

WARREN MONTHLY_{NJ}

WARREN'S HOMETOWN NEWSPAPER

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RESCUE 61 WET DOWN AND DEDICATION

The Warren Township Fire Department hosted a Wet Down and Dedication on Saturday, August 19th, 2023.

The event was held at Mount Bethel Fire Company, who accepted the delivery of the new heavy-duty rescue vehicle.

Members of the community gathered to enjoy free food and drinks, music, and fun with water. Demonstrations on fire safety were shown throughout the day by the National Fire Sprinkler Association and Fire Department members.



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(More photos on page 19)

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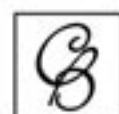
26

Average Days
on Market

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of houses on
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The Cherie Berger Team
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WARREN MONTHLY

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ENJOY RESTAURANT MONTH – SEPT 1ST-30TH

Get ready to take part in Berkeley Heights' most delicious event of the year: Berkeley Heights Restaurant Month. More than twenty eateries are participating again this year. Options range from fine dining to take-out and delivery.

Now in its seventh year, Restaurant Month attracts diners of all ages for breakfast, lunch, and dinner to its fine dining, casual, and quick-serve restaurants:

- Families looking for easy and delicious meals on busy weekdays.
- Friends and co-workers seeking new lunch or dinner options.
- Couples and adult groups of friends returning to a favorite restaurant for a special dinner.
- Teens headed downtown after school.

Jeanne Kingsley, President of the Berkeley Heights Town Council and founder of the Downtown Beautification Committee, which manages the event, said: "We are delighted that so many of our restaurants embrace the chance to create this special event for area residents. They produce fabulous food that has made Berkeley Heights a regional dining destination. We invite everyone in the area to check out these restaurants during this special month – you'll be glad you did."

Visit the event website at experiencebh.com for more information, including a full list of participating restaurants and their special deals

and menus. You'll find everything you need to ensure you get the most value and fun out of this event. Follow the fun on social media at

@ExperienceBerkeleyHeights on Facebook and [experience_berkeley_heights](https://www.instagram.com/experience_berkeley_heights) on Instagram.

Please share your photos with the tag #experiencebh.



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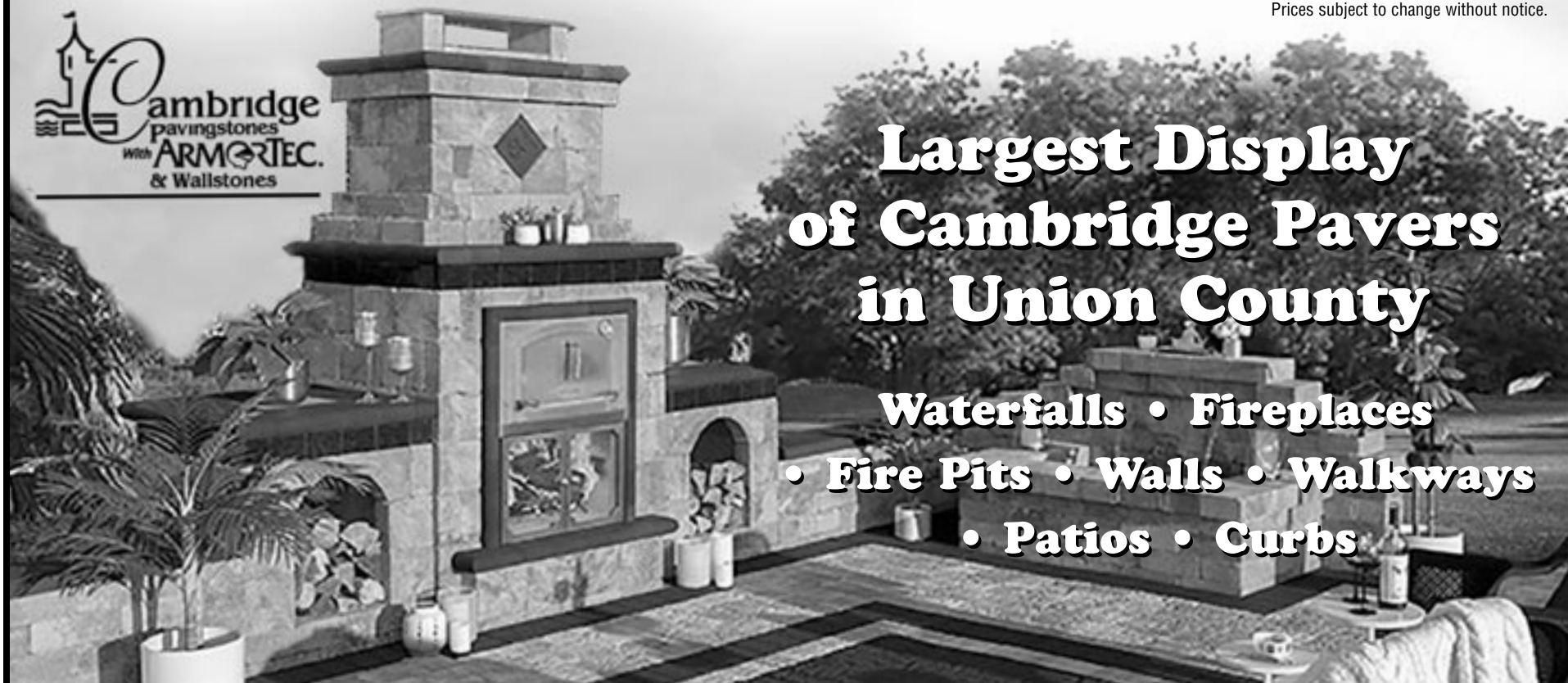
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PROJECT GRADUATION THANKS SUPPORTERS

