

S U M M E R 2 0 1 1 . I S S U E 3 .

the

HI-HILLS HERALD

Gill St. Bernard's, 25 St. Bernard's Road, Gladstone, NJ 07934
Phone: 908-234-0067, Fax: 908-234-1611, Email: info@hihills.com
www.hihills.com
www.facebook.com/hihills



BEST SUMMER EVER!

Dear Hi-Hills,

The aim of the Hi-Hills Herald is to keep our camp community up to date with what is happening in and around camp on a regular basis. This extends not only to parents and campers, but siblings, grandparents, cousins and friends. We hope as our publication develops with more contributions from staff, campers, and CIT's our reader base will grow too. Constituency is the key ingredient here, I'm looking forward to The HHH becoming a weekly publication in the summer of 2012. We also plan to send out 3-4 publications during the school year. That way, on a cold day in the middle of winter, when school work is piling up, you'll be able to take a second away from the real world and dream of camp, reminisce and perhaps read a story or two from an old friend or counselor. We believe in community here at Hi-Hills and everyone within a community plays a vital role in contributing to its success.

It's been a thoroughly enjoyable two weeks at Hi-Hills.

Enjoy your weekend and be ready for an action packed, fun filled final week of camp

Jack



*The Hi-Hills
Halloween Party!*

Camp Reunion

Sunday October 30th 2011

2pm-4pm

At Gill St Bernard's

*More information to
follow....*



NOTES FROM THE OFFICE

1. Enroll Early for 2012 and take advantage of our Priority Enrollment Discounts for existing Hi-Hills Families. Go to <http://hihills.com/sign-up/hi-hills-price-freeze-2011-prices-in-2012/> to download a Registration Form.
2. Keep up to date with what is happening at camp, latest news, special events and pictures at www.hihills.com (website updated daily)
3. Mark your Calendars! Our First Ever Camp Reunion has been announced for Sunday October 30th 2011, 2-4pm
4. The latest camp pictures can be seen at: <http://hihills.com/photo-gallery/>
5. Parents we would love to hear your feedback on the summer of 2011. we will be sending out a survey over the next few weeks. Please help us make our camp **EVEN** better for next summer. We appreciate your support.

Kinder Camp News,

“At the end of the day, everything’s ok. And when the summer ends...give a smile all the while ‘cause we made so many friends...”

Hard to believe we’re heading into our last week of camp. Seems like yesterday we were meeting and greeting old and new friends alike! Kindercamp has a great week ahead starting with our Garden Party and ice cream social on Monday; Splash day on Wednesday, and a special cooking lesson making Whacky Cake! Thank you for sharing your children and summer with us. We look forward to seeing everyone in 2012!



Mary Clare Kubicz
Kinder Camp Director

Keep up to date with the latest news from Hi-Hills Day Camp at www.facebook.com/hihills. Simply ‘Like Us’ to receive updates in your news feed.

August Camp Birthday's

We would like to say a Big Hi-Hills Happy Birthday to.....

Aug 1 Hansen, Andrew
Aug 2 Bailey, Jeffrey
Aug 4 Messina, Matthew
Aug 7 Morris, Noah
Aug 9 Agresti, Andrew
Aug 10 Kirst, Connor
Aug 10 McCall, Brandon
Aug 11 Graybeal, Paul
Aug 11 Leung, Anna
Aug 12 Ali, Shan
Aug 12 Menini, Filippo
Aug 13 Baker, Ella
Aug 13 DeVergillo, Robbie
Aug 13 Taylor, Temi
Aug 13 Turner, William
Aug 15 Cullen, Kiera
Aug 15 Zezza, Nicole
Aug 18 Eppedio, Andrew
Aug 19 Beers, Dylan
Aug 19 Torelli, Matt
Aug 20 Traver, Jennifer
Aug 22 Miscia, Tristen
Aug 23 Wallis, Ashley
Aug 24 Anagnos, Zachary
Aug 24 Crown, John
Aug 24 Thomson, Chase
Aug 25 Schmidt, Gabrielle
Aug 25 Schmidt, Priya
Aug 27 Toolan, Bridget
Aug 28 Lazaar, Katie



