

Watchung Post

Watchung's Hometown Newspaper

NJ

Published by Renna Media, On-line at RennaMedia.com

ISSUE 45 • AUGUST 2016

SOMERSET HILLS BUSINESS NETWORK MEETING

AUGUST 26, 2016
8:00 - 10:00 AM

30-second pitch
competition &
Presentation: Top 5
Strategies to "Boost Your
Goal Achievement Index!"

OLDE MILL INN
225 Route 202
Basking Ridge, NJ

Cost:
Members: \$10.00
1st Time Guests: FREE

REGISTER:
908-352-0900

PRSR STD
U.S. POSTAGE
PAID
PHILA PA 191
PERMIT NO. 7575

ECRWSS

*****ECRWSSDDM*****

**POSTAL CUSTOMER
WATCHUNG, NJ 07069**

ULTIMATE FRISBEE CHAMPIONSHIP SUCCESS

By: *Edir Coronado*

The game of Ultimate Frisbee was conceived in Maplewood, NJ by Joel Silver in 1968. He presented his idea to the Columbia High School student council and the following year a group of students played a game of Ultimate Frisbee using the Wham-O-Master disc.

By 1970 high school teams were created and Joel Silver, Buzzy Hellring, and Jon Hines created a set of rules. With these rules Columbia High School faced off against Milburn High School in the first ever Ultimate Frisbee Interscholastic game, Columbia High School emerged as the winner with a score of 43 to 10, according to the World Flying Disc Federation (WFDF) website. Some 20 minutes west on the I-78 a group of young women are continuing the upward trend of Ultimate Frisbee.

With six straight championships added to their repertoire, it is important to have this group of athletes to represent all that Ultimate Frisbee has to offer, and at its core, the team captains lead the way impressing the younger athletes, with their dedication to the sport and superior physical abilities.

While these young athletes are currently committed to the sport, they were hesitant at first. "My first impressions of the sport were similar to many other people's first impressions, that the sport was for weaker athletes and didn't require much effort," stated Megan Ma, team captain. She learned about the sport from her brother who played Ultimate Frisbee as well.

Jessie Sun, a graduating senior, former captain, who is now on the national team expressed, "It wasn't really my intention to fully commit to it," and while most players never intended to join, once involved in the sport they felt a connection to the game.

Ultimate Frisbee is a sport like no other and within the sport, amongst team members and opponents, respect is stressed. While it is true that football, basketball, and baseball all stress sportsmanship, few sports hold sportsmanship to such a high standard. At the end of every game both opposing teams gather on the field in a circle to discuss conflicts that occurred during the game. According to the WFDF, teams have designated spirit captains and at any moment if the spirit captains feel that the spirit of the game is being violated it is addressed during the game.

Part of the spirit of the game is the self-governing role that players are responsible for when calls are made on the field. There are no referees in the game at the high school level, but increasingly observers and referees are being implemented at the collegiate and professional level. Ma doesn't necessarily agree with an outside person mediating the game, but feels if she continues it wouldn't affect the spirit of the game for her.

Most of the athletes on the team are multi-sport players that decided to dedicate more time to Ultimate Frisbee, while they fell in love with game and now have 20 plus competitors on the lineup, they are still struggling to advertise the attractive aspect of the game.

One way they have made a breakthrough is by inviting middle school children to the summer practices, which has shown great promise. "Ultimate Frisbee is an amazing sport," expressed 6th grader Chloe Tu



"It is really nice having the high schoolers guide my friends and I through this amazing sport."

Currently the team is undergoing conditioning training. Practices for these competitors consist of running up to four miles, quad and core exercises. This group never has an offseason and this is reflected in their championship success, which they plan on achieving again this year.



CALL TODAY TO ADVERTISE IN THE NEXT ISSUE

**3,000 are printed and mailed to
every home and business in Watchung.**

Ad rates start at only \$60

Reserve space in the next issue.

Call Joe Renna at (908) 447-1295 Email: joerenna@rennamedia.com

Watchung Post

Watchung Post is published by Renna Media. 3,000 newspapers are printed monthly and mailed to every business and home in Watchung, NJ and the balance are distributed for free pick-up throughout town.

Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

©2016. Contents of this newspaper cannot be reproduced without written consent from Renna Media LLC.

Renna Media welcomes the comments and concerns of its readers put into writing and sent via fax or email to:

Renna Media, LLC
 202 Walnut Ave. Cranford, NJ 07016
 Phone: 908-447-1295
 Fax: 908-709-9209
 Email: joerenna@rennamedia.com

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

editor@rennamedia.com
 or call 908-418-5586

WORKING WITH OPERATION SMILE TRANSFORMS LIVES

It took Anna Makowski three days to get to Zhen Xiong, China for her mission trip for Operation Smile, but the lessons she learned in the small rural city of 1.6 million in May are sure to last a lifetime.

The operation of an eight-year-old girl named Wei opened her eyes to a world she never imagined as she spent one hour beside the youngster's surgeon as he transformed her scar into a smile.

"Wei was playing with stickers when I met her before her surgery," recalled Anna, a Watchung resident who will enter her senior year at Mount Saint Mary Academy this fall. "She was learning English and I was trying to learn Chinese. When she was called for surgery, she was very nervous and I asked a translator to ask her if she wanted me to go into surgery with her and she said "Yes." I bought her a stuffed animal puppy and made her a heart balloon, which I gave her while she was in recovery. Her mom, who was really thankful, asked for my e-mail address so Wei could email me as she learns English."

Anna remembered the way she felt driving through narrow, winding mountain roads to reach the city before meeting Wei and all of the patients and families. The trip down that same road would be quite different, as she reflected: "I realized how privileged I am to go to MSMA and the education that I am receiving here. So many children around the world do not have the

opportunity to have the education I have or even half of what I have. They have the right to receive a good education and to pursue the career path they want."

