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**IGHTS, NJ 07922** 

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# **PEN PAL PROJECT CONTINUES AT HUGHES SCHOOL**

#### **Berkeley Heights Public Schools**

Twenty-one years ago, the 'Pen Pal Project' began at William Woodruff School thanks, in part, to a grant from the Berkeley Heights Education Foundation. This year, the beloved tradition took root at a new home and continued with students and staff at Thomas P. Hughes School. Every year, each fourth grade student at the school writes pen pal letters to a fourth grader at Evergreen School in Plainfield, NJ. Along with the letter, the student selects and sends a paperback book for their pen pal. The students from each school typically correspond a few times throughout the year and love writing and receiving letters and learning about their new friends.

"I have been involved in the pen pal project for the past 21 years and it is such a wonderful way to engage the students in, what is now, a less common way of connecting with their peers. Letter writing is an excellent way to build communication skills to get to know people,, and above all make new friends," said Fourth Grade teacher Kim Delatour. She added, "The program started with the goal of wanting our students to have the opportunity to communicate with a fourth grader from a very different type of community than their own. It seems the biggest lesson the students have learned over the years is that we are all a lot more alike than different, even if our cultures and communities are so diverse."

As the program continued over the years those involved thought it would be nice for the pen pals to meet one another. For quite a few years, the schools would alternate and visit one another for a morning together. Unfortunately due to the global pandemic, this element of the program has not been possible recently but will hopefully be back in the future.

According to Thomas P. Hughes Principal Mrs. Jessica Nardi, "When we were looking at which signature Woodruff traditions we could bring with the students to Hughes, the fourth grade pen pal program was at the top of the list. It is such a unique and wonderful opportunity for our students and they love every aspect of the program - from writing their letters, to picking and packaging the books. I am grateful to Mrs. Delatour for continuing this project at Hughes and look forward to it continuing for many years to come."







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### Berkeley Heights community news NJ

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# **FIRST EDITION OF 'THE ART ARCHIVES'**

Governor Livingston High School

Earlier this year the Governor Livingston National Art Honor Society (NAHS) established a new school-wide publication, The Art Archives.

NAHS members Abby Ha and Alice Stern, both sophomores, spearheaded the idea and students were very receptive. NAHS members decided that they wanted to include as many creative GLHS individuals as possible with the goal of the magazine to spotlight the creative individuals that make up GL's school community across various artistic disciplines.

There was a "call for art" earlier during the school year. Accepted submissions came in the form of drawings, paintings, prints, sculpture and fabrication works, photography, graphic design, fashion & textiles, mixed media pieces, poems, and short written compositions. In addition to the artwork submitted, the magazine includes articles about the activities that the National Art Honor Society has participated in throughout the year including fundraisers, community engagement, social events and more.

According to Michelle Harpster, GLHS Art Teacher and NAHS Advisor, "When Alice and Abby approached me about their idea for a NAHS art and literature themed magazine I thought it was a great opportunity for our students. From my own artistic viewpoint there is no greater pride for an artist than to see their work in print or displayed for the public to see. It was my hope that both the students who consider themselves as artists and those who often go unnoticed with talents or doubt themselves see that their work was and is worthy of recognition. I look forward to continuing this new tradition in the future."

The interest and the amount of submissions for the inaugural issue of The Art Archives was overwhelming and the GLHS NAHS hopes to continue this new tradition in years to come.





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# **MAKAYLA CURTIS - STUDENT OF THE MONTH**

#### Berkeley Heights Public Schools

In an effort to showcase our students in BHPS who have excelled either in academics, leadership, community, or have shown excellent growth in any of those areas, the district is hosting a "Superintendent's Student of the Month". For May, we honor senior Makavla Curtis.

Makayla has been involved in a variety of activities during her time at GLHS. She told us that one of her greatest accomplishments has been the work that she has done as a member of the DEI Task Force because it will make BHPS a better place for all children. Makayla is also the President of GL Unfiltered, a club focused on encouraging students to embrace their differences and advocate for their peers. As a stage manager and backstage manager for the Hilltop Players, Makayla says one of her best memories was the closing of the Lightning Thief when she got to sit

### JANET LEICHT, DPM

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908-381-8160 janetleichtdpm.com 369 Springfield Avenue Berkeley Heights, NJ 07922 back and watch all the hard work that went into of the American Sign Language (ASL) Club and the production come to fruition.

