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GIRL SCOUTS AND ELKS TEAM UP FOR HOLIDAY CHEER

Three Watchung Girl Scout troops came together to decorate sugar cookies on December 8th. The cookies were baked with love and donated to St. Ann's soup kitchen in Newark, NJ. This is an annual event the scouts participate in to teach the girls about community service and helping

those in need around the holidays. The Warren Elk's Lodge kindly donated their space for the girls to come together and decorate the cookies. The Elk's lodge also donated a large bag of toys to the children who visit the soup kitchen.

Courtesy photo



Ashley's November Watchung Market Update

\$1,179,000

Average
Sales Price

5

of
sales

37

Average Days
on Market

5

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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HOMETOWN HERO, ANTHONY VOLPE, VISITS WATCHUNG BOROUGH

Anthony Michael Volpe, shortstop for the New York Yankees stopped by Watchung Borough Hall on December 13th. Mayor Ronald Jubin and Councilman Curt Dahl were there to welcome and congratulate him for his hard work and dedication thus far. Mayor Jubin called him a “shining example” of hard work, a great team player and a humble young man. For only the second time in his term, Mayor Jubin handed the Keys to Watchung and noted that Watchung will always be his home. Volpe’s birthday is April 28th and Mayor Jubin has declared that it will be known as Anthony Volpe Day.

Raised in Watchung, Anthony Volpe had dreams of making it to the Yankees for as long as he could remember. Early on, his dedication to baseball was relentless; until he was eventually signed to the Somerset Patriots in 2022. His

continued commitment and hard work earned him an invitation to the Yankee’s opening day on March 26, 2023, as the starting shortstop. Volpe is the youngest player to have started as a Yankees season opener since Derek Jeter in 1996 and is also the first Yankee rookie to win a Rawlings Gold Glove Award. In MLB history, only 15 rookies have won a Gold Glove before Volpe according to MLB.com news source.



(above, l-r) Mayor Jubin, Anthony Volpe, and Councilman Dahl



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WATCHUNG HILLS REGIONAL HIGH SCHOOL CLASS OF 2024 PROJECT GRADUATION

WHAT IS PROJECT GRADUATION?

Project Graduation is a tradition at many high schools to keep graduates safe and substance-free on graduation night. For WHRHS, the event will be six hours long, filled with all kinds of indoor activities, entertainment and -- of course -- lots of food and drinks! All students are required to ride the bus to and from the event, which will be held on graduation night June 13, 2024. Location TBD.

WHO RUNS PROJECT GRADUATION?

Project Graduation is an independent parent organization with their own budget, fundraising events and planning committee. Senior parent volunteers work hard to host various exciting events that lead up to the end-of-year graduation night event.

WHO ATTENDS PROJECT GRADUATION NIGHT?

WHRHS has approximately 500 seniors from the towns of Green Brook, Long Hill, Warren and Watchung who will be graduating on June 13, 2024. The event is open at no cost to the entire WHRHS graduating class, and we hope for 100% participation.

WHO PAYS FOR THE EVENTS?

Project Graduation is funded completely through donations.

The ability to provide all the events throughout the year is only possible through generous donations from our families & community. This includes the parents, local businesses and community organizations. As we are a regional high school, we are reaching out to the member towns, seeking donations to help offset the costs of this celebration. In the past, we have received pledges as well as goods and services, from many different community members. If you have a business or skill you can offer or know someone willing to help, please let us know!

HOW TO PARTICIPATE:

VENMO @WHRHS-ProjectGrad2024

or

Checks payable to WHRHS Project Graduation

Mail Donations To:

Project Graduation 2024

Watchung Hills Regional High School

108 Stirling Road, Warren, NJ 07059

SPIRITUAL? CURIOUS? SEEKING?

Do you consider yourself Spiritual? Are you Curious about what people are talking about when they speak of having faith or being spiritual? Are you Seeking peace of mind, of heart of soul?

