



BOROUGH OF Tenafly Newsletter

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Tenafly Police Department Promotions Completed

by Chief Michael Bruno

The Tenafly Police Department announced several promotions recently, filling vacancies caused by retirements. The newly promoted officers have been assigned to their new roles; we congratulate them and know they will enhance our agency greatly.

Captain John Trainor has been a Tenafly Police Officer for 18 years. A graduate of Tenafly High School, Captain Trainor grew up here. He served on the Tenafly Volunteer Fire Department and has over 30 years of emergency services experience. He has served in the Patrol and Detective Divisions and on our Emergency Response Team (ERT). Most recently he was in charge of the Detective Division. He and his wife Sandy have two children.



Captain Robert Chamberlain has been a Tenafly Police Officer for 17 years. Captain Chamberlain has served in the Patrol and Traffic Divisions and is assigned to the ERT. He has handled numerous traffic-related responsibilities for many years and is a certified child safety seat technician. He has a Bachelor's Degree from St. Mary of the Plains College in Kansas. For the last several years he has served as the Traffic Division Supervisor. He and his wife Gina have two children.



Lt. Michael deMoncada has been a Tenafly Police Officer for 13 years and has served in the Patrol and Traffic Divisions. He is also currently assigned to the ERT and is an instructor for the FBI Long Rifle Marksman School. In the rank of Lieutenant he will serve as a Tour Commander in our Patrol Division. Lt. deMoncada has a Bachelor's Degree from Rutgers University. He and his wife Katie are Tenafly residents and have one child.



Biographies and Photos Continued on Page 4

From the Desk of the Mayor...

Residents often inquire as to the best procedure for obtaining variances required to make improvements or additions to their homes and commercial properties. Frustration can set in when a property owner is told that their plans necessitate a variance. First, you should understand that most permit applications do not require variances. For the month of June, 2011, the Building Department received seventy-one (71) zoning applications. Of this number sixty-five (65) were approved as submitted and only six (6) were determined to require variances. Applicants who are denied have to decide whether to amend their application based on the comments or seek a variance to maintain the initial design. Seeking a variance requires an applicant to go before either the Board of Adjustment or the Planning Board depending on the nature of the variance. Before appearing in front of either board, an applicant should take advantage of the knowledge and experience of our professionals in the Building Department. The Building Department is there to serve and protect Tenaflly's property owners. Rules and regulations are in place to make sure that construction done in Tenaflly is of satisfactory quality and does not negatively impact neighbors. An applicant that comes into the Building Department and asks how best to handle a project rather than asking why can't it be done "my" way is more likely to obtain approvals than someone who looks to bend or ignore statutes and ordinances. A second suggestion is to hire competent professionals when needed, such as a good attorney, engineer, and contractor. Many, if not most, denials could be avoided if these simple steps were followed. Borough Hall seeks to encourage growth and construction in Tenaflly, but residents must realize that rules and regulations are not there to punish or restrict applicants or to increase costs; their purpose is to protect homeowners and their neighbors. Consulting the professionals in our Building Department can save you time, money, and aggravation. We look forward to forward to working with you in the future.

Peter S. Rustin, Mayor

COMING SOON!

The Borough of Tenaflly's website is in the process of being updated to improve its functionality and provide faster access to the wealth of useful information that is stored on our site. Upgrades will include a larger homepage with a brighter, cleaner and more open appearance that allows users to view more information at-a-glance. We will be maintaining many of visual elements that have come to define the look and feel of our local website, while expanding opportunities for interactive communication and enhanced online services.

ELECTION INFORMATION

This year's General Election will be held on November 8th for Mayor and 2 Council seats. Polls are open from 6 a.m. to 8 p.m.

To vote in this election, you must have been registered to vote by October 18, 2011. The Borough Clerk's Office will be open until 9 p.m. on October 18th for Late Night Voter Registration.

Mail-In Ballots are obtained through the Bergen County Clerk's Office in Hackensack. To have a Mail-In Ballot mailed to you, you must submit a Mail-In Ballot Application by October 31 to the Bergen County Clerk. After October 31, and until 3 p.m. on November 7, 2011, you may appear in person at the Bergen County Clerk's office and obtain and execute your Mail-In Ballot at that time. Call the County Clerk at 201-336-7020 for office hours. Mail-In Ballot *Applications* are available at the Tenafly Borough Clerk's office in Borough Hall.

Reminder: Once you have been issued a Mail-In Ballot, you can only vote via Mail-In Ballot at that election. All Ballots must be returned to the Bergen County Clerk by 8p.m. on Election night. The Tenafly Borough Clerk cannot accept Mail-In Ballots at her office.

