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ISSUE 44 • JULY 2016

THE FEAST OF OUR LADY OF MT. CARMEL

JULY 13-16, 2016

6 p.m. – 11 p.m.

56 River Road
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FIREWORKS EXTRAVAGANZA (July 16th)

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ATHLETICS NIGHT ACQUAINTS STUDENTS WITH SPORTS PROGRAM

Parents and students, including current eighth graders, who hope to play Fall sports at Watchung Hills Regional High School (WHRHS) attended a Fall Athletics Night in May to hear from Athletic Director Chris Van Vliet, and speak to team coaches.

After welcoming remarks and a presentation by Van Vliet about the philosophy, mission and information about key upcoming dates, students and parents went to breakout sessions throughout the school to meet and speak with coaches. There were coaches representing Football, Boys and Girls Cross Country, Field Hockey, Boys and Girls Soccer, Girls Tennis, Girls volleyball, Fall Cheerleading, Gymnastics and Competition Cheer.

"I was very pleased with our fall athletics night," said Van Vliet. "We had a nice turnout, and the feedback I received was all positive. My hope is that our fall athletes are now more informed about our athletic department and the important items that need to be completed before practice begins, as well as the expectations of our coaches in each of our fall programs."

The WHRHS Athletic Department has two athletic

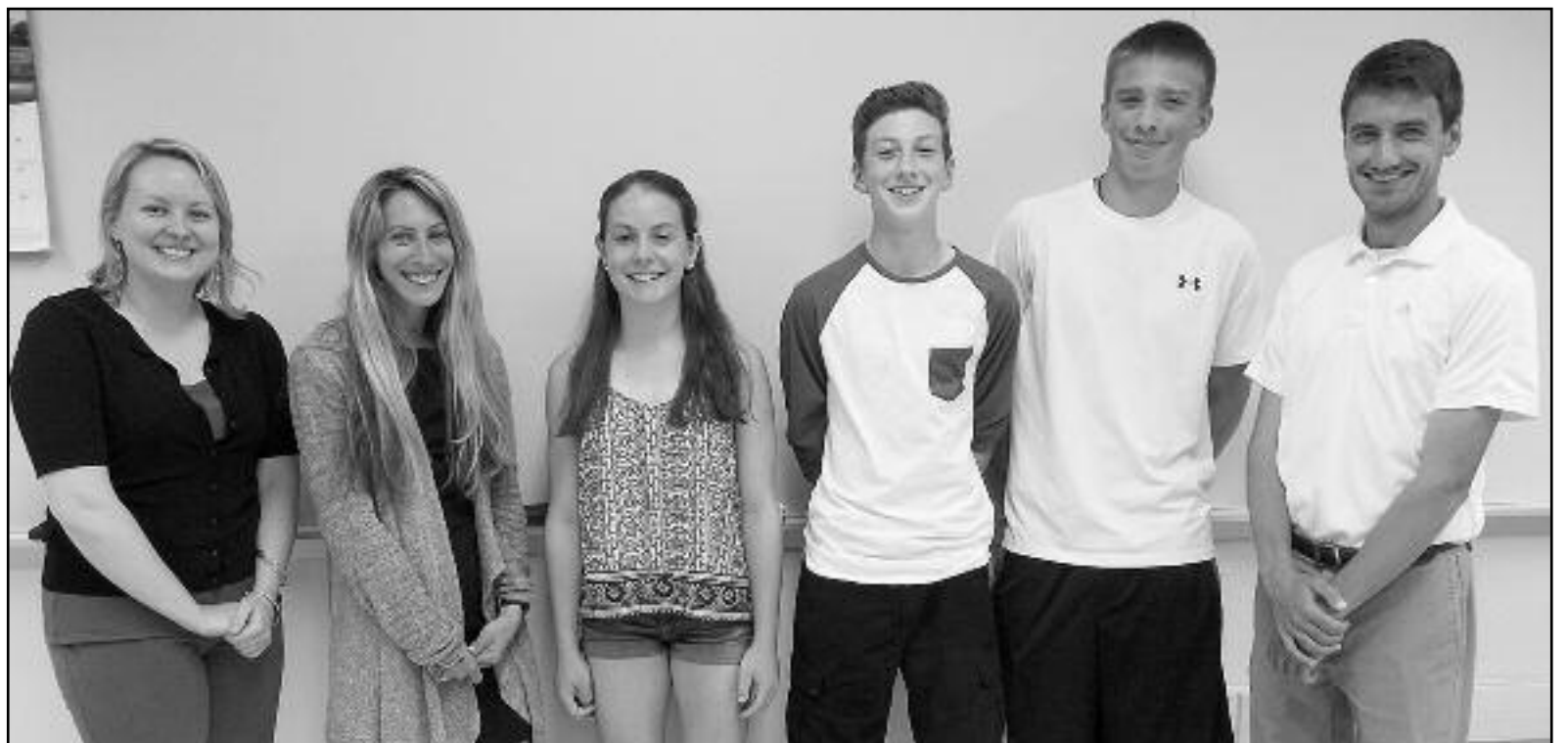
trainers, Terry Marcazo and Michelle Armonda. There are 33 head coaches and 92 coaches in all. The Athletic Department promotes the following qualities for our student-athletes, he said, including: Competitive excellence, resilience, leadership, integrity, and teamwork.

