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IN GILLETTE, MILLINGTON, STIRLING, AND MEYERSVILLE
NJ

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ISSUE 13 • OCTOBER 2014

**CHAMBER OF COMMERCE
REGULAR MEETING
OCTOBER 9 2014**

8:00 AM

SENIOR CENTER

769 VALLEY RD.

8:00 - REFRESHMENTS.

8:30 - MEETING.

Discussion of the proposed
revisions to the sidewalk sales
and sidewalk sign ordinances.

**MARK YOUR CALENDARS
FOR FUTURE EVENTS:**

HALLOWEEN PARADE

AT KANTOR PARK

SUNDAY OCTOBER 19

3:00PM

MEET AND GREET

REGENCY LANDSCAPING IN

MILLINGTON.

TUESDAY, OCTOBER 21

6:00PM

TWO WOMEN OWNED STIRLING BUSINESSES TO CELEBRATE 5TH YEAR ANNIVERSARY ON OCT 25TH

In these economic times it is nothing short of a miracle for small businesses to stay afloat. Two neighboring women on Main Avenue in Stirling have pulled off the miracle of 5 years in business and want to celebrate their success.

Linda Tribuna of TMC's Boutique and Kathie Schwarz of Gluten Free Gloriously, Inc. traded in their stay-at-home mom, home-based businesses in 2009 to turn them into reality on Main Avenue.

Gluten Free Gloriously and TMC's Boutique located at 267 and 265 Main Avenue, Stirling will host a celebration from 11:00-5:00 on Saturday, October 25th with desserts, shoppers discounts, sales and more. While Gluten Free Gloriously bakes gluten free specialty foods & TMC's Boutique sells artist's jewelry and gifts, both women embrace creativity and flair in what they give to the public. Come by on the 25th or anytime you're in the area and meet these two wonderful women and share in their 5 year anniversary.



(above, l-r) Linda Tribuna, owner of TMC, with Kathie Schwarz, owner of Gluten Free Gloriously.

NEW ENGLISH SUPERVISOR FEELS RIGHT AT HOME

By Denis J. Kelly



Marlene Stoto, the new supervisor of English at Watchung Hills Regional High School, said she feels right at home.

"It is a wonderful school. I have been impressed by everything I see," said Stoto, who grew up in Watchung and graduated from Watchung Hills in 1981. "Everyone has been so

welcoming. It feels like home here."

For the past 20 years, Stoto has taught English at Roselle Catholic High School in Roselle. During the last 10 years, she was also Supervisor of English at Roselle Catholic. Among the many classes she taught there was the Advanced Placement Literature class.

She also coached the Mock Trial team at Roselle Catholic. After receiving her undergraduate degree in English from Muhlenberg College, Allentown, Pa., Stoto

graduated from Seton hall Law School in Newark. She practiced law for five years right after law school, concentrating mostly in corporate, banking and real estate law.

Stoto also taught a writing and research course as an adjunct professor at Seton Hall Law School. She joins a number of other Watchung Hills teachers or administrators who hold law degrees. Principal George Alexis, English teacher Michael Porter, and new Social Studies teacher Rebecca Brown are all lawyers.

Stoto succeeds Mary Ellen Phelan, the new Director of Curriculum and Instruction, who last year was Supervisor of English and an English teacher.

The Watchung Hills English Department is committed to preparing students with 21st Century skills, Stoto said.

"The curriculum is aligned with the common core standards," she said. "Our aim is to enable students to be lifelong learners. We want to inspire and motivate students, and provide them with skills and knowledge that will be useful to succeed both in college and in careers."

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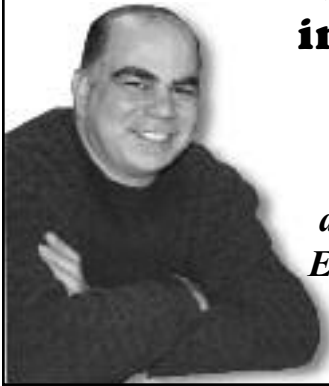


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3:00 PM

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New Therapy Used by Tiger Woods Comes to Central New Jersey

ALL NATURAL HEALING SOLUTION BRINGS NEW HOPE TO PAIN SUFFERERS



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

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WHITE CASTLE TO HOST BOY SCOUT

The Watchung Mountain District of the Boy Scouts of America is hosting their first Chess Tournament open to all registered Boy Scouts, Venturers and Explorers, who know how to play chess. The tournament will be held on Saturday November 1, 2014 at the Stonecrest Community Church, 11 Technology Drive, Warren, NJ. The event will run from 10am to 2pm. The tournament is being generously sponsored by White Castle. Joe Renna of Renna Media, a certified chess merit badge counselor, is assisting scouts in earning their badges.



