



# Borough of Paramus

www.paramusborough.org  
(201) 265-2100

**Mayor**  
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## WHAT YOU SHOULD KNOW ABOUT THE ZIKA VIRUS

by Judy Migliaccio, Health Officer



**Zika** is a disease caused by the Zika virus, which is spread through the bite of an infected mosquito. Most people infected with Zika virus won't even know they have the disease. The illness is usually mild, with symptoms lasting for several days to a week after being bitten by an infected mosquito. The most common symptoms of Zika are fever, rash, joint pain, or conjunctivitis (red eyes). People usually don't get sick enough to go to the hospital, and they rarely die of Zika. However, Zika virus infection during pregnancy can cause serious birth defects. Mosquitoes become infected when they feed on a person already infected with the virus. Infected mosquitoes can then spread the virus to other people through bites. It can also be spread during sex with a man infected by Zika.

As such, it is important for residents to remain updated on any new developments

reported by the New Jersey Department of Health and the Center for Disease Control (CDC). Furthermore, the Paramus Board of Health strongly urges residents to follow CDC's travel advisories. If you are pregnant or are planning to become pregnant, consult your doctor before traveling to countries where Zika is common, including the Caribbean and South and Central America.

There are currently no vaccines or treatment. Even if travelers do not feel sick when returning to the United States from an area with Zika, they should take steps to prevent mosquito bites.

The Paramus Board of Health strongly urges all residents to exercise the following precautions:

- Eliminate standing water by disposing of objects containing stagnant water, such as tires, buckets, and flower pots on your property. Clean drains and gutters.
- Mosquito netting can be used to cover babies younger than 2 months old in carriers, strollers, or cribs to protect them

from mosquito bites.

- Wear bright colored long-sleeve shirts and pants when outdoors.
- Use repellants approved by the EPA such as DEET and lemon eucalyptus oil. Follow label instructions. These products are safe for pregnant women but may not be safe for infants under 2 months of age.
- Stay indoors where there is air conditioning. Use screens on open windows and keep doors closed.
- Refrain from planning pregnancy for 8 weeks after traveling from a Zika-endemic area. Men infected with Zika should use condoms or refrain from having sex for eight weeks to six months to prevent transmission to women of child bearing age.

At the present time, there have been no reports of mosquito borne transmission of the Zika virus within the continental USA.

If you start feeling sick after a bite, **call your doctor and discuss recent travel history.**

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**\*\* If you have a mosquito problem, call the County Mosquito Control Officer at (201) 634-2880.** For further information, please contact the Board of Health at (201) 265-2100, ext. 2300.

## Paper or Plastic Bags

by The Paramus Environmental Commission



There's been a lot of conversation lately concerning the environmental impact of single use bags. Any bag given to you by a store when you make a purchase is designed to be used one time and then to be discarded or, hopefully, recycled.

The single use bag you receive from most food stores is likely made of plastic. They are cheap to produce and re-

markably strong and durable.

Unfortunately, they are made from a fossil fuel, probably natural gas. Though superior to some other forms of energy, natural gas comes along with its own environmental "baggage" and is often obtained by "fracking." It's estimated that only ten percent of plastic bags are recycled, with the balance going into landfills or littering the countryside and our waterways. Plastic bags take many, many years to break down and never really go away!

Paper bags are an alternative often touted as being more environmentally friendly than their plastic "cousins."

However, paper production consumes massive amounts of water and trees and actually consumes more energy than plastic to produce.

Alternative options are available. The most obvious choice is no bag at all. If it's a small purchase, simply carry it home. Go bagless! When making a larger purchase, try rolling your cart out to the car and loading up the trunk or back seat. If that is impractical, bring reusable shopping bags from home. Reusable bags are often given away or can be purchased inexpensively.

Remember, bagless is best, reusable next!

## Paramus Police Traffic Bureau

by Chief Ken Ehrenberg

The Traffic Bureau's mission is to enhance the safe and expeditious movement of traffic throughout the Borough. This is achieved through engineering, education and enforcement. In addition, the Bureau conducts traffic studies based on citizen input and crash trends. The Bureau deploys an electronic radar warning unit that displays a motorist's speed. Variable message signs are strategically placed throughout the borough to notify the public of hazards, traffic safety initiatives, and community events. The bureau also handles the scheduling of officers for road construction and utility work that requires the altering of traffic patterns.

