

# Green Brook Gazette

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## ULTIMATE FRISBEE CHAMPIONSHIP SUCCESS

By: Edir Coronado

The game of Ultimate Frisbee was conceived in Maplewood, NJ by Joel Silver in 1968. He presented his idea to the Columbia High School student council and the following year a group of students played a game of Ultimate Frisbee using the Wham-O-Master disc.

By 1970 high school teams were created and Joel Silver, Buzzy Hellring, and Jon Hines created a set of rules. With these rules Columbia High School faced off against Milburn High School in the first ever Ultimate Frisbee Interscholastic game, Columbia High School emerged as the winner with a score of 43 to 10, according to the World Flying Disc Federation (WFDF) website. Some 20 minutes west on the I-78 a group of young women are continuing the upward trend of Ultimate Frisbee.

With six straight championships added to their repertoire, it is important to have this group of athletes to represent all that Ultimate Frisbee has to offer, and at its core, the team captains lead the way impressing the younger athletes, with their dedication to the sport and superior physical abilities.

While these young athletes are currently committed to the sport, they were hesitant at first. "My first impressions of the sport were similar to many other people's first impressions, that the sport was for weaker athletes and didn't require much effort," stated Megan Ma, team captain. She learned about the sport from her brother who played Ultimate Frisbee as well.

Jessie Sun, a graduating senior, former captain, who is now on the national team expressed, "It wasn't really my intention to fully commit to it," and while most players never intended to join, once involved in the sport they felt a connection to the game.

Ultimate Frisbee is a sport like no other and within the sport, amongst team members and opponents, respect is stressed. While it is true that football, basketball, and baseball all stress sportsmanship, few sports hold sportsmanship to such a high standard. At the end of every game both opposing teams gather on the field in a circle to discuss conflicts that occurred during the game. According to the WFDF, teams have designated spirit captains and at any moment if the spirit captains feel that the spirit of the game is being violated it is addressed during the game.

Part of the spirit of the game is the self-governing role that players are responsible for when calls are made on the field. There are no referees in the game at the high school level, but increasingly observers and referees are being implemented at the collegiate and professional level. Ma doesn't necessarily agree with an outside person mediating the game, but feels if she continues it wouldn't affect the spirit of the game for her.

Most of the athletes on the team are multi-sport players that decided to dedicate more time to Ultimate Frisbee, while they fell in love with game and now have 20 plus competitors on the lineup, they are still struggling to advertise the attractive aspect of the game.

One way they have made a breakthrough is by inviting middle school children to the summer practices, which has shown great promise. "Ultimate Frisbee is an amazing sport," expressed 6th grader Chloe Tu



"It is really nice having the high schoolers guide my friends and I through this amazing sport."

Currently the team is undergoing conditioning training. Practices for these competitors consist of running up to four miles, quad and core exercises. This group never has an offseason and this is reflected in their championship success, which they plan on achieving again this year.

**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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# GREEN BROOK LIONS CLUB



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(above) On June 21, the Green Brook Lions Club installed officers for the 2016-17 year. Sal Failla (center) was honored as a Melvin Jones Fellow, in recognition of his 44 years of service to the Club. The Green Brook Lions Club was established 66 years ago, and is part of the largest service organization, Lions Clubs International, with more than 1.4 million members worldwide.

## 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 [editor@rennamedia.com](mailto:editor@rennamedia.com) or call 908-418-5586

## GREEN BROOK CULTURAL, HERITAGE AND HISTORIC PRESERVATION COMMITTEE MEETING

The Green Brook Cultural, Heritage and Historic Preservation Committee Meeting will be meeting Thursday, August 18th, 2016 at 7:30 p.m. Upcoming events are; the Field trip to Dr. Robinson Plantation-Clark, NJ in September and October; Weekend Journey through the Past, up at Washington Rock in October; and History Fair

at Plainfield Library in October. Renovations will continue on our historic property in Green Brook, the Dr. John Vermeule house; in the meantime, we are gathering research, and cataloging. The Green Brook Cultural, Heritage and Historic Preservation Committee is always looking for new members.

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# GREEN BROOK LIONS CLUB ANNOUNCES 2016 SCHOLARSHIPS RECIPIENTS

Each year, the Green Brook Lions Club awards scholarships to Green Brook residents who will be graduating from high school. The Club is proud to announce the following 2016 Scholarship recipients:

The David T. McGarry Scholarship recipient must be pursuing a college degree in business, and must show good math skills exemplified by good grades and advanced classes. This year's recipient of the \$2,000 scholarship is Evan William Meyers. Meyers will be attending the Fox School of Business and Management at Temple University, majoring in Finance.