Scouts interested in playing can use Watchung Mountain District Double Knot link to register on-line at ppbsa.doubleknot.com/event/1607140 or Email Charlean Mahon at charlean.stimpson@scouting.org.

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Watchung Mountain District Boy Scout Chess Tournament Saturday, November 1, 2014

10:00 am to 2:00 pm

Sign-in/setup starts at 9:00 am

Stonecrest Community Church

11 Technology Dr N, Warren, NJ • 908.821.9700

Open to all registered Boy Scouts/Venturers/Explorers.
Limited to 40 players who must know how to play chess. Registration is \$6
Use Watchung Mountain District Double Knot link to register on-line
at ppbsa.doubleknot.com/event/1607140
Email Charlean Mahon at Charlean.Mahon@scouting.org for more info.

Trophies awarded to 1st, 2nd and 3rd place finishers.
Commemorative ribbons and gift bags for all participants.
Lunch will be provided by White Castle for all players and guests.
This tournament meets the 6a requirement for earning a Chess merit badge.

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RIBBON CUTTING AT THE CENTER SCHOOL

Franklin Township Mayor Brian Levin, Assemblyman Upendra Chivukula and representatives from The Somerset Country Business Partnership and the Tri-Country Chamber were on hand on September 10 to cut the ribbon for The Center School's new facility at 2 Riverview Drive.

The Center School, founded in 1971 as a private, non-profit state-accredited school for bright, learning-disabled students, has finally found their "home" in Franklin Township after operating in temporary quarters in Branchburg after a fire claimed their building in Highland Park.

Executive Director Marcie Fiorentino welcomed all the guests and gave a short, heartfelt speech on the difference The Center School made not only in each child's life, but how they also made a difference in the lives of each family.

"We really want to thank everyone involved in making this wonderful new facility possible," said Fiorentino. "Everyone has been so welcoming and we are looking forward to becoming part of the community."

Children with learning disabilities and school adjustment problems experience difficulties in all aspects of their lives as well as in school. These disabilities affect academic achievement, peer relationships, family life, and the

development of a positive self-image.

The Center School provides a supportive educational environment in which each student may reach his or her potential for academic, emotional and physical health and this is accomplished by carefully selected, dedicated staff working in unison with the student, the parents/guardians, and the sending district.

The Center School offers complete education from K through 12-PLUS, serving between 55 and 65 school districts each year and they are committed to helping each student become as self-sufficient and successful as possible.

Disabilities served by The Center School include:

- Asperger's Syndrome
- Anxiety Disorders/OCD, PTSD, School Phobia, etc.
- Dyslexia Spectrum disorder: reading, spelling, written language
- Mood Disorders/Bipolar, Depression
- Attention Deficit/Hyperactivity Disorder
- Oppositional Defiant Disorder
- Adjustment Disorders
- Motor/Sensory Integration Deficits

The Center School has clinical staff that includes full time social workers, a psychologist, an art therapist and a visiting psychiatrist that consults weekly to assess students and meet with staff.



Applications are accepted throughout the school year. The application process involves the following:

- referral information about the student from the Child Study Team, parents, and/or private educational consultants
- a review of clinical records and evaluations
- an interview and informal screening of the applicant
- an interview of parents/guardians by a counselor
- interpretation and discussion of screening results with parents and case manager
- prompt placement decision

"Anyone is welcome to call with questions regarding admission," said Fiorentino. "Please call me on 908 -253 - 3870 or email me at marcief@thecenterschool.com



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LILY YIP TABLE TENNIS CENTER TO HOLD NEW JERSEY CHINESE FESTIVAL OCT 12TH

Lily Yip, of Warren, has planned a New Jersey Chinese Festival on Sunday, October 12, 2014 at her Table Tennis Center located at 370 North Avenue in Dunellen, NJ. The event is free of charge to spectators and open to the public.

Table Tennis is the national sport of China and the festival is a way for Yip to share a bit of the Chinese culture with her American neighbors.

The Festival will feature a table tennis tournament and Yip has invited the public of all ages and skill levels, from beginner to expert, to play. Prizes will be awarded for skill level as well as age. Registration is required and can be done online at www.lilyttc.com.

