EYES TO THE SKIES

This year's Memorial Day Parade flyover was made extra special by this C-130 aircraft and its crew:

Left to Right:
- Tactical Systems Operator: Chief Warrant Officer 4 Mario Helpley of Maricopa, AZ
- Flight Engineer: Sergeant Joshua Mery of Dutchess, NY
- Crewmaster: Sergeant Nicholas Dinis of Monmouth, NJ
- Pilot: Maj Gary “Skip” Windt of Morris Plains, NJ
- Crewmaster: Lance Corporal Tristan Mileski of Warren, NY
(Not Pictured) Pilot: Maj Aaron Harrell of Hennepin, MN
As the summer months continue, your Council and Mayor have been busy. I would like to thank the Recreation Commission, former Councilman Joe Cecala and all who helped and volunteered to once again bring you the best Fireworks and Family Day in Morris County. We are happy to welcome the following new businesses to town including All State Insurance, First Watch Café, Morris Wine and Liquors, Delicias Latinas Restaurant and Café, and Chick-Fil-A. Please remember to patronize these and all of the businesses in town. Shop Local!

Parking at the Community Center has been revamped to include three new handicap parking spots and a loading zone in the front of the building. Please remember to park only in designated areas.

Community Park Pool is open and has many exciting events planned throughout the summer. Please check the pool’s Facebook page to see all the excitement. Congratulations to all of our spring and summer sport teams on their successful season.

Tabor Road LLC’s site plan application was approved for new flex use buildings. Also approved was their soil disturbance application. M&M’s site plan/sub-division application was approved and still has ongoing Planning Board appearances. JMF American Road Development building demolition is now complete. The 900 American Road flex use building is nearly 100% completed.

The 54th annual Block Party is scheduled for Saturday, August 31st, 6:15 PM to 9:30 PM, Merchant Block. Join us for rides, food and games. Fun for all ages! Make sure to check the Borough’s website for upcoming town-wide fall events.

The Town’s website has a new addition. Please visit the “Town Code” section for all of the Borough’s Ordinances and Land Development Ordinances.

On a final note, if you have any suggestions which you would like to share, please feel free to contact me at jkarr@morrisplainsboro.org or call Borough Hall at 973-538-2224. Enjoy the rest of the summer.

Father Lance Retires from St. Virgil’s Church

In July, Father Lance Reis retired from St. Virgil’s Church in Morris Plains and was presented with a key to the city by Mayor Karr. Father Lance was appointed to St. Virgil’s Parish in 2012 and has served as a pastor for over 50 years. Thank you, Father Lance, and happy retirement!

6th Grade Mock Trial

Borough School’s 6th Grade Gifted and Talented students had the opportunity to participate in a mock trial. The students worked with Municipal Court Judge Michael Carlucci for over a month to learn how a court case works and were able to take part in their own court case. Great work!
The Morris Plains Farmers Market

Mayor Karr and Councilmembers Sue McCluskey, Sal Cortese, Art Bruhn, Cathie Kelly, Dennis Wagner and Joan Goddard hosted a “Meet and Greet” on Saturday, July 20th (the hottest day of the decade) at the Farmers Market. Many local residents attended, asked questions, made suggestions, and availed themselves of the various hand-outs provided. Also present were Cindie Bella and Shanice Johnson from the Morris County Department of Health. Cindie and Shanice provided free blood pressure screenings. Recent guests at the Farmers Market have been the Morris County Mosquito Commission and Liz Sweedy, Recycling specialist from the Morris County Municipal Utilities Authority Recycling Committee. Our own Clean Communities Volunteer, Ellie Falco, was on hand with Liz to provide information on the new recycling practices. Thanks to our sponsor, Provident Bank, for attending each week.

The Morris Plains Farmers Market continues every Saturday through October 12th, from 9 AM to 2 PM. Morris Plains crafters are invited to have a table at the market to sell home made items (no baked goods).

Contact Sue McCluskey (sue@deltasacon.com) for more information.

Morris Plains to Host Community Band Festival

If you enjoy listening to the Morris Plains Community Band and its spin-off swing jazz band, “Swing Tones”, you'll love this event!

On Sunday, September 15th, Morris Plains will be hosting an all-afternoon festival of town bands. Bands from several communities of northern New Jersey will each be performing a short concert at Community Park. There will be traditional concert bands, jazz bands and perhaps even smaller chamber groups such as brass choirs.

The bands will perform one after another on the lawn between the baseball fields on the Ron Brown Field side of Community Park. Each will perform a concert of their signature works – music that displays the strengths of their group, whether it’s classical, jazz, marches, patriotic music or favorites from Broadway and Hollywood.

