

Long Hill LEADER

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

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ISSUE 14 • NOVEMBER 2014

SOMERSET HILLS BUSINESS NETWORK

NOVEMBER 21, 2014

8:00 AM

OLDE MILL INN

225 ROUTE 202

BASKING RIDGE, NJ 07920

THE LONG HILL CHAMBER OF COMMERCE

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

THE LONG HILL
SENIOR CENTER

STIRLING VOLUNTEER FIRE DEPARTMENT'S ANNUAL FUND DRIVE

November is the annual fund drive month for the Stirling Volunteer Fire Dept, so please show your volunteer firefighter first responders that you appreciate their hard work, expertise, and dedication by donating now. Their address is P O Box 123, Stirling NJ 07980.

Gillette, Meyersville, Homestead Park, and Stirling are the region served by the Stirling Volunteer Fire Dept. They serve much more than just Stirling. These volunteers depend heavily on your donations to provide highly professional firefighting and rescue services plus a variety of extraordinary services, such as use of the Jaws of Life to extricate people from serious vehicular accidents, they are certified to perform ice rescue and confined space rescues making them one of a few fire departments in the region with these certifications. When we get a big snow fall they dig out more than 200 fire hydrants in the Township after each snow fall! (Sometimes metal detectors are used to find the hydrants!)

They go through extensive and on-going training to maintain their proficiency and they frequently go far beyond the call of duty. Their expertise has resulted in you having one of the lowest fire insurance rates of any suburban

community in New Jersey.

Donations are used for their extensive training, specialized equipment and protective gear, maintaining the firehouse, paying for utilities, fire prevention programs for the youth of the Township, and much more. They need your financial support now to continue these services.

DID YOU KNOW?

- You are saved many hundreds of dollars in your local taxes each year because they are unpaid volunteer firefighters using a firehouse built by firefighters at their own expense.
- Your local fire company is always there for you every day of the year, day or night.
- They have stopped every house fire in recent years and saved occupants and pets as well as many valuable and sentimental home owner possessions.
- They respond to more than 225 calls for help each year.
- Many of Stirling's firefighters are in their homes or places of employment right now ready to leave and respond to your emergency. Please send your donation this month to them.
- They are caring and compassionate residents of Long Hill Township who need your financial help now.

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WHRHS BACK TO SCHOOL NIGHT

Parents attended either this Back To School Night on Oct. 9, or Back To School Day, 7:30 to 9:30, on Monday, Oct. 13, to meet their children's teachers. The parents reported to their children's classrooms. They changed classes for several periods, the way their children must do during a typical school day. And they were greeted in the hallways by school administrators and student peer leaders, who provided directions and information about room numbers and locations.



(above, l-r) Student Council members Parima Kadikar and Molly Shulan of Warren, Lauren Stone of Millington, Claire Chen of Warren, Devon Lauderdale of Gillette and Tim Hsueh of Watchung.



(above, l-r) Fencing team members Ian Blakeslee of Stirling, Greg Puccio of Warren Township, and Josh Leski of Millington offered parents fundraising items, including tulips, socks and bottled water.



(above, l-r) Taryn Rotondo and Lauren Trumpore, both of Warren Township



(left, l-r) A small army of student volunteers helped parents find their children's classrooms. Parents had an abbreviated school day, meeting their children's teachers and changing classes. They had to make it to the next class on-time, just as their children must do every day.



(above, l-r) Jazz Ensemble, provided a musical performance on Back To School Night, Scott Brown of Warren Township, Michael Weinfeldt of Gillette, Joe LaScala and Nick Briski of Watchung, and Andrew Morrison and Ben Overzat of Warren Township.



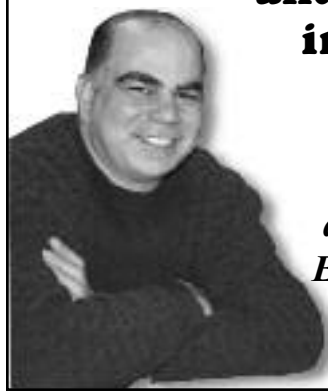
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PROMOTE YOUR COMMUNITY EVENT

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.



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

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 orthopedic 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)

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?"

CALL TODAY TO SCHEDULE YOUR FREE STEP ONE CONSULTATION



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(above) Oldest Car, 1906 Reo Model A, owned by Ray Prisk



(above) 1976 Pontiac Trans Am, owned by Ron Ernst

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FALL FEST ANTIQUE & CLASSIC CAR SHOW BOASTS RECORD CROWDS

Submitted by Evie Ernst, Car Show Organizer

The Long Hill Community Center and Watchung Mountain Chapter Antique Auto Club of America held its 8th Annual Fall Fest Antique & Classic Car Show on Sun., Oct. 5th, at the Stirling Hotel, 227 Main St., Stirling, NJ, 10:00AM – 4PM, to record crowds and beautiful weather. Each year we strive to bring to the community a show that will delight both car show entrants and spectators alike. Together along with our host and all the many businesses that so generously gave their support; we have succeeded! The popularity of the show grows each year. Nearly 150 vehicles registered, the most to date, and well over a thousand spectators filled the car show grounds.

We especially thank Tom and Dori Baldesarre, owners of Stirling Hotel, for hosting our shows for all eight years. All registered owners of the show cars were treated with a complementary lunch provided by The Stirling Hotel, again this year. Their generosity is appreciated and we thank them for their hospitality and support. Free door prize ticket, food ticket and dash plaques were also distributed to the car entrants.