Makayla is a cheerleader at GLHS and also volunteers with the Berkeley Heights Police Athletic League (PAL) Cheerleading program as a coach. She is also President of the Choir, a Student Council Representative, and a member Freshman Leadership Team, among other activities.

Makayla will be attending High Point University in the Fall. Congratulations Makayla and best of luck. Thank you for all you have brought to GLHS.



(above, 1-r) Superintendent Dr. Melissa Varley, Makayla Curtis, and GLHS Principal Rob Nixon.

Photo by BHPS

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# Attention Men & Women Over 40 Not Working Out Right Now HOW TO LOSE EVERY POUND GAINED DURING COVID IN 30 DAYS....GUARANTEED

# Covid 19 brought an average weight gain of 29 pounds ...but not for these 4 local residents

### "MY ACHES AND PAINS HAVE MOSTLY GONE AWAY, AND I DEFINITELY HAVE MORE ENERGY"



David: The pandemic negatively impacted how dedicated I was to working out and the type of food I ate. When I joined the challenge I increased my workout routine to at least 5 days per week. Now I feel great. My aches and pains have mostly gone away and I definitely have more energy during the work day.

### "I STARTED TO FEEL IMPROVEMENT AS QUICKLY AS 1-2 WEEKS INTO JOINING"



Tom: Before joining GFP I never really maintained consistent strength training. At GFP it's easy to build momentum, and I started to feel improvement as quickly as 1-2 weeks into joining. The challenge showed me how rapidly progress can occur if you pair nutrition guidance with regular workouts. More importantly it helped me build lasting habits that have made me consistently healthier.

### "GFP HAS GIVEN ME MY CONFIDENCE BACK. I FEEL GOOD IN MY BODY AGAIN"



Kristy: Before GFP I had never been to the gym before, but the trainers helped me learn how to work out effectively. I started working out six days a week, and I really saw results. Those results kept me motivated to continue coming back. GFP has given me my confidence back. I feel good in my body again.

### "MY RESULTS INSPIRED ME TO KEEP GOING"



Cathy: My fitness routine had gone off track, and some of my old injuries had started to bother me. I missed working out regularly, but I was lacking direction and the right motivation to get restarted. The trainers helped me get back on track with both my fitness and nutrition. I soon started to see results, which inspired me to keep it going.

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# HEIGHTS HEAT 12U WINS SPRING PARKWAY LEAGUE CHAMPIONSHIP

Submitted by Carolyn Sayre

The Heights Heat 12U softball team lived up to their team's name on Sunday, May 22. The team battled through a double-header in 90-plus degree weather in South Plainfield to take home the 12U Spring Parkway League title.

After receiving a bye in the first round of the playoff, the Heat 12U went straight to the semifinals. They started their afternoon by defeating Summit in a pitcher's duel by a score of 3-1. The Heat clawed their runs out through aggressive base running and a strong approach at the plate.

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High Quality Ice Cream · Made on Site · CUSTOM MADE CAKES \$1.00 OFF ANY SALE OF \$10 With this coupon. Expires 7/31/22. BEF In the bottom of the first inning, Leah Dasti stole home to tie the game at one. Then, Emily Sorge walked with the bases loaded in the second inning to give the Heat a lead they would not relinquish. On the rubber, the team's ace Aly Sayre allowed no hits over her five innings pitched, striking out 16 and walking just one in the game.

The Heat then jumped out to a big lead in the finals against the Brooklyn Angels by sending 11 batters up to the plate and scoring six runs in the top of the first inning. Hits by Dasti, Nora Ramos, Sayre, Lucia Xhelo and Sydney Naim all drove in runs. Allie Nelson also roped a double to the outfield to extend the lead. The score remained 6-0 until the top of the fifth inning when Jane Geddis sailed a fly ball into the outfield for a double, scoring Sorge, who had reached on a bunt single to start the inning.

