

Mayor:
David Runfeldt

Editor:
Borough Clerk

Beavertown Journal

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From the Desk of the Mayor

Now that spring is just around the corner, I wanted to take some time to let you know about enhancements that we are making in our Parks and Recreation Department. It is always surprising to me that more people do not take advantage of the great resource available to them through "Parks and Rec".

Let me start by reminding everyone about the long history of regular programs and events that are run through the Parks and Recreation Department. We have a great Community Lake here in town. Some of you, in the past, may have heard complaints about the quality of the lake. I believe that most of those complaints come from residents who have not been to the lake in some time. The look of the lake has been improved greatly through the efforts of the Dolphin's Swim team and our Department of Public Works. There is a great effort to maintain the cleanliness and quality by the Parks & Rec. and Health Departments. Another great thing about the lake is that it only costs \$5.00 per family to join for the entire summer. That's right...\$5.00.

There is a tennis program with lessons that run several times during the year. The tennis courts located adjacent to the PAL Community Center are also available to town residents.

The Rec. Department runs two sessions of Summer Camp each year. This is a great program for our younger children and is very well liked (according to my 8 year old, Brielle, and her friends who have been going for a few years now).

Other programs that have been running successfully for years are the Easter Egg Hunt, the Annual Fishing Derby, the Halloween Parade and Santa & Me. This years Egg Hunt will be on Saturday, March 31st.

I have asked our Parks and Recreation Department to provide even more services to you this year. Stan Smith, Parks and Rec. Director, tells me he is up to the task. There are going to be more and improved programs for teens and adults. There are going to be more trips planned to different shows and events. We are also in the planning stages of a town-wide fitness program that Parks and Rec. will play a large part in.

I have expanded the role of our Special Projects Assistant, Rich Williams. Rich has been working with the Lincoln Park Senior Citizens Club and has helped them with their membership and meetings. Rich will be reaching out to all civic organizations in town to see how the borough can help with any events they are running. Our goal is to have a monthly calendar of events available to our residents which shows everything going on in town. Any civic or volunteer organization in town can reach Rich at rwilliams@bolp.org with dates of events. All other information, such as articles for this journal, should continue to go directly to the Borough Clerk's office.

Lastly, let's not forget the parks portion of our Parks and Recreation Department. We maintain many parks in different areas of town. Most of the parks have playgrounds, basketball courts, fields to run around on, or benches to just sit back and relax on. This year, we have scheduled renovations to the Oak Street Park. Sometime later this year, new equipment will be installed there for neighborhood children and all residents to enjoy.

As the nicer weather approaches, I hope that you get out and enjoy all that Lincoln Park has to offer. I wish you a happy, healthy and safe time as you do.

INSIDE THIS ISSUE:

Library Corner.....	2
Your Police Dept.	
Health Dept. Dates	
Easter Egg Hunt.....	3
News From Hose Co. #1	
Cut & Save Calendar.....	4
Friends Plan Trip.....	5
Food Pantry	
UNICO Trips	
Trivia	
Low Income Energy Assistance .	6
Board of Ed. News	
MC Park Commission.....	7
Dept. of Health & Human Svcs. . .	8
20 Things to do.....	9
Local Church News.....	10
Women's Conference.....	12

Council Meeting Dates for March, 2007

All Council meetings begin at 7:30 pm (except where indicated) in the Council Chambers of the Municipal Building, 34 Chapel Hill Rd.

Mar. 5, 2007-Mon, Work Mtg., Formal Action may be taken.

Mar. 19, 2006-Tues., Regular Mtg. Formal Action will be taken

Mar. 1, 2007-Thurs., Rec. Advisory Bd. Mtg., 7 pm, PAL/Community Center

Mar. 1, 2007-Wed., Municipal Court, 4 pm, Council Chambers

Mar. 7, 2007-Wed.: Municipal Court, 4 pm Council Chambers

Mar. 13, 2007-Tues., BOA, Mtg. 8 pm Council Chambers

Mar. 15, 2007-Thurs., Planning Board, Reg. Mtg., 8 pm, Council Chambers

Mar. 21, 2007-Wed.: Municipal Court, 4 pm, Council Chambers

Mar. 29, 2007-Thurs., Municipal Court, 4 pm, Council Chambers

Visit the Web:

www.lincolnpark.org

March Events At Borough Hall

Library Corner

Submitted by: Francis Kaiser, Director

The Lincoln Park Public Library is located at 12 Boonton Turnpike. Our hours of operation as follows: Monday – Thursday: 10am – 9pm; Friday: 10am – 5pm; Saturday: 9:30am – 4pm; Sunday: 12pm – 4pm.

The Morris Automated Information Network (M.A.I.N., Inc.), a consortium of public libraries in Morris County and Bernards Township Public Library in Somerset County, is subscribing to three new services in 2007. These services are available for library card holders to use from the library, home, or from the office. The new products are downloadable audiobooks for MP3 players, an email newsletter service on books and authors, and a comprehensive literary reference service for students. Anyone can search the literary databases or sign-up for the newsletter or downloadable audiobook service in 36 town libraries and the Morris County Library.

Library Reference Center is suitable for general readers, book club participants and homework help. It offers information on thousands of authors and their work across literary disciplines and timeframes, and includes full-text plot summaries, literary criticism, author biographies and interviews, literary journal content, book reviews, full-text classic and contemporary poems and short stories, and more.

The BookLetters service allows patrons to sign themselves up easily, from the libraries' Websites, for 21 email newsletters with information about the latest books, audiobooks, and information about authors. Fiction and non-fiction works are included, and there are specific lists for teens' and childrens' works, business, science fiction and fantasy, and book club choices.

Continued on page 3

Your Police Department

Submitted by: Chief Sean Canning

Now that the winter is drawing on and to a close, the warmer weather and spring brings new challenges.

ATTENTION TEEN DRIVERS: -

Over the past six months there have been several fatal accidents throughout Morris County and some more publicized cases throughout New Jersey. In several of the accidents failure to adhere to the Graduated Drivers License law contributed to the death of young people in addition to excessive speed as a factor.

