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WATCHUNG STUDENT PLAYS AT CARNEGIE HALL

Yajur Sriraman, 12, of Watchung's Valley View middle school absolutely loves to play his French Horn. When he came across a French Horn solo piece called "Song of India," he was curious to hear what it sounded like. "I wanted to play that particular piece because I wanted to see how a Russian composer represented India in music," said Yajur. The song is from a Russian opera 'Sadko', by Nikolai Rimsky-Korsakov. With the help of his French Horn teacher, Ms. Kathleen Ditmer, Yajur was soon playing the song! His teacher suggested that he enter the Russian Music Festival competition. The competition is conducted by the Talented Young Musicians Association for children ages 5-18. Yajur won first place!

He played the song at the Winners concert at Carnegie's Weill recital hall on Sunday December 15th, 2013. "It's such a great feeling to play at Carnegie Hall", he says. "When you are on stage, and you see all the people looking at you, and the lights are shining on you....it is just a wonderful feeling that I will never forget. It makes me feel like I have accomplished something but also that I can do more." Yajur was accompanied on the piano by his cousin Monica Krishna, who is a sophomore at Rutgers Preparatory school in Piscataway.

The Russian Music Festival was initiated by Ms. Mila Kozlova, with the aim of promoting compositions by less known Russian composers. Tchaikovsky is the most famous, but there are so many great composers from that

(above) Watchung Valley View School student, Yajur Sriraman, with his French Horn.

region who are less known. Ms. Kozlova decided to initiate this festival for us to appreciate the variety and richness. The festival is now in its tenth year.

THE WATCHUNG ARTS CENTER NOW ACCEPTING CONTESTANTS FOR 2014 NJ IDOL

The Watchung Arts Center is excited to announce open registration for the 2014 Vocal Competition - NJ IDOL. The 2014 NJ IDOL vocal competition is open to New Jersey residents ages 15 - 29 years of age performing all genres of music such as folk, country, pop, classical, gospel and rock. The mission of this event is to provide young local talents a venue to perform and an avenue to further their careers.

A panel of judges will evaluate each contestant based on Singing, Musicality, Appearance, and Stage Presence. The winner will receive \$500 and the two runner-ups will receive industry professional services prizes. Judges include industry professionals including: Mark D. Conklin, songwriter, producer, manager, and founder of Music City East, LLC; Lou Takacs, Senior Counsel, Legal & Business Affairs at INgrooves|Fontana ; and Lisa Coppola, Recording Artist. All entries must be postmarked by January 27 th with auditions taking place at on February 8th.

To enter, contestants must email an MP3 or WMA file or a "You Tube" link of no more than three (3) minutes of one song the contestant would be prepared to perform in the competition. One entry per contestant. The song must be emailed to: NJIDOL@ WatchungArts.org, entry form, waiver and fees must be mailed to Watchung Arts Center, 18 Stirling Road, Watchung, NJ 07069 and postmarked NO LATER than January 27, 2014. All flyers, registration forms and details can be found online at WatchungArts.org.



Watchung Post

On-line at www.watchungpost.com

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.

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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.

CUB SCOUTS CELEBRATE 75 YEARS IN TOWN WITH ARROW OF LIGHT CEREMONY

75th Anniversary with fellow scouts, friends, family, alumni, and special guests in attendance. The diamond anniversary celebration was held in conjunction with the annual Blue & Gold Banquet and took place at the Fireman's Exempt Hall on January 10th. Current Pack 32 families and scouts were able to rub elbows with alumni who had served the program as far back as the 1960s. Former Cub Masters, Den Leaders (aka Den Mothers), committee members, and Cub Scouts braved the icy weather to witness the fruits of their past labors. Some even showed up wearing their former uniforms.

