

Watchung Post

Watchung's Hometown Newspaper

NJ

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

ISSUE 23 • SEPTEMBER 2014

WATCHUNG - WARREN ROTARY CLUB
 Meets every Tuesday at 12:15pm at the Twin Brooks Country Club, 600 Mountain Boulevard, Watchung, NJ.
 For more information about the club and upcoming events, please call Bob Aznar at (908) 755-8724.

NINE NEW TEACHERS AT WATCHUNG HILLS REGIONAL HS

Back to School Night is at 6 p.m., Thursday, Oct. 9. Back to School Day is at 7:30 a.m., Monday, Oct. 13.

Nine new teachers have been added to the faculty at Watching Hills Regional High School for the 2014-2015 school year. In addition, former Supervisor of English and English teacher Mary Ellen Phelan has been named Director of Curriculum and Instruction.

New Teachers: Marlene Stoto has been added to the English Department faculty, and has been named Supervisor of English.

Three additional new teachers have been added to the English Department faculty. They are: Jeffrey Wasserman, Kristen Keefe, and Vanessa Phillips.

Two new teachers have been added to the Arts Department faculty: They are: Gillian Crisman, who also coach girls junior varsity soccer, and Caitlyn Barrows.

Rebecca Brown has been added in the faculty of the Social Studies Department. Cassie Oleszkiewicz was appointed to the Child Study Team. She is also coach of the junior varsity field hockey team at Watchung Hills.

Alines Ciriaco has been added to the faculty of the World Language Department.



(above) Nine new teachers have been added to the faculty at Watching Hills Regional High School for the 2014-2015 school year. They are joined by newly appointed Director of Curriculum and Instruction and former English Department Supervisor Mary Ellen Phelan. (seated, l-r) Kristen Keefe, Mary Ellen Phelan, Jeffrey Wasserman, and Cassie Oleszkiewicz; (standing, l-r) Marlene Stoto, Vanessa Phillips, Rebecca Brown, Caitlyn Barrows, Gillian Crisman, and Alines Ciraco.

SENIORS CELEBRATE HAWAII STATEHOOD

Hawaii was the 50th state to be admitted to the Union and some historians say that it wasn't until Pearl Harbor was attacked in 1941 that people on the U.S. mainland fully recognized the importance of Hawaii to the rest of the country. Attendees celebrated Hawaii's Statehood at Warrenbrook Senior Center on Monday, August 11th (usually celebrated, in Hawaii, the third Friday in August) with Yasmine, a professional Hula Dancer. Yasmine danced several hula dances and then instructed attendees how to do the hand movements and told the story that is conveyed (told) with each movement.

In addition to hula dancing, the attendees viewed a special picture display of the attack on Pearl Harbor. The display brought back memories to many attendees and several shared their experiences when they visited the USS Arizona Memorial.



(above, front, l-r) Attendees learning how to do a hula dance Adeline Ghilino, from Edison, Lenora Kelley, from Basking Ridge, Sue Chitre, from Watchung. (back, l-r) Gerry Breitenbach, from Watchung and Ron Diale, from Warren.

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Watchung Post

Watchung Post is published by Renna Media. 3,000 newspapers are printed monthly and mailed to every business and home in Watchung, 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.

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SEPTEMBER 11TH MEMORIAL CEREMONY

On September 11, 2014 the Mayor and Council will hold a memorial ceremony to honor those who lost their lives during the terrorist attack of September 11, 2001. The ceremony will be held at 5:30 P.M. at the Village Green at the Watchung Circle, across from the Texier House.

All are invited to attend. In case of inclement weather the ceremony will be held at Valley View School in the "All Purpose Room."



WATCHUNG'S FARMERS' MARKET
 HOSTED BY WATCHUNG'S GREEN TEAM
 Supported by the Mayor and Borough Council
Sundays on Brookdale Road:
 9/14, 9/21, 10/5, 10/12, 11/2
8:00AM- 1:00PM

WATCHUNG GARDEN CLUB



(above) Residents enjoy these beautiful flowers planted around the Watchung Circle by The Watchung Garden Club.

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CORPORATE AND COMMERCIAL

SAVE THE DATE!

