

Green Brook Gazette

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

3RD THURSDAY OF EACH MONTH 7:30 pm

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MIDDLE SCHOOL TEAM WINS BATTLE OF BOOKS

On June 3rd, the Green Brook Middle School Battle of the Books team travelled to Valley View Middle School in Watchung to compete in the year end Battle of the Books. For the battle, students formed teams of three to six members and were responsible for reading 15 books selected by librarians across the state.

During the battle, teams compete against each other by answering questions about the books and stating both the title and author of the books. The Green Brook club consisted of one 5th grade team, one 6th grade team, four 7th grade teams, and one 8th grade team, and they competed against teams from Valley View and Harding

Schools in Morris County.

The 5th grade team of Aditi Bauer, Isha Nagpaul, and Elizabeth Huang won the 5th and 6th grade battle, and the 8th grade team of Deeba Shokrani, Victoria Li, Sophia Su, Demetra Chang, Michelle Yang, and Carrie Zhang won the 7th and 8th grade battle.

Other participating members include Jagdeep Bhatia, Dhruv Gupta, Zachary Bokhari, Kathy Chang, Maggie Zhou, Alexa Renzo, Jenny Li, Ishani Shah, Jessica Yan, Swetha Sadhu, Ria Dave, Reshma Dave, Eshika Kaul, Rhea Kalyanpur, and Connor Ashnault. Mrs. Laura Philip, school Media Specialist, is the club advisor. Congratulations to all!



(above) The Green Brook Middle School Battle of the Books Club includes:
(back row, l-r): Ria Dave, Reshma Dave, Rhea Kalyanpur, Eshika Kaul, Demetra Chang, Carrie Zhang, Victoria Li, Michelle Yang, Deeba Shokrani, Sophia Su, Mrs. Laura Philip, Connor Ashnault, Alexa Renzo, Jessica Yan, Kathy Chang, Jenny Li
(middle row, l-r): Elizabeth Huang, Aditi Bauer, Isha Nagpaul, Maggie Zhou;
(bottom row, l-r): Jagdeep Bhatia, Ishani Shah, Swetha Sadhu, Dhruv Gupta, and Zachary Bokhari.



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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.



JULY WAS A GOOD MONTH FOR A PICNIC

Submitted by Jim Koch

July is a good month for a picnic. One Gentleman decided to invite his wife and 9 friends and associates for just such an event. Quite ordinary except for the year, the place and the Gentleman. The time was late July 1882. The place was Washington Rock. And the Gentleman was Thomas Alva Edison. So Mr. Edison arranged his picnic. The food was prepared at Delmonico's Restaurant in New York City. Transported to the railroad which brought it out to Plainfield. Lots of planning. Food was put on a stagecoach and brought up the mountain on what is now Cardinal Lane. Over to the Washington Rock Mountain House. The resort hotel that was located to the rear of current Green Brook Firehouse # 2. Food was reheated and walked over to the picnic party in the Grove. Grove being underneath the trees about 300 feet behind the current monument. Apparently a good time was had by all.

FRED MILLER'S LECTURE-IN-SONG

The Green Brook Cultural, Heritage and Historic Preservation Committee is pleased to present Fred Miller and one of his Lectures-in-Song programs, "How Do You Keep The Music Playing? (1965-1987)", Postscript: Social Upheaval and the British Invasion. His anecdotal and musical overview of the era makes it truly captivating! He will take us year by year through the events and music of the time and then sing and play the music on the piano. The performance will be given at the Green Brook Middle School on Jefferson Avenue at 7:30 PM on Friday, September 19th, 2014. The admission fee is \$5 for adults. CHILDREN UNDER 12 ADMITTED FREE!

DEMISTIFYING BONSAI

On Monday, July 7, the Warrenbrook Senior Center had an Art of Bonsai program, presented by John Michalski, a Bonsai collector and Nurseryman. He has been a bonsai artist for over 20 years. John is a past president and current member of the Great Swamp Bonsai Society, located in Morristown, NJ.

Bonsai is an art form using miniature trees grown in containers. John brought several examples of Bonsai trees to help demystify the bonsai theory. He discussed how he selects, shapes and cultivates the trees he grows. He also talked about the tools of the trade, especially the use and importance of copper wire. His talk inspired two members to try their hand at Bonsai. He has over 35 Bonsai trees in his outdoor garden.



(above, l-r) Narendra Jivrajani, Green Brook; John Michalski, Bonsai Presenter and V. P. Kapoor, Green Brook

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- Melissa Miller, Phillipsburg, NJ

Who is a candidate for treatment?

