

The Dunellen Report



Borough Of Dunellen's 2014 Lifetime Achievement Awards Mayor And Council Proclamations

ELIZABETH A. BURGER



Mayor Robert J. Seader poses with Dunellen Lifetime Achievement recipient, Elizabeth A. Burger.

WHEREAS, Elizabeth A. Burger, affectionately known as Betty, was born in Philadelphia to an American father and an Assyrian mother from Iran and grew up in a large, close community of Assyrian-American immigrants; and

WHEREAS, Betty earned a Bachelor of Arts degree in clinical psychology from Gordon College in Massachusetts; and

WHEREAS, Betty attended Gordon-Conwell Theological Seminary where she studied Scripture and theology and worked on the school newspaper; and

WHEREAS, in 1980 Betty was ordained in New Jersey and in 1981 began her service as pastor at Freedom in Christ Baptist Church, a position she held until 2014; and

WHEREAS, Betty is the Chaplain of the Dunellen Rescue Squad and Chaplain of the Dunellen Police Department, P.B.A. Local 146; and

WHEREAS, Betty is a long-time resident of Dunellen and a Life Member of the Dunellen Rescue Squad; and

WHEREAS, Pastor Burger has served on the Professional Ministry and Church Relations Committee of the American Baptist Churches New Jersey and she has served on the General Board of the American Baptist Church USA; and

WHEREAS, Betty is married to the Reverend William J. Burger, III, and has two daughters, Kris and Kerri; and

WHEREAS, Betty has joined her Church's Board of International Ministries and works passionately to spread the mission's goals and strategies around the globe.

NOW, THEREFORE, be it resolved by the Mayor and Council of the Borough of Dunellen, that Pastor Elizabeth A. Burger is thanked for her long service to Dunellen and is awarded Dunellen's Lifetime Achievement Award and that all people should acknowledge Betty's hard work and selfless deeds on behalf of all in our community.

Proclaimed this 1st Day of January, 2015

GEORGE HODULIK



(L to R) Dunellen Borough Administrator William M. Robins awarding George Hodulik with Dunellen's Lifetime Achievement Award.

WHEREAS, George Hodulik was born on February 22, 1926, at 740 Walnut Street in Dunellen and attended school in Dunellen until his junior year when he began work at Mack Motors in Plainfield to help support his family; and

WHEREAS, though underage, George enlisted in the United States Navy on January 13, 1944, where he spent 13 weeks at boot camp at Great Lakes, Illinois and then was sent to Treasure Island, San Francisco for education in boiler-tending; and

WHEREAS, after training, George served on the USS Wren and the USS Fiske, both destroyers. He received the Asiatic-Pacific Medal, three stars (each representing a different battle), the American Theater Medal and a Victory Medal awarded to those who were actively serving when the Second World War ended. Being in the Navy Reserves, George was called back for duty in the Korean conflict and served from September 1950 to February 1952 on the USS Frybarger and the USS Bottineau; and

WHEREAS, between serving on naval vessels, George found time to meet Dorothy, whom he married in 1953. They have four children: David, Michael, Gerard and Pamela. George built a family home across the street from where he was born; and

WHEREAS, George received an engineering certificate from Rutgers and worked at National Union Radio as a toolmaker, at Summit Lab as a machinist/toolmaker, and at Stavid Engineering as a model-maker from which he retired in 1990; and

WHEREAS, George and his brother Henry helped start the Veterans of Foreign Wars chapter in Dunellen in 1946 and has been a member of there ever since, as well as a member of St. John the Evangelist Church, Our Lady of Fatima, the Dunellen Knights of Columbus, American Legion Post 119, and the Tin Can Sailors (retired Navy) Club; and

WHEREAS, George has been a member of the Dunellen Defender Fire Company #1 since 1964 and is a Life Member.

NOW, THEREFORE, be it resolved by the Mayor and Council of the Borough of Dunellen, that George Hodulik is thanked for his long service to Dunellen and is awarded Dunellen's Lifetime Achievement Award and that all people should acknowledge George's hard work and selfless deeds on behalf of all in our community.

