

Green Brook Gazette

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ISSUE 13 • OCTOBER 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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ERA BONIAKOWSKI CELEBRATING NEW LOOK

ERA BONIAKOWSKI REAL ESTATE is proud to announce the launch of its new ERA Real Estate logo which represents the brand's strategic revitalization over the past five years and positions ERA Boniakowski Real Estate and the ERA Real Estate brand for the future.

"We are excited and proud to introduce and celebrate our new look with our community," said Joseph Boniakowski, Broker. "ERA Real Estate is a modern and innovative brand. With cutting-edge technology, our company provides fast and reliable customer service, including top-notch communication. The new logo reflects ERA Boniakowski Real Estate's fresh thinking, dynamic team and future growth potential."

Over the next few months, ERA Boniakowski Real Estate will refresh its logo throughout the Central Jersey market to communicate who they are today while signaling the company's strong momentum. The only thing that is constant in the real estate industry is change itself," explains Boniakowski. "The marketing programs, how buyers search and make decisions, technologies, transaction management, financing and practically every aspect of buying and selling real estate is constantly changing with the exception of the need and demand for a competent, well

trained, honest and ethical agent. At ERA Boniakowski Real Estate we celebrate our commitment to training, keeping in front of new technologies and our impeccable professionalism, service and representation."

ERA Boniakowski Real Estate is located at 929 N. Washington Avenue, Green Brook, NJ, and can be reached at 732-968-0700 or www.eabrealestate.com and serves the entire Central New Jersey area west to the Delaware River.



(above) Broker, Joe Boniakowski and his staff gather around the Agency's new sign unveiling the New ERA Logo!

GREEN BROOK TOWNSHIP'S 9/11 CEREMONY



(above) Green Brook Township's 9/11 ceremony was held at the Township's 9/11 Memorial located in the Top of the World Park. At the site, eight dogwoods are planted in remembrance of the eight community members, friends and loved ones that were lost on that day. The plaques on the memorial wall list all those that perished at the Twin Towers, the Pentagon and Flight 93. Pictured (l-r) is Fire Chief Richard Connelly III and members of the Fire-EMS Department, Boy Scout Pack 129, American Legion Post 119, and Police Chief Chris Kurz and members of the police department.



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Green Brook Gazette

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Green Brook Gazette is published by Renna Media. 3,000 newspapers are printed monthly and mailed to every business and home in Green Brook, NJ and the balance are distributed for free pick-up throughout town.

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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.



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RIBBON CUTTING AT THE CENTER SCHOOL

Franklin Township Mayor Brian Levin, Assemblyman Upendra Chivukula and representatives from The Somerset Country Business Partnership and the Tri-Country Chamber were on hand on September 10 to cut the ribbon for The Center School's new facility at 2 Riverview Drive.

The Center School, founded in 1971 as a private, non-profit state-accredited school for bright, learning-disabled students, has finally found their "home" in Franklin Township after operating in temporary quarters in Branchburg after a fire claimed their building in Highland Park.

Executive Director Marcie Fiorentino welcomed all the guests and gave a short, heartfelt speech on the difference The Center School made not only in each child's life, but how they also made a difference in the lives of each family.

"We really want to thank everyone involved in making this wonderful new facility possible," said Fiorentino. "Everyone has been so welcoming and we are looking forward to becoming part of the community."

Children with learning disabilities and school adjustment problems experience difficulties in all aspects of their lives as well as in school. These disabilities affect academic achievement, peer relationships, family life, and the development of a positive self-image.

The Center School provides a supportive educational environment in which each student may reach his or her potential for academic, emotional and physical health and this is accomplished by carefully selected, dedicated staff working in unison with the student, the parents/guardians, and the sending district.

The Center School offers complete education

from K through 12-PLUS, serving between 55 and 65 school districts each year and they are committed to helping each student become as self-sufficient and successful as possible.

Disabilities served by The Center School include:

- Asperger's Syndrome
- Anxiety Disorders/OCD, PTSD, School Phobia, etc.
- Dyslexia Spectrum disorder: reading, spelling, written language
- Mood Disorders/Bipolar, Depression
- Attention Deficit/Hyperactivity Disorder
- Oppositional Defiant Disorder
- Adjustment Disorders
- Motor/Sensory Integration Deficits

The Center School has clinical staff that includes full time social workers, a psychologist, an art therapist and a visiting psychiatrist that consults weekly to assess students and meet with staff.

