

Watchung Post

Watchung's Hometown Newspaper

NJ

Published by Renna Media, On-line at RennaMedia.com

ISSUE 140 • JULY 2024

Draperies - Blinds
Motorized - Reupholstery

**FREE
SHOP-AT-HOME
DECORATING**

**SAVE UP TO
30% OFF**

Call today for a **FREE
In-home Consultation**
908-755-4700
windowfashions.com

Visit one of our
six locations including:
270 US 22, Green Brook
Family Owned Since 1934
Watchung residents Since 1965



FARMERS MARKET OPENS FOR 2024 SEASON AT BEST LAKE

The Watchung Green Team is once again hosting a Farmers Market every Tuesday from 3:00 to 7:00 p.m. at the Best Lake parking lot. The market opened on June 4th and will continue to the end of October.

The Farmers Market will provide residents with an opportunity to access local products from local vendors. Many vendors will be returning, and new vendors will be joining the market this year.

Returning vendors include: Schiefersteins Farm - provides local JERSEY FRESH produce grown by our farm neighbors; Innoculated Farms - providing exotic mushrooms, Microgreens from Verde Harvest, Organic produce from Circle Brook Farms; Pequest Valley Farm - Farmer Joseph Bullock provides his own locally grown beef and organic eggs, as well as fresh cheese and butter from Sutton Farm; Smart Buy Natural Foods -beef, poultry, pork, bison, seafood; Bobey Lou - Baked desserts, with a portion of all proceeds being donated; Raining Sprinkles Bake Shop – Cookies; Pickle Culture; Paolo's Kitchen; Sweet Nana's Jamalade; Hot Graham Sauce; Handmade Jewelry by Crystals and Co. and Sunny Dayz Jewelry; Gramp's Kitchen - Fresh meals cooked to order. More vendors are anticipated and there will be special events, such as music and tables by local scouting troops.

There will once again be a borough table providing information from CERT/OEM and the Environmental Commission. There will be a Watchung Lions Club collection box for eyeglasses and hearing aids. The Green Team will collect excess reusable shopping bags for donation to a local food pantry.

In addition to providing fresher produce and more personal service than large chain stores, farmers markets are an integral element of sustainability plans. They ensure food

security by fostering small businesses that produce food locally. Locally produced foods have lower transportation costs, a smaller carbon footprint, and are less likely to be impacted by global or national supply chain disruptions.

For more information, please visit the Farmers Market page on the borough website at watchungnj.gov/farmers-market and follow Watchung's Facebook page and Instagram feed for up-to-date information.



(above) The Watchung Green Team Courtesy photo



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

PRSR STD
U.S. POSTAGE
PAID
BRIDGEPORT CT
PERMIT NO. 390

ECRWSS

*****ECRWSSDDM*****
POSTAL CUSTOMER
WATCHUNG, NJ 07069

Ashley's May Watchung Market Update

\$1,020,000	3	16	14
Average Sales Price	# of sales	Average Days on Market	# of houses on the market

The Cherie Berger Team
Cherie Berger M: 908.430.0931
Ashley Berger Freitas M: 908.432.9818
cheriebergerteam@compass.com
O: 973.310.6816

CHERIE BERGER TEAM

COMPASS

Watchung Post

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

Watchung Post is published by Renna Media. 2,700 newspapers are printed monthly and mailed to every business and resident in Watchung, NJ. Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

©2023 Contents of this newspaper cannot be reproduced without written consent from Renna Media LLC.

SEND US YOUR NEWS

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

Email: editor@rennamedia.com

ADVERTISING

Joe Renna: 908-447-1295

joerenna@rennamedia.com



Find us on online: rennamedia.com
[facebook.com/ Watchung Post](https://facebook.com/WatchungPost)

AL ELLIS DAY

Borough of Watchung

During the May 16th, 2024, Mayor and Council Meeting, Mayor Jubin proclaimed May 30th as "Al Ellis Day".

Al Ellis was appointed as a Councilman in Watchung in 1987 to fill an unexpired term. Al proceeded to successfully win five more terms to serve as Councilman and in 2003 the residents of Watchung elected to have Al represent the Borough in the capacity of Mayor, which he held for two consecutive terms.

Throughout his tenure, there was no question in anyone's mind that Al was a "hands on" Mayor, selflessly devoting his time to the good and well-being of all the Borough's organizations, groups, committees, commissions.

We ask the residents of Watchung to join us in commending and thanking Albert S. Ellis for his years of leadership and commitment to his community, and extend best wishes for a very healthy, happy, and rewarding retirement!



WATCHUNG RESCUE SQUAD

WE ARE RECRUITING!

Are you a high school student interested in serving your community alongside first responders?

Do you plan to stay local in the Watchung and surrounding region?



SCAN THE QR CODE TO LEARN MORE & APPLY TODAY!

10 Spring Rd Watchung, NJ 07069
Questions? Email us through our website!



LAWRENCE LAW

DIVORCE & FAMILY LAWYERS



Taking Charge of Your Future Starts Here

(908)645-1000
www.lawlawfirm.com

Jeralyn Lawrence, Esq.

