

NJAC COUNTY BIZ

An Educational and Informative Newsletter for Counties and Businesses

New Jersey Association of Counties

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Crossroads of the American Revolution: New Jersey's Heritage Drives Pride and Economic Growth

by Noreen Bodman, Executive Director for Crossroads of the American Revolution Association

New Jersey tells America's Revolutionary story as no other state can. We hosted the darkest hours of the fight for independence in late 1776. Washington and his troops endured one of the harshest winters on record in Morristown in 1779-80. And all over the state, average citizens struggled to live their lives as combat came to their communities, over and over. Here, the American Revolution was a civil war, with family members and neighbors divided between independence and loyalty to Great Britain.

Our Revolutionary heritage - the stories of war heroes, scoundrels and regular folks alike - has enormous potential to contribute to the state economy and boost local pride. Congress recognized this unique opportunity by designating much of the state as the Crossroads of the American Revolution National Heritage Area, celebrating our predecessors' contributions to the founding of the nation and the richness of democracy.

Likewise, the Crossroads of the American Revolution Association puts a spotlight on the tapestry of local personalities and historic sites that are unique among the original 13 states. We work with more than 100 historic organizations and governmental bodies to tell New Jersey's Revolutionary story and relate it to who we are today. We unite members of the historic, cultural and business communities in a compelling narrative that shows the scale of the impact of the war on the state and its people. And we promote the sites and stories to help boost the state's share of the lucrative heritage tourism market.

With historians, we've developed 14 storylines that reflect the unique themes and events that took place here during the war for independence. To help visitors retrace each storyline, we're undertaking New Jersey's first statewide tourism signage program. Branded signs will direct residents and visitors to get off the highways and explore local Revolutionary history and nearby amenities. Officials in several cities and counties are already working with us to coordinate siting and installation as we work with the business community for funding. They understand the huge potential in promoting these amazing historic sites and encouraging visitors to explore our shared heritage.

Reaching people where they least expect it is important, too. Recently, signs at Garden State Parkway toll plazas and New Jersey Turnpike interchanges invited motorists to experience Patriots Week in Trenton, while a downtown New Brunswick billboard introduced new audiences to Revolutionary New Jersey.

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Get to know your County Official.....

How many years have you served as Hudson County Freeholder? I've been on the Hudson County Board of Chosen Freeholders as the Fourth District representative since being appointed by our County Committee members in August 2013. I then won a special election November 2014, and a full term.

What was the first public position you held? The first public position I held was from 1989 to 1993 as Commissioner of the Jersey City Public Housing Authority serving as its Chairman for a consecutive three year period. My first elected position was in 2001 when I was elected Downtown Ward Councilman for the City of Jersey City.

Why did you choose to run for Freeholder? When my predecessor resigned because of health reasons Mayor Fulop called and asked if I would do him the honor of serving. There was no second thinking that sincere of a request. I have dedicated my life to public service, and this became another avenue for me to assist my constituents and all the residents of Hudson County.

What has been the most difficult decision you have had to make while serving as Hudson County Freeholder? This past summer I had to vote to take away some allocated Open Space funding from an organization that I have supported for over 15 years. Unfortunately, the funding for that group was not being used in an expeditious and complying manner, hence we voted to reallocate the monies to a project that was moving forward towards completion.



**E. Junior Maldonado
Freeholder**

What would our readers be most surprised to learn about you? Readers would be surprised to know that in October 1987 I was found to have a blood clot on the left side of my brain the size of a grapefruit. An emergency surgical procedure to evacuate the subdural hematoma was performed. The results were paralysis on the right side of my body that took one and a half years of extensive in patient and out patient treatment. Fortunately, because of my relatively young age I was able to make an almost full recovery. Though I have some permanent nerve damage that I can never get back I function at a high capacity level. Due to this near death experience I have committed and dedicated myself to the service of others.

Who is your role model? John F. Kennedy by far. His visionary creation of the Peace Corps, his efforts to make America great through the Space Program, and his commitment to Civil Rights were important factors that molded me into the person I am today.



What do you love about Hudson County? Hudson County has been my home since my parents moved here from Puerto Rico. It's diversity of people and communities is second to none. You will not find any better restaurants or cafes in the State of New Jersey. Our Ethnic festivals, the movies in the park, the wide ranging celebration of language and culture in our parades makes Hudson County a visitor's paradise. Our waterfront is one of the best in the United States, and nothing but nothing can beat our view of New York City!! Come visit us and you'll agree!!

Crossroads of the American Revolution *(continued)*

For It's all part of making our shared history part of who we are today. As they walk in the footsteps of New Jerseyans who lived through the struggle for American independence, heritage explorers will discover the charm of our communities today. They'll find restaurants and small retailers, talk with local residents and explore the local arts community. And those who discover the heritage of their own towns will take pride in the contributions their Revolutionary neighbors made toward American independence. In the process, they'll be reminded why New Jersey is such a special place in which to live, work and do business.

For more information about this article reach out to Noreen Bodman, Executive Director of Crossroads of the American Revolution Association, the not for profit organization supporting the Crossroads of the American Revolution National Heritage Area at nbodman@revolutionarynj.com or visit Crossroads' web site at www.revolutionarynj.org.



