

# The Dunellen Report



**Celebrating 8 Years!**

## Goals and Objectives for 2019

Mayor Robert J. Seader



Mayor Seader

In this and future editions of The Dunellen Report, I will be presenting you my Goals and Objectives for 2019. This first article will lay them out. Subsequent articles will provide you with a progress report and, if applicable, additional goals and objectives as we move forward.

A goal is where we want to go, what we want to accomplish. An objective is a specific means for getting to the goal. A goal is a target; an objective is a tangible mechanism for achieving the goal.

My first goal is the upgrading and modernization of Columbia Park. In 2016,

I successfully prevailed upon the Middlesex County Freeholders to build upon what we started in 2004. Between 2004 and 2010, we essentially transformed an old and run-down park into a marvel of recreational and athletic opportunity for our residents. We built up-to date facilities that included baseball fields, a football field, a walking path, a running track, high jump and pole vault pits, a concession stand, tennis courts, a new grand stand, and a combined Senior Center and locker rooms for student athletes. But after fourteen years, some of the facilities were in need of repair, so I requested that the Freeholders devote some monies from the Open Space, Recreation and Farmland and Historic Preservation Trust Fund ("Open Space grant"), and again help

the borough. I am pleased to inform you that my application resulted in an Open Space grant of \$1,400,000.

Our immediate plans for this Columbia Park improvement is to completely rebuild the tennis courts in the Spring and Summer of 2019, this time using concrete to lessen the chances of cracks. We've selected an exciting color-scheme for the surface and lines, and there will be newly configured drainage to minimize rainfall accumulation. We intend as part of the improvement to build a gazebo outside the Senior Center that could be used for resting or as a site for concerts. Along a pathway leading to the gazebo we will place a memorial to Frank T. Bieniek who served for many years as Dunellen Borough Council

President. These improvements should be well underway in the Fall 2019.

Furthermore, we will be installing artificial turf on the football field that is used for Dunellen High School football and soccer games. Artificial turf is more attractive than grass, lasts longer with much less up-keep, and is safer for the athletes. The School District has generously committed to paying for half the cost of the new field. We will also investigate resurfacing the running track. We plan to finish these Columbia Park improvements in Summer 2019.

As everyone in Dunellen knows, the Federal Emergency Management Agency (FEMA) did us a great disservice in 2010 when they erroneously lowered their measurement

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## Dunellen's Relationship with Val Tidone, Italy Continues to Grow

Councilman Jason F. Cilento

The Sister City agreement between Dunellen and Borgonovo Val Tidone and Castel San Giovanni, Italy was officially finalized this past August. In November, the Dunellen Community learned a great deal about our Sister City. Residents were able to participate in several events with a representative of the Val Tidone Association, Elaine Januszewski.

To start off the sister-city celebration, on November 13th, I was joined by Mrs. Januszewski, a resident of the Val Tidone (V.T.) region during a visit to John P. Faber Elementary School. We were welcomed by Principal Mr. Gary Lubisco, and third grade teacher Mrs. Cheryl O'Neill. Mrs. O'Neill's class has initiated a Pen-Pal relationship with the children of a third grade class in Borgonovo V.T. Mrs. Rita Pipitone's class in Borgonovo V.T. prepared an introduction of themselves with a letter about their school that was received with excitement and curiosity by our Dunellen children.

During the visit to Mrs. O'Neill's class, the students were able to ask questions about their new Pen Pal country. Some questions were; "Do they drive on the left in Italy, like they do in England?" or "Is it true that Italians bring food with them when they come to the USA?"

By the time the Dunellen Report is printed, the Italian students will have already received the Dunellen students' reply letters. To the delight of the Italian children, future exchanges will take place via email. Mrs. O'Neill will be using this project as a basis for lessons about Sister City relationships and international culture.

Our hope is that the Pen Pal relationship will expand between other third grade classes in Dunellen and other towns in the V.T. region. The second event took place at the



Elaine Januszewski of Val Tidone, Italy is joined by John P. Faber School Principal Gary Lubisco, third grade teacher Mrs. O'Neill and Councilman Cilento with the third grade class after Elaine's presentation on Nov. 13th.

