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ULTIMATE FRISBEE CHAMPIONSHIP SUCCESS

By: *Edir Coronado*

The game of Ultimate Frisbee was conceived in Maplewood, NJ by Joel Silver in 1968. He presented his idea to the Columbia High School student council and the following year a group of students played a game of Ultimate Frisbee using the Wham-O-Master disc.

By 1970 high school teams were created and Joel Silver, Buzzy Hellring, and Jon Hines created a set of rules. With these rules Columbia High School faced off against Milburn High School in the first ever Ultimate Frisbee Interscholastic game, Columbia High School emerged as the winner with a score of 43 to 10, according to the World Flying Disc Federation (WFDF) website. Some 20 minutes west on the I-78 a group of young women are continuing the upward trend of Ultimate Frisbee.

With six straight championships added to their repertoire, it is important to have this group of athletes to represent all that Ultimate Frisbee has to offer, and at its core, the team captains lead the way impressing the younger athletes, with their dedication to the sport and superior physical abilities.

While these young athletes are currently committed to the sport, they were hesitant at first. "My first impressions of the sport were similar to many other people's first impressions, that the sport was for weaker athletes and didn't require much effort," stated Megan Ma, team captain. She learned about the sport from her brother who played Ultimate Frisbee as well.

Jessie Sun, a graduating senior, former captain, who is now on the national team expressed, "It wasn't really my intention to fully commit to it," and while most players never intended to join, once involved in the sport they felt a connection to the game.

Ultimate Frisbee is a sport like no other and within the sport, amongst team members and opponents, respect is stressed. While it is true that football, basketball, and baseball all stress sportsmanship, few sports hold sportsmanship to such a high standard. At the end of every game both opposing teams gather on the field in a circle to discuss conflicts that occurred during the game. According to the WFDF, teams have designated spirit captains and at any moment if the spirit captains feel that the spirit of the game is being violated it is addressed during the game.

Part of the spirit of the game is the self-governing role that players are responsible for when calls are made on the field. There are no referees in the game at the high school level, but increasingly observers and referees are being implemented at the collegiate and professional level. Ma doesn't necessarily agree with an outside person mediating the game, but feels if she continues it wouldn't affect the spirit of the game for her.

Most of the athletes on the team are multi-sport players that decided to dedicate more time to Ultimate Frisbee, while they fell in love with game and now have 20 plus competitors on the lineup, they are still struggling to advertise the attractive aspect of the game.

One way they have made a breakthrough is by inviting middle school children to the summer practices, which has shown great promise. "Ultimate Frisbee is an amazing sport," expressed 6th grader Chloe Tu



"It is really nice having the high schoolers guide my friends and I through this amazing sport."

Currently the team is undergoing conditioning training. Practices for these competitors consist of running up to four miles, quad and core exercises. This group never has an offseason and this is reflected in their championship success, which they plan on achieving again this year.

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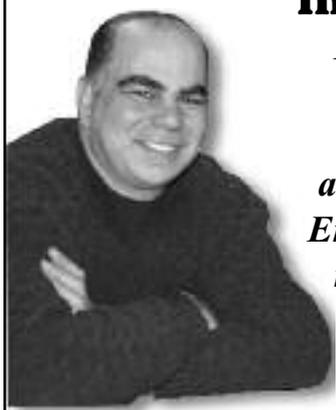
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Community service organizations and sports teams are encouraged to submit news of upcoming events or highlights and photos on recent events.

Organizations who are interested in submitting content can email

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LONG HILL TOWNSHIP YEAR LONG CELEBRATION CONTINUES WITH A SUMMER SCAVENGER HUNT

On June 30th, 2016 Long Hill Township announced the start of an eight week summer scavenger hunt. Of the scavenger hunt, Township Historian Kelly Roshto said, "The 150th Anniversary is a milestone in our town's history and the scavenger hunt is a unique way to learn more about the town. This will be great fun for young and old alike. A special thanks to the many businesses who are participating."

