

# WARREN MONTHLY<sub>NJ</sub>

WARREN'S HOMETOWN NEWSPAPER

Published by Renna Media, LLC. On-line at [RennaMedia.com](http://RennaMedia.com)

ISSUE 17 • MAY 2014

The American Legion  
Post 293 of Warren  
will again sponsor

## MEMORIAL DAY PARADE AND MEMORIAL SERVICE MONDAY, MAY 26

Parade will start at  
11:30 a.m.

The parade route will begin at  
the Former Warren Post  
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Valley Road, turning left onto  
Warrenville Road, and turning  
right onto Mountain Blvd,  
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## SUPPORTING THE COMMUNITY FOOD BANK ONE SONG AT A TIME

Submitted by Warren Township Schools

An eighth grade student at Warren Middle School, Danny Cole Lifson, organized a charity event to aid the Community Food Bank of NJ in support of the fight against hunger and poverty. The process began in March when Lifson suggested an open mic night to John Lidz, owner of the local Warren eatery called Little Shanty. Once the date was secured, Lifson recruited many musicians and singers he knew, and also discovered new talent through networking with peers. Students who had never met before were matched up and practice sessions were arranged, thus forming many new connections.

The event took place on May 9, 2014 when over 20 students from schools including Warren Middle School and Watchung Hills Regional High School gathered. Most of the songs performed were covers that appealed to a range of musical tastes from John Mellencamp and The Jackson 5, to Paramore and Foster the People. Mikey DeMarco, a 9th grader at Watchung Hills Regional High School, shared the role of MC with Lifson for the evening, as well as performed on vocals and guitar. Eighth grader Peri Martins sang solo, as well as with fellow Warren Middle School students on guitar, Michael Hopwood and Lifson. At the end of the evening, over \$300 was raised, and Little Shanty contributed 10% of its sales. "We supported each other as



(above, l-r) Michael Hopwood, Peri Martins,  
Mikey DeMarco, and Danny Cole Lifson set up to perform  
"Who You Are" by Jessie J.

Photo by: R. Lifson

well as the charity. So many people showed up that we couldn't even fit everyone inside!" With interest like that, there is sure to be another event like this on the horizon. Warren Township Students... Shining Brighter Every Day!

## STUDENTS CONNECT WITH THE COMMUNITY THROUGH MUSIC

Article by Mia Bivaletz, Submitted by Warren Township Schools

The 5th grade students in Gold Strings at Central School performed at the Warren Library to a full house!

These ten students conceived the idea of playing at the library as a way to connect more with the community.

After meeting with the Youth Services Librarian Antonette D'Orazio, and planning the date, the group

organized the program and continued to rehearse.

Under the direction of their teacher Tim Leonard, the talented musicians performed fiddles tunes, pieces by Bartok and Beethoven, and the recent hit 'Royals' by Lorde. Warren Township Musicians... Shining Brighter Every Day!

(below) Gold Strings, Central School Photo by: T. Leonard



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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).



## WAGNER FARM ARBORETUM WEEKLY FARMERS' MARKET TO OPEN JUNE 5TH

Back by popular demand, the Farmers' Market hosted by Wagner Farm Arboretum opens Thursday, June 5th and runs until October 9th. Every Thursday, from 3 – 7 rain or shine, the Farmers' Market at 197 Mountain Ave. in Warren will offer local produce and products to the surrounding communities.

A variety of locally grown fruits and vegetables, all natural meats, artisan breads, pasta and sauces, Italian specialties including gluten free options, award winning local wines, baked goods, nuts, pickles, salsa, local honey, natural skin care products and much more will be available at the Wagner Farm Arboretum Farmers' Market.

The Arboretum supports being good stewards of our environment. We feel that a farmers' market will provide producers of organic and natural, locally grown, raised, and prepared foods and plants to offer their goods for sale directly to consumers. In turn it will provide area residents an opportunity to buy local and healthy products.



Interested vendors can contact the Arboretum at 908-350-7383.

