Watchung Post

Watchung's Hometown Newspaper

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GRAY BASEBALL TEAM SUCCESSFUL SEASON CELEBRATED

Submitted by Robyn Feldblum

The Watchung Hills 8U Gray Travel Baseball Team recently had the honor of competing in the 2024 USABL World Series. Over 600 teams competed and only 14 were selected to participate in the tournament. To earn their spot the 8U Gray team needed to be the overall champion in their regular season as well as win a USABL Tournament and they did it! The boys worked hard through the entire year getting better and stronger and proudly won their spring season championship with a Father's day victory.

The best gift to all the dads and coaches out on the field and in their backyards working with their sons. They also won the all, always - Kevin Brotspies, Gabe Feldblum, Adam Lella, Cinco de Mayo slam in a nailbiter final game showcasing their

teamwork and sportsmanship. Most of the team has been playing WH Baseball since kindergarten and the coaches have helped train them into great ball players. Watchung Hills Baseball and all their families are so proud of the boys' spirit, strength and teamwork. Let's Go Warriors!

Congratulations to the team - Jasper Agugliaro, Logan Araujo, Sawyer Brotspies, Nick Calogero, Gavin Casorio, Wyatt Drozd, Josh Feldblum, Reagan Gawronski, Alex Koufomilhalis, Luca Lella, Peter Politi, Jake Stoffers and Joseph Sullivan

And a tremendous thank you to the coaches that gave their Peter Politi and Dan Sullivan.



(above) Watchung Hills 8U Gray World Series Family

Courtesy photo



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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READY, SET, RUN...RAISING AWARENESS FOR MENTAL HEALTH & SUBSTANCE ABUSE

For over 20 years, community members have come together to support the Watchung Hills Municipal Alliance and their annual 5k. The Alliance identifies and addresses the social and health needs of our community by raising awareness and empowering communities to combat substance abuse and its related problems at home, school and work.

Last year, the race was renamed "The Annual Jack Walsh Great Pumpkin 5K" in honor of one of the 5K founders and long-time WHRMA member Jack Walsh. Walsh attends every year to support the race and the runners.

The race takes place on October 5th in the Watchung Circle in conjunction with the Watchung Harvest Festival. Race sign-ups are being accepted now at runsignup.com/whrma5k.

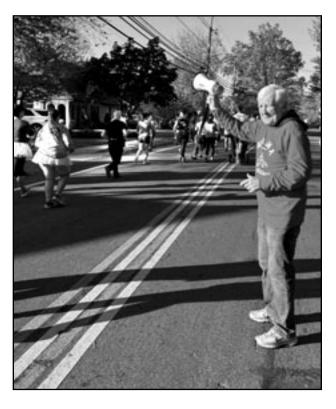
Donations are also being accepted at the above link or checks are accepted payable to:

WHRMA

Watchung Hills Municipal Alliance, 46 Mountain Boulevard, Warren, NJ 07059

Donate by September 22nd to have your business logo imprinted on the t-shirt, which are included for each runner who signs up in advance. Business sponsors can reach out with questions or simply email your camera-ready business logo to whrma@warrennj.org after donating.

Every year the race is growing, and we look forward to another great one this year! Support youth mental health – run or donate today!



(above) Green Brook resident and WHRMA 5k Race founding member Jack Walsh pictured above starting off the 2023 race.

Courtesy photo



Attention Men & Women Over 40 HOW TO LOSE 10-30 LBS. IN 6 WEEKS... AND KEEP IT OFF!

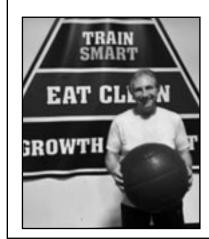
Give a little Berkeley Heights Personal Training Gym 6 weeks to help you feel stronger, leaner, healthier and filled with energy!

"I NEVER LIKED GOING TO THE GYM... BUT NOW I'M HOOKED!"



TRISH - I never liked going to the gym...until I joined Gabriele Fitness! The very knowledgeable and professional trainers make sure that every person receives personalized attention and feedback in class. I never expected to achieve such great results and it's all due to Gabriele Fitness. But now I'm hooked! They are the best!

