

WARREN MONTHLY_{NJ}

WARREN'S HOMETOWN NEWSPAPER

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CROP WALKERS EARN \$5,000 TO COMBAT HUNGER

Undaunted by the heavy rain, seventy-two walkers and volunteers conducted the 2019 New Providence Crop Walk on Sunday afternoon, October 20, 2019. Their exceptional effort has earned \$5,000 to fight hunger. Matching funds and other contributions are still arriving.

Since 1974, this annual three mile walk through town has been planned by Faith Lutheran Church and hosted by the United Methodist Church. The chairperson for the past four years has been Mike Warin of Faith Lutheran.

The walkers were from area churches. The three with the largest number of participants were the Sebit Presbyterian Church of Warren, Faith Lutheran of New Providence and the Asian Indian Christian Church of Berkeley Heights.

Prior to the walk, Mr. Warin conducted a brief orientation. He reminded the participants that many of the world's poor and hungry have to walk long distances for food and water and that hunger is a significant issue in the United States as well. The walkers were raising funds to help alleviate this international and national issue. Mr. Warin was followed by Bob Hasbrouck of New Providence, who explained the procedures and route of the walk. Mr. Hasbrouck has assisted with the Crop Walk since its beginning forty-five years ago.

Rev. Jane McCready of Faith read a bible scripture and conducted a responsive prayer with the group. John Everson and Courtney Auchter, accompanied by guitarist, Jim Skidmore, the three also of Faith, led the walkers in the singing of "We Are Marching in the Light of God."

In recognition of hunger being a problem throughout the world, one of the verses was sung in Swahili.

Aroused by "We Are Marching in the Light of God," the walkers then lifted their umbrellas, their red and white Crop Walk signs and marched down Springfield Avenue.

Upon completion, the walkers and volunteers enjoyed ice cream at the Methodist Church. The plentiful chocolate and vanilla ice cream was donated by Zita's Home Made Ice Cream, 1790 Springfield Avenue, New Providence.

All of the contributions will be donated to



(above) Enthusiastic walkers from the Sebit Presbyterian Church in Warren anxiously wait for the three mile hike to begin.



(above, l-r) Larry Holt, Tom and Barbara Sproule, Pastor Jane McCready, Katie McQuaid, all of Faith Lutheran, visit before the Walk.

Church World Service, an interdenominational organization which combats hunger in the United States and around the world. The focus of Church World Service is meeting the needs of the most disadvantaged people. Church World Service will return twenty-five per cent of the money to the soup kitchen at St. John's Roman Catholic Church in Newark. With the pending arrival of winter and other soup kitchens having closed, the needs of St. John's are significant.

Persons wishing to make contributions to the Crop Walk may send their donations to Faith Lutheran Church, 524 South Street, New Providence, NJ 07974. The phone number is 908-464-5177.



[NextHome]
PREMIER

John Mangini
908.325.5000



WARREN MONTHLY

On-line at www.WarrenMonthly.com

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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

HELP RESTORE HELP RESIDENTS IN NEED

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.

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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.

