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AMBOY GUARDIAN



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Bids Awarded and Rejected Special Council Meeting 12/30/13

By: Katherine Massopust
PERTH AMBOY - At the Special City Council Meeting held on 12/30/13 the bids for City Contracts were discussed.

Richard Freedman owner of Raritan Valley Truck Sales from South Brunswick expressed his displeasure with the criteria for bids for purchase of sanitation trucks. "For the items you are talking about, we can meet all specifications but two. We don't have a low cab - they are not available. We have a steel cab and anti-lock brakes on our trucks. We did not bid because the bidding is set up so only one company can bid. The town (Perth Amboy) is paying extra for each truck (in my estimation \$20,000 for each truck)."

Councilman Bill Petrick asked, "The cab is not a low entry cab?"

Freedman answered, "It is 36" to 40" above ground. You have to climb into the cab."

Petrick also asked, "Your trucks are steel?"

Freedman answered, "Most cabs are steel. Steel is stronger. If it's damaged, it's easier to repair. In many states weight is important (referring to weight restrictions on trucks). In New Jersey, weight is not as important as it is in western states."

"Other towns have opportunities to save more money by having more open specifications (on bids)," Freedman continued.

Business Administrator Greg Fehrenbach stated, "I received a letter from City Dept. Heads Frank Dann (from Public Works) and Gary Muska (Purchasing) and they found the bids to be satisfactory. We want one type of body. Other than Woodbridge, we have one vehicle. We need uniformity. This way drivers need to know exactly how to drive and maintain the vehicles. If you would prefer to hear from Mr. Dann and Mr. Muska now, it will be six months when we are getting the vehicles. A low cab

allows the driver to exit the vehicle and retrieve the can."

Councilwoman Lisa Nanton asked, "Are the models (of the winning bidder, Hunter Jersey Peterbilt) the same?"

Fehrenbach answered, "They are similar to what we have."

Councilman Bill Petrick commented, "In the future we should make the bids less stringent."

The Council agreed to table this issue for 2 weeks until the January 6, 2014 Caucus Meeting.

The Council also voted to accept bids for liability insurance and City Marina Reconstruction. The Council voted to reject the bids for "Road Rehabilitation and Improvements - Various Streets" (R-590) authorizing rebidding.

For the Perth Amboy Free Public Library, the Council voted for a contract for Cattel Inc. to provide temporary heating units for the winter months. B.A. Greg Fehrenbach stated that the reason that this is needed is because the boiler broke down last April in the library. Originally it was believed the boiler could be repaired and piping could be hung from the boiler room. This could not be done.

Councilman Fernando Irizarry asked, "Why didn't they see they needed this before?" Fehrenbach explained, "The mechanical contractors were under the belief that we were dealing with reinforced concrete, but we found out we were dealing with terra-cotta. We can't hang pipes on terra-cotta. We found out we were better off replacing the boiler (rather than repairing it). The plan was completely redesigned by mechanical engineers." A steel structure will be built to hang piping and equipment in the boiler room. The contract with Performance Mechanical was approved to replace the boiler in the Perth Amboy Public Library.

An underground storage tank



**Councilman
Bill Petrick**

located under the front sidewalk of the library needs to be removed. The Council voted to award a contract to Excel Environmental Resources, Inc. to provide analysis and removal of the tank. B.A. Greg Fehrenbach noted that the final work that has to take place is in check with the E.P.A.

No one spoke in the public portion. Some comments were made by Councilman Bill Petrick. "The boat basin was not dredged. Sewaren Creek was dredged. It is still up that end of the river. We need approval of our Freeholders and State Senators and Assemblymen and Congressman Pallone. There's no reason they can't come here and do that here, too. There's no need for us to be the stepchild of Middlesex County."

B.A. Greg Fehrenbach stated, "This had nothing to do with Sandy. It was pre-existing, therefore we could not justify FEMA funding."

Petrick commented, "They dredged seven feet (in Sewaren)."

When asked how they could tell, Fehrenbach answered, "Mike George (advisor to Marina Utility) provided photos to them, but they rejected our appeals."

Councilman Bill Petrick stated, "We need to lean on them." Councilwoman Lisa Nanton agreed.

Rutgers School of Planning and Public Policy Brings to Light Overcrowding in Perth Amboy Code Enforcement on the Hot Seat Caucus Meeting 12/9/13 - Council Meeting 12/11/13



**Carlos Rodrigues
Urban Design Expert**

PERTH AMBOY - Representatives from Rutgers Bloustein School of Planning and Public Policy were present at the 12/9/13 Caucus Meeting. They were there to present a story on the findings on possible solutions for the betterment of Perth Amboy.

During the last couple of months, students were here, studying the demographics of Perth Amboy. These students and representatives gave the presentation about the findings. This was after studying Perth Amboy for several months.

During the months that they were here, they came to the conclusion that the City is 6.9% more crowded than most Middlesex County municipalities.

"Between 1980 thru 2010 the population doubled in the City. The Vocational School Curriculum needs to be updated to include more technology and advanced courses. Millions of dollars are spent out of town because of lack of needed stores. The UEZ does take advantage of programs offered to them. The City needs to attract more businesses and update fees for services. You are dumping toxins into Raritan Bay. There is a need for Green Infrastructure to capture Water Runoff. This Runoff can be purified at a cheaper cost than using a treatment plant. This



**Former Council
President Ken Balut**

can be done through public land owned, redevelopment areas and flat roofs. There is a potential of millions of gallons of storm water a year that the City can capture. The City has a layout conducive to bike paths, pedestrian walkways and transit riders. Neighborhoods need to be connected. There is a deficit of recreational facilities. 23% of City residents don't own a vehicle."

During the presentation the representatives from the Bloustein School also talked about possibly closing off a portion of New Brunswick Avenue from Fayette Street to the 5 Corners. This will make the area into a pedestrian walkway with seating. "The City needs to apply for more grants and make it more interesting to attract more industries."

Carlos Rodrigues was one of the last representatives to speak at the Council Meeting in regards to the study. Rodrigues, PP, AICP of the Urban Design Committee. An expert on urban studies, Rodrigues received a Masters of City and Regional Planning from the Edward J. Bloustein School of Planning and Public Policy at Rutgers University.

