

centraljersey

today

Draft Picks

Mark Spivey's weekly column appears on Wednesdays. Follow him on Twitter @Draftpicks_ and on Untappd under the handle DraftPicks33.



Rutgers student filmmaker Sean Feuer on location in Alabama. PHOTO COURTESY OF RUTGERS FILM BUREAU

Film Bureau tackles issues

By MaryLynn Schiavi
Special to the Courier News

In many ways we’ve come full circle — from cave paintings to the printed word and now back to the visual medium, only this time the cave paintings are in motion, enhanced by sound and accessible from almost anywhere in the world through the art of digital filmmaking.

A growing number of Rutgers students believe visual storytelling will become the primary communication medium in the next five to 10 years. That’s why they enrolled in the Rutgers Digital Filmmaking Certificate Program and working on professional projects through the Rutgers Film Bureau while they are pursuing majors in the sciences and humanities.

Established in late 2011, the filmmaking program and bureau is a collaboration between the Rutgers Mason Gross School of the Arts and the Rutgers Writers House, which is part of the English Department in the Rutgers School of Arts and Sciences.

Mentored by award-winning filmmaker Dena Seidel, who serves as director of both programs, students earn professional credits as co-producers, cinematographers and editors working on feature-length films that explore some of the most critical issues of our time.

Seeking to develop compelling stories, students are investigating, including childhood obesity, climate change, technological breakthroughs, scientific explorations and the veteran experience. They have traveled within and beyond the U.S., including to Nashville, Tenn., Alabama, the Virgin Islands, Brazil, Spain and Thailand. This summer, they will travel to Italy.

See FILM, Page B2



The Butterfly House at the EARTH Center, sponsored by the Rutgers Cooperative Center of Middlesex County in South Brunswick, will be open from 10 a.m. to 2 p.m. every Saturday and Sunday through August. PHOTO COURTESY OF CHARLIE DAINO

Butterfly House at EARTH Center in South Brunswick will leave patrons aflutter

By Michelle H. Daino
Special to the Courier News

Invite painted ladies and monarch butterflies to fill your world with color and whimsy this summer at the Butterfly House at the EARTH Center, sponsored by the Rutgers Cooperative Center of Middlesex County in South Brunswick.

Established in 2008, the Butterfly House will be open from 10 a.m. to 2 p.m. every Saturday and Sunday through August.

Dale Cuchai, who serves as the project manager for the Butterfly House, said that the “hoop house,” which hosts the butterflies, is constructed from PVC pipes, railroad ties and rebarb ties. The “breathable structure” creates a greenhouse effect, allowing for the air, sunlight and rain to filter through.

The house is brimming with nectar and host plants that feed and shelter butterflies and larvae native to New Jersey, she said. The colorful creatures also savor fruits such as oranges, melons, bananas and strawberries.

Children and adults who are young at

See BUTTERFLY, Page B2



Nets are provided for youngsters who are eager to capture their own butterflies for the Butterfly House. PHOTO COURTESY OF CHARLIE DAINO

PARENTALLY SPEAKING

Know the true picture of drug use in the suburbs

Where are Central Jersey’s junkies? This is a trick question on many levels.

First, what is a junkie? We all know the image that pops into everyone’s mind when we hear that term. We see an elastic band or belt wrapped around an arm and a needle sticking out of a vein. Look closer. Is the person dirty, older, homeless, a high school dropout, perhaps a person of color? That’s the image we have been conditioned to associate with the idea of a drug addict.

Would you be surprised to learn that in Middlesex and Somerset counties, individuals admitted to treatment for addiction are mostly white high school graduates who live in their own or their parents’ homes, and nearly half are under 30 years old? Also, most people addicted to drugs do not use needles.

Second, where are these folks hiding? Going with the stereotype, the person we first pictured lives in a city such as New Brunswick or Perth Amboy. Would you be surprised if I told you all but two municipalities in Middlesex and Somerset counties sent residents to drug treatment in 2011? (Figures for 2012 have not



Steve G. Liga

yet been published.)

If the image you have of a drug addict is of someone who couldn’t possibly look like your son or daughter, you may miss what is happening in your own home. One in five high school seniors has smoked marijuana since my column ran last month. That’s 50 percent more than the number who smoked cigarettes. Your son or daughter probably has four friends. Can you tell which one it may have been?

