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Watchung's Hometown Newspaper

NJ

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ISSUE 24 • OCTOBER 2014

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## GIRL SCOUTS EARN SILVER AWARD AT BRANDYWINE

Submitted by Girl Scouts, Gwen Kinder and Allie Gilmore

Two Watchung Girl Scouts, Gwen Kinder and Allie Gilmore from Troop 65624 have been volunteering an hour a week, or more, for the past year at the Brandywine Senior Living Center to earn their Girl Scout Silver Award. Gwen and Allie have spent time with the resident seniors doing activities such as calling bingo, making crafts together, which also included additional Scouts, or just simply chatting and getting to know one another. The Girl Scouts pictured participated in an hour sing-along with music from Tom Jones, Neil Diamond and Mitch Miller as a culminating activity with the resident seniors. The girls and seniors all talked and interacted after the musical portion was over. Everyone had an enjoyable time. The Girl Scouts really enjoyed getting to know the seniors and spending time with them.



(right) Some of the Girl Scouts from Watchung Troops 65624 and 65474 who culminated their Silver Award project with a sing-along at the Brandywine Senior Living Center in Watchung.

## WATCHUNG GIRL SCOUTS COMPLETE SILVER AWARD

Danae and Diana recently completed their Girl Scout Silver Award benefitting children with chronic illnesses. The girls telephoned, wrote and emailed many local and national companies describing their ideas and asking for donations. With the donations, they shopped, organized and put together activity boxes for children who have long stays in the hospital. They created individualized boxes by gender and age group totaling 36 boxes in all. They also donated new books to a collection for the children. On September 12, the scouts delivered their boxes to Children's Specialized Hospital in Mountainside, NJ.

(right, l-r) Vivian I. Cappolla-Concepcion, Community Engagement Coordinator at Children's Specialized Hospital, along with Girl Scouts from Troop 65624 Danae Churchill and Diana Sarrico.



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

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## CORPORATE AND COMMERCIAL

## 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).



## WATCHUNG RESIDENT TAKES 8TH PLACE IN GYMNASTICS COMPETITION

Submitted by Cara Salas

The Summit Summies Gymnastics Team from the Connection for Women and Families sent 18 gymnasts to the USAIGC World Championships in Orlando Florida in July. They competed against more than 1200 gymnasts from the United States, Canada, South Africa, Bermuda and the United Kingdom. They took

home an amazing 37 medals with two top-five team championship banners. Watchung resident, Francesca Salas, age 9, took 8th place in New Jersey overall in all four events at the NJ State Championships for USAIGC Gymnastics Nationals in Wildwood, NJ and went on to World Event in Orlando, Florida.



(above) Summit Summies Gymnastics Team with Watchung resident, Francesca Salas (kneeling bottom right)

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# 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.

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

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## WATCHUNG REMEMBERS



(left) Anthony Ingrassia, 9/11 Committee, spoke about the 9/11 Memorial and mentioned his brother, Christopher Ingrassia, who was lost on that day

(right) Yajur Sriramam, Valley View School Class President, as he recites the poem "The Names" by Billy Collins (below) in honor of the victims of 9/11

Photo Credit: Michelle DeRocco



(above) Mayor Stephen K. Pote



(above) Valley View School Ensemble, under the direction of Liz Thompson played three songs during the service including "America the Beautiful." They were accompanied by the Watchung Girl Scouts as they sang. Danielle and Alexandra Toscano sang the National Anthem and Matthew Schaefer and Ryan Branco played "Taps."

Photo Credit: Michelle DeRocco



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## WHITE CASTLE TO HOST BOY SCOUT

The Watchung Mountain District of the Boy Scouts of America is hosting their first Chess Tournament open to all registered Boy Scouts, Venturers and Explorers, who know how to play chess. The tournament will be held on Saturday November 1, 2014 at the Stonecrest Community Church, 11 Technology Drive, Warren, NJ. The event will run from 10am to 2pm. The tournament is being generously sponsored by White Castle. Joe Renna of Renna Media, a certified chess merit badge counselor, is assisting scouts in earning their badges.



Scouts interested in playing can use Watchung Mountain District Double Knot link to register on-line at [ppbsa.doubleknot.com/event/1607140](http://ppbsa.doubleknot.com/event/1607140) or Email Charlean Mahon at [charlean.stimpson@scouting.org](mailto:charlean.stimpson@scouting.org).

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### Watchung Mountain District Boy Scout Chess Tournament Saturday, November 1, 2014

10:00 am to 2:00 pm

Sign-in/setup starts at 9:00 am

### Stonecrest Community Church

11 Technology Dr N, Warren, NJ • 908.821.9700

Open to all registered Boy Scouts/Venturers/Explorers.  
Limited to 40 players who must know how to play chess. Registration is \$6  
Use Watchung Mountain District Double Knot link to register on-line  
at [ppbsa.doubleknot.com/event/1607140](http://ppbsa.doubleknot.com/event/1607140)  
Email Charlean Mahon at [Charlean.Mahon@scouting.org](mailto:Charlean.Mahon@scouting.org) for more info.

