

# Watchung Post

Watchung's Hometown Newspaper

NJ

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ISSUE 132 • NOVEMBER 2023

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The Watchung Recreation Commission hosted the annual Gerald M. Mobus Fishing Derby on Sunday, October 1st, 2023. The Derby ran from 9:00 a.m. to 12:00 p.m. at

Watchung Lake. Children of all ages were able to compete in this fun family event to see who could catch the largest fish of the day, with prizes being awarded by category.



Photos from this and other events can be found online at [rennamedia.com](http://rennamedia.com) and on the Watchung Post page on [facebook.com](https://www.facebook.com) Feel free to "Like," "Tag," and "Share."

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### Ashley's Watchung Market Update

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Average  
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4

# of  
sales

15

Average Days  
on Market

8

# of houses on  
the market

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# Watchung Post

Renna Media LLC, Publishers  
202 Walnut Ave., Cranford, NJ 07016

Watchung Post is published by Renna Media. 2,700 newspapers are printed monthly and mailed to every business and resident in Watchung, NJ. 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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## 33RD ANNUAL TREE OF LIGHTS EVENT - DEC 2ND Dedicated to Heroes of Watchung Little League

On December 2nd, 2023, at 5:30 p.m., the Watchung Rescue Squad will be holding the 33rd Annual Tree of Lights celebration. This year's event is dedicated to the "Heroes of the Watchung Little League".

Individuals being honored include Ms. Alice Olejar, who, in 1975, worked tirelessly to revive the declining Watchung Little League by raising funds to redo the Borough's baseball field and make uniforms for players. Mr. Eric Javer, Ms. Monica Politi, and Mr. Brad Elicker are also being honored during the event for their more recent contributions to the Little League. Prior to this year, the Borough's fields were in disarray and there were minimal funds to make the necessary repairs. These three individuals worked hard to obtain sponsors and sell concessions at games and were able to raise enough funds for repairs. Without the hard work and dedication of all these individuals, the Watchung Little League would not be where it is today.

The Tree of Lights ceremony is traditionally held the first Saturday of December in honor of Pearl Harbor Day. The tree is lit up to honor and remember those who died on that tragic day. After the tree lighting, fireworks light up the center of Watchung. Food and drinks are also available, free of charge, for all attendees.

This event also serves as a fundraiser for the all-volunteer Watchung Rescue Squad.

Individuals may purchase lights to be lit in honor or memory of loved ones. Each light is \$50 and names of the honorees will be listed on the Watchung Rescue Squad's website as well as displayed on the night of the event. For more information and to purchase a light, visit [watchungems.org/tree-of-lights](https://watchungems.org/tree-of-lights).



