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LOCALS JOIN HARVEST FESTIVAL HEALTH & WELLNESS DAY

Submitted by Iris D Alston

Every October, as the leaves on the trees begin to change colors, residents and volunteers from all over Somerset County begin to get excited about the Watchung Hills Regional Municipal Alliance (WHRMA) Great Pumpkin Certified 5K Run/Family Fun Walk.

This year, WHRMA, which serves Warren, Green Brook, Watchung and Long Hill Townships, decided to collaborate with the Watchung Twp Recreation Department's Harvest Festival. The event was held on October 19, 2019 at Watchung Twp's Mobus Field and it was a great success. More than 700 residents attended. It was a great opportunity to raise awareness to WHRMA mission and programs.

The WHRMA is a non profit grassroots community organization that receives funding from the Governor's Council on Alcoholism and Drug Abuse through the Freeholders of Somerset and Morris Counties. WHRMA identifies community needs through surveys and key informant interviews local data received from local government and funds intervention programs that serve Warren, Green Brook, Watchung and Long Hill Townships. Outcomes from the Centers For Disease Control and Prevention (CDC) Youth Risk Behavior Surveillance Report June 2018 states that "agencies and organizations including schools and youth friendly health care providers can help facilitate access to critically important education, health care and high impact evidence based intervention programs".

The WHRMA committee meetings are held at Watchung Hills Regional High School on the 2nd Wednesday of each month at 7:30 p.m. except in July and August and all meetings are open to the public. The committee sponsors film screenings, author led book discussions, community events and panel discussions on the topics of drug, alcohol, tobacco and vaping prevention in all the schools in the towns they serve as well as mental



(above, l-r) Vice Chair Iris Alston, Le Nguyen-Owner Xperience Nails & Spa Green Brook

health first aid training and suicide prevention throughout the year. According to The Centers for Disease Control and Prevention's Youth Risk Behavior Survey Data Summary and Trends Report 2007-2017 "Improving the health of adolescents and, subsequently, their health in adulthood will require our collective action at the family, school, and community levels". Parents of all school age children are strongly encouraged to get out and support WHRMA events on a regular basis.



(above, l-r) Chairperson Cindy Webster, Gabrielle Webster, and Vice Chairperson Iris Alston



(above, l-r) Gabrielle and Chairperson Cindy Webster at the WHRMA event table.

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BRIGHTEN YOUR HOLIDAYS WITH SEASONS OF LIGHT AT THE KEAN UNIVERSITY PLANETARIUM

The Kean University Planetarium invites all members of the community to enjoy Seasons of Light, a breathtaking light show that combines astronomy with winter celebrations from around the world.

Experience the magic of Seasons of Light from 3:30-4:15 p.m. on Thursday, December 5; and Mondays, December 2 and December 9, 2019.

The Planetarium is located in Kean's Science Building, 3rd Floor, at 1000 Morris Ave. in Union, N.J. Admission is free.

"Our Seasons of Light planetarium show is an amazing way for the Kean University campus and neighboring communities to get into the holiday spirit," said William Heyniger, lecturer in Kean's School of Environmental and Sustainability Sciences. "The dynamic show explores the history of using lights during the winter season in a variety of religious and cultural traditions, including the many adaptations of Ole St. Nick."

Seasons of Light, produced by Loch Ness

Productions, explores the traditions celebrated around the world during the darkest time of the year. The light show features classic holiday music and illustrates the importance of illumination behind the winter season and celebrations. The presentation also highlights constellations, as well as astronomical phenomena including comets, meteors, novas, supernovas and planetary conjunctions that occur during the holiday season.

The Kean University Planetarium is a 30-foot hemispheric dome with a 180-degree sky view that utilizes Starlab®, a state-of-the-art digital projection system, for an immersive and educational experience of topics ranging from astronomy, astrophysics, earth science, interstellar distances, math, earth and space geology, and meteorological and spatial applications. The Planetarium is wheelchair accessible.

For more information, contact William Heyniger at planetarium@kean.edu or call (908) 737-3660.



(above) The Kean University Planetarium invites you to experience Seasons of Light, a spectacular light show that combines luminous holiday lights and astronomical astrology.

