



Califon Crier

1994 Founded by Cathy McVicker & Jim Ball (1995)

Editor, Hunterdon County
Central Printing & Mail

Califon Fit

By Councilman *Tony Forrester, Ph.D., R.N.*

Along about this time last year, I wrote about the many opportunities our beloved Califon offers in pursuing better health and fitness. My opinion remains unchanged . . . Califon offers tremendous health potential! But this time of year, many of us are making some very personal resolutions to “do better” and be healthier! Here are a few you may want to consider.

No matter who you are or what your age, if you’re stressed, go dancing! You know your heart benefits from exercise. Your brain does, too! Studies show that regular, moderate exercise – 30 minutes of walking or a light one-mile run helps in fighting the effects of aging on the brain. No “Iron Man” workouts required! All types of exercise count: walking, bicycling, hiking, swimming, aerobics, weight training . . . and dancing are all great exercise, especially on these cold winter days and evenings. Compelling research evidence suggests that exercise stimulates the body to fight the stress that occurs in all our lives --- stress that causes oxidative changes in the brain and contributes to premature aging. So why not de-stress and stay young with a little exercise . . . why not go dancing?

If you’re a kid, get more sleep! Lack of sleep can affect more than sleepiness in school. Childhood obesity is pandemic in the US and studies suggest an important link between skimping on sleep and being overweight. Sleep shortfalls may increase “hunger” hormones so kids eat more and are less likely to exercise and burn calories than when they’re well-rested and re-energized. Kids differ, but general guidelines from the National Sleep Foundation are as follows: ages 3-5 (11-13 hours); ages 5-12 (10-11 hours); and ages 11-17 (9+ hours). To get a good night’s sleep, keep a regular bedtime routine and: quiet down a few hours before bedtime; avoid meals just before bedtime; remove TVs, computers and gadgets from your bedroom; and make sure your bedroom is quiet, dark, relaxing and not too hot or cold.

If you smoke . . . QUIT . . . and don’t worry about weight gain! Some people pick up 4 or 5 pounds early on, but that’s only temporary. Get help and support from your primary care provider, family friends, and co-workers. Your primary care provider (doctor or advanced practice nurse) can help you tailor an approach that best suits you. There are many FDA-approved medications available to help you quit smoking. You can greatly increase your odds of quitting for good, by combining medication with other strategies like – avoiding your “smoking triggers” and changing your daily routine. Also, some foods and drinks make cigarettes taste better; some make them taste worse. Try eating more vegetables and less meat. Swap out that coffee (or alcohol) for a glass of water or milk. Let your taste buds stifle those ruthless cravings!

Being “Jersey Strong” starts with each of us as individuals and the personal decisions we make about our own health-seeking behaviors! Whatever your health goals, whatever health challenges you face, reaffirm your commitment to better health and a healthy lifestyle by being “Califon Fit!”

When the Snow Falls this Winter....

According to the Borough ordinance the following rules will go into effect in the event of snow:

Owner(s) and/ or tenant(s) of any property abutting public roads of the Borough shall remove all snow and ice from the sidewalks within 12 hours of daylight after the snow has fallen and accumulated.

A summons will be issued to violators.

Placing snow and or ice in the Borough or County roadways, whether paved or unpaved, is strictly prohibited. Whenever snow has covered Borough Streets and an emergency exists, no vehicles can park on the streets until they have been plowed sufficiently.

At the time, parking on the streets will resume so long as it does not interfere with the normal flow of traffic. Violators of these

rules may have their cars towed at the owner’s expense.

Please also make sure your house number and mailbox are clearly visible from the road to make it easier for first responders to find you in an event of an emergency.

Christmas Tree Pick Up

Please have your Christmas Trees sitting curbside by Friday January 16th. The Fire Co. will be coming around to pick them up on Saturday, January 17th. These discarded Christmas trees will be used for the “Winterfest” bonfire on January 24th. Trees can also be dropped off at the Fire Co. Carnival grounds, behind the Municipal Building. There will be a “tree drop off” sign to start stacking the trees at this location.

**Califon Teacher Maryjane Medea is
Rutgers Teacher of the Year**

Rutgers Center for Literacy Development (RCDL) announced a statewide all-call for the nomination of teachers for the selection of the Rutgers Teacher of the Year Award. Rutgers is honored to celebrate teachers who are committed to improving the education of young readers and writers in our state.

This year, Califon's very own Maryjane Medea was among two candidates chosen to receive this special recognition based on letters of recommendation and professional development centered on literacy. Maryjane teaches fourth grade students at the Califon Public School. Maryjane's teaching techniques engage her students in a program that promotes literacy through authentic and varied learning opportunities.

