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LONG HILL POLICE HOST ANNUAL NATIONAL NIGHT OUT

The Long Hill Township Police Department hosted the annual National Night Out Against Crime on Tuesday, August 3rd, 2021 at Matthew G Kantor Memorial Park. The free event, serves as a community-building campaign that promotes police-community partnerships. Featured activities included food, drinks, games, live music by "4 Light Rock", and demonstrations from local emergency services.

The night included a "Drop In" by the Navy Parachute Team in honor of Gillette native Matthew Kantor.

Petty Officer 2nd Class Matthew G Kantor, 22, was a Navy SEAL. He died in Afghanistan, bravely serving our country, on November 1, 2012.

He is the recipient of the Bronz Star medal (with 'V' device), Purple Heart medal, Combat Action ribbon, Navy Commendation medal, Good Conduct medal, National Defense medal, Afghanistan Campaign medal, NATO medal, Navy Expert Pistol Shot medal and the Navy Expert Rifle Shot medal.

Matthew graduated from Watchung Hills Regional High School in June 2008, where he was a member of the Cross Country & Track & Field teams, earning the Coaches Award. He also was on the Fencing team.

He enlisted in the United States Navy on March 9, 2009 and graduated from Recruit Training Command, Great Lakes, Illinois on May 8, 2009.

Petty Officer 2nd Class Kantor completed Basic Underwater Demolition/SEAL School in Coronado, California in May 2010. He served in an East Coast based Special Warfare Unit from May 2010 to November 2012.



(above) Claire Bukerait, LHFAS 3rd Lt., and Nora Lange on stretcher from LHFAS greeted lots of kids who were able to see the inside of one of the ambulances.

Photo by Township of Long Hill



Photos from this and other events can be found online at rennamedia.com and on Long Hill Leader page on [facebook.com](https://www.facebook.com/LongHillLeader) Feel free to "Like," "Tag," and "Share."

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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.

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content can email
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LONG HILL TWP.'S TWO NEWEST FIREFIGHTERS

Submitted by Frank Reilly

The Stirling Volunteer Fire Co. is proud to announce it has two new fully accredited firefighters among its members; Jack Remington and Patrick Dempsey recently graduated from the Morris County Fire Academy. At recent monthly meetings Fire Chief John Whitmore presented them with their new helmet shields that contained their individual firefighter number as they are no longer probationary firefighters. Remington is #142 and Patrick Dempsey is #143.

They were the second and third Stirling firefighters to graduate from the Fire Academy since the coronavirus pandemic started and they

were commended by their new brother firefighters for their achievement.

The Firefighter I course is 220 hours long and provides certified and extensive training to volunteer and paid firefighters together. The training enabled them to become experts on firefighting equipment and techniques, handling hazardous situations, effective firefighting teamwork, firefighter and civilian safety, and communications.

A strict dress code was maintained for Firefighter I trainees, additionally if the student missed just one class, he would fail the course automatically. Trainees also had to pass grueling physical and written tests.



(above) Stirling Fire Co. Fire Chief John Whitmore with Jack Remington



(above) Stirling Fire Co. Fire Chief John Whitmore with Patrick Dempsey



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ANTHONY F. YANG RECEIVES GOLD PRESIDENTIAL VOLUNTEER SERVICE AWARD

Watchung Hills Regional High School rising junior Anthony F. Yang was recently presented with the Gold Presidential Volunteer Service Award, by N.J. Assemblyman Daniel R. Benson, for performing over 100 hours of dedicated community service.

Anthony organized and hosted Career Development Seminars for high school students to help choose their future life direction. The seminars introduced the professional requirements and overview of business, financial engineer, law and the pharmaceutical industry. In total, the seminars attracted over 300 people to join and listen.

Anthony has also donated countless resources such as clothes, books, and food to volunteer drives, tutored younger children in reading and writing, participated in community service work events, and much more.

Many of these hours were done through the national organization, AYLUS. AYLUS stands for the Alliance of Youth Leaders in the United States. It is a student-run non-profit organization dedicated to the advancement of US communities with over 3,000 members who belong to 93 branches across the United States.

