

Watchung Post

MAILED FREE TO EVERY HOME
AND BUSINESS IN WATCHUNG

Watchung's Hometown Newspaper

NJ

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ISSUE 26 • DECEMBER 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.

WATCHUNG MOUNTAIN DISTRICT BOY SCOUTS HOLD FIRST ANNUAL CHESS TOURNAMENT SPONSORED BY WHITE CASTLE

The Watchung Mountain District of the Boy Scouts of America hosted their first Chess Tournament open to all registered Boy Scouts, Venturers and Explorers. The tournament was generously sponsored by White Castle and was held on November 1, 2014, in the Stonecrest Community Church in Warren, NJ. This was the first tournament since the Boy Scouts of America introduced the Chess merit badge. Thirteen players participated, playing four games each.

Parth Patel won first place with a perfect score of 4.0. James Scacifero and Alec Thomson both ended with a 3.0 score and James took second on the tie break system. Steven Rhein and Michael Duncan both finished with 2.5 scores.

White Castle purchased 20 sets, boards and clocks for the tournament. The company also covered expenses for running the tournament including trophies for the top three winners and ribbons for participants. They also supplied lunch for all players and spectators. White Castle will continue to support the Boy Scouts and the Chess program.

(right, l-r) First place winner Parth Patel, Second Place James Scacifero, and third place Alec Thompson.



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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.



WATCHUNG GIRL SCOUTS ATTEND MESH AT MSU

Submitted by Bonnie Brunskill

Fifth graders in Watchung Girl Scout Troop 65065 attended the Montclair Emergency Services for the Homeless, Inc. (MESH) Hunger and Homelessness Fair at Montclair State University on November 15, 2014. The girls attended eight activity stations and learned

hands-on about issues facing the homeless including personal hygiene, hunger and building their own shelter.

The girls also donated shoes to the cause and brainstormed about other ways in which they can help the homeless.



(above) Holding their MESH badges are (l-r) Alyssa, Shaina, Nicole, Tess and Kaysen

Photo credit: Ana Nasrin

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New FDA Approved Treatment Proven to Relieve Knee Pain

TREATMENT COVERED BY MOST MAJOR HEALTH INSURANCE PLANS – INCLUDING MEDICARE

Did you know that over 100 million Americans suffer from knee and joint pain? In fact, this pain accounts for one fourth of all visits to primary care physicians and half of all anti-inflammatory drug prescriptions. If you suffer from any degree of knee or joint pain, Drs. Mejia & Spiaggia of **Performance Rehabilitation & Integrated Medicine** personally invite you to regain control of your life by scheduling a **FREE** step one consultation with their staff. Call now. You deserve to live pain free!

Who is a good candidate for this treatment?

- Have you been diagnosed with osteoarthritis?
- Do you wake up with knee, shoulder, or joint pain?
- Does your knee, shoulder, or joint pain keep you from certain activities?
- Have you been told you need a knee replacement?
- Are you active and sometimes suffer from sore knees or joints?
- Do you take medications for knee or joint pain?
- Do you have difficulty going up and down stairs due to knee pain?
- Are you considering surgery to alleviate knee pain?
- Does your knee ever feel like it is "giving out" 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 stabilization. The patient's lifestyle is also taken into consideration as stretches, exercising, and lifestyle skills are taught for a lifelong approach to relieving pain.

How does this treatment work?

Utilizing cutting-edge high definition computer guidance, the doctors and staff are able to pinpoint problem areas with precision and accuracy. A viscosupplement injection is delivered and the healing process starts. Viscosupplementation has been shown to relieve pain in many patients who have not responded to other non-surgical methods by bonding with naturally occurring joint fluid to create a lubricating and cushioning layer. It also reduces pain, inflammation, and swelling of the joint. Little to no discomfort is noticed and many patients feel the effects within days.

What are patients saying?

