

Watchung Post

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Watchung's Hometown Newspaper

NJ

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ISSUE 2 • OCTOBER 2012

**Tri-County
Chamber of Commerce
MONTHLY MEETING
WEDNESDAY
OCTOBER 24th
7:30 PM
30 SOUTH
PLAINFIELD AVE.
SOUTH PLAINFIELD, NJ**

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SUPPORT FOR "GREAT EXPECTATIONS CENTER"

Watchung Mayor Gerald Mobus declared Friday October 26th to be "Great Expectations Center Day" in North Plainfield. An identical proclamation was made by North Plainfield Mayor Michael Giordano, and other communities throughout Somerset County.

The goal of the proclamation is to bring attention to the Center for Great Expectations, a Somerset County organization that strives to "help young and adult women and their children through homelessness, pregnancy, and addiction recovery." Both North Plainfield and Watchung hope other municipalities in Somerset County will show their support for this organization.

A driving force behind the effort was Watchung Borough Clerk Michelle DeRocco. Ms. DeRocco and North Plainfield Administrative Assistant Gail Cain are classmates in the 2012 Leadership Somerset Class. Leadership Somerset is a 12-month program in Somerset County where citizens work to understand issues affecting their neighborhoods, and strive to become leaders.

The North Plainfield and Watchung proclamations are part of a broader effort by Leadership Somerset to raise awareness of the Center for Great Expectations and all of the organization's efforts in Somerset County. For more information on the center, visit www.thecenterforgreatexpectations.org, or call (732) 247-7003.

Adults who live or work in Somerset County are invited to join Leadership Somerset. For more information, call (908) 231-7040 or visit www.leadershipsomerset.org.



(above, l-r) NP Mayor Michael Giordano, NP Administrative Assistant Gail Cain, Diane Cawley of Leadership Somerset, Watchung Borough Clerk Michelle DeRocco, Watchung Mayor Gerald Mobus Mayor Giordano's Proclamation.

HARVEST FESTIVAL

The Watchung Recreation Commission
invites all Watchung residents to the annual Harvest Festival on

SATURDAY, OCTOBER 27TH.

The Harvest Festival will feature a

Giant Haystack, Train Ride, Obstacle Course, Moonwalk, Pony Rides, Pumpkin Painting, games, prizes, and much more. Guests will be able to enjoy autumn treats, apple cider and other goodies. Kids may register to enter "The Mummy Wrap" Contest, Costume Contest and a Scarecrow-Making Contest.

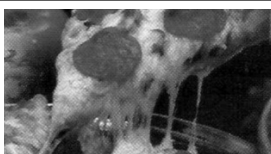
**The Harvest Festival is free of charge to residents of Watchung,
and will be held from 3:00 - 5:00 PM.**

The rain date for the event is Sunday, October 28th.

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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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POPULAR SPEAKER COMES TO WHRHS

By Eleanor Mathews

In what has almost become a fall ritual, Michael Fowlin will once again appear at Watchung Hills Regional High School's Performing Arts Center, 108 Stirling Road, Warren. He will connect with students during the daytime on Thursday, October 25, and at 7:00 p.m. he will address parents and community members. This will be the speaker's thirteenth appearance at the high school.

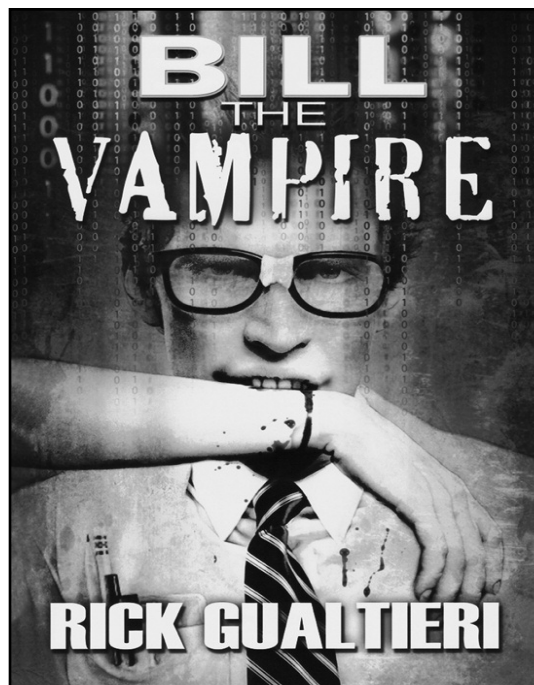
His provocative depiction of what it feels like to be different, "You Don't Know Me Until You Know Me," is a heartfelt program that will make audiences laugh, perhaps cry, and most certainly remember what it feels like to be "different." In powerful vignettes, with only a chair or two, some hats and simple props, Fowlin touches

