

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

Please click on HCHY'S NEW WEBSITE www.hchylivingston.org

Send all information to Beth Spector at coordinator@hchylivingston.org

SAVE THE DATE!

HCHY GENERAL MEMBERSHIP MEETING

Saturday, May 2, 2009

10 a.m. to 12 noon

Advisory Board Meeting

9 a.m. to 10 a.m.

Senior/Community Center

RSVP by May 1st to Beth Spector

mom3055@aol.com

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April 2009

"Lance's Lounge" Was a Success!



This very entertaining evening activity for Livingston's students of high school-age was held at the Senior/Community Center on Friday evening, March 13th. Over 100 high school students participated in the event, which was sponsored by HCHY and coordinated by the students in Livingston High School's Community Action Club (LHS CAC). HCHY partnered with the West Essex YMCA and the Township to make this evening a success.

Live entertainment was provided by nine local student bands. Student organizers set up cafe tables in the multi-purpose room where the entertainment took place. Each table had a hot green colored tablecloth and an interesting centerpiece. Bean bag cushions were also placed in the room and this added to the relaxed, lounge-like feeling of the evening. According to Mike Carlin, West Essex YMCA Youth Coordinator and event chaperone, "The first Lance's Lounge of the year was a success and HCHY, working with the West Essex YMCA, plans on conducting more fun, teen-oriented events throughout the year." Any Township residents who would like to share

[LPS ELEMENTARY SCHOOL COUNSELING DEPARTMENT PRESENTS FINAL PARENT SEMINAR](#)

[LPS PROVIDES INFORMATION ON SUMMER LEARNING OPPORTUNITIES](#)

APRIL & MAY DATES TO REMEMBER !

April 1st 7:30 p.m. - 9:30 p.m.
Building College Lists - for parents of juniors
LHS Media Center

April 1st, 2nd & 3rd
Partial days for elementary schools; parent-teacher conferences

April 2nd 7:30 p.m.
5th Annual District Jazz Band Festival
Heritage Middle School Auditorium

April 4th 10:00 a.m. - start time, registration - 8:15 a.m. to 9:45 a.m.
11th Annual "Building Tomorrows" 5K Run/2 Mile Walk
Presented by the Arc of Essex County
Brookdale Park, Bloomfield
Contact Kristy Hartman
973.535.1181 ext 1224 for more information

April 4th, 18th & 25th
18th Annual Hoop-A-Thon
New Jersey Chapter of the Huntington's Disease Society of America
For information, visit
<http://hdsanj.org>

April 6th to 10th
Schools closed, Spring Break
Offices closed on April 10th;
Good Friday

April 12th to 18th
National Library Week
Special events at Livingston Public Library

April 13th 7:30 p.m.
Board of Education meeting

potential ideas for an upcoming teen event may contact Mike at mcaryl@livingston.org or Beth Spector, HCHY Executive Coordinator, at coordinator@hchylivingston.org.

Livingston businesses, Shop Rite and Walgreens, donated the pizza and water bottles, respectively. HCHY also provided munchies and the paper products. HCHY is planning to have another "Lance's Lounge" on Friday evening, May 22nd during Youth Appreciation Week. The format of that event has yet to be determined by the CAC.

Livingston Skate Park Update



If you missed the opportunity to get a street sign in the two auctions or if you just want to own more of Livingston history, you are in luck! You'll have one last chance to get your hands on a coveted Livingston street sign at the cash and carry sale of the remaining street signs on Saturday, May 23rd, Family Festival Day of Youth Appreciation Week, at the Livingston Oval. There are about 300 signs remaining. Please continue to check the blog on the Livingston Skate Park website for more details (www.livingstonskatepark.org).

We are very pleased to report that close to \$50,000 was raised from both auctions (between sales and donations). A total of approximately \$115,000 has been raised so far! The Skate Park construction is targeted for completion by this summer.

The Committee is collecting stories and invites anyone who purchased a sign to share the reason why he or she did so, what will be done with it, and any trivia that can be added to this historical compilation of "Livingston" stories. Please e-mail Martha Ackermann at marthacack@aol.com or call her at 973.535.9679.

If you were unable to pick up your purchased sign, please call Alan Karpas on the Skate Park Hotline at 973.992.6411.

The fundraising effort for the proposed Livingston Skate Park is ongoing. Donations are welcome. Checks should be made payable to "HCHY" and mailed to:

Alan Karpas
17 Mayhew Drive
Livingston, New Jersey 07039

Please remember to include "For the Skate Park" in the memo portion of your check. Donations are tax deductible.

