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# Watchung Post

Watchung's Hometown Newspaper

NJ

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## PROJECT GRADUATION SEEKS COMMUNITY SUPPORT

*Elly Silverio, 2025 Project Graduation Chair*

2025 marks the 34th year of Watchung Hills Regional High School's Project Graduation. Each year, a volunteer team of WHRHS Senior parents 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.

Traditional events include the Senior Panoramic Picture Day (shown in the photograph), where each senior is given their Senior Warrior t-shirt, and several Senior Week events, including a Color WARriors fun day, the Yearbook Signing social, a Senior Breakfast and the end-of-year substance-free event held on graduation night!

The committee is excited to announce this year's action-packed night will be held at Iron Peak Sports & Entertainment in Hillsborough, NJ. Graduates can choose from a full night of fun, including rock climbing, ninja courses, basketball, pickleball, volleyball and other sports, a new video arcade, live entertainment and so much more. Of course, food and drinks will be provided throughout the night for them to share this final night with their classmates.

All 440 WHRHS are welcome to attend the Project Graduation event free of charge. Every senior will participate in the Senior week events leading up to Project Graduation as well. The committee relies entirely on fundraising to make this enormous event happen, including donations from the WHRHS Community.

If you or your business is interested in donating or providing a service, please fill out the donation scan the QR Code to be taken directly to the sponsorship form.

The organization accepts Venmo @WHRHS-ProjectGrad2025 or send your donation directly via check made out to WHRHS Project Graduation, 108 Stirling Road, Warren, NJ 07059.

*All donations are tax deductible and will be mentioned in the Graduation program and in various WHRHS and local social media outlets. Reach out with questions to [projectgradwhrhs@gmail.com](mailto:projectgradwhrhs@gmail.com)*

*Thank you in advance for supporting our students having a safe and substance-free graduation celebration.*