He drew applause from former Council President Ken Balut when Rodrigues made the following statement,

Continued on Page 2

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Rutgers Study

Continued From Page 1

"Some neighborhoods are too overcrowded, and these particular areas are not suitable for this kind of density. There are a lot of illegal housing conversions. Maybe Code Enforcement should be involved."

When he was on the Council, Balut made his feelings known about the overcrowded conditions in Perth Amboy, especially in the downtown area. One of the areas that Balut was most vocal about included a building on Hobart Street that is planned for redevelopment which includes commercial and residential units.

After Rodrigues made his statements, Balut went up to him to let him know that he agreed with him about the illegal housing problems in the City.

The next presentation was given by Former Mayor of Montclair, and NJDOT Representative Jerry Fried. He made a presentation on the "Complete Streets Policy."

The basic objectives of Complete Streets can be found on the Department of Transportation Policy's website found under Complete Streets Policy of New Jersey:

The benefits of Complete Streets are many and varied:

- Complete Streets improve safety for pedestrians, bicyclists, children, older citizens, non-drivers and the mobility challenged as well as those that cannot afford a car or choose to live car free.
- Provide connections to bicycling and walking trip generators such as employment, education, residential, recreation, retail centers and public facilities.
- Promote healthy lifestyles.
- Create more livable communities.
- Reduce traffic congestion and reliance on carbon fuels thereby reducing greenhouse gas emissions.
- Complete Streets make fiscal sense by incorporating sidewalks, bike lanes, safe crossings and transit amenities into the initial design of a project, thus sparing the expense of retrofits later.

Fried said, "The cost to implement a plan depends on a City's infrastructure to support the plan."

When Fried was Mayor of Montclair, the cost to Montclair to implement the policy was \$1.1 million which paid off very well economically. (For more info go to the City of Montclair's website - search for Complete Streets)

"Some of the items needed will be of no cost to the City. There is a policy of guidelines for administrators to follow

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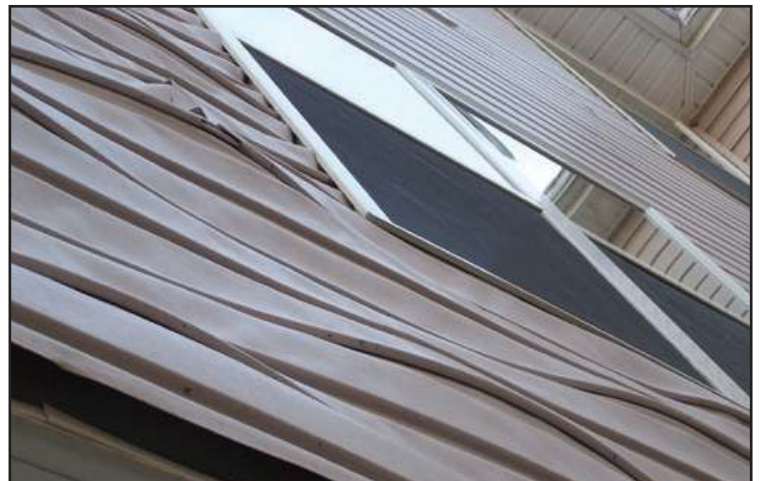


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Harbortown photos in the 7/17/13 Amboy Guardian. At the 12/11/13 Council Meeting, Councilman Bill Petrick was concerned about the temperature that caused the vinyl to melt. "This could be a safety hazard and the windows were not supported with adequate materials."

Councilman Kenneth Gonzalez said, "There may be a legal dispute to address the vinyl siding melting. A release may have to be signed."

which includes future amendments for road improvements, etc. Developers are way ahead of the curb on this."

He said, "24% of pedestrians not having a vehicle is a very high percentage. Perth Amboy has the advantage of being a very walkable town. The young people are more focused on walkable cities and are more focused on biking than older generations. You need to make the City more attractive to the young to keep

money in the City instead of having it spent elsewhere. New Jersey has the most policy adoptions."

The statement by Rodrigues in reference to the overcrowding and illegal housing conversions opened up a can of worms in the Council Chambers.

At past City Council Meetings, Councilwoman Lisa Nanton had requested evalua-

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Knitting Circle

SOUTH AMBOY - There will be a Knitting Circle on the first and third Tuesday each month at 6 p.m. at the Dowdell Library, 100 Harold G. Hoffman Plaza, South Amboy. For more info call 732-72 1-6060.

Xbox Galaxy

SOUTH AMBOY- Xbox Galaxy at 3 p.m. on Mondays at the Dowdell Library of South Amboy, 100 Harold G. Hoffman Plaza, South Amboy. For more info call 732-721-6060.

Kidz Wii Club

SOUTH AMBOY - The Kidz Wii Club will meet every Friday at 3 p.m. at the Sadie Pope Dowdell Library, 100 Harold G. Hoffman Plaza, South Amboy. For more info call 732-721-6060.

Cardiac Club

PERTH AMBOY...Raritan Bay Medical Center's Cardiac Club will meet Monday, Jan. 20, 7 p.m. to 8:30 p.m., at the hospital's Perth Amboy location, 530 New Brunswick Ave. Cardiac Club meetings are held in the hospital's Centennial Hall and explore heart conditions and healthy living. Refreshments will be served. For more information, call 732-324-5178.

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LOCAL PERSPECTIVE

EDITORIAL

The Tournament of Roses Parade Celebrates their 125th Anniversary With One of the Most Important Floats in Their History



Jeff B., one of my longtime friends lives in Arizona and loves to send me e-mails that he thinks will be of interest to me. It's not unusual for him to send me 10 e-mails in one day. Recently, one in particular jumped out at me. This e-mail had to do with the 2014 Tournament of Roses Parade in Pasadena, California. On the 125th Anniversary of this traditional parade, there was one float that was outstanding. Although I did not see the parade, I was told that there was a float to honor the WASPS (Women Air Force Service Pilots of WWII).