Dunellen Public Library during the afternoon of November 17th and was hosted by the Dunellen Arts and Culture Commission. Mrs. Januszewski presented a Power Point on the Val Tidone, in an open question-and-answer exchange with the public. The event provided the opportunity for Dunellen residents to learn about the offerings of Val Tidone, its significant contributions to the history and traditions of Italy (for example, it is the area in Italy with the largest number of medieval castles), as well as the importance of its gastronomical products. Over 500 wineries are present in the territory, and it's the only Italian area to boast three D.O.P. (Guaranteed Origin of Produce) products: salami, coppa and pancetta. Dunellen residents were able to obtain further insight into the benefits of the Sister City relationship and the possibilities it presents for cultural and tourism exchanges between the two areas.

To continue the discussion, Januszewski spoke about the importance of the upcoming year. The year 2019 marks a historic hallmark in Italy, being the 500th anniversary of the

...Continued on Page 12

## A Veteran's Day Celebration to Remember



A solemn ceremony commemorating Veterans Day was held in Washington Memorial Park on November 11th, at 11:00 a.m. Members of the color guard were from the Veterans of Foreign Wars Post 5479 and the American Legion Post 119, both in Dunellen. Bill Uhler from American Legion Post 119 delivered opening and closing remarks and introduced the speakers. The Invocation was delivered by Thad Fryzel,

American Legion Chaplain. Speeches were made by VFW Post 5479 Commander Gary Stoop, American Legion Commander Keith Jarvis, Dunellen Mayor Robert J. Seader and Green Brook Mayor Patrick Boccio. The Benediction was delivered by Chaplain Tad Fryzel. Our National Anthem and God Bless America was sung by Michelle Uhler. Dunellen thanks all veterans for their service to our country. •

**Dunellen Report Information:** The Dunellen Report is published quarterly in January, April, July, and October. If you are going to submit dates for events and/ articles, send them to us by the first of the preceding month. All material will be edited for content and suitability. You may submit by email at: [dunellenreport@dunellenborough.com](mailto:dunellenreport@dunellenborough.com), or by mail: The Dunellen Report, ATTN Councilman Cilento, 355 North Avenue, Dunellen NJ, 08812

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## Mayor Seader's Veterans' Day Speech November 11, 2018

**T**hank you for inviting me to say a few words on this day of remembrance.

As most of you know, this year is the one hundredth anniversary of the end of World War I, the Great War as it was known then. November 11th, 1918. One year later, President Woodrow Wilson declared November 11th Armistice Day. Other countries did the same, some calling it Remembrance Day. In this country, Armistice Day was renamed Veterans Day in 1954.

That war seems like a distant part of history, but for our veterans, the wars they fought may be over, but the memories linger on. The dust of battle may be long settled but the choking sensation of fear will never fade. Today, the citizens of America, whom they fought to protect, remember their sacrifice.

We remember soldiers, sailors and airmen who fought for their country. We remember scared boys who became seasoned veterans. We remember those who were maimed physically and scarred mentally. Time passes, and wounds heal, but we still remember.

We also honor those who served in different capacities. Today we remember the nurses and doctors who treated the wounded. We remember those who bravely infiltrated enemy lines as spies, and those guerrilla fighters who fought alongside our forces.

Every war has an ending but the memories have no end. Today we think of blighted hopes, lost dreams, and disrupted futures. Today we say a quiet thank you from the bottom of our hearts.

Our gratitude is not a thing of past

conflicts, because the danger of war has no past. Today is a day to say thanks to the veterans of the past, present and future.

We should not take our freedom for granted. We should always be aware of what a wonderful gift it is. We should always be aware that others are not so fortunate. In many places in the world people suffer under oppressive regimes. We are the fortunate ones. We should cherish our freedom and use it wisely for the good of mankind.

Today, then, we remember in silence and give thanks in our hearts. We remember especially our own family members but we remember too those countless others who fought for us on various battlefields in far corners of the earth. Today we are saluting bravery and courage, whatever the color of the uniform.

Our veterans may have different titles. Whether they were non-commissioned officers or Generals, it doesn't matter. Whether they sailed the seas or climbed mountains or flew through the air, it doesn't matter. All that matters is they did what was asked of them and so much more. Each one of them was a hero in his or her own way. We are proud that they are ours.

The world is a very dangerous place. We must always be prepared to defend our nation and our liberty. Today we thank God for those who fight to protect our freedoms. They have set the highest standards for all Americans to follow, and we must never fail them or forget them.