Bunk 1

Where oh where has the summer gone?? It seems like just it was only yesterday that we were taking our first step into the pool and picking up the tennis racket for the first time...now we are at the end of camp! Bunk #1 has had such a fun summer and we are a little sad to see it come to an end. Brendan has really had a blast at tennis, hitting the ball over the net and stopping it whenever it comes his way. Ariana has really become a little fish in the pool, swimming underwater and starting to float on her back...way to go Ariana!! Matthew loved our trip down to the GSB garden, where we saw different types of flowers and vegetables and we even picked a few green beans and tried the fresh



raspberries....yummy!! Gabby and Priya did a wonderful job creating and painting their clay bowls in pottery...beautiful job girls!! Oliver has been showing us how much he has learned in Dance....he knows how to do the "Leap" and is quite the dance master during free dance! While these may be the last two weeks of camp and then summer is over, Bunk #1 has made lots of great memories to last us until next year!! See you then!!!

Beth

Garden Party

Mark your calendar!

Kinder Camp Garden Party is Monday, August 15 at 2:30

Please dress comfortably as you will be doing a bunk activity with your child.

Please go directly to your child's classroom.

Join us for an ice cream social afterwards in our kitchen.

See you there....

Arts & Crafts

As we near the end of camp, the Arts and Crafts program is still going strong with exciting new projects! Last week, Teen Travel had a great time making leather change purses/luggage tags and tie dye shirts. The boys finished their building competition with some incredible buildings! This coming week is Pirate Week so some really cool projects to prepare for it are a must. We have been making parrots, eye patches, Pirate flags, and gold Pirate medallions. Its been a pleasure teaching Arts and Crafts at Hi-Hills and I hope you all enjoy the rest of your summer!

Jackie Graham



Bunk 3

Bunk 3 has discovered many new and exciting activities these past two weeks at Hi Hills. Lucy has had lots of fun blowing bubbles (and popping them!) on the playground. We also played in the sprinkler on the playground as well. Bunk 3 also had their first experience on the "Big Kid" playground and had a great time. Cassidy really enjoyed our mini-golf games, and Austin even dressed up in golf attire for the occasion. Brayden had a blast with our shaving cream activity when we played on the tables in our classroom. During Nature we took a trip to the GSB Gardens and even got to pick some veggies and bring them home! This was very exciting for us. Angelina had a ball, and picked the most vegetables, filling her bag all the way to the top. Christopher has been doing great in dance. He has even mastered the 4 steps to a Leap! In addition to learning ballet positions and dance steps, weve also been playing fun games and Layla was our musical chairs champs! Sofia V. Has really been showing off her tennis skills these past couple weeks. It is her favorite activity and she's always exited to go play. Campbell has been doing really great in swim. Her group went to the deep end and jumped in all by themselves! In addition, all of Bunk 3 has been excelling in their swimming skills, and are improving rapidly. We also decorated pine cones and turned them into bugs in Art class, and made bowls out of clay in pottery. Bunk 3 is sad to only have one week left of camp, but were eager to make it one of the best weeks of camp, as were preparing for our second Garden Party of the summer!



Kelly & Kim

Bunk 5

What a fantastic two weeks we've had in bunk 5! We can hardly believe the summer is almost over. We've had a lot of fun lately with our recent goin' buggy theme. Our friends Lizzie and Ella really enjoyed making our water color butterflies, and they turned out beautifully. Isabel had a great time doing our other goin' buggy crafts like making clothespin caterpillars and dark bug pictures. We also enjoyed watching sportsmanship week during which Myles and James cheered on for both teams. Allie and Dylan enjoyed our penny diving challenge in the pool during which all our friends rooted them on. Bunk 5 has been working hard on our Platypus fairytale play which we will be performing on August 15 at our garden party. Caden is very hyped for the show, and Carter just loves to rehearse. We're very sad to see our friends Ella and Isable go, but we welcome our new friend Amelia and we are looking forward to the rest of camp.