Proclaimed this 1st Day of January, 2015

Shade Tree Commission



The Dunellen Shade Tree Commission purchased four Frasier Firs to decorate the downtown for the holidays. They will be planted in our parks come spring.

Community Focused - 2015 Dunellen Recreation Summer Camp Is "Back to the Basics!"

Submitted by the Dunellen Recreation Commission

After a year of re-focusing and mapping out what would work best for Dunellen Recreation's Summer Camp, the Dunellen Recreation Department, under the direction of Alex Miller, is excited to announce their NEW 2015 Summer Camp!

Nothing says Dunellen more than community and this is exactly what the Summer Camp will be all about. The Camp will focus on providing a safe haven for children ages 5-11, while teaching them the fundamentals of sports, arts, science and civics! This is sure to be a camp that will provide your child not only with recreational activities during the summer, but also as a place for a learning experience.

Each day campers will have activities to keep them busy. Some of the main activities of the camp will focus on a mini sports camp, such as basketball, tennis, baseball/softball, and soccer. Campers will be provided the ability to do artwork and also learn about science through Star Lab, Fossil Digs and Dinosaur Rocket launches. Campers will have the opportunity to learn about Dunellen and its history, and meet officials

who help our local municipality operate! They will meet with our local police department, a k-9 unit, and get a chance to see police vehicles. Campers will visit the Dunellen Fire Department and have a chance to check out the Fire Trucks and learn about fire safety.

The camp includes weekly trips to the Dunellen Movie Theater. There will also be once a week trips to such venues as The Patriot's Stadium to see a baseball game, a water park, Bow Craft Amusement Park, and Bridgewater Sports Park. This camp is sure to be fun and educational! Teaching kids about sports, arts, sciences, civics and community pride!

The Dunellen Recreation Summer Camp is a 7 week camp and takes place at Columbia Park, between June 22, 2015 to August 7, 2015. For further information on camp activities and registration, please contact Alex Miller at the Dunellen Recreation Office. Phone: (732) 968-3033 ext. 8, or e-mail: amiller@dunellenborough.com



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The Official Dunellen Web Site: www.dunellenborough.net

How much is your house worth? Let's find out...



If you live in Dunellen, Green Brook or Middlesex and you're curious about what your house may be worth, why not find out what houses are selling for in your neighborhood without any hassle?

To Get Your Complimentary APRIL 2015 MARKET ANALYSIS

call **732-529-0308**

or email bseif@eabrealty.com



Boniakowski REAL ESTATE



Barbara Seif, Realtor With Over 27 Years Experience Listing And Selling Houses

Recreation Christmas Party

Submitted by the Dunellen Recreation Commission



(L to R) Dunellen's Recreation Director, Alex Miller, Dunellen's Senior Citizen Club president, Ida Cihanowyz, and Dunellen Recreation Commission member, Jim Brennan at the Holiday Party held on January 4th. Ida recently stepped down from her position as president of the Dunellen Senior Club after 15 years of volunteer service as president. Ida continues to remain active on the Senior Citizens Club Committee. Thank you, Ida, for all your years of volunteer service! The Senior Club meets every Friday, 10:30am-1pm at the Senior Center in Columbia Park. For more information on the Senior Club and how to get involved, please call the Recreation Office at: (732) 968-3033 ext. 8.

The Taste of Dunellen! A Grand Success!



Representative of the Maurer Mansion and DSTP, (L to R), Mayor Robert J. Seader, Jane Landy, Alyssa Edelmann, Gail Woerner, Karen Seader, Jason Cilento and Debbie Weaver, all pose for a photo during the successful event that helped support both The Maurer Mansion Foundation and Dunellen Skylight Theatre Productions.

The Taste of Dunellen, Co-hosted by The Maurer Mansion Foundation and Dunellen Skylight Theatre Productions was held on Sunday, March 8th from 4-7pm at the Middlesex Elks Lodge. It surely was an event for food enthusiasts. Patrons were able to excite their taste buds and simultaneously support the arts and local architecture as they enjoyed samples from some of the area's finest restaurants and caterers.

