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## Housing Authority of the Township of Woodbridge



# Towers & Gardens

## OCTOBER

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## NATIONAL PIZZA MONTH

Anyone in the business of serving pizza probably does not need to be reminded that October is National Pizza Month here in the United States. While the contribution of the first pizzerias in this country cannot be ignored, it was really the returning American soldiers who fought in Italy during World War II that brought a hunger for pizza home with them and pushed its popularity over the top. America's love of pizza continued to grow and now October is the official National Pizza Month across most of North America.

First observed in the United States during 1984 (although many people incorrectly claim it was 1987), October was designated as National Pizza Month by Gerry Durnell, the founder of Pizza Today magazine, who chose that month because the first issue of his magazine debuted in October of that year. Durnell was a pizzeria owner in the small town of Santa Claus, Indiana when he realized there were no periodicals or tradeshow publications to support his growing pizza business or the industry in general. Creation of a national pizza -oriented magazine along with the introduction of a national pizza month served his purposes perfectly and solved the problem.

Today, National Pizza Month is observed each October across the USA and in much of Canada too. The designation might be a bit redundant in this country though, as nearly every month could be considered Pizza Month in the United States these days. People don't really need a special month for pizza in a country where there are an estimated 63,000 pizzerias and 94% of Americans eat pizza at least once a month. The figures equal the consumption of about 45 slices of pizza per person in the U.S. each year and show that Americans definitely love their pizza as evidenced by devouring 100 acres of pizza per day, or 350 slices per second.

## OCTOBER

**1ST-**

**NAVRATRI**

**3RD-**

**ROSH**

**HASHANAH**

**10TH-**

**COLUMBUS DAY**

**12TH-**

**YOM KIPPUR**

**30TH-**

**DIWALI**

**31ST-**

**HALLOWEEN**

## RENT

### Rent is due on the 1st.

If you are using any of the rent boxes, your check must be in the box **before 4 PM on**

**October 5th. After 4 PM it is late—No exceptions!**

#### \*\*\* Important\*\*\*

- ◆ Do not post-date your checks. When a check is received by the Housing Authority, it must be deposited within 48 hours. We cannot deposit checks that are post-dated and cannot hold them until the following month.
- ◆ If you have a third party paying your rent (e.g. family member), they must put your name, building and apartment number on the check so it can be



### Special Note to Finn/Adams and Greiner Residents

A notice was recently sent to all residents regarding air conditioners. It has been noticed that many of you have improper air conditioner units installed in the wall sleeve that encases the air conditioner. Window air conditioners are not designed to be operated in these wall sleeves and over time will cause damage to both your apartment and apartments beneath you.

One of the renovations planned after the RAD conversion is the installation of new air conditioner sleeves in all units. Following said installation, air conditioners not specifically designed to be installed in wall sleeves will not be permitted to be used. In order to affirm compliance, improper air conditioners will be removed by our maintenance staff at the start of the next cooling season in May 2017.

When purchasing an air conditioner, you must advise the salesman that you require one designed to go into a wall sleeve that is 25 inches wide and 14 inches long.

## FUN PIZZA FACTS

- The average pizzeria uses roughly 55 pizza boxes per day.
- We consume around 251,770,000 pounds of pepperoni every year
- Some popular pizza toppings in Japan are squid and Mayo Jaga (mayonaise, potato and bacon)
- 36 percent of all pizza orders want their pizza topping pepperoni
- 94 percent of Americans eat pizza regularly
- 93 percent of Americans have eaten pizza in the last month
- Pizza accounts for more than 10 percent of all food service sales
- On Super Bowl Sunday, pizza delivery drivers can expect \$2 tips to sometimes soar as high as \$20
- Domino's delivery drivers will log about 4 million miles on Super Bowl Sunday
- Delivery sales of pizza spike the most during close Super Bowl games
- Americans eat approximately 100 acres of pizza a day or about 350 slices per second.
- There are approximately 61,269 pizzerias in the United States.
- Each person in America eats about 46 pizza slices a year.
- Over 5 billion pizzas are sold worldwide each year.
- Kids ages 3 to 11 prefer pizza over all other food groups for lunch and dinner.
- Pizza comes from the Latin root word Picea which means the blackening of crust by fire.
- The largest pizza ever made was 122 ft. 8 in. in diameter. The pizza needed 9,920 lb of flour, 198 lb of salt, 3,968 lb of cheese, and 1,984 lb of tomato puree
- Italian is the most popular type of Ethnic food in America

