

# THE BOUND BROOK CHRONICLE

Compiled and edited by Mayor Bob Fazen with the assistance of local community organizations

## Mayor Fazen's Corner Bob Fazen Mayor, Borough of Bound Brook

### Lights - Camera - Action! Bound Brook Has It All This Season LIGHTS

First, it is clear that Bound Brook has the Holiday Spirit! Complemented by the "Festival of Lights" competition, the neighborhoods of our great Borough are decorated and lit up. Last night, walking through the Borough at night, in some neighborhoods, it was almost necessary to wear sunglasses. Walking the sidewalks of our town takes you back to what Bound Brook has always been, the place to dwell and a place of history, tradition and patriotism.

### CAMERA

"A long time ago in a galaxy far, far away...." STAR WARS has opened by the time this is published and I hope those of you who wanted to see it could get a seat. But this "camera" is focused on our Borough. "BOUND BROOK THE PLACE TO DWELL" was published by the Bound Brook Board of Trade in 1909.

This 74-page book begins with a reflection on Bound Brook, declaring that it is refreshing to come upon a place that has been upon the map long enough to have a history and a character of its own—a place of traditions and individuality. Residence in a new place means being a pioneer with all the discomforts that that word suggests. The wise man who wants to live in peace and comfort lets the other fellow do the pioneering and selects as the place for his home the town which is already settled, not a town which is going to be, but one which is, one which has been tried and found worthy. If he is a New York, or a Newark or a Philadelphia man, his home must be within easy reach of the city in which he does his business or carries on his profession.

By easy he means within a reasonable distance and with a comfortable means of transportation. He wants to live in a place that is well equipped with those facilities which make living easy. He wants good streets and sidewalks. He must have good lights and a good sanitary system. He wants shade trees and he wants an abundant water supply. Good schools, libraries and churches are a necessity. The wise man says, "My home must be where these things are established—I am willing to maintain, to extend and to improve them, but life is too short for me to go to a new or raw place and establish them." A place that has these things established has shown that it has a reason to exist and is worth investigating and is worth living in. In addition to these things the wise man further requires that his home should be in a healthy neighborhood, that the landscape should be not only beautiful but varied and that the surrounding country be also attractive and suitable for the expansion of the town which he is selecting for his home. He wants to live in a place that not only was alive a hundred years ago but that is alive a hundred years ago but that is alive and growing to-day. One might well say that the wise man's quest was a vain one if he expected to find all of these require-



ments combined in one community. Admit this but one must also admit that if such places exist they are worth looking for and if found they are worthy of the search.

This book is published to help the searchers and to be a guide to the wise. It cannot point out the way to all of the delectable places for fortunately there are many happy communities where men dwell together in comfort and happiness which meet some of the requirements set forth but the publishers know of none more worthy of the search or which unites so many of the advantages as the place whose name appears upon the title page "Bound Brook—the Place to Dwell."

This book is available for purchase from Amazon.com and can be downloaded from the internet through a GOOGLE search. It is a great read and makes you proud to live in our historic town.

### ACTION

The Bound Brook High School Winter Sport schedules are out and the Crusaders are looking toward a successful season. Wrestling, Boys Basketball, Girls Basketball and Indoor Track teams have been practicing hard and ready to take on all comers. Join me and get out to cheer on the teams!

The wrestling season is about to begin and Bound Brook High School will be working toward another State Championship. Coach Sean Cleary has a veteran team with some young outstanding additions to the team. The schedule is a tough one but the Crusaders will prevail!

The Girls Basketball and Boys Basketball Teams are seeking to repeat last year's championship seasons. Both qualified for the State Tournament last year. The Girls team returns almost all their starters plus a couple players coming back from injuries. They also have freshman who will be getting major varsity minutes. Coach Jen Derevjanik's basketball travels have taken her across the Tri-State Area, the United States and the Atlantic Ocean since her playing days in Staten Island, NY, and now the former Division I standout and WNBA player has landed with the Bound Brook High School girls basketball team. Keep your eyes on this team.

### GREEN BROOK FLOOD CONTROL PROJECT

Mayor Fazen attended the latest United States Army Corps of Engineers ("USACE") meeting to express his dissatisfaction with the lack of urgency to complete the final stages

of the project. He noted that the residents of Bound Brook pay approximately \$33,000 daily to Flood Insurance companies and that the delay in project completion favors the insurance companies, not the residents of Bound Brook.

The revised schedule cuts off approximately 40 days from the time table when the LOMR (Letter of Map Revision) will be issued. As described in previous editions of the Chronicle, the LOMR changes flood zones and these changes show reduced risks for flood damage and yield corresponding reductions in flood insurance premiums. The LOMR is what Bound Brook is waiting for

The new timetable sets the following target dates:

- Chief of Engineering Signoff of the LSER and LOMR: 22 Dec 2015
- Public Notification for Appeals Period: 24 Dec 2015 to 07 Jan 2016
- Public Meeting (Bound Brook High School): 20 Jan 2016
- Public Appeals Comments Due: 28 Mar 2016
- Response to Public Appeals Comments: 11 Apr 2016
- LOMR issued by FEMA: 18 Apr 2016

In a written notice to all parties, USACE noted: "The date that USACE controls is the 22 Dec 2015 date for Chief of Engineering Signoff. If we cannot meet the 22 Dec 2015 date we will need to provide an explanation to the Mayor with an alternative date. The Mayor's goal is to

schedule a public meeting no later than 20 Jan 2016. The remaining dates will need to be coordinated with your team since FEMA controls the issuance of the LOMR. The Mayor does not anticipate any significant technical questions from the public appeals comments. The Mayor also stated that he would call FEMA (Alan Springett, Brian Koper, etc.) and or USACE to expedite this action if required."

### MERIDIA REDEVELOPMENT CONTINUATION



Continuation of the redevelopment proposal for next Meridia project will be presented to the Planning Board on **Monday, December 28, 2015 at 6:30 PM.**



**Merry Christmas and Happy Holidays to all!**  
Mayor Bob Fazen

## Bound Brook Festival of Lights

Sponsored by the Mayor and Council, the Festival is the First Annual Holiday Decorating Contest. The Festival of Lights is a town-wide celebration of the Christmas-Navidad, Hanukah and Kwanza "holiday spirit".

Bound Brook residents are encouraged to decorate their homes for the December holiday season. First place, Second place and Honorable-mentioned prizes will be given for the best decorated door, home, and yard.

Prizes will be provided by local businesses and benefactors.

Entry forms can be picked up at Borough Hall, 230 Hamilton Street, or from local businesses on Main Street and Union Ave. Festival

posters are hung in their store windows.