"I WAS WORRIED ABOUT NOT BEING ABLE TO KEEP UP"



amazing and motivating! It's such a welcoming space. I was worried about not being able to keep up. But that's never been an issue at all. I've never felt rushed even if my pace was slower than those around me. I really love this aspect of the experience. I'm so glad to be part of this community.

"LIFE CHANGING FOR ME."



and entertaining trainers. Can't say enough positive things about GFP. Even now, in 2024, the experience at GFP continues to get better. The trainers do a great job helping each and everyone achieve their goals and consistently improve. The gym members support each other. I look forward to every session.

"I AM STRONGER THAN I HAVE BEEN IN 30 YEARS."



Gabriele for a few years and absolutely LOVE the training. Coaches are extremely knowledgeable and correct any form issues and continuously challenge us. If I experience any pain, they will alter exercise to keep me safe. I am stronger than I have been in 30 years. They are fun, motivating and have built a great community at GFP.

GET BACK TO A FITNESS ROUTINE STARTING SEPT. 23RD! (ONLY 20 SPOTS AVAILABLE)

Here is what you get in this Challenge:

- **Personal Training:** 20 small group personal training sessions so you can work out with a coach to guide you every step of the way, which means you're essentially guaranteed to feel fit, strong and healthy.
- Extreme Accountability: Get helicopter-like attention from your GFP Coaches so you can never fall off track, which means you'll finally get the energy and health you've been missing.
- **Personalized and Simple Nutrition Help:** Our coaches are going to sit down with you to map out everything so you know exactly what to eat and when to eat it, which means you'll start making progress immediately.
- **Unlimited Cardio Sessions:** You'll get Unlimited Access to our 'Fat Blast" Sessions that will help get your body buzzing and your blood flowing to help shed those calories and fat!
- Free Nutrition Guide: We are going to give you a ton of references and guides including recipes and guidelines to help you along the way which means you'll get lean and love your food at the same time!

ABOUT GABRIELE FITNESS: Gabriele Fitness is a personal training gym that helps people lose weight, gain energy, and live a more active life without the use of fad diets or workouts that beat up their body. They've helped thousands of men and women in the Berkeley Heights Area to transform their health and life for the past 17 years. As leaders in the fitness industry they present their methods to trainers and gyms around the world.







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ELKS FAMILY FUN DAY TO HELP HOMELESS VETS

The NJ Elks East Central District is proud to a sense of stability. announce the 2nd Annual Family Fun Day event on September 28, 2024 from noon to 6pm at the Stirling Elks Lodge at 1138 Valley Road in Stirling. This event aims to bring the community together for a day of food, fun, and entertainment for all ages to help support a crucial cause.

Included with entry, all attendees will enjoy a delicious pig roast, grilled burgers, hotdogs, pulled pork, sausage & peppers, sandwiches, sides, desserts, water, soda, beer, wine, sangria, and more. Kids' activities will include DJ Mr. Socks, contests, games, a bounce house, magic performances, a fire truck, and more. Adults and teens can participate in a professionally run cornhole tournament, a golf pitching contest, volleyball, and bocce ball. Additionally, the event will feature a special rendition of the National Anthem, a NJ State Police helicopter, World War II vehicles, bagpipers, a dunk tank, 50/50s, a Silent Auction, and a paratrooper parachuting the American Flag into the event.

Admission is \$25 (donation) for adults. Children under 12 are free.

There are thousands of homeless veterans in New Jersey which is a tragic reality that the NJ Elks are determined to change. Over the past five years, the New Jersey Elks have successfully helped to move over 2,400 homeless veterans into homes, providing them with a fresh start and

The Elks National Veterans Service Committee operates on a 100% volunteer basis, ensuring that all proceeds from this event will go directly towards improving the lives of our American heroes who have fallen on tough times. In addition, they are actively seeking sponsors and donors to support their efforts and their public relations committee will work hard to acknowledge them through several sponsorship packages.

