

WARREN MONTHLY NJ

WARREN'S HOMETOWN NEWSPAPER

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PROJECT GRADUATION SEEKS COMMUNITY SUPPORT

Elly Silverio, 2025 Project Graduation Chair

2025 marks the 34th year of Watchung Hills Regional High School's Project Graduation. Each year, a volunteer team of WHRHS Senior parents 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.

Traditional events include the Senior Panoramic Picture Day (shown in the photograph), where each senior is given their Senior Warrior t-shirt, and several Senior Week events, including a Color WARriors fun day, the Yearbook Signing social, a Senior Breakfast and the end-of-year substance-free event held on graduation night!

The committee is excited to announce this year's action-packed night will be held at Iron Peak Sports & Entertainment in Hillsborough, NJ. Graduates can choose from a full night of fun, including rock climbing, ninja courses, basketball, pickleball, volleyball and other sports, a new video arcade, live entertainment and so much more. Of course, food and drinks will be provided throughout the night for them to share this final night with their classmates.

All 440 WHRHS are welcome to attend the Project Graduation event free of charge. Every senior will participate in the Senior week events leading up to Project Graduation as well. The committee relies entirely on fundraising to make this enormous event happen, including donations from the WHRHS Community.

If you or your business is interested in donating or providing a service, please fill out the donation scan the QR Code to be taken directly to the sponsorship form.

The organization accepts Venmo @WHRHS-ProjectGrad2025 or send your donation directly via check made out to WHRHS Project Graduation, 108 Stirling Road, Warren, NJ 07059.

All donations are tax deductible and will be mentioned in the Graduation program and in various WHRHS and local social media outlets. Reach out with questions to projectgradwhrhs@gmail.com. Thank you in advance for supporting our students having a safe and substance-free graduation celebration.



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The Stirling Elks is made up of men and women from Long Hill Township, Berkeley Heights, Basking Ridge, New Providence and other surrounding towns who are citizens of the United States, at least 21 years old and who believe in God.

There are many Elk programs that benefit special needs children and adults. The Elks also has various scholarships, involvement with scouting, athletic teams, veterans, youth activities, and patriotic programs.

The Special Children's Committee sponsors several functions a year for special needs children, adults and their families. The Stirling Elks hosted its annual Special Children's Halloween party on Sunday, Oct. 29. It was a beautiful day, and everyone enjoyed great food, music and entertainment by Magician, Tommy Knucklehead.

For further information on the Elks and or the special needs activities, please contact Pat Mocarski at 908-647-1537.



(above) Magician Tommy Knucklehead and Jessica Walpow from Warren.



(above) Kelly Mazzocchi, Peapack and George Hoehn, from Stirling.



(above) Paisley MacIntosh and her Grandma Carin from Greenwood Lake.

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WHRHS ANNOUNCES THE CLASS OF 2025 HALL OF FAME

Watchung Hills Regional High School is honored to announce its newest members to their Hall of Fame. The Class of 2025 will include for the first time teams, clubs, or school-affiliated groups who have distinguished themselves during their high school years or within the community since graduation. We are proud to formally recognize and welcome the 1957-1958 Board of Education members, who helped orchestrate the opening of Watchung Hills Regional High School and the 1973 undefeated football team. In addition, the Hall of Fame will induct three deserving individuals.

Virginia Procino Hartmann, Class of 1968. Ms. Hartmann is a retired Lieutenant Colonel, who served in the United States Air Force Academy for 24 years. Among her duties, included being an air training officer who helped train one of the first group of women cadets to attend the United States Air Force Academy.

Dr. Nan Masterson, a former nurse at the high school, is the founder of Global Health Services, a non-profit charitable organization that provides children of orphanages access to facilities, supplies, and food to address malnutrition and the resources necessary for children to attend schools in such countries as Kenya and Haiti.

Mr. Michael Stanfield, Class of 1982, a former three-sport letterman at Watchung Hills, is currently the Vice President of Sales for the New

Orleans Saints and New Orleans Pelicans. Mr. Stanfield was with the Saints during the devastating Hurricane Katrina and was part of the relief, recovery, and resurrection of New Orleans that followed.

The ceremony honoring all the inductees will

occur on May 2nd at 6:00 pm in the high school performing arts center.

For more information about the Hall of Fame or the ceremony, please contact Ms. Laurie Grafer at lgrafer@whrhs.org or call (908) 647-4800 ext. 4870.