Residents may also download the entry form from the Bound Brook Borough Website: [www.boundbrook-nj.org](http://www.boundbrook-nj.org).

**The Entry Form Deadline is December 23 2015, 4:30 PM.**

Participants are asked to bring completed entry forms to Borough Hall not later than Dec. 23rd.

Winners of the contest will be announced after the New Year Holiday.

Anyone interested in further details is asked to email Councilman Phil Fadino, at [bbfestival@cox.net](mailto:bbfestival@cox.net) or call 732-356- 0833.



## Local Businesses Supporting the "Festival of Lights"

Entry forms can be picked up at the following businesses

MAIN STREET	UNION AVE
Cristal Supermarket	America's Florist
Lou's Sub Shop	Somerset Savings Bank
Douglas Restaurant	Golden Corner Diner
Manna Rosina's	Dunkin Donuts
Judy's Grocery	Panatieri's Pizza and Pasta
Nerger's Auto Care	Quick Check
Pranzatelli's Audio	

Please show your appreciation for local business and merchant support of the First Annual Decorating Contest

## What's Inside the Bound Brook Chronicle?

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# Community

## Bound Brook Borough Department of Public Works Monthly Report - October 2015

**Grass Cutting:** Monument on Vosseller Ave and Union Ave, Borough Hall, Pine street lot  
**Street Sweeping 1st full working week of each month:** No sweeping this month

**Metal Picked Up Town & Schools:**  
Total lbs 1,560.00. Total price \$11.70  
Brush/ Yard Pick Up (monthly):

North side = 65 yards. South side = 35 yards

**Sewer Jobs:**  
No sewer jobs this month. Checked sewer list one time this month

**Blacktop/Potholes :** No blacktop this month

**Trees Trimmed or removed:**  
*Removed:* 354 W High St, 523 Imlay Pl, 110 Vosseller Ave, 147 Lamonte Ave, 29 Church St  
*Trimmed:* 280 Chestnut St, 593 Mountain Ave, 514 Watchung Rd, 520 Watchung Rd, 595 Watchung Rd, 581 Watchung Rd, 598 Watchung Rd, 610 Watchung Rd, 620 Watchung Rd 2 trees, 740 Watchung Rd, 780 Watchung Rd, 805 Watchung Rd, 759 Watchung Rd, 747 Watchung Rd, 143 Wahnetah Dr, 519 Wahnetah Dr, 525 Wahnetah Dr, 107 Wahnetah Dr, 531 Wahnetah Dr, 111 Wahnetah Dr, 115 Wahnetah Dr, 543 Wahnetah Dr, 311 W Maple Ave, 317 W Maple Ave, 538 Central Ave, 555 Winsor St, 702 Lawrence Rd, 722 Lawrence Rd, 718 Lawrence Rd, 708 Lawrence Rd, 311 Highland Pl, 86 W Second St, 121 E Second St, 643 W Second St 3 trees, 368 W Second St 2 trees, 519 E Main St Hope Church 5 trees, 537 W Second St

**Woodchip Dumped:** 24 yards  
**Logs & Tree Parts Dumped:** 5 yards

**Facilities and Services:** Repaired and painted sheet rock at library kids room, repaired faucet and unclogged toilet at library, moved file cabinet in violations office, removed large table at library, replaced door at library

**Foreman:** Daily attendance, daily time keeping, assigned daily jobs, daily paper work, daily trip to Borough Hall, pick up pay checks, assisted crews on jobs, checked on citizen complaints, picked up supplies for O.E.M, picked up trailer hitch for truck #10 and #9, met with NJ Transit about sump pump in tunnel, met with Ray about bike rack install, dropped off River Fest banner, ordered manhole ring kits, ordered batteries for parking meters, unlocked gate at Codrington Park for roofer, met with Dale for T&M about sewer on Watchung Rd, checked parking machine at commuter lot for paper, worked with Ned the Sewer Operator, checked Billian Park brick job

**General Work:** Picked up larger branch at 408 E Union Ave, picked up branch from storm on High St, installed new street signs at Drake & Talmage, cleaned 4 storm sewers John & Main St and Church & Main St, cleaned up debris from auto accident on 228 W Maple Ave, dropped off and picked up barricades on Hamilton St for Fire Dept inspection, picked up E waste at BBPD, put together tables for park on Main St and installed, dumped truck #6 at South County, painted yellow around rescue Squad on Second & VanKuren, dropped off barricades for block party at Park Pl and picked up after party, looked for

and dropped off 2 boxes for Borough Hall, checked and repaired sump pump at train station tunnel, removed extra dirt from park on Main St, picked up tree branch on Carlton St, repaired parking meters in town, weeded Islands on Main St & Bolmer Blvd, picked up 6 pallets of salt for sidewalks, installed 9 manhole protection rings for snow plowing, removed banner for farmers market on Hamilton St, Picked up boxes at Borough Hall and returned to DPW, cleaned catch basins grate before storm, power washed pavers at Billian Park, dropped barricades off at commuter lot for Halloween party, replaced 16 faded street signs

**Equipment Maintenance and Repairs:** Performed monthly fire extinguisher check trucks and building, installed new wiper blade on BBPD car #3, picked up and installed two new trailer hitches on truck #9 and #10,

removed old job box off Truck #12, replaced 2 batteries and repaired lights on truck #12, repaired on/off switch on small generator, checked battery charger for BBPD boats, installed salt spreader on Truck #6, fixed flat on BBPD car #1, Fixed flat on Truck #28, fixed flat on BBPD car #13, replaced left rear tail light on truck #6, winterized BBPD speed trailer, fixed flat on BBPD car #7, dropped off BBPD car #13 to County for 4 tires, checked parking enforcement car cleared falt, monthly check and testing for Borough Hall generator and recorded hours for State of NJ , mechanic also helps with all DPW jobs and picks up all his parts and cleans his shop

Total Hours: 779 Total Man Hours: 1421  
Respectfully Submitted  
Vince Orofino, Foreman

### Bound Brook DPW Man Hours October 2015

	Man Hours	Total Time	Add'l Info
Brush & Yard Debris	312	104	
Grass	32	12	
Sweeping	0	0	
Trees	151	41	
General	407	155	
Metal Pickup	16	8	
Foreman	108	108	
Sewer Jobs	8	4	
Mechanic Service	88	88	
Potholes	0	0	
Facilities	74	34	
Sick time out	40	40	
Vacation time out	152	152	
Personal days	8	8	
Floating holiday	0	0	
Special Events	0	0	
Safety Class	25	25	Shade Tree Class
Totals	1421	779	

### Bound Brook Garden Club Places Wreaths on Veterans Graves

**B**ound Brook, December - On December 15, 2015 members of the Bound Brook Garden Club placed thirty seven wreaths on graves in the Bound Brook Cemetery to honor the individuals who had served in the armed forces to protect the freedoms of our country. Balsam remembrance wreaths were placed at the headstones of veteran's



from the Civil War, Spanish American War, World War I and World War II.