upon the many different problems that face youth whose gender, race, or ethnic difference may have led to discrimination, peer pressure, and even violence.

Fowlin brings to the stage not only his talents as an actor, but also his background in the field of clinical psychology. (He has a doctorate from Rutgers University.)

Anyone who is connected with young people-teachers, youth leaders, parents, counselors-is urged to attend his 90-minute presentation. There is no admission charge; the Watchung Hills parent-teacher organization is sponsoring the program.

For additional information, please call the school at (908) 647- 4800.



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For Watchung residents
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57 Mountain Boulevard, Watchung, NJ
From September to June.

Refreshments served, guest speakers, trips,
pizza parties, and an annual picnic in June.
Come join us! For more information,
call Grace Bell at (908) 755-8446
or Ruth Allen at (908) 755-9365.

**NEIGHBORS &
NEWCOMERS CLUB!**

The Neighbors & Newcomers Club of Watchung Hills has been welcoming both new and existing residents from Warren, Watchung, Long Hill and Green Brook for over 35 years. Members receive a monthly newsletter highlighting the Club's activities and events for the month. The Club offers a variety of activities such as monthly meetings featuring guest speakers; special interest groups including Bunco, book club, day trips, knitting, fun in the kitchen; evening socials including game night, wine tasting, candlelight dinner.

For additional information, please contact Laura Merizio at (908) 490-0140, or at ajmlam4@aol.com. Feel free to visit our website: www.nncwhnj.org.

LOCAL CHURCH HOSTS FREE BENEFIT CONCERT

A concert to benefit the International Justice Mission will be held at Stonecrest Community Church in Warren NJ, on Saturday, November 10 at 7 p.m. "Luminosity: Shedding Light on the Human Trafficking Situation" features recording artist Joey Monteleone and dancer Elissa J. Loubet (North Plainfield High School Class of 2001), as well as local singers, dancers and actors.

Ms. Loubet, who organized the event, says "Anyone who is interested in defending the rights of human trafficking victims must attend this event. The entertainment will be uplifting, and Debbie Wright will deliver a message about IJM's vital work."

Come enjoy music, theater and dance! The event is free to the public. Childcare provided for ages 6 & under. Monetary donations will be taken to aid the organization in its worldwide defense of human rights. For directions visit www.stonecrestchurch.com. For more information call Cornerstone Dance Conservatory at 908-397-4567.

(right) Organizer & Dancer Elissa J. Loubet and Joey Monteleone, musician, songwriter and recording artist.



**WATCHUNG-WARREN
ROTARY CLUB**

The Watchung-Warren Rotary Club meets every Tuesday at 12:15pm at the Twin Brooks County Club, 600 Mountain Boulevard, Watchung, NJ. For more information about the club and upcoming events, please call Bob Aznar at (908) 755-8724.

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HILLS STUDENTS PARTICIPATE IN NEW YORK ‘DIGITAL CITIZENSHIP DAY’

By Eleanor Matthews

A dozen Watchung Hills Regional High School juniors, along with their social studies teachers, Mary Sok and Cara Yuknis, were invited to take part in the Common Sense Media Town Hall discussion held at Manhattan’s LaGuardia High School on October 2nd. One of a number of programs throughout New York City, the “Talented, Thoughtful & Talkative Teens!” event marked Digital Citizenship Day, and was sponsored by MTV and Common Sense Media. Because of their leadership and initiatives in addressing anti-bullying behaviors, the Watchung Hills group had been invited to cross the Hudson to share some of their successes with the audience. Chief among these was the “Not in Our Schools” video, which the Hills students had helped create last year in the “Facing History & Ourselves” course under the leadership of social studies teachers Sok and Jamie-Lee Lott.