Registered Tenafly voters will be receiving their sample ballots from the County Clerk's office within a few days of the election. In addition to the candidates running for office and public questions, the sample ballot also includes your Election District and address of your polling site.

Any questions concerning elections may be directed to the Office of the Borough Clerk at 201-568-6100, or via email to Borough Clerk Lissette Aportela-Hernandez at laportela@tenafly.net (please put "Election Question" in the subject line).

2011 TAX BILL AND HOMESTEAD BENEFIT UPDATES

- ◆ The total tax rate for 2011 is approximately \$2.26 per \$100 of assessed valuation. This includes the school, county and municipal levies. The official rate has not been released by the County as they are waiting for the State to provide the state aid figures for inclusion in the tax bill.
- ◆ The average tax per home based on the \$2.26 rate and assessed valuation of \$783,900 would be \$17,716 approximately. The municipal portion of the tax per average home is \$4,390 or 24.8% of the total tax.
- ◆ Your 2011 tax bill may not be mailed by the tax office to your home until the end of July which **may** result in an extension of the grace period due date of Aug. 10. This year's tax bill will include a separate line for the Library levy.
- ◆ The 2010 Homestead Benefit and Senior Freeze application filing deadlines have been extended to October 31, 2011 from the original June 1, 2011 deadline.

MUNICIPAL DIRECTORY

**POLICE, FIRE
AMBULANCE
EMERGENCIES
9-1-1**

**Police Department
Non-Emergency
201-568-5100**

**Borough Hall
100 Riveredge Road**

Main 201-568-6100

Mayor	Ext. 5535
Administrator	Ext. 5502
Assessor	Ext. 5531
Clerk's Office	Ext. 5544
Property Code	Ext. 5506
Construction	Ext. 5505
Fire Prevention	Ext. 5566
Health Office	Ext. 5511
Library Main Desk	Ext. 5579
Planning Board	Ext. 5501
Recreation	Ext. 5515
Tax Office	Ext. 5533
Violation Bureau	Ext. 5540
Zoning Board	Ext. 5454

**Public Works
107 Grove Street
201-568-4134**

**Recycling Center
153 Grove Street
201-541-7325**

**Senior Citizens Center
20 South Summit Street
201-569-2159**

**Youth Center
100 Riveredge Road
201-567-7579**

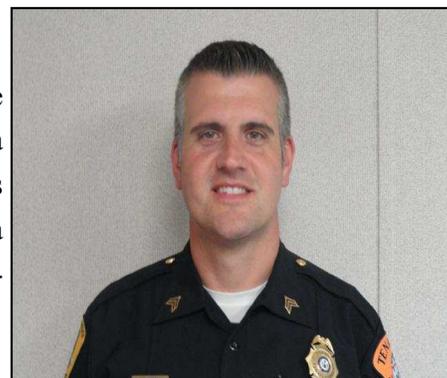
**Recreation Office
100 Riveredge Road
201-871-3008**

Tenaflly Police Department Promotions Completed—Continued from Page 1

Sgt. Ralph Lawrance has been a Tenaflly Police Officer for 15 years. A transfer from the Wanaque Police Department, he has 17 total years of law enforcement experience. Sgt. Lawrance has served in the Patrol and Traffic Divisions, is a founding member and supervisor of our Honor Guard and is assigned to the ERT. In his new role, he will serve as the Traffic Division Supervisor. He and his wife Hilary have one child.



Sgt. Christopher Bozzo has been a Tenaflly Police Officer for 10 years. He has served in the Patrol and Traffic Divisions, is a Field Training Officer, a DARE Officer and is currently assigned to the ERT. He also has a Bachelor's Degree from William Paterson University. In his new role he will serve as a squad supervisor in the Patrol Division. He and his wife Jamie have two children.



Sgt. Adam Kopesky has been a Tenaflly Police Officer for 8 years. Prior to coming to Tenaflly he served in the United States Marine Corps. He has served in the Patrol and Detective Divisions, is on our Honor Guard and serves as our Juvenile Officer. He has a Masters Degree from Fairleigh Dickinson University. In his new role he will serve as the Detective Division Supervisor. He and his wife Amanda have one child.



These men participated in a competitive promotional process that included testing and interviews along with a comprehensive assessment of their attendance, productivity, responsibilities, performance evaluations, training, education and discipline. Our promotional decisions are extremely difficult because these men are representative of the quality and caliber of all the officers in this police department, a fact that reinforces the success of our hiring processes as well.