HOF COMMITTEE SEEKS COMMUNITY'S ASSISTANCE

Watchung Hills Hall of Fame Committee

The Watchung Hills Regional High School Hall of Fame Committee needs your help! Among those selected to the Class of 2025 Hall of Fame were the men and women who were instrumental with the formation of Watchung Hills Regional High School in 1957 as the inaugural Board of Education members. During the passing of a referendum in October 1954, through the time period that led to students entering in 1957, fourteen individuals were all part of the original board and two successive boards that brought together three townships (Passaic, Warren and Watchung), two counties (Somerset and Morris) and the state. Their mission was to establish the new school with all the required plans and accomplishments of the necessary details to achieve their goals in time, which remain inspiring to the thousands of students, staff and boards that would follow.

While unfortunately these individuals are no

longer with us, we are hoping to find relatives of those board members so they can take part in the celebration of the board's accomplishments which will take place on Friday, May 2, 2025, at Watchung Hills Regional High School Performing Arts Center as part of the Class of 2025 Hall of Fame ceremony.

Those board members include the following individuals: D.G. Baldwin, William E. Ganss, Hubbard A. Knox, jr., Howard Krausche, Edwin L. LeBright, G.W.S. Marsh, Mrs. C. Scott McKinley, F.W. Oberle, J.S. Parkinson, Andrew B. Reid, Robert Slorah, L.M. Stahl, Percy S. Young and Clifford A. Warren.

If you are a family member, or know of someone who is related to these individuals, please reach out to either Mrs. Carol Prasa at prasal@verizon.net or Ms. Laurie Grafer at lgrafer@whrhs.org. The WHRHS Hall of Fame Committee thanks you in advance for your assistance.



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GOVERNOR'S EDUCATOR OF THE YEAR AWARDEES HONORED



(above) Jeffery Heany, Patricia Zohn, Allison Reu, John Tsihlas, Tiffany Serafin, Matthew Mingle

For more information about the Governor's Educator of the Year Program, visit: nj.gov/education/recognition/educators/geoy/index.shtml

Photos by Warren Township Public Schools

Warren Township Public Schools

The Warren Township School District is proud to announce that ten outstanding district educators have been named recipients of the Governor's Educator of the Year (GEOY) Award, a statewide recognition honoring the excellence, dedication, and impact of educators who inspire learning and foster student success. Three educators have also been awarded the NJDOE Exemplary Elementary Educator award.

TEACHER RECIPIENTS

- Angelo L. Tomaso School
 - Marissa Marton-Sarao, Art Teacher
- Central School
 - Michele Wolkun, ASAP Math Teacher
- Mt. Horeb School
 - Linnea Middleton, Preschool Teacher
- Woodland School
 - Tiffany Serafin, Grade 5 Teacher
- Warren Middle School
 - Joel Van Tine, Music Teacher

EDUCATIONAL SERVICES RECIPIENTS

- Angelo L. Tomaso School
 - Kelly Blessing-Maire, School Counselor
- Central School
 - Marybeth Henry, Paraprofessional
- Mt. Horeb School
 - Nicole Runfola, Speech Language Pathologist
- Woodland School
 - Alison Reu, Speech Language Pathologist
- Warren Middle School
 - Parsad Gandhi, School Psychologist

NJDOE ELEMENTARY EDUCATOR RECIPIENTS

- Angelo L. Tomaso School
 - Tara Lento - Special Education Teacher
- Mt. Horeb School
 - Deborah Yankowicz - Preschool Teacher
- Woodland School
 - John Tsihlas - Physical Education Teacher

Warren Township Schools Superintendent, Dr. Mingle, and the Board of Education President, Mrs. Zohn along with each school principal surprised these recipients at their schools to congratulate them and allow their fellow peers and students to celebrate.

"We are fortunate to have so many outstanding educators in the district," said Dr. Matthew Mingle, Superintendent. "Surprising staff members with flowers and this announcement is one of my favorite things to do. It is especially fun and exciting to see how the students react to learning that their educators have been selected for these prestigious honors."

The GEOY program celebrates the contributions of New Jersey's teachers and educational services professionals who go above and beyond to support students' growth and achievement. Recipients are chosen based on their exemplary skills in instruction, innovation in the classroom, ability to inspire students, and commitment to their school community.

