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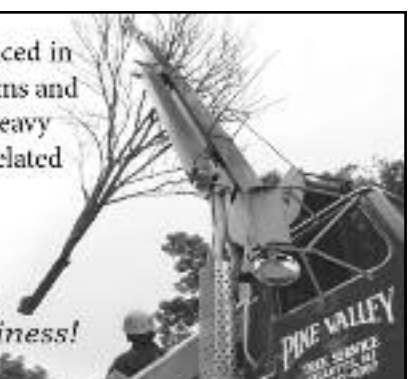
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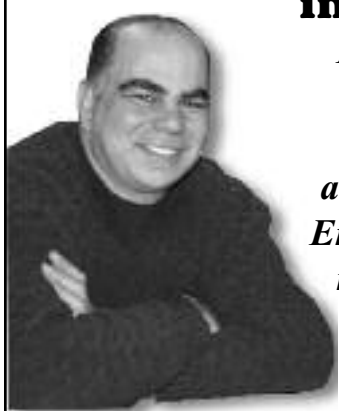
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ATHLETICS NIGHT ACQUAINTS NEW STUDENTS WITH SPORTS PROGRAM

Parents and students, including current eighth graders, who hope to play Fall sports at Watchung Hills Regional High School (WHRHS) attended a Fall Athletics Night in May to hear from Athletic Director Chris Van Vliet, and speak to team coaches.

After welcoming remarks and a presentation by Van Vliet about the philosophy, mission and information about key upcoming dates, students and parents went to breakout sessions throughout the school to meet and speak with coaches. There were coaches representing Football, Boys and Girls Cross Country, Field Hockey, Boys and Girls Soccer, Girls Tennis, Girls volleyball, Fall Cheerleading, Gymnastics and Competition Cheer.

"I was very pleased with our fall athletics night," said Van Vliet. "We had a nice turnout, and the feedback I received was all positive. My hope is that our fall athletes are now more informed about our athletic department and the important items that need to be completed before practice begins, as well as the expectations of our coaches in each of our fall programs."

The WHRHS Athletic Department has two athletic trainers, Terry Marcazo and Michelle Armonda. There are 33 head coaches and 92 coaches in all. Van Vliet said the WHRHS athletic philosophy is: "To provide a competitive athletic environment that strives to maximize the development of our student-athletes in the areas of personal growth, positive team experiences, and individual responsibility. The athletic department supports an atmosphere that embraces school spirit, honors tradition, and helps to develop productive members of society. "The Athletic Department promotes the

following qualities for our student-athletes, he said, including: Competitive excellence, resilience, leadership, integrity, and teamwork.

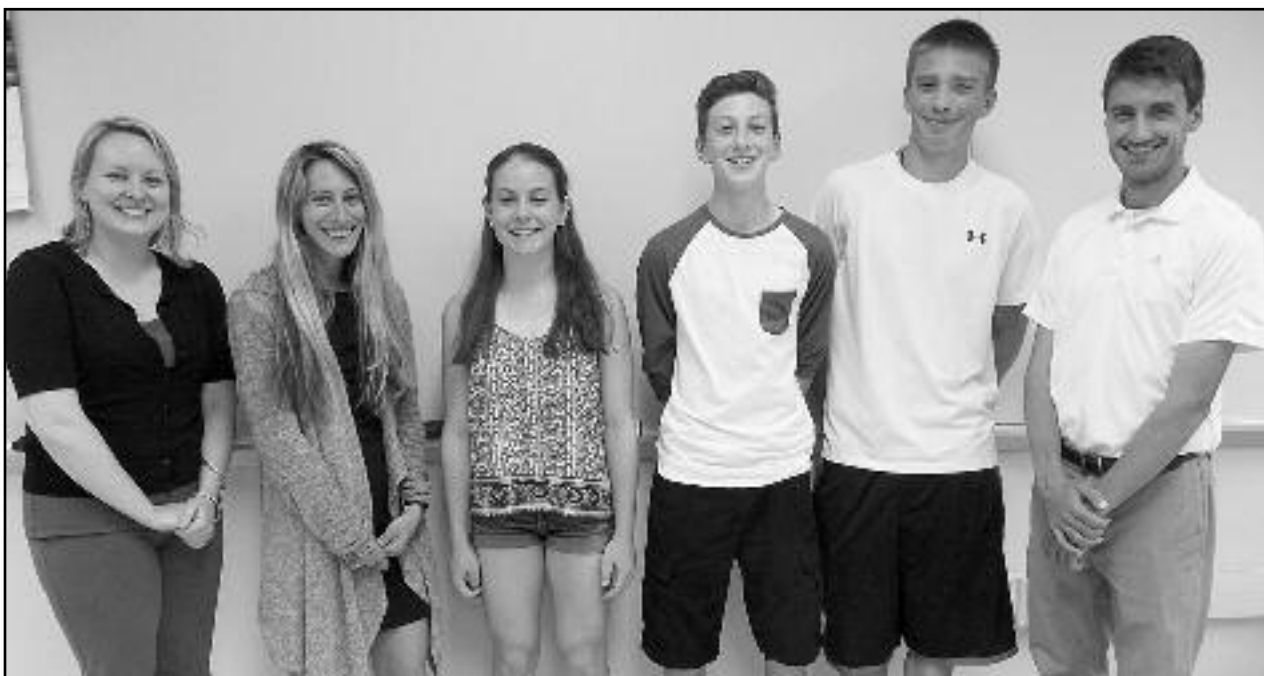
"We also emphasize multi-sport participation as well as taking opportunities to learn and grow outside of the classroom," he said.