Thank you! •

## Val Tidone, Italy...Continued

*Continued from Page 11...*

death of the Italian genius, Leonardo da Vinci. DNA tests on the recently reconstructed vineyards that Leonardo cultivated in Milan while he was creating his iconic Last Supper revealed that they are the same varietal grown in V.T., Aromatic Malvasia of Candia. A historic winery of the V.T. has been selected as the official wine supplier to the Leonardo vineyards in Milan, a tourist destination that hosts thousands of visitors each year. Another tie to Leonardo was recently discovered, when the background of his famous Mona Lisa painting was identified as the bridge over the nearby River Trebbia at the town of Bobbio, a favorite summer retreat of Ernest Hemingway.

The scheduling of visits to V.T. during this historic recurrence was also a topic of conversation, as a possibility that would open the doors to Dunellen residents who would like to have a first-hand participation in these unique events.

I was excited to host the third and final Sister City themed event which took place during the evening of November 17th at the Inspire Art Gallery and Studio with gallery owner Hal Vandermark. The photo exhibit and food and wine tasting provided approximately 100 visitors the opportunity to again, learn more about the V.T. The exhibit included photographs by seven V.T. photographers who donated their works for the promotion of the territory. These photos, illustrating the natural beauty, medieval castles, vineyards and environment of the V.T., will be on display at locations accessible to the public in various locations around Dunellen. The exhibit also featured the works of local Dunellen artists: John P. Osborn, Heidi Heleniak, Glen Donatiello, J.P. Fitzgerald, and Sheri Muha.

During the food and wine tasting, the public was able to appreciate V.T. cheese (Grana Padano,) Piacentine salame (salami,) and samples of wines from Tenuta Pernice and Castle of Luzzano. An Italian wine master was present for the tastings, who explained the nuances of the wines. A future presentation is being planned to take place at the Gallery before Christmas, for those who missed this informative and fun event. We are hopeful that these wines will be made available in some of Dunellen's restaurants soon, so diners can enjoy these specialties from our Sister City.

All in all these events in November were a positive and concrete step towards realizing the full potential of our Sister City relationship with the Val Tidone, Italy. It provides an early introduction of today's global world to

Dunellen's future generations; an introduction to potential tourism between the two areas; the sharing of arts, history and culture; and the opportunity of specialties such as the region's wines being distributed in our area. •



*Elaine Januszewski presents to Dunellen residents about the Val Tidone, Italy at the Dunellen Public Library at the afternoon Nov. 17th event hosted by DACC.*



*Elaine Januszewski discusses the Italian photographs at the evening event at Inspire Art Gallery and Studio.*



*Wine master (bottom left) presenting the region's wines for the tastings with visitors. Also on display at the table were local Val Tidone cheese (Grana Padano) and Piacentine salame (salami).*

## Goals...Continued

*Continued from Page 11...*

of the flood plain in much of our town, immediately thrusting many homes into the flood zone where they had not been before and where it never floods. We protested, and enlisted the help of Congressmen Pallone and Holt, but to no avail. Our goal is to prevail upon FEMA to redraw the map and to correct their mistake. The geologic situation is that rain water goes from the catch basins to the tributaries of the Bonygutt Brook and then into the Green Brook and onward to Raritan Bay. Our engineers tell us that if we can move this water downstream faster and in greater volume, we could demonstrate to FEMA that the flood elevation should be raised, thus taking many properties out of the flood zone.

The way we are doing this is through three culvert projects. The first is a culvert that travels under South Madison Avenue at the Fire House. This culvert is silted up, blocking water. Currently, the County engineers (who are in charge of this project) have all the plans ready and are awaiting a funding decision from Trenton. The second project, also run by the County, runs beneath Pulaski Street. We are awaiting the final transfer of easements from the borough to the County so the County can begin work. The final project is called the Railroad Culvert Project and it will replace two pipes under the New Jersey Transit Tracks off South Avenue. This is a very big project and when it is combined with South Madison and Pulaski we are sure that water will run faster and smoother out of town. Significant work on all three projects will be done in 2019.

My third goal for 2019 is road

improvement. I know that Dunellen, and all of New Jersey, have many potholes. I've instructed the Department of Public Works to periodically make pothole repair in good weather, but I know this is just a temporary measure. By the time you read this article, Prospect Avenue will have been completely repaved as well as the third and final section of Madison Avenue. This year we received a grant for Grove Street Roadway Improvement and this will be done in the Spring of 2019. I instructed our engineers to apply for a grant to repair South Madison Avenue and I am hopeful that we will receive this grant and make the improvements in late 2019.

