

# Watchung Post

MAILED FREE TO EVERY HOME  
AND BUSINESS IN WATCHUNG

Watchung's Hometown Newspaper

NJ

Published by Renna Media, On-line at [RennaMedia.com](http://RennaMedia.com)

ISSUE 21 • JUNE 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.

PRST STD-A  
US POSTAGE  
PAID  
Permit #1081  
Newark, NJ

ECRWSS

\*\*\*\*\*ECRWSSDDM\*\*\*\*\*

POSTAL CUSTOMER

WATCHUNG, NJ 07069

## PACK 32 SCOUTS ADVANCE RANKS

Friday the 13th may seem unlucky to some, but luck had nothing to do with the good fortune shared amongst Cub Scout Pack 32 on that date this June. That night, the pack recognized the year-long efforts of over 30 boys to advance along the Cub Scout trail. Den members were awarded rank badges that signified they have completed the requirements at their level: Tiger, Wolf, Bear, and Webelos.

Throughout these achievements, the boys have had lessons in families, communication, staying healthy, staying safe, community, citizenship, service, making choices, tools, cooking, the outdoors, our flag, our country, and many other topics. These all contribute to the goal of a Cub Scout to develop character, be a good citizen and neighbor, and to stay physically, mentally, and morally fit. While that sounds like a lot of work, it is cleverly wrapped up in a lot of fun! Highlights for the year included a sleepover on the USS Intrepid, multiple outdoor camping trips, pocket-knife training, community service projects, sharing collections, learning first-aid, and seeing Watchung history. They also participated in some history by celebrating the 75th anniversary of the pack! The boys of Pack 32 have had a great year with their friends and family and can be proud of their milestones.



(above) Fred Mancini helps Gavin Cort get the right angle needed to catch a blue gill. Other scouts and parents from Pack 32 line the pier during the Fishing Derby at the Spring Cub Camporee at Camp Winnebago. Mr. Mancini was instrumental in helping a number of boys catch their first fish that day!

Photo Credit: Jonathan Joshua



(above) Pack 32 capped off another fantastic year of scouting by celebrating the advancement of each member of the pack. The boys worked hard on their requirements and were rewarded with their rank badges, a painted face, and cup cakes! Shown are the boys and their tireless leaders who attended the ceremony on Friday, June 13th.



(above) Cub Master Joanne Cort smiles next to one of her Wolf Cubs, Krisztian Bakos, as they settle down to watch the campfire skits at the Spring Cub Camporee at Camp Winnebago in Rockaway, NJ. Krisztian was lucky enough to help pass out raffle tickets to the crowd, despite the fact that he had a broken arm. He is proof that it takes a lot to keep a good scout down!



**CALL TODAY TO ADVERTISE - ADS AS LOW AS \$50**

Reserve space in the next issue. Call Joe Renna at (908) 447-1295

**Each month 3,000 newspapers are mailed to  
every home and business in Watchung**

Email: [joerenna@rennamedia.com](mailto:joerenna@rennamedia.com)

# Watchung Post

Watchung Post • Page 2 • June 2014

*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.

Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

©2014. Contents of this newspaper cannot be reproduced without written consent from Renna Media LLC.

Renna Media welcomes the comments and concerns of its readers put into writing and sent via fax or email to:

Renna Media, LLC  
202 Walnut Ave. Cranford, NJ 07016  
Phone: 908-447-1295  
Fax: 908-709-9209  
Email: joerenna@rennamedia.com



(above, l-r) Pamela Singh, First Vice President Elect of the Watchung Warren Rotary; Elizabeth Jewett, Superintendent of Watchung Hills Regional High School District; Engy Gadelmawla, Catherine Higgins and Mark Spinelli, President of the Rotary.

## MATTHEW CELESTE RECEIVES ARMY ROTC SCHOLARSHIP

Photo and Article by Denis Kelly Submitted by Eleanor Mathews

Matthew Celeste of Watchung, a senior at WHRHS, received an Army ROTC Scholarship Monday, May 12, 2014. Matthew plans to attend the University of Minnesota to study engineering. It is a four-year scholarship valued at \$150,000, one of only about 25 four-year Army ROTC scholarships awarded to high school students in New Jersey this year.

Matthew is an Eagle Scout with Boy Scout Troop 32, Watchung. His Eagle project was surveying an historic cemetery in Warren Township.

He is captain of the swim team at Watchung Hills, has also run Track and participated on the debate club. He has taken AP Physics, AP Calculus and AP Statistics.



(above, l-r) Ron Celeste, Matthew Celeste, Lucina Celeste and Lt. Col. Samuel J. Welch, Professor of Military Science at Rutgers University.

## NOT IN OUR SCHOOLS!

"Not in Our Towns" invited two Watchung Hills High School seniors, Catherine Higgins & Engy Gadelmawla as well as two WHRHS teachers, Jamie Lott-Jones and Mary Sok to the annual National Leadership "Not In Our Towns" Conference in Billings, Montana held at the end of June. On June 20 2014, educators and students from around the nation convened in Billings for an inspiring day of stories, tools, and strategies for promoting school safety and inclusion. Higgins and Gadelmawla participated in the opening ceremonies and were asked to be conference presenters. The two High School seniors spoke at the Conference about the successful anti-bullying campaign they first began in 2010 at the High School. Their innovation and creativity has led to national recognition of their efforts and has included initiatives such as the production of The Watchung Hills High School cyber-bullying video and the first ever White Out held at the High School to promote anti-bullying and

inclusion.

