

# Watchung Post

Watchung's Hometown Newspaper

NJ

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## WATCHUNG HILLS RHS HALL OF FAME INDUCTS NINE

By Eleanor Mathews



Bill Apqar, Brian Penn, Nick Yonezuka, Mary Commune, Mario Diez, Roy Kortman, Gary DiNardo, Edna D'Elia, Chris Lenzo.

Nine names were added to the Watchung Hills Regional High School Hall of Fame at its annual induction ceremony, held on May 9 in the school's performing arts center.

The honorees, selected from nominations by the community at large, represent a variety of professions. Some are graduates of Watchung Hills Regional High School who have attained distinction in their fields, others have served with dedication as teachers, coaches, Board of Education members.

The Hall of Fame was established in 2008 as part of the school's fiftieth anniversary commemoration, and since its inception (including this year's nominees), 64 persons from fields as varied as public service, education, athletics, the arts, science have been honored.

Plaques highlighting the 2014 honorees' contributions, with abbreviated biographies and photos, will be added to those already on display in the atrium. This year's plaques were donated by: Mrs. Tina Cecala, Mario Diez, Jr., Dr. Tom DiGanci, Mr. & Mrs. Terry Mac Connell, the Warren Township Committee, the Watchung Hills Diamond Club, and the Watchung Hills Physical Education & Health Department.

### THE 2014 HALL OF FAME HONOREES ARE AS FOLLOWS:

William Apgar (Class of 1962), public servant, Warren Township mayor, Board of Education president, US Army Legion of Merit, could not be present but was introduced by his nominators, Bonnie Plotkin and Gail Tafaro.

Mary Commune (Class of 1971), pianist, composer, was introduced by John Commune, who attributed his cousin's success to her passion for excellence, her belief in herself.

Edna D'Elia (1967-1985) caused some 4800 students to become better parents or successful early childhood teachers by initiating the nursery school education program some 40 years ago, said Hills present pre-school teacher, Julie Jaran.

Mario Diez (1979-2013) Following in his father's footsteps as a phys ed teacher and coach, Mario Diez Jr. spoke of some of the attributes contributing to his father's success, such as patience, optimism, good humor.

Gary DiNardo (Class of 1971) was introduced by Warren Township committeeman Victor Sordillo, who cited the many instances when DiNardo had gone beyond the call of duty as a public official. "You fall a lot," said the mayor. "You have to get up and move on—the Sandy experience made me the person I am today," said DiNardo modestly.

Roy Kortman (Class of 1976), now a winning college softball coach at Long Island University was represented by his daughter, Ms. Fallon Kortman.

Christopher Lenzo (Class of 1987), an eminent labor and employment attorney, was introduced by Dr. Tom DiGanci, recently retired Hills principal.

Brian Penn (Class of 1972), is still remembered at Hills for his track record. These days, as a geospatial software engineer for the National Ecological Observatory Network in Boulder, Colorado, he is deeply involved in Hyperspectral remote sensing having helped establish a NASA-based university center.

Nicholas Yonezuka (Class of 1981) was introduced by Mr. Ed Williams, who called the honoree "an athletic prodigy" whose career began at nine years of age. His extreme focus and discipline contributed to his status as US. National Judo champion from ages nine to fourteen, the youngest Olympian ever Needless to say, along the way, representing Watchung Hills, he was also district and regional wrestling champion.

The evening's activities concluded with a buffet prepared by the cafeteria staff under the direction of Ms. Lisa Martins. The event, including the nominating procedure, was under the direction of Vice Principal Terry Mac Connell. Nomination forms for future candidates will be available at the school's main office.

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# Watchung Post

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## BRIAN BROWN IS TEACHER OF THE YEAR

By Eleanor Mathews

Although the annual Teacher of the Year program is no longer sponsored by the state, it is still a highly-regarded recognition program in many of New Jersey's school districts. Watchung Hills Regional High School is one of those districts that yearly honors a teacher who is considered outstanding, a model for the profession, recognized as such by students, parents and fellow teachers alike.

This year that honor has been bestowed on Brian Brown, a 10-year member of Watchung Hills Regional High School's Science Department. A plaque, presented to (a surprised) Brown at Hills' April faculty meeting, expresses the high regard in which Brown is held: "...For generating intellectual energy and momentum from small sparks or curiosity, for being a positive force for learning and growing in our school community, for having compassion and commitment as strong and steady as gravity's pull, we honor you as Teacher of the Year."

Brown teaches four honors sections of physics. In the two-plus decades during which Brown has taught, he has seen many changes, both in the curricular emphases of his subject and in the students themselves. Obviously, the use of the computer, which two decades ago was little more than a word processor, has become the prime tool for physics students - but one that is nevertheless only a tool - that needs to be balanced with hands-on skills and understanding of the subject matter. With some of the more tedious operations now processed by computer, today's students are allowed to delve more deeply, become more analytical.

