

# Long Hill LEADER

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NJ

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ISSUE 8 • MARCH 2014

**THE LONG HILL  
CHAMBER OF  
COMMERCE**

**GENERALLY  
MEETS ON THE  
2ND THURSDAY  
OF THE MONTH  
AT 8:00 AM**

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## CHAMBER'S ANNUAL DINNER MEETING

The Long Hill Chamber of Commerce held its Annual Dinner Meeting and Installation of Officers on March 6. The Officers for 2014 are President Mary Mayer (Mary's YNH), Vice Pres. Michelle Cavatt (Soo Bahk Do Karate & Wellness), Treasure Tony Catanzaro (Regency Landscape) and Secretary Geraldine Keogh (The Dessert Ladies).

In addition to the installation of Officers for 2014, the program included the presentation of checks to the Stirling and Millington Fire companies, LH First Aid Squad, Police Explorers and CERT. Representatives from each organization were present to receive the check. Members of the Police Explorers began the meeting with the presenting of the colors.

A delicious buffet dinner was generously provided by The Stirling Hotel. Following the business meeting a scrumptious assortment of desserts from The Dessert Ladies were served. Servers from Millington Station Café, Flowers from Murphy's Florist and Garden Center and jumbo checks from Derco Office Solutions helped put the finishing touches on the event.

The Long Hill Chamber of Commerce has been actively working to promote and support the local business community. The Chamber is continually working with Township Officials to identify issues that affect our business community. Through this open dialogue they are finding solutions to many of the situations that are unique to Long Hill Twp. Through Networking Events, Workshops and informative emails, members have had the opportunity to learn and share new ideas and techniques to help build their businesses.

The Chamber sponsors 3 Street Events during the year: Millington Downtown Day, The Freedom Tour Bike Race and the Stirling Street Fair. Proceeds from these events have allowed the Chamber of Commerce to make substantial contributions to organizations and civic groups in town. Through their joint sponsorship with the Recreation Commission, the Halloween Parade and Egg Hunt have become a popular



(above, l-r) Ken Fullegar, Police Explorers; Mary Mayer, Chamber President; Dale Stover, Millington Fire Company; Elsie Turqman, Long Hill First Aid; Jim Dellureficio, Long Hill First Aid; Michelle Cavatt, Chamber VP; Lou Aroneo, Stirling Fire Co; Kevin Linder, Long Hill CERT

event for the Long Hill Youth.

The Long Hill Chamber of Commerce is a totally volunteer organization comprised of local business persons who want to see the Long Hill Business community grow. Sign up for emails on their web site [www.longhillchamber.org](http://www.longhillchamber.org).

You can also email [LHChamber2014@gmail.com](mailto:LHChamber2014@gmail.com) with any questions.

## 2ND ANNUAL DOWNTOWN DAY

The Long Hill Chamber of Commerce is holding their 2nd Annual Millington Downtown Day on Sunday, June 1, 2014. between 11am and 3pm on Long Hill Road (In the Millington Section of Long Hill Township)

This event is to showcase local merchants and is a way to thank the residents of Long Hill for their business and support. The day offers a variety of FREE fun activities and snacks for the whole family. Many local businesses will be sponsoring activities like face painting, balloon twisting, snow cones, inflatable games, etc. Others have donated items for a Silent Auction. Mark your calendars now for a day that promises to be a Fun filled day for all!

If you would like to participate as a sponsor or vendor or donate an item for the Silent Auction, contact Mary Mayer 908-604-4865 or Dawn Kougiass 908-377-7648



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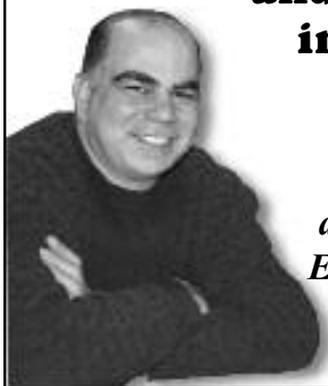
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Community service organizations and sports teams are encouraged to submit news of upcoming events or highlights and photos on recent events.

