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Submitted by Firefighter Frank Reilly

Stirling Volunteer Fire Company held their annual awards ceremony and introduction of officers in late June. The event usually occurs early in the year, but was delayed due to the pandemic.

Stirling Volunteer Fire Company President Craig Tuma opened the event with a prayer and summary of the year 2020's activities, which were severely impacted by the Corona virus pandemic. He reported that they responded to 258 alarms during the year accounting for 3,211 man hours spent. Normally they answer well over 300 alarms a year. An additional 1,000+ hours on training and more than 1,600 hours on work details were accounted for. These numbers were significantly lower than normal due to the pandemic.

He then introduced the 2021 officers: Chief John Whitmore, Deputy Chief Randy Wojtech, Assistant Chief Dawher Castro, Captain Antonio Centurion, and Lieutenant Nick Pepe. Administrative officers are Craig Tuma President; Matt Picone, Vice President; Treasurer Alex Honegger; and Alec Meehan, Secretary.

The next order of business was the awards ceremony. Recognized for their dedication and years of service were: George Armenti and Pete Falzarano, 55 Years of service; past Chief Steve Remington, 25 Years of service; and Jordan Nigro, 15 Years of service.

The President's Award went to Life Member and past President Albert Pepe.

The Firefighter of the Year award went to Joe Conant.

A special award was presented to past Chief Al Gallo for his many years of service and dedication to the Fire Company. It is the custom of the Fire

Company to honor an out-going Fire Chief since it is a very difficult and time consuming job. He received a standing ovation.

Mr. Tuma thanked the representatives from neighboring fire departments for their assistance when needed as well as thanking the Police Dept., First Aid Squad, Mayor, Township Committee, Administrator, and families of Stirling firefighters for their unwavering support.



(above) Firefighter of the Year: Chief Whitmore, firefighter Joe Connet, and President Tuma



(above, l-r) President's Award: past President Al Pepe; 5 Years of Active Service Recipient and Past Chief Steve Remington; Years of Service Award recipient George Armenti, and President Craig Tuma; Past Fire Chief's Award recipient Al Gallo.

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3 SKILL SETS STUDENTS NEED TO THRIVE THIS FALL

LearningRx (www.LearningRx.com), the largest one-on-one brain training company, is sharing tips to help students ease the transition from summer to school. The tips highlight three key skill sets that students need to thrive in any setting.

This fall will be a return to in-person learning for many students across the country in nearly 18 months. In addition to the standard learning loss that typically occurs when formal education stops during the summer, this past year and a half was compounded because of school closures, disruptions, and new challenges with online learning. These adjustments have left many students - and parents - concerned about a return to the classroom.

But there's good news: almost everyone is in the same boat.

Here are some tips to help your student develop three primary skill sets to help them thrive this academic year:

• SKILL SET #1: SOCIALIZATION

Understandably, students may feel nervous about returning to a social setting, especially after more than a year riddled with isolation, home-based learning, event cancellations, and limited sports and other extracurricular activities. Look for opportunities to tour the school, attend grade-specific orientations and other social engagements. Depending on your student's interests, needs, and age, you may want to enroll them in individual or group therapy, schedule "play dates," sign them up for a fun workshop (e.g., painting, star gazing, pottery), or take them to a free movie night at the park. If needed, encourage them to brainstorm conversation starters or extracurricular activities at the start of school (e.g., theater, student council, intramural volleyball) they can enroll in to make friends organically.

• SKILL SET #2: TIME MANAGEMENT AND ORGANIZATION

Summer often means late nights and sleeping in, making the transition to early morning starts particularly stressful. Start by gradually adopting a sleep schedule to best prepare your student for an earlier wake-up.