The event was family-friendly, affordable and fun with something sure to please every palate. The Maurer Mansion Foundation and Dunellen Skylight Theatre Productions are excited to see this event grow! All proceeds are going towards the renovations on the Maurer Mansion and promoting and producing the arts here in Dunellen and Middlesex County.



The room was filled with happy patrons and even happier vendors! All were enthused to take part in this event.

News From The Dunellen Public Library

Submitted by Terri Albertson

Under the guidance of our new director, Sam Latini, The Dunellen Public Library is expanding its programming and making improvements in our facility. Along with the help of The Friends of the Library we have our Children's Librarian at her new desk in the Children's area. Our shelves have been weeded out, making room for new books and extra seating. We are sprucing up our programming. Please stop in and say hello.

On Saturday, April 18, 2015, from 10am - 5pm we will be holding a Book Fair at the Barnes and Noble in Bridgewater, 319 Route 202/206 at the Somerville Circle. This will be a fun filled day

with story times and crafts for children. Teachers and staff members from Dunellen schools and local preschools will be reading stories for the children. You will be able to purchase books from our wish list and a portion of your purchases will go to the library.

Proceeds from the book fair will go towards children's programs and providing new items for our new Makerspace.

To volunteer to help and for more information, contact Samuel Latini, Library Director, (732) 968-4585 or slatini@dunellenlibrary.org.

The Dunellen Public Library operating hours:

- Monday: 10 am - 8pm
 - Wednesday: 12 noon - 8pm
 - Friday: 12 noon - 5pm
 - Tuesday: 10 am - 5pm
 - Thursday: 10am - 5pm
 - Saturday: 10 am - 3pm
- Be sure to continue enjoying your public library online too (<http://www.dunellenlibrary.org/>)

Dunellen Government Directory

www.dunellenborough.net

All Council meetings are in the Municipal Council Chambers, on the first and third Monday of the month, located at 355 North Avenue, Dunellen, and begin at 7:30 PM, unless otherwise noted.

Elected Officials

- Mayor Robert J. Seader (R)**
rseader@dunellenborough.net
Term expires: December 31, 2015
- Council President Kenneth Baudendistel (R)**
kbaudendistel@dunellenborough.net
Commissioner to Police Department
Term expires: December 31, 2015
- Kenneth Bayer (R)**
kbayer@dunellenborough.net
Commissioner of Department of Public Works
Term expires: December 31, 2017
- Kevin Bachorik (R)**
kbachorik@dunellenborough.com
Commissioner to Public Buildings & Grounds
Term expires: December 31, 2017
- Jason Cilento (I)**
jcilento@dunellenborough.net
Parks and Recreation Liaison
Term expires: December 31, 2016
- Thomas Cote (D)**
tcote@dunellenborough.net
Commissioner of Fire Department
Term expires: December 31, 2015
- Joseph Petracca (R)**
jpetracca@dunellenborough.net
Commissioner of Finance
Term expires: December 31, 2016

Municipal Clerk

The Municipal Clerk, serves as liaison officer between the governing officials and the public.
William M. Robins, RMC
Hours: 9 am - 4:30 pm
355 North Ave, Dunellen, NJ 08812
732-968-3033 • 732-968-8605 (Fax)

Registrar

Hours: M-F, 9 am - 3 pm, and by appointment.
William M. Robins, CMR, Dunellen Municipal Registrar
Samantha Galvez, CMR, Deputy Registrar
355 North Avenue, Dunellen, NJ 08812
732-968-3033 • 732-968-8605 (Fax)

Construction Office

Scott Luthman, Construction Officer
Office: Blue Building on Prospect Avenue, off Skinner Plaza
Hours: Monday and Wednesday, 5:00 - 6:30 pm;
732-968-3323
732-968-3872 (Fax)

