WARREN MONTHLYNJ

WARREN'S HOMETOWN NEWSPAPER

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POST/

THREE GIRL SCOUTS EARN GOLD AWARDS

Submitted by Jane Maloney

Warren Girl Scouts is proud to announce three more young women have earned the Girl Scout Gold Award, the highest achievement within the Girl Scout movement. To earn this award, individual Senior or Ambassador Girl Scouts must develop and implement "takeaction" projects that create sustainable solutions to issues in their local community and beyond. In doing so, they demonstrate extraordinary leadership and a remarkable ability to advocate for lasting change. Only about 5% of Girl Scouts nationally earn this prestigious award.

Warren Girl Scouts is part of Girl Scouts Heart of New Jersey Council, which, with the support of nearly 8,000 adult volunteers, serves over 12,000 girls aged 5-17 throughout Essex, Hunterdon, Somerset, southern Warren and parts of Middlesex counties. Currently, in Warren, nearly 200 girls participate in troops of all age levels, supported by about 135 adult volunteers. We welcome new members – both girls and adults!

For more information, please visit gshnj.org, or email warrengirlscouts@gmail.com.

Gabriella Pento chose to address the skyrocketing increase in food insecurity in New Jersey, a direct result of the COVID-19 pandemic. She spearheaded a new food ministry at Our Lady of The Mount church in Warren, building a team of volunteers from the entire community. Through their efforts, over 4,000 lbs of food were donated to three local food banks, along with a large supply of toiletries. To ensure the program will continue, she created a, "how-to" guide for the Director of Faith Formation, who will work with teens to carry the ministry forward. Gabriella graduated from WHRHS in 2023 and now attends Boston College. (above) Gabrielle Minieri marshalled her interest in gardening, nature and the importance of access to fresh, healthy produce, by working with Wagner Farm Arboretum in Warren, to expand their



(above, l-r) Gabriella Pento, Gabrielle Minieri, and Julia de Montagna

ability to reach and teach families with young children - about gardening, and in particular, the WFA Community Garden. With her team, she designed and built a new outdoor classroom that includes a paved patio, two potting benches (one sized for younger children and one for older children or adults) and a kiosk with blackboard on one side and covered bulletin board on the other. Additionally, she provided the Head of Educational Programs at WFA with a curriculum she created, based on two related Girl Scout badges, which can easily be adapted for non-Scouting groups. This past spring, she held an open house to share her work with the community and to raise awareness about volunteer and educational opportunities at the Arboretum. Gabi's track record of Girl Scout leadership and service includes having earned both the Bronze and Silver Awards, the highest awards available to Junior and Cadette Girl Scouts. To recognize achievement of all three awards, she was also awarded the Girl Scout "Changemaker" Award. Gabi graduated from WHRHS in 2023, and now attends Gettysburg College.

Julia de Montagnac wanted to improve opportunities and erase stigma for young students with language-based learning differences, such as dyslexia. She created an in-person and online enrichment program called "Coloring Confidence," which integrates art projects to help 3rd and 4th grade students understand Language Arts and Social Studies lessons. She worked directly with students in three different New Jersey school districts, and she created a website, coloringconfidence.com, which contains resources for parents and educators. The website includes scientific information about art integration and language-based learning differences, as well as visual and written directions for completing the art-integrated projects she designed. In recognition of her efforts, Julia received the prestigious GSUSA National Gold Award Scholarship. She graduated from WHRHS in 2023, and now attends Princeton University.

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JOSEPH MARMO

THE BUTTERFLY PROJECT

Warren Township Public Schools

enjoys starting each new school year by introducing her students to the lifecycle of a butterfly. Just as the students learn to adjust to their new environment, they will also witness the metamorphosis of their new classroom creatures.

According to Ostry, the Butterfly project lasts roughly four weeks. The insects arrive in caterpillar form, and students from grades three through five can monitor them and take notes in their butterfly journals to record their observations.

After a few short days, once the caterpillars are fully grown, they pupate and create their protective shell, a chrysalis. During the magical transformation process, which lasted seven to ten days, Ostry's students made observations and took notes in their journals, read several books

Central School teacher Mrs. Celeste Ostry on butterflies, and gained as much knowledge about the metamorphosis as possible.

> When the beautiful Painted Lady butterflies emerged, Ostry opened the exhibit to the entire school. Classes were invited to sign up for a visit. This is Ostry's favorite part of the project, as she loves witnessing her students take the lead as butterfly experts and act as the docents for the visiting students.