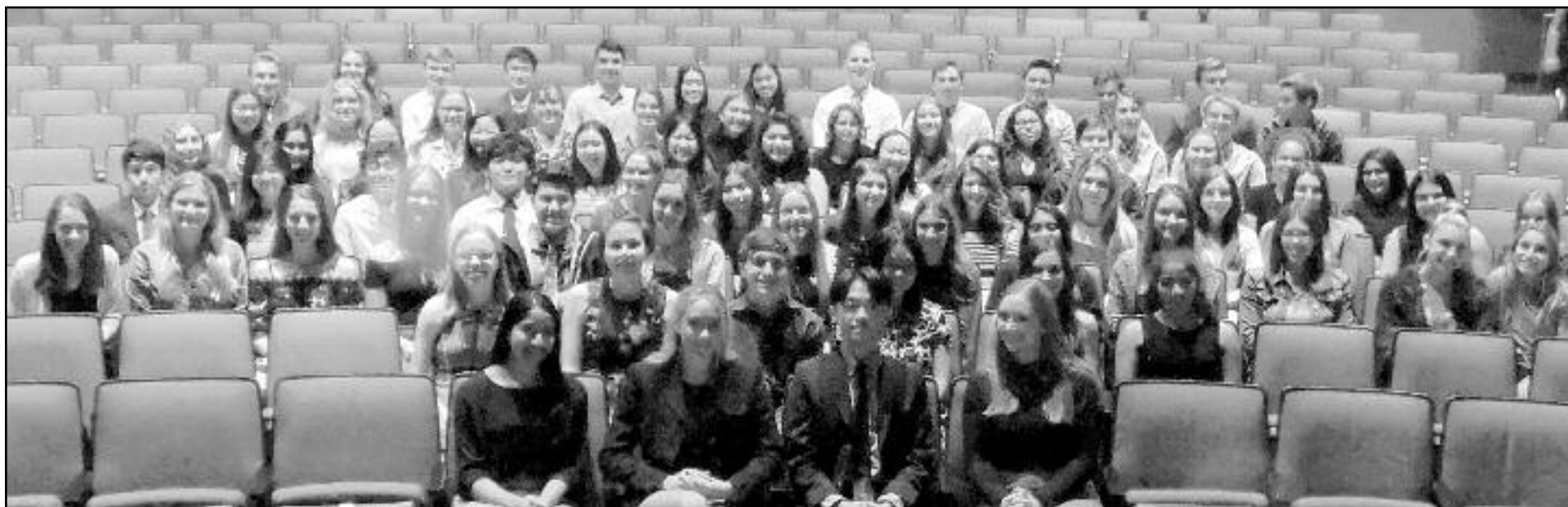


Photo by WHRHS

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(above) Volunteers cleaned the trails on October 19 as part of the second Warren Cache in Trash Out (CITO) event.

SECOND CACHE IN TRASH OUT EVENT A SUCCESS

Submitted by Amanda Altavilla

On Saturday, October 19, 2019, the second Warren Cache in Trash Out (CITO) event was held at Codington Nature Trail. CITO is an environmental initiative supported by the geocaching community. Geocaching is a real world, outdoor treasure hunting game in which you utilize a GPS-enabled device to find a geocache hidden at a specific location. Warren has geocaches hidden on different trails such as the Municipal Complex, Glenhurst, Dealaman, and East County Reserve. CITO Events have been happening twice per year since 2002.

Catherine Cooney, an avid geocacher in the area, organized the CITO event with the support of Warren Township Recreation. The event was

again a success that included a group of about 40 volunteers including Geocachers, Girl Scouts, Boy Scouts and town residents who cleaned the trail by pruning overhead and trailside overgrowth, removing sticks and branches off the trail, picking up trash and repainting the trail blazes.

Volunteers received a CITO event T-shirt supplied by Warren Township. CorTex Products also donated Outdoor Skin Protection Kits that were given out to volunteers.

Warren Recreation would like to thank Catherine Cooney and all the volunteers for helping to clean up Codington Nature Trail. Next year two different CITO events will happen in the spring and fall in Warren.



(above) About 40 volunteers helped with the clean up efforts, including Geocachers, Girl Scouts, Boy Scouts and town residents.

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TYLER REN WINS FIRST PRIZE IN POETRY COMPETITION

Tyler Ren of Warren, age 10, a 6th grader in Warren Middle School, received first prize in the May 2019 Cricket League poetry competition. For this contest, each entrant was asked to submit an original poem about a performer. Tyler's "The Piano Player" appears in the Cricket League section of the October 2019 issue and is posted at cricketmagkids.com/contests.

THE PIANO PLAYER, BY TYLER REN

Clap! Clap! The performance has begun.
The jazzy music, what fun!
After the beautiful vocal song has ended,
the piano performance was simply splendid.
His finger flow through the keys,
a cool aura around him, a chilly breeze.
The wave of passion flowed through the crowd,
the whole audience went to silent from loud.
The whole crows looks and is amazed,
the piano player, from unknown to praised.
Photos taken, and videos shot,
selfies came, and autographs bought.
The end is near, the end is coming,
along with the piece, the crowd is humming.
The piece is over.
They don't want it to end.
They'll just have to wait until next weekend!



LOCALS JOIN HARVEST FESTIVAL

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 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

