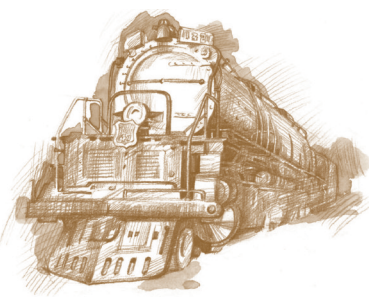


The Dunellen Report



Dunellen Summer Camp "Good Times" Was A Good Time!

Submitted by: Kelly Seader, Camp Director



Summer Camp made a triumphant return to the Dunellen Recreation Department this summer with camp "Good Times!" It was a seven week program starting on June 22nd and ending on August 7th. The day ran from 9am drop off, to 3pm pick up with an early drop off option at 8am, and a late pick up option at 4pm. Field trips, crafts, games and other activities were all planned daily for the kids to participate in. Tuesdays were science days: we learned about dinosaurs, rockets, fossils, gravity, and the sun and solar system. Other days included going to the movies, and eating pizza once a week at the Dunellen Movie Theater; we saw the hit movies of the summer such as: Minions and Fantastic Four. We also took field trips to Bridgewater Sports Arena; and Bowcraft Amusement Park. We enjoyed mornings of ping-pong in down-

town Dunellen at Lily Yip, home of the USA Olympic Ping-Pong team; a trip for ice cream at Uncle Luigi's; two Karate classes at Warrior Martial Arts, in Dunellen; an afternoon to cool down in the Dunellen Public Library and Ice Cream Sundae days where the kids would create their own masterpiece sundae! Kids brought home arts and crafts daily, and raced in Dunellen Summer Camp's version of "The Amazing Race". Finally, Summer Camp ended with a splash with a blow up water slide at the park on the last day of camp. Summer Camp "Good Times" was nothing but a good time for Dunellen kids this summer. We hope you can join us next year, as we will have a bigger and better summer in store for 2016! Contact the Dunellen Recreation Department for further information!

Mayor Seader Receives Honorary Black Belt



From left to right: Nick Lujan, Master Michael Lujan, Mayor Seader, Jesus Lujan

its 1st Year Anniversary Ceremony. The event consisted of a martial arts class, ribbon cutting ceremony, and a visit from Dunellen Mayor Robert J. Seader. Master Michael Lujan (owner of the school) thanked the community, students, and family for the support throughout this first year. "It has been an amazing year and we look forward to continue growing and serving the community," said Master Lujan. The event concluded with Mayor Seader receiving an Honorary Black Belt presented to him by Master Lujan and his students at Warrior Martial Arts. Warrior Martial Arts & Fitness Center is located at 227 North Ave. Dunellen, NJ 08812. Warrior offers quality martial arts and fitness instruction for all ages and skill levels. "Our mission is to build champions not only in the ring but champions in all aspects of life. We are changing lives, one black belt at time."

Dunellen Report Information:

The Dunellen Report is published quarterly in January, April, July and October. Please remember that if you are going to submit dates for events and/or articles, send them to us by the 1st of the preceding month. All material will be edited for content and suitability. You may submit by email at: dunellenreport@dunellenborough.net, or by mail:

The Dunellen Report
ATTN: Councilman Cilento
355 North Ave. Dunellen, NJ 08812

What Are Your Thoughts?
We want to hear from you!

Dunellen Recreation Department Enhancing the Lives of Dunellen Residents

Submitted by Alex Miller, Dunellen Recreation Director



Great Opening Day of Recreation Soccer on Saturday 9/19 @ Columbia Park

What a year it has been! I have recently completed my first year as the Dunellen Recreation Director and I love my job! I love working for this community and with the volunteers from it that make this such great place to be. The Recreation Commission has been working relentlessly to improve the Recreation Department and the programs it provides the residents of Dunellen. I would just like to highlight some of our progress over the past year and let you know what is planned moving forward.

The enrollments in all of the Recreation programs have increased. Programs such as Soccer has seen a 10% increase from last year. Basketball this season had 4 traveling teams versus the 2 teams from the previous year. This past summer we had an 8 year old and under travel baseball team for the first time in many years.



