

Long Hill LEADER

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

Published by Renna Media, LLC. On-line at RennaMedia.com

ISSUE 42 • FEBRUARY 2017

*Place Your
Ad In
This Space!*

A GREAT
ATTENTION GRABBER



First come, first served.

**CALL TINA
FOR DETAILS
908-418-5586**

PRSR STD
U.S. POSTAGE
PAID
PHILA PA 191
PERMIT NO. 7575

ECRWSS

*****ECRWSSDDM*****

POSTAL CUSTOMER

REGION II SCHOLASTIC HONORS MUSICAL GROUPS

Twelve student instrumentalists and another seven student singers from Watchung Hills Regional High School have been selected for Region II scholastic honors musical groups. Selected for All Region II Vocal groups are, from left, Kyra Anthony, Christine Tanko, Angelina Carrano, Anchal Dhir, Suchir Govindarajan, Kira Leinwand and Summer Stuart.

Selected for All Region II Instrumental groups are: From left, Katie Tan, Olivia Xu, Lindsey Shi, Craig Mandelbaum, Jack Horan, Andrew Morrison, Ethan Marmolejos, and Carl Peterson. Not in the photo are students selected for All Region II Instrumental groups. They are: Cathleen Luo, William Narayanan, Cristina Sarrico, and Catherine Cai.



LONG HILL CHAMBER PLANS 'BUSINESS BUILDERS'

Submitted by Michelle Cavett, Long Hill Chamber of Commerce President

The Long Hill Chamber of Commerce has several "Business Builders" planned for 2017. We will be holding several dynamic networking events this year to help connect business owners/operators in the area. This can lead to business services being utilized as well as referrals.

For example, I found Pieper Payroll through meeting the owner, Jeff Pieper at a Chamber-sponsored networking event. A year later when the time came to engage payroll services, I immediately thought of him, and have been extremely pleased with his services ever since.

Through our "speed-networking" sessions, a regular part of our events, business owners/operators are paired up and exchange ideas and connections. For example, I was recently connected through a speed-networking session to a school which I was not aware even existed. When my speed-networking partner suggested it, I asked if he had any

connections. He gave me the name of the owner and now I'm presenting a proposal for a pre-school karate program for them. I never would have even thought of them had I not been sharing what I was looking for with my partner.

Other types of Business Builders we have planned are "Lunch and Learn" where we will have an expert speaker addressing a common business concern. We will start off in March with social media topics, as this is what Chamber members tell us is the area they feel they are the weakest, but has the most potential for growing their business. We want to help our members achieve their business growth goals and help make the Long Hill businesses strong and prosperous through dedicated service to our community. If you are a business owner/operator and would like to be part of the Long Hill Chamber of Commerce, please contact me at mcavett@karate4peace.com or call (908)647-4194.

**PINE VALLEY
TREE SERVICE**

Gillette, NJ EST. 1974

PINEVALLEYTREE.com



908-647-6307

HERE ARE THE FACTS: We are highly experienced in all areas of arboriculture. Our staff is trained in all systems and measures of high-risk tree removal. We have light and heavy duty equipment to access and safely complete any tree related scenario.

Unmatched Customer Satisfaction



Celebrating

43 Years in Business!

NJHC#13VH07733100





On-line at RennaMedia.com

Long Hill Leader is published by Renna Media. 3,500 newspapers are printed monthly and mailed to every business and home in Long Hill, NJ and the balance are distributed for free pick-up throughout town. Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

©2017 Contents of this newspaper cannot be reproduced without written consent from Renna Media LLC. Renna Media welcomes the comments and concerns of its readers put into writing and sent via fax or email to:

Renna Media, LLC
202 Walnut Ave. Cranford, NJ 07016
Phone: 908-447-1295, Fax: 908-709-9209
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*

*editor@rennamedia.com
or call 908-418-5586*

APPLICATIONS DUE FOR DELEEUEW SCHOLARSHIP

High school seniors wishing to apply for the Adele DeLeeuw Scholarship should obtain applications now from their school guidance office. The scholarships range from \$1,000 to \$5,000. Deadline for submission of applications is March 8, 2017.

Previous DeLeeuw scholarship recipients already in college are also eligible to apply. They must submit complete official transcripts of college grades with a new application.

This is the twenty-second year the scholarships have been offered. To date, the Adele DeLeeuw Scholarship Fund, which is a fund of the Plainfield Foundation, has awarded over one million dollars. The awards are made in accordance with the terms of a bequest from Ms. DeLeeuw, author of 75 books, journalist and arts activist.

The Plainfield Rotary Scholarship Foundation, headed by Michael R. Townley, acts as selector for the scholarships. Area Rotary Clubs assist in the selection process. Only students attending high schools in Plainfield, North Plainfield, South Plainfield, Warren, Watchung, Scotch Plains, Fanwood and Edison are eligible. Location of high school, not student's residence,

is the qualifying factor. The student must also be accepted to an accredited college or university.

Applicants must plan to major in one of the following areas of study: art, poetry, writing, journalism or engineering. They must demonstrate the scholastic aptitude and interest to pursue study in one of these specified areas. They must also prove financial need.

Interested students should consult their guidance counselors to obtain the necessary application information or go to the Plainfield/North Plainfield Rotary Club website at www.rotarypnp.org/cs-adele-deleeuw-scholarship.php. Questions may be directed to Johanna Salvemini, Scholarship Administrator, at (908) 755-8098.