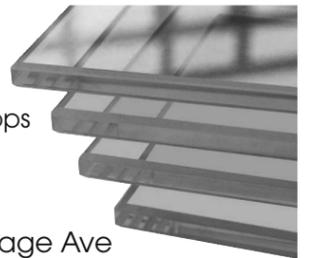
Denis Costain, Bound Brook Cemetery employee and American history buff, identified the graves of the individuals who were to receive wreaths. He selected the graves of veterans who had no one to place a wreath on their grave this holiday season. Mr. Costain related the personal stories of several Bound Brook veterans including World War II veteran, John O'Connor, who had joined the army air corps after graduating from college, became a bomber pilot, and was shot down by Germany on his thirteenth bomber mission. He was held in a POW camp for over a year before being liberated by the Russian army. When he returned to the United States, he attended Harvard and earned his doctorate in English Literature. He taught at Rutgers for many years and earned the title Professor Emeritus. He is buried across the street from where he lived.

Garden Club members purchased the wreaths from Wreaths Across America, a non-profit organization founded to continue and expand the annual wreath-laying ceremony at Arlington National Cemetery begun by Maine businessman, Morrill Worcester, in 1992. The organization coordinates wreath-laying ceremonies each December at Arlington, as well as hundreds of veterans' cemeteries and other locations in all 50 states and beyond.

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# Community

## Bound Brook American Legion Post 63 Officers Honor Vets on National Pearl Harbor Remembrance Day



Post Commander Hal Dietrich (left), first vice commander Robert Newell (right in photo) and President of the Board of Trustees, Ben Auletta (not pictured) brought food to the VA Hospital in Lyons, NJ, to share some time and a subtle tribute to those comrades in arms who lost their lives at Pearl Harbor with fellow veterans on this historic Dec. 7 National Pearl Harbor Remembrance Day. Photo and Caption by Ben Auletta, Sr.

Officers of The Giles-Biondi American Legion Post 63 in Bound Brook, NJ on Dec. 7 shared some time with fellow Veterans at the VA Hospital in Lyons, NJ as they hosted a subtle tribute and remembrance to those comrades in arms who lost their lives at Pearl Harbor with fellow veterans. The Post 63 officers shared gift bags & food that they brought with the Veterans at the hospital.

This day, Dec. 7, The Congress, by Public Law 103-308, as amended, has designated it 'National Pearl Harbor Remembrance Day', according to a presidential proclamation by President Barack Obama is a day in which we pay tribute to the men, women, and children -- military and civilian -- who lost their lives on December 7, 1941, honor all who served

in the wake of that infamous day, and recognize the sacrifices today's service members make to carry forward the inextinguishable torch of liberty for generations to come. "As President Franklin D. Roosevelt said the day after the attack, "the American people in their righteous might will win through to absolute victory." On this day, let us honor the memory of all who gave their lives so that President Roosevelt's words could be realized, and let us resolve to uphold the legacy of our country, for which generations of brave men and women have fought and sacrificed," said President Obama on the seventy-fourth anniversary of the attack on Pearl Harbor.

"I was pleased to be able to share this time with fellow veterans on this special day in our country's history," said Ben Auletta, Sr. Presi-

dent of the Board of Trustees of Post 63.

Membership eligibility in the American Legion is based on honorable service within the U.S. armed forces during wartime. For

information about the American Legion in Bound Brook contact Commander Hal Dietrich at 732-369-3741 or [post63boundbrook@gmail.com](mailto:post63boundbrook@gmail.com).

## Walk with a Medcor Doctor Take a STEP toward better HEALTH

**Dates:** Dec 19th, Jan 23rd, Feb 13th, Mar 19th  
**Time:** Saturday 8:30-9:30 AM  
**Location:** Bridgewater Commons Mall (food court)  
**Distance:** About 1-2 miles  
**Talk:** Short (5-10 min) discussion on a topic relevant to heart disease  
**Ask:** questions of your doctor or Medcor staff  
**See:** your doctor practice what they preach!

- Enhance mental well-being
- Improve blood lipid profile
- Reduce the risk of osteoporosis
- Reduce the risk of breast and colon cancer
- Reduce the risk of Type 2 diabetes

According to the American Heart Association, walking has the lowest dropout rate of any physical activity. Think it doesn't do any good? Think again. Walking for as little as 30 minutes a day can have the following health benefits!

- Reduce the risk of coronary heart disease
- Improve blood pressure and blood sugar levels
- Maintain body weight and lower the risk of obesity

Walking is low impact; easier on the joints than running. It is safe – with a doctor's okay – for people with orthopedic ailments, heart conditions, and those who are more than 20% overweight. In addition, research has shown that you could gain two hours of life for each hour of regular exercise! That quick stroll around the block seems a little more worthwhile now, doesn't it? Join your doctor and other people looking to improve their health at the next Walk With A Doc event.

Walkers at all levels and fitness welcome!

## Bound Brook Police Department - October 2015 Chief Michael D. Jannone · Captain Kevin Rivenbark

Activity Totals (by Month) 2015											
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	TOTAL
Calls for Service	1,383	1,209	1,372	1,617	1,566	1,224	1,361	1,444	1,490	1,500	14,166
Criminal Disorderly Arrests	34	33	44	44	49	50	54	48	65	61	482
Ordinance Violations	24	32	34	34	40	41	52	31	41	55	384
Motor Vehicle Violations	130	128	178	267	225	132	182	211	232	302	1,987
Parking Violations	112	180	69	56	28	50	48	55	90	46	734
Police Vehicle Mileage	11,389	10,991	12,898	12,361	12,656	10,090	10,030	10,963	12,484	12,263	116,125
Tavern Complaints	0	0	2	0	0	1	4	3	3	5	18
Prisoners Housed	19	15	23	27	27	28	27	24	38	40	268

### October 2015 Training Report

- Departmental Training**
- Sgt. Lavin, Det. Romanyshyn, Officers Pikulin, Bojtos, Waller, Kilgore, Ulmer, Flanagan and Higazi attended MATS: "Domestic Violence, Use of Force and Vehicle Pursuit"
  - All Officers Attended Mandatory Department "Firearms"
- Individual Training**
- Officer Bojtos attended "Dive Team" Training. 10-21:
  - Officer Gianotto attended "Patrol K9 in Service" training. 10-28:
  - Officer Gianotto attended "Narcotics K9 in Service" training.

