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Watchung's Hometown Newspaper

NJ

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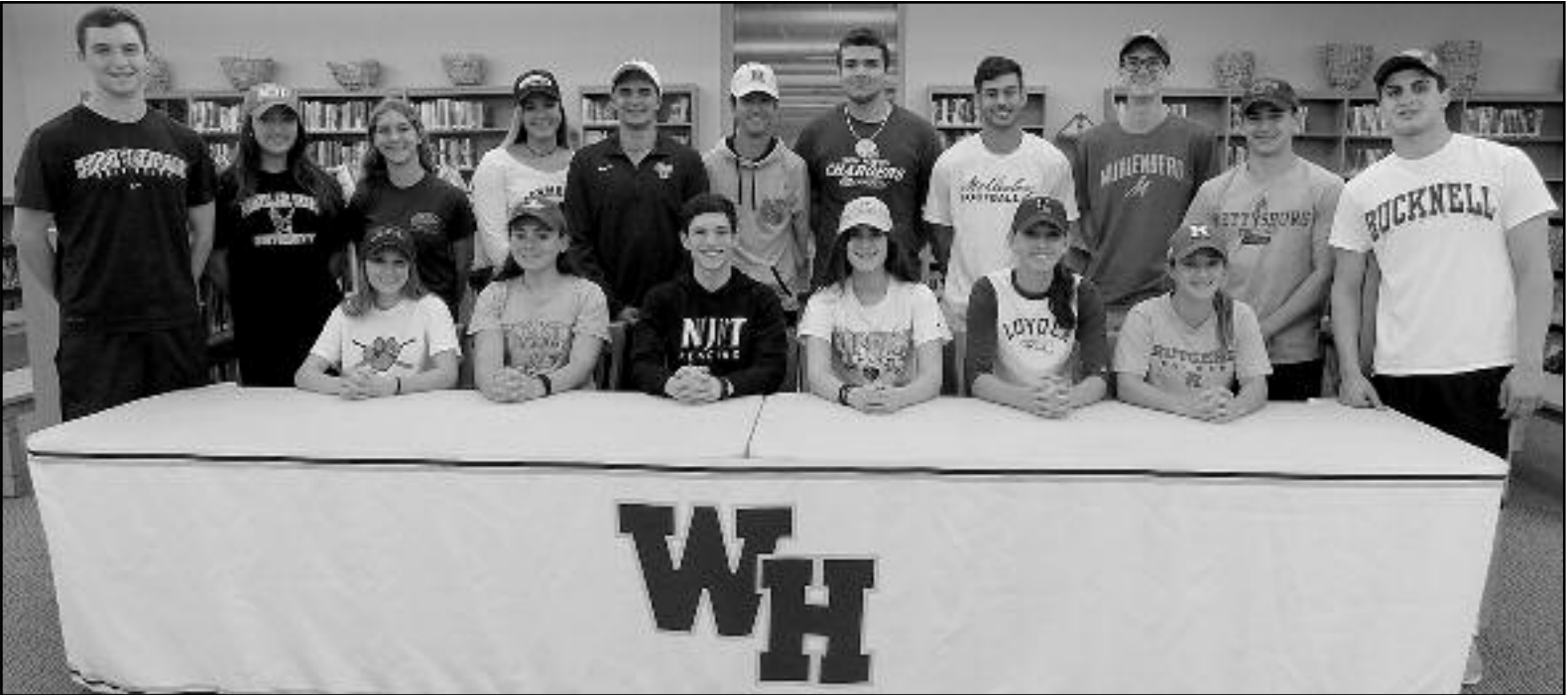
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## WHRHS 2017 DIVISION I, II, III ATHLETIC SIGNINGS

A total of 20 graduating student athletes from the Watchung Hills Regional High School (WHRHS) Class of 2017 plan to continue playing in their sports next year for the colleges or universities they plan to attend.

Eight have committed to Division I schools, two to Division II schools, and 10 to Division III schools. Seventeen of the 20 gathered in the WHRHS Media Center on Thursday, May 25.



