

# WARREN MONTHLY<sub>NJ</sub>

WARREN'S HOMETOWN NEWSPAPER

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ISSUE 14 • FEBRUARY 2014

**WARREN TOWNSHIP  
CHAMBER OF  
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MONTHLY  
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MEETING  
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## BOY SCOUTS FINISH 3RD IN KLONDIKE DERBY

*Submitted by Lesley Duncan*

The Klondike Derby was a Boy Scout Watchung Mountain District event held annually. This year it was held on January 25th at Watchung Reservation in Mountainside. Teams of 6-10 scouts compete in the following competitions and earn "nuggets" for their performance at each town, as well as time to complete the course pulling a sledge around: first aid, compass & orienteering, wilderness survival, camp preparation, lashings & knots, firebuilding and tomahawk throwing. The team from Troop 228 was entered in the senior competition and finished 3rd overall.

*(right, l-r) Andrew Roth, David Cantone, John Fogarty, Jarrod Thompson, Dillon Monti, Austin Cantone, Andrew Cantone, Ross Warlick, Wesley Lukas, Alex Duncan.*



## MEISENBACHER EARNS EAGLE RANK

Andrew Meisenbacher of Troop 228 earned his Eagle rank on June 28, 2013. His service project was the renovation of the outdoor seating area at the Middlebrook Encampment, owned by the Washington Campground Association in Bound Brook. His Eagle Court of Honor was held on December 14, 2013.

*(right, l-r) Steven Guerin, Life scout; Wesley Lukas, Life scout; Andrew Meisenbacher, Eagle scout; Ross Warlick, Star scout; Alex Duncan, Life scout.*



## SCOUT SUNDAY AT MT. HOREB UNITED METHODIST CHURCH

Scout Sunday for Boy Scouts is traditionally held the first or second Sunday in February. This year it was held on Sunday, February 9th at Mt Horeb United Methodist Church, which also happens to be our Troop's sponsor. Boys from Troop 228 were also accompanied by 3 webelos from Warren's Cub Scouts Pack 182.

*(left, back row, l-r)*

*Michael Maloney, Peter Fogarty, Andrew Cantone, Austin Cantone, David Cantone, Bobby Fippinger, Dillon Monti, John Penek;*

*(front row, l-r) Michael Minieri, Richard Schroeders, Mitchell DiPaolo, John Fogarty, Parth Patel, Luke Vieira & Jack Palmieri.*



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## LIONS CLUB CELEBRATES VALENTINE'S DAY

Submitted by: Charlie Oliva

Love was in the air when the Warren Lions Club held its third annual Valentine's Day Dinner Dance on February 12th at Prezzo Restaurant in Warren. It was a great celebration with delicious Italian cuisine, dancing to music provided by the Charlie "O" DJ Service and plenty of holiday merriment.

Lion Neal Drasin and his wife Resa did a wonderful job decorating the Prezzo private dining room, and they created a special party favor for each couple to take home. Neal also brought a Valentine's Day-themed picture frame for guests to be photographed in.

The Warren Lions Club's upcoming special events include its annual EXPO from June 11th through the 14th. Find out more at [warrenlionsclub.org](http://warrenlionsclub.org).

Photo Credit: Neal Drasin



(above) Helena and Paul Swaniche

## WARREN CELEBRATES WORLD TENNIS DAY

In celebration of World Tennis Day on March 3, 2014, the Warren Township Recreation Commission will be hosting a free tennis clinic for ages 4 and up, showcasing the latest teaching tools that are widely used by the USTA. Steve Levin, head pro, will be demonstrating 10 & under tennis which utilizes smaller rackets and low compression tennis balls making learning the game easier for kids. For adults, Steve will be starting a new program called Cardio Tennis where players burn calories and monitor their target heart rates. Tennis is one of the lifetime family sports that can be enjoyed by people of all ages and is a great source of exercise.

