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ISSUE 10 • JUNE 2014

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CHAMBER OF
COMMERCE
BUSINESS
MEETING**

**THURSDAY
JULY 10
8:30 AM**

**LONG HILL
SENIOR CENTER
IN GILLETTE**

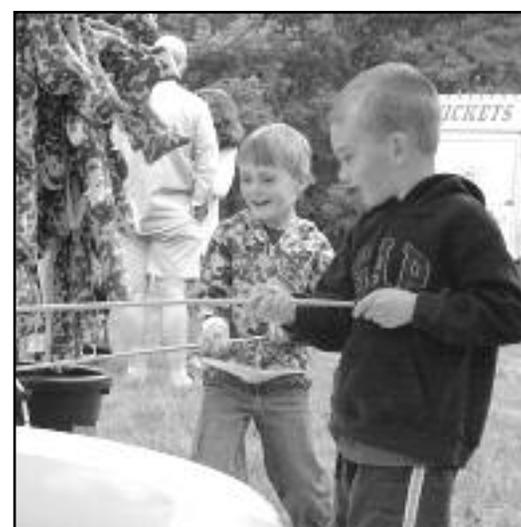
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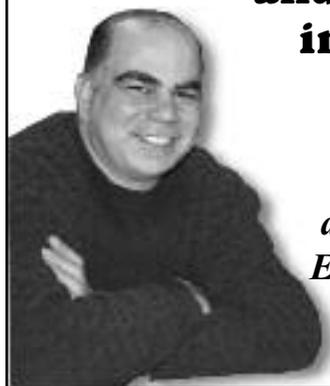


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**JULY CONCERT
ON THE LAKE**

The Long Hill Parks & Recreation Dept. will be hosting another concert at Stirling Lake. On Saturday, July 12th at 6:30pm, we will follow up with another concert welcoming a local favorite, "Nick Pablo Thang".

This concert is sponsored by Soo Bahk Do Karate & Wellness of Gillette. The concert is FREE to all Long Hill Residents and members of Stirling Lake. Pack a picnic dinner or buy a pizza at the Lake for dinner--great for the whole family. The Recreation Advisory Committee will be on hand selling pizza, beverages. The music will keep playing from 6:30pm – 8:30pm.

Please note that the Lake will close for swimming at 6pm, and no swimming will be allowed during the concert. Many thanks go to our sponsors, Investors Bank of Stirling and Soo Bahk Do Karate & Wellness, for making the concerts possible.

For more information, please contact the Parks & Recreation Dept. at 908.647.8000 x219, or check the township website at www.longhillnj.us.

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Questions: Call the WHSA Information line (908-647-8342) or send an email to WWSAHELP@verizon.net



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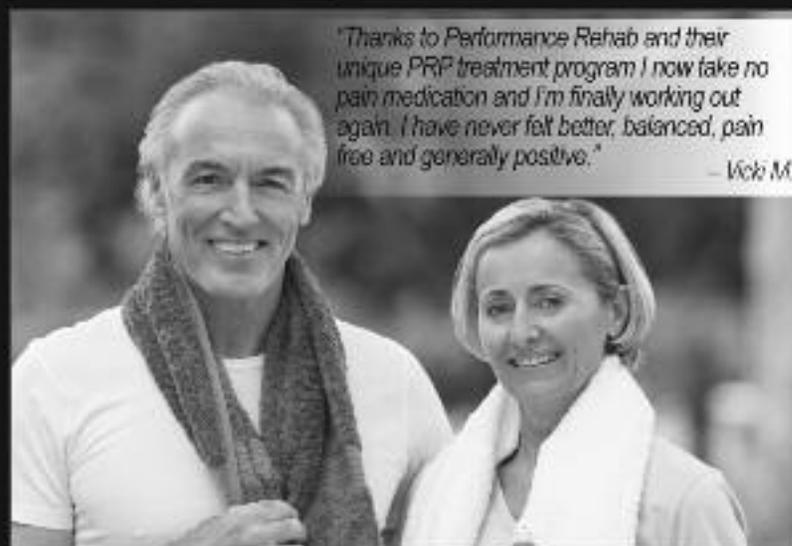
New Therapy Used by Tiger Woods Comes to Central New Jersey

