

Watchung Post

Watchung's Hometown Newspaper

NJ

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

ISSUE 18 • MARCH 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.

JUNIOR WARRIORS BRING HOME TROPHY

The Watchung Hills Junior Warriors mites team season came to an end on Saturday, March 8, 2014 with 5-2 loss in the MCYHL Championship final to Beacon Hill from Summit. T After two straight Playoff wins against Randolph and Morristown, the Warriors ended the successful season with an 11-5-2 record, and bringing home the team trophy for the Championship game runner up. The Watchung Hills Hockey Club is holding registration for the 2014-15 season on March 21st at the Long Hill Elks from 5:00 - 7:00.



(above) Watchung Hills Junior Warrior Mites

NINE NAMED TO WATCHUNG HILLS HIGH SCHOOL HALL OF FAME

By Eleanor Mathews

Nine persons have been named to Watchung Hills Regional High School's Hall of Fame. They will be inducted on the evening of Friday, May 9, at 7:00 p.m. in the school's auditorium. Now in its seventh year, the Watchung Hills Regional High School Hall of Fame seeks to honor alumni who have achieved distinction in their fields and others who have served the school with dedication as teachers, coaches, and Board of Education members. The honorees are selected from nominations made by members of the community; they represent a variety of professions. Named to the Watchung Hills Regional High School Hall of Fame, Class of 2014, are the following:

William Apgar, distinguished public servant, served as mayor of Warren Township, recipient of New Jersey and U.S. Army awards and commendations, including the U.S. Army Legion of Merit.

Carol Comune, classical pianist and composer, recording artist, teacher at distinguished schools of music. Mario Diez, thirty-three year supervisor of Hills PE/Health department, six years as Athletic Director; 476 wins as coach, named to NJ Scholastic Coaches Hall of Fame. Gary Di Nardo, five-

time mayor of Warren Township, environmentalist, public servant. Edna D'Elia, established Child Development curriculum and set up the Watchung Hills nursery school program for the benefit of both high school students interested in pre-school teaching and district children. Roy Kortman, twentieth year as head softball coach, with career record of 535-443-2, at a Division I school (Long Island University), honored as Northeast Conference Coach of the year seven times. Christopher Lenzo, in 2013 named Lawyer of the Year in the field of Employment Law-Individuals for the Newark Metropolitan area, and included in Best Lawyers in America since 2006 in the practice area of labor and employment law; author, lecturer in his field. Brian Penn, outstanding runner who led Hills to its first State championship race in 1974, a record held for more than 30 years, a legendary figure in Hills track and cross-country. Nicholas Yonezuka, named to 1980 Men's Judo Olympic Team at age 16; US National Judo Champ five times; 1986 Medal winner in Dutch Open Tournament; 1986 Bronze Medalist in Dutch Open Tournament; US Olympic Trial Gold Medalist in 1980 and 1984.

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Watchung Post

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GARDEN CLUB OF WATCHUNG PRESENTS GARDEN EXPERT

Bruce Crawford, Director of Rutgers Gardens in New Brunswick, will be the guest speaker at the Garden Club of Watchung meeting on Wednesday, April 2 at 1 p.m. Guests are invited to attend the free program to be held in the Parish Center, St. Mary's Stony Hill Church, 225 Mountain Blvd., Watchung. "Planting for Sensory Stimulation" is Mr. Crawford's topic, most appropriate as we look forward to the spring gardening season.

Mr. Crawford has been The Rutgers Gardens' director for over eight years. He describes the Gardens as "park-like, but it's educational". In addition to the beautiful and diverse gardens, programs include children's educational activities, a farmers' market, and plant sales. A visitor center is in the planning stage. Mr. Crawford says the center "will be about educating the public and the students about plants and environment and ecology and so forth".

Bruce Crawford's wide horticultural experience and his charming manner provide presentations that are both highly informative and entertaining.



(above) Bruce Crawford, Director of Rutgers Gardens in New Brunswick

SENIORS CLUB UPCOMING EVENTS

If interested in joining our club and attending programs call Carolyn 908-279-7809 or Madelyn 908-561-1932.

APRIL 9TH - "A TOUCH OF SINATRA".
Life and music of Frank Sinatra.

