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TRI-M MUSIC HONOR SOCIETY INDUCTION

Submitted by Denis Kelly

Thirty-eight student singers and/or instrumentalists were inducted as either Returning Members or Newly Inducted Members at this year's Tri-M Music Honor Society induction Ceremony, held in February at Watchung Hills Regional High School.

WHRHS Music Teacher DiIorio Bird welcomed all to the induction ceremony, saying: "The students you see here before you have been selected to be a part of this very

prestigious group based on their passion, dedication and devotion to our music department. As chapter advisor it is a sincere pleasure to work with such talented students. The rigorous audition and selection process was in no way easy. I am confident that this strong and highly selective group will do all they can this year to share their talents, not only for the Watchung Hills' student body but also for the community."



*(left, l-r)
Secretary
Maylin Zhu;
Treasurer
Miah Manning;
Historian
Madeleine Johnson;
Charos-Reilly,
DiIorio Bird;
Co-President
Christine Tanko;
Vice president
Matthew Schaeffer;
and Co-President
Katie Tan*

Photos by WHRHS



(above) Some 38 student singers and/or instrumentalists, who were inducted as either Returning Members or Newly Inducted Members at this year's Tri-M Music Honor Society induction Ceremony, show their enthusiasm for their selection, and their love of music.

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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
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in submitting
content can
email**

**editor@rennamedia.com
or call 908-418-5586**

MANAGING GRIEF AND LOSS DURING COVID-19

Submitted by Safe+Sound Somerset, Lauren Lia, Director of Clinical Services

We most often associate grief with death of a loved one. Unfortunately, they are a reality of this time and the coronavirus pandemic. Many are experiencing the pain of losing loved ones, even as the ways we typically comfort one another and gather when someone passes has changed.

There are many other losses to acknowledge during this time as well: Loss of celebrations and milestones like a wedding or prom. Loss of freedom and independence when we are used to being on the go. Loss of routine and financial security. Loss of human connection from the hugs of extended family or seeing co-workers in person. And these are all legitimate.

There's been a flood of emotions as this crisis has unfolded. Depending on the day (honestly the minute), we have waves of overwhelming feelings. With so much uncertainty, it's comforting to be able to label our experiences. This is truly a time of grief and loss for everyone.

The grieving process, first developed by Kubler Ross, has 5 stages.

1. Denial – Pretending like what's happening isn't real and pushing away our feelings.
2. Anger – In attempting to regain control of the situation, often directed at others or even ourselves. While grief does not cause abuse, this can make this time especially dangerous for those experiencing domestic abuse.
3. Bargaining – Trying to hold on to a sense of control such as bargaining with a higher power or rationalizing behaviors.
4. Sadness – Includes not only this emotion but lack of energy and pulling away from loved ones. Often more complicated if one struggles with depression.
5. Acceptance – Even though we wish circumstances are different we come to terms with the reality and move forward in a meaningful way. We may have to choose acceptance over and over and that's okay!

These stages aren't linear and we tend to move between these stages. Experiences of loss now commonly stir up past losses and trauma. Wounds that had healed frequently come back with renewed fervor.

WHAT CAN YOU DO?

Acknowledge the feelings.

Our feelings are important during this time. When we tell ourselves we shouldn't be upset about missing a holiday with family because others have it much worse, we block our process of healing. Keep a perspective of gratitude while still acknowledging how you feel.

PRACTICE HEALTHY COPING.

It may be tempting to fall into unhealthy patterns such as self-isolating, an extra glass of wine or letting our health slide. Doing things that are best for us often takes more energy initially but pays off for our emotional, physical, and spiritual wellness in the end. Choose or discover the coping skills that work for you.

GIVE OURSELVES AND OTHER SOME SELF-COMPASSION.

We may not be producing in our job at the same rate or be able to help our community the way we want. These are extraordinary times, so be gentle with yourself and give permission to be as you are. Even repeating these words to yourself can be powerful.