Watchung Hills Regional HS Project Graduation Class of 2023 would like to thank all of the local businesses who celebrated our Seniors by supporting a safe and substance free night of fun and entertainment on graduation night June 16, 2023. The WHRHS Senior Class enjoyed a fun-filled senior week with an ice cream social, traditional breakfast and more all leading up to a night with their classmates at Iron Peak in Hillsborough, NJ. Thank you for your support and generosity for this important event that keeps our students safe and celebrated.

The following businesses and community organizations have been very generous. Please support them whenever possible.

Project Graduation Committee - Class of 2023:
Susan Hain, Toni Palacio-Lewis, Christina Russotti, Elena Cicchetti, Andrea Briggs, Brandi Unchester.

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



If Knee Surgery Sounds Scary, It Should

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

- Surgery is costly, regardless of the percentage of services covered by insurance.
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.
- With surgery, there is always a risk for unwelcomed complications. And you could be back to where you started, or worse.
- Medications will be required for relief from surgery and you have been down that road before. Addictions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

Consider This Alternative To Surgery

Northeast Spine & Wellness Center offers you a real opportunity and a painless way to say goodbye to your knee pain without any surgery. Here are just a few of the important benefits you should consider?

- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections.
- Guided fluoroscopic injections are virtually pain free, unlike blind injections.
- No lost time from work or family.
- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
- Recovery time is almost instant, not months or years.

How Does This New Treatment Work?

Relief begins almost as fast as it takes to pronounce the treatment. It's called Viscosupplementation Therapy. To begin with, it starts with **Northeast Spine & Wellness Center** investing in the use of diagnostic fluoroscopy. This enables them to target the exact location of your knee pain with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. That explains what you will see on the surface of this revolutionary treatment. What's taking place below the surface is how and where the natural healing process takes place. The injection of a Hyaluronic acid called Hyalgan. This gel-like substance was approved by the FDA in 1996. Hyalgan is a natural substance that mimics the synovial fluid that is already produced by your body in your joints. Osteoarthritis sufferers in particular see a reduction in this much needed synovial fluid in their knee joints. Without that cushioning layer of protection, the cartilage in your knee can begin to wear away leading to the rubbing of bone on bone. Through Viscosupplementation Therapy, this natural substance immediately goes to work reducing the swelling and inflammation in the joint and adding a coating layer of protection. Think about Dorothy taking the oil can to The Tin Man. You'll begin to feel that same kind of relief and quite possibly feel like you're ready for a dance down the yellow brick road to recovery yourself. And with a success rate of over 85% in alleviating pain associated with osteoarthritis, it's easy to see why this treatment is so readily covered by Medicare and by most major insurance providers. Diagnostic fluoroscopy to target the pain, Viscosupplementation Therapy to relieve the pain. Simple, fast and no surgery!

Do you Suffer from any of these Symptoms?

There are a number of reasons why you developed Osteoarthritis pain. It can develop with age or because of heredity. It could be from repetitive stress from a job or some glory days in athletics. Of course your concern is with the symptoms you face daily and how to make them end, hopefully without surgery or the use of potentially addictive medications. **Northeast Spine & Wellness Center** understands the symptoms you have been living with and can help. If you have any of the symptoms below, please call us today. Relief is a phone call away.

- **Pain** - Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- **Swelling** - This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult and dangerous just name a few activities affected by swelling.
- **Stiffness** - Getting up out of bed or after sitting for a period of time gets more and more difficult. This loss of mobility can be more than a hindrance. It can be dangerous if you need to move quickly.
- **Loss of muscle strength** - This can lead to balance issues and the strong possibility of falling.
- **Joint deformity** - Not just unsightly, but painful as well.
- **Creaking Joints** - Can be painful and a sign of more discomfort to come.
- **Sleepless nights** - Losing sleep over your suffering is not just irritating, but potentially dangerous because of so many other health concerns that can be affected by loss of sound sleep.

