WARREN MONTHLYNJ

WARREN'S HOMETOWN NEWSPAPER

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WOODLAND SCHOOL HOSTS THE MYFACE WONDER PROJECT

On Friday, October 4th, Woodland School hosted an assembly for the students called "The myFace Wonder Project." According to myFace, "The goal of the myFace Wonder Project is to teach students of all ages the importance of empathy, inclusivity, and being an Upstander against bullying."

The assembly opened with Alexis Lindy, 5th grade student ambassador, speaking to the students and introducing the main speaker, Dina Zuckerberg, myFace Director of Family Programs.

Dina kicked off the presentation by talking about facial differences in people. She shared her own story of growing up with facial differences such as a cleft lip, hearing and vision impairments. Dina instilled the belief that, although many different children may have been born with facial differences, they can do anything they set their minds to.

She has not allowed these limitations to disrupt her quality of life. Her message to all is to "be nice to people and to include them and lend a helping hand. You may not mean it at the time, but any unkind words are very hard to take back." She shared stories from her own childhood and how she was not a stranger to kids being mean to her. She has also worked with other children who also have experienced some form of bullying.

Dina continued the presentation by engaging the students with an exercise in which they were each holding a piece of paper. Dina instructed them to crumple the paper and then attempt to make it look like its original form again. The significance of the exercise was to show how words can crumple and leave a crease on your heart that becomes very challenging to correct.

The Wonder Project teaches to "Choose Kindness." Dina talked about and encouraged the students to use their superpower of saying sorry and to choose to be kinder to one another. Dina challenged the students to talk about how to be kind. The students were encouraged to share their kindness at home and encourage their families to join them in spreading the kindness.

For more information about myFace and the Wonder Project please visit myface.org

For more information about the Children's Craniofacial Association, please visit ccakids.org.



(above) Dina Zuckerberg, Alex McWilliams, Alexis Lindy, Jackie Smith, and Jeffery Heaney.

Photo by Warren Township Public Schools



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NATIONAL MERIT SCHOLARSHIP SEMIFINALISTS

Warren Hills Regional High School Congratulations to the 5 Warriors, Rhea Patel, Melody Chen, Colin Belfield, Megan Li, and Selina Zhan on being National Merit Scholarship Competition Semifinalists. This is an amazing accomplishment especially being

the first class to ever take the digital version of the PSAT! We are so proud of this group not just for their performance on standardized tests, but for their daily contributions to our WHRHS classrooms and in their various service activities.



(above, l-r) Rhea Patel, Melody Chen, Colin Belfield, Megan Li, Selina Zhan and Principal Librera.

Courtesy photo



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STRATEGIC PLANNING SESSIONS – NOV. 4TH

Warren Township School District

Warren Township School District will be holding two Strategic Planning sessions for community members to attend. Community members are invited to provide feedback about the current state of the district and the vision for the future. Sessions will be facilitated by expert consultants who are gathering ideas from staff, students, and community members to advise the Warren Township Board of Education on the Strategic Plan development. We would love to hear from you.

Next sessions: Monday, November 4, 2024; Warren Middle School, 100 Old Stirling Road; daytime session: 1:15 - 2:45 p.m.; nighttime session 6:30 - 8:00 p.m.

Please note that attendees will be required to show photo identification to enter the school for the 1:15 p.m. session in accordance with district security procedures. Please allow additional time for arrival processing if you have not previously registered at one of the district's schools. Community attendance is critical to this work. The district is requesting that any individual interested in attending, please RSVP. Childcare and transportation are available for the evening session and Spanish language interpretation is available for both sessions. Each session can have a maximum of 90 people. To RSVP visit: tinyurl.com/WarrenStrategic114

LIBRARY STAFF HELPS LOCAL FOOD BANK

The Somerset County Library System of New Jersey (SCLSNJ) staff donated over 500 pounds of school supplies and non-perishable food products to The Food Bank Network of Somerset County located on Easy Street in Bound Brook.