4 TIME AWARDEE of US News Best Nursing Home Designation

Union County's Leading Rehabilitation Option

-  Hospitality Focused Rehab Experience with 24 Hour Guest Services Line
-  Physician Driven Customized Rehab Planning our by Dr. Cristin McKenna
-  Onsite Physician and Specialty Consultations by Leading Area Physicians
-  Seamless Transition to home provided by our Care Navigation™ Specialist.
-  Urgent SNF™ Direct from ER Stabilization Program
-  NOW Certified in Heart Failure by The American Heart Association



REHABILITATION & HEALTHCARE CENTER

144 Gales Drive, New Providence, NJ 07974 • (908)464.8600

SpringGroveRehab.com



scan to learn more



Call Today for a Free Estimate!  855.624.6655



Masonry



Roofing & Siding



Windows & Doors



Interior Remodeling



Decks & Porches

AS SEEN ON
GEORGE TO THE RESCUE




MagnoliaTM

HOME REMODELING GROUP

ROOFING | SIDING | WINDOWS
KITCHENS | BATHROOMS | BASEMENTS
MASONRY | DECKS | PORCHES

Payment Plans

WINDOWS \$209 BASEMENTS \$395
KITCHENS \$389 BATHROOMS \$199
ROOFING \$249 DECKS/PATIOS \$189
SIDING \$289 PORCHES/STEPS \$185

0% Plans Available!

Estimated monthly payments.
Rates & payments based on credit approval.

VIRTUAL MEETINGS ALSO AVAILABLE

Interior & Exterior Remodeling | Family Owned & Operated

100% FINANCING AVAILABLE | 30+ YEARS EXPERIENCE

NJDCA 13VH07755300



MagnoliaHomeRemodeling.com

SCLSNJ'S WATCHUNG BRANCH TEMPORARY LOCATION



(above, l-r) Watchung Library Advisory Committee President Catherine Leigh and SCLSNJ Library Director Brian Auger.

The Somerset County Library System of New Jersey's (SCLSNJ) Watchung branch opened the doors to its temporary location on June 5th at 20 Stirling Road in Watchung - only a short distance away from the temporarily closed, but to-be-renovated, original branch.

"We cannot wait to welcome back our Library customers and show off the temporary space that the Watchung Borough, in partnership with Mr. Frank Bisignano and SCLSNJ, have provided for the community," said Manny Miracle, branch manager. "I think our customers will be delighted to see how charming the branch is and how hard staff throughout the Library System have worked to ensure there is something in the building for everyone to enjoy."

The new temporary space offers an outdoor book drop, limited curated collections for customers of all ages, new materials, photocopier services, public computer access, a phone charging station, access to Library programs, and more. While smaller programs will be held at temporary Watchung space,

larger events such as the One Man Sideshow, will be held at the Wilson Memorial Church in Watchung.

The temporary location has parking available in front of the former Valley Furniture Store, as well as at Best Lake. The temporary branch hours will be as follows:

Mondays: 10 a.m. – 2 p.m.; Tuesdays through Thursdays: 2 p.m. – 6 p.m.; and Saturdays: 10 – 2 p.m.

All customer holds will be available at the Watchung branch temporary location for pickup during open library hours. Customers may change their holds pickup location at any time by accessing SCLSNJ's online catalog at catalog.sclsnj.org. If you require personalized assistance to complete a holds pickup location change, email ask@sclibnj.org.

For additional assistance or questions, email watchung@sclibnj.org. To discover all SCLSNJ has to offer, visit SCLSNJ.org or connect with SCLSNJ on Facebook, Instagram, X (formerly Twitter), or YouTube.

Zita's

HOMEMADE

ICE CREAM

908-464.1511

1790 Springfield Avenue
New Providence, NJ 07974

OPEN EVERY DAY

Sun-Thur: 11:30am-10pm / Fri-Sat: 11:30am-10:30pm

ORDER ONLINE zitasicecream.com

High Quality Ice Cream
- Made on Site -

CUSTOM MADE CAKES

\$1.00 OFF ANY SALE OF \$10

With this coupon. Expires 7/31/24. - WAT



(above, l-r) SCLSNJ's Watchung branch staff Judi Doremus, Katie Salerno, Manny Miracle June Flachs, and Denise Berlin.

Courtesy photos

DO YOU OR A LOVED ONE NEED ONE-ON-ONE CAREGIVERS HELP?

If you are struggling at home with daily routines let Mom and Pap's Home Care Service provide you with the help you need.

We are locally owned and operated. Providing quality and supervised caregiver service at an affordable rate.



Mom and Pap's
Home Care

Private affordable in-home care with dignity



Call us today for a free quote!
at 201-567-3181 or 732-895-8696
MomAndPapsCare.com

All caregivers are certified, licensed, insured and bonded (Fully screened with references and background checks.)

WILBER'S HOME IMPROVEMENTS



**PAINTING • CARPENTRY
ROOFING • LANDSCAPING**

**INTERIOR / EXTERIOR
973-762-6333**

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

WILBER'S



CARPENTRY / GUTTERS

973-762-6332

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

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



RENOVATIONS



MASONRY



ROOFING



INTERIOR PAINTING



EXTERIOR PAINTING



CARPENTRY

WE ARE THE
ONE-STOP-SHOP
FOR ALL YOUR HOME
IMPROVEMENT NEEDS.

- * 20+ Years of Experience
- * High Quality & Standards
- * Expert Workmanship
- * Reliable, Prompt &
- * Professional Services
- * Top-of-the-Line Products
- * Free Estimates



**SCAN TO GET
YOUR FREE
QUOTE TODAY!**

GROUNDBREAKING RIVER CLEANUP EFFORT CELEBRATED

Township of Green Brook

On Sunday, May 19, 2024, an official ceremony was held in Green Brook to celebrate the installation of the Bandalong Bandit Litter Trap in the Green Brook at the end of Jefferson Avenue. The Bandalong Bandit Litter Trap, which is the first of its kind in the State of New Jersey, catches any debris and waste that flows through the section of the brook, reducing pollution and aiding cleanup efforts. The pilot program was made possible through a grant from the United States Fish and Wildlife Service, which fully funded the project, in addition to partners including the New Jersey Department of Environmental Protection, the National Oceanic Atmospheric Administration (NOAA), Lower Raritan Watershed Partnership (LRWP) and the Borough of Dunellen.

