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NJ

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ISSUE 37 • SEPTEMBER 2016

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JEFFREY DI MAGGIO COMPETES IN ULTRAMARATHON

Jeffrey Di Maggio of Millington, NJ competed in the 2016 Vol State Road Race,, an ultramarathon totaling 314 miles. The runners start out from Dorena Landing, Missouri and finish in Castle Rock Georgia. There is a ten day time limit on the race which started at 7:42 am on July 14, 2016. Jeffrey finished in five days, one hour, and fifty-one minutes on July 19, his fortieth birthday. This earned him seventh place honors out of a field of ninety five entries behind the winning time of three days, seven hours and nine minutes. What is most amazing it that this was only the fifth race that he completed in.

DiMaggio was introduced to running as a hobby only three years ago. He trained with a friend and soon was able to last long distances without tiring. He bypassed the customary 5k and 10k community runs and ran in his first race in 2013, just a few months of training, a 50k / 8 hour race, approximately 31miles. He followed that with a second race in March of 2014. This time it was a 100 miler at the New Jersey Ultra Festival. In May of 2015 he ran in a 56 mile race with a 12 hour time control. This was another NJ event called 3 Days at the Fair at the Sussex County Fairgrounds. Later that year in November 2015, DiMaggio ran in a 24hour / 83 mile race.

Ultra races use a time control and each racer is scored by how many miles they run in the determined amount of time. The Ultra marathon that DiMaggio ran in July was challenging on so many levels. The race challenges the runners equally physically and mentally. The following synopsis from the organizer's website, ultrasignup.com, describes it best:

It begins with a ferry ride across the Mississippi River, from Missouri to Kentucky, and finishes at "the Rock," high atop Sand Mountain in Northeast Georgia. What lies in between are 314 miles of the great unknown. From the time the Vol-Stater steps off the Ferry, until they reach the Rock, they are totally reliant upon their own physical and mental resources. For the next four to ten days, in the face of the heat and humidity of July in Tennessee , the Vol-Stater must make their way on foot, along highways and backroads, from one small town to the next, over hills and across rivers, up mountains and down long valleys, all the while accounting for all of their most basic needs; "what will I eat?" "When will I find water?" Where will I sleep?"

Success is not guaranteed. There are no aid stations, teeming with volunteers waiting to tend to your every need and encourage you to continue. There are just miles and



(above) Jeffrey Dimaggio crossing the finish line of a twenty-four hour race in the brisk weather in November 2015. He next ran a five-day race in the one hundred degree heat of Tennessee.

miles of empty road. Your friends can follow your progress from afar, but no pacers can carry your burden for you. If you do encounter another runner, theirs is the same desperate plight as your own. You will have doubts. Finishing will often seem an unfathomable dream. Your worst enemy may become the knowledge that an air conditioned ride to your car at the finish (in the dreaded seat of disgrace") is but a phone call away.

Many will fail. But, for those who find the steely will and muster the sheer dogged tenacity to overcome the impossible obstacles, and reach the rock on foot, the Vol-State can be a transcendental experience. No words can adequately describe the sense of combined relief and amazement to be experienced at the Rock. No one can explain the regret that this incredible journey has actually come to an end. Former King, Barry Crumrine probably summed up the Vol-State experience as well as it can be put into words; "I found in myself something that I never knew was there."

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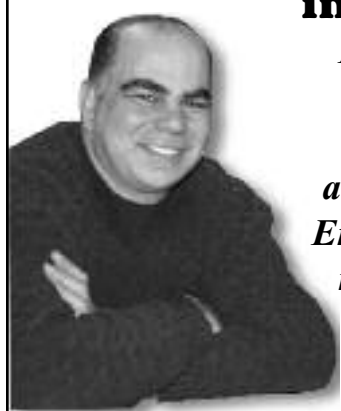
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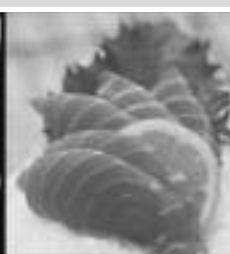
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TMC'S BOUTIQUE OPENS IN NEW PROVIDENCE

TMC's Boutique, formally located in Stirling, NJ for 6 1/2 years, has brought her unique store to New Providence and invites the public to celebrate a grand opening on September 17th at 2 p.m. Located on 1259 Springfield Avenue.

TMC was created by Linda Tribuna because being an artist herself she wanted to create a unique store selling the beautiful work of both local and national artists. Since Linda was part of many art shows she asked artists she met through the years to sell in her store. During her time in the Stirling location she sold the work of over 20 local and 10 U.S. artists.

