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WHRHS 2019 GRADUATION CEREMONY

Submitted by Denis Kelly

Watchung Hills Regional High School (WHRHS) held their 62nd Commencement on Friday, June 21. Some 498 graduates in the Class of 2019 gathered on the Tozier Stadium football field to be celebrated with friends and family.

After the Senior Choral Group sang the Star-Spangled Banner, and All School Council President Gabriela Santos led the "Pledge of Allegiance," she began the student speaker program of the ceremony with opening remarks.

Reflecting on their four years at WHRHS, Santos said, "Some challenges seemed long and difficult, while other obstacles we conquered with ease. We have come together today to celebrate all of it – the times we stayed strong when the road became rough, stayed loyal when our friends and family needed us and most importantly, the times when we succeeded when the odds were against us. All of these trials have contributed to making us the people we are today."

Senior Class President Arianna Valenti spoke next, noting that though "we've had our ups and downs over four years, we have all achieved in the end." And while she and her classmates may not remember everything about high school, she for one will remember the highs and lows of soccer.

"I scored a game winning goal to help the team advance to the county finals, but several games later, I hit the crossbar on a penalty kick in the state championship. It happened. What high school should have taught us is we've all made mistakes and we'll continue to make them. And that's OK. Whatever your plans are for the years to come, make mistakes and learn from them."

She concluded, "Whether you plan to attend college, join the military, start a career, or even take a year off, I urge you to take risks, knowing you are going to fail at some point along the way and knowing that you will recover and be better because of it."

Valedictorian Neelay Trivedi followed with a message to his fellow classmates to embrace uncertainty, stating "Play by your rules. Be guided by your vision, your ideas, and your sense of purpose. Congratulations Class of 2019. You deserve it. You made it to this point. Now welcome to the jungle. Face it with courage, compassion and a whole lot of crazy."

Principal George Alexis shared with the graduates portions of his favorite poem by the English Poet John Keats, "On First Looking Into Chapman's Homer." In particular he cited the memorable lines of the

)continued on page 4)

Photos by WHRHS



(above) Seniors in the WHRHS Choral Music Program form the Senior Choral Group to sing "The Star Spangled Banner" at the beginning of the Commencement Exercises.

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WATCHUNG HILLS STUDENT NIHARIKA IYER EARNS HER GOLD AWARD

In working towards her Gold Award, an 80-hour service project through the Girl Scouts organization, Niharika Iyer discovered her interest for helping popularize early STEM education. To target this issue and develop a maintainable solution, she created a five-course program that utilized activity-based learning called "STEM Saturdays" for older elementary school aged children which found its home in the Warren Township Library on June 1st and 8th, 2019.

Research has shown that in comparison to other OECD nations, the United States has traditionally had lower test scores in areas related to STEM. The STEM-centric jobs showing rapid growth and are typically in the field of computer science. The lessons developed reflected Iyer's belief that these can best be tackled by introducing young children to a variety of subjects that fall under these topics. The attendees participated in programs called All About Atoms, Building Basics, Chemistry of Water, Number Theory Tips and Tricks, and the Logic of Programming over the course of the two Saturdays in June.

With the help of some of her Watchung Hills Regional High School peers who are well-versed in the subjects, Iyer ran activities such as creating a Rube Goldberg machine to teach engineering, building model atoms using marshmallows and gumdrops, and forming characters in SCRATCH programming. These were paired with worksheets and lessons that gave the participants a deeper understanding of the subjects and an opportunity to ask questions. Those familiar with the Gold Award project know that sustainability is an incredibly important aspect. In order to ensure that as many students as possible benefit from this project, Iyer has created kits containing activities and worksheets that can be found in the Warren Township Library.

Niharika Iyer's "STEM Saturdays" project would not have been possible without the incredible support of the Somerset County Library System staff, her advisors Mrs. Holl, Dr. Cooper, and Ms. Katie Thomas, and the peers who helped her organize and run the lessons: Vivian Zhang, Mayur Sharma, Sana Mamtaney, Jagdeep Bhatia, Calvin Khiddee-Wu, Jessica Young, Cassandra Apuzzo, and Melissa Gallic.



