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Published by Renna Media, LLC. On-line at RennaMedia.com

ISSUE 49 • OCTOBER 2017

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“JOURNEY THROUGH THE PAST” WITH GREEN BROOK HISTORICAL SOCIETY

Submitted by the Green Brook Historical Society

Well, it's October and the leaves are turning lovely colors, and we are preparing again for Somerset County's 12th annual Journey Through the Past event.

For this year's there will be 29 historic sites open on the weekend of October 14 and 15. Many are open only periodically throughout the year. All are free of charge. This is an excellent opportunity for a family to learn a little about our county and the history that made us what we are today.

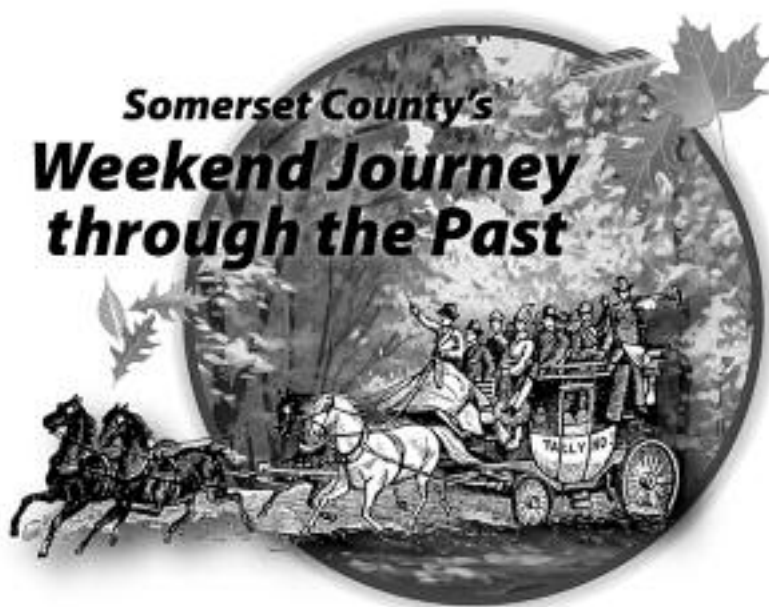
The weekend hours for the 14th and 15th event are from 10 a.m. until 5 p.m. on Saturday and 12 p.m. until 4 p.m. on Sunday. Site maps and booklets can be picked up at whatever site you choose to visit first. We suggest that once you have the booklet you pick out three or four to visit each day. That and using the driving map will give you an efficient and full experience.

In Green Brook we will present Washington Rock. Members will explain how important this lookout was in June and July of 1777 by allowing General George Washington to watch the movement of the British troops from Amboy and New Brunswick. And the feat the British attempted to capture our Capitol of Philadelphia. Luckily General George did not come down from the mountain to take the bait. On a clear day one can see the skyscrapers of Manhattan 26 miles distant and the Atlantic Highlands 31 miles away where, with telescopes, the tops of the British high-masted sailing ships could be seen in Sandy Hook Harbor.

We are also highlighting the Dr. John Vermeule House on Rock Avenue. Since the house is still undergoing renovation, interior access will be limited. However, we shall tell you about the Doctor in the early 1800's and the history of the house and those that have occupied it. There will be artifacts from the various time periods on display.

The weekend of October 14 and 15 is also a chance to visit our neighbors, including The Texier House Museum, which is located on the Watchung Circle. Here you can learn about the glove magnate who resided there as well as the general history of the Watchung area. In Warren, at the Codington Farmstead you can learn the story of a brother and sister and see wonderful antiques dating back over the last century. Also located in Warren are the Kirch-Ford-Terrill House and the nearby Mt. Bethel Meeting House.

Come and enjoy learning more about the area's history. More information about this event, including a list of all 29



participating historic sites throughout Somerset County, a guide book, and map, can be found on the Somerset County website at www.co.somerset.nj.us.

The Green Brook Cultural Heritage and Historic Preservation Committee and The Green Brook Historical Society meet the third Thursday of each month at 7:30 p.m. at Green Brook Town Hall located at 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 a member. For more information about the Green Brook Historical Society, visit www.gbhsnj.org.

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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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Email: joerenna@rennamedia.com

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 info@rennamedia.com



Check out local photo albums at www.rennamedia.com

CHELSEA AT WARREN FUNDRAISER FOR BABY WITH RARE GENETIC ILLNESS

The Chelsea at Warren senior residence, located at 274 King George Road, raised \$2,000 to benefit a local baby with Prader-Willi Syndrome, a genetic disorder caused by an incomplete chromosome.

