

Published by Renna Media

Issue 27 • December 2017



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POSTAL PAT

TERRILL MIDDLE SCHOOL EMBARKS ON KINDNESS INITIATIVE

This year, Terrill Middle School has embarked on a yearlong, school-wide Kindness Initiative. Throughout the school year, Terrill students and staff will engage in activities that support kindness, caring, empathy, and compassion for others.

The year began with three student leadership groups planning, implementing, and facilitating a project around the picture book, Each Kindness. Under the leadership of their peers, students, students in grades 5-8 discussed the meaning of using every opportunity to be proactive about reaching out to offer a word of encouragement, a helping hand, or a smile. Also, as part of this project, all participants, through small group sessions, developed scenarios and related suggestions regarding how to handle challenging social situations.

This event ignited the mantra of paying it forward. For this phase of the Kindness Campaign, all students were given a locker tag with an act of kindness printed on it. Students had the option to perform the act of kindness on the tag or one of their choosing. From there, recipients of kind acts were encouraged to report the acts done for them.

As one of many related extensions of the Each Kindness kick-off activity, a lesson was designed for the 7th grade TMS students to examine the scientifically proven benefits of being kind. After a rationale of the lesson was shared, students watched a short video to learn about the biological response to kindness — specifically, the release of certain neurotransmitters, "the natural 'feel good' brain chemicals", that affect our mood, and lower our levels of stress.

Students were provided several research-based articles that identified the personal, biological, social, and emotional effects of receiving, witnessing, or participating in a kind act. Students discussed an article, "Getting the right D.O.S.E., (dopamine, oxytocin, serotonin, and endorphins) to naturally boost our level of happiness," which explains the chemistry of the brain's reward system and its connections to kindness. In another article, students examined the kindness-reward chain, also known as the "psychological feedback loop", which is responsible for making people more altruistic; and, an altruistic lifestyle attributes to happiness. Being kind is linked to prosocial behaviors and helps reduce social anxiety. Students identified the medial prefrontal cortex of the brain as an area that deals with empathy, which is proven to be a learned skill.

Using these facts and many more, students collaborated with their group members to design a "scientific based kindness" poster to be displayed in the school to share their findings with their peers. Now, that's kindness for ya'!









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PROMOTE YOUR COMMUNITY EVENT

Community service organizations, schools and sports teams are encouraged to submit news of upcoming events or highlights and photos from recent events.

Organizations who are interested in submitting content, please email editor@rennamedia.com

Fanwood Post is online at www.rennamedia.com like us on facebook.com/Fanwood Post



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

MAYOR COLLEEN MAHR HONORED AT WOMEN IN MUNICIPAL GOVERNMENT AWARDS CEREMONY

Mayor Colleen Mahr was presented with the 2017 Outstanding Woman in Municipal Government Award at the New Jersey League of Municipalities Conference in Atlantic City. Mayor Mahr was one of five women honored at the Women in Municipal Government Committee's awards dinner for her continuous leadership and dedication towards promoting positive growth in Fanwood.

"I am honored to have been recognized by the Women in Municipal Government committee with this incredible award," stated Mayor Colleen Mahr. "I believe that in local government, our residents want to receive the best services at the most efficient cost possible and I am thankful for the opportunity to provide that to the residents of Fanwood with the support of the Council and administration over the past several years."

Mayor Mahr has applied her development experience to downtown Fanwood during her time as Mayor and has worked directly with local property owners to ensure that any redevelopment plan will provide the most

On Wednesday, November 15, Fanwood beneficial outcome for Fanwood residents. Fanwood has been a leader in successful redevelopment over the past decade, receiving several awards including the 2014 Smart Growth Award for Redevelopment and was featured in the New Jersey Handbook on Redevelopment.

The Women in Municipal Government Committee honored five women at their annual Awards Ceremony in Atlantic City, including Mayor Mahr, Middletown Deputy Mayor Stephanie Murray, Rutherford Councilwoman Stephanie McGowan, Haddonfield Administrator Sharon McCullough and Harrison Town Chief Financial Officer Gabriela Simoes Dos Santos.

The Committee was created in 2007 as an outgrowth of the New Jersey Association of Elected Women Officials. The Committee is continuing the strong tradition of education and professional development for women officials. The Committee's primary goal is to encourage the active involvement and full participation of women in municipal government through such venues as professional development, networking seminars and other programs.



