

WARREN MONTHLY_{NJ}

WARREN'S HOMETOWN NEWSPAPER

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ISSUE 21 • OCTOBER 2014

WARREN TOWNSHIP CHAMBER OF COMMERCE MEETING

**THURSDAY,
OCTOBER 23
8:00 AM**

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SAFETY IS TOP PRIORITY FOR TOWNSHIP SCHOOL DISTRICT

Submitted by Warren Twp Schools

Now two years into its multi-year Strategic Plan, the Warren Township School District has made many efforts to “shine brighter every day” in the school community, and community at large. Various committees, born from the strategic planning process, were comprised of staff, parents, Board of Education members as well as volunteers from the town. Progress is evident in all of the following focus areas: Communication, Technology, 21st Century Learning, Assets and School Environment.

The district has been working hard to assess its current safety and security practices. During the 2013-2014 school year, the Board of Education appointed an ad hoc Safety and Security Committee to review security expert Michael Dorn’s three day audit which assessed buildings, procedures, and equipment. Administrators immediately began working to improve certain areas based upon noted suggestions. The Administration will continue to work methodically with the Warren Township police moving forward.

In addition to partnering with law enforcement, regular meetings are held with Superintendent Tami Crader, numerous Administrators, and members of the Board of Education. One of their goals is to hire a security consultant to upgrade existing emergency management plans in preparedness, response, and recovery. The district will be working with the consultant to improve internal safety practices and procedures.

“I plan to work closely with our valued local resources, both police and the Office of Emergency Management, to ensure our goals align. The district will also consider a number of facility upgrades over the next several years,” said Crader.



(above) Township Administrators and BOE members work together on safety goals.

GREEN TEAM SPONSORS DISNEY NATURE FILM

In October, the Warren Township Green Team is sponsoring the second of two programs to educate residents on the importance of protecting butterflies, bees and other pollinators. These insects are responsible for one third of the food we eat and the survival of flowering plants. The populations of these pollinators are in jeopardy, here in New Jersey and throughout the world. The Regional Pollinator Partnership was formed between the Warren Township Green Team and the Watchung Environmental Commission to understand more about our pollinators, the plants that support them and to offer practical solutions for a clean, healthy environment. All are invited to the following inspiring program:

Wings of Life:

Thursday, October 16, 2014 - 7:00 PM

Watchung Hills Regional High School,

South Auditorium

104 Stirling Road, Warren, NJ

The Warren Green Team will host a free showing of “From Disney Nature.” This movie takes an up-close, unprecedented look at butterflies, hummingbirds, bees, bats and flowers with stunning cinematography that is a celebration of life. The movie is narrated by famous actress, Meryl Streep. This beautiful film is appropriate for all ages.

After the movie, Kelly Gill, Pollinator Conservation Specialist, Northeast/ Mid-Atlantic Region from The Xerces Society (The Xerces Society is a nonprofit organization that protects wildlife through the conservation of invertebrates and their habitat. For over forty years, the Society has been at the forefront of invertebrate protection worldwide, harnessing the knowledge of scientists and the enthusiasm of citizens to implement conservation programs) is scheduled to talk about native bees and what we can do to conserve them (In collaboration with Watchung Hills Environmental Club).

The above event is at no charge to the public and all are welcome.

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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.



EAST COUNTY PARK WALKING TRAIL NOW OPEN

East County Park 1/4 mile walking trail is officially open to the public: walkers, runners, bikers or strollers; all for your enjoyment. Enter at the new parking lot off of Reinman Road. The new loop trail at the 150-acre East County Park is bordered by Dubois, Reinman and Old Stirling roads in Warren Township.

This is phase one of a joint project between Somerset County Parks Commission and Warren

Township. This particular area was originally Linden Farms, owned by the Gaiser Family. The gravel path was in the same area that the Gaisers had a horse track for training horses. Gaiser property was part of four farms that were purchased by the Somerset County Freeholders and are now in the process of being developed into trails for walking, running and non-motorized biking.



(above, l-r) East County Park ribbon cutting ceremony on September 10th with officials from Warren Township and Somerset County: Mayor Gary DiNardo, Committee Person George Lazo, Deputy Mayor Mick Marion, Park Commission Vice President Bill Crosby, Freeholder Patricia Walsh, Park Commissioner Paul Consiglio, Park Commission President Steve Fuerst, Freeholder Director Patrick Scaglione, Committee Person Carolann Garafola, Freeholder Peter Palmer.

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New Therapy Used by Tiger Woods Comes to Central New Jersey

ALL NATURAL HEALING SOLUTION BRINGS NEW HOPE TO PAIN SUFFERERS



"I have suffered with Plantar Fasciitis for years. I could not walk or stand for even short periods of time. Once I found out about PRP Therapy at Performance Rehab I had to give it a try. I'm so glad I did! I not only can stand for long periods of time I can now go on evening jogs. Thank you to all the doctors and staff of Performance Rehab, you're amazing!"