Please know we want young drivers to enjoy their youth, enjoy their new responsibilities as drivers but please make good driving decisions, it really can be a matter of life or death. Below are the elements of New Jersey's Provisional Drivers License Laws.

Provisional driver license restrictions

- No driving between 12:01 a.m. and 5:00 a.m.
- Passengers must be from your household. Only one additional person from outside your household is allowed in the vehicle.
- If you are at least 21 years old, there are no passenger or hour restrictions
- You can't use cell phones, hand held video games or any other hand held electronic device

D.A.R.E. - Our Community Policing Officers are starting the 16th year of D. A.R.E. in conjunction with the Lincoln Park Schools. It has been a tremendous relationship, which we are very proud of, and one that we know has touched the lives of many children, their parents and the officers.

Bicycle, Skateboarding and Rollerblading Helmet laws - Also with the warmer weather there will be
Continued on page 3

Health Department Clinic Dates

March, 2007

***Podiatry Clinic:** Fri., March. 2nd, 9-12 noon

***Child Health Conference:** Thurs. March, 8th, 9 am—12 Noon.

Blood Pressure Screening: Mon., March. 19, 10– 12 noon.

Senior's Blood Pressure Screening: Wed., March 28, 11:30-12:30 pm. , St. Joseph's Church basement.

April, 2007

***Podiatry Clinic:** Fri., Apr. 5th, 9-12 noon

Blood Pressure Screening: Mon., Apr. 16th. 19, 10– 12 noon.

***Child Health Conference:** Thurs. Apr, 19th, 9 am—12 Noon.

***Male Cancer Screening (Collins Pavilion):** Tues., Apr. 24th, 5:30-7 pm

Senior's Blood Pressure Screening: Wed., Apr. 25, 11:30-12:30 pm. , St. Joseph's Church basement.

May, 2007

***Stroke Prevention Screening** Tues., May 1st., 5:30-7 pm

Podiatry Clinic: Fri., May. 4th, 9-12 noon

***Child Health Conference:** Thurs. May, 10th, 9 am—12 Noon.

***Female Cancer Screening (Collins Pavilion):** Tues., May. 15th, 5:30-7 pm

Blood Pressure Screening: Mon., May 21st., 10– 12 noon.

Senior's Blood Pressure Screening: Wed., May 23, 11:30-12:30 pm. ,

Please call our Health Department at 973-694-6306 to make an appointment. Programs also with an "" are tentative and may change, call the Health Department for updates.

Library Corner

Continued from page 2

plays for children 3 to 8 years of age.

NetLibrary eAudiobooks is a collection of over 1,500 downloadable audiobook best sellers, book club favorites and works by award winning authors that can be played on a wide range of desk-top, laptop, and portable devices which support the Windows Media Player format (but not iPods). New titles are added each month, and all titles are available at all times. Patrons use the collection at no charge, since the service is supported by tax dollars. All MAIN cardholders will now have access to this service, which has been available in some partner libraries for awhile.

M.A.I.N., Inc., as the consortium is known, is funded by assessments from the member libraries. By combining their purchasing power the 37 institutional members are able to buy products that might be out of reach of any one library. The new 2007 titles bring the total consortium electronic products budget to \$216,000, and shared subscriptions to nine, an average of \$649 per product per MAIN library.

Information on and links to the new products are available from the consortium web site, <http://www.mainlib.org> or at local libraries.

Be sure to check our web page at www.lincolnparklibrary.org for all the latest children's programs. You may also search the M.A.I.N., Inc. catalog to see if we or any of the other 36 libraries in our consortium own a particular item. You may then place a hold (reserve it) online. You may also renew the items in your account and do research from our databases from our web site.

The library is now wireless. Cablevision has provided a number of free Internet connections. Come to the library with your laptop and access the Internet without plugging into an electrical outlet.

The next Board of Trustees Meeting will be held on March 26 at 7:30pm in the Conference Room of the library.

Your Police Department

*Submitted by: Chief Sean Canning
Continued from page 2*

several enforcement initiatives. The first will be the reminders to all youths under the age of 17 that when riding a bicycle, skateboard or rollerblading it is mandatory to wear a helmet. Many head injuries sustained each year can be prevented simply by using this equipment. In New Jersey, anyone under 17 years of age that rides a bicycle or is a passenger on a bicycle, or is towed as a passenger by a bicycle must wear a safety helmet. Parents should take extra care to ensure their children are properly equipped.

As always, your ideas are welcome. Feel free to contact the officers or myself with concerns you may have and help keep Lincoln Park the safe community we all strive for. Thank you.

26th Annual Easter Egg Hunt

Submitted by: LP Recreation Department

When: March 31, 2007

Where: Boro complex field-behind Municipal Building

Who: Children ages 1-10

Time: Starting 10 am Sharpe!

Rain Date: Same Day—PAL/
Community Center (no shoes).

10 am	3 year olds & Younger
10:15 am	4 & 5 year olds
10:30 am	6-10 year olds

Immediately following the Easter Egg Hunt, don't miss the chance to show off your Easter finery while having lots of fun. Homemade bonnets or store bought, all are welcome.

Four categories: Pre-school, K-6th grade; Junior Miss and Moms.

News From Hose Co. #1

Submitted by: John Steible

For our first winter training session, a number of fire department personnel attended a safety session sponsored by the Kinnelon Fire Department. The topic and hands on demonstration was on the new hybrid cars that are on the road. These vehicles in addition to the standard gasoline engine, also have electric motors and a large battery pack. It is the high voltage in the battery pack that has to be approached differently in the event of an auto accident. The fire fighters learned how to handle a car victim as well as providing safety for themselves.

In February the Lincoln Park Fire Department held its annual installation dinner. Mayor David Runfeldt expressed his appreciation to the fire department for the outstanding service they provided to the Borough of Lincoln Park.

For the year 2007 Sal Marino will be serving as the Department Fire Chief. Hose Company No 1 will be commanded by Deputy Fire Chief Mike Bono, Captain will be Dug Galka and Dan Moeller will be the Lieutenant. Pete Pollicino will be serving as president of Company number one. Several members were also honored with plaques for their many years of dedicated service to the fire department.

