

WARREN MONTHLY NJ

WARREN'S HOMETOWN NEWSPAPER

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

ISSUE 159 • MARCH 2026



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HIGH SCHOOL STUDENTS LAUNCH À LA MODE MAGAZINE

"À La Mode Fashion Magazine, a student-founded and student-run fashion publication, officially launches as a bold new voice in youth fashion media. Created by students for students, À La Mode combines editorial storytelling with real conversations about creativity and self-expression in today's fashion landscape.

Founded by Roxana Nasrin and Sarah Levine, seniors at Watchung Hills Regional High School, À La Mode Fashion Magazine was born from a desire to give students with an interest in anything fashion-related to flourish. In their freshman year, Nasrin and Levine were looking for a space to tell stories through visuals that didn't yet exist – so they made their own.

The magazine features original editorials, trend reports, interviews, opinion pieces, and behind-the-scenes coverage of student-led fashion initiatives. Each issue highlights emerging designers, stylists, photographers, writers, and models within the school.

Beyond print and digital publication, À La Mode has expanded into live events and experiential storytelling, including student-produced runway shows, creative collaborations, and school-wide initiatives that celebrate fashion as an art form and a form of expression.

As the school's first fashion magazine, À La Mode represents a successful student start-up driven by passion and collaboration. Funded from the ground up, the club managed to raise enough money to support the printing of the magazine through fundraisers like a school-wide Thrift Shop Pop-Up, where students were encouraged to donate clothing they no longer wore for reselling via À La Mode. Not only did this raise money for the club, but also generated excitement for the magazine around the school and community.

With hundreds of copies sold, the club is already onto producing their next issue set to release in February 2025 – À La Mode: The Global Edit. For more information, upcoming issues, or collaboration inquiries, follow @alamodewhrhs on Instagram or email itss.sarah.rose@gmail.com."



FOUNDED BY
SARAH LEVINE
AND
ROXANA NASRIN



Ashley's January Warren Market Update



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▲ Increased from last month

31 Average Days on Market

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27 # of houses on the market

▲ Increased from last month



COMPASS

WARREN MONTHLY

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

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JAKE HERRING AWARDED ROTC SCHOLARSHIP

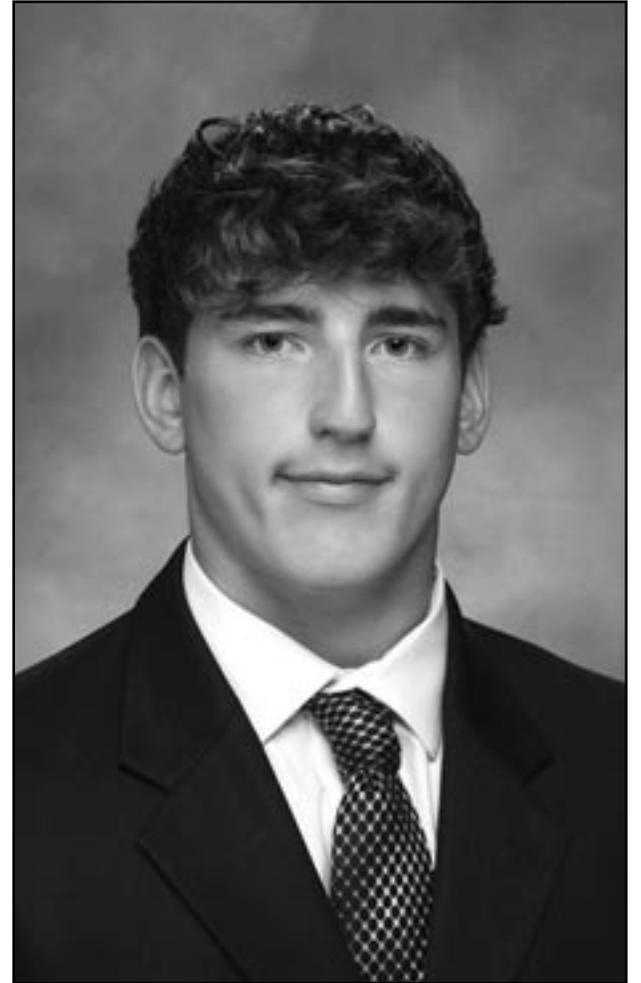
Watchung Hills Regional High School is proud to announce that senior Jake Herring has been awarded a highly competitive Reserve Officers' Training Corps (ROTC) scholarship valued at \$180,000, a significant achievement that reflects years of dedication, discipline, and leadership.

