

Montvale Officials

ADMINISTRATION

ADMINISTRATOR/MUNICIPAL CLERK

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MAYOR AND COUNCIL

MAYOR

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CONTACT INFORMATION

MONTVALE BOROUGH HALL

12 Mercedes Drive, Montvale, NJ 07645

Phone: 201-391-5700

Visit www.montvale.org

TV: Cablevision-CH 77 Verizon FIOS-CH 35

CONGRATULATIONS!



PHOTO COURTESY OF OF MONTVALE POLICE

On Dec. 10, Mayor Roger Fyfe promoted four of Montvale's finest. Pictured from left to right are Sergeant Doug McDowell, Captain Joseph Sanfilippo, Chief Jeremy Abrams, Lieutenant Bruce Piatt and Sergeant Jason Szabo.

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.

**Comprehensive
breast services from
caring physicians.**

For all your breast health needs
call 201-781-1400 today.



Moira Christoudias, M.D.
Medical Director of
The Breast Center



Gail Starr, M.D., M.S.Ed.
Medical Director of the
Breast Imaging Center



Tamica White, M.D.
Breast Surgeon

 The Breast Center
HackensackUMC
at Pascack Valley

250 Old Hook Road, Westwood, NJ
www.HackensackUMCPV.com

MAYOR'S MESSAGE JANUARY



Roger J Fyfe
Mayor

Welcome to our January 2014 newsletter. As we look ahead to 2014 and identify issues and projects that need attention we can only assume nothing will beat the work load that we had to tackle last year. Updating our master plan, changing zoning in key areas, attracting almost \$200 million in capital investments by developers and businesses, creating a new DPW that will provide us with enough savings to have a very aggressive road program without increasing our debt, building new housing for seniors and special needs residents, and negotiating reduced units on mandated affordable housing projects kept the governing body quite busy all year.

In addition we finally got the police department properly staffed while making a number of promotions to very deserving officers. For the first time in anyone's memory the department is structured according to plan to help provide a more efficient way of operating. Congratulations to all of our officers on their important career accomplishments.

We still have some irons in the fire to follow up on such as the possibility of combining our construction department with our neighbors.

The library is also always mindful of keeping an eye out for opportunities to combine with other towns and reduce the burden of funding our library by ourselves. Also, there is the widening of the last stretch of Chestnut Ridge Road.

Aside from the DePiero application, the biggest projects we will be getting to work on is providing a better firehouse for our volunteer firemen and pursue the best use of the old school #2 property for affordable housing. As of this writing we have seen a couple of proposals and they are interesting.

The County assures me East Grand Avenue, Summit Avenue and Spring Valley Road will be paved (although they admittedly said the same thing last year).

As I mentioned last month, watch the website and TV Access to get the dates for the planned town meetings we will be having in addition to our regular meetings. They will be informal and hopefully informative as well.

Congratulations to Council Members Talarico and Lane on their re-election. I know they appreciate your support and they take their responsibilities very seriously.

MONTVALE POLICE DEPARTMENT

Hello Montvale:

As a reminder, in New Jersey anyone younger than 17 years of age who rides a bicycle or is a passenger on a bicycle, or is towed as a passenger by a bicycle **must** wear a safety helmet. The law includes roller skates, in line skates and skateboards. In New Jersey, the law states a bicyclist must obey all state and local automobile driving laws. A parent may be held responsible for the child's violation of any traffic law.

Make sure the bicycle is properly maintained and fitted for the rider. Be extra vigilant with tire pressure, seat height, and brakes. There are some excellent web sites for information about bicycle safety. Visit safekids.org, kidshealth.org, ibike.org and nhtsa.gov/people/injury/pedbimot/bike/kidsandbikesafetyweb.

Also, as spring arrives, so do con-artists pretending to be contractors. They prey mostly on senior citizens but will take advantage of anyone who is naïve to their scams. The con men often use driveway sealing, roof repairs and chimney repair scams (but may use any home repair scam) to take advantage of the unsuspecting. They have also pretended to be water, electric, gas and phone company employees to access their victim's home to commit thefts.