"My life has changed for 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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— Ron Spiaggia, DC
— Clinic Director

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

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WATCHUNG HONORS THOSE WHO SERVED



(above, l-r) The Mayor and Council: Councilman Stephen Black, Councilwomen Debra Joren, Councilwomen Dianna Beck-Clemens, Councilman Rob Gibbs, Mayor Stephen K. Pote and speaking on behalf of and telling the story of the life and war times of Mr. Leslie Cooper is Councilman Thomas Franklin. During the ceremony, held at Valley View School the VV School band ensemble played "Marches of the Armed Forces" under the direction of Elizabeth Thompson. Forty students were part of the band ensemble. The National Anthem was sung by Danielle Toscano. Echo Taps was played by Matthew Schaefer & Ryan Branco.



(above, l-r) Mr. Leslie Cooper, WW II Veteran honoree and his wife Virginia "Ginny" Cooper and their son Leslie Francis Cooper and their daughter Diane Kindall



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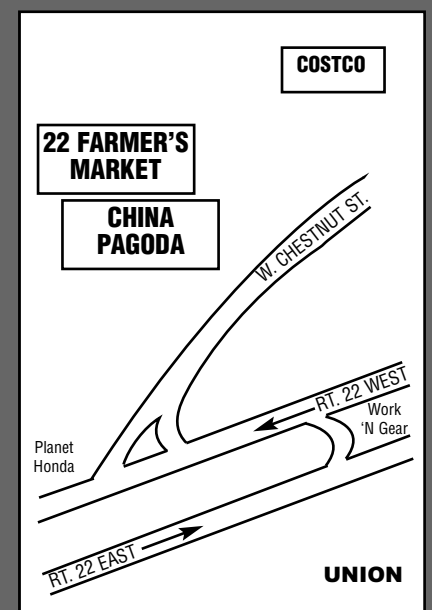
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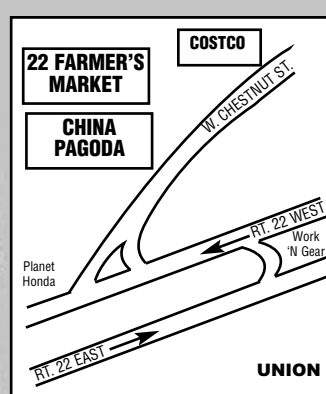
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A PERFECT FALL DAY FOR HARVEST FEST 2014

Submitted by WRC

On Saturday, October 25th, 2014 the Watchung Recreation Commission held its annual Harvest Festival from 2:00-5:00 PM at Mobus Field on Brookdale Road. The event attracted approximately 1000 people! The day was sunny and 65 degrees making it a perfect day for the event. Families enjoyed the giant haystack, train ride, treehouse climb and slide, mechanical swing ride, pumpkin painting, sand art, face painting, music, games and prizes.

The Recreation Commission, members of the CERT Team and the Blue Ridge Sportsmen as well as the Watchung Police department and several student volunteers from WHRHS, served hot dogs, cotton candy, popcorn, zeppoles, apple cider and other goodies. During the event was the anticipated Ribbon Cutting ceremony for the newly constructed playground which was a big hit for all the children at the event. A great time was had by all.



(above) Mayor Stephen K. Pote during the Ribbon Cutting Ceremony for the new playground



(above) Jesey Newman from Watchung



(above) Victoria Solon running the Cotton Candy machine at Watchung's Harvest Festival.

WILSON MEMORIAL CHURCH AND TEN THOUSAND VILLAGES

Shoppers in the Watchung community will have an opportunity to make their holiday gift-giving doubly effective, as Mary E. Wilson Memorial Church holds a sale of items from Ten Thousand Villages. The sale will be held in the church's Stockton Fisher Fellowship Hall on Saturday, December 6 from 10 AM to 2 PM.

According to Rev, Barbara Peters, "Shopping with a purpose enables individuals to feel like they are making a difference in the lives of people who have to face desperate economic circumstance."

A variety of gift and craft items will be available for purchase. The sale of these handcrafted products, made by artisans from

developing nations, help pay for food, education, healthcare and housing for craft persons who would otherwise be unemployed or underemployed. As one of the world's oldest and largest fair trade organizations, Ten Thousand Villages has spent more than 60 years cultivating long-term buying relationships in which artisans receive a fair price for their work and consumers have access to unique gifts, accessories and home decor from around the world. These long-term relationships give the artisan groups a sustainable source of income that enables them to plan for the future-investing in technology and skills training in order to reach their full business potential.