The ROTC scholarship selection process is rigorous, with candidates evaluated on academic achievement, physical fitness, leadership potential, and character. Jake distinguished himself in all areas, earning recognition for both his strong academic performance and his commitment to personal growth and service.

Early in his high school career, Jake took a proactive approach to preparing for this opportunity. He researched the ROTC program and its expectations, setting clear academic and personal goals to become a competitive candidate.

Upon graduation, he plans to attend the Virginia Military Institute (VMI), where he will continue his education while participating in the ROTC program. As part of the scholarship requirements, he has committed to accepting a commission and serving as an active-duty member of the United States Marine Corps following the completion of his studies.

The WHRHS community congratulates Jake on this outstanding accomplishment and wishes him continued success as he prepares for a future of leadership and service.



(above) Jake Herring will attend the Virginia Military Institute on a ROTC Scholarship.



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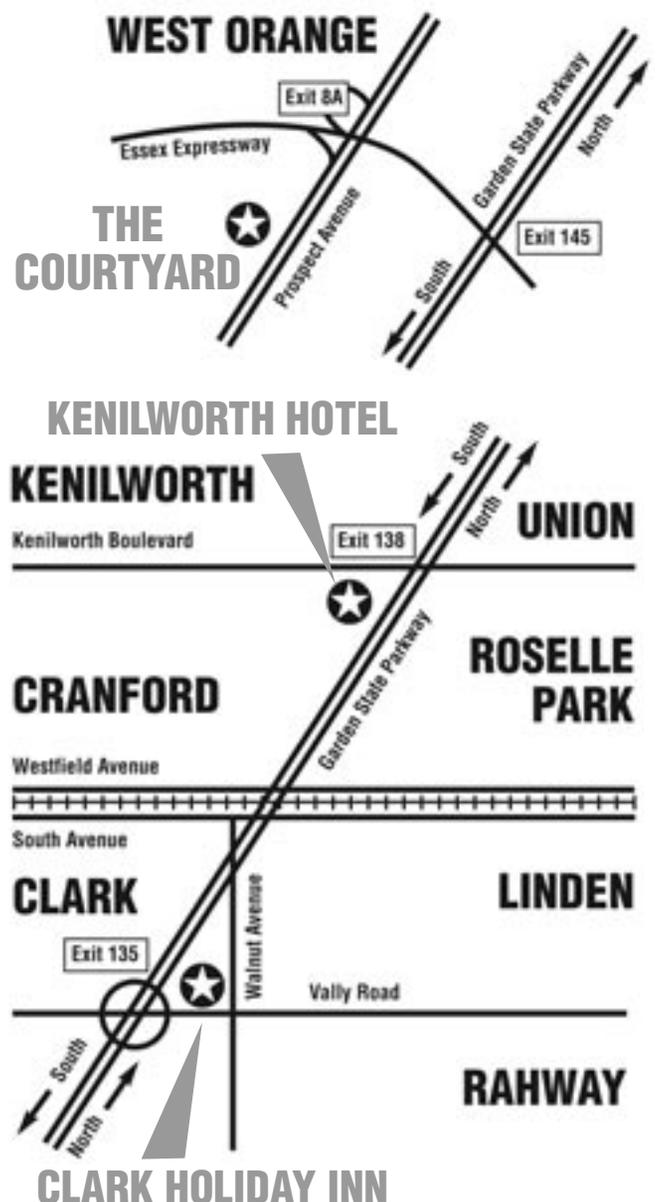
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- Please note: Library staff cannot deliver materials directly to private residences. Home Borrowing customers cannot receive electronic devices (such as Playaways, Launchpads, or Mobile Hotspots) or Inter Library Loans through the mail, nor can these items be returned to the library by mail.

In addition, some customers may be eligible to receive materials from New Jersey State Library's Talking Book and Braille center. Please ask for more information.

