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ISSUE 47 • OCTOBER 2016

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CHURCHILL AND KROUK EARN GIRL SCOUT SILVER AWARDS

By: Edir Coronado

Kaelin Churchill and Rachel Krouk are members of the Watchung Girl Scouts and recently took the challenge of earning the Girl Scout Cadette's highest honor, the Silver Award. They accomplished this feat by combining important aspects of their intense allergy situations; and their love for reading, writing, and literature in general. Earning a Silver Award is no easy task. A Cadette has to, as a team or individually, create a plan that could benefit the community.

Kaelin and Rachel chose an issue that many Americans have in common. According to the Asthma and Allergy Foundation of America, about 50 million people are affected by Nasal Allergies, 30 percent of adults and 40 percent of children living in the U.S. In terms of finance, Americans spent 17.5 billion dollars on health care costs and 25 billion on food allergies. It is safe to say that allergies among the American public is an important topic. Both Rachel and Kaelin have an extended list of allergies; animals with fur, legumes, pollen, shellfish, soy, tree nuts, various fruits, and wheat, ranging from mild to severe.

Kaelin and Rachel chose a unique way to reach the public and raise awareness, by writing a book titled, *Life and Us*. The book is about two girls, one considered an introvert while the other is outgoing. They are best friends and find common-place with their allergy issues. Their goal is to make it through middle school despite these complications.

The creation of their book took 2 years and was made with the intentions of dispersing advice to people with allergies and helping others cope with their situation. The Youth Services Librarian at the Watchung Public Library, Sharon Orlando, later helped Kaelin and Rachel set up a program, *Cook with a Book*, where they made allergen free mug-cakes, while excerpts from the book were read.

Kaelin and Rachel's relationship runs much deeper than their shared allergic experiences, their bond as friends has always been there, but it is that tight knit friendship, and knowing that someone who is close to you shares the same obstacles, that creates a comforting environment.

A shared aspect of their life is literature, whether it be reading or writing, Kaelin and Rachel are fans of the subject. When Kaelin approached Rachel with the idea of writing a book, Rachel jumped at the opportunity. While they both agree that writing a book is a very difficult task, the excitement and sense of accomplishment was well worth the effort.

Kaelin and Rachel truly enjoyed writing their book, but writing a book for the sake of it was never the endgame, more importantly, they wanted to make some sort of impact on the issue at hand. They hope to get plenty of feedback and stories from their readers on how the book may have helped them with some of their situations.

The process of writing a book is harder than it sounds and as Rachel put it, "tedious, but worth it." As authors, they had to create main characters, settings, topics, tips and tricks for allergies, all of this was just the pre-writing portion. After the pre-writing portion of the process was



(above) Co-authors Rachel Krouk and Kaelin Churchill, along with some members of Troop 65474, Nora Walid, Shayne Piro, and Ashlyne Piro.

(below) Kaelin Churchill demonstrating mug cakes



complete, they delved into the actual writing of the book, with guidance from Sharon. Sharon's guidance was key throughout the whole process, providing writing workshops as well as advice on promotion and publishing the book.

Kaelin and Rachel are still on the fence about whether they will write another book, it depends on the feedback they receive from their readers. While writing the book was about helping others, the process of writing created an outlet for the young Girl Scouts. It sounds like we could be expecting a new book, this time set when the girls are in high school. "We can safely say that starting high-school will certainly give us a lot more experiences that will make quality writing material," stated Kaelin.



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Watchung Post

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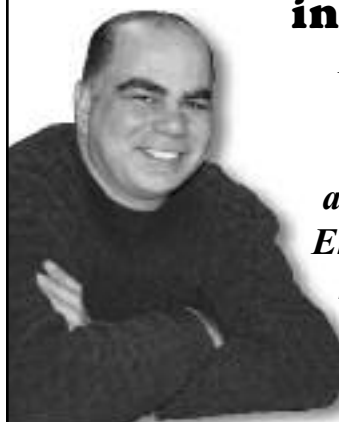
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CHINESE ACROBATICS PROGRAM THRILLS KIDS AT WATCHUNG LIBRARY

Friends of the Watchung Library are pleased to have enhanced the Summer Reading Program at the Watchung Library by sponsoring programs for children and adults with proceeds from the Friends' year-round fundraising efforts.