Academic eligibility is extended to all freshman athletes for teams that compete during their first Fall and Winter season, Van Vliet said. To be academically eligible to compete during the Spring season, freshman athletes must have completed 15 credits during their first semester at WHRHS. For sophomores, juniors and seniors, students must have completed 30 credits from the previous school year to be eligible to compete during the Fall and Winter Seasons. For the Spring Season, they must have 15 credits at the end of the first semester.

Students interested in participating in fall sports will faced key deadlines for forms and physicals even before the end of school in June, Van Vliet said. First day for all Fall sports is Monday, Aug. 15th, except for Football, which starts Wednesday, Aug. 10. More information can be found on the department web site at www.whrhs.org.

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(above, l-r) Among the students and coaches who attended are Assistant Coach of Boys and Girls Cross Country Cara Yuknis, Head Girls Cross Country Coach Gena Pinto, incoming freshman Alyssa Blocker of Stirling, incoming freshman Reecie Kirchofer of Green Brook Township, sophomore Robert Fippinger of Warren Township, and Head Boys Cross Country Coach Dominic Tasco.

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Watchung Post

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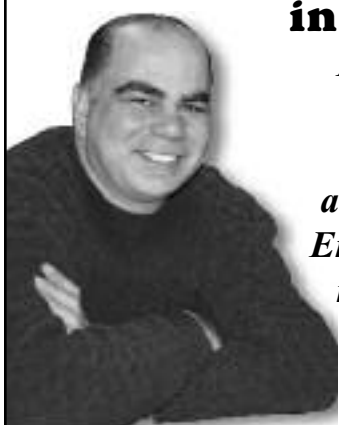
PROMOTE YOUR COMMUNITY EVENT

Community service organizations and sports teams are encouraged to submit news of upcoming events or highlights and photos on recent events.

**Organizations
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content can
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GIRL SCOUT "NO IDLING" TAKE ACTION PROJECT

Watchung 4th Grade Girl Scout Junior Troop #65293 completed their community "No Idling" Take Action Project in June. The girls set up tables at the Bayberry Elementary School and Valley View Middle School Spring Concerts to educate the community about the environmental, health and economic downfalls that come from excessively idling vehicles. The girls were able to get over 80 adults to complete a "No Idling

Pledge". The pledge will be sent in to the State of New Jersey Department of Environmental Protection. The school's administration installed "No Idling signs at both schools in order to remind bus drivers and parents to not idle while stopped.

The girls hope that their message will help make a cleaner and healthier environment for everyone.



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WATCHUNG RECREATION SUMMER CAMPS

Minds in Motion Summer Camp Program
Location - Mobus Field, Watchung
(Boys and Girls Ages 6 through 12 years)

(July 18th – July 22)

Program # 1: Chemical Creations
Time: 9:00 AM to 12:00 PM
Program # 2: Electricity, Magnet Mania & More
Time: 12:30 PM to 3:30 PM

(August 22nd – August 26th)

Program # 3: Solar Space Fleet Transformer Workshop
Time: 9:00 AM to 12:00 PM
Program # 4: CSI – Crime Scene Investigation
Time: 12:30 PM to 3:30 PM
Cost: \$160.00 – ½ Day - \$300 Full Day
(Per Week)

REGISTER AT: www.watchungnj.gov

SUMMER FUN AT THE WATCHUNG ARTS CENTER

The performance and exhibit season has ended at the Watchung Arts Center, but there is still lots of activity for children and adults. For children, there are two camp programs available: a three-week Summer Art Camp in July, and two, two-week theatre camp programs in August. Adults can participate in both Yoga and Zumba during the summer months. Details and registration information for all programs can be found at watchungarts.org/Classes.htm.

