WARREN MONTHLYNJ

WARREN'S HOMETOWN NEWSPAPER

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GRAY BASEBALL TEAM SUCCESSFUL SEASON CELEBRATED

Submitted by Robyn Feldblum

The Watchung Hills 8U Gray Travel Baseball Team recently had the honor of competing in the 2024 USABL World Series. Over 600 teams competed and only 14 were selected to participate in the tournament. To earn their spot the 8U Gray team needed to be the overall champion in their regular season as well as win a USABL Tournament and they did it! The boys worked hard through the entire year getting better and stronger and proudly won their spring season championship with a Father's day victory.

The best gift to all the dads and coaches out on the field and Cinco de Mayo slam in a nailbiter final game showcasing their

teamwork and sportsmanship. Most of the team has been playing WH Baseball since kindergarten and the coaches have helped train them into great ball players. Watchung Hills Baseball and all their families are so proud of the boys' spirit, strength and teamwork. Let's Go Warriors!

Congratulations to the team - Jasper Agugliaro, Logan Araujo, Sawyer Brotspies, Nick Calogero, Gavin Casorio, Wyatt Drozd, Josh Feldblum, Reagan Gawronski, Alex Koufomilhalis, Luca Lella, Peter Politi, Jake Stoffers and Joseph Sullivan.

And a tremendous thank you to the coaches that gave their in their backyards working with their sons. They also won the all, always - Kevin Brotspies, Gabe Feldblum, Adam Lella, Peter Politi and Dan Sullivan.



(above) Watchung Hills 8U Grav World Series Family

Courtesy photo





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

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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!

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WAGNER FARM SEEKS BOARD MEMBER

Becoming a trustee of Wagner Farm Arboretum is not just about giving back; it's about personal fulfillment and professional growth. You'll join a network of passionate individuals dedicated to making a difference. Your involvement will provide you with unique opportunities to connect with like-minded leaders, gain new insights, and contribute to meaningful projects. Experience the joy of seeing your efforts translate into real-world impact and be part of a community that values and celebrates your contributions.

The Wagner Farm Arboretum Foundation (WFA) is seeking candidates from Warren for an open position on its Board of Trustees, effective January 1, 2025. This is a voluntary role that requires attendance at monthly meetings, as well as additional special meetings as needed. In accordance with our bylaws, only Warren residents can replace the outgoing trustee at this time.

WFA is interested in individuals who are passionate about the environment, committed to community service, and eager to contribute to the strategic development of the arboretum. We seek someone who can enhance our visibility and support by positively expanding our public profile. We aim to recruit local talent whose passion, ideas, motivation, and enthusiasm can help to shape the future of our organization and make a significant impact in our community. We welcome applicants with any professional or vocational skill sets that can contribute to supporting and advancing WFA's goals and mission. However, priority will be given to candidates with fundraising abilities and experience in building community and financial relationships.

Details about the role and responsibilities of the Trustee can be found in the application form. To apply, visit the WFA website at wfafnj.org/volunteer, download and complete the Trustee application form, and email it to administrator@wfafnj.org. Contact the office at 908-350-7383 weekdays between 10 am and 2 pm if there are any questions.



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CONCERT SERIES WARREN TOWNSHIP RECREATION **LOST IN PLACE -**

NEW DATE: SEPTEMBER 12

Specializing in classic rock, LOSTinPLACE delivers a diverse selection of songs from the 60's, 70's, 80's, and 90's, applying attention to musical detail and skilled 3 and 4 part harmonies.

Close your eyes and you'll think you're listening to the radio! The band's individual abilities, talents, and tastes enable them to perform an incredibly diverse mix of Badfinger, Santana, The Beatles, The Stones, Cream, The Doors, Pink Floyd, Tommy James, David Bowie, Prince, Golden Earring, Stevie Wonder, Led Zeppelin, AC/DC, Joe Walsh, James Brown, The Doobie Brothers, Eric Clapton, The Knack, Edgar Winter, Queen, Foreigner, The Eagles, Edwin Starr, Talking Heads, Average White Band, and so much more and they're loving every minute of it.

The concert will take place at 7:00 p.m. at the Warren Municipal Field Area located at 46 Mountain Blvd. You must bring your own chair or blanket.

SENIORS' PICNIC

Must be 55 or older and a resident of Warren

WEDNESDAY, SEPTEMBER 11TH NOON – 4 P.M. **AT THE NEW LIONS PAVILION**

(located behind the Municipal Building) Menu: Hamburgers, Hotdogs, Sausage & Peppers, Meat Balls, Fried Chicken, Onion Rings, French Fries, Watermelon, Corn On The Cob, Potato Salad & Cole Slaw, Lenonaide & Ices Tea. There will also be a vitage ice cream truck providing desert.

