# WARREN MONTHLY NJ

**WARREN'S HOMETOWN NEWSPAPER** 

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# PE TEACHERS GET TO TEACH A SPORT THEY LOVE

Warren Township Schools

Physical Education (PE) teachers from Warren Township Schools were excited to participate in a Professional Development (PD) session with members from the Professional Golf Association (PGA) sponsored by the New Jersey Golf Foundation (NJGF) on October 12th. The focus of the PD was integrating golf into the elementary and middle school Physical Education curriculum.

According to the NJ Golf Foundation's website, "The golf program is thriving in over 221 schools in NJ. The program offers students an exciting alternative to traditional games played in Physical Education (PE) class. The NJGF funds the program and provides each school with an allotment of developmentally appropriate equipment."

It's no surprise that the teachers were happy to make golf more accessible to students in Warren Township, as golf happens to be a hobby for many of the district's PE teachers.

Throughout the year 2020, Warren PE teachers gravitated towards golf in their personal lives because it allowed for physical activity and socialization while also maintaining safety measures.

Warren Middle School PE teacher Sean Mealey took his hobby one step further and worked with Woodland School PE teacher John Tsihlas to spearhead a golf tournament at the Hillsborough Country Club in July of 2020 called The Warren Invitational.

Mealey found a silver lining in the restrictions, "The pandemic limited the activities you could do. For us, it (The Warren Invitational) created an opportunity to design



(above, back, l-r) Back row: Nicholas Bayacheck, Sean Ulichny, Erick Velasquez, Sean Mealey, Andrew Ahimovic, Kurt Reck, Christina Paulsen (PGA New Jersey Section Assistant Director; Tournaments & Junior Golf), Greg Zohovetz (PGA New Jersey Section Director; Junior Golf & Player Development), Doug Clark. (front, l-r) TJ Fabiano, Aubrey Pellerin, John Tsihlas, Laura Lamson.



(above) 2021 Winners Warren Invitational Winners! Aubrey Pellerin, Laura Lamson, John Tsihlas, and Nicholas Tsihlas

something fun and give back to the community. Both Mealey and Tshilas enjoyed the day and were happy with the outcome.

The following summer, Mealey and Tsihlas were set to host The Warren Invitational once again and planned to grow the tournament by including their fellow Warren Township Schools' Co-Workers to join them.

Currently, Mealey and Tsihlas are the President and Vice-President of the Warren Invitational Committee while Aubrey Pellerin, Mt Horeb and Central School PE teacher acts as the Secretary, and Warren Middle School (WMS) PE teacher Andrew Ahimovic the Treasurer, Central School PE teacher Laura Lamson the Public Relations chair, WMS PE teacher TJ Fabiano the Social Media chair, Mt. Horeb PE teacher Sean Ulichny the Fashion Coordinator, WMS PE teacher Danielle Buzby the photographer, and finally, Nicholas Bayacheck, WMS PE teacher the coordinator of Food and Beverage.

The teachers felt strongly that the tournament should benefit a non-profit organization. The committee was proud to select and support The Arc of Somerset County, specifically Camp Jotoni, a local non-profit organization whose mission is to provide recreation and respite services for children with developmental and intellectual disabilities.

On August 11, 2021, the 2nd annual Warren Invitational was held and the event raised just over \$1,000 for Camp Jotoni. All of the committee members enjoyed the experience and are looking forward to The Warren Invitational in 2022. Mealey was especially happy to present camp Jotoni with a donation. "We found a meaningful local charity to give back while playing the game we love." Photos by Warren Township Schools



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# WHRHS HALL OF FAME SEEKING NOMINATIONS

Watchung Hills Regional High School

The Watchung Hills Regional High School Hall of Fame Committee is now accepting nominations for The Class of 2022 Hall of Fame. The deadline for nominations is January 15, 2022. Nomination forms may be found on the school website whrhs.org, under the Community heading. Forms may also be picked up in person at the WHRHS, 108 Stirling Road, Warren.

The Hall of Fame was set up to recognize individuals who have achieved distinction either during their high school days and/or in their professional or community life thereafter, as well as those who have served, with diligence and devotion, as Watchung Hills educators, coaches,

board of education members, volunteers, and so on. Alumni nominees must have graduated at least 10 years ago.

