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# LEBANON

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SPRING

LANTERN

2021



## CONTENT

From the Mayor Page 02  
Project Planning Page 03  
The Smart Patient Page 05  
Lebanon History Page 06-7

School Updates Page 08  
Community News Page 09  
Seniors / OEM Page 10  
Emergency Services Page 11

Health News Page 12  
Boy / Girl Scouts Page 13  
Recreation Page 14  
Town Contacts Page 16

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## FROM THE MAYOR



Hello Lebanon!

Brrrrr! Just writing for the Spring Edition of the Lebanon Lantern is warming me up! This has been one cold and snowy winter!

Fortunately, lots of fun activities are planned in town for the upcoming months to encourage us all to get out and enjoy the nice days ahead. Each day it gets warmer and the sun stays out later!

The Recreation Committee is sponsoring a Bunny Footprint Finding Contest—see the flyer inserted in the Lantern for details. The Lebanon Wellness Committee is sponsoring a Stepping Contest from April 1 to May 31—see details on page 10 of the Lantern. The details for both of these events can also be found on our town website at

[www.lebanonboro.com](http://www.lebanonboro.com) and will be on our new electronic sign.

As I have mentioned in the past, we have a number of vacancies in the various volunteer committees and commissions in town. If you have an interest in learning more about them or want to join one please reach out to me, the Town Hall or the respective chair (which can be found on our website). Our Committees/Commissions are: Environmental Commission, Shade Tree Committee, Historical Committee, Recreation Committee, Sewage Authority, Storm Water Management and Mayors Wellness. We are always looking for help with the Lantern as well, and the July 4th Committee is also in need of volunteers. You can email [Lantern@lebanonboro.com](mailto:Lantern@lebanonboro.com). Please see the write-up on July 4th on page 14 of the Lantern.

A big thanks to Alexa Baldinger for the artwork on our cover!

As always, if you have any suggestions, comments or questions please do not hesitate to reach out to me.

All the Best,

Jim Pittinger

646-729-6242



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The Borough of Lebanon, Lebanon, NJ 06-5368

## Home Improvements and Construction Permits

In Lebanon Borough, the issuance of building, electrical, plumbing and fire permits is done by the New Jersey Department of Community Affairs or, as they are called, the DCA. Their office is located at 171 State Route 173 – Suite 101, Asbury, NJ, 08802. If you undertake a remodeling or a replacement project the chances are you will need to obtain permits and provide details regarding your project.

There is a long list of projects that fall under the category of remodeling. Popular ones are kitchens and bathrooms, and these can be extensive and expensive. So what permits are needed? The simple answer is it depends. If you put the sink and dishwasher in the same place you do not need a permit. However, if you add outlets or fixtures or change sink or appliance locations or change electric to gas, electrical and/or



plumbing permits will be required.

Kitchen cabinets do not require a permit. Many times a kitchen or bathroom renovation does not require permits unless it is a gut renovation, or new electrical or plumbing work is being per-

formed. (A contractor can not perform plumbing or electrical work unless he is licensed in that profession.)

If the property is an owner's residence, he or she is permitted to do the plumbing and electrical work but must obtain the required permits. When the work is completed, you must call the DCA for inspections at (908) 713-0722 with your permit number, block and lot. If you hire a contractor, they

must be registered or have a NJ license. Make sure you are clear as to who will get the permit, and don't make the final payment until it has passed final inspection by the DCA.

Replacing a water heater requires a permit whether it is gas or electric. The standards for flue size on gas fired water heaters have changed and you may also need to upgrade your exhaust flue. The standards changed for safety reasons, so don't ignore this.

Roofing, siding and window replacements on single or two family detached residences do not require a permit. No permit – no inspection. That means you need to get a reliable contractor or get yourself an education on how it is to be done. If window opening sizes are altered a construction permit is required.



### Bicentennial Oak

The year 1976 was a great year for tree planting all over the country. The Boro decided to plant a red oak, the New Jersey State tree, in the Boro park. It was planted in the middle of center field in the ball park. Well, that isn't exactly a great spot for a tree, especially if you are the centerfielder. The fact is when the tree was planted the ball field was configured differently. About 25 years ago a major upgrade was made to the park and the location of homeplate was in the process of being re-oriented. Our oak was now in a place where it couldn't remain. One morning a resident talked one of the backhoe operators to uproot the tree and move it. It wasn't the best time and not the best method but with follow up care it did survive and thrive. The tree is now on the brow of the hill near the batter's cage. There are two benches that are in the shade of the tree.

## MAYORS WELLNESS CAMPAIGN

Please see the write-up in the Lantern from the Lebanon Boro Wellness Committee with a Stepping Challenge from April 1 to Memorial Day! Top Steppers will get prizes! Page 10 of the Lantern.

Also, the Recreation Dept. has a handout with a challenge to walk around town and find the spray painted bunny feet and submit the addresses for prizes!

The Wellness Committee is working to put together other fitness related items for residents to achieve healthier lifestyles, as well as to improve the health and wellness of the community.