Academic eligibility is extended to all freshman athletes for teams that compete during their first Fall and Winter season, Van Vliet said. To be academically eligible to compete during the Spring season, freshman athletes must have completed 15 credits during their first semester at WHRHS. For sophomores, juniors and seniors,

students must have completed 30 credits from the previous school year to be eligible to compete during the Fall and Winter Seasons. For the Spring Season, they must have 15 credits at the end of the first semester.

Students interested in participating in fall sports will face key deadlines for forms and physicals even before the end of school in June, Van Vliet said. First day for all Fall sports is Monday, Aug. 15th, except for Football, which starts Wednesday, Aug. 10. More information can be found on the department web site at www.whrhs.org.

Photo by WHRHS.



(above, l-r) Parents and students, including current eighth graders, who intend to go out for and play Fall Sports attended a Fall Athletics Night, Assistant Coach of Boys and Girls Cross Country Cara Yuknis, Head Girls Cross Country Coach Gena Pinto, incoming freshman Alyssa Blocker of Stirling, incoming freshman Reecie Kirchofer of Green Brook Township, sophomore Robert Fippinger of Warren Township, and Head Boys Cross Country Coach Dominic Tasco.



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CAITLIN IANELLA AND MADELINE RAE EARN FUTURE EDUCATORS SCHOLARSHIP

Caitlin Iannella Music Teacher Aspirations

Caitlin Iannella was selected for Future Educators Scholarship by Watchung Hills Regional Education Association. It was during middle school that Caitlin Iannella started thinking of becoming a teacher, she said, but it wasn't until high school that she realized that music would be her chosen field.

"At WHRHS, I learned my real passion in life is music," Iannella said.

Her experience with choir, marching band, and school plays really helped validate this passion. These are interests she plans to pursue in college as well.

"During high school, I found out that I love to inspire others while sharing my passion for music," she said. "Since I was young, I've always enjoyed helping people and teaching will give me a chance to do that."

At Watchung Hills, exposure to the Child Development program further confirmed Iannella's interest in education. By completing the full complement of courses, Iannella has gained experience in teaching by working with pre-school students on a daily basis.

As a future teacher, Iannella wants to be the best teacher she can be and she has received great praise for the teachers who have helped her walk the path.

"All of my music teachers, Mrs. Bird, Mr. Udell and Mr. Shah, helped give me inspiration and desire to be a music teacher. Mrs. Jaran, my child development teacher, helped confirm my interest and she has made me a better teacher already."

Iannella plans to start at Montclair State University next year as a Music Education major. She is interested in teaching music at the middle school level.

Madeline Rae has English Teacher Aspirations

Madeline Rae realized early on in school that being a teacher might be her future. According to Rae, her interest has been "cultivated by the experiences" she has had in middle and high school, and even earlier.

"As far back as elementary school," Rae said, "I can remember teachers being so much more than just an English or history expert. They were more of a mentor and advisor for life for me."

At Watchung Hills, English teachers Laura Goodson and Roy Bumiller have been key role models for Rae. "They both helped kindle my love of books and the written word, helping me to see the hidden meaning behind many of the classics. English is the subject I would like to teach at a high school level because of the books we read and the various topics we explore."

For Rae, she plans to embark on her exploration next year at Wheaton College, Norton, Mass., where she'll be an education major focusing on English certification. She also plans to pursue her interest in Track and Field.

Another part of Rae's high school experience that confirms her desire to teach is her extracurricular life. As a peer leader and a member of the WHRHS Care Club, Rae has developed leadership skills that will help her as a future teacher.