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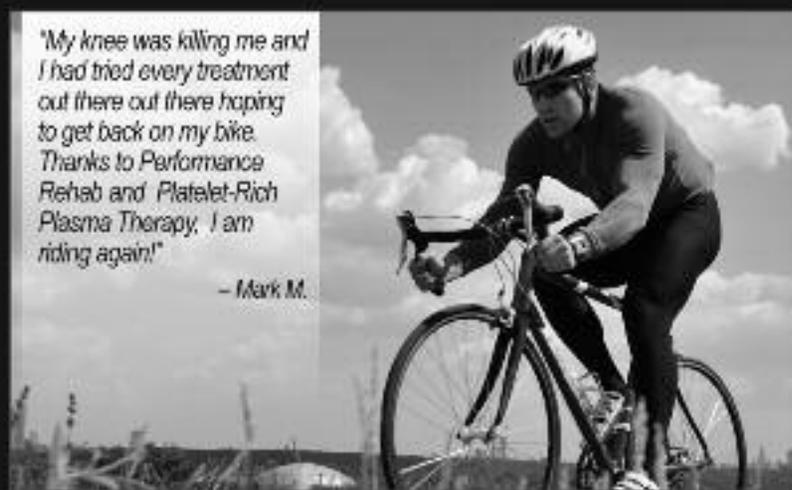
"I have suffered with Plantar Fasciitis for years. I could not walk or stand for even short periods of time. Once I found out about PRP Therapy at Performance Rehab I had to give it a try. I'm so glad I did! I not only can stand for long periods of time I can now go on evening jogs. Thank you to all the doctors and staff of Performance Rehab, you're amazing!"

— Mary M.



"Thanks to Performance Rehab and their unique PRP treatment program I now take no pain medication and I'm finally working out again. I have never felt better, balanced, pain free and generally positive."

— Vicki M.



"My knee was killing me and I had tried every treatment out there out there hoping to get back on my bike. Thanks to Performance Rehab and Platelet-Rich Plasma Therapy, I am riding again!"

— Mark M.

Do you suffer from any of the following conditions?

- Tennis elbow/golfer's elbow
- Rotator cuff/tendonitis/bursitis
- Arthritic hip/knee/ankle/shoulder conditions
- Plantar fasciitis/heel spur pain
- Meniscus injury of the knee
- Chronic tendonitis
- Chronic pain

The goal of PRP Therapy is to resolve pain through the natural healing process and has proven to have lasting results. For years, doctors have tried to reduce inflammation, with anti-inflammatory medication, thinking it could be the source of pain. Teams of doctors and researchers are now finding that harnessing the power of inflammation allows the body to go through its natural healing arc, which can relieve pain by getting rid of the problem. This new treatment program offered at Performance Rehabilitation & Integrated Medicine is called Platelet-Rich Plasma (PRP) Therapy and is a cutting-edge process that relieves pain by promoting long lasting healing of musculoskeletal conditions. This rapidly emerging technique is showing exciting potential with osteoarthritis of the knee, shoulder, hip and spine, rotator cuff tears, chronic plantar fasciitis, anterior cruciate ligament (ACL) injuries, pelvic pain and instability, back and neck injuries, tennis elbow, ankle sprains, tendonitis, and ligament sprains.

What is Platelet-Rich Plasma Therapy?

PRP is an emerging non-surgical treatment in an ever popular, all natural health sector. This non-surgical treatment involves the injection of healing proteins, growth hormones and stem cells from a patient's own blood directly into the site of the injury. The doctors at Performance Rehabilitation & Integrated Medicine have seen dramatic results as this treatment triggers the body's own ability to repair itself.

Professional Athletes Use PRP Therapy.

Platelet Rich Plasma has come a long way in just a few short years in the treatment of sports injuries. Now most sports organizations, trainers and players recognize the importance of PRP in their respective sports. Treating professional athletes with PRP is a common practice designed to encourage healing and reduce downtime. **Performance Rehabilitation & Integrated Medicine** offers the same treatment that Tiger Woods, Kobe Bryant, Alex Rodriguez, Hines Ward and many elite athletes use. You owe it to yourself to find out if it is right for you.

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Tiger Woods, Kobe Bryant, Alex Rodriguez, Hines Ward and many elite athletes have used PRP therapy for sports injuries.

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SCIENTISTS IN THE LIBRARY



(above) Mr. Goodbody and his second grade helper, Nicole Anderson.

