

# WARREN MONTHLY<sub>NJ</sub>

WARREN'S HOMETOWN NEWSPAPER

Published by Renna Media, LLC. On-line at [RennaMedia.com](http://RennaMedia.com)

ISSUE 126 • JUNE 2023

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## LIONS CLUB EXPO IS BACK! JUNE 14-17, 2023

*Spectacular Fireworks Show on Saturday, Jun 17*

The Lions EXPO 2023 will be held at the Warren Township municipal field (46 Mountain Boulevard), a classic carnival of family fun over four days, 6-10pm between 14 and 17 June, 2023. There will be amusement rides, games of chance, fireworks, food vendors and an exposition of local businesses. This will be the 55th Annual EXPO, the flagship event of the Warren Lions Club.

Our Event sponsor is NextHome Premier. The Corporate sponsors are Lightbridge Academy, The Orchard Academy and Temple Har Shalom. We will also have a spectacular Fireworks, which concludes the EXPO on Saturday, 10pm.

The Lions EXPO attracts approximately 10,000 people over the four days and has become the premier family fun event in Warren Township and the surrounding communities.

The EXPO will have a pay-one-price wristband every night this year. We will be holding a Giant 50/50 cash raffle with the drawing on Saturday June 17th, resulting in a multi-thousand-dollar payout to a single winner. The winner need not be present. Tickets will be available for purchase throughout the Expo dates for \$5 each.

"Hosting the EXPO has been a tradition for us, it's our resolve to spread the smiles on people's faces, especially after the difficult couple of years we all have endured" said Mark Ramos, the 2023 EXPO chairperson of the Warren Township Lions Club.

### LOCAL BUSINESS EXPOSITION

The EXPO is an excellent platform for local businesses to showcase their services and connect directly with customers through the purchase of a \$500 Exclusive Game sponsor sign or a \$150 non-exclusive ride sponsor sign displayed at the Expo for the 4-day duration.

"Interacting with potential customers at a high profile community event can greatly boost a company's image and customer base," noted Anthony Franchini, the Warren Lions Club Treasurer. "Community members deeply appreciate those businesses that demonstrate their local support through events like this."

We are still accepting a very limited number of applications for tent vendors to sell or promote their business to the thousands of people in attendance at the LIONS EXPO. For information on becoming a tent vendor at the 2023 Lions EXPO, please contact Anthony Franchini at 908-334-9304.

All proceed from the Lions EXPO are donated back to community organizations and sight and hearing foundations throughout New Jersey.

### ABOUT THE LIONS CLUB OF WARREN TOWNSHIP

When caring people join together, roll up their sleeves and take action to make their community better, it's a beautiful thing—and an incredible feeling for everyone involved. That's Lions. Being a Lion is about leading by example, building relationships and improving the world through kindness. The service of Lions reaches around the planet. Serving in over



200 countries and geographic areas, our 48,000 clubs and 1.4 million members are helping others and making communities better.

The Warren Lions Club currently has more than 100 active members from Warren Township and surrounding communities. Members include business and professional leaders who provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and bonding in the communities. All funds raised by the Lions Club of Warren Township are used to support a wide variety of community service organizations and projects. The Club holds dinner meetings every second and fourth Wednesday of the month from September through June and occasionally feature speakers, donation recipients and special guests that inform and entertain. The Club encourages all members to help set the direction of our Club, participate in leadership roles, and identify causes to support and the Club's priorities, while fostering camaraderie and advancing our mission.

### OUR MISSION AND MOTTO

To empower volunteers to serve their communities, meet humanitarian needs, encourage peace, and promote international understanding through Lions clubs. Our motto: "WE SERVE." Our Vision: To be the global leader in community and humanitarian service.

Please visit our Warren Lions Club website [www.warrenlionsclub.org](http://www.warrenlionsclub.org) and our social media page [www.facebook.com/warrenlionsclub.org](http://www.facebook.com/warrenlionsclub.org)



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

Warren Monthly is published by Renna Media. 6,200 newspapers are printed monthly and mailed to every business and resident in Warren, NJ. Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

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## STAFF RECOGNIZED FOR ASSISTING IN ACCIDENT

### Warren Township Schools

On April 24, 2023, Dr. Mingle and the Board of Education recognized Mt. Horeb School Nurse Doris Zanchelli and Mt. Horeb School Principal Scott Cook for their contributions and efforts in assisting the Warren Township Police Department.

