

Green Brook Gazette

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

ISSUE 133 • SEPTEMBER 2024

GIRL SCOUT GOLD AWARD TAKE ACTION PROJECT



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I, Navya Venkatesh, a girl scout and a junior at Watchung Hills Regional High School, have recently completed a Take Action project in order to complete the Girl Scout Gold Award, the highest honor a girl scout can earn.

The Gold Award is a Take Action project meaning that it goes beyond community service because it must have a long lasting impact. The project must address the root cause of an issue, have a national and/or global link, demonstrate leadership, and have a sustainable and measurable impact.

I looked at my community to find an issue that needed a solution. I noticed that my peers were very concerned about school and the future in general. Things like staying up past midnight and studying during lunch are commonplace. That's why for my Gold Award Take Action project, I wanted to focus on stress management.

My Take Action project began in December of 2022 when I first began brainstorming and finding a team of volunteers to help with the project. Emma Giantisco, a student assistance counselor at Watchung Hills, was my project advisor who had the task of guiding me throughout the process. Active Minds, a student organization at Watchung Hills, will sustain the project for many years to come. Other members of the team include Premini Thanasegaran, my troop leader; Jason Sabino, the head of the guidance department at Watchung Hills; and Dr. Savitha Puttaiah, a psychiatrist.

My project consisted of three workshops that were planned around students' most stressful times of the year including December, March, and late April. These periods occur around the end of the first semester, the month of the year with the most school days, and right before AP exams, respectively.

The first workshop was in December of 2023 and focused on time management skills. Students learned about the pomodoro technique and how to avoid procrastination. To end the workshop, students made a schedule for themselves which is a key component of managing time. For this workshop, 93% of participants reported that they learned something new.

The second workshop was in March of 2024 and focused on ways to de-stress where students learned about the effects of cortisol, the stress hormone, and how to lower cortisol levels by doing arts and crafts, journaling, and self-care. For this workshop, 96% of participants reported that they learned more.

The third workshop was in April of 2024 and focused on the connection between physical and mental health. 90% of participants reported that they learned more about how physical and mental health are related.

Overall, the three workshops involved more than 75 students and across the three events, 90% of students learned something new.

The project not only benefited the community at Watchung Hills, but it also benefited me. I learned more about stress management while teaching it to my peers. However, I also learned more about myself. Through the



(above) Watchung Hills junior Navya Venkatesh

Courtesy photo

process of earning the Gold Award, I learned that I am capable of taking on a complicated, long term project with many steps that require early planning and effective communication with many people.

I am very grateful that this project was able to benefit my community and that it will continue to serve Watchung Hills students for years to come.

Additional notes: The project began in December, 2022 and ended in June, 2024. Over 80 hours of community service went into the Take Action project.

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SUNMERRY BAKERY'S INVITE TO NEXT EVENT - 9/14

Sunmerry Bakery's latest event was a tremendous success, receiving enthusiastic praise from both the community and the mayor. The event was lively and featured an array of delicious samples from their diverse menu.

Located at 299 US-22 Highway in Green Brook, this Taiwanese bakery, founded in Tokyo

in 1946, now operates over 10 locations in California and 3 in New Jersey. Renowned for its distinctive blend of Taiwanese and Japanese flavors, the bakery also caters to local tastes, with all offerings made using real butter for a touch of added quality.

Mayor Jim Van Arsdale attended the event and toured Sunmerry's central kitchen, where the bakery's fresh daily-baked bread is created! With popular items like classic croissants, BBQ Pork Bolo, and Golden Lava Roll, Sunmerry Bakery has quickly become a local favorite.

Beyond their delectable offerings, Sunmerry Bakery takes pride in its recent support of local causes and events. They are always eager to back community initiatives, so organizations in need of support are encouraged to reach out.

EXCITING NEWS: In light of the enthusiastic feedback from their most recent event, Sunmerry will host a special back-to-school event on **September 14th, 2024**, at their Green Brook store.



