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THE LONG HILL CHAMBER OF COMMERCE

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

AT THE LONG HILL SENIOR CENTER 769 VALLEY RD, GILLETTE, NJ

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LONG HILL'S GOT TALENT!

Submitted by Christine Blocker

The 2014 Long Hill's Got Talent Show was held on Friday, January 31st at the Watchung Hills Performing Arts Center at Watchung Hills Regional High School. This was the 3rd annual Talent Show sponsored by the Long Hill Township PTO (Parent Teacher Organization) and FORCE (Focusing our Resources for Children's Enrichment). The Talent Show had over 100 students in Kindergarten through 8th Grade performing in a variety of acts, including acrobatics, comedy, dance, gymnastics, jump roping, magic, musical instruments, poetry, puppetry, rock band, and singing. Kicking off the Talent Show was a special performance by the Central Middle School Staff "Barth Band" rock band: members were Principal Mr. Villar, and teachers, Mrs. Barth, Mr. Mott, Mr. Birkhead and Mrs. Wells. The Barth Band was rocking and featured a sing-along with the audience. too!

Most of the students choreographed their own acts and practiced for many months. The performers costumes were quite fancy and the acts were entertaining and highlighted the students' talents. The students performed in front of a packed theater of parents, family, Superintendent Dr. Rene Rovtar, administrators, teachers, and friends at the Watchung Hills Performing Arts Center.

The Talent Show was hosted by MC David Romankow who mastered the part in a tux, announcing the acts, and delivering comedy throughout the night.

The Steering Committee members were Jennie DeMizio (Chair), Christine Blocker, Sue Gully, Kristen Oleske, Christine Quinn, and David Romankow. There were many parent and student volunteers who assisted with the Talent Show in photography Larry Mammone, program design Kyle Brown, concession sales Yuni Fuentes, Krissy Hubert, Betsy Moreland, Cyndi Mullen, Florencia Squizziato, John Quinn, Jade Xu, and Trish Krug, ticket sales



(above, l-r) Amelia Aroneo (performed ballet), Syndney Moholkar, Lauren Olin, Julia Grieco, and Jessie Hoffman (performed jump roping). Photo credit: Christine Blocker



(above, l-r) Comedy Act called "Sync or Swim" Preston Gully (behind wall), (top) Harrison Quinn, Julian Patterson, Jake Oleske, Adrian Jackson (piano), (bottom) Sam DeMizio, Owen Mullin, Sebastian Viegas.



(above, l-r) Dance by sisters Isabella and Alison Rietze



(above) Dance act Francesca Infante-Meehan

Karen Rossi and Brandi Unchester, poster sales Lisa DeMizio, and ushering Mari Josie Patterson, Sam Litra, Andres Marquez, Micah Parker, Adrian Patterson, William Patterson, Ryan Schuler, Nick Stevens and Alex Mammone. The Watchung Hills Regional High School Theater Staff members of Production/Theater Manager Chris Valenti, Audio Engineer Rick Clark, and Student Stage Technician Matt Guarino made the theater part of this show possible.

Congratulations to all of the students who performed their talent and gave the audience a great show! Thank you to all of the students, parents, and the community for supporting the Long Hill's Got Talent Show!





On-line at RennaMedia.com

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the next issue. Call Joe Renna at (908) 447-1295 Email: joerenna@ rennamedia.com

MORE TALENT



(above, l-r) Jacob Lesser and Scott Romankow (played Ukuleles) (Photo Credit: Christine Blocker)

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(above, l-r) Riya Prabhu, Sienna Patel and Ariya Patel (Traditional Indian dance)

MEYERSVILLE PRESBYTERIAN CHURCH FUNDRAISER

On Saturday, March 22, 2014, Meyersville Presbyterian Church will be having its annual "Almost-Spring Rummage and Pancake Breakfast Buffet." From 9am - 5pm, it's a classic church rummage with treasures from Granny's attic, old and new household and kitchen items, knick-knacks, jewelry, clothing, books and much more. From 9am to noon, enjoy a \$5 Buffet which offers homemade pancakes, sausage, fruit and OJ, coffee, tea or hot chocolate. Delicious homemade baked goods, including pies and cakes will be available for sale along with homemade crafts. Come enjoy good food, spend a little time with your neighbors and find a treasure to take home. There is something for everyone. The church is located on the circle in the Meyersville section of Long Hill Township at 223 Hickory Tavern Road 07933.