Applications are accepted throughout the school year. The application process involves the following:

- referral information about the student from the Child Study Team, parents, and/or private educational consultants
- a review of clinical records and evaluations
- an interview and informal screening of the applicant
- an interview of parents/guardians by a counselor
- interpretation and discussion of screening results with parents and case manager
- prompt placement decision

"Anyone is welcome to call with questions regarding admission," said Fiorentino. "Please call me on 908-253-3870 or email me at marcief@thecenterschool.com



New Therapy Used by Tiger Woods Comes to Central New Jersey

ALL NATURAL HEALING SOLUTION BRINGS NEW HOPE TO PAIN SUFFERERS



"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 jogs. Thank you to all the doctors and staff of Performance Rehab, you're amazing!"

— Mary M.



"Thanks to Performance Rehab and their unique PRP treatment program I now take no pain medication and I'm finally working out again. I have never felt better, balanced, pain free and generally positive."

— Vicki M.



"My knee was killing me and I had tried every treatment out there out there hoping to get back on my bike. Thanks to Performance Rehab and Platelet-Rich Plasma Therapy, I am riding again!"

— Mark M.

Do you suffer from any of the following conditions?

- 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

The goal of PRP Therapy is to resolve pain through the natural healing process and has proven to have lasting results. 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 offered at Performance Rehabilitation & Integrated Medicine 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?

PRP is an emerging non-surgical treatment in an ever popular, all natural health sector. This non-surgical treatment involves the injection of healing proteins, growth hormones and stem cells from a patient's own blood directly into the site of the injury. The doctors at Performance Rehabilitation & Integrated Medicine have seen dramatic results as this treatment triggers the body's own ability to repair itself.

Professional Athletes Use PRP Therapy.

Platelet Rich Plasma has come a long way in just a few short years in the treatment of sports injuries. Now most sports organizations, trainers and players recognize the importance of PRP in their respective sports. Treating professional athletes with PRP is a common practice designed to encourage healing and reduce downtime. **Performance Rehabilitation & Integrated Medicine** offers the same treatment that Tiger Woods, Kobe Bryant, Alex Rodriguez, Hines Ward and many elite athletes use. You owe it to yourself to find out if it is right for you.

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

908-206-7315

Tiger Woods, Kobe Bryant, Alex Rodriguez, Hines Ward and many elite athletes have used PRP therapy for sports injuries.

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WHITE CASTLE TO HOST BOY SCOUT

The Watchung Mountain District of the Boy Scouts of America is hosting their first Chess Tournament open to all registered Boy Scouts, Venturers and Explorers, who know how to play chess. The tournament will be held on Saturday November 1, 2014 at the Stonecrest Community Church, 11 Technology Drive, Warren, NJ. The event will run from 10am to 2pm. The tournament is being generously sponsored by White Castle. Joe Renna of Renna Media, a certified chess merit badge counselor, is assisting scouts in earning their badges.

Scouts interested in playing can use Watchung Mountain District Double Knot link to register on-line at ppbsa.doubleknot.com/event/1607140 or Email Charlean Mahon at charlean.stimpson@scouting.org.



2014 White Castle



Watchung Mountain District Boy Scout Chess Tournament Saturday, November 1, 2014

10:00 am to 2:00 pm

Sign-in/setup starts at 9:00 am

Stonecrest Community Church

11 Technology Dr N, Warren, NJ • 908.821.9700

Open to all registered Boy Scouts/Venturers/Explorers.

Limited to 40 players who must know how to play chess. Registration is \$6

Use Watchung Mountain District Double Knot link to register on-line
at ppbsa.doubleknot.com/event/1607140

Email Charlean Mahon at Charlean.Mahon@scouting.org for more info.

Trophies awarded to 1st, 2nd and 3rd place finishers.

Commemorative ribbons and gift bags for all participants.

Lunch will be provided by White Castle for all players and guests.

This tournament meets the 6a requirement for earning a Chess merit badge.

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Kids 3-6.....\$3.39	Kids 3-6.....\$5.99
2 & Under.....FREE!	2 & Under.....FREE!

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Lunch 11am - 3:30pm	Dinner 3:30pm - 9:30pm
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Kids 7-10.....\$5.99	Kids 7-10.....\$6.99
Kids 3-6.....\$3.99	Kids 3-6.....\$5.99
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Green Brook Fire-EMS

The Green Brook Fire & EMS will be having a Fire Prevention Open House on Friday Night October 10th from 6:30 PM TO 8:00 PM at the Fire House on Green Brook Rd. There will be fire prevention items handed out to the kids and a smoke house. The Fire Dept. will be showing the residents how they cut open a vehicle in a motor vehicle crash.