(above) Green Brook Mayor Jim Arsdale and key members of the Sunmerry team at their new central kitchen/store front"



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DAR TO CELEBRATE CONSTITUTION WEEK SEPT. 17-23

The Daughters of the American Revolution (DAR) invite all Americans to celebrate the 237th anniversary of the Constitution during Constitution Week, September 17-23. This annual observance was established after the DAR petitioned Congress to dedicate a week to commemorate the signing of the U.S. Constitution on September 17, 1787.

Constitution Week will be on the agenda as members of Elizabeth Snyder-Continental Chapter DAR resume monthly meetings on Sept. 10. Members will discuss 2024 youth awards, plans for the DAR Day of Service in October, Native American Heritage Month and Veterans Day in November, collecting holiday gifts for hospitalized veterans and more.

Members of DAR have the opportunity to participate in a wide range of projects and events that support the organization's goals of promoting historic preservation, education and patriotism.

DAR is a nonprofit, non-political service organization open to all women 18 and older who can prove descent from an ancestor who aided the cause of independence during the American Revolution. Elizabeth Snyder-Continental Chapter is based in Green Brook, new members are welcome. Contact the chapter at ESCchapterDAR@gmail.com.



ELKS FAMILY FUN DAY TO HELP HOMELESS VETS

The NJ Elks East Central District is proud to announce the 2nd Annual Family Fun Day event on September 28, 2024 from noon to 6pm at the Stirling Elks Lodge at 1138 Valley Road in Stirling. This event aims to bring the community together for a day of food, fun, and entertainment for all ages to help support a crucial cause.

Included with entry, all attendees will enjoy a delicious pig roast, grilled burgers, hotdogs, pulled pork, sausage & peppers, sandwiches, sides, desserts, water, soda, beer, wine, sangria, and more. Kids' activities will include DJ Mr. Socks, contests, games, a bounce house, magic

performances, a fire truck, and more. Adults and teens can participate in a professionally run cornhole tournament, a golf pitching contest, volleyball, and bocce ball. Additionally, the event will feature a special rendition of the National Anthem, a NJ State Police helicopter, World War II vehicles, bagpipers, a dunk tank, 50/50s, a Silent Auction, and a paratrooper parachuting the American Flag into the event.

Admission is \$25 (donation) for adults. Children under 12 are free.

There are thousands of homeless veterans in New Jersey which is a tragic reality that the NJ Elks are determined to change. Over the past five years, the New Jersey Elks have successfully helped to move over 2,400 homeless veterans into homes, providing them with a fresh start and a sense of stability.

The Elks National Veterans Service Committee operates on a 100% volunteer basis, ensuring that all proceeds from this event will go directly towards improving the lives of our American heroes who have fallen on tough times. In addition, they are actively seeking sponsors and donors to support their efforts and their public relations committee will work hard to acknowledge them through several sponsorship packages.

Donations and advanced ticket purchases can be made at: <http://donate.njelks-ecd.org> or mailed to Elks ECD Veterans Committee, 87 Harrison Ave., Colonia, NJ 07067. Checks should be made payable to: ECD Veterans Committee, with 'homeless vets' in the memo. (If a 501(c)(3) receipt is needed, please make checks payable to: NJSEA, with 'homeless vets' in the memo).

For sponsorship interest or more information about this event, please contact Apollo Hrehorovich at funday@njelks-ecd.org, call or text 732-540-0062, or visit <http://funday.njelks-ecd.org>.

Elks pledge "So long as there are Veterans, the Benevolent and Protective Order of Elks will never forget them."

For more information about the Elks and how to join, please visit <http://elks.org> today.