Garry Hoernlein for 30 years of service ; Dan Moeller for 35 years of service; Harry DeDreu for 35 years of service; Nick Bottino for 40 years of service. Nick also had previously served for ten years with the Little Falls Fire Department, giving nick 50 years of fire service. John Steible for 50 years of service.

It all adds up to a lot of years of volunteer service to Lincoln Park.

Former Mayor David Baker was presented with a plaque in appreciation for his years of support to the Lincoln Park Fire Department.

March, 2007
Cut Out & Save

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Newspapers Rt. 1	6	7	8	9	10
11	12 Newspapers—Rt 2 & Condos	13	14	15	16	17
18	19 Newspapers Rt. 3	20	21	22	23	24
25	26	27	28			

Friends Plan Trip

Submitted by: *Lillian Manser*

The Friends of the LP Library are planning a trip to Atlantic City on Tuesday, March 27, 2007. They will be leaving the municipal parking lot at 9 am and returning approximately 8 pm. The cost for the trip is \$24 per person. Deadline for sign-up is March 21, 2007 at the front desk of the Library. Payment required when signing up.

If you have any questions, please call 973-694-8283.

Lincoln Park Food Pantry is Available

Submitted by: *Pat Gray, Director*

The Lincoln Park Food Pantry program operates for the purpose of providing assistance to individuals and families in need of supplemental help. This program is available both on an emergency basis and on a regular monthly basis to residents who qualify.

Families or individuals who receive assistance on a regular monthly basis are qualified in a number of ways. Those who receive general assistance, welfare for families, SSI, Food Stamps, WIC and Medicaid are eligible, as well as those who are income qualified or temporarily unemployed.

To determine if you are qualified, call the Mayors Office at 973-694-6100 ext. 7116 and ask that an application be sent to you. Return the application along with any requested documentation to the Food Pantry at 34 Chapel Hill Road, Lincoln Park, NJ 07035. You will be contacted by the Director.

Pequannock UNICO Plans Trips

Submitted by: *Joseph Brancato*

3/12: Hunterdon Hills Playhouse—"Catch me if you can"

4/18: Mighty "M" - Monticello Racetrack/Casino

5/16: Ellis Island

5/21-25: Montreal/Quebec City—5 days 4 nights

5/26: Hunterdon Hills Playhouse—"Branson 2007-The Texas Edition"

6/11-14th: Williamsburg/Busch Gardens, 4 days 3 nights

7/14: Foxwood

8/18: Sight & Sound—"In the Beginning"

9/16-20: Wildwood—5 days/4 nights

10/3-4: The Hamptons—2 days/1 night

10/24-26: Woodloch Pines, 3 days/2 nights

11/7-8: American Music Theater, Lancaster, PA 2 days/1 night

11/29: Spinning Wheel Inn, Ct.—"This must be Christmas"

12/4-5: Cape May-Christmas Time—2 days/1 night

12/9: West Point Christmas Concert

NOTE: UNICO is considering a New York Yankees Baseball Game-it will be sometime during the summer. Dates will be announced at a later date.

For additional information regarding rates, reservations, dates, etc., please contact one of the following people: Joe Carabello 973-835-0208; Joe Veltre 973-839-3530 or Sam Cirese 973-839-4185.

Trivia

Submitted by: *Tom Piorkowski*

1. After the Long Ranger saved the day and rode off into the sunset, the grateful citizens would ask: Who was that masked man? Invariably, someone would answer, I don't know, but he left this behind. What did he leave behind?
2. When the Beatles first come to the US in early 1964, we all watched them on the _____ Show.
3. "Get your kicks, _____."
4. "The story you are about to see is true. The names have been changed _____."
5. "In the jungle, the mighty jungle, _____."
6. After the Twist, The Mashed Potato, and the Watusi, we "danced" under a stick that was lowered as low as we could go in a dance called the "_____."
7. "N E S T L E S" Nestle's make the very best...._____."
8. Satchm O was America's Ambassador of Goodwill. Our parents shared this great jazz trumpet player with us. His name was _____.
9. What takes a licking and keeps on ticking? _____
10. Red Skelton's hobo character was named _____ and Red always ended his television show by saying "Good Night, and _____."
11. Some Americans who protested the Vietnam War did so by burning their _____.
12. The cute little car with the engine in the back and the trunk in the front was called the VW. What other names did it go by? _____ & _____.
13. In 1971, singer Don MacLean sang a song about, "the day the music died," this was a tribute to _____.
14. We can remember the first satellite placed into orbit. The Russian did it, it was called _____.
15. One of the big fads of the late 50's and 60's was a large plastic ring that we twirled around our waist. It was called the _____.

See page 7 for the answers, Good Luck!!

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)

Source: State of New Jersey, Department of Community Affairs

With the winter heating season upon us, low income New Jersey seniors face the reality of having to pay for their rising utility costs. With that in mind, the New Jersey Department of Community Affairs is launching an effort to educate seniors about the energy assistance programs available through the state and how to apply for them.

The Low Income Home Energy Assistance Program (LIHEAP) helps directly pay for heating costs while the Universal Service Fund (USF) helps make utility bills affordable by providing a monthly credit on electric or natural gas bills or both. Receiving assistance from either of these programs will not affect the Lifeline benefit some seniors already receive. In fact, qualified individuals can receive all three!

There is one application for both USF and LIHEAP which you can download at <http://www.nj.gov/dca/dcr/hea/index.shtml>. The instructions cover how to complete the application and where to send it. There is an application deadline of March 31, 2007. Applicants can call DCA directly at 800-510-3102 with questions about the application process.

Board of Education News

Submitted by: Kimberly Malek, Administrative Assistant to the Superintendent

The Lincoln Park Board of Education meetings are scheduled for Tuesday, March 13, 2007 and Tuesday, March 27, 2007. The meetings will be held in the Lincoln Park Middle School Media Center at 7:30pm.

New Jersey School Report Card

As of February 7, 2007, the annual New Jersey School Report Card for our district will be available to the public. Please visit the district website following that date to find out how you may view the report or obtain a copy.