Voting meeting
11 Foxcroft Drive

April 14th 7:30 p.m.
Financial Aid Planning Night
LHS

April 16th, 17th & 18th 8 p.m.
Lancer Theatre presents:
LHS All School Musical
The Music Man
(April 15th, special
performance for senior citizens)

April 18th 12 noon to 3 p.m.
Healthy Kids Day
West Essex YMCA

April 18th 2 p.m. to 4 p.m.
Livingston Robotics Club
Information Session
Senior/Community Center
All are welcome

April 18th & 19th 9 a.m. to 10
p.m.
Barnes & Noble Bookfair
supporting Livingston Public
Library
Livingston Mall

April 20th 11:00 a.m.
Superintendent's Forum
Regarding the Strategic Plan -
grading
Mt. Pleasant Middle School
Auditorium

April 20th 7:00 p.m.
All Township Concert

April 21st
Annual School Budget
and School Board Elections
PLEASE VOTE!

April 22nd 6:30 p.m.
Livingston Area Chamber of
Commerce Community Awards
Dinner
Cedar Hill Golf & Country
Club
100 Walnut St.
Livingston

April 24th, 25th & 26th
Children's Theatre of
Livingston presents
"Challenges...Bring Us
Together"

The Livingston Area Chamber of Commerce has announced that it will donate a portion of the proceeds from its April 22nd Community Awards Dinner to HCHY to assist in their efforts to construct the Skate Park in Livingston.

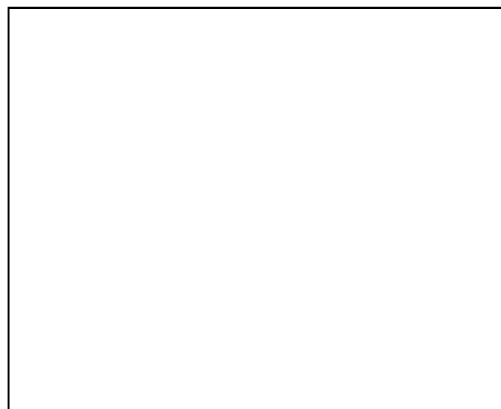
"Behind Happy Faces, Navigating the Rocky Road of Teenage Life" Was Well Received

This March 4th program featuring Ross Szabo, who is a writer, public speaker and the Director of Outreach for the *National Mental Health Awareness Campaign*, was very well received. During the parent program, he offered advice to middle- and high-school parents on communication with teenagers during important transitions in their lives, and about resources in the event that a teenager needs professional guidance.

He also spoke with LHS freshmen, sophomores and seniors during the day, while the juniors were taking the HSPA exams. The students were inspired by his personal story, and he encouraged them to come forward and talk to others, especially their parents and other close family members, about important emotional issues such as overwhelming stress, pressure, life transitions, and mental health problems. His goal is to reduce the stigma attached to mental health problems and encourage teens and parents to seek professional help when needed. People need to be aware that depression is something that is treatable under the care of a mental health professional. He was a wonderful mentor for the teens. This event was sponsored by the Livingston Public Schools and Livingston Municipal Alliance Committee (LMAC).

If you were unable to attend Ross Szabo's presentation on March 4th and wish that you could have, here's your opportunity to do so! This presentation is now available on the LMAC website at <http://www.lmacnj.org>. Please click [here](#) to link directly to the video. This video can also be enjoyed by middle school and high school children.

Caring Alliance Hosts HCHY Speakers on Nurturing Youth



Glen Ridge Borough's newest charitable organization, the Glen

Mt. Pleasant Middle School

April 25th 12 noon to 2 p.m.
Spring Party
For children with special needs
and their families
Senior/Community Center
Call Jenna Petrone to RSVP &
for information (973.244.0850
ext 308)

April 26th
Project Graduation Road Rally
Volunteers are needed

April 27th 7:30 p.m.
Board of Education meeting
Reorganization meeting
LHS Chorus Room

April 28th 7:30 p.m.
College & Career Fair
LHS

May 2nd
HCHY General Membership
Meeting
10 a.m. to 12 noon
Advisory Board Meeting
held prior to the meeting from 9
a.m. to 10 a.m.
Senior/Community Center
RSVP to Beth Spector @
mom3055@aol.com

May 18th to 25th
YOUTH APPRECIATION
WEEK
More details will follow in the
upcoming YAW Newsletter

May 20th 7:30 p.m.
LMAC Board Meeting
Senior/Community Center
New members are welcome
RSVP to Jane Hecht
(jyhliv@hotmail.com)

May 25th
Memorial Day
Schools/Offices closed

Reflect On This... "Are you in prison? You are if your happiness comes from something you deposit, drive, drink, or digest. Make a sincere effort to break out of the prisons that confine you". - Max Lucado

"Without a sense of caring, there can be no sense of community." - Anthony J.