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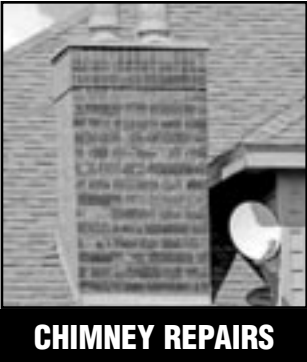
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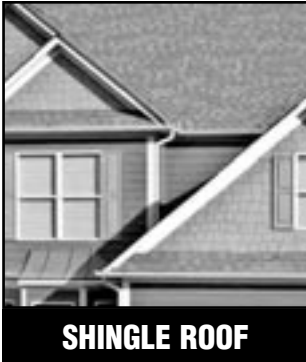
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WARRENBROOK SENIOR CENTER - SEPTEMBER CALENDAR

500 Warrenville Road • (908) 753-9440 8 September 2 – Senior Center Closed in Observance of Labor Day

Wordle.

September 3 & 17, 11 a.m.

Wordle is a word-based brain game.

Medicare & Medications Made Affordable for 2025.

September 4, 11 a.m.

Compare costs every year during the Open Enrollment Period (Oct. 15 - Dec. 7th)

Bingo

September 5, 11 a.m.

Brains n Games and Hand Bells

September 6 & 27, 11 a.m.

Join Adrienne for some mind-tingling, brain-stumping word games and a musical workout.

Annis Boudinot Stockton: The Poet and the General with Joseph Wroblewski

September 9, 11 a.m.

Talk about Annis Boudinot Stockton, wife of Richard Stockton and her poems and correspondences with George Washington.

Boggle

September 10 & 24, 11 a.m.

Monthly Book Club

(Virtual) September 10, 1:30 PM

Discuss the book of the month and select the next book to read. New members are always welcome! **Only for Warrenbrook Seniors**

Financial Planning Strategies

September 11, 11 a.m.

Gail will be addressing the potential changes to the 2025 Tax Act, strategies for tax efficiency, protecting investments in volatile markets.

Breathing Techniques for Mental Wellness

September 12, 11 a.m.

Dr. Prabha Srinivas will be teaching some practices that can be used to distract the mind and induce calm during an anxiety episode.

Thrill'n & Grill'n Picnic at Colonial Park

September 13, 10:30 a.m.

The Senior Wellness Center at Bridgewater, Basking Ridge and Warrenbrook will converge for fun, friends, food, games, and conversation. **For reservations a call Warrenbrook Center.

Medicare & You: Cardiovascular Screening & Intensive Behavioral Therapy

September 16, 11 a.m.

Medicare offers a range of preventive services that goes beyond the "Annual Health Visit."

Wildlife! Just Sharks (video)

September 17, 11 a.m.

Emergency Preparedness & Register Ready

September 18, 11 a.m.

Emergency preparedness tips that both agency staff and consumers can use, as well as an overview of the Register Ready program.

Bingo

September 19, 11 a.m.

A visit to Basking Ridge Senior Center

September 20

Warrenbrook Senior Center will be closed.

Dot Painting Craft

September 20, 11 a.m.

Dot Painting is a very unique and integral part of Australian Aboriginal Art. All supplies will be provided. Pre-registration required.

Musical Entertainment with Clifford Seay

September 23, 11 a.m.

Chris Seay will sing songs from 50s, 60s

Junk Drawer Detective with Parul

September 24, 11 a.m.

This month we will engage in "Veggie Garden Detective" and "Laundry Day Detective" and "Hood on Book Detective".

Navigating the Health Care Field

September 25, 11 a.m.

Randi will discuss proactive ways of managing health, and insurance coverage.

Craft – To the Point Place Marker

September 26, 11 a.m.

We will cut & assemble the provided designs to make a bookmark. All supplies will be provided. Pre-registration required.

Immunizations with Shivani Shah

September 30, 11 a.m.

Shivani will be providing flu vaccines to the registered clients of Somerset County Senior Centers.

WEEKLY PROGRAMS

Yoga with Kartika

Mondays, 10 a.m.

This class is open to all levels of skill, either sitting or standing. No fee for this class.

