

Watchung Post

Watchung's Hometown Newspaper

NJ

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WATCHUNG - WARREN ROTARY CLUB

Meets every Tuesday
at 12:15pm
at the Twin Brooks
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FOUR HILLS JUNIORS PROPOSED FOR GOVERNOR'S SCHOOLS

By Eleanor Mathews

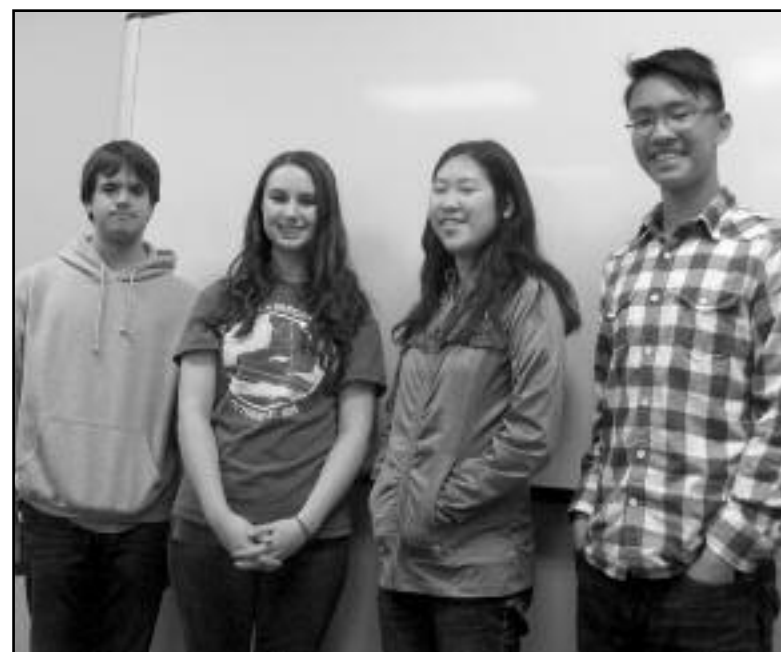
The names of four Watchung Hills Regional High School juniors have been proposed for appointment to the 2014 Governor's School program, an elite summer residential experience that allows participants to enjoy college-level learning experience over a one-month period in the summer.

Katherine Mathison of Warren Township has been accepted into the Governor's School of Engineering & Technology, and Joseph Da, also of Warren, will attend the Governor's School in the Sciences. Also nominated by the Watchung Hills administration, but not as yet accepted, were Jason Regimbal (School of Engineering) and Sharon Liu (School of the Sciences), both of Warren.

The Governor's School of Engineering, which convenes from June 29 to July 25 at the Piscataway campus of Rutgers University, introduces participants to precepts of technology not usually found in high school curricula—more likely on the freshman/sophomore level of college. The Governor's School of the Sciences meets from July 13 to August 2 at Drew University, and, like the School of Engineering, covers scientific themes not usually addressed at the secondary school level, introduces students to speakers eminent in their fields, and undertakes meaningful field trips.

The Governor's School concept was developed by Gov. Tom Kean in 1983 to encourage and foster excellence in education for talented high school achievers. At its peak, the Governor's School concept embraced as well such entities as the School of Public Issues and the Future of New Jersey, the School on the Environment, the School of International Studies, the School of the Arts. (Budget constraints caused their eventual elimination.)

At each of the venues, students are introduced to new



(above, l-r) Four Watchung Hills Regional H.S. juniors nominated for the 2014 Governor's Schools: Jason Regimbal, Katherine Mathison, Sharon Liu and Joseph Da. Of this number, Mathison has been selected for the School of Engineering, and Da for the School of the Sciences. The selectees will spend three summer weeks doing advanced study on a college campus. Photo by Eleanor Mathews

concepts, participate in hands-on research, work with peers with the same interests and become acquainted with experts in their various fields.

The Governor's School concept has proved to be a good investment for the students who are chosen to participate and for New Jersey's growth as well.

CONSERVING WATCHUNG'S WATER

Cameron Black, 2013-14 NJDEP Watershed Ambassador, will discuss the effects of pollution on our water supply and how we can improve it at a free public program on May 14, 7 to 8 pm, at the Watchung Public Library, 12 Stirling Road, Watchung. Co-sponsored by the Library and the Garden Club of Watchung, the program will also address the significance of macro invertebrates on our local waters as well as information on construction, installation and use of

Rain Barrels as a method of water conservation. Cameron said, "As a native of the Borough I'm eager to get reacquainted with Watchung and spend time with people interested in exploring and learning about the watershed and how we can better protect and conserve our drinking water." Light refreshments and resources will be provided.

