





### **CHEERLEADING GRAND CHAMPIONS**

The Secaucus Recreation Competition Cheerleaders took first place and were named Grand Champions in the Junior Traditional Cheer Division at the Spirit Brands National Cheerleading Championship held at the Wildwood Convention Center on March 9th and 10th. Continued on page 4

### **UPCOMING EVENTS**

Be sure to visit SecaucusNJ.gov/EventList to get a list of upcoming events!

# Newsletter Submissions

Do you have any photos taken in our Town to share?

Send articles and photos to Pia Valentin: pvalentin@secaucus.net for consideration.

# The Mayor's Corner

As you may have seen, there are a lot of infrastructure improvement projects underway in Town. Roads are being repaved, the Rt. 3 and 495 bridges are undergoing major reconstruction and utility companies have ongoing repairs and upgrades. With all this activity, our Police Department's Traffic Division headed by Capt. Carlos Goyenechea does a great job in making sure that traffic is moving safely, smoothly and with minimal delays. They work with Engineering, DPW as well as NJDOT, NJ Transit and the contractors to make sure all construction jobs are set up correctly.

The Town depends on the Traffic Division for more than just the flow of traffic. Traffic personnel address resident concerns on the roadways. They respond to, and investigate, motor vehicle crashes and more. Secaucus is a partner in the recently formed Hudson County Regional Fatal Collision Unit, which includes our own Lieutenant Martin Moreda. For the safety of residents, the Division has Parking Enforcement



spaces. It patrols the Town's 14 parks and conducts annual training for Crossing Guards who help students and other pedestrians cross streets safely.

The duties of the Division do not end there. To bring our community closer and grow the relationship between neighbors and law enforcement, Police Officer William Eccles organizes National Night Out, Law Enforcement Against Drugs (LEAD) and the Junior Police Academy. I am proud of the amazing, often unseen, work completed by the dedicated men and women in our Traffic Division. If you have any traffic concerns or questions, please call the non-emergency number 201-809-4603.

- Mayor Michael J. Gonnelli

### **Repairs on Paterson Plank Bridge over Route 3**

The New Jersey Department of Transportation (NJDOT) will be carrying out repairs on the Paterson Plank Bridge over Rt. 3 to correct structural deficiencies in order to extend the life of the bridge and improve safety. The entire concrete-encased steel superstructure and bearings will be replaced, and the top portion of the abutments and center pier will be strengthened. New sidewalks, parapets and bridge fencing will also be provided. The repairs are expected to be completed by Fall 2020.

The repairs will be done in stages and one lane of traffic in each direction will be maintained, with minimal exceptions. The pedestrian walkway, access to the Rt. 3 westbound ramp and all adjacent properties will also be maintained. Residents are advised to allow extra time for travel over the bridge while this important upgrade is in progress. A public information meeting was held on March 13th at Town Hall. If you missed the meeting and have any questions or concerns, please call Meredith Hammond, NJDOT Regional Manager of Community Relations, at 609-963-1982 or email meredith.hammond@dot.nj.gov.

# File of Life: A Must-Have for All

Hudson Regional Hospital, in partnership with Secaucus Mayor Michael Gonnelli and the Town Council, invite all residents to take part in the File of Life program. The File of Life is a foldable card that residents can fill in with their medical information. The card is placed in a red magnetic file that first responders are trained to look for on the refrigerator or in the freezer in a resident's home. It assists them in providing care to patients even if they are not able to communicate in an emergency.

"I hope all residents take a few minutes to get and fill out the File of Life. It's a great program, and a simple way to make sure your medical information is easily available in case of a medical emergency," said Mayor Michael Gonnelli.

"Medical emergencies can happen to anyone at any time, and a patients' confusion, panic or inability to provide information on current medical issues can interfere with their care," said Kristin Hyman, Chief of EMS for Hudson Regional Hospital. "The File of Life card can speak for them and can tell public safety dispatchers, police officers, firefighters and paramedics what steps to take to save their lives."



File of Life cards can be picked up at various events around Town and at the Hudson Regional Hospital. The Hospital can arrange for cards to be dropped off to homebound residents on request. To request a free File of Life card, or for help filling out the card, please call or text 201-687-1107 or e-mail EMS@hudsonregionalhospital.com.

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### **Around The Community**

About 80 residents participated and raised \$400 for St. Jude Children's Research Hospital at Bingo Night held at the Senior Center on March 15th, 2019.

Congratulations to Brianna Cervantes who finished 6th in the state level NJSIAA Wrestling Championships.

### Senior Spotlight: Artist Tina Kirvin

If you've seen the murals around town, you're probably already familiar with Bettina "Tina" Kirvin's work. A local artist who enjoys "bringing life to empty spaces," Tina has been drawing and painting for as long as she can remember. Tina is the artist behind the murals at Princess Park on 9th Street, the giraffes that adorn the Tot Center, the mallards in the staircase of Town Hall, Noah's Ark at St. Matthew's Church, and geese on the mural at the Senior Center, just to name a few. She is also responsible for many kid-themed paintings on the walls of Harmony Early Learning Center, where she worked for more than 20 years.



