

DEMAREST DIGEST

Official Borough Newsletter
Volume 50 No. 2 June 2018



Summer Calendar of Events



- May 28** **Memorial Day Parade: 9:45 am**
- June 6** **Planning Board Meeting: 7:30 pm**
- June 5** **Municipal Court: 5:30 pm Council Chambers**
- June 13** **Shade Tree Meeting: 7:30 pm**
- June 25** **Mayor and Council meeting: 7:30 pm**
- July 4** **Independence Day**
- July 11** **Summer Concert in the Park: Up The Dosage- Rock & Roll 7:30 pm**
- July 11** **Municipal Court: 5:30 pm Council Chambers**
- July 15** **Shakespeare by the Pond at 7pm at the Gazebo**
- July 18** **Summer Concert in the Park: Ray Greich Band 7:30 pm**
- July 25** **Summer Concert in the Park: London Calling- Beatles tribute 7:30 pm**
- July 30** **Mayor and Council meeting: 7:30 pm**
- Aug. 1** **Summer Concert in the Park: Outside the Lines- Country & Rock 7:30 pm**
- Aug. 7** **Municipal Court: 5:30 pm Council Chambers**
- Aug. 8** **Summer Concert in the Park: KoverUp Band- Rock & Roll 7:30 pm**
- Aug. 15** **Summer Concert in the Park: The Kootz- 7:30 pm**
- Aug. 27** **Mayor and Council meeting: 7:30 pm**
- Sept.3** **Labor Day**
- Sept. 8** **Annual Demarest Nature Center Dog Walk**



Board of Health



**PREVENT
LYME
DISEASE!**

Sun Safety Tips for Your Skin

- Apply sunscreen with a sun protection factor (SPF) of 30 or greater at least 30 minutes before sun exposure and then every few hours thereafter.
- Select cosmetic products and contact lenses that offer UV protection.
- Wear sunglasses with total UV protection.
- Wear wide-brimmed hats, long sleeved shirts, and pants.
- Avoid direct sun exposure as much as possible during peak UV radiation hours between 10:00 am and 3:00 pm.
- Perform skin self-exams regularly to become familiar with existing growths and to notice any changes or new growths.
- Eighty percent of a person's lifetime sun exposure is acquired before age 18. As a parent, be a good role model and foster skin cancer prevention habits in your child.
- Avoid tanning beds.

Source: WebMD

Sun Safety resources: <https://www.cdc.gov/niosh/topics/sunexposure/default.html>

https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

https://www.cdc.gov/cancer/skin/basic_info/protect_infographic.htm

Tick Safety

Lyme disease is spread by the bite of an infected tick. In the United States, an estimated 300,000 infections occur each year. If you camp, hike, work, or play in wooded or grassy places, you could be bitten by an infected tick.

Protect yourself, your family and your pets

- ◆ Wear an EPA-approved insect repellent when spending time outdoors.
- ◆ When doing yard work, hiking, or spending time in wooded areas, wear long-sleeved shirts, long pants, and socks.
- ◆ After being outside, do a head-to-toe check for ticks. Check clothing and skin.
- ◆ Check your pets regularly for ticks.
- ◆ Speak to your veterinarian about proactive tick protection for your pets.

Below are some useful links about ticks and Lyme disease.