Catherine and Engy gave a presentation about their efforts and their trip to Montana to the members of The Watchung Warren Rotary. To support the two students and their teachers in their endeavors, the Rotary gave a \$1000 donation to the two young women at a recent Rotary meeting held at Twin Brooks Country Club located in Watchung, NJ. The Watchung-Warren Rotary Club, chartered in 1961, consists of local business and professional people dedicated to helping young people in their communities and throughout the world. Their motto is "Service Above Self" and serves as the basis of a common purpose...to help those in need. Many of their fundraising efforts are dedicated to providing financial assistance to youth related programs. Those interested in obtaining more information about The Watchung-Warren Rotary Club should contact the Club's President, Mark Spinelli at mark@spincpa.com

## 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).



## HELP WANTED

**MARKETING SUPPORT**  
10-15 hours/week - Flexible schedule  
Able to work from home.

**Responsibilities:** Internet Market Research, Mailings, Data Entry, Emailings

*Company provides sales training and consulting to clients.*

**Background:** College Education, Must be Computer and Internet Literate, Marketing Experience a plus

**Compensation:** \$17.50/hr. plus Bonuses based on results

Check our website at:  
[www.urgencybasedselling.net](http://www.urgencybasedselling.net)

Please send your resume to:  
[ANDY@BOMBADILLLC.COM](mailto:ANDY@BOMBADILLLC.COM)

## TRAINER JOE'S MASTER TRAINING FACILITY

- The celebrity secret: Master Trainer Joe Amoroso
- Master series (limited availability)
- Personalized Group Classes (Exclusive)
- Free Community fitness and educational programs (Call for info and reservations)
- PD & FD Challenge - Donations to benefit fallen heroes (Outdoors - call for info and reservations)

**MIND-BODY, HEALTH AND WELLNESS BOUTIQUE OPENING AUGUST**



By appointment only

**908-339-7466**

[www.TrainAtJoes.com](http://www.TrainAtJoes.com)

# New Therapy Used by Tiger Woods Comes to Central New Jersey

## ALL NATURAL HEALING SOLUTION BRINGS NEW HOPE TO PAIN SUFFERERS



"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 jogs. Thank you to all the doctors and staff of Performance Rehab, you're amazing!"

— Mary M.



"Thanks to Performance Rehab and their unique PRP treatment program I now take no pain medication and I'm finally working out again. I have never felt better, balanced, pain free and generally positive."

— Vicki M.



"My knee was killing me and I had tried every treatment out there out there hoping to get back on my bike. Thanks to Performance Rehab and Platelet-Rich Plasma Therapy, I am riding again!"

— Mark M.

### Do you suffer from any of the following conditions?

- 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

The goal of PRP Therapy is to resolve pain through the natural healing process and has proven to have lasting results. For years, doctors have tried to reduce inflammation, with anti-inflammatory 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 offered at Performance Rehabilitation & Integrated Medicine 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 fasciitis, 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?

PRP is an emerging non-surgical treatment in an ever popular, all natural health sector. This non-surgical treatment involves the injection of healing proteins, growth hormones and stem cells from a patient's own blood directly into the site of the injury. The doctors at Performance Rehabilitation & Integrated Medicine have seen dramatic results as this treatment triggers the body's own ability to repair itself.

### Professional Athletes Use PRP Therapy.

Platelet Rich Plasma has come a long way in just a few short years in the treatment of sports injuries. Now most sports organizations, trainers and players recognize the importance of PRP in their respective sports. Treating professional athletes with PRP is a common practice designed to encourage healing and reduce downtime. **Performance Rehabilitation & Integrated Medicine** offers the same treatment that Tiger Woods, Kobe Bryant, Alex Rodriguez, Hines Ward and many elite athletes use. You owe it to yourself to find out if it is right for you.

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

# 908-206-7315

Tiger Woods, Kobe Bryant, Alex Rodriguez, Hines Ward and many elite athletes have used PRP therapy for sports injuries.

**Performance Rehabilitation**  
& INTEGRATED MEDICINE

459 Watchung Avenue, Watchung, NJ 07069  
www.performance-rehabnj.com

**LIVE PAIN FREE!**

Disclaimer: Due to Federal Law some restrictions may apply. Value of free step one consultation is \$225.

Copyright © Max Connect 2014





(above) Jeremy Cui, grade 7



(above) Charlie Margulies, grade 5

## STUDENTS DELIVER TED-ED CLUB TALKS

Students in the SOAR (Seeing Our Achievements Rise – Gifted and Talented) Program at Valley View Middle School became official members of the newly-formed TED-Ed Club network. Other members included schools from around the country and across the globe.

Valley View students began preparing their TED-type talks this winter. During class sessions, they brainstormed possible topics and debated what makes an “Idea Worth Spreading.” Students’ interests ranged from computer

science (How to Keep Safe From Hackers; How Does an Internet Search Engine Work) to social science (Which is Stronger, Hate or Love; Why Middle Schoolers Label Each Other) and school issues (How to Make School More Engaging; Music CAN Help You Study).

Next, students researched their topics and found valid sources for statistics, facts, and information. They decided what to add that could enhance their presentations and what was extraneous.

Watching popular TED talks helped the kids realize how important it is to organize their information – talks must flow from one idea to another in a logical format.

Creating visuals to highlight main ideas was the next step – students learned how to make their own animations and learned to synch their speeches with the visuals.

Practicing, getting peer feedback, watching videos of themselves during practices, all helped the students get ready for their big presentations.

All students in grades 5-8 delivered their talks to an audience of parents, teachers, and classmates.



(above) Jasmine Hwang, grade 5

## BROWNIES AND GARDEN CLUB TOGETHER AGAIN

Submitted by Cara Salas, Brownie Troop Leader

The Garden club of Watchung recently joined with the third-grade Brownie troop from Bayberry school. Together they did a community service project at the Watchung library by planting a garden of herbs and vegetables including tomatoes, cucumbers, peppers and lettuces. A big thank you to Anne DeParto of the Garden club who joined together with Brownie leader Cara Salas and Marilyn Cubano to work on this fun project. Also thank you to the Watchung Library for letting us plant in front of the library. All the produce will be donated to the Somerset County food Bank.

(right, standing, l-r) Standing: Anne DeParto, Abigail, Isha, Cara Salas, Jenna, Marilyn Cubano, Kendra. (seated, l-r) Marisa, Isabelle, Kayla, Madeline, Isabella and Francesca.