It was all the offense the girls would need, as Sayre threw her second no-hitter of the day, keeping the Brooklyn batters at bay with 18 strikeouts over her seven-inning complete game shutout. And when they did put the ball into play, the Heat defense shined. Sayre and Nelson both had running catches to snag pop-ups, but the play of game belonged to Dasti in center field, who tracked down a hard-hit line drive to send the Berkeley Heights faithful into a frenzy during the bottom of the third inning. Ramos was a rock behind the plate the whole afternoon, catching all but one inning in the final and working seamlessly with Sayre to tie up opposing hitters.

The team featured Catarina Araujo, Samantha Chew, Leah Dasti, Victoria Dyachenko, Ava Garcia, Amanda Geddis, Jane Geddis, Sydney Naim, Allison Nelson, Alexa Pradhan, Nora Ramos, Aly Sayre, Leah Shehady, Emily Sorge and Lucia Xhelo. The team was led by coaches Dina Xhelo, Bret Sayre, Chris Geddis and Ed Sorge. Congrats to the 12U spring champions, the Heights Heat!



(above) The Heights Heat 12U Softball Team

Courtesy Photo





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# **GRANT FUNDING FOR SAFE ROUTES TO SCHOOL**

The Township of Berkeley Heights recently announced that it has been awarded a \$517,000 grant award from the State of New Jersey's Department of Transportation Safe Routes to School Program.

The grant award will help pay for the "Walking is Fun" project, which will create safe walking routes along Snyder Avenue from Woodruff Elementary School to Hughes Elementary School. Specifically, the money will be used to construct sidewalks along the South side of the intersection of Locust Avenue and Snyder Avenue, up to Hughes school and to repair and replace the walking path behind Hughes School to Old Cannon Road. Once completed, this new sidewalk and path network will provide a safe and complete sidewalk network from not only Hughes School to the YMCA on Locust Avenue, but will help connect Hughes students to the neighborhood beyond Locust, in what is known as "the Woodruff School area." With the recent school redistricting, more students from this area are now walking from home to Hughes, and need a safe way to get there. The sidewalk will also allow more students to walk safely to the nearby YMCA and Snyder Park for programming.

## COMBAT-WOUNDED VETERAN PARKING NOW AVAILABLE AT TOWN HALL

Township of Berkeley Heights

Combat-wounded veterans and Purple Heart recipients now have two premium parking spots available to them at the Berkeley Heights Municipal Complex. The parking spots are located near the front entrance of the building, which not only houses the Township municipal offices, but also the Recreation Department, Police Department, Berkeley Heights Public Library, Senior Club meetings and senior citizen programming.

In April 2022, the Township Council approved an ordinance creating the two parking spaces at the Berkeley Heights Municipal Building.

Combat-wounded and/or Purple Heart recipients can get permits from the Township Clerk's office to put in their front windshield,

designating them as eligible for the parking spot and permit. Any person parking in these restricted spaces without that special vehicle identification, or other proof of Combat Wounded/Purple Heart veteran status shall be liable for a \$253 fine for the first offense and at least \$253 and up to 90 days of community service. Documents are required by the Township Clerk to establish that the individual is a Combat Wounded Veteran and/or has been awarded the Purple Heart. In addition, any applicant must have been honorably discharged from the United States Military. The Township Clerk's Office shall have up to seven (7) days to review and determine if the applicant qualifies as a Combat Wounded Veteran/Purple Heart Designee.



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Selling Real Estate Urban to Suburban and Back!

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Julia DeMilio DOG WALKER & PET SITTER

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# **AAPI POSTER AND ESSAY CONTEST**

**Berkley Heights Public Schools** 

Recently, BHPS was proud to support the Berkeley Heights Diversity Council as they continue to create partnerships with neighboring districts and as they prepared to celebrate Asian American Pacific Islander Heritage Month (AAPI) on Saturday, May 21, 2022.

The planning committee organized a poster and an essay contest based on this year's theme, "Advancing Leaders through Collaboration."