"Unfortunately, without the education they need, they will probably stay where they are and not be able to break the cycle," said Anna, whose dream job as an ambassador at the United Nations could help make those changes possible.



(above) Anna Makowski participated in Operation Smile.

ABINGDON
 Care & Rehabilitation Center
 303 Rock Avenue, Green Brook, NJ 08812
 732-968-5500
 A Windsor Healthcare Community
 www.windsorhealthcare.org

JD CLEANS FOR YOU

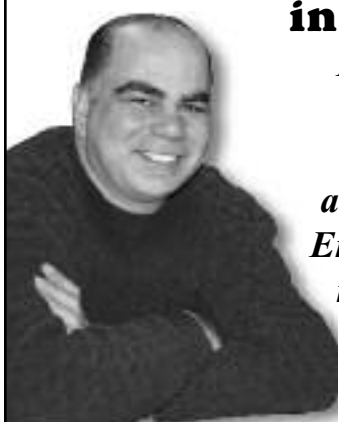
100% Satisfaction Guaranteed

- Basic & Deep Cleaning
- Mop/Sweep/Vacuum
- Change Linens
- Baseboards
- Dusting
- Bathrooms
- Dishes
- Much More!!!

CALL FOR A FREE ESTIMATE
908-267-8280
 LICENSED & INSURED

ADVERTISE IN THIS NEWSPAPER

3,000 are printed and mailed to every home and business in Watchung.



Reserve space in the next issue.
 Call Joe Renna at (908) 447-1295
 Email: joerenna@rennamedia.com



WASHINGTON ROCK DANCE

where dancers train

2016-2017 Class Registration

Dance helps children mature physically, emotionally, socially, and cognitively

Come dance with us this year!

Offering classes in Ballet, Pointe, Modern, Jazz, Acro, Tap, Hip-Hop, and Yoga

Ongoing registration for Summer and Fall classes is happening now!

To register and for more information visit washingtonrockdance.com, email washingtonrockdance@gmail.com, or call 908-561-9699

10 G Community Pl.
 Warren, NJ 07059

FREE
WiFi
AVAILABLE

HIBACHI GRILL

supreme buffet

Serving
LOBSTER or CRAB LEGS
with other Special Items
Every Holiday

For more information, please call

908-490-1600

Fax: 908-490-1601

www.hibachigrillandbuffetnj.com

BLUE STAR SHOPPING CENTER



Large Parking Lot to Accommodate our Customers

10% DISCOUNT
Seniors 60+, Military,
Police, College Students
Hibachi Grill Supreme Buffet (Show ID)

1701 U.S. Highway 22 West • Watchung



MONDAY - THURSDAY

Lunch 11am - 3:30pm	Dinner 3:30pm - 10:00pm
Adult\$7.99	Adult\$11.59
Kids 7-10.....\$5.99	Kids 7-10.....\$6.99
Kids 3-6.....\$3.99	Kids 3-6.....\$5.99
2 & Under.....FREE!	2 & Under.....FREE!

FRIDAY - SATURDAY

Lunch 11am - 3:30pm	Dinner 3:30pm - 10:30pm
Adult\$7.99	Adult\$11.59
Kids 7-10.....\$5.99	Kids 7-10.....\$6.99
Kids 3-6.....\$3.99	Kids 3-6.....\$5.99
2 & Under.....FREE!	2 & Under.....FREE!

SUNDAY ALL DAY DINNER

11am - 10pm

Adult.....\$11.59
Kids 7-10\$6.99
Kids 3-6\$5.99
2 & UnderFREE!

GIFT CERTIFICATES AVAILABLE

SUSHI

Fantastic range of freshly prepared sushi.
Most selection and top quality among all competitors.
It is far from the typical "buffet quality" sushi.
At HIBACHI, you don't sacrifice taste for price.

BUFFET

Elegant, modern, fresh, executed with care and confidence. HIBACHI Grill Supreme Buffet brings together 250+ of fresh-made Asian dishes in eleven buffet bars.

HIBACHI

Choose your favorite ingredients from dozens of seafood, meats and vegetables. Watch our chef preparing them in our special hibachi sauce to create a full-flavored dish.

ASK US ABOUT CATERING YOUR NEXT EVENT!

We have a large party room available for birthday parties, office meetings & weddings.

\$125 OFF
ADULT BUFFET

With purchase of a beverage per person
Watchung • 908-490-1600
Cash Only. Limit 4. Not valid with any other offers or discounts. Expires 9/10/16.

\$250 OFF
2 ADULT BUFFETS

With purchase of a beverage per person
Watchung • 908-490-1600
Cash Only. Limit 4. Not valid with any other offers or discounts. Expires 9/10/16.

\$10 OFF
ANY ONE PARTY

Of \$100 or more. Monday - Thursday Only.
Watchung • 908-490-1600
Cash Only. Limit 4. Not valid with any other offers or discounts. Expires 9/10/16.

\$500 OFF
4 ADULT BUFFETS

With purchase of a beverage per person
Watchung • 908-490-1600
Cash Only. Limit 4. Not valid with any other offers or discounts. Expires 9/10/16.

WATCHUNG LIBRARY FRIENDS ARE READY FOR YOU THIS SUMMER



(above) Chess Club players and Coach.



(above) Jason Ng, age 11, Watchung, makes his move at the Watchung Library Chess Club.

The Friends of the Watchung Library aren't letting the heat slow them down this summer! The Friends kicked off the 2016 Summer Reading program with an Open House at the library. Dozens of library patrons stopped by to register for summer reading programs, renew their Friends' memberships, enjoy lemonade and cookies, and browse Second Story Books. The Open House was also the Grand Reopening of Second Story Books, the Friends' bookstore, which features new and like-new books, DVDs, and CDs. Each patron who came to the Open House received a Book Buck, good for \$1.00 toward the purchase of an item in Second Story

Books. Many patrons went home with a free selection from the store.