HOW TO APPLY

For more information, or to apply visit: sclsnj.org/services/home-borrowing/

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(above) The original section of this house was most likely constructed between 1766 and 1774 by Thomas Terrill, Sr. It utilizes an H-bent frame, a hallmark of Dutch-American architecture. The house has been expanded and altered several times over the past three centuries, including a two-and-a-half story four room section constructed circa 1795. After the death of Thomas Terrill Sr. his widow Tryphena married William Ford, a private in the Middlesex County Militia during the American Revolution. In the 1830s, the house was owned by Thomas Terrill, Jr., the first Clerk of Warren Township, Justice of the Peace, County Judge and County Commissioner of Deeds. In 1857 the house was purchased by German immigrant John Kirch and it remained in the Kirch Family until 1978. Since 1980 the house has been owned by Warren Township. It is now operated by the Township Historic Sites Committee and is open to the public.

THE KIRCH-FORD-TERRILL HOUSE RECEIVES GRANT FOR UPGRADES

Somerset County

On November 12, 2025, the Somerset County Board of County Commissioners presented grant-funded checks to representatives of four historic sites through the Somerset County Historic Preservation Grant Program.

The Kirch-Ford-Terrill House, located in the Township of Warren received \$63,350 to complete a historic structures report and to update the home's preservation plan. The plan includes an archaeological investigation, recommendations for restorations, enhanced maintenance guidelines, a hazard assessment plan, and increased accessibility for visitors. Learn more: visitsomersetnj.org/fun-somerset-nj/kirch-ford-terrill-house

The competitive program enables applicants to apply for funding, which is allocated annually, to help with preservation plans, construction

projects, cultural landscape reports, and overall planning. Every restoration project prolongs the lifespan of a historic site, which allows residents to visit and participate in the historical programs, community events, and educational workshops offered by Somerset County. Some initiatives and events, such as the Docent Training Program, Weekend Journey Through the Past, and the upcoming 250th Celebration, rely heavily on these historic sites for public engagement.

The grant program is supported by the Somerset County Cultural & Heritage Commission, which operates out of the Division of Planning, with funds made available by the Somerset County Board of County Commissioners and the Somerset County Open Space, Recreation, Farmland, and Historic Preservation Trust Fund.

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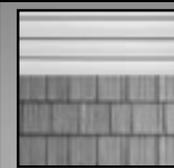
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DAV CELEBRATES OVER 90 YEARS SUPPORTING LOCAL VETERANS

Gerard P. Walsh, DAV Chapter 16 Commander

DAV Chapter 16, located in Somerville, New Jersey, is proud to announce its 93rd anniversary of unwavering support to the local veteran community and their families. For nearly a century, the dedicated members of Chapter 16 have been a steadfast resource, helping veterans navigate the complexities of the Department of Veterans Affairs (VA) system and access the benefits they have earned through their service. Chapter 16 provides crucial assistance in several key areas, including:

NAVIGATING THE VETERANS ADMINISTRATION:

Offering guidance and support in understanding the often-intricate processes of the VA.



(left) Scan the QR code to review how we are "veterans helping veterans. You can also enter nj.dav/16.org into your browser.

OBTAINING MEDICAL CARE:

Help veterans access the healthcare services they need and are entitled to.

FILING DISABILITY CLAIMS:

Provide expert assistance in preparing and submitting disability claims to the VA.

AWARENESS OF NEW VA PROGRAMS:

Keeping veterans informed about the latest VA initiatives, including specialized and community care options.

"For 93 years, DAV Chapter 16 has stood as a beacon of support for the men and women who have bravely served our nation," said Gerard P. Walsh Chapter Commander and Richard Pirrello Treasurer. "We are deeply committed to ensuring that our veterans and their families receive the information and assistance they need to access the vital resources provided by the VA. Our longevity speaks to the enduring need for this support and the dedication of our members." Since WWI."

The chapter's commitment extends beyond just providing information. Members offer a sense of

camaraderie and understanding, connecting veterans with others who have shared similar experiences. This peer-to-peer support is invaluable in helping veterans transition to civilian life and address the challenges.

DAV Chapter 16 encourages all local veterans and their families to reach out for assistance. Scan the QR code to review how we are "veterans helping veterans. You can also enter nj.dav/16.org into your browser.

