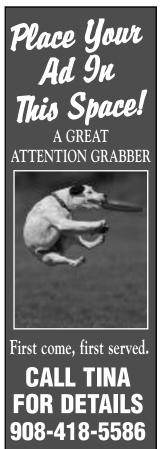
# Watchung Post

Watchung's Hometown Newspaper

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## WATCHUNG TEEN HOLDS FUNDRAISER FOR LIBRARY

Watchung teen Jacqueline Lee celebrated her birthday in June in an unusual way - she gave to others. Lee planned and organized an "Evening Outdoors," with Japanese finger foods (generously donated by Shogun 22) and a live Jazz band on the "patio" below the library. Lee also offered origami pieces for sale, including her OrigamiUSA award-winning creation "Kusudama Versailles," made from 60 sheets of paper.

Explaining her decision to raise funds to keep a library in Watchung, Lee said, "The Watchung library is one of my favorite places to go, and I can truly say it has enriched my life. I planned this fundraiser to support saving our beloved library. Thank you to all who participated in the event and to those who couldn't make it yet still generously donated to this important cause. It was amazing to see how much a group of citizens with a common mission can accomplish together."

Reporting that she "had a great time," Watchung resident Cori Haveson commented that, "The band and food were fabulous. Everyone looked like they were really enjoying themselves. There was an impressive turnout of young people. What a fun way to support the library! I hope we do it once a month, next time with a dance floor!"

Thomas Cheng called the event "incredible." He observed that it "truly reflected the heart of the matter. The Library is not just about books, it is about building a strong community. It was great to see people of all ages, race, and culture come together in agreement."

Former Borough Council member Tom Franklin remarked that "The fellowship among

Watchung teen Jacqueline Lee celebrated her birthday in June in an unusual way - she gave to others. Lee planned and organized an "Evening" us was very apparent, as it would be among those who share a worthy cause. Our determination to save the Watchung Library has not faded in the least."

The event drew about 60 library supporters and raised funds for the effort to keep a library in Watchung.



(above, l-r) Richard Steinfeld, Barbara Steinfeld, 7th-grader Noah Baitel, and Allison Baitel enjoy the Evening Outdoors fundraising event.



The Beanbop Jazz Trio played at the library supporters' Evening Outdoors.





(left, l-r) 17-year-old Jacqueline Lee's award-winning creation "Kusudama Versailles," and Origami she also created, which was sold at the event to raise fund for the public library.

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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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## **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

## FENCER ANOUSHEH REID PINS DOWN GOLD AT **U.S. NATIONAL FENCING CHAMPIONSHIPS**

The sport of fencing combines the best of student. physical and mental fitness, something that 11year-old Anousheh Reid has been doing quite successfully.

The Watchung resident recently returned from the U.S. National Fencing Championships in St. Louis as the gold medal winner of the Women's Epee Division for her age group.

Anousheh and her sister Sobia, 13, have been fencing for six years, the past three competitively. Sobia also performed well at the St. Louis event, placing 36th of 172 competitors in the 14 and under category.

There are three forms of fencing: Epee, Foil and Sabre, each of which uses a different type of weapon and has different rules. The Reid girls compete in Epee, the only one in which the entire body is the valid target area. It takes a lot of discipline and practice.

"There is a lot of patiently nudging your opponent back and forward, trying to trick them into making a mistake so you can attack," said Michael Reid, their father. "(Epee) is often referred to as 'physical chess' because of the mental strategy involved."

The girls spend about four days a week at the Medeo Fencing Club in Bridgewater, about 10-12 hours a week, plus tournaments every second week or so. While there are local and regional tournaments throughout the year, there are two major national events on the youth calendar. Besides winning gold at the National Championships, Anousheh also took gold at this year's North American Cup, which was held in Baltimore in March.

Anousheh and Sobia are focusing on fencing now, but they have also trained in gymnastics at Surgent's Elite in Westfield and Taekwondo in Warren.

Anousheh was a student at Oak Knoll in Summit but will start sixth grade in September at Newark Academy, where Sobia is already a

The Medeo Fencing Club, at 783 East Main St., in Bridgewater has beginner, intermediate and advanced programs. It requires all participants to wear the full uniform while fencing, including knickers, jacket and underarm protector. For more information, contact medeofencing.com or call 732-469-2244.



(above) Anousheh Reid with one of her fencing coaches, Yakov Danilenko.

Photo courtesy of Michael Reid





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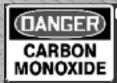
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## WATCHUNG SENIORS ANNUAL PICNIC PHOTO ALBUM

luncheon on Wednesday, June 13, 2018 at the months), from 11:00 a.m. to 2 p.m. Watchung Firemen's Exempt Building.

