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NJ

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ISSUE 89 • MARCH 2020

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WHRHS SPRING MUSICAL "MATILDA" MARCH 19, 20, & 21



(above) The student singers and actors who performed at the Script and Cue Winter Cabaret, Thursday, January 16, at WHRHS gather for a post-performance photo on the Cabaret stage at the WHRHS Performing Arts Center (PAC). In addition to entertaining an audience of parents, students and fans, most of the students were also sharpening their poise and stretching their range on stage in front of a live audience in anticipation of their participation in the annual WHRHS Spring Musical, "Matilda." Matilda will be presented by Script and Cue in the PAC on Thursday, Friday and Saturday nights, March 19, 20, and 21, and as a matinee Saturday afternoon, March 21. Photo by WHRHS

Watchung Hills Regional High School (WHRHS) student singers and thespians entertained the fellow students, faculty, parents, and fans at the 2019-2020 Script and Cue Winter Cabaret, Thursday, January 16. The Winter Cabaret was presented using the intimate coffee house format on the PAC stage, as have all the WHRHS "Cabarets" in recent years.

Most of the student performers were also sharpening their poise on stage in front of a live audience in anticipation of their participation in the annual WHRHS Spring Musical, "Matilda." Matilda will be presented by Script and Cue in the PAC on Thursday, Friday and Saturday nights, March 19, 20, and 21, and as a matinee Saturday afternoon, March 21.

Matilda includes numerous exuberant ensemble numbers, fetching for audiences of all ages.

The musical premiered on Broadway in 2013, and won five awards, including the Tony Award for Best Book of a Musical. The year before, it won 7 Laurence Olivier Awards, presented by the Society of London Theatre. The musical's "Book" was written by Dennis Kelly. Music by Tim Minchin. The musical is based on the novel, "Matilda," 1988, a children's tale by British author Roald Dahl. Dahl is also known for numerous books, including "Charlie and the Chocolate Factory," "James and the Giant Peach," and "Fantastic Mr. Fox."

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Watchung Post

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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**

KENTUCKY DERBY BUS RIDE WITH THE WATCHUNG SENIORS

Watchung Seniors is offering a Kentucky Derby Bus Ride on Wednesday, April 29, 2020 to Ligreci's Staaten in Staten Island, NY. The trip includes hour open bar and wine hour, and a luncheon to include: salad, choice entrees, dessert, coffee/tea. There will be a band, comedian, and stick horse races. Call 908-816-0641, if interested. Wear your Derby hat!

Watchung Seniors 55+ meets the second Wednesday of every month, except July and August, from 11:00 a.m. to 2:00 p.m. Meetings are held at the Fireman's Exempt Hall, lower level, 57 Mountain Boulevard (next to Borough Hall), handicap acceptable. Guest speakers, trips, and fun parties are planned throughout the year. For more information call 732-968-7843.

FEBRUARY COLLEGE SIGNING DAY

Submitted by Denis Kelly

Three student athletes in the Watchung Hills Regional High School (WHRHS) Class of 2020 who play interscholastic sports for the Warriors announced their intentions to attend next year and play intercollegiate sports at Division I colleges, at a February College Signing Day Ceremony, Wednesday, February 5, at the school.

One of the athletes competes on the WHRHS Track and Field Team, and two compete on the WHRHS Fencing Team.

The students signing to matriculate and play at Division I colleges are:

Teresa Rotolo, who plans to attend and compete in Track and Field at Villanova University (Wildcats), Villanova, Pa., Big East Conference;

Chloe Mok, who plans to attend and compete in Fencing at Sacred Heart University (Pioneers),

Fairfield, Conn., Northeast Conference; and

Victor Odoliniec, who plans to attend and complete in Fencing at Yale University (Bulldogs), New Haven, Conn., Ivy League Conference.

"Congratulations to our student-athletes who have decided to continue their academic and athletic careers at such wonderful Universities," said WHRHS Athletic Director Dan Root. "We are very proud of them."

There are three College Signing Days throughout the high school academic year: November, February and May.

Earlier in the 2019-2020 School Year, an additional seven WHRHS student athletes in the Class of 2020 who play interscholastic sports for the Warriors announced their intentions to attend and play intercollegiate sports at Division I or Division II colleges, on November College Signing Day, Wednesday, November 13.



(above) WHRHS students Teresa Rotolo, Chloe Mok, and Victor Odoliniec will continue their athletic careers at Division I colleges next year.

