WARREN MONTHLY NJ

WARREN'S HOMETOWN NEWSPAPER

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ISSUE 15 • APRIL 2014

WARREN TOWNSHIP
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SPRING FLINGS AND EASTER THINGS

What a glorious day for a parade! On Saturday afternoon, April 12th, a crowd of "hoppy" children arrived at the Municipal Complex with all kinds of decorated bikes and wagons. They were egg-cited for Warren Township Recreation Commission's Wagon and Bike Parade. The event was well-attended with more than 152 residents registered for the egg hunt and over 47 for the parade. This event gets more and more popular each year. The judges on hand gave prizes in three categories: Most Original, won by Michelle Loja; Most Creative, won by Hayden Montgomery and Prettiest, won by Julia Thomasy.

Immediately following the parade, the Easter Egg Hunt began for the 3-5 yr olds and then the 6-10 year olds. The children hunted for golden and special eggs where slips of paper inside let you know if you won a prize. Finally, to end the day, a raffle was held for all the paying participants to win two bikes and two fishing poles. Pictures with the Easter Bunny and climbing on the fire truck were added bonuses.



(above) Most Creative: Hayden Montgomery Give "Peeps" A Chance



(above) Most Original: Michelle Loja (right) Prettiest: Julia Thomasy



(above) Zoe Kahana, small bike raffle winner



(above) Colin Dana, large bike raffle winner

SPONSORS FOR EGG HUNT

The Warren Township Recreation Department would like to thank the sponsors for helping make this a wonderful event.

- 1. Soft Care Dental Group and High Gear Cyclery of Stirling who donated the bikes
- 2. Kidkind Foundation donated a basket value \$200 for their next 5k event May 3
- 3. Temple Har Shalom donated 5 sets of 5 tickets each for Touch a Truck Event May 4
- 4. Weichert Realtors donated the Easter baskets
- 5. Mt. Horeb Fire Department donated giveaways and let kids see the fire engine
- 6. Camp Riverbend donated a basket \$25
- 7. Warren Blue Ridge Sportsmen's Club donated 2 fishing rods and a fishing net
- 8. Jersey Men's Football Club donated a gift basket valued at \$50
- 9. Bounce Factory donated candy and prizes and tickets to the Bounce Factory \$200+
- 10. The Learning Experience donated 2 Panoramic IPads
- 11. Smoothie King donated a gift basket \$25
- 12. 16 Handles Donated 2 gift baskets \$40 ea.
- 13. Wagner Farm Arboretum donated 5 sets of Art Lessons





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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 lynn@rennamedia.com.

WARREN TOWNSHIP CHAMBER OF COMMERCE HOLDS MONTHLY NETWORKING MEETINGS

Warren Chamber of Commerce meetings are held on the fourth Thurday 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

(right, l-r) Host of the Chamber's March 2014 meeting Babar Farooqi of CMIT Solutions and Debra Downs of Prudential, winner of the door prize donated by Renna Media.







(above, r-l) Warren Chamber of Commerce president Evan Tornquist presenting the Warren Chamber Meeting trophy to John Marsh of Northfield Bank for his 30 second elevator speech at the March 2014 Chamber Meeting.

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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 hemiated 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. Spiaggia, 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 affer the most advanced nonsurgical 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 Spiaggia, DC

Why pain pills are NOT a long-term game plan

eople 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 became necessary to function at all. Countless individuals 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 luture.
- Recovery time can be painful and prolonged
- · Surgery cannot be undone if outcomes are not favorable
- Missed time away from work, family, friends
- · Duality 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 do you know are addicted to pain medications? How did the attention from a seasoned staff of medical doctors, physical therapists gave temporary relief and soon enough, the medication much detail as possible. There is no pressure to accept treatment as has been expended into conventional medicine practices throughout the world. the staff at Performance Rehabilitation & Integrated Medicine strives have been innocently entangled with prescription pain pills to create a relaxed environment by educating patients about their FREE No Obligation Consultation options. The ultimate decision maker is the patient.

