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## CAREER DAY DRAWS OVER 100 VENDORS

Submitted by Anita Byk

At 15 and 16 years old, many students are thinking about what to eat for dinner, how much homework they have that night, or what video they can post on Instagram. While many also have thoughts about their future in mind, do they really know what they want to do post-high school? What their ideal job is or what they will study in college or as an apprentice?

On May 29, 10th and 11th grade students at Watchung Hills Regional High School experienced a Career Day that gave them exposure to a diversified number of professions, allowed them to practice communication skills, and opened up their world to new ideas, careers, and people. Over 100 vendors participated in Watchung Hills Career Fair, bringing their expertise and memorabilia from their companies with the sole goal of sharing their job descriptions and advice to over 850 students.

Taking their scavenger hunt cards to different vendors (putting them in the running for the raffle for tricky tray baskets donated by the vendors), students learned about occupations they were both interested in as well as those they had little prior frame of reference for - finding out the best paths to take to get to where they want to be in their future. Many made valuable connections or obtained internships and summer jobs.

Vendors included law, finance, environmental, plumbing, construction, arts/music, armed services, police, fire, healthcare, engineering, architecture, retail, real estate, autobody, pharmaceuticals, career planning, among others.



Photo by Warren Hills Regional High School

Students also listened to distinguished guests during a panel discussion, including the following:

- Bill Spadea: Morning show host of 101.5
- Joel Katz: Morning show host of 98.3
- Liz Scherer: HR Director of Novartis
- Mike Krupsky: Award winning plumber
- Chuck Carro: Municipal Judge
- Chris Battiloro: Westfield police chief

An extensive brunch was provided for our vendors and speakers, donated by numerous local businesses - everything from meatballs to sandwiches, to danishes and bagels. In addition, the Watchung Hills PTO was overly generous in their time and donations to provide a wonderful opportunity for our students. All left-over food was donated to the VA Hospital.

Donors included: A&G Deli, Acme Warren, Aroma Indian Restaurant, BJs Watchung, Ms. Mary Sok, Mrs. Lisa Martins, Ms. Amanda Bonnell and Culinary Arts Class, Ciro's, Costco North Plainfield, Country Squire, DAK Korean Fried Chicken, Dunkin Stirling, Biagios, Burger King Stirling, Panera Bread Stirling, Panera Bread Watchung, Wendys, Chick Fil-A Watchung, Wawa, Honey Baked Ham, Just Subs Greenbrook, Duck Donuts, Shop Rite Stirling, Marcy's Kitchen, Starbucks Stirling, Starbucks Warren, Stirling House Diner, Haisch's Bakery, Warren Deli, Trader Joes, Blimpies Stirling

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- Girl Scouts Northern NJ President/CEO
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## BSA TROOP 56 HONORS VETERANS WITH NEW FLAGS

BSA Troop 56, Millington, NJ, paid tribute to veterans by planting flags at their graves in St. Vincent de Paul Cemetery. Kudos to Mr. Butler for organizing the event. Service is a big part of what scouting is about. We had a great turnout

of scouts and adults to help. Old flags that were worn and damaged were replaced with new flags, and where needed, flag holders were also replaced. The old flags were retired at a ceremony in June.



Courtesy photo

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## YOUTH FACILITATORS SOUGHT – TRAINING IS IN AUGUST

*Imagine, A Center for Coping with Loss*

If you're a high school age youth interested in training to become a volunteer facilitator at Imagine the next training will take place over two days beginning on August 28th and concluding on August 29th and interested volunteers should plan to attend both days of the training. The training will be held from 10 a.m. – 1 p.m. each

day. Please visit Imagine's website at [imaginejnj.org](http://imaginejnj.org) to learn more about volunteering with Imagine and to complete an interest form for our upcoming training. Questions about training to be an Imagine facilitator can be directed to Imagine's Clinical Program Supervisor, Abigail Preece, LPC at [abigail@imaginejnj.org](mailto:abigail@imaginejnj.org).

Imagine's youth facilitators partner with our adult volunteers as they facilitate Imagine's peer support groups for children. Youth facilitators are an integral part of Imagine's team as they create safe spaces where Imagine's young participants can share their stories or use play as an outlet for their feelings of grief.