Friends' were particularly pleased to kick off the Summer Reading Program, which this year features five exciting programs sponsored by Friends: Traditions of Chinese Acrobatics (hand balancing, plate spinning, trick cycling, foot juggling, ribbon dancing, and Chinese water bowl manipulation), Mad Science's Moving Motion (yanking table clothes from under dishes, sending crash dummies flying, and more), Spavalcade (a sports book scavenger hunt) for teens, and two programs for adults - Ancient Entertainment (exploring ancient sports events, theater, chariot races, and gladiator combat) and American Masterpieces (discovering the stories behind 25 iconic artworks).

In addition, the year-round Friends'-sponsored Watchung Library Chess Club is welcoming new players with newly returned popular chess coach Martin Carroll and with an expanded schedule: the second and fourth Monday of each month at 7:00 pm. For more information about programs or to sign up, stop by the library or go to www.sclsnj.org. We hope to see you!

Friends will continue through the summer with a sale at the Watchung Farmers' Markets, to be held Sundays from 10:00 am until 2:00 pm starting July 31st through October 2nd. Hundreds of movies on DVD will be offered, ranging from G, PG and PG-13 through R-rated selections. In addition, there will be over a thousand music CDs, including popular music, classical music, Jazz, Folk, Blues, Rap, movie soundtracks and more.

Stop by our table at the Farmers Market and see what we have for you.



(above) Volunteers for Friends of Watchung Library sell movies and music CDs at the 2015 Watchung Farmers' Market.

BUY AIR CONDITIONER GET FREE FURNACE!



Weltman HOME SERVICES

PLUMBING • HEATING • ELECTRIC • AIR

Service You Can Trust Since 1962.

877-893-0084

WeltmanHomeServices.com

D.Weltman Plumbing Lic. #6440
J. Leto Elec. #17479

Elec. Bus. Permit #6808-A
HIC#13VH04948800 HVAC #1228

SCLSNJ WATCHUNG LIBRARY BRANCH AUGUST 2016 PROGRAMS

12 Stirling Road, Watchung, NJ 07069 • 908-561-0117 • SCLSNJ.org

Program dates and times are subject to change.
All programs are free and registration is required
unless otherwise indicated.

Visit SCLSNJ.org or call the Library
for more information and to register.

Summer Reading Clubs for all ages
will run through August 20.

Visit SCLSNJ's Watchung Library branch
or SCLSNJ.Beanstack.org for more information
or to register to participate.

All SCLSNJ Library branches
will be closed Monday, September 5 for Labor Day.

KIDS

Watchung Library Chess Club

August 22, 7-8 p.m.
(grades 3-8)

Storytime for Twos

August 16, 10-11:15 a.m.
(24-35 months old with caregiver)

Storytime with Stuffed Animal Sleepover

August 16, 7-7:45 p.m.
(2.5-3 years old with caregiver)

Lunchtime Storytime with Mrs. Fine

August 22, 12-12:45 p.m.
(2.5-3 years old with caregiver)

ADULTS

Mah Jong Club of Watchung

August 15, 16, 22, 23, 29, & 30, 1-4 p.m.
Contact Melanie Novello at Novello1800@aol.com
for more information.

Watchung Writers Group

August 18, & 25, 10:30 a.m. - 12:30 p.m.

2 for 1 Book Club

"Claire of the Sea Light" by Edwidge Danticat on
August 15, 11:30 a.m. - 12:30 p.m.

Social Action Movie Club

August 18, 7-8:45 p.m.

A SCENTSATIONAL NIGHT



The Garden Club of Watchung is proud to host, "A Sensational Night". Why wear what everyone else wears, create your own fragrance under the guidance of Sue Phillips, innovative owner of The Scentarium, located at 85 Franklin Street, New York. Event will be held on October 13th at St. Mary's Stony Hill Church in Watchung from 7:00-9:00 p.m. Reservations are \$50 per person, after September 13, \$60 per person. Seating is limited, so be sure to make your reservation as soon as possible. Email request to: gardenclub2016@aol.com

The Garden Club of Watchung has been serving our community for 59 years. We support and provide funds and services to causes such as Habitat for Humanity, the Nature Conservancy, National Arbor Day Foundation, Raptor Trust, and Restore the Shore. We maintain the Blue Star Memorial Garden on Somerset Street, the Triangle Garden on the Watchung Circle, Fatima Garden and the Deer Resistant Garden behind the Watchung Art Center.

In order to continue to support these wonderful projects, we are asking our neighbors and businesses for donations such as gift certificates, gift cards or merchandise that can fill raffle baskets as well as larger items that can be auctioned during "A Scentsational Night". Please support our efforts by contributing one or more items. We are currently accepting ads for our program until September 1st. Please send an email request to: gardenclub2016@aol.com. Read about Sue Phillips and this event at <http://www.thegardenclubofwatchung.org>.

ZOOTOPIA

WELCOME TO THE URBAN JUNGLE.

WATCHUNG RECREATION PRESENTS ZOOTOPIA
PLAYING AT PHILLIP'S FIELD
FRIDAY NIGHT, SEPT. 9TH @ 8:30PM
IN CONJUNCTION WITH THE PTO ICE CREAM SOCIAL
FREE EVENT FOR WATCHUNG RESIDENTS!

Independent Living
For seniors 65 and over
The Chelsea at Warren
Now open!
Open House every
Saturday 9am-2pm

- Brand new 1 & 2 bedroom apts
- Full kitchens, underground parking
- No buy-in required

RESERVE YOUR APARTMENT NOW!
CALL 908-903-0911
274 KING GEORGE ROAD • WARREN, NJ 07059
WWW.CHELSEA SENIOR LIVING.COM

PAVLAK EARNS ART AND WRITING AWARDS

By: Edir Coronado

Mitchell Pavlak of Watchung, New Jersey is a sophomore and recent recipient of the Scholastic Art and Writing Awards. His forte is photography, macro photography to be exact, a form of photography where you take pictures of small subjects and make them larger than life size, "this is a passion of mine," explains Pavlak.