(above l-r) Councilman-elect Anthony Carter, Councilman Jack Molenaar, Councilman Russ Huegel, Mayor Colleen Mahr, Councilwoman Erin McElroy Barker, Department of Public Works Director Clint Dicksen, Councilwoman Katherine Mitchell.



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INTERNATIONAL WALK TO SCHOOL DAY

International Walk to School Day was school. celebrated on Wednesday, October 4th. To join in the festivities, School One students, staff, and community dignitaries gathered at the Fanwood Borough Hall to prepare for a group walk to

Thank you to the Scotch Plains Police Department for taking the lead and the Fanwood Volunteer Fire Department and their fire truck as everyone was escorted safely to School One.

Also, a special thank you to the School One PTA for providing a healthy snack of orange slices, clementine oranges, and water to our participants as they arrived to school. It was a fun and great experience for all.



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JUNIOR ACHIEVEMENT HEROES PROGRAM COMES TO MCGINN



Future Business Leaders of America (FBLA) program at Scotch Plains-Fanwood High School came to teach McGinn students in grades 1 to 4 about financial literacy, public responsibility and our community.

They came through the Junior Achievement Heroes Program, which focuses on three pillars of success: financial literacy, workforce readiness and entrepreneurship. Students serve as role models to young learners and present five

Over forty high school students from the interactive lessons that are grade level specific. All of the content the high school students taught our elementary students addresses New Jersey Learning Standards for Social Studies and Language Arts.

- For more information on these standards see www.state.nj.us/education/cccs/2014/ss. For information about the
- Junior Achievement Heroes Program,
- visit juniorachievement.com/programs/ high-schoool/ja-high-school-heroes.





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FANWOOD POLICE OFFICER JOINS TEAM IN PUERTO RICO

Puerto Rico, Fanwood Police Officer Elliott Bernard says the images you see on TV and online simply don't capture the enormity of the damage, even two months after the storm. Roads with giant fissures, downed utility poles, epic food and water shortages and the lack of power make day to day life exhausting.

"Every day, you have to secure water, fuel for your generators. You have to get food. It's a daily thing," he recalled from his desk at the Fanwood Police Department where he's been a patrolman since 2009.

Bernard, a member of the Union County Emergency Response Team (UCERT), was among five law enforcement officers from the County to be selected for Operation New Jersey Pride, a statewide effort organized by the New Jersey State Police to help keep law and order in Puerto Rico in the wake of Hurricane Maria. He was there from October 21st to November 4th with a group totaling 100 law enforcement officers, all of whose salaries were paid by the federal government.

"We flew into San Juan and the airport looked like a ghost town," he said. "No one else was getting off planes, getting baggage."

After their first assigned hotel in the town of Dorado was found to have black mold everywhere, Bernard and 21 others were bussed to the Hilton in San Juan. It had a generator and running water.

"They had huge fans on," he said. "You smelled the dampness. Walls were being knocked down because of mold."

The Hilton would be his home away from home for 14 days, rooming with another police officer and being part of a four-man team who

Police in Caguas, a city about 25 miles southwest of San Juan, a city that took a direct hit from Maria.

"These officers from Caguas were working 12 hours a day since before the hurricane. Most of them didn't have uniforms. They were wearing their regular clothes. They didn't have power, so they couldn't wash their uniforms. They wore various every-day shirts and their gun belts. They had no radios. They communicated by waving each other down or cellphones."

Bernard's group of 22 officers was divided into five patrol teams of four plus two supervisors. Each team was given a marked New Jersey State Police car (26 were shipped to the island and will remain there as a donation) and one satellite phone.

"The phone worked 90% of the time. But one day for like 6 hours, there was no communication, even satellite phones. I don't know what happened, but we were dealing with a shoplifting incident and we couldn't get in touch with anyone else." That incident ended peacefully without an arrest, but crime and violence is a dangerous byproduct of the hurricane aftermath.

"There were several reports of people getting their generator, getting their food and water, then walking out to their car and getting robbed by gang members and people who were desperate," said Bernard, whose team spent time providing security at food and water distribution points. each of which had its own story of misery.