Please RSVP to wsamb@raritanbasin.org or s.orlando@sclibnj.org or just drop on by.

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Watchung Post

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Renna Media, LLC
202 Walnut Ave. Cranford, NJ 07016
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Fax: 908-709-9209
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MEDEXPRESS URGENT CARE OPENS IN WATCHUNG AND GREEN BROOK

Sixth and Seventh Neighborhood Medical Center in North Jersey

On April 9, 2014 MedExpress Urgent Care opened its Green Brook neighborhood medical center to provide high-quality, affordable health care. The event follows the Grand Opening of MedExpress in Watchung on February 7th.

MedExpress offers treatment for illness and injury, providing a one-stop option for unscheduled, time-sensitive care. A doctor-led, full medical team is on site 12 hours a day, seven days a week, with no appointment needed.

"We are excited to open our warm, welcoming center to the Green Brook community," said Paul LeGue, Area Manager. "We have a sound understanding of what patients need – to be treated with respect, to be listened to, to be understood– and to receive high-quality, professional medical treatment in a timely fashion."

With an X-ray suite and lab, the center can quickly diagnose and treat most healthcare needs. Services include:

- Treatment for cold/strep/flu, sprains, broken bones, burns, dehydration and cuts needing stitches
- Wellness care such as immunizations, flu shots and physicals
- Occupational health services including injury care and employer services such as screenings and physicals

Neighborhood medical centers like MedExpress play an important role in Green Brook's health care by collaborating with family practices, primary care physicians, specialists and area hospitals.

"We're here to help patients in case they can't see their primary providers or don't need true emergency treatment," said LeGue. "We make sure to coordinate care with other area health providers to ensure our patients receive the best possible follow-up care and outcomes."

MedExpress – Watchung

1569 US Highway 22, Watchung, NJ
Corner of US 22 and Raymond Ave.

MedExpress – Green Brook

119 US Highway 22, Green Brook, NJ 08812
Open 9 a.m. - 9 p.m.

Seven days a week, no appointment needed

The new Center is the seventh in North Jersey and 13th in the state. For a full list of locations and health care services, visit medexpress.com.



(left, l-r)
MedExpress's
Greenbrook Front
Office Assistant
(FOA) Debra
Funderburk
hold's her
6 month old
granddaughter
Kairo with
daughter Soroya
Williams who is
FOA in the
Watchung center.



(above) The staff of the Green Brook
MedExpress welcomed members of the
community to an open house and ribbon-
cutting event on April 8 at their new Green
Brook location on US Highway 22.



(above) Green Brook MedExpress staff members, Christopher Siedelhofer, Center Manager, Patrick Boccio, Mayor of Green Brook, Shawn Ennis, Area Manager and Paul LeGue, Area Manager held a ribbon-cutting ceremony at the new Green Brook MedExpress. This opening follows the opening of the Watchung MedExpress this past February.

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- Increase root development and drought resistance

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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

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?"

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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— Ron Spaggiola, DC (Clinic Director)

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

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WILSON MEMORIAL 2ND ANNUAL "BLESSING OF THE ANIMALS"



All God's Critters Got a Place in the Choir. Mary E. Wilson Memorial Church in Watchung will hold its Second Annual "Blessing of the Animals" service on Saturday, May 3, from 5:00 to 6:00 PM. The service will be held outdoors in front of the church's main entrance on Hillcrest Road, weather permitting. In the event of inclement weather, it will be moved indoors.

Local residents are invited to bring their pets to church for this special blessing. Those without pets may wish to bring their favorite stuffed animals. Last year, Wilson welcomed about 40 human worshipers along with more than a dozen dogs, an iguana and several stuffed animals to a service that included music and stories of why our pets special to us. The service is part of Wilson's First Saturday of the Month Family Worship Service series, designed to offer a child friendly, yet inter-generational family focused church experience for those who may find it difficult to be with us on Sunday mornings.

