

WARREN MONTHLY_{NJ}

WARREN'S HOMETOWN NEWSPAPER

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WARREN TOWNSHIP CHAMBER OF COMMERCE MEETING

**THURSDAY,
DECEMBER 18**

8:00 AM

WARREN TOWNSHIP COURTROOM

**46 MOUNTAIN
BOULEVARD
WARREN, NJ**

**BREAKFAST SERVED
MEMBER AND
NON-MEMBERS ARE
FREE TO ATTEND**

WATCHUNG MOUNTAIN DISTRICT BOY SCOUTS HOLD FIRST ANNUAL CHESS TOURNAMENT SPONSORED BY WHITE CASTLE

The Watchung Mountain District of the Boy Scouts of America hosted their first Chess Tournament open to all registered Boy Scouts, Venturers and Explorers. The tournament was generously sponsored by White Castle and was held on November 1, 2014, in the Stonecrest Community Church in Warren, NJ. This was the first tournament since the Boy Scouts of America introduced the Chess merit badge. Thirteen players participated, playing four games each.

Parth Patel won first place with a perfect score of 4.0. James Scacifero and Alec Thomson both ended with a 3.0 score and James took second on the tie break system. Steven Rhein and Michael Duncan both finished with 2.5 scores.

White Castle purchased 20 sets, boards and clocks for the tournament. The company also covered expenses for running the tournament including trophies for the top three winners and ribbons for participants. They also supplied lunch for all players and spectators. White Castle will continue to support the Boy Scouts and the Chess program.

(right, l-r) First place winner Parth Patel, Second Place James Scacifero, and third place Alec Thompson.



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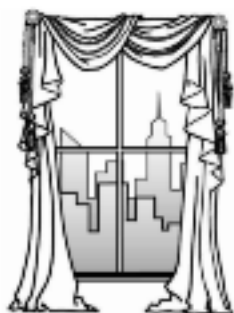
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View, share and download photos of this event and others at www.RennaMedia.com

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Warren Monthly is published by Renna Media. 6,000 newspapers are printed monthly and mailed to every business and home in Warren, 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.

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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

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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.



Wagner Farm Arboretum's
HOLIDAY BOUTIQUE
Dec. 5th - Dec. 21
Monday - Friday 10am - 2pm
Saturday & Sunday 10am - 4pm

 Visit Santa
Saturday, Dec. 13 & 20, 10-2
To purchase Santa tickets and for info:
197 Mountain Ave., Warren www.wfafnj.org

"LETTERS TO SANTA"

Warren Township Recreation Commission has been approved by Santa to gather mail from Township children and deliver it to the North Pole. We will be accepting mail from Thursday, Nov. 20th through Friday, December 12th, 3pm

Every child will receive a personalized letter from Santa, but after December 13th, Santa will be busy getting ready for the holiday and will not be able to answer any more letters. Mom and Dad please be sure to include a return address.

Letters should be dropped off at the red mailbox in front of the Municipal Building or mail to: "Santa" Warren Twp. Recreation Commission, 46 Mountain Blvd., Warren, NJ 07059.

No stamp is needed.

Now through December 12th, 3pm

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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 WBSI, WHSA, WHPW
- 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
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It's not too soon to think about winter.

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New FDA Approved Treatment Proven to Relieve Knee Pain

TREATMENT COVERED BY MOST MAJOR HEALTH INSURANCE PLANS – INCLUDING MEDICARE

Did you know that over 100 million Americans suffer from knee and joint pain? In fact, this pain accounts for one fourth of all visits to primary care physicians and half of all anti-inflammatory drug prescriptions. If you suffer from any degree of knee or joint pain, Drs. Mejia & Spiaggia of **Performance Rehabilitation & Integrated Medicine** personally invite you to regain control of your life by scheduling a **FREE** step one consultation with their staff. Call now. You deserve to live pain free!

Who is a good candidate for this treatment?

- Have you been diagnosed with osteoarthritis?
- Do you wake up with knee, shoulder, or joint pain?
- Does your knee, shoulder, or joint pain keep you from certain activities?
- Have you been told you need a knee replacement?
- Are you active and sometimes suffer from sore knees or joints?
- Do you take medications for knee or joint pain?
- Do you have difficulty going up and down stairs due to knee pain?
- Are you considering surgery to alleviate knee pain?
- Does your knee ever feel like it is "giving out" or unstable?
- Has a recent car accident caused you a knee or joint injury?