Dog Walker - Dog Sitter
"Where your dog becomes family"



Feeding, Playing and Loving

Patrice and Steve Liesch
908-647-7868
call for a meet and greet

GC ARCHITECTURE
Limited Liability Company
Angelo Cannizzo, AIA
N.J. Lic. 19020 P.A. Lic. 407323

**SPECIALIZING IN
RESIDENTIAL & COMMERCIAL
DESIGN**



- New Construction
- Additions
- Alterations
- Renovations
- Structural Remedial Evaluation & Repair

Schedule a consultation with us today!
908-228-2104
www.gcarchitecturellc.com

A Scarano
TRUCKING DISPOSAL

A local company based in Green Brook
Third generation family owned and operated since 1953.

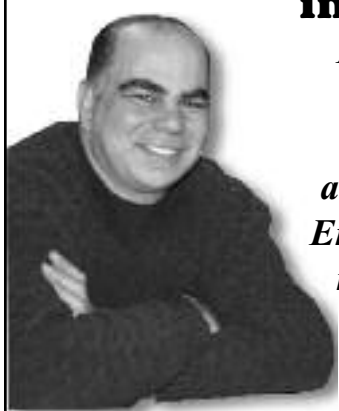
**Dumpster service offering
10yd, 15yd, 20yd and 30yd dumpsters.**
We take all types of trash, debris and metals.
Clean out your attic, garage, basement
or even the yard.

**GOT A PROJECT WITH A TIMELINE OR A BUDGET?
TRY OUR SHORT RENTAL (2 DAYS) - 10% OFF
any dumpster that gets picked up in 2 days.**

**CALL TODAY FOR PRICING
908-752-5357**

ADVERTISE IN THIS NEWSPAPER

**3,500 are printed and
mailed to every home
and business
in Long Hill.**



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

Marshall and Anne DeCristofaro
Broker/Sales Associates
Since 1977

"Simply the Best"
for all your Real Estate Needs

cell: 908-385-1594
marshalldec@aol.com
www.njrealestateteam.com

222 Mt. Airy Road
Basking Ridge, 07920

Each office is independently owned and operated



"GILLETTE RESIDENTS"

KELLER WILLIAMS
TOWNE SQUARE
REALTY

Go to VIPHonda.com and get your transparent pricing in under 5 minutes.

PRESIDENT'S DAY SALES EVENT



★ **NEW 2017
Honda Civic LX**

★ **\$79** Per Mo /24 Mos
Lease For

\$1,669 DUE AT SIGNING

Auto, 4 cyl, p/opts. Stk#170470 MSRP:\$19,540. \$1,669 due at signing. \$0 security. Residual: \$13,651.25. 10k mi/yr; 15¢ thereafter. \$995 Cap Cost Reduction. *\$500 Military Appreciation Offer. *\$500 College Graduate Offer.



★ **NEW 2017
Honda Accord LX**

★ **\$109** Per Mo /24 Mos
Lease For

\$1,699 DUE AT SIGNING

Auto, 4 cyl, p/opts. Stk#170518 MSRP:\$23,155. \$1,699 due at signing. \$0 security. Residual: \$14,633.90. 10k mi/yr; 15¢ thereafter. \$995 Cap Cost Reduction. *\$500 Military Appreciation Offer. *\$500 College Graduate Offer.



★ **NEW 2017
Honda Accord Hybrid**

★ **\$189** Per Mo /36 Mos
Lease For

\$1,779 DUE AT SIGNING

Auto, 4 cyl, p/opts. Stk#170217 MSRP:\$29,805. \$1,779 due at signing. \$0 security. Residual: \$15,524.40. 10k mi/yr; 15¢ thereafter. \$995 Cap Cost Reduction. *\$500 Military Appreciation Offer. *\$500 College Graduate Offer.

OVER 500 CERTIFIED PRE-OWNED VEHICLES TO CHOOSE FROM

2009 Toyota COROLLA LE \$4,988 <small>PLUS TAX & TAGS</small> <small>Auto, 4 cyl, All Wheel Drive. Stk#170572. 143,029 miles</small>	2004 BMW 530i SEDAN \$5,788 <small>PLUS TAX & TAGS</small> <small>Auto, 6 cyl, All Wheel Drive. Stk#1170456A. 92,079 miles</small>	2010 Toyota YARIS HATCHBACK \$6,288 <small>PLUS TAX & TAGS</small> <small>Auto, 4 cyl, All Wheel Drive. Stk#182097A. 77,237 miles</small>	2009 Pontiac G6 COUPE \$6,688 <small>PLUS TAX & TAGS</small> <small>Auto, V6, All Wheel Drive. Stk#170358A. 83,666 miles</small>	2009 Hyundai GLS SUV \$6,777 <small>PLUS TAX & TAGS</small> <small>Auto, V6, Full Wheel Drive. Stk#182238A. 55,960k miles</small>
2010 Honda CIVIC LX \$7,466 <small>PLUS TAX & TAGS</small> <small>Auto, 4 cyl, All Wheel Drive. Stk#16508. 98,489 miles</small>	2005 Acura TL BASE SEDAN \$7,688 <small>PLUS TAX & TAGS</small> <small>Auto, V6, All Wheel Drive. Stk#182243A. 93,607 miles</small>	2012 Volkswagen JETTA SE \$8,477 <small>PLUS TAX & TAGS</small> <small>Auto, 5 cyl, All Wheel Drive. Stk#170425. 72,897 miles</small>	2013 Chevrolet CRUZE \$8,977 <small>PLUS TAX & TAGS</small> <small>Auto, 4 cyl, All Wheel Drive. Stk#161893A. 80,395 miles</small>	2007 Subaru LEGACY 2.5i \$9,088 <small>PLUS TAX & TAGS</small> <small>Auto, 4 cyl, All Wheel Drive. Stk#182142B. 82,978 miles</small>