The short film, which is being used around the country to educate students on how to stand up to online bullying, had already been honored last May when it was awarded the Anti-Defamation League’s Aaron Flanzbaum’s 21st Century Democratic Heritage Award. A segment of the film was shown to the audience of more than a hundred educators, parents and students who were present at the Digital Citizenship Day event.

Two Hills juniors, Sarah Brown of Millington and Akshay Katakam of Green Brook, were selected, along with four students from Manhattan, to sit on the panel discussion which students shared advice on how to be an “up-stander” and the importance of self-confidence and self-empowerment when dealing with slurs and offensive on-line posts. (New York City’s Chancellor of Education, Dennis Walcott, had addressed the meeting on the importance of using proper etiquette in online social media.) Sok said the Hills duo had “impressively answered questions with poise, intellect, clarity, compassion and honesty as they gave advice related to combating cyber-bullying.”

The Town Hall event is expected to be aired on MTV in the near future.

Despite efforts such as these, much remains yet to be done: public school students are still the victims of bullying, according to a report released by the New Jersey Department of Education on October 2nd. The state’s “tough” new law, which requires that instances of bullying and intimidation be reported (anonymously, if need be), has revealed the extent

of bullying and harassment in the school environment: some 12,024 incidents of harassment, intimidation and bullying statewide within the past year. Bullying is most pervasive at the middle school level, the study reports, and slurs about gender, race and mental or physical disability are the leading targets of those who bully others.

The law has, for the first time, caused school districts to examine the extent and nature of student-to-student bullying, intimidation and harassment, and to undertake measures to educate, inform and reform attitudes that cause physical or psychological damage.

Watchung Hills Regional High School has been in the forefront among New Jersey schools in educating and cautioning students about the consequences of bullying in its manifold forms—to those who perpetrate bullying action, and to those who are the recipients.



(above, back row, l-r) Setu Shah, Emily Wilson, Monica Mahal, Sarah Decker, Andrew Hunter, Sarah Brown, Christina Wallace, Jake Wasserman; (front row) Nikko O’Brien, Kelsey Conway, Akshay Katakam. Photo Credit: Mary Sok



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WARRENBROOK SENIOR CENTER

State Health Insurance Program (SHIP), October 26 – 10:00 am

A counselor will be available to provide free help to New Jersey Medicare beneficiaries who have problems with, or questions about their health insurance. SHIP is a statewide program sponsored by the New Jersey Department of Health and Senior Services. Call (908) 704-6319 to make an appointment or just stop by.

“Mood & Food Connection” October 29 – 10:30 am

by Kate Domen, Diet Technician,
Office on Aging & Disability Services.
Mood foods are foods that we eat that have an effect on how we feel every day. Foods can contain chemicals that can affect the brain, influencing how we feel and thin, and sometimes how we act. Will eggs make you feel smarter? Will apples make you feel more alert? Will salmon make you happier? Come have some fun as we learn about the nutritional value of foods that can boost our moods.

The Warrenbrook Senior Center offers a variety of educational, recreational and entertaining activities, including wellness programs and health screenings, for active adults 60+ years of age. The Center is open 9am - 3pm, Monday through Friday, and is located on the Warrenbrook Golf Course, 500 Warrenville Road, Warren.

The facility is fully accessible to individuals with disabilities. For more information, please call (908) 753-9440, or visit www.co.somerset.nj.us/programsandservices/seniors/seniorcenters.

EVENT CALENDAR

Bingo
Every Tuesday & Thursday, 10:00 am

Bridge
Tuesday, 1:00 pm

Caram
Daily (East Indian Game Similar to Billiards)

Chair Exercises
Every Wednesday, 10:45 a.m.

