

OLD BRIDGE

ALL AROUND



ALL I
WANT FOR
CHRISTMAS

See Page 18

VOL 1, NO 2

A Publication for the community of Old Bridge

NOVEMBER 2016

LOCAL FOOD BANKS PREPARE FOR HOLIDAYS

By: Joe Cooney, Contributor AAOB



With the holiday season fast approaching, several Old Bridge organizations are gearing up to provide a helping hand – and a bounty of food – to those less fortunate.

“It’s that time of year again,” exclaimed Carol Eskaros, communications director of Calvary Chapel Old Bridge, as she talked about the church’s seasonal preparations.

“The word has gone out, and people are already bringing in turkeys and all the trimmings that will be packaged and delivered (for Thanksgiving),” Eskaros added.

Calvary’s Broken Loaves ministry, launched 26 years ago, will help approximately 450 families this year during Thanksgiving, according to Associate Pastor Dave Margareta. The ministry provides assistance each month throughout the year to a similar number of families.

Continued on page 24

VETERANS DAY: ITS ORIGIN AND IMPORTANCE

By: David L. Hernandez Jr. Publisher

Veterans Day: Its Origin And Importance

On the eleventh hour of the eleventh day of the eleventh month of 1918, a temporary cessation of warfare or armistice was avowed between Germany and the Allied states in the 1st World War, which was referred to as “the Great War.” Celebrated as Armistice Day starting the next year, November 11th was named a federal legal holiday all over the United

States. During the aftermath of the Korean War and World War II, Armistice Day was made Veterans Day, a special holiday dedicated to all American veterans of war.

The evolution from Armistice to Veteran’s day

American effort during the second World War saw the greatest enlistment of the U.S. Navy, Army, Marines as well as the Air Force in the country’s history (over 16 million people); about 5.7 million

more were deployed during the Korean War from 1950 to 1953. Sometime in 1954, after the lobbying movements by veterans’ service organizations, progress was made, and the 83rd U.S. Congress had the 1938 act amended, and this act converted Armistice Day to “Veterans” day. President Dwight D. Eisenhower was the person who signed the law on June 1, 1954. And since then, November 11 has remained a day to honor all American veterans of wars.

Continued on page 13



WORLD FEST

From delicious food, rides, crafts and great entertainment; the World-fest weekend was a success and left Old Bridge residents entertained.

The Voci Del Mondo (the voice

of the world) contest was like our very own American Idol with fabulous, local talent! The live taping of the new, community television cooking show was wonderful with

Chef Eric Levin and many attendees waited for the restaurateur’s autograph. The attendees were able to enjoy fare from all over the world with various food vendors too!

Continued on page 18

@ a GLANCE INSIDE

PROTECTING YOUR CHILD
SEE PAGE 8

VETERANS DAY
SEE PAGE 13

WHAT’S ON THE MENU?
SEE PAGE 20

VOTING LOCATIONS
SEE PAGES 21-22

MORE!

Mayors Message	pg3
Think Old Bridge	pg4
Old Bridge Library	pg6
Senior Scene	pg10
Living Stones	pg12
In Memoriam	pg14
School Knights	pg26
Coupons	pg27

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ARRIVAL OF THE ANNUAL HEAD LICE

Every school year we prepare ourselves for the arrival of the annual head lice letter. It is important for parents to understand that having head lice is not a result of unclean homes or unclean children. Even if your children bathe daily, they are still vulnerable because lice can survive underwater for up to 6 hours. However, the good news is that lice do not carry diseases.

Head lice can only be transmitted by direct hair-to-hair contact, and direct hair-to-clothing/object contact such as shared combs, hats, and scarves. Luckily, head lice cannot be spread by pets.

Parents are encouraged to check their children frequently for head lice throughout the school year. Adults who live with school-aged children are also at risk of getting head lice. Lice and their nits (head lice eggs) are small and look like white, brown or dark gray specs. They are most commonly found in the hair at the back of the neck or behind the ears. They prefer to stay glued to the hairs closest to the scalp, as they feed on human blood several times a day. Wetting a child's hair and combing through the hair has been found to be the most effective way to spot an infestation



Adult head lice are 2.1–3.3 mm in length. Head lice infest the head and neck and attach their eggs to the base of the hair shaft. Lice move by crawling; they cannot hop or fly.

The most common symptom of infestation is itching which can happen weeks or months after the lice are transmitted. Your child may notice a tickling feeling or something moving in their hair which may cause irritability and difficulty sleeping. Please contact your doctor immediately if the skin becomes red, swollen or painful; or if the lymph nodes in the neck become tender.

Lice do not go away on their own. If you suspect your child has an infestation, please make an appointment with your child's pediatrician to confirm the diagnosis. Notify your child's school so that other families can be made aware of the potential risk of infestation.

It is highly recommended that you examine all other members of the household for signs of lice and treat everyone who is infected at the same time.

TREATMENT:

Although lice don't survive long when not on a human, it's best to wash the bedding of anyone being treated for lice. Clothing worn in the past 48 hours should also be washed in hot water at least 130°F. If your child sleeps with a favorite plush toy, put it in a hot dryer for 30 minutes. That should kill any creepy-crawlies.

There are a number of available treatment options for lice. Some products are over-the-counter (for example Nix® and Rid®), and others are available only by prescription. These treatments are all topical lotions or suspensions that directly kill the adult lice and nymphs. The over the counter products are not effective for killing the lice eggs, and therefore require a second treatment about a week after the initial application. Certain prescription product, such as Sklice™ and Natroba®, usually require only a single treatment since they are able to kill both lice and unhatched eggs.

The Clinical Pharmacists at ACE-Rx Specialty Pharmacy can discuss all of the treatment options with you. Also, for more information about the Prevention and Control of Lice, please visit: <http://www.cdc.gov/parasites/lice/head/index.html>



Achilles Alon PharmD RPh

Dr. Achilles Alon is the Director of Specialty Pharmacy and co-owner of ACE-Rx Specialty & Compounding. As the Director of Specialty Pharmacy, he serves as the head pharmacist and operations lead for all specialty pharmacy programs.

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A MESSAGE FROM MAYOR HENRY



Photo of Mayor Henry

Dear Residents,

By now you have received and read the first edition of "All Around Old Bridge". I hope that you have found it both enjoyable and informative. Old Bridge offers many new and exciting events each month which will be

highlighted in this newspaper. I appreciate the hard work that went into making this publication possible and I thank the local businesses and special people who support this endeavor.

The Township's fall and winter youth sports are in full swing. I personally look forward to attending our local football games and going over to the John Piccolo Ice Arena to support our local hockey teams. Check out the full fall and winter lineup of programs and events at oldbridge.com. Additional information on high school sports can be found on the Old Bridge Public School website: obps.org. Please join us in supporting all of our local athletes.

I would like to remind residents that Tuesday, November 8th is Election Day. Although this year seems to be a

more challenging time, our forefathers fought long and hard to give us this right to vote, so please get out and vote.

I would also like to remind residents that November 11th is Veteran's Day. This is a great opportunity for all of us to stop, reflect and say thank you to all our veterans and their families for their great sacrifices and service to this country.

On Sunday, November 13th, the Madison Township Historical Society will be celebrating their 51st anniversary by hosting their annual Apple Festival. The event will take place from 12 noon to 4 p.m., located at the Civic Center, Municipal Complex. Old Bridge Township has been famous for apple growing since the early 1800's. Two important apple growers were the Cottrell and Hauser families. At the

present time, John Hauser of Hauser Hill Farm is the only active grower.

With the fall season upon us, it is also a perfect time to spend with family and friends. Thanksgiving gives us the opportunity to give thanks for all that we have and to spend time with those who are close to us. We must always try to remember those who need our help during the holiday season and perhaps donate to our local Old Bridge Food Bank. The volunteers at the food bank work very hard to collect food and make wonderful baskets to distribute to local families who are not as fortunate as others.

And finally, on Saturday, November 26th, Old Bridge Township is also proud to take part in "Small Business Saturday". As Mayor, I am always honored to "cut the ribbon" for our new local businesses and to personally meet and welcome the new business owners to

Old Bridge. Advocacy groups, as well as public and private organizations across the country have endorsed the Saturday after Thanksgiving as "Small Business Saturday". This will also be a great opportunity to use or sign up for your "Think Old Bridge" property tax card, which encourages our residents to support our local businesses and receive a tax rebate on their 3rd quarter property taxes. Our local businesses help to create jobs, boost our local economy and preserve our neighborhoods. Your ongoing support is truly appreciated.

I extend my best wishes to all our residents for a healthy and happy Thanksgiving. Please feel free to contact my office at 732-721-5600 ext. 2040 if you need assistance with any Township matter.

Sincerely,

Mayor Owen Henry

TOWNSHIP SPOTLIGHT



Photo of Christine Bracken

Christine Bracken- Carl Sandburg Middle School, 7th grade Social Studies Teacher. Some of the topics that she covers include: Native Americans, French and Indian War, Revolutionary War, The creation of our Constitution and government, the War of 1812, the Lincoln Years and Civil War. Christine loves to dress up in costume to get the children enthusiastic about the subject matter they are currently studying. She has dressed as a witch when studying the Salem Witch Trials. Christine was also Abraham Lincoln giving the Gettysburg Address, and George Washington at Valley Forge.

Christine also co-coordinates Student Council with Michele Coniticchio. Some activities include:

- **SOCKTOBER**- Students collect new Men's socks for the Homeless Bus (Homelessbus.org) which delivers meals to over 200 men in New York City.
- **BELIEVE CAMPAIGN**- A writing campaign in the school of well wishes for Macy's Make-A-Wish Foundation. Macy's donates a dollar for every wish. Our school wrote over 5,000 wishes last year which equaled over \$5,000.00 being donated. This was spearhead-

ed by a student named AJ Silvestri who received a wish from the Make-A-Wish Foundation a few years ago.