STAY IN THE PRESENT MOMENT.

There is uncertainty in what the future will bring. Take life moment by moment to stay grounded.

If you are struggling, reach out to Safe+Sound Somerset's call or text hotline at 866-685-1122. We are available to listen, offer support and provide referrals.

The NJ Mental Health hotline for COVID-19 is also available at 1-866-202-HELP (4357).

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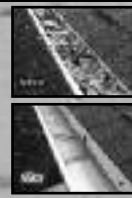
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VIRTUAL TREE LIGHTING CEREMONY IN RECOGNITION OF THE COVID19 PANDEMIC

Submitted by Lysandra Plotkin, President, Watchung Rescue Squad

Thirty years ago a handful of volunteers from the Watchung Rescue Squad started a fundraiser called the Tree of Lights, which began as a tribute and honor to Pearl Harbor Day. It has since evolved into a community wide celebration to honor members of the community and provide remembrance for loved ones who have passed.

Typically, on the first Saturday of December residents gather on the Village Green, chili in one hand and hot cocoa in the other, anxiously waiting for the countdown to begin. The switch is flicked and fireworks fill the cold air, but this time was different.

On April 15, 2020 approximately one month after a state of emergency was declared due to the coronavirus, a handful of volunteers from the Watchung Rescue Squad held a very unique Tree of Lights ceremony. Rescue Squad Captain Jeiner Betancourt and President Lysandra Plotkin, along with Watchung Mayor Keith Balla, stood before

an empty Village Green to honor frontline and essential workers and remember those lost to COVID-19.

Across the nation, people stand on their balconies and lean out of their windows to applaud health professionals during shift change. Parades of residents drive in their cars holding up signs, while first responder vehicles flash their lights around local hospitals as a way of saying "thank you."

With gratitude, perseverance and strength in mind, the Watchung Rescue Squad once again flipped the switch to illuminate the center of town as their unique way to show appreciation for those who go out and risk their health to keep others safe. And to the thousands of loved ones who have passed away from COVID-19. Members of the Rescue Squad have turned to familiarity in an effort to bring hope and relief to those who have supported them for decades.



(above, l-r) Rescue Squad President Lysandra Plotkin, Watchung Mayor Keith Balla, Watchung Captain Jeiner Betancourt. The Tree of Lights will be lit nightly as a symbol of honor and gratitude to those working to help end this pandemic and provide essential services to their communities and mourn and remember those we have lost. It will remain lit until Governor Murphy ends our State of Emergency. To watch a video of the dedication ceremony visit FaceBook WatchungEMS.

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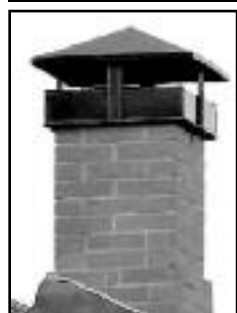


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NEW JERSEY YOUTH SYMPHONY ANNOUNCES VIRTUAL AUDITIONS VIA ZOOM FOR ITS 2020-21 SEASON

The New Jersey Youth Symphony (NJYS) announced that it will hold virtual auditions for the 2020-21 season from May 18–June 5 using the video conferencing platform Zoom. Audition registration for NJYS’ 15 ensembles including strings, winds, percussion, jazz, chamber music, and three full orchestras is available online now through May 10. Audition requirements and more information can be found at NJYS.org. Interested candidates with specific questions can also send an email to info@njys.org. The deadline for audition registration is Sunday, May 10, 2020.

Said Artistic Director and Principal Conductor Helen H. Cha-Pyo, “I believe looking to the future is important in this time of uncertainty, not only to maintain a sense of normalcy, but also because it is healthy for our young musicians to have goals to work towards.”

