

# Dunellen Express

**NJ**

MAILED FREE TO EVERY HOME AND BUSINESS IN DUNELLEN, NJ

Published by Renna Media, LLC. On-line at [RennaMedia.com](http://RennaMedia.com)

**ISSUE 7 • MARCH 2014**

Boy Scouts of America's Venturing Crew 119 and American Legion Post 119 are hosting a **CLOTHING DRIVE SATURDAY APRIL 26 AND SUNDAY APRIL 27** at the American Legion Post 137 New Market Rd, Dunellen

## TWO 2014 US NATIONAL TABLE TENNIS TEAM MEMBERS HAIL FROM DUNELLEN TRAINING CENTER

The Lily Yip Table Tennis Center in Dunellen, New Jersey, is a International Table Tennis Federation Hotspot. Coaches and former US Team members Adam Hugh, Judy Hugh, 2013 National Men Singles Runner Up Cory Eider and 2013 Junior Champion Tina Lin competed in the 2014 National Team tryouts in Fort Worth Texas on March 7 to 9 to qualify for the US National Table Tennis Team.

Both Adam and Judy are from Warren and are graduates of Watchung Hills Regional High School. Aden finished Men's second place and Judy was Women's fifth place. Adam graduated Princeton University and is working full time in the financial industry. Even though Adam has not trained consistently for many years, but because of his great passion, fighting spirit and the great fundamentals he developed when he was young, he was able to put it all together and qualify for the Men's Team. His mother Lily Yip is a two time US Olympian and was able to teach him and guide him to this top level where he is competitive with the best in the country. Every year many Table Tennis athletes are accepted into highly prestigious Ivy League Colleges.

Lily Yip coaches at the center located in Dunellen, which is open 7

days a week and only costs \$220 per year for kids. The center gives back to their members by making available free group training on Wednesdays from 8PM to 9PM. Lily Yip is also the US National Junior Girls Team Coach.



## RARITAN VALLEY LINE - WEEKDAYS TO & FROM NEW YORK - DIRECT!

Raritan Valley Line Rail began operating its new one seat ride service on March 3rd. The service is available Monday – Friday on eastbound trains starting from either High Bridge or Raritan train stations and arriving at Penn Station New York between the hours of 10:09 a.m. – 2:13 p.m.

One seat ride train service operating westbound from New York Penn Station will terminate at either Raritan or High Bridge train stations and will leave New York Penn Station between the hours of 10:44 a.m. – 2:39 p.m.

*To New York*

*From New York*

Departing from:	NY 5126 A.M.	NY 5170 A.M.	NY 5132 A.M.	NY 5134 P.M.	NY 5176 P.M.
High Bridge		9.18			12.18
Annandale		9.22			12.22
Lebanon		9.26			12.26
White House		9.32			12.32
North Branch		9.39			12.39
RARITAN	8.43	9.48	10.47	11.47	12.48
Somerville	8.46	9.51	10.50	11.50	12.51
Bridgewater	8.51	9.56	10.55	11.55	12.56
Bound Brook	8.54	9.59	10.58	11.58	12.59
Dunellen	9.00	10.05	11.05	12.05	1.05
Plainfield	9.05	10.10	11.10	12.10	1.10
Netherwood	9.08	10.13	11.14	12.14	1.13
Fanwood	9.12	10.16	11.18	12.18	1.16
Westfield	9.16	10.21	11.23	12.23	1.21
Garwood	9.20				1.24
Cranford	9.23	10.26	11.28	12.28	1.28
Roselle Park	9.29	10.31	11.34	12.34	1.33
Union Station	9.33	10.35	11.38	12.38	1.38
NEWARK	9.45	10.44	11.50	12.47	1.49
NEWARK	↓	↓	↓	↓	↓
NEW YORK	10.09	11.10	12.12	1.12	2.13

Departing from:	NY 5121 A.M.	NY 5123 A.M.	NY 5175 P.M.	NY 5127 P.M.	NY 5179 P.M.
NEW YORK	10.44	11.49	12.49	1.47	2.39
NEWARK	↓	↓	↓	↓	↓
NEWARK	11.06	12.08	1.08	2.06	3.01
Union Station	11.15	12.17	1.17	2.15	3.10
Roselle Park	11.18	12.20	1.20	2.18	3.13
Cranford	11.23	12.25	1.25	2.23	3.18
Garwood				2.26	3.21
Westfield	11.27	12.29	1.29	2.29	3.24
Fanwood	11.32	12.34	1.34	2.34	3.28
Netherwood	11.35	12.37	1.37	2.37	3.31
Plainfield	11.38	12.40	1.40	2.41	3.35
Dunellen	11.43	12.45	1.45	2.46	3.40
Bound Brook	11.49	12.51	1.51	2.51	3.45
Bridgewater	L 11.52	L 12.54	1.54	L 2.54	3.48
Somerville	L 11.57	L 12.59	1.59	L 3.00	3.53
RARITAN	12.11	1.12	2.02	3.12	3.56
North Branch			L 2.09		L 4.02
White House			L 2.16		L 4.09
Lebanon			L 2.22		L 4.15
Annandale			L 2.27		L 4.20
High Bridge			2.41		4.25