Guidelines for the Blessing of the Animals:

- If you don't have a pet, stuffed animals are welcome!
- If your pet is very large or exotic, pictures are welcome as well.
- Keep in mind that animals are not humans and that their interaction is based on instinct rather than manners. While your pets may get along at home, it may not be the case with others that aren't familiar.
- Please bring cats in a crate or carrying device, as you might when taking them to the Vet. This also is suggested for any pet that might either be frightened or overwhelmed by the experience.
- Please keep dogs and others on a leash, or suitable restraint.
- Please pick up after your pet if "nature calls". There will be a trash can available.
- If your pet is overwhelmed, please take care to remove it from the situation before any escalation takes place.

Wilson Memorial Church is located at 7 Valley Road in Watchung, at the intersection with Hillcrest Road, just off the Watchung circle. For further information, contact the church office at (908) 755-5020.

A spaghetti dinner will be held at the Mary E Wilson Memorial Union Church in Watchung, NJ on April 27 from 5:30 pm to 7:30 pm, to raise funds for the church's annual Youth Mission Trip. The youth and their adult leaders will work along with Habitat for Humanity volunteers to assist in rebuilding efforts at the Jersey Shore.

For each of the past fifteen years, the church has helped to build homes all along the east coast for those in need, traveling as far as Bay St. Louis, Mississippi in the three summers following Hurricane Katrina. Last year, a group of about 20 young adults and their leaders turned their focus closer to home, spending a week working on the reconstruction of two homes in Sea Bright and Keansburg.

For this summer's trip, from June 30 through July 4, many of those same volunteers, along with some new additions, will return to the area to continue assisting with that endeavor.

Tickets for the dinner will be available at the



(above) Members of Wilson Memorial Church assisting in rebuilding following damage from Hurricane Sandy in Monmouth County, NJ. (back row, l-r) Mark DeTullio, Dan Connolly, Scott Higgins, Jim Doran (Habitat for Humanity) and Catherine O'Connor (homeowner) (front row, l-r) Tom Williford, Emily Arditti, Catherine Higgins, Karen Cito.

QUEEN OF THE SUN

The Watchung Environmental Commission is sponsoring an educational film entitled "Queen of the Sun," which is scheduled for Wednesday, April 30, from 7:30-10:00 at the Watchung Hills Regional High School south auditorium. The public is invited to view the film for FREE and share in the event which will include pre and post discussions by an expert on bee keeping.

ABOUT THE FILM: "QUEEN OF THE SUN"

What are the bees telling us? This film is a profound and alternative look at the global bee crisis from Taggart Siegel, director of THE REAL DIRT ON FARMER JOHN. Taking us on a journey through the catastrophic disappearance of bees and the mysterious world of the beehive, this engaging and ultimately uplifting film weaves an unusual and dramatic story of the heartfelt struggles of beekeepers, scientists, and philosophers from around the world including Michael Pollan, Gunther Hauk, and Vandana Shiva. Together, they reveal both the problems and the solutions in renewing a culture in balance with nature.

door. Walk-ins are welcome. Take-out will also be available. Prices are \$10 for adults and \$8 for kids under 10 yrs. All proceeds will go toward this important outreach activity.

The church is conveniently located at the corner of Valley Road and Hillcrest Avenue in Watchung NJ - just off the Watchung Circle.

Spaghetti Dinner

Benefit Hurricane Sandy Relief

Wilson Memorial Church

Watchung, NJ

April 27, 2014
5:30 – 7:30 p.m.

Adults - \$10
Kids (under 10) - \$8

Walk-ins welcome
Take-out available

Watchung Reservation Rubbish Roundup

Clean up organized by

Come clean up Union County parkland at the Watchung Reservation!!!

When: Sunday May 4th
9am - 12 pm
(rain date May 11th)

Where: Roadside parking on New Providence Road across from the Weldon Quarry in Watchung, NJ

Clean up supplies will be provided

Note:

- Wear boots/rain gear, sunscreen, and bug spray
- There is no bathroom on site
- Bring water/snacks

Contact: Cameron Black, AmeriCorps Watershed Ambassador with any questions at wsamb@rariantbasin.org
Please RSVP by April 24th

Advertorial

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SPRING FEVER SAVINGS FRENZY HITS LOCAL DEALER

Hundreds of Cars Marked Down to Clear Inventory

North Plainfield, NJ- Global Auto Mall, a well-known local automotive sales dealer, was hit by the first case of Spring fever this season. All the sun, and greenery has got them itching to clear their inventory and make way for new cars. With the huge surplus of brand new cars, trucks, minivans, hatchbacks and SUVs they've decided to have a Spring Fever Savings Frenzy with tons of discounts and a free 3 year maintenance plan with every purchase.