MAY 14TH - TRIP

Paddle Wheel Cruise aboard the River Lady. Reservations are required by April 15th. Price of \$40.00 includes transportation, lunch on board ship and the Captain's full historical commentary. Bus departs at 8:45 AM from Best Lake parking lot.

WATCHUNG REC HS BASKETBALL CHAMPS

Raptors Win 51 to 43 in overtime against undefeated top seeded Trail Blazers in the 2014 Watchung Recreation High School Basketball League Champions. Kyle Mobus MVP scores 32 of 51 points.



(above, standing, l-r) Spencer Savulich (Captain), James Tagliaferro, Kyle Mobus (MVP), Ryan Mobus, and Joe Ettore (knelling, l-r) Brandon Miller, Jason Jeronimo, and Dylan Murphy.



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Organizations who are interested in submitting content can email Lynn Sjurset at lynn@rennamedia.com.



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Sciatica, Stenosis and Herniated Discs May Be to Blame for Pain and Numbness in Legs



What are patients saying?

"I have had neck pain and arm pain for seven years from several herniated discs in my spine. I have tried other chiropractic and physical therapy treatments with little success. I have completed the DRX treatment four weeks ago and I am symptom free. Thanks to Performance Rehab I have gotten my life back."

- Melissa Miller, Phillipsburg, NJ

Who is a candidate for treatment?

There are many types of symptoms that can be relieved including:

- Back/Neck pain
- Leg pain
- Chronic low back pain
- Sciatica
- Stenosis
- Neuropathy
- Herniated/Degenerated discs

"Hi, I am Dr. Spaggiola, clinic director of Performance Rehabilitation & Integrated Medicine, and if you suffer with back or neck pain, I invite you to try non-surgical Spinal Decompression. Did you know that 30 million Americans suffer from back pain every day? This pain affects everything that you do, from work to play and ultimately your quality of life. I am here to tell you that there is hope. You can get rid of your back pain and get your life back. At Performance Rehabilitation & Integrated Medicine, we have helped hundreds of back pain sufferers just like you. We only offer the most advanced non-surgical treatments. We are so confident that we can help eliminate your back pain, we are offering one free visit to see if treatment can help you. There is no obligation and the only thing you have to lose is your pain."

— Ron Spaggiola, DC

The Truth about Surgery

- Costs can exceed \$100,000
- Prescription pain medications will be introduced
- Surgery may not solve your pain problems
- Surgery can lead to even more surgery in the future
- Recovery time can be painful and prolonged
- Surgery cannot be undone if outcomes are not favorable
- Missed time away from work, family, friends
- Quality of life can be reduced

About Performance Rehabilitation & Integrated Medicine

The team of medical providers at Performance Rehabilitation & Integrated Medicine understand what individuals in pain are experiencing. Each has a deep commitment to your health and to you as a person. During your first visit you will receive personalized attention from a seasoned staff of medical doctors, physical therapists and acupuncturists. An analysis of your condition by the medical team in conjunction with a detailed treatment plan will be described in as much detail as possible. There is no pressure to accept treatment as the staff at Performance Rehabilitation & Integrated Medicine strives to create a relaxed environment by educating patients about their options. The ultimate decision maker is the patient.

What makes Performance Rehab's Approach so different?

The medical providers of Performance Rehabilitation & Integrated Medicine have made it their mission to treat patients without surgery or drugs. After years of study, training and trials, they have chosen only the most effective non-surgical options and have brought them together all under one roof.

• **Non-Surgical Spinal Decompression** — Non-surgical spinal decompression is an FDA cleared technology that can relieve disc herniations, sciatica, stenosis and general pain and numbness in the back, neck, legs and feet. Non-surgical spinal decompression does this by using advanced technology to control treatment duration, distraction/angle, intensity, and relaxation of the spine, thus creating a vacuum effect which pulls the disc back into its normal position and brings in a fresh blood supply to promote healing. The treatment is gentle and soothing, with no discomfort to the patient.

• **Specialists in Pain Management** — A medical specialty also known as Physical Medicine and Rehabilitation (PM&R). This methodology gives particular focus to non-surgical spinal treatment, sports injuries and Peripheral Neuropathy.

• **Cold Laser** — A comfortable, non-invasive procedure which is successful in treating chronic conditions without pain or discomfort to patients.

