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A GRATEFUL WHRHS ALUMNA RECEIVES 'UPSTANDER' AWARD

Submitted by Denis Kelly

As Engy Gadmawla, Watchng Hills Regional High School (WHRHS) Class of 2014, embarks on her last semester of undergraduate studies at Drew University, Madison, she does so remembering her very first class on her very first day as a WHRHS Warrior in September 2010.

She was born, and spent her first 10 years living in Cairo, Egypt, before she moved in 2003, just two years after 9/11, to Watchung with her mom, dad, and sister.

"I grew up being called a terrorist," she told the audience at the "Facing History and Ourselves" annual New York Benefit Dinner, Thursday, Oct. 19, 2017 at Pier 60 at Chelsea Piers, New York City.

Between 750 and 800 people attended the dinner. Engy Gadelmawla was one of three key speakers at the event, and one of four people presented with Upstander Awards. Others receiving Upstander Awards were: Jennifer and Peter Buffett and the NoVo Foundation; and actress, playwright and activist Anna Deavere Smith.

It is the same annual benefit dinner that in 2014 recognized the work of WHRHS Social Studies Teachers Jamie Lott-Jones and Mary Sok, and WHRHS students Engy Gadelmawla, Catherine Higgins and Monica Mahal, for creating and implementing the WHRHS "White-Out to Erase Bullying" campaign. That campaign brought together some 13 New Jersey school districts and raised awareness of bullying and upstander behavior. Lott-Jones and Sok accompanied Gadelmawla to the banquet along with members of her family.

Rising out of that effort, WHRHS students helped to literally coin a new word in the Oxford English Dictionary (OED) to describe a new





(above, l-r) Facing History and Ourselves President Roger Brooks; featured speaker and WHRHS Alum Engy Gadelmawla, who is currently a student at Drew University, Madison; Engy's mother, Omnia Mohamed; and sister, Nansy Gedelmawla.

concept. It is "Upstander," someone who is different from being merely a "bystander," someone who, in effect, "faces history and ourselves," and tries to do something about it.

In 2014, the WHRHS teachers and students received recognition at the Facing History and Ourselves Benefit Dinner: They were recognized as "Upstanders." Last Fall, Engy Gadelmawla received her second Upstander recognition, for everything she has done since then. She was asked to be one of the keynote speakers at the 2017 Facing History and Ourselves Benefit Dinner.

She might say, it was everything that has happened in her life, both before and after that fateful day in September 2010, when she entered her "very first class on her very first day as a WHRHS Warrior."

Engy shared the poem with the Facing History and Ourselves Annual Dinner audience, reading:

"First they came for the Socialists, but I was not a Socialist and I did not speak out/ Then they came for the trade unionists, but I was not a trade unionist, so I did not speak out/ Then they came for the Jews, but I was not a Jew, so I did not speak out/ Then they came for me, and there was no one left to speak for me."

Continuing, she shared: "For me, this poem is a daily reminder that we all have the power to be 'perpetrators, bystanders or upstanders.' Facing History has taught me that it is our decision what role we take."

She is an Upstander.

For more information about Facing History and Ourselves, go to facinghistory.org/why-facing-history.

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MAKING JEWELRY OUT OF JUNK AT LIBRARY

Jaclyn Scopel, 17, and Andrew Scope, 14, both of Green Brook, recently gathered to create environmentally friendly jewelry at the Somerset County Library System New Jersey's Watchung branch. They crocheted metal soda can tabs to

form wearable art. "It's fun to make something out of junk," said Sophia Lee, of Watchung, mother of presenter Jacqueline Lee.

For information on additional programs visit friendsofwatchunglibrary.org



(above, l-r) Jaclynand Andrew Scopel of Green Brook.



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(above) Amy Regan.

AMY REGAN RECEIVED NCAA BASKETBALL TOP 10 AWARD FOR 2018

class of 2012, Amy Regan, of Green Brook, received the prestigious NCAA Top 10 Award for 2018 in Indianapolis on January 17. The award recognizes former student-athletes from all sports over the three NCAA divisions. The award recognizes athletic accomplishment, academic achievement, and community service. Amy ran cross country and winter track while at WHRHS.

She is a six-time NCAA national champion in cross country and track and field and a 14-time

Watchung Hills Regional High School Alumni, U.S. Track and Field and Cross Country Coaches Association of America All-American athlete.