Protect yourself by:

Being suspicious if a contractor arrives at your house unannounced with a "special" deal.

Being suspicious if the price seems too low.

Being suspicious if the contractor is putting a high pressure sales pitch on you.

Being suspicious if the contractor wants to be paid in advance.

Being suspicious of any utility company employee who arrives at your home unexpectedly and claims to need to enter the house.

Always getting a second opinion.

Never letting an unannounced contractor into your home.

Checking with the Better Business Bureau about the contractor. Checking references.

Checking with the utility company office to see if employee is legitimate.

Call the Police if you think something is not right. Do it while the suspected con-artist is still there. That will give us the best chance of bringing a scammer to justice.

If it seems too good to be true, it probably is.

Stay safe,
Chief Abrams



MONTVALE ACCESS

We are working on building a group of volunteers to help put together a TV schedule of programs the people from Montvale would enjoy viewing. We have a channel on Verizon 35 and Cablevision 77 that we now use to broadcast the Mayor and Council monthly meetings. Over this summer we

added a few of the town events for your viewing pleasure.

At this point we need content to air and I am looking for volunteers to help with ideas as well as collecting or filming.

We also need people to help with filming, editing, scheduling and a lot of other behind

the scene interactions. We are looking to build this group with local people to help make a program the whole town would enjoy. **NO EXPERIENCE NEEDED!** We can all learn from each other. If you would like to join our group, send an email to montvaletvaccess@montvaleboro.org or call and leave a message at 201-391-5700 ext. 269.

Bill Lagno
Station Manager

MONTVALE PUBLIC LIBRARY

FROM THE ADULT DEPARTMENT

WHAT: "The Top Five Mistakes Students Make on Their College Application Essays"

WHEN: Thursday, March 13 at 7 p.m.

INFO: Presented by Randy Levin, who holds a MA in English and a MFA in Creative Writing. He is a former high school English teacher who worked in highly competitive Long Island districts. Randy is a published writer, editor, speech writer, and public speaking coach. Because of his expertise and reputation, he is the only college essay expert who had been asked to speak at the National College Fair in Nassau Coliseum on Oct. 6, 2013.

FROM THE YOUTH SERVICES DEPARTMENT

WHAT: "Night Time Story Hour"

WHEN: The last Wednesday of every month

INFO: In-person registration for this popular program, geared for ages 3 and up, starts two weeks before the date of the story hour. Children are encouraged to wear their PJs (maybe Ms. Giulia will wear hers!) and come and enjoy cookies and bedtime stories.

ALSO OF INTEREST

Be sure to check out another valuable college preparatory tool available through the Montvale Library. *Shmoop* is an online study tool designed for high school students. *Shmoop* features ACT, PSAT, SAT & SAT Subject Test preparation (including practice exams,) as well as test prep for over two dozen AP exams and learning guides on a number of subjects, including Literature, Algebra, Biology, Economics, Music and Mathematics.

Shmoop is free to Montvale residents with a Montvale library card. Just go to the Library's web site at montvale.bccls.org and click on "Learn to *Shmoop*" to register for an account. If you need help, come to the library with your card and we'll set you up. Once you're signed up, you can log on to your *Shmoop* account anywhere you have Internet access.

New in 2014 is *Zinio*, a digital magazine and periodical service. The magazines can be accessed through any device with an Internet browser, and there are apps for iPhone, iPad, Android, Kindle Fire/Fire HD, Nook HD/HD+, Windows 8 and Blackberry Playbook that will allow patrons to read the titles.

[FOR INFORMATION ON LIBRARY SERVICES AND PROGRAMS](#)

Visit the Library's web site at montvale.bccls.org, email the Library at movlcirc@bccls.org, or telephone the Library at 201-391-5090. Stop by and visit us, too!

MONTVALE SENIOR CLUB

The New Year is the perfect time to try our Montvale Senior Club and we welcome you. Our members are looking forward to the New Year of 2014 featuring exciting activities, trips, entertaining and educational speakers. There are several ongoing groups such as canasta, crochet, card games, yoga, gardening, computer classes and a variety of others. We have an exercise room with an assortment of fitness equipment which is very popular. If you have a particular interest, come share it with us.