Pack 32 was first chartered in the winter of 1938, only a few years after the Boy Scouts of America officially adopted the Cub Scout program. The Cub Scout program prepares younger boys for the adventures and rewards of Boy Scouting. Over the years, a countless number of residents have volunteered their time, effort, and money in support. Many former Cub Scouts have continued to help the community through various projects and ongoing service. Some even became leaders for the next generation that included their own children. A

Cub Scout Pack 32 in Watchung celebrated its good number of former Pack 32 Cub Scouts went on to complete the distinctive Boy Scout rank of Eagle.

> The event was highlighted by the den of Arrow of Light Scouts that ceremoniously crossed over into Boy Scout Troop 32.

> Earlier in the evening each boy received an Honor Arrow that recognized their individual journey along the Cub Scout Trail. Nearly all were awarded the Arrow of Light badge, which is the highest award a Cub Scout can earn. Most of these boys began their adventure in the first grade as Tiger Cubs and had been guided by their tireless Den Leaders Wendy Ruta and Yvette Whitley ever since. Before moving out of the pack, these 5th grade boys passed the mantle of responsibility to the 4th grade boys of the WEBELOS den, as they became the new 'youth leaders of the pack.'

> Cub Master Joanne Cort closed the event by thanking everyone who has helped the pack over the years by saying, "We wouldn't be here today without you." She also looked to the future in declaring that with such an amazing and supportive group of people in town, "This pack can easily go on for another 75 years."

> > All Ages & Levels

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(above) Members of Pack 32 and Troop 32 gather together to honor the Arrow of Light Scouts who have crossed over from one group to the other. (back row, l-r) From Troop 32: Scout Master Jay Stiles, Junior Assistant Scout Master Tony Hayeck, Assistant Senior Patrol Leader Michael Erickson, Senior Patrol Leader Freddie Haveck, Brian Delfs, and Pramath Kalakar. (standing, second row, l-r) From Pack 32: Cub Master Joanne Cort, Hans Parikh, Noah Hammer, Jed Ober, Zach Goodman,

Jacob Weber, Charlie Margulies, Michael Motta, Stuart Whitley, Elliot Gargano, and Committee Chair Kurt Weber. Kneeling in the front row are Blake Bahna and Alex Ruta. (not pictured) From Pack 32 are scouts Thomas Barca and Marshall Whitley.



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!



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 mobilization & stimulation. 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 dye and a cutting-edge live motion x-ray machine, the doctors and staff are able to pinpoint Disclaime: Due to Federal Law some exclusions may apply. Value of free step are consultator is \$125.

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?
- 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 stains
- 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 way" 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.

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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SCOUTS HONOR OUTSTANDING CITIZENS AT GOOD SCOUT AWARD DINNER

The Boy Scouts of America, Patriots' Path Council honored local citizens at the 2013 Warren/Watchung Good Scout Award Dinner. Carolann Garafola, MA, Kathleen Giacchi, Carlos Mosquera, Wayne K. Hanlon, and Susan Tucker were honored on Tuesday, December 10, 2013 at The Primavera Regency in Stirling for their commitment to the Warren and Watchung communities.

The event is a way of honoring outstanding citizens who serve as exemplary role models for the youth of our area. These recipients were chosen for their outstanding community services as evidenced by the interest and leadership they have demonstrated within the communities of Warren and Watchung.

They are citizens who live the ideals of the Scout Oath and Law in their daily lives. Carolann Garafola is Executive Director at Mt. Bethel Village, a Special Needs Community in Warren and former mayor of Warren and longtime township committee member;





Kathleen Giacchi and Carlos Mosquera have Cub Scout Pack 182 of Warren. been active for many years in Boy Scout Troop 228 of Warren, with Kathy serving as Advancement Chair for over a decade and Carlos serving in a variety of capacities, most recently as an Eagle Advisor; Wayne Hanlon is the Grand Knight of the Knights of Columbus, Watchung and is the Scoutmaster emeritus of Boy Scout Troop 555 of Basking Ridge; and Susan Tucker is a Coldwell Banker Residential Brokerage Realtor and a member of the Watchung Historical Committee. The event chairman was Michael A. Cantone, an adult leader of Troop 228 and Cubmaster emeritus of