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 Spring Fever Savings Frenzy will feature major brands including: Chevrolet, Hyundai, Jeep, Kia, Mitsubishi and a large variety of pre-owned makes and models.

This big event will be held at Global Automall's nearby North Plainfield location:

Global Automall, 1099 Rt 22 West, North Plainfield, NJ 07060. or Call: 1-866-645-4337 for easy directions.

The Global Auto Mall friendly and experienced Sales team has been successfully helping their customers for over 35 years without games or hokey gimmicks. They pride themselves on having the benefits of a big selection like large dealership combined with the family friendly relaxed buying

environment of the local small dealership. 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."

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Credit problems are never a problem at Global Automall. All are welcome to call in for information or visit during this event. A Global financing expert is onsite and available to work out great loan and financing plans for every

customer. Their financing office is prepared to work with any customer's budget.

The Spring Fever Savings Frenzy is scheduled for a limited time only. Once it's over, it's over! Hurry in to Global Automall today and drive home with the vehicle you've always wanted at a price you'll love. For further information please call 1-866-645-4337, or visit www.globalautomall.com.

SIX VALLEY VIEW STUDENTS SELECTED TO REGIONAL BAND

Under the guidance of Mrs. Thompson, Band Director, six students from Valley View Middle School were selected to participate in the prestigious 2014 CJMEA Regional Band. This noteworthy accomplishment was a result of excellent coaching from Mrs. Thompson and consistent efforts from the students. The students went through a rigorous blind audition and were scored in the following categories: technique, tone, intonation, interpretation, and rhythm. The top scorers were selected for Wind Ensemble, Percussion Ensemble, then Symphonic Band. Olivia Xu on the B-flat clarinet, Kartik Hoover on the bass clarinet, and Matthew Schaefer on the trumpet were selected to play in the Wind Ensemble; Brennan Hector on Percussion to play in the Percussion Ensemble; and Will Narayanan on B-flat clarinet and Hannah Balla on French Horn to play in the Symphonic Band. This was a great opportunity for the Valley View students to get to know the students from other schools with an interest in music, enjoying and learning collective performance. On March 16, they played at West Windsor-Plainsboro High School. Their excellent performance won a lot of applause.



(above, front, l-r) Brennan Hector and Matthew Schaefer. (back, l-r) Hannah Balla, Olivia Xu, Will Narayanan and Kartik Hoover.

EIGHT GIRL SCOUTS EARN BRONZE AWARD

Members of Girl Scout Troop 65474 were awarded their Bronze Awards on Friday, March 21 at Valley View School. These girls have demonstrated leadership in their Watchung community by undertaking 2 service projects last spring under the guidance of Girl Scout Leader Linda Allen.

One group of girls focused on beautifying the

area around Watchung Lake specifically by developing creative ways to reduce geese waste. The other group focused on increasing awareness for storm preparedness. The group created their own Storm Preparedness website and distributed Storm Fun Kits for kids. The troop also welcomed new member Nicolette Brigante at the ceremony.



(above, l-r) Sarah Arber, Lauren Ng, Kaelin Churchill, Angela Schaefer, Elspeth Allen, Selena Adrianzen, Nicolette Brigante, Cristina Sarrico, Rachel Krouk.

“MAKING THE WORLD A BETTER PLACE”

Submitted by Bonnie Brunskill

Watchung Girl Scouts from Troops 65065 and 65293 along with the brother of one scout, participated in the town's Operation Pride event

on March 29th. This group chose to cleanup around Bayberry School. Their efforts included retrieving over 50 assorted toys that ended up over the fence near the playground.



(above, l-r) Nicole, Helena, Sydney, Amanda, Julia, and Ethan. Photo Credit: Bonnie Brunskill



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PACK 32 GETS READY TO GO CAMPING!

Watchung Post • Page 7 • April 2014

Submitted by Kurt Webber

Camping season will begin in earnest this month with the very welcome arrival of warm weather. Cub Scout Pack 32 plans to attend multiple camping events this spring, summer, and fall. These events are a highlight for the boys as they get to participate in a scouting experience that millions of other scouts have shared over generations. Getting them outside to enjoy the natural beauty and wonder all around, while burning off all that endless energy, is truly an amazing sight.