My fourth goal is to make sure that all Dunellen property owners pay their fair share of taxes and not a dollar more than is necessary. To that end, in 2018, we undertook a Revaluation that resulted in all properties receiving current

assessments. Now that all properties have new assessments as of October 1, 2018, the anticipated tax rate in 2019 will result in property taxes being more evenly distributed. One of the benefits of a Revaluation is that we now have the opportunity to discover if any properties are being illegally used as two or three-bedroom units. If they are, their owners will be compelled to remove the illegal housing units. This should have a beneficial effect on the School District by ensuring that only those students truly entitled to be enrolled in Dunellen schools do so.

I look forward to the next issue of The Dunellen Report where I will give you an update on our activities toward accomplishing our goals in 2019. •



### Borough Council Meeting Dates:

All meetings are held in the Municipal Council Chambers, 355 North Avenue, Dunellen, and begin at 7:00 p.m., unless otherwise noted. Meetings take place on the first and third Monday of the month. Dates are still waiting approval and will be announced by February, 2019.

## Dunellen Government Directory

[www.dunellen-nj.gov](http://www.dunellen-nj.gov)

All council meetings are held in the Municipal Council Chambers, on the first and third Monday of the month, located at 355 North Avenue, Dunellen. Meeting commence at 7:00 p.m., unless otherwise noted.

### Elected Officials

Mayor Robert J. Seader  
rseader@dunellen-nj.gov

April Burke, Councilmember  
aburke@dunellen-nj.gov

Jason Cilento, Councilmember  
jcilento@dunellen-nj.gov

Jessica Dunne, Councilmember  
jdunne@dunellen-nj.gov

Joseph Petracca, Councilmember  
jpetracca@dunellen-nj.gov

Kenneth Bayer, Councilmember  
kbayer@dunellen-nj.gov

Stacey Narvesen, Councilmember  
snarvesen@dunellen-nj.gov

### Municipal Clerk/Boro Administrator

William M. Robins, RMC  
732-968-3033 (Phone)  
732-968-8605 (Fax)  
Hours: MF 9:00 a.m. to 4:30 p.m.

### Registrar

William M. Robins, CMR  
Lauren Staats, Deputy Registrar  
732-968-3033 (Phone)  
Hours: M-F, 9:00 a.m. to 3:00 p.m. and by appointment

### Construction Office

Scott Luthman  
101 Prospect Avenue  
732-968-3323 (Phone)  
732-968-3872 (Fax)  
Office Hours:  
M, 12 p.m. to 6 p.m.  
T, 10 a.m. to 1 p.m.  
W, 1 p.m. to 6 p.m.  
Th, 10 a.m. to 1 p.m.  
Inspections: T and Th 2:30 p.m. to 5:00 p.m.

### Municipal Attorney

John E. Brudner  
Tax Collector  
Patricia Dougherty  
Hours: M-F 9:00 a.m. to 2:00 p.m.  
732-968-1226 (Phone)  
732-968-3903 (Fax)

### Tax Assessor

Richard Gianchiglia  
Office is located in the green construction office building.  
Hours: Monday 3:30 p.m. to 6:30 p.m. (assessment only)  
732-968-3323 (Phone)  
732-968-3872 (Fax)

### Parks & Recreation

Alex Miller  
recreation@dunellen-borough.com  
732-752-2466 (Phone)

### Planning Board

Regular meetings are on the fourth Monday of each month at 7:30 p.m., in the Municipal Building. Board members: Roger Dornbierer (Chairman,) Kevin Bachorik, Thomas D'Amico, Barbara Seif, Rande Staats, Adam Gordon, Scott Luthman (Secretary,) Kenneth Bayer, and Robert Seader.

### Code Enforcement

Property Maintenance, Zoning Violations, and Illegal Housing  
George Deene  
908-672-2593 (Phone)

### Public Works

Hours: Monday-Saturday, 8:00 a.m. to 2:00 p.m.  
Paint Drop Off: 2nd Saturday each month (8-12p.m.)  
235 Hall St. Dunellen  
732-968-5455 (Phone)

### MCIA Division of Recycling

Call MCIA for any questions or concerns regarding bi-weekly recycling.  
1-800-488-6242 (hotline)  
101 Interchange Plaza, Suite 202, Cranbury NJ 08512

## Dunellen Community Helps PBA Bring Holiday Cheer

Submitted by: Dunellen PBA



Officers of the Dunellen PBA Local 146 and the event volunteers pose with Santa outside the Dunellen Movie Theater.