The Fire Trucks and EMS Ambulances will be on display. The Green Brook EMS received a New Ambulance and it will be there for the residents to see. The Fire & EMS are always looking for new members.

VISIT WASHINGTON ROCK DURING ANNUAL HISTORY WEEKEND

Submitted by Green Brook Cultural, Heritage and Historic Preservation Committee

Our Green Brook CHHP Committee will be participating in the county annual "Weekend Journey through the Past" on Saturday and Sunday, October 11th and 12th, at the Washington Rock site. The event is FREE and open to all visitors from 10-5 on Saturday and 12-4 on Sunday. Our group members will be talking to people about the history of the site and distributing materials. Please see attached announcement, provided by the Somerset County Cultural, Heritage and Historic Preservation Committee.

VOLUNTEERS NEEDED!

Make a real difference to the life of Christian

My name is Christian. I am 4 years old & diagnosed with autism.

I like books to be read to me, silly songs, jumping, spin & being tickled!

I need fun, energetic & creative people to come play with me.

My Mom & Dad are running the home-based, child-centered Son-Rise Program® to help me to connect, learn & grow.

Volunteer Requirements

- At least 18 years of age
- Open-minded and non-judgemental
- Eager to contribute ideas on games & activities
- Open and receptive to ongoing feedback
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Commitment

- Can make a weekly commitment of 4 to 6 hours for at least six months.
- Attendance at our monthly Team Meeting.

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ROTARY CLUB'S ANNUAL SHREDDING DAY

Submitted by Dunellen-Green Brook Rotary

On September 20, 2014, the Dunellen-Green Brook Rotary Club held its Second Annual Shredding Day in the Provident Bank (North Avenue, Dunellen) parking lot.

Over 125 cars brought nearly 14,000 pounds of documents to be safely shredded. Also, generous donors contributed \$478.00 for the "Hear Me Now" project to fight Autism.

The Community Service project was financed in part with a generous grant from Rotary District 7510 and the public certainly seemed to appreciate it. Many users commented how excited they were to be able to bring their old but important documents to be safely shredded and discarded.

If you would like to learn more about Rotary International or our Club, or would like to attend a meeting (Thursdays, 12:15, Dunellen Hotel), please call Bill at 732-713-6068.



(l-r) Wilson Munoz, Mike Tsai, William Robins, Julian Toro, Theresa Talian, Dale Granberg, Kate Nordstrom, Jesse Lacerda and Joan Henry, all members of Dunellen-Green Brook Rotary Club.



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LILY YIP TABLE TENNIS CENTER TO HOLD NEW JERSEY CHINESE FESTIVAL OCT 12TH

Lily Yip, of Warren, has planned a New Jersey Chinese Festival on Sunday, October 12, 2014 at her Table Tennis Center located at 370 North Avenue in Dunellen, NJ. The event is free of charge to spectators and open to the public.

Table Tennis is the national sport of China and the festival is a way for Yip to share a bit of the Chinese culture with her American neighbors.

The Festival will feature a table tennis tournament and Yip has invited the public of all ages and skill levels, from beginner to expert, to play. Prizes will be awarded for skill level as well as age. Registration is required and can be done online at www.lilyttc.com.

The Festival is an annual event and is planned

in cooperation with NJ Chinese Festival Inc., a Nonprofit Organization in Montville, New Jersey that plans various events throughout the year. For more information Call Lily Yip at 732-200-5820 or email: lily@lilyttc.com.

Lily Yip Table Tennis Center also hosts the annual Garden State School Championships in January.

Yip was a member of the U.S.A Table Tennis team and played in two Olympics. She is the coach of the U.S. National Youth Team.



