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NEW CHAMPION IS CROWNED AT ANNUAL UNION'S GOT TALENT!

The third annual Township of Union Talent Show Union's Got Talent 2015 was held on Saturday, September 26, 2015 to an enthusiastic audience. Presented by Connect One Bank, the event raised money for three non-profit organizations; Union High School Performing Arts Company, Township of Union Education Foundation and Douglas Michael Krueger Scholarship Fund Inc; all money raised helps to directly benefit the students of Union Township through grants, scholarship and arts education.

Winners included:

1st Place: Alyssa Muniz, Union HS Class of 2011

2nd Place: Marcel Smith, Union HS Class of 2013

People's Choice Award Winner: Brianna Terrezza,
Kawameeh Middle School

Youth Award Winner: Angela Zhang,

Jefferson Elementary

Cash prizes were awarded for the top two winners in the amounts of \$1,000 for first place, \$500 for second place and \$250 was awarded to the People's Choice Winner. Winner Muniz shared "I had such an amazing experience at UGT and am unbelievably grateful for this opportunity to showcase my passion for singing and get acknowledged for it!! I'm so happy to be back in Union and a part of the amazing UHSPAC community!"

Hosted by Doc Burkhardt and featuring a guest appearance by last year's winners David and Fabio Oliver, who treated the audience to a high energy exhibition with their dance troop, the evening was filled with great entertainment and laughs provided by Burkhardt. Judges included People Magazine's Sexiest Teacher Nicholas Ferroni, Conductor of Encore Orchestra of New Jersey Ilene Greenbaum, Township of Union Mayor and musician Manny Figueiredo, and Director of Education at the Paper Mill Playhouse Lisa Cooney. UHSPAC Choreographer Jennifer Williams shared "It's always an



amazing experience when you can bring the community together. For us, we want to continue to raise money to support our students and support our town, and to me there is no better way of doing that on a stage with great entertainment."

For more information regarding Union's Got Talent and upcoming events including UHSPAC's upcoming productions of Union Goes to Hollywood, a celebration of music in movies featuring the Encore Orchestra of New Jersey and Disney's Marry Poppins, coming in March 2016, please visit their website www.uhspac.com or follow them on Facebook, Instagram, or Twitter - @UHSPAC

RESPECT THROUGH KNOWLEDGE OF THE LENAPE

Sherry Lange and Janet Murphy, 20-year veteran volunteers at the Miller-Cory House, Westfield, will discuss "The Lenape of New Jersey." The presentation will begin at 2:30 pm on Sunday, November 15, at the Caldwell Parsonage, 909 Caldwell Avenue, Union.

Ms. Lange and Ms. Murphy's program will highlight the lifestyle of the Lenape prior to the arrival of the European colonists in New Jersey. They will focus on the beliefs of the tribe and demonstrate some Native artifacts. The women gained expertise in their topic by attending Pow Wows, meeting with Lenapes, and conducting research at the Great

Swamp National Wildlife Refuge in Morris County and at the Trailside Nature Science Center in the Watchung Reservation in Mountainside. Ms. Lange and Ms. Murphy have presented similar talks at schools in New Jersey and Pennsylvania.

Their program will be part of the meeting of the Union Township Historical Society, which will begin at 2 pm. Non-members are cordially invited to attend. Refreshments will be served. Admission is free; donations are greatly appreciated. For more information, please visit the Society's website www.uniontwphistoricalsociety.webs.com or call Barbara La Mort at 908-687-0048.



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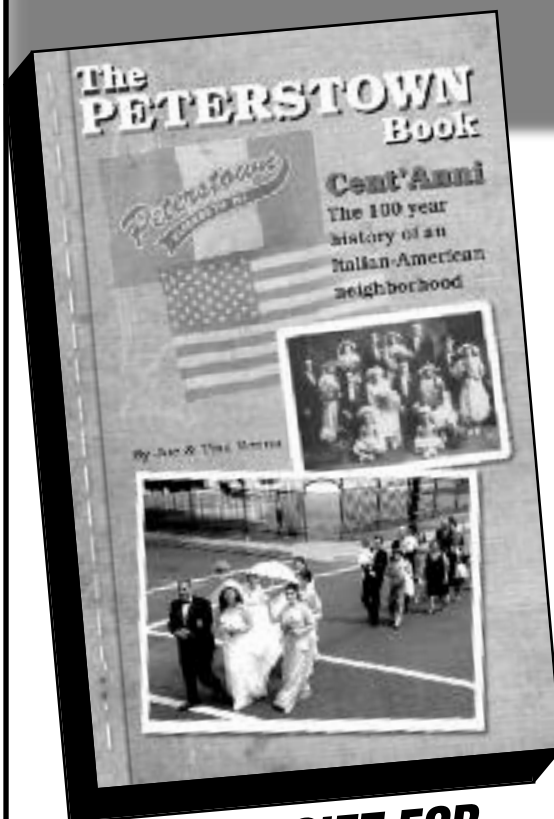
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AMERICAN REPERTORY BALLET TO PERFORM NUTCRACKER AT UNION COUNTY ARTS CENTER