The free clinic will take place on Monday, March 3rd from 4-7pm at the municipal tennis courts on Bardy Rd. If it rains or too windy, please go to Central School gym, 109 Mt. Bethel Rd, Warren. Please check [weatherclosings.com](http://weatherclosings.com). Kid's clinics will run from 4-6pm and adult clinics will run from 6-7pm. The clinics will run every half hour with a maximum of 12 per class. Registration is suggested for a specific time starting Feb. 12 and clinic registration deadline is on March 3rd at noon. Walk-ins are welcome but if you do not register and the time slot is filled, you may wait for the next time slot to begin. Open to Warren, Watchung and Green Brook residents only.

Spring and fall Tennis lessons also will be offered by the Warren Recreation Commission. Registration will begin February 17 for Warren Residents and March 3rd for Watchung and Green Brook residents. There are two 6 week (1hr) spring sessions for ages 4-adult. Classes begin March 31st with a registration deadline of March 28st at noon. Sorry no refunds. For more information and to register go to [www.warrennj.org/wtrec](http://www.warrennj.org/wtrec)

Please contact Steve Levin at [SLevin530@optonline.net](mailto:SLevin530@optonline.net) with any further questions.

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## PROMOTE YOUR COMMUNITY EVENT

Community service organizations and sports teams are encouraged to submit news of upcoming events or highlights and photos on recent events.

Organizations who are interested in submitting content can email Lynn Sjurset at [lynn@rennamedia.com](mailto:lynn@rennamedia.com).



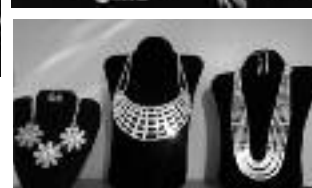
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# Poll Shows Most Americans Suffer From Chronic Or Reoccurring Pain

## LATEST TREATMENT OFFERS NEW APPROACH AND HOPE FOR MILLIONS

According to an ABC News/USA Today/Stanford University Medical Center poll\* over 50% of Americans suffer from chronic pain. Chronic pain is often described as pain that extends beyond normal healing time. Pain is more than just an uncomfortable sensation; it affects everything from work to play and ultimately your quality of life. As discovered in the ABC News/USA Today/Stanford University Medical Center poll, 48% of people didn't know what caused their pain. Of the remaining participants, pain was blamed on sports injuries, arthritis, disc pain (sciatica, slipped disc, etc.), and old age.

People deal with pain in a variety of ways. Some rely on prescription or over-the-counter medications while others try exercising, stretching, injections, and more. However, these solutions often fail causing the patient to lose hope. Worse yet, addiction to medications are a real threat and can leave pain sufferers in a dangerous situation.



### Do you suffer from any of the following?

- Tennis elbow/golfer's elbow
- Rotator cuff tendonitis/bursitis
- Arthritic hip/knee/ankle/shoulder conditions
- Plantar fasciitis/heel spur pain
- Meniscus injury of the knee
- Chronic tendonitis
- Chronic pain

If you answered yes to any of these questions, call now to schedule a **FREE** step one consultation.

### Platelet-Rich plasma is a natural healing solution

For years, doctors have tried to reduce inflammation with anti-inflammatory medication, thinking it could be the source of pain. Teams of doctors and researchers are now finding that harnessing the power of inflammation allows the body to go through its natural healing arc, which can relieve pain by getting rid of the problem. This new treatment program is called Platelet-Rich Plasma (PRP) Therapy and is a cutting-edge process that relieves pain by promoting long lasting healing of musculoskeletal conditions. This rapidly emerging technique is showing exciting potential with osteoarthritis of the knee, shoulder, hip and spine, rotator cuff tears, chronic plantar fasciitis, anterior cruciate ligament (ACL) injuries, pelvic pain and instability, back and neck injuries, tennis elbow, ankle sprains, tendonitis, and ligament sprains.

### What is Platelet-Rich Plasma Therapy?

Platelet-Rich Plasma Therapy offers a great solution to accelerate healing of tendon injuries and osteoarthritis naturally without subjecting the patient to significant risk. PRP is an emerging treatment in an ever popular, all natural health sector. The treatment consists of merging advanced technology with the body's natural ability to heal itself. Blood is made of RBC (Red Blood Cells), WBC (White Blood Cells), Plasma, and Platelets. In the last 20 years researchers have learned that when activated in the body, platelets release healing proteins called growth factors. There are many growth factors with varying responsibilities, however cumulatively they accelerate tissue and wound healing. Therefore after increasing the baseline concentration of these platelets, the doctors of Performance Rehabilitation and Integrated Medicine are able to deliver a powerful combination of growth factors that can dramatically enhance tissue recovery and reduce pain.