ABOUT DAV (DISABLED AMERICAN VETERANS):

DAV is a non-profit organization that empowers veterans to lead high-quality lives with respect and dignity. It provides a wide range of services to veterans of all generations and their families, advocating for their rights and helping them access healthcare, education, employment and other benefits they have earned.

ABOUT DAV CHAPTER 16 SOMERVILLE NJ:

Located in Somerville, New Jersey (08876), DAV Chapter 16 has been serving the local veteran community for 93 years. The chapter provides guidance

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SHE WAS A 48-YEAR-OLD MOM FROM BERKELEY HEIGHTS... TERRIFIED TO WEAR A LITTLE BLACK DRESS AT HER DAUGHTER'S WEDDING - UNTIL THIS HAPPENED

When guests gathered for a recent summer wedding in town, expectations were clear: a beautiful bride, proud parents, heartfelt speeches, and a lively dance floor.

What no one expected was that one of the most talked-about moments of the night would involve the bride's mother.

As Helen, 48, walked down the aisle in a fitted dress with a tastefully exposed back, heads turned. Conversations paused. By the time the reception was underway, it was clear this mother of the bride had made an impression few would forget.

It wasn't just that she looked great. She looked strong. Defined. Confident. Guests kept asking the same question throughout the night:

What does she do to look like that?

That question is how this story begins.

FROM TIRED, SOFT AND WEAK TO STRONG, LEAN AND CONFIDENT

A few years ago, Helen was not the woman people were buzzing about at a wedding. "I was tired all the time," Helen said. "My back hurt, my knees hurt, and I just felt older than I was.

I was in my late 40s, yes — but I felt like that was my whole identity."

Like many adults in their 40's 50s and 60s, Helen assumed aches, pains, and declining energy were simply the cost of aging. Exercise felt intimidating and confusing. Big gyms felt impersonal. Working out on her own felt unsafe.

"I didn't know what I should be doing, and I was afraid of hurting myself, so I just did nothing," she said.

A friend introduced her to a local personal training gym in Berkeley Heights, and she started with a free trial.

"I was so scared. I didn't walk in thinking I'd change my body," Helen said. "I was just hoping I could finally find a program that was right for me and do something for my health consistently."

THE UNKNOWN WORKOUT PLAN THAT CHANGED THE GAME

What Helen found was not a room full of treadmills and mirrors, but a personalized fitness program led by highly knowledgeable personal trainers who specialize in working with adults ages 40–60.

Helen didn't need anything extreme — she needed the right program and the right support.



(above) Helen flexing at one of their infamous 6 AM workouts at Gabriele Fitness

She started with two days per week. As her energy improved and her pain decreased, she gradually built up to three days per week. Each workout was done in a small-group setting, allowing for personalized coaching without the pressure or cost of one-on-one training.

"The accountability mattered," Helen said. "If I didn't show up, someone noticed. And if something hurt, they adjusted things immediately."

REDEFINING WHAT SOMEONE IN THEIR 40s CAN LOOK AND FEEL LIKE

Over time, the changes added up. Helen lost body fat. She gained muscle. More importantly, she gained confidence.

"I stopped thinking about what I couldn't do... and started thinking about what was next."

Years later, Helen is still a member and has even become a Grandma! She lifts weights people half her age shy away from. She moves pain-free. She keeps up with her grandchildren - and sometimes outpaces them.

So when her daughter's wedding approached, Helen didn't think twice about wearing the dress she loved.

"I didn't choose it to show off," she laughed. "I chose it because I felt good in my own skin."

The reaction at the wedding told the rest of the story.



(above) Helen turning every head as the mother of the bride

A LOCAL SECRET GETS PUBLIC

As word spread, one question kept coming up again and again:

What is the secret workout plan that's making her look that good?

The answer was simple: Gabriele Fitness — a small community personal training gym right in Berkeley Heights.

Helen's transformation didn't come from crash diets or marathon workouts. It came from consistency, expert coaching, and a supportive environment designed for real people — not fitness models.

FEELING BETTER AT 48 THAN SHE DID AT 28

Helen's story may have started with wedding buzz, but it's really about something deeper: what's possible when people stop accepting decline as inevitable.