Major Accounting Firm Donates to TDI Computer Program

by Jeff Richardson, Economic Development for the MIDJersey Chamber of Commerce



WithumSmith+Brown, PC Becomes the Latest to Donate to the TDI Program

L. to R. Kevin Pultorak, System Administrator at WithumSmith+Brown makes donation to Jeff Richardson of the MIDJersey Chamber of Commerce

The Trenton Digital Initiative computer redistribution program has a new partner in the community. WithumSmith+Brown, PC, a regional accounting firm with a local office in Princeton, has contributed 15 refurbished laptop computers and 15 keyboard and mouse packages to TDI. The firm promotes a culture of charitable-giving and community engagement and is routinely ranked as one of Accounting Today's "Best Accounting Firms to Work for" and one of the "Best Places to Work for in New Jersey" by NJBIZ.

The Trenton Digital Initiative (TDI) is a grassroots volunteer effort led by Mercer Street Friends which exists to bridge the digital divide. TDI repurposes donated computers and redistributes them free of charge to economically challenged families in the greater Trenton area. TDI provides the necessary tools and resources for connecting those computers to low-cost internet access, which helps to break the digital barrier. The program has been supported by a number of local organizations, such as WithumSmith+Brown, PC, who have a vested stake in the community.

TDI has received nearly 600 computer donations in 2015 thanks to the generosity of various donors. To read more about the program or make a contribution, please visit TDI-Trenton.info. To schedule a private pickup, please call (609) 278-5520 or email to TDI@MercerStreetFriends.org.

To learn more about the MIDJersey Center for Economic Development please contact Jeff Richardson via e-mail at Jeff@MIDJerseyChamber.org.



NJAC Re-Organization

JANUARY 29, 2016

11:00 a.m.

Senate Chambers of the State House
125 West State Street, Trenton, NJ



Hunterdon County Freeholder John King will become our 75th President. This year NJAC will hold the entire Reorganization Meeting and Swearing-In Ceremony in the Senate Chambers of the State House beginning promptly at 11:00 a.m.

You may reach out to Kim Nolan, NJAC Office Manager, for more details at (609) 394-3467 or via e-mail at kim@njac.org

CONGRATULATIONS



A special congratulations to a member of the **NJAC Family**. **Mr. and Mrs. Allen Weston** are the proud parents of a healthy new little baby girl born on Wednesday, January 13, 2016. The cute little bundle of joy **Katelyn Nicole Weston** weighed in at 7 pounds 5 ounces.

New Jersey Natural Gas (NJNG), a subsidiary of **New Jersey Resources (NYSE:NJR)**, was named a 2015 Utility Customer Champion by Cogent Reports in its Residential Utility Trusted Brand & Customer Engagement™ study for outstanding performance among the nation's leading utilities. And, for the second year in a row, NJNG ranks highest in the East among natural gas utilities.

Investors Bank has recently named Philippa Girling as senior vice president, chief risk officer and will report directly to the chairman of the risk committee of Investors' board of directors. She will oversee the Bank's BSA, compliance and credit risk departments.

Charlene (Char) Webster, Director of Strategic Planning and Marketing for Burlington County recently published her first book "Discovery" from "The Gifted Series".

Jennifer Velez has recently been named senior vice president of population and behavioral health integration, at the Barnabas Health Behavioral Health Center and Network.

SBA Reopens Disaster Loan Filing Period for Superstorm Sandy Survivors

by Michael Lampton of SBA Disaster Assistance Field Operations Center

The U.S. Small Business Administration (SBA) announced it has reopened the filing period for survivors in all states affected by Superstorm Sandy on December 2, 2015 to apply for low-interest disaster loans. The new filing deadline for physical damage and economic injury losses is December 1, 2016.

“The additional time for businesses, homeowners and renters to request federal disaster loans will go a long way in continuing to support the rebuilding efforts of the communities affected by Superstorm Sandy,” said SBA Administrator Maria Contreras-Sweet. “I want to thank the chairmen and ranking members of the Senate and House Small Business Committees for their leadership on this issue. We look forward to working with them to make sure the needs of small businesses are met.”

The recently approved Recovery Improvements for Small Entities (RISE) After Disaster Act of 2015 gives the SBA Administrator the authority to make disaster loans for Superstorm Sandy for a period of one year. The bill authorizes SBA to revise the disaster deadline for major Presidential declarations for Superstorm Sandy in Connecticut, Maryland, New Jersey, New York and Rhode Island. Additionally, SBA will be accepting applications under its related agency declarations for North Carolina, Puerto Rico, Virginia, West Virginia and certain counties in Maryland.

SBA will open disaster centers across select counties in the affected areas and review activity levels on a continuous basis.

Businesses and private nonprofit organizations may borrow up to \$2 million to repair or replace disaster damaged or destroyed real estate, machinery and equipment, inventory, and other business assets.

For small businesses, small agricultural cooperatives, small businesses engaged in aquaculture and most private non-profit organizations, the SBA offers Economic Injury Disaster Loans to help meet working capital needs caused by the disaster. Economic Injury Disaster Loan assistance is available regardless of whether the business suffered any physical property damage.

Disaster loans up to \$200,000 are available to homeowners to repair or replace disaster damaged or destroyed real estate. Homeowners and renters are eligible up to \$40,000 to repair or replace disaster damaged or destroyed personal property.

Interest rates are as low as 1.688 percent for homeowners and renters, 3 percent for non-profit organizations and 4 percent for businesses with terms up to 30 years. Loan amounts and terms are set by the SBA and are based on each applicant's financial condition.

Survivors may apply online using the Electronic Loan Application (ELA) via SBA's secure website at <https://disasterloan.sba.gov/ela>.