Photos by WHRHS

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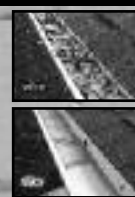
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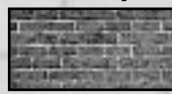
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CASA INVITES PUBLIC TO WOMEN'S LEADERSHIP LUNCHEON MARCH 11

Submitted by Gretchen Boger-O'Bryan

Court Appointed Special Advocates (CASA) of Union County will host its second annual Women's Leadership Luncheon on Wednesday, March 11 — the heart of Women's History Month — to highlight two Union County women whose contributions positively impact their community.

Among them is Tina Renna, Cranford resident and owner of Renna Media, publisher of 21 community newspapers including the Watchung Post.

Renna, who coordinates content for more than 135,000-issues circulated to towns in Union, Somerset and Morris counties, uses her writing, editing and photography, she says, "to tell the stories of ordinary people who do extraordinary things, big or small, that inspire others and their communities.



(above) Tina Renna, owner of Renna Media, publisher of 21 community newspapers including Watchung Post, will be recognized by CASA at their Women's Leadership Luncheon.



(above) Sue Adler, Summit resident and CEO of The Sue Adler Team of Keller Williams in Chatham, will be recognized by CASA at their Women's Leadership Luncheon on Wednesday, March 11.

Whether reporting news from town departments, schools and libraries, giving voice to local organizations raising awareness, or highlighting accomplishments of businesses, residents and all those who share a community — no matter strength or size — I strive to make a positive impact on each town's well-being and economic development."

Also being honored is Summit's Sue Adler, CEO of The Sue Adler Team of Keller Williams in Chatham. Currently ranked 10 worldwide out of 175,000 Keller Williams agents, Adler focuses on the community's train line towns and incorporates an in-house, team-treatment approach for clients.

Ilyse DiChiara, owner of Green Healthy Living and certified integrative nutrition, health and wellness coach, will provide the keynote address. Prior to switching professional course, DiChiara ran her nationwide trial consulting business, Litigation Support Solutions, for more than 20 years. Other participants include Summit Mayor Nora Radest and Westfield Councilwoman Joann Neylan.

Tickets are available now for the luncheon, which begins at 11:30 a.m. at the Grand Summit Hotel. Seats are \$65; tables of 10 and sponsorships are available.

To purchase, log on to casaleadershipluncheon.eventbrite.com. For luncheon details, contact Alexis at aslade@casaoofunioncounty.org.

CASA of Union County recruits, trains, supervises and supports community volunteers to advocate for abused, neglected and abandoned children placed in foster homes or residential facilities. There are more than 500 Union County youth, from birth to age 21, in foster care. With court-ordered access to a foster child and all parties in their life, volunteer advocates report findings to the judge so as to ensure best interests remain a priority, needs are met, and already experienced trauma is not exacerbated.

Contact Courtney at cgreen@casaoofunioncounty.org or 908-293-8136 to learn more about CASA of Union County.

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CRISIS HOTLINE SEEKS VOLUNTEERS

Are you looking for a flexible, rewarding volunteer opportunity? Have you ever been told you are a good listener? This volunteer opportunity may be for you. The nonprofit organization Caring Contact is seeking new volunteers to support its crisis hotline and listening community.

Volunteers receive 54 hours of comprehensive training in active listening, mental health first aid and applied suicide intervention skills training. New volunteers are also supported by seasoned listeners during 24 hours of internship before answering calls independently. Ongoing support and training opportunities are also provided.

The next volunteer training program will begin on March 17, 2020, at Temple Shalom in Scotch Plains, NJ. To learn more and apply, please visit caringcontact.org/volunteer-listener-application or call (908) 301.1899.

“Learn More About ‘Hygge’:

The Danish Style of Coziness and Comfort”

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

with Vanessa Young, Thirsty Radish. Learn about the Danish art of hygge, which helps us experience joy and relaxation in a uniquely cozy way. From the warmth of friendship to an inviting home environment, we will explore practical tips for creating well-being and happiness throughout the year. Hygge (pronounced hue-guh not hoo-gah) is a Danish word used when acknowledging a feeling or moment, whether alone or with friends, at home or out, ordinary or extraordinary, as cozy, charming or special.

“Mario Lanza and Me”

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

with Dominic Mantuano, Opera Singer and Performer, Opera to Broadway and a little in between. Enjoy the music of Mario Lanza, from the 50s and 60s, with some County and Patriotic music in between. Dominic is planning a surprise ending that you will not want to miss.

“The Birds of the World”

Tuesday, March 10, 10:30 a.m.

with Ben Barkley, Naturalist, Somerset County Parks Commission, One of the greatest joys of birding is seeing beautiful blue jays, cardinals, chickadees and goldfinches right in your backyard. However, there are over 10,000 spectacular bird species found throughout the world. The lecture will cover a few families of birds and will introduce their life histories, ranges, descriptions, and interesting facts. Join us for a one-hour lecture about the wackiest, funniest, and most bizarre species from around the globe. This presentation will provide you with a new appreciation for the world of birds!