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# TWO GENERATIONS: PARTNERS IN PREVENTION

*Text and Photo by Sally Fullman*

Each week, members of Long Hill's Healthy Bones class gather at the Long Hill Senior Center for bone-strengthening exercises and education as part of a statewide program to promote good bone health and fall prevention for seniors who have osteoporosis. For the past three years, the class has developed a special project for May, National Osteoporosis Month. Last year, they created a display board with colorful card stock bones signed by national, state, and local public officials, EMT members, police, teachers and school administrators, supermarkets and pharmacies, and the girl and boy scouts. You may have seen it on display in the senior center, library, and schools during the month.

So when it came time to plan a new project for this May, Sally, one of the coordinators of the Project Healthy Bones program in Morris County and Joelle Strona, administrator of the Senior Center in Long Hill and leader of Girl Scout Cadette Troop 1014 worked together on an idea that would bring together the Girl Scouts and the Healthy Bones class.

Mary Kao, a coordinator in the Millburn Healthy Bones class, noticed that many older people begin to lean forward as they get older. To draw attention to the importance of good posture and standing tall, Mary designed a simple earring made with narrow ribbon and a jingle bell, easily looped over the ear. With good posture, the earring comes straight down to the shoulder; with poor posture, the earring comes down in front of the shoulder, and the sound or sight of the bell serves as a reminder to stand tall. That simple original earring has gone through several "beautification" stages, and now has various colors, sizes, and designs of beads.

When Sally showed some earrings her sisters made while visiting her in February, Joelle realized that this would be a perfect project for her Girl Scouts. The girls were preparing for their Silver Medal and had already chosen their project: to help their town's senior citizens and



*(above, l-r) Scout leader Joelle Strona, Stephanie Keller, Elizabeth Strona, Brittany Keller, and Maura Herkert*

develop opportunities for the two groups to learn more about each other's generation.

For two weekends in March, four of the girl scouts, Maura Herkert, Elizabeth Strona, Brittany and Stephanie Keller, met with Joelle and Sally at the senior center to make the earrings. Sally talked with the girls about osteoporosis, good posture, and fall prevention before they turned to making the fanciful earrings. When the project is finished, each Healthy Bones class member will have two earrings, one to wear and the other to share with someone else in town. They'll wear them throughout the month of May to call attention to good posture. The girls hope to make a special presentation to Dr. Rene Rovtar, the Superintendent of Schools, who they know will support their work and the project. They are also making the earrings for members of the executive staff of the National Osteoporosis Foundation as well as speakers at the Interdisciplinary Symposium on Osteoporosis being held in New Orleans April 23-26. Sally, who received a national award in 2011 from the Foundation for her work with Healthy Bones, will hand deliver the special earrings, a photo of the girls making them and a note signed by the girls thanking them for their leadership in bone health.

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# Sciatica, Stenosis and Herniated Discs May Be to Blame for Pain and Numbness in Legs



## What are patients saying?

*"I have had neck pain and arm pain for seven years from several herniated discs in my spine. I have tried other chiropractic and physical therapy treatments with little success. I have completed the DRX treatment four weeks ago and I am symptom free. Thanks to Performance Rehab I have gotten my life back."*

*- Melissa Miller, Phillipsburg, NJ*

## Who is a candidate for treatment?

There are many types of symptoms that can be relieved including:

- Back/Neck pain
- Leg pain
- Chronic low back pain
- Sciatica
- Stenosis
- Neuropathy
- Herniated/Degenerated discs

*"Hi, I am Dr. Spaggiola, clinic director of Performance Rehabilitation & Integrated Medicine, and if you suffer with back or neck pain, I invite you to try non-surgical Spinal Decompression. Did you know that 30 million Americans suffer from back pain every day? This pain affects everything that you do, from work to play and ultimately your quality of life. I am here to tell you that there is hope. You can get rid of your back pain and get your life back. At Performance Rehabilitation & Integrated Medicine, we have helped hundreds of back pain sufferers just like you. We only offer the most advanced non-surgical treatments. We are so confident that we can help eliminate your back pain, we are offering one free visit to see if treatment can help you. There is no obligation and the only thing you have to lose is your pain."*

— Ron Spaggiola, DC

## Why pain pills are NOT a long-term game plan

People often cover their pain by relying on prescription or even nonprescription pain pills. While this may work in the short term, the side effects can be alarming. How many people do you know are addicted to pain medications? How did the addiction start? The answer to this question is typically the same. Due to an injury, medications were prescribed which gave temporary relief and soon enough, the medication became necessary to function at all. Countless individuals have been innocently entangled with prescription pain pills while initially using them as prescribed.