What makes Performance Rehab's Approach so different?

or drugs. After years of study, training and trials, they have chosen one consultation." only the most effective non-surgical options and have brought them

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- . Physical Therapy A traditional treatment methodology aimed at the experiencing. Each has a deep commitment to your health and to treatment and curing of certain allments common to patients suffering with you as a person. During your first visit you will receive personalized chronic or severe pain. Its primary aim is to bring back the patient to his/her. normal self, free of any pain or suffering.
- addiction start? The answer to this question is typically the land acupuncturists. An analysis of your condition by the medical team. Acupuncture Through clinical trials, acupuncture has been proven same. Due to an injury, medications were prescribed which in conjunction with a detailed treatment plan will be described in as leffective in treating various medical conditions including back and neck pain and

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Ron Spiaggia, DC (Clinic Director) Joseph Mejie, DO, E.A.A.P.M.&R. (Medical Director).

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EDUCATION FOUNDATION

Submitted by Warren Township Schools

The Warren Township Education Foundation will serve as an organization that partners with community members and businesses to provide cutting edge "extras" that offer our students unique opportunities. The focus will be on "big, bold ideas" aligned with the mission and vision of the Warren Township school district. Members will have opportunities to plan and organize partnership programs that will enhance student development and enrichment that support the district's brand of "Shining Brighter Every Day." Success will depend on the commitment and enthusiasm from volunteers, as well as public and private donors.

If you are interested in volunteering and making a difference, please contact Tanya McAusland via email at tmcausland@verizon.net



(above) Superintendent Dr. Tami Crader



FOUR WATCHUNG HILLS JUNIORS PROPOSED FOR 2014 GOVERNOR'S SCHOOLS

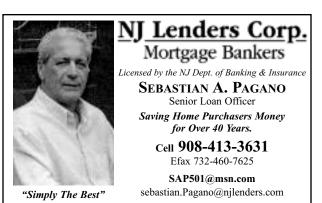
By Eleanor Mathews

The names of four Watchung Hills Regional High School juniors have been proposed for appointment to the 2014 Governor's School program, an elite summer residential experience that allows participants to enjoy college-level learning experience over a one-month period in the summer.

Katherine Mathison of Warren Township has been accepted into the Governor's School of Engineering & Technology, and Joseph Da, also of Warren, will attend the Governor's School in the Sciences. Also nominated by the Watchung Hills administration, but not as yet accepted, were Jason Regimbal (School of Engineering) and Sharon Liu (School of the Sciences), both of Warren.

The Governor's School of Engineering, which convenes from June 29 to July 25 at the Piscataway campus of Rutgers University, introduces participants to precepts of technology not usually found in high school curricula—more likely on the freshman/sophomore level of college. The Governor's School of the Sciences meets from July 13 to August 2 at Drew University, and, like the School of Engineering, covers scientific themes not usually addressed at the secondary school level, introduces students to speakers eminent in their fields, and undertakes meaningful field trips.

The Governor's School concept was



developed by Gov. Tom Kean in 1983 to encourage and foster excellence in education for talented high school achievers. At its peak, the Governor's School concept embraced as well such entities as the School of Public Issues and the Future of New Jersey, the School on the Environment, the School of International Studies, the School of the Arts. (Budget constraints caused their eventual elimination.)

At each of the venues, students are introduced to new concepts, participate in hands-on research, work with peers with the same interests and become acquainted with experts in their various fields.

The Governor's School concept has proved to be a good investment for the students who are chosen to participate` and for New Jersey's growth as well.



(above, l-r) Four Watchung Hills Regional H.S. juniors nominated for the 2014 Governor's Schools: Jason Regimbal, Katherine Mathison, Sharon Liu and Joseph Da. Of this number, Mathison has been selected for the School of Engineering, and Da for the School of the Sciences. The selectees will spend three summer weeks doing advanced study on a college campus. Photo by Eleanor Mathews





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SPRING FEVER SAVINGS FRENZY HITS LOCAL DEALER

Hundreds of Cars Marked Down to Clear Inventory

North Plainfield, NJ- Global Auto Mall, a well-known local automotive sales dealer, was hit by the first case of Spring fever this season. All the sun, and greenery has got them itching to clear their inventory and make way for new cars. With the huge surplus of brand new cars, trucks, minivans, hatchbacks and SUVS they've decided to have a Spring Fever Savings Frenzy with tons of discounts and a free 3 year maintenance plan with every purchase.