Donations and advanced ticket purchases can be made at: http://donate.njelks-ecd.org or mailed to Elks ECD Veterans Committee, 87 Harrison Ave., Colonia, NJ 07067. Checks should be made payable to: ECD Veterans Committee, with 'homeless vets' in the memo. (If a 501(c)(3) receipt is needed, please make checks payable to: NJSEA, with 'homeless vets' in the memo).

For sponsorship interest or more information about this event, please contact Apollo Hrehorovich at funday@njelks-ecd.org, call or text 732-540-0062, or visit http://funday.njelksecd.org.

Elks pledge "So long as there are Veterans, the Benevolent and Protective Order of Elks will never forget them."

For more information about the Elks and how to join, please visit http://elks.org today.



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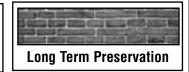
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INDIA INDEPENDENCE DAY CELEBRATION

India Independence day with Bharatnatyam dance performed by Ruhika & Aishwarya. The seniors immersed in the rich culture of India by

Warrenbrook Senior Center celebrated the 77th hoisting the Indian flag and singing the Indian national anthem and learning about the history and democracy India and US shares and a taste of Indian food while celebrating the culture.



WATCHUNG SENIORS CLUB 55+

Regular meetings of the Watchung Seniors Club are held the 2nd Wednesday of each month, from 11 a.m. – 2 p.m. (except July & August). Meetings are held at the Watchung Fireman's Exempt Hall, located at 31 Mountain Blvd., Watchung. The lower level is handicap accessible. Guest speakers, trips, pizza parties

and fun events are planned throughout the year. An annual picnic in held June. For more information call Madelyn 908-816-00641.

There will be a bus ride to Casa Bianca on October 9, 2024, featuring a luncheon, and music by the "Good Times Roll" band. Call number above for more information.







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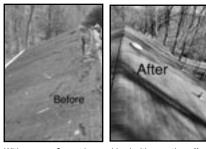
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WARRENBROOK SENIOR CENTER - SEPTEMBER CALENDAR

500 Warrenville Road • (908) 753-9440 8 September 2 - Senior Center Closed in Observance of Labor Day

Wordle.

September 3 & 17, 11 a.m. Wordle is a word-based brain game.

Medicare & Medications Made Affordable for 2025.

September 4, 11 a.m.

Compare costs every year during the Open Enrollment Period (Oct. 15 - Dec. 7th)

Bingo

September 5, 11 a.m.

Brains n Games and Hand Bells

September 6 & 27, 11 a.m.

Join Adrienne for some mind-tingling, brainstumping word games and a musical workout .

Annis Boudinot Stockton: The Poet and the General with Joseph Wroblewski

September 9, 11 a.m.

Talk about Annis Boudinot Stockton, wife of Richard Stockton and her poems and correspondences with George Washington.

Boggle

September 10 & 24, 11 a.m. Monthly Book Club

(Virtual) September 10, 1:30 PM

Discuss the book of the month and select the next book to read. New members are always welcome! **Only for Warrenbrook Seniors**

Financial Planning Strategies

September 11, 11 a.m.

Gail will be addressing the potential changes to the 2025 Tax Act, strategies for tax efficiency, protecting investments in volatile markets.

Breathing Techniques for Mental Wellness September 12, 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.

Thrill'n & Grill'n Picnic at Colonial Park

September 13, 10:30 a.m.

The Senior Wellness Center at Bridgewater, Basking Ridge and Warrenbrook will converge for fun, friends, food, games, and conversation. **For reservations a call Warrenbrook Center.

Medicare & You: Cardiovascular Screening & Intensive Behavioral Therapy

September 16, 11 a.m.

Medicare offers a range of preventive services that goes beyond the "Annual Health Visit."

Wildlife! Just Sharks (video)

September 17, 11 a.m.

Emergency Preparedness & Register Ready

September 18, 11 a.m.

Emergency preparedness tips that both agency staff and consumers can use, as well as an overview of the Register Ready program.

Bingo

September 19, 11 a.m.