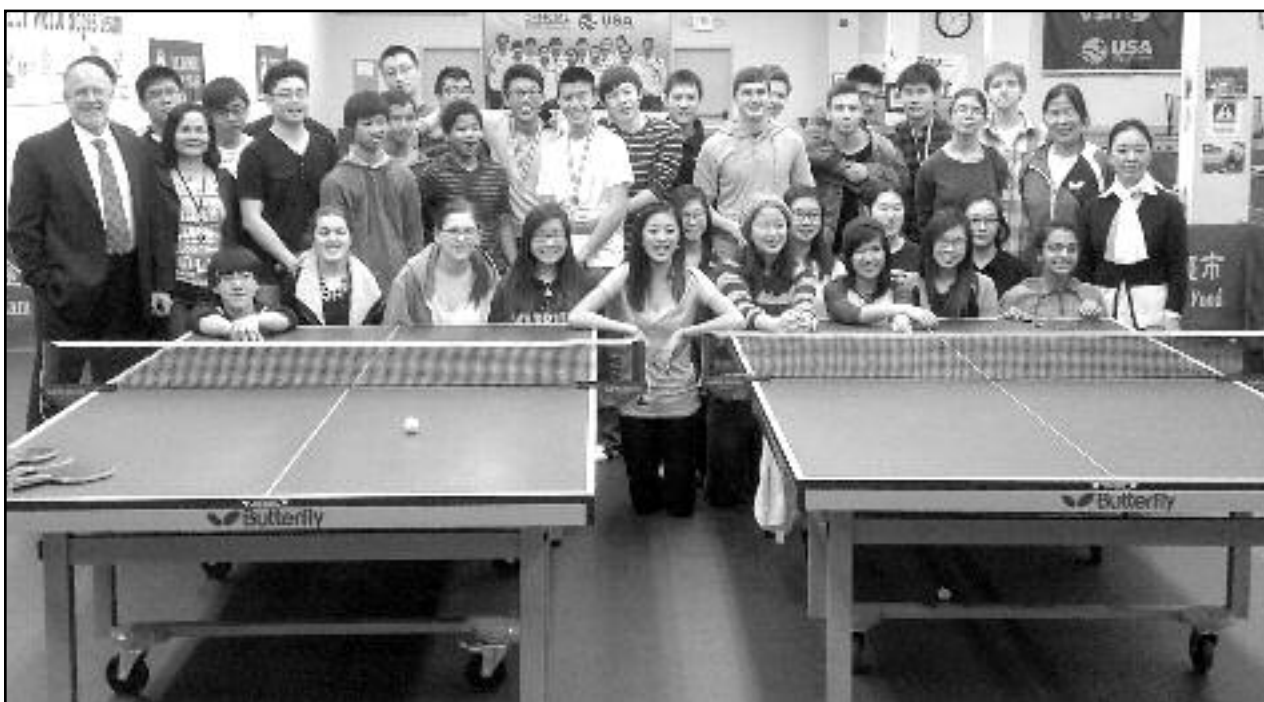
(above, l-r) Jayden Zhou , U10 USA Champion with Coach Can Wang from Beijing.



(above) Winners of Watchung Hills High School Tournament at the LYTTC.



(above, l-r) Alice Liu from Warren Central School and Alyssa Dang from Green Brook Middle School, winners in the Junior Under age 11 event.



(above) Watchung Hills High School visits LYTTC.



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BEN FRANKLIN JOINS FACULTY TRAINING AT WATCHUNG HILLS

Submitted by Denis Kelly

Benjamin Franklin, educator and one of this nation's founding fathers, shared an hour of his time with the faculty at Watchung Hills Regional High School on Wednesday, Sept. 4, as part of their back-to-school preparations, imparting his knowledge, postulating his theories of the importance of curiosity, practicality and collaboration, and sharing with the faculty their common thirsts for lifelong learning and problem-solving invention.

Franklin was also author, printer, inventor, statesman, political theorist and politician, diplomat, postmaster, inventor, scientist, founder and trustee of the University of Pennsylvania and its hospital, and mentor to no less than Thomas Jefferson, Thomas Paine and Marquis De Lafayette. He acknowledged that he was sharing his time with the teachers on what must seem to them to be the real New Year's Eve of the year, the night before the start of the school year. "I've been asked to speak to you about the real importance of public education," said Franklin. "That is a subject near and dear to my heart."

Franklin's alter ego is Christopher Lowell of Colorado, 38 years a teacher of high school French, and another six in acting at the University of Colorado, not to mention 11 years portraying Franklin.

For more information about Christopher Lowell, go to www.benfranklinlive.com, or e-mail chris@benfranklinlive.com.

From the time he walked into Watchung Hills on Wednesday afternoon in colonial garb, sporting a distinctive hairstyle and wearing his self-invented spectacles, until the time he left, he never stepped out of character. He said he had portrayed Franklin in 35 states and across Europe. He has spoken to students of all ages, from grade school to college faculty, and he adapts his talks to make them age appropriate to his audience.

He said he particularly enjoys speaking to younger students who may not have yet been inspired to have a thirst to learn about the founding of their country, or its founding fathers and mothers. "It is up to each generation to excite young people about learning about history," he said. "We have to make it come alive so they become engaged."

