

# WARREN MONTHLY<sub>NJ</sub>

WARREN'S HOMETOWN NEWSPAPER

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ISSUE 19 • AUGUST 2014

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## WARREN TOWNSHIP 9TH ANNUAL CAR SHOW

*Submitted by Warren Twp Volunteer Fire Dept.*

The Warren Township Volunteer Fire Department will be holding their annual car show Sunday, September 7th (rain or shine) at the ball fields behind the Warren Township (Somerset County) municipal complex, located at 46 Mountain Blvd. The hours of the show are from 9am – 3pm. Registration fee for show cars is \$15.00 by August 23 and \$25.00 after August 23 and on site. Spectator admission and parking is free, but donations are gratefully appreciated. The car show is an annual Warren Township Volunteer Fire Department fund raiser. Proceeds from the car show go towards the purchase of equipment for the fire department.

The car show is one of the largest in the state with over 450 entrants from the tri-state and surrounding areas participating. Antique, classic, muscle, modern muscle, foreign, hot rods, street rods, race cars, fire trucks, motorcycles and other vintage vehicles will be in attendance. There will be a periodic starting of race car engines, sending a thunderous roar throughout the venue. Trophies will be awarded in 33 classes, including a class for fire trucks and military vehicles. There will also be a fully restored 1950's classic ice cream truck complete with an authentic "ice cream man" in his white uniform. A group of professional judges with many years of car show experience will be evaluating the entries. Judging takes place from 10



am – 1 pm and the awards ceremony will begin at approximately 2:45 pm. The day will be a nostalgic and fun filled one for families, car enthusiasts and those who just want to travel back in time to the days when life was simpler. Renowned radio disc jockey "Golden Gup" Gus Gasciogne will be spinning tunes from the 50's and 60's and providing entertainment throughout the day. Food vendors will be set up to sell hamburgers, hot dogs and other food and beverages. There will also be a 50/50 drawing to benefit the fire department.

Please visit our website [www.warrennjcarshow.org](http://www.warrennjcarshow.org) for further information.

## WELCOME TO NEW PRINCIPAL AT WOODLAND

*Submitted by Mia Bivaletz*

The Warren Township school district is thrilled to announce the new Principal of Woodland School, Mr. Jeff Heaney. He will assume his new position in September, and is eager to become part of the Warren community. Heaney is looking forward to a smooth transition as he replaces Dr. Christopher Huss who has been the Principal at Woodland School for the last five years.

Mr. Heaney received his BA at West Chester University and his MA at Centenary College. He holds certificates in Educational Leadership and Science in Education with a Biology background. After beginning his career in Branchburg, teaching middle school science for 11 years, he transitioned to Summit as Assistant Principal.

Mr. Heaney was inspired to choose Warren to begin his career as Principal in that the district is supported by the community and strives for excellence. He recognizes that the Warren environment is one where students are at the heart of every decision. It is critical that they be nourished not only academically, but socially and emotionally as well. Warren Township Schools proudly welcomes Mr. Jeff Heaney to the Administrative team, and is confident that he will shine brighter every day!



*(above, l-r ) Mr. Jeff Heaney,  
Woodland School's new Principal  
with Dr. Tami Crader,  
Superintendent of Schools.*



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## TOUCH-A-TRUCK EVENT A HUGE SUCCESS

Mountain Top School for Young Children at Temple Har Shalom in Warren, N.J. held its third annual Touch-a-Truck (TAT), event and fundraiser in May, "where big trucks and kids become friends." The event provided children of all ages a hands-on opportunity to explore various vehicles and meet the people who build, protect and serve the Somerset County community.

"Thanks to a tireless group of volunteers, the event was a great success with more than 25 vehicles displayed and almost 1000 community members attending," said Rabbi Ellen

Greenspan, director of Mountain Top School for Young Children.

Vehicles ranging from fire trucks and police cars to construction and landscaping vehicles were on display at the Mt. Horeb Elementary School parking lot. Even Batman put in an appearance!

Local vendors sold food, including Little Shanty and Lombardi's Pizza Truck. There were carnival games, prizes, a live performance by New Jersey kiddie band, Jungle Gym Jam and a visit from special guest, Sparkee, the Somerset Patriots' mascot.



*(above) Firefighter Mike Foley, Mt. Horeb Fire Company, allows youngster to try out the fire hose.*



*(above) Batman, Detective Genaro Ortiz teaching children how to stay safe and to trust police officers.*

## 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.

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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.

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• **Specialists in Pain Management** — A medical specialty also known as Physical Medicine and Rehabilitation (PM&R). This methodology gives particular focus to non-surgical orthopedic 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, D.O., F.A.A.P.M.&R. (Medical Director)

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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.