Attached to the e-mail was the history of these brave women and their contributions to the United States.

I've heard stories about the WACS (Women's Army Corps Service) and someone mentioned to me the Navy equivalent of the WACS, the WAVES (Women Accepted for Volunteer Emergency Service).

As I read the history of the WASPS, I was very impressed but also very dismayed that they did not get the respect or recognition that they deserve until much later.

In 1942 there was an experimental program which trained female pilots for domestic duty. This program was instituted because men were needed to fight overseas. Women

were needed to go to plants, factories or to military bases to pick up certain planes and deliver them to where they were needed.

Some of the places they had to fly into included deserts and oil fields. In 1943, 25,000 women applied for the WASP program. Just under 2000 were chosen for training, just over 1000 served.

They flew military aircraft with over 60 million miles logged. Some of the aircraft they flew included bombers and transports. They also flew weather flights and chauffeured military brass throughout the country.

These women were test pilots for the new planes that came out. They also flew planes for target practice for the male pilots to practice their shooting.

This is just a few of the tidbits taken from the e-mail. To find out more about the WASP program, check out the website <http://wingsacrossamerica.us/wasp/>

President Jimmy Carter with the help of the late Senator Barry Goldwater awarded the WASPS military status in 1977 making them eligible for Veterans' benefits. The surviving WASP members were awarded the Congressional Gold Medal at a ceremony at the Capitol in 2010. It was long overdue. *Carolyn M.*

THE COMMUNITY VOICE

The Evils of Gambling

With all the gambling games run by the state one would think that the state would run out of suckers-er players. Now the politicians have come up with other forms of gambling such as computer betting and sports betting. It may be an easy way to raise money. But on the downside in raising false hopes in people. For every winner there are hundreds, if not thousands of losers. Gambling is not a harmless way to raise money! Atlantic City Casinos are now crying the blues because of the sharp decline in revenues because of the increased competition in other states and the state lottery.

Atlantic City was a much more pleasant place to visit before this present decline.

Riding by bus with a convivial local group was a break from the daily routine. It cost nothing for the ride. Eats and drinks were readily available from restaurants or the hotdog peddler. None of us were big winners or losers. In summer the beach and waters were great! This is one of the few beaches in New Jersey without a fee. As far as gambling goes we only played what we could afford to lose. And believe it or not gambling got to be boring! A big contrast to my first trip in 1940 with the Carteret newsboys when we were present for the Miss America Beauty Contest. Wow! A.C. did not need gambling to be a top notch seaside resort!

I learned my lesson when we stopped over at Hickam Field, Hawaii before heading south to the combat areas. I was tempted to risk my

money at the crap games at the service club. Before I knew it I was broke! It was humiliating to borrow money for beer, cigars or candy. Room and board were provided by the Air Corps. From that time I only gambled with what I could afford to lose. The bottom line is to always keep an ace in the hole. By the way, I met my first local friend there named Walter Pryga. He came on one of our training flights to Hilo where we feasted on fine steaks. He later became a lawyer in Rahway. Water and I were classmates at Middlesex Junior College before we joined the military service.

Thank you for your courtesies
Very truly yours,
Peter Book a.k.a. Pedro Libro



You or Me

I spent November and part of December 2013 in a hospital. I consider it one of the best hospitals of NJ. I think Joe Torre of the Yankees would agree with me because he was also a patient there.

As I laid in my hospital bed day and night, I started to think about Nursing Homes. I think most of us know what a Nursing Home is, but have you ever visited one? If your answer is No, try to take time to visit one someday. It would be a good idea plus a rich and wholesome experience because someone in your family could be a resident in one of these facilities in the future. I'll give you something to chew on. If you are getting up there on the age ladder don't count yourself out.

I think of old as someone who has lived or existed for a long time. That is no longer the case my friends. We have passed our Freshmen, Sophomore and Junior Years and we are now Seniors. We have done our homework, but when do we graduate? The only one who has the answer to that date is The Man Upstairs.

Our live span has increased

and we now have institutions called Nursing Homes. Mom and Dad both work in most households to try and make ends meet. Grandpa and Grandma are still ticking and in good shape. What happens when they get very sick and need care and special attention? Next stop could be a Nursing Home and don't count yourself out because it could be you someday.

The holiday season is here. It is hard enough being a resident in a Nursing Home anytime of the year but being there during the holidays has to be the pits. I have seen too many residents get all dressed up on Christmas day and sit and wait for a friend or relative who never came.

I am in no way an expert on Nursing Homes but I have visited many (State, County and Private) and have worked at the V.A. Nursing in Lyons, NJ for many years.

Some Nursing Homes are good and some are not so good. So what is a good Nursing Home? The Building? NO! Bricks, Cinder block and Wood are not the Answer. The staff? Yes: This is the Heart and the Ticking of this Hear is what makes a GOOD Nursing

Home.

I think we all want to avoid being a patient in a Hospital or a Resident in a Nursing Home. I have some advice for all my Friends out there.

- 1.) Put good gas in your tank
- 2.) Change your oil and filter when necessary
- 3.) Make sure that you have a good primary doctor to check your engine and make sure that it is running smoothly.

I think this advice might be of some help to you and you will make that 100,000 mile checkup.

We all have to die sometime. I wish this wasn't so because I've lost and miss so many relatives and friends.

I believe there is a God and a Destiny. Some of you may agree or disagree with me, but I think there has to be one or the other.

Don't forget about your gas and oil because I want all of you to make that 100,000 checkup. Do this, and you will be on your way to 200,000 miles.

Merry Christmas and Happy New Year!
Thomas Francis Clark

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CENTER DELI	250 N. STEVENS AVE.
CITY HALL	140 N. BROADWAY
COMMUNITY CENTER	200 O'LEARY BLVD.
KRAUSZER'S	200 N. BROADWAY
KRAUSZER'S	717 BORDENTOWN AVE.
PUBLIC LIBRARY	100 HOFFMAN PLAZA
SCIORTINO'S HARBOR LIGHTS	132 S. BROADWAY
SOUTH AMBOY MEDICAL CENTER.....	540 BORDENTOWN AVE.
WELLS FARGO BANK	116 N. BROADWAY
IN WOODBRIDGE:	
CHAMBER OF COMMERCE	91 MAIN ST.
MAIN ST. FARM	107 MAIN ST.
NEWS & TREATS	99 MAIN ST.
REO DINER	392 AMBOY AVE.
ST. JOSEPH'S SENIORS RESIDENCE	1 ST. JOSEPH'S TERR.

