

MyMontvale

THE OFFICIAL NEWSLETTER OF THE BOROUGH OF MONTVALE

Next Issue: February 21
MyMontvale is produced monthly by
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www.pvcommunitylife.com

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Montvale Matters

HARLEM WIZARDS VS. MONTVALE MARVELS

Saturday, Jan. 26 at Pascack Hills High School at 7 p.m.

Come join us for a fun filled night of Tricks, Hoops and Alley Oops! Back by popular demand! The Harlem Wizards basketball team will take on the Montvale Marvels, a team comprised of Memorial and Fieldstone Faculty, on Saturday, Jan. 26 at 7 p.m. in the gym at Pascack Valley High School. This ever so popular event, presented by the Montvale Educational Foundation, has sold out two years in a row.

Come cheer on your favorite teachers or be entertained by the greatest basketball show ever. There will be something for everyone with crafts, face painting and more. This year's basketball spectacular is being sponsored by Benjamin Moore Paints. NJBest.com is returning as a half court sponsor. Bring your family and friends! It is pure enjoyment for every fan in attendance.

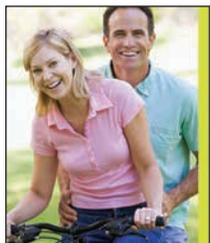
Tickets now available on our website MEF4kids.org. Advance ticket sales \$15. Tickets will be \$20 at the door but this event has sold out each year so buy your tickets early to guarantee admission.



TREE LIGHTING

Montvale held its annual Christmas Tree Lighting on Nov. 30. The event included performances by Memorial Elementary School and Fieldstone Middle School choirs, and donations for the Tri-Boro Family Care Fund were collected to assist residents who are struggling financially and in need of assistance. Pictured above, Chris Song with his daughter Robyn.

PHOTOS BY KEVIN J RILEY



When It's Your Health Experience Matters



MONTVALE
HEALTH ASSOCIATES

305 W. Grand Avenue, Montvale, NJ • (201) 391-8282 • www.MontvaleHealth.com

MONTVALE BOROUGH HALL

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Montvale, NJ 07645

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MAYOR'S MESSAGE JANUARY

I hope everybody enjoyed their holidays and made the most of their time off from school and work. With everyone's schedule being so hectic it is a welcome change to spend some time at home with our friends and family. Events like those in Connecticut last month do tend to give us pause to appreciate how fortunate we all are. Our thoughts and prayers go out to their entire community as they begin their long road to some sense of normalcy.

I want to take a minute to recognize two Montvale volunteers who "retired" from their duties in December. Beth Politi and Mark Kas-tan stepped down after serving on the Regional Board of Education for many years; Beth for 13 years and Mark for seven years. In their time on the Board they both served on virtually every committee there is and gave countless hours to their efforts. The members of our local and regional boards of education are charged with arguably the most important job in any community. We entrust them to give our educators the tools and resources to achieve and maintain the high standards all of our residents expect of our schools. What they do has a direct effect on people's decisions to move to Montvale, on our businesses to remain in Montvale, and on the value of our homes. It is the number one consideration of anyone looking at housing in any community. They give freely of their time and talents in order to help our schools be successful, and they do so in the most thankless job a volunteer can have. We offer our thanks and appreciation for everything they have done over the years.



Roger J Fyfe
Mayor

As previously noted, we have had several discussions about how we can improve some aspects of dealing with an emergency like Hurricane Sandy. More direct and frequent notifications seem to be an area we should be improving. Having spoken to many other officials in other towns, I have decided it would be a good idea for me to have a Twitter account so I can dispense information as often as I need to and it will reach more people than any other media. This is not the magic solution but just one tool we will be using going forward. My account will be @mayorfyfe. Everyone is invited to sign up to follow the account beginning immediately so they will receive the latest news. The plan is to use this for emergencies or important notices only. It will not be a daily social kind of communication. Contacting me about regular borough business is still done best via email at mayorfyfe@montvaleboro.org. Phone calls and letters are still fine but emails seem to be the best way to be in touch.

There has also been a change on our website in terms of emergency info. There will be a separate page that will include any relevant information about a given issue so that it doesn't get lost in the main page. There will be a banner alert across the page directing you to the emergency page. Hopefully this will be a more direct way of dispensing the information.