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 Spring Fever Savings Frenzy will feature major brands including: Chevrolet, Hyundai, Jeep, Kia, Mistubishi and a large variety of preowned makes and models.

This big event will be held at Global Automall's nearby North Plainfield location:

Global Automall, 1099 Rt 22 West, North Plainfield, NJ 07060. or Call: 1-866-645-4337 for easy directions.

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environment of the local small customer. Their financing office is dealership. Global's General Sales prepared to work with any customer's Manager, Rich Locurto, says, "Our budget.

The Spring Fever Savings Frenzy is scheduled for a limited time only. Once it's over, it's over! Hurry in to Global Automall today and drive home with the vehicle you've always wanted at a price you'll love. For further information please call 1-866-645-4337, or visit www.globalautomall.com.

ALEX DUNCAN OF TROOP 228 RECEIVES BOY SCOUT'S HIGHEST RANK



(above) Boy Scout Troop 228 at their Annual Spaghetti Dinner on April 5, 2014. Approximately 300 people attended this very successful event. The troop currently has 57 boy scouts on the roster.

CUB SCOUT RECRUITMENT

May 8th from 7:30-8:30 Central School Gymnasium Parents of Warren Boys currently in grades K-4 Boys are invited to attend too! Boys currently in grades 5 - 12 up would join Boy Scouting.

This year we will be raffling off All American Boy Baskets – on display at each elementary school. Anyone attending can win – no purchase necessary.

(right) On March 29, 2014, Alexander Duncan became Troop 228's 82nd Eagle Scout. Pictured here is Alex at his Eagle Court of Honor held at Mt. Horeb United Methodist Church flanked by his dad and mom. Boy Scouts of America states that only about 2 percent of boys who enter the scouting program achieve the highest rank of Eagle Scout.





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Submitted By Warren Township Schools

THE PB&J JAM SLAM



(above) The Peanut Butter and Jelly/Jam Slam was a success! The Woodland Service Club collected 100 items to donate to the soup kitchen in South Bound Brook

LITERACY TOOL FOR A NEW GENERATION

Mt. Horeb School students have been having an amazing year with Computer teacher Jola Scassera. Recently, scores of proud second graders became published online authors, developing stories using Storybird. Storybird is a visual storytelling community. Starting with a picture, students were able to create stories using beautiful, school appropriate illustrations. The illustrations helped spark their imagination and their writing soared!



(above, l-r) Alexa Christou, Rayannah Cardoza, and Theresa DeAnglis.

Register now for Gymnastics and Tumbling Classes! **SUMMER CAMP:** Recreational and Intensive Tumbling. Birthday

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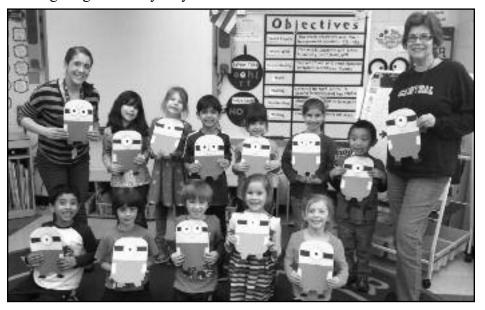
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(right) Kindergarten teacher Rebecca DeMarco, Paraprofessional Betty Wagner, and many students from her Kindergarten class at Central School with their HAPPY minions.

HELPING OTHERS SHINE

Rebecca DeMarco's class wanted to brighten the day for students displaced from James Monroe Elementary School in Edison, NJ. As her Kindergarten class has a weekly "Happy" dance, they decided to make and send a minions craft to bring happiness to those children and do a kind deed. They also enjoyed working with Rosemarie Rio, a Senior Connector and Warren resident, who volunteers at Central School every Friday during Center time. Lisa Scherzer's 3rd grade class also wanted to make a difference for this nearby school. Since the beginning of the year, her students had been collecting, counting, and bagging their water bottles which were taken to a facility and exchanged for cash. As a class, the students chose, upon hearing about James Monroe, to put the funds towards a Staples gift card along with some extra school supplies and heartfelt cards. Additionally, many Central School staff members contributed to a collection, spearheaded by teacher Danielle Riccio, by donating supplies, books, and gift cards. Warren Township Schools... Shining Brighter Every Day.



