

#### NEWS ΟΜ Τ HE PON D S

SPONSORED BY THE BOROUGH OF OAKLAND



### **SUMMER 2015**

IN THIS ISSUE

Mayor's Message1
Environmental Comm2
Flood Comm2
Police Dept2
Library/NFOL3
Code Enforcement3
Public Schools4
Fire Dept5
Oakland Recreation/ Great Oak Park6
Health Dept7
Communications Comm7

# Mayor's Message



**Oakland Mayor** Linda H. Schwager

e are approaching the summer season which means lots of outdoor activity. How lucky we are to be outdoors in Oakland!

There are so many residents who volunteer their time to enable all of us to enjoy activities in our town. On behalf of all the Oakland residents, I thank all of you who work together on the many committees, commissions and organizations to make our town an outstanding place to live and raise a family. Just recently, a prime example of our town's volunteers working together for our residents occurred. On June 6th the Oakland Recreation Commission, Oakland Sports Association, Oakland Public Events Committee and the Oakland Community of Commerce held a family event at the Recreation Field celebrating Oakland's Baseball and Softball Seasons and

Teams. There was a parade down the "Canyon of Heroes" and introduction of the baseball and softball teams. The Sports Association also conducted the Oakland Hall of Fame Induction. There were free raffle giveaways, blow up rides, a DJ and refreshments for all to enjoy. Next time you're down at the Rec Field take time to notice the new lights and to learn about our new lightning warning system. AND...Don't forget to wear your walking shoes to walk on our new walking trail which was an Oakland

(Continued on page 5)

# **OAKLAND CARNIVAL—***RIDES, GAMES, FOOD & FUN FOR THE WHOLE FAMILY*

he Oakland Public Events Committee's annual town Carnival will be ■ held from June 24-27, 2015 at the Rec field located at Lawlor Drive. Come join us for some great food, games, rides, and fun for the whole family.



Wrist bands (unlimited rides), along with single tickets will be available at the ticket

booth all four days. Wrist bands are \$25 Wednesday, Thursday, Friday and \$30 on Saturday. You can pre-buy discounted wrist bands for \$20 at the Borough Hall through Wednesday, June 24.

Fireworks will be on Saturday night at 9:45PM (Rain date Sunday) For safety reasons, the rides will be closed for the duration of the fireworks.

Wednesday, June 24	6:00-10:PM
Thursday, June 25	6:00-10:PM
Friday, June 26	6:00-11:00PM
Saturday, June 27	5:00-11:00PM
Wristband Specials (Unlimited Rides):	
Wednesday-Friday Saturday	\$25.00 \$30:00
<b>Firewo</b> Saturday	rks 9:45PM

ENVIRON

# E OAKLAND ENVIRONMENTAL COMMISSION

he Environmental Commission has been tracking possible developments that will impact Oakland such as the proposed Pilgrim pipeline;

stop by our booth at the Oakland Town Carnival, June 24-27 and speak to one of your Commissioners.

The 2nd Annual FLOW Green Film Festival was held in May. A different environmental film was shown each Thursday evening at the Wyckoff Library followed by a panel discussion.

A Know the Bear Facts presentation was held in April at the Senior

Center. The NJ Division of Fish and Wildlife provided historical and biological information on black bears and how to live safely with them. Tips are available on how to protect



your property and what to do if you encounter a bear at <u>http://www.state.nj.us/dep/fgw/bearfacts.htm.</u>

Concerned about the quality of your water? Visit our web site (<u>www.mygreenoakland.org</u>) and take the Quality Water Pledge.

Do you want to get involved? The Environmental Commission (EC) and Green Team have launched a new combined website: <u>MyGreenOakland.org</u>. This website has the most up to date information on local environmental events and news. Meeting minutes and photos are also included.

The OEC and Green Team welcome your comments, ideas and involvement and can be

reached at: **info@mygreenoakland.org** or visit us at: **www.mygreenoakland.org**. Our next meeting is on Tuesday, July 7, 7:30pm at borough hall.

### OAKLAND FLOOD COMMISSION -- IMPORTANT CRS UPDATE

### CRS application update -

Our Community Rating System (CRS) application is pending a FEMA compliance review - once received, the application can be formally submitted and the assignment of the rating number given. We anticipate being accepted into the program in October - during the second annual renewal period.