There is no admission charge for the event and there will be food and refreshments available for purchase. There is plenty of free parking at the park, so bring your lawn chair or blanket and plan on an enjoyable afternoon of music! Rain date is the following Sunday, September 22, 2019. More details will be available on the Borough of Morris Plains website as we get closer to the date.

This special event is being sponsored by The Morris Plains Community Band. To learn more about the Morris Plains Community Band, contact Larry Ripley at 973-998-1081 or larryripley@verizon.net or just get that horn out of the closet and stop in at the Morris Plains Community Center some Wednesday evening from 7:00 to 9:00.
**Girl Scout Troop 96845**

**Scoop Up a Patch with Friendly’s**

Morris Plains Brownie Troop 96845 was ‘treated’ to an awesome Field Trip at the Morris Plains Friendly’s! The girls got a behind the scenes look at how the restaurant operates. They toured the storage rooms, dish area & where all the food is prepped. They even got to add their own ice cream toppings! The Friendly’s staff was amazing and the girls had a great time learning about the local restaurant with a sprinkling of fun!

To set up your next Scouting field Trip contact: Fran Sperato at friendlysmarketing@gmail.com or 917-544-4229

Troop Leader: Monica Viola, Missy Goyeneche, & Kirstin Rigby.

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**Borough Students Get Dirty for Pollinators**

During the first week of June, twenty-four 3rd to 5th grade students spent several lunch periods preparing and planting a native plant garden to beautify school grounds and increase on-site curriculum opportunities. The new garden features North American wildflowers and will provide a habitat for butterflies, moths, hummingbirds and bees – collectively known as pollinators, because they help plants reproduce by transferring pollen from one plant to another. Pollinators have been in decline throughout the United States, resulting from identified and unknown factors such as habitat loss, colony collapse disorder in bees, and widespread use of insecticides. In collaboration with Borough teachers, the garden can be incorporated into cross-curricular classroom studies, offering an on-site “field trip” or sensory opportunity for students to connect directly with nature at school. Installation of this native garden offers a new and safe way for students to study the pollination cycle and related conservation issues.

The students, recruited by teachers Casey Devlin, Maria Diaz, and Art Phillips, prepared the garden by removing grass and laying new garden soil, planting the new material, laying newspaper weed-block, and spreading mulch. Summer tending of the garden will be provided by Borough students and their parent volunteers, and the garden (located in the traffic circle) should be in full bloom upon the students’ September return to school.

The project had been in development for two and a half years and represents the working input of 9 faculty/staff, 2 parent volunteers and 23 student SGA members who participated in project meetings during that timeframe. The garden represents the “first” component of an effort to improve the school grounds with an eye toward curriculum benefit and student enjoyment. Future projects will be driven collaboratively by the interest and ideas of students and staff who envision new and innovative ways to use school grounds, and align with district efforts to create a “culture of innovation...to lead and sustainably grow student outcomes through personalized learning” (Future-Ready Schools program).

If you or your student are interested in learning more about the garden or participating in efforts to tend and grow the project, please contact Marilyn Kitchell (m.kitchell@verizon.net).

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Students worked hard during lunches in June to plant a garden in the traffic circle. The garden will beautify the school, provide hands-on learning opportunities and will serve as a home for butterflies and other helpful pollinators.
In an effort to capture only acceptable materials during curbside recycling collection, the Morris County Municipal Utilities Authority (MUA) will implement a “Tag-it and Leave-it” inspection program later this year in the municipalities served by the MUA’s “all-in-one” single-stream curbside recycling collection program. Due to recent enforcement of rigorous restrictions banning unacceptable materials in curbside recycling bins, the MUA has been assessing contaminants in the recycling stream.

The most common and problematic unacceptable materials (contaminants) found mixed with acceptable recyclables include: plastic bags, plastic film/plastic packaging, foam (Styrofoam), hangers (plastic, metal, wood), food waste, wood scraps, and plastic bottles/containers coded #3, #4, #6 & #7 (only plastic bottles/containers coded #1, #2 & #5 are acceptable).

- For curbside collection, **recyclables must be loose in a reusable container** with handles (lids are strongly recommended to reduce moisture and to prevent litter)
- Recyclables must be empty, clean and dry (no food residue)

Earlier this year, the MUA released updated guidelines for the proper preparation of plastics for those municipalities participating in the MUA's single-stream curbside recycling collection program. The revised plastics acceptability guidelines now limit plastic recycling collection to only bottles/containers coded #1, #2 & #5.

Due to strict requirements for collecting only acceptable materials in the recycling stream, the MUA will **leave those recycling set-outs with unacceptable items** in the recycling containers at the curb. After contaminated recyclables are left at the curb, **residents will have to CORRECT the issues and wait until the next scheduled collection day** to put their now acceptable recyclables out for curbside collection.