The Scholastic Art and Writing Awards are bestowed to those students who display a superior talent in the realm of art and literature. The awards are presented by the Alliance for Young Artists and Writers and through these awards recipients have the opportunity to gain notoriety, have their works published, and earn scholarships. Students from 7th to 12th grades, private, homeschooled, or public can submit works.

Although Pavlak has the "eye" for photography and is able to catch stunning photos, what drew him to photography was his thirst for learning and understanding the mechanics of objects, such as a camera. He explains, "I wanted to learn how a camera works, how they can capture a scene and capture light to form an image;" to Pavlak the workings of cameras were compelling and it was this fascination that lured him deeper into the world of photography.

Pavlak began delving deeper into the new found interest and explored how shutter speed played a role in freezing moving objects or the depth of field due to an increase and decrease in aperture. Early on Pavlak gravitated mostly to wildlife photography because of the challenge that is presented trying to capture a perfect moment when your subject can easily fly away if

disturbed, this combined with his preferred method of using his equipment in manual mode, displays a great deal of patience and effort.

He later began exploring macro photography when his parents rented him a macro lens to try out, after Pavlak excitedly showed his mother some macro photos he had obtained online. "The challenges of extreme macro photography also inspire/challenge me as manual mode is practically a must, and every little bit of camera shake is magnified greatly," explains Pavlak. He gains a great deal of joy from achieving the perfect photograph, despite the level difficulty it entails.

He has instead chosen to use his skills in photography for a greater cause, opting to provide his talents, for free, to events like StreetSquash, Newark's annual Brick City Cup charity squash tournament. Pavlak has also donated several photos to non-profit wildlife and nature centers in New Jersey and North Carolina, so that they may sell them and boost funding for their operations.

Currently Pavlak has a website, which he posts all of his photos. mitchellpavlak.smugmug.com.

REGISTER NOW for Fall Classes!
 Begins in September!
 Days, Nights & Sats

duCRET School of Art
 ducret.edu
 908.757.7171

Class-At-A-Time
 Career or Cont. Ed

Since 1984
Colucci Bros.
LANDSCAPE MAINTENANCE

- Great Prices • Great Service
- Lawn Cutting Service
- Shrubbery Trimming
- Fall/Spring Cleanups

Stump Grinding Services

FREE Estimates (908) 723-0600 Fully Insured
 Warren, NJ • 20 years experience • References

A Greater Quality of Life



Come Home to the Chelsea

- Assisted Living
- Memory Care
- Independent Living
- Respite Stays

Call 908-654-5200

THE CHELSEA AT FANWOOD
 295 SOUTH AVENUE | FANWOOD, NJ 07023
chelseaseniorliving.com

FOR SENIORS: The Residences at Warren



Not ready for assisted living? Come enjoy the CHC way of life!

BEAUTIFUL. AFFORDABLE. AVAILABLE NOW!

You've lived alone, you've lived with family, now live with friends!

- Independent and Supportive Living for seniors age 62+
- Income: up to \$58,800
- Private, spacious room with full bath
- Shared great room, dining room, den, porch and hobby room
- Food preparation and housekeeping included!
- Additional support services available

To learn more call 908-526-8130 or visit www.CHChousing.org

CHC SENIOR HOUSING



Photos by Mitchell Pavlak.

Why Repave? Sealcoat & Save!
 MAKE YOUR ASPHALT GREAT AGAIN!

BACK TO BLACK SEALCOATING
732-968-3646
backtoblacksealcoating.com

backtoblacksealcoating@yahoo.com

WE WILL EDGE, CLEAN, PRIME OIL SPOTS & SEALCOAT YOUR DRIVEWAY!

- Parking Lot Line Striping
- Driveways & Parking Lots
- Specializing in Large Parking Lots
- Hot Rubberized Crack Filling
- Hot Asphalt Repairs
- Asphalt or Coal Tar (Emulsion Sealer)
- Pothole Patching
- Power Washing
- Tennis Courts
- SNOW REMOVAL
- Asphalt Patch Work

Call for a FREE Estimate & Receive a FREE Gift!

5% DISCOUNT FOR SENIORS & VETERANS!

We will beat any legitimate Sealcoat company's written estimate.

FULLY INSURED!
 Lic# 13VH06534400

\$50 OFF DRIVEWAY REPAIR or SEALCOATING
 Minimum purchase \$500. Limit one. No other discounts apply. Exp. 8/31/16.

ANTHONY'S AFFORDABLE TREE CARE & LAND SERVICES LLC
 Formerly Affordable Tree Care

Tree Service - Masonry
 We Will Beat Any Written Quote From A Reputable, Insured Tree Service.

908-414-4509

Call Today For A FREE Estimate

10% OFF ANY SERVICE
 \$300 maximum discount
 Coupon must be presented at time of estimate. Cannot be applied to previous estimates or scheduled work. Expires 9/10/16.

FREE STUMP GRINDING
 With Any Tree We Remove. Includes Removal of Up to 1 Yard of Grindings
 \$300 maximum discount
 Coupon must be presented at time of estimate. Cannot be applied to previous estimates or scheduled work. Expires 9/10/16.

FULLY INSURED • 24 HR EMERGENCY SERVICE AVAILABLE

WARRENBROOK SENIOR CENTER

500 Warrenville Road, Warren, NJ 07059 • 908-753-9440

The Warrenbrook Senior Center offers a nutritionally balanced lunch, Monday through Friday, for a suggested donation of \$2.50, for anyone 60 and above. Menu choices include a hot meat-based or meatless entrée or a cold meat-based or meatless boxed lunch. Please make reservations prior to 10:00 am the previous business day.

Why not invite a friend or neighbor to join you for lunch! As an additional suggestion, why not come earlier in the day and enjoy one of the center's many programs.