Through the Good Scout Award Dinner funds were raised to support all aspects of the youth programs provided by the Boy Scouts of America, Patriots' Path Council. Scouting in the Patriots' Path Council now reaches approximately 18,000 youth in five New Jersey counties. Warren and Watchung have a very active Scouting program. 332 youth enjoy Scouting through their participation in one of the five Scouting programs available throughout Warren and Watchung. Currently, there are two Cub Scout packs, two Boy Scout troops, and one Exploring post.



(above, l-r) Chairmain, Michael A. Cantone with honorees: Carolann Garafola, Carlos Mosquera, Kathleen Giacchi, Susan Tucker, and Wayne Hanlon.



THE 2014 WATCHUNG **LITTLE LEAGUE REGISTRATION** SYSTEM IS NOW OPEN

We look forward meeting new participants, as well as welcoming back our Watchung families, coaches, and sponsors from last year.

We have designed four baseball programs for children ranging from Pre-K to 6th/7th grade. We will also be conducting our Winter Clinics again this year beginning in late February/early March. You must register by February 15th to be eligible to participate in the winter clinics.

NO MORE PAPER FORMS: We will be using our web site exclusively for registration. We accept Master Card and VISA. I f you must pay by check, please contact our Treasurer, Dave Scharf.

To register simply log onto www.watchunglittleleague.org and select Register Online on our home page left menu.

Thank you for your support. Looking forward to seeing you on Opening Day!

WATCHUNG LIBRARY

Watchung Library is located at 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 Evenys/Programs for Watchung). Program information is subject to change, so also look online for updated programs and additions.

Programs are in Age Order: Wompy's World of Musical Play

Wednesday, February 26 at 3:00 PM or 4:00 PM Ages: 6 months to 3 years withCaregiver Come and enjoy Wompy's interactive, creative music program! Originated in England, Wompy's made its US debut in Westchester this past summer. 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. IMPORTANT: There is a session at 3:00 PM followed by a REPEAT of that session at 4:00 PM.

You must choose ONE session.

Stories for Twos with Elaine

Monday, February 24 at 10:30 AM Ages: 2 (24 to 35 Months with Caregiver) Stories and a craft for very young children who enjoy listening to books being read to them.

Much More Fun for Munchkins Storytime

Tuesday, February 18 at 10:30 AM

Age: 2 1/2 to 3 with Caregiver Presented by: Mrs. Fine. Enjoy books, songs, finger plays, flannel board stories, puppets and crafts.

Nina Music

Tuesday, February 4 at 10:30 AM Ages: 3 and up Presented by: Nina Music, 2013 Parents' Choice Award Winner! Join award-winning Nina Peterson, a talented preschool musical performer, and enjoy exciting rhythms that will get you singing! She will also introduce age-appropriate sign language, taught in a musical way. It's really fun! Want to know more about Nina's award winning music?

Miss June's Room

Thursday, February 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, February 26 at 4:15 PM Ages: 5 to 8

A craft, snack and stories for you to enjoy!

Baking and Books with Doug Tuesday, February 11 at 4:15 PM

and paid for with a credit card.

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

LEGO® Club

Monday, February 24 and March 24 at 7:00 PM Ages: For Grades 1 to 5. We've got lots of LEGO® pieces. We need kids to build stuff! If you like building with LEGO® pieces, come to our club!

Teen Action Group (TAG)

Wednesday, February 5 at 7:30 PM

Ages: For Grades 6 to 12 Your Library Wants You! Bring your ideas to help plan

events, select materials and make the library work for teens! You may earn community service hours. New members are always welcome.

Registration is not required.