## *GREINER GOING-ONS*

**WOODBIDGE MALL** – Mondays, 10AM – 2PM. *Call MCAT at 1-800-221-3520.*

**BINGO** – Monday & Friday from 6PM – 8:30PM in the Community Room.

**FOOD SHOPPING** – Wednesdays, 9AM to 12PM. *Call MCAT at 1-800-221-3520.*

**MULTI SERVICE PROGRAM** – Tuesday, October 25th at 2PM.

**RESIDENT COUNCIL MEETING** – Tuesday, October 11th at 6PM.

**RARITAN BAY MEDICAL CENTER**-Tuesday, October 11th from 2PM to 3PM.

**DONUTS & DISCUSSION**-Friday, October 7th at 11:00AM.

**ORIENTATION MEETING**-Friday, October 28th at 3PM in the Community Room

**NEWS**- Resident Council organized a summer picnic on August 27th which was a grand success. Residents enjoyed the food cooked by our expert chef resident Dave Harris.

Mollie is to be congratulated with Dave for the nicely arranged party. We are hoping for more of them. Thank you to Michelle Morgan of Multiservice for the help with filling out the forms for energy assistance. Our sympathy and support is with Surie Brand on the loss of her son, George, 35. We pray for comfort for her and her family. Happy Birthday to Mollie, Mike S., Theresa F., Marlene, Sefora and all residents born in October. Happy Columbus Day, Happy Halloween to all residents. Happy Navratri and Diwali (Festival of Lights) to all Indian residents.

*Your Greiner Reporter, Madhu Butala*

## *SUPER COOPER*

**WOODBIDGE MALL** – Tuesdays, 10AM – 2PM. *Call MCAT at 1-800-221-3520.*

**FOOD SHOPPING** – Thursdays, 11:30AM to 2:30PM. *Call MCAT at 1-800-221-3520.*

**MULTI SERVICE PROGRAM** – Wednesday, October 12th at 2:30PM

**STRETCH & TONE**- Wednesdays from 10:30AM to 11:30AM *by the Club at Woodbridge.*

**RARITAN BAY MEDICAL CENTER**-Wednesday, October 19th from 2PM to 3PM.

**DONUTS & DISCUSSION**-Tuesday, October 26th at 2:30PM.

**ORIENTATION MEETING**-Friday, October 14th at 3PM.

**NEWS**- Any Cooper Resident interested in reporting for the newsletter is encouraged to contact Diane Boyle at (732) 388-4103. Access to email would be ideal but not necessary.

## *FABULOUS FINN NEWS*

**CONGREGATE MEALS**— Daily at 12PM in the Adams Towers Community Room.

**BINGO**— Mondays and Wednesdays at 6:00 PM in the Community Room.

**CONGREGATE AFTERNOON TEA**— Every Thursday at 12:30PM at Adams Towers.

**MALL**— Wednesdays, 10AM. *Call MCAT at 1 (800) 221-3520.*

**FOOD SHOPPING**— Fridays, 11:45AM— 2:15 PM. *Call MCAT at 1 (800) 221-3520.*

**MULTI SERVICE PROGRAM**— Tuesday, October 18th at 1PM in Finn.

**RARITAN BAY MEDICAL CENTER**— Tuesday, October 4th at Adams at 2PM.

**RESIDENT COUNCIL MEETING**— Tuesday, October 18th.

**DONUTS & DISCUSSION**— Tuesday, October 18th at 11:00AM.

**ORIENTATION MEETING**— Friday, October 28th at 10AM in Adams.

**NEWS**— Summer has come to an end and Fall is here. We had our annual picnic on September 17th which was run by Agnes and Rosalie with the help of Marge. Robert did the grilling for us and everyone brought different foods. We would like to say goodbye to Elvira Wisniewski who will be moving. Good Luck.