LONG HILL PARKS AND RECREATION DEPT WINTER FUN CONTEST

Long Hill Residents have been calling the Parks and Recreation Department about their ice sculptures, snowmen, igloos, snow forts, etc. made out of snow. The department sent judges



(above) Snow Family by the Unchester Family.

FOLLOW

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YELLOW BRICK

ROAD

WHRHS PRESENTS

THE WIZARD OF OZ

MARCH 20TH, 21ST & 22ND

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WHPAC.ORG

out to see the creations. Though the snow is on its way out, the contest will go until March 15th. Guidelines for the contest can be found on www.longhillnj.us.



(above, l-r) Madeline and Kaitlyn Gully with their Giant Snow Face.

St. Vincent De Paul School **FISH AND CHIPS DINNER** Catered by Argyle Restaurant **SATURDAY, MARCH 8TH** 5:30 – 7:30pm 50/50 Raffle • BYOB • Eat In or Take Out Adult: \$17 / Senior: \$15 / Child (under 12): \$9.00 Dinner includes: Fish or Chicken & Chips, Tartar Sauce, Coleslaw, Beverage and Dessert RSVP by Mar 4thAdvance Tickets Required (Prices at the door: \$20, \$17, and \$10.00 respectively)

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.



Poll Shows Most Americans Suffer From Chronic Or Reoccurring Pain

LATEST TREATMENT OFFERS NEW APPROACH AND HOPE FOR MILLIONS

According to an ABC News/USA Today/Stanford University Medical Center poll* over 50% of Americans suffer from chronic pain. Chronic pain is often described as pain that extends beyond normal healing time. Pain is more than just an uncomfortable sensation; it affects everything from work to play and ultimately your quality of life. As discovered in the ABC News/USA Today/Stanford University Medical Center poll, 48% of people didn't know what caused their pain. Of the remaining participants, pain was blamed on sports injuries, arthritis, disc pain (sciatica, slipped disc, etc.), and old age.

People deal with pain in a variety of ways. Some rely on prescription or over-the-counter medications while others try exercising, stretching, injections, and more. However, these solutions often fail causing the patient to lose hope. Worse yet, addiction to medications are a real threat and can leave pain sufferers in a dangerous situation.



Platelet-Rich plasma is a natural healing solution

For years, doctors have tried to reduce inflammation with antiinflammatory medication, thinking it could be the source of pain. Teams of doctors and researchers are now finding that harnessing the power of inflammation allows the body to go through its natural healing arc, which can relieve pain by getting rid of the problem. This new treatment program is called Platelet-Rich Plasma (PRP) Therapy and is a cutting-edge process that relieves pain by promoting long lasting healing of musculoskeletal conditions. This rapidly emerging technique is showing exciting potential with osteoarthritis of the knee, shoulder, hip and spine, rotator cuff tears, chronic plantar fascilits, anterior cruciate ligament (ACL) injuries, pelvic pain and instability, back and neck injuries, tennis elbow, ankle sprains, tendonitis, and ligament sprains.

What is Platelet-Rich Plasma Therapy?

Platelet-Rich Plasma Therapy offers a great solution to accelerate healing of tendon injuries and osteoarthritis naturally without subjecting the patient to significant risk. PRP is an emerging treatment in an ever popular, all natural health sector. The treatment consists of merging advanced technology with the body's natural ability to heal itself. Blood is made of RBC (Red Blood Cells), WBC (White Blood Cells), Plasma, and Platelets. In the last 20 years researchers have learned that when activated in the body, platelets release healing proteins called growth factors. There are many growth factors with varying responsibilities, however cumulatively they accelerate tissue and wound healing. Therefore after increasing the baseline concentration of these platelets, the doctors of Performance Rehabilitation and Integrated Medicine are able to deliver a powerful combination of growth factors that can dramatically enhance tissue recovery and reduce pain.