The better the rating we receive, the greater the flood insurance discount for residents.

New Flood Insurance rates are going into effect – Flood zone residents should expect to see their flood insurance premiums triple over the next 5 to 7 years. The rate increase is part of an effort by the federal government to bring down the National Flood Insurance Program (NFIP) debt for deficits in the flood insurance program which has in the past subsidized insurance payouts for people living in flood zones.

The CRS program once in place will help mitigate some of these increases

The NFIP is in the process of implementing Congressionally mandated reforms required by the Homeowner Flood Insurance Affordability Act of 2014 (HFIAA) that repeal and modify the Biggert-Waters Flood Insurance Reform Act of 2012 (Biggert-Waters). The new law slows some flood insurance rate increases and offers relief to some policyholders who experienced steep flood insurance premium increases in 2013 and early 2014. Flood insurance rates and other charges will be revised for new or existing policies beginning on April 1, 2015. For more updates visit us at: www.oaklandflood.com.

**Oakland Police Department**—*Summer Safety* 

The winter weather is behind us and summer is right around the corner. The Oakland Police Department would like to put out a few safety reminders to our residents.

Along with the nicer weather comes an increase of both motorcycle and bicycle traffic on our roadways. Please be aware of this and use extreme caution on the roads.

Parents also need to enforce the use of bicycle helmets for their children. Effective March 1, 2006, anyone under the age of 17 must wear an approved helmet while cycling.

Helmets must also be worn while roller skating, in-line skating and skateboarding in the State of New Jersey. Parents can be held accountable for their children's actions, so it is in your best interest to enforce this law with your child.

Another activity that comes with the warm weather is swimming. Soon we will be opening our pools for the summer season, so please take every precaution to make your swimming areas safe for everyone.

Have a great and safe summer season!



2015 Memorial Day Parade Check out the slide show and photos on our web site http://www.oakland-nj.org

#### Volume 19. Issue 2

### **OAKLAND LIBRARY**—SUMMER PROGRAMS

he Oakland Library has an event filled summer for all ages!

The Children's Summer Reading Club "Every Hero Has a Story" begins Monday, June 22. The Bergen County Sheriff K-9 will be visiting the library on June 23. John Higby brings his Yo Yo Guy Show to Oakland on June 24. The Oakland Library Players will rehearse Monday and Thursday evenings in July with a performance on July 27th. The Library Carnival is July 9th.

The Adults' Summer Reading theme is "Escape the Ordinary" and at the end of that session there will be a grand prize drawing.

Elaine Silverstein, a horticulturist certified in Sustainable

Landscape Management by the NY Botanical Garden, and who writes the Backyard Environmentalist column, will be presenting "The Sustainable Garden" on June 23.

Bring your lawn chairs to the Li-

brary for the highly acclaimed New Jersey Shakespeare Company's Next

Stage Ensemble performance of Triumph of Love on July 20 at 6:30 PM outdoors on the library lawn! Mistaken identities, bumbling clowns, and new-found infatuations make



this lighthearted farce a wonderful summer treat.

Dave Freider, "The Bridge Man" will be presenting his program on climbing and photographing NY Bridges on July 16 at 6:30 PM. He has climbed 16 NY bridges in order to capture photographs with his Hasselblad Camera.

The Museum Pass program offers free or discounted museum passes to Oakland residents with a current library card. A \$5 voucher (maximum of 4 per visit) entitles one person to general admission at the Natural History Museum plus a special exhibition. Reserve a free pass (\$40 refundable deposit) for up to 6 people for the Intrepid Sea, Air & Space Museum. The pass entitles you to use the member's entrance and avoid those long lines.

The Summer Reading Clubs and Events, Next Stage Ensemble, The Bridge Man and the Museum passes are all made possible by the efforts of our Heroes at the Library the New Friends of the Oakland Library.

### **New Friends Of The Oakland Public Library**—*Upcoming Events*

he New Friends have been helping to make wonderful things happen at the Oakland Public

Library! The Art Show and Sale was, once again, a successful fundraiser, bringing in over \$1000 for library programming. Both artists and patrons thoroughly enjoyed the show, remarking on the interesting two-level displays and the quality of art.