Additional details on the locations of recovery centers and the loan application process can be obtained by calling the SBA Customer Service Center at 800-659-2955 (800-877-8339 for the deaf and hard-of-hearing) or by sending an email to disastercustomerservice@sba.gov.

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SBA Disaster Loan Filing *(continued)*

New Jersey businesses and residents that were affected by Superstorm Sandy are now receiving one-on-one assistance from SBA customer service representatives. Survivors are encouraged to visit the centers to apply for SBA low-interest disaster loans. No appointment is necessary.

The Centers are open until further notice, with location and hours of operation as indicated:

Atlantic County		Bergen County	
City of Atlantic City		Bergen Co. Office of Emergency Management	
1301 Bacharach Blvd , Room 129		285 Campgaw Road	
Atlantic City, NJ 08401		Mahwah, NJ 07430	
Hours: 8 a.m. to 4:30 p.m., Monday - Friday		Hours: 8 a.m. to 5 p.m., Monday - Friday	
Essex County		Hudson County	
Essex County Hall of Records		Hudson County Plaza Building	
Business Resource Center, Room 447		Hudson Co. Minority & Women Business Enterprise	
465 Dr. Martin Luther King Jr. Blvd		257 Cornelison Avenue , Room 2106	
Newark, NJ 07102		Jersey City, NJ 07302	
Hours: 9 a.m. to 5 p.m., Monday - Friday		Hours: 8 a.m. to 5 p.m., Monday - Friday	
Monmouth County		Ocean County	
Monmouth Co. Emergency Operations Center		Miller Air Park, Sheriff's Office of Emergency Management	
300 Halls Mill Road		101 Airport Road	
Freehold, NJ 07728		Bayville, NJ 08721	
Hours: 8:30 a.m. to 4:30 p.m., Monday - Friday		Hours: 9 a.m. to 4 p.m., Monday - Friday	
Union County			
Union County Administration Building			
2 nd Floor, Department of Human Services Suite			
10 Elizabethtown Plaza			
Elizabeth, NJ 07202			
Hours: 9 a.m. to 5 p.m., Monday - Friday			

The filing deadline to return applications for physical property damage is December 1, 2016. The deadline to return economic injury applications is December 1, 2016.

For additional information please contact Kathy Cook, Public Affairs Specialist, Communications Department, U.S. SBA, Office of Disaster Assistance, FOCE, at (404) 331-0333 x2181 or via e-mail mary.cook@sba.gov.



Workforce analytics: The innovator's advantage

by Morgan Gregory, Field Marketing Manager for Kronos Incorporated

County governments are under constant pressure to reduce operating costs and increase productivity while empowering and engaging employees, resulting in exceptional services and programs for your citizens. Because the largest and most controllable operational expense governments incur is their workforce, it's essential for county leaders to understand the impact of staff productivity, overtime costs, absence management, and compliance.

Achieving this is extremely difficult, especially when managers don't have access to the information that could help them make the best decisions. Today, technology makes it possible to combine workforce-related data with information from other systems to transform data into actionable intelligence, and there are four main areas where workforce analytics can help counties achieve significant benefits.

Labor productivity is the best way to put collected time and attendance data to work. In addition to knowing hourly employees are being held accountable and paid accurately for their time, workforce analytics combines that real-time information with your production data to provide real-time view of employee performance. This allows managers to monitor productivity in the moment and make faster, more impactful decisions to improve employee service levels.

Reducing unnecessary overtime is another ability new technology has to quickly and specifically answer the most important question in finance, "Is each department, division, region and cost center on budget?" and "How do these costs break down?"

By laser focusing on labor costs against productivity, workforce analytics can connect the dots on overtime data by highlighting when overtime is cost beneficial and notifying you when employees are approaching it unnecessarily. Some overtime is necessary, and having the data to prove worth in what was incurred while also showing how much was avoided will be appreciated by both financial leadership and constituents.

Managing leave can be difficult due to the sensitivity of many cases. Unplanned absences and leave abuse are inevitable, but with today's technology, managing them doesn't have to be impossible.

Whether a manager is dealing with inaccurate leave, unlogged break times, or high levels of unexcused absences, the ability to view this data in real time allows for early detection of fraudulent activity and the ability to act quickly to prevent future abuse. Access to this information can be a huge opportunity to reduce costs and increase service.

Improving processes going forward becomes possible once a culture of compliance and accountability is created. For example, if timecard approval is an issue, the analytics can show which supervisors may not be approving timecards in a timely manner. Or if the issue is at the employee level, managers can drill down to see which employees are consistently late or not returning from breaks on time. After some time of issues like these being consistently and proactively corrected, the agency begins moving forward with more efficient processes.

As a government agency, you are held to an extremely high standard for how resources are utilized, and it's vital to understand what technology can do to support those efforts. By using labor analytics to increase productivity, reduce costs, minimize absences, and create a culture of ongoing accountability and empowerment, your bottom line and constituents will thank you.

To learn more about Kronos, please contact Wesley Witherington, Kronos Sales Executive State of New Jersey, Public Sector and Education, at wesley.witherington@kronos.com or via telephone at (973) 331-5465.



WELCOME TO OUR NEW MEMBERS



Maxons Restorations, Inc. is a disaster recovery firm specializing in 24/7 Emergency Response Fire, Smoke, Water, Mold Restoration, Remediation, Repair Industrial, Commercial & Residential Storm Damage Restoration Duct Cleaning Document Recovery Consulting & Pre-planning.

MAXONS provides a wide range of consulting and restoration services, tailored to meet the specific needs of each client and provide sustainable "green" cleaning to any client upon request.