Anthony is currently the Committee Chair in Career Development for AYLUS.



(above) Anthony F. Yang and N.J. Assemblyman Daniel R. Benson.

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U.S. News

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 **Nathan Weiser**
★★★★★

Spring Grove is by far the best rehab center I have ever been to. The staff are kind and caring and have gone above and beyond my expectations. The building is kept extremely clean and the new renovations are very nice.

Thank you Spring Grove for a wonderful and pleasant stay.

 **Charles Sherrick**
★★★★★

I have been at Spring Grove for a few weeks now, they have exceptional service and excellent staff. All the nurses have been professional and attentive to all my needs. I never thought a rehab center can have such a beautiful layout and well put together. The newly renovated room I have stayed in, is up to date and extremely clean. The therapy staff have gone above my expectations with their expertise and getting me to where I am today. Alyssa the social worker has gone above and beyond with all her assignments.

Thank you Spring Grove.

 **Chrissy Sloan**
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The nursing staff and administration is professional, patient, attentive and understanding. The facilities are very clean and well maintained. My parents room is always clean and tidy. Although it was a difficult decision to make relocating my folks from a home environment to a senior living facility, Spring Grove made my decision easy.

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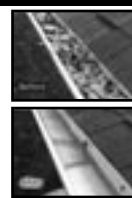
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20th Annual STIRLING STREET FAIR

Sunday, September 5, 2021
10 a.m. to 5 p.m.

Main Avenue in Stirling.

The Street Fair will feature shopping, food, all-day entertainment, kids' rides, local vendors and organizations and a chance to see fire and first aid equipment up-close.

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20TH ANNUAL STIRLING STREET FAIR - SEPT 5

The Long Hill Chamber of Commerce will sponsor its 20th Annual Street Fair on Sunday, September 5, 2021, from 10 a.m. to 5 p.m. on Main Avenue in Stirling.

Long Hill merchants who want to participate should visit jcpromotions.info and navigate Events > Street Fairs > Stirling to find the registration form.

The Street Fair will feature shopping, food, all-day entertainment, kids' rides, local vendors and organizations and a chance to see fire and first aid equipment up-close.

Main Avenue residents should move their cars to a side street before 7 a.m. Churchgoers should allow extra time for detours around downtown Stirling.

The Long Hill Chamber of Commerce is an organization dedicated to supporting and promoting the local businesses in our community. Through regular meetings and networking events, members share ideas and concerns unique to Long Hill Township, which includes Millington, Stirling, Gillette and Meyersville. Visit longhillchamber.com for more information.

CORNHOLE TOURNAMENT - SEPT 18

NJ State Elks National Veterans Service Commission (a 501c3 charity) is sponsoring a Cornhole Tournament to raise money to help homeless veterans through The NJ State Elks Homeless Veteran Project. The money raised will help purchase furniture and household items for veterans who were homeless and are now moving into a new apartment.

The event will be held on September 18, 2021. Registration starts at 11:00 a.m., bags fly at 12:00

p.m. Cost is \$70 per team.

The Stirling Elks Lodge is located at 1138 Valley Road, Stirling, NJ 07980.

Food and drinks will be available to purchase.

Minimum of 6 games per team to determine seeding. All skill levels are welcome.

For any questions or to register please send an email to ElksCornholeTournament@gmail.com with the team name, the names of the two players and a contact phone number.



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UPCOMING EVENTS AT THE LHT LIBRARY

We've got a mix of in-person and on-line programming going on at the Long Hill Township (LHT) Library and we hope you can join us in one or the other format or both!

Movies are back at the library, on Wednesdays at 2 p.m. and on Thursdays at 1 p.m. You can find a schedule of the month's movies on our website or by calling the library at 908-647-2088. We try to play a mix of new movies, old movies, action and drama so see what suits you or try them all! No need to register.