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# Community

## SCLSNJ Bound Brook Memorial Library Branch 402 E. High Street, Bound Brook, NJ 08805 732-356-0043 | SCLSNJ.org



**ADULT PROGRAMS**  
**Adults Beginning Knitting & Crocheting:** January 6, 13, 20, & 27, 3-5 p.m.  
**Affordable Care Act Open Enrollment:** January 6, 4-8 p.m.  
**Library Loopers: An Informal Gathering of Knitters & Crocheters:** January 11 & 25, 7-8:45 p.m.  
**ESL Conversation Group:** January 12, 19, & 26, 12:30-2 p.m.  
**9 Movements of Qigong:** January 13, 7-8 p.m.

**TEEN PROGRAMS (grades 6-12)**  
**Teen Advisory Board:** January 8, 3:30-4:30 p.m.  
**Dungeons & Dragons:** January 16, 23, & 30, 10 am - 1 p.m.

**CHILDRENS PROGRAMS**  
**Make & Take Crafts (ages 4+):** January 2, 9, 16, 23, & 30, 10 a.m. - 4 p.m. No registration required.  
**Afterschool Stories & Craft (ages 5+):** January 5, 12, & 19, 3:30-4:30 p.m.  
**Cozy Winter Tales (ages 3-5):** January 7, 14, & 21, 11-11:30 a.m.  
**Library Babies (0-24 months old):** January 9, 11-11:30 a.m.  
**Dino-rific Stories (ages 4-8):** January 26, 6-6:30 p.m.  
**Cool Critters (ages 8+):** January 30, 1-2 p.m.

All programs listed are free. Registration is required unless otherwise indicated and programs are subject to change; visit SCLSNJ.org or call the library for more information and to register.

Note: SCLSNJ's Bound Brook Memorial Library branch will be closed December 24, 25, & 26 for the Christmas holiday and December 31 & January 1 for New Year's Eve and Day. SCLSNJ's Bound Brook Memorial Library branch will also be closed January 18 for Martin Luther King Jr. Day.

### The Gift that Keeps On Giving, An SCLSNJ Library Card!

Are you struggling to come up with an idea for the perfect gift? We suggest that you bring your friends and family to the SCLSNJ Bound Brook Memorial Library branch and get a library card. The cost is just right: FREE!

A person of any age may have a library card. In order to qualify for a card, a person needs to reside, attend school, work or own property in one of the SCLSNJ member municipalities: Bound Brook, Branchburg, Bridgewater, Green Brook, Hillsborough, Manville, Millstone, Montgomery, North Plainfield, Peapack-Gladstone, Rocky Hill, Somerville, South Bound Brook, Warren Township and Watchung. In addition, SCLSNJ library cards are available to volunteer firepersons, auxiliary police, rescue squad or EMS volunteers who service the communities noted above.

Getting a library card is easy! When you come to the library, bring with you, one current form of identification. This identification can be a driver's license, rent receipt, lease, tax bill, personal check with imprinted address, utility bill or voter registration card; just keep in mind that the ID must have both your name and address on it. If you work or go to school in a member municipality but do not live there, you'll need some additional identification; simply call ahead and ask what is required. The friendly, courteous staff will be able to assist you. If you are under 18 and your parent or guardian is unable to visit the library with you, you can use a school ID or school report card to get a library card.

Upon receipt of a library card, you may check out materials in any of the 10 libraries

and 2 reading stations that make up SCLSNJ. Available to all card holders are books in multiple formats, magazines in both print and digital format, newspapers, movies, TV series, video games and more. A library card offers you free admission to participating museums through the Museum Pass Program. In addition, research databases, language learning and test preparation resources are available to use at the library or off-site at SCLSNJ.org. In house, public internet computers are available for all to use as well as free wifi access. Meeting rooms can be reserved for use by community groups. Educational, informational and entertaining programs for all ages are scheduled year round.

SCLSNJ partners with you to connect, to explore, to share and to discover. Throughout the holiday season and year-round we invite you to visit the library and enjoy all that is available to you. The Bound Brook Memorial Library branch is located at 402 East High Street, and open Monday -Thursday, 9:30 am - 9:00 pm; Friday and Saturday, 9:30 am - 5:00 pm. The SCLSNJ staff wishes all community members a joyous holiday season.



## Hypertension Essentials By Steven Georgeson, MD



doctor's office. The patient wears the monitor for 24 hours, and blood pressure readings are taken every hour and averaged, both during the day and at night. The other method is to have a patient take readings with a blood pressure monitor, usually purchased at a local pharmacy. Arm or wrist cuffs are best. For optimal results, patients are advised to sit quietly for 15-20 minutes before taking a reading, the arm should be bared and supported on a table or arm chair, the cuff should be at the level of the heart and they should refrain from coffee or cigarette smoking for at least 30 minutes. If blood pressure readings are still elevated on home readings, then therapy should be initiated.

### How Do We Treat Hypertension?

The first line of treatment for hypertension is lifestyle modification. This includes weight loss (if overweight), limiting the sodium (salt) content in the diet, starting an aerobic exercise program, limiting alcohol consumption and getting the proper amount of sleep. These interventions may lower the blood pressure by five to 20 points. The DASH (Dietary Approaches to Stop Hypertension) diet is recommended for patients with high blood pressure. The DASH diet is high in fruits, vegetables and low fat dairy products and low in saturated and total fats (<http://health.usnews.com/best-diet/dash-diet?int=9ff509>). The DASH diet has been shown to reduce blood pressure by 11 to 15 points in hypertensive patients. Once it is felt that medications are necessary to lower the blood pressure, the doctor and the patient must collaborate. All hypertension medications work, but to achieve the proper blood pressure lowering, the patient must be able to tolerate the medications, side effects should be minimal and the regimen must be as simple as possible (the goal is to take medications once or at most twice per day).

### What is Resistant Hypertension?

Resistant hypertension is a blood pressure greater than 140/90 despite taking three different blood pressure medications for more than one month. The most common cause is the patient not taking the medications or not taking them correctly. Other factors which can cause resistant hypertension is taking certain over-the-counter medications (such as ibuprofen, Advil, Motrin, Aleve, nasal decongestants), taking steroids or other medications known to raise blood pressure, sleep apnea (stopping breathing during the sleep cycle, not allowing the body to get the proper rest), excess alcohol or developing one of the secondary causes of hypertension.