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Like time management, organization often serves as a reflection of learning success. As one might imagine, a well-rested teen with strong note-taking skills, clearly labeled binders, and a detailed homework schedule will likely perform better than a sleep-deprived teen who struggles to stay on top of tasks. Invest in the tools your student needs to keep academics organized like colored markers, binders, notebooks, highlighter pens, a calendar, and a whiteboard. Designate a quiet space in your living quarters - whether it's a desk, fold-up, or dining room table - to establish a learning environment without distraction.

• SKILL SET #3: COGNITIVE SKILLS

Also known as "brain skills," cognitive skills are the underlying tools that enable kids to focus successfully, think, prioritize, plan, understand, visualize, remember, and solve problems. Those skills include auditory processing, visual processing, short and long-term memory, comprehension, logic, reasoning, and attention skills. If one of these skills isn't as strong as the others, it can affect the brain's ability to perform efficiently. Just imagine a bright student whose attention skills make it difficult to focus on the teacher's instruction. They might miss taking critical information while taking notes, a homework assignment, or project details. Imagine if every cognitive skill were strong, including their attention skill, they would thrive in school and perform at their highest potential.

By taking an initial Brain Skills Assessment through LearningRx, the student and parent would see a fuller picture of the student's cognitive skills. Then a tailored program would focus on targeting the skills needed to maximize the student's potential. After strengthening their skills, homework, test-taking, and learning, in general, are faster and easier.

Although a return to school can bring up feelings of inadequacy and anxiety, it's important to remember that almost every student is experiencing something similar. Addressing these three skill sets can help boost your students' confidence, and better prepare them for the return to school. Focus on support, independence, and the excitement of a fresh start—and understand that their apprehension is entirely normal.



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LIBRARY FOUNDATION CONCLUDES APPEAL

Submitted by Marygrace Luderitz

The Foundation of the Long Hill Township Public Library announces the completion of their 2020 annual appeal, reporting a goal-breaking total of more than \$28,000 in donations. This year's appeal came at a time of economic uncertainty. The Long Hill community showed its support for one of its most valued resources, the library. For the first time ever, an anonymous group of donors made possible a \$1,000 matching campaign during the final three weeks, which helped raise an additional \$2,415 to conclude this year's appeal.

During the pandemic and the government-

mandated closure, the library created and delivered innovative programs and new services so the community could continue to utilize library resources while people were at home. The library offered: more digital services such as eBooks, eMagazines, and movie streaming; interactive children's story times and activity videos on Facebook and Instagram; book clubs via Zoom; and personal phone calls with members and over 35,000 Facebook interactions.

Marygrace Luderitz, director of the Long Hill Township Public Library, said the work of the library foundation helped make these programs possible. She said, "Even when our doors were closed, the library was able to adjust and continue to serve the community during the pandemic. We couldn't have done this without the help of the foundation."

At the conclusion of this year's appeal, with the generous support of the community, the foundation donated over \$5,000 (with another \$5,000 in reserve) to support library programs and services. The remaining donations will be used to grow the endowment fund, which was established in 2015 to help ensure the viability and sustainability of the library for years to come.

"The library foundation wishes to express our deepest thanks to those who contributed this year," said library foundation board president, Lisa Hoffmann. "Your support in times of need is greatly appreciated." A complete list of donors can be found at fhltp.org.



(above, l-r) Marygrace Luderitz receives a check from Long Hill Township Library Foundation President, Lisa Hoffmann.

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Nathan Weiser
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THE WARREN LIONS CLUB EXPO IS BACK!

Scheduled for August 25-28, 2021. Spectacular Fireworks Show on Saturday, August 28.

After a year's hiatus due to COVID restrictions, the annual Lions EXPO will once again transform the Warren Township municipal field (46 Mountain Boulevard) into a classic carnival over four days, 6-10 p.m. from August 25 - 28, 2021, with amusement rides, games of chance, fireworks, food vendors and an exposition of local businesses. This will be the 53rd Annual EXPO, the flagship event of the Warren Lions Club.

The Lions EXPO attracts approximately 10,000 people over the four days and has become the premier family fun event in Warren Township

and the surrounding communities.