Once again in true holiday fashion, the Dunellen community has delivered gifts to the children of New Jersey. On Friday November 30th and Saturday December 1st, the Dunellen PBA hosted the now annual “Toy Drive Movie Night” to benefit Foster and Adoptive Family Services of New Jersey. The costs for the event? A new, unwrapped toy per person attending. The Dunellen event served as a collection point for toys that would be delivered to the larger, Statewide toy drive held in Edison, NJ at the December State Board of Delegates meeting for Policemen’s Benevolent Association. At the meeting, the toys were sorted for the children by age and sent to each of the counties where a holiday events were held and the toys distributed to children separated or without families during the holidays.

The Dunellen event featured a Friday showing of the classic holiday film, “National Lampoon’s Christmas Vacation” and proved to be a fun, adults’ night out. Saturday’s event featured the children’s film “The Polar Express,” which encouraged kids to come in their pajamas just like in the film. Moviegoers were met by members of Dunellen PBA and volunteers from throughout the community, Mayor Seader, members of the Borough Council and members of the Zupko family and their staff, who collected the toys. From there, guests were met in the theater by Christmas music and Santa Claus. Santa spoke with and took photos with all the eager children looking to tell St. Nick their holiday wishes.

Once the film started, hot chocolate and cookies were served to all the little ones by the PBA elves and their helpers. And the Dunellen community did NOT disappoint. Friday’s film had a good attendance, but when the doors opened Saturday, not an empty seat was to be found. Sadly, some late comers had to be turned away at the door as there were no empty seats in the house, but rest assured, there will be plenty of opportunity next year... Dunellen Theater Manager Craig Killian and Owner Rich Zupko already suggested adding an additional showing of the kids film!

An incredible gesture of holiday cheer by an entire community for the little ones who truly need it most.

As an ending note, the members of Dunellen PBA would like to thank everyone from our community, including residents of Dunellen, Middlesex and Green Brook

## New Policeman for Dunellen Borough



Pictured with Patrolman Irons are Lieutenant Daniel Smith (L.) and Chief of Police Jeffrey Nelson (R.).

On December 3rd, at the scheduled Dunellen Borough Council Meeting, the Dunellen Police Department swore in the newest officer to the community, Patrolman Keith Irons. Irons, an Edison native, comes to Dunellen from the Morris County Police Academy Alternate Route program. Welcome to Dunellen Patrolman Irons and thank you for your service! •

who attended the event. The support of a community has a direct and long lasting impact on the amount of good an organization can do. The support of the community is only matched by the generosity of our partners in business like the Zupko Family, and the staff of the Dunellen Theater and Zupkos Tavern, helmed by Craig Killian. This event, which helps countless kids of every age throughout our state would not and could not be possible without their continued generosity of their facilities, their staff and their own personal time.

Thank you all.  
-The Officers and Members of Dunellen PBA •

## Enthusiastic Reader



Author, Wendy Mass, Karen Brill, Jackson Portik, and Librarian Beth Willoughby

Enthusiastic Reader is presented by New Jersey Association of School Librarians (NJASL) to 8 NJ students. They look for students who exhibit an enthusiasm for reading, exhibit an enthusiasm for sharing books, uses books for a variety of purposes, reads independently on a voluntary basis, and uses the school library or public library. Jackson’s entry was selected out of hundreds of students to win. Congratulations, Jackson! •

## Rotary Donates Dictionaries



Each year, the Dunellen-Green Brook Rotary Club gives dictionaries to local third-grade students at John P. Faber School in Dunellen. Pictured left to right are Rotarians William M. Robins and Theresa Talian, accompanied by John P. Faber Elementary School Third-Grade Teacher Cheryl O’Neill and John P. Faber Principal Gary Lubisco.