Our two camping trips last season were attended by more than a dozen different scouting families. During the day, the boys climbed trees, hills, and rocks, caught fish, and played games. Some took classes to help advance them through their ranks or learned a new skill from a fellow scout or a leader. Scouts learned to safely shoot BB guns and to properly use a bow and arrow for the first time. Their dads and moms learned to put a tent together and how to clean out a lean-to, sometimes more than once! At night, everyone gathered around campfires, shared stories, ate treats, and enjoyed their surroundings.

The pack will soon take part in the Spring Cub Camporee at Camp Winnebago in Rockaway, NJ. Scouts will be able to enjoy activities on the water, including fishing and boating. They will also get a chance to work on their sharp-shooting skills at the Archery and BB gun ranges. Other highlights include field sports, hiking, rock climbing wall, whittling kit, crafts, and more. This Camporee will salute our U.S.

Armed forces by recognizing their service at home and abroad. An official flag retirement ceremony will also take place. The pack's goal this year is to learn to cook enjoyable campsite meals for our large group.

After being cooped up inside during this especially harsh winter, there is no better place than the great outdoors to let boys be boys. If those boys are also Cub Scouts, they'll even learn a few things at the same time. And so will their parents, hopefully.



(above) Tom Sicola, left, teaches knot-tying skills during some down-time at the Fall Cub Camporee at Mount Allamuchy Scout Reservation in Stanhope, New Jersey. Also pictured clockwise from the top are: Nolan Weber, Dominic Sicola, Sophia Zwirko, and Oliver Reick. Photo by Kurt Webber



(above) Cristopher Zwirko, left, and Dominic Sicola, right, show off their amazing aim on the archery range. Each boy hit the bull's eye in their first round of shooting during the Fall Cub Camporee at Mount Allamuchy Scout Reservation in October.

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COOL BEANS!

Preschoolers and their caregivers came to Watchung Library for a FROM OUR FARMS: BEANS! program presented by Theresa Hanntz of the Somerset County 4-H. As Pharrell Williams says in his song, HAPPY, "It might seem crazy what I'm about to say" - Everyone left loving lima beans. That's right!

In her program, Theresa first shared the picture book, ONE BEAN, by Anne Rockwell, which describes what happens to a lima bean when it is soaked, planted, watered. The children saw a real lima bean plant, then planted soaked lima bean seeds into a clear plastic cups lined with wet paper towels.

After all the beans were planted, everyone gathered around the food processor to make lima bean hummus using frozen lima beans, garlic, salt pepper, lemon, cheese and oil. The hummus was spread on toasted pita chips. Lima beans never tasted so good - there were requests for seconds and even third helpings.



(right) Pass the Beans, Please! Children had the chance to see, feel and hear the difference between hard, dry beans, and the wrinkly, soft beans that were soaked overnight in order to be ready for planting.

BRAIN FITNESS 101: THE SECRET TO MENTAL YOUTH

Thursday, May 1 at 7:00 PM

Ages: Adult. Presented by: Marcia Douglas, Learning Rx Warren. May is Older Americans Month! Join Marcia Douglas, Owner/Executive Director of Learning Rx Warren, as she explains the importance of strong cognitive skills and the key role that brain fitness plays in our overall well-being. Are you worried about a loss of mental sharpness or failing memory? Experiencing too many 'senior moments'? The answer is brain exercise! Come and learn what you can do to keep your brain skills sharp and join in some fun mental exercises.

ENERGY MEDITATION CLASS

Friday, May 2, 9, 16, 23, 30 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.

WATCHUNG LIBRARY

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

Registration for programs open April 23 at 10:00 AM.
The programs are listed in age order.
Much More Fun for Munchkins Storytime
Wednesday, May 28 at 10:30 AM
Presented by: Mrs. Fine. Age: 2 1/2 to 3 with Caregiver
Enjoy books, songs, fingerplays, flannelboard stories, puppets and crafts - of course!
Miss June's Room
Thursday, May 1 at 4:00 PM
Ages: 4 to 6 - Don't miss MISS JUNE! Have fun making a project, hearing a story and enjoying a snack.
Leisa's Lollipop Hour
Wednesday, May 21 from 4:15 PM to 5:15 PM
Ages: 5 to 8. A craft, snack and stories for children, especially those who like to follow directions.
Baking and Books with Doug
Tuesday, May 6 at 4:15 PM
Ages: 6 and up. Bake something delicious to eat!
LEGO® Club
Monday, May 19 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!

