

HCHY Healthy Community-Healthy Youth® Initiative of Livingston, Inc

A collaborative partnership between youth and adults creating a community where all young people thrive

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FUTURE EVENTS

"Edna May's Musical Camp"

presented by
**Children's
Theatre of
Livingston**

Mt Pleasant Middle
School

Thurs May 3rd 7pm

Sat May 5th 7:30pm

Sun May 6th 2pm

Gen Admission \$10

May 2007

LIVINGSTON HIGH SCHOOL STUDENTS ELECT FIRST BOARD OF EDUCATION REPRESENTATIVE

Congratulations to HCHY Executive Board Member Natalie Agajanov who was recently installed as the first student representative to the Livingston Board of Education. To read the Board Policy governing Natalie's new role, visit <http://www.livingston.org/www/livingston/site/hosting/Policy%200000/Policy%200143.2%20-%20Student%20Representatives.pdf>



CHILDREN'S THEATRE OF LIVINGSTON presents "Edna May's Musical Theatre Camp"

On May 3, 5 and 6 Children's Theatre of Livingston will venture on their maiden voyage with "Edna May's Musical Theatre Camp", a musical about learning all about the theater. Eighty Livingston students in grades two to six will be on the stage. Over twenty middle school children will be backstage as student directors, stage managers, choreographers, lighting, set design, sound, props and costume crew. The musical play is about a woman who is



an actress that started The Tannersville Summer Performing Arts Camp twenty-five years ago as a haven for young children to develop their theatrical talents and as young performers to be prepared to "Hold on to Their Dreams". The play promises to be a great family outing and includes with over eighty Livingston children in the cast. All tickets cost \$10.00 and are general admission seats. The show will be performed at Mount Pleasant Middle School on Thursday May 3, at 7:00 PM, Saturday May 5, at 7:30 PM and Sunday May 6, at 2:00 PM. Please visit the Children's Theatre of Livingston web site to read the May 2nd Star Ledger article <http://www.livingstonnj.org/childrenstheater.htm> For tickets, contact Emmy Atlas by phone at 973-535-0807 or email emmy706@comcast.net.

Livingston Youth Appreciation Week

Mark your calendars for Monday, May 21st through Monday, May 28th as we recognize the youth of Livingston by celebrating their achievements



for ticket info contact
Emmy Atlas
emmy706@comcast.net

**Jewish Family
Services**
presents
Transitions

Is your child going to camp for the first time? Are they changing schools? Are they facing a move? Can they enjoy sleepovers? How does your child deal with change? **Learn how to reduce anxiety and stress at these lifecycle moments.**
May 16 7pm
JFS of MetroWest
570 W Mt Pleasant Ave
Suite 203

12th Annual
Youth Appreciation Week
May 21st thru May 28th

HCHY Partners

[United Way North Essex](#)

[Livingston Community Fund](#)

[America's Promise](#)

[Livingston Clergy Assoc](#)

[Livingston School District](#)

[Livingston Town Council](#)

[Parent Teacher Council](#)

[LMAC Livingston Municipal Alliance](#)

[LYCS Livingston Youth & Community Service](#)

and contributions to our town through a week of fun-filled activities and events designed to support youth, strengthen families, and foster community spirit. With a Family Festival, Movie Under the Stars, Family Camp Out, Harlem Wizard's Basketball Clinic, Lance's Lounge, Mall Scavenger Hunt, Cole Brothers Circus, Memorial Day Parade, and MUCH more, there is something for the kid in all of us!

Find out more including a **schedule of activities** and **how to become a sponsor** by visiting the HCHY website at www.livingstonnj.org/hchy.htm

**HCHY ANNUAL GENERAL MEMBERSHIP MEETING THIS
SATURDAY MAY 5TH 9:30am TO 12noon**

The public is welcome to attend Saturday's meeting at the Hillside Avenue Community Center which will include updates on the Teen Center/SkatePark; the Mentoring Initiative; Youth Appreciation Week; Strong Families Committee; a Community Calendar; Member reports and more. The Nominating Committee will present the following slate of Executive Officers for 2007-2008 year:

President: Alan Karpas
Vice President: Robin Beckerman
Secretary: Martha Clark Ackermann
Treasurer: Helen Flores
Youth Representatives: Natalie Agajanov and Michael Leiwant

Important By-Law changes will also be proposed. The full Annual Meeting Agenda, By-Law proposals, and minutes from the March 3rd General Membership meeting are available at www.livingstonnj.org/hchy.htm

RSVP to bonnie@granatir.com

HCHY partner CoreTherapiesFamilyWellnessCenter will soon be a drop-off center for the Purple Dragon Co-op Market. Every other week, **fresh organic produce** will be dropped off at Core Therapies, where it will be divided into shares. Families may purchase a "share" for \$46.

How much food is it? The amount of food in each delivery varies between 15-30 pounds, typically including:
up to four different varieties of fruits; up to four varieties of vegetables; and two different kinds of lettuce, spinach, or romaine hearts.

To sign up, contact Dr. Jason Sonners or Dr. Melissa Murtaugh at coretherapies@yahoo.com
209 E. Northfield Rd.
Livingston, NJ 07039
973-992-CORE (2673)
www.CoreTherapies.net

Go to www.purpledragon.com for more information on the co-op.

Perspective: A Wonderful Thing

One day, the father of a very wealthy family took his son on a trip to the country with the express purpose of showing him how poor people live.

They spent a couple of days and nights on the farm of what would be considered a very poor family.

On their return from their trip, the father asked his son, "How was the trip?"

[Jewish Family Services](#)

[Children's Theatre of Livingston](#)

[Search Institute](#)

[West Essex YMCA](#)

[VISION 20/20](#)

HCHY is generously supported by



"It was great, Dad."

"Did you see how poor people live?" the father asked.

"Oh yeah," said the son.

"So, tell me, what did you learn from the trip?" asked the father.

The son answered:

"I saw that we have one dog and they had four.

We have a pool that reaches to the middle of our garden and they have a creek that has no end.

We have imported lanterns in our garden and they have the stars at night.

Our patio reaches to the front yard and they have the whole horizon.

We have a small piece of land to live on and they have fields that go beyond our sight.

We have servants who serve us, but they serve others.

We buy our food, but they grow theirs.

We have walls around our property to protect us, they have friends to protect them."

The boy's father was speechless.

Then his son added, "Thanks Dad for showing me how poor we are."

Isn't perspective a wonderful thing? Makes you wonder what would happen if we all gave thanks for everything we have, instead of worrying about what we don't have. Appreciate every single thing you have, especially your friends!

"Life is too short and friends are too few."

- Gary Black

About Us

Livingston's Healthy Community Healthy Youth (HCHY) efforts have evolved over the past four years through a unique collaboration of community members including town and school officials, clergy members, middle and high school students, parents, senior citizens, educators, mental health professionals, recreational and philanthropic organizations. The group which is generously funded by the **United Way of North Essex** and supported by **UWNE's Livingston Community Fund** is committed to coordinating the resources of the entire Livingston community to create an environment and culture that truly values youth.

HCHY Executive Board

Alan Karpas, President
 Robin Beckerman, Vice President
 Martha Clark Ackermann, Secretary
 Jennifer Erdman, Treasurer
 Natalie Agajanov, Youth Representative
 Michael Leiwant, Youth Representative

Bonnie Granatir, Executive Coordinator

[Visit MVParents.com](http://www.mvparents.com)

Involved parents are the real heroes.

Check out MVParents [Parenting Matters](#)

MVParents is a project of the Search Institute with the support of NFL Players Association and Coors Brewing Company's "21 Means 21" Campaign.

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