A visit to Basking Ridge Senior Center

September 20

Warrenbrook Senior Center will be closed.

Dot Painting Craft

September 20, 11 a.m.

Dot Painting is a very unique and integral part of Australian Aboriginal Art. All supplies will be provided. Pre-registration required.

Musical Entertainment with Clifford Seay

September 23, 11 a.m.

Chris Seay will sing songs from 50s, 60s

Junk Drawer Detective with Parul

September 24, 11 a.m.

This month we will engage in "Veggie Garden Detective" and "Laundry Day Detective" and "Hood on Book Detective".

Navigating the Health Care Field

September 25, 11 a.m.

Randi will discuss proactive ways of managing health, and insurance coverage,.

Craft – To the Point Place Marker

September 26, 11 a.m.

We will cut & assemble the provided designs to make a bookmark. All supplies will be provided. Pre-registration required.

Immunizations with Shivani Shah

September 30, 11 a.m.

Shivani will be providing flu vaccines to the registered clients of Somerset County Senior Centers.

WEEKLY PROGRAMS

Yoga with Kartika

Mondays, 10 a.m.

This class is open to all levels of skill, either sitting or standing. No fee for this class.

Fall Prevention Screening & Education

Mondays, 1 p.m.

Fall Prevention with Rutgers faculty and students. Pre-registration required to schedule times for screenings: No program on Sept. 9th.

Watercolor Paint Class

Mondays & Wednesdays, 9 a.m. – 12 p.m. All supplies are included.

Mahjong for Intermediate Players

Tuesdays, 9:30 a.m. – 12 p.m.

Take Control with Exercise

Tuesdays, 10 a.m.

No fee. Call for more information

Zumba Gold with Judith

Tuesdays, 10:15 a.m.

Tuesdays, September 17 – November 5 For beginners or others.

Cost is \$40 for the 8-week program.

Chair Belly Dance

Tuesdays, 1 p.m.

No class on September 10th.

It offers a workout for the entire body designed to improve posture, flexibility and endurance.

Bridge Group with Ronnie

Tuesdays, 1 - 4 p.m.

Stretch & Strength

Wednesdays, 10 a.m.

No fee for this ongoing class. No class on September 18th. Please call for more info.

Line Dancing with Linda Hyland

Thursdays, 9:30 - 10:15 a.m.

Chair Kickboxing

Thursdays, 1 p.m.

This fun, heart pumping cardio kickboxing class is for everyone. Done in a seated position.

Tai Chi with Roger

Fridays, 10 a.m.

Bridge

Fridays, 1 - 4 p.m.





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DAR TO CELEBRATE CONSTITUTION WEEK SEPT. 17-23

The Daughters of the American Revolution (DAR) invite all Americans to celebrate the 237th anniversary of the Constitution during Constitution Week, September 17-23. This annual observance was established after the DAR petitioned Congress to dedicate a week to commemorate the signing of the U.S. Constitution on September 17, 1787.

Constitution Week will be on the agenda as members of Elizabeth Snyder-Continental Chapter DAR resume monthly meetings on Sept. 10. Members will discuss 2024 youth awards, plans for the DAR Day of Service in October, Native American Heritage Month and Veterans Day in November, collecting holiday gifts for hospitalized veterans and more.

Members of DAR have the opportunity to participate in a wide range of projects and events that support the organization's goals of promoting historic preservation, education and patriotism.

DAR is a nonprofit, non-political service organization open to all women 18 and older who can prove descent from an ancestor who aided the cause of independence during the American Revolution. Elizabeth Snyder-Continental Chapter is based in Green Brook, new members are welcome. Contact the chapter ESCchapterDAR@gmail.com.