“The U.S. Fish and Wildlife Service is thrilled to see this project be implemented because it will improve aquatic habitat by way of an innovative method, with this being the first in-stream litter trap in the State of New Jersey. Removing floatable trash will benefit fish and wildlife through plastic and microplastic pollution reduction in the Green Brook and all the way out to Raritan Bay and the Atlantic Ocean,” said Fish & Wildlife Biologist Jillian Stark of the U.S. Fish and Wildlife Service.

The ceremony began with remarks from

LRWP Board President and de facto Executive Director Heather Fenyk, U.S. Fish and Wildlife Biologist Jillian Stark, Dunellen Mayor Jason F. Cilento, and Green Brook Mayor Jim Van Arsdale. The ribbon-cutting ceremony was concluded with live demonstration of the litter trap by the Dunellen Department of Public Works (DPW), who installed the trap with Storm Water Systems. The trap will be maintained by Dunellen DPW, with assistance from Green Brook DPW. LRWP will be charting all debris cleanup data for further analysis.



(above) Community members gathered to celebrate New Jersey's first Bandalong Bandit Litter Trap installation in Green Brook.

Courtesy photo

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 (973) 885-4097
 chessinmillburn@gmail.com
 www.chessinmillburn.com



CHESS IN MILLBURN
CHESS ACADEMY



Anthony Paterno

AIR DUCT CLEANING

Residential and Commercial

Call for a FREE consultation and estimate:

973-566-9999

In business for 35 years using state-of-the-art equipment and professionally trained staff.

Certified Ventilation Inspector (CVI)

Certified Mold Removal Specialist (MRS)

Member of National Air Duct Cleaners Association







Strongest vacuum in the industry!

Anthony Paterno Air Duct Cleaning TV Commercial



Watch on **ANTERNO** & INSPECTION 1-800-79-CLEAN

Visit our website to view a series of important videos about air duct cleaning, dryer vent cleaning, coil cleaning, and mold removal services.

AnthonyPaternoAirDuctCleaning.com

Read our 5 star Reviews and Testimonials on Yelp, Google and Facebook.





Inside Air Duct Inspection and Sanitation Service included at no additional cost on all jobs.

50% OFF DRYER VENT CLEANING

With this coupon when done with a duct cleaning job. Expires July 31, 2024.

ROOFING & MASONRY EXPERTS



100% Financing Available



FOUNDATION REPAIRS BEFORE & AFTER



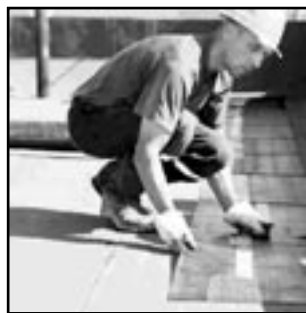
CHIMNEY LINERS



CHIMNEY REPAIRS



SHINGLE ROOF



FLAT TOP ROOF



SLATE ROOF



SPANISH STYLE ROOF



NEW STEPS

CHIMNEY CLEANING STARTING AT \$150

MAGIC IMPROVEMENTS (800) 206-8529
With this coupon. May not be combined with any other offer.
Expires 7/31/24.

15% OFF SENIOR CITIZEN DISCOUNT

MAGIC IMPROVEMENTS (800) 206-8529
With this coupon. May not be combined with any other offer.
Expires 7/31/24.

\$250-\$350 ANY CHIMNEY JOB

MAGIC IMPROVEMENTS (800) 206-8529
With this coupon. May not be combined with any other offer.
Expires 7/31/24.

\$300 OFF ANY JOB of \$2,000 or more

MAGIC IMPROVEMENTS (800) 206-8529
With this coupon. May not be combined with any other offer.
Expires 7/31/24.

\$800 OFF ANY NEW ROOF JOB

MAGIC IMPROVEMENTS (800) 206-8529
With this coupon. May not be combined with any other offer.
Expires 7/31/24.

\$350-\$450 ANY ROOF REPAIR

MAGIC IMPROVEMENTS (800) 206-8529
With this coupon. May not be combined with any other offer.
Expires 7/31/24.



We offer
FINANCING

24/7 EMERGENCY SERVICE

CALL FOR FREE ESTIMATE 800-206-8529

WATCHUNG HILLS REGIONAL HS CLASS OF 2024 PROJECT GRADUATION

Photos from this and other events can be found online at rennamedia.com and on Watchung Post page on facebook.com

Feel free to Like, Tag, Comment, and Share.



The Watchung Hills Regional High School held its 33rd Project Graduation event on Thursday, June 13th at Iron Peak Sports & Entertainment in Hillsborough, NJ. Graduates from the Class of 2024 enjoyed a full night of fun, including a silent disco, basketball, spikeball, an arcade, and so much more. Food and drinks were also available throughout the night.

Project Graduation is funded completely through donations. The ability to provide all the events throughout the year is only possible through generous donations from our families & community. 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 2024!



WATCHUNG HILLS REGIONAL HS CLASS OF 2024 PROJECT GRADUATION

Photos from this and other events can be found online at rennamedia.com and on Watchung Post page on facebook.com

Feel free to Like, Tag, Comment, and Share.