(above, seated, l-r) Taryn Rotondo, who plans to play Field Hockey at Kean University; Jesse DeLello, Cross-Country/Track, Richard Stockton University; Dominic Heise Fencing, NJIT; Brooke Stanicki, Fencing, Johns Hopkins University; Sydney Wilcenski, Loyola University, Maryland; and Alexa Ferreira, Soccer, Rutgers University; (standing, l-r) Kevin Sylvestri, Baseball, George Washington University; Melanie Cunha, Soccer, Montclair State University; Chelsea Semper, Soccer, Swarthmore College; Krysta Garcia, Swimming, Monmouth University; John Dardis, Swimming, Fordham University; Ryan Martins, Cross Country/Track, University of Nebraska; Michael Montecalvo, Football, University of New Haven; Michael Ugarte, Football, Muhlenberg College; Kyle Shanahan, Cross Country/Track, Muhlenberg College; Marc Larson, Wrestling, Gettysburg College; and Kevin Flynn, Swimming, Bucknell University. Not in the photo are: Lamar Evans, Division I, Football, Sacred Heart University; Dylan Murphy, Division II, Baseball, West Chester University; and Tyler Kulisz, Division III, Baseball, William Paterson University.

## BUILDING A BETTER WORLD THIS SUMMER AT THE LIBRARY

It's summer! And that means Summer Reading at the library. Programs for readers of all ages at the Watchung Library will tie in with this summer's state-wide theme, "Build a Better World."

To supplement the programs provided by the Somerset County Library System, the Friends of the Watchung Library are bringing in these three additional programs:

"Big Builders" will allow young builders (ages 4 to 6) to explore tactile, motor, and spatial skills while learning science and engineering principles. Construction, using K'nex®, is set for Monday, July 10th, at 4:30 PM.

"Build A Better World Concert," for ages 4 and up, will feature a musical journey with "Faerie" Elaine Silver to "build a better world." Get ready for an uplifting musical experience on Tuesday, July 11th at 11:00 AM, at the Watchung Arts Center.

The "LEGO® Challenge," to be presented by Young Genius Corporation, will allow builders aged 9 to 12 to learn basic principles of mathematics, science, and engineering as they build. The Challenge starts on Monday, July 24th, at 4:30 PM.

Young builders should be pre-registered at [sclsnj.libnet.info](http://sclsnj.libnet.info)

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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 welcomes the comments and concerns of its readers put into writing and sent via fax or email to:

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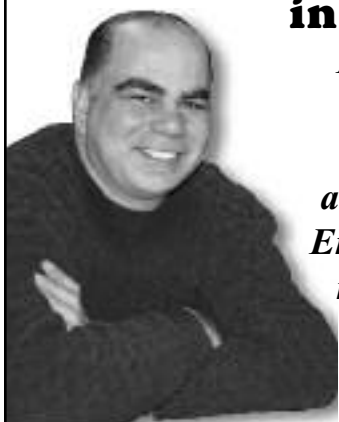
## PROMOTE YOUR COMMUNITY EVENT

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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## 24TH ANNUAL FORE LOVE OPEN BENEFITING VICTIMS OF DOMESTIC VIOLENCE

The recently held 24th Annual Fore Love Open was a remarkable success. Despite a threat of rain that never came, over 130 golfers enjoyed Metedeconk National Golf Club's professionally manicured courses and delicious food throughout the day.

Committee Chairmen Mike Spishock and Mort Penson recognized dancker representatives Kevin Goy and Don Kolterjahn for dancker's dedicated support since 2008. Mike Spishock, a member of the Fore Love Committee since 1999 and chairman since 2001, chaired the event for the last time as he begins his transition towards his 2018 retirement. He will remain a member of the committee next year, though not in a leadership role.

Presented by PVH Corporation, the event drew primary sponsorships from Industrial Cooling Corporation, JPM West, Inc., SBM Site Services, JP Metal America, Inc., and MC Construction Management, Inc., and donations from a multitude of local and national companies and

individuals.

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(above l-r) Mike Spishock (Co-Chairman), Kevin Goy and Don Kolterjahn - dancker, Mort Penson (Co-Chairman).

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## RED NOSE DAY AT BAYBERRY SCHOOL

Students, teachers, and staff at Bayberry School held their own Red Nose Day fundraiser to help end childhood hunger and poverty in the

USA and around the world.

The school raised over \$1,000 on May 25th.