One of Imagine's former youth facilitators said this about her experience as a volunteer:

"Being a part of imagine as a youth facilitator not only made my high school experience, it made me who I am today. I am so honored to be a part of a community that holds a space for so

many families they can find nowhere else, as well as one that creates a space where us too as volunteers grow, and learn, and listen. At Imagine, I gained things that I don't think are accessible elsewhere, all while hopefully adding to someone else's life." The staff at Imagine are so grateful for the time that youth volunteers commit to their programs and for the unique perspective and empathy that they bring to their support groups.

Imagine is a 501c3 that offers grief and loss education and training to the community and 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. For more information please contact Imagine at 908-264-3100 or [info@imaginejnj.org](mailto:info@imaginejnj.org) or visit our website at [imaginejnj.org](http://imaginejnj.org).

Courtesy photo



(above, l-r) Participants in Imagine's recent youth facilitator training proudly displaying their certificates of completion: Tim Jiao, Addy Oni, Ava Handler, Amanda Linde and Lauren Glasofer

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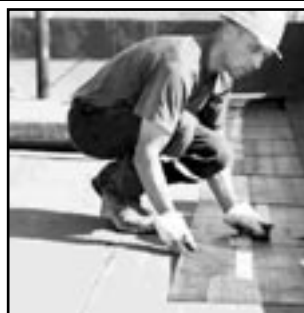
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# GIRL SCOUT GOLD AWARD TAKE ACTION PROJECT

I, Navya Venkatesh, a girl scout and a junior at Watchung Hills Regional High School, have recently completed a Take Action project in order to complete the Girl Scout Gold Award, the highest honor a girl scout can earn.

The Gold Award is a Take Action project meaning that it goes beyond community service because it must have a long lasting impact. The project must address the root cause of an issue, have a national and/or global link, demonstrate leadership, and have a sustainable and measurable impact.

I looked at my community to find an issue that needed a solution. I noticed that my peers were very concerned about school and the future in general. Things like staying up past midnight and

studying during lunch are commonplace. That's why for my Gold Award Take Action project, I wanted to focus on stress management.

My Take Action project began in December of 2022 when I first began brainstorming and finding a team of volunteers to help with the project. Emma Giantisco, a student assistance counselor at Watchung Hills, was my project advisor who had the task of guiding me throughout the process. Active Minds, a student organization at Watchung Hills, will sustain the project for many years to come. Other members of the team include Premini Thanasegaran, my troop leader; Jason Sabino, the head of the guidance department at Watchung Hills; and Dr. Savitha Puttaiah, a psychiatrist.

My project consisted of three workshops that were planned around students' most stressful times of the year including December, March, and late April. These periods occur around the end of the first semester, the month of the year with the most school days, and right before AP exams, respectively.

The first workshop was in December of 2023 and focused on time management skills. Students learned about the pomodoro technique and how to avoid procrastination. To end the workshop, students made a schedule for themselves which is a key component of managing time. For this workshop, 93% of participants reported that they learned something new.

The second workshop was in March of 2024

and focused on ways to de-stress where students learned about the effects of cortisol, the stress hormone, and how to lower cortisol levels by doing arts and crafts, journaling, and self-care. For this workshop, 96% of participants reported that they learned more.

The third workshop was in April of 2024 and focused on the connection between physical and mental health. 90% of participants reported that they learned more about how physical and mental health are related.

Overall, the three workshops involved more than 75 students and across the three events, 90% of students learned something new.

The project not only benefited the community at Watchung Hills, but it also benefited me. I learned more about stress management while teaching it to my peers. However, I also learned more about myself. Through the process of earning the Gold Award, I learned that I am capable of taking on a complicated, long term project with many steps that require early planning and effective communication with many people.

I am very grateful that this project was able to benefit my community and that it will continue to serve Watchung Hills students for years to come.

Additional notes: The project began in December, 2022 and ended in June, 2024. Over 80 hours of community service went into the Take Action project.



(above) Watchung Hills junior Navya Venkatesh Courtesy photo



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# WATCHUNG HILLS REGIONAL HS CLASS OF 2024 PROJECT GRADUATION

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The Watchung Hills Regional High School held its 33rd Project Graduation event on Thursday, June 13th at Iron Peak Sports & Entertainment in Hillsborough, NJ. Graduates from the Class of 2024 enjoyed a full night of fun, including a silent disco, basketball, spikeball, an arcade, and so much more. Food and drinks were also available throughout the night.

