# WARREN MONTHLYNJ

#### WARREN'S HOMETOWN NEWSPAPER

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# **GIRL SCOUTS VISIT WITH SENIORS AT THE MIRA VIE CENTER**

Submitted by Angela Baryiewski Warren Girl Scout Service Unit 65 visited the Mira Vie Senior Center to spend time with the seniors during the month of March. This was a really great experience for the girls and the seniors. All the troops brought Girl Scout cookies to share while they each did something a little different with the seniors, all month long.

- The Daisies colored with the Seniors.
- The Brownies played Bingo with them.
- The Cadettes painted crafts with them.
- The Juniors put on an amazing talent show with singing, dancing, gymnastics, and playing instruments.

For more information on how to join Girl Scouts visit girlscouts.org.





#### Ashley's March Warren Market Update

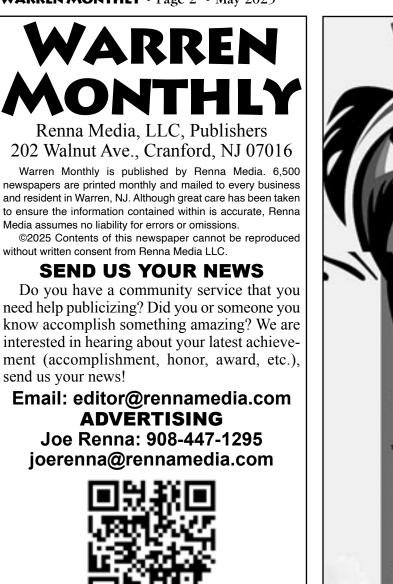
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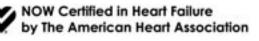
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### **CENTRAL SCHOOL HOSTS CAREER DAY**

#### Warren Township Schools

Central School recently hosted an engaging and educational Career Day for students in 4th and 5th grade, bringing together students, parents, and professionals to explore a diverse range of career paths. This event allowed students to gain firsthand knowledge about different professions directly from parents who work in those fields.

Career Day featured an impressive lineup of occupations, including investors, business owners, dancers, doctors, scientists, and more. The event took place in three different classrooms, allowing students to rotate and see each presentation.

Parents of students at Central School volunteered their time to share their expertise through interactive presentations, hands-on activities, and engaging demonstrations. Each session provided an opportunity for students to questions, participate in hands-on ask experiences, and learn about the skills and education required for each profession.

According to Central School principal Mrs. Tuyga, "Career Day is a great opportunity for 4th and 5th graders to see just how many different types of careers exist and explore the many paths their futures could take. It's exciting to see our volunteer presenters' passion for their careers and to watch as students' curiosity is sparked. I hope our students were left motivated to explore their interests and realize there's no limit to what their dreams can achieve."

the presenters to learn about the challenges and rewards of different career paths. The event concluded with a heartfelt thank-you from the school staff and students, recognizing the contributions of the parents who made the day possible.

The students were encouraged to engage with the presenters to learn about the challenges and rewards of different career paths. The event

The students were encouraged to engage with concluded with a heartfelt thank-you from the school staff and students, recognizing the contributions of the parents who made the day possible.

> Career Day at Central School exemplifies the school's commitment to providing real-world learning experiences that inspire curiosity and ambition in young minds. The event ignited excitement among students about the possibilities for their futures.



(above) Career Day brought together students, parents, and professionals to explore a diverse range of career paths. Photo by Warren Township Schools





# **ALISHA LI EARNS REGIONAL HONORS IN FENCING**

Warren earned the 2025 United States Fencing Coaches Association (USFCA) selection as All-Region honors. Alisha made the Division III team in epee. The awards are determined based on result and field size at each of the NCAA Regional Competitions.

Li made it to the quarterfinals round at the NCAA Northeast Regional, taking 26th among all divisions.

