

# WARREN MONTHLY<sub>NJ</sub>

WARREN'S HOMETOWN NEWSPAPER

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ISSUE 15 • MARCH 2014

**WARREN TOWNSHIP  
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## 4TH ANNUAL WARREN GREEN FAIR

On Saturday, April 26, 2014, from 10am-1pm, the Warren Township Green Team, in conjunction with the Warren Township Committee, will sponsor the annual Green Fair. The rain date is May 3, 2013. The event will take place at the Warren Municipal Complex at 46 Mountain Boulevard, parking lot adjacent to Bardy Road. There will be activities, environmental information, and recycling collections of hard to dispose of items. The entire community is invited to this fun and engaging event -- and it's FREE!

The Warren Township Police Department, working in conjunction with the Green Team, will receive old medicines for recycling at Police Headquarters between the hours of 10am – 2pm.

Also at the Fair: Valuable information about how you can improve our environment; Practical solutions to environmental issues.

At the time of press, participants include: The Warren Green Team, Newtech Recycling, Watchung Hills Interfaith Clergy, Big Brothers & Big Sisters, Warren Girl Scouts, Warren Boy Scouts, the Environmental Club of WHRHS, The Wagner Farm Arboretum and Cintas Document Shredding.

The 2013 Green Fair recycling collections brought in 25,000 pounds of electronics, 4,200 pounds of paper shredded, 2,000 pounds of books, plus textiles, and eye glasses, and 270 pounds of medicines are all recycled and properly disposed with the least impact to the environment.

Please check the Warren Township website, [warrennj.com](http://warrennj.com) or [facebook.com/warrengreenteam](https://www.facebook.com/warrengreenteam) for updates.

Items can be brought to the Green Fair including: • Styrofoam • Papers to be shredded • All electronics including TV's, cell phones, computers, printers, monitors, keyboards, game consoles • Ink & toner cartridges • Books, DVD's, CD's • Scrap Metal • Crayons-used, new, small and large • Bottle Caps-these do not go into county recycling • Shoes new or gently worn • Eyeglasses • Textiles & clothing • Medicines.

For further information regarding the Green Fair, please contact Ila Gillenwater at (908) 868 – 1984 or [irgillenwater@hotmail.com](mailto:irgillenwater@hotmail.com).

For general information regarding the Green Team, please contact Laura Mandell at (908) 334 - 9221 or [lauragm1@aol.com](mailto:lauragm1@aol.com)



*Bringing your unwanted or unused medicines to the Warren Green Fair for disposal is a truly secure way for parents to make their medicine cabinets safer for children and the environment. Residents (and non-residents) are urged to participate.*



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(above, l-r) Back Row (l-r) Clara Citarella, Stephanie Rodrigues, Clayton Bush, John Kolibachuk, and Emery Jochnau. Front Row (l-r) Rahul Lal, Kaitlin Chin, and Catherine Ray.

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# Sciatica, Stenosis and Herniated Discs May Be to Blame for Pain and Numbness in Legs



## What are patients saying?

*"I have had neck pain and arm pain for seven years from several herniated discs in my spine. I have tried other chiropractic and physical therapy treatments with little success. I have completed the DRX treatment four weeks ago and I am symptom free. Thanks to Performance Rehab I have gotten my life back."*

*- Melissa Miller, Phillipsburg, NJ*

## Who is a candidate for treatment?

There are many types of symptoms that can be relieved including:

- Back/Neck pain
- Leg pain
- Chronic low back pain
- Sciatica
- Stenosis
- Neuropathy
- Herniated/Degenerated discs

"Hi, I am Dr. Spaggiola, clinic director of Performance Rehabilitation & Integrated Medicine, and if you suffer with back or neck pain, I invite you to try non-surgical Spinal Decompression. Did you know that 30 million Americans suffer from back pain every day? This pain affects everything that you do, from work to play and ultimately your quality of life. I am here to tell you that there is hope. You can get rid of your back pain and get your life back. At Performance Rehabilitation & Integrated Medicine, we have helped hundreds of back pain sufferers just like you. We only offer the most advanced non-surgical treatments. We are so confident that we can help eliminate your back pain, we are offering one free visit to see if treatment can help you. There is no obligation and the only thing you have to lose is your pain."