If you answered yes to any of these questions, call now to schedule a **FREE** step one consultation.

Is surgery the answer?

If you have knee pain and are worried, concerned, or afraid of the possibility of surgery, you're not alone. Most likely, you've heard stories about knee surgery and the outcome not being good. You may also know someone who had surgery and their knee was never the

same. You don't want the next unnecessary and preventable knee surgery story to be about you, but the pain is not going away and your life is being altered because of it. You may have tried getting information on the Internet about the best course of action for you to take, but there's so much conflicting advice that you're scratching your head about who you can believe and trust. If you are considering surgery, you owe it to yourself to schedule a **FREE** step one consultation with **Performance Rehabilitation & Integrated Medicine** first.

What else is available to treat knee pain?

Drs. Mejia & Spiaggia and their staff have taken years to carefully develop a customized treatment program for those suffering with knee and joint pain. This new treatment protocol utilizes the latest high-tech FDA approved solution available combined with cold laser technology, physical therapy, acupuncture and joint stabilization. The patient's lifestyle is also taken into consideration as stretches, exercising, and lifestyle skills are taught for a lifelong approach to relieving pain.

How does this treatment work?

Utilizing cutting-edge high definition computer guidance, the doctors and staff are able to pinpoint problem areas with precision and accuracy. A viscosupplement injection is delivered and the healing process starts. Viscosupplementation has been shown to relieve pain in many patients who have not responded to other non-surgical methods by bonding with naturally occurring joint fluid to create a lubricating and cushioning layer. It also reduces pain, inflammation, and swelling of the joint. Little to no discomfort is noticed and many patients feel the effects within days.

What are patients saying?

"My life has changed for the the better since treatment. I no longer take medication or have down days where I just cannot get out of bed because of the pain. I've started riding my bike again with my husband and he is more happy because he has his riding partner back."

– Vicki M.

FREE STEP ONE CONSULTATION

*"We are so confident that you will find healing and relief at our office that we are offering you a **Free step one evaluation and consultation**. We will personally review a full health analysis questionnaire, evaluate your condition and determine how we can help you. There are no strings attached and you have no obligation. Don't live with pain, fear and doubt any longer. Pick up the phone and take control of your life right now. You have nothing to lose but your pain. Time slots fill quickly so call today to secure your free step one consultation."*

— Ron Spiaggia, DC
— Clinic Director

Joseph Mejia, DO, F.A.A.P.M. & R.
— Medical Director

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BAND RETURNS TO BRING HOLIDAY CHEER

On Christmas Eve, Wednesday, December 24th at 10 pm, Pilgrim Church will hold its most moving service of the year, the Candlelight Service of Lessons and Carols. The service includes the reading of the Christmas story, the singing of favorite carols and the melodious strains of a string quartet, all leading up to the lighting of candles.

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MT. HOREB CHURCH HOSTING EVENTS TO SUPPORT APPALACHIA SERVICE PROJECT

Mt. Horeb United Methodist Church in Warren is hosting two events for kids this month as a fundraiser for its annual mission trip to Appalachia.

Parents' Morning Out on Saturday, December 13, 9am-1pm, and Parents' Night Out on Saturday, December 20, 5-9 pm, will feature games, crafts and fellowship. Kids are welcome to stay for the duration of the event or come for a shorter time period. Both events, held at in the church's Codrington Hall, 42 Liberty Corner Road, Warren, across from Pingry School, will be adult supervised. Parents can pack a nut-free snack for their children or purchase pizza for \$5 per child.

Registration is required for both events. Please email Kelsey Ball (myhl@optonline.net) for details or to reserve your spot.

In lieu of an admission fee for these events, the church is asking for a donation of any amount to support its mission trip with Appalachia Service Project this summer. This will be the third year that teams of youth and adult volunteers travel to the Appalachian Mountains to make homes there warmer, safer and drier.

For additional information about Mt. Horeb United Methodist Church, please visit www.mthorebumcwarren.org or call Pastor Teresita Matos-Post at 732-356-1217.

