

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 Country Club, 600 Mountain Boulevard, Watchung, NJ.
 For more information about the club and upcoming events, please call Bob Aznar at (908) 755-8724.

WHRHS BACK TO SCHOOL NIGHT

Parents attended either this Back To School Night on Oct. 9, or Back To School Day, 7:30 to 9:30, on Monday, Oct. 13, to meet their children's teachers. The parents reported to their children's classrooms. They changed classes for several periods, the way their children must do during a typical school day. And they were greeted in the hallways by school administrators and student peer leaders, who provided directions and information about room numbers and locations.



(above, l-r) Fencing team members Ian Blakeslee of Stirling, Greg Puccio of Warren Township, and Josh Leski of Millington offered parents fundraising items, including tulips, socks and bottled water.



(above, l-r) Jazz Ensemble, provided a musical performance on Back To School Night, Scott Brown of Warren Township, Michael Weinfeldt of Gillette, Joe LaScala and Nick Briski of Watchung, and Andrew Morrison and Ben Overzat of Warren Township.



(left, l-r) Student Council members Parima Kadikar and Molly Shulan of Warren, Lauren Stone of Millington, Claire Chen of Warren, Devon Lauderdale of Gillette and Tim Hsueh of Watchung.

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WATCHUNG'S ICE CREAM SOCIAL A BIG HIT



(above) Watchung students and parents enjoyed a fantastic, old-fashioned Ice Cream Social



Frank Lazarro and Marianne Tyler maneuver cart loaded with popcorn during the event while Kyle Weisholtz assists.



(l-r) Anna Baitel, Terry Murphy and Kathy Rhyner host fundraiser table

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Watchung Post

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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.



WHRHS MERIT SEMIFINALISTS

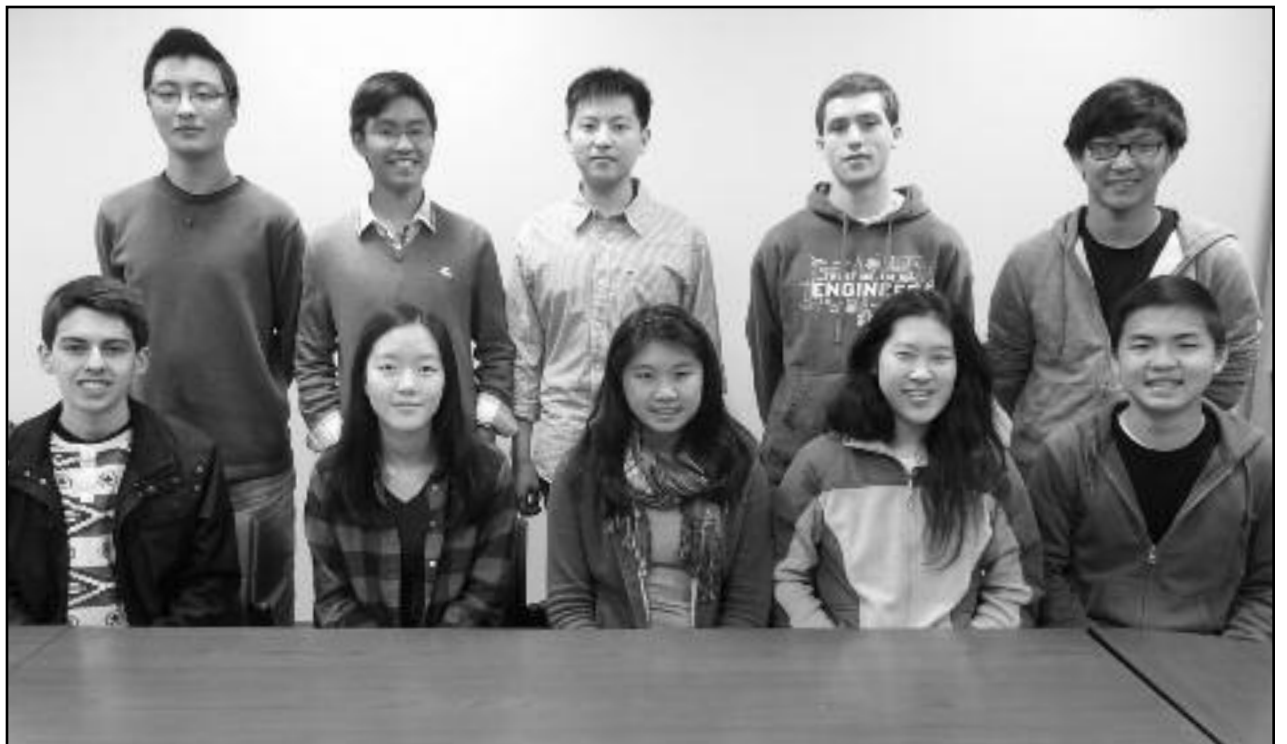
Eleven seniors at Watchung Hills Regional High School have qualified as semifinalists in the 2015 National Merit Scholarship Competition, and another 44 have qualified for "Letters of Commendation," according to Catherine Angelastro, Watchung Hills Guidance Director.