• **Physical Therapy** — A traditional treatment methodology aimed at the treatment and curing of certain ailments common to patients suffering with chronic or severe pain. Its primary aim is to bring back the patient to his/her normal self, free of any pain or suffering.

• **Acupuncture** — Through clinical trials, acupuncture has been proven effective in treating various medical conditions including back and neck pain and has been expanded into conventional medicine practices throughout the world.

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"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 questionnaires, 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 Spaggiola, DC (Clinic Director)

— Joseph Mejia, DO, F.A.A.P.M.&R. (Medical Director)

Why pain pills are NOT a long-term game plan

People often cover their pain by relying on prescription or even nonprescription pain pills. While this may work in the short term, the side effects can be alarming. How many people do you know are addicted to pain medications? How did the addiction start? The answer to this question is typically the same. Due to an injury, medications were prescribed which gave temporary relief and soon enough, the medication became necessary to function at all. Countless individuals have been innocently entangled with prescription pain pills while initially using them as prescribed.

Can time heal pain?

Yes, in some cases time can heal pain but that is not generally the case. At Performance Rehabilitation & Integrated Medicine we have treated too many people that have needlessly suffered for years with back and neck pain. They have also spent a fortune on everything from buying new mattresses to medications. It doesn't have to be that way. The doctors and staff at Performance Rehabilitation & Integrated Medicine have literally helped thousands of local residents relieve their pain without drugs or surgery.

Surgery should not be taken lightly

Some severe back injuries require surgery but most do not. At Performance Rehabilitation & Integrated Medicine, we believe that surgery should only be considered when all other options have been exhausted. If your back or neck pain is so severe that you are considering surgery we invite you to ask yourself this question: "If there is a long-term solution to back/neck pain that doesn't require surgery, is it worth an hour of my time to find out more?"

CALL TODAY TO SCHEDULE YOUR FREE STEP ONE CONSULTATION



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BROWNIES COLLECT \$900 FOR CENTER OF GREAT EXPECTATIONS

Submitted by Cara Salas

Watchung Bayberry School's 3rd grade Brownie Troop #65631 completed their first Community Service Project. The Brownies collected almost \$900 in donations for The Center for Great Expectations, a non profit

organization that provides residence for homeless pregnant/ parenting women and their children. The girls got to see the facility, tour the daycare and drop off their donations to this wonderful organization. The troop leaders are Cara Salas and Marilyn Cubano.



(above) Francesca at Bayberry School with donations to the Center for Great Expectations.



(above, back, l-r) Troop Leaders, Cara Salas and Marilyn Cubano and Abigail. (front, l-r) Kayla, Isha, Madeline, Ashna, Marisa, Kendra, Francesca

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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, Kia, 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.

WATCHUNG HILLS POP WARNER FOOTBALL & CHEER REGISTRATION OPEN

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LUNCH AND LEARN WARRENBROOK SENIOR CENTER

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The Warrenbrook Senior Center, located on the golf course at 500 Warrenville Road, will be hosting a series of free Lunch & Learn Programs, starting March 27.

For each program, lunch will be available at 11:45 a.m. and the demonstration will be held at 12:45 p.m. A suggested lunch donation of \$2 is recommended for individuals age 60 and above. The cost of lunch for those under age 60 is \$6.75.

Somerset County senior centers offer a wide range of experiences designed for lifelong enrichment in a social and uplifting atmosphere, intended to positively impact overall health. Many of these programs are funded, in part, through the Older Americans Act.

For more information or to register, contact Manager Gwen Chalker, Warrenbrook Senior Center, at (908) 753-9440.

Watchung Hills Pop Warner 2014 Football & Cheerleading Season is open for registration. To register and learn more about the program, please visit www.whpw.org

The program comprise children ages 5 to 15 years old who reside in Warren Township, Watchung, Long Hill Township, Bernards Township, Berkeley Heights and New Providence. Teams are organized by strict age and weight requirements ensuring a safe and level playing field for all.

Practice and scheduled games are held at: 101 Old Stirling Road, Warren NJ 07059. The state-of-the-art complex includes a FieldTurf playing surface, strength and conditioning facility and field house designed with film and locker rooms. Rutgers Certification is required for all football and cheerleading coaches and staff who throughout the year will host instructional development clinics for registered participants. Watchung Hills dedicated coaches and staff along with the hard work and talent of their youth has allowed both the cheer and football program to participate in the National Pop Warner Super Bowl competition held in Orlando, Florida.