Rotary International, consisting of 1,200,000 members in 170 countries, raises funds to help people internationally (such as the eradication of polio and the providing of clean drinking water) and locally. Our club supports the Dunellen Fire Company, Dunellen Rescue Squad, the Green Brook Fire/Rescue Squad, the Dunellen Public Library, boy scouts, little league and other groups, and provides thousands of dollars in scholarships to local high school students. For more information, go to our website: [www.dunellengreenbrookrotary.org](http://www.dunellengreenbrookrotary.org), or call Club President Paul Spera at 732-921-5865. •

Join the Dunellen Recreation Department for a Presentation

Friday, January 11<sup>th</sup>

at 11:30 am

at the Dunellen Senior Center

200 Orange St

Columbia Park

by Brittany Rivera

from the

Middlesex County Office of Aging & Disabled Services

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## Little Free Library

Submitted By: Terri Albertson,  
Dunellen Resident



Dunellen's Free Little Library was built to look like the Dunellen Fire Department. Dunellen Fire Chief, Jeremy Lowder, sponsored Morecraft Park's Free Little Library.

Dunellen's first Free Little Library is up and running. Stop by Morecraft Park and check it out. While you are there, feel free to take a book or leave a book you have read and would like someone else to enjoy. Little

Free Library is a nonprofit organization that inspires a love of reading, builds community, and sparks creativity by fostering neighborhood book exchanges around the world. A Little Free Library is a "take a book, return a book" free book exchange. They come in many shapes and sizes, but the most common version is a small wooden box of books. Anyone may take a book or bring a book to share." <https://littlefreelibrary.org/>

Little Free Library book exchanges are a personal way for the community to share their favorite book or read something new. It offers people who never look at a book a chance to try one. Our hope is that they will enjoy it and come back for more. Maybe this will encourage them to check out the Dunellen Public Library or just to share a conversation about books with other people at the park. We are currently working on our next one which will be placed in Columbia Park.

This project has the support of the Borough Council, Recreation Commission and the Dunellen Public Library. Funding for the 2 libraries have come from donations from community members. Donations of materials, money to purchase materials and time building the boxes have come from a variety of people in the community. If you are interested in donating books they can be dropped off at the Dunellen Public Library. Be sure to say they are for the Free Little Library.

We are looking for community members to help watch over the boxes, keep them neat and to let us know when they need to be filled. If you live near the park or just pass by it on your daily stroll be sure to check it out. To join our email list or if you would like to make a monetary donation or help with this project please contact [dunellenfreelibrary@gmail.com](mailto:dunellenfreelibrary@gmail.com).

## Maurer House Committee Donate to Emergency Agencies



Fire Chief Jeremy Lowder, Dunellen Rescue Squad Captain Jeff Best, Detective Joe Dudley, Mayor Robert J. Seader and Patrolman Christopher Lovell.

The Maurer House Restoration Committee, headed by Karen Seader, is an agency of the Borough of Dunellen. Its mission is to rehabilitate and restore the Edward Maurer House located on municipal property, 500 Mountainview Terrace, on the corner of Madison Avenue and Mountainview Terrace.

This one hundred twenty-year-old house was the home of industrialist Edward Maurer who lived there until the mid-1920s, with members of his family inhabiting the structure until 1946. The two and one-half story, wood-framed, hip roofed house has an irregular plan and Queen Anne-Colonial Revival detailing. The first floor has seven rooms with original windows. The second floor has three bedrooms, two bathrooms and a sitting room. The third level has two more bedrooms and a bathroom. The house went through several owners and had recently fallen into disuse.

The house is significant in large part because of the important role Edward Maurer and his family played in local commerce in Dunellen and Central New Jersey. Edward had a long career in the import/export business and was a rubber plantation owner.

Over the past few years, Karen Seader and the Maurer Restoration Committee have worked very hard to repair the house which when acquired by the borough was essentially gutted with no utilities. They have restored electricity and repaired the roof to stop leakages. The Committee hopes to have the house placed on the National Register of

## Handling Stress...With Nutrition

Submitted By: Marcia Tyson, Contributor and Resident

When we experience STRESS, our bodies produce more adrenaline (a stimulant) which gives us extra energy to deal with the challenge at hand. Too much stress can drain our supply of essential nutrients, as well as reduce our body's ability to absorb these nutrients. This can result in feelings of weakness, fatigue, and yes ... more stress! Try the following tips:

- Increase your intake of VITAMIN C, the B VITAMINS and BETA CAROTENE (from vitamin A). The adrenal glands (which produce adrenaline) use these vitamins during episodes of physical and emotional stress. Injury or illness can also deplete these nutrients. Eat a variety of fresh fruits, vegetables and whole grains - especially citrus fruits such as oranges and grapefruits and vegetables such as kale, carrots, broccoli, and sweet potatoes.

