

Green Brook Gazette

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IN GREEN BROOK, NJ

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**GREEN BROOK
CULTURAL
HERITAGE AND
HISTORIC
PRESERVATION
COMMITTEE
MEETING:
3RD THURSDAY
OF EACH MONTH
7:30 pm
GREEN BOOK
TOWN HALL
111 Greenbrook Rd
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THE GREEN BROOK
HISTORICAL SOCIETY
MEETS DIRECTLY
AFTER AT 8:30 PM.**

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MAGIC IS THE GIFT. YOU ARE THE MAGIC!

Magical Healing Presents at Abingdon Care and Rehabilitation Center

The show must go on! It certainly did as 12 magicians walked through the doors of Abingdon Care and Rehabilitation Center in Green Brook. The main performers, ranging in age from 7 to 11, didn't let the snow, ice, nor wind chill stop them from reaching out to the residents who gathered in the dining room to be entertained.

Magical Healing did indeed make a difference! Under the direction of Founder, Mr. Paul Cohen of Wayne, NJ, and the tutelage of professional magicians Simon Mandel, Ken Van Liew and Magic of Marco, the young students at Klubhouse Kids from North Plainfield, learned from these "magic" masters. They vowed to learn the basic art of Magic with the purpose of uplifting and entertaining those who are ill, elderly and homeless. Also, to bring their special brand of "wonderment" to the Veterans who have served our Country.

Magical Healing is a 501c3 organization created by Cohen as a legacy to his mother who inspired his vision before passing away in early 2013. The debut in January, 2014 meant that he fulfilled on his promise to her. And so did the kids. The staff at Abingdon remarked how moved they were by the overwhelming response from the patients. Whatever their maladies, for those 60 minutes all eyes were on the young Magicians. And that is the "vision" of Magical Healing; to suspend pain, suffering and loneliness for even a brief moment in order to bring smiles, joy and wonderment into the lives of others.

Dr. Hope Blecher, parent of Colin Sass, one of the teen magicians, is also the Supervisor of Language Arts Literacy in North Plainfield. After watching the debut, she had this to say, "It is so touching to see these youngsters perform for these residents. These kids put their heart and soul into perfecting their showmanship. To see how my son not only addressed a roomful of patients and also how caring all the kids were



(above, l-r) Magical Healers Toby Robinson (10), Ryan Savaryn (8), Aaron Baxter (7), Nathaniel Meicke (8), Mathew Holzer (9), Cameron Kelly (7), Corrine Bazek (10), Nicole Lindemeyer (11), Pat Psillos (Owner-Klubhouse Kids)

was profound. This is where they learn real life skills about empathy, public speaking and giving back to the community." This echoes Cohen's second mission; "To have each young magician experience themselves as someone who makes a profound difference in the life of another Human Being."

Pat Psillos, Owner and Director of Klubhouse Kids added, "I was so proud of the children. They were so excited to be a part of the Magical Healing! They worked very hard, practiced daily, and it really showed. They knew in their hearts that they were doing something really good."

Among the smiles, giggles and rounds of applause from the patients were the surprised and proud faces from parents and siblings of the performers. By the end of the show, most were still wondering how this Magic was done right before their very eyes!

Here's the secret: The magic was done with their hands. The Magical Healing was done with their hearts.

For more information on how you can help bring Magical Healing to others, please contact Paul at 973-341-2816 and visit us at www.magicalhealing.org.