The Traffic Bureau conducts traffic enforcement and investigations of hit and run motor vehicle crashes. It also provides support to various public and private entities. It assists the Borough Planning, Zoning and Code Enforcement Departments by conducting site plan reviews and site inspections. The

Bureau provides feedback to the borough and to private contractors on engineering and construction projects.

One of the most important functions of the Traffic Bureau is day-to-day interaction with local citizens. The Traffic Bureau is highly responsive to the needs of individuals and groups who express a concern about traffic safety, and welcomes and encourages information from residents that will help us respond to their concerns. The Bureau also works with four authorized towing companies and makes sure they are complying with the Borough's Towing Ordinance.

The Traffic Bureau manages various grant supported programs including: the Drunk Driving Enforcement Fund, Pedestrian Safety Fund, Click it or Ticket Fund, and Distracted Driving Fund.

Paramus Traffic Officers are actively involved in the New Jersey Police Traffic Officers Association and the Bergen County Traffic Officers Association.

Some of the Traffic Bureau's responsibilities include:

- Supervision of 27 school crossing guards
- Coordination and supervision of 19 Class 1B Special Police Officers
- Overseeing 4 Impound Towers
- Reviewing site plans for traffic safety and pedestrian concerns
- Reviewing borough traffic and parking ordinances
- Arranging and assisting funeral escorts
- Child passenger safety seat installations
- Radar instructions and recertifications for Officers
- Traffic enforcement



## What's Happening at the Joseph Cipolla Senior Activity Center for Ages 55 and Older

by Anne Schneider, Director

The Senior Center now has a monthly newsletter of events that can be delivered right to your home. If interested please call the center and give us your name and address so you don't miss out on any of these exciting events and more.

Come join us! We are pleased to provide you with wonderful daily programs and special events throughout the year to stimulate both mind and body.

- **YOGA on Mondays at 10 am and Wednesdays at 9:30 am.** The cost for each is \$5. There is **ADVANCED YOGA on Fridays at 9 am.** The cost is \$5.
- **COLORFUL CONVERSATION on Mondays at 11:15 am.** Color mandalas as a mindful way to relax while having fun.
- **ZUMBA GOLD** is a wonderful way to have fun and exercise on **Mondays and Fridays at 2 pm.** The cost is \$5.00 for each class.
- See what luck can bring to you at **BINGO every Tuesday at 1 pm.** *Light refreshments* are served the first and fourth Tuesday. *Pizza*

*Day* is the second Tuesday of the month where pizza and a can of soda is \$2.50. *Hot Dog Day* is the third Tuesday of the month where a hot dog, chips, and a cup of soda is \$1.50. If Bingo is not for you, there are card games and billiards going on downstairs.

- Watch **MOVIES** twice a month on **Wednesdays at 12 pm.** Light refreshments are served to enhance your viewing delight!
- **MEDITATION** classes are on **Fridays at 1 pm.** Meditation helps reduce stress, improve concentration, encourages a healthy lifestyle, increases self-awareness, and happiness; it slows aging, and benefits cardiovascular and immune health. Free to Paramus Senior Residents.
- We now have **LINE DANCING Fridays at 11 am** with Irma who is very versatile in her proficient dance movements. She brings to us the knowledge of healing that comes with dancing: joy, flexibility and cognition.

Free to Paramus Senior residents.

- On **Mondays play BRIDGE at 1 pm** and **MAHJONG at 3 pm** and on **Wednesdays play CANASTA at 2:30 pm.**
- Also, **BILLIARDS, CARDS,** and **MAHJONG** can be played every day along with any game of your choice.
- For those outdoor lovers, we have **BOCCE, SHUFFLE BOARD, CHECKERS,** and **CHESS.** We have a modified indoor Bocce court which provides a lot of fun when the weather does not permit outdoor activities.

Of course, throughout the year we have scheduled day trips to surrounding attractions and New York City or try your luck at one of Atlantic City's casinos!

If you have any questions or would like to receive the Senior Center Newsletter by mail, please call Anne Schneider, Director at (201) 265-2100, ext. 6120 or 6121 or Ana Jimenez, Asst. Director at (201) 265-2100, ext. 6120 or 6122.