*The **Mayors Wellness Campaign** is a statewide community health initiative directed by the **New Jersey Health Care Quality Institute** in partnership with the **New Jersey State League of Municipalities**.*

## SEWAGE / DAM

# IMPORTANT

Lebanon Borough Sewerage Authority mailed the 2021 bills in February. If you do not receive your bill by mid-March, please call 908-236-2704 for a copy of your bill. Included with your bill was this insert regarding Prohibited Materials:

### LEBANON BOROUGH SEWERAGE AUTHORITY STATE OF NEW JERSEY - RESOLUTION No. 13-2021


#### Prohibited Materials - Blockage Cleanout

1. All types of paper towels and cleaning materials, feminine hygiene products, diapers, flushable wipes, and like type materials are prohibited from being disposed of in toilets and drains within the sewer service area of the Lebanon Borough Sewerage Authority.
2. Any and all back-ups of individual premise sewer lines and the main sewer trunk shall be traced to their source and the sewer system user and/or property owner shall be liable for all costs and expenses incurred to clear and/or relieve the blockage.
3. A fee of \$250.00 plus the actual cost of clearing the line blockage, shall be assessed to the property owner/user and must be paid with the next quarterly sewer installment due from the user. Such fee if unpaid, shall become a lien upon the property, and failure to make payment of the lien shall result in the immediate filing of a Lien Notice with the Lebanon Borough Clerk's Office/Assessor's Offices/Search Officer, and a separate Notice of Lien shall be recorded against the property in the Hunterdon County Clerk's Office, and the property will be subject to the annual, public lien sale conducted for tax and sewer delinquencies. This Resolution shall become effective on February 4, 2021.

#### Round Valley Dam Project

Cherry Street will continue to be closed around the reservoir for the remainder of 2021. Please see our town website or [www.RoundValleyProject.com](http://www.RoundValleyProject.com) for updates. Portions of trails around the reservoir will also be closed during the project. Please see [www.state.nj.us/dep/parksandforests/parks/round.html](http://www.state.nj.us/dep/parksandforests/parks/round.html) for more information.







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## Spring Forward Without Falling Back On Your Sleep: The Health Benefits of a Good Night's Rest

We do it every night of our lives, but when it comes to hitting our pillow, practice doesn't necessarily make perfect for all of us. As many as 50 to 70 million adults in the U.S. have some type of sleep or wakefulness disorder, according to estimates from the Institutes of Medicine. More than a third of Americans reported getting fewer than the "seven-to-nine hours of sleep" that is recommended per night for adult good health, according to data from the Centers for Disease Control and Prevention. A recent survey from the National Sleep Foundation revealed that a whopping 45 percent of Americans said that poor sleep affected their daily activities at least once in the past seven days. Numbers like those make sleep experts cringe.

Sleep coordinates brain and physical functioning, including hormone regulation, mood, appetite, the immune system and alertness, to name a few. If you think of sleep as the negative time in your day when nothing on your "to-do list" gets done, your brain and several other systems in your body see it quite differently. Your brain is actually very active during sleep doing and affecting important things such as learning, your mood, your risk of getting sick and becoming obese. Sleep also affects mood and irritability. Brain-imaging studies have shown that a good night's sleep helps our brain regulate mood and cope with whatever the next day brings. Conversely, insufficient sleep boosts a part of the brain that is known to be affected by depression, anxiety and other psychiatric disorders.

Outside of the brain, there is a lot changing throughout the rest of the body during sleep too. There's an increase in the release of growth hormones during sleep (this is when kids get taller, our skin cells regenerate, and our hair gets longer), as

well as the hormones that regulate appetite. Sleep is also when our muscles repair damage and regular wear and tear, from throughout the day.

Particularly as we deal with COVID, it is important to note that sleep plays an integral role in regulating the body's immune system, which is responsible for fighting off all sorts of problems from the common cold to more serious chronic problems like cancer. Studies have shown that individuals are more likely to catch a cold virus when you're sleep deprived and that vaccines can be less effective after a poor night of sleep.

Thanks to all these critical roles that sleep plays in the body, chronically getting poor sleep can have some pretty serious consequences. Cutting sleep short by even just two to three hours a night over time has been linked to an increased risk of obesity, diabetes, cardiovascular disease, hypertension and premature death.

Here are a few tips to help you get a good night's sleep:

- Take time to unwind before you go to bed. A warm shower, listening to music, yoga stretches or sitting in the dark for two minutes, will help you relax.
- Power down and keep electronics out of bed for at least 30 minutes before sleep.
- Limit caffeine to the morning hours and if possible, avoid it in the late afternoon or evening.
- Avoid alcohol too close to bedtime. It creates an artificial way of falling asleep quickly, so your body will spend more time in the lighter stages of sleep later in the night, during which you are more likely to toss, turn, wake up and dream.
- Set your thermostat between 60 and 67 degrees Fahrenheit. Part of the body's process of falling asleep is decreasing its temperature, so keeping your bedroom temperature cool just

helps this happen faster.

You can't make up lost time sleeping during the week, on the weekends. That might feel better the day after you get a good night's sleep, but you can't store up sleep for the coming week.