(above) Teacher Mrs. Judy Wall with her first grade students

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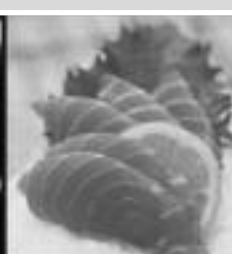
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## WATCH IT!

by Jyotsna Thapar, DPM

Performing a self exam on your feet can alert you to any potential signs of skin cancer. Addressing foot melanoma early on may catch the situation in time to tackle and cure it. Detecting melanoma in its early stages is critical. The soles, around or under the toenails, and between the toes are the most common locations of foot melanoma even though they typically do not get much, if any, sun exposure. Foot melanoma usually manifests itself with a freckle, mole, or spot that changes in configuration over a period of time. The resulting change in color, diameter, elevation, or border should be reported to your podiatrist immediately since those four factors are the indicators of foot melanoma.

The entire staff at ANKLE & FOOT SPECIALIST OF NJ, LLC, is pleased to welcome you to our column. Of considerable significance in caring for feet of any age, or any gender, is choosing the right podiatrist. Bearing in mind how much our feet do for us, the least we can do is to provide them with a comfortable environment, preventive care before problems occur, and professional care when they do. Comprehensive, compassionate foot care is available at:

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## HAPPENINGS AT WATCHUNG LIBRARY



(above) Sisters Sydney and Grace Maslovsky, both of Watchung, NJ, visited SCLSNJ's Watchung Library branch on May 31 to craft paper bees in the branch's Mini-Maker Art Space. Children - and adults - are invited to challenge themselves to see what they can create with the supplies on hand. Visit the branch to discover a new craft challenge every week throughout the summer.



(above) On June 1, Zachary Cantine, 3, won the "Ready to Read" basket at SCLSNJ's Watchung Library branch. During the month of May, each trip to the library provided patrons a chance to win the basket, which was filled with books and small toys. More than 300 residents entered the raffle. Congratulations, Zachary!

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## WATCHUNG LIBRARY BRANCH PROGRAMS

12 Stirling Road, Watchung, NJ 07069 • 908-561-0117 • [SCLSNJ.org](http://SCLSNJ.org)

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

Note: SCLSNJ's library branches will be closed on Sunday, June 18 for Father's Day.

### PROGRAMS FOR ALL AGES

**Alex and The Kaleidoscope**

Friday, July 7, 2pm-3pm

**Build A Better World Concert**

Tuesday, July 11, 11am-12pm

**Our Magnetic Sun**

Tuesday, July 25, 2pm-3pm

(Rain Date) Thursday, July 27, 2pm-3pm

**Building a Better World**

Wednesday, July 26, 2pm-3pm

### PROGRAMS FOR CHILDREN

**Be A Builder**

Wednesdays in July, 9:30am-8:45pm

**Miss June's Room**

Thursday, July 06, 4pm-5pm

**Bingo with Miss June**

Friday, July 7th & 21st, 4pm-4:45pm

**Big Builders**

Monday, July 10, 4:30pm-5:15pm

**Pajama Storytime**

Tuesday, July 11, 7pm-7:45pm

**Learning with Leisa**

Wednesday, July 12, 1:30pm-2:15pm

**Story Time for Twos**

Wednesday, July 19, 10:30am-11am

**Seed to Table**

Wednesday, July 19, 2pm-2:45pm

**Kids' Book Club**

Thursday, July 20, 1pm-1:30pm

**Just for You Storytime**

Friday, July 21st & 28th, 10:30am-11am

**More Fun for Munchkins**

Monday, July 24, 10:30am-11:15am

**LEGO Challenge**

Monday, July 24, 4:30pm-5:15pm

**Farmyard Follies Playshop: Pigs Build Houses**

Monday, July 31, 11am-11:45am

### PROGRAMS FOR TEENS

**How to Talk to a Robot: Build a Shelter**

Tuesday, July 18, 6:30pm-8:30pm

### PROGRAMS FOR ADULTS

**Mah Jong Club of Watchung**

Mondays & Tuesdays in July 1pm-4pm

**Watchung Writers Group**

Thursdays, 10:30am-12:30pm

**Watchung Bakes**

Monday, July 10, 10:30am-11:30am

**Watchung Book Discussion Group**

Thursday, July 13, 7:30pm-8:45pm

**2 for 1 Book Club**

Monday, July 17, 11:30am-12:30pm

## HATS AND HEARTWARMING READS AT SCLSNJ'S WATCHUNG LIBRARY BRANCH

North Plainfield residents Gianna Canepa, 4, and Valentina Marino, 4, had an exciting day at SCLSNJ's Watchung Library branch crafting hats and reading a suite of hat-themed books including, "Hat" by Paul Hoppe, "Mr. Brown's Fantastic Hat" by Ayano Imai, "Hooray for Hat!" by Brian Won, and "Do You have a Hat?" by Eileen Spinelli. And we've got books on more than just hats! Stop into your favorite SCLSNJ branch and pick up a bag of books covering over 100 different subjects with our Storytime Theme Kits.