— Ron Spaggiola, DC

## Why pain pills are NOT a long-term game plan

People often cover their pain by relying on prescription or even nonprescription pain pills. While this may work in the short term, the side effects can be alarming. How many people do you know are addicted to pain medications? How did the addiction start? The answer to this question is typically the same. Due to an injury, medications were prescribed which gave temporary relief and soon enough, the medication became necessary to function at all. Countless individuals have been innocently entangled with prescription pain pills while initially using them as prescribed.

## Can time heal pain?

Yes, in some cases time can heal pain but that is not generally the case. At Performance Rehabilitation & Integrated Medicine we have treated too many people that have needlessly suffered for years with back and neck pain. They have also spent a fortune on everything from buying new mattresses to medications. It doesn't have to be that way. The doctors and staff at Performance Rehabilitation & Integrated Medicine have literally helped thousands of local residents relieve their pain without drugs or surgery.

## Surgery should not be taken lightly

Some severe back injuries require surgery but most do not. At Performance Rehabilitation & Integrated Medicine, we believe that surgery should only be considered when all other options have been exhausted. If your back or neck pain is so severe that you are considering surgery we invite you to ask yourself this question: "If there is a long-term solution to back/neck pain that doesn't require surgery, is it worth an hour of my time to find out more?"

## The Truth about Surgery

- Costs can exceed \$100,000
- Prescription pain medications will be introduced
- Surgery may not solve your pain problems
- Surgery can lead to even more surgery in the future
- Recovery time can be painful and prolonged
- Surgery cannot be undone if outcomes are not favorable
- Missed time away from work, family, friends
- Quality of life can be reduced

## About Performance Rehabilitation & Integrated Medicine

The team of medical providers at Performance Rehabilitation & Integrated Medicine understand what individuals in pain are experiencing. Each has a deep commitment to your health and to you as a person. During your first visit you will receive personalized attention from a seasoned staff of medical doctors, physical therapists and acupuncturists. An analysis of your condition by the medical team in conjunction with a detailed treatment plan will be described in as much detail as possible. There is no pressure to accept treatment as the staff at Performance Rehabilitation & Integrated Medicine strives to create a relaxed environment by educating patients about their options. The ultimate decision maker is the patient.

## What makes Performance Rehab's Approach so different?

The medical providers of Performance Rehabilitation & Integrated Medicine have made it their mission to treat patients without surgery or drugs. After years of study, training and trials, they have chosen only the most effective non-surgical options and have brought them together all under one roof.

• **Non-Surgical Spinal Decompression** — Non-surgical spinal decompression is an FDA cleared technology that can relieve disc herniations, sciatica, stenosis and general pain and numbness in the back, neck, legs and feet. Non-surgical spinal decompression does this by using advanced technology to control treatment duration, distraction/angle, intensity, and relaxation of the spine, thus creating a vacuum effect which pulls the disc back into its normal position and brings in a fresh blood supply to promote healing. The treatment is gentle and soothing, with no discomfort to the patient.

• **Specialists in Pain Management** — A medical specialty also known as Physical Medicine and Rehabilitation (PM&R). This methodology gives particular focus to non-surgical spinal treatment, sports injuries and Peripheral Neuropathy.

• **Cold Laser** — A comfortable, non-invasive procedure which is successful in treating chronic conditions without pain or discomfort to patients.

• **Physical Therapy** — A traditional treatment methodology aimed at the treatment and curing of certain ailments common to patients suffering with chronic or severe pain. Its primary aim is to bring back the patient to his/her normal self, free of any pain or suffering.

• **Acupuncture** — Through clinical trials, acupuncture has been proven effective in treating various medical conditions including back and neck pain and has been expanded into conventional medicine practices throughout the world.

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— Ron Spaggiola, DC (Clinic Director)

— Joseph Mejia, DO, F.A.A.P.M.R. (Medical Director)

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## PILGRIM CONGREGATIONAL CHURCH LENTEN SERVICES

Pilgrim Congregational Church invites you to be with us during this sacred season for these special services:

### PALM SUNDAY, APRIL 13, 10:30AM

- Our guest preacher will be the Reverend Dr. Harry Freebairn, former director of Field Education at Princeton Theological Seminary.