> Amy is a recent graduate of Stevens Institute of Technology where she earned her master's degree in engineering management, and received the 2017 Frederick Winslow Taylor Award, which is presented to the most influential thinker in modern management theory and application at Stevens. Amy has volunteered time to the Special Olympics and served as a coach for Girls on the

GENEVIEVE HOLCZINGER NOMINATED FOR NEW JERSEY GOVERNOR'S TEACHER OF THE YEAR

Greenbrook Township, is pleased to announce that Mrs. Genevieve Holczinger has been nominated for the New Jersey Governor's Teacher of the Year.

Holczinger graduated from Marietta College, Marietta, Ohio in August 1994. She began her teaching career as a special education paraprofessional in September 1994. Since then, she has never looked back.

Mrs. Holczinger came to Green Brook in 2000 and has spent most of her time teaching First

Irene E. Feldkirchner Elementary School, Grade. Her belief is that every child deserves a chance to succeed to his/her highest potential. As a teacher, she feels it is her role to support the learners, bring out excitement and wonderment of learning, and create a safe, happy environment with which to learn.

> Mrs. Holzeinger is the Team Leader for Grade 1. She infuses technology into her lesson planning and delivery. She creates dynamic learning challenges which encourage students to transfer their knowledge into real-world experiences.



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GREEN BROOK MIDDLE SCHOOL MATH TEAM QUALIFIES FOR STATE FINALS

Green Brook Middle School's Math Team, led by head coach Vamsi Desu (Watchung Hills Regional High School senior) and assistant coaches Vivian Zhang and Jagdeep Bhatia (Watchung Hills Regional High School sophomores) won second place out of over 25 teams at the MathCounts Northcentral Regional Competition at the New Jersey Institute of Technology and is one of 12 teams in New Jersey to qualify for the State Finals.

The four-member team whose scores counted towards the team score were Bryan Zhang, Kevin Fu, Benjamin Liu, and Brenda Zhang.

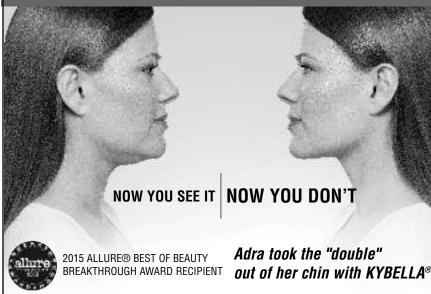
The other six individuals who participated were Anmol Bhatia, Sravan Desu, Mihika Naik, Arya Reddy, Ryan Wang, and Sara Liu.

Bryan Zhang and Kevin Fu also won second and third respectively as individuals and will also be competing as individuals at the state level too



(above) Green Brook's Middle School's Ten-Member Team and Coaches.

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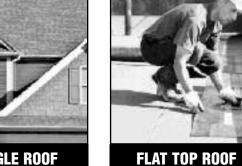


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SEUSSICAL JR. AT MIDDLE SCHOOL

Green Brook Middle School students are hard at work preparing for their jaw-dropping performance of Seussical Jr.!