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## TWO RECORDS SET AT ROTARY TRACK AND FIELD MEET

Hundreds of young athletes gathered under partly sunny skies and cool temperatures for the 90th Annual Rotary Track and Field Meet, held June 7, 2017 at the Hub Stine Athletic Complex in Plainfield, NJ.

The Rotary Club's meet has been held annually since 1924, with a three-year break during World War 2, and several meets cancelled due to weather. Started as an organized meet for elementary school students, the meet shifted to the high school level to provide a friendly competition for area students. Later, when high schools began competing through a statewide system of athletic events, the Rotary meet shifted to the middle school grades.

Invitations went out to area schools in early May, with just over 250 students registered for the Meet. "This year we have students from North Plainfield Middle School and College Achieve Charter School; Valley View School in Watchung; and Maxson Middle School, Queen City Academy, Plainfield Academy AAS, and Koinonia Academy of Plainfield," said Meet Director Michael Townley. "Plainfield Athletic Director John Quinn was instrumental in getting the athletes from Maxson registered for our event."

Records were set in two events this year, the 800 meter and the high jump. The new record for the 800 meter run for girls in Group 1 was set by Amaia Onque-Shabazz, whose time of 02:37.19 topped the previous record of 02:40.48, set in 2010 by Aniyah Tyler of Queen City Academy.

The record-setting effort in the high jump was the result of a determined Vincent Rizzi of Valley View School, who cleared the crossbar at 5' 10", a full four inches over the record held since 1998 by Mitchell Webb of Maxson Middle School. Last year, Rizzi also set a record in his first Rotary Track and Field Meet. He has one more opportunity next year in the 14 year group.

"Over the years, we have had the privilege of

hosting a number of young athletes who have gone on to set state and national records. One athlete, the late Milt Campbell, Olympic decathlon champion, even went on to win medals in Olympic competitions" said Meet Director Townley. "We look forward to seeing Vincent Rizzi achieve at least some of those accolades as he continues his athletic career.

"But even more important than hosting future greats is our ability to give any interested student athlete the opportunity to compete against their peers, sometimes for the very first time. I have been doing this for over twenty-six years, and one of the joys of that long history is meeting young men and women who tell me that they competed in our meets when they were in high school or middle school. Even in their thirties and forties and older, their smiles are just as big as the day they competed at the Rotary Track and Field Meet."

Members of the Club and their friends offered their services as officials and judges for an afternoon of friendly but determined competition by the young 12, 13 and 14 year-old athletes. They were supported by members of the Interact Club at North Plainfield High School who also filled key roles, such as judges, timers, and field event assistants. Interact is the youth-based service club sponsored by Rotary International.

"We are so grateful to our family members and friends and our Interact Club members who come out to help us with this youth service project," said Ravenell Williams, president of the Rotary Club. "There are so many positions to fill that we could not do it without their help. And our Interact Club members and their adviser, Alexandra Pereira are just wonderful! We sincerely appreciate the support of the North Plainfield School District in allowing these students to participate in so many of our club's events."

Medals were awarded to first, second and third

place finishers in all events except the relays, where ribbons were awarded to second and third place finishers. All participating schools took home medals or ribbons.

College Achieve School - 7 first, 6 second, and 3 third place awards;

Koinonia Academy - 1 first place award;

Maxson Middle School - 7 first, 13 second, and 10 third place awards;

North Plainfield Middle School - 22 first, 11 second, 3 third place awards;

Plainfield's Queen City Academy - 1 first, 5 second, 7 third place awards;

Plainfield Academy of Arts and Advanced Studies - 6 first, 7 second, 1 third place awards;

Watchung's Valley View - 8 first, 9 second, 9 third place awards.

The Track and Field Meet was held at the Hub Stine Athletic Complex in Plainfield through the cooperation of the Plainfield Board of Education. "The groundskeepers at Hub Stine are just terrific," said Tom Reedy, a Rotarian and the Clerk of Course for the running events. "They have the fields and track and tip-top shape every year, with tables and tents all set up and ready for us when we arrive. They even help us bring our materials down to the Awards Tent area. We truly appreciate their hard work." The Hub Stine Athletic Complex is named for a longtime member and secretary of the Rotary Club.