Deadline for Print Ads:
 7 p.m. Thursday
Office Hours:
 Mon. - Wed. 9 a.m. - 5 p.m.
 Thurs. 10 a.m. - 7 p.m.
 Fri. 9 a.m. - 3 p.m.

E-Book Classes

SOUTH AMBOY - There are free E-Book Classes on Thursdays from 6:30 p.m. to 7:30 p.m. at the Dowdell Library, 100 Harold G. Hoffman Plaza, South Amboy. For more info call 732-721-6060.

Kearny

Cottage Open

PERTH AMBOY - Come visit the historic home of Commodore Lawrence Kearny. The Cottage is located at 63 Catalpa Ave, Perth Amboy, and is open on Mondays and Thursdays from 2 p.m. - 4 p.m. and the last Sunday of the month from 2 p.m. - 4 p.m. The Kearny Cottage needs your help. Anyone interested in joining the Kearny Cottage Historical Society please contact 732-293-1090. We are on the web! www.KearnyCottage.org

HIV Support

PERTH AMBOY — Raritan Bay Medical Center is sponsoring an HIV support group meeting on Monday's at 6 p.m. Anyone diagnosed with or caring for someone infected with HIV is welcome to attend. Meetings are held at the hospital's Perth Amboy Division, New Brunswick Avenue.

To register or for more information, call (732) 324-5022.

Volunteer Firefighters Needed

PERTH AMBOY - The Perth Amboy Fire Department: Volunteer Division needs members. Accepting men and women ages 18 years or older. Volunteers must be a Perth Amboy resident. For more information please contact 732-442-3430.

Monthly Book Club

SEWAREN - There will be a monthly book club at the Sewaren Library, 546 West Ave, Sewaren. For more info call 732-634-7571 or email sewarenlibrary@gmail.com. We are looking for adults to join a book club starting in November. Please fill out the attached form if you are interested in joining us. Day and time will be determined by interest. The first Book will be Defending Jacob by William Landay.

Community Calendar

Perth Amboy

- TUES. Jan. 7 Board of Education, 6 p.m.
PAHS, Eagle Ave.
- WED. Jan. 8 City Council, Regular 7 p.m.
City Hall, High St.
- TUES. Jan. 14 Library Board of Trustees, 5 p.m.
City Hall, High St.
- UEZ, 6 p.m.
City Hall, High St.
- BID, 7 p.m.
City Hall, High St.

South Amboy

- WED. Jan. 8 City Council, Business, 6 p.m.
City Hall, N. Broadway
- WED. Jan. 15 City Council, Regular, 7 p.m.
City Hall, N. Broadway

A SUPERIOR DINING EXPERIENCE

The Barge
 On The Waterfront In
 Historic Perth Amboy
EARLY BIRD SPECIALS

Mon. thru Sat 3:00pm to 6:00PM
 Sunday 12:00 noon to 4:30PM

The Barge offers Off-Premises
 Catering for the Holiday's, parties,
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Featuring the Finest

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- Live Maine Lobster
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Have Your Next Party on The Waterfront

Outside catering is our specialty
 Great for parties, luncheons, dinners,

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We accommodate up to 100 people.

Let's work together and plan the
 Perfect party for you!

EX P. 04/30/14
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**Buy 1 Dinner & Get
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*Equal or less value, with this ad. Discount up to \$10.
 Cannot be combined with any other offer.

Not valid on Early Bird Specials.

The Barge

732-442-3000 / 201 Front Street, Perth Amboy
 VISIT OUR WEBSITE: www.thebarge.com

6th Annual Business Meet 'N Greet
Thursday, January 9, 2014

5:30 p.m. at The Barge Restaurant
201 Front St., Perth Amboy

Sponsored by:

- Raritan Bay Oral Maxillofacial & Cosmetic Facial Surgery, Bank of Woodbridge**
- Division of BCB Community Bank,**
- C.P.A. Tom Ploskonka, USON Consulting, LLC,**
- Intercounty Mortgage Network Corp.,**
- Plumb-Rite Plumbing & Heating Inc.**
- Funny Mixers by Readventures,**
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- York-Jersey Underwriters, Copa de Oro,**
- CPS Signs, 123 Quick Print, The Barge Restaraunt & The Amboy Guardian**
- RSVP Call Milton @ 732-306-0040**

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Choice: of Salad or Soup of the Day • Choice of Appetizer: Calamari or Sausage (sliced)
 Choice of Entree: Chicken in Garlic • Pork Chops • Stuffed Tilapia Served with Rice, Potatoes and Vegetables
 Dessert: Flan, Regular Coffee & Tea

KIDS EAT FOR \$5.99 FROM SUNDAY THRU THURSDAY
 Choice: of Chicken Fingers w/Fries • Small Shell Steak w/Fries • Fried Filet of Sole w/Fries with Soda
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SAVE 15% WITH THIS COUPON OFF YOUR ENTIRE DINNER FOOD PURCHASE
 Expires Jan. 8 & 9 only with this coupon. Not including beverages. Maximum discount \$50. Valid Mon - Thurs. Exp. 1/8/14. Not valid on Specials, including organic food. May not be combined with any other offer and on holidays.

www.amboyguardian.com

Rutgers Study

Continued from Page 2

tions of City Employees, specifically in the Code Enforcement Department.

This request came up again at the Meeting when Councilman Kenneth Gonzalez put Code Enforcement Director Ed Scala on the Hot Seat. Councilman Gonzalez made reference to a Harbortown Resident who has come before the Council several times to complain about conditions in the complex that he thought were violations. Some of these violations included: buildings where the vinyl siding that looked as if they melted; balconies being supported by 2 x 4's; partial removal of drain pipes; and cracked foundations to some of the buildings. To name a few.