Camp "Good Times" was a highlight of the Recreation Departments summer! The Recreation Commission brought back the summer camp after a year's hiatus. It turned out to be a BIG success with the kids having lots of fun and many activities to do. Moving forward the Recreation Department will have Travel Basketball signups for 3rd-8th grade boys and girls by October 26th.

This past year we added Senior Movie Monday's at the Dunellen Theater. Every 3rd Monday of each month at 12 noon, a senior citizen can enjoy a movie, 2 slices of pizza, a soda and popcorn for ONLY \$5.00! The Recreation Department is excited to be able to provide this great deal with the collaboration with the Dunellen Cinema Café and Zupko's Tavern. Thank you, Rich Zupko for all of your support in this.

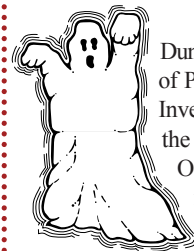
On October 25th we will have the 66th annual Halloween Parade. Registration for the parade is at 12 noon, parade starts at 1pm and we will walk from Lincoln Middle School to Wash-

ington Memorial park. Prizes for pre-k, horror, group, original, pets, youngest and oldest participation will be presented at the Gazebo in Washington Memorial park.

November 2nd-December 7th we will have Saturday Morning Basketball signups that start January 9th for 8 weeks. December 6th the Recreation Department will host the annual Christmas tree lighting ceremony at Washington Memorial Park and our annual Holiday house decoration contest will take place December 18th thru December 20th between 6pm-11 pm.

To receive more information about programs coming up and about volunteering with the Recreation Department please email me at: amiller@dunellenborough.com. You can visit us on our website and signup for our email list at: www.leaguelineup.com/dunellenrecreation/ or write us at Dunellen Recreation 355 North Ave. Dunellen NJ. 08812. You can also find us on Facebook!

Dunellen Public Library Program "Inside the Real World of Ghost Hunting"



Pat Kibby, a long time Dunellen resident & co-founder of Paranormal Consulting and Investigations of NJ will host the program on Wednesday, October 14, at 6:30 pm. It's a free presentation open to all ages.

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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?

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Revised Flea Market, Yard Sale, And Garage Sale Ordinance

William Robins, RMC

In July, the Dunellen Borough Council adopted an ordinance that significantly affected yard sales and garage sales.

Dunellen Borough Ordinance 2015-04 sets forth a new procedure for applying for a garage sale permit and the number of sales that can be conducted at a residence each year.

The purposes of the revised ordinance are to control and restrict flea markets, garage sales and yard sales in order to protect the public health, safety and convenience and to restrict such sales to casual and/or occasional occurrences only, in keeping with the character of the neighborhood where this activity is carried on in compliance with Chapter 115, Zoning, of the Code of the Borough of Dunellen. The intent of this chapter is to eliminate perpetual, prolonged and extended flea markets, garage sales and yard sales in residential areas. Such sales, if continued indefinitely, tend to become retail businesses in residential areas and zones, create a nuisance and often violate the zoning regulations of the Borough of Dunellen.

Under the ordinance, a flea market is defined as a market, often outdoors, consisting of a number of individual stalls selling old or used articles, curios and antiques, cut-rate merchandise, etc. A garage sale is defined as the sale or offering for sale of new, used or secondhand items of personal property at any one residential premise at any one time. This includes all sales in residential areas entitled "garage sale," "yard sale," "tag sale," "porch sale," "lawn sale," "attic sale," "basement sale," "rummage sale," "flea market sale" or any similar casual sale of tangible personal property. A yard sale is a sale of used household belongings, typically held outdoors at the home of the seller. A yard sale is synonymous with Garage Sale, though with the connotation of being held out-of-doors.

It shall be unlawful for any person to conduct a flea market, garage sale and/or yard sale within the geographic boundaries of the Borough of Dunellen without first obtaining a flea market, garage sale or yard sale permit from the Municipal Clerk's Office after filing an application containing

the information hereinafter specified.

No more than three flea market, garage sales and/or yard sales, in total, will be issued to a residence in one calendar year.