On February 23, 2023, a severe motor vehicle accident occurred at the entrance of Mt. Horeb School, resulting in life-threatening injuries for the driver. According to Officer Eric Task, Zanchelli immediately jumped into action, assisting the police with the care of the individual. Zanchelli performed many crucial functions, which allowed Task and Officer Anthony Campnelli to focus on other critical injuries.

"Her composure helped bring solace to an already chaotic situation," added Task. "I must commend Nurse Zanchelli's action on that day as her role in the care and treatment of the victim was pivotal in ensuring they could be transferred to a higher level of care. It brings comfort knowing that Nurse Zanchelli is a part of the team at Mt. Horeb."

As Nurse Zanchelli was assisting at the scene, Principal Scott Cook joined forces with officers to maintain the safety of all students, staff, and visitors. With Cook's assistance, Officer Task was able to coordinate a quick response of emergency personnel.

"Our staff members regularly practice crisis response with the hope that they will never have to put that training into action. Nurse Zanchelli and Principal Cook rose to the challenge when circumstances called for decisive action. We are lucky to have them," stated Dr. Matthew Mingle, Superintendent.



*(above) Mr. Scott Cook and Mrs. Doris Zanchelli received recognition during a Warren Township Board of Education meeting for assisting the Warren Township Police Department during a severe motor vehicle accident in February.*

Photo by Warren Township Schools



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## SUMMER CONCERT SERIES LINE-UP

All concerts take place at 7:00 p.m. at the Warren Municipal Field Area located at 46 Mountain Blvd. You must bring your own chair or blanket. For more information regarding the concert series please visit [warrennj.org/175/recreation](http://warrennj.org/175/recreation) or follow us on Facebook at WarrenNJRec.

### Jersey Jukebox (June 28)

Jersey Jukebox is dedicated to continuing and performing the music that made us all smile and remember those special times of the past. The Jersey Jukebox is comprised of Rick Davis, Raymond Block, Pat Moschetto, Sal Contrino, Eric Hattenberg & our newest member

Kristin Contrino. They have performed locally and internationally. Their music is the music of good times, memories, and dance and their repertoire represents something for everyone.

### Tequila Rose (July 6)

Tequila Rose is a professional group of versatile musicians playing the best of today's modern country music along with a mixture of classic rock and old school country. The band features two lead guitars and three part harmonies with all four of the band members sharing the lead vocals over the past decade of shows throughout the Northeast. Always a high energy show to please all age groups and music lovers.

### EpicSoul (July 12)

Unlike large agency bands that switch out musicians week after week, EPICSOUL has a core group of dedicated musicians who perform over 60 dates a year together. This dedicated group, featuring members of the Chops Horns, offers a truly unique and sophisticated entertainment experience. From soul-stirring Motown medleys, to today's R&B, pop, rock and contemporary hits, EPICSOUL rolls from one song to another keeping everyone dancing all night long. With decades of professional experience as recording artists, composers and arrangers, some of our musicians have recorded

and/or toured with international and domestic recording artists including Alicia Keys, Gloria Gaynor, Mariah Carey, Chaka Kahn, Jennifer Lopez, Mark Anthony and South Side Johnny and the Asbury Jukes.

### Screaming Broccoli (July 19)

For over 20 years, NYC-based quartet Screaming Broccoli has been bringing their unique brand of fun throughout the east coast. Readers of SiLive.com named them "The Best Cover Band" for 2014 and 2016. Even though the band started during the height of the grunge era, their incredible catalog of songs stretches from classic rock, to 80's and 90's hits and the biggest and best current Top 40 jams.

### 94Proof (July 26)

94 Proof Band is a New Jersey Rock N' Roll Band from Warren, NJ. 94Proof covers bands from The Rolling Stones, The Band, Chicago, The Grateful Dead to Bruce Springsteen and

everything in between. Our core performers make up the band's vocal, rhythm, horn, and percussion sections. While we perform the songs as you know them, our fans enjoy our "original blend" of arrangements and solos.