Municipal Attorney

John E. Bruder
Tax Collector
Raymond Murray, Tax Collector
355 North Avenue, Dunellen, NJ 08812
Hours: Monday to Friday, 9 am - 2 pm
732-968-1226 • 732-968-3903 (Fax)

Tax Assessor

Richard Gianchiglia, Tax Assessor
Mailing Address: 355 North Ave, Dunellen, NJ 08812
Office is in the Blue Construction Office building, located on Prospect Avenue
Hours: Monday, 2 pm - 4:30 pm, by appointment (assessment only)
732-968-3323 • 732-968-3872 (Fax)

Parks & Recreation

Provides recreational programs, events & sports to the residents of Dunellen by utilizing the Borough parks and schools to help enhance the lives of the community.

Acting Recreation Director: Alex Miller
recreation@dunellenborough.com
732-752-2466

Recreation Hotline/Cancellations, press 1
Senior Updates, press 2

Planning Board

Regular meetings are conducted on the fourth Monday of each month at 7:30 pm, unless otherwise noted. These meetings are held in the Council Chambers at the Municipal Building, 355 North Avenue, Dunellen, NJ, 08812.

- Roger Dornbierer, Chairman
- Robert Krause • Thomas D'Amico
- Barbara Seif • Randee Staats
- Adam Gordon
- Scott Luthman, Secretary
- Kenneth Bayer, Councilman
- Robert Seader, Mayor

Code Enforcement

Property Maintenance, Zoning Violations, and Illegal Housing
George Deene, Dunellen Code Enforcement Officer • 908-672-2593

Public Works

Hours: Monday to Saturday, 8 am - 2 pm
Paint Drop Off: 2nd Saturday each month, 8 am-12 pm
235 Hall St, Dunellen, NJ • 732-968-5455

Fire Chief Jonathon Scott



Nick Towey, Fire Member, presents Chief Jonathon Scott with a Life Member Award for his 20 years of service as a Dunellen Fire Fighter at the Dunellen Fire Company No.1 Installation Dinner, held on January 10, 2015.

2015 Borough Council Meeting Dates

All meetings are in the Municipal Council Chambers, 355 North Avenue, Dunellen, and begin at 7:30 PM, unless otherwise noted. Annual reorganization meeting: January 1st at noon.

Thursday, January 1	Monday, April 6	Monday, July 6	Monday, November 2
Monday, January 5	Monday, April 20	Monday, August 3	Monday, November 16
Monday, February 2	Monday, May 4	Tuesday, September 8	Monday, December 7
Tuesday, February 17	Monday, May 18	Monday, September 21	Monday, December 21
Monday, March 2	Monday, June 1	Monday, October 5	Friday, January 1, 2016 @ noon
Monday, March 16	Monday, June 15	Monday, October 19	

2015 Curbside Collection Schedule

(cardboard, plastic and metal bottles and cans, bundled newspapers)

- April 8, 22 • May 6, 20 • June 3, 17 • July 1, 15, 29 • August 12, 26
- September 9, 23 • October 7, 22 • November 4, 18 • December 2, 16, 30

Classic American Cuisine
in a Casual Atmosphere

Our focus is on quality "Americana"
food and service in a light pub atmosphere.

Classic dining upstairs,
Rathskeller downstairs.

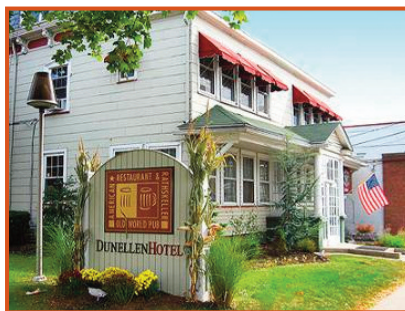
Rathskeller: "A restaurant that is patterned after
the cellar of a German city hall and in
which beer is sold."