Come and see for yourself. Come and explore the Christian faith. Come and discuss with other seekers what is on your mind, what you cannot talk about except with other seekers. Come to an Alpha gathering.

Alpha is for everybody that wants to discuss seeking answers to life's big questions. Why are we here? Is this all there is to life? Where are we going? How do I attain peace of mind, heart, and soul? Whether you are young or old, have faith or are atheist or agnostic, Alpha provides a safe environment for exploring our big questions about life.

We begin by sharing a meal together and getting to know each other. We watch a video

together then break into small groups for uninhibited discussion about what is on our minds.

There is no cost to participate. The series runs for 12 weeks on Monday nights beginning at 7:30 p.m. and ending at 9:00 p.m. It will begin February 5th, 2024, and end May 6th, 2024. Three of the sessions are live in person and the remainder are on Zoom. You will need a desire for frank discussion, a willingness to participate and a commitment to attend. You will also need a computer or smartphone capable of Zoom sessions.

The live in person sessions will be held at Immaculate Heart of Mary Parish, 1571 S. Martine Ave., Scotch Plains, NJ 07076.

If you have any questions, please call (908) 889-2100.

To register go onto IHMParish.net/alpha.

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Meet new people & explore faith together.

Alpha is a place to connect with other people who are open to exploring life, faith, and meaning. Each session includes a time to connect with others (often over a free meal), hear a short talk on an element of the Christian faith, and then a chance for each person to share their own questions with the group. We'd love to hear your perspective!

Alpha Winter/Spring 2024
Season begins **LIVE**
Monday February 5th
7:00 pm @
The Nazareth Center
(Followed by weekly sessions hosted on Zoom)





Scan the QR Code with your phone or smart device to access our sign up page at www.ihmparish.net/alpha

If you have questions about Alpha, please contact the Nazareth Center Office at 908-889-2100 or send an email to office@ihmparish.net

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COME SING WITH US AT OUR OPEN HOUSE AT SHRINE OF ST JOSEPH

Hickory Tree chorus

Put some music in your life in 2024! Join the Hickory Tree Chorus for an Open House at Shrine of St Joseph, 1050 Long Hill Road, Stirling, NJ, which will include a meet-and-greet, movement warm-ups and, of course, some wonderful singing. Dates are January 10 and 17, 2024, from 6:45 to 9:30 p.m. The chorus sings a

variety of music, including old-fashioned love songs, Broadway, Disney, Beatles, and more in a fun, supportive community. Come sing with us and share the joy of music together! Stay for the friendship and fun!

Hickory Tree is an award-winning women's chorus singing four-part a cappella harmony in the barbershop style. We are passionate about

music, performance, fun & friendship. We believe every voice counts and encourage women singers of all ages, colors, ethnicities, and orientations to visit us and share our joy of music.

Please contact the Chorus for the Open House by email at info@hickorytreechorus.org. Find more information at hickorytreechorus.org.



(above) The Hickory Tree Chorus invites the public to sing with them at an Open House, on January 10 and 17, from 6:45 to 9:30 p.m.

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OUR HOUSE OPENS GROUP HOME IN WATCHUNG

Our House, Inc., whose mission is to provide healthy, stimulating and inclusive environments for individuals with intellectual and developmental disabilities (I/DD), opened its 19th group home – first in the Borough of Watchung – and celebrated with a ribbon-cutting ceremony on Friday, December 1st, 2023.

Located on a quaint, residential street, the new ADA-compliant, six-bedroom, three-bath ranch will be home to six adults with developmental disabilities. With 24-hour on-site supervision, the home offers its residents a new and unique opportunity to live independently and safely age in place.

Michele DelCorsano, President and CEO of Our House, Inc. said, “parents and guardians of Our House residents often ask themselves what will happen to their loved one when they are gone? Imagine their relief knowing that their loved one will be cared for and safe while living independently on their own (with the necessary support), taking care of their household, participating in meaningful day activities – whether it be working or volunteering – and interacting with their communities in a positive way. This is a powerful feeling and why we do what we do,” she said.