### What is the Goal of Hypertension Treatment? How Low Should the Blood Pressure Go?

The goal of treating high blood pressure is to reduce the risk for heart attack, congestive heart failure, stroke, kidney damage and death. In 2014, the Eighth Joint National

*Continued on Page 5*

High blood pressure (hypertension) affects nearly one in two people worldwide between the ages of 35 and 70 years old. Hypertension is a leading risk factor for stroke, heart attack, death and disability. Hypertension is often called the silent killer, as there usually aren't any symptoms until an adverse event occurs. Here are some essential points on hypertension.

### How Is Hypertension Defined?

Unless the blood pressure is dangerously high (greater than 210/120) or a patient is having symptoms (a heart attack, stroke or congestive heart failure), hypertension should be diagnosed after two to three measurements about one to two weeks apart. In Stage I hypertension, the blood pressure readings average 140/90 or greater. In Stage II hypertension, the readings average greater than 160/90.

### What Causes Hypertension?

In the vast majority of patients with hypertension, 90 percent, there is no cause for the high blood pressure. This is called primary or essential hypertension. In approximately 10 percent of patients, high blood pressure may be secondary to another process and can occur with kidney or adrenal disease, a narrowing of the aorta, sleep apnea or taking medications known to increase blood pressure. Secondary hypertension usually occurs in a patient who has not had previous hypertension and who is very young (under age 35) or very old (over age 70). These patients should undergo further testing to see if there is a reversible cause for the hypertension.

### What is White Coat Hypertension?

White coat hypertension is defined as a blood pressure greater than 140/90 in a doctor's office, but normal at home. White coat hypertension occurs in about 10 percent of patients. In patients with white coat hypertension, as well as many other patients with essential hypertension, it is important to get accurate blood pressure readings at home, with the patient relaxed, in their own environment. This may be accomplished in two ways. One is with an ambulatory blood pressure monitor, a device given to a patient in a



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# Obituaries

## Rachel "Te" Ryan

Rachel "Te" Ryan, 84, died Thursday, December 10, 2015, at Robert Wood Johnson University Hospital in New Brunswick. Born in Bound Brook, she was a lifelong resident. She was a secretary for Research Cottrell in Bridgewater for fifteen years before retiring ten years ago. She was a graduate of Bound Brook High School where she was head cheerleader. She still met with her high school friends, Bobbie Corsini, Helen Politica, and Claudette Jannone every two weeks. She was a Communicant of St. Joseph Church in Bound Brook. She was a devoted wife, mother, and grandmother, and loved the Jersey shore and vacationing in Lavallette. She was known as the first lady of Bound Brook.

She is survived by her husband of sixty-three years, Frank Ryan, Sr., former mayor of Bound Brook, her son Frank Ryan, Jr., and his wife Deborah of Middlesex, her daughter, Karen Ryan of Washington, D.C.; her daughter in law, Joanne Truesdale, her brother, Ed and his wife Joan Ruberto of Bound Brook; her sister, Laura and her husband Louis Tullo of High Bridge, and her grandchildren, Rachael Ryan, Ashley Campbell, Ross Ryan, and Lauren Ryan, and many friends.

Memorial donations may be made to the Alzheimer's Association.

## Marion King

Marion King, 84, died Wednesday, December 9, 2015, at home. Born October 17, 1931, in Bound Brook, she resided there for 20 years, before moving to Middlesex where she raised her family. She moved to Warren 20 years ago. She was a homemaker, dedicated to her family.

Marion was pre-deceased by her husband, Morrell LaForge King, who died September 21, and her daughter, Heidi Louise King, who died July 31, 2004. She is survived by her daughter, Lois Dwyer and her husband William of Bridgewater, her son, Scott King and his wife Diane of Martinsville and her beloved granddaughter, Emily Grace.

Funeral arrangements were private, at the convenience of the family. Marion was interred at Bound Brook Cemetery.

## Peter Zemeikis

Peter F. Zemeikis, 83, died Tuesday, December 8, 2015, at Bridgeway Care and Rehabilitation Center, Hillsborough. Born January 29, 1932, in Elizabeth, he was the son of Peter and Barbara Zemeikis. He had resided in Bound Brook for the past twenty-three years.

Peter graduated from Seton Hall Preparatory School. He received his Bachelor's and Master's Degree in Divinity from Seton Hall University. He was a Roman Catholic priest at Sts. Peter and Paul Roman Catholic Church, Elizabeth, for twenty-five years, retiring 1990. He was an avid reader of history and current events, and enjoyed oil painting. He was a Communicant of St. Mary of Czestochowa Roman Catholic Church, Bound Brook.

Peter is survived by his loving wife of twenty-three years, Yvonne Karalis Zemeikis, and his sister, Dorothy Bolanowski of Boca Raton, FL.

Memorial contributions may be made to the A.S.P.C.A., P.O. Box 96929, Washington, DC 20090-6929

## Shirley Haelig

Shirley Haelig, 82, died Sunday, December 6, 2015, at the New Jersey Eastern Star Home, Bridgewater. Born April 15, 1933, in Somerville, she was the daughter of Sterling and Ethel Risler Apgar. She was a lifelong Bound Brook and Bridgewater resident, graduating Bound Brook High School, Class of 1951. She graduated Bethany College, West Virginia, Class of 1955.

Shirley was a devoted mother who supported her children and grandchildren in many activities, including scouting, ballet, and marching band. She was a Bridgewater Band Parent, a volunteer driver for the American Cancer Society, a member of the Women's Literary Club of Bound Brook, the Neighborhood Book Club, and the United Methodist Church of Bound Brook. She enjoyed gardening, her succession of cats, and backyard wildlife.

Shirley is survived by her husband of fifty-seven years, John R. Haelig; her children, John R. (Patty) Haelig, Jr., of Bridgewater, Ken Haelig of Scotch Plains, Alison Merrill of Berkeley, California, and her beloved grandchildren, Joe Anna and Carlton Grant Haelig.