Tickets are \$5 per person. Must be purchased before Sept. 4th. No tickets sold at the door.

For Tickets, contact Wendy Willaman 973-632-0281, Walter Ryder 908-668-0726, or Bill Sundburg 908-754-8915.

HEADACHE You Don't Have To Live With It!

That "crushing pressure" around your temples; above your eyes; in the back of your head - or that pounding, driving pain that won't go away. Headaches can interfere with your ability to concentrate - to be productive - to enjoy life!

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Want a life without headaches? See Dr. Murphy today for an evaluation and begin your journey to a headache-free life!

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Celebrating Our 40th Year!



INDIA INDEPENDENCE DAY CELEBRATION

India Independence day with Bharatnatyam dance performed by Ruhika & Aishwarya. The seniors immersed in the rich culture of India by

Warrenbrook Senior Center celebrated the 77th hoisting the Indian flag and singing the Indian national anthem and learning about the history and democracy India and US shares and a taste of Indian food while celebrating the culture.



A health setback is never anticipated, be it your own, that of a loved one, or your patient. You can however be proactive in the selection of a center for rehabilitation and restoration. The Florham Park team is committed to providing quality care, comfort, and excellent amenities after surgery or hospitalization.

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ELKS FAMILY FUN DAY TO HELP HOMELESS VETS

The NJ Elks East Central District is proud to a sense of stability. announce the 2nd Annual Family Fun Day event on September 28, 2024 from noon to 6pm at the Stirling Elks Lodge at 1138 Valley Road in Stirling. This event aims to bring the community together for a day of food, fun, and entertainment for all ages to help support a crucial cause.

Included with entry, all attendees will enjoy a delicious pig roast, grilled burgers, hotdogs, pulled pork, sausage & peppers, sandwiches, sides, desserts, water, soda, beer, wine, sangria, and more. Kids' activities will include DJ Mr. Socks, contests, games, a bounce house, magic performances, a fire truck, and more. Adults and teens can participate in a professionally run cornhole tournament, a golf pitching contest, volleyball, and bocce ball. Additionally, the event will feature a special rendition of the National Anthem, a NJ State Police helicopter, World War II vehicles, bagpipers, a dunk tank, 50/50s, a Silent Auction, and a paratrooper parachuting the American Flag into the event.

Admission is \$25 (donation) for adults. Children under 12 are free.

There are thousands of homeless veterans in New Jersey which is a tragic reality that the NJ Elks are determined to change. Over the past five years, the New Jersey Elks have successfully helped to move over 2,400 homeless veterans into homes, providing them with a fresh start and

The Elks National Veterans Service Committee operates on a 100% volunteer basis, ensuring that all proceeds from this event will go directly towards improving the lives of our American heroes who have fallen on tough times. In addition, they are actively seeking sponsors and donors to support their efforts and their public relations committee will work hard to acknowledge them through several sponsorship packages.

Donations and advanced ticket purchases can be made at: http://donate.njelks-ecd.org or mailed to Elks ECD Veterans Committee, 87 Harrison Ave., Colonia, NJ 07067. Checks should be made payable to: ECD Veterans Committee, with 'homeless vets' in the memo. (If a 501(c)(3)receipt is needed, please make checks payable to: NJSEA, with 'homeless vets' in the memo).

For sponsorship interest or more information about this event, please contact Apollo Hrehorovich at funday@njelks-ecd.org, call or text 732-540-0062, or visit http://funday.njelksecd.org.

Elks pledge "So long as there are Veterans, the Benevolent and Protective Order of Elks will never forget them."

For more information about the Elks and how to join, please visit http://elks.org today.







READY, SET, RUN...RAISING AWARENESS FOR MENTAL HEALTH & SUBSTANCE ABUSE

For over 20 years, community members have come together to support the Watchung Hills Municipal Alliance and their annual 5k. The Alliance identifies and addresses the social and health needs of our community by raising awareness and empowering communities to combat substance abuse and its related problems at home, school and work.

Last year, the race was renamed "The Annual Jack Walsh Great Pumpkin 5K" in honor of one of the 5K founders and long-time WHRMA member Jack Walsh. Walsh attends every year to support the race and the runners.

The race takes place on October 5th in the Watchung Circle in conjunction with the Watchung Harvest Festival. Race sign-ups are being accepted now at runsignup.com/whrma5k.