The 11 Watchung Hills semifinalists are: Gregory D. Carroll, Karen E. Chi, Joseph L. Da, Helen Dai, Chen Ding, Alexander J. Duncan, Andre J. Gau, Kevin Guo, Stuart Ki, Sharon Liu, and Katherine V. Mathison.

The 44 Watchung Hills commended students are: Tuhina Bhat, Arthur J. Bisci, Katherine Briski, Nicholas D. Briski, Navya T. Chacko, Kimberlie Chao, Stephen Cho, Anthony A. Cuonzo, Benjamin T. DeVico, Isabella C. DiBianca, Kyra A. DiFrancesco, Emily Eng, Hannah S. Feldmanu, Mitchel S. Fung, Simran

M. George, Jason N. Gerber, Andrew C. Greenberg, Brandon N. Hao, Surabhi U. Hoover, Amy Hu, Jeffrey J. Isaacs, Garrett S. Jochau, Kevin Z. Li, Christina Liao, Jessie Liao, Dana E. Nara, Benjamin J. Overzat, Adam M. Panella, Joseph M. Pecoraro, Isabella J. Perone, Rachel J. Pester, Patrick S. Qi, Jason P. Regimbal, Valeria Saro-Cortes, Anoushka Saxena, Abhay Srinivas, Colin R. Vergilio, David N. Voychuk, Andrew Wang, Shawn L. Weng, Gordon E. Whitley, Alvin Wong, Justin Y. Xia, and Emma Zeng.

Nationwide, about 1.4 million juniors in more than 22,000 high schools took the PSAT/NMSQT last October. Of those, about 16,000 qualified as semifinalists. The nationwide pool of semifinalists includes the highest-scoring entrants in each state.



(above) Eleven seniors at Watchung Hills Regional High School have qualified as semifinalists in the 2015 National Merit Scholarship competition. They are: (seated, l-r) Gregory Carroll of Watchung, Helen Dai and Karen Chi of Warren Township, and Sharon Liu and Andre Gou of Watchung; and (standing, l-r) Chen Ding of Watchung, and Joseph Da, Kevin Guo, Alex Duncan and Stuart Ki of Warren Township. Not pictured is semifinalist Katie Mathison of Warren.

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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 intraduced
- 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 orthopedic 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.P.R. (Medical Director)

