Watchung Post

Watchung's Hometown Newspaper

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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.

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VALLEY VIEW STUDENTS WIN STATE FUTURE CITY COMPETITION

The New Jersey State Future City Competition was held at Rutgers University on January 18, 2014. It is a national, project-based learning experience where students in 6th, 7th, and 8th grade imagine, design, and build cities of the future. Students work as a team with an educator and engineer mentor to plan cities using SimCityTM software; research and write solutions to an engineering problem; build tabletop scale models with recycled materials; and present their ideas before judges. All four Valley View teams won an award. In particular, the 8th grade team composed of Amanda Hwang, Olivia Xu, and Helen Yang, placed third out of eighty teams in the state and earned \$800 for the school.

The following 8th graders won awards: Most Sustainable City: Craig Vergilio, Kartik Hoover, Will Narayanan and Ethan Marmolejos. Best Surveying Practices: Kevin Huang, Andrew Pluta and Michael Stein. Best Display of Engineering Design Principles (7th graders): Jacqueline Lee, Annika Schmidt and Isabel Vala.

The Valley View students were under the excellent guidance of Mrs. Chesebro, the teacher new ideas, and had a lot of fun.



(above, l-r) The members of New Shanghai team and their mentors receiving their award and \$800 STEM grant for their school. Amanda Hwang, Todd Hay, Helen Yang, Olivia Xu, and Elaine Chesebro.

for the Gifted and Talented program at Valley View Middle School and Mr. Hay, a civil engineer with Pennoni Associates in Edison, NJ.

During the course of the project, they researched information, created new ideas, and had a lot of fun.

THE LIBRARY HAS A ROOM WITH A BLUE VIEW!

In the autumn, members of Watchung Library's Teen Action Group (TAG) wanted to do something big for the library. It happened to be right in front of them, and their decision was unanimous. They chose to paint the patched, multicolored walls of the library's main program room – the Bicentennial Room - where they held their meetings.

Over the next two months, the teens agreed on a date during school break, narrowed color choices down to BLUE, dealt with permission slips, listed issues to be addressed, and identified all the work involved. With the support of the young adult librarian, Terri Coss, library advisory board member, John Malchow, and library director, Doug Poswencyk, the project was underway in November.

They learned to sand, tape and paint. With a variety of music and a few games to keep it fun, the eight teens, with a little help from John and Terri, transformed the room from "construction zone' to 'humans meet here' in just 4 hours.



(above) The TAG teens who helped the Bicentennial Room turn blue were Priscilla Aguiar, Mark Elbrecht, Hedaya Freij, Mohamad Freij, Nicole Friere, Josh Hammer, Jacqueline Lee and Sabrina Li.

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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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HOOPS FOR HOPE: CHARITY BASKETBALL EVENT

Saturday, March 1 from 3 pm to 6 pm. Valley View gym; Watchung, NJ

The charity sponsoring the event is the DSRTF: Down Syndrome Research and Treatment Foundation. DSRTF's mission is to stimulate research that will accelerate the development of treatments to significantly improve cognition, including memory, learning and speech, for individuals with Down syndrome.

Roughly one in every 700 American babies is born with Down syndrome. DSRTF-supported research helps these individuals participate more fully in school, lead more active and independent lives.

CONTACT: The event is being coordinated by Ryan Lister. Please direct all questions to him at dsrtfhoops@gmail.com

Central New Jersey teens will be taking it to the hoop to improve the lives of those with Down syndrome. The Down Syndrome Research and Treatment Foundation (DSRTF) is sponsoring a three-on-three basketball tournament Saturday, March 1 from 3 pm to 6 pm at the Valley View School gym in Watchung for all children, grades 5 through 9.

The registration fee is \$30 per team (\$10 per individual) with all proceeds supporting the Down Syndrome Research and Treatment Foundation (DSRTF). DSRTF's mission is to stimulate research that accelerates the development of treatments to significantly improve cognition, including memory, learning and speech for individuals with Down syndrome.

"This event will not only be fun but also an important way to help support the Down syndrome community," said Ryan Lister, Watchung resident and a senior at The Pingry School in Basking Ridge, who is planning and coordinating the event. "About one in every 700 American babies is born with Down syndrome. DSRTF-supported research helps these individuals participate more fully in school, lead

The charity sponsoring the event is the SRTF: Down Syndrome Research and avoid the early onset of Alzheimer's Disease, reatment Foundation. DSRTF's mission is to which has been associated with Down imulate research that will accelerate the syndrome."