We invite residents of Mont-

vale and now former residents who may live in other areas to come join us. You must be 55 and over to join our club which meets on the first and third Thursday of the month for our Business and Social meetings. We are fortunate to 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 members of our club to 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 Christmas Gala was held at the Florentine Gardens and is our most popular event. We have this special dinner, entertainment and companionship three times a year. Our mission is to provide companionship and relaxation for our seniors and keep members abreast of topics that affect the lives and well being of our members.

We are looking forward to a

trip to Mount Airy Lodge in March for a buffet lunch, "Bea-tle Mania" show and a great day. Call Rosemarie Kelly at 201-391-8718, or Marie Dineen at 201-391-1831. A trip is planned in the spring to the Sight and Sound theatre in Pennsylvania for a performance of "Moses." A monthly calendar is prepared each month featuring all activities at our senior center located at 1 Memorial Drive in Montvale.

Come down and visit with us. For more information call our president, Dick Voorhees, at 201-573-0761.

LOCAL ASSISTANCE

The Borough of Montvale has a collection container located in Borough Hall, first floor, near the Library door to collect items for those in need.

What is needed?

Food gift cards for local supermarkets are greatly needed. Please place in envelope, mark outside *Public Assistance*

Director and drop off at Borough Hall, second floor.

Food items especially jellies and jams

Personal hygiene items including toothbrushes, toothpaste, mouthwash, toilet paper, paper towels, hand and bath soap, dish soap, sponges, powder, deodorant, and shampoo

Cleaning products, e.g., bathroom cleaners (Lysol), Windex, SOS soap pads and laundry and dishwashing detergents

The Food Center is looking for able-bodied men who are willing to assist at the center one to two times a month to stock the shelves with heavy items. You may call the Food Center at

201-573-9083, or Kathie Bowen at 201-307-0534 to volunteer for this worthy cause.

Anyone in need of additional assistance, please call Kathie Bowen at 201-307-0534. All information is confidential.

Kathie Bowen
Public Assistance Director

MONTVALE RECREATION DEPARTMENT

HOLIDAY LIGHTING RE-CAP

The Montvale Recreation Dept. would like to thank all those in attendance and especially the Memorial and Fieldstone school choirs (and their respective directors Mrs. Jen Feather and Mr. Jim Quaranto) for making this year's lighting such a wonderful event. We would also like to thank all those people who contributed to the Tri-Boro family care fund to help those residents in need. We wish everyone the best in 2014!

ADULT PROGRAMS

18+ COMPETITIVE BASKETBALL

Residents 18 years of age and older can participate in this competitive style pick-up game format. This program begins on Jan. 8, 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; \$75 for non-residents.

30+ BASKETBALL

This program is for men and women 30 years of age and older and held on Monday evenings from 8 to 10 p.m. in the Memorial School gymnasium. This pick-up game style program began Sept. 23 and will continue through May. Fee: \$75 for residents; \$95 for non-residents if space permits.

TABATA BOOT CAMP AND YOGA

The Tabata Boot Camp program is a proven method of High Intensity Interval Training (HIIT) and uses the 20-10 microburst method of training. This innovative class is guaranteed to deliver a great calorie burn workout that is followed up with a post metabolic boost. This class offers effective workouts that maximize your results in a minimal amount of time. The second part of this class will consist of yoga moves and nutritional advice. Two, one day per week classes will be offered. The first eight-week class, offered on Tuesdays, began Jan. 6. The second class, offered on Fridays began Jan. 10. Both classes will be held from 9 to 10 a.m. in the Rec. Center. All levels are welcome to come and learn more about the hottest craze in fitness. Fee: \$80 for residents; \$100 for non-residents for this eight-week class. Instructor: Degreed and Certified Personal Trainer, Certified Tabata and Yoga instructor Rose Freeman brings 25 years of continuous training excellence.

The spring classes for Tabata Boot Camp will begin on Tuesday, March 25 and Thursday, March 27.