Individuals do vary in the amount of sleep they need per night, though clocking between seven and nine hours every 24 hours has been linked to the most health benefits, which is why those are the sleep recommendations for adults. If you want to know more specifically where you fall within that range, consider that you are well rested overall, if you are able to wake up consistently at the same time without an alarm clock.

Don't worry too much about sleep. It may sound contradictory given all the well-touted sleep recommendations and guidelines that exist (not to mention this article), but another important way to sleep better is just to not stress about it too much. Sleep isn't something you can tell your brain, "shut down and go to sleep." The more you stress and worry about having just the right sleep routine, the tougher it is for your body to relax.

The bottom line is that sleep is not a waste of time and you can't get away without it. When it comes to staying healthy, people pay a lot of attention to nutrition and physical activity, which are both very important, but we should put sleep on that same level.

**If you would like to request a specific healthcare topic for The Smart Patient column, please email me at [mbaldinger@lebanonboro.com](mailto:mbaldinger@lebanonboro.com).**

**Councilwoman  
Marlene G. Baldinger  
RN, ARM, CPHQ, CPHRM**

## LEBANON HISTORY

### The First Creamery in Hunterdon

A creamery is a commercial business involved in taking raw milk and processing it to produce, skimmed milk, butter, buttermilk, and whole milk. According to Schmidt's *Rural Hunterdon* the first creamery in Hunterdon was organized in Sergeantsville in 1881. That claim may belong to Lebanon as the 1873 map in Beers *County Atlas of Hunterdon, New Jersey*, clearly shows a creamery located on the West side of Cokesburgh Road right where the Rt. 22 east bound exit ramp is located today. This location right near the brook would provide cold water for refrigeration and a means to flush away waste products. By 1902 the creamery had been relocated to the East end of Lebanon opposite the elaborate home of George N. Clark. Some time later it was moved again into

a new large structure just opposite the railroad station. The railroad location enabled the company to quickly receive raw milk and ship products produced to larger markets east of Lebanon. *The Mineral Industry of New Jersey for 1913*, states locations for elevation benchmarks (reference points) across the state, many along rail routes. One of the three in Lebanon is described as "a cross cut in the outer eastern edge of the stone door sill of the boiler room of the Cushtunk Mountain Creamery the entrance is facing the train station" 298.19 feet. Clearly the new structure was now in existence where the Lebanon Cheese Company is today. The year 1917 was a big year for the creamery as George Clark and Son sought to expand and modernize the facility. In that year *the Public Health News* published an article on the status of sewer projects in New

Jersey. Listed in that publication were plans for an experimental plant for the treatment of wastes from the Cushtunk Mountain Creamery. Also in that year the *Courier News for Bridgewater* reported that George Clark and Son of the Cushtunk Mountain Creamery at Lebanon will enlarge the first floor and install a cold storage plant. It is interesting to note that the building is still processing raw milk over 100 years since it was built.



See history of Lebanon Cheese Co on Page 7.

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## History of Lebanon Cheese Company

In May of 1929, Grazielle Fiore Lotito (Grace) and Cristofaro Lotito (Chris) were both overjoyed at the birth of their sixth (and last) child and struggling through what was to be one of America's most discouraging times, the "Great Depression." Chris, an Italian immigrant from the city of Bari, was a successful mason and builder. Grace, also from Bari, came from a long line of Italian cheese makers. Not only was she blessed with her cheese-making skills, but she had an innate mind for business, and an unstoppable work ethic.

In October of 1929, as the Depression took its toll on the construction industry and the economy, the Lotito Family, consisting of Cristo's mother and father, Grace's mother, Cristo, Grace, and their six children packed up their belongings and left Sheepshead Bay, Brooklyn, NY. They moved to a large single-family home, adjoining dairy building, a bungalow, and two storage barns. This was to become the birthplace of the Lebanon Cheese Factory, in Lebanon, New Jersey. Their plan: to utilize Chris' skill as a salesman and Grace's talent as a cheese maker to start a business manufacturing and selling fresh Italian cheeses throughout New Jersey and New York.



Residence of George Clark, Jr., Lebanon, N. J. - Prop. for Harold Shears

Grace and Chris located the property, which was ideally situated along a railroad track and in the heart of farm country. They negotiated a deal with the property owner, Mr. George Clark (Hunterdon County's first millionaire and largest property owner). In exchange for refurbishing the dairy building and home, Chris and Grace negotiated three

months free rent and a contract to purchase Mr. Clark's milk from his dairies. Over the course of those first three months, the family worked night and day setting up the business and renovating the property. Chris's first project was to install indoor plumbing, as the property only had one outhouse for all the occupants. Grace and her brother, John Fiore (of Fiore's Gourmet in Hoboken, NJ) immediately set out to purchase a single cheese kettle. They hired an employee to go throughout the county picking up cans of milk. Grace would unload the 100-pound cans, lift them to the kettle rim, dump them, then proceed to make fresh ricotta cheese, which she would hand-dip and package.



Residence of George Clark, Sr., Lebanon, N. J.