Speed Dating with Books & Chocolate

Wednesday, February 12 from 7:30 PM to 8:30 PM

Ages: For Grades 6 to 12 Come try Speeding Dating with books and chocolate! We'll provide some books we think you'd like to meet, and chocolate goodies to enjoy on your first, fast date. You decide which ones you would spend more time with.

Mah Jongg Club of Watchung

Mondays and Tuesdays from 1:00 PM to 4:00 PM Ages: All Ages

The Ma Jongg Club of Watching meets every Monday from 1:00 to 4:00 at Watchung when the library is open. On either the third or fourth Monday of the month (depending on holidays), 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

receive evites for both clubs. No fee - All welcome **Passage through Pilates**

Monday, February 3 at 10:30 AM

Ages: 14 through Adult. Presented by Kelly Robertson. Pilates mat class is a form of exercise, created by Joseph Pilates, which uses balanced development of the body through core strength, flexibility, and alignment to support efficient, graceful movement. Because Pilates engages small postural muscles of the skeleton as well as larger muscles, it results in length and strength that can be carried over to everyday movement, improving overall health and preventing injury. The best thing about Pilates is that it works for so many different kinds of people. Join us! Please bring your own mat.



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Watchung Writers Group

Thursdays from 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. So, mark your calendar. We look forward to your participation in the writing group. Any question, contact Pat Rydberg at pattijeann@aol.com.

Energy Meditation Class

Friday, February 7, 14 and 28 at 10:30 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. This class is based on principles of Chinese Medicine. It will inform you how to quiet the mind by using the structure of your

body and the focus on certain points on the body to become more mindful of the present moment. This practice will free up your energy so you will feel calm yet enlivened and rejuvenated. All meditations are done while seated on a chair so all are welcome to participate.

CURRENT BOOKS Book Club - NEW TIME!

Ages: Adult Second Monday of the month at 11:00 AM (with exceptions for holidays). Mark your calendars.

Monday, February 10 at 11:00 AM

The Thirteenth Tale by Diane Setterfield When her health begins failing, the mysterious author Vida Winter decides to let Margaret Lea, a biographer, write the truth about her life, but Margaret needs to verify the facts since Vida has a history of telling outlandish tales.

Social Action Nonfiction Book Club

Ages: Adult

Third Thursday of the Month at 7:30 PM for books,

7:00 PM for films Thursday, February 20 at 7:00 PM:

FILM: Tapped

Is access to clean drinking water a basic human right, or a commodity that should be bought and sold like any other article of commerce?

Tasty Bites and Books

Monday, February 24 at 12:00 PM: Ages: Adult. Bring a bag lunch and share your thoughts!

Going Clear by Lawrence Wright

Examines the Church of Scientology; discusses the esoteric cosmology, the auditing process for determining an inductee's state of being, and the Bridge for Total Freedom; and details how the church pursues celebrities.

Watchung Book Discussion Group

Thursday, February 13 at 7:00 PM: Ages: Adult.

We throw in books you would otherwise never read, but are worth reading! Drop-ins are always welcome. This Month's Selection:

World War 7:

An Oral History of the Zombie War by Max Brooks

An account of a decade-long conflict between humankind and hordes of predatory undead is told from the perspectives of dozens of survivors who describe in their own words the epic human battle for survival.

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KNIGHTS OF COLUMBUS BREAKFAST WITH SANTA



(above, l-r) Many families came to enjoy the Breakfast with Santa sponsored by the Knights of Columbus at the St. Mary's Parish Center in Watchung. Anthony Ingrassia, Sr., Mary Lee Ingrassia, Jessica Ingrassia, Anthony Ingrassia, Jr., Gloria Ingrassia and baby Christopher Ingrassia.



(above, l-r) Knights of Columbus members prepared lots of good food and provided holiday cheer for all breakfast guests. Chuck Hliva, Bob Uecker, Harry Ladisheff, Wayne Oborne, Wayne Hanlon and Dick Blundin.



(above) Three young Santa *enthusiasts enjoyed candy* canes and did their best to let Santa know what would be great under the Christmas tree.