The Festival is an annual event and is planned

in cooperation with NJ Chinese Festival Inc., a Nonprofit Organization in Montville, New Jersey that plans various events throughout the year. For more information Call Lily Yip at 732-200-5820 or email: lily@lilyttc.com.

Lily Yip Table Tennis Center also hosts the annual Garden State School Championships in January.

Yip was a member of the U.S.A Table Tennis team and played in two Olympics. She is the coach of the U.S. National Youth Team.



(above, l-r) Jayden Zhou , U10 USA Champion with Coach Can Wang from Beijing.



(above) Winners of Watchung Hills High School Tournament at the LYTTC.



(above, l-r) Alice Liu from Warren Central School and Alyssa Dang from Green Brook Middle School, winners in the Junior Under age 11 event.



(above) Watchung Hills High School visits LYTTC.



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BEN FRANKLIN JOINS FACULTY TRAINING AT WATCHUNG HILLS

Submitted by Denis Kelly

Benjamin Franklin, educator and one of this nation's founding fathers, shared an hour of his time with the faculty at Watchung Hills Regional High School on Wednesday, Sept. 4, as part of their back-to-school preparations, imparting his knowledge, postulating his theories of the importance of curiosity, practicality and collaboration, and sharing with the faculty their common thirsts for lifelong learning and problem-solving invention.

Franklin was also author, printer, inventor, statesman, political theorist and politician, diplomat, postmaster, inventor, scientist, founder and trustee of the University of Pennsylvania and its hospital, and mentor to no less than Thomas Jefferson, Thomas Paine and Marquis De Lafayette. He acknowledged that he was sharing his time with the teachers on what must seem to them to be the real New Year's Eve of the year, the night before the start of the school year. "I've been asked to speak to you about the real importance of public education," said Franklin. "That is a subject near and dear to my heart."

Franklin's alter ego is Christopher Lowell of Colorado, 38 years a teacher of high school French, and another six in acting at the University of Colorado, not to mention 11 years portraying Franklin.

For more information about Christopher Lowell, go to www.benfranklinlive.com, or e-mail chris@benfranklinlive.com.



(above) Founding father Benjamin Franklin, lifelong learner and educator, spent an hour on Wednesday, Sept. 3, in the company of the teachers at Watchung Hills Regional High School. He was their guest as part of their preparations for the start of the school year. He spoke to them about the importance of curiosity, practicality, collaboration, and the importance of public education. With Franklin are some of the teachers in attendance. From left are: Superintendent Elizabeth Jewett; Erin McNamara, Special Education; Principal George Alexis; Spenser Brenn, Physical Education; Jennifer Basini, Health; Heather Briggs, Physics; Benjamin Franklin; Greg Biniukow, Social Studies; Sean DiGiovanna, Social Studies; Kathleen Brennan, Spanish, in front of Jacquelyn Gilliam, Spanish, in front of Douglas Eaton, Drama; Darren Wolsko, Science Supervisor; Cassie Oleszkiewicz, Child Study Team; and Ray Bumiller, English.



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COCKTAIL WHISPERER RETURNS TO LIBRARY

Submitted by Friends of the Long Hill Township Library

On Saturday November 1, 2014, the Friends of Long Hill Township Library will once again host the cocktail whisperer, Warren Bobrow, at an after-hours event. Mr Bobrow presented a very popular program at the library in May where he introduced the audience to his wealth of knowledge from his first book "Apothecary Cocktails" and his amazing mixology skills in cocktails that were enjoyed by the audience.

Upon the release of his second book "Whiskey Cocktails: Rediscovered Classics and Contemporary Craft Drinks Using the World's Most Popular Spirit" (Fair Winds Press, 2014) Warren Bobrow will return for a book talk and book signing and marvelously hand crafted whiskey cocktails to sample.

Tickets will be available at the library in advance and are \$30/person which includes one copy of the book or \$40/couple which also includes one copy of the book. Tickets may be available at the door on the evening of the event. Complimentary cocktails will be available. The event is hosted by Friends of the LHT library and open to adults ages 21 and older. Doors open 6.30 and the event is 7- 8:30pm.

CROP-WALKING PRESBYTERIANS HIT THE ROAD AGAIN

A team from The First Presbyterian Church of Stirling will again participate in the annual CROP Walk in New Providence on Sunday, October 19, 2014. CROP Hunger Walks are interfaith hunger education and fundraising events sponsored by Church World Service and organized by CWS regional offices across the U.S.