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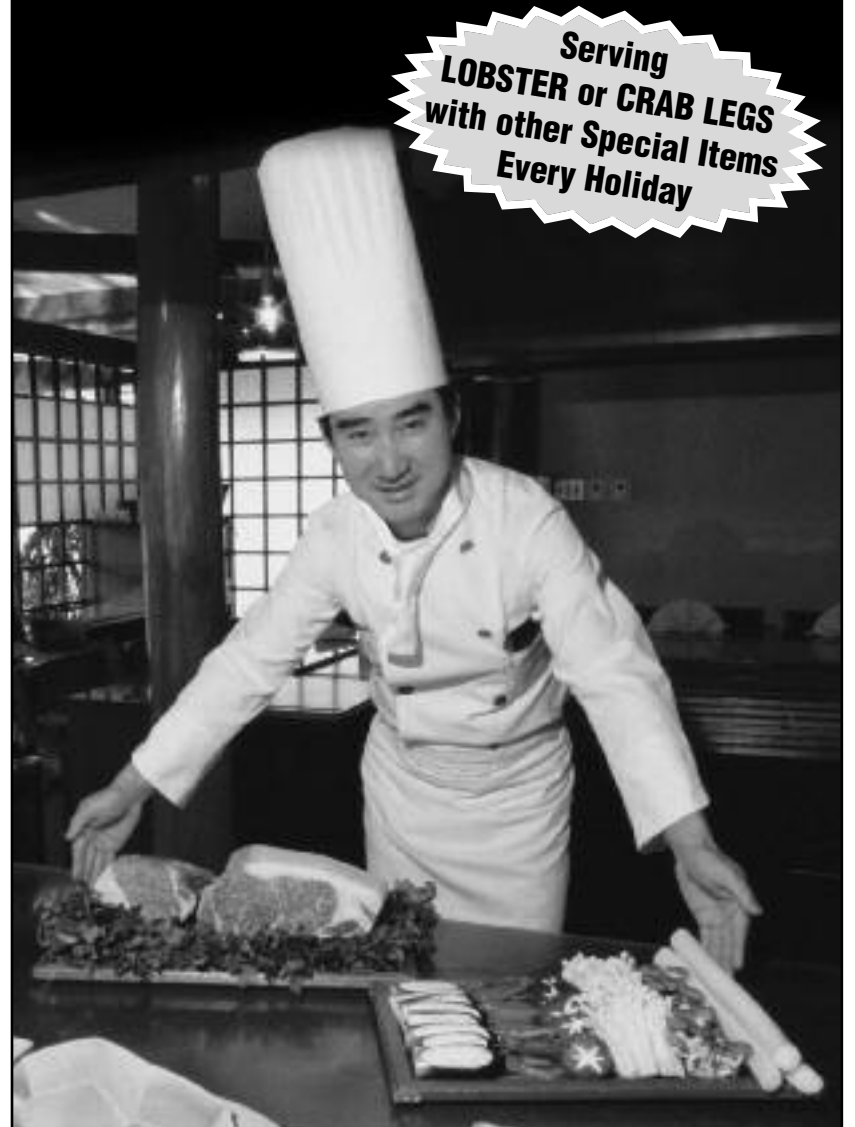
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(above) Lyla Chavez and Paolo Spadoto are smiling as they get to pet Michelangelo accompanied by Paraprofessional, Ms. Silvia.

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Submitted by Shannon Regan
 The weather outside may have been cold, wet and dreary but inside Mt. Horeb Elementary School in Warren, NJ on October 22, 2019, the preschool students were sunny with warm smiles and full of joy and love for Michelangelo, the miniature horse from Hope's Promise Farm in Chester, NJ.

Mrs. Doris Zanchelli, school nurse, and the Mt. Horeb Parent Teacher Organization worked together to invite Maureen Coultas "Ms. Maureen", the Director of the Farm and an International Certified Therapeutic Riding Instructor, to come and introduce Michelangelo to the children.

Prior to the students participating in the presentation, Coultas gently brushed Michelangelo's hair and walked him around the room to acclimate him to the new environment. As if he wasn't cute enough he also wore tiny, black and white shoes purchased from Build a Bear to keep from slipping on the floor.

After the students entered the room and took a seat, Coultas introduced Michelangelo to the children. She explained that he was not a pony but a 6-year-old miniature horse and that one of his purposes was to help people feel better. Coultas asked that each student imagine a time when they were not feeling well, she then walked Michelangelo around the room. In some cases,

Michelangelo stopped to brush up against a student or placed his nose upon a student's forehead. No matter the interaction, Coultas highlighted the fact that each student was smiling.

Coultas went on to describe what Michelangelo's life is like on the farm and beyond. She showed the children a book that illustrated his life starting from the day he was born. Michelangelo enjoys traveling to establishments like schools, nursing homes, hospitals and group homes where children and adults can learn more about miniature horses. Mt. Horeb students learned that Michelangelo sleeps in a stall, eats hay, and that he likes to visit inside Coultas's home for breakfast!

Before the conclusion of the visit, each preschooler was invited to come up and pet Michelangelo. At first, some of the children were apprehensive but with each passing moment those fears began to subside and by the end, just about every child took the opportunity to get a closer look at the tiny horse.

This experience was sure to have been an unforgettable one for the preschool students at Mt. Horeb School. For more information about Michelangelo and the rest of the horses on Hope's Promise Farm please visit hopespromisefarm.com.

