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ISSUE 12 • SEPTEMBER 2014

**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

## LONG HILL SCHOOL DISTRICT BACK TO SCHOOL NEWS

The Long Hill Township School District opened for students on September 4, 2014. The district has a number of new staff members coming on board in September: Gillette School - There are two new Kindergarten teachers - Emily Palla and Jenifer Clark. Millington School - There are two new fourth grade teachers - Matt Acosta and Gabriella Luciano. There are several new teachers at Central Middle School - Dr. Kimberly Borin (guidance counselor), Erin Davidove (special education), Deborah Reiss (part time special education) and Karissa Felix (part time physical education). Susan Tully has been hired as the District Counselor while Lisa Sanfilippo is out on maternity leave until mid-February. Nicole Dilkes is our new Dean of Students. This is a new position that will be shared between all three schools. Ms. Dilkes will conduct teacher observations, assist with the day-to-day tasks of operating the school buildings, such as the administration of the new PARCC online assessments, and serve as the Anti-Bullying Specialist in all three buildings.

There are a couple of new programs that will be

implemented in 2014-2015. The district will be implementing a new STEM (Science, Technology, Engineering and Math) program at Millington School this year. Patrick Golub will be the instructor for this program. Mr. Golub previously was the 5th grade social studies teacher. There is also a new Fundamentals of Writing program that is being introduced in grades Kindergarten through 5th grade. This program will provide additional time for writing instruction for students at these grade levels.

The Board of Education will be working with the New Jersey School Boards Association on the development of a Strategic Plan for the district. There will be a series of three public input sessions that parents and community members will be invited to attend. The first session will take place in October. Information about the strategic planning process is available on the district website.

In terms of enrollment, the district is still experiencing some declining enrollment. We anticipate opening with an enrollment of approximately 830 students, which is slightly below last year's opening enrollment of 850 students.

## NINE NEW TEACHERS AT WATCHUNG HILLS REGIONAL HS

*Back to School Night is at 6 p.m., Thursday, Oct. 9. Back to School Day is at 7:30 a.m., Monday, Oct. 13.*

Nine new teachers have been added to the faculty at Watching Hills Regional High School for the 2014-2015 school year. In addition, former Supervisor of English and English teacher Mary Ellen Phelan has been named Director of Curriculum and Instruction.

New Teachers: Marlene Stoto has been added to the English Department faculty, and has been named Supervisor of English.

Three additional new teachers have been added to the English Department faculty. They are: Jeffrey Wasserman, Kristen Keefe, and Vanessa Phillips.

Two new teachers have been added to the Arts Department faculty: They are: Gillian Crisman, who also coach girls junior varsity soccer, and Caitlyn Barrows.

Rebecca Brown has been added in the faculty of the Social Studies Department. Cassie Oleszkiewicz was appointed to the Child Study Team. She is also coach of the junior varsity field hockey team at Watchung Hills.

Alines Ciriaco has been added to the faculty of the World Language Department.



*(above) Nine new teachers have been added to the faculty at Watching Hills Regional High School for the 2014-2015 school year. They are joined by newly appointed Director of Curriculum and Instruction and former English Department Supervisor Mary Ellen Phelan. (seated, l-r) Kristen Keefe, Mary Ellen Phelan, Jeffrey Wasserman, and Cassie Oleszkiewicz; (standing, l-r) Marlene Stoto, Vanessa Phillips, Rebecca Brown, Caitlyn Barrows, Gillian Crisman, and Alines Ciraco.*

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Email: joerenna@rennamedia.com

# STIRLING FIREFIGHTERS PARTICIPATE IN BICYCLE RACE TO BENEFIT ST. BARNABAS

On Sunday, July 27th, the Stirling Volunteer Fire Department held the NJ Firefighters Bicycle Race sponsored to raise funds for the St. Barnabas Burn Center Foundation, NJ's only burn center hospital. Firefighters from around central and northern NJ rode their bicycles in full firefighting gear.

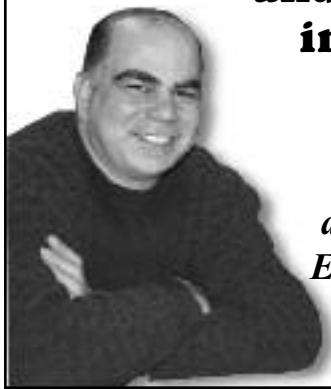


(right, l-r) Stirling firefighters Dawher Castor, the winner and Ronni Stein crossing the finish line.  
(below) The starting line of the New Jersey Firefighters Bicycle Race to benefit St. Barnabas Burn Center Foundation.



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## MASTER STORYTELLER COMES TO LIBRARY

Must-see storytelling at the Long Hill Township Library, September 27, 2014 at 7:00 PM.