## LIBRARY HOSTS SENIOR CENTER ART STUDENTS

Warren Township Library hosted the Warrenbrook Senior Center art students, whose artwork is displayed next to the Adult Reference Desk upstairs. Local professional artist Ralph Garafola said a few words during the reception, expressing admiration for the watercolors painted by these talented seniors and encouraging the budding artists to pursue their passion for painting. Their beautiful watercolors were admired by library patrons and staff as well.



(above) (l-r) Ralph Garafola, local professional artist in Warren; Gwen Chalker, Warrenbrook Senior Center Manager and Lorrie Lane, artist.

## KIDS CONCERT FEATURING POLKA DOT PALS

On Wednesday, July 9 the Warren Recreation Commission held a kids concert featuring Ron Albanese and his Polka Dot Pals. Ron thoroughly entertained the crowd; singing and dancing and involving the kids in his music. The weather held up, and a great night was had by all!



(above) Ron and one of his Polka Dot Pals signing autographs for a fan after the show.

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# WARREN RESIDENT IS A STANDOUT FOR THE GATORS

Submitted by Cate Carley

Green Brook Gators Swim Team of Green Brook Swim Club in Green Brook is currently in their 8th season. The team welcomed many new and returning swimmers who are all currently being coached under the direction of new head coach Bryce Uzzolino (a collegiate swimmer at Ohio Wesleyan University), and assistant coach Sophie Ghizzone.

Green Brook Gators Swim Team is in the C League of the New Jersey Summer Swimming and Diving Conference with a record of 3 wins and 5 losses (at time of print).

Standouts for the Gators include: Zack Kush (age 6) from Green Brook, a dominant freestyler for one so young; Olivia Willemsen (age 9) from Piscataway, an IM and butterfly specialist; Tara Ryan (age 12) from Middlesex who on multiple

occasions has fought back from large deficits to win key races; Matthew Valencia (age 12) from North Plainfield, an exceptional freestyler swimming at a level well above his age; Kerry Ryan (age 13) from Middlesex who usually swims above her age group and often comes back with a victory and Mickey Schwartz (age 14) from Warren who also swims above his age group and shows that even though he is young he is a force to be reckoned with.

The Green Brook (Gators) Swim Team is a non-profit neighborhood team in Green Brook, New Jersey. The team offers coaching to swimmers around 5 years old to 18. Our goal is to provide an opportunity for each team member to improve their swimming skills and achieve success at his or her own level of ability. The

team also provides the opportunity for growth thru team spirit, sportsmanship and social activities. The swim season usually begins in the spring followed by the start of a formal practice and concludes the last week of July. This Swim Team is organized primarily for the community of Green Brook Swim Club and is based at the Green Brook Swim Club.

For more info on joining the Green Brook Swim Club and/or the Green Brook Gators visit our website: [greenbrookgatorsswimteam.com](http://greenbrookgatorsswimteam.com) or call (732) 968-0420 - you can also find us on Facebook with the group – Green Brook Gators Swim Team.



(above) Mickey Schwartz, age 14, from Warren on the Green Brook Gators Swim Team

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(above, l-r) Andrew Chigbu, Maya Aerts, teacher Kara Miletic, and Miranda Harris enjoyed their summer enrichment Painting class. They have been studying famous artists like Dürer, Lichtenstein and Monet. In a project to celebrate pop art, students incorporated the use of Ben-Day dots which was colorful and fun!



(above, l-r) In the ESPN class taught by Rebecca DeMarco, Ishaan Solanki and Brady O'Shea enhanced their public speaking skills through sports broadcasting. In addition to interviews and sports trivia, their broadcasts were centered around themes of their choosing, such as the NHL. Photos by: M. Bivaletz

## IN THE SUMMER, IT'S ALL ABOUT THE FUN

Submitted by Mia Bivaletz

It might be summer, but students in Warren Township have chosen to spend time back at school. Following in the footsteps of over 20 years of successful summers, the current 2014 Summer Fun program has been shining brighter every day!

This summer, there are 35 teachers and paraprofessionals working with over 300 children enrolled. Students were able to select from a menu of 21 classes, consisting of a wide variety of choices from academics, to athletics, to the Arts. Discover Science, taught by MaryBeth LeBlond, allows students to explore science principles through hands-on experiences. Every day presents with a new experiment and new learning as students investigate the power of microscopes, magnets, and air pressure. They are eager to discover the science behind Silly Putty, slime, bubbles, and crystals. Wouldn't you be?

Susan Leonard heard a resounding "yes" on the first day of her class, So You Want To Sew. Students have begun to learn important skills and techniques, sewing by hand in addition to using sewing machines. They will have opportunities to make items such as the following: tote bags, pocketbooks, cell phone holders, lap quilts, and pillows.

With MasterChef Junior as a recent television hit, Cooks and Books has youngsters bubbling over with excitement for cooking. Matching that with students' love of reading, teacher Michele Tanzi said, "Reading has never tasted so good!"