Alisha was Co-Captain of the Fencing team at Warren Hills Regional High School and made First Team All-State in 2022 and 2023. As freshman at Wellsley she won 80 meet matches. She made her collegiate debut with 11 victories at the LIU Shark Tank Challenge. Other accomplishments include: a team-leading 16 wins at the Vassar Invitational; picked up 13 conference wins at NFC Conference Meet No. 1 and the Brandeis Invitational; undefeated against



went 10-2 at the Eric Sollee Invitational and the EWFC Championships; and advanced to quarterfinals and placed 32nd in epee at the NCAA Northeast Regional. Li was awarded USFCA DIII Newcomer of the Year in Epee and



(above) Alisha Li

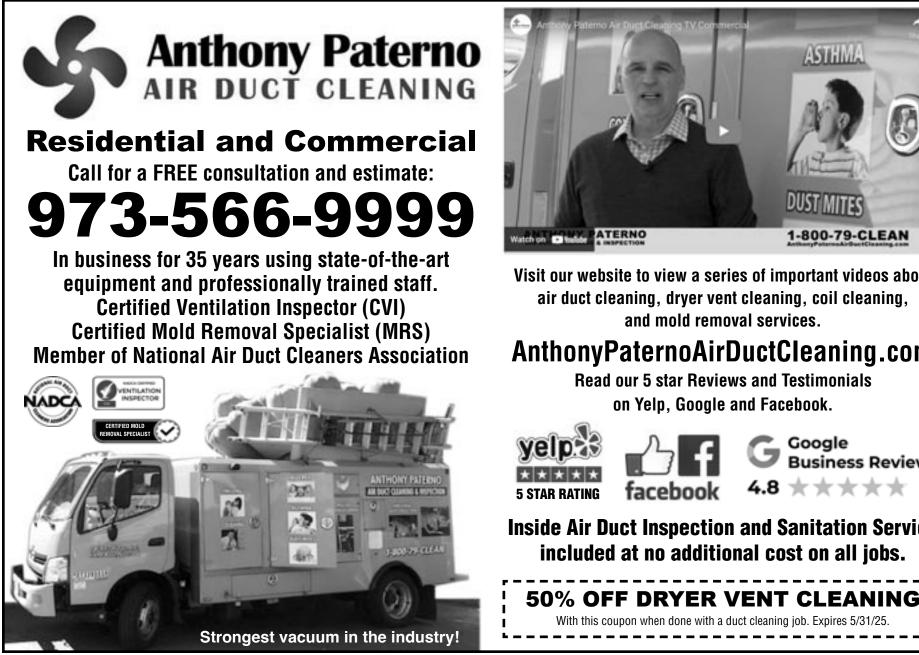
Wellesley College sophomore Alisha Li of Division I Northwestern at the Tufts Invitational; earned a spot on the 2023-24 All-Academic Team.

> As a sophomore more Alisha earned 54 victories in dual matches; opened the season with six wins at the Shark Tank Challenge; went 11-4 at the Vassar Invitational; notched 16 victories at the NFC Conference Meets; had strong wins against Division I opponents Cornell and Penn State at the Brandeis Invitational, collected 10 victories at the EWFC Championships.

> In both her freshman and sophomore years, Alisha was selected USFCA Northeast Fencing Conference All-Regional Team; Division III All-America Honorable Mention; and Northeast Fencing Conference Second Team.

> Westley College is part of Delaware State University and is located Dover. The U.S. Fencing Coaches Association is an association of United States fencing coaches and was established in 1941.







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Get a FREE INSPECTION from Roof Maxx, and we'll give you honest answers about the condition of your roof and what we can do for you!



### **INTERNATIONAL DAY CELEBRATES JAPAN**

Warren Township Public Schools

In a celebration of culture and education, Angelo L. Tomaso School hosted an unforgettable International Day focused on Japan for its students. Held in the school's gymnasium, this exciting event was made possible thanks to the generous sponsorship of the school's PTO, who are passionate about fostering a global perspective for their children.

The event featured activities that allowed students to jump right into Japanese culture. The students had the opportunity to explore different Japanese foods. Students were able to participate in dance performances, which added a lively cultural flair to the atmosphere.

In addition to the food and performances, the event provided students with a hands-on experience of Japan's rich cultural heritage through craft activities. Children participated in making origami giving them a creative and educational outlet to appreciate the country's artistry.