"We were out and about in parking lots, in the lines, watching people. Some supermarkets with generators were open but there were limited amounts of everything. There were lines three

Like many other visitors to post-hurricane would be out assisting the Puerto Rican State football fields long. You were only allowed one bag of ice, one case of water. So they're waiting in line, it's 90 degrees outside, back home there's no power. People were extremely frustrated. Bigger stores like Home Depot would get, like, 25 generators at a time every couple days. So people would line up at 4 o'clock in the afternoon the day before for the next morning. Before we arrived, the police in Caguas were trying to do security at these distribution points but they just didn't have the manpower."

> Because there is no electricity, there are no working traffic lights.

> "They have seven-lane highways like we have here in NJ," said Bernard, recalling his team's other major assignment, traffic control. "The cars are meeting at intersections with no lights. It's a free for all. We saw accidents everywhere. Cars were on the side of the road because they ran out of fuel or because they were disabled or struck and couldn't get a tow truck. Or, people would pull over because at various points on the highway, there was cellphone service, little pockets of service where people would gather to use their phones.

> "We were relieving the local police officers from traffic posts so they could actually go into the town and answer calls. It was a huge help for them. Again, they'd had no days off. The posts needed to be manned because the traffic was absolutely gridlocked. I've never seen traffic like that before. Even the shoulders were being used."

> Officer Bernard's lasting memories from the 14-day trip linger on the great spirit of the people he met everywhere.

> "They would come up to us and say 'thank you'. What I found, which will stick with me forever, was that a lot of people were so



(above) Officer Bernard, kneeling in front, with his group.

OFFICER IN PUERTO RICO (continued)

optimistic. They were going home to no power, no anything. They would see us and say thank you for being here, thank you for helping us. We would see people who just finished waiting in line for two hours to get water and food drive up to us and offer us water. They'd say thank you, can I give you water?"

Caguas has become a symbol of the resilience of Puerto Rico during this trying time. And no one personifies that resilience more than Ralffy Díaz Reyes, a Caguas police officer who lost a leg in a boating accident 20 years ago. He got permission to return to duty in 2009, even with only one leg, and can be seen regularly directing traffic on one leg and crutches.

"He was out there directing traffic in the heat, blowing his whistle with one leg," said Bernard. "And I shook his hand. It was unbelievable."

Bernard was effusive in his praise for the New Jersey State Police, who organized the trip in the face of tremendous logistical challenges.

"I give so much credit to the state police, the way they were able to put together 24 police agencies to work together. They were able to be self-sufficient, getting vehicles there, food water,



(above) Caguas police officer Ralffy Diaz Reyes at a traffic post.

housing. The way they ran the operation was absolutely amazing.

"The police officers I was with, it didn't matter how long the work day was, it was what else can I do? What else can I help you with? It was such a great feeling to be a part of that team."

Bernard's parents are from Puerto Rico and he has aunts, uncles and cousins on the island. He was able to visit some of them briefly during the trip.

"They're exhausted," he said.

"I couldn't be prouder of Elliott," said Fanwood Police Chief Richard Trigo. "He did great work down there and represented us in the best possible way. I appreciate our Mayor, Colleen Mahr, giving us the green light."

"This was an easy decision," said Mayor Mahr. "The Borough Council and I are proud that Elliott represented us in supporting Puerto Rico's recovery."



(above) Officer Bernard at his desk at Fanwood PD.



(above) Heavy traffic, downed utility pole.



(above) Officer Bernard, right, with two officers from the Caguas police.

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"WEAR THE CAPE"

School One PTA hosted a "Wear the Cape" assembly for all staff and students. Everyone was encouraged to wear a superhero t-shirt to show their support. The "Wear the Cape" assembly focused on character building and addressed all grade levels from Pre-K to Grade 4. Everyone left with a positive attitude and with the message of helping others and "wearing the cape".



(above) Cayden Benoit and Fiona Ashe are proudly "Wearing the Cape"



FANWOOD MEMORIAL LIBRARY FOOD DRIVE

Help check out hunger this holiday season with donations to a Food Drive being sponsored by the Libraries of Union County Consortium (LUCC). From November 27 - December 18, your local public library will be accepting donations of nonperishable food items to benefit the New Jersey Community Food Bank and other local food pantries. Collection bins will be conveniently located at the public libraries and library staff will then route 100% of the donations to designated food banks.