Meredith and Monica

Special Events,

UPCOMING SPECIAL EVENTS

AUGUST 1ST
KinderCamp
Garden Party

AUGUST 17TH
Splish Splash

AUGUST 19TH
Hi-Hills Talent
Show
Make your own
Sundae
Council Ring

The Pirates are coming! Will they cross the Hi Hills pool and make it the other side. A chosen C.I.T will ride the Pirate Platypus Raft across the pool as they work together in team spirit. I forgot to mention that of rafts were carefully constructed by the help of my C.I.T. out of cardboard. The raft was formed into the shape of our new mascot – A Platypus named Paulie. The Entire camp will join cheer the pirate captains on as they sail across the Hi Hills Pool on Thursday. On Friday of this week we will have Pirate Dress Up Day, go on a treasure hunt, retrieve the message in the bottle, walking the plank at the pool. We will also pretend we are on a ship as campers experience the Buddie Boards walking in sinc listening to the captain give directions as they move these devices across a designated area listening to right, left, as they pretend they are rowing on the deep blue seas. I hope everyone enjoys all of these activities after all of my planning.



Mindy Schwartz
Director of Special Events

Nature Corner

Nature continues to be a busy place. The Sportsmanship week activities were a success. Many points were earned by both teams and each cockroach gave its best in the races.

There was a lot of added excitement in Nature on Wednesday, July 27 when one of the hamsters gave birth.

There are now 5 additional baby hamsters. The babies will be ready for adoption the week of August 29. If interested, let me know and arrangements can be made to pick them up.

During week 7, we took our second trip into the Gill Garden to pick zucchini, tomatoes, cucumbers, and more delicious beans and, completed some nature crafts and play some nature games.

During week 8, we will take our last walk in the Peapack Brook and say good-bye to the animals that occupied the Nature Lodge this summer.

It's hard to believe that another camp season will be coming to an end soon. Thank you for sharing your children with us this summer. Their natural curiosity about the natural world has made Nature very enjoyable this summer. I wish them a fantastic school year and hope to see them again at camp next summer.

Mr. Nature



Hi-Hills Music Program

Music class has been so much fun with our wonderful campers! This summer, I have saved the last four weeks to teach the campers about each family of the orchestra, which are the string family, woodwinds, brass, and percussion. I have an excellent book and CD to teach the campers about the families of the orchestra. The book is full of beautiful illustrations of the instruments, and the CD demonstrates their unique sounds (tone colors). After the lesson, the younger campers have been watching "Tubby the Tuba" and enjoying it tremendously.



Elaine signals for "Do, Re, Mi, Fa, Sol, La, Ti, Do." The higher Do at the end is held higher to demonstrate the higher but same tone as the lower Do. We had fun singing "Do Re Mi" from "Sound of Music" using the hand signals.

At the end of our music lessons, we have a lot of fun playing various games.

Elaine Murray

Highlights from the Lower Bunks,

Last week was *Sportsmanship Week* here at HiHills and the electricity of the events filled the air. Many of the sporting events went down neck and neck to the final few minutes of play. Everyone played with such heart and when the points were awarded to the individual teams, both teams were incredibly close. No one wanted to give up the lead. The *Tug of War* was difficult and was planned well by the counselors. No side dominated the match, but again each team shared in individual victories. The pasta hunt was fun for the kids and each team had strategies about finding the Purple Pasta. Gary Chernoff, in Bunk #23, recalled the history of the Pasta Hunt here at HiHills and the campers were a little worried when they heard that traditionally the team that has found the Purple Pasta was not the winning team overall. Campers planned their attack. Was it better to find the Purple Pasta, with all of its points and maybe some of its curse or was it better to spread out and collect as much pasta as they could and bypass the Purple Pasta and its camp curse?



Finally, my favorite, the *Relay*, was mapped out. Everyone was involved and various events were matched well to camper ability. I personally judged the pie eating contest and the donut dunk. They ate those whipped cream pies and donuts faster than anything I have ever seen!

Camp banners were exceptional and the children had a great time with the team song and team cheers. It was great to see that they truly did get the point of Sportsmanship Week, as they congratulated each other on their play and cheered the opposing team.

In the end, one team was victorious, and the campers were excited to hear that this was the closest match in HiHills history. We all had a great time and we learned some things about the rewards of good sportsmanship and spirit, as it was the sportsmanship and spirit points that drove the winning team over the top! A great job was done by all.