The Watchung Seniors 55+ meet the 2nd Hall, lower level, 57 Mountain Boulevard (next

The Watchung Seniors held their annual picnic Wednesday of every month, (except summer

Meetings are held at the Fireman's Exempt

to Borough Hall). Guest speakers, trips and fun parties. For more information please call 732-968-7843.

New Members are always welcome.





















Photos from this and other events can be found online at rennamedia.com and on the Watchung Post page on facebook.com Feel free to "Like," "Tag," and "Share."

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## TAKE A MUSICAL TOUR THROUGH THE SOUNDS OF SUMMER AT LIBRARY

Nothing says summer quite like music - the combination of warm weather and rhythm creates a feeling unlike any other. Explore everything from Bruce Springsteen to West African drums this summer at the Somerset County Library System of New Jersey (SCLSNJ) through an entertaining series of music programs that include live performances, lectures, and workshops.

"The lazy days of summer are here, but SCLSNJ has been very busy planning a comprehensive music series," said Marcela Dunham, SCLSNJ's system programming coordinator. "If you like to learn more about the Beatles, Bruce Springsteen, or perhaps classical music, we've got you covered."



(above) On August 4 from 2-3 p.m., the Jane Stuart Jazz Band will perform the songs of John Coltrane, Dizzy Gillespie, Miles Davis, Nancy Wilson, Duke Ellington, and more at SCLSNJ's Bound Brook Memorial Library branch, located at 402 East High Street in Bound Brook.

Take a tour through the sounds of summer and explore the series that will continue through August:

## Jane Stuart Jazz Band: A Mixed Bag of Jazz (adults) August 4, 2-3 p.m.

SCLSNJ's Bound Brook Memorial Library branch, located at 402 East High Street in Bound Brook

Award winning jazz recording artist Jane Stuart will perform the songs of John Coltrane, Dizzy Gillespie, Miles Davis, Nancy Wilson, Duke Ellington, and more. Register:sclsnj.libnet.info/event/710839.

## The Beatles: From Liverpool to Abbey Road (adults) August 16, 6:30-8:30 p.m.

SCLSNJ's Manville Library branch, located at 100 South 10th Avenue in Manville

Vincent Bruno, Beatles scholar and '60s rock historian, will follow in the footsteps of the Beatles from their early days to their final recordings.

Register:sclsnj.libnet.info/event/734342.

All About Vinyl: Collecting, Loving, and Caring for

#### **Records (adults)**

August 28, 7-8:30 p.m.

SCLSNJ's Mary Jacobs Memorial Library branch, located at 64 Washington Street in Rocky Hill

Jon Lambert of Princeton Record Exchange will speak about collecting, valuing, and caring for your record collection. Register: sclsnj.libnet.info/event/686142.

About Somerset County Library System of New Jersey

Somerset County Library System of New Jersey (SCLSNJ) partners with you to connect, to explore, to share and to discover. Together we enrich lives, expand knowledge and strengthen communities. SCLSNJ branches can be found in Bridgewater, Bound Brook, Hillsborough, Manville, North Plainfield, Peapack & Gladstone, Rocky Hill at Mary Jacobs Memorial Library, Somerville, Warren Township, and Watchung. Additionally, there are two SCLSNJ reading stations in Branchburg and Washington Valley. Visit SCLSNJ.org.

# AUGUST EVENTS AT SCLSNJ'S WATCHUNG LIBRARY BRANCH

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

Check out all the events happening at the library this August. All programs listed are free. Registration is required unless otherwise indicated and programs are subject to change; visit SCLSNJ.org or call the library at 908-458-8455 for more information and to register. SCLSNJ's Watchung Library branch Is located at 12 Stirling Road, Watchung, NJ.

## CHILDREN, TWEEN, AND TEEN PROGRAMS

**Baby/Toddler Storytime** 

August 1, 10 - 10:30 a.m. (ages 2-3)

Preschool Storytime - Miss June's Room
August 2; 4 - 4:45 p.m.
(ages 3-5)

#### **Bingo with Miss June**

August 3; 4 - 4:45 p.m. (ages 4 and up)

Preschool Storytime - Just for you Storytime

August 10, 2 - 2:30 p.m. (ages 3-5)

#### **ADULT PROGRAMS**

**Bridge Club** 

August 1, 8, 15, 22, 29; 10 - noon

**Watchung Writers Group** 

August 2, 9, 16, 23, 30; 10:30 a.m. - 12:30 p.m.

The Canasta Group

August 2, 9, 16, 23, 30; 1 - 3 p.m.

**Mah Jong Club of Watchung** 

August 6, 7, 13, 14, 20, 21, 27, 28; 1 - 4 p.m.

Watchung Book Discussion Group

August 9; 7:30 - 8:45 p.m.