"We strive to raise awareness and funding for important research efforts that will benefit people with Down syndrome" remarked Carolyn Cronin, DSRTF's Executive Director. "We are grateful to Ryan and all of the athletes participating in the tournament, as well as all of the other supporters who come out to have fun for a wonderful cause."

TOURNAMENT HIGHLIGHTS:

Each 3-person team is guaranteed a minimum of three (3) games. Tournament winners will receive trophies and prizes. The event will include a raffle featuring a grand prize of a large screen, flat panel television. The event will also include a 3-point shooting contest and a knockout game — both of these are open to children younger than 5th grade. All players will receive free Gatorade®, and a bake sale will be held.

Sign up early, as slots are limited. Email Ryan Lister at dsrtfhoops@gmail.comfor more information.

About the Down Syndrome Research and Treatment Foundation

The mission of the Down Syndrome Research and Treatment Foundation (DSRTF) is to stimulate research to significantly improve cognition - including memory, learning and speech - for people with Down syndrome. Since its founding in 2004, the DSRTF has become the leading private source of funding in the US, generating more than \$9.6 million to support results-driven research to improve cognition in Down syndrome. DSRTF funds Ds research at major research centers including Stanford University School of Medicine, Johns Hopkins, University School of Medicine, University of Arizona, Univ. of California San Diego School of Medicine and VA Palo Alto Health Care.



Community service organizations and sports teams are encouraged to submit news of upcoming events or highlights and photos on recent events.





Poll Shows Most Americans Suffer From Chronic Or Reoccurring Pain

LATEST TREATMENT OFFERS NEW APPROACH AND HOPE FOR MILLIONS

According to an ABC News/USA Today/Stanford University Medical Center poll* over 50% of Americans suffer from chronic pain. Chronic pain is often described as pain that extends beyond normal healing time. Pain is more than just an uncomfortable sensation; it affects everything from work to play and ultimately your quality of life. As discovered in the ABC News/USA Today/Stanford University Medical Center poll, 48% of people didn't know what caused their pain. Of the remaining participants, pain was blamed on sports injuries, arthritis, disc pain (sciatica, slipped disc, etc.), and old age.

People deal with pain in a variety of ways. Some rely on prescription or over-the-counter medications while others try exercising, stretching, injections, and more. However, these solutions often fail causing the patient to lose hope. Worse yet, addiction to medications are a real threat and can leave pain sufferers in a dangerous situation.





Do you suffer from any of the following?

- · Tennis elbow/golfer's elbow
- · Rotator cuff tendonitis/bursitis
- · Arthritic hip/knee/ankle/shoulder conditions
- · Plantar fasciitis/heel spur pain
- · Meniscus injury of the knee
- · Chronic tendonitis
- Chronic pain

If you answered yes to any of these questions, call now to schedule a FREE step one consultation.

Platelet-Rich plasma is a natural healing solution

For years, doctors have tried to reduce inflammation with antiinflammatory medication, thinking it could be the source of pain.

Teams of doctors and researchers are now finding that harnessing the power of inflammation allows the body to go through its natural healing arc, which can relieve pain by getting rid of the problem.

This new treatment program is called Platelet-Rich Plasma (PRP) Therapy and is a cutting-edge process that relieves pain by promoting long lasting healing of musculoskeletal conditions.

This rapidly emerging technique is showing exciting potential with osteoarthritis of the knee, shoulder, hip and spine, rotator cuff tears, chronic plantar fascitis, anterior cruciate ligament (ACL) injuries, pelvic pain and instability, back and neck injuries, tennis elbow, ankle sprains, tendonitis, and ligament sprains.

What is Platelet-Rich Plasma Therapy?

Platelet-Rich Plasma Therapy offers a great solution to accelerate healing of tendon injuries and estecarthritis naturally without subjecting the patient to significant risk. PRP is an emerging treatment in an ever popular, all natural health sector. The treatment consists of merging advanced technology with the body's natural ability to heal itself. Blood is made of RBC (Red Blood Cells), WBC (White Blood Cells), Plasma, and Platelets. In the last 20 years researchers have learned that when activated in the body, platelets release healing proteins called growth factors. There are many growth factors with varying responsibilities, however cumulatively they accelerate tissue and wound healing. Therefore after increasing the baseline concentration of these platelets, the doctors of Performance Rehabilitation and Integrated Medicine are able to deliver a powerful combination of growth factors that can dramatically enhance tissue recovery and reduce pain.