> On the final day with the butterflies, Ostry took her students to the courtyard just outside their classroom. Each student in her class held a butterfly before they were gently released.

> This special project-based learning activity was an excellent way to start the school year by covering multiple subjects such as reading, writing, science, art, and presentation skills through a fun and meaningful experience.



(above) Paul Ulrich, Lyla Urgilez, Wendy Castillo, and Tucker Pruskowski gently release their classroom butterflies into the Central School Courtyard.

Photos by Warren Township Schools





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ARYA REDDY RECEIVES CONGRESSIONAL MEDAL

Congressman Tome Kean, Jr. recently presented a Congressional Award Silver Medal to Arya Reddy, a Green Brook resident and a rising senior at Watchung Hills Regional High School.

Congressman Kean stated "The Congressional Award is the highest honor bestowed upon a youth civilian through Congress. Arya's commitment to community service has been exemplary. In addion to regulary volunteering at Children's Specialized Hospital, Arya created a non-profit organization, "OustOI," which spreads awareness and raises funds for the rate disease, Osteogenesis Imperfecta. Congratulations Arya, your future is bright!"



(above) Arya Reddy received a Congressional Award Silver Medal from Congressman Tom Kean, Jr.





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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 blanning 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.

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.

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.



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!

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 gaidance. Instead of using the incredibly accurate diagnostic fluoros-

copy 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. Picase 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 more 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 hack to normal." - Perry O.

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



Knee Pain



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Thinking of moving? We should talk.



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WARRENBROOK SENIOR CENTER NOVEMBER PROGRAM HIGHLIGHTS

Warrenbrook Senior Center located at 500 Warrenville Road. Residents who are 60 years and older are welcome to participate in any of the programs. 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.

Diwali

November 6, 11 a.m.

Diwali, the "Festival of Lights", is an ancient Hindu festival and is the biggest and the brightest festival in India. Learn & watch Indian dances performed by our Warrenbrook seniors, try some Indian snacks like "samosas" (made with potatoes), "mathiyas" (a lentil flour/fried

food) and sweets. **Craft with Parul** November 8, 11 a.m.

Throughout the year we have done many different crafts and some of us missed some crafts because of our other commitments. We are doing a craft day where we will have all the unused crafts from the different craft activities over the course of the year and participants will select a craft they want to do. Selections will be on a first come first serve basis. All supplies

will be provided. Pre-registration is required.

Veterans Day Trivia November 9, 11 a.m.

We will play World War II Trivia and then play some missing word patriotic song titles,

Veterans Day secret quotes, and solve puzzles. **WILLS (LSNWJ)**

November 13, 11 a.m.

Colleen M. Cunningham, Esq., the Autonomy Team Leader, for Legal Services of Northwest Jersey (LSNWJ) will talk about the importance of creating Wills and other documents and also provide information about where and who to

access for help in creating these documents. **Breathing techniques for mental wellness**

November 13, 1:00 p.m. Dr Prabha Srinivas will be teaching some practices that can be used to distract the mind and induce calm during an anxiety episode. A few techniques can be practiced on a regular basis to develop an ongoing awareness of

trigger situations and to calm and regulate the nervous system consistently.

Blood Pressure Screening November 15, 10:30 a.m.

A nurse from Atlantic Health will join us and provide free blood pressure screenings. Stop in and check your health.



Music Tribute to the 1950's and 1960's with Lorri Woodward

November 15, 11 a.m. Join Lorri as she performs a variety of songs from the 1950's and 1960's with a taste of country as well. Bring your dancing shoes!

Armchair Travels to Peru

November 16, 11 a.m. Peru! Unearth the secrets of ancient civilizations and immerse yourself in the breathtaking landscapes that have captivated adventurers for centuries. We will be watching Peruvian folk dance, and also watch best places

to visit in Peru. **RVCC Dance Ensemble** November 17, 11 a.m.

The performance includes dances created by RVCC faculty, students and guest artists, and exposes the communicative aspects of the art form. It features dancers performing a variety of routines set to a wide range of music and sound

accompaniment. The program runs approximately 45 minutes. In addition to dance performances, the program will include improvisations and a Q&A session. The audience will also have a chance to inspire movements that will be incorporated into ance routines.

Physical Therapy Screenings

November 17, 1 p.m. Nicholas Matthes from Trinity Rehabilitation Center of Warren will provide 10-minute Physical Therapy Screenings to registered clients. To sign up and for information please call (908) 753-9440

Craft – Ceramic Bisque Heart Photo Frame

November 20, 11 a.m. Make a Ceramic bisque photo frame with easel back. Item can be painted and embellished with the materials provided by the center. Pre-

registration is required. **Signature Analysis** November 27, 10:30 a.m.

