

Green Brook Gazette

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CLASS OF 2024 GETTING READY FOR PROJECT GRADUATION



Rita Kae-Kraw

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(above) Photo from Watchung Hills Regional High School Class of 2023 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 Mail checks payable to

WHRHS Project Graduation 2024:

Project Graduation 2024

Watchung Hills Regional High School,
108 Stirling Road, Warren, NJ 07059.

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DAR HELPS STIR UP A TEMPEST WITH A TEA BAG

Elizabeth Snyder-Continental Chapter DAR

At the 128th Anniversary luncheon of Elizabeth Snyder-Continental Chapter of the Daughters of the American Revolution (DAR) held in January, the chapter reported on their first U.S. Semiquincentennial observance.

Members celebrated the fact that some tea

supplied by the chapter was used in the 250th anniversary re-enactment of the Boston Tea Party in December. The chapter contributed a limited edition King's Coronation Tea. "It seemed appropriate," said Chapter Treasurer Barbara Pollison-Beck who donated the tea.

During the luncheon, Ashley Salsano was honored as the chapter's Outstanding Junior member. Four new chapter members were officially welcomed and Beth Kavanaugh of Oldwick was sworn in. Women observing milestone membership anniversaries were also recognized: Carol DeFilippis, Warren, 55 years; Margaret Shilay, North Plainfield, 50 years; Catherine Strohmeyer, Watchung, 40 years; Patricia Sullivan, Bridgewater, 10 years.

Monthly meetings will resume on March 12 with a program on Betty Bradbury Vail and planning for a spring service project to clean and help preserve historic headstones in the area. Also on the agenda is the NJDAR State Conference in April.

The DAR is a nonprofit service organization open to women descended from an individual who aided the cause of independence during the American Revolution. New members are welcome. Contact the chapter at ESCchapterDAR@gmail.com.



(above) Outstanding Junior Ashley Salsano (r.) pictured with DAR President General Pamela Wright at the 2023 Spring State Conference.

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GREENBROOK TOWNSHIP COMMITTEE MEETING

During a recent Township meeting, several police department changes were recognized. Mayor Jim Van Arsdale read a proclamation honoring Police Captain Hans Case, in appreciation of his 33 years in law enforcement.

Captain Case retired effective August 1st. Sworn in effective August 1, 2023 were Daniel Lanzafama as Captain of Police, Greg Victor as Lieutenant, Gary Maurer as Sergeant, and Peter Lemma as a police officer.



(above, l-r) Police Chief William Coward presents a Meritorious Service Award to Officers Andrew Perez and Brendan Gattone.



(above) Mayor James Van Arsdale recently presented retired Sergeant Larry Goldstein with a proclamation honoring his 30 years in Law Enforcement.

Courtesy photos



(above) Mayor James Van Arsdale swears in Sergeant Christopher Auriano as Police Chief William Coward looks on.



(above, l-r) Police Chief William Coward presents a Lifesaving Award to Officers Jonathan Pope and Andrew Perez.

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The Alpha Winter/Spring 13-week program begins at no cost to you

Monday February 5, 2024

7:00 PM LIVE @ The Nazareth Center, Immaculate Heart of Mary Church, 1571 South Martine Ave. Scotch Plains. Please register before 1/29/24. More details available at www.ihmparish.net/alpha



IMAGINE'S VOLUNTEER FEBRUARY TRAINING

A recent participant in Imagine's last volunteer facilitator training shared this about her experience: "The training was truly amazing and inspiring. I am so honored to have had the opportunity to participate in it." Another shared: "The Imagine Staff are amazing. I so appreciate all the knowledge they shared and the encouragement they gave to me and the other participants."

Participants in Imagine's training programs often describe the experience as "life-changing". In addition to story sharing and the opportunity to support one another, training participants gain knowledge and skills regarding Alan Wolfelt's Companioning Model for grief support that's practiced at Imagine. Participants often walk away with a new understanding of themselves, and a new capacity for supporting the people in their lives. They bring this understanding to their role as facilitators in Imagine's peer support group program where children, youth, young adults and adults come together to share their grief experiences and receive and give support.