The EXPO will have a pay-one-price wristband every night this year. We will be holding a Giant 50/50 cash raffle with the drawing on Saturday August 28th, resulting in a multi-thousand dollar payout to a single winner. The winner need not be present. Tickets will be available for purchase throughout the Expo dates for \$5 each.

"Hosting the EXPO is more than a tradition, it's our resolve to spread the smiles on people's faces, especially after the difficult period we all have endured for more than a year" said Mark Ramos, the 2021 EXPO chairperson of the Warren Township Lions Club.

The Lions Club, as well as the games, rides and food vendors at the EXPO are committed to observing the state mandated COVID safety guidelines in force during the Expo dates. In addition to multiple washing stations adjacent to the restrooms, special hand sanitation stations will be available throughout the Expo. All patrons are kindly asked to cooperate with the state mandated guidelines.

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The Warren Lions Club currently has close to 90 active members from Warren Township and surrounding communities. Members include business and professional leaders who provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and bonding in the communities. All funds raised by the Lions Club of Warren Township are used to support a wide variety of community service organizations and projects. The Club holds dinner meetings every second and fourth Wednesday of the month from September through June and occasionally feature speakers, donation recipients and special guests that inform and entertain. The Club encourages all members to help set the direction of our Club, participate in leadership roles, and identify causes to support and the Club's priorities, while fostering camaraderie and advancing our mission. To learn more about us, please visit our Warren Lions Club website warrenlionsclub.org and on Facebook.

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VREELAND AND LANGELL EARN GIRL SCOUT GOLD AWARD

Submitted by Margaret Keegan

Two Long Hill Township Girl Scouts, Kathleen Vreeland and Kayla Langell, earned the prestigious Girl Scout Gold Award this June. The Girl Scout Gold Award is the mark of the truly remarkable—proof that not only can she make a difference, but that she already has.

Seniors and Ambassadors who earn the Gold Award tackle issues that are dear to them and drive lasting change in their communities and beyond. The project focuses on an issue in the local community, region or international community and includes provisions to ensure sustainability. Gold award projects are typically 80-100 hours in duration and are approved by a Gold Award Advisory Committee at the local Girl Scout council level.

Kathleen Vreeland was passionate about the environmental issue of wasteful food containers in Nanpol, Haiti. Kathleen worked with Haiti's Hope, an organization from St. Vincent de Paul Church that improves living conditions for their sister parish, St. Paul's Parish in Nanpol, Haiti. Previously, Kathleen worked with Haiti's Hope to provide meals for 150 children in the village. Kathleen was inspired to continue helping these children in a positive and sustainable manner while decreasing the environmental pollution plaguing the area. Kathleen worked with the Pastor of St. Paul's Parish and was able to provide reusable plates and cutlery for the meals provided through Haiti's Hope.

Kathleen organized a clothing drive fundraiser

with the help of St. Vincent de Paul Parish, Watchung Hills High School and Long Hill Girl Scouts. As a result of these collaborative efforts Kathleen was able to fund sending 160 plates and cutlery sets to Nanpol while significantly reducing styrofoam consumption impacting the area. This Gold Award project has allowed Kathleen to both educate our community on important environmental issues while showing that taking action formulating and implementing a plan can make a difference.

Kayla Langell was inspired by her love of field hockey to bring more awareness of the sport to young girls in her community. Originally, Kayla planned to host her own intro to field hockey clinic but due to Covid restrictions she shifted plans and worked alongside professional coaches in a 6 week field hockey camp. At the camp Kayla not only provided instructional handouts to the players but developed fun, skills and drills activities while giving the girls insight into the future of playing for a high school team.

Additionally, Kayla developed a very user-friendly Shutterfly webpage for Long Hill Township's 5th-8th grade recreation field hockey program. This site provides all the details for parents and girls that are interested in learning more about the local team and field hockey in general. The website can be visited at longhillfh.shutterfly.com/.