Call for a **FREE Estimate**

**908-889-6584**  
**CAFFREY**  
**TREE & LANDSCAPE**  
**www.CaffreyTree.com**

**Quality Service • Family Owned**  
**& Operated for Over 35 years**  
 Established in 1978

- Pruning
- Firewood
- Stump Grinding
- Storm Damage
- Removal
- Topsoil/Seed/Sod
- Organic Lawn Care
- Deer & Tick Control
- Landscaping
- Hardscapes (Patios, Walkways, etc.)
- In House Landscape Designer
- Plant Health Care/Feeding

### Organic Lawn Care

The Organic material we are applying is a non-poisonous food grade product that's safe for everyone, and the environment. Some of the benefits of this Organic product are:

- Safe for family and pets
- Increases strength of lawn
- Decreases weeds
- Decreases insects and disease
- Increase root development and drought resistance

Member

FULLY INSURED

New Jersey Licensed



It's Not Clean Until it's Spotless!

**FREE ESTIMATES**  
**A-1 SPOTLESS inc.**  
 Over 25 Years Experience  
**POWER WASHING CONTRACTORS**  
**1-888-WASH-IT4U**  
**A-1spotless.com**

**1-888-927-4484**  
 Warren

**908-647-9274**  
 Bridgewater  
**908-393-4094**

NJ License: 13VHO6650000

If you have **MOLD** or **MILDEW** on your siding, give us a call

- We Wash
- Vinyl
- Wood
- Brick
- Roofs
- Decks
- Stucco (EFIS)
- Gutter Cleaning
- Aluminum
- Patios
- Pools
- Sidewalks

**\$50 OFF**  
 Any Roof Powerwashing  
 + **FREE Gutter Cleaning**  
 No other discounts apply. Limit 1.  
 Exp. 7-31-14

**\$50 OFF**  
 Any Complete  
**POWERWASHING**  
 No other discounts apply. Limit 1.  
 Exp. 7-31-14

**FULL SERVICE DIGITAL PRINTING**

**Budget Print**  
 70 WESTFIELD AVENUE  
 CLARK, NJ 07066

- Printing
- Copying
- Blue Prints
- Graphic Design
- Giant Posters
- Magnetic Signs
- Vinyl Signs
- Vehicle Graphics
- Logo Design
- T-Shirt Graphics
- Newsletters
- Invitations
- Business Forms
- Business Cards
- Much More!

We offer personalized service with on-line convenience.

Email Rob at  
**info@budgetprintnj.net**  
 or Call

**732-574-1330**

Fax: 732-574-1330

**www.budgetprintnj.net**

**CORPORATE AND COMMERCIAL**

FREE  
WiFi  
AVAILABLE

# HIBACHI GRILL

## supreme buffet

Serving  
**LOBSTER or CRAB LEGS**  
with other Special Items  
Every Holiday

For more information, please call  
**908-490-1600**

Fax: 908-490-1601

[www.hibachigrillandbuffetnj.com](http://www.hibachigrillandbuffetnj.com)

**BLUE STAR SHOPPING CENTER**



Large Parking Lot to  
Accommodate our Customers

**10% DISCOUNT**  
Seniors 60+, Military,  
Police, College Students  
Hibachi Grill Supreme Buffet (Show ID)

**1701 U.S. Highway 22 West • Watchung**



**MONDAY - THURSDAY**

**Lunch 11am - 3:30pm**

Adult .....\$7.39  
Kids 7-10.....\$5.39  
Kids 3-6.....\$3.39  
2 & Under.....FREE!

**Dinner 3:30pm - 9:30pm**

Adult .....\$10.99  
Kids 7-10.....\$6.99  
Kids 3-6.....\$5.99  
2 & Under.....FREE!

**FRIDAY - SATURDAY**

**Lunch 11am - 3:30pm**

Adult .....\$7.99  
Kids 7-10.....\$5.99  
Kids 3-6.....\$3.99  
2 & Under.....FREE!

**Dinner 3:30pm - 9:30pm**

Adult .....\$10.99  
Kids 7-10.....\$6.99  
Kids 3-6.....\$5.99  
2 & Under.....FREE!

**SUNDAY ALL DAY DINNER**

**11am - 10pm**

Adult.....\$10.99  
Kids 7-10 .....\$6.99  
Kids 3-6 .....\$5.99  
2 & Under .....FREE!

**GIFT CERTIFICATES AVAILABLE**

## SUSHI

**Fantastic range of freshly prepared sushi.**  
**Most selection and top quality among all competitors.**  
**It is far from the typical "buffet quality" sushi.**  
**At HIBACHI, you don't sacrifice taste for price.**

## BUFFET

**Elegant, modern, fresh, executed with care and confidence. HIBACHI Grill Supreme Buffet brings together 250+ of fresh-made Asian dishes in eleven buffet bars.**

## HIBACHI

**Choose your favorite ingredients from dozens of seafood, meats and vegetables. Watch our chef preparing them in our special hibachi sauce to create a full-flavored dish.**

**ASK US ABOUT CATERING YOUR NEXT EVENT!**

**We have a large party room available for birthday parties, office meetings & weddings.**

**\$125 OFF**  
**ADULT BUFFET**

With purchase of a beverage per person  
Watchung • 908-490-1600  
Cash Only. Limit 4. Not valid with any other  
offers or discounts. Expires 7/31/14.

**\$250 OFF**  
**2 ADULT BUFFETS**

With purchase of a beverage per person  
Watchung • 908-490-1600  
Cash Only. Limit 4. Not valid with any other  
offers or discounts. Expires 7/31/14.

**\$10 OFF**  
**ANY ONE PARTY**

Of \$100 or more. Monday - Thursday Only.  
Watchung • 908-490-1600  
Cash Only. Limit 4. Not valid with any other  
offers or discounts. Expires 7/31/14.

**\$500 OFF**  
**4 ADULT BUFFETS**

With purchase of a beverage per person  
Watchung • 908-490-1600  
Cash Only. Limit 4. Not valid with any other  
offers or discounts. Expires 7/31/14.