Throughout the event, students participated in interactive demonstrations and practice sessions, learning the fundamentals of martial arts. These sessions not only allowed students to develop physical skills but also to appreciate the discipline, respect, and history behind each art form.

ALT's Principal Christine Smith says,

"International Day has become one of the most exciting days of our school year. It has evolved from years past when we would expose our students to a few different countries to a fully immersive experience focused on the culture of one country. The children explore the given country's history, landmarks, language, food, art, games, dances, and crafts. Our parents begin planning and coordinating at the beginning of each school year and choose countries that we

have not explored in the past. It is amazing to watch our entire school community come together to celebrate learning about Japan!"

The day was a resounding success, with students, teachers, and parents coming together to celebrate learning and culture. With a focus on diversity, understanding, and respect, the event emphasized the importance of global citizenship and the value of cross-cultural learning for young minds.

Photos by Warren Township Public Schools















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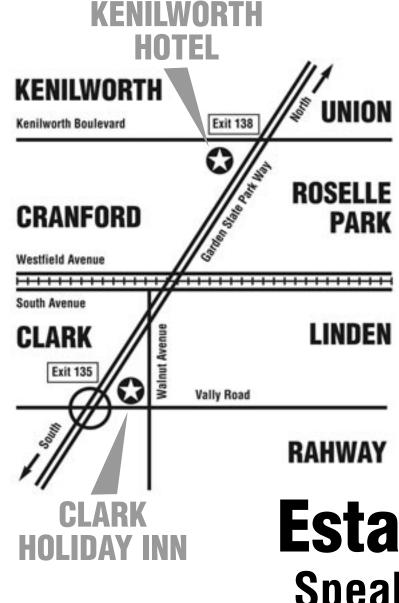
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### AMELIA ARON TAKES FIRST PLACE IN ART AND ESSAY CONTEST

#### Warren Township Schools

Congratulations to Amelia Aron, a 5th-grade student at Mt. Horeb School, for winning first place in the Conserve Wildlife, Species on the Edge Art and Essay Contest for Somerset County. Every year, 5th graders conduct research about at-risk animals from NJ during library class, and students are encouraged to submit artwork to enter the contest. Amelia's research was dedicated to the Piping Plover. Amelia and her adult chaperone will be invited to spend a day on Sedge Island, off the coast of LBI, exploring the wildlife in the marsh, clamming, fishing, kayaking, and taking a hike! Way to go, Amelia!



(above) Amelia Aron Photo by Warren Township Schools



# WARREN LIBRARY MAY 2025 EVENTS

42 Mountain Blvd, Warren, NJ • Tel: 908-458-8450 • sclsnj.org

#### **PRE-SCHOOLERS**

#### **Baby Storytime**

May 6, 13 & 20, 10:30 - 11:00am This interactive program is filled with brainbuilding rhymes, movement, songs, and stories.

#### KIDS STEAM Stations

May 3, 11:00 a.m. - 2:00 p.m We're opening up our program room for selfguided play. STEAM (Science, Technology, Engineering, Arts, and Mathematics) games will be available from 11am-2pm. No

registration required.

#### Kids in the Kitchen

May 5, 4:30 - 5:15 p.m

Build your cooking skills and socialize with other kids as we make a new recipe each

#### session. LEGO® Club

May 24, 11:00 a.m. - 12:00 p.m Join the fun if you like building with LEGO® bricks. Bring your creativity and prepare for a

challenge. **National Paper Planes Day**  *May 28, 4:30 - 5:30 p.m* Connect with other kids as we celebrate the art

#### of paper plane making. **FAMILIES**

Daytime Family Storytime and Craft

May 1, 5, 8, 12, 15 & 22, 10:30 - 11:15 a.m. Share this interactive program filled with songs and stories with the whole family. Monday's storytime will be repeated on Thursday. Dress for Mess.

Crafting for Kids

May 7, 3:00 - 5:00 p.m Drop in to make a craft. Parental supervision is required.



May 10, 11:00 a.m. - 12:00 p.m A professional handler will showcase incredible

animals with exciting feeding demonstrations and hands-on interaction.