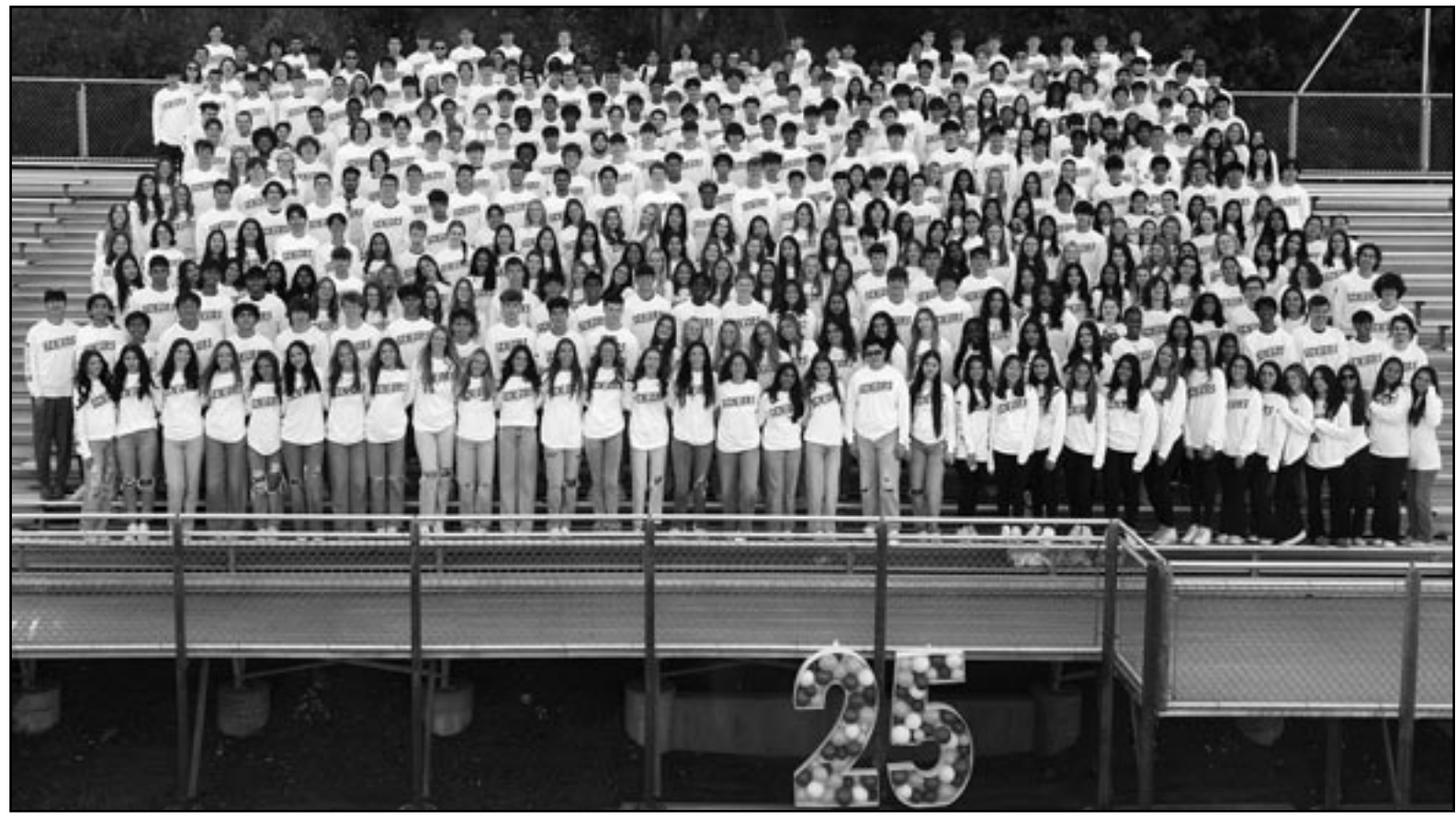


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**Ashley's December Watchung Market Update**

<b>\$822,500</b>	<b>4</b>	<b>34</b>	<b>5</b>
Average Sales Price	# of sales	Average Days on Market	# of houses on the market

The Cherie Berger Team  
Ashley Berger Freitas M: 908.432.9818  
[cheriebergerteam@compass.com](mailto:cheriebergerteam@compass.com)  
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CHERIE BERGER TEAM

COMPASS

# 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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## STIRLING ELKS 2392

The Stirling Elks is made up of men and women from Long Hill Township, Berkeley Heights, Basking Ridge, New Providence and other surrounding towns who are citizens of the United States, at least 21 years old and who believe in God.

There are many Elk programs that benefit special needs children and adults. The Elks also has various scholarships, involvement with scouting, athletic teams, veterans, youth activities, and patriotic programs.

The Special Children's Committee sponsors several functions a year for special needs children, adults and their families. The Stirling Elks hosted its annual Special Children's Halloween party on Sunday, Oct. 29. It was a beautiful day, and everyone enjoyed great food, music and entertainment by Magician, Tommy Knucklehead.

For further information on the Elks and or the special needs activities, please contact Pat MocarSKI at 908-647-1537.



(above) Magician Tommy Knucklehead and Jessica Walpow from Warren.



(above) Kelly Mazzocchi, Peapack and George Hoehn, from Stirling.



(above) Paisley MacIntosh and her Grandma Carin from Greenwood Lake.

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# WHRHS ANNOUNCES THE CLASS OF 2025 HALL OF FAME

Watchung Hills Regional High School is honored to announce its newest members to their Hall of Fame. The Class of 2025 will include for the first time teams, clubs, or school-affiliated groups who have distinguished themselves during their high school years or within the community since graduation. We are proud to formally recognize and welcome the 1957-1958 Board of Education members, who helped orchestrate the opening of Watchung Hills Regional High School and the 1973 undefeated football team. In addition, the Hall of Fame will induct three deserving individuals.