WHRHS WINS TWO SCIENCE EDUCATION GRANTS



(left) Representatives from Watchung Hills Regional High School received two BASF science education grants totaling \$10,000 during a reception at the company's Florham Park headquarters. (l-r) are Derek Fairclough, Senior Vice President, Ecology/Safety, BASF Corporation; Peter Ponzio, Teacher and Robotics Advisor; Elizabeth Jewett, Superintendent and John Mahoney, Vice President, Accounting & Reporting, BASF Corporation

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 Township municipal baseball complex. Fireworks 8pm

- Teen Music by Michael Lefton & Wildlife
- Bonfire by the WT Fire Department
- Horse 'n Carriage rides
- Basketball Hoops
- Carousel & Music
- Trackless Train Rides
- Games by sports clubs
- WBSI, WHSA, WHPW
- Free refreshments, hot food vendor available
- 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 warrennj.org/donation-sponsorship

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Blue Mt.....	\$65	\$55	\$59	\$49	
Mountain Creek...	\$67	\$67	\$56	\$56	
Shawnee.....	\$60	\$50	\$55	\$45	
Camelback.....	\$65	\$53	\$56	\$46	
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CENTRAL SCHOOL 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!



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

FIRST GRADERS PLANT, HARVEST, AND ENJOY!

During the first week of school, the first grade students at Angelo L. Tomaso planted lettuce seeds in the Indoor Garden Grow Lab, which was purchased through a school grant. The children carefully watered the soil and made lighting adjustments for the amount of warmth the plants required. Along with their teachers, Karen Wilkening and Elena Marinello, they monitored the plants' growth daily. After 45 days, the students harvested and cleaned the organic lettuce in anticipation of an exciting November 18th event, where the entire first grade enjoyed eating their school-grown salads together!



(above) Students in the classes of Karen Wilkening and Elena Marinello enjoy healthy produce! Photo by: M. Bivaletz

WARREN TOWNSHIP WINTER CONCERT!

We welcome the Warren Township community to an evening Winter Concert! Are you ready for a night of spectacular music? Performances by the gr 6-8 Chorus students, as well as 6th grade Band and Orchestra students, will take place on December 11, 2014 at 7pm in the All-Purpose Room of Warren Middle School. Teachers Amy Jensen, John Seremula, and Joel Van Tine hope you can join the winter festivities!

Warren Township Musicians... Shining Brighter Every Day!

MT. HOREB SERVICE CLUB "SHINING BRIGHTER EVERY DAY!"

Educator Chris Burkhardt and her Mt. Horeb Service Club members collected an abundance of winter gear last month, in preparation for the upcoming winter. They filled over a dozen large bags with warm coats, boots, and snow pants that will be distributed to residents in nearby towns. Please be advised that the Student Government Association at Warren Middle School will be hosting a similar collection this month, so it is not too late for community involvement! Join Warren Township Schools in Shining Brighter Every Day!



(above, l-r) Mt. Horeb students Christian Matlosz, Tiago Fonseca, Avery Bryant, Maddie Butler, and Darien Cohn assist 5th grade teacher Michelle Cebula with loading the donations.

'TIS THE SEASON TO SHOW KINDNESS AND A GIVING SPIRIT

Central School's secretary Jane Auriemma, along with Girl Scout Troops #65816 and #65476, stuffed 480 Christmas stockings with donated Halloween candy. Every year, for the past 20 years, Auriemma has collected candy from schools in Warren, Bridgewater, Hillsborough, and Branchburg. This year, all of the stockings were cut out and sewn by Auriemma and Mary Kovac, a Paraprofessional from Warren Middle School. The students at WMS also helped to stuff over 200 stockings with their Guidance Counselors, Helen Scully and Midge Johnson. As the holiday season nears, the stockings will be distributed to needy children through Metro World Child. Metro is a global, humanitarian organization dedicated to serving inner-city children throughout New York and various urban centers around the world. Both in and out of school, the children of Warren display an attitude of kindness and a giving spirit!



(above, l-r) Peyton Beck, Siena D'Addario, Grace Alto, Lea Gnoy, and Liah Kocmond stuff holiday stockings after school.

GOOD LUCK WARREN MIDDLE SCHOOL!