Stories have the power to go straight into people's hearts. Julie Pasqual is a master storyteller who spins tales to make you laugh, make you cry, and awaken the magic in audiences of all ages. On September 27, Julie will bring her full range of talents - not just dance but also acting, voice, clowning, and even American Sign Language to her performances - to a master performance sponsored by the Friends of the Long Hill Township Public Library. Children and adults alike are sure to be spellbound at a performance which blends humor and poignancy to delight audiences of all ages.

"The best part of storytelling?" Julie doesn't

hesitate with her answer. "The joyous experience of sharing a story with an audience!"

While it is true that every live performance is different and unique - in storytelling, it is especially so. No "fourth wall" separates me from the people who sit before me; their presence is the last, best, and most important part of any story I share. The audience informs me of the style, pace, and sometimes the wording of my story."

Tickets available in advance (\$ 7 adults, \$5 children ) or at the door (\$8 adults/\$6 children).  
Long Hill Township Library  
917 Valley Road, Gillette, NJ. 908-647-2088.  
longhilllibrary.org/Friends

## PROMOTE YOUR COMMUNITY EVENT

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 Lynn Sjurset at lynn@rennamedia.com.





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# New FDA Approved Treatment Proven to Relieve Knee Pain

**TREATMENT COVERED BY MOST MAJOR HEALTH INSURANCE PLANS – INCLUDING MEDICARE**

Did you know that over 100 million Americans suffer from knee and joint pain? In fact, this pain accounts for one fourth of all visits to primary care physicians and half of all anti-inflammatory drug prescriptions. If you suffer from any degree of knee or joint pain, Drs. Mejia & Spiaggia of **Performance Rehabilitation & Integrated Medicine** personally invite you to regain control of your life by scheduling a **FREE** step one consultation with their staff. Call now. You deserve to live pain free!



## Who is a good candidate for this treatment?

- Have you been diagnosed with osteoarthritis?
- Do you wake up with knee, shoulder, or joint pain?
- Does your knee, shoulder, or joint pain keep you from certain activities?
- Have you been told you need a knee replacement?
- Are you active and sometimes suffer from sore knees or joints?
- Do you take medications for knee or joint pain?
- Do you have difficulty going up and down stairs due to knee pain?
- Are you considering surgery to alleviate knee pain?
- Does your knee ever feel like it is "giving out" or unstable?
- Has a recent car accident caused you a knee or joint injury?

**If you answered yes to any of these questions, call now to schedule a FREE step one consultation.**

## Is surgery the answer?

If you have knee pain and are worried, concerned, or afraid of the possibility of surgery, you're not alone. Most likely, you've heard stories about knee surgery and the outcome not being good. You may also know someone who had surgery and their knee was never the same. You don't want the next unnecessary and preventable knee surgery story to be about you, but the pain is not going away and your life is being altered because of it. You may have tried getting information on the Internet about the best course of action for you to take, but there's so much conflicting advice that you're scratching your head about who you can believe and trust. If you are considering surgery, you owe it to yourself to schedule a **FREE** step one consultation with **Performance Rehabilitation & Integrated Medicine** first.

## What else is available to treat knee pain?

Drs. Mejia & Spiaggia and their staff have taken years to carefully develop a customized treatment program for those suffering with knee and joint pain. This new treatment protocol utilizes the latest high-tech FDA approved solution available combined with cold laser technology, physical therapy, acupuncture and joint stabilization. The patient's lifestyle is also taken into consideration as stretches, exercising, and lifestyle skills are taught for a lifelong approach to relieving pain.

## How does this treatment work?

Utilizing cutting-edge high definition computer guidance, the doctors and staff are able to

pinpoint problem areas with precision and accuracy. A viscosupplement injection is delivered and the healing process starts. Viscosupplementation has been shown to relieve pain in many patients who have not responded to other non-surgical methods by bonding with naturally occurring joint fluid to create a lubricating and cushioning layer. It also reduces pain, inflammation, and swelling of the joint. Little to no discomfort is noticed and many patients feel the effects within days.

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— Ron Spiaggia, DC - Clinic Director  
Joseph Mejia, DO, F.A.A.P.M.&R. - Medical Director

## What are patients saying?

*"My life has changed for the the better since treatment. I no longer take medication or have down days where I just cannot get out of bed because of the pain. I've started riding my bike again with my husband and he is more happy because he has his riding partner back."*

— Vicki M.



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**SOO BAHK DO KARATE & WELLNESS TO HOST  
COMMUNITY APPRECIATION DAY**

Soo Bahk Do Karate & Wellness will be hosting a Community Appreciation Day on Sunday, September 28th from 12p-4p at their location at 630 Valley Road in Gillette.

