

Green Brook Gazette

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IN GREEN BROOK, NJ

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ISSUE 36 • SEPTEMBER 2016

**REMEMBERING
SEPTEMBER 11TH**

**SUNDAY,
SEPTEMBER 11,
2016**

4:00pm

**TOP OF THE WORLD
PARK 9-11 MEMORIAL**

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SOMERSET COUNTY LIBRARY CREATES COMMUNITY MURAL

By: Edir Coronado

With the landscape of education and research changing rapidly and the format in which society consumes needed information becoming almost exclusively digital, the public library has maintained its relevance, as Carolann DeMatos stated, as a "community cornerstone." DeMatos is the Director of Marketing and Public Relations at the Somerset County Library System; holds a Master in Science in Digital Imaging and Design; and is the visionary behind this year's traveling mural created by the community.

The mural was created with the purpose of reminding the community of the library's message and educational forum; connect, explore, share, and discover, through art. The art project was developed at this year's Somerset County 4-H County Fair held on August 10th. 4-H is a nationwide youth development organization. According to the Somerset County 4-H association, the yearly county fair is a showcase for visitors to see a wide variety of 4-H projects in action.

DeMatos announced before the 4-H fair that a blank canvas with four boards would be made available for all to stop by, fill their hands with paint, and leave their handprints or thumbprint. The event took about two hours and over 200 participants of all ages were involved. DeMatos was pleasantly surprised with the number of people that wanted to be involved in the venture and the different types of folks that wanted to participate. One of the important aspects of the project, which was stressed during the design, was the expression of everyone's artistic self.

The County Agricultural Department presented the same idea for a mural,



(above) Children participating in the creation of the Somerset County Community Mural which will be on tour to all of the Somerset County libraries

which inspired DeMatos, except a professional artist was brought in for the task. This, DeMatos felt, might discourage people from participating, so she decided to simplify it by making the artwork about handprints. At one point a child had placed a blob across the boards causing the mother to apologize for what she believed was her child ruining the art. DeMatos assured the woman, that nothing was ruined, but instead her son had only enhanced the artwork. "Let him explore," expressed DeMatos. The Somerset County Library Mural Project, was meant to be easy going, in order to foster an environment where the community could be more involved with their library.

Partly because the Somerset County Library system wants to exert itself as, not just a place where you can read books; which is still an important part, but, a place where you can sit and enjoy a cup of coffee and feel safe. "We are the next best Starbucks, except we are free," stated DeMatos.

The Mural will be on tour to all of the Somerset County libraries, where it will be hung up for all community members to see. Its final destination is yet to be determined. A new mural project is in the works and because of the great turnout, a bigger canvas will be made available, so more people can be involved. DeMatos hopes that this project can serve as inspiration for local branches to create their own murals.



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WHEN IT COMES TO PREVENTING SUICIDE, YOU MATTER!

September is Suicide Prevention Month. It's a time when organizations, communities and individuals throughout the nation will bring attention to how each of us can be a part of the solution to end suicide. Can you imagine feeling so hopeless that you'd consider taking your own life? For some what feels unthinkable is optional, and the experience often goes unnoticed and unaddressed. The unfortunate reality is that suicide is the 10th leading cause of death in America; occurs every 12.3 minutes; and, takes the life of approximately 117 individuals on any given day. Those who complete suicide most often suffered in silence and were desperate to end their emotional pain. Experts believe that people don't really want to die, but in a moment choose a permanent solution to solve a temporary problem that felt overwhelming. However, suicide can be prevented and help is available. Therefore, our challenge as a society, neighborhood, family member, friend or concerned individual is to be educated about suicide prevention, and prepared to take action in the event that we find ourselves in the difficult position to assist someone in distress.

It's important to know that we should always take a person serious whenever they suggest they no longer want to live. Also, we must understand that age, ethnicity, gender or economic status does not protect a person from experiencing suicidal thoughts or behaviors. It is always right to tell somebody who can partner with you to keep the person safe whether that be a parent, spouse/partner, adult sibling, teacher, doctor or police officer to name a few. Finally, in a crisis immediately call 911 or the National Suicide Hotline at 1-800-273-TALK (8255).

There are many opportunities to learn more and equip ourselves with helpful information. A few resources to assist us in our efforts to obtain important knowledge includes: 1) New Jersey Hopeline at 1-855-654-6735 or www.njhopenline.com - includes a live chat option; and, 2) National Suicide Prevention Lifeline (www.suicidepreventionlifeline.org). The list is not exhaustive nor intended to exclude a host of organizations that are invaluable in the effort to prevent suicide. It's simply a beginning step that each of us can take. Suicide prevention is everyone's business. So, speak up, speak out, and speak often because you matter!