FRIEA

The Sunday Concert Series offered Oakland

residents a variety of high-quality music performed by professional musicians - and without the hassle of traveling out of town! Artistic Director Nick Cerrato retired from his position of several years, handing the baton to Laura Hamilton. Ms. Hamilton, who graciously agreed to serve as Artistic Director for 2015-2016, is a professional violinist, performing with the New York Met.

> Upcoming events and fundraisers everyone can look forward to attending include a weekend of miniature golf (October), another year of extraordinary concerts (Sunday afternoons), and our Holiday Sing-Along (Friday, December 4). Please visit our website or the library circulation desk later this summer for further

information on these events and more! Also, consider becoming a supporting member of the New Friends. Information is on the library website, and membership forms are available at the library circulation desk.

### CODE ENFORCEMENT—SUMMER REMINDERS

be planning to do projects to Limprove your home and these improvements may require permits. be done whenever digging is planned. Calling the Building Department for information at 201-337-1644 can avoid unnecessary delays.

Any time you are digging on your property you must contact the New Jersey Dig Number "811". Even if you are installing fencing or landscaping



Call before you dia

s summer approaches you may calling "811" will insure that all mark-This service is free of charge and must

The new FEMA maps are close to becoming finalized by the State. Once this is done residents in the flood zones in town may have a new Base Flood Elevation (BFE) for their property. All work in the flood zone requires Planning Board review and approval. Any property in the flood zone will require a certified BFE to be done by a licensed New Jersey surveyor or engineer.

Oakland is working toward obtainouts are made by the public utilities. ing its certification through the National Flood Insurance Program. Once Oakland obtains this certification as a CRS community residents may be eligible for reductions in their flood insurance premiums.

> Residents are reminded that improvements to flood damaged houses and substantially damaged homes must be made in accordance with FEMA standards. Check the "Oakland flood website" or the Borough of Oakland website for more information.



### **Oakland Public Schools**

#### Dogwood Hill, Heights, Manito Elementary Schools

#### **Elementary Students Shine as Reporters**

The fourth grade students of the Oakland Public Schools certainly showed they know their State of New Jersey! Fourteen fourth-grade students from the District's elementary schools were selected by the Celebrate New Jersey State



Committee for their work this past month. The fourth -grade level of Celebrate New Jersey is known as, "NJ Scoop."

Since 2006, students have been invited to write articles for their chance to be published in The *NJ Scoop*: the voice of the 4th Grade, a publication comprised of writings on topics relating to New Jersey people, places, history, and happenings. In this program, students choose one editorial area:

Arts & Entertainment, Business, People in the News, Sports & Games, Science & Environment, Travel & Tourism, or Health & Wellness; and write a 150-250 word article. The "Best of the Best" are selected by volunteer judges for this keepsake publication.

This social studies research project empowers the students to learn more about New Jersey than may just be in text books. The Great Falls in Paterson was one of the entries. Did you know that the falls generated so much power, that Paterson became one of the early industrial cities of our nation? Another student found out that James Audubon lived in New Jersey. The Audubon Society got its start right here in the Garden State. The Statue of Liberty has long been disputed as being in either New jersey or New York. This was another topic researched by one of the students, whose work won recognition.

Not all of the research topics are known to history buffs. The Empress Diner in Fair Lawn was also covered for the NJ Scoop Competition and received recognition. All of the students who were selected will be invited to attend the award presentation at the Newark Museum this Spring. Congratulations to all of the fourth grade students who participated in this event.

The elementary schools are also proud of their performing art accomplishments as they prepare the Spring Musicals. Fourth and Fifth grade students have been rehearsing through the winter to bring their musical productions to the community. Be sure to check the individual school calendars for the show times. The elementary schools will also be celebrating their athleticism in the upcoming weeks. Field Days and Olympics bring the students out for a day of fun, exercise and good times with their classmates. Academics, artistic expression and athletics are all addressed at the Dogwood Hill, Heights and Manito of Oakland Public Schools.

### Valley Middle School honored by Character.org Receives PROMISING PRACTICE Recognition!

As part of the Schools of Character Program, Character.org gives *Promising Practices* to schools and districts in the United States and elsewhere for implementing unique and specific strategies in character education. Valley Middle School was recently honored by Character.org for their



Promising Practice: "Celebrating Diversity: Making Good Things Happen for Others". The purpose of our Practice is to facilitate the growth and development of each child toward his/her fullest potential. At VMS, the foundation for student academic achievement rests upon recognizing and celebrating

individual differences among pupils as we encourage students' to achieve and grow.