- **REFORMED CHURCH HOME- A "Senior Prom"** for the residents. All of the students dressed up in their very best. The fun included: DJ, food, games and we danced and shared time with the senior residents. Students took Prom photos and made corsages for everyone. Late this month; the residents have a Masquerade Ball to look forward to!

Mrs. Bracken is a member of the Alpha Delta Kappa Sorority which focuses on altruism. ADK has been raising money to award scholarships for Old Bridge High School and Middle School students.

Also, Christine coordinated Civil War Day. Civil War Day originated at Jonas Salk Middle School. Her son, Connor, always talked about how much he learned and enjoyed the event. Mrs. Bracken wanted to bring it to Sandburg so all of Old Bridge's Middle School students could benefit from the experience! Civil War Day is a wonderful living history experience. The NJ 14th Regiment and the NY 6th Battery came and shared with the children what life was like during the Civil War both in the Military and on the home front. They reenacted the experience. The students circulated through stations to learn from Abraham Lincoln, Ulysses S. Grant, William Tecumseh Sherman as well as "civilians" from that period. The culminating event was the firing of the cannon by the NY 6th Battery.

COUNCIL UPDATE

By Christopher Marion, Business Administrator Township of Old Bridge



Photo of Christopher R. Marion, Business Administrator

1. FURMAN BOULEVARD STABILIZATION PROJECT. A pre-construction meeting for the Furman Boulevard Stabilization Project was held on September 27, 2016. The contractor, BGM Construction LLC, mobilized and began work on October 5, 2016. The contract completion date is January 2, 2017 which is ninety calendar days from the commencement date.

2. 2016 FIRE PREVENTION WEEK. The week of October 10, 2016 has been designated Fire Prevention Week by the National Fire Protection Association. The theme for 2016 is "Don't Wait - Check the Date! Replace Smoke Alarms Every Ten Years". Fire district officials will be holding open houses and visiting district schools throughout the month

of October to educate residents and students on fire safety and prevention. For additional information on Fire Prevention Week and related safety tips, residents can visit firepreventionweek.org.

3. JOHN PICCOLO ICE ARENA. Another exciting season is underway at the John Piccolo Ice Arena! Public skating sessions and fall lessons are scheduled to begin next week. For additional information about the arena or other upcoming recreation activities, events and programs, residents should contact the Department of Parks and Recreation at (732) 721-5600 ext. 4999 or visit the Township Website at oldbridge.com.

4. NATIONAL BREAST CANCER AWARENESS MONTH. October is National Breast Cancer Awareness Month and the Township of Old Bridge is committed to increasing awareness of breast cancer issues, including the benefits associated with early detection and related screenings. A Breast Cancer Awareness Tea Party with representatives from the Raritan Bay Medical Center is scheduled for October 14, 2016 at 12:30 PM in the Senior Center. For additional information on National Breast Cancer Awareness Month, residents can visit nationalbreastcancer.org.

5. TOWNSHIP PAPER SHRED PROGRAM. On October 15, 2016, the Township of Old Bridge will be holding a Township Paper Shred Program from 11:00 AM to 2:00 PM at the Township Department of Public Works Facility located in the Municipal Complex at One Old Bridge Plaza. This

paper shredding event is for residents only and proof of residency will be required to participate. For additional information, residents should contact the Department of Public Works at (732) 721-5600 ext. 6140 or visit the Township Web Site at oldbridge.com.

6. MAYOR HENRY'S CLEAN TEAM. On October 15, 2016, Mayor Henry and volunteers from the Cheesquake Elementary School, Jersey Out Bowling, Laurence Harbor Ladies Auxiliary, Middlesex County Fire Police Association and Old Bridge Junior Knights Squirt A will be cleaning up Marlboro Road, Old Amboy Road and the Pirates Cove Beachfront Area in Cliffwood Beach. For additional information, residents should contact the Clean Communities Coordinator at (732) 721-5600 ext. 6107.

7. ANNUAL FLU SHOT CLINIC. On October 17, 2016, the Middlesex County Office of Health Services will be holding a Seasonal Flu Vaccine Clinic between 12:00 PM and 2:00 PM at the Senior Center. Flu vaccines will be available for \$15.00 cash only or a valid Medicare Card. Pneumococcal vaccines will be offered to residents age 65 and over who have never had the vaccine for \$65.00 cash only or a valid Medicare Card. For more information about the clinic, residents should contact the Senior Center at (732) 721-5600 ext. 6600 or the Middlesex County Office of Health Services at (732) 745-3100.

THINK OLD BRIDGE

by Economic Development Dept.



Photo of Steve Mamakas is the Executive Director of the Mayor's Office

The Mayor's office of Economic Development is a proud member of the Small Business Saturday Coalition which hosts this annual event on the Saturday following Thanksgiving. It has grown into a national movement since its inception six years ago. "SHOP SMALL", a powerful yet simply stated phrase, is designed to encourage holiday shoppers to patronize their local small businesses. Not only is it a wonderful way to help stimulate the local economy, it is also a great way to say thank you to these businesses for all they contribute to our community all year long.

Their store fronts line our main roads

displaying the products and services they offer that enhance and simplify our everyday life. Old Bridge has it all from necessities to the luxuries. These businesses provide job opportunities close to home. Many businesses give back to the community by donating food, products or services to the schools, PTAs, churches, and offers sponsorship to many of the other organizations in the township. Many local stores and restaurants have adopted the THINK OLD BRIDGE property tax program as an incentive to keep residents local by receiving a tax rebate on their 3rd quarter property taxes.

A small business embodies the promise of America: if you have a good idea and are willing to work hard enough, you can and will succeed. All businesses begin with people who have the drive, ambition and determination to make their dream and passion come true. From the family owned business that anchors our town to the high-tech startups that keep us on the cutting edge, small businesses are the backbone of our economy and the cornerstones of America's promise. Mayor Owen Henry and Steve Mamakas

of the Mayor's Office of Economic Development encourage residents to "SHOP SMALL" on Saturday, November

26th in an effort to show their support and celebrate the individuals whose inspiration and commitment keep

our home town of Old Bridge strong.

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picture is Dr. Leung with his patient Jackie

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**For more information
visit www.Glenwoodmews.com, or stop by the Glenwood
Apartments leasing office (Route 9 to Old Bridge Exit Route 516)**

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BOOKS ARE JUST THE BEGINNING

THE OLD BRIDGE PUBLIC LIBRARY



We are thrilled to unveil our brand new Library outreach van which is currently bringing a part of the Library to various groups around town. We've begun our routes to area preschools, delivering new books for students to enjoy for several weeks before picking them up and dropping off a new collection. We will soon begin expanding our routes to include senior living centers and other housing developments. If you're interested in having the van visit your community or facility, please contact Marketing & PR Outreach Manager Mafalda Cavanaugh

at mcavanaugh@oldbridgelibrary.org. Look for us traveling around town – a mobile billboard, promoting all the many resources the Library offers!

New Online learning resources available

With the school year well underway, the Old Bridge Public Library is pleased to expand its online educational resources with the introduction of Lumos Learning test preparation and Muzzy language learning.

The Lumos StepUp™ Library Program creates a collaborative learning platform for students in grades 3-8, their parents, and teachers that is available year-round. The online resource consists of hundreds of grade-appropriate language arts and math questions based on the new Common Core State Standards that

will allow for PARCC test preparation. The interactive online workshop allows students to improve their writing skills, reading and language standards as well as math proficiency. Students will get instant feedback and can review their answers anytime. The Lumos program helps parents and teachers determine students' strength and weakness areas. It offers a webinar where students will learn effective note-taking strategies, discover positive test preparation habits, and identify the best methods to boost memory skills and enhance active listening. To access the program, simply log onto the Library's web site, www.oldbridgelibrary.org, and scroll down to the Lumos button on the home page.

The Muzzy program has introduced millions of children worldwide to a second language for over 25 years. It was created by the British Broadcasting

Corporation (BBC), and its online program has now been enhanced with new animation and sound. Muzzy is effective for children of all ages, and is modeled on the way people learn their first language. By naturally immersing the student with visual, auditory and contextual language, Muzzy was designed without memorization and drills. It emphasizes functional language and features repetition and escalation. When students access the program, they see an animated story unfold, and words and concepts are introduced and then reviewed again and again in new contexts. This multi-sensory, multi-layered approach works well for both beginning and intermediate language students.

Muzzy offers lessons in Spanish, French, Italian and Mandarin Chinese and is valuable for those learning English as well. In today's increasing-

ly connected world, learning a second language gives children advantages well beyond their school years. Early language learning has been tied to higher test scores, better and more advanced reading skills and greater confidence. Muzzy can be accessed through the Library's website, next to the Lumos button on the home page. We hope many students benefit from these valuable new educational resources.

Old Bridge Public Library
1 Old Bridge Plaza, Municipal Center
Old Bridge, NJ 08857
732-721-5600 x5033
www.oldbridgelibrary.org

RECREATION HAPPENINGS

The annual Madison Township Historical Society of Old Bridge will be hosting their annual Apple Festival at the Old Bridge Township Civic Center on Sunday November 13th from 12:00pm-4:00pm. They always have plenty of history, exhibits, vendors and our course, apple goods!

The 2016 Holiday Season is just around the corner, and what could be a better way to kick off the season, then with your Old Bridge Township Family at our annual ceremony! Come join us on December 5, 2016 from 6:30pm-9:30pm as we celebrate the beginning of the Christmas and Hanukkah seasons

by lighting the Township Christmas Tree and Menorah. This celebration will include Holiday Blessings from several local Religious Denominations, and a sing-a-long, led by the Old Bridge High School Choir. After our fun-for-all songs, come inside to warm up with some hot chocolate and cookies, while waiting to get your picture taken with Santa Claus himself!