Book clubs continue and newcomers are welcome at all of them. The Thursday Book Club meets via Zoom on the third Thursday of the month at 10 a.m. This group is currently reading NJ or NY authors or books set locally. The Monday Book Club meets in the library on the 4th Monday of the month at 4 p.m. We read a wide variety of fiction and non-fiction. And the Walking Book Club meets the last Friday of the month at Kantor Pavilion at 2 p.m. This group walks and talks in rain or shine and always reads a short in length book! No need to register for any

book club, except the Thursday one so you can get the Zoom invite.

Each month, we host an in-person craft class. Throughout the fall, we will be making seasonal crafts, such as decoupage journals for any students in our lives. This class can be registered for by calling the library or by accessing the on-line sign up via the library's events page at longhilllibrary.org. In addition to the class, the library also puts out adult take and make craft bags. These are out there on a first come, first served basis. All crafts are fairly simple and come with instructions and supplies. Stop by and grab a take and make bag in addition to your usual book haul.

Finally, every Friday afternoon we will be hosting E-books 101, a short class on how to access the library's digital collection. The library now has ebooks available via Hoopla and cloudLibrary, plus movies on Kanopy. If you would like help accessing these resources, stop by the library on Friday afternoon. Bring your device and we will walk you through the steps.

FRESH PRODUCE DELIVERED TO SENIORS

Morris County

Fresh produce picked at Ort Farms in Long Valley was packed in bags in August and distributed to senior citizens through a farm-to-table, pilot program operating this summer under a partnership between the long-time family farm and the Morris County Nutrition Program.

The cooperative arrangement allows senior citizens to order produce that will be bagged at the farm and delivered to their housing complex within 24 hours.

Morris County anticipates that nearly 200 bags of produce will be delivered this summer to seniors living in six Morris County senior housing units, said Christine Hellyer, director of the Morris County Division on Aging, Disabilities and Community Programming.

The Senior Farmers' Market Nutrition Program is a federally-funded program that provides low-income seniors with coupons that can be exchanged for eligible foods such as fruits, vegetables, honey, and fresh-cut herbs at farmers' markets, roadside stands, and community supported agriculture programs. In Morris County, the program is being administered through the Morris County Division on Aging, Disabilities and Community Programming's nutrition program.

The Morris County Nutrition Program provides seniors who meet certain income qualifications with hot nutritious meals, education, and even opportunities for personal interaction through three program components: Congregate Meals, Home Delivered Meals and Weekend Meals. The program served 388,358 meals in 2020.

For more information and income guidelines to qualify, visit the county's nutrition program website at morriscountynj.gov.

Now in its sixth generation, Ort Farms is a 400-acre farm currently run by three generations of the Ort family. The farm operates through all four seasons, offering home-grown produce and other goods at their market stand, as well as recreational activities for visitors.



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- Anita, daughter of resident

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(above) Ort Farms employee Leah Hoskins selects produce for individual orders placed by Morris County senior citizens.

Photo by Karen Mancinelli

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Get your kids back on track!

10 TIPS TO HELP YOUR STUDENT WITH HOMEWORK AND STUDYING

The 2020-2021 school year might be the most diverse yet in terms of how kids and teens will be learning. Whether you're doing online classes, homeschooling, in-person learning or some hybrid mix, we've got some tips to help your student with homework and studying.

1. Encourage your study to keep a planner with assignments, quizzes and tests, as well as long-term project deadlines. As a general rule, aim to complete work 3-5 day in advance so they'll have extra time if something unexpected goes wrong (like a power outage).
2. Rather than cramming for a test the night before, encourage your student to study daily in small chunks of time; 15-20 minutes should be plenty if it's done regularly.
3. Index cards or flash cards can help with vocabulary or math formulas. Use different colors to help your brain make connections by association for each fact.
4. Don't allow your student to stay up all night to study. You're better off encouraging them to get a full night's sleep and then studying a bit more in the morning.
5. Focus on nutrition, including a mix of protein and carbs with every snack or meal. The brain needs fuel to work

properly and sugar, caffeine and saturated fats can hinder learning and memory.