Let Me Show You Targeted Relief From Your Knee Pain

Every day, I see patients suffering from knee pain due to arthritis, osteoarthritis, sports injuries or other conditions. Many have been told that they are in need of knee replacement surgery. Other patients say they have been prescribed various prescription medications to deal with the pain.

Something else I see almost every day, are patients that have tried viscosupplementation knee injections elsewhere and found it to be a painful and ineffective experience because the injections were not administered using fluoroscopic guidance. Instead of using the incredibly accurate diagnostic fluoroscopy we use at **Northeast Spine & Wellness Center** these patients experienced a blind injection technique, which can be as inaccurate as playing pin the tail on the donkey.

Once I am able to explain to my patients about the pin point accuracy of using diagnostic fluoroscopy and the amazing results viscosupplementation can provide, they are thrilled to get started. They are even more thrilled when they feel the relief. Please contact **Northeast Spine & Wellness Center** today to schedule your RISK FREE consultation.
Call 732-827-0800

Scot Paris MD, FACS



Here's what our patients have to say

"I'm dancing without pain. I can move with no problem whatsoever. I can go up and down steps with no pain."
- Patricia G.

"Over 85% relief for the first time in 15 years, suffering with knee pain. My life is getting back to normal."
- Perry O.

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

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WARREN TOWNSHIP TAKES DELIVERY OF NEW FIRE RESCUE TRUCK

The Warren Township Fire Department accepted delivery of a new heavy-duty rescue vehicle on August 1, 2023. A celebratory Wet Down community event was held on August 19th.

This specialized firefighter apparatus is assigned to the Mt. Bethel Fire Company and will support Fire functions, Man vs. Machine, Vehicle extrications, Swift water operations, Ice Rescue, Low Angle Rescue, Hazmat assistance, search and rescue, and scene lighting support for any incident in the Township.

The vehicle was purchased from Sutphen Corporation, Dublin, Ohio, for \$851,900 and is funded by Township Bond Ordinance 21-22, adopted on September 23, 2021.

The Rescue Truck Committee, under the leadership of Fire Chief Mark Russo, consisted



(above, l-r) Committeeman Vic Sordillo, Deputy Mayor George Lazo, Fire Chief Mark Russo, Committeewoman Lisa Lontai, and Committeeman Dan Croson.

Courtesy photo

of Mt. Bethel Fire Company, Assistant Chief Derek Reedman, and co-chairs Captain Andrew Fitch, Dan Pepe, and Assistant Engineer Robert Tucker. The Truck Committee extends its thanks to Lt. Andrew Sarna for his assistance during the final weeks prior to delivery.

The Truck Committee spent hundreds of hours, beginning in 2018, conducting the research and developing the specifications and requirements for the vehicle prior to the presentation to the Township Committee in 2021.

In the coming weeks, the Fire Department will be transferring equipment from the existing rescue vehicle, with an anticipated in-service date of September 18, 2023.

Mayor Gary DiNardo stated that he is “excited to see the new rescue truck come to fruition and to support the Fire Department in their efforts.” Mayor DiNardo continued that, “After participating in many meetings with the Fire Department to discuss the need for this vehicle, he was pleased to support the purchase.”

Chief Mark Russo commented, “Rescue has many functions and through the years, the

Department has outgrown the current Rescue with tools needed for its mission. This new Rescue 61 will allow the Fire Department to deliver fire support in a safe manner. This vehicle has been in the works for more than 6 years with myself and former Chief James Mitchell.”

The Township Committee extends its appreciation to the Truck Committee for their dedication and the countless hours they volunteered to plan for the purchase of this vehicle.

Committeeman and Liaison to the Fire Department, Victor Sordillo, stated that, “This vehicle is a wonderful addition to our Fire Department to ensure that the proper equipment is provided to serve the needs of Township residents, businesses and the traveling public.” He further extended his appreciation to the volunteer Firemen who serve the community and ensure the safety of our residents.

The Warren Township Fire Department is served by volunteer members and consists of four Fire Companies. Residents interested in volunteering should contact the Fire Department at (908) 753-8000, Ext. 274.

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Committee of Warren
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9/11 Memorial Service
on the 22nd Anniversary

The service will be in front of
the 9/11 Monument
Monday, September 11, 2023
at 8:45 am

We will never forget



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Boy Scouts of America, Patriots' Path Council will be honoring local citizens at the 11th annual Watchung Hill Good Scout Awards Dinner to be held on the evening of Wednesday, September 27th at The Primavera Regency in Stirling. This year's Good Scout Award honorees are Mark Claxton, Mark Fabian, Virginia Procino Hartmann, Harold Alfred Kreis, Jonathan Shuster, and Victor Sordillo.