Wildlife Show

Puppet Storytime

May 12, 5:00 - 5:30pm & May 17, 11:00 - 11:30 a.m.

Explore popular children's stories starring Miss Katie and her amazing puppet friends! Monday's storytime will be repeated on Saturday. No registration required.

#### Saturday Family Social

May 31, 11:00 a.m. - 2:00 p.m We're opening up our program room for selfguided play and social time for families. Board games, toys, books, and activities will be available.

#### TWEENS/TEENS Flower Power

May 8, 6:00 - 7:00 p.m Connect with other teens as you share inspiring quotes that will be put up around the library.

Crafting for the Community

May 15, 6:00 - 7:00 p.m Connect with other teens as you earn community service hours.

Teen Volunteer Night (Grades 6-12)

May 22, 6:00 - 7:00 p.m. Connect with other teens as you help with hands-on projects Participants will earn one community service hour.

### ADULT

**English Conversation Group** May 6, 13, 20 & 27, 10:30 - 11:30 a.m. Practice speaking English in a friendly setting. Intermediate English skills are required. In-Branch Movie - "Yesterday" May 8, 2:00 - 4:30 p.m Celebrate the music of the sixties. **Understanding Memory Loss** May 14, 11:00 a.m. - 12:00 p.m Hybrid book discussion "When the Emperor was Divine" May 14, 6:30 - 7:30 p.m "When the Emperor was Divine" by Julie Otsuka. This discussion will be moderated by Warren Twp. Librarian Genevieve Girvan. In-Branch Movie - "Ray" May 15, 2:00 - 4:30 p.m **Chinese Tea and Dessert Pairing** May 17, 2:00 - 3:00 p.m Celebrate Spring with a stasting of Chinese teas paired with traditional Chinese desserts. **Adult Craft: Summer Body Scrub** May 21, 2:00 - 3:00 p.m Learn how to make a body scrub using common household ingredients. In-Branch Movie - "A Complete Unknown" May 22, 2:00 - 4:30 p.m Hybrid book discussion - "How to Age **Disgracefully**"

May 28, 2:00 - 3:30 p.m "How to Age Disgracefully" by Clare Pooley. This hybrid book discussion will be moderated by a Warren Twp. Librarian.



## STUDENTS PARTICIPATE IN POETRY OUT LOUD COMPETITION

Watchung Hills Regional High School A partnership of the National Endowment for the Arts and the Poetry Foundation, Poetry Out Loud is a national arts education program that encourages the study of great poetry by offering a dynamic recitation competition to high schools across the country. The Watchung Hills Regional High School (WHRHS) English department launched its first year of Poetry Out Loud in September 2024. English teachers Mike Porter, Lynn Raimondo, and Michelle Lesniak led this initiative. Eleven students recited a poem for the full English Department during the WHRHS semi-finals on December 11th. Nine of those semi-finalists competed in the WHRHS Poetry Out Loud finals on January 16th.

Each student recited two poems during finals. Ms. Mary Ellen Phelan, WHRHS Director of Curriculum and Instruction, WHRHS teacher of Social Studies, Ms. Cara Yuknis, and recently retired WHRHS teacher of English Ms. Laura Goodson served as judges.

Zoya Balakrishnan won the WHRHS Poetry Out Loud finals with Tiffany Hwang as an alternate. As the WHRHS Poetry Out Loud winner, Zoya went on to perform in the New Jersey POL Region 4 competition at the Mayo Performing Arts Center in Morristown.

The first year of Poetry Out Loud sparked much collaboration and learning through close performance, reading, recitation, and competition. WHRHS plans to start its next season this spring to involve more classes, more



time to practice and prepare for the NJ POL Region 4 competition. WHRHS hopes to get more people involved, especially the underclassmen, so they can see the whole performance.

They performed in reverse alphabetical order by last name, so Zoya was last in the rotation. This meant that "We Are Not Responsible" was the closing performance - it was a good closer for the show!