Each permit application shall be accompanied by a fee of \$5.00 and is good for one day only, or the listed "rain date." Permits may be issued for two-day weekend periods for \$5.00 per day, or a total of \$10.00. During any borough authorized "town-wide" sale, vendors who participate under the auspices of the sponsoring agency will not be charged a fee.

Applications for permits for flea markets, garage sales and yard sales may be made at the Municipal Clerk's Office and should be requested at least 48 hours prior to the sale. The application for a permit must include the name, address, telephone number, and e-mail address of the resident making the application. The flea market, garage sales and yard sales permit must be posted at a visible location to the traveling public for the duration of the sale.

There will be no more than five (5) signs advertising the flea market, garage sale or yard sale. Signs may be posted no more than three days prior to the sale and must be removed within twenty-four (24) hours of the conclusion of the sale. Failure to remove the signs within twenty-four (24) hours will subject the sale operator to a \$10.00 per day penalty. Signs may be attached to stakes or be in the form of lawn signs. They may not be placed on public property, telephone poles, or light poles.

Any person, firm or corporation who or which shall violate any provision of this chapter shall, upon conviction thereof, be sentenced to pay a fine of not more than five hundred dollars (\$500.00), and, in default of payment thereof, to imprisonment for a term not to exceed thirty (30) days. Every day that a violation of this chapter continues shall constitute a separate offense.

Complete copies of the ordinance can be obtained from the Municipal Clerk's Office. If you have any questions, please call me at 732-968-3033.

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

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 • Rande Staas
- Adam Gordon
- Scott Luthman, Secretary
- Kenneth Bayer, Councilman
- Robert Seader, Mayor

Code Enforcement

Property Maintenance, Zoning Violations, and Illegal Housing

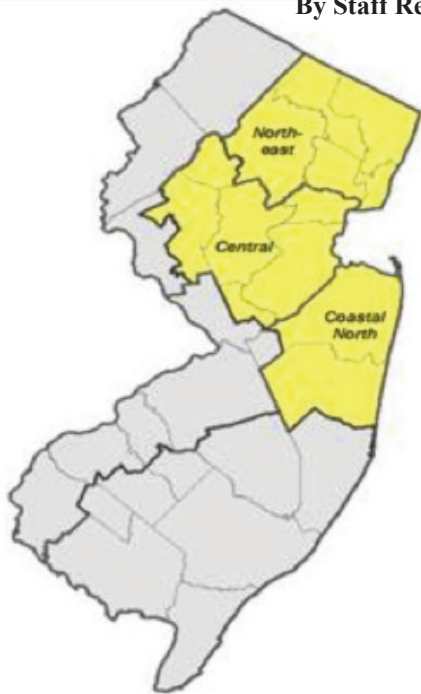
George Deene, Dunellen Code Enforcement Officer • 908-672-2593

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

Dunellen Among Towns Under Drought Watch

By Staff Report/Dunellen411



Department of Environmental Protection - Current NJ regions under drought watch.

practice wise water use due to continued dry weather and above-average temperatures.

Dunellen is part of the Central region along with other towns in Middlesex, Somerset, and Union counties.

The drought watch is prompted by continued rainfall deficits that have decreased reservoir, ground water and streamflow levels in the three regions.

The purpose of the watch is to raise public awareness, formally alert all water suppliers in the region of the situation, and to seek voluntary cooperation to preserve existing supplies in the affected regions, with water demand still high.

Commissioner Martin said. "While it is not uncommon to see reduced stream flows and ground water levels by the end of the summer season, we are beginning to observe signs of stress in our water supply indicators, and this warrants closer scrutiny and public cooperation."

If conditions remain warm and dry and water demands do not decrease, DEP will consider further regulatory actions, such as the designation of a drought warning. Under a drought warning, the DEP may order water purveyors to develop alternative sources of water or transfer of water between areas of New Jersey with relatively more water to those with less.

"We are asking residents across the state, and particularly in the three drought watch regions, to use water sparingly, and to voluntarily reduce nonessential water use, especially outdoors,"

said Dan Kennedy, DEP Assistant Commissioner for Water Resources Management. "We advocate for conservation of water at all times. But responsible water use at this time is especially important. We ask that residents take voluntary steps such as limiting lawn and landscaping watering, and cutting back on water-related chores at home, such as car washing. This could save millions of gallons of water daily."