Donations are also being accepted at the above link or checks are accepted payable to:

WHRMA

Watchung Hills Municipal Alliance, 46 Mountain Boulevard, Warren, NJ 07059

Donate by September 22nd to have your business logo imprinted on the t-shirt, which are included for each runner who signs up in advance. Business sponsors can reach out with questions or simply email your camera-ready business logo to whrma@warrennj.org after donating.

Every year the race is growing, and we look forward to another great one this year! Support youth mental health - run or donate today!



(above) Green Brook resident and WHRMA 5k Race founding member Jack Walsh pictured above starting off the 2023 race.

Courtesy photo

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DAR TO CELEBRATE CONSTITUTION WEEK SEPT. 17-23

The Daughters of the American Revolution (DAR) invite all Americans to celebrate the 237th anniversary of the Constitution during Constitution Week, September 17-23. This annual observance was established after the DAR petitioned Congress to dedicate a week to commemorate the signing of the U.S. Constitution on September 17, 1787.

Constitution Week will be on the agenda as members of Elizabeth Snyder-Continental Chapter DAR resume monthly meetings on Sept. 10. Members will discuss 2024 youth awards, plans for the DAR Day of Service in October, Native American Heritage Month and Veterans Day in November, collecting holiday gifts for hospitalized veterans and more.

Members of DAR have the opportunity to participate in a wide range of projects and events that support the organization's goals of promoting historic preservation, education and patriotism.

DAR is a nonprofit, non-political service organization open to all women 18 and older who can prove descent from an ancestor who aided the cause of independence during the American Revolution. Elizabeth Snyder-Continental Chapter is based in Green Brook, new members are welcome. Contact the chapter at ESCchapterDAR@gmail.com.

SAVOR SEPTEMBER - RESTAURANT MONTH

#experiencebh.

The tastiest event of the year is back! Start a BYOB meal, you'll enjoy delicious finds all making your plans to take advantage of Berkeley Heights Restaurant Month, running from September 1 - 30. You'll enjoy special offers from 23 establishments with options ranging from fine dining to casual and quick-serve restaurants. This beloved annual event attracts diners of all ages for breakfast, lunch, and dinner. It's your chance to:

- Venture out to new places (some new restaurants have opened this year)
- Try new dishes and special meals at your favorite eateries
- Make family dinnertime easy and delicious on busy weekdays
- Encourage fun get-togethers with friends or co-workers as the summer ends
- Urge teens to head downtown after school and enjoy something new

Jeanne Kingsley, founder and chair of the Downtown Beautification Committee, which manages the event, said: "We are so fortunate to have a robust restaurant scene in Berkeley Heights -one that attracts many diners from surrounding towns. Whether you are looking for a special meal or to get a good deal on wine for

AS OF THIS WRITING, THESE ARE THE 23 PARTICIPATING ESTABLISHMENTS:

 Amerigo Cucina ItaloAmericana
 DiMaios Cucina Bubbakoo's Burrito's

Cafe Vincotto

• Cousins Deli

Charkoal BBQ and Café

Clemente's Pizzeria

• Craft Bagel Company

Delicious Heights

- Domino's Pizza
 - Fuschia Bowls
 - Goodman's Deli & Rest.
 - Grain and Cane
 - Hop Hing
 - La Rosa Chicken & Grill
- Lupa Ristorante
- Nagoya Sushi Res./Tiki
 Bar
- Neelam Fine Indian Cuisine

over town. We're grateful to the staff of every

participating establishment who are working hard

to make local dining easy and affordable during

this seventh annual Berkeley Heights Restaurant

Month. Find the information you need to ensure

you get the most value and fun out of Restaurant

Month at experiencebh.com, including menus

and specials. And follow the fun on social media

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Please share your photos with the tag

SEPTEMBER 1st - 30th

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WARRENBROOK SENIOR CENTER - SEPTEMBER CALENDAR

500 Warrenville Road • (908) 753-9440 8 September 2 – Senior Center Closed in Observance of Labor Day

Wordle. September 3 & 17, 11 a.m. Wordle is a word-based brain game. Medicare & Medications Made Affordable for 2025. September 4, 11 a.m. Compare costs every year during the Open Enrollment Period (Oct. 15 - Dec. 7th) Bingo September 5, 11 a.m. Brains n Games and Hand Bells September 6 & 27, 11 a.m. Join Adrienne for some mind-tingling, brainstumping word games and a musical workout . Annis Boudinot Stockton: The Poet

and the General with Joseph Wroblewski

September 9, 11 a.m. Talk about Annis Boudinot Stockton, wife of Richard Stockton and her poems and correspondences with George Washington.

Boggle September 10 & 24, 11 a.m.