Summer Art Camp, for ages 6-12, begins July 11th and runs until July 29th, from 10 AM to 3 PM Monday through Friday. The program, under the direction and instruction of Mrs. Monica Otero, focuses on Creativity, Imagination and Ingenuity, offering children a unique opportunity to acquire or improve artistic skills, learn new techniques, explore different media and get inspired by famous artists, in an atmosphere of fun. Surrounded by the beauty of the Watchung Mountains, students appreciate both Art and Nature as they draw and paint outdoor scenes and have picnic lunches at Best Lake.

The central theme for 2016 is “Masters of the Modern Age”. Students learn about Picasso, van Gogh, Matisse, O’Keeffe, Cezanne, Monet, Pollock, Reilly, Seurat, Mondrian, Kandinsky and others. Pieces based on the theme will be created daily (Projects vary each week!)

In August, All Children’s Theatre will return to the WAC for its 21st season. The well-known and highly acclaimed Performing Arts Day Camps for boys and girls ages 6 to 17 “playfully” lives its motto “Where Every Child Is A Star.”

Two two-week sessions are offered, meeting Monday through Friday from 9 a.m. to 4 p.m.

The Creative Dramatics Camp (August 1st – 12th) is geared for children who want to create, develop, write and perform in their own show. The Broadway Kids Camp (August 15th – 26th) gives kids various facets of the theatrical experience. They learn about singing along with acting and dancing using music from a variety of Broadway musicals from the Rogers and Hammerstein classics to more contemporary shows such as “Grease” and others.

Yoga classes will be held on Thursday mornings at 10:00 a.m. during the month of July, and during the evenings, on Tuesday and Thursday, from July 12th through September 1st. The Thursday morning sessions will be taught by Susan Ahlstrom, Tuesday evening sessions by Mike MacDonald, and Thursday evening sessions by Renata Cardinal. All are Certified Yoga Instructors who teach at the Watchung Arts Center throughout the year.

Yuli Oliviera, the Center’s Zumba Instructor, will be extending the Spring Zumba session for three additional weeks in July. Wednesday evening classes will be held on July 6th, 13th and 20th at 6:00 p.m., with Saturday morning classes at 10 a.m. on July 9th, 16th and 23rd.

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. For more information go to watchungarts.org or call 908-753-0190.



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FRIDAY - SATURDAY

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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(above) At Watchung Borough's Memorial Day Community Picnic, children visiting Watchung Library's table had a chance to make a bookmark, using rubber stamps, color inks and pencils, and yarn. See what else you can do at the library by visiting www.sclsnj.org.

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We invite the residents of Watchung and surrounding communities to join our active club. During July and August we tend our Deer Resistant Garden behind the Watchung Art Center, Blue Star Memorial Garden, and Blue Star Memorial Byway on Somerset Street, Watchung Circle Triangle Garden and Fatima Garden at St. Mary's Stony Hill Church. Funds for these projects are raised from our annual Spring Plant Sale and other events.

This Fall join us for "A Scentsational Night"

by Sue Phillips and create your own fragrance, 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

Our meetings are held at various locations on the first Wednesday of the month at 11:00 from September thru June. Visit our website: <http://www.thegardenclubofwatchung.org> and Face Book page or telephone (908)754-5766 for more information.

ROBOTICS NATIONALS FOLLOW - UP

The WHRHS Team 41 Robotics Team accumulated numerous medals, banners, plaques and trophies during the season and at the World Championship, held on April 27-30 in St. Louis. The success at the World Championship completed the most successful Team 41 season since 2008. Along the way, the team scored an 8th place finish at Regionals, and a 2nd place and first place at seasonal contests at Mount Olive High School and Montgomery High School, respectively.

This year's Team 41 robot as seen from above, with a boulder on board, which could be flung by catapult at a tower window target to score points. The robot needed to contain its computer brain for remote control, propulsion mechanisms, and other mechanisms, such as the hydraulic piston that gives the catapult power. The bot had to be relatively quick, nimble, durable, with its vital components protected and easily repaired if the rough and tumble of competition caused damages.



