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CUB SCOUT PACK 182 HOLDS ANNUAL PINEWOOD DERBY

On Saturday February 4, 2017, OVERALL WINNERS: Warren Cub Scout Pack 182 held their annual Pinewood Derby, at Warren Middle School; an event where Cub Scouts design a maximum 5 oz. car from a 7"x 1.75" x 1.25" block of pine wood, following a specific set of rules. The cars then compete on a five lane wooden track, with each car running 5 heats for their best race times to determine the winners. Awards were given for the fastest, as well as voting in several People's Choice categories.

40 Scouts and their families participated in the event. Many adult volunteers organized everything from Den 1: 1st Place: Matthew Rodrigues setting up the track, running the races, hosting the concessions stand, decorations and contributing donations for the Concessions stand and Den 5: 1st Place: Cole Klein Superbowl cake auction, and cleaning up afterward. 10 Siblings were also allowed to enter and race in their own division. A great time was had by all, and the field of cars entered was diverse Den 7: 1st Place: Anton Bergners and beautiful in their designs.

Cub Scout Pack 182 in Warren Township serves the local community and surrounding towns. To join Cub Scouts or find out more about Pack 182 Facebook visit our page: facebook.com/Pack182WarrenNJ/ our Den 12: 1st Place: Neelesh website warrenpack182.org or by contacting us

at membership@warrenpack182.org.

1st Place: Wolfgang Holczinger (Den 1) 2nd Place: David Krause 3rd Place: Ezekiel Minieri 4th Place: Gideon Minieri 5th Place: Marcello Gioia 6th Place: Ishanth Srinivas People's Choice Category Winners Craziest Looking Car Ever: Cole Klein Most Patriotic Car: Anton Bergners Best Food Car: Alex Huang Coolest Looking Car on the Planet: Gideon Minieri

Best Scout Spirit: Andrew Conway

- Den 3: 1st Place: Constantin Bellmann 2nd Place: Anthony Patricco
 - **3rd Place: Fintan Beyus**
- 2nd Place: Zachary Morrison Den 6: 1st Place: Edward Walker 2nd Place: Michael Armao 3rd Place: Tyler Fu
- 2nd Place: Alexander Walker 3rd Place: Evan Cunha
- Den 9: 1st Place: Bernie Ryder 2nd Place: Kayden Thursfield-Ritchie
 - 3rd Place: Aydin Bedi Thanasegaran 2nd Place: Alex Huang 3rd Place: Harrison Bush



(above) Overall Winner 1st Place Wolfgang Holczinger.



(above) Craziest Looking Car Ever:





(above) Overall Winner 4th Place, Gideon Minieri.

METROPOLITAN

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(above) Webelo Scouts Alex Huang, Neelesh Thanasegaran and Harrison Bush.



(above) Lion Cub Scouts Anthony Patricco and Brandon Bellish.

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Watchung Post

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.

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Renna Media, LLC 202 Walnut Ave. Cranford, NJ 07016 Phone: 908-447-1295 Fax: 908-709-9209 Email: joerenna@rennamedia.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 editor@rennamedia.com or call 908-418-5586

DR. SEUSS DAY

To celebrate Dr. Seuss Read Across America Day at Bayberry Elementary School in Watchung students in Mrs. Jackie Schuler's class dressed up.



(above) Bella and Sofia Carvalheiro dressed up as the Cat in the Hat.



BRA

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changing



(above) Tory Sims and Viviana Gonzalez dressed up as Thing One and Thing Two.



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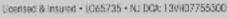
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Watchung Hills Regional High School (WHRHS) Senior Daniel Lee of Watchung has been named one of the top 300 young scientists in the 76th annual Regeneron Science Talent Search (STS). WHRHS is one of 183 high schools

across the U.S. and one of five comprehensive high schools in New Jersey to have a student selected for this honor. Lee will be awarded \$2,000, and WHRHS will receive \$2,000 to support excellence in science, math, and/or engineering education.