Now here in New Providence, with a much larger location, Linda is representing 13 additional artists bringing her total to 30+ local and 10 national artists. TMC's Boutique carries

jewelry, handbags, frames, knitwear, bottle holders, bottle openers, lighted glass boxes, pottery and so much more!

(right) Linda Tribuna invites the public to meet local artists at the grand opening of her boutique located at 1259 Springfield, Avenue, New Providence on September 17th at 2 p.m.



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MILLINGTON VOLUNTEER FIRE COMPANY ANNUAL FOOD TRUCK FESTIVAL SATURDAY SEPTEMBER 24, 2016

Millington Volunteer Fire Company will hold their 2nd annual Food Truck Festival at the firehouse on Saturday, September 24th, 2016 after 11am, rain or shine!

After a successful community event last September the MVFC will once again host an array of food trucks for a fun family day at the firehouse this year.

"We've been working on planning an even bigger and better event ever since last September," says firefighter and president of the

Ladies' Auxiliary Izzy DeBiasse. "Our committee has managed to get some of our top trucks from last year as well as some new ones to come. There will be BBQ, ice-cream, cheesecakes, pizza and much more!"

Firefighter and committee member Joe Fronapfel says "The very popular dunk tank will be back again as well many more fun activities for the whole family. In addition to the food we will also have great beer from Bolero Snort Brewery of Ridgefield Park, New Jersey."

Come down to the Firehouse for some good food, great beers, games and live music.

There will be \$5 donation requested for anyone over 12 years of age. Parking will be limited close to the firehouse, please check out our Facebook page for more information.

The Millington Volunteer Fire Company is located on 1891 Long Hill Road in Millington and welcomes new members at all times. For more information call (908) 647-5882 or stop by any Thursday evening.



(above) The dunk tank will be back again and you might even get the chance to get firefighter and township committee member Brendan Rae wet.



(above) Who will win this year's trophy for most popular food? Pictured are last year's winners from Maddalena's Cheesecake of Ringoes, NJ.

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ATTORNEY SETTLES HOME EXPLOSION LITIGATION FOR \$975,000.00

Berkeley Heights attorney David C. Bendush announced the settlement this week of a lawsuit arising from a home explosion in Hunterdon County in September of 2014. The blast was caused by a contractor who was converting the home of his clients, from oil to natural gas. The clients were in the home with their infant daughter at the time of the explosion and fire. Davis Heating and Cooling had recently installed gas lines inside the home, and the time of the blast was attempting without success to purge the new gas lines. Large amounts of natural gas were caused to accumulate inside the basement until the gas exploded, nearly levelling the structure and knocking the clients to the ground where they stood. Mr. Bendush litigated the liability issues aggressively, and attained the unusual result of summary judgment for plaintiff on liability based on the legal doctrine of res ipsa loquitor. The defense had little choice but to settle quickly and on favorable terms, in order to avoid a trial.

The initial blast lifted the house off the foundation, blew out windows and doors, and started a fire. Although the clients were tossed about by the initial blast, they sustained no serious or lasting physical injuries, other than emotional distress. Other losses claimed included lost time from work, loss of use of their family home, and damage to portions of a comic book collection which had been stored in the basement. Evidence demonstrated that many original rare and valuable comic books and other collectibles were either partially or totally damaged in the fire.

This litigation was also unique because the homeowners insurance carrier asserted a lien of \$715,000.00 for the damages paid out on behalf of the insured (to demolish and rebuild the house, etc.) , and that lien was reduced significantly with the carrier receiving \$287,500.00 of the overall settlement, leaving the balance to compensate the homeowners for emotional distress and other losses.

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Everyone is invited to the Picnic in the Park, to be held on Saturday, September 10th. It is a party to honor Long Hill Township's 150th anniversary. It will kick-off at 3 pm on Field 2 at Matthew G. Kantor Memorial Park on Valley Road and all residents are invited to come together with family, friends and neighbors to enjoy this celebration of our community.

Hamburgers and hot dogs will be served by the Stirling Fire Company and the Millington Fire Company will host a craft Beer Garden. Food and soda will be free to all guests and be sure to claim your commemorative mug upon checking in. Supplies are limited so come early. There will be music from our DJ, amazement and mystification from our roving balloon artist and magician, and face painting for the children courtesy of the Girl Scouts. On the way to the field remember to claim your Scavenger Hunt prize and visit the booths of our gracious sponsors, Millington Bank, Shoprite and the Chamber of Commerce.

Children bring your appetites because there will also be a pie eating contest sponsored by Shoprite.