We are looking forward to our second Parent Luncheon and Pirate Dress Up. I am sure the children will be equally involved in the pirate activities we have planned for the end of Week #7.

Donna Butler

Lower Bunk Supervisor

Drama

Our play rehearsals are going well and the play is scheduled for Thursday, August 11. The campers in the play are acting, singing, and dancing! The scenery looks wonderful! I'm looking forward to a big audience!

Elaine Murray

Bunk 11

The summer fun continues for the Bunk 11ers as old and new friends continue to return to Hi-Hills from summer vacations. Late Night for Lower Bunks was a blast as the campers enjoyed a twilight swim and some good eats with their families and friends. Thanks for all who attended. It was a strong turnout and the kids really enjoyed it.



Ready, Set, GO! Sportsmanship Week hit the camp like a tornado, a Terrifying Tornado to be more exact. Each bunk in the camp was split into 2 teams; the Terrifying Tornadoes, and the American All-Stars. The teams were charged with creating team names, composing a team song, writing and performing team cheers and competing against each other in various events, all the while displaying good sportsmanship. The boys compiled points for their team by competing in hockey, Gaga, searching for the “Purple Pasta”, as well as the exhausting Apache relay.

The Apache relay had campers spread out all over the GSB campus tasked with performing various skills as part of an overall race. Our Bunk 11ers were seen volleying tennis balls over the net, rolling into a karate stance, answering 5 trivia questions in nature, partaking in a human pyramid, scoring a hockey goal...it was crazy! As each of the 40+ activities completed the whole teams ran with the Captains to the next task. The final lap was around the GSB track and involved a massive toilet paper wrapping of campers as they dashed to the finish—enough said! The whole group competed well and bonds amongst the teams were formed. In the end the All Stars prevailed with the aid of their sportsmanship cheers as well as benefiting from the curse of the Purple Pasta! All had fun and learned the meaning of being a good sport.

Week 7 saw the boys back at the pond pulling out a total of 16 fish. The dock was rockin’ as the sound of “Fish on!” rang out in the hills of Chester. All the boys were fully able to cast on their own and reel in with little problems.

We are winding toward home, with Pirate week in full swing, our Bunk 11 skit scheduled for August 12th, and Splish Splash pool bash in Week 8. It has been great fun for us working with your kids this summer.

Brian & Craig

SUMMER THEMES AND DRESS UP...

AUGUST
19TH

Design your
own Shirt

Bunk 12

As the summer of 2011 begins to wind down, we can recall some really special times in Bunk 12. Our girls are the only bunk who thought of a bunk cheer to bring Bunk Spirit to Hi-Hills. You can hear us shouting our cheer when we transition from one activity to the next.

All the girls truly enjoyed the Hi-Hills Carnival. The girls demonstrated excitement to get their faces painted, eat cotton candy, play games, go on rides, and receive prizes.

Week 6 was Sportsmanship Week. The girls had a blast competing in various events. They put forth a ton of effort into all the events. Madison, Amanda, Anna, Morgan, Dakota, Elizabeth, and Jordan brought the All-Stars to victory in the Tug-O-War. The “cheer-off” was also very exciting. Hunter, Ashley, Sophia, Kate, and Kate sang their hearts out. However, in the end, the All-Stars pulled out the victory over the Tornadoes! Emily and Jen continue to preach the importance of good sportsmanship during our daily activities.



Week 7 is Bunk 12’s chance to present our skit. The girls are practicing so hard to learn all the dance steps. Jen and Emily are really impressed with the talent and abilities of each camper.

The next two weeks of camp will be just as exciting as the first two. We plan on continuing playing games and doing all the activities that the girls have been enjoying all summer. The girls’ favorites are running bases, duck duck water, and the animal game.

Jen Monto and Emily Pope

Bunk 13

Week 7 is upon us and Bunk 13 shows no signs of slowing down. The kids really enjoyed Sportsmanship Week, where campers were split into two competing teams; The Terrifying Tornadoes and the American All-Stars. The campers competed in events like GaGa, hockey, tug-o-war, pie eating, soccer, the 100-meter dash, and much more. The focus of the week was what it means to be a teammate and good sport. The All-Stars won in an impressive cheer-off to close out the week.



