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# Watchung Post

Watchung's Hometown Newspaper

NJ

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## 4TH GRADE "FAREWELL CONCERT"

*Watchung Public Schools*

Watchung's 4th grade Bayberry Elementary School students participated in their farewell concert on June 3rd, to celebrate their moving onto Watchung's Valley View Middle School. The 4th grade band played songs like "Bandroom Boogie" and the whole class sang "God Bless America."



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Photo by Watchung Public Schools



### Ashley's June Watchung Market Update

**\$1,020,150**

Average Sales Price

**10**

# of sales

**24**

Average Days on Market

**16**

# of houses on the market

The Cherie Berger Team  
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# Watchung Post

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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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# HIGH SCHOOL JUNIORS– JOIN OUR TEAM!

*Submitted by Genevieve Nitzsche, President*

The Watchung Rescue Squad Cadets have been actively involved in community service and educational activities, showcasing their dedication and skills. These cadets are high school juniors and seniors who serve their community by attending calls but are also actively involved in educating others on different health related topics. Following are highlights of their recent endeavors.



(above) Genevieve Nitzsche, BSN, RN, EMT – President; Denise Wilson, EMT; Jeiner Betancourt, BSN, RN, EMT – Captain; Matthew King, EMT – 1st Lieutenant (Bottom) Chloe Chua, Ruhika Iyer, EMT, Emma Jubin, Seth Weingarten, EMT – Cadet Advisor

Courtesy photos

## DEDICATED TO SERVICE: WATCHUNG RESCUE SQUAD CADETS' IMPACTFUL ACTIVITIES

The cadets of the Watchung Rescue Squad have been making a significant impact through their involvement in various activities. Their commitment to public health and safety is evident in the initiatives they've undertaken.

### EDUCATING ON PUBLIC HEALTH

During Stroke Awareness Month, the cadets took the initiative to educate the public on this critical health issue. In May, they organized a comprehensive Public Health presentation at Ampersand, a data-driven TV advertising sales and technology company based in New York City. Their audience, more than 150 employees, were engaged and informed about the importance of recognizing the signs of a stroke and the necessary steps to take in such an event. The



(above) Cadets being tested on infant CPR with an AED: Perry Weingarten, Kara Lien, Chloe Chua, Emma Jubin

cadets' presentation was not only informative but also a testament to their knowledge and ability to communicate effectively with the community.

### COMPETING WITH HONOR

In June, the cadets participated in the Bayshore Cadet Competition held at the Keyport Rescue Squad. This event brought together 34 teams of cadets from various rescue squads around the tri-state area to demonstrate their skills and knowledge in emergency medical response. The Watchung Rescue Squad cadets showcased their training and teamwork, competing with honor and representing their squad with pride. Their participation in this competition highlights their dedication to continuous learning and improvement.

### A COMMITMENT TO THE COMMUNITY

The activities of the Watchung Rescue Squad cadets reflect their unwavering commitment to serving the community. Whether through educational presentations or competitive events, they consistently demonstrate their readiness to respond to emergencies and their passion for public service. The cadets' efforts not only benefit those they serve directly but also inspire others to be proactive about their health and safety.

The Watchung Rescue Squad cadets continue to be a shining example of youth involvement in community service. Their recent activities are a clear indication of their dedication to making a positive difference in the lives of others. Cadet applications are open for the upcoming 2025-2026 year. We are seeking enthusiastic and dedicated high school juniors to be a part of our organization and help make a difference in the community. For more details, visit: [watchungems.org/apply-now](http://watchungems.org/apply-now).

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# COUNTY RESIDENTS GRADUATE FROM CERT BASIC TRAINING PROGRAM

Somerset County's Office of Emergency Management graduated 10 residents from their Community Emergency Response Team (CERT) Basic Training Program. The residents volunteered 30 hours in June to learn about supporting their local communities and first-responders when emergencies and disasters strike.

"CERT teams play a crucial role in mitigating disasters and managing emergencies in Somerset County," said Commissioner Doug Singleterry, liaison to the Office of Emergency Management. "Each volunteer is a tremendous resource to first responders, their respective communities, and for the people of Somerset County."

This year's Spring CERT class included residents from Somerville, Somerset, Branchburg, Basking Ridge, Bridgewater, Bernardsville, and Watchung.

Volunteers trained at the Emergency Services Training Academy in Hillsborough and learned about Disaster Preparedness, CERT Organization, Light Search and Rescue, Disaster Psychology, Terrorism, Fire Safety, Medical Operations, Sheltering Operations, and Stop the Bleed. Following their extensive training, each participant is required to complete a written exam and practical exercise to officially graduate.