VIP Honda

We'll Drive You Absolutely Happy! 😊



700 US HWY 22 East
North Plainfield, NJ
1-877-47-Honda
VIPHonda.com

Prices include all costs to be paid by consumer except for tax, license & registration. *To qualify for Military Appreciation Offer towards cap reduction or down payment assistance through Honda Financial Services, you must be an active member of military or reserves or have proof of honorable discharge. **To qualify for College Graduate Bonus offer towards cap reduction or down payment assistance through Honda Financial Services, you must have a 4 year degree from an accredited college within 6 months of purchase. Lessee responsible for excess wear & tear at lease end for mileage excess of \$10,000 mi/yr or 15¢/mile thereafter. MSRP does not include destination & handling. Offers cannot be combined. Exclusions may apply. See dealer for details. Offer expires 2/28/17.

MOSAIC FLUTE DUO TO PERFORM AT THE FIRST PRESBYTERIAN CHURCH

The Mosaic Flute Duo, consisting of Natasha Loomis and Mitzy Nonaka, will perform at The First Presbyterian Church of Stirling on Sunday, February 12, 2017, at 2:00 p.m. A brief reception for the artists will follow.



(above, l-r) Mitzy Nonaka, Natasha Loomis

Dynamic and energetic flutist Mitzy Nonaka enjoys a varied freelance career in New York, bringing enthusiasm to classical and contemporary stages alike. Recent highlights include joining Apotheosis Opera Company's production of "Tannhauser" in their premier season, participating in the Rubin Museum's Spiral Music series performing traditional and contemporary Japanese music with the Koto/Shamisen/Vocal artist Sumie Kaneko, backing Monique Mizhari/Honeybird in the "Out Comes Woman" CD release at Nublu, and performances at Symphony Space with Light Opera of New York, culminating in the first professional recording of Victor Herbert's "The Only Girl" for Albany Records. Originally from Mogi das Cruzes, Brazil, Mitzy was primarily self-taught before beginning her undergraduate studies at SUNY Purchase Conservatory of Music under Tara Helen O'Connor. She completed graduate work at both New York University and Rutgers University, studying with Kathleen Nester and Bart Feller, and has performed in masterclasses for William Bennett, Karl-Heinz Schutz, Keith Underwood, among others.

Natasha Loomis is a versatile and engaging flutist who is active as a performer, educator, and music administrator. She is equally at home playing music ranging from Baroque to contemporary and is passionate about discovering new music and presenting creative programs for audiences. Natasha teaches privately in New Jersey and runs an active studio for students of all ages and levels. She also teaches at Montclair State University's Preparatory Division and has spent time as

faculty at Hunterdon Academy of the Arts and as co-adjutant chamber music faculty at Rutgers University. She is an avid chamber musician as well as 2nd flutist with the Adelphi Chamber Orchestra since 2012. Past engagements have included performances with the Allegro Chamber Orchestra of Lancaster, Opera Lancaster, Ars Musica, and the Delaware Theatre Company. Performance highlights include the New York Flute Fair "Multiple Breaths" concert in 2011, Weill Recital Hall Chamber and Solo Music Series in New York City in 2012, and (le) poisson rouge with Helix! New Music Ensemble in 2015. In July of 2015 she performed Mozart's Concerto in G Major with the Vienna International Orchestra at the Palais Auersperg in Vienna, Austria, as well as giving several chamber and solo performances at the Zodiac Festival in southern France. Natasha is currently pursuing a D.M.A. in flute performance at Rutgers University, studying with Bart Feller. Former teachers include Elizabeth Mann and Susan Palma-Nidel, among others. She has played in masterclasses for Jeffrey Khaner, Ransom Wilson, Tara Helen O'Connor, Gary Schocker, Keith Underwood, and the Imani Winds. Honors include being selected as a performer in the Banff 2012 Masterclass for Winds and as a competitor in the National Flute Association's Young Artist Competition in New Orleans in 2013. She also performed as a soloist with the Franklin and Marshall Orchestra as Concerto Competition winner in 2009.

Admission is free; donations are welcome. For more information go to www.fpcstirling.org/ or call the First Presbyterian Church of Stirling at (908) 647 - 1033.



Jeff Fitzgerald, PT, DPT

NJ License #40QA00847100

Serving The Local Community Since 2006

**Most Major Insurance
Companies Accepted.**

391 Springfield Avenue, Suite 2A
Berkeley Heights NJ 07922

908-898-1950

Fax: 908-898-1960

www.berkeleyheightspt.com

Lose 20lbs! OUR GUARANTEE*



I was out of shape, overweight, and it was beginning to really effect my way of life. I have had 4 babies in five years, and I just wasn't able to get the weight off. I had tried dieting and other expensive programs and nothing worked. I wanted my life back and wanted to be able to have the energy to keep up with my 4 boys. So what did I have to lose by trying NutriMost, so I jumped right in.

When I started the program I weighed 152 lbs, my BMI age was 58 and I was extremely dehydrated. I wore a size 11/12 in clothes. The first couple of days on the program was a real struggle but I stated my affirmations everyday and continued to push through. After my first week I was hooked, it became easier and easier and the weight was just falling off. Before I knew it my body was changing and I had more energy. **At the end of my 40 days I had lost 27lbs**, I now weigh 125lbs, my BMI age is 33 (which is my actual age), my water levels are up and my visceral level was down to a 3. I wear a size X-small or 5-6 in clothes and I feel the best I have in years! I am more confident in my self and how I look and I am so proud that I pushed through and stayed focused on completing this amazing program.