## Can time heal pain?

Yes, in some cases time can heal pain but that is not generally the case. At Performance Rehabilitation & Integrated Medicine we have treated too many people that have needlessly suffered for years with back and neck pain. They have also spent a fortune on everything from buying new mattresses to medications. It doesn't have to be that way. The doctors and staff at Performance Rehabilitation & Integrated Medicine have literally helped thousands of local residents relieve their pain without drugs or surgery.

## Surgery should not be taken lightly

Some severe back injuries require surgery but most do not. At Performance Rehabilitation & Integrated Medicine, we believe that surgery should only be considered when all other options have been exhausted. If your back or neck pain is so severe that you are considering surgery we invite you to ask yourself this question: "If there is a long-term solution to back/neck pain that doesn't require surgery, is it worth an hour of my time to find out more?"

## The Truth about Surgery

- Costs can exceed \$100,000
- Prescription pain medications will be introduced
- Surgery may not solve your pain problems
- Surgery can lead to even more surgery in the future
- Recovery time can be painful and prolonged
- Surgery cannot be undone if outcomes are not favorable
- Missed time away from work, family, friends
- Quality of life can be reduced

## About Performance Rehabilitation & Integrated Medicine

The team of medical providers at Performance Rehabilitation & Integrated Medicine understand what individuals in pain are experiencing. Each has a deep commitment to your health and to you as a person. During your first visit you will receive personalized attention from a seasoned staff of medical doctors, physical therapists and acupuncturists. An analysis of your condition by the medical team in conjunction with a detailed treatment plan will be described in as much detail as possible. There is no pressure to accept treatment as the staff at Performance Rehabilitation & Integrated Medicine strives to create a relaxed environment by educating patients about their options. The ultimate decision maker is the patient.

## What makes Performance Rehab's Approach so different?

The medical providers of Performance Rehabilitation & Integrated Medicine have made it their mission to treat patients without surgery or drugs. After years of study, training and trials, they have chosen only the most effective non-surgical options and have brought them together all under one roof.

• **Non-Surgical Spinal Decompression** — Non-surgical spinal decompression is an FDA cleared technology that can relieve disc herniations, sciatica, stenosis and general pain and numbness in the back, neck, legs and feet. Non-surgical spinal decompression does this by using advanced technology to control treatment duration, distraction/angle, intensity, and relaxation of the spine, thus creating a vacuum effect which pulls the disc back into its normal position and brings in a fresh blood supply to promote healing. The treatment is gentle and soothing, with no discomfort to the patient.

• **Specialists in Pain Management** — A medical specialty also known as Physical Medicine and Rehabilitation (PM&R). This methodology gives particular focus to non-surgical spinal treatment, sports injuries and Peripheral Neuropathy.

• **Cold Laser** — A comfortable, non-invasive procedure which is successful in treating chronic conditions without pain or discomfort to patients.

• **Physical Therapy** — A traditional treatment methodology aimed at the treatment and curing of certain ailments common to patients suffering with chronic or severe pain. Its primary aim is to bring back the patient to his/her normal self, free of any pain or suffering.

• **Acupuncture** — Through clinical trials, acupuncture has been proven effective in treating various medical conditions including back and neck pain and has been expanded into conventional medicine practices throughout the world.