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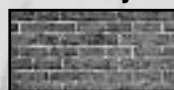
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79 WHRHS STUDENTS INDUCTED INTO THE NATIONAL HONOR SOCIETY

Some 79 students were honored at the 41st Induction Ceremony of the Watchung Hills Regional High School (WHRHS) Chapter of the National Honor Society (NHS). The Induction Ceremony was held on Thursday, October 24, in the school's Performing Arts Center (PAC).

This year's inducted students are: Cassandra Apuzzo, Amanda Aschoff, Laura Baeyens, Bryan Bartnick, Claire Beck, Jagdeep Bhatia, Zachary Bokhari, Kimberly Briceno, Haley Burton, Catherine Cai, Nyna Chacko, Michelle Chavanne, Vivian Chou, Eden DePekary, Ally

Devico, Phillip Ding, Giovanna DiSanto, Marilyn Du, John Dwyer, Lauren Eknoian, Mary Elias, Owen Furlong, Abigail Gallant, Melissa Gallic, Tamara Hadzic, Kristen Hamilton, Jenna Hansen, Nicole Harris, Christopher Iannella, Lilli Iannella, Deepa Irakam, Roopa Irakam, Niharika Iyer, Apurva Joshi, Dave Ki, Abigail Kotar, Emma Kotar, Rachel Krouk, Jacob Lesser, Sana Mamtaney, Miah Manning, Aaron Marmolejos, Hannah Marszalek, Mario Martino, Olivia Matlosz, Matthew McCracken, Jacqueline Mills,

Alexandria Minetti, Samantha Moran, James Narayanan, Ngocthy Nguyen, Claudia O'Reilly, Adam Orzepowski, Victor Osoliniec, Cayla Park, Apsara Rangarajan, Zachary Rieger, Scott Romankow, Teresa Rotolo, Julia Rubin, Cristina Sarrico, Kyle Schlingloff, Leslie Sena, Pramity Shah, Kevin Shen, Alexander Siegel, Ji Yoon Sim, Ariadna Sosa, Eliana Sussner, Katie Tan, Christine Tanko, Emily Thompson, Jack White, Elizabeth Wilcenski, Michael Wong, Jessica Young, Sarah Young, Maya Zhang, and Vivian Zhang.