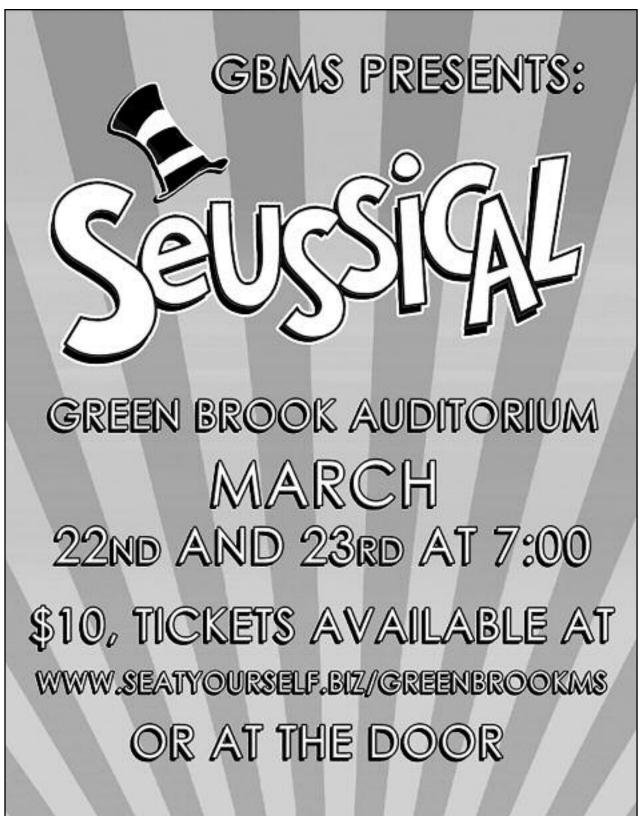
Come journey through Whoville and the Jungle of Nool as we follow the story of Horton the Elephant, played by Ahir Verma, trying to save a small world. Laugh along as the Cat in the Hat, Jordan Pincus, narrates us through the twists and turns of this incredible tale based on the characters of legendary children's author, Dr. Seuss. Watch as poor little Gertrude the bird, Erin Ptack, finds her confidence; the Sour Kangaroo and Little Kangaroo, Mia Hionis and Lea Anthony, tease Horton; JoJo's, Aria Anthony, "thinks" get him in trouble with Mrs. and Mr. Mayor, Abby Wighard and Daniel Zhang; and the amazing Mayzie, Rhea Cariappa, reminds us just How Lucky [We] Are!

This is the sixth show directed by the school's chorus and orchestra director, Mr. William Alzaher; with choreography by Jaclyn Priore; and crew management by GBMS theater teacher Mrs. Erin Ferrara.

The show will be performed at the Green Brook Middle School Auditorium at 132 Jefferson Avenue in Green Brook, New Jersey. Opening night is on Thursday March 22, 2018; with an another performance on Friday March 23, both at 7 p.m.

Doors open at 6:30 p.m. Tickets are \$10 and can be purchased at the door or online by going to greenbrookms.seatyourself.biz.





(above) Seussical Jr.

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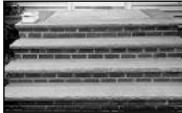






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'WINTER CABARET' ENTERTAINS 'COFFEE HOUSE' AUDIENCE AT WHRHS

A dozen acts, along with nearly as many improvised between-act skits, made for an entertaining evening at the Script and Cue's 2018 Winter Cabaret, Thursday, Jan. 25, on the stage of the Watchung Hills Regional High School (WHRHS) Performing Arts Center (PAC), 108 Stirling Road, Warren, New Jersey.

An intimate audience gathered around cabaret tables and in portable chairs arranged cross-stage style on the broad PAC stage. Nearly all the stage curtaining was raised to create a coffee house style exposed-brick performance space backdrop. Blue tint mood lighting bathed the atmosphere.

Performers, mostly singers with simple self-accompaniment acoustic guitars, keyboards, or recorded music, honed their skills in front of a live audience. Everyone seemed to recognizing that this was a living-learning live-audience workshop for the performers. It was also an evening for fun, encouraged, and applauded entertainment.

A healthy dose of "in-between act" performances included yeoman turns by familiar Script and Cue hosts and student leaders, Sam Sinnott, Francesca Infante-Meehan, Emma Leary, Anhal Dhir and Kayla Martins, among others. Many performed in multiple minute-orless skits.

One of the highlights at the Winter Cabaret were appearances by some of the male student cast members of the upcoming 2018 WHRHS Spring Musical, "Guys and Dolls." Mark your calendar, Guys and Dolls will be performed Thursday, Friday and Saturday, March 22, 23, and 24, 2018 in the WHRHS PAC.

At the Winter Cabaret, six of Guys and Dolls' signature male "heavies," Sam Sinnott, Ben Allgor, Will Johnson, Jack Melillo, Will Broder and Lucas Mammone, left their Nathan Detroitstyle gangster zoot-suits in the wardrobe department in favor of stripped-down improvstyle black slacks/white shirt-nearly-mime outfits to sing the spirited song of sweet revenge from the Broadway musical/movie, "Chicago."

