

# The Dunellen Report



**Celebrating 8 Years!**

## Goals and Objectives for 2019, July Update

By: Mayor Robert Seader



Mayor Seader

In this edition of The Dunellen Report, I will be presenting you an update on my Goals and Objectives for 2019 first presented in January 2019.

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.

The primary goal of my last term as your Mayor is to advance the improvements in Columbia Park. You will remember that in 2016, I successfully prevailed upon the Middlesex County Freeholders to build upon what we started in 2004. That rehabilitated Columbia Park 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. The Freeholders provided Dunellen with a grant for \$1,400,000.

We are making great progress on this rehabilitation project. At the Council Meeting on June 17th, we introduced a bond ordinance that will provide the mechanism for funding the new artificial turf football field and a rebuilding of the running track. We thank the Dunellen School Superintendent Gene Mosely for his cooperation and assistance with this aspect of the project.

At the June 3rd meeting, the Council awarded a contract for the complete reconstruction of the tennis courts. Work on this should commence later this summer. Furthermore, we are exploring options for a new Gazebo and paver walkway to be placed adjacent to the Senior Center.

Another important concern for me has been the mitigation of flooding of certain street intersections of Dunellen, as well as the application to FEMA requesting them to redraw the flood map to accurately delineate the flood areas in Dunellen. You may recall that FEMA made numerous errors when they redid the map in 2010, and we have been working with congressional delegations to fix their mistake.

The South Madison avenue Culvert Project and the Pulaski Street Culver Project are both being done under the auspices of Middlesex County and they are making slow, if steady, progress. We are meeting with the new owners adjacent to the Railroad Culver project on South Avenue and hope to have an easement to access their property soon.

My third major area of concern is potholes in general and roadway repaving on specific

streets. I am very happy to inform you that we did receive a grant from the New Jersey Department of Transportation for roadway improvements to South Madison Avenue in the amount of \$583,316.00. As soon as we get permission from NJDOT that they are releasing the funds we will direct our engineers to put together the necessary bid package. Our next grant application will be for Lincoln Avenue.

Work continues on the new Dunellen Stations, on the site of the old Art Color complex where in the next few years there will be 130 townhouses and 252 rental units. By the time you read this article, the old water tower will have been taken down. It is a symbol of the past which we all respect; but, I am sure you all join me in striving together into a bright and exciting Dunellen future.

Finally, I want to thank everyone for an outstanding Memorial Day Parade: Dunellen Police, representatives from Green Brook, Alex Miller our Recreation Director, and many others, and especially all the people who came out on a lovely and significant day to honor our true American heroes.

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. •

## Coffee with a Cop By: Dunellen Police Dept.

After being sworn into office on May 6th as the Chief of Police for Dunellen Borough, one of Dan Smith's first priorities was very clear: he wanted to meet the people. He already knows those under his command, the veteran supervisors and officers and those recently sworn into the department. But he also wanted to get to know those he and his officers are sworn to serve and protect, the residents and business owners of Dunellen Borough. The "Coffee with a Cop" event was enjoyed on June 9th at The Dunellen Hotel.

Coffee and snacks were generously provided by both Dunellen Hotel and Dunellen Bagel. Officers from the borough were able to meet with folks with no speeches, no agendas, just casual conversation...and some coffee. Scheduled on the same day as the town wide garage sale, it was a perfect opportunity for folks to take a break from their treasure hunting to have a cup of Joe and say hello to Dunellen's finest.

Residents young and old came in, asked some questions and got to know their local officers a little better. The Chief and his staff were very happy with the turnout to the first event, and are already looking for more events like this...and some more coffee too. •

## What's Inside The Dunellen Report?

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**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

## PAR Building Dedication on June 2, 2019 Remarks by Mayor Robert J. Seader



Dunellen Councilwoman Stacy Narvesen, Dunellen Council President Jason Cilento, Mayor Robert J. Seader, Carl Riccio and Peter Riccio

Hello. I thank Peter and Carl Riccio for asking me to say a few words at this dedication of the PAR Building in memory of Peter A. Riccio.