The Green Brook Lions Club Scholarship is awarded for working with the handicapped, the infirm, less fortunate, or for community service. This year's recipient of the \$1,500 scholarship is Samantha Wilson, who will be pursuing a degree from the Capstone College of Nursing, within the University of Alabama. Wilson was selected for her commitment to repairing homes with the

Appalachian Service Project for several years, working with volunteers from the Bound Brook Presbyterian Church.

The Prichard-Murphy Memorial Scholarship is awarded to a student who will continue their formal education in the field of education or fine arts. This year's recipient of the \$500 scholarship is Alyssa Murray, who will be attending Roger Williams University. Murray will be majoring in elementary education, and intends to further her education in the field of special education.

In addition to the High School Scholarships, the Green Brook Lions Club recognizes a graduating 8th grade student, for outstanding scholastic and athletic achievement. This year's recipient of the Ronald E Harshbarger Award is Mahogany Jenkins. Ms. Jenkins will receive a U S Savings Bond.

Lions Club International was founded nearly 100 years ago, and has been called the "knights of the blind in the crusade against darkness." LCI

is the largest service organization, with more than 1.4 million members worldwide. The Green Brook Lions Club was founded more than 66 years ago to serve the needs of the blind and hearing impaired, and various local and community causes and organizations. For more information about the Club, e-mail us at greenbrooklions@gmail.com.



(above l-r) Evan Myers, Samantha Wilson.



(above) Alyssa Murray

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# LUCILLE MIAO RECIPIENT OF SCHOLASTIC ART AND WRITING AWARDS

By: Edir Coronado

Lucille Miao, a Green Brook resident who graduated high school this June, is a recent Gold Key Award winner for both her short story and critical essay through the Scholastic Art & Writing Awards. The awards are given to those students who display a superior talent in the realm of art and literature. The awards are presented by the Alliance for Young Artists and Writers and through these awards recipients have the opportunity to gain notoriety, have their works published, and earn scholarships. Students from 7th to 12th grades, private, homeschooled, or public can submit works.

The texts submitted by Miao express societal norms in literature and individual stressors that occur during frantic moments. In her short story, a young woman is in an asylum where she has apparently gone mad, her sister visits her, due to obligation. She openly displays a great deal of disdain for her sister who is not, what she considers, normal. The sister appears to be the exact opposite of the institutionalized sister, perfect hair, perfect skin, perfect vision, while her

younger sister has flawed hair, pimples, and glasses.

“The two sisters are supposed to be the id and the superego personified,” explains Miao. The younger sister is acting irrationally while the older sister is extremely moralistic and it seems the ego cannot control both and come to grips with reality. In the end the two sisters have a conflict with each other, but in reality the young woman has a nervous breakdown, which ends in suicide. “I wrote a paper about Toni Morrison's *Beloved* using a Freudian lens. So, that, and how stressed my then junior classmates were, influenced my story a lot,” expressed Miao.

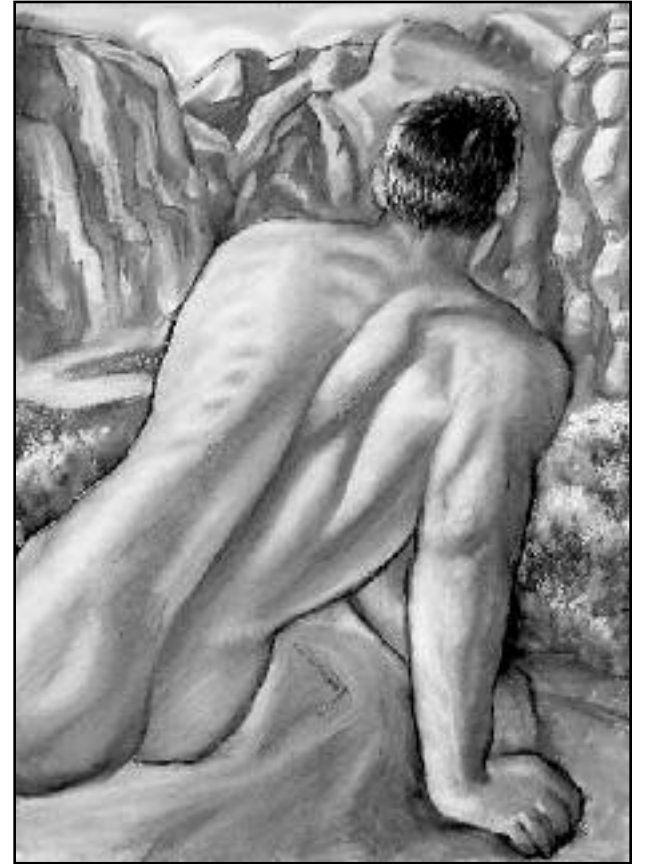
Her critical essay took a deep look into the rejection of dystopian romance. “I wrote both pieces almost a year ago, during *The Hunger Games* and the *Divergent* movie craze,” said Miao “I researched dystopian romance books and their significance, but I couldn't find many articles or scholarly essays about them.” From this Miao decided that she would set out to prove that dystopian romances were significant in the world of film and literature.

