WARREN MONTHLY NJ

WARREN'S HOMETOWN NEWSPAPER

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ISSUE 18 • JUNE 2014

WARREN TOWNSHIP CHAMBER OF COMMERCE MONTHLY NETWORKING MEETING JULY 26TH 8:30 a.m. MUNICIPAL COURT **44 Mountain Blvd** Warren, NJ **ALL ARE WELCOME FREE** to attend

PRSRT STD-A US POSTAGE PAID

Coffee and light

breakfast supplied.

WARREN TOWNSHIP 2013 VOLUNTEERS OF THE YEAR



Mike LoSapio

Mike is the Fire Chief for Warren Townships' four Fire Companies. Besides holding a full time job and running the Fire Department he still finds the time to help the Recreation department with meetings and coordinating the resources

Ken is the Chief of the Fire

Police. He is the liaison for the

necessary for our Recreation events. Mike and the Fire Department are invaluable to the Warren Township community as well as the Recreation Township Commission.



Recreation Department. He has been a coordinator for several years helping with the traffic for the DooWop Concert & Car

Ken Phillips Show, which we ran last year and the Yuletide Bonfire Winter Festival. Last year the attendance for the bonfire was larger than usual resulting from the addition a fireworks display. Ken is a professional and deserves our respect and appreciation for all he continues to do in our community and the Recreation Department.



Melanie Cunha

Melanie Cunha is a hard worker with a great sense of right and wrong. She volunteered over 155 hours for the Warren **Township** Recreation Summer program, camp, Kindergarten Annual Bonfire

Letters to Santa. She is an altar server at Our Lady of the Mount in Warren where she volunteers often. Melanie is also an athlete, who plays travel soccer and also made the Varsity Soccer team her freshman year. She is on the track team and plays basketball

Her goal is to be a teacher or a nurse; she loves working with children and is a babysitter on occasion.



Fire Department

Over several years the Warren Township Fire Department has contributed its time, consistently being counted on to help at many of our Recreation events such as the Summer Playground program, Fishing Derby, Easter Egg Hunt and Yuletide Bonfire Winter Festival.

Safety is assured by their monitoring the ice skating rink's surface by applying it with appropriate water. The children especially appreciate the opportunity to sit on the fire truck and try on the firemen's gear. This is a highlight to our events. We realize our Fire Department is made up of volunteers who take time from their family contributing to the safety of our community.



Fire Police

During the past four years the Fire Police have consistently helped with traffic control during Warren Township Recreations' concerts as well as the Yuletide Bonfire Winter Festival. Again, this is a volunteer group who donate their time and energy helping us keep the

community safe. We deeply appreciate all that the Fire Police does not only for Recreation but for the entire community.



Daniel Gallagher volunteered for the program playground kindergarten camps for three years as a counselor in training. Last year he worked over 152 hours. Last summer he volunteered at a work camp in the Appalachian

Daniel Gallagher Mountains for a week. Daniel is a member of Meyersville Presbyterian Church in Gillette and he played soccer in high school.



Lisa Carracino

Lisa volunteered for several Recreation events as a representative of the Mt. Horeb Women's Auxiliary including the Easter Egg Hunt, Fishing Derby and the Yuletide Bonfire Winter Festival for several years. She communicated with the Mt. Horeb Fire Company assuring a truck for the Easter

Bunny, made up raffle baskets for the Fishing Derby, counted the jelly beans jar giveaways for the Egg Hunt and games for the Bonfire. Lisa is an inspiration and superb role model exemplifying what this community stands for.



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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.

ANNUAL WARREN TOWNSHIP PARADE

The annual Warren Township Memorial Day parade was held on Monday, May 26, 2014. The American Legion Post 293 of Warren Township once again sponsored the parade and memorial service. Memorial Day is a time to reflect on the sacrifices and services of the American soldiers and veterans and the U.S. military men and women and express appreciation and support. The route was lined with residents, many waving American flags, as the parade made its way from the former Warren Post Office on Old Washington Valley Road to the municipal complex on Mountain Blvd. Included in the parade were WW II Veterans, Warren Hills Regional High School marching band, Warren Middle School band, Clydesdale wagon, local fire fighters, rescue squad, girl scouts, boy scouts and much more. Following the parade, there was a memorial service and wreath lying at the Veteran's Monument at the municipal complex.