To date, 69 individuals have entered the Hall of Fame in a wide variety of different fields, including education, athletics, humanities, the arts, medicine and volunteerism. Those selected to the Class of 2022 will be honored at a ceremony to be held in May of 2022. Those not selected will still be considered for future classes.

For more information, please feel free to contact Ms. Laurie Grafer, Administrative Assistant to the Principal at 908-647-4800 ext. 4870 or e-mail her at lgrafer@whrhs.org.

# **PARK & RIDE RETURNS**

weekday (Monday-Friday) bus service from Warren Township directly to NY Port Authority Bus Terminal on Monday, November 1, 2021.

The morning bus departs Warren Corporate Center at 6:35 am, with no stops en route to the NY Port Authority Bus Terminal. Additionally, commuters have a couple of options in the evening, as Warren is the first stop for express buses that leave the NY Port Authority Bus Terminal at 5:30 pm and 6:00 p.m.

Free parking permits are available as residents have access to the Parking Deck of Building 300 at the Warren Corporate Center off King George Road near I-78 Exit 36. Spaces assigned specifically for commuters have been made

The Warren Township Park & Ride resumed available by the Center's owner, Vision Real Estate Partners, through an agreement with Warren Township.

> Lakeland Bus Company of Dover provides a comfortable 57-seat ADA-compliant express bus. The fee is \$13.75 for a one-way pass, or \$118.50 for a 10-trip pass. Tickets can be purchased from the bus driver, at the Krauzers in Warren Township, the Port Authority ticket windows 1-10 and all transit vending machines.

For those interested in this service, please visit warrennj.org/240/Park-Ride or contact the Warren Township Clerk's Office at Parkandride@warrennj.org or (908) 753-8000, Ext. 223.

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# **TOYS FOR TOTS COLLECTION DRIVE**

Warren Township Recreation will have a Toys for Tots collection box outside of the recreation office on the first floor of Town Hall.

Donations accepted are new, unwrapped toys only.

Donations will be collected Monday-Friday from 8:30 a.m. -4:00 p.m. through December 13.

Warren Township Recreation has been approved by Santa to gather mail from Township children and deliver it to the North Pole. We are accepting mail through Thursday, December 9.

**LETTERS TO SANTA** 

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

Every child will receive a personalized letter from Santa, but after December 9, 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.

For more information on being a volunteer visit: wtrec.ivolunteer.com/santa 005





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# **GIVING THANKS TO THOSE WHO GIVE**

and the Warren Township Office of Emergency Management would like to thank the residents of Warren Township for their generosity. We collected five car-loads of

certificates to assist the Feeding Hands Pantry, which serves 650 families in Somerset County.

Feeding Hands was greatly impacted by

The Warren Township Police Department food, toiletries, cleaning supplies and gift Tropical Storm Ida, losing 25 tons of food and all of their refrigeration units. Despite their own hardships, Feeding Hands has still been able to distribute food on their regular service days to their guests.



(above, l-r) Sgt. Matt Saum, Det. Mike Dollard, Lt. Paul Dziedzic, OEM Coordinator Jane Asch, Chief Bill Keane, Sgt. Pat Mizeski, Deputy Mayor Vic Sordillo, Mayor George Lazo, Lt. Eric Yaccarino

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# **Sunday Mornings**

Liturgies with Eucharist at 8:00 and 10:00 a.m.

# Midweek Advent Liturgy Followed by Organ Recital

Wednesdays at 12 noon December 1, 8, and 15

# Christmas Eve

Friday, December 24 Family Service at 4:00 p.m. Candlelight Eucharist at 6:00 p.m.

# Services of Lessons, Carols and Eucharist Saturday, December 25 at 10:00 a.m.

Sunday, December 26 at 10:00 a.m.

Services with limited seating and regular livestream. Visit our website at www.famfaith.org or find us on Facebook at Faith Lutheran, New Providence.

We practice an open Communion table. All are welcome!