Every Thursday from July 14th to September 10th, a new scavenger hunt card will be available

in the Library. A historical trivial question and a historical photograph of a location in town will be on the card. Players will use the card to figure out the location and then go there to find a poster.

The poster will have a matching photograph, a little history of the site and the answer to the question. Prizes will be awarded at the September Picnic in the Park to be held on September 10th. For more information to hunters visit longhillnj.gov/150th.



(above) The picture on Card #1 is of Donner and Clark's Service Center. The image is in the Historical Society archives and comes courtesy of Jean Stapperfenne.

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STIRLING FIREFIGHTERS GRADUATE FROM FIRE ACADEMY

Four Long Hill Township residents have successfully completed the state required training to become a firefighter by successfully completing the Fundamentals of Firefighter Skills training, known as Firefighter 1. They are

among the state's newest firefighters and eagerly look forward to serving Long Hill Township with their brother and sister firefighters of the Stirling Volunteer Fire Co.

They graduated on Thursday evening, July 14, from the Morris County Public Safety Academy in Parsippany. After their graduation the Stirling firefighters and the graduate's families held a ceremony for them in the Stirling firehouse where each man turned in his probationary firefighter helmet shield to Fire Chief Kevin Phillips who awarded them their new firefighter shield with their individual number. They and only they will ever have that number. The graduates and their number are George Alto #120, Joe Giere #128, Chris Hoffman #129, and Alex Honegger #127. George's son, Justin, has

been an active Stirling firefighter.

The Firefighter 1 course gives the non-firefighter the basic knowledge and skills of firefighting that consist of classroom and "hands on" training.

One of the most exciting elements of the training is fighting simulated structure fires with real fire, heat, smoke, and saving occupants of the structure. The student firefighters trained inside actual fire, heat, and smoke conditions under different scenarios.

Any Long Hill Township resident interested in becoming a Stirling volunteer firefighter may get information on the fire company's website: www.stirlingfd.com. Membership is open to residents 16 years old and older, male or female. Training is provided at no cost to the member.

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(above l-r) The Township's newest firefighters proudly display their new helmet shields after completing several weeks of firefighter training: Alex Honegger #127, Chris Hoffman #129, Joe Giere #128, and George Alto #120. Photo by Frank Reilly, Stirling firefighter.

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FIREFIGHTER'S BICYCLE RACE RAISE FUNDS FOR BURN CENTER

Submitted by Frank Reilly, race chairman & Stirling firefighter

The 20th annual NJ Firefighters Bicycle Race to raise funds for The Burn Center at St. Barnabas Hospital, NJ's only certified burn center, was held on Sun., July 24 in downtown Stirling (Morris County). It was another successful event with more than 60 firefighters racing, including 7 female firefighters. Each year this event, the only one of its kind in America, is hosted by the Stirling Volunteer Fire Co. whose members spent more than 200 hours to make this event a success.

Hundreds of on-lookers cheered and applauded the racers as they completed the two mile race in full firefighter turn-out gear (less boots because it is too difficult to keep boots on the pedals). The weather for the race was sunny and in the low 90s. Due to the high heat the racers were asked if they wanted to race without their gear and just wear their helmets. The vote was unanimous to race in their full turn-out gear! Before the race started a large amount of water was consumed by the racers as well as after the race. The firefighters completed the race without incident, a testament to their strength, endurance, and dedication.

After the race Stirling firefighters hosted a picnic lunch in their air conditioned firehouse for the racers and their guests. Following the meal trophies were awarded to the winners by

firefighter race chairman Frank Reilly and race vice chairman Steve Remington. Reilly praised the riders for their outstanding performance and recognized the many Stirling firefighters who worked so hard to make this event a success.

The top 10 winners were: 1st place Dawher Castro, Stirling Vol. Fire Co. (this was the third consecutive year he won the race); 2nd place Eric Murphy, Liberty Corner Fire Co.; 3rd place Peter Aprahamian, Liberty Corner Fire Co.; 4th place Michael O'Brien, Liberty Corner Fire Co.; 5th Place Richard Owens, Wilkes-Barre PA Fire Dept.; 6th Place Rich Freyrer, Dunellen Fire Dept; 7th Place David Krill, Kenilworth Fire Dept.; 8th Place (tied) Ryan Daughton, E. Franklin Fire Dept. and Ryan Walsh, Liberty Corner Fire Dept.; 9th Place Kurt Meaney, Hampton Fire Dept.; and 10th Place was Nick DeThomas, Millington Fire Co.