Virginia Procino Hartmann, Class of 1968. Ms. Hartmann is a retired Lieutenant Colonel, who served in the United States Air Force Academy for 24 years. Among her duties, included being an air training officer who helped train one of the first group of women cadets to attend the United States Air Force Academy.

Dr. Nan Masterson, a former nurse at the high school, is the founder of Global Health Services, a non-profit charitable organization that provides children of orphanages access to facilities, supplies, and food to address malnutrition and the resources necessary for children to attend schools in such countries as Kenya and Haiti.

Mr. Michael Stanfield, Class of 1982, a former three-sport letterman at Watchung Hills, is currently the Vice President of Sales for the New

Orleans Saints and New Orleans Pelicans. Mr. Stanfield was with the Saints during the devastating Hurricane Katrina and was part of the relief, recovery, and resurrection of New Orleans that followed.

The ceremony honoring all the inductees will

occur on May 2nd at 6:00 pm in the high school performing arts center.

For more information about the Hall of Fame or the ceremony, please contact Ms. Laurie Grafer at lgrafer@whrhs.org or call (908) 647-4800 ext. 4870.

## HOF COMMITTEE SEEKS COMMUNITY'S ASSISTANCE

### Watchung Hills Hall of Fame Committee

The Watchung Hills Regional High School Hall of Fame Committee needs your help! Among those selected to the Class of 2025 Hall of Fame were the men and women who were instrumental with the formation of Watchung Hills Regional High School in 1957 as the inaugural Board of Education members. During the passing of a referendum in October 1954, through the time period that led to students entering in 1957, fourteen individuals were all part of the original board and two successive boards that brought together three townships (Passaic, Warren and Watchung), two counties (Somerset and Morris) and the state. Their mission was to establish the new school with all the required plans and accomplishments of the necessary details to achieve their goals in time, which remain inspiring to the thousands of students, staff and boards that would follow.

While unfortunately these individuals are no

longer with us, we are hoping to find relatives of those board members so they can take part in the celebration of the board's accomplishments which will take place on Friday, May 2, 2025, at Watchung Hills Regional High School Performing Arts Center as part of the Class of 2025 Hall of Fame ceremony.

Those board members include the following individuals: D.G. Baldwin, William E. Ganss, Hubbard A. Knox, jr., Howard Krausche, Edwin L. LeBright, G.W.S. Marsh, Mrs. C. Scott McKinley, F.W. Oberle, J.S. Parkinson, Andrew B. Reid, Robert Slorah, L.M. Stahl, Percey S. Young and Clifford A. Warren.

If you are a family member, or know of someone who is related to these individuals, please reach out to either Mrs. Carol Prasa at prasa1@verizon.net or Ms. Laurie Grafer at lgrafer@whrhs.org. The WHRHS Hall of Fame Committee thanks you in advance for your assistance.

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# WARRENBROOK SENIOR CENTER FEBRUARY EVENTS

## Mahjong for Intermediate Players

**Tues, 9:30 a.m. – 12:00 p.m.**

If you are an intermediate mahjong player and would like to play this game of skill, strategy, and calculation.

## Take control with Exercise – Tues, 10:00 a.m.

Strengthen core muscles, improve flexibility and balance while boosting stamina.

## Zumba Gold with Judith – Tues, 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.

## Bridge Group – Tues, 1 p.m. - 4 p.m.

New members and beginners welcome (lessons available).

## Geri-Fit – Weds, 10:00 a.m.

Geri-Fit is a unique and evidence-based seated (standing optional) exercise program that requires a set of light dumbbell weights (2 lbs. to begin), a sturdy chair, a stretch band, and water to drink during the workout.

## Craft Activities – 2nd & 4th Wed, 1- 4 p.m.

This quarter we feature creating cards for our Meals on Wheels clients. All supplies will be provided.