The event recognizes outstanding citizens for their community service, as evidenced by their leadership and interests within the communities of Basking Ridge, Warren, and Watchung, and for their embodiment of the values of the century old Scout Oath and Law in their personal and professional lives. The event co-chairs are Wayne Hanlon and Larry Najarian, past Good Scout Award recipients and active volunteers and leaders in the community.

Mark Claxton is Immediate Past President of the Warren Lions Club and an active community volunteer; Mark Fabian has volunteered with Scouts BSA Troop 555 of Basking Ridge and the

at the Berkeley Aquatic Club in New Providence; Virginia Hartmann has volunteered for the Watchung Library since 2010; Harold Kreis is the past president of the optimist club of Watchung and is a former director at Junior Achievement of Union County; Jonathan Shuster is the owner of J.W. Shuster & Son, Inc. and has volunteered with Scouts BSA Troop 555 of Basking Ridge ; and Victor Sordillo is a member of the Warren township committee and has served the town as Mayor for six terms.

These communities are a part of the Patriots' Path Council, Boy Scouts of America along with the counties of Middlesex, Morris, Somerset, Sussex, and Union. In the council, over 5,000 adult volunteers deliver the values of Scouting to over 10,500 Scouts.

For more information on Scouting in Patriots' Path Council, attending the event, and sponsoring the program journal, contact Jennifer Volz, Sr. Development Director, at 973-765-9322 ext. 249 and/or jennifer.volz@scouting.org.

Please
RSVP BY:
*Wednesday,
September 26, 2023*

Co-Chair &
Master of Ceremonies



Wayne K. Hanlon

**11th Annual
Watchung Hills Good Scout
..... AWARDS DINNER
Wednesday, September 27, 2023**

Reception, Dinner and Program: 6:30 p.m.
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Co-Chair &
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Honoree



Mark Claxton
Immediate Past President
Warren Lions Club
Community Volunteer

Honoree



Mark Fabian
Retired
Former VP of Market Regulation
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Virginia Procino Hartmann
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Past President
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Former Director
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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 fall Sports Performance session runs September 5th until December 2nd in Berkeley Heights NJ, visit 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 open registration for their fall program that starts on September 5th and runs til December 2nd.

Visit www.gritathletes.com to register for their fall session...or see below for more details...

**Do you want
GRIT ATHLETE PERFORMANCE
to help your child get faster, stronger,
and more confident?**

The Fall Program begins September 5th.

**Scan the QR code to see if
there is any availability left.**

The program ends December 2nd.



**Scan QR Code for cost,
timeslots, and dates.**

Attention Parents of Kids Ages 6-18

UPDATE: THE GRIT ATHLETE PERFORMANCE FALL PROGRAM HAS OPENED REGISTRATION!

Scan below to submit an application.

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

- We saw a noticeable difference in his throwing - he could throw it further and faster! The training definitely paid off!"

- Dara, GRIT Athlete Parent

GET MORE INFORMATION (STARTED SEPTEMBER 5TH)

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: Our Fall season begins September 5th and we tend to sell out early. Please respond promptly so we can give you the best chance to grab a spot. Scan the QR Code and enter your information to find out more about the Fall Program.

4-H RUMMAGE SALE SEPT. 15

The 4-H Center will soon be transformed into a bargain hunter's dream at the annual Somerset County 4-H Association Rummage Sale. Come search for treasures and incredible bargains in jewelry, clothing, accessories, tools, housewares, home décor and more.

The doors open Friday, Sept. 15, 9 a.m.-noon, and 5-8 p.m.; and on Saturday, Sept. 16, 9 a.m.-3 p.m. All money raised benefits the 4-H youth program.

If you are downsizing, consider donating items to the sale - it's easy. Just drive up to the rear entrance of the 4-H Center and volunteers will help you unload your car.

Donation drop-off dates are Sunday, Sept. 10, noon-3 p.m.; Monday and Tuesday, Sept. 11-12, 9 a.m.-noon, and 6-8 p.m. Items in high-demand include gently-used clothing, costume jewelry, cooking/baking utensils, housewares, bicycles and sporting goods. Please - no computers, printers, TVs, furniture, mattresses, plumbing fixtures, tires, broken or hazardous items.

The Ted Blum 4-H Center of Somerset County is located at 310 Milltown Road in Bridgewater. For more information, visit 4HisTops.org/events.