"Once again, for the 14th consecutive year, the employees of SCLSNJ have answered the call to support our community with their generous donations of school supplies and non-perishable food," said Charlene Perkins, co-chair of the

SCLSNJ Feeding Minds and Bodies donation drive.

To learn more about the Food Bank or to learn donation. make visit how to а somersetfoodbank.org.

For additional assistance with Library Services, call (908) 845-8400. To discover all SCLSNJ has to offer, visit SCLSNJ.org or connect with SCLSNJ on Facebook, Instagram, X (formerly Twitter), or YouTube.



(above, 1-r) SCLSNJ staff members Jennifer McClear, Charlene Perkins, and Jermain Fulmore deliver over 500 pounds of school supplies and non-perishable items to The Food Bank Network of Somerset County on Easy Street. Not photographed: Staff member Andrew Schuller, who also assisted in the delivery of the supplies. Courtesy photo







TROOP 228 OF WARREN ADDS TWO NEW EAGLE SCOUTS

scouts are required to plan, develop and lead others in carrying out a significant service project

for the benefit of any religious institution, school

of the Pioneer District of Patriot's Path Council

BSA, and is chartered by the Mt. Bethel

Troop 228, originally chartered in 1965, is part

Warren Troop 228 is proud to announce two their troop setting. As a culminating experience, more scouts have earned the Eagle rank, the highest achievement available within the Scouts BSA program. Eagle Scouts have demonstrated their knowledge in a variety of important life skills including first aid and emergency preparedness, camping and the outdoors, citizenship, physical fitness and time and money management. They have also honed their leadership skills by taking on a variety of roles in

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or community.

Township to design and build a wooden roadway to span the spillway at Morecrah Farm. While the structure will help hunters and hikers keep their feet dry, it is also strong enough to support the farm tractors that regularly traverse the route. Harrison graduated from Watchung Hills Regional High School in 2024, and currently attends Northampton Community College in Bethlehem. PA.

Volunteer Fire Company in Warren. Only about 4% of scouts nationally achieve the Eagle rank, and we are extremely proud of the character and perseverance demonstrated by each of these young men. Troop 228 welcomes new members, and is open to boys in middle or high school.

For more information, please email troop228warren@gmail.com.



(above) Michael Armao refurbished the children's garden area at Mt. Horeb School in Warren, working with his team to remove the old garden beds and replace them with raised beds made from galvanized steel. Michael is a senior at St. Joseph High School in Metuchen.

Courtesy photos





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WARRENBROOK SENIOR CENTER - NOVEMBER CALENDAR

The Warrenbrook Senior Center is located at 500 Warrenville Road, Warren, New Jersey.

For more information call 908-753-9440 or visit: seniorcenter.us/sc/warrenbrook_senior_center_warren_nj

Warrenbrook Senior Center located at 500 Warrenville Road is one of the six county operated Senior Center. Somerset County residents who are 60 years and older are welcome to participate in any of the programs at Warrenbrook Senior Center. They also provide a choice of 4 different meal choices during lunch that seniors can take advantage of during the weekdays. All the programs are free for the registered members. Please call (908) 753-9440 for more information on how to become member of the Warrenbrook Senior Community.

Below is the highlight of some of the programs available at Warrenbrook Senior Center in November

Fraud Presentation with Joel Schneider.

November 4, 10:30 a.m. This workshop will focus on three areas. First, seniors will learn how to protect their personal information from cyber and other criminal elements and what are the current scams

targeting seniors. Second, Joel will go over social service programs available to seniors, the criteria for approval, and how to go about

applying for them. Center Closed - Staff Inservice November 5

Mastering Nutrition for Type 2 Diabetes with Kruti Thakore from Radiant Confidence. November 6 & 13 11 a.m.

In this course, you will understand Type 2 diabetes, its symptoms and risk factors, and a specialized and holistic approach to managing the condition through the power of a balanced diet, healthy food choices, meal planning,

nutrition labels, and portion control. You will also learn to incorporate Ayurvedic

wisdom and embrace the concept of individualized nutrition based on one's unique constitution (Prakriti) and dosha imbalances. This program aims to promote balanced blood sugar levels and overall well-being.