Imagine's volunteer facilitators come from all walks of life and no special background is required other than a willingness to listen, a heart inclined to serve, and the ability to be with children and adults in grief without trying to fix, solve or give advice. No prior experience is necessary. Volunteers must be 18 years or older. Bilingual (Spanish speaking) volunteers are needed as well. Volunteers serve as companions and loving listeners for those who are grieving and help create a space where participants can share tears and embrace the joys of life.

If you'd like to join us for Imagine's next facilitator training, it will be held Saturday, Feb. 17th through Monday, February 19th from 9 am-5 pm each day at Imagine's Newark Center at 570 Broad Street in Newark, and we ask that our new volunteers attend the entire training. Our new Newark center is located downtown in the Chase building with parking available directly behind the building. It's also close to public transportation. We're hoping those completing the training will be able to facilitate groups held every other week at our Newark center. We have

Imagine
a world where no
child grieves alone



ot support that we're planning to launch a new Night of Support in Newark. We're also looking for a few new facilitators for our Mountainside location.

If you're interested in making a difference in the lives of grieving families and would like to participate in this transformative training experience, please visit Imagine's website at imagineenj.org or scan the bar code below to let us know of your interest. Please reach out to Imagine's Program Supervisor, Abigail Preece, LPC at abigail@imagineenj.org with any questions.

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@imagineenj.org.

DR. JOHN VERMEULE HOUSE OPEN HOUSE

Green Brook Historical Society

The Dr. John Vermeule House, located at 223 Rock Avenue, Green Brook, will be open for visitors on Saturday 2/17/24 at 10:00 a.m. - 12:00 p.m. There you will meet several of its volunteer members to give you a glimpse into 19th - 20th century rural living.

The Dr. John Vermeule House, one of Green Brook's historic links to its early settlers was built as a farmstead. Construction began in 1799 and became occupied by the Vermeule family in 1805. Dr. Vermeule practiced medicine and operated a farm on the original 113 acres of his property. The home is based on a blending of English and Dutch architectural traditions with Georgian and Federal style influences.

Vermeule ownership of the property ended in 1824. Various families bought and sold the property over the years, namely, Vail, Cohen, Voorhies and lastly, Mundy. The farmstead continued to function as a dairy farm into the mid-20th century. The township of Green Brook acquired the house and remaining 2.2 acres of the property in 2008. Necessary preservation renovations have been made to some structural elements, but the house is virtually unchanged from its original construction. There are some interesting outbuildings and farm equipment to see on the 2-acre property. There is wheelchair accessibility to the first floor.

Mark your calendars and consider participating as a volunteer or enjoy the event as a proud visitor! We look forward to meet you!

Our meetings are held at the Green Brook Town Hall, 111 Greenbrook Road, on the 3rd Thursday of every month at 7:30 p.m. Our group has a lot of fun exploring our local history and doing our best to preserve and document its rich heritage. Please consider visiting us! For additional information, please contact 732-968-7696. Leave a brief message with your name and phone number where you can be reached and you'll receive a call back.



(above) The Dr. John Vermeule House, located at 223 Rock Avenue, Green Brook, will be open for visitors on Saturday 2/17/24 at 10:00 a.m. - 12:00 p.m.

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NJ MOM CELEBRATING 10-YEAR ANNIVERSARY OF LIVER TRANSPLANT

NJ Sharing Network

Renee Reilly, a resident of Madison, NJ, is celebrating an incredible milestone as she marks the 10-year anniversary of her life-saving liver transplant. Renee, 52, has not only cherished every moment of her life since her successful transplant but is also passionate about advocating for NJ Sharing Network, the nonprofit organization responsible for the recovery and placement of donated organs and tissue for transplant in the Garden State. She actively shares her story with others to encourage more people to register as organ and tissue donors.

"I continue to feel overwhelmed, humble, and grateful," said Renee. "Giving someone a second chance as an organ and tissue donor is such a special and amazing gift of love."