### Bob Marino & Barbara Harris (August 2)

Come out and tune in to songs from the 40's through the 70's that were likely playing on jukeboxes in malt shops, candy stores and in cars cruising the boulevard. Bob and Barbara will perform songs made famous by artists like Nat King Cole, Patti Page, Frank Sinatra, Ella Fitzgerald, Carpenters, Elvis Presley, Ray Charles, Jerry Vale, Connie Francis, Dean Martin, Stevie Wonder and much more. Barbara will also perform her hit song "A Lover's Concerto" (How Gentle is the Rain) recorded by the Toys in 1965. Barbara was the lead singer of the Toys and has appeared on TJ Lubinsky's PBS Special, "Rock, Rhythm and Doo Wop".

WARREN TOWNSHIP RECREATION

## SUMMER CONCERT SERIES

June 28: Jersey Jukebox  
 July 6: Tequila Rose Band  
 July 12: Epic Soul  
 July 19: Screaming Broccoli  
 July 26: 94Proof  
 August 2: Bob Marino & Barbara Harris

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For more information regarding the concert series please visit [www.warrennj.org/175/recreation](http://www.warrennj.org/175/recreation) or follow us on Facebook at WarrenNJRec.

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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 Clover offers a unique opportunity for children 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 team-building 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 continued to attend as a camper and now 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/visiting-nurse/hospice/camp-clover.html](http://atlantichealth.org/conditions-treatments/visiting-nurse/hospice/camp-clover.html)

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## RELIEF FROM CHRONIC KNEE PAIN FDA Approved Treatment to Avoid Surgery

### DON'T BLAME THE ARROW FOR MISSING THE TARGET

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



### If Knee Surgery Sounds Scary, It Should

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

- Surgery is costly, regardless of the percentage of services covered by insurance.
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.
- With surgery, there is always a risk for unwelcomed complications. And you could be back to where you started, or worse.
- Medications will be required for relief from surgery and you have been down that road before. Additions 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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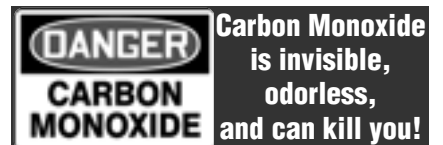
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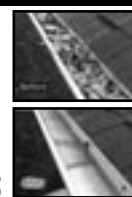
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# FIRST ANNUAL EARTH DAY TRAIL CLEAN-UP & SCAVENGER HUNT

## Warren Township Education Foundation

On Saturday, April 22, the Warren Township Recreation Advisory Committee hosted an Earth Day trail clean-up event to kick off a trail re-introduction plan. With increased interest in hiking brought about by Covid, the Committee felt that Warren trails were being overlooked. The Committee, with the help of several local organizations, including the Cub Scouts, Boy Scouts and Warren Blue Ridge Sportsmen, decided to launch a campaign of trail education, clean-ups and improvements in response.

The event drew people to the Warren Nature Preserve, where boardwalks and additional trail markings were recently added and several benches have been built or repaired. The Earth Day event served as a showcase for the wonderful natural wildlife and open space the

Warren Nature Preserve has to offer. For a first-time event, the Committee was thrilled with the turn out and hope to build on it. "We wanted to organize an event that would bring the community together, educate our children on the values of conservation, and show off some of the amazing natural beauty right here in Warren," said Heather Silver, event organizer and Committee member.

In terms of programming, the chairman of Warren's Historical Sites Committee, Rory Britt, gave a brief history of open space and conservation in Warren. He asked the crowd to guess how many of the 25 parcels originally designated for preservation in Warren's early 1970s Master Plan have been subsequently preserved. The crowd was pleased to learn that, according to Mr. Britt, not only have all 25 of the identified open space parcels been preserved, but several additional sites have been purchased by the town. In addition, the Warren Township Education Foundation sponsored a scavenger hunt, garnering each child participant a signed certificate of completion. The WHRHS Active Minds Club's Hiking Crew was also on hand to help participants stay on the trails and provide cleanup assistance. Finally, members of the Warren Blue Ridge Sportsmen kept hungry participants well-fed with fresh, delicious zeppoles.