Although this will be the first year the Wilson Church has worked with Ten Thousand Villages, the church has had a long-standing tradition of holding similar sales of handcrafted items during the Advent season for its members. It was decided this year to hold the sale on a Saturday and to open it to the local community both as a community outreach and as a way to provide even more assistance to the producers of the sale items.

Wilson Memorial Church is located at 7 Valley Road in Watchung, just off the Watchung Circle. For further information about the church, please call (908) 755-5020 or visit www.wilsonmemorialchurch.com



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FIND HIDDEN TREASURES AT WATCHUNG LIBRARY

When you borrow a children's book from the Watchung Library, you may also find a hidden treasure – just in time for the holidays. Beginning on NOVEMBER 4, hunting for stories to treasure at Watchung Library may be more rewarding than you imagined. Why? FOUR \$50 gift cards from Learning Express in Stirling are linked to four different children's books located at the library. If you check out one of the four books at Watchung Library, you'll win a \$50 gift certificate.

It's a good time of year to start hunting for wonderful stories to read. As the nights get longer, picture books, early readers and children's fiction books are great read-alouds for bedtime or anytime. Reading aloud is the single most important thing a parent or caregiver can do to improve a child's readiness to read and learn. Watchung Library has lots of books waiting to be read by a grandparent, parent, brother, sister, niece, nephew or friend.

The HIDDEN TREASURES reading program is made possible thanks to the support of the Friends of the Watchung Library and Learning Express at 1107 Valley Road in Stirling. The hunt for hidden treasure will keep going until all four gift cards are found. Anyone with a Somerset County Library System card can participate in the program at Watchung Library.

Here's what treasure hunters need to know. There is a limit of one prize per person. Gift cards are NOT in the books, but rather, they are

WATCHUNG LIBRARY

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



electronically linked to the books in the library's collection. Books cannot be checked out, then immediately returned. This is an opportunity to read - with a chance to win. Enjoy the stories – and good luck!

Watchung Library, a branch of the Somerset County Library System, is located at 12 Stirling Road in Watchung, behind the Watchung Arts Center. The library is open late Monday through

Thursday until 9:00 PM. Call 908-561-0117 for more information, or visit the library online at www.sclsnj.org.

The Somerset County Library System has branches in Bridgewater, Bound Brook, Hillsborough, Manville, at the Mary Jacobs Library in Rocky Hill, North Plainfield, Peapack & Gladstone, Somerville, Warren Township and Watchung.

WATCHUNG SENIORS' TRIP HUNTERDON HILLS PLAYHOUSE

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THE WATCHUNG SENIORS MEET THE SECOND WEDNESDAY

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Warrenbrook Senior Wellness Center Book Club



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Second Meeting

Tuesday, December 9, 1:30 – 3:00

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Second Book to be Discussed

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2 & Under.....FREE!

Dinner 3:30pm - 9:30pm

Adult\$10.99
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2 & UnderFREE!

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BOROUGH OF WATCHUNG PUBLIC NOTICE 2014/2015 DEER MANAGEMENT PROGRAM

The Borough of Watchung wishes to inform all Borough residents and non-resident Borough property owners that a Borough-controlled deer management program will begin on December 1, 2014 and may continue until February 14, 2015. The program will be conducted under the same format as that previously utilized under the Community Based Deer Management Program.

The deer management program will be conducted as follows:

1. Controlled hunting via firearm by Warren Blue Ridge Sportsmen, Inc. on three tracts of municipal land from December 1, 2014 through February 14, 2015, as permitted by State regulations. The three tracts include 19.81 acres on the west end of Mountain Boulevard, 9.56 acres on Sequoia Drive and 6.4 acres between Route 22 and Johnston Drive.

2. Controlled hunting via firearm by Warren Blue Ridge Sportsmen, Inc. on three tracts of privately owned land from December 1, 2013 through February 14, 2014 as permitted by State regulations. The three tracks are identified below.

