



These Jersey restaurants set scene for a great meal

SUNDAY BEST, 1C

Courier News



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Retired editor honored for his advocacy, caring

Grzella feted as Somerset's Citizen of the Year for 2019

Nick Muscavage Central Jersey Courier News
USA TODAY NETWORK - NEW JERSEY

BRIDGEWATER – Paul C. Grzella is officially Somerset County's Outstanding Citizen of the Year. Grzella, retired general manager and editor of the Courier News, Home News Tribune and MyCentralJersey.com, was honored as the award's 69th recipient by the Somerset County Business Partnership with a ceremonial dinner Thursday evening at the Marriott.

More online

Check out a related video at [MyCentralJersey.com](#)

"Paul advocated for fair local journalism and tackled tough issues such as aging and senior citizens in our communities," said Catherine Ricker, Business Partnership chair.

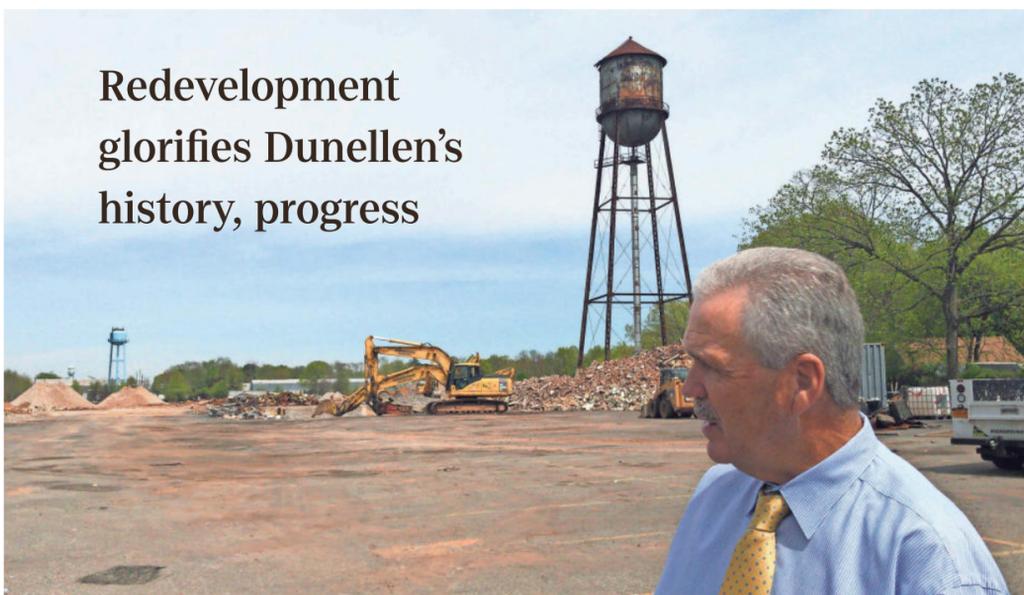
It was a nod to Grzella's final project of his 35-plus-year career in journalism, focusing on the caregiving crisis in New Jersey.

The breadth of the series was momentous, reaching

See **GRZELLA**, Page 8A



Citizen of the Year Paul Grzella, right, and Joe Martino at the 69th Annual Citizen of the Year Dinner on Thursday. ED PAGLIARINI/CENTRAL JERSEY COURIER NEWS



Redevelopment glorifies Dunellen's history, progress

Dunellen Mayor Robert J. Seader stands in front of the demolished Art Color plant on South Washington Avenue that soon will be redeveloped into Dunellen Station, a multi-use property that will consist of 252 apartments, 130 townhouses and 9,200-square-feet of retail. BOB MAKIN/CENTRAL JERSEY COURIER NEWS PHOTOS

RIDING RAILS TO NEW TOMORROW

Bob Makin Central Jersey Courier News | USA TODAY NETWORK - NEW JERSEY

DUNELLEN - For more than 100 years, the borough has loved trains, especially the locomotives that first pulled through its historic station and paved the way for the community to be built in 1887. ■ Designated a Transit Village by the State Department of Transportation in 2012, the mile-square borough now has another reason to be proud of its railroad history: Dunellen Station, a mixed-use redevelopment of the long-underutilized Art Color factory site across South Washington Avenue from the train station.

See **DUNELLEN**, Page 4A

More online

Check out a related video and photo gallery at [MyCentralJersey.com](#)



Dunellen developer Joseph Vallani continues to put his stamp on the downtown with this latest multi-use property at 216 North Ave. that is near completion and ready to lease.

Youth suicide: Why is it a crisis and what can we do?

Nancy Cutler Rockland/Westchester Journal News
USA TODAY NETWORK

The number of children and teens are being hospitalized for suicide attempts or suicidal thoughts doubled between 2007 and 2015, according to a recent analysis of federal data.

The study, published in JAMA Pediatrics, adds to a growing body of research into child and teen suicide that all show that risk of suicide is growing among young people.

Suicide rates in the 10-18 age group have increased in New Jersey since 2003, the only category to grow.

And in New York, self-inflicted hospitalizations for youths between 15 to 19 years old were higher than any other age group — with a 25% rate increase from 2010 to 2014.

Two psychiatrists who treat children in mental health crises say even the extent of the problem is hard to quantify.

It's clear that more youngsters are being seen for suicide attempts, and that these incidents are happening at younger ages than ever documented, said Dr. Edward Hall, chief psychiatrist for children's services at Bergen New Bridge Medical Center, which has one of the largest pediatric behavioral emergency departments and pediatric psychiatric inpatient departments in New Jersey.

Causation is complex, said Hall, who has been in practice for 36 years. But the statistics are troubling.

See **SUICIDE**, Page 6A

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USA TODAY

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