Fall/Winter is also an exciting time at the Old Bridge John Piccolo Arena. Our Fall Group Lessons are fully underway and will also be preparing for our December 16th Holiday Show! Both our competitive, Jr. Knight Hockey

teams and our Instructional Hockey programs are also in full swing. Don't worry we will be having a second session of Group Ice Lessons and Instructional Hockey beginning in January if you missed the Fall programs. Keep your eye on www.oldbridge.com for information on registration for our Winter session that will be in December. Of course, it is never too late to have a private lesson with one of our Skating Instructors, or to just come skate with friends and family during a public session. Hope to see you on the ice!

All of us at Parks & Recreation wish you all a very Happy Holiday Season.



OLD BRIDGE TOWNSHIP JOHN PICCOLO ARENA Old Bridge Parks, Recreation & Social Services (732)607-7971

2016-2017 Ice Skating Public Session

Sunday:	1:30pm - 4:15pm	Public Session
Monday:	12:30pm - 3:00pm <i>(Old Bridge School Holidays Only)</i> 3:45pm - 6:00pm	Public Session Public Session
Tuesday:	4:30pm - 5:30pm	Freestyle Session
Thursday:	3:00pm - 5:30pm	Public Session
Friday:	3:00pm - 5:00pm 8:30pm - 10:30pm 10:45pm - 11:45pm	Public Session Public Session Adult Open Hockey
Saturday:	10:00am - 1:00pm 8:30pm - 10:30pm (Ages 13-17) 10:45pm - 11:45pm	Public Session Public Session Teen Open Hockey

SPECIAL SESSIONS ALL OLD BRIDGE SCHOOL HOLIDAYS

Mondays:	12:30pm - 3:00pm	Public Session
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ALL HOURS SUBJECT TO CHANGE

ADMISSION:	With Arena Resident ID Card With Arena	Non-Resident
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Adult (18 - Over)	\$7.00	\$10.00
Students (14-17)	\$6.00	\$8.00
Child (13 & Under)	\$5.00	\$6.00
Skate Rental: \$6.00		

Opening Date: Monday October 10, 2016
Tentative Closing Date: Sunday April 2, 2017

Happy Holidays!

Christmas Tree & Menorah Lighting
Monday, December 5th, 2016
Municipal Complex Courtyard
6:30pm

Come join us to kick off the holidays as we celebrate Christmas and Hanukkah by lighting our towns Christmas tree and Menorah. Listen to the OBHS choir sing some holiday classics. Afterwards have some FREE hot chocolate, cookies, a picture with Santa.

FREE RECYCLING SERVICES

OFFERED TO OLD BRIDGE TOWNSHIP RESIDENTS



I. Township Recycling Center Services: The following items can be dropped off Monday thru Saturday from 7AM - 3PM:

Metal Recycling: The Township accepts ALL metal items such as; lawn mowers, bicycles, lamps, workout equipment, etc. ONLY the metal portion of these items are accepted. Please remove any plastic or fabric before dropping it off.

Motor Oil: Each resident is allowed to bring up to 5 gallons of motor oil.

Carpeting: Residents can bring household carpeting to the recycling center. Only the carpeting is accepted, not the padding underneath.

Mattresses/Box Springs: Residents can drop-off a mattress and/or a box spring 6 days per week.

Concrete, Brick & Block: The Township accepts all concrete, bricks or cinder blocks.

Curbside recycling: Anything that is picked up curbside (bottles, cans, paper, cardboard, etc.) can also be brought to the Recycling Center.

II. Middlesex County Recycling Programs: Please check the Township website or call the Recycling office for dates & details on all Middlesex County sponsored events:

- Paint: The Township accepts paint on the 2nd Saturday of each month, all year long. Drop-off hours are between 7AM to 12NOON at the Recycling Center.

- Tire Recycling: Available to ALL Middlesex County Residents at 5 various locations throughout the county.

- Paper Shredding: The Township hosts the 1st paper shred event of the year every March. No more than 5 boxes or 100 lbs. per resident. Residents are also allowed to go to any town in Middlesex County that is sponsoring a paper shred.

- Household Hazardous Waste: There are 5 events per year for Middlesex County residents. The Township hosts one event every July.

III. Township By-Appointment-Only Services: Please email/call the Recycling office to make an appointment for the following:

- Brush: The Township picks up branches & brush bi-weekly throughout the Spring, Summer & Fall. Each bundle cannot exceed 40 lbs., be over

4 feet long or be more than 5 inches in diameter. The bundles must be tied up. Bundles that are not tied will not be picked up. Any small twigs & sticks can be thrown in a bucket/pail and placed at the curb along with the bundles.

- White Goods/Appliances: Appliances are picked up by the Township bi-weekly, all year long.

- Propane Tanks: Please call the Recycling office to schedule an appointment before you drop it off. The Township does not pick up propane tanks.

IV. Township Seasonal Services: The following services are available seasonally by the Township:

- Leaf Pickup: Leaves are picked up in the Spring and Fall only. The schedules are available online or in the Recycling office. Residents can purchase paper leaf bags at any local home store (Home Depot, Lowes, Walmart, Shoprite, etc.). The Township picks up according to Ward so please make sure you know which Ward you live in and follow the appropriate schedule.

- Christmas Tree Recycling: Trees are picked up approximately 4 times every January by Ward. Please check the Township website for the schedule.

Useful Information

- The Recycling Center is located on Route 516, behind the Old Bridge Animal Shelter. Drop-off hours are Monday thru Saturday from 7am to 3pm.

- The Recycling Office is located in the Public Works building at the Township Municipal Complex. Office hours are Monday thru Friday from 7:30am to 3:30pm.

- Recycling bins are available for purchase at the Recycling office.

- New residents ONLY: New residents who bring in their house closing papers or deed* will get 2 free recycling bins with the purchase of the home (*must be within 1 year of closing).

- Please call (732) 721-5600 x6107 with any questions. Check out OldBridge.com & click on the Recycling tab for full details. Residents can email the Recycling Department & Public Works anytime at: publicworks@oldbridge.com

2016 FALL LEAF PICKUP SCHEDULE



WARD 1 OCT.17 NOV. 7 DEC. 1

WARD 2 OCT. 20 NOV. 9 DEC. 5

WARD 3 OCT. 24 NOV. 14 DEC. 8

WARD 4 OCT. 27 NOV. 17 DEC. 12

WARD 5 OCT. 31 NOV. 21 DEC. 15

WARD 6 NOV. 3 NOV. 28 DEC. 19

****Storm emergencies take priority over the collection of leaves****

Please place your PAPER leaf bags at the curb the night before your scheduled day. We spend a few days in each Ward, please be patient.

For more information visit us at: Oldbridge.com or call (732) 721-5600 x6107, open Monday - Friday from 7am to 3pm.

PROTECTING YOUR CHILD FROM BULLYING

By: Nanditha Krishnamsetty, M.D.



Photo Nanditha Krishnamsetty, M.D.

Bullying can happen in school, on the playground and now even on the Internet through social networking sites. Bullying is intentional tormenting that can be physical, social, or psychological. Hitting, shoving, threatening, shunning, and spreading rumors can all be forms of bullying. Kids who experience bullying can become depressed, develop low self-esteem, avoid school, feel physically ill, and even think about killing themselves.

Other than seeing signs of physical harm like cuts or bruises, it may be hard to know about bullying unless your child tells you or you ask. That's why it's a good idea to bring up the subject, even if you don't suspect anything. Also, let your children know how important it is to tell an adult if they have been bullied or if they have witnessed any other children being bullied. Changes in your child's normal behavior may be warning signs of bullying. Signs to look for include: anxiety, moodiness, less sleep, loss of appetite or avoidance of normal routines, such as taking the school bus.

One of the reasons kids don't tell parents about bullying is because they

are afraid of their parents' reaction. If your child tells you they are being bullied, stay calm, offer support, and tell them you are going to help. Never advise your child to tough it out or fight back. Kids who fight get hurt, and both kids may get in trouble. Instead, reassure your child. Make sure they know that he or she is not to blame and should not be ashamed. Praise the courage it took to come forward and get all the information you can about the bullying, including who is involved, how often it happens, and where it takes place. Be sure to let the proper authorities know. Don't confront the bully's parents on your own. Leave that to school or other officials.

Talk to your child about locations, groups of kids, and activities that should be avoided. Make sure they use the buddy system when at risk. And discuss where to go and whom to ask for help in case of an incident. In the case of so-called cyberbullying there are some steps you can take to prevent bullying. Work with your child to develop a screen name that does not disclose any personal information. Teach them to

keep his or her password a secret from friends. Also insist that they never share any personal information online or go into any chat room. Also, to let you know immediately if anyone online is threatening or behaving inappropriately.

Finally, remember that many kids become bullies because they learn bullying at home. Children who are exposed to anger, shame, and violence are at risk for becoming bullies. You don't want your child to be bullied and you certainly don't want your child to be a bully. Make your home environment safe and supportive.

Psychiatrist Nanditha Krishnamsetty, M.D., is part of Bay Behavioral Health at Raritan Bay Medical Center, a member of the Hackensack Meridian Health family. The practice provides comprehensive assessment, counseling and, when necessary, medication management for children (age 8) through adults to achieve mind/body wellness. Bay Behavioral Health is located at Raritan Bay - Old Bridge, Suite 302, 3 Hospital Plaza. For more information or to make an appointment, call 732.360.4077.

CIGNA NOW COVERING 3D MAMMOGRAPHY FOR ROUTINE SCREENINGS

By: Philip S. Lakritz, M.D.



Photo of Philip S. Lakritz, M.D.