Computer Instructions – Call to Register
Every Monday, 9:00am to 3:00pm
Every Tuesday, 10:30am to 12:30pm
Every Wednesday, 10:00am to 1:00pm

xLine Dancing
Every Monday, 1:00-3:00 pm

Lending Library
Open Daily, Monday through Friday

Oil Painting
Every Wednesday, 9:00-11:00 am

Pool Room
Open Daily, Monday through Friday

Social Dancing
Every Tuesday & Wednesday, 1:00-3:00 pm

Tai Chi
Tuesdays, 9:15 to 10:15am; Call to register

Zumba Gold
Every Wednesday, 12:45 pm (Register in advance)

Computer Room
Open Monday thru Friday (Call for Availability)
Healthy Bones Exercise Class – Every Wednesday & Friday, 10:00 am (Doctor’s note required.)

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THE PRIDE OF NORTH PLAINFIELD 5,000 printed monthly with 4,000 mailed to businesses and residents and 1,000 distributed free throughout town.



WATCHUNG POST 3,000 printed monthly and mailed to every home and business in Watchung.



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PROGRAMS

For complete program registration information, please check October 17 on the online calendar (www.somerset.lib.nj.us), then go to PROGRAMS for Watchung). Program information is subject to change, so also look online for updated programs and additions. Please check online for holiday and special closings.

Music to Move By with Ann Wild

Wednesday, November 7, 28 and December 5, 19
at either 10:00am OR 11:00am

Ages: Birth through age 4 with Caregiver
Don't miss Ann - there will be music, rhythms and fun for everyone! IMPORTANT: There is a session at 10:00AM followed by a REPEAT of that session at 11:00AM. You must choose ONE time for all dates.

Wompy's World of Musical Play

Tuesday, November 6, 13 and December 4, 10:30am
Ages: 6 months to 3 years with Caregiver

Come and enjoy Wompy's interactive, creative music program! You'll experience a charming blend of theater, puppetry and musical instruments, along with a different curriculum theme during each visit, making Wompy's truly unique

Thursday Treats for Toddlers

Thursday, November 8 and December 27 at 10:30am
Ages: 2 1/2 to 3 with Caregiver

Enjoy books, songs, fingerplays, flannelboard stories, puppets and crafts - of course!

Miss June's Room

Thursday, November 1 and December 6 at 4:00 PM
Ages: 4 to 6

Don't miss Miss June! Relax and have fun making a project, hearing a story and enjoying a snack.

Leisa's Lollipop Hour

Wednesday, November 14 and December 12, 4:15pm
Ages: 5 to 7 (Must be 5 or older at time of sign-up)
A craft, a snack, and stories - Join us!

Turkeys on Tuesday

Tuesday, November 13 at 7:00pm
Ages: 8 to 10

Enjoy funny turkey tales, and then create your own turkeys out of sandwich cookies.

Teen Café

Wednesday, November 14 from 7:00pm to 8:00pm
Ages: For Grades: 5 to 8

Learn to make a delicious autumn treat to share. Space is limited. Registration is required

Teen Night

Friday, November 16 from 6:30pm to 8:30pm
Ages: For Grades 5 to 12

It's teens only after-hours at the library this Friday night. Join us for Wii games, snacks & more!
Regular library services are also available, but ONLY for teens attending this event! No registration required.
You may register and provide an email address to receive a reminder notice.

Teen Action Group (TAG) Meeting

Wednesday, November 7 and December 5
from 7:30pm to 8:30pm
Ages: For Grades 6 - 12

Your Library Wants You! Bring your ideas to help plan events, select books, and make the library work for teens. You may earn community service hours. Snacks are provided. New members are always welcome!

Mah Jongg Club Of Watchung

Meets every Monday from 1:00pm to 4:00pm
All Ages

at Watchung when the library is open. Third Monday of the month, Mah Jongg meets following the Tasty Bites and Books Book Club, at approximately 1:30 PM. The Tuesday Mah Jongg Club of Watchung meets most Tuesdays. Contact Melanie Novello at Novello1800@aol.com, for more information, or to be placed on the distribution list to receive evites for both clubs. No fee - All welcome!