6. If you're not strong enough in a particular subject to help older students, consider pairing up with another parent who is or ask for extra help from teachers during scheduled online office hours.
7. Remove all distractions during school-related sessions, including homework. This includes TVs, laptops and cell phones. Some students perform fine (or better!) with music, while others need complete silence.
8. Set smaller goals for students to help them create a sense of achievement. As a general rule, the younger the child, the smaller the goal should be.
9. Celebrate milestones. Finishing a book or project, wrapping up a semester or completing a particularly difficult chapter in a book may feel like an insurmountable task to some students. Mark the occasion with accolades!
10. Review your student's homework nightly. Rushing through homework in order to watch a movie or get to soccer practice doesn't indicate learning or comprehension; their focus should be on understanding the material-not just completing it.

K OF C GOLF OUTING TO BENEFIT NEW JERSEY VETERAN'S NETWORK



Cranford Knights of Columbus Council 6226
ANNUAL GOLF OUTING
Friday, September 17, 2021
Galloping Hill Golf Course Kenilworth, NJ

The cost is \$150.00 per Golfer

Includes Golf, Golf Cart, Lunch, Refreshments, Prizes and Dinner with Lunch
Starting at 11:30 AM and a Shotgun Start at 1:00 PM.

The Golf Outing proceeds will benefit our Council supported Charities and Programs. We will also be making special donations to the New Jersey Veteran's Network and Cranford Front Line Appreciation Group (FLAG for Cranford) in recognition of all of the great work both organizations have done and are doing in support of our Veterans and First Responders during these trying times.

For More Information about Sponsorships, Playing or to get involved, please contact:

Jerry Conheeney – Grand Knight908-416-3464jerryconheeney@gmail.com
Kevin Cumiskey – Deputy Grand Knight973-390-9327kevin.cumiskey@gmail.com
John Doolan – PGK, Lecturer & Golf Outing Chair908-451-8947jdoolan@verizon.net
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Golf & Sponsorship Registration

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Registration / Sponsorship Levels

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Beverage Sponsor (Includes a Foursome & Signage)	\$1,000
Lunch Sponsor (Includes a Foursome & Signage)	\$1,000
Beverage Cart (Includes a Foursome & Signage)	\$1,000
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TREES AVAILABLE THROUGH GRANT IN LONG HILL

Home or property owners in Long Hill can apply to purchase up to two deciduous shade trees for \$200 each through a challenge grant offered through the Shade Tree Commission.

Through the program, property owners may purchase a tree for about half the retail value, with the Township paying the balance with grant funds. Installation is free and arranged by the Township, resulting in substantial savings for property owners.

Business owners are also encouraged to apply, particularly those along the Valley Road corridor. All trees must be located so they can be seen from the street.

The challenge grant trees may be used to replace an ailing ash tree which may have been

affected by the Emerald Ash Borer.

"We have seen the hazards of planting too many trees of one species such as the ash tree," Said Shade Tree Commission Chair Susan Jeans. "This year therefore, we are expanding our species list to include some new and exciting choices."

Those interested in participating must complete and application available on the township website at <https://www.longhillnj.gov/forms/Challenge-grant-program-application.pdf> This application should be accompanied by a check for \$200 per tree with a two tree limit and mailed to Township of Long Hill 915 Valley Road Gillette, NJ 07933.

Applications are due by September 20, 2021. Only 20 applications will be accepted on a first come, first served basis.

Trees will be planted by early to mid-October. A Shade Tree Commission representative will contact the property owner to approve the location of tree(s) on the property and to select the variety of tree that would be the best fit for the location.

The commission reserves the right to make the final decision on location and arrangement for installation. Once installed, the property owner becomes responsible for the watering and maintenance of the tree as prescribed by the Commission.

LONG HILL TOWNSHIP EARNS TREE CITY USA DISTINCTION

Submitted by Ann Cade

Guy Piserchia, mayor of Long Hill Township, the Township Committee, the Department of Public Works and the Long Hill Shade Tree Commission are delighted to announce that Long Hill Township is now a Tree City as of March 15, 2021. The Arbor Day Foundation grants this designation to a town which proves that it has a robust program in place to enhance the community by the care of their urban trees.