There are many types of symptoms that can be relieved including:

- Back/Neck pain
- Leg pain
- Chronic low back pain
- Sciatica
- Stenosis
- Neuropathy
- Herniated/Degenerated discs

"Hi, I am Dr. Spaggiola, clinic director of Performance Rehabilitation & Integrated Medicine, and if you suffer with back or neck pain, I invite you to try non-surgical Spinal Decompression. Did you know that 30 million Americans suffer from back pain every day? This pain affects everything that you do, from work to play and ultimately your quality of life. I am here to tell you that there is hope. You can get rid of your back pain and get your life back. At Performance Rehabilitation & Integrated Medicine, we have helped hundreds of back pain sufferers just like you. We only offer the most advanced non-surgical treatments. We are so confident that we can help eliminate your back pain, we are offering one free visit to see if treatment can help you. There is no obligation and the only thing you have to lose is your pain."

— Ron Spaggiola, DC

The Truth about Surgery

- Costs can exceed \$100,000
- Prescription pain medications will be introduced
- Surgery may not solve your pain problems
- Surgery can lead to even more surgery in the future
- Recovery time can be painful and prolonged
- Surgery cannot be undone if outcomes are not favorable
- Missed time away from work, family, friends
- Quality of life can be reduced

About Performance Rehabilitation & Integrated Medicine

The team of medical providers at Performance Rehabilitation & Integrated Medicine understand what individuals in pain are experiencing. Each has a deep commitment to your health and to you as a person. During your first visit you will receive personalized attention from a seasoned staff of medical doctors, physical therapists and acupuncturists. An analysis of your condition by the medical team in conjunction with a detailed treatment plan will be described in as much detail as possible. There is no pressure to accept treatment as the staff at Performance Rehabilitation & Integrated Medicine strives to create a relaxed environment by educating patients about their options. The ultimate decision maker is the patient.

What makes Performance Rehab's Approach so different?

The medical providers of Performance Rehabilitation & Integrated Medicine have made it their mission to treat patients without surgery or drugs. After years of study, training and trials, they have chosen only the most effective non-surgical options and have brought them together all under one roof.

Why pain pills are NOT a long-term game plan

People often cover their pain by relying on prescription or even nonprescription pain pills. While this may work in the short term, the side effects can be alarming. How many people do you know are addicted to pain medications? How did the addiction start? The answer to this question is typically the same. Due to an injury, medications were prescribed which gave temporary relief and soon enough, the medication became necessary to function at all. Countless individuals have been innocently entangled with prescription pain pills while initially using them as prescribed.

Can time heal pain?

Yes, in some cases time can heal pain but that is not generally the case. At Performance Rehabilitation & Integrated Medicine we have treated too many people that have needlessly suffered for years with back and neck pain. They have also spent a fortune on everything from buying new mattresses to medications. It doesn't have to be that way. The doctors and staff at Performance Rehabilitation & Integrated Medicine have literally helped thousands of local residents relieve their pain without drugs or surgery.

Surgery should not be taken lightly

Some severe back injuries require surgery but most do not. At Performance Rehabilitation & Integrated Medicine, we believe that surgery should only be considered when all other options have been exhausted. If your back or neck pain is so severe that you are considering surgery we invite you to ask yourself this question: "If there is a long-term solution to back/neck pain that doesn't require surgery, is it worth an hour of my time to find out more?"

• **Non-Surgical Spinal Decompression** — Non-surgical spinal decompression is an FDA cleared technology that can relieve disc herniations, sciatica, stenosis and general pain and numbness in the back, neck, legs and feet. Non-surgical spinal decompression does this by using advanced technology to control treatment duration, distraction/angle, intensity, and relaxation of the spine, thus creating a vacuum effect which pulls the disc back into its normal position and brings in a fresh blood supply to promote healing. The treatment is gentle and soothing, with no discomfort to the patient.

• **Specialists in Pain Management** — A medical specialty also known as Physical Medicine and Rehabilitation (PM&R). This methodology gives particular focus to non-surgical orthopedic treatment, sports injuries and Peripheral Neuropathy.

• **Cold Laser** — A comfortable, non-invasive procedure which is successful in treating chronic conditions without pain or discomfort to patients.

• **Physical Therapy** — A traditional treatment methodology aimed at the treatment and curing of certain ailments common to patients suffering with chronic or severe pain. Its primary aim is to bring back the patient to his/her normal self, free of any pain or suffering.