*Your Finn Reporter, Deborah Ellison*

## *SENSATIONAL STERN*

**CONGREGATE MEAL PROGRAM**— Daily at 12PM. Contact Rhonda at (732) 634-3972.

**FOOD SHOPPING**— Tuesdays from Noon— 2:30PM. *Call MCAT at 1-800-221-3520.*

**WOODBIDGE MALL**— Wednesdays, 10AM. *Call MCAT at 1-800-221-3520.*

**CONGREGATE AFTERNOON TEA**— Mondays at 2:00PM. Join us!

**MULTISERVICE PROGRAM** - Monday, Monday, October 10th at 2PM.

**RARITAN BAY MEDICAL CENTER**— Wednesday, October 12th from 2PM to 3PM.

**DONUTS & DISCUSSION**— Friday, October 14th at 10:00AM.

**ORIENTATION MEETING**— Friday, October 21st at 10AM.

**NEWS**— Here we are in the Fall looking forward to Halloween and Thanksgiving. It has been a year since we had a Resident Council. We will be forming one in the very near future. Happy October Birthday to Marijane Eusebia, Dalia, Charles W. and Richard E. On September 14th we had a lunch and learn with AllRisk Insurance Company on the importance of being prepared for an emergency and/or a natural disaster. Janet won the grand prize. We look forward to Allison Wisniewski's program this month.

*Your Stern Reporter, Janice Samuels-Siena*



## *OUTSTANDING OLSEN*

**FOOD SHOPPING** – Mondays, 11:30AM – 2:30 PM. *Call MCAT at 1-800-221-3520.*

**COFFEE TIME** – Join us each Tuesday from 9:00AM to 10:00AM.

**BINGO**– Tuesdays and Sundays at 6:30PM in the Community Room.

**WOODBIDGE MALL** – Thursdays, 10AM – 2PM. *Call MCAT at 1-800-221-3520.*

**MULTI SERVICE PROGRAM** – Thursday, October 6th at 2PM.

**RARITAN BAY MEDICAL CENTER**– Wednesday, October 5th from 2PM-3PM.

**DONUTS & DISCUSSION**–Wednesday, October 12th at 10:30AM.

**ORIENTATION MEETING**–Friday, October 7th at 10AM.

**NEWS**– Any Olsen Resident interested in reporting for the newsletter is encouraged to contact Diane Boyle at (732) 388-4103. Access to email would be ideal but not necessary.

## *AMAZING ADAMS*

**CONGREGATE MEAL PROGRAM** – Daily at 12PM in the Adams Community Room.

**BINGO** – Saturdays at 6:00PM in the Community Room.

**CONGREGATE AFTERNOON TEA** – Every Thursday at 12:30PM at Adams Towers.

**MALL** – Wednesdays, 10AM. *Call MCAT at 1 (800) 221-3520.*

**FOOD SHOPPING** – Fridays, 11:45AM – 2:15PM.

**MUTI SERVICE PROGRAM**– Tuesday, October 18th at 1PM in Finn.

**RARITAN BAY MEDICAL CENTER**–Tuesday, October 4th at 2PM in Adams.

**RESIDENT COUNCIL MEETING**–To be announced.

**DONUTS & DISCUSSION**–Tuesday, October 18th at 10:00AM.

**ORIENTATION MEETING**–Friday, October 28th at 10AM in Adams.

**NEWS**– It's hard to believe it's Fall when the weather is still so warm. We had a BBQ last month. It was very nice with plenty of food. We can now get ready for Halloween.