With tongue planted firmly in cheek, the actor/singers worked off nearly everyone's vivid memory of the song, "He Had It Coming," being belted out most convincingly in the movie by such notable enraged females as Queen Latifah, Catherine Zeta-Jones, and Renee Zellweger, among others. The guys at the Winter Cabaret

delivered a hilarious portrayal of just enough over-the-top "wronged hurt" by a sextet of enraged males. If this skit was any indication, the "Guys" roles in the upcoming WHRHS Spring Musical, "Guys and Dolls," are in the hands of an ensemble of actors already adept at entertaining an audience as a well-oiled team.

The array of acts at the Cabaret included:

Jack Melillo singing "Landslide," and accompanying himself on guitar;

Kaelin Churchill singing, "Thinking Out Loud," accompanied on guitar by her dad, Ray;

Dana Wasserman singing, "Can't Take My Eyes Off You," and accompanying herself on ukelele;

Olivia Kider and Melissa Miketen singing, "Flight," by popular Broadway leading lady, Sutton Foster;

Becca Baitel reading one of her own original poems;

The student band, Moonwake, singing two songs, "Rosie," featuring singer Nicole Bell, and "Smooth"; other members of Moonwake are, Will Broder, Eddie Cai, Ben Kosakowski, and Lucas Mammone;

Madeline Leong, singing, "I'm Breaking Down," from the Broadway musical, "Falsettos"

Maddie Johnson singing "I Will Follow You into the Dark," by the recording artists, Death Cab for Cutie, accompanied on keyboards by her brother, senior Will Johnson;

Summer Stuart singing, "I'm Here," from the Broadway musical, "The Color Purple";



(above) Junior Becca Baitel of Watchung read an original poem at the Winter Cabaret.

Elizabeth Chapleski, Joey Pascale and Maddie Leong singing, "Learn to Do It," from the Broadway musical, "Anastasia";

Giovanna DiSanto singing, "Out Here on My Own," from "Fame," and

Justin Horowitz singing, "On the Street Where You Live," originally from the Broadway musical, "My Fair Lady."

Sound and lighting at the Winter Cabaret was provided by Nick Dinizio, Chris Valent and Rick Clark. Stage Managers were Mark Caamano and Emily Snead. Script and Cue Business manager is WHRHS Business teacher Dianne Krutz, and the Script and Cue Advisor is WHRHS Drama Teacher Doug Eaton.

WHRHS approaches all events such as the Winter Cabaret, as opportunities to encourage heavy student involvement in organizing and leading the event. Virtually every school event, including the Winter Cabaret, is seen as multi-discipline living learning experiences that include ancillary tasks such as catering, graphic design, social media usage, supportive financial and business tasks, understanding learning in context, and more.

This supports one of the stated goals of the 2015-2020 Strategic Goals: The WHRHS District will provide the resources, technology, and organizational change to achieve, among other goals: "To integrate creative, innovative, and interdisciplinary learning throughout the district to empower and inspire students to succeed in a changing global community."



(above, l-r) Student organizers Emma Leary and Francesca Infante-Meehan, entertained the audience with some between-act humor at the Winter Caharet.



(above, l-r) "He had It Coming." Bearing wronged tough-guy scowls, are, Jack Melillo, Will Johnson, Ben Allgor, Sam Siott, Will Broder and Lucas Mammone.



(above, l-r) "Guys and Chairs" Will Johnson, Ben Allgor, Lucas Mammone, San Sinnott, Will Broder, and Jack Melillo made their entrances using chairs as dance props at the Winter Cabaret.



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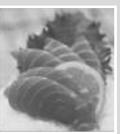
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- Monday Afternoon 1 p.m. to 1:45 p.m. \$40 for the eight-week program, next session starts March 26.
- Wednesday Morning 11:30 a.m. to 12:15 p.m. \$40 for the eight-week program, next session starts March 7.

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Wednesday, 9 to 11 a.m. This is an opportunity to meet people while oil painting. Experience required. No supplies required.

HEALTHY BONES EXERCISE CLASS.

Wednesday and Friday, 10 a.m. Peer-led, 24-week exercise and education program for individuals at risk or who have osteoporosis. Exercises focus on balance, strength, flexibility, and posture. Advanced registration is required. Doctor's note is also required prior to first class and then once every year. Openings available, call Caitlin Witucki at 908-704-6339 for more information.

BILLIARDS ROOM.

Pool table available daily on a drop-in basis, Monday through Friday.

CARROM BOARD GAME.