First place female firefighter racer was Isabella DeBiasse of the Millington Fire Co. for the second consecutive year.

Best Team of 4: Liberty Corner Fire Co. consisting of Peter Aprahan, Eric Murphy, Michael O'Brien and Ryan Walsh. Walsh finished 8th in the race giving Liberty Corner a wide margin of victory over other teams of 4 racers. Other teams of 4 were from Dunellen Fire

Dept., E. Franklin Fire Dept., Forked River Fire Dept., Green Brook Fire – EMS, Kenilworth Fire Dept., Millington Fire Co., North Branch Fire Dept., Plainsboro Fire Dept., and Upper Saddle River Fire Dept.

Oldest racer was Kenneth Larson, a fit 68 year old firefighter, from the Green Brook Fire EMS Dept. He finished 68th and was presented with the "Oldest Firefighter Racer Award", which he joyfully accepted with much fanfare.

Stirling Vol. Fire Co. racers were Dawher Castro, Travis Snyder, and Randy Wojeck. 16 other Stirling firefighters manned the firehouse setting up, handling registration, preparing and serving food, and clean-up at the end of the day. It was hard work, but was very rewarding.

The participating fire departments were: Dunellen, East Franklin, Forked River, Green Brook, Hampton, Kenilworth, Liberty Corner, Millington, North Branch, Perth Amboy, Plainsboro, Stirling, Upper Saddle River, and Wilkes-Barre PA.

For photos of the race go to Stirling's website: www.stirlingfd.com and click on the Facebook icon. The 2017 race will be held on Sunday, September 26, 2017. Please plan to attend and participate as a firefighter racer if possible. Information will be on this website next spring.



(above) Firefighters line up at starting position.

Photos from this and other events can be found online at rennamedia.com and on the Long Hill Leader page on facebook.com Feel free to "Like", "Tag" and "Share"

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(above) John Givens, AlecMechan, Pedro Yarleque.



(above) 1st Place winner Dawher Castro of Stirling Vol. Fire Co. is flanked by race chairman Frank Reilly (left) and Steve Remington, vice chairman (right).



(above) 1st Place Female firefighter Isabella DeBiaise approaching the finish line.



(above) Stirling firefighter Randy Wojtech speeds across finish line.



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LISA-ANN MARCHICA MARCHESI'S MASTERCHEF RUN

By: Edir Coronado

We last reported on hometown chef, Lisa-Ann Marchica Marchesi, who was selected to participate in the hit T.V. cooking show, MasterChef, currently in its 7th season. Unfortunately, Lisa-Ann was eliminated, but not before she made her mark, in the top 16; although Lisa-Ann left earlier than she would have liked, what she's gained in knowledge makes the experience worthwhile.

Lisa-Ann recently reflected on her time with the show and confessed the difference of cooking at home and during a competition. "When I am cooking for pleasure, I am experimenting, tasting, starting over at my leisure. In a cooking competition, it is fast paced and you need to think fast and act quickly," she stated.

The pressure of cooking under the strenuous cooking challenges presented on the show and among great chefs like Gordon Ramsay and Christina Tosi, can intimidate anyone and while Lisa-Ann was overwhelmed at the beginning, she quickly gathered her composure.

"I took a deep breath and realized Gordon Ramsay was there to really push us to be our very best and to think outside of the box, I began to look at him as a mentor," expressed Lisa-Ann, who quickly established herself as one of the more vocal contestants on the show.

Lisa-Ann was sadly excused from the show on July 6th after failing to extract the right amount of meat during a lobster challenge. She was asked to create lobster tortellini, but the dish fell short of Gordon Ramsay's expectations. This moment is her most regrettable, "I panicked! I should have made my dough first and worked on the broth second," voiced Lisa-Ann, "If I would have taken

a deep breath before it started, I would have won the elimination challenge."