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. A volunteer team of parents of WHRHS seniors comes together to plan events for the graduating class throughout the year that lead up to a safe and fun graduation celebration for the entire class. Congratulations to the Class of 2024!





# WATCHUNG HILLS REGIONAL HS CLASS OF 2024 PROJECT GRADUATION

Photos from this and other events can be found online at [rennamedia.com](http://rennamedia.com) and on Long Hill Leader page on [facebook.com](http://facebook.com)  
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# FUN EVENT RAISES \$125,000 TO HELP GRIEVING CHILDREN

## Experience Camps

Hundreds of people attended the “Day of Champions” event held on June 2, 2024, in Warren, NJ for a day of family-friendly fun and fierce competition. It was all tied into one glorious morning of camp-inspired challenges and activities to benefit Experience Camps.

Experience Camps is an award-winning national nonprofit that transforms the lives of grieving children through free, weeklong, summer-camp programs, and innovative, year-round initiatives. There are six million young people in the U.S. who will experience the death of a parent or sibling, and Experience Camps aims to provide as many young people as possible joy, hope and strategies for learning how to navigate their grief journey.

The “Day of Champions” event started in 2018 in Westport, CT. It grew out of the desire to host a different type of fundraiser for Experience Camps, and the idea to do a massive “Color War” (think camp Olympics) was formed. This was the second annual Day of Champions at Camp Riverbend in Warren, NJ.

For the event, 20 teams sign up for an amazing day of fun. They are each assigned a spirit color which they are encouraged to fully embrace (including tie dye, spray paint, body/hair paint, tutus...the wilder, the better). They competed in five activities to earn points. Along the way they were also tasked with fundraising for Experience Camps. A minimum of \$2,500 is expected to be raised by each team.

The day kicked off with Opening Ceremonies, which includes some words from the Event Chair and a camper speaker. The games then ran for about an hour and a half, before finishing the day with Closing Ceremonies, which included the awarding of trophies. Then everyone celebrated with treats, and there was much to celebrate!

"It was incredible to see so many families of Summit join together where the joy of friendly competition met the power of philanthropy, creating a kaleidoscope of fun and goodwill for everyone who participated," said Justine Lelchuk, Day of Champions Team Captain and Summit Resident. Added Ari Landau, Day of Champion Team Captain and Summit Resident, "Bereavement can be a difficult topic to talk about but I felt uplifted knowing so many of us came together to support grieving children and raise critical dollars for much needed bereavement programming."

“The “Day of Champions” is a unique opportunity for friends and families of all ages to come together for an incredible cause,” says Hillary Irwin, Westfield resident and event co-

chair. “I was truly amazed and inspired by all of the people who showed up, dressed-up, volunteered, fund-raised and competed. I am very grateful to be a part of this event and this organization.”

Jenni Hetrick, Assistant Director & Division Head of Camp Riverbend, where the event took place said, “Camp Riverbend has always believed in the magic of camp and is proud to

partner with Experience Camps and other organizations that support grieving children.”

In addition to a lot of smiles and community bonding, the teams raised \$125,000 that will support Experience Camps’ programming and help heal thousands of grieving teens. For those who want to get involved with Experience Camps or make use of their free grief resources, visit [experiencecamps.org](http://experiencecamps.org).



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# MILITARY FAMILIES SACRIFICE TOO

*Michael D Boll, NJVN President*

For the last few years, the New Jersey Veterans Network (NJVN) has been helping veterans with resources and assistance with their mental health conditions. Over time we came to realize that the veteran's family was being affected by their struggles as well. Our team had to learn how to include their family members in our outreach efforts. We lose 22 veterans each day to suicide, and they leave behind grieving families. Recently, we decided to make sure all veteran family members can use the same resources that our team has available for veterans. Sometimes we forget about the sacrifices our veteran families have to make and this country should appreciate them for this.

One thing our team decided to do was to have Gold Star families meet disabled veterans at our events, so they can work together and form a bond. This effort was extremely affective and immediately brought joy to both the Gold Star families and to the disabled veterans. By adding veteran family members to the team, it allows us to work together on our peer support and recreational therapy programs. We are honored to have veteran family members to work alongside us and know they are just as committed with helping our veterans live a better way of life.