The Association completed an incredible 2013 season! The Jr. Midget Cheer placed 1st in the Jersey Valley Conference, they are Garden State Champions and finished the season 3rd place in the Eastern Region Conference. The Midget Cheer team is 1st place in the Jersey

Valley Conference and they finished 3rd place in the Eastern Region Conference. The Wolverines Jr. Pee Football team became Jersey Valley Conference finalist and entered the Garden State playoff games. The Pee Wee football team finished the season successfully as Jersey Valley Champions and the Jr. Midget football team became Jersey Valley Conference and Garden State Champions. The team extended their season and advanced to the 3rd round of the Eastern Region Conference.

Impacting local youths for nearly 41 years Watchung Hills Pop Warner is a non-profit organization under the umbrella of the National Pop Warner Little Scholars, Inc. (PWLS) consists of approximately 425, 000 youth ranging from ages 5 to 16 years old. The non-profit organization was established in 1929 and it provides a platform for football, cheer and dance programs for 42 states and several countries around the world. The programs philosophy has been that athletics and scholastics go hand in hand. At every level, Pop Warner programs seeks to develop well-rounded young boys and girls who learn not only the fundamentals of football, cheerleading, and dance but also the importance of education in an atmosphere conducive to developing sound character while having a good time

For more information and to register to become a part of the Pop Warner family, please visit www.whpw.org.

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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.

Much More Fun for Munchkins Storytime

Wednesday, April 23 at 10:30 AM

Presented by: Mrs. Fine. Ages: 2 1/2 to 3 with Caregiver

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

From Our Farms: BEANS!

Wednesday, April 2 at 10:30 AM

Ages: 3 & up with Caregiver. Presener: Theresa Hanntz,

Rutgers Cooperative Extension of Somerset County

You'll explore beans, their seeds and how they grow. In addition to tasting different beans, you'll also have a chance to plant a bean seed of your own to take home to watch it sprout.

Miss June's Room

Thursday, April 10 at 4:00 PM

Ages: 4 to 6 Don't miss Miss June!

Relax and have fun making a project and hearing a story.

Leisa's Lollipop Hour

Wednesday, April 30 at 4:15 PM

Ages: 5 to 8. A craft, snack and stories for you to enjoy!

Baking and Books with Doug

Tuesday, April 8 at 4:15 PM

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

April 13-19 is National Library Week Community

building connections are happening all the time at your library. From new moms connecting at storytime to teens meeting up after school, to adults participating in clubs, the library helps foster all types of communities. Visit your library. Lives change @ your library.

Wonder Worms

Tuesday, April 22 at 3:45 PM

Presented by: The Environmental Education Center, Somerset County Park Commission. Ages: 7 to 9

They have no shovels or pick axes, but these amazing creatures move through the soil almost as easily as we walk on land. Without them, our soil we would be in big trouble. Join a Naturalist as we get up close and personal with worms. Also, find out about VERMICOMPOSTING - Vermi-WHAT!?!

Vermicomposting is all about WORMS turning your food scraps into COMPOST. Find out how they do that, and just how good the compost is for growing gardens.

3-D Paper Egg

Monday, April 14 at 7:00 PM

Ages: 7 to 10. Spring is in the air. Come and make a 3-D paper egg. Let's make it colorful and festive!

LEGO® Club

Monday, April 28 from 7:00 PM to 7:45 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!

Monopoly LIVE!

Wednesday, April 23 from 7:00 PM to 8:30 PM

Ages: For Students in Grades 5 to 12

Bring your friends to play live-action Monopoly! Move yourself around the room-sized game board to buy properties based on popular teen books and movies.

Teen Action Group (TAG)

Wednesday, April 9 from 7:30 PM to 8:30 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.

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. Any questions, contact Pat Rydberg at pattijeann@aol.com.

Energy Meditation Class

Friday, April 4, 11 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.

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

Monday, April 7 and Fridays, April 18 and 25

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. Join us! Please bring your own mat.

Book Discussion with the Watchung Group

Thursday, April 10 at 7:00 PM:

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.