Rae said that "being in various school groups gave me confidence and made me comfortable working with fellow students from different backgrounds." As a varsity track and field athlete, she mentored young players on the team as her way of paying back to an activity that has provided much enrichment. "Both my academic and social activities have pushed me towards education," she said.

"As a teacher, I want to help open up my



(above) Watchung Hills Regional High School (WHRHS) graduating seniors Caitlin Iannella, left, of Stirling and Madeline Rae, right, of Millington have been selected as the recipients of the 2016 Watchung Hills Regional Education Association (WHREA) Scholarship for Future Educators. They are congratulated by WHREA President and WHRHS Social Studies Teacher Kenneth Karnas. Photo by WHRHS.

students' worlds and engage their minds to make their high school experience as wonderful as mine has been," she said.

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BEAR FACTS & TIPS FROM THE NJDEP DIVISION OF FISH & WILDLIFE

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If a bear comes into your yard or you see one while camping, do not be afraid, but remember bears are not tame animals, they are wild creatures.

Here are some tips that you should follow if you see a bear: ...

- Do not get scared and do not run.
- Talk to the bear to let it know you are there.
- Never feed the bear!
- Do not go near the black bear.
- Do not look directly into the bear's eyes.
- Make sure the bear can get out of your yard or campground easily if it wants to. Don't stand in front of the escape route!
- Make lots of noise. It could scare the bear away.

• If you are playing with friends, get in a big group. Talk and wave your arms. You will look really big and the bear might leave.

• Bears can make a lot of noise, so they may huff, snap their jaws and slap the ground if they think you are too close. Back away slowly.

A bear that stands on its back legs is not about to attack you. It just wants to see and smell you better. Let a bear know you are there by waving your arms and talking to it.

Bears may pretend to attack by running at you. **DO NOT RUN!**

Back away slowly and get to a safe area. Black bears rarely hurt people. If a black bear attacks, fight back!

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WHRHS DANCING WITH THE TEACHERS

An enthusiastic crowd of students, teachers, and parents filled the Performing Arts Center on Wednesday, May 25th, at Watchung Hills Regional High School (WHRHS) to witness and participate in Dancing With the Teachers.

Dancing with the Teachers is one of a year-long series of fundraising and awareness raising events sponsored by student groups in support of Project ALS (Amyotropic Lateral Sclerosis, also called Lou Gehrig's Disease). Project ALS is the non-profit organization started by the late Jenifer Estess, who died from the disease, and her family to seek out and support leading edge research to find treatment and a cure for ALS.

The Project ALS has special significance to the students and staff of WHRHS because of English Teacher Laura Goodson. Goodson's brother battled ALS, like Jenifer Estess, and it was Goodson who first discovered Project ALS, and encouraged the WHRHS student government to adopt ALS as their year-long community service effort.

"Thank you for all of your support this year," Goodson said. "As you know, this is a cause that is near and dear to my heart."

Ms. Goodson welcomed everyone to Dancing With the Teachers, and thanked the co-sponsors of the event, the Sophomore Grade Level Council and the WHRHS Dance Ensemble. Student Masters of Ceremonies for the night were Suchir Govindarajan and Schuyler Weisberg.

Students from the WHRHS Dance Ensemble, which had just staged its three-night Spring Dance Concert May 12th, 13th, and 14th, to rave reviews, provided the framework for the 14 dance

numbers performed at Dancing With the Teachers. A number of teachers and administrators were featured performers in each number, with Dance Ensemble students and their Faculty Advisor, Marisa Joshi, a talented dancer and choreographer in her own right, providing guidance and spirited support for the teachers.

Among the dances were many of the numbers that highlighted the Spring Dance Concert. The Dancing with the Teachers event benefited from having the services of the Performing Arts Center's technical director Chris Valenti and his crew, according to event organizers. Valenti and his crew bathed the stage in appropriate and professional mood lighting and theatrical spot lighting, just as they had for the Spring Dance Concert.

For the last scheduled dance of the evening, all were invited, including audience members, to come on stage to dance the currently popular funky line dance, "The Cha Cha Slide." Many in the audience filled the stage, caught up in the fun.

The Dancing With the Teachers line-up of dances included several from the Spring Dance Concert, including "Phishy," "Collateral Damage," "Incandescent," "Becoming Human," and "Masala Chai." The rest of the program for Dancing With the Teachers included popular favorites, "The YMCA," "Uptown Funk," "Whip/Nae Nae," and "Thriller."