Some suggested water conservation tips include:
• Do not over-water lawns and landscaping. Two times per week for 30 minutes in morning or late evening typically is sufficient. Use a hose with a hand-held nozzle to water flowers and shrubs.

- Avoid watering lawns and plants during the heat of the day, as this promotes evaporation and water waste.
- Use a broom to sweep the sidewalk, rather than a hose.
- To save water at home, fix leaky faucets and pipes.
- Turn off the faucet while brushing teeth and shaving.
- Run washing machines and dishwashers only when full.

More water saving tips can be found at: <http://www.njdrought.org/ideas.html>

Article courtesy of www.Dunellen411.com

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,
Monday, March 16	Monday, June 15	Monday, October 19	2016 @ noon

2015 Curbside Collection Schedule (cardboard, plastic and metal bottles and cans, bundled newspapers)

• 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.

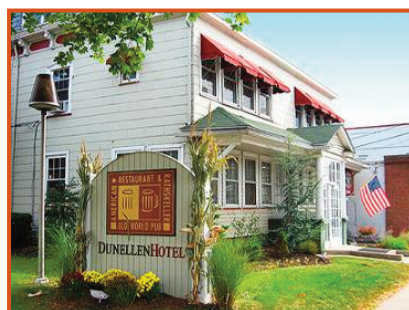
Rathskeller: "A restaurant that is patterned after
the cellar of a German city hall and in
which beer is sold."

732-968-2900

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www.DunellenHotel.com



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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



St. Francis' Church, Dunellen - American Red Cross Blood Drive

Date: Thursday, October 22nd
Time: 3 pm to 8 pm
Location: St. Francis Episcopal Church, 400 New Market Road, Dunellen, NJ
Signup at <http://Redcrossblood.org> **and enter sponsor code: St. Francis**
 Please bring picture identification and re-

member to eat a healthy breakfast and drink a lot of fluids before donating!
 Phone: 732-968-6781
 Email: contactus@stfrancisdunellen.org
www.stfrancisdunellen.org or
<http://redcrossblood.org>
Article courtesy of www.Dunellen411.com

Dunellen Girl Scout Troop 876 Hosts Third Annual Fall Clothing Drive

Drop off times: Saturday, Oct 24 @ 10 am - 4 pm
Drop off Location:

American Legion Post 119, 137 New Market Rd, Dunellen

Right before the holiday season is the perfect time to declutter and donate your gently used and new clothing, accessories, household items, and toys. Every donated item will be given a second chance and make a difference in the lives of those in need! The Scouts will accept all clothing and accessories; coats, shoes, hats, scarves, gloves, handbags, backpacks, and belts. Kids' stuff - Soft and hard toys, games, stuffed animals, and dolls. Fabric (soft) Household items, bedding, towels, draperies, curtains, table covers, etc. Please place all donated items in sturdy tied plastic garbage bags. NO Hangers, Please. For more information, contact 732-968-9899

*Decluttering & Donating before the end of the year could also help with tax deductions in April. Tax deductible Receipt will be provided. Early delivery times/days during the week can be arranged.

DECLUTTERING to DONATING TIPS:

- Donating is a feel-good exercise and is a great way to extend the life of your unused good-condition items.
- Set up a clutter donation box in your home to place anything you decide you want to donate
- Plan a "Declutter Day"
- Start biggest job first, this will give you a feeling of accomplishment and help you to move on to the smaller tasks.
- Empty out your closets, bag up those all those gently used clothing, shoes, accessories that keep getting pushed to the back.
- Straighten up your Linen Closets - Donate bedding, sheets, towels, tablecloths, etc.
- Move on to the attic or basement - find all that "stuff" you stored away and forgot you had.
- Get the kids involved - ask them to donate games, toys, stuffed animals they no longer play with and donate to children in need.