GERALD M. MOBUS MEMORIAL FISHING DERBY
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Sept. 20th, 9:00 AM - 11:30 AM
 (Rain Date Sept. 21st)



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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.



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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.

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

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.



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(above) Sara and Simon Cruz played Snow White's wicked stepmother and the prince in their balloon costumes

A SUMMER OF SCIENCE AT WATCHUNG LIBRARY

What do sound effects, visual illusions, balloon costumes, boomerangs, snake accessories, flying paint, Isaac Newton, and pizza have in common? All of these are among the events presented during Watchung Public Library's FIZZ, BOOM, READ! summer of science reading program.

THE SOUND OF SCIENCE! Children and adults enjoyed the musical equivalent of light travelling through a prism thanks to Caryn Lin's SOUND OF SCIENCE program, which she presented on July 23. Caryn played her 5 string electric violin using looping techniques to create short, on-the-spot recordings of her voice, percussion instruments, and other sounds. The audience had the chance to experience how different sound effects pedals and other sound gear can change what you hear. The music, the sounds, and the science were unlike anything you ever heard! The program was made possible by the Friends of the Watchung Library, Warren Public Library and the Watchung Arts Center. For more information about Caryn's amazing program, visit www.carynlin.com.

NOW TRENDING IN WATCHUNG: BALLOONS! Heads up fashionistas – balloons are back! Master balloon artist and storyteller, Allynn Goen, brought lots of imagination and air with him on JULY 16 as children donned balloon costumes and props to enact several classic fairy tales and folk tales. Tails were perfectly curled, jaws were snappy, and muscles ripped as the characters came to life during the GOOWIN'S BALLOOWINS program. In the end, everyone lived happily ever after!

Thanks to Tom Davidson of the Children's Museum, and Peter Hansch, a world-level boomerang competitor, children and parents enjoyed a little air time during the TAKING FLIGHT program at Watchung Library on July 29.

A ZOO FOR YOU! Who wouldn't want to meet the live versions of some of the wonderful and fascinating animals found in children's

stories? On July 30, animals from the Turtle Back Zoo were introduced to children and their families by Kara Mann and Dorothy Lerman during the ANIMAL TALES program at Watchung Library. Featured animals from the zoo included a rabbit, a python, a box turtle, a giant toad, and some bugs and larvae. Following the stories, the children learned more about the real life of each creature.

MAD SCIENTISTS MAKE WACKY APRONS: Inspired by artist Jackson Pollock, children created colorful science aprons to wear when doing great science experiments – or making out-of-this-world recipes. During the WACKY SCIENCE APRONS program at Watchung Library, Margaret Hodge introduced children to the work of Jackson Pollock, then gave them spray bottles filled with paint. Plain white aprons were soon filled with an explosion of colors.

SCIENCE WITH HERR PROFESSOR DOCTOR DOCTOR FLUGENSCHNITZEL: Science with Herr Professor Doctor Doctor Flugenschnitzel (Martin Carroll) and his assistant Margaret Ellis included four programs of hands-on experiments which illustrated Newton's first and third laws of motion.

FOOD SCIENCE: Aspiring chefs had a chance to create an artisan pizza of their own during the GARDEN PIZZA program presented by Theresa Hanntz of Somerset County 4-H on August 20 at Watchung Library.

Watchung Library, a branch of the Somerset County Library System, is located at 12 Stirling Road in Watchung, behind the Watchung Arts Center. The library is open late Monday through Thursday until 9:00 PM. Call 908-561-0117 for more information, or visit the library online at www.sclsnj.org. The Somerset County Library System includes branches in Bridgewater, Bound Brook, Hillsborough, Manville, at the Mary Jacobs Library in Rocky Hill, North Plainfield, Peapack & Gladstone, Somerville, Warren Township and Watchung.

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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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WATCHUNG STUDENT SHOWS PATRIOT PRIDE

Mega-V Day Camp (named after Gerry Vanasse, Camp Director) counselor and Pingry student Max Scherzer '18 of Watchung, NJ, took to the mound earlier last month to throw some "heat" to Corey Smith, third baseman for the Somerset Patriots. Smith stepped into the batter's box on Pingry's field as a special guest of the Mega-V Day Camp, where he took batting practice with baseballs signed by the campers. After showcasing his home run swing, Corey then graciously autographed each camper's ball. It's was a picture-perfect baseball event for all the campers at the Mega-V Day Camp.