The Arbor Day Foundation states on its website that it requires four core Standards of sound urban forestry management: maintaining a tree board or department, having a community tree ordinance, spending at least \$2 per capita on urban forestry, and celebrating Arbor Day.

With the cooperation and support of the Mayor and The Township Committee, The Shade Tree Commission and the Department of Public Works have worked tirelessly for years to promote the planting and care of Long Hill trees.

The Town Committee passed a tree ordinance in November 2020 and Long Hill celebrated Arbor Day on March 18, 2021. Long Hill had

fulfilled all the requirements for Tree City, submitted an application and was accepted.

Why this emphasis on trees? Trees are beautiful and come in all shapes and sizes. Some bloom in the spring, some bloom in the summer. Some have fruit, berries or nuts. In autumn, trees can have vivid colors which complement the bright fall days. Evergreen are not as showy, but provide color during gray winter days.

Trees clean the air by removing dangerous gases and particulate matter. They release oxygen into the atmosphere. Trees slow water runoff and prevent soil erosion and sedimentation of streams. Trees buffer noise pollution and provide privacy for homeowners. Trees cool homes, streets and communities and provide shade from hot summer sun. Trees increase wildlife habitat by providing shelter and food for birds and small mammals. All in all, trees increase the value of the community and its homes.

Please look for the Tree City markers placed on entrances to Long Hill Township and celebrate our new designation as a Tree City.



(above) Guy Piserchia, Susan Jeans and Gordon Redgate.

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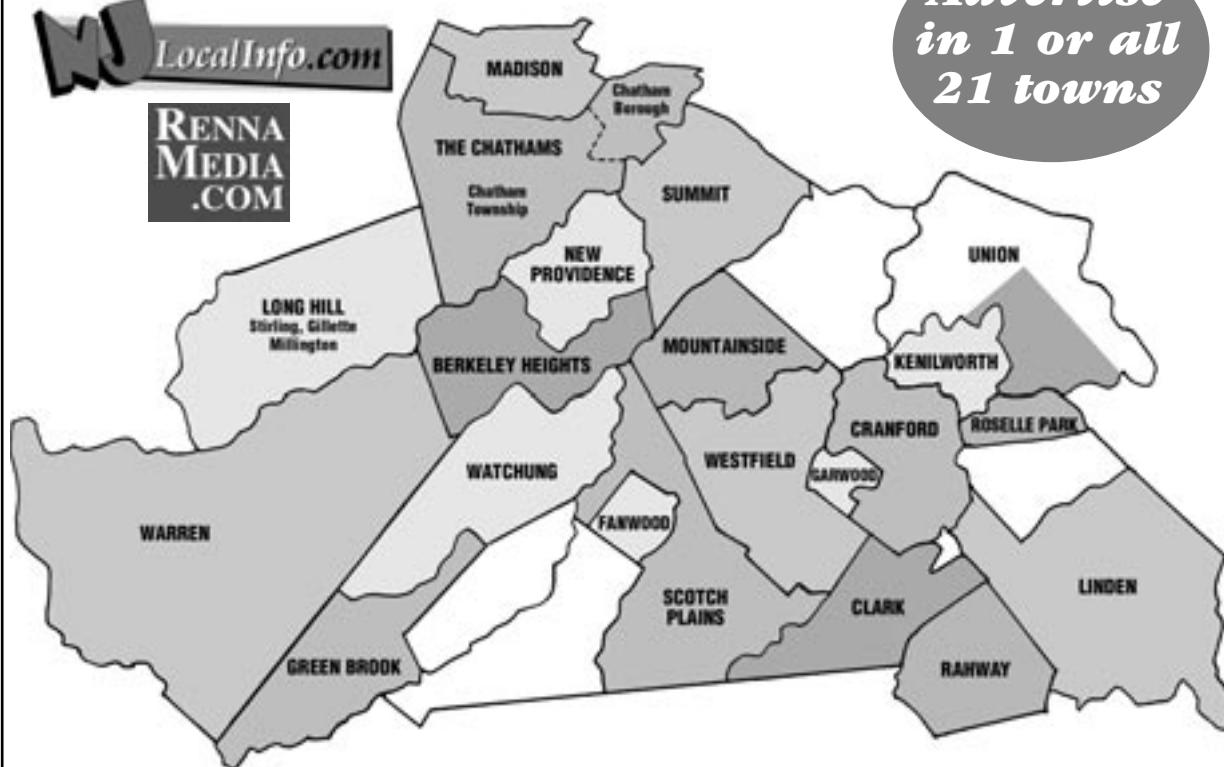
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20TH ANNIVERSARY 9/11 REMEMBRANCE CEREMONY