Article courtesy of www.Dunellen411.com

Dunellen's Seventh Annual "National Night Out"



Left to right: Patrolman Brian O'Neill and Sergeant Prescott Chin

On Tuesday night, August 4th, the Borough of Dunellen participated for the seventh time in what has proven to be a very worthy annual event, a celebration of "National Night Out."

What is National Night Out? Though relatively new to Dunellen, there have actually been National Night Outs for the past 29 years. It is a unique crime and drug prevention event sponsored by the National Association of Town Watch. National Night Out involves citizens, law enforcement agencies, civic groups, businesses, neighborhood organizations, and municipal officials, and gives the Police an opportunity to meet residents face to face.

National Night Out is designed to heighten crime and drug prevention awareness; generate support for, and participation in, local anticrime programs; strengthen neighborhood spirit and police-community partnerships; and send a message to criminals letting them know that neighborhoods are organized and fighting back.

The Dunellen Police Department, Dunellen Fire Department, and Dunellen Rescue Squad all had displays of equipment and information. Over 500 Dunellen residents gathered for this remarkable event and came away with a better understanding of the interconnectedness of all the organizations who work to combat crime and drug abuse, and to promote safety for our children.

FREE ADMISSION! FUN FOR ALL AGES!

3rd Annual DUNELLEN HARVESTFEST

WASHINGTON MEMORIAL PARK
 NO. WASHINGTON AVENUE • DUNELLEN, NJ

SUNDAY, OCT. 11, 2015 10AM-4PM

<http://tinyurl.com/dunellenharvest>

- Live Music
- Crafters / Vendors
- Apple Pie Contest
- Scarecrow Contest
- Carriage Rides
- & More!

SPONSORED BY THE DUNELLEN DOWNTOWN MANAGEMENT ORGANIZATION

Vendor space starting at only \$50

Dunellen Defender Fire Co. No. 1 Fundraiser COACH BAG



Come out and join us for an evening of fun! Dunellen Fire Company's Coach Bag bingo fundraiser. Door prizes, 50/50 Raffle as well as

Grand Prize Coach Bag Raffle. For information or to order tickets email: bingo@dunellenfd.com or contact Sue at 732-968-5653. You can download the order form at <http://www.dunellenfd.com>.

Date: October 16
Time: 7:00 pm - 10:00 pm
Admission Fee: \$35.00 advance purchase, \$40.00 at the door
Venue: Dunellen Fire Department, 231 South Madison Avenue, Dunellen, NJ
Phone: (732) 968-5653
Website: <http://www.dunellenfd.com/>

Dunellen American Legion Post 119 Third Annual Flea Market & Vendor Event



Walking distance from the Dunellen Train Station. Crossroad Washington Avenue.

Set up a table with a Christmas theme and enjoy getting into the spirit of the holidays. We advertise in statewide newspapers, 100 yard signs, and flyers.

Space \$25/\$35 with a rental table. Discounts for two days! Limited table rentals available. Spaces go very fast.

Proceeds benefit Post 119's Veterans programs, community service assistance, college scholarships and the post's scouting program.

Email fleamarket119@yahoo.com for an application or drop by American Legion Post 119 at 137 New Market St., Dunellen, call 732-968-9899 for times.

Applications also being accepted for 4th Annual Spring Outdoor Flea Market on May 14 & 15, 2016. \$25 per space, \$10 extra for table rentals. Discounts offered for 2 or more tables and for two days.

Article courtesy of www.Dunellen411.com

Dunellen American Legion Post 119 is SEEKING VENDORS for their 3rd Annual Indoor Flea Market and Vendor Event to be held on Nov. 22nd and 23rd from 9 a.m. to 5 p.m.

Our family-friendly event offers something for everyone! Three floors of merchandise from brand name vendors, handbags and exclusive fine jewelry, crafts, clothing, antiques, collectibles, toys, home goods, books, music, food items and so much more! Plenty of parking!