The main goal is to avoid rejected loads at the local recycling facility, which first separates the single-stream recyclables into the individual materials that make up the recycling stream. Cleaner loads result in less cost while rejected loads, due to contamination, result in a greater cost for all involved.

When in doubt, throw it out and keep the acceptable recyclables clean, empty and dry! For additional information and to obtain the single-stream recycling flyer, please visit [www.MCMUA.com](http://www.MCMUA.com).
Morris Plains Woman Shares Her Journey from Blood Donor to Emergency Recipient

As told to Nancy Verga

Growing up in Morris Plains, Laura Bellias Yurek assumed most people were frequent blood donors. Her parents, Kathy and Jim Bellias, regularly donated at the Morris Area Community Blood Program drives in Morris Plains. For Kathy and Jim, this was an easy way to help others and to enjoy social time with neighbors.

Laura participated in her first blood drive while a student at Morristown High School, and continued to donate throughout high school and college. After studying abroad during the Mad Cow Disease outbreak, she became permanently ineligible to give blood.

Later, as a registered nurse on the open-heart unit at Morristown Medical Center, Laura administered and/or witnessed life-saving blood transfusions daily. It wasn’t until she started having seizures in July of 2015, that her own health took a frightening turn.

“I learned that I was born with a tangle of blood vessels in my brain, called Arteriovenous Malformation (AVM),” says Laura. A cerebral AVM typically goes undetected and frequently results in sudden death at age 30 or 40, when the vessels rupture. Laura’s doctors administered direct radiation to shrink the mass, but it wasn’t successful.

Several months after diagnosis, Laura suddenly felt like she was losing function in her right leg and couldn’t climb the stairs. She knew her brain was hemorrhaging. “My partner and guardian angel, Kimberly Baird, was home and was able to get me into the car and to the emergency room.” Laura underwent emergency open brain surgery to stop the bleed. Two days later, a second surgery removed the AVM and temporarily removed a piece of her skull to alleviate post-operative swelling. All of this required several blood transfusions.

Today, Laura’s legs and right arm remain permanently paralyzed, although she has confidence that she’ll eventually restore brain function. Despite her ongoing health struggles, Laura remains grateful for every day she has with her three children- Benjamin (14), Anna Grace (13), and Nicholas (11).

“It’s interesting, and also humbling, to see blood donation from all perspectives,” says Laura. “From watching my mom give blood when I was young, to donating blood as a student at Morristown High School and Fairfield University, to being denied the option to donate after spending time abroad, to being the RN infusing much-needed blood donations at work. After receiving transfusions at age 37, it goes without saying that I support and encourage all people who are able to DONATE!”

Morris Area Community Blood Drive welcomes new and regular donors at the Morris Plains Presbyterian Church, Speedwell Avenue, Morris Plains.

Upcoming blood drive dates:

- August 31
- October 12
- November 30
- December 28

To make an appointment to donate blood, or for information on starting a blood program with your organization, contact Larry Ripley at 973-998-1081 or larryripley@verizon.net
After-School Girls’ Group Pilot a Success

The Morris Plains Municipal Alliance partnered with Teen Pride to offer an after-school “Girls’ Group” to foster healthy relationships, promote positive self image and empower middle grade girls to make positive life choices. Teen Pride is a non-profit organization that assists young people ages twelve through eighteen from Morristown, Morris Plains and Morris Township in the development of social, educational and vocational skills. Based on feedback from the counselors and team, the Alliance hopes to sponsor additional lunch-time groups with Teen Pride next year.

Yoga Program Strengthens Young Bodies and Minds

During the Spring, Borough resident Margey Dwyre-Daily used music, movement, and basic yoga poses to help students in grades four through six develop tools for greater body and self-awareness; learn to manage stress through breathing, meditation and healthy movement; and build concentration. Students reported learning to manage stress while having fun.

The Alliance Honors Students at Borough School Graduation

The Municipal Alliance honored two graduating students with the Volunteer Award for service to the community through the Youth Volunteer Corps and Kids Helping Kids Mentoring programs. Students who served the most hours during their time at Borough School were Seleyna Bautista, 80 hours, and Shaila Joshi, 55 hours.

Two students, Mary Bowers and Ethan Jinks, also received the Peer Leadership Award based on nominations from fellow classmates for an individual who “demonstrates characteristics of a healthy, caring and responsible person.” Congratulations to all of the Morris Plains students graduating in 2019!

