

# Green Brook Gazette

MAILED FREE TO EVERY HOME AND BUSINESS IN GREEN BROOK, NJ

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ISSUE 15 • DECEMBER 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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WE ARE ALWAYS LOOKING FOR PEOPLE INTERESTED IN HISTORY AND CULTURE, TO JOIN OUR GROUP, AS A GUEST OR MEMBER!

## WATCHUNG MOUNTAIN DISTRICT BOY SCOUTS HOLD FIRST ANNUAL CHESS TOURNAMENT SPONSORED BY WHITE CASTLE

The Watchung Mountain District of the Boy Scouts of America hosted their first Chess Tournament open to all registered Boy Scouts, Venturers and Explorers. The tournament was generously sponsored by White Castle and was held on November 1, 2014, in the Stonecrest Community Church in Warren, NJ. This was the first tournament since the Boy Scouts of America introduced the Chess merit badge. Thirteen players participated, playing four games each.

Parth Patel won first place with a perfect score of 4.0. James Scacifero and Alec Thomson both ended with a 3.0 score and James took second on the tie break system. Steven Rhein and Michael Duncan both finished with 2.5 scores.

White Castle purchased 20 sets, boards and clocks for the tournament. The company also covered expenses for running the tournament including trophies for the top three winners and ribbons for participants. They also supplied lunch for all players and spectators. White Castle will continue to support the Boy Scouts and the Chess program.

*(right, l-r) First place winner Parth Patel, Second Place James Scacifero, and third place Alec Thompson.*



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# Green Brook Gazette

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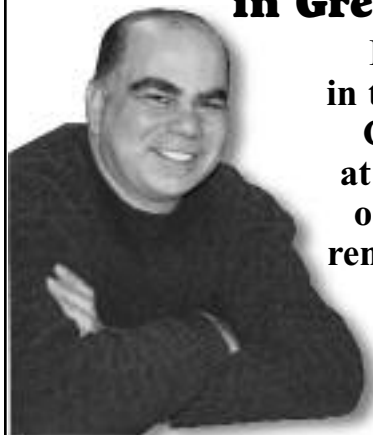
Community service organizations and sports teams are encouraged to submit news of upcoming events or highlights and photos on recent events.

Organizations who are interested in submitting content can email Lynn Sjurset at [lynn@rennamedia.com](mailto:lynn@rennamedia.com).



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## A SOLEMN CEREMONY COMMEMORATING VETERANS DAY

A solemn ceremony commemorating Veterans Day was held in Washington Memorial Park on November 11th, at 11:00 AM.

Members of the color guard were from the Veterans of Foreign Wars Post 5479 and the American Legion Post 119, both in Dunellen. Bill Uhler from American Legion Post 119 delivered opening and closing remarks and introduced the speakers. The Invocation was delivered by the Charles Wardo, VFW Chaplain. Speeches were made by VFW Past State

Commander Art Taylor and Dunellen Mayor Robert J. Seader. The Benediction was also delivered by Chaplain Charles Wardo. Our National Anthem was sung by Arlene Stoop. Dunellen and Green Brook thank all veterans for their service to our country. Turn-out was light this year and though we all know that people lead busy lives, it seems fitting and appropriate that we make every effort to come out and honor those who served us so faithfully. Hope to see you all next year.



(above) Veterans Day ceremony held at Washington Memorial Park

## I'VE BEEN WORKING ON THE RAILROAD

Submitted by Jim Koch

John Taylor Johnston was the President of the Railroad of Central Jersey in the 1860's. He had successfully brought out the railroad from New York to Plainfield. Both for commuters and to provide freight service. Also important so city residents could come out to the Washington Rock Mountain House, the resort hotel located at Washington Rock. Mr. Johnston even organized a stagecoach run up to the hotel from the Plainfield train station on what is now Cardinal Lane.

Mr. Johnston was ambitious. So he went west to New Market. Then bought up land that was one mile square. And then brought the railroad to what we now know as Dunellen.