## Paramus VIP Housing

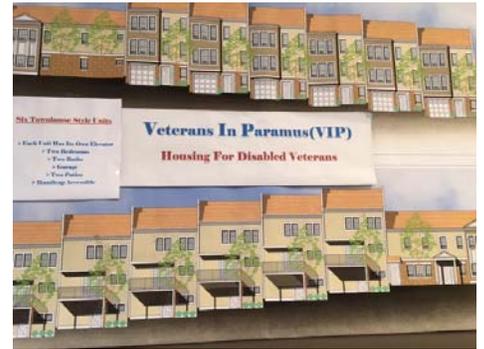


On Monday, May 30, 2016, the offices at the new VETERANS IN PARAMUS (VIP) affordable housing

facilities had its official ribbon cutting ceremony and dedication. Borough staff—Human Services, COAH and Veterans Affairs—will officially occupy the office within the facilities bringing together in one single location these three Borough services. The dedication of the rental housing for qualifying veterans will conclude in July and will be occupied shortly thereafter.

Paramus veterans are encouraged to visit the Offices of Veterans Affairs

for information and assistance with their VA services and benefits.



## Paramus Food Pantry

by Judy Migliaccio, Health Officer



The Paramus food pantry has a new, bigger, and brighter home at the Veterans In Paramus (VIP) affordable housing facilities. Staff and volunteers are excited to finish stocking the shelves with all the food and paper products that are donated on a regular basis by our community. Pantry supplies will be moved from tables to organized shelving.

Residents who would like to join the team of pantry volunteers can call the

Human Services office of the Paramus Health Department (201) 265-2100, ext. 2300



## Stop by and Visit the Fritz Behnke Historical Museum



Open Every Sunday  
1pm – 5pm  
330 Paramus Road, Paramus, NJ 07652

If you would like to set up a Private Group Tour, give us a call [(201) 445-1804] and we will be happy to accommodate you!

## Library Renovations Underway!

by Leonard LoPinto, Library Director

The renovation of Paramus' Main Library is underway! The books are in storage. The building has been emptied and demolition has begun. When completed, the Main Library will have new lighting, furniture, paint, carpeting, and shelving. Reconfigured space will give additional seating areas and greater access to power outlets and the library's collections.

Visit the Reid Branch Library at 239 W. Midland Avenue for the new books, movies, and video games and summer reading programs.

### Visit us at the Reid Branch Library

239 W. Midland Avenue  
(201) 444-4911

Monday – Thursday

9:30 am – 9 pm

Friday

9:30 am – 6 pm

Saturday

9:30 am – 5 pm

Sunday

1pm – 5 pm

www.paramuslibrary.org

### JULY 5 - CAMEOS

Popular songs of the 50's & 60's with a little of the 70's!  
Thank you Valley Hospital Night!

### JULY 12 - TUSK

Tribute to Fleetwood Mac  
Thank you Paramus Rotary & Peace Park Celebration Night!

### JULY 19 - EAGLEMANIA

Tribute to the American rock band, The Eagles  
Thank you Berkeley College Night!

### JULY 26 - BEGINNINGS

Tribute to Chicago  
In Honor of Tony Bucco Night!

### AUGUST 2 - TRAMPS LIKE US

Tribute to Springsteen  
Paramus' Night Out Sponsored by the Paramus Police  
Department begins at 5 pm!

THANK YOU TO ALL OF OUR SPONSORS!

All performances begin at 7:30 pm.

\*The bandshell is located behind the Main Library,  
116 E. Century Road, Paramus, NJ 07652.  
For further information or in case of rain,  
call 201-599-ARTS (2787).

## Recreation Department by Robert Cowper, Assistant Recreation Director

**Paramus Recreation**  
**SPECIAL EVENTS**

**METS VS. YANKEES**  
Mets vs. Yankees at Citi Field Monday, August 16. Tickets are \$60 dollars each and include transportation (school bus). Bus will leave Petruska Park at 4 p.m. Tickets will go on sale at the Rec Office starting on July 5th. There will be first come/first serve basis sold on a first come/first serve basis.

