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ISSUE 43 • APRIL 2017

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CUB SCOUT PACK 182 HOLDS ANNUAL PINEWOOD DERBY

On Saturday February 4, 2017, Warren Cub Scout Pack 182 held their annual Pinewood Derby, at Warren Middle School; an event where Cub Scouts design a maximum 5 oz. car from a 7"x 1.75" x 1.25" block of pine wood, following a specific set of rules. The cars then compete on a five lane wooden track, with each car running 5 heats for their best race times to determine the winners. Awards were given for the fastest, as well as voting in several People's Choice categories.

40 Scouts and their families participated in the event. Many adult volunteers organized everything from setting up the track, running the races, hosting the concessions stand, decorations and contributing donations for the Concessions stand and Superbowl cake auction, and cleaning up afterward. 10 Siblings were also allowed to enter and race in their own division. A great time was had by all, and the field of cars entered was diverse and beautiful in their designs.

Cub Scout Pack 182 in Warren Township serves the local community and surrounding towns. To join Cub Scouts or find out more about Pack 182 visit our Facebook page: facebook.com/Pack182WarrenNJ/ our website warrenpack182.org

or by contacting us
at membership@warrenpack182.org.

OVERALL WINNERS:

1st Place: Wolfgang Holczinger (Den 1)
2nd Place: David Krause
3rd Place: Ezekiel Minieri
4th Place: Gideon Minieri
5th Place: Marcello Gioia
6th Place: Ishanth Srinivas
People's Choice Category Winners
Craziest Looking Car Ever: Cole Klein
Most Patriotic Car: Anton Bergners
Best Food Car: Alex Huang
Coolest Looking Car on the Planet:
Gideon Minieri
Best Scout Spirit: Andrew Conway

Den 1: 1st Place: Matthew Rodrigues
Den 3: 1st Place: Constantin Bellmann
2nd Place: Anthony Patricco
3rd Place: Fintan Beyus
Den 5: 1st Place: Cole Klein
2nd Place: Zachary Morrison
Den 6: 1st Place: Edward Walker
2nd Place: Michael Armao
3rd Place: Tyler Fu
Den 7: 1st Place: Anton Bergners
2nd Place: Alexander Walker
3rd Place: Evan Cunha
Den 9: 1st Place: Bernie Ryder
2nd Place: Kayden Thursfield-Ritchie
3rd Place: Aydin Bedi
Den 12: 1st Place: Neelesh
Thanasegaran
2nd Place: Alex Huang
3rd Place: Harrison Bush



(above) Overall Winner 1st Place
Wolfgang Holczinger.



(above) Craziest Looking Car Ever:
Cole Klein, People's Choice Winner.



(above) Overall Winner
4th Place, Gideon Minieri.



(above) Webelo Scouts Alex Huang,
Neelesh Thanasegaran and Harrison Bush.



(above) Lion Cub Scouts Anthony
Patricco and Brandon Bellish.

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

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

\$2,500 GRANT AWARDED TO MOMS HELPING MOMS FOUNDATION

Moms Helping Moms Foundation, the community-based not-for-profit organization that distributes diapers to babies living in low-wage families in New Jersey, has been selected as one of 24 national recipients of a 2017 Funds for Change grant awarded by the National Diaper Bank Network (NDBN).

“NDBN’s Funds for Change grants help diaper banks reach more families by investing in organizations that we recognize as growing community assets and strengthening that investment with technical support for nonprofit organizations through our national network,” said Susan Van Ness, NDBN chief of programs. “NDBN is very pleased to present Moms Helping Moms Foundation with a \$2,500 grant to further its mission to serve struggling families in NJ.

According Bridget Cutler, President of Moms Helping Moms Foundation, the grant will be used to expand their volunteer program. ‘We are so proud and excited to be a 2017 Funds for Change grant recipient once again. We are so thankful for the National Diaper Bank Network’s ongoing support of organizations like ours across the country.’