• **Acupuncture** — Through clinical trials, acupuncture has been proven effective in treating various medical conditions including back and neck pain and has been expanded into conventional medicine practices throughout the world.

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— Ron Spaggiola, DC (Clinic Director)

— Joseph Mejia, DO, F.A.A.P.M.&R. (Medical Director)

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STUDENTS PERFORM AT SENIOR CENTER

Submitted by Green Brook Schools



On April 22, students from the Green Brook Middle School Band and Choral program performed at the Green Brook Senior Citizen Center. The flute ensemble played Largo and Minuet by Johan Joachim Quantz, The clarinet quartet performed Minuetto by Ernst Schmidt, and the flute and clarinet duet performed Duet by Christian Heinrich Hohmann. All instrumental groups were conducted by Mr. Vincent Sorensen, the instrumental music teacher at the Middle School. Students in the choir performed "Africa" by the 80s band Toto and "Some Nights" by the pop group "Fun." The choir was comprised of students in 5th, 6th, and 7th Grade and was conducted by Mrs. Jennifer Cifelli, the vocal music teacher at GBMS. The students enjoyed performing these pieces for the residents and would love to make the trip an annual tradition!

GREEN BROOK STUDENT WINS SHOWCASE OF THE STARS

By Mia Bivaletz

Michael DeMarco, a Green Brook resident and local sophomore at Watchung Hills Regional High School won 1st place in the Phillipsburg Ole Towne Festival "Showcase of the Stars" competition on July 18, 2014. Hearing about it through the Warren Recreation Department, DeMarco applied to perform his own medley of songs by Bill Withers and Maroon 5.

Self-taught for three years, DeMarco recently took lessons to enhance his technique. In addition to his passion for acoustic and electric guitar, he is a talented singer who loves blues, jazz and rock.

DeMarco has been playing local open mic nights. In addition to co-hosting a recent event at Little Shanty in Warren, he has played solo gigs at the Dragonfly Café in Somerville, as well as jammed with The Slackjaw Blues Band, inspired by their blues/rock sound. DeMarco has even played with Bernard Purdie, an innovative groove drummer known to many for his "funky and low down beats". Having worked with Aretha Franklin, BB King, and Cat Stevens and recently on Broadway, Purdie certainly had a lot to share with DeMarco.

DeMarco was extremely proud to have participated in the Showcase of the Stars event, and winning 1st place at the high school level

was a rewarding experience. In addition to a cash prize, he was awarded music lessons at the Lesson Center in Bethlehem and a discount to record at Sixwell Studios. This may come in handy as DeMarco has also taken up songwriting! WHRHS and community residents should all keep their ears and eyes open for this young talent to soar.



(above) Michael DeMarco, WHRHS sophomore, wins 1st place in the Phillipsburg Ole Towne Festival "Showcase of the Stars" competition on July 18, 2014.

Photo Credit: A. Demarco

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GREEN BROOK RESIDENT WINS THREE GOLD MEDALS

Submitted by Tom Hardgrove

After countless hours of swimming in an olympic pool, Ryan Hardgrove was able to turn his dream into a reality when he won three gold medals at the 2014 USA Games in Princeton, NJ this past June. Ryan achieved his gold medals in the 200 Individual medley, 100 yard Butterfly, and in the 4 x 50 freestyle relay.

When Ryan received the invite to the 2014 USA Special Olympics games, he was so honored to be chosen to be a part of Team NJ. With the support from his parents, family and friends, Ryan knew that if he worked hard that he would be able to accomplish his dream. Ryan is a true inspiration to everyone who knows him.

Since Ryan achieved three gold medals, Ryan has opened his window of opportunity to qualify for the 2015 Special Olympics World Games for USA which will take place in California in July 2015.



(above) Ryan Hardgrove, Green Brook native and three-time gold medalist represented Team NJ in the 2014 USA Special Olympics Games from June 14 – 21

BENGALS WIN!

Submitted by Green Brook Schools

The Green Brook Middle School Baseball Team, which is coached by Gary Schaefer, had an undefeated season with a record of 12-0. The team got off to a quick start winning five of their first six games by the mercy rule.

All season, the Bengals relied on their outstanding pitching staff and fundamentally sound defense holding their opponents to 2 runs per game. Offensively, the Bengals averaged 9 runs per game and used clutch hitting especially late in the game to defeat teams such as Bedminster by 2 runs, Valley View by 1 run,

South Plainfield by 1 run, and Long Hill twice by 4 runs. Green Brook outscored their opponents 109 – 29.