### MAUNDY THURSDAY SERVICE OF REDEDICATION, THURSDAY, APRIL 17 AT 8:00PM

### EASTER SUNDAY, APRIL 20 AT 10:30AM

- We celebrate Christ's resurrection with lilies, brass and Handel's Hallelujah Chorus. One of the finest preachers in our country, The Reverend Dr. Kenyon J. Wildrick, will offer the morning message.

Pilgrim Church is located between exits 33 and 36 of Route 78 on Mountainview Road, which runs parallel south of Route 78. [www.pilgrimcongregationalchurch.org](http://www.pilgrimcongregationalchurch.org)

## WARREN TOWNSHIP CHAMBER OF COMMERCE HOLDS MONTHLY NETWORKING MEETINGS

Warren Chamber of 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 Tony Mrozak and Fred Luthy of Avatar Telecom and Energy Solution for hosting the Chamber's February 2014 meeting.



(above, r-l) Kate Conroy Vice President of the Gateway Chamber of Commerce presenting the Warren Chamber Meeting trophy to Warren Police Chief, Russell W. Leffert for his 30 second elevator speech at the February 2014 Chamber Meeting.

## WARREN RESIDENTS MAKE THE 2014 US NATIONAL TABLE TENNIS TEAM

The Lily Yip Table Tennis Center in Dunellen, New Jersey, is a International Table Tennis Federation Hotspot. Coaches and former US Team members Adam Hugh, Judy Hugh, 2013 National Men Singles Runner Up Cory Eider and 2013 Junior Champion Tina Lin competed in the 2014 National Team tryouts in Fort Worth Texas on March 7 to 9 to qualify for the US National Table Tennis Team.

Both Adam and Judy are from Warren and are graduates of Watchung Hills Regional High School. Adam finished Men's second place and Judy was Women's fifth place. Adam graduated Princeton University and is working full time in the financial industry. Even though Adam has not trained consistently for many years, but because of his great passion, fighting spirit and the great fundamentals he developed when he was young, he was able to put it all together and qualify for the Men's Team. His mother Lily Yip is a two time US Olympian and was able to teach him and guide him to this top level where he is competitive with the best in the country. Every year many Table Tennis athletes are



accepted into highly prestigious Ivy League Colleges.

Lily Yip coaches at the center located in Dunellen, which is open 7 days a week and only costs \$220 per year for kids. The center gives back to their members by making available free group training on Wednesdays from 8PM to 9PM. Lily Yip is also the US National Junior Girls Team Coach.

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# HARSH WINTER WEATHER LEAVES LOCAL AUTO DEALER OVERSTOCKED

## Hundreds of Cars Marked Down to Clear Inventory

**North Plainfield, NJ-** Global Auto Mall, a well-known local automotive sales dealer, has more than just snow piling up. The recent rough weather has left them with a huge surplus of brand new cars, trucks, SUVs that need to be sold. A Snow Emergency Sales Event is being held to clear out their inventory to make room for new shipments.

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)**.

## PINEWOOD DERBY WINNER'S CAR CLOCKED AT 219.8 MPH

This year's Pinewood Derby was a great success! It was held on February 1, 2014 at Stone Crest Church in Warren. Over 200 residents gathered for the traditional Pinewood Derby Car Race sponsored by Cub Scout Pack 182 in Warren Twp. There were a total of 63 cub scouts racing as well as cars in the first time "Outlaw Race" open to parents, older siblings, ex-scouts and every town resident. Pinewood Derby winners: 1st place trophy went to Jake Checchio, Webelos Den 11, 2nd place - Jacob Nemcek, Webelos Den 15, and 3rd place - Christopher Doss, Bear Den 4. In the Outlaw race there were 10 cars racing with less rules and cash prizes. Charles Steen, car # 9 won the \$100 for first place. Bobby Fippenger won 2nd, and Ginny Fippenger (3rd). It took the hard and dedicated work of 35 parent and Middle School volunteers to plan, work and run the event.



## DUNCAN REPRESENTS WARREN IN BOY SCOUTS CHESS TOURNAMENT SPONSORED BY WHITE CASTLE

The Munsee District of the Boy Scouts of America hosted their first Chess Tournament open to all registered Boy Scouts, Venturers and Explorers. The tournament was generously sponsored by White Castle and was held on



(above) Boy Scout Michael Duncan of Warren.

February 22, in the Cranford Community Center. This was the first tournament since the Boy Scouts of America introduced the Chess merit badge. Thirty-one players participated, playing four games each. Michael Duncan of Boy Scout Troop 228 in Warren played to a 2-2 record.