Common experiences have been developed that are meshed into our curriculum and our community to develop in our students attitudes of respect, empathy, and helpfulness toward others. Our school/community family is the essential link to our academic and character development success.

Through developing these character traits in our students several events and activities have branched out as a result. Valley Middle School students worked hard this year to serve their community and reach out to others in need. Staff and students collected over 1,100 food



items for the Woman's Club of Oakland's food bank.

The Christopher Croker Memorial Toy Drive brought in over 900 toys for children who were spending their holidays in the hospital. Additionally, staff donated over 80 toys for children at OASIS, a center for single moms and their children. After the holidays eighteen students and four staff members visited the center in Paterson, NJ to play with the children and do arts and crafts. Students have participated in town wide environmental clean ups and have honored Oakland's veterans through attending Veterans Day ceremonies in Oakland's Memorial Park. A spirit of giving back to our community and supporting those in need has been cultivated here at Valley Middle School through our common experiences... our theme days. Students learn every day, lessons on how to respect and celebrate our differences. The development of the child toward being an active and positive member of the community is the foundation on which we build our success academically and as we guide our young adolescence through middle school.

For more information about Oakland Public Schools visit: <u>http://www.oaklandschoolsnj.org/</u>.

# OAKLAND VOLUNTEER FIRE DEPT - THANK YOU LESTER WOODWARD

n a snowy Sunday in March, 58-year Oakland Volunteer fireman Lester Woodward was surprised by dozens of his fellow firefighters as they stopped by to wish Les well on his move to Texas.

Lester and his wife Helen have relocated to Texas to be closer to their daughter and other family members. Les has been a fixture on the all-volunteer fire department for close to 60 years and the outpouring of support for his sendoff is a small example of the respect and admiration that the members of the Oakland Volunteer Fire department have for Lester. It is not a stretch to say that Lester has personally taught each and every member of the department something about firefighting and life itself.

Lester joined the OVFD in 1957 and is a member of Company 2. In his time serving the Borough, he has held Officer positions of: Lieutenant Company 2 – 1967, Captain Company 2 – 1968 and 1969, Deputy Chief Company 2 – 1970 and 1971, Engineer Company 2 – 1972 and Deputy Chief Company 2 – 1975 and 1976.

During his career Lester responded to hundreds of fire calls while an active duty member and continued to serve as mentor to all the members of the Oakland Volunteer Fire Department. In 2006 he was awarded Firefighter of the Year, in 2006 was awarded a Shield Award from the Ramapo Valley Knights of Columbus for dedica-

tion to his Community and in 2014 was awarded with a Proclamation by the State of New Jersey for his many years of



The group gathers to honor Lester (photo by Frank Di Pentima)

dedicated service. Lester's favorite piece of equipment is his beloved 1954 Ward LaFrance 750 GPM Pumper.

A quote from Les – "When the alarm goes off for a fire, the adrenaline goes into your body and you just rush in and

do what you have to do. You don't think of fear or anything else."

Thank you Les for all the time and talent you have given the residents of Oakland and your Brothers thank you for your service and genuine friendship. Your contribution was priceless.

Pictured above is Les with his daughter Pam (center) and his brother fire fighters who came out to wish him well.

### Mayor's Message (Continued

from page 1)

Sports Association project. A special thank you to the Sports Association for the trail.

Another outstanding example of volunteers working together is the Van



Allen House restoration. Please drive by the historic building to view the progress of the restoration project. The Ramapough

Conservancy is a non-profit organization formed and chaired by Oakland resident, Judith Sullivan. I met with Judith early in my administration and after many meetings, the Borough signed a license/lease agreement with



Bring your walking shoes down to the Rec Fields and experience our new walking trail

the Ramapough Conservancy for repair of this historic site. Finally after many years of talking, we now see actual

work being done and NOT at taxpayer expense. Thank you Judith, for your dedication and hard work. We can now be proud of our historic building.

I value your comments and opinions, and invite you to contact me. My email address is

MayorSchwager@oakland-nj.org.