732-968-2900

120 N. Washington Avenue, Dunellen, NJ
www.DunellenHotel.com



PRIVATE PARTIES • CATERING • BANQUET FACILITIES



RATHSKELLER:

Mon-Sat 11:30am-1:00am
Sunday 12:00pm-10:00pm

RESTAURANT:

Mon-Sun 5:00pm-10:00pm

KITCHEN HOURS:

Mon-Sat 11:30am-10pm
Fri & Sat 11:30am-Midnight
Sunday 12:00pm-9:00pm

LUNCH SPECIALS \$7.95 Monday to Friday



Dunellen Skylight Theatre Productions Presents "Cinderella" Theatre for Young Audiences

Submitted by Dunellen Skylight Theatre Productions

Performances: May 15 & 16 and 22 & 23.

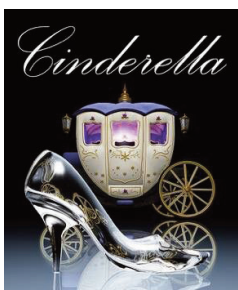
Time: Friday and Saturday at 7:30pm Saturday 2:00pm matinee.

Location: The First Presbyterian Church of Dunellen Auditorium, 218 Dunellen Ave

Ticket Prices: Adults: \$12.00, Children 12 & Under/Seniors: \$10.00, Veterans and Active Military: FREE (with valid I.D.)

Directed by Tina Lee

"Cinderella" tells the classic tale of a mistreated maiden on a quest for happiness and love. With the help of her fun-loving Fairy Godmother, Cinderella is transformed for the ball. At the ball she dances with the charming Prince, but she must make it home before the clock strikes 12 and the magic is undone. With a glass slipper



left behind, will the Prince be able to locate our young heroine and live happily ever after? The telling of this tale has a strong emphasis on audience participation. The Fairy Godmother needs help from the audience because she is out of practice and not at all certain her magic is going to work properly. Cinderella's slipper is tried on youngsters in the audience, who are consulted as to whether the wicked stepmother and stepsisters should be turned into happy people.

For additional information or to see when tickets go on sale visit: www.dunellenskylighttheatre.com

Congratulations to Julia Kauffman on making the Fall 2014 Dean's List

Submitted by Hannah Kauffman

Seton Hall University is pleased to announce that Julia Kauffman, class of 2018, qualified for the Fall 2014 Dean's List. Julia is an Elementary / Special Education and English major, with a minor in Music Performance. Julia is from Dunellen, NJ (DHS Class of 2014).

College News for Dunellen Students!

Are you a graduate or parent of a graduate of Dunellen High School or a resident of Dunellen and have any exciting news and accomplishments to share about College, share them with The

Dunellen Report and we will share them in our quarterly newspaper! Please e-mail submission to: dunellenreport@dunellenborough.net

We Want To Hear From You!

Tell us what you think about, The Dunellen Report! What do you believe we could do to make this quarterly newsletter better and more informative for you? Any ideas and suggestions please send us an email to:

dunellenreport@dunellenborough.net or mail your thoughts to: **The Dunellen Report** Attn: Councilman Cilento 355 North Ave, Dunellen NJ 08812

Gravity Arts Initiatives Supports Collaborative Music Community

Submitted by Gravity Arts Initiative



Gravity Arts Initiatives and New Jersey Acoustic Music in the Park (NJAMP), a growing network of local musicians, share a common passion for music, and for establishing outlets and opportunities for musicians driven to feed their musical appetites, develop proficiencies, and realize performance aspirations.

The Dunellen Jazz & Blues (DJ&B) Meetup, is the first collaborative effort by the two groups. The Meetup which meets the 2nd and 4th Thursday of the month at Maggie Murray's Pub House in Dunellen, features an inclusive jam format where musicians and vocalists with diverse skillsets, and abilities perform Jazz & Blues selections among a

community of their peers. It's an opportunity to network, collaborate, evolve, and showcase talent in a relaxed, enjoyable, supportive atmosphere. Musicians are encouraged to visit the NJAMP website to RSVP (<http://www.meetup.com/NJ-Acoustic-Music-in-the-Park/>), but drop-ins are always welcome.