## Roland D Chamberlain

Roland D. Chamberlain, 93, from Bound Brook, died Monday, November 16, 2015, at Robert Wood Johnson University Hospital, Somerville. Born February 1, 1922, in Plainfield, he was the son of James William and Isabel Harvey Chamberlain. Raised in Dunellen and Belmar, he graduated Asbury Park High School, Class of 1940. He attended Temple University, Philadelphia, before enlisting in the US Coast Guard at the outbreak of World War II. He served as a Pharmacist's Mate First Class aboard corvette Pert (PG 95). Following the war, Roland married Verdajean Johnston, whom he had met in the Coast Guard, and the couple resided briefly in her hometown of Wellsboro, PA, before moving back to New Jersey in 1947. He apprenticed as a funeral director, then graduated at the top of his class from McAllister School of Embalming, New York City, Class of 1951. In 1952 he became a partner with James Taggart, Mortician, forming Taggart Chamberlain Funeral Home (now Hagan Chamberlain Funeral Home), Bound Brook, which he managed until his retirement in 1983. A resident of Bound Brook from 1951, he and his wife traveled the United States and Canada in their 1973 Airstream trailer for fifteen years following retirement then settled in Wellsboro. In 2014 they moved to the New Jersey Eastern Star Home, Bridgewater. Roland was a member of Raritan Valley Lodge No. 46, Free and Accepted Masons, Somerville, for over sixty years; SoRaBo Forest No. 48, Tall Cedars of Lebanon, Somerville; Bound Brook Lodge No. 1388, B.P.O. Elks; and Giles Biondi Post No. 63, American Legion, Bound Brook. He formerly held membership in the Bound Brook Kiwanis Club, the National Funeral Directors Association,

and the New Jersey Funeral Directors Association. He was a member of the Bound Brook Congregational Church. Roland was predeceased by his wife of 67 years, Verdajean Johnston Chamberlain, who died May 21, 2014. He is survived by his children, Carol J. (Theodore Ozsvath) Chamberlain of Branchburg, Mark D. (June) Chamberlain of Bound Brook, Gary L. (Sandra) Chamberlain of Warren, Paul D. (Sarah) Chamberlain of Bound Brook, James T. (Claire) Chamberlain and Jon R. (Patricia Reynolds) Chamberlain, both of Lyme, NH, Laura C. Keita of Lyndeborough, NH, William H. (Janice) Chamberlain of Wellsboro, as well as 16 grandchildren, three great granddaughters, and his sister, Vivian C. Key of Long Branch.

## Hypertension Essentials By Steven Georgeson, MD

*Continued from Page 4*

on the available medical literature. The goal for blood pressure control was less than 140/90 in patients under 60 years old and less than 150/90 in patients over 60 years old. The higher blood pressure target in older individuals recognized that these patients had a higher risk for complications with increasing medications, such as lightheadedness, dizziness, falls and fractures. This month, the landmark SPRINT study was presented at the American Heart Association meeting. SPRINT is a trial which enrolled 9,300 patients and compared two blood pressure goals, treating to under 140 and treating to under 120. The study was stopped early as the patients who were treated to under 120 had a significantly lower risk for congestive heart failure and cardiac death. Those treated to under 120 were taking more medications and had a higher risk for low blood pressure, passing out and kidney injury. While treating blood pressure to under 120 may be the new goal, certain caveats must be considered. The risks and benefits of taking more medications must be weighed on an individual basis. In addition, diabetic patients and patients with prior stroke were excluded from the SPRINT trial. Those patients should still be treated to a blood pressure under 140. Previous studies showed that diabetic patients had no benefit from further blood pressure reduction from 140 to 120. The SPRINT trial has generated a lot of controversy in the medical community. Most hypertension experts believe that the SPRINT trial will change, but not revolutionize, hypertension treatment. They don't believe that the new goal for hypertension treatment should be lowered to 120 for all patients. However, in patients over 50 with a high risk for cardiovascular disease who have no diabetes or stroke, more aggressive blood pressure treatment is warranted.

Bridgewater resident Steve Georgeson is a cardiologist who works for Medicor Cardiology. Here, he writes about topics and events pertaining to cardiology.

*The opinions expressed herein are the writer's alone, and do not reflect the opinions of The Bound Brook Chronicle.*

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# Adult Day Center of Somerset County

## Letter from the Director



The holidays are fast approaching and we have many things planned to make the most of the upcoming weeks. Please see the attached calendar for specific details. Caregivers and friends are invited to join us at our annual holiday Friends-and-Family Reception on Wednesday, December 16th from 12:30 p.m. to 2:00 p.m. The Craft Bazaar will be open Wednesday, December 16th through Friday, December 18th. If you are out shopping on Saturday, December 12th, between 9:00 a.m. and 1:00 p.m., please stop in for refreshments and to see our current exhibition "All About Us."

As 2015 comes to an end, I would like to share some highlights with you. We have increased our daily attendance to 75-80 members per day without compromising the quality of our care. County and state funding remained level. Our two fundraising events raised \$110,000, towards operations thanks to the dedication and perseverance of our planning committees. Depending on the results of our "Sharing Our Care" year-end appeal, we hope to finish the year with a balanced budget.

We attribute all of our success to our dedicated volunteers, to our compassionate staff and to our devoted caregivers. We could not do it without all of you! Speaking on behalf of my colleagues, we are thankful to be able to come to work every day, build relationships with our members and support the efforts of our caregivers.

I wish you a happy holiday season, good health and success in the New Year. See you at the ADC!

Sincerely,

Diann Robinson - Executive Director

## Join Us for the Holiday Friends & Family Reception and Craft Bazaar

Our annual Holiday Friends and Family reception is planned for Wednesday, December 16th, from 12:30 p.m. to 2:00 p.m. It is being sponsored by the Castaneda Family. We will be serving appetizers and dessert and dancing to music chosen by DJ. Gary Morton. Please RSVP to the office if you are coming by Monday, December 14th. It helps us to plan for refreshments and to make sure that we have seating for everyone.

The craft staff and volunteers are in high gear, creating handicrafts and kitchen specialties for the Craft Bazaar. Our inventory of scarves and hats--knitted or crocheted--continues to build up. The member preview is from 10:00 a.m. - 12:00 p.m. on December 16th, and the bazaar is open from 10:00 a.m. to 2:00 p.m. on December 17th through December 18th. Proceeds from sales go toward next year's Craft Room and Cozy Kitchen budget.



ADC Activity Assistant Kathy Xumphonphakdy and Member Carlos Castaneda

## Please Save the Date for Our 2016 Fundraising Events

Our Sixth Annual Generations Gala will be held on Thursday, June 9th at The Palace at Somerset Park. We will announce our 2016 honorees in early January. We hope that having this information now is useful for planning purposes. Our 18th Annual Wine

Tasting event will be held at the Basking Ridge Country Club on Friday, November 18th. Committees for both are forming now. If you are interested in helping, please contact Hilary Kruchowy by email at [hilary.kruchowy@adult-daycenter.org](mailto:hilary.kruchowy@adult-daycenter.org) or by phone at (908) 725-0068.