## Advanced Bridge – 1st & 3rd Weds, 1:00 – 3:30 p.m.

This is a closed group and is available by invitation only.

## Line Dancing with Linda Hyland Thurs, 9:30 a.m. – 10:15 a.m.

You don't need a partner; and dancing is an easy way to stay healthy, both mentally and physically. It's suitable for participants with limited mobility.

## Seated Legs & Core Exercise Thurs, 1 p.m. – (Video)

The exercises are very clear and easy to learn.

## Card/Table Games – Thurs, 1 p.m. - 4 p.m.

Join in and play some of your favorite games such as Mahjong, Bridge, Dominoes, Left-Right-Center Dice games, Rummikub, Canasta, Mexican Train and more.

## Tai Chi (Video) – Fris, 10:00 a.m.

Tai Chi participants will focus on shifting body weight through a series of light, controlled movements that flow rhythmically.

## Bridge – Fridays, 1 p.m. - 4 p.m.

Bridge is a mentally challenging card game .

## February 3, 11 a.m. – Craft

Ceramic Bisque Heart Photo Frame - Make a masterpiece of a Ceramic bisque photo frame with easel back. Pre-registration is required.

## February 4, 11 a.m. – Boggle

This is a challenging game that is played using a grid of letters.

## February 5, 11 a.m. –Bingo

sponsored by Kristina Bischof of Country Arch Care Center.

## February 6, 11 a.m.

## Grandparenting for Drug-Free Kids

with Bill Lillis, Certified Prevention Specialist and Coordinator from Partnership for a Drug-Free New Jersey.

## February 7 & 21, 11 a.m.

## Brains n Games and Hand Bells

Solving puzzles or challenging yourself with new mind-stretching activities

## February 10, 11 a.m.

## Cozy Valentine Celebration

Discover festive recipes and joy-filled ways to enjoy the season of love and loveliness.

## February 10, 1 p.m. – Drum Circle

with Anil Sachadev - Soothe the mind, body and spirit in this drumming circle.

## February 11, 11 a.m.

## Nelson Mandela & Apartheid in South Africa

To honor the Black History month we will be watching the documentary about Nelson Mandela

## February 11, 1:30 PM – Monthly Book Club

Meets Every Second Tuesday of the month.

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

## February 12, 11 a.m. –Craft – Pinecone roses

with Reena Yaseen from Brandywine Mountain Ridge Senior Living -Create beautiful rustic "roses: using pinecones

## February 13, 11 a.m.

## Breathing techniques for mental wellness

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

## February 14, 11 a.m.

## Valentine's Day Musical Entertainment

The wonderful John Sudia will be joining us to sing and play your favorite love songs and dance hits.

## February 14, 1 p.m.

## Valentine's Day Fitness Trivia

We will be following Dr. Stephen Cain's video for the simple seated and standing exercises.

## February 17 - Closed

In observance of President's Day

## February 18, 11 a.m. – Wordle - Wordle

So, dig deep into your vocabulary repertoire and identify some words.

## February 19, 11 a.m. - Maple Sugaring

A Naturalist will help participants discover the secrets inside a maple tree.

## February 20, 11 a.m.

## Black History Month Bingo

Celebrating the incredible achievements, figures, and cultural contributions that have shaped our world. T

## February 24, 11 a.m. Back in the Day Trivia

Step back in the time and put your knowledge of the past to the test with questions about music, movies, history and pop culture.

## February 25, 11 a.m. - Technology:

## Your Gateway to a Connected World

From smartphones to tablets, there's a device out there for everyone. Discover how simple tech tricks can help you.

## February 26, 11 a.m. – Joyfully Neat

Whether you are preparing for a move or home sale or want to finally get organized, you will receive helpful information.

## February 27, 11 a.m. – Weaving Mats – Craft

Participants will interlace the strips of paper to create mats.

## February 28, 10 a.m. – Blood Pressure Screen

The Rutgers Ernest Mario Pharmacy students will meet with you individually and take your blood pressure and answer your questions.