*according to Parris Mrs. L. Lotito*

When not in school, the children would also help. They each had tasks, including testing the milk, wrapping the ricotta cheese tins with paper labels and string, washing the milk cans and cheese tins, along with making cheese and cleaning up afterwards. Cristo's job was to load the products into their delivery truck and travel throughout New York City and New Jersey, obtaining customers for their quality products. Chris was often gone for days at a time, but, on the occasions when he was home, he refurbished the factory, as promised. He also always returned with a Hershey bar for the

children – a treat that was met with great excitement! On the fourth month, instead of paying that first month's rent, the Lotito's purchased the property, house, and factory outright – never paying a day's rent!

Through the hard work of Chris, Grace, and their six children, Lebanon Cheese successfully endured for several decades. Unfortunately, in the late 1940's, Chris became weakened after a heart attack, and was told by his doctor to sell the business and retire. However, the Lotito children, blessed with their parents' strong work ethic and ingenuity, approached their Mom and Dad with an idea – they would jointly buy the business from their parents. A deal was made, engi-

neered for fairness by Grace, that each child would own an equal share of the business and contribute equally to the business. Over the years, the business continued to thrive; unfortunately, it could not support six families as well as it had once supported one family. Over time, the brothers and sisters elected to go in separate directions, and the remaining siblings bought their shares. Eventually, the youngest child, John, was the sole remaining owner of Lebanon Cheese.

During the next forty years, John successfully grew the business with the help of his wife, Selina, and seven of their sons. Today, Lebanon Cheese is still run with the same attention to quality as our grandparents and parents insisted upon, and services some of the largest bakeries and pasta companies on the East Coast. The youngest of Selina and John's children, Joe, currently owns and manages the business with a great deal of love and respect for the hard work and ingenuity that went into making it a success for over 90 years and three generations.



Geo. Clark's Creamery, Lebanon, N. J.

Although primarily a wholesale factory, they offer retail purchases in their office or with curbside service. Orders can be placed and scheduled for pickup at [www.LebanonCheese.com](http://www.LebanonCheese.com), or just come in the office and order directly with our friendly staff. Open Monday through Saturday 9:00 AM - 3:30 PM.



## Lebanon Borough SCHOOL DISTRICT

As we move through this month and transition from our winter weather to the warmer days of spring, Lebanon Borough School is looking to make our 3rd trimester our best one yet! This year has been moving along at a quick pace and we have 3 months left of this unique version of schooling. Our teachers, students, and families have been amazingly flexible and resilient as the year has unfolded. We will continue to monitor and adjust our program as needed to navigate our constantly evolving public health situation. As we near the final weeks of school we will be working on our promotion ceremony and other activities/celebrations.

**Read Across America** Earlier this month we celebrated Read Across America. Our teachers conducted various reading-related activities with the children including those for the individual classroom like read-ins and Google Meet guest readers and school-wide activities like our whole school glow-stick read, which is our take on flashlight reading. One additional activity that our teachers came up with to bring the celebration of reading into the homes of our families was our nightly bedtime stories. Each afternoon we emailed home links to one or two YouTube videos of our staff members reading beloved children's books. Families could play them in the evening for the whole family or play them at bedtime as a special treat. Our staff is always trying to foster the home and school connection and this is a wonderful example of that! If you are interested in those videos, they are posted on our website at [www.lebanonschool.org](http://www.lebanonschool.org).

**Covid-19** We have been one of the fortunate schools in the state that have been able to run in-person instruction all year long. We offer an option that involves in-person until 12:45 pm and then two periods of virtual learning in the afternoon, as well as a fully virtual option. Both options have served our students and families well. In the past month, we have had our first cases of in-person individuals testing positive for Covid-19. We have no evidence that the transmission occurred in school and believe that is because of the hard work of our staff to ensure that our protocols and procedures are followed and the diligence of our families to screen children before school and keep them home if needed. I am unaware of another district that has been able to remain open since September with no positive in-person cases prior to February.

I encourage everyone in the community to remain diligent in the standard safety procedures in school and throughout the town. As a small close-knit community it is important that we all do our part to keep everyone safe and healthy. Although the state's color system has now moved us to a lower risk factor (yellow), this is not the time to ease up. Our cases occurred after we moved to yellow. Please be sure to wear a mask, socially distance, practice proper hand hygiene, and limit contact with those outside your household when possible. We are nearing a time when some form of normalcy can return and we have worked so hard thus far, but we are not there yet and your support is greatly appreciated!

**7th & 8th Grade Send/Receive Agreement** In February, the NJ Commissioner of Education approved Lebanon Borough School

District's petition to sever the send/receive relationship with Clinton Township School District and enter into an agreement with Clinton-Glen Gardner School District. My letter to the community regarding this and a link to the Commissioners decision can be found at [www.lebanonschool.org/News](http://www.lebanonschool.org/News).

Since then, on February 23rd and March 4th respectively at their regular meetings, the Clinton-Glen Gardner BOE and Lebanon Borough BOE approved a 10-year send/receive agreement for our 7th and 8th-grade students. This will go into effect in the 2021-2022 school year with our 7th graders attending Clinton Public School and our 8th graders completing their time at Clinton Township Middle School. The following year, all LBS 7th and 8th-graders will attend Clinton-Glen Gardner. We are very excited about our new relationship and look forward to working together closely to transition our rising 7th-grade students this Spring and begin collaboration between the two district staff in other areas, as well. Stay tuned for more information.