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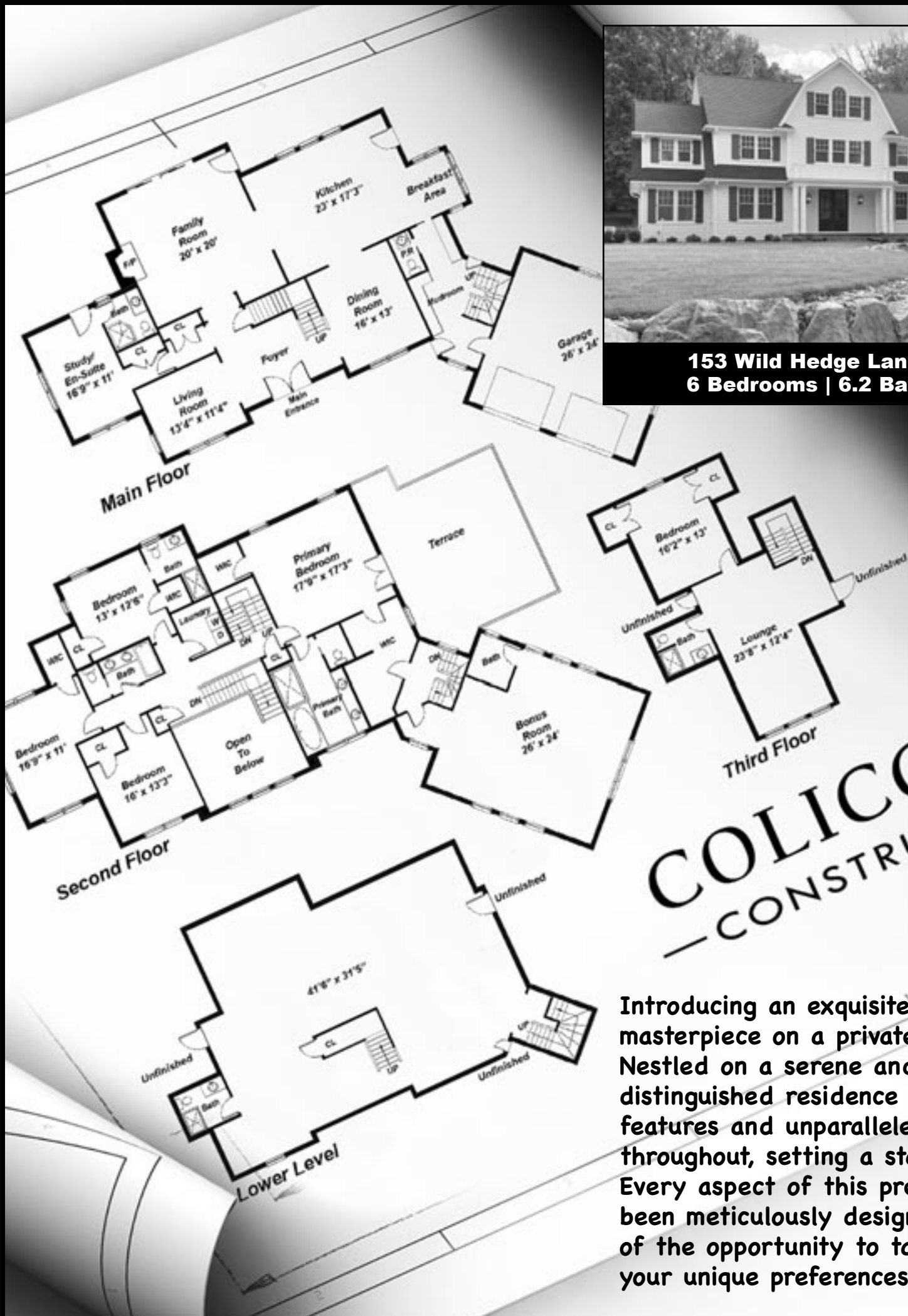


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**Sons of Serendip** who won the hearts of fans and judges alike as finalists on America's Got Talent (Season 9) with their ethereal and emotionally stirring interpretations of pop music,

arranged with a unique blend of vocals, harp, piano, and cello is appearing on **November 4th** for a 7:30 p.m. performance. With four successful albums and soulful live performances, this classical crossover ensemble has been lifting audiences to a sublime experience by delivering a fresh and creative interpretation of the music you love. Sons of Serendip were selected to compete in the first-ever America's Got Talent. For more information on the quartet visit [sonsofserendip.com](http://sonsofserendip.com)

On **December 9**, for two performances (3:30 pm & 7:30 pm), the Sieminski Theater offers a heartwarming holiday event for the entire

family! Drawing on the infinitely rich treasury of Ireland's cultural heritage, **Tomásean Foley's A Celtic Christmas** is a re-creation of a night before Christmas in the West of Ireland in the 1940s. A Celtic Christmas brings to life just such a night. On stage, the spirit of Christmas dances to life and glows brightly to create an Irish family feast - direct from the rich table of communal life in the west of Ireland. The show invites its audience to come into that cottage, into that world, into that era, with us, and be our neighbors for the night.

Visit their website @ [www.tomaseenfoley.com](http://www.tomaseenfoley.com)

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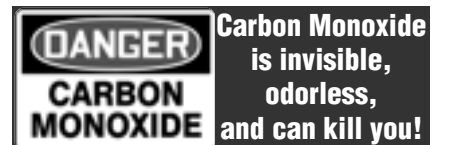
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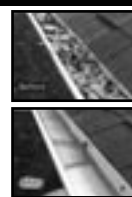
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## WATCHUNG SENIORS CLUB 55+

Regular meetings are held the 2nd Wednesday of the month, from 11:00 a.m. - 2:00 p.m. at the Watchung Firemen's Exempt Hall, located at 31 Mountain Blvd., Watchung (lower level, handicap accessible). Guest speakers, trips, and fun parties are planned throughout the year. Join us! For more information call Madelyn (908)816-0641.