GIRL SCOUT GOLD AWARD TAKE ACTION PROJECT

I, Navya Venkatesh, a girl scout and a junior at Watchung Hills Regional High School, have recently completed a Take Action project in order to complete the Girl Scout Gold Award, the highest honor a girl scout can earn.

The Gold Award is a Take Action project meaning that it goes beyond community service because it must have a long lasting impact. The



(above) Watchung Hills junior Navya Venkatesh

Courtesy photo

project must address the root cause of an issue, have a national and/or global link, demonstrate leadership, and have a sustainable and measurable impact.

I looked at my community to find an issue that needed a solution. I noticed that my peers were very concerned about school and the future in general. Things like staying up past midnight and studying during lunch are commonplace. That's why for my Gold Award Take Action project, I wanted to focus on stress management.

My Take Action project began in December of 2022 when I first began brainstorming and finding a team of volunteers to help with the project. Emma Giantisco, a student assistance counselor at Watchung Hills, was my project advisor who had the task of guiding me throughout the process. Active Minds, a student organization at Watchung Hills, will sustain the project for many years to come. Other members of the team include Premini Thanasegaran, my troop leader; Jason Sabino, the head of the guidance department at Watchung Hills; and Dr. Savitha Puttaiah, a psychiatrist.

My project consisted of three workshops that were planned around students' most stressful times of the year including December, March, and late April. These periods occur around the end of the first semester, the month of the year with the most school days, and right before AP exams, respectively.

The first workshop was in December of 2023 and focused on time management skills. Students learned about the pomodoro technique and how to avoid procrastination. To end the workshop, students made a schedule for themselves which

is a key component of managing time. For this workshop, 93% of participants reported that they learned something new.

The second workshop was in March of 2024 and focused on ways to de-stress where students learned about the effects of cortisol, the stress hormone, and how to lower cortisol levels by doing arts and crafts, journaling, and self-care. For this workshop, 96% of participants reported that they learned more.

The third workshop was in April of 2024 and focused on the connection between physical and mental health. 90% of participants reported that they learned more about how physical and mental health are related.

Overall, the three workshops involved more than 75 students and across the three events, 90% of students learned something new.

The project not only benefited the community at Watchung Hills, but it also benefited me. I learned more about stress management while teaching it to my peers. However, I also learned more about myself. Through the process of earning the Gold Award, I learned that I am capable of taking on a complicated, long term project with many steps that require early planning and effective communication with many people.

I am very grateful that this project was able to benefit my community and that it will continue to serve Watchung Hills students for years to come.

Additional notes: The project began in December, 2022 and ended in June, 2024. Over 80 hours of community service went into the Take Action project.



- Nearly 25 Years of Experience
- We Are Insured & Bonded
- License #10968

ELECTRICAL CONTRACTORS
YOUR AFFORDABLE ELECTRICIAN

- ELECTRICAL RENOVATIONS **(908) 604-8118**
- GENERAL ELECTRICAL WORK **BASKING RIDGE, NJ 07980**
- LIGHTING FIXTURES **(973) 377-9999**
- CERTIFIED GENERATOR INSTALLATION **MADISON, NJ 07940**

5% SENIOR DISCOUNTS ARE AVAILABLE

DOUBLE D

CONSTRUCTION

HOME IMPROVEMENTS

Proudly serving Middlesex, Somerset, Morris Union, & surrounding counties for over 30 years!

- ▶ Roofing
- ▶ Siding
- ▶ Gutters
- ▶ Windows

- ▶ Doors
- ▶ Decks
- ▶ Interior
- ▶ And More

EXPLORE 0% APR FINANCING FOR YOUR PROJECT

Up to 18 Months or promotional period only.

\$250 OFF ANY JOB of \$5,000 or More

Follow us on Facebook [DoubleDConstructionNJ](#)

732-981-0800

DoubleDConstructionNJ.com





Lic#13VH00483900



SAM'S

LANDSCAPING

COMPLETE PROPERTY CARE

PATIOS & WALKWAYS

YOUR LOCAL HARDSCAPING EXPERTS

WEEKLY LAWN MAINTENANCE

SPRING CLEANUPS

MULCH

TRIMMING

PLANTING

PAVERS

ALL HARDSCAPING

TEXT OR CALL TODAY! 908-441-7302



SAMSLANDSCAPING.COM

FREE ESTIMATES

THIS YEAR, HIRE AN EXPERT AND SEE THE DIFFERENCE!

MY HANDYMAN & PAINTER



QUALITY HOME IMPROVEMENTS AT AFFORDABLE PRICES

- Bathroom & Kitchen Remodeling.
- Sheetrock, Install & Repair.
- Painting, Electric & Plumbing.
- Windows, Siding & Roofing.
- Basement Waterproofing

732-331-9572

*General
Handyman
Services*

www.MyHandymanAndPainter.com

View our Google Reviews.



Licensed & Insured

License #13VH11554200

FREE ESTIMATES!

JUNE SPECIAL: DECKS

Designed • Built • Repaired • Stained



*Duke says
"Adopt,
Don't
Shop."*



*Pet friendly
- We support
animal rescues*



MY HANDYMAN & PAINTER LLC. 100 WALNUT AVE, SUITE 210. CLARK NJ 07066

CAREER DAY DRAWS OVER 100 VENDORS

Submitted by Anita Byk

At 15 and 16 years old, many students are thinking about what to eat for dinner, how much homework they have that night, or what video they can post on Instagram. While many also have thoughts about their future in mind, do they really know what they want to do post-high school? What their ideal job is or what they will



Photo by Warren Hills Regional High School

study in college or as an apprentice?