American Repertory Ballet, New Jersey's top professional ballet company, will return to Rahway, NJ this year with two performances of Nutcracker at Union County Performing Arts Center. To further connect with the Rahway community, American Repertory Ballet recently held auditions for local Rahway children in grades K-2 to perform alongside its professional dancers in Nutcracker on Saturday, November 21 and Sunday, November 22 at 2:00pm.

On Saturday, October 3, 2015, twelve children auditioned for the role of the mice in ARB's Nutcracker. The mice take part in the famous battle scene in the ballet, where the main character Clara dreams that tiny mice in her living room grow giant and take on the army of toy soldiers and the Nutcracker prince.

The six children that were selected to perform as this year's Nutcracker Community Mice are: Madison Ferreira (1st Grade) and Elisha Mena (2nd Grade) from Franklin School, Raquelle Reinoso (K) from Madison School, Kyra Jones (K) and Evan Martin (2nd Grade) from Roosevelt School, and Anastasia Rachinsky (1st Grade) from St. John Vianney.

The mission of American Repertory Ballet (ARB) is "to bring the joy, beauty, artistry and discipline of classical and contemporary dance to New Jersey and nationwide audiences through

public performances and to dance students through artistic and educational programs." This year's "Community Mice Initiative" aims at fulfilling this mission in an immersive way that will expose children to a professional environment and challenge them to achieve performance goals.

"We are thrilled to bring this opportunity to the children of Rahway," says Lisa Beth Vettoso, Director of Educational and Community Programming. "Rahway is an incredibly supportive and artistic community, and the 'Community Mice Initiative' offers local children not only an exciting performance opportunity, but also a wonderful, immersive learning experience with role models in the arts."

Rahway Community Mice rehearsals begin Saturday, October 10, 2015.

In a continuing effort to reach all types of audiences, ARB will also offer its first Sensory Friendly performance of Nutcracker on Sunday, November 22 at 1:00pm at UCPAC.

Eden Autism Services is pleased to partner with the American Repertory Ballet in its efforts to make the thrill of professional ballet and live dance accessible for individuals with autism.

For more information about Eden Autism Services visit www.edenautism.org or call 609.987.0099.





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BULLYING PREVENTION MONTH INSPIRES UHS STUDENTS TO “B” POSITIVE

October was National Bullying Prevention Month, to help raise awareness; Union High School Student Assistance Counselor Lucille Williams encouraged her students to “B” Positive. National Bullying Prevention Month started as a weeklong event created by the National Bullying Prevention Center and has evolved into a month long event designed to raise awareness and encourage people to take an active role in the bullying prevention movement. Union Township schools are showing their support and unity with designated events and activities to help shed light onto this growing situation. On October 5th, the town united by wearing blue, a sign of peace and serenity and on October 21st they participated in the National Unity Day by wearing orange as a sign of strength and hope.

To show and share her support, Williams wanted to inspire her high school students by having UHS seniors write positive messages that were displayed on a bulletin board by the school’s cafeteria. “At the start of the year, I wanted to have our senior class take an active part in welcoming the incoming freshman as well as helping to create a positive environment for the underclassman. With the new school slogan “Union Pride,” I wanted them to take pride in their school and in their classmates by sending positive messages throughout the school. I enlisted some of our health teachers to assist in the project, and “B” positive was born. The students really enjoyed working on the project, and I hope to continue this throughout the year by bringing in the junior class next quarter. Messages included: “be you,” “inspiring,” “you’re beautiful,” “be different,” “be great,” “be motivated,” “be caring,” and many words of inspiration.

National Bullying Prevention months is a time for communities to come together and help raise awareness for bullying prevention through events, activities, outreach and education. For more information please visit <http://www.pacer.org/bullying/>.

(right) Some of the students who participated in writing words of inspiration.



ACHY KNEES?