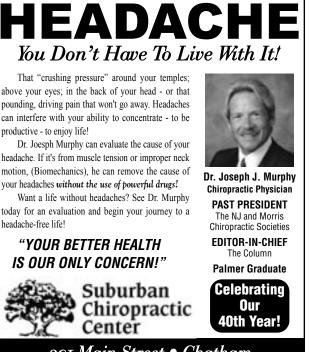
A reflection from Zoya Balakrishman "Poetry Out Loud was an amazing way for me to develop a new appreciation for a form of literature often overlooked by high school students in favor of their familiarity with prose. Before participating, I had heard of a few popular poets: Maya Angelou, Ralph Waldo Emerson, and Elizabeth Acevedo. But the three poems I finally chose to

teachers, and more students to give them more recite were from entirely unfamiliar poets with uniquely fascinating stories to tell. I explored 18th-century sonnets alongside modern blank verse storytelling and practiced performance alongside comprehension. Poetry Out Loud is an amazing way for students to delve into poetry and its intricate interpretations without the pressure of creating original works. I received an immense amount of guidance and advice from our coordinators, all of whom helped me so much with my understanding of the poems on a deeper level. At the regional level, Poetry Out Loud was a chance for me to discover the talents and perspectives of others as well as bond with passionate, like-minded students. I fully intend to participate again next year and hope to see even more students interested in the event, giving them a chance to gain the same enthusiasm and appreciation for poetry that I did.