After introducing himself in character as Franklin to the audience of teachers, giving them a thumbnail sketch of his biography and some of his overriding principles, he continued in character to answer questions.

He also shared Franklin's opinion about some of his fellow founding fathers. His favorite were clearly the author of the Declaration of Independence, Thomas Jefferson, whom Franklin said was like a son to him. He also had great respect for general and first president, George Washington. He said Washington once was a house guest of his for two weeks leading up to one of the consequential meetings of the Continental Congress.



(above) Founding father Benjamin Franklin, lifelong learner and educator, spent an hour on Wednesday, Sept. 3, in the company of the teachers at Watchung Hills Regional High School. He was their guest as part of their preparations for the start of the school year. He spoke to them about the importance of curiosity, practicality, collaboration, and the importance of public education. With Franklin are some of the teachers in attendance. From left are: Superintendent Elizabeth Jewett; Erin McNamara, Special Education; Principal George Alexis; Spenser Brenn, Physical Education; Jennifer Basini, Health; Heather Briggs, Physics; Benjamin Franklin; Greg Biniukow, Social Studies; Sean DiGiovanna, Social Studies; Kathleen Brennan, Spanish, in front of Jacquelyn Gilliam, Spanish, in front of Douglas Eaton, Drama; Darren Wolsko, Science Supervisor; Cassie Oleszkiewicz, Child Study Team; and Ray Bumiller, English.

Franklin was blunt in his appraisal of fellow founding father and second president, John Adams, whom Franklin characterized as holding decidedly more puritanical views than Franklin.

Franklin was asked about his views on slavery and the fact that the founding fathers allowed it. He said he regretted that to win approval from colonies which were already dependent on the slave system for labor, the founding fathers had to compromise. However, he said his scientific approach to learning eventually led him to realize the truths that abolitionists he met in England were telling him about slavery. Back in Philadelphia, he opened a school for black students and discovered they can and did learn the same as white students, and that they were not inherently inferior as many at that time thought. He said had there not been a compromise, the new American government would not have been formed. He said once the new government was formed, however, he tried to have enacted laws to abolish slavery and give full benefits of American life for all. Unfortunately, his efforts to pass such laws were unsuccessful.

Franklin grew up in Boston, Mass., and said his father sent him as a 9-year-old to Boston Latin School in anticipation of him going onto to Harvard and becoming a minister. He said he read everything he could at Boston Latin, but he did not want to become a minister. By 10-years-old, he was out of Boston Latin, working as an

apprentice printer to his half-brother, who beat him. He ran away to New York City, and then to Philadelphia, Pa., where he continued as a printer and where he settled. There, he continued to read, to repair, and to invent.

That philosophy led him to form the first library in Philadelphia, not only for the wealthy and the wealthy class, but also for his fellow leather apron citizens and families. He saw the need for a hospital and formed the hospital. He saw the need for a university, but didn't want it to be only for men who wanted to be ministers, like at Harvard, Yale, Princeton and William and Mary. He wanted the university to also teach practical skills. He became trustee for life at that university, and it is today called the University of Pennsylvania.

He also invented the Franklin Stove and the bifocal glasses. Plus, with the use of a kite and a key attached to the end of a string, he demonstrated that the electrical current in a bolt of lightning could be directed. This led to the invention of the lightning rod, with which human beings can direct the electrical current in a safe manner. Franklin was able to use his writing skills to publish a report of his scientific findings about lightning in Europe. As a result, he was the first American scientist to win his time's equivalent of the Nobel Prize for science. In his lifetime, Franklin made eight Trans-Atlantic voyages, with the average voyage taking four to 6 weeks, he said.

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Zone 1 = 36,000 Printed / 33,000 Mailed



Qty: 6,000
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Qty: 6,500
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Qty: 9,500
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Zone 2 = 25,000 Printed and Mailed



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Qty: 3,500
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Qty: 6,500
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Qty: 3,000
 Mailed to every home and business in Dunellen.

Back cover and front page banner reserved on first come first served basis.
 Current advertiser has right of first refusal.