The 7th and 8th grade academic tournament teams have been practicing for upcoming quiz bowls. The Quiz Next (sponsored by Questions Unlimited) is a weekly competition that takes place live on-line against 15 teams throughout the country. Recently, one 8th grade team participated in the Bergen Academies Junior Academic Competition in Hackensack, NJ. Dr. Susan Cooper and her students are looking forward to the Seton Hall Prep Fall Tournament in late November where they will compete against many teams from northern New Jersey. Quiz Bowl competitions in many different venues (computerized, buzzer, team) will be offered throughout the year. What exciting opportunities there are, for Warren Township students to shine!





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ELEMENTS MASSAGE OF WARREN TO HAVE OPEN HOUSE SATURDAY DECEMBER 13TH

Everybody is invited to attend Elements Massage of Warren open house to celebrate their 2nd anniversary on Saturday December 13th from 5 PM to 8 PM. There will be free chair massage, special deals for massages, light refreshments, raffles for prizes. Rosie Battista, author of *Sleeping Naked After 40*, will also be at the studio to talk about making the right choices to change your lives, and massage of course!

Since opening its doors in December 2012, Elements Massage of Warren has seen an influx in demand as consumers increasingly choose massage for relief from pain and stress. Unlike other massage retailers that have added additional spa services and product lines,

"Our commitment to providing a truly customized massage experience to every client has been the key to our continued success," said Ferry Firmansjah, owner of Elements Massage of Warren. "We are so grateful for the ongoing support from the Warren and surrounding communities and will continue to provide a service that makes a positive impact in our clients' lives."

Once viewed as an expensive splurge, Elements of Warren is making therapeutic massage increasingly affordable and available to time-starved consumers who recognize the value of massage in maintaining their overall health and wellness. Those who receive regular massages benefit from lower levels of stress hormones, a heightened immune system, increase in circulation, etc.

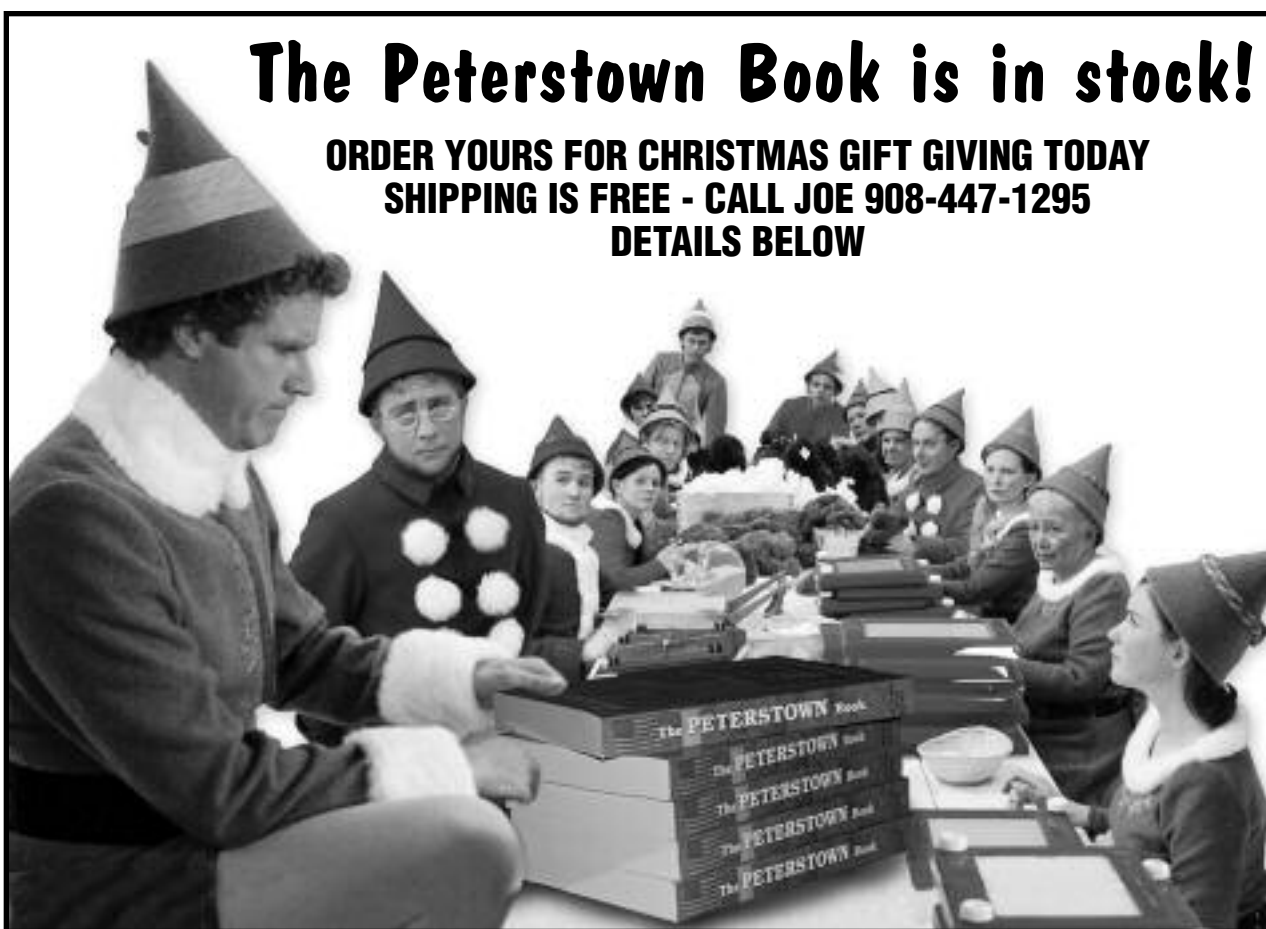
The Warren studio, located at 177 Washington Valley Road, is open seven days a week, welcomes walk-ins and offers a membership program that allows clients to receive regular, discounted massage therapy services throughout each month. Call 732.667.5500 for information, please or visit elementsmassage.com/warren