The highlight of the summer was a one-woman acrobatic performance by Chinese artist Li Liu - an event that tied in beautifully with the 2016 sports-inspired summer reading program. Liu performed hand balancing, plate spinning, artistic cycling, ribbon dancing, diabolo, foot juggling and Chinese water bowl manipulation. Young volunteers joined Liu on stage to create an impromptu ribbon dance and to try plate spinning. Liu also spoke about Chinese culture and rituals, and taught the over 60 enthusiastic participants some Chinese phrases.

Spectator and Youth Services Librarian Sharon Orlando was among those who enjoyed the program, observing that "Li Liu's grace and strength would leave any Olympic gymnast in

awe, and she dazzled all of us as well! It was an amazing performance." Orlando further remarked that "It is hard to believe such acrobatic moves are humanly possible. She perfected what can only be achieved in computer-generated images. Her lifetime of practice and performance gave all of us an amazing program."

Other programs the Friends of the library brought to Watchung include "Mad Science!" (With flying crash dummies and cloths pulled out from under dishes), Ancient Entertainment (an armchair art tour surveying ancient Greek and Roman sports and games), and American Masterpieces (an exploration of 25 iconic American art masterpieces from the 18th century to the present).

For more about Friends of the Watchung Library, visit their web site at <http://www.friendsofwatchunglibrary.org/> or follow the Friends of the Watchung Library on Facebook.



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Lower School: October 7, 9-10:30 a.m.

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HIKE INTO SCOUTING

Boys in grades 1-5 and their families (including sisters) are invited to attend "Hike Into Scouting," an interactive and educational activity designed to show boys and families what adventures await them in Cub Scouting. On Friday, November 4th, at the Vermeule Community Center on Greenbrook Road, families can stop in anytime between 6:30 pm and 7:30 pm to meet local Scouts and Scout leaders as well as learn about what they need to be prepared for their nature hike at Watchung Reservation with the famous Ranger Rich Sophie. The hike will take place the next morning, Saturday, November 5th, 10 a.m., at Seeley's Pond in Watchung Reservation. It will take families through an ancient canyon and teach children about the seasons and weather.

Following the hike, families are invited to attend a Fall Festival at Watchung Day hosted by Watchung Cub Scout Day Camp in the Scout Camping Area of Watchung Reservation (near Trailside Nature Center). The festival will include archery, STEM activities, arts and crafts, and more. For more information, please contact Charlean Mahon at 973-524-4459 or Charlean.mahon@scouting.org.

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Lunch 11am - 3:30pm	Dinner 3:30pm - 10:30pm
Adult\$7.99	Adult\$11.59
Kids 7-10.....\$5.99	Kids 7-10.....\$6.99
Kids 3-6.....\$3.99	Kids 3-6.....\$5.99
2 & Under.....FREE!	2 & Under.....FREE!

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THE GARDEN CLUB OF WATCHUNG FALL FUNDRAISER SET FOR OCTOBER 13TH

Join us for our Fall fund raiser, "A Scentsational Night" and create your own fragrance, under the guidance of Sue Phillips, innovative owner of "The Scentarium" in NY. October 13th from 7:00-9:00, Saint Mary's Stony Hill in Watchung. \$50.00/person, after September 13th, \$60.00/person. For further information email: gardenclub2016@aol.com.

We invite the residents of Watchung and surrounding communities to join our active club. Meetings are held at various locations on the first Wednesday of the month at 11:00 from September thru June.

For membership info visit our Face Book page, website or telephone (908)754-5766.

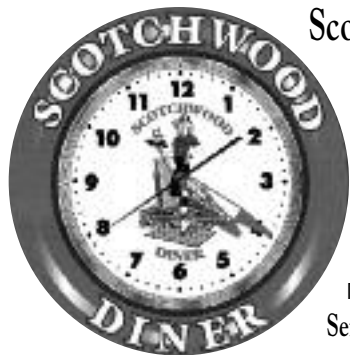
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(left) Bouquets of love for Our Veterans at Lyons. The Garden Club of Watchung along with the Garden Club of New Jersey sponsor the Garden Therapy program at Lyons VA Hospital. The program is supported by garden clubs throughout New Jersey. Members meet weekly on Friday throughout the year and create beautiful flower arrangements to brighten the lives of our veterans. Our fund raisers enable our clubs to continue this program.