The point of this column is not to alarm you; it is to provide you information you can use to keep your families safe and healthy. Fortunately, we now know as much about individuals who choose not to use drugs as we do about those who do. We know what we can do to increase the odds of youth choosing to be drug-free.

We used to simply tell parents to “talk

to your kids about drugs.” That was not enough. It wasn’t the conversations about facts that made a difference. It was parents making their expectations regarding drug use known, setting clear rules with real consequences for their children to follow, and — most importantly — following through when those rules were broken.

Many of us grew up hearing the saying that idle minds are the devil’s workshop.

Today, too many parents have taken this to mean they need to run their children to soccer or dance practice several times per week. For those parents feeling exhausted by all of the driving around, there is some encouraging news. While sports may offer a protective factor to some kids, being involved in non-sports school activities is even better. Being involved in community activities and service to others also can be effective. The value of being involved in a faith community on a regular basis cannot be discounted either.

And to be honest, your time may be better spent having dinner together — at

FOR YOUR INFORMATION

With drug overdose claiming more lives than motor vehicle crashes, it is imperative all youth and adult members of the community are aware of New Jersey’s recent Good Samaritan Law. Anyone who calls for help in an overdose situation is immune from arrest and prosecution so long as they stay with the victim and cooperate with authorities. This law is designed to give everyone a second chance to make a better decision.

the table — than signing your kids up for another competitive activity that keeps them out during the week or prevents them from having time to do some of the other activities

The start of summer is a great time to press the reset button and try something new.

Steven G. Liga is executive director of NCADD of Middlesex County. For information, visit www.ncadd-middlesex.org.

MUSIC AT MOORLAND



Emily Sullivan of Hackettstown, left, and Delaney Lima of Roseland laugh over a photograph at Music at Moorland in Far Hills on June 27.
KEITH A. MUCCILLI/ FOR THE HOME NEWS TRIBUNE



Kristen and Greg Ellmer of Maplewood arrive for an evening of Music at Moorland.
KEITH A. MUCCILLI/ FOR THE HOME NEWS TRIBUNE

BUTTERFLY

Continued from Page B1

heart can enjoy up-close visits with the butterflies that often land on flowering plants and the inviting fingers of patrons. Nets are provided for youngsters who are eager to capture their own butterflies for the house. In time, Cuchai said, the Butterfly House will be filled with a large variety of species, including yellow swallowtails, black swallowtails, painted ladies, monarchs, tigers swallowtails, clouded sulphurs and more. Last year, there were

about 17 varieties flitting and fluttering about the facility. “The feedback is wonderful,” Cuchai said, “The kids especially love the butterflies, and many people don’t realize that it was here.” When the Butterfly House officially opened June 1, a garden workshop was conducted about beneficial insects that help them in the garden by warding off other insects that harm plants. The master gardeners, who are volunteers trained by Rutgers Cooperative Extension experts to help run such informative programs such as the

Butterfly House, also offer advice about horticulture and environmental stewardship. The EARTH Center also features various demonstration gardens, including a huge vegetable display garden and a 13-bed hardscaped herb garden. Admission to the Butterfly House is free, but donations are accepted. The Butterfly House is at Davidson’s Mill Pond Park, 42 Riva Ave., South Brunswick. For more information, call 732-398-5262 or visit www.co.midllesex.nj.us/extension services.



The Butterfly House is brimming with nectar and host plants that feed and shelter butterflies and larvae native to New Jersey. PHOTO COURTESY OF CHARLIE DAINO

Butterfly stages

- Stage 1 (egg): Butterflies lay their eggs on the leaves of plants. The eggs have a hard outer shell, which is used to protect the larva inside. Depending on the type of butterfly, the eggs could either be round, oval or cylindrical. The egg stage usually lasts about four days.
- Stage 2 (larva/caterpillar): This stage usually lasts about two weeks. When the caterpillar hatches from the egg, it eats the leaf it was born on. It constantly eats so it can grow quickly. The caterpillar sheds its skin several times as it grows.
- Stage 3 (pupa/chrysalis): When the caterpillar is done growing, it forms itself into a pupa. Inside the pupa, the caterpillar is rapidly changing its appearance. This is called metamorphosis. The caterpillar is changing in the chrysalis for about 10 days.
- Stage 4 (adult/butterfly): When the caterpillar is done changing inside of the pupa, the butterfly emerges with soft, folded wings that will soon extend into wings that are ready to take flight. It takes about three to four hours for the butterfly to master flying. The butterfly then goes out to reproduce, lay eggs and start the cycle all over again. The butterfly will live for about two to six weeks.

