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CHAMBER OF  
COMMERCE**

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

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## JAMAICAN DELEGATE SPEAKS TO HILLS STUDENTS

*Submitted by Eleanor Mathews*

At one time, students in Watchung Hills Regional High School's World Culture classes would spend a day visiting the headquarters of the United Nations in New York City. Security concerns, among other factors, caused such class visits to the U.N. to be eliminated, so it almost seemed as though living in such close proximity to the world's peace-keeping body was of no great advantage after all.

A real-life example of an adage suggests that, if a man cannot go to a mountain, the mountain must come to him. Watchung Hills social studies students could no longer go to the U.N., but they had the privilege of having a member of that body come to speak to them on January 7th.

Shorna-Kay Richards, a career diplomat with 20 years in the Jamaican Foreign Service, and, since September 2012, Deputy Representative of Jamaica to the United Nations, addressed a group of more than 200 World Cultures students and the Model U.N. Club. Richards' impressive background includes the position she holds currently, that of Deputy Representative of Jamaica (Deputy Ambassador) to the U.N., Minister-Counselor in the Jamaican High Commission in South Africa, member of the Permanent Mission of Jamaica to the Organization of American States, and later at the American Embassy. She was also Assistant Director for Bilateral Relations in the Ministry of Foreign Affairs and Foreign Trade.

Richards has also managed and promoted Jamaica's bilateral relations with numerous countries around the world and represented Jamaica in the multilateral arena. At the U.N. she's actively engaged in the negotiations of the Arms Trade Treaty, which is a foreign policy for Jamaica and its Caribbean partners. Her impressive background also includes service in Syria, Jerusalem, South Africa, and Washington, D.C.

The speaker's well-organized and fast-moving presentation, enriched by slides, touched upon many points in the area of diplomacy: Who is the perfect negotiator, for example. In the 18th and 19th centuries, it was one who was assertive, confident, charming, immune to the temptation of women, and, usually, financially robust.

In modern times, the diplomat, while representing the government, must still have a vast array of connections. He/she, while following his/her government's mandates, must thoroughly understand other cultures, understand how



*(above) Shorna-Kay Richards, Jamaican Deputy Representative to the U.N. (Photo by Eleanor Mathews)*

these various governments function, and be interested in people.

The speaker briefly traced the progress of the U.N. since its formal inception on October 24, 1945, the interconnectedness among its 190 members, its structure into General Assembly and Secretariat, its founding principles—the respect for human rights, its peace-keeping mission, its overall purpose of “making the world a better place.”

A lively question and answer period followed when Richards' formal presentation concluded. Her remarks and the information she shared will likely find a place in one way or other into the (required) scrapbooks and course summary debates World History students must present as part of their final grade.

Mary Sok, social studies teacher who coordinated the event, expressed her thanks to freshman student Jordan Reynolds for expediting the invitation to the speaker, who is his cousin.



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**THE WATCHUNG ARTS CENTER NOW ACCEPTING CONTESTANTS FOR 2014 NJ IDOL**

The Watchung Arts Center is excited to announce open registration for the 2014 Vocal Competition - NJ IDOL. The 2014 NJ IDOL vocal competition is open to New Jersey residents ages 15 - 29 years of age performing all genres of music such as folk, country, pop, classical, gospel and rock. The mission of this event is to provide young local talents a venue to perform and an avenue to further their careers.

A panel of judges will evaluate each contestant based on Singing, Musicality, Appearance, and Stage Presence. The winner will receive \$500 and the two runner-ups will receive industry professional services prizes. Judges include industry professionals including: Mark D. Conklin, songwriter, producer, manager, and founder of Music City East, LLC;

Lou Takacs, Senior Counsel, Legal & Business Affairs at INgrooves|Fontana ; and Lisa Coppola, Recording Artist. All entries must be postmarked by January 27 th with auditions taking place at on February 8th.