"Participation in this event fits right in with our church's vision of 'Feeding Those Who Hunger'," explained the Rev. Tom Peters, pastor. "There are people in the US and around the world who suffer from 'food insecurity' – one of the many forms that Hunger takes. And there are many who have to travel long distances just to find the food – and the water – that they need to survive. We walk to raise money, so maybe they won't have to walk so far."

All are welcome to participate in the CROP Walk as part of the church's team, or to start their own team. Contact the church at (908) 647-1033 or via www.fpcstirling.org. For more information about CWS CROP Walks, visit www.cwsglobal.org.

LONG HILL LIBRARY

Location/Address: Long Hill Township Library, 917 Valley Road, Gillette NJ 07933

Registration is required for most programs and can be done in person,

by phone, (908) 647-2088 ext. 2,

or via email to childrens@longhilllibrary.org.

First priority for these programs is given to Long Hill Township residents,

but non-residents are welcome to join our waiting list.

For a complete listing of our programs please visit our website <http://longhilllibrary.org>

MASTER STORYTELLER DELIGHTS PATRONS

Master storyteller Julie Pasqual delighted children and adults alike during her appearance at a program offered by the Friends of the Long Hill Township Library on September 27. Children giggled and adults chuckled as Julie captivated her audience with a stories about how the frog got - and lost - its tail, about a quick-witted bunny who outsmarted a lion with bad breath, and the quest of a king to find one supremely happy person. This storytelling performance was sponsored by a generous donation from the Gates Avenue Knitters in Gillette.

FALL EVENTS:

Introduction to Fly Fishing

Sat, Oct 11 at 11am

Book Talk

Mon, October 13 @ 7pm

The Geography of Bliss

Songs of the 60s with Maggie Worsdale

Sun, Oct 19 @ 2pm

SHREDDING DAY AT THE LIBRARY PARKING LOT

Sat, Nov 1 from 10 am - 1 pm

(Fundraiser)

Learn to Make Pumpkin Ravioli & Pumpkin Gnocchi

Thurs, Nov 6 @ 6:30pm

Concert: Berkeley Brass

Sun, Nov 9 @ 3pm

Concert: the Four Baris

Sun, Nov 16 @ 2pm



(above) Julie Pasqual, master storyteller, with patrons at Long Hill Library's recent event.



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#2 Copper	\$2.55/lb
Light Copper	\$2.50/lb
Insulated Copper	\$1.00/lb & up
Aluminum BX	\$1.00/lb
Clean Aluminum	\$0.50/lb
Aluminum Siding	\$0.52/lb
Aluminum Beverage Cans	\$0.40/lb
Alum/Cu Radiator (Clean)	\$1.25/lb
Alum/CU Radiator (FE End)	\$1.00/lb
Brass	\$1.75/lb
Clean Auto Radiators	\$1.50/lb
#1 Lead	\$0.40/lb
#2 Lead	\$0.30/lb
Die Cast	\$0.20/lb
Electric Motors	\$0.20/lb
Iron BX	\$0.20/lb
Sealed Units	\$0.15/lb
Auto Batteries	\$0.25/lb
Steel Case Batteries	\$0.25/lb
Starter/Alternators	\$0.20/lb
AC Compressors	\$0.20/lb
Catalytic Converters	\$5-\$10/Piece
Aluminum Rim W/Tire	\$2-\$5/Piece
Cast Iron	\$10.00/100 lbs
Light Iron	\$8.00/100 lbs
Heavy Iron	\$10.00/100 lbs
Auto Motors	\$10.00/100 lbs
Automobiles	\$8.00/100 lbs
Machinery/Torchable Steel	\$8.00/100 lbs
Fuel/Oil/Holding Tanks	\$8.00/100 lbs
Insulated Aluminum	\$0.25/lb

Prices are subject to change without notice.
Please call for current prices.

We suggest you weigh your material – know what you have where ever you sell it. Weight is just as important as the price you get.

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FRESH FISH
Available Thursday
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\$3⁹⁹ /dozen

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\$6⁹⁹ lb

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Not to be combined with other offer. Offers good thru 10/31/14.

FRESH FRUIT OR VEGETABLE PLATTERS

Platters over stuffed with the best the season has to offer.
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COUPON

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Gold Turkey Breast**

\$6⁹⁹ lb



LGH10

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with other offers. Limit 1 offer and coupon per day. Offer expires 10/31/14.

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\$5⁹⁹ lb



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