In her article she dispels the notion that these works are created, exceptionally for profit and points out that if this was the case the genre of dystopian romance would have been introduced much earlier instead of recent times, in order to exploit the market. She also points out the amount of work that it takes to write novels like *The Hunger Games* is immense and a certain level of passion is needed to complete a novel.

Miao also received honorable mention for her drawing in pastels of a man looking at the mountains. “For this particular drawing, I started

with a photograph of a man's back against a black background. I found the photograph very striking, and then I imagined a backstory for this person”, voiced Miao. The photo depicts a snapshot of the man's life.

Lucy Miao will continue her journey by studying art history and looks forward to joining different art organizations at the University of Pennsylvania, expanding her artistic knowledge.



(above) *Mountain Call*, received honorable mention by the Scholastic Art and Writing Awards.

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## GREEN BROOK FIRE EMS PARTICIPATED IN FIREFIGHTER'S BICYCLE RACE

Green Brook fire EMS participated in the 20th annual NJ Firefighters Bicycle Race to raise funds for The Burn Center at St. Barnabas Hospital, NJ's only certified burn center, was held on Sun., July 24 in downtown Stirling (Morris County). It was another successful event with more than 60 firefighters racing, including 7 female firefighters. Each year this event, the only one of its kind in America, is hosted by the Stirling Volunteer Fire Co. whose members spent more than 200 hours to make this event a success.

Hundreds of on-lookers cheered and applauded the racers as they completed the two mile race in full firefighter turn-out gear (less boots because it is too difficult to keep boots on

the pedals). The weather for the race was sunny and in the low 90s. Due to the high heat the racers were asked if they wanted to race without their gear and just wear their helmets. The vote was unanimous to race in their full turn-out gear! Before the race started a large amount of water was consumed by the racers as well as after the race. The firefighters completed the race without incident, a testament to their strength, endurance, and dedication.

After the race Stirling firefighters hosted a picnic lunch in their air conditioned firehouse for the racers and their guests. Following the meal trophies were awarded to the winners by firefighter race chairman Frank Reilly and race

vice chairman Steve Remington. Reilly praised the riders for their outstanding performance and recognized the many Stirling firefighters who worked so hard to make this event a success.

The oldest racer was Kenneth Larson, a fit 68 year old firefighter, from the Green Brook Fire EMS Dept. He finished 68th and was presented with the "Oldest Firefighter Racer Award", which he joyfully accepted with much fanfare.

The participating fire departments were: Dunellen, East Franklin, Forked River, Green Brook, Hampton, Kenilworth, Liberty Corner, Millington, North Branch, Perth Amboy, Plainsboro, Stirling, Upper Saddle River, and Wilkes-Barre PA.



(above) Firefighters line up at starting position.



(above) Green Brook firefighter.



(above) Green Brook firefighters.



(above) Kenneth Larson Green Brook fire EMS at finish line. Larson was presented with the "Oldest Firefighter Racer Award".

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Photos from this and other events can be found online at [rennamedia.com](http://rennamedia.com)  
This album is also on the Green Brook Gazette page on [facebook.com](http://facebook.com).  
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# WARRENBROOK SENIOR CENTER

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## Lunch

The Warrenbrook Senior Center offers a nutritionally balanced lunch, Monday through Friday, for a suggested donation of \$2.50, for anyone 60 and above. Menu choices include a hot meat-based or meatless entrée or a cold meat-based or meatless boxed lunch. Please make reservations prior to 10:00 am the previous business day.