His students, says Brown, are "genuinely talented, and what's more, push themselves." But that doesn't mean they can't have fun while doing so, as evidenced, for example, by their early fall physics-oriented trip to Disney World, during which they explored some of the principles of physics behind the park's fun façade.



Photo by: Eleanor Mathews

Brian Brown, Science Department

An exceptionally interested group of parents, says Brown, supports his students.

Brown himself attended West Essex High School, received his bachelor's degree from the M.I.T. and has his master's degree in Materials Engineering from University of California / Santa Barbara - where he was a member of the tennis team. He taught briefly at Columbia H.S. (Maplewood) before coming to Hills.

From physics to physical: Brown lays aside the texts and experiments of the academic year during the month of July to teach tennis and conduct a tennis clinic on Watchung Hills' courts (brianbrownstennis.wordpress.com). Unlike his AP classes, there are no exams, no term papers! He's also a serious bicyclist, a sport he shares with his sons, 15 and 17.

His peers are not the only ones to acknowledge Brown as both teacher and person. At its December 5th Induction Service, newly-selected members of Hills National Honor Society recognized Brown as the teacher who most nearly symbolizes the four standards of the prestigious honor group: scholarship, character, community service and leadership.

And those are the very qualities of a Teacher of the Year.

### 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](mailto:lynn@rennamedia.com).



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- 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.

## 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.

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— 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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Photo Credit: Bonnie Brunskill

## GIRL SCOUTS RAISE DONATIONS FOR CENTER FOR GREAT EXPECTATIONS

Submitted by: Bonnie Brunskill

Fourth graders in Watchung Girl Scout Troop 65065 hosted a mother/daughter dance for Watchung Girl Scouts at Forest Lodge on April 4th. Guests were asked to bring donations of needed items to benefit The Center for Great Expectations, a nonprofit organization that helps women through homelessness, pregnancy and

addiction recovery. Some of the scouts from the troop were able to devote time during their Spring Break to deliver the donations. The scouts received a tour of the center's daycare and were able to meet some of the children who the donations will be helping directly. The Center was extremely grateful for the scouts' commitment to helping the mothers and their babies and the scouts achieved a great feeling of accomplishment in helping others in need.

(left, l-r) Casidi, Nicole, Julia, Tess, Claudia, Sabrina, Lillian. Scouts Not Pictured: Alyssa, Kaysen, Leah and Sydney.

## BOROUGH ADOPTS "NO SMOKING ON PUBLIC PROPERTY"



(above, left, l-r) Mayor Steve Pote with Lynn Franklin, of the Regional Chronic Disease Coalition (RCDC) of Morris and Somerset Counties hanging a sign at Watchung Lake. (above, right, l-r) Public Works employees Anthony Vitelli (on top) and Jon Erber (lower) hanging sign at the Mobus Field bleacher area.

## VALLEY VIEW CAR WASH RAISES OVER \$1,000

On Saturday, May 17, 2014, the 8th graders from Valley View School held their fundraiser car wash. It was a huge success! The students washed cars non-stop from 10-3pm.

Many residents and parents came out to support their efforts. They raised over \$1,000 which will help fund their graduation ceremony and celebration.



(above, l-r) Will Narayanan, Ethan Marmolejos, Kristina Lesaca, Jeff Scherzer (parent), Tom Hemsworth, Kenny Hsueh.



(above, l-r) Renee Cabato, Danae Churchill, Gwen Kinder, car owner and child; and Diana Sarrico.



(above, l-r) Katie Hahn, Carly Curiale, Max Scherzer, Matthew Canary, John Schaefer and Alex Mancini.

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# HEALTH AND WELLNESS EVENT FUELS QUALITY LIVING IN COMMUNITY

Submitted by Addie Del Vecchio

Raymour & Flanigan Furniture is partnering with local businesses to host a Health and Wellness Event from 5-8 p.m. on Saturday, June 7, at their Watchung showroom located at 1620 US Highway 22.

The event will provide guests with valuable information regarding the benefits of living a healthy life as it pertains to diet, exercise, skin care and more.

Store manager Judy Cahill couldn't be more excited. Said Cahill, "We're so proud to be teaming up with local businesses and professionals that are as interested in spreading the ideals of healthy living as we are. The information that this event will provide is sure to get people thinking actively about the way they live their lives."

During the event, tables with products and information will be set up throughout the store. Numerous gift baskets will be put up for raffle, and door prizes and giveaways will be available. To further promote healthy living, highly nutritional refreshments will be served to all guests.

The Health and Wellness Event in Watchung is part of Raymour & Flanigan's ongoing community outreach efforts. The family-owned furniture retailer encourages its associates to get involved and develop partnerships with local organizations in the communities it serves.

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(above) Artist Susan Sabo-Innocenti from Watchung with her watercolor paintings. Painting on bottom left by Artist Ghanshyam Patel from Greenbrook.