To enter, contestants must email an MP3 or WMA file or a "You Tube" link of no more than three (3) minutes of one song the contestant would be prepared to perform in the competition. One entry per contestant. The song must be emailed to: NJIDOL@WatchungArts.org, entry form, waiver and fees must be mailed to Watchung Arts Center, 18 Stirling Road, Watchung, NJ 07069 and postmarked NO LATER than January 27, 2014. All flyers, registration forms and details can be found online at WatchungArts.org.

**WHAT CAN A GIRL DO? A WORLD OF GOOD!**

What can a girl do? A world of good! I'll show you how! Based on this theme, this year's Girl Scout Cookie Program will enable Girl Scouts across northern New Jersey and across the country to fund service projects to benefit the local community.

Proceeds from the cookie program are often used to pay for community service projects including beautification plans or collection drives, in addition to girl program activities and trips.

The annual Cookie Sale Program began Saturday, Jan. 4 with initial orders for eight varieties of cookies offered at \$4 a box. After Feb. 2, girls continue selling and holding booth sales at area businesses.

The nation's leading entrepreneurial program, the Girl Scout Cookie program teaches five financial literacy and entrepreneurial skills: goal setting, decision making, money management, people skills, and business ethics. The activity also generates funds for Girl Scouts of Northern New Jersey and helps pay for volunteer training,

program activities for girls and the maintenance of camp properties and service centers. All cookie proceeds stay in the local community.

The cookie program also benefits local food banks and pantries through the Gift of Caring program. When girls take initial orders for cookies, customers can also purchase cookies that will be donated to food pantries and food banks in northern New Jersey.

Girl Scouts of Northern New Jersey will also be running the "Cookies from Home" program, which allows customers to donate cookies which will be shipped to servicemen and women.

The traditional favorites of Thin Mints, DoSiDos, Tagalongs, Trefoils and Samoas will be offered along with Savannah Smiles, Dulce De Leche, and Thank U Berry Munch cookies. For more information about the cookie sale or to find a troop selling cookies, visit www.gsnnj.org, or call the nearest service center: Paterson (973) 881-9400; Paramus (201) 967-8100; Randolph (973) 927-7722, or Riverdale (973) 248-8200.

**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 Sjurset at lynn@rennamedia.com.



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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 way" 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 mobilization & stimulation. The patient's lifestyle is also taken into consideration as stretches, exercising, and lifestyle skills are taught for a lifelong approach to relieving pain.

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Utilizing dye and a cutting-edge live motion x-ray machine, 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.

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— Ron Spiaggia, DC - Clinic Director  
Joseph Mejia, DO, F.A.A.P.M. & R. - Medical Director

## What are patients saying?

*"My life has changed for the 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.



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## GIRL SCOUTS HONOR WOMEN OF ACHIEVEMENT

Girl Scouts of Northern New Jersey will honor five local women at the 32nd Annual Women of Achievement event on March 12 at The Westmount Country Club in Woodland Park. This year's honorees include Poonam Alaigh, MD MSHCPM, FAC, Corporate Consultant, Atlantic Health Systems, and former Commissioner of the Department of Health and Senior Services, State of New Jersey of Warren; Lynne Harwell Algrant, Councilmember-At-Large, City of Englewood; and Montville resident Collette Liantonio, President and Creative Director, Concepts TV Productions.

Girl Scouts of Northern New Jersey also will honor Essence G. Harris, RN, Intermediate Nursery, St. Joseph Healthcare System, of Paterson, with the Elinor J. Ferdon Young Woman of Promise Award and Jane Bainbridge, Vice President, Global Regulatory Operations, Compliance & Training, Celgene Corporation, of Washington Township in Morris County, with the Mitzi Golbek Spirit of Girl Scouting Award.

Parry Aftab, of Wyckoff, Managing Director

of Wired Trust, Inc., will serve as the Mistress of Ceremonies.