For more information about Maxons Restorations, Inc. please contact Lisa Kaiser, Director of Client Services at lkaiser@maxons.com.

MILLENNIUM
STRATEGIES

Millennium Strategies is the largest full service grants consulting firm in the region. We represent more than 60 municipalities, counties, school districts and not for profits in New Jersey, New York, Pennsylvania, and Delaware.

To learn more please contact Andrew Sinclair, Vice President of Business and Governmental Services via e-mail at asinclair@m-strat.com.



The New Jersey Asphalt Pavement Association is the widely recognized voice of New Jersey Hot Mix Asphalt (HMA) Industry. Our membership includes the premiere HMA producers, the major lay-down contractors and the leading suppliers in the state.

NJAPA will play a strong role in securing an adequate, stable, long-range transportation construction funding program while ensuring that HMA remains the overwhelming pavement of choice throughout the state.

For more information regarding NJAPA please contact Kevin Monaco, Executive Director at Kevin@njapa.com.

Mercer 1st county in New Jersey to end veterans homelessness by year end

by *Cristina Rojas*

Mercer County has reached its goal to house every homeless veteran seeking help by the end of the year, becoming the latest community to answer the nationwide challenge issued by first lady Michelle Obama.



Brian Hughes
County Executive

Mercer County Executive Brian Hughes announced the milestone Wednesday and said the county is the first in New Jersey to do so.

"The challenge was to put a fire under this thing and that's exactly what we did," he said.

Hughes and Trenton Mayor Eric Jackson officially accepted Obama's challenge in November, but officials first began tackling the issue in January through a group effort with the Mercer Alliance to End Homelessness, veteran groups and nonprofit homeless agencies.

There were 79 homeless veterans in the county when the initiative began.

The partners came up with a methodology to identify all veterans by name and created a shared list to make sure that no one fell through the cracks. Vets were then screened, prioritized and linked to the housing and supportive services they needed.

Of the 79 veterans, there are only two who are not in permanent housing. Housing is available to them, but they have declined for undisclosed reasons, county spokeswoman Julie Willmot said.

That means the county and city have achieved what is called "functional zero" and are committed to ensuring that homelessness among veterans is brief, rare and non-recurring.

"Somebody that is not homeless today might be homeless tomorrow," Hughes said. "If they're a veteran, we want to keep them as a high-priority target and make sure that we don't just walk away from the essential and critical goal that the first lady set out."

He said the county has long used a "housing first" strategy, which prioritizes getting people into permanent housing and then surrounding them with the services they need such as substance abuse or mental health counseling.

"We think that housing is the key element to really addressing this problem and making sure that people have a road to a better future," Hughes said.

Housing resources include public housing authorities, senior housing, Section 8 Housing and other county and city resources.

Hughes said the Coordinated Entry and Assessment Services, [the one-stop center that opened on Perry Street this April to focus on the chronically homeless](#), has been critical in helping the partners reach their goal.

"You have a group of people who work on homelessness issues, on housing issues, on making sure those wraparound services exist," he said.



Nationwide Economics

Weekly Economic Review & Outlook for January 11, 2016

*by Michael Groom, Financial Markets Economist of Nationwide Mutual Insurance Company and
Ben Ayers, Staff Economist of Nationwide Mutual Insurance Company*

Weekly Review

The labor market ended 2015 on a strong note with gain of 292,000 jobs in December, far surpassing market consensus expectations. With further upward revisions to the prior two months, nonfarm payroll employment rose by 851,000 in the fourth quarter—the strongest 3-month period of the year. With 2.65 million total new jobs in 2015 and an acceleration in the pace of job gains in the fourth quarter, concerns about the mid-year lull in the labor market are far in the rearview mirror now. The unemployment rate remained at 5.0 percent in December, as the labor force participation rate ticked higher. Amidst an overall very positive report, however, growth in average hourly earnings was disappointingly flat. The continued lack of upward pressure on wages may be explained, in part by people previously outside the labor force finding jobs as they reenter—holding down wages overall, but still a positive sign for labor market health.

Other economic data last week were less upbeat, led by a substantial decline in light vehicle sales to six-month low of 17.3 million units in December. Still, auto sales for the whole year were at a record level as consumer activity trended higher. ISM surveys were weaker as well, with manufacturing index slipping further into contraction territory. Despite ending 2015 modestly below the year-average, the nonmanufacturing index remains at a level that suggests solid expansion in the near term.

While signals from the U.S. economy are positive overall, worldwide equity markets had a tough opening week for 2016 - the S&P 500 stock index, for example, fell by sharp 6.0 percent (the worst opening five trading days of a year on record). Renewed turmoil in Chinese financial markets, spurred by another surprising drop in manufacturing activity, and further declines in the price of oil hurt investor confidence in the state of the global economy. Crude oil prices dipped as low as \$32 per barrel last week as the oil supply glut continues to outstrip global demand. The movements last week highlight the disconnect between mostly improving domestic economy and skittish financial markets, where company earnings are increasingly tied to overseas markets. Volatility is likely to remain elevated as investors digest the growth readings of key international economies in coming months, particularly those of China, and geopolitical concerns persist.

Weekly Outlook

Economic releases this week will be light and focus on retail sales, producer prices, and consumer sentiment.

Retail sales spent much of 2015 growing only modestly, despite another year of strong job gains, due to a significant drag from lower oil prices, which reduce spending at gasoline stations. We expect retail sales to slip by 0.1 percent for December, in light of the already-released data on light vehicle sales, but to grow by 0.4 percent excluding auto sales.