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SEVERE BLOOD SHORTAGE



Give Thanks for your health...
Donate Blood for someone less fortunate

Dunellen & Green Brook Rotary Club
At Abingdon Care & Rehabilitation Center
303 Rock Ave / Greenbrook Rd
Greenbrook Dining Room
Saturday, March 29, 2014
9:00AM — 1:00PM

Every Donor Gets a Free Pasta Festival Ticket



- Must know SSN & have photo or signed ID.
- Must weigh 120 lbs to donate.
- Must eat a meal and drink plenty of water one hour prior to donating. Water will be available at the drive.
- 16 Year Old Parental Consent Form available at blood drive

For those who have recently traveled outside the U.S. and for other eligibility questions call 973-675-4700 ext. 132

NIGHTTIME TOURS OF WALLACE HOUSE AND OLD DUTCH PARSONAGE

From November through March, private, candlelight tours of the historic Wallace House and the nearby Old Dutch Parsonage are available on Wednesday through Sunday evenings. Tours are for private groups only (i.e., Scouts, church or community groups, social clubs, or groups of friends and family.)

Tours are conducted with authentically-dressed interpreters in period clothing and end with light refreshment and music. Starting times are negotiable for each group but usually being between 6 pm and 7:30 pm. The program lasts approximately 90 minutes. To reserve a tour, a group must have at least 10 participants. The price is \$10 per person. Two weeks advance reservations are recommended.

For more information please contact Jim Kurzenberger at 908-725-1015 or email at whouse3@verizon.net.

Parking is available in the lot across from Circle Floors. It is a short walk to the houses.

GREEN BROOK HISTORY

Green Brook over the years has had its share of fine dining places. Most of which have changed names a number of times. But one of the most famous, although many people have never heard of, is The Blue Hills Plantation.

This restaurant, which was also a nightclub, was a building originally built by Stephen Vail, one of the areas early landowners, around 1740. It had been first used as a residence and a farmhouse.

Fred Bruns purchased the property in the early 1920's and turned it into a restaurant and nightclub. Many notables traveled a distance to enjoy an evening there, but unfortunately the site was destroyed by fire in December 1949.

Green Brook Cultural, Heritage and Historic Preservation Committee

Come join us on Thursday, March 20th at Town Hall at 7:30 pm.

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Poll Shows Most Americans Suffer From Chronic Or Reoccurring Pain

LATEST TREATMENT OFFERS NEW APPROACH AND HOPE FOR MILLIONS

According to an ABC News/USA Today/Stanford University Medical Center poll* over 50% of Americans suffer from chronic pain. Chronic pain is often described as pain that extends beyond normal healing time. Pain is more than just an uncomfortable sensation; it affects everything from work to play and ultimately your quality of life. As discovered in the ABC News/USA Today/Stanford University Medical Center poll, 48% of people didn't know what caused their pain. Of the remaining participants, pain was blamed on sports injuries, arthritis, disc pain (sciatica, slipped disc, etc.), and old age. People deal with pain in a variety of ways. Some rely on prescription or over-the-counter medications while others try exercising, stretching, injections, and more. However, these solutions often fail causing the patient to lose hope. Worse yet, addiction to medications are a real threat and can leave pain sufferers in a dangerous situation.



Do you suffer from any of the following?

- 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

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

Platelet-Rich plasma is a natural healing solution

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 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?

Platelet-Rich Plasma Therapy offers a great solution to accelerate healing of tendon injuries and osteoarthritis naturally without subjecting the patient to significant risk. PRP is an emerging treatment in an ever popular, all natural health sector. The treatment consists of merging advanced technology with the body's natural ability to heal itself. Blood is made of RBC (Red Blood Cells), WBC (White Blood Cells), Plasma, and Platelets. In the last 20 years researchers have learned that when activated in the body, platelets release healing proteins called growth factors. There are many growth factors with varying responsibilities, however cumulatively they accelerate tissue and wound healing. Therefore after increasing the baseline concentration of these platelets, the doctors of Performance Rehabilitation and Integrated Medicine are able to deliver a powerful combination of growth factors that can dramatically enhance tissue recovery and reduce pain.

PRP is virtually a "cocktail" of many naturally occurring proteins that collectively stimulate, repair, and regenerate the problem area. However, there are some proteins included in PRP that can be selectively isolated to promote anti-inflammatory effects and pain reduction. Scientists have developed natural/homeopathic based tools to selectively isolate the cells/growth factors within PRP that meet each patient's needs for a customized treatment by reducing inflammation and simultaneously stimulating repair.