Ridge Caring Community Alliance, hosted its first major speaking event on March 11th in borough hall. The Alliance, founded last year by Councilwoman Elizabeth Baker, was set up to act as a conduit for all the borough's 30-plus non-profits. Mrs. Baker said it seemed natural to offer two speakers from neighboring Livingston the chance to speak with members of the Glen Ridge community, especially because the group they represent also acts as a facilitator in its own town. HCHY members Bonnie Granatir and Robin Beckerman spoke to the group about HCHY and explained how the organization has helped children and adults through stressful times since its inception. They pointed out that building HCHY as a new community-based group in Livingston took time and patience, and that all sectors of the community have continued to join together to promote its goals.

To access the article about this speaking engagement, please click [here](#). Please note that Bonnie and Robin's names are reversed in the photo caption in the article.

Strong Families Committee's "Community Network"

St. Philomena's Church will hold its annual Community Hunger Outreach Warehouse (CHOW) collection of turkeys, hams and non-perishable foods in their parking lot on Sunday, April 5th from 7:30 a.m. to 12:30 p.m. It's a drive thru, so pop your trunk, a student will take your donation, and you can be on your way! These foods will be distributed to seniors, families, and other needy persons in Livingston and the surrounding towns. Please help to support this worthwhile endeavor!

The Strong Families Committee, working under the auspices of HCHY, invites any organization that is planning an event or offering ongoing services to use HCHY's network for communicating its programs. HCHY will work with the media and multiple communication networks to link residents with services.

If you are an individual, community group, service organization, or a few neighbors or friends looking to make a difference, please contact HCHY Executive Coordinator Beth Spector at coordinator@hchylivingston.org. HCHY will gladly assist in making the necessary connections.

Let's make connections and work to build community relationships that will support us all through difficult times!

West Essex YMCA News

[Register for Summer Camp](#)

[Pioneer Trails Day Camp](#)

Open House: April 19th @ Caldwell College
 Tours will be given @ 10:30 a.m. & 12:30 p.m.

[Super Summer Day Camp & Teen Adventure Camp](#)

Camp Meet & Greet: April 19th @ the West Essex YMCA

D'Angelo, business founder

11 a.m. - 1 p.m.

HCHY Partners

Preschool Camps

[United Way of North Essex](#)

Peanut Shell Child Care Center
973.533.1511 (full day available)

[Livingston Community Fund](#)

Weekday Nursery & Child Care Center
Open House: 4/14
10 a.m.- 2 p.m.
973.992.1203 (full & half day available)

[America's Promise](#)

[Kiwans Club of Livingston, New Jersey](#)

For more information, please call the Y at 973.992.7500 or visit their [website](#).

[Livingston Chinese School](#)

This summer give your child the opportunity to jump right in and enjoy the summer of a lifetime at any of our exciting summer day camps.

[Livingston Clergy Association](#)

Celebrate Healthy Kids Day at the West Essex YMCA

[Livingston Robotics Club](#)

[Livingston School District](#)

Free festivities will begin at 12 noon and continue until 3 p.m. at 321 South Livingston Ave. on **Saturday, April 18th**. There will be refreshments and fun activities that will include: relay races, fitness stations, the moon walk, face painting and demos of many of the YMCA programs. There will be prizes for all competitors!

[Livingston Sunrise Rotary](#)

[Livingston Town Council](#)

[Parent Teacher Council](#)

[LMAC Livingston Municipal Alliance](#)

Livingston Youth & Community Services - LYCS

[LYCS Livingston Youth & Community Services](#)

The Leaders after-school program teaches leadership skills, healthy life choices, and substance abuse prevention to students in grades 3-12. In addition, students are taught skills that are needed to cope with peer pressure, bullying, and the value of friendship. This year's focus is on increasing opportunities for community service and "adopt-a-charity" programs across all grades.