Moms Helping Moms Foundation is a NJ Non-profit dedicated to providing babies from low income families with the essentials that they need for a healthy and happy start. Established in 2011 by a group of like-minded mothers, the group collects donations of essential baby items from families who no longer need them and passes them onto families that do. Providing these items to low income families eases those families’

mental and financial stress and promotes the health and safety of their children. Additionally, the organization is recycling items that might otherwise end up in the trash. To date they have helped provide more than 175,000 diapers to thousands of families living in NJ.

For more information on how to help or volunteer with Moms Helping Moms Foundation go to www.momshelpingmomsfoundation.org.



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Watchung Hills Regional High School (WHRHS) Senior Daniel Lee of Watchung has been named one of the top 300 young scientists in the 76th annual Regeneron Science Talent Search (STS).

WHRHS is one of 183 high schools across the U.S. and one of five comprehensive high schools in New Jersey to have a student selected for this honor. Lee will be awarded \$2,000, and WHRHS will receive \$2,000 to support excellence in science, math, and/or engineering education.

Lee, who has been a center on the WHRHS Varsity Ice Hockey team for four years, is one of the captains of the team. He is also President of the school's Math League and founder of the school's Neuroscience Club.

WHRHS Principal George Alexis congratulated Lee for his achievements. "Daniel

is an exceptional young man," Alexis said. "His commitment to scientific inquiry demonstrates the kind of authentic learning we aspire to as a school community. He brings the same type of commitment and enthusiasm to the ice hockey team and to local environmental initiatives. We're very proud of him."

Lee said he is committed to environmental awareness and clean water issues. "I have been a member of the Borough of Watchung Green Team for the past two years, where I help to organize environmental events for the town, including the weekly Farmers Market and the Annual Green Fair," he said.

Lee said he is now working on possibly having his paper published in a scientific research publication. He said he is leaning toward pursuing studies in material science and applied physics while in college.

Lee thanked his teachers at WHRHS who supported his exploration of scientific research and Physics. "I would like to thank Dr. Sophia Gershman for playing an instrumental role in developing my interest in science and providing invaluable guidance and support during my internship at PPPL," Lee said. "Dr. Gershman was my teacher for the previously-offered Experimental Research and Design course at Watchung Hills, a unique course which allowed students to learn research techniques and explore scientific subjects they were passionate about. I would also like to thank Mr. Brian Brown, my AP Physics teacher, for being an excellent educator and for encouraging me to pursue my interest in Physics."

Lee is the son of Howard and Sophia Lee and brother of Jacqueline Lee.

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GREEN BROOK HISTORICAL SOCIETY

The Brokaw House is one of the older houses in Green Brook Township. It dates back to the 1760's. It was built by the Egels who then resided there. It, of course has been owned and occupied by numerous families since. At one time it was part of the Rice Property of over 150 acres. The Rice's have a connection to Rice University in Texas. The property stretched all the way to Greenbrook Road across from where the Trust House (dog park) sits today.

George Toms bought the house in 1962. Since it was quite a distance from Greenbrook Road where it faced, he carefully turned the house to face Woodlawn Avenue as it does today. The exterior and interior brick lined walls remain as they are today.

There are other historic houses or sites that are or were important to be recognized for their significance. We'll start with one that no longer exists but was well known in its day.

This is the story of the Kafka House formerly at 60 Greenbrook Road. The house was constructed somewhere between 1810 and 1830. One story says that the year 1824 was carved into one of the beams. If true at least built before that. There are no records as to who actually constructed the home. At one time it is said that a Coriell occupied the home. A possibility

because that was a common name in Piscataway and today is a well-known name in Morris County.

In the early 1900's the house was used as a summer and weekend getaway for a couple from New York who needed a respite from city living. In 1931 the house was acquired by Mr. & Mrs. George Kafka. Perhaps that was why it was referred to as the Kafka House. For years they became well respected members of the Green Brook community. Hence Kafka Drive.