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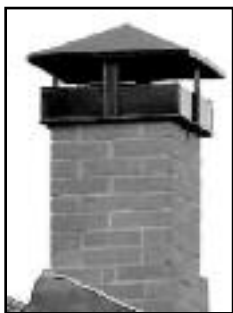
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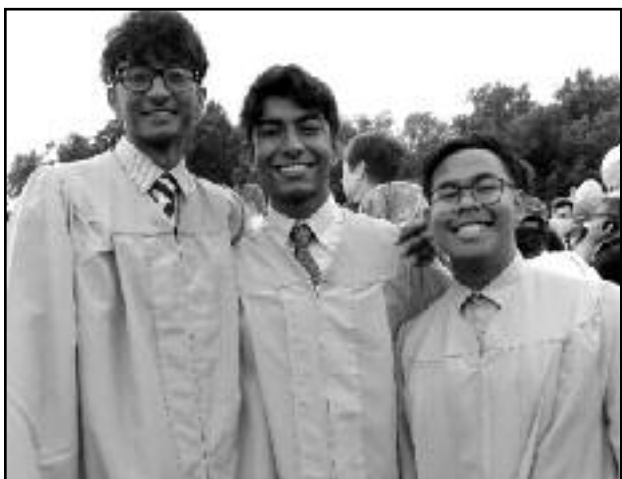
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GRADUATION CEREMONY (continued)



(above, l-r) Class of 2019 Students speakers Gabriela Santos, All School Council President; Neelay Trivedi, Valedictorian; and Arianna Valenti, Senior Class President, await the start of the WHRHS Commencement



(above, l-r) WHRHS 2019 classmates and friends Saicholan Pillai, Vinjay Balan, and Vincent Lesaca celebrate their graduation immediately following graduation.



(above) 2019 WHRHS graduate Mia Kurzman, holding a bunch of roses, makes it clear her heart – and her career aspiration -- is to become a nurse.

poem that might be also used to describe the depth and the breadth of learning that the members of the Class of 2019 have absorbed during their four years at WHRHS, “Much have I traveled in the realms of gold/And many goodly states and kingdoms seen.”

WHRHS Board of Education Vice President Rita Barone said she was inspired in her choice of message to the graduates, by the performance at this year’s WHRHS “Spring Choral Concert.” It was the song senior soloist Sophia Perez sang, “titled, “You Say,” by songwriter Lauren Daigle. She said at the time, she was feeling the weight of the responsibility about deciding what to say to the Class of 2019 at graduation.

“What could I say that would potentially resonate with all of you,” Barone said she asked herself. “Then I attended the Spring Chorus Concert and, music often being a muse, I knew what I was going to say to you graduates today, and this is it: This Board of Education, the

administrators, the faculty, staff and your families strive every day to provide you support – in your academics, athletic competitions, extra-curricular activities and wellness initiatives. The reason we do this is simple. It is so that when you leave here, you know the single most important fact about yourselves, and that is: ‘You Are Enough.’ There is no better success focus than to know that you believe in yourselves.”

Superintendent Dr. Elizabeth Jewett ushered the members of the Class of 2019 into their future. “Members of the Class of 2019,” she said. “Today we celebrate the end of one chapter of your life - in which collectively you have excelled in the classroom, athletic venues, fine and performing arts, community service, and numerous extra-curricular activities and programs - and we mark the beginning of a new and exciting next chapter. Now I will ask the members of the Class of 2019 to please stand. We have one last task for you before you throw your caps and line up for the recessional: Please move your tassels from right to left. Congratulations, Watchung Hills Regional High School Class of 2019. Let the recessional begin.”

Photos by WHRHS



(above, left) Principal George Alexis concluded his Commencement Address saying to them: “Congratulations, Class of 2019. We are proud of you, and you have our very best wishes.”

(center) Dr. Elizabeth Jewett, WHRHS Superintendent sent the Class of 2019 graduates on their way, sharing with them the inspiration story of Eric Weihenmayer, an American athlete, adventurer, author, activist and motivational speaker, and the first blind person to reach the summit of Mount Everest on May 25, 2001. In 2005, he co-founded No Barriers, a nonprofit organization with the tagline, “What’s within you is stronger than what’s in your way.”



(above) WHRHS Graduate Elizabeth Wood receives her diploma from Dr. Elizabeth Jewett, WHRHS Superintendent.



(above) Group of Class of 2019 graduates form a cadre of WHRHS Warriors during the procession into Tozier Stadium at the school’s 62nd Commencement, Friday, June 21.