Morris Plains to Host Construction Skills Camp for Girls

The Morris Plains Municipal Alliance is proud to sponsor “Tools & Tiaras Summer Camp,” a program to introduce girls ages six to nineteen to the design and skilled trades available in the construction industry. This week-long experience with leaders in the construction industry will expose campers to hands-on projects in carpentry, electrical, plumbing and automotive. Registration is limited for the August 26 – 30 camp at the Morris Plains Community Center. Visit www.toolsandtiaras.org/programs for more information.

Youth Mental Health First Aid Training Coming to the Borough

On September 25th, the Alliance will partner with Borough School administration and staff to offer discounted registration for Youth Mental Health First Aid training. This is an eight-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. For registration updates, text “MPMAC” to 22828, and you will receive our monthly e-newsletter.

Facilitator Needed for Odyssey of the Mind

The Municipal Alliance is seeking an adult volunteer to facilitate this popular program for students in grades K to 12 that fosters problem solving and STEM skills. For information about volunteering, please send an email to mpmacinfo@gmail.com.
Do you know someone struggling with addiction? Do you need assistance getting into a program? Come have a conversation with the Hope One team.

Hope One is a mobile outreach vehicle that travels around Morris County offering access to addiction and recovery services. The Morris County Sheriff’s Office is partnered with the Center for Addiction Recovery Education and Success (CARES), the Morris County Department of Human Services and the Mental Health Association of Essex and Morris County in their effort to combat the current Opioid Epidemic.

Hope One is able to provide clients with immediate access to services and treatment facilities, putting them on the road to recovery and wellness. In addition, NARCAN training and kits are provided at no cost to family members and friends of those suffering from opiate addiction.

Hope One can be visited in various locations throughout Morris County. Locations will be posted on the Morris County Sheriff’s Office website: www.sheriff.morriscountynj.gov and on Facebook, as well as on Twitter @HopeOneMorris

PAARI Operating Hours
8:00am-4:30pm
Monday through Friday

Any person who enters participating police departments and requests help with their substance use disorder will be screened for PAARI.

Daytop’s mission is to provide highly-effective and accessible behavioral health services, restoring hope and improving the quality of life for persons served, their families, and our communities.

Daytop is also proud to offer recovery support services for the PAARI program. Through PAARI, a Daytop Certified Peer Recovery Specialist will meet with individuals struggling with addiction at the police department.

*Please make sure that you are able to receive calls at the phone number provided and at the time requested.*
SOLUTIONS FOR STORMWATER POLLUTION

Easy Things You Can Do Everyday to Protect Our Water

www.njcleanwater.org

A Guide to Healthy Habits for Cleaner Water

Pollution on streets, parking lots and lawns is washed by rain into storm drains, then directly to our drinking water supplies and the ocean and lakes our children play in. Fertilizer, oil, pesticides, detergents, pet waste - you name it, and it ends up in our water.

Stormwater pollution is one of New Jersey’s greatest threats to clean and plentiful water, and that’s why we’re all doing something about it. By sharing the responsibility and making small, easy changes in our daily lives, we can keep common pollutants out of stormwater. It all adds up to cleaner water, and it saves the high cost of cleaning up after it’s dirty.

As a resident, business, or other member of the NJ community, it is important to know these easy things you can do every day to protect our water:

Limit Your Use of Fertilizers and Pesticides

- Make sure you properly store or discard any unused portions
- Do a soil test to see if you need a fertilizer
- Look into alternatives for pesticides
- If you use fertilizers or pesticides, follow the instructions on the label on how to apply them correctly.

Properly Use and Dispose of Hazardous Products

- Hazardous products include some household or commercial cleaning products, lawn and garden care products, motor oil, antifreeze and paints.
- Do not pour any hazardous products down a storm drain because storm drains are usually connected to local water bodies and the water is not treated.
- If you have hazardous products in your home or work place, make sure you store or dispose of them properly.
- Read the label for guidance
- Use natural or less toxic alternatives.
- Recycle used motor oil
- Contact your municipality, county or facility management office for the location of hazardous-waste disposal facilities.

Keep Pollution Out of Storm Drains

- Do not let sewage or other wastes flow into a stormwater system.
- Remember to obey local laws to clean-up after your pet (on public and private property) and dispose of solid pet waste promptly and properly.

BRUSH PICKUP

SCHEDULED FOR THE WEEKS OF AUGUST 26TH AND SEPTEMBER 30TH

For a safer, cleaner street, brush should be placed out for pickup no earlier than 48 hours prior to scheduled pickup date. Branches should not protrude into the path of cars. We ask your cooperation in making brush pickup more efficient by observing the following guidelines:

1. NO BRANCHES OR LIMBS MORE THAN 3 INCHES IN DIAMETER WILL BE PICKED UP. Only branches, limbs and logs that can be chipped will be collected - due to chipper limits.
2. SMALL LIMBS AND TWIGS should be tied in 1-FOOT ROUND BUNDLES NO LONGER THAN 6 FEET.
3. ALL BRANCHES, LIMBS OR LOGS should be no longer than 6 feet, neatly stacked, all in one direction.