# RELIEF FROM CHRONIC KNEE PAIN

FDA Approved Treatment to Avoid Surgery

# DON'T BLAME THE ARROW FOR MISSING THE TARGET

Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought Viscosupplementation injections might be the answer, but the results were disappointing and painful. Don't assume the treatment wasn't right. That could very well be like blaming the arrow for its path to the target when the problem might be the archer. If you didn't get the pain relief you were hoping for, chances are your injection treatment was off target. Unlike blind injections or even ultrasound targeted treatments found elsewhere,

Northeast Spine & Wellness Center uses diagnostic fluoroscopy to make sure the area that needs treated is the exact area where the injection goes. This is the most advanced method of delivering this pain relieving treatment with 95% accuracy to give you the results you're looking for. The use of Fluoroscopy guided injections sets Northeast Spine & Wellness Center apart. The end result is you living pain free from your chronic knee pain. You can avoid the lengthy and painful road of knee replacement surgery. You can avoid the endless trial and error assortment of potentially addictive prescription medications. This treatment, using fluoroscopy guided injections has seen a success rate of above 85% in those suffering from knee pain related to osteoarthritis, and that includes people with bone on bone involvement. You've suffered from chronic knee pain long enough. Call Northeast Spine & Wellness Center now for a RISK FREE consultation.



### If Knee Surgery Sounds Scary, It Should

Have you have been told you are facing knee replacement surgery? Have you been told about all the downsides you could be facing? First and foremost, there are NO guarantees that knee replacement surgery will be the answer to your pain,

- · Surgery is costly, regardless of the percentage of services covered by insurance.
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications
- With surgery, there is always a risk for unwelcomed complications. And you could be back to where you started, or worse.
- Medications will be required for relief from surgery and you have been down that road before. Addictions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

### Consider This Alternative To Surgery

Northeast Spine & Wellness Center offers you a real opportunity and a painless way to say goodbye to your knee pain without any surgery. Here are just a few of the important benefits you should consider?

- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections
- Guided fluoroscopic injections are virtually pain free, unlike blind injections.
- No lost time from work or family.
- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
- Recovery time is almost instant, not months or years.

### How Does This New Treatment Work?

Relief begins almost as fast as it takes to pronounce the treatment. It's called Viscosupplementation Therapy. To begin with, it starts with Northeast

Spine & Wellness Center investing in the use of diagnostic fluoroscopy This enables them to target the exact location of your knee pain with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. That explains what you will see on the surface of this revolutionary treatment. What's taking place below the surface is how and where the natural healing process takes place. The injection of a Hyaluronic acid called Hyalgan. This gel-like substance was approved by the FDA in 1996. Hyalgan is a natural substance that mimics the synovial fluid that is already produced by your body in your joints. Osteoarthritis sufferers in particular see a reduction in this much needed synovial fluid in their knee joints. Without that cushioning layer of protection, the cartilage in your knee can begin to wear away leading to the rubbing of bone on bone. Through Viscosupplementation Therapy, this natural substance immediately goes to work reducing the swelling and inflammation in the joint and adding a coating layer of protection. Think about Dorothy taking the oil can to The Tin Man. You'll begin to feel that same kind of relief and quite possibly feel like you're ready for a dance down the yellow brick road to recovery yourself. And with a success rate of over 85% in alleviating pain associated with osteoarthritis, it's easy to see why this treatment is so readily covered by Medicare and by most major insurance providers. Diagnostic fluoroscopy to target the pain, Viscosupplementation Therapy to relieve the pain. Simple, fast and no surgery!

### Do you Suffer from any of these Symptoms?

There are a number of reasons why you developed Osteoarthritis pain. It can develop with age or because of heredity. It could be from repetitive stress from a job or some glory days in athletics. Of course your concern is with the symptoms you face daily and how to make them end. hopefully without surgery or the use of potentially addictive medications. Northeast Spine & Wellness Center understands the symptoms you have been

living with and can help. If you have any of the symptoms below, please call us today. Relief is a phone call away.

- · Pain Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- · Swelling This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult and dangerous just name a few activities affected by swelling
- · Stiffness Getting up out of bed or after sitting for a period of time gets more and more difficult. This loss of mobility can be more than a hindrance. It can be dangerous if you need to move quickly.
- · Loss of muscle strength This can lead to balance issues and the strong possibility of falling.
- . Joint deformity Not just unsightly, but painful as well.
- · Creaking Joints Can be painful and a sign of more discomfort to come.
- Sleepless nights Losing sleep over your suffering is not just irritating, but potentially dangerous because of so many other health concerns that can be affected by loss of

# Let Me Show You Targeted Relief From Your Knee Pain

Every day, I see patients suffering from knee pain due to arthritis, osteoarthritis, sports injuries or other conditions. Many have been told that they are in need of knee replacement surgery. Other patients say they have been prescribed various prescription medications to deal with the pain.