PRP is virtually a "cocktail" of many naturally occurring proteins that collectively stimulate, repair, and regenerate the problem area. However, there are some proteins included in PRP that can be selectively isolated to promote anti-inflammatory effects and pain reduction. Scientists have developed natural/homeopathic based tools to selectively isolate the cells/growth factors within PRP that meet each patient's needs for a customized treatment by reducing inflammation and simultaneously stimulating repair.

### What are the expected results?

The goal of PRP Therapy is to resolve pain through the natural healing process and has proven to have lasting results. Initial improvement may be seen within a few weeks and will gradually increase as the body's healing progresses. PRP Therapy has been shown to be very effective at relieving pain and returning patients to their normal lives in many cases. The need for surgery can also be greatly reduced by treating injured tissues before the damage progresses and the condition is irreversible.

### FREE STEP ONE CONSULTATION

"We are so confident that you will find healing and relief at our office that we are offering you a **Free step one evaluation and consultation**. We will personally review a full health analysis questionnaire, evaluate your condition and determine how we can help you. There are no strings attached and you have no obligation. Don't live with pain, fear and doubt any longer. Pick up the phone and take control of your life right now. You have nothing to lose but your pain. Time slots fill quickly so call today to secure your free step one consultation."

— Ron Spaggiola, DC - Clinic Director  
Joseph Mejia, DO, F.A.A.P.M.&R. - Medical Director

### What are patients saying?

*"I have suffered with Plantar Fasciitis for years. I could not walk or stand for even short periods of time. Once I found out about PRP Therapy at Performance Rehab I had to give it a try. I'm so glad I did! I not only can stand for long periods of time I can now go on evening walks with my husband. Thank you to all the doctors and staff of Performance Rehab, you're amazing!"*

— Mary M.

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\* <http://www.abcnews.com/story/2009/10/14/02.html>

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## MARCH SPECIAL EVENTS

**Marshmallow Challenge**  
Monday, March 3 ~ 11:00 am  
Using sticks of spaghetti, tape, string and one marshmallow, attendees will use their creative and engineering skills as they work together to try and create the tallest freestanding tower.

**Maple Sugaring ~ Vanessa Darras, Naturalist**  
Tuesday, March 4 ~ 11:00 am  
Commission, Environmental Education Center ~ Maple sugaring and winter go hand-in-hand. Attendees will learn about both the history of maple sugar from the time of the Native Americans, as well as, the techniques used to make this tasty treat. Discover the secrets inside a maple tree. Mini pancakes will be provided for a maple syrup tasting.

**Keeping Your Mind Sharp**  
Monday, March 10 ~ 10:30 am  
Caitlin Witucki, MS, Health Promotion Specialist, Somerset County Office on Aging & Disability Services ~ This is an educational workshop that will provide information that will empower attendees to lead a healthier lifestyle. Actions will be suggested to improve one's current health and to keep one's mind sharp.

**Sci-Tech 101**  
Tuesday, March 11 ~ 11:15 am  
Soft Shell Eggs and Rubber Chicken Bones ~ Eggs and chicken bones contain calcium carbonate. See what happens when acetic acid is added to them.

**Minute To Win It Team Games**  
Monday, March 17 ~ 10:30 am  
Ireland versus United States ~ Based on the games used on the popular TV show, we will have some client-friendly competitions with deceptively simple games that require savvy to complete.

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**Diabetes and Arthritis Basics**  
Tuesday, March 18 ~ 11:00 am  
Bryan Denenberg, National Diabetic Education Association ~ After discussing diabetic basics, there will be a demonstration on proper foot care and additional information given regarding proper eye care. Other topics to be discussed are: arthritis pain management, benefits to orthotic bracing and NO COST Medicare programs. Everyone attending the program will receive a FREE pair of diabetic socks so pre-registration.