Now Mr. Johnston wanted to connect with the resort hotel. He went to the Somerset County

Freeholders and secured \$5,000 and added funds from himself and the railroad. And in January of 1871 the side of the First Watchung was transformed into the current day Washington Avenue. About 9/10 of a mile from current Route 22 up to Washington Rock. A large group of workers accomplished this in much less in a month in the coldest month of the year. Now would be a three year project.

Then Mr. Johnston started a second stagecoach run from the Dunellen train station up to the resort hotel.

His concept was simple. Get the passengers to pay the extra fare from Plainfield to Dunellen. The stagecoach fare from Plainfield was 25 cents to the hotel but only 10 cents from Dunellen.

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# New FDA Approved Treatment Proven to Relieve Knee Pain

**TREATMENT COVERED BY MOST MAJOR HEALTH INSURANCE PLANS – INCLUDING MEDICARE**

*Did you know that over 100 million Americans suffer from knee and joint pain? In fact, this pain accounts for one fourth of all visits to primary care physicians and half of all anti-inflammatory drug prescriptions. If you suffer from any degree of knee or joint pain, Drs. Mejia & Spiaggia of Performance Rehabilitation & Integrated Medicine personally invite you to regain control of your life by scheduling a FREE step one consultation with their staff. Call now. You deserve to live pain free!*

## Who is a good candidate for this treatment?

- Have you been diagnosed with osteoarthritis?
- Do you wake up with knee, shoulder, or joint pain?
- Does your knee, shoulder, or joint pain keep you from certain activities?
- Have you been told you need a knee replacement?
- Are you active and sometimes suffer from sore knees or joints?
- Do you take medications for knee or joint pain?
- Do you have difficulty going up and down stairs due to knee pain?
- Are you considering surgery to alleviate knee pain?
- Does your knee ever feel like it is "giving out" or unstable?
- Has a recent car accident caused you a knee or joint injury?

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

## Is surgery the answer?

If you have knee pain and are worried, concerned, or afraid of the possibility of surgery, you're not alone. Most likely, you've heard stories about knee surgery and the outcome not being good. You may also know someone who had surgery and their knee was never the

same. You don't want the next unnecessary and preventable knee surgery story to be about you, but the pain is not going away and your life is being altered because of it. You may have tried getting information on the Internet about the best course of action for you to take, but there's so much conflicting advice that you're scratching your head about who you can believe and trust. If you are considering surgery, you owe it to yourself to schedule a FREE step one consultation with Performance Rehabilitation & Integrated Medicine first.

## What else is available to treat knee pain?

Drs. Mejia & Spiaggia and their staff have taken years to carefully develop a customized treatment program for those suffering with knee and joint pain. This new treatment protocol utilizes the latest high-tech FDA approved solution available combined with cold laser technology, physical therapy, acupuncture and joint stabilization. The patient's lifestyle is also taken into consideration as stretches, exercising, and lifestyle skills are taught for a lifelong approach to relieving pain.

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## What are patients saying?

*"My life has changed for the the better since treatment. I no longer take medication or have down days where I just cannot get out of bed because of the pain. I've started riding my bike again with my husband and he is more happy because he has his riding partner back."*

– Vicki M.

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— Ron Spiaggia, DC  
- Clinic Director

Joseph Mejia, DO, F.A.A.P.M. & R.  
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## GREEN BROOK GIRL SCOUTS VOLUNTEER FOR BEACH SWEEPS

On Saturday, October 25, Green Brook Girl Scout Troop 65023 volunteered for the Clean Ocean Action Beach Sweep in Belmar. The girls assisted in cleaning up the shoreline post season. The NJ Beach Sweep is held twice a year at several beach points throughout the State and is 100% volunteer driven.



(above, l-r) Girl Scouts Jada R., Keira L., Gianna D., Andrea Y., and Kaitlin Z.

## 4TH GRADERS SHOW SCHOOL SPIRIT AND PRIDE

In 2004, Mr. Armand Lamberti, principal at Irene E. Feldkirchner Elementary School (IEF), composed a school song in order to promote school spirit and pride.