Why not invite a friend or neighbor to join you for lunch! As an additional suggestion, why not come earlier in the day and enjoy one of the center's many programs.

### "Filigree Handkerchief Clay Bowl"

August 8 & 15

with Barbara Gerson, Art 4 All, 10:30 am (This is a two day pottery project. The first day will involve creating a filigree bowl and the second day will involve coloring and glazing your piece. Advanced reservations are required by Wednesday, August 3).

### Get Acquainted With Kiwifruit

August 12, 10:30 am

(Packed with more Vitamin C than an equivalent amount of orange, the bright green flesh of the kiwifruit speckled with tiny black seeds can be eaten as a fruit snack or you can add a slice or two to a fruit salad for a dramatic tropical flair. Kiwis are a nutrient dense fruit, meaning they are high in nutrients and low in calories. Come and enjoy a tasting of this unique fruit).

### "Nutritional Peach Smoothies,"

August 16, 10:30 am

by Jessica Guarnieri, Registered Dietitian, ShopRite/Wakefern (Did you know that many smoothies are not nutritionally balanced? During this program, you will receive tips related to peaches and learn how to create a healthy smoothie. At the end of the program, enjoy a peach smoothie tasting).

### Warrenbrook Book Club

August 16, 1:30 pm - 3:00 pm

(New Members Welcome!) Feature Book: "Swamplandia," (Join the Warrenbrook Book Club to discuss Karen Russell's "Swamplandia." Ava, a resourceful but terrified twelve-year old, must manage seventy gators and the vast, inscrutable landscape of her own grief. Her mother, Swamplandia's legendary headliner, has just died; her sister is having an affair with a ghost called the Dredgeman; her brother has secretly defected to the World of Darkness in a last-ditch effort to keep their sinking family afloat; and her father, Chief Bigtree, is AWOL. To save her family, Ava must journey on her own to a perilous part of the swamp called the "Underworld," a harrowing odyssey from which she emerges a true heroine).

### "Senior Farmers Market Presentation,"

August 17, 10:15 am

by Kate Domen, Diet Technician, Somerset County Office on Aging & Disability Services (Learn about the 10 Farmers Market locations and what to expect when you visit one. Kate will also share ways to purchase and handle local, fresh produce. Learn who is eligible to receive \$25.00 worth of FREE vouchers to buy Jersey Fresh produce. If you qualify, sign up and receive vouchers after the program. You must bring proof of age, residency and income).

### Grandparent and Me Day

August 19 10:30 - 11:30 am

(Spend fun-filled time with your great-grand or grandchildren, aged 5-18. Join Luke, Vincent and some of their friends as they lead us in some competitive Minute to Win It Games. After the excitement is over, we will enjoy fresh grilled burgers, beef and vegetarian, and hot dogs. Wear comfortable clothes and shoes. Pre-registration is required by Tuesday, August 16).

### "Self-Management of Chronic Diseases,"

August 22, 10:30 am

by Janice Klein, RN & Jennifer Allen, RPT, Community Visiting Nurse Association (This program will provide an overview of diabetes, heart failure and chronic obstructive pulmonary disease (COPD). This program will include information about the disease process, risk factors, prevention and self-management; followed by a discussion covering safe medication management, health & diet, exercise and home safety.

This is a health program not to be missed).

### State Health Insurance Program (SHIP)

August 26

a counselor will be available to provide FREE help to New Jersey Medicare beneficiaries who have problems with, or questions about their health benefits. SHIP is a statewide program by the New Jersey Department of Health and Senior Services. Please call (908) 704-6319 to schedule an appointment).

### Name That Tune & Sing-a-Long with Josie Mescallado

August 29, 10:30 am

(Enjoy guessing the title of popular tunes and then participate in a sing-a-long of those same songs).

# DUNELLEN LIBRARY EVENTS

100 New Market Rd, Dunellen, NJ 08812  
(732) 968-4585

Please visit the Dunellen Library for all your library needs, August has plenty events for all ages.

### BOOK BUNCH: FRUIT SALAD

8/9: 10:30 - 2-5 yrs.

Themed stories, active play, crafts.  
Must be accompanied by an adult.

### OLYMPIC TORCH CRAFT

8/9: 3:00 - Gr 2-5

### KIDS CAFÉ

8/11: 12:00 & 1:00 - Age 3+

No cook cooking. Allergy free.  
Please register for only one session.