PRP is virtually a "cocktail" of many naturally occurring proteins that collectively stimulate, repair, and regenerate the problem area. However, there are some proteins included in PRP that can be selectively isolated to promote anti-inflammatory effects and pain reduction. Scientists have developed natural/homeopathic based tools to selectively isolate the cells/growth factors within PRP that meet each patient's needs for a customized treatment by reducing inflammation and simultaneously stimulating repair.

What are the expected results?

The goal of PRP Therapy is to resolve pain through the natural healing process and has proven to have lasting results. Initial improvement may be seen within a few weeks and will gradually increase as the body's healing progresses. PRP Therapy has been shown to be very effective at relieving pain and returning patients to their normal lives in many cases. The need for surgery can also be greatly reduced by treating injured tissues before the damage progresses and the condition is irreversible.

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 Spieggia, DC - Clinic Director Joseph Mejia, DO, F.A.A.P.M.&R. - Medical Director

What are patients saying?

"I have suffered with Plantar
Fasciitis for years. I could
not walk or stand for even short
periods of time. Once I found out
about PRP Therapy at Performance
Rehab I had to give it a try. I'm so
glad I did! I not only can stand for
long periods of time I can now
go on evening walks with my
husband. Thank you to all the
doctors and staff of Performance
Rehab, you're amazing!"

Mary M.

CALL TODAY TO SCHEDULE YOUR FREE STEP ONE CONSULTATION



908-731-5687

459 Watchung Avenue, Watchung, NJ 07069 www.performancerehabnj.com

Disclamer: Due to Federal Law some sockusors may apply. Value of free step one consultation is \$125. http://www.loonews.com/story0,2003.198142,00.html

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SCOUTS HELP NEEDY IN GOOD TURN PROJECT

Members of Cub Scout Pack 32 did a collective "Good Turn" during their December pack meeting by assembling almost 600 of these kits to be donated to Samaritan Homeless Interim Project (SHIP) in Somerville. From their food truck, SHIP hands these utensil kits out with every hot meal they serve throughout Somerset County's most needy areas.



(above, l-r) Webelos Scouts Elhanan Wilson and Michael Mattiassi hold some of the utensil kits they helped put together as part of a recent community service project.

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MARY E. WILSON MEMORIAL UNION CHURCH 100TH ANNIVERSARY!

Submitted by Kim Nunn with Joe Higgins

Wilson Memorial Church in Watchung, NJ, with a history extending back more than 150 years, is celebrating its 100th anniversary as an incorporated church. With its beginnings as a Sunday School Association around 1850 the church, located at the corner of Valley and Hillcrest Roads in Watchung, was incorporated in February, 1914 as an Interdenominational Christian Church - a congregation welcoming all Christian denominations to worship in a traditional, family-friendly environment.

Originally meeting in the Mountain Boulevard home of the Reverand George Taylor, the Washingtonville Sunday School Association moved in 1851 to the schoolhouse in the center of town, now the site of the Watchung Arts Center. In the 1880's, it was decided that the Association should have a building of its own, and a fund drive was begun. The bulk of the funds were provided by Colonel John E. Wilson, with the request that the chapel be named in honor of his late wife, Mary E. Wilson.

The Mary E. Wilson Union Chapel was dedicated on February 22, 1890. The stone chapel, on Valley Road still serves the church as a site for weddings, special services and as the center of the church's Sunday School program.

The vision of Wilson Church has been lovingly maintained under the guidance of several pastors over the years, notably Rev. Mebane Ramsey, Rev. Benjamin Marshall, Rev. Roland Ost, Rev. Ron Miller, and our current head Pastor, Rev. Barbara Peters.

The church has expanded over the years, with its current sanctuary built in 1969, and its most recent addition, Stockton Fisher Fellowship Hall, dedicated in 2001.

Wilson Church continues its commitment to this vision with a Christian congregation of various denominations and services for all ages. Traditional Sunday Service is offered at 10am each week. Other worship opportunities include book studies, home groups, and many outreach efforts extending help to those in need outside of our congregation.

Led by Sunday School Directors Arlene & Roger Seidel and Youth Director Michael Droege, the church provides a wonderful children's program. The children of the congregation attend Sunday School during service and enjoy monthly Kids Church in the historic Chapel, where they learn the basics of "big church" in a fun and informative way! There is also a monthly Family Service on the first Saturday at 5pm for families to worship together. For 7th - 12th graders, the Youth Group, led by Michael Droege, offers many fellowship and service opportunities including day trips and a "Habitat for Humanity" service trip each year.