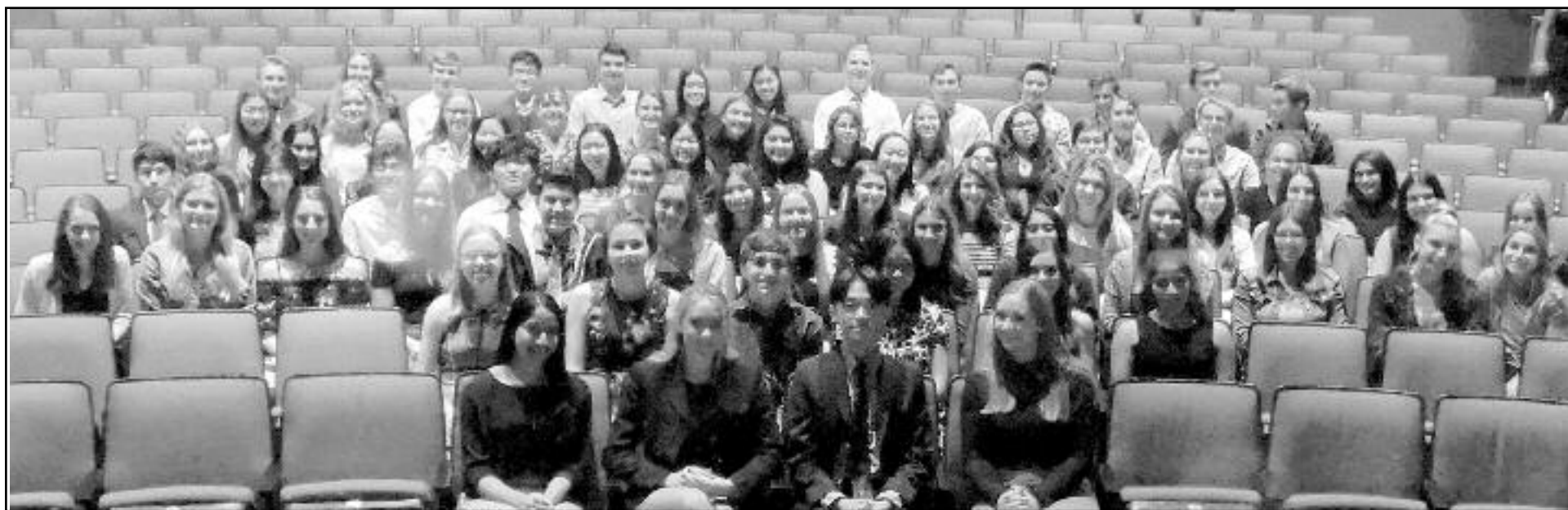


Photo by WHRHS

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WHRHS CLASS OF 2020 HOMECOMING COURT



Students of the Class of 2020 at Watchung Hills Regional High School (WHRHS) selected Trevor Schmidt and Sarah Young as King and Queen of this year's Homecoming Court during Halftime of the annual WHRHS Homecoming Football Game, Friday, October 3, 2019, at Tozier Stadium. The 10 students selected for the Homecoming Court are: From left, Vincent DiGeronimo; Cayla Park, Christopher Iannello, Meghan Francesco, King Trevor Schmidt, Queen Sarah Young, Roopa Irakam, Scott Romankow, Christine Tanko, and Jack White.

Photos by WHRHS



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Central Jersey SCORE, a non-profit resource partner of the Small Business Administration, is looking for volunteers to assist people looking to start a business or grow an existing small business. The organization is recruiting retired or current business owners and executives who want to share their experience and knowledge with today's up-and-coming entrepreneurs. The Central Jersey Chapter of SCORE serves Middlesex, Somerset and Hunterdon Counties.

Central Jersey SCORE provides in-person mentoring at a wide variety of locations and also presents seminars at local venues. In addition, the SCORE website offers tools and templates on a wide variety of topics related to organizing and managing a business and numerous online courses and webinars to assist small business owners through every aspect of business development. Services are offered free of charge.

Anyone interested in volunteering with SCORE or seeking additional information is invited to contact SCORE at centraljersey.score.org.

WHRHS 'SCRIPT AND CUE' DRAMA STUDENTS PRESENT ANNUAL 'CABARET NIGHT'

Some 18 Watchung Hills Regional High School (WHRHS) students entertained an audience of friends, family members, faculty members and fans, singing 14 songs and

performing a comedy routine at the 2019 Script and Cue sponsored Cabaret, Wednesday, October 23, 2019, on the stage of the Performing Arts Center (PAC).



Photo by WHRHS

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The Raritan Valley Habitat for Humanity Restore—the store that builds homes—and the Somerset County Food Bank Network have partnered this holiday season to help feed Somerset County Residents in need. Visitors to the Habitat ReStore will receive a \$15.00 coupon toward their purchase when they donate at least five items from the following list: hearty soups that can serve as a meal, stuffing mix, pasta sauce, canned tuna or chicken, pancake mix, pancake syrup, peanut butter or jelly.

The Habitat ReStore has a great selection of new and gently used household items, furniture and holiday decorations to help every home prepare for holiday guests. Whether there is a need for extra glassware, serving dishes or even a dining room table, shoppers will find everything they need at unbeatable prices—and

have the satisfaction of knowing the proceeds from their purchase will go toward building affordable homes and stabilizing families in Somerset and Hunterdon Counties.

The Habitat ReStore is conveniently located in the Marketplace at Manville, 110 North Main Street, Manville, New Jersey, and is open Tuesday, Wednesday, Friday and Saturday from 10 a.m. to 6 p.m. and Thursday from 10 a.m. to 8 p.m.

Donations are accepted at the store on Wednesdays through Saturdays from 10 a.m. to 3 p.m., and free pick up service for furniture, kitchen cabinets, appliances and other large items is available, and may be arranged by visiting the Donate tab at rvhabitatrestore.org.

More information can be obtained by calling (908) 458-9770.