Good news for women! In a major benefits change, Cigna, one of the largest health care insurers in New Jersey, has revised its medical coverage policy which will now cover three-dimensional (3D) mammography (3D tomosynthe-

sis) for routine breast cancer screening. Under its previous policy, the company only covered 3D mammography for diagnostic purposes, but not for routine screening. Based on recent guidance from the National Comprehensive

Cancer Network (NCCN), a not-for-profit alliance of leading cancer centers that sets standards for high-quality cancer care, Cigna has changed its 3D mammography coverage allowing more patient access to 3D mammography.

A mammogram is the gold standard for breast cancer detection. Current mammograms are generated using 2D images, however, the new 3D technology, produces images which allow for better visualization and evaluation of breast architecture. The new 3D technology, used in combination with the current 2D digital mammography, improves a radiologist's accuracy in detecting suspicious breast tissue from normal breast tissue. 3D imaging is also helpful in younger women who tend to have dense breast tissue. Recent research has shown that a combination of 3D/tomosynthesis with a 2D mammogram has a 40 percent higher detection rate of the most serious invasive breast cancers, and reduces the "false positive" recalls that results in additional mammography and breast ultrasound by as much as 25 percent. Digital breast tomosynthesis, similar to conventional 2D mammography,

uses similar technique to generate the high resolution images. These 2D/3D images are then interpreted by the breast radiologists at our medical center.

In conjunction with the Society of Breast Imaging and the Breast Imaging Commission of the American College of Radiology, we continue to support annual screening mammography beginning age 40 for women of average risk. Women with increased risk for breast cancer (genetic predisposition, family history, high risk biopsy results) should begin screening mammography at an earlier age. Routine breast examinations, including self-examination are also important to a woman's breast health. Any self-discovered changes should be reported to your doctor as soon as possible. Remember that early detection saves lives!

Board certified Radiologist Philip S. Lakritz, M.D., is chair of the department of diagnostic imaging at Raritan Bay Medical Center, a member of the Hackensack Meridian Health family. To schedule a mammogram at Raritan Bay in Old Bridge or Perth Amboy, call 732.324.5270.

CALENDAR ANNOUNCEMENT FOR NOVEMBER 2016

November 11, 2016

OLD BRIDGE... Losing his sight while serving in Iraq could not break Major Scotty Smiley's indomitable spirit. Since then he has climbed Mount Rainier, won an ESPY as Best Outdoor Athlete, became a father, earned an MBA from Duke University and more. Major Smiley will share his personal experiences to help others find their "hope unseen" at **Hackensack Meridian Health's Mitchell Vassar Vision Awareness Day** on Veteran's Day Friday, November 11, 11:00 a.m. to 2:00 p.m., at the Grand Marquis, 1550 Rt. 9 South, Old Bridge, NJ. This free event includes lunch, a resource fair, and collection of unwanted glasses for the Lions Club Recycle for Sight Program benefiting visually impaired adults and children. Also, Hackensack Meridian Integrative Health and Medicine Health Coach Suzannah Sabin will discuss how a sense of purpose, and learning skills to respond to stress, can give meaning to one's life and enable them to thrive. Vision Awareness Day is made possible by the Mitchell Vassar Bright Future Legacy. Registration is required, call 1.800.560.9990 or visit www.meridianhealth.com/hopeunseen.

The resource fair will include exhibitions from the Booker Health Sciences Library at Jersey Shore University Medical Center, Meridian At Home, Meridian Care Journey, Meridian Rehabilitation, Meridian Sleep, and Integrative Health Services at Raritan Bay Medical Center and the Joslin Diabetes Center, Affiliate at Raritan Bay.

November 11, 2016

PERTH AMBOY... The Human Motion Institute at Raritan Bay Medical Center, a member of the Hackensack Meridian Health family, is sponsoring a free "We Keep You Moving" Total Joint Replacement Education session Friday, November 11, 8:00 a.m. to 9:00 a.m., at the medical center's Perth Amboy location, 530 New Brunswick Ave. The session is intended for patients who have been told they need joint replacement or for those who would like to learn more about joint replacement. Registration required, call Nurse Navigator Clare Schulz, R.N., at 732.535.4746.



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To learn more, visit **HackensackMeridianHealth.org**.

THE SENIOR SCENE



Anahita Feltz, Diane Amabile (Old Bridge Senior Center) and Maureen O'Leary, Manager of National Council on Aging

Great news! The Old Bridge Senior Center was honored at the National Council on Aging/National Institute of Senior Centers annual convention in Philadelphia this past September. I, Diane Amabile, and my assistant,

Anahita Feltz, had the distinct pleasure of presenting our award winning program "Passport to Health and Wellness" to other senior center professionals nationwide. Our Passport to Health and Wellness program offered our senior members an opportunity to challenge themselves and participate in as many physical, mental and educational programs as possible. Each member who participated was issued an Old Bridge Senior Center "passport book". Each time they completed a program that fell within the realms of our theme, they received a stamp of completion. Members were given 38 stamp opportunities and the winner, with 29 stamps, was awarded a special health/wellness gift, courtesy of Old Bridge Spine and Wellness. Having such success with this program, we've decided to bring it back again for a three month stretch in the Spring of 2017. So keep your eyes open as we "Spring into Health" in the upcoming year.

Haven't joined us yet? Please stop by our offices if you are an Old Bridge senior age 60+ to register with us. Get out! Meet new people! Join in the fun! Our monthly schedule of events can be

found on our website at www.oldbridge.com/seniorcenter. We have a variety of activities available for everyone to enjoy.

Mark your calendar for the Medicare Update 2017. On Monday, November 7th at 10:30 am representatives from the New Jersey State Health Insurance Program will be at the senior center to advise and discuss upcoming changes to Medicare beneficiaries. This is a very important program to attend if you are currently a Medicare participant. You will have the opportunity to ask questions regarding your health insurance coverage. This program is open to Old Bridge Seniors only.

Also, on November 21st, we will be holding our Autumn Holiday Bake Sale start-

ing at 10:30 am until we are sold out. Enjoy some delicious homemade pies, cakes, cookies, and other goodies just in time for Thanksgiving.

Wishing all our senior friends and partners a wonderful and Happy Thanksgiving 2016.

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SO YOU WANT TO BE A TRUSTEE...

Written By: Roger N. Levine, J.D., LL.M., CPA



Photo of Partners

Adam Rubin and Roger Levine

When a friend or loved one creates a Trust and asks you to be the Trustee, it is of course an honor but may be more difficult than you think. Oftentimes the creator of the Trust neglects to mention that he has appointed you and the appointment comes as a complete surprise. You are never required to accept the position but if you do you should be aware of your duties and responsibilities. Many of these may not be anticipated.

Trust 101

You should have a basic understanding of what a Trust is. Simply stated, a Trust is an agreement appointing the Trustee to hold property for the benefit of the beneficiary or beneficiaries. There are various names for the creator of the Trust but let's refer to it as the Trustor who in addition to transferring property

to the Trust sets the rules regarding the distributions of such property.

Trustee 101

All Trusts require Trustees. The Trustee could be a person, persons, or an entity, or a combination of both. A Trust should never be without a Trustee, so there must be provisions in case of the inability of the Trustee to act. It is important that if you accept the position of Trustee, you know what the procedure will be for the appointment of a Successor Trustee since you may be required to name such person. If you are named as a Successor Trustee, there is nothing for you to do at present, but you must be aware of the duties you will perform if the Trustee resigns or is not capable or no longer available.

Trustee Duties and Responsibilities

The Trustee is required to administer the Trust, that is follow the rules set forth in the Trust regarding the management and distribution of the assets. There are many important duties, some of which will be listed below, and the Trustee is obligated to perform these in a diligent manner.

- **Fiduciary duty** – A Trustee owes a "Fiduciary duty" to current and potential future beneficiaries of the Trust. This is a higher degree of care than would be required should you be managing your own assets.

- **Investment standards**– There are rules regarding investments such as the "Prudent Investor Rule", which would limit the type of investments made. It may be sensible to engage the services of a qualified investment advisor to help manage the assets based on the intentions of the Trustor since that person would ordinarily be more qualified and would relieve you of the obligation of understanding the Prudent Investor Rule.

- **Trust provisions** – The Trustee must understand and follow the instructions set forth in the Trust. In certain situations, it would be wise for the Trustee to consult with a lawyer so that the Trustee understands the requirements for management and distribution.

- **Distributions** – You may be required to distribute income and/or principal pursuant to the terms of the Trust. Specific requirements regarding these distributions are always

helpful. However, the Trustor may give you the power to make distributions based on your discretion taking into account future circumstances we cannot predict now. You should not be swayed by personal feelings, but rather the terms of the trust and the understanding of the intention of the Trustor.

- **Taxes** – The taxation of Trusts depends upon the type of Trust created. Some Trusts pay tax on the income they earn and others transfer the tax liability to the recipient of the income after distributing the income. There may be Federal as well as State income tax returns required. A Trust may also be subject to income tax in more than one state. An accountant may be required to prepare the returns and, of course, payment to the accountant will come from the Trust not from you as Trustee.

- **Accountability** – The beneficiaries are entitled to know how you managed the affairs of the Trust. Accurate record keeping is a must and the Trustee must be able to account for all transactions including income received, expenses, distributions, gains or losses in value, and acquisition and distribution of assets. In some cases, a formal accounting, will be required to be submitted to the court.

- **Communication**– In today's world

most people don't like surprises. Not only is it a good idea to keep the beneficiaries informed of what is going on, but it could be regarded as a responsibility regarding Trust affairs. Depending upon the nature of the beneficiaries, this could be more tedious and often more trying than it sounds.