Wilson Memorial Church and St. Mary's Stony Hill Roman Catholic Church, also in Watchung, maintain an historic "sisterhood" through a unique Church Covenant signed in 1978, when both churches agreed to work together to serve the surrounding communities. Today these services include regular blood drives, an annual Thanksgiving service, and other entertainment events each year.

The largest and most recent "Covenant" offering is the annual summer Vacation Bible School, open to children in the area for one week each summer. Children from Wilson, St Mary's and many other churches come together to learn about Jesus' love for everyone! This summer will mark the church's 7th Vacation Bible School, and all area children are invited.

Wilson Memorial Church celebrates 100 years of holding true to its commitment to share God's love with all, and to serve the surrounding communities in every way possible.

More info about Wilson Memorial Church can be found at Wilsonmemorialchurch.com or search for "Wilson Church" on Facebook.



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HARSH WINTER WEATHER LEAVES LOCAL AUTO DEAL

Hundreds of Cars Marked Down to Clear Inventory

North Plainfield, NJ- Global Auto Mall, a well-known local automotive sales dealer, has more than just snow piling up. The recent rough weather has left them with a huge surplus of brand new cars, trucks, SUVs that need to be sold. A Snow Emergency Sales Event is being held to clear out their inventory to make room for new shipments.

This special event will have hundreds of cars to choose from ranging from brand new models to pre-owned vehicles all priced to move quickly.

The Snow Emergency Sales Event will feature major brands including: Chevrolet, Hyundai, Jeep, Mitsubishi and a large variety of over 250 pre-owned makes and models.

This big event will be held at: Global Auto Mall, 1099 Rt 22 West, North Plainfield, NJ 07060 or Call: 1-866-645-4337 for easy directions.

The Global Auto Mall Sales team is prepared to move as much inventory as possible to manage this overstock and are offering great deals on their entire inventory to Local Residents like



yourself only. Global's General Sales Manager, Rich Locurto, says, "Our prices are already great and with the added specials it won't be hard to find a great price on the vehicle you want."

CREDIT **PROBLEMS** ARE NEVER A PROBLEM!

Credit problems are never a problem at Global Auto Mall. All are welcome to call in for information or visit during

this event. A Global financing expert is onsite and available to work out a great loan and financing plans for every customer. Their financing office is prepared to work with any customer's budget.

The Snow Emergency Sales Event is scheduled for a limited time only. Once it's over, it's over! Hurry in to Global Auto Mall today and drive home with the vehicle you've always wanted at a price you'll love. For further information please call anytime at 1-866-645-4337, or visit

www.globalautomall.com.

GOODBYE & GOOD LUCK JESSICA!



Jessica Buban has been welcoming patrons to Watchung Library for nearly six years. She has been promoted to the position of Head of Circulation Services at Somerville Library, another branch within the Somerset County Library System. Her knowledge of library materials, (especially films), technology, and anything related to making sure that patrons find what they are looking for has been a great asset to Watchung Library. For patrons and staff who know her, Jessica's expertise, wonderful smile, sense of humor and unrelenting good nature will be missed. Good luck and congratulations to Jessica!



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 Evenys/Programs for Watchung).
Program information is subject to change, look online for updates and additions.

MARCH 2014

Listed by age group.

Musical Fun with Miss Jamie

10:30 AM and REPEAT of program at 11:30 AM.
You must choose ONE session.
Wednesday, March 26, either 10:30AM or 11:30 AM
Ages: Babies through 6 years of age

Much More Fun for Munchkins Storytime

Wednesday, March 5 at 10:30 AM Ages: 2 1/2 to 3 with Caregiver. Enjoy books, songs, fingerplays, flannelboard stories, puppets and crafts.

Storytime with the Cat in the Hat!

Tuesday, March 4 from 10:00 AM to 11:00 AM
Ages: Preschool and up (with Caregiver)
Watchung Library is celebrating Dr. Seuss' birthday!

Miss June's Room

Thursday, March 6 at 4:00 PM Ages: 4 to 6. Make a project and hearing a story.

Leisa's Lollipop Hour

Wednesday, March 19 at 4:15 PM Ages: 5 to 8. A craft, snack and stories for you to enjoy!

Baking and Books with Doug

Tuesday, March 11 and April 8 at 4:15 PM Ages: 6 and up. Bake something delicious to eat.

Critter Care

Wednesday, March 12 at 3:45 PM

Ages: 7 to 9. Environmental Center's critter collection.

Shamrock Prints

Monday, March 17 at 7:00 PM Ages: 7 to 10. Paint, peppers and paper.