“We have been teaching children courage and concentration in Long Hill Township since 1982 and want to show our appreciation to the community for their support,” said Program Director and Certified Instructor Michelle Cavett. There will be refreshments along with karate and yoga demonstrations with instructors on hand to talk about the benefits of their programs. Shari Czar, Certified Yoga Instructor and Director of the Yoga Program at the studio will demonstrate methods for reducing Back to School stress for both parents and children.

“Being a student provides a lot of challenges and can bring with it a lot of anxiety and stress,” said Czar. “Helping children find ways to deal with the many stresses they face in their daily lives is important. It helps them feel better about themselves, improves their work, and can help in their relationships with others.” The Karate demo team will exhibit their skill and concentration with demonstrations focused on anti-bullying and self defense, as well as board-breaking.

Come be part of the community and enjoy this family-friendly event of demos, information sharing, and refreshments. Please visit their website at [www.karate4peace.com](http://www.karate4peace.com) or call (908) 647-4194 for more information.



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for complete schedule*

*More about Shari can be found at [www.ShariCzar.com](http://www.ShariCzar.com)*

*Go to [www.karate4peace.com](http://www.karate4peace.com) for Info on Soo Bahk Do Karate & Wellness*



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## JOIN GIRL SCOUTS AND JOIN THE FUN

Girl Scouts of Northern New Jersey is forming new troops for the fall and recruiting girls and adult volunteers to join Girl Scouts, the nation's preeminent leadership development program for girls. With families already thinking about how to allocate their free time during the coming school year, Girl Scouts of the USA has released new data showing the organization's benefits for both girls and volunteers.

Results of a summer 2014 pulse poll conducted with over 3,500 volunteers and parents of Girl Scouts in the K-5 range show positive effects on members of all ages. Ninety-seven percent of parents agree that Girl Scouts has been a positive activity for their daughter, that she has had fun and exciting new experiences (95 percent), and that she has learned or tried something new (96 percent). In addition, 94 percent of parents say that because of Girl Scouts their daughter feels special, has more friends (95 percent) and is happier (89 percent).

The data shows that Girl Scouts is not just beneficial for girls: 94 percent of volunteers have made new friends, 88 percent believe their life is better because they volunteer with Girl Scouts, and two-thirds believe their volunteer experience has helped them professionally.

Ninety-five percent of Girl Scout volunteers are happy to know that they are making girls' lives better.

"We have tremendous volunteers, who dedicate their time to provide girls with fun, exciting adventures during the year," said Betty Garger, President and CEO. "We couldn't offer our leadership development program without them. We are so happy to learn that the experience benefits them just as much as the girls they mentor. That is one of the reasons why we have such a high retention rate for our volunteers."

Despite that retention rate, even more volunteers are needed to mentor girls throughout northern New Jersey.

"Most girls want to join Girl Scouts and be part of a troop. In some areas, we have many girls who still need an adult mentor to lead their troop," Garger said.

Girl Scouts gives girls a place to explore topics of interest in a judgment-free space outside of the classroom. The program cultivates cooperative and self-directed learning, in addition to fostering the mindset that girls can develop their talents – which fosters a lifetime passion for learning. The variety of experiences and the value for the money the Girl Scout

program provides are popular selling points. Eighty-nine percent of parents say their daughter gets a greater variety of experiences from Girl Scouts than she does from other extracurricular activities, and the majority of parents feel Girl Scouts is a great value for the money compared to other extracurricular activities.

"Girl Scouting is offered year-round and there are new troops and special interest groups starting all the time," said Garger. "Girl Scouts offers many options for girls and adults who want to become involved and want to enjoy new experiences."

Girls entering kindergarten through grade 12 are welcome to join. Adults over the age of 18 may volunteer and Girl Scout volunteers come from all walks of life; women, men, young professionals, retirees, college students, and more. To join or volunteer, call the nearest Girl Scout service center: Riverdale (973) 248-8200, Randolph (973) 927-7722, Paterson (973) 881-9400, or Paramus (201) 967-8100.

Girl Scouts of Northern New Jersey serves 20 percent of girls ages 5-18 in 160 municipalities, in all of Bergen, Morris, Passaic, and Sussex counties and the northern half of Warren County. There are currently 31,465 girl members and 16,904 adult members.

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Excludes garden center and fish purchases. Limit 1 offer per customer per day. Not to be combined with other offer. Offer expires 9/30/14.

**COUPON**



**TWO  
18 PK  
LARGE EGGS**

**\$3<sup>49</sup> (2.49  
EACH)**

LGH9

Coupon may not be combined with other offers. Limit 1 offer and coupon per day. Offer expires 9/30/14.

**LARGE SELECTION  
OF FALL MUMS**

**KALE, CABBAGES, FALL SQUASHES...  
AND MUCH MUCH MORE**