“Eating Greens”

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

with Jennifer Korneski, MPH Program Coordinator, Healthy Living Rutgers Cooperative Extension of Somerset County Family & Community Health Sciences, Eating Greens! One characteristic of people who live long lives is that they eat healthful foods, especially vegetables. Leafy greens particularly are good for you and easy to prepare for a quick meal. Learn more about the health benefits of greens – kale, Swiss chard, spinach and more.

“Tips on Injury Prevention for the Achy Back”

Monday, March 23, 10:30 a.m.

with Mike Evangelist, PT, MSPT, JAG-ONE Physical Therapy, This talk will focus on the benefits of exercise for low back pain. Areas to be highlighted are: posture education, correct body mechanics for lifting, stretching exercises for tight back muscles and core/abdominal strengthening exercises. This program will be geared towards the senior population.

“The Practice of Formal & Informal Mindfulness”

Tuesday, March 31, 10:30 a.m.

with Lori Morell, Director of Health & Wellness of Parker Life, This Presentation is on the practice of formal and informal mindfulness to help reduce stress, anxiety and increase energy levels for a more focused, productive life. Learn how to identify and manage the various triggers that cause daily mental and physical obstacles for a more focused, rewarding life.

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WHRHS FALL DRAMA, “ALMOST, MAINE”

Twenty student thespians in the Script and Cue Drama Program at Watchung Hills Regional High School (WHRHS) tackled the fall drama, “Almost, Maine,” giving life to its charming literary script to deliver a masterful performance.

The WHRHS actors and actresses were supported by an energetic behind-the-scene team of student and professional Production Staff members. They contributed all the numerous tasks required to stage a live drama in four performances, including three evening performances and a Saturday afternoon matinee.

THE CAST, IN ORDER OF APPEARANCE:

John Doucette played Pete and Kaelin Churchill played Ginette, in the scene trilogy titled, “Prologue/Interlogue/Epilogue,” at the opening, closing and Intermission of the play; Act 1: Andrew Moberly played East and Christine Tanko played Glory in a scene titled, “Her Heart”;

Lucas Melo played Jimmy, Giovanna DiSanto played Sandrine, and Sydney Waddy played Waitress in “Sad and Glad”; Ariya Blow played Marvalyn, and Jack Melillo played Steve in “This Hurts”; and Jordan Pincus played Gayle and Nicholas Harrison played Lendall in “Getting It Back”; Act 2: Mia Hoinis played Deena and Maddie Johnson played Shelly in “They Fell”;

Matthew Mackrell played Phil and Olivia Kider played Marci in “Where It Went”;

Jack Melillo played Daniel and Catherine Quirico played Hope in “Story of Hope”; and

Andrew Moberly played Dave and Nina DiNorscio played Rhonda in “Seeing The Thing.”

In addition, Paul Riedler and Christian Takleszyn portrayed Townspeople in several scenes.

PRODUCTION

“Almost, Maine” was directed by WHRHS Drama Teacher Douglas Eaton. Chief Assistant Director was Portia Rowley. Assistant Director was Talia Hooke. Production Stage Manager was Alexander Martin. Set Designer was Douglas Eaton. Scenic Artist was Kate Griffin. Costume Designer was Gail DeCicco. Lighting Designer was Chris Valenti. Sound Designer

was Rick Clark. Set Construction was Nick DiNizio. Assistant Stage Managers were Elena Celeste and Melissa Miketen. Technical Director and Set CAD Layout was Chris Valenti. Video Projections and Lighting Effects were Chris Valenti, Rick Clark and Nick DiNizio. Prop Master was Rachel Krouk. Head of Costume was Lauren Quinn. Rigging was Zayn Khalil. Sound Board was Krystyna Leski. Special Effects was Kayley Garcell. Lighting Board Operator was Cat Teo.

RUNNING CREW:

Jennifer Buser, Carolina Delvalle, Tyler Isherwood, Autumn Rodriguez, Crosby Sayan, Ally Valatare, Siya Wadhare, Jaimie Wu and Janice Wang. Props Crew were: Gregory Katchko, Virginia Paris, and Pavithra Ponnolu. Costume Crew was: Josette Sapia, Lydia Eberle; and Nora Lange. Co-heads of Hair and Makeup were: Sophia Formissano and Hannah Stevens. Hair and Makeup Crew were: Julia Cornell Nathan Gennaro. Ushers were: Emily Dec, Maddie Leong. Erin Pinto, and Michael Wong. mScript and Cue Business Manager is Dianne Krutz. The Program includes this note of thanks: “A special thank you to: Megan Krutz for designing the cover art; and Rachel Krouk for making the program.”

