

# WARREN MONTHLY<sub>NJ</sub>

WARREN'S HOMETOWN NEWSPAPER

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## CLASS OF 2023 PROJECT GRADUATION

The Watchung Hills Regional High School Class of 2023 held their Project Graduation event on Thursday, June 15th at Iron Peak Sports & Entertainment in Hillsborough, NJ. 2023 marks the 32nd year of Watchung Hills Regional High School's Project Graduation.

Graduates enjoyed a full night of fun, including rock climbing, basketball, spikeball, volleyball, an arcade, and so much more. Food and drinks were also available throughout the night.

A volunteer team of parents of WHRHS seniors comes together to plan events for the graduating class throughout the year that lead up to a safe and fun graduation celebration for the entire class.

Congratulations to the Class of 2023!

Photos by Dan DiBella



Photos from this and other events can be found online at [rennamedia.com](http://rennamedia.com) and on the Warren Monthly page on [facebook.com](https://www.facebook.com). Feel free to "Like," "Tag," and "Share."

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### Ashley's Warren Market Update

<b>\$983,510</b>	<b>13</b>	<b>36</b>	<b>58</b>
Average List Price	# of sales	Average Days on Market	# of houses on the market

The Cherie Berger Team  
Cherie Berger M: 908.410.0931  
Ashley Berger Freitas M: 908.432.9818  
[cheriebergerteam@compass.com](mailto:cheriebergerteam@compass.com)  
O: 973.310.6816



**CHERIE BERGER TEAM**

**COMPASS**

# WARREN MONTHLY

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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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# SCOUT TROOPS HONOR WARREN VETERANS

Submitted by Boy Scout's Andrew Connolly and Lucas Alfaro

On May 21, 2023, Warren American Legion Post 293 with the assistance from Boy Scout Troop 228, Cub Scout Pack 182 and Girl Scout Troop 65278 placed American Flags on the graves of Warren veterans.

We first met with the American Legion. Then, we went to our first cemetery, where we retrieved the worn flags. We then, placed the new flags, into US veteran stands, which held the American flag. Some graves were established in the early

1800's and late 1700's! How cool! We are very grateful that the American Legion allowed us to assist them.

Flags were placed at Mt Horeb United Methodist Church, Springdale United Methodist Church, and the Mount Bethel Church cemeteries. You can donate to the American Legion using the following link: [mylegion.org/PersonifyEbusiness/Donate#legion-org](https://mylegion.org/PersonifyEbusiness/Donate#legion-org). All donations are much appreciated.



(above, l-r) Members of American Legion Post #293, Boy Scout Troop 228, Girl Scout Troop 65278 and Cub Scout Pack 182. First row: Skye Battiste, Claire Connolly, Ethan Hammond, Drew Connolly, Lucas Alfaro and Sebastian Quiros; Second row: Jeff Bennett (82nd Airborne) and Manfred Dreschniol (US Army Special Forces).

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*Thank you,  
Julie*

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# A MASS OF HEALING FOR CANCER

A Mass of Healing for Cancer will be offered on July 7 at the Koinonia Academy Gym, 1040 Plainfield Avenue, Plainfield, NJ 07060 by Fr. John Gordon, Secretary of the Office of Evangelization for the Newark Archdiocese. The Mass is for all cancer patients, caregivers, family and friends to pray for those with cancer or have succumbed to cancer. All are welcome, there is no charge or obligation. For further information call 908-256-1788.

## FAMILY BASEBALL NIGHT AND BARBEQUE

The Knights of Columbus St. Damien Council #6575, Stirling, NJ invites you to a Somerset Patriots Baseball Night and Barbeque

(Yankee AA Team), on Saturday, August 12th. Barbeque start: 6:00; Game start: 7:05, TD Bank Ballpark, Bridgewater, NJ.

Game + Dinner Price: \$37.00. Special Discount: one free ticket per each family of four. Enjoy burgers, hotdogs, pulled pork, soft drinks and dessert in the K of C reserved barbeque area.

To Reserve a seat, contact Ed Pniewski, 908-251-1681; polkajig@verizon.net. Checks should be made payable to: Knights of Columbus.



