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**THE LONG HILL  
CHAMBER OF  
COMMERCE  
will sponsor its  
ANNUAL  
STIRLING STREET  
FAIR  
SUNDAY,  
SEPTEMBER 21  
2014**  
The event  
will be held on  
**MAIN AVENUE**  
between  
**MERCER AND  
SOMERSET  
STREETS**  
from 10am - 5pm

## SUMMER KICK-OFF CONCERT WITH PARROT BEACH BAND

On Saturday, June 21st, the Long Hill Township Parks & Recreation Dept. hosted its annual "Summer Kick-Off Concert" at Stirling Lake, sponsored by Investors Bank of Stirling. Investors Bank has been our sponsor of this event for the past several years as we welcome back crowd favorite, Parrot Beach—a Jimmy Buffet tribute band. Investors Bank passed out beach balls and glow-in-the-dark bracelets to add to the fun.



*(right) Members of the Parrot Beach Band with Investors Bank Branch Manager, Anthony Grzan, Stirling (3rd from right)*



*(above) Concert-goers having fun and enjoying the beautiful evening.*

## LIBRARY CELEBRATES NJ'S STATE ANIMAL

Children at Long Hill Township Library celebrated New Jersey's state animal, the horse, on June 16th with a special Horse Storytime! They read horse stories, made a horse craft and met two live horses! Sponsored by the NJ Horse Council and NJ Equine Advisory Board, horses Tor and Zorro came for a visit and were great with the children!



*(left, l-r) Library visitors take a liking to horses, Tor and Zorro.*

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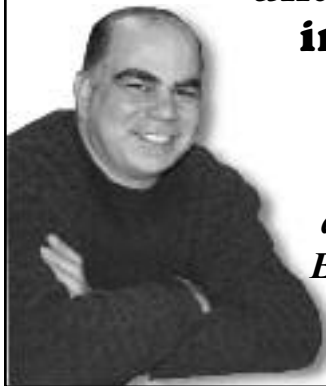


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**GIRLS EXPLORE STEM AT SUMMER CAMP**

Girl Scouts of Northern New Jersey (GSNNJ) hosted several STEM (science, technology, engineering and math) program activities this year thanks to the support of PSE&G.

At GSNNJ's two summer camps, Lake Rickabear in Kinnelon and Jockey Hollow in Mendham, special sessions feature a new water robotics program, in addition to other STEM activities. Water robotics teaches girls to design, draft, and engineer robots that can complete tasks in water. This initiative was funded in part by PSE&G.

During the "Geek Chic" session at Lake Rickabear in July, girls also learned about sound waves, circuitry, and the capillary effect.

"Girl Scout summer camp is a great place to incorporate STEM activities since it provides a structured, girl-only environment for girls to try out new things and learn about different aspects of science and technology," said Betty Garger, President and Chief Executive officer of Girl Scouts of Northern New Jersey. "We truly appreciate the support of PSE&G, which has allowed us to expand our STEM offerings to even more girls."

PSE&G also funded other STEM activities

throughout the year, including STEMfest at Passaic County Community College. During this conference, middle school girls worked alongside students at PCCC in hands-on science experiments and activities.

"Girls are still losing interest in these core subjects once they get to middle school due to the lack of mentors and low exposure to STEM fields," said Betty Garger, President and Chief Executive officer of Girl Scouts of Northern New Jersey. "With the increasing importance of STEM in our world, we really need to foster a love of these fields in girls of all ages."

Girl Scouts is the premier leadership development program for girls. In Girl Scouts, girls discover themselves, connect with others, and take action to create positive change in their own communities. For more information about Girl Scouts, call Girl Scouts of Northern New Jersey at (973) 248-8200.

Girl Scouts of Northern New Jersey serves girls ages 5-17 in 160 municipalities in Bergen, Morris, Passaic, Sussex and northern Warren counties.

There are currently 31,465 girl members and 16,904 adult members.

**VOLUNTEER OF THE YEAR HONORED**

*Submitted by Elise Moholkar*

More than 50 people attended the Long Hill Township PTO End-of-the-Year Celebratory dinner on June 18th at Chimney Rock Inn in Gillette. The annual dinner is an opportunity for the PTO to thank all of the administrators, teachers and parents who collaborate and work so hard to ensure quality school experiences for our children. The Virginia Doran Volunteer of the Year Award is also presented that evening. This year's award recipient was Mrs. Sandy Magaldo.