REGISTER FOR FALL SOCCER BY JULY 31ST

(Watchung Hills Soccer Association Serving Warren, Watchung, Green Brook and Long Hill)

the registration tab on the left side of the home page. Pay by Visa, MasterCard or Check.

Deadline is July 31st (or until all spots are filled) – No refunds.

Volunteers: WHSA encourages parents to get

Register online at www.WHSA.org. Click on involved as Coaches, Assistant Coaches and Team Managers. If you are interested, sign up as a volunteer when registering your child.

> Questions: Call the WHSA Information line (908-647-8342) or send an email to WHSAHELP@verizon.net

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Mary M.



'My knee was killing me and I had tried every treatment out there out there haping to get back on my bike. Thanks to Performance Rehab and Platelet-Rich Plasma Therapy, I am riding again!"



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- · Plantar fasciitis/heel spur pain
- · Meniscus injury of the knee
- · Chronic tendonitis
- · Chronic pain

The goal of PRP Therapy is to resolve pain through the natural healing process and has proven to have lasting results. 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 hamessing 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 offered at Performance Rehabilitation & Integrated Medicine 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?

PRP is an emerging non-surgical treatment in an ever popular, all natural health sector. This non-surgical treatment involves the injection of healing proteins, growth hormones and stem cells from a patient's own blood directly into the site of the injury. The doctors at Performance Rehabilitation & Integrated Medicine have seen dramatic results as this treatment triggers the body's own ability to repair itself.

Professional Athletes Use PRP Therapy.

Platelet Rich Plasma has come a long way in just a few short years in the treatment of sports injuries. Now most sports organizations, trainers and players recognize the importance of PRP in their respective sports. Treating professional athletes with PRP is a common practice designed to encourage healing and reduce downtime. Performance Rehabilitation & Integrated Medicine offers the same treatment that Tiger Woods, Kobe Bryant, Alex Rodriguez, Hines Ward and many elite athletes use. You owe it to yourself to find out if it is right for you.

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



(above) Winners of the derby along with Eleanora Hermann, Township Recreation Director and Bruce Vitale, Fishing Derby organizer.

THE FISHING WAS GOOD!

Submitted by Warren Township

Warren Township Recreation Commission held its 29th annual Fishing Derby at Dealaman Pond on May 17th. A big thank you goes out to the Blue Ridge Sportsmen Club, Efinger Sporting Good, Dunkin' Donuts, Brian Vitale and the Bounce Factory for sponsoring this event. Another big thanks is owed to Bruce Vitale for organizing this wonderful event for the 29th year in a row.



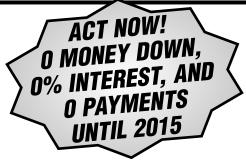
(above) Bruce Vitale, who started the Warren Township fishing derby 29 years ago, stocked this large catfish at Dealaman Natural Trail and Pond for the Saturday, May 17th event.

Fishing Derby Winners
5-6 Age Group
1st Place Ruseel Granese – 19" Catfish
2nd Place Emily Conway – 18" Catfish
3rd Place John Luca – 17.5" Catfish
4th Place Gideon Minieri – 17" Catfish
5th Place Alex Bruno – 15" Catfish
7-8 Age Group
1st Place Andrew Conway – 17" Catfish
2nd Place Alex Huang – 8" Bass
3rd Place David Krause – 8" Crappie
9-10 Age Group

1st Place Mike Guiliano – 16" Catfish 2nd Place Landon Bush – 10" Catfish 11-12 Age Group

1st Place Joseph Merklinger – 19" Catfish 2nd Place Kaitlyn Linton – 16" Catfish 3rd Place Thomas Krause – 8" BG Grand Prize

Jack Merklinger – 19" Catfish



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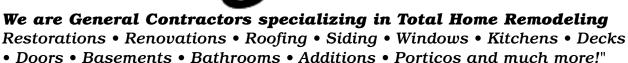
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CHAMBER MEETINGS

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



(above) Warren resident and Elizabeth Manzo, esq. of McCormick, Esterbrook & Cooper, PC presented Carolann Garafola of Mt. Bethel Village with a the monthly presentation speech award at the May meeting of the Warren Chamber of Commerce. Manzo is a board member of the Gateway Chamber of Commerce which facilitates the Warren Chamber.