(above) WHRHS Team 41 Robotics Team

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SCHOLARSHIPS AWARDED TO AREA STUDENTS

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Two Warren Hills Regional High School students received scholarships from the Adele DeLeeuw Scholarship Fund at a dinner held Wednesday, June 8th, at the Spain Inn in Piscataway. The scholarships are financed by a bequest from Adele DeLeeuw, longtime Plainfield resident, author of 75 books, journalist, and arts activist.

The Plainfield-North Plainfield Rotary Club administers the Adele DeLeeuw Scholarship Fund and is one of five local Rotary clubs that provide scholarships from the fund to students in their communities who pursue a course of study in poetry, art, journalism, writing or engineering. Sixty thousand dollars was distributed this year to twenty-two area students by the Fund, a fund of the Plainfield Foundation. This year's awards

bring the Fund's twenty-one-year total distribution to \$1,143,500.

Brenda Okereke was the scholarship recipient from the graduating class of 2016. The Scholarship Fund also provided a continuing scholarship to college student Melody Njoku. This year's Adele DeLeeuw Senior Scholars, college students who were recognized as a scholarship recipient from the Fund for each of their four years in college included Charlotte Brockway. An additional nineteen students from area high schools received scholarships.

Applications for the 2017 Adele DeLeeuw Scholarships will be available in January from North Plainfield High School guidance office. For further information, call Johanna Salvemini, Scholarship Administrator, at (908) 755-8098.



(above, top, l-r) Christopher Silva (WHRHS), Rebecca Mehorter (SPFHS), Anthony Raphael (WHRHS), Nicholas Ruzicka (SPFHS), Cody Decker (SPFHS); (middle, l-r) Stephanie Bohn (SPFHS), Tyler Curtis (SPFHS), Thomas Riccardi (SPFHS), Nolan Berry (SPFHS); (bottom, l-r) Charlotte Brockway (NPHS), Emily London (SPFHS), Melody Njoku (NPHS).

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for a suggested donation of \$2.50, for anyone 60 and above. Menu choices include a hot meat-based or meatless entrée or a cold meat-based or meatless boxed lunch. Please make reservations prior to 10:00 am the previous business day. Why not invite a friend or neighbor to join you for lunch! As an additional suggestion, why not come earlier in the day and enjoy one of the center's many programs. We hope to see you soon!

Meet & Greet
July 11 - 10:00-10:30 am
(Join us prior to the start of the Feng Shui program for a friendly meet and greet opportunity).

"Feng Shui 101"
July 11 - 10:30 am
by Sandy Volk, Central New Jersey Feng Sui,
(Join us to bring harmony and balance into your day so you can enjoy a better life. Learn how to clear your clutter, decorate your home with Feng Shui colors and how to re-position your furniture to create a harmonious home. You can feel happier, healthier and attract more love and success by following some practical Feng Shui tips).

"Unused Medication Drop-Off Opportunity"
July 13
with Officer Thomas Wallace, Somerset County Sheriff's Office, 9:30-10:30 am (Officer Wallace will be at the center to collect any unused or expired medications. Please take advantage of the safe way to dispose of your medications. Center staff cannot accept unused medications without the Sheriff's Officer being present).

"Cognitive Skills"
July 18 - 10:30 am
by Mike Dicristino, LearningRx of Warren, (See how brain training can help you learn more effectively and efficiently. Often, academic and learning difficulties are the result of weak underlying cognitive skills, like attention, memory, or auditory processing. These skills can be improved with intensive one-on-one training).

"The Power of Color"
July 19 - 10:30 am
by Audrey Oxenhorn, LCSW, (Colors have been used very successfully for healing, entertainment and creating beautiful, peaceful spaces from the beginning of time. Explore how you already use colors by looking at your clothing and environment. Audrey will also discuss ways to intentionally add color to heal yourself).

Warrenbrook Book Club
July 19 - 1:30-3:00 pm
(New Members Welcome!) 'Featured Book: "Digging to America," (Join the Warrenbrook Book Club to discuss Anne Taylor's "Digging America." Two families, who would otherwise never have come together, meet by chance at the Baltimore Airport, each anticipating the arrival of an adopted infant daughter from Korea. Brad and Bitsy Donaldson, all-American suburbanites, and their gift-laden clan resemble a gigantic baby shower with their flotilla of silvery balloons and pink ribbons. Iranian-born matriarch Maryann Yazdan stands

unobtrusively in the back of the waiting room with her fully assimilated son, Sami, and his attractive Iranian American wife, Ziba. When Bitsy invites the Yazdens to an "arrival party" at the Donaldson home, an improbable friendship begins, and the occasion evolves into an annual tradition. Over the years, as the parents, children, and grandparents become more deeply entwined, cultures clash, values are challenged, and the American way is seen from the beguiling perspectives of both those who are born here and those who are struggling to fit in).