Diwali with Seema Moondra from Enjoy Explore India

November 7, 11 a.m. Diwali, the "Festival of Lights", is an ancient Hindu festival and is the biggest and the brightest festival in India. The festival spiritually signifies the victory of light over darkness. Let's learn & watch Indian dances performed by our Warrenbrook seniors, try some Indian snacks like "samosas" (made with potatoes), "mathiyas" (lentil flour/fried food) and sweets brought by our Warrenbrook

seniors.

Craft: Pumpkin Bowls.

November 8, 11 a.m. Fill your fall with ceramic mini pumpkin bowls that can be used for decorations, gifts and more with this beautiful acrylic paint craft for the

Fall. All materials will be supplied. Pre-registration is required.

Center Closed - Veterans Day November 11 Wordle

November 12, 11 a.m. Wordle is a word-based brain game where participants have six chances to guess a fiveletter word. So, dig deep into your vocabulary repertoire and identify some words.

Breathing Techniques for Mental Wellness with Dr. Prabha Srinivas

November 14, 11 a.m. Dr. 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. Apple Season Recipes with Vanessa Young from Thirsty Radish.

November 15, 11 a.m. With apple season in full swing, learn new recipes featuring the quintessential fall ingredient. During this cooking demonstration and tip-filled class, you will discover how to infuse flavors from the orchard throughout your cooking. We will be covering a variety of recipes that incorporate apples including a cider-braised chicken with pan sauce.

Autumn (Musical) Colors with Discovery Orchestra November 18, 11 a.m.

In this presentation, Discovery Orchestra staff member and violinist Michael Avagliano, joined by Executive Director, Rick Kaller, on piano, will explore the seasonal landscape of "Autumn," one of Antonio Vivaldi's famous collection of violin concertos, The Four Seasons. The presentation will include a live performance and interactive audience experience.

Drum Circle with Anil Sachadev November 18, 1 p.m.

Soothe the mind, body and spirit in this drumming circle. This is a holistic experience that leaves participants feeling a sense of joy. This is an ancient approach to promote healing and incite self-expression. The benefits of drumming are deep relaxation, lower blood pressure, reduced stress and open communication. Anil will guide us through playing different

tones using drums.

Craft: Hedgehog

November 19, 11 a.m. We will use old, recycled books to fold and make a decorative hedgehog and then embellish them with googly eyes and pom-pom noses. All materials will be provided.

Pre-registration is required. **Musical Entertainment with The Pettet Sisters** November 20, 11 a.m.

Your favorite songs from decades of American classics. These songs will get your toes tapping and hands clapping just in time to celebrate the Thanksgiving Holidays.

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WARRENBROOK SENIOR CENTER - NOVEMBER CALENDAR

Bingo

November 21, 11 a.m. Bingo is more than just an exciting activity. Researchers found that playing Bingo has multiple benefits. It promotes socialization, strengthens hand-eye coordination, and improves listening and short-term memory skills.

Craft: Turkey Wine Glass sponsored by Brandywine Senior Living of Warren.

November 22, 11 a.m. Make your own adorable Turkey wine glass by painting the glass and embellishing it. Preregistration is required, supplies provided.

Bridge Builder in Petticoats: Emily Warren Roebling and the Brooklyn Bridge with Carol Simon Levin

November 25, 11 a.m. Many books and films have featured the Brooklyn Bridge, and the millions of people who have crossed it. Built between 1869 and

1883, without modern machines or even electric light, it was one of the most amazing technological achievements of its time.

Yet few people know that a woman helped manage much of its construction. In this program, Carol impersonates Emily Warren Roebling to tell the story of the woman who

helped manage this architectural feat. Historical Overview of Native Americans in Somerset County with Olinda Young from the Somerset County Historical Society.

November 27, 11 a.m.

Join Olinda for a lively, interactive discussion. Olinda will guide us on a quick tour of our county's centuries of stories, with particular emphasis on prehistory and the indigenous people called the Lenni Lenape who lived here. How did they set the stage for our life in Somerset in the 21st century? What echoes of

their presence are still here? Center Closed – Thanksgiving

November 28 & 29 Besides the above program, the below programs take place on weekly basis.