Lee, who has been a center on the WHRHS Varsity Ice Hockey team for four years, is one of the captains of the team. He is also President of the school's Math League and founder of the school's Neuroscience Club.

WHRHS Principal George Alexis congratulated Lee for his achievements. "Daniel



is an exceptional young man," Alexis said. "His commitment to scientific inquiry demonstrates the kind of authentic learning we aspire to as a school community. He brings the same type of commitment and enthusiasm to the ice hockey team and to local environmental initiatives. We're very proud of him."

Lee said he is committed to environmental awareness and clean water issues. "I have been a member of the Borough of Watchung Green Team for the past two years, where I help to organize environmental events for the town, including the weekly Farmers Market and the Annual Green Fair," he said.

Lee said he is now working on possibly having his paper published in a scientific research publication. He said he is leaning toward pursuing studies in material science and applied physics while in college.

Lee thanked his teachers at WHRHS who supported his exploration of scientific research and Physics. "I would like to thank Dr. Sophia Gershman for playing an instrumental role in developing my interest in science and providing invaluable guidance and support during my internship at PPPL," Lee said. "Dr. Gershman was my teacher for the previously-offered Experimental Research and Design course at Watchung Hills, a unique course which allowed students to learn research techniques and explore scientific subjects they were passionate about. I would also like to thank Mr. Brian Brown, my AP Physics teacher, for being an excellent educator and for encouraging me to pursue my interest in Physics."

Lee is the son of Howard and Sophia Lee and brother of Jacqueline Lee.



DANIEL LEE NAMED TOP YOUNG SCIENTIST



1701 U.S. Highway 22 West • Watchung









MONDAY - THURSDAY

Lunch 11am - 3:30pm		Dinner 3:30pm - 10:00pm	
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
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FRIDAY - SATURDAY

Lunch 11am - 3:30pm	Dinner 3:30	Dinner 3:30pm - 10:30pm	
Adult\$7.99	9 Adult	\$11.59	
Kids 7-10\$5.99	9 Kids 7-10	\$6.99	
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2 & UnderFREE		FREE!	

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HOW MICROVAS WORKS FOR DIABETIC PATIENTS

by Jyotsna Thapar, DPM

Imagine having an open sore on the bottom of your foot an inch in diameter that doesn't heal. You can't walk for the pain, you worry about infection and gangrene setting in, and you face the very real possibility that the foot might need to be amputated. Would you be willing to try a non-invasive treatment called MicroVas therapy to see if it would help?

A large percentage of people with long-term diabetes eventually end up with complications like non-healing diabetic wounds in their feet. As a podiatry practice in New Jersey, we've seen our share of them. We also see many diabetic patients with peripheral neuropathy nerve damage in legs and feet that results in numbness and burning or sharp, stabbing pains.

We are so pleased to be able to offer MicroVas treatments in our office to give hope to patients who deal with these conditions. Coming in for 3 treatments per week, 45 minutes at a time, can make a world of difference to your foot health.

Over time, high sugar levels impair your nerve function and lead to poor circulation in your extremities. The principle of this therapy is to use electrical stimulation to increase circulation and stimulate nerve regeneration. Your body does not produce new nerves, so the only way to regain function is for existing ones to rebuild and become healthy again.

The technology involves the device that sends out the electrical waves, several leads that transmit them, and pads that disperse the energy over their entire surface for even application to your tissues. These are placed opposite each other on your thighs, calves, ankles and feet, so the electrical stimulation reaches all the way through your tissue, not just at the surface. This stimulation encourages your muscles to contract, which increases blood flow in your arteries and veins. More blood means more nutrients and oxygen delivered for healthy cell repair and growth. The increased circulation also helps nerves that have atrophied because of diabetes, allowing them to regenerate and grow again. The results re increased wound healing and the return of function to your peripheral nerves.