*Your Adams Reporter, Cathy Ellison*

# EVENTS AROUND TOWN

**BARRON ARTS CENTER  
582 RAHWAY AVE.  
WOODBIDGE, NJ 07095  
(732) 634-0413**

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## **POETS WEDNESDAY**

*FEATURING*  
**PAUL SOHAR**  
WEDNESDAY OCTOBER 12TH  
8PM-10PM  
WORKSHOP 7PM

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## **BARRONFEST 2016**

**WOODBIDGE'S 9TH ANNUAL  
FINE ARTS & CRAFTS FESTIVAL  
SATURDAY, OCTOBER 1, 2016  
10AM-3PM**

Support Your Local Fine Artisans and Crafters at the 9th Annual BarronFest: Free to the public event to feature over 50 artists & crafters. Parker Press Park in Woodbridge will again be transformed into a fine arts and crafts gallery on Saturday, October 1, 2016. BarronFest is sponsored by the Woodbridge Township Cultural Arts Commission and the Barron Arts Center and will feature over 50 talented local artisans. Hours of festival are from 10am until 3pm. Food and other refreshments will be available for purchase as a fundraiser for the Woodbridge Township Cultural Arts Commission. The festival will feature many original hand-made items and will have something appealing to everyone. **NEW! ALTERNATE RAIN LOCATION!** In case of inclement weather, BarronFest 2016 will be moved **INDOORS** to St. Anthony of Padua Hall • 436 Port Reading Avenue • Port Reading, NJ

**A TASTE OF WOODBRIDGE  
FRIDAY, OCTOBER 21, 2016  
6PM-9PM**

**WOODBIDGE COMMUNITY CENTER  
600 MAIN ST., WOODBRIDGE  
TICKETS: \$30 ADVANCE**

**\$35 AT THE DOOR**

**TICKETS ARE AVAILABLE AT  
THE WOODBRIDGE COMMUNITY CENTER  
AND THE MAYOR'S OFFICE**

CONTACT MARTINA WENGER (732) 596-4108

[martina.wenger@twp.woodbridge.nj.us](mailto:martina.wenger@twp.woodbridge.nj.us)

ROSEMARY MENDE (732) 596-4047

[rosemary.mende@twp.woodbridge.nj.us](mailto:rosemary.mende@twp.woodbridge.nj.us)

## **EVERGREEN SENIOR CENTER SANDS CASINO BUS TRIP**

**OCTOBER 27TH**

**LEAVING 9AM-5PM (LEAVING PA.)**

**LEAVING FROM**

**EVERGREEN CENTER**

**400 INMAN AVE., COLONIA**

**BUS WILL ALSO STOP AT**

**WOODBIDGE COMMUNITY CENTER**

**600 MAIN ST., WOODBRIDGE**

**COST : \$25**

**\$20 SLOT PLAY \$5 FOOD VOUCHER**

**REGISTER AND PAY BY OCTOBER 20TH**



## **Seniors at the Community Center**

600 Main Street, Woodbridge, NJ  
Call Cynthia Ruzich at (732) 596-4053

These programs are made possible with the cooperation of the Woodbridge Township Recreation Department. Pre-registration is required for participation in all programs.

### **Brown Bag Movie**

Tuesdays: 11 AM to 1:30 PM

Pack lunch and a beverage—popcorn is on us!

### **Knitting Group**

Wednesdays: 9:30 AM to 11 AM

### **Jewelry and Paper Crafts Workshops**

Wednesdays: 11 AM to 1 PM

Basic and advanced jewelry making as well as scrap booking, card making and rubberstamping!

### **Scrabble Club**

Fridays from 11 AM to 1 PM—Join the fun!

### **Wii Gaming**

Mondays and Thursdays from 11 AM to 1 PM

Rummikub, Mah Jongg and Scrabble games are also available for use weekdays from 9 AM– 2 PM. The gaming card tables are set up in the upstairs lobby during those times. See front desk for the key to the senior gaming cabinet.