What are the expected results?

The goal of PRP Therapy is to resolve pain through the natural healing process and has proven to have lasting results. Initial improvement may be seen within a few weeks and will gradually increase as the body's healing progresses. PRP Therapy has been shown to be very effective at relieving pain and returning patients to their normal lives in many cases. The need for surgery can also be greatly reduced by treating injured tissues before the damage progresses and the condition is irreversible.

FREE STEP ONE CONSULTATION

"We are so confident that you will find healing and relief at our office that we are offering you a **Free step one evaluation and consultation**. We will personally review a full health analysis questionnaire, evaluate your condition and determine how we can help you. There are no strings attached and you have no obligation. Don't live with pain, fear and doubt any longer. Pick up the phone and take control of your life right now. You have nothing to lose but your pain. Time slots fill quickly so call today to secure your free step one consultation."

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

What are patients saying?

"I have suffered with Plantar Fasciitis for years. I could not walk or stand for even short periods of time. Once I found out about PRP Therapy at Performance Rehab I had to give it a try. I'm so glad I did! I not only can stand for long periods of time I can now go on evening walks with my husband. Thank you to all the doctors and staff of Performance Rehab, you're amazing!"

— Mary M.

CALL TODAY TO SCHEDULE YOUR FREE STEP ONE CONSULTATION



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LOEFFLER RECEIVES FIRST TEAM HONORS



Tommie Loeffler resides in Green Brook, N.J. and is a senior at Watchung Hills Regional High School. He was a four year starter for the Watchung Hills Regional High School Football program. This season, he received First Team Honors for Somerset All County, First Team All-Area Honors, First Team All-Conference Honors, and First Team All-State Group 5 Honors. Tommie was selected to the Super 100 New Jersey coaches team and selected to play in the New Jersey All-Star North vs. South football classic.

CRITICAL BLOOD SHORTAGE DUE TO SNOW/FREEZING TEMPERATURES

PLEASE GIVE BLOOD AND GET A "FREE PASTA FESTIVAL TICKET"

On Saturday, March 29, 2014 Dunellen & Green Brook Rotary Club is sponsoring a blood drive at Abingdon Care & Rehabilitation Center located at 303 Rock Ave/ Greenbrook Rd in Greenbrook, NJ in conjunction with The Blood Center of New Jersey from 9:00AM to 1:00PM in the Dining Room. Anyone who donates will receive a \$10.00 Pasta Festival Ticket. This drive is being held to help with the critical blood shortage due to the snow/freezing temperatures. All are welcome, so come in and join us. Please come out to donate so the blood will be there for the patients who require life saving transfusions.

New Jersey faces continuing shortages of blood donations and must import blood regularly from other states. Donations are needed every day to meet the needs of our New Jersey hospitals. Blood center officials note that each unit of blood donated is broken down into several components including platelets, plasma, and red cells, so one donation can save up to three lives.

The donation process is safe and simple. Donors are first asked medical history questions and given a mini-health check, including pulse, blood pressure, and iron level. The actual donation of blood takes just 5 to 7 minutes, and then the donor is given a snack and juice. The entire process generally takes under one hour.

Donors will receive a free cholesterol screening.

Donors must be 16 years of age with consent form signed by accompanying parent/guardian, weight minimum of 120 pounds and be in general good health. There is no upper age limit for donors provided they meet health requirements. Donors should bring a signed or picture form of identification and know their S.S. #. Please eat a meal one hour before donating and drink plenty of water.

People with a fever or sore throat should wait until they are feeling better before donating, and there is a 24-hour deferral for teeth cleanings and fillings.

For those who have recently traveled outside of the United States and for other eligibility questions, please call the blood center at 973-676-4700, ext. 132. If you require any additional information, please contact Jeffrey Ochital at 973-676-4700 ext. 145, during regular business hours.