**August**

- 6:** Seasonal Scavenger Hunt
7: Nature Story Hour
12: Full Moon Silent Hike
13: Nature Story Hour
14: Family Nature Walk
19-21: Parents Summer Camp
28: Bats for Beginners

September

- 10:** Nature Story Hour
18: Nature Story Hour
24: Family Campfire
25: Apple Cider Making
 Family Nature Walk

October

- 8:** Sunset Hike and Campfire
22: Haunted Forest (not scary!)
23: Haunted Forest (not scary!)

Trails are open 365 days a year from dawn to dusk. Visitor Center is open 9 a.m. - 5 p.m. Monday-Friday. Weekends from 11 a.m. - 4p.m. except major holidays.

313 Hudson Avenue, Tenaflly
 201-568-6093

The Tenaflly Nature Center is an independent, non-profit member-supported nature preserve. Our mission is to protect almost 400 wooded acres, all of its inhabitants and teach the next generations to do the same.

**Coming Up at the Tenaflly Nature Center!****50th Anniversary Art Show**

The month of August

Located at the Tenaflly Public Library

Winning submissions for artwork entered into our 50th Anniversary Art Competition, "Natural Connections," will be exhibited at the Tenaflly Public Library for the Month of August. TNC intends to auction work deemed of high artistic merit at its Annual Wine Tasting Benefit on September 17, 2011.

Wine Tasting and Music Under the Stars!

Saturday, September 17th

6:30 pm

Please join us on Saturday, September 17th for an elegant evening celebration. Come and taste a variety of organic wines and beers, enjoy live music, and sample delicious hors d'oeuvres. Along with the natural decadence, we will be holding our art auction with selected pieces from the TNC's 50th Anniversary "Natural Connections" art competition. Lastly, we plan to announce the 2011 Raffle winners!

Parents Camp for the Young at Heart

Friday, August 19th 7:00 pm – 9:00 pm

Saturday, August 20th 9:00 am – 12:00 pm

Sunday, August 21st 9:00 am – 12:00 pm

Always wanted to stay with your kids at summer camp? Did you ever want to know why your kids never want to leave camp to go home? Don't let your kids have all the fun! Here's your chance to have that same experience, geared towards adults. This weekend-long program offers adults a hands-on learning experience in our 400 acre forest. On Friday evening, you will join us for a campfire dinner with hot dogs, grilled cheese and s'mores. Daytime activities will include guided hikes, animal encounters with our center's own animals, eco-art and programs exclusive to the nature center.

For more program information and to register online, please visit

www.tenafllynaturecenter.org

Along with almost 400 wooded acres, TNC offers a unique Backyard Habitat home to many butterflies and hummingbirds. Here are some native New Jersey plants that attract hummingbirds:

- The Jewelweed, also known as "touch-me-not".
- The Bleeding Heart, which has a pink flower that blooms in spring and summer.
- The Cardinal Flower has a red blossom that attracts hummingbirds

Backyard Habitats can be created out of any shape or size. Even a small space can house an herb garden and a hummingbird feeder to attract hummingbirds to your backyard! Some of our hummingbird feeders are from Wild Birds Unlimited where we were able to get a 10% discount using our TNC membership card.



Tenaflly Recycling Center

153 Grove Street
201-568-4134



RECYCLING CENTER HOLIDAYS

Monday, September 5th

Monday, October 10th

Friday, November 11th

Thursday, November 24th

Friday, November 25th

UPDATED LIST OF MATERIALS ACCEPTABLE AS RECYCLABLES

COMMINGLED (MIXED) RECYCLABLES

- Plastics: All numbers 1-7 (non toxic containers)
- Bottles: detergents, oil, salad dressing, milk, water, etc.
- Jars: peanut butter, mayonnaise, etc.
- Containers for yogurt, sour cream, etc.
- Take-out containers
- Cake and cookie containers, etc.
- Plastic bags
- Magazine and all other wrappers
- Bubble wrap
- Shrink wrap
- Juice boxes with foil inside
- Milk containers
- Tetra pak materials
- Anything else made of plastic
- Rigid plastic:** Molded lawn chairs, buckets, toys
- Aluminum/Metal:** Soda cans, soup, food, coffee, etc.
- Styrofoam:** Cups, egg cartons, packing materials, etc.
- Glass:** Food and beverage containers



PAPER RECYCLABLES

- Office paper
- Newspapers
- Magazines
- Catalogs
- Junk mail
- Paper bags
- Cardboard
- Paperback and telephone
- Books
- Egg cartons
- Anything else made of paper

PAPER SHREDDING DAY

Saturday, September 24, 2011
from 9:00 am to 1:00 pm
at the Recycling Center

Help Keep Tenaflly Green!

