

# Green Brook Gazette

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ISSUE 10 • JUNE 2014

**Green Brook Cultural Heritage and Historic Preservation Committee and The Green Brook Historical Society meeting:**

**3RD THURSDAY OF EACH MONTH 7:30 pm**

**GREEN BROOK TOWN HALL  
111 Greenbrook Rd  
Green Brook, NJ  
WE ARE ALWAYS LOOKING FOR PEOPLE INTERESTED IN HISTORY AND CULTURE, TO JOIN OUR GROUP, AS A GUEST OR MEMBER!**

## ROTARY CLUB LAUNCHES SATELLITE MEETINGS

The Dunellen-Green Brook Rotary Club inaugurated a new program called Satellite Meetings at the Dunellen Hotel last month. Satellite Meetings are designed to vary the time and date of the Club's weekly meetings so that more and different people, interested in learning about Rotary or joining our Club, might be able to attend.

Instead of the weekly meeting on Thursdays at 12:15 pm, the Club met at its usual place, the Dunellen Hotel, on a Wednesday night at 6:00 pm. A small difference, but it is hoped that the varying times will prove attractive to people otherwise engaged during the days.

As an enticement to come, a local Brownie Troop entertained the Club with a Pledge of Allegiance and an enthusiastic rendition of the Star Banged Banner. The Troop also donated a tree to be planted by the Rotary Club with the help for the Dunellen Shade Tree Commission.

For more information about the Dunellen-Green Brook Rotary Club, contact Joe Spera at [Joe@speraelectric.com](mailto:Joe@speraelectric.com), or call him at 732-921-5865.



*(above) Local Brownie troop sings the Star Banged Banner. In the background is Club past president Charlie Facciponti, whose granddaughter is a member of the troop.*

## BOY SCOUTS ARE WINNERS AT SPRING CAMPOREE

Green Brook Boy Scout Troop 129 proudly announces that they finished in First Place Overall at the Spring Camporee. The Camporee, run by the Raritan Valley District of Patriots' Path Council, was held at Camp DeWitt in Hillsborough. The troop also won first place for fire building, first place for a lunch competition and second place in shelter building.

Boy Scouts hold camporees once or twice a year. It is a local or regional gathering of Scouting units to enjoy camping and common activities. Typically, the camporee involves scout patrol competitions, with events such as hiking, fire building, knot tying, first aid, emergency preparedness, outdoor cooking, orienteering and more. There were about 14 Troops participating in this Camporee. The camporee activities were planned by a group of volunteer Scouts. The shelters, where Green Brook missed first place by a half point, were built using tree branches, grasses and other materials found in the area – no tents or tarps. The fire building was matchless and Green Brook completed it in 4 minutes. The fire was then enlarged to prepare our First Place lunch, which was Tacos. There were afternoon, non- competitive activities such as Tug of War,

Frisbee, and Touch Football. There were also demonstrations of Fire by Flint and Steel and CB Radio. Running between the raindrops, was required, but the Scout Motto – Be Prepared – took care of that.



*(above, front row, l-r) Boy Scouts Troop 129: Logan Jelmert, Eric Bencoter, James Van Arsdale, Nick Couch (second row, l-r) Griffith Humphrey, Gavin Costello, Patrick Humphrey, Michael Costello (back row, l-r) Justin Sorensen, Chris Couch SPL, Mr. Jack Mc Cullen, Aaron Bencoter, Tim Boccio ASPL, Mr. Dennis Costello*

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## PROMOTE YOUR COMMUNITY EVENT

Community service organizations and sports teams are encouraged to submit news of upcoming events or highlights and photos on recent events.

Organizations who are interested in submitting content can email Lynn Sjurset at [lynn@rennamedia.com](mailto:lynn@rennamedia.com).



## SIX SENIORS WIN ANNUAL ROTARY SCHOLARSHIP

At our annual Scholarship Recognition Luncheon held at the Dunellen Hotel on June 12, 2014, the Dunellen-Green Brook Rotary Club awarded scholarships to four Dunellen graduating seniors: Abigail Hunnewell, Jesse McGrath, Julia Kauffman, and Stephen Towey; and two students from Watchung Hills Regional High School: Holly Marie Liebau and Kavinda L. Wijayarantne, both from Green Brook.