The house was located on Greenbrook Road across from the Green Brook Swim Club on the corner of now Kelly Court. It was demolished in 1998 to make room for the development. As always we invite you to join us at 7:30 on April 20th in the Conference Room in the Municipal Building to learn more.

The Green Brook Cultural Heritage and Historic Preservation Committee and The Green Brook Historical Society meet the third Thursday of each month at 7:30 p.m. at Green Brook Town Hall located at 111 Greenbrook Rd., Green Brook, NJ. We are always looking for people interested in history and culture to join our group, as a guest or a member. For more information about the Green Brook Historical Society, visit www.gbhsnj.org.

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HOW MICROVAS WORKS FOR DIABETIC PATIENTS

by Jyotsna Thapar, DPM

Imagine having an open sore on the bottom of your foot an inch in diameter that doesn't heal. You can't walk for the pain, you worry about infection and gangrene setting in, and you face the very real possibility that the foot might need to be amputated. Would you be willing to try a non-invasive treatment called MicroVas therapy to see if it would help?

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Over time, high sugar levels impair your nerve function and lead to poor circulation in your extremities. The principle of this therapy is to use electrical stimulation to increase circulation and stimulate nerve regeneration. Your body does not produce new nerves, so the only way to regain function is for existing ones to rebuild and become healthy again.

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This stimulation encourages your muscles to contract, which increases blood flow in your arteries and veins. More blood means more nutrients and oxygen delivered for healthy cell repair and growth. The increased circulation also helps nerves that have atrophied because of diabetes, allowing them to regenerate and grow again. The results are increased wound healing and the return of function to your peripheral nerves.

We invite you to call Ankle and Foot Specialist of New Jersey in South Plainfield and set up an appointment to discuss whether this might be the answer for your diabetic foot problems. You can reach us at our South Plainfield location by calling 908-222-8980 or in Warren at 732-356-FOOT (3668).

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ALIGNMENT ASSIGNMENT

Pronation is the motion that helps feet absorb and disperse shock when walking or running. The elongating and flattening of the arches allow the feet to roll inward and overcome the shock. Over time, either excessive or insufficient pronation can negatively affect shock absorption, potentially resulting in problems with joints, bones, and tendons of the feet and the lower legs. A podiatrist can determine if there is a pronation problem. Subject to its cause and severity, the podiatrist will recommend appropriate measures to alleviate the issue. In many cases, a custom orthotic will be prescribed in order to correct poor pronation. If there is a more serious underlying condition, surgery may be necessary.

Causes of pronation can vary. It may develop early on in a person's development. Often, pronation occurs as a result of strain on the foot. Excessive weight on the arch of the foot may weaken the tissue, resulting in pronation. Elderly people may also suffer from weakened muscles and tissues in the foot causing the arch to collapse. If pronation is left untreated, serious problems can arise. Now is a good time to schedule an appointment for footcare of the family. ANKLE & FOOT SPECIALIST OF NJ, LLC, located at 65 Mountain Blvd. Ext., Suite 107, Warren, where we practice conservative podiatry as the frontline defense against feet that cause you to suffer pain. Phone: 732-356-FOOT (3668). I am a member of the American College of Foot and Ankle Surgeons.

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WARREN CUB SCOUT PACK 182 HOLDS ANNUAL BLUE & GOLD DINNER

Warren Cub Scout Pack 182 held their Annual Blue & Gold Dinner on Tuesday February 28, 2017 at Warren Middle School in Warren. The dinner is a Cub Scout tradition celebrating the



(above) Boy Scout Neelesh Thanasegaran and his family.

pack's anniversary, thanking pack leaders and other adults who have helped the pack, and to inspire the leaders, Scouts, and parents. The event brings families together for an evening of fun and cheer.