Peter was the kind of man that exemplifies the best of Dunellen: caring, generous, and giving. I am told that he always put the needs of his customers, people he considered his friends, first and foremost. His was a life of sacrifice with the goal of making everyone else's life just a little bit better.

I think it is fitting that we dedicate this particular building in his memory. It seems that the "Towne Pharmacy" building has

always been with us, changing as the town changes, having its ups and downs as we all have, but somehow in its longevity and its constancy reflecting the perpetual hope that embodies the Dunellen spirit.

The PAR Building is a gracious centerpiece in our evolving downtown. It will serve as an anchor for all future redevelopment. In a very true way, we can say that the future of Dunellen begins with the PAR Building. And when travelers enter on North Avenue or Washington Avenue, they will see the PAR Building and say, "This is Dunellen. We have arrived." •

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

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

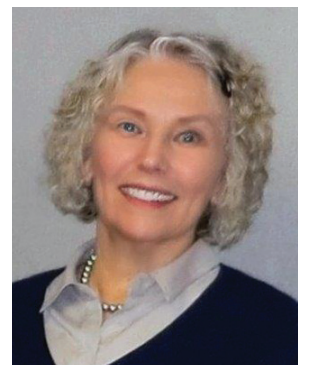
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1990-1993, 1995-2007,  
2009-2010, 2012-2017

## 2019 Memorial Day Speech By: Mayor Robert J. Seader



A solemn ceremony commemorating Memorial Day was held in Washington Memorial Park on May 27th, at 11:00 AM. Members of the color guard were from the Veteran's of Foreign Wars Post 5479 and the American Legion Post 119, both in Dunellen. Mayor Robert Seader served as Grand Marshal. Bill Uhler from American Legion Post 119 delivered opening and closing remarks and introduced the speakers. Michelle Uhler sang our National Anthem and "God Bless America." The Invocation was delivered by the Msgr. William Benwell of St. John's Roman Catholic Church. Speeches were made by American Legion Past Commander Keith Jarvis, Past State Commander of the Veterans of Foreign Wars Art Taylor, Green Brook Mayor Patrick Boccio, and Dunellen Mayor Robert J. Seader. Chaplains Gary Stoop and Keith Jarvis noted "Those Who Have Died." There was a laying of wreaths on behalf of the American Legion by Ellie and Sammy Uhler and Sue Horgos of the Veterans of Foreign Wars. The Benediction was delivered by Chaplain Ted Fryzel. Flag raising was by Boy Scout Troop 127. Dunellen and Green Brook thank all veterans for their service to our country.

I wish to welcome all of you to our annual Memorial Day Parade. As noted by others here today, 2019 is the 75th Anniversary of D-Day, probably the pivotal event in the Allies' great victory over European fascism. And, 2019 is the Centennial of the establishment of the American Legion, an organization dedicated to fulfilling the mission and spirit of Memorial Day. So, I greet in gratitude all of you from the Legion, and equally all of you who are members of the Veterans of Foreign Wars, a brother-organization which faithfully fulfills the ideals of patriotism and American exceptionalism.

Americans celebrate ten federal holidays each year. Out of those ten, the one that carries with it the greatest emotion for us as a nation, the one that affects us all most deeply as patriotic Americans, is "MEMORIAL DAY."

I believe that Memorial Day has the most significance to us because of what it embodies: the American Revolution that established the unique American vision of a

truly free peoples; the Civil War that showed us that we are far stronger united than divided; World War II, which spread the values of the American way of life while protecting the integrity of all peoples; and our current conflicts which remind us all that the purchase of democracy, freedom and liberty comes with a very high price.

America has a proud tradition of honoring the sacrifices of its fallen heroes. On Memorial Day and Veterans Day, many of us visit national battlefields and cemeteries and we remember the words of Abraham Lincoln who stated so eloquently that "these dead shall not have died in vain." All Americans have a profound responsibility to honor America's fallen heroes by remembering their defense of freedom. We stand here as beneficiaries of their sacrifice, and we should all utter a simple and heartfelt "thank you" in their memory.