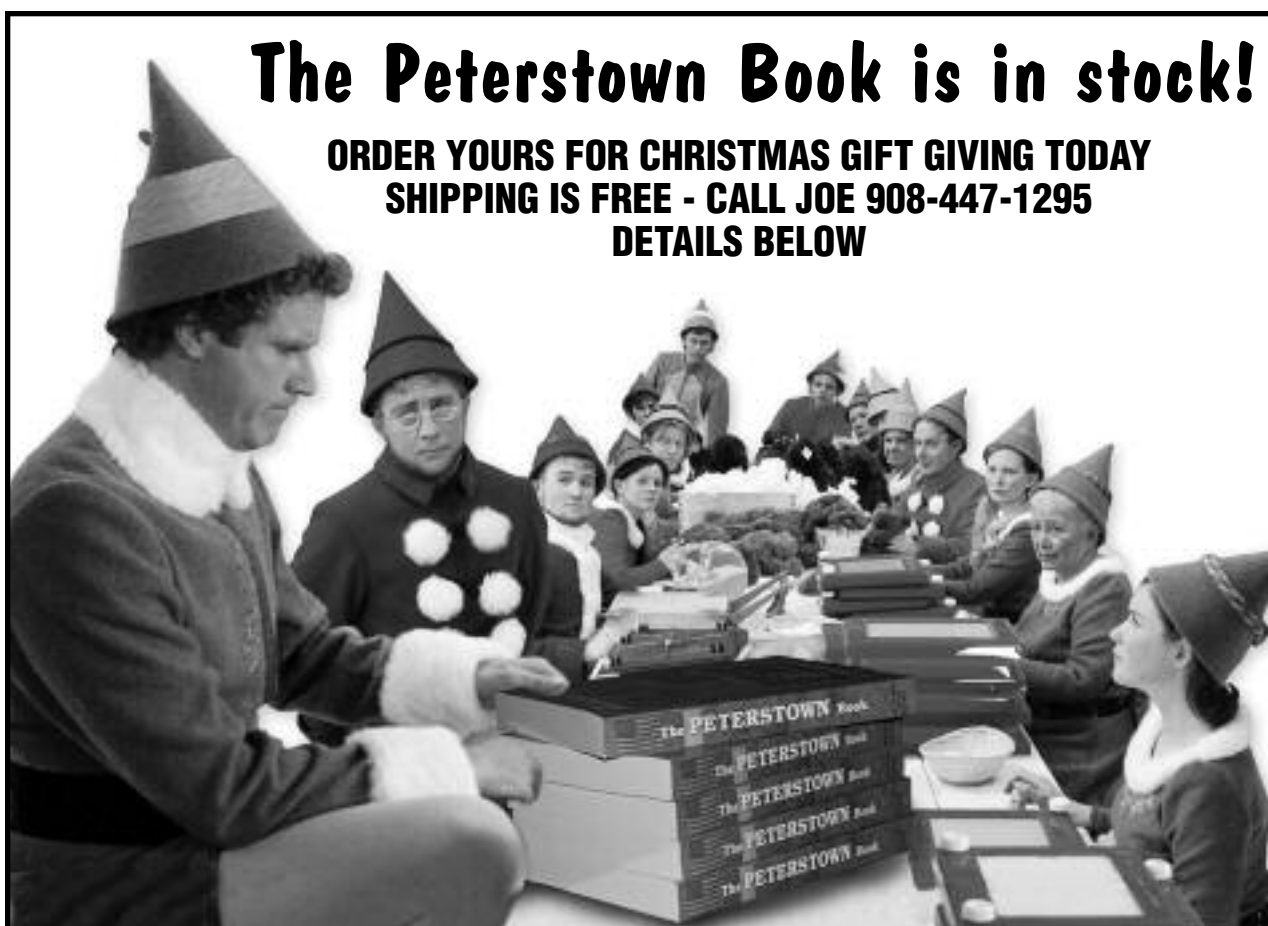
There are a total of six tracts of municipal or private land within the Borough of Watchung approved for this season's deer management program. Shooting is limited to the six sites designated in the program and will only be done from elevated tree stands.

