



# Long Hill LEADER

MAILED FREE TO EVERY HOME AND BUSINESS  
IN GILLETTE, MILLINGTON, STIRLING, AND MEYERSVILLE

NJ

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ISSUE 15 • DECEMBER 2014

## SOMERSET HILLS BUSINESS NETWORK

DECEMBER 19, 2014

8:00 AM

## FIDDLER'S ELBOW CC

811 RATTLESNAKE BRIDGE RD  
BEDMINSTER, NJ 07921

## THE LONG HILL CHAMBER OF COMMERCE

We generally meet on  
THE 2ND THURSDAY  
OF THE MONTH  
8:00 AM

## THE LONG HILL SENIOR CENTER

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## TWO LOCAL SCHOOLS WIN SCIENCE EDUCATION GRANTS

BASF Corporation donated \$100,000 to support science education programs in 20 schools throughout New Jersey. The BASF Science Education Grants, each totaling \$5,000, will enhance science, technology, engineering and math (STEM) related learning for students in grades K – 12.

"Our goal is to engage students in creative new ways that will stimulate their interest in STEM related fields and encourage them to view science as a long-term field of study and possible career path," said Robin Rotenberg, Vice President and Chief Communications Officer for North America at BASF Corporation. "Through the programs supported by these grants, we hope to develop the innovators and technical visionaries who will shape our future."

Each year, BASF invites New Jersey schools to submit proposals summarizing their specific science education needs and how a grant would help them meet those needs. The proposals are reviewed by an internal science advisory committee composed of BASF scientists and business leaders.

The BASF Science Education Grants were provided to 20 schools including WHRHS and Millington School during a reception at BASF's North American headquarters in Florham Park, New Jersey:

- **WATCHUNG HILLS REGIONAL HIGH SCHOOL,  
WATCHUNG HILLS REGIONAL SCHOOL DISTRICT,  
SOMERSET COUNTY**

### EXPERIMENTAL RESEARCH PROGRAM EXPANSION

The BASF grant will be used to purchase a high quality microscope with >1000x magnification, fluorescence, transmission imaging and phase contrast allowing students to work with live specimens and image structurally modified materials. The equipment purchased for ERD will be used (under supervision) in Biology and other classes.



(above) Representatives from Watchung Hills Regional High School received two BASF science education grants totaling \$10,000 during a reception at the company's Florham Park headquarters. Pictured from left to right are Derek Fairclough, Senior Vice President, Ecology/Safety, BASF Corporation; Peter Ponzio, Teacher and Robotics Advisor; Elizabeth Jewett, Superintendent and John Mahoney, Vice President, Accounting & Reporting, BASF Corporation

- **WATCHUNG HILLS REGIONAL HIGH SCHOOL,  
WATCHUNG HILLS REGIONAL SCHOOL DISTRICT, SOMERSET COUNTY**

### ROBOTICS EQUIPMENT

The BASF Science Education Grant will be used to support the school's robotics team by replacing an antiquated milling machine. A new, modern milling machine will allow the students to work faster, be more productive, and produce higher quality parts; enhancing their overall team learning experience. In addition, newer milling machines are built to higher safety standards which will provide greater overall safety for the students.

- **MILLINGTON SCHOOL, LONG HILL TOWNSHIP, MORRIS COUNTY**

### GOPRO PHYSICS

The school will purchase 13 GoPro cameras and child harnesses to be used by the fifth grade science classes. Students will physically participate in playground and field activities to demonstrate all aspects of physics (force, speed, motion, velocity, gravity, inertia, friction). The cameras will record these activities. Students will then present their observations via a SMARTBoard, allowing for real-world application of the scientific method and generating active discussion on these principles.