Planting for butterflies

- Nectar plants are food sources for adult butterflies. Most butterfly species will feed on nectar from a variety of plant species, including some of these native nectar plants:
- » Perennial flowers such as butterfly weed, milkweed, New England aster, blue false indigo, white turtlehead, tickseed, Joe-Pye weed, sunflowers, swamp rose-mallow, blue flag iris, dense blazing star, great blue lobelia, trumpet honeysuckle, wilde bergamot, beebalm, beardtongue, blue wood phlox, mountain mint, coneflowers, goldenrods, blue vervain, ironweeds, culver’s-root, violets, and golden alexander;
 - » Grasses such as blue-eyed grass and purple top grass;
 - » Vines such as American wisteria;
 - » Shrubs such as buttonbush, spicebush, and meadowsweets.
- Host plants provide food for caterpillars. Each butterfly species has specific types of plants on which it lays its eggs. Following is a table of butterflies and the native host plants they are said to prefer: Baltimore checkerspot: beardtongue, turtlehead; black swallowtail: dill, fennel, parsley; cabbage white: broccoli, cabbage, mustards; common wood-nymph: purple top grass; Eastern comma: elm, hops, nettle; Eastern tailed blue: clover, peas; great spangled fritillary: violet; little wood satyr: orchard grass; monarch: milkweed; mourning cloak: birch, elm, nettle, poplar, wild rose, willow; painted lady: burdock, daisy, hollyhock, mal-low, thistle; pearl crescent: asters; question mark: elm, hackberry, nettles; red admiral: nettle; red-spotted purple: black cherry, poplar, willow; silver-spotted swallowtail: black locust, wisteria; spicebush swallowtail: spicebush, sassafras; spring azure: apple, blueberry, dogwood, spirea, viburnum; sulphurs: clover, vetches; tiger swallowtail: black cherry, birch, lilac, poplar, willow; zebra swallowtail: pawpaw.

FILM

Continued from Page B1

Cave paintings in motion

“I think people are going to be watching, not reading,” said student filmmaker Jelan Coley,

who is working on a documentary that is following the lives of 10 Rutgers student veterans. “I think smaller and smaller cameras and the changes to film technology are driving this change.” Coley said that in addition to the opportunity to work with professional

equipment on a full-scale production, she has learned a great deal about the experience of fellow students who served in the military. “When you learn about other people’s lives as we have been able to do in the making of this film, it makes the world a smaller place,” Codey said. For Nancy Musinguzi, a Rutgers graduate who is working on the documentary “Generation at Risk: Joining Forces to Fight Childhood Obesity,” it is the interdisciplinary nature of filmmaking that she finds most engaging. “Film is a visual medium that allows you to tell a story that you simply cannot do on paper or through the printed word. It also gives the people being interviewed a medium and a platform to voice their own opinions in their own words,” Musinguzi said. She said the film follows the lives and experiences of children and families in Newark, New Brunswick and Camden and the root causes of one

of the most challenging issues of our time. “What I have learned is that in the United States, we are spending \$2.2 billion to manage the obesity issue and yet this is a preventable problem,” she said. Also drawn to the visual medium is Tamiyah Yancy, a Rutgers graduate who majored in journalism and media. She said while working on the documentary, she also learned a great deal about the reality of food insecurity that leads to obesity. “If a person doesn’t have enough food, they will eat the first thing they can get,” Yancy said. Because fast food often is cheaper, it becomes an easy alternative. She also pointed out that if a family or individual lives too far from a grocery store or farm stand, they will shop in the closest convenience stores where they are unlikely to find fresh produce. “I knew there were people who were hungry and homeless in this state,