Kindergarten Registration

Lincoln Park Elementary School is now accepting kindergarten registration for the 2007-2008 school year. To be eligible for admission, children must be five years old on or before October 1, 2007. Please call the school office at 973-696-5530 for information regarding registration.

Scholarship Information

Applications are available in the guidance office at the high school and the office of the Lincoln Park Board of Education, 92 Ryerson Road, Lincoln Park, NJ. Com-

Completed applications must be received in the Office of the Superintendent, Lincoln Park School District, by Monday, April 30, 2007.

Dorothy T. Young Scholarship: Lincoln Park seniors who feel they meet the criteria as outlined below are encouraged to apply for this scholarship. The committee will consider academic performance (GPA and class rank), participation in extra-curricular activities (school/community citizenship) and financial need in awarding this scholarship.

Application Criteria

❖ The applicant must have completed two marking periods of their senior year at a public high school.

❖ The applicant must be a resident of the Borough of Lincoln Park and must have resided there since September 1st of their sophomore year in high school.

❖ The applicant must have an "A" average in a college preparatory mathematics or science class for the first two marking periods of their senior year and must maintain the "A" average throughout their senior year.

❖ The applicant must have applied to an accredited, four year college offering a major leading to a Bachelor of Science degree in mathematics and/or science.

❖ The applicant must complete the attached application; provide a high school transcript through the third marking period of senior year; provide one college acceptance letter indicating pursuit of any mathematics or science field of study; and provide two (2) letters of recommendation.

MC Park Commission

Submitted by: MC Park Commission

Pyramid Mountain

Pyramid Mountain Natural Historic Area's Guided Hikes. Unless otherwise noted, hikes are scheduled at 1 pm, are approximately two hours and are free. Meet in the Visitor Center at 472A Boonton Ave. in Montville Twp. For more information call 973-334-3130 or visit www.morrisparks.net. *Pre-registration fee is required. Fees are non-refundable.

3/4: Full Moon Hike-Moderate, 6-8 pm, \$3*

3/7: Owl Prowl- Moderate, 5:30-7:30, \$3*

3/10: Wacky Winter Weeds Walk-Easy, 1 pm FREE

3/14: Awesome Animal Artists, 4-5 pm, \$3 per child*, ages 5-7

3/17: Hiking O'the Green-Moderate, 1 pm FREE

3/20: Vernal Equinox Hike-Moderate, 6-8 pm, \$3*

3/21: Welcome Spring, 10-11 am, \$5* for ages 3-6

3/24: Sing's of Spring-Moderate, 1 pm, FREE

3/28-5/2: Nature's Little Explorers 9:45-10:30, \$50*, Registration begins on March 7 at 8 am. For children 2 & 3 years of age with adult

3/28: Spring Thawigami, 4-5:30 pm \$3*for ages 5 & up.

3/31: 2nd Annual Feathers & Families Craft Day-Easy, 11-1pm, \$15 per house*

4/1: April Frogs Walk-Moderate, 1 pm FREE

Great Swamp Outdoor Education Center

Great Swamp Outdoor Education Center is located 247 Southern Blvd., Chatham, NJ 07928. *Pre-registration is required call 973-635-6629, fees are non-refundable. All events at the Great Swamp OEC unless otherwise noted.

3/1: Winter Celebration, 10 am \$5* For children 3-6

3/3: Maple Sugar Festival; Noon-4 pm, \$3*

3/4: Guided Nature Walks, 10 am, FREE*, adults & children 8 years old and up

3/5: Owl Prowl, Toddler Trek, 10 am & 11:15 am \$5*, for toddlers ages 2 & 3

3/6: Baby & Me Hikes, Hackelbarney State Park, Chester Twp., 9:30-11, \$1*

3/7: Awesome Animal Artists; 4-5 pm, \$3*, Ages 5-7

3/13: Baby & Me Hikes, Buttermilk Falls, Mendham Twp., 9:30-11, \$1*

3/14: Woodcock Walk, 6 pm FREE* For ages 12 & up.

3/17: Spring Swamp Frogs! 9 am \$3*,

3/18: Family Nature Scavenger Hunt; 1-2pm, \$3 per person

3/19: Spring's Almost Here! Toddler Trek, 10 am & 11:15 am \$5*, for toddlers ages 2 & 3

3/20: Peepers & Quackers, Pre-K Walk, 2 pm, \$5/child*, kids ages 4 & 5

3/20: Baby & Me Hikes, Hedden Park, Dover, 9:30-11, \$1*

3/22: Welcome Spring, 10-11 am, \$5*, for ages 3-6

3/23: Frog Jamboree, 2 pm, \$3*,

3/27: Baby & Me Hikes, Jockey Hollow, Harding Twp., 9:30-11, \$1*

3/29-5/3: Nature's Little Explorers, 9:45-10:30, \$50/per child*, for ages 2 & 3, Registration begins March 8 at 8 am.

3/31: Full Moon Hike, 7 pm, \$3*

Fosterfield's Living Historical Farm

Located at 73 Kahdena Road, Morristown. Admission to a "Winters Day on the Farm" is \$5 for adults, \$4 for seniors (age 65+), and \$3 for children ages 4-16. Children under 4 are FREE. To learn more, call 973-326-7645.

Trivia Answers

1. Silver Bullet
2. The Ed Sullivan Show
3. On Route 66
4. To protect the innocent
5. The Lions Sleeps Tonight
6. The limbo
7. Chocolate
8. Louis Armstrong
9. The Timex watch
10. Freddy, The Freeloader, and "Good Night, and may God Bless."
11. Draft Cards
12. Beetle or Bug
13. Buddy Holly
14. Sputnik
15. Hoola-Hoop

Department of Health and Senior Services

Submitted by: Pat Pignatelli, Borough Health Officer

DHSS Urges New Jerseyans to Take Care of Self, Neighbors During Extreme Cold

With the National Weather Service predicting extremely cold weather over the next few days, the Department of Health and Senior Services reminds residents that exposure to extremely cold temperatures for even short periods of time can cause serious medical conditions.

People should check to ensure that their families and elderly neighbors have functioning heating systems in their homes and cars and are dressing warmly when outside.