Trophies awarded to 1st, 2nd and 3rd place finishers.  
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Lunch will be provided by White Castle for all players and guests.  
This tournament meets the 6a requirement for earning a Chess merit badge.

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# LILY YIP TABLE TENNIS CENTER TO HOLD NEW JERSEY CHINESE FESTIVAL OCT 12TH

Lily Yip, of Warren, has planned a New Jersey Chinese Festival on Sunday, October 12, 2014 at her Table Tennis Center located at 370 North Avenue in Dunellen, NJ. The event is free of charge to spectators and open to the public.

Table Tennis is the national sport of China and the festival is a way for Yip to share a bit of the Chinese culture with her American neighbors.

The Festival will feature a table tennis tournament and Yip has invited the public of all ages and skill levels, from beginner to expert, to play. Prizes will be awarded for skill level as well as age. Registration is required and can be done online at [www.lilyttc.com](http://www.lilyttc.com).

The Festival is an annual event and is planned

in cooperation with NJ Chinese Festival Inc., a Nonprofit Organization in Montville, New Jersey that plans various events throughout the year. For more information Call Lily Yip at 732-200-5820 or email: [lily@lilyttc.com](mailto:lily@lilyttc.com).

Lily Yip Table Tennis Center also hosts the annual Garden State School Championships in January.

Yip was a member of the U.S.A Table Tennis team and played in two Olympics. She is the coach of the U.S. National Youth Team.



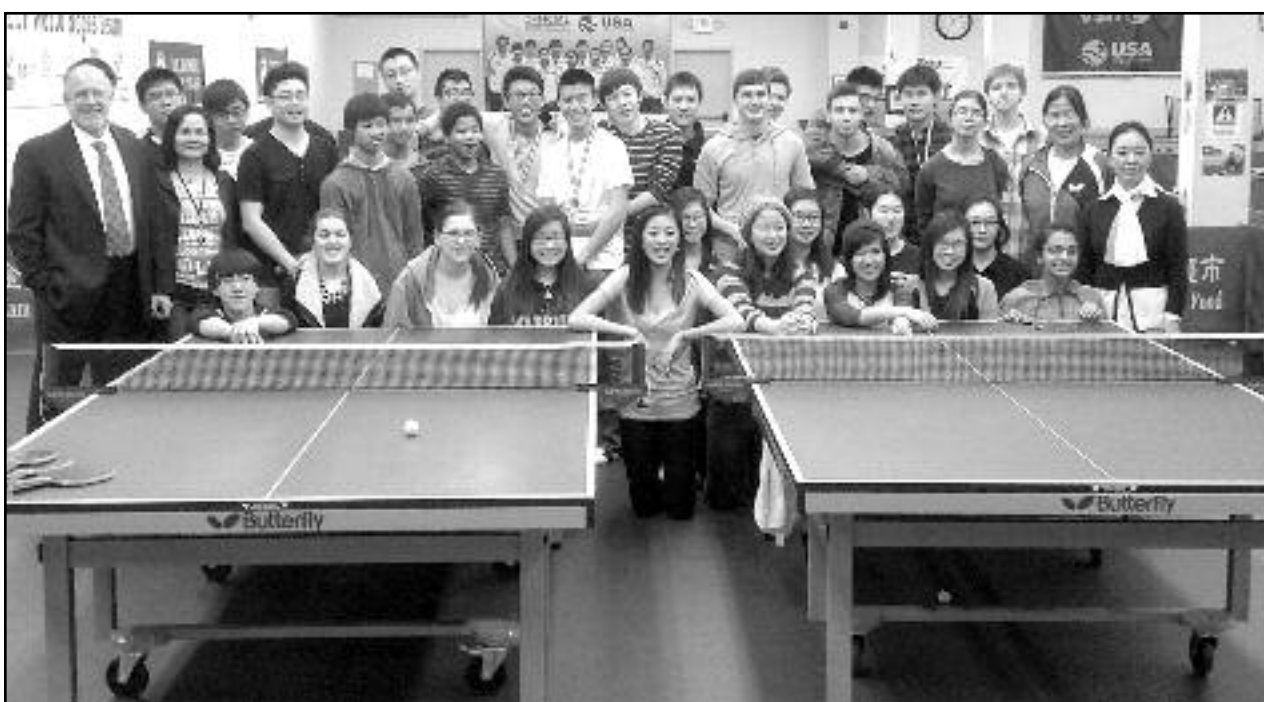
(above, l-r) Jayden Zhou , U10 USA Champion with Coach Can Wang from Beijing.



(above) Winners of Watchung Hills High School Tournament at the LYTTC.