Finally I want to thank those residents who have been coming out to attend the informal town meetings as well as the council and planning board meetings. It is very important to be involved in the decisions are made that affect our residents. Making sure your opinions and voices are heard is the best way to be a part of the process.

Let's hope the snow stays on the ski slopes and off of our streets and we have another dull winter weather season again.

MONTVALE POLICE DEPARTMENT

Hello Montvale:

In previous years we used an emergency notification phone system through Bergen County called C3 and a messaging system called Nixel. Many of you signed up for these services. Neither of these vendors is contracted by the County or Montvale any longer.

Residents who want to keep updated in emergencies by the police department have three ways to seek information:

1. Swiftreach which is our current emergency notification phone service. If you did not receive Swiftreach notifications in the two weeks following Hurricane Sandy, the easiest way to sign up is as follows: on the Internet go to bcoem.org, click on the "Swift 911" tab in the center of the page, enter the required information on the template, click "Submit Request." You will then be registered to receive messages at whichever phone number you have designated. Swiftreach is only used in emergencies.
2. We message through Twitter. Our Twitter ID is Montvale Police @MontvalePD.
3. The Borough of Montvale website at montvale.org has a Borough Alert section on the homepage.

Now that winter is upon us, the winter driving message remains the same. Roads will be snowy and slick. Use caution driving on snow and ice covered roads. See your mechanic to ensure you have the proper tires and windshield wipers on your car for inclement winter weather. Avoid driving in winter storms if possible. Our D.P.W. does a great job of getting the roadways cleared, but during heavy storms it is very difficult to keep the road surface free of snow and ice. Use caution when walking on snow covered roadways. Please use the sidewalks. If no sidewalk is available and you are forced to walk in the street, be extra vigilant for passing vehicles. Remind your children not to ride their sleds into the roadways. Vehicle operators may have a difficult time seeing and reacting to a sled darting across the roadway. ATV riders and snowmobilers – these vehicles are not permitted to operate on borough streets, even in a snow storm.

Overnight parking permission is denied during snow events. During non-snow events call 201-391-4600, take "option 1" to reach the Montvale PD menu and then press "2" to reach a dispatcher to request overnight parking.

Stay safe,

Chief Jeremy Abrams



EMPLOYEES MAKE DONATIONS

PHOTO COURTESY OF BOROUGH OF MONTVALE

Montvale's borough employees donated Christmas presents to help needy local families through the Tri-Boro Family Care Fund.



UNDEFEATED TWO YEARS AND COUNTING

The Montvale Eagles 12U baseball team completed their second consecutive undefeated championship season by beating Ridgewood 9-3 in the final of the NJSBL fall season. The boys have been together as a team largely unchanged since first grade.



PHOTO COURTESY OF MONTVALE EAGLES

Pictured top row from left: Coaches Jim Quigley, Mike Curcio, and Lou Giovannielli; Anthony DeMario, Hunter Giovannielli, Brandon Siegenthaler, Chris Curcio, Tommy Chiellini, Michael Rodriguez, Matthew Giammanco, Matthew Coughlan, Marc Hernandez, Connor Quigley, and Kevin McGee. GO EAGLES!

DONATIONS FOR OUR TROOPS

U.S. troops, including our local sons and daughters, stationed in Afghanistan and overseas, enjoy receiving care packages from home and really appreciate any care package that comes their way.

It is such a morale boost and lifts their spirits to know they are appreciated for what they are doing. Your donation can make a difference!

Every few months, I send a dozen care packages to the troops. As they carry all their gear and do not have room to store items, the size of all donated items must be travel or individual sizes. Items needed are:

- Travel sized toiletries (razors, soaps, lotion, toothpaste, toothbrushes, and mouthwash)
- Cigars
- Medical items (cough drops, aspirin, vitamins, allergy pills)
- SPF wipes/spray; Bug wipes/spray; Sanitizer wipes/lotions/sprays
- Chap stick
- Dental floss
- Hard candy; Granola bars or fruit rolls; Beef jerky and dried fruit; Nuts (small cans or individual packets)
- Facial lotions w/SPF
- Hand and/or feet warmers
- Women's and men's razors
- Socks (tube socks - size 9-11 and/or larger)
- Batteries

My brother, U.S. Marine Corp Lt. Col.Cirillo, gives me active names and addresses of enlisted service members. If you have a family member who is actively serving, please let me know and I would be happy to add them to my list. Please feel free to call or e-mail me with any questions or if you have items to donate.