In addition to being honored at the RCLD's December 12, 2014 literacy workshop with Debbie Miller, Maryjane's accomplishment will be announced at the Rutgers 47th Annual Conference on Reading and Writing. Maryjane will also receive a \$250 award and a free year's membership to the RCLD that will facilitate her continued professional growth and development.

The Califon Public School's website, www.califonschool.org features a video clip on its landing page that captures the essence of an exciting and balanced language arts literacy program.

Tricky Tray

The Califon School PTA will be hosting a Tricky Tray and Auction featuring great items like a NY state cross-county ski package, autographed NY Jet, Giants, NJ Devils, and American Girl merchandise. There are also amazing vacations - Disney Park Hopper passes, a week's stay in a private villa in the Caribbean, a beautiful Slovenian cottage, a penthouse in Kyiv, Ukraine, and a weekend at Okemo Resort in Vermont. These are just the tip of the iceberg! There are many other fantastic products and services from business and individuals like you!

Mark your calendars now for Friday, January 30, at the Parish Hall of the Lower Valley Presbyterian Church on Route 513 in Califon. Doors open at 6 p.m. with the drawings and auction beginning promptly at 7:00 p.m. Admission is \$10 and includes one sheet of regular raffle tickets per attendee. Additional sheets will be available for purchase at the event.

There will be many chances to win prizes. Along with the Tricky Tray and we will be auctioning off baked goods. Proceeds from this charity fundraising event will be donated to the PTA for the Califon School Community to enhance the programs and services for all the children at our school. Specifically, we wish to fund assemblies, field trips, classroom grants, and graduation awards, as well as new playground equipment for the preschool/ kindergarten. The equipment will serve the youngest members of our school community and enhance the outdoor classroom area utilized by all Califon School students.

The Califon School PTA would like to invite local businesses and individuals from the greater Califon Community to participate by donating a prize or making a monetary contribution. Every donation helps! All donations will be applied towards the prize baskets and each basket is valued between \$30 and \$500. Your business name will be featured in the printed program, as well as attached to the prize. We will also highlight your donation and business in all our online publicity.

All donations are tax deductible because the Califon School PTA is a nonprofit organization. We will be accepting donations through January.

We look forward to seeing you there!

For donations and more information, please contact Jessica Hickman-Beard at 201-320-7848 or jjcb20@comcast.net. If you would like to donate a baked good to be auctioned off at the event, please contact Karen Grieco at griecocat@yahoo.com or 908-391-2815.

Califon Public School

ALL A'S – 1st Marking Period

6th Grade:

Sean Ford, Grace Medea, Sylvia Papatomas, Cassandra Stoter.

7th Grade:

Sara Andersen, Benji Beard, Lily Folsom, Ellie Hauptly, Alexis Judd,, Taj Piontkowski, Emma Zande

8th Grade:

Matt Brandner, Jack Gensch, Wendy King, Lauren Wagner

Christmas Tree Lighting

Well the weather outside was frightful for the annual Christmas Tree Lighting, but that did not keep parents and their children from visiting with Mr. and Mrs. Claus. Due to the weather, the outdoor caroling and tree lighting was cancelled and all festivities moved to the Municipal Building. Mr. and Mrs. Claus met with the children to hear their wishes for the holiday, and we hear that they even did some dancing during the caroling.

So even though the weather kept everyone inside, it did not hamper the Christmas Spirit in Califon!!

The tree is decorated and lit up for everyone's enjoyment. It is located in the lot next to Bex Kitchen. A Big Thanks to Drew at Califon Lumber for donating the tree again this year!!

Initiative Califon Public School Finalizing Shared Vision

Parents, teachers, support staff, and Board of Education members have been working on writing "core belief statements." These belief statements will serve to help the school community to draft a "Shared Vision Statement."

A shared school vision is a written statement that is developed with input from all of the school community's stakeholder groups. Specifically, the written statement describes, in detail; what the school's educational program and overall environment should look like in the present and in the future.

The belief statements will be approved by the Board at its meeting scheduled for January 21. The goal is to have the entire written shared vision statement approved by the Board on March 18.

Everyone in the Califon community, whether you have children in school or not, may help in this effort. If you choose to do so, please write a few belief statements that describe your views about education and bring them to the school office or email to Sue Dyer -sdyer@califonschool.org.

The following seven prompts are meant to provide you with a start at writing belief statements. You may choose to use some

or all of these prompts and / or decide to write belief statements that reference other areas of schooling. You may write as many belief statements that you wish.