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WATCHUNG BOROUGH SCHOOL DISTRICT BIDS FAREWELL TO A VALUED EMPLOYEE

Watchung Post • Page 7 • October 2016

By: Edir Coronado

Eric Schwartz began working as the Buildings and Grounds Supervisor of Watchung Borough School District on July 1, 2009 and from day one he has made an impactful impression on students, faculty, and parents. A big part of Eric's success was his work ethic and his ability to always have a solution whenever there was a problem. Whether it was Eric and his crew solving the issue, or Eric enlisting the right personnel outside of his team to resolve the matter, he always seemed to have the right answer. Most of the time it was Eric and his team who stepped in to help, this explains Michael Vignola Principal at Bayberry School, was essential because it saved the school district an immense amount of money by not having to hire outside contractors.

While Eric truly enjoyed his job and working with his hands, his favorite part of the day was interacting with the teachers and students, and they in turn enjoyed Eric's presence. Eric had a knack for making those around him feel comfortable and people really enjoyed being around him, always coming up with a quick joke to keep everyone in a merry mood. Eric always put the needs of teachers and students first an essential part of the job, since his job was to make sure the facilities were up to date and safe for teachers and students.

Now that Eric has retired he will have plenty

of time to focus on his hobbies, which include general aviation, motorcycles, hunting, fishing, or "anything to do with the outdoors," expressed Eric. Eric is being replaced by Nick Naturile. "Nick has been velcroed to my hip for the last three weeks," stated Eric recently, which is in an indication that Nick will be fully prepared for the job that lies ahead.



(above) Mr. Eric Schwartz is retiring from his position as Buildings and Grounds Supervisor of Watchung Borough School District after many years of service. Mr. Nick Naturile (pictured on the right) is taking the reins as the new Building and Grounds Supervisor. Mr. Schwartz was honored at the September 14th Board of Education meeting.

OUR PAIN IS YOUR GAIN

Due to an unusually mild December last year our sales figures dipped for the 2015 – 16 fur season. This means we are taking a more aggressive start to our 2016 – 17 selling season. Our first sale will begin in October with a 40% markdown on all current inventory. As always, La Marque will continue to feature many one of a kind garments not available elsewhere. I'm also very excited to introduce our new accessory line. Scarves, flings, headbands, earmuffs and fur trimmed shearling gloves (\$40 - \$250!) in assorted colors that can be worn to enhance any garment in your wardrobe. We look forward to seeing you at the store!



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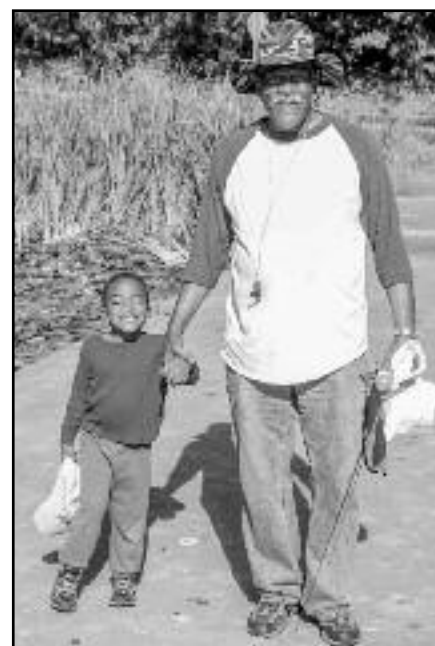




GERALD M. MOBUS MEMORIAL FISHING DERBY PHOTO ABUM ONLINE

The Gerald M. Mobus Memorial Fishing Derby was held on September 17th at Watchung Lake. Residents were asked to bring their own fishing poles everything else was provided including tackle and bait, refreshments, fish if you could catch them, followed by prizes and trophies.

Forty-four children registered for the fishing derby and about 150 people attended. Sixteen trophies were awarded. Shealy Piro was the top prize winner catching the largest fish, a 11' 1/4 " catfish, and catching the most fish in the Pre K to 2nd grade category. Buffalo Wild Wings gave out participation awards with their \$10 gift cards. Joe Nappe and members of the Blue Ridge Sportsmen were there to help out with bait and tackle and gave out many prizes such as tackle boxes and fishing poles. It was a beautiful morning to fish and a good time was had by all.