[Jewish Family Service](#)

[Children's Theater of Livingston](#)

[Commerce/TD Bank](#)

[Search Institute](#)

Those interested in the Leaders program, should call 973.535.2646, or e-mail lycs@livingston.org. Please visit the [website](#) to obtain a LYCS application form to register for the program and for more information. LYCS is supported by the Department of Education, and is funded by the Township of Livingston and the Livingston Municipal Alliance Committee.

[West Essex YMCA](#)

[Vision 20/20](#)

HCHY is generously supported by



Upcoming events are:

NJ FAMILYCARE

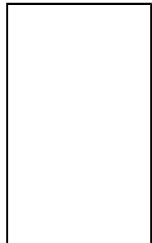
NJ FamilyCare offers free or low cost health insurance for all children. For information, please call 1-800-701-0710 or visit their website at <http://www.njfamilycare.org>.

- Volunteer at CareOne** - Thursday, April 16th from 6:45 to 8:00 p.m.
- Shrek The Musical, Light Lunch, Workshop and NYC Show** - Saturday, April 18th
- Family Night** - Friday, April 24th from 6:30 to 8:00 p.m. at Monmouth Court Community Center
- 9th Annual Run For Rachel** - Sunday, May 31st at the Livingston Oval. Join the LYCS team! Registration begins at 7:45 a.m.

Visit

Please click [here](#) to learn more about these events and to print

MVParents.com Involved parents are the real heroes.



Visit the MVParents blog <http://mvparents.blogspot.com> to find the article entitled "You Want to Do What?" You can't believe it but your child wants to do something unspeakable or even unthinkable. How do you react and what do you do next?

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

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 2008-2009

Alan Karpas, President
Martha Ackermann, Vice President
Rev. Leslie E. Martin, Secretary
Helen Flores, Treasurer
Natalie Agajanov, Youth Representative
Nicole Karpas, Youth Representative

Beth Spector , Executive Coordinator

out your copy of the first edition of **Peer to Peer's Time 4 Teens** Newsletter. This publication gives teens a voice in what they are concerned about and the topics discussed are going on right now in the lives of Livingston youth!

To kick off **Youth Appreciation Week**, LYCS is doing the following:

Peer to Peer Teen Conference at Monmouth Court

on Friday, May 15th (for families and teens)

Talent Show at CareOne on Saturday, May 16th from 2:00 to 3:00 p.m. (Leaders in all grades)

More details will follow.

Lancer Theatre Presents *The Music Man*

If you have seen their other productions, you know that Lancer Theatre puts on a Broadway style performance! So don't forget to save the date! Performances of this year's musical, which story takes place in a small Iowa town in 1912, will be held in the newly renovated LHS auditorium on April 16th, 17th, and 18th at 8:00 p.m. For more details and ticket information, please click [here](#). Tickets will be on sale beginning April 1st.

Livingston Robotics Club Announces Fall Enrollment

A FIRST LEGO League information session will be held on Saturday, April 18th from 2 to 4 p.m. at the Livingston Library, hosted by the Livingston Robotics Club (LRC), as a part of HCHY's initiative to promote robotics education in the community. This is a one-time, special session for parents and children who are interested in forming or joining a FIRST LEGO League team to participate in the 2009-10 season. If you have ever wondered what is FLL, who is LRC, what is the competition like, and how to get involved, or whether there is a school-related robotics program in town, then this is the one-stop session to get your answers. The current FLL coaches and teams will present an overview of this exciting science and robotic competition for children ages 9 to 14, while the team parents will be available to give you their perspectives. Mr. Donald H. Bower, the Regional Director of New York City/New Jersey FIRST will also be at this meeting to show his support of LRC's effort in town. Prior to attending the session, please download a club application form and review the "Parent's Frequently Asked Questions" located on the website by clicking [here](#). Paper handouts will not be distributed at the meeting. This session is free and open to public.

For a limited time, Livingston Robotics Club (LRC) is accepting registration for the FLL 2009-10 season. This season's theme is *Smart Move*, which is about transportation. A few openings are available within three of the existing Livingston FLL teams. New parent coaches are encouraged to form new teams for their children with similar age groups and goals. Applications can be submitted at the info session or be e-mailed to LRC@landroids.org by May, 15, 2009. Teams registration with the FIRST LEGO League starts on May 1,

2009, the FLL season is from early September to mid-December.

