

# Green Brook Gazette

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IN GREEN BROOK, NJ

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ISSUE 12 • SEPTEMBER 2014

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

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OF EACH MONTH  
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## NINE NEW TEACHERS AT WATCHUNG HILLS REGIONAL HS

*Back to School Night is at 6 p.m., Thursday, Oct. 9. Back to School Day is at 7:30 a.m., Monday, Oct. 13.*

Nine new teachers have been added to the faculty at Watchung Hills Regional High School for the 2014-2015 school year. In addition, former Supervisor of English and English teacher Mary Ellen Phelan has been named Director of Curriculum and Instruction. The new faculty attended a three-day orientation Tuesday, Aug. 26, to Thursday, Aug. 28, at Watchung Hills.

New Teachers: Marlene Stoto has been added to the English Department faculty, and has been named Supervisor of English. Stoto is a graduate of Watchung Hills, as well as a graduate of Muhlenberg College and Seton Hall Law School. She had previously worked at Seton Hall Law School and at Roselle Catholic High School as an English teacher and Supervisor of English.

Three additional new teachers have been added to the English Department faculty. They are:

Jeffrey Wasserman, who is a graduate of Franklin & Marshall College and Columbia University Teacher's College. He had previously taught in Greenwich Connecticut and at Bergen County Technical Schools;

Kristen Keefe, who is a graduate of Rider University and Seton Hall University graduate school, and who had previously taught at Immaculata High School; and Vanessa Phillips, who is a graduate of the University of Arizona and Montclair University graduate school, and had previously worked at the writing center in Montclair.

Two new teachers have been added to the Arts Department faculty: They are: Gillian Crisman, who is a graduate of Rochester Institute of Technology, at the undergraduate and graduate level, and who had previously taught in charter schools, the Portland Museum of Art, and Chatham. She will teach art, and also coach girls junior varsity soccer. And Caitlyn Barrows, who is a graduate of Rutgers University, at the undergraduate and graduate level, and has been appointed dance teacher as a leave replacement. She had completed her student teaching assignment at Watchung Hills.

Rebecca Brown has been added in the faculty of the Social Studies Department. Brown is a graduate of the University of North Carolina, Emory Law School, and Fairleigh Dickinson University graduate school. She completed her student teaching assignment at Watchung Hills.

Cassie Oleszkiewicz was appointed to the Child Study



*(above) Nine new teachers have been added to the faculty at Watchung Hills Regional High School for the 2014-2015 school year. They are joined by newly appointed Director of Curriculum and Instruction and former English Department Supervisor Mary Ellen Phelan. (seated, l-r) Kristen Keefe, Mary Ellen Phelan, Jeffrey Wasserman, and Cassie Oleszkiewicz; (standing, l-r) Marlene Stoto, Vanessa Phillips, Rebecca Brown, Caitlyn Barrows, Gillian Crisman, and Alines Ciraco.*

Team in January. She is a graduate of Manhattan College at the undergraduate level, and John Jay College of Criminal Justice and Monmouth University at the graduate level. She has experience as a youth advocate and crisis responder. She is also coach of the junior varsity field hockey team at Watchung Hills.

Director of Curriculum And Instruction: Phelan said she is excited by her new assignment. Already this summer, she has seen the breadth of her new duties, from working with a math teacher on math curriculum to looking at data from Advanced Placement performance to planning to help freshman have a rewarding experience during their first two months of transition to high school. Phelan said from the board and top school administrators to its supervisors and teachers, there is a common vision for Watchung Hills to be a highly performing school that helps teachers collaborate around subject area and enhances the opportunity for students to be prepared, and to find and nurture their talents.

And, Alines Ciriaco has been added to the faculty of the World Language Department. She is a graduate of Rutgers University and Pace University, and has taught both in New York City and Dunellen. She will teach Spanish.



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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).



## GB NATIVE WINS AUDIO ENGINEERING AWARD

Submitted by SAE Institute New York.