Interested in serving others? The Rotary Club of Plainfield-North Plainfield welcomes visitors to any weekly meeting, 12:15 PM on Wednesdays at Giovanna's Restaurant in Plainfield. Come as the club's guest and learn more about Rotary!



(above) Interact Club members from North Plainfield High School are a key ingredient in the success of the Rotary Track and Field Meet, serving as officials and judges in all events.



(above) Vincent Rizzi and his proud father

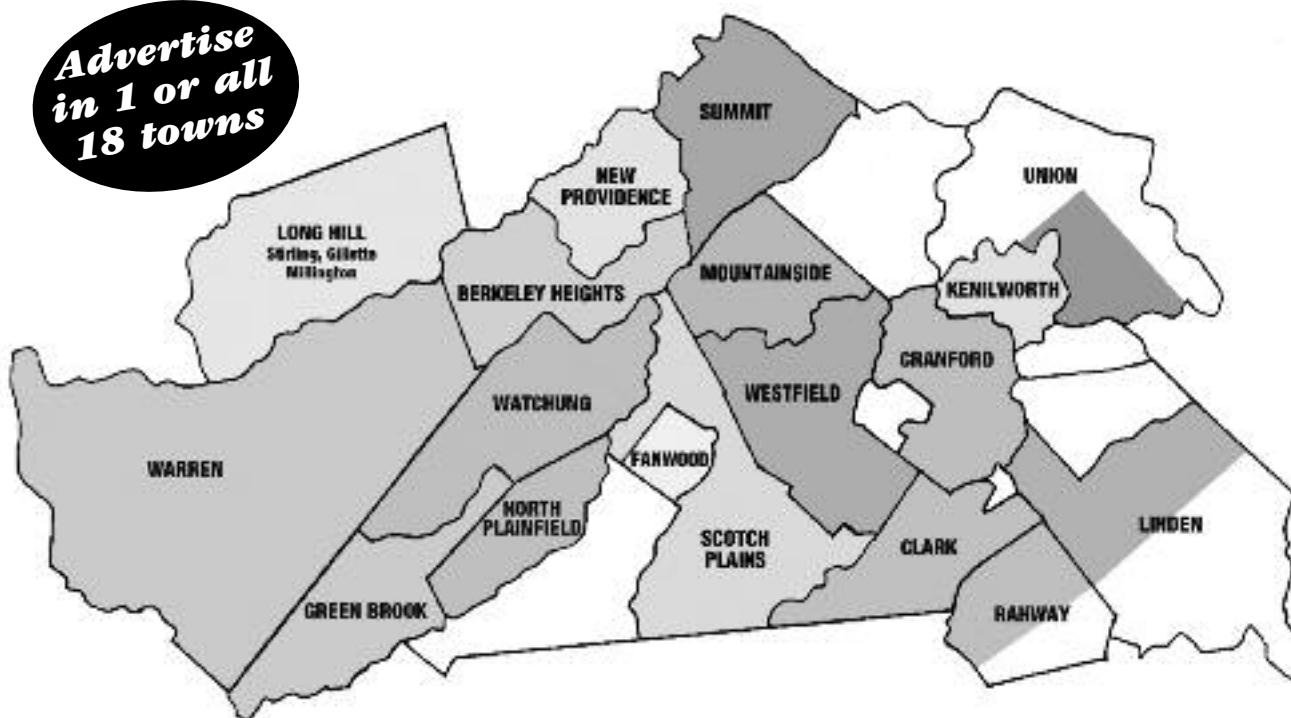


(above) Setting the record in the high jump was 13 year old Vincent Rizzi of Valley View School in Watchung with a height of 5' 10".

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# FEMA ENCOURAGES PEOPLE TO PREPARE NOW FOR THE 2017 ATLANTIC HURRICANE SEASON

The Atlantic hurricane season began in June, and there is no better time to get ready than now. The Federal Emergency Management Agency (FEMA) encourages residents and businesses across the nation to prepare by understanding their risk, planning together for the entire family, and downloading the FEMA App.

The National Oceanic and Atmospheric Administration (NOAA) Climate Prediction Center seasonal outlook for 2017, released last week, states that the Atlantic could see an above-normal hurricane season this year. The full seasonal forecast is linked at [www.noaa.gov/media-release/above-normal-atlantic-hurricane-season-is-most-likely-year](http://www.noaa.gov/media-release/above-normal-atlantic-hurricane-season-is-most-likely-year).