The BH AAPI Poster and Essay Contest was open to all students who reside in Berkeley Heights regardless of attending our district's schools. The winners are:

**Iris Jen** - Kindergartner at MKM - her adorable artwork featured a character called "Cuddles the Fluffy Panda"

**Simona D'Souza** - 2nd grader at MKM - her artwork highlighted the Korean side of her biracial identity and is titled "Rahee" - her Korean namesake

**Leo Fontes** - 2nd grader at MKM - his poster included the message "Stop Asian Hate"

**Leo Meehan** - 2nd grader at Woodruff - his poster featured the flags of many Asian countries uniting against hate

**Rittika Sanghvi** - 3rd grader at Hughes - her festive "Indian Dance Party" features a unique form of Indian folk art from the Warli Tribe

**Abigail Meehan** - 9th grader at UCVTS made an ethereal pinging called "Pagoda Dreams"

**Abigail Ha** - 10th grader at GL made a beautiful scenic painting called "Cherry Blossom Season"

Also recognized were two 2nd graders (Leo Meehan - 2nd grade at Woodruff and Lucas Jen -2nd grade at MKM) for taking the time to write about what it means to be Asian American in Berkeley Heights at the first ever celebration of AAPI Heritage Month a few weeks ago at Town Hall.

Congratulations to all the winners!





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# **KINDNESS ABOUNDS ALL OVER TOWN**

#### Silver Liming Foundation

Silver Liming Foundation's Kindness Team has been busy continuing their mission of spreading kindness.

Maggie Berry, the school nurse at Mary Kay McMillin Early Childhood Center organizing this year's wheel-a-thon, invited the Silver Liming representatives to speak at the event. The students were riding bikes at school to bring attention to spreading kindness in the community. Ryan Tarabokia, Matt Puia, and Julie Lloyd joined the event and spoke to the students about the importance of kindness and shared ways they have helped. One example was that the Silver Liming Teens planted a garden and used the produce to feed the hungry. Students at MKMECC decorated hand-made cards that will be shared with local veterans, homebound, and friends of Silver Liming in need of a smile. Ryan Tarabokia said, "I love sharing what we do because it is important to

keep kindness on everyone's mind."

L'Oreal USA, headquartered in Clark, NJ, invited Silver Liming to partner with them on their company's Give Back Volunteer Day held on June 2, 2022. Silver Liming's kindness team joined L'Oreal volunteers to design artwork and write notes that will bring smiles to the faces of the recipients. Meredith Timmermann organized the partnership and Laurie Liming attended the event. The L'Oreal employees showed so much compassion for the cause. Stories, laughter and kindness were shared around the table as the work was accomplished, and as of June 6, 2022 the first round of notes had been received.

There are plenty of ways to spread kindness, and one of them is by keeping our earth clean. Silver Liming members joined BH Walks, an initiative of the Downtown Beautification Committee, as community members walked Springfield Avenue picking up litter. The seasoned walkers came prepared with gloves, garbage bags, and 'litter picker upper' tools. Students from a variety of schools enjoyed time with their parents while serving the community with kindness. The 'Clean Streets, Happy Feet' motto reminds us that we all have a role to play in keeping Berkeley Heights beautiful.

Finally, the foundation continues to grow kindness at the Community Learning Garden in Berkeley Heights. The team planted seeds, and are already harvesting kale and peppers. The potatoes, cucumbers, beets and tomatoes are well on their way to ripening. All food grown will be donated, and used to feed the hungry in our community.

For more information on how you can participate in Silver Liming, visit our website at silverliming.org, email us at SilverLiming@gmail.com or follow us on Facebook @SilverLiming.





(above) Silver Liming Kindness Team joined the BH Downtown Beautification Committee to clean the streets in Berkeley Heights.

(above) Community Garden Volunteers spent the a morning weeding and mulching the garden.

Courtesy photos

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(above) Harrison Lloyd and Matt Puia weeded behind plots 26 and 27.



(above) Pavni strolls Springfield Avenue while making the streets litter free.

### **NATIONAL DOG BITE AWARENESS CAMPAIGN**

#### U.S. Postal Service

More than 5,400 postal employees were attacked by dogs in the United States in 2021. In New Jersey, there were 137 dog bites in 2020 which declined to fewer than 123 in 2021, knocking the state out of the top ten for incidents.

From nips and bites to vicious attacks, aggressive dog behavior poses a serious threat to postal employees and the public. To highlight the enormity of this serious issue, the U.S. Postal Service is providing information on the do's and don'ts of responsible dog ownership as part of its annual National Dog Bite Awareness Week public service campaign.