# WATCHUNG AUTHOR REVEALS LOST REVOLUTIONARY WAR SITES

Sites of many critical events of the Revolutionary War have been lost or neglected by history. Places where patriots fought and died are often unmarked, shrouded in mystery, distorted by mythology and unknown even to local people. In New Jersey after more than two centuries some of these sites have entirely disappeared while others have languished



(above) Author Robert A. Mayers

unnoticed.

Few people have heard of the incredibly fierce Battle of the Short Hills fought in Edison, Scotch Plains and Plainfield. The defeated Americans moved their wagons full of wounded soldiers up Bonnie Burn Road and down Valley Road through Watchung on their way to Bridgewater. For many years afterward Bonnie Burn Road was called "Bloody Gap." The entire supply column of Washington's Continental Army also marched down Valley Road on the way to the great victory at Yorktown Virginia in 1781. This road was often used as it provided the security of being behind the first ridge of the mountains.

The Forgotten Revolution When History Forgets: Revisiting Critical Places of the American Revolution That Have Been Neglected by History revives these lost locations and others in the northeast with fresh research from original military records and onsite visits. Watchung author Bob Mayers found that myths were often created when the winner wrote the history. Obscure British, Hessian and Loyalist accounts reveal more accurate details than those that have traditionally been accepted as authentic by earlier historians.

At each of these places "witnesses," people with special local knowledge contributed to this work. They were staff at national and state parks, regimental re-enactors, members of historical societies, owners who live on the land and descendants of original settlers whose ancestors are buried in local cemeteries. These

caretakers of local history provide special insights and information that could not be found in recorded history.

Natural defenses such as the Great Swamp and the ridges of the Watchung Mountains determined the location of these places. Hills, rivers, cities, forests and coastlines influenced troop movements, battle sites, supply routes and the flow of action during the entire war. While Mayers was conducting research for his book, The War Man, The True Story of a Citizen –Soldier who Fought from Quebec to Yorktown, (Westholme, Publishing, 2009) he followed the footsteps of a real soldier and came across these forgotten historic places. Now he brings them to you.

The Author relies on original military records to follow events at these sites, but no amount of archival research can compare with his visits to these places and his vivid comparisons to how they appear today to over two hundred years ago. This account saves readers from traveling to each of these places and to be selective when making personal journeys. Skillfully designed, this book contains over 40 pictures of sites, documents, photos and maps.

The author is an active member of 10 historical societies and is a frequent speaker and contributor to society publications. This book has been written so that it may be enjoyed by average readers and not just hard core fans of the era. Available on line-Amazon.com, from Heritage Books or in bookstores, Publication date: May 30, 2014.

## REGISTER FOR FALL SOCCER BY JULY 31ST

Watchung Hills Soccer Association  
Serving Warren, Watchung, Green Brook  
and Long Hill

Register online at [www.WHSA.org](http://www.WHSA.org). Click on the registration tab on the left side of the home page. Pay by Visa, MasterCard or Check.

Deadline is July 31st (or until all spots are filled) – No refunds.

Volunteers: WHSA encourages parents to get involved as Coaches, Assistant Coaches and Team Managers. If you are interested, sign up as a volunteer when registering your child.

Questions: Call the WHSA Information line (908-647-8342) or send an email to [WHSHELP@verizon.net](mailto:WHSHELP@verizon.net)

## 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](http://www.somerset.lib.nj.us), then go to Events/Programs for Watchung).  
Program information is subject to change, look online for updates and additions.

### JULY PROGRAMS

#### Time for Twos Storytime

Friday, July 18 at 12:30 PM

Ages: 2 (with Caregiver - Child must be 24 MONTHS when program begins)

Activities and books for children who enjoy having stories read to them.

#### Lunchtime Storytime with Mrs. Fine

Tuesday, July 8 at 12:00 PM

Ages: 2 and 3 with Caregiver

Presented by: Mrs. Fine

Have fun with fingerplays, songs and stories! Bring a sandwich or finger food and we'll make the dessert and serve something to drink.

#### Slumber Stories and Songs for Sleepyheads

Tuesday, July 22 at 6:30 PM

For Ages: 2 1/2 to 4

Presented by: Mrs. Fine

Get dressed in your jammies and hear some of your favorite stories!

#### Taking Flight

Tuesday, July 29 at 7:00 PM

in the Downstairs Seniors Room

Ages: 3 to 9 with Caregiver

Presented by:

The Children's Museum of Somerset County  
You'll enjoy all sorts and manner of flying objects.

Included will be balloon powered rockets, balsa gliders, air-pressure powered rockets that the children can build, and boomerangs. World-level boomerang competitor Peter Hansch, a Somerset County resident, will have an outdoor demonstration of what a boomerang can do.

#### Animal Tales!

Wednesday, July 30 at 11:00 AM

Presented by: Turtle Back Zoo

Ages: 3 through Grade 2

Children's literature and live animals are a winning combination! You will meet the Zoo's live versions of some of the wonderful and fascinating animals featured in the stories that are read.

#### Bach 2 Rock Meets the Sound of Science!

Wednesday, July 23 at 11:00 AM

at the Watchung Arts Center

Presented by Caryn Lin

Ages: Kindergarten through Adult

Using her electric violin, sound effects pedals, and other sound gear, Caryn will help you discover fascinating facts including:

- What is sound, both acoustic and electric?
- What is a sound wave, and how does it relate to volume and pitch?

The show includes some of Caryn's original, interactive Bach 2 Rock fun, plus 3-dimensional sound magic to illustrate the sound of science!

For more information on Caryn, visit:  
[www.carynlin.com](http://www.carynlin.com).



## BUG OUT PEST SOLUTIONS

PROTECTING YOUR PROPERTY AND HEALTH

FHA/HUD Inspection & Warranty

Todd Ramsey, Mgr.  
[tram630@gmail.com](mailto:tram630@gmail.com)  
**908-239-4416**  
 202 Rock Avenue • Plainfield, NJ 07063

# HILLS GOLFER NAMED NJSIAA HONOREE

Watchung Post • Page 7 • June 2014

By Eleanor Mathews



Michael Graboyes

twenty-first annual Scholar Athlete Luncheon of the New Jersey State Interscholastic Athletic Association (NJSIAA).