We Need to Talk about Kevin by Lionel Shriver

The mother of a teenage boy who killed seven fellow students and two adults in a high-school shooting writes a series of letters to her estranged husband on their son's upbringing and questions what she fears may be her own part in the tragedy.

Flight Behavior by Barbara Kingsolver

Monday, April 14 at 11:00 AM:

Ages: Adult. Second Monday of the month at Tired of living on a failing farm and suffering oppressive poverty, bored housewife Dellarobia Turnbow, on the way to meet a potential lover, is detoured by a miraculous event on the Appalachian mountainside that ignites a media and religious firestorm that changes her life forever.

Social Action Nonfiction Book Club

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

Ages: Adult

Thursday, April 17 at 7:00 PM:

FILM: Darfur NOW

Follows the story of six people who are determined to end the sufferings in Sudan's war-ravaged Darfur. The six - an American activist, an international prosecutor, a Sudanese rebel, a sheikh, a leader of the World Food Program and an internationally known actor - demonstrate the power of how one individual can create extraordinary changes.

The Oath by Jeffrey Toobin

Monday, April 21 at 12:00 PM:

Bring a bag lunch and share your thoughts! A dramatic insider's account of what is identified as an ideological war between the John Roberts Supreme Court and the Obama administration, tracing several landmark cases and the strong views that will be shaping the Court.

CAPTIVATING CRITTERS COME TO LIBRARY

Children and parents at Watchung Library had a chance to see some unusual creatures who were visiting from the Environmental Education Center (EEC). Rich Hoffman, a naturalist from the EEC, presented a variety of multi-legged critters to a curious – and sometimes cautious – audience. He described how he cares for them, and what their life is like. Among the captivating critters were a tarantula, frog, scorpion, mantis and beetles. In the end, there were lots of giggles, oohs and aahs.

Next up: Worms! The Environmental Education Center will be returning on April 22 at 3:45 PM to present the program WONDER WORMS for children ages 7 to 9 and their caregivers. The program is free. Register today by phone or online at www.sclnj.org.



(above, l-r) Amai (4) and Julia (6) Diez cautiously handle a beetle.

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Serving Somerset County & Surrounding Areas For Over 20 Years.

PRISM PAINTING
 Residential  Commercial

INTERIOR • 800-774-7648 • EXTERIOR
 WALLPAPER REMOVAL • SHEETROCK REPAIR
 POWERWASHING • DECK RESTORATION
 LIGHT CARPENTRY • OWNER SUPERVISED

 • Free Estimates • Fully Insured
 • References Available
 • No Job Too Small
 • We return all calls the same day


 Benjamin Moore

\$600 OFF Any Complete Exterior Job
 May not be combined with any other offer. Expires 5/15/14.

\$200 OFF Any Job Over \$1,000
 May not be combined with any other offer. Expires 5/15/14.

Fresh Fruit &

Vegetable Market

Freshly
baked
Portuguese
and
Italian bread
delivered daily!



Store Hours:

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

**"We're Not
Just
Produce"**



**LARGE SELECTION
OF DOMESTIC AND
IMPORTED SPICES
FOR ALL OF YOUR
COOKING NEEDS...**

somersetfarms@verizon.net
somersetfarmsnj.com

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

COUPON



FRESH SHRIMP
\$9.99 lb

WAT

By the pound only. Limit 1 lb per customer per coupon per day.
Not to be combined with other offer. Offers good thru 4/21/14.

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

**Top or Little
Neck Clams**
\$3.99 /dozen

COUPON



SALMON FILLET
\$5.99 lb

WAT

By the pound only. Limit 1 lb per customer per coupon per day.
Not to be combined with other offer. Offers good thru 4/21/14.

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
IMPORTED HAM**
\$4.99 lb

WAT

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 4/21/14.

COUPON



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

WAT

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 4/21/14.

COUPON

**\$2.00 OFF
your purchase of
\$20.00 OR MORE**



WAT

Excludes garden center and fish purchases. Limit 1 offer per customer
per day. Not to be combined with other offer. Offer expires 4/21/14.

COUPON



**1/2 GALLON
TREE RIPE
ORANGE JUICE**
2 FOR \$5.00

WAT

Coupon may not be combined with other offers.
Limit 1 offer and coupon per day. Offer expires 4/21/14.



**Large selection
of Easter Plants,
Palm Crosses,
Cemetary Pieces
& much much more.**