"I wish I had started sooner because I feel better at 48 than I did at 28," Helen said. "But I'm grateful I started when I did."

A personal and confidential message from Helen to anyone on the fence about getting started.

"Ladies, having a personal trainer changed my life. Without a trainer, I never would have come close to looking and feeling this good. I tried so many times on my own and failed. I know it's hard to get started — I was scared myself. But if you find an amazing gym like I did (Gabriele Fitness), it changes everything.

The funny thing is, on the front door of the gym there's a sign that reads, 'You just did the hard part. We'll take it from here.' And I truly believe that if you find a place you trust, that genuinely cares about you, and you show up consistently, you'll get into the best shape of your life.

For me, being in great shape has made my entire life so much better. I'm happier, stronger, full of energy... and my workouts are the reason."

For those who see themselves in Helen — those who feel older, weak, tired, stressed, struggling to burn fat, and are secretly starting to believe their best years are behind them — Read This:

Gabriele Fitness has opened 13 spots for local residents to experience their personal training program...FREE for 14 days. The offer expires on April 1st and is available to only 13 people. To get the full details on the free program and see if any spots are still available, scan below...



P.S. Many people reading this article will be inspired by Helen... yet still feel hesitant to try the program. With anything new, there's always uncertainty — especially with something like a new fitness routine. But if you're not working out right now, or you've been inconsistent (like most people) you've read the exact article you needed to read today because...

Gabriele Fitness has helped thousands of people in this community over the past 18 years. For some, the program has had a life-changing effect, and many members have stayed for nearly two decades.

A large number of them are now in the best shape of their lives (...and 2 decades older) — but they all started in the same place as anyone reading this and considering starting their fitness journey.

If you're still hesitant, visit our website gabrielefitness.com/results for an ocean of success stories from people just like you... who've transformed their lives... and in some cases, the lives of everyone in their family. This is powerful stuff.

WHY GABRIELE FITNESS FOCUSES ONLY ON ADULTS OVER 40

Adults over 40 face a perfect storm of demands that make fitness more critical — and more challenging — than ever before. They're in the prime of their careers, often in leadership roles where the pressure is relentless and the hours are long.

They're raising children or supporting aging parents — sometimes both at the same time. Their stress levels are high, their metabolism is slowing down, and their bodies don't recover like they used to.

Yet this is precisely when they need their health and energy most — to perform at work, to be present for their families, to enjoy the success they've worked so hard to build, and to avoid the chronic diseases that affected their parents' generation.

The cruel irony is that when fitness matters most, it's also when finding time for it feels nearly impossible.

That's why adults over 40 don't need another generic gym membership. They need expert guidance designed specifically for their unique challenges, their busy schedules, and their refusal to accept that their best years are behind them.

To get the full details about the Free Personal Training Program and to see if any of the 13 spots are still available scan below...