The Women of Achievement awards dinner honors individuals from local communities who have made outstanding contributions in their careers or personal

lives, serve as positive role models, and exemplify the values of Girl Scouting. This year's program theme is "I Can't Wait To..." which is based on the Girl Scouts' national recruitment campaign and the excitement girls feel as they participate in new adventures as members of the Girl Scout organization.

"We are so pleased to have such incredible women role models as our Women of Achievement. These extraordinary women have made so many contributions in their industries and in their communities," said Betty A. Garger, president and CEO of Girl Scouts of Northern New Jersey. "We cannot wait to celebrate and honor these talented women and introduce a new award this year, a 'Young Woman of Promise.'"

The annual gala features a cocktail reception,

elegant dinner, 50/50 raffle and silent auction. Guests from area corporations and the community-at-large are welcome to help honor these women by attending the event, placing an ad in the Tribute Journal, or volunteering as an event committee member. Tickets and advertisements for the tribute journal can be purchased online at [www.gsnnj.org/woa](http://www.gsnnj.org/woa).

Proceeds from Women of Achievement provide financial assistance to girls in need, especially within GSNNJ's urban areas, who without help would not receive the benefits of Girl Scouting. GSNNJ is committed to ensuring the success of all girls.

Girl Scouts of Northern New Jersey serves 31,465 girls and 16,904 adults in 160 municipalities in Bergen, Morris, Passaic, Sussex and northern Warren counties.

For more information about the event, contact Jennifer Tanis at (973) 248-8200, ext. 4604 or e-mail [jtanis@gsnnj.org](mailto:jtanis@gsnnj.org), or visit the Women of Achievement Web site at [www.gsnnj.org/WOA](http://www.gsnnj.org/WOA).

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**AFTER**

## “BAND AID” FUNDRAISER AT ROLF’S

The Central School Band in Stirling is having an evening of music and entertainment at Rolf’s Restaurant, 65 Stirling Road in Warren on February 8th from 7:30 until 11:00 pm, tickets are \$20. The funds raised will support the extracurricular events for the band and choir groups (including a trip to the New York Philharmonic and the band and choir competitions). The entertainment includes two local bands, Crabdaddy and Nick Pablo Thang.

Crabdaddy includes Matt Jardim, a dad from Long Hill Township. Other band members are: Ralph Cardillo, Frank Marmarato, Vinnie

Marmarato, Scott Calvert, and Rich Bunkiewicz. Additional information can be found at [reverbNation.com/crabdaddy](http://reverbNation.com/crabdaddy)

Nick Pablo Thang musicians are Nick Stevens, Chris Potts and Paul Noser. Nick and Chris both have children attending Long Hill schools and Nick sits on the Long Hill school board.

Join us for an evening of music and entertainment. February 8th from 7:30 PM – 11:00 PM. Tickets are \$20 prior to the event (\$25 the day of). For ticket purchases please call Chris Ruby 908 604 6262.



(above, l-r) Crabdaddy band members: Ralph Cardillo-tewksbury, Califon; Vinnie Marmorato, Long Valley; Matt Jardim, Stirling; Frank Marmorato, New Providence; Rich Bunkiewicz, Madison; Not pictured: Scott Calvert, Pequannock.



(above) Paul Noser on vocals from Nick Pablo Thang.



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# LONG HILL LIBRARY

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First priority for these programs is given to Long Hill Township residents, but non-residents are welcome to join our waiting list. Registration is required for most programs and can be done in person, by phone, (908) 647-2088 x2, or via email to [childrens@longhilllibrary.org](mailto:childrens@longhilllibrary.org).

## PROGRAMS

### Art Experiences (ages 2-6 with caregiver)

Zoo animals – Friday, January 31 at 10:30 am

Join us for process-oriented art!

Please wear play clothes or bring a smock.

### Rhyme Time (ages birth-2 with caregiver)

Tuesdays at 10:30 am

January 28 and February 4, 11, 18

Join us for 20 minutes of fingerplays and songs!

### Rizzo Reptiles (Gr. K and up)

Wednesday, January 29 at 7 pm

Learn all about snakes, lizards and more!