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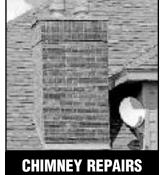






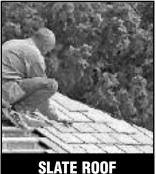
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## **CLASS OF 2018 RECOGNIZED AT ANNUAL SENIOR AWARDS CEREMONY**

Five State Championships by athletic teams, 15 National Merit Finalists, hundreds and even thousands of community service hours contributed, scores of subject matter excellence awards, 15 Eagle Scouts and 3 Girl Scout Gold Award recipients, and one New Jersey Governor's Award in Arts Education recipient were just some of the Watchung Hills Regional High School (WHRHS) Class of 2018 accomplishments recognized at the annual Senior Awards Ceremony, on Thursday Morning, June 14 2018, in the Performing Arts Center (PAC).

To start the ceremony, Senior Dan Zimmer led the Pledge of Allegiance, and Class Salutatorian Tan welcomed and celebrated achievements of the class.

Principal George Alexis welcomed students, students, faculty, administrators and Board of Education members.

"I've had the privilege of attending two reunions over the last month, one for high school and one for college," he said. "Both were reminders of how quickly time moves, but also of how important our formative years are. As you sit here today, I want you to consider your high school days: the experiences you've had and the people you've come to know. I also want you to keep in mind that though the awards go to individuals, they arise from the richness of your entire class and are evidence of the collective success you have achieved over the last four years."

Salutatorian Tan said, "The Class of 2018 is among the most accomplished that Watchung Hills has ever seen. We are a class of wrestling champions, decorated gymnasts, and basketball stars. We are a class of Regeneron Science Talent Search winners and a record number of National Merit Semifinalists, award-winning writers and all-state musicians. The selfless volunteers and passionate activists of our class have brought positive changes to our local and state communities. Our GLC pioneered Skylr the Hypnotist and Dancing with the Teachers, events that are now considered school year staples. From athletics, academics, to the arts, there is nothing



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our class cannot do. I can say with confidence that **EXCELLENCE IN U.S. F.I.R.S.T. ROBOTICS**, we have made our mark, and will continue to do Nicole Regimbal. so as we reflect upon what it took to attain these exceptional achievements."

The first award of the ceremony called attention to the fact that Health Educator Jill Gleeson had been named the WHRHS 2018 Teacher of the Year, which drew a loud applause from students.

#### **OUTSTANDING ACHIEVEMENT AWARDS**

**ENGLISH:** Excellence in English, Sophia Su; Excellence in Creative Writing, Neha Saju; Excellence in Journalism, Michelle Du; Excellence in Expository Writing, Michael Raman.

MATHEMATICS: Clifford A. Warren Excellence in Mathematics, Sean Coleman; Excellence in Calculus, Alison Hoffmann; Excellence in Statistics, Jeffrey Stickler; Excellence in Computer Science, Kevin Huang.

**SCIENCE:** Excellence in Biology, Olivia Xu; Excellence in Chemistry, Kevin Tan; Excellence in Environmental Science, Sean Boniakowski; Excellence in Physics, Vincent Dai.

#### **SOCIAL STUDIES/HISTORY:**

Stephen Bartlett Excellence in Social Studies/History, Helen Yang; DAR Excellence in History Award, Caitlyn Park; DAR Good Citizens Award, Alanna Margulies.

WORLD LANGUAGES: Excellence in Chinese, Daniel Hold; Excellence in French, Linda Ye; Excellence in German, Jessica Hoffmann; Excellence in Italian, Vincent Tartaro; Excellence in Spanish, Audrey Azeez.

**BUSINESS:** Excellence in Accounting and Business, Ella Walsh.

#### **FAMILY AND CONSUMER SCIENCE:**

Excellence in Child Development, Meredith Giegerich; Excellence in Culinary Arts, Amanda Kumor.

#### FINE AND PERFORMING ARTS;

Nancy O'Reilly Excellence in Art, Natalie Zurek; Excellence in Ceramics, Lucy Longobardi; Excellence in Acting, Sam Sinnott; Excellence in Photography, Emily Snead; Excellence in Video Production, Neil Yang; Band Director Award, Emma Marszalek; Choral Award, William Johnson; John Philip Sousa Award, Jack Horan.

#### **ATHLETICS**

**NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION SCHOLAR-ATHLETE:** Alexis Tekin.

#### **SKYLAND CONFERENCE SCHOLAR-ATHLETES:**

Michael Brady and Marlene Tartaro.

#### **SOMERSET COUNTY SCHOLAR-ATHLETES:**

Daniel Pilsbury and Julia Cunningham

#### **EXCELLENCE IN ATHLETICS AND LEADERSHIP:**

Spencer Bokach and Marlise Moesch.