Renee's journey began when she was 16 years old and was diagnosed with Polycystic Kidney Disease (PKD). Her father, who also battled PKD, had received a life-saving kidney transplant that gave him an additional 35 years of life. Renee later developed Polycystic Liver Disease

(PLD) after giving birth to her two boys. She was added to the liver transplant list in 2009.

"Waiting for the liver transplant phone call, I felt hopeless at times, tired, anxious, and I didn't think I would ever get 'the call,'" said Renee.

The pivotal moment in Renee's journey arrived unexpectedly on a day filled with emotional turmoil. Her father had been in the hospital for weeks due to complications from a previous surgery. Renee had just visited him when she received 'The Call' from the transplant center.

"I began to cry because I was filled with emotions, from joy and excitement to worry about my family and guilt about receiving such a precious gift. But my husband, John, and my sons, Ian and Brendan, served as a source of strength and kept me focused because they were excited to know that I was going to get a liver transplant," said Renee.

On August 6, 2013, Renee's liver transplant surgery was a success, giving her a new lease on life. In 2017, Renee's kidneys started to fail. Fortunately, she received a kidney transplant in 2018, sparing her from the hardships of dialysis

treatments.

The transformation in Renee's life post-transplants has been remarkable. She now enjoys all of her favorite hobbies, including gardening, knitting/crocheting, sewing, and spending time with her family.

"Thanks to my organ donors and the miracle of transplantation, I have been there for unforgettable moments like my boys' graduations. I am now able to give hugs again without any pain due to my enlarged liver," said Renee. "Now, I am focused on sharing my story to give hope for those waiting for the gift of life and inspire everyone to register as organ and tissue donors."

According to United Network for Organ Sharing (UNOS), there are over 100,000 Americans – nearly 4,000 of whom live in New Jersey – waiting for a life-saving transplant. One organ and tissue donor can save eight lives and enhance the lives of over 75 others. To learn more, get involved, and join the National Donate Life Registry as an organ and tissue donor, visit NJSharingNetwork.org.

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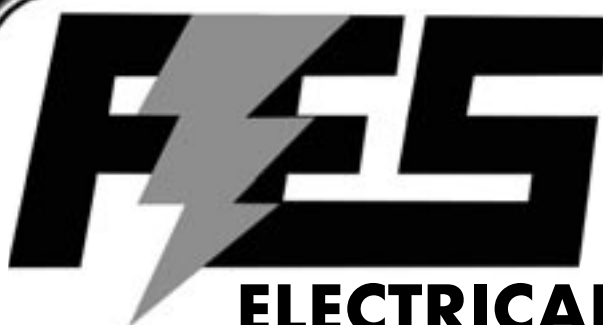


(above) Renee Reilly after her liver transplant surgery.



(above, l-r) The Reilly family John, Ian, Brendan, and Renee

Courtesy photos



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PTO FUN RUN WAS A HUGE SUCCESS

Submitted by Cathy Herman

The Green Brook PTO ran their first Zombie Fun Run/Walk through the Village on Saturday, November 4th morning. It was a huge success and hopefully first of many for years to come! Goal of the event was to give the community an opportunity to come together and bond over doing something healthy and fun. Here's a message from the PTO:

We are absolutely blown away with the love and support shown by our community today and always!! We live in such an amazing community and thank you to the Green Brook Township for supporting us in making this happen. Congratulations to all our adult, youth and especially our tot runners on doing such a great job running a crisp and chilly morning!

Special thank you to our amazing sponsors and vendors who made it out today (our title sponsor Green Brook Buick GMC, Cafe NUNE, Game Changer, Outback Steakhouse, Green Brook Education Athletic Foundation, USA Karate Academy, Green Brook Dunkin Donuts, Endor's Crafty Lounge, Action Tree Service, NextHome Premier, Balloon Palace, MAITA HOME Improvement LLC.), our PTO volunteers, Green Brook Baseball Club for letting us use your space and opening the Shack, Green Brook Police Department, Green Brook Volunteer Fire Company, Mr Billman, Ms Walsh and special thank you to our Village residents for their endless love and support!