The most serious cold-related illness is hypothermia, a drop of body temperature from the normal 98.6 degrees to 95 or lower, a condition which requires immediate emergency medical care. If you know or suspect that you or someone you know is suffering from hypothermia immediately call 911 to receive assistance, said Health and Senior Services Commissioner Fred N. Jacobs, M.D., J.D.

"Hypothermia is treatable, but it must be dealt with immediately to prevent permanent damage or even death," said Commissioner Jacobs. "With temperatures reaching down to extreme lows tonight and as the winter progresses, everyone should be on the lookout for their own health and the health of their friends and loved ones."

The young, the elderly, the homeless, the mentally ill and those with chronic medical conditions are most at risk for hypothermia, Commissioner Jacobs noted. In 2004, 15 New Jerseyans died from hypothermia including 9 people over 55 years old.

At the earliest stages of hypothermia, violent shivering is the most noticeable symptom. As body temperature continues to drop, shivering will decrease and often stops; speech is distorted or slurred; behavior may become irra-

tional; drowsiness or numbness occurs; pulse weakens; and the victim experiences shortness of breath and unconsciousness.

Hypothermia can be fatal if not treated. If you notice signs of hypothermia in someone, call 911 for medical attention immediately. While waiting for assistance, you should:

- Prevent further heat loss by moving the person to a warmer area;
- Remove wet or damp clothing and replace it with dry clothing
- Slowly give the person warm liquids if (s)he is conscious;
- Do not warm the person further. If the arms and legs are warmed before the chest and abdomen, the person could go into shock.

To prevent hypothermia and other ailments due to excessive cold indoors, residents should maintain a residence-wide temperature of 68 degrees using a regularly inspected heating system. Portable gas and propane heaters are not recommended except in emergency situations due to risk of fire and gas leaks. Healthy adults should check frequently on children, the elderly and sick friends and neighbors who may need a helping hand.

To prevent hypothermia and other ailments due to excessive cold indoors, residents should maintain a residence-wide temperature of 68 degrees using a regularly inspected heating system. Portable gas and propane heaters are not recommended except in emergency situations due to risk of fire and gas leaks. Healthy adults should check frequently on children, the elderly and sick friends and neighbors who may need a helping hand.

Tenants and homeowners with heating issues need to call their landlord and/or public utility for assistance. Links to electric and gas utilities and suppliers in New Jersey as well as service area maps are available on the Board of Public Utility web site at <http://www.nj.gov/bpu/home/custAssistance.shtm>.

For very low-income residents who are having difficulty affording their heating and utility bills, the Department of Community Affairs Home Energy Assistance Program can assist with heating

and cooling bills, and make provisions for emergency heating system services and emergency fuel assistance. More information on this program is available at <http://www.nj.gov/dca/dcr/hea/index.shtml> or by calling 1 (800) 510-3102.

- Dress in layers while outdoors and remember to wear a hat and gloves to help retain body heat. If you get wet, either from heavy sweating while working or from rain or snow change, into dry clothes as soon as possible;
- Eat well and drink adequate fluids during periods of cold stress. Avoid drinking alcohol since it can accelerate the loss of body heat;
- Many cold-weather injuries result from falls on ice-covered sidewalks and other surfaces around the home. Use rock salt or other chemical de-icing compound to keep walkways, steps, driveways and porches as ice-free as possible;
- Avoid shoveling snow if you are out of shape. If you have a history of heart trouble, do not shovel unless your doctor approves;
- Read the owners manual and follow all safety guidelines when using a snow blower. Injuries related to snow blower use lead to more than 5,000 emergency department visits each year, according to the federal Centers for Disease Control and Prevention;
- If you will be outdoors in the sun for an extended period, remember to use sunscreen and sunglasses, particularly if you are at higher altitudes;
- Stock your car with emergency gear, such as cell phone; jumper cables; flashlight; sand or kitty litter for extra traction; ice scraper and small shovel; and flares and other warning devices. For long car trips; carry food; water; extra blankets and required medications.

20 Things to do with Your Kids Before They Grow Up

Submitted by: Joanne Angiolini

As parents, we all know that time flies. We may have the best intentions of creating traditions or making special memories but often those ideas get lost in the business of day-to-day life. With a brand new year in front of us, we invite you to take time to reflect on your family values and dreams by creating a list of things you would love to do with your children before they are grown.

“This idea is not meant to pressure parents and add stress to their lives,” said Kim Comatas of the Framingham chapter of Mothers & More who recently hosted an event on this topic. “It’s not a MUST do list. Our idea is to talk about making some traditions and happy memories that will stay with us and our kids for life.”

Before you create your list, you should consider a few things:

- Think about your motivation for making this list. What type of feeling/memory do you want to create with your family?
- Do you want a list for each child or would you prefer a family list? You decide.
- Should you have your kids contribute to the ideas?
- How will you use your list to motivate you?

Getting started

Find some quiet time to reflect on special things from your own childhood. Consider your own values and what you’d like to expose your children to whether it is travel, charity or simple pleasures like creating your own garden.

This can be a solitary exercise or perhaps you’d like to do it with a group of friends or your partner.

Take out a sheet of paper or a small notebook and list the following six categories: Sports/Fitness/Adventure, Outings, Travel, Spiritual/Values, Hobby/skills and Other. Leave space to write your notes and ideas.

Brainstorm ideas for each category. Write everything down and later you can tighten up your list to create a list of 20 ideas.

To get you thinking, we have listed some of the ideas that were generated by local mothers.

Sports/Fitness/Adventure: Climb a mountain, go for a hike, drive a racecar, fly a kite, go camping, experience true nature, extreme wilderness, or attend a major sporting event (World Series, Super Bowl, Olympics).

Outings: Attend the Nutcracker, circus or parade; visit where family members grew up, go to drive-in movie theater, attend Macy’s Thanksgiving Parade, New Years Eve in Times Square or attend a reenactment in Lexington and Concord.

Travel: Visit the land of your ancestors, sing around a campfire, vacation on a houseboat or go to New York City around the holidays.

Spiritual/Values: Do something to make the world a better place, watch a sunrise/sunset, mourn a loss, interview an older family or volunteer as a family.