Signature Analysis by Terry Antoniewicz, a Calligrapher and Graphologist from Anton Expert Handwriting. For law enforcement,

financial institutions, and even Queen Elizabeth II, Ms. Antoniewicz has determined

psychological characteristics and key personality traits unique to each person. Every downward/upward stroke, line flourish, T cross, and dotted I defines some characteristic unseen

by many. In this unique program, Ms. Antoniewicz will look at a signature and analyze key traits as if the letters of your name are speaking to her. So, brush up on

your penmanship!

Bringing Vegetable to the Table: A Celebration of the Harvest

November 29, 11 a.m. Jennifer Korneski, Healthy Living at Rutgers Cooperative Extension of Somerset County from will be doing a presentation on how to reduce food waste at home and will share tips for preserving food to save money and creative leftover recipe ideas.

Decorating the Senior Center for the Holidays November 30, 11 a.m.

Christmas is right around the corner! We will spend the day decorating the Warrenbrook Senior Center and the Christmas tree.



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WARREN MONTHLY • Page 8 • November 2023 Y RENOWNED SHOWS AT SIEMINSKI THEATER.

two internationally renowned shows that will captivate audiences of all ages. Located in Basking Ridge, NJ on the campus of Fellowship Village, this intimate state-of-the-art theater offers student and senior discounts, dinner and show packages, and free parking. Tickets are available at sieminskitheater.org or call the Box Office at 908-580-3892. Like us on facebook.com/SieminskiTheater

Sons of Serendip who won the hearts of fans and judges alike as finalists on America's Got Talent (Season 9) with their ethereal and emotionally stirring interpretations of pop music, arranged with a unique blend of vocals, harp, piano, and cello is appearing on November 4th for a 7:30 p.m. performance. With four successful albums and soulful live performances, this classical crossover ensemble has been lifting audiences to a sublime experience by delivering a fresh and creative interpretation of the music you love. Sons of Serendip were selected to compete in the first-ever America's Got Talent. For more information on the quartet visit sonsofserendip.com

On December 9, for two performances (3:30 pm & and 7:30 pm), the Sieminski Theater offers



family! Drawing on the infinitely rich treasury of Ireland's cultural heritage, Tomáseen Foley's A Celtic Christmas is a re-creation of a night before Christmas in the West of Ireland in the 1940s. A Celtic Christmas brings to life just such a night. On stage, the spirit of Christmas dances

The Sieminski Theater is honored to present a heartwarming holiday event for the entire to life and glows brightly to create an Irish family feast - direct from the rich table of communal life in the west of Ireland. The show invites its audience to come into that cottage, into that world, into that era, with us, and be our neighbors for the night. Visit their website (a) www.tomaseenfoley.com



ARTIST EXHIBIT AT WARREN TOWNSHIP LIBRARY

Lifelong New Jersey resident Jean Best will be exhibiting her abstract fluid art at the Somerset County Library System of New Jersey's (SCLSNJ) Warren Township branch through November 30, 2023.

"Abstract fluid art allows me to create with color and movement, which has been my passion as a lifelong fine artist," said Best. "Experimenting with fluid art's spontaneous diversity in endlessly varying ways is my play all without ever picking up a brush!"

Best has been a fine artist for over 50 years. Best has illustrated magazines, children's books, and book covers.

Continued Best, "I'm a bit of an alchemist who loves to transform different materials into a unique flow of pattern and color that envelopes the eye and evokes the emotions of the viewer."

The Warren Township branch is located at 42 Mountain Boulevard in Warren. For questions, 458-8450 (908)call email or warrentownship@sclibnj.org. To discover all SCLSNJ has to offer, visit SCLSNJ.org.



(above) Jean Best, Abstract Fluid Art Artist Courtesy photo







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LIBRARY NOVEMBER 2023 VIRTUAL PROGRAMS

These programs are hosted virtually. Most programs require registration. Visit SCLSNJ.org. To join a virtual program by phone, dial (646) 876-9923. After dialing, you will be prompted to enter a meeting ID, which is unique for every event. The meeting ID is the series of numbers at the end of the Zoom link posted for each event.

The Navajo Code Talkers

November 6, 7-8 p.m. An inspiring and patriotic program on The Navajo Code Talkers and how their one thousand-year-old language helped the U.S. Marines win the war in the Pacific during

World War II. Register: 8189378. President Woodrow Wilson's Vision -

America's First Attempt at Establishing a New **World Order**

November 7, 7-8 p.m. Examine the vision of President Woodrow Wilson at the Versailles Peace Conference in the spring of 1919. Register: 8242627.