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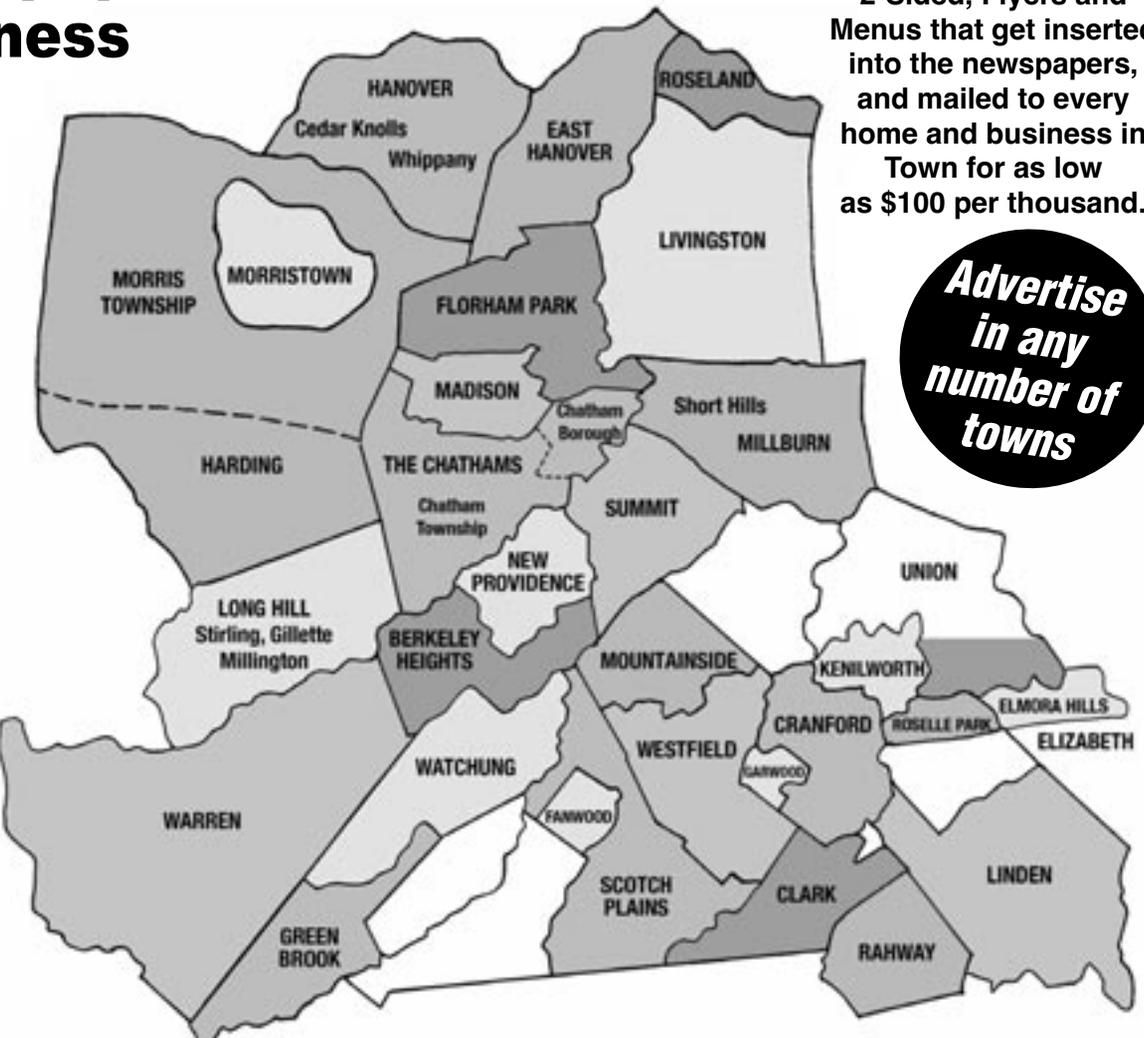
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6 Units	6.5"x6.25" or 10"x4"	320	760	1200	1400	1600	1800	2000	2200	2400	2600	2800
9 HALF PAGE	6.5"x9" or 10"x7"	360	860	1300	1600	1900	2200	2400	2600	2800	3000	3200
12 Units	6.5"x14"	400	960	1400	1800	2100	2400	2700	3000	3300	3600	3900
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WARRENBROOK SENIOR CENTER - MARCH CALENDAR

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.

Watercolor Paint Class

Wednesdays, 9 a.m. – 12 p.m.

This is a great opportunity for an experienced artist to meet new people while water coloring.

All supplies are included.

Chair Yoga with Kartika

Mondays, 10 a.m.

This class is open to all levels of skill. No fee for this ongoing class.

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.

Tai Chi with Roger Hsu

Tuesdays & Fridays, 10 a.m.

Tai Chi can help reduce falls, especially for those with balance problems. This program can be practiced while either standing or sitting.

Bridge Group

Tuesdays, 1 – 4 p.m.

Welcome new members and beginners (lessons available).

Stretch & Strength

Wednesdays, 10 a.m.

An 8-week exercise class that involves stretch & strength. No fee for this ongoing class.

Project Healthy Bones

Wednesdays, 10 a.m.

This peer-led, 24-week exercise and education program is for individuals who are at risk of osteoporosis or have it.

Advanced Bridge

1st & 3rd Wednesdays, 1 – 3:30 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. This is a closed group and is available by invitation only.

Craft Activities

3rd & 5th Monday, 1 – 4 p.m.

