

Green Brook Gazette

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

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ISSUE 7 • MARCH 2014

Green Brook Cultural Heritage and Historic Preservation Committee and The Green Brook Historical Society meeting:

3RD THURSDAY OF EACH MONTH 7:30 pm

GREEN BROOK TOWN HALL
111 Greenbrook Rd
Green Brook, NJ
WE ARE ALWAYS LOOKING FOR PEOPLE INTERESTED IN HISTORY AND CULTURE, TO JOIN OUR GROUP, AS A GUEST OR MEMBER!

2014 COMMITTEE ON ELDER AFFAIRS BOARD OF DIRECTORS

The Committee on Elder Affairs swore in their officers for 2014. Green Brook Township has a senior center that is open daily from 8:00am until 5:00pm. There are activities going on every day.

The Senior Center acts as a community resource to other services for Green Brook Township Senior Citizens. The Senior Center is a central location where one can receive the benefit of lunch, recreation, and promotion of health and wellness.

The purpose of this center is to prevent isolation and encourage socialization. You can catch up on all of the news and just relax with your friends.

The center is located at Rock Ave. Meetings are held on the third Thursday of each month.

(right, l-r) The Green Brook Seniors Board of Directors recently swore in their officers for 2014: Ethel Nardone, Treasurer; Joan Grover, Vice President; Mary Baker, 2nd Vice President; Evelyn Kassuf, President; and Anthony Buontempo, Greenbrook Township administration representative.



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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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SAVE THE DATE! APRIL 26TH

the Green Brook PBA & Green Brook Fire & EMS will be having a

CASINO NIGHT

GREEN BROOK FIRE HOUSE

Green Brook Rd

TICKETS WILL BE \$40.00

See any Green Brook Fire & EMS Member

of Green Brook Police Officer for tickets.

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.



WATCHUNG HILLS POP WARNER FOOTBALL & CHEER REGISTRATION OPEN

Watchung Hills Pop Warner 2014 Football & Cheerleading Season is open for registration. To register and learn more about the program, please visit www.whpw.org

The program comprise children ages 5 to 15 years old who reside in Warren Township, Watchung, Long Hill Township, Bernards Township, Berkeley Heights and New Providence. Teams are organized by strict age and weight requirements ensuring a safe and level playing field for all.

Practice and scheduled games are held at: 101 Old Stirling Road, Warren NJ 07059. The state-of-the-art complex includes a FieldTurf playing surface, strength and conditioning facility and field house designed with film and locker rooms. Rutgers Certification is required for all football and cheerleading coaches and staff who throughout the year will host instructional development clinics for registered participants. Watchung Hills dedicated coaches and staff along with the hard work and talent of their

youth has allowed both the cheer and football program to participate in the National Pop Warner Super Bowl competition held in Orlando, Florida.

The Association completed an incredible 2013 season! The Jr. Midget Cheer placed 1st in the Jersey Valley Conference, they are Garden State Champions and finished the season 3rd place in the Eastern Region Conference. The Midget Cheer team is 1st place in the Jersey Valley Conference and they finished 3rd place in the Eastern Region Conference. The Wolverines Jr. Pee Football team became Jersey Valley Conference finalist and entered the Garden State playoff games. The Pee Wee football team finished the season successfully as Jersey Valley Champions and the Jr. Midget football team became Jersey Valley Conference and Garden State Champions. The team extended their season and advanced to the 3rd round of the Eastern Region Conference.

Impacting local youths for nearly 41 years Watchung Hills Pop Warner is a non-profit organization under the umbrella of the National Pop Warner Little Scholars, Inc. (PWLS) consists of approximately 425, 000 youth ranging from ages 5 to 16 years old. The non-profit organization was established in 1929 and it provides a platform for football, cheer and dance programs for 42 states and several countries around the world. The programs philosophy has been that athletics and scholastics go hand in hand. At every level, Pop Warner programs seeks to develop well-rounded young boys and girls who learn not only the fundamentals of football, cheerleading, and dance but also the importance of education in an atmosphere conducive to developing sound character while having a good time

FOR MORE INFORMATION AND TO REGISTER TO BECOME A PART OF THE POP WARNER FAMILY PLEASE VISIT WWW.WHPW.ORG

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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 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, FA.A.P.M.&R. (Medical Director)