Local CERT programs help to train and organize teams of volunteers to assist their families, neighbors, co-workers, and other community members during emergencies when

professional responders may not be immediately available.

Before, during, and after disasters, CERT volunteer teams perform basic response activities, including checking in on neighbors, distribution of information to the public, supporting emergency operations centers, and helping to manage traffic and crowds.

The deployment of CERT volunteers to perform these activities enables professional

responders to focus efforts on more complex, essential, and often life-saving tasks. CERT volunteers also support their communities by organizing, promoting, and participating in emergency preparedness events, activities, and projects.

For more information regarding the CERT program, please utilize the following link: [co.somerset.nj.us/government/public-health-safety/emergency-management/cert-volunteers](http://co.somerset.nj.us/government/public-health-safety/emergency-management/cert-volunteers)



(above) Somerset County's 2024 Community Emergency Response Team (CERT) Basic Training Graduates



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## COMMUNITY HEALTH RESIDENT SURVEY

### Somerset County

RWJBarnabas Health, its hospitals, affiliates, and community partners are conducting a Community Health Resident Survey; your input can help shape future programs and services.

This survey is an opportunity for you to share your experiences, opinions, and priorities to help shape the future of our communities' health! Please spend 15 minutes to share your voice here: <https://bit.ly/rwjb24>.

We encourage you to share the survey link with your friends and family. The more participants, the more valuable the results, so we and our partners can develop programs and services most needed.

The survey is confidential and does not ask for your name or identifying information. It is available in 8 languages: Arabic, simplified Chinese, English, Haitian Creole, Hindi, Portuguese, Spanish, and Yiddish.

In the past, survey results have led to the development of smoking prevention campaigns for youth, healthy cooking classes in the community, expansion of transportation options, and mental health training for first responders. We need your input to guide future services.

Your voice matters. Thank you for taking the time to help improve our communities!

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# SUMMER CABARET SERIES AT THE SIEMINSKI THEATER THIS AUGUST

This August, the versatile and state-of-the-art Sieminski Theater in Basking Ridge will be transformed into a genuine cosmopolitan cabaret setting with table seating, light bites, and a cash bar. Doors open at 7 PM. Upon arrival, each patron receives a glass of Prosecco or a sparkling beverage, individual charcuterie, and sweets to enjoy while socializing before the show begins at 8 PM. Three very different shows are offered: a traditional jazz cabaret featuring a sextet and vocalist, a Broadway-stage caliber duo, and a “best of” Broadway Rock cabaret.

Tables accommodate up to 10 people (general seating) or private tables for 2 are available. General seating is \$85 per person.

## FRIDAY, AUGUST 9TH: JAZZ TROMBONIST DION TUCKER AND HIS ENSEMBLE.

Dion has played with the Illinois Jacquet Big Band, Steve Turre & the Sancti-fied Shells, Ray Charles Big Band, and the Count Basie Band. He has been a member of the Lincoln Center Jazz Orchestra, led by Wynton Marsalis, as well as Lester Bowie and the Brass Fantasy, the Louie Armstrong Centennial Band, the Clark Terry Big Band and Frank Foster & the Loud Minority. Dion has made T.V. appearances on the Oprah Winfrey Show, the David Letterman Show, The Ellen DeGeneres Show, The View, The Today Show, and The Jimmy Fallon Show, and has traveled the world to perform in Asia, Europe, Africa, Cuba, Turkey and New Zealand, and is currently a member of the Duke Ellington Orchestra and The Harry Connick Jr. Big Band. Dion has appeared with Harry Connick Jr. at the White House for President Barack Obama and appears in Connick’s recent DVD “Live From Broadway” as well as participating in Connick’s weekday TV show Harry.

## FRIDAY, AUGUST 23RD: BROADWAY’S LIZ MCCARTNEY W/ JIMMY HORAN ON PIANO.

Annie, The Phantom of the Opera, South Pacific, Mamma Mia!, Thoroughly Modern Millie, & Boy George’s Taboo are just a few of big-voiced & big-hearted LIZ McCARTNEY’S Broadway credits. Liz has toured the country as Madame Morrible in Wicked, Marie/Fairy Godmother in Cinderella, & Ursula in The Little Mermaid. Her performance as Mrs. Lovett in Drury Lane Theatre of Chicago’s production of Sweeney Todd brought her a nomination for the coveted Joseph Jefferson Award, & she was recently a part of New York City Center’s production of Sunday in the Park with George,

opposite Jake Gyllenhaal.

