



**ROBERT D. PARISI**  
*Mayor*

## TOWNSHIP OF WEST ORANGE

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### **West Orange Declares November 1 “Extra Mile Day” Parisi to Join 400 Mayors for Extra Mile” Mission**

**October 11, 2013 – West Orange, NJ** – Mayor Robert D. Parisi today declared that West Orange will dedicate November 1, 2013 as “Extra Mile Day.”

Mayors across the United States are recognizing a growing movement that is dedicated to encouraging individuals and organizations to “go the extra mile” in service and volunteerism. On November 1, over 400 mayors will declare “Extra Mile Day.”

At a time when many are demanding changes in service and opportunity, “Extra Mile Day” celebrates individuals and organizations that have chosen to create positive change in their communities by going the extra mile. Created in 2009 with twenty-three cities making the inaugural declaration, “Extra Mile Day” has continued to build momentum each year since.

“We all talk about wanting change...happiness...more opportunity,” says “Extra Mile Day” Founder, Shawn Anderson. However, relying on others to make that happen is only wishing for life to get better. Taking personal responsibility and going the extra mile personally is where true change is created.”

“I encourage individuals and organizations to create positive change and I hope to inspire them through my own actions,” Parisi said.” We all have the power to make changes in our lives and within the community. Imagine how strong West Orange can be if each person takes one step to ‘go the extra mile.’

For more information about Extra Mile Day and its history, visit [www.ExtraMileAmerica.org](http://www.ExtraMileAmerica.org). To speak to Shawn Anderson directly, call 310-402-4826 or email [Shawn@ExtraMileAmerica.org](mailto:Shawn@ExtraMileAmerica.org).

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