(above, l-r) Pingry student Max Scherzer '18 and Patriots Third Baseman Corey Smith

WEF HAS IMPRESSIVE TRACK RECORD

Submitted by WEF

Watchung enjoys a well-deserved reputation for excellent educational standards; with academic results to prove it. A nonprofit group is helping to drive this success is the Watchung Educational Foundation (WEF).

Founded in 2006 and managed by local volunteers, WEF established a track record in its short history. WEF has funded over 40 unique projects.

Examples of WEF funding efforts include student encounters with marine wildlife; supporting math and literature with books for classroom use, providing instructional tools to support foreign language skills and expanding arts with grants to obtain 20 Guitars, a Piano, 4 Glockenspiels and African Drums.

Thanks to WEF, a group of Watchung teachers trained on using the latest technologies for educating students. WEF also provided 30 iPads for instructional use, computer based "white boards" for classrooms, a filmmaking study system, a CAD based system plus an animation system for students to learn with.

Sandi Hammer, WEF's Teacher Grant Coordinator said "teachers come directly to WEF with great ideas for enhancing the learning environment. We do our best to help them with funding."

Hank Kita, WEF President, is looking to further WEF's goals of giving Watchung students the best education possible.

For additional information or learn more about supporting WEF, readers can visit their website at www.wefund.org or email them at wefundwatchung@yahoo.com

WATCHUNG LIBRARY

12 Stirling Road in Watchung, behind the Watchung Arts Center.
For complete program registration information, please check the online calendar (www.somerset.lib.nj.us, then go to Events/Programs for Watchung).
Program information is subject to change, look online for updates and additions.

CHILDREN'S PROGRAMS

The King's Castle (A Chess Club for Kids!)

Monday, September 8 from 7:00 PM to 8:00 PM
Ages: For Students in Grades 3rd to 8th

Come to play and learn the fabulous game of chess, "The Game of Kings." Every month we will learn new ideas in chess ranging from basic to advanced play. Both beginners and experienced players are welcome!

Baking & Books with Doug

Tuesday, September 9 at 4:15 PM

Ages: 6 and up. Bake something delicious to eat and dig into some great stories!

Decorating School Supplies

Monday, September 15 at 7:00 PM

Ages: 7 to 10. Bring your folders, notebooks, binders, and we'll supply items to make them uniquely your own.

Nature Craft with Doug

Tuesday, September 16 at 4:15 PM

Ages 5 and up. Make something wonderful and enjoy some great stories.

Leisa's Lollipop Hour

Wednesday, September 17 at 4:15 PM

Ages 5 to 8. Enjoy a craft, snack and stories.

Much More Fun for Munchkins

Monday, September 23 at 10:30 AM

Ages: 2 1/2 to 3 with Caregiver. Presented by: Mrs. Fine. Enjoy books, songs, fingerplays, flannelboard stories, puppets and crafts - of course!

Musical Funs with Miss Jamie

Thursday, September 25 at either 10:00 or 11:00 AM

Ages: Babies through age 6 with Caregiver

Are you ready for some fun? Enjoy this interactive music program presented by a certified Music Together teacher. There will be a session at 10:00 AM followed by a REPEAT at 11:00 AM. You must choose one.

LEGO® Club

Monday, September 29 at 7:00 PM

Ages: For Students in Grades 1 to 5
We have lots of LEGO® pieces. We need kids' creativity! If you like building with LEGO® pieces, come to the club!

TEEN PROGRAMS

Teen Action Group (TAG)

Wednesday, September 3 from 7:30 PM to 8:30 PM

Ages: For Students in Grades 6 to 12. Teen Action Group (TAG) members have a voice in activities and materials for teens in the library. Exactly what TAG does is up to its members, with approval from the teen librarian. Join the group and share your ideas! Meetings are usually the first Wednesday of the month.

Registration is not required.