### 2020 Recognition



thank Mrs. Dulovich for her work with this organization over the years to help us achieve this milestone!

**Safe Routes to School Award** It is with great honor to announce that Lebanon Borough School received the Safe Routes to School Award in February! This award is given to schools in New Jersey that walk/bicycle safely to school. The Lebanon Borough School's webpage will proudly display the SRTS Logo/Badge! Congratulations Lebanon Borough School! I would like to

**Registration Information for Preschool & Kindergarten can be obtained at [www.lebanonschool.org](http://www.lebanonschool.org) the main office, or by calling: (908) 236-2448**

**Kindergarten and Preschool Registration** It is time to start thinking about registering for preschool and kindergarten! The 2021-2022 school year will be here before we know it. If you have a child who will be 3 or 4 by September 30, 2021, please consider our integrated preschool program. If your child will turn 5 by that date, they are eligible to register for our Kindergarten. There is more information

on our website. Registration forms can be found there too. We will be scheduling orientations in the summer as we get closer to the new school year.

**20-21 3rd Trimester Enrollment** We are fortunate to be able to continue running our two models of fully virtual and in-person/hybrid enrollment for the 3rd trimester starting March 16th and running until the end of school in June. Thus far the models have been successful due to the hard work and flexibility of our staff, students, and families. This has not been an easy school year for anyone, but the LBS Community has pulled together to create the best learning environment possible under our current circumstances. We, once again, thank everyone for their support!

**Better Together,**

**Bruce Arcurio, Superintendent**

Visit our district website

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

# UPCOMING MEETINGS

## GET INVOLVED

**Town Council** 7:30 PM  
3rd Wed of Month, Town Hall

**Planning Board** 7:00 PM  
2nd Tue of Month, Town Hall

**Historical Committee** 5:00 PM  
1st Tue of Month, Town Hall

**Environmental Committee /  
Shade Tree Committee** 6:00 PM  
1st Thur of Month, Town Hall

**Recreation Committee** 7:30 PM  
4th Wed of Month, Rec Building

**Sewage Authority** 7:30 PM  
1st Thur of Month, Town Hall

All are welcome! Please check Boro website [www.lebanonboro.com](http://www.lebanonboro.com) for any changes to meeting schedule or call Boro Hall at 908-236-2425



### Lebanon Borough 2021 Recycling Days in Blue Bulk Pick Up May 5th and October 6th in Red



**January 2021**

S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

**February 2021**

S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

**March 2021**

S	M	T	W	Th	F	S
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**April 2021**

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**May 2021**

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30	31					

**June 2021**

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20	21	22	23	24	25	26
27	28	29	30			

**July 2021**

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				1	2	3
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

**August 2021**

S	M	T	W	Th	F	S
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**September 2021**

S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

**October 2021**

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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

**November 2021**

S	M	T	W	Th	F	S
	1	2	3	4	5	6
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

**December 2021**

S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



## Lebanon Seniors,

The year 2020 has come to an end. It has been a hard year for our families and friends. We wish for a better year for all . Let's hope 2021 will be better.

Be careful and, of course, wear your mask. They do help and I know they are hard to wear. But it's a must.

I wish all a HAPPY NEW YEAR and hope we will be together soon.

Stay safe,

Your Senior Club President, Maddie



## Vehicles Verses Utility Poles

During this past snowy February, the number of skidding motor vehicle accidents involving utility poles was quite excessive. It is uncanny why automobiles seem to always find these poles that not only present an issue of impact but one of fallen wires. Looking at such

incidents, the impact of hitting the pole can dislodge or cause wires to fall on top and/or around the uncontrolled vehicle. There in creates a very serious condition. As an example; most poles carry telephone wires, CATV wires and the most powerful electric power wires that can present a serious scenario. The condition can energize telephone and CATV wires that are usually safe to touch. However when tangled due to an accident, these too can be energized by the power conductor compounding a serious condition in and around the accident vehicle. STEP OUT of the vehicle and you could be toast! To prevent this life taking event let us review such an incident and see why and how we can prevent such an unsuspecting set of circumstances.



First, be advised that all fallen wires must be considered as energized and may energize the vehicle. In such cases you are relatively safe sitting in that vehicle. You are like the bird that sits on a hot power line. Remember voltage; the pressure in electrical theory, does not kill-current (amperage) will. As such, by sitting in the car everything is energized at the same potential and there is no current flow. Current needs two different potentials for that flow.

Second, current flow can be created by stepping out of the energized vehicle. You and the vehicle are at one potential and the outside ground is the second. **NEVER STEP OUT** of a charged vehicle. If you must exit, open the door without touching anything outside the vehicle, then leap out without touching the car and ground at the same time. Finally shuffle your feet away from the vehicle as far as possible. Do not take steps when leaving the vehicle since a gradient condition may exist for potential contact.

Remember; wait for help – stay in a charged vehicle- if you must get out (i.e., fire,) leap out and shuffle away.