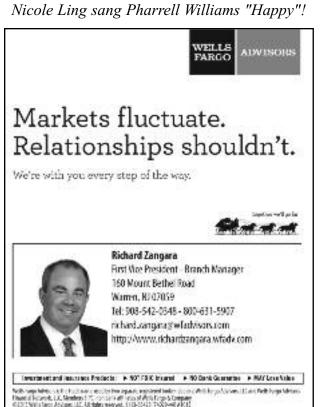


WE'VE GOT TALENT!

One June 18th, students at Angelo L. Tomaso School sure showcased their talents! With confidence and enthusiasm, boys and girls in grades 4 and 5 performed comedy, sang, danced, and played musical instruments to a packed house! Forty students participated in the talent show and it was just one of many special events planned throughout the district. There is no doubt that students heading to ALT this fall will be practicing over the summer!



(above) Sara Ribeiro, Alexis Martins and



THE CLASSICS SPRING CONCERT

Submitted by Warren Township

Warren Township Recreation Commission held a concert featuring The Classics on a beautiful evening of June 4th held on municipal



Thanks to our sponsors: La Strada Restaurant Take Flight Dance Center. Blue Ridge Sportsmen Club Warren Fire/Police Cadillac Club Bob Marino Warren Township Recreation and Township Committee

(right) The Classics (left) Bob Marino

(below) Take Flight Dancers





THREE SENIORS ARE NATIONAL MERIT SCHOLARS

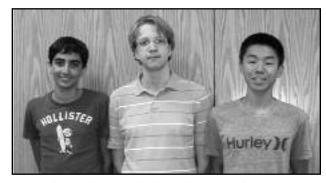
By Eleanor Mathews

Three members of Watchung Hills Regional High School's Class of 2014 have been designated as National Merit Scholars on the basis of their achievement in the 59th Annual National Merit Scholarship Program. They are: Nicholas Akrawi, Alexander Rucker and Albert Zeng, all residents of Warren Township. (A fourth Scholar has subsequently moved out of the Hills district.)

The youth were among some 16,000 students, out of some 1.5 million Class of 2014 students nationwide who took the exams last fall to have achieved this goal. Other criteria (relating to such factors as leadership, service and community activity) are also measured in designating Merit Scholars. The final number of Merit honorees is closer to 15,000, with the number from each state differing according to

the percentage of the national total of graduating high school seniors in that state

Rucker and Akrawi will both attend Cornell University; Rucker will major in engineering, and Akrawi will specialize in English. Zeng will major in international political economics at Georgetown University.



(above, l-r) Nicholas Akrawi, Alexander Rucker, Albert Zeng. Photo Credit: Eleanor Mathews





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BENVENUTI NUOVI AMICI BENTORNATI AMICI di SEMPRE



CHESS CLUB VS MASTER

Mrs. Susan Cooper E2 Teacher for 6th,7th and 8th graders at the Middle School organized and accompanied 8 students on an exciting Chess Club event featuring an instructional chess session and mini-chess tournament by International Master, Dean Ippolito.

Dean Ippolito, has the honor of being New Jersey's Chess Teacher of the Year, and is the owner/operator of "Dean of Chess" located at 3150 Rt. 22 West, Branchburg, NJ. His Team of elite instructors include many other nationally ranked players and award winning coaches. If you are interested in learning more about his programs go to: www.DeanofChess.com.

One Student and 7th Grader said: "This class trip was really fun. I learned some new moves and enjoyed challenging a renowned chess master...we teamed up against him....super cool trying to out-wit him in a team of 8 against 1."



(above) International Chess Master, Dean Ippolito, during a chess demonstration

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CORPORATE AND COMMERCIAL

ACADEMIC TEAM WINS NATIONAL TOURNAMENT

Submitted by Warren Township Schools

Middle School traveled to Washington, DC for a 3-day Academic Quiz Bowl tournament and came away with the championship over teams from all across the country.

The invitation-only tournament consisted of a grueling set of 9 matches over the course of 3 days. In the final championship match, Warren convincingly defeated a very strong Verity Middle School, the state champion from Kentucky, by a score of 415-275.