"Every year, thousands of postal employees are attacked by dogs as they deliver America's mail. And while it's a dog's natural instinct to



protect their family and home, we ask all keep dogs: customers to act responsibly by taking safety precautions with their dogs while the mail is being delivered," said USPS Employee Safety and Health Awareness Manager Leeann Theriault. "When a carrier comes to the residence, keep the dog inside the house and away from the door - or behind a fence on a leash — to avoid an attack."

#### **BEING A RESPONSIBLE PET OWNER**

Dog owners with friendly dogs often expect a friendly reaction from other dogs. However, even friendly dogs will bite, depending on the circumstance. Dogs are primarily territorial in nature and protective of their owners and their owners' property. Defending its territory sometimes means attacking — and possibly biting — the letter carrier. Dog owners are responsible for controlling their dogs. The best way to keep everyone safe from dog bites is to recognize and promote responsible pet ownership.

Most people know the approximate time their letter carrier arrives every day. Securing your dog before the carrier approaches your property will minimize any dog-carrier interactions.

When a letter carrier comes to your home,

- Inside the house or behind a fence; Away from the door or in another room; or On a leash.
- Pet owners also should remind their children not to take mail directly from a letter carrier as the dog may view the carrier as a threat.
- Informed Delivery is a useful tool for dogowning customers. It's a free service that gives customers a digital preview of the mail and packages that are scheduled to be delivered so that they can take precautions and secure their dog when parcels are delivered to the door. Sign up at
- informeddelivery.usps.com.

"The Postal Service takes the safety of our employees as seriously as we take our commitment to delivering America's mail. Each year, nearly 6,000 employees are attacked by dogs while on their routes," said USPS Occupational Safety and Health Senior Director Linda DeCarlo. "Please deliver for us by being responsible pet owners and make sure your dogs are secured when our carrier comes to your mailbox."

Last year, many attacks reported by letter carriers came from dogs whose owners regularly stated, "My dog won't bite." Dog bites are entirely preventable. One bite is one too many.



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# **SENIOR PROGRAMS**

The Recreation Department continues to offer a variety of programming for seniors including exercise and everyone's favorite - BINGO!

Exercise classes are held at the Municipal Complex in the Multi Purpose Room on the Lower Level.

Please email recreation@bhtwp.com, or call 908-464-0550 ext 1, to receive updates directly from the Recreation Department. They will add you to their email list.

Berkeley Heights Recreation

MONDAY'S Bingo

10:00 am, Townhall **Stretch/chair YOGA** 11:15 am Townhall

### WEDNESDAY'S Exercise

10:00 am, Townhall Stretch/chair YOGA 11:15am, Townhall

# FRIDAY'S

Exercise 10:00am, Townhall LaReggie Restaurant/show, Island in the Stream

July 12th Dolly Parton & Kenny Rogers. For more info contact Shirley Lakatos 908- 723-7482.

# TRIP TO AC – JULY 18

The Berkeley Heights Seniors are sponsoring a trip to Resorts Casino in Atlantic City on Monday, July 18. We will leave from the Berkeley Heights Town Hall at 29 Park Avenue at 8:30 a.m. and return at approximately 7:15 p.m. The cost is \$35.00 which includes bus transportation and a \$20 voucher for slot play. For further information or reservations, call Ramona at 908-647-3295.



### **GARDEN HELPLINE REOPENS** Gardening questions? Need insects identified? Rutgers Cooperative Extension of Union County can help.

After being closed for the past two years due to the Covid pandemic the Helpline is now open to help solve your questions and problems.

Even landscape professionals occasionally need assistance identifying problems. Diseases of trees and shrubs or insects need to be properly diagnosed before they can be cured or controlled.

Rutgers Garden Helpline is staffed by trained volunteers to assist the citizens of their county with continuing educational opportunities supplied by Rutgers agricultural department during the year.

Rutgers Garden Helpline of Union County is located at 300 North Ave East, Westfield, NJ, (Colleen Fraser Building, 2nd floor).

For questions and office hours call the Garden Helpline at 908-654-9852

There are three ways you can reach the garden helpline with your questions.