We love our community!

RESIDENTIAL BURGLARY & CAR THEFT

A message from the Green Brook Police

Recently there has been an increase in residential burglaries and stolen vehicles occurring in Green Brook Township and throughout the entire state of New Jersey. The green Brook Police Department would like to take this opportunity to provide some information and help reduce the possibility of our residents becoming burglary or car theft victims.

1. Report ANY and ALL suspicious activity you see in your neighborhood.
 2. Install quality door locks and dead bolts to all exterior doors of your home.
 3. Keep all windows and doors locked, especially on the first floor.
 4. Install an alarm system and surveillance cameras on the exterior and interior of your home. Make sure that the alarm is monitored by a central station that will immediately notify the police whenever there is an activation. Additionally, when you install cameras, please make sure that the system provides views to the street, driveway, all door entrances, and perimeter, if possible.
 5. If you already have these systems, make sure that they are in working order and properly activated. We suggest you have a battery/cellular backup installed and remote monitoring activated.
 6. Install motion lights on the perimeter of your property. Always keep the exterior of your home well-lit during all nighttime hours.
 7. Communicate with your neighbors. Advise them before you go on vacation or extended weekend trips, so they can monitor your home. Have them take in your mail, package deliveries, garbage/recycle cans, and report any activity that may be out of the ordinary.
 8. DO NOT post on any social media sites about your vacation plan and duration. Only post pictures/events from your trip AFTER you return home.
 9. Fill out a Vacation House Check Form at the Green Brook Police Department, if no one is available to check on your residence when you go on vacation or extended weekend trips. Once the form is submitted, your home will be specifically checked by the patrol division in your absence.
 10. Keep any valuables and cash in a home safe that is mounted to the floor or wall. If you do not have a mounted safe, secure these items, including your safe, in a well-hidden location that is not in your office or bedrooms.
 11. Lock your vehicles. Do not leave key fobs or garage door remotes in the vehicles. Do not leave purses or valuables in plain view.
- The Green Brook Police Department takes all investigations and the safety of our residents seriously. We encourage you to report any suspicious incidents, no matter how minor it may seem, to 732-968-1188. For any emergencies, please dial 911.




Angst-Anxiety & Our Youth

**THURSDAY
FEBRUARY 22, 2024
5:30 PM-7:30 PM**

**Human Services Building
Conference Room 1
27 Warren Street
Somerville, NJ 08876**

PRESENTERS
Nicole Del Duca MA, LAC
Kevin Dyches BA
of Tri County CMO


**Registration is required.*
The deadline for registration is
Thursday, February 15, 2024.
For questions, please call
(908) 704-6300



<https://tinyurl.com/2p9p2437>

Angst is a film-based program designed to raise awareness around anxiety. Angst aims to remove the stigma and open the conversation about mental health, helping our youth and their families understand that a certain amount of anxiety is healthy and when to recognize when it's too much. The film includes interviews with kids, teens, educators, experts, parents, and a very special interview with Michael Phelps. Our program includes tips to recognize symptoms and encourages when to reach out for help.

This workshop will include a film viewing of approximately 55 minutes, along with discussion and Q&A. It is open to both adults and youth. Families are encouraged to attend. This workshop is in collaboration with the Somerset County Department of Human Services and Tri County CMO.



WARRENBROOK SENIOR CENTER FEBRUARY PROGRAMS

Warrenbrook Senior Center located at 500 Warrenville 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 February.

Bingo

February 1, 28, 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.

Brains n Games and Hand Bells with Adrienne Graubard

February 2, 23, 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.

Spring or Snow

February 2, 1 p.m.

We will play the game to predict what will happen on Groundhog Day, February 2. Even though the real prediction is known only to Phil, we will have fun trying to outwit Punxsutawney's famous weather prognosticator.

Martial Your Strength: Senior Self-Defense by L. Greg Smith

February 5, 11 a.m.