## BROWNSTONE HOLIDAY SHOW BUS TRIP

The Watchung Seniors Club is sponsoring a bus trip to a holiday show at the Brownstone, on Wednesday, December 13, 2023. The cost is \$75. per person. Lunch includes 1-drink, salad & pasta, beef & chicken, veg & potato, Dessert, Coffee, Tea & Soda. For information call (908) 816-0641.

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## STUDENTS NOURISH NEIGHBORS

### Garwood Public Schools

Watchung resident Tamara Benc, a middle school teacher at Lincoln School in Garwood, NJ, recently gathered with school administrators, student project managers, and representatives of the Church of Saint Anne to receive a check for \$1,000 dollars from Lakashi Branch, the manager of Kings Supermarket in Garwood, for benefit of the Five Loaves Food Pantry in Garwood. Students in Mrs. Benc's middle school enrichment program studied food insecurity issues facing New Jersey residents then planned

and carried out a six-month initiative to take action and help members in the community dealing with hunger.

Eighteen grants from entrants across fifteen states were awarded as part of the Explore.Act.Tell. Challenge. Top teams from participating schools—including the Garwood Mustangs team—received a grant for their community charity of choice to address hunger solutions. Each of these teams worked to EXPLORE hunger, ACT by doing a project and TELL others by sharing their story.



(above) Christopher Kinney, Garwood Schools superintendent; Rochie DeSagun, Church of Saint Anne; Fr. Robert Lamirez, pastor of the Church of Saint Anne; Lakashi Branch, manager of Kings in Garwood, who presented the check; Mary Emmons, Lincoln School Principal; student project managers; and Tamara Benc, middle school enrichment teacher and project advisor.

Courtesy photo

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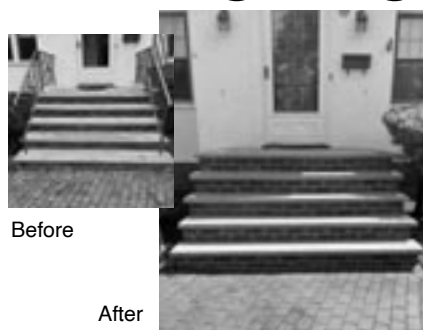
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## ARYA REDDY RECEIVES CONGRESSIONAL MEDAL

Congressman Tome Kean, Jr. recently presented a Congressional Award Silver Medal to Arya Reddy, a Green Brook resident and a rising senior at Watchung Hills Regional High School.

Congressman Kean stated "The Congressional Award is the highest honor bestowed upon a youth civilian through Congress. Arya's commitment to community service has been exemplary. In addition to regular volunteering at Children's Specialized Hospital, Arya created a non-profit organization, "OustOI," which spreads awareness and raises funds for the rare disease, Osteogenesis Imperfecta. Congratulations Arya, your future is bright!"



(above) Arya Reddy received a Congressional Award Silver Medal from Congressman Tom Kean, Jr.



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## YOUTH TRAIN TO BECOME FACILITATORS

*Imagine a Center for Coping with Loss*

In the 10 years that Imagine has been offering peer support groups for children, youth facilitators have played an important role in the groups for children ages 3-12. Imagine's youth volunteers are high school age and co-facilitate with adult facilitators in support groups for younger kids. Recently, Imagine staff trained twelve young people who devoted a full Sunday to learning the companioning model of facilitation practiced at Imagine. Imagine's youth facilitators are such a valued and essential part of their support group program, and their staff are grateful for the commitment of this new group of youth facilitators and the many others who have been supporting Imagine's kids.