Her class is a perfect way to take fledgling chefs on a culinary adventure. With a focus on nutritious and delicious foods, the class utilizes books not only for recipes, but to celebrate diverse cultures.

Gymnastics and P.L.A.Y., taught by Shannon O'Shea and Laura Lamson respectively, are active and engaging. With a certified USGA gymnastics trainer, students cartwheel, tumble, and flip. The focus is on strength training and flexibility. During P.L.A.Y. (Physical & Leisure Activities for the Young), students stay fit through indoor and outdoor sports and games such as waffle ball, Eskimos, and ice castles. The focus is on trust, teamwork, and self-expression.

Working together for the last decade, Coordinator Meryl Lettire and her assistant Eileen Haddican, have seen the program grow and change in many positive and exciting ways. They now allow weekly schedules so students can pick different classes each week. They have different options for students attending all five weeks as well as a flexible schedule if families go out of town.

Another improvement has been pricing. Lettire and Haddican offered sibling discounts, early bird discounts, and supersaver discounts. "Each year we strive to find exciting new course offerings, to provide amazing choices to complement our amazing students," said Lettire. Warren Summer Fun... Shining Brighter Every Day!

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## WARREN SCHOOLS' NEW DIRECTOR OF SPECIAL SERVICES

Article by Mia Bivaletz Photo Credit: Mia Bivaletz



The Warren Township school district is thrilled to celebrate the arrival of Mrs. Candida Hengemuhle as Director of Special Services as of July 1, 2014.

Mrs. Hengemuhle is looking forward to a

smooth transition as she replaces Dr. Ted Kozlik who has been the Interim Director of Special Services for the last two years following the retirement of Dr. Faye Brady. Mrs. Hengemuhle received her BA at Trenton State College and her MA at Montclair State University. She holds certificates in Educational Psychology, School Psychology, Supervisor and Educational Leadership/Principal. After beginning her career as a Mental Health Counselor/Art Therapist, she gained twenty-eight years of experience within the New Jersey public school system. During the past three years Mrs. Hengemuhle served the Highland Park school district as the Director of Educational Services. What motivates and drives Mrs. Hengemuhle is addressing challenges head on. "I strive to never be complacent as there are always new and innovative ways to create educational environments that promote successful learning opportunities," said Mrs. Hengemuhle. She clearly defines "what is working" and "what needs to be worked on" so that all students have the chance to learn and grow. Mrs. Hengemuhle chose to come to Warren based upon its reputation for excellence in education. She looks forward to being a part of this educational community that values family involvement and student diversity, with a focus on 21st century learning. "My philosophy is simple," said Hengemuhle. "I believe each child comes to school with an eager curiosity to learn and that each child can learn. It is our mission and responsibility as educators to teach, provide differentiated instructional strategies, and create opportunities so our students will succeed." Warren Township welcomes Mrs. Candie Hengemuhle and is confident that she will shine brighter every day!

## SKYLAND CONFERENCE NAMES WARREN STUDENTS SCHOLAR-ATHLETES

By Eleanor Mathews

Watchung Hills seniors Hana Sawanobori and Alex Pollera were named Scholar-Athletes by the Skyland Conference. The two Watchung Hills Regional High School seniors were honored, along with their high-achieving peers, at a recent luncheon at Maggiano's in Bridgewater Township.

The Skyland Conference includes secondary schools in Somerset, Hunterdon and Warren Counties in two divisions, the Delaware Division and the Raritan Division. The nominees were joined by school administrators and coaches at the luncheon which recognizes graduating seniors for their academic and athletic achievements.

Hana Sawanobori, a Warren Township resident, has been a star varsity volleyball player since her freshman year, having had an early start—in fifth grade—eight years playing volleyball. Along the way she's captured such honors as Varsity Player of the Year, Captain, Varsity MVP, All-Skyland Conference 1st Team, All Central Jersey 1st Team, All Skyland Conference 1st Team, All-State 2nd Team. She's been team captain since her sophomore year.

She excels in the classroom as well as on the field; most of her courses have been of Honors or Advanced Placement caliber. Outside of school, she's active in her church's projects and has volunteered in the Food.Bank for three years. Locally, she's worked on replacing the bulletin boards of Warren's Central (Elementary) School.

In the fall she'll continue playing volleyball as a student at Bucknell University.

Alex Pollera, also of Warren, started at an early age. He has been an outstanding wrestler from 2002 to the present., not only at Watchung Hills, having achieved 110+ Career Wins and a District 12 Championship, but also outside of



(above, l-r) Scholar-Athletes Alex Pollera and Hana Sawanobori.

school. He's been a participant in the Edge Wrestling Club since fifth grade, and a participant in the Scarlet Knights Wrestling Club since 2010. He takes his passion in the sport to the younger generation and has served as volunteer coach to the local youth team since 2011.