Watchung Writers Group

Thursdays when the library is open,
10:30 AM to 12:30 PM
Ages: Adult

If you're interested in writing of any kind and want to improve your skills and share your experiences, The Watchung Writers Group would like to meet you. 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. So, mark your calendar. We look forward to your participation in the writing group. Any question, contact Gordon McLenithan at gmclenith@optonline.net.

Introduction to Qigong

Monday, November 5, 12, December 3, 17
at 7:00pm to 8:00pm

Presented by: Patricia Barron. Ages: Adult
Qigong (pronounced Chi gong) means 'energy work' and essentially, it is the art of cultivating your vital energy or Qi. Qigong exercises promote good balance, coordination, inner and outer strength and a lively spirit by moving slowly without strain. The slow, easy movements smooth the flow of Qi and enhance the body's natural ability to balance and heal itself. Come and join us for an easy and relaxing way to better health. Patricia Barron, L.Ac. Licensed Acupuncturist, offers treatments of Traditional Chinese Medicine which include Acupuncture, Moxabustion, Ear Seeds, Cupping, Gua Sha, Tuina (Asian-form of massage), Qigong exercises, and lifestyle/dietary counseling. Facial Rejuvenation Cosmetic Acupuncture is also available. Chinese Medicine can be used to treat conditions when they are very minor and simple, thus preventing a more serious condition or it may be used to treat more complex disorders.

Book Discussion with the Watchung Group

Second Thursday of the Month at 7:00 PM
We throw in books you would otherwise never read, but are worth reading! Ages: Adult
Thursday, November 8:

This Is Just Exactly Like You by Drew Perry
When his wife leaves him for his best friend after an impulsive real estate purchase, Jack Lang puts on a brave face that nobody believes, a situation that is complicated by his autistic son's sudden manifestation of Spanish-language fluency.

CURRENT BOOKS Book Club

Ages: Adult
Second Monday of the Month at 7:30 PM
(with exceptions for holidays)
Monday, November 19:

The Mayor of Casterbridge by Thomas Hardy
None of the great Victorian novels is more vivid and readable than The Mayor of Casterbridge. Set in the heart of Hardy's Wessex, the 'partly real, partly dream country' he founded on his native Dorset, it charts the rise and self-induced downfall of a 'man of character'.

Thursday November 15:

Manufacturing Consent: Noam Chomsky and the Media
Explores the political life and times of the controversial author, linguist, and radical philosopher Noam Chomsky. Focuses on Chomsky's analysis of the hidden use of ideological manipulation in democratic societies.

SECOND STORY BOOKS

Submitted by Diana Churchill,
Friends of Watchung Library

The Friends of the Watchung Library invites residents to stop by their year-round book sale upstairs for some great finds. There are wonderful new and gently-used books for children of all ages, including picture books for the youngest readers and a large collection of books for teens. There are tons of adult fiction for light reading and an extensive collection of nonfiction, with titles on health, travel, parenting, history and politics, crafts, home repair and maintenance, cookbooks, and more! Even better, most books are only 50 cents!!!

Now is the perfect time to renew your Friends membership or to sign up as a new member. Please stop by the Watchung Library to pick up a membership flyer. Become a Friend of the Watchung Library and see the difference you can make! For more info, find The Friends of the Watchung Library on Facebook at <http://tinyurl.com/FriendsofWatchungLibrary>

ELECTION DAY BAKE SALE!

Enjoy some delicious, home-baked goodies on Monday, November 5 and Tuesday, November 6th at the Watchung Library. The Bake Sale is sponsored by the Friends of the Watchung Library. Don't forget to vote on the library referendum! Bakers needed.