Abigail Priece, Imagine's Program Supervisor ran the training along with their Bilingual Program Manager, Sonia Nuñez. Abigail said this about the new group of youth facilitators: "Imagine's Youth Facilitators are such an inspiring group of people and this training class is no exception. They are an empathic and

enthusiastic group and will do an amazing job being present and supportive to our participants. We are so excited to welcome them to the Imagine community!"

Imagine's youth facilitator training program is held once a year in September. If you are a youth who is interested in participating in the 2024 training, Imagine staff recommend you and a parent or guardian schedule a tour of Imagine's center. Tours can be scheduled by visiting Imagine's website at [imagineinj.org](http://imagineinj.org).

Imagine is a 501c3 nonprofit that offers free year-round grief support groups for children ages 3-18 and young adults 19-30 who are coping with a loss due to death. Concurrently, support groups are available for the parents and guardians of the children in the groups and offered in English and Spanish. Imagine also offers grief and loss education and training to the community.

For more information please contact Imagine at 908-264-3100 or [info@imagineinj.org](mailto:info@imagineinj.org).



(above) Imagine's staff members Paul Muir, and Abigail Priece with youth facilitators Gavin LaConti, Aanya Wright, Alexis Zhang, Arissa Xiang, Elsea Reynoso, Haley Motz, Kira Goldman, Noa Goldstein, Benjamin Ooi, Robert Qi, Chloe Katz, and Jagger Cohen

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# 2ND ANNUAL WATCHUNG SCARECROW STROLL & CONTEST

The second annual Watchung scarecrow Stroll & Contest installation was held on Sunday, October 15th at the Village Green. Scarecrows will be up until November 3rd. Donuts and cider were served. The event was sponsored by Mayor & Council, The Traffic & Beautification Commission, Recreation Commission, Watchung Arts Center, Watchung Library Advisory Committee and the Friends of Watchung Library.

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(above) Watchung Library - "The Boo-k Lady"



(above) Venkat Puranapanda & Hazell Bell  
with "Owl See You At The Library" for the  
Friends of the Watchung Public Library



(above) Pickle Crows  
by Councilwoman Christine Ead

Photos from this and other events can be found online at [rennamedia.com](http://rennamedia.com) and on the Watchung Post page on [facebook.com](https://www.facebook.com/watchungpost). Feel free to "Like," "Tag," and "Share."



(above) Cousin It – by Ella & Stage Anderson

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## BEST WISHES ON YOUR RETIREMENT MRS. ELOISE

*Submitted by Annette Mayers*

Mrs. Eloise, the children's librarian during baby, toddler, and early elementary school story time and crafts, when my kids were younger, is retiring from Warren Township Library in Somerset County. My kids (Max and Madeline Mayers of Watchung) and I caught her at that library during her retirement party and wished her well. Her retirement party took place on Thursday, August 24. She watched my kids grow and mature into chapter book readers. The Somerset County librarians, including Hannah from Watchung, attended the party to wish her well.



## PROTECT YOUR PETS FROM RABIES!

**Saturday, December 2, 2023  
9:00 am to 10:00 am  
Watchung Fire House**

Middle-Brook Regional Health Commission plans to offer several rabies clinics in the fall to assure availability of free rabies vaccines for our cat and dog owners.

As we are still working to coordinate all the moving pieces to make these clinics happen, residents are asked to call the Health Commission at 732-968-5151 to confirm the dates, times and locations. All cats must be held a carrier and all dogs must be leashed.

**DON'T FORGET TO REGISTER YOUR PET!**

## LIBRARY NOVEMBER 2023 VIRTUAL PROGRAMS

These programs are hosted virtually. Most programs require registration. Visit [SCLSNJ.org](http://SCLSNJ.org). To join a virtual program by phone, dial (646) 876-9923. After dialing, you will be prompted to enter a meeting ID, which is unique for every event. The meeting ID is the series of numbers at the end of the Zoom link posted for each event.

### **The Navajo Code Talkers**

**November 6, 7-8 p.m.**

An inspiring and patriotic program on The Navajo Code Talkers and how their one thousand-year-old language helped the U.S. Marines win the war in the Pacific during World War II. Register: 8189378.