Monthly Book Club (Virtual) September 10, 1:30 PM Discuss the book of the month and select the next book to read. New members are always welcome! **Only for Warrenbrook Seniors**

Financial Planning Strategies September 11, 11 a.m. Gail will be addressing the potential changes to

the 2025 Tax Act, strategies for tax efficiency, protecting investments in volatile markets.

Breathing Techniques for Mental Wellness September 12, 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. **Thrill'n & Grill'n Picnic at Colonial Park**

September 13, 10:30 a.m.

The Senior Wellness Center at Bridgewater, Basking Ridge and Warrenbrook will converge for fun, friends, food, games, and conversation. **For reservations a call Warrenbrook Center. Medicare & You: Cardiovascular Screening & **Intensive Behavioral Therapy** September 16, 11 a.m. Medicare offers a range of preventive services that goes beyond the "Annual Health Visit." Wildlife! Just Sharks (video) September 17, 11 a.m. **Emergency Preparedness & Register Ready** September 18, 11 a.m. Emergency preparedness tips that both agency staff and consumers can use, as well as an overview of the Register Ready program. Bingo September 19, 11 a.m. A visit to Basking Ridge Senior Center September 20 Warrenbrook Senior Center will be closed.

Warrenbrook Senior Center will be closed **Dot Painting Craft** September 20, 11 a.m.

Dot Painting is a very unique and integral part of Australian Aboriginal Art. All supplies will be provided. Pre-registration required.

Musical Entertainment with Clifford Seay September 23, 11 a.m. Chris Seay will sing songs from 50s, 60s

Junk Drawer Detective with Parul September 24, 11 a.m. This month we will engage in "Veggie Garden Detective" and "Laundry Day Detective" and

"Hood on Book Detective". Navigating the Health Care Field

September 25, 11 a.m.

Randi will discuss proactive ways of managing health, and insurance coverage,.

Craft – To the Point Place Marker

September 26, 11 a.m. We will cut & assemble the provided designs to make a bookmark. All supplies will be provided. Pre-registration required. Immunizations with Shivani Shah

September 30, 11 a.m.

Shivani will be providing flu vaccines to the registered clients of Somerset County Senior Centers.

WEEKLY PROGRAMS Yoga with Kartika Mondays, 10 a.m. This class is open to all levels of skill, either sitting or standing. No fee for this class. **Fall Prevention Screening & Education** Mondays, 1 p.m. Fall Prevention with Rutgers faculty and students. Pre-registration required to schedule times for screenings: No program on Sept. 9th. Watercolor Paint Class Mondays & Wednesdays, 9 a.m. – 12 p.m. All supplies are included. Mahjong for Intermediate Players Tuesdays, 9:30 a.m. - 12 p.m. **Take Control with Exercise** Tuesdays, 10 a.m. No fee. Call for more information **Zumba Gold with Judith** Tuesdays, 10:15 a.m. Tuesdays, September 17 – November 5 For beginners or others. Cost is \$40 for the 8-week program. **Chair Belly Dance** Tuesdays, 1 p.m. No class on September 10th. It offers a workout for the entire body designed to improve posture, flexibility and endurance. **Bridge Group with Ronnie** Tuesdays, 1 – 4 p.m. **Stretch & Strength** Wednesdays, 10 a.m. No fee for this ongoing class. No class on September 18th. Please call for more info. Line Dancing with Linda Hyland Thursdays, 9:30 - 10:15 a.m. **Chair Kickboxing** Thursdays, 1 p.m. This fun, heart pumping cardio kickboxing class is for everyone. Done in a seated position. Tai Chi with Roger Fridays, 10 a.m. Bridge Fridays, 1 – 4 p.m.

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Attention Men & Women Over 40 HOW TO LOSE 10-30 LBS. IN 6 WEEKS... AND KEEP IT OFF!

Give a little Berkeley Heights Personal Training Gym 6 weeks to help you feel stronger, leaner, healthier and filled with energy!

"I NEVER LIKED GOING TO THE GYM... BUT NOW I'M HOOKED!"



TRISH - I never liked going to the gym...until I joined Gabriele Fitness! The very knowledgeable and professional trainers make sure that every person receives personalized attention and feedback in class. I never expected to achieve such great results and it's all due to Gabriele Fitness. But now I'm hooked! They are the best!

"LIFE CHANGING FOR ME."



DENNIS - Life changing for me. Great and entertaining trainers. Can't say enough positive things about GFP. Even now, in 2024, the experience at GFP continues to get better. The trainers do a great job helping each and everyone achieve their goals and consistently improve. The gym members support each other. I look forward to every session.