NUTRIMOST™

Wellness & Weight Loss

736 Mountain Blvd. Watchung, NJ 07069

Web
NutriMostWatchung.com

Phone
908-279-7740

Schedule Your
\$27 INITIAL
CONSULTATION
TODAY

*Weight loss among participants in the NutriMost program varies. NutriMost guarantees 20 pounds of weight loss by the end of your entire program, or your program will be extended without cost until you do lose 20 pounds. If within 90 days you have not lost at least 20 pounds, your NutriMost office will refund a pro-rated amount up to the entire cost of the program upon request. Restrictions apply. Most participants lose an average of 1-2 lbs. per week. Testimonials are from actual clients who completed the program and did not receive any compensation for their endorsements.



HIBACHI GRILL

supreme buffet

**Serving
LOBSTER or CRAB LEGS
with other Special Items
Every Holiday**

For more information, please call

908-490-1600

Fax: 908-490-1601

www.hibachigrillandbuffetnj.com

BLUE STAR SHOPPING CENTER



Large Parking Lot to
Accommodate our Customers

10% DISCOUNT
Seniors 60+, Military,
Police, College Students
Hibachi Grill Supreme Buffet (Show ID)

1701 U.S. Highway 22 West • Watchung



MONDAY - THURSDAY

Lunch 11am - 3:30pm

Adult\$7.99
Kids 7-10\$5.99
Kids 3-6\$3.99
2 & Under.....FREE!

Dinner 3:30pm - 10:00pm

Adult\$11.59
Kids 7-10\$6.99
Kids 3-6\$5.99
2 & Under.....FREE!

FRIDAY - SATURDAY

Lunch 11am - 3:30pm

Adult\$7.99
Kids 7-10\$5.99
Kids 3-6\$3.99
2 & Under.....FREE!

Dinner 3:30pm - 10:30pm

Adult\$11.59
Kids 7-10\$6.99
Kids 3-6\$5.99
2 & Under.....FREE!

SUNDAY ALL DAY DINNER

11am - 10pm

Adult.....\$11.59
Kids 7-10\$6.99
Kids 3-6\$5.99
2 & Under.....FREE!

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
Watchung • 908-490-1600
Cash Only. Limit 4. Not valid with any other
offers or discounts. Expires 3/10/17.

\$250 OFF
**2 ADULT
BUFFETS**

With purchase of a beverage per person
Watchung • 908-490-1600
Cash Only. Limit 4. Not valid with any other
offers or discounts. Expires 3/10/17.

\$10 OFF
**ANY ONE
PARTY**

Of \$100 or more. Monday - Thursday Only.
Watchung • 908-490-1600
Cash Only. Limit 4. Not valid with any other
offers or discounts. Expires 3/10/17.

\$500 OFF
**4 ADULT
BUFFETS**

With purchase of a beverage per person
Watchung • 908-490-1600
Cash Only. Limit 4. Not valid with any other
offers or discounts. Expires 3/10/17.

Where Summer Dreams Begin!

2017 New Jersey

BOAT SALE & EXPO

February 16-19

NJ CONVENTION & EXPO CENTER AT RARITAN CENTER - EDISON, NJ

THURSDAY 12 p.m. to 8 p.m. FRIDAY 12 p.m. to 8 p.m.
SATURDAY 10 a.m. to 8 p.m. SUNDAY 10 a.m. to 8 p.m.

\$10 Admission • BRING THIS AD TO SAVE \$2 • JerseyBoatExpo.com

KIDS & TEENS Spring Classes!

SAT MORNINGS
STARTS FEB 18, 2017



SUMMER ART CAMP

REGISTER NOW ONLINE or BY PHONE!

Mention this AD / Get \$25.00 OFF!

908.757.7171 www.ducret.edu

Guitar Repair Clinic GRC



Redefining Perfection.
Maintaining, building, repairing,
modifying guitars for over 40 years.

Joe E. Master Luthier

GuitarRepairClinic1@yahoo.com **908-229-0310**
[facebook.com/guitarrepairclinic](https://www.facebook.com/guitarrepairclinic) Stirling, NJ

4th
Annual

2017 White Castle





Munsee District Boy Scout Chess Tournament

Open to all registered Boy Scouts/Venturers/Explorers.
Non-scouts welcomed!

Saturday, February 25, 2017
10:00 am to 2:00 pm
Sign-in/setup starts at 9:00 am

Cranford Community Center

220 Walnut Avenue, Cranford, NJ • 908.709.7283

Registration is \$8. At Door \$12 • Note: this is a non-rated tournament.
Non-scouts (under 18 only) can register by calling Joe Renna at 908-447-1295.
Scouts can use Patriots' Path Council Munsee District Double Knot link
to register on-line at ppbsa.doubleknot.com/event/2031497
Scouts can email Jim Parlapiano jim.parlapiano@hotmail.com for more info.

Trophies awarded to 1st, 2nd and 3rd place finishers.
Lunch will be provided by White Castle for all players and fans.
This tournament meets the 6a requirement for earning a Chess merit badge.

Event Sponsored by


BOY SCOUTS OF AMERICA
PATRIOTS' PATH COUNCIL


WhiteCastle.com

RENNAMEDIA.COM

It's FREE-bruary

at

Weltman HOME SERVICES

PLUMBING • HEATING • ELECTRIC • AIR

Service You Can Trust Since 1962.