Fall Prevention Screening & Education

Mondays, 1 p.m.

Fall Prevention with Rutgers faculty and students. Pre-registration required to schedule times for screenings: No program on Sept. 9th.

Watercolor Paint Class

Mondays & Wednesdays, 9 a.m. – 12 p.m.

All supplies are included.

Mahjong for Intermediate Players

Tuesdays, 9:30 a.m. – 12 p.m.

Take Control with Exercise

Tuesdays, 10 a.m.

No fee. Call for more information

Zumba Gold with Judith

Tuesdays, 10:15 a.m.

Tuesdays, September 17 – November 5

For beginners or others.

Cost is \$40 for the 8-week program.

Chair Belly Dance

Tuesdays, 1 p.m.

No class on September 10th.

It offers a workout for the entire body designed to improve posture, flexibility and endurance.

Bridge Group with Ronnie

Tuesdays, 1 – 4 p.m.

Stretch & Strength

Wednesdays, 10 a.m.

No fee for this ongoing class. No class on September 18th. Please call for more info.

Line Dancing with Linda Hyland

Thursdays, 9:30 – 10:15 a.m.

Chair Kickboxing

Thursdays, 1 p.m.

This fun, heart pumping cardio kickboxing class is for everyone. Done in a seated position.

Tai Chi with Roger

Fridays, 10 a.m.

Bridge

Fridays, 1 – 4 p.m.

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(above) Green Brook resident and WHRMA 5k Race founding member Jack Walsh pictured above starting off the 2023 race.

Courtesy photo

READY, SET, RUN...RAISING AWARENESS FOR MENTAL HEALTH & SUBSTANCE ABUSE

For over 20 years, community members have come together to support the Watchung Hills Municipal Alliance and their annual 5k. The Alliance identifies and addresses the social and health needs of our community by raising awareness and empowering communities to combat substance abuse and its related problems at home, school and work.

Last year, the race was renamed “The Annual Jack Walsh Great Pumpkin 5K” in honor of one of the 5K founders and long-time WHRMA member Jack Walsh. Walsh attends every year to support the race and the runners.

The race takes place on October 5th in the Watchung Circle in conjunction with the Watchung Harvest Festival. Race sign-ups are

being accepted now at runsignup.com/whrma5k.

Donations are also being accepted at the above link or checks are accepted payable to:

WHRMA

Watchung Hills Municipal Alliance, 46 Mountain Boulevard, Warren, NJ 07059

Donate by September 22nd to have your business logo imprinted on the t-shirt, which are included for each runner who signs up in advance. Business sponsors can reach out with questions or simply email your camera-ready business logo to whrma@warrennj.org after donating.

Every year the race is growing, and we look forward to another great one this year! Support youth mental health – run or donate today!

RESTAURANT MONTH IN BERKELEY HEIGHTS

The tastiest event of the year is back! Start making your plans to take advantage of Berkeley Heights Restaurant Month, running from September 1 — 30. You’ll enjoy special offers from 23 establishments with options ranging from fine dining to casual and quick-serve restaurants. This beloved annual event attracts diners of all ages for breakfast, lunch, and dinner. It’s your chance to:

- Venture out to new places (some new restaurants have opened this year)
- Try new dishes and special meals at your favorite eateries
- Make family dinnertime easy and delicious on busy weekdays
- Encourage fun get-togethers with friends or co-workers as the summer ends
- Urge teens to head downtown after school and enjoy something new

Jeanne Kingsley, founder and chair of the Downtown Beautification Committee, which manages the event, said: “We are so fortunate to have a robust restaurant scene in Berkeley Heights –one that attracts many diners from surrounding towns. Whether you are looking for a special meal or to get a good deal on wine for a BYOB meal, you’ll enjoy delicious finds all over town. We’re grateful to the staff of every participating establishment who are working hard to make local dining easy and affordable during this seventh annual Berkeley Heights Restaurant Month. Find the information you need to ensure you get the most value and fun out of Restaurant Month at experiencebh.com, including menus and specials. And follow the fun on social media at @ExperienceBerkeleyHeights on Facebook and [experience_berkeley_heights](https://www.instagram.com/experience_berkeley_heights) on Instagram. Please share your photos with the tag #experiencebh.