The "Pasta for a Purpose" fundraiser, held Thursday, September 14 at the Chelsea's new Independent Living community, offered a choice of three different pastas and side dishes for \$15 a person. Donors were invited to enjoy their dinners in the Chelsea's bistro or have it packed to go. There was also live entertainment.

Benefitting from the event is the family of four-month old Domenica Scalzo of Green Brook. Domenica requires special feedings on a strict schedule and other forms of therapy. "The funds will go directly towards Domenica's clinical needs as her family strives to provide the best quality of life for her on her journey living with Prader-Willi Syndrome," said Ashley Scalzo, Executive Director of The Chelsea and Domenica's aunt. "This tied in so perfectly with our theme for Assisted Living Week, 'Family is Forever'."

The food was prepared by chef Christine

Struniewski and served by Chelsea staffers.

More information about Prader-Willi Syndrome may be found at www.fpwr.org.



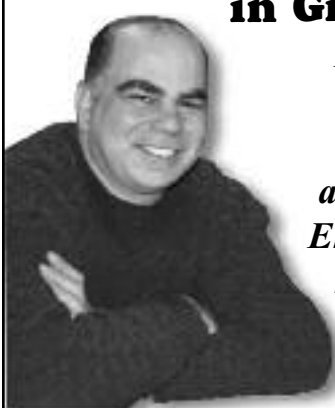
*Scalzo family of Green Brook
(above l-r): Nick Scalzo, father;
Danica Scalzo, 4, sister to Domenica;
Domenica Scalzo; Noelle Scalzo, mother.*



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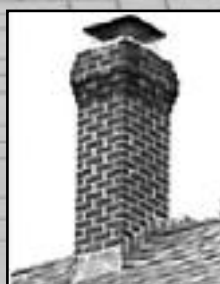
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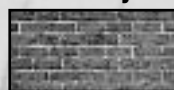
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WATCH IT!

by Jyotsna Thapar, DPM

Performing a self exam on your feet can alert you to any potential signs of skin cancer. Addressing foot melanoma early on may catch the situation in time to tackle and cure it. Detecting melanoma in its early stages is critical. The soles, around or under the toenails, and between the toes are the most common locations of foot melanoma even though they typically do not get much, if any, sun exposure. Foot melanoma usually manifests itself with a freckle, mole, or spot that changes in configuration over a period of time. The resulting change in color, diameter, elevation, or border should be reported to your podiatrist immediately since those four factors are the indicators of foot melanoma.

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FREE FOUR-WEEK FOOD TRADITION WORKSHOP

Warrenbrook Senior Center's upcoming "Preserve and Create Family Food Traditions," is a 4-week, Lunch and Learn Series. Any senior, in any town or county, is invited to attend this free series. LUNCH (11:45 am) and LEARN (1:00 pm). Advanced reservations are required by Wednesday, October 18th. Call 908-753-9440 for more information or to reserve your spot. Warrenbrook Senior Center is located at 500 Warrenville Road, Warren.

October 23, 30, November 6 & 13 – Preserve and Create Family Food Traditions, Vanessa Young, Thirsty Radish, 11:45 am. Spend time with food lovers as we explore, identify and preserve meaningful traditions. Learn ways to find cultural recipes and document food memories. Explore ways to create the traditions of tomorrow. The series will include: food cultures in the United States, role of food in our society, importance of cultural food traditions across generations, tips for preserving and sharing recipes, documenting our food histories and how to engage family members, particularly children and grandchildren, in carrying on our traditions and enjoying the family food experience.



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WHRHS TEACHERS WELCOMED BACK WITH CONVOCATION AND BBQ

Superintendent Elizabeth Jewett, Principal George Alexis and Director of Human Resources Beth Scheiderman welcomed teachers back on Tuesday, September 5, to the 2017-2018 School Year Opening Day at Watchung Hills Regional High School (WHRHS).

Following opening remarks at a Staff Convocation, the teachers were treated to a Luncheon BBQ in the south cafeteria, with burgers and hot dogs barbecued by members of the WHRHS Football Team and Touchdown Club. The teachers also attended two days of departmental meetings and breakout sessions on Sept. 5, and Wednesday, Sept. 6.