America truly is the Land of the Free and the Home of the Brave. Today, don't just think it. Say it! Thank you and God Bless America!

## Dunellen Seniors on the Move By: Homer Mosley Jr., Dunellen Senior Club



Members of the Dunellen Senior Club pose with their certifications.

The Dunellen Senior Club has been very active in 2019 hosting numerous fun and interesting activities both at the Dunellen Senior Center on Orange Street in Columbia Park and at other venues. A listing of some events include:

1. On January 11th, Middlesex County Office of Aging gave a presentation about home care management, Medicare, and other senior topics.

2. On February 8th the Dunellen Arts and Culture Commission held an arts workshop in which Club members produced their own water color on canvas nature paintings featuring Winter Birch trees and sunsets.

3. On March 8th the Club had an International Buffet in celebration of Women History Month in which members prepared and were treated to numerous cultural dishes and desserts from around the world.

4. On March 13th members were treated to lunch and a private screening of the play "Little Shop of Horrors" at the Dunellen High School presented by the students.

5. On March 15th the Club joined with the Mom's Club members and their children to

create beautiful hand crafted sun catchers.

6. On May 3rd Hearing Life gave an interesting and informative presentation regarding hearing loss and prevention at the Center.

7. The Wellspring Center for Prevention presented a six week senior wellness program entitled "Wise" on Tuesdays to Club members who were awarded certificates of completion on May 7th.

8. Members celebrated Mother's Day by enjoying an all you can eat lunch at the Hibachi Grill & Supreme Buffet in South Plainfield on May 10th.

9. In keeping with its by-laws and love of community, the Club awarded a \$500.00 scholarship to a needy college bound Dunellen High School Student on June 20th.

Special thanks to Dunellen Council Member Jason Cilento, Recreation Director Alex Miller, Mayor Robert J. Seader, Dunellen Board of Education and the Borough for their continual support and commitment to the Club and the seniors. •



Members of the Dunellen Senior Club enjoy the selections of their International Buffet celebration!

### 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. Upcoming Meetings: August 5, September 3, September 16, October 7, and October 21.

### Dunellen Senior Club Fact Sheet and Application

1. The Dunellen Senior Club was founded on December 2, 1960.
2. It presently has 30 active members.
3. Membership dues is just \$10 Per year.
4. The Senior Club maintains a small treasury as seed money to fund present and future activities.
5. Members meet every Friday at 10:30 am at the Senior Center on Orange Street in Columbia Park.
6. Present activities include Bingo and games, First Friday Pizza Party, celebrating birthdays, a monthly fundraiser, monthly videos, senior topics speakers, luncheon outings and trips, providing student book scholarships and community projects, and participation with other Senior Centers.
7. We are seeking to increase our memberships, services, and activities.
8. We are also seeking to increase our utilization of the Senior Citizen Building to include more weekdays, afternoon and evening hours to service more of our senior citizens.

**I am interested in joining the Dunellen Senior Citizen Club.**

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Birth Month and Day: \_\_\_\_\_ Year (optional) \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Email: \_\_\_\_\_

## Dunellen Government Directory

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

Jason Cilento, Council President  
jcilento@dunellen-nj.gov

April Burke, Councilmember  
aburke@dunellen-nj.gov

Jessica Dunne, Councilmember  
jdunne@dunellen-nj.gov

Joseph Petraccia, Councilmember  
jpetraccia@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. Bruder  
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@dunellenborough.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

## Bonygutt Brook Clean-Up

Submitted by: Janine MacNair, Dunellen Resident

The Bonygutt Brook stream clean-up took place on May 4th. Council President Jason Cilento, Fire Chief Jeremy Lowder and I, Janine MacNair, worked with the Central Jersey Stream Team to organize the event. The Bonygutt Brook runs through Dunellen, both above ground and under properties and streets, and eventually empties into the Raritan Bay. The many tributaries of the Bonygutt Brook gets filled with debris since rainwater washes down our sidewalks and streets. The rainwater runoff carries with it whatever is in its path and sometimes the debris is placed there intentionally.