DJ&B Meetup hosts, Tom & Autumn Barbato produced the recent Rock & Blues Showcase in partnership with Gravity Founder, Marc D'Agusto. Nine diverse acts including solos, duos, and six bands thrilled an enthusiastic Maggie Murray's audience with an eclectic mix of rock and blues performances. All proceeds were donated (via Gravity Arts Initiatives) to Dunellen Resources to Educate, Advocate and Mediate for Special Education (DREAMS). For more information about The Dunellen Jazz & Blues Meetup and other events supported by Gravity Arts Initiatives, Contact Autumn Barbato (labarbato@getgravity.com).

Tax Collector

Raymond Murray, Acting Tax Collector: rmurray@dunellenborough.com or 732-968-1226
Hours: Monday through Friday: 9:00 am - 2:00 pm.

Quarterly Due Dates: 1st Quarter - February 1; 2nd Quarter - May 1; 3rd Quarter - August 1; 4th Quarter - November 1

Payments can be made in person or mailed to the Tax Collector's Office:
Borough of Dunellen, ATTN: Tax Collector
355 North Avenue
Dunellen, NJ 08812

Please note that the Borough has a 10-day grace period for each tax quarter. If payment is received after the grace period, interest reverts back to the due date. Interest is charged on the delinquency at the rate of 8 % on the first \$1,500 and 18% for any amount over \$1,500.

Any questions regarding the assessment on your property must be directed to the Tax Assessor.

Dunellen & Green Brook Rotary Club

ANNUAL PASTA FESTIVAL

April 6, 13, 20 and 27, 2015

Zupko's Cafe
450 North Avenue
Dunellen, New Jersey

Adults: \$10.00
Children 4 – 12 years: \$5.00
Children 3 Years and Under: Free

ALL YOU CAN EAT! Super 50/50 Raffle 5:30 - 7:30 P.M.

Proceeds To Benefit The Dunellen and Green Brook High School Seniors Scholarship Awards

For Information Call
Jesse Lacerda -908-578-1166



Dunellen Rescue Squad VOLUNTEERS NEEDED!

Help your town & become a member
Must be 16 years old.
Call for more information:
732-968-0477

Bound Brook Road on the east bound side starting at Warrenville Rd is NO PARKING and laws and regulations will be enforced.

NO PARKING

24-Hour Rooter Service

24-Hour Emergency Service Call: 1-800-843-1741

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Macaulay's name has been in the field for over 80 years!

Reasonable Prices • Fast Service • Clean, Quality Workmanship

Commercial & Residential Sewer Jetting

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- Sump Pump Service, Repairs & Installations

Fully Insured

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Save this ad for Emergency Service
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Basement Pump Outs (Flooding)

Mention this ad and **SAVE!**

\$15 OFF

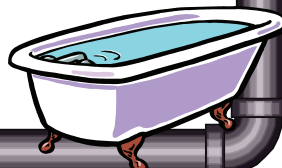
One of the Following:

- Any Drain or Sewer Cleaning Job
- Sump Pump Service or Installation

Cannot be combined with any other offer.

Is Your Bathtub CLOGGED?

We clear clogs that others can't!
Kitchen, Bath, Laundry - Removing ALL Clogs!



Allergies ... Do You Have Them?

Submitted by Marcie Tyson, Dunellen Resident

If you are one of the 50 million Americans who suffer from allergies, you know the reality of a life of sneezing, coughing, stuffed-up nose and itchy, watery eyes.

An allergen is any substance that causes a reaction (symptom) in your body. Unfortunately, many allergens are present year round in your home. Some of the most common allergens found in the home are dust and dust mites, mold and mildew, animal dander and saliva, and cockroaches (droppings, eggs and dead bodies).

Outdoor allergens include pollens, mold and mildew, and pollutants like ozone and vehicle exhaust fumes. Seasonal allergies can make matters worse when combined with home-based allergens.