Dr. Carla J. Cooke, Licensed Psychologist/Founder and Director of Sanctuary of Hope and Healing in Scotch Plains, NJ.

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 @ drcarla.sohh@gmail.com or (908)312-3231
www.SanctuaryOfHopeAndHealing.com
www.facebook.com/BeingWellOnPurpose

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 or call 908-418-5586

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HISTORIC LOOK AT GREEN BROOK SCHOOLS

The first school was a log structure built around 1765 near the current intersection of Warrenville Road and Greenbrook Road. The next was a small one-room school near where the current firehouse stands on Greenbrook Road. It was called the Little Red School. Records don't show exactly when it was constructed. Unfortunately, it was destroyed by fire in the early 1800's. After that fire, the school was replaced by the Gray School, also a one-room schoolhouse.

By 1923 the student population had climbed to 38, prompting a new school to be built, which had two rooms, at the site of the current Municipal Building. At the time, this land area was part of North Plainfield Township and in 1932 became Green Brook Township, with its own local government.

It was soon realized that the new gigantic two-room school was no longer adequate to meet the needs of the students. At first, another room was added in the basement for the older students in 1933, but that proved to offer only a

temporary solution, so on January 4, 1938 ground was broken for yet another new school on Andrew Street.

School opened in September of that year with Miss Irene Feldkirchner as the first principal. She was so beloved, both as a former teacher and as principal, that the school was given her name in later years - the Irene E. Feldkirchner Elementary School.

As always, the population grew. There were 120 youngsters in 1938, not counting the 36 high school age students. To educate those 36, they were enrolled in the North Plainfield or Bound Brook High Schools. You can imagine the next chapter of what happened after that as the population continued to grow

To learn more about our history, come join us. Green Brook Cultural, Heritage and Historic Preservation Committee meets the 3rd Thursday of every month at Town Hall, 1st Floor Conference Room 7:30 pm. Visit us at www.gbhsnj.org.

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SCOUT TROOP 129 COURT OF HONOR

In June, Green Brook Boy Scout Troop 129 (sponsored by Green Brook PTO) held their Spring Court of Honor. The Court of Honor is held to recognize the accomplishments of the individual Boy Scout from January 2016 through June 2016. These accomplishments include rank advancement, merit badges and recognition of years in Boy Scouts.

The Boy Scouts of America partners with most religious organizations to offer awards for fulfilling religious requirements associated with a Scout being Reverent. Scout Patrick Humphrey received the Ad Altare Dei award from the Catholic Church.

In addition, the Scouts earned a total of 14 merit badges and have a cumulative 52 years of service in Boy Scouts. Troop 129 meets weekly on

Wednesday nights from 7:30 PM to 8:30 PM at the Green Brook Middle School cafeteria beginning September 7, 2016. All boys who are at least 10 years old and have completed 5th grade or are 11 years old or older are welcome to attend a Troop meeting.

For more information, please contact info@troop129greenbrook.com.

These Scouts earned the following ranks:

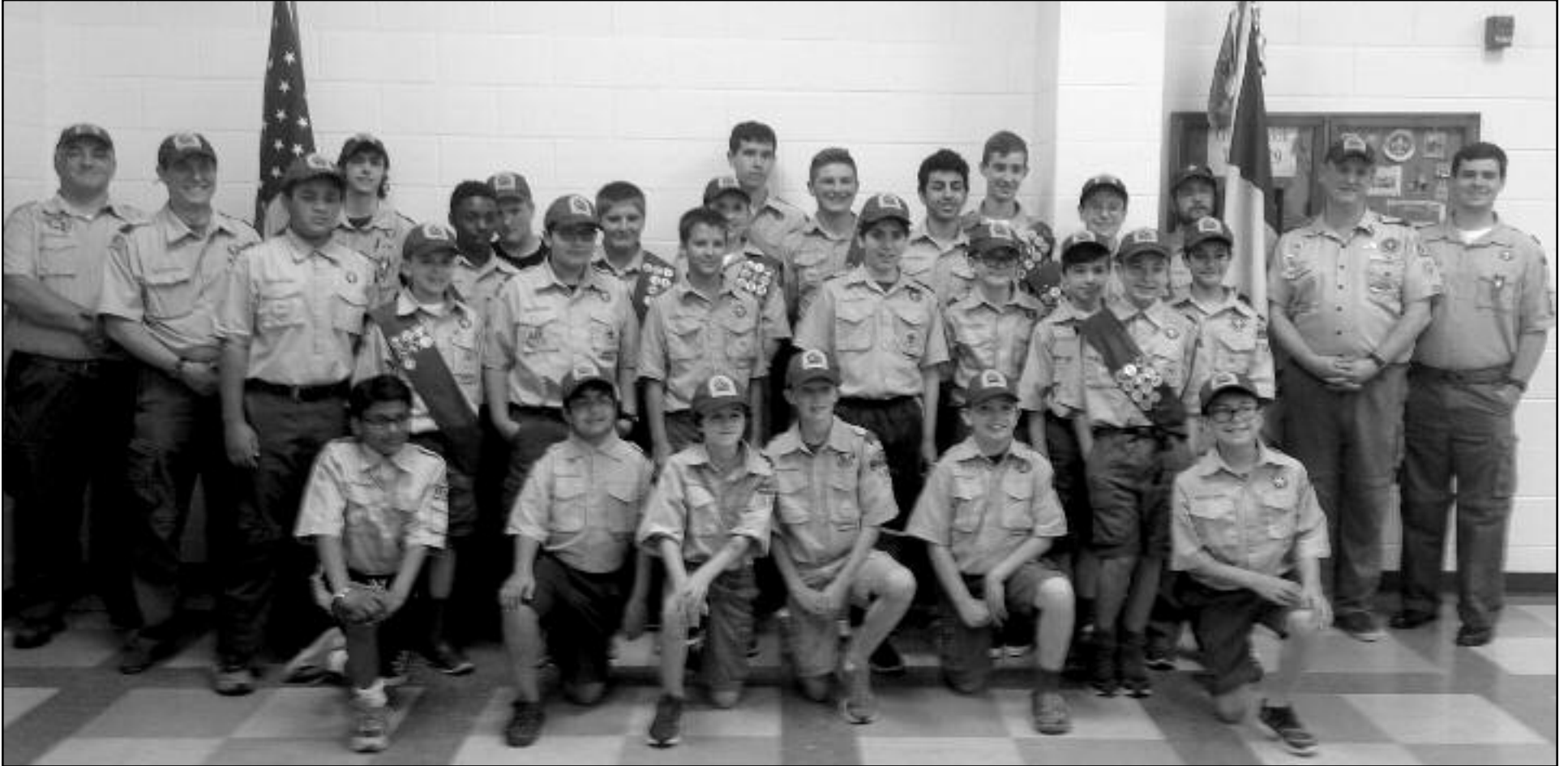
BOY SCOUT: Zachary Ashare and Christopher Schmitz

SECOND CLASS: Dylan Vaidya

FIRST CLASS: Michael Costello and Dylan Vaidya

STAR: Wali Sohail LIFE: Griffith Humphrey

EAGLE: Timothy Boccio.



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SOMERSET COUNTY LIBRARY SYSTEM OF NEW JERSEY PROGRAMS SCHEDULED FOR INDIVIDUALS WITH SPECIAL NEEDS

According to Cornell University, in 2013, the overall percentage of people (all ages) with a disability in New Jersey was 10.5 percent. Recognizing a need in the community, Somerset County Library System of New Jersey has announced a series of fall programs designed specifically for individuals with special needs. The programs, available for children, teens, and adults, were developed by a recently formed Special Needs Task Force at SCLSNJ, a group that includes a variety of staff members from SCLSNJ's 10 library branches.

"My goal is to offer programs for children and teens with special needs in a more consistent way," said Lynn Mazur, a librarian at SCLSNJ's Bridgewater Library branch and a member of SCLSNJ's Special Needs Task Force. "I also want to offer adaptations of the great programs we're already offering in our existing programming lineup. Those who do attend those programs always give such positive feedback, so we feel like we're on the right track to providing programs that meet the needs of this community."

"As the sister of a young man with autism, I am well aware of the challenges that families face in getting their loved ones with disabilities involved in the community," said Zoe Vybiral Bauske, a librarian at SCLSNJ's Mary Jacobs Memorial Library branch and a member of SCLSNJ's Special Needs Task Force. "I hope that my library can be a place where families with disabilities feel understood and accepted, particularly as they age out of the school system and children's activities."

CHILDREN

These programs are held in an inclusive environment designed for children and teens on the autism spectrum or with other special needs. Families, siblings, and children of all ages are welcome. Caregivers attendance is required.

Sensory-Friendly Art Class

September 10 & November 5, 10-10:45 a.m.
At SCLSNJ's Bridgewater Library branch, located at 1 Vogt Dr. in Bridgewater
Explore art through creative activities at various stations..

Happy Un-Birthday Party

December 3, 10-10:45 a.m.
At SCLSNJ's Bridgewater Library branch, located at 1 Vogt Dr. in Bridgewater
Come and celebrate your un-birthday! Party games, snacks, and crafts will be provided.

TEENS/YOUNG ADULTS

These programs are held in an inclusive environment designed for teens and young adults 13-21 years old on the autism spectrum or with other special needs. Caregivers are encouraged to remain in the Library for the duration of the program.

Library Club

September 22, October 20, & November 21, 7-8 p.m.
At SCLSNJ's Bridgewater Library branch, located at 1 Vogt Dr. in Bridgewater
Come to the Library for socializing, games, snacks and more! Call 908-526-4016 for details.

