

Green Brook Gazette

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ISSUE 14 • NOVEMBER 2014

**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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MEDIA CENTER DEDICATED TO MIDDLE SCHOOL PRINCIPAL

On October 20, 2014, the Board of Education Members: Mr. Bencoter, President; Mr. Martins, Vice President; Mrs. Couch; Mrs. Connors; Mrs. Piccirilli; Mr. Humphrey; Mr. Brault; Mr. Binder and Mr. Azzarello hosted a reception in Ms. Pollard's honor. During the ceremony the Green Brook Middle School media center was dedicated in her name: "Linda Pollard Media Center."

Ms. Linda Pollard, Principal of Green Brook Middle School, retired on October 31, 2014, after thirty-two years of service to Green Brook Township Public Schools. Over the years, she has taught fifth, sixth, and eighth grades, and has held the positions of Curriculum Facilitator, Principal, and even Acting Superintendent for two months.

The last fourteen years she served as the principal of the Green Brook Middle School (GBMS). During her tenure as principal GBMS was the fourth ranking school in the state on NJASK scores, was honored in the Courier News for being the best performing school of the 100 schools in its distribution area, the school has been nominated many times for National Blue Ribbon by Somerset County as the highest performing school in Somerset County, and was recognized as one of the top 10% of the schools in the State for its arts programs. Ms. Pollard thanked the assembled faculty, staff, students, parents, administrators, board members, and community members for their support over the years.

Ms. Pollard joined the staff of the Irene E. Feldkirchner School on November 1, 1982 as a sixth grade teacher. IEF is a supportive and nurturing school. It is a caring family environment where every child is provided the support they need to become students.

In 1990, Ms. Pollard was transferred to the newly formed Green Brook Middle School along with the sixth graders. Through twenty-five years of change and the efforts of a dedicated staff, the Green Brook Middle School has become a school of which the community can be very proud. The students are offered a plethora of learning and extra-curricular activities by a talented staff and a supportive greater school community. Every child is known and is important as they enter their tweens and begin their transition to becoming high schoolers.

Ms. Pollard has been an educator for forty-three years. She began her career in Spotswood as a kindergarten and first grade teacher. From 1974-1982, Ms. Pollard taught in Plainfield grades Pre-school through grade four.

During her tenure as principal in Green Brook,

- GBMS was the fourth ranking school in the state on NJASK 2004 scores.
- For five years, it was the only district in Somerset County to meet Adequate yearly progress
- In 2010- the school was honored in the Courier News for being the best performing school of the 100 schools in its distribution area.
- GBMS has been nominated several times for National Blue Ribbon by



Somerset County as the highest performing school in the county.

- GBMS was recognized for seven years as one of the top 10% of the schools in the state for its arts programs.
- In 2011, the Governor selected GB to receive \$75,000 for recognition of the growth in performance for its special education students.
- The students are offered a plethora of clubs, activities, and sports in which to participate.

Of course, none of these honors could have been accomplished without a very professional and dedicated staff, the expertise of the Superintendents Mrs. Bilenker, Dr. Labbe, and Mr. Carroll, and most importantly the support of the parents and community.

Ms. Pollard will always remember the shared laughter, the joys as well as the struggles she and her staff have met over the years. She wants to thank everyone for their support, words of encouragement, the sharing of their talents and expertise, but mostly for their sincerity and for entrusting her with their children's education.



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SCOUTING FOR FOOD

Green Brook Boy Scout Troop 129 will be participating in the Scouting For Food Service Project in November. Plastic collection bags will be dropped off at Green Brook residences on November 8th. Residents are asked to fill the bag with non-perishable food items and leave it at their doorstep the morning of November 15th when the Scouts will return to pick them up. The food we collect will be given to Fish Inc., Dunellen Area, a local non-profit food pantry located in Piscataway, whose service area includes Green Brook.

AN ADAPTIVE USE

Submitted by Jim Koch

Green Brook Cultural Heritage & Historic Preservation Committee

Washington Rock has seen a variety of history over the last 240 years. Perhaps the following is one of the most unusual. During World War II, our troops were being trained at the Kilmer training facility outside of New Brunswick. Training goes "by the book" as they say. So the training manual said that there needed to be a nine mile march and an overnight camp. So the instructors took out a map and drew a nine mile radius from Kilmer and on that they found Washington Rock. So the troops marched from Kilmer to Washington Rock. They camped overnight in what we called the picnic area and then marched back the following day. And no, there is no evidence of their having occupied the area 70 years ago.