St. Vincent de Paul School, in Stirling, NJ, continued its "Scientists in the Library Lab" series with a presentation on solar energy. Mr. Stephen Goodbody, director of projects and engineering at Sunlight General Capital, LLC, showed students in Kindergarten through fifth grade how solar energy works.

Goodbody described how all energy is ultimately derived from our planet's star, the sun. In an interactive demonstration to teach about solar panels, the students became "photons" which then activated the student "electrons" to provide power for the "solar panels". The children were impressed with the many applications of solar panels used today such as: hand-held calculators, boats, planes, school complexes, and space stations. Finally, the students were amazed by a full-scale sample of a standard solar panel.

Scientists in the Library has been an ongoing series throughout the school year to help encourage students' interest in scientific exploration.

STUDENTS LEARN ABOUT THE ENVIRONMENT

Students in grade 2 at Millington School learned about the environment and gained an appreciation for nature on Wednesday, June 5th, at the annual PTO sponsored Environmental Day. The program is intended to foster an appreciation of our local, natural environment and to empower children to make bold, "green" choices in their own lives.

The children rotate through six, hands-on learning stations. Four of the stations are led by volunteer presenters from local organizations including: Dorothy Smullen of the Scherman-Hoffman Wildlife Sanctuary / New Jersey Audobon; Hazel England of the Great Swamp Watershed Association; Susan Jeans of the Long Hill Township Shade Tree Commission; and Environmentalist "Ranger" Rich Sofie.

Parent volunteers led the remaining two stations which included a game and craft station. At the craft station, the children used recycled material to make a paper towel roll bird feeder and a terrarium with 2 liter plastic water bottles. In the game station, children learned the importance of recycling and what materials should be recycled in Long Hill Township.

This event would not have been possible without the help of many people. The Environmental Day co-chairs, Elise Moholkar, Tracy Aroneo and Galia Sicard, would like to thank all the volunteers that made the day so successful and enjoyable for the students. They

would also like to thank the Long Hill Township PTO for subsidizing the event, Millington School Principal, Jennifer Dawson, Temco Custodial staff, Paul Thievon at Centamore Landscaping for providing material for the terrarium and Dominique Verlaan at Precise Publications for providing tote bags for each student.



(above, l-r) Making bird feeders with recycled paper towel holders: Mia Sales, Julia Zurawski, Lana Chasen, Riddhi Trivedi, and Jillian Gaydos.



(above, l-r) Alex Kotar, Noah Thompson, Blaze Perez, adult volunteer Jin Chen and Joe Valenti



(above, l-r) Sawyer Flynn, James Ciccialese, Joe Oleske and Aiden Duffy.



(above, l-r) Claudia Ferreira, Lianna Pennetti, Maya Shroff and Taylor Carn



(above, l-r) Rachel Sarti and Isabella Lesende

Photo Credit: Kristen Oleske

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FIFTH GRADERS GO BACK TO COLONIAL DAYS



(above) On May 29th, 5th graders at Millington School went back in time by participating in Colonial Day, a fun filled adventure of discovery and learning. Students were transported back to early American life by donning period costume, savoring colonial fare and experiencing various late 18th century activities including music, crafts and games. It was a fun-filled day for all!

ANNUAL ANTIQUE APPRAISAL SHOW RETURNS

Submitted by Evie Ernst

The Long Hill Community Center opened its doors on Sat., May 17th to welcome the public to its 8th Annual Antique Appraisal Show. Some of the items appraised included a silver and cut glass wine cooler from the 20's, a trunk, chandelier, much jewelry including Victorian, child's antique rocker, art, vases, old ship wheel, furniture and an interesting butterfly bowl that had been cracked, but repaired using staples, which helped determine its era and made it unique.

Doug DeFrietas, professional appraiser in the state of NJ, had returned again after all our previous shows at the Center. He gave lots of tips to the audience, such as when to polish an antique or just leave its natural patina. The audience also appreciated names of experts specific to their collection.

It was a successful show with many people asking the Community Center to hold additional appraisals. We are planning to present another

show in the fall.

The Center will use the proceeds from this fundraiser to benefit the Center's on-going up-keep, improvements and renovations. On board is to replace the original suspended ceiling and to re-model the restrooms.