Pollera, who has maintained his standing on the honor roll throughout high school, has also been named to the National Honor Society, the National English Society and the Spanish Honor Society. He was selected by faculty members to be a Peer Leader and has been a Grade Level Council Board member since 2011. (He serves as Spirit Chair in the latter organization.) He's also a member of the Future Business Leaders of America Club His outside-of-school activities include that of Youth Wrestling Camp Counselor for four years, soup kitchen volunteer, meal pantry cook, Christmas program volunteer, and blood donor. Besides his many volunteer activities during the school term, he's also held summer jobs at the shore.

Pollera will continue his education—and his wrestling—at Washington and Lee University.

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## LOTS OF FUN AT LIONS CLUB EXPO

Thousands of local residents turned out for the Warren Township Lions Club 49th annual EXPO, held from June 11th through the 14th at

the Warren Township Municipal grounds. Attendees enjoyed rides, games, food and entertainment. Vendors from many different

organizations and companies were also on hand. The Warren PBA Local 235 once again had a dunk tank manned by Warren police officers. As usual, EXPO concluded with a spectacular fireworks display on Saturday evening. Plans are already underway for the 50th EXPO to be held next June.

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, go to [warrenlionsclub.org](http://warrenlionsclub.org).



(above) Lions volunteers show their "stuff."



(above, l-r) Lions Jane DeNoble, John Truglio and Rick Kaufman

## GIRL SCOUTS DESIGN "BUDDY BENCH"

Submitted by: Elizabeth Askin and Jamie Linton

The Silver Award for Girl Scouts is the highest award that a Cadette can receive. In order to complete this award, you must have at least fifty hours of work and your project must be everlasting. The Silver Award is meant to improve your community and other communities.

For their Silver Award, Elizabeth Askin and Jamie Linton from Troop #65304 in Warren, wanted to do something to help the aftermath of Super Storm Sandy. Jamie found the NJSBA (New Jersey Board Association) website and looked for schools in need. The girls then called Bay Head/Point Pleasant School, located in Bay Head, to see if they needed any help. Bay Head Secretary, Alicia Applegate, asked them to provide a Buddy Bench. Jamie and Elizabeth learned that prior to Sandy, Bay Head Elementary School had been saving money for a Buddy Bench. After the storm, the money had to be used toward Sandy repairs.

Elizabeth and Jamie had never heard of a Buddy Bench, however Bay Head Elementary School told them about the [Buddybench.org](http://Buddybench.org) website. From that, they learned that a Buddy Bench is a place where a child can sit when they feel lonely and want a friend. The girls then offered to donate a bench to Bay Head Elementary School.

After researching some ways to provide a bench, Jamie and Elizabeth contacted the Wood Arts teacher, Mr. Mulligan, at Watchung Hills Regional High School. They explained the project and asked him if he would be interested in helping them. He agreed to help by having three of his most advanced students, Kevin Hall, Anthony Mascia and Matt Rozmerski, build the

bench. The girls obtained donations of wood from Huston Lumber in Watchung and screws from Warrentville Hardware in Warren.

Elizabeth and Jamie prepared a presentation for the students at the school to explain the Buddy Bench idea, read friendship stories and played games to help expand friendships. On June 19th, the girls went to Bay Head Elementary School, shared their presentations and delivered the Buddy Bench to all the students. The students, faculty, and staff were all very appreciative.

Girl Scouts are encouraged to extend their award project into their communities. The girls thought it might be a good idea to bring a Buddy Bench to Warren. They approached Ms. Hermann, Warren Township's Recreation Director, about sharing the idea with the kids at the Warren Recreation Camp. Then Jamie and Elizabeth decided to convert an existing gazebo into a Buddy Bench using paint. Again, Warrentville Hardware generously donated the supplies needed for this portion of their project.

After explaining the idea of the Buddy Bench, reading friendship stories and playing games with the kids from the REC Camp, the girls painted the inside of the existing gazebo. On July 17th, 2014 the campers participated in the decorating by putting their fingerprints on the poles of the gazebo. Each child's fingerprint is a flower petal.

This project proved to be a great experience and a lot of fun for both Elizabeth and Jamie. They hope that the Buddy Bench in Bay Head and the Buddy Bench in Warren will make a difference and be safe environments for everyone. The Buddy Bench in Warren is

located in the gazebo next to the pavilion and playground off Bardy Road.



(above, l-r) Girl Scouts Jamie and Liz at Bayhead Elementary School on the bench they donated with the help of the Watchung Hills Regional High School Wood Arts program.



(above, l-r) Jamie, Liz and Kaitlyn Linton painting the gazebo under the guidance of Dave Linton (not pictured).

Photo Credit: Catherine Askin and Keriann Linton



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| Kids 3-6.....\$3.99  | Kids 3-6.....\$5.99    |
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