"Drumming Circle and its Health Benefits"
July 20 - 10:30 am
by Sharon Silverstein, Living at Peace, (A Drumming Circle feeds the mind, body and spirit. It's a holistic experience that leaves a person feeling a sense of joy! It's an ancient approach that uses rhythm to promote healing and self-expression. Drumming has been known to induce deep relaxation, lower blood pressure and reduce stress. Drumming has also been used as a form of communication and community building. The lecture portion of the program has open attendance. Advanced registration is required for participation in the inner drumming circle which has a 20 person maximum. Other percussion instruments will be provided for the outer circle, for an additional 25 participants).

"Handle with Care: George Frideric Handel's Royal Fireworks Overture"
July 25 - 10:30 am
by George Marriner Maull, Artist Director of the Discovery Orchestra, (This musical piece was composed in 1749 for the fireworks display in London's Green Park to celebrate the end of the War of the Austrian Succession and the signing of the Treaty of Aix-la-Chapelle. Join us as George takes us through the blueprint of this overture and teaches listening skills that will help the attendees to connect with classical music).
July 26 - Meet & Greet, 10:00-10:30 am (Join us prior to the start of the All Over This Land: American Regional Folk Music program for a friendly meet and greet opportunity).

"All Over This Land: American Regional Folk Music"
July 26 - 10:30 am
by Saul Broudy, Ph.D., Folklorist and Performer, (Though society is becoming increasingly homogeneous, regional expressive variation still exists and reflects the strength of our cultural differences. Through live performance (accompanying his singing with guitar and harmonica), Saul presents grassroots songs from various regions, such as Louisiana, Texas, Pennsylvania, California, the Appalachians, and Canada, and discusses how these songs help us identify who we are and where we came from).

Midsummer Social Dance
July 27 - 1:00-3:00 pm
(Join Bice DiFelice, professional dancer and coordinator for Warrenbrook's Social Dance activities, for two-hours of ballroom dancing in a social and fun-filled atmosphere. To enhance the day's program, why not call and make reservations for lunch prior to the dance party. The center offers a choice of four menus, meat and meatless options, for a suggested donation of \$2.50. Reservations must be made by Monday, July 25).

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For complete program registration information, please check the online calendar
(www.somerset.lib.nj.us, then go to Events/Programs for Watchung).

KIDS

Bingo with Miss June

July 8, 4-4:45 p.m.
(4+ years old)

Musical Fun with Miss Jamie

July 9, 10:30-11:15 a.m.
(babies - 6 years old with caregiver)

Watchung Library Chess Club

July 11 & 25, 7-8 p.m.
(grades 3-8)

Wondergy Presents: CoolScience

July 12, 11 a.m. - 12 p.m.
(entering K-5)

Storytime with Stuffed Animal Sleepover

July 12, 7-7:45 p.m.
(2.5-3 years old)

Preschool of Rock

July 13, 11:30 a.m. - 12:30 p.m.
(0-5 years old with caregiver)

On Your Mark, Get Set, Dance!

July 13, 2-3 p.m.
(3+ years old)

Tween Yoga

July 14, 1-1:30 p.m.
(8-12 years old)

Storytime for Twos

July 19, 10-11:15 a.m.
(24-25 months old with caregiver)

Lunchtime Storytime with Mrs. Fine

July 25, 12-12:45 p.m.
(2.5-3 years old)

Veggiecation - Cooking Class for Healthy Kids

July 26, 11-11:45 a.m.
(preschool-high school)

Leisa's Crafty Class for Kids

July 27, 2-3 p.m.
(5-8 years old):

Moving Motion!

July 28, 11-11:45 a.m.
(6-12 years old)

TEENS

Super Power Sandwich

July 20, 1-2 p.m.
(teens & adults)

Jester Jim Juggling Show

July 21, 5-6 p.m.
(entering grades 6-12; siblings and other family members welcome)

Veggiecation - Cooking Class for Healthy Kids

July 26, 11-11:45 a.m.
(preschool-high school)

ADULTS

Mah Jong Club of Watchung

July 11, 12, 18, 19, 25, & 26, 1-4 p.m.
Contact Melanie Novello at Novello1800@aol.com
for more information.

