

Borough of Paramus

www.paramusborough.org



Mayor
Richard A. LaBarbiera

Council Members

**MariaElena Bellinger
Joseph Garcia
Stephen Sullivan
Pat Verile
Donna Warburton
Jeanne Weber**

Upcoming Events
Always check the web site
www.paramusborough.org

July 4th Schedule
see the Borough web site

Pool Registration Begins 4/14

Operation Goody Bag
Navy Helicopter Event 5/22

Memorial Day Parade 5/25

Senior Spring Fling 5/29
Rain Date 6/4
2nd rain date 6/12

Relay for Life 6/12 & 6/13

Farmers Market Returns
to Petruska Park

Paramus Borough Hall Hosted Wounded Warrior Guest Speaker

On March 10th the Borough hosted the Sunrise Rotary Guest Speaker, from the National Wounded Warrior Project. Sgt. Deven Schei (Ret.). Deven was welcomed by Mayor Richard A. LaBarbiera, members of the Veterans Organizations and the Rotary Club Officers.



Deven a remarkable young man who continues his service to his country and his fellow veterans. Deven Schei's brother Erik was first deployed to Iraq. Deven made him a solemn vow: "If something happens to you while you're over there, I promise to

finish what you started." Tragically, "something" did happen. Deven's brother was shot in the head, rendering him a quadriplegic. Deven kept his promise and joined the Army - determined to stay true to his word.

Deven says becoming a member of the 101st Airborne Air Assault Division was one of his proudest moments. But just as fate dealt its hand to his brother, Deven's deployment ended in injury. "I was hit with four 80mm rockets and shot in the left shoulder. I lost a portion of my left calf, a portion of my left thigh, and had shrapnel all over my body. Slipped disc in my back, cartilage missing in my back and knees, tendinitis, loss of eye sight in my left eye, a bullet is lodged in my left shoulder, PTSD, and TBI."

With all that, including more than 17 surgeries, you'd think the pain, frustration, and anguish would

be Deven's greatest challenges. But he says there was something else that hurt him most. "My greatest challenge was not being with my battle buddies. Leaving them in Afghanistan was the hardest thing I have ever had to do. Not being able to be on missions with them or train with them always haunted me. I kept up with them all the time calling and emailing them making sure all missions went well and everyone made it back in one piece."

It's that kind of dedication that drives Deven to help injured service members today. "I want wounded warriors to understand there is life outside of the military. My brother Erik is the perfect example. He motivates me to keep going every day. He never lets anything get him down."



Paramus Senior Center *by Ana Jimenez, Assistant Director*

Services are expanding at the Senior Center. Over the recent months the Borough has made a number of improvements to the center. Wi-Fi has been added for free internet service, a move projector and a big screen has been installed and a regular weekly movie and snack event began in February. The center is planning the expansion of the movies to include a "movie and a lunch" as

discussions continue with a catering company. Ikea of Paramus has renovated the senior director's office and donated book shelves in the lower level of the center. The Paramus Library has stocked the shelves with books and DVD. Seniors can sit on couches donated by "Bob's Furniture and watch TV or DVD movies on a big screen TV donated by the Paramus Sunrise Rotary. When spring arrives our

Paramus Senior Citizens can enjoy the newly renovated competition Bocce Courts and the newly installed shuffle board surface. Mayor LaBarbiera announced the expansion of the center with the anticipated construction towards the end of the year or early 2016.

Visit the senior center, enjoy the programs, and check out the Senior Center calendar on the Borough web site.



Message from Mayor Richard A. Labarbiera



This is the first of our newsletters which we plan to publish quarterly. We are accomplishing great things in Paramus for you, and we realize that we need to keep you informed of our progress, new ventures, and expanding programs. I know our residents love Paramus its traditions. Its a great place to live, raise our families, and enjoy all that it has to offer.

We are always looking

toward the future of Paramus and how we can improve on our services, maintain our economic growth, and continue to achieve a standard of excellence that our residents expect and I believe deserve. The past four years that I have served as your Mayor have been in rebuilding Borough operations. We replaced outdated fire trucks, emergency rescue vehicles, and staffed your Police Department to a level that will ensure safety and protection in this very uncertain world of

today. We are expanded the Volunteer Fire Houses, building housing for our resident Wounded Warrior Veterans, introduced automated garbage and leaf collection, and have added generators to all our facilities to enable us to continue to serve our residents in time of disasters. This newsletter will highlight some of our activities, changes, and progress.

Thank you for letting me serve you as the Mayor of Paramus.

Health Department News *by Judith Migliaccio, Health Director*



On July 23rd 2013 the Borough of Paramus signed a resolution to become the first municipality in Bergen County (and the second in the nation) to declare itself a "Stigma Free Zone". A task force was developed after identifying a need to eliminate the stigma attached to mental illness so people will go for help in a timely manner. Resident Mary Ann Uzzi spear-headed the initiative which was a result of her work on the Care Plus NJ, Inc. Board of Trustees. The task force board is comprised of concerned citizens, business leaders, mental health advocates, local government officials, and the Board of Education which represents a true community effort to deal with the current mental health crisis.

Mental Health problems affect nearly every family.

People don't seem to understand the illness. It is the goal of this task force to educate the public with the mission of creating a dialogue, and to get people talking about it without feeling ashamed. Misperceptions, fears of social consequences, discomfort associated with talking about these issues with others, and discrimination, all tend to keep people silent and without much needed support. Meanwhile, if they get help, most people with mental illnesses can and do recover and lead happy, productive, and full lives. Mental illness is an illness, and as so, early diagnosis and treatment leads to better results.