ADULT CRAFT CLASS

This fun craft class will help you relax and make some decorations for all the upcoming seasons. This eight week class meets on Tuesday evenings in the Memorial School art room from 6 to 7:30 p.m. The first class began Jan. 6. Fee: \$60 (plus the cost of supplies). Instructor: June Hanna.

The spring classes for Adult Crafts will begin on March 25.

HATHA YOGA

Yoga will increase flexibility, physical strength and energy. Yoga will also improve concentration, emotional stability and the ability to relieve stress through relaxation. Two, 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. 6. The second class, Friday mornings from 9:30 to 10:30 a.m., began Jan. 10. 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.

The spring classes for Hatha Yoga will begin on March 24 and March 28.

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 8 to 9 p.m. on Tuesday evenings. This eight-week class began Tuesday, Jan. 7 in the Recreation Center. Fee: \$80 for residents; \$100 for non-residents. Registration will take place on the first day of class. Instructor: Mario Liriano; 5th Degree Black belt.

The spring classes for TaeKwon-Do will begin on March 25.

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 8:15 p.m. in the Recreation Center (entrance is behind the community center). There is no fee for this program.

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. 7 and is held on Tuesday evenings through May. Fee: \$50 for residents; \$75 for non-residents.

KID'S CORNER

BIDDY BASKETBALL

This program is an introduction to basketball for boys and girls in Grades K-2. This program is 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. 7. Fee: \$80.



CHESS

This program will offer instruction to children interested in learning the dynamics and strategies of chess. The class will run for eight weeks. The club is open to children from Grades K-4. First time and experienced chess players are welcome. Different levels will be offered. It is recommended that each child bring their own chess set to the class. Space will be limited. Fee: \$80 for resident students. The new chess program will begin in January. Information about this program will be sent home through the Memorial school Wednesday folder.

GIRLS VOLLEYBALL

This girls volleyball program began Tuesday, Jan. 7. This eight-week program will be offered to girls in Grades 5-8. The girls 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.



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 class for Grades K-4 will be offered Tuesdays and Thursdays from 6 to 7 p.m. Classes began Tuesday, Jan. 7. The class for Grades 5-8 will be offered Tuesdays and Thursdays from 7 to 8 p.m. Classes began Tuesday, Jan. 7. The program will be held in the Recreation Center. 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.

The spring classes for TaeKwon-Do will begin on March 25.

If you have an idea for a program or would like to become an instructor, email us at montvalerecreation@gmail.com. (Please don't speak with Mr. Freeman at school - I will forget.)

UPCOMING PROGRAM DATES

DRAMA FOR MAMA

Put all those hysterical, adorable and even stressful stories of motherhood to good use! This course uses each student's individual "stories" to create comedy for family story telling, journal writing that can be passed on to our children, stand up comedy and sketches. These stories are unique but universal. Share laughter and learn new skills in a creative workshop. You'll be glad you did! Classes will be held Monday mornings from 10 to 11 a.m. in the Rec. Center. The first class will be held Monday, March 24. Fee: \$80 for residents and \$100 for non-residents for this eight-week class. Instructor: Bernice Harris, Director of "AnitaLaugh" Improv & sketch comedy troupe voted "Best Comedy Entertainment" in Bergen County.

IMPROV COMEDY CLASS

Improvisational comedy is an art form that has now come to Montvale. "AnitaLaugh" offers a fun-filled workshop featuring improv games like those seen on "Whose Line is it Anyway." Theater games and acting exercises help anyone looking to ease the discomfort of public speaking and those trying to overcome shyness in a supportive and creative environment. Learn how to "think on your feet" and develop the skills useful for business, performing and all aspects of life. Anyone who wants to try their hand at comedy for fun or as a career will benefit greatly from learning improv. Classes will be held Wednesday evenings from 7 to 8 p.m. in the Rec. Center. The first class will be held Wednesday, March 26. Fee: \$80 for residents and \$100 for non-residents for this eight-week class. Instructor: Bernice Harris, Director of "AnitaLaugh" Improv & sketch comedy troupe voted "Best Comedy Entertainment" in Bergen County.