The New Jersey Youth Symphony (NJYS),

founded in 1979, is a tiered orchestral program offering ensemble education for students in grades 3-12 across New Jersey. NJYS has grown from one orchestra of 65 students to over 500 students in 15 different orchestras and ensembles, including the internationally recognized Youth Symphony. NJYS ensembles have performed in venues including the New Jersey Performing Arts Center, Carnegie Hall, and the John F. Kennedy Center for the Performing Arts. NJYS has received numerous prestigious awards for its adventurous programming from the American Society of Composers, Authors, and Publishers (ASCAP) and has had six European tours, including participation in the Summa Cum Laude International Youth Festival and Competition (Vienna), winning First Prizes in July 2014 and 2017.

Now in its 41st season, NJYS continues to achieve musical excellence through intensive instruction and high-level performance. Under

the guidance of a talented team of conductors, coaches, and teaching artists, students are immersed in challenging repertoire, learning the art of ensemble playing, and exploring their potential in a supportive and inclusive environment. NJYS remains committed to programming works by diverse composers and featured 20th century African-American and women composers such as Duke Ellington, George Walker, Yvonne Desportes, Emma Lou Diemer, Julia Perry, and Florence Price this season.

The New Jersey Youth Symphony is a program of the Wharton Institute for the Performing Arts. Wharton is New Jersey’s largest non-profit performing arts education organization serving over 1,500 students of all ages and abilities through a range of classes and ensembles. In addition to the New Jersey Youth Symphony, programs include the Paterson Music Project and Performing Arts School.



(above) Audition registration for New Jersey Youth Symphony’s 15 ensembles is available online now through May 10.

DON’T FALL FOR SCAM CALLS AND EMAILS IMPERSONATING IRS

The IRS is urging the public to be aware of suspicious individuals claiming to be from the IRS.

Thousands of people have lost millions of dollars and their personal information to tax scams. Scammers use the regular mail, telephone, or email to set up individuals, businesses, payroll, and tax professionals.

Scammers and cyberthieves continue to use the IRS as bait. The most common tax scams are phone calls and emails from thieves who pretend to be from the IRS. Scammers use the IRS name, logo, fake employee names and badge numbers to try to steal money and identities from taxpayers.

Taxpayers need to be wary of phone calls or automated messages from someone who claims to be from the IRS. Often, these criminals will say taxpayers owe money and demand payment right away. Other times, scammers will lie to taxpayers and say they’re due a refund. The thieves ask for bank account information over the phone. The IRS warns taxpayers not to fall for these scams.

Below are several tips that will help filers avoid becoming a scam victim.

IRS EMPLOYEES WILL NOT:

- Call demanding an immediate payment. The IRS won’t call taxpayers if they owe taxes without first sending a bill in the mail.
- Demand payment without allowing taxpayers to question or appeal the amount owed.
- Demand that taxpayers pay their taxes in a specific way, such as with a prepaid debit card.
- Ask for credit or debit card numbers over the phone.
- Threaten to contact local police or similar agencies to arrest taxpayers for non-payment of taxes.
- Threaten legal action, such as a lawsuit.

If taxpayers don’t owe or don’t think they owe any tax, and they receive an inquiry like this, they should:

- Contact the Treasury Inspector General for Tax Administration. Use TIGTA’s “IRS Impersonation Scam Reporting” web page to report the incident.

- Report the incident to the Federal Trade Commission. Use the “FTC Complaint Assistant” on FTC.gov. Add “IRS Telephone Scam” to the comments of your report.

In most cases, an IRS phishing scam is an unsolicited, fake email that claims to come from the IRS. Some emails link to sham websites that look real. The scammers’ goal is to lure victims to give up their personal and financial information. If the thieves get what they’re after, they use it to steal a victim’s money and identity.

For those taxpayers who get a phishing email, the IRS offers this advice:

- Don’t reply to the message.
- Don’t give out your personal or financial information.
- Forward the email to phishing@irs.gov. Then delete it.
- Don’t open any attachments or click on any links. They may have malicious code that will infect your computer.

For more information visit www.irs.gov or call your local police department non-emergency number.