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# CANCER HEALING MASS

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ALL MY BEING, BLESS HIS HOLY NAME!"*

*BLESS THE LORD, MY SOUL  
AND DO NOT FORGET ALL HIS GIFTS,  
WHO PARDONS ALL YOUR SINS  
AND HEALS ALL YOUR ILLS"*

**PSALM 103:1-3**

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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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## GIRL SCOUT PROJECT BENEFITS PETS IN NEED

Girl scout troop 65825 from Mt Horeb School collected donations at the Warren Public Library for the Somerset Regional Animal Shelter. The scouts also made toys. They braided old dish

towels and made dog toys. They collected old socks, and stuffed them with cat nip and a bell to be used as cat toys. The scouts recently delivered the donations to the shelter and toured the facility.



Courtesy photos

## SCHOOL BOARD ANNOUNCES CANDIDACY INFORMATION

The Warren Township School District has information available for citizens interested in running for the board of education.

The Warren Township Board of Education will have four vacancies in the November 7, 2023, Annual School Election, Shannon Regan, a spokesperson for the district, announced today. A full term on the school board runs for three years. The district will have three full-term seats and one one-year term seat.

A candidate must file a nominating petition with the county clerk for his or her name to appear on the ballot during the November Annual School Election. The deadline to submit the nominating petition is 4:00 p.m. Monday, July 31, 2023. The election is scheduled for Tuesday, November 7, 2023.

Prospective school board candidates can

download candidate information from the New Jersey School Boards Association's website at NJSBA School Board Candidate Kit. The School Board Candidate Kit includes information about nominating petitions, legal qualifications for school board candidacy, and the school board member's role. Information about the New Jersey School Ethics Act and important dates in the school election process are also included.

"One of the most meaningful contributions that citizens can make to their community is serving on the local board of education," said Michael McClure, former NJSBA president. "I encourage all interested citizens to consider school board membership. It doesn't require a degree in education or a background in politics. However, it does require a sincere interest in the community, its children, and their education."



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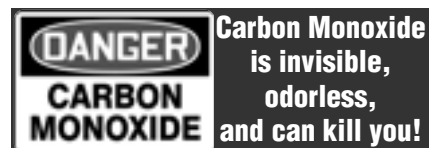
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# IS IT REALLY POSSIBLE FOR A KID TO LEARN HOW TO RUN FASTER?

Retired San Francisco 49ers QB Joe Montana, is arguably one of the greatest NFL players that has ever played football...when his son started playing football it would have made sense for him to help his son learn how to play Quarterback.

But that's not how it went. Joe Montana had to hire a quarterback coach to help his son be a better football player. Here's possibly the greatest NFL QB of all time, needing to hire someone else to help his son. It was not that Joe Montana was not equipped for the job...it was that his son needed a second voice to help him get to the next level.

Many parents who have much less knowledge, experience, and skills than Joe Montana are in the same boat in regards to helping their kids get stronger, faster, and more confident.

Most parents we've come across want their kids to eat healthier, be more active, and have a stronger mindset. But many have told us they need help.

Even with the constant reminders of telling their kids to eat more vegetables, get outside instead of watching TV, practice their sport more, get to bed earlier...they find that sometimes the message falls on deaf ears...and some backup would be helpful toward their vision of helping their kid be the best they can be.

Parents have told us that having us(the Grit Athlete Performance Coaches) as a second voice to help reinforce the habits they want for their kids...is changing the game.

Further...Our Grit Athlete Founder has over 20 years experience with training athletes himself...and certainly knows a LOT more about getting stronger and faster than the average parent...But has all 3 of his children(9,8 and 6) enrolled in Grit year round....because he knows the power of that second voice.

And after they come through our program, parents tell how it's turbocharging their parenting. Here are some real-life examples that have been reported...

Before, parents struggled with getting kids to eat vegetables...now their kids are asking for more.

Before, parents struggled with getting their kids to get enough sleep....now their kids are getting to bed earlier on their own.

Before, parents struggled with getting their kids to watch less TV or play video games...now they are limiting these activities because they've learned they don't really help them become better athletes.

Before, parents struggled with helping their kids have more confidence...now their kids are doing things out of their comfort zone more often which is helping them believe in themselves which further improves self-esteem.