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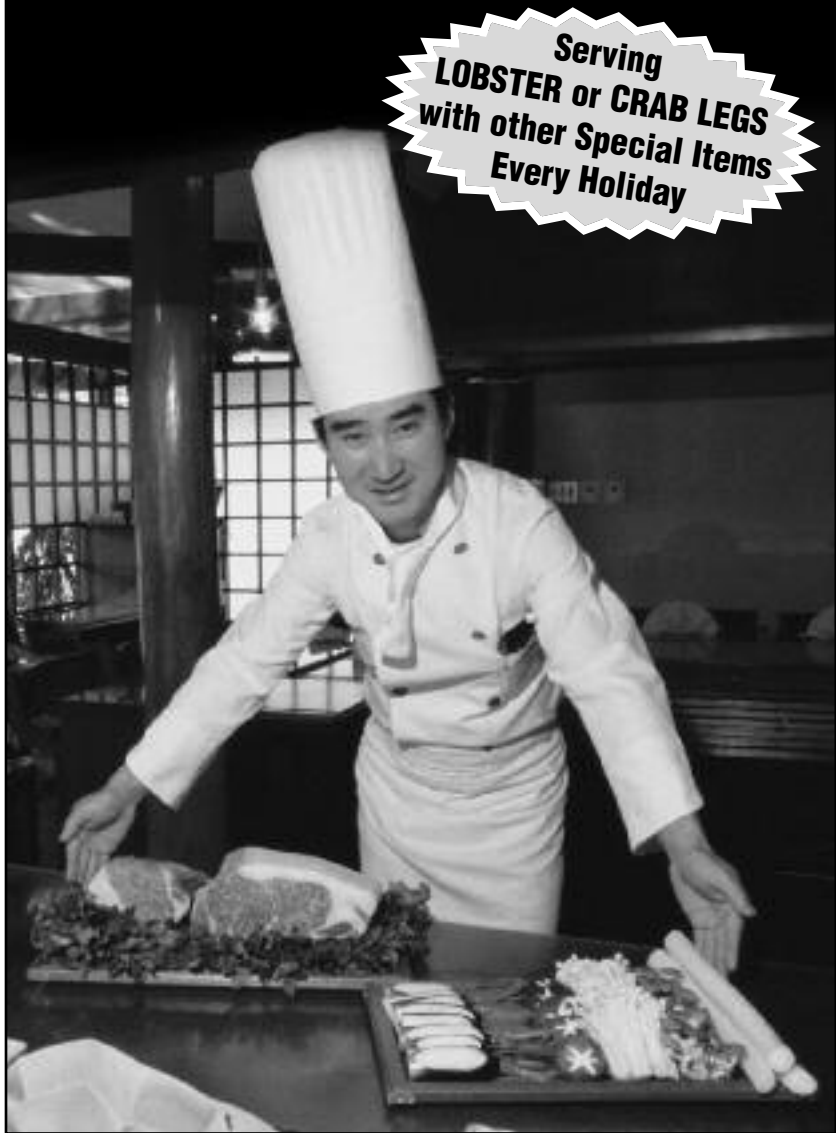
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“Genealogy”

Monday, December 2, 10:30 a.m.

by Susan Kobren, Genealogy is the study of families, family history and the tracing of their lineages. Genealogists use oral interviews, historical records, genetic analysis and other records to obtain information about a family and to demonstrate “kinship and pedigrees” of its members. Susan will give an overview of genealogy with a special emphasis on Jewish genealogy.

“Shakespeare’s Style of Writing Workshop”

Tuesday, December 3, 10:30 a.m.

by Ellen Parker, Educational Director, Indecorous Theatre Productions. William Shakespeare has been engaging us for over 400 years. Why? Because his writing is fun, dramatic, beautiful and open to countless interpretations and styles. Join us for this interactive workshop as we creatively explore The Bard! **Made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey State Council on the Arts.**

“Age of Invention: Industrial Revolution NJ”

Monday, December 9, 10:30 a.m.

by Jim DelGiudice, Photographer and Educator, The Judson Lecture Series. A timeline of 19th century events that shaped the future of the state and the world. **Made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey Historical Commission**

“How Fast Can You Sing?”