STORMWATER GUIDELINES



Stormwater pollution arises from the entrance of storm water into the sewer system from roof leaders, sump pumps, area drains, foundation drains, manhole covers, storm sewer cross connections, leaking water mains and non-contact cooling water. Pollutants are introduced into the system from rain/storm water that washes over our streets and properties before entering the sanitary sewer system. Here are seven actions that you can take to help minimize stormwater problems:

1. Maintain your car or truck. Never dump anything down a storm drain. Always recycle used motor oil, antifreeze, and other fluids. Fix oil leaks in your vehicles.
2. Wash your car at a commercial car wash rather than in the street or in your driveway.
3. Drive less. Consider carpooling, ride a bike or take a bus to work at least one day a week. Buy a low emission vehicle.
4. Reduce use of fertilizers, pesticides, and herbicides. Do not fertilize before a rainstorm. Unless you are trying to start making a lawn, do not use phosphorous. Consider using organic fertilizers, and compost or mulch lawn clippings.
5. Preserve existing trees or plant new ones. Trees hold rainfall and help manage stormwater.
6. Pick up after your pets. There is a pooper scooper law.
7. Reduce impervious surfaces (roof, driveway, patios,) and increase vegetated land cover of your property. Reduce rooftop runoff by directing your downspouts to vegetated areas, and not to the storm drain on your street. For your driveway and patios consider putting in permeable paving or patterns of cement and brick that will allow water to filter through it.

TENAFLY ROADS TO BE RESURFACED

The Borough's 2011 Street Resurfacing program consists of the six streets listed below. The installation of curbing, markouts for the resurfacing locations, milling, and paving are scheduled to begin on August 8, 2011. Project completion is expected by the end of the month. The paving work is being performed by D&L Paving Contractors Inc., of Nutley, New Jersey. The total work in the amount of \$348,822, was awarded through a bid received by the Riverside Cooperative; of which Tenaflly is a member. This cooperative bid also included street resurfacing contract awards for Alpine, Demarest, Englewood Cliffs, Harrington Park, Haworth, New Milford, and River Edge. This arrangement results in lower construction costs for all of the participating communities. Representatives from Maser Consulting P.A., the Tenaflly Borough Engineer, will notify affected residents and businesses of the exact construction dates, parking restrictions, and potential traffic disruptions in advance of work commencing. Contact the DPW at 201-568-4134.

1. Woodland Park Drive
2. Laurel Avenue
3. North Summit Street (Piermont Road to County Road)
4. Burlington Road
5. Franklin Street (Westervelt Avenue to DeMott Street)
6. Lawrence Parkway (Engle Street to Serpentine Road)

Future Infrastructure Plans:

Tenaflly Road

The Borough of Tenaflly is engaged in planning for sewer replacement and street resurfacing along this major thoroughfare. Funding is anticipated to be provided through a combination of the local capital budget and NJDOT municipal aid.

TENAFLY WELCOME! COMMITTEE

The Tenafly Welcome! Committee invited new residents to the Tenafly Public Library Summer Reading Club kick-off event on June 21st. New residents and current residents registered for the reading program, while enjoying tastes from around the world, including baklava, borecas, sushi, dumplings, pork buns, biscotti and cookies provided by the Welcome! Committee. Residents also enjoyed a science show, Wizard's Race Around the World, sponsored by Friends of the Tenafly Library.



SAVE THE DATE !

Please mark your calendars for our next Tenafly Welcome! Committee event, a meet and greet at Borough Hall, on September 8, 2011, 6:00 P.M. TO 8:00 P.M. at Peace Plaza in front of the Tenafly Public Library. New residents will receive an invitation in early August. We look forward to meeting you there.

While the Welcome! Committee does its best to identify Tenafly's new residents, we don't always get everybody. If you are new to Tenafly, within a year, and you have not heard from us, we want to hear from you. Please stop by Borough Hall to pick up your welcome packet or visit the new residents section of the www.tenaflynj.org web site. The Welcome! Committee is run by a group of dedicated volunteers, but we need your help. If you are interested in volunteering for the committee, please contact us through borough hall or the web site. We look forward to meeting you and seeing you around town. Welcome to Tenafly. It's a great place to live!

HUYLER PARK CONCERT

Councilman Barry Honig and his wife Diane are pleased to sponsor a special night of jazz in the park. The concert will take place on **Thursday, August 4, 2011 at 6:00 p. m. in Huyler Park**. A great, new, up and coming jazz group, The JT project, will be performing their own original compositions as well as some traditional jazz standards.

Councilman Honig and his wife want to give back to the town that they love and to bring beautiful music to it. Diane's dessert company will be selling brownies and cookies with all profits going to benefit the Tenafly Fire Department and Tenafly Volunteer Ambulance Corps. We look forward to seeing you then.