## Our "Sharing Your Care" Annual Fund Appeal

If you haven't already, you will shortly receive a request in the mail from our Executive Director, Diann Robinson, for consideration of a donation to our "Sharing Your Care" Year-End Appeal. Your donation, regardless of the amount, when added to those of others, helps us to care for our members with compassion, provide stimulating programs to keep them engaged and keep our fees affordable. Donations from friends, caregivers and community representatives are critical to helping us to finish the year in the black. Our goal this year is to receive donations in excess of \$20,000. Can we count on your support? Donations can be sent directly to the ADC at 872 East Main Street, Bridgewater, NJ 08807 or via our secure website [www.adultdaycenter.org](http://www.adultdaycenter.org).

Your donation of:

- \$50 covers the cost of cake & refreshments for the members' monthly birthday

celebration when we don't have a sponsor.

- \$100 underwrites the fee for musical entertainment during our afternoon program.
- \$250 sponsors an entire birthday buddy celebration.
- \$500 allows us to bring a professional art instructor to lead a workshop for 12, and to purchase materials each month.
- \$1,000 provides a month of care for an older adult, providing a break for their spouse or child who is his or her full-time caregiver.

To give a donation please contact Hilary Kruchowy at (908) 725-0068 or email [hilary.kruchowy@adultdaycenter.org](mailto:hilary.kruchowy@adultdaycenter.org). Secure online donations can be made at [www.adultdaycenter.org](http://www.adultdaycenter.org). Our Federal Tax ID number is 222-111-573. Thank you for consideration!

## Thank you to Empower Somerset



Thank you to Empower Somerset for presenting "Bridge for Success for Caregivers" at the ADC. During this eight-week program designed especially for caregivers, caregivers learned how to achieve higher levels of stress

management by developing coping skills; find time for relaxation and inward reflection; and release feelings of depression and anxiety. The program was offered on Thursday mornings from September 24th through November 19th. We look forward to working with Empower Somerset in the future to present this program again.

## Welcome Debbie Cocino to the Staff of the ADC



The ADC recently welcomed a new staff member. Debbie Cocino joined us on December 1st as a full-time activity assistant. Debbie is launching a second career after several years in the corporate sector most recently at SS&C Technologies New Jersey and Credit Suisse Securities. A graduate of Raritan Valley Community College and Rhode Island School of Photography, she loves dogs and to bake and cook. When asked why she wanted to work at the ADC, she replied "I am excited to give back and to do something rewarding. An aunt to whom I was very close recently passed from Alzheimer's disease and I am honored to serve our members and caregivers during this journey."

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# Bound Brook School District

## National Honor Society (NHS) Induction



The National Honor Society is an organization that recognizes outstanding students from grades 10 through 12. It was formed in 1921 as a result of the desire of educators to promote student excellence. The Bound Brook High School chapter was founded in June, 1962. The pillars of the Society are Scholarship, Character, Service, and Leadership.

Today the National Honor Society is one of the most recognizable co-curricular student activities in American High Schools with a membership of over 1,000,000 students in all 50 states.

On December 1, 2015, the BBHS National Honor Society held its induction ceremony. Twenty two new members were inducted into the society. They are: Emely Cortes, Daniela Cruz, Erin Doherty, Giselle Escalante, Hasina Griffin, Maria Guerrero, Rachael Lukacs, Dennis Martinez, Naomi Martinez, Samantha Martinez, Olivia Nilsen, Caroline Petrusky, Liliana Ramirez, Marianne Riquelme, Laura Suarez, Joseph Solis, Juan Santiago, Jordan Todaro, Megan Tomaselli, Julissa Tonche, Diamond Tucker and Earnest Cardell Wiggins III. Congratulations to the new inductees!

### SAT Quiz Questions

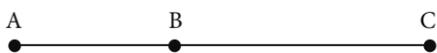
The following questions are practice SAT questions. If you can't get the answer, ask a Bound Brook High School student!

1. Choose the word or set of words that, when inserted in the sentence, best fits the meaning of the sentence as a whole.

He maintains that ethnic and cultural ----- are generalizations no more related to what an individual is actually like than are the ----- representations of constellations to the actual nature of a star.

- (A) traditions . . chemical
- (B) stereotypes . . pictorial
- (C) details . . figurative
- (D) heritages . . prophetic
- (E) specimens . . graphic

2. Read the following SAT test question and then click on a button to select your answer.



In the figure above, the length of line A B is 2 times x and the length of line B C is 3 times x. If a point is chosen at random from line A C, what is the probability that the point will lie on line B C?

- (A) 2 over 5
- (B) 1 over 2
- (C) 3 over 5
- (D) 2 over 3
- (E) 5 over 6

### Share the Keys Program

Bound Brook High School, for the second year in a row, will be hosting the "Share the Keys Program" on December 17, 2015.

Kean University in partnership with the New Jersey Division of Highway Traffic Safety and New Jersey State Police has developed Share the Keys, a research based, data-driven orientation designed to reduce teen driver crash risks by increasing parental involvement. Share the Keys encourages parental involvement, which has a significant impact on teen driver safety, and works to support communication between parents and teens during this critical time. Share the Keys ensures that all parties fully understand the risks and responsibilities associated with driving and are equipped with the tools needed to build safe driving skills for life.

Share the Keys encourages parental involvement, which has a significant impact on teen driver safety, and works to support communication between parents and teens during this critical time. Share the Keys ensures that all parties fully understand the risks and responsibilities associated with driving and are equipped with the tools needed to build safe driving skills for life.

## Seton Hall Math Competition

Liliana Ramirez



The students in front of the pirate statue

On November 21, 2015, the Bound Brook High School Mathletes team traveled to Seton Hall University to participate in a math competition. I went with the Mathletes to represent my school but to also see the college campus. When we arrived, we went directly to our assigned room to take our 90-minute math test. After we took our test that is when we went to experience the campus life. We first went to the lunchroom. I believe that must have been everyone's favorite part because the food was great and it was free so that was also a plus. We were allowed to enjoy as much food as we can handle. I was a bit lost in the lunchroom (even though it was a comfortable size) but the actual college students there were very helpful. After lunch we went on the hunt for the famous Seton Hall pirate statue. It was in front of their rec center, which our own top high school athletes enjoyed. We then went to the seal. It's rumored that if you step on the seal, you must run to touch the statue in no more than 30 seconds. We all had lots of fun running around the campus and taking pictures with each other, selfies included. It was a perfect day to experi-

ence something new. This year Bound Brook High School did well. I was very proud of our students because we scored closed to the top competitors and of myself because I was one of the two highest scores for the school. I know that everyone who went is looking forward to going back to Seton to participate again and hopefully improve our scores.