**YANKEES VS. METS**  
Yankees vs. Mets at Yankee Stadium Wednesday, August 3rd. Tickets are \$30 dollars each and include transportation (school bus). Bus will leave Petruska Park at 4 p.m. Tickets will go on sale at the Rec Office starting on July 5th. There will be first come/first serve basis sold on a first come/first serve basis.

**FAMILY SKATE NIGHTS**  
Family Skate Nights will be held on Wednesday, July 20th (Raindate: July 27th) & Wednesday August 3rd (Raindate: August 10th). Both sessions will be from 7 p.m. to 9 p.m. at Petruska Park. - FREE

**SQUARE DANCE NIGHT**  
Square Dance Night will be held on Wednesday, July 20th (Raindate: July 27th). The event will be held from 7 p.m. to 9 p.m. at Petruska Park. All ages are welcomed. - FREE

**JOIN US!**

All children must be accompanied by an adult for each event.

Any questions or concerns please contact  
Paramus Recreation at (201) 265-9321.

This summer, Paramus Recreation is offering our residents a number of different exciting special events!

Who's your favorite New York baseball team? Are you a Mets fan? Are you a Yankees fan? Well, you're in

luck. This August, Paramus Recreation is holding two baseball trips to your favorite team's home stadium!

On Monday, August 1 Paramus Recreation will head to Citi Field to watch the Mets play the Yankees. Tickets are \$60 per person and includes transportation (school bus). The bus will leave Petruska Park at 4 pm.

On Wednesday, August 3 Paramus Recreation will head to Yankee Stadium to watch the Yankees take on the Mets. Tickets for this game are \$30 per person and includes transportation (school bus). The bus will leave Petruska Park at 5 pm.

Please be advised that there are forty-eight tickets available for each baseball game. Tickets will be sold on a first come/first serve basis. Tickets for both games go on sale on July 5 and can be purchased at the Rec Office at 475 N. Farview Avenue.

When was the last time you roller skated? Can't remember? Well let's change that! Paramus Recreation will hold two family skate nights open to all residents. Family skate nights will be held on Wednesday, July 6 (Raindate: July 13) and Wednesday, August 3 (Raindate: August 10). Both skate nights will be held at Petruska Park from 7 pm to 9 pm. The event is free of charge.

Paramus Recreation will also hold a square dance night at Petruska Park on Wednesday, July 20 (Raindate: July 27). The event will be held from 7 pm to 9 pm and all ages are welcome. The event is free of charge.

**Please be advised that for each event listed, children cannot be dropped off and left unattended. All children must be accompanied by an adult.**

**Any questions or concerns please call Paramus Recreation (201) 265-9321.**

From the desk of:

## Mayor Richard A. LaBarbiera

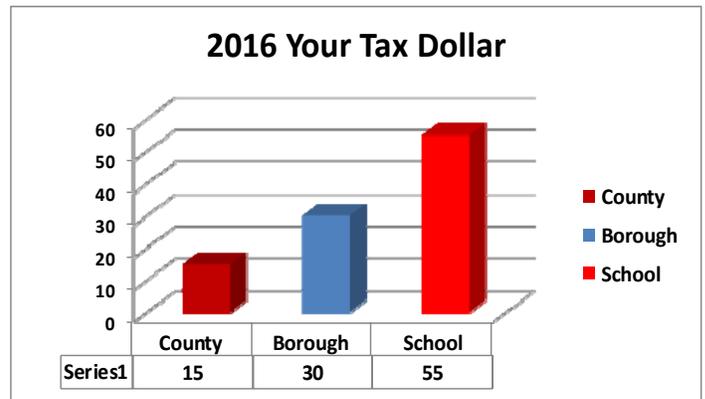


I am pleased to report that the financial standing of the Borough of Paramus is excellent. I previously reported that Paramus has maintained a zero local tax rate for the past five years, with a reduction for the past two years. In December 2015, Paramus received a coveted triple A (AAA) bond rating, one of only seventeen in the State. The municipal portion of your tax dollar is less than 1/3 and any tax increase in your bill over the past five years is attributed to the Board of Education and the county tax rate.