(above, l-r) Alice Liu from Warren Central School and Alyssa Dang from Green Brook Middle School, winners in the Junior Under age 11 event.



(above) Watchung Hills High School visits LYTTC.



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*(above) Chloe Hance checks out one of two trophies she received for "First Fish" as well as "Most Fish Caught."*



*(above) Danielle Nunn holds trophy for largest catch in her age group with David Mobus, event cohost.*



*(above) Jordan Brown picked up a trophy for this larger catfish*



*(above) Derek Repace with trophy and winner's pole*



*(above) Noah Baitel warms up his gear. Last year he caught more than 20 fish.*



*(above) Young Tifenn Michel (foreground) and Derek Repace (background) with their trophies*



*(above) Young Katheryn Wanamker snagged a fish, plus a trophy to prove it!*



*(above) Karl Baume measuring a fish on the fish board that was also used when the Optimist Club used to run the derby.*

Photo Credit: Shelini Parikh



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- JUNK CAR REMOVAL SERVICE
- INTERIOR & EXTERIOR DEMOLITION
- MOBILE SHEARING & BALING SERVICE
- ON SITE TESTING OF MOST ALLOYS

*Is your scrap metal too much, too big, or too heavy for you to load? No problem,  
we will cut, load & transport your scrap metal for you! Call for pricing.*

Cash buyers of all types of scrap metal  
Cash buyers of all types of alloys  
Cash buyers of all types of automotive cores  
Cash buyers of all types of electronic scrap

#1 Bare Bright Copper .....	\$2.80/lb
#1 Copper .....	\$2.65/lb
#2 Copper .....	\$2.55/lb
Light Copper .....	\$2.50/lb
Insulated Copper .....	\$1.00/lb & up
Aluminum BX .....	\$1.00/lb
Clean Aluminum .....	\$0.50/lb
Aluminum Siding .....	\$0.52/lb
Aluminum Beverage Cans .....	\$0.40/lb
Alum/Cu Radiator (Clean) .....	\$1.25/lb
Alum/CU Radiator (FE End) .....	\$1.00/lb
Brass .....	\$1.75/lb
Clean Auto Radiators .....	\$1.50/lb
#1 Lead .....	\$0.40/lb
#2 Lead .....	\$0.30/lb
Die Cast .....	\$0.20/lb
Electric Motors .....	\$0.20/lb
Iron BX .....	\$0.20/lb
Sealed Units .....	\$0.15/lb
Auto Batteries .....	\$0.25/lb
Steel Case Batteries .....	\$0.25/lb
Starter/Alternators .....	\$0.20/lb
AC Compressors .....	\$0.20/lb
Catalytic Converters .....	\$5-\$10/Piece
Aluminum Rim W/Tire .....	\$2-\$5/Piece
Cast Iron .....	\$10.00/100 lbs
Light Iron .....	\$8.00/100 lbs
Heavy Iron .....	\$10.00/100 lbs
Auto Motors .....	\$10.00/100 lbs
Automobiles .....	\$8.00/100 lbs
Machinery/Torchable Steel .....	\$8.00/100 lbs
Fuel/Oil/Holding Tanks .....	\$8.00/100 lbs
Insulated Aluminum .....	\$0.25/lb

Prices are subject to change without notice.  
Please call for current prices.

**We suggest you weigh your material – know  
what you have where ever you sell it. Weight  
is just as important as the price you get.**



# 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"**



**YOUR  
PUMPKIN  
HEADQUARTERS**

somersetfarms@verizon.net  
somersetfarmsnj.com

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

## COUPON

### FRESH SHRIMP

**\$9<sup>99</sup>** lb

WAT10

By the pound only. Limit 1 lb per customer per coupon per day.  
Not to be combined with other offer. Offers good thru 10/31/14.



### FRESH FISH

Available Thursday  
to Sunday

Filleted, Steaked,  
Cleaned to your liking!

### Top or Little Neck Clams

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

## COUPON

### SALMON FILLET

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

WAT10

By the pound only. Limit 1 lb per customer per coupon per day.  
Not to be combined with other offer. Offers good thru 10/31/14.



### 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

WAT10



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 10/31/14.

## COUPON

### Fresh Mozzarella

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

WAT10



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 10/31/14.

## COUPON

**\$1.00 OFF**  
your purchase of  
**\$20.00 OR MORE**



WAT10

Excludes garden center and fish purchases. Limit 1 offer per customer  
per day. Not to be combined with other offer. Offer expires 10/31/14.

**FALL MUMS**  
**8 INCH**  
**3/12.99**



**FALL**  
**SQUASHES**  
**.69 LB**



**HAY**  
**BALES**  
**6.99 EACH**



**FACE**  
**PUMPKINS**  
**.59 LB**



**CORN**  
**STALKS**  
**5.99 EACH**



**Indian Corn • Fall Planters • Halloween Decor and much much more.**