FLEA MARKET SEPT. 30

The Gillette Chapel will be holding it's fall flea market and bake sale fundraiser on September 30, 2023, at the church at the corner of Lackawanna Blvd and Summit Ave in Gillette. The event is indoor from 9 a.m. - 3 p.m. rain or shine.

There are 2 floors of all types of items to browse. Proceeds of the sale benefit missions, charitable organizations and help support children in the Dominican Republic through Handfuls of Hope.

The church can be contacted at 908-647-2573 or at gillettecommchapel@gmail.com.

RONSTADT REVIEW AT SIEMINSKI THEATER

Don't miss your chance to see this amazing celebration of one of music's most versatile performers - Linda Ronstadt! Ronstadt Revue featuring Gesenia presents a premier celebration on October 29 at the Sieminski Theater in Basking Ridge, NJ. Showtime 7:30 pm. Tickets are available at www.sieminskitheater.org or 866-307-8532

RONSTADT REVUE is a 7-piece ensemble of world-class, professional musicians out of South Jersey/Philadelphia that covers the entire career of Linda Ronstadt (all genres including Spanish-language material). The group is led by the remarkable vocalist, Gesenia, who doesn't just channel Ronstadt's vibrant sound, she embodies her very spirit. Gesenia spent an entire year searching for just the right musicians to fully showcase Ronstadt's music, from country rock to mariachi to big band to pop-rock. And the result of her efforts is Ronstadt Revue - the world's finest Linda Ronstadt tribute show.

Each member of the band is a seasoned, talented musician fully dedicated to recreating the sounds and vibe of a Linda Ronstadt live performance from back in the day. But of course,

no Ronstadt tribute band can work without "that voice." And if you close your eyes, Gesenia will have you believing that Linda really is with us on the stage. This group is so authentic that it has racked up high praise from three of Linda Ronstadt's former band members: Dan Dugmore, John Beland, and Herb Steiner! Who has co-produced Ronstadt Revue's recently released (2022) album. Mr. Beland has appeared with the band in concert at selected shows across the country.

"Every time they play, I'm catapulted back to 1970 on the stage with Linda. This is a fabulous collection of musicians and Gesenia makes the hair on my arms stand up and tingle when she sings. The Ronstadt Revue is authentic. There are tribute bands and then there is this. Don't miss it!" - John Beland

The Sieminski Theater is in Basking Ridge, NJ in the heart of Somerset County. This venue is a beautiful intimate 256-seat state-of-the-art theater and is the ideal destination for experiencing quality entertainment. Tickets for all shows are available at www.sieminskitheater.org. or call 866-307-8532. or (908) 580-3892



The Ultimate Celebration of Linda Ronstadt

RONSTADT REVUE

Featuring
Gesenia

"Every time they play I'm catapulted back to 1970 on the stage with Linda" - John Beland

OCTOBER 29
7:30PM

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DRIVE FOR AUTISM ANNUAL GOLF EVENT SEPT. 18TH

The Drive for Autism Foundation is pleased to announce that its annual golf event, Drive for Autism XXII will be held at Royce Brook Golf Club in Hillsborough, NJ on September 18, 2023.

The Drive for Autism Golf Outing which has been held since 2002 has raised and distributed over \$851,000 to local school programs. Previous beneficiaries of grants were Morris Union Jointure Commission (New Providence, NJ), Salt Brook School (New Providence, NJ), AW Roberts School (New Providence, NJ), Union County Educational Services Foundation/Crossroads School (Westfield, NJ), Educational Partnership for Instructing Children, Paramus, NJ, Eden II/Genesis Programs (Staten Island, NY), Spectrum360 formally The Children's Institute (Verona, NJ), ECLC (Chatham, NJ) and Seton Foundation for Learning (Staten Island, N.Y.).

Grant recipients use money to fund health and fitness programs, social skills programs, educational curriculum and teacher training, a van for community trips and transportation to job training centers, laptop computers, computer touch screens, iPads, video projectors and educational toys and games

The golf event is the main fundraising function for the foundation. Single golfers and foursomes are welcome as well as, product donations and corporate sponsorships. To register online please go to birdease.com/DriveforAutismXXII

ABOUT DRIVE FOR AUTISM FOUNDATION:

Based in New Providence, New Jersey, The Drive for Autism Foundation (EIN#20-1760417), is a 501(c)(3) tax exempt public charity that was created in the Spring of 2002 for the sole purpose of raising and distributing funds for educational facilities specializing in students with autism.

DRIVE FOR AUTISM GOLF OUTING 2023

The Drive for Autism XXII is scheduled for Monday Sept 18, 2023 at Royce Brook Golf Club in Hillsborough, New Jersey. The event consists of a morning round of golf followed by a barbeque. Special events include golf contests, raffles and a silent auction of sports memorabilia, game tickets and golf trips.