**Quinoa Cooking and Tasting with Roberta**  
Tuesday, March 25 ~ 11:00 am  
This hands-on cooking preparation opportunity will allow attendees to make a simple pudding-like quinoa recipe. What is quinoa? According to the Incas, quinoa is known as chisaya mama or "mother of all grains." It is an ancient seed that is harvested from the goosefoots plant which is native to South America. While it is mistakenly associated with the grain family, quinoa is actually more closely related to beets and spinach.

**LUNCH and LEARN**  
Thursday, March 27 ~ 11:45 am  
Journey Dancing with certified leader, Esta Kaftan, LCSW ~ Journey Dancing is a grooving celebration that will have you loving your body and loving your life! Weaving simple, guided movement sequences and free exploration, Journey Dancing reconnects you with your innate state of joyous wellbeing. Your mind becomes clear, free, and positive, and your body feels supple, energized, and powerful. Practiced to inspiring world music, your dance is an empowering journey to self-acceptance and transformation. Lunch begins at 11:45 am and the program begins at 12:45 pm. This is the first of four "Boomer-errific" (Baby Boomer + Terrific) well-being, movement programs. Advance reservations are required by Tuesday, March 25. A lunch donation of \$2.00 for anyone 60 and above is appreciated.

**Musical Interlude with Josie**  
Monday, March 31 ~ 10:30 am  
Home Instead Senior Care is pleased to present: a Musical Interlude. The program will include classical and opera selections, Broadway show tunes, popular movie classics and patriotic songs.

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This special event will have hundreds of cars to choose from ranging from brand new models to pre-owned vehicles all priced to move quickly.

The Snow Emergency Sales Event will feature major brands including: Chevrolet, Hyundai, Jeep, Kia, Mitsubishi and a large variety of over 250 pre-owned makes and models.

**This big event will be held at:**  
**Global Auto Mall, 1099 Rt 22 West,**  
**North Plainfield, NJ 07060 or Call:**  
**1-866-645-4337 for easy directions.**

The Global Auto Mall Sales team is prepared to move as much inventory as possible to manage this overstock and are offering great deals on their entire inventory to Local Residents like



yourself only. Global's General Sales Manager, Rich Locurto, says, "Our prices are already great and with the added specials it won't be hard to find a great price on the vehicle you want."

## CREDIT PROBLEMS ARE NEVER A PROBLEM!

Credit problems are never a problem at Global Auto Mall. All are welcome to call in for information or visit during

this event. A Global financing expert is onsite and available to work out a great loan and financing plans for every customer. Their financing office is prepared to work with any customer's budget.

The Snow Emergency Sales Event is scheduled for a limited time only. Once it's over, it's over! Hurry in to Global Auto Mall today and drive home with the vehicle you've always wanted at a price you'll love. For further information please call anytime at 1-866-645-4337, or visit **[www.globalautomall.com](http://www.globalautomall.com)**.

## BONFIRE WINTER FESTIVAL A COMMUNITY FAVORITE

On January 18th, Warren Township Recreation Department held its 6th annual Yuletide Bonfire Winter Festival and Fireworks event. It took place on the grounds behind the municipal complex at 46 Mountain Blvd. This

has become a community favorite.

The bonfire is fueled by the discarded natural Christmas trees of residents.

This year's events included games, a train ride, an old-fashioned carousel, the Clydesdale

horse and carriage ride, live music at the Pavilion by Ryan Tunney Band, a Flash Mob by Take Flight Dance Center of Millington and the fireworks debut by Garden State Fireworks and more.



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### **Sunday, March 9th**

*"Dicey Riley" at Bridgewater*

*"Bloody Callan" at Gillette*

Three Seatings Available:

3:30, 5:30 & 7:30 pm

### **Sunday, March 16th**

*"The Rovers" at Bridgewater*

Three Seatings Available:

3:30, 5:30 & 7:30 pm

### **Thursday, March 13th**

*"Bloody Callan" at Bridgewater*

*"The Snakes" at Gillette*

Two Seatings Available:

5:45 & 7:15 pm

### **Monday, March 17th**

*"Mace Gill" at Bridgewater*

*"Courtney Colletti" at Gillette*

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Achtau believes in collaboration and cooperation. He characterizes himself as one who is a patient listener and good problem solver. His goal is to be the most effective leader he can be, while supporting staff and students. Warren is confident that Achtau will shine brighter every day!