Knee pain can come from several causes, explains Dr. Victor M. Fano, a local Chiropractic Physician. "The knee is a complicated joint" he notes, "having many different structures that when injured or worn can cause pain".

Dr. Fano says the most important part of treating knee pain is gathering a thorough history from the patient. He says that their past history, whether they played sports or had a previous injury, usually leads to the current problem. After taking the history, Dr. Fano says he simply looks at the "bad" knee and will compare it to the "good" one. That way, he says, you can quickly see if the one they are complaining about is swollen, red or limited in some capacity. Dr. Fano quickly points out that, "anything painful is usually swollen. It's hard to have one without the other". After visualization of the patient's knee, he will examine it, performing highly skilled and specific maneuvers designed to indicate a particular problem with a specific structure. The lack of pain during one of these orthopedic tests he says, will exclude that problem from the list of possible causes of the patient's pain. Dr. Fano says that most often, examination is a process of elimination that will ultimately lead you, "funnel" you, to the proper diagnosis. Lastly, Dr. Fano says that part of a good examination will also check the nerves that supply the knee. Things like sensation, someone's reflex and their muscle strength should all be checked, noting that on occasion people who experience pain in the legs can actually have a lower back problem. When nerves get "pinched" or irritated in the spine, Dr. Fano says they send signals to the part of the body they control, resulting in the perception of pain. Dr. Fano stresses the importance of accurately diagnosing the cause of knee or leg pain to ensure the proper treatment is being administered.

Lastly, he cautions that an up to date medical history should be taken, so a cardiovascular or other life threatening origin can be ruled out. Although rare, he warns that blood clots can also cause leg and knee pain, and urges that if you have a cardiovascular history, to see your primary health care provider to always rule that out first.

Dr. Fano works with a group of physicians and therapists who are trained and licensed to treat problems relating to the bones, muscles, joints and nerves of the body. Together they work to accurately and efficiently diagnose the condition at hand. Dr. Fano says that once the problem is diagnosed, they give patients choices on how they want to proceed, always working from a conservative perspective forward. His center employs state-of-the-art diagnostic tools such as Digital X-ray and Nerve Conduction Test capability. If you or someone you know is suffering from leg or knee pain, mention this article and call Dr. Fano. He is offering a complimentary consultation (a \$175 value) to see if he can be of some assistance. Stop suffering and get the care you deserve...Call Today!



If you or someone you know would like more information or a thorough evaluation by the team of physicians at Union Medical, LLC, please call (908) 851-2666. Mention this article and receive a complimentary consultation (\$175 Value).

DO YOU HOLD THE FOUR KEYS TO SUCCESS?

The monthly networking events held by the Union Township Chamber of Commerce continue with an inspirational presentation, "The Four Keys to Success," scheduled for Thursday, November 19, 2015, 8:30 a.m. to 10:00 a.m., at Union's United Taekwondo Academy, 2020 Morris Avenue, Union, NJ.

The event will feature an interactive program, presented by Robert Nichols, owner and Master Instructor at the Taekwondo Academy, who currently holds 10 black belts from various schools and in different styles of martial arts. In 2012, Nichols was inducted into the US Martial Arts Hall of Fame as "Instructor of the Year." He devotes a great deal of time working with students in conflict resolution and anti-bullying, and has received numerous awards from a variety of charitable and civic organizations.

"Our presenter will be sharing about how important mindset is to success – both personally and professionally," said James Masterson, Chamber CEO. "At this event, we will learn how to develop positive daily habits, routines and rituals to help in achieving all of our goals."

Masterson added that the Chamber is grateful to Spencer Savings Bank for sponsoring breakfast at the event.

Admission for the event is \$10 for members and \$15 for guests. Pre-registration is required by contacting the Chamber by calling 908-688-2777, or by emailing executivedirector@unionchamber.com.



November Networking Event

November 19th, 2015

8:30 – 10:00 a.m.



Union's United Taekwondo Academy

2020 Morris Avenue, Union NJ

Four Keys to Success

Presented by: Robert Nichols

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COUGARS TRAVEL SOCCER TEAM WINS SPOOK-A-RAMA TOURNAMENT

The Union Cougars soccer team won the annual North Brunswick Spook-A-Rama tournament Oct 24 weekend. Coach Roger said “We put the team in this special one day

tournament in order to provide them with some fun and experience as well.

This year theme outfit was a tuxedo shirt and it sure was nice to see them look sharp on the

field”. Also Coach Digby said, “Thought the boys showed great character. Their desire to win was impeccable and they improve more and more every game”.