Before, parents had no clue how to help their kid get faster...now they are faster because they've learned that speed is a skill, and a few simple tweaks can make a kid faster immediately.

Before, parents could not get their kids to make their beds...now their kid makes their bed each morning on their own

because they learned that making their bed in the morning helps them have a better day.

Before, parents struggled with getting their kids to do even one good push-up...now they catch them in their room practicing on their own.

Before, parents wanted their kids to have more determination and grit when training new things...now they are staying calm under pressure and seeking out challenges instead of avoiding them.

Many times it's not about telling your kid to eat more vegetables or stop watching TV...but rather finding the right environment for them to be more successful.

Right in your backyard, there's a team of great coaches waiting to be second voices for your kids...so that all the things you're teaching as parents will be reinforced. But most importantly, the results you're after for your kids will actually become a reality. The Grit Athlete summer Sports Performance session runs June 19 until August 24 in Berkeley Heights NJ, visit [www.gritathletes.com](http://www.gritathletes.com) to fill out an application for your child.

*Grit Athlete Performance is a Sports Performance Training Company located in Berkeley Heights that helps kids ages 6-18 get strong, fast, and confident so they can have a bigger and better future. They have just released the dates for their summer program that starts on June 19 and runs til August 24.*

*Visit [www.gritathletes.com](http://www.gritathletes.com) to register for their summer session...or see below for more details...*

**Do you want  
GRIT ATHLETE PERFORMANCE  
to Help You with all of this?**

**The Summer Program began June 19.  
Scan the QR code to see if  
there is any availability left.**

**The program ends August 24**



Scan QR Code for cost, timeslots, and dates.

Attention Parents of Kids Ages 6-18

**UPDATE: THE GRIT ATHLETE PERFORMANCE SUMMER PROGRAM HAS STARTED!**

Scan Below to see if there are any spots left.

We'll have your kid 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 (STARTED 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 extremely popular and we cannot guarantee a spot in the program now that it has begun. Please scan the QR code and enter your information to find out if there are spots left in your child's age group.



# KATHLEEN BRITT NAMED 2022 CITIZEN OF THE YEAR

## Watchung Hills Elks Lodge 885

Kathleen Britt has been a Trustee with Wagner Farm Arboretum (WFA) for the last 5 years and is in her 2nd term as President. One of the many functions of the WFA is maintaining the Community Garden. As the name implies this garden is a place where gardeners gather as a community in a well-managed environment and share their love of gardening by growing their own produce. Kat also oversees The Giving



(above, l-r) Lodge 885 Americanism Chair Elia Shehady presenting the COY award to Kat Britt

Garden (GG)- this same community of gardener’s volunteer time to grow additional produce for the sole purpose of feeding those in need. Since its inception in 2007, The Giving Garden has produced 586,000 pounds of food for donation. In 2022 alone over 41,000 pounds of produce was raised and distributed to local food banks. Nearly 800K individuals benefited from these donations. The GG continues to expand the number of garden plots used to produce food for distribution. The Watchung Hills Elks ENF Grant awarded to WFA will help fund this expansion.

Among her other responsibilities, Kat also runs the largest fundraiser for the WFA, Brite Nites. Prior to COVID, this had been a walk-through event. In 2020, despite COVID restrictions, Kat reimagined Brite Nites as a drive through to allow patrons to enjoy the event from the safety and comfort of their vehicles. In 2022 Kat took it a step further and created a hybrid event, so that some nights were a drive through, and some nights were walk through. This enabled people with mobility restrictions the opportunity to attend the event. It also meant the return of the walk through. Kat implemented additional changes to the running of the event, making it the most well attended and profitable Brite Nites fundraiser in WFA history. The Brite Nites event helps fund the operation of the WFA, including the Community and Giving Gardens.

Besides WFA, Kat belongs to several other

non-profit community groups. She has been a member of Sweet Adeline’s International (SAI), a women’s A Cappella singing organization, for 26 years. She is a singer/performer in the internationally renowned Harmony Celebration Chorus in Ridgewood, NJ and has competed numerous times in award winning quartets. She is a Certified Director of The Jersey Harmony Chorus (JHC) near Princeton, NJ where she has been the director for the past 11 years. Jersey Harmony’s outreach to the community includes performing at many charitable and civic events. She also serves on the volunteer staff of SAI Region 15. Kat is also passionate about history. She belongs to the Historical Society in Warren Twp and is a guild artist in The Historical Society of Early American Decoration (HSEAD).

