



Dear Friends & Neighbors,

The Mayor and Council, spearheaded by the newly created **Economic Development Committee**, are working on plans for the renovations and improvements of our downtown area, which will include the former bank building. We will keep you updated and seek your input as we move forward.

Cross your fingers, the electronic sign for downtown is scheduled to be installed this **MONDAY!** Please give the borough staff a little time to learn the software necessary to upload messages to the sign.

#### **Upcoming Events:**

The Borough is holding a free Rabies Clinic on February 10 from 9:30-11:00 AM at the DPW building on Wakelee Drive.

The Borough is partnering with the BCUA to offer a paper shredding day for residents on May 11, 2024, from 9:00 a.m. to 1:00 p.m. at the DPW building on Wakelee Dr. Acceptable documents are limited to confidential and sensitive materials only. Non-confidential materials, such as books, magazines, newspapers, etc., will not be accepted at this event. It is not necessary to remove paper clips, staples or paperboard binder covers. In an effort to accommodate all those wishing to participate, there is a limit of 4 bags or boxes of documents weighing no more than 10 lbs. each.

The **39th Annual Demarest 5K** is happening on Sunday, May 19th, 2024. Registration is now open at <https://demarest5k.org/>. Don't miss this town tradition! To volunteer, donate, sponsor, or ask questions, contact [demarest5k@demarestpto.org](mailto:demarest5k@demarestpto.org). Lace up and join the fun!

#### **Good to know:**

Saturday, January 27th was **International Holocaust Remembrance Day**, a time to remember the six million Jewish victims of the Holocaust and the millions of other victims of the Nazi regime and its collaborators. January 27th was chosen to commemorate the date when the Auschwitz concentration camp was liberated in 1945. This date remains compelling and fresh today as Israel and the World deal with the October 7th terrorist attack and massacre of Jewish civilians in Israel, the kidnapping and the continued holding of innocent Israeli civilian hostages by Hamas terrorists. Every day is a Remembrance Day for the hostages until they are freed and returned home safely. I remain hopeful that U.S. negotiators are making progress on a potential agreement for the release of the hostages and an end to the war in Gaza.

**February is American Heart Month** - You have the power to take action to protect yourself against heart disease. Small heart-healthy actions, like adding more movement to your day, exercise or choosing healthy foods can make a difference and have a big impact on your life!

**February is also National Cancer Prevention Month** - The federal government estimates that nearly 2 million Americans were diagnosed with cancer (other than non-melanoma skin cancer) during 2023, and that more than 600,000 died from their disease. It is estimated that more than 40 percent of these cases and nearly half of the deaths can be attributed to preventable causes – smoking, excess body weight, physical inactivity, and excessive exposure to the sun, among others. The bottom line, steps such as quitting smoking (or never starting in the first place), maintaining a healthy weight, exercising regularly, maintaining a healthy diet, and protecting your skin from the sun, can reduce your risk of cancer in many cases.

**Groundhog Day Alert** - Today, and every February 2nd, is Groundhog Day. This morning, at Gobbler's Knob in Punxsutawney, Pennsylvania, people gathered to watch a groundhog, affectionately named Punxsutawney Phil, emerge from his burrow. You know the story, if he sees his shadow, there will be six more weeks of winter. If he doesn't see his shadow, spring is right around the corner. On this day, Phil did not see his shadow; but readers beware: Punxsutawney Phil does not have a great track record!

### **Demarest Public Library:**

Drop off your stuffed animal friends for their sleepover at the library Fri, Feb 2nd at 3:30 pm. What kinds of adventures will happen overnight in the library? Come pick them up the next morning. For ages 4-8. Registration required at <https://bccls.libcal.com/calendar/demarest/stuffedanimalsleepoverevent24>

The Library invites you to **Come to Cruising: Making Waves & Sense** on Mon, Feb 12th at 6pm to learn from a cruise expert. David has worked with cruise companies and will walk you through the aspects of a successful cruise vacation including embarkation/disembarkation, onboard dining, transportation, and duty-free shopping. Registration recommended at <https://bccls.libcal.com/calendar/demarest/cruise>

Have a great weekend!

Mayor Brian Bernstein

*My Friday emails to the residents are now reaching **843 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](http://demarestnj.gov) and sign up for my weekly emails! The link can be found on the Demarest homepage [[demarestnj.gov](http://demarestnj.gov)] under "Quick Links."*

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