Together We Can Make a Difference

Kelli Castro, Dunellen PTO

Dunellen PTO (Parent/Teacher Organization) welcomes everyone back to school. We'd like to thank everyone who has joined thus far, and encourage and welcome all staff members and families with children in the district to join. Your \$10 membership goes a long way in helping the PTO provide so much for our schools. We've been collecting donations throughout September for the recent fire victims in town, and are grateful for everyone's generosity to help these displaced families. Coming up in October, we will have our 2nd meeting on the 14th in Faber School at 7 pm. On October 24th, we

will have a fundraiser for David, a 5th grader fighting cancer. It will be a breakfast at Applebee's in Piscataway from 8-10 am, for \$10 per person. Please show your support! Donations gladly accepted. See our website or office for details.

Stay informed, there will be much more happening with PTO throughout the year and we need your involvement!!!

Please 'LIKE US' on FACEBOOK to see updates on our activities and quick reminders, and check out our website regularly for all our information at www.dunellenpto.weebly.com.

Dunellen Destroyers 2015 Football Schedule

Date	Opponent	Home/Away	Time
September 11	Spotswood	Home	7:00PM
September 18	Bernards	Home	7:00PM
September 25	Metuchen	Home	7:00PM
October 2	Shore	Away	7:00PM
October 9	Point Pleasant Beach	Away	7:00PM
October 16	Highland Park	Home	7:00PM
October 23	Asbury Park	Away	7:00PM
October 31	South River	Away	1:00PM
November 26	Middlesex	Away	10:30AM

Dunellen Destroyers Girls Soccer 2015 Schedule

Date	Opponent	Home/Away	Time
September 9	Timothy Christian School	Away	4:00PM
September 16	South Amboy	Home	4:00PM
September 18	New Brunswick	Away	4:00PM
September 21	South River	Home	4:00PM
September 24	MCST	Home	4:00PM
September 25	South River	Home	4:00PM
September 30	Timothy Christian School	Home	4:00PM
October 2	MCST	Away	4:00PM
October 5	Calvary Christian	Away	4:00PM
October 9	South Amboy	Away	4:00PM
October 12	New Brunswick	Home	4:00PM
October 29	Middlesex	Away	4:00PM

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 2 Lakeview Ave, Suite 312, Piscataway, NJ 08854

OR E-MAIL US THE INFORMATION TO:
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YES, please send the **Community News Direct FREE every month.**
 NO THANK YOU.

PLEASE PRINT AS CLEARLY AS POSSIBLE.
 (Your information will NOT be shared)

Name _____

Address _____

Phone _____

Email _____

Signature _____ Date _____

Oh No ... You Caught A Cold!

Submitted by: Marcie Tyson, Dunellen Resident



Although we like to blame our cold on a sick co-worker or a sick classmate of our child, the truth is we usually give ourselves the cold. When you touch the mucous membranes of your eyes, nose or mouth after contact with someone who has a cold or after touching a surface or object that a person with a cold has recently touched... you successfully introduce their cold virus into your body!

TREAT THE SYMPTOMS

- Blow your nose instead of sniffing mucus back into your head. Since pressure from blowing hard can cause an earache, blow gently while pressing a finger over one nostril to clear the other. Wash your hands after blowing your nose.
- Stay home if you're sick and get plenty of rest. With our busy lives, most of us hesitate to spend a day or two quietly at home. Think of it as an investment – resting allows your body to direct more of its energy and resources to the immune system's battle.
- Stay hydrated. Drink lots of non-caffeinated beverages (water, diluted juices, herb tea or chicken soup) to help to thin secretions, soothe inflamed membranes that line your nose and throat, keeping them moist and resistant to secondary infections.
- Let a low grade fever do its work. The rise in temperature slows the growth of viruses or bacteria and activates your immune system to do its job. Unless you have a high fever, tolerating a

moderate fever for a few days may actually help you get better faster. Check with your doctor if the sick person is very young or elderly, or has a pre-existing condition like heart or lung disease.

- Apply hot or cold packs around congested sinuses. Buy reusable hot or cold packs, or make your own. Make a hot pack by heating a damp washcloth in the microwave for 55 seconds (test the temperature first before using). A small bag of frozen peas makes a flexible cold pack.

- Sleep with an extra pillow under your head to allow gravity to help mucus drain from your nasal passages.