— Mary M.



"Thanks to Performance Rehab and their unique PRP treatment program I now take no pain medication and I'm finally working out again. I have never felt better, balanced, pain free and generally positive."

— Vicki M.



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

— Mark M.

Do you suffer from any of the following conditions?

- Tennis elbow/golfer's elbow
- Rotator cuff/tendonitis/bursitis
- Arthritic hip/knee/ankle/shoulder conditions
- 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 harnessing 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 Spaggiola, DC - Clinic Director
Joseph Mejia, DO, F.A.A.P.M.&R. - Medical Director

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Watchung Mountain District Boy Scout Chess Tournament Saturday, November 1, 2014

10:00 am to 2:00 pm

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CHAMBER OF COMMERCE MOURNS MEMBER

James M. "Jim" Adamec, 44, passed away suddenly on August 25, 2014. He was employed as a financial advisor, CFP for Wells Fargo Advisors in Warren since 2009. Adamec was a member of the Warren Chamber of Commerce through Wells Fargo and attended meetings regularly.

Jim was a member of the Board of Mangers for the Somerville Branch of the Somerset Valley YMCA and a former member of the Somerville Board of Education. Surviving are his loving wife of 16 years, Jennifer, his daughter Allison, his parents William and Evelyn Adamec, and 2 brothers Bill and Stephen Adamec.

SPEED NETWORKING AT THE LIBRARY

The Warren Business Professional Networking Community (WBPNC) is a group developed by the Warren Twp Library in LinkedIn. On September 16th another successful Speed Networking Event was hosted at the library, when local business professionals

and entrepreneurs had a chance to meet, introduce themselves and their businesses to colleagues, exchange business cards, etc. WBPNC hosts quarterly events at the library, and the next one is scheduled for Tuesday, December 2nd.



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Kids 3-6.....\$3.99
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(above, l-r) Mr. Mobus with family members: cousins Nicholas and Michael Bonis; Quaid's mother Cindy Mobus; cousin Carrie Bonis; Aunt Jackie Lentzsch, a Chelsea employee and Mr. Mobus

CHELSEA RAISES OVER \$4,600 FOR WARREN MAN

Submitted by Chelsea Senior Living

The Chelsea at Warren assisted living residence, 274 King George Road, raised \$4,634 to assist Quaid Mobus, 21, nephew of a long tenured Chelsea employee, who was paralyzed following an accident on an all-terrain vehicle last September.

The money was raised through the sale of \$15 dinners-to-go, which were picked up at the Chelsea on Friday, September 12, 2014. The grand total raised includes a portion matched by a family member's employer, Prudential.

All proceeds benefit the Michael Bruce Fund supporting individuals with spinal cord injuries, including Quaid Mobus.

Mr. Mobus's injury occurred in September, 2013, when his ATV hit an obstruction in the road, throwing him into a tree and causing paralysis and the loss of a kidney. Funds are required to continue adapting his home to his motorized chair and other changes necessary to facilitate mobility, and ongoing medical needs.

Mr. Mobus and members of his family were at The Chelsea Friday when the dinners were

distributed to people who had pre-ordered them.

"You don't realize how many friends you have until something like this happens," said Mr. Mobus as he greeted and thanked many supporters.



(above, l-r) Chelsea team members Nagel, Nodine and Hamlett preparing to dish out food, which included pulled pork, barbecued chicken, corn bread, corn and cole slaw.

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(above, l-r) Chelsea team: Anna Nowik, Recreation Director; Jackie Lentzsch, Mr. Mobus' aunt; Vicki Seavey, Health Services Director; Tim Nagel, Building Services Director; Jill Hamlett, Executive Director; Melanie Varnerin, Community Relations Director; Ashley Cramer, Country Cottage Director and Michael Nodine, Food Service Director;

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CHELSEA SENIOR LIVING DONATES TO VOLUNTEER FIRST RESPONDERS

Following its annual golf outing at which \$28,000 was raised for volunteer rescue squads in three states, Chelsea Senior Living donated \$2,000 to volunteer responders in Warren including the Warren Rescue Squad and the Warren Fire Police, both of which provide emergency services to The Chelsea at Warren assisted living residence and Mt. Bethel Village special needs residence. The same amount is being donated to squads which provide volunteer EMS response to Chelsea's 12 other properties in NJ. Money is also being donated to volunteer responders in three New York

communities and one in Pennsylvania. "We are extremely grateful for the work of these volunteers," said Roger Bernier, President and Chief Operating Officer of Chelsea Senior Living. "They take care of our residents when they need to go to the hospital in an emergency and they do so with caring and compassion." The annual golf outing, held at Fiddler's Elbow Golf Club in Bedminster, NJ, is co-sponsored by Chelsea Senior Living, Inglemoor Rehabilitation and Care Center in Livingston and Mt. Bethel Village special needs residence in Warren.