Kayla hopes her Gold Award inspires young players to develop her same love for the sport of field hockey.



(above) Kathleen Vreeland earned her Gold Award for her project of bringing reusable plates and cutlery to a parish in Haiti. She also held several clothing drives.



(above) Kayla Langell's Gold Award project utilized her passion for field hockey to encourage young players in the sport.

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INICA KOTASTHANE WILL REPRESENT THE STATE AT GIRLS NATION

Inica Kotasthane, a Warren resident and a rising senior at Watchung Hills Regional High School, was recently selected as one of two delegates from the New Jersey Girls State program to represent the state at Girls Nation. Girls Nation is the national equivalent of Girls State, and two exceptional delegates from each state program are voted on and selected to attend Girls Nation in Washington D.C. for one week. This is the first time that a Watchung Hills Regional High School student has been selected for this honor.

During ALA Girls Nation in Washington, D.C., the girls participate in a mock legislature. They are responsible for submitting bills and resolutions, participating in senate sessions, and electing officials such as president and vice president.

Participants leave ALA Girls Nation with leadership lessons for life and an understanding of the fundamentals of U.S. government, along with the rights, privileges, and responsibilities of citizens. This seven-day experience has laid the foundation of thousands of bright futures in not only public service, but other careers as well. Some notable industries include government, military, law, education, and media.

ALA Girls Nation connects participants with their peers from across the country, allowing the young women a unique opportunity to spend time with others who share common interests and those who have different perspectives from their own. The girls leave Washington, D.C. with a deeper understanding of government, a renewed sense of patriotism, and an appreciation for veterans.

While in D.C., the senators visit Capitol Hill and meet with their state senators and representatives, providing each girl an opportunity to discuss local issues and share bills they have written as part of ALA Girls Nation. The girls also participate in field trips to see the historical Washington monuments, Arlington



(above) Inica Kotasthane is one of two delegates from the New Jersey Girls State program to represent the state at Girls Nation.

National Cemetery, and the White House.

Participants leave ALA Girls Nation with leadership lessons for life and an understanding of the fundamentals of U.S. government, along with the rights, privileges, and responsibilities of citizens. This seven-day experience has laid the foundation of thousands of bright futures in not only public service, but other careers as well.

The ALA Girls State and ALA Girls Nation programs are privately funded and presented by members of the American Legion Auxiliary.

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Start with an audit/analysis of your website giving you a report and recommendations for \$250.

It is highly recommended to have a marketing plan and budget before spending.

CALL JOE RENNA FOR A FREE CONSULTATION.
908-447-1295

RENNA MEDIA NEWSPAPER RATE SHEET

WE MAIL 135,000 NEWSPAPERS MONTHLY!