In addition to our collaboration with the Borough of Watchung, the New Jersey Division of Developmental Disabilities (DDD) and HMFA and support from our District 21 representatives, we would like to thank The Martin Family and The Hyde & Watson Foundation for their generous donations towards

the development of this new group home.

You can support your neighbors by making a year-end donation on our website – ourhousenj.org/donate – and we invite you to join us on Saturday, May 11th at The Park in Berkeley Heights for our 25th Annual Our House, Our Run. Visit ourhousenj.org/our-events/ to stay informed.

ABOUT OUR HOUSE, INC.

Our House, Inc. is a private, non-profit 501(c)3 organization that provides day programs, and residential, employment and recreational services to more than 300 individuals with developmental disabilities. Our first home opened in 1980 in Summit, NJ and we have steadily grown throughout Essex, Middlesex, Morris, Somerset and Union Counties.

The mission of Our House, Inc. is to provide healthy, stimulating and inclusive environments for individuals with intellectual and developmental disabilities through community residences, employment services, innovative day programs, social opportunities and related support services designed to help them achieve their full potential for living meaningful and productive lives. To learn more about Our House, visit ourhousenj.org.

ABOUT OUR HOUSE FOUNDATION, INC.

The mission of Our House Foundation, Inc. is to provide private financial support to Our House, Inc., a non-profit public agency that provides housing, employment, and other social services to individuals with developmental disabilities.



(above) Our House, Inc. celebrated the opening of its Watchung group home with a ribbon-cutting ceremony on Friday, December 1st, 2023.

Courtesy photo
















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WARRENBROOK SENIOR CENTER CHRISTMAS PARTY

Warrenbrook Senior Center celebrated their annual Christmas Holiday Party on December 13th with music, dance and fun times.



Courtesy photos

SHERIF ZAITON SWORN IN AS POLICE CAPTAIN

Please join the Watchung PBA Local 193 in congratulating the Watchung Police Department's newest Captain, Sherif Zaiton. Capt. Zaiton was joined by his family and friends when he was sworn in by Watchung's Mayor Ronald Jubin on November 20th, 2023. We look forward to the leadership and guidance he'll bring to the department.

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(above) Watchung Police Captain Sherif Zaiton was sworn in on November 20, 2023.





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WARRENBROOK SENIOR CENTER ACTIVITIES FOR JANUARY

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.

Bingo with Rashmi

January 3, 31, 11 a.m.

Bingo is more than just an exciting activity. Researchers found that playing Bingo has multiple benefits. It promotes socialization, strengthens hand-eye coordination, and improves listening and short-term memory skills.

The Fascinating World of Insects

January 4, 11 a.m.

We've all got bug-bears about the insect world, they can be pretty annoying, buzzing, biting and being creepy – but without our invertebrate neighbors we'd be in serious trouble. They clean up the planet for us, pollinate the plants we depend on and provide the bases of the food chain supporting all life including ourselves. With millions of years of fine-tuning, they are miniature marvels that the world just can't live without... We will be watching an amazing documentary on the world of insects.

Brains n Games and Hand Bells with Adrienne Graubard

January 5, 19, 11 a.m.

Did you know that solving puzzles or challenging yourself with new mind-stretching activities like learning music can stimulate the brain and enhance your creative and critical thinking processes? Join Adrienne for some mind-tingling, brain-stumping word games and a fun-filled musical workout using hand bells.

Joyfully Neat

January 8, 11 a.m.

Joy Jacobs, of Joyfully Neat, will discuss what to do when you feel you have too much stuff and give ideas on how to become clutter-free. Whether you are preparing for a move or home sale or want to finally get organized.

Hearing Screening

January 10, 10 a.m.