The organizing committee was able to hold this event before the vegetation growth grew too large. We determined which areas had the best access points for the volunteers to enter the brook safely. We collected materials to help the volunteers gather the garbage, which included garbage bags, work gloves, plastic grabbers, safety goggles, bottled water and coffee (coffee was donated by Green Brook Starbucks). The Department of Public Works supported our efforts by helping with the trash disposal. Department of Public Works met the volunteers along the clean-up sites to haul away the bags of garbage and larger debris.

The Dunellen Firehouse was the central meeting place where volunteers were given instructions, supplies and refreshments. Since the brook has many tributaries through the borough, the volunteers went to several sites



Two DPW trucks holding the debris found in the Bonygutt Brook.

on the south side of Dunellen. Groups went to Columbia Park, Gavornik Park, Penfield Place, and South Avenue behind Roxy and Duke's Roadhouse. When the event finished, the volunteers pulled 2 truckloads of garbage out of the Bonygutt Brook! The debris included a bike, 19 tires, a carpet, one large piece of fiberglass, a soccer goal post and lots of other junk. Great job by everyone!

It was an honor to help organize this event and I am looking forward to the fall when we will focus on the North side of Dunellen. I want to send a big thank you to Dunellen's Fire Chief Jeremy Lowder, Council President Jason Cilento, Dunellen Public Works Department and Central Jersey Stream Team for helping to coordinate the event. Thank you to all the volunteers for giving your time and muscles to keep the Bonygutt Brook clean. •

## American Legion Post 119 Awards Students



On Friday, May 24, 2019 staff and students gathered together to remember those who have served in honor of Memorial Day. The ceremony was assisted by the local American Legion, Post 119.

At the ceremony, students were honored for winning a Legion Sponsored Contest. The winners were: First Place: Milana Varnichenko, Second Place: Jefferson Estrada and Third Place: Susana Cardona.

According to Vice Principal Brendan Tennant, "The Legion is a great supporter of all of Dunellen Schools. The students and staff are honored to work with them. We look forward to continuing to work with them in the future." For more information on Faber School or to see more pictures visit us on Twitter @jpfaberschool. •

## Students Learn About Ryan's Story

Students and staff at Lincoln Middle School attended an influential presentation about Ryan Halligan, a middle school student who committed suicide in 2003.

"It is important that we realize how bullying can affect the mental health and well-being of our students," said Lincoln Middle School Principal, Bob Altmire.

The presentation was hosted by Ryan's father, John Halligan. Mr. Halligan honestly and openly discussed what happened to his son, how it could have been prevented and what we can do to help each other through a difficult situation. Ryan was one of the first victims of cyberbullying and was a sweet sensitive child who was vulnerable to this type of treatment. He was bullied in school from 5th grade on, and was bullied on the internet as well.

Mr. Halligan has used this horrific event to teach students and adults how to watch for signs of bullying and how students can be advocates for their classmates. Students also learned how they can help a friend that

is currently being bullied. Mr. Halligan also discussed these topics with high school students in addition to hosting a community event that taught parents how to keep their children and community safe. •



## Rotary News



Left to right: Dunellen-Green Brook Rotary Club President Sherri Leabman, Dunellen High School students Andrew Barnett, Annabella DeNapoli, Alex Ghanim, Sophia Silva

At our annual Scholarship Recognition Luncheon held at the Dunellen Hotel on June 6, 2019, the Dunellen-Green Brook Rotary Club awarded scholarships to five Dunellen graduating seniors.

Dunellen-Green Brook Rotary President Sherri Leabman presented the students to the club, assisted by Dunellen High School Guidance Counselor Randi Axelrad. In a separate ceremony, four graduating Green Brook seniors attending Watchung Hills Regional High School also received Rotary Club scholarships. Over the past 46 years, the Dunellen-Green Brook Rotary Club has awarded over \$280,000 in scholarships to 425 graduating seniors so that they can attend college or technical schools. Our Club considers education a number one priority and we are pleased that we can help so many deserving young people.