Conclusion

Serving as a Trustee can certainly be a feather in your cap. The Trustor has indicated confidence in your ability and trusts you to make the right decisions on behalf of his family. Oh, you would be entitled to a Trustee fee for the work you have performed. But as noted this can become complex and require more of your time that you could possibly have anticipated. It is therefore important to work with an experienced Estate Planning attorney who will guide you through the practical as well as the legal requirements that you face.

The information in this article is not intended to and does not offer legal advice, legal recommendations or legal representation on any matter. Hiring an attorney is an important decision, which should not be based on advertising. You need to consult an attorney in person for legal advice regarding your individual situation.

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LIVING STONES

DRIVEN BY SELF-SACRIFICING PURPOSE



By Lloyd Pulley
Senior Pastor, Calvary Chapel Old Bridge

"The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of thanksgiving." H.U. Westermayer

As we gather with family later this month to celebrate Thanksgiving, we may not at first remember that four entire Pilgrim families did not survive that first grueling winter of 1620. As we heap our plates with food, and enjoy Tryptophan-induced slumber, we may not immediately realize that 13 out of 18 Pilgrim mothers died of starvation, choosing to give their meager rations to their starving children.

Yet, in November 1621, less than a year after that first brutal winter, the surviving Pilgrims gathered with local Native Americans to give thanks for their blessings. How? How did they give thanks for blessings amidst starvation, illness, uncertainty, grief, and death?

The Pilgrims gave thanks, despite their plight, because they were a people driven by purpose. Their vision of freedom in the New World outweighed their profound misery. They came to pave the way for future generations, and they knew it. William Bradford, governor of the Plymouth Colony, wrote, "Thus out of small beginnings greater things have been produced by His hand that made all things of nothing... as one small candle may light a thousand, so the light here kindled hath shone unto many."

The Bible teaches that some of the most unthinkable circumstances gave way to the greatest events in history, and behind it all stood people who were willing to look beyond present hardships toward the future.

Take Jochebed, Moses' mother. When she spared Moses as a child, she could have faced the wrath of mighty Pharaoh, who sought to slaughter Hebrew newborn sons. The Bible says she and her husband were not afraid of Pharaoh, because they honored God more than men. They understood, somehow, that God had called this baby to greater things, so they were willing to risk their safety for the future of Moses and the entire Hebrew nation.

Consider Joseph. His suffering was unthinkable. He was betrayed by his brothers, sold as a slave, falsely accused of rape, imprisoned, and forgotten.

And yet, despite all that he experienced, Joseph saw himself as a stepping-stone to rescue his brothers and future Hebrew generations. In fact he says to his once treacherous brothers, "But as for you, you meant evil against me; but God meant it for good... to save many people" (Genesis 50:20).

Joseph, Moses, and later the Pilgrims were driven by an others-centered, future-facing purpose. Are we? Would our generation face the same suffering today in order to lay a better future for others?

In their book, *The Narcissism Epidemic: Living in the Age of Entitlement*, psychologists and authors Jean M. Twenge and W. Keith Campbell write, "The United States is currently suffering from an epidemic of narcissism," or an inflated view of self. Millennials, defined as those born between 1980 and early 2000's, "are more narcissistic than boomers and gen-Xers were at the same age."

In her study of first year college students, Twenge discovered that millennials considered themselves more superior and self-sufficient than freshmen college students of previous generations. She writes, "We have become a culture that focuses more on material things and less on relationship." As a result, this generation is more depressed, anxious, and paranoid than any other.

But this was not always the case! The generation that lived through the Great Depression and the atrocities of WWII, dubbed by Tom Brokaw as the "Greatest Generation," was less self-centered than ours. Characterized by strong commit-

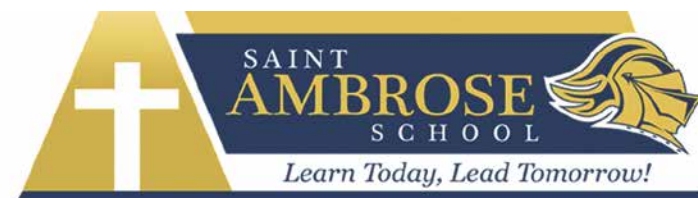
ments to family and community, hard work, and self-sacrifice, the Greatest Generation led America through a period of national, economic, and political turmoil, a period of suffering not unlike that faced by the Pilgrims.

Brokaw writes of this generation, "They have given the succeeding generations the opportunity to accumulate great economic wealth, political muscle, and the freedom from foreign oppression to make whatever choices they like... It is a generation that, by and large, made no demands of homage from those who followed and prospered economically, politically, and culturally because of its sacrifices." The Greatest Generation, like Joseph, Moses, and the Pilgrims, was driven by self-sacrificing purpose.

The reality is, the best way to overcome narcissism and the depression it causes is to get busy serving other people. To that end, Calvary Chapel Old Bridge offers young people oppor-

tunities to get out into the community and to meet the needs of others. The church's involvement in Old Bridge Day this past September serves as a case in point. Young people, even as young as five, served Old Bridge residents, and took a wonderfully refreshing step out of the maddening world of self!

Having an others-centered, self-sacrificing purpose offers countless benefits. As we meet the needs of the elderly, the hungry, and the lonely, we begin to forget about our own, more selfish pursuits. Serving others reminds us to be grateful for our countless blessings, despite our immediate circumstances. Could it be that in serving others, we too would experience inexplicable joy and cause for thanksgiving, as those earliest Americans did? As we **look out** for others, we may be inclined to also **look up** in thanksgiving as Bradford himself did, saying, "Let them therefore praise the Lord, because He is good, and His mercies endure forever."



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VETERANS DAY

ITS ORIGIN AND IMPORTANCE

Continued from page 1

The next progress in the story of the special day occurred in 1968 when Congress passed the Uniform Holidays Bill, and this bill sought to make sure that federal employees get three-day weekends. The bill also sought to encourage tourism and travel as well by celebrating four different national holidays namely: Washington's Birthday, Veterans' Day, Memorial Day, and Columbus Day) all on Mondays.

The celebration of this special day was fixed on the fourth Monday every October. The first celebration of Veterans Day under this new law was on Monday, October 25, 1971. Hence, confusion ensued, as lots of states objected to this change, and continued observing the holiday on its initial date.

After it had become obvious that the real date of Veterans Day had patriotic and historical significance to lots of Americans, President Gerald Ford signed another law returning the observance of Veterans Day to the original date. If November 11 is a Sunday or Saturday, the federal government will celebrate it on the previous Friday.

Celebrating Veteran's Day

Britain, France, Canada, and Australia also observe the veterans of the deadly world wars on or close to November 11th. Britain has a remembrance Sunday while Canada has Remembrance Day. In Britain, Europe, and other Commonwealth nations, it is common to celebrate some minutes of silence every November 11 at 11 a.m.

In the U.S, an official wreath-laying observance is held on Veterans Day in Arlington's National Cemetery at the Grave of the Unknowns, while parades and other festivities are held in various states around the country. This holiday is not to be mixed up with the Memorial Day. This is a common misconception.

Memorial Day which occurs on the fourth Monday of May, honors service members of America who died in faithful service to their nation or as a result of various injuries sustained during battle. Veterans Day honors all American veterans who are both living or dead and gives thanks to the living veterans who have served their country worthily during war or peace.

How to thank a veteran

How can you appreciate a veteran this Veteran's Day? Here are some ideas;

Write a check

You can also use your credit

card. There is nothing like making an old-fashioned donation. It is the easiest, and least labor intensive way you can help. Also, you may be eligible for a charitable deduction on such a gift if you fall into the criteria

Buy a veteran a cup of coffee

This one will not get you a tax deduction, but it's a super awesome thing to do, just do it anyway.

Offer some freebies at your business

During the Veterans Day celebration, many businesses offer different freebies for veterans and their families. You can do same. It's also deductible to your business and is an excellent way to promote the business.

Hire a veteran

Credit or no credit, hiring a veteran – or the spouse of an active duty military (any group that faces high unemployment rates) – is also a good move.

Donate through your office

If you're unable to find individual charitable campaigns by yourself, consider donating some funds to an organization that is already licensed to do it for you. Some employers offer their employees an opportunity to support various charities through payroll deductions: an example is Veterans Inc. which is a member of the world's largest annual workplace charity campaign, the Combined Federal Campaign. It is made up of postal, federal civilian, as well as military donors.

Volunteer at any military VITA site

Normally, military members and their partners receive free tax return preparation. The IRS, as well as the U.S. Armed Forces, partake in this Volunteer Income Tax Assistance platform. It provides free tax advice, return filing, tax preparation, and other tax support to the military members and their relatives. You can be a volunteer with this scheme and thank them for their selfless service.

The elections and Veteran's Day celebration

During the coming election, and all elections going forward, it's essential that the public sends a message to all the candidates running for public office that the veterans are honored and respected best when their needs and interests are placed above political squabbling in halls of Congress as that has always been the case. Even in



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these antagonistic times, legislation promoting veterans has been an aspect that has enjoyed bipartisan support.

By: David L. Hernandez Jr. Publisher

Part II - Remembering POW/ MIA on Veteran's Day

During Veteran's Day it is important to reflect on the tremendous sacrifice our veterans have given for us to enjoy the freedoms we have today. Over the course of my career I have had the privilege to take part in many ceremonies and activities related to our men and women in the Armed Forces. I was particularly moved by a recent event I attended honoring Mr. Ralph Galati. The event was held at Grace Episcopal Church in Merchantville on October 7th. The event was held as a POW/MIA Evening of Remembrance. It was at this event that I heard Mr. Galati speak of his time in service.