Call or visit us online
844-470-4726
WeltmanHomeServices.com

D.Weltman Plumbing Lic. #6440 J. Leto Elec. #17479
Elec. Bus. Permit #6808-A HIC#13VH04948800 HVAC #1228

GET A FREE FURNACE!!!

Are you considering replacing your air conditioning system this spring?

Good News! It's **FREE Furnace** Time** at Weltman Home Services. January was our slowest month, the warehouse is full and our crews are slow. So to spark business during these slow winter months Weltman Home Services is offering gas furnaces absolutely **FREE** with purchase of a cooling system.



\$50 SAVINGS ON ANY WIRELESS THERMOSTAT INSTALLATION*	\$50 SAVINGS ON ANY PLUMBING, HEATING, ELECTRIC OR COOLING REPAIR*	\$50 SAVINGS ON ANY WATER FILTRATION INSTALLATION*	FREE SERVICE CALL MON-FRI, DURING NORMAL BUSINESS HOURS ONLY*
---	--	--	---

*One coupon per transaction. Not to be combined with any other offers. not valid on prior services. ** Free Furnace applies to specific model. Call office for details.

Don't Overpay For College!

Free College Financial Planning Workshop

PARENTS, IS YOUR CHILD HEADING TO COLLEGE SOON?
DON'T MISS THIS FREE WORKSHOP!



Thursday, February 23rd
7:00PM - 8:00PM

Check in at 6:45PM

at the First Presbyterian Church of Stirling
158 Central Ave. Stirling, NJ 07980

Due to the popularity of our free workshops,
seats fill up quickly.

RESERVATIONS ARE REQUIRED.

Register online at:

www.redoakcollegeplanning.com/workshop

or call 24 hours a day at

908-758-1322



Like us on Facebook
Red Oak College Planning

Please join us for a FREE Educational College Financial Planning workshop that will focus on high school freshmen, sophomores, juniors and seniors. We'll discuss the FAFSA form and all the other information you need to understand in order to maximize the amount of financial aid you are eligible to receive!

Even if your family is not eligible for need-based aid, we will cover the best strategies on how to pay for college in the most cost efficient basis - without it putting a strain on the rest of your finances.

In this workshop, you will learn:

- How to increase your college-related tax deductions and tax credits
- How to pick colleges that will give you the best financial aid packages
- How to send your child to an expensive private university for less than a state school
- Which assets are taken into consideration when the U.S. Department of Education calculates your Expected Family Contribution (EFC)
- How to pay for college in a failing economy without relying on 529 plans, expensive private student loans or raiding your retirement accounts
- How to get ahead by developing a customized plan to meet all the college costs you will incur as a family
- How to lower your "out-of-pocket" costs and get the maximum amount of money from each school

Here is what
parents like you
are saying about our
FREE
College Funding
Workshop...

"Very informative.
The presenter told us many
things that I was totally in the
dark about".

Rosie Palumbo,
Parent of High School Junior

"Information was clear, easy to
understand and straight
forward. Excellent presentation
- no hidden agendas."

Lynn McKenna,
Parent of High School Senior

"Opened up opportunity to look
at colleges we thought were out
of our price range."

Barbara Eames, Parent
of High School Sophomore

"Covered a lot of ground - easy
to follow and moved quickly."

Sara Pogue,
Parent of High School Junior

"Demystified the college
funding process"

Joseph Mozzella,
Parent of High School Senior



©2016 Red Oak College Financial Planning

SELF-DEFENSE FOR YOUNG WOMEN

Soo Bahk Do Karate of Gillette will be holding a 6-session self-defense seminar series at their location at 630 Valley Road in Gillette. The session will be held on 6 consecutive Sundays beginning March 5th from 4:30-6pm. The class is specifically tailored to young women ages 16-25. No previous experience is necessary. "We want to focus on young women preparing for college and being out on their own", said Program Director and Certified Instructor Michelle Cavett.

Cavett and Ria Zazzarino, both 3rd degree blackbelts, will be conducting the classes, along with guest instructors with specific expertise, such as weapons defense. "This will be intense, in-depth preparation. Of course, the main goal is to be aware enough not to get into a compromising situation in the first place, but when that fails, we want to make sure they have some tools and techniques to utilize", said Cavett.

For more information contact Cavett at mcavett@karate4peace.com or call the karate studio at (908)647-4194. To register, visit their website at www.karate4peace.com.

LOCAL GIRL SCOUTS LEARN SELF-DEFENSE

Soo Bahk Do Karate of Gillette hosted Girl Scouts from Troop 65624 of Watchung on Sunday, January 8th for a self-defense clinic taught by Instructors Ria Zazzarino and Michelle Cavett, both 3rd degree blackbelts in the traditional martial art.

"We've hosted this troop before and were happy they wanted to come back for more", said Cavett. The Instructors began the clinic with focus on the principles of self-defense such as common sense and general awareness.

"The main goal is to avoid getting into a dangerous situation in the first place", said Zazzarino. The girls worked on knife defense, where an attacker lunged forward at them with a knife. "They all did very well", said Cavett, who also emphasized the importance of practicing not only technique, but also cultivating the ability to remain calm when confronted. "We can show you many debilitating techniques, but if you freeze when confronted, they will do you no good", she said.

An intensive 6-week long self-defense course for young women ages 16-20 is planned for the late Spring, said Cavett, who is also Program Director of the karate studio. "We want to be able to provide young women with some basic skills

for self-defense as they prepare to go away to college and be out on their own", she said.