Watchung Writers Group

July 14, 21, & 28, 10:30 a.m. - 12:30 p.m.

Watchung Book Discussion Group:

"Light Years" by James Salter

July 14, 7:15-8:30 p.m.

2 for 1 Book Club

July 18, 11:30 a.m. - 12:30 p.m.
"The Short and Tragic Life of Robert Peace"
by Jeff Hobbs

Ancient Olympics

July 18, 1-2 p.m.

Super Power Sandwich

July 20, 1-2 p.m.
(teens & adults)

Social Action Movie Club

July 21, 7-8:45 p.m.

The Iconic Jersey Tomato

July 21, 7-8:30 p.m.

The program will include a tasting and cooking demonstration. Books will be available for purchase and signing by author.

GRANT AWARDED TO HELP ADULT LITERACY

Somerset County Library System of New Jersey has been awarded a \$99,084 grant from The New Jersey Department of Labor and Workforce Development to provide 84 adult community members with basic skills training through an Adult Literacy and Community Library Partnership Pilot Program.

Designed to improve the English language proficiency and adult basic education skills of those adults who are unemployed, underemployed, or needing remedial instruction in Somerset County and the surrounding area, the program will emphasize preparation for high school equivalency testing. Additionally, the program will promote life and workplace skills, family literacy, civics, digital literacy, and job readiness skills. English for speakers of other languages classes will focus on conversation, grammar, citizenship, and life skills.

The Adult Literacy and Community Library Partnership Pilot Program will take place at SCLSNJ's Bound Brook Memorial Library, Manville Library, and North Plainfield Memorial Library branches. A summer session and a fall session will be offered.

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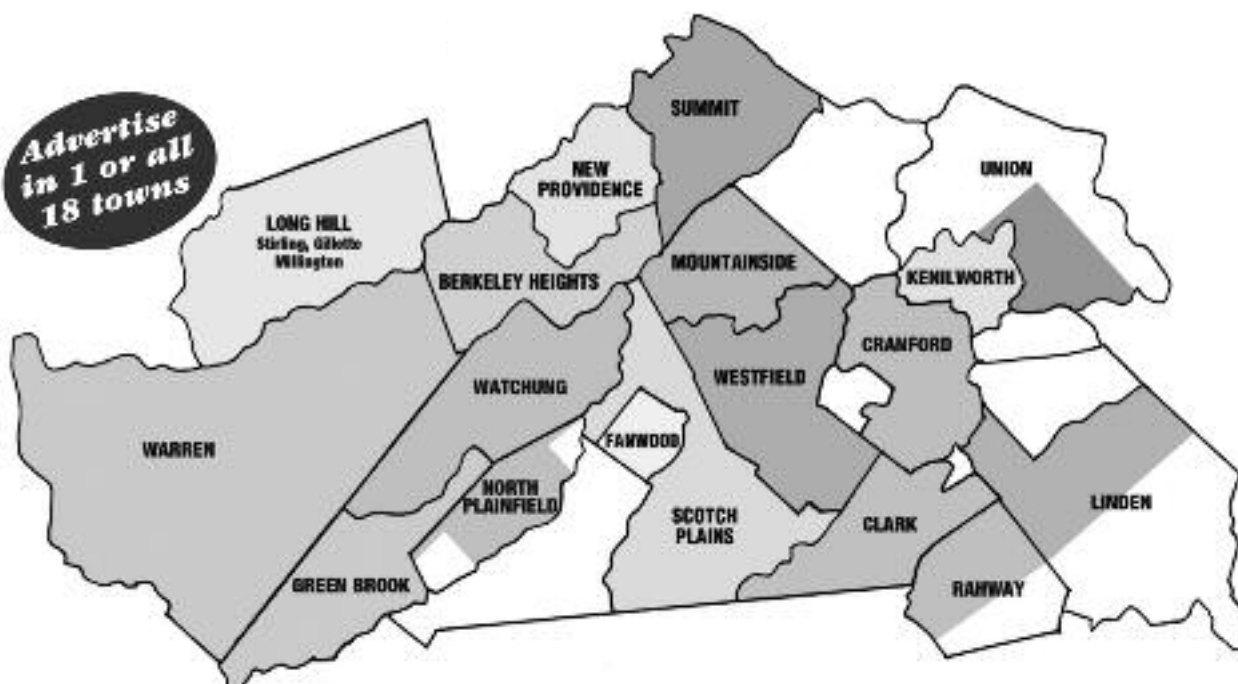


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WHRHS DANCING WITH THE TEACHERS

An enthusiastic crowd of students, teachers, and parents filled the Performing Arts Center on Wednesday, May 25th, at Watchung Hills Regional High School (WHRHS) to witness and participate in Dancing With the Teachers.