Outstanding representatives of the Class of 2014 (one from each of the state's high schools, both public and private) were called together to be acknowledged for what they have in common: achievement in both athletics and academics. Michael Graboyes was Watchung Hills Regional High School's representative in this high-powered sampling of student athletes in New Jersey's high school graduating class.

Graboyes has won recognition—one might even say "fame"—for his achievements on the golf course. His most recent triumph was capturing the NJSIAA Tournament of Champions individual title (May 20), shooting a two under par 70 at Hopewell Valley Golf Club, coming in as the top individual finisher (35-35-70) among the state's student golfers.

His background includes multiple wins on South Florida Junior PGA Tour, Palm Beach County Junior Golf Association, US Kids Winner. In the 2012 Optimist International Junior Golf Tournament he was recognized as

one of four majors in junior golf. He achieved three top five finishes in 2013, and earned Number One rank in N.J. in the Junior Golf Scoreboard 2014—nationally ranked 113.

Graboyes has made notable achievements off the green as well. He's a four-year member of the Math League and of the Robotics Club for three years; has been involved in the Sports Writers Club for three years, and in the Physics League for one year.

He's played varsity golf all four years, was Captain of Group IV Champions 2012 and 2013, and was named to Group IV Champions in 2012 and 2013, Highbridge Hills Champion in 2014, and Red Raider Invitational Champion in 2013.

After school activities include tutoring, serving as head coach for Watchung Recreational Basketball League, and (in great demand) caddying at the Twin Brooks Country Club. He participated in the Honda Classic Golf Tournament in 2014, and was selected to work inside the ropes as a Standard Bearer and on Shot Link.

His membership in the National Honor Society and the National English Honor Society are indications of his all-round academic achievement.

If the surname Graboyes has a familiar ring to it, it's this: Michael's older brother, Luke, achieved the same recognition from the NJSIAA a year ago, and was similarly honored at that organization's yearly student-athlete acknowledgment event. Luke has continued competing in golf at Cornell University; Mike will follow in his footsteps in the fall—attending Cornell, continuing competitive golf there. The duo hope to bring their enthusiasm for the game back to the Hills.

## SENIORS CLUB

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

## MARIA'S Restaurant Cafe • Pizzeria

381 Park Ave., Scotch Plains, NJ

Home made style • Cooked to order • Huge portions

Hours: Mon-Thurs: 11:30-9:30, Fri-Sat: 11:30-10:30, Sun: 3:00-9:00

"Scotch Plain's best kept secret." 908-322-2322

We Deliver • Order from our online menu:  
[www.mariasrestaurantpizza.com](http://www.mariasrestaurantpizza.com)

## LEO MADDEN PAINTING & POWERWASHING

Fully Insured • Custom Painting • Gutters  
• Sheetrock • Light Carpentry

908-604-9400

Cell: 908-421-0840  
Warren, New Jersey

10% OFF LABOR  
With this coupon.

10% OFF  
All Services  
With this ad. Exp. 6/30/14

## Colucci Bros.

PARTNERSHIP

General Landscape Maintenance

Lawn Cutting • Trimming • Blowing • Fall/Spring Cleanups

(908) 723-0600

FREE Estimates • Fully Insured • Warren, NJ

## 25,000 NEWSPAPERS MAILED TO EVERY HOME AND BUSINESS

Reserve space in the next issue. Call Joe today at 908-447-1295  
or email [joerenna@rennamedia.com](mailto:joerenna@rennamedia.com)



Qty: 6,000  
Mailed to every  
home and business  
in Warren.



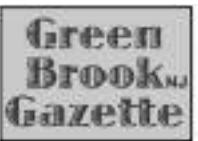
Qty: 3,000  
Mailed to every  
home and business  
in Watchung.



Qty: 3,500  
Mailed to every  
home and business  
in Glencoe, Millington  
and Sirling.



Qty: 6,500  
Mailed to every  
home and business  
in North Plainfield  
(07060 zip code).



Qty: 3,000  
Mailed to every  
home and business  
in Green Brook.



Qty: 3,000  
Mailed to every  
home and business  
in Dunellen.

Back cover and front page banner reserved  
on first come first served basis.  
Current advertiser has right of first refusal.

### RATE FOR SINGLE NEWSPAPER

### RATE FOR ANY 3 NEWSPAPERS

### RATE FOR ANY 6 NEWSPAPERS

Units	Size	Non-Members*	Members*
1 BUSINESS CARD	3 1/4" x 2"	\$60	\$50
2 Units	3.25" x 4"	\$100	\$90
4 Units	6.5" x 4"	\$180	\$160
6 Units	10" x 4"	\$240	\$210
9 HALF PAGE	10" x 6"	\$320	\$280
12 Units	10" x 8"	\$360	\$320
18 FULL PAGE	10"x13.5"	\$400	\$350
Back Cover	10"x13.5"	\$600	\$500

FRONT PAGE BANNER 8.25" x 2" \$320

Artwork included in price.

\*Discount for members of participating local Chamber of Commerce and Business Associations



(908) 252-9000

[www.rdcrestoration.com](http://www.rdcrestoration.com)

Russell Calderone: Russ@RDcrestoration

57 River Road, Berkeley Heights, NJ

- Basement Waterproofing
- Mold Testing & Remediation
- Water Damage Restoration

FREE Inspection  
to local residents



908.397.4752  
[garagesuds@verizon.net](mailto:garagesuds@verizon.net)

Mobile detailing.  
We come to you.

- Hand Wash
- Engine Cleaning
- Interior Shampoo
- Spray Wax
- Leather Treatment
- Polish/wax
- Clay Bar
- Exterior Protection



# 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**

WAT6

By the pound only. Limit 1 lb per customer per coupon per day.  
Not to be combined with other offer. Offers good thru 7/31/14.