I believe that...

1. School should teach_
2. A good school is one that
3. A successful student is able to
4. An effective classroom is one in which
5. A good school staff member (i.e., teacher, principal, supervisor) is one who
6. An effective school faculty is one that
7. A quality instructional program includes

Thank you in advance for your continued cooperation and support of our school district!

It's Time to License Your Dog!

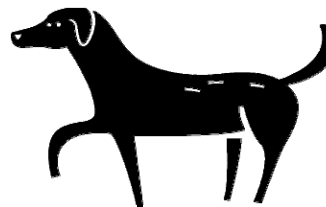
All Califon Borough residents are required to license their dogs. The 2015 licenses are due by Friday January 30th. Applications are available right here in the Califon Crier, on the Califon Borough Website (www.califonboro.net) under Documents at the bottom of the web page or you can come down to the Municipal Offices and pick one up. A proof of Rabies Vaccination Certificate and proof that your dog has been altered should accompany the application if this information has not been previously provided.

Altered dogs are \$11.00 and unaltered dogs are \$14.00 to license

for the year.

Please make checks payable to the Borough of Califon.

Please note there is a delinquent fine of \$5.00 per dog, per month after January 31st. Please get your applications in early!!



Califon's Annual Free Rabies Clinic

**January 10, 2015
1:00 pm to 3 pm
(Snow date January 17th)
39 Academy St, Califon**

Please follow the directions of the Jr. Fireman upon arriving at the clinic.

All dogs must be on a leash and cats must be in a transport cage.

***** At the time of this publication we are still looking for a few volunteers to assist at the clinic. It is a great way for teens to complete community service hours and have fun at the same time!**

Please call Karen at 908-832-7850 ext. 204 if you are interested.

NOTICE TO ALL DOG OWNERS

Dog Licenses must be obtained by January 31st. Please complete the application upon receipt of this mailing to avoid accruing late fees!

N.J. Fees as scheduled should be enclosed with your application along with a certificate of your dog's current rabies inoculation. Rabies inoculation must not expire during this year of licensing.

Two surcharge fees have been imposed by the State of N.J.- (1) N.J. Pilot Clinic Fund Surcharge of \$0.20; (2) N.J. Animal Control Population Fund Surcharge- \$3.00. Along with a copy of the rabies certificate we will also need a veterinarian's certificate, or and affidavit stating the animal has been altered. The proof of alteration only needs to be submitted the first time you are licensing your dog with Califon after the alteration takes place. Our system will store this information for future reference.

Fee: Spayed or Neutered dogs.....\$11.00
Unaltered Dogs.....\$14.00

Checks should be made payable to "Borough of Califon"

It would be appreciated if you could enclose a self addressed stamped envelope for the return of your license.

***** Please note a DELINQUENT FINE OF \$5.00 PER MONTH PER DOG WILL BE ASSESSED AFTER JANUARY 31ST. Please avoid this late fee and get your applications in early!

LICENSE APPLICATION FOR DOG OWNERS

Name: _____

Mailing Address: _____

Road or Street: _____

Phone: _____

Email: _____

Male () Female () Age: _____ Breed _____

Hair: Short () Medium () Long () Colors: _____

Name of Dog: _____

Is Dog Neutered or Spayed? () Yes () No

Date Current Rabies Vaccination Expires _____

Fee Enclosed \$ _____

** There will be a free Rabies Clinic held on Saturday January 10th from 1:00 p.m. to 3 p.m. at the Califon Borough Hall- 39 Academy St. Snow date will be Saturday January 17th. Please follow directions of the Califon Jr. Firemen when entering the clinic site.

Califon Crier
The Borough of Califon
39 Academy Street
Califon, NJ 07830

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Winterfest 2015
January 24th – 4p.m. to 8 p.m.

Come on down to the Fire Company's carnival grounds to enjoy an evening with your friends and neighbors by the bonfire or skating on the ice skating rink (weather permitting). There will be plenty of delicious food and beverages to enjoy by the light of the fire.

The Carnival Grounds are behind the Municipal Building at 39 Academy Street.
If you have any questions, please contact Beth Wolfmayer at (908)328-7351.
Snow date will be Saturday January 31st.

CALIFON CRIER
www.califonboro.net

The Califon Crier is published on a bimonthly basis. If you have news, comments, or feedback, please contact the borough with "Califon Crier" in the subject line at kmastro@califonboro.net or leidsvaag@califonboro.net; phone (908) 832-7850; or fax (908) 832-6085.

Contributors:

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Deadline for March/April submissions: Wednesday, February 11.