ENVIRONMENTAL RESOURCE INVENTORY STUDY UPDATE

As previously reported, the Tenafly Environmental Commission and the Borough have contracted with the firm of Heyer, Gruel & Associates, of Red Bank, New Jersey to prepare an updated Environmental Resource Inventory (ERI) for Tenafly. The previous plan was prepared in 2002.

The Tenafly Environmental Commission secured a Walmart Grant in the amount of \$10,000 through the Sustainable Jersey Program and the League of Municipalities Educational Foundation, Inc. to prepare an updated Environmental Resource Inventory for the Borough. The deadline for the submission of the final product to the Educational Foundation is September 15, 2011. The project is operating on schedule and a final draft is presently in progress. After review and comment by the project team and other interested parties, the consultant will give a presentation of the document to the community on Tuesday, August 16, 2011 at 7:00 PM in the Council Chambers. Invitations will be extended to the governing body members, as well as Tenafly boards and committees.

SAVE THE DATE: Tenafly Environmental Resource Inventory (ERI) Presentation
August 16th, at 7:00 PM, Borough Hall, Council Chambers

SUSTAINABLE JERSEY

The Borough registered as a Sustainable Jersey Community in July, 2009. We have currently completed enough actions to qualify for certification and our application will be submitted before the end of the summer 2011. Becoming certified with Sustainable Jersey is a prestigious designation for municipal governments in New Jersey. Municipalities that achieve certification are considered by state government and by experts to be among leading edge municipalities.

The Sustainable Jersey program encompasses three equal inter-related components of sustainability:

1. Prosperity – supporting local economy and using community resources
2. Planet – practice responsible environmental management and conservation
3. People – embrace social equity and fairness

New Jersey is the first state in the nation to have a comprehensive sustainability program for communities that links certification with strong state and private financial incentives, and a fully resourced program of technical support and training.

Becoming certified does not indicate that the Borough is totally “sustainable”. It does, however, indicate that we have taken the first significant step on the long journey toward sustainability.

For more information check out www.sustainablejersey.com.

If you would like more information or would like to help the Borough achieve sustainability, please call Bob Beutel, Green Team Coordinator, at 201-568-4134.

Library Hours

MONDAY 10 – 9
 TUESDAY 10 – 9
 WEDNESDAY 10 – 5
 THURSDAY 10 – 9
 FRIDAY 10 – 5
 SATURDAY 10 – 5
 SUNDAY 12 – 4
 CLOSED SUNDAYS in
 JUNE, JULY & AUGUST

Holiday Closings

Labor Day

Saturday, Sept. 3
 Sunday, Sept. 4
 Monday, Sept. 5

Columbus Day

Monday, Oct. 10

Veterans Day

Friday, Nov. 11

Thanksgiving

Thursday Nov. 24
 Friday, Nov. 25

Christmas

10:00 a.m. to 1:00 p.m.
 Friday, Dec. 23
 Saturday, Dec. 24
 Sunday, Dec. 25
 Monday, Dec. 26

New Year's

10:00 a.m. to 1:00 p.m.
 Friday, Dec. 30
 Saturday, Dec. 31
 Sunday, Jan. 1
 Monday, Jan. 2

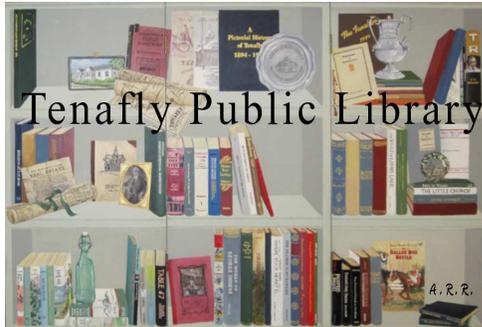
Visit us on the Web:

tenaflly.bccls.org
 http://www.tenafllynj.org

Contact us by Phone
 201-568-8680

NEW THIS SUMMER—KEY CHAIN LIBRARY CARDS

New library cards featuring the trompe l'oeil mural *MY TENAFLY BOOKCASE* painted by *Alice Renner Rigney* will be available this summer. A gift from the Tenaflly High School Class of 1946, this mural was presented to the Library in 2001. The painting features books written by Tenaflly authors and titles about Tenaflly and its history. Library users may exchange their wallet card for a key chain card. Wallet size cards will also feature the new design.



IMMORTAL LOVE SONGS - Sunday Concert - September 18 at 2:00 p.m.

Mezzo-soprano *Frances Devine*, bass-baritone *Richard Cassell* and pianist *Martin Yazdzik* of **Capitol Heights Lyric Opera** performing staged duets and arias from opera and Broadway's greatest hits, including *Carmen*, *Don Giovanni*, *Carousel*, *Kiss Me Kate*, *Fiddler on the Roof*, *Phantom of the Opera*, *Show Boat* and *The Barber of Seville*. Presented by the *Friends of the Tenaflly Library*.