		RATE FOR SINGLE NEWSPAPER		RATE FOR ANY 3 NEWSPAPERS	RATE FOR ANY 6 NEWSPAPERS	RATE FOR ANY 9 NEWSPAPERS	RATE FOR ALL 12 NEWSPAPERS
Units	Size	Non-Members*	Members*				
1 BUSINESS CARD	3 1/4" x 2"	\$60	\$50	\$150	\$300	\$450	\$600
2 Units	3.25" x 4"	\$100	\$90	\$250	\$500	\$750	\$1000
4 Units	6.5" x 4"	\$180	\$160	\$450	\$700	\$950	\$1100
6 Units	10" x 4"	\$240	\$210	\$600	\$900	\$1250	\$1400
9 HALF PAGE	10" x 6"	\$320	\$280	\$750	\$1000	\$1350	\$1500
12 Units	10" x 8"	\$360	\$320	\$900	\$1200	\$1550	\$1800
18 FULL PAGE	10"x13.5"	\$400	\$350	\$1000	\$1400	\$1750	\$2000
Back Cover	10"x13.5"	\$600	\$500				

FRONT PAGE BANNER 8.25" x 2" \$320

Artwork included in price.

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 202 Walnut Avenue, Cranford, NJ 07016

*Discount for members of participating local Chamber of Commerce and Business Associations

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*Is your scrap metal too much, too big, or too heavy for you to load? No problem,
we will cut, load & transport your scrap metal for you! Call for pricing.*

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#2 Copper	\$2.55/lb
Light Copper	\$2.50/lb
Insulated Copper	\$1.00/lb & up
Aluminum BX	\$1.00/lb
Clean Aluminum	\$0.50/lb
Aluminum Siding	\$0.52/lb
Aluminum Beverage Cans	\$0.40/lb
Alum/Cu Radiator (Clean)	\$1.25/lb
Alum/CU Radiator (FE End)	\$1.00/lb
Brass	\$1.75/lb
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#1 Lead	\$0.40/lb
#2 Lead	\$0.30/lb
Die Cast	\$0.20/lb
Electric Motors	\$0.20/lb
Iron BX.....	\$0.20/lb
Sealed Units	\$0.15/lb
Auto Batteries	\$0.25/lb
Steel Case Batteries.....	\$0.25/lb
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Catalytic Converters	\$5-\$10/Piece
Aluminum Rim W/Tire	\$2-\$5/Piece
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Prices are subject to change without notice.
Please call for current prices.

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PUMPKIN
HEADQUARTERS**

908-757-7730 • 950 Route 22 East • North Plainfield, NJ

COUPON

FRESH SHRIMP

\$9⁹⁹ lb

GRK10

By the pound only. Limit 1 lb per customer per coupon per day.
Not to be combined with other offer. Offers good thru 10/31/14.



FRESH FISH

Available Thursday
to Sunday

Filleted, Steaked,
Cleaned to your liking!

Top or Little Neck Clams

\$3⁹⁹ /dozen

COUPON

SALMON FILLET

\$6⁹⁹ lb

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Not to be combined with other offer. Offers good thru 10/31/14.



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 Oven Gold Turkey Breast

\$6⁹⁹ lb

GRK10



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 10/31/14.

COUPON

Fresh Mozzarella

\$5⁹⁹ lb

GRK10



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 10/31/14.

COUPON

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



GRK10

Excludes garden center and fish purchases. Limit 1 offer per customer
per day. Not to be combined with other offer. Offer expires 10/31/14.

**FALL MUMS
8 INCH
3/12.99**



**FALL
SQUASHES
.69 LB**



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6.99 EACH**



**FACE
PUMPKINS
.59 LB**



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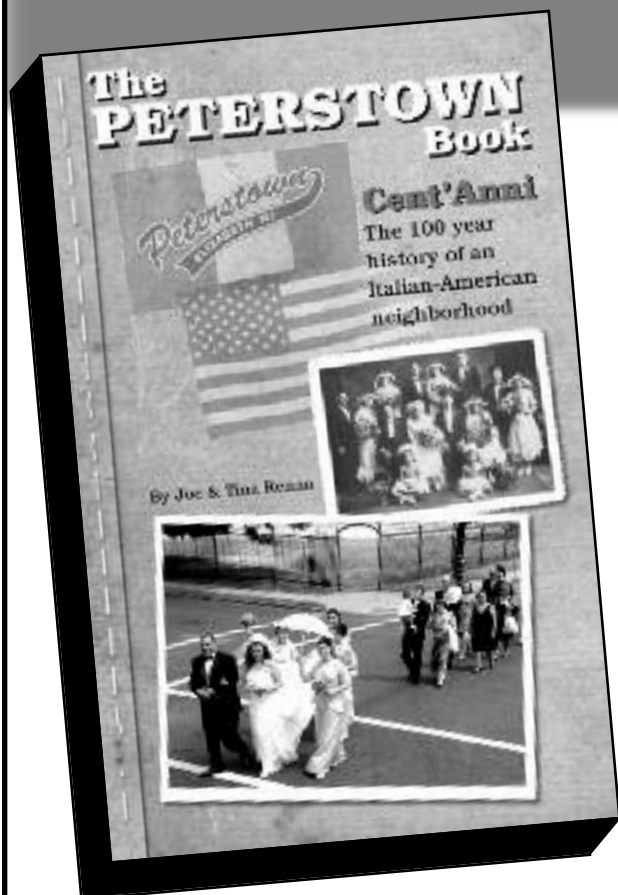
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Open 9am - 3pm - Monday through Friday