"Filigree Handkerchief Clay Bowl,"

August 8 & 15

with Barbara Gerson, Art 4 All, 10:30 am (This is a two day pottery project. The first day will involve creating a filigree bowl and the second day will involve coloring and glazing your piece. Advanced reservations are required by Wednesday, August 3).

Get Acquainted With Kiwifruit

August 12, 10:30 am

(Packed with more Vitamin C than an equivalent amount of orange, the bright green flesh of the kiwifruit speckled with tiny black seeds can be eaten as a fruit snack or you can add a slice or two to a fruit salad for a dramatic tropical flair. Kiwis are a nutrient dense fruit, meaning they are high in nutrients and low in calories. Come and enjoy a tasting of this unique fruit).

"Nutritional Peach Smoothies,"

August 16, 10:30 am

by Jessica Guarnieri, Registered Dietitian, ShopRite/Wakefern (Did you know that many smoothies are not nutritionally balanced? During this program, you will receive tips related to peaches and learn how to create a healthy smoothie. At the end of the program, enjoy a peach smoothie tasting).

Warrenbrook Book Club

August 16, 1:30 pm – 3:00 pm

(New Members Welcome!) Feature Book:

"Swamplandia," (Join the Warrenbrook Book Club to discuss Karen Russell's "Swamplandia." Ava, a resourceful but terrified twelve-year old, must manage seventy gators and the vast, inscrutable landscape of her own grief. Her mother, Swamplandia's legendary headliner, has just died; her sister is having an affair with a ghost called the Dredgeman; her brother has secretly defected to the World of Darkness in a last-ditch effort to keep their sinking family afloat; and her father, Chief Bigtree, is AWOL. To save her family, Ava must journey

on her own to a perilous part of the swamp called the "Underworld," a harrowing odyssey from which she emerges a true heroine).

"Senior Farmers Market Presentation,"

August 17, 10:15 am

by Kate Domen, Diet Technician, Somerset County Office on Aging & Disability Services (Learn about the 10 Farmers Market locations and what to expect when you visit one. Kate will also share ways to purchase and handle local, fresh produce. Learn who is eligible to receive \$25.00 worth of FREE vouchers to buy Jersey Fresh produce. If you qualify, sign up and receive vouchers after the program. You must bring proof of age, residency and income).

Grandparent and Me Day

August 19 10:30 – 11:30 am

(Spend fun-filled time with your great-grand or grandchildren, aged 5-18. Join Luke, Vincent and some of their friends as they lead us in some competitive Minute to Win It Games. After the excitement is over, we will enjoy fresh grilled burgers, beef and vegetarian, and hot dogs. Wear comfortable clothes and shoes. Pre-registration is required by Tuesday, August 16).

"Self-Management of Chronic Diseases,"

August 22, 10:30 am

by Janice Klein, RN & Jennifer Allen, RPT, Community Visiting Nurse Association (This program will provide an overview of diabetes, heart failure and chronic obstructive pulmonary disease (COPD). This program will include information about the disease process, risk factors, prevention and self-management; followed by a discussion covering safe medication management, health & diet, exercise and home safety.

This is a health program not to be missed).

State Health Insurance Program (SHIP)

August 26

a counselor will be available to provide FREE help to New Jersey Medicare beneficiaries who have problems with, or questions about their health benefits. SHIP is a statewide program by the New Jersey Department of Health and Senior Services. Please call (908) 704-6319 to schedule an appointment).

Name That Tune & Sing-a-Long with Josie Mescallado

August 29, 10:30 am

(Enjoy guessing the title of popular tunes and then participate in a sing-a-long of those same songs).



The smiles. The laughs. The hopes and dreams. You know they're in there. But how do you bring them out when your child is struggling in school? Imagine your child working one-on-one with a personal trainer, doing fun, challenging mental exercises that work on the skills the brain uses to learn and perform. It's an innovative solution with lasting results that's different than tutoring. We call it brain training. Parents and kids call it life changing.

LearningRx
train the brain. get smarter. guaranteed.

908-222-7246

**34 Mountain Blvd, Bldg C
Warren, New Jersey 07059**

Like Us On **facebook**

\$1,300
Stainless Steel Liner
5 inch, 6 Inch
With coupon. Cannot be combined with any other offer.

MURSELI PRO CONSTRUCTION

800-650-0968

FREE ESTIMATES

- All Work Guaranteed
- 24/7 Emergency Service
- 20% Senior Discount
- Major Credit Cards
- NJ Lic. 13VH08570100

READ OUR REVIEWS ON
www.homeadvisor.com

\$1000 off
ANY NEW COMPLETE ROOF
With coupon. Cannot be combined with any other offer.

\$79.99
GUTTER CLEANING (ANY HOUSE)
With coupon. Cannot be combined with any other offer.

15% off
ROOF LEAKS (GUARANTEED)
With coupon. Cannot be combined with any other offer.

15% off
FOUNDATION REPAIR
With coupon. Cannot be combined with any other offer.

MASONRY

DRIVEWAYS
STEPS
BRICK & BLOCK
SIDEWALKS
REPAIR

ROOFING

RE-ROOF
NEW ROOF
ROOF REPAIRS
SHINGLES
FLAT ROOF

CHIMNEY

CLEANING
RE-LINE
REPAIRS
REBUILD
CAPPING

GUTTERS

CLEANING
INSTALLATION
SCREENING
REPAIRS
REPLACEMENTS

Summer Special

COMPLETE SET OF STEPS
Up to 6 Feet, 5 Steps
\$2,600
(Brick, Limestone & Concrete)
With coupon. Cannot be combined with any other offer. Expires 9/5/16

DANGER

CARBON MONOXIDE

Carbon monoxide is invisible, odorless, and can kill you!