(above) This 1920's Silver zepelin lamp is very rare, and had been restored after being destroyed in a fire.

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MIDDLE SCHOOL STUDENTS GO BACK IN TIME

Submitted by Christine Blocker, LHT PTO, Co-Chair Medieval Day

To the fanfare of trumpets, five Medieval Kingdoms named Franks, Saxons, Scots, Vandals and Vikings made a procession over the ceremonial bridge transforming them back in time about 600 years ago to Medieval times.

The PTO hosted the Medieval Day grade level event for the 6th graders at Central Middle School in Stirling on Thursday, June 5th.

Medieval days were brought to life as the students participated in educational hands-on activities including Weapons and War: Crossbow and Trebuchet; Castle Life: Castle Wall Building, Coat of Arms, and Portrait Gallery; Medieval Society: Calligraphy, Farming Beans, and Marketplace; Sports: Jousting and Fencing; and, The Arts: Stained Glass.

Adorned in Medieval attire, the students became kings, queens, princesses, knights, jesters, peasants, and even a dragon. The students' enthusiasm was evident in their participation and engagement throughout the day. Their smiles said it all!

The crowd gathered to see the Medieval entertainment provided by five student talent acts of dance, acrobats/jump rope, guitar, rock band and Maypole dance. Following the student entertainment, a group of parent volunteers and students acted in a medicine skit which enlightened the students about Medieval

medicine. The audience laughed and appreciated the added humor and dramatic acting.

Everyone feasted in the Great Hall (the All Purpose Room) dining on a main meal featuring chicken drumsticks without utensils to mimic the times.

The students welcomed special guests Master Artist Ken Leap who worked with the students in creating stained glass pieces for each student, Coach Eric Kirberger and members from the WHRHS Fencing team who performed a fencing demonstration and fenced individually with the students, and performing historian Sir Richard who presented Medieval knighthood with many visuals of armor. This was a wonderful experience for the students to interact and learn from masters.

The festivities ended for my Ladies and my Lords with a special treat of ice cream and Italian ices for all.



(above, l-r) Krystyna Leski, Miah Manning, and Julia Pott



(above, l-r) Ashley Lynn and Jessica Blocker



(above, l-r) Alyssa Blocker and Abigail Kotar



(left, l-r) Stewart Adams, Michael Wong and Matthew Mazzarisi

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NEW RESEARCH AFFIRMS OVERWHELMING BENEFITS OF OUTDOOR EXPERIENCES FOR GIRLS

Considering summer camp for your daughter? A new study by the Girl Scout Research Institute (GSRI), "More Than S'mores," shows that girls benefit immensely from time spent outdoors.

Girls who regularly spend time outdoor eclipse their peers who spend less time outdoors in environmental stewardship, more readily seek challenges, and are better problems solvers- all important traits in twenty-first century leadership.

Outdoor experiences are also particularly beneficial to girls of comparatively low socioeconomic status. "More Than S'mores" finds that lower-SES girls who have regular outdoor exposure through Girl Scout are likely to credit Girl Scout with helping them become leaders.

"In this study, we expected to see that girls were having fun in the outdoors," says Dr. Kallen Tsikalas, lead researcher on the study. However, we were surprised by just how much they appreciated having opportunities to take on challenges and build skills in a socially supportive environment. Girls really want to feel like they are accomplishing something and growing as a person, and the outdoors is a perfect place for them to do this."

As noted, girls learn environmental stewardship through outdoor experiences. Girl Scouts are twice as likely as non-Girl Scouts to say they take action to protect the environment (51 percent versus 23 percent) and that they've had a personal experience in nature that has make them appreciate it more (49 percent versus 29 percent).

"We've always known that camp has a real value to girls," said Betty Garger, President and CEO of Girl Scouts of Northern New Jersey. "This study shows the connection between the camp experience and its effect on a girl and the skills she builds as a result of her time at camp."

Girl Scouts of Northern New Jersey is still accepting camp registrations for Jockey Hollow Camp in Mendham Township and Lake Rickabear in Kinnelon. Parents and guardians can sign up online at www.gsnnj.org.

Girls ages 5-17 can participate in a variety of outdoor activities in one- or two-week sessions from June 30 to Aug. 15 for day camp.