Something else I see almost every day. are patients that have tried viscosupplementation knee injections elsewhere and found it to be a painful and ineffective experience because the injections were not administered using fluoroscopic guidance. Instead of using the incredibly accurate diagnostic fluoros

copy we use at Northeast Spine & Wellness Center these patients experienced a blind injection technique, which can be as inaccurate as playing pin the tail on the donkey

Once I am able to explain to my patients about the pin point accuracy of using diagnostic fluoror copy and the amazing results viscosupplementation can provide, they are thrilled to get started They are even more thrilled when they feel the relief. Please contact Northeast Spine & Wellness Center today to schedule your RISK FREE consultation

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Scot Paris MD. FACS

# Here's what our patients have to say

down steps with no pain." - Patricia G.

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(above) Dr. Matthew Mingle during his 2021 Welcome Back address to Warren Township Schools staff.



(above) Elementary School teachers from Warren Township Schools Nancy Andrews and Jessica Bostwick at Schoenfeld Theatre after watching Come From Away.





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# **SCHOOL STAFF HAVE INCREDIBLE NYC MOMENT**

Warren Township Schools

At the start of each school year, Superintendents from around the country prepare and give opening remarks to welcome new and returning staff members back to school. In Warren Township, NJ, Superintendent of Schools, Dr. Matthew Mingle, does just that and for the past two years, his welcome back speech has been inspired by a very special story.

It goes without saying that the 2019-2020 and 2020-2021 school years were unpredictable and full of challenges and changes for students and their teachers. Schools around the state were operating on different schedules based on many different factors. In Warren Township, Mingle along with members from the Return to School (RTS) Committee, a group made up of district stakeholders, worked together with the Board of Education and community to safely return all students and staff members to the Warren Township Schools.

On that first day back to school for teachers in August of 2020, many school staff were feeling nervous and or anxious, and Mingle knew how important it would be to convey a strong message of unity to his staff members. Mingle drew from a novel that has made a deep impact on his life, 'The Day the World Came to Town', and Mingle's favorite award-winning musical, Come From Away. In both the novel and the musical, the story is told about a special town called Gander, Newfoundland, where 38 jetliners were forced to make emergency landings at the Gander International Airport after the airspace closed on September 11, 2001.

During his convocation, which was broadcast throughout all district school buildings, Mingle's message was clear, "We are The Rock." In this statement, Mingle was drawing comparisons between the small, remote island of Gander following the horrific events on September 11, and the impact that the pandemic was having on the district's children. In the musical, Come From Away, The Rock serves as a metaphor and is both a literal island and a figurative island for over 6,000 stranded people in the midst of the 9/11 attacks.

"For many of us, 9/11 was a defining moment in our lives - these last 6 months represent a 9/11 moment for our kids whose entire way of living has been disrupted due to unexplainable conditions outside of their immediate understanding. Last spring, we were The Rock for each other, our students, and their families."

Gander is now globally known for its people and their acceptance and embracing of the thousands of scared individuals from around the world who were welcomed with open arms by the islanders.

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Mingle showed a clip from the musical and the district gifted a copy of the book 'The Day the World Came to Town' to all staff members.

During Mingle's 2021 inaugural address, he again referenced the popular hit musical, Come From Away. This year, Mingle was excited to offer any staff member that was interested the opportunity to purchase discounted tickets to the Broadway show for the November 20th matinee. Mingle also coordinated a streaming event for all staff to view Come From Away on Apple TV on September 10, 2021.

On Saturday, Nov. 20th, many district staff members traveled into NYC to the Schoenfeld Theatre to finally see the Broadway show that Mingle has been referencing for the past two years. Not only were the staff members blown away by the cast and the outstanding show but they happened to be a part of an incredible NYC moment!

A few minutes before the musical began, cast member Josh Breckenridge thanked all of the guests for coming back to Broadway and also invited each audience member to open a secret envelope that had been left at their seat. To their surprise, each person opened an envelope with a \$200 American Express gift card! Breckenridge explained that the card was from an anonymous donor who was paying it forward which was an incredible gesture and very on-message considering Come From Away helps illustrate the epitome of human kindness.

Through social media, it was discovered that the audience members at Schoenfeld Theatre were not the only benefactors of this kind act. Patrons at multiple diners throughout NYC were receiving free coffee and other morning essentials, skaters at Rockefeller Center received free skating for an hour, a local food pantry received a donation to cover the costs for 200 Thanksgiving meal kits, lunch at a Harlem restaurant for all customers, and finally the maternity ward at a hospital in Queens, where 29 new parents received \$500 to help cover the costs of diapers, clothing, and other supplies!