Zach Drozd, chairman of the Warren Recreation Advisory Committee, stated "the overall goal of this event and the trail improvement project is to raise awareness in the community about the plentiful open space—and opportunities for outdoor recreation—that exist in Warren. We want residents to be excited about utilizing these resources going forward." The Recreation Department provided maps of all accessible trails in Warren to participants for future use. Copies are available through the Recreation Department.

The Warren Recreation Advisory Committee is grateful for the participation and excitement created not only around the event, but the anticipation of growing the use of Warren's preserved open space. The trail system is only one example of some of the amazing outdoor recreation opportunities Warren has to offer, and the Committee hopes that this event will encourage Warrenites to take advantage of the options in their own backyard.

For more information on Warren trails, go to [warrennj.org/175/Recreation](http://warrennj.org/175/Recreation). For additional information on the Historical Sites, go to [warrennj.org/254/Historic-Sites-Committee](http://warrennj.org/254/Historic-Sites-Committee). Anyone interested in becoming involved with or donating to the Warren Township Education Foundation, please contact Heather Silver at [info@warreneducation.org](mailto:info@warreneducation.org).

Courtesy photos



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ATTENTION PARENTS OF KIDS AGES 6-18

31 IDEAS TO HELP KIDS  
EAT BETTER, RUN FASTER, GET STRONGER AND  
BECOME THE BEST VERSION OF THEMSELVES

Cut This Page Out and Put on Your Refrigerator



Eat Better

- ☐ Drink AT LEAST 4 Water bottles
- ☐ Have a fruit or veggie with each meal
- ☐ Have nuts instead of chips as a snack
- ☐ Have a source of protein in each meal
- ☐ Take a multivitamin
- ☐ Limit sweets to only one serving

Get stronger

- ☐ Perform 50 bodyweight squats
- ☐ Perform 50 pushups
- ☐ Perform a plank for 60 seconds 3 times
- ☐ Perform 25 vertical jumps
- ☐ Get at least 8 hours of sleep a night

Be Happier

- ☐ Get at least 30 minutes of exercise
- ☐ Do a morning routine that you enjoy
- ☐ Write 5 things that you are grateful for
- ☐ Adopt a Growth Mindset
- ☐ Listen to music whenever you can

Run Faster

- ☐ Do 10 hill sprints
- ☐ Perform 15 Broad Jumps
- ☐ Sprint for 50 yards
- ☐ Perform single leg jumps
- ☐ Perform High Knee Marches

Build Confidence

- ☐ Do something outside of your comfort zone
- ☐ Read a book
- ☐ Practice or spend time on your hobbies
- ☐ Learn a new skill
- ☐ Work towards a new Goal

Be More Active

- ☐ Walk during TV show commercials
- ☐ Schedule exercise time
- ☐ Whenever you see a commercial for a car company, perform 10 squats
- ☐ Find a buddy, and exercise with them
- ☐ Try a new method of exercise every week (i.e. biking, running, lifting weights, etc.)

Do You Want  
GRIT ATHLETE PERFORMANCE  
to Help You with all of this?

Registration for  
Our Summer Program Is Now Open  
But Only 9 Spaces Remain

Early Bird Registration  
Expires June 19



Scan QR Code for cost,  
timeslots, and dates.

# Attention Parents of Kids Ages 6-18

## **UPDATE: THE GRIT ATHLETE SUMMER PROGRAM HAS ONLY 9 SPACES REMAINING**

**We'll have your kids stronger, faster, and more confident...guaranteed.**

### **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.

## **HAPPY PARENTS TALKING ABOUT THE PHYSICAL AND MENTAL TRANSFORMATION OF THEIR KIDS...**

- "When my son started Grit he was quiet, shy, and had some difficulty with movements...Now he is confident in himself, has become more vocal, and is mastering the exercise he struggled with in the past."  
- Jen O'Brien, Grit Athlete Parent
- "My son is more disciplined and confident in himself"  
- Steve Hughes, Grit Athlete Parent
- "I have watched my children become more confident and vocal."  
- Christine Stramandinoli, Grit Athlete Parent
- "His confidence has shot up in the last few months...and has carried forward to the way he approaches other activities like sports and schoolwork. My son is now making his bed daily and exercising every day."  
- Catherine Solfaro, Grit Athlete Parent