### Family MOVE MOVE MOVE WITH MISS LYNN

8/12, 6:30

A children's concert with fun songs.

### BOOKWORMS:

#### ELEMENTARY BOOK DISCUSSION: LADY LOLLIPOP

8/15: 4:00 - Gr 3-5

Pick up a copy of the book, come having read it, ready to discuss and enjoy snacks.

#### PANCAKE RACE I

8/18: 12:00 - K-3

Stories, an actual pancake race and yes, pancakes.

#### PANCAKE RACE 2

8/18: 1:30 - Gr 4-6

Stories, an actual pancake race and yes, pancakes.

#### LIVE ACTION HUNGRY HUNGRY HIPPOS

(THIS AGE REQUIRES AN ADULT)

8/19: 1:00 - K-2

#### LIVE ACTION HUNGRY HUNGRY HIPPOS

8/19: 2:00 - Gr 3-5

#### LIVE ACTION HUNGRY HUNGRY HIPPOS

8/19: 3:00 - Gr 6-8

#### Family MAKER MONDAY: PARACHUTES

8/22: 6:00 - 7:00

Stop in to make a parachute, try it out and experiment with possibilities.

#### BOOK BUNCH: VEGETABLE SOUP

8/23: 10:30 - 2-5 yrs.

Themed stories, active play, crafts.  
Must be accompanied by an adult.

#### STARGO BINGO

(ASTROLOGICAL THEMED BINGO)

8/23: 3:30 - Gr K+

#### Family BOOK OF LIBRARY RECORDS

8/27: 3:00 - 6:00

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The Warrenbrook Senior Center is looking for volunteers to help in the following areas:

Free Training Provided

- Greeter and Receptionist
  - \* 10:00 am - 12:00 pm, Mondays through Fridays
  - \* Welcome attendees, answer questions and take phone messages
  - \* Ask about dress code
- Permanent and On-call Meals on Wheels Volunteers
  - \* 9:00 - 10:30 am, Mondays through Fridays
  - \* Package meals for homebound clients
  - \* Ask about dress code
  - \* Please note: Tasks are performed while standing



SOMERSET COUNTY  
OFFICE ON AGING &  
DISABILITY SERVICES

2016 Somerset County Board of Chosen Freeholders  
Parvati - Wilda, Director - Fay S. Adams, Deputy Director  
Doruk Sevgi - Mark Culligan - Brian D. Levine



## ANTHONY'S AFFORDABLE

TREE CARE & LAND SERVICES LLC  
*Formerly Affordable Tree Care*

### Tree Service - Masonry

We Will Beat Any Written Quote  
From A Reputable, Insured Tree Service.

## 908-414-4509

Call Today For  
A FREE Estimate

## 10% OFF ANY SERVICE

\$300 maximum discount  
Coupon must be presented at time of estimate. Cannot be applied to previous estimates or scheduled work. Cannot be combined with any other offer. Expires 9/10/16

## FREE STUMP GRINDING

With Any Tree We Remove.  
Includes Removal of Up to  
1 Yard of Grindings

\$300 maximum discount  
Coupon must be presented at time of estimate. Cannot be applied to previous estimates or scheduled work. Cannot be combined with any other offer. Expires 9/10/16






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# Fresh Fruit &

# Vegetable Market

Freshly baked Portuguese and Italian bread delivered daily!

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**908-757-7730**

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

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



GRE8

Excludes garden center and fish purchases. Limit 1 offer per customer per day. Not to be combined with other offer. Offer expires 9/15/16.

### COUPON

**FRESH SHRIMP**

GRE8



**\$9<sup>99</sup>**

**1 lb** 16/20 size

By the pound only. Limit 1 lb per customer per coupon per day. Not to be combined with other offer. Offers good thru 9/15/16.

### COUPON

GRE8

**BOAR'S HEAD OVEN GOLD TURKEY BREAST**

**\$7<sup>99</sup>** 1 lb



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 9/15/16.

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### PERFECT GIFT FOR

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- Get Well • Deepest Sympathy
- I Love You • Centerpieces

**PERFECT DESSERT ADD ON**

**Available For Pick Up Or Delivery**



**Strawberry Touchdown Special - Pick up only**

**\$5 OFF YOUR FRUITFUL CREATION \$39.99 OR MORE**



GRE8

Offer expires 9/15/16.