Monday, December 16, 10:30 a.m.

by George Marriner Maull, Artistic Director of the Discovery Orchestra. Composer George Frederic Handel made the same technical demands on singers as those he made on instrumentalists. Nowhere is this more apparent than in some of the choruses from Handel’s Messiah. Join Maestro George Marriner Maull as he explores For Unto Us a Child is Born from Messiah with its dizzying fast choral singing.

“The Value of Records in the 1950s”

Tuesday, December 17, 10:30 a.m.

by Ken Warmen, Jr. Do you remember using a record player and vinyl records? Using his Victrola, Ken will play tunes from the 1950s, talk about the artist’s life and will highlight, in detail, the life of Nat King Cole. Singing-a-long is encouraged.

“Moving Mind and Body”

Friday, December 20, 10:30 a.m.

With Lara Kats, Certified Dance Educator and Instructor. 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.

“2020 Focus on Nutrition”

Monday, December 30, 10:30 a.m.

by Samantha Nuzio, MS, Registered Dietitian Nutritionist, ShopRite of Stirling. Let’s start the new year off with a healthy outlook. Sam, from ShopRite of Stirling, will present on how to increase the nutrients in some traditional recipes, like mac and cheese. We will sample one recipe prepared by Sam after the program’s presentation.

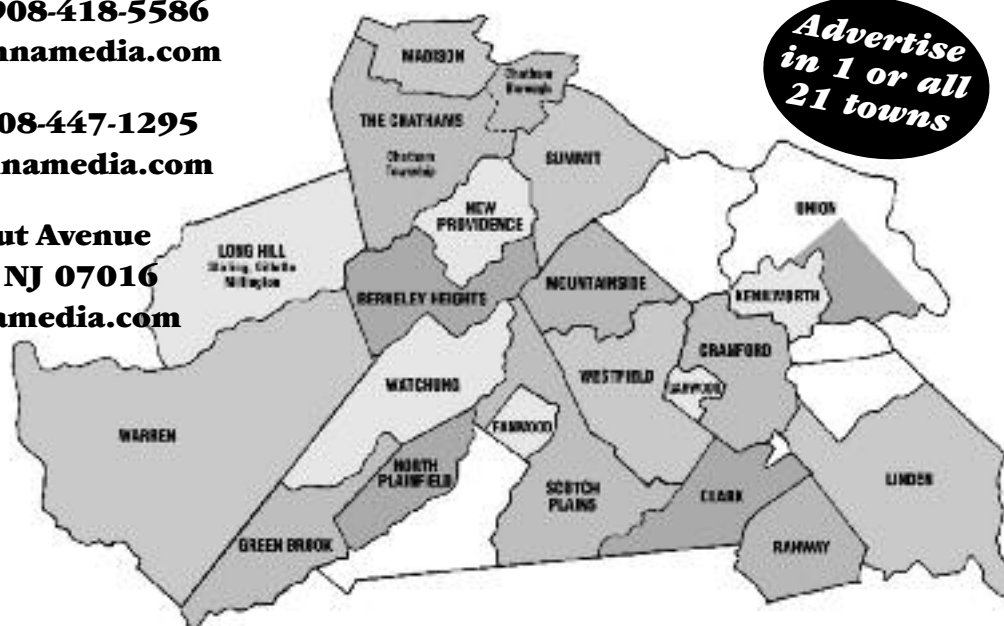
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KENILWORTH NJ Qty: 3,600 Mailed to every home and business. Zip: 07033	LIFE in LINDEN NJ Qty: 17,400 Mailed to every home and business. Zip: 07036	Long Hill LEADER NJ Qty: 3,600 Mailed to every home and business in Gillette, Millington and Stirling. Zip: 07033, 07916, 07988	MADISON MONTHLY NJ Qty: 6,300 Mailed to every home and business. Zip: 07940	MOUNTAINVIEW NJ Qty: 2,900 Mailed to every home and business. Zip: 07092	New Providence NEWS NJ Qty: 4,900 Mailed to every home and business. Zip: 07974	The PRIDE of North Plainfield NJ Qty: 8,300 Mailed to every home and business. Zip: 07068, 07063
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9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400
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WHRMA PRESENTS "THE 15 MINUTE CHILD BREAK"

Watchung Hills Regional Municipal Alliance (WHRMA), which serves Warren, Green Brook, Watchung and Long Hill Townships, sponsored "The 15 Minute Child Break" on Thursday, October 24, 2019 at Central Middle School in Stirling. The "15 Minute Child Break" was the 3rd in the series of events for 2019. Project Graduation was the first and National Night Out the second in the series.