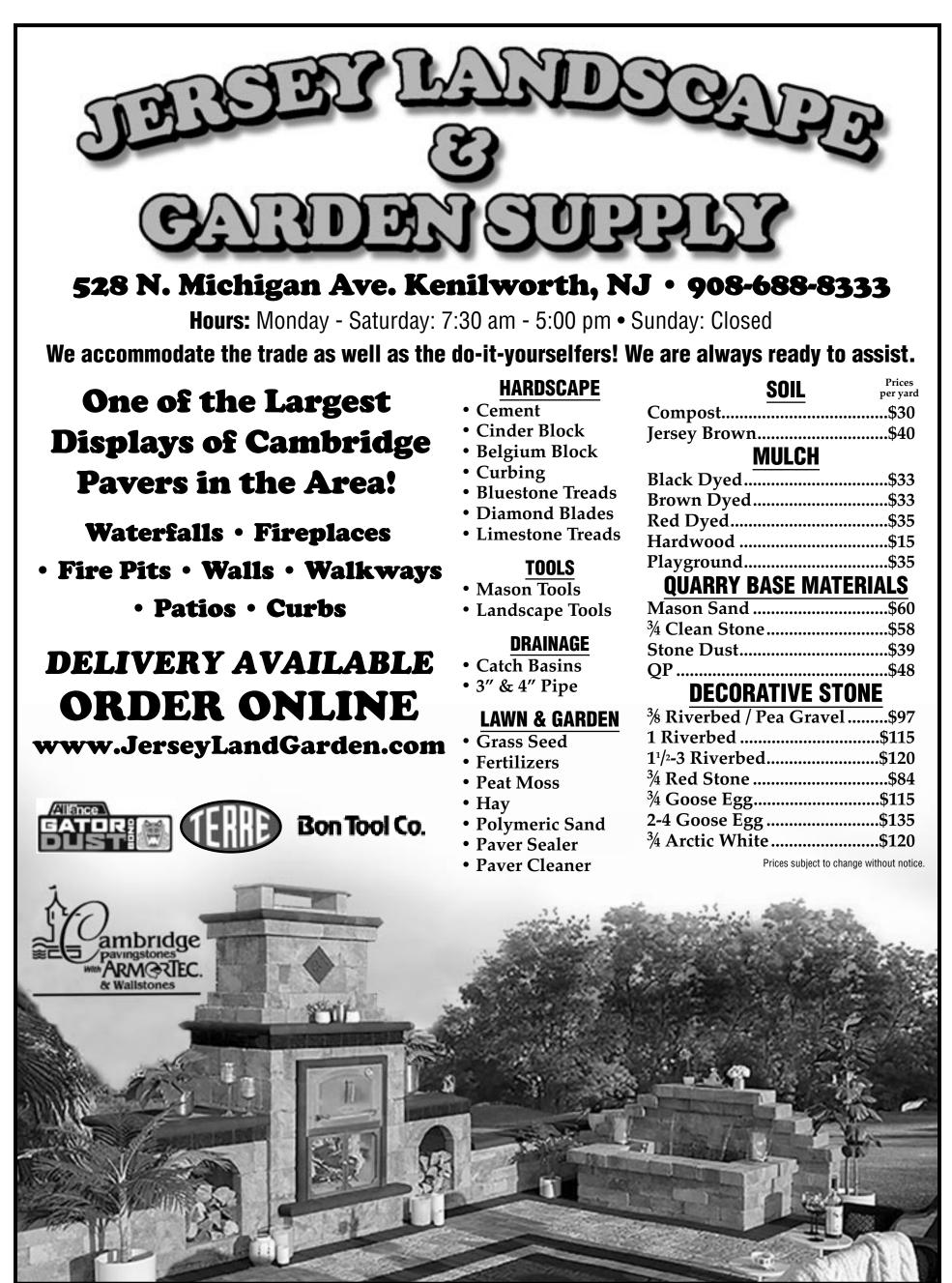


(above) Michelle Lesniak, Lynn Raimondo, Zoya Balakrishnan, Michael Porter Photos by WHRHS





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## **MEMORIAL DAY: A TIME FOR REFLECTION AND ACTION**

Michael Boll, New Jersey Veterans Network Every Memorial Day, millions of Americans attend parades, fire up their grills, and host large backyard BBQs for friends and family. As a veteran, I look forward to marching in a parade and attending a BBQ. However, before the festivities begin, I make it a point to check in on fellow veterans and ensure they are in a good place. For some veterans, Memorial Day is a difficult day, and they could use some reassurance from a friend or comrade.

For too long, our military members and veterans have been facing a heartbreaking crisis. A new study suggests that 44 veterans and servicemembers take their lives every day. This has become a nationwide epidemic, and countless families are struggling with this issue alone. Fortunately, there are many organizations working tirelessly to help our uniformed heroes get through these difficult times.

In 2017, the New Jersey Veterans Network (501(c)3) was created with a focus on the wellbeing of military members, veterans, and their families. The NJVN is a volunteer-driven mobile outreach team that actively seeks out veterans in need, providing them with free, life-saving resources and services. As a grassroots organization, we have a unique perspective on the needs of our uniformed heroes.

Our approach, combined with the ability to collaborate with other organizations that share our mission, has allowed us to save lives and help veterans live a better quality of life. Recently, the NJVN has ramped up our mentorship and peer

### **RABIES CLINIC - MAY 3**

Warren Township Health Department in conjunction with the Middlebrook-Regional Health Commission will be hosting a rabies clinic for dogs and cats.

Warren Township Residents can attend the following rabies clinic at no cost.

May 3rd, 9:00 - 10:00 a.m. at the Washington Valley Fire House at 146 Washington Valley Road.

Pets must be at least 6 months of age

Dogs must be leashed

Cats must be in carrier

For more information contact Middle Brook Regional Health Commission at 732-968-5151 or the Warren Township Health Department at 908-753-8000 ext. 239.



support programs. However, our recreational therapy events and functions have produced the most impactful results.

The NJVN has had great success hosting social events such as: movie nights, group hiking, paintball, professional sporting games, fishing trips, hunting, and other outdoor activities. Additionally, every year, the NJVN sends veterans to Camp Patriot (a PTSD retreat) for a week of healing.

Each week, the NJVN provides veterans with food, clothing, housing assistance, VA benefits information, and mental health support. By

partnering with numerous other groups and organizations, we can offer our uniformed heroes a better way of life.

We are always looking for volunteers that can both assist with upcoming events and help mentor veterans so they can live better productive lives. Volunteers are the most important NJVN resource, and we would love to have more people help us save lives. If you need assistance, or are interested in joining our team of volunteers, please send us your name, email, and phone number to NJVN1775@gmail.com or call 973-332-1556. For more information visit NJVN.org.