Rotary membership is by invitation of local clubs. If you would like to be considered for membership by our Rotary club, contact Paul Spera at 732-921-5865, or go to our website: [www.dunellengreenbrookrotary.org](http://www.dunellengreenbrookrotary.org).

## SUDS Students Teach About Safety

Students Against Underage Drinking (SUDS) from Dunellen High School came to Faber School to teach third graders about the dangers of Tobacco and Vaping. The group of students, lead by Terri Albertson, wanted to share with third graders the dangers of vaping and tobacco. Prior to their arrival third grade teachers read a story and talked about how tobacco and vaping can harm themselves and those around them. The interactive program included stories, true and false questions, students explaining why they want to be smoke free and an activity that simulates how it feels if you smoke. According to principal Gary Lubisco, Jr. "it is important that our students learn about health and the dangers of tobacco and vaping. The high school students do a great job educating our students and make them realize that it is important to make healthy choices both now and in the future."

The SUDS students have visited various grades during the school year. The staff and students at Faber School learn a lot from them. For more information on Faber School or to see more pictures visit us on Twitter @jpfaberschool. •

## Grand Openings! Downtown Dunellen!



Studio owners Chelsea Hoeffler and Nicole Turczak were joined by Mayor Robert Seader, Council President Jason Cilento, Councilwoman Jessica Dunne, Councilwoman Stacy Narvesen and members of the Dunellen Downtown Management Organization.

## Yoga Essence of Dunellen

Yoga Essence of Dunellen had its grand opening on April 7th. Dunellen is the third location for the studio. They offer classes 7 days a week at their Dunellen location, 14 South Washington Ave, 2nd Floor. For more information, visit them on Facebook @yogaessenceofdunellen, or [www.yogaessencestudio.com](http://www.yogaessencestudio.com) or email them at [yogaessencestudio@gmail.com](mailto:yogaessencestudio@gmail.com). •



Pictured (L to R): Councilwoman Stacy Narvesen and her son, Council President Jason Cilento, Mayor Robert Seader, business owner Idelfonso Nieves, Christine Nieves, Christian Ramos, Naomi, Nathan and Damien.

## East Coast Iron Gym

East Coast Iron Gym had its grand opening on April 14th. The newly established gym in Dunellen is located at 316 North Ave and helps clients achieve strength and fitness goals. They specialize in equipment for strongman and powerlifting. For more information, visit them on Facebook @eastcoaststrongym or call (732) 752-2503. •

**Reminder: Dunellen HarvestFest is accepting vendor applications. Contact: [dunellenmanagement@dunellenborough.com](mailto:dunellenmanagement@dunellenborough.com)**



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## Important Information from Public Works

The Department of Public Works is located at 235 Hall Street, Dunellen, NJ 08812. Call 732-968-5455 with any questions. Hours of operation: Monday through Saturday, 8:00 am to 2:00 pm. Supervisor: Ron Safar.

### Recycling of Materials

Per the Recycling Guide, grass clippings must be brought to the yard and deposited in the grass clippings dumpster. The DPW will not be picking these up. We are prohibited from doing so by the County which is concerned with contaminations from the clippings that mingles with the brush/limbs in the back of the yard.

- Leaf Pick-up: October to December; April to May. Must be bagged.

- Tree Limbs: collected March, April and September

- Grass and Yard Waste: no pick-up. May be brought to the Yard and placed in the appropriate dumpster.

- Paint Drop Off: Second Saturday each month, 8:00 am to 12:00 noon

- The Recycling Yard accepts curbside recyclables, metal, leaves, grass, brush, clothing, and plastics.

If You Have a Problem with Your Recycling Pickup, to determine the cause of a service interruption, please note whether:

- It's your day or week and/or your recycling was put out by the curb no later than 6 a.m.

- Your entire street's recycling has been affected

- A container no larger than 32 gallon has been used

- Any unapproved items are mixed in with your recycling

- Your recycling was placed in plastic

## Music in the Park

The Dunellen Arts and Culture Commission, in collaboration with Dunellen Parks and Recreation Commission, invites you to the The Dunellen Music in the Park series that will feature bands with Dunellen roots this year.