Hobby/Skill: Plant a garden, cook, bake, write a letter, research your family name, keep a family journal, build something (a tree house, a go-kart, a birdhouse), have family members learn to couple dance, plant pumpkins, teach life skills like doing the laundry, handling the finances or cooking.

Other: Open a savings account (and use it), have a birthday or holiday tradition, have a whipped cream fight, build a snowman, draw a silhouette of each of your children or write an end-of-the-year recap.

Once your list is complete, post it somewhere you can easily see it. And maybe plan to review at the start of every year to reflect, plan and cherish your family time.

Mothers & More is a non-profit organization dedicated to improving the lives of mothers through support, education and advocacy. We address mothers’ needs as individuals and members of society, and promote the value of all the work mothers do.

The Greater Wayne Chapter of Mothers & More has over 100 members mostly from the Wayne Area including (but not limited) Wayne, Pompton

Plains, Butler, Kinnelon, Bloomingdale, Lincoln Park and West Paterson. Our meetings take place on the first and third Tuesday of each month at 7:30 pm.

For more information about The Greater Wayne Chapter, please call (877) 221-1581 or visit our National and/or local chapter’s website at: <http://www.mothersandmore.org> or <http://www.geocities.com/gwamandm/>.

Local Church News

St. Joseph's

Submitted by: Carol Olson

We are located at 216 Comly Road across from Beaver Brook Gardens. Parish Office Hours: Monday - Friday 9:00 a.m. - 5:00 p.m. Parish Office: 973-696-4411. Religious Education: 973-694-8289 Fax: 973-305-8466.

We invite you to celebrate the Eucharist Saturday Evening: 5:30 p.m. Sunday: 8:00 a.m., 10:00 a.m., and 12:00 noon Monday: 7:00 p.m. followed by a Miraculous Medal Novena Tuesday-Friday 8:00 a.m. Holy Days Times will be announced in the bulletin as well as from the altar. Reconciliation: Saturday: 4:30 - 5:00pm

Religious Education Classes: Students in grades K to 3 will attend classes on Sunday, March 4, 11, 18 and 25, from 9am to 9:45am or 11am to 11:45am. Students in grades 4 and 5 will attend classes on Saturday, March 24, from 9:30 am to 12 noon. Students in grades 6, 7 and 8 will attend classes on Tuesday, March 6, 20, and 27th, from 7 pm to 8:15 pm. Classes on Tuesday, March 13th have been cancelled due to the Parish Mission.

The Season of Lent began with Ashes on February 21. Masses are scheduled for 8am, 12 noon and 7:30pm. Ashes will be distributed during these masses.

The Parish Mission for the Lenten Season will be held on Mon., March 12, Tues., March 13th and Wed., March 14th in church beginning at 7:30pm. More information about this event can be found in the weekly bulletin. Fr. Larry Evans, of the Archdiocese of Newark, will be conducting the mission.

The Franciscan Sisters of Peace invite you to a presentation of **immigration** on Sunday, March 4, 2007 from 2-3 PM in the Halloran Hall. All are welcome to become better informed about the many issues concerning immigrants and the Catholic Church's social teachings on immigration.

Continued on page 12

St. Andrew's

Submitted by: Kathy Nardone

211 Main Street - Lincoln Park. The church is located right in the middle of Main Street (across from Lincoln Park Hardware) There is ample parking in the rear of Thorpe Hall off of Station Road. Rev. Diane L. Rhodes, Priest-In-Charge Church Office 973-694-5915 Nursery School 973-694-2358; Thrift Shop 973-694-2854

Sunday and Weekly Service Schedule

Sunday Services: 8:00 a.m. Holy Eucharist 10:00 a.m. Holy Eucharist **Healing Services:** 2nd Sunday at 9 a.m. & 11 a.m. **Morning Prayer Services:** Tuesday at 11:45 a.m. **Choir Rehearsal:** Thursday - 7:00 p.m. in the church **ECW: (Episcopal Church Women)** 1st Tuesday of each month in Thorpe Hall after Morning Prayer service.

Special Early Morning Holy Eucharist Rite II Worship Services will be held each Wednesday morning during Lent beginning at 6:45 a.m.

ST ANDREW'S CHURCH NEWS

Lenten Program Wednesday Evenings During Lent. St. Andrew's has partnered with Church of the Transfiguration in Towaco for a Lenten program. These programs will begin with a light supper of soup and salad at 6:00 p.m. followed by the Lenten program. Discussions will be from the new book titled "A Wing and a Prayer: A Message of Faith and Hope" by the Episcopal Church's Presiding Bishop, Bishop Katherine Jefferts Schori.

The schedule of evenings is:

- March 7 and March 21 meeting at: St. Andrew's Church
- March 14 meeting at: Church of the Transfiguration Two Bridges Road, Towaco

Healing Services March 11: Healing services will be held on Sunday, March 11th at 9:15 a.m. and 11:30 a.m. Individuals, families, groups of friends, **anyone and everyone are welcome** to join in prayer for healing of body, mind and spirit. Whatever your concern, if it is important to you then it is important to us.

St. Andrew's Thrift Shop: The Thrift Shop is located in Thorpe Hall and there is a large parking lot in rear of building off Station Rd. The shop hours are:

Weds. - Sat. 10:00 a.m. - 1:00 p.m. Fridays the shop is open til 4 p.m.

We are currently not accepting donations. PLEASE do not, under any circumstances, leave items outside the shop doors. Thank you.

Consignments are being accepted Thursday through Saturday between 10:00 a.m. and 12 noon only. **A limit of 10 items per week/per account** may be brought in on consignment. Due to our space limitations, large items such as furniture, dressers, tables, etc. and items in poor condition **will not be accepted.**

Busy Beaver Nursery School Pre-school ages 3 & 4 ENROLL NOW FOR SEPTEMBER. Open enrollment for the 2007-2008 school year beginning in September is underway at Busy Beaver Nursery School.