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KATYA STEC LAUNCHES ALL AGES OF GEEK

Geek culture knows no bounds. It crosses every social barrier and unites an eclectic group of people who share specific interests. The label, which usually is thrust upon a person, is now worn with pride. Geeks who historically existed at the fringes of the pop culture are now main stream. Their ranks are filled with regular folks. And the nerds of the baby boomer generation have joined the ranks.

The internet has given rise to a secret society. The image of a nerd playing video games in his parents' basement has been shattered. Geeks are among the masses, living, working, and playing next to regular folk. All Ages of Geek is a multimedia production company that speaks to them.

Katya Stec is a self-proclaimed geek from Clark, New Jersey who formed All Ages of Geek in 2019, with the core focus of producing content in tandem with the geek culture. She has been creating videos for eight years and has over 700 episodes posted on her website and on YouTube. She now has over 100,000 subscribers clocking over 20 million views!

Katya, who is a talented voice over artist and writer, is a product of home schooling where she was able to cultivate her interests. Now, at 26 years old, she has a career, doing what she loves.

Throughout 2020 All Ages of Geek will be traveling to several geek culture events, conventions, and expos. They aim at making some of the best high-quality content. At the same time, mass awareness and promotion campaigns would be in swing to set the base for their big launch in January 2021.

Katya has built a team of talented, creative fans who work together in producing podcasts and shows. All Ages of Geek has an article section on their website titled "This Just In." Their writers, who are from all parts of the world, submit weekly articles covering geek

culture events, topics and all forms of creativity.

Currently, they are also producing several video series and podcasts. The company is hopeful of churning out some of the best content and gathering a good base of loyal fans that would engage with the whole community and keep sharing their content to help them amass even more views, exposure, and popularity.

Katya says "Geek culture is what brings the world together. Despite our differences in race, religion, sexuality, and background. One thing is certain about geek culture, it unites us. All Ages of Geek's mission isn't just to entertain; it's to unite the geeks of all ages as part of an interactive community."

The company has a strong interactive community on YouTube and Twitch. The sense of community is both important and powerful and it does wonders when it comes to promoting the firm in the long run.

Their content spans different genres and caters to kids and adults alike. No doubt, if their vision manages to take the due shape, they are likely to become a massive hit among people, especially anime, video games and Dungeons and Dragons fans alike who would finally feel like they too truly belong.

All Ages of Geek has plenty of free content but viewers can access a lot more features by becoming paid members on Patreon or Twitch. They have over 300 members to date with a goal of 1,000 by 2021. They offer advertising opportunities, and their production team can produce original content for businesses and organizations.

To learn more about All Ages of Geek visit: allagesofgeek.com/

Email-id: pr@allagesofgeek.com

Website: <https://allagesofgeek.com>

CALLING ALL GEEKS, NERDS, AND GAWKERS

Renna Media is putting a call out to the Geeks among us to appear on their podcast Mind Your Own Local Business. The show will showcase local businesses and people who are starting or growing a business, especially those in creative fields or doing something they have a passion for. Owner, Joe Renna, started his business in 1984 as a graphic designer that grew his studio into a marketing and advertising company. Now, along with his wife Tina, publishes 21 community monthly newspapers mailing out 135,000 to every home and business.

Joe says "I started my business right out of college and thought I would get a job if it didn't work out. It's been thirty five years and I never looked back. I thank all those who mentored me along the way, experienced business owners who were generous with their time and taught me best practices in running a business and the pitfalls to look out for."

As a way of paying it forward, Joe offers business and advertising advice to local business. This service is the focus of a new YouTube show. Joe Renna's Hyper Local Network is the YouTube Channel of Renna Media. Mind Your Own Local Business is the prime show. Its first episode will feature Katya Stec of Clark, New Jersey who launched her production company All Ages of Geek. Katya has teamed up with Renna Media made her platform, with over 100,000 subscribers, available to Renna Media advertisers and organizations.