Jimmy Horan is a Musical Director / Pianist / Arranger / Composer who has worked at all the Major Cabaret Venues in NYC, such as Rose Theater at Jazz at Lincoln Center, Birdland, The Duplex, Don’t Tell Mama and The Metropolitan Room. Most recently, Jimmy worked at 54 Below/Feinstein’s as Musical Director/Co-Producer of the successful Second Act Series, working with composers like Charles Strouse, John Kander, Nancy Ford, Keith Herrmann, and Michael Valenti; and artists like Jill Eikenberry (personal MD as well) Jon Cryer, Loni Ackerman, P.J. Benjamin, and The Skivvies. He has served as NYC Gay Men’s Chorus Cabaret/Special Events Musical Director and Arranger with performances at Carnegie Hall, Madison Square Garden and The Barclays Center.

## Friday, August 30th: Theatre Rock LIVE!

A soaring tribute to, and celebration of, Rock Musicals! Songs from such hit musicals as Hair, Pippin, Jesus Christ Superstar, Hamilton, Dear Evan Hanson, Tommy, Godspell and so much more! The group features the rock tenor of international recording artist Eric Scott Klein (Days Before Tomorrow), the dynamic Olivia Renteria (Mean Girls), and the magical voice of Lawrence Street (Carmen Jones, Urinetown, Mean Girls) fused with the energy a skilled rock/pop band anchored by veteran musical director Joe Andolino.

## ABOUT THE SIEMINSKI THEATER:

The Sieminski Theater at Fellowship Village in Basking Ridge provides an intimate, state-of-the-art experience and offers student and senior discounts, dinner and show packages, and free ample parking, making it the perfect evening out for everyone.


Enjoy an exceptional preshow dining experience at Wilson’s Tapas Bar Lounge restaurant before the evening performance. Located steps away from the Sieminski Theater, culinary dishes prepared by Fellowship Village’s award-winning executive chef feature only the freshest ingredients and highest quality. Make a reservation by calling 908-580-3818 for 5:30 pm for the show date.

Bringing a professional performing arts venue with a diverse lineup of entertainment to Basking Ridge and the surrounding communities makes the Sieminski Theater and Somerset County an artistic and cultural destination. We enjoy a newly expanded performance schedule from American Theater Group, Light Opera of New Jersey, New Jersey Festival Orchestra, Trilogy Repertory, and countless national touring groups. Our intimate, award-winning non-profit venue features technical amenities that rival any Broadway theater.

For more information, call 908-580-3892. Or visit us at [www.sieminskitheater.org](http://www.sieminskitheater.org) to view our upcoming entertainment schedule, where any seat is the best seat in the house.

# CABARET SERIES

 <p><b>JAZZ TROMBONIST DION TUCKER &amp; HIS ENSEMBLE</b></p> <p><b>August 9</b></p>	 <p><b>BROADWAY'S LIZ MCCARTNEY WITH JIMMY HORAN AT THE PIANO.</b></p> <p><i>The Best of Broadway!</i></p> <p><b>August 23</b></p>	 <p><b>THEATRE ROCK</b></p> <p><b>The Best of Broadway's Rock Musicals!</b></p> <p><b>August 30</b></p>
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# WARRENBROOK SENIOR CENTER - AUGUST CALENDAR

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## Skin Cancer Awareness & Prevention

August 5, 11 a.m.

discussion about how skin cancer screening and prevention are crucial for maintaining healthy skin and overall well-being.

## Somerset County Library System of New Jersey

August 5, 1 p.m.

Come browse a collection of books, movies, music, and more, register or renew your library card, and learn about the services and programs.

## Healthy Living for Your Brain & Body

August 7, 11 a.m.

Join Terrina to learn about research in the areas of diet, exercise, cognitive activity, and social engagement, and how to incorporate these recommendations into a plan for healthy aging.

## Breathing Techniques for Mental Wellness

August 8, 11 a.m.

Dr. Prabha Srinivas will be teaching some practices that can be used to distract the mind and induce calm during an anxiety episode.

## Candle Collage Craft.

August 9, 11 a.m.

Pre-registration required, and supplies provided.

## Origami with Itoko

August 12, 11 a.m.

Itoko Kobayashi will teach us the skills to fold paper and make exciting little paper figurines.

## Monthly Book Club

(Virtual) August 13, 1:30 p.m.