The feeling of devastation set in as the judges announced the competition would result in the elimination of one of the chefs, but through Lisa-Ann's toughest moment, she still managed to draw compliments from Ramsay, "The filling was good, the flavor inside beautiful," a difficult task to accomplish during a chef's best moments.

She is now back home with new cooking techniques added to her arsenal, like baking, a cooking skill she feels was not her strongest. She is now focusing on her olive oil company, Bella D'Oliva by L.A. Marchesi. "With the new cooking techniques and passion for cooking traditional Sicilian family dishes, I would like to expand my brand. So I am collecting my family recipes from the past and the new to develop a cookbook that anyone at home can make," stated Lisa-Ann, "but the best part will be the story behind the plate."

Lisa-Ann continues to exert herself onto the cooking scene, with plans to produce a web/TV series in conjunction with her cookbook. "I would love to follow my culinary journey meeting new people around the country and globe, inspire others to experiment with different foods, learn about the many cultures out there and expand their palate!"

MasterChef, airs Wednesdays on FOX. MasterChef Junior is currently casting for season 6.

For more information visit MasterChefJuniorCasting.com.

To learn more about Lisa-Ann's extra virgin olive oil visit www.belladolivausa.com.



(above) Lisa-Ann Marchica.

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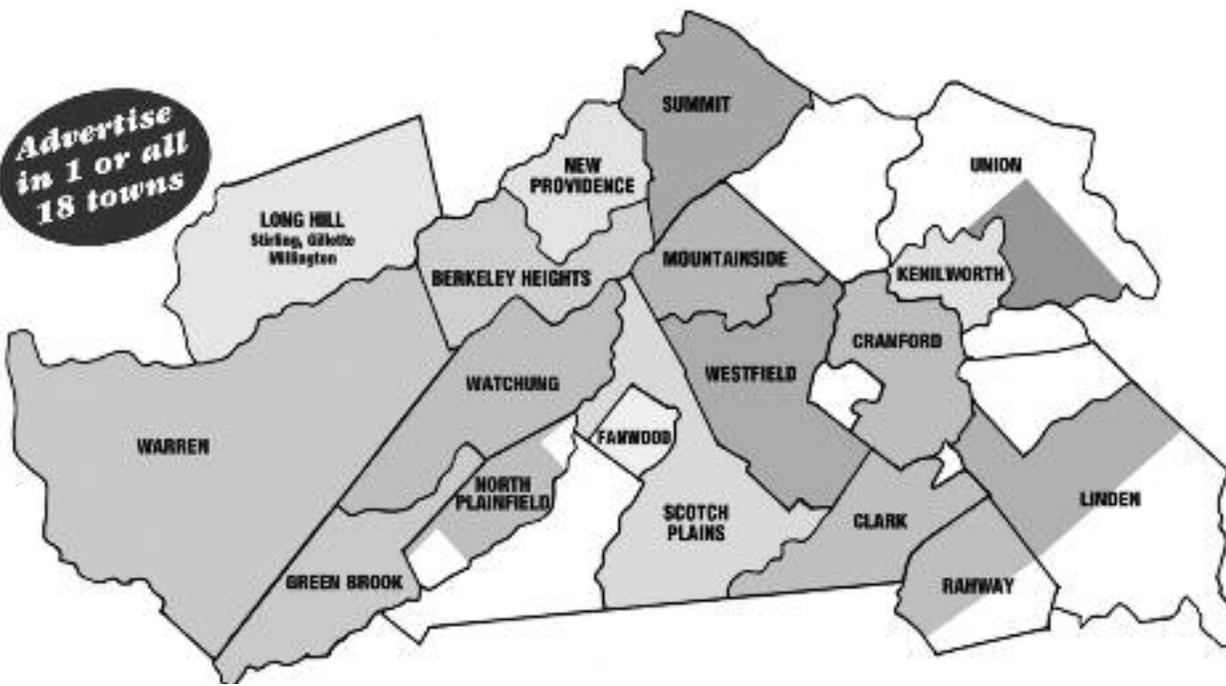
Summer Special

COMPLETE SET OF STEPS
Up to 6 Feet, 5 Steps
\$2,600
(Brick, Limestone & Concrete)
With coupon. Cannot be combined with any other offer. Expires 9/5/16

DANGER
CARBON MONOXIDE

Carbon monoxide is invisible, odorless, and can kill you!