Council President Joel Pabon and Councilwoman Lisa Nanton had taken a tour of Harbortown in the summer of 2013. This was in response to these residents' concerns and complaints.

At the Meeting, Council President Joel Pabon said, "We need to see Code Enforcement Employee evaluations. We need to get our Code People out there (like Mr. Rodrigues said from Rutgers) to address Code Enforcement problems."

Councilman Kenneth Gonzalez said, "The developers need to address these violations."

Code Enforcement Director Ed Scala said, "Harbortown was built to the State Code Standards that were in place at the time."

Councilman Kenneth Gonzalez shot back, "Mr. Scala - You are the Department Head and everything has to fall on you!"

B.A. Greg Fehrenbach told the Council that they cannot get involved in personnel problems. The Department Heads report to the Mayor and the B.A. "You (the Council) don't have legal authority to evaluate the employees because they are Civil Service."

Gonzalez asked, "If the Council needs an evaluation process of employees, would they need an ordinance or resolution to do so?"

There was no response.

PRAHD Three Kings Day - Perth Amboy

*Photos by Paul W. Wang



The Three Kings Arrive



Giving out the gifts



The PRAHD Staff and Guests



The table is loaded with toys



Someone is happy!



Yeah!



Waiting in expectation



A good time was had by all

Jewish Renaissance Medical Center Launches “Strong Start Centering Pregnancy®” “An innovative model of group prenatal care.”



Jorge Cruz of JRMC



One of the pregnant women participating in the program



Some of the participants

Press Release - Dec. 18, 2013
PERTH AMBOY - Jewish Renaissance Medical Center (JRMC) has launched group prenatal care services as an option for all pregnant women. The group model of prenatal care would include a new “STRONG START Centering Pregnancy®” initiative for Medicaid eligible pregnant patients as well. Representatives from the US Department of Health Resources & Services Administration (DHHS), the US Center for Medicaid and Medicare Services (CMS), the NJ Primary Care Association (NJPCA) and Central Jersey Family Health Consortium (CJFHC) attended to emphasize the important contributions of this new initiative.

“Strong Start” is an innovative model that enhances the prenatal care experience through regular group meetings to discuss pregnancy, childbirth and child care topics to promote healthy deliveries and healthy newborns according to The Center for Medicaid and Medicare. DHHS designed Strong Start to improve outcomes for newborns and pregnant women and to reduce pre-term birth. This initiative builds on decades of work by organizations like American College of Obstetricians and Gynecologists (ACOG), the March of Dimes, the National Partnership for Women and Families, the Society for Maternal-Fetal Medicine, and Childbirth Connection.

“On a national level, we have plateaued with the numbers on infant mortality,” said Shirley A. Smith, RN, MS, Maternal and Child Nurse Consultant for Region II of DHHS. “We need strategies to keep driving that number down. Through Centering, we engage the mom early on. This is a college course in prenatal self-care tools. Where better can this occur than in community-based health care centers where people can receive care from birth to end of life?”
Frank Winter, Partnership

Management at the CMS New York regional office, added, “Through this program, through the Affordable Care Act (ACA), we have to make our nation’s infant mortality rate a thing of the past. “It can get lost in some of the reporting, but supporting models of care like Strong Start is a big part of what the ACA is all about.”

With assistance from Central Jersey Family Health Consortium, in partnership with the New Jersey Primary Care Association and a grant from the Center for Medicaid and Medicare Services Innovation Center (US DHHS), JRMC STRONG START for Mothers and Newborns Centering Pregnancy® group is now an enhanced prenatal care option for pregnant women. Women may receive their prenatal care in groups of 8-12 women with similar due dates. Each group session, which lasts 90 minutes to two hours, begins with a private physical assessment of each woman. After some time for snacks and socializing, the group will discuss topics important to the participants. Women have more quality time with their provider to discuss their pregnancy, an opportunity to actively participate in health decisions and have fun.

Benefits that make the Strong Start program stand out include:

- Pregnant women know when all their appointments are

scheduled and never wait to be seen

- Spend quality time with their health provider
- They discuss health concerns and expectations in a supportive setting.
- Enjoy healthy snacks and refreshments

Katherine Grant-Davis, President and CEO of NJPCA, adds, “In 2012, only 6.0% of babies born under the care of NJ FQHC providers, had very low of low birth weights compared to 7.5% in 2011. There is no question that the model of engaging women in large OB waiting rooms such as the one at Jewish Renaissance is the name of the game for improved outcomes.”

Elective deliveries before 39 weeks increase the risk of significant complications for both the mother and the baby, as well as long-term health problems. Strong Start’s goals and focus were identified with the help of experts at the Centers for Disease Control and Prevention (CDC), National Institutes of Health (NIH), ACF and Health Resources and Services Administration (HRSA). Babies born prematurely are a growing public health problem with significant consequences for families and an estimated cost to society of at least \$26 billion each year. Each year, this is more than half a million infants in the United States, a number that has grown by 36 percent over the last 20 years.

Your Cervical Health Update

By Dr. Steven Goldberg
PERTH AMBOY - Cervical Health Awareness Month in January is an opportunity to raise awareness about how women can protect themselves from HPV (human papillomavirus) and cervical cancer.

About 20 million Americans currently have HPV, the most common sexually transmitted disease. In addition, 14 million people become infected each year. HPV is associated with several types of cancers, especially cervical cancer.

So, what’s the good news? HPV can be prevented with the HPV vaccine and cervical cancer can often be detected early with regular screenings, called Pap tests.

Cervical cancer screenings can help detect abnormal cells early, before they turn into cancer. Most deaths from cervical cancer could be prevented by regular Pap tests and follow-up care. A Pap test also can find cancer early, when it is easier to cure. Women with cervical cancer often experience no symptoms or pain, so regular testing is important.

The American Congress of Obstetricians and Gynecologists currently recommends that cervical cancer screenings, or Pap tests, begin at age 21 and between the ages of 21 and 29, may be performed every three years.

At age 30, screening should begin to include HPV testing and be done every five years. After the age of 65, with a history of negative screening over a 20 year period, screening may be stopped.