## COUPON

### FRESH COD

**\$5<sup>99</sup> lb**

WAT6

By the pound only. Limit 1 lb per customer per coupon per day.  
Not to be combined with other offer. Offers good thru 7/31/14.



### FRESH FISH

Available Thursday  
to Sunday

Filleted, Steaked,  
Cleaned to your liking!

### Top or Little Neck Clams

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

### 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

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

WAT6

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 7/31/14.



## COUPON

### BOAR'S HEAD MUENSTER CHEESE

**\$4<sup>99</sup> lb**

WAT6

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 7/31/14.



## COUPON

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



WAT6

Excludes garden center and fish purchases. Limit 1 offer per customer  
per day. Not to be combined with other offer. Offer expires 7/31/14.

## COUPON

### 1/2 GALLON TREE RIPE ORANGE JUICE

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

WAT6

Coupon may not be combined with other offers.  
Limit 1 offer and coupon per day. Offer expires 7/31/14.



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



# SOMERSET HILLS BUSINESS NETWORK MEETING

## WATCHUNG-WARREN ROTARY CLUB

Meets every Tuesday  
at 12:15pm  
at the

Twin Brooks County Club  
600 Mountain Boulevard  
Watchung, NJ.

For more information about the club  
and upcoming events,  
please call Bob Aznar  
at (908) 755-8724.

## WATCHUNG LIBRARY

Watchung Library is located  
at 12 Stirling Road in Watchung,  
behind the Watchung Arts Center.

For complete program  
registration information,  
please check the online calendar  
([www.somerset.lib.nj.us](http://www.somerset.lib.nj.us), then go to  
Evenys/Programs for Watchung).

Program information  
is subject to change,  
so also look online for  
updated programs and additions.

## WATCHUNG SENIORS CLUB

For Watchung residents  
(55 years of age and older)

Regular meetings on the  
Second Wednesday of each month:  
11:00 AM

Firemen's Exempt Hall  
(lower level, handicap accessible)  
57 Mountain Boulevard, Watchung, NJ  
From September to June.

Refreshments served, guest speakers, trips,  
pizza parties, and an annual picnic in June.

Come join us! For more information,  
call Grace Bell at (908) 756-8446  
or Ruth Allen at (908) 756-9365.

## WARRENBROOK SENIOR CENTER

Warrenbrook Golf Course • 500 Warrenville Road, Warren  
(908) 753-9440 • [www.co.somerset.nj.us](http://www.co.somerset.nj.us)  
Open 9am - 3pm • Monday through Friday

The Warrenbrook Senior Center offers a variety of educational, recreational  
and entertaining activities, including wellness programs and health screenings,  
for active adults 60+ years of age. The facility is fully accessible to individuals with disabilities.

## WATCHUNG LIBRARY

Watchung Library is located at 12 Stirling Road in Watchung, behind the Watchung Arts Center.

For complete program registration information, please check the online calendar  
([www.somerset.lib.nj.us](http://www.somerset.lib.nj.us), then go to Evenys/Programs for Watchung).



Program information is subject to change, so also look online for updated programs and additions.

## Charlie "O" DJ Service

"Music the way you want it!"

Specializing in Birthday/Anniversary Parties,  
Class Reunions, Fundraisers, and Award Dinners

Affordable Rates

 Charlie Oliva   
908-245-9446

CharlieODJService@yahoo.com

[www.charlieodj.webs.com](http://www.charlieodj.webs.com)

## GARBAGE SERVICE

# 908-753-5272

RESIDENTIAL & COMMERCIAL  
[www.marlindisposal.com](http://www.marlindisposal.com)

**#1 Choice  
for Garbage Service  
in Watchung**



**MARLIN**  
SERVICES INC.

Owned by David & Michael Dellipoli,  
Proudly Serving the region for over 60 years.

## 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 tax-  
deductible donation payable to:

The Friends of the Watchung Library,  
12 Stirling Road, Watchung, NJ 07069

Thank you for your support!

[www.friendsofwatchunglibrary.org](http://www.friendsofwatchunglibrary.org)

We now accept PayPal!

# CURRENT BOOKS

Monday, May 12 at 11:00 AM:

The Orphan Train by Christina Baker Kline  
Penobscot Indian Molly Ayer is close to zaging out of the foster care system. A community service position helping an elderly woman clean out her home is the only thing keeping Molly out of juvenile hall. As she helps Vivian sort through her possessions and memories, Molly learns that she and Vivian aren't as different as they seem to be. A young Irish immigrant orphaned in New York City, Vivian was put on a train to the Midwest with hundreds of other children whose destinies would be determined by luck and chance. Molly discovers that she has the power to help Vivian find answers to mysteries that have haunted her for her entire life; answers that will ultimately free them both.

Tasty Bites and Books

Ages: Adult

Meets the third Monday of the month at noon (with exceptions for holidays).

Monday, May 19 at 12:00 PM:

The Art of Racing in the Rain  
by Garth Stein

Nearing the end of his life, Enzo, a dog with a philosopher's soul, tries to bring together the family, pulled apart by a three year custody battle between daughter Zoe's maternal grandparents and her father Denny, a race car driver.

Social Action Book Club

Ages: Adult

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

Thursday, May 15 at 7:00 PM:

FILM:

Michael Moore's Roger and Me  
Chronicles "the efforts of the world's largest

A Presentation by Cameron Black, AmeriCorps Watershed Ambassador

Organized by the Garden Club of Watchung

Learn about your local streams and ways to protect your drinking water supply. This workshop includes full details on the construction, installation and use of RAIN BARRELS!!!

Any questions? Contact Cameron Black at wsamb@raritanbasin.org

Light Refreshments will be provided.

Wednesday, May 14 at 7:00 PM

Are You Frustrated Because Your Life Is Not What You Want?