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JAMAICAN DELEGATE SPEAKS TO HILLS STUDENTS

Submitted by Eleanor Mathews At one time, students in Watchung Hills Regional High School's World Culture classes would spend a day visiting the headquarters of the United Nations in New York City. Security concerns, among other factors, caused such class visits to the U.N. to be eliminated, so it almost seemed as though living in such close proximity to the world's peace-keeping body was of no great advantage after all.

A real-life example of an adage suggests that, if a man cannot go to a mountain, the mountain must come to him. Watchung Hills social studies students could no longer go to the U.N., but they had the privilege of having a member of that body come to speak to them on January 7th.

Shorna-Kay Richards, a career diplomat with 20 years in the Jamaican Foreign Service, and, since September 2012, Deputy Representative of Jamaica to the United Nations, addressed a group of more than 200 World Cultures students and the Model U.N. Club. Richards' impressive background includes the position she holds currently, that of Deputy Representative of Jamaica (Deputy Ambassador) to the U.N., Minister-Counselor in the Jamaican High Commission in South Africa, member of the Permanent Mission of Jamaica to the Organization of American States, and later at the American Embassy. She was also Assistant Director for Bilateral Relations in the Ministry of Foreign Affairs and Foreign Trade.

Richards has also managed and promoted Jamaica's bilateral relations with numerous countries around the world and represented Jamaica in the multilateral arena. At the U.N. she's actively engaged in the negotiations of the Arms Trade Treaty, which is a foreign policy for Jamaica and its Caribbean partners. Her



(above) Shorna-Kay Richards, Jamaican Deputy Representative to the U.N.

impressive background also includes service in Syria, Jerusalem, South Africa, and Washington.

The speaker's well-organized and fastmoving presentation, enriched by slides, touched upon many points in the area of diplomacy: Who is the perfect negotiator, for example. In the 18th and 19th centuries, it was one who was assertive, confident, charming, immune to the temptation of women, and, usually, financially robust.

The speaker briefly traced the progress of the U.N. since its formal inception on October 24, 1945, the interconnectedness among its 190 members, its structure into General Assembly and Secretariat, its founding principles-the respect for human rights, its peace-keeping mission, its overall purpose of "making the world a better place."

Mary Sok, social studies teacher who coordinated the event, expressed her thanks to freshman student Jordan Reynolds for expediting the invitation to the speaker, who is his cousin.

PAJAMA PROGRAM HELPS YOUNGSTERS

Linda Basilio hosted a Pajama Program for nurturing environment for children. friends and relatives at her home in Watchung, with its objective to provide local youngsters living under difficult circumstances with pajamas and books. It drew enthusiastic response, resulting in75 pairs of pajamas and 62 books being provided to help create a warm and

The program was established in 2001 and continues growing; helping those in need, and can be viewed on www.pajamaprogram.org.

Participation at this Christmas season resulted in great comfort for many throughout the area.



(above, l-r) A gathering of Pajama Program participants at the home of Linda Basilio in Watchung, are dressed in their pajamas, including Jacqueline Meyers with daughters Chloe and Caitlyn, Jennifer Rotella and son Leo, Linda Basilio, Elaine Sugzda and grandson Andrew Bell, Kelly Rosko, Kim Balas, June Rosko and Phyllis Conrad. The pajama party provided 75 pairs of pajamas and 62 books to local children in need, creating a warm and nurturing environment.

GARDEN CLUB TRIBUTE

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One of the gardens maintained by the Garden Club of Watchung is the Blue Star Byway, honoring our military veterans. Part of the National Garden Club Blue Star project, this plot is located at the junction of Somerset and Watchung Avenues. A recent addition has been a wreath to honor veterans as part of the Wreaths Across America program that takes place each December. Photo by: Janet Kinney



(above) Club member Jackie Shreero, who maintains the Blue Star Byway, added the final touch to this year's memorial wreath.