- Limit CAFFEINE. Like adrenaline, caffeine is a stimulant. Too much caffeine acts in the same way as stress, overstimulating your nerves. Caffeine is found in coffee, tea, chocolate, many sodas and some nonprescription pain medications.

- Limit ALCOHOL. Alcohol is a depressant and can aggravate stress, as well as interfere with restorative dream sleep. Too often, people rely on caffeine to pick them up and alcohol to bring them down. Avoid this stress "see saw" by being mindful of your use of both caffeine and alcohol. Try drinking fresh fruit or vegetable juice, flavored seltzer or herbal tea.

- Include complex carbohydrates in your diet such as fruits and vegetables, peas, peanuts, beans and whole grain products such as bread, brown rice, cereal and pasta. Avoid the refined, simple carbohydrates in sweets like cookies, cakes, and candy that provide a quick "sugar high" ... followed by an equally quick crash.

- Choose low fat PROTEIN foods (lean red meat, skinless chicken, fish, low-fat dairy products), and avoid harder-to-digest cream sauces, fried foods and processed meats.

- Avoid "megadoses" of VITAMINS and be careful with HERBAL PRODUCTS - neither will relieve your stress, and some can be dangerous. Even though they are "natural," herbal supplements still affect your body like medicine, so check with your health care provider or pharmacist before using any product that claims to relieve stress.

WE ALL NEED HELP SOMETIMES. It takes courage to ask for help. It can be hard to say you can't do it alone or to let go of the belief that "I should be able to take care of everything (and everyone) myself". Talk with friends and family. Use the resources in your community - your church or synagogue, private practitioners, or social service agencies.

## DDMO Decorates Downtown



Pictured left to right: Ruben Woolcott, Peg Lockwood, Ken Baudendistel, Heidi Heleniak, Adam Gordon, and Maria Vitale. Not pictured: Jason Cilento and Bill Robins.

Dunellen Downtown Management Organization celebrates the holidays by placing Christmas Trees throughout Dunellen's business district.

## RWJ & Safe Kids Middlesex: County's Mid-Winter Check Up

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

There's lots of great ways to enjoy the winter. Sledding, ice skating, and the chance to wear big puffy coats and heavy boots. Of course, there's also winter weather to consider and last year we saw it all: cold, wind, snow, and some sunny days too. Now that we're into the thick of it with such an unpredictable winter, we thought it might be a good time to give you 5 things to think about when it comes to keeping your family safe.

### 5 Things

- Car Seats and Winter Coats: We know you want your little ones to be warm, but please don't buckle your child into a car seat

while wearing a bulky coat. The coat can compress in a crash and create a loose car seat harness, putting your child at greater risk of injury in the event of a crash. Instead, lay the jacket over your children like a blanket once they're safely secured.

- Sleep Safety: Extra blankets can seem so cozy in a baby's crib but soft bedding can block a baby's airway during sleep. A firm mattress covered with a tight-fitting crib sheet is all you need for your baby to sleep well. If you're worried about keeping your baby warm on those cold winter nights, try using a sleep sack (wearable blanket). They're pretty cozy, too.

- Winter Sports: Kids love to push the

limits when they're skiing or snowboarding. Make sure they wear helmets and other proper gear to keep them safe if they fall on the slopes (You, too, Parents!). Kids also might not be inclined to drink as much water when they're playing in cold weather because they don't get as hot. Remind them to stay properly hydrated.

- Carbon Monoxide: This is a great time to make sure your home has a carbon monoxide alarm on every level, especially near sleeping areas, and keep them at least 15 feet away from fuel-burning appliances. If you're warming up a vehicle, don't forget to remove it from the garage immediately after starting it. It's extremely dangerous to leave a car, SUV or

motorcycle engine running inside a garage.

- Fire Safety: Create and practice a home fire escape plan with two ways out of your house in case of a fire. This can be a fun activity for the whole family. There's a handy worksheet to help get you started at <http://www.safekids.org/other-resource/home-fire-escape-plan-pdf>. And remember to keep space heaters at least three feet away from anything that can burn. Have a fun and safe winter!

For more safety information or to schedule a presentation for your school or community group, visit [www.RWJTrauma.org](http://www.RWJTrauma.org) or call Robert Wood Johnson University Hospital's Injury Prevention Program: 732.418.8026.

## TOP 10 THINGS TO DO WHEN SELLING YOUR HOME:

### #1. Call Me (I'll handle the other 9)

If 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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