GRASS PICKUP

4. VINES AND PRICKER BUSHES must be tied in bundles.
5. STUMPS are to be free of DIRT AND DEBRIS.
6. NO LEAVES OR GRASS CLIPPINGS are allowed with Brush Pickup.
7. NO LUMBER, METAL, BUILDING MATERIAL OR FOREIGN DEBRIS are allowed.

GRASS CLIPPING PICKUP

Pick up is on Wednesdays through October 9th. The only material which should be put into COVERED CONTAINERS for these Wednesday collections is GRASS. Please: NO TWIGS, BRANCHES, LEAVES, STONES OR OTHER MATERIALS.

LEAF PICKUP

October 16th to December 4th. DO NOT put grass, brush, sticks, vines or stones with your leaves. Rake leaves to curbside. DO NOT PUT LEAVES IN BAGS. Put them in neat piles at curbside.
THE “SWING TONES” BAND

L.E.A.D. GRADUATION

At podium: Jake LeRoy
Bottom row (from left): Colin Williams, RJ O’Reily, Nate Hart, Jack Bruhn
Central Park: A Pleasure and A Concern

Undoubtedly, Morris County’s Park System is second to none in the State with its recreational and educational opportunities. It is no wonder that parks throughout Morris County are popular gathering places for residents and visitors alike. Central Park, located at 1 Governor Chris Christie Drive, is no exception to the spectacular experience. Central Park officially opened in 2008 and with its continued growth, has become one of Morris County’s most visited parks.

So where’s the concern? Central Park sits just outside of the Morris Plains border. Until recently, the only means of accessing the park was traveling through a residential neighborhood. This once quiet residential neighborhood saw an astronomical increase in the number of vehicles traveling to the park. Traffic studies completed on the roadway confirmed that while a majority of vehicles are traveling at or within a few miles of the 25 MPH speed limit, some are traveling at excessive speeds.

Morris Plains residents enjoy the close proximity of Central Park, however speed and traffic volume create a danger that cannot be ignored. The Borough of Morris Plains, with the assistance of the Morris County Parks Department, is working to limit access to the park via Central Avenue. Visitors will find accessing Central Park by way of Governor Chris Christie Drive, off of West Hanover Avenue, as a direct roadway to the park.

As you access Central Park, visitors are reminded of the popular traffic phrase: “Drive Like Your Children Live Here!” The Morris Plains Police Department will be strictly enforcing the 25 MPH speed limit.

Wishing all a fun and safe summer.

Lt. Michael Koroski
MPPD

LOVEY’S PIZZA CELEBRATES 20 YEARS

Mayor Karr presents key to the city to Lovey’s Pizza for 20 years of successful business!
Blooming Businesses in Morris Plains

FIRST WATCH

DELICIAS LATINAS

MORRIS WINE & LIQUOR

CHICK-FIL-A
Thanks to the help of the DPW, the Teen Center has a new Gaga Ball Pit. Gaga Ball is a new high-energy game popular among young teens.
We hope you all are enjoying the flower tubs along Speedwell Ave. Many of our members have gotten shout-outs from passersby, thanking us for our hard work in planting and caring for the tubs. We appreciate the recognition. But we must also recognize the many volunteers who are helping us water and weed the tubs - your participation is really needed and more appreciated than you can imagine.

The Garden Club will again be selling our homemade baked goods at the Farmers Market on September 7. This is the second of our major fundraisers supporting our ongoing service to Morris Plains. If you can, please stop by, meet some members, and be sure to pick up a complimentary wildflower seed paper to plant in your own garden.

Our new season starts in September, which would be the perfect time to attend a program or an All Seasons meeting. We have not yet firmed up all our 2019/2020 season presentations, so please watch for information about our program offerings, which we will post in the early fall Morris Plains weekly emails.

Meetings are held at the Community Center the third Wednesday of the month at 7 PM. If you would like to find out more about our club, please call Kathy Kelly at 973-886-6640 or Lu Ann Totaro at 973-644-4612. We’d be happy to welcome you to one of our meetings.
Congratulations to our 7th Annual Tri-Morris County Jr. Police Academy graduates who completed their training on July 12th, 2019. The Jr. police academy is a two-week program that introduces young adults to the field of law enforcement. The academy provides many participation-based demonstrations and classes in handcuffing, defensive tactics, first aid, and K-9 just to name a few. The recruits are also exposed to physical training and military drill as they would in the actual police academy our officers attend. A special thank you to our own Lt. Mike Koroski, Officer Anne Marie Ferris, and Patrolman Nick Grawehr who assisted in instructing the recruits along with all the other officers from Morristown and Morris Township police that make this event a continued success.