PRP is virtually a "cocktail" of many naturally occurring proteins that collectively stimulate, repair, and regenerate the problem area. However, there are some proteins included in PRP that can be selectively isolated to promote anti-inflammatory effects and pain reduction. Scientists have developed natural/homeopathic based tools to selectively isolate the cells/growth factors within PRP that meet each patient's needs for a customized treatment by reducing inflammation and simultaneously stimulating repair.

What are the expected results?

The goal of PRP Therapy is to resolve pain through the natural healing process and has proven to have lasting results. Initial improvement may be seen within a few weeks and will gradually increase as the body's healing progresses. PRP Therapy has been shown to be very effective at relieving pain and returning patients to their normal lives in many cases. The need for surgery can also be greatly reduced by treating injured tissues before the damage progresses and the condition is irreversible.

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

Do you suffer from any of the following?

- · Tennis elbow/golfer's elbow
- · Rotator cuff tendonitis/bursitis
- · Arthritic hip/knee/ankle/shoulder conditions
- · Plantar fasciitis/heel spur pain
- · Meniscus injury of the knee
- · Chronic tendonitis
- Chronic pain

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

What are patients saying?

"I have suffered with Plantar Fasciitis for years. I could not walk or stand for even short periods of time. Once I found out about PRP Therapy at Performance Rehab I had to give it a try. I'm so glad I did! I not only can stand for long periods of time I can now go on evening walks with my husband. Thank you to all the doctors and staff of Performance Rehab, you're amazing!"

- Mary M.

CALL TODAY TO SCHEDULE YOUR FREE STEP ONE CONSULTATION



459 Watchung Avenue, Watchung, NJ 07069 www.performancerehabnj.com



Disclement: Due to Fetteral Law some exclusions may apply. Value of free exeptione consultation is \$125. 18tp //www.loonews.com/stary0,2003,156142,00.html

SCHOOL DISTRICT REFERENDUM ELECTION *Tuesday*, March 11, 2014

The Long Hill Township Board of Education will have a referendum election on March 11, 2014. There are two project components to this referendum.

The first component of the project is the Millington School Roof Renovation. The second component of the referendum is the HVAC improvements to provide air conditioning in those instructional areas where it is not currently available.

The polling places will be located at the usual locations in Gillette, Millington and Stirling with the polls being open from 7:00 a.m. until 9:00 p.m. Voters also have the option of voting by mail and can obtain an application to vote by mail by contacting the Morris County Clerk's Office at www.morriscountyclerk.org.



LONG HILL RECREATION GIRLS' VOLLEYBALL CLINIC GRADES 5-8

The Long Hill Recreation Dept will be hosting a Volleyball clinic for girls in 5th, 6th, 7th & 8th Grades on Thursday evenings at the Central School New Gym. This program is open to students in Long Hill and also open to girls in the Watchung Hills sending district schools. Instructor: Vanessa Fowler.

Sneakers required, and girls should wear athletic wear. Some girls prefer to wear knee pads as well.

CLINIC DATES:

Thursdays: March 13, 20, 27

April 3, 10, 24 Central School New Gym

90 Central Ave. Stirling, NJ 07980 7:30pm – 8:45pm

FEE: \$75.00 per player

* DEADLINE: March 11, 2014

(Clinic is limited to 24 girls.) REGISTRATION ONLINE AT

register.communitypass.net/longhill, select Spring 2014, to pay by MC/Visa/Disc OR Make check payable to: Long Hill Township Mail to:

Long Hill Parks & Recreation Department @ 915 Valley Rd. Gillette, NJ 07933 * No Refunds Unless program is Canceled.

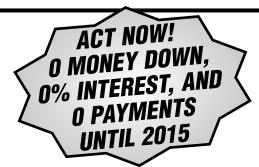
FILING YOUR TAXES? SUPPORT LOCAL GIRL SCOUTS, TOO!

Beginning this year, Girl Scouts is one of the charitable organizations eligible to receive voluntary contributions from taxpayers who choose to make a contribution when filing the New Jersey income tax return (Form 1040).