Advertise in 1 or all 18 towns



**RENNA MEDIA
NEWSPAPER RATE SHEET
WE MAIL
100,000
NEWSPAPERS
MONTHLY!**

To place an ad call:
Tina Renna at 908-418-5586
or Joe Renna at 908-447-1295
email: info@RennaMedia.com
Fax: 908-709-9209



Qty: 4,800
Mailed to every home and business.
Zip: 07922



Qty: 6,500
Mailed to every home and business.
Zip: 07066



Qty: 9,800
Mailed to every home and business.
Zip: 07016



Qty: 3,000
Mailed to every home and business.
Zip: 07023



Qty: 3,000
Mailed to every home and business.
Zip: 08812



Qty: 3,600
Mailed to every home and business.
Zip: 07033



Qty: 6,500
5,400 mailed to homes and businesses.
Zip: 07036



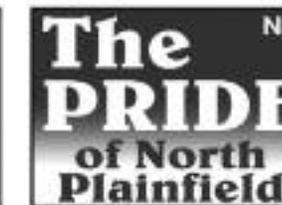
Qty: 3,600
Mailed to every home and business in Gillette, Millington and Stirling.
Zips: 07933, 07964, 07980



Qty: 2,800
Mailed to every home and business.
Zip: 07092



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
Mailed to every home and business.
Zip: 07069



Qty: 11,800
Mailed to every home and business.
Zip: 07090

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
2 Units	3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800
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**
BACK COVER 10" x 14" **\$600**

PAY FOR 6 MONTHS AND GET 1 FREE

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

Make Checks payable to Renna Media, 202 Walnut Avenue, Cranford, NJ 07016

PUT YOUR BUSINESS IN

100,000 Newspapers

Direct Mailed to
Homes & Businesses
in 18 Towns!

www.RennaMedia.com

Email: info@rennamedia.com

**CALL US ABOUT OUR FULL COLOR PRINTING SERVICES
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

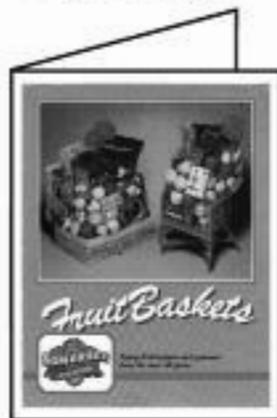
Up to 100,000
Full color / 2 sided
9pt stock / No bleed

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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Fresh Fruit &

Vegetable Market

Freshly baked Portuguese and Italian bread delivered daily!

somersetfarms@verizon.net
somersetfarmsnj.com

908-757-7730

950 Route 22 East • North Plainfield, NJ



Store Hours: Mon-Sat: 9:00 am to 7:00 pm
Sun: 9:00 am to 5:00pm

“We’re Not Just Produce”



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!



COUPON

\$1.00 OFF your purchase of \$20.00 OR MORE



LON8

Excludes garden center and fish purchases. Limit 1 offer per customer per day. Not to be combined with other offer. Offer expires 9/15/16.

COUPON

FRESH SHRIMP

LON8



\$9⁹⁹

1 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 9/15/16.

COUPON

BOAR'S HEAD OVEN GOLD TURKEY BREAST

LON8

\$7⁹⁹ 1 lb



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 9/15/16.

LARGE SELECTION OF JERSEY FRESH CANNING TOMATOES.



NOW IN STOCK! CALL YOUR ORDERS IN TODAY!!!

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

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



Fruitful 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



LON8

Offer expires 9/15/16.