Allergy symptoms can mimic those of a common cold. Keep a calendar of when your symptoms appear as well as the type, and severity, of symptoms you experience. **The following symptoms are typical of allergies:**

- You do NOT have a fever or chills
- You have “cold” symptoms that are prolonged or last few many weeks
- You experience these cold symptoms but no one else in your house gets sick - typically, colds are contagious
- You have symptoms that are repetitive or appear on a predictable basis - for example, symptoms that appear the same time the dogwoods bloom each year
- You feel wheezy or experience shortness of breath
- You have sinus headaches (pain generally located in the face)
- You often sneeze 4 or 5 times in a row
- You have trouble sleeping at night and/or you are tired for no apparent reason
- You have dark circles or bags under your eyes
- You have a watery or gelatin-like discharge from your eyes

If you suspect that you are experiencing allergy symptoms, you may want to see an allergist. An al-

lergist can help determine your specific allergens through testing or more detailed questions, and then help you plan strategies for finding relief. Once you determine which allergens cause you trouble ... **STAY AWAY FROM THEM** as much as possible.

- Use a portable HEPA (High Efficiency Particulate Arresting) air filter in your bedroom. HEPA filters can remove 99.7% of allergy-causing dust, mold, spores, pollen and pet dander from the air.
- Change your clothes and shower when you come in from outside. Pollen sticks to your hair and clothes and can aggravate your symptoms. Leave your shoes at the door.
- Do not use carpets or rugs, especially in the bedroom. Cloth curtains collect dust so use plastic mini blinds and wash them often.
- Keep pets out of the bedroom ... and especially off the bed. In addition to dander, saliva and dust mites, pets carry pollen grains in from outside.
- Wash all your bed linens weekly, including your pillows in hot water (103°F) to kill dust mites. Use hypo-allergenic fiberfill pillows and mattress pads.
- Consider using a HEPA or electrostatic filter in your furnace or air conditioner. For forced air systems, keep seasonal allergens out of rooms by covering the vents with a filter. Clean your home and car air conditioners at the beginning of each allergy season.
- Keep the windows closed and use an air conditioner - change the filter regularly.
- For mold and mildew allergies, use a dehumidifier in damp areas and do not sleep in basement level areas.
- Watch the weather! Seasonal allergies are often caused by pollen and/or molds. Rain usually brings relief to pollen sufferers because it washes away the pollen particles. However, mold sufferers do worse after a few rainy days because damp weather helps mold and mildew to grow.

**For additional information, contact:
The Allergy and Asthma Foundation
of America at (800) 727-8462,
or visit their website at www.aafa.org.**

Let's Play!

Submitted by Diane Starace, Coordinator, Injury Prevention Program, RWJ

Safe Kids Middlesex County At RWJ Offers Safety Tips To Protect All Athletes This Spring

As winter turns into spring and temperatures increase, so does the amount of time that children spend outdoors playing spring sports. This means that the number of injuries to children can also increase.

Each year, more than 30 million children participate in sports in the United States and more than 3.5 million children ages 14 and under are treated for sports injuries. In team sports, most injuries – 62 percent – occur during practices, not games. The most common types of sport-related injuries in children are sprains (mostly ankle), muscle strains, bone or growth plate injuries, repetitive motion injuries and heat-related illness.

Safe Kids Middlesex County recommends these safety tips for all children playing or practicing any individual or team sport:

- Before signing up for a sport, get a general physical exam.
- Always wear appropriate protective gear for the activity — for practice as well as games — and make sure it's the right size and properly adjusted.

- Always do your warm-ups and cool-downs. If it's important before and after a game, it's important before and after practice too.
- Make sure responsible adults know and enforce the safety rules of the sport, are present to provide supervision, and are trained in first aid and CPR.
- Never “play through” an injury. Get immediate help from a coach or trainer and be sure to mention everything that hurts or aches. All coaches should have a plan for dealing with emergencies.
- If you're playing outside, wear sunscreen that is SPF 15 or higher.
- Follow the rules. In most sports, the rules are based not only on sportsmanship, but safety.
- Last but not least: **stay hydrated.** Drink plenty of water or electrolyte sports drinks before and during the activity, and rest frequently during hot weather. You can lose up to a quart of sweat during two hours of exercise, and kids get overheated more quickly than adults as their bodies cannot cool down as easily.