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— Ron Spaggiola, DC (Clinic Director)

— Joseph Mejia, DO, F.A.A.P.M.&R. (Medical Director)

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## SWAP MEET AND FLEA MARKET SEEKS VENDORS

The Watchung Mountain Chapter of the Antique Auto Club of America is seeking a variety of vendors for its 48th Annual Swap Meet and Flea Market, held Sunday, April 6, 2014. Event held indoors and outdoors at Long Hill Community Center, So. Warren Avenue, off Valley Road (across from Jaeger Lumber). Gates open at 6:30AM for vendors and 8:00AM for public and end at 3:00PM. Spectator admission is \$2.00 per person, and children are free. Event will be held rain or shine. Indoor spaces are 9'x18' and include one table. Outdoor spaces are 10'x18' (on blacktop). Breakfast and lunch available, with seating inside. For additional information call George at 908-403-7441, or download flyer with registration form at [www.njaaca.org](http://www.njaaca.org).

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## THE WIBIT IS COMING TO STIRLING LAKE!

On Your Mark, Get Set, Go! The Wibit is coming! The latest craze throughout the U.S., Europe and Canada will be coming to Stirling Lake. The Wibit, a challenging, inflatable obstacle course will bring fun, excitement, and friendly competition to your day at the lake. It is fun for kids, teens, adults, families, and anyone who wants to just have a blast. It is even a definite laugh for those who are there to watch. It has become so popular; there are now international Wibit competitions held throughout Europe. It is as close to your own Wipeout as you will get.



The Township Committee approved the capital purchase of the Wibit, new docks, and a slide at a meeting last summer. "The lake was in desperate need of some upgrades and needed some more exciting activities for its members. It has been difficult getting families with older children to renew their memberships", said recreation member Tracy Aroneo. The lake diving board was removed 12 years ago when the stationary docks were replaced with floating docks that could not support any apparatus. The diving board was never replaced. Then in 2012 the lake received a floating slide from Copper Springs after it went out of business. Members enjoyed the slide for almost an entire season until it was destroyed by vandalism right before Labor Day weekend. This year the town will also install a surveillance system to monitor the lake after hours.

The Long Hill Recreation Committee is also seeking sponsors from any local businesses that would like to help offset the costs of this investment while giving them great exposure since a custom graphic or logo can be applied to any Wibit product.

During the past two seasons, members of the Advisory Committee have sold concessions at lake events and raised enough funds to purchase Kayaks which were a great addition to the lake. Season pass members can enjoy many events this summer including swim lessons, arts and crafts, story time, volleyball games, Family Fun Day, and "Wibit Olympics".

Season passes for the lake went on sale on March 19th at [register.communitypass.net](http://register.communitypass.net), and all memberships purchased before June 1st will receive four free guest passes. For more information, contact Recreation Director Lisa Scanlon at [recreation@longhillnj.us](mailto:recreation@longhillnj.us) or 908-647-8000 ext. 219. More information can also be found on the website at [www.longhillnj.us](http://www.longhillnj.us). Don't forget, Stirling Lake opens Memorial Day Weekend.

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# HARSH WINTER WEATHER LEAVES LOCAL AUTO DEALER OVERSTOCKED

## Hundreds of Cars Marked Down to Clear Inventory

North Plainfield, NJ- Global Auto Mall, a well-known local automotive sales dealer, has more than just snow piling up. The recent rough weather has left them with a huge surplus of brand new cars, trucks, SUVs that need to be sold. A Snow Emergency Sales Event is being held to clear out their inventory to make room for new shipments.

This special event will have hundreds of cars to choose from ranging from brand new models to pre-owned vehicles all priced to move quickly.

The Snow Emergency Sales Event will feature major brands including: Chevrolet, Hyundai, Jeep, Kia, Mitsubishi and a large variety of over 250 pre-owned makes and models.

**This big event will be held at:**  
**Global Auto Mall, 1099 Rt 22 West,**  
**North Plainfield, NJ 07060 or Call:**  
**1-866-645-4337 for easy directions.**

The Global Auto Mall Sales team is prepared to move as much inventory as possible to manage this overstock and are offering great deals on their entire inventory to Local Residents like



yourself only. Global's General Sales Manager, Rich Locurto, says, "Our prices are already great and with the added specials it won't be hard to find a great price on the vehicle you want."