WARRENBROOK SENIOR CENTER APRIL SPECIAL EVENTS

LUNCH and LEARN ~ TAI-CHI
Leader, Fran Maher ~ Tai Chi incorporates simple martial arts movements performed slowly to build strength, flexibility and fitness. This is the second of four “Boomer-errific” well-being, movement programs. Advance reservations are required by Thursday, March 27. Lunch begins at 11:45 and the program begins at 12:45.

Thursday, April 3 ~ 11:45 am
LUNCH and LEARN ~ REIKI
Leader, Suzanne O’Brien ~ Reiki is a technique for stress reduction and relaxation that also promotes healing. An amazingly simple technique to learn, the ability to use Reiki is not taught in the usual sense, but is transferred to the student during Reiki classes. This is the third of four “Boomer-errific” well-being, movement programs. Advance reservations are required by Monday, March 31. Lunch begins at 11:45 and the program begins at 12:45.

Monday, April 7 ~ 10:30 am
Wordles with Warren Township E2 Students
Students from Warren Township’s Enriched Education class will be at the center to create a “Wordle” for each attendee. What is a “Wordle” you ask? It is a “word cloud” that is created from text that will be provided by the answers to questions that the students ask. Using different fonts, layouts, and color schemes, the one-word answers will be artfully arranged to create a personalized Wordle. The students will return with the actual Wordles at another time. Rescheduled from February 3.

Wednesday, April 9 ~ 10:30 am
VOLUNTEER APPRECIATION LUNCHEON
Volunteers are exceptional people whose commitment, skills and positive energy make great things happen at the Warrenbrook Senior Center. We have over 25 volunteers that help prepare food and implement activities. This is an opportunity for you to thank them for their dedicated service and the difference they make in our lives.

Thursday, April 10 ~ 11:45 am
LUNCH and LEARN ~ LIVING WELL PROGRAM
Instructor: Jo Mahal, YogaFit Certification in Level One Seniors ~ Overcome the mystery of yoga. This interactive class is designed to improve the health, performance and mental acuity of individuals interested in improving their level of fitness. The program blends the fitness format of balance, strength and flexibility. All levels of fitness are welcome. This is the last of four “Boomer-errific” well-being, movement programs. Advance reservations are required by Monday, April 7. Lunch begins at 11:45 and the program begins at 12:45.

**LUNCH AND LEARN
WARRENBROOK SENIOR CENTER**

JourneyDance™, Tai Chi, Reiki, Living Well

The Warrenbrook Senior Center, located on the golf course at 500 Warrenville Road, will be hosting a series of free Lunch & Learn Programs, starting March 27.

For each program, lunch will be available from 11:45 a.m. and the demonstration will be held from 12:45 p.m. A suggested lunch donation of \$2.00 will be appreciated. The cost of lunch for those under age 60 and above age 60 will be \$1.00. For those under age 60, the cost of lunch will be \$0.50.

- Featured Artist, Albrecht Durer

Learn about the featured artist’s vast body of works that includes altarpieces, religious works, numerous portraits and self-portraits and copper engravings. The program’s hands-on art piece will be a copper relief art project. Fifteen minute lecture has limited attendance.

Many of these programs are funded, in part, by the Somerset County Senior Centers Act.

Wednesday, April 16 ~ 9:30 - 10:30 am
UNUSED MEDICATION DROP OFF OPPORTUNITY
Officer Thomas Wallace will be at the center to collect any unused or expired medications. Please take advantage of this safe way to dispose of your medications. YOU MUST BRING THE UNUSED MEDICATION TO THE CENTER BETWEEN 9:30 and 10:30 am. CENTER STAFF CAN NOT ACCEPT ANY DROPPED OFF MEDICATIONS WITHOUT THE SOMERSET COUNTY SHERIFF’S OFFICER BEING PRESENT.