TENNIS LESSONS

Looking to improve your tennis game? This program will be offered through the Montvale Recreation Dept., but taught by Bill Bess of Tennis Dynamics. Lessons will be taught for the beginner and the intermediate player. Instruction will be limited to a maximum of eight participants per group. Classes will be offered for kindergarteners through adults. Two separate days of lessons will be offered independently of one another. The cost for the six-week program (one day/week) is \$80/person for residents and \$120/person for non-residents. Lessons will be given at the Memorial Drive tennis courts. Please note the courts will be reserved for lessons during the length of the program. Monday classes will begin on May 5. Saturday classes will begin May 10. Loaner rackets will be provided for those people that do not own their own racket but are interested in playing. To register, please read TENNIS REGISTRATION below.

Monday's lessons

Grades K-2 from 4-5 p.m.

Grades 3-5 from 5-6 p.m.

Grades 6-8 from 6-7 p.m.

H.S. and Adult 7-8 p.m.

Saturday's lessons

Grades K-2 & 3-5 2-3 p.m.

Grades K-2, H.S. & Adult Beginner 3-4 p.m.

Grades 6-8 from 6-7 p.m.

Grades 6-8, H.S. & Adult Intermediate 4-5 p.m.

TENNIS REGISTRATION

We will hold two formal registrations days for lessons and to purchase your tennis pass (if the "normal business hours" are not convenient for you). Registration will be held on Wednesday, March 26, from 6 to 7 p.m. and Saturday, March 29, from 10 to 11 a.m. Both registrations will take place at the Montvale Rec. Center (located behind the community center). If you miss these registration dates, you may also register for

your tennis pass (information below), and lessons (space permitting) at Borough Hall during normal business hours (8:30 a.m. to 4:30 p.m.). Please remember that space is limited for each of the sections of lessons.

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 2014 season which runs from March 1 to Dec. 31 may be purchased at the Borough Hall during normal business hours beginning in March. The 2014 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.

TRAIN TO RUN OR RUN/WALK A 5K

Is completing a 5K race on your list of fitness goals? This eight-week beginner run or run/walk program is designed for individuals who have never run before, or who have not run regularly, and want to complete a 5K (3.1 mile) race. Our weekly classes will start with short run/walks, so you can ease your body into running, avoid injury, and stay motivated. By the end of eight weeks, you'll be ready to tackle a 5K. In addition to weekly group classes, you'll also get suggested at-home workouts and supplemental information about running via weekly emails, so you'll get support even when you're not with the group. All group classes will be held outdoors so you get used to running outside, just like you will for your 5K race. The program date and cost have yet to be determined. Instructor: RRCA-certified running coach Christine Luff.

BALLROOM AND LATIN DANCE FOR SENIORS AND OLDER ADULTS

Have you wanted to learn the Foxtrot, Waltz, Cha-Cha', Swing and/or the Hustle? Maybe you already know how to do these dances and just need a pleasant afternoon dancing your favorite. This will be your opportunity. Come meet new people, socialize and get some exercise while having fun in this dance class. All levels are welcome and no partner is necessary. The program date and cost have yet to be determined. Information will be posted on the website.

SUMMER CAMP COUNSELOR POSITIONS AVAILABLE

During the month of April the Recreation Department will be looking to fill counselor positions for its Summer Recreation Camp. Counselors must be 14 years of age or older by June 27. Students must also be available to work the dates of June 27 through July 25 from 9 a.m. to 12:45 p.m. Applications for these paid positions will be available at the Borough Hall and the Pascack Hills H.S. Guidance Office on April 1. Interviews for these positions will be held on April 24 from 4:30 to 6:30 p.m., April 25 from 7 to 9 p.m., and April 26 from 8:30 to 10:30 a.m. at the Recreation Center.

The parks on Memorial Drive will be closed from 9:30 a.m. to 1 p.m. during summer camp season.