**CREDIT PROBLEMS ARE NEVER A PROBLEM!**

Credit problems are never a problem at Global Auto Mall. All are welcome to call in for information or visit during

this event. A Global financing expert is onsite and available to work out a great loan and financing plans for every customer. Their financing office is prepared to work with any customer's budget.

The Snow Emergency Sales Event is scheduled for a limited time only. Once it's over, it's over! Hurry in to Global Auto Mall today and drive home with the vehicle you've always wanted at a price you'll love. For further information please call anytime at 1-866-645-4337, or visit [www.globalautomall.com](http://www.globalautomall.com).

## LIBRARY'S GIANT CANDY LAND EVENT

On February 22nd and 23rd, the Children's Area of the Long Hill Library was transformed into the beloved childhood board game, Candy Land. After decorating candy crowns and a goody bag, children and families made their way along the rainbow trail, gathering candy from

colorful candy characters. Local teen volunteers did a wonderful job staying in character and making the game feel like a fantasy adventure through the Peppermint Forest and Lollipop Woods and more. Long Hill Library thanks all our volunteers for making event so much fun!



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(above) Characters and volunteers (back, l-r) Stella Demizio, Kaylie Petras, Molly Davis, Rebecca Kilroy, Johanna Melamed, Ameila Stapperfenne, Corinne Semper, Chelsea Semper, Vicky Kulikowski, (front, l-r) Tarun Panesar, Keriann Lettieri, Kimberly Briceno, Angela Celeste.

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# MARY THOMS AWARD GIVEN TO ESTHER GOETZ

The Mary Thoms Award is given by the Recreation Advisory Committee to a Long Hill Township Resident who has gone above and beyond by volunteering their time for township recreation programs. The award was created to honor Mary Thoms who was one of the hardest working members to ever serve on the town's recreation committee. At 90 years old, she was still volunteering her time helping with Stirling Lake Dances, Egg Hunts and Halloween Parades, with a goal of always trying to improve recreation programs for residents of all ages in our township.

We are proud to announce this year's recipient of the Mary Thoms Award is Esther Goetz. Esther is a busy mother of four children and has always been very active in our local recreation programs along with her children. She has a tremendous energy and spirit and is very selfless with her time. Her positive demeanor carries through in everything she takes on, and she has taken this commendatory attitude forward in her coaching roles. Former professional baseball player, Wade Boggs, once said, "A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst and it sparks extraordinary results." It's obvious that Esther has also imparted that love of sports and working with youth to her children. Her kids have all worked with our Recreation

Department in many different capacities.

In 2008, Esther became the head coach of one of our girls' travel basketball teams. She worked with this fourth grade girls' team each year until they aged out of the program in 2013. In their final season, this group of girls went all the way to the Garden State Basketball League Championships for their bracket and fought hard against a formidable opponent coming in second place. However, this final game was not about the score since everyone in that gym that day walked out a winner. The amazing part of being part of a team like this were the memories, the sportsmanship, and the sense of accomplishment each of these girls felt that day and took forward with them. It's all a matter of how you define "winning"; and because of Esther's coaching style, these athletes all understood they were winners.

Esther's ability to keep things in perspective and not sweat the small stuff was contagious with the other coaches as well. During meetings and events, Esther displayed this insight so that others looked for the positive and did not dwell on the unimportant details. She led by example. In addition to her coaching responsibilities, Esther also took on other responsibilities including the organization and management of team uniforms for all 10 travel teams. Even once her children were no longer of age to participate



(above, l-r) Allan Goetz, Esther Goetz, Josh Goetz, Rachel Goetz, and Recreation Advisory Committee Chairperson, Tracy Aroneo.

in the programs, she volunteered to help with this task.

If you cannot find Esther on a basketball court, it's probably only because she is either on the lacrosse or soccer fields. She's not only there to watch her own kids, but she is there to root on the team and encourage all of the players. It's that sense of sportsmanship, energy, and encouragement that she brings to our youth programs that makes Esther Goetz the perfect candidate to honor as this year's recipient of the Mary Thoms Award.