The team was led by Warren Middle School teacher Dr. Susan Cooper and captained by Jarett Schwartz. Team member Neelay Trivedi earned tournament MVP honors for his outstanding play. This is the first time a New

A team of students representing Warren Jersey based middle school has won this prestigious national tournament!



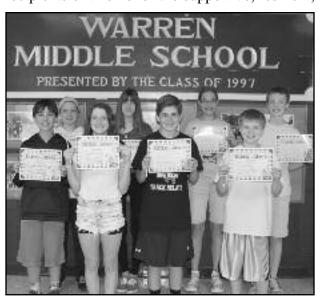
(above, l-r) Students representing Warren in grades 7 – 9, Jarett Schwartz, Carl Peterson, Karthik Irakam, Calvin Li, Neelay Trivedi and Coach, Mrs. Susan Cooper

MAY AND JUNE STUDENTS OF THE MONTH

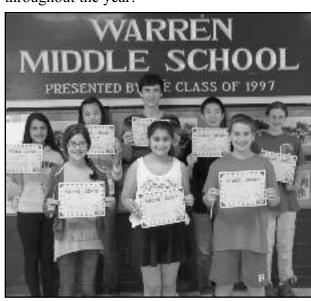
Submitted by Warren Township Schools

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. Special thanks to Lynn Alger who has taken the Students of the Month photographs throughout the year!



(above, back, l-r) Middle School Students of the Month for May: Lindsay Keller, Abigail Chutnik, Cate Niemeyer and Alex Strasser. (front, l-r) Max Grossberg, Kendal MacTaggart, Henry Engel and Kyle Schlingloff



(above, back, l-r) Sarah Pascoal, Jaimie Yue, Brady Pilsbury, Vincent Dai, and Maddy Larsen. (front, l-r) Rebecca Sendon, Sana Mamtaney, and Christopher Miller.

Photo Credit: L. Alger

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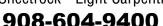
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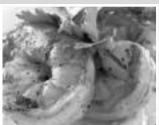
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42 Mountain Boulevard • Warren, New Jersey 07059 • 908-754-5554 Hours: Mon – Thurs: 9:30-9, Fri: 9:30-5, Sat: 9:30-4 www.sclsnj.org/warren.htm and visit program calendar to sign up.

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.

JULY PROGRAMS FOR ADULTS

The History of Diners in NJ

7 PM, Tuesday, July 8

Journalist and author Michael Gabriele talks about the origins and cultural significance of the Garden State's diner business and will show beautiful slides of many of the noteworthy NJ diners and their builders during the 20th century. The Garden State was "the factory" that built hundreds of diners during the 20th century—the streamlined, stainless steel gems that are admired around the world and recognized as iconic examples of American industrial design. Registration required.

Lure and Lore of Liquor:

Tavern Beverages of the American Revolution 7 PM, Thursday, July 10

Many people know that our Revolution was fomented in the famous taverns of Colonial America – City Tavern of Philadelphia, Boston's Green Dragon, and the Raleigh in Williamsburg. Join historian and mixologist (yes, indeed)

David Emerson in a lively exploration of Colonial drinking customs. The talk will include a discussion of the various types of beverages available to the 18th Century tavern tippler, how they were made, and even some recipes that you can try on your own (if you dare).

Discover our forefathers' alternative to the modern Mohito and Martini, and what Ben Franklin considered "The Proof of God's Love." Actor David Emerson has worked at living history museums and as an independent storyteller, teaching history through the eyes of a 'person of the past.' Registration required.



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Afternoon Book Club

1:30 PM. Thursday, July 17

This month's book selection is "Palisades Park" by Alan Brennert. For more information, 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, July 22

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

No registration required.

Niagara!

7 PM, Wednesday, July 23

Join author and photographer Kevin Woyce for an illustrated tour of the Niagara River, from its historic bridges and forts to modern-day parks and tourist attractions. Discover how the river, falls and gorge formed, and see how they have changed over the years. Kevin also introduces the river's explorers and settlers; daredevils who risked their lives for fame or fortune; businessmen who harnessed the falls' power; and the conservationists and visionaries who saved the falls for generations of visitors. This hour-long slideshow is illustrated with Woyce's original photography, plus vintage images of historic people, places, and events. Registration required.