STUDENTS OF THE MONTH RECOGNIZED

Warren Middle School recognizes students who demonstrate positive character traits on a consistent basis. In addition to the six pillars, recipients of this honor are supportive, resilient, encouraging and have shown growth as individuals.

(right, back, l-r) Matthew Roth, Julie Richardson, Mark Caamano, Jessica Pearlstein, Thomas Dardis. (front, l-r) Hailey Crawford, Ally Devico and Raina Kansagra



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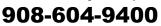


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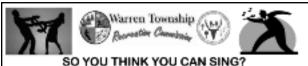
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Program Registration 3/7/14-6/30/14. Enrollment based on space availability.





Warren Recreation Commission is looking for local musical talent which includes singers and/or musicians as soloists, duets, trios and groups. Selected individuals will showcase their talent before a live audience.

AGE CATEGORIES: PERFORMANCES: TIME:

7-14, 15-24 & 25 plus. June 25, July 2 &/or July 16 7pm - 9:30

PLACE: Municipal Complex Court Yard

Musicians must supply their own equipment. Electric will be provided. All finalists will receive cash prizes and media recognition. One chosen act will be selected to perform at the 2015 Yuletide Winter Festival!

Submit demo recording, photos and act information to be reviewed by selection committee. Include name, address, email, phone, age group, act type and dates available.

Mail or email Warren Recreation Department by April 28 46 Mt Blvd. Warren, NJ 07059 or recreation@warrennj.org

MAY 3RD 5K RACE FOR KIDKIND AND FAMILY FESTIVAL TO RAISE MONEY FOR THE KIDKIND FOUNDATION, THE WARREN SUMMER CAMP SCHOLARSHIP FUND AND TEENS CONNECTING WITH TEENS

Wear the Cape, a brand that gives back and aims to restore the power of kindness and good character with cool, inspirational products and its non-profit the kidkind foundation, announced that it will be hosting a 5K race for kidkind, Kids' 100-Yard Dash and Family Festival on May 3, 2014 at the Warren Township Municipal Complex Pavilion. The event will feature not only a 5K—runners and walkers welcome—but also a day full of family-friendly activities.

Go to raceroster.com/events/2014/2370/racefor-kidkind to sign up or donate! Preregistration for the 5K is only \$22, and the Kids' 100-Yard Dash is just \$7. Day-of, on-site registration for the 5K is \$30. To enjoy the festival packed with games, crafts, food, music and fun, a donation is requested if not running a race. All proceeds from the run and festivities will be used to fund Wear the Cape's non-profit the kidkind foundation, the Warren Commission's Summer Camp Scholarship Fund, and the work of "Cape Kid" Olivia Perlmutter, who founded Teens Connecting with Teens to bring students together to help youth with special needs.

Tying in Wear the Cape's mission, "building heroes, a kid at a time" is the theme of next month's 5K race for kidkind and Family Festival. Check-in for the 5K starts at 7:45am, and the race is scheduled to start at 8:30am. The Kids' 100-Yard Dash will take place at 10am, followed by the Family Festival till 1pm.

For information on becoming a race and festival sponsor. send a note leighann@wearthecapekids.com.

And to learn more about Wear the Cape and the kidkind foundation. www.wearthecapekids.com.

ART STUDENTS DISPLAY AT LOCAL GALLERY

By Eleanor Mathews

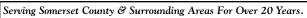
The work of local artists - students and faculty of Watchung Hills Regional High School - is now on display at the Watchung Arts Center until Saturday, April 26. The local gallery is open Tuesday, Wednesday, Thursday and Friday from noon till 5:00 p.m. and on Saturday, from 10 a.m. to 3:00 p.m. (See watchungarts.org for further information.) No admission charge.

The work of Watchung Hills' Advanced Art students in grades 11 and 12 show includes photography, painting, drawing, jewelry, sculpture, ceramics and digital photography, and is an indication of the wide range of content the Visual Arts Department students have produced this year. Many of the student contributors are interested in an art-focused career, architecture, the sciences and business. Many have entered exhibits and competitions at other venues during the current school year.