<https://www.cdc.gov/features/lymedisease/index.html>

Tick-borne diseases brochure-

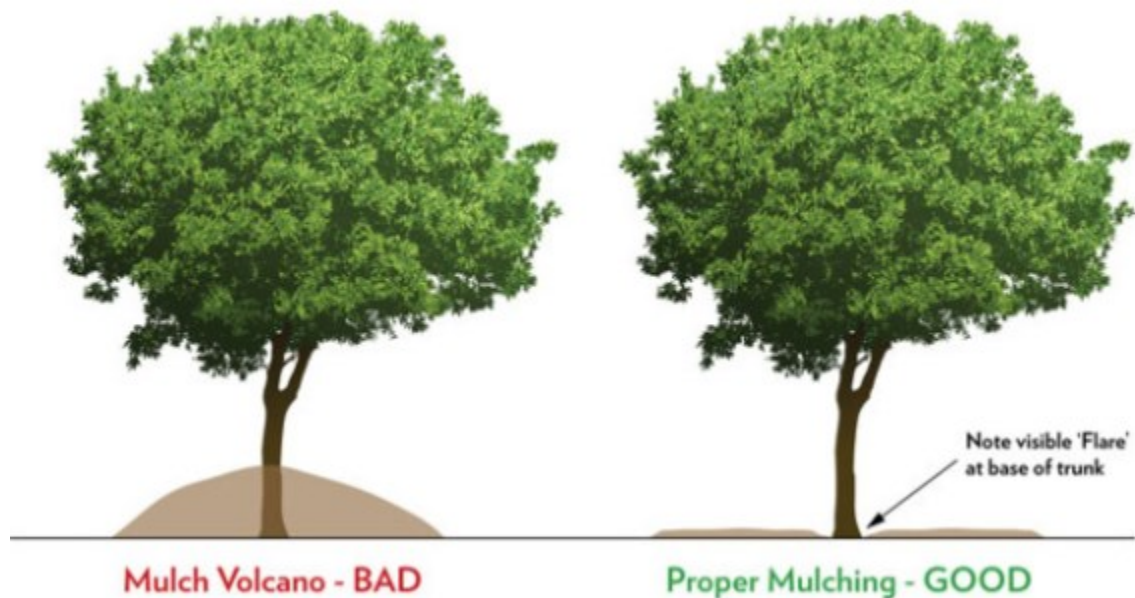
http://www.nj.gov/health/cd/documents/topics/vectorborne/C2471--tick-borne_diseases_brochure.pdf

Demarest Shade Tree

Commissioner's Corner

Trees are good for humans. Trees are known to improve air quality by capturing six common pollutants and gasses: ground level ozone, particulate matter, carbon monoxide, nitrogen oxide, sulfur dioxide, and lead. A 2014 study by US Forest Service and collaborators calculated that trees save 850 human lives per year, preventing 670K incidents of acute respiratory symptoms. Researchers valued the human health effects of reduced air pollution at nearly \$7B every year.

Tree planting and maintenance are affordable and good for your health. For questions on planting, pruning, watering, and mulching contact the Demarest Shade Tree Commission at 118 Serpentine Rd. Demarest NJ.



Please No Volcanoes!

Some landscaping companies don't know that mulch volcanoes are bad. A mountain of mulch, piled high against the tree trunk, does not kill a tree immediately—it results in a slow death.

When using mulch, NEVER pile against the bark of a tree. Mulching in a "volcano" shape can make a tree more susceptible to disease. Seek the advice of a certified tree expert, the NJ Forest Service office or your local Shade Tree Commission.

The Demarest Shade Tree Commission meets on the second Wednesday of each month at 7:30PM in the Borough Hall.

Demarest Recreation

Summer Concerts

The Demarest Recreation Commission will be hosting summer concerts downtown at the gazebo.

Concerts start at 7:30 pm and end at 9 pm.

Bring your chair or blanket and enjoy!!

July 11--Up the Dosage.....Start off the season with favorite Rock & Roll tunes.

July 18--Ray Greich Band.....Enjoy the music of our own Demarest residents as they return to perform for you.

July 25--London Calling.....A Beatles tribute band from across the "pond" at our local Duck Pond.

Aug. 1--Outside the Lines.....Come check out a diverse selection of music from Country to great rock jams.

Aug. 8--KoverUp Band.....Sit and relax as you listen to classic Rock and Roll tunes.

Aug. 15--The Kootz.....Sing, clap and dance along to a very popular returning group.

In case of uncooperative weather, concerts will be held indoors at Luther Lee Emerson School on Columbus Road.

Theatre in the Park

July 15th—Shakespeare by the Pond at 7pm at the Gazebo

"Something *Shakespeare* This Way Comes" performed by The Shakespeare Theater of NJ

Sporting Events

June 30 —Demarest Night at Rockland Boulders 6:30 pm at Palisades Credit Union Park in Pomona NY

Gates open at 4:30 for a concert by the band Flannel Party.

\$15 tickets for a box seat and a hat and \$4 comes back to Demarest Rec Camp.