What makes an individual feel secure? As we age, reactions to surroundings change, you get slower, perception is different, or maybe you become less aware. But there are initiatives, techniques, and tips for seniors to learn, all intended for protection. This program will build on the 2023 introduction series by taking it to the next level: high level/basic martial arts move for seniors to see, learn, and do. Lecture, demonstration, participation, and putting into practice for self-defense and life awareness.

You are never too old to learn simple yet effective methodologies that will keep you focused with 'street smarts.' Subsequent classes (1 per month) will continue to emphasize and practice evasive techniques to give you that edge.

Using the Dimensions of Wellness for Better Health

February 7, 11 a.m.

Wellbeing is an important part of living a healthy and fulfilled life. There are eight components of Wellness defined by SAMSHA and this presentation will review all eight and how they apply to improving total wellness.

Tangrams

February 7, 1 p.m.

The tangram is a puzzle that consists of seven flat shapes: two small triangles, one medium triangle, two large triangles, one square, and one parallelogram. The Chinese word for tangram means "seven boards of skill." The game was created in China around AD 1000 and in the 19th century was carried to Europe and the Americas by sailing ships. Learn about the history of the tangram and try your hand at making shapes in this activity.

Craft

February 9, 11 a.m.

No better way to get ready for Valentines Day other than making a cardboard wrapped in heart using the yarn. Reena Yaseen of Brandywine Senior Living will teach us how to make a beautiful red heart using yarn.

Fortune Sticks

February 9, 1 p.m.

In ancient China, when people needed guidance or answers to the big questions in life, they often turned to fortune-tellers. The practice is still thriving today in both traditional and modernized forms. Fortune sticks called kau chim (COW sim), sometimes referred to as "lottery poetry," are an ancient Chinese fortune-telling medium. The sticks or lots are numbered, and people draw or shake out a stick. Try your luck by pulling the stick to see what your fortune says.

Blood Pressure Screening

February 12, 10 a.m.

The nurse from VNA (Visiting Nurse Association) will meet with you individually and take your blood pressure and answer your questions.

Chair Physical Therapy

February 12, 11 a.m.

Improve your strength and mobility without leaving your seat. Nicholas Matthes from Trinity Health in Warren will walk you through some exercises.

Move & Groove Mardi Gras Game

February 12, 1 p.m.

To celebrate Mardi Gras, we will play the game of strolling through the Bourbon Street at the height of Mardi Gras celebrations by rolling the dice and reaching the finish line by going through some challenges on the way.

Harp Performance with Patricia Turse

February 14 – 11 a.m.

Patricia Turse has been a musician and music therapist for over 25 years. Join us to listen to the dulcet tones of the harp, a complicated and beautiful instrument to celebrate Valentine's Day!

Valentine's Family Feud

February 14, 1 p.m.

To celebrate Valentine's Day we will play a modified version of Family Feud.

Flight Paths -Rebecca Heisman

(Virtual) February 15, 11 a.m.

The fascinating story of how scientists solved the great mystery of bird migration, "Flight Paths" is an unprecedented look into exciting, behind-the-scenes moments of groundbreaking

discovery. We've all heard amazing facts about bird migration—the long distances that birds travel, the ways that they navigate, etc. But did you ever wonder how we figured all of this out? While working for the American Ornithological Society, Rebecca Heisman became fascinated with the varied and creative techniques that scientists have used to study bird migration, and this eventually became the basis for her book "Flight Paths: How a Passionate and Quirky Group of Pioneering Scientists Solved the Mystery of Bird Migration". In her talk, she'll share some surprising stories from the history of bird migration research and discuss why understanding migration is so crucial for bird conservation.

Craft – Bracelet

February 16, 11 a.m.

Make a trendy bracelet using parachute cord and show off your fashion statement. All materials will be provided.

Pre-Registration Required

Presidential Games

February 16, 1 p.m.

We will play a game to unscramble the names of the Presidents.

Pajama Party

February 21, 11 a.m.

The weather is cold and it's difficult to get out of bed. So, skip the routine and get to the senior center in your lounge wear. Bring your pillows and let's have some pillow fights, play some board games, turn up the music and dance with our Warrenbrook family and sip on sugar free Hot Chocolate.