The Morris Plains Police department is proud to be a part of the Tri-Morris County Junior Police Academy and thanks all of its graduates for taking the time out of your summer to participate. Great Job! See you next year.

We had four recruits from Morris Plains out of a class of 38:

Senior Recruit Jack Keller received the Brody Hydock award for leadership and is returning next year.

Senior Recruit Tyler Shay returning next year.

Recruit Jacob Gringeri received the Instructors Choice award for the recruit who in the opinion of the instructors shows the character needed for future success in law enforcement and was awarded senior recruit status when he returns next year.

Recruit Abigail Studer awarded senior recruit status when she returns next year.

ANNUAL MORRIS PLAINS 9/11 MEMORIAL SERVICE

MONDAY, SEPTEMBER 9TH at 10:00 a.m.
at the Morris Plains 9/11 Memorial,corner of Rts 53 & 202

in conjunction with students from Borough School along with our Emergency Services Personnel and VFW Post 3401. All are welcome!

The very special guest speaker at the service this year will be Will Jimeno, a Port Authority Police Officer, who survived the attack on 9-11 after being buried under rubble for 13 hours.

**Please note that the service is being held on Monday, Sept. 9 this year rather than on the 11th, so that Will can be with us to share his incredible story.**
**Fall Recreation Programs**

**Book Club with Charlot Lamm**
Fourth Wednesday of every Month
2 PM at the Morris Plains Community Center
September Book Club:
Discussion of favorite Summer Reading!

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**USSI Fall Tennis**
Tuesday - 7 Week Program
September 17 to October 29
Tennis Squirts  Ages 3-5
4 PM-4:45PM
$134.
Foundation Tennis  Ages 5-8
5 PM-6 PM
$134.
Development Tennis  Ages 8-10
6 PM-7 PM
$134.
Advanced Tennis  Ages 11-14
7 PM-8 PM
$134.
Morris Plains Community Park
Tennis Courts

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**Senior Exercise with Stacey Williamson**
Morris Plains Community Center
Multi Purpose Room
Thursday Mornings
10 AM
Beginning September 12th

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**Tuesday Yoga**
with Lauren Deodato
7:30 -8:30 PM
18 sessions - $100.
Begins September 10

**Thursday Yoga**
with Peg Clark
7:30 -8:30 PM
18 sessions - $100.
Begins September 12

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**Adult Soccer**
Morris Plains Residents
Wednesdays
8:30-10PM
MP Borough School
September-June

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**Young Adult Basketball**
Morris Plains Residents
Tuesdays
8:30-10PM
MP Borough School
September-June

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**Adult Basketball**
Morris Plains Residents
Thursdays
8:30-10PM
MP Borough School
September-June

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For More Information:
973-538-3455
morrisplainsboro.org

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18 sessions - $100.
Begins September 10
Pre registration required
Fall Recreation Programs & Events

Town-Wide Garage Sales!
October 5th & October 6th!

Sign up at Community Center by September 30

Annual Bonfire

Saturday, October 26th
6PM - 9PM
Rain date: Sunday, October 27th

Halloween Parade!

October 31st
4PM
Roberts Garden

Gentle Beginner Yoga with Diane Tartaglia

Session #1
Wednesday Morning
9:15 AM to 10:15 AM
September 11 to December 18
(15 sessions)
Morris Plains Community Center
Fee: $80.00

Session #2
Wednesday Morning
10:30 AM to 11:30 AM
September 11 to December 18
(15 sessions)
Morris Plains Community Center
Fee: $80.00

Acrylic Painting with John Darvie
Morris Plains Community Center
October 16 to November 20
(6 Sessions)
Seniors/Adults: 2 PM to 3:30 PM
Teens/Children: 6 PM to 7:30 PM
Class Fee: $160.00

Pre registration required
Handwashing Saves Lives! An Important Reminder!

Flu season is just around the corner. The most important thing that you can do to keep from getting sick is to wash your hands.

It is estimated that one out of three people do not wash their hands after using the restroom. By frequently washing your hands, you wash away germs that you may have picked up from other people or contaminated surfaces. Many diseases, such as the common cold, flu, hepatitis A and infectious diarrhea can be prevented if people wash their hands. Frequent handwashing also prevents others around you from becoming sick with germs that you could unknowingly spread.

When should you wash your hands?

• Before, during, and after preparing food
• Before eating food
• Before and after caring for someone who is sick
• Before and after treating a cut or wound
• After using the toilet
• After changing diapers or cleaning up a child who has used the toilet
• After blowing your nose, coughing, or sneezing
• After touching an animal or animal waste
• After touching garbage

How do you correctly wash your hands?