#### STATE CHAMPIONSHIP RECOGNITION:

The five athletic state championships are the Girls' Tennis Team and Girls' Track and Field Team, and the Boys' Golf Team, Boys' Lacrosse Team and Boys' Wrestling Team.

#### **CO-CURRICULAR**

MARCHING BAND AWARD, Carl Peterson.

#### DR. THOMAS F. DIGANCI ASC AWARD,

Julia Waldman.

**ASC AWARDS:** Sahil Patel, Tesse Unke, Emma Gaffney, Eris Ulaj, Tristen Chau, Rachel Lee, and Julia Waldman.

**SENIOR GLC AWARDS:** Freddie Hayeck, Emma Sonta, Caitlyn Park, Michael Raginsky, Michael Stein, and Ashil Jhaveri.

#### **INTERACT COMMUNITY SERVICE CLUB AWARDS:**

Julia Waldman, Interact President; Alison Hoffmann, "More for Matheny" Chair; Keerthi Adusumilli, "More for Matheny" Chair; Rachel Lehner, 2,492 Hours of Community Service; Annamaria Newmark, 2,492 Hours; Sarah Wilson, 2,492 Hours; Pramath Kalelkar, 910 Hours; Foram Vaidya, 569 Hours; Annika Surapaneni, 541 Hours; and Kevin Tan, 436 Hours.

#### **COMMUNITY AND SCHOOL RECOGNITION**

**AIR FORCE ROTC SCHOLARSHIP:** Sean Coleman;

**EAGLE SCOUT RECOGNITION:** Matteo Baeyens, David Brewster, David Cantone, John Dempsey, Michael Duncan, Michael Erickson, Robert Fippinger, Freddie Hayeck, Pramath Kalelkar, Matthew King, Michael Maloney, Brady Pilsbury, Andrew Roth, Christopher Strona, and Joseph William Wagner.

#### **GIRL SCOUTS GOLD AWARD RECOGNITION:**

Rachel Lee and Danae Churchhill and Katherine Van Arsdale.

#### **COURIER NEWS ACADEMIC ALL-STAR PROGRAM:** Linda Ye.

NATIONAL MERIT FINALISTS: Kevin Huang, Calvin Li, Rachel Lu, Emma Marszalek, Carl Peterson, Michael Raman, Lindsey Shi, Jeffrey Stickler, Kevin Tan, Craig Vergilio, Olivia Xu, Helen Yang, Linda Ye, Carrie Zhang, and Cherlin Zhu.

**NATIONAL MERIT SCHOLARSHIPS:** Olivia Xu, Linda Ye, and Cherlin Zhu.

#### **NEW JERSEY GOVERNOR'S AWARD IN ARTS EDUCATION:**

Ethan Marmolejos.

#### **ELMER BIELER AWARD:**

Giovanni Colatruglio and Shelagh Wickey.

Principal Alexis closed the ceremony, saying "Before we close the ceremony, I would like to take a brief moment to recognize Ms. Jewett and the board of education and the faculty, staff, and administration for supporting this wonderful celebration. Thank you to the gracious Project Graduation volunteers for a lovely breakfast. And a heartfelt thank you to Mrs. Vargo and of course Ms. Obuch, who paid attention to the smallest details. Together, they helped make this fifth annual awards ceremony dignified and memorable."

Alexis continued, "Class of 2018, individual accomplishments arise from a collective effort, and these awards recognize the strength of your entire class. Your diverse talents and perspectives have formed an impressive group that is now part of the Watchung Hills legacy. Thank you for reaching new heights. It's been a great four years. Let's finish strong."

## MEMORIAL AWARDS, PTO AND COMMUNITY RECOGNITION SCHOLARSHIPS

Memorial Awards, PTO Scholarships, and Community and School Recognition Scholarships were presented to Watchung Hills Regional High School (WHRHS) Class of 2018 graduating seniors at the annual Scholarship Ceremony held on June 13, 2018 in the schools Performing Arts Center (PAC).

Senior Daniel Zimmer led the audience of student recipients and their families in the recitation of the Pledge of Allegiance to begin the evening, and Principal George Alexis welcomed everyone to WHRHS.

#### Memorial Scholarships recipients: Scott Andersen Memorial Scholarship:

Jennifer Walpow, and Shaun Cagnetta.

#### **Bob Beckert Scholarship:**

Clara Citarella, Matteo Baeyens, Frederick Hayeck, Joe Wagner, Alyssa Galdi, and Brittany Keller.

#### **Sandra Blumberg Memorial Scholarship:**

Olivia Starr.