Picture Perfect Photo Frames

Wednesday, September 24, 7:00 PM to 8:00 PM

For Students in Grades 5 - 10. Did you take some great snapshots this summer? Create the perfect frame!

We'll provide a variety of framing options and trimmings. You bring a photo and your creativity. Registration is required to ensure enough supplies.

ADULT PROGRAMS

Mah Jong Club of Watchung

Monday and Tuesdays from 1:00 PM to 4:00 PM
All Ages. The Mah Jong Club of Watchung meets every Monday and Tuesday from 1:00 to 4:00 at Watchung when the library is open. Contact Melanie Novello at Novello1800@aol.com for more information, or to be placed on the distribution list to receive invites for both clubs. No fee - all welcome

Writers Group of Watchung

Thursdays from 10:30 AM to 12:30 PM

Ages: Adult. The aim of the Group is to stimulate better writing. We work toward this goal through critiquing, spontaneous writing and examining the various technical aspects of writing. Also, we periodically have guest speakers such as agents, editors and publishers. Any question, contact Pat Rydberg at patrijean@aol.com.

Energy Meditation

Friday, September 12, 19 and 26
from 10:30 AM to 11:30 AM

Ages: Adult Presented by: Patricia Barron

This seated meditation will be guided by the instructor with meditative music to circulate your energy and heal on a physical, mental and emotional basis. All meditations are done while seated on a chair so all are welcome to participate.

The Reader's Revue

Wednesday, September 10, 2014
from 7:00 PM - 8:30 PM

Ages: Adults. Come take part in THE READER'S REVUE where we'll sit back, pick a character, and read aloud everything from Shakespeare to Seinfeld. No need to pre-read! Drop-ins are always welcome.

The Writer's Galley

Wednesday, September 17 from 7:00 PM to 8:30 PM

Ages: Adults 18 and Older. We will provide helpful critiques and ideas to conquer the unending struggles with the written word.

ADULT BOOK CLUBS

Second Monday of the month at 11:00 AM

(with exceptions for holidays).

Ages: Adult.

Summer by Edith Wharton

Monday, September 8 at 11:00 AM

A new Englander of humble origins, Charity Royall is swept into a torrid love affair with an artistically inclined young man from New York City, but her dreams of a future with him are thwarted. (goodreads.com)

Watchung Book Discussion Group

Second Thursday of the Month at 7:00 PM

Ages: Adult

The Tortilla Curtain by T. Coraghessan Boyle

Thursday, September 11 at 7:00 PM

Topanga Canyon is home to two couples on a collision course. Los Angeles liberals and Mexican illegals worlds gradually intersect in what becomes a tragicomedy of error and misunderstanding. (goodreads.com)

TASTY BITES & BOOKS BOOK CLUB

Ages: Adult

Bring a bag lunch and share your thoughts!

BOOK : To be announced

Monday, September 15 at 12:00 PM

SOCIAL ACTION BOOK CLUB

Third Thursday of the Month

7:30 PM for Books; 7:00 PM for Movies

Ages: Adults

MOVIE: GOOD HAIR (Chris Rock)

Thursday, September 18 at 7:00 PM

Comedian Chris Rock tackles the very personal issue of hair, and how attaining good hair can impact African American's activities, relationships, wallets, and a self-esteem. Engages in frank, funny conversations with haircare professionals, beauty shop and barbershop patrons, as well as featuring interviews with Dr. Maya Angelou, Nia Long, Ice-T, Raven Symone, and more.

WATCHUNG RESCUE SQUAD TRAINED AND DEDICATED TO SAVE YOUR LIFE

In a borough of approximately 5800 people, the Watchung Rescue Squad averages 420 rescue and life support operations per year. It's a lot of activity for a small community, equating to one rescue involvement for every 13.7 residents, annually.

In other parts of the state and across the USA, a single ambulance ride can easily cost hundreds, even thousands of dollars. Thanks to earnest dedication and certified training of a 100% volunteer staff plus ever critical donations from local residents and businesses, rescues are at no charge with the "Squad."