THERE IS NO CURE FOR THE COMMON COLD. While most viruses live for about 10 days regardless of what you do, there are medications that can relieve or shorten the duration of your symptoms. If you buy over-the-counter (OTC) medications, only take what you really need by choosing a product that most closely matches your symptoms. Avoid "combos" like Theraflu or Tylenol Cold, which often include ingredients you don't really need. Parents should not use OTC cough and cold products in children under 2 years of age unless specifically instructed to do so by their health care provider.

Remember... **ANTIBIOTICS** only kill bacteria – they cannot kill a virus. If your health care provider says you do not have a bacterial infection, don't demand a prescription for antibiotics. If you are prescribed antibiotics for a bacterial infection, always take the full course of antibiotics, even if you are feeling better before the medicine is finished.

RWJ Urges You To Learn More About Human Trafficking

Submitted by: Diana Starace, Injury Prevention Coordinator at RWJ and Dunellen Resident

Human trafficking is a modern-day form of slavery involving the illegal trade of people for exploitation or commercial gain.

Every year, millions of men, women, and children are trafficked in countries around the world, including the United States. Human trafficking is a hidden crime as victims rarely come forward to seek help because of language barriers, fear of the traffickers, and/or fear of law enforcement.

Traffickers look for people who are vulnerable for a variety of reasons. Runaway and homeless youth, victims of domestic violence, sexual assault, war or conflict, or social discrimination are frequently targeted by traffickers.

There are many myths and misconceptions about Human Trafficking. Here are a few - let's see if you know the truths...

Myth: Human trafficking does not occur in the United States. It only happens in other countries.

Fact: Human trafficking exists in every country, including the United States. It exists nationwide—in cities, suburbs, and rural towns—and possibly in your own community. (See for yourself - Google "human trafficking in NJ". What did you find?)

Myth: Human trafficking victims are only foreign born individuals and those who are poor.

Fact: Human trafficking victims can be any age, race, gender, or nationality. They may come from any socioeconomic group.

Myth: Human trafficking victims will attempt to seek help when in public.

Fact: Human trafficking is often a hidden crime. Victims may be afraid to come forward to get help; they may be forced or bullied through threats or violence, including danger to their families; and they may not be in possession of ID or money.

WHAT YOU CAN DO:

- Learn to Recognize the Signs of human trafficking in your community.

- Call the hotline at 1-888-373-7888 if you or someone you know is a victim of human trafficking.
- Send a text to BeFree (233733) if you need help.

Please join Robert Wood Johnson University Hospital in our efforts to address this unthinkable issue. Education, outreach and advocacy are key!

- **October 10th, 2015, 10am - 1pm - "S.O.A.P Initiative"**

Middlesex County Fire Academy 1001 Fire Academy Drive, Sayreville, NJ
Help save local missing kids and prevent sex trafficking in New Jersey by engaging hotels and motels to stop Human Trafficking. Participate in a training and outreach.

To register: <https://www.eventbrite.com/e/soap-1010-outreach-initiative-tickets-17031591950>

(Sponsored by the NJ Coalition Against Human Trafficking and the Middlesex County Prosecutors Office)

- **November 20th, 2015, 8:30am - 2:30pm - Human Trafficking Community Forum Part III**

Middlesex County Fire Academy 1001 Fire Academy Drive, Sayreville, NJ

The third in the series, the Human Trafficking Community Forum is a full day program intended to raise awareness and educate the public about this issue. A variety of tracks will be provided to offer specific information and resources for First Responders (Law Enforcement, Emergency Services), Educators, Healthcare Providers, Social Services and Community Advocates. You can attend, even if you did not join us for Parts I and II.

To register visit: www.rwjtrauma.org
(Sponsored by Robert Wood Johnson University Hospital, Prevent Child Abuse NJ and the NJ Chapter of the American Academy of Pediatrics)

If you need more information, please call RWJ's Injury Prevention Program at 732.418.8026.

"DREAMS" - A Parent Support Group



The DREAMS booth with members and volunteers at the recent Dunellen Street Fair, September 13, 2015. Left to right: Loretta McCabe, William Robins, Madison Walters, Maureen McCabe, Alexandra Steele, Daneyh Douglas and Krystal Jones. Our bake sale proceeds purchase supplemental equipment and adaptive devices used by Special Education teachers in the Dunellen School District.