Renna Media is recruiting businesses to participate. If you're a Geek or just Geek curious, a variety of advertising opportunities exist, from product placement to fully customized shows. All online advertisers will also be featured in the Mind Your Own Local Business column in 135,000 newspapers!

To learn more call Joe Renna at 908-447-1295 or email him at joerenna@rennamedia.com.



(above) Katya Stec on set in her home studio in Clark, New Jersey, where she produces shows for her All Ages of Geek broadcasts. Photo by Tatiana Szewczuk.

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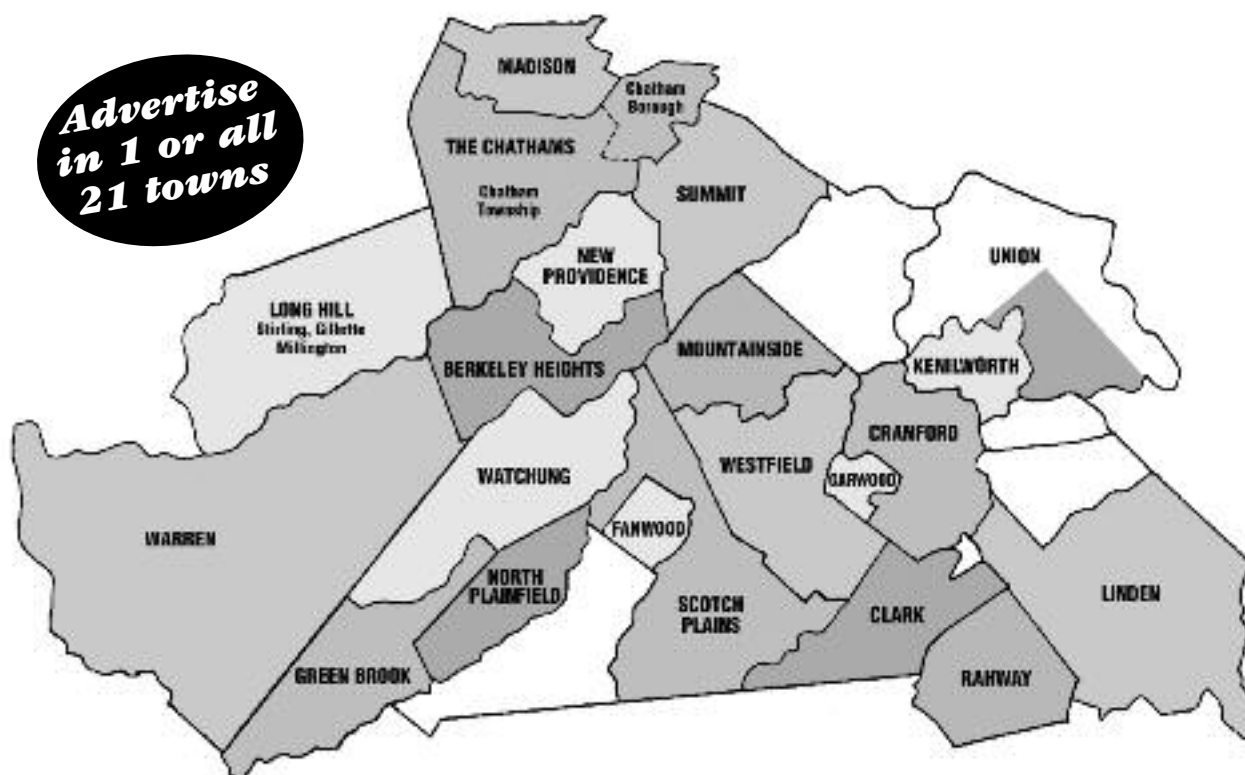
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12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000
2 PAGE SPREAD	21" x 14"	\$700							
BACK PAGE	10" x 14"	\$500							
FRONT PAGE BANNER	8.25" x 2"	\$320							
FRONT PAGE BOX	1.5" x 4.5"	\$240							

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LATEST "MIND YOUR OWN LOCAL BUSINESS" SHOWS

on Joe Renna's Hyper Local Network on YouTube



See how businesses and organizations are getting by during the COVID-19 crisis on Joe Renna's Hyper Local Network on YouTube.