(above, l-r) New Dean of Students, Max Achtau  
and Superintendent Dr. Tami Crader.

# IT IS NEVER TOO EARLY

The team of educators assembled a well-represented assortment of careers including a composer, a chemist, an author, a medical doctor, a television producer, a math professor, an expert in marketing, a financial specialist, and physical therapists. Students were allowed ownership to select from the diverse list of career workshops offered.

As the individual sessions began, the professionals shared background knowledge about their chosen careers as well as the education and training involved, and they detailed how subjects taught in elementary,



(above, l-r) Corey Rosen Schwartz, author of *Three Ninja Pigs*, explains her craft to interested students during Career Expo.

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*Submitted by Warren Township Schools*

middle, and high school classrooms do have relevance in their day to day work lives. Then, students were tasked with a career related problem to solve. The children were eager to brainstorm, create, collaborate, evaluate and discuss. Whether analyzing a financial acquisition, diagnosing bone fractures from x-rays, testing chemicals in a mock lab, or gathering news elements to crack a current unsolved mystery, the children were engaged and motivated!

Special thanks to the following professionals who donated their time and talents to solidify the school and community partnership: Dr. Lisa Bash, Mr. Kevin Butterfield, Mrs. Jill Gallina, Mr. Mark Hardy, Mrs. Dina Lombardo, Dr. Mary Mueller, Dr. Mandy Osifchin, Mrs. Corey Schwartz, Mrs. Tina Walter, and Mrs. Elizabeth Yuskaitis. Additional thanks to former Mt. Horeb Principal William Kimmick and current Mt. Horeb Principal Scott Cook for their combined efforts and support of the Mt. Horeb Career Expo. Warren Township Schools.... Shining Brighter Every Day.

# MIDDLE SCHOOL'S CHROMEBOOK INITIATIVE

Submitted by Warren Township Schools

Warren Middle School: Chromebooks = contribution + collaboration! The use of Chromebooks in 6th grade has already allowed for more collaboration between students, encouraged learning partnerships, and best of all has given students a chance to shine as they help each other. By sharing documents via Google

Docs, students communicate their ideas and each can contribute to the work at hand. Both teachers and students are supportive of the process and as always, there is a strong sense of community in the middle school. This is a wonderful opportunity for teachers and students alike!



(above) Staff and Administrators celebrate the Chromebook initiative as part of Warren Township Schools' Strategic Plan. (l-r) Scott Cook, Ken Creedon, Max Achtau and Robert Comba.

## STUDENTS SEND VALENTINES TO VETERANS

Students at Central School created Valentines for Veterans to send to the nearby VA Hospital in Lyons. The Kindergarten children wrote messages thanking the veterans for serving our country and wished them a Happy Valentine's

Day. Each was unique, colorful, and full of kindness! The classes of Rebecca DeMarco, Christina DeShields, and Andrea McGuire made a difference in the lives of many, who already have made a difference in the lives of all.



## MIDDLE SCHOOL STUDENTS WIN 2ND PLACE IN QUIZ BOWL

Warren Middle School students competed in a quiz bowl, called the Charter Oak Open, taking home the 2nd place honor. It was an intense 24-team quiz bowl competition where students displayed outstanding knowledge, sportsmanship and teamwork. This is a tribute to Warren Township Schools' fine teaching staff, dedicated families, and hard working students...keeping Warren on the map!



(above, l-r) Carl Peterson, Jarett Schwartz, Neelay Trivedi, Christopher Yu and Lindsey Shi.

## WINTER WONDERLAND

Students at Central School created a Winter Wonderland extravaganza! Using recycled products such as cardboard boxes and plastic bottles, students learned about sustainability while integrating math and science. Central School's stage came alive with snow owls, penguins, snow seals and polar bear decorations. In addition to an igloo, there were a multitude of unique snowflakes to enhance the winter setting. Children enjoyed listening to "Winter" by Vivaldi as well as a poetry reading in connection with the district's brand, Shining Brighter Every Day! The following Warren Township Schools' staff members played a role in this exciting project: Rebecca Davenport, Laurie Donovan, Alison Hales, Patsy Iannacone, Jennifer Kanuika, Allison Reu, and Melissa Stoeckel.