To register or for additional information please visit

www.birdease.com/DriveForAutismXXII, call 908-451-8033

or email driveforautism@comcast.net.

WOOFSTOCK SUMMER MUSIC FESTIVAL

HOME FOR GOOD DOG RESCUE

Join us for our epic Home for Good Dog Rescue summer music festival event – WOOFSTOCK! Mark your calendars for Saturday, September 9th, and Sunday, September 10th, 2023. You don't want to miss this annual bash at Brook Valley Farm, 336 Loantaka Way, Chatham, NJ.

This is Home for Good's largest adoption day of the year and is a blast for the whole family. This event is pet-friendly, so be sure to bring your beloved pup to join the fun! All Home for Good Dog alum are invited to reunite with their siblings and former foster families.

Live music will be rockin' on both days from the popular band The Cliffs. Endless entertainment includes food trucks, craft vendors, beer and wine, prize raffles, children's activities, and of course Dog Adoptions!

Gates open 11 a.m. Activities commence at 12 noon and conclude at 5 p.m.

Pre-registered tickets are \$30 for adults & \$12 for children (12 and under). Pre-registration will close on Thursday, Sept. 7th at 6 p.m. Tickets at door: \$35/adult.

To become a sponsor for Woofstock 2023, please email development@hfgdr.org, or go to this link: <https://bit.ly/38VjhQU>

To become a food or craft vendor at Woofstock 2023, please email volunteer@hfgdr.org

ABOUT HOME FOR GOOD DOG RESCUE

Home for Good Dog Rescue (HFGDR) is a 501(c)(3) non-profit organization headquartered in Berkeley Heights, NJ. We rescue dogs from high-kill shelters in the South, transport them to our rescue, and give them a second chance at life. As a uniquely 100-percent foster-based rescue, we place each dog into a loving foster home until adoption, and since our inception, we have rescued over 10,000 dogs and given them loving homes for good. For more information visit homeforgooddogs.org.

Home for Good Dog Rescue presents
THE 14TH ANNUAL WOOFSTOCK
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SEPTEMBER SPEAKERS PROGRAM

The Summit Old Guard was founded in Summit in 1930 and meets every Tuesday at the New Providence Presbyterian Church located at 1307 Springfield Ave. Our motto is "Come for the Programs. Stay for the Friends." September speakers include heavyweight boxer Gerry Cooney, Journalist and author Mark Di Ionno, John Staunton EMT and Trustee of the Summit First Aid Squad, and a timely presentation by two local experts on the history of the rapidly approaching World Series. Please join us. Our programs are free to the public, and we welcome you!

On Tuesday, September 5th, Mark Di Ionno Pulitzer Prize finalist writer of the Star-Ledger will speak about his several humanitarian relief trips to Ukraine, his travels there, and the people he met in Ukraine and in Poland. Di Ionno has also written on New Jersey's Revolutionary War trails and history.

On September 12th, John Staunton will speak about his 38 years with the Summit Volunteer First Aid Squad, as an EMT and as trustee.

Staunton will also explain the role of EMS services, how 9-1-1 works, and the 61-year history of the Summit Squad.

September 19th, Gerry Cooney will step into the ring. A member of the New Jersey Hall of Fame, many will recall his match with Larry Holmes in 1982. A boxer from 1977 to 1990 Gerry's record was 28 - 3, with 24 wins by a knockout. In 2019 he wrote "Gentleman Gerry: A Contender in the Ring, a Champion in Recovery."

Finally, just in time for the first pitch of the World Series, John Cronin and John Nolan will speak September 26, 2023 on the "Fall Classic," contested since 1903. Both of these local baseball fans and experts will share their incredible knowledge and expertise.

Past speakers and much much more can be viewed at <https://SummitOldGuard.org> but we encourage people to drop in on our meetings which take place at the church at 10:00 AM every Tuesday. "Come for the Speakers. Stay for the Friends." We look forward to meeting you.



(above) Mark Di Ionno, (above) John Staunton, Gerry Cooney, John Cronin and John Nolan

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4-H FAIR CELEBRATES 75TH ANNIVERSARY



The Somerset County 4-H Fair was held at North Branch Park in Bridgewater on August 9th – 11th. The event is held to support the county's 4-H members. Attendance and parking were free. The 4-H Fair's 75th anniversary was celebrated with entertainment, games, crafts, animals and more.

The 4-H Association offered 8 demonstrations including button making, butter making with 4-H master chefs, and NamastHay a mini-mindfulness session and hay bay yoga.