Tina Renna 908-418-5586 • tinarena@rennamedia.com

Joe Renna 908-447-1295 • joerenna@rennamedia.com

202 Walnut Avenue, Cranford, NJ 07016

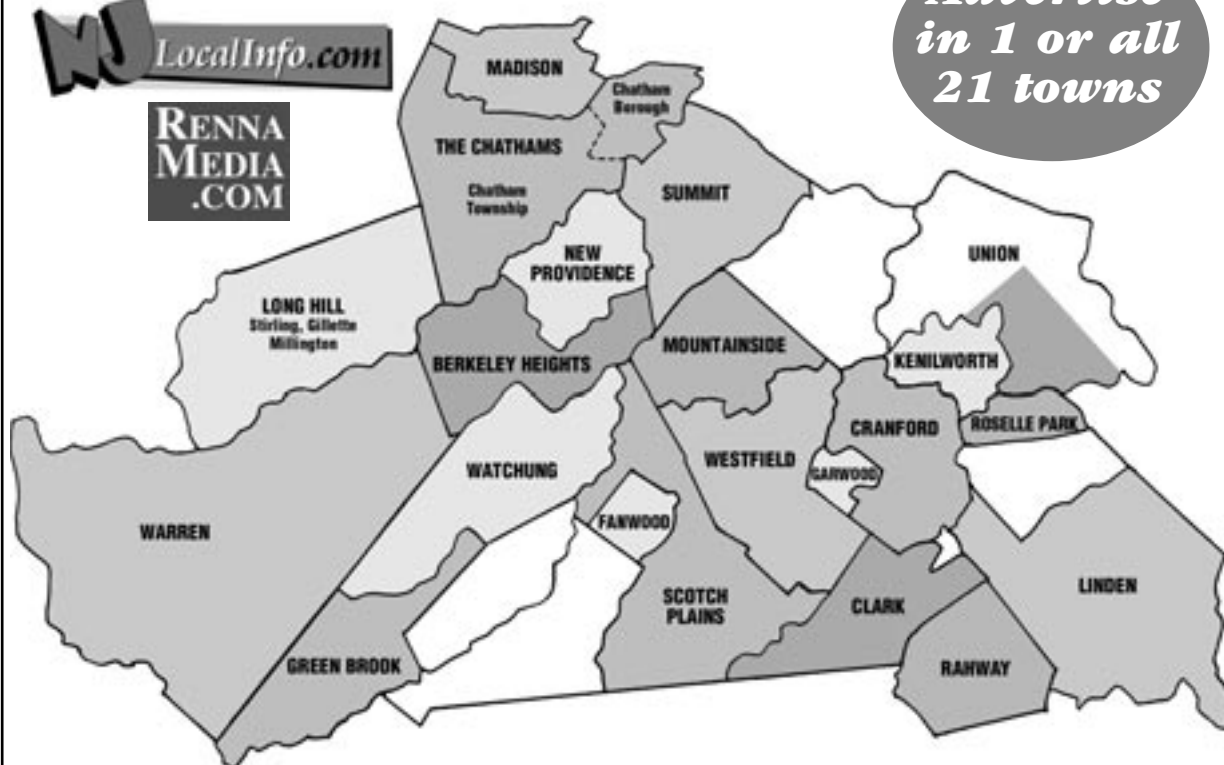
Call today for FREE consult on marketing and business plans.

Online at RennaMedia.com

and NJLocalInfo.com



*Advertise
in 1 or all
21 towns*



| | | | | | | |
|---|---|--|---|---|--|--|
| Berkeley Heights COMMUNITY NEWS Qty: 4,800 Mailed to every home and business. Zip: 07922 | THE CHATHAMS NJ Qty: 7,400 Mailed to every home and business. Zip: 07928 | Clark Monthly Qty: 6,700 Mailed to every home and business. Zip: 07066 | CRANFORD MONTHLY NJ Qty: 9,800 Mailed to every home and business. Zip: 07016 | Fanwood Post NJ Qty: 3,000 Mailed to every home and business. Zip: 07023 | Garwood Times NJ Qty: 2,200 Mailed to every home and business. Zip: 07037 | Green Brook Gazette NJ Qty: 3,000 Mailed to every home and business. Zip: 08812 |
| BUSINESS + LIFE KENILWORTH NJ Qty: 3,600 Mailed to every home and business. Zip: 07033 | NJ LIFE in LINDEN Qty: 17,400 Mailed to every home and business. Zip: 07036 | Long Hill LEADER NJ Qty: 3,600 Mailed to every home and business in Gillette, Millington and Stirling. Zip: 07933, 07946, 07980 | MADISON MONTHLY NJ Qty: 6,300 Mailed to every home and business. Zip: 07940 | MOUNTAIN SIDE VIEW NJ Qty: 2,900 Mailed to every home and business. Zip: 07092 | New Providence NEWS NJ Qty: 4,900 Mailed to every home and business. Zip: 07974 | OUR TOWN Rahway NJ Qty: 12,400 Mailed to every home and business. Zip: 07065 |
| ROSELLE PARK MONTHLY NJ Qty: 5,600 Mailed to every home and business. Zip: 07204 | Scotch Plains NJ WHAT'S HAPPENING MONTHLY Qty: 9,600 Mailed to every home and business. Zip: 07076 | Summit Times NJ Qty: 9,600 Mailed to every home and business. Zip: 07901 | Spirit of UNION NJ Qty: 5,500 5,000 mailed to homes and businesses. Zip: 07083 | WARREN MONTHLY NJ Qty: 6,200 Mailed to every home and business. Zip: 07059 | Watchung Post NJ Qty: 2,800 Mailed to every home and business. Zip: 07069 | Westfield MONTHLY NJ Qty: 11,800 Mailed to every home and business. Zip: 07090 |