New members are always welcome! \*\*Only for Warrenbrook Senior Center Participants\*\*

## Indian Dance with Ms. Ruhika Iyer.

August 14, 10:30 a.m.

Ms. Ruhika Iyer will perform the Bharatnatyam dance to celebrate India's Independence Day.

## India Independence Day with Seema Moondra from Enjoy Explore India

August 14, 11 a.m.

Seema Moondra will walk us through the rich culture of India, and teach us how to drape a saree. We will also sample some Indian dishes.

## Bingo with Bob Mazet.

August 15, 29, 11 a.m.

## Craft – Stained glass using Vellum Paper

August 16, 11 a.m.

Pre-registration required, and supplies provided.

## Slips & Falls with Dante Searcy, DPT

August 19, 11 a.m.

Dante will highlight common hazards in the environment that contribute to accidents.

## Rutgers Health Screenings

August 21, 11 a.m.

Services including blood pressure screening, diabetes education, medication review, nutrition education, brain health activities.

## Jeopardy with Jean

August 22, 11 a.m.

Join Jean Mazet will lead the group in an interactive game of Jeopardy.

## Summer Trivia with Hirey Molligoda

August 23, 11 a.m.

Test your knowledge on all things summer related as we gather for a fun-filled morning of questions, laughter, and friendly competition.

## America & World War 1 (with a focus on NJ)

August 26, 11 a.m.

This session will explore the Garden State's many connections to the war, including the Black Tom attack, the logistics of troop training and deployment, Hoboken's role as the main port of embarkation, and Thomas Edison's role in military preparations. Famous combatants from New Jersey, and the state's role in the aftermath of the war, will also be discussed.

## Musical Entertainment and Caricatures with Sal Di-Bianca.

August 28, 11 a.m.

While Sal performs variety of popular songs from past decades, clients will be able to take pictures with caricatures from the world of music in the 1950's and 1960's.

## Obesity & Cardiovascular Health

August 30, 11 a.m.

Drs. Phillips and Hameed will talk about Obesity and Cardiovascular disease, with emphasis on risk factors, signs and symptoms, healthy lifestyle, and medical interventions.

Besides the above program, the below programs take place on weekly basis.

## Stretch

Mondays, 10 a.m.

Kanwaljit Minhas, will guide you through the exercises to improve flexibility & balance. No fee for this class. Call for more information.

## Studio 60+

1st and 3rd Mondays, 1 p.m. – 4 p.m.

Warrenbrook Seniors will meet twice a month to plan the events they are interested in. They will also practice for their quarterly shows.

## Mahjong for Intermediate Players

Tuesdays, 9:30 a.m. – 12 p.m.

## Zumba Gold with Judith

Tuesdays, 10:15 a.m.

This class is achievable for beginners or others who need modifications to their exercise routine. Cost is \$40 for the 8-week program.

Pre-registration is required, please call.

## Bridge Group with Ronnie

Tuesdays, 1 – 4 p.m.

Join Ronnie and her group as they play bridge every week. New members and beginners welcome (lessons available).

## Gentle Yoga with Jillian

Tuesdays, 1 p.m. and Thursdays, 10 a.m.

Expect lots of gentle stretching to bring movement to joints and muscles. Cost is \$40 for the 8-week program.

## Strength

Wednesdays, 10:00 a.m.

This exercise program is designed to develop strength and enhance the ability to function. No fee for this ongoing class. No class August 14.

## Line Dancing with Lynda Hyland

Thursdays, 9:30 – 10:15 a.m.

## Card/Table Games

Thursdays, 1 – 4 p.m.

Join in and play some of your favorite games.

## Bridge

Fridays, 1 – 4 p.m.

## Tai Chi with Roger

Fridays, 10 a.m.

Tai Chi participants will focus on shifting body weight through a series of light, controlled movements. This program can be practiced while either standing or sitting.

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<b>Florham Park Press</b> NJ Qty: 5,500 Zip: 07932	<b>Garwood Times</b> NJ Qty: 2,500 Zip: 07027	<b>Green Brook</b> NJ Qty: 3,000 Zip: 08812	<b>BUSINESS • LIFE KENILWORTH</b> NJ Qty: 3,500 Zip: 07033	<b>NJ LIFE in LINDEN</b> Qty: 17,900 Zip: 07036	<b>Long Hill LEADER</b> NJ Qty: 3,500 Zips: 07933, 07946, 07980
<b>MADISON MONTHLY</b> NJ Qty: 6,300 Zip: 07940	<b>MOUNTAINSIDE VIEW</b> NJ Qty: 2,900 Zip: 07092	<b>New Providence NEWS</b> NJ Qty: 5,100 Zip: 07974	<b>OUR TOWN Rahway, NJ</b> Qty: 13,000 Zip: 07065	<b>ROSELLE PARK MONTHLY</b> Qty: 5,600 Zip: 07204	<b>Scotch Plains NJ</b> WHAT'S HAPPENING MONTHLY Qty: 9,400 Zip: 07076
<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

Rates are per month. Artwork included in price. Newspapers are black on white.