Arm Chair Travels to Vietnam

February 22, 11 a.m.

Vietnam! An exotic and compelling destination of epic beauty; of lush mountains and hill tribe villages, bustling cities and floating markets.

We will be watching "The land of Rising Dragon", listening to Vietnamese music and dance. At the end we will play Vietnam Trivia and do the word search.

History - Overlooked Ingenuity

February 26, 11 a.m.

To celebrate the Black History month Carol Simon Levin portrays the NJ born colonial inventor Sybilla Righton Masters to tell the stories of women who overcame the combined barriers of gender and race and created inventions that have changed our world.

Breathing techniques for mental wellness

February 26, 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.

Jeopardy

February 29, 11 a.m.

We will play interactive game of Jeopardy in which categories include Winter food comfort; Trivial Pursuit; Time Machine; Love Idioms; Unsolved Mysteries.

LIBRARY'S VIRTUAL PROGRAMS

Register: <https://sclsnj.libnet.info> - Plus Number in listing

"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.

Register: 8660251.

African Americans in Space Presented by Dr. Bill Thierfelder

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

Discover some of the African Americans who've helped shape America's space program and who've introduced millions to the wonders of the Universe. Register: 8654902.

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. Register: 8650739.

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

February 13, 7-8 p.m.

Learn about Manville's history and evolution through wonderful photos, stories, and relics from community residents. Register: 9244240.

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. Register: 8662569.

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. Register: 9018842.

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. Register: 8644941.

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. Register: 8892280.

"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. Register: 8874521.

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.

ABOUT SOMERSET COUNTY LIBRARY SYSTEM OF NEW JERSEY

Somerset County Library System of New Jersey (SCLSNJ) partners with you to connect, to explore, to share, and to discover. Together we enrich lives, expand knowledge, and strengthen communities. SCLSNJ serves the following communities in Somerset County: Bound Brook, Branchburg, Bridgewater, Green Brook, Hillsborough, Manville, Millstone, Montgomery, North Plainfield, Peapack and Gladstone, Rocky Hill, Somerville, South Bound Brook, Warren Township, and Watchung. Visit SCLSNJ.org.

MAH JONGG CLUB OF WATCHUNG

The Mah Jongg Club of Watchung meets every Monday and Thursday afternoon at the Watchung Library beginning at 1:00 p.m. New players are welcome. Knowledge of the game is mandatory. The Club has been meeting at the Watchung Library for over 10 years. Members are from Watchung and surrounding towns. For more information, email Melanie Novello at Novello1800@aol.com.

ANGST-ANXIETY AND OUR YOUTH WORKSHOP

The Somerset County Department of Human Services and Tri County CMO is hosting a workshop called Angst-Anxiety and our Youth.

Angst-Anxiety and our Youth

Thursday, February 22, 2024

5:30 pm – 7:30 pm

Human Services Building Conference Room 1,
27 Warren Street, Somerville, NJ 08876

Presenters: Nicole Del Duca, MA, LAC and
Kevin Dyches, BA of Tri County CMO

Angst is a film-based program designed to raise awareness around anxiety. Angst aims to remove the stigma and open the conversation about mental health, helping our youth and their families understand that a certain amount of anxiety is healthy and when to recognize when it's too much. The film includes interviews with kids, teens, educators, experts, parents, and a very special interview with Michael Phelps. Our program includes tips to recognize symptoms and encourages when to reach out for help. This workshop will include a film viewing of approximately 55 minutes, along with discussion and Q&A.

Deadline to register is Thursday, February 15, 2024. For questions, please call 908-704-6300.

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| 6 Units | 6.5" x 6.25" or 10" x 4" | \$240 | \$600 | \$900 | \$1200 | \$1400 | \$1600 | \$1800 | \$2000 | \$2200 |
| 9 HALF PAGE | 6.5" x 9" or 10" x 7" | \$320 | \$800 | \$1000 | \$1300 | \$1600 | \$1900 | \$2200 | \$2400 | \$2700 |
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