For more information about Project ALS can go to its Web site, www.projectals.org, and/or can contact Ms. Laura Goodson at lgoodson@whrhs.org.

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(above, kneeling, l-r) Students Michelle Shui, Lauren Loesberg, and Kaitlyn Santucci, Dance Teacher Marisa Toshi, and students Anna Paterson, Morgan Pravato, and Molly Garyantes. (standing, l-r) Students Michelle Du, Victoria Pantagis, Michelle Sucre, Dena Vayas, Katey Berger, Arielle Ostry, Sevoula Tsigas, Sabrina Lane, and Camryn Graf.



(above) For the grand finale to Dancing With The Teachers, all were invited, including the audience, to get up on stage to participate in the last dance number, the currently popular funky line dance, "The Cha Cha Slide."

SCHOLARSHIPS AWARDED TO AREA STUDENTS

Long Hill LEADER • Page 9 • March 2016

Two Warren Hills Regional High School students received scholarships from the Adele DeLeeuw Scholarship Fund at a dinner held Wednesday, June 8th, at the Spain Inn in Piscataway.

The scholarships are financed by a bequest from Adele DeLeeuw, longtime Plainfield resident, author of 75 books, journalist, and arts activist.

The Plainfield-North Plainfield Rotary Club administers the Adele DeLeeuw Scholarship Fund and is one of five local Rotary clubs that provide scholarships from the fund to students in their communities who pursue a course of study in poetry, art, journalism, writing or engineering. Sixty thousand dollars was distributed this year to twenty-two area students by the Fund, a fund of the Plainfield Foundation. This year's awards

bring the Fund's twenty-one-year total distribution to \$1,143,500.

Brenda Okereke was the scholarship recipient from the graduating class of 2016. The Scholarship Fund also provided a continuing scholarship to college student Melody Njoku. This year's Adele DeLeeuw Senior Scholars, college students who were recognized as a scholarship recipient from the Fund for each of their four years in college included Charlotte Brockway. An additional nineteen students from area high schools received scholarships from the Fund.

Applications for the 2017 Adele DeLeeuw Scholarships will be available in January from North Plainfield High School guidance office. For further information, call Johanna Salvemini, Scholarship Administrator, at (908) 755-8098.



(above, top, l-r) Christopher Silva (WHRHS), Rebecca Mehorter (SPFHS), Anthony Raphael (WHRHS), Nicholas Ruzicka (SPFHS), Cody Decker (SPFHS); (middel, l-r) Stephanie Bohn (SPFHS), Tyler Curtis (SPFHS), Thomas Riccardi (SPFHS), Nolan Berry (SPFHS); (bottom, l-r) Charlotte Brockway (NPHS), Emily London (SPFHS), Melody Njoku (NPHS).

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estimate. Cannot be applied to previous
estimates or scheduled work.
Cannot be combined with any other offer.
Expires 8/10/16

**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.
Cannot be combined with any other offer.
Expires 8/10/16

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FOR SENIORS: The Residences at Warren



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

BEAUTIFUL. AFFORDABLE. AVAILABLE NOW!

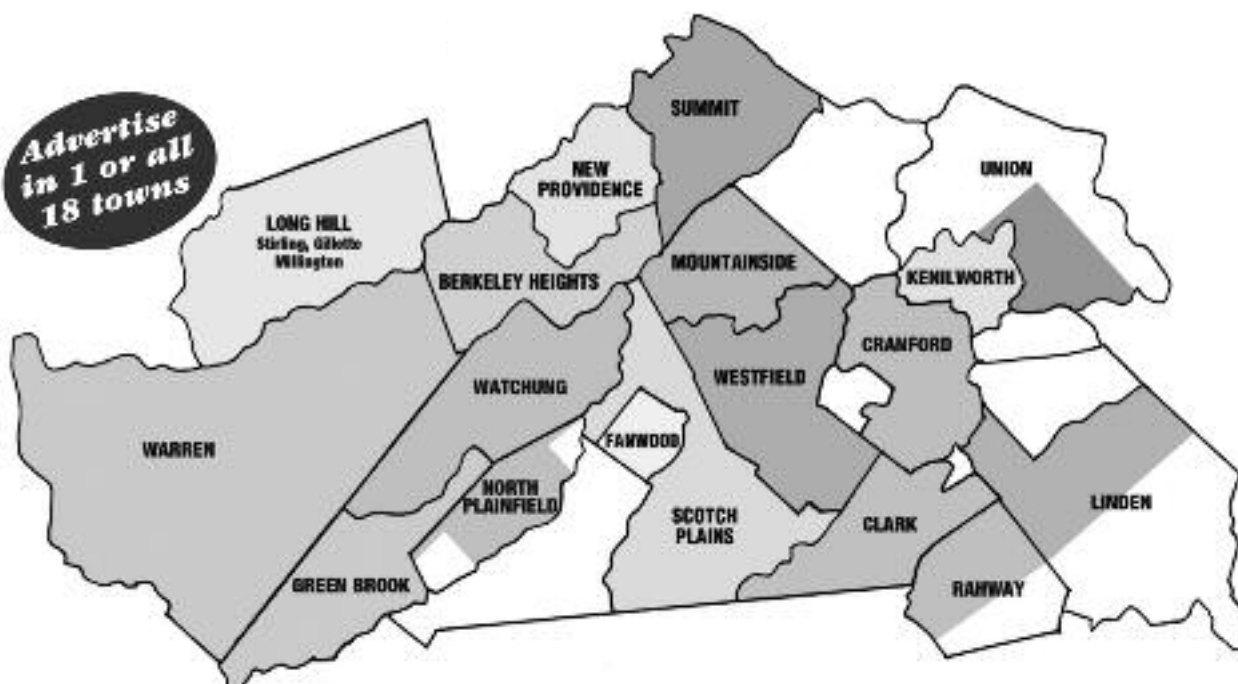
You've lived alone, you've lived with family, now live with friends!