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# Long Hill LEADER

NJ

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*Long Hill Leader* is published by Renna Media. 3,500 newspapers are printed monthly and mailed to every business and home in Long Hill, NJ and the balance are distributed for free pick-up throughout town. Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

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Renna Media, LLC

202 Walnut Ave. Cranford, NJ 07016  
Phone: 908-447-1295, Fax: 908-709-9209  
Email: [joerenna@rennmedia.com](mailto:joerenna@rennmedia.com)

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*Reserve space in the next issue.  
Call Joe Renna at (908) 447-1295  
Email: [joerenna@rennmedia.com](mailto:joerenna@rennmedia.com)*



## 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.

Organizations who are interested in submitting content can email Lynn Sjerset at [lynn@rennmedia.com](mailto:lynn@rennmedia.com).



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Certified Personal Trainer**  
Watchung resident, in house exercise studio  
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## THE MEYERSVILLE GRANGE

and March 13, 2015. Come and spend an evening with your neighbors, old and new friends, and enjoy a great meal, too!

The Menu includes all the soup and pasta you can sample, bread from Biaggio's Bakery (Stirling), and coffee or tea. Homemade desserts by the Grange Ladies are available for a small additional cost. Although the event begins at 6:30pm people "in the know" arrive about 6:15pm so they are ready to sample the soups and pastas that are offered as soon as the pot lids are removed at 6:30pm.

It is a "Contest" because each person who attends gets to vote for his/her favorite soup or pasta. Dishes with the top three votes receive a ribbon and prize!

Bring your favorite soup or pasta to share, and you may win a prize! The Long Hill String Band provides Old Time Bluegrass Music during the evening. Admission is \$7 for Adults; \$3 for Children 12 and under. Any entrant who brings a favorite soup or pasta gets in FREE!

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# New FDA Approved Treatment Proven to Relieve Knee Pain

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*Did you know that over 100 million Americans suffer from knee and joint pain? In fact, this pain accounts for one fourth of all visits to primary care physicians and half of all anti-inflammatory drug prescriptions. If you suffer from any degree of knee or joint pain, Drs. Mejia & Spiaggia of Performance Rehabilitation & Integrated Medicine personally invite you to regain control of your life by scheduling a FREE step one consultation with their staff. Call now. You deserve to live pain free!*

## Who is a good candidate for this treatment?

- Have you been diagnosed with osteoarthritis?
- Do you wake up with knee, shoulder, or joint pain?
- Does your knee, shoulder, or joint pain keep you from certain activities?
- Have you been told you need a knee replacement?
- Are you active and sometimes suffer from sore knees or joints?
- Do you take medications for knee or joint pain?
- Do you have difficulty going up and down stairs due to knee pain?
- Are you considering surgery to alleviate knee pain?
- Does your knee ever feel like it is "giving out" or unstable?
- Has a recent car accident caused you a knee or joint injury?

If you answered yes to any of these questions, call now to schedule a FREE step one consultation.

## Is surgery the answer?

If you have knee pain and are worried, concerned, or afraid of the possibility of surgery, you're not alone. Most likely, you've heard stories about knee surgery and the outcome not being good. You may also know someone who had surgery and their knee was never the

same. You don't want the next unnecessary and preventable knee surgery story to be about you, but the pain is not going away and your life is being altered because of it. You may have tried getting information on the Internet about the best course of action for you to take, but there's so much conflicting advice that you're scratching your head about who you can believe and trust. If you are considering surgery, you owe it to yourself to schedule a FREE step one consultation with Performance Rehabilitation & Integrated Medicine first.

## What else is available to treat knee pain?

Drs. Mejia & Spiaggia and their staff have taken years to carefully develop a customized treatment program for those suffering with knee and joint pain. This new treatment protocol utilizes the latest high-tech FDA approved solution available combined with cold laser technology, physical therapy, acupuncture and joint stabilization. The patient's lifestyle is also taken into consideration as stretches, exercising, and lifestyle skills are taught for a lifelong approach to relieving pain.