Beyond murals, Tina has an impressive collection of artwork that she worked on through the years. Nature, landscapes, Georgia O'Keefe-like flowers, and still lifes—Tina has mastered

them all. She draws inspiration from her surroundings, including meadows and marshes in Town, egrets, geese and mallards, pets, and her grandchildren.



A self-taught artist, Tina remembers "doodling in my mother's lap." She loves to fill empty spaces with color. "Our house had an empty wall and I painted a mural to fill that space. I changed it several times over the years," she says. For her, painting is "a relaxing, meditative activity which is enjoyably absorbing." Her favorite painting is that of an egret. "The egret was standing still and peacefully, and I remember watching it with the same peaceful emotion. The light was perfect, and I managed to capture it beautifully," she recalls as she pulls up a picture of the painting on her tablet.

Tina is active and a regular at the Senior Art Club that meets at the Senior Center every Wednesday from 8.30 a.m. to noon. She has collaborated with other artists who attend, working most closely with Diana Saha Albert. She is currently planning other community beautification projects including the walls of the Senior Center and steps in different locations around Town. She also enjoys spending time with her 4 grandchildren; her two granddaughters show immense interest in art. They might grow up to be artists some day and say, "I started doodling in my grandma's lap."

## **St. Patrick's Day Celebrations**

Lucky shamrocks, leprechauns, rainbows and pots of gold, people dressed in green, dancing and bagpipes, corned beef and cabbage, all marked St. Patrick's Day celebrations in Town. The

Panasonic Room was packed with residents attending the St. Patrick's celebration at the Public Library on March 12th. Senior residents enjoyed a luncheon and entertainment by the Secaucus Middle School and High School bands at La Reggia on March 15th. And on March 16th, children enjoyed music, face painting, cookie decorations and more at the Secaucus Recreation Center.



# Stop Idling, Save the Environment

The Secaucus Environmental Department reminds all residents that idling a vehicle negatively impacts the environment and air quality in our neighborhood. Idling also costs you money in fuel. Residents can make simple changes to make a positive impact towards fewer emissions and cleaner air in our area.

- Turn off your car if you're waiting for more than a minute (especially when car is not in motion for more than three minutes) such as when waiting to pick up kids at school or a friend at the bus stop.
- Warm the car engine by driving instead of idling. The engine heats up faster that way.
- Warm up the car cabin by driving, not idling. Starting off by driving slowly is a better and faster way to heat the car.

Do your part to keep our air clean and free of unnecessary pollutants. For more information, please call the Environmental Department at 201-864-7336.

### Taste the Difference: All New Meals on Wheels

Since January, many senior residents noticed a big difference in the quality of meals delivered by Meals on Wheels. That's because the meals are now made fresh daily right here in Secaucus. The kitchen and storage facility at the Senior Center were renovated and upgraded in preparation for the change, and a new vehicle was acquired for distribution. The Social Services kitchen staff prepares cold packs with juice, milk, fruit and bread while cooking hot meals with a protein and two sides. Meals are prepared early in the morning, ready to be delivered well before noon the same day. "About 50 seniors take part in the Meals on Wheels program which delivers meals five days a



week to homebound residents. "It is very satisfying when residents tell us how good these meals are now," said Lisa Snedeker, Director, Senior and Social Services. If you or someone you know is a homebound senior and would like to know more about Meals on Wheels, please call 201-330-2094.

### Cheerleading Grand Champions Continued From Cover

The honor is awarded to the team that receives the highest score of all Traditional Recreation Cheer teams at the 2-day event. The team also received a Full Paid Bid to the year-end North American Spirit Tournament on May 4th to be held at the BB&T Pavilion in Camden. A Full Paid Bid is awarded to teams that demonstrate high levels of skill and allows the team to compete at the year-end tournament for free without having to pay a per-athlete fee.

The Recreation Competition Cheer Team has been competing at the National Championship for the last 3 years and has obtained the National Championship Title every year. However, this is the first year the team was named Grand Champion and received a Full Paid Bid. The team consists of athletes from 5th – 8th grade. The team members are: Sarah Bowers, Carlina Carbone, Amyah Jennings, Emily Fearon, Camilla Pimentel, Meghan Francis, Ava Perez, Melanie Rios, Destiny Serrata, Stephanie Lewis, Emely Arboleda, Deborah Biru, Arianna Hernandez, Jalyne Hernandez, Gianna Monnecka, Annalyse Pino, Anna Formisano, and Apollonia DiCanio. The team is coached by Kerry Severino-Feil, Sabrina Lopez, Cathy Mitchell and Jessie Lanfranchi.

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