If you need assistance, or would like to join the team as a volunteer, please send us your name, email, and phone number to NJVN1775@gmail.com.

## ABOUT NEW JERSEY VETERANS NETWORK

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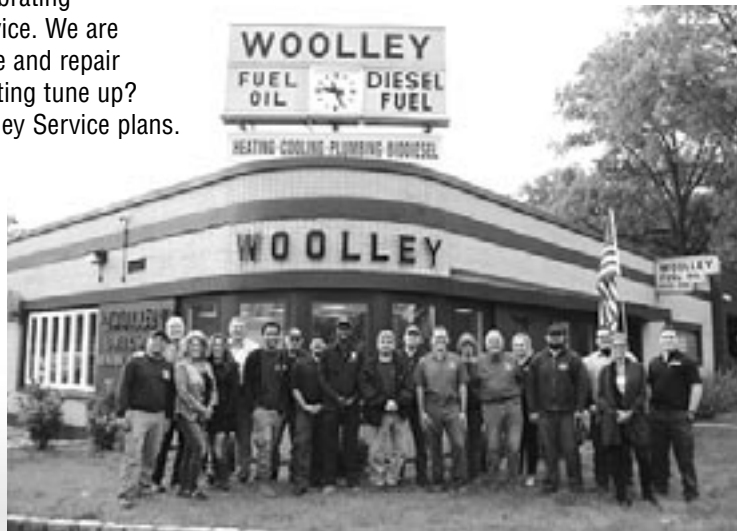
(above) Michael D Boll, NJVN President, with Dina and Tom Duffy who lost their son Tom Duffy, a Marine Corporal and Afghanistan War veteran. Courtesy photos



(above) NJVN team members participated in a 22-hour ruck march in Wildwood, NJ in remembers of Tom Duffy, a Marine Corporal and Afghanistan War veteran.

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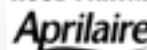
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# MORRIS COUNTY MEMORIALIZES CIVIL WAR SOLDIERS

*“Brother Against Brother” Shares History & Stories of Local Soldiers*

(Morris County) - Morris County recently unveiled the newest addition to its online Morris County’s Veterans Compendium: “Brother Against Brother: The Civil War,” on the 163rd anniversary of the Battle of Fort Sumter in 1861 and the official start of the devastating four-year conflict.

Published by the Morris County Office of Planning & Preservation, the ninth installment of the Veterans Compendium was released at 7 a.m. on April 12, 2024, to coincide with the moment the United States Army first returned fire at Fort Sumter in Charleston, S.C., during a siege launched 2-1/2 hours earlier by the Confederate States Army.

Notably, Captain Abner Doubleday, who later resided in Mendham, fired the first cannon shot for the Union Army.

There are two sites associated with Morris County Civil War veterans: Independent Hose Company No. 1 in Morristown and the Martin Berry House in Pequannock Township. Among the Morris County veterans highlighted there are Heyward Glover Emmell and James Robert Evans.

Heyward Glover Emmell, fondly known as H.G., was a Union Army private attached to Company K of the 7th New Jersey Infantry Regiment, and he fought at the Battle of Gettysburg, a turning point in the war for the Union Army.

In civilian life, H.G. owned and operated a stationary store and he was a founding member of the Independent Hose Company No. 1 in Morristown in 1867. Both his former store on South Street and the firehouse on Market Street stand today, serving as physical reminders of the

men and women who make up Morris County’s rich history.

James Robert Evans, who resided in the historic Martin Berry House in Pequannock with his wife, Julia, served in Company H of the New York 62nd New York Infantry Regiment. He was awarded the Congressional Medal of Honor on Feb. 25, 1895 -- 30 years after the end of the Civil War -- for his heroism in 1864 during what was known as the Wilderness Campaign in Virginia.

The citation reads: “Private Evans went out in front of the line under fierce fire and, in the face of the rapidly advancing enemy, rescued the regimental flag with which the color bearer had fallen.”

Evans, who died Dec. 27, 1918, was buried in The First Reformed Churchyard, Pompton Plains, N.J.