### **President Woodrow Wilson's Vision - America's First Attempt at Establishing a New World Order**

**November 7, 7-8 p.m.**

Examine the vision of President Woodrow Wilson at the Versailles Peace Conference in the spring of 1919. Register: 8242627.

### **Apple Cider Donuts - Virtual Cooking Class Presented by Laura Scheck**

**November 13, 7-8:30 p.m.**

The humble jug of apple cider is the star of this class. We will recreate classic apple cider donuts at home. Explore tips for simmering another fall classic: hot mulled cider. Register: 8554049.

### **Gifts of the Sun, The Cuisine of the Aztecs Presented by Andrew Coletti**

**November 15, 7-8 p.m.**

Celebrate the ingenious foodways of the pre-conquest Aztecs. Learn about the Aztec diet and the beliefs that shaped the food that nourished them. Register: 8250329.

### **Archaeology and the Delaware Indians - A 12,000 Year Odyssey**

**November 20, 7-8 p.m.**

This heavily illustrated presentation examines New Jersey's rich Native American heritage and continuing importance of Native Americans to the region today. Register: 8370702.

### **The Thanksgiving Table With a Dessert Demonstration of Cranberry Linzer Torte:**

**November 21, 7-8 p.m.**

Enjoy a baking demonstration of a lattice-top cranberry Linzer torte to serve with your pies, while learning ways to prepare for the holiday as a host or guest. Register: 8535927.

### **Radio and the Great American Songbook Presented by Steve Darnall**

**November 28, 7-8 p.m.**

Discover how radio helped to give birth to the Great American Songbook by offering singers a unique opportunity to present their songs to a national audience. Register: 8248943.

## BRAIN EXPLAINED

My name is Snehi Vijaywargiya, and I am a rising senior at Watchung Hills Regional High School. I have launched a neuroscience YouTube channel, which aims to make STEM more accessible and straightforward. I hope that through this article, more people will discover my channel and gain educational insights from its content. This article link can be found below.

### **DISCOVER THE FASCINATING WORLD OF NEUROSCIENCE WITH BRAIN EXPLAINED**

Have you ever felt that science classes were a struggle? Or that STEM subjects were just too difficult or uninteresting? You are not alone. As someone who grew up captivated by neuroscience, I recognized that many of my peers shared these sentiments. The complexity of the information we were taught, combined with a test-centered approach, often hindered the joy of learning and discouraged potential future scientists from exploring fields like neuroscience.

That's why I envisioned a different approach — one where science is captivating, accessible, and enjoyable for everyone. This is what Brain Explained is all about!

I am deeply passionate about unraveling the mysteries of the brain. Drawing from personal experiences, I understand the challenges that students face when tackling STEM subjects. The widespread belief that science is too tough drove me to create Brain Explained.

My YouTube channel is a space for engaging and informative weekly videos. I specialize in making neuroscience relatable and breaking down the barriers that once made it seem daunting. Whether you are in school or simply curious, my videos will demystify complex concepts and shed light on the latest breakthroughs in neuroscience.

My mission is to nurture a generation of informed and passionate learners. By unraveling the biology behind neuroscience contributions and disorders in an accessible manner, this channel makes learning a positive experience. Each video paves the way for future scientists, doctors, and innovators in the realm of neuroscience.

Visit [youtube.com/@brainexplained](https://youtube.com/@brainexplained), and let's dive into the captivating world of neuroscience together!

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4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700	\$1900
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000	\$2200
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# WARRENBROOK SENIOR CENTER NOVEMBER PROGRAM HIGHLIGHTS

Warrenbrook Senior Center located at 500 Warrentown Road is one of the six county operated Senior Center. Somerset County residents who are 60 years and older are welcome to participate in any of the programs at Warrenbrook Senior Center. They also provide a choice of 4 different meal choices during lunch that seniors can take advantage of during the weekdays. All the programs are free for the registered members. Please call (908) 753-9440 for more information on how to become member of the Warrenbrook Senior Community.

Below is the highlight of some of the programs available at Warrenbrook Senior Center in November.