Yoga with Kartika

Mondays, 10 a.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. Expect lots of gentle stretching to bring movement to joints and muscles. This class is perfect for relieving stress and to help gain an

overall sense of well-being. No fee for this ongoing class. Please call 908-753-9440 for more information. No class on November 4th.

Studio 60+ – 1st and 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 for quarterly community service projects, craft work,

musical entertainment, and Jeopardy. They will also practice for their quarterly musical entertainment and drama. All senior center members are invited to participate in this planning and participating club.

Mahjong for Intermediate Players

Tuesdays, 9:30 a.m. – 12 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. Take control with Exercise Tuesdays, 10 a.m.

This is an ongoing exercise program, in video form, for all skill levels that can be practiced while either standing or sitting. This program will strengthen core muscles, improve flexibility and balance while boosting stamina.

No fee for this ongoing class. Call 908-753-9440 for more information.

> **Zumba Gold with Judith** *Tuesdays*, 10:15 a.m.

Get your blood pumping with some zesty music that will truly inspire a hearty workout. This class is achievable for beginners or others who need modifications to their exercise routine. Build cardiovascular health by



challenging your heart and working hip, leg,

and arm muscles by performing fun and rhythmic moves while sitting in a chair. Cost is \$40 for the 8-week program. Pre-registration is required, please call 908-753-9440.

Bridge Group with Ronnie Tuesdays, 1 – 4 p.m.

Bridge is a mentally challenging card game that offers intellectual and social stimulation. Playing bridge regularly stimulates your brain and helps keep your memory active and your brain alert. Join Ronnie and her group as they play bridge every week. New members and beginners welcome (lessons available).

Stretch & Strength with Mikaela Kane

Wednesdays, 10 a.m.

Mikaela from Rutgers Co-operative Extension will be leading a 10-week exercise class that involves stretch & strength. 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. The strength program is designed to enhance the ability to function in daily life. The exercise can be done with or without weights. A hand weight of 2-5 pounds is recommended, which can be brought

by the clients for exercise. No fee for this ongoing class. No class on November 27th. Please call 908-753-9440 for more information.

Line Dancing with Lynda Hyland

Thursdays, 9:30 – 10:15 a.m. Line dancing is so much fun that it does not even seem like exercise. You do not need a partner and dancing is an easy way to stay healthy, both mentally and physically. It is suitable for participants with limited mobility and has been shown to increase cardiovascular and muscular strength as well as improve coordination and balance as you work through

different moves. Card/Table Games

Thursdays, 1 – 4 p.m.

Join in and play some of your favorite games such as Dominoes, Left-Center-Right, dice games, Rummikub, Canasta, Mexican Train, and more.

Bridge

Fridays, 1 – 4 p.m.

Bridge is a mentally challenging card game that offers intellectual and social stimulation.Playing bridge regularly stimulates your brain and helps keep your memory active and your

brain alert.

Tai Chi with Roger

Fridays, 10 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 with guidance from center

volunteer, Roger. Studies have shown that some participants have experienced a reduction in pain, fatigue, and stiffness and have gained a greater sense of well-being. Tai Chi can help reduce falls, especially for those with balance problems. This program can be practiced while either standing or sitting.



SHOW OFF YOUR CREATIVITY IN GINGERBREAD SOMERSET COUNTY 4-H ASSOCIATION

Members of the public of all ages are invited to enter the 2024 Somerset County 4-H Association Gingerbread Contest. You do not need to be a 4-H family to enter. Ribbons and a People's Choice \$25 gift card will be awarded, and the gingerbread creations will be on display during the 4-H Holiday Craft Festival, Dec. 14 & 15, 10 a.m.-3 p.m. at the Ted Blum 4-H Center of Somerset County, 310 Milltown Road, Bridgewater.

You are asked to register when you drop off your entry on Dec. 14, 8-10 a.m. Pickup is on Dec. 15 at 3 p.m. There is no fee to enter the contest, just bring a canned vegetable to donate to the 4-H Community Holiday Dinner. For more info, visit 4HisTOPS.org.