ADULTS

This is an environment designed for special needs adults 21+ years old to meet new people and explore fun and interesting activities including music, art, yoga, gardening, crafts & more. Caregivers are encouraged to remain in the Library for the duration of the program.

Special Needs Social Hour:

Play Bingo & Meet New People

Tuesday, September 20, 7-8 p.m.
At SCLSNJ's Warren Township Library branch, located at 42 Mountain Blvd. in Warren Township
Join the Library staff for a fun game of bingo.

Special Needs Social Hour: Music with Tweed Schade

October 17, 7-8 p.m.
At SCLSNJ's Warren Township Library branch, located at 42 Mountain Blvd. in Warren Township
Listen to your favorite music played by Tweed Schade.

Special Needs Social Hour:

Enjoy yoga with instructor Jillian Keller

November 21, 7-8 p.m.
At SCLSNJ's Warren Township Library branch, located at 42 Mountain Blvd. in Warren Township
Do yoga with Jillian, a graduate of The American Yoga Academy and a regular instructor at the Wae Center. Registration is required to attend any of these programs. For more information or to register, visit SCLSNJ.org or contact the SCLSNJ Bridgewater Library branch at 908-526-4016 or the SCLSNJ



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All Somerset County-operated Senior Centers offer 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.

(NEW) Yoga with Jillian

Tuesdays, 12:45 pm – 1:45 pm

\$40 for the 8-week program, session begins September 20th - Registration required, call (908) 753-9440 for information.

(NEW) Dancercise with Sabina Hanriot

Thursdays, 10:30 am – 11:30 am

Learn how to Salsa and Merengue! These two Latin dances will exercise all major muscle groups and improve your flexibility, balance and coordination while providing a fun and interesting aerobic workout. Sneakers required. \$40 for the 8-week program, session begins September 8th - Registration required, call (908) 753-9440 for information.

Safari Special Event

September 6, 10:30 am

Using a PowerPoint presentation, Dorothy and Irwin Vogel will take us on a safari that will focus on the migration of animals found in Kenya and Tanzania. Arrive a little early and have some fun with safari sightings.

Tone and Flexibility Exercise Class,

September 7, 14, 21 & 28 – 10:45 am

Enjoy an energizing class suitable for beginner and intermediate levels. Exercising with Sabina will boost your energy level, reduce stress, and help tone your body by using resistance bands, exercise balls and dance moves. Exercises can be done standing up or sitting down.

"No Bake Energy Bars"

September 9

with Jessica Guarnieri, Registered Dietitian, ShopRite/Wakefern, 10:30 am - Join us for this hands-on

nutrition program. As a group, we will make a generic energy bar batter and then each attendee will add an additional ingredient of their choice.

"Carnival of Sound (Roman Carnival Overture)"

September 12

by George Murriner Maull, Artist Director, Discovery Orchestra, 10:30 am - This overture was composed in 1844 and first performed at the Salle Herz, Paris, on February 3, 1844. A stand-alone overture intended for concert performance, made up of material and themes from Berlioz's opera Benvenuto Cellini, including some music from the opera's carnival scene-hence the overture's title. It is scored for large orchestra, is in the key of A major, and features a prominent and famous solo for the cor anglais. Join us as George takes us through the blueprint of this overture and teaches listening skills that will help the attendees to connect with classical music.

"Active Shooter Safety Tips and Senior Scams"

September 19

by Somerset County Sheriff's Officer David Daneker & his K-9 Partner, Apex - This program will have three parts. Part one will highlight safe ways to react if you are caught in an active shooter situation, part two will go over the latest scams and fraud schemes that are directed towards seniors and part three will be a demonstration by Apex, a canine narcotics dog.

"Traveler Series on Germany and Austria"


September 26

by Tracy Kaminski, Educator, Morris Museum, 10:30 am - Explore Germany and Austria with the Morris Museum Traveler Series. This program includes the viewing of photos taken by Morris Museum Staff Members and the exploration of objects representing the people and the culture of these two countries. Highlights of the program will include a look into the foods, clothing, local crafts, and festivals (Oktoberfest) that make these countries unique.

"Managing Osteoarthritis Pain"

September 27

by Dr. Ravi Patel, 10:30 am - Learn about degenerative joint disease and why it happens. This presentation will highlight why there is pain associated with it, how to manage the resulting pain and ways to prevent flare-ups. This program will offer tips on how to be as pain-free as possible.



REMEMBERING SEPTEMBER 11TH

The Township of Green Brook invites you to join us in a memorial ceremony to honor and remember the brave men & women who lost their lives.

**Sunday, September 11, 2016
4:00pm**

**Top of the World Park
9-11 Memorial**



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