## **GET MORE INFORMATION (STARTS JUNE 19TH)**

### **STEP 1**

Scan This QR Code



### **STEP 2**

Enter Your Info When You Get To This Page



### **STEP 3**

Coach Mike will call you and set you up



**Warning: The summer session is the most popular session of the year and always sells out before it starts. We strongly encourage you to scan the QR code today and enter your information to make sure your child doesn't get locked out of the summer session.**



## MEMORIAL DAY PARADE & CEREMONY

The Warren Township Committee  
& the American Legion Post 293 Invite you  
to the Memorial Day Parade and Service.

**MONDAY, MAY 29, 2023**

The parade will start at 11 am  
on Warrenville Road and continue  
to Mountain Boulevard.  
ending at the Municipal Complex.

After the ceremony, everyone is invited to join  
the American Legion Post 293 at 12  
Community Place for food and refreshments!

Please join us to pay tribute to our brave men  
and women for their service and sacrifice.

## CHATHAM FISHAWACK FESTIVAL SATURDAY, JUNE 10, 2023 10:00 am to 4:00 pm

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that "aching, numbing" feeling in your forearm... that  
"tingling" and loss of strength  
in your hand...It interferes with  
your ability to use the computer,  
play golf, garden... to have  
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Arm pain, hand and arm  
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## ELKS LODGE THANKS DONORS OF SUPER 50/50

Submitted by Michael Ryder

Watchung Hills Elks Lodge 885 in Warren  
Township is proud to announce that their first  
ever Super 50/50 lottery was a smashing success.

Members, friends and family recently gathered  
to witness the culmination of months of work as  
Super 50/50 committee chair Pat Guerra prepared  
and spun the raffle drum. Moments later, Lodge  
Secretary Danny Larsen (PDD) validated the  
drawing of the winning ticket by Warren  
Township Committeeman Daniel Croson.

The final amount was \$33,700; we sold 337  
tickets, sending one lucky winner home with just  
over \$16,850 cash (before taxes).

The party continued with good food and  
camaraderie as we feted the winner. Often we see  
the joy in the eyes of special children and  
homeless veterans as we conduct our charitable  
works and it was something else to see the  
winner's eyes light-up with dreams of spending  
the winnings.

Our Elks lodge has regularly donated time and  
money to support the causes of special needs  
children, veterans and other local community  
needs in this Warren location since 1962. Your

support ensures that the lodge can continue the  
legacy of these good works in the future.

Thank you to everyone who donated to our  
cause, your help is truly appreciated. Thank you  
also to all the Lodge 885 members who  
contributed their time and effort to sell raffle  
tickets.

If you'd like to learn more about our lodge,  
please visit us on the web at [elkslodge885.org](http://elkslodge885.org)  
and follow links to our Facebook page to see our  
upcoming events.



(above, l-r) Danny Larsen (Secretary, PDD),  
Pat Guerra (Treasurer), Daniel Croson  
(Warren Township Committeeman).

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## GIRL SCOUT FOOD DRIVE

Girl Scouts Brownie Troop 65667

3rd grade Brownie troop 65667 from Angelo L Tomaso School in Warren, NJ held a Food Drive at ShopRite Stirling on April 30th, to collect food and cash to donate to the North Plainfield Food Pantry. Earlier in the month, the girls designed posters for their table to attract patrons from the store to their table.

After collecting donations at the store, they brought their donations directly to the pantry in North Plainfield where volunteers gave the girls a tour and showed them how to sort and stock the groceries on the shelves. The Troop

raised over \$300 in cash donations in addition to many non-perishable food items, such as canned fruit and vegetables, cereal, pasta, sauce, macaroni and cheese, and tuna fish.

The North Plainfield Food Pantry is part of the Food Bank Network of Somerset County and services eligible residents in North Plainfield, Warren, Green Brook and Watchung.