He began with being born in 1948 in Darby, Pennsylvania. He was commissioned as a Distinguished Military Graduate through the Air Force ROTC program at St. Joseph's College on May 24, 1970 and completed Undergraduate Navigator Training at Mather AFB, California, in March of 1971. He served as a Laser Guided Bomb Lead and Forward Air Controller with the 25th Tactical Fighter Squadron of the 8th Tactical Fighter Wing, at Ubon Royal Thai AFB, Thailand, from November of 1971 until he was forced to eject over North Vietnam and was taken as a Prisoner of War on February 16, 1972. After spending 406 days in captivity, he was released during Operation Homecoming on March 28th, 1973. After

hospitalization, Capt Galati served as an Instructor Navigator and Curriculum Manager for Undergraduate Navigator Training with the 451st Flying Training Squadron at Mather AFB, California, from June 1973 to May 1977. His next assignment was an Office of Legislative Liaison at the Pentagon, before going into the Air Force Reserve in July 1978. Capt Galati served in the reserves flying as a Navigator on C-141 Starlifters in the 317th Tactical Airlift Wing at McGuire AFB, New Jersey until he retired from service in May of 1980. After the service he had a successful career at IBM before retiring in 2007.

When you realize that freedom isn't free it makes you appreciate it more. Your freedom comes from people, like Capt Galati, who make it their lives work to preserve it. After listening to his story you appreciate the sacrifice that our veterans make by allowing others to pursue their dreams and careers. And it makes you realize all of the hard work that goes into making sure that you can go to work every day. These are the men and women our children can turn to as role models. Who are our children supposed to look up to now? Athletes? Politicians? Too many of these people care only about themselves and are in it for the wrong reasons. Nobody is going to claim that our veterans did it for the money. They did it for love of country and a love of freedom. They do it for the love of the people around them. They do it to make sure their children can live in a world that is free. I can't think of a better role model, can you?

By: Joseph DePasquale, Advanced Planning Director Old Bridge Funeral Home.



ST AMBROSE SCHOOL HOLDING VETERAN'S DAY LUNCH CELEBRATION

St. Ambrose School will be holding a Veterans' Day Celebration of Lunch with our Veterans on Monday, on November 14 11:00 a.m. Weather permitting, students, faculty and guests will meet by the flagpole in front of the Church for a Flag Raising done by active Military personnel from the Army and Navy. The school is privileged to have the in attendance the following Veterans, Lt. Charles Nolley, Tuskegee Airman, WWII, Stan Hubbard, US Army, Viet Nam, Tony Moskal, and Post Commander of Catholic War Veterans, Viet Nam

This year, the Celebration is especially blessed to have representatives from the Purple Heart Association - Marines Jim Hill and Walter Kaczmarq and Sgt Arnold, US Army, Afghanistan and Iraq.

The celebration will help students interact directly with heroes of our Armed Forces and help teach them the importance of Veterans Day.

JAMES J. GUILFOYLE

Born January 19th, 1923 in Boston, MA to Michael and Winifred McIntyre (Nee). A New England man through and through, He decided to fulfill his calling to defend his country, and enlisted in the US Navy. As a newly commissioned Lieutenant, James was deployed to the South Pacific Theater of World War II where he valiantly piloted one of the Navy's newest aircraft, the PBM Bomber. Upon returning James attended Northeastern University, where he received both his bachelor's and master's degrees in Business Administration.

Having safely returned from the war, James turned his sights to his professional career and began an over 30 year tenure as a respected industrial engineer with the industry giant, Westinghouse. James's career led him to more than just success in his field, however. It was during a business trip that he met the love of his life and future wife of 33 years, Evelyn Kohke. The couple were married

LOIS CUNNINGHAM

Born in St. Mary's Hospital in Orange, NJ, Lois grew up in West Orange. Following graduation from Immaculate Conception High School in Montclair, she worked as a secretary at Seton Hall University from 1946 - 1951. Following her marriage to the love of her life, Joseph Cunningham in 1951, they began their adventure in life together. Her husband was an agent with the FBI and was assigned to multiple cities throughout the U.S and Puerto Rico before settling down in Old Bridge in 1962. She enjoyed all of the moves. She worked for AT&T for 20 years before retiring in 1990.

A communicant of St. Ambrose Church in Old Bridge for many years, she was an active member of the Rosary Altar Society and had a special devotion to Our Lady of Fatima. Her greatest joy was in helping others in need of comfort or care. She loved the Lord, the Blessed Mother, her husband, children, grandchildren, many nieces and nephews and countless others. She

MARGARET HAVERTY

Margaret T. "Peggy" Haverty, 66, of Crystal River, FL, passed away on Thursday, October 6, 2016 at Robert Wood Johnson University Hospital in East Brunswick. She was born in the Bronx, NY, and had lived in Holmdel, NJ before moving to Florida in 2004. Throughout the years Peggy was involved with her local church and served as a Eucharistic Minister. Her family describes her as being very crafty and artistic and she enjoyed sewing and quilting and would often make blankets and clothes for her grandchildren. She also had a love for the game of golf and enjoyed playing a round with her husband whenever she could. Her memory will continue

and settled in New Jersey to begin their lives together and start a family. Soon, Evelyn gave birth to their first child, Maureen, followed by Michael, and then their youngest Eileen. James and Evelyn dearly loved their children which seemed to complete this picture perfect portrait of the American dream.

James served more than his country and family though. He was also a devout Catholic and served God faithfully. An original member of Saint Ambrose church in Old Bridge, he volunteered as an usher at weekend masses for 50 years. James was also a long time member of the Old Bridge VFW.

His family remembered him on Thursday October 21, 2016 with a funeral mass at St. Ambrose Church. The family has requested donations be made in James' name to the Stein Hospice 49 Veronica Ave, Somerset, NJ 08873. Arrangements were entrusted to Old Bridge Funeral Home.

also enjoyed painting and gardening. Lois is predeceased by her parents William and Katherine Jaeger, son Joseph William Cunningham, two sisters and brothers-in-law Eleanor and Donald Barry, Joan Johnston, and Robert Heine.

She is survived by her loving husband of 65 years Joseph Cunningham, one son, William and companion Sue Stahl, three daughters Mary and husband Joseph Palmisano, Katherine and husband Brian Fallon, Ann and husband John Lazzarotti, seven grandchildren Christopher, Ryan, Kevin, Matthew, Christopher, Mark, and Kimmy, four great-grandchildren Trevor, Aidan, Emily, and Jackson, as well as sister Marie Heine and brother-in-law Bill Johnston.

A Mass of Christian Burial was held on Monday October 17, 2016 at St. Ambrose Church. In lieu of flowers, donations may be made to: St. Jude Children's Research Hospital. For more information or to leave an online condolence message to the family please visit our website www.oldbridgefh.com

to live on in the hearts and minds of those who knew her. She leaves behind her husband of 47 years Arthur Haverty, 2 daughters and sons-in-law Theresa and Scott Simon, and Elizabeth and Brian Rehm, a son and daughter-in-law Arthur and Amy Haverty, a brother and sister-in-law John and Cathy Nichtern, seven grandchildren, Maggie, Riley, Kelsey, Lorelai, Lily, Christian and Leighton and brother and sisters-in-law Peter and Julie Haverty and Geraldine Haverty. Services were held October 11, 2016 and arrangements were under the direction of Waitt Funeral Home and Cremation Service, Morganville, NJ

RITA IAVARONE

Rita E. Iavarone, 80 of Atlantic Highlands, NJ, passed away on Monday October 10, 2016 at the Jersey Shore Medical Center, Neptune, NJ surrounded by her loving family.

Rita was born in New York City, NY, Rita lived in a few places over the years. She raised her family in old bridge nj, but her favorite was when she live in Red Bank, NJ on the Navasink river. Rita made a career of Real estate. She spent years as a realtor and many more years as a broker owning her own business, Century 21 Iavarone realty. She loved her job but loved her family more. She enjoyed trips to AC, and spending time on or around boats. She knew the navasink river like the back of her hand. The beach was also a favorite place of hers. Rita loved to travel to warm destinations especially to Florida and Puerto Rico. She had many good friends whom she loved and who loved her too. Most of all Rita loved to spend her time at the many family gatherings, her grand babies were her

JEANETTE FARINA

Jeanette Farina, 58, of Old Bridge, NJ, passed away on Tuesday October 4, 2016 at the Raritan Bay Medical Center.

Born and raised in Staten Island, NY, before moving to Old Bridge, NJ 30 years ago. Jeanette was a member of the St. Thomas the Apostle Church, she loved cooking, gardening, crossword puzzles and other types of brain games, most important to her was spending time with

IN MEMORIAM

pride and joy. She will be sadly missed by all who knew and loved her.

She is survived by her two daughters Deanna and husband Woodrow, Jessie and husband Brian, and a son Sal, two brothers John and Vito Ventrella, a sister Joyce Ventrella, five grandchildren Gina, Erica, Nikki, Rachael, and Dori, and her ex-husband Aldo Iavarone. And many life-long friends nieces and nephews.

Services were held on Sunday October 16, 2016 and were under the direction of Waitt Funeral Home and Cremation Service, Morganville, NJ

her family and making sure everyone around her was happy. She will be missed by all who knew and loved her.

She is survived by her loving husband of 35 years Charles, her children Anthony Farina and wife Lauren of Jackson, NJ, Vincent Farina of Old Bridge, NJ, Jenna Farina, of Old Bridge, NJ, her mother Mary Brusda Covella, a sister Denise Caruselle, of Texas


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**To reach a family service counselor, please call (1-888-Peace-Of-Mind) or (732) 970-9000.
Marlboro Memorial Cemetery is located at 361 Highway 79 in Morganville New Jersey.
Visit us online at www.marlbormemorial.com**

*It's Not Just What Your
Legacy Will Be. It's Where.*



FIL-AM COMMUNITY OF OLD BRIDGE

The Fil-AM Community of Old Bridge (FACOB) held their Annual Grand Ball on October 15 at the St. Clement Reception Center. The Annual Ball Focuses on raising funds for the Housing of the Poorest in the Philippines under the GAWAN KALINGA program. FACOB has committed to build and provide 31 houses to families in need. Currently, they have already built 27.