If your non-profit group or club would like to have a free clinic, contact Cavett at (908)647-4194 or mcavett@karate4peace.com



(above) Danae Churchill, 16, of Watchung practices a wrist twist with Troop Mom Denise Tautonico, a red belt at Soo Bahk Do Karate of Gillette. Other participants were Gwen Kinder, 16, Gianna Tautonico, 15, Kaelin Churchill, 14, and Troop Leader Diana Churchill, all of Watchung.



"Tailored Financing for Today's Small Business"

www.whiterosefunding.com
844. WRFUNDS / 844.973.8637

DON'T MISS YOUR OPPORTUNITY TO START OR GROW YOUR BUSINESS

Most businesses need capital to begin or grow. Most banks wade through lengthy applications, obtain verifications and decide by committee – while the business opportunity may change or vanish.

White Rose Funding provides fast, fair, trustworthy, professional lending and loan consulting. We do not charge an application fee. We directly finance loans via our on-line platform and have a network of banks, credit unions, and private lenders to finance loans for Sub-Prime & Start-Ups.

We can also obtain venture capital. When you need access to capital for your business, please consider us.

THE COUNSELING CENTER
OUTPATIENT SUBSTANCE ABUSE & BEHAVIORAL HEALTH TREATMENT
Toms River, NJ • Clark, NJ • Freehold, NJ • Fair Lawn, NJ • Yorktown, NY

LICENSED COUNSELORS PROVIDE:
Day/Evening Substance Abuse IOP Groups
Individual, Group & Family Counseling
Psychiatric Evaluations
INSURANCE ACCEPTED

5 Locations to Serve You Best!
All Calls Are Strictly Confidential
Call 855-788-8247

All Locations Have Received the Gold Seal of Approval From the Joint Commission

Good Choice Painting
Interior & Exterior Painting • Trim Work
Color Consultant • Wallpaper Removal & Wallpapering • Kitchen Cabinet Painting

Fully Insured
FREE Estimates

When Choosing Your Contractor
Make it a "GOOD CHOICE"

Call Mark! Cash in on Winter Discounts!
Cell: 908-868-7880 • Biz: 908-771-0428

Denise Murphy
Sales Associate
Long Hill Township
Neighborhood Specialist

908-334-1177 cell
denisemurphy@weichert.com
908-561-5400 office
www.Long-Hill-Homes.com

55 Stirling Rd.
Watchung, NJ 07088

Weichert Realtors

M&M Car Service & Taxi
of Berkeley Heights

908-464-6222
VANS & TOWN CARS

Maureen & Mike Esposito, Owners,
Berkeley Heights

Local Taxi Rates Available
• New York City
• All Airports
• Local Trains
• Catering Senior citizens
with local rides also include Dr. office.

All Cruise Ship Piers

10% OFF ANY SERVICE
All Airports Local Taxi
Can not be combined with other offers.

Fight Like a Girl!

SOO BAHK DO KARATE OF GILLETTE

Self Defense for Young Women
prepare for college & beyond
for ages 16 - 25

★ ★ ★

6 week program: \$240
Early bird special: \$199*

*if registered by February 24
to register please visit:
www.karate4peace.com

Sundays 4:30 - 6pm
March 5th - April 9th



Interior



Masonry



Decks & Porches



Roofs



Siding



Windows

SIDING & ROOFING • WINDOWS & DOORS • KITCHENS & BATHS



MAGNOLIA
HOME REMODELING GROUP



Low Monthly Payment Plans

Basements \$295
Decks/Patios \$139
Porches/Steps \$105
Bathrooms \$199
Windows \$189
Kitchens \$289
Roofing \$179
Siding \$259

Estimated monthly payments.
Rates & payments based on credit approval.

15% Winter SAVINGS

With this ad. Up to \$1,000 on any job. Not valid with other offers or on prior purchases. Not to be combined with any other offer. Expires 3/8/17

**Call Today
for a Free Estimate!
855-624-6655**

Affordable, Professional & Reliable

- ✓ Family Owned & Operated
- ✓ 25+ Years Remodeling Experience
- ✓ Angie's List Service Award Winner
- ✓ BBB A+ Rated
- ✓ HomeAdvisor Screened & Approved
- ✓ GAF Certified Roofing Installer
- ✓ CertainTeed Building Solutions Specialist
- ✓ 100% Financing Available
- ✓ 0% Interest Programs
- ✓ Outstanding Workmanship

Family Owned & Operated

www.MagnoliaHomeRemodeling.com



Licensed & Insured • LO65735 • NJ DCA 13VHD7755300

BASEMENTS & ATTICS • DORMERS & ADDITIONS • DECKS & PORCHES • MASONRY STEPS & PATIOS

STUDENTS SING AND DANCE WHILE RAISING FUNDS FOR PROJECT ALS

Students and teachers at Watchung Hills Regional High School (WHRHS) demonstrated their performance skills and entertainment savvy, while raising funds for Project A.L.S. (Amyotrophic Lateral Sclerosis), at a Talent Show, Wednesday, Jan. 11, in the school's Performing Arts Center (PAC). Some 16 acts were presented for the enjoyment of the audience, including solo and group performances of song, dance, musicianship, and poetry. Three of the acts were awarded prizes in the talent show competition at the event.

First prize went to Peri Martins of Warren Township, who sang "Rise Up," by Andra Day, and accompanied herself on piano. Second prize went to Eliana Neuwirth of Warren Township, who sang, "Almost Lover," by Fine Frenzy. Third Prize went to Isabella Zhou of Warren Township, who performed a Chinese Dance to the music of the number titled, "Incense."