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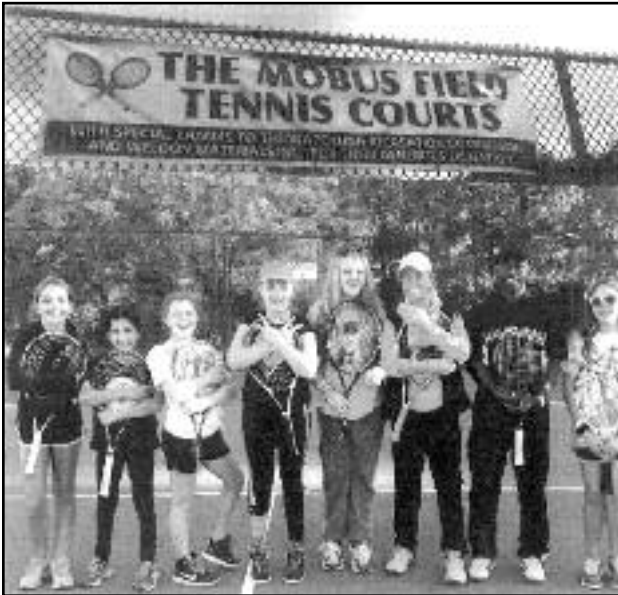
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WATCHUNG SCHOOLS INTRODUCE STEM

Submitted by E. Chesebro, Watchung Schools

NEW TENNIS PROGRAM AT MOBUS FIELD

Submitted by Watchung Rec Dept.



(above, l-r) Lauren Fortier, Emma Aridi, Danielle Tuscano, Julianne Olechowski, Casidi Tormey, Joli Tormey, Thom Bishop and Emily Matais

Watchung Borough Schools are introducing STEM education into their classrooms. Stem is an acronym for Science, Technology, Engineering and Math. Its focus is to educate students through an interdisciplinary and applied approach. STEM integrates subjects into a cohesive learning environment based upon real world problems.

Students are taught the engineering design process – Understand the Problem, Discuss and Brainstorm Solutions, Design a Prototype, Test your Design, and Evaluate your Success. Students are thinking like engineers as they

develop critical thinking, communication, and teamwork skills. Some examples of projects include: For fire safety week, first graders were challenged to design and build a ladder that could rescue residents from an upstairs bedroom. Second graders were asked to build a lock to keep Goldilocks out of the Three Bears' House using paperclips, rubber bands, tape, and string. Third graders are constructing lunar landers that must keep the astronauts safe and protected during a moon landing. Fourth graders learned about the principles and forces of flight, and were challenged to design and build a paper glider that could stay in the air for the greatest amount of time. STEM activities are keeping kids excited about learning!



(above) Second grader working on his STEM project



(above, l-r) Fourth graders Sebi Sampedro and Emmet Price working together with another classmate on their STEM project

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Bluegrass band, "3 Stones," returns to the Watchung Arts Center on Saturday, November 8. Inspired by many genres such as bluegrass, folk, jazz, blues, and country. "3Stones" perform great original songs and a variety of covers that may take you by surprise. Watchung resident, Sandy Joren, along with Peter Becker and Bruce Jepson play a range of music from Bill Monroe to Emerson, Lake and Palmer, along with plenty of good stuff in between, all done in their own way with sweet harmonies, heart, soul and fun!

Tickets are \$16 in advance, \$20 (\$18 for WAC members, \$10 for students) at the door. Tickets may be purchased online at watchungartscenter.eventbrite.com. To obtain more information about upcoming performances, classes and workshops, and monthly art exhibitions, please visit WatchungArts.org or call 908-753-0190.

The Watchung Arts Center, located at 18

Stirling Road in Watchung on the Watchung Circle, is a multi-disciplinary performing arts facility serving Watchung, the surrounding communities and the Tri-State Area.



(above, l-r) Peter Becker, Bruce Jepson, Sandy Joren from Watchung

HOW THE CLASSICS ARE RELEVANT TODAY



(left) Isaiah Clough, center, a Rutgers University Classics doctoral candidate whose concentration is the Homeric Epics, was the guest lecturer for four Freshman classes at WHRHS. He was welcomed to Watchung Hills by English Department Supervisor Marlene Stoto (left) and English Department teacher Vanessa Phillips (right) Clough's fiancé. Clough spoke about the importance of studying Greek and Latin language and literature.

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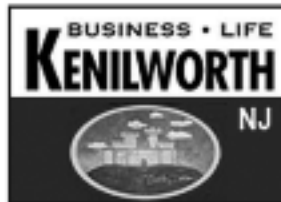
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