The Pack was pleased to host special guests, Warren Mayor Carolann Garafola, Linda Pregoner from their sponsoring organization The Rotary Club and Officer Brandon Sebastian from the Warren Police Department who gave some opening remarks to get the evening started. The main focus of the event was the Arrow of Light Ceremony and Bridging of Webelo Arrow of Light recipients from Cub Scouts to Boy Scouts. The Arrow of Light is the highest award in Cub Scouts.

The Arrow of Light with its seven rays streaming from it represent the seven virtues of life: WISDOM, COURAGE, SELF-CONTROL, JUSTICE, FAITH, HOPE, LOVE.. By doing your best to live by these seven virtues, you will

find a happier and more fulfilling life. Pack 182 was proud to present this honor to twelve Webelo Scouts and to celebrate their hard work proving they are ready for the new challenges that Boy Scouts will offer them going forward. Several Boy Scouts from Warren Boy Scout Troop 228 were in attendance to welcome their new peers.

Scouts and their families enjoyed dinner and a slide presentation of photographs of the boys participating in activities throughout their years in Cub Scouts. Scouts in all Dens also received awards they have achieved. Everyone also enjoyed entertainment from Mad Science. The evening was a great success.

Cub Scout Pack 182 in Warren Township serves the local community and surrounding towns. To join Cub Scouts or find out more about Pack 182 visit our Facebook page: facebook.com/Pack182WarrenNJ/ our website warrenpack182.org or by contacting us at membership@warrenpack182.org .



(above) Arrow of Light Recipients: Wolfgang Holczinger, Matthew Rodrigues, Giovanni Russo, Jason Yan, Aden Kamath, Ishanth Srinivas, Aiden Blow, Harrison Bush, Andrew Conway, Owen Glass, Alex Huang, and Neelesh Thanasegaran

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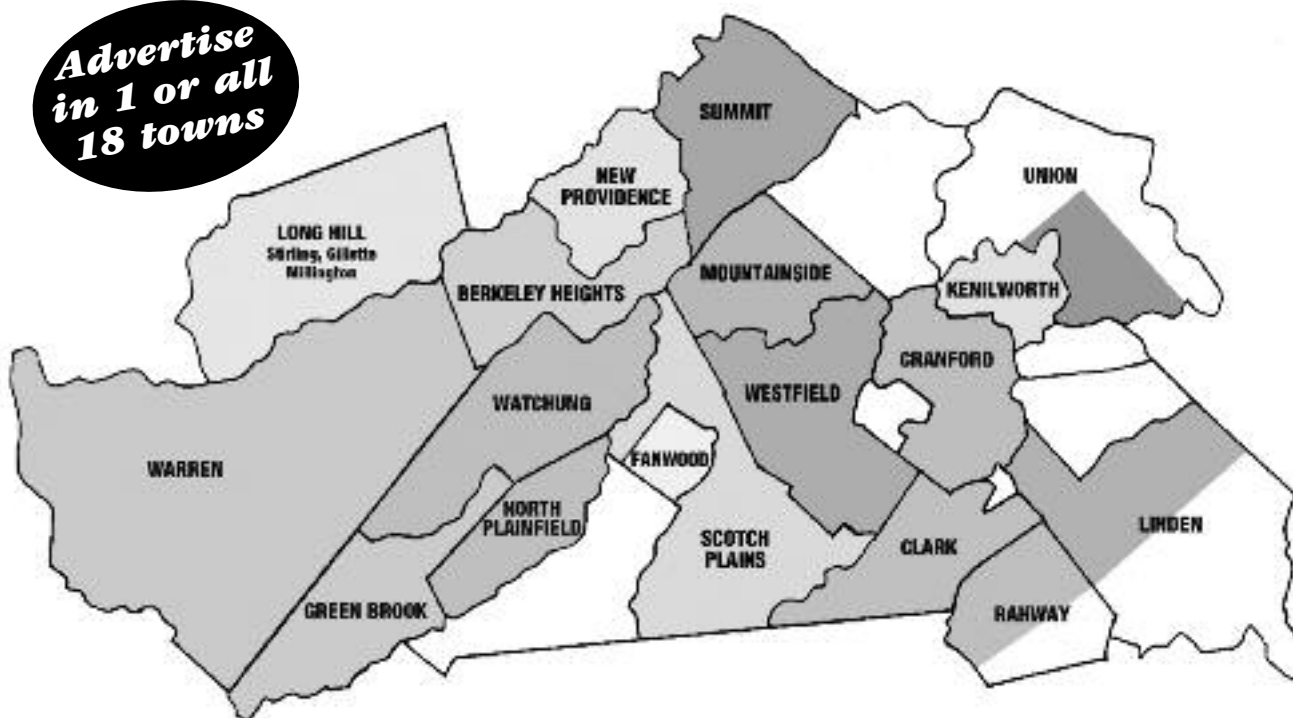
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DUNELLEN PUBLIC LIBRARY PROGRAMS