Residents throughout the state are being asked to consider this option when filing their 2013 New Jersey state taxes. All funds generated by the voluntary contribution program are returned to local Girl Scout Councils across New Jersey to assist in providing a girl-centered, quality, leadership experience.

When using Form NJ 1040, at line 64, write in #16 for the Girl Scout Councils of New Jersey Fund, enter a specific dollar amount in the space provided. Your donation will automatically be deducted from your refund.

Your contribution will help to ensure that every girl in New Jersey has the opportunity to grow and learn with Girl Scouts. Through Girl Scouts, 93,295 girls in NJ build courage, confidence, and character and make the world a better place. Help us recruit, train, and assist the 44,580 volunteers who serve our girls and help support the program resources and facilities that give girls a safe, nurturing place to grow and explore their interests. For more information about the premier leadership experience for girls, visit girlscouts.org.



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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, leep, 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.

CANDY LAND AT THE LIBRARY



(above, r-l) Vicky Kulikowksi, Youth Services Librarian with Gay Belknap, volunteer artist who created the entranceway for Candy Land. The event was held at the library on February. 22 and 23.



Theresa Milliken at Weichert, Realtors today. 973-713-2606 www.weichertwatchungnj.com





LONG HILL LIBRARY

917 Valley Road, Gillette, NJ 07933.

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.

Tuesdays at 10:30 am. March 4, 11, 18, 25 *no registration necessary Join us for 20 minutes of fingerplays and songs! Story and Craft (ages 2-6 with parent/caregiver)

Thursdays at 10:30 am. In Like a Lion – Mar 6 / Cars - Mar 13 Tulip flowers - Mar 20 / Handprint butterfly - Mar 27

Tots and MOMS (ages 2-6 with caregiver) Birds - Friday, March 7 at 10:30 am Meet moms from the MOMS Club of Long Hill.

Tooth Tales (ages 2-6 with caregiver) Monday, March 10 at 10:30 am Join local dentist, Wendy Sanger, for a fun-filled storytime all about healthy teeth.

Easy Reader Book Club (Gr. K-2) Tuesdays at 4 pm.

March 18 - any Arthur book by Marc Brown Discuss a book, do an activity and make a craft. Please be sure to read the book before the program. Copies will be available for checkout at the Children's Desk.

PAWS for Reading (Gr. K-5)

Wednesday, March 19 - 7 to 7:45 pm Dogs make great listeners! Enjoy a fun, no pressure reading experience where you choose a favorite book to share with a trained therapy dog for ten minutes. This is a drop-in, first come, first serve program.

No registration required.

Spring Party (Gr. K-5)

Thursday, March 20 at 4 pm Welcome Spring by decorating a cupcake, decorating a planting pot and making tissue paper flowers.

TEEN PROGRAMS

Teen Advisory Board (TAB) (Gr. 6-12)

Wednesday, March 12 from 7-8 pm Want to earn community service hours while talking about the latest books, magazines and videogames? Join us for our TAB meetings where we'll also have Advanced Reader's copies of books to give away! Call or email lhteens@gmail.com to register.

Teen Projects Group (Gr. 6-12) Tuesday, March 4, 4-5 pm Tuesday, March 11, 4-5 Wednesday, March 19, 4-5 OR 7-8 pm Wednesday, March 26, 4-5 OR 7-8 pm Want to volunteer at the library? Sign-up for any of the dates listed below and earn community service hours while helping library staff finish up special projects. Please send an email to lhteens@gmail.com if this is the

first time you have volunteered for the library.

SUNDAY @ 2 CONCERT SERIES

We've been trapped in our homes for far too long this winter with frigid temperatures, snow, ice and bone-chilling wind! It's time to emerge for our Season of the Arts!

The library has a packed calendar of art, film and music! Our Sunday @ 2 Concert Series features a variety of performers for your listening pleasure. This year's series includes classical, popular music, jazz, Broadway and American standards. Don't miss our movie lineup and please stop in to see the art of Joan Cummings and Sam Bleecker.We'll keep you warm, toasty and entertained @ the library!



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