## **Anthony Bottoni Memorial Scholarship:**Daniel Pilsbury.

Dawn Gavle Coury Memorial Scholarship:

## Sarah Wilson. Juan Carlos Cruz Memorial Scholarship:

Shaun Cagnetta and Alexis Pinzon.

## Chris Drewry Memorial Scholarship (Baseball and Softball):

Joseph Blajsa and Genna Cicchetti.

## Maija Golden Creative Writing Memorial Scholarship:

Avery Noerr.

#### **Joe Heath Memorial Scholarship:**

Clare Gallic.

#### **John Herdman Memorial Scholarship:**

Emma Carlson.

## Christopher Noble Ingrassia Memorial Scholarship (Scholar Athletes):

Daniel Pilsbury and Julia Cunningham.

#### **Matthew Kantor Memorial Scholarship:**

Jaison Desai.

#### **Aaron Christopher Karol Scholarship:**

Michael Brady, Shaun Cagnetta, Megan Ekert, Emma Gaffney, Matthew Piccirilli and Michael Tobin.

#### L. Suzanne Kenney Memorial Scholarship:

Sarah Wilson and Olivia Xu.

## Matthew Kieffer Memorial Scholarship (Most School Spirit):

Ashil Jhaveri and Emma Gaffney.

#### **Anthony Mascia Memorial Scholarship:**

Jonathan Fessock.

#### **Ed Meltzer Memorial Scholarship:**

Matthew King.

#### **Jerry Mobus Memorial Scholarship:**

Jonathan Fessock.

#### **Dr. William Peiffer Memorial Scholarship:**

Matt Canary and Sarah McCracken.

#### **Peter C. Rovtar Memorial Scholarship:**

Sam Sinnott.

#### James J. Straine Jr. Memorial Scholarship:

Julia Grieco.

#### **Ernst Wessel Scholarship:**

Keerthi Adusumilli, and Helen Yang.

#### PTO Scholarships

#### **Green Brook Township PTO:**

Matthew Piccirilli (Academic) and Michelle Yang (Community Service).

#### **Long Hill PTO:**

Katherine Morris, Alison Hoffmann and, Jessica Hoffmann.

#### **Warren Township Middle Schools PTO Scholarship:**

Robert Saum and Clara Citarella.

#### WHRHS PTO Scholarship:

Michael Erickson, Brady Pilsbury, Neha Saju, Sarah Wilson and Julia Waldman.

#### Merit:

Michelle Yang, Helen Yang, and Alison Hoffmann.

#### WHRHS PTO Service Scholarship:

Jessica Hoffmann, Katherine Morris, Diana Sarrico, Julia Waldman, Olivia Xu and Brady Pilsbury.

## WHRHS Education Association (WHREA) Scholarship:

William Johnson; and Camryn Murphy.

## Community and School Recognition Scholarships CarusoThompson Accounting Award:

Ella Walsh.

#### **AXA Achievement Scholarship:**

Sam Sinnott.

#### **Coccia Foundation:**

Peter Bosco, Tanner Hogan, Camryn Murphy and Kevin Wittmaack.

#### **Garabaldi Award-Silvio Lacetti Foundation:**

Charles Dardis and Adam Fogarty.

#### **Dunellen-Green Brook Rotary Club Scholarship:**

Matthew Piccirilli and Kevin Tan.

#### **Evans Scholarship Foundation:**

Wyatt Mejia.

## GBEAF (Green Brook Education and Athletic Foundation):

Matthew Piccirilli and Allison Huresky.

#### Raoul Wallenberg Humanitarian Service Award:

Sarah Wilson.

#### **Thomas Edison Center at Menlo Park:**

Demetra Chang.

#### **Warren Township Lions Club:**

Clara Citarella, Robert Niemeyer, Brady Pilsbury, Andrew Roth, Robert Saum, Jeffrey Stickler, Angelia Seda, David Cantone and Carter Rosen.

## Warren-Watchung Rotary Club Memorial Scholarship:

Matthew King, and Freddie Hayeck.

#### **Warren Township Republican Committee:**

Reid Baltuch.

#### **Warren Township Rescue Squad:**

Sarah Wilson.

#### Watchung Hills BP0E 2252:

Michael Erickson and Angelia Seda.

## Watchung Fire Department Artie Jacot Family Scholarship:

Matthew King.

## Watchung Fire Department Exempt Firemen's Association:

Freddie Hayeck.

## Watchung Fire Department Kenneth Schmidt Scholarship:

Sarah Wilson.

#### **Watchung Lions Club:**

Sarah Wilson and Helen Yang.

#### **WHRHS Marching Band Parent Association:**

Alexandria Logan, Emma Marszalek and Jack Horan.

#### **WHRHS Soccer Association:**

David Cantone and Jennifer Walpow.

## WHRHS Wrestling Booster Club Academic Scholarship:

Shane Checko.