Inflation continues to be restrained by lower energy prices as well as further strengthening of the dollar, which reduces import prices—although other prices are edging upward as labor/product markets tighten. The producer price index should be flat for December.

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Nationwide Economics *(continued)*

Consumer sentiment has been on an uptrend for the last four months and is expected to edge up to 93.4 for the first-half of January. The primary drivers of this gain are further strength in the job markets as well as continued low gasoline prices.

For further information please contact Emanuel Mahand, Program Director Of New Jersey, at MAHANDE@nationwide.com, or Bina Kumar, Managing Director - East Region, at kumarb1@nationwide.com.



SAVE THE DATE

ACCEPTING PROPOSALS FOR CONFERENCE WORKSHOPS

Deadline: Friday - January 29, 2016

Please e-mail submission proposal to Loren Wizman at loren@njac.org. To make sure that elected officials, administrators, finance officers, purchasing officials, planners, engineers, attorneys, public works employees, and other county officials actively participate in our conference, the Conference Committee will give priority consideration to workshops approved for continuing education credits by the appropriate State agencies and Rutgers Center for Local Government Services.

- Workshop sessions should be 50-60 minutes long.
- Proposals should include the name, title, and company information of those presenting.
- Proposals should be typewritten in Garamond font Pitch 9.
- Proposals should contain a title and one-page informative summary of the workshop, so that we may include these details in our conference journal.
- Proposals should include handouts, power point presentations, and other similar materials.
- Proposals should be submitted by *January 29, 2016*.

If your workshop proposal is selected we will notify you in writing of the time, location, and other important details concerning your seminar in advance of the conference.



NJAC CELEBRATION OF COUNTY GOVERNMENT

Wednesday - May 18 through Friday - May 20, 2016

Caesars

2100 Pacific Avenue
Atlantic City

Cold Weather and Arthritis

by John Gallucci, Jr., MS, ATC, PT, DPT - President & Founder for JAG Physical Therapy

The cold air is flowing in, the barometer has been up-and-down for weeks and now your arthritis symptoms are starting to flare up. Recent studies have not shown any strong evidence that correlates weather change and increased arthritis symptoms, but as a practicing physical therapist, I see repeatedly an increase in patient complaints every fall and winter. The most common symptoms are pain, swelling and stiffness in the joints. Most patients will state that their legs feel so stiff they can hardly bend their knees. Is it the cold weather? Maybe, but it is the change in our lifestyle too. In the northeast we see a dramatic change in our patients lifestyles due to our day light becoming shorter and the weather making it more difficult keep active. We all know that exercise assists with all the symptoms of arthritis, so a decrease in activity will probably cause and an increase in arthritic symptoms.



Arthritis is inflammation (swelling) of one or more joints. A joint is the area where two bones meet. Research has shown us that we have 100 different types of arthritis. Arthritis involves the breakdown of cartilage. Cartilage normally protects a joint, allowing it to move smoothly. Cartilage also absorbs shock when pressure is placed on the joint, such as when you walk. Without the normal amount of cartilage, the bones rub together, causing pain, swelling, and stiffness.

The goal of this article is to decrease your symptoms through some easy concepts and ideas. As I alluded to earlier, we need to maintain good physical activity to maintain the integrity of the joints. Daily activity aides in circulation which assists in decreased swelling and stiffness. These changes are the preferred treatment for osteoarthritis and other types of joint inflammation. Exercise can help relieve pain and fatigue, and improve muscle and bone strength. Check with you local physical therapist for some easy tips on exercise.

In addition to this, some simple guidelines to follow during the fall and winter months include: low-impact aerobic activity, range of motion exercises for flexibility, strength training for muscle tone, heat or ice, water therapy, massage and sleep. Sleeping 8 -10 hours a night and taking naps during the day can help you recover from a flare-up more quickly and may even help prevent flare ups. Also, avoid staying in one position for too long and positions or movements that place extra stress on your sore joints.

Sometimes, it might also be good to change your home to make activities easier. For example, install grab bars in the shower, the tub, and near the toilet and do stress-reducing activities such as yoga. It is very important to eat a healthy diet full of fruits and vegetables which contain important vitamins and minerals, especially vitamin E. If you are overweight, weight loss can greatly improve joint pain in the legs and feet areas. Doing 10 minutes of gentle stretching exercises every morning to relax stiff muscles can also help, and if possible, avoid caffeine, alcohol and nicotine as these products have a drying effect on cartilage.

These easy tips should be able to assist arthritic patients as they deal with the colder months of fall and winter. If your symptoms persist it is highly recommended to follow up with your physician. Your physician will make decisions based on the exacerbation of symptoms and treat you with pharmacological agents and formal physical therapy treatment.

For further information, please contact Stuart Schwerner at (973) 669-0078 or by email at sschwerner@jagpt.com. Visit www.jagpt.com to find a facility near you.

**GETTING YOU BACK IN
THE GAME OF LIFE!**



Somerset County Freeholder Peter S. Palmer Elected NJTPA Chair

by David Behrend of NJTPA

Somerset County Freeholder Deputy Director Peter S. Palmer was elected chair of the North Jersey Transportation Planning Authority (NJTPA) at the Jan. 11 Board of Trustees meeting. His two-year term runs through January 2018.