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<b>Simply Naked</b> (All types) .....	750ml .....	<b>\$7.97</b>
<b>Sutter Homes</b> (Bubbly Mascato - Pink & Regular) .....	750ml .....	<b>\$5.99</b>
<b>Toasted Head</b> (All types) .....	750ml .....	<b>\$9.98</b>



**LIQUOR SPECIALS**

	<b>Absolut Vodka</b> .....	1.75L .....	<b>\$32.99</b>
	<b>Bacardi Gold &amp; Silver</b> .....	750ml .....	<b>\$16.99</b>
	<b>Canadian Club</b> .....	1.75L .....	<b>\$19.99</b>
	<b>Exclusiv</b> (All Flavors) .....	1.75L .....	<b>\$19.99</b>
	<b>Fireball</b> .....	1.75L .....	<b>\$29.49</b>
	<b>Grey Goose Vodka</b> .....	1.75L .....	<b>\$56.99</b>
	<b>Hennessy</b> .....	750ml .....	<b>\$29.99</b>
	<b>Jack Daniels</b> .....	1.75L .....	<b>\$42.99</b>
	<b>Johnnie Walker Black</b> .....	1.75L .....	<b>\$62.09</b>
	<b>Johnnie Walker Platinum</b> .....	1.75L .....	<b>\$74.99</b>
	<b>Johnnie Walker Red</b> .....	1.75L .....	<b>\$32.99</b>
	<b>Jose Cuervo Gold</b> .....	1.75L .....	<b>\$34.99</b>
	<b>Ketel One</b> .....	750ml .....	<b>\$24.99</b>
	<b>Knob Creek</b> .....	750ml .....	<b>\$30.97</b>
	<b>Macallan</b> (12 years) .....	750ml .....	<b>\$47.99</b>
	<b>Pinnacle</b> (All Flavors) .....	1.75L .....	<b>\$19.99</b>
	<b>Smirnoff Vodka</b> .....	1.75L .....	<b>\$20.99</b>
	<b>Stoli</b> (Wild Cherry) .....	1 L .....	<b>\$14.97</b>
	<b>Svedka Vodka</b> .....	1.75L .....	<b>\$19.99</b>

**BEER**

<b>Busch</b> .....	30pk Cans .....	<b>\$17.99</b>
<b>Coors Light</b> .....	30pk Cans .....	<b>\$21.99</b>
<b>Corona</b> .....	24pk Loose Btls .....	<b>\$26.99</b>
<b>Heineken</b> .....	24pk Loose Btls .....	<b>\$26.99</b>
<b>Keystone Light</b> .....	30pk Cans .....	<b>\$17.99</b>
<b>Miller Light</b> .....	24pk Loose Btls .....	<b>\$18.99</b>
<b>Sam Adams Boston Lager</b> .....	12pk Loose Btls .....	<b>\$15.99</b>

**CRAFT BEER**

<b>Clown Shoes Galactica</b> .....	4pk .....	<b>\$9.99</b>
	Case .....	<b>\$52.99</b>
<b>Dogfish Head 60 Minute</b> .....	6pk .....	<b>\$8.99</b>
	Case .....	<b>\$31.99</b>
<b>Dogfish Head 90 Minute</b> .....	4pk .....	<b>\$9.99</b>
	Case .....	<b>\$52.99</b>
<b>River Horse Summer Blonde</b> .....	6pk .....	<b>\$9.99</b>
	Case .....	<b>\$33.99</b>

Prices Effective thru May 31, 2014. At some stores prices may vary, quantities may be limited and some products may not be on hand. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS. All prices subject to sales tax. We reserve the right to limit quantities. No further discount on sale items.

**8 TAPS**

**\$1 OFF 32.oz**

**\$2 OFF 64.oz**



Expiration: 5/31/14

**TAKE A DRIVE  
COUPON**

**\$5 OFF**

With purchase of \$75 or more.

Expiration: 5/31/14

# 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<sup>99</sup> 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 6/21/14.

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

**Top or Little  
Neck Clams**  
**\$3<sup>99</sup> /dozen**

**COUPON**



**Fresh Tilapia Fillet**  
**\$5<sup>99</sup> lb**

WAT5

By the pound only. Limit 1 lb per customer per coupon per day.  
Not to be combined with other offer. Offers good thru 6/21/14.

**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  
OVEN GOLD TURKEY  
BREAST**



**\$6<sup>99</sup> lb**

WAT5

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 6/21/14.

**COUPON**

**BOAR'S HEAD  
AMERICAN  
CHEESE**



**\$3<sup>99</sup> lb**

WAT5

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 6/21/14.

**COUPON**

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



WAT5

Excludes garden center and fish purchases. Limit 1 offer per customer  
per day. Not to be combined with other offer. Offer expires 6/21/14.

**COUPON**

**1/2 GALLON  
TREE RIPE  
ORANGE JUICE**



**2 FOR \$5<sup>00</sup>**

WAT5

Coupon may not be combined with other offers.  
Limit 1 offer and coupon per day. Offer expires 6/21/14.



**Large selection of  
annuals, perennials,  
herb plants, trees,  
plant, shrubs  
& much much more.**