Our car show is very proud of all the beautiful trophies that are donated each year from Michael Shriner, President/CEO of Millington Savings Bank, Millington, NJ. We appreciate their steadfast sponsorship and participation in presenting all 24 winning trophies.

Some winning vehicles at the show were: Best In Show: 1999 Ford F350SD, owner Mark Guidetti, Berkeley Hgts; Host's Trophy: 1932 Ford 3 window Coupe, owner Bob Phillips, Gillette; Oldest Car: 1906 Reo Model A, owner Ray Prisk, Long Valley; Oldest Truck, owner 1932 Model BB owner Matt Petijean, Chatham; Best Fire Truck: Stirling Fire Dept, 1939 Diamond T; Best Foreign: 1952 Bentley MK IV,

owner Ben Abbot of Basking. We congratulate all entry owners for their outstanding entries!

We appreciate all the generous donations from many loyal businesses, making it possible to offer prizes for the raffle. Proceeds from past and present shows benefit the Center's ongoing restoration projects. This year we are planning to start up-grading the rest rooms.

We thank all of the following businesses for their abundant support and help, making this year's fund raiser possible for the Center. Platinum Sponsors: Stirling Hotel, Millington Savings, Investors Bank, LH Twsp. PBA Local #322, JMK Auto Sales, Inc, Valley Automotive, Long Hill Auto Service, Millington Auto Body, Inc., Valley Memorial Funeral Home, Pine Valley Tree Service, Watchung Mnt. Chapter AACA; Gold Sponsors: George C. Bott Plumbing & Heating, Mark's Auto Service, Deans Greens/Gillette Amoco, Robinson Towing, Garden State Fireworks, Humphreys Insect Control, Taylor Rental, Jaeger Lumber, Chimney Rock Inn, L & S Air Conditioning, Hall's Garden Center & Florist, Sterling Hallmark, The Farmhouse Restaurant, Silver Sponsors: Pinnacle Motor Works, Triangle Communications, LLC, and Berkeley Hardware & Paint; Door Prizes: Associated Auto Parts, Rock Auto, & Meguiar's.

Thanks to the combined efforts of Lori Greenspan, Editor of Echoes-Sentinel, and Lynn Sjurset, Editor of Long Hill Leader for promoting our show, LHT Police Department, and local businesses, merchants, volunteers and members of the Long Hill Community Center, Watchung Mnt. Chapter AACA, and our DJ, "Hot Rod Mike," Mike Gelnovatch for making this year our best show!

We look forward to next year's car show on Sunday, October 4, 2015.



(above) Trophies donated by Michael Shriner, President/CEO of Millington Savings Bank, with Evie Ernst, Car Show Organizer, presenting the winners' trophies

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A CHRISTMAS SHOEBOX FOR A CHILD

On Saturday, November 15 at 3 p.m. Mountain Ridge Bible Chapel will be participating in our annual Samaritan's Purse Christmas Child event. This is a time when we decorate and pack shoeboxes with simple yet powerful items that needy children in other countries are overjoyed to receive. "Packers" bring old shoeboxes and Christmas wrapping paper that might be stored in a corner at home. Refreshments will be provided for the participants. Any members of the surrounding communities who wish to bring holiday cheer to a youngster overseas are welcome to participate. We do ask that you call Mary-Beth at 908.322.8128 to let her know you are coming. Mountain Ridge Bible Chapel is located at 763 Mountain Avenue, Berkeley Heights.

THE NEXT PRODUCTION OF SCRIPT AND CUE

"THE DIARY OF ANN FRANK"

THUR., FRI. & SAT.

NOV. 20, 21, & 22 - 7:30 P.M.

SAT., NOV. 22 - 3 P.M.

(right, l-r) Representing on Back To School Night Script and Cue, the student theater group, are Julia Golkin of Warren Township, Jacob Lyons of Watchung and Judy Tounsi of Green Brook Township.

LONG HILL HISTORICAL SOCIETY NOVEMBER

The November meeting of the Long Hill Twp. Historical Society will be held in the Long Hill First Aid Squad Building 949 Valley Rd., Gillette, N.J. at 7:30, Thurs. Nov. 13th.

Larry Gaulke will talk of the Iron Division in the Meuse-Argonne during WWI. He will take us for a walk through the woods where Pennsylvania's dough boys fought. Words and pictures will help us understand what Pennsylvania did in the battle.

ALL are welcome.
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Description	Date	Day 2
1 Choose a computer	Nov 1	
2 Explore your computer	Nov 8	
3 Windows Basics	Nov 15	
4 Word	Nov 22	Nov 29
5 Communication	Dec 13	
6 Surfing the Internet	Dec 20	
7 Personal Internet	Jan 3	
8 Excel	Jan 10	Jan 17
9 Music and Speech	Jan 24	
10 Photography	Jan 31	Feb 7
11 Gadgets and Gizmos	Feb 14	
12 Manage your computer	Feb 21	



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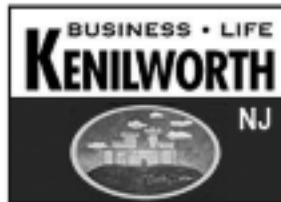
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Qty: 3,500

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Kids 3-6.....\$3.39	Kids 3-6.....\$5.99
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Lunch 11am - 3:30pm	Dinner 3:30pm - 9:30pm
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Kids 7-10.....\$5.99	Kids 7-10.....\$6.99
Kids 3-6.....\$3.99	Kids 3-6.....\$5.99
2 & Under.....FREE!	2 & Under.....FREE!

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