Thank you for remembering our troops and all they do for us!
Diane Baviello
Email - dibav5@verizon.net, 201-476-0604

Relay for Life of Pascack Valley

The American Cancer Society Relay for Life of Pascack Valley will be held this year at Pascack Hills High School on May 18 and 19.

The Kickoff Party is an important event because it enables us to recognize volunteers and teams from last year, held at Pascack Valley High School, and talk about what Relay is all about. It allows people who are interested in either volunteering to work on the event, or start a team, to ask questions of the different chairs who will be on site to answer any questions.

KICKOFF PARTY
WEDNESDAY, JAN. 30 AT 7:30 P.M.
ST. JOHN THE BAPTIST PARISH CENTER
1 VALLEY ST., HILLSDALE
RELAYFORLIFE.ORG/PASCACKVALLEYNJ

CONSTRUCTION/BUILDINGS

FROM THE CONSTRUCTION OFFICIAL:

As we all know, Montvale was not spared from the effects of the recent hurricane. As a result of the extensive damage, property maintenance enforcement has been relaxed to allow residents and businesses to make arrangements to complete any cleanup work. The borough is aware that contractors are very busy and may not be able to get to your home in a timely fashion.

In light of this situation, property maintenance enforcement will continue to be relaxed through the end of January for storm related damage only. Branches and brush can be tied up, not to exceed 3 to 4 feet in length, or placed in barrels, and can be left out for the regular brush pickup.

Logs and brush or branches not bundled and tied will not be picked up. This debris will have to be disposed of by the homeowner or their hired contractor. Any tree stumps remaining will also have to be removed as per the property maintenance ordinance. Any debris in the streets must also be removed immediately so snow plows are not plowing branches and brush when snow removal operations are occurring.

As always, you can contact my office and we can discuss any unique situation that may affect your property. I am happy to work with all residents so we can collectively keep Montvale looking great.

Jeff Fette

MONTVALE RECREATION DEPARTMENT

The Recreation Department's news and information can be found in Borough Hall at the front counter and at the town website: montvale.org. If you have any questions or comments regarding recreation programming, you can email us at montvalerecreation@ymail.com. To save time when registering for a class, you may print your registration forms online and fill them out at home. Please fill out two copies of the registration form and bring both to the class along with your payment. All checks must be made payable to the Borough of Montvale.

To be notified via email when Recreation activities are taking place, join the Montvale Recreation email list. Emails will only be sent to announce recreation news. If you are interested, please email us at: montvalerecreation@ymail.com to let us know. You can also sign up on our Facebook page. We look forward to hearing from you.

All programs are open for enrollment after the start date.

HATHA YOGA

Yoga increases flexibility, physical strength and energy and improves concentration, emotional stability and the ability to relieve stress through relaxation. Three, one day/week classes will be offered in the Recreation Center. The first class, Monday evenings from 7:30 to 8:30 p.m. began Jan. 7. The second class, Friday mornings from 9:30 to 10:30 a.m., began Jan. 11. Registration will take place on the first session of each class. Residents and non-residents 18 years of age or older are invited to participate. High School students may participate if registered by an adult. A mat or towel should be brought to each class. Fee: \$80 for residents; \$100 for non-residents for this eight-week class. Instructor: Debra Broadman.

ZUMBA

The ZUMBA® program is a Latin-inspired, dance-fitness class incorporating Latin and international music and dance movements creating a dynamic and effective fitness program. This exciting class is for everyone, as the repetition of basic steps makes it easy to learn. Kimberly, a certified instructor, is excited to share the fun of fitness! The first class began Thursday, Jan. 10 at the Recreation Center. The class is held Thursdays from 9 to 10 a.m. Fee: \$80 for residents; \$100 for non-residents for this eight-week class. Instructor: Kim Kern.

FITNESS BOOT CAMP

The most effective way to improve cardiovascular function, build muscle and lose body fat. The class consists of a variety of exercises guaranteed to challenge every individual participant. No class will be the same. It's time to commit to be fit and challenge yourself. This class will be held Tuesday mornings from 9 to 10 a.m. The first class began Jan. 8. Fee: \$80 for residents; \$100 for non-residents for this eight-week class. Instructor: Certified Trainer and instructor Rose Freeman.