NEWSPAPER AD RATES

Rates are per month. Artwork included in price. Newspapers are black on white.

| 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 ANY 18 NEWSPAPERS | RATE FOR ALL 21 NEWSPAPERS |
|------------------------|--------------------------|--------------------------|---------------------------|---------------------------|---------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 1 Unit (Business card) | 3.25" x 2" | \$60 | \$150 | \$250 | \$350 | \$400 | \$450 | \$500 | \$550 |
| 2 Units | 6.5" x 2" or 3.25" x 4" | \$100 | \$250 | \$400 | \$500 | \$600 | \$700 | \$800 | \$900 |
| 4 Units | 3.25" x 8" or 6.5" x 4" | \$180 | \$450 | \$700 | \$900 | \$1100 | \$1300 | \$1500 | \$1700 |
| 6 Units | 6.5" x 6.25" or 10" x 4" | \$240 | \$600 | \$900 | \$1200 | \$1400 | \$1600 | \$1800 | \$2000 |
| 9 HALF PAGE | 6.5" x 9" or 10" x 7" | \$320 | \$800 | \$1000 | \$1300 | \$1600 | \$1900 | \$2200 | \$2400 |
| 12 Units | 10" x 8" | \$360 | \$900 | \$1200 | \$1500 | \$1800 | \$2100 | \$2400 | \$2700 |
| 18 FULL PAGE | 10" x 14" | \$400 | \$1000 | \$1400 | \$1800 | \$2200 | \$2500 | \$2800 | \$3000 |
| 2 PAGE SPREAD | 21" x 14" | \$700 | | | | | | | |
| BACK PAGE | 10" x 14" | \$500 | | | | | | | |
| FRONT PAGE BANNER | 8.25" x 2" | \$320 | | | | | | | |
| FRONT PAGE BOX | 1.5" x 4.5" | \$240 | | | | | | | |

PREPAY 6 MONTHS AND GET 1 MORE FREE
PREPAY 12 MONTHS AND GET 3 MORE FREE

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

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

ONLINE ADS & PRESS RELEASES DRIVE LOCAL TRAFFIC TO YOUR WEBSITE

- **GET UNLIMITED CLICKS**

An alternative to expensive pay-per-click programs

- **FREE AD DESIGN AND COPYWRITING**

Advertising webpage includes many features

including write-up, images, video, Google map, etc.

- **POSTS ARE SHARED THROUGH SOCIAL MEDIA**

Posts shared on multiple Facebook pages and twitter.

- **PAID SEARCH ENGINE PROMOTIONS**

Posts are promoted by industry, key words and location.

- **TRACKABLE RESULTS**

All ads include a live view counter.

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

**\$20
PER POST
Block of 20
for \$200**

**RENNA
MEDIA
.COM**

NJ LocalInfo.com

WEBSITE AUDIT/ANALYSIS AND RECOMMENDATION PLAN

- **SEE WHAT IS WORKING AND NOT WORKING**

Know where your web traffic is coming from and why.

- **ELIMINATE / AVOID COSTLY SCHEMES**

Evaluate the return you are getting from your online marketing costs.

- **INCREASE ONLINE MARKETING RESULTS**

Recommendations include ways to increase traffic to your website

- **NO OBLIGATION**

This service is recommended even if you have an existing web management contract. Use it to tune up your marketing plan.