This is a great opportunity for artists & crafters to meet new people while creating an art piece or craft. We all work on doing craft work for Community Service projects throughout the year. This quarter, we are creating cards for our Meals on Wheels clients. All supplies will be provided.

Line Dancing

Thursdays, 9:30 – 10:15 a.m.

You don't need a partner; and dancing is an easy way to stay healthy, both mentally and physically.

Afternoon Yoga

Thursdays, 1 p.m.

Recharge with our Gentle Afternoon Chair Yoga session. This class uses seated and standing poses (with the support of a chair)

Bridge

Fridays, 1 – 4 p.m.

Bridge is a mentally challenging card game that offers intellectual and social stimulation.

Emergency Preparedness

March 2, 11 a.m.

Learn the importance of evacuation procedures and practicing drills that can assist you with responding effectively.

Traveling Library

March 2, 1 p.m.

Sign up for a library card, get help troubleshooting technology, check out a book, or just share a favorite book you are reading.

Creative Movements

March 3, 11 a.m.

Find your inner groove with creative movements that will get you moving, grooving and laughing on your way to the dance floor.

Nutrition in Older Adults

March 4, 11 a.m.

Part 1 of a 4-part nutrition series. Part 1, Nutrition in Older Adults, will provide education on how you can meet specific nutrition and caloric needs.

Brain Games

March 5, 11 a.m.

Join Warrenbrook Staff for some mind-tingling and brain-stumping word games.

Bingo

March 6, 19, 11 a.m.

Bingo promotes socialization, strengthens hand-eye coordination, and improves listening and short-term memory skills.

Fair Housing

March 9, 11 a.m.

The presentations include topics like: Fair housing scenarios; Identity theft and scams; Credit mistakes to avoid and myths/facts.

Wheel of Fortune

March 10, 11 a.m.

Perfect for all levels of ability, Wheel of Fortune brings people together!

Monthly Book Club

(Hybrid) March 10, 1:30 PM

New members are always welcome! **Only for Warrenbrook Senior Center Participants**

Focus on Fiber

March 11, 11 a.m.

Learn all about fiber, discover the benefits of a fiber-rich diet and simple ways you can incorporate more fiber into daily meals.

Studio 60+

March 11 & 25, 1 p.m.

This year's theme will be geared to programs to celebrate 250th anniversary of America.

St. Patty's Craft

March 12, 11 a.m.

Floating Lucky Duck craft activity!

The Fight for the Right to Vote

March 13, 11 a.m.

Enjoy this lively talk filled with images, documents, and stories from inspiring and trailblazing women.

Celtic Music Journey

March 16, 11 a.m.

Celebrate the St. Patrick's Day with this program which showcases well-known songs.

Boggle

March 17, 11 a.m.

Boggle is a challenging word game.

Sodium Bingo

March 18, 11 a.m.

Part 3 of this 4-part series. In this 3rd education session, we'll enjoy a fun bingo game while learning about hidden sodium in foods.

Fall prevention

March 20, 11 a.m.

An informative and engaging presentation on how to reduce your risk of falling and stay confident in your daily activities.

Blood Pressure Screening

March 23, 10 a.m.

Join Nina Raps and students from the Rutgers Mario Ernesto School of Pharmacy for blood pressure screening.

Seasonal Allergies and How to manage them

March 23, 11 a.m.

Don't let allergies slow you down. Come and discover ways to breathe easier this season!

Wordle

March 24, 11 a.m.

Dig deep into your vocabulary repertoire and identify some words.

Lessons for a Long Life

March 25, 11 a.m.

Last of the 4-part nutritional series for longevity and vibrant living – to support healthier aging.

Craft – Love Banner

March 26, 11 a.m.

The Craft of Love - a joyful program where creativity, connection, and community come together and celebrate the art of belonging.

Music & Memories

March 27, 11 a.m.

Reminisce, sing, and smile with Music & Memories! Perfect for socializing, relaxing, and enjoying timeless.

Virtual Rainforest

March 30, 11 a.m.

Take a trip to the tropics of the Costa Rican rainforest and many other fascinating sites.

Jeopardy

March 31, 11 a.m.

Whether you are a trivia buff or just enjoy a friendly competition, this interactive game is sure to keep you engaged and entertained.

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