A gynecological exam includes much more than a Pap test, so an annual wellness visit with a gynecologist is still recommended.

HPV vaccines are given as a series of three shots over six months to both females and males to protect against HPV. Both Cervarix and Gardasil protect against cervical cancers in women. Gardasil also protects against genital warts

and cancers of the anus, vagina and vulva. Both vaccines are available for females. Only Gardasil is available for males.

HPV vaccines offer the best protection to girls and boys who receive all three vaccine doses and have time to develop an immune response before being sexually active with another person. The HPV vaccination is recommended for preteen girls and boys beginning at age 11 or 12 years.

HPV vaccines are also recommended for teen boys and girls who did not get the vaccine when they were younger, teen girls and young women through age 26, as well as teen boys and young men through age 21.

The vaccine is recommended for gay and bisexual men or any man who has sex with a man. It is also recommended for men and women with compromised immune systems, including people living with HIV/AIDS through age 26, if they did not get fully vaccinated when they were younger.

Our knowledge of the cause, detection, treatment and prevention of cervical cancer has increased exponentially since I started my medical practice. We now know that we can prevent many cervical cancers but education, prevention and early detection are still key to good sexual health for both men and women.

Dr. Goldberg is part of Bay Obstetrics and Gynecology practice, affiliated with Raritan Bay Medical Center. The Bay physicians are all board certified and provide comprehensive healthcare for women of all ages. Office locations include 740 Route 1 North, Iselin, NJ and 2045 Highway 35 South, South Amboy, NJ. To schedule an appointment, call 732-316-4951. Dr. Goldberg’s special interests include hysteroscopic surgery to potentially help women avoid hysterectomy and laparoscopic surgery including laparoscopic hysterectomy.

JRF Events for January

- Every 1st Thursday of the month: Parent Advisory Board from 6:30-7:30 p.m.
- January 7th: ESL Orientation for Free Classes; 6 p.m.- 8 p.m., Basic ESL every Tuesday and Intermediate ESL every Thursday
- January 14th: Stress Management Workshop- 4 p.m.-5 p.m.
- January 15th: Citizenship Class Orientation; 6 p.m.- 8 p.m. Every Wednesday
- January 15th: Family Movie Night- “Despicable Me 2” 5 p.m. - 7 p.m. at the Perth Amboy YMCA, 357 New Brunswick Ave, Perth Amboy, NJ 08861
- January 16th: Cervical Cancer Workshop- 6:30 p.m. -7:30 p.m.
- January 21st: Nutrition Workshop - 6:30 p.m. - 7:30 p.m.
- January 30th: Family Zumba Night 6:30 p.m. -7:30 p.m.

Event Location: 149 Kearny Avenue, Perth Amboy, NJ 08861.
For more information, please contact the JRF at (732) 638-5063

**Perth Amboy Volunteer
Fire Department
Parade Committee**

will be holding their 4th Annual

Spaghetti Dinner

Saturday, January 11, 2014 4 p.m. to 8 p.m.

Knights of Columbus Hall

228 High St., Perth Amboy

Adults \$10 Children under 5 - Free

Come out and support your local heroes!

**Do you or someone you know have
Old Photographs or Documents?**

The Kearny Cottage Historical Society is
Looking for Old Photos and Documents of

Perth Amboy, South Amboy,

Woodbridge, Fords, etc. (Local Area)

For an Archiving Project - Your Photos & Documents
will be scanned into digital format & returned to you.

For more info please call 732-293-1090

**Perth Amboy
Historic Calendar**

2014



**2014 Historic Perth Amboy
Calendars For Sale**

PERTH AMBOY - The Friends of Perth Amboy Free Public Library and The Kearny Cottage Historical Society have teamed up to create Historical Calendars with never before seen photos of Historic Perth Amboy. Calendars are \$10 each and are available at the Barge Restaurant, 201 Front St., Perth Amboy City Hall, High Street, Ludwig's Pharmacy, 475 Brace Ave. and Fertigs Dept. Store, 195 New Brunswick Ave. For more info call 732-293-1090.

Get in the Game

SOUTH AMBOY - The South Amboy Branch YMCA is starting an Adult Basketball League (Ages 18+) beginning February 14. The weekly games will be played on Thursdays from 6 p.m. to 10 p.m. with times determined by the number of teams that are registered. Scores and standings will be recorded online and games will be refereed. The teams can have 5-12 players each and teams must submit a roster prior to start of the season. The cost is \$700* per team (\$100 deposit due at registration). Balance due before your first game (*includes team shirts and ref fees). If you have any questions please contact Mike Manfre, Physical Director at 732-316-8208 or mike.manfre@ymcaofmews.org.

Tropical

Island Night

SAYREVILLE - Our Lady of Victory Knights of Columbus Council # 2061 will host a Tropical Island Party on January 25th from 7pm until midnight. The Island Party will be held at the Council home located at 775 Washington Road, directly across from the Parlin post office. The evening event will include an open bar with tropical drinks, beer wine and soda and a buffet dinner and desert. There will also be dancing to tropical music and tropical island entertainment. Tickets are \$ 35 per person payable with reservations. For more info or to purchase tickets please call John at 732-237-9922. Escape the doldrums of winter and join us for an evening of fun.

Tax Facts

Mark These Tax Dates On Your 2014 Calendar

Courtesy of Tom Ploskanka

Don't Subject Yourself To Tax Penalties For Missing Important Filing Deadlines In 2014. Get Out Your 2014 Calendar And Mark Any Of The Following Tax Deadlines That Apply To You Or Your Business.

- January 15 – Due date for the fourth and final installment of 2013 estimated tax for individuals (unless you file your 2013 return and pay any balance due by January 31).

- January 31 – Employers must furnish 2013 W-2 statements to employees. 1099 information statements must be furnished to payees by payers. (Deadline for providing Forms 1099-B and consolidated statements to customers is February 18.)

- January 31 – Employers must file 2013 federal unemploy-

ment tax returns and pay any tax due.

- February 28 – Payers must file information returns (such as 1099s) with the IRS. (March 31 is the deadline if filing electronically.)

