries, bedding, and necessities. All items are then handdelivered by the Independence for Veterans volunteers. They recently helped a formerly homeless 2x Iraqi War Veteran purchase his own single-family home, and secured a grant from Home Depot whereas they renovated the home for this Veteran.

On any given night there are approximately 40,000 veterans sleeping on the streets in the U.S.

According to the Veterans Administration, an estimated 22+ Veterans commit suicide every day.

"Joe selflessly gives his time, and tremendous efforts helping our Veterans who have fallen on hard times. For his active participation in our fundraising events, our annual clothing and food drives, and his remarkably generous contributions, Independence for Veterans gratefully acknowledges Joe's extraordinary dedication helping our struggling Veterans," says Stacia McDonough.

"I made acquaintance with Stacia McDonough about 7 years ago after reading an article in the Star-Ledger regarding her work with veterans in honor of her late husband John, a Vietnam Vet. My wife Harriette made contact with her via phone, and we were soon involved helping Stacia. I was really impressed with her annual, "They Kept Us Safe, Let's Keep Them Warm," project helping homeless Veterans during the Christmas season. She volunteered for numerous years, and finally after much hard work and persistence, she branched off into the 501c-3 nonprofit, Independence for Veterans.

I am a 100% disabled Vietnam Veteran. I served with the 1st Battalion, 46th Infantry Regiment, 23rd Infantry Division, 196th Light Infantry Brigade in I Corp, Chu Lai, Quang Tin Province from 1970-1971 at Firebase Maryann. My disability is from ischemic heart disease, and in 2014 I received a heart transplant. I consider myself extremely fortunate for this life-saving surgery and as a result I am dedicated to helping fellow Veterans in need.

I also belong to the Vietnam Veterans of America and the Disabled American Veterans (DAV). I joined those groups after my transplant; however, working with Independence for Veterans gives me my greatest fulfillment. Stacia is an amazing human being! She works tirelessly for the veterans, always putting them first. Her wonderful attitude and energy level are infectious, which inspires us to go the extra mile to get the job done. I really enjoy working with Independence for Veterans, and am looking forward to the coming year, anticipating putting our 2nd disabled Veteran in a permanent home," says Joseph Doll.

"This distinction is well-deserved. For consistently pausing his personal life to endlessly advocate, and spread awareness of the unfortunate plight of our veterans in need is exceptionally commendable," says Mr. Louis Manzo, Independence for Veterans Board Member.

For further information on the many missions of Independence for Veterans, and how you can help, view their website: i4v.org.



(above) Green Brook residents Joseph and Harriette Doll helping Independence for Veterans serve our homeless veterans by hand*delivering brand new clothing for the* approximate 85 residents at a veterans transitional housing facility.

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## Let the Cherie Berger Team help guide you home



CHERIE BERGER TEAM



### **Our Featured Listings**



203 Sophia Court, Watchung, NJ 3 Bed | 3 Bath | 1 Half Bath | \$1,185,000



24 Johns Drive, Warren, NJ 3 Bed | 3 Bath | 1 Bath | \$1,100,000



197 Mountainview Road, Warren, NJ 5 Bed | 5 Bath | 1 Half Bath | \$1,050,000



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



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