Trivia Challenge
Wednesday, May 21 from 7:00 PM to 8:30 PM
Ages: For Grades 5 to 12. Test your trivia knowledge and game playing skills! We're playing three rounds of as many trivia games as possible! Which ones can you win? Small prizes for each game winner and an overall winner prize at the end of the night. You may bring a game to be included in the challenge.
Teen Action Group (TAG)
Wednesday, May 7 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 welcome.

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 pattijeanr@aol.com.

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.

Book Club

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

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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 tax-deductible donation payable to:

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STUDENTS DISPLAY AT LOCAL GALLERY

By Eleanor Mathews

The work of local artists - students and faculty of Watchung Hills Regional High School - is now on display at the Watchung Arts Center until Saturday, April 26. The local gallery is open Tuesday, Wednesday, Thursday and Friday from noon till 5:00 p.m. and on Saturday, from 10 a.m. to 3:00 p.m. (See watchungarts.org for further information.) No admission charge.

The work of Watchung Hills' Advanced Art students in grades 11 and 12 show includes photography, painting, drawing, jewelry, sculpture, ceramics and digital photography, and is an indication of the wide range of content the Visual Arts Department students have produced this year. Many of the student contributors are interested in an art-focused career, architecture, the sciences and business. Many have entered exhibits and competitions at other venues during the current school year.

The work of over fifty students is represented, as well as that of faculty members Vincent Colabella, Joan Thomson, Brian Dursee, Kate Griffin, Michelle Truskowski, Susan Boedeker and Steven Speeney.

Also represented in the show is the work of students who were awarded prizes in the duCret School of Art Annual High School Show: Brianna Wu and Lauren Spilker (digital illustration); Leah Rich (color pencil); Jessica Liao and Margot Novek (watercolor) and Christina Rolchigo (color photography).

Featured in the Center's Lower Gallery during the same time frame is the Photography of Justin Scalera, a junior at Watchung Hills Regional High School, whose first venture into photographic competition just a year ago netted him second prize in the challenging D & R Greenway Land Trust Juried High School Exhibit, "Landscapes." Since then, Scalera has become a "specialist" in recording scenes of the effects of Hurricane Sandy on the New Jersey shore and has produced a book of images of the storm's aftermath. From its proceeds, he has donated \$9,000 to various agencies engaged in relief activities.

WATCHUNG HILL'S VISUAL ARTS EXHIBITION

Watchung Arts Center, 18 Stirling Road, Watchung, NJ 07069

Watchung Hills Regional High School students and faculty will present an exhibit of recent work from the Advanced Art students in grades 11 and 12 April 6 – Saturday, April 26 in the Upper Gallery of the Watchung Arts Center. Photography, painting, drawing, jewelry, sculpture, ceramics and digital illustration will be highlighted. This exhibit will showcase the wide range of content the Visual Arts Department students have produced this year. Many students are pursuing Art careers while others are focusing on a variety of careers including architecture, the sciences and business.

The following students were awarded prizes at the duCret school of Art Annual High School show in February 2014:

- Brianna Wu and Lauren Spilker for digital illustration
- Leah Rich for color pencil
- Jessica Liao and Margot Novek for watercolors.
- Christina Rolchigo for color photography

Over fifty students will participate in this exhibit as well as art faculty members Vincent

Colabella, Joan Thomson, Brian Dursee, Kate Griffin, Michelle Trukowski, Susan Boedeker and Steven Speeney.

Justin Scalera , a Junior at Watchung Hills Regional High School and an aspiring photographer will also display some of his work in the Lower Gallery of the WAC. Justin was featured in an earlier issue of the Watchung Post in an article about his book, "The Perfect Storm," a photo essay of the damage caused by Hurricane Sandy on the Jersey Shore. Justin dedicates a portion of the profits to help those affected by the historic storm.



(left) Justin Scalera, a Junior at WHRHS and aspiring photographer.

(below) Justin Scalera's book, a visual representation of the Jersey Shore in the shadow of Hurricane Sandy.



(above) Painting by Brianna Wu.



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PROMOTE YOUR COMMUNITY EVENT

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



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