White Castle purchased 20 sets, boards and clocks for Munsee District. The company also covered expenses for running the tournament including trophies for the top three winners and ribbons for participants. They also supplied lunch for all players and spectators along with gift bags. White Castle will continue to support the Boy Scouts and the Chess program.

Scouts can now earn a Chess Merit which was recently introduced. Interested Scouts can contact Joe Renna, a certified Merit Badge Counselor, at 908-447-1295.

## IT'S TIME FOR THE BOY SCOUT ANNUAL SPAGHETTI DINNER FUNDRAISER

Warren Boy Scouts Troop 228 is holding its annual Spaghetti Dinner on Saturday, April 5, 2014 from 5:00 pm to 8:00 pm. It will be held at Our Lady of the Mount Catholic Church, Warren NJ. The cost is \$10 for adults and \$6 for children and seniors. The dinner will include salad greens, garlic bread, spaghetti and meatballs with our special homemade fresh

sauce, followed by drinks and wonderful desserts. Last year over 400 people came to our dinner, and we are expecting more this year. Please come and support our local Boy Scouts Troop's annual fundraiser and have a wonderful meal in the process.

For more information or to purchase tickets, please email Troop228@hotmail.com.

(left, l-r)  
Jake Checchio,  
Webelos Den 11  
(1st place winner)  
and Jacob Nemcek,  
Webelos Den 15  
(2nd place winner)

(right) Christopher  
Doss, Bear Den 4  
(3rd place winner).



### WATCHUNG-WARREN ROTARY CLUB

The Watchung-Warren Rotary Club  
meets every Tuesday at 12:15pm  
at the Twin Brooks County Club,  
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# BROWNIE'S ME & MY GUY DANCE, AN EVENING TO REMEMBER

The Brownie's Me & My Guy Dance had over 100 Warren Girl Scouts in attendance along with their Special Guys. All of the proceeds will be donated; this year the troop will be making a \$750 donation to the Special Olympics. The evening was a huge success!



(above) 3rd grade Angelo L. Tomaso School Brownies in Troop 65837 that ran the event  
Submitted by Tia Alloco. Photo Credit: Gretchen Minieri.

# SCOUTS IN THE KITCHEN

Boy Scouts from Troop 228 helped out in the kitchen at the Pancake Breakfast on March 2, 2014. It was sponsored by Washington Valley Fire Company to raise funds for the Quaid Mobus benefit.



(above, left, l-r) Boy Scouts: Dillon Monti, Mitchell DiPaolo, Ethan Tu. (right, l-r) Boy Scouts: Michael Maloney, Mitchell DiPaolo, Dillon Monti.

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## QUIVER FARM CHICK HATCHING PROJECT



(above) Karol Perfetti and Leilia Naman were eager to share their learning about the chick hatching process with the Superintendent, Dr. Tami Crader.

For the past fourteen years, Woodland School first graders have experienced an egg-citing, hands-on learning opportunity. First grade teachers, Anita Brower, Laura Fabian, and Dorothy Stolfi were able to coordinate efforts and bring the farm to school for these youngsters. Thanks to funding from the Warren Lions Club, students participated in the Quiver Farm Chick Hatching Project. Farmer Ed brought three dozen eggs to Woodland School. He explained that the students' job as "egg-tenders" was to turn the eggs three times a day, ensure a 99.5 degree temperature and keep the incubator humid. As the days passed, the children took their role very seriously, yet were anxious to see signs of their chicks. The first week of March, the children watched as the chicks pecked a pip hole in their egg, napped, pecked again, and finally emerged. Once hatched, the care continued. In the classroom brooder boxes, students tended to their chicks. They were gently shown how to take their first sip of cool water and first bite of seed. Teachers were careful to lay down wood chips to provide a comfortable place for the chicks to rest and grow. What an egg-citing experience!

## YOU ARE INVITED...

Mt. Horeb School is holding its annual Science Fair on April 4th from 6:00-7:30PM



Over 85 young scientists in grades 3-5 have applied the scientific method, conducted experiments, and recorded the results in their journals for analysis.

In addition to teachers, parent volunteers like Dr. Mary Mueller and Mrs. Anna Bryant met with students throughout the process. Not only will the fair showcase captivating experiments, but there will be a Community Science Corner where attendees can partake in hands-on science opportunities as well.