Find me on facebook at Mayor Linda H. Schwager where I post activities about our town. You can call me in my law office at 201-337-5166. If I am not available, I will return your call. My office is always open. I am at Borough Hall before the council meetings at 5:30 pm. Attend our council meetings on 2<sup>nd</sup> and 4<sup>th</sup> Wednesday nights or watch the council meetings on television.

Until next time,

Mayor Linda H. Schwager



### **OAKLAND RECREATION**—GREAT OAK PARK

magine Oakland with a 40-acre plot of land located off the main thoroughfare and borders the Ramapo River. Now

imagine this same tract of property was a blank slate teeming with wildlife, remnants of old Oakland and the ability to be something special for the local residents. These were the ideas presented three years ago, and with a lot of hard work, donations, volunteer efforts and creativity it is now becoming a reality.

The parking lot has just been completed, which is located right off the Doty Road entrance. The walking trails, riverbank pathways and protection of local plants and animals have all been established. A new sitting area has been created around the 250 year-old great oak tree. Police, fire, ambulance, DPW and all those needed to make important decisions about the park have given their professional advice and it has been incorporated into the planning. With just a few tweaks by the borough's governing body, the park will be officially open.

Many had an early peek at what life inside the park will be like at the Great Clean-Up of Great Oak Park on April 25<sup>th</sup>. Over 100 people spent 4+ hours cleaning debris, talking about the park's development and enjoying lunch provided by the Public Events Committee. This was a big day in Oakland where the park came alive and everyone got to see what can be accomplished when an entire community pulls in the same direction.

By no means is the park complete. It will be an ever-evolving project where the original ideas of a dog

park, bike track, skate park, great lawn and band shell are still on the drafting board waiting for NJDEP approvals. The big thing is that the park will be open for people to walk, park, fish and enjoy nature.

So please "keep an eye" on the park's website www.NewOaklandPark.com or follow Great Oak Park on facebook. The grand opening announcement will be posted on those sites as well as announced around town.



From left to right: Park and Recreation Chairman Mike Guadagnino, Councilman Eric Kulmala, Assemblyman Robert Auth, Park and Recreation Commissioner Steve Saliani and Councilman Chris Visconti, all enjoying the Great Clean-Up of Great Oak Park on April 25<sup>th</sup>.

# **OAKLAND RECREATION**—THROWS THEIR ANNUAL PARTY!

Photo courtesy of the Public Events Committee

R ecreation knows how to throw a party! June 6<sup>th</sup> was the annual baseball/softball parade and celebration; each and every year the party gets bigger and bigger.

As is customary the baseball and softball players, decked out in their uniforms and carrying team banners, walked down the "Canyon of Heroes" from the library to field 7. Once at the field they assembled to enjoy the annual ceremony. Dignitaries from the borough, including the 2015 Oakland Sports Hall of Fame inductee Steve Wagoner, addressed the crowd. After all the teams were announced and Mayor Schwager threw out the first pitch the party began. This was the

second straight year the Recreation Commission teamed with the Public Events Committee and Oakland's Community of Commerce to make the party an even bigger event.

As the party got underway for the children, off to the side was a smaller ribbon-cutting ceremony officially opening the walking path. Over the summer there will be some memorials placed along the path honoring some very special Oakland residents who left us too soon. You will start to see

> these memorials over the coming weeks. Adding to the modernization and development of the recreation complex will be the addition of 20 new trees. Some of the trees will be in very interesting and creative locations; you'll have to wait to see where they will be placed. Football and Soccer sign-ups are still on going. For more information about these sign-ups and everything else related to recreation please visit and bookmark the recreation website at

**www.OaklandRec.org**. There are some summer sports camp and clinics still open. If your child is interested in participating in one of these camps directed by an IHHS coach please visit the front page of our website.

Enjoy your summer Oakland!

# Oakland Health Department—Protect Your Family From Rabies

### Protect Yourself and Your Family From Rabies

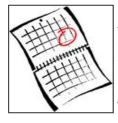
R ecently reported cases of aggressive rabies in coyotes are a reminder that rabies is present in wildlife all throughout the region. Cat and dog owners should be sure their pets are properly vaccinated. <u>Avoid</u>



contact with all wildlife and be sure small children and pets are never left unattended outside. Do not put out food scraps, salt or corn for wildlife as it draws rodents, deer and coyotes that carry rabies and/or ticks into your and your neighbors' yards, putting health at risk. Bird feed-

ers and garbage attract bears. Limit bird feeders on your property and clean up seed around the base of the feeders on a daily basis. Garbage cans should be kept tightly sealed and, preferably, put out shortly before pick-up.