### NEWSPAPER AD RATES

Units	Size	1 TOWN	3 TOWNS	6 TOWNS	9 TOWNS	12 TOWNS	15 TOWNS	18 TOWNS	21 TOWNS	24 TOWNS
1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550	\$600
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900	\$1000
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
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400	\$2700
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700	\$3000
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000	\$3400
2-PAGE SPREAD	21" x 14"	\$700								
BACK PAGE	10" x 14"	\$500								
FRONT PAGE BANNER	8.25" x 2"	\$320								
FRONT PAGE BOX	1.5" x 4.5"	\$240								

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# RETIRED WHRHS NURSE WORKS TO HELP HAITIAN ORPHANS

## Global Health Share

Global Health Share is a non-profit which since 2019 has been dedicated to supporting an orphanage as well as education programs and marketable skills training for children and families in Haiti. The 501c3 charity recently held its second annual Caribbean fundraiser at the Country Lakes firehouse in Browns Mills, NJ. One of its founders is Nan Masterson, who was formally the head school nurse at Watchung Hills Regional High School from 2000 through 2015.

Global Health Share provides funding for food, free elementary and secondary education programs, daily after school help, basic healthcare when funds are available, and marketing skills training to poor families in the communities that they serve. The country of Haiti does not provide free education to children, so if parents are unable to pay for tuition, uniforms, and supplies (which cost about \$400 to \$500 per student per year), the children cannot attend school.

“Since Haiti became an independent country in 1804, they have endured major political and environmental challenges. Two years ago, the President of Haiti was murdered, and gangs took over Port au Prince, the capital city of Haiti. Recent news reports refer to Port au Prince as the most dangerous city in the world. The children and programs that Global Health Share supports are located far enough away from Port au Prince to be out of harm’s way, and the education programs can continue most days. The biggest issue now is access to food and clean water due to the fact that the gangs have closed ports that receive imports of food, and food is scarce. The cost of food has escalated, and Global Health Share, with generous donations has been addressing these needs” said the organization’s founder, and President, Nan Masterson.

While working at WHRHS, Nan Masterson

addressed the healthcare needs of students, and states that she loved every minute of it. In 2016 she retired from Watchung Hills. After “retirement” she volunteered on two Chamberlain University clinical immersion trips for nursing students to Kenya. After the second trip she was asked to join their global health education program faculty. Over the next few years, she took students to India, Brazil, and Haiti. She began the non-profit in Haiti after a trip to the country in 2018 while training nursing students in community health.

“There was devastation in every country that I did clinical immersions in with students, however, nothing affected me so deeply as the conditions that the children were living in at an orphanage where we did health assessments in Haiti. It changed my heart forever, and knew I had to do something,” she said.

Since Masterson and her students’ initial purchase of one month’s supply of food for the children at the orphanage, Global Health Share has grown to support two school programs in Leogane and Gressier providing funds for food, uniforms, teacher salaries, structural building repairs, and much-needed supplies, as well as weekend skills-based training workshops. Baking, sewing, computer literacy, and English language instruction have been taught to help the families develop marketable skills for earning a living.

The Caribbean Fundraiser featured regional food, live steel drum music, hula hoop fun, a Caribbean trivia contest, drum circle conga line, basket auction, and 50/50 drawing. During the event Masterson recognized planning committee members Mark and Elisabeth McCartney for their support.

For more information, or to make a donation visit [globalhealthsharecharity.org](http://globalhealthsharecharity.org).



(above, l-r) Elisabeth and Mark McCartney; Global Health Share President and Founder Nan Masterson; Global Health Share Treasurer Mike Rotolo.

Courtesy photo

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76 Blazier Rd, Martinsville, NJ  
6 Beds | 5 Baths | 1 Half Bath | \$1,750,000



189 Mountain Blvd, Watchung, NJ  
3 Beds | 2 Baths | 1 Half Bath | \$849,000



29 Ridge Rd, Chatham, NJ  
2 Beds | 1 Bath | 1 Half Bath | \$679,000



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