SENIOR CENTER'S FIRST BOOK CLUB MEETING A SUCCESS

The Warrenbrook Senior Center's first book club meeting was a success. The second meeting is scheduled for Tuesday, December 9, from 1:30 to 3:00 pm. The book that was chosen to be discussed is *Sonia Sotomayor, My Beloved World*. Copies of the book can be signed-out at the center. If you would like to join the book club, but need a large print copy of the book, please contact the Warren Township Library (or your local library) and they will see if one is available for you. The Warren Township Library telephone number is 908-754-5554.

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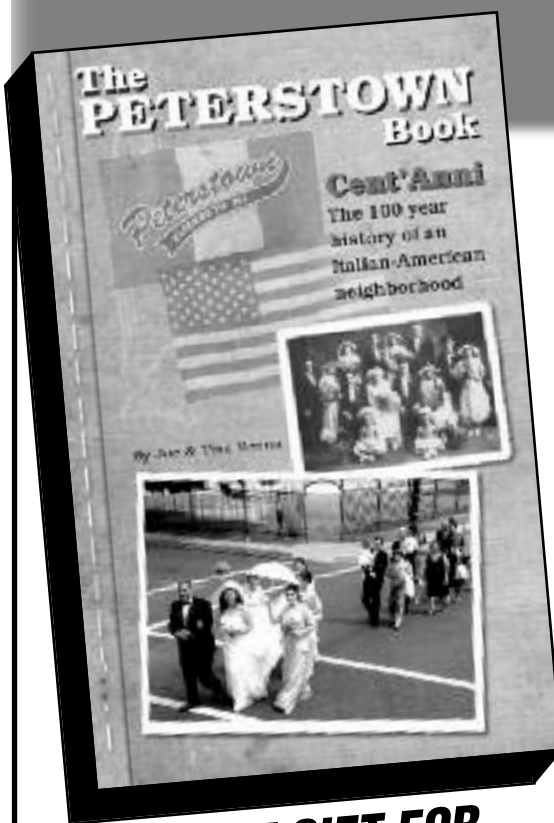
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Tina Renna

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RENNA MEDIA NAMED 2015 SMALL BUSINESS OF THE YEAR BY THE GATEWAY REGIONAL CHAMBER OF COMMERCE

The Gateway Regional Chamber of Commerce is the largest business association in the New York Metropolitan area with about 1,200 members. The group's long history dates back to 1911 when it was founded as the Elizabeth Chamber of Commerce by John D. Rockefeller and other New Jersey industrialists. Today the Gateway Chamber serves as an umbrella organization for a dozen regional and local chambers and networking groups.