A 24 hour telephone hot line will be in operation at the Watchung Borough Municipal Building and will be maintained by the Borough to provide timely and regularly updated advance information to residents as to which dates the tracts are scheduled to be used. The hot line number is 908-745-2111 Option 1. This information will also be placed on Local Cable Access Channel 15, Watchung Radio 1610 AM and posted on the Watchung Borough website: www.watchungnj.com

WATCHUNG BOROUGH DEER CULLING TRACKS 2014/2015 SEASON

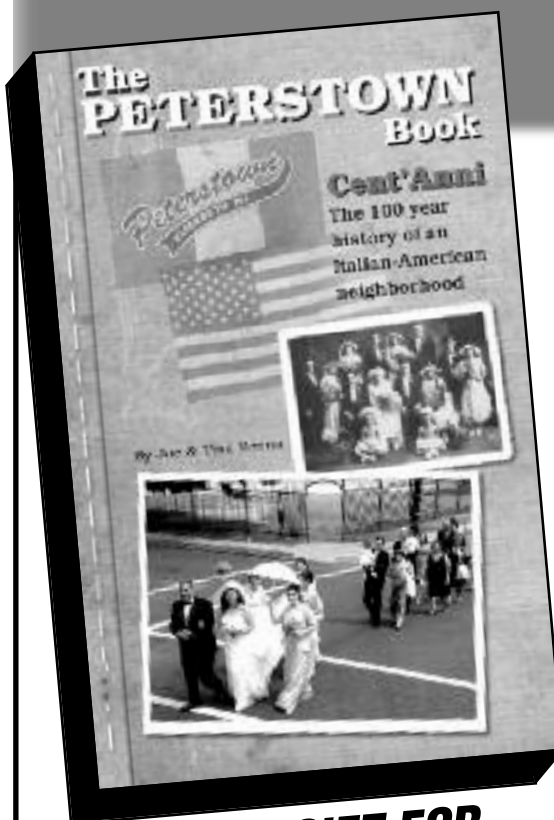
- Site # 1 – 19.8 acres west end
of Mountain Boulevard
- Site # 2 – 6.4 acres – between Route 22
and Johnston Drive – east end
- Site # 3 – 9.56 acres on Sequoia Drive
- Site # 4 – 1.4 acres east
on Mountain Boulevard
- Site # 5 – 1.5 acres on northwest side
of High Tor Drive
- Site # 6 – 40 acres on Bonnie Burn Road

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Thomas E. Atkins, Administrator*



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RENNA MEDIA NAMED 2015 SMALL BUSINESS OF THE YEAR BY THE GATEWAY REGIONAL CHAMBER OF COMMERCE

The Gateway Regional Chamber of Commerce is the largest business association in the New York Metropolitan area with about 1,200 members. The group’s long history dates back to 1911 when it was founded as the Elizabeth Chamber of Commerce by John D. Rockefeller and other New Jersey industrialists. Today the Gateway Chamber serves as an umbrella organization for a dozen regional and local chambers and networking groups.

Each year the Chamber selects three businesses as their large, medium and small businesses of the year. They have selected the publishers of Cranford Monthly, Renna Media as the small business of the year for 2015. The honor of large company of the year goes to Linden petroleum company Infineum USA L.P. and Summit investment firm R Seelaus & Co. was named as the medium company of the year. The Linden Chamber of Commerce was named the Chamber of the Year.

Joe and Tina Renna were nominated and selected not only for the success of their business but the community service aspect of their business plan. Renna Media publishes twelve community newspapers that are mailed free to 58,000 homes and businesses on a monthly basis. The focus of the newspapers is to support the community service organizations in the towns that they publish in. Non-profits can promote events at no charge. The publications also recognize individuals and businesses that perform community service. The newspapers also serve as a calendar of upcoming events for the towns, schools, and libraries.