We invite you to call Ankle and Foot Specialist of New Jersey in South Plainfield and set up an appointment to discuss whether this might be the answer for your diabetic foot problems. You can reach us at our South Plainfield location by calling 908-222-8980 or in Warren at 732-356-FOOT (3668).

APRIL IS WORLD FOOT HEALTH AWARENESS MONTH!

Ankle & Foot Specialist of NJ is celebrating by offering FREE

diabetic foot exams in their Warren office on each Tuesday in April. Registration required. Call 732-356-FOOT (3668)

65 Mountain Blvd Ext, Suite, 107, Warren

ALIGNMENT ASSIGNMENT

Pronation is the motion that helps feet absorb and disperse shock when walking or running. The elongating and flattening of the arches allow the feet to roll inward and overcome the shock. Over time, either excessive or insufficient pronation can negatively affect shock absorption, potentially resulting in problems with joints, bones, and tendons of the feet and the lower legs. A podiatrist can determine if there is a pronation problem. Subject to its cause and severity, the podiatrist will recommend appropriate measures to alleviate the issue. In many cases, a custom orthotic will be prescribed in order to correct poor pronation. If there is a more serious underlying condition, surgery may be necessary.

Causes of pronation can vary. It may develop early on in a person's development. Often, pronation occurs as a result of strain on the foot. Excessive weight on the arch of the foot may weaken the tissue, resulting in pronation. Elderly people may also suffer from weakened muscles and tissues in the foot causing the arch to collapse. If pronation is left untreated, serious problems can arise. Now is a good time to schedule an appointment for footcare of the family. ANKLE & FOOT SPECIALIST OF NJ, LLC, located at 65 Mountain Blvd. Ext., Suite 107, Warren, where we practice conservative podiatry as the frontline defense against feet that cause you to suffer pain. Phone: 732-356-FOOT (3668). I am a member of the American College of Foot and Ankle Surgeons.

Please email your questions to DrThapar@Ankle-FootSpecialist.com. Visit my website at: Ankle-FootSpecialist.com

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CHELSEA RESIDENT HELPED GLORIA ESTEFAN GO PLATINUM



(above) Jim Hayes



With humble beginnings as a wedding band, the Miami Sound Machine had already been well known in the Miami area in the late 70's and early 80's. In 1977 with the addition of a young vocalist named Gloria Maria Fajardo Garcia, later known as Gloria Estefan, they became a phenomenon of the Latin music scene.

But it wasn't until Discos CBS, a subsidiary of CBS International, put out the album Primitive Love on Epic Records in 1985 that the band crossed over into mainstream megasuccess. And Jim Hayes, president of Discos CBS, was at the helm.

"Gloria was in my office three or four times a week," he remembers from his apartment at The Chelsea at Warren assisted living residence in Warren, NJ. "She didn't think we were spending enough money on promoting the group, and she was right."

The rest is history, of course, and Jim has the

platinum album to prove it.

"I really wanted that job," he says, recalling the six years he spent in Miami. He had been a veteran of the publishing industry, working for several book companies, one of which was acquired by CBS.

He jumped at the chance to become President and General Manager of Discos CBS, wanting a job with more excitement and a change of scenery. That was in 1985, just as the Miami Sound Machine emerged into the main stream. Hayes was in the driver's seat."Gloria and my daughter Carrie became friends," he says.

Today, Hayes, 83, is surrounded by dozens of photo albums, photos of his 6 children, 19 grandchildren and 4 great grandchildren, and technology that keeps him connected via internet, phone and TV.

"This is my life," he says.

UNIQUE CREATURES INVADE LIBRARY 4/29TH

Critters and crawlies are coming to Watchung Library! The Friends of Watchung Library is sponsoring an interactive animal program presented by Unique Creatures NJ, on Saturday, April 29 at 11 am at the library (12 Stirling Rd.) This hands-on experience is suitable for all ages.