## READ ACROSS AMERICA DAY



(above) Mr. Bill Kimmick, Curriculum Coordinator, read to students in Chris Burkhardt and Michelle Cebula's 5th grade class in honor of Read Across America Day 2014! Students at all five schools celebrated their love of reading through a variety of activities and events including door decorating, guest readers, lunchtime trivia questions, rhyming contests, a Read-a-Thon, Seuss Snacks, Book Buddies, vocabulary and character dress-up days, and more!

## PROGRAM PLANTS S.E.E.D.S. FOR EDUCATION & TOLERANCE

Kelly Blessing-Maire, Guidance Counselor at Angelo L. Tomaso School, invited The Arc of Middlesex County to present the S.E.E.D.S. (Student Education and Experience Disability Sensitivity) program to 5th grade students. Their goal was to explain disabilities, debunk myths about them, and provide students with activities exemplifying what it is like to live with different disabilities. Blessing-Maire organized the presentation in connection with the character education program, and hoped to enhance students' knowledge, tolerance, and compassion through hands-on learning.



(above) Jordyn Youngelson and Corey Sajous take part in a S.E.E.D.S learning experience.

Photo by M. Bivaletz

## ALT STUDENTS WIN STATE CHAMPIONSHIP IN ARCHERY

Submitted by Warren Township Schools

Thanks to the initiative of ALT School's PE teacher Doug Clark, ALT participated once again in the NJ National Archery in the Schools Program and for the 2nd year in a row won the state championship! ALT has qualified to compete at the national tournament in Kentucky

on May 9th and 10th! Last year the tournament had 10,000 participants from around the country and the world championships had 27 countries participating. Thanks to Dr. Crader, Ms. Bond, Mr. Comba, and Mr. Bayachek, 12 middle school students were also able to participate.



(above) Melissa Woerner presents Doug Clark and his students with the first place trophy!



# WARREN TOWNSHIP LIBRARY

42 Mountain Boulevard • Warren, New Jersey 07059 • 908-754-5554

Hours: Mon – Thurs: 9:30-9, Fri: 9:30-5, Sat: 9:30-4

[www.sclsnj.org/warren.htm](http://www.sclsnj.org/warren.htm) and visit program calendar to sign up.

Please note: Program dates and times may be subject to change.

For complete program information, go to the library's website or call the library.

## PROGRAMS FOR ADULTS

### Evening Book Club

6 PM, Tuesday, April 1

This month is a Book/Movie Discussion

### History of Jazz

7 PM, Thursday, April 3

Embark on a musical journey through jazz with band leader and clarinetist David Aaron, as he traces the development of jazz in America. He will discuss the different jazz styles from the early 1900s Rag Time, to Dixieland and from BeBop to Progressive Jazz. Each style will be discussed and we'll listen to music samples from each period. Registration required.

### Chess Club

10 AM to 1 PM, every Friday

Join our Chess Club for Adults, every Friday from 10 to 1 pm. Bring your chess set and tell your friends! New players are always welcome. No registration is required.

### Drop-in Tech Help

1 to 2:30 PM, Friday, April 4

In this informal session, you can ask anything related to technology including downloading eBooks from the library website. Bring your questions, your laptop, tablet, smarphone, etc to the library and we'll try to walk you through it. There is another session on Wednesday, April 9 from 5 to 6:30 pm.

### Two Gardeners: Emily Dickinson & Beatrix Potter

2 PM, Saturday, April 5

In this illustrated talk, NJ author Marta McDowell will explore the connection between the pen and the trowel by looking at two particular women: Emily Dickinson and Beatrix Potter. Both born in the 19th century, they had different artistic careers but shared a love of gardening. McDowell gives a very interesting talk with accompanying slides on Dickinson and Potter's lives. Marta McDowell consults for public gardens and private clients, writes and lectures on gardening topics, and teaches landscape history and horticulture at the New York Botanical Garden, where she studied landscape design. Registration required.

### Bridge in the Afternoon

Mondays: 1 to 4 PM, Mondays, April 7, 14, 21, 28

Join us for a game of bridge in the afternoon amongst friends and neighbors. Knowledge of bridge is preferable. No registration is required.