Each year the Chamber selects three businesses as their large, medium and small businesses of the year. They have selected the publishers of Cranford Monthly, Renna Media as the small business of the year for 2015. The honor of large company of the year goes to Linden petroleum company Infineum USA L.P. and Summit investment firm R Seelaus & Co. was named as the medium company of the year. The Linden Chamber of Commerce was named the Chamber of the Year.

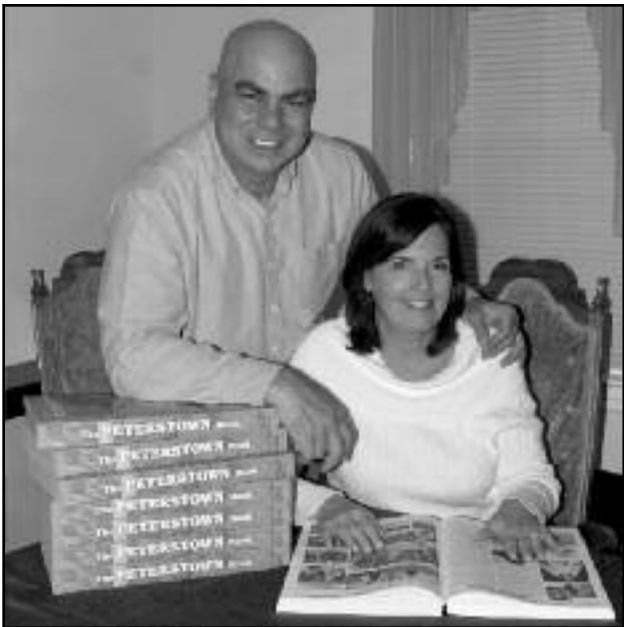
Joe and Tina Renna were nominated and selected not only for the success of their business but the community service aspect of their business plan. Renna Media publishes twelve community newspapers that are mailed free to 58,000 homes and businesses on a monthly basis. The focus of the newspapers is to support the community service organizations in the towns that they publish in. Non-profits can promote events at no charge. The publications also recognize individuals and businesses that perform community service. The newspapers also serve as a calendar of upcoming events for the towns, schools, and libraries.

Renna Media launched their newest publication Cranford Monthly in January of 2014, it is mailed to every home and business in town. It joins other Union County publications in Clark, Linden, Rahway, Kenilworth, and Union, along with six newspapers in their western zone, Warren, Watchung, Long Hill, Green Brook, Dunellen, and North Plainfield.

Tina and Joe also publish Around About Peterstown on a bi-monthly basis. This publication is less of a business venture and more of a labor of love. The Peterstown Newspaper attempts to record the oral history of the Elizabeth neighborhood Joe grew up in. In September of 2013 they published The Peterstown Book, a one hundred year history of the Italian American Neighborhood.

The biggest benefit to being a Gateway Chamber member is networking. The smallest companies have access to the largest. The Chamber hosts approximately 180 networking events a year. Prospective members are invited to events also. If a business is a member of one group then they are automatically a member of all groups.

- The groups include:
- Linden Chamber of Commerce
 - Clark Chamber of Commerce
 - Kenilworth Chamber of Commerce
 - Warren Chamber of Commerce
 - Somerset Hills Business Network
 - Irish Business Association
 - Gateway Association of Business Women
 - Workforce Education Committee



AWARDS DINNER:

Approximately 600 people from a broad range of businesses attend the Gateway Regional Chamber of Commerce annual awards dinner. This year's event will be held on

February 9, 2015
from 6:00 pm to -9:00 pm
at the Newark Airport Marriott Hotel,
1 Hotel Road, Newark, NJ

Anyone interested in attending
or becoming a member
can call Kate Conroy at 908-352-0900
email kateconroy@gatewaychamber.com
or visit the website at
www.gatewaychamber.com

All newspapers can be found
on-line at RennaMedia.com
Feel free to view, share and
download photos

LATEST PHOTO ALBUM ON RENNAMEDIA.COM



Watchung Boy Scout Chess Tourn 2014

RENNA MEDIA FAMILY OF NEWSPAPERS 58,000 MAILED MONTHLY

Reserve space in the next issue. Call Tina today at 908-418-5586 or email info@rennamedia.com

Zone 1 = 36,000 Printed / 33,000 Mailed

Qty: 6,000
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1,400 dropped at distribution points.