Troop Leader, Petra Baxter and co-leader, Jaclyn Joki assisted in the Food Drive, as well as parent volunteer Amy Chou.



Courtesy photos



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## JUNE 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 June.

### Basic Computer and iPad Instruction with Parul

June 1, 15 – 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.

## SOARING STORYTIME – KINDERGARTEN PREP

The Somerset County Library System of New Jersey (SCLSNJ) cares about early literacy and helping your student be ready for Kindergarten. The Library hosts strategic, evidence-based storytimes System-wide to help caregivers better navigate early childhood learning.

"SOARING Storytime is a six-week series that helps children grow school readiness skills the year before Kindergarten," said Katie Salerno, youth services librarian. "Each class focuses on a different skill: talking, singing, reading, writing, playing, and self-help and motor skills. SOARING Storytime also provides caregivers with activities to reinforce these skills at home."

Additional SOARING Storytime sessions will be hosted throughout the summer at all SCLSNJ locations. Explore [sclsnj.libnet.info/events](http://sclsnj.libnet.info/events) to learn more and to register.



(above) At the Watchung branch library, Mila Altamirano, 4, of North Plainfield, participated in Kindergarten readiness activities including puppet stage, positional words, and puppet craft following an interactive storytime session.

Courtesy photo

### Brains n Games and Hand Bells with Adrienne Graubard

June 2, 16 – 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

June 5 – 10:30 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.

### Do You Want to Bingocize

June 5, 7, 12 – 12:45 p.m.

Join Warrenbrook Senior Center Participant and Trained Instructor, Rashmi Desai, every Monday, and Wednesday to play Bingocize, a game of Bingo fun with an educational twist.

Bingocize combines exercise and health information with the familiar game of bingo, which has shown to be a great, fun way to get older adults moving and socializing. It's meant to be played twice a week on nonconsecutive days, and each session usually lasts 45-60 minutes. So come mingle and move with your friends. You may even win a prize or two! Registration is closed. Please call (908) 369-8700 for more information.

### Laughter Wellness

June 7, 14 – 11 a.m.

For centuries we have known that "laughter is the best medicine". Laughter wellness is based on the awareness of breathing, following various patterns, using fake laughter. It's not about telling jokes, but it is fun, & laughter comes easily & naturally Roz Gerken, the

certified Laughter wellness instructor will help us learn some of the techniques to reduce stress, encourage a more positive outlook, and help feel more refreshed and energized.

### Craft – Paper Quilling

June 9 – 11 a.m.

Jennifer Neely will be teaching this fun and relaxing paper craft technique that dates back over 400 years. You will learn ways to quill without having to spend money, techniques for design, and you will create a colorful decoration to take home.

PRE-REGISTRATION REQUIRED

### Summer Kickoff with Food Tasting

June 12 – 11 a.m.

Ah! Almost the summer. How about some grilled food on the patio. The Bristol at Somerset will be making some delicious grilled entries on our patio for us to sample while enjoying the summer sun with our friends at Warrenbrook senior center.

### 1st Day of Summer

June 21 – 11 a.m.

Musical Entertainment – Tom Zappulla will entertain us with some fun music by Frank Sinatra, Tony Bennett, love songs from 50s & 60s to start our summer.

### Craft – Magazine Coasters

June 23 – 11 a.m.

Upcycling never looked so pretty! Jennifer Neely will teach us some ways to reuse all those magazines you are finished reading and we will use vibrant magazine pages to create vivid coasters to take home. PRE-REGISTRATION REQUIRED

### History Presentation – by Joseph Wroblewski

June 28

Richard Stockton: Enigmatic Signer of the Declaration of Independence - Details the life of Richard Stockton from Princeton, NJ who was the only Signer who was arrested by the British.

### Sing along with Sal

June 30 – 11 a.m.

Join Sal Di-Bianca while he performs variety of popular songs along with some Independence Day songs.