“Morris County’s involvement in various wars throughout history only becomes that much more apparent through the stories told about the soldiers who fought in these battles. A significant amount of research is undertaken by our Office of Planning and Preservation to uncover these stories,” said Deputy Director Shaw. “I’d like to personally thank everyone involved in this project, including Pequannock Township Manager Adam Brewer, Pequannock Township Historian Ed Engelbart, the Pequannock Historical Society and the volunteer firefighters with Morristown Independent Hose Company No. 1.”

## “BROTHER AGAINST BROTHER”

The phrase "brother against brother" evokes the Civil War, a theme embodied in the Halsey family of Rockaway, Morris County.

Lt. Edmund Drake Halsey fought with the 15th New Jersey Infantry Regiment of the Union Army, while his brother Joseph Jackson Halsey served in the Virginia Cavalry with the Confederate Army. Both brothers survived the conflict; however, Edmund, accompanied by his loyal horse Ned, returned to Rockaway following the war, while Joseph remained in the South.

More common in Morris County was the enlisting of brother with brother, and for the Union cause.

Many of them served together, and in some cases, with their fathers. Brother veterans Israel Day Lum of Madison and William Harvey Lum of Chatham jointly addressed school children during post-war patriotic events. Brothers Cyrus and Daniel Estile of Pequannock served

alongside their father John Estile. John died in 1862 of unknown causes, Daniel succumbed to fever in 1863 and Cyrus lived until 1907.

## THE CUMBERLAND RIVER DISASTER

On May 6, 1862, the St. Igaill Ferry attempted to cross the Cumberland River in Kentucky. Laden with Union Army horses, artillery, and soldiers burdened with full packs, the ferry capsized, claiming the lives of numerous men. Among the casualties were soldiers from Company L of the 27th New Jersey Infantry Regiment, consisting largely of men from Morris County, particularly the Rockaway area. Peter Peer of Denville was among the survivors, later resuming his occupation as a boatman on the Morris Canal.

## RISKING LIFE AND LIMB

Men risked life and limb to gain citizenship through United States military service.

Daniel Knott of Boonton, who was born in Great Britain, sacrificed a leg serving in Company K of the 4th New Jersey Infantry Regiment. He earned U.S. citizenship on Nov. 4, 1865, and in a poignant display of loyalty, marched in the New York City funeral procession for General Ulysses S. Grant on Aug. 8, 1885, covering a route of over 20 miles.

In Washington Township, Alpheus Illif was mistakenly reported killed in action in 1864 and his wife held a memorial service presided over by the Rev. Martin Herr of Dover. But Alpheus had been captured and confined in the Confederacy’s notorious Andersonville prison until the war’s end. He eventually returned home and served as Chaplain for the Samuel Starr G.A.R. Post in the German Valley section of Washington Township.

While historic records are scant regarding women’s roles in the war, Dover resident Margaret Kelley, wife of Private James P. Kelley, served as a war nurse in a Washington D.C. hospital. Margaret attended a reunion of the 15th Regiment of New Jersey on September 17, 1903 at the Mansion House in Dover, where it was reported that she encountered a former patient.

To view other detailed veterans and cultural resource projects researched by Morris County’s Office of Planning and Preservation, please visit the Morris County Planning & Preservation Office website.

If you notice omissions, errors, have additional information or images to share contact [jwilliams@co.morris.nj.us](mailto:jwilliams@co.morris.nj.us).

Courtesy photos



*(above, l-r) Joe Barilla with Clive Cloutts, Jr. and James Murray of Independent Hose Company No. 1 in Morristown.*



*(above) William Harvey Lum.*



*(above) Edmund Drake Halsey.*



*(above) Artwork entitled “Rebel Line” (left) and “Yankee Line” (right) by Thomas “Tom” Miller; United States Marine Corps, Vietnam, Purple Heart.*



# SUMMER PROGRAMS AT THE LONG HILL LIBRARY

In addition to the reading challenge running throughout the summer, June 15 to August 17, 2024, we offer fun programs open to everyone .