Available Monday through Friday. "Strike and Pocket" table game of Eastern origin; similar to billiards and table shuffleboard.

COMPUTER LAB.

Call for Availability.

JIGSAW PUZZLE.

Available Monday through Friday. Strike up conversation, make new friends, and enjoy assembling puzzles together.

LENDING LIBRARY.

Available Monday through Friday. Soft covered books available to take home and return when read.

RINGO

March 1, 8, 15, 22 and 29. 10:30 a.m. Bingo is more than just an exciting activity. Researchers have found that playing Bingo has multiple health benefits. It promotes socialization, strengthens hand-eye coordination, and takes concentration which improves listening and short-term memory skills.

BRAINS, GAMES, AND HAND BELLS WITH ADRIENNE

March 2, 9, 16 and 23. 10:30 a.m. Did you know that solving puzzles or challenging yourself with new mind-stretching activities like learning music can stimulate the brain and enhance your creative and critical thinking processes? Join Adrienne for some mind-tingling, brain-stumping word games and a fun-filled musical workout using hand bells.

"CLIMATE CHANGE, INDOOR OZONE & VASCULAR FUNCTION: AIR POLLUTION & YOUR HEALTH"

March 5. by Dr. Kathy Black, Ph.D., M.P.H., Rutgers School of Public Health, 10:30 a.m. Dr. Black will focus on the causes of indoor and outdoor pollution, how they can affect your health and their possible impact on climate change. In conclusion, Dr. Black will provide us with steps you can take to help protect your health.

LINE DANCING WITH NANCY,

March 5, 12, 19* and 26-1 to 3 p.m.* Line Dancing is so much fun, it doesn't seem like exercise! You don't need a partner and it's an easy way to stay healthy, both mentally and physically. It is suitable for people with limited mobility and is known to improve cardiovascular and muscular strength and improve coordination and balance as you work through the different movements. *March 19 class begins at 1:30 p.m.**

TWO-PART IPHONE/IPAD WORKSHOP

March 6 & 13. Get the Most from this Powerful Tool in your Pocket, Maureen Greenbaum, 10 a.m. At this workshop you will get answers for your questions and explore the benefits of individual iPhone apps such as "Find My Friend," Google/Apple maps, podcasts, mail, health, camera, calendar, stocks and more. Participants will decide the class direction. Good for beginners and those with some proficiency who are interested in learning skills to make using the iPhone more effective and fun. Be sure to bring your iPhone or iPad. Space is limited.

BOGGLE AND WORD WITHIN A LARGER WORD

March 6 and 20. 10:30 a.m. This is a challenging game that is played using a grid of letters, in which attendees search for words that can be constructed from letters of sequentially adjacent letters. Words must be at least three letters long but may not use the same letter on the grid more than once per word. Then look for words within a larger word. Join us as we try to find as many words as possible.

NEXT CHAIR YOGA SESSION DATES,

March 13 through May 1.

CHAIR YOGA WITH JILLIAN

March 13, 20 and 27. 12:45 to 1:45 p.m. Open to all levels of practice and abilities. This class incorporates Hatha yoga poses while seated in a chair as well as the option for standing poses to increase bone density, strength, and balance. Students learn techniques to help gain flexibility and strength, while being immersed in a relaxing class. This class is perfect for stress relief and overall well-being. \$40 for the eight-week program.

BRIDGE GROUP WITH RONNIE

March 6, 13, 20 and 27. 1 to 3 p.m. Bridge is a mentally challenging card game that offers intellectual and social stimulation. Playing bridge regularly stimulates your brain and helps keep your memory active and your brain alert. Join Ronnie and her group as they play bridge on a weekly basis. New members and beginners welcome. Lessons available.

"MAKING HOMES SAFER FOR SENIORS" BY JAY REYES

March 7. Home Instead Senior Care, 10:15 a.m. This program will inform you about the in-home hazards that could threaten independence and will offer resources to help you age safely in place. Check out ways to help make your home safer by completing a room-by-room safety checklist.

SENIOR CENTER CALENDAR (CONTINUED)

TONE AND FLEXIBILITY EXERCISE CLASS WITH SABINA

March 7, 14, 21 and 28. 10:45 a.m. Enjoy an energizing class suitable for beginner and intermediate levels. Exercising with Sabina will boost your energy level, reduce stress, and help tone your body by using resistance bands, exercise balls, and dance moves. Exercises can be done standing up or sitting down.