Dunellen High School Guidance Counselor Randi Axelrad assisted with the presentations, as did Club member and former Dunellen School District Superintendent Gerald Stefanski.

Over the past 41 years, the Dunellen-Green Brook Rotary Club has awarded over \$250,000 in scholarships to 390 graduating seniors so that they can attend college or technical schools. Our Club considers education a number one priority and we are pleased that we can help so many deserving young people.

Rotary membership is by invitation of local



(above, l-r) Club member Bill Mundy; Kavinda L. Wijayarantne, WHRHS; Holly Marie Liebau, WHRHS; Julia Kauffman; Jesse McGrath; Stephen Towey; Abigail Hunnewell; and Club member Dr. Gerald Stefanski.

clubs. If you would like to be considered for membership by our Rotary club, contact Joe Spera at 732-522-6732, or go to our website: [www.dunellengreenbrookrotary.org](http://www.dunellengreenbrookrotary.org).

## STAGECOACH RUN

Submitted by James Koch

On May 28th, 1777 General Washington brought most of his troops down from the winter in Morristown to south of current day Martinsville. On June 13th the troops were moved to the top and south side of the First Watchung Mountain, to better keep an eye on the British in New Brunswick. After the repositioning a troop census was taken. Of the 8,398 about 2,600 were not able to fight due to illness or being ill supplied.

After lunch, General George and an aide set off on a ride to explore the area. They stopped at what is now known as 188 Greenbrook Road in Green Brook which was the farm of Quaker Jonas Vail. A group of men were relaxing in back by a barn after lunch. The General asked, "Can anyone tell me of a place up upon the mountain where I can best view the British troops on the plains below?" Edward FitzRandolph spoke up and told him that he

knew such a place but had no way to take him there. General Washington turned to his aide and said "Please dismount," The aide did that and FitzRandolph took the General up The Path (route disputed) to what we all proudly now know as Washington Rock.

Join us for our monthly meeting of the Township Historic and Cultural Commission on the third Thursday.



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# New Therapy Used by Tiger Woods Comes to Central New Jersey

## ALL NATURAL HEALING SOLUTION BRINGS NEW HOPE TO PAIN SUFFERERS



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 - Mary M.



*"Thanks to Performance Rehab and their unique PRP treatment program I now take no pain medication and I'm finally working out again. I have never felt better, balanced, pain free and generally positive."*  
 - Vick M.



*"My knee was killing me and I had tried every treatment out there out there hoping to get back on my bike. Thanks to Performance Rehab and Platelet-Rich Plasma Therapy, I am riding again!"*  
 - Mark M.

### Do you suffer from any of the following conditions?

- Tennis elbow/golfer's elbow
- Rotator cuff/tendonitis/bursitis
- Arthritic hip/knee/ankle/shoulder conditions
- Plantar fasciitis/heel spur pain
- Meniscus injury of the knee
- Chronic tendonitis
- Chronic pain

The goal of PRP Therapy is to resolve pain through the natural healing process and has proven to have lasting results. For years, doctors have tried to reduce inflammation, with anti-inflammatory medication, thinking it could be the source of pain. Teams of doctors and researchers are now finding that harnessing the power of inflammation allows the body to go through its natural healing arc, which can relieve pain by getting rid of the problem. This new treatment program offered at Performance Rehabilitation & Integrated Medicine is called Platelet-Rich Plasma (PRP) Therapy and is a cutting-edge process that relieves pain by promoting long lasting healing of musculoskeletal conditions. This rapidly emerging technique is showing exciting potential with osteoarthritis of the knee, shoulder, hip and spine, rotator cuff tears, chronic plantar fasciitis, anterior cruciate ligament (ACL) injuries, pelvic pain and instability, back and neck injuries, tennis elbow, ankle sprains, tendonitis, and ligament sprains.

### What is Platelet-Rich Plasma Therapy?

PRP is an emerging non-surgical treatment in an ever popular, all natural health sector. This non-surgical treatment involves the injection of healing proteins, growth hormones and stem cells from a patient's own blood directly into the site of the injury. The doctors at Performance Rehabilitation & Integrated Medicine have seen dramatic results as this treatment triggers the body's own ability to repair itself.