- 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 908-525-8130
or visit www.CHChousing.org

**CHC
SENIOR
HOUSING**

Advertise
in 1 or all
18 towns



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To place an ad call:
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Mailed to every home
and business.
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Qty: 3,000
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Qty: 3,600
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home and business.
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Qty: 6,500
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and businesses.
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Qty: 3,600
Mailed to every home
and business in Gillette,
Millington and Stirling.
**Zips: 07933,
07964, 07980**



Qty: 2,800
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and business.
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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
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and business.
Zip: 07069



Qty: 11,800
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and business.
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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
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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	PAY FOR 6 MONTHS AND GET 1 FREE					
BACK COVER	10" x 14"	\$600						

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

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AND INSERTS. JOE 908-447-1295**

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

A

**8 1/2" x 5"
POST CARDS**



\$45 per M

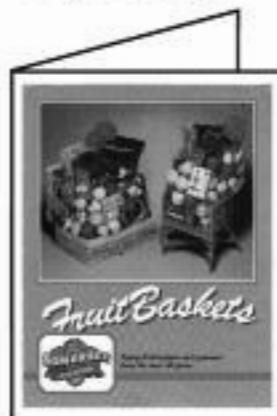
Up to 100,000
Full color / 2 sided
9pt stock / No bleed

Minimum run 5,000

B

**8 1/2" x 11"
FLYERS**

Half-fold to
8 1/2" x 5 1/2"



\$35 per M

Up to 100,000
Full color / 2 sided
60lb stock / No bleed

C

**8 1/2" x 11"
TRI-FOLD**

3 3/4" x 8 1/2"
Finish size



\$45 per M

Up to 100,000
Full color / 2 sided
60lb stock / No bleed

D

**11" x 17"
BROCHURES**

Quarter-fold to
8 1/2" x 5 1/2"



\$68 per M

Up to 25,000
\$51 per M over 25,000
Full color / 2 sided
60lb stock / No bleed

E

**11" x 17"
MENUS**

Tri-fold to
5.3/4" x 11"
W/ COUPON
5" x 11"



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**

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Vegetable Market

Freshly baked Portuguese and Italian bread delivered daily!

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somersetfarmsnj.com

908-757-7730

950 Route 22 East • North Plainfield, NJ



Store Hours: Mon-Sat: 9:00 am to 7:00 pm
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**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!

**Jersey Fresh Canning
Plum Tomatoes are
Due the end of July!**

**Red Ripe
Watermelon
Time!!!**



COUPON

FRESH SHRIMP

\$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 8/15/16.

COUPON

SICURRO SLICING PROVOLONE

\$4⁹⁹ lb



By the pound only. Limit 1 lb per customer per coupon per day.
Not to be combined with other offer. Offers good thru 8/15/16.

COUPON

BOAR'S HEAD DOMESTIC SWISS CHEESE

\$4⁹⁹ lb



LON7

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 8/15/16.

COUPON

BOAR'S HEAD IMPORTED HAM

\$6⁹⁹ lb



LON7

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 8/15/16.

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

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



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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**



LON7

Offer expires 8/15/16.