"I WAS WORRIED ABOUT NOT BEING ABLE TO KEEP UP"



STEVE - My results were both amazing and motivating! It's such a welcoming space. I was worried about not being able to keep up. But that's never been an issue at all. I've never felt rushed even if my pace was slower than those around me. I really love this aspect of the experience. I'm so glad to be part of this community.

"I AM STRONGER THAN I HAVE BEEN IN 30 YEARS."



DEBBIE - Been working out at Gabriele for a few years and absolutely LOVE the training. Coaches are extremely knowledgeable and correct any form issues and continuously challenge us. If I experience any pain, they will alter exercise to keep me safe. I am stronger than I have been in 30 years. They are fun, motivating and have built a great community at GFP.

GET BACK TO A FITNESS ROUTINE STARTING SEPT. 23RD! (ONLY 20 SPOTS AVAILABLE)

Here is what you get in this Challenge:

- **Personal Training:** 20 small group personal training sessions so you can work out with a coach to guide you every step of the way, which means you're essentially guaranteed to feel fit, strong and healthy.
- **Extreme Accountability:** Get helicopter-like attention from your GFP Coaches so you can never fall off track, which means you'll finally get the energy and health you've been missing.
- **Personalized and Simple Nutrition Help:** Our coaches are going to sit down with you to map out everything so you know exactly what to eat and when to eat it, which means you'll start making progress immediately.
- **Unlimited Cardio Sessions:** You'll get Unlimited Access to our 'Fat Blast" Sessions that will help get your body buzzing and your blood flowing to help shed those calories and fat!
- Free Nutrition Guide: We are going to give you a ton of references and guides including recipes and guidelines to help you along the way which means you'll get lean and love your food at the same time!

ABOUT GABRIELE FITNESS: Gabriele Fitness is a personal training gym that helps people lose weight, gain energy, and live a more active life without the use of fad diets or workouts that beat up their body. They've helped thousands of men and women in the Berkeley Heights Area to transform their health and life for the past 17 years. As leaders in the fitness industry they present their methods to trainers and gyms around the world.



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SIEMINSKI THEATER FALL LINEUP: MUST-SEE SHOWS OF THE SEASON!

The Sieminski Theater is thrilled to announce SATURDAY, OCTOBER 12 - 80'S REVOLUTION its vibrant fall lineup featuring TAKE3, NJ Festival Orchestra's Picture This! Imagery In Music!, the ultimate throwback with 80's Revolution, the hilarious Off-Broadway hit musical Disenchanted!, and Gunhild Carling, Sweden's Queen of Swing. These diverse shows are sure to deliver something unforgettable for every theatergoer.

SUNDAY, SEPTEMBER 15 - TAKE3

The genre-defying trio, TAKE3 kicks off the season on Sunday, September 15, at 2:30 PM. With a flair for the wild and unexpected,

SUNDAY. SEPTEMBER 29 - NEW JERSEY FESTIVAL ORCHESTRA

Up next, New Jersey Festival Orchestra presents Picture This! Imagery In Music! on Sunday, September 29, at 2:30 PM. NJ Festival Orchestra leaps into life with music based on pictures, emotions and mythical stories born from our fertile, yet sometimes 'fantastical' imagination.

icture This!

PastramiHouseDelicatessen.com

To kick off October, join us on Saturday, October 12, at 7:30 PM, as 80's Revolution takes you on a journey back to the era of neon colors, innovative and memorable fashion, and iconic movie classics. But most of all – the best music in history.

SATURDAY, OCTOBER 19 - DISENCHANTED!

Then, get ready for a night of laughter and fun on Saturday, October 19 at 7:30 PM with Disenchanted!, the national tour of the hilarious Off-Broadway musical hit!

SATURDAY, OCTOBER 26 - GUNHILD CARLING

Rounding out the lineup, experience the dazzling performance of Gunhild Carling, Sweden's Queen of Swing on Saturday, October 26, at 7:30 PM.

More information and video clips of many of these upcoming shows can be found on our website at www.sieminskitheater.org.

With this coupon. Expires 9/30/24. - WAR

Tickets available are online at www.sieminskitheater.org or by phone at 908-580-3892. Tickets range from \$35.00 to \$85.00 depending on the show with discounts available for students and seniors. The theater is located at 8000 Fellowship Road, Basking Ridge on the campus of Fellowship Village.

Located steps away from the Sieminski Theater, culinary dishes prepared by Fellowship Village's award-winning executive chef feature only the freshest ingredients and highest quality. Make a reservation by calling 908-580-3818 for 5:30 pm for the show date.



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