Apple Cider Donuts - Virtual Cooking Class Presented by Laura Scheck

November 13, 7-8:30 p.m. The humble jug of apple cider is the star of this class. We will recreate classic apple cider donuts at home. Explore tips for simmering another fall classic: hot mulled cider. Register: 8554049.

Gifts of the Sun, The Cuisine of the Aztecs **Presented by Andrew Coletti** November 15, 7-8 p.m.

Celebrate the ingenious foodways of the preconquest Aztecs. Learn about the Aztec diet and the beliefs that shaped the food that nourished them. Register: 8250329.

Archaeology and the Delaware Indians -A 12,000 Year Odyssey

November 20, 7-8 p.m. This heavily illustrated presentation examines New Jersey's rich Native American heritage and continuing importance of Native Americans to

the region today. Register: 8370702. The Thanksgiving Table With a Dessert **Demonstration of Cranberry Linzer Torte:**

November 21, 7-8 p.m. Enjoy a baking demonstration of a lattice-top cranberry Linzer torte to serve with your pies, while learning ways to prepare for the holiday as a host or guest. Register: 8535927.

Radio and the Great American Songbook Presented by Steve Darnall

November 28, 7-8 p.m. Discover how radio helped to give birth to the Great American Songbook by offering singers a unique opportunity to present their songs to a national audience. Register: 8248943.

BRAIN EXPLAINED

My name is Snehi Vijaywargiya, and I am a rising senior at Watchung Hills Regional High School. I have launched a neuroscience YouTube channel, which aims to make STEM more accessible and straightforward. I hope that through this article, more people will discover my channel and gain educational insights from its content. This article link can be found below. **DISCOVER THE FASCINATING WORLD OF**

NEUROSCIENCE WITH BRAIN EXPLAINED

Have you ever felt that science classes were a struggle? Or that STEM subjects were just too difficult or uninteresting? You are not alone. As someone who grew up captivated by neuroscience, I recognized that many of my peers shared these sentiments. The complexity of the information we were taught, combined with a test-centered approach, often hindered the joy of learning and discouraged potential future scientists from exploring fields like neuroscience.

That's why I envisioned a different approach - one where science is captivating, accessible, and enjoyable for everyone. This is what Brain Explained is all about!



I am deeply passionate about unraveling the mysteries of the brain. Drawing from personal experiences, I understand the challenges that students face when tackling STEM subjects. The widespread belief that science is too tough drove me to create Brain Explained.

My YouTube channel is a space for engaging and informative weekly videos. I specialize in making neuroscience relatable and breaking down the barriers that once made it seem daunting. Whether you are in school or simply curious, my videos will demystify complex concepts and shed light on the latest breakthroughs in neuroscience.

My mission is to nurture a generation of informed and passionate learners. By unraveling the biology behind neuroscience contributions and disorders in an accessible manner, this channel makes learning a positive experience. Each video paves the way for future scientists, doctors, and innovators in the realm of neuroscience.

Visit youtube.com/@brainexplained, and let's dive into the captivating world of neuroscience together!



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NON VERBAL SIGN AT PLAYGROUND

The Warren Township Recreation Department has installed a non-verbal communication sign on the new playground at the Municipal Complex. A local resident suggested to Committeeman Sordillo and the Recreation Department that the addition of a non-verbal communication sign would enhance the Town Hall park and enable non-verbal youth to communicate while enjoying the newly installed playground. The Recreation Department explored several options and, along with guidance from the Warren Township Board of Education, coordinated the purchase and installation of an appropriate sign for our playground.

Zach Drozd, Chairman of the Recreation Advisory Committee commented, "As a recreation advisory committee we are always excited when a community member presents an idea that we are able to help implement to improve our programs or facilities. Many thanks to Warren resident Levia Spingarn Gabel, who approached the committee with the concept and use case for installing the sign." Mr. Drozd also recognized "the Recreation Department for taking the initial idea and bringing it to fruition through research and extensive communication with the local school administration and Township Committee."

Committeewoman Lisa Lontai added that "The communication board is a wonderful addition to our recreation area. Assistive communication devices such as this one are universal tools that can be utilized in a variety of situations; helping small children who may not have all of their words yet, reinforcing reading skills, or individuals who do not have English as their first language, to be able to communicate a need if necessary. The Township Committee is always thankful for input from the community that enhances our services."



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