"It is truly a pleasure to be standing here in front of all of you this morning and it is my privilege to welcome you back for the 2017-2018 school year," Jewett said in addressing the school's teachers to start the speaking program at the Staff Convocation. "I truly enjoy getting to share with you all the progress we made over the summer as well as celebrate all of our district accomplishments and the role that you have played."

Highlights from the summer of preparation for this school year, Jewett said, included the kitchen expansion and modernization in the south cafeteria. This construction project was the last major project funded through the 2013 referendum. The voter-approved improvements have covered over the last several summers multiple other physical facility improvements to the WHRHS physical plant, ranging from refurbished parking lots to kitchen and bathroom upgrades and modernizations.

Other improvements this summer included the replacement of a large walk-in refrigerator in the north kitchen, replacement of the aging water boiler in the south building, replacement of ductwork in ceramics and photography rooms, remediation of sinks and fountains that had failed lead testing requirements with new fixtures and filters, and continued exterior work on the Mountain Avenue athletic field.

Jewett also listed the broad and numerous upgrades added over the summer in technology, including a website upgrade, a new 1:1 Chromebook Initiative which has provided more than 500 Chromebooks to the incoming Ninth Grade students, new teacher laptops, 11 new SMART Boards, server upgrades and more.

She also listed the numerous awards, championships, academic honors and community-based accolades earned last year by students, as well as distinctions, and ongoing academic and professional improvements pursued by faculty and staff over the summer and throughout the school year.

Among the academic achievements that stand out were the ongoing excellence by WHRHS students in Advanced Placement testing and National Merit achievement, Jewett said. The average AP Exam score last year for the 1,169 tests taken was 4.19 out of 5. Out of 68 recognized students in the class of 2018, 15 have been named National Merit Semifinalists, the most ever at Watchung Hills.

The district continues to implement the goals set out in the Board of Education adopted Strategic Plan 2015-2020. Jewett said she is excited to start the 2017-2018 school year. She also announced that WHRHS has been awarded a Bronze Certificate and an accompanying \$2,000 grant by the Sustainable Jersey for Schools program., which has been used to purchase new color-coded recycling bins.

"I look forward to an amazing year with all of you," Jewett told the staff. "Watchung Hills is truly a world-class learning community."

Human Resources Director Scheiderman introduced new staff at the opening convocation. They are: In the English Department, teachers Michelle Germinario, Sarah Sheridan, Michael Stultz, and Alicia Michalitsianos; in Math, Matthew Crawford; in Special Services, Danielle Esteves, Cynthia Sacco, and Douglas Graiver; in Guidance, Lauren Sagat and Patti Lampa; in Buildings and Grounds, Jennifer Zervopolous; in Transportation, Jannette Vega; and three student interns, Caelynn Robinson in Social Studies, Simone Waters in social work, and DeAnna LaSasso with the school psychology staff. Also welcomed back after leaves of absence are:

Nancy Suppin, Kyla Garcia, and Heather Guirguis.

Teachers recognized at the Staff Convocation for 25, 30 and 35 years of service at WHRHS were: 25 years, Bonnie Burgdorf, Laura Goodson, Courtney Griffith, Michele Lettington, and Daniel Root; 30 years, James Carden, Lydia Chu, and Thomas Loeffler; and 35 years, Laurie Shoemaker.

Numerous volunteers, staff, parents and students pitched in to help make the luncheon BBQ a festive return to the school year. Among those volunteering and contributing were members of the Football Team, under the direction of Head Football Coach Rich Seubert, members of the parent Touchdown Club, and numerous businesses in the community.

Local businesses who contributed to the event were: Pomptonian Food Service, Fairfield; Costco, North Plainfield; in Warren Township: Kings, Acme, Dunkin Donuts, Ciro's Pizza and Deli, and the Country Squire Restaurant; in Stirling: ShopRite and Blimpie; in Gillette, Starbucks and Primavera Regency; in Watchung: ShopRite and Dunkin Donuts; in Scotch Plains, Grillestone; and Stop and Shop, Corporate.

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(above l-r) #83 Wide Receiver Jake Riley, #2 Running Back Zahveae Thorns, #5 Wide Receiver/Free Safety Tyler James, Head Football Coach Rich Seubert, #7 Quarterback Connor James, #9 Middle Linebacker Shreyas Sagi, and #44 Defensive Line Frank Kane.



(above, sitting, l-r) Jack Melillo and Anchal Dhir; (standing, l-r) Ben Kosakowski, Sam Sinnott, Kyra Anthony, Ben Allgor, Will Johnson, Francesca Infante-Meehan, and Justin Horowitz.