### ABOUT WAGNER FARM ARBORETUM

The Wagner Farm Arboretum Foundation was founded in 2004. Located in Warren, NJ, the organization hosts programs, events and classes to educate the community on gardening and the environment. The WFA is supported entirely by memberships, donations, grants and fundraisers. For more information, visit [www.wfafnj.org](http://www.wfafnj.org).

## LIONS CLUB TO HOST ITS ANNUAL EXPO

Submitted by: Charlie Oliva

We all know it was a long and hard winter – so all the more reason to have some summer fun! The Warren Township Lions Club will be hosting its 49th annual EXPO from Wednesday, June 11th through Saturday, June 14th from 6:00 PM to 10:00 PM each evening at the Warren Township Municipal grounds on 48 Mountain Boulevard.

EXPO will feature rides, games, food, vendors and entertainment, with a fireworks display on Saturday evening. Admission will be \$2.00 per person, with children under five admitted free. Pay-One-Price bracelet nights for the rides will be on Wednesday and Saturday.

EXPO is the major fundraiser of the Warren

Lions Club, and enables the Club to donate to local charities, organizations and events. For more information, contact Adriane Stewart, EXPO Chairperson, at (908) 768-0264 or go to [warrenlionsclub.org](http://warrenlionsclub.org)

If you are interested in becoming a Corporate Sponsor, Exclusive Game Sponsor or a Ride Sponsor that would display your company's name, contact Neal Drasin at [neal@drasin.com](mailto:neal@drasin.com) or (908) 410-6325 for details

To rent tables to display your products and services, or if you are a beverage and food vendor that wishes to participate, contact Anthony Franchini at [afranchini@aol.com](mailto:afranchini@aol.com) or (908) 334-9304.

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# New FDA Approved Treatment Proven to Relieve Knee Pain

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Did you know that over 100 million Americans suffer from knee and joint pain? In fact, this pain accounts for one fourth of all visits to primary care physicians and half of all anti-inflammatory drug prescriptions. If you suffer from any degree of knee or joint pain Drs. Mejia & Spiaggia of Performance Rehabilitation & Integrated Medicine personally invite you to regain control of your life by scheduling a FREE step one consultation with their staff. Call now. You deserve to live pain free!



## Who is a good candidate for this treatment?

- Have you been diagnosed with osteoarthritis?
- Do you wake up with knee, shoulder, or joint pain?
- Does your knee, shoulder, or joint pain keep you from certain activities?
- Have you been told you need a knee replacement?
- Are you active and sometimes suffer from sore knees or joints?
- Do you take medications for knee or joint pain?
- Do you have difficulty going up and down stairs due to knee pain?
- Are you considering surgery to alleviate knee pain?
- Does your knee ever feel like it is "giving way" or unstable?
- Has a recent car accident caused you a knee or joint injury?

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

## Is surgery the answer?

If you have knee pain and are worried, concerned, or afraid of the possibility of surgery, you're not alone. Most likely, you've heard stories about knee surgery and the outcome not being good. You may also know someone who had surgery and their knee was never the same. You don't want the next unnecessary and preventable knee surgery story to be about you, but the pain is not going away and your life is being altered because of it. You may have tried getting information on the Internet about the best course of action for you to take, but there's so much conflicting advice that you're scratching your head about who you can believe and trust. If you are considering surgery, you owe it to yourself to schedule a FREE step one consultation with Performance Rehabilitation & Integrated Medicine first.

## What else is available to treat knee pain?

Drs. Mejia & Spiaggia and their staff have taken years to carefully develop a customized treatment program for those suffering with knee and joint pain. This new treatment protocol utilizes the latest high-tech FDA approved solution available combined with cold laser technology, physical therapy, acupuncture and joint mobilization & stimulation. The patient's lifestyle is also taken into consideration as stretches, exercising, and lifestyle skills are taught for a lifelong approach to relieving pain.

## How does this treatment work?

Utilizing dye and a cutting-edge live motion x-ray machine, the doctors and staff are able to pinpoint

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Viscosupplementation has been shown to relieve pain in many patients who have not responded to other non-surgical methods by bonding with naturally occurring joint fluid to create a lubricating and cushioning layer. It also reduces pain, inflammation, and swelling of the joint. Little to no discomfort is noticed and many patients feel the effects within days.