**DUE TO THE  
PENDING  
CONSTRUCTION  
ON BUNNS LANE,  
THE  
POLLING  
LOCATION FOR  
THIS YEAR AND  
NEXT YEAR WILL  
BE AT THE REC  
CENTER IN  
WARREN PARK**

**VOTE**



**WHA  
BOARD OF COMMISSIONERS**

\*\*\*\*\*

The Board of Commissioners of the Housing Authority met in Regular Session on Thursday, September 8, 2016 at Stern Towers 55 Brook St., Woodbridge, NJ 07095 at 7:00PM.

**RESOLUTIONS:**

**#2799**-Adopting Monthly Bill List for August, 2016

**#2800**-Designate Official Newspapers, Fiscal Year Ending 9/30/17

**#2801**-Write-off Uncollectable Rent Balances FYE 9/30/16

**#2802**-Amend Resolution #2790 Designating General Counsel from 6/1/16 to 5/31/17

**#2803**-Resolution by the Commissioners of the WHA Amending an Approved Budget



NEXT BOC MEETING  
MONDAY, OCTOBER 3, 2016  
7PM

ADAMS TOWER  
555 RAHWAY AVE., WOODBRIDGE

**Very Important Message from  
Property Manager**

We appear to be experiencing a colossal dilemma at a number of our buildings. The Pest Control Manager is running himself ragged trying to keep our buildings pest free so that all of our residents can enjoy their living and communal space.

The vast majority of our residents abide by the rules and follow the unwritten laws of communal living. When you reside in a multi-family community, it is imperative that you maintain your dwelling unit in a sanitary condition.

If you live in a single family house your failure to clean your dishes and utensils after meals, properly package and store food products, wash down counters, stove top, walls and any other areas that may accumulate grease while cooking, as well as cleaning all other areas of your home may result in an infestation of vermin and/or rodents, but no one else will be affected by the infestation except you. However, when you live in a building where multiple units share common walls, vents and plumbing pipes, your haphazard housekeeping methods will affect all of the other families

Please be considerate of your neighbors. No one should have to contend with roaches because a neighbor has left food and/or crumbs scattered throughout their apartment, or dirty dishes in and around the sink. This type of sloppy housekeeping creates a ready food supply for roaches and when you then add clutter and/or hoarding to the equation, providing unlimited hiding spaces; the situation can become disastrous.

We are seeing more and more residents who fail to practice sanitary housekeeping procedures and the buildings they reside in becoming severely infested. If residents fail to follow the preparation as prescribed by the Pest Control Manager, the building Managers will begin eviction proceedings.

Please don't lose your home, because you refuse to either clean your unit, or if you are unable find someone to help you.



## MONSTERS

C G A G F L O W E R E W  
 R O L U O H G A H S R M  
 E G U C G V A M E I R E  
 A R C N S O R L L R G D  
 T E A G T Z G N F E R U  
 U O R C A O O A C N U S  
 R G D H B M Y G R S A A  
 E P W L E B L O P A T R  
 E F I D O I E C M R O C  
 Z N T R R E C H I D N A  
 O D C Y C L O P S Y I D  
 O G H O S T G R G H M G

FIND: Aragog, Bats, Bogle, Count, Creature, Cyclops, Demon, Dracula, Echidna, Elf, Gargoyle, Ghost, Ghoul, Goblin, Hag, Hydra, Imp, Medusa, Minotour, Ogre, Ooze, Orcs, Roc, Sirens, Werewolf, Witch, Zombie

## SLOW COOKER CHICKEN & DUMPLINGS

**INGREDIENTS:**

- 4 skinless, boneless chicken breast halves
- 2 tablespoons butter
- 2 cans (10.75 ounce) condensed cream of chicken soup
- 1 onion, finely chopped
- 2 (10 ounce) packages refrigerated biscuit dough, torn into pieces

**DIRECTION:**

1. Place chicken, butter and onion in slow cooker, and fill with enough water to cover.
2. Cover and cook for 5-6 hours on high. About 30 minutes before serving, place the torn biscuit dough in the slow cooker. Cook until the dough is no longer raw in the center.