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NINE NAMED TO WATCHUNG HILLS HIGH SCHOOL HALL OF FAME By Eleanor Mathews

Nine persons have been named to Watchung Hills Regional High School's Hall of Fame. They will be inducted on the evening of Friday, May 9, at 7:00 p.m. in the school's auditorium. Now in its seventh year, the Watchung Hills Regional High School Hall of Fame seeks to honor alumni who have achieved distinction in their fields and others who have served the school with dedication as teachers, coaches, and

Board of Education members. The honorees are selected from nominations made by members of the community; they represent a variety of professions. Named to the Watchung Hills Regional High School Hall of Fame, Class of 2014, are the following:

William Apgar, distinguished public servant, served as mayor of Warren Township, recipient of New Jersey and U.S. Army awards and commendations, including the U.S. Army Legion of Merit.

Carol Comune, classical pianist and composer, recording artist, teacher at distinguished schools of music. Mario Diez, thirty-three year supervisor of Hills PE/Health department, six years as Athletic Director; 476 wins as coach, named to NJ Scholastic Coaches Hall of Fame. Gary Di Nardo, five-time mayor of Warren Township, environmentalist, public servant. Edna D'Elia, established Child Development curriculum and set up the Watchung Hills nursery school program for the benefit of both high school students interested in pre-school teaching and district children. Roy Kortman, twentieth year as head softball coach, with career record of 535-443-2, at a Division I school (Long Island University), honored as Northeast Conference Coach of the year seven times. Christopher Lenzo, in 2013 named Lawyer of the Year in the field of Employment

Law-Individuals for the Newark Metropolitan area, and included in Best Lawyers in America since 2006 in the practice area of labor and employment law; author, lecturer in his field. Brian Penn, outstanding runner who led Hills to its first State championship race in 1974, a record held for more than 30 years, a legendary figure in Hills track and cross-country. Nicholas Yonezuka, named to 1980 Men's Judo Olympic Team at age 16; US National Judo Champ five times; 1986 Medal winner in Dutch Open Tournament; 1986 Bronze Medalist in Dutch Open Tournament; US Olympic Trial Gold Medalist in 1980 and 1984.

The Hall of Fame was initiated in 2008 as part of the fiftieth anniversary commemoration of the opening of Watchung Hills. It was viewed as a timely way to celebrate those who have served or brought honor to the school through their efforts and achievements. Hall of Fame members are selected from among nominations made by the public. The names of nominees not selected for a specified year are retained for future consideration.

Hall of Famers are commemorated by plaques which are mounted in the atrium. Friends and supporters of the nominees are invited to sponsor a plaque (\$250.00). For further information, please contact Vice Principal Terrence MacConnell at 647-4800 Ext. 6975.

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HARSH WINTER WEATHER LEAVES LOCAL AUTO DEALER OVERSTOCKED

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.

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



Qty: 6,000
4,600 mailed to homes and businesses.
1,400 dropped at distribution points.



Qty: 5,000
4,000 mailed to homes and businesses.
1,000 dropped at distribution points.



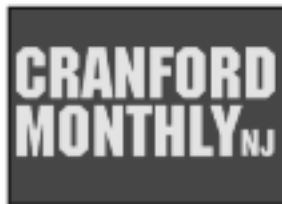
Qty: 3,500
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500 dropped at distribution points.



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WARRENBROOK SENIOR CENTER APRIL SPECIAL EVENTS

Tuesday, April 1 ~ 11:45 am

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.

Monday, April 14 ~ 10:30 am

Creative Notions, Art of the Master Program - 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 unlimited attendance.

Art project has a 16 person maximum - Advance registration for art project is required.

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

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 at 11:45 a.m. and the demonstration will be held at 12:45 p.m. A suggested lunch donation of \$2 is recommended for individuals age 60 and above. The cost of lunch for those under age 60 is \$6.75.

Somerset County senior centers offer a wide range of experiences designed for lifelong enrichment in a social and uplifting atmosphere, intended to positively impact overall health. Many of these programs are funded, in part, through the Older Americans Act.

For more information or to register, contact Manager Gwen Chalker, Warrenbrook Senior Center, at (908) 753-9440.

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Available Thursday
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Not to be combined with other offer. Offers good thru 4/21/14.

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