Recently, Mr. Lamberti formed a group of 4th grade singers with whom he will work throughout the school year in "glee club" fashion. Earlier this month, The IEF Fourth

Grade Singers and Mr. Lamberti had the IEF School Song and My Country Tis of Thee recorded and posted on the IEF website.

The IEF Fourth Grade Singers will perform at a number of school functions throughout the school year including: assemblies, Grandparents' Day, Principal Storytime and the IEF Curriculum Fair to name a few.



(above) Mr. Lamberti and the IEF School 4th Grade Singers perform the school song

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

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<b>Lunch 11am - 3:30pm</b>	<b>Dinner 3:30pm - 9:30pm</b>
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## WAY TO GO MRS. KOWAL AND MS. PATANE!

Two fifth grade co-teachers in Green Brook Middle School were recognized this month by the New Jersey State Department of Education as Exemplary Elementary School Teachers. Mrs. Michelle Kowal and Miss Kristi Patane were nominated last April by Ms. Linda Pollard, Green Brook Middle School Principal and Dr. Richard Labbe, Superintendent. They were required to complete a very comprehensive application process which included several recommendations and data on student growth and progress.

The State writes that after a rigorous selection process, this educator has been chosen as a 2014 New Jersey Exemplary Elementary Educator...She has demonstrated exceptional teaching and leadership abilities. In addition, this exemplary educator has had a positive impact on students, colleagues, and the school community.

This recognition program acknowledges elementary classroom teachers who have demonstrated exceptional educational talent as evidenced by effective instructional practices and student learning results in the classroom and school, who have exemplary educational



(above, l-r) Fifth grade teachers,  
Michelle Kowal and Kristi Patane

accomplishments beyond the classroom that provide models of excellence for the profession, offer strong, long-range potential for professional and policy leadership and have an engaging and inspiring presence that motivates and impacts students, colleagues, and the community.

The GBMS administration and faculty are so proud of their accomplishments and contributions to the Green Brook Middle School Community. Way to go, Ms. Patane and Mrs. Kowal!!!

## AUTHOR VISITS GREEN BROOK MIDDLE SCHOOL

On Tuesday, November 11th, author Wendy Mass spent the day with the students of Green Brook Middle School. In her presentation to the students, Ms. Mass provided tips for writing powerful stories and shared the challenges of creating her first book. One of the highlights of the program was when Ms. Mass invited several students up on stage to unroll her many rejection letters received from her attempts at finding a publisher for her first book. "I am not showing these to deter you from writing," she explained, "but to show you that persistence pays off. You can do anything if you just keep at it."

Ms. Mass also signed books and ate lunch with several students while she answered their questions about writing and publishing. "It was

a great experience for the students to meet one of their favorite authors. Students don't always picture authors as real people, and it was wonderful to see them having serious conversations about writing with Wendy. Some students even gave her suggestions for a sequel she is writing to her popular book *The Candymakers*," said Mrs. Laura Philip, GBMS Media Specialist.

Ms. Mass is a New York Times best-selling author who has written over 15 books for young adults. Her books have been translated into 15 different languages, and have won several state book awards. Her visit to Green Brook Middle School was made possible by a generous grant from the Green Brook PTO.



(above, l-r) Jagdeep Bhatia, Zachary Bokhari, Dhruv Gupta, Mr. Tristan Miller, Meghan Fitzpatrick, Kylie Buckle, Andrew Hom, Jacqueline Mills, Janet Liu, Jordan Lippit, Anjali Kapadia, Ashley Kreis, Morgan Kyer, Brianna Robinson, Caroline Geib, Gilliana Sabangan, Rhea Kalyanpur, Shefali Sahay, Clare Beck, Sophia Patti, Kaylee Spiteri, Anu Chandrashekar, Author Wendy Mass, GBMS Media Specialist Laura Philip

# STUDENTS UNITE AGAINST BULLYING

By Denis J. Kelly

Students and staff of Watchung Hills Regional High School wore orange on Wednesday, Oct. 22, to show support for Unite Against Bullying Day 2014, a national effort to show support for victims of bullying.