Ages: Adults

Presented by Faith Saunders, Life Coach and Trainer

You are not alone. Many people live their life feeling this way because they don't know what to do to get out of their rut. This interactive workshop will teach you practical strategies that will help you become the driver of your life - not a passenger in it. Faith has 18 years experience working in various capacities with many groups, including women in recovery, teenage mothers, youths and adults with emotional challenges. She has a Masters Degree in Psychiatric Rehabilitation from UMDNJ, and is a recipient of Central Jersey National Association of Business Owners prestigious Emerging Entrepreneur of the Year Award in 2009.

Wednesday, May 14 from 7:00 PM to 8:30 PM

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, May 8 at 7:00 PM:

The Comedians by Graham Greene

Three men meet on a ship bound for

Haiti, a world in the grip of the corrupt 'Papa Doc' and the Tontons Macoute, his sinister secret police. Brown, the hotelier, Smith, the innocent American, and Jones the confidence man - these are the 'comedians' of Graham Greene's title. Hiding behind their actors' masks, they hesitate of the edge of life. And, to begin with, they are men afraid of love, afraid of pain, afraid of fear itself. (from Novelist)

**ORDER ON-LINE TODAY FOR CHRISTMAS GIFT GIVING - FREE SHIPPING!**

# The PETERSTOWN Book

By Joe & Tina Renna

## Cent'Anni The 100 year history of an Italian-American neighborhood

**ORDER NOW!**

- On line at PeterstownNJ.com
- By phone 908-418-5586
- Mail Check and form to:  
Renna Media  
202 Walnut Ave.,  
Cranford, NJ 07016
- Email inquiries to:  
info@rennamedia.com

- **776 Oversized Pages**
- **Thousands of Photos**
- **Hundreds of Recipes**

The Peterstown Book is the 100 year history of an Italian-American neighborhood told through stories about the people and families who lived there. The book records the oral history in danger of being lost and illustrates the traditions and customs of the community through thousands of photos, hundreds of recipes, and antidotes shared by residents past and present.

**\$45 + Sales Tax (\$3.15 for NJ purchases only.)**

**Buy 5 and get 1 FREE**

**FREE Shipping** Number of Books: \_\_\_\_\_

Total check/charge amount \_\_\_\_\_

Credit Card: ☐ Visa ☐ MC ☐ Discover

Credit card number \_\_\_\_\_

Exp. date \_\_\_\_/\_\_\_\_ ( mm/yy ) Code \_\_\_\_\_

Exact name as it appears on the credit card:

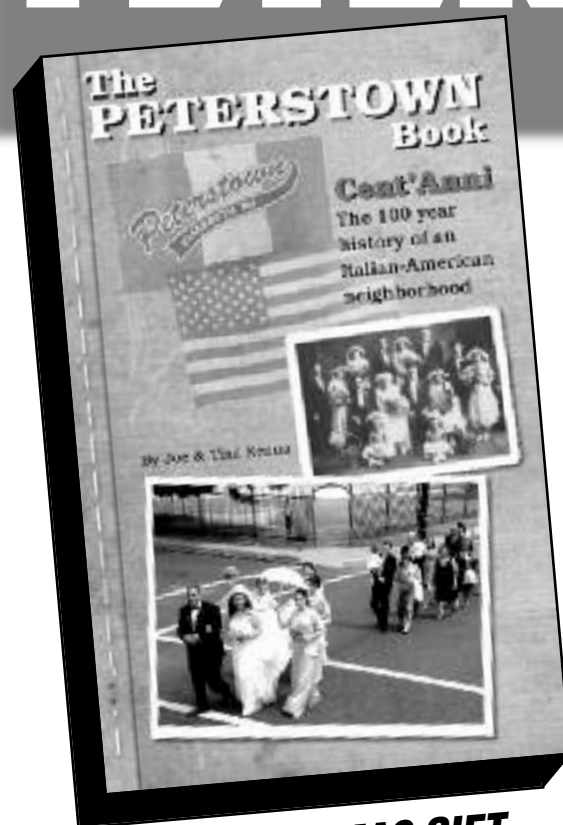
Name \_\_\_\_\_

Billing Address \_\_\_\_\_

(If shipping address is different from billing please supply both.)

Phone \_\_\_\_\_

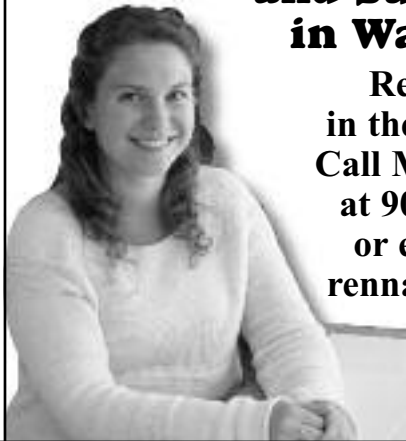
Email \_\_\_\_\_



**GREAT CHRISTMAS GIFT  
FOR THE ENTIRE FAMILY**

## ADVERTISE IN THIS NEWSPAPER

**3,000 are printed and  
mailed to every home  
and businesses  
in Watchung.**



Reserve space  
in the next issue.  
Call Mollie today  
at 908-858-4012  
or email [info@rennamedia.com](mailto:info@rennamedia.com)

**RENNA MEDIA FAMILY OF NEWSPAPERS - 58,000 MAILED MONTHLY**  
Reserve space in the next issue. Call Joe at 908-447-1295 or email [Joerenna@rennamedia.com](mailto:Joerenna@rennamedia.com)

### Zone 1 = 36,000 Printed / 33,000 Mailed



**Qty: 6,000**  
4,600 mailed to homes  
and businesses.  
1,400 dropped at  
distribution points.



**Qty: 5,000**  
4,000 mailed to homes  
and businesses.  
1,000 dropped at  
distribution points.



**Qty: 3,500**  
Mailed to every  
household (2,710)  
and business (720)  
in Kenilworth.



**Qty: 5,500**  
5,000 mailed to  
homes & businesses.  
500 dropped at  
distribution points.



**Qty: 6,500**  
Mailed to every  
home and business  
in Clark.



**Qty: 9,500**  
Mailed to every  
home and business  
in Cranford.

### Zone 2 = 25,000 Printed and Mailed



**Qty: 6,000**  
Mailed to every  
home and business  
in Warren.



**Qty: 3,000**  
Mailed to every  
home and business  
in Watchung.



**Qty: 3,500**  
Mailed to every  
home and business  
in Gillette, Millington  
and Stirling.



**Qty: 6,500**  
Mailed to every home  
and business  
in North Plainfield  
07060 zip code.



**Qty: 3,000**  
Mailed to every  
home and business  
in Green Brook.



**Qty: 3,000**  
Mailed to every  
home and business  
in Dunellen.

Back cover and front page banner reserved  
on first come first served basis.  
Current advertiser has right of first refusal.