The link for tickets to the Boulders night is: [Demarest Rec Tickets](#)

July 21—7pm Demarest Night at Red Bull Arena, Red Bulls vs. New England Revolution



Mark your calendars! Demarest Day will be 9/22 with a rain date of 9/29.

The Art School at Old Church

The Art School at Old Church is accepting registrations for its summer session of classes and workshops and for its Blast for Art! Summer camp. Classes begin June 18. Workshops are offered June 11-15.

Blast of Art! runs the weeks of August 6 and August 13.

Class offerings include basketry, collage, drawing, jewelry making, painting, photography, pottery, printmaking, sculpture, and more. The Art School offers classes for adults, teens, families, and children – including those with special needs. Workshops are opportunities to try your hand at something new, or delve deeper into your chosen craft. This summer, workshop offerings will allow students to go home with hand-made rings, bracelets, decorative pottery totem poles, paintings on silk, and more! Visit www.tasoc.org/classes to view the full catalog of classes and workshops.

Blast of Art! is a visual arts day camp that gives children ages 6 through 12 the opportunity to paint, draw, create with clay, build models, and much more. Full day (9:00am-2:30pm) and Half Day (9:00am-12:15pm) sessions are available

Call The Art School at Old Church at (201) 767-7160 for more information!

Our Thrift Shop needs volunteers!

Give back to your community! Our Thrift Shop is a volunteer-run store located in Westwood, NJ. Volunteers are needed for 3-hour shifts, 1-2 x/week. All proceeds benefit The Art School at Old Church, a local non-profit community center. For more info, contact (201) 594-0144 or ourthrift@gmail.com.



DEMAREST PUBLIC SCHOOL DISTRICT

Demarest School District is celebrating its second year of the Wellness Initiative: *Moving Our Bodies to Help Our Brains*. This May initiative aligns with the observation of Mental Health Month and Children's Mental Health Awareness Week. It is designed to shed light on activities and resources that aid and support students' sense of wellness.

A host of activities such as movement breaks and sensory tables is taking place district wide during the month of May. On May 3rd, the Demarest Middle School had an exciting student driven health fair. Eighth grade students researched and presented topics of interest associated with mental health. Community members volunteered to help the students by spending time with the young researchers, advising them on their area of expertise in a health and wellness field. Researched fields include acupuncture, meditation, exercise, yoga, music and creative expression, nutrition, hiking and outdoor activities, mental health and stressors.

Our health and wellness events were designed to educate our students on how to embrace and maintain improved health.



Demarest Nature Center



What's New in the Woods?

The Demarest Nature Center welcomes everyone to enjoy a peaceful walk in the woods this summer. We're open from dawn to dusk, 365 days a year. A trail map is enclosed in our newsletter, and one is posted on the bulletin board by the bridge near the Imaginative Playground.

This winter and spring we built bird houses and bird feeders, held an Easter egg hunt, staged a photo contest, cleaned the trails, and helped pay for numerous nature programs and field trips in Demarest schools.

Sept. 8 is the annual DNCA Dog Walk (for leashed dogs only) starting from the parking lot next to the Imaginative Playground at 10 a.m. Also, please mark your calendars for the Craft Show at Oktoberfest on Oct. 13 from 10 a.m. to 5 p.m. at the Duck Pond, featuring handmade crafts, live music, yummy German and Korean food, and inflatable rides for the kids.

Please visit our website at www.demarestnaturecenter.org. The Nature Center is a volunteer organization and receives no financial support from the borough government.

Demarest Volunteer Ambulance Corp.

The Demarest Volunteer Ambulance Corps will be holding an EMERGENCY MEDICAL RESPONDER class at our building in the near future!!!!

**We are looking for those who might not have time for EMT class (250 hrs.) and want to serve their community as a first responder/EMR (48hrs). Classes are scheduled for Saturdays once or twice a month from 9 to 5, for a total of 5-6 classes depending on how quickly you move through the material. Residents: If you wish to join Demarest Volunteer Ambulance Corps and make a commitment, we will pay for your training!!! Call 201.767.8050 for details and a membership application.