WARRENBROOK SENIOR CENTER

500 Warrenville Road, Warren, NJ 07059 • 908-753-9440

The Warrenbrook Senior Center offers a nutritionally balanced lunch, Monday through Friday, for a suggested donation of \$2.50, for anyone 60 and above. Menu choices include a hot meat-based or meatless entrée or a cold meat-based or meatless boxed lunch. Please make reservations prior to 10:00 am the previous business day.

Why not invite a friend or neighbor to join you for lunch! As an additional suggestion, why not come earlier in the day and enjoy one of the center's many programs.

"Filigree Handkerchief Clay Bowl,"

August 8 & 15

with Barbara Gerson, Art 4 All, 10:30 am (This is a two day pottery project. The first day will involve creating a filigree bowl and the second day will involve coloring and glazing your piece. Advanced reservations are required by Wednesday, August 3).

Get Acquainted With Kiwifruit

August 12, 10:30 am

(Packed with more Vitamin C than an equivalent amount of orange, the bright green flesh of the kiwifruit speckled with tiny black seeds can be eaten as a fruit snack or you can add a slice or two to a fruit salad for a dramatic tropical flair. Kiwis are a nutrient dense fruit, meaning they are high in nutrients and low in calories. Come and enjoy a tasting of this unique fruit).

"Nutritional Peach Smoothies,"

August 16, 10:30 am

by Jessica Guarnieri, Registered Dietitian, ShopRite/Wakefern (Did you know that many smoothies are not nutritionally balanced? During this program, you will receive tips related to peaches and learn how to create a healthy smoothie. At the end of the program, enjoy a peach smoothie tasting).

Warrenbrook Book Club

August 16, 1:30 pm – 3:00 pm

(New Members Welcome!) Feature Book: "Swamplandia," (Join the Warrenbrook Book Club to discuss Karen Russell's "Swamplandia." Ava, a resourceful but terrified twelve-year old, must manage seventy gators and the vast, inscrutable landscape of her own grief. Her mother, Swamplandia's legendary headliner, has just died; her sister is having an affair with a ghost called the Dredgeman; her brother has secretly defected to the World of Darkness in a last-ditch effort to keep their sinking family afloat; and her father, Chief Bigtree, is AWOL. To save her family, Ava must journey on her own to a perilous part of the swamp called the "Underworld," a harrowing odyssey from which she emerges a true heroine).

"Senior Farmers Market Presentation,"

August 17, 10:15 am

by Kate Domen, Diet Technician, Somerset County Office on Aging & Disability Services (Learn about the 10 Farmers Market locations and what to expect when you visit one. Kate will also share ways to purchase and handle local, fresh produce. Learn who is eligible to receive \$25.00 worth of FREE vouchers to buy Jersey Fresh produce. If you qualify, sign up and receive vouchers after the program. You must bring proof of age, residency and income).

Grandparent and Me Day

August 19 10:30 – 11:30 am

(Spend fun-filled time with your great-grand or grandchildren, aged 5-18. Join Luke, Vincent and some of their friends as they lead us in some competitive Minute to Win It Games. After the excitement is over, we will enjoy fresh grilled burgers, beef and vegetarian, and hot dogs. Wear comfortable clothes and shoes. Pre-registration is required by Tuesday, August 16).

"Self-Management of Chronic Diseases,"

August 22, 10:30 am

by Janice Klein, RN & Jennifer Allen, RPT, Community Visiting Nurse Association (This program will provide an overview of diabetes, heart failure and chronic obstructive pulmonary disease (COPD). This program will include information about the disease process, risk factors, prevention and self-management; followed by a discussion covering safe medication management, health & diet, exercise and home safety.

This is a health program not to be missed).

State Health Insurance Program (SHIP)

August 26

a counselor will be available to provide FREE help to New Jersey Medicare beneficiaries who have problems with, or questions about their health benefits. SHIP is a statewide program by the New Jersey Department of Health and Senior Services. Please call (908) 704-6319 to schedule an appointment).

Name That Tune & Sing-a-Long with Josie Mescallado

August 29, 10:30 am

(Enjoy guessing the title of popular tunes and then participate in a sing-a-long of those same songs).



Warrenbrook Senior Center
500 Warrenville Road
Warren
908-753-9440

The Warrenbrook Senior Center is looking for volunteers to help in the following areas:

Free Training Provided

~ Greeter and Receptionist

- * 10:00 am - 12:00 pm, Mondays through Fridays
- * Welcome attendees, answer questions and take phone messages
- * Ask about dress code

~ Permanent and On-call Meals on Wheels Volunteers

- * 9:00 - 10:30 am, Mondays through Fridays
- * Package meals for homebound clients
- * Ask about dress code
- * Please note: Tasks are performed while standing

AUDITIONS ANNOUNCED FOR JAMES AND THE GIANT PEACH AT CDC THEATRE IN CRANFORD

Open auditions for a musical version of James and the Giant Peach will be held at CDC Theatre, 78 Winans Ave. in Cranford on Monday, August 29 and Thursday, September 1. Children will be seen from 7- 8pm and adults from 8-10pm. Call backs will be by invitation only on Wednesday, September 7, 2016 7:30pm.

Rehearsals will be at CDC Theatre and will begin on October 18. Multiple performances are set for December, 9, 10 and 11.

Visit www.cdctheatre.org for more details.

Past issues of this newspaper can be found on-line at RennaMedia.com Feel free to view, share and download photos



SOMERSET COUNTY
OFFICE ON AGING &
DISABILITY SERVICES

2016 Somerset County Board of Chosen Freeholders
Patricia L. Walsh, Director ~ Peter S. Palmer, Deputy Director
Patrick Scaglione ~ Mark Caligiure ~ Brian D. Levine

WHAT WILL YOU LOOK LIKE IN 40 DAYS?