#### RATE FOR SINGLE NEWSPAPER

Units	Size	Non-Members*	Members*
<b>1 BUSINESS CARD</b>	3 1/4" x 2"	\$60	\$50
<b>2 Units</b>	3.25" x 4"	\$100	\$90
<b>4 Units</b>	6.5" x 4"	\$180	\$160
<b>6 Units</b>	10" x 4"	\$240	\$210
<b>9 HALF PAGE</b>	10" x 6"	\$320	\$280
<b>12 Units</b>	10" x 8"	\$360	\$320
<b>18 FULL PAGE</b>	10" x 13.5"	\$400	\$350
<b>Back Cover</b>	10" x 13.5"	\$600	\$500

RATE FOR ANY 3 NEWSPAPERS	RATE FOR ANY 6 NEWSPAPERS	RATE FOR ANY 9 NEWSPAPERS	RATE FOR ALL 12 NEWSPAPERS
<b>\$150</b>	<b>\$300</b>	<b>\$450</b>	<b>\$600</b>
<b>\$250</b>	<b>\$500</b>	<b>\$750</b>	<b>\$1000</b>
<b>\$450</b>	<b>\$700</b>	<b>\$950</b>	<b>\$1100</b>
<b>\$600</b>	<b>\$900</b>	<b>\$1250</b>	<b>\$1400</b>
<b>\$750</b>	<b>\$1000</b>	<b>\$1350</b>	<b>\$1500</b>
<b>\$900</b>	<b>\$1200</b>	<b>\$1550</b>	<b>\$1800</b>
<b>\$1000</b>	<b>\$1400</b>	<b>\$1750</b>	<b>\$2000</b>

**FRONT PAGE BANNER** 8.25" x 2" \$320

Artwork included in price.

Make Checks payable to Renna Media,  
202 Walnut Avenue, Cranford, NJ 07016

\*Discount for members of participating local Chamber of Commerce and Business Associations

**PAY FOR 6 MONTHS AND GET 1 FREE**



# RENNA MEDIA FAMILY OF NEWSPAPERS 58,000 MAILED MONTHLY

Reserve space in the next issue. Call Mollie today at 908-858-4012 or email [mollie@rennamedia.com](mailto:mollie@rennamedia.com)

## Zone 1 = 36,000 Printed / 33,000 Mailed



**Qty: 6,000**

4,600 mailed to homes and businesses.  
1,400 dropped at distribution points.



**Qty: 5,000**

4,000 mailed to homes and businesses.  
1,000 dropped at distribution points.



**Qty: 3,500**

Mailed to every household (2,710) and business (720) in Kenilworth.



**Qty: 5,500**

5,000 mailed to homes & businesses.  
500 dropped at distribution points.



**Qty: 6,500**

Mailed to every home and business in Clark.



**Qty: 9,500**

Mailed to every home and business in Cranford.

## Zone 2 = 25,000 Printed and Mailed



**Qty: 6,000**

Mailed to every home and business in Warren.



**Qty: 3,000**

Mailed to every home and business in Watchung.



**Qty: 3,500**

Mailed to every home and business in Gillette, Millington and Stirling.



**Qty: 6,500**

Mailed to every home and business in North Plainfield 07060 zip code.



**Qty: 3,000**

Mailed to every home and business in Green Brook.



**Qty: 3,000**

Mailed to every home and business in Dunellen.

Back cover and front page banner reserved on first come first served basis.  
Current advertiser has right of first refusal.

Units	Size	RATE FOR SINGLE NEWSPAPER	
		Non-Members*	Members*
<b>1 BUSINESS CARD</b>	3 1/4" x 2"	\$60	\$50
<b>2 Units</b>	3.25" x 4"	\$100	\$90
<b>4 Units</b>	6.5" x 4"	\$180	\$160
<b>6 Units</b>	10" x 4"	\$240	\$210
<b>9 HALF PAGE</b>	10" x 6"	\$320	\$280
<b>12 Units</b>	10" x 8"	\$360	\$320
<b>18 FULL PAGE</b>	10" x 13.5"	\$400	\$350
<b>Back Cover</b>	10" x 13.5"	\$600	\$500

RATE FOR ANY 3 NEWSPAPERS	RATE FOR ANY 6 NEWSPAPERS	RATE FOR ANY 9 NEWSPAPERS	RATE FOR ALL 12 NEWSPAPERS
<b>\$150</b>	<b>\$300</b>	<b>\$450</b>	<b>\$600</b>
<b>\$250</b>	<b>\$500</b>	<b>\$750</b>	<b>\$1000</b>
<b>\$450</b>	<b>\$700</b>	<b>\$950</b>	<b>\$1100</b>
<b>\$600</b>	<b>\$900</b>	<b>\$1250</b>	<b>\$1400</b>
<b>\$750</b>	<b>\$1000</b>	<b>\$1350</b>	<b>\$1500</b>
<b>\$900</b>	<b>\$1200</b>	<b>\$1550</b>	<b>\$1800</b>
<b>\$1000</b>	<b>\$1400</b>	<b>\$1750</b>	<b>\$2000</b>

**FRONT PAGE BANNER** 8.25" x 2" \$320

Artwork included in price.

Make Checks payable to Renna Media,  
202 Walnut Avenue, Cranford, NJ 07016

\*Discount for members of participating local Chamber of Commerce and Business Associations

## PAY FOR 6 MONTHS AND GET 1 FREE