On May 29, 10th and 11th grade students at Watchung Hills Regional High School experienced a Career Day that gave them exposure to a diversified number of professions, allowed them to practice communication skills, and opened up their world to new ideas, careers, and people. Over 100 vendors participated in Watchung Hills Career Fair, bringing their expertise and memorabilia from their companies with the sole goal of sharing their job descriptions and advice to over 850 students.

Taking their scavenger hunt cards to different vendors (putting them in the running for the raffle for tricky tray baskets donated by the vendors), students learned about occupations they were both interested in as well as those they had little prior frame of reference for - finding out the best paths to take to get to where they want to be in their future. Many made valuable connections or obtained internships and summer jobs.

Vendors included law, finance, environmental, plumbing, construction, arts/music, armed services, police, fire, healthcare, engineering, architecture, retail, real estate, autobody, pharmaceuticals, career planning, among others.

Students also listened to distinguished guests during a panel discussion, including the


following:

- Bill Spadea: Morning show host of 101.5
- Joel Katz: Morning show host of 98.3
- Liz Scherer: HR Director of Novartis
- Mike Krupsky: Award winning plumber
- Chuck Carro: Municipal Judge
- Chris Battiloro: Westfield police chief

An extensive brunch was provided for our vendors and speakers, donated by numerous local businesses - everything from meatballs to sandwiches, to danishes and bagels. In addition, the Watchung Hills PTO was overly generous in their time and donations to provide a wonderful opportunity for our students. All left-over food was donated to the VA Hospital.

Donors included: A&G Deli, Acme Warren, Aroma Indian Restaurant, BJs Watchung, Ms. Mary Sok, Mrs. Lisa Martins, Ms. Amanda Bonnell and Culinary Arts Class, Ciro's, Costco North Plainfield, Country Squire, DAK Korean Fried Chicken, Dunkin Stirling, Biagios, Burger King Stirling, Panera Bread Stirling, Panera Bread Watchung, Wendys, Chick Fil-A Watchung, Wawa, Honey Baked Ham, Just Subs Greenbrook, Duck Donuts, Shop Rite Stirling, Marcy's Kitchen, Starbucks Stirling, Starbucks Warren, Stirling House Diner, Haisch's Bakery, Warren Deli, Trader Joes, Blimpies Stirling

DEMOLITION & CLEANUP
INTERIOR AND EXTERIOR DEMOLITION
 Specializing in Kitchens and Bathrooms
HOUSE & YARD CLEANUP AND CLEANOUT
 Specializing in Attics, Basements and Garages
Container Rentals: 10 - 15 cubic yards
 Dance Demolition & Cleanup License: 13VH01843500
908-759-1463
 DanceDemolitionAndCleanupNJ.com

 **J. W. Shuster & Son, Inc.**
GARAGE DOORS & ELECTRIC OPENERS
 Serving the Trade since 1938
908-756-8541
www.shusterdoors.com
 NJ Lic #13VH07727000 BBB Accredited Business

WIRED RITE
ELECTRICAL SERVICE
COMMERCIAL & RESIDENTIAL
ALL PHASES OF ELECTRICAL WORK
 Electrical Repair • Control Wiring • Circuit Breakers
 Electrical Panels • Smart Home Services • Boilers
 • Smoke Detectors • **FREE Estimates**
SENIOR CITIZEN DISCOUNT - 24 HOUR EMERGENCY SERVICE
 Lic.# 888400 **201-600-3530** Bonded & Insured
SHORT CIRCUIT SPECIALIST

Needleman Roofing
SLATE - TILE - ASPHALT SHINGLES
SLATE ROOF WASHING
908-389-0200
FULLY INSURED Lic. #13VH06601300 **FREE ESTIMATES**

Thanks to:

- Nordstrom Program Manager
- Union County Prosecutor's Office Forensic
- Dept Homeland Security: Federal Marshal
- NJ Land Improv. Contractors Assoc.: Equip Oper.
- tar Focused Search
- Township Berkeley Heights: Administrator/Police
- DiFrancesco Bateman Law: Attorney
- McCormick & Co: Sales/Category Manager
- Bimbo Bakeries USA: Marketing Director
- Fireman - North Plainfield/Warren
- Nokia Bell Labs: Researcher (computer/robotics)
- OESP - Heating/Ventilation/AC/Educ. Organization
- All American Oil Recovery: environmental service
- US Navy
- MAP Restaurant Supplies: CEO/Sales
- Smith Tractor & Equip: Sales/Service
- Kean University Associate Provost/Prof of History
- Pomptonian: Food Service
- Rapid Recovery Services: VP
- Hogan Security Group: Door Hardware/Controls
- Aiello Harris Abate Law: Attorney/Dir. Operations
- CP&L
- MidOcean Partners: Equity investments
- Warren Chiropractic: Chiropractor
- Stevens Institute Tech: Dr. of Nursing Practice
- Stirling Health/Pain Manage.: Chiropractic Dr.
- Entertainment/Self Employed: Accountant/CFO
- Arthur J Gallagher: Insurance Broker
- Prudential: Risk Management
- Hanover Insurance Group: Insurance
- St. Peter's Univ. Hospital: Ped. Gastroenterologist
- Girl Scouts Northern NJ President/CEO
- RWJ Sports Physical Therapy & Performance Center
- Edwards Estate and Elder law: Attorney
- SEARCH Learning Group: Director/Behavior Analyst
- Cadell & Co: Art Advisory for Collectors/Sales
- Lambariello, Smith, Speed: attorney
- Spiegle Architectural Group: Director Construction
- Pro Green Irrigation & Lawn Care: Technician
- Mechanical Preservation Assoc. Mechanical Contracting
- HESP Solar: Solar Developer
- Aladdin Plumbing: Owner/Master Plumber
- Damico Certified Reporting: Court Reporter
- Daiich Sankyo: Clinical Scientist
- Peotters Auto Body & Spa: Owner
- JP Morgan: Wealth Management
- Somerset County Park Commission: Naturalist
- Safe Schools/IPM/Lawn Care: Owner
- Shields Flowers and Events: Style Director/Owner
- Mondelez: Human Resources
- BookEnds Literary Agency: Book publishing
- US Army
- Eastern DataComm: Safety/Comm Tech
- Honeywell: Sales/Engineering/Project Manag.
- A global pharmaceutical company
- QuantX Biosciences: Drug discovery
- Hannon Floors
- Somerset County Park: HR
- Dan Furnald Music
- Woolley Home Solutions: HVAC
- Orchard Academy; Early childcare
- Warren Township Police
- Consultant: Pharmaceuticals
- Taro Pharmaceuticals: Marketing Analytics Man.
- Steamfitters Local Union 475: Dir. Apprenticeships
- Long Hill Township Library
- Generations Brands: Sales Director
- 89: Somerset County Libraries
- Goddard School: Owner
- RBmedia: Audiobook publisher
- Jean DiGrande Agency - State Farm insurance
- Leadline: Sen. Director Product Marketing
- Gary Gianakis Weichert: Realtor
- Trish Gianakis: Graphic Arts/Digital Creator
- PSE&G: Manager Appliance Serv. Tech Support
- Pep Promotions/VML Art Director, Graphic Design
- RWJUH Somerset Hospital-Community Health Depart
- Betsy Jewell Coaching
- Natural Wellness Center: Acupuncture/TCM Therapy
- Dr.Wu's Kitchen &GrFresh:restaurant/farm-table
- Vera Capital Management - Investments
- Marines
- Haleon: Corporate Real Estate

Colorsapes Tree & Landscape Service

HAND PRUNING AND RESTORATION OF OVERGROWN TREES AND SHRUBS
 Specializing in preservation of old trees.
 Experts at proper pruning techniques.
Landscape designs "Second to None!" **Go Green with Colorsapes**

- Large Tree Planting
- Drainage & Rain Gardens
- Unique Landscape design
- Repair & Maintenance of damaged and stressed Trees and shrubs.

Take a tour of local examples of beautiful designs. Call Gene Gregory
 See our work first at **Colorsapes Inc** on **Facebook** or our **Website**.

908-322-0253 • www.DesignByColorsapes.com

EXPLORE MENTAL HEALTH RESOURCES AT YOUR LIBRARY

In support of Somerset County's Stigma Free mission, and to provide a safe haven for people to gather, plan for mental health safety, and access help during tough times, the Somerset County Library System of New Jersey's (SCLSNJ) Manville branch recently hosted a 'create your own mental health kit' program.

"Participants felt comfortable sharing their struggles with anxiety, anger, trepidation, and grief," said Eric Alicea. "They connected with others and shared ways to cope."

The branch offered essential items for mental well-being and crisis management, such as: eye masks, dice and decision-maker sheets, fidget toys, mindful prompts, and mental health services brochures.

If you were unable to attend the program, explore a few librarian-curated books that might help you in your wellness journey. If you would like a custom book recommendation, email ask@sclibnj.org.

- "The Anxiety First Aid Kit: Quick Tools For Extreme, Uncertain Times" by Rick Hanson
- "Are U Ok?: A Guide To Caring For Your Mental Health" by Kati Morton
- "Emotional First Aid: Practical Strategies For Treating Failure, Rejection, Guilt, and Other Everyday Psychological Injuries" by Guy

Winch

- "I Don't Want To Talk About It: Overcoming The Secret Legacy Of Male Depression" by Terrence Real
- "Self-Care For Black Men: 100 Ways To Heal And Liberate" by Jor-El Caraballo
- "Languishing: How To Feel Alive Again In A World That Wears Us Down" by Corey L. M. Keyes
- "Rest Is Resistance: A Manifesto" by Tricia Hersey
- "Stress Pandemic: The Lifestyle Solution - 9 Natural Steps To Survive, Master Stress, And Live Well" by Paul Huljich
- "Hello I Want To Die Please Fix Me: Depression In The First Person" by Anna Mehler Paperny
- "A Pity Party Is Still A Party: A Feel-Good Guide To Feeling Bad" by Chelsea Harvey Garner

If you have questions or require personalized mental health support, email Somerset County's Department of Human Services staff at HumanServices@co.somerset.nj.us.

To discover all SCLSNJ has to offer, visit SCLSNJ.org or connect with SCLSNJ on Facebook, Instagram, X (formerly Twitter), or YouTube.



(above) SCLSNJ Library staffer Eric Alicea displays his handmade mental health kit.

ARE YOU READY TO BEAT THE HEAT? DON'T WAIT UNTIL IT'S TOO HOT.

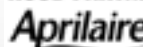
We are a family-owned company celebrating 100 years of honest, high quality service. We are a full-service installation, maintenance and repair company. Need an AC start up or heating tune up? We provide that too, along with Woolley Service plans.



N. Woolley Master HVACR contractor Lic. # 1261

CALL TODAY FOR ALL
YOUR AIR CONDITIONING,
HEATING, AND FUEL NEEDS
908-760-0583
woolleyfuel.com

WOOLLEY'S PROUD PARTNERS



Is your A/C system over 10 years old? Did your AC struggle last season? Consider a more efficient replacement. Avoid last minute emergencies.
LET WOOLLEY PROVIDE YOU WITH A FREE NO OBLIGATION ESTIMATE.