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www.chessinmillburn.com

**CHESSE IN MILLBURN**  
CHESSE ACADEMY

# WILBER'S HOME IMPROVEMENTS



**PAINTING • CARPENTRY  
ROOFING • LANDSCAPING**

INTERIOR / EXTERIOR

**973-762-6333**

Fully Insured: Workers' Comp & Liability  
NJHIC# 13VH6449500

# WILBER'S



CARPENTRY / GUTTERS

**973-762-6332**

Fully Insured: Workers' Comp & Liability  
NJHIC# 13VH11964900

**Our floor-to-ceiling renovating team...**  
*is in the Neighborhood!*



## ROOFING

Roof Replacement  
Gutter Installation



## CEMENT/STONE

Masonry  
Hardscaping



## PAINTING

Interior & Exterior  
Deck Refinishing  
Floor Refinishing



## RENOVATIONS

Additions  
Attic & Basement Remodel  
Kitchen & Bath Remodel



## CARPENTRY

Deck Building  
Millwork  
Floor Installation  
Cabinet Installation

VISIT OUR WEBSITE  
& REQUEST A QUOTE



*Scan Me*



**WilbersHomeImprovements.com**



# Marketing Toolbox

Renna Media offers a full range of marketing services, in print and online, hyper-local to regional, for every budget and market size.

## NEWSPAPER ADVERTS

We mail 160,000 newspapers to every home and business in 24 towns. You can advertise in any number of towns. Ads start at \$60.

## FULL COLOR PRINTING

We print flyers and menus, full color, two sided, on coated stock for only \$45 per thousand.

## DIRECT MAIL

Insert your flyer into the newspapers and get it mailed to every home and business for \$60 per thousand and as low as \$30 per thousand for higher quantities.

## ONLINE MARKETING

Online ads and press releases designed and placed to drive traffic to your website and get your phone ringing.

## SOCIAL MEDIA

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

## WEBSITE AND SEO SERVICES

Start with an audit/analysis of your website giving you a report and recommendations for \$250.

It is highly recommended to have a marketing plan and budget before spending.

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

# RENNA MEDIA NEWSPAPER RATE SHEET

**WE MAIL 160,000 NEWSPAPERS MONTHLY!**

Tina Renna 908-418-5586 • tinarena@rennamedia.com

Joe Renna 908-447-1295 • joerenna@rennamedia.com

202 Walnut Avenue, Cranford, NJ 07016

Online at RennaMedia.com  
and NJLocalInfo.com



Call today for **FREE** consult on marketing and business plans.

Advertise  
in 1 or all  
24 towns



Qty: 4,700  
Zip: 07922



Qty: 7,500  
Zip: 07928



Qty: 6,700  
Zip: 07066



Qty: 9,900  
Zip: 07016



Qty: 5,400  
Zip: 07208



Qty: 3,000  
Zip: 07023



Qty: 5,500  
Zip: 07932



Qty: 2,500  
Zip: 07027



Qty: 3,000  
Zip: 08812



Qty: 3,500  
Zip: 07033



Qty: 17,900  
Zip: 07036



Qty: 3,500  
Zips: 07933, 07946, 07980



Qty: 6,300  
Zip: 07940



Qty: 2,900  
Zip: 07092



Qty: 5,100  
Zip: 07974



Qty: 13,000  
Zip: 07065



Qty: 5,600  
Zip: 07204



Qty: 9,400  
Zip: 07076



Qty: 8,200  
Zips: 07041, 07078



Qty: 9,600  
Zip: 07901



Qty: 6,800  
Zip: 07083 (partial)



Qty: 6,200  
Zip: 07059



Qty: 2,700  
Zip: 07069



Qty: 11,800  
Zip: 07090

### NEWSPAPER AD RATES

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

Back cover, front page banner and front box reserved on first-come, first-served basis. Current advertiser has right of first refusal.