RENNA MEDIA COLLABORATES WITH ALL AGES OF GEEK

Katya Stec reached out to Joe Renna of Renna Media when she was a teen exploring opportunities to express her creativity in his newspapers. Renna Media publishes twenty-one community newspapers and has an active web presence and social media network. Through the years, Katya has developed her own online media production platform and made her service available to Renna Media's readership and advertisers.

Renna Media has been in business since 1984. The focus of its publications is to promote community service organizations to a hyper-local market. Joe and his wife Tina deliver marketing, advertising and publishing services to local businesses and organizations, in-print and on line. They have joined forces with NJlocalinfo.com to offer website, SEO and social media services. By collaborating with All Ages of Geek they are able to offer video production and hosting.

Joe admits he has Geeky tendencies and shared "I have many Geeks among the folks I deal with on a day to day basis. The Geek culture is prevalent and is revealed when you get to know colleagues on a personal level. It would be fun to showcase businesses and people in my newspaper and in video. It is a great marketing tool and an ice breaker to connect businesses to like-minded customers."

Renna Media and All Ages of Geek has developed a simple inexpensive menu of production services for businesses to make a foray into online marketing. The all inclusive packages are:

- Product placement \$250
- 30 second commercial \$500
- 3 minute spot \$1,000
- 30 minute show \$1,500
- 3 hour shoot - \$2,000

All videos will also be blasted through the extensive social media network and the business will be featured in the newspapers, driving readers to the websites. The approach follows the model of Renna Media's newspapers: Delivering hometown community service news to a hyper-local audience, at affordable rates.

Businesses or organizations who would like more information or help with their marketing plans can call Joe Renna at 908-447-1295.

Email joerenna@rennamedia.com

Visit: RennaMedia.com

NJlocalinfo.com

AllAgesofGeek.com

or find and like us on FaceBook.com

RENNA MEDIA .COM Stay Strong...Stay Healthy A Little Help for Businesses Going Through a Tough Time.

PLACE AN AD FOR FREE ON NJLOCALINFO.COM



Businesses are suffering substantial economic injury as a result of the Coronavirus crisis. Many have to change the way they do business. This is an open invite to post a FREE ad or press release on NJLOCALINFO.COM.

This is an easy, DO-IT-YOURSELF website.

Register one time for free in three easy steps. and post your ads.

1) Hit like to "Create Account" in nav bar in NJLOCALINFO.COM

2) Enter a "User Name" (one word) and Email address

3) Create password as per instructions

Use "Post an Ad" link and use the user interface to create an ad page.

Follow four steps to upload text and images.

Use discount code "RELIEF" at checkout for zero charge.

Classified ad options include:

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- Sharable web page
- Add Google Maps link
- Each ad includes a unique email address keeping your address private

Live Tracking!

Each ad has a live view counter showing daily and total visits.



INCREASED VISIBILITY.

We help people find your ad by cross-posting to several social media sites and by indexing in search engines. facebook.com/NJLocalinfo • facebook.com/RennaMedia

WEBSITE / SEO SERVICES

- **Website Audit/Analysis and recommendation plan: \$250**
- **Website creation/update: \$2,400 (Cost for average website: 12 pages, contact form, SEO friendly, responsive design)**
- **Website Hosting: \$300 per year**
Includes website hosting, software updates, monthly website content updates
- **SEO Services - average cost \$1,000 - \$2,000 per month**
Custom tailored solutions: Google Ranking, Local SEO, Social Marketing
- **Blast your online ad or press release to a targeted market \$100**
- **National Press Release Distribution to 300 to 500 news outlets.**
Budget choice from \$300 to \$500.

CONTACT JOE FOR DETAILS 908-447-1295

joerenna@rennamedia.com

Visit RennaMedia.com or NJLocalInfo.com

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