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Each week, guests will participate in vocal and physical warm-ups and work on songs with the chorus. The chorus sings a variety of music, including old-fashioned love songs, Broadway, Disney, Beatles, and more.

Pam Hegarty, whose first introduction to the

chorus was through the "Sing A Cappella Series" stated, "If you enjoy singing and the idea of creating music with a group, try Hickory Tree Chorus. I was greeted with such friendly support and encouragement that I knew I'd made the right choice. I learned a lot about music during the series and continue to learn more now that I'm an official member. As much as music, this chorus is about camaraderie and joy. Come join us!"

The award-winning Hickory Tree Chorus performs regularly throughout the community, produces an annual show, and awards an annual \$1,000 scholarship to an area high school girl continuing her vocal music education in college.

For more information, or to register for the free "Summer Sing Series", visit hickorytreechorus.org, email info@hickorytreechorus.org or call 908-377-1399.



(above) Hickory Tree Chorus 2019

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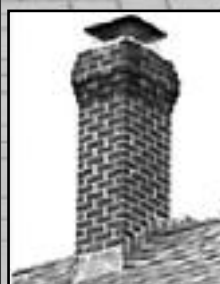
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"We are extremely proud to partner with VictimsVoice. We are offering this tool to our clients at no-charge as a value-added service. We are committed to doing whatever we can to make the lives of our clients easier as they go through difficult times, and particularly as they deal with the trauma of domestic violence," said Jeralyn Lawrence, founder and Managing Partner of Lawrence Law.

Sheri Kurdakul, CEO of VictimsVoice adds, "We are thrilled to have one of the top family law firms in New Jersey join the VictimsVoice Partner Program. We believe this partnership is beneficial because Jeralyn and her team understand the importance of documentation and believe in our mission as much as we do." Kurdakul continues, "Having a tool that eliminates the ambiguity of what information to document, how to collect it, and ensuring it meets strict legal standards of admissibility lifts the burden off both the victim and his or her legal team. With many victims' cases not making it to court due to lack of evidence, the VictimsVoice app will allow Lawrence Law to ensure their clients have a tool that improves their ability to seek legal justice."

A resident of Watchung, Lawrence devotes her practice to matrimonial, divorce and family law, and collaborative law. She is certified by the Supreme Court of New Jersey as a Matrimonial Law Attorney. She is a trained Family/Divorce Mediator, admitted to the rosters of Mediators for Economic Aspects of Family Law Cases and of Custody and Parenting Time Cases for Somerset County; is certified by the American Academy of Matrimonial Lawyers (AAML), the preeminent family law association in America, as a Family Law Arbitrator; and is a graduate of the National Institute of Trial Advocacy. She has worked with

clients in every area of matrimonial and family law, including divorce litigation and mediation, custody and parenting time, alimony and child support, separation and property settlement agreements, adoption and guardianship, domestic partnership matters under the Domestic Partnership Act, domestic violence and sexual abuse, and palimony. She has also handled high profile matters including celebrities and professional athletes. She takes immense pride and care in helping her clients through these difficult personal matters. Lawrence earned her bachelor's degree from Kean College and her law degree from Seton Hall, where she graduated second in her class.

Headquartered in Watchung, Lawrence Law is a boutique family law practice offering a full range of matrimonial and divorce legal services throughout the State of New Jersey.



(above) Jeralyn Lawrence

Photo by Lynn Goodwin

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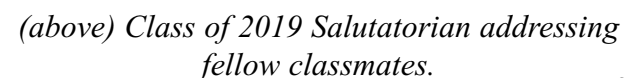
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AUGUST ACTIVITIES AT WARRENBROOK SENIOR CENTER

Located on the Warrenbrook Golf Course, 500 Warrenville Rd., Warren, NJ.

Call 908-753-9440 for more information. Open Monday – Friday, 9:00 a.m. – 4:00 p.m.

The Warrenbrook Senior Center is operated by the Somerset County Office on Aging & Disability Services.

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.

Individual Computer Instruction Classes to resume in September.

Are you intimidated by computers? By the end of an 8-week, one-on-one class, you will understand what your grandkids have been trying to explain to you.

Watercolor Paint Class

Monday & Thursday, 9:00 – 11:30 a.m.