## February 28, 11 a.m. – Educational Games

Join Rutgers Pharmacy Students and take part in fun, interactive game to learn about Blood Pressure, Heart health and wellness.

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## 2025 NJ FMBA COOKED & UNCORKED

On Monday, February 24, 2025, firefighters from around New Jersey will compete at the Cooked and Uncorked Food and Wine Festival, at the Pines Manor in Edison. Proceeds from the event will be donated to the Mark A. Virag Memorial Cancer Fund, Family Promise of Bergen County, and The Burn Center at Saint Barnabas Medical Center.

The Ultimate Fire Department Cook-off is an integral part of the evening as firefighters will compete in three different categories: Gourmet, Firehouse and Dessert.

The competition is part of the culinary extravaganza where participants will be able to experience the tastes and flavors of some of New Jersey's finest restaurants, caterers, and dessert shops all in one location.




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## GRIEF FACILITATORS WELCOMED; VOLS SOUGHT

The staff at Imagine, A Center for Coping with Loss are so pleased to welcome 10 new facilitators to their wonderful team of volunteers! The new facilitators completed three full days of training where they learned about Dr. Alan Wolfelt's Companionship Model practiced at Imagine, and role-played situations in which they used their new facilitation skills assisted by members of the Imagine staff.

One of the participants in the training shared a bit about her experience saying: "I was amazed by the way a group of strangers could feel so safe in a non-judgmental environment to share their most vulnerable feelings and stories." Another spoke about the Imagine staff who facilitated the training sharing: "All three facilitators were more than generous of heart and spirit."

Each of the new volunteers is now facilitating a grief support group on one of Imagine's Nights of Support in Mountainside or Newark. The staff at Imagine are so grateful to welcome this new team of volunteers! One of the largest hurdles the staff at Imagine faces in meeting the demand for

their services is finding compassionate individuals like those above, who can dedicate their time and talents to volunteer.

If you would like to explore the possibility of joining Imagine's incredible team of volunteers, please visit their website at [imagine-nj.org](http://imagine-nj.org) to complete their interest form, or contact Imagine's Communications and Volunteer Engagement Manager, Val Stierhoff at [val@imagine-nj.org](mailto:val@imagine-nj.org). Additional trainings are planned for youth facilitators in January, and for adults in February and May 2025.

Imagine, A Center for Coping with Loss 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@imagine-nj.org](mailto:info@imagine-nj.org) or visit our website at [imagine-nj.org](http://imagine-nj.org).



(above, l-r) Participants in Imagine's recent facilitator training. Back Row: Indira Jagoo, Imagine's Newark Clinical Program Director; Cynthia White; Zeinab Fattahi; Virginia Farnum; Arlette Rodriguez; Tikeisha Johnson; Rena Jordan, Imagine's Chief Development Officer; Sonia Nunez, Imagine's Bilingual Program Manager; Ruth Lushen; Front Row: Abigail Preece, Imagine's Clinical Program Supervisor; Tracy Maitin; Tèanna Johnson and Caroline Hislip

Courtesy photo

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# FOOD & FUN AT THE 4-H WINTER BRRREAKFAST

Somerset County 4-H Association

All Somerset County 4-H Prep members and their families are invited to attend the annual 4-H Winter BRRreakfast on Saturday, February 8, 8:30 to 10:30 a.m. at the Ted Blum 4-H Center, 310 Milltown Road in Bridgewater. This free family event features good food and fun with games, crafts and more.

4-H Prep, also known as Cloverbuds, allows youngsters in grades K-3 to participate in a variety of short-term activities in many different subject areas. In the process, children learn to get

along with others and build self confidence. Upon reaching 4th grade, kids may join traditional 4-H clubs that focus on a single project area.