### Health Benefits of Garlic & Honey

7 PM, Tuesday, April 8

Honey and garlic are natural medicines that have been used by humans for thousands of years. Roman Osadca will educate and entertain by discussing the history, folklore, pharmacology and practical uses of these two delicious medicines. Roman Osadca owns a small family farm near Johnsonburg, NJ, and his specialty is gourmet heirloom garlic, shallots and beekeeping. He nurtures an international collection of 290 varieties of hardneck and softneck garlic, and has been the NJ State Fair garlic champion for many years! Registration required.

### The Movie Discussions are back!

Join us for a screening and discussion of a film.

### Spruce Up your Home for Spring

7 PM, Wednesday, April 9

Often our homes are dressed in one palette, which lasts us all year long. But we can add simple changes that can breathe fresh air into our homes to welcome the warm breezes that come with the new season. We will discuss how to add a different palette into our homes on a budget, changing out accessories, forcing bulbs and using floral design in our interiors, simple craft and faux finish techniques to update and personalize our spaces. Speaker: Joyce Lahmidi owner of Tapestry Interiors and Decorative Painted Design. Registration required.

### Afternoon Book Club

1:30 PM, Thursday, April 10

For more information about this month's book selection, please call the Reference Desk at 908-754-5554 ext 32. New members are welcome. No registration required.

### Downloading Digital Media

1:30 to 3 pm, Saturday, April 12

Join us for an introduction on how to download materials from the library's website to your eReader, tablet, smartphone, etc. All you need is your library card, your device and an internet connection. Registration required.

### Savvy Social Security Planning

7 PM, Tuesday, April 22

Michael Aloï, certified financial planner, will talk about what Baby Boomers need to know to maximize their retirement income. This workshop will cover important topics such as : factors to consider when deciding when to apply for benefits, how to estimate your benefits, minimize taxes on Social Security benefits and how to coordinate Social Security with your other sources of retirement income. Registration required.

### Shakespeare for Today- Bard's 450TH Birthday

7 PM, Thursday, April 24

In honor of Shakespeare's 450th birthday, Shakespeare Theatre of New Jersey Director of Education and resident director Brian B. Crowe will explore the 'method and madness' of producing the Bard's canon in the 21st century, including selecting and adapting material, developing a production concept, and inspiring a love of Shakespeare in the younger generation. 'Peek behind the curtain' as Crowe shares a unique perspective from the longest-running Shakespeare theater on the East Coast and New Jersey's largest professional theatre company dedicated to Shakespeare's canon and other classic masterworks. Registration required.

### Famous and Not so Famous New Jerseyans

2 PM, Saturday, April 26

There have been many famous people who have been born in New Jersey, and others who were born elsewhere but made a name for themselves while residing here. And there are still others who called New Jersey home and helped create unique moments in our history. Historian, author and History Channel commentator William Chemerka will talk about "Famous and Not-So-Famous New Jerseyans," a lively and entertaining presentation. Registration required.

### Evening Book Club

7:15 PM, Tuesday, April 29

For more information about this month's book selection, please call the Reference Desk at 908-754-5554 ext 32. New members are welcome and no registration required.

### Shopping for Third Party Energy Suppliers

7 PM, Wednesday, April 30

Many people have been receiving multiple mailers, phone calls and emails regarding third party energy suppliers and urging them to switch their providers. Often times, they wonder whether if any of it is legitimate and whether they can trust what they hear. While others may mistakenly provide information and have their services switched unaware. And, unfortunately, some other people may have switched their services but have been disenchanted by their experience. This presentation helps to address these questions and issues. Kimberly Deal from the NJ Board of Public Utilities will discuss deregulation and how it has benefited the energy market by making it competitive to customers. She will explain how to research the companies and make a decision to choose or stay with their present energy supplier. Registration required.

## SMILE PROUD!

February was National Children's Dental Health Month. To celebrate (and keep teeth healthy), staff from the Children's Dental Center of Somerville shared a story with the children and demonstrated brushing and flossing techniques. Questions and concerns about children's dental health were answered and children left with a goody bag!



(above) Children 6 and under participated in the library's Smile Proud Program.

## IRISH SONGS AND HISTORY OF THE CIVIL WAR ERA

Musician and Historian David Kincaid performed in period clothing at the library on Saturday, March 15. David sang songs about the Irish in the American Civil War as he played the mandolin. It was a very enjoyable afternoon at the library, with history, humor and even some sing-alongs of well-known Irish tunes.