- February 28 – Employers must send W-2 copies to the Social Security Administration. (March 31 is the deadline if filing electronically.)

- March 3 – Farmers and fishermen who did not make 2013 estimated tax payments must file 2013 tax returns and pay taxes in full.

- March 17 – 2013 calendar-year corporation income tax returns are due.

- April 15 – Individual federal income tax returns for 2013 are due unless you file for an automatic extension. Taxes owed are due regardless of ex-

ension.

- April 15 – 2013 federal partnership returns are due.

- April 15 – 2013 annual gift tax returns are due.

- April 15 – Deadline for making your 2013 IRA and education savings account contributions.

- April 15 – First installment of 2014 individual estimated tax is due.

- June 16 – Second installment of 2014 individual estimated tax is due.

- September 15 – Third installment of 2014 individual estimated tax is due.

- October 15 – Deadline for filing your 2013 individual tax return if you filed for an extension of the April 15 deadline.

Call our office for more information or for assistance with these and other required tax filings.

**Independent Contractor Or Employee:
The Distinction Matters To The IRS**

There is a considerable financial incentive for businesses to want to classify workers as independent contractors rather than as employees. For employees, a business is required to pay payroll taxes and other employee benefits such as paid time off and pension contributions. None of these is required with independent contractors.

Depending on the type of business you are in, some business functions lend themselves to being done by contractors while other functions simply are not. The facts and circumstances of each case

will decide the proper treatment. It is important to get it right to avoid the prospect of an IRS audit tapping you for back payroll taxes, penalties, and interest.

So how does one go about getting it right? The determination is made by reviewing the evidence as to the degree of control of the business over the worker and the job function. Does the company have the right to control how and when the worker does his job? How is the worker paid – by the hour or by the job? Who provides the tools and sup-

plies for the job? Is there a written contract between the parties spelling out rights and responsibilities of each? Is the job for your company ongoing or does the worker perform services for other customers? These and other factors will help make the proper classification for your workers.

If your facts and circumstances do not leave you with a clear indication as to whether or not you have an independent contractor, give us a call and we'll review your worker classifications with you.

**Pallone Announces \$16.5 Million in Sandy
Recovery Funds for Long Branch and Middlesex County Utilities Authority Projects**

News Release 1/6/13

WASHINGTON - Today, Congressman Frank Pallone, Jr. (NJ-06) announced that Long Branch and the Middlesex County Utilities Authority will be receiving more than \$16.5 million in federal funding for continued projects as a result of Superstorm Sandy. The funding is being provided by the Federal Emergency Management Agency (FEMA) via the Sandy aid package Pallone fought for in Congress.

"These grants help to lessen the financial hit that our local governments still face as communities continue to recover from Sandy," said Congressman Pallone. "As we continue to rebuild, we have a unique opportunity to improve our public infrastructure so it is

stronger and can withstand future storms. I am grateful that FEMA recognizes the importance of these ongoing efforts in New Jersey."

This allocation provides \$14,504,338.98 in federal funding to Long Branch to repair the boardwalk, bluffs, bulkheads, and roadway damaged as a result of Superstorm Sandy. The funding announced today will cover the costs for the demolition and replacement of 69,850 square feet of boardwalk, including new decking, railing and lighting. Ramps leading from the boardwalk to the beach will also be replaced. The bluffs, which are the support system for the boardwalk and roadway, will be repaired with a new concrete foundation,

95,740 cubic yards of additional material, and 11,489 square yards of dune grass.

The Middlesex County Utilities Authority will receive \$1,340,015.46 in federal funding for emergency repairs to the Sayreville Sewerage Pump Station that was damaged as a result of Superstorm Sandy. This grant is in addition to the \$2.44 million that the Middlesex County Utilities Authority was awarded in 2013 to repair the damaged pump station and install and operate a surge diversion facility to minimize surges to the pump station in the event of a future storm. The station pumps sewage from 30 municipalities in Middlesex and Somerset Counties.

Centennial Bake-Off

SOUTH AMBOY - In Celebration of our Centennial, The Dowdell Library will holding a Competition Bake-Off on January 7th. Enter your family favorite recipe of Pies, Cookies or Cake to win Prizes! Must be 21 to enter, deliver entries Jan 7th between 10 a.m. and 4 p.m. For official rules visit www.dowdell.org or call us at 732-721-6060. The library is located off O'Leary Blvd adjacent to the High/Middle School 100 Hoffman Plaza, South Amboy.

St. Patrick's Day Parade

SOUTH AMBOY - 2014 St. Patrick's Day Parade will be held on Saturday, March 8th at 2 p.m. Anyone wishing to join the Parade Committee and help organize and present this wonderful event should contact Councilman Mickey Gross at 732-721-5031. Grand Marshal's Night January 31 at the AOH Hall 7 p.m. to 11 p.m. honoring Grand Marshal Monsignor John Gordon, Deputy Grand Marshal Colonel John F. O'Connell, Honorary Grand Marshal Assemblyman Craig Coughlin. All are welcome. \$35 includes food entertainment and more. Tickets are on sale at the YMCA office and the AOH hall.

Attn: Residents with Parking Permits

Press Release
PERTH AMBOY - As a courtesy reminder to resident's within the permit zones. Please be advised that your present residential permit expired: December 31, 2013.

The 2014 permits are available in our office between the hours of 9-5 Monday through Friday.

Per City ordinance, we require a valid NJ driver's license and valid vehicle registration card. Both documents MUST have the same address within the requesting permit zone.

As a courtesy the PAPU office has extended the period of time allotted for permit renewal to January 31st. If your 2014 permit is not renewed and visibly placed on vehicle beginning February 1st you WILL receive a summons.

Any questions feel free to contact our office. Thank you in advance for your prompt cooperation with this matter.

PARKING SERVICES
UTILITY
151 JEFFERSON ST.
PERTH AMBOY, NJ 08861
TEL#732-826-9223
FAX#732-826-5012

Lego Drive

SOUTH AMBOY - The Sadie Pope Dowdell Library of South Amboy is looking for donations of LEGO's for future programs! We are asking that anyone that wishes to donate any regular model making size pieces to please drop them off at the library during our regular business hours. The library is located at 100 Harold G Hoffman Plaza off of O'Leary Blvd, adjacent to the High/Middle school. For hours and directions please visit our website at www.dowdell.org.