## Diwali

**November 6, 11 a.m.**

Diwali, the "Festival of Lights", is an ancient Hindu festival and is the biggest and the brightest festival in India. The festival spiritually signifies the victory of light over darkness. Let's learn & watch Indian dances performed by our Warrenbrook seniors, try some Indian snacks like "samosas" (made with potatoes), "mathiyas" (a lentil flour/fried food) and sweets brought by our Warrenbrook seniors.

## Craft with Parul

**November 8, 11 a.m.**

Throughout the year we have done many different crafts and some of us missed some crafts because of our other commitments. We are doing a craft day where we will have all the unused crafts from the different craft activities over the course of the year and participants will select a craft they want to do. Selections will be

on a first come first serve basis. All supplies will be provided. Pre-registration is required.

## Veterans Day Trivia

**November 9, 11 a.m.**

We will play World War II Trivia and then play some missing word patriotic song titles, Veterans Day secret quotes, and solve puzzles.

## WILLS (LSNWJ)

**November 13, 11 a.m.**

Colleen M. Cunningham, Esq., the Autonomy Team Leader, for Legal Services of Northwest Jersey (LSNWJ) will talk about the importance of creating Wills and other documents and also provide information about where and who to access for help in creating these documents.

## Breathing techniques for mental wellness

**November 13, 1:00 p.m.**

Dr Prabha Srinivas will be teaching some practices that can be used to distract the mind and induce calm during an anxiety episode. A few techniques can be practiced on a regular basis to develop an ongoing awareness of trigger situations and to calm and regulate the nervous system consistently.

## Blood Pressure Screening

**November 15, 10:30 a.m.**

A nurse from Atlantic Health will join us and provide free blood pressure screenings. Stop in and check your health. No appointment is necessary.

## Music Tribute to the 1950's and 1960's with Lorri Woodward

**November 15, 11 a.m.**

Join Lorri as she performs a variety of songs from the 1950's and 1960's with a taste of country as well. Bring your dancing shoes!

## Armchair Travels to Peru

**November 16, 11 a.m.**

Peru! Unearth the secrets of ancient civilizations and immerse yourself in the breathtaking landscapes that have captivated adventurers for centuries. We will be watching Peruvian folk dance, and also watch best places to visit in Peru.

## RVCC Dance Ensemble

**November 17, 11 a.m.**

The performance includes dances created by RVCC faculty, students and guest artists, and exposes the communicative aspects of the art form. It features dancers performing a variety of routines set to a wide range of music and sound accompaniment. The program runs approximately 45 minutes. In addition to dance performances, the program will include improvisations and a Q&A session. The audience will also have a chance to inspire movements that will be incorporated into dance routines.

## Physical Therapy Screenings

**November 17, 1 p.m.**

Nicholas Matthes from Trinity Rehabilitation Center of Warren will provide 10-minute Physical Therapy Screenings to registered clients. To sign up and for information please call (908) 753-9440

## Craft – Ceramic Bisque Heart Photo Frame

**November 20, 11 a.m.**

Make a memorable masterpiece of a Ceramic bisque photo frame with easel back. Item can be painted and embellished with the materials provided by the center. Pre-registration is required.

## Signature Analysis

**November 27, 10:30 a.m.**

Signature Analysis by Terry Antoniewicz, a Calligrapher and Graphologist from Anton Expert Handwriting. For law enforcement, financial institutions, and even Queen Elizabeth II, Ms. Antoniewicz has determined psychological characteristics and key personality traits unique to each person. Every downward/upward stroke, line flourish, T cross, and dotted I defines some characteristic unseen by many. In this unique program, Ms. Antoniewicz will look at a signature and analyze key traits as if the letters of your name are speaking to her. So, brush up on your penmanship!

## Bringing Vegetable to the Table: A Celebration of the Harvest

**November 29, 11 a.m.**

Jennifer Korneski, Program Coordinator, Healthy Living at Rutgers Cooperative Extension of Somerset County from will be doing a presentation on how to reduce food waste at home and will share tips for preserving food to save money and creative leftover recipe ideas.

## Decorating the Senior Center for the Holidays

**November 30, 11 a.m.**

Christmas is right around the corner! We will spend the day decorating the Warrenbrook Senior Center and the Christmas tree.



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