Dancing with the Teachers is one of a year-long series of fundraising and awareness raising events sponsored by student groups in support of Project ALS (Amyotropic Lateral Sclerosis, also called Lou Gehrig's Disease). Project ALS is the non-profit organization started by the late Jenifer Estess, who died from the disease, and her family to seek out and support leading edge research to find treatment and a cure for ALS.

The Project ALS has special significance to the students and staff of WHRHS because of English Teacher Laura Goodson. Goodson's brother battled ALS, like Jenifer Estess, and it was Goodson who first discovered Project ALS, and encouraged the WHRHS student government to adopt ALS as their year-long community service effort.

"Thank you for all of your support this year," Goodson said. "As you know, this is a cause that is near and dear to my heart."

Ms. Goodson welcomed everyone to Dancing With the Teachers, and thanked the co-sponsors of the event, the Sophomore Grade Level Council and the WHRHS Dance Ensemble. Student Masters of Ceremonies for the night were Suchir Govindarajan and Schuyler Weisberg.

Students from the WHRHS Dance Ensemble, which had just staged its three-night Spring Dance Concert May 12th, 13th, and 14th, to rave reviews, provided the framework for the 14 dance numbers performed at Dancing With the Teachers. A number of teachers and administrators were featured performers in each number, with Dance Ensemble students and their Faculty Advisor, Marisa Joshi, a talented dancer and choreographer in her own right, providing

guidance and spirited support for the teachers.

Among the dances were many of the numbers that highlighted the Spring Dance Concert. The Dancing with the Teachers event benefited from having the services of the Performing Arts Center's technical director Chris Valenti and his crew, according to event organizers. Valenti and his crew bathed the stage in appropriate and professional mood lighting and theatrical spot lighting, just as they had for the Spring Dance Concert.

For the last scheduled dance of the evening, all were invited, including audience members, to come on stage to dance the currently popular funky line dance, "The Cha Cha Slide." Many in the audience filled the stage, caught up in the fun.

The Dancing With the Teachers line-up of dances included several from the Spring Dance Concert, including "Phishy," "Collateral Damage," "Incandescent," "Becoming Human," and "Masala Chai." The rest of the program for Dancing With the Teachers included popular favorites, "The YMCA," "Uptown Funk," "Whip/Nae Nae," and "Thriller."

For more information about Project ALS can go to its Web site, www.projectals.org, and/or can contact Ms. Laura Goodson at lgoodson@whrhs.org.



(above, l-r) Outside the WHRHS Performing Arts Center after the performance are some of the members of the WHRHS Football Team who danced in the Dancing With the Teachers' dance number "Incandescent.": junior Nadir Beyah of Warren Township, junior Nick Ugarte of Warren Township, and junior Michael Montecalvo of Green Brook Township. Not in the photo, fellow football players Michael Bereheiko, Clayton Bush and Jack Smith.



(above) Among the staff members who participated in the "Dancing With the Teachers" Are (in white shirts, l-r) Principal George Alexis, his Administrative Assistant, Susan Obuch, and Front Desk Secretary Pam Sasso. Flanking them (l-r) are two of the students who helped lead them through their dance number, titled, "Collateral Damage." Dance Ensemble dancer junior Michelle Shui of Green Brook Township, and sophomore Michelle Du of Warren Township.



(above, kneeling, l-r) Students Michelle Shui, Lauren Loesberg, and Kaitlyn Santucci, Dance Teacher Marisa Toshi, and students Anna Paterson, Morgan Pravato, and Molly Garyantes. (standing, l-r) Students Michelle Du, Victoria Pantagis, Michelle Sucre, Dena Vayas, Katey Berger, Arielle Ostry, Sevoula Tsivgas, Sabrina Lane, and Camryn Graf.

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