The mission of the Somerset County 4-H Association is to support the 4-H Youth Development Program of Somerset County. The Association owns and maintains the Ted Blum 4-H Center, hosts the annual Somerset County 4-H Fair, offers scholarships and provides monetary and volunteer support for programs and events.



(above) Start planning your entry for the Gingerbread Contest.

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DAUGHTERS OF THE AMERICAN REVOLUTION HAS A BUSY AUTUMN AGENDA

The Daughters of the American Revolution (DAR) hosted an exhibit at Washington Rock State Park during Somerset County's Journey Through the Past on October 13.

Members of Elizabeth Snyder-Continental Chapter were on hand to help tell the story of this famous landmark and the role that the DAR chapter had in preserving the site. They joined the Green Brook Cultural, Heritage & Historic Preservation Commission and their special guest, Gen. George Washington, portrayed by Sam Davis.

Also in October, chapter members celebrated Indigenous Peoples Day with a program on the development of corn by Native Americans and a craft project to create beaded Indian corn. In addition, the chapter gathered holiday gifts worth more than \$300 for the veterans at Lyons V.A. Medical Center as a DAR Day of Service project.

This month, the chapter will honor veterans at Mira Vie in Warren on Nov. 9, assisted by Boy Scout Pack 67. The chapter meeting on Nov. 12 will feature a guest speaker from the Somerset County Environmental Education Center. Later in the month, DAR members will accept a Proclamation of November as Native American Heritage Month from the Somerset County Board of County Commissioners.

The DAR is a nonprofit service organization open to women 18 and over who can prove descent from a patriot of the American Revolution. Based in Green Brook, the chapter serves areas of Somerset, Middlesex and Union counties. New members are welcome. Contact the chapter at ESCchapterDAR@gmail.com.





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(above, l-r) Chapter members greet the guest of honor: Ashley Salsano, Ruth Ryno, Sam Davis as Gen. Washington, Marti Kalko, Catherine Strohmeyer, Erin Fountain.



(above, l-r) DAR members pose with Gen. Washington: Ashley Salsano, Holly Dunbar, Nancy Stoll, Sam Davis, Karen Miller and Catherine Niemeyer. Courtesy photos



SHOP LOCAL FARMERS' MARKETS FOR THE HOLIDAYS

The New Jersey Council of Farmers and Communities (NJCFC) is excited to highlight the abundant offerings of local farmers' markets, where residents can access the freshest produce the Garden State has to offer.

By visiting jerseyfarmersmarket.com, consumers can easily locate farmers' markets in their area and explore a wide array of locallygrown fruits and vegetables, along with delicious recipes that enhance the farm-to-table experience. Look for the unmistakable Jersey Fresh sign, it insures the purchase of authentic New Jersey produce.

New Jersey boasts over 715,000 acres of dedicated farmland and is renowned for its diverse specialty crops, producing an impressive 1.2 billion pounds of tomatoes, 74 million pounds of blueberries, and 400 million pounds of sweet corn annually. With its unique climate and fertile soil, New Jersey's farmers are devoted to sustainable practices that not only elevate the flavor and quality of their crops but also support environmental stewardship. Specialty crops from New Jersey play a crucial role in both local consumption and national markets, significantly bolstering the state's economy.

The NJCFC supports numerous farmers' markets across the state, fostering community engagement and promoting sustainable living. "New Jersey's agricultural industry is thriving, and our specialty crops are among the best in the nation," said Joseph Mikulewicz, President of NJCFC. "By choosing local produce, consumers invest in their health while supporting our



dedicated farmers and strengthening their communities."

Buying local produce provides numerous advantages: it minimizes carbon footprints thanks to shorter transportation distances, stimulates local economies, and guarantees access to fresher, nutrient-rich food. Research shows that locally grown fruits and vegetables often have higher nutrient levels compared to those transported over long distances.