(above) Players alphabetically in order: Jack Chacon, Alex Gonzalez, Gabriel Hidalgo, Lawrence Langan, Cavan Matthews, Aidan Maxemow, Jason Novoa, Cristian Oliveira, Connor Palestis, Justin Paltan, and Winston Watson; Coach Digby and Coach Roger.



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UNION RECEIVES \$35,500 GRANT FROM THE BASEBALL TOMORROW FUND

The Township of Union announced today that it was recently awarded a grant in the amount of \$35,500 from the Baseball Tomorrow Fund (BTF). The grant will support and fund the renovation of Union's VFW Teener League Field on Tucker Avenue.

The renovation, which will begin in the spring 2016, will include the re-grading of the playing surface to address drainage issues to better

accommodate the extensive use of the field by 400 players and support the projected growth of the program by 80 players. The Township of Union works closely with six youth baseball and softball leagues serving over 2,000 children annually.

“It is refreshing to see the Baseball Tomorrow Fund helping out the youth level of baseball,” stated Mayor Manuel Figueiredo, “A great investment locally that could lead to a future professional baseball player.”

“Union’s Little League fields are amongst the best in the nation and this venture with the Baseball Tomorrow Fund will help bring our Teener league Field up to that level as well,” said Recreation Commissioner Anthony Terrezza.

"The Baseball Tomorrow Fund is proud to support the renovation of the VFW Teener League Field," said Cathy Bradley, Executive Director of the Baseball Tomorrow Fund. "On behalf of Major League Baseball and the Major League Baseball Players Association, we thank the Township of Union and the local leagues for providing opportunities for young baseball and

softball players in the community to play on safe and quality fields.”

About the Baseball Tomorrow Fund

The Baseball Tomorrow Fund (BTF) is a joint initiative between the Major League Baseball Players Association and Major League Baseball designed to promote the growth of youth baseball and softball throughout the world by awarding grants to support field renovation and construction projects, equipment and uniform purchases, coaches training material and other selected program expenses. Since its formation by the MLBPA and MLB in 1999, BTF has awarded more than 800 grants totaling over \$27 million to non-profit and tax-exempt organizations in the U.S., Canada, Latin America, the Caribbean, Europe, Africa and Asia. BTF also facilitates league-wide initiatives including the collection and distribution of new and gently used equipment to organizations in need as well as field maintenance education clinics. For more information, visit baseballtomorrowfund.com and follow BTF on Facebook, Twitter and MLBBlogs.

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UNION COUGARS SCORE BIG

The Union Cougars soccer team had a very successful weekend as they finished in first place with an undefeated record of 4-0 at the 2015 Columbus Day Tournament in Hazlet. The two day tournament consisted of various teams throughout the state, shutting out each opponent and scoring a total of 19 goals across their

matches.

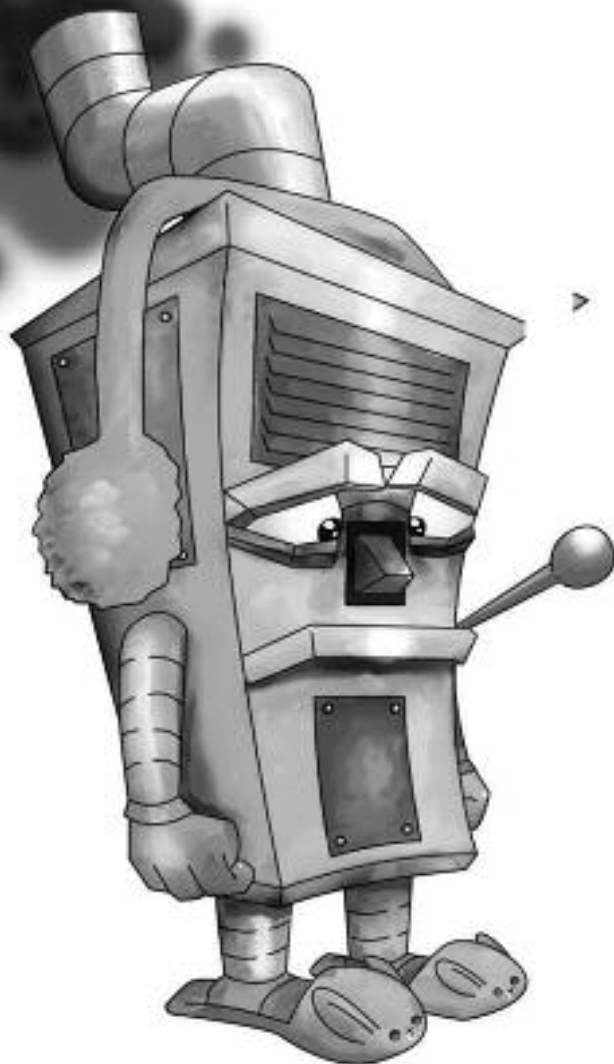
As a side note, the Cougars team proudly painted their hair BLUE that weekend for awareness and support of one of their teammates "Jack Chacon" who was at the US Hereditary Angioedema Association, Inc. (US HAEA) summit meeting in Denver.