Photos from this and other events can be found online at rennamedia.com and on the Watchung Post page on [facebook.com](https://www.facebook.com/watchungpost) Feel free to "Like", "Tag" and "Share"

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ROSS WAGNER AND UNIQUE VISION EXHIBITS AT WATCHUNG ARTS CENTER

Photography is the focus of two exhibitions that will be on display at the Watchung Arts Center during the month of October. In the WAC's Heinz W. Otto Gallery "Connections XVIII" will feature the work of ten photographers from the Unique Vision Photography Workshop.

Unique Vision's founder, Ross Wagner, will have his own exhibit, "Retrospective: Black and White Images – 1947-1959" in the Lower Gallery. The opening reception for these two exhibitions will be held on Sunday, October 16 from 1-4PM. The reception and exhibits are free and open to the public.

At the age of 14 in the spring of 1947, Ross Wagner photographed his father with a primitive

camera. The resulting image, 'Exploring the World', won a first prize in Scholastic Magazine's annual contest and became a cover photo for the magazine. This photo will be featured in the exhibit.

Thus launched, Ross was rarely seen without a camera. Most prints are original, made the old-fashioned way...in a 'wet darkroom'. Black and White, of course.

A resident of Summit, Wagner is the founder and facilitator of 'The Unique Vision Photography Workshop' which meets monthly at the Watchung Arts Center.

The workshop is a meeting place for photographers, at all levels of proficiency, to seek for themselves and to validate for others the

clearest visual expression of their deepest connection with the world. The workshop is directed at the spiritual, rather than the technical, aspects of photography.

The Unique Vision Photography Workshop encourages photographers to find their own path to what is Unique in one's vision. Thus, visitors to "Connections XVIII" will enjoy viewing a wide variety of work, with subject matter ranging across five continents.

The photographers are:

Jim Ting, Darren Ting (Jim's 17-year-old son), Sherman Feller, Ray Yaros, Tom Stillman, Bryan Murray, Joan Shyers, Tom Dacktow, Miguel Urosa and Ross Wagner.

Curator of this exhibit is Katherine Wagner.

PERFORMANCE REHAB CELEBRATES 15 YEARS WITH EVENT OCT 8TH

In 1999, Dr. Ron Spiaggia joined Dr. Barbara VanHise in her established Watchung chiropractic office The Back and Neck Care Center. Fast forward 15 years, Dr. VanHise has retired and Dr. Spiaggia is now the Clinic Director and Founding Partner of Performance Rehabilitation & Regenerative Medicine, providing non-surgical orthopedic solutions, including Regenerative Medicine, Sports Medicine, Physical Therapy, Interventional (Injection Based) Pain Management, Physical Medicine & Rehabilitation, Chiropractic, Acupuncture and Massage Therapy.

When Dr. Spiaggia joined Dr. VanHise, he had the desire to provide patients with the top notch quality non-surgical orthopedic care that was

currently only available in large cities. After hearing the stories that many of his patients relayed regarding the frustration and disappointments that they had received regarding their non-surgical orthopedic care, he began expanding the services of the practice. Dr. Joseph Mejia, DO, FAAPM&R joined Dr. Spiaggia as the Medical Director as the practice grew. Chaka Performance Rehabilitation & Regenerative Medicine, located in Watchung, NJ, solves these problems.

Today, Performance Rehabilitation & Regenerative Medicine employs 18 full time clinicians and 25 support staff, has expanded from 1000 square feet to over 10,000 square feet and from one physical location to 3, acquiring

Chiro+Merge and NJ Spine and Sports Rehabilitation along the way. Drs. Mejia and Spiaggia believe that this success has been because of the wonderful patients that they have had the honor to care for over the years.

Performance Rehabilitation & Regenerative Medicine invites you to join them as they celebrate their 15 year anniversary and Community Appreciation on October 8, 2016 at 11:00 am.

Fun For The Entire Family:

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*Weight loss among participants in the Nutrimost program varies. Nutrimost guarantees 20 pounds of weight loss by the end of your entire program, or your program will be extended without cost until you do lose 20 pounds. If within 90 days you have not lost at least 20 pounds, your Nutrimost office will refund a pro-rated amount up to the entire cost of the program upon request. Restrictions apply. Most participants lose an average of 1-2 lbs. per week. Testimonials are from actual clients who completed the program and did not receive any compensation for their endorsements.