Next Superintendent's Forum is April 20, 2009

Many parents have expressed an interest in ongoing communication regarding the Strategic Plan, specifically as the Plan relates to grading. To accommodate these requests, Dr. Draeger will be conducting two more Superintendent's Forums. The first one was held on Tuesday, March 31st.

Monday, April 20th - 11:00 a.m. at Mt. Pleasant Middle School Auditorium

Wednesday, June 10th - 7:00 p.m. at Livingston High School

These forums are sequential and build on one another. All parents interested in grading are encouraged to attend these two remaining sessions.

Annual School Budget and School Board Elections is April 21, 2009

For full information, visit <http://www.livingston.org> and click [here](#).

Livingston Area Chamber of Commerce Community Awards Dinner is April 22, 2009

The dinner will be held on Wednesday, April 22nd at 6:30 p.m. at the Cedar Hill Golf & Tennis Club, located at 100 Walnut Street in Livingston. Honored will be a Livingston business that makes an important contribution to the Livingston community and members of a Livingston Township department, who in their everyday endeavors, enable the Livingston community to flourish.

Our own HCHY Vice President Martha Ackermann will be recognized for her outstanding work as a teacher's assistant at Harrison Elementary School.

The event is open to the public. To request tickets and for more information, please call their office at 973.992.4343 or e-mail them at info@livingstonchambernj.com.

A portion of the proceeds will be donated to HCHY towards building the Skate Park.

"Challenges...Bring Us Together"

Presented by the
Children's Theatre of Livingston

April 24th, 25th and 26th
Mt. Pleasant Middle School

To order tickets, please visit their [website](#).
Tickets are available on a first come first serve basis.

This original musical play written by Heritage Middle School music teacher Paul Stefany tells the story of an elementary school teacher and how her students rally around her in class. The show is directed by Riker Hill teacher Janene DePalo and Marilyn Fiordaliso is the music director. It features over 20 songs, 63 Livingston elementary students on stage, 9 middle school children behind the scenes and 14 musicians in the orchestra.

LHS Career Information Sessions Continue

The LHS Guidance Department's Career Information Sessions for the 2008-09 school year are really picking up. Sixteen students took part in the most recent workshop on Law on March 27th. Two HCHY volunteers spoke to the students about their respective day-to-day experiences, which are very different. Of all the workshops thus far, this field has generated the most interest from high school students. Marlene G. Laveman, Esq., a corporate lawyer who works in-house for a hospitality company, spoke about handling business transactions, and April L. Katz, Esq., who is the senior associate in a small law firm, discussed matrimonial law and related matters. There was a lively discussion between the students and the lawyers.

Local professionals will continue to visit the high school to talk to interested students about their respective careers. Workshops will be scheduled during lunch periods and will be held in the career center. The tentative schedule for the remainder of this school year is as follows:

| | | | |
|--------------|-----------|-----------------|--------------------------------|
| April | 24 | Period 8 | Real Estate |
| May | 22 | Period 5 | Police, Law Enforcement |

Students interested in attending must obtain a pass prior to attending if the session is during an academic class. If you are interested in volunteering to talk about your career, please contact Mr. Vasquez at 973.535.8000, ext. 7367.

14th Annual Youth Appreciation Week



May 18 - 25, 2009
 Eight days to celebrate!
 See full details in the upcoming YAW Newsletter

LPS Elementary School Counseling Department Presents Final Parent Seminar

The final parent seminar will be presented on June 3rd. This topic is geared to be timely and to have long-range value, and will provide important information for parents and guardians.

June 3rd at the Hillside Ave. Community Center from 9:00 to 10:30 p.m. "June - October: Social -Academic - Emotional Transitions that Occur and Strategies to Assist Your Child" will focus on the fact that parents, guardians and children may need assistance when adjusting to changes. Whether a parent has "done" this before, every child is different and has different needs. Mrs. Susan Carter, Collins School School Counselor, and Ms. Barbara, Riker Hill School Counselor, will present research-based information regarding strategies for helping your child with age-appropriate independence.

If you have any questions or plan to attend, please contact Mrs. Gina Covello at 973.535.8000, ext. 8080 or e-mail her at gcovello@livingston.org.

Please [click here](#) to view an important letter for students, parents and guardians from Julia Mazzarella, Director of Guidance for the Livingston Public Schools.

LPS Provides Information About Summer Learning Opportunities

Our school district recognizes that learning takes place all year long, even when students are not in school. As a service to students and their parents, information about summer learning opportunities is posted on the LPS website under "Parent Resources." Please click [here](#) to access this information.