Demarest Municipal Court

The court dates for the next three months are June 14th, July 11th, and August 8th. If you are pleading NOT GUILTY you must notify the court and a court date will be assigned to your case. For more information call 201-768-1160. Please note: tickets can be paid online at www.njmcdirect.com

Reminder

There will be no garbage pick up on Memorial Day, May 28th. Garbage will be picked up on the next regularly scheduled collection date.

DEMAREST SWIM CLUB NEWS

The Demarest Swim Club is now accepting enrollment for Summer 2018. Please go to <https://register.communitypass.net/demarestswimclub> to sign up. The pool will be open weekends beginning Saturday, May 26th, and daily beginning Friday, June 23rd. Come and relax in the sun or shade, exercise in the lap pool or have fun with your kids in the family pool. The DSC also has a kiddie pool, a playground, and a snack stand stocked with ice cream, light snacks, and cool drinks. The Demarest Swim Club offers three sessions of swim lessons for young children and Swim and Dive teams to keep the kids active all summer long. A \$20.00 fee is charged per swimmer/per course. Members of all ages enjoy our sandy volleyball court, ping pong, basketball, tetherball, board games, corn hole and knock hockey. For more information, email the DSC at Demarestswimclub@outlook.com.



Online Payments Coming Soon!

The Borough is working with a third party facilitator by the name of Municipay to implement online payment of taxes via an electronic check or credit card payment. There will be no cost to the Borough to implement the Municipay system. Residents/property owners who wish to pay their taxes online will be charged a flat fee of \$1.50 for electronic check payments and a 2.65% surcharge for credit card transactions.

Currently more than 1,700 municipalities utilize Municipay nationwide including several nearby municipalities such as River Vale, Wallington & Bergenfield. In the next few weeks, we will coordinate with Municipay, our tax finance system and the website developer to make sure tax payments implemented via our website are safe, secure & efficient. Payments processed via Municipay will take 2 (credit card) to 3 (electronic checks) days to hit our bank account.

Several residents have asked about payment of taxes via credit card or electronic transaction. We believe this new service will be quite useful to some our residents

From the Desk of Donny—DPW Superintendent

The nicer weather can make a garbage bag that much more appealing to your neighborhood wildlife. As per Borough Code 189-80 please put your household waste into a covered can, barrel or other receptacle with a tight cover to avoid scavengers invading your neighborhood. Thank you for your cooperation.

Academy of the Holy Angels

Take Your Skills to New Heights at Angels U.

Demarest, NJ: This summer, the Angels U program at the Academy of the Holy Angels will allow girls entering grades six through nine the opportunity to participate in project-based learning. Participants will select “majors” that range from science and math, engineering and technology, and leadership skill building to performing arts, fine arts, and dance. Angels U will be held from July 9th through 20th on the AHA campus in Demarest. Visit www.holyangels.org/angelsu for details and associated program fees.

- Engineering/technology offerings will include Google Classroom and 3-D printing, coding, engineering principles, and robotics.
- Math/science classes will cover forensics, environmental science, and pre-algebra, and experiments during the Magic in the Lab segment.
- Skill Builder will encourage participants to develop their public speaking, debate, creative writing, and leadership skills.
- Fine arts courses will provide insights into digital photography and advanced studio art.
- Performing arts classes will explore the links connecting music, math, and physics as students experiment with improvisation, physical comedy, and musical theater.
- Angels U will also include a one-week dance intensive with the three-time national champion AHA Varsity Dance Team.

Founded by the School Sisters of Notre Dame in 1879, the Academy of the Holy Angels is the oldest private girls’ school in Bergen County. While AHA is steeped in Catholic tradition, this prestigious high school serves young women from a broad spectrum of cultural and religious backgrounds. Over time, thousands of women have passed through AHA’s portals. Many go on to study at some of the nation’s best universities, earning high-ranking positions in medicine, government, law, education, public service, business, arts, and athletics. The Academy’s current leaders continue to further the SSND mission to provide each student with the tools she needs to reach the fullness of her potential—spiritually, intellectually, socially, and physically, by offering a first-rate education in a nurturing environment where equal importance is placed on academic excellence, character development, moral integrity, and service to others.