Classes for 3 year olds are held Monday and Thursday and on Tuesday, Wednesday and Friday for the 4 year olds. Morning sessions are from 9:00 a.m. to 11:30 a.m. Afternoon sessions run from 12:15 p.m. until 2:45 p.m. Enrollment in the afternoon classes will begin only after the morning classes are filled. Our class size is limited to 15 students and they fill up quickly so **don't delay enrollment!** Children must be 3 or 4 years of age on or before October 1, 2007. Busy Beaver Nursery School provides children with a wonderful first experience at school. Please call the Registrar for more information or to set up an appointment to come see what Busy Beaver has to offer your child. 973-694-2358

Shop-Rite Gift Cards

St. Andrew's sells Shop Rite Gift Cards on Sundays after the service and during the week in the parish office located in Thorpe Hall. Shop Rite gift cards come in these different denominations: \$10, \$20, \$50, \$100 and can be mixed or matched.

Please call the office (973-694-5915) during the week if you would like to stop by and purchase some.

Please join us Sunday for worship and fellowship.

We look forward to meeting you !

Local Church News

First Reformed Church

A Vibrant, Healthy Growing Church

We are committed to living and sharing the good news of Jesus Christ with everyone, everywhere, every day. . . .Welcome! Located at 60 Chapel Hill Road, next to Borough Hall. Contact us at 973-694-4336 or e-mail, office@frc-lpnj.org. Our website is frc-lpnj.org. We are completely handicap accessible.

Meet our staff: Fred Herwaldt, Minister; Jim Henry, Assistant Interim Minister; Jeanmarie Kozan, Director of Children's Ministries; Wendell Pitt, Director of Christian Education; Charles Portas, Music Minister; Carol Anderson & Norma Dinkelmeyer, Office Staff.

We welcome Charles Portas to our staff as the NEW Music Minister. He is a very gifted and talented musician. Stop in and hear him play. He will be leading our contemporary music group, Rock of Salvation and the Junior and Senior Choirs.

Worship times: 8 am worship with contemporary music; 9 am is Adult Sunday School and 10 am is Children's Sunday School; 10 am is worship with contemporary music; 11:30 am is worship with traditional music. Childcare is available 9 am to 11:30 am. "THE WORD" meets on Sunday evenings at 8 pm, a ministry for gen-x and gen-next for bringing the gospel to 20- and 30-year-olds in the area (Contact Wendell 973-224-7762 or wendellpitt@gmail.com). The first Sunday of the month at 7 pm is a prayer service.

Mondays: AA Meeting (women only) at 7 pm; Consistory the second & fourth Monday of the month.

Tuesdays: Men's Walk and Bible Study 7 am; Women's Bible Study 7:30 pm; Rock of Salvation 7:45 pm

Wednesdays: Girls Bible Study 5:30 pm; Prayer Service 7 pm; AA Meeting 8 pm

Continued on page 12

Abundant Life Worship Center

Submitted by: Rosemarie Orsita

We've moved...All our belongings are unpacked our home is somewhere new; and now that we're all settled in we'd love a visit from you! Here's our new address:

Abundant Life Worship Center; 103 Jacksonville Road, Lincoln Park, NJ 07035, www.lincolnparkalwc.org

ALL WELCOME! If you need additional information, please call our church office at 973-694-9998.

Weekly Services: Sunday Worship 10:00 am: Our Sunday morning worship is a time for the entire family to come to church and be ministered to. There is a complete children's church program for infants thru 12 years of age. These programs are designed to make attending church both fun and educational for children while also allowing the parents the freedom to enjoy worshipping without any distractions. Our Sunday service consists of lively and inspirational music and the dynamic preaching of God's Holy Word, the Bible. There is also prayer for the sick and the belief that God is still able to do wonderful and miraculous things for his children today. Warning: these services have been known to change people's lives. You may leave them filled with the power of God, his unspeakable joy, a renewed sense of hope and faith, a better marriage, and a smile on your face. People may not recognize you.

Wednesday Bible Study 7:30 pm: Our mid-week Bible study is a chance to learn and to ask questions about the word of God in a casual and informal setting. Coffee is available in this classroom setting. Detailed studies of biblical themes along with practical topics such as: marriages, the family, finances and dealing with emotional hurts are just some of the subjects that we openly discuss. There is a complete children's church program for infant thru 12 years of age every Wednesday.

The Bible is the most purchased book of all time; it is also the most unread book of all time. Most people claim to believe in the Bible yet have no idea what it says. Are your spiritual beliefs in line with the scriptures?

- Tuesdays: 5:30 am Men's Morning Prayer for information call church office
- Thursdays: 9:30 am Women connecting to Women Bible Study at the church

Jacksonville Chapel

Submitted by: Lauren Katona

www.jacksonvillechapel.org or call the Chapel office at 973-334-6657

Main Campus: Jacksonville Chapel, 264 Jacksonville Rd., Lincoln Park, NJ 07035

Kids Praise Musical: "Simon Says: the Rockin' Trail of Simon Peter" 3/24 at 2 pm & 3/25 at 3 pm in the Main Auditorium. FREE Admission. Simon Says...Jesus is the Son of God! Who do YOU say He is? New Testament characters come alive with a modern day twist and loads of fun in this 'rockin' musical the entire family will enjoy.

Weekend Services: Main Campus: Sat., Night, 5:30 pm, Auditorium (Contemporary); Sun., 8:30 am, Auditorium (Traditional); Sun., 9:45 am Auditorium (Blended); Sunday 9:45 & 11:15 am, Emergence (for Youth High School age and 20 Something's www.NXT-GEN.org/emerge); Sun., 11:15 am, Auditorium (Contemporary).