Photos by Warren Township PublicSchools



(above) Olivia Wu, Nathan Lee and Giorgi Gugushvili gently pat Michelangelo.

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STUDENTS MAKE JOURNEY OF PEACE POSTERS

WARREN MONTHLY • Page 11 • December 2019

Warren Township Schools values their relationship with the Lions Club and continues to be appreciative of the support the club provides to the district. The club's intentions are to bring caring people together to improve their community, lead by example and build relationships through kindness.

According to lionsclubs.org, "For over three decades, Lions Clubs around the globe have been

sponsoring a very special art contest in schools and youth groups. Creating peace posters gives children everywhere the chance to express their visions of peace and inspire the world through art and creativity." For the 2019-2020 year, the contest is titled 'Journey of Peace.'

Coordinated by Dr. Susan Cooper, E2 teacher, students from Warren Middle School participated in the poster contest.



(above) Grade 6 student Darren Xu, Grade 7 student Catherine Ryder, Grade 6 student Kayla Peng and Grade 6 student Clara Risso are photographed holding their submissions for the Journey of Peace contest.

Photo by Warren Township Schools.

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DECEMBER WORSHIP - SEASON OF ADVENT
 Sunday Eucharists at 8:30 and 11:00 a.m.
 Wednesday Eucharists at 12:00 and 7:30 p.m.
 • Sunday, December 22 •
 Eucharist at 10:00 a.m.

CHRISTMAS WORSHIP
 Christmas Eve • Tuesday, December 24
 Family Service
 including Children's Pageant at 4:00 p.m.
 Candlelight Eucharist
 with Soloists at 6:00 p.m.
 Candlelight Eucharist with Sanctuary Choir and
 Instrumentalists at 8:00 p.m.
 Christmas Day • Wednesday, December 25
 Nativity Eucharist and Carols at 10:00 a.m.
 • Sunday, December 29 •
 Eucharist, Lessons and Carols at 10:00 a.m.

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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



VOLUNTEERS NEEDED TO PROVIDE BUSINESS MENTORING

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.

DECEMBER EVENTS AT SCLSNJ'S WARREN TOWNSHIP LIBRARY BRANCH

42 Mountain Boulevard, Warren Township, 07059 | 908-754-5554 | SCLSNJ.org

Program dates and times are subject to change. All programs are free and registration is required unless otherwise indicated.

Visit SCLSNJ.org or call the Library for more information and to register.

ALL AGES

The History of Christmas Carols

December 10, 7-8 p.m.

Rise of the Library -

A Star Wars (ages 6 and up)

December 17, 4-7 p.m.

Drop-In Activity - Calendar Collage

December 28, 9:30 a.m. - 5 p.m.

CHILDREN, TWEEN, AND TEEN PROGRAMS

YA Monthly Challenge - Movie and Book Trivia (grades 5-12)

December 2, 9:30 a.m. - 9 p.m.

Homework Help (Grades 3-6)

December 2, 3:30-5:30 p.m.

Teen Volunteer Opportunity - Homework Helpers (grades 9-12)

December 2, 3:30-5:30 p.m.

Young Adult Leadership Academy (grds 5-12)

December 3, 3:30-5 p.m.

Toddler/Preschool Storytime - Rhyme and Play (ages 18 months - 5 years)

December 4, 11, 18; 10-11 a.m.

Digital Escape Room Design (grades 5-12)

December 4, 3:30-5 p.m.

Baby/Toddler Storytime - Discover Stories (ages birth - 3 years)

December 5, 12, 19; 10-11 a.m.

LEGO® Club (grades 2-5)

December 9, 3:30-4:30 p.m.

Culinary Creators (grades 5-12)

December 10, 3:30-5 p.m.

Teen Movie Screenings - "Nerve" (grds 7-12)

December 11, 3:30-5:30 p.m.

Hour of Code - Star Wars Build a Galaxy (grades 2-5)

December 12, 3:30-4:30 p.m.

Family Storytime -

Fables and Tables (families with children)

December 14, 11 a.m. - 12:30 p.m.

Game Time (grades 5-12)

December 18, 3:30-5 p.m.

Learning Lab - Robots (grades K-5)

December 19, 3:30-4:30 p.m.

Family Night - Cocoa, Cookies, and Crafts (families with children)

December 19, 7-8 p.m.

Friday DIY - Weaving (grades 3-6)

December 27, 3-4:30 p.m.

ADULT PROGRAMS

Writer's Group

December 3, 17; 6-8 p.m.

Book Discussion - "Holidays on Ice" by David Sedaris

December 12, 1-2 p.m.