*(right, l-r) Virginia Doran's daughter, Bridget presented Sandy Magaldo with the award in her mother's honor. Photo Credit: Gail Sinnott*



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# Sciatica, Stenosis and Herniated Discs May Be to Blame for Pain and Numbness in Legs



## What are patients saying?

*"I have had neck pain and arm pain for seven years from several herniated discs in my spine. I have tried other chiropractic and physical therapy treatments with little success. I have completed the DRX treatment four weeks ago and I am symptom free. Thanks to Performance Rehab I have gotten my life back."*

*- Melissa Miller, Phillipsburg, NJ*

## Who is a candidate for treatment?

There are many types of symptoms that can be relieved including:

- Back/Neck pain
- Leg pain
- Chronic low back pain
- Sciatica
- Stenosis
- Neuropathy
- Herniated/Degenerated discs

"Hi, I am Dr. Spaggiola, clinic director of Performance Rehabilitation & Integrated Medicine, and if you suffer with back or neck pain, I invite you to try non-surgical Spinal Decompression. Did you know that 30 million Americans suffer from back pain every day? This pain affects everything that you do, from work to play and ultimately your quality of life. I am here to tell you that there is hope. You can get rid of your back pain and get your life back. At Performance Rehabilitation & Integrated Medicine, we have helped hundreds of back pain sufferers just like you. We only offer the most advanced non-surgical treatments. We are so confident that we can help eliminate your back pain, we are offering one free visit to see if treatment can help you. There is no obligation and the only thing you have to lose is your pain."

— Ron Spaggiola, DC

## The Truth about Surgery

- Costs can exceed \$100,000
- Prescription pain medications will be introduced
- Surgery may not solve your pain problems
- Surgery can lead to even more surgery in the future
- Recovery time can be painful and prolonged
- Surgery cannot be undone if outcomes are not favorable
- Missed time away from work, family, friends
- Quality of life can be reduced

## About Performance Rehabilitation & Integrated Medicine

The team of medical providers at Performance Rehabilitation & Integrated Medicine understand what individuals in pain are experiencing. Each has a deep commitment to your health and to you as a person. During your first visit you will receive personalized attention from a seasoned staff of medical doctors, physical therapists and acupuncturists. An analysis of your condition by the medical team in conjunction with a detailed treatment plan will be described in as much detail as possible. There is no pressure to accept treatment as the staff at Performance Rehabilitation & Integrated Medicine strives to create a relaxed environment by educating patients about their options. The ultimate decision maker is the patient.

## What makes Performance Rehab's Approach so different?

The medical providers of Performance Rehabilitation & Integrated Medicine have made it their mission to treat patients without surgery or drugs. After years of study, training and trials, they have chosen only the most effective non-surgical options and have brought them together all under one roof.

• **Non-Surgical Spinal Decompression** — Non-surgical spinal decompression is an FDA cleared technology that can relieve disc herniations, sciatica, stenosis and general pain and numbness in the back, neck, legs and feet. Non-surgical spinal decompression does this by using advanced technology to control treatment duration, distraction/angle, intensity, and relaxation of the spine, thus creating a vacuum effect which pulls the disc back into its normal position and brings in a fresh blood supply to promote healing. The treatment is gentle and soothing, with no discomfort to the patient.

• **Specialists in Pain Management** — A medical specialty also known as Physical Medicine and Rehabilitation (PM&R). This methodology gives particular focus to non-surgical orthopedic treatment, sports injuries and Peripheral Neuropathy.

• **Cold Laser** — A comfortable, non-invasive procedure which is successful in treating chronic conditions without pain or discomfort to patients.

• **Physical Therapy** — A traditional treatment methodology aimed at the treatment and curing of certain ailments common to patients suffering with chronic or severe pain. Its primary aim is to bring back the patient to his/her normal self, free of any pain or suffering.

• **Acupuncture** — Through clinical trials, acupuncture has been proven effective in treating various medical conditions including back and neck pain and has been expanded into conventional medicine practices throughout the world.

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— Ron Spaggiola, DC (Clinic Director)

— Joseph Mejia, DO, F.A.P.M.&R. (Medical Director)

## Why pain pills are NOT a long-term game plan

People often cover their pain by relying on prescription or even nonprescription pain pills. While this may work in the short term, the side effects can be alarming. How many people do you know are addicted to pain medications? How did the addiction start? The answer to this question is typically the same. Due to an injury, medications were prescribed which gave temporary relief and soon enough, the medication became necessary to function at all. Countless individuals have been innocently entangled with prescription pain pills while initially using them as prescribed.

## Can time heal pain?

Yes, in some cases time can heal pain but that is not generally the case. At Performance Rehabilitation & Integrated Medicine we have treated too many people that have needlessly suffered for years with back and neck pain. They have also spent a fortune on everything from buying new mattresses to medications. It doesn't have to be that way. The doctors and staff at Performance Rehabilitation & Integrated Medicine have literally helped thousands of local residents relieve their pain without drugs or surgery.

## Surgery should not be taken lightly

Some severe back injuries require surgery but most do not. At Performance Rehabilitation & Integrated Medicine, we believe that surgery should only be considered when all other options have been exhausted. If your back or neck pain is so severe that you are considering surgery we invite you to ask yourself this question: "If there is a long-term solution to back/neck pain that doesn't require surgery, is it worth an hour of my time to find out more?"