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

## What are patients saying?

*"My life has changed for the better since treatment. I no longer take medication or have down days where I just cannot get out of bed because of the pain. I've started riding my bike again with my husband and he is more happy because he has his riding partner back."*

— Vicki M.



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change in our society. Filled with big smiles and big hearts, the race brought out 117 runners and many more supporters who helped raise over \$10,000 for the kidkind foundation, Teens Connecting with Teens, and the Warren Recreation Commission's Summer Camp Scholarship Fund.





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(above, l-r) Kidkind foundation intern Maria D'Angio with Wear the Cape and kidkind foundation founder, Leigh Ann Errico

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## BOY SCOUTS MAKE 50 MILE BIKING TRIP

Boy Scout Troop 228 on their 50 mile biking trip this spring. They cycled from Washington Crossing, NJ to Frenchtown along the

Delaware-Raritan Canal, then back again the next day. Twelve scouts completed the 50 mile bike ride, as well as five dads.



## WOODLAND SCHOOL GOES FARM-TO-TABLE

Article by Mia Bivaletz, Submitted by Warren Township Schools

Who can resist the freshest ingredients in the most flavorful meals? Woodland School's third graders have taken their science unit on plant growth to a new level this spring. Students planted peas, radishes, spinach, and arugula in their classrooms. Once the seeds germinated and began to sprout, students transplanted the seedlings into homemade raised garden beds, built by Woodland teachers PJ Jones and Amanda McGrath in the school's courtyard.

The classes have been responsible for weeding and watering on a daily basis. They monitor the plants' progress while researching how plants grow, make their own food and complete their full life cycle. Students are gaining a greater appreciation of where their food comes from through this experience. With their teachers, students have been discussing the link between farmers and food production, as well as healthy eating and nutrition. Prior to the end of the school year, the children will harvest their crop and the unit will conclude with a delicious treat... a salad picnic comprised of a sampling of the vegetables from the garden! A special thank you to the following teachers for their support, as well as contributions of the

materials needed to construct the raised garden beds: Amanda McGrath, Paula Pontoriero, Steve Rizzoli, Joan Toth and Jeanne Vecchione.



Photo by: J. Shanahan

(above, l-r) Woodland students Paul Ferreira, Jenna Tobia, Kendall Lee, Laura Matos, Elina Xu, Jesse Madura, and Alex Lopez in their garden beds, having taken steps that will eventually result in a farm-to-table experience!

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# GOOD CHARACTER COUNTS

Submitted by Warren Township Schools

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. Recipients for April are pictured.



(above, back l-r): Harsabreen Chadha (8), Nick McGann (8), Thelonious Rowley (8), Hannah Tobin (7), Lindsey deCavaignac (6); (Front l-r): Steve Vecchio (6), Jillian Ferrara (8), Jamie Linton (7)

## WARREN GIRL WINS GYMNASTIC STATE CHAMPIONSHIP

Boo (Rebecca) Brady (center) is a 5th grader at Woodland Elementary School in Warren. She is 11 years old and is a gymnast at Paramount Gymnastics. On May 3, 2014 she competed at the State Championship meet (level 4, age 11). She took 1st on beam, 3rd on bars, 3rd on vault and 6th on floor. Her overall combined score was the highest at the meet earning her the title of "STATE CHAMPION!"



(right) Boo (Rebecca) Brady captured the "State Champion" title at the Joga Gymnastic State meet on May 3rd in Hamilton, NJ.

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REGISTRATION FOR JUNE PROGRAMS  
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### Drop-In Tech Help

12 to 1 PM, Monday, June 9.

In this informal session, you can ask anything related to technology including downloading eBooks from the library website. Bring your question and your laptop, tablet, smartphone, etc. to the library and we will try to walk you through it. No registration is required. There will be 3 sessions in July and 1 in August.

### Fixed Income & Retirement Planning

7 PM, Monday, June 2

You'll learn if your retirement goals are realistic, the features of several retirement plan options and how to potentially reduce investment risks involved. Greg Summers from Morgan Stanley Wealth Management of Warren will be here again to lead this informative discussion. Registration required.