Members of the Bengals Boys' Baseball Team included: Brandon Hylton, Zahveae Thorne, Anthony Carotenuto, Charlie Kuzmenko, Michael Murray, Michael Miller, Matthew Piccirilli, Justin Martin, Andrew Martins, Christian Baffige, Anthony Trecozzi, Sean Klinger, Griffith Humphrey, Shane Heath, Casey DeMarco, Sam Schwartz, Matthew Alarcon, and Tanner Rokosny.



(above) The 2014 Green Brook Middle School undefeated baseball team.

CAMP PAWS OFF TO A GREAT STAR

On Monday, June 30th, Camp PAWS (Personalized Academic Workplace Readiness and Social Skills) – Green Brook School District's summer program – opened for its third year of implementation. One-hundred sixty students are enrolled in Camp PAWS for summer 2014. Camp PAWS is a unique summer school program developed by the Green Brook Township Public Schools for the purpose of developing and maintaining the individualized academic, organization/workplace readiness, and social skills of students in preschool through 8th grade during the weeks of summer.

Camp PAWS is staffed by highly qualified general and special education teachers and paraprofessionals. This innovative and engaging program blends academic, social skills, workplace readiness skills, and unified arts instruction with recreation into each day, while also providing related therapy services for students who require such via an IEP or 504 Plan.

Camp PAWS will take place this summer from June 30 until August 7th. It is held at the

Irene E. Feldkirchner Elementary School and runs Monday through Thursday from 8 a.m. to 12 noon. This summer's theme is "Shooting for the Stars"; thus, special activities are planned with "outer space" themes.

During our Stars and Strips week (the week of June 30th), students of Camp PAWS took a field trip to Morristown Historical Park on Tuesday, July 1st. Cosmic Bowling and Glow Dancing as well as a visit from a pet expert are planned for week two. Week three will be filled with activity: an astronaut Skype visit, astronaut food tasting, and astronaut games at Green Brook Middle School.

Week four will have students experiencing a Star Lab and a visit to the RVCC Planetarium. During week five of Camp PAWS, students will enjoy a "splash-down" at the Green Brook Pool. The last week of camp – week six – will have students experiencing a rocket launch activity on August 7th.

Ms. Pollard and Mr. Lamberti are happy to announce that Camp PAWS is off to a great start for its summer 2014 programming.



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GREEN BROOK RESIDENT A STANDOUT ON SWIM TEAM

Submitted by Cate Carley

Green Brook Gators Swim Team of Green Brook Swim Club in Green Brook is currently in their 8th season. The team welcomed many new and returning swimmers who are all currently being coached under the direction of new head coach Bryce Uzzolino (a collegiate swimmer at Ohio Wesleyan University), and assistant coach Sophie Ghizzone.

Green Brook Gators Swim Team is in the C League of the New Jersey Summer Swimming and Diving Conference with a record of 3 wins and 5 losses (at time of print).

Standouts for the Gators include: Zack Kush (age 6) from Green Brook, a dominant freestyler for one so young; Olivia Willemsen (age 9) from Piscataway, an IM and butterfly specialist; Tara Ryan (age 12) from Middlesex who on multiple

occasions has fought back from large deficits to win key races; Matthew Valencia (age 12) from North Plainfield, an exceptional freestyler swimming at a level well above his age; Kerry Ryan (age 13) from Middlesex who usually swims above her age group and often comes back with a victory and Mickey Schwartz (age 14) from Warren who also swims above his age group and shows that even though he is young he is a force to be reckoned with.

The Green Brook (Gators) Swim Team is a non-profit neighborhood team in Green Brook, New Jersey. The team offers coaching to swimmers around 5 years old to 18. Our goal is to provide an opportunity for each team member to improve their swimming skills and achieve success at his or her own level of ability. The

team also provides the opportunity for growth thru team spirit, sportsmanship and social activities. The swim season usually begins in the spring followed by the start of a formal practice and concludes the last week of July. This Swim Team is organized primarily for the community of Green Brook Swim Club and is based at the Green Brook Swim Club.

For more info on joining the Green Brook Swim Club and/or the Green Brook Gators visit our website: greenbrookgatorsswimteam.com or call (732) 968-0420

- you can also find us on Facebook with the group – Green Brook Gators Swim Team



(above) Zack Kusch, age 6, from Green Brook at Mini Minnow Championships



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