Go to [www.pacer.org/bullying/nbpm/unity-day.asp](http://www.pacer.org/bullying/nbpm/unity-day.asp) for info about Unite Against Bullying.

The National Bullying Prevention effort, Unite Against Bullying Day, was started by PACER, a Minnesota organization founded in 1977 by parents of children with disabilities. The organization has as its mission to improve

the lives of children with disabilities. In 2011, PACER advocates were invited to participate in the White House Conference on Bullying Prevention.

The Bullying Prevention Center is recommending schools, organizations, and individuals show support for Unite Against Bullying by wearing orange apparel, creating and displaying orange banners, displaying orange unity ribbons, putting on orange socks, headbands, and ties, and sharing active support on social media.

# ROTARY PROMOTES YOUTH LITERACY

Each year, the Dunellen-Green Brook Rotary Club gives dictionaries to local third-grade students at John P. Faber School in Dunellen. This event is designed to promote literacy in our youth.

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 Fire Company, Dunellen Rescue Squad, Dunellen Public Library, boy scouts, little league 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](http://www.dunellengreenbrookrotary.org), or call Club President Joe Spera at 732-522-6732.

# WHRHS WINS TWO SCIENCE EDUCATION GRANTS



(left) Representatives from Watchung Hills Regional High School received two BASF science education grants totaling \$10,000 during a reception at the company's Florham Park headquarters. (l-r) are Derek Fairclough, Senior Vice President, Ecology/Safety, BASF Corporation; Peter Ponzio, Teacher and Robotics Advisor; Elizabeth Jewett, Superintendent and John Mahoney, Vice President, Accounting & Reporting, BASF Corporation



(above, l-r) Rotarians Theresa Talian, Third Grade teacher Janice Kipnis, Rotarians Joan Henry, Dale Granberg and William Robins

# RENNA MEDIA NAMED 2015 SMALL BUSINESS OF THE YEAR

The Gateway Regional Chamber of Commerce is the largest business association in the New York Metropolitan area with about 1,200 members. The group's long history dates back to 1911 when it was founded as the Elizabeth Chamber of Commerce by John D. Rockefeller and other New Jersey industrialists.

Each year the Chamber selects three businesses as their large, medium and small businesses of the year. They have selected Renna Media as the small business of the year for 2015. The honor of large company of the year goes to Linden petroleum company Infineum USA L.P. and Summit investment firm R Sealaus & Co. was named as the medium company of the year. The Linden Chamber of Commerce was named the Chamber of the Year.

Joe and Tina Renna were nominated and selected not only for the success of their business but the community service aspect of their business plan. Renna Media publishes twelve community newspapers that are mailed free to 58,000 homes and businesses on a monthly basis. The focus of the newspapers is to support the community service organizations in the towns that they publish in. Non-profits can promote events at no charge. The publications also recognize individuals and businesses that perform community service. The newspapers also serve as a calendar of upcoming events for the towns, schools, and libraries.

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<b>The PRIDE of North Plainfield NJ</b> Qty: 6,500 Mailed to every home and business in North Plainfield 07060 zip code.	<b>Green Brook NJ Gazette</b> Qty: 3,000 Mailed to every home and business in Green Brook.	<b>Dunellen Express NJ</b> Qty: 3,000 Mailed to every home and business in Dunellen.

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**\$5<sup>99</sup> lb**

GRB12

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

**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  
Imported Ham**

**\$6<sup>99</sup> lb**



GRB12

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 1/15/15.

**COUPON**

**Fresh Mozzarella**

**\$5<sup>99</sup> lb**



GRB12

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 1/15/15.

**COUPON**

**\$2.00 OFF  
your purchase of  
\$20.00 OR MORE**



GRB12

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



**FRUIT & GIFT  
BASKETS  
MADE TO  
ORDER!**

**ORDER  
YOURS TODAY!**

**HOLIDAY ITEMS  
NOW IN STOCK!**

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

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