Beer: Home Brewing

7 PM, Thursday, July 24

Have you ever thought about brewing your own beer at home? This is the right time to do it! In this introductory program, Joe Verzi, from Cask & Kettle Homebrewing in

Boonton, will cover beginner's basics including necessary equipment, and required ingredients. From basic all grain techniques to building a kegerator, or learning the best combination of ingredients for your next batch, Joe will explain the process from start to finish and then allow for some Q&A. Joe will bring equipment and ingredients to visually aid the discussion. Whether you are new to making beer or a seasoned home brewer, if you have questions Joe Verzi has the answers!

There will be no beer tasting at this program.

Registration required.

Introduction to Fly Fishing

7 PM, Tuesday, July 29

Are you interested in getting started in Fly Fishing?
Learn about gear such as waders, boots, nets, and vests, as well as fly rods and reels and their differences.
Understand terminology like: lines, leaders, and tippet.
Get practical advice about various flies and fly boxes. If time permits Genn Zeeck, from the North Jersey Chapter of Trout Unlimited, will also do a casting demonstration.

This program is suitable for teens and adults.

Registration is required.

ROTARY HONORS TOMA

The Watchung Warren Rotary recently honored a New Jersey native with the Jean Harris Award on June 17, 2014 at the Twin Brooks Country Club located in Watchung, NJ. The Jean Harris Award created in 1997 bears the name of the wife of Paul Harris, founder of Rotary International.

The Watchung Warren club has successfully nominated three Jean Harris winners since the Award's inception in 1997 including Anna Hoffman, Dr. Myra Weiger and this year's winner, David Toma. All three were present at the Award luncheon on June 17th.

David Toma, a former Newark, NJ police detective is the recipient of many humanitarian awards including the "Four Chaplains Award" from the White House and "The World's Greatest Cop" from the Police Benevolence Association. His daring undercover work during his career as a police officer inspired the popular television show "Baretta". A former addict, he has spent his life speaking about the serious dangers of drugs and alcohol abuse at institutions throughout the world. A natural communicator, Toma has dedicated his life to educating young people about the danger of drugs. His message has been heard by over 40 million people through more than 15,000 appearances worldwide. With his message, he has helped turn millions of lives around.

The Rotary, chartered in 1961, consists of local business and professional people dedicated to helping young people in their communities and throughout the world. Their motto is "Service Above Self" and serves as the basis of a common purpose...to help those in need. Those interested in obtaining more information about The Watchung-Warren Rotary Club should contact the Club's President, Mark Spinelli at mark@spincpa.com



(above, l-r) Pat Toma; David Toma, Jean Harris Award Winner; Tulsi Maharjan Rotary District 7510 Governor; Mark Spinelli, President of the Watchung Warren Rotary.



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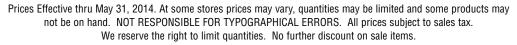
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14 Hands (Cabernet, Merlot, Chardonnay)	750ml	\$10.99
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Robert Mondavi (Fume Blanc Napa)	750ml	\$12.99
Robert Mondavi (Merlot Napa)	750ml	\$15.99
Santa Rita (Reserva - All types)	750ml	\$10.99

10 WINES UNDER \$10		
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Mark West (Pinot Noir)		
Menage a Trois (Red, White, Mascato, Pinot Grigio).		
Nobilo (Sauvignon Blanc)		
Simply Naked (All types)		
Sutter Homes (Bubbly Mascato - Pink & Regular)		
Toasted Head (All types)		



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Fireball		
Grey Goose Vodka	1.75L	\$56.99
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Jack Daniels		
Johnnie Walker Black		-
Johnnie Walker Platinum		•
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Jose Cuervo Gold		•
Ketel One		
Knob Creek		-
Macallan (12 years)		•
Pinnacle (All Flavors)		-
Smirnoff Vodka		
Stoli (Wild Cherry)		
• • • • • • • • • • • • • • • • • • • •		

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Coors Light	30pk Cans	\$21.99
Corona	•	
Heineken	24pk Loose Btls	\$26.99
Keystone Light	30pk Cans	\$17.99
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Sam Adams Boston Lager	12pk Loose Btls	\$15.99

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