Even though experts say our economy is in recovery, many people in New Jersey have been left behind: low income families, struggling single parents, the elderly on a fixed income, and the unemployed. The New Jersey Community Food Bank assists by distributing food to more than 1,500 non-profit charities in 19 counties, including soup kitchens, food pantries, shelters, local food banks, after school programs, and senior centers. Local food pantries such as SHIP in Summit serve food to the homeless and lowincome individuals on a daily basis. These donations will help to fill shopping carts and bellies.

To make this holiday season hunger free, simply visit your local library with a donation of non-perishable items. Groceries most urgently needed are canned meat and fish, canned soups and stews, peanut butter (in plastic jars), boxed pasta and rice, powdered milk, infant formula, and canned vegetables and fruits.

SPF HIGH SCHOOL DONATES TO VICTIMS OF HURRICANE MARIA

Members of Scotch Plains-Fanwood's High School Salsa Club ran a successful drive and collected from both students and staff, personal hygiene products and non-perishable food for the victims of Hurricane Maria in Puerto Rico. As a result, 23 boxes were filled with toothpaste, toothbrushes, dental floss, soaps, shampoo, hand sanitizers, Kleenex, towels, washcloths, socks, deodorant, baby wipes, diapers, Band-Aids and first aid items, as well as non-perishable foods.



(above) Salsa Club officers Shane Hernandez and Michael Dieu are shown with items to be donated to victims of Hurricane Maria in Puerto Rico





Paul Lamastra 908-337-4540

Donald Lamastra 908-403-8964

Wishing all of our clients past and present a joyous holiday season. Hope your homes are filled with peace and love!

SPF HS 2018 COMMENDED STUDENTS

Scotch Plains-Fanwood High School Principal, Dr. David Heisey, announced that nine seniors have be named Commended Students in the 2018 National Merit Scholarship Program.

The following students have demonstrated outstanding potential for academic success.

THE FANWOOD-SCOTCH PLAINS ROTARY CLUB

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LION'S CLUB & THE FIRE DEPARTMENT OF FANWOOD CHRISTMAS TREE SALE

La Grande Park Fanwood, is the setting for our annual Christmas tree sale.

Weekday hours will be Thusdays & Fridays starting November 30th

from 6:30 p.m.to 9:00 p.m. Weekends will be

9:00 a.m. to 9:00 p.m. *Please bring a toy for our*

Christmas Toy Drive.



Grand Re-Opening!



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SPF HS INDUCTS 89 STUDENTS INTO NATIONAL HONOR SOCIETY

On October 24, 2017, the Scotch Plains-Fanwood High School Chapter of the National Honor Society inducted 89 new members.

The criteria for membership is rigorous. Students with a cumulative Grade Point Average (GPA) of 3.75 and above, and students who are

membership.

Students must also be able to demonstrate excellence in the areas of leadership, service and character. The National Honor Society is the nation's premier organization established to

in grades 11 and 12 are eligible to apply for recognize outstanding high school students. The Scotch Plains-Fanwood High School students will be working around the community this year conducting a variety of individual service projects, as well as a group service project schedule for later in the academic year.

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40TH ANNIVERSARY OF THE SCOTCH PLAINS/FANWOOD SOCCER ASSOCIATION

Mayor Colleen Mahr, whose sons Dan and to the meeting. Colin play in the league, presented a proclamation to League president Andrew Bonderowicz and a number of players who came

The SP-Fanwood Soccer Association has more than 2,000 players with 40% of school aged kids playing soccer.





TREE LIGHTING 12/3

Fanwood's holiday season officially begins when Santa Claus arrives in town on Sunday, December 3rd, at 3 p.m.! Everyone is invited to meet Santa under the big tent on the lawn in front of the North Avenue Train Station and enjoy an afternoon of seasonal music, holiday crafts and refreshments-all for free.

Children who stop by to say hello to Santa will get a free photograph of their visit with him. And children can also enter contests and win prizes. The Celebration concludes at 5 p.m. when Mayor Mahr lights the Fanwood town tree on the train station lawn.