### Professional Athletes Use PRP Therapy.

Platelet Rich Plasma has come a long way in just a few short years in the treatment of sports injuries. Now most sports organizations, trainers and players recognize the importance of PRP in their respective sports. Treating professional athletes with PRP is a common practice designed to encourage healing and reduce downtime. **Performance Rehabilitation & Integrated Medicine** offers the same treatment that Tiger Woods, Kobe Bryant, Alex Rodriguez, Hines Ward and many elite athletes use. You owe it to yourself to find out if it is right for you.

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Tiger Woods, Kobe Bryant, Alex Rodriguez, Hines Ward and many elite athletes have used PRP therapy for sports injuries.

## LIVE PAIN FREE!

## EVENING OF THE ARTS

Congratulations to all the students of GBMS. Green Brook Middle School was transformed into an art gallery on May 21st where all of the GBMS students' art work was exhibited. It was an evening of the "arts" beginning with the art show and ending with the Band/Choir Spring Concert. All three were a great success. Parents, students, friends and family came to see the incredible murals and fantastic artwork students create at GBMS and listen to beautiful music.



(above) PTO President Mrs. Humphrey and her son Patrick Humphrey having fun offering refreshments for art show guests

## 8TH GRADER SELECTED FOR ART EXHIBITION

Congratulations to eighth grader, Carrie Zhang. Her artwork has been selected for TCNJ's 2014 juried K-12 art exhibition. Hundreds of wonderful student works from all over New Jersey were submitted to this exhibition, and Carrie's artwork was considered the most innovative and creative. It is a watercolor painting where the subject matter is a detached heart. She used watercolor and black sharpie marker. Her artwork is called "Revelations". The exhibition was at The Art and Interactive Multimedia building on TCNJ's campus in Ewing.



(above, left and right) "Revelations" by student artist Carrie Zhang

## MURAL COMPLETE!

The Middle School's mural painting club completed the lobby murals on May 22, 2014. It was a great success. Students, along with GBMS art teacher, Mrs. Anna Panico, created four murals. The murals consisted of a portrait of a Bengal tiger (school mascot); Vincent van Gogh's, Starry Night; a Bengal tiger sitting on books with a globe being held by two hands; and a main mural that has imagery that represented all the subjects taught in GBMS.

The main mural consists of a center image of an owl, a book with pages designed like the American flag, a heart, people dancing and exercising, an atom surrounded by planets, chemistry beakers, a saxophone, drum and flute, math problems, a hand holding a paintbrush, and a digital tablet.



(above, l-r) Hannah Butterline, Kelly Hess, Mrs. Anna Panico, Brianna Cameron, Shefali Sahay and Tayler Hestvik

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Deadline is July 31st (or until all spots are filled) – No refunds.

Volunteers: WHSA encourages parents to get involved as Coaches, Assistant Coaches and Team Managers. If you are interested, sign up as a volunteer when registering your child.

Questions: Call the WHSA Information line (908-647-8342) or send an email to [WHSHELP@verizon.net](mailto:WHSHELP@verizon.net)

## HISSING COCKROACH AND MILLIPEDE A BIG HIT!



(above) Green Brook Girl Scout Troop 65023 learned about Creepy Crawlers at IEF school. The Environmental Center from the Great Swamp presented on Thursday to help the Girls earn their BUG patch.

## “GIRLS ON THE GO” COMPLETE RACE FOR CANCER RESEARCH



The Irene E. Feldkirchner Elementary School “Girls on the Go” program had a great season at IEF School! As part of this unique program, girls in the 3rd and 4th grade learned habits to achieve a healthy, active lifestyle. Under the guidance of Mrs. Sporn and Ms. Pudlak, the girls trained for a 5k race and discussed tips for healthy eating and exercising. On May 10th, eleven of the girls participated in a 5k race to benefit the Hunterdon Regional Cancer Center at Duke Island Park. All of the girls were able to complete the race, an incredible accomplishment. A few parents also bravely joined their daughters during the race and many cheered the girls from the sidelines.