(continued on page 7)



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(above) Matthew Mingle, Deborah Yankowicz, Linnea Middleton, Nicole Runfola, Scott Cook, Patricia Zohn



(above) Matthew Mingle, Maria Mensinger, Parsad Gandhi, Joel Van Tine, Patricia Zohn, George Villar



(above) Patricia Zohn, Alison Tugya, Michele Wolkun, Marybeth Henry, Matthew Mingle



(above) Patricia Zohn, Tara Lento, Christine Smith, Marissa Marton-Sarao, Kelly Blessing-Maire, Matthew Mingle

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FOOD & FUN AT THE 4-H WINTER BRRBREAKFAST

Somerset County 4-H Association

All Somerset County 4-H Prep members and their families are invited to attend the annual 4-H Winter BRRReakfast on Saturday, February 8, 8:30 to 10:30 a.m. at the Ted Blum 4-H Center,

310 Milltown Road in Bridgewater. This free family event features good food and fun with games, crafts and more.

4-H Prep, also known as Cloverbuds, allows youngsters in grades K-3 to participate in a variety of short-term activities in many different subject areas. In the process, children learn to get along with others and build self confidence. Upon reaching 4th grade, kids may join traditional 4-H

clubs that focus on a single project area.

4-H is the Youth Development Program of our nation's Cooperative Extension System and is one of America's oldest and largest youth organizations with six million members. 4-H empowers young people K-13 (one year out of high school) with the skills that they need to succeed in life. To join 4-H or learn more, visit 4HisTOPS.org.



(above) 4-H Prep offers fun, interactive learning opportunities for youngsters in grades K-3.

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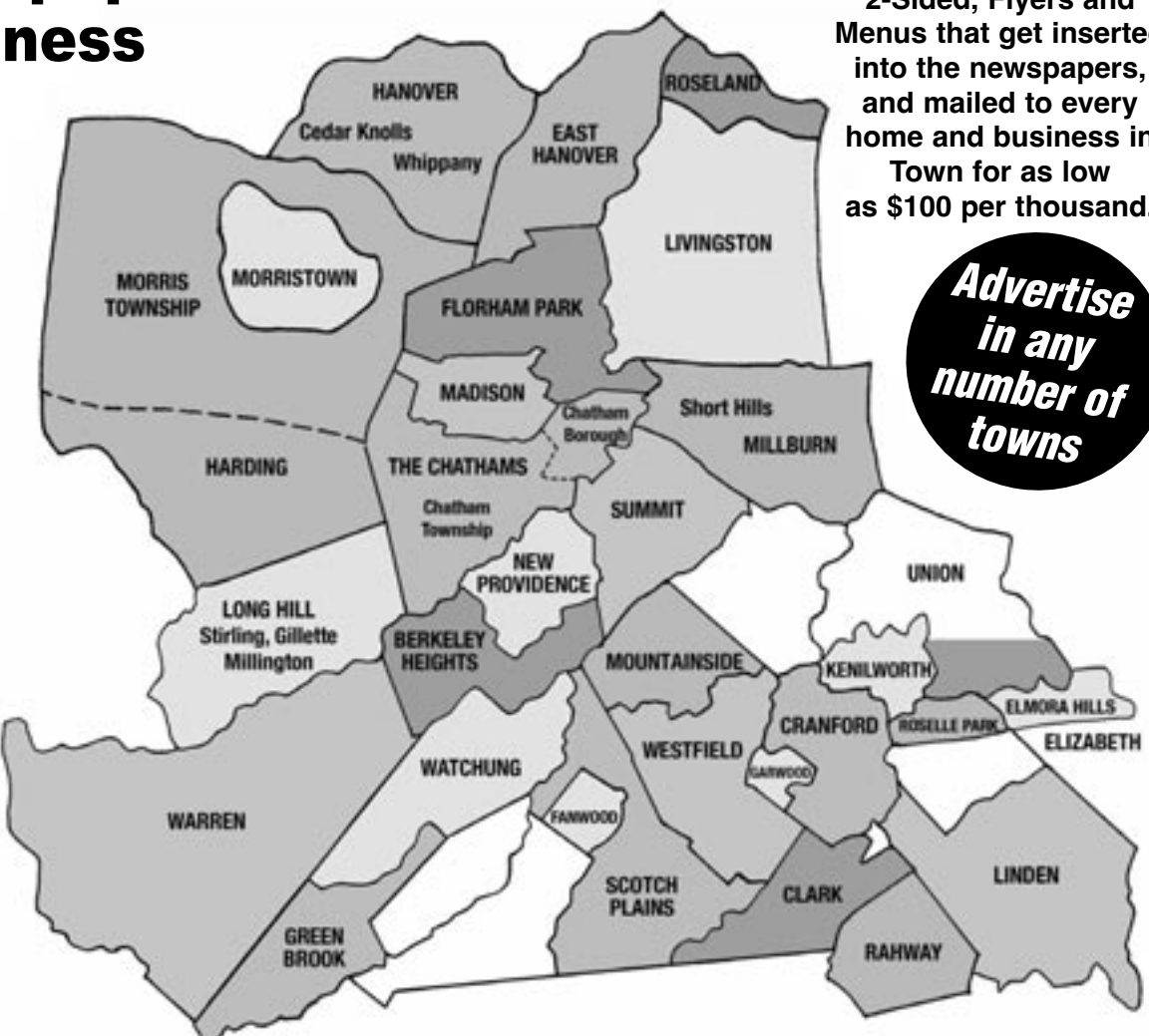
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Seated Legs & Core Exercise