Volunteering is part of Kat’s DNA - her dad, Dan Luna, was a lifelong community volunteer. In fact, he won this very award (COY, 2001) on March 10, 2002 for his service in the American Legion as well as his 45 years on the Warren Twp Volunteer Rescue Squad!

For Kat’s many contributions to those in need and the community, she is being recognized as this year’s Watchung Hills Elks Lodge 885 Citizen of the Year for 2022.

If you'd like to learn more about Watchung Hills Elks Lodge 885, 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) Father Dan Luna and Daughter Kat Britt with their COY awards, separated by almost 20 years.

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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

All concerts take place at 7:00pm 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 [www.warrennj.org/175/recreation](http://www.warrennj.org/175/recreation) or follow us on Facebook at WarrenNJRec.

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# JULY HIGHLIGHTS AT THE 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 July.

## Independence Day Craft

July 3, 11 a.m.

Wear with pride. Make your own red, white, and blue rubber band bracelets which are easy to make, fun and can be created with finger weaving. All supplies will be provided. Please call (908) 753-9440 for more information.

## Laughter Wellness with Roz Gerken, Certified Laughter Wellness Instructor

July 5 & 12, 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, and usually fake laughter. It's not about telling jokes, but it is fun, and laughter comes easily, and naturally. Roz Gerken, Certified Laughter Wellness Instructor will help us learn some of the techniques to reduce stress, encourage a more positive outlook, and help us feel more refreshed and energized.

## Basic Computer and iPad Instruction with Parul

July 6 & 20, 11 a.m.

Today we will start with basic computer and iPad instruction. The topics that will be covered will vary every week and will depend on the needs of the center participants. Some of the topics that will be covered will include checking email, opening/attaching documents, clearing the cache and creating word documents.

## Maintaining Your Balance and Stability as You Age by Nicholas Matthes, Trinity Rehab.

July 7, 11 a.m.

Keeping and improving your balance as you age is crucial in maintaining your independence, overall health, and well-being. In this lecture, Nicholas will teach us the benefits of improving your balance, what can happen if you don't and several easy exercises you can do at home to start improving your balance today.

## Pranayama

July 10, 17, 24 & 31, 11 a.m.

When the breath wanders, the mind wanders. But when the breath is steady, the mind too will be steady, and the yogi will achieve long life. Therefore, one should learn to regulate the breath. – Hatha Yoga Pradapika. Pranayama breathing techniques are part of the ancient Indian yogic tradition, and it is said that it came into existence, along with yoga, meditation, and Ayurveda, around 5000 BC. Yoga, pranayama, and meditation are also part of Ayurvedic practices. They are recorded within ancient texts like Vedas and the yoga sutras, and these texts mention pranayama as a foundation aspect of yoga practice. In this course, you will learn several pranayama techniques to restore balance and heal your mind and body.

## Blood Pressure Screenings

July 12, 11 a.m.

A nurse from the Visiting Nurse Association will meet with you individually and take your blood pressure and answer any questions you may have. No appointment is necessary.

## The Amazing Sky Breath: Introduction by Sukumar Kavanoor, Art of Living Foundation.

July 12, 1 p.m.

The SKY breath was cognized in 1980. In the short span of 43 years, the unique breathing technique has spread to 184 of the 195 countries in the world. Over 100 third-party research works have documented the benefits of SKY breath in peer-reviewed journals. Some of the benefits of SKY breath are increased energy level, reduce stress, improved mood, boost in immunity, improved sleep and enhanced mental clarity and focus.

## Armchair Travels: France with Parul.

July 13, 11 a.m.

France is a country famous for its sophisticated culture, exquisite cuisine, fine wines, romantic chateaux, and picturesque countryside. We will visit the French Riviera and Paris.

## French Trivia

July 13, 1 p.m.