Special Needs Social Hour

December 13, 11 a.m. - noon

Resume and Job Search Assistance

December 18, 11 a.m. - noon

Creative Crafts - Jewelry Box

December 21, 10:30-11:30 a.m.

All programs listed are free. Registration is required unless otherwise indicated and programs are subject to change; visit SCLSNJ.org or call the library for more information and to register.

Please note the Library will be closed on December 24, 25; January 1. The Library will close at 5 p.m. on December 31.

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ANNUAL HOLIDAY WALK - DEC 8TH

WARREN MONTHLY • Page 13 • December 2019

On Sunday, December 8th, 2019, from 3:30 p.m. to 5:00 p.m. The Warren Chamber of Commerce will host the annual Holiday Walk. There will be a Christmas tree lighting, pictures with Santa, and a petting zoo supplied by Next Home Premiere. Plus live music featuring the WHRHS Marching Band, and a special

performance by the Warren Middle School Choir, WHRHS High School Choir, and The Mt. Bethel Singers. Families bring your kids for arts and crafts, face painting, cookies and hot cocoa!

Kick off the Holidays on the right foot, the parade will begin at The Pheasant Run Plaza at 3:30 p.m.

SEND YOUR LETTERS IN TO SANTA BY DECEMBER 13, 4 P.M.

Warren Recreation has been approved by Santa to gather mail from the Township children and deliver it to the North Pole.

Letters should be dropped off at the red mailbox in front of Town Hall or mail to: "Santa" Warren Twp. Recreation Department, 46 Mountain Blvd, Warren, NJ 07059. Every child

will receive a personalized letter from Santa, but after December 13, 4 p.m., Santa will be busy getting ready for the holiday and will not be able to answer any more letters. Mom and Dad, please be sure include a return address.

To volunteer for this event please go to: wtrec.ivolunteer.com/santa_004

WARREN REC'S 2ND ANNUAL PHOTO CONTEST

The second annual Warren Photo Contest will be accepting entries until December 15, 2019. The subject matter of the photos can be of any subject that has to do with recreation in our town, such as nature, sports, events, etc. All photos must be appropriate and will be judged by local judges. The contest is open to Warren residents of all ages.

To enter in the contest please submit one photo

by email to recreation@warrennj.org

Please provide name of photographer, age and Warren address, no later than December 15, 2019. The winners will be announced in January. Prizes to be determined for 1st, 2nd, and 3rd place.

If you have any questions please contact the recreation office at 908-753-8000 ext 270 or email recreation@warrennj.org.



(above) Warren Township children can drop off their letter to Santa by December 13.

Watchung - Warren Rotary Club

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For information about the Rotary club

contact Bob Aznar 908-755-8724

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DECEMBER ACTIVITIES AT WARRENBROOK SENIOR CENTER

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

“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, 10:30a.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, thus utilizing each body part. Participants can either perform movements standing or sitting in a chair.

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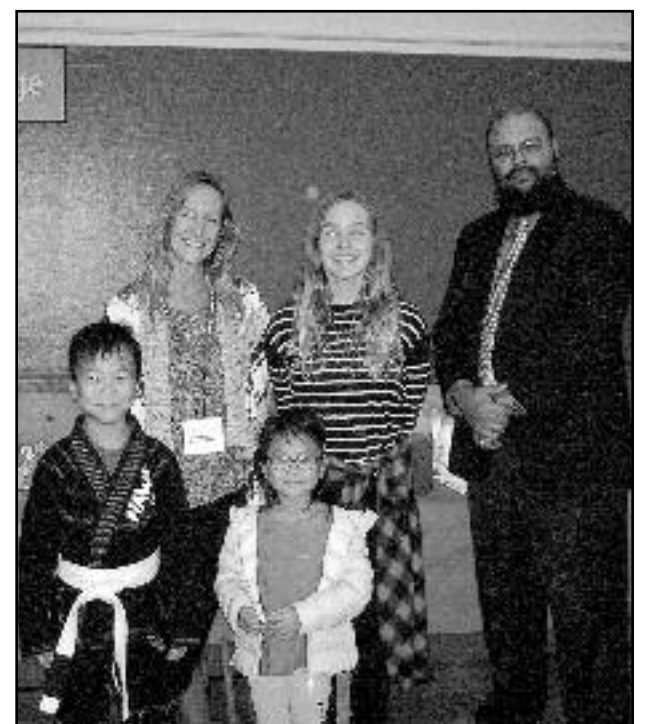
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(above) Ariha Mehta, Maylin Zhu and Savannah Bellovin, WHRHS student volunteers fill balloons with flour for a stress relief activity.



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

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