This is a great opportunity for an experienced artist to meet new people while watercoloring. Advanced registration required.

Openings available in Monday Group.

Oil Painting

Wednesday, 9:00 – 11:00 a.m.

This is an excellent way to connect with people who have oil painting experience. Advanced registration required.

Healthy Bones Exercise Class

Wednesday & Friday, 10:00 a.m.

This is peer-led, 24-week exercise and education program for individuals who are at-risk or have osteoporosis. Advanced registration is required. A doctor's note is also required prior to the first class and then once every year. For a new participant, the price is \$45. This includes ankle weights, a participant manual and the class fee. If ankle weights are not needed the price is \$15.

Call Caitlin Witucki at 908-704-6339 for info.

Billiards Room

Monday – Friday

Pool table available daily on a drop-in basis, Computer Lab

Call for Availability.

Jigsaw Puzzle

Available Monday – Friday.

Strike up conversation, make new friends and enjoy assembling puzzles together.

Lending Library

Available Monday – Friday.

Soft covered books available to take home and return when read.

Bingo

August 1, 8, 15, 22 & 29 – 10:30 a.m.

Bingo is more than just an exciting activity. Researchers found that playing Bingo has multiple health benefits. It promotes socialization, strengthens hand-eye coordination which improves listening and short-term memory skills.

Line Dancing with Linda

August 1, 8, 15, 22 & 29

1:00 p.m. – 3:00 p.m.

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.

The Life of Albert Einstein

August 2 – , 10:30 a.m.

This enlightening presentation examines the life of the man whose name has become synonymous with "genius."

Zumba Gold with Angie

August 2, 9, 16, 23 & 30

Friday Morning, 11:45 a.m.

Zumba Gold takes the Latin-dance inspired workout of Zumba and makes it accessible for people age 60 plus, beginners or others needing modifications in their exercise routine. \$40 for an 8-week session. Session begins in October.

Bridge Builder in Petticoats

August 5

Emily Warren Roebling and the Brooklyn Bridge, Storyteller Carol Simon Levin, 10:30 a.m. Many books and films have featured the Brooklyn Bridge and millions of people have crossed it. Built between 1869 and 1883, without modern machines or even electric light, it was one of the most amazing technological achievements of its time. Made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission.

Zumba Gold with Angie, Monday Morning

August 5, 12, 19 & 26 – 11:00 a.m.

Zumba Gold takes the Latin- dance inspired workout of Zumba and makes it accessible for people age 60 plus, beginners or others needing modifications in their exercise routine. \$40 for an 8-week session. Session begins in October.

The Delaware and Raritan Canal, Linda Barth

August 6 – 10:30 a.m.

Did you know that for more than 170 years, the Delaware and Raritan (D&R) Canal has meandered across the narrow waist of New Jersey? This program will highlight D&L.

Chair Yoga with Jillian

August 6, 13, 20 & 27

Tuesday – 12:45 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. This class is perfect for stress relief and overall well-being. \$40 for 8-week program. Session begins in September.

Bridge Group with Ronnie

August 6, 13, 20 & 27 – 1:00 – 3:00 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).

Mah Jongg for Experienced Players Only

August 6, 13, 20 & 27 – 1:00 – 4:00 p.m.

If you are an experienced Mah Jongg player and are looking for another opportunity to play this game of skill, strategy and calculation, then join us on Tuesday afternoons.

Tone and Flexibility Exercise Class with Sabina

August 7, 14, 21 & 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.

Zumba Gold with Angie

August 14, 21 & 28

Wednesday Morning, 11:45 a.m.

Zumba Gold takes the Latin-dance inspired workout of Zumba and makes it accessible for people age 60 plus, beginners or others needing modifications in their exercise routine. Zumba

Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.

\$40 for an 8-week session. Registration required, call 908-753-9440 for more information. No class on August 7. Next session begins in October.

Ballroom Dancing with Art & Fe

August 7, 14, 21 & 28 – 1:00 – 3:00 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 Art and Fe as they play a variety of Ballroom Dance music.

Dino, "The King of Cool!" Gordon James

August 9 – 10:30 a.m.

This program covers the career of Dean Martin from Martin and Lewis to his solo singing career, including The Rat Pack, his movies and TV show. Some of the music to be featured will be classic Dean Martin songs like Sway, That's Amore, Return to Me, Volare, and You're Nobody Till Somebody Loves You.