After visiting and learning about France we will complete a general knowledge quiz, French words quiz and a French word finder.

## Brain Games and Hand Bells with Adrienne Graubard

July 14 & 28, 11 a.m.

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 handbells.

## Warrenbrook Picnic on the Patio

July 19, 11 a.m.

How about some music, games, dancing, snow cones and grilled food. It sounds like summer fun! Come enjoy the Warrenbrook picnic on the patio on a hot summer day.

## Craft: Flip-Flop Boxes.

July 21, 11 a.m.

Hit the beach anytime! Paint and decorate the flip-flop boxes with creative designs and embellishments. All supplies will be provided.

Pre-registration is required.

## Nutrition for Colorectal Health by Cecilia Gomez, Cancer Institute of New Jersey

July 26, 11 a.m.

Cecilia will discuss nutrition tips that can lower the risk of colorectal cancer.

## Dice Games

July 27, 11 a.m.

Dice is one of the oldest game pieces in history. Dice games are fun and versatile and provide social opportunities and stimulate the senses. We will be playing dice games like Cover the Number, Sevens Game, Round the Clock, Draw a Beetle, All 6 Game and 5000.



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# GIRL SCOUTS HOLDS FOOD DRIVE FOR NORTH PLAINFIELD FOOD PANTRY

Warren Troop 65667

On April 30th, 3rd grade Brownie troop 65667 from Angelo L Tomaso School in Warren, held a Food Drive at ShopRite Stirling to collect food and cash to donate to the North Plainfield Food Pantry. After collecting donations at the store, they brought their donations directly to the pantry in North Plainfield where volunteers gave the girl 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.

Earlier in the month, the girls designed posters for their table to attract patrons from the store to their table. I have included a picture

from the meeting, and also several photos from ShopRite and at the pantry. 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 a parent volunteer Amy Chou.



Courtesy photos

## FUN RUN FOR A GOOD CAUSE

Warren Township Public Schools

Woodland School students participated in a Super Hero Fun Run during a physical education class in support of The Raise Your Glass (RYG) Foundation, a nonprofit organization that supports Shriners Children's Hospital of Philadelphia.

Grade 5 Teacher Adam Yenish and his wife Danielle started the foundation in 2011 with various Woodland School community members

(teachers/parents) in appreciation of the hospital staff that cared for their son, Anthony (AJ), who was born with Arthrogryposis (multiple contractures of his extremities) with low muscle tone.

According to Yenish, AJ has received extraordinary care at Shriners since he was three weeks old. Now, at thirteen, AJ is a rising eighth grader at Bridgewater Middle School and loves swimming in the pool and going to the beach. AJ is known for his kindness and his ability to make others smile.

On the day of the event, Yenish spent a few moments with each grade level before the run introducing AJ to the Woodland students and briefly explaining AJ's condition and treatment at Shriners Children's Hospital and how important Shriners Children's Hospital is.

With the support of the Woodland PTO, who donated one dollar for each student dressed in a superhero shirt/cape, Woodland students who donated funds through a coin challenge, the Warren Township Police Benevolent Association, and the community at large, the Superhero Fun Run raised over \$3,500 for the organization.

Yenish will be forever grateful to the local community. "My wife and I would like to thank the Woodland School and Warren Township communities for their continued support of our family and the Raise Your Glass Foundation. For twelve years, the community has made significant donations that allow 'someone else's AJ' to have the same opportunities our son has had at Shriners Children's in Philadelphia. We are forever grateful for everyone's time, enthusiasm, and contributions to such a great cause."

Photos by Warren Township Schools

# LEG PAIN

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(above, left to right) John Tsihlias, Anthony (AJ) Yenish, and Adam Yenish, Warren Township Police Officer Joe Cohen and Alexis Lindy participate side by side in the Superhero Fun Run, Halston Orefice takes great strides during the RYG Fun Run at Woodland Elementary School.

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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
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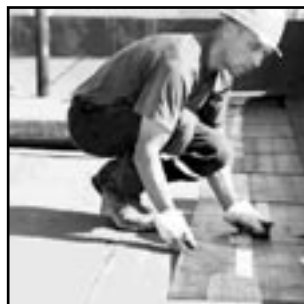
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