

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**

PRRST STD-A
US POSTAGE
PAID
Permit #1081
Newark, NJ

EGRWSS

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.

*****EGRWSSDDM*****

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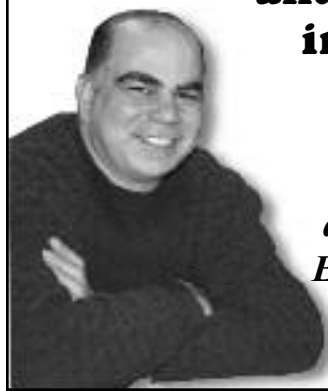


On-line at RennaMedia.com

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Renna Media, LLC
 202 Walnut Ave. Cranford, NJ 07016
 Phone: 908-447-1295, Fax: 908-709-9209
 Email: joerenna@rennamedia.com

ADVERTISE IN THIS NEWSPAPER
3,500 are printed and mailed to every home and businesses in Long Hill.



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



THE MEYERSVILLE GRANGE

The Meyersville Grange Antiques & Collectibles Indoor Market is celebrating 42 years as your local source of reasonable priced antiques and collectibles. Now open each Sunday, 7:30am to 2:30pm through March 29, 2015, our treasures await you!

Choose from a wide variety of Distinctive Antiques and Unique Collectibles. The selection changes each week as different Dealers cycle through the Grange Market. Delicious homemade breakfast, luncheon, and desserts, hot beverages, soda, and snacks are available in our Downstairs Café from 7:30am to 1pm.

Come visit us soon at The Grange Hall, 500 Meyersville Rd, Gillette, NJ 07933. Information: 908-647-4280 or email meyersvillegrange188market@yahoo.com. January, February, March 2015

The Meyersville Grange 188 Soup & Pasta Contest will be held at the Grange Hall, 500 Meyersville Rd, Gillette, NJ 07933 on second Fridays of the month: January 9, February 13,

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!

Isaak Gorelov, PhD, ACSM
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Certified Personal Trainer
 Watchung resident, in house exercise studio
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New FDA Approved Treatment Proven to Relieve Knee Pain

TREATMENT COVERED BY MOST MAJOR HEALTH INSURANCE PLANS – INCLUDING MEDICARE

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 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.

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.

**LONG HILL COMMUNITY CENTER'S
TWENTIETH ANNUAL
KIDS' HOLIDAY PARTY**

Community Center
Warren Ave. Stirling

**SUN., DEC. 14th
1:00 - 3:00 PM**

Join the Fun:

- CLYDESDALE DRAWN WAGON RIDES
- PETTING ZOO
- Holiday Coloring Contest (ages 3-8)
- Holiday Treats
- Nail Polish Painting & Face Painting
- Door Prizes
- Make a craft & decorate a cookie
- Games & Music by "D.J. MIKE"
- RAINBOW THE CLOWN
- BRING YOUR CAMERA. Santa arrives in the Stirling Fire Truck
- Central School's 6th Grade Blue & Gold Band

TOY DRIVE
Bring a new unwrapped toy for hospitalized children.
Sponsored by:
Long Hill PBA 322,
Long Hill PTO and the
Long Hill Community Center
www.lhcommunitycenter.org

SANTA ARRIVES AT 1:00 PM

SNOWRIDERS!
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When you purchase any current year ski or board, bindings & boot package.

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*Expires 1/31/15. Coupon cannot be combined with any other offers or discounts. Prior sales excluded.

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DAILY \$19**

FULL SEASON \$99 AND UP*
No charge for travel time. Pick up equipment day before & return day after. Season rental due back next October.

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Helmets\$10
XC Skis\$25
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*Deposit required



Discount Lift Tickets

	Mountain Price Weekend	Mountain Price Weekday	Pelican Price Weekend	Pelican Price Weekday
Hunter Mt.....	\$76	\$66	\$59	\$49
Blue Mt.....	\$65	\$55	\$59	\$49
Mountain Creek...	\$67	\$67	\$56	\$56
Shawnee.....	\$60	\$50	\$55	\$45
Camelback.....	\$65	\$53	\$56	\$46
Killington.....	\$92	\$92	\$79	\$79
Pico.....	\$67	\$67	\$56	\$56
Windham.....	\$78	\$68	\$63	\$58

50% OFF
**One Daily Ski or
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With this ad, \$10 deposit & credit card required.
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3-15-15**



Main Avenue Merchants of Stirling

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❄️ **Gluten Free Gloriously (908) 647-7337**

*A fully dedicated gluten free bakery and specialty shop. Safe for anyone with gluten issues.
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❄️ **Act II Consignment (908) 626-1600**

Multi-faceted shop. Clothing, jewelry, handbags, home décor and gift items

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*Local pest/rodent specialists with environmental friendly services
& contractors on staff for repairs/updates to your home*

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**Support
Your Local
Businesses!**

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 Sealaus & 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
 Reserve space in the next issue. Call Tina today at 908-418-5586 or email info@rennamedia.com

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 Qty: 6,000 4,600 mailed to homes and businesses. 1,400 dropped at distribution points.	 Qty: 5,000 4,000 mailed to homes and businesses. 1,000 dropped at distribution points.	 Qty: 3,500 Mailed to every household (2,710) and business (720) in Kenilworth.
 Qty: 5,500 5,000 mailed to homes & businesses. 500 dropped at distribution points.	 Qty: 6,500 Mailed to every home and business in Clark.	 Qty: 9,500 Mailed to every home and business in Cranford.