(above) Senior Daniel Zimmer led the audience of student recipients and their families in the recitation of the Pledge of Allegiance to begin the evening.



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# WARRENBROOK SENIOR CENTER AUGUST SPECIAL EVENTS

All Somerset County-operated Senior Centers offer a nutritionally balanced lunch, Monday through Friday, 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 a.m. 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.

#### "Oldies But Goodies"

#### August 6

Sing-a-Long with Ian Gallagher, 10:30 a.m. This musical program is upbeat and interactive. Ian will offer the audience guitar music and vocals as he leads us in a variety of songs that includes music from the 60's,

#### Oldies and Irish tunes.

Four Part iPhone/iPad Workshop August 7, 14, 21 & 28

Get the Most from this Powerful Tool in Your Pocket with Maureen Greenbaum, 10:00 – 11:30 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. Advanced registration is required. Space is limited\*\*

#### "The American Postcard

#### August 10

A Gift from the Past" by Jim DelGuidice, 10:30 a.m. Since George Eastman's time, postcards have been America's treasured form of communication. They were popular because they were a quick and easy way for individuals to communicate with each other. Today Deltiology, or the collection of postcards, is a popular hobby. This program will provide the history of postcards.

#### "Staying Mentally Sharp"

August 13

by Mike DiCristino, Learning Rx Warren, 10:30 a.m.
Regular physical activity helps keep your heart, lungs, and muscles in shape. In much the same way, exercising your brain can help keep your mind sharp and your memory intact. This program will give an overview of the importance of keeping your brain engaged and productive and will include some activities to help achieve that goal.

#### **Warrenbrook Book Club**

August 14

featured book to be discussed: "The Dew Breaker," by Edwidge Danticat, 1:30 p.m. New Members Welcome! August 20 – Italian Staycation Special Event, 10:30 a.m. Have you ever been to Italy? Would you like to share your experiences? This is the perfect opportunity to share your travel memories with others. We will also have fun learning Italian trivia and then Lara Kats, Certified Dance Educator and Instructor, will teach us how to dance the Tarantella, an Italian Folk Dance.

#### "Sodium: Why Watch Your Intake?"

August 27

by Daryl Minch, M.Ed., CFCS, Family & Community
Health Sciences Educator, Rutgers Cooperative
Extension, 10:30 am. Your body needs sodium for many
basic processes essential to life. It helps muscle function,
allows nerves to send impulses throughout your body
and helps regulate the balance of fluids in all of your
tissues. But if you consume too much sodium, over time
this can lead to potentially serious health problems.
Managing your sodium intake is of key importance to
maintaining your health and well-being. This program
will highlight why you need to watch your intake, how
to find the sodium content on food labels and suggest
some salt alternatives to add flavor to your food.

The Warrenbrook Senior Center is located at 500 Warrenville Rd, Warren, NJ and can be reach by phone at 908-753-9440.

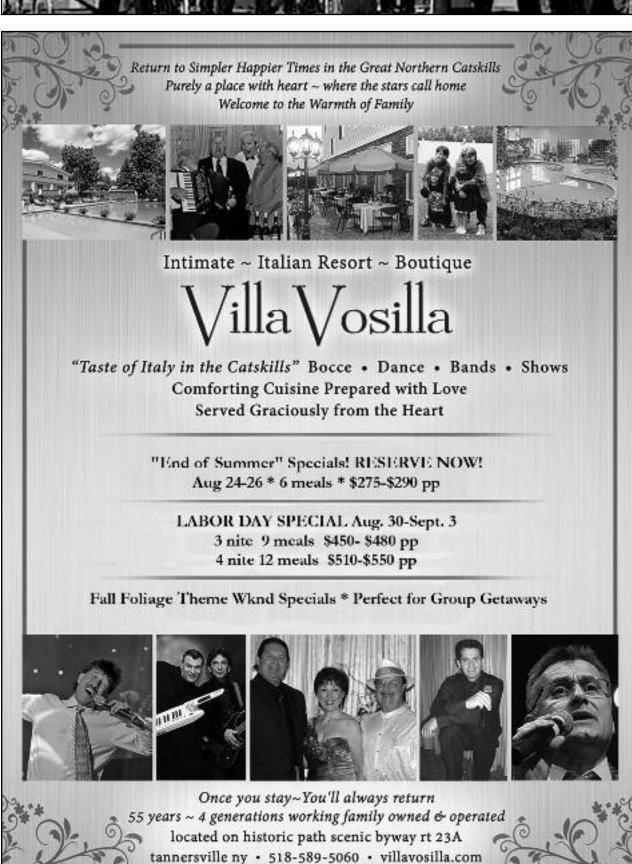
## FREE SUMMER SING A CAPPELLA! - WEDNESDAY AUGUST 8

The Hickory Tree Chorus chapter of Sweet Adelines International invites women singers to register for its free Summer Sing A Cappella Series of vocal workshops on Wednesday August 8 at 7:15 p.m. at The Shrine of St Joseph, 1050 Long Hill Road, Stirling, NJ.