# Budget Print

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## WARREN TOWNSHIP CHAMBER OF COMMERCE HOLDS MONTHLY NETWORKIN GMEETINGS

Warren chamberof Commerce meetings are held on the fourth Thursday of each month in the Municipal Court Room located at 44 Mountain Blvd Warren, NJ. All businesses are welcome. The meetings are free to attend. Coffee and light breakfast is supplied.

Anyone interested in hosting a future meeting can call or email Kate Conroy 908-352-0900, [kateconroy@gatewaychamber.com](mailto:kateconroy@gatewaychamber.com)



(above, l-r) Warren Chamber of Commerce president Evan Tornquist thanks Joseph Lambariello, Amy Smith and Stacy Pilato from the Law Offices of Lambariello & Pilato for hosting the Chamber's January



(above) Sailing with the wind to increase business is Catherine DeBerry presenting the first Warren Chamber Meeting trophy to Ian Welham for his 30 second elevator speech at the January 2014 Chamber Meeting.

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## INTERNATIONAL DAY AT ANGELO L. TOMASO SCHOOL

Winter snowfall did not stop Angelo L. Tomaso School from celebrating diversity at its International Day held on February 7, 2014. PTO president Darleen Fenton, with the help of parents Tian He, Sumedha Kotasthane, and Priom Patel, organized a group of volunteers who were eager and able to transport the children from Warren, NJ to the continent of Asia.

Each grade level attended a variety of

sessions highlighting the two cultures. In the morning, guest speakers taught facts about the countries and demonstrated traditional dancing and sport. Children were amazed to compare and contrast the location, size, and population of China and India, to that of the United States. Youngsters learned about the Panda, Kong-Fu and Great Wall of China, as well as the Taj Mahal, Diwali and Bollywood. All of the children were able to participate in a Chinese

Dragon Dance. Midday, students had hands-on time to play with the traditional toys, learn how to use chop sticks, have their names written in Hindu and see a Chinese artist in action. In the afternoon, students were treated to a traditional Indian attire fashion parade. Additionally, there was an assembly, The Art of Chinese Dance, by a professional Chinese dance troop.

What a hit! Warren Township Schools... Shining Brighter Every Day!



(left) PTO president Darleen Fenton, with the help of Tian He, Sumedha Kotasthane, and Priom Patel, organized a group of parent volunteers to help ALT students experience and appreciate the cultures of China and India.

(below) All ALT students had a great time participating in a Chinese Dragon Dance during International Day.



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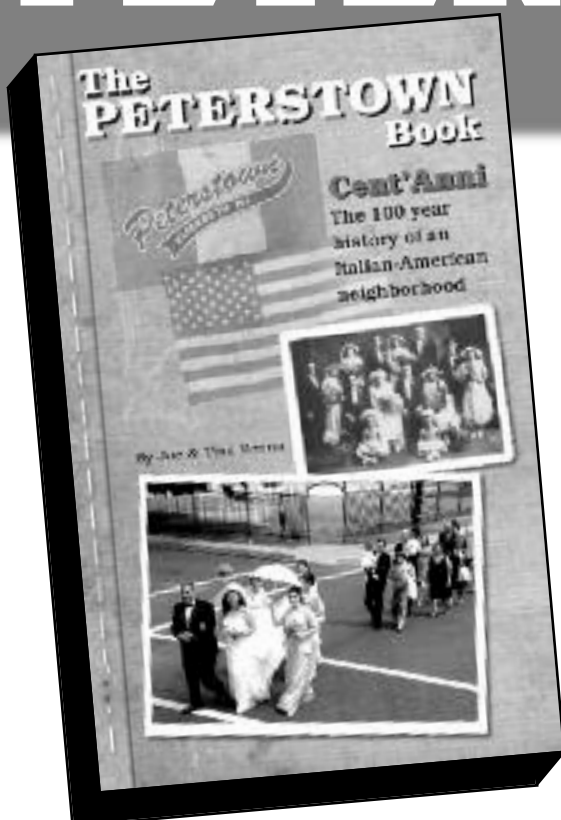
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