• First wet your hands, then apply soap (liquid or clean soap bar)
• Rub your hands together to make a lather
• Scrub all surfaces for at least 20 seconds (it is the soap along with the scrubbing action that helps to get rid of germs)
• Be sure to wash those areas that carry germs most often
  o Back of hands
  o Wrists
  o Between fingers
  o Under fingernails
• Rinse well
• Dry hands with paper towel or a clean towel
• Alcohol based sanitizers are okay but are recommended only when soap and water are not available. Make sure to supervise young children using alcohol-based hand sanitizers as swallowing can cause alcohol poisoning.

With screens everywhere from televisions, computers, cell phones, and iPads, it can be difficult to control your child’s screen time. Children younger than age 2 are more likely to learn and remember information from a live presentation than they are from a video. Different types of screen time such as programming with music, stories, and movement can be beneficial especially when you watch it with your child. You can help your child understand what he or she is seeing and apply it in real life. Keep in mind as your child grows, too much or poor quality screen time has been linked to: obesity, behavioral problems, loss of social skills, violence, less time for play, and irregular sleep schedules.

The American Academy of Pediatrics discourages media use, except for video chatting, by children younger than 18 to 24 months. For children ages 2-5, limit screen time to one hour a day of high-quality programming. It is important to keep in mind that the quality of the media your child is exposed to is more important than the type of technology or amount of time spent.

• Preview programs, games, and apps before allowing your child to view or play with them,
• Seek out interactive options that engage your child rather than those that require pushing, swiping or staring at a screen,
• Use parental controls to block or filter internet content,
• Make sure your child is close by during screen time so that you can supervise his or her activities,
• Ask your child regularly what programs, games, and apps he or she has played with during the day,
• When watching programming with your child, discuss what you’re watching and educate him or her about advertising and commercials.

Eliminate advertisements on apps, since young children have trouble telling the difference between ads and factual information.

It is important to set limits for older children, too:

• Create tech-free zones or times such as during mealtime or one night a week
• Discourage use of media entertainment during homework
• Set and enforce daily or weekly screen time limits and curfews
• Keep screens out of your child’s bedroom
• Limit your own screen time
• Eliminate background tv

For more information about screen time and your child, visit https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952
A Message from Superintendent of Schools, Mr. Mark R. Maire

We hope that you are enjoying the summer months and finding opportunities to spend time with family and friends. Although students are not present, summer is a busy time in the Morris Plains School District. The district and school offices are open for business throughout the summer, and staff are available to answer any questions you might have as you prepare for September.

Congratulations to the Borough School and Morristown High School students in the class of 2019. Over 87% of Morris Plains seniors will be attending a competitive college next year according to Barron's guide to colleges and our 8th graders are prepared for success as they continue on their educational journey. We are extremely proud of our alumni.

It is through the dedication and hard work of our entire school community that we continue to pursue and achieve excellence. Here are some highlights of what has been accomplished in the district throughout the school year:

- Earned Future Ready Silver Certification status for both Mountain Way and Borough School. Served as an official FRS-NJ Exemplar Site for the state
- Drafted and supported MPSD 2018-2023 Strategic Plan
- Hosted “Are You I-STEAM Ready?” Workshop with NJSBA & US Army
- Received NJSPRA Award in Social Media Communications
- Enhanced school security (Secured Class III Officer)
- Launched district-wide Social and Emotional Learning Committee, comprised of staff members and school community members
- Celebrated county championship sports teams; talented music, choral and theatrical performances; and launched spelling and geography bee competitions
- Scheduled parent programs to address key topics/issues
- Transformed Borough School Library into STEAM Lab
- Scheduled block lunches at both schools and a Creative Literacy course at Mountain Way
- Provided high-quality professional development for staff
- Finished referendum projects
- Received generous support in excess of $60K from our dedicated school-community organizations, such as the Education Foundation, HSA, and Municipal Alliance

For the next school year, we will continue to work hard to enhance our academic and early intervention programs; maximize instructional resources; promote safety and communication; coordinate parent workshops; implement character education and social and emotional learning-based programs/resources; foster digital citizenship, creativity, and innovation, and meet the needs of all our student learners.

MPSD RECOGNIZES 2018-19 TEACHERS OF THE YEAR

At the June 11th Board Meeting, the District recognized the 2018-2019 Teacher of the Year recipients:
Debra Greik - Mountain Way School
Beth Viegas - Borough School

The MPSD is proud of the outstanding staff that represent our district and it was an honor to recognize two dedicated, student-centered, and passionate educators with this distinction.