(above) The 2017-2018 School Year Opening Day Luncheon BBQ in the south cafeteria on Sept. 5 was the place to be for teachers to find out what colleagues did on their summer vacations.



(above Among the teachers who sat outside courtyard next to the south cafeteria at the Luncheon BBQ are members of the English Department.



(left) Members of the WHRHS Cheerleader Squad joined the Football Team in volunteering at the Luncheon BBQ. With Football Team Defensive Lineman, #44 Frank Kane, center, are Jillian Mastrobattista, left, and Natalie Nitzberg, Cheer Captain.

(right) Among the staff happy to catch up after the summer by sharing a festive BBQ meal as the 2017-2018 School Year began, are, from left: Arts Supervisor Dan Bertelli, English Supervisor James Aquavia, Math Supervisor Dan Twisler, and Principal George Alexis.



(above) Providing musical entertainment at the Luncheon BBQ was guest guitarist and singer Nicholas Stevens, right, who is also the President of the Long Hill Township Board of Education. Joining him on some of the numbers are, from left, WHRHS Board of Education Member Chris Collins of Long Hill Township and WHRHS English teacher Mike Porter.



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GREEN BROOK RECREATION UPCOMING EVENTS

OCTOBER 14 -

Green Brook Recreation Committee is planning a Family Friendly Fall "Oktoberfest - Green Brook Brats & Beer" on October 14th from 3-7pm at Top of the World Park. Entry to the festival is free! There will be free games and activities for kids and food and beverages for purchase. Demented Brewing Company, a local craft brewery from Middlesex, will be on hand as well as Rolf's from Warren with some authentic German food!

OCTOBER 28 -

Bring your furry friend in costume to a fun Halloween Parade at noon at The Central Bark (Green Brook's Dog Park— 255 Greenbrook Road, parking in the Regional Center parking lot). Entry fee is \$5 and prizes for best costume and best trick!

OCTOBER 28 -

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NOVEMBER 23 -

The Green Brook Turkey Trot 5k is always a great way to kick off Thanksgiving morning! The race is for walkers and runners alike and benefits Green Brook PBA Local #398. Start is at 8am at the Green Brook Middle School. Registration now open: www.greenbrookracing.com.

December 1 - Green Brook's annual tree lighting will take place on December 2nd at 7pm at Town Hall. Come enjoy some hot cocoa and munchkins and musical performances by Green Brook's students.

DECEMBER 2 -

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MASSAGE ENVY WARREN HOSTS AN EVENT IN CELEBRATION OF 10 YEARS

The Massage Envy Warren franchised location will be hosting a grand re-opening event and ribbon cutting at 3pm on Wednesday, October 25th, 2017. Joining us will be the Mayor, Carolann Garafola, as we celebrate 10 years of promoting wellness and total body care. To show our appreciation, guests will receive a complimentary massage or facial enhancement with any 60-minute massage or facial session scheduled on that day. During the event, guests will also enjoy refreshments and service demonstrations including the new Total Body Stretch service featuring the exclusive Streto Method. The first 100 guests will receive a free gift bag. Please join us in our celebration!

* All sessions include time for hands-on service and up to 10 minutes for consultation and dressing. Prices subject to change. Additional local taxes and fees may apply. Each franchised location is independently owned and operated.

ABOUT MASSAGE ENVY

Massage Envy, based in Scottsdale, Arizona, is a national franchisor and through its franchise locations, is the leading provider of therapeutic massage and skincare services and now offers a proprietary assisted stretching service, Total Body Stretch. The Massage Envy franchise system is collectively the largest employer of massage therapists and estheticians with more than 35,000 dedicated wellness professionals that provide best-in-class service to over 1.65 million members. Founded in 2002, Massage Envy has more than 1,150 franchise locations in 49 states and the District of Columbia that have together delivered more than 100 million massages, facials and stretch therapy. For more information, visit www.massageenvy.com, or follow us on Twitter @MassageEnvy and Facebook www.facebook.com/MassageEnvy.

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M-F 9a-10p | Sa 9a-9p | Su 9a-8p
MassageEnvy.com

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*Offer good for first-time guests only. Intro massage or intro facial session is a 60-minute session consisting of 50 minutes of hands-on service and a total of 10 minutes for consultation and dressing, which occurs both pre and post service. Prices subject to change. Rates and services may vary by franchise location and season. Not all Massage Envy Franchise locations offer facial and other services. For a complete list of services, check with your local franchise location or visit MassageEnvy.com. Additional local taxes and fees may apply. Each location is independently owned and operated. ©2017 Massage Envy Franchising, LLC.