The work of over fifty students is represented, as well as that of faculty members Vincent Colabella, Joan Thomson, Brian Dursee, Kate Griffin, Michelle Truskowski, Susan Boedeker and Steven Speeney.

Also represented in the show is the work of students who were awarded prizes in the duCret School of Art Annual High School Show: Brianna Wu and Lauren Spilker (digital illustration); Leah Rich (color pencil); Jessica Liao and Margot Novek watercolor) and Christina Rolchigo (color photography).

Featured in the Center's Lower Gallery during the same time frame is the Photography of Justin Scalera, a junior at Watchung Hills Regional High School, whose first venture into photographic competition just a year ago netted him second prize in the challenging D & R Greenway Land Trust Juried High School Exhibit, "Landscapes." Since then, Scalera has become a "specialist" in recording scenes of the effects of Hurricane Sandy on the New Jersey shore and has produced a book of images of the storm's aftermath. From its proceeds, he has donated \$9,000 to various agencies engaged in relief activities.



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THIRD GENERATION FABRICLAND **CELEBRATES ITS 80TH ANNIVERSARY**

On Thursday, April 24, Scott Kravet, the will be given out to every attendee. fourth generation family member at the helm ofthe prestigious Kravet Inc. textile company, will join Fabricland's third generation owner Bruce Heyman to celebrate the North Plainfield's store's 80th anniversary in business.

The store, which was founded in 1934 by Heyman's grandfather, Philip, has been an integral part of the community for many years – catering to a cross-section of customers from around the state. In the past decade, the independent retailer has maintained its sewing and dress fabrics departments, but has morphed into a home furnishings company that provides custom and ready-made window fashions under the brand of Metropolitan Window Fashions.

To honor its 80th year in business, Heyman and Kravet will be on hand to hear a Proclamation read by North Plainfield Mayor, Michael Giordano Jr. at 6:45 p.m. Immediately following this ceremony, Mr. Kravet will present a free Decorating Seminar from 7 - 8 p.m.

His program, "Emerging Trends in Fabrics and Design", will highlight the newest collections from Kravet's growing list of top designer licensees including Diane Von Furstenberg, Oscar de la Renta, Sarah Richardson, Barclay Butera, David Easton and David Hicks. Mr. Kravet will show these collections and discuss the signature styles that each designer brings to the home. Door prizes

Scott Kravet heads up the design team and has been a guiding force behind the brand. Established in 1916, Kravet Inc. is a fifth generation family business that distributes fabrics, furniture, wall coverings, trimmings, carpeting and accessories.

To register for the Kravet "Emerging Trends" seminar on April 24 at 7 p.m. at Fabricland, 855 Route 22 in North Plainfield, NJ please visit windowfashions.com or call 908-755-4700.





(above, left) Fabricland's third generation owner Bruce Heyman. (above, right) Scott Kravet, Director of Design for Kravet Inc., will be on hand to present a free Decorating Seminar at Fabricland on Thursday evening, April 24th.

PROJECT RUNWAY WINNER TO APPEAR IN FABRICLAND MAY 4TH

On Sunday, May 4th at 2 p.m., New York fashion designer Irina Shabayeva - the winner of Project Runway's Season 6 - will make an appearance at Project Fabricland, the sewing competition and fashion show based on the popular TV series. The event, which will take place at North Plainfield High School, 34 Wilson Avenue in North Plainfield, will feature twenty-three aspiring young New Jersey fashion designers ages 12 to 18.

All the participants have taken advanced sewing classes at the Sewing School at Fabricland in preparation for this event. Gift certificate prizes totaling \$1,500 will be awarded to the winners in four different age categories.

Ticket sales to Project Fabricland's Fashion Show will benefit the Plainfield Area Humane Society – a non-profit organization that runs a shelter to care for and rehabilitate stray and abandoned animals. Tickets are \$8. in advance and \$12. at the door. Tickets may be bought at the store, 855 Route 22 in North Plainfield or online at fabricland.com. For more information, call 908-755-4700 ext. 140.

Fabricland, 855 Route 22, North Plainfield, NJ. www.fabricland.com



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