TAEKWON-DO

TaeKwon-Do, the Korean Art of Self-Defense, is the scientific use of the body through physical and mental training for self-defense in unarmed combat. The program will be available for adults and H.S. age students accompanied by an adult from 3 to 4 p.m. on Saturday and Sunday afternoons. This eight-week (16 sessions) class began Saturday, Jan. 12, in the Recreation Center. Fee: \$120 for residents; \$180 for non-residents. Registration will take place on the first day of class. Instructor: Mario Liriano; 5th Degree Black belt.

MEN'S 30 & OVER BASKETBALL

This program is held on Monday evenings from 8 to 10 p.m. in the Memorial School gymnasium. This pick-up game style program began in September and will continue through May 2013. Fee: \$75 for residents; \$95 for non-residents if space permits.

ADULT MEN'S COMPETITIVE BASKETBALL

Residents 18 years of age and older can participate in this competitive style pick-up game format. The program began Jan. 9 and will continue through May. Games are played on Wednesday nights from 8 to 10 p.m. in the Fieldstone School gymnasium. Fee: \$50 for residents and \$75 for non-residents.

ADULT VOLLEYBALL

This program is for men and women 18 years of age and older. Adult volleyball will be held in the Memorial School Gymnasium "B" from 8 to 10 p.m.

The program began Jan. 8 and will be held on Tuesday evenings through May. Fee: \$50 residents and \$75 for non-residents.

TENNIS

A magnetic locking system is installed on the court gates of both the Memorial Drive and Chestnut Ridge tennis courts. This system has proven to be an effective way to reduce the number of non-registered people using our courts. Each year residents who wish to use the courts must register to receive their new access card. Membership registration for the 2013 season which runs from March 1 to Dec. 31 may be purchased at the Borough Hall during normal business hours beginning in February. The 2013 tennis fee schedule is:

CATEGORY	RESIDENT	NON-RESIDENT
Adult	\$30	\$60
*Student (14-18)	\$10	\$20
Family	\$50	\$100
Senior Citizen	FREE	FREE

*Students registering alone must register as an adult.

TALKIN' BASEBALL

If talking about Baseball as it was in years past is your thing, please join us at our monthly meetings. The group meets the first Wednesday of each month at 7:15 p.m. in the Recreation Center (entrance is behind the community center). There is no fee for this program.

KID'S CORNER

BIDDY BASKETBALL

This program is an introduction to basketball for boys and girls in Grades K-2 and designed to be more instructional than competitive. Smaller basketballs and lower baskets are used. This program is held on Saturday mornings in the Memorial School gym. The program began Dec. 1, and the fee for this program is \$80. To give maximum "touches" for each child, each grade level will be divided into two sessions. The groups are divided by last name. In the event the numbers are not equal, we may need to move children to another time slot.

Grade 1- Last names beginning with letters A-M: 10 to 10:45 a.m.

Last names beginning with letters N-Z: 10:45 to 11:30 a.m.

Grade 2- Last names beginning with letters N-Z: 11:30 to 12:15 p.m.

Last names beginning with letters A-M: 12:15 to 1 p.m.

TAEKWON-DO

TaeKwon-Do, the Korean Art of Self-Defense, is the scientific use of the body through physical and mental training for self-defense in unarmed combat. Program will be offered two days/week for children in Grades K-8. The K-4 grade class will be offered from 1 to 2 p.m. on Saturdays and Sundays. The 5-8 grade class will be offered from 2 to 3 p.m. on Saturdays and Sunday. The program will be held in the Recreation Center. Classes began Saturday, Jan. 12. Fee: for this 16-session class is \$120 for residents; \$180 for non-residents (space permitting). Registration: first day of class. Instructor: Mario Liriano; 5th Degree Black belt.

GIRLS' VOLLEYBALL

This girls' volleyball program began Tuesday, Jan. 8. This eight-week program will be offered to girls in Grades 5-8 who will play in the Memorial School Gym from 6 to 7 p.m. Registration will take place the first night of the program. Fee: \$80 for residents; \$100 for non-residents. Instructor: Volleyball coach Ken Yeck.