Morris County

Morris County will host a 9/11 remembrance ceremony on Sunday, Sept. 12, 2021, at 6 p.m. to observe the 20th Anniversary of the September 11, 2001 terrorist attacks with a special remembrance ceremony at the Morris County 9/11 Memorial on West Hanover Avenue in Parsippany-Troy Hills.

Keynote remarks will be provided by Firefighter Rebecca Asaro, who joined the Fire Department of New York (FDNY) along with three of her brothers in honor of their father, Carl Francis Asaro, one of 343 FDNY members killed on Sept. 11, 2001. He died just a month shy of his 38th birthday.

Asaro's firehouse in Midtown Manhattan was the hardest hit that day. Fifteen firefighters on Engine 54, Ladder 4, Battalion 9 - an entire shift - died as they responded to the devastation as it was unfolding at the Twin Towers.

Rebecca was only 9 years old when she, four

siblings and her mother, Heloiza, lost their father and husband.

"I joined because my father was a firefighter who died in 9/11. Four of us followed in his footsteps, with my younger brother and me graduating the academy in 2019," Rebecca explained, noting she has uncles and close family friends who also are firefighters.

Carl, Jr., now 33 years old, was the first to join, followed by brother Matthew, age 32. Rebecca, 29, and younger brother Marc, 27, were featured in several news features when they graduated the academy two years ago.

Rebecca is now a member of Engine 54 - her father's unit.

FDNY veteran John Fila, a Boonton native and member of the Midtown firehouse, will join Rebecca in the Morris County ceremony. Fila had switched shifts that fateful day, or he too would have been among those killed. He has joined the Morris County ceremony in the past, sharing his

experience and losses, including his food friend, Carl F. Asaro.

Fila will introduce Rebecca, who he has known since she was a child.

"John knew my family, my dad. He is a longtime family friend. It's an honor working with him," said Rebecca.

Morris County lost 64 residents in the terrorist attacks in New York, Pennsylvania and Washington D.C., on Sept. 11, 2001, and annually conducts a remembrance ceremony.

The Morris County 9/11 Memorial on West Hanover Avenue in Parsippany-Troy Hills was constructed to pay tribute to the nearly 3,000 people killed in the attacks, with an emphasis on the 64 Morris County residents lost that day. The names of all who died are engraved in ruby-colored paving stones set in the walkway surrounding the memorial, and the names of each of the 64 Morris County residents killed are additionally listed on individual, brass plates affixed atop of the memorial's inner wall.

The county's 9/11 event will include musical interludes, a chorus, and the march of a color guard up West Hanover Avenue to the Memorial that will include police, fire, rescue and emergency personnel from across Morris County. A special invocation will accompany a lighting of candles and the traditional reading of the names of each person from Morris County who died.

Seating at the Memorial is limited, so the public is encouraged to bring lawn chairs to the outdoor observance. Parking will be available at the Morris County Department of Human Services building at 340 West Hanover Ave., on the Morris Township side of the street. Shuttle buses will be available to transport those in need the short distance to the Memorial.

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(above) Rebecca Asaro and younger brother, Marc, upon graduation from the firefighter academy in 2019. Keynote Speaker Rebecca Asaro lost her father on 9/11. She and three brothers joined FDNY in his honor.



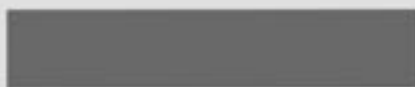
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