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Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

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Renna Media welcomes the comments and concerns of its readers put into writing and sent via fax or email to:

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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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DUNELLEN-GREEN BROOK ROTARY CLUB & UNFORGETTABLE AUTOS OF MID-JERSEY INC. Presents our 27th Annual Antique-Custom Car & Motorcycle Show Skinner Plaza at the Dunellen Train Station, Dunellen NJ <http://clubs.hemmings.com/unforgettablemj>

**\*\*\*Sunday, JUNE 8, 2014\*\*\***  
 10:00 am to 4:00 p.m.  
 Field Opens at 9:00 am\* Rain Date: June 22, 2014

Pre-registration by mail: \$10.00 per vehicle Registration day of show: \$20.00 per vehicle  
 Pre-registration by May 30, 2013  
 Vendor Spaces: \$25.00 per space Model Car Contest: No Fee

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- \* Peoples Choice Trophy
- \* Rotary President's Trophy
- \* Mayor's Trophy

**\*\* Food Stand Open All Day \*\***

**Several Sponsorship Opportunities are available. Call for details**

**If Bad Weather Call (732) 735-1790. If No Answer, Show is On!**  
 Call for details: Daytime - Miles Upholstery (732) 752-1551  
 Evenings Only - Rich Kline 732-752-2114  
 or e-mail us at [unforgettablemj@yahoo.com](mailto:unforgettablemj@yahoo.com)

Make check payable to: Dunellen-Green Brook Rotary **MAIL TO:** The Unforgettable Autos of Mid-Jersey Inc. P.O. Box 423 Dunellen, NJ 08812-0423

Name: \_\_\_\_\_  
 Club Affiliation: \_\_\_\_\_ Phone: \_\_\_\_\_  
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 Make of Car: \_\_\_\_\_ Model: \_\_\_\_\_ Body Style \_\_\_\_\_ Year \_\_\_\_\_  
 Enclosed find \$\_\_\_\_\_ for Swap Meet Space / Model Car - Yes No Email Address: \_\_\_\_\_  
 Enclosed find \$\_\_\_\_\_ for Vehicle and \_\_\_\_\_ people. I release Dunellen-Green Brook Rotary Club and the Unforgettable Autos of Mid-Jersey Inc. from any responsibilities for any injuries, accidents, damage or theft which may occur to myself or my vehicle at this event. I will be responsible for all persons entering this event with me. I will adhere to all rules and regulations set forth by the Show Committee while at this event. If I am under 21, a parent or legal guardian has also signed this form.

Parent or Guardian Signature Date

Copies courtesy of **THE PROVIDENT BANK**

# 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 spinal 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.

## FREE No Obligation 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 questionnaires, 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)

**CALL TODAY TO SCHEDULE YOUR FREE STEP ONE CONSULTATION**



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## LIBRARY PROGRAMS

100 New Market Road, Dunellen, NJ 08812 • 732-968-4585 • [www.dunellenlibrary.org](http://www.dunellenlibrary.org)

### ADULT PROGRAMS

- Monday, April 7 at 1:00 - Crochet Club
- Monday, April 21 at 7:00
- Friends of the Dunellen Library Meeting
- Wednesday, April 23 at 6:30
- Dunellen Historical Society Meeting
- Thursday, April 24 at 1:45
- Book Discussion Group -

The book chosen for discussion at the April meeting is "The Lowland" by Jhumpa Lahiri. New members are always welcome.

### "MOVIES AT THE LIBRARY" -

- Friday, April 11 at 1:00 - "The Manchurian Candidate"
- Wednesday, April 16 at 1:00 - "The Book Thief"
- Friday, April 25 at 1:00 - "Funny Face"
- Friday, May 9 at 1:00 - "Tootsie"
- Wednesday, May 14 at 1:00
- "The Secret Life of Walter Mitty"
- Friday, May 13 at 1:00 - "Great Expectations"

### ONGOING PROGRAMS

#### IMAGINATION STATION

- story time for children ages 3-6.

We offer two time slots for your convenience. The Thursday story time is a repeat of Wednesday not a different activity.