Players alphabetically in order:

Jack Chacon, Alex Gonzalez, Gabriel Hidalgo, Lawrence Langan, Cavan Matthews, Aidan Maxemow, Jason Novoa, Christian Oliveira, Connor Palestis, Justin Paltan, Winston Watson and Coach Digby and Coach Roger.



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GOTHAM CITY SUPERHERO FEATURED AT UNION CENTER STOREFRONT

Batman, the superhero from Gotham City and perhaps one of the greatest comic characters of all time, is right here in downtown Union. Desi Garcia, 10th grader from St. Mary of the Assumption High School, has selected the caped crusader as this year's theme for the Halloween Window Painting Contest 2015.

The strong visuals of motion and colors displayed within the artwork depict the endless rivalry between Batman and the Joker. The contest was organized by the Union Recreation Department.



(above) Desi Garcia, 10th grader from Union, in front of painting at Union Podiatry Group storefront on Morris Avenue.

FREE JOB TRAINING

Project Ready is a free 6-week job readiness and computer skills training class designed for adults who are actively looking for work. Volunteer tutors help students identify skills, write resumes, practice interviewing, and search for jobs. Basic computer skills, including Microsoft Word and Excel, are also taught. The program runs Tuesday through Friday from 9:30 am until 2:30 pm. The next session begins January 5, 2016. For more information, please call us at (908) 353-1045, Ext 8, or email Projectreadyprg@yahoo.com. If you are interested in participating in this class, join us for our Information and Sign up session on December 1, 2015 at 1pm (118 Division St. Elizabeth, NJ). Seats are limited –Student selection by lottery.

UNION PUBLIC LIBRARY

MAIN BRANCH LIBRARY

1980 Morris Ave. • Union, NJ 07083

web: youseemore.com/UnionPL

Phone: 908.851.5450

E-mail: UnionPL@uplnj.org

LIBRARY HOURS: Mon – Thurs: 10 a.m. to 9 p.m. /
Fri: 9 a.m. to 5 p.m. / Sat: 9 a.m. to 5 p.m.

ADULTS:

TUESDAYS AT TWO MOVIES FOR NOVEMBER

Tuesdays, November 3, 10, 17, 24 at 2:00 PM

The popular free movie series continues with four films, including three from 2015, just released on DVD! Second floor Activities Room doors open at 1:50 PM.

Elevator access available.

OFF THE SHELF BOOK DISCUSSION GROUP

Thursday, November 19 at 7:00 – 8:15 PM

Now in its 16th year! November's selection, "The Dinner" by Herman Koch will be discussed. Contact the Reference Desk for help in obtaining a copy of the book. New members welcome.

ADULT CRAFT:

MAKE HEAT-EMBOSSSED RUBBER STAMPED CARDS

Tuesday, November 24 at 7:00 – 8:30 PM

Learn to create your own greeting cards or gift tags with rubber stamps then see how heat-embossing the image adds texture and sparkle! Bring your own rubber stamps or use ours. No sign-up required.

CHILDREN:

KIDS MAKE IT

Wednesday, November 4 and Thursday, November 19 at 3:30pm to 4:30pm

On November 4, join us to play a game that will require memory and concentration. November 19, use your imagination and body movements to perform animal pantomimes. Recommended for children ages 6 to 8 years. No Registration is required.

TWEENS MAKE IT:

Thursday, November 5 and Wednesday, November 18 at 3:30pm to 4:30pm

On November 5, join us to build a paper cup pyramid by using only a rubber band and string to move the cups. November 18, join us to play a game that will use your logic and deduction skills. For 9 to 12 year olds. No Registration is required.

BABY RHYMES AND STORYTIME

Fridays, November 6 and 13 at 10:30 am to 11:00am

Join us in the Children's Department of the Union Public Library for stories and sing-along rhymes and songs. Babies aged 12-18 months and their caregivers are welcome. No Registration is required.