O.E.M Coordinator, Lex Saharic

## Used Clothing Drop-Off Shed

Sponsored By:

**Lebanon Fire Department**

With the help of Turnkey Enterprises, LLC

### Location:

88 Main Street  
Lebanon, NJ 08833  
(Parking Lot)

### Items Accepted:

All clothing, shoes, sneakers, belts, purses, blankets, sheets, pillowcases, drapes, and stuffed toys.  
(Your donation **will not** be cut up or shredded)

(Please... **no** rags, fabric scraps, toys or household goods, please understand that the above mentioned items are a hardship and expense to dispose of.)



## **STEP OUT** LEBANON

WALK

Lebanon Boro Wellness Committee is sponsoring a

Stepping Contest from April 1 to Memorial Day, May 31.

**PRIZES!!! PRIZES!!! PRIZES!!!**

Top steppers will receive a prize! Prizes include Lebanon YETI , Jacket or vest and items donated from Hunterdon Health and Wellness!

Categories for youth under 12, youth over 12, adults and seniors.

### Rules:

1. Count your steps—running and/or walking!
2. Keep track of your total steps
3. Report your total steps to Town Hall by June 4



Keep track of your steps and by June 4 email or call Town Hall with your total steps.



**Hunterdon Healthcare**  
Your full circle of care.  
Hunterdon Health & Wellness Centers  
at Closter and Whitehouse Station



## Save Lives. Serve Our Community. Make Yourself Proud: Join South Branch Emergency Services

Looking for a way to make a real difference in your community? Become a South Branch Emergency Services volunteer! Visit [www.SBES365.org](http://www.SBES365.org), fill out a "contact" or "join us" form, and let's get started right away!

When someone in your community needs help, South Branch's EMTs and rescue associates – the majority of whom are volunteers – provide emergency medical care, hospital transport, and rescue services. They have the heart and the skills to save their neighbors' lives. If YOU have the heart, they will teach you the skills you need to make a difference.

"Saving lives and helping others is an incredibly rewarding experience," said South Branch Chief Frank Setnick. "This isn't hyperbole or a hypothetical – there are people in the Town of Clinton, Township of Clinton, High Bridge, Lebanon Borough, and portions of Franklin Township,

Bethlehem Township, and Union Township



form strong bonds, said South Branch volunteer Walter Dorf, a Rescue Lieutenant who also drives the ambulance.

"This is giving back to the community, and it's also being part of the South Branch family," Dorf said.

South Branch has an immediate need for volunteers. Call volumes have been trending upward for many years, and South Branch must have enough EMTs and rescue associates to meet this need.

The squad is a combination squad, with paid, career personnel who serve primarily weekday hours, when volunteers are at work. The fewer volunteers, the more paid personnel must be hired, Dorf notes, and residents of the municipalities served would bear that cost. "In addition to the important medical role we provide, volunteers help keep our tax rate down in the communities we live in," he said.

Dorf, 52, is an accounts manager for a HVAC manufacturer and he also volunteers with

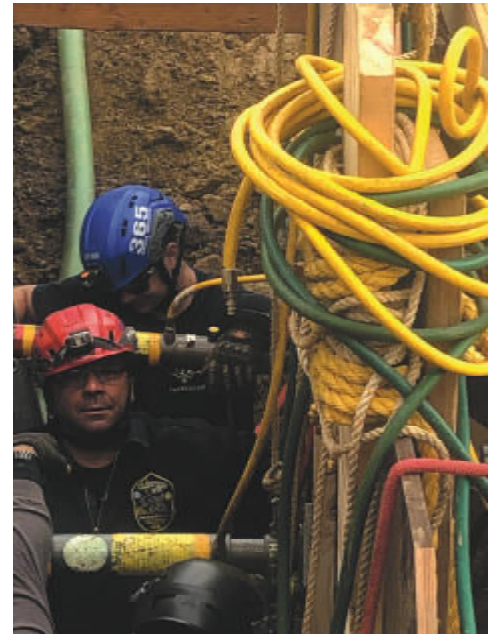
who would no longer be here if it weren't for our volunteers."

Volunteers who work so closely together in such an important way

Clinton Fire Department, where he was formerly chief. He serves at South Branch alongside his wife, Carol, a volunteer EMT. The Dorfs' son and daughter are adults now, and the empty nesters wanted to invest their new free time in a meaningful and rewarding way way.

Becoming a volunteer EMT or rescue associate means learning new skills, making new friends, and making an enormous difference in your community. Make this the year you keep your New Year's resolution! Resolve to make a difference and, with training free to members, South Branch will show you how.

Visit [www.SBES365.org](http://www.SBES365.org) to learn more, ask a question, or volunteer. Your neighbors will be glad you did – and so will you!



## Lebanon Borough Fire Company

STATION 18 "FIGHTIN 18"

**\*\*MEMBERS WANTED\*\***

Are you looking to make a difference in your community? Do you enjoy challenging yourself and acquiring new skills? Has giving back to your community been a dream but you weren't sure how to make it a reality? Now's your time to shine! Ages 16 and up, please contact us to learn how to gain free training, gear, learn life-saving skills and best of all make new friends who become family.

Contact [membership@18fire.org](mailto:membership@18fire.org) to get more information on joining...Come on, you know you want to!