### Meet the Librarians at Wagner Farms

3 to 7 PM, Thursday, June 5

Get a free library card, learn about programs, and buy used books to benefit the Friends of the Library.

### Building by the Book: Pattern Architecture in NJ

7 PM, Thursday June 5

In their award-winning book, architectural historians Robert Guter, Janet Foster, and photographer Jim DelGiudice drew on New Jersey's rich pattern-book legacy to demonstrate how architectural ideas from books and periodicals shaped our built landscape.

Registration required.

### Blazin' Blondes with singer Maggie Worsdale

2 PM, Saturday, June 7

Mae West, Marlene Dietrich, and Sophie Tucker were often referred to as sex symbols, these women pushed the envelope to the brink. Jazz singer and actress, Maggie Worsdale, pays tribute to these Blazin' Blondes.

This program is geared toward adults only.

Registration required.

## CHAMBER 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 contact Kate Conroy 908-352-0900, [kateconroy@gatewaychamber.com](mailto:kateconroy@gatewaychamber.com)

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[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.

### Where did Your Garden Grow?

7 PM, Monday, June 9

This presentation takes a walk down the garden path for a look at the origins, history and folklore of some of our favorite garden plants. It tells the stories of a variety of flowers, herbs and other plants commonly found in today's gardens. Kathleen Podgalsky is a gardener at the Leonard J. Buck Garden in Far Hills.

Registration required.

### Social Media Marketing & Small Businesses

6:30 PM, Tuesday, June 10

Warren Library will be hosting a presentation on Social Media Marketing for the Small Business. Whether you wish to put a toe in the water or engage in social media marketing wholeheartedly, Lee Anne Forbes will suggest ways and share success stories about how to do both. Lee Anne is a seasoned B2B Technology Marketer. One of her passions is in helping individuals and small and mid-size businesses use digital media to 'get their messages out' to the marketplace. As always, there will be an opportunity to network before and after the presentation. Light refreshments will be served.

Registration required.

### Afternoon Book Club

1:30 PM, Thursday, June 19

For more information about this month's book selection, please call the Reference Desk at 908-754-5554 ext 32.

New members are always welcome. No registration required.

### Evening Book Discussion

7:15 PM, Tuesday, June 24

For more information about this month's book selection, please call the Reference Desk at 908-754-5554 ext 32.

No registration required.

### "Over Here, Molly Pitcher"

7 PM, Wednesday, June 25

A dramatic presentation highlighting the lives of women who 'belonged to the army' during the American Revolution. 'Molly' reminisces about the days when she accompanied her husband through summer battles and winter encampments from Valley Forge to Monmouth to Morristown. Relating her tales of firing a cannon in the heat of battle to trudging 'behind the baggage,' she provides a glimpse into what it was like to be a 'camp follower' in the days when American Independence was a dream rather than a certainty. Stacy F. Roth is an interpreter, museum educator, historian, and information specialist who has performed and presented for museums, libraries, schools, civic organizations, and festivals throughout the Delaware Valley. Registration required.

### Qigong at the Library

7 PM, Thursday, June 26

Dr. Harlene Goldschmidt will be back at the library for a monthly Qigong class, which combines physical posture, gentle movements, breathing techniques and focused intention to help create a lasting sense of well-being.

Registration required.

### Introduction to Italian Wines

1 PM, Saturday, June 28

Join Chef and food/wine writer Mark R. Vogel for a review of the wines of Italy. All of Italy's major wine regions will be discussed, with emphasis on Piedmont and Tuscany. Red, white, sparkling, fortified and dessert wines: Italy has it all. Learn how to buy, store, and pair Italian wines with food as well. Registration required.

## WARREN CHAMBER WELCOMES NEW BUSINESS BUSINESS NEIGHBOR

The European Wax Center located in the King's Shopping Plaza in Warren is under new ownership. They celebrated at a ribbon cutting ceremony on Friday May 2, 2014. Members of

the Warren Chamber of Commerce, along with Somerset County Business Partnership and Collaborative Connections attended the event to welcome their new business neighbor.