The Blood Center of New Jersey (BCNJ) is an independent, non-profit organization supplying blood and blood components to hospitals in 15 counties in New Jersey for over 60 years. BCNJ conducts an estimated 250 drives a month and must recruit approximately 100,000 blood donors annually in order to serve the hospitals and patients in our community.

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This special event will have hundreds of cars to choose from ranging from brand new models to pre-owned vehicles all priced to move quickly.

The Snow Emergency Sales Event will feature major brands including: Chevrolet, Hyundai, Jeep, Kia, Mitsubishi and a large variety of over 250 pre-owned makes and models.

**This big event will be held at:
Global Auto Mall, 1099 Rt 22 West,
North Plainfield, NJ 07060 or Call:
1-866-645-4337 for easy directions.**

The Global Auto Mall Sales team is prepared to move as much inventory as possible to manage this overstock and are offering great deals on their entire inventory to Local Residents like



yourself only. Global's General Sales Manager, Rich Locurto, says, "Our prices are already great and with the added specials it won't be hard to find a great price on the vehicle you want."

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PROBLEMS
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PROBLEM!**

Credit problems are never a problem at Global Auto Mall. All are welcome to call in for information or visit during

this event. A Global financing expert is onsite and available to work out a great loan and financing plans for every customer. Their financing office is prepared to work with any customer's budget.

The Snow Emergency Sales Event is scheduled for a limited time only. Once it's over, it's over! Hurry in to Global Auto Mall today and drive home with the vehicle you've always wanted at a price you'll love. For further information please call anytime at 1-866-645-4337, or visit www.globalautomall.com.

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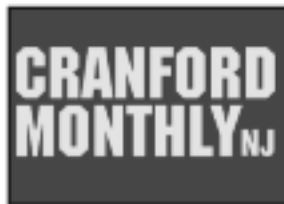
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ROTARY CLUB INDUCTS NEW MEMBERS

On January 23, 2014, the Dunellen-Green Brook Rotary Club inducted its 24th member, Wilson Munoz. Wilson, a resident of Dunellen, works for Northeast Planning Corporation, a financial planning company. Shortly after, on February 6, 2014, the Dunellen-Green Brook Rotary Club inducted its 25th member, Julian Toro. Julian, a resident of Dunellen, works for Annie Mac Home Mortgage Company.

Rotary International, consisting of 1,200,000 members in 170 countries, raises funds to help people internationally (such as the eradication of polio and the providing of clean drinking water) and locally. Our club supports the Dunellen and Green Brook fire companies, rescue squads, the Dunellen Public Library, local boy scouts and girl scouts, little leagues and other groups, and provides thousands of dollars in scholarships to local high school students.

For more information, go to our website: www.dunellengreenbrookrotary.org, or call Jesse at 908-578-1167.



(above, l-r) 24th member Wilson Munoz, 25th member Julian Toro, President Jesse Lacerda,

ROTARY CLUB CELEBRATES 109TH ANNIVERSARY

The Rotary Club of Dunellen-Greenbrook joins with more than 33,000 Rotary clubs around the world to recognize and celebrate Rotary International's 109th anniversary.

Rotary, a global network of community volunteers, is one of the largest and most influential international humanitarian service organizations worldwide. Founded in Chicago on February 23, 1905, today over 1.2 million members belong to 33,000 Rotary clubs in more than 200 countries and geographical areas.

Rotary clubs have often celebrated the day by participating in service projects including conducting free dental clinics for senior and low-income individuals, mentoring youth, and

raising funds for polio eradication efforts.

Rotary International, consisting of 1,200,000 members in 170 countries, raises funds to help people internationally (such as the eradication of polio and the providing of clean drinking water) and locally.

The club supports the Dunellen and Green Brook fire companies, rescue squads, the Dunellen Public Library, local boy scouts and girl scouts, little leagues and other groups, and provides thousands of dollars in scholarships to local high school students.

For more information, go to our website: www.dunellengreenbrookrotary.org, or call Jesse at 908-578-1167.

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