**PREPAY 6 MONTHS AND GET 1 MORE FREE  
PREPAY 12 MONTHS AND GET 3 MORE FREE**

Make Checks payable to Renna Media, 202 Walnut Avenue, Cranford, NJ 07016

JOIN US

# 20TH ANNUAL BOB BECKERT MEMORIAL 5K

All proceeds go towards scholarships for WHRHS  
seniors & local community organizations

**SUNDAY, JUNE 4TH, 2023**  
**10 AM**

WATCHUNG HILLS REGIONAL HIGH SCHOOL

TO SIGN UP, DONATE OR FOR MORE INFO VISIT:  
[WWW.RUN4RJB.COM](http://WWW.RUN4RJB.COM)



## ONLINE ADS & PRESS RELEASES DRIVE LOCAL TRAFFIC TO YOUR WEBSITE

- **GET UNLIMITED CLICKS**  
An alternative to expensive pay-per-click programs
- **FREE AD DESIGN AND COPYWRITING**  
Advertising webpage includes many features including write-up, images, video, Google map, etc.
- **POSTS ARE SHARED THROUGH SOCIAL MEDIA**  
Posts shared on multiple Facebook pages and twitter.
- **PAID SEARCH ENGINE PROMOTIONS**  
Posts are promoted by industry, key words and location.
- **TRACKABLE RESULTS**  
All ads include a live view counter.

Joe Renna at 908-447-1295  
email: [JoeRenna@RennaMedia.com](mailto:JoeRenna@RennaMedia.com)

**\$10 PER POST**  
Block of 20 for \$200  
Single post is \$20

**RENNA MEDIA .COM** **LocalInfo.com**

## Full Color Flyers and Menus Printed and Mailed to Every Home and Business in Town!

**FLYERS - \$45 PER THOUSAND**  
8.5" x 11" / Full color / 2 sided / 60lb gloss coated stock  
Tri-fold add \$10 per thousand. Minimum order \$450


**LARGE MENUS - PRINTING - \$85 PER THOUSAND**  
For quantities more than 50,000 cost is \$55 per thousand.  
11"x17" / Full color / 2 sided / 60lb gloss coated stock. Min. order \$850  
Includes folding (quarter fold or tri-fold, with or without coupons tab)

**INSERTED AND MAILED TO EVERY HOME AND BUSINESS**  
\$60 per thousand. (as low as \$30 per thousand depending on quantity.)  
Minimum order \$400

Joe Renna at 908-447-1295  
email: [JoeRenna@RennaMedia.com](mailto:JoeRenna@RennaMedia.com)

**FLYERS \$45 PER 1,000**

**MENUS \$85 PER 1,000**



## FARMERS' MARKETS OPENING IN JUNE



The following Markets offer produce grown in New Jersey and sold by the farm that grows it and are designated Jersey Fresh.

Visit [JerseyFarmersMarkets.com](http://JerseyFarmersMarkets.com)

For more details.



### BERNARDSVILLE

Saturdays - 9 am to 1 pm

### CHATHAM

Saturdays - 8 am to 1 pm

### EAST ORANGE

Starting in 2023

### HIGHLAND PARK

Fridays - 11 am to 5:30 pm

### KEARNY

Thursdays - Noon to 6 pm

### KENILWORTH

Tuesdays - 10:30 am to 6:30 pm

### MADISON

Thursdays - 1 pm to 6 pm

### MAPLEWOOD

Mondays - 2 pm to 7 pm

### METUCHEN

Saturdays - 9 am to 2 pm

### MONTGOMERY

Saturdays - 9 am to 1 pm

### MORRISTOWN

Sundays - 8:30 am to 2 pm

### RIVERDALE

Tuesdays - 2:30 pm to 7 pm

### ROSELLE PARK

Wednesdays - 1 pm to 6 pm

### SOUTH ORANGE

Wednesdays - 2 pm to 7 pm

### SPRINGFIELD

Mondays - 11 am to 6 pm



The New Jersey Council of Farmers and Communities (NJFCF) is a non-profit organization dedicated to developing and growing the network of community farmers' markets and farmers throughout northern and central New Jersey.

# LET THE CHERIE BERGER TEAM ANSWER ALL YOUR REAL ESTATE QUESTIONS.

WHERE DO WE START?

HOW DO WE EVEN BEGIN TO GET  
RID OF ALL OUR OLD STUFF?

BUT WHERE WOULD WE GO?

WHAT REPAIRS DO WE NEED TO MAKE?

HAVEN'T WE MISSED THE MARKET?



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**COMPASS**