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<b>Heineken</b> .....	24pk Loose Btls .....	<b>\$26.99</b>
<b>Keystone Light</b> .....	30pk Cans .....	<b>\$17.99</b>
<b>Miller Light</b> .....	24pk Loose Btls .....	<b>\$18.99</b>
<b>Sam Adams Boston Lager</b> .....	12pk Loose Btls .....	<b>\$15.99</b>

**CRAFT BEER**

<b>Clown Shoes Galactica</b> .....	4pk .....	<b>\$9.99</b>
	Case .....	<b>\$52.99</b>
<b>Dogfish Head 60 Minute</b> .....	6pk .....	<b>\$8.99</b>
	Case .....	<b>\$31.99</b>
<b>Dogfish Head 90 Minute</b> .....	4pk .....	<b>\$9.99</b>
	Case .....	<b>\$52.99</b>
<b>River Horse Summer Blonde</b> .....	6pk .....	<b>\$9.99</b>
	Case .....	<b>\$33.99</b>

Prices Effective thru May 31, 2014. At some stores prices may vary, quantities may be limited and some products may not be on hand. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS. All prices subject to sales tax. We reserve the right to limit quantities. No further discount on sale items.

**8 TAPS**

**\$1 OFF 32.oz**

**\$2 OFF 64.oz**



Expiration: 7/6/14

**TAKE A DRIVE COUPON**

**\$5 OFF**

With purchase of \$75 or more.

Expiration: 7/6/14

# Fresh Fruit &

# Vegetable Market

Freshly  
baked  
Portuguese  
and  
Italian bread  
delivered daily!



**Store Hours:**  
Mon-Sat: 9:00 am to 7:00 pm  
Sun: 9:00 am to 5:00pm

**“We’re Not  
Just  
Produce”**



**LARGE SELECTION  
OF DOMESTIC AND  
IMPORTED SPICES  
FOR ALL OF YOUR  
COOKING NEEDS...**

somersetfarms@verizon.net  
somersetfarmsnj.com

**908-757-7730 • 950 Route 22 East • North Plainfield, NJ**

**COUPON**



**FRESH SHRIMP**  
**\$9<sup>99</sup>** lb

GRB6

By the pound only. Limit 1 lb per customer per coupon per day.  
Not to be combined with other offer. Offers good thru 7/31/14.

**FRESH FISH**  
Available Thursday  
to Sunday  
Filletted, Steaked,  
Cleaned to your liking!

**Top or Little  
Neck Clams**  
**\$3<sup>99</sup>** /dozen

**COUPON**



**FRESH COD**  
**\$5<sup>99</sup>** lb

GRB6

By the pound only. Limit 1 lb per customer per coupon per day.  
Not to be combined with other offer. Offers good thru 7/31/14.

**FRESH FRUIT OR VEGETABLE PLATTERS**  
Platters over stuffed with the best the season has to offer.  
14 inch 24.99 • 16 inch 29.99 • 18 inch 39.99



**Perfect for  
Special  
Occasions!**



**COUPON**



**BOAR'S HEAD  
IMPORTED  
HAM**  
**\$6<sup>99</sup>** lb

GRB6

Must purchase 1 lb. Limit 1 lb. per coupon. Coupon may not be combined  
with other offers. Limit 1 offer and coupon per day. Offer expires 7/31/14.

**COUPON**



**BOAR'S HEAD  
MUENSTER  
CHEESE**  
**\$4<sup>99</sup>** lb

GRB6

Must purchase 1 lb. Limit 1 lb. per coupon. Coupon may not be combined  
with other offers. Limit 1 offer and coupon per day. Offer expires 7/31/14.

**COUPON**

**\$2.00 OFF**  
**your purchase of**  
**\$20.00 OR MORE**



GRB6

Excludes garden center and fish purchases. Limit 1 offer per customer  
per day. Not to be combined with other offer. Offer expires 7/31/14.

**COUPON**



**1/2 GALLON  
TREE RIPE  
ORANGE JUICE**  
**2 FOR \$5<sup>00</sup>**

GRB6

Coupon may not be combined with other offers.  
Limit 1 offer and coupon per day. Offer expires 7/31/14.



**Large selection of  
annuals, perennials,  
herb plants, trees,  
plant, shrubs  
& much much more.**