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SATURDAY SEPTEMBER 7 12PM-12AM	SUNDAY SEPTEMBER 8 12PM-7PM

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1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550	\$600
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900	\$1000
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700	\$1900
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000	\$2200
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400	\$2700
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700	\$3000
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000	\$3400
2-PAGE SPREAD	21" x 14"	\$700								
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SIEMINSKI THEATER FALL LINEUP: MUST-SEE SHOWS OF THE SEASON!

The Sieminski Theater is thrilled to announce its vibrant fall lineup featuring TAKE3, NJ Festival Orchestra's Picture This! Imagery In Music!, the ultimate throwback with 80's Revolution, the hilarious Off-Broadway hit musical Disenchanted!, and Gunhild Carling, Sweden's Queen of Swing. These diverse shows are sure to deliver something unforgettable for every theatergoer.

SUNDAY, SEPTEMBER 15 - TAKE3

The genre-defying trio, TAKE3 kicks off the season on Sunday, September 15, at 2:30 PM. With a flair for the wild and unexpected, TAKE3 combines the refinement of a rigorous classical music background with rock-star charisma. Trained at the world's top conservatories and having played with famed musician Yanni over the years, TAKE3 has expanded their repertoire from Bach and Beethoven to Bieber and The Beach Boys. TAKE3's interactive shows, comedic stories of their journey from scales in conservatory practice rooms to pop music in packed stadiums, come together in unforgettable experiences that have fired up concert goers all over the nation. A fun, energetic show that you are sure to enjoy.

SUNDAY, SEPTEMBER 29 - NEW JERSEY FESTIVAL ORCHESTRA

Up next, New Jersey Festival Orchestra presents Picture This! Imagery In Music! on Sunday, September 29, at 2:30 PM. NJ Festival Orchestra leaps into life with music based on pictures, emotions and mythical stories born from our fertile, yet sometimes 'fantastical' imagination. Russian composer Modest Mussorgsky's most famous work – Pictures at an Exhibition – is based on a series of 10 sketches including gnomes, laborious oxen, ancient catacombs and mythical castles, and is music so iconic that it has spurred countless orchestral arrangements. However, Chinese-Australian composer Jullian Yu has masterfully crafted his own take on Mussorgsky's original, bringing it to life with vibrant western and Chinese orchestral effects to create, perhaps, the most imaginative of all the arrangements.

SATURDAY, OCTOBER 12 - 80'S REVOLUTION

To kick off October, join us on Saturday, October 12, at 7:30 PM, as 80's Revolution takes you on a journey back to the era of neon colors, innovative and memorable fashion, and iconic movie classics. But most of all – the best music in history. This decade is known for mastering all genres. From Pop to Rock, Dance to New Wave, 80's Revolution covers all of your favorites: Madonna, Journey, Michael Jackson, Pat Benatar, Def Leppard, The Go-Go's, Whitney Houston, Bon Jovi, Cher – and so many more! So, wear your best 80's garb and get ready to party!!

SATURDAY, OCTOBER 19 - DISENCHANTED!

Then, get ready for a night of laughter and fun on Saturday, October 19 at 7:30 PM with Disenchanted!, the national tour of the hilarious Off-Broadway musical hit! Poisoned apples. Glass slippers. Who needs 'em?! Not Snow White and her posse of disenchanted princesses in the hilarious Off-Broadway hit musical that's anything but Grimm. The original storybook heroines are none-too-happy with the way they've been portrayed in today's pop culture, so they've tossed their tiaras and have come to life to set the record straight. Forget the princesses you think you know – these royal renegades are here to comically belt out the truth. Perfect for those who love musical theater or looking for a fun "girls' night out"!!