Unique Creatures will bring an assortment of exotic and cuddly animals, and will educate as well as entertain. All of the animals are accustomed to being held and touched, and the program presents an unusual opportunity to get to know and learn about reptiles, amphibians, and mammals. Unique Creatures has been featured on television appearances, including The Tonight Show and The Steve Harvey Show.

Registration is required using the events calendar at SCLSNJ.ORG or call the library at 908-561-0117. Please include the number of adults as well as children, as space is limited. Parents must accompany children and stay with them throughout the program.

The month of April is also a great time to make a friend at the library, by becoming a Friend of the Library. Throughout the month of April, the Friends of the Watchung Library are conducting a membership drive. Anyone who appreciates the library is invited to become a member. The Friends is rolling out a new open membership fee policy — a donation of any amount qualifies for membership. New and re-newing members will receive a thank you gift of a crossover featherweight tote bag (while supplies last). sign Members can up online at www.friendsofwatchunglibrary.org or in person at the Watchung Library. Totes for members can be picked up at the library.





WATCHUNG LIBRARY

12 Stirling Road, Watchung, NJ 07069 • 908-561-0117 • SCLSNJ.org

Program dates and times are subject to change. All programs are free and registration is required unless otherwise indicated. Visit SCLSNJ.org or call the Library for more information and to register.

Note: SCLSNJ's library branches will be closed on Sunday, April 16 for Easter.

KIDS

More Fun for Munchkins! April 24, 10:30-11:15 a.m.

(2.5-3 years old with caregiver)

Just for You Story Time April 7 & 21, 10:30-11 a.m. (4-5 years old with caregiver)

Learning with Leisa April 12, 4:30-5:15 p.m.

(5-7 years old)

Art with Miss Bea April 18, 4:30-5:30 p.m. (4-7 years old with caregiver)

Musical Fun with Miss Jamie

April 26, 10-10:45 a.m. (babies-6 years old with caregiver)

Tree Speak April 27, 4-4:45 p.m.

(7-9 years old)

ADULTS

Mah Jong Club of Watchung April 10, 11, 17, 18, 24, & 25, 1-4 p.m.

Contact Melanie Novello at Novello1800@aol.com for more information.

Watchung Writers Group April 13, 20, & 27, 10:30 a.m. - 12:30

p.m. Watchung Book Discussion Group

April 13, 7:30-8:45 p.m. "In the Woods" by Tana French

2 for 1 Book Club

Selection To Be Announced for April 17, 11:30 a.m. - 12:30 p.m.

APPLICATIONS FOR TEEN TYCOONS

Somerset County Library System of New Jersey will host its second Teen Tycoons, an entrepreneurial competition for teens, on Friday, May 19, 7-9:30 p.m. at SCLSNJ's Manville Library branch, located at 100 S. 10th Avenue in Manville. Somerset County students grades 7-12 must complete an application in order to participate. The application can be found here: https://goo.gl/Z5JKtR or can be picked up at any of SCLSNJ's 10 library branches. Application

deadline is April 15.

The Shark Tank-inspired contest will involve a one-minute presentation (without props, slides, or any other supporting materials) to a panel of judges who are looking for original business concepts and/or new variations of an existing business concept. Prizes will be awarded to first, second, and third place.

For more information, contact Cathy DeBerry at cdeberry@sclibnj.org.



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WARREN CUB SCOUT PACK 182 HOLDS ANNUAL BLUE & GOLD DINNER

Blue & Gold Dinner on Tuesday February 28, dinner is a Cub Scout tradition celebrating the pack's anniversary, thanking pack leaders and other adults who have helped the pack, and to inspire the leaders, Scouts, and parents. The event brings families together for an evening of fun and cheer.

The Pack was pleased to host special guests, Warren Mayor Carolann Garafola, Linda



(above) Boy Scout Neelesh Thanasegaran and his family.

Warren Cub Scout Pack 182 held their Annual Rotary Club and Officer Brandon Sebastian from the Warren Police Department who gave some 2017 at Warren Middle School in Warren. The opening remarks to get the evening started. The main focus of the event was the Arrow of Light Ceremony and Bridging of Webelo Arrow of Light recipients from Cub Scouts to Boy Scouts. The Arrow of Light is the highest award in Cub Scouts.