On July 10th, Woke Robot will perform. It's a nine-piece funk band featuring a horn section and Dunellen's James Applegate on the drums. On July 17th, Dunellen's Paul Nagy Project returns to the gazebo with fun blues and classic rock tunes. Nagy's band was well-received when they played at last year's HarvestFest.

Both free Wednesday concerts start at 7pm and take place in Washington Park. Limited bleacher seating is available. A third concert will be held later this summer. Check the Dunellen Arts and Culture Commission's Facebook page for any updates. •

## Art Camp

Dunellen Arts & Culture Commission's Summer Art Camp is still accepting registrations. The camp runs from June 24 to July 26 - 3-5pm, Monday through Friday in Columbia Park's Senior Center. Children will be instructed on visual arts including crafts, painting, drawing, and sculpting. All supplies are included in the fee. For more information, <https://tinyurl.com/dunellensummerartcamp-2019>. •

bags, which are not permitted

If you still have a concern, comment or question regarding your recycling pick-up, please send an email to [mciairecycling@mciauth.com](mailto:mciairecycling@mciauth.com), making sure to leave a name, address and telephone number in the body of the message so that a representative may contact you at their earliest availability."

### 2019 Fall Leaf Program

Leaf bags will be available starting October 1, 2019, free of charge to all Borough residents. Packs of twenty (20) can be picked up at the Borough Garage, Recycling Center. Monday through Saturday 8:00 AM to 2:00 PM or Wednesday (October & November) evenings at the Library 6:00 PM to 8:00 PM. Leaf bags will not be handed out after December 31st.

Paper leaf bags will be picked up once a week at the curb. This service will begin on October 1, 2019 and continue through December. (No plastic bags will be picked up including the big orange pumpkin bags.)

For your convenience Bagged Leaves may be dropped off at the Recycling Center on Hall Street, during the recycling hours of 8:00 a.m. – 2:00 p.m.

No Branch pick-up during leaf collection period. Curbside Collection Schedule for recycling materials, remainder of 2019 (cardboard, plastic and metal bottles and cans, bundled newspapers:) July 10, 24, August 7, 21, September 4, 18, October 2, 16, 30, November 13, 27, December 11, 28. •

## Teens Travel Back in Time

Submitted by Terri Albertson, Co-Chair of DMA

Members of the Dunellen Municipal Alliance, students from Dunellen High School and Lincoln Middle School spent a delightful Sunday afternoon in Somerville. Everyone met at the Dunellen train station, boarded the train and the adventure began. Once arriving at Somerville they walked to Alphonso's for pizza. There was lots of food, laughter and conversation. While there the students participated in a listening session, where they talked about their perceptions of what is going on in the schools and community. During the discussion they talked about underage drinking, vaping device usage and other drug usage. They also talked of ways to educate others and help prevent alcohol, nicotine and drug usage.

After lunch they headed over to Yestercades to play classic arcade games and enjoy each other's company. Everyone had a great time playing skeeball, pinball and old time video games. After taking a group photo it was time to get back on the train and head home. It was a wonderful, fun filled day and we look forward to hosting this event again.

The Dunellen Municipal Alliance is a volunteer based community program funded by the Governor's Council on Alcoholism and Drug Abuse. Our mission is to provide education and support on alcohol and drug prevention in order to reduce youth substance abuse and create a healthy community. If you are interested in learning more, you can contact us at [dunellenma@gmail.com](mailto:dunellenma@gmail.com). •

## United by the Ride

By: The Dunellen Police Department

Each May, thousands of Police Officers throughout the United States and several countries around the world converge on the Garden State for the Police Unity Tour. "The Ride for Those Who Died" is the mission and official motto of the annual event which began in 1997 when a group of 18 riders who rode from Florham Park, NJ, to Washington DC to raise awareness for officers who have died in the line of duty. Now, some 22 years later, the Police Unity Tour has grown from the 18 riders who first made the trip in '97 to almost 3000 riders in 2019.