Fishing was a big hit as the Bunk 13 anglers caught seven slippery sunnies. The boys really started to learn to handle the casting and reeling in the fish.

Other recent highlights have been using the spinning wheel in pottery, making clay animals, and cooling off in the game room while sharing our many Lego creations with friend.

This summer has sizzled, but we still have more to do, with Parent Luncheon, our Bunk 13 skit, Pirate Day, and much more fun in the sun.

Ryan

Bunk 15



Hello Hi-Hills!

Summer is ending soon and Bunk 15 is going to make the most of what's left. Last week the camp enjoyed a whole week of Sportsmanship Week. There was the traditional tug-o-war and the always fun Apache Relay. Congratulations to the All-Stars for the win and the Tornadoes for putting up a great fight. The curse of the Purple Pasta lives on!!! During fishing, Jesse Benjamin caught an 8-pounder, but he proceeded to release it back into the water. Everybody had fun. Thank you Em Foster for a great time fishing. Thank you Jen Monto and Maria for organizing the relay.

Cheers to the best summer ever!

Jesse and G-monster

Bunk 17

Bunk 17 continues to have a great time. It's hard to believe there's only one more week of the camp this summer! Bunk 17 had a great time fishing with Em. We



caught so many fish and had a lot of fun! The bunk had a great time competing with the rest of the camp during Sportsmanship Week. All of the boys did a great job during the Apache Relay and Tug-O-War! Bunk 17 is looking forward to one more spectacular week! Keep up the awesome work Bunk 17!

Marc and RJ

Bunk 16

As this summer ends, Bunk 16 reflects on these past couple of weeks. Even though the summer is almost over, all the girls showed team spirit and determination during Sportsmanship Week. The girls battled it out in various games and activities including tug-o-war and a huge relay race. Lily and Erin were stars during the tug-o-war while Juila Z. showed great team spirit. Jolie showed her determination in leagues games while Elizabeth was an expert at Alaskan Baseball. Gabriel had fun making lanyards and cup flowers in Arts and Crafts. Lily, Julia S., Gabby, and Elizabeth T. are working very hard to make the drama play "The Rainbow Wars" a success. The emotions are bittersweet as camp winds down.



Danielle and Megan

Bunk 22

Summer 2011 is almost over, but you would never guess by the enthusiasm here in Bunk 22! Carnival was a blast and Bunk 22's manicure and tattoo station was a hit! Last week during Sportsmanship Week all the girls showed amazing spirit, bringing the All-Stars to victory! The Tornados and All-Stars each cheered on their bunkmates in all the activities. While the Tornados made a HUGE victory in the Pasta Hunt, the curse of the Purple Pasta held true and the All-Stars won the overall title. The tug-o-war was an amazing display of sportsmanship with the All-Stars pulling out a victory in the counselor round.

Sportsmanship Week wasn't the only exciting part of camp of the past few weeks. In pottery, the girls made boxes out of clay and everyone is working their way through using the wheel.

In clubs, some of the girls have been working all summer towards the summer drama production, "Rainbow Wars!" All the enthusiasm should make for an amazing show! As always, the girls have been making lanyards and friendship bracelets in their free time, so get ready to see some key chains and bracelets! Bunk 22 is so excited for the last week of camp as we have a fishing trip and ice skating trip next week! Summer 2011 is flying by!



Catherine and Maria

Bunk 23

Bunk 23 went fishing for the first time two weeks ago. Not only did all of these great fisherman catch 20 fish, they also caught the biggest fish so far (4.5 lbs)! The fishing excitement did not end there!

untangling a fishing line from a net, Gary used the net to catch a turtle! After having such a fun time, Bunk 23 can't wait to go again!



Gary and Will

DANCING WITH MARISA!

As the weeks go by, dance is still going strong. With every class, the campers get more into dance, expressing their best dance moves. We continue to play dance games and learning fun dance steps. I have also been part of the drama club where I choreographed two dances and helped out a lot. All of the campers are great and really seem to enjoy dance! I had such an amazing summer teaching



Fishing with Em!

This summer has been the best all-around fishing season since my tenure at Hi-Hills began. The campers have been highly motivated to catch the most of any one bunk. The counselors have been outstanding by helping me.