Both hurricanes and tropical systems have the potential to cause serious damage to coastal and inland areas. Their hazards could come in many forms including storm surge, heavy rainfall, coastal and inland flooding, high winds, and tornadoes.

“The time to prepare for hurricanes and tropical storms is now, before a threat even exists,” said FEMA Acting Administrator Robert J. Fenton, Jr. “We want people who live in coastal and nearby inland areas to know where they can get reliable information; prepare their home and

workplace ahead of time; know if they live in an evacuation zone and be familiar with evacuation routes. Knowing what to do and practicing your plan now can make the difference between life and death if a hurricane or tropical storm does strike.”

There is a lot of information available to help individuals and communities prepare:

**Learn Your Flood Risk:** Flooding is the nation’s most frequent and costly natural disaster. Go to [FloodSmart.gov](http://FloodSmart.gov) and learn how to protect your home or business. Purchase a flood insurance policy if you do not already have one.

**Make A Plan:** Residents should speak with their family today about how they will communicate with each other during a significant weather event when they may not be together, or during an evacuation order.

**Download the FEMA App:** The FEMA App contains important information on what to do before, during, and after a hurricane. The App also allows users to receive weather alerts from NOAA’s National Weather Service, includes lifesaving safety tips, and provides access to disaster resources should survivors need them. The App is available in the Apple App store or the Google Play store.

**Know your evacuation zone:** Evacuation zones are areas that may be impacted by hurricane flooding. Many communities designate evacuation zones and routes to get citizens to safety. This information is typically found on the websites of state, county, or town emergency management offices. If a hurricane threatens a community and local officials say it's time to evacuate, residents should evacuate immediately. Do not wait for the next forecast.

While much attention is often given to the Atlantic hurricane season, there are tropical systems that can affect many other areas around the nation. To learn more about hurricane seasons in the Atlantic and Pacific Oceans, visit [www.hurricanes.gov](http://www.hurricanes.gov). To learn more on how to prepare before, during, and after a hurricane, visit [www.ready.gov](http://www.ready.gov).

Additional tips and resources:

- [www.ready.gov/animals](http://www.ready.gov/animals)
- [www.ready.gov/business](http://www.ready.gov/business)
- [www.ready.gov/alerts](http://www.ready.gov/alerts)

FEMA's mission is to support our citizens and first responders to ensure that as a nation we work together to build, sustain, and improve our capability to prepare for, protect against, respond to, recover from, and mitigate all hazards.

## BLACK BEAR SAFETY TIPS

Black bears by nature tend to be wary of humans and avoid people. However, if you encounter a black bear in your neighborhood or outdoors while hiking or camping, follow these common-sense safety tips.

- Never feed or approach a bear!
- Remain calm.
- Make the bear aware of your presence by speaking in an assertive voice, singing, clapping your hands, or making other noises.
- Make sure the bear has an escape route.
- If a bear enters your home, provide it with an escape route by propping all doors open.
- Avoid direct eye contact, which may be perceived by a bear as a challenge. Never run from a bear. Instead, slowly back away.
- To scare the bear away, make loud noises by yelling, banging pots and pans or using an airhorn. Make yourself look as big as possible by waving your arms. If you are with someone else, stand close together with your arms raised above your head.
- The bear may utter a series of huffs, make

- popping jaw sounds by snapping its jaws and swat the ground. These are warning signs that you are too close. Slowly back away, avoid direct eye contact and do not run.
- If a bear stands on its hind legs or moves closer, it may be trying to get a better view or detect scents in the air. It is usually not a threatening behavior.
  - Black bears will sometimes “bluff charge” when cornered, threatened or attempting to steal food. Stand your ground, avoid direct eye contact, then slowly back away. Do not run.
  - If the bear does not leave, move to a secure area.
  - Immediately notify the DEP's 24-hour, toll-free hotline at 1-877-WARN DEP (1-877-927-6337).
  - Families who live in areas with high black bear populations should have a “Bear Plan” in place for children, with whistles, air horns and an escape route.
  - Black bear attacks are extremely rare. If a black bear does attack, fight back!

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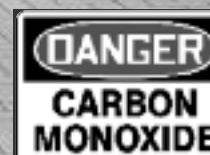


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