A hearing screening is a brief test to detect if you have hearing loss. Everyone over the age of 60 should have a hearing screening. Even if you don't have hearing loss, a screening can be used as a baseline should you develop hearing loss later. Hearing loss can develop gradually. Early detection and treatment are important. Tracy Walker from HearingLife will be providing a free complimentary Hearing Screen at Warrenbrook Senior Center.

PRE-REGISTRATION REQUIRED.

Snowflake Bracelet Craft

January 12, 11 a.m.

We will be making a snowflake bracelet craft. The beads for these bracelets are faceted for an ice theme. All supplies will be provided. PRE-REGISTRATION IS REQUIRED.

Martin Luther King Holiday

January 15

Senior Center Closed

Medicare Patrol Part 2

January 17, 11 a.m.

Joel Schneider from Senior Medicare Patrol will teach us how to protect ourselves from Medicare Fraud, waste and abuse.

Passports to Penguins

January 18, 11 a.m.

Passports to Penguins by Vanessa Darras, Naturalist, Somerset County Parks Commission. Travel to the bottom of the globe on an adventure of learning! During this one-hour presentation you will learn a lot about our black and white, waddling friends; penguins, information about the many different types of penguins, where they live, what they eat, and much more will be discussed and presented.

Legends of Liberty Hall – Hannah Gaston

January 22, 11 a.m.

Time to explore some of the mysteries at Liberty Hall Museum! Liberty Hall has 250 years of stories to tell, and some of its most famous stories have become legends. Listen to the legends of the home—stories of ghosts, murder, love affairs, and secret rendezvous! Discover the elements of truth behind these stories. How did these stories become legends in the first place? Did they even happen at all? Experience Liberty Hall Museum in a whole new light as we explore the secrets of its colonial residents.

Breathing techniques for mental wellness – Meditation

January 22, 1 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.

Music Through the Ages: 1950's-1980's

January 24, 11 a.m.

The Jersey Girls will take you on a musical journey through the years featuring hit songs from the 1950's, 60's, 70's and 80's. Jersey Girls will you up on your feet and ready to dance.

Armchair Travels to Iceland

January 25, 11 a.m.

Iceland! A captivating land of fire and ice, where majestic glaciers collide with volcanic vistas, and the ethereal whispers of elf folklore drift upon the winds. We will be watching Icelandic Folk Songs, the best places to visit in Iceland and end it with a Trivia.

Casino Games with Caitlyn Campbell

January 26, 11 a.m.

Casino is a lot of fun! It's a great way to get everyone engaged, because the dealers find ways to include all ability levels and are trained to teach people how to play a variety of table games. It's stimulating and very exciting, and truly simulates a casino experience.

PRE-REGISTRATION REQUIRED Over the Counter Drugs Interactions

January 29, 11 a.m.

Drug interactions with over the counter (OTC) drugs can be a problem. According to the FDA, drug interactions may make your drug less effective, cause unexpected side effects, or increase the action of a particular drug. Some drug interactions can even be harmful to you. It is important to note that OTC drug labels contain information about ingredients, uses, warnings, and directions that is important to read and understand. The label also includes important information about possible drug interactions. You can reduce the risk of potentially harmful drug interactions and side effects with a little bit of knowledge and common sense. Shivani Shah from Walmart Pharmacy will be explaining about what to look for while taking the OTC drugs.

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Christmas Eve

Sunday, December 24
Family Service with Eucharist at 4:00 p.m.
Candlelight Eucharist with Special Music at 7:00 p.m.

Christmas Day

Monday, December 25
Nativity of Our Lord Eucharist at 10:00 a.m.
Service of Lessons, Carols and Eucharist
Sunday, December 31 at 10:00 a.m.

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SCLSNJ'S VIRTUAL PROGRAMS THROUGH FEBRUARY 2024

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.

How to Look -

Impressionism Presented by Jay Schuck

January 3, 7-8:30 p.m.