Great Books Discussion Group—First Thursday of the month at 7:30 p.m., Friends Room.

August 4, September 1, October 6, November 3 and December 1. See the Reference Librarian for assistance with reading materials.

Foreign Policy Discussion Group—First Monday of the month at 7:30 p.m., Friends Room.

Discussions are based upon, but not limited to, readings of the non-partisan Foreign Policy Association. Upcoming meetings: October 3, November 7 and December 5. See the Reference Librarian for assistance with reading materials.

Afternoon Book Discussion Group with Selma Greco—Fourth Thursday of the month at 1:30 p.m., Friends Room. Upcoming meetings: August 25, September 22, October 27, November 17 and December 22. Pick up the next discussion title at the Circulation Desk.

Poetry Circle of Tenaflly—Thursday evenings at 7:00 p.m., Friends Room.

Upcoming meetings: August 11, September 8, October 13, November 10 and December 8.

Congressman Scott Garrett's Mobile Constituent Service visits the Library on the **first Monday of each month from 10:00 a.m. to 12:00 noon.** Upcoming dates: October 3, November 7 and December 5.

LIBRARY EXHIBITS

Edna Kawulitzki Gallery

August	Tenaflly Nature Center Art Contest
September	<i>Chris Dabagian</i> - Photography
October	<i>Sarko Ekhsigian</i> —Pen/Ink Artwork
Nov./Dec.	<i>Isabel Schmerler</i> - Watercolors

Exhibit Cases

August	Tenaflly Nature Center Art Contest
September	<i>Margaret Robins</i> - Fire Truck Collection
Oct./Nov.	<i>Itoko Kobayashi</i> - Oragami



Photograph by Chris Dabagian

CHILDREN'S ROOM

Read to Dogs - Mondays & Thursdays from 4-5 p.m. Call 201-568-8680 or email markle@bccls.org. Check our blog <http://tenafllylibrary.blogspot.com> for upcoming children's programming.

2011 SEASONAL FLU VACCINE



Residents will be able to get their flu vaccine at the Tenafly Health Department's clinic on a date yet to be determined in the early fall. Please check the town web site or local papers at the end of August, early September. Anyone over the age of three years is eligible to receive the vaccine. People with Medicare Part B, can get the shot at no cost, but must bring their Medicare card.

Seniors, who also have an HMO, must go to their primary care physician, where they can obtain it for free. Those under 65 will be charged \$20.

This year's seasonal vaccine will incorporate the same strains as 2010. While this may lead one to believe they are therefore immunized for 2011 since they got the same vaccine last year, the Centers for Disease Control (CDC), strongly advises people to get the 2011 vaccine, since immunity to influenza viruses declines over time, and may be too low to provide protection after a year. CDC also claims that flu vaccine is probably only 70% effective at best, so getting the immunization again this year makes the most sense.

Additionally, since New Jersey mandates children in day care centers must be immunized before December 31, children over the age of 6 months through three years of age can call HARP nursing agency for information on a pediatric clinic that will be held in the Fall at 201-996-2038. The Tenafly Health Department utilizes a shared services program for public health in conjunction with Mid-Bergen Regional Health Commission (for inspection & clinical services), and the HARP nursing agency.

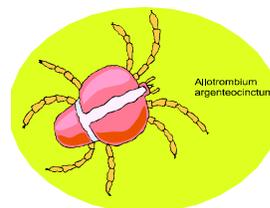
LYME DISEASE INFORMATION

As we wind through the months of summer spending more time enjoying the pleasures of the great outdoors, we thought it an opportune time to remind our readers to be vigilant – not panic stricken – about exposure to ticks that might transmit Lyme disease (and other less common infectious disease). Lyme is contracted after a feeding deer tick (*Ixodes*) transmits bacteria (*Borrelia burgdorferi*) harbored in its gut, into an unsuspecting human contact. The feeding tick can be a miniscule larva or nymph barely larger than a pencil point, to a freckle sized adult that can swell as it feeds. Attaching to camouflaged sites like an armpit or groin allows them to elude discovery, though it generally takes several days for the feeding tick to actually inoculate bacteria. Thus vigilance with body checks and tick removal (use tweezers and NOT matches!) can often interrupt a feed before bacterial transmission can occur.