(above) Memorial Day parade march



### **JOHN SARNO WILL WALK 70 MILES TO RAISE MENTAL HEALTH AWARENESS**

Mental Health Association in New Jersey This May, Warren resident, John Sarno, Esq., is embarking on a journey embracing his 70th birthday that combines two of his greatest passions: walking and advocating for mental health. May is Mental Health Month and through his special project, Walking for Mental Health: 70 for 70, John will walk 70 miles over three weekends, in selected parks. John describes this milestone as a personal and meaningful endeavor. "There are three things I really love, being outside, walking and hiking, and promoting mental health. Those things come together for me, and I think they come together for a lot of people," he said.

#### WHY MENTAL HEALTH?

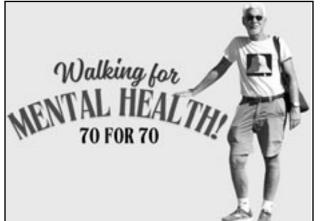
John's dedication to mental health is deeply rooted in his own journey, the experiences of his family, and his early career as a community mental health worker. Although he later pursued a career in law, his advocacy for mental health has remained steadfast for over 40 years.

For John, this walk represents more than just a personal challenge -- it's about prioritizing physical and mental well-being. He explained, "This is a moment in time. There are so many frightening and demoralizing things happening in the world. Each of us has to decide how we'll take action. This walk is my way of standing up for something I believe in."

John encourages everyone who values mental health to show their support by donating \$1 per mile—a total of \$70—to benefit the Mental Health Association in New Jersey (MHANJ), where he proudly serves on the Board of Trustees.

As an MHANJ Board member, John sees this initiative as a meaningful way to raise funds and awareness. With May being Mental Health Month, he believes the timing couldn't be more perfect, stating, "The stars have aligned — I'm 70, in good shape, and I can do this!"

In today's highly polarized world, John sees mental health as a universal, nonpolitical issue that needs to be addressed thoughtfully. He emphasized, "The stigma around mental health is irrational and harmful. Everyone has their own



#### **6 LOCATIONS, 12-MILE WALKS**

- Liberty State Park Jersey City, May 3
- Saddle River Park Rochelle Park to Ridgewood, May 4
- Palermo Sicily, May 12 (Birthday)
- Delaware Raritan Canal Bound Brook, May 18
- Battlefield State Park Princeton University, May 24
- Gateway National Park Sandy Hook, May 25

experiences, and yet, we fear being ostracized or judged. It's destructive to the human spirit. The more we talk about it, the more we make it a normal part of everyday life. People are ready for that change."

John encourages people to support mental health in ways that feel right for them, such as through conversation, advocacy efforts, or taking their own small but meaningful actions. He shared, "Living a positive life and being a role model for others is the art of living. It's about doing impactful work at any age, paid or unpaid. We all have a choice: to be demoralized or to do something positive every day."

#### **SUPPORT JOHN AND MENTAL HEALTH** To donate visit

www.classy.org/campaign/

john-sarno-70-for-70-walk/c663935

Every contribution makes a difference!

#### ABOUT THE MENTAL HEALTH ASSOCIATION IN NJ

The Mental Health Association in New Jersey is a statewide non-profit organization whose mission is to strive for children and adults to achieve victory over mental illness and substance use disorders through advocacy, education, training and services. For more information visit mhanj.org or call 973-571-4100, ext. 123.



(above) Warren resident, John Sarno, will be walking 70 miles in honor of his 70th birthday during May, Mental Health Month.