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(above) The cast of WHRHS fall performance of “Almost, Maine”

Photo by WHRHS



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MARCH PROGRAMS AT SCLSNJ'S WATCHUNG LIBRARY BRANCH

Somerset County Library System New Jersey's (SCLSNJ) Watchung Branch, is located at 12 Stirling Road, Watchung, New Jersey. 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.
Please note the Library will be closed on February 17.

CHILDREN, TWEEN, AND TEEN PROGRAMS

Baby/Toddler Storytime - Tiny Tots
(ages birth - 3 years)
March 3, 10:30 - 11:00 a.m.
Family Storytime - Twilight Tales
(families with children)
March 4, 6:30 - 7:00 p.m.
Preschool Storytime - Miss June's Room (ages 3-5)
March 5, 4:00 - 4:30 p.m.
Teen Advisory Board (grades 6-12)
March 5, 7:00 - 8:00 p.m.
Bingo With Miss June (ages 4 and up)
March 6, 4:00 - 4:30 p.m.
Mini-Maker Art Space
March 9, 23; 9:30 a.m. - 9:00 p.m.
LEGO® Club (grades K-5)
March 10, 4:30 - 5:30 p.m.
STEAM - Cryptograms (grades K-5)
March 19, 4:30 - 5:15 p.m.

ADULT PROGRAMS

Mah Jong
March 2, 3, 9, 10, 16, 17, 23, 24, 30, 31
1:00 - 4:00 p.m.
Game Night
March 2, 9, 16, 23, 30; 6:30-8:30 p.m.
Watchung Writers Group
March 5, 12, 19, 26
10:30 a.m. - 12:30 p.m.
Canasta
March 5, 12, 19, 26; 1:00 - 4:00 p.m.
Special Needs Social Hour
March 11, 2:00 - 3:00 p.m.
Book Discussion -
"The Widows of Malabar Hill"
by Sujata Massey
March 12, 7:30 - 8:45 p.m.
Carrie Chapman Catt and
the League of Women Voters
March 30, 7:00 - 8:00 p.m.

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The Watchung Arts Center, located at 18 Stirling Road in Watchung on the Watchung Circle, is a multi-disciplinary arts facility serving Watchung, the surrounding communities and the Tri-State Area. To obtain more information about upcoming performances, classes and workshops, and monthly art exhibitions, please visit WatchungArts.org or call 908-753-0190.

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*(above) Rio Clemente will appear at the
Watchung Arts Center with his special guest
Master Pianist-Composer, Regan Ryzuk, in a
Four Hand Piano Duo on March 14 at 8 p.m.*

AUTISM NONPROFIT RECEIVES \$1 MILLION DONATION

Submitted by Deb DeFago Turso

Autism Think Tank can now expand their reach. After being recently given a \$1 million donation, the nonprofit launched new innovative programs on November 22, 2019. They want families who face medically complex autism that have nowhere to turn for help — no matter where they are, including rural and underserved areas — to present their cases to them. It's all done by videoconferencing with the family and local doctor, collaborating with five medical specialists throughout the country. No travel expenses or inconveniences, as many autistic children cannot travel.

The NJ-based nonprofit Think Tank is the only organization that focuses on medically complex autism. Think Tank was founded by Warren's Dr. Paul Abend, who was inspired by his son living

with medically complex autism. Think Tank not only helps individuals and their families, but also educates their physicians about commonly occurring complex medical conditions, so that knowledge can trickle down from the experts to the boots on the ground to reach more individuals that are affected with medical issues that co-occur with autism.

ASD profoundly affects the entire family. When families present their case to the Think Tank, they have the opportunity to get much-needed relief for the entire family. Did you know that families living with ASD have more health issues and that autism moms have stress hormone levels similar to that of combat soldiers?

ASD affects 1 in 35 New Jersey Children. According to the NJ Health Department Autism Registry, ASD affects 1,944 Union County

residents, 1,057 Somerset County residents, and 2,537 Middlesex County residents.

Autism Think Tank does not provide direct patient care. They provide Autism Think Tank medical experts. Families get a neurologist, gastroenterologist, psychiatrist, allergy immunologist and a neuropsychologist to consult with at the same time for one hour. And, all those doctors weigh in on what's going on and advise the family's doctor who is participating in the conference call on how to treat the individual. Because local physicians report a lack of proper education when it comes to complex medical ASD, they welcome the knowledge of experts and use it in their practice with other ASD cases they see.

For more information visit AutismThinkTankNJ.org.

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