There are early localized and disseminated stages of disease, and much less common late joint, neurologic and skin manifestations. Diagnosis can sometimes be made on clinical grounds alone – the classic expanding “bull’s eye” rash – or based on clinical findings and confirmatory lab tests (more accurate now than in years past). Treatment with oral antibiotics, occasionally intravenous, and seldom more than two courses, will almost always lead to a cure. Be suspicious of unproven diagnostic and therapeutic regimens promoted by “experts”. There is much disseminated misinformation and hyperbole, therefore consulting your physician or a reputable site (e.g. CDC.gov) will provide the greatest peace of mind and healthy outcome.

Tenafly Board of Health Chairman
Herbert Lazarus, M.D., FAAP

*Diplomate, American Board of Pediatric Rheumatology
NYU School of Medicine
Clinical Associate Professor Department of Pediatrics
Bellevue Ambulatory Care Center, 3rd Floor (212) 562-5524*



TENAFLY FIRE PREVENTION BUREAU GAS GRILL SAFETY TIPS

Liquid petroleum (LP) gas or propane, used in gas grills, is highly flammable. Each year people are injured as a result of gas grill fires and explosions. Many of these fires and explosions occur when consumers first use a grill that has been left idle for a period of time or just after refilling and reattaching the grill's gas container. To reduce the risk of fire or explosion, consumers should routinely perform the following safety checks:

- ◆ Check the tubes that lead into the burner for any blockage from insects, spiders, or food grease. Use a pipe cleaner or wire to clear the blockage and push it through to the main part of the burner. Check grill hoses for cracking, brittleness, holes and leaks. Animals like to chew on the hose if food and grease has accumulated on it. Make sure there are no sharp bends in the hose or tubing.
- ◆ Move gas hoses as far away as possible from hot surfaces and dripping hot grease. If you can't move the hoses, install a heat shield to protect them. Replace scratched or nicked connectors, which can eventually leak gas. Check for gas leaks, following the manufacturer's instructions.
- ◆ If you detect a leak or if you smell gas immediately turn off the gas and don't attempt to light the grill until the leak is fixed. Never use matches or lighters to check for leaks.
- ◆ Keep lighted cigarettes, matches or open flames away from a leaking grill.
- ◆ Never use a grill indoors. Use the grill at least 10 feet away from your house or any building.
- ◆ Do not use the grill in a garage, breezeway, carport, porch, or under a surface that can catch fire.
- ◆ Do not attempt to repair the tank valve or the appliance yourself. See the LP gas dealer or a qualified appliance repair person.
- ◆ Always follow the manufacturer's instructions that accompany the grill.
- ◆ Make sure the grill burner controls are turned off and the LP gas cylinder is closed when not in use.

Consumers should use caution when storing LP gas containers. Always keep containers upright. Never store a spare gas container under or near the grill or indoors or in a garage. Never store or use flammable liquids, like gasoline near the grill.

To avoid accidents while transporting LP gas containers, consumers should transport the container in a secure upright position. When you have a LP gas container filled, take it home immediately. Do not stop to do other chores or shopping on the way home. Never keep a filled container in a hot car or car trunk. Heat will cause the gas pressure to increase, which may open the relief valve and allow gas to escape filling the car with LP gas. Consumers should use extreme caution and always follow manufacturer's instructions when connecting or disconnecting LP gas containers.

If there is an uncontrollable release of LP gas or a fire, call 9-1-1 immediately and move all people and pets away from the grill.

SPECIAL THANKS TO OUR CONTRIBUTORS!

Due to the generous support of the following contributors, our 2011 fireworks display was provided at no cost to local taxpayers

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TSC—Leisure and Learning for Individuals 55 and Older

The Tenafly Senior Center offers **30 different programs** each week including dance, exercise, tai chi, bridge, language classes and weekly movies as well as lectures and monthly luncheons. Please refer to the town website or call for a monthly newsletter of programs and special events.

HIGHLIGHTED SPECIAL EVENTS

The following classes require pre-registration and registration is limited. Please call the Center at (201) 569-2159 or refer to our monthly newsletter for details including fees, times and details.

August 9 – Free Introductory Chair Yoga Class provided by Englewood Hospital’s Community Outreach Department.

August 11 – Understanding Memory Loss – This program will explore the difference between normal age-related memory changes and abnormal changes related to dementia disorders. Current treatment options and research trends will be addressed.

August 12 – Balance Presentation - Dr. Campione from Bergen Chiropractic Neurology Center will discuss what is involved in balance, why it changes as we age and how can we improve it.