Hector Quinones, representative for Partnership for a Drug Free NJ and the Morris County Alliance gave a talk to parents on topics including underage drinking, the highly toxic mechanised marijuana being produced today, harmful vaping trends in youth, misuse and abuse of prescription medicine and over the counter medicine as well as strengthening parental communication with youth.

WHRHS student volunteers also assisted the youth attending the event in an activity creating "stress balls" from balloons. The volunteers filled

balloons with flour and had the youth paint personal empowering words on them for stress relief. WHRMA Vice Chairperson Iris Alston engaged the youth on topics of "Medication Safety", Bullying Prevention and positive stress relief activities. Stencils with empowering words like "relax" and "calm" were provided for the stress balls. One 5 year old student attending the event, Clarice Chang asked the Vice Chairperson to go over each word on the stencil with her. Clarice asked her to repeat some of them several times. "What does this one say again," Clarice asked, as she thought carefully about each one. And then she pointed at one word and said "I want this one" and looked up at the Vice Chairperson for emphasis and said "peace. I want peace". This very astute 5 year old student chose peace as her empowering word to paint on her balloon.

Prevention programs sponsored by WHRMA serve to reinforce this and keep parents informed

as well as assist the community in continuing to support positive behaviors and identify at risk behaviors in youth. WHRMA is a grassroots organization comprised of community volunteers who dedicate their time to develop and implement programs that are an integral part in preventing drug and alcohol use among their residents. These programs reach out to people of all ages in the areas of recreation, education, and community awareness. Our members are representatives from several sectors of the community, including (but not limited to) law enforcement, local government, school counselors and staff, parents, youth, local business, faith based organizations, and private citizens.

The event was attended by 6 parents and 4 youth. The low turnout at the event means WHRMA has more work to do connecting with the parents.

If you would like more information about WHRMA events in your area, WHRMA meetings are held the second Wednesday of every month at WHRHS Room 105 at 7:30 p.m. All meetings are open to the public. You can email WHRMA@warrennj.org.

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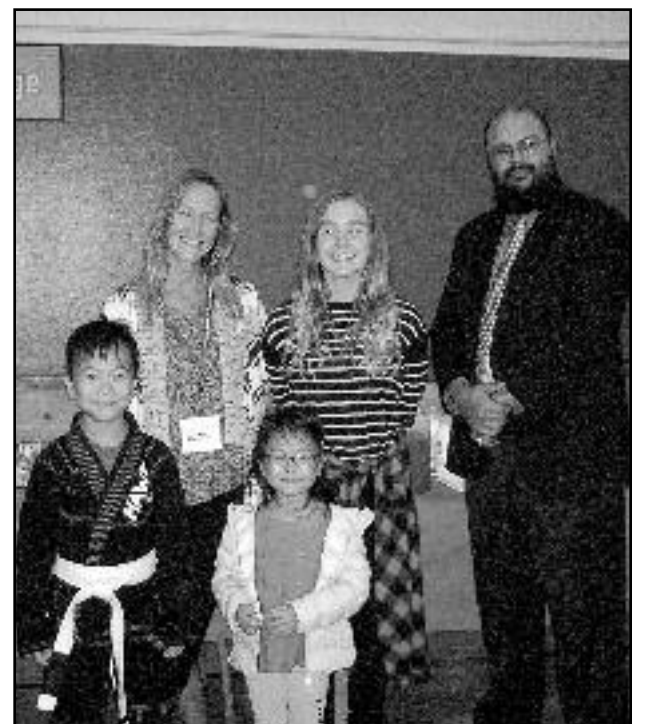
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(above) Ariha Mehta, Maylin Zhu and Savannah Bellovin, WHRHS student volunteers fill balloons with flour for a stress relief activity.



(above, l-r) Judy Carbone, Cheyenne Carbone, Partnership for DrugFree NJ Representative Hector Quinones, Tristan Chang and Clarice Chang

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