Zone 2 = 25,000 Printed and Mailed

 Qty: 6,000 Mailed to every home and business in Warren.	 Qty: 3,000 Mailed to every home and business in Watchung.	 Qty: 3,500 Mailed to every home and business in Gillette, Millington and Stirling.
 Qty: 6,500 Mailed to every home and business in North Plainfield 07060 zip code.	 Qty: 3,000 Mailed to every home and business in Green Brook.	 Qty: 3,000 Mailed to every home and business in Dunellen.

Back cover and front page banner reserved on first come first served basis. Current advertiser has right of first refusal.

Units	Size	RATE FOR SINGLE NEWSPAPER		RATE FOR ANY 3 NEWSPAPERS	RATE FOR ANY 6 NEWSPAPERS	RATE FOR ANY 9 NEWSPAPERS	RATE FOR ALL 12 NEWSPAPERS
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1 BUSINESS CARD	3 1/2" x 2"	\$60	\$50	\$150	\$300	\$450	\$600
2 Units	3.25" x 4"	\$100	\$90	\$250	\$500	\$750	\$1000
4 Units	6.5" x 4"	\$180	\$160	\$450	\$700	\$950	\$1100
6 Units	10" x 4"	\$240	\$210	\$600	\$900	\$1250	\$1400
9 HALF PAGE	10" x 6"	\$320	\$280	\$750	\$1000	\$1350	\$1500
12 Units	10" x 8"	\$360	\$320	\$900	\$1200	\$1550	\$1800
18 FULL PAGE	10" x 13.5"	\$400	\$350	\$1000	\$1400	\$1750	\$2000
Back Cover	10" x 13.5"	\$600	\$500				

FRONT PAGE BANNER 8.25" x 2" \$320 Artwork included in price. Make Checks payable to Renna Media, 202 Walnut Avenue, Cranford, NJ 07016

*Discount for members of participating local Chamber of Commerce and Business Associations.



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MONDAY - THURSDAY

Lunch 11am - 3:30pm	Dinner 3:30pm - 9:30pm
Adult\$7.39	Adult\$10.99
Kids 7-10.....\$5.39	Kids 7-10.....\$6.99
Kids 3-6.....\$3.39	Kids 3-6.....\$5.99
2 & Under.....FREE!	2 & Under.....FREE!

FRIDAY - SATURDAY

Lunch 11am - 3:30pm	Dinner 3:30pm - 9:30pm
Adult\$7.99	Adult\$10.99
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!

SUNDAY ALL DAY DINNER

11am - 10pm

Adult.....\$10.99
Kids 7-10\$6.99
Kids 3-6\$5.99
2 & UnderFREE!

GIFT CERTIFICATES AVAILABLE

SUSHI

Fantastic range of freshly prepared sushi.
Most selection and top quality among all competitors.
It is far from the typical "buffet quality" sushi.
At HIBACHI, you don't sacrifice taste for price.

BUFFET

Elegant, modern, fresh, executed with care and confidence. HIBACHI Grill Supreme Buffet brings together 250+ of fresh-made Asian dishes in eleven buffet bars.

HIBACHI

Choose your favorite ingredients from dozens of seafood, meats and vegetables. Watch our chef preparing them in our special hibachi sauce to create a full-flavored dish.

ASK US ABOUT CATERING YOUR NEXT EVENT!

We have a large party room available for birthday parties, office meetings & weddings.

\$125 OFF
ADULT BUFFET

With purchase of a beverage per person
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Cash Only. Limit 4. Not valid with any other offers or discounts. Expires 1/10/15.

\$250 OFF
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\$10 OFF
ANY ONE PARTY

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COUPON



FRESH SHRIMP
\$9⁹⁹ lb LGH12

By the pound only. Limit 1 lb per customer per coupon per day.
Not to be combined with other offer. Offers good thru 1/15/15.

FRESH FISH
Available Thursday
to Sunday
Filletted, Steaked,
Cleaned to your liking!

**Top or Little
Neck Clams**
\$3⁹⁹ /dozen

COUPON



FRESH COD FILLET
\$5⁹⁹ lb LGH12

By the pound only. Limit 1 lb per customer per coupon per day.
Not to be combined with other offer. Offers good thru 1/15/15.

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**
\$6⁹⁹ 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



Fresh Mozzarella
\$5⁹⁹ 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**



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....**