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Hours: Mon-Wend: 10 to 9, Thurs to Sat: 10 to 10, Sun: 12 to 8

SALES ITEMS

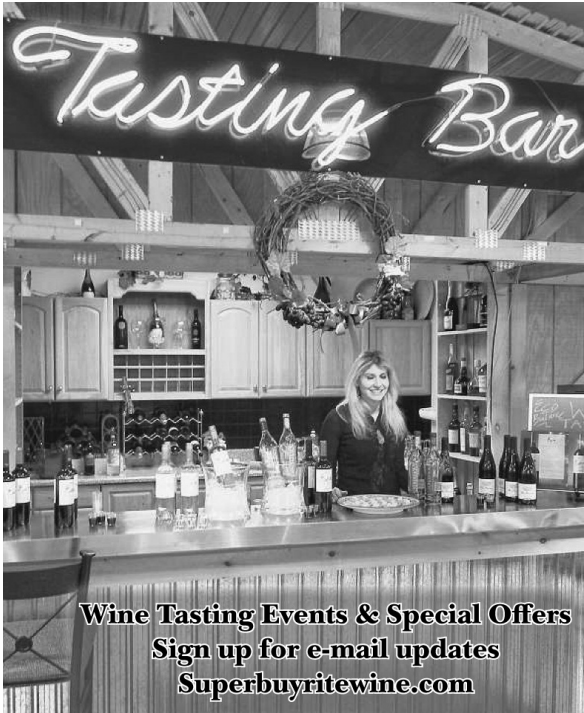
WINES (750 ML ONLY)

- | | |
|--|----------|
| 1. Picos Malbec | \$8.99 |
| 2. Menage a Trois (All Types) | \$9.09 |
| 3. Ecco Domani Pinot Grigio..... | \$9.99 |
| 4. The Pinot Project | \$9.99 |
| 5. Coppola Diamond Chardonnay..... | \$11.99 |
| 6. Clayhouse (All Types) | \$12.99 |
| 7. Sebastiani Sonoma Cabernet Sauvignon..... | \$13.99 |
| 8. Coppola Diamond Malbec..... | \$13.99 |
| 9. Coppola Diamond Merlot | \$13.99 |
| 10. Coppola Diamond Cabernet Sauvignon..... | \$13.99 |
| 11. Coppola Diamond Claret..... | \$14.99 |
| 12. Hess Select Cabernet Sauvignon..... | \$16.99 |
| 13. Chateau St. Jean Cabernet Sauvignon Sonoma | \$17.99 |
| 14. Beringer Knights Valley Cabernet Sauvignon..... | \$19.49 |
| 15. Rombauer Chardonnay Carneros..... | \$26.49 |
| 16. Jordan Cab..... | \$39.99 |
| 17. Veuve Clicquot Brut Yellow NV | \$43.99 |
| 18. Caymus Vineyards 2009 | \$64.99 |
| 19. Joseph Phelps Insignia '09..... | \$159.99 |

LIQUORS

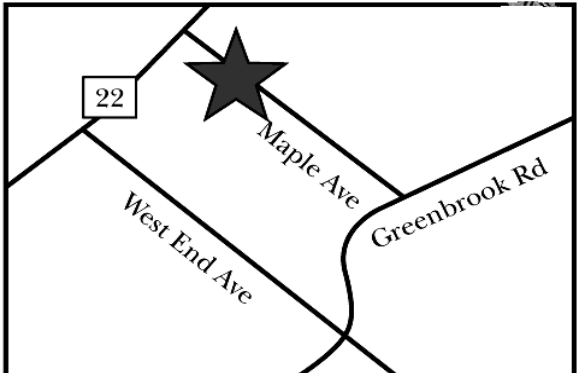
- | | |
|--|---------|
| 1. Bacardi Silver (1.75L) | \$19.99 |
| 2. Smirnoff 80 (1.75L) | \$19.99 |
| 3. Malibu (1.75L) | \$24.99 |
| 4. Jose Cuervo Gold (1.75L)..... | \$32.99 |
| 5. Ketel One (1.75L) | \$39.99 |
| 6. Dewars (1.75L) | \$31.99 |
| 7. Johnnie Walker Black 12 Yr. (1.75L) | \$59.99 |
| 8. Glenlivet 12 Yr. (750mL) | \$37.99 |
| 9. Macallan 12 Yr. Single Malt (750mL) | \$46.99 |
| 10. Johnnie Walker Swing (750mL)..... | \$51.99 |

Prices valid til Oct. 29th - Nov. 3rd. Must present this ad for special sale item pricing above . Not responsible for typographical errors.



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(\$2 dollars off on 64 oz fill)
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