(above, l-r) Warren Fire Police Capt. Ken Phillips, Chelsea at Warren Director of Community Relations Melanie Varnerin, Mt. Bethel Village Executive Director Carolann Garafola, Warren Rescue Squad VP Irene Weinstein, Warren Rescue Squad Chief Paul Rapps and Chelsea at Warren Executive Director Cynthia Rozenberg.

WARREN TEACHER REACHES OUT

As part of a 17 person outreach team, an Angelo L. Tomaso School educator, Elena Marinello, traveled to Guadalajara, Mexico a few weeks ago. There, she worked with many underprivileged children in an area called the Colie. She helped organize and run a camp experience. The group enabled youngsters to have a childhood experience that they may not otherwise have had. Each morning, the children would eagerly arrive, and the numbers of attendees reached an astonishing 400! Activities included puppet shows, crafts, sports, chalk art, painting, and dancing. What a wonderful opportunity to display compassion, while affording others the simple joys of being a child.



(above) Elena Marinello





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BRITE NITES AT THE ARBORETUM

Over the past several years the Wagner Farm Arboretum in Warren has been the home of the fall spectacular known as BRITE NITES. There were fantastic lighted carved pumpkin displays which adorned our grounds.

But then the brutal winter came. The old farm wagon shed which served as home to the Haunted House, and in which the many carved pumpkin displays and equipment were stored, could not bear the brutal weight of a massive snowfall. The grand old shed collapsed under the weight of the snow, and the thousands of hours of BRITE NITES artwork were turned to rubble by this crushing blow.

We realize we cannot re-carve the needed thousands of pumpkins in time for a BRITE NITES 2014. Nor do we have the building space for a Haunted House or the ability to store the newly carved displays. So, we are setting our sights on the future.

Although we did realize a modest insurance settlement, we still need to raise more funds to purchase new pumpkins for the carving artists. And, we will be seeking donations to construct a building to serve as the Haunted House. In the meantime, the Wagner Farm Arboretum Foundation will be working to attract funds and donations to rebuild. You can help. Our range of need is from \$25 to buy a single new un-carved pumpkin up to \$30,000 to erect our building. Our Foundation is a 501 (c) (3) organization, so contributions are tax deductible.

To donate, please visit our website at www.wfafnj.org/donations/

Please contact us at 908-350-7383 and speak with Mary for details. Or, reach out to us at the Wagner Farm Arboretum, 197 Mountain Avenue, Warren, NJ 07059, or at Mary's email address of administrator@wfafnj.org. You can also find us on Facebook.

Thank you! The Trustees and Volunteers of the Wagner Farm Arboretum Foundation

WARREN TOWNSHIP 2014 CAR SHOW

Submitted by Ken Phillips

The Warren Township Volunteer Fire Department held their ninth annual car show on Sunday, September 7. Over 400 vehicles from the tri-state area were present at this year's show. The day was sun filled and fun filled for families, car enthusiasts and those who just wanted to travel back in time to the days when life was simpler. Over 2500 people attended this year's event. Renowned radio disc jockey "Golden Gup" Gus Gasciogne delighted everyone by spinning tunes from the 50's and 60's. Food vendors sold hot dogs, hamburgers, french fries, zeppoles, beverages and other food items. There were various other vendors present and free "face painting" was provided by a face painting artist.

Although the show did not open until 9am, show vehicles began arriving at 6am to register and park their cars on one of the four show "fields." Antique, classic, muscle, foreign, hot rods, street rods, race cars, motorcycles, military vehicles, fire engines and other vintage vehicles were present. Many car and "crusin" clubs were also at the show. At 1:00pm, the customary

"starting of the engines" took place sending a thunderous roar throughout the venue.

A group of professional judges with many years of car show experience evaluated the entries in the various thirty three classes of vehicles. Winners were announced and trophies were awarded at the end of the show. This year's "Best of Show" winner was a 1955 T-Bird owned by George Finder.

Next year's show will be Sunday, September 6, 2015.



(above) This 1955 T-Bird, owned by George Finder, won the "Best of Show" award at the 9th annual Warren Car Show Photo Credit: Ken Phillips

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LILY YIP TABLE TENNIS CENTER TO HOLD NEW JERSEY CHINESE FESTIVAL OCT 12TH

Lily Yip, of Warren, has planned a New Jersey Chinese Festival on Sunday, October 12, 2014 at her Table Tennis Center located at 370 North Avenue in Dunellen, NJ. The event is free of charge to spectators and open to the public.

Table Tennis is the national sport of China and the festival is a way for Yip to share a bit of the Chinese culture with her American neighbors.