Faith Lutheran Church a worshiping and serving community of the Evangelical Lutheran Church in America

524 South Street • New Providence, NJ 908-464-5177 · www.famfaith.org **DECEMBER 2017 WORSHIP SCHEDULE** Sunday Eucharists at 8:30 and 11:00 a.m. Wednesday Eucharists at 12 Noon and 7:30 p.m. **CHRISTMAS WORSHIP SCHEDULE December 24-Christmas Eve** 4:00 p.m. Children's Service and Pageant 6:00 p.m. Candlelight Eucharist with Soloists 8:00 p.m. Candlelight Eucharist with Sanctuary Choir, Bells and Instrumentalists **DECEMBER 25** Nativity Eucharist and Carols at 10:00 a.m. **December 31**

Eucharist, Lessons and Carols at 10:00 a.m. We share an open Communion Table at all of our liturgies. **MUSIC AT FAITH BENEFIT CONCERT** Sunday, December 3 at 4:00 p.m. Handel's Messiah Community Singalong

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Christmas Eve sžög Appetizer Vinc Ripe's Over the Top

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- Fresh-Cooked Veggies
- 2 Half Trays of Your Choice
- Escarole & Beans Brocceli Oreganate
- String Bean Almonding
- Honey Glazed Carrots Grilled Assorted Vegetables
- Fresh Seafood Entrees 1 - Tray of Your Choice
- Shrimp Fra Diavolo
- Stuffed Filet Of Sole
- Homemade Seafood Paella

JUST HEAT & SERVE - FEEDS 12-15 PEOPLE Home-Made Pasta 1 - Tray of Stuffed Shells

- AND 1 - Tray of Your Choice
- Lobster Ravioli w/Vodka Shrimp Sauce
- · Linguine w/ Red or White Clam Sauce
- Spaghetti w/ Shrimp Sauce Fra Diavolo
- * Penne w/ Shrimp & Scallops in a Cream Sauce

Dessert 2 lb tray of Italian cookies Also Includes 2 dozen fresh baked dinner rolls

- Appetizer
- Fresh Mozzarella & Tomato Platter Salad

Waldorf Salad Bowl Mexculin Salad, walnuts, dried cranberries, crumbled gorgonzolu cheese de sficed green

applies with lemon respherers vinatignate drawing Pasta (Your Choice of 1 Full Tray)

- Homemade Stuffed Shells Homemade Manicotti
- Vegetables (Your Choice of I Full Tray)
- String Bean Almondine
- Vegetable Medley

(broccolt, casi)(fower, zucchtni & carrots) Potato (Your Choice of 1 Full Tray)

- Rosemary Roasted Red Potatoes Polato Croquelles

JUST HEAT & SERVE - FEEDS 12-15 PEOPLE Entrée (Your Choice of I Full Tray) Chicken Scarpelli

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RENNA MEDIA LAUNCHES THREE NEW NEWSPAPERS NOW MAILING 125,000 NEWSPAPERS BRINGING TOTAL TO 21 TOWNS

Renna Media will be launching three new newspapers in January 2018. Garwood Times, The Chathams, and Madison Monthly will join Renna Media's family of newspapers, bringing the number of publications to 21 with a total of 125,000 newspapers mailed to homes and businesses monthly.



(above, l-r) Joe and Tina Renna, owners of Renna Media, LLC, have been publishing community newspapers since 1998.



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that they contain information focused on each individual town and are direct mailed within those towns.

highest value for their advertising dollars. The newspapers are designed (black ink on newsprint) to keep the cost of advertising as low as \$60 for a business card size ad. Regional

The publications are "hyper-local" in nature in businesses can take advantage of one low rate for being in multiple publications. Inserts are also available.

Joe and Tina Renna, owners of Renna Media, The hyper-local design gives businesses the LLC, have been publishing community newspapers since 1998.

For info about Renna Media publications, please contact info@rennamedia.com; or call 908-418-5586.



Ask Us About Our Targeted Advertising and Marketing Opportunities Feature your business through · Video · Photo Albums · Press Releases

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

9 HALF PAGE 6.5' x 9' or

12 Units

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18 FULL PAGE

2 PAGE SPREAD

FRONT PAGE BANNER

FRONT PAGE BOX

7"

8"

4"

2"

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\$360

\$400

\$700

\$500

\$320

\$240

\$800

\$900

\$1000

\$1000

\$1200

\$1400

\$1300

\$1500

\$1800

10" x

10" x

10" x

8.25" x

10" x 14"

21" x 14"

1.5" x 4.5"

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