Matthew Rifino, a native of Green Brook and 1999 graduate of Immaculata High School, won the Engineer of the Year award at the third annual SAE Institute New York Alumni Awards, held in Manhattan in early July. Matthew was chosen because he consistently demonstrated excellence in his position of live music mixer at The Today Show, winning two Emmys for his superb work. During his time in the position, he's mixed the live TV performances of such stars as Robin Thicke, Florida Georgia Line, Ed Sheeran, Aerosmith, Nicki Minaj, Adele, Taylor Swift, Rihanna, Pitbull, Harry Connick Jr., and many many more.

Matthew started playing guitar at age 9 and then bass and drums over the next few years. He bought a 4 track cassette recorder and began recording his own band as well as others. His first internship was at Tacher Studios in Middlesex at 14 years old and he worked there

throughout high school. He eventually realized that he wanted to make audio engineering his full-time career.



(above) Matthew Rifino, New York City Engineer of the Year winner

## 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

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# New FDA Approved Treatment Proven to Relieve Knee Pain

**TREATMENT COVERED BY MOST MAJOR HEALTH INSURANCE PLANS – INCLUDING MEDICARE**

Did you know that over 100 million Americans suffer from knee and joint pain? In fact, this pain accounts for one fourth of all visits to primary care physicians and half of all anti-inflammatory drug prescriptions. If you suffer from any degree of knee or joint pain, Drs. Mejia & Spiaggia of **Performance Rehabilitation & Integrated Medicine** personally invite you to regain control of your life by scheduling a **FREE** step one consultation with their staff. Call now. You deserve to live pain free!



## Who is a good candidate for this treatment?

- Have you been diagnosed with osteoarthritis?
- Do you wake up with knee, shoulder, or joint pain?
- Does your knee, shoulder, or joint pain keep you from certain activities?
- Have you been told you need a knee replacement?
- Are you active and sometimes suffer from sore knees or joints?
- Do you take medications for knee or joint pain?
- Do you have difficulty going up and down stairs due to knee pain?
- Are you considering surgery to alleviate knee pain?
- Does your knee ever feel like it is "giving out" or unstable?
- Has a recent car accident caused you a knee or joint injury?

If you answered yes to any of these questions, call now to schedule a **FREE** step one consultation.

## Is surgery the answer?

If you have knee pain and are worried, concerned, or afraid of the possibility of surgery, you're not alone. Most likely, you've heard stories about knee surgery and the outcome not being good. You may also know someone who had surgery and their knee was never the same. You don't want the next unnecessary and preventable knee surgery story to be about you, but the pain is not going away and your life is being altered because of it. You may have tried getting information on the Internet about the best course of action for you to take, but there's so much conflicting advice that you're scratching your head about who you can believe and trust. If you are considering surgery, you owe it to yourself to schedule a **FREE** step one consultation with **Performance Rehabilitation & Integrated Medicine** first.

## What else is available to treat knee pain?

Drs. Mejia & Spiaggia and their staff have taken years to carefully develop a customized treatment program for those suffering with knee and joint pain. This new treatment protocol utilizes the latest high-tech FDA approved solution available combined with cold laser technology, physical therapy, acupuncture and joint stabilization. The patient's lifestyle is also taken into consideration as stretches, exercising, and lifestyle skills are taught for a lifelong approach to relieving pain.

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— Ron Spiaggia, DC - Clinic Director  
Joseph Mejia, DO, F.A.A.P.M.&R. - Medical Director

## What are patients saying?

*"My life has changed for the the better since treatment. I no longer take medication or have down days where I just cannot get out of bed because of the pain. I've started riding my bike again with my husband and he is more happy because he has his riding partner back."*

— Vicki M.



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## COSMIC FUN AT CAMP PAWS



(above) Campers "Splashdown" at Green Brook Swim Club

Camp PAWS has concluded its 3rd year of operation. The program has served over 160 pupils—both general and special education—this summer, 2014. We have been having a busy, an educational, and fun-filled summer. Our theme this year has been "Shooting for the Stars". Thus, many of our activities have had a celestial type name. On July 1st (during the first week of camp) students and staff visited Jockey Hollow/Morristown Historical Park. During the second week of camp, students engaged in Cosmic Bowling and Cosmic Glow Dancing. Also during week two, Mrs. Hahn visited our

students with her friends—her parakeet and her dragon. During week three, students experienced an Astronaut Skype visit, an Astronaut Food Tasting, and the Astronaut games. Week four, students experienced Star Lab as well as a field trip to the RVCC Planetarium. During week five, students had a "splashdown" at the Green Brook Swim Club (July 31st). During the sixth and final week of Camp PAWS 2014, students built and launched self-made rockets. It has been a great summer here at Camp PAWS. Thank you for your support!