August 25 –Alaska – A slide presentation by Ginny and Hal Brandmaier

August 26 - PBA Picnic – The annual PBA barbeque will be held at the Center and is open to all **Tenafly residents 55 and over**. Pre-registration is required.*

September 9 – Men’s Continental Breakfast - Space is limited *

September 22 – Presentation by Myra Metzger from the Bergen County Legal Aid Services

September 23 – September luncheon and variety show*

October 13 – Bergen County Surrogate Judge Michael Dressler will speak on the services provided by the Surrogate Court, as well as issues such as intestacy, guardianship and inheritance tax

October 14 – “Octoberfest” Luncheon at the Center with entertainer, Eric Kressen*

October 20 – “Organic Foods – Live Foods” - presentation by Khalid Mansoor from Healthway

October 27 – Reverse Mortgages – A presentation by Owen McKeon, Reserve Mortgage Counselor from Bergen County Division of Senior Services

NEW CLASS OFFERING

Italian for Beginners – Please contact the Center if you would be interested in being part of this new class. The goals will be to converse in Italian, learning vocabulary, and patterns of speech in content. Giovanna Munglioli will lead a class that will be good for beginners and for individuals who want to reinforce what they may already know but not remember.

TSC—Leisure and Learning for Individuals 55 and Older—Continued

The Tenafly Senior Center offers **30 different programs** each week including dance, exercise, tai chi, bridge, language classes and weekly movies as well as lectures and monthly luncheons. Please refer to the town website or call for a monthly newsletter of programs and special events.

SEPTEMBER CLASSES RETURN

September 16 English as a Second Language – English conversational classes are offered by seniors to adults of all ages to improve their English through reading and conversation. Students must be able to read and have some basic knowledge of English. Classes will be open to new students in September. We also invite inquiries from individuals wishing to become a tutor for this program.

Spanish Class - A six-week series for individuals with some experience with the Spanish language

Ballroom Dancing – A new eight week series with Jean Martin begins on September 13th. This series will focus on the meringue and the waltz.

Tenatone Choral Group – This group, led by Music Director Ella Urdang, returns the Wednesday after Labor Day and welcomes new singers. The chorus practices on Wednesday afternoons. In December and the Spring they perform at the Center and travel to share their music with local groups.

Art Classes – Watercolor and Drawing series with Instructor George Miller will return in September.

Exercise Classes – The Center offers – Stretch and Tone – Exercise for Osteoporosis – Zumba and Exercise for Brain and Body

Please call for start dates and details on the above classes

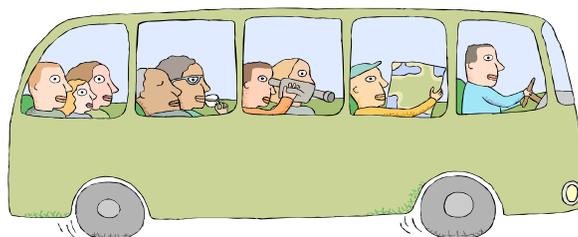
TRAVEL OPPORTUNITIES

September 12 – Atlantic City – “A Tribute to Liza Minelli & Judy Garland” at the Tropicana

September 21 – City Island – A guided tour of City Island including the Bartow-Pell Mansion Museum with lunch on the waterfront

November 16 – “My Fair Lady” at the Westchester Broadway Theater

December – Newark Holiday Trip – Date and details to be announced



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TENAFLY REMEMBERS 9/11

Tenafly will hold a tenth anniversary memorial program at 12:00 noon on the Peace Plaza at Borough Hall. Tenafly resident Brenda Blackmon, co-anchor of My9 News on WWOR-TV, will be the featured speaker. In 2010, she won her fourth Emmy Award for Best Single Newscast and has been nominated for 15 additional Emmy Awards. Blackmon is also the recipient of the Edward R. Murrow Award for Broadcast Excellence. Additionally, she has won more than a dozen Associated Press Awards.

Blackmon covered the September 11 attack on the World Trade Center. She said that while driving on the New Jersey Turnpike she saw people on the side of the road watching the massive cloud of smoke and she “started to cry like everyone else, but you have to detach a bit to tell the story...You have to make sense of it all” she said. After more than 20 years of broadcasting, Blackmon is in a unique position to present a comprehensive view of the events following that watershed moment and how the world has been transformed.

High school students, who were only six or seven years old at the time, will present a musical interlude, and a creative writing contest winner will share some thoughts from a student’s perspective. There will also be a moving renditions of two original works by composer/singer William Michael Dillon. He has become well known through his appearances on a number of TV shows featuring his life story. Dillon was released after 27 years of wrongful incarceration for a brutal murder. Through the efforts of the Innocence Project, DNA evidence cleared his name. While in prison, Dillon learned to play the guitar. He has composed many songs and his remarkable voice adds poignancy to the insightful words.

There will be an opportunity during the program for individuals to mention the names of friends and loved ones who perished either on 9/11 or in ensuing years due to the attack. They may place flowers or candles in a glass at the base of the mural.