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## PAY FOR 6 MONTHS AND GET 1 FREE

WARRENBROOK SENIOR CENTER APRIL SPECIAL EVENTS

Tuesday, April 1 ~ 11:45 am  
LUNCH and LEARN ~ TAI-CHI  
Leader, Fran Maher ~ Tai Chi incorporates simple martial arts movements performed slowly to build strength, flexibility and fitness. This is the second of four “Boomer-errific” well-being, movement programs. Advance reservations are required by Thursday, March 27. Lunch begins at 11:45 and the program begins at 12:45.  
Thursday, April 3 ~ 11:45 am  
LUNCH and LEARN ~ REIKI  
Leader, Suzanne O’Brien ~ Reiki is a technique for stress reduction and relaxation that also promotes healing. An amazingly simple technique to learn, the ability to use Reiki is not taught in the usual sense, but is transferred to the student during Reiki classes. This is the third of four “Boomer-errific” well-being, movement programs. Advance reservations are required by Monday, March 31. Lunch begins at 11:45 and the program begins at 12:45.  
Monday, April 7 ~ 10:30 am  
Wordles with Warren Township E2 Students  
Students from Warren Township’s Enriched Education class will be at the center to create a “Wordle” for each attendee. What is a “Wordle” you ask? It is a “word cloud” that is created from text that will be provided by the answers to questions that the students ask. Using different fonts, layouts, and color schemes, the one-word answers will be artfully arranged to create a personalized Wordle. The students will return with the actual Wordles at another time. Rescheduled from February 3.  
Wednesday, April 9 ~ 10:30 am  
VOLUNTEER APPRECIATION LUNCHEON  
Volunteers are exceptional people whose commitment, skills and positive energy make great things happen at the Warrenbrook Senior Center. We have over 25 volunteers that help prepare food and implement activities. This is an opportunity for you to thank them for their dedicated service and the difference they make in our lives.  
Thursday, April 10 ~ 11:45 am  
LUNCH and LEARN ~ LIVING WELL PROGRAM  
Instructor: Jo Mahal, YogaFit Certification in Level One Seniors ~ Overcome the mystery of yoga. This interactive class is designed to improve the health, performance and mental acuity of individuals interested in improving their level of fitness. The program blends

the fitness format of balance, strength and flexibility. All levels of fitness are welcome. This is the last of four “Boomer-errific” well-being, movement programs. Advance reservations are required by Monday, April 7. Lunch begins at 11:45 and the program begins at 12:45.  
Monday, April 14 ~ 10:30 am  
Creative Notions, Art of the Master Program  
- Featured Artist, Albrecht Durer  
Learn about the featured artist’s vast body of works that includes altarpieces, religious works, numerous portraits and self-portraits and copper engravings. The program’s hands-on art piece will be a copper relief art project. Fifteen minute lecture has unlimited attendance. Art project has a 16 person maximum – Advance registration for art project is required.  
Wednesday, April 16 ~ 9:30 – 10:30 am  
UNUSED MEDICATION DROP OFF OPPORTUNITY  
Officer Thomas Wallace will be at the center to collect any unused or expired medications. Please take advantage of this safe way to dispose of your medications. YOU MUST BRING THE UNUSED MEDICATION TO THE CENTER BETWEEN 9:30 and 10:30 am. CENTER STAFF CAN NOT ACCEPT ANY DROPPED OFF MEDICATIONS WITHOUT THE SOMERSET COUNTY SHERIFF’S OFFICER BEING PRESENT.  
Monday, April 21 ~ 10:30 am  
Minute to Win It Games with Allstate New Jersey Financial Department Staff  
Based on the games used on the popular TV Show, we will have some friendly competitions with deceptively simple games that require savvy to compete. Attendees will be divided into two teams.  
Monday, April 28 ~ 10:30 am  
ART EXHIBITION Opening Day  
The center’s watercolor and oil paint class students will be displaying their art work during this Ageless Art Show. Join us as we acknowledge the talent and skills of these students. Light refreshments will be served on opening day, at 10:30 am. The Art Exhibition will be open to the public from Monday, April 28 to Thursday, May 1, from 10:30 am to 1:00 pm  
Wednesday, April 30 ~ 10:30 am  
FREE Hearing Screening  
Overlook Medical Center’s Mobile Health Van; Call for 10 minute appointment.