Jockey Hollow Camp is located in Mendham Township and runs one-week and two-week sessions. Girls will enjoy an L-shaped swimming pool, Low Ropes Challenge Course and zip line, horse corral, large playing field, new cabins and adventurous hiking trails. Camp activities include daily American Red Cross

swimming lessons, outdoor cooking and hiking, environmental programs, optional pony or horseback riding, optional overnights and much more.

This year, Jockey Hollow Camp is offering the following new program sessions: "There's No Place Like Camp," which takes campers on a trip through Munchkin Land to Emerald City, and "Ultimate Road Trip USA," a fun trip for girls who will visit states in the US without leaving camp. Girls enjoy games and activities from different states and participate in an "All State Fair." New teen programs include "Flashy Fashions," a session all about creating trendy fashions culminating with a walk down the runway; "Water Botics Blast," a two-week session on how to build a water robot, complete "missions," and navigate a water obstacle course; and "Building by Design," a fun exploration into engineering from civil to chemical to aeronautical.

At Lake Rickabear, girls from grades 1 through 12 can choose between one- or two-week sessions at the 332-acre property in Kinnelon, which includes a 40-acre, spring-fed lake. Traditional camp activities, such as nature, arts and crafts, swimming, and boating, are offered each week with additional theme events unique to each session. New programs this year include "All American," which celebrates American traditions with an all-camp parade with floats made by the campers and a traditional American Barbecue; "Dance & Theater," which challenges campers to work with professional thespians and dancers to create a musical; and "Teen Adventure Water Botics Blast," a two-week session on building water robots and navigating a water obstacle course.

All Girl Scouts of Northern New Jersey facilities are accredited with the American Camp Association and all swim lessons are provided by certified lifeguards meeting American Red Cross standards. Camp fees include transportation to and from the camp, with bus stops in a number of towns around northern New Jersey.

For more information about Girl Scouts of Northern New Jersey's three summer camps, call (973) 248-8200 or visit www.gsnnj.org to download the camp brochures.

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.

ST. VINCENT DE PAUL'S AWARDS HONOR AND HIGH HONORS

Twelve students from St. Vincent de Paul School in Stirling, NJ were inducted into the National Junior Honor Society. Cosette Apuzzo, Laura Baeyens, Justina Benvenuto, Caitlin Bonnesen, Kathryn DaSilva, Catherine Dolan, Brian Gallic, David Gerdau, Kaitlyn Gerdau, Kimberly Limbo, Alexa Mistichelli and Catherine Tangreti were recognized for their high standards of scholarship, service, leadership, character and citizenship at St. Vincent de Paul's Honors Ceremony, held on May 15, 2014.

The Honors Ceremony featured inspirational addresses by Dave Popkin, a broadcaster for ESPN3 and Patrick Reilly, a 2006 graduate of St. Vincent de Paul School. Popkin, a graduate of the University of Miami, offered some words of advice to the students assembled: "The point is to enjoy learning. Being a positive team mate is where you'll find success."

Patrick Reilly, who recently graduated from Kutztown University, praised the honors recipients saying "You are the students who set the example for those who did not make it tonight." Overall, 64 students in grades fifth through eighth were recognized for their achievements throughout the school year:

High Honors

Cosette Apuzzo
 Laura Baeyens
 Alexis Beechner
 Caitlin Bonnesen
 Katherine Campbell
 Colleen Cirrotti
 Connor Cirrotti
 Joseph Faccione
 Abigail Gallic
 Chetna Ganorkar
 Munish Ganorkar
 Emily Garofalo
 Thomas Garno
 David Gerdau
 Elaine Limbo
 Timothy Marshall
 Alexa Mistichelli
 Emma Quiroga
 Grace St. Pierre
 Paige Schickling
 Kyleigh Tuma
 Catherine Weddle

Honors

John Annunziata
 Cassandra Apuzzo
 Emma Baeyens
 Matteo Baeyens
 Justina Benvenuto
 Daniel Blischok
 Steven Ciamei
 James Coslet
 Kathryn DaSilva
 Catherine Dolan

EXTRA

ANNUAL MEMORIAL DAY PARADE



(above) This 1920's desk & chair, originating in Boston, is an example of the many items brought to the show.



Photo 1 – IMG 9056
Caption
(l-r) Committeeman Bruce Meringolo,
Committeeman Guy Roshto, Mayor Guy
Piserchia and Committeeman Cornel Schuler