### MARK YOUR CALENDARS :



Annual Rabies Clinic Saturday, November 14, 2015 – 24 Lawlor Drive.

**Oakland Senior (65+) Flu Shot Clinic** Thursday, October 1<sup>st</sup> – Senior Center

### The Importance of a Septic Permit

Are you aware that a Septic Permit is required whenever any kind of work, including pumping, is done to your septic system? Be sure to ask your septic contractor for a copy of the septic permit for any work being done. Why?

- It ensures the contractor or pumper is licensed by the Board of Health. (In order to obtain a license, contractors must pass a written test, provide proof of liability insurance, post a bond and show proof their Contractor's Registration Card is current.)
- It ensures that when the job is completed an inspection for code compliance is done by Oakland's Health Inspector and a Certificate of Compliance is issued.
- It ensures all work being done is documented by Health Department. These records are important to mortgage companies and checked by realtors and prospective homebuyers. If the work was not permitted, it's as if it were never done.
- In the case of repairs, it provides homeowners with the opportunity to obtain an unbiased opinion about the need for the proposed work and whether it the best solution to the problem.

Homeowners are encouraged to keep accurate records of all work done to their septic systems and to be sure the records match what is on file at the Health Dept.

# Oakland Communications Commission—Get Involved!

heck out what's happening on your cable television (Optimum 77, FiOS 45). Our Cable TV Channel provides public, education, and local government programming for and about Oakland, NJ. Programming in-



cludes televised council meetings and borough proceedings, local events and sports. The Oakland

Communications Commission (OCC) has also been producing a show for Access TV called Exit 58 LIVE!.

We maintain a televised Community

Bulletin Board for borough announcements, meeting information, promotion of borough events and fundraiser awareness. Emergency information and school closings or delayed openings will also be shown.

Residents may submit tapes of prerecorded events for airing on the Cable TV channel. Visit our web site below for submission details.

If you're interested in volunteering check out our web site and talk to us about getting involved with one of the OCC committees.

From time-to-time Cablevision offers a Cable & Video Production training class for volunteers and current contributors who want to make better quality productions. Let us know if you're interested in attending training. http://www.oakland-nj.org/ or Contact us at occ@oakland-nj.org



### **COMING SOON**

Borough of Oakland facebook page

Get details on upcoming town events, meetings and relevant information about what's going on in Oakland!

Watch for more details on our web site <u>http://www.oakland-nj.org/</u>

#### Summer 2015

#### OAKLAND BOROUGH COUNCIL

Mayor Linda H. Schwager

Council Members

Council President— Pat Pignatelli

Sandra Coira, Timothy Jensen, Eric Kulmala, Russell Talamini, Chris Visconti

#### OAKLAND COMMUNICATIONS COMMISSION

Chairman—Peter Foley

Vice Chair—Fred Birks

Jim Barry, Tim Contrini, Frank Coppa, Kerry Thurston, Peter Tuohy

#### THE CROSSROADS NEWSLETTER EDITOR

Peter Tuohy—oaklandcrossroads@gmail.com

PRSRT STD ECRWSS U.S. POSTAGE PAID EDDM RETAIL

OAKLAND COMMUNICATIONS COMMISSION

ONE MUNICIPAL PLAZA OAKLAND, NJ 07436

POSTAL PATRON OAKLAND, NEW JERSEY 07436

### **BOROUGH OF OAKLAND**

ONE MUNICIPAL PLAZA OAKLAND, NJ 07436

(201) 337-8111

### WWW.OAKLAND-NJ.ORG



© OAKLAND COMMUNICATIONS COMMISSION



# EMERGENCY NOTIFICATION Have you signed up?

In our efforts to provide more reliable communications with <u>Residents</u> <u>and Businesses</u> in the borough, we have implemented SwiftReach Networks, Inc. an Emergency Notification Provider.

Swift911<sup