**Wednesdays 3:30 pm / Thursdays 10:30 am**  
**MOTHER GOOSE**

interactive music program for children 0-5 with a parent or adult caregiver. We offer two time slots for your convenience. The Thursday story time is a repeat of Wednesday not a different activity.

**Wednesdays 4:15 pm / Thursdays 11:15 am**

All programs require registration except Baby Buddies, Mother Goose and Imagination Station.

### CHILDREN

**4/3 / 4:00 / 3+ - AROUND THE WORLD**

Stories and activities with an international theme

**4/4 / 12:30 / 0-3 - BABY BUDDIES**

Playgroup for babies with an adult caregiver

**4/4 / 4:00 / 3+ - RAINBOW DAY**

Interactive music program for children 0-5

with a parent or adult caregiver

**4/11 / 4:00 / 3+ - EASTER BUNNY CRAFT**

**4/12 / 12:30 / 3+ - KID'S CAFÉ: SPRING FOOD CRAFT**

Children must be allergy free to attend this program.

**4/14 / 4:00 / K+ - BOYS CLUB**

Activities and games for boys

**4/15 / 11:00 / Ages 2+ - CRAFTING TOGETHER**

Read a story and make a craft together. Children should be able to focus on a task with adult assistance. Children need to be accompanied by a parent or adult caregiver

**4/16 / 3:30 / K+ - MARIO KART**

**4/17 / 4:00 / Grade 2+ - Poem in Your Pocket Day**

Celebrating the art of poetry for kids

**4/21 / 4:00 / K+ - GIRLS CLUB**

Activities and games for girls

**4/22 / 4:00 / 3+ - JELLY BEAN DAY**

Children must be allergy free to attend this program.

**4/25 / 4:00 / 3+ - FROG DAY**

Stories and activities all about frogs

**4/28 / 4:00 / 3+ - SMELL A STORY DAY**

Learn about your sense of smell and enjoy an interactive story with "scents".

**4/29 / 3:30 / 3+ - LOONEY TUNES HOUR**

An hour of looney tunes cartoons.

## BOARD OF TRUSTEES MEETINGS FOR 2014

April 16 / May 21 / June 11 / September 17

October 15 / November 19 / December 17

Meetings are on Wednesday evenings in the library meeting room and begin at 7:00 pm.

All are invited to attend.

## DHS BAND PARENT ASSOCIATION ANNUAL PLANT SALE IS BACK!

Spring is almost here, which means it is time for the Dunellen Band Parents Annual Plant Sale. Flowers, veggies, herbs, hanging baskets and combo terra tubs with annuals are available. Order forms can be picked up at the Dunellen Library. Forms and payment should be dropped off or mailed by April 9 to 416 Fairview Avenue, Dunellen. Checks should be made payable to DHS Band Parent Association. Order pickup is on Saturday, May 3 from 2:00 p.m. to 6:00 p.m., just in time for Mother's Day.

The Dunellen Band Parent Association provides support to all bands at Lincoln Middle School and Dunellen High School, as well as offering scholarship opportunities for graduating senior band members. For questions or information, contact Dawn at 908-279-9662 or Denise at 908-963-0535.

## BOY SCOUTS AMERICAN LEGION TO HOST CLOTHING DRIVE

Spring is FINALLY on its way! It's time to de-clutter your closets, attic, basement and garage! BUT - Don't throw it away - Donate those unwanted clothes, accessories, toys and household items!

Boy Scouts of America's Venturing Crew 119 and American Legion Post 119 are hosting a Clothing Drive on Saturday, April 26 and Sunday, April 27 at the American Legion Post 119, located at 137 New Market Rd, Dunellen.

We accept all clothing and accessories - coats, shoes, hats, scarves, gloves, handbags, backpacks, and belts. Kids' stuff - Soft and hard

toys (smaller than 2 ft x 2ft), games, stuffed animals, and dolls. Fabric Household items bedding, towels, draperies, curtains, table covers, etc. NO books, CDs, DVDs, electronics, appliances, outdoor toys or furniture accepted.

All donated tax deductible items must be secured in sturdy tied 13 gallon plastic garbage bags. Scouts will accept bagged donations on Saturday, April 26 between 10 am - 3 pm and Sunday April 27 from 11 am to 3 pm.

Tax deductible receipts are available upon request. For more information, call the post at 732-968-9899.

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## Hundreds of Cars Marked Down to Clear Inventory

**North Plainfield, NJ-** Global Auto Mall, a well-known local automotive sales dealer, has more than just snow piling up. The recent rough weather has left them with a huge surplus of brand new cars, trucks, SUVs that need to be sold. A Snow Emergency Sales Event is being held to clear out their inventory to make room for new shipments.

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."