Rescheduled from May 20.

Armchair Travelers Presents Morocco,

August 12 – 10:30 a.m.

Dorothy & Irwin Vogel. After they retired 25 years ago, Dorothy and Irwin started traveling the world and they have visited 89 countries! Morocco is one of those countries and during their visit they collected artifacts and took extensive photos. They found Morocco, which is a country in Africa, to be very interesting because it is a huge variety of land masses: deserts, mountains and oceans.

Join them as they share their explorations of this unique country. Today's featured tour, enhanced by the items they collected, will be followed by a Q&A session.

WARRENBROOK SENIOR CENTER (continued)

Drumming Circle, Dave Miller

August 13 – 10:30 a.m.

A Drumming Circle feeds the mind, body and spirit. It's a holistic experience that leaves a person feeling a sense of joy! It is 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. Dave will show attendees how to hold a drum and how to make different tones. Accessible rhythms will be explored and played providing fun and success for all participants.

Warrenbrook Book Club

August 13 – 1:30 p.m.

Second Tuesday of the Month, Featured book to be discussed: Namesake by Jhumpa Lahiri. New Members Welcome!

OOA&DS Satellite Office Opportunity

August 14 – 10:00 a.m. – 1:00 p.m.

Gabrielle Stander, LSW, MAS, Care Manager, Somerset County Office on Aging and Disability Services. Starting this month, Gabrielle will be at the center the 2nd Wednesday of every month to assist with Office on Aging & Disability Services questions and/or services. She will be offering information, assistance and support, as needed. Gabrielle is available to meet one-on-one as requested.

Jersey Fresh Produce!

August 16 – 10:30 a.m.

Samantha Nuzio, MS,
Registered Dietitian Nutritionist,
ShopRite of Stirling

Samantha will be doing a program on how to utilize Jersey Fresh produce.

This is a great program if you want to find unique and creative ways to use fruits and veggies that were grown right in your state. Sampling recipes will also be available.

Moving Mind and Body, Lara Kats, Certified Dance Educator and Instructor

August 19 – 10:45 a.m.

Combining elements of meditation and dance, participants will be guided through some mind-body exercises. The class will start with some deep breaths and bringing awareness to the body (body scan). From there, we will progress into gentle exercise that will involve moving in time with the music and exploring some creative movement, thus utilizing each body part. Participants can either perform movements standing or sitting in a chair.

Rainstick Craft Project with Gwen

August 20 – 10:30 a.m.

A rainstick is a long, hollow tube partially filled with small beads and a center spiral object that when upended, the beads fall to the other end of the tube, making a sound reminiscent of rain falling. Together we will make rainsticks in preparation for the upcoming

Rainforest program. Advanced registration required by Friday, August 16.

Unraveling History: Textiles & Quilts in the 18th & 19th Centuries, Dana Bala

August 23 – 10:30 a.m.

Quilt making, as a product of industrialization (specifically with the increased mechanization of textile processing that began in Europe in the second half of the 18th century), became an American tradition and format for creative expression roughly around the time of the Civil War. Dressed in period costume, Dana will enlighten attendees on the history of quilting by discussing fabrics, patterns and their role in domestic life. She will talk about the effects of the American Revolution & Industrial Revolution on textiles and how legislation affected the cost and production of textiles. Several fabrics which need to be "touched" to be appreciated, will be available.

Quilting Bee for Experienced Quilters

August 23 – 1:00 p.m.

Are you looking for other quilters that would like to get together once a month to socialize and work on and discuss their individual quilting projects in a group setting? If yes, this is the perfect group for you. This group is for experienced quilters only and each participant is responsible for their own patterns, fabrics and notions. They will be meeting the last Friday of each month. If you would like additional information, call the center and staff will put you in touch with the person overseeing this group.

Virtual Rainforest Special Event,

August 26 – 10:30 a.m.

Monica Juhasz, Naturalist, Somerset County Environmental Center.

Learn about the tropics of the Costa Rican rainforest. Find out what makes a two-toed sloth different from a three-toed sloth, what a three-wattled bell bird mustache looks like and many other fascinating facts about rainforests.

Aging, Myths vs Facts

August 27 – 10:30 a.m.