COMPARE

Today's **Most Popular** 3 Weight Loss Programs vs. **NUTRIMOST**

✗	State of the Art NRF Technology	✓
✗	Fat Burning	✓
✗	Targets Abdominal Fat	✓
✗	Resets Metabolism	✓
✗	Resets Weight Set Point	✓
✗	No Hunger	✓
✗	Doctor Supervised	✓

TECHNOLOGY HAS GIVEN US THE ABILITY TO FIND OUT WHY YOU ARE STORING FAT AND HOW TO GET RID OF IT!

A "one-size-fits-all" weight loss program will only take you so far (and after many months of hunger and a boatload of cash).

Targeting your specific hormone makeup is the key to fast and effective weight loss. Our NRF Technology essentially takes your hormonal fingerprint to determine the exact ingredients you need to bring your body into an optimal state of fat burning. And beyond the initial weight loss, restoring balance with the system actually resets your metabolism and weight set point so that you **keep the weight off** after you lose it.

➔ **\$72^{FF}** ←
a \$99 value

BODY COMPOSITION ANALYSIS

A complete assessment and teaching of your current body composition in comparison to where you should be. This analysis includes your body fat percentage and mass, visceral fat rating, body water percentage, metabolic age and other important metrics.

& FAT LOSS CONSULTATION

A personally integrated session with a NRF Technology Specialist to discuss how this revolutionary technology can help you naturally detox and heal your body, restore balance to your hormones and neurotransmitters, and reset your metabolism.

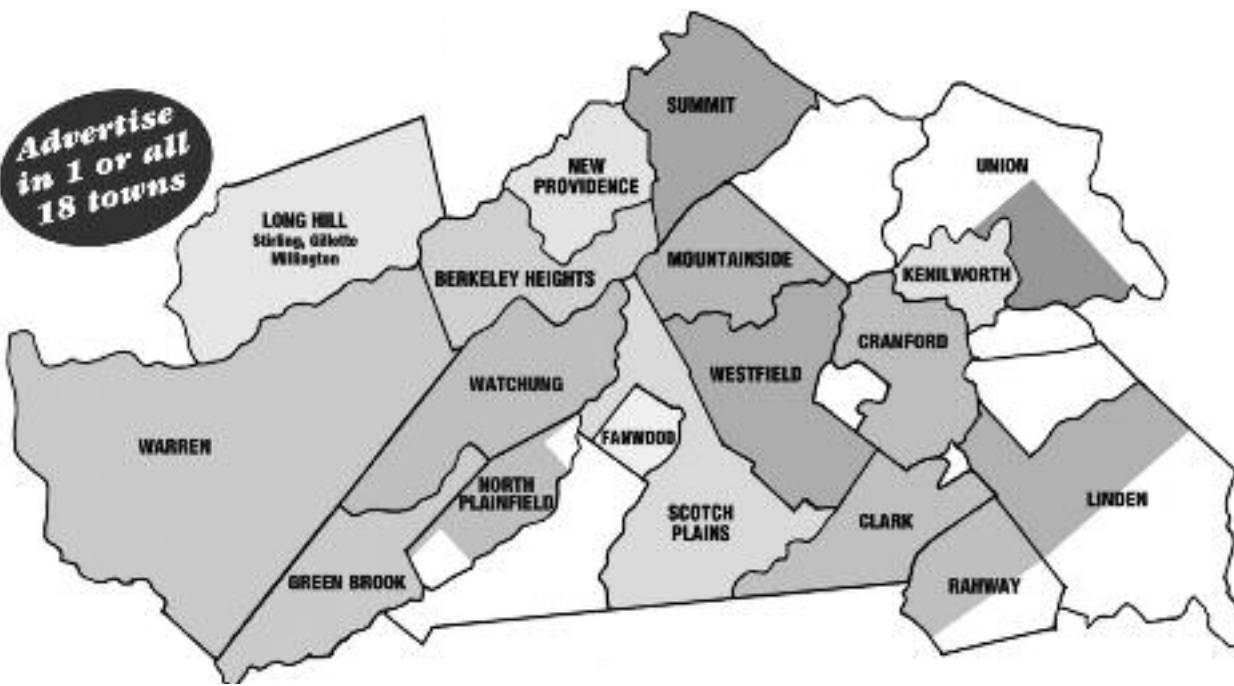
CALL 908.279.7740 OR VISIT CENTRALJERSEYHEALTH.COM

LOSE 20-45lbs IN JUST 40 DAYS
GUARANTEED!

SIGNUP
 REGISTER FOR A
 CONSULTATION



Advertise in 1 or all 18 towns



**RENNA MEDIA
NEWSPAPER RATE SHEET
WE MAIL
100,000
NEWSPAPERS
MONTHLY!**

To place an ad call:
Tina Renna at 908-418-5586
or Joe Renna at 908-447-1295
email: info@RennaMedia.com
Fax: 908-709-9209



Qty: 4,800
Mailed to every home and business.
Zip: 07922



Qty: 6,500
Mailed to every home and business.
Zip: 07066



Qty: 9,800
Mailed to every home and business.
Zip: 07016



Qty: 3,000
Mailed to every home and business.
Zip: 07023



Qty: 3,000
Mailed to every home and business.
Zip: 08812



Qty: 3,600
Mailed to every home and business.
Zip: 07033



Qty: 6,500
5,400 mailed to homes and businesses.
Zip: 07036



Qty: 3,600
Mailed to every home and business in Gillette, Millington and Stirling.
Zips: 07933, 07964, 07980



Qty: 2,800
Mailed to every home and business.
Zip: 07092



Qty: 4,700
Mailed to every home and business.
Zip: 07974



Qty: 6,500
Mailed to every home and business in 07060.
Zip: 07060



Qty: 5,500
4,100 mailed to homes and businesses.
Zip: 07065



Qty: 9,500
Mailed to every home and business.
Zip: 07076



Qty: 9,600
Mailed to every home and business.
Zip: 07901



Qty: 5,500
5,000 mailed to homes and businesses.
Zip: 07083



Qty: 6,200
Mailed to every home and business.
Zip: 07059



Qty: 3,000
Mailed to every home and business.
Zip: 07069



Qty: 11,800
Mailed to every home and business.
Zip: 07090

Past issues can be found at RennaMedia.com

Artwork included in ad price.