## Live Animal Visit

July 27 at 1:00pm

Discover up close and personal encounters with some of our planet's most fascinating creatures. There will be five to six animals featured. Some of the possibilities could be: Wallaby, Arctic Fox, Chinchilla, Turtle/Tortoise, Australian Sugar Glider, Bearded Dragon, Prehensile Tailed Porcupine, or any one of a host of other species. The presentation is geared towards children and adults alike and teaches respect for our environment and all of the creatures who

live in it. All ages welcome. Email [childrens@longhilllibrary.org](mailto:childrens@longhilllibrary.org) to register.

## Super Science Chemistry Lab

July 20 at 11:00am

Get ready for a fun-filled "magical" laboratory experience. Each child at our program will have fun making our favorite chemical concoctions!

Ages 6-12. Please register, space is limited. Email [childrens@longhilllibrary.org](mailto:childrens@longhilllibrary.org) to register.

## Music Explorer's Class

July 15 at 10:30am

Come explore the world of classical music! Little people are ready to learn about Mozart and Beethoven! Join this fun class, full of songs and videos, and expand your family's musical horizons. This 40 minute interactive class is suitable for kids ages 4-12 and is taught by Jongsun Lee, a classical pianist living in our town. No registration required.

## Field Trip to The Raptor Trust

July 11 at 2:00pm

Join Long Hill Township Library and The Raptor Trust for a fun bird-themed event. We will meet at The Raptor Trust (1452 White Bridge Road, Millington, NJ) to learn all about NJ's native raptor species, and about the unique habitat in the Great Swamp National Wildlife Refuge. In case of inclement weather, all attendees will be contacted by Long Hill Township Library, and we will relocate to the library for the program where we will focus on what makes raptors so special. Email [childrens@longhilllibrary.org](mailto:childrens@longhilllibrary.org) to register.

## Camping at the library

July 10 & July 17 at 4:00pm to 6:00pm

Come join us for a camp out- inside!- the library. We will have a tent and lanterns. We will do all sorts of camping activities- inside! Yes, there will be stories by the campfire, yes we will go on a hike and yes, we will make smores! Afterwards, all stuffed animals are welcome to spend the night. Kids can play in the tent BUT stuffed animals can sleep in the tent! No registration required.

## Karli and the Star of the Week (grades K-2)

Tuesday, July 16th, 4:00 pm

encourages children to accept the differences of their peers by promoting acceptance of others. Through our program, children also understand their uniqueness and develop positive self-esteem. Duration: 25-30 minutes.

Email [childrens@longhilllibrary.org](mailto:childrens@longhilllibrary.org) to register.

## Making Healthy Choices (grades 3-5)

Wednesday, July 24th, 4:00 pm

encourages thoughtfulness in students' decisions when choosing what to eat and how to spend their free time. In addition to learning about healthy choices for themselves, students will also learn about substances that are harmful to their health. Duration: 30-35 minutes.

Email [childrens@longhilllibrary.org](mailto:childrens@longhilllibrary.org) to register.

## Comic Quest: Make Your Own Comic Club

Starting June 17th, every Monday at 4:00pm we have Comic Quest: Make Your Own Comic Club. Flex your creative muscles at Comic Quest! Children in grades 3-6 will write and illustrate their own comics based on the prompt of the week. Share your love of comics – bring your favorite graphic novel/comic/manga to share with the club! No registration required.

## Adventures through the Alphabet

Storytime Series every weekday at 10:30am. Monday, June 17th - Friday, August 23rd Journey through the Alphabet with us starting with the Letter A on Monday, June 17th and finishing with the Letter Z on Friday, August 23rd, we will present a themed Storytime based on the letter of the day. For ages 2 – 6 with parent/caregiver. No registration required.

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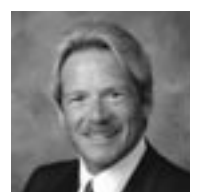
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<b>Short Hills MILLBURN MONTHLY</b> NJ Qty: 8,200 Zips: 07041, 07078	<b>Summit &amp; Times</b> NJ Qty: 9,600 Zip: 07901	<b>Spirit of UNION</b> NJ Qty: 6,800 Zip: 07083 (partial)	<b>WARREN MONTHLY</b> NJ Qty: 6,200 Zip: 07059	<b>Watchung Post</b> NJ Qty: 2,700 Zip: 07069	<b>Westfield MONTHLY</b> NJ Qty: 11,800 Zip: 07090

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