DREAMS (Dunellen Resources to Educate, Advocate, and Mediate for Special Education) holds support group meetings for Parents of children with special needs in conjunction with Dunellen schools' Special Services Department.

Please join us at the December 3rd Support group meeting from 7-9 pm in the media Center

at John P. Faber Elementary School.

This support group is pulled together by parents of special needs children who recognize the unique challenges of raising a child with disabilities and developmental disorders, DREAMS welcomes all parents, grandparents and professionals who wish to join in this vital voyage of discovery and commitment to our local special needs children.

DREAMS's goal is to provide support and networking opportunities to the Families of all special needs children, helping parents and other family members to have a better understanding of our children's disabilities and developmental disorders, teach strategies for their education and for handling a wide range of topics such as dealing with professionals, the State, the child's behavior and medical issues, and pretty much any topic that you bring up that is of concern to you and your child.

Our 2015 -- 2016 schedule of meetings: December 3, February 4, April 7, June 2. Administrators and members of the Special Education Department attend our meetings and are available for questions.

For more information, call Bill: 732-713-6068.

Dunellen Skylight Theatre Productions Seeks Directors and Play Submissions for 2016 Season!

Dunellen Skylight Theatre Productions is seeking qualified applicants for their 2016 season who are interested in directing a play and/or musical.

Dunellen Skylight Theatre Productions is a non-profit organization that showcases quality theatrical presentations with a mission to entertain, inspire, educate, and advocate through the arts. We strive to create an environment where local performers, directors, playwrights, and other artisans can display and cultivate their talents.

Directors are needed for the following:

SPRING:

Youth Theatre Production:
Show selection must be age appropriate for audiences ages 2 and up.

When: Saturdays, April 23, 30 and Sundays, April 30 & May 1 (6 total performances)

Times: Saturdays, 2:00 pm and 7:30pm, Sundays 7:30pm

Where: Performance and rehearsals take place at the Dunellen Presbyterian Church auditorium.

Performance space details: Theater has a small stage (13' wide x 16' deep) and seating capacity of about 75.

SUMMER:

Musical in the Park Production:
Show selection must be appropriate to produce in a public park. This production must be a musical.

When: Fridays, August 19 & 26, Saturdays, August 20 & 27 and Sundays, August 21 & 28 (6 total performances)

Times: 8:00 pm all performances

Where: Performance takes place on our gazebo stage at Washington Memorial Park, Dunellen, NJ. Rehearsals take place downstairs at St. John's Roman Catholic Church.

Performance space details: Theater has a stage (20-24' wide x 20' deep) built off a gazebo in the park (provides 12' wide x 16' deep of performance space) and seating capacity of about 150. This is an outdoor venue and in case of rain performances take place in the basement of St. John's Roman Catholic Church.



Additionally, we at Dunellen Skylight Theatre Productions are looking to expand our season by adding a Fall/Winter performance to our schedule. In doing so, we need your input. We are soliciting proposals for smaller scale productions that showcase both originality and creativity. Submit your ideas to us for a night of One Acts; a concert version of your favorite Broadway show; a cabaret event, or even a show that could become a holiday tradition for Dunellen Skylight Theatre Productions. We want to see what you've been working on!

Date, Time Place: TBD
Performance space details: TBD
Dunellen Skylight Theatre Productions places an emphasis on things like clarity of the director's vision, diversity of perspective, overall workability, and strength of audience appeal when deciding to produce any work.

Submission Requirements:
• Submit ONE completed application.
• Creative Resume
• 1 copy of the script
• 1 copy of the libretto of the music (if you are submitting a musical)
• 1 copy of a CD of the music (if you're submitting a musical)

** If unable to provide the full libretto or recording at the time of submission, please include a note as to when it could be made available.
• Applications must be submitted no later than October 31, 2015.

Application can be found online at: www.dunellenskylighttheatre.com
For email submission: Dunellenskylight@yahoo.com
Mail - Direct your Inquiry to: Play Submission
Dunellen Skylight Theatre Productions
PO Box 286
Dunellen, NJ 08812

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