**CREDIT  
PROBLEMS  
ARE NEVER A  
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](http://www.globalautomall.com).

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5,000 mailed to homes & businesses.  
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### Zone 2 = 25,000 Printed and Mailed



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**Qty: 6,500**

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**Qty: 3,000**

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**Qty: 3,000**

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<b>4 Units</b>	6.5" x 4"	\$180	\$160	<b>\$450</b>	<b>\$700</b>	<b>\$950</b>	<b>\$1100</b>
<b>6 Units</b>	10" x 4"	\$240	\$210	<b>\$600</b>	<b>\$900</b>	<b>\$1250</b>	<b>\$1400</b>
<b>9 HALF PAGE</b>	10" x 6"	\$320	\$280	<b>\$750</b>	<b>\$1000</b>	<b>\$1350</b>	<b>\$1500</b>
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# MCAULIFFE AND CHESS TEAM TIES FOR FIRST IN WORLD TOURNAMENT

Geoff McAuliffe of Dunellen plays third board on the The Kenilworth Chess Club Niners. The team tied for 1st among U1900 teams at the World Amateur Team Championship, duplicating their 2013 result.

Since 2007 the tournament has grown in size and is now the biggest amateur team tournament in the world, about 1,300 players and almost 300 four-player teams participate. The tournament was recognized by the World Chess Federation (FIDE) as a world championship.

The average of all four players is used to determine the team average. Aside from the overall open winner, prizes are awarded for each 100 rating level from under 1000 to U2100. All teams must enter with an average rating of under 2200.

Each team plays six times over a three day period. The Kenilworth team lost just 4 games out of the 24 they played in the tournament held in Parsippany, NJ over the President's Day weekend. They did not suffer a single defeat in the last 3 rounds.

Life Master Mark Kernighan led the way on board one by drawing GM Larry Kauffman in the opening round and winning his last 5 games. Third board Greg Tomkovich and alternate Dan Komunicky also turned-in plus scores. Second board John Moldovan struggled in rounds 3 and 5 but nicked FM Allan Savage for a draw on Saturday afternoon and finished at 50%. Fourth board Geoff McAuliffe also finished with an even score.

In the Open category the team lead by




(above, standing, l-r) The Kenilworth Chess Club Niners with ratings, Dan Komunicky (1475) and Greg Tomkovich (1671). (seated, l-r) LM Mark Kernighan (2251) and John Moldovan (1816).

(right) Dunellen resident Geoff McAuliffe.



Kenilworth Chess Club member Steve Stoyko which included club member Scott Massey tied for fourth place overall.

Established in 1972, the Kenilworth Chess Club is a fun and active club with both beginner and master chess players. The Club meets every Thursday night beginning at 8:00 p.m. in the Recreation building at 575 Kenilworth Boulevard in Kenilworth, NJ. Enter through the rear door. All are welcome, membership is not required to play and chess lessons are available.



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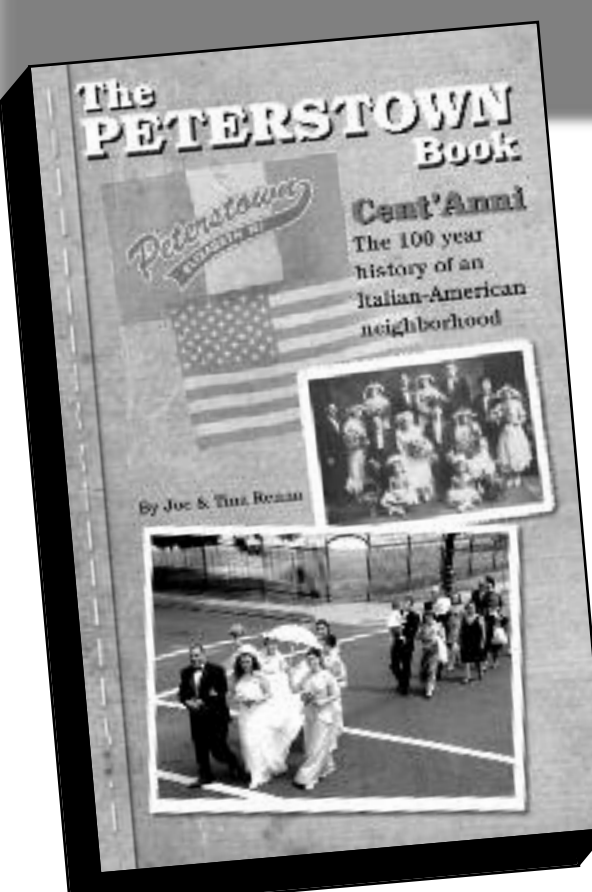
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