SATURDAY, OCTOBER 26 - GUNHILD CARLING

Rounding out the lineup, experience the dazzling performance of Gunhild Carling, Sweden's Queen of Swing on Saturday, October 26, at 7:30 PM. This internationally acclaimed superstar is a can't-miss event! Whether she's singing favorite swinging jazz standards, playing one of the many 11 instruments (trumpet, trombone, harmonica, oboe, harp, flute, recorder, or jazz bagpipe) or juggling and tap dancing, Gunhild's sublime showmanship shines!! With her Postmodern Jukebox Youtube videos getting millions of views, she's a popular musical sensation not to be missed! From authentic Swing to incredible classic jazz standards and a

few originals mixed in, this will be a night to remember!

More information and video clips of many of these upcoming shows can be found on our website at www.sieminskitheater.org.

Tickets are available online at www.sieminskitheater.org or by phone at 908-580-3892. Tickets range from \$35.00 to \$85.00 depending on the show with discounts available for students and seniors. The theater is located at 8000 Fellowship Road, Basking Ridge on the campus of Fellowship Village.

Enjoy an exceptional preshow dining experience at Wilson's Tapas Bar Lounge restaurant before the evening performance. Located steps away from the Sieminski Theater, culinary dishes prepared by Fellowship Village's award-winning executive chef feature only the freshest ingredients and highest quality. Make a reservation by calling 908-580-3818 for 5:30 pm for the show date.

ABOUT THE SIEMINSKI THEATER:

Bringing a professional performing arts venue with a diverse lineup of entertainment to Basking Ridge and the surrounding communities makes the Sieminski Theater and Somerset County an artistic and cultural destination. We enjoy a newly expanded performance schedule from American Theater Group, Light Opera of New Jersey, New Jersey Festival Orchestra, Trilogy Repertory, and countless national touring groups. Our intimate, award-winning non-profit venue features technical amenities that rival any Broadway theater.

For more information, call 908-580-3892. Or visit us at www.sieminskitheater.org to view our upcoming entertainment schedule, where any seat is the best seat in the house.

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ANNOUNCING ACT 2 OF OUR 2024 SEASON

				
September 15	September 29	October 12	October 19	October 26
TAKE3	NJFO Picture This! Imagery in Music	80's Revolution	Disenchanted - The Musical	Gunhild Carling

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As of August 17, 2024, a new mandate requires that all buyers sign a mandatory Buyer Representation Agreement with their Realtor before viewing any properties. This agreement outlines your agent's responsibilities, explains how they will be compensated, and allows them to legally support you throughout the homebuying process.

This legislation affects both buyers and sellers, so it's essential to understand how it impacts you. If you have any questions or would like a candid, no-obligation conversation to discuss the process in more detail, please feel free to call or email me.

My Featured Properties



FOR SALE

107 Mountain Parkway, Green Brook
4 Bed/2 Bath/ Park Like Backyard



24 Spruce Hollow Rd, Green Brook
5 Bed/4.1 Bath / 2 Car Garage
with inground pool & spa



FOR RENT

3033 King Ct, Green Brook
3 Bed / 2.1 Bath / 1 Car Garage
Listed by Roseann



SOLD 6/25

3 Spruce Hollow Rd, Green Brook
Listed by Roseann



SOLD 6/14

10 Blue Hills Terrace, Green Brook
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SOLD 6/7

364 New Market Rd, Dunellen
Buyer Represented by Roseann



SOLD 6/4

4 Remrose Ledge, Green Brook
Listed by Roseann



SOLD 3/26

13 Park Ave, Green Brook
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SOLD 3/20

127 Greenbrook Rd, Green Brook
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SOLD 3/8

5 Hearthstone Lane, Green Brook
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SOLD 1/18

13 Spruce Hollow Rd, Green Brook
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