Peter S. Palmer
Freeholder

“I am honored that my fellow board members have chosen me to again serve as chair of the NJTPA,” said Palmer, who previously was chair from 2004 to 2006. “This is a critical time for transportation in our region, particularly the Gateway trans-Hudson project. Our economy is rebounding, and we must support it by addressing our growing infrastructure needs. I look forward to working with the board and all our partners to improve our critical transportation systems.”

The NJTPA oversees regional transportation planning and annually authorizes more than \$1 billion in federal surface-transportation funding for 13 counties in northern and central New Jersey.

Freeholder Palmer has been an NJTPA trustee since 1999. He also is the founder and chair of the NJTPA’s Freight Initiatives Committee, which works with transportation agencies, the private sector and county and municipal governments to improve goods movement in the NJTPA region. It serves as a forum for discussion of critical freight-related issues.

He joined the Somerset County Board of Chosen Freeholders in 1997. Before being elected to county government, he served as mayor, councilman and a school board member in Bernardsville. He has been recognized on the floor of the U.S. House of Representatives for 50 years of continuous public service.

A passionate rail advocate, Freeholder Palmer also chairs the Board of Trustees of the Raritan Valley Rail Coalition, a non-profit, bi-partisan group of Raritan Valley Line riders, municipal elected officials and representatives from the counties of Hunterdon, Somerset, Middlesex and Union. In that capacity, he has been a vocal proponent of the need for additional passenger rail capacity under the Hudson River.

At the meeting, the NJTPA board also selected four other members of its Executive Committee. In addition to Freeholder Palmer, the elected members of the committee are: Union County Freeholder Angel Estrada, first vice-chair; Hunterdon County Freeholder Matthew Holt, second vice-chair; and Morris County Freeholder Kathryn A. DeFillippo, secretary. In accordance with NJTPA bylaws, Palmer appointed Essex County Executive Joseph DiVincenzo to the position of third vice-chair.

The Executive Committee provides guidance and leadership to the full board on a wide range of planning, policy and administrative issues. It meets as needed to review financial, personnel and policy matters. Board membership is an uncompensated position.

The NJTPA is the metropolitan planning organization (MPO) for 13 northern New Jersey counties. Under federal legislation, MPOs provide a forum where local elected officials, public transportation providers and state agency representatives can come together and cooperatively plan to meet the region’s current and future transportation needs. It establishes the region’s eligibility to receive federal tax dollars for transportation projects.



The NJTPA Board consists of one local elected official from each of the 13 counties in the region (Bergen, Essex, Hudson, Hunterdon, Middlesex, Monmouth, Morris, Ocean, Passaic, Somerset, Sussex, Union and Warren), and the cities of Newark and Jersey City. The Board also includes a Governor’s Representative, the Commissioner of the New Jersey Department of Transportation, the Executive Director of NJ TRANSIT, the Chairman of the Port Authority of New York and New Jersey, and a Citizen’s Representative appointed by the Governor.

Upcoming Sustainable Jersey Events

by Winnie Fatton, Project Manager for the Sustainable Institute at the College of New Jersey



Moving Up to Silver Certification Webinar January 20, 2016 – 1:00 PM – 2:00 PM

[REGISTER](#)

Municipalities that are interested in attaining silver certification (whether they are currently certified at the bronze level or are just beginning to work on their certification) should attend this webinar to get tips from silver certified municipalities and Sustainable Jersey staff. Hear about how other towns have achieved the prestigious silver designation, and learn about actions that can fast track you on the path to silver!

Healthy Decisions – Healthy Communities January 26, 2016 1:00-2:00 PM

[REGISTER](#)

Communities routinely make decisions concerning the built environment that have direct and indirect impacts on the physical and mental health of their residents. But often the relationship between these decisions and the health outcomes are overlooked, resulting in missed opportunities and even unintended consequences.

Health in All Policies (HiAP) is a strategic approach to decision-making that seeks out the potential health impacts of land use development, ordinances, plans and other public policies, and identifies opportunities to improve health through those decisions. This webinar will review the basic principles of HiAP, and provide an overview of new actions (activities) for Sustainable Jersey's municipal certification program – including two amended Complete Streets actions and a new HiAP training action that will help communities realize their vision of healthier places and healthier people. We'll also feature a case study of a health impact assessment in Hoboken that focused on the city's pending stormwater management plan.

Speakers:

- Donna Drewes, AICP/PP, Co-Director, Sustainability Institute at TCNJ, Sustainable Jersey
- Linda Weber, AICP/PP, Resiliency Director, Sustainability Institute at TCNJ, Sustainable Jersey
- Jon Carnegie, AICP, PP, Executive Director, Alan M. Voorhees Transportation Center at Rutgers, The State University of New Jersey

CHECK THE [SUSTAINABLE JERSEY CALENDAR](#) and [THE SUSTAINABLE JERSEY FOR SCHOOLS CALENDAR](#) ON OUR WEBSITES FOR FURTHER DETAILS AND MORE INFORMATION ON UPCOMING EVENTS or to REGISTER FOR EVENTS! Learn about regional hub events, co-sponsored events, and events where Sustainable Jersey is speaking, as well as events of interest to municipal green teams. You can also follow us on [Facebook](#) and [Twitter](#).



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Contact Loren Wizman—Business Development Director at
(609) 394-3467 or loren@njac.org

New NACo analysis: Recovery produces mixed results for county economies

by Brian Namey, Director of Public Affairs for NACo

A new in-depth analysis reveals that economic recovery accelerated on the ground over the past year, but challenges remain. 2015 was a year of strong growth; however, most county economies have not recovered to pre-recession levels on jobs and unemployment. Additionally, between 2009 and 2014, real wage growth has not always kept pace with productivity gains.