**\*\*DON'T FORGET TO HAVE YOUR HOUSE CLEARLY NUMBERED. IT HELPS US, FIND YOU QUICKER\*\***



**Firehouse fund drive will be going out in the mail mid March**

# STOP FALLING NOW

## Why be concerned about falling?

Falls and fall-related injuries are the leading cause of accidental death in older people.

Half of seniors who fall, will fall again within a year.

Nearly half of the seniors who fall reduce their activity after a fall.

Most fractures among older adults are caused by falls.

What if you or your loved ones could wear a simple brace in their shoes to prevent falling or injury. There is a new prescribed custom made ankle foot orthosis designed to easily fit into most shoes. By wearing this brace it stabilizes the foot in the presence of weakness and fatigue. It stimulates skin receptors providing feedback to the brain. Also, it provides ankle support, improves balance and

helps avoid falls by reducing postural sway. It also provides foot clearance reducing the risk of tripping. It can be easily put on and removed. It is extremely light weight.

Contact your local podiatrist to see if he or she provides this brace for their patients. It involves an office visit where the patient's gait is analyzed and fiberglass casts are made of both feet. Takes about 20 minutes for casting and the braces usually arrive in 3-4 weeks. Medicare and most insurances approve 100%.

**Howard J. Tzorfas, D.P.M.**



*Thank You  
First Responders*



**HAPPY EASTER!**  
*Mayor Jim Pittinger*

## HUNTERDON FAMILY MEDICINE AT RIVERFIELD

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Sales Associate



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[www.olgaatleaf.com](http://www.olgaatleaf.com)  
Cell: (908) 500-2430  
Office: (908) 975-9756

## Girl Scout Memories!



Two Lebanon Borough high school seniors were recently asked about their favorite memories of Girl

Scouts. Mairi Ferguson joined Troop 80875 in 2008 as a kindergartener and Alison Weingart in 2009 as a first grader at Lebanon Borough School. This year they will both bridge to adult scouts and receive their Lifetime Membership. Mairi Ferguson has always enjoyed Camporee. "We have been to so many different camps over the years, from Round Valley Youth Camp and the Baptist Camp right here in Lebanon to camps in northern New Jersey and Pennsylvania," she said. "No matter where we went, the most important thing was being together with my troop. I have so many memories of us rowing, hiking, making s'mores and just spend-

ing time in the beautiful outdoors." Ferguson said that her favorite service activities were collecting cans for the food pantry at Christmas and collecting food for animals in shelters. She has also enjoyed the field trips they took to the Academy of Natural Science in Pennsylvania, the Adventure Aquarium in Camden, Wild West City, the Sterling Mine and a ropes course in the Poconos. "Girl Scouts has opened up a lot of doors for me, specifically with community service," said Alison Weingart. "One of my most rewarding projects has been Soles4Souls for which I hosted a shoe drive, sorted the donations, and shipped them to the organization's warehouse for distribution to those in need. I was introduced to this opportunity during my sophomore year of high school and have been hosting a drive each year since. In fact, I plan on continuing to volunteer for them in college." Weingart said that her favorite service outing has been wrapping Christmas presents for the residents of the Hunterdon Developmental Center. And a favor-

ite memory was her most recent bridging ceremony, after which the Troop walked around Peddler's Village and enjoyed a celebratory meal. Do you have a favorite memory of being a Girl Scout? What kinds of things did you do? We'd love to hear from Lebanon Borough residents of any age about what the experience was like for them. Please email us at [gshnjserviceunit81@gmail.com](mailto:gshnjserviceunit81@gmail.com).



Lebanon Borough residents (left to right) Alison Weingart and Mairi Ferguson recalled their sleep

over at The Academy of Natural Science in Philadelphia as a favorite memory of Girl Scouts.



BOY SCOUTS OF AMERICA

## Troop 200 Returns to Lebanon Borough!

Lebanon Reformed Church

in Lebanon is the new Charter Organization of Boy Scout Troop 200. Members of the congregation, including Pastor Thomas E. Jones recently welcomed Troop 200 with a brief welcoming ceremony.

Troop 200, founded in 1955, has deep roots in the Cokesbury/Lebanon area and was chartered by Lebanon Reformed Church for decades, until 2004.

"A new door at Lebanon Reformed Church is opening for our troop and we are excited about the opportunities in front of us," said Jeff Lutz, Troop 200 Scoutmaster. "Troop 200, with its dedicated Scouts and Leaders, has a long history of developing the leaders of tomorrow. The Scout program embodies the essence of perseverance, discipline, determination and leadership. We, at the Lebanon Reformed Church, welcome Troop 200 to our community and are confident that they will make their mark in our Borough for decades to come," said Bob Fodera, Charter Repre-

sentative. "The church and its members have been so welcoming," said Benedict Valliere, Troop 200 Committee Chair. "For us, it's the right move at the right time and it definitely feels like a homecoming of sorts."