Summer camp counselor applications available April 1

Day in the Park

If you would be interested in having a table for Day in the Park where you can sell items for your non-profit organization, email us at montvalerecreation@gmail.com. Please include the following items in your email:

- Name of non-profit organization
- Your name and affiliation with the organization
- What you would like to sell (items must be approved by the Rec. Dept. so organizations do not sell the same items.)
- Contact info (email and cell phone #)

Summer Camp - June 30 to July 25

The Tri-Boro Volunteer Ambulance Corps is proud to announce
our 75th Anniversary! 1938-2013
Please consider purchasing a brick as we fundraise to
better serve our community.

TBVAC BRICK PAVER ORDER FORM

TRI-BORO VOLUNTEER AMBULANCE CORPS *WALK OF FAME* ENGRAVED BRICK

4 inch x 8 inch FILLED BRICK WITH (1-3) LINES OF PRINT @ **\$150.00**

	1	2	3	4	5	6	7	8	9	10	11	12	13
LINE 1													
LINE 2													
LINE 3													

SPACES ARE CONSIDERED A CHARACTER

MAXIMUM OF 13 CHARACTERS PER LINE

8 inch x 8 inch FILLED BRICK WITH (1-6) LINES OF PRINT @ **\$250.00**

	1	2	3	4	5	6	7	8	9	10	11	12	13
LINE 1													
LINE 2													
LINE 3													
LINE 4													
LINE 5													
LINE 6													

SPACES ARE CONSIDERED A CHARACTER

MAXIMUM OF 13 CHARACTERS PER LINE

CHECKS PAYABLE TO TRI-BORO VOLUNTEER AMBULANCE CORPS

Please staple check to this form.

Mail to: Heather McGee 24 Hillcrest Ave Montvale, NJ 07645

Any questions or assistance with this form, please contact Heather at 201-694-5398 or McGees05@verizon.net

NAME: _____
ADDRESS: _____
CITY: _____ STATE: _____ ZIP: _____
DAY PHONE: _____ EVENING PHONE: _____
TOTAL AMOUNT ENCLOSED: _____ DATE: _____

PLEASE RETURN THIS FORM WITH YOUR CHECK
THANK YOUR FOR YOUR SUPPORT!!!



MyMontvale Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEBRUARY 2	3 East	4 Central	5 West	6 District 3, 4	7	8
9	10 East	11 Central	12 West	13 District 1, 2	14	15
16	17 East	18 Central	19 West	20 District 3, 4	21	22
23	24 East	25 Central	26 West	27 District 1, 2	28	MARCH 1
2	3 East Board of Health 7:45 p.m.	4 Central	5 West	6 District 3, 4	7	8
9	10 East	11 Central	12 West	13 District 1, 2	14	15
16	17 East Environmental Comm. Mtg. 7:45 p.m.	18 Central	19 West	20 District 3, 4	21	22
23	24 East	25 Central	26 West	27 District 1, 2	28	29
30	31 East	APRIL 1 Central	2 West	3 District 3, 4 Yard waste pickup	4	5
6	7 West	8 Central	9 West	10 District 1, 2 Yard waste pickup	11	12
13	14 East	15 Central	16 West	17 District 3, 4 Yard waste pickup	18	19
20	21 East Environmental Comm. Mtg. 7:45 p.m.	22 Central	23 West	24 District 1, 2 Yard waste pickup	25	26
27	28 East	29 Central	30 West		Service Key	
					Recyclable Garbage Grass and Yard Debris Council Meetings	



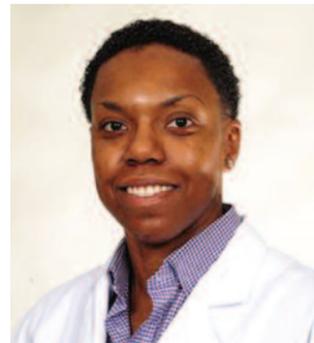
Comprehensive breast services from caring physicians.



Moira Christoudias, M.D.
Medical Director of the Breast Center



Gail Starr, M.D. M.S.Ed
*Medical Director of the
Breast Imaging Center*



Tamica White, M.D.
Breast Surgeon

FOR ALL YOUR BREAST HEALTH NEEDS, CALL 201-781-1400 TODAY.



250 Old Hook Road, Westwood, NJ • 201-383-1035 • www.HackensackUMCPV.com