On August 8, bunk 11 had an outstanding morning fishing in which they had 15 catches.

On August 10, bunk 13 and 15 went out fishing. Bunk 15 had a total of 11 catches and bunk 13 had 8 catches.

On August 15, bunk 23 will be fishing and on August 16, bunks 16 and 22 will be going out. Bunk 17 will conclude the extremely successful fishing season on August 17.



Em Foster
Fishing Director

POTTERY:

Glazing is the name of the game in pottery! As we near the end of camp, we've been frantically splattering glaze over any piece of bisque ware in sight. There still seems to loads and loads of pieces yearning for a glaze fire, but I sense these campers are up for the challenge. Every time I've opened the kiln after a firing, I've been in awe of the beautiful and bold colors that now surround the incredible ceramic creations of our Hi-Hills campers. As I reflect, it is amazing to think of all of the hard work each camper has put into every piece he or she has created. From molding a lump of clay into a beautiful vase, rice bowl, or ceramic pickle, every camper has given it there all! In ceramics, a combination of strength, gentleness, patience, and boldness is required, and I believe these courageous campers contain all of these qualities to have the title Potters bestowed upon them.



-Pottery Dude

Swim!

For the last two weeks, it has been an exciting time at the pool. Last week was Sportsmanship Week.



For Sportsmanship Week, the campers did an endurance swim, a penny dive, relay races, diving for rings, and water polo.



This week, we are testing the campers on their swimming skills. Level Ones have to put their faces in the water and move around the pool. Level Twos have to float on their back and front. Level Threes have to do a lap of free style and also do the breast stroke and

back crawl. Most campers are having a hard time passing the elementary stroke and breast stroke so we'll spend next week working on those two strokes. Also, next week we will be going over water safety, such as how to use a life jacket.

It was a pleasure teaching your child to swim this summer. Thank you again for a great and best summer ever.

Augie Lorio

LEAGUES

The 2011 Leagues season at Hi-Hills is just about complete, and at this publication, two teams sit just one victory away from brining year's championship. On the boys' side, coach Marc Hungarter's Gladiators have pulled the shocker of the year, sweeping the top-Green Lanterns in the first round. That series featured an epic 5-basketball game, in which the Gladiators prevailed before closing out with a soccer victory. The Gladiators have now opened up a 1-0 series



coach Guillermo's Sky Angels in the championship round by virtue of a victory in soccer on Tuesday, Aug. 9.

is taking place in girls' action, as coach Danielle's top-seeded Dingoes sit just one win away from the title after sweeping the Magical Mangoes in the 1st round. The Dingoes are squaring off against coach Catherine's Cheesecakes in the finals, and they stormed out to a 1-0 lead in the series with a 14-4 basketball win in game one on Tuesday.



the time of home this Gladstone seeded overtime the series lead over

1-0

An opposite story

Marc Gesualdo and John Bellina

Cooking with Mary Clare

Our campers have extended their culinary talents these last two weeks by making their own cinnamon pita chips and delicious summer fruit salsa. Fruits used were strawberries, blueberries, grapes, oranges, kiwis, nectarines, and peaches that were hand-picked and donated by the McNamara family! This week we made brownies “from scratch” using Bakers Unsweetened Chocolate! Our last week will be surprise – sure to please all!

It’s been fun – look forward to next year!



Mary Clare

ATHLETICS

With just one week to go in camp, the 2011 Athletics season is still going strong as campers continue to display their skills on a daily basis. The last few weeks have seen a rise in the humidity, but enthusiasm hasn’t suffered one bit in competitive games such as Alaskan Baseball, Newcomb, Steal the Bacon, and Bounce –n- Score (often referred to as SquareBall by our campers). This camp season has also seen frequent use of the always-challenging agility ladder and mini-hurdles, along with PolyPong, a new favorite here at Hi-Hills. The final week of Athletics will feature “Camper’s Choice”, as each bunk will be able to decide upon which game it would like to play during its session. We’d like to take this opportunity to thank ALL campers & counselors for a truly awesome summer, and we wish everyone the best in the 2011-2012 school year. Stay active, and we hope to see you right back here at Hi-Hills for Summer 2012!