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Sciatica, Stenosis and Herniated Discs May Be to Blame for Pain and Numbness in Legs



What are patients saying?

"I have had neck pain and arm pain for seven years from several herniated discs in my spine. I have tried other chiropractic and physical therapy treatments with little success. I have completed the DRX treatment four weeks ago and I am symptom free. Thanks to Performance Rehab I have gotten my life back."

- 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

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?"

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.

• **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.B.R. (Medical Director)

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“PEACE IS A GIFT FOR EVERYONE, LET IT BEGIN WITH ME”

On Thursday, September 11, 2014, I.E.F. School held a 9/11 memorial ceremony. The school’s student body and staff gathered at the front entrance of the school for a morning assembly. The American Flag was raised to half-staff and a moment of silence was observed. The assemblage recited the Pledge of Allegiance and sang God Bless America led by the school principal, Mr. Armand Lamberti. Mr. Lamberti recited a “Peace Poem” he composed for the ceremony:

Let me be a maker of peace
 Let me show respect and love
 For everyone, for freedom sweet
 And spacious skies above

I hope for a world where peace prevails
 Life in harmony
 Peace is a gift for everyone
 Let it begin with me



(above) The student body and staff outside I.E.F. School for its 9/11 memorial ceremony

WHRHS BACK TO SCHOOL NIGHT

Parents attended either this Back To School Night on Oct. 9, or Back To School Day, 7:30 to 9:30, on Monday, Oct. 13, to meet their children’s teachers. The parents reported to their children’s classrooms. They changed classes for several periods, the way their children must do during a typical school day. And they were greeted in the hallways by school administrators and student peer leaders, who provided directions and information about room numbers and locations.



(above, l-r) Student Council members Parima Kadikar and Molly Shulan of Warren, Lauren Stone of Millington, Claire Chen of Warren, Devon Lauderdale of Gillette and Tim Hsueh of Watchung.



(above, l-r) Fencing team members Ian Blakeslee of Stirling, Greg Puccio of Warren Township, and Josh Leski of Millington offered parents fundraising items, including tulips, socks and bottled water.



(above, l-r) Taryn Rotondo and Lauren Trumpore, both of Warren Township



(left, l-r) A small army of student volunteers helped parents find their children’s classrooms. Parents had an abbreviated school day, meeting their children’s teachers and changing classes. They had to make it to the next class on-time, just as their children must do every day.



(above, l-r) Jazz Ensemble, provided a musical performance on Back To School Night, Scott Brown of Warren Township, Michael Weinfeldt of Gillette, Joe LaScala and Nick Briski of Watchung, and Andrew Morrison and Ben Overzat of Warren Township.

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MIDDLE SCHOOL CHOIR AT SOMERSET PATRIOTS

On Friday, September 26, the Green Brook Middle School Choir sang the National Anthem at the Somerset Patriots' home playoff game against the Lancaster Barnstormers. Mrs. Cifelli had twenty-one choir members and seventy-three parents in attendance at the baseball game! The choir sang beautifully and received many compliments from fans and staff at the stadium. The singers were: Jillian Cronin, Megan Camp, Kaitlyn Lynch, Jordan Pincus, Abby Wighard, Katie Strong, Victoria Pantagis, Christina Pantagis, Claire Beck, Alli Minetti, Adam Noble, Maria Irvin, Christine Tanko, Maddy Leong, Kelly Merritts, Michelle Chavanne, Kyra Anthony, Molly Larkin, Alyssa Ostry, Lilly Levine, and Roshni Dave.



(above) Green Brook Middle School choir at the Somerset Patriots' home playoff game against the Lancaster Barnstormers.







MR. CARROLL'S CHALLENGE

Mr. Carroll has challenged GB students to get their parents to join the GB PTO. He has challenged all of the GB faculty and staff to join as well.

Whoever gets to 100% first WINS!!

The challenge rules are as follows...

-  First CLASS with 100% PTO membership wins **HOMework PASSES**
-  First GRADE with 100% PTO membership wins **EXTRA RECESS**
-  First SCHOOL with 100% PTO membership
-  If MR. CARROLL gets 100% PTO membership from GB faculty and staff...HE WINS **DISTRICT-WIDE READING LOGS**

LET THE CHALLENGE BEGIN!!

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Torrone, Masticoli, Almond Paste
Dried Fruits, Nuts, Spices,
and much much more!!**

**FRESHLY CUT
XMAS TREES
WREATHS,
AND GRAVE
COVERS ARE
ON THEIR
WAY....**