The church property neighbors Holjes-Sheppard Memorial Park, named for



Frederick Holjes and Robert Sheppard, two members of the troop who grew up in the Borough and were killed in Vietnam. In fact, Holjes, was the first Cub Scout to advance into Troop 200 and was a life-long member of the Lebanon Reformed Church. Paying homage to its roots, the troop's neckerchief includes the names of Holjes and Sheppard as well as exploding fireworks to represent the town's annual Fourth of July parade.

"Every spring we invite the local community to join us at our flag retirement

ceremony at the park," explained Andrew Bozzi, Senior Patrol Leader. "We are looking forward to making an even bigger impact in the community."

Troop 200 meets on Monday nights at 7:30 p.m. and conducts many weekend and year-round adventures. Scouts have the opportunity to meet in person or virtually, depending on what works best for them and their families. Upcoming activities include: a weekend camping trip to Pennsylvania and an orienteering/outdoor cooking challenge at Round Valley. In addition, the troop will be sending two crews to Philmont Scout Reservation in New Mexico this summer.

New Patrols are forming. For more information, follow BSA Troop 200 on Facebook, Troop 200 NJ on Instagram or reach out via [Troop200NJ@gmail.com](mailto:Troop200NJ@gmail.com).





### See Flyer in Lantern for two Great Easter events!

- 1. **Color the Easter Bunny and Egg Flyer. All entries will be put in a drawing for an Easter surprise. The best coloring will be in the Fall Lantern! Open to all ages!**
- 2. **Find the Bunny feet spray painted around town and submit entry, all correct entries will be in a drawing for an Easter basket!**



### Spring Yard SALE

**Planned for May 1st, check town website [www.lebanonboro.com](http://www.lebanonboro.com) and message board by firehouse for details and registration form.**



### Movie in the Park—May 22nd 8 PM

**FREE \*\* KONA ICE \*\* FREE**

**Tentatively planned for May 22nd, check town website [www.lebanonboro.com](http://www.lebanonboro.com) and message board by firehouse for updates. Please email [lantern@lebanonboro.com](mailto:lantern@lebanonboro.com) with movie suggestions!**

**Congrats to our King and Queen for this years 12th Night !**



**King: Thomas Eccles  
Queen: Duru Mevlevioglu**

### Lebanon July 4<sup>th</sup> Celebration Committee

Monthly meetings began in January.

The Lebanon July 4<sup>th</sup> Celebration Committee meets each month, starting with January, to begin planning for the many tasks that will need to be done leading up to July 4<sup>th</sup>. The members of the July 4<sup>th</sup> Celebration Committee are all volunteers, and we are always looking for more help. If you think you might be interested in volunteering, please consider coming to one of our meetings. Feel free to come and participate, or just come and listen if you like. There are many types of activities to get involved in and many ways to help. We usually meet on the last Wednesday of each month, meetings are virtual, and you can email me if you have any questions or would like the link to our next meeting. Hope to see you there!



**Sam Berger, Co-Chair  
[sberger@lebanonboro.com](mailto:sberger@lebanonboro.com)  
Lebanon July 4th Celebration Committee**

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The Borough of Lebanon, Lebanon, NJ 06-5368



## Lebanon Borough Municipal Building

Attn: Communications Committee  
6 High Street  
Lebanon, New Jersey 08833

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ECRWSS  
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PAID  
EDDM RETAIL

LEBANON BOROUGH  
BUSINESS AND RESIDENT

# PLEASE KEEP THE BORO CLEAN

## Important Phone Numbers

EMERGENCY - 911  
State Police - 908-730-6100

Lebanon Borough Volunteer Fire Dept - 908-236-2792  
Lebanon Borough Municipal Building - 908-236-2425

### Lebanon Borough Governing Body

**Mayor Jim Pittinger**  
mayor@lebanonboro.com

**Council President  
Richard Burton**  
rburton@lebanonboro.com

**Councilwoman  
Marlene Baldinger**  
mbaldinger@lebanonboro.com

**Councilman Sam Berger**  
sberger@lebanonboro.com

**Councilman Joe Cortese**  
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**Councilman Jim Lance**  
jlance@lebanonboro.com

**Councilwoman  
Mary Logan**  
mlogan@lebanonboro.com

### Municipal Contacts

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*Borough Administrator/Clerk*  
clerk@lebanonboro.com  
908-236-2425

**Lisa Saharic**  
*Deputy Clerk*  
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908-236-2425

**Danene Gooding**  
*Tax Collector*  
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908-236-0620

**Jeffrey Burd**  
*Tax Assessor*  
assessor@lebanonboro.com  
609-638-3151

**Anita Weingart**  
*LBSA Secretary*  
LBSA@lebanonboro.com  
908-236-2704

**Joe Hauck**  
*Zoning Officer*  
catskilljoe@yahoo.com  
908-236-2425

### Get Lebanon Alerts

Sign up for alerts and updates on our website [www.lebanonboro.com](http://www.lebanonboro.com) or check the Announcements tab.

### Getting Married?

Download your Marriage Application on our website. Present the completed application 30 days before your event at the Borough Hall with your partner and a witness.

Articles and Comments Are Welcome and Encouraged! Submission deadline for the Spring 2021 Edition is Feb 28, 2021. Please email your submission to [lantern@lebanonboro.com](mailto:lantern@lebanonboro.com).