Marc Gesualdo & John Bellina

ARCHERY

It was a great summer at archery. I am proud to announce that every single camper was able to hit the target at least once. We had a lot of bulls-eyes as well. I am looking forward to another great summer at Hi-Hills! See you soon

Elliott.





Meet the staff of Hi Hills...

Jacquelyn Graham – I graduated West Morris Central High School in 2010. During my years at West Morris, I maintained high honor and honor roll, was a member of Spanish Honor Society, and was enrolled in advance and AP level courses. I am currently attending school at University of Delaware with a major in Fashion Merchandising and minor in Business Administration. After graduation in 2014, I hope to start a career as a buyer for a major fashion company.

Emily Pope – I just finished my sophomore year as an honor student at Bridgewater Raritan High School, where I was an active member of the S.H.A.R.E. where I helped raise awareness about the dangers of substance abuse to younger students. I also participated in the Reach to Women Club, a women's empowerment organization. I was a member of the Astronomy Club as well. I played Volley Ball for my School as well, which I hope to continue playing through college where I would be very interested to study Exercise Science, to eventually earn my PhD in Physical Therapy. My ultimate goal is to open my own practice, specializing in athlete injuries. Sports are very important to me, I played Soccer, Basket Ball, Soft Ball, and danced until I decided to become a serious Volley Ball player. I love to be active and can make the best out of most any situation.

Maria D. Cunningham – This is my 7th year at Hi-Hills. I currently work in Transportation for Bridgewater- Raritan Regional School. In 1999, I was awarded the Golden Apple Award for excellence in serving the Bridgewater Community. I enjoy working with children and I have three daughters and four grand children. I love working outdoors and sharing the activities with my campers. My hobbies include crochet, tennis, reading, and exercise

Kim Daly – I just finished my sophomore year at Somerville High School. I finished with all A's. I am also captain of the Colorguard and Winterguard teams. I have been a CIT for two years at Hi-Hills and I can't wait to have another great summer at the camp!

Kelly Alfano – I have graduated from Rutgers University with a B.A. in psychology. This will be my 4th summer at Hi-Hills and I'm looking to become an Elementary School Teacher in the future!

More Staff profiles next week...

Recipe of the Week

SILVER WHITE CAKE

Ingredients

2 ¼ cups cake flour
1 ½ cups white sugar
3 ½ teaspoons baking powder
1 teaspoon salt
½ cup shortening
1 cup milk
1 teaspoon vanilla extract
4 egg whites

Prep Time

30 min

Cook Time

40 min

Ready In:

1 hr 20 min

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour baking pan; 9X13 inch, or two round 9 inch pans.
2. In a large mixing bowl, measure flour, sugar, baking powder, salt, shortening, milk, and the vanilla. Beat 2 minutes on high speed, scraping bowl occasionally.
3. In a large glass or metal mixing bowl, beat egg whites until stiff peaks form. Fold 1/3 of the whites into the batter, then quickly fold in remaining whites until no streaks remain.
4. Pour batter into pan(s), bake 9X13 inch cake for 35 to 40 minutes. If using 9 inch rounds, bake 30 to 35 minutes. A toothpick inserted into the cake will come out clean when done.

Teen Travel

The summer teen travel program seems to get better and better. The highlight of week 6 was seeing many kids challenge themselves and overcoming their fears as they learned to climb up large elements in the tree tops of the Pocono Mts. and hook themselves up to zip lines during a rigorous and fun filled day of adventure.



Week seven's treats of the east started out with a day at Hershey Park where we all enjoyed the world of chocolate and various roller coasters. Wednesday the group got to really experience high speed and tight turns of the various rides at Great Adventure. The biggest hit seemed to be the wooden roller coaster known as El Toro. In between Amusement Parks the teens got to see a different view of the world with a tour of an Amish house and farm and an old style family dinner.

Thursday presented a beautiful weather day as the kids swan in the ocean at Point Pleasant Beach and toured the aquarium before chowing down on some yummy Chinese food. Friday it is off to a waterpark before returning home. The comraderie and joy was apparent throughout the week and pictures will be forthcoming on the web site for you to view how wonderful the teen experience was.

JimBennett