BALLROOM DANCING WITH BICE

March 7, 14, 21 and 28. 1 to 3 p.m. Meet new people and make some friends while exercising. Dancing is a great way for people of all ages to get and stay in shape. Besides being fun, dancing has many health benefits. Dance can have an incredible impact on overall flexibility, strength, endurance, and emotional well-being. Join Bice, who has won several dance competitions, as she plays a variety of Ballroom Dance music.

"GO FURTHER WITH FOOD" BY JESSICA GUARNIERI

March 12. Registered Dietitian, ShopRite/Wakefern, 10:30 a.m. "Go Further with Food" is the National Nutrition Month theme for 2018, and its importance is timely for many reasons. Whether it's starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a difference. Preparing foods to go further at home and within the community can have a positive impact, as well. Join us as we learn healthier eating styles, while reducing food loss and waste.

BOGGLE WITH SOME "FOLK DANCERCISE"

March 13. with Rekha Srinivasan, Bharat Nritya Academy, 10:30 a.m. Before playing Boggle, which is a challenging game that is played using a grid of letters, we will do some Folk Dancercize, the gaiety of folk dancing used as an exercise. Join us as we stimulate the body and the mind.

WARRENBROOK BOOK CLUB,

March 13, First Tuesday of the Month. Featured book to be discussed: "The Aviator's Wife" by Melanie Benjamin, 1:30 p.m. New Members Welcome.

"TALES AND TUNES OF IRELAND, SCOTLAND AND THE NEW WORLD"

March 19. by Jan and Jeff Ausfahl, the Cracked Walnuts, 10:30 a.m. A musical visit to the British Isles featuring songs, stories and humor of Ireland and Scotland. Along with vocals, this program features banjo, guitar, penny whistle, tambourine, and concertina musical instruments.

STATE HEALTH INSURANCE PROGRAM (SHIP).

March 23. A counselor will be available to provide free help to New Jersey Medicare beneficiaries who have problems with, or questions about their health benefits. SHIP is a statewide program by the New Jersey Department of Health and Senior Services. Services available by advanced appointment only and will be available the last Friday of the month.

"HOW TO PREP & STAGE YOUR HOME FOR SALE"

March 26. by Adriane Stewart, REMAX Premier Realtor Associate, SRES Senior Residential Specialist, 10:30 a.m. Ready to put your home on the market but don't know where to start? Confused about the best ways to showcase your home for everyday use or for sale? Join us for this informative program and get the secrets straight from an expert. In addition, the REMAX "Stager" will be present to discuss the specifics of getting your home ready to show and sell.

"WALK WITH EASE INTRODUCTION"

March 27. by Caitlin Witucki, MS, Health Promotion Specialist, Somerset County Office on Aging & Disability Services, 10:30 a.m. Caitlin will introduce this very beneficial, evidence-based program entitled, "Walk with Ease." This program was developed by the Arthritis Foundation and has been proven to reduce the pain of arthritis and improve health among adults with osteoarthritis who have been inactive. This program is also appropriate for individuals who have been inactive for a period of time and are looking for a safe way to reintroduce themselves to exercise. Walk with Ease is a six-week program designed to be delivered in two formats; Instructor-Led Group or self-Directed Individual. Both formats utilize a step-by-step workbook.



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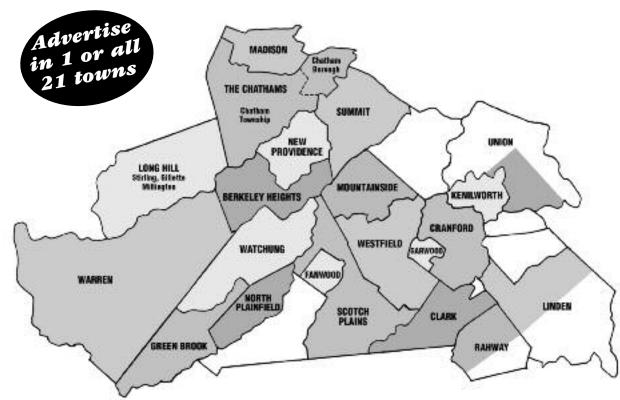
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