(FACOB A 501(c)(3) non profit organization located in Old Bridge, NJ composed of Filipino American men and women residents of Old Bridge, NJ and it's neighboring town.



fall backwards

don't forget to set
your clocks back

Sunday
November 6th, 2016

When local daylight time is about to reach **Sunday, November 6, 2016**, 2:00:00 AM clocks are turned back-

ward 1 hour to **Sunday, November 6, 2016**, 1:00:00 AM local standard time instead Sunrise and sunset will

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Temptations

SUPPLIES:

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Frontline for cat
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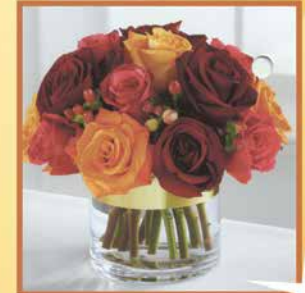
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The Old Bridge Animal Shelter, located in the Old Bridge Municipal Complex, One Old Bridge Plaza (off Route 516) has many cats and dogs in need of a loving home. Please visit the shelter to meet pets looking for a family. We are open 7 days a week between the hours of

WORLD FEST

DELICIOUS FOOD, RIDES, CRAFTS AND GREAT ENTERTAINMENT



Continued from page 1

The first annual Pasta Eating contest left Coney Island "Nathan's" hot dog contestants a little jealous. Azzinaro's Pizzeria did a fantastic job. It was much more pleasant watching

seven participants eat pasta! And the winners; Matt McFeeley (Third Place), Sal DiPrima (Second Place) and the first place winner, Anthony Beatrice. I think Anthony Beatrice is still full from 2.58 pounds of pasta in five minutes.

The event was such a success! Mark your calendars; we are already making plans for next year!

Old Bridge High School AFJROTC
is conducting its annual can drive!

Help NJ 20002nd fulfill their goal to collect over 20,000lbs of food for the Middlesex County Food Bank

Food Drive



You can make a difference with just one "Can"!



*All donated cans may be brought to Old Bridge High School

*Can Drive will be held to the end of November

Calling all Kids

**All I want for
Christmas.....
YOU FINISH THE
STATEMENT.**

**The editor will choose the
response that will catch Santa's
eye. The child's response chosen
will be featured in
December's AAOB.**



QUALITY & SERVICE EQUAL STYLE



Photo of Nikki styling a customer's hair

In business two years, but cutting hair for 22 years, NikkiSnips provides a warm, comforting and welcoming environment for its clients. NikkiSnips is different from other salons. They supply high quality service without

high quality prices. Their friendly and outgoing staff go above and beyond to make you feel at home along with making you feel confident and beautiful.

NikkiSnips offers a wide variety of services. Their hair services include Balayage, Ombre, and hair painting, and their staff is certified in all the latest hair trends including Magic Sleek. Magic Sleek is an amazing anti-frizz straightening treatment. They also have skincare services including facials and waxing. There are two professional make-up artists on staff to provide make-up application as well as one on one consultations. NikkiSnips has on and off site wedding services for hair and make-up. The salon also provides services to families with special needs children.

NikkiSnips strives to provide exceptional service, and all customers are very important. Their stylists want to share their enthusiasm and talents with you. Nicole, the owner, says, "I count my blessings everyday when I open the doors to NikkiSnips. It has been a dream come true!" They look forward to growing NikkiSnips and their friendships within the community.

Parenting by the Book Conference WITH DR. JOHN ROSEMOND

NOVEMBER 6 | 2:00PM
NOVEMBER 7 | 9:30AM & 7:00PM

Dr. John Rosemond is a family psychologist, syndicated columnist, and a radio talk show host, and has published 11 best-selling books on parenting. Dr. Rosemond has appeared on television programs like 20/20, Good Morning America, The Today Show, The View, and more!

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Pan Roasted Gravy

Herb-Roasted Turkey Breast with
Pan Roasted Gravy Sliced
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Sweet Potato Pie with
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Buttered Mashed Potato,
Bacon Roasted Green Beans,
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Traditional Corn Bread Stuffing

Salads:

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Whipped Garlic & Herb Butter

\$15.50pp- One dinner Entrée,
3 Sides, 1 Salad and 1 Bread
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sides, 2 Salads and 2 Breads

*All come with Cranberry sauce
Minimum 12 guests

FAMILY or FOOTBALL SPECIAL

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WHAT'S ON THE MENU?

-THE REVIEW FOR FOODIES, CAFÉ LUNA FOOD REVIEW



If you have driven down route 9 in Old Bridge, there is a chance you have passed by a hidden gem; we are here to tell you about Café Luna, 3679 Route 9 North in Old Bridge. If you haven't noticed before, be on the lookout, this is a place you need to try. With the original Café Luna opening in Staten Island, This well-known Staten Island dining spot was brought to Old Bridge five years ago. The Manager Sammy, will bring a smile to your face as he welcomes you through the door, and make sure

your enjoying every part of your meal.

Not only will you be pleasantly surprised, you will be blown away, the appetizers not only look like they came straight out of upscale restaurant in Manhattan, but the taste is phenomenal.

Our Appetizers consisted of beautifully presented Stuffed peppers, overflowing with meat, carrots, pepper, fresh hand-made mozzarella, and tomato sauce, one would be happy with this and a loaf of Italian bread, but we had many more things to taste. We suggest the Rock Shrimp a la Rocca, the enormous salads, and the Buffalo Mozzarella with olives, roasted peppers and mushrooms.

Although being stuffed after the appetizers we had to see what was to come next, If you can't decided what to choose, just ask Sammy, he will be sure what comes out of the kitchen for you is beyond spectacular. One

of the largest pasta dishes came out next, Gemelli Pasta with white wine, garlic and broccoli rabe. Piled high with bongos clams, baby shrimp and the tastiest Langostina I've ever had. If that wasn't enough a Prime NY strip steak came out plated with a lobster tail on a bed of frizzled onions, long Italian hot peppers and the most tender, tasty sea scallops ever.

The result of generous portions is to-go containers, like everyone else in the restaurant, containers were piling up on our table but an amazing dinner always makes for an outrageous lunch the next day. Regardless, we had to push forward and try dessert.



The last plate to make it to our table was loaded with cannoli's, amazing pistachio tartufo, and a homemade oven-warm banana bread pudding topped with Nutella gelato, how can one go wrong? Their dessert Chef did not disappoint.

Old Bridge is lucky to have a restaurant that "has it all", Every meal came out beautifully prepared, staff was warm, caring and attentive, Hidden outdoor seating - beautiful for those warm summer nights, plenty of parking, for large parties as well. Reservations are suggested because this place can get packed, but an amazing bar / lounge with seating is available if you wanted to spend some time before dinner with

a cocktail or you're just looking for a yummy appetizer and a glass of wine.

To top it off the resurant can hold a party as large as 150 for your family, friends, or corporate event. So, whether it is a business lunch, a baby shower or you just want to impress special someone, Café Luna is the spot. Also stay on the lookout for special menus for the holidays, including Mother's Day and New Year's eve just to name a few.

This metro Italian style resurant is both clean and inviting—the dining room is large and open we would thoroughly recommend Café Luna to anyone who enjoys a beautiful atmosphere, warm service, seasonal preparations, as well as the simplicity family type of food. We know we will certainly be returning soon.

By: Kim LaVista & Stacey Hernandez

I AM THANKFUL WINNER!



I am thankful that my mom is Cancer Free now. She is a survivor of stage three breast cancer. she is a warrior and I love her. I was scared at first, but then it got better with chemo, radiation and surgeries. I am thankful now that we can take our walks at night together. When she was sick we couldn't because she was very sick. This Thanksgiving I will celebrate her life.

Thank you,
Mikayla Huff

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Minnie Mouse



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THE FOOD BANK



"It's a monumental undertaking," Doyle noted. "The entire Old Bridge community is involved. We get donations from Whole Foods in town, Panera Bread in Marlboro that provides us with deserts, cakes and pastries, and all of the meat is donated by one of our parishioners."

"We tell people if you need a meal, just come. And when they do, they also leave with bags full of stuff – canned goods, paper towels, spaghetti, soups, and other staples."

Doyle said the soup kitchen initially helped out about 10 people. Then it quickly increased to 25. "And it just kept going up and up," she said.

The food pantry at St. Thomas is located in the pastoral center, and those in need can go there to receive whatever they need, Doyle said.

"We get a tremendous amount



urges those interested to help out to see a complete list of items to donate at www.oldbridge.com/foodbank.

In addition, Amabile said, "If you are a group, individual, or civic organization and would like to conduct a food drive to help us out, please call us for details and assistance at 732-721-5600 ext. 2022 or ext. 6620."

Calvary's Margaretta summed up the spirit of the season: "Jesus teaches that we should freely give that which we have freely received. And that is what Broken Loaves joyfully does throughout the year."

For more information about "The Table" at St. Thomas, go to <http://stthomasob.com>. Visit www.ccob.com to learn more about Calvary Chapel's Broken Loaves ministry.



Continued from page 1

"The Table" at St. Thomas The Apostle Church is the parish's soup kitchen that has been in operation for nearly two years. The Table will provide the needy with a Thanksgiving meal on Nov. 11, and on Turkey Day St. Thomas Deacon Scott Titmus will host another dinner for about 100 people, according to Chris Doyle, a 43-year parishioner and volunteer for The Table.

"We'll be having a full-blown Thanksgiving meal," Doyle said. "Appetizers, turkey, stuffing, mashed potatoes. It's absolutely wonderful."

The Old Bridge Food Bank, located right in the heart of town at the Municipal Complex, currently serves more than 200 needy families in the township.