One of the goals of the task force is to train those who live and work in the community in Mental Health First

Aid, a national program that teaches how to identify when someone is having a mental health challenge or is in crisis, and how to respond. A website -ParamusStigmaFree.org and Facebook page (Paramus NJU Stigma-Free Zone) have been developed to help keep the community apprised of events and to share information about mental illness.

The Mayor's Wellness Campaign, Paramus Board of Health Department, Gold's Gym of Paramus, and The Valley Hospital are challenging you to make Paramus healthier! After last year's success, we want you to help Paramus lose 500 pounds in 12 weeks again. This town-wide challenge is free and open to residents of Paramus and borough employees.

PARAMUS
PROUD TO BE
BERGEN COUNTY'S FIRST
STIGMA-FREE
ZONE
 Learn more at
ParamusStigmaFree.org

PARAMUS SECOND
ANNUAL WEIGHT LOSS
PROGRAM
KICKED OFF
MARCH 18TH

Volunteer Fire Department and Rescue Squad New Apparatus



ladder truck, Paramus continues its commitment of upgrading their fleet of fire apparatus. A new 2015 102' KME rear mount platform aerial will replace a 1985 100' Hahn/LTI tower ladder that has been in service for thirty years. Paramus Volunteer Emergency Rescue Squad accepted delivery of a new 2015 10 man cab truck earlier this year. It is

equipped with Hurst tools on drivers and passenger side and front bumper tool storage, light tower and PTO hydrogen generator, 4 bottle cascade system with fill station. A mini pumper was installed for complete decontamination operations with the Paramus Hazardous Materials Team.

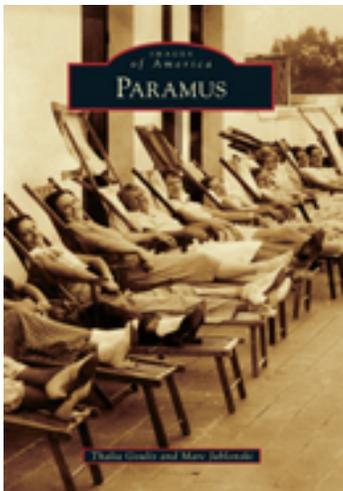
The Paramus volunteer rescue squad responded to approximately 400 calls in 2014. The equipment provided to the Volunteer

Rescue Squad is considered "State of the Art" and the Borough is confident that whatever emergency occurs we are well prepared to assist, aid and rescue our residents and those visitors to Paramus. Our Volunteer Fire and Rescue is the "Best of the Best".



Replacement of the Borough emergency services fleet is essential to the safety of our residents and those thousands of people that visit Paramus on a daily basis. With the recent delivery of a new

Fritz Behnke Historical Museum www.paramushistoricalmuseum.com



Images of Paramus, authored by Thalia Goulis and Marc Jablonski and published by Arcadia Publishing, will be available for sale at the Fritz Behnke Museum and book stores. Both authors are lifelong residents of Paramus, Thalia and Marc are graduates of Paramus Public Schools and now volunteer together at the Fritz Behnke Historical Museum, Paramus's very own treasure trove of artifacts and pictures. The authors have carefully collected

images and information from local public records, various generous contributors, and the Fritz Behnke Historical Museum.

Images of America Paramus is the newest book in the Arcadia publishing's images of America series.

The book can be ordered through the Behnke Museum or retailers at 888-313-2665 or sales@arcadiapublishing.com



330 Paramus Road, Paramus

Open every Sunday 1-5:00pm or call to set up private group tours 201-445-1804

Veterans In Paramus Housing

Paramus Affordable Housing Corp (PAHC) has broken ground

on six, 3 story townhomes designed for affordable rental housing for Disabled Veterans. The townhomes are design to comply with the



American Disability Act (ADA) which will allow rental housing to accommodate all types of physical disabilities. With that in mind, the PAHC has designed each unit with 2 bedrooms, 1 1/2 baths, living/

dining room leading out to a rear deck. Parking is located in front of each unit in addition to each townhome having use of an attached one car garage. To enhance disabled Veteran independ-

ent living, the townhomes were designed with an attached one car garage which leads to the access of the townhome's private elevator which will reach all 3 stories. Application will be available in the spring of 2015.



Borough of Paramus

www.paramusborough.org



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PARAMUS RESIDENT

WE ARE OFF TO A GREAT START *by the Paramus Recycling Division*



Did you know that reducing your garbage saves tax dollars? If every resident reduced their garbage by one pound per week, Paramus would save \$50,000 per year! By reducing the amount of waste our

town generates and sending materials for recycling, we not only reduce waste disposal costs, we also profit from the sale of the materials to the recycling companies. The more we recycle, the more money we make to put into other projected community need. How do we save on waste? These are a few easy ways to cut down on garbage. Recycle more by buying items in bulk to cut down on packaging. Start a proper compost

pile in your yard to cut down on food waste. Cut your grass with a mulching blade and leave the clippings. We also offer free recycling to businesses within Paramus. This is a way to increase our recycling, not only residentially but to involve businesses that will keep Paramus Green and Clean!!

Quick fact: Paramus no longer takes plastic shopping bags due to stricter regulations at our

recycling markets; please do not put them in your otto container to ensure that your recyclables will be picked up. Purchasing fabric reusable bags is now available at most supermarkets. Some even give you a discount on your grocery bill if you buy and use them!

Bins are outside most grocery stores for plastic bag recycling .