(above, r-l) Carolann Garafola, Warren Chamber of Commerce; Vicki Walkoviak, Manager; Sonia Domingues, Guest Service Associate (GSA); Samantha Cangues, Wax Associate; Dora Williams, Wax Associate; Evan Tornquist, Warren Chamber of Commerce President; Varsha Patel, owner; Dipali Patel, owner; Olivia Bernardi, GSA; Joe Costello, Somerville Chamber of Commerce Ambassador; Danielle Galdieri, Lead GSA; Stacy Horter, GSA.



## BLUE RIDGE SPORTSMEN TRAILS CLEANUP

On April 13, 2014, the Warren Blue Ridge Sportsmen's Club members conducted their annual cleanup in Warren, collecting mounds of trash from several township properties.



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# FIFTH GRADER SPEARHEADS SNEAKER DRIVE

Submitted by Warren Township Schools



Emily Morris, a fifth grader from Woodland School, showed tremendous initiative and created a school wide sensation by planning and carrying out a used sneaker drive and smoothie day at Woodland this month. The joint projects were part of her independent study for REACH Too! Emily decided that she wanted to find a way to reduce waste in her community, and repurposing old sneakers through the Nike Reuse-A-Shoe program seemed to be a perfect fit. She gathered information about the program, spread the word around her school, and collected four large bins of sneakers to donate to this cause.

(left) Emily with her teacher, Mr. Jones, Gifted & Talented education (l); and Tom Leitner, owner of Smoothie King of Smoothie King of Warren (r)

In order to raise money to pay for the shipping of the sneakers to the Nike facility in Tennessee, Emily devised a clever fundraising plan. She partnered with the local Smoothie King in Warren and organized a smoothie day at lunch. Emily collected almost 200 orders from students and faculty, raising a dollar per order for the shipping costs. In addition, she received numerous unexpected donations to her cause. She's going to need that money, because not only has Woodland School collected many pairs of shoes, but she is also collecting donated sneakers from two other schools that learned of her efforts!

Emily's success demonstrates that our students can use 21st century problem-solving skills to achieve great things. All it takes is a little hard work and a lot of planning! Congratulations Emily!

## RENNA MEDIA FAMILY OF NEWSPAPERS 58,000 MAILED MONTHLY

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<b>Robert Mondavi</b> (All types, not Mascato & White Zin) ..	750ml .....	<b>\$10.99</b>

### 750 ML WINES

<b>14 Hands</b> (Cabernet, Merlot, Chardonnay) .....	750ml .....	<b>\$10.99</b>
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<b>Oyster Bay</b> (Sauvignon Blanc) .....	750ml .....	<b>\$10.99</b>
<b>Robert Mondavi</b> (Fume Blanc Napa) .....	750ml .....	<b>\$12.99</b>
<b>Robert Mondavi</b> (Merlot Napa) .....	750ml .....	<b>\$15.99</b>
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<b>Grey Stone</b> (Sauvignon Blanc) .....	750ml .....	<b>\$7.99</b>
<b>Mark West</b> (Pinot Noir) .....	750ml .....	<b>\$9.99</b>
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<b>Nobilo</b> (Sauvignon Blanc) .....	750ml .....	<b>\$9.97</b>
<b>Simply Naked</b> (All types) .....	750ml .....	<b>\$7.97</b>
<b>Sutter Homes</b> (Bubbly Mascato - Pink & Regular) .....	750ml .....	<b>\$5.99</b>
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	<b>Canadian Club</b> .....	1.75L .....	<b>\$19.99</b>
	<b>Exclusiv</b> (All Flavors) .....	1.75L .....	<b>\$19.99</b>
	<b>Fireball</b> .....	1.75L .....	<b>\$29.49</b>
	<b>Grey Goose Vodka</b> .....	1.75L .....	<b>\$56.99</b>
	<b>Hennessy</b> .....	750ml .....	<b>\$29.99</b>
	<b>Jack Daniels</b> .....	1.75L .....	<b>\$42.99</b>
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	<b>Johnnie Walker Red</b> .....	1.75L .....	<b>\$32.99</b>
	<b>Jose Cuervo Gold</b> .....	1.75L .....	<b>\$34.99</b>
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<b>Heineken</b> .....	24pk Loose Btls .....	<b>\$26.99</b>
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