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# **HIGHLANDER BOOSTER CLUB SCHOLARSHIPS**

Submitted by Jimmy Ruban

Governor Livingston's Highlander Booster Club held its Annual Senior Varsity Banquet at the Primavera Regency in Stirling, NJ on Wednesday, June 1, 2022. This annual gathering celebrates the accomplishments of all Senior Varsity Highlanders. Scholarships are presented and a raffle of fun college dorm items is held.

This year's event also highlighted John Haddad, a special individual in the Highlander Family. John dedicates so much of his time photographing the Governor Livingston Highlanders. His time, energy and amazing photos are so very appreciated by all!

If you are interested in becoming a member, or would like to be more active in the Highlander Booster Club, contact President Jeanie Ruban at J.Ruban@verizon.net.

Courtesy photos



(above) The 2022 Michael Suchena Scholarship was awarded to Gianna Ciccimarra and Kyle Savino - \$750 per student athlete.



(above) The following students were awarded the 2022 Highlander Booster Club Scholarship (\$500 per student athlete): Brooke Gyory, Reagan Hopeck, Julia Byrne, Lauren Kiesewetter, Holliday Woodard, Daniel Bass, Nick Gold, Brice Facey, James Ruban, and Connor Tracy.







(above) Athletic Director Ann Clifton, Julia Zuzovsky and Coach Chris Eckert. Julia Zuzovsky was awarded the 2022 Andrew Quek Memorial Scholarship - \$500.

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# **HELEN YIRAN LIU AWARDED AAUW SCHOLARSHIP**

#### Summit College Club

Helen Yiran Liu, of Berkeley Heights, won SCC's Mary K. Tennant Scholarship. At Governor Livingston High School, Helen was a founder and co-president of the Understanding Asia Club and a member of the Diversity Committee. She tutored in English and Math and started a summer reading program for children with novels by Asian authors. She is a skilled rock climber. Helen, who spent a summer working with a geneticist at Case Western, will attend the University of California Los Angeles (UCLA) and hopes to do graduate work in biology or medicine.

Club (SCC), a branch of the American Association of University Women (AAUW), held Scholarship Reception to award their scholarships to local high school seniors. Proud parents, families, and members of Summit College Club gathered to celebrate the six honorees. Each young woman received \$4,500.

President Lynne Rogerson commented: "During the last two years SCC continued to award scholarships, just as we had for more than one hundred years of our history, but the covid pandemic made a difference. We were not able to hold our annual Book Sale, which helps fund the



(above, l-r) Top row: Tiffany Lan, Short Hills; Lara Cota, Summit; Olivia Lawlor, Summit. Front row: Helen Yiran Liu, Berkeley Heights; Christina (Crystal) Jong, Summit; Zaina Qureshi, Chatham. Courtesy photo

On Sunday, June 5, 2022, Summit College scholarships, until this year; nor we were able to come together in an awards ceremony to meet and greet the winners. So we're happy to be back. We're happy to be together with the honorees and their families."

> The first speaker was due to be Sydney Villegas, a 2020 scholarship recipient. The Club had sponsored Sydney's participation in AAUW's National Conference for College Women Student Leaders. Unfortunately, Sydney herself was quarantined, but she sent in her speech, which praised the conference and how much she had learned from it.

> Then Anna Torell, a 2021 scholarship recipient, spoke about her first year at college. Anna, who is a world-class synchronized skater and an impressive artist in ceramics, spoke of the rich array of clubs, classes, and activities that she participated in at the University of Michigan.

> Then the 2022 awards were announced. For each award, a member of the SCC Scholarship Committee spoke briefly about the winner and then presented her with a check, a certificate, and flowers. The committee had spent many hours soliciting applications, reading them, comparing responses, and interviewing the likeliest candidates. Several members said how difficult it was to select the winners, so accomplished and unique were this year's applicants.

> Speaking to the group, Marilynn MacLean of the scholarship committee noted that Summit College Club had distributed more than a million dollars in scholarships over its 100-year history; and that the national organization, AAUW, had awarded more than six million dollars in a rich variety of programs in 2021.

> As a branch of the American Association of University Women, the Summit College Club strives to advance equity for women and girls, delivering local programs that support education, empowerment, and connection. New members are welcome. For information, go to summitcollegeclub.org.



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