100 New Market Road, Dunellen

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Coloring Cafe

meets the first and third Fridays of the month.
Supplies will be provided as well as light refreshments!
Come join us and color your cares away.

Crochet Club

meets on
Monday April 10th at 1:00 p.m.
Monday night Zumba is continuing!

Every Monday at 7:00 p.m.
join Diana Lamiera.

Morning Zumba hs returned!

Every Wednesday at 11:15 a.m.
with instructor Pat Moran! Each Zumba class is \$8, join us for a fun dance workout!

The Book Club

will meet on
Thursday April 27th at 1:45
to discuss "What She Left Behind" by Ellen M. Weisman.

The Friends of the Dunellen Public Library's Annual Spring Tea is coming up!

Save the date: Sunday, May 21st at 12:30- 2:30 p.m.!
This year the Friends are having a Mad Matter themed Tea Party! It will be held in the community room at the Dunellen Public Library. Tickets are \$15 for adults and \$10 for children (under 12 years). There will be a selection of teas, finger sandwiches, scones, and desserts. A raffle will be held!

WARRENBROOK SENIOR CENTER

500 Warrenville Road, Warren • (908) 753-9440 • www.co.somerset.nj.us
Open 9am - 3pm - Monday through Friday

"Medicare & Medicaid Fraud"

by the Senior Medicare Patrol of New Jersey
April 10, 10:30 am.

This program is designed to educate older adults about Medicare and Medicaid fraud, waste and abuse.

Information will be provided so that seniors can take appropriate steps to protect themselves. This goal will be reached through a presentation and educational materials

Volunteer Appreciation Luncheon:

Volunteers: Our Greatest Natural Resource
April 12, 10:30 am.

Volunteers are exceptional people whose commitment, skills and positive energy make great things happen at the Warrenbrook Senior Center. We have over 25 volunteers who help prepare food and implement activities. **This is an opportunity for you to thank them for their dedicated service and the difference they make in our lives**

Roaring Twenties Special Event

April 17, 10:30 am.

The 1920's in the United States was called "roaring" because of the exuberant, freewheeling popular culture of the decade. Enjoy The Pettit Sisters, Ashley and Kristen, as they sing and dance their way through a musical presentation in honor of the Roaring 20s. We will also have some "Speakeasy" fun.

Fourth Annual Ageless Art Show Exhibition. April 24-27

The center's watercolor and oil paint students will be displaying their artistic talent during this art show. The Art Exhibition will be open to the public from Monday through Thursday, 9:30 am – 1:00 pm.

In honor of Older Americans Month, the art work will also be exhibited at the Warren Library during the month of May.

Ageless Art Show Reception

April 24, 10:30 am – 11:30 am.

Teaching and professional artist, Douglas Schiller, from Farmstead Arts Center, will talk about Realism in the Arts and will be offering painting critiques with the art show participants. Light refreshments will be served.

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