At 7.30 pm there will be a Dedication Ceremony for the Time Capsule at the front of Town Hall. The capsule will remain buried until the Townships bicentennial in 2066. The contents are being finalized but fear not they will be sufficient for residents of 50 years hence to marvel at how quaint and simple our lives are – no robots or teleportation devices, phones that are merely “smart”, and bodies that actually age. The night will end with yet another unparalleled display of pyrotechnic delight from Millington's own Garden State Fireworks.

There will be parking at the Municipal Complex, Gillette School and the Senior Center. All guests are encouraged to car pool as much as possible.

Please save the date and be sure to join us for this most auspicious of days in Township history.

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GUITARIST TO OPEN FREE CONCERT SEASON

Long Hill LEADER • Page 7 • September 2016

On September 11, 2016, at 2:00 p.m., the First Presbyterian Church of Stirling will present jazz guitarist Pasquale Grasso and his quartet who are returning after their outstanding performance last season.

One of the most strikingly unique artists of his generation, Pasquale Grasso has undoubtedly changed the way the world views jazz guitar. Born in Ariano Irpino, Pasquale began playing guitar at a very young age. He studied and performed in Europe until he came to the United States in 2012. He moved to New York City and quickly made a name for himself in the city's vibrant jazz scene. Grasso became part of the Ari Roland Quartet and the Chris Byars Quartet, performing in clubs, music festivals, and recording in the studio regularly. Later that year, Pasquale was named a Jazz Ambassador with the

US Embassy, going on to tour extensively across Europe, Kuwait, Kazakhstan, Cyprus, Lithuania, and Ukraine, among others.

Despite his young age, Grasso has performed with many leading musicians of the international jazz scene including Barry Harris, Charles Davis, and Bucky Pizzarelli, First Place Winner of the Wes Montgomery Competition in 2015, we are pleased to bring you one of the finest jazz quartets performing anywhere.

For more information, go to www.fpcstirling.org or call the First Presbyterian Church of Stirling at (908) 647-1033.

This will be the first in the Church's concert series for the 2016 – 2017 season. Admission, as always, is free. A short reception will follow the concert at which attendees may meet the performers. Refreshments will be served.



(above) Jazz guitarist Pasquale Grasso.

LONG HILL SENIOR CENTER ACCEPTING DONATIONS FOR RUMMAGE SALE

The Senior Center in Gillette will conduct its annual rummage sale on Saturday, October 15 from 9:00 AM to 3:00 PM, and on Sunday, October 16 from 10:00 AM to 2:00 PM. This is a major fundraiser for the Long Hill Senior Club. The hall is packed with treasures, and the sale takes place rain or shine. Parking is always free.

We will be selling small furniture and lamps, shoes, books, CDs, DVDs, tools, linens, household items, small electronics, puzzles, toys, games, books, china, baskets, small appliances, kitchenware, sports equipment, pictures and frames and lots of seasonal decorations.

Donations are now being accepted at the Senior Center, 769 Valley Rd., Monday thru Friday between 10:00AM and 2:30 PM or call 626-1101 to make other arrangements. IF DONATING...PLEASE NO: Clothing, TV's, encyclopedias or large furniture, golf clubs, car seats, high chairs, strollers, or broken items.

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(above) Rizzo's Reptiles visited the camp and brought lots of furry friends. Here, Deborah introduces our campers to "Karen the Guinea Pig", and the kids got to pet her.



(above) Mad Science Visits—Campers were treated to "Minion-themed" science experiments.



(above) Presley & Melody came to visit again this year. They are great at getting the campers (and counselors!) up and moving and dancing. Photos by Township of Long Hill Parks & Recreation.



(above) Hawaiian Day Limbo—campers made leis and were encouraged to wear / bring in anything Hawaiian. Hawaiian music was played, and everyone loved doing the limbo.

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KARATE STUDENTS PARTICIPATE IN SUMMER SPARRING SERIES

Students of Soo Bahk Do Karate of Gillette participated in their first Summer Sparring Series during the months of July and August. The series, open to all students 12-18 years old, consisted of four dynamic 2 hour intense sessions of conditioning, followed by sparring techniques, and tournament- style matches. The series was

led by 3rd degree blackbelt and 12-time National Champion Michael Chu, who is also the Youth Instructor at the karate studio. Chu, who has been training in the traditional Korean martial art of Soo Bahk Do under 7th degree blackbelt Master Linda Morey since he was 3, has a special affinity for this age group, "there are so many challenges

and distractions to adolescents, and I want to make martial arts fun while instilling the direction and discipline it takes to raise their confidence to lead happy and successful lives" said Chu. He is also spearheading a Teen Leadership Forum to be held at the Soo Bahk Do Karate studio on October 12, that will be open to all Long Hill teens and their parents. The goal of the forum, according to Chu, is "to provide inspiration and resources for teenagers to live like champions- from both a family and an academic perspective".