Please note live animals will be at this program.

## ADULTS

### Upcoming Movie Schedule

Captain Phillips, Mon, Feb 3 @ 6pm

Captain Phillips, Wed, Feb 5 @ 2pm

The Butler, Thur, Feb 6 @ 2pm

Blue Jasmine, Wed, Feb 12 @ 2pm

About Time, Thurs, Feb 13 @ 2pm

Jobs (with Ashton Kutcher), Wed, Feb 19 @ 2pm

Before Midnight, Thurs, Feb 20 @ 2pm

Fifth Estate, Mon, Feb 24 @ 6pm

Killing Kennedy, Wed, Feb 26 @ 2pm

Bonnie & Clyde, Thurs, Feb 27 @ 2pm

## BOOK CLUB

Monday, Feb 10 from 7 to 8 pm.

**The Orchardist by Amanda Coplin.**

New book lovers always welcome! The Orchardist is set in early-20th-century Washington state.

## CHILDREN

### Library Candy Land

Come to Long Hill Township Library and follow the rainbow trail through a life-size Library Candy Land! Families will collect candy and meet colorful, candy-inspired characters while winding their way through a transformed Children's Area. Cost: \$5 per family.

\*no registration required

Date: Saturday, February 22, 5-8 pm AND Sunday, February 23, 1-5 (snowdates 3/1, 3/2)

### Rizzo Reptiles

Wednesday, January 29 at 7 pm

Learn all about snakes, lizards and more! Please note live animals will be at this program.

### Meet Author Tracey Beckerman

Monday, Feb 3 @ 11am

Best Selling Author of *Lost in Suburbia: A Momoir of How I Got Pregnant, Lost Myself, and Got My Cool Back in the New Jersey Suburbs.*

Columnist and humorist Tracy Beckerman will entertain us with her observations about being a mother, writer and resident of a New Jersey suburb.

## CELEBRATE THE 50 YEAR ANNIVERSARY OF THE BEATLES

The Long Hill Library invites you to celebrate the 50th anniversary of the musical British Invasion on Sunday, Feb 9 at 2:00. We've invited the New Jersey-based band Carnaby Street to play the music of the Beatles, the Rolling Stones, the Kinks and more. Simon & Garfunkle and Moody Blues fans? We've got you covered!

"I love the music of the 60s," said vocalist and guitar player Chris Roselle. "I love the melodies, lyrically the music is very strong, and it really rings true to me and the rest of the band."

Chris Roselle and his band Rave On! performed the music of Buddy Holly & Roy Orbison at the library in 2103 to a standing room only crowd. "Everyone in the audience was swingin', swayin' and singin'" said librarian Marygrace Luderitz.

Make your way to the Long Hill Library on Sunday, Feb 2, 2014, for this free concert. It'll make you feel like 1964 all over again!

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## LONG HILL'S GOT TALENT

The Long Hill PTO and FORCE are sponsoring the 3rd Annual Long Hill's Got Talent Show on Friday, Jan 31st. The show will start at 6:30 pm and will be held at the Watchung Hills Performing Art Center at WHRHS. The Talent Show will have K - 8th grade student acts in acrobatics, dance, gymnastics/jump rope, magic, musical instruments, singing, poetry, puppetry, and rock band, and a special performance by the Central Middle School Faculty rock band. Tickets are \$8 sold in advance by the PTO or \$10 at the door. The snow date is Feb 7th. We welcome you to join us in a wonderfully fun night of talent!

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**COUPON**



**Boar's Head  
Honey Maple  
Ham or  
Turkey Breast**

**\$5.99 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 2/16/14.

**COUPON**



**BOAR'S HEAD  
BABY SWISS  
CHEESE**

**\$5.99 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 2/16/14.

**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 2/16/14.

**WHOLE, 2%, 1%,  
OR SKIM MILK  
\$3.49 GALLON**

**TREE RIPE  
ORANGE JUICE  
2 1/2 GALLONS  
\$5.00**