Denise Wilson, Squad Vice President stated "with our all-volunteer staff, the Rescue Squad provides Watchung area residents high quality pre-hospital care. We constantly strive for improvement, individually and as an organization by making sure each member maintains a peak level of performance. Rescue Squad standards are supported through classes, certifications, drills, crew feedback plus great teamwork."

These efforts continue a Watchung legacy that started back in 1950. Currently, the Rescue Squad is seeking new members through an active "Member Drive" campaign.

Membership is offered on various levels: Cadets, aged 16 to 18; Drivers, 18+ with a NJ Driver's License; EMT, 18+ with completed EMT classwork plus NJ State EMT

certification; and Full Active Member for those drivers with EMT certification having more extensive leadership and command training. An incentive program for qualifying members is in place.

As an all-volunteer operation, the Rescue Squad also relies on support through donations. For further information about volunteering or other ways to support their very important efforts please contact The Watchung Rescue Squad at 908.755.1297 or by email at watchungems@hotmail.com.

The Rescue Squad headquarters is located at 10 Stirling Road, Watchung, NJ 07069

Website: www.watchungems.org



(above) Watchung's Rescue Squad and Volunteer Fire Department Members Train for Vehicle Extraction. Photos Courtesy of Watchung Rescue Squad

CALLING ALL BOYS IN 1ST THRU 5TH GRADE!

Now is the time to check out the Cub Scouts!

What do Cub Scouts do? We have FUN!

Have you ever.....

- Woken up on a battleship?
- Built a car to race your friends?
- Marched in a parade?
- Slept out in a Lean-To?
- Gone hiking or boating with your friends?
- Shot an arrow or a BB?
- Raced your own sail boat?
- Heard your voice on the radio?
- Done a Good Turn?

WE HAVE!

Join the fun as a CUB SCOUT in PACK 32!

Come and check out Cub Scout Pack 32 of Watchung on Friday, September 19.

We will be hosting our first pack meeting of the school year at the Bayberry All Purpose Room beginning promptly at 7:00 p.m. Come 15 minutes early to try your hand at juggling! Be sure to bring a parent to learn more about how scouting builds character, promotes good health, and teaches citizenship.

If you have any questions, please contact:

Kurt Weber, Committee Chair at pack32chair@gmail.com

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www.Doyouknowjoe.com

Do you know Joe?



We are General Contractors specializing in Total Home Remodeling Restorations • Renovations • Roofing • Siding • Windows • Kitchens • Decks • Doors • Basements • Bathrooms • Additions • Porticos and much more!"



BEFORE



FULLY INSURED



AFTER



Fresh Fruit &

Vegetable Market

Freshly
baked
Portuguese
and
Italian bread
delivered daily!



Store Hours:
Mon-Sat: 9:00 am to 7:00 pm
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**"We're Not
Just
Produce"**



somersetfarms@verizon.net
somersetfarmsnj.com

**YOUR
PUMPKIN
HEADQUARTERS**

908-757-7730 • 950 Route 22 East • North Plainfield, NJ

COUPON



FRESH SHRIMP
\$9⁹⁹ lb

WAT9

By the pound only. Limit 1 lb per customer per coupon per day.
Not to be combined with other offer. Offers good thru 9/30/14.

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

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

COUPON



TILAPIA FILLET
\$5⁹⁹ lb

WAT9

By the pound only. Limit 1 lb per customer per coupon per day.
Not to be combined with other offer. Offers good thru 9/30/14.

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
Genoa Salami**
\$4⁹⁹ lb

WAT9

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 9/30/14.

COUPON

**SICURRO PROVOLONE
MUENSTER
OR MOZZARELLA**



\$4⁹⁹ lb

1 Straight pound

WAT9

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 9/30/14.

COUPON

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



WAT9

Excludes garden center and fish purchases. Limit 1 offer per customer
per day. Not to be combined with other offer. Offer expires 9/30/14.

COUPON



**TWO
18 PK
LARGE EGGS**
**\$3⁴⁹ (2.49
EACH)**

WAT9

Coupon may not be combined with other offers.
Limit 1 offer and coupon per day. Offer expires 9/30/14.

LARGE SELECTION OF FALL MUMS

**KALE, CABBAGES, FALL SQUASHES...
AND MUCH MUCH MORE**