Rutgers students (left to right) Stephanie Wong, Gabrielle Gatdula and Jamie Deradorian-Delia work on professional, feature-length films about some of the most important issues we face today. PHOTO COURTESY OF MARYLYNN SCHIAVI

but I didn’t realize they were starving,” Yancy said. “There are children eating paper and road kill just to survive.” Yancy agrees that digital filmmaking will become the primary communication medium in the future, but thinks that the art of writing also will be necessary. “I love to write, but I know that more and more, people will be watching. However, the art of filmmaking will always require a writer,” Yancy said. “There will still be a need for the words first.”

sored by a grant through the National Science Foundation. “Professor Carlton has hypothesized that the chemicals that are produced by this particular forest in Alabama are combining with man-made chemicals to create a layer that is preventing the sun’s rays and heat from affecting this forest,” Feuer said. Jamie Deradorian-Delia, who is working as the field producer on the project, recognizes the challenges. “I’m an English major and working on a documentary film about science, which is not my area of expertise, but it has really broadened my horizons,” she said. Stephanie Wong, who will be designing the look and feel of the production, said she is most excited about creating a visual style that draws from fictional films. “I think documentaries have the potential to be much stronger if they could be designed with the visual elements of Hollywood films,” Wong said. For more information about the Rutgers Digital Filmmaking Program and the Rutgers Film Bureau, visit www.masongross.rutgers.edu/filmmaking.

LOSE UP TO **12 POUNDS** OF **FAT PER DAY!!!** SAFE, EFFECTIVE NATURAL WEIGHT LOSS!

ARE YOU SERIOUS ABOUT LOSING WEIGHT?

You can virtually melt away your FAT without strenuous dieting or excessive exercising. This is the best weight loss secret to come along in years - when you're talking about FAST EFFECTIVE weight loss.

HOLD ON!!!

You might be afraid the "solution" will be worse than the problem, but let me assure you, it's not! When you schedule an appointment you're going to receive something that NOT only helps you lose weight, but also helps your appearance, your face, your complexion and even your body structure.

Listen, I am a regular practicing doctor in Edison NJ, and I love helping people, just like you, lose that stubborn weight, without dieting, and then how to keep it off.

SAFE & EASY!

My exclusive weight loss management system is completely SAFE and has been proven to work. It is based on scientific principles that cause almost immediate changes and is strictly administered along common sense protocols.

Here's what most people don't understand. When you're heavy, you lose your strength, vitality, and you can become feeble. And on top of that you can age prematurely because your "fat" cells clog your body's vital organs. That will change after you start utilizing this system. You may be like some people who have lost their figure due to this "fat" clogging weight gain.

The problem is, most overweight people are unable to find a simple, easy to follow

EASY AS 1-2-3

system to reduce their fat and then keep it off. Even their coordination, daily movement and attractiveness are destroyed with this weight gain. That will all change when you start using this system.

HERE IS WHAT I CAN DO FOR YOU.

CALL the office NOW! You won't have to make any radical changes in your lifestyle with this program, have surgery, or take any harmful drugs.

Your treatments are private and you will start to lose up to 1-2 pounds per day, depending on your size, age, condition of your body and follow through.

You will consult with me personally on a weekly basis for follow up and questions. Once you've reached your desired weight, you'll have your shape back, have more energy, and you'll have your self-esteem back.

DOESN'T GET ANY BETTER THAN THAT!!

GET RID OF YOUR FAT NOW!

"It was so turn key with Dr. Joe; my body transformed in a period of 120 days. I lost 45 lbs, dropped my body fat into single digits again; and have more energy then ever."

Matthew S. Clark, New Jersey

RESERVE YOUR SPOT TODAY.

CALL THE OFFICE NOW TO HAVE ACCESS TO THIS AMAZING WEIGHT LOSS TECHNOLOGY. (10 SPOTS AVAILABLE!)

CALL **(888) 907-6228** TODAY!
DR. JOSEPH HUDAK, D.C.

909 AMBOY AVENUE • EDISON, NJ 08837

AP-5000633369

DO YOU SUFFER WITH ACNE BREAKOUTS?

Clinical Research Laboratories, Inc.
currently seeking:

- **Males/Females Ages 18-50**
- **Mild to Moderate Acne**
- **Fair to medium skin tone**

to participate in an Acne study. The involves 5 visits to our facility. You will be compensated \$100.00 upon completion of the study.

For Details call the Recruiting Dept. (732)562-1010 ext. 210
www.crl-inc.com/new_studies

Clinical Research Laboratories, Inc.

AP-5000633762