Participants will learn to sing chord-ringing, fun-filled, four-part a cappella music in the barbershop style!

For more info or to register call 908-377-1399 or email info@hickorytreechorus.org.





### Watchung - Warren Rotary Club

meets every

Tuesday at 12:00pm

Prezzo's Restaurant 50 Mount. Bethel Road Warren. NJ

For information about the Rotary club contact Bob Aznar

908-755-8724

or email rara1055@optonline.net

Guests & Prospective Members Welcome





## **JUDGE SWEARS IN 14 CASA VOLUNTEERS**

Submitted by Gretchen M. Boger-O'Bryan

Eleven Union County residents from New Providence, Berkeley Heights, Cranford, Elizabeth, Fanwood, Scotch Plains and Westfield - and three from out-of-county locales Bloomfield, Irvington and South Orange recently took their oath before Union County Superior Court Judge James Hely to serve as CASA volunteers. This class proves no matter where one calls home, it's the heart for helping others that leads the way. Each new advocate ranging from age 21 to 69 — will serve a Union County foster youth or sibling set in need of a constant in their lives, and a voice in court and the community.

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Advocates (CASA) of Union County serve as extra eyes and ears for family law judges hearing cases involving the county's abused, neglected or abandoned children removed from home and placed in foster care.

Successful advocates have varied backgrounds and diverse experiences, and this class is no exception: it included parents and non-parents, medical professionals, attorneys, homemakers, students and retirees, and most had no prior knowledge of the foster system. In addition, four volunteers were raised outside the United States. Family and friends, and CASA staff and board members looked on as Judge Hely performed the swearing-in and commemorative pins and certificates were presented. During a celebratory luncheon, advocates were matched to their case,

a foster youth or sibling set.

CASA volunteers have court-ordered access to all parties in a foster child's life, including foster parents, doctors, caseworkers, therapists and teachers, and incorporate into court reports findings from these contacts as well as from their own time spent with the youth. Advocates ensure a youth's needs are met and their time in care is as short as possible.

It is CASA of Union County's goal that every Union County foster child have an advocate, yet half of the more than 500 such youth still await one. Could you be their voice? The next training classes are slated for the fall.

For details, contact Courtney at 908-293-8136 or cgreen@casaofunioncounty.org, or log on to www.casaofunioncounty.org.



(above) With Superior Court Judge James Hely are, from left, new CASA volunteers Felicia Davis of Irvington, Robin Karp of Scotch Plains, Aslam Chaudry and Carolina Bravo Sanchez of Elizabeth, Stacey Huggins of Bloomfield, Margaret Smith of Westfield, Alyssa Seiden of Scotch Plains, Rebekah Strombom of Berkeley Heights, Kristen Kim and Lisa Ripperger of Westfield, Francine Quinn of Cranford, Jessica Maier of Fanwood, Andrew Pugliese of South Orange, Katie Romano of New Providence and Executive Director Marla Higginbotham.



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# "HOW VOLUNTEERING TRANSFORMED ME:" AN INTERVIEW WITH CARING CONTACT VOLUNTEER

Each year approximately 45,000 people die by suicide in the United States, 120 people each day, one person every 12 minutes. Though this tragically large number continues to increase annually, there is work being done to reverse this trajectory.

Caring Contact is an award-winning, volunteer-staffed crisis hotline and listening community. We compassionately serve those in emotional distress and educate our communities about the power of personal connection. In 2017, our volunteers responded to over 10,000 calls through our caring and crisis line. Contact Listeners are volunteers who listen to people in crisis over the phone. They receive 52 hours of listening and suicide awareness and intervention training before assisting people in need of support. Even after this rigorous training, most listeners are surprised by how volunteering transforms them. To give you a sense of their experience, here is an interview with a current Caring Contact volunteer listener (whose name is being withheld).

What is your professional background?

I am a recent college graduate. I studied Sociology and Psychology.

How would you describe your listening skills? I would regard myself as a quiet listener. I know that probably sounds weird or maybe even obvious. But, after the training I realized how much talking I was doing when people were venting to me. Before I became a trained listener I don't think I realized how powerful the act of listening can be or how difficult it is sometimes. I used to be distracted when listening to people and I missed a lot. Through the training I've attached a real purpose to listening and listening well, which has made me better in a variety of aspects in my life.

Tell me about your training.