Examine the major themes and styles of Impressionism through the artwork of Monet, Manet, Renoir, and more.

Vegetarian Braises - Virtual Cooking Class Presented by Laura Scheck

January 4, 7-8:30 p.m.

Discover the basics of vegetarian braising from choosing plant-based proteins, building and complementing flavors, searing, deglazing, simmering to tender perfection, and utilizing cooking vessels.

Dealing with Household and Estate Books Presented by Mike Ivankovich

January 8, 7-8 p.m.

There are many factors that add value to books. Learn about household and estate books and explore how to sell them in today's market.

Netherlands - Journey Through Art, Architecture, and History Presented by Professor John Rossi

January 10, 7-8 p.m.

Explore this progressive 21st century nation that is a land of windmills, tulips, and canals. The capital, Amsterdam, is famous for its waterways and its laid back atmosphere.

The Great Storage Clean Out Presented by Jamie Novak

January 16, 7-8 p.m.

Learn the simple steps for clearing out that overflowing storage space and discover the secret on how to easily find things.

STEM for Adults

January 18, 7-8 p.m.

Discover STEM skills that can benefit adults in a variety of different ways, such as mentoring their children and grandchildren on basic science topics and learning some weird and wild science facts.

Theodore Roosevelt and his Legacy Presented by Dr. Edward T. O'Donnell

January 24, 7-8 p.m.

Theodore Roosevelt Jr. was an American politician, statesman, soldier, conservationist, naturalist, historian, and writer who served as the twenty-sixth president of the United States from 1901 to 1909.

Finding the Words - An Active Approach to Moving Through Grief

January 25, 7-8 p.m.

Discover an alternative path for processing pain that is active and vocal and truly honors loved ones lost.

"Walk With Me" by Kate Clifford Larson

February 1, 7-8 p.m.

Explore the life of Fannie Lou Hamer who rose from humble beginnings to become one of the most powerful voices of the civil and voting rights movements for African Americans.

African Americans in Space Presented by Dr. Bill Thierfelder

February 7, 7-8:30 p.m.

Discover some of the remarkable African Americans who've helped shape America's space program and who've introduced millions to the wonders of the Universe.

The Tuskegee Airmen - America's First Black Pilots

February 12, 7-8 p.m.

Explore the history of the formation of the Tuskegee Airmen, the unit's wartime accomplishments, and the unit's overall effect on American society.

"A Look into Manville's Past" by Kathryn Quick

February 13, 7-8 p.m.

Learn about Manville's interesting history and evolution through wonderful photos, stories, and relics from community residents.

Art by African Americans - From the Protest of the '60s to the Age of Black Lives Matter

February 15, 7-8 p.m.

Celebrate the rich contributions these pioneers made to American culture and examine some of the work that continues to astonish art lovers today.

A Look at Black History Through Jazz Presented by Sanford Josephson

February 21, 7-8 p.m.

Explore black history through the lens of jazz with author and editor of Jersey Jazz magazine, Sanford Josephson.

Tina Turner - Queen of Rock Presented by Vinnie Bruno

February 27, 7-8:30 p.m.

Explore the life of iconic rocker Tina Turner as she found success in the rhythm and blues, soul, and rock genres in a career that spanned five decades.

The Lunch Counter Sit-In Movement of 1960 Presented by Professor Christopher Schmidt

February 28, 7-8 p.m.

Explore this defining moment of the civil rights movement and how it fits into the continuing history of struggles for equal access to public accommodations.

"Flight Paths" by Rebecca Heisman

February 29, 7-8 p.m.

Discover some surprising stories from the history of bird migration research and understand why migration is so crucial for bird conservation.

For additional assistance, call (908) 845-8400. To discover all SCLSNJ has to offer, visit SCLSNJ.org or connect with SCLSNJ on Facebook, Instagram, X (formerly Twitter), or YouTube.

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