On Sunday, November 21 a financial services company called Ally Financial eventually claimed responsibility for the many acts of kindness. According to the company's Twitter page, they were excited to provide this moment for many people. "This time of year we're all better off with an ally, which is why we #totallycovered experiences all over New York City this weekend."

Many staff members were extremely appreciative of the entire experience and are looking forward to a moment when they can pass along some kindness to an unsuspecting stranger and pay it forward.

Photos by Warren Township Schools

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# STUDENTS TAKE IT ON THE ROAD





(above, l-r) Seventh grade student, Aadya Bhushan, explains an activity to third grade Central School students, Joseph Hernandez, Noah Agha, Isabella Ghinzelli, Sophia Agresti, MacKenzie Linton, and Teegan Byrne.

(above, l-r) Seventh grade students from Warren Middle School, Sydney Paradise, Vanessa Spata, Aadya Bhushan, and Madelyn Paradise, are ready to teach a lesson to Central School third grade students.

### Warren Public Schools

On Wednesday, November 17th, four students from seventh grade at Warren Middle School (WMS) loaded up into a district van with their teacher, Dr. Susan Cooper, and took a trip over to Central School in Warren to participate in their E2 elective class, "Take it on the Road."

"Take it on the Road" is essentially a teacher/leader-in-training program designed for middle school-aged children. According to Cooper, the class has been running at WMS for the last 20 years. "They absolutely love seeing their former teachers and working with younger peers. It is a rewarding experience for everyone involved." Cooper works with her students to develop their creativity, organizational skills, and

leadership abilities. For this particular visit to Central School, Cooper worked with her students and helped them create developmentally appropriate enrichment activities for the younger students.

Sydney Paradise, Vanessa Spata, Aadya Bhushan, and Madelyn Paradise arrived at Central School ready and excited to teach enrichment lessons to the students in Mrs. Cartolano-Gomez's class. Not only were the WMS students excited about the day, but they were also thrilled to be back at Central School. All four students are Central School alumni and three out of four of them had Cartolano-Gomez as a teacher.

The third grade students from Cartolano-Gomez's class hung on to each word from the WMS students and eagerly participated in the fall themed activities the girls presented.

Cartolano-Gomez is so proud of her former students and looks forward to their return to Central School in the spring. "It filled my teacher's heart with joy to see my former students teach my current students. They were organized, caring, and patient! I'm so happy they made their way back to their third grade Central School home."

Photos by Warren Township Public Schools



(above, l-r) Seventh grade students, Vanessa Spata and Sydney Paradise, present a Thanksgiving Trivia game to the Central School students.





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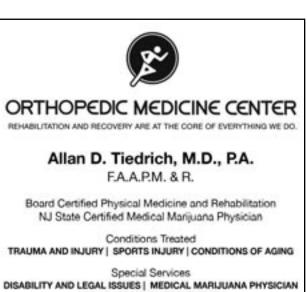
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# **CENTRAL STUDENTS HELP WARM HEARTS AND FEET**



(above) Vivek Sharma holds some slippers that are ready for delivery to the Goryeb Children's Hospital in Morristown, NJ.



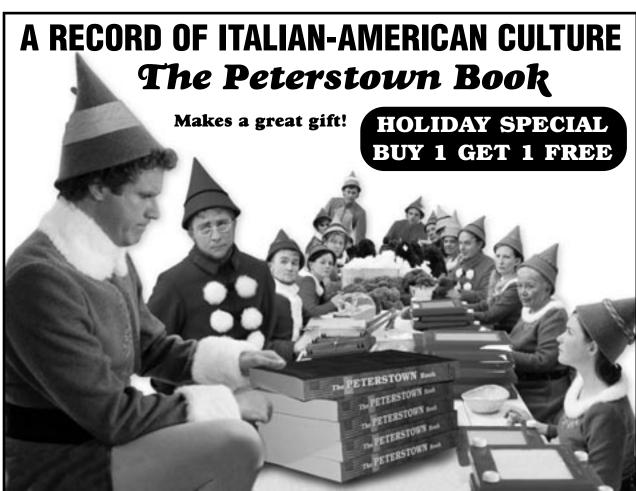
(above) Caitlin Byrne holds some slippers that are ready for delivery to the Goryeb Children's Hospital in Morristown, NJ.