Units	Size	RATE FOR ANY 1 NEWSPAPER	RATE FOR ANY 3 NEWSPAPERS	RATE FOR ANY 6 NEWSPAPERS	RATE FOR ANY 9 NEWSPAPERS	RATE FOR ANY 12 NEWSPAPERS	RATE FOR ANY 15 NEWSPAPERS	RATE FOR ALL 18 NEWSPAPERS
1 Unit - Business card	3.25" x 2"	\$60	\$150	\$250	\$340	\$400	\$450	\$500
2 Units	3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800
4 Units	6.5" x 4"	\$180	\$450	\$700	\$950	\$1100	\$1300	\$1500
6 Units	10" x 4"	\$240	\$600	\$900	\$1250	\$1400	\$1650	\$1900
9 HALF PAGE	10" x 6"	\$320	\$800	\$1000	\$1350	\$1500	\$1800	\$2100
12 Units	10" x 8"	\$360	\$900	\$1200	\$1550	\$1800	\$2150	\$2500
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1750	\$2000	\$2400	\$2800

FRONT PAGE BANNER 8.25" x 2" **\$320**
BACK COVER 10" x 14" **\$600**

PAY FOR 6 MONTHS AND GET 1 FREE

Back cover and front page banner reserved on first come, first served basis.
Current advertiser has right of first refusal.

Make Checks payable to Renna Media, 202 Walnut Avenue, Cranford, NJ 07016

PUT YOUR BUSINESS IN






100,000 Newspapers

**Direct Mailed to
Homes & Businesses
in 18 Towns!**

www.RennaMedia.com Email: info@rennamedia.com

**CALL US ABOUT OUR FULL COLOR PRINTING SERVICES
AND INSERTS. JOE 908-447-1295**

FULL COLOR INSERTS - PRINTING PRICES (Per 1,000)

A	B	C	D	E
8 1/2" x 5" POST CARDS	8 1/2" x 11" FLYERS Half-fold to 8 1/2" x 5 1/2"	8 1/2" x 11" TRI-FOLD 3 3/4" x 8 1/2" Finish size	11" x 17" BROCHURES Quarter-fold to 8 1/2" x 5 1/2"	11" x 17" MENUS Tri-fold to 5.3/4" x 11" W/ COUPON 5" x 11"
				
\$45 per M Up to 100,000 Full color / 2 sided 9pt stock / No bleed	\$35 per M Up to 100,000 Full color / 2 sided 60lb stock / No bleed	\$45 per M Up to 100,000 Full color / 2 sided 60lb stock / No bleed	\$68 per M Up to 25,000 \$51 per M over 25,000 Full color / 2 sided 60lb stock / No bleed	
Minimum run 5,000				

ARTWORK PRICE FOR FLYERS, BROCHURES AND MENUS
STOCK DESIGN AND PRODUCTION \$600
 Large library of stock layouts and images to choose from. Custom art and photography available at an hourly rate of \$120.

INSERTION RATES (Per 1,000)

ANY 1 NEWSPAPER \$60	ANY 3 NEWSPAPERS \$55	ANY 6 NEWSPAPERS \$50	ANY 9 NEWSPAPERS \$45	ANY 12 NEWSPAPERS \$40	ANY 15 NEWSPAPERS \$35	ALL 18 NEWSPAPERS \$30
-------------------------------------	--------------------------------------	--------------------------------------	--------------------------------------	---------------------------------------	---------------------------------------	---------------------------------------

Fresh Fruit &

Vegetable Market

Freshly baked Portuguese and Italian bread delivered daily!

somersetfarms@verizon.net
somersetfarmsnj.com

908-757-7730

950 Route 22 East • North Plainfield, NJ



Store Hours: Mon-Sat: 9:00 am to 7:00 pm
Sun: 9:00 am to 5:00pm

"We're Not Just Produce"



Your One-stop Party Place

FRESH FRUIT OR VEGETABLE PLATTERS

Platters over stuffed with the best the season has to offer.

- 14 inch 24.99
- 16 inch 29.99
- 18 inch 39.99

Perfect for Special Occasions!



COUPON

\$1.00 OFF your purchase of \$20.00 OR MORE



WAT8

Excludes garden center and fish purchases. Limit 1 offer per customer per day. Not to be combined with other offer. Offer expires 9/15/16.

LARGE SELECTION OF JERSEY FRESH CANNING TOMATOES.



NOW IN STOCK! CALL YOUR ORDERS IN TODAY!!!

COUPON

FRESH SHRIMP

WAT8

\$9⁹⁹ lb 16/20 size



By the pound only. Limit 1 lb per customer per coupon per day. Not to be combined with other offer. Offers good thru 9/15/16.

COUPON

BOAR'S HEAD OVEN GOLD TURKEY BREAST

WAT8

\$7⁹⁹ lb



Must purchase 1 lb. Limit 1 lb. per coupon. Coupon may not be combined with other offers. Limit 1 offer and coupon per day. Offer expires 9/15/16.

Call Today To Order! 908-757-7730 • 950 Route 22 East North Plainfield

Open 7 Days Daily 9am-7pm / Sunday 9am-5pm



Fruitful Creations
By Somerset Farms

Fresh Fruit Arrangements & Chocolate Covered Strawberries

PERFECT GIFT FOR

- Birthdays • Thank You
- Get Well • Deepest Sympathy
- I Love You • Centerpieces

PERFECT DESSERT ADD ON

Available For Pick Up Or Delivery



Strawberry Touchdown Special - Pick up only

\$5 OFF YOUR FRUITFUL CREATION \$39.99 OR MORE



WAT8

Offer expires 9/15/16.