Score big savings on heating and cooling costs for years to come by replacing your old, outdated equipment.

Get \$600 OFF New Heating & A/C System

Plus a FREE Aprilaire Filter:
Valued up to \$1,000!

Expires: 7/31/2024. May Not Be Combined With Other Offers.

Marketing Toolbox

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

NEWSPAPER ADVERTS

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

FULL COLOR PRINTING

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

DIRECT MAIL

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

ONLINE MARKETING

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

SOCIAL MEDIA

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

WEBSITE AND SEO SERVICES

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

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

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

RENNA MEDIA NEWSPAPER RATE SHEET

WE MAIL 160,000 NEWSPAPERS MONTHLY!

Tina Renna 908-418-5586 • tinarena@rennamedia.com
Joe Renna 908-447-1295 • joerenna@rennamedia.com
202 Walnut Avenue, Cranford, NJ 07016

Online at RennaMedia.com
and NJLocalInfo.com

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



Advertise in 1 or all 24 towns



Berkeley Heights COMMUNITY NEWS Qty: 4,700 Zip: 07922	THE CHATHAMS NJ Qty: 7,500 Zip: 07928	Clark Monthly Qty: 6,700 Zip: 07066	CRANFORD MONTHLY NJ Qty: 9,900 Zip: 07016	Elmora Hills ELIZABETH, NJ Qty: 5,400 Zip: 07208 <small>Section of Elizabeth, NJ</small>	Fanwood Post NJ Qty: 3,000 Zip: 07023
Florham Park Press NJ Qty: 5,500 Zip: 07932	Garwood Times NJ Qty: 2,500 Zip: 07027	Green Brook NJ Gazette Qty: 3,000 Zip: 08812	BUSINESS • LIFE KENILWORTH NJ Qty: 3,500 Zip: 07033	NJ LIFE in LINDEN Qty: 17,900 Zip: 07036	Long Hill LEADER NJ Qty: 3,500 Zips: 07933, 07946, 07980
MADISON MONTHLY NJ Qty: 6,300 Zip: 07940	MOUNTAIN VIEW NJ Qty: 2,900 Zip: 07092	New Providence NEWS NJ Qty: 5,100 Zip: 07974	OUR TOWN Rahway, NJ Qty: 13,000 Zip: 07065	ROSELLE PARK MONTHLY Qty: 5,600 Zip: 07204	Scotch Plains NJ WHAT'S HAPPENING MONTHLY Qty: 9,400 Zip: 07076
Short Hills MILLBURN MONTHLY NJ Qty: 8,200 Zips: 07041, 07078	Summit NJ Times Qty: 9,600 Zip: 07901	Spirit of UNION NJ Qty: 6,800 Zip: 07083 (partial)	WARREN MONTHLY NJ Qty: 6,200 Zip: 07059	Watchung Post NJ Qty: 2,700 Zip: 07069	Westfield MONTHLY NJ Qty: 11,800 Zip: 07090

NEWSPAPER AD RATES

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

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								

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

Back cover, front page banner and front box reserved on first-come, first-served basis. Current advertiser has right of first refusal. Make Checks payable to Renna Media, 202 Walnut Avenue, Cranford, NJ 07016

WARRENBROOK SENIOR CENTER - JULY CALENDAR

500 Warrenville Road • (908) 753-9440

Blood Pressure Screening

July 1, 10:30 a.m.

The nurse from VNA (Visiting Nurse Association) will take your blood pressure and answer your questions.

Fair Housing, Money Management, Reverse Mortgage, and Senior Housing Options.

July 1, 11 a.m.

TV Trivia

July 5, 11 a.m.

TV Trivia with questions about the TV show, actors from 1950s, 1960s, 1970s.

Bingo with Bob Mazet

July 8, 25, 11 a.m.

Drum Circle

July 8, 1:00 P.M.

Soothe the mind, body and spirit in this drumming circle. Anil will guide us through playing different tones using drums

Mindful Living – Kruti Thakore

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

Stress triggers the release of hormones like cortisol and adrenaline, leading to inflammation and several health challenges. Combat stress with "Mindful Living: The Art of Restoring Inner Calm." This transformative program helps you reconnect with yourself, reduce stress, and enhance self-awareness.

Breathing techniques for mental wellness

July 11, 11 a.m.

Dr Prabha Srinivas will be teaching some practices that can be used to distract the mind and induce calm during an anxiety episode.

Brains n Games and Hand Bells with Adrienne Graubard

July 12, 26, - 11 a.m.

Join Adrienne for some mind-tingling, brain-stumping word games and a fun-filled musical workout using hand bells.

The Wheels on the Bus

July 15, 11 a.m.

Warrenbrook Seniors presents a montage of scenes depicting their daily activities. True stories will be presented by seniors to the fellow seniors which includes lively conversations, games, videos & meals.

Jeopardy

July 18, 11 a.m.

We will play interactive game of Jeopardy in which categories include NJ Celebrities, what are you eating, it's a matter of 3's, TV Times, Finish This & It Takes An Auto.

Home Safety

July 19, 11 a.m.

Nidhi Shah - Home safety is the awareness of risks and potential dangers in a home that may cause bodily harm, injury, or even death to those living there. Nidhi Shah will give you some tips to make your home safe.

Volunteer Services Presentation

July 22, 11 a.m.

Christina Panarese from Volunteer Services organization of Somerset County will be talking about the services provided by the organization for the seniors.