Thurs, 1 p.m. – (Video)

The exercises are very clear and easy to learn.

Card/Table Games – Thurs, 1 p.m. - 4 p.m.

Mahjong, Dominoes, Left-Right-Center Dice, Rummikub, Canasta, Mexican Train and more.

Tai Chi (Video) – Fris, 10:00 a.m.

Shifting body weight through a series of light, controlled movements that flow rhythmically.

Bridge – Fridays, 1 p.m. - 4 p.m.

Bridge is a mentally challenging card game .

February 3, 11 a.m. – Craft

Ceramic Bisque Heart Photo Frame.

Pre-registration is required.

February 4, 11 a.m. – Boggle

Challenging game using a grid of letters.

February 5, 11 a.m. –Bingo

sponsored by Country Arch Care Center.

February 6, 11 a.m.

Grandparenting for Drug-Free Kids

Partnership for a Drug-Free New Jersey.

February 7 & 21, 11 a.m.

Brains n Games and Hand Bells

Solving puzzles or challenging yourself with new mind-stretching activities

February 10, 11 a.m.

Cozy Valentine Celebration

Discover festive recipes.

February 10, 1 p.m. – Drum Circle

Soothe the mind, body and spirit.

February 11, 11 a.m.

Nelson Mandela & Apartheid in South Africa

Watching documentary about Nelson Mandela

February 11, 1:30 PM – Monthly Book Club

Meets Every Second Tuesday of the month.

New members are always welcome!

February 12, 11 a.m. –Craft – Pinecone roses

Create beautiful rustic “roses: using pinecones

February 13, 11 a.m.

Breathing techniques for mental wellness

Practices that can be used to distract the mind and induce calm during an anxiety episode.

February 14, 11 a.m.

Valentine's Day Musical Entertainment

John Sudia will sing your favorite songs.

February 14, 1 p.m.

Valentine's Day Fitness Trivia

Simple seated and standing exercises.

February 17 - Closed

In observance of President's Day

February 18, 11 a.m. – Wordle - Wordle

Dig deep and identify some words.

February 19, 11 a.m. - Maple Sugaring

Discover the secrets inside a maple tree.

February 20, 11 a.m.

Black History Month Bingo

Celebrating cultural contributions.

February 24, 11 a.m. Back in the Day Trivia

Put your knowledge of the past to the test.

February 25, 11 a.m. - Technology:

Your Gateway to a Connected World

Discover how simple tech tricks can help you.

February 26, 11 a.m. – Joyfully Neat

Get organized with helpful information.

February 27, 11 a.m. – Weaving Mats – Craft

Interlace the strips of paper to create mats.

February 28, 10 a.m. – Blood Pressure Screen

The Rutgers Ernest Mario Pharmacy students will meet with you individually and take your blood pressure and answer your questions.

February 28, 11 a.m. – Educational Games

Join Rutgers Pharmacy Students and take part in fun, interactive game to learn about Blood Pressure, Heart health and wellness.

LEG PAIN

You Don't Have To Live With It!

That “searing, burning pain” in your thigh and calf... that “aching, numbing” feeling in your hip and buttocks... that “tingling” in your foot and toes and loss of balance... It interferes with your ability to walk, to ride a bicycle, play golf, garden... to have **FUN IN LIFE!**

Leg pain, thigh ache and numbness, and tingling in the foot may actually be caused by a pinched back nerve even though you have **NO** back pain - it could even be Sciatica.

Dr. Murphy is an expert at finding the **CAUSE** of your leg pain and numbness and **CORRECTING IT... WITHOUT THE USE OF DRUGS OR SURGERY.**

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Suburban Chiropractic Center



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 Chiropractic Physician

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 The NJ and Morris Chiropractic Societies

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