## How does this treatment work?

Utilizing cutting-edge high definition computer guidance, the doctors and staff are able to pinpoint problem areas with precision and accuracy. A viscosupplement injection is delivered and the healing process starts. Viscosupplementation has been shown to relieve pain in many patients who have not responded to other non-surgical methods by bonding with naturally occurring joint fluid to create a lubricating and cushioning layer. It also reduces pain, inflammation, and swelling of the joint. Little to no discomfort is noticed and many patients feel the effects within days.

## What are patients saying?

*"My life has changed for the better since treatment. I no longer take medication or have down days where I just cannot get out of bed because of the pain. I've started riding my bike again with my husband and he is more happy because he has his riding partner back."*

— Vicki M.

### FREE STEP ONE CONSULTATION

*"We are so confident that you will find healing and relief at our office that we are offering you a Free step one evaluation and consultation. We will personally review a full health analysis questionnaire, evaluate your condition and determine how we can help you. There are no strings attached and you have no obligation. Don't live with pain, fear and doubt any longer. Pick up the phone and take control of your life right now. You have nothing to lose but your pain. Time slots fill quickly so call today to secure your free step one consultation."*

— Ron Spiaggia, DC

- Clinic Director

Joseph Mejia, DO, F.A.A.P.M &R.

- Medical Director

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## COMMUNITY CENTER HOSTS 20TH ANNUAL KIDS' HOLIDAY PARTY

On Sunday, Dec. 14th the Long Hill Community Center, located on S. Warren Avenue, Stirling, off Valley Road, (across from Jaeger Lumber), will celebrate its 20th year hosting its Annual Kid's Holiday Party, held at the Community Center 1PM – 3PM. We are proud to bring to the community this ever growing fun Holiday event, free to all Long Hill Township children and their families. We request all families attending to bring a new, unwrapped toy for the Long Hill Township Police Benevolence Association #322 Annual Toy Drive.

Santa will arrive via the Stirling Fire Truck at 1PM. Again this year, the Central Middle School Band will welcome Santa's arrival outside with Holiday music, while awaiting his arrival. Santa will then greet visitors and proceed inside to start the party. After a countdown to light the beautiful tree, donated by Great Swamp Greenhouse, the party starts! Santa will begin hearing all the children's wish lists and all kids visiting Santa will be given candy and a gift from Santa, provided by the Center. Entertainment and activities include a professional clown that will perform face painting, twisting balloons, and show. DJ Mike, will announce other activities, such as cookie decorating, holiday crafts, nail painting and games with DJ Mike, for all kids.

Outside the fun continues. Kids and their families can take a ride on our popular Mule Drawn Wagon Ride, and enjoy all the animals at our petting zoo from Harold Kafka Farms, Watchung. No fee is charged.

During the party there will again be our popular door prize event. Many prizes of fun toys, etc. and gift certificates will be available, donated by area businesses and merchants, including Dorsi's Pharmacy, Chimney Rock Inn, Community Center and others.

Come to see who has won our annual Coloring Contest, sponsored by The Learning Express. Winners must be present. Download a copy of the Coloring Contest and info at [www.lhcommunitycenter.org](http://www.lhcommunitycenter.org).

Refreshments will be on hand throughout the party, donated by The Dessert Ladies, Burger King, ShopRite, Stirling Hotel, Dunkin Donuts, and Community Center.

Bring the kids to this fun Holiday event! For additional info, or to donate a door prize or refreshment call Evie Ernst 908 647-4038.



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Camelback.....	\$65	\$53.....	\$56	\$46
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# RENNA MEDIA NAMED 2015 SMALL BUSINESS OF THE YEAR

The Gateway Regional Chamber of Commerce is the largest business association in the New York Metropolitan area with about 1,200 members. The group's long history dates back to 1911 when it was founded as the Elizabeth Chamber of Commerce by John D. Rockefeller and other New Jersey industrialists.