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## Parent/Teen Safe Driving Orientation

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www.njteendriving.com/share-the-keys

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# Bound Brook School Sports

## Wrestling Schedule

SCHEDULE					
TYPE	DATE	TIME	HOME/HOST	OPPONENT	LOCATION
Tournament	12-18-15	TBD	Wyoming Seminary Upper	Away vs. TBA, Wyoming Seminary Upper	Wyoming Seminary - Kingston, PA
Tournament	12-19-15	TBD	Wyoming Seminary Upper	Away vs. TBA, Wyoming Seminary Upper	Wyoming Seminary - Kingston, PA
Match	12-22-15	7:00 PM	North Hunterdon	Away vs. North Hunterdon	North Hunterdon High School
Tournament	12-29-15	TBD	TBA	Away vs. TBA	Canon McMillan High School
Tournament	12-30-15	TBD	TBA	Away vs. TBA	Canon McMillan High School
Match	01-02-16	11:00 AM	Bound Brook	St. Peter's Prep	Bound Brook High School Gym
Match	01-06-16	7:00 PM	Bound Brook	Hunterdon Central Regional	Bound Brook High School Gym
SCIAA Tournament	01-09-16	TBD	Somerset County	Away vs. Somerset County	Hillsborough High School
Match	01-13-16	7:00 PM	Bound Brook	Warren Hills Regional	Bound Brook High School Gym
Match	01-20-16	7:00 PM	Bound Brook	Phillipburg	Bound Brook High School Gym
Tournament	01-22-16	TBD	Jack Welch Duals	Away vs. Jack Welch Duals	Moorestown High School
Tournament	01-23-16	TBD	Jack Welch Duals	Away vs Jack Welch Duals	Moorestown High School
Match	01-27-16	7:00 PM	Voorhees (Hunterdon County)	Away vs. Voorhees (Hunterdon County)	Voorhees High School
Match	02-03-16	7:00 PM	Delaware Valley Regional	Away vs. Delaware Valley Regional	Delaware Valley Regional High School
NJSIAA Sectional Match	02-08-16	7:00 PM	Bound Brook	TBA	Bound Brook High School Gym
NJSIAA Sectional Match	02-10-16	7:00 PM	Bound Brook	TBA	Bound Brook High School Gym
NJSIAA Sectional Match	02-12-16	7:00 PM	Bound Brook	TBA	Bound Brook High School Gym
NJSIAA Groups	02-14-16	TBD	TBA	Away vs. TBA	Pine Belt Arena
District	02-20-16	TBD	TBA	Away vs. Districts	Hillsborough High School
Regionals	02-24-16	TBD	TBA	Away vs. TBA	Hunterdon Central Regional High School
Regionals	02-26-16	TBD	TBA	Away vs. TBA	Hunterdon Central Regional High School
Regionals	02-27-16	TBD	TBA	Away vs. TBA	Hunterdon Central Regional High School
NJSIAA	03-04-16	TBD	TBA	Away vs. TBA	Atlantic City Boardwalk Hall
NJSIAA	03-05-16	TBD	TBA	Away vs. TBA	Atlantic City Boardwalk Hall
NJSIAA	03-06-16	TBD	TBA	Away vs. TBA	Atlantic City Boardwalk Hall

### Rankings From "Wrestling New Jersey"

#### TEAM

6. Bound Brook (21-5) Returnees (7): Casey, Lopez, McIntosh, Duarte, Lewis, St Glasgow, Hays, Walton, Sandoval, Borja, Ab Saavedra; Incoming: Carlos Acevedo, David Ugalde

#### INDIVIDUALS

113: 6. Joe Casey (So), Bound Brook 35-5

145: 2. Mekhi Lewis (Jr), Bound Brook 43-3

152: 1. Stephen Glasgow (Jr), Bound Brook 37-5

160: 8. George Walton (Jr), Bound Brook 29-10

220: Others: Abraham Saavedra (Sr), Bound Brook 31-11

## Boys Varsity Basketball Schedule (Dec-Jan)

SCHEDULE					
TYPE	DATE	TIME	HOME/HOST	OPPONENT	LOCATION
Scrimmage	12-07-15	4:00 PM	Bound Brook	Ridge	Bound Brook High School Gym
Tri-Scrimmage	12-08-15	4:00 PM	Bound Brook	Franklin, Governor Livingston	Bound Brook High School Gym
Scrimmage	12-12-15	10:00 AM	Cranford	Away vs. Cranford	Cranford High School
Scrimmage	12-15-15	4:00 PM	New Providence	Away vs. New Providence	New Providence High School
Game	12-18-15	7:00 PM	Bound Brook	South Hunterdon Regional	Bound Brook High School Gym
Game	12-23-15	5:15 PM	Bound Brook	Metuchen	Bound Brook High School Gym
Crusader Classic	12-28-15	5:00 PM	TBA	Away vs. TBS, 1st Round	Bound Brook High School
Crusader Classic	12-28-15	7:00 PM	TBA	Away vs. TBS, 1st Round	Bound Brook High School
Crusader Classic	12-29-15	5:00 PM	TBA	Away vs. TBS, 2nd Round	Bound Brook High School
Crusader Classic	12-29-15	7:00 PM	TBA	Away vs. TBS, 2nd Round	Bound Brook High School
Game	01-04-16	5:30 PM	Bound Brook	Academy Charter	Bound Brook High School Gym
Game	01-05-16	7:00 PM	Delaware Valley Regional	Away vs. Delaware Valley Regional	Delaware Valley Regional High School
Game	01-07-16	7:00 PM	Bound Brook	Voorhees (Hunterdon County)	Bound Brook High School Gym
County Shoot-Out	01-09-16	1:15 PM	North Hunterdon	Away vs. North Hunterdon	Montgomery High School
Game	01-12-16	7:00 PM	Warren Hills Regional	Away vs. Warren Hills Regional	Warren Hills Regional High School
Game	01-14-16	7:00 PM	Bound Brook	Somerville	Bound Brook High School Gym
Game	01-16-16	12:30 PM	New Egypt	Away vs. New Egypt	New Egypt High School
Game	01-19-16	7:00 PM	Bernards	Away vs. Bernards	Bernards High School
Game	01-21-16	7:00 PM	Bound Brook	Belvidere	Bound Brook High School Gym
Game	01-22-16	7:00 PM	Bound Brook	Middlesex (NJ)	Bound Brook High School Gym
Game	01-26-16	7:00 PM	Bound Brook	Delaware Valley Regional	Bound Brook High School Gym
Game	01-28-16	7:00 PM	Voorhees (Hunterdon County)	Away vs. Voorhees (Hunterdon County)	Voorhees High School
Game	01-29-16	7:00 PM	Bound Brook	Immaculata	Bound Brook High School Gym



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