The training struck this balance between easing the volunteers into the material and also challenging people in ways that were a bit nerveracking. I remember my first practice session where I was acting as the Listener. All I was supposed to do was listen and reflect on a feeling or two. This, honestly, turned out to be one of the most difficult role plays because all I wanted to do was solve what seemed like an obvious problem to me, rather than just really listen to what the person was saying.

I found that the training applied to both the hotline and also my everyday life. I think everyone's family members and friends are grateful when a person takes this training. I also loved the growth of each volunteer, it is so clearly visible because of the practice sessions and utilization of the skills we learned - there is a lot of development throughout those 12 weeks.

Do you ever feel like you get a call you can't handle? How do you cope?

The first few crisis calls were really scary. I remember that I decided on those few phone calls to just be there and to sit with the person in this dark, dark hole. By the end of the call we had developed a safety plan and the person was safe in that moment. After these types of calls, I usually debrief with someone in the office or



(above) A Caring Contact volunteer shares what she's experienced on the suicide prevention and crisis hotline.

another volunteer who is working at the same time as me.

Also, there is a bell in the phone room which lets someone in the office know you need help. There was one instance when my phone call got disconnected because I was so shaken up and didn't know what to do. Janet Sarkos, the Executive Director at Caring Contact and a volunteer listener, came in and talked me through the call. It's things like that that make the overwhelming calls easier. It's really helpful to be surrounded by people who have had similar calls, speaking to them is a huge way of coping for me

What types of calls are most challenging?

Any call that involves someone being really down, feeling stuck and alone. Those are hard calls. They aren't necessarily difficult to manage, but so many of these calls stick with me and I want to do more, to change their living situations and that's just not possible. I think the most difficult calls are those that end before it seems like we have reached a safe plan, or have made enough progress - this has happened before and it's really hard to let those calls go.

Which call was really memorable for you?

One of the most memorable calls was from a college student. We talked for about 45 minutes. He told me that he's never told anyone the things that he's told me during our phone call. He disclosed that if he had not picked up the phone and talked to me, that he was planning on running in front of a truck on the highway. Knowing that someone called and just by speaking to me for an hour felt like they could go on for one more day, that's very powerful.

How did becoming a listener change you?

Being a listener has opened my eyes to how many people are struggling, how many people think about suicide but don't tell those they are close to. I now feel comfortable asking those I am close to if they are struggling or thinking of suicide. That's something I never would have done if it hadn't been for this training and experience. I now know how powerful listening can be, just listening to another person. It can change their life.

Please visit our website, www.caringcontact.org, to find out more and how you can volunteer to save a life.





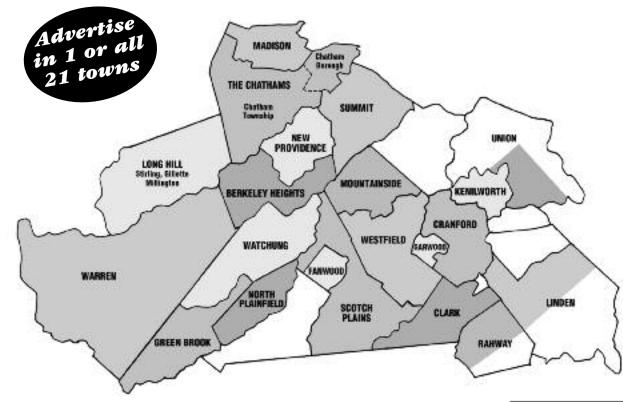


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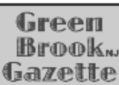
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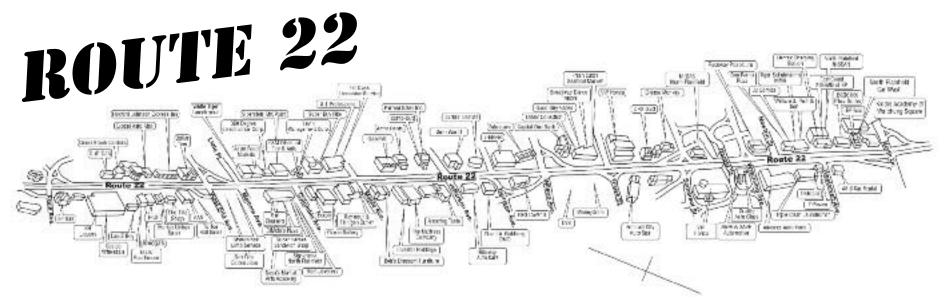
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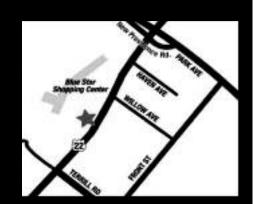
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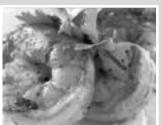
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