MPSD RECEIVES NJSPRA AWARD

Recently, the Morris Plains School District won the New Jersey Schools Public Relations Association 2018 School Communications Award in the Social Media category for our outstanding efforts to leverage social media for communicating about and celebrating our schools. We are very proud to receive this award, and we will continue to maximize our communication tools and strategies.

DO YOU FOLLOW @WEAREMPSD?

If you don't currently follow MPSD on Twitter, please consider doing so. Our staff and administration tweet throughout the day, giving our followers a window into the classrooms and the learning experiences of the students.
STAFF UPDATES

We are excited to welcome our new staff members:

**Borough School**
- Custodian - Monica Giraldo
- Instrumental Music (Grades 3-8) - Rachel Oestreicher
- Full-Time Multiple Disabilities Teacher - Justine Capolongo
- Part-Time Multiple Disabilities Teachers - Christie Heuneman and Eva Stark
- Nurse - Allison Mayhood
- Physical Education Aide - TJ Locatelli

**Mountain Way**
- Guidance Counselor - Laura Lison

**District**
- Learning Disabilities Teachers Consultant - Lisa Schlesinger
- School Psychologist - Laura Lison
- Technology and Network Manager - Jonathan Phillips

In addition to hiring new district employees, numerous staff will be changing roles and building locations going into the 2019-2020 school year. The building principals will highlight their staffing changes to their school community members in August.

BECOME INVOLVED

We are fortunate for the unwavering support and generosity from the Home and School Association, Education Foundation of Morris Plains, Municipal Alliance, Morris Plains Basketball Association, and more. If you are exploring ways you can get involved and make a difference, please make it a priority to learn more about becoming a member of these important organizations.

SUMMER WISHES

Thank you to the school community for entrusting us with your children each school day. We appreciate the tremendous support of the Morris Plains School Community, which values exemplary programs for students. In addition, I am grateful for the efforts of our students, teachers and administrators in collaboration with parents. Together, we have established a vision of success and excellence for all students. We remain committed to creating the very best learning environment in our classrooms, our schools, and in all that we do.

On behalf of the Morris Plains School District, I extend best wishes for a safe, healthy and relaxing summer.

All my best,

[Signature]

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Second grade students ready to depart Mountain Way School.

Mrs. Hussey and students re-enact Washington’s crossing at the Memorial Day Parade.

Borough School students get dirty in new school garden. See full story on page 5.

Mayor Karr kicks off the Arbor Day assembly at Mountain Way School.

The cast and crew of the Borough School drama, Once on This Island.
THE COWS WENT RIGHT THROUGH MORRIS PLAINS

A cattle drive in Morris Plains? They went from the freight station right through town to the Evans Farm on Lake Valley Road, circa 1920's. Later, cows were transported by truck from the station.

2019 Scholarship Awards
The Morris Plains Museum awarded the 2019 Helen H. Schnack Scholarship to Alexandra Hoeman and the Kenneth C. Cramer Award given at Borough School was awarded to Andrew Morris.

Alexandra Hoeman with Nancy Mirabelle, VP of the Museum Association
Andrew with his family at his graduation

WE STILL NEED VOLUNTEERS TO PRESERVE THE HISTORY OF OUR TOWN!
Due to a lack of staffing, the Morris Plains Museum is now only open on the first and third Saturday of each month from 10 until 1 pm. To help, call town historian Dan Myers at 973-267-3303. The Morris Plains Museum Association fulfills our mission statement - to collect, preserve & exhibit information about the history of our town.
Jim and Barbara Richardson recently celebrated their 60th wedding anniversary on July 25, 2019. Congratulations Jim and Barbara!

HAPPY ANNIVERSARY!
On September 4th, Jack and Carole Van Orden will celebrate 60 years of marriage! Congratulations Jack and Carole!

HAPPY ANNIVERSARY!
Jim and Barbara Richardson recently celebrated their 60th wedding anniversary on July 25, 2019. Congratulations Jim and Barbara!

MORRIS PLAINS SOCCER ASSOCIATION
UPCOMING EVENTS AT SIMONS PARK

Fall 2019 Opening Day
9:00 AM - 10:00 AM
Saturday, September 7th

O’Neill’s Play 4 the Cure
9:00 AM - 12:00 AM
Saturday, October 12th
Details to come

www.morrisplainssports.com
Follow us @morrisplainsoccer
Morris Plains 54th Annual
BLOCK DANCE & PRIZE DRAWING

Saturday, August 31st
6:15 to 9:30 p.m.

on the Merchant Block

Rain Date: Sept. 1st

Free Music and Rides!

PLEASE SUBMIT ARTICLES AND PICTURES TO plainstalknews@gmail.com.