County Economies 2015: Opportunities and Challenges, released today by the National Association of Counties (NACo), tracks annual changes in 2015 in four key economic performance indicators across the nation's 3,069 county economies. The performance indicators are: economic output (GDP), employment, unemployment rates and home prices. The new analysis also explores wage dynamics in 2014 and between 2009 and 2014.

"Despite the economic rebound in some areas across the country, the majority of our counties' families are still struggling financially," said NACo President Sallie Clark. "Counties are the foundation and the building blocks of our community, regional, statewide and national economies. Strong county economies help to create healthy, vibrant and safe neighborhoods by providing vital services for our citizens."

Recovery of unemployment and home prices accelerated, but GDP recovery was less pronounced.

- In 2015, two and a half times more — or an additional 462 — county economies returned to their pre-recession unemployment rates than the previous year. In a similar number of county economies home prices recovered to their pre-recession peaks.
- Nearly half of county economies experienced growth across all indicators, but 36 percent saw declines in economic output (GDP).
- More than half of oil and gas county economies experienced economic output declines.



Sallie Clark
NACo President

Economic recovery is spreading more rapidly, but most county economies have not fully recovered.

- By 2015, 214 county economies recovered on all four indicators, almost three times more than by 2014.
 - County economies fully recovered represent only seven percent of all county economies. The majority of the fully-recovered county economies are concentrated in Texas, Nebraska and Kansas.
 - For the first time, 17 of the 126 large county economies — counties with more than 500,000 residents — reached pre-downturn levels on all indicators.
- Almost 16 percent of county economies had not recovered on any indicator.

The recovery is creating an uneven geography of opportunity.

- Wages increased for about two-thirds of county economies in 2014, the latest year with available data.
- Since 2009, however, growing productivity has not always meant that wages have grown.
- Between 2009 and 2014, 47 percent of county economies experienced increases in productivity and wages — including the majority of counties in Kansas, Nebraska, Oklahoma and Texas.
- Twenty-eight percent of county economies saw real wages decline while productivity increased.

continued on page 16

New NACo analysis: Recovery produces mixed results for county economies *(continued)*

As candidates for president discuss their plans for expanding opportunity for Americans, NACo encouraged them to work with counties.

“We are doing our part, investing in economic development, infrastructure and other services, but we cannot do it alone. Counties urge candidates for president to work with us to create greater opportunity for all Americans,” said Matthew Chase, NACo’s executive director. “Economic realities on the ground highlight the importance of working closely with our state, federal, non-profit and private-sector partners to deliver essential services to residents across the country.”

Emilia Istrate, NACo’s director of research, added, “County Economies 2015 reminds us that the national picture of the U.S. economy can obscure what is happening on the ground. Economic growth is spreading, but most county economies have not recovered to levels seen before the recession.”

For the full report and more information, visit www.naco.org/CountyEconomies.

For individual county economic profiles for each of the 3,069 county economies and an interactive map with data related to the report, visit <http://explorer.naco.org/>.



For additional questions regarding this article please contact Brian Namey via e-mail at bnamey@naco.org.

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PREJUDICED MINDS: NOT IN MY BOOK - Teen Scholarship Writing Contest Will Reward Stories About Diversity

by Sharon Bender of B'Nai B'rith International

To push back against stereotyping, intolerance, racism and bullying, some of the hardest challenges children face today, high school students across the region are being encouraged to write and illustrate books that highlight diversity and inclusion.

B'nai B'rith International is pleased to announce a call for submissions for the *Diverse Minds Writing Challenge*, its signature tolerance education program that asks high school students to write and illustrate a children's book that teaches acceptance.

The contest, which is offered through the generous support of Atlantic City Electric, is available to students in southern New Jersey. Atlantic City Electric is proud to serve as a program partner because of the company's commitment to inclusion and education and the belief in B'nai B'rith's mission.

The *Challenge* is proudly celebrating its 10th anniversary this year. In the last nine years, B'nai B'rith has published 29 original children's books, awarded more than \$250,000 in college scholarships and grants, and donated more than 35,000 books to public schools, libraries and community organizations across the country.

The winning student, or team of students, will not only earn the prestige of becoming a published author, but will also secure a \$5,000 college scholarship. The book will also be accessible in an e-book format and available on iTunes as a free download.

Students are eligible to participate if they are enrolled in grades nine through 12 in Atlantic, Burlington, Camden, Cape May, Cumberland, Gloucester, Ocean and Salem county public schools; or enrolled in private, charter or independent schools within those counties. The deadline for contest submissions is March 11, 2016.

The second-place winner will earn a \$2,000 college scholarship, and the third-place winner will receive \$1,000 in financial aid for college. The teacher who oversees the winning entry will secure a \$1,000 grant, and the school of the first-place winning student receives a \$500 grant.

A diverse panel of judges from the worlds of education, the arts, business and government, along with B'nai B'rith International leaders, will review the entries and select the winners. Previous judging panel members have included Vince Maione, region president of Atlantic City Electric; Raymond Yannuzzi, president of Camden County College; Frank X. Balles, sheriff of Atlantic County; Albert B. Kelly, mayor for the City of Bridgeton; Barbara A. Wallace, mayor for the Township of Washington; Mildred Peretti, professor at Stockton University; and Fola Adebi, executive director of the Wow! Science Camp.