HEARING SOCIETY WEEKLY CLASSES

The Hearing Society, a local not-for-profit organization serving people with impaired hearing, resumed its weekly sessions in speech (lip) reading. The class meets at the First Baptist Church of Westfield, 170 Elm Street, each Thursday, September through May, 10:30-11:45 a.m., unless otherwise announced. Coffee and light refreshments are served before each session.

The classes are under the direction of a skilled professional and provide strategies for coping with hearing loss, and techniques for improving communication abilities.

The sessions also serve as a support group for Hearing Society members experiencing the problems associated with hearing loss, and include discussions concerning new developments in the ever expanding technology of hearing enhancements now available. The members also enjoy occasional social gatherings throughout the year.

Anyone in the greater Union County area who is interested in membership in the organization and would like to participate in its classes and activities may contact Alice Knecht at 908 688 8241 or alirobkn@aol.com for more information.

LIBRARY TO HOST 2ND BEE SPECTACULAR

Local schools encouraged to register now

The Somerset County Library System of New Jersey (SCLSNJ) is pleased to announce its plans to host the second county-wide spelling bee on March 11, 2017 at Somerset County Vo-Tech in Bridgewater, NJ.

SCLSNJ's Bee Spectacular is open to children grades 3-8. The eventual winner will be sent, at the Library's expense, to the National Scripps Bee in Washington, D.C. in late spring 2017. There will be additional prizes.

Enrollment to participate in the county-wide Spelling Bee is now open. To register, visit the Scripps site at www.spellingbee.com and click on the word "Teachers" at the top of the page and then click "Enrollment" to find the registration form. The cost to participate is \$145 per school during early bird enrollment (through October 14, 2016) and \$220 per school during regular enrollment (October 15-December 12, 2016).

Contact SCLSNJ spelling bee coordinators, Cathy DeBerry and Beth Bouman, with any questions at spellingbee@sclibnj.org, or call the Spelling Bee Hotline at 908-801-6465

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KIDDIE ACADEMY® OPENS IN NORTH PLAINFIELD

National child care learning company brings high-quality child care to the area

Kiddie Academy®, a nationally recognized provider of comprehensive education-based child care programs, has just opened its newest location in Watchung Square with a capacity for 214 children. This gorgeous 16,620 sqft building includes a 3,300 sqft dedicated multiple purpose room where kids can run, play and have tons of fun. For more than 28 years the company has been successful with combining learning with child care, said John Ao, Owner of Kiddie Academy of Watchung Square, located at 325 North Drive, North Plainfield, NJ 07060.

"Our well-trained, attentive staff assists children in developing the confidence and self-esteem necessary to meet the challenges of tomorrow. Our philosophy at Kiddie Academy is that care and learning go hand in hand," Ao said. "We also believe that it's extremely important to foster bonds between not only our educators and children, but between educators and parents, academics and the local community."

According to the National Childcare Accreditation Council, children's learning and development is enhanced when they make choices and guide their own experiences through their individual interests, personalities and skills. Children's learning occurs through planned and spontaneous experiences, during their participation in daily routines and through their

experience of positive modeling by adults and peers.

Ao says that's exactly Kiddie Academy's focus. "The assortment of activities we have available for the children is endless, which encourages them to learn, play and explore. When children attend Kiddie Academy of Watchung Square, they will acquire the skills and strength of character that will foster their success."

Kiddie Academy, founded in 1981, began with the idea to combine learning with child care, and a commitment to be a leader in the industry. Kiddie Academy developed a comprehensive education-based child care program for its academies, which are structured to respond to the increasing demand for child care. The Watchung Square location utilizes the Kiddie Academy Life Essentials® curriculum created to promote each child's intellectual, social, physical and emotional growth. According to Spinelli, the programs emphasize continuous, open communication between teachers and parents concerning each child's development.

"We invite children to embark on a journey with Kiddie Academy that will prepare them for success in school and beyond," Ao said.

For more information about Kiddie Academy of Watchung Square, please contact the center directly at (908) 769-5437 or email the Academy at Watchungsquare@kiddieacademy.net.

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