Monday, April 21 ~ 10:30 am
Minute to Win It Games with Allstate New Jersey Financial Department Staff
Based on the games used on the popular TV Show, we will have some friendly competitions with deceptively simple games that require savvy to compete. Attendees will be divided into two teams.

Monday, April 28 ~ 10:30 am
ART EXHIBITION Opening Day
The center’s watercolor and oil paint class students will be displaying their art work during this Ageless Art Show. Join us as we acknowledge the talent and skills of these students. Light refreshments will be served on opening day, at 10:30 am. The Art Exhibition will be open to the public from Monday, April 28 to Thursday, May 1, from 10:30 am to 1:00 pm.

Wednesday, April 30 ~ 10:30 am
FREE Hearing Screening
Overlook Medical Center’s Mobile Health Van; Call for 10 minute appointment.

**WARRENBROOK
SENIOR CENTER**
500 Warrenville Road, Warren
(908) 753-9440 • www.co.somerset.nj.us
Open 9am - 3pm - Monday through Friday

WARRENBOOK SENIOR CENTER MAY EVENTS

SOMERSET HILLS BUSINESS NETWORK MEETING

NEXT EVENT
FRIDAY, MAY 24, 2013

8:00 AM - 10:00 AM

FIDDLER'S ELBOW COUNTRY CLUB

811 Rattlesnake Bridge Rd, Bedminster, NJ

1st TIME GUESTS: FREE

Cost: Members: \$5.00

Guest Speaker: John Hadley JHACareers.com

Topic: *The Influential Conversation - the ability to influence others to take action.*

THE GATEWAY CHAMBER OF COMMERCE IS OFFERING A SPECIAL RECESSION RATE OF JUST \$100 FOR NEW MEMBERS

Is the economy getting you down? Now's the time to join your local chamber! Like a good insurance policy, the chamber is here when you need it. From networking to money-saving discounts on services you have to buy anyway, there are so many reasons to join – and only one not to.

If money has gotten tight during these economically harsh times, the chamber's Recession Rate of just \$100.00 is for you.

Call or email Kate Conroy (908-352-0900, kateconroy@gatewaychamber.com) for the special application and grow your business!

This month, the SHBN is pleased to offer:

ENTREPRENEURIAL STRENGTHS AND BLINDSPOTS

The Personality of a Business will Mirror the Personality of its Owner. You as the BOE (Business Owner-Entrepreneur) exert an enormous influence on your business. The discovery process is simple yet profound; and fun! This is a profound session where you will learn many insights into your personality style; and how you can build on your strengths and cover your blind spots.

TAKE-AWAYS:

- You will discover your business personality that will not only help you understand yourself; it will help you understand other's styles and help you adapt to any situation.
- Understand where you can create the greatest impact in your business immediately with no additional expenditures.
- Understand where your company is most vulnerable and susceptible, and what to do about it.

YOU WILL LEARN:

- Your business strengths.
- Your natural blind spots.
- How to align your strengths to maximize your performance.
- Learn your Range of (Mis) Management. Every BOE has a built-in management style that allows for inefficiencies to go unnoticed. This range is typically above 10 percent. Close the range and you increase the profitability of your company without any additional costs!

PHOTOS FROM SHBN'S APRIL MEETING



(above, l-r) Paul Holland of MyBannerStand.com accepts Best Elevator Pitch trophy standing with Jane Brown, Digital Results LLC and last month's winner and judge Robert P. Baker of Copy To Go, Inc.



(above, l-r) Vincent Avantagiato, Transamerica Financial Advisors, Inc., William Kirchgessner, Sienna Funding and Michael A. Abate, ShareBuilder 401k /Capital One.

he game was a close game until the end, with the Jr. Warriors playing a tight defensive game in front of goalie Nicky Alvin. Warriors defensemen Mike Wilson & Jack Fidacaro played stingy defense throughout the contest to hold the Beacon Hill club to no goals and a 0-0 tie after one period. In the second period, the Warriors had several good opportunities led by Peter Dasilva and Jess Dai, only to be turned away by the Beacon Hill club. Daniel Gallant and Sawyer Flynn led several good rushes of the puck while on defense, which gave the Warriors excellent scoring chances. Beacon Hill was able to capitalize on 2 quick goals in the 2nd period, followed by a Warriors goal by Jack Fidacaro off a feed from Jess Dai and Brendan Dowd, which ended the second period with Beacon Hill leading 2-1.

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