Qty: 5,000
4,000 mailed to homes and businesses.
1,000 dropped at distribution points.

Qty: 3,500
Mailed to every household (2,710) and business (720) in Kenilworth.

Qty: 5,500
5,000 mailed to homes & businesses.
500 dropped at distribution points.

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

Qty: 9,500
Mailed to every home and business in Cranford.

Zone 2 = 25,000 Printed and Mailed

Qty: 6,000
Mailed to every home and business in Warren.

Qty: 3,000
Mailed to every home and business in Watchung.

Qty: 3,500
Mailed to every home and business in Gillette, Millington and Stirling.

Qty: 6,500
Mailed to every home and business in North Plainfield 07060 zip code.

Qty: 3,000
Mailed to every home and business in Green Brook.

Qty: 3,000
Mailed to every home and business in Dunellen.

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

Units	Size	Non-Members*	Members*
1 BUSINESS CARD	3 1/4" x 2"	\$60	\$50
2 Units	3.25" x 4"	\$100	\$90
4 Units	6.5" x 4"	\$180	\$160
6 Units	10" x 4"	\$240	\$210
9 HALF PAGE	10" x 6"	\$320	\$280
12 Units	10" x 8"	\$360	\$320
18 FULL PAGE	10"x13.5"	\$400	\$350
Back Cover	10"x13.5"	\$600	\$500

RATE FOR SINGLE NEWSPAPER	RATE FOR ANY 3 NEWSPAPERS	RATE FOR ANY 6 NEWSPAPERS	RATE FOR ANY 9 NEWSPAPERS	RATE FOR ALL 12 NEWSPAPERS
	\$150	\$300	\$450	\$600
	\$250	\$500	\$750	\$1000
	\$450	\$700	\$950	\$1100
	\$600	\$900	\$1250	\$1400
	\$750	\$1000	\$1350	\$1500
	\$900	\$1200	\$1550	\$1800
	\$1000	\$1400	\$1750	\$2000

FRONT PAGE BANNER 8.25" x 2" \$320

Artwork included in price.

*Discount for members of participating local Chamber of Commerce and Business Associations.

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

THE UNITED WAY HELPS PEER LEADERS

STUDENTS JOIN NATIONAL EFFORT AND UNITE AGAINST BULLYING

By Denis J. Kelly

Students and staff of Watchung Hills Regional High School wore orange on Wednesday, Oct. 22, to show support for Unite Against Bullying Day 2014, a national effort to show support for victims of bullying.

For information about Unite Against Bullying, go

to: www.pacer.org/bullying/nbpm/unity-day.asp

The National Bullying Prevention effort, Unite Against Bullying Day, was started by PACER, a Minnesota organization founded in 1977 by parents of children with disabilities. The organization has as its mission to improve the lives of children with disabilities. In 2011, PACER advocates were invited to participate in the White House Conference on Bullying Prevention.

The Bullying Prevention Center is recommending schools, organizations, and individuals show support for Unite Against Bullying by wearing orange apparel, creating and displaying orange banners, displaying orange unity ribbons, putting on orange socks, headbands, and ties, and sharing active support on social media.

On November 12, 2014, Lisa Galondardo, from the United Way of North Jersey, visited Warren Middle School. She ran a speaker presentation for 20 peer leaders on ALICE (Asset Limited, Income Constrained, Employed), representing the growing number of individuals and families who are working, but who are unable to afford the basic necessities of housing, food, child care, health care, and

transportation. Galondardo also presented a financial literacy activity which helped highlight the financial problems of some residents in Somerset County. Advisors Susan Cooper and Lynn Degen support the middle school students by providing presentations from a variety of service organizations to help the youth develop critical leadership skills. Warren Peer Leaders... Shining Brighter Every Day!



(above) Warren Middle School's peer leaders proudly wear the Lions Club logo on their hearts, "We Serve." These tee shirts are donated every year by the Warren Lions Club.



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