For more information, visit their website www.karate4peace.com or call (908) 647-4194.



(above) Grant Clark of Hidden Warrior Yoga

YOGA OPENS IN GILLETTE SEPT. 13TH

Hidden Warrior Yoga will open in Gillette at the Soo Bahk Do Karate studio at 630 Valley Road beginning September 13th. Hidden Warrior Yoga uses a mixture of Hatha yoga and contemporary exercise science to create variations of poses that are more applicable to the way we move today. According to owner Grant Clark, the Indians who first developed yoga spent most of their day on their feet constantly moving. Contemporary individuals now live a predominantly sedentary lifestyle which is associated with a variety of issues including lack of balance, loss of body awareness, and tightness in the body. "As a result, many common poses can cause discomfort and even pain to such practitioners", Clark said. Clark holds a 200-hour Yoga Alliance teacher certification, a Functional Movement Screen certification from physical therapist Gray Cook, and is an American Council of Exercise (ACE) certified personal trainer. According to Clark, instead of using correct muscles groups, people often become hyperflexible in their hamstrings and lower backs. This flexibility allows them to achieve difficult poses but with long term negative results. The key philosophy behind the pose variations in Hidden Warrior Yoga is to create stability in the body and to activate underused muscles. As a result, whether you are an athlete attempting to breakthrough a training plateau or someone who just wants to have better body awareness or balance, Hidden Warrior Yoga is appropriate for all skill levels. There are variations in every pose to suit your level and to challenge the experienced yogi or introduce the tentative newcomer. Classes will be help on Tuesday and Thursday mornings from 9:30-10:30am and on Wednesday evenings 7:45-8:45pm. For more information, please call (908) 458-3263.



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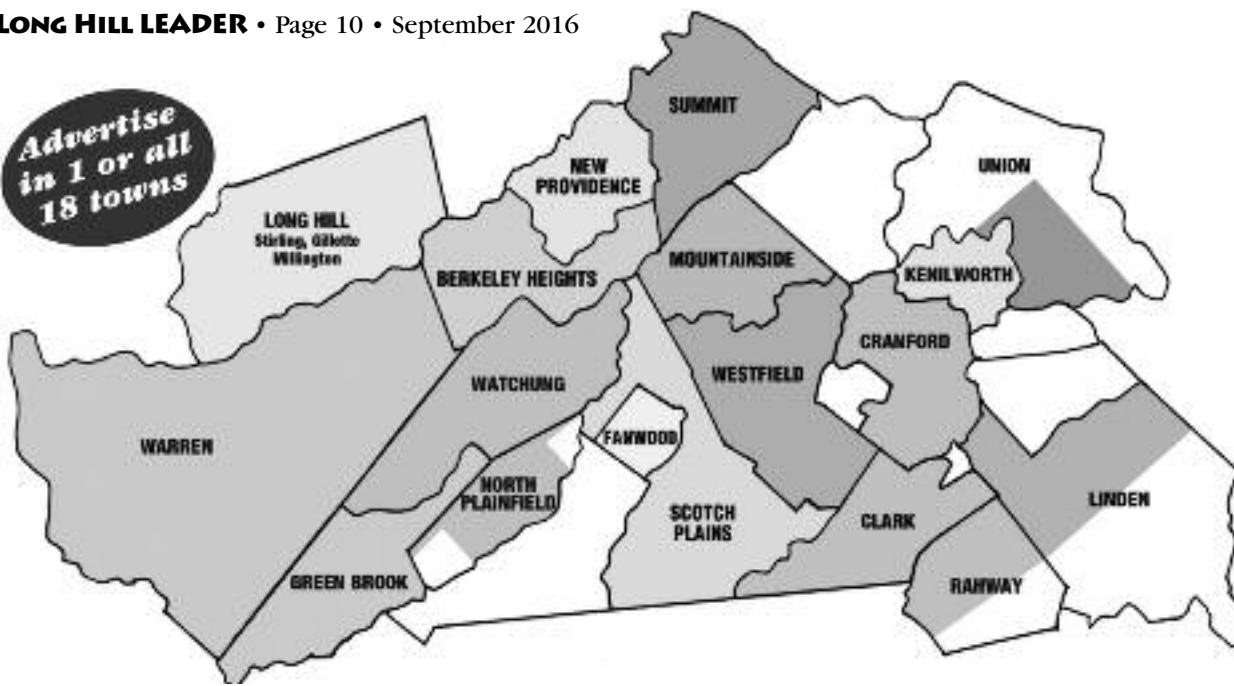
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