MCLTRG Meeting

MILTOWN - Please note the monthly MCLTRG Meeting will NOT be this Monday. The January 2014 MCLTRG Meeting will be held next Monday, January 13th, at 10AM, at the United Way of Central Jersey office located at 32 Ford Avenue, Milltown, NJ 08850, lower level conference room. If you have any questions, please contact Candace Crane at candace@middlesexltrg.org.

Zumba

Fitness Classes

The Sayreville Recreation Department will continue to offer Zumba and Core Fitness on Thursdays at 3:45 p.m.

Classes start January 16th and run 8 weeks. Classes are located at Samsel Upper Elementary School on Ernston Road, in the auxiliary gym. Fee is \$60. Pre-registration is required. Registration starts January 2, 2014. For more information please call Denise at 732-525-9536 or email zumbasayreville@gmail.com

Senior Scene

Happenings

Perth Amboy

- WED. Jan. 8 Simpson Seniors, 10 a.m., Williamson Hall, High St.
- Holy Rosary Seniors, 12:30 p.m., Auditorium, Florida Grove Rd.
 - St. Stephen's Seniors, 1 p.m., Cafeteria, State St.
- THURS. Jan. 9 The Cathedral International Seniors, 9:30 a.m., Family Life Center, Madison Ave.
- MON. Jan. 13 St. James Golden Girls, 10 a.m., Fellowship Hall, Commerce St.
- TUES. Jan. 14 Holy Spirit Seniors, 12:30 p.m., Church Hall, Brace Ave.
- Market Square Seniors, 1 p.m., Presbyterian Center, Market St.
- WED. Jan. 15 Simpson Seniors, 10 a.m., Williamson Hall, High St.
- Holy Rosary Seniors, 12:30 p.m., Auditorium, Florida Grove Rd.
 - St. Stephen's Seniors, 1 p.m., Cafeteria, State St.
 - Holy Trinity Seniors, 1 p.m., Church Hall, Lawrie & Johnstone St.
- THURS. Jan. 16 The Cathedral International Seniors, 9:30 a.m., Family Life Center, Madison Ave.

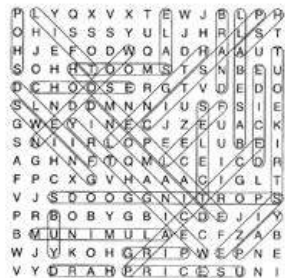
South Amboy

- WED. Jan. 8 South Amboy Seniors, noon, Senior Center, S. Stevens Ave.
- MON. Feb. 3 St. Mary's Seniors, noon, Senior Center, S. Stevens Ave.

Attn: If Your Club changes Your Schedule due to the Holidays Please give us two weeks notice! 732-896-4446 or 732-261-2610

Please Submit Community Events 2 Weeks in Advance!

Answers
From Puzzle
On Page 11



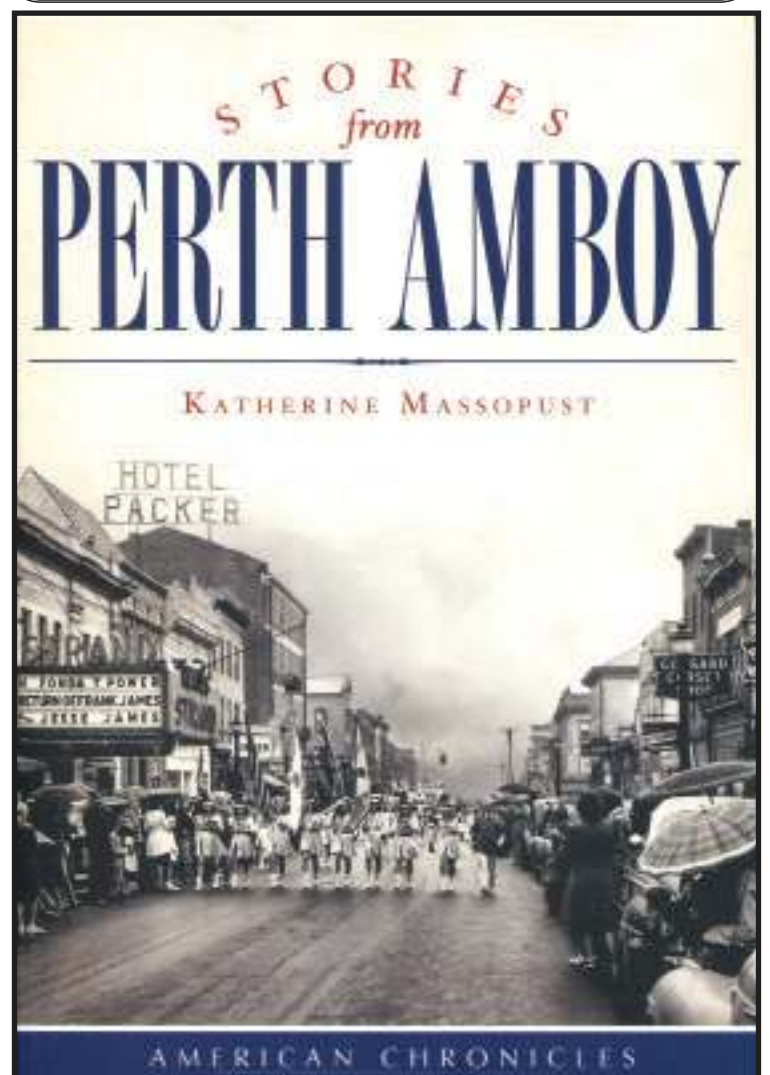
LOOKING BACK



PERTH AMBOY - Blizzard of 1888

**Photo Courtesy of the Kearny Cottage Historical Society*

This Photo was restored under a grant for the Kearny Cottage Archiving project by the Middlesex Cultural and Heritage Commission



Stories From Perth Amboy

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