Farmers' markets, along with local restaurants and grocery stores throughout New Jersey, proudly feature locally sourced produce that encourages healthier eating habits while nurturing a sense of community connection. The state remains committed to upholding its leadership in specialty crop production through initiatives centered on education, sustainability, and making fresh food accessible to all residents.

For more information on New Jersey's specialty crops and the benefits of purchasing local produce, please visit jerseyfarmersmarket.com.



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DISCOVER

BIG NEWS: RENNA MEDIA IS LAUCHING SIX MORE NEWSPAPERS IN DECEMBER

newspapers in December 2024. The new towns joining Renna Media's family of newspapers are Livingston, Roseland, Hanover, East Hanover, Morristown, and Morris Township. The newspapers are Every Door Direct Mailing (EDDM) to every home and business in town.

The new monthly publications will add over 40,000 new postal patrons for a new total of over 200,000 newspapers mailed to 30 towns in Union, Somerset and Morris Counties.

The publications are "hyperlocal" in nature in that they contain information focused on each individual town and are direct mailed within those towns. The newspaper's goal is to have a positive influence on the economic development and overall well-being of the town. Our publications exist to share community service news and the good things that are happening in the community.

The concept of being hyper-local is to give local businesses a venue to promote services. Reaching local customers gives you the highest return for your advertising dollars. The black and white newspapers are designed to keep the cost of an advertisement to a minimum. Ads in one town start at \$100. Regional businesses can take advantage of discounted rates for advertising in multiple towns.

Renna Media also prints full-color flyers and tri-fold menus that get mailed along with the newspapers. A cost effective alternative to mailing postcards.

Renna Media is a Cranford, NJ based business

Renna Media will be launching six new owned and operated by husband-and-wife team of Joe and Tina Renna. They are celebrating 40 vears in business.

> For more information about Renna Media publications, please visit RennaMedia.com.

> Press releases with community service news can be emailed to editor@rennamedia.com.

Businesses interested in advertising can call Joe Renna at 908-447-1295,

or email joerenna@rennamedia.com.



(above, l-r) Joe and Tina Renna, owners of Renna Media, LLC, are celebrating 40 years in business.

FUNDRAISER GALA FEATURES ONLINE AUCTION

Hearts for Emma a 501©3 in Cranford, NJ is having a gala fundraising evening featuring cocktails, dinner, live music, sensational raffles, & a silent auction featuring original artwork on November 23, 2024, at Galloping Hill Golf Course in Kenilworth, New Jersey.

Hearts for Emma was founded by Cranford residents Nancie & Emma Rothman after Emma received a lifesaving heart transplant at the age of 12. Hearts for Emma provides assistance to families with children in crisis due to cardiac illness and creates and distributes educational materials in support or organ and tissue donation.

Co-founder Nancie Rothman states, "When Emma received her heart transplant, we were and continue to be so grateful to have the support of our family and community to help us through what was the most difficult time in our lives. Hearts for Emma was founded to help us live every day with purpose and to give back. Our gala fundraiser will be a wonderful evening and a way to support a great cause. We invite anyone interested in attending, donating, and purchasing raffle tickets as well as bidding online for the below painting & other exciting items to do so."

For further information, visit: heartsforemma.org

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JoeRenna@RennaMedia.com Rates effective November 1, 2024. Subject to change. See RennaMedia.com for most up to date pricing.



(above) Joe Renna holds an original 36" x 24' oil painting of the 18th Hole at Galloping Hill he created for Hearts for Emma 2024 Auction.

SOME OF THE ITEMS BEING AUCTIONED

As of this printing 11/1/24

- 10 days in Steamboat Colorado
- (September 19th-29th, 2025,
- Oura Ring
- Shackamaxon Round of Golf,
- pickle ball lesson, Hold Now gift certificate
- Pet Art -unique rendering of your pet
- Bonnie-Leigh Jones painting Beach Scene
- Original oil painting of the 18th Hole at Galloping Hill

🔳 Scan QR code to Purchase Tickets to the Gala



- Bid on an Auction Item • Enter Our Raffle
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The Cherie Berger Team is a team of licensed real estate solespersons affiliated with Compass. Compass is a licensed real estate broker and abides by egual 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/.