



Dear Friends & Neighbors,

October is Italian American Heritage and Cultural Month. This month we honor the many achievements and contributions of Italian immigrants and their descendants to our community and this Nation. Also, National Hispanic Heritage Month is celebrated annually from September 15 to October 15 in recognition of the contributions and influence of Hispanic and Latino Americans to the history, culture and achievements of our country. So, to all of our neighbors with Italian, Hispanic and Latino heritage, we salute you and thank you!

Also, in October we recognize Breast Cancer Awareness Month. Awareness drives education and research that is vital to treatment and hopefully someday a cure. Unfortunately, 1 in 8 women will be diagnosed with breast cancer in her lifetime. According to *Susan G. Komen For the Cure*, those at average risk, a mammogram every year starting at age 40 is the recommendation; early detection and treatment saves lives. Make sure you consult your doctor.

The Korean-American Association of New Jersey (KAANJ) has rescheduled its 22nd Annual Festival Celebrating Korean Thanksgiving for this Saturday, October 7 at Overpeck County Park. Opening Ceremony will begin at 3PM. I am excited to see the Chuseok Event and hope the rains hold off!

Upcoming Events:

Oktoberfest in Demarest is scheduled for 10/14 from 10am - 5pm sponsored by the Demarest Nature Center. Mark your calendars for this fun event.

Demarest Day has been rescheduled for Saturday, **November 4** from noon-4pm. Fireworks will follow and are scheduled to begin at 6:45 pm.

This week at the library:

The library will be showing ***You Hurt My Feelings***, a comedy/drama starring Julia Louis-Dreyfus, on Monday, October 9th at 12:30 pm.

Learn how to Decrease Family Conflict & Improve Communication with Dr. Rebecca Yun, Ph. D on Thursday, October 12 at 6 pm. You will learn strategies to help reduce tension around homework, as well as prioritize family relationships.

A reminder that Borough offices will be closed on Monday October 9 in observance of Columbus Day.

Have a great weekend!

Mayor Brian Bernstein

*My Friday emails to the residents are now reaching **650 people!** My goal is for every Demarest resident to be up to date on what is going on around town, please help with that goal by forwarding this email to your friends so they can visit demarestnj.gov and sign up for my weekly emails! The link can be found on the Demarest homepage [demarestnj.gov] under "Quick Links."*

Borough of Demarest | 118 Serpentine Rd., Demarest, NJ 07627

[Unsubscribe boroadmin@demarestnj.gov](mailto:boroadmin@demarestnj.gov)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by boroadmin@demarestnj.gov powered by



Try email marketing for free today!