Calling All Youth Athletes, Parents And Coaches: Play Safer - Smarter - Stronger - Faster

**SPORTS SAFETY CLINIC for Youth Athletes, Parents and Coaches
Saturday, June 13th from 9am - 1pm**

A special keynote speaker will kick-off the event. Youth will train with RU athletes at interactive stations and educational sessions for parents will be provided. “Meet and Greet” to follow.

The Line-Up:

- Strength & Conditioning • Speed & Agility Training • Nutrition & Hydration
- Inside the Mind of an Athlete • What's New about Concussion?

Location:

The Rutgers “Bubble” • 104 Sutphen Road • Piscataway, NJ 08854

This event is free, but pre-registration is required. Register online at rwjtrauma.org or call 1-800-MD-RWJUH. For more information call 732-418-8093 or visit www.rwjtrauma.org

Collecting Donations For The Needy Saturday, April 25th, 10am-3pm

**Make A Difference In The Lives Of
Hundreds Of Individuals And Families
In Need Of Help.**

Venturing Crew 119/Girls Scout Troop 876 will be collecting new and gently used items to help those in need on: Saturday, April 25, 2015
Drop off times: 10 am - 3 pm
Drop Off Location: American Legion Post 119, 137 New Market Rd, Dunellen
For more information, call 732-968-9899

Items needed/accepted:

- Clothing, accessories, coats, shoes, hats, scarves, gloves, handbags, backpacks, belts, etc
- Kids' stuff – Soft & hard toys (smaller than 2 ft x 2 ft), Games, stuffed animals, dolls, baby toys, etc.
- Fabric Household items, bedding, quilts, blankets, towels, draperies, curtains, table covers, etc

Please place all items in sturdy tied 13 gallon plastic garbage bags. NO Hangers, Please Tax deductible Receipt will be provided
Early drop off times/days during the week of can be arranged.

**Members Needed To Help
Beautifully Dunellen**
To join the Shade Tree Commission,
contact Ken Baudendistel at
shadetree@dunellenborough.com,
or call Borough Hall at 732-968-3033.



Dunellen School District on the web: www.dunellenschools.org

Dunellen Public Schools Employment Opportunities

Help Wanted: Daily Substitute Teachers & Nurses

Looking for part-time work a few days a week?

On-call SUBSTITUTE TEACHERS and NURSES needed for Faber Elementary, Lincoln Middle and Dunellen High Schools.

- A Criminal History Background Check is required for all substitute positions.
- Requirements for Substitute Teacher: NJ certification or county substitute teacher certificate.
- Requirements for Substitute Nurse: State Nursing License and substitute nurse certificate.

If you need to apply for a substitute teacher or nurse certificate we can help you with the

process. The substitute teacher application packet can be picked up at the Dunellen Board of Education office at 400 High Street in Dunellen.

Lincoln Middle & Dunellen HS: Long Term Substitute Physical Education-Health Teacher
Teacher of Health & Physical Education Certification required

- Employment Dates: April 13 to June 19, 2015
- Qualified candidates are requested to mail a cover letter, resume, and a copy of certification to: Dr. Patrick Piegari
Interim Superintendent of Schools
High Street and Lehigh Street
Dunellen, New Jersey 08812
FAX: 732-968-3513

SUBSTITUTE CROSSING GUARDS!

The Borough of Dunellen has openings for
Substitute Crossing Guards
\$10.00 Per Hour
You must have a car and phone
For additional information
please call Mary at 732-752-0327



Devine's Pharmacy

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\$9.99 for 90 day supply

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- Good for people of all ages
- Year long savings
- Low pricing on 400+ generic prescriptions
- Save on over 5,000 name brand and generic medications



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You should know your blood sugar number.**
**FREE Blood Glucose Testing
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Monday - Friday 9:00am – 10:00pm
Saturday 9:00am – 7:00pm
Sunday 9:00am – 1:00pm



374 North Ave, Dunellen
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