### THE GREEN BROOK CULTURAL HERITAGE AND HISTORIC PRESERVATION COMMITTEE MEETING:

3RD THURSDAY OF EACH MONTH  
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(above) These campers are designing "Cosmic tee shirts."



(above) Cosmic bowling was a big hit!

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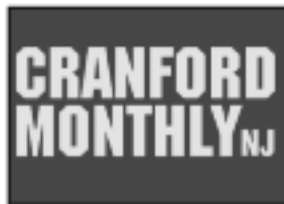
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## SENIORS TRAVEL THE WORLD

Wyndham Worldwide provided an exciting Intergenerational Program for Warrenbrook Senior Center members on Tuesday, August 5. Under the direction of Ms. Korin Neff, Wyndham Worldwide, Senior Vice President, Corporate Compliance Officer, her Legal Department team took center members Around The World with Wyndham. Using a passport created by Wyndham team members, center attendees traveled to Disney in Florida, Australia, Ireland and Mexico.

At each travel destination, participants learned interesting facts about the country, its culture and then had some fun with those facts. At Australia, they sampled, “vegemite,” an Australian food paste made from Brewer’s Yeast extract with various vegetable and spice additives.

With a surf board in the background, visitors (a.k.a. program attendees) learned Australian facts and then, with a spinning wheel, tried to earn points with correct trivia answers.

At Disney, in Florida, they were treated to

facts and family photos that made them feel like they were visiting the park. At Ireland, they learned about the culture and then were invited to play some golf, either indoors, on the dance floor, or outdoors on the Warrenbrook Golf Course’s putting green.

At Mexico, they sampled salsa and chips, played Mexican Pictionary based on the country’s customs that were shared earlier in their visit and then were treated to a Mexican dance.

Program attendees enjoyed their travels and like so many other vacations, they were still talking about it the next day. One member came the following day and told the center’s manager, Gwen Chalker, how fantastic the program was and that he really enjoyed himself. Another member said sampling the “vegemite” reminded her of her youth, when her Mother gave it to her. The center’s members appreciated the pre-program time and effort that the Wyndham Worldwide legal team took to prepare the program for their travel enjoyment.



(above) Rose Sanna, from Green Brook (bottom right) and Lorraine Coleman, from Martinsville (top right) enjoying their Mexico visit with Wyndham Team Guides (l-r) Theresa Orben, Kelly Jerkovich and Antoinette Solomon.



(above, bottom, l-r) Anil Chitre, from Watchung and Parkish “V. P.” Kapoor, from Green Brook with Wyndham Australia Team Guides, Korin Neff (top left) and Nisreen Villanueva (top right)

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GRB9

By the pound only. Limit 1 lb per customer per coupon per day.  
Not to be combined with other offer. Offers good thru 9/30/14.

**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  
Genoa Salami**



**\$4<sup>99</sup> lb**

GRB9

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 9/30/14.

**COUPON**

**SICURRO PROVOLONE  
MUENSTER  
OR MOZZARELLA**



**\$4<sup>99</sup> lb**

1 Straight pound

GRB9

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 9/30/14.

**COUPON**

**\$1.00 OFF  
your purchase of  
\$20.00 OR MORE**



GRB9

Excludes garden center and fish purchases. Limit 1 offer per customer  
per day. Not to be combined with other offer. Offer expires 9/30/14.

**COUPON**



**TWO  
18 PK  
LARGE EGGS**  
**\$3<sup>49</sup> (2.49  
EACH)**

GRB9

Coupon may not be combined with other offers.  
Limit 1 offer and coupon per day. Offer expires 9/30/14.

## LARGE SELECTION OF FALL MUMS

**KALE, CABBAGES, FALL SQUASHES...  
AND MUCH MUCH MORE**