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LUNCH AND LEARN  
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The Warrenbrook Senior Center, located on the golf course at 500 Warrenville Road, will be hosting a series of free Lunch & Learn Programs, starting March 27. For each program, lunch will be available at 11:45 a.m. and the demonstration will be held at 12:45 p.m. A suggested lunch donation of \$2 is recommended for individuals age 60 and above. The cost of lunch for those under age 60 is \$6.75. One of seven centers operated by the Somerset County Office on Aging and Disability Services, Warrenbrook is a multipurpose facility that offers a variety of educational, recreational and entertaining activities for active older adults, including wellness programs and health screenings. The center is accessible to individuals with disabilities. Somerset County senior centers offer a wide range of experiences designed for lifelong enrichment in a social and uplifting atmosphere, intended to positively impact overall health. Many of these programs are funded, in part, through the Older Americans Act. For more information or to register, contact Manager Gwen Chalker, Warrenbrook Senior Center, at (908) 753-9440.

RARITAN VALLEY LINE - WEEKDAYS TO & FROM NEW YORK - DIRECT!

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Departing from:	NY 5126 A.M.	NY 5170 A.M.	NY 5132 A.M.	NY 5134 P.M.	NY 5176 P.M.
High Bridge		9:18			12:18
Annandale		9:22			12:22
Lebanon		9:26			12:26
White House		9:32			12:32
North Branch		9:39			12:39
RARITAN	8:43	9:48	10:47	11:47	12:48
Somerville	8:46	9:51	10:50	11:50	12:51
Bridgewater	8:51	9:56	10:55	11:55	12:56
Bound Brook	8:54	9:59	10:58	11:58	12:59
Dunellen	9:00	10:05	11:05	12:05	1:05
Plainfield	9:05	10:10	11:10	12:10	1:10
Netherwood	9:08	10:13	11:14	12:14	1:13
Fanwood	9:12	10:16	11:18	12:18	1:16
Westfield	9:16	10:21	11:23	12:23	1:21
Garwood	9:20				1:24
Cranford	9:23	10:26	11:28	12:28	1:28
Roselle Park	9:29	10:31	11:34	12:34	1:33
Union Station	9:33	10:35	11:38	12:38	1:38
NEWARK	9:45	10:44	11:50	12:47	1:49
NEWARK	↓	↓	↓	↓	↓
NEW YORK	10:09	11:10	12:12	1:12	2:13

Departing from:	NY 5121 A.M.	NY 5123 A.M.	NY 5175 P.M.	NY 5127 P.M.	NY 5179 P.M.
NEW YORK	10:44	11:49	12:49	1:47	2:39
NEWARK	↓	↓	↓	↓	↓
NEWARK	11:06	12:08	1:08	2:06	3:01
Union Station	11:15	12:17	1:17	2:15	3:10
Roselle Park	11:18	12:20	1:20	2:18	3:13
Cranford	11:23	12:25	1:25	2:23	3:18
Garwood				2:26	3:21
Westfield	11:27	12:29	1:29	2:29	3:24
Fanwood	11:32	12:34	1:34	2:34	3:28
Netherwood	11:35	12:37	1:37	2:37	3:31
Plainfield	11:38	12:40	1:40	2:41	3:35
Dunellen	11:43	12:45	1:45	2:46	3:40
Bound Brook	11:49	12:51	1:51	2:51	3:45
Bridgewater	L 11:52	L 12:54	1:54	L 2:54	3:48
Somerville	L 11:57	L 12:59	1:59	L 3:00	3:53
RARITAN	12:11	1:12	2:02	3:12	3:56
North Branch			L 2:09		L 4:02
White House			L 2:16		L 4:09
Lebanon			L 2:22		L 4:15
Annandale			L 2:27		L 4:20
High Bridge			2:41		4:25

Raritan Valley Line Rail began operating its new one seat ride service on March 3rd. The service is available Monday – Friday on eastbound trains starting from either High Bridge or Raritan train stations and arriving at Penn Station New York between the hours of 10:09 a.m. – 2:13 p.m. One seat ride train service operating westbound from New York Penn Station will terminate at either Raritan or High Bridge train stations and will leave New York Penn Station between the hours of 10:44 a.m. – 2:39 p.m.

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