FIELD USE

Applications and Hold Harmless forms must be completed and returned to the Borough Hall, c/o Tom Mascarelli, with liability insurance and payment. Forms are available online and at the Borough Hall front counter. Permits will be given according to availability.

UPCOMING EVENTS

ADULT CRAFT CLASS • INTRO TO PHOTOGRAPHY
YOUTH FITNESS CLASS • YOUTH TENNIS LESSONS
CRAFT FAIR AND/OR ANTIQUE SHOW

MONTVALE PUBLIC SCHOOLS

SURVEY SAYS

To invite suggestions on how best to use our district website, users were invited to complete a simple survey indicating frequency and purpose of use along with recommendations for increased ease of use and relevant information. If you have not already done so, please navigate our site at montvalek8.org and forward your ideas to akramar@montvalek8.org. Help us with our goal.

SUPERINTENDENT SEARCH

The Montvale Board of Education has completed the search and is in the process of finalizing a contract agreement, which must be approved by the Bergen County Executive Superintendent, prior to a BOE resolution for appointment scheduled for Jan. 14. Once the appointment is finalized, a formal announcement will be shared with the community along with a variety of transition events leading up to a start date sometime in March.

MONTVALE PASCACK VALLEY CURRICULUM HIGHLIGHTS

Our schools continue to share resources and staff to maximize efficiencies to review, revise, and approve curriculum updates, including the recently mandated Core Content Standards. Our focus this year includes Social Studies, along with follow-up of previous work in Math, and ongoing focus on the Language Arts/Reading and Writing Workshop models. At the same time, we continue to integrate 21st Century skills emphasizing problem solving, collaboration, and technology integration with opportunities to align with home, school, and workplace applications.

HOW GREAT... THE ARTS

While at times there may appear to be a disproportionate focus on assessment and standardized testing, we want to make sure our community recognizes and appreciates how talented and successful our elementary, middle, and high school students and staff are in the areas of the expressive and performing arts. At our recent Board of Education meeting, we enjoyed a wonderful display of student art from Memorial Elementary School and a fabulous performance by our fourth grade chorus. Students from our FMS Lego club demonstrated their incredible talents and designs they created for a local competition. These activities and our recent holiday concerts at both schools are just a few of the many exciting opportunities for children of all ages to explore and enjoy the arts.

IMPORTANT DATES:

Feb. 4, BOE Work Session Meeting, 8 p.m., FMS IMC

Feb. 11, BOE Public Business Meeting, 8 p.m., FMS IMC

Congressman Garrett's Office

Every second Thursday of the month, there will be a representative from the Hon. Scott Garrett's office at Borough Hall to address any concerns or questions you may have.

Andrew Whitehouse will be here between 1 and 3 p.m. in Conference Room 1.

MONTVALE PUBLIC LIBRARY

JANUARY'S SPOTLIGHT:

WHAT: Registration begins for "Ancestry.com Basics"

WHEN: Monday, Jan. 21 at 10 a.m.

INFO: Classes for adults will be held afternoons and evenings in early February

LOOKING AHEAD TO FEBRUARY:

ADULT DEPARTMENT

"Microsoft Word 2010" - Registration begins Tuesday, Feb. 19; classes will be held in March

CHILDREN'S DEPARTMENT

"Third and Fourth Grade Book Club" - Friday, Feb. 1 at 3:45 p.m.

For complete details and information on all Montvale Library services and programs, please telephone the Library at 201-391-5090, or visit the Library's website at montvale.bccls.org.



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TOM CHAPMAN
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New Monthly Board Meeting Time: 1st Wed of the month at 4:00 pm, Borough Hall, Montvale

Montvale Chamber 2012 "Person of the Year"

Congratulations to Dr. William Greco



Chamber Co-Presidents Scott L. Forman and Steven Fox along with board members: Doris Sutich, Michelle Taibi, Tom Hartel, Conrad Rotondella & Michael Forman, present the Montvale Chamber's 2012 "Person of the Year" award to Dr. Bill Greco at Bellissimo's restaurant in Montvale.

2013 Member & Non-Member Kickoff

January 23rd 2013
Open to all
Members and Non-Members

Porterhouse Restaurant
Kinderkamack Rd, Montvale

Kickoff the new year with our regional
Business Forum and networking event
hosted by the Porterhouse Restaurant.