## WELLNESS CENTER OPENS IN KARATE STUDIO



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Located in Gillette, Soo Bahk Do Karate & Wellness is pleased to partner with Shari Czar of Infinite Heart Space LLC to bring new offerings, including yoga and meditation. Having been part of the community since 1982, the studio is excited to present additional ways to offer stress reduction in today's busy world.

Michelle Cavett, Soo Bahk Do Karate & Wellness Program Director says, "The proven benefits of yoga and meditation complement our traditional karate program."

Soo Bahk Do is a traditional Korean martial art. Students of all ages, starting at age 3, not only learn the physical aspects of Soo Bahk Do, but also how to build focus, self-confidence, self-esteem and awareness. Through the practice of this defensive, non-contact style of karate, one can increase agility, mobility and relieve stress.

Classes are offered at levels inviting to those who have never explored yoga or meditation, as well as the experienced yogi or yogini. Classes are taught in the Hatha style where focus is on showing compassion to the self.

Karate, yoga and meditation classes, offered at Soo Bahk Do Karate & Wellness are presented in a nurturing and safe environment. Students are encouraged in all classes to work at their own level while discovering how they can grow. The classes offer the ability to develop one's body, mind and character.

Soo Bahk Do Karate & Wellness is located at 630 Valley Road, Gillette. For more information about karate, yoga and meditation classes visit [www.karate4peace.com](http://www.karate4peace.com) or call 908-647-4194.

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and  
Italian bread  
delivered daily!



**Store Hours:**  
Mon-Sat: 9:00 am to 7:00 pm  
Sun: 9:00 am to 5:00pm

**"We're Not  
Just  
Produce"**



**LARGE SELECTION  
OF DOMESTIC AND  
IMPORTED SPICES  
FOR ALL OF YOUR  
COOKING NEEDS...**

somersetfarms@verizon.net  
somersetfarmsnj.com

**908-757-7730 • 950 Route 22 East • North Plainfield, NJ**

**COUPON**



**FRESH SHRIMP**

**\$9<sup>99</sup> lb**

LGH

By the pound only. Limit 1 lb per customer per coupon per day.  
Not to be combined with other offer. Offers good thru 4/21/14.

**FRESH FISH**

Available Thursday  
to Sunday

Filleted, Steaked,  
Cleaned to your liking!

**Top or Little  
Neck Clams**

**\$3<sup>99</sup> /dozen**

**COUPON**



**SALMON FILLET**

**\$5<sup>99</sup> lb**

LGH

By the pound only. Limit 1 lb per customer per coupon per day.  
Not to be combined with other offer. Offers good thru 4/21/14.

**FRESH FRUIT OR VEGETABLE PLATTERS**

Platters over stuffed with the best the season has to offer.  
14 inch 24.99 • 16 inch 29.99 • 18 inch 39.99



**Perfect for  
Special  
Occasions!**



**COUPON**



**BOAR'S HEAD  
IMPORTED HAM**

**\$4<sup>99</sup> lb**

LGH

Must purchase 1 lb. Limit 1 lb. per coupon. Coupon may not be combined  
with other offers. Limit 1 offer and coupon per day. Offer expires 4/21/14.

**COUPON**



**BOAR'S HEAD  
AMERICAN  
CHEESE**

**\$4<sup>99</sup> lb**

LGH

Must purchase 1 lb. Limit 1 lb. per coupon. Coupon may not be combined  
with other offers. Limit 1 offer and coupon per day. Offer expires 4/21/14.

**COUPON**

**\$2.00 OFF  
your purchase of  
\$20.00 OR MORE**



LGH

Excludes garden center and fish purchases. Limit 1 offer per customer  
per day. Not to be combined with other offer. Offer expires 4/21/14.

**COUPON**



**1/2 GALLON  
TREE RIPE  
ORANGE JUICE**

**2 FOR \$5<sup>00</sup>**

LGH

Coupon may not be combined with other offers.  
Limit 1 offer and coupon per day. Offer expires 4/21/14.



**Large selection  
of Easter Plants,  
Palm Crosses,  
Cemetary Pieces  
& much much more.**