

WARREN MONTHLY_{NJ}

WARREN'S HOMETOWN NEWSPAPER

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ISSUE 22 • NOVEMBER 2014

**WARREN TOWNSHIP
CHAMBER OF
COMMERCE
MEETING**

**THURSDAY,
NOVEMBER 20
8:00 AM**

**WARREN
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COURTROOM**

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A SPOOKY NIGHT OF FUN AT THE ANNUAL TRUNK OR TREAT!



(above) Central school staff and students have a spooky night of fun at the annual Trunk or Treat! (front, l-r): Alexis Sacks, Rebecca Davenport, Laura Lamson, Lindsay Chell, Hildy Jackson and Danielle Porchetta. (back) Tommy Galbraight, Carson Frey, Jason Arnel, and Nathan Simon.



(above) On October 24, 2014, Warren Township students had fun during their Halloween celebration at ALT School's Trunk or Treat event! (front, l-r) Nicole Ling, Alexis Martins, Sara Ribeiro, Alyssa Steinhardt, Maya Aerts. (back, l-r) Luke Marion, Ryan Cleary



ALT staff decorating a trunk for the "Trunk or Treat" event.



(above) Central School staff members were in the Halloween spirit, enjoying the Trunk or Treat festivities!

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WAGNER FARM'S HOLIDAY BOUTIQUE OPENS IN DECEMBER

Wagner Farm Arboretum presents its annual Holiday Boutique. Original, one-of-a-kind, hand-made and organic items will be for sale including jewelry, paintings by local artists, stationery, local honey, jams and preserves, beautifully crafted pottery, holiday gift items and a wide selection of other decorative art work.

The Holiday Boutique will be held December 5 – 21, 2014 at Wagner Farm Arboretum located at 197 Mountain Avenue, Warren. Saturday & Sundays 10am – 5pm and Mondays thru Fridays 10am – 2pm. For more information, please call 908.350.7383.

ARBORETUM SEEKING "GROWING TO GIVE" COORDINATOR

Wagner Farm Arboretum located at 197 Mountain Avenue in Warren is seeking a Volunteer Growing To Give Program Coordinator to facilitate a planting program to our local elementary schools. If you are interested in becoming a part of the Arboretum Community please contact Mary DeLello at 908-350-7383.

This is a FREE EVENT THE 7TH ANNUAL YULETIDE BONFIRE/WINTER FESTIVAL & FIREWORKS

Warren Township Recreation needs volunteers on

JAN 17, 2015

(Rain date Jan 24th)

Event time: 5-8pm at the

WARREN MUNICIPAL BASEBALL COMPLEX

- Teen Music by Michael Lefton & Wildlife
- Bonfire by the WT Fire Department
 - Horse 'n Carriage rides
 - Carousel & Music
 - Trackless Train Rides
 - High Striker contest
 - Games by sports clubs
- Free refreshments, hot food
- Ice skating & sledding (weather permitting)
- "Take Flight Dance Center" performance

FIREWORKS AT 8:30PM

Register to volunteer & donate baked goods at www.wtrec.ivolunteer.com/bonfire
 For sponsorship & donations please go to <http://warrennj.org/donation-sponsorship/>

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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.

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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

The Truth about Surgery

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

About Performance Rehabilitation & Integrated Medicine

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

What makes Performance Rehab's Approach so different?

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

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

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

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?"

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CHURCH TO HOST ANNUAL TURKEY DINNER

Tickets are on sale now for Mt. Horeb United Methodist Church's annual Turkey Dinner, Saturday, November 8. Two seatings are available beginning at 5 pm and again at 7 pm. The dinner, to be held in the church's Codington Hall, 42 Liberty Corner Road in Warren, will feature a buffet of roasted turkey with all the trimmings as well as homemade desserts, lemonade, coffee and tea.

Tickets for the Turkey Dinner are \$15 for adults and \$8 for children 10-years-old and under. While tickets are available at the door, reservations are recommended as this event traditionally sells-out. Take-out orders are also available at \$15 per serving. Reservations and take-out orders can be made by phone 732-356-1217 or online at www.mthorebumcwarren.org. Please place take-out orders anytime between now and noon on Nov. 8. Orders will be available for pick-up after 4 pm on Nov. 8.

For info visit www.mthorebumcwarren.org or call Pastor Teresita Matos-Post at 732-356-1217.

MT. HOREB PRESCHOOLERS LOVE THE FALL!

Submitted by Warren Township Schools

Along with their teachers Carol Keirstead and Tara Keller, preschoolers have maintained their momentum and excitement since the year began at Mount Horeb School. During their first unit of study called

"Welcome to School", they met new friends, practiced social skills, and enjoyed learning about bus safety. Autumn arrived and with it came lessons of the great outdoors including studying leaves, squirrels,

apple trees, and acorns. Not only did the children describe, count, sort, and graph apples by color, but they helped prepare delicious applesauce! Their teachers have been explaining classroom technology, including the SmartBoard which they use to reinforce many

lessons. The students all enjoy practicing some of their favorite songs and dance moves using the SmartBoard as well! Now that Halloween has passed, November presents learning opportunities where these classmates will discuss their family members and special holiday traditions. In a few short weeks they will help prepare a feast, sample traditional foods, and eat together.