Each year the Chamber selects three businesses as their large, medium and small businesses of the year. They have selected Renna Media as the small business of the year for 2015. The honor of large company of the year goes to Linden petroleum company Infineum USA L.P. and Summit investment firm R Seelaus & Co. was named as the medium company of the year. The Linden Chamber of Commerce was named the Chamber of the Year.

Joe and Tina Renna were nominated and selected not only for the success of their business but the community service aspect of their business plan. Renna Media publishes twelve community newspapers that are mailed free to 58,000 homes and businesses on a monthly basis. The focus of the newspapers is to support the community service organizations in the towns that they publish in. Non-profits can promote events at no charge. The publications also recognize individuals and businesses that perform community service. The newspapers also serve as a calendar of upcoming events for the towns, schools, and libraries.

## RENNA MEDIA FAMILY OF NEWSPAPERS 58,000 MAILED MONTHLY

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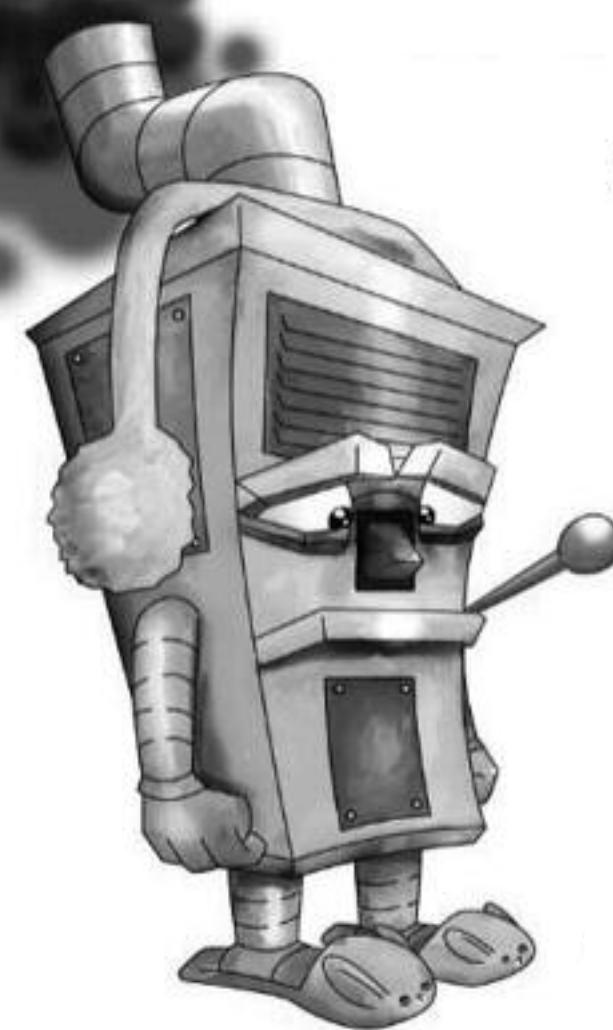
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Kids 7-10 .....\$5.39	Kids 7-10 .....\$6.99
Kids 3-6 .....\$3.39	Kids 3-6 .....\$5.99
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Kids 7-10 .....\$5.99	Kids 7-10 .....\$6.99
Kids 3-6 .....\$3.99	Kids 3-6 .....\$5.99
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**\$5.99** lb

LGH12

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 1/15/15.

#### COUPON

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



LGH12

Excludes garden center and fish purchases. Limit 1 offer per customer per day. Not to be combined with other offer. Offer expires 1/15/15.

**FRUIT & GIFT  
BASKETS  
MADE TO  
ORDER!**



**ORDER  
YOURS TODAY!**

**HOLIDAY ITEMS  
NOW IN STOCK!**  
Panettone,  
Torrone, Masticoli, Almond Paste  
Dried Fruits, Nuts, Spices,  
and much much more!!

**FRESHLY CUT  
XMAS TREES  
WREATHS,  
AND GRAVE  
COVERS ARE  
ON THEIR  
WAY.....**