**ONE TIME
FLAT FEE
\$250**

**Call for a consultation
if you do not have a website
or if need a new one.**

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

WEBSITE / SEO SERVICES

- **STARTER WEBSITE: \$500**

Basic static site that can be developed further

- **WEBSITE CREATION/UPDATE: \$2,400**

Cost for average website: 12 pages, contact form, SEO friendly, responsive design

- **WEBSITE HOSTING: \$300 PER YEAR**

Includes website hosting, software updates, monthly website content updates

- **SEO SERVICES: AVERAGE COST \$1,000 - \$2,000 PER MONTH**

Custom tailored solutions: Google Ranking, Local SEO, Social Marketing

**Call for free a consultation if you need
help developing an online marketing plan.**

**STARTER
WEBSITE
\$500**

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

Full Color Flyers and Menus Printed and Mailed to Every Home and Business in Town!

MENUS - PRINTING - \$50 PER THOUSAND

Rate is for quantities of 25,000 or more.

For quantities less than 25,000 cost is \$68 per thousand.

11"x17" / Full color / 2 sided / 60lb gloss coated stock /

Includes folding (quarter fold or tri-fold, with or without coupons tab)

FLYERS - \$35 PER THOUSAND

8.5" x 11" / Full color / 2 sided / 60lb gloss coated stock /

Tri-fold add \$10 per thousand

INSERTED AND MAILED TO EVERY HOME AND BUSINESS

\$60 per thousand. (as low as \$30 per thousand depending on quantity.)

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com



**FLYERS
\$35
PER 1,000**

**MENUS
\$50
PER 1,000**



YOU'RE INVITED
HANOVER MARRIOTT
 1401 Route 10 E, Whippany, NJ

ideal-LIVING
 REAL ESTATE SHOW

SEPT 11-12, 2021
 Sat: 10am-5pm
 Sun: 11am-3pm

*Helping Thousands Each Year
 Find Their Ideal Destination, Life and Home*



Exclusive LIVE Event!

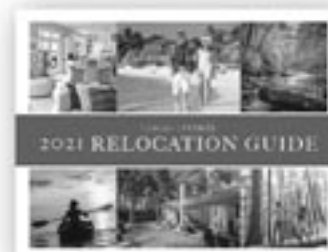
**Featuring Communities from Top Destinations -
 NC, SC, FL, TN and more.**

At the Show You Can...

- Compare many best places to relocate, vacation or retire in one convenient location.
- Discover areas that afford a high quality of life, yet very low taxes.
- Talk personally with relocation experts and home builders.
- View exhibits, explore dozens of lifestyle communities, and a myriad of amenities available including:
 - Fitness & Wellness Centers
 - Walking & Biking Trails
 - Golf, Tennis & Pickleball
 - Fine Dining & Shopping
 - Boating & Kayaking

Discover your options and find
 your ideal place to live!

Precautions are being taken by the hotel and the show host to minimize health risks as a result of COVID-19. CDC, state and local guidance have been considered to ensure health, safety and comfort. Please refer to the COVID-19 Safety Notice online when you RSVP.



*Receive your complimentary
 relocation guide at the Show.*

RSVP IS HIGHLY ENCOURAGED.

INVITATION (2)

ideal-LIVING
 REAL ESTATE SHOW

Helping Thousands Each Year
 Find Their Ideal Destination, Life and Home
 Saturday, 10am-5pm & Sunday, 11am-3pm

September 11-12, 2021
HANOVER MARRIOTT
 1401 Route 10 E, Whippany, NJ

RSVP for Welcome Kit and Show Pass. You will receive a confirmation email with a Show Pass when you RSVP, which you'll need to bring with you to check-in. You will also use the Show Pass throughout the event to request information from exhibitors. ideal-living.com/RM

RM1

RSVP Today to Receive Your Welcome Kit at the Show! - ideal-living.com/RM