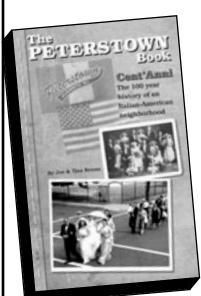
### Warren Public Schools

Leaders from the Central School Parent Teacher Organization (PTO) teamed up with school staff to throw a Slipper Drive from November 8 through November 12 to benefit the Goryeb Children's Hospital in Morristown, NJ.

According to Jennifer McCarey, who acts as the PTO Social Action Chair, the school community donated 109 pairs of slippers during the drive. "Our Central School community always comes together to support a great cause. These slippers are sure to put a smile on many children's faces this winter."

Student Leaders in the 4th and 5th grades worked with Ms. Alyssa Pech, Central School Counselor to wrap the slippers. Each package was labeled with a special note that read, "We hope these slippers warm your feet and heart! With kindness, Your friends at Central Elementary School." Pech is very proud of her students, "I love how eager and willing to help my group of Student Leaders are this year. While the PTO initiated this amazing event, it's fueled my Student Leaders to think outside the box of how they can help other populations they care about!"





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(above) Max Sobin, Dominic Cocuzza, Luca Runfolo, Iniya Senthil, Madeline Mungekar, Pranoy Mazumder, Sydney Ulrich, Emily Slepokura work together with their peers to package the slippers.

Photos by Central School



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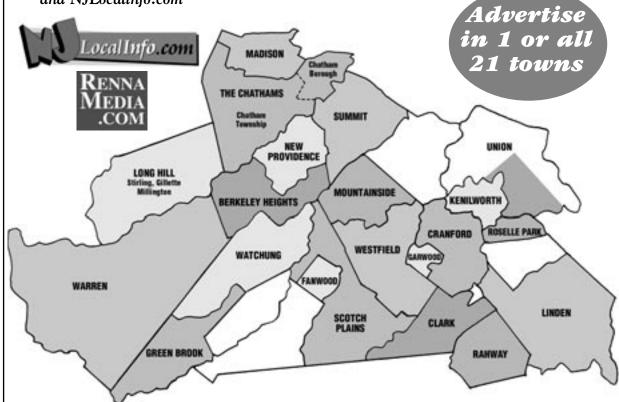
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# **CUB SCOUT PACK 182 IS BACK TO CAMPING!**

October Pack 182 Scouts enjoyed their first official two-night camporee since the start of the pandemic. Thanks to the local Watchung Reservation for hosting the Warren Cub Scout Pack along with Pack 32 from Watchung and Pack 35 from Cranford. Warren Cub Scouts were eager to get back into their tents after a long wait. Overnight camping filled with adventures and activities has been a longstanding tradition in Cub Scouting, one that families look forward to year after year. After well over a year without a camping experience, Pack 182 leaders came together to plan and execute this wonderful event! The focus of this camporee was to expose K-5th grade Scouts and their families to an array of outdoor skills while having plenty of fun! Thanks to Den Leader, Mariette Dzeletovic, and Assistant Cubmaster, Ryan Valentino, for spearheading this camping extravaganza. Cubmaster, Chris Bellmann, took the reins on supporting the archery range and teaching safety and skills across all ages and ranks while Rangemaster, Tom Ventriglia, ran the BB gun range. Many leaders and parents came together to ensure a

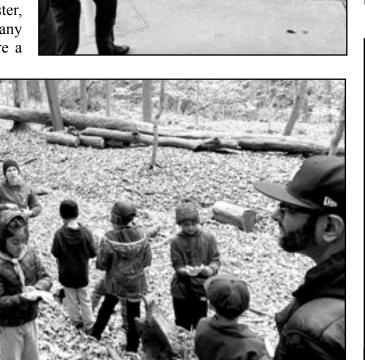
Back into the wild before the storm! In safe and action-packed weekend! There were nature hikes, lessons in knots and survival, an epic Capture the Flag game, as well as delicious campfire meals, and of course the coveted

> How can you join the Fun? Boys can enroll in Pack 182 Warren Cub Scouts at any time during the year, with many joining simultaneously at the start of a new school year. Scouts from surrounding towns are welcome.

> To learn more about Scouting, please contact, membership@warrenpack182.org.











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