4-H is the Youth Development Program of our nation's Cooperative Extension System and is one of America's oldest and largest youth organizations with six million members. 4-H empowers young people K-13 (one year out of high school) with the skills that they need to succeed in life. To join 4-H or learn more, visit [4HisTOPS.org](http://4HisTOPS.org).



(above) 4-H Prep offers fun, interactive learning opportunities for youngsters in grades K-3.

# CONGRATS TO BILL HANCE FOR 30 YEARS OF SERVICE

Borough of Watchung

Three cheers to Thirty Years! Please join us in celebrating Bill Hance in his 30 years with the Borough!

He is our Chief Financial Officer, Tax Collector, and Qualified Purchasing Agent and you will always find him at the Farmers Market volunteering alongside Watchung's Green Team.

Congratulations on 30 years of service! Bill has been a pivotal part of Watchung's evolution.



(above) Bill Hance

## RECYCLE COACH APP

Let the Recycle Coach help you reach your new year goals by staying on track of your recycling schedule. On the Recycle Coach app, their mobile calendar will list Somerset County's recycling events along with local curbside and recycling schedules, and schedule changes due to holidays or inclement weather.

Users of the app can improve their recycling rates by simply programming recycling reminders using the What Goes Where search tool.

The app is available for free. You can find more recycling or trash information for the Borough, and sign up for the app by going to [watchungnj.gov/resident/trash](http://watchungnj.gov/resident/trash).



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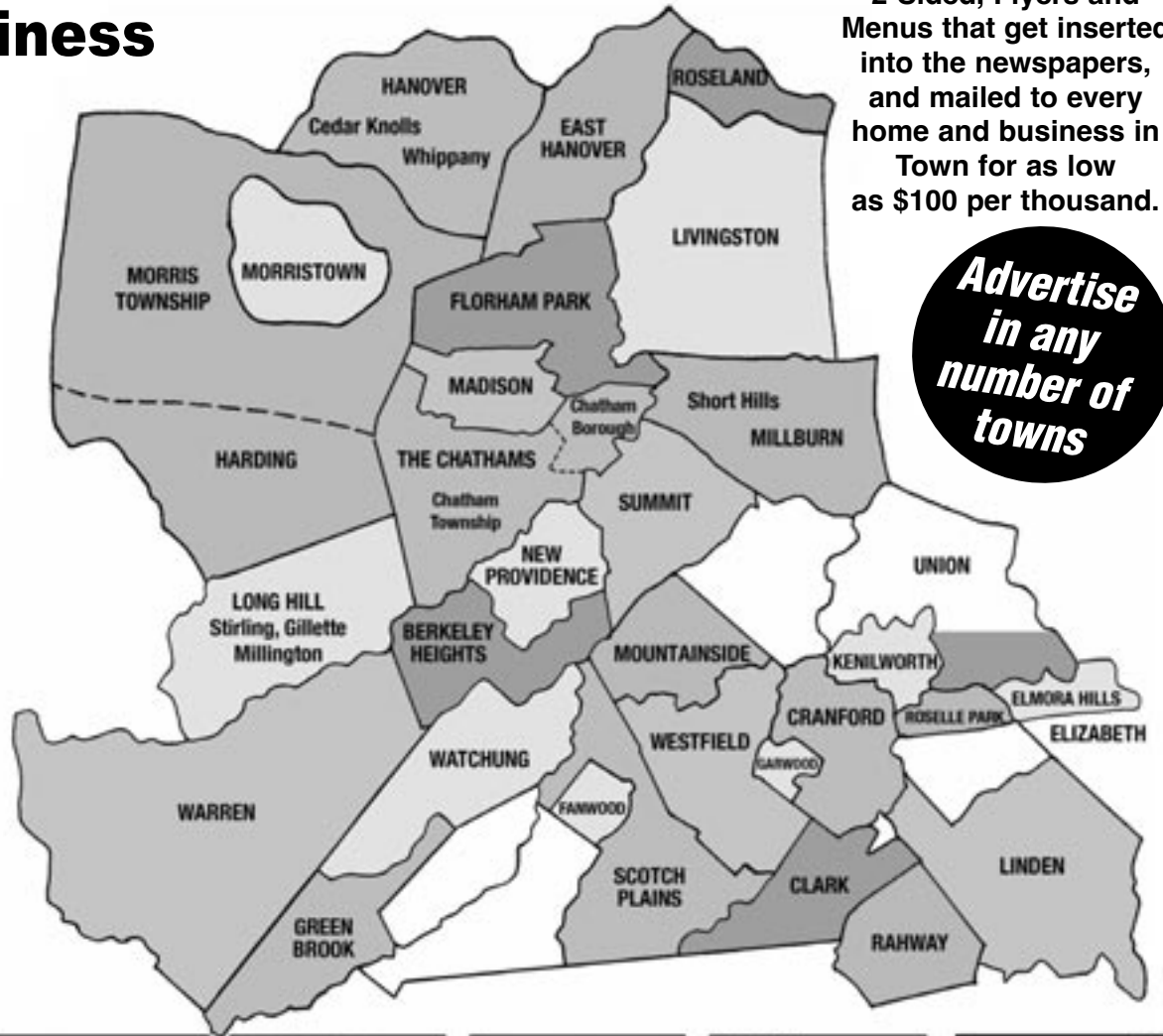
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# CELEBRATING 75 YEARS OF NIGHT SKY GAZING