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Kids 3-6.....\$3.99	Kids 3-6.....\$5.99
2 & Under.....FREE!	2 & Under.....FREE!

FRIDAY - SATURDAY

Lunch 11am - 3:30pm	Dinner 3:30pm - 10:30pm
Adult\$7.99	Adult\$11.99
Kids 7-10.....\$5.99	Kids 7-10.....\$7.49
Kids 3-6.....\$3.99	Kids 3-6.....\$5.99
2 & Under.....FREE!	2 & Under.....FREE!

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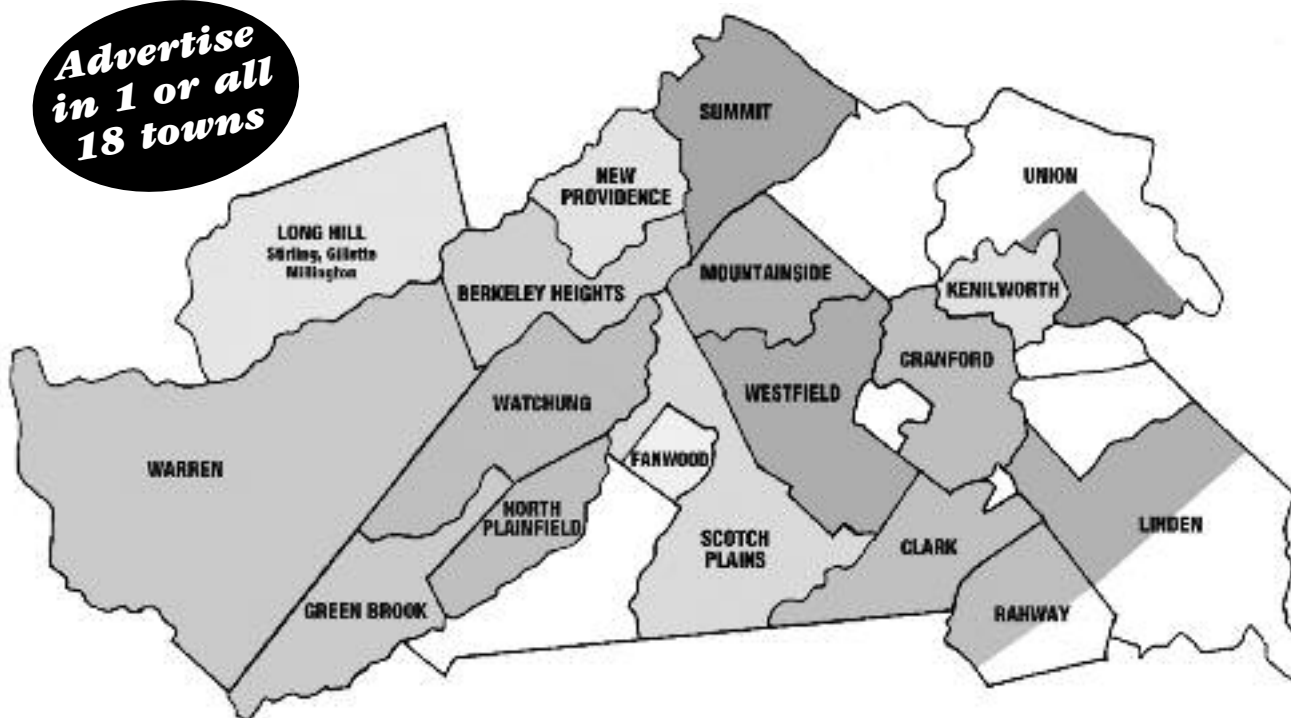
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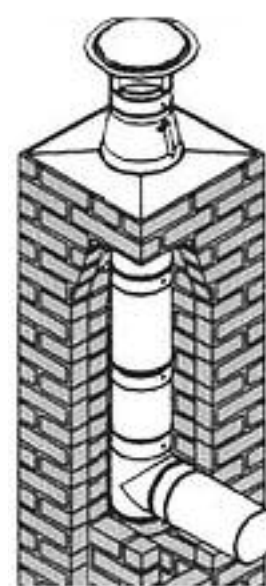
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