LEGO® Club

Monday, March 24 from 7:00 PM to 7:45 PM Ages: For Grades 1 to 5. We need kids to build stuff!

Sharpie on the Walls

Wednesday, March 19 from 7:00 PM to 8:30 PM Ages: For Students in Grades 5 to 12 Make modern art.

Teen Action Group (TAG)

Ages: For Grades 6 to 12

Wednesday, March 5 from 7:30 PM to 8:30 PM

Your Library Wants You! Bring your ideas.

Watchung Writers Group

Thursdays from 10:30 AM to 12:30 PM Ages: Adult. Interested in writing and improve skills.

Energy Meditation Class

Friday, March 7, 14, 21, 28 at 10:30 AM Ages: Adult. Seated meditation with instructor.

Mah Jongg Club of Watchung

Mondays and Tuesdays from 1:00 PM to 4:00 PM
Ages: All Ages. The Mah Jongg Club of Watchung
meets every Monday and Tuesday 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 evites for both
clubs. No fee - All welcome.

Passage through Pilates

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 - young, aging, athletes, and non-athletes. Join us! Please bring your own mat.

Please check online for upcoming dates.

BOOK DISCUSSION WITH THE WATCHUNG GROUP

Ages: Adult. Second Thursday of the Month at 7:00 PM We throw in books you would otherwise never read, but are worth reading! Drop-ins are always welcome.

Thursday, March 13 at 7:00 PM:

The Three Musketeers by Alexandre Dumas

In seventeenth-century France, young d'Artagnan initially quarrels with, then befriends, three musketeers and joins them in trying to outwit the enemies of the king and queen. (Novelist)

CURRENT BOOKS - Book Club

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

Mark your calendars.

Monday, March 10 at 11:00 AM:

Bring up the Bodies by Hilary Mantel

Depicts the downfall of Anne Boleyn at the hands of Henry VIII and Thomas Cromwell as Anne and her powerful family fight back while she is on trial for adultery and treason. (Novelist)

SOCIAL ACTION NONFICTION BOOK CLUB

Third Thursday of the Month at 7:30 PM for books, 7:00 PM for films Ages: Adult

FILM: Michael Moore's Fahrenheit 9/11

Thursday, March 20 at 7:00 PM:

Through actual footage, interviews, and declassified documents, Michael Moore illustrates the connections President Bush has to the royal house of Saud of Saudia Arabia and the bin Laden's, how the president got elected on fraudulent circumstances and then proceeded to blunder through his duties while ignoring warnings of the looming betrayal by his foreign partners. When the treachery hits with the 9/11 attacks, Moore explains how Bush failed to take action to defend the nation.

TASTY BITES AND BOOKS BOOK CLUB NW by Zadie Smith

Monday, March 17 at 12:00 PM

Ages: Adult. Bring a bag lunch and share your thoughts! Four Londoners try to make adult lives outside Caldwell, the council estate of their childhood.

BECOME A FRIEND TODAY!

Join the Friends of the Watchung Library Friends of the Watchung Library and your dues will help support wonderful children's programming, teen groups, adult workshops and special performances. Please send your taxdeductible donation payable to:

The Friends of the Watchung Library, 12 Stirling Road, Watchung, NJ 07069 Thank you for your support! www.friendsofwatchunglibrary.org We now accept PayPal!

FRIENDS OF THE WATCHUNG LIBRARY



Hosting
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AND
TUE. FEB. 25
10 AM – 9 PM

St. Patrick's Weeklong Celebration!



Special Menu Available:

Friday, March 7th - Monday, March 17th



Corned Beef, Cabbage, Potatoes, Guinness Beef Pot Pie, Homemade Irish Soda Bread, and Baileys Irish Cream Cheesecake

SELECTION OF IRISH BEERS

Band Schedule:

RESERVATIONS SUGGESTED; LAST YEAR WAS SOLD OUT!

Call for availability!



"Dicey Riley" at Bridgewater
"Bloody Callan" at Gillette
Three Seatings Available:
3:30, 5:30 & 7:30 pm

Sunday, March 16th

"The Rovers" at Bridgewater

Three Seatings Available: 3:30, 5:30 & 7:30 pm

Thursday, March 13th

"Bloody Callan" at Bridgewater
"The Snakes" at Gillette
Two Seatings Available:
5:45 & 7:15 pm

Monday, March 17th

"Mace Gill" at Bridgewater "Courtney Colletti" at Gillette

Performing Times: 12-3 pm & 5-9 pm Not accepting reservations for this day!

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