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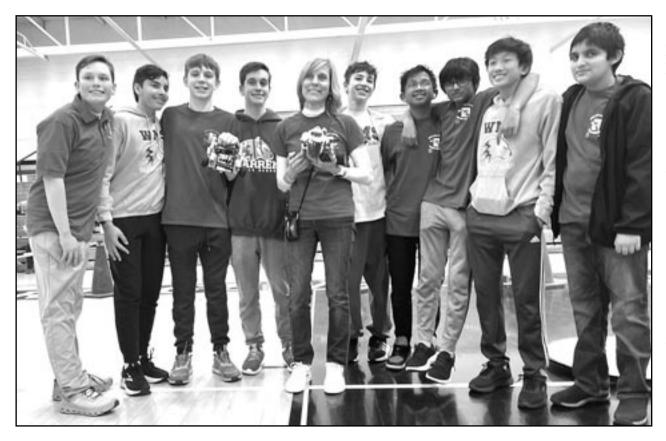
Rates effective November 1, 2024. Subject to change. See RennaMedia.com for most up to date pricing.

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### **ROBOTICS CLUB VICTORIOUS AT TECHNOLOGY DESIGN CHALLENGE**

#### Warren Township Schools

Dr. Susan Cooper led nine Warren Middle School students - Ben Carr, Brandon Bellish, Shay Moran, Rishi Dev, Tanish Mehta, Constantin Bellman, Pranoy Mazumder, Andrew Kim, and Vivek Sharma, to victory at the NJ Middle School Technology Design Challenge at Bridgewater Middle School. The teams spent months working on designing, building, and coding robots to compete in several challenges throughout the day, and their efforts were evident in the successful results.



(above) The Team

Photos by Warren Township Schools



(above) Constantin Bellman and Pranoy Mazumder



(above) Shay Moran, Ben Carr, and Brandon Bellish





#### BUILD YOUR ONLINE PRESENCE: NEW DFY\* SERVICE \*DONE FOR YOU - NJLOCALINFO.COM\*

Struggling to build your business' online presence? NJLocalInfo.com offers not only a powerful, cutting-edge content marketing service, but also a high quality local directory to connect you with leads directly.

#### **NEW JERSEY: POWERED BY SMALL BUSINESS**

It would not be a stretch to say that the New Jersey economy is built on the backs of the small businesses that call the state their home. Nearly one million SMB enterprises are registered in the state as of 2024, a sector of the economy that now accounts for half of all employment in the state. Things are competitive, to say the least. So, how do you, as a business owner, stand out?

#### WHAT TO BOOST YOUR ONLINE VISIBILITY? VISIT NJLOCALINFO.COM

To answer that question, we need to first understand the shape of the problem facing many small business owners. There is one very critical thing putting many businesses at a massive disadvantage, not only when compared to other SMBs, but against larger competitors as well. That key ingredient? Digital marketing.

A recent Forbes report found that over half of all small business growth in 2025 comes from digital sources. Translation? Without a digital presence, you are leaving a huge chunk of your potential revenue on the table.

#### NJLOCALINFO TO THE RESCUE

To help level the playing field, NJLocalInfo.com has developed a two-fold visibility solution that will allow your business to quickly and sustainably build organic traffic in your local market. They accomplish this both by establishing high-quality backlinks to build site authority, and by promoting your business directly to customers through their own directory. **PROVEN SYSTEM** 

Their content marketing services are based on their "Create, Repurpose, Distribute" system, which combines the talents of a team of human experts with leading automation technologies to facilitate broad-reach campaigns on a budget. The system relies on informative yet engaging content, which is then transformed into various formats using automation and distributed to hundreds of high-authority channels



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CHERIE BERGER TEAM



#### 78 ROCK ROAD WEST, GREEN BROOK, NJ 5 BD | 6 BA | 1 HB | \$1,590,000

A truly exceptional custom home with sprawling views throughout almost every room. Don't miss the chance to own this remarkable home, with unparalleled views.



#### 21 JOHNS DRIVE, WARREN, NJ 2 BD | 2 BA | \$1,185,000

Enjoy this stunning pristine sunfilled Carrington ranch-style home within the 4 Seasons Promenade, an exclusive 55+ private gated Adult community.



#### 153 MOUNTAIN AVE, WARREN, NJ 4.5 ACRES | \$1,100,000

Calling builders! 4.5 acres for sale. Zoning is for 1.5 acres per lot. Currently has a house, separate garage, and horse barn on the property. No public sewer.



#### 81 JOAN DR, WATCHUNG, NJ 6 BD | 3 BA | 1 HB | \$885,000

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