The Arrow of Light with its seven rays streaming from it represent the seven virtues of life: WISDOM, COURAGE, SELF-CONTROL, Pregenzer from their sponsoring organization The JUSTICE, FAITH, HOPE, LOVE.. By doing your best to live by these seven virtues, you will find a happier and more fulfilling life. Pack 182 was proud to present this honor to twelve Webelo Scouts and to celebrate their hard work proving they are ready for the new challenges that Boy Scouts will offer them going forward. Several Boy Scouts from Warren Boy Scout Troop 228 were in attendance to welcome their new peers.

Scouts and their families enjoyed dinner and a slide presentation of photographs of the boys participating in activities throughout their years in Cub Scouts. Scouts in all Dens also received awards they have achieved. Everyone also enjoyed entertainment from Mad Science. The evening was a great success.

Cub Scout Pack 182 in Warren Township serves the local community and surrounding towns. To join Cub Scouts or find out more about Pack 182 visit our Facebook page: facebook.com/Pack182WarrenNJ/ our website warrenpack182.org or by contacting us at membership@warrenpack182.org.









(above) Bridging of Webelo Arrow of Light recipients from Cub Scouts to Boy Scouts.



(above) Arrow of Light Recipients: Wolfgang Holczinger, Matthew Rodrigues, Giovanni Russo, Jason Yan, Aden Kamath, Ishanth Srinivas, Aiden Blow, Harrison Bush, Andrew Conway, Owen Glass, Alex Huang, and Neelesh Thanasegaran





A MESSAGE FOR COMMERCIAL **REAL ESTATE BROKERS,** LANDLORDS, FRANCHISORS AND **PROFESSIONALS WHOSE CLIENTS** NEED A CERTAINTY OF FUNDING.

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PASTEL SOCIETY OF NJ EXHIBIT AT WATCHUNG ARTS CENTER

The Heinz W. Otto Gallery at the Watchung Arts Center will host the Pastel Society of New Jersey's 12th Annual Members' Exhibition during the month of April. The show will be on display from April 4th through April 30th. An opening reception will be held on April 9, from 1 to 4 PM, at which time awards will be presented to the winners. The reception and the exhibition are free and open to the public.

The Pastel Society of New Jersey was founded in 2005 and currently has about 150 members in New Jersey and beyond. The 12th Annual Members' Exhibition provides and opportunity for all of its members, both amateur and professional, a chance to exhibit their paintings. All paintings are done in soft pastel and encompass a wide variety of subject and theme from traditional landscape, portrait, and still life to experimental and abstract.

The Watchung Arts Center, located at 18 Stirling Road in Watchung on the Watchung Circle, is a multi-disciplinary arts facility serving Watchung, the surrounding communities and the Tri-State Area. To obtain more information about upcoming performances, classes and workshops, and monthly art exhibitions, please visit WatchungArts.org or call 908-753-0190.



(above) "Mirror, Mirror" by Laurie Harden.

WARRENBROOK SENIOR CENTER

500 Warrenville Road, Warren^a (908) 753-9440 • www.co.somerset.nj.us Open 9am - 3pm - Monday through Friday

"Medicare & Medicaid Fraud" by the Senior **Medicare Patrol of New Jersey**

April 10, 10:30 am.

This program is designed to educate older adults about Medicare and Medicaid fraud, waste and abuse. Information will be provided so that seniors can take appropriate steps to protect themselves. This goal will be reached through a presentation and educational materials.

Volunteer Appreciation Luncheon: Volunteers: Our Greatest Natural Resource April 12, 10:30 am.