Warren Township is thankful each day for their amazing students from Preschool to 8th grade!

Photo credit: T. Keller



Constantin Bellmann



Dominic Cocuzza



Eli Stillman



Rosalie Krenek

CENTRAL STUDENTS WIN FLOCABULARY CONTEST

Congratulations to 5th graders at Central School! It all started with Flocabulary, an educational hip-hop website with an abundant library of songs, videos, and activities for grades K-12. Mrs. Jennifer SanAntonio's fifth graders enjoy "Fabulous Flocabulary Friday" where Social Studies periods are dedicated to current events and Flocabulary's Week in Rap. The song lends itself to an in depth discussion about culturally relevant media. Students are also encouraged to submit entries to a weekly contest hosted by Flocabulary. The topic was "Your Day in History," where students had to research their day in history, sharing the historical events that happened on their birthday. Raegan Miller and Andy Shi were selected as contest winners and Central School was given a "Shout Out" on the Flocabulary website!



(l-r) Fifth graders, Andy Shi and Raegan Miller were Central School's contest winners Photo Credit: J. SanAntonio

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TEENS HELPING TEENS

Submitted by Warren Township Schools

At Warren Middle School, Dannine Albanese's Character Education group took initiative and got involved with a great cause by collecting for the Somerset Home for Temporarily Displaced Children. Her students wanted to promote "teens helping teens" because they realize that some teenagers are less

fortunate than others. Over the span of two weeks, the students gathered contributions from peers, staff, and the community, which included items for the household, school, recreation and personal care. Warren Township students shine brighter every day!



(Clockwise from bottom left) Lizzie Nuzzi, Katie Diorio, Ryan Williams, Connor Dube and their peers collected items for other teens.

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MUSIC AND SHOPPING AT MALANGA FARMS ART FESTIVAL

Submitted by Monica Giglio



(above) Monica Giglio of Purpose Driven Arts, produced the festival along with three others, poses with Marzena Socha of Victoria Limousine Service who donated homemade Polish style desserts to serve during the event.



(above) Nicole Roth's original pottery was a hit with buyers.

On September 28th, 2014, approximately 500 people attended the Malanga Farms Arts Festival, promoted by Monica Giglio of Giglio Interiors and Purposed Driven Arts, Carolann Garafola of Ralph Garafola studios, Renee DeLong of Malanga Farms, and April DeVito of Beacon Financial Group, with sponsorship from the Warren Township Chamber of Commerce.

The scarcity of local arts festivals had long been lamented when Carolann Garafola and Monica Giglio began discussing ways to reintroduce art back into the community through various venues. It wasn't long before Malanga Farms offered their land and greenhouses to host an indoor outdoor event. That was Summer 2014, and the four woman began working as team to contact artists and musicians to become part of the inaugural event. They reached out to the community, the local print media, and

several social media outlets to gain commitments from about 20 artisans and three musical groups to perform sets of one hour each.

The Malanga Farms Arts Festival, held from 4 - 7pm, featured over 20 artists, potters, jewelry makers, basket weavers, candle makers and more! Adding to the ambience, three musical groups volunteered their talents, each performing one-hour sets.

Charlie Macarone, Raphael and Aly Giglio, and Bonnie and Alan Kaufman kept the crowds happy with their music. Several crockpots were filled with farm-style "eats" and Marzena Socha of Victoria Limousine donated and served samples of polish inspired desserts. All the refreshments were well received and appreciated.

Now the biggest lament in town is from many who are sorry they missed such a great event!



(above) Alex Bigattis is shown with her original pastel paintings.



(above) Rachel Fraulo of Mt. Bethel Village, displaying her jewelry for sale.

PUMPKIN PATCH RUMMAGE SALE

Pilgrim Congregational Church is holding its Pumpkin Patch Rummage Sale on Saturday, November 8th from 9 a.m. to 3 p.m. There will be something for everyone. The church will have clothes in good condition for children and adults, toys, games and puzzles for children, dishes and housewares, books, CDs and DVDs, sporting goods, tools, small furniture, small appliances, linens, jewelry and boutique items. All items are clean and in good to excellent condition. The bake sale will have a large variety of fabulous fall treats. This year firewood will also be on sale.

Pilgrim Congregational Church is located at 105 Mountainview Road in Warren. Call 908-903-0929 for directions or visit the website, www.pilgrimcongregationalchurch.org.

Pilgrim Congregational Church has become one of the fastest growing churches in the National Association of Congregational Christian Churches in America. The church's philosophy is to provide a venue for building up your faith without letting down your reason.

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9 HALF PAGE	10" x 6"	\$320	\$280	\$750	\$1000
12 Units	10" x 8"	\$360	\$320	\$900	\$1200
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