Crossroads Campus: Jacksonville Chapel, 270 Parish Dr., Wayne 07470

Crossroads Campus: Sun., 11:15 am, Auditorium ("En Espanola") *Cont page 12* 30 years old, **MC, Adult Bible Fellowships**

SUNDAYS: MAIN CAMPUS (**MC**); CROSSROADS CAMPUS (**CR**), Nursery **MC & CR** 18 months through pre-K (all services); **Children's Classes**, k-5th grade 9:45 & 11:15 am **MC** 9:30 & 11:15 am **CR Student Classes:** 6th grade-12th grade 9:45 am **MC**, 11:15 am **CR** 18-**CR** 18-30 years old, **MC, Adult Bible Fellowships** 9:45 & 11:15 am **MC**—11 am **CR**; **Singles Bible Fellowship**, 9:45 am **MC** (Adult Singles)

Nxt-Gen Ministries, MC, www.NXT-GEN.org; Middle School (grades 6-8); "Edge AM" 9:45-10:55, "Edge PM" 6:30-8:30 pm (September thru June); High School (grades 9-12) "OSC AM" 9:45-10:55 am "OSC PM" 7-9 pm, (September thru June);

Mondays: Women's Ministries, MC 7 pm (Sept. thru June); **Pioneer Girls, MC** (1st-8th grade) 7 pm (Sept. thru June); **Growing Through Divorce & REAL**, *Continued on page 12*

LOCAL CHURCH NEWS

First Reformed Church

Continued from page 11

Thursdays: Men's Bible Study 6:30 am;
Women's Bible Study 10:00 am

Fridays: Children's Church 6:30 to 8:30 pm
(March 16th & 30th)

Saturdays: Men's Bible Study 7:30 am

Pastor Fred Update: As many of you know Pastor Fred has recently been diagnosed with cancer. He goes for chemo therapy once a week. Fred has gotten more energy and goes for occasional walks and has been doing some writing (Everything is on our website). Thank you for all your prayers, cards and messages. If you would like to be kept apprised of his condition, please e-mail us at office@frc-lpnj.org

Youth Opportunities: You can contact Wendell Pitt at 973-224-7762 or by email at wendellpitt@gmail.com about ministries for youth.

FRIDAY FUN NIGHT – March 16th & 30th 6:30 pm to 8:30 pm. Completely free of charge. If you have any questions, please email Jeanmarie at jeankozan@optonline.net or call the church office.

Women's Conference Filled with Contagious Joy

Submitted by: Judy Baum

The 5th annual Women's Retreat will be held on Friday, April 13th from 7 to 9 p.m. and Saturday, April 14th from 9 a.m. until 3 p.m. at the First Reformed Church, 60 Chapel Hill Road, Lincoln Park. This year's theme is *Contagious Joy* and grins will abound for all to share.

The messages from the "Women of Faith" speakers will be heard via DVD. As in the past, the speakers are Patsy Clairmont, Sheila Walsh, Thelma Wells, Luci Swindoll, and Marilyn Meberg. In addition, Angela DiPrima will join us and lead the music for the weekend.

A complimentary luncheon will be served on Saturday. There is no charge for the retreat, but a free-will offering will

will be received. Please pre-register by calling Barbara at 973-839-6384. Baby-sitting is available upon request.

Jacksonville Chapel

Continued from page 11

MC (for parent & child); **Band, MC** (9th grade adult)

Tuesdays: Battalion, MC 7 pm (boys in 7th—12th grade) (Sept. thru June); **Overcomers in Christ, MC** 7 pm; **Choir, MC** 7:45 to 9 pm (9th grade-Adult) (Sept. thru June)

Thursdays: Women's Ministries, MC 9:15 am (Sept thru June); **Tree Climbers, MC** 7 pm (boys 1st & 2nd grade & their dads) (Sept. thru June); **Stockade, MC** 7 pm, (boys in 3rd-6th grade) (Sept. thru June)

Fridays: Parker House Café, MC, 7:30 pm on the 3rd Friday of each month. If you are single & over 30, check us out; **Prime Time** (seniors), **MC**, 1 pm 3rd Friday of the month (Sept. thru June).

Jacksonville Chapel Nursery School for 2 1/2-5 year old children; State certified; REGISTRATION for the 07-08 school year is taking place now. For more information go to the nursery school website at jcnurseryschool.org or call 973-334-2798.

St. Joseph's

Continued from page 10

The parish will be conducting a series of monthly hours of prayer for life, beginning with the regular 7 PM pass on Monday evenings. Following the Mass, the hour of prayer will continue with adoration of the Blessed Sacrament and will end with Benediction at 8 PM.

Each month will be devoted to a particular pro-life theme. The schedule of hours of prayer through June will be: March 19: St. Joseph, Guardian of Life; April 16: The Resurrection – The Life of grace and eternal life; May 14: Life belongs to God – At conception and death; June 18: Reparation for Abortion.

The Grief Support group will begin another six-week session on March 1 @ 7:30 pm in the old rectory. The group is open for those who have lost a spouse due to death and all faiths are welcome. Participants are encouraged to wait at least three months after the death has occurred before joining the group. For more information call 973.696.4411, all calls are kept strictly confidential.

The Knights of Columbus collect aluminum cans every Saturday morning between 9 am and 11 am.

The Warming Bee Ministry has resumed its meetings on Tuesdays at 1pm in Room 10.

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Friends of the Library

Submitted by: Eleanore Arvidson

The Friends of the Lincoln Park Library is a volunteer organization committed to supporting our local library by promoting lifelong learning.



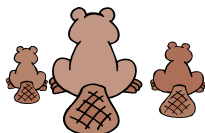
Did you know?

The Friends offer wonderful day trips Schol-

arships, Programs, Monthly book sales, Computers, Library Furnishings

And a great opportunity to Fund Raise for a worthy cause!

The Friends are proud that our efforts are benefiting the community and we'd like your support; of time or tax deductible donations. For



Borough Clerk's Office

34 Chapel Hill Rd.

Lincoln Park, NJ 07035

Current Members: Eleanore Arvidson; Doris Collins; Joan Cuomo; Catherine Fahey; Nancy Hankey; Irene Hubner; Florence Kane; Ginny Kenny; Joyce Lawton; Mary Lozupone; Lillian Manser; Jeanne Marmar; Helene Olson; Marion Semeraro.

If you would like to join our organization, please complete and return to the Library

Name: _____

Address: _____

Phone: (Home): _____ Work: _____

Membership Fee: \$5.00 per year (September, 2006 to August, 2007)

Bulk Rate
U.S. Postage
PAID
Permit No. 36
Lincoln Park, NJ
07035

Resident
Lincoln Park, New Jersey 07035