The Somerset County tent offered information about services, a chance to enter drawings and play fun games. There were also presentations, including: "Storytime" by the Somerset County Library System, K9 unit demonstrations, "Meet Betsy the Therapy Dog," and "Make a George Washington Spyglass," with Somerset County Cultural & Heritage. Our theme this year is Somerset: Healthy & Strong.

ABOUT THE 4-H ASSOCIATION

4-H is the largest nationwide youth development organization in America, offering resources to youth through engaging clubs & activities, volunteer opportunities, and informative workshops to create compassionate, responsible, and skilled citizens in the community and beyond. Follow Somerset County 4-H on Facebook.

ABOUT 4-H FAIRGROUNDS & PARKLAND

Somerset County encompass 305 square miles, contains diverse landscapes, population, and development that reflects the varied lifestyles of its estimated 345,367 residents. The county's 14,922.96 acres of parkland include the County Fairgrounds.

To stay up-to-date with Somerset County events and information, sign up for free email alerts at www.co.somerset.nj.us/subscribe or follow us on Facebook, Twitter and Instagram.



Thanks to all our wonderful 4-H families and friends for helping set up the Fair! This wouldn't happen without you!

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SEPTEMBER PROGRAMS AT WARRENBROOK SENIOR CENTER

Warrenbrook Senior Center, located at 500 Warrentown Road, Warren, NJ, 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 call (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 September.

Senior Medicare Patrol

September 6, 11 a.m.

Joel Schneider from Senior Medicare Patrol will teach us how to protect ourselves from Medicare Fraud, waste and abuse.

Basic Computer and iPad Instruction with Parul

September 7,14, 11 a.m.

In this basic computer learning class, the topics that will be covered will vary every week and will depend on the needs of the clients. Some of the topics will be checking the email, opening/attaching the attachments, clearing the cache, creating word documents. Please call (908) 753-9440 for more information.

Brains n Games and Hand Bells with Adrienne Graubard

September 8, 29, 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.

Physical Therapy Screenings

September 8, 1 p.m.

Nicholas Matthes from Trinity Rehabilitation Center of Warren will provide 10-minute Physical Therapy Screenings to the registered clients. To sign up and for information please call (908) 753-9440

Blood Pressure & Cholesterol - Flu Shots

September 11, 10:30 a.m.

Both high cholesterol and high blood pressure are well-known risk factors for stroke and heart attacks. Shivani Shah from Walmart Pharmacy will be talking about what is cholesterol/Blood Pressure and how it affects the overall body, what to watch out for to control the cholesterol and the importance of vaccines.

Volunteer Recognition Celebration

September 13 – 11 a.m.

Our volunteers help us every day by assisting at the front desk, helping to pack and serve lunches for hundreds of seniors, and leading our wide variety of programs. Let's take today to give a well-deserved Thank You to our volunteers and enjoy the music of Gordon James who will sing the songs from 50s & 60s.

Recycled Craft

September 15, 11 a.m.

by Debbie Perez, a local artist & designer who specializes in creating one of a kind, nature-inspired items by using upcycled items to create a unique, beautiful, mandala. All materials will be provided. PRE-REGISTRATION

REQUIRED.

Soccer Game

September 15, 1 p.m.

To celebrate the participation of Warrenbrook Senior client's family in FIFA World Cup 2023, we will be playing the indoor senior soccer games. Be prepared to toss the ball around and make some goals.

Food too Good to Waste

September 18 – 11 a.m.

by Jennifer Korneski, Rutgers Cooperative Extension. According to the FDA, food waste is estimated at between 30-40 percent of the food supply at a cost of more than \$161 billion. Food is the single largest category of material placed in municipal landfills and represents wasted nourishment that could have helped feed families. Additionally, water, energy, and labor used to produce wasted food could have been employed for other purposes. Effectively reducing food waste will require cooperation

among federal, state, tribal, and local governments, faith-based institutions, environmental organizations, communities, consumers, and the entire supply chain. Jennifer will introduce us to simple, yet effective ways we can start as individuals to becoming smarter with food consumption and effective waste management. Every little bit of change can make a difference.

Lighthouses of New Jersey

September 20 – 11 a.m.

by Marilyn Dunning & Alan Jacobson, New Jersey Lighthouse Society. Marilyn and Alan will provide details on the history, structure, and characteristics of lighthouses. They will also discuss topics such as keepers, governance, purpose, and how weather affects lighthouses. Historical facts about New Jersey beacons and keepers who were women will be highlighted.

Jeopardy with Angela

September 21, 11 a.m.

Join us as we play Jeopardy where the Categories include Animals, Country, Food, & Fruits.

Musical Performance

September 25, 11 a.m.

Sing along with Paul Elwood, and revisit your favorite songs from the 50s, 60s, and 70s. Wear your dancing shoes!

Bingo with Rashmi

September 27 – 11 a.m.