SAVOR SEPTEMBER - RESTAURANT MONTH

The tastiest event of the year is back! Start a BYOB meal, you'll enjoy delicious finds all making your plans to take advantage of Berkeley Heights Restaurant Month, running from September 1 — 30. You'll enjoy special offers from 23 establishments with options ranging from fine dining to casual and quick-serve restaurants. This beloved annual event attracts diners of all ages for breakfast, lunch, and dinner. It's your chance to:

- Venture out to new places (some new restaurants have opened this year)
- Try new dishes and special meals at your favorite eateries
- Make family dinnertime easy and delicious on busy weekdays
- Encourage fun get-togethers with friends or co-workers as the summer ends
- Urge teens to head downtown after school and enjoy something new

Jeanne Kingsley, founder and chair of the Downtown Beautification Committee, which manages the event, said: "We are so fortunate to have a robust restaurant scene in Berkeley Heights -one that attracts many diners from surrounding towns. Whether you are looking for a special meal or to get a good deal on wine for over town. We're grateful to the staff of every participating establishment who are working hard to make local dining easy and affordable during this seventh annual Berkeley Heights Restaurant Month. Find the information you need to ensure you get the most value and fun out of Restaurant Month at experiencebh.com, including menus and specials. And follow the fun on social media at @ExperienceBerkeleyHeights on Facebook and experience berkeley heights on Instagram. Please share your photos with the tag #experiencebh.



AS OF THIS WRITING, THESE ARE THE 23 PARTICIPATING ESTABLISHMENTS:

- Amerigo Cucina ItaloAmericana
 DiMaios Cucina
- Bubbakoo's Burrito's
- Cafe Vincotto
- Charkoal BBQ and Café
- Clemente's Pizzeria
- Cousins Deli
- Craft Bagel Company
- Delicious Heights

- Domino's Pizza
- Fuschia Bowls
- Goodman's Deli & Rest.
- Grain and Cane
- Hop Hina
- La Rosa Chicken & Grill
- Lupa Ristorante

- Nagoya Sushi Res./Tiki Bar
- Neelam Fine Indian Cuisine
- Patria Station Cafe
- Proud Thai Cookery
- Two Fields Bakery
- Trap Rock Rest. & Brewery
- Vine Republic





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WATCHUNG LIBRARY SEPTEMBER PROGRAMS AND EVENTS

Paint and Snack: Sunflower - (grades K-5)

Tuesday, September 03: 4:30pm - 5:30pm Discover how to paint step-by-step using watercolors. Pre-packaged snacks and drinks.

Preschool Storytime - Miss June's Room (ages 3-5 years with caregivers)

Wednesday, September 04: 4:30pm - 5:00pm An interactive program that fosters early literacy skills through books and activities.

Qigong and Meditation

Thursday, September 05: 11:00am - 12:00pm

Watchung branch - Wilson Memorial Church Patty Barron will lead gentle sitting and standing Qigong exercises/meditation focusing on body/mind connection.

Make your own Friendship Pen

Saturday, September 07: 10:30am - 12:00pm Make your own friendship pen using embroidery floss. This program will be repeated on Wednesday, September 18.

Music with Miss Donna - (ages birth - 5 years and caregivers)

Monday, September 09: 10:30am - 11:00am Watchung branch - Wilson Memorial Church Take time to bond with your children while making music in this interactive session.

Read to a Therapy Dog - (entering grades K-4) Tuesday, September 10: 4:30pm - 5:30pm

Valley Furniture - 20 Stirling Road
Practice your reading skills by reading a story to a certified therapy dog. Registration is required. Registration begins August 20.

LEGO® Fun - (grades K-5)

Wednesday, September 11: 4:30pm - 5:00pm Join the fun if you like building with LEGO®.

Qigong and Meditation

Thursday, September 12: 11:00am - 12:00pm

Watchung branch - Wilson Memorial Church Patty Barron will lead gentle sitting and standing Qigong exercises/meditation focusing on body/mind connection.

Nintendo Switch Afternoon - (grades 5-8)

Thursday, September 12: 4:30pm - 5:30pm
Watchung branch - 20 Stirling Road
Play Nintendo Switch games like Mario Kart
and Super Smash Brothers.

Book Discussion - The Son by Jo Nesbo

Thursday, September 12: 6:30pm - 7:45pm
Watchung branch - Wilson Memorial Church
"The Son" by Jo Nesbo by Dan Flores
moderated by Elaine Stringer

Family Storytime - Move and Groove (families with children)

Monday, September 16: 10:30am - 11:00am Discover songs, stories, and movement.