FACTS AT YOUR FINGERTIPS:

HOMEWORK ONLINE RESOURCES:

Monday, November 16 at 7:00pm to 8:00pm

Do you need fast, reliable information for your child's research projects? Join us in the Children's Department for a close look at our online resources and databases. Parents and caregivers are welcome. No Registration is required.

LEGO CLUB:

Wednesday, November 25 at 3:30pm to 4:30pm

Do you like playing with Legos?

Join us in the Children's Department of the Union Public Library for our Lego Club. Bring your imagination and we will provide the Legos. Please note that all your Lego creations must stay in the library so bring your camera to take a picture. Children of all ages and their families, friends, and caregivers are welcome.

No Registration is required.

SATURDAY STORY AND CRAFT:

Saturday, November 28 at 10:00am to 11:00am.

Join us in the Children's Department of the Union Public Library for a story and related craft. Children of all ages and their families, friends, and caregivers are welcome. No Registration is required.

VAUXHALL BRANCH LIBRARY

123 Hilton Ave. • Vauxhall, NJ 07088

Phone: 908.851.5451

LIBRARY HOURS: Mon: 1 p.m. to 8 p.m.

Tue & Thurs: 10:30 a.m. to 5:30 p.m.

Wed: 10:30 a.m. to 8 p.m. / Friday: Closed

Saturday: 10 a.m. to 5 p.m.

ADULTS

TAI CHI - FREE EXERCISE PROGRAM FOR MATURE ADULTS

Tuesdays, November 3, 10, 17, 24

12:30 PM. – 1:30 PM.

Wear sneakers & comfortable clothing.

Space is limited. Sign up required!

"DIABETES & ME: A MORNING OF DIABETES AWARENESS"

Thursday, November 12 at 10:00 AM – 1:00 PM

In recognition of National Diabetes Month Overlook Medical Center, Atlantic Health System will present a multifaceted program including an informative talk by a dietician from the Diabetes Center, a Podiatrist and a Pharmacist. Become more knowledgeable about your own health risks for Type 2 Diabetes as well as pre-diabetes. Screenings for Glucose and blood pressure will be included.

Pre-registration is required; please, call 1-800-247-9580 to register.

HILTON READERS BOOK DISCUSSION GROUP

Monday, November 23 at 6:00 – 7:45 PM

November's discussion will be "The Short and Tragic Life of Robert Peace" by Jeff Hobbs. Bring dinner, beverage and dessert are provided. Please contact the Vauxhall Branch Library Circulation Desk for help obtaining a copy of the book. All are welcome to attend. No registration required.

MEET THE AUTHOR:

BARBARA KUKLA -"AMERICA'S MUSIC: JAZZ IN NEWARK"

Monday, November 30 at 6:00 PM – 7:45 PM

Ms. Kukla will discuss her most recent book and the relationship of jazz to the history of Newark. Copies of Ms. Kukla's book will be available for purchase.

Sign up is required!

PRESCHOOL STORY AND CRAFT:

"HANDS AND FEET TURKEY"

Tuesday, November 10 at 11:00 AM – 11:45 AM

Children Ages 3 - 5 and their parents/guardians.

(Children under 8 must be accompanied by a

parent/guardian).

Sign up is required.

GAME TIME FOR TWEENS

Thursday, November 12 at 3:30 PM – 4:30 PM

Children ages 9-12 are welcome to try their hand at board games, card games and more! Sign up required!

PRESCHOOL GAME TIME: BINGO

Tuesday, November 17 at 11:00 AM – 11:45 AM

For children ages 3-5 years old and their parents/guardians. (Children under 8 must be accompanied by a parent/guardian). Sign up is required!

"CLUB TEEN:

COLLEGE, CAREERS AND BEYOND SERIES"

Wednesday, November 18 at 6:00 – 7:00 PM

Presented by JOY (Jenkins Outreach for Youth) for high school students and their parents/guardians.

Sign up is required!

TWEEN MAKE IT @ YOUR LIBRARY

"MOSAIC TURKEY" CRAFT

Thursday, November 19 at 3:30 – 4:30 PM

Children ages 9-12 are welcome to come and make a craft in celebration of Autumn.

Sign up is required!

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**OPEN HOUSE
WEDNESDAY NOVEMBER 18TH**

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Entrance right side door of building (front)



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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!

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11am - 10pm
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Kids 7-10\$6.99
Kids 3-6\$5.99
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