Vision Screening

July 22, 11 a.m.

Chaitali Shah from NJDHS -Under Project BEST (Better Eye Health Services & Treatment) and the requirements for the vision screening, each participant will be screened for distance visual acuity and glaucoma. Based on the results of the screening, the participant will be given recommendations on their specific follow-up. The Project BEST screener will also provide follow-up resources for those that are under-insured or have no insurance. These resources also include the ability for individuals to get glasses at no cost.

Picnic on the Patio

July 29, 11 a.m.

We will enjoy the morning breeze sitting on the Patio, listen to the music by Lorri Woodward sponsored by Caitlyn Meadors of Foothill Acres Rehabilitation and Nursing Center, play outdoor games like Corn Hole, Badminton, Frisbee

Besides the above program, the below programs take place on weekly basis.

Stretch

Mondays – 10:00 a.m.

Stretching keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. No fee for this ongoing class. Please call (908) 753-9440 for more information.

Studio 60+

1st & 3rd Mondays - 1 p.m. - 4 p.m.

Warrenbrook seniors will meet twice a month to plan the events they are interested in. Some examples include brainstorming the quarterly Community Service projects, craft work, musical entertainment, jeopardy. They will also practice for their quarterly musical entertainments, drama.

Mahjong for Intermediate Players

Tuesdays, 9:30 a.m. – 12:00 p.m

If you are an intermediate mahjong player and would like to play this game of skill, strategy, and calculation, then join us on Tuesday mornings. Please call for more information.

Zumba Gold with Judith

Tuesdays, 10:15 a.m.

This class is achievable for beginners or others who need modifications to their exercise routine. Cost is \$40 for the 8-week program. Please call for more information.

Bridge Group with Ronnie

Tuesdays, 1 - 4 p.m.

New members and beginners welcome (lessons available).

Gentle Yoga with Jillian

Tuesdays, 1:00 p.m.

This class is open to all levels of skill. Hatha yoga poses can be practiced while either sitting or standing. Hatha yoga will help increase bone density, improve strength, flexibility, and balance while you are immersed in a relaxing class. Cost is \$40 for the 8-week program. Please call for more information.

Tai Chi with Roger

Wednesdays, 10:00 a.m.

Tai Chi participants will focus on shifting body weight through a series of light, controlled movements that flow rhythmically into one long gesture. This program can be practiced while either standing or sitting.

Advanced Bridge

1st & 3rd Wednesdays, 1:00 – 3:30 p.m

This is a closed group and is available by invitation only.

Craft Activities with Jean

Wednesdays, 1- 4 p.m.

This quarter we feature creating Cards for our Meals on Wheels clients. All supplies will be provided.

Gentle Yoga with Jillian

Thursdays, 10:00 a.m.

This class is open to all levels of skill. Cost is \$40 for the 8-week program. Please call (908) 753-9440 for more information.

Line Dancing with Linda Hyland

Thursdays, 9:30 a.m. – 10:15 a.m.

Card/Table Games

Thursdays, 1- 4 p.m.

Geri-Fit

Fridays, 10:00 a.m.

Geri-Fit is a seated (standing optional) program that requires a set of light dumbbell weights (2 lbs. to begin), a sturdy chair, a stretch band, and water to drink during the workout. PRE-REGISTRATION REQUIRED. Please call for more information.

Walk With Ease™ Self-Guided Program

Fridays, 1:00 p.m. - June 7 – July 19, 2024

Weekly Check In and Presentation with Rutgers University Doctoral Occupational Therapy Students.

Pre-registration is required, call 732-563-4213.

Bridge

Fridays, 1 – 4 p.m.

Please call for more information.



YOUTUBE PODCAST





The Cherie Berger Team

The #1 Real Estate Team in Warren & Watchung for 2023*

Backed by Compass, the #1 Real Estate Brokerage In the USA**



Another Satisfied Customer

We couldn't be more thrilled with the exceptional service provided by the Cherie Berger Team in selling our home in Warren, NJ. From the very beginning, their expertise and dedication shone through. They provided invaluable advice on staging and pricing our home, ensuring it was presented in the best possible light.

Their knowledge of the market and keen negotiation skills led to a swift and successful sale, exceeding our expectations. What truly set them apart was their comprehensive support throughout the entire process. They recommended an outstanding real estate attorney and various other professionals who made the transition seamless.

Their personable and professional approach made us feel confident and well-supported at every step. We wholeheartedly recommend the Cherie Berger Team to anyone looking to buy or sell a home. They are a dynamic team who truly care about their clients and deliver outstanding results.

Thank you, Cherie, Steve, and Ashley for making the sale of our home a smooth and successful experience!

Sandy & Barry S.



Cherie Berger
cherie.berger@compass.com
M 908.410.0931
O 973.310.6816



Steven Berger
steven.berger@compass.com
M 908.256.0307



Ashley Berger-Freitas
ashley.freitas@compass.com
M 908.432.9818



Karla Gary
karla.gary@compass.com
M 908.285.3813

The Cherie Berger Team is a team of licensed real estate salespersons affiliated with Compass. Compass is a licensed real estate broker and abides by equal housing opportunity laws. *Source GSMLS 01.01.23 - 12.31.23. **#1 2022 closed sales volume. T. Velt. "eXp Realty, Compass earn No. 1 spots in RealTrends 500 brokerage rankings." RealTrends, Online, HW Media, 3/09/2023. <https://www.realtrends.com/articles/realtrends-500-exp-realty-jumps-to-no-1-sides-compass-no-1-volume/>.