Amateur Astronomers, Inc (AAI) of Cranford, NJ celebrated their 75th Anniversary on Sunday, November 17, 2024, at The Westwood Caterers of Garwood, NJ. In attendance were 53 past and current members who range from teenagers to seniors.

AAI has always interested anyone who loves looking and learning about the night sky. Housed in the William Miller Sperry Observatory on the Union College campus in Cranford, the observatory is open to the public every Friday night with their twin domes looking at the heavens. One of the domes houses a 24-inch reflector and the other dome houses a 10 refractor, which was constructed by club members. Public lectures start at 8:30 p.m. on Fridays, they are on current topics in Astronomy.

Youth lectures are presented by the club at 7:00 p.m. to preregistered scout groups to help them earn their patches in science. If you are interested in preregistering a scout group, please contact [info@asterism.org](mailto:info@asterism.org).

The club also celebrates celestial events such as eclipses by opening the Observatory and having numerous telescopes outside the building. For more information about AAI email, [membership@asterism.org](mailto:membership@asterism.org) or visit [asterism.org](http://asterism.org).

## ASTRONOMY DAY - MAY 17, 2025

Amateur Astronomers, Inc. along with the North Jersey Astronomical Group, two amateur astronomy clubs located in New Jersey, are once again holding their annual Astronomy Day on Saturday, May 17, 2025. The event will be held in 2 locations: Trailside Nature & Science Center in Mountainside in the afternoon and at William Miller Sperry Observatory on the campus of Union College in Cranford in the evening. The theme is "Solar Max, Unlocking the Secrets of the Sun." This is a family friendly event that focuses on learning about our Sun and its impact on us, and also about astronomy and related sciences in a fun and easy to understand atmosphere. This event appeals to both children and adults. The event is free and open to the

public and does not require preregistration. So, mark your calendars for Saturday, May 17, 2025, and come out to learn more about the Sun and our universe!



(above) William Miller Sperry Observatory on the Union College campus in Cranford.

## OPERAS ON FILM SEASON LINEUP

### Mountainside Rescue Squad

The Mountainside Rescue Squad presents Operas on Film, now in its 12th season. The selected films from famous opera houses throughout the world, will be played with subtitles on the second Friday of the month at 1 p.m. hosted by Mena Clemson. It is free to attend. Whether you are an opera buff or an opera neophyte, you are invited to join us for the following films:

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#### MAY 9TH

**IL TROVATOR BY VERDI**  
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