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# WATCHUNG HILLS EDUCATION ASSOCIATION AWARDS SCHOLARSHIPS TO FUTURE EDUCATORS

By Eleanor Mathews



(above) Rebecca Kinsella (left) and Shannon Butler were each recipients of \$1000 scholarships from the Watchung Hills Regional Education Association. Teachers union officer Jose Rodriguez (rear) made the presentation.

Photo by Eleanor Mathews

Shannon Butler and Rebecca Kinsella are two graduating seniors who are “energetic, enthusiastic and dedicated students with great potential as future educators.” More significantly, they know what they want to do with their lives: teach. The Watchung Hills Regional Education Association (WHREA) will help them do just that by awarding each of them the WHREA’s \$1,000 Scholarship for Future Teachers.

This is the ninth year the scholarship, which is largely funded by individual donors through an annual WHREA fundraising event, is being offered. Said guidance counselor Joseph Toye who serves on the Selection Committee: “As educators we are aware of the challenges that future educators face. Donating to the scholarship fund is a concrete way to show our support.” Since the program’s inception in 2006, the WHREA has granted close to \$14,000 to future educators.

Jose Rodriguez, representing the teachers’ association, presented the scholarships to Butler and Kinsella.

Both students were enrolled in the child development curriculum program through which local preschool children attend morning sessions in the on-site Edna D’Elia Pre-School during the school year to learn the skills and behaviors which will ready them for kindergarten. At the same time, their high school student-mentors have the opportunity to practice early childhood education skills. The teen teachers have the opportunity of being “apprenticed” to teachers in the Woodland School, located adjacent to the high school, in their senior year so that they may observe professional teachers and gain further insight into the profession in a realistic setting.

Millington resident Shannon Butler has known for a long time that teaching might be her

career choice. The spark her grandmother, a kindergarten teacher, ignited for teaching took hold; teachers such as Mr. Porter, Mrs. Jaren, Mrs. Truskowski and Ms. Goodson, and the courses in Hills’ Child Development Program further strengthened her resolve to become an educator.

During her senior year Butler worked as an assistant teacher in a first-grade classroom at next-door Woodland School, where she was able to help with many day-to-day teacher responsibilities, helping younger students learn every day. A four-year member of Hills’ field hockey team, she also coaches young field hockey players in the recreational junior program. In the classroom or on the field, she takes great pride in helping others grow and mature, something she’ll surely experience as a teacher.

Butler will attend Seton Hall University as a major in elementary education in the fall.

Rebecca Kinsella, also a Millington resident, was at one time interested in architecture as a career. However, when she enrolled in a Child Development course, she began to rethink her career goals. “I realized my future lay not in designing houses, but in educating others. Watching children prosper filled me with joy,” she declared. And after that, she never looked back. She will attend the University of Maryland in the fall, majoring in Early Childhood and Special Education in preparation for teaching preschool through third-grade.

Actually, Kinsella has been involved in childhood education all along as a baby-sitter since eighth grade, a four-year camp counselor in Long Hill Township, a peer tutor. “I love helping others and someday hope to have my own classroom where I can help my students prosper and learn,” she says.



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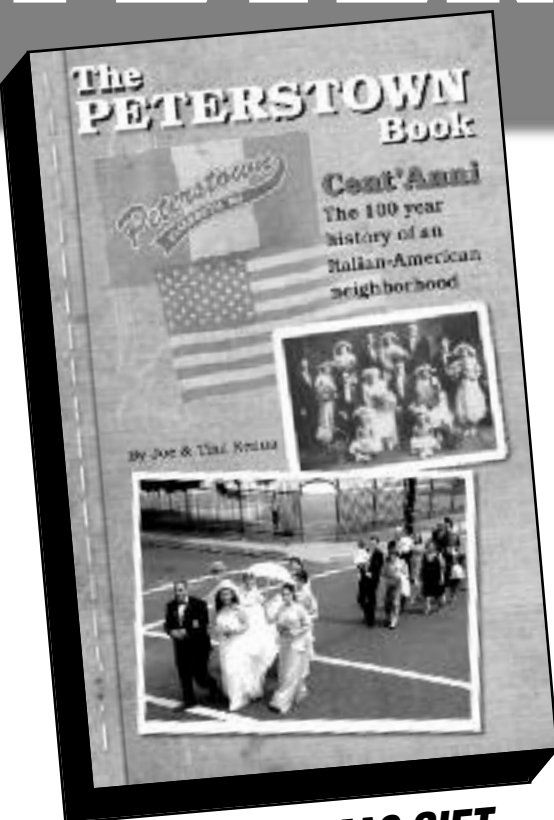
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# LIBRARY CELEBRATES SUMMER READING PROGRAM

Long Hill Twp Library had Summer Reading Kick-off Party where Long Hill Township families registered for the summerlong reading program and played by making all different kinds of bubbles!



(above) Teen volunteers Kaylie Petras and Elizabeth Strona envelope a girl with a giant bubble

(right) Cheryl Currier from Currier's Magical Mania transforms a child into a tiger.



(above) Families enjoy the rainbow colors of blowing bubbles with straws.



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