Date: Wednesday January 23rd

Time: 5:30

Cost: \$10.00 per person (member or Non-Member)

MONTVALE IN FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Service Key Local Mtg. Household Trash Recycable Pick-Up					1	2
3	4 East	5 Central Planning Board Mtg. 7:30 p.m.	6 West	7 District 3, 4 Yard Waste pickup	8	9
10	11 East	12 Central Mayor & Council Mtg. 7:30 p.m.	13 West	14 District 1, 2 Yard Waste pickup	15	16
17	18 East	19 Central Planning Board Mtg. 7:30 p.m.	20 West	21 District 3, 4 Yard Waste pickup	22	23
24	25 East	26 Central Mayor & Council Mtg. 7:30 p.m.	27 West.	28 District 1, 2 Yard Waste pickup		

MONTVALE OFFICIALS

ADMINISTRATION

ADMINISTRATOR/MUNICIPAL CLERK

Maureen Iarossi-Alwan - miarossi@montvaleboro.org

MAYOR AND COUNCIL

MAYOR

Roger J. Fyfe (R) - mayorfyfe@montvaleboro.org

COUNCIL PRESIDENT

Leah J. LaMonica (R) - llamonica@montvaleboro.org

COUNCIL

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Rose Curry (R) - rcurry@montvaleboro.org

Mike Ghassali (R) - mghassali@montvaleboro.org

Timothy E. Lane (R) - tlane@montvaleboro.org

Salvatore J. Talarico (R) - stalarico@montvaleboro.org

CONTACT INFORMATION

MONTVALE BOROUGH HALL

12 Mercedes Drive, Montvale, NJ 07645

Phone: 201-391-5700

Visit www.montvale.org

MONTVALE SENIOR CLUB

The members of the Montvale Senior Club are looking forward to the New Year of 2013 featuring exciting activities, trips, entertaining and educational speakers. There are several new groups being formed such as canasta, crochet, yoga, gardening, computer classes and a variety of others. If you have a particular interest, come share it with us.

We invite residents of Montvale who are over 55 to join our club which meets on the first and third Thursday of the month for our Business and Social meetings. We have a board member who attends meetings at the Bergen County Senior Citizens Coordinating Council, Inc. and informs us of any relevant information relating to senior citizens. Our Montvale schools invite the members of our club to all their concerts, shows, and related activities. We host a Pizza and Bingo evening that everyone enjoys and a Popcorn and Movie evening each month. We offer numerous lunches throughout the year that we look forward to.

Our goal is to provide companionship and relaxation for our seniors in Montvale and keep members abreast of topics that affect the lives and well being of our members. A monthly calendar is available each month featuring all activities at our senior center located at 1 Memorial Drive in Montvale. Come down and visit with us or for more information call our president, Dick Voorhees, at 201-573-0761.

SENIOR CENTER EXERCISE ROOM

We have concluded another successful year at the Senior Center's Exercise Room, and it's time to register for 2013.

All residents or nonresidents who have reached their 55th birthday are welcome to participate. The registration fee for 2013 is the same as it was last year: \$40 per year for residents and \$45 per year for nonresidents.

Come join us, and peel away those extra pounds you accumulated during the holiday season.

Dick Voorhees, 201-573-0761

Live Healthy. Live Fully.

At Montvale Health Associates, keeping you healthy and enjoying life is our purpose and passion.

We've gathered highly respected therapists and doctors at one location to offer you professional, compassionate health care in a friendly atmosphere that we've worked hard to make second to none.

Our new, modern facility encompasses:

- Orthopedic & Sports Injury
- Pain Management
- Women's Health
- Spine Surgery
- Physical Therapy
- Chiropractic
- Podiatry
- Sleep Medicine
- Ear/Nose/Throat & Allergy
- Headache & TMJ
- Acupuncture
- Massage

Start living your life to its fullest!



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Director



Rick Lambert, MD
Medical Director
& Acupuncture



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Director of Women's
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Pain Management



Mike Pilar, DDS
Headache & TMJ/IBD



Edward Harris, DPM
Podiatry



Shelley Berson, MD
Sleep Medicine,
Ear/Nose/Throat & Allergy

Call (201) 391-8282

305 W. Grand Avenue ■ Montvale, NJ 07645
www.montvalehealth.com



MONTVALE
HEALTH ASSOCIATES