The Food Bank is currently seeking donations for its Thanksgiving food distribution.

"Turkeys? Yes, we are in need of turkeys as well as other items necessary to make a Happy Thanksgiving meal including potatoes, stuffing, cranberry sauce, gravy, canned vegetables, yams and/or sweet potatoes and beverages," said Diane Amabile, the Food Bank's assistant director of social services.

The Food Bank's motto is that "no baby, child, adult or senior citizen in our township should ever go hungry."

The food bank helps provide Old Bridge residents with emergency food, and is overseen and managed by Anahita Feltz.

"Over the past year, we've undergone some major changes," said Amabile. "We now offer our clients fresh vegetables and fruits in an effort to 'eat healthy' as we recently partnered with MCFOODS of Middlesex County."

"We accept all perishable and non-perishable donations from civic organizations, school clubs, boy scouts, girl scouts, businesses, Old Bridge Recreation Summer Camps, private individuals and our own Old Bridge School District."

The Food Bank also recently completed a "back to school" drive providing its clients with children the necessary items needed to head back to school in style. From backpacks to notebooks, pens, pencils, crayons and more, Old Bridge children were taken care of.

Contributing partners for that drive,



Amabile noted, included Kidzdent of Old Bridge, the Old Bridge Public Library, St. Thomas the Apostle Church, Good Shepherd Lutheran Church, AARP #4854 and a variety of private donations.

Over at Calvary, according to its website, the Broken Loaves pantry is "open to anyone in need of food or clothing who is struggling to make ends meet."

"Thanksgiving is a time when many churches and organizations recognize those not fortunate to have a hot meal," said Margaretta, who oversees Broken Loaves.

"We also recognize the tremendous stress that people feel year-round when there's no food, and we help to eliminate that with encouraging words and consistent supplies."

At St. Thomas, Doyle said the church provides a special meal – on the second Saturday of each month – that includes everything from "soup to nuts."

of donations during the holidays – people are very generous, especially during Thanksgiving," noted Doyle.

"But we also ask that if (donators) have anything else left after the holidays, and throughout the year, please bring that to us."

The Food Bank also looks for donations throughout the year, and Amabile





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AFJROTC ARTICLE

By Emily Unverricht junior at OBHS

Old Bridge High School's Air Force Junior (ROTC) program demonstrates and teaches responsibility, community service, leadership, and integrity in its most organic form. JROTC, ran by retired Lt. Col Robert Doolittle, and retired CMSgt Thomas Pitzer is a program that helps students find the path they want to go on. A common misconception about JROTC is that all the students enrolled hope to someday join the military. This has been proven year after year to be incorrect. With about 26 seniors in the corp last year, less than half of the seniors decided to pursue a career in the military. In fact, many senior cadets used Air Force Junior (ROTC) as a way to

help them find jobs and seek out colleges/careers that appealed to them.

While JROTC does have a military aspect to it, its many layer of activities and projects can appeals to students of all interests. The athletic department specializes in creating different workouts that the corp will do periodically. They also compete in competitions to see which JROTC program is the fittest of them all. Throughout the year the athletic and drill team will compete with JROTC programs from all over the state, including navy, marine, and army JROTC. Another department in the program is community service. They organize and run projects such as the Canned Food Drive for the

Middlesex County Food Bank, Gifts From Home (a project that sends care packages to troops overseas), Presents for Patriots, monthly road clean ups and many more. Each cadet's goal is to finish a school year with a minimum of five hours of community service. This is just a benchmark goal for many cadets will finish their four years in the program with over 100 hours of community service. An achievement like this is not something many high schoolers can say they've accomplished.

These few departments mentioned are not even the beginning. JROTC has many more programs: Kitty Hawk, a national honors society that goes to academic competitions and tutors other students in the corp. Public affairs, a department that creates an annual newspaper and yearbook for the corp.

Logistics, the department that is the beating heart of the corp. Logistics manages and distributes all the uniforms to every cadet and is ran by the most responsible and highly competent cadets. Each week, every thursday students are expected to clean and sharp in their uniform, this not only teaches them responsibility but give them a sense of honor as they are a walking AFJROTC billboard in the hallway. Finally, Operations is a department that runs lock-in and organizes events such as the very exciting Military Ball.

At the end of every year, after all the cadets' long hard work, there is the annual Military Ball. The Military Ball is a dinner dance where at the first half of the night parents, teacher, distinguished guests and students arrive dressed sharp as ever for

a formal ceremony including a guest speaker, presentation of the colors, and POW/MIA Remembrance Ceremony. When the formalities are over the adults leave and the dance begins.

The few things mentioned in this article about AFJROTC just barely scratch the surface of what actually happens in this program. The lessons and skills you receive in JROTC will follow you for the rest of your life and would not have been acquired in any other program. The restless teenagers that walked into JROTC are now young men and women with skills far beyond years. To be an AFJROTC cadet should be nothing less of an honor, as students become become young adults ready for their future they also become a leaders ready for the rest of their life.

HIGH SCHOOL RANKING

CONTINUES TO IMPROVE; STUDENTS, STAFF CONTINUE TO DO THE RIGHT THING

By Joelle Tancred, Editor-in-Chief

Old Bridge High School is ranked 143 out of 337 high schools in New Jersey, according to NJ Monthly Magazine. This is a significant improvement from the school's 2008 ranking at 211. Old Bridge achieved this ranking by performing well academically and by showing character, criteria determined by NJ Monthly Magazine.

"I think first and foremost our students continue to challenge themselves academically and each year more and more students are enrolling in AP (Advanced Placement) classes," said Principal Vincent Sasso. "We have also seen a consistent yearly decrease in the number of discipline referrals. Our high school is focused on making positive choices and thus a move in the right direction in the rankings."

One important part of school ranking is the number of students who participate and do well in Advanced Placement classes.

"For the fifth year we are an AP Honor Roll recipient," said Sally Fazio, vice principal. "This year we added an additional AP course, AP Computer Principles, which was a direct result of student suggestion."

Both students and staff at the school demonstrate great character and spirit, administrators said. The school was recently designated as a National School of Character. The students' character shows through at sporting events as well as at clubs and other school events.

"Our school shows a lot of spirit at the football games," said Kelly Kennedy, junior. "Whether it's tailgate, Pink

Out, or even an away game, students will always be there to show support."

"There are so many clubs at Old Bridge. Everyone has something to get involved in, so students aren't afraid to show their interests," said Roshni Gandhi, junior.

"The students are the life blood of OBHS, and without their spirit, it becomes a regular old garden variety high school," said James Oliveri, vice principal. "Continuing to make OBHS a better place takes a commitment to the brand and culture here. Getting involved in sports, clubs, activities, et cetera contributes to the positive spirit, culture, and the sense of family that keeps this place going."

The Old Bridge community has worked toward this improvement over the years.

"The collective Old Bridge community has rejected mediocrity as an acceptable standard," said David Cittadino, superintendent of schools. "We now realize that Old Bridge students can accomplish great things."

Old Bridge High School can continue to improve and make great accomplishments through character and education, he said.

"It's so important for students to feel supported, welcomed, and loved in school," said Fazio. "These impressive numbers are a testament to faculty and administration building positive relationships with students, which has in turn changed OBHS for the better. Student voice is so important to us."

"Set high expectations for yourself," said Cittadino. "Place yourself around the best and pursue the best outcomes," he said.



OLD BRIDGE HIGH SCHOOL FOOTBALL

By: Matt Agosta

The Old Bridge Varsity Football team storms into 2016 with high expectations, following a post-season run last year which saw the Knights in the NJSIAA State Championship at Rutgers University.

"We made mistakes that we can clean up this year. Our goal every Friday night is to be the best team we can be," said head coach Anthony Lanzafama. "If we are the best team we can be it should translate into some victories."

The team's offense is piloted by junior quarterback Artur Sitkowski, who finds himself as the sixth ranked quarter-

back on ESPN.

com's Class of 2018 Top Quarterback Recruits, with a slew of scholarship offers from premier Division 1 schools. In the backfield, senior Nick Sodano sees a majority of the run-game flow through him.

"It's a privilege to practice and play every day with my teammates on the field," said Sitkowski. "As a team, we are so close and really can call each other brothers, and it makes it that much better to go out and battle with your teammates."

Currently, standing at 3-1-1, Old Bridge still has key games left on the calendar. "We have to continue to work hard



play for the team," said Knowles.

The following week, The Knights, along with a student section full of fans, traveled to Monroe. After trailing 14-6 at the half, the team kicked up and scored 29 unanswered points, winning the ball game 35-14.

"I'm most excited about getting some wins on a Friday night with my teammates," said Knowles.

Defensive end Jake Kodros had all of the team's sacks, and Sodano ran for 118 yards and had a trio of touchdowns, now totaling eight touchdowns through five games.

In the home opener, the squad was shut out 41-0 by a Manalapan team who was snubbed a state final appearance after losing on the last play to South Brunswick last season.

"We want to take it one day at a time and work hard on the field, in the weight room, and in the film room," said Sitkowski.

Sitkowski has scholarship offers from Michigan, Ohio State, Florida, Virginia Tech, Rutgers, Maryland, Miami, Wisconsin, North Carolina, South Carolina, Pittsburgh, Iowa, Indiana, Boston College, Temple, Ole Miss and Old Dominion under his belt. He has yet to decide where he plans to attend.

Old Bridge tied with Edison 42-42 after playing a triple overtime game. Sitkowski went 10 for 19 with 165 passing yards and added 40 rushing yards along with a rushing touchdown. Sodano rushed for 162 yards and three touchdowns. In the third overtime, Knowles forced a fumble on the one yard line, preventing a second straight home loss.

"We can't control any other team or what they're doing, we just need to focus on what we can do to get better on a daily basis," said Lanzafama.

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