Volunteers are exceptional people whose commitment, skills and positive energy make great things happen at the Warrenbrook Senior Center. We have over 25 volunteers who help prepare food and implement activities. **This is an opportunity for you to thank them for

their dedicated service and the difference they make in our lives**

Roaring Twenties Special Event

April 17, 10:30 am. The 1920's in the United States was called

"roaring" because of the exuberant, freewheeling popular culture of the decade. Enjoy The Pettit Sisters, Ashley and Kristen, as

they sing and dance their way through a musical presentation in honor of the Roaring 20s. We will also have some "Speakeasy" fun.

Fourth Annual Ageless Art Show Exhibition. April 24-27

The center's watercolor and oil paint students will be displaying their artistic talent during this art show. The Art Exhibition will be open to the public from

Monday through Thursday, 9:30 am - 1:00 þm.

In honor of Older Americans Month, the art work will also be exhibited at the Warren Library during the month of May.

Ageless Art Show Reception

April 24, 10:30 am - 11:30 am. Teaching and professional artist, Douglas Schiller, from Farmstead Arts Center, will talk about Realism in the Arts and will be offering painting critiques with the art show

participants. Light refreshments will be served.

WATCHUNG SENIORS BUS TRIP TO THE GREAT **AMERICAN TRIBUTE**

Seniors will have a bus trip to the Great American Roy Orbison, John Denver, and more; a Tribute. The trip includes round trip bus transportation to LlGreci's Staaten, Staten Island, information and to purchase tickets (908) 561-NY, where lunch will be served. Entertainment 1032.

On Wednesday, May 10th, the Watchung will include a performers tribute to Carol King, comedian; and dancing. Please call for more

WATCHUNG SENIORS CLUB

the 2nd Wednesday of each month from September to June at 11:00 a.m. at the Firemen's Exempt Hall (lower level, handicap accessible),

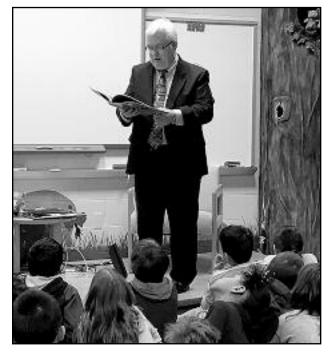
Seniors 55 and older are invited to attend the 57 Mountain Blvd., Watchung. Refreshments are Watchung Seniors Club meetings which are held served. Guest speakers, bus trips, an annual pizza party and a picnic at the end of the season. For more information please call Tony at 756-6954 or Madelyn at 908-561-1932.



ASSEMBLYWOMAN MUNOZ VISITS BAYBERRY

Second graders at Bayberry School have been studying the levels of government and how laws are created. They have had several local and state level officials visit the students to talk about their roles in the government. On March 1, 2017 Assemblywoman Nancy F. Munoz visited the second grade classes. She spent time explaining the process of creating a bill and having it passed as a law. Students listened attentively as Assemblywoman Munoz used examples they could relate to such as wearing their helmets while riding their bike or scooter. The second graders thoroughly enjoyed her visit and learned a lot about New Jersey's government.

MAYOR POTE VISITS BAYBERRY SCHOOL





(left) On Friday, March 10, 2017 Mayor Pote of Watchung visited the second grade classes at Bayberry School. Students listened attentively as Mayor Pote read them a story that was a favorite of his daughter, Jen. The students then had the opportunity to ask the mayor questions, such as what it is like to be the Mayor? How do you become the mayor? What are your favorite things about being the mayor? The mayor answered all of their questions and was able to explain with examples that they could relate to. The students enjoyed the visit from the mayor and learned a lot about our local government.

BAYBERRY SCHOOL FUNDRAISER

This year, the second grade students at Bayberry School collected new pajamas and new books to support the Pajama Program and their mission. Our students collected 52 pajamas and 89 books. We celebrated the generous donations

of our community by inviting a special guest to join us for buddy reading. Our hope is that this contribution will make a difference in the life a child. We'd like to thank the community for their support in our Service Learning Project.



(above) Mrs. Jackie Meyers second grade class.







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