The Festival will feature a table tennis tournament and Yip has invited the public of all ages and skill levels, from beginner to expert, to play. Prizes will be awarded for skill level as well as age. Registration is required and can be done online at www.lilyttc.com.

The Festival is an annual event and is planned

in cooperation with NJ Chinese Festival Inc., a Nonprofit Organization in Montville, New Jersey that plans various events throughout the year. For more information Call Lily Yip at 732-200-5820 or email: lily@lilyttc.com.

Lily Yip Table Tennis Center also hosts the annual Garden State School Championships in January.

Yip was a member of the U.S.A Table Tennis team and played in two Olympics. She is the coach of the U.S. National Youth Team.



(above, l-r) Jayden Zhou , U10 USA Champion with Coach Can Wang from Beijing.



(above) Winners of Watchung Hills High School Tournament at the LYTTC.



(above, l-r) Alice Liu from Warren Central School and Alyssa Dang from Green Brook Middle School, winners in the Junior Under age 11 event.



(above) Watchung Hills High School visits LYTTC.



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Call for details

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www.lilyttc.com
lily@lilyttc.com
370 North Ave., Dunellen NJ 08812

WARREN TOWNSHIP EDUCATION FOUNDATION UPDATE

The last few months have been an exciting time of revitalization for the Warren Township Education Foundation, bringing new volunteers on board. The WTEF will serve to partner with township residents and businesses to provide cutting edge "extras" that offer our students unique educational opportunities. Valuing stakeholder input, a survey conducted in June 2014 helped yield guiding lights. Across the district, responses prioritized the focus areas in the following ways: STEM (Science, Technology, Engineering, Mathematics) programs, facilities enhancements, tutoring/mentoring, and college/career readiness. Feedback also supported family events as a way to raise funds and strengthen the spirit of community.


If you thrive on creativity, brainstorming, organization, and take pride in contributing to a long-term vision, your participation is welcome. It is the hope of the WTEF to include a wide array of individuals from community residents with or without students, to alumni, educators, local businesses and more. The students of today must be equipped to succeed on a global level in the future, and the WTEF can assist the schools in this preparation. The next meeting is planned for Thursday, October 16th at 6:30PM at Mt. Bethel Village in Warren. Please contact the Superintendent at trader@warrentboe.org for additional information. Given Warren Township Schools' considerable academic achievements thus far, we believe the WTEF can work in tandem to contribute beneficially to what is in the best interest of our students. Warren Township Schools... Shining Brighter Every Day!



WARREN RECREATION COMMISSION

PRESENTS

High School Intramural Basketball 2014/15



Who: Watchung Hills sending district High School students
9-12th grade including home and private schooled
Signups begin Oct. 1st – 9am

DEADLINE FOR SIGNUPS: December 1, 10am, **NO exceptions**

DATE: Dec. 3rd ishTBA Pick Teams – Gr 9/10 at 7pm; Gr 11/12 at 8pm

TEAMS: **Will be split 9/10 & 11/12 grades limited to 200 players**

GAMES: Begin Dec TBA to the end of Feb (schedules will be emailed)

DAY: Games held Mon., Wed., &/or Fri. — (cancellations will be emailed)

TIME: 7pm, 7:45 or 8:30pm (45 minute games) (cancellations are not made up)

WHERE: Watchung Hills Regional High School, 108 Stirling Rd.
Warren; Gyms 1/2 & 5/6

FEE: \$110 per participant for about 10 scheduled games

3 WAYS TO REGISTER:

- Go to www.warrennj.org/wtree click "**Register with credit card**" to signup on line with a credit card** Register under **WINTER 2014/15**
- Or fill out the **universal registration form** which can be found on our website under **FORMS**, mail check & completed form to address below
- Or drop in at the Warren Township Municipal Building at 46 Mountain Blvd, 3rd floor

Make your check payable to: Warren Township

NOTE:

- High School basketball team participants may not play
- If games are cancelled, games are not made up. We will do our best to get all games in.
- No walk-ins allowed – deadline date is final
- No refunds unless the fault of Warren Recreation
- A **parent release** form must be sent to the Recreation Dept before Dec. 1st (found online under forms)

QUESTIONS: Contact Warren Township Recreation at 908-753-8000 ext 270 Or email recreation@warrennj.org

***Register even if you plan on trying out for the school team. If you make the team we will refund you your money minus the credit card and admin fees of \$10 by crediting your card.*

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joerenna@rennamedia.com

Fax: 908-709-9209

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4 Units	6.5" x 4"	\$180	\$160	\$450	\$700	\$950	\$1100
6 Units	10" x 4"	\$240	\$210	\$600	\$900	\$1250	\$1400
9 HALF PAGE	10" x 6"	\$320	\$280	\$750	\$1000	\$1350	\$1500
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WAR10

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WAR1



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