## MORE FUN PIZZA FACTS

- Regular thin crust is most popular in America, it is preferred by 61% of the population, 14% prefer deep-dish, and 11% prefer extra thin crust
- 62% of Americans prefer meat toppings while 38% prefer vegetables
- Women are twice as likely as men to order vegetables on their pizza
- Saturday night is the most popular night to eat pizza
- Pizza Deliverers claim women are better tippers
- Pizzerias represent 17% of all restaurants
- The world's fastest pizza maker can make 14 pizzas in 2 minutes and 35 seconds
- 36% of people consider pizza the perfect breakfast
- Eating pizza once a week can reduce the risk of esophageal cancer
- The longest pizza delivery was from Cape Town, South Africa to Sydney, Australia
- The largest pizza ever made was at the Norwood Pick 'n Pay Hypermarket in Johannesburg, South Africa. According to the Guinness Book of Records the pizza was 37.4 meters in diameter and was made using 500 kg of flour, 800 kg of cheese and 900 kg of tomato puree. This was accomplished on December 8, 1990.
- Most expensive pizza created was made by the restaurateur Domenico Crolla who created a \$2,745.00 priced Valentine pizza which included toppings such as sun blushed tomato sauce, Scottish smoked salmon, medallions of venison, edible gold, lobster marinated in the finest cognac and champagne-soaked caviar.



### KATHY'S CORNER

I usually save this notice for November's newsletter, but each year, the decorations for Halloween become more and more elaborate, so I wanted to make sure this information is out there before anyone purchases decorations that they will not be permitted to use.

Please remember that we are not trying to hinder anyone's celebration, but we must adhere to our insurance company's requirements in order to ensure that our properties are fully insured in case of an accident.

**No electrically lighted** decorations are permitted anywhere outside of your dwelling unit.

At WGA, this means that anyone looking to display lights to the outside, must string them around the inside of their windows. You must be sure that whatever lights you are using have the ULA (Underwriters Laboratories approved) tag on so that they are verified safe. This tag must also be attached to the lights on your Christmas tree as well. You cannot string lights outside, or have any other electric decorations, as the cords must be run into the interior of the unit, which creates both an electrical and a tripping hazard. You are welcome to use non-electrical decorations outside the unit, as long as they do not pose an obstruction on the stairs, or create a tripping hazard. However, please refrain from putting any of this type of decoration out until October 22, 2016.

At the senior sites, the same holds true as far as lights and other electrical decorations. Use of any such decorations is prohibited outside of the dwelling unit, with the exception of decorations displayed in the community room or lobby area by the resident council. Please be aware however, that our staff will spot check to ensure that all electrical items have the ULA tag attached, that any extension cords being used are the correct weight and are plugged into ample receptacles. They will also ensure that no tripping hazards are caused by the decorations in any common area.

Please do not wrap garland type decorations around the hand rail in the hallways. These are to assist people to vacate the building in an emergency and wrapping garland around them, is considered by emergency personnel as detrimental to that end. Also, do not place any decorative items anywhere in the hallway that may block a resident's exit from the building in an emergency.

Please remember these few rules when shopping for any new holiday decorations. We want everyone to have a very joyous holiday season, but we also want everyone to remain safe throughout the season. Following these guidelines will help to ensure everyone's safety.

Thank you for your cooperation and HAPPY HALLOWEEN!

Robert Wood Johnson Trauma Center and Wellspring Center for Prevention Mark  
National Substance Abuse Prevention Month October 2016  
Submitted by: Diana Starace, RWJ Injury Prevention Coordinator

Several years ago President Obama proclaimed October as National Substance Abuse Prevention Month. He called attention to the role that substance abuse prevention plays in promoting safe and healthy communities. His proclamation acknowledged the role every person - *yes, YOU* - plays in preventing substance abuse. It was a call to all of us to support a culture where all people can live to their fullest potential.