Our sound financial and business practices have paved the way for our excellent financial standing; however, not at the expense of services to our residents. We have been rebuilding our departments and services and establishing Paramus as a leader among municipalities in New Jersey. We are determined to provide the most efficient service by the most dedicated public employees. We can all be proud

that they represent our high standard of excellence.

Our Police Department is approaching full staffing, as we have added 6 new officers to the ranks. The Volunteer Fire Service apparatus is nearing its replacement and upgrade completion. The DPW garages are being expanded as is the Volunteer Rescue Squad garage. The Main Library renovations and modernization begins this month. Plans are underway for an expansion of the Senior Center



building to include a larger picnic area deck.

The Borough has partnered with the Board of Education to share in an all season multi-sport turf field at East Brook Middle School. This field will provide expanded and much needed sports fields for school and recreation department activities.

The Paramus Volunteer Ambulance Corp and the Paramus EMS are planning for a shared facility to replace the current Midland Avenue building. The improvements and growth of the Paramus golf course has been recognized as an award-winning facility.

The Borough department heads are dedicated, creative, career service public employees who strive for excellence.

Our volunteer organizations featured in the Borough's last newsletter make our community a very special place to live and work.



*Rich*

## Celebrating Cancer Survivors at Relay for Life



On Friday, June 10 through Saturday, June 11, the community of Paramus gathered for the 4<sup>th</sup> annual Relay For Life fundraiser for the American Cancer Society. This 12-hour fundraiser celebrated cancer survivors, remembered those we have lost to cancer, and encouraged

everyone to fight back against a disease that in some way touches everyone.

This year's event committee was led by 3 Paramus High School students: Angela Dipasquale (12<sup>th</sup> grade), Lauren Anderson (12<sup>th</sup> grade), and Billy Frasco (11<sup>th</sup> grade).

Over 800 community members gathered at the event, including more than 80 cancer survivors! In total, the event raised over \$120,000 for the American Cancer Society. Paramus resident Paul Meyer was the featured survivor speaker, and cut the ribbon to kick-start the evening's festivities. Survivors and their caregivers were

treated to a special dinner courtesy of Bahama Breeze Island Grill on Route 4 in Paramus.

The 5<sup>th</sup> annual Relay For Life of Paramus will be held Friday, June 9 through Saturday, June 10, 2017 at Paramus High School. Learn more about the Relay For Life of Paramus by visiting their website, [www.relayforlife.org/paramusnj](http://www.relayforlife.org/paramusnj).

If you are interested in joining the event committee, which requires no prior Relay experience, please email [relayforlifeofparamus@gmail.com](mailto:relayforlifeofparamus@gmail.com).

## Paramus Mini Golf

by Andy Schuckers, Superintendent Golf



Paramus Mini Golf is one of the best places to take the family, have parties or just spend time with each other. Everyone loves to play mini golf and the Paramus Mini Golf is close to home, has very reasonable rates and is in excellent condition.

Look for special promotions like Senior Wednesdays with \$2.00 off and Library Days. Birthday parties and group rates are available.

Standard Fees are:

\$6 for children

\$8 for adults

\$6 for senior 62 and older.



Please call (201) 447-6079, ext. 13 to set up your event. Reservations are on a first come / first served basis.

Borough of Paramus

[www.paramusborough.org](http://www.paramusborough.org)



One Jockish Square  
Paramus, New Jersey 07652

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**PARAMUS  
NEW JERSEY  
PROUD TO BE  
STIGMA-FREE**

## PARAMUS RESIDENT

### Recycling Center

by Guy Picone, Superintendent DPW



### Paramus Recycling Center

PROOF OF RESIDENCY REQUIRED!

#### HOURS

Monday: 7 am - 3 pm

Tuesday: 7 am - 3 pm

Wednesday: 7 am - 6 pm

Thursday: 7 am - 3 pm

Friday: 7 am - 3 pm

Saturday: 10 am - 4 pm

Closed Sundays & Holidays

#### ITEMS ACCEPTED AT RECYCLING CENTER:

**Cardboard**

**Clothes (useable/clean)**

**Commingled Materials  
(bottles, cans, plastic containers)**

**Computers and Electronics**

**Metal**

**Newspaper**

**Oil (used)**

**Tires**

(There is a surcharge for each tire disposed of at the recycling center to be paid by the resident at time of drop off.)