*All newspapers can be found
on-line at RennaMedia.com
Feel free to view, share and
download photos*

**LATEST PHOTO ALBUM
ON RENNAMEDIA.COM**



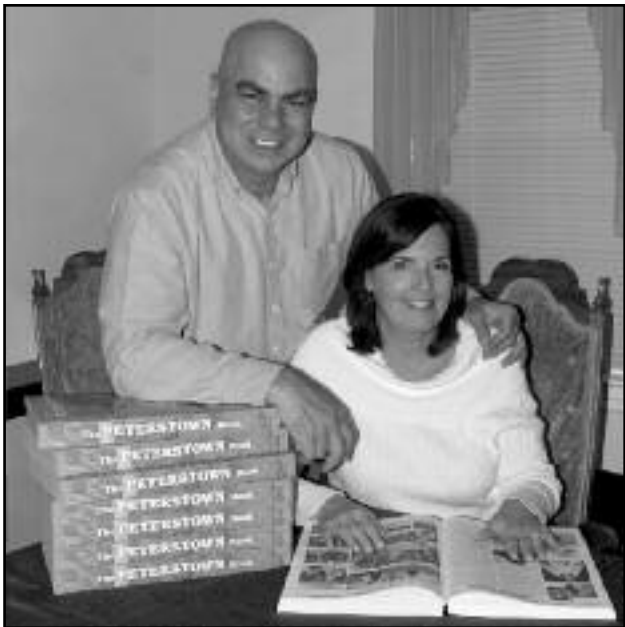
**Watchung Boy Scout
Chess Tourn 2014**

Renna Media launched their newest publication Cranford Monthly in January of 2014, it is mailed to every home and business in town. It joins other Union County publications in Clark, Linden, Rahway, Kenilworth, and Union, along with six newspapers in their western zone, Warren, Watchung, Long Hill, Green Brook, Dunellen, and North Plainfield.

Tina and Joe also publish Around About Peterstown on a bi-monthly basis. This publication is less of a business venture and more of a labor of love. The Peterstown Newspaper attempts to record the oral history of the Elizabeth neighborhood Joe grew up in. In September of 2013 they published The Peterstown Book, a one hundred year history of the Italian American Neighborhood.

The biggest benefit to being a Gateway Chamber member is networking. The smallest companies have access to the largest. The Chamber hosts approximately 180 networking events a year. Prospective members are invited to events also. If a business is a member of one group then they are automatically a member of all groups.

- The groups include:
- Linden Chamber of Commerce
 - Clark Chamber of Commerce
 - Kenilworth Chamber of Commerce
 - Warren Chamber of Commerce
 - Somerset Hills Business Network
 - Irish Business Association
 - Gateway Association of Business Women
 - Workforce Education Committee



AWARDS DINNER:

Approximately 600 people from a broad range of businesses attend the Gateway Regional Chamber of Commerce annual awards dinner. This year’s event will be held on
February 9, 2015
from 6:00 pm to -9:00 pm
at the Newark Airport Marriott Hotel,
1 Hotel Road, Newark, NJ

*Anyone interested in attending
or becoming a member
can call Kate Conroy at 908-352-0900
email kateconroy@gatewaychamber.com
or visit the website at
www.gatewaychamber.com*

RENNA MEDIA FAMILY OF NEWSPAPERS 58,000 MAILED MONTHLY

Reserve space in the next issue. Call Tina today at 908-418-5586 or email info@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.

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

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

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.

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

Artwork included in price.

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

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

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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

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COUPON

FRESH SHRIMP

\$9⁹⁹ lb

WAT12

By the pound only. Limit 1 lb per customer per coupon per day.
Not to be combined with other offer. Offers good thru 1/15/15.



FRESH FISH

Available Thursday
to Sunday

Filleted, Steaked,
Cleaned to your liking!

Top or Little Neck Clams

\$3⁹⁹ /dozen

COUPON

FRESH COD FILLET

\$5⁹⁹ lb

WAT12

By the pound only. Limit 1 lb per customer per coupon per day.
Not to be combined with other offer. Offers good thru 1/15/15.



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

\$6⁹⁹ lb

WAT12

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 1/15/15.



COUPON

Fresh Mozzarella

\$5⁹⁹ lb

WAT12

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 1/15/15.



COUPON

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



WAT12

Excludes garden center and fish purchases. Limit 1 offer per customer
per day. Not to be combined with other offer. Offer expires 1/15/15.

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BASKETS
MADE TO
ORDER!**

**ORDER
YOURS TODAY!**



**HOLIDAY ITEMS
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Torrone, Masticoli, Almond Paste
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XMAS TREES
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AND GRAVE
COVERS ARE
ON THEIR
WAY....**