Bingo is more than just an exciting activity. Researchers have found that playing Bingo has multiple benefits such as promoting socialization, strengthening hand-eye coordination, and improving concentration, listening and short-term memory, all with a little bit of friendly competition!

Armchair Travels to Germany with Maritza

September 28, 11 a.m.

Germany! One of the most charming and varied countries in Europe with gorgeous half-timbered towns, spirit-lifting culture and bewitching rural scenery. We will be watching Germany from the above, German folk music, Oktoberfest Accordion Music & playing trivia.

CHESS IN MILLBURN

- In-person and Online Chess Lessons
- Rated Chess Tournaments
- Search us on YouTube: Chess Party
- Summer Camp and Classes Registrations Open!
- Visit our website for details and placement test!

+1 (908) 416-1695

chessinmillburn@gmail.com

www.chessinmillburn.com



CHESS IN MILLBURN

CHESS ACADEMY

UGLY HOMES WANTED FOR TELEVISION PROGRAM IN THIS AREA

We need 30 Ugly Homes with Ugly Kitchens, Bathrooms, Siding, Window, etc., Inside or Outside that need fixing or Remodeling. We will Repair and Remodel them and shoot video for training film and future TV show on Home Remodeling Work.

Must Sign Release, for purpose of filming job! This must be a complete remodeling job, not just patch up work. This remodeling is to be specially priced, with compensation going back to the homeowner for a signed release.

Serious Inquiries Please!

CALL 833-375-1472

Ask for TV Project Department, for job evaluation and estimate of cost and compensations!

Tri-State Creations LLC - Lic. #s: NJ-13VH04728900, PA-39104

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 • tinarennamedia.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



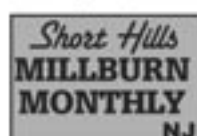
Qty: 13,000
Zip: 07065



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.

Rates are per month. Artwork included in price. Newspapers are black on white.

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

RESCUE 61 WET DOWN AND DEDICATION PHOTO ALBUM

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



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



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

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)

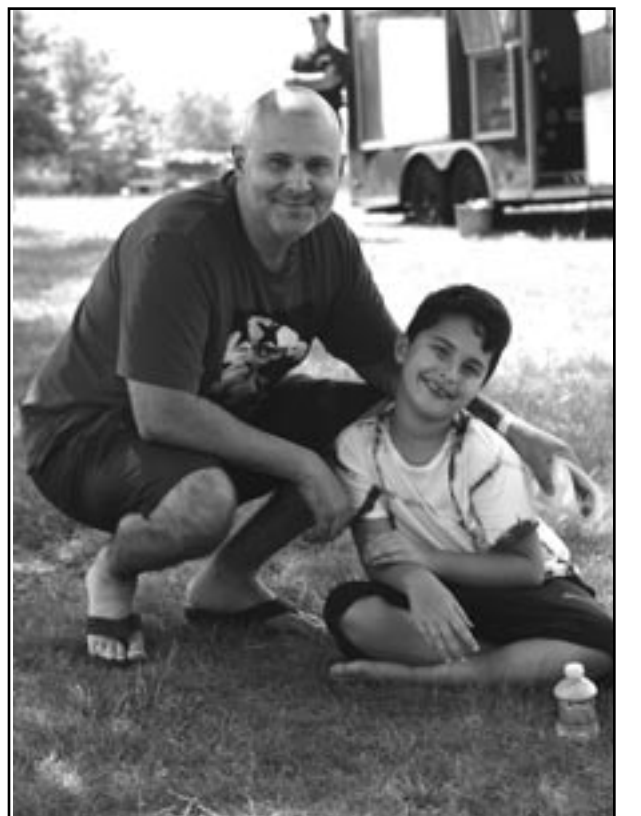
INSERTED AND MAILED TO EVERY HOME AND BUSINESS
\$60 per thousand. (as low as \$30 per thousand depending on quantity.)
Minimum order \$400

Joe Renna at 908-447-1295
email: JoeRenna@RennaMedia.com



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

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



Let the Cherie Berger Team help guide you home



Our Featured Listings



Exclusive Listing: 5 Dory Court, Warren, NJ
5 Bed | 4 Bath | 1 Half Bath | \$2,700,000



476 Philip Lane, Watchung, NJ
6 Bed | 3 Bath | 1 Half Bath | \$999,000



7 Livingston Avenue, Warren, NJ
3 Bed | 2 Bath | 1 Half Bath | \$699,000



7 Milky Way, Warren, NJ
4 Bed | 3 Bath | 1 Half Bath | \$974,000



14 Kensington Court, Warren, NJ
5 Bed | 5 Bath | 1 Half Bath | \$2,100,000



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