This message hits close to home for those working at a Level 1 Trauma Center where we are called upon to treat the most critically injured patients. *Why? Because substance abuse increases your chance of injury.* Alcohol and other drugs can affect your judgment, vision, and coordination. It's no surprise that people who use these substances are more likely to get hurt than people who don't. Even people who use alcohol or other drugs once in a while can hurt themselves—it's not only people who are dependent on these substances. As with any injury, it can affect you for the rest of your life.

There are two ways people who use alcohol or other drugs are at greater risk for injury. First, they are more likely to get hurt. Second, in the same situation, people under the influence of alcohol or drugs are more likely to be hurt more seriously than if they hadn't been intoxicated. Not everyone who abuses alcohol or other drugs hurt themselves; but for some people, repeated injuries are one of the signs that they may have a problem with alcohol or other drugs.

When we consider violent behavior, people are more likely to hurt others on purpose, or have someone hurt them, if they have been drinking. Injuries caused by violence are the most common type of injury seen when alcohol is involved. Alcohol affects how your brain works, making you less likely to think of the consequences. Some people become more aggressive when they drink. Others are more likely to put themselves in risky situations, becoming victims of violence.

Alcohol and other drug use can stand in the way of academic achievement, jeopardize school safety, and limit a young person's potential. According to the CDC, in 2014, over 28,000 Americans died from opioid drug overdoses (*1,253 right here in NJ*) -- and many access these drugs in home medicine cabinets. It is so important that our youth understand the harms and risks associated with substance abuse. By talking with our children early and often about the dangers of drug and alcohol use, we can help set them firmly on a path toward a successful future.

Preventing drug use before it begins—particularly among young people—is the most cost-effective way to reduce drug use and its consequences. The best approach to reducing the tremendous toll substance abuse exacts from individuals, families and communities is to prevent the damage before it occurs. Together, we can provide individuals with the tools and information they need to make smart choices, avoid needless tragedy, and lead healthy, fulfilling lives.

This October, during *National Substance Abuse Prevention Month*, we honor all those working to prevent substance use in our communities and commit ourselves to building a safer, drug-free America. I would personally like to acknowledge two dear friends who have lost children to substance abuse. I can only imagine the magnitude of losing a child and the lifelong impact on family and friends. *If only* their sons had the foresight to recognize the risks and consequences of abusing, in this case, alcohol or prescription drugs...these unnecessary tragedies might have been prevented.

Woodbridge Police Department has a permanent Medicine Dropbox in the lobby - accessible 24-7, 365 days a year. Bring your unused or expired medicines ANYTIME - no questions asked.

For information about preventing substance abuse please email [info@wellspringprevention.org](mailto:info@wellspringprevention.org).  
For general safety and injury prevention presentations, contact [diana.starace@rwjhb.org](mailto:diana.starace@rwjhb.org).

## Ode to Pizza

Pizza is my favorite snack,  
Now what do you think of that.  
Crust so warm and soft and chewy,  
Cheese so tasty, scrumptious, gooey.  
Hot in a box or on my plate,  
Either way I just can't wait,  
To get my hands upon a slice,  
To taste it now would be so nice.  
Like nectar from the gods of old,  
It tastes so good I'll eat it cold.  
When life is hard and I get down,  
When on my face I wear a frown,  
Only Pizza make's it right,  
Now quench my raving appetite.  
Restore my faith in all that's true,  
With a dose of cheesy goo,  
Give me Pizza, give it now,  
If you don't I don't know how,  
I'll ever live in harmony,  
Without my Pizza ecstasy.  
But where to get my Pizza snack,  
I'll tell you where, just where it's at.  
To Round Table you should go,  
If you didn't already know.  
To feast upon their luscious pies  
For they take Pizza to new highs  
I love Pizza, that's a fact,  
Now what do you think of that.

**-by Michael Sykes**