Monica Townsend, MPA, BS, Training & Consultation Specialist, COPSA Institute, Rutgers University Behavioral Health Care.

This presentation is an opportunity for participants to understand the diversity within the senior population, engage in an interactive activity to challenge what is known about aging and receive tips on ways to maintain your health and well-being as you age.

Cards and Dice Games with Gwen

August 30 – 10:30 a.m.

Join us as we play some card and dice games.

State Health Insurance Program (SHIP).

August 30

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 are available by advanced appointment only and will be available the last Friday of the month. To make an appointment, call 908-704-6319.

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SAFE+SOUND SOMERSET SEEKING DOMESTIC VIOLENCE RESPONSE TEAM (DVRT) VOLUNTEERS

In collaboration with local police departments in Somerset County, Safe+Sound Somerset's DVRT volunteers provide immediate support to domestic violence survivors and information regarding the law, safety options, and available resources at the moment of crisis.

DVRT volunteers empower survivors of domestic abuse by:

- Decreasing the emotional trauma experienced by victims;
- Educating survivors about the dynamics of domestic violence; and
- Increasing survivors' awareness of community resources and legal options available to them.

Safe+Sound Somerset is currently accepting applications from individuals interested in becoming DVRT volunteers. All applicants must pass a comprehensive criminal and motor vehicle background check and the Domestic Violence 40-hour training, including specific training components to be a DVRT volunteer.

If you are interested in becoming a DVRT Volunteer, submit a Volunteer Inquiry Form online at safe-sound.org/support/volunteer. For additional information contact sassvolunteer@safe-sound.org or (908) 359-0003, ext. 202.

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HOW TO AVOID TICK BITES NJ DEPARTMENT OF HEALTH

Ticks can become infected with diseases when feeding on white-footed mice and other small mammals. An infected tick can then spread disease to a person through a tick bite. You can reduce the risk of getting diseases from ticks by taking steps to avoid tick bites.

Know where ticks are: ticks live in or near wooded or grassy areas. Always walk in the center of trails to avoid contact with ticks.

Keep your yard clean: mow lawns, clear brush and remove leaf litter.

Repel ticks: use EPA-registered repellent with DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), or 2-undecanone on skin and permethrin on clothing, boots and gear. Most repellents can be used on children older than 2 months. Products containing OLE should not be used on children under 3 years. Always follow product label instructions.

Inspect: check your entire body—and your

children's— for ticks after being outside. Remove attached ticks with tweezers. Be sure to check these parts of your body and use a hand-held or full-length mirror to view all parts of your body: inside belly button, back of the knees, under the arms, in/around the hair, between the legs, around the waist, in/around the ears, on the scalp.

Cover up: wear long sleeves and pants tucked into socks to prevent ticks from getting under clothes.

Shower: showering within two hours after being outside (ideally, as soon as possible) can help find and wash off unattached ticks.

Protect pets: keep pets safe by checking for ticks daily and using tick control products as recommended by your veterinarian.

For more information, visit the NJ Department of Health's website at state.nj.us/health/.

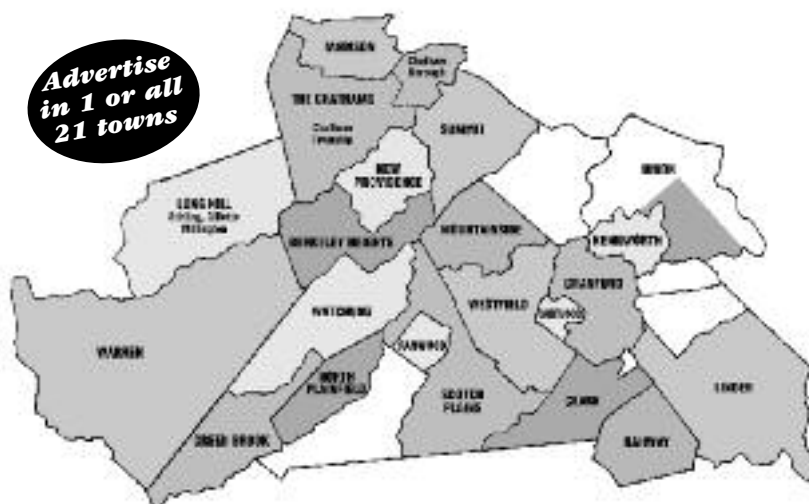
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