STEAM: Marshmallow Challenge - (grades K-5)

Tuesday, September 17: 4:30pm - 5:15pm Explore engineering by building a structure out of balsa wood, toothpicks, and marshmallows.

Make your own friendship pen

Wednesday, September 18: 2:30pm - 4:00pm Make your own friendship pen using embroidery floss. This is a repeat of the program on Saturday, September 7.

SIEMINSKI THEATER FALL LINEUP

SUNDAY, SEPTEMBER 15 - TAKE3 SUNDAY, SEPTEMBER 29

- NEW JERSEY FESTIVAL ORCHESTRA SATURDAY, OCTOBER 12 - 80'S REVOLUTION

SATURDAY, OCTOBER 19 - DISENCHANTED!

SATURDAY, OCTOBER 26 - GUNHILD CARLING

More information and video clips of many of these upcoming shows can be found on our website at www.sieminskitheater.org.

Tickets are available online at www.sieminskitheater.org or by phone at 908-580-3892. Tickets range from \$35.00 to \$85.00 depending on the show with discounts available for students and seniors. The theater is located at 8000 Fellowship Road, Basking Ridge on the campus of Fellowship Village.

SOMERSET COUNTY'S PREMIER DESTINATION FOR CULTURAL ARTS AND ENTERTAINMENT ANNOUNCING ACT 2 OF OUR 2024 SEASON September 29 October 19 October 12 September 15 Disenchanted Gunhild NJFO TAKE3 80's icture This! Carling - The Musical Revolution lmagery in Music 8000 Fellowship Road sieminskitheater.org SIEMINSKI THEATER Basking Ridge, NJ 07920 CULTURAL ARTS CENTER (908) 580-3892

Qigong and Meditation

Thursday, September 19: 11:00am - 12:00pm

Watchung branch - Wilson Memorial Church Patty Barron will lead gentle sitting and standing Qigong exercises/meditation focusing on body/mind connection.

Teen Volunteer Afternoon - Letters For a Cause (grades 6-12)

Thursday, September 19: 4:30pm - 5:30pm Write letters and make cards for a good cause. You will earn one hour of service time.

Preschool Storytime - Campfire Storytime (ages 3-5 years with caregiver)

Monday, September 23: 10:30am - 11:00am Read spooky stories, sing songs, and more with S'mores kits handed out.

Bingo with Miss June - (ages 4 and up)

Wednesday, September 25: 4:30pm - 5:00pm Share your love of Bingo with other players as you compete to win prizes.

Qigong and Meditation

Thursday, September 26: 11:00am - 12:00pm

Watchung branch - Wilson Memorial Church Patty Barron will lead gentle sitting and standing Qigong exercises/meditation focusing on body/mind connection. Benefits include learning new ways to de-stress and enhancing coordination and balance.

Preschool Storytime - Unicorn Storytime (ages 3-5 years with caregiver)

Monday, September 30: 10:30am - 11:00am Sing, dance, and read all about unicorns at this special storytime with Miss Allie!

Intro to Birding

Monday, September 30: 5:00pm - 6:00pm Avid bird watchers and Watchung residents. All ages are welcome, but minors must be accompanied by an adult.



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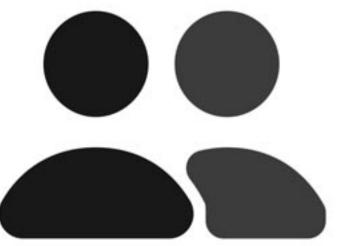
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Cherie Berger cherie.berger@compass.com M 908.410.0931



Ashley Berger Freitas ashley.freitas@compass.com M 908.432.9818



Steven Berger steven.berger@compass.com M 908.256.0307



Karla Quacquarini karla.quacquarini@compass.com M 908.285.3813



Cherie Berger Team Licensed Real Estate Salespersons cherie.berger@compass.com M: 908.410.0931 | O: 973.310.6816

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