B'nai B'rith created this education and awareness program to promote tolerance and communicate a message of equality among all races, ages and genders, and it is our hope that this educational initiative will encourage our future leaders to be more accepting of one other's differences.



FROM THE EXECUTIVE DIRECTOR



John G. Donnadio, Esq.

I hope that you and your families have a happy, healthy, and successful New Year; and, look forward to seeing you at our many upcoming events.

Don't miss the opportunity to serve on NJAC's conference committee as we begin planning for our 66th annual celebration of county government from May 18th through May 20th at Caesars in Atlantic City. The Committee is hosting a kick-off meeting at 10:00 a.m. on *January 22, 2015* at NJAC's office located at 150 West State Street in Trenton. Please let Kim Nolan at Kim@njac.org know if you're interested in helping us prepare for county governments premiere event of the year.

We're also accepting proposals for conference workshops. Space is very limited, so please submit your proposal no later than *January 29, 2016* to Loren Wizman by email at loren@njac.org. To make sure that our elected officials, administrators, finance officers, purchasing officials, planners, engineers, attorneys, public works employees, and other county officials actively participate in our conference, the Conference Committee will give priority consideration to workshops approved for continuing education credits by the appropriate State agencies and Rutgers Center for Local Government Services.





Finally, please make sure to join us for NJAC's Reorganization Meeting on *January 29, 2016* where Hunterdon County Freeholder John King will become our 75th President. We're running things a little differently this year, and will hold the entire Reorganization Meeting in the Senate Chambers of the State House beginning at 11:00 a.m. sharp. Following the ceremony, students from the Hunterdon County Polytech Vocational School will provide lunch to guests at the New Jersey State Museum.

More dates to keep in mind for 2016:



<u>January 29</u> -	Conference Seminar Workshop Proposals are due!
<u>March 11</u> -	Board of Directors' Meeting <i>9:30 a.m. - Cmte Room 6 of the State House Annex Building – 125 West State Street - Trenton</i>
<u>May 18</u> -	NJAC Annual Conference
<u>May 19</u> -	NJAC Annual Conference
<u>May 20</u> -	NJAC Annual Conference
<u>June 24</u> -	Board of Directors' Meeting <i>9:30 a.m. - Cmte Room 6 of the State House Annex Building – 125 West State Street - Trenton</i>
<u>July 28</u> -	NJAC Night of Baseball at Arm & Hammer Ball Park, Trenton – <i>7:00 p.m.</i>
<u>September 23</u> -	Board of Directors' Meeting <i>9:30 a.m. - Cmte Room 4 of the State House Annex Building – 125 West State Street - Trenton</i>
<u>October</u> -	Rutgers Center for Government Services w/NJAC – NJ County Administrators Certificate Program
<u>December 9</u> -	Year End Summit <i>10:00 a.m. - Grand Ballroom of the Trenton Country Club – 201 Sullivan Way, West Trenton (Ewing)</i> <i>*topic to be determined</i>

Please note that these dates are subject to change.

«JANUARY 2016»

SUN	MON	TUES	WED	THURS	FRI	SAT
					15 NJ RV & Camping Show 12 p.m. - 8 p.m. NJ Convention Ctr. Edison Middlesex County	16 Winter Beach Blast 1 p.m. - 2:30 p.m. Ocean County Mall Toms River Twp. Ocean County
17 Rock the Aisle Bridal Show Eastlyn Golf Course 1 p.m. Vineland Cumberland County	18 Martin Luther King Day  *life's most persistent and urgent questions is, what are you doing for others?*	19 Open Auditions for "Lend Me a Tenor" Ctr. Stage Theatre 7 p.m. Cottleville Warren County	20  ONCE UPON A DREAM 7 p.m. Sun Nat. Bank Ctr. Trenton Mercer County	21	22 Fences A Sensational Drama Villagers Theatre 8 p.m. Somerset Somerset County	23  1/23/16 - 1/24/16 Vitua Total Turf Exp. Pitman Gloucester County
24  Downtown 1/23/16 - 1/24/16 Haddonfield Camden County	25 Jackson Browne 9 p.m. Bergen PAC Englewood Bergen County	26 Movie: Tortilla Soup 6:30 p.m. Public Library Mountainside Union County	27	28 Free Eye Screening Clinic 10 a.m. - 1:30 p.m. Center City Mall Paterson Passaic County	29 Orchestre National de France NJ PAC 8 p.m. Newark Essex County	30 Afrocentricity An Art Exhibit Mansion Gallery 1/30/16 - 2/28/16 Eastampton Burlington County

«FEBRUARY 2016»

SUN	MON	TUES	WED	THURS	FRI	SAT
31	1	2  FARMERS MARKET 8 a.m. - 4 p.m. Pilesgrove Salem County	3 Learn to Skate 6:30 p.m. - 7:30 p.m. Skylands Ice World Stockholm Sussex County	4 National Theatre Live: Jane Eyre 7 p.m. - 10 p.m. Monmouth Univ. Pollak Theatre W. Long Branch Monmouth County	5 Dances From The Heart 7:30 p.m. Roxey Ballet Lambertville Hunterdon County	6 International Great Beer Expo 12:30 p.m. - 9 p.m. Meadowlands Exposition Center Secaucus Hudson County
7	8	9	10 The Beach Boys Mayo Performing Arts Center Morristown Morris County	11	12 Lincoln's Birthday 	13 Il Volo Borgata Event Center Atlantic City Atlantic County
14 Cape May Wine Trail 12 p.m. - 5 p.m. Mad Batter Cape May Cape May County						