Among those riders was Detective Joe Dudley from Dunellen Borough Police, who marked his first time riding the tour. Dudley made the decision to ride after attending the ceremonies for National Police Week in Washington DC in 2017 and being there when the Unity Tour arrived at the National Law Enforcement Officers Memorial. Training began last summer with lengthy road rides and extensive cycling gym training. Why so much training? The chapter Dudley had committed to was Chapter 7, also known as "The Challenge Ride." Chapter 7 is made up of departments from Southern California, Colorado, Michigan, Illinois, Indiana and of course, New Jersey and it boasts some of the toughest hills between NJ and DC. Chapter 7 departed from Franklin Township, NJ (Somerset County) and rode to Philadelphia, PA for a total of 87 miles the first day. Next, the tour trekked from Philly to Baltimore for a total of 107 miles up and down hills most folks wouldn't want to drive, let alone pedal.

The last day, the riders rode from Baltimore into DC to RFK stadium where they met up with all the other chapters and rode into the memorial, nearly 3,000 riders



(L to R) Mayor Robert Seader, Detective Joe Dudley, Chief Daniel Smith, Council President Jason Cilento and Franklin Twp Officer Andre Tirado prior to the Unity Tour beginning.

strong.

Dudley, like all riders, rode in the name of a fallen Officer whose name is forever memorialized on the wall of the National Law Enforcement Officers Memorial. For his first ride, Dudley rode for patrolman Samuel Kriney from the Bound Brook Police Department. Officer Kriney died as a result of an on motor vehicle accident where he was struck by a vehicle on his police motorcycle. Kriney passed from his injuries on July 29, 1931. Dudley cites wanting to ride for Kriney because of his respect for Kriney's grandson, a retired police officer himself that Dudley has known since he was young.

Dudley went on to say that he's already looking forward to the 2020 ride, and possibly being joined by more of Dunellen's Finest. "It's the experience of a lifetime. I saw things and places from the saddle of a bicycle I never thought I would. Almost 250 miles in 3 days on a bicycle is no easy task," Dudley stated, "but when you have the name of an officer who made the ultimate sacrifice on your bike, or your shirt or on a bracelet...you forget about everything else except why you ride". •

## 10 Portion Control Trips

By: Marcie Tyson, Contributor

Effective weight management is a matter of calories in ... calories out. While eating a low fat diet is healthier in general, weight management ultimately depends on limiting TOTAL calories. Portion control is the key.

- **Store Leftovers Separately** in individually sized containers. That way, when you reach for something to reheat, you can easily retrieve just enough for one helping.

- **Say Yes To Salads** before lunch and dinner to curb your appetite and help you feel full sooner.

- **Master Mini Meals** that will keep blood sugar stable and control hunger. Since you'll never get too hungry, eating small, healthy meals throughout the day can prevent impulse snacking and overeating at meals.

- **Single Out Trigger Foods** It's difficult to stop eating (let alone keep track of) tortilla or potato chips straight out of the bag. Buy snack foods in single serving size bags or divide a big bag into smaller, sandwich-size baggies.

- **Keep Seconds Out Of Sight** by filling plates in the kitchen. Keep serving dishes away from the table where it's easy to reach for seconds ... or thirds.



- **Make Meat A Side Dish** rather than the entree of your meal. Use high fiber veggies and healthy grains as the main course of your meal and you'll feel fuller while eating fewer calories.

- **Think Small** Instead of buying giant size oranges or apples, look for small pieces of fruit. Or buy grapes, kiwis, tangerines, or berries that are naturally portion controlled.

- **Be A Kid At Heart.** Order a Kid's Meal when you go to fast food restaurants to control portion size (and save money).

- **Treat Yourself** Indulge a craving before it gets out of hand. Allow yourself to have a forbidden food once in a while to keep you from feeling deprived.

- **Set Serving Standards** Learn to "eyeball" standard portion sizes by actually measuring out sample servings. •

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