According to the program, the Talent Show was presented, "In loving memory of Tom Shea (1968-2012) and Jenifer Estess (1963-2003)." Shea is the late brother of WHRHS English Teacher Laura Goodson, who died from A.L.S.

Two summers ago, WHRHS students read, as part of a summer reading assignment, "Tales from the Bed: A Memoir," by the late Jenifer Estess, as told to her sister, Valerie Estess. The work of non-fiction was about Jenifer Estess' battle with ALS, often also referred to as Lou Gehrig Disease. WHRHS student government leaders have held several fundraising events in the last couple of years, such as this year's and previous years' Talent Shows.

One of the highlights of the Talent Show was an ensemble performance of "The Room Where It Happened," from the current award-winning Broadway musical, "Hamilton." Among the performers were WHRHS History teachers Rebecca Brown, Sean New, Ken Karnas and Greg O'Reilly.

Students in the ensemble include Adele Rotondo, Jack Melillo, Suchir Govindarajan, Hannah Melillo, Kyra Anthony, Claire Vickery,

Matt Oboh, Maddy Goffredo, Elisabeth Russo, Grace Shanahan, Julianne Lin, Francesca Meehan, Stephanie Moreno and Sarah Kelly. In a separate performance, Dana Wasserman and Summer Stuart sang another song from Hamilton, "Dear Theodosia."

Several singers offered solo singing performances, including: Colton Berry, "I Wonder as I Wander," by John Jacob Niles; Sarah Kelly, "I Can't Make You Love Me," by Bonnie Rait; and Michael Dumapit, "In Your Atmosphere," by John Mayer.

Several bands performed, including "Tank," comprised of Alex Overzat from WHRHS, and his friends from other schools, Nick Scafuto, and Kerry and Thomas Stranick of Bridgewater-Raritan High School, and Ben Boxer of Livingston High School. They did "Runaway," by Bon Jovi.

WHRHS student band "No Fugazi," performed "Waiting on the World to Change," by

John Mayer. Band members of No Fugazi are: David Kim, Natalie Kim, Eddie Cai, Ben Kozakowski, and Matt Renzo. The student band, "Wah!", featuring Will Johnson, Will Broder and Anthony Speros, performed "Careless Whisper," by George Michael and Wham!, while Anthony Speros also contributed a solo vocal and guitar performance on, "Phunkdified," by Justin King.

The Piano/Violin/Cello Trio, featuring students Minhee Han, Brian Zeng and Kevin Lu, played the musical composition, "One Summer's Day."

Student Hannah Melillo joined a trio of The Teachers Band, comprised of English teachers, Kristin Mannion, Michael Porter, and Ira Horowitz, to create three-part harmonies on "White Winter Hymnal," by Fleet Foxes. The Teachers Band trio closed out the Talent Show with "You're My Best Friend" by Queen.

Mehu Saju read an original poem. Spencer Acciarito offered an original comedy stand up routine.

RENNA MEDIA
NEWSPAPER RATE SHEET
WE MAIL
100,000
NEWSPAPERS
MONTHLY!

To place an ad call:
Tina Renna at 908-418-5586
or Joe Renna at 908-447-1295
email: info@RennaMedia.com
Fax: 908-709-9209

 Qty: 4,800 Mailed to every home and business. Zip: 07922	 Qty: 6,500 Mailed to every home and business. Zip: 07066	 Qty: 9,800 Mailed to every home and business. Zip: 07016	 Qty: 3,000 Mailed to every home and business. Zip: 07023	 Qty: 3,000 Mailed to every home and business. Zip: 08812	 Qty: 3,600 Mailed to every home and business. Zip: 07033
 Qty: 6,500 5,000 mailed to homes and businesses. Zip: 07036	 Qty: 3,600 Mailed to every home and business in Gillette, Millington and Sebring. Zip: 07933, 07944, 07986	 Qty: 2,800 Mailed to every home and business. Zip: 07092	 Qty: 4,700 Mailed to every home and business. Zip: 07974	 Qty: 6,500 Mailed to every home and business in 07060. Zip: 07060	 Qty: 5,500 4,100 mailed to homes and businesses. Zip: 07065
 Qty: 9,500 Mailed to every home and business. Zip: 07076	 Qty: 9,600 Mailed to every home and business. Zip: 07901	 Qty: 5,500 5,000 mailed to homes and businesses. Zip: 07083	 Qty: 6,200 Mailed to every home and business. Zip: 07059	 Qty: 3,000 Mailed to every home and business. Zip: 07069	 Qty: 11,800 Mailed to every home and business. Zip: 07090

Past issues can be found at RennaMedia.com

		RATE FOR ANY 1 NEWSPAPER	RATE FOR ANY 3 NEWSPAPERS	RATE FOR ANY 6 NEWSPAPERS	RATE FOR ANY 9 NEWSPAPERS	RATE FOR ANY 12 NEWSPAPERS	RATE FOR ANY 15 NEWSPAPERS	RATE FOR ALL 18 NEWSPAPERS
Units	Size							
1 Unit - Business card	3.25" x 2"	\$60	\$150	\$250	\$340	\$400	\$450	\$500
2 Units	3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800
4 Units	6.5" x 4"	\$180	\$450	\$700	\$950	\$1100	\$1300	\$1500
6 Units	10" x 4"	\$240	\$600	\$900	\$1250	\$1400	\$1650	\$1900
9 HALF PAGE	10" x 6"	\$320	\$800	\$1000	\$1350	\$1500	\$1800	\$2100
12 Units	10" x 8"	\$360	\$900	\$1200	\$1550	\$1800	\$2150	\$2500
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1750	\$2000	\$2400	\$2800
FRONT PAGE BANNER	8.25" x 2"	\$320						
BACK COVER	10" x 14"	\$600						

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

PAY FOR 6 MONTHS AND GET 1 FREE

Make Checks payable to Renna Media, 202 Walnut Avenue, Cranford, NJ 07016

RE/MAX
Properties Unlimited
Johnnie "Johnnie" Dawkins
Sales Associate

143 Elmer Street
Westfield, NJ 07090
Office: 908-233-9292
Cell: 908-267-8399
Fax: 908-233-9902
JohnnieMyRealtor@gmail.com

Each Office Independently Owned and Operated

STUMP GRINDER
908-647-7868



(above) The band, "Wah!," a trio of students, from left, Will Johnson of Gillette, Will Broder of Warren Township, and Anthony Speros of Stirling, played, "Careless Whisper," by George Michael and "Wham!".



(above) The Piano/Violin/Cello Trio, featuring Kevin Lu of Warren Township on Cello, Minhee Han of Green Brook Township on piano, and Brian Zeng of Warren Township on violin played "One Summer Day".



(above, left) Peri Martins of Warren Township, who sang "Rise Up," by Andra Day, and accompanied herself on piano, won first prize at the WHRHS Talent Show. (right) Eliana Neuwirth of Warren Township sang "Almost Lover," by Fine Frenzy, at the WHRHS Talent Show. She won Second Prize.



(above-r) Student band, "No Fugazi," Natalie Kim of Warren Township, Eddie Cai of Watchung, David Kim of Warren Township, Owen DiDonna of Millington, who is a WHRHS graduate now a freshman at Towson University, Towson, Md., Ben Kozakowski of Green Brook Township, and Matt Renzo of Warren Township, performed "Waiting on the World To Change," by John Mayer at the Talent Show.

Brett DeNicola  **Over 35 Years of Experience**

JOHN DeNICOLA JR.
CERAMIC TILE AND MARBLE CONTRACTOR; LLC
Lic. #13VH05110300 •
Specializing in bathroom and kitchen remodeling
5 YEAR WARRANTY ON LABOR • FULLY INSURED

www.johndenicolajr.com • bigtileman@gmail.com
908-232-7383 • Cell: 908-868-2001
24 Northfield Road • Millington, NJ 07946

Regency LANDSCAPE **Tony Catanzaro**
908-647-3434
regencylandscape@gmail.com
Fax: 908-454-4111

- Landscape Design
- Landscape Installation
- Masonry and Stonework
- Techo-Bloc Techo-Pro
- Tree and Shrub Moving
- Ponds and Water Features
- Landscape Maintenance

www.regencylandscape.com
www.facebook.com/pages/regency-landscape
PO Box 224, Millington, New Jersey 07946

Giovanni's
BISTRO BAR AND CATERING

New American Cuisine
Moderate Prices
BYO on Mondays
Open Tuesday through Sunday
Private Parties Welcomed
Unique Catering Off Premises Available

908-464-6644
449 Springfield Avenue
Berkeley Heights, NJ 07922
Mention this ad and be happily surprised.

FOR SENIORS: The Residences at Warren



**Not ready for assisted living?
Come enjoy the CHC way of life!**

BEAUTIFUL. AFFORDABLE. AVAILABLE NOW!

You've lived alone, you've lived with family, now live with friends!

- Independent and Supportive Living for seniors age 62+
- Income: up to \$58,800
- Private, spacious room with full bath
- Shared great room, dining room, den, porch and hobby room
- Food preparation and housekeeping included!
- Additional support services available
- Handicap Accessible

To learn more call 908-525-8130
or visit www.CHChousing.org



**INDEPENDENT LIVING
for Seniors 65 and Older**



- 1 & 2 bedrooms
- Brand new
- No buy-in
- Parking garage

 **THE CHELSEA
AT WARREN**
274 KING GEORGE ROAD | WARREN, NJ 07059
908-903-0911
chelseaseniorliving.com

Fresh Fruit &

Vegetable Market

Freshly baked Portuguese and Italian bread delivered daily!

somersetfarms@verizon.net
somersetfarmsnj.com

908-757-7730

950 Route 22 East • North Plainfield, NJ



Store Hours: Mon-Sat: 9:00 am to 7:00 pm
Sun: 9:00 am to 5:00pm

"We're Not Just Produce"



**Large Selection
of Seasonal
Plants and flowers**

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

**\$1.00 OFF your purchase
of \$20.00 OR MORE**



LON2

Excludes garden center and fish purchases. Limit 1 offer per customer per day. Not to be combined with other offer. Offer expires 3/15/17.

COUPON

**BOAR'S HEAD
OVEN GOLD
TURKEY BREAST
\$7.99 lb**



LON2

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 3/15/17.

COUPON

**BOAR'S HEAD
SWISS CHEESE
\$4.99 lb**



LON2

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 3/15/17.

Call Today To Order! 908-757-7730 • 950 Route 22 East North Plainfield

Open 7 Days Daily 9am-7pm / Sunday 9am-5pm



**Fruitful
Creations**
By Somerset Farms

**Fresh Fruit Arrangements &
Chocolate Covered Strawberries**

PERFECT GIFT FOR

- Birthdays • Thank You
- Get Well
- Deepest Sympathy
- I Love You
- Centerpieces

PERFECT DESSERT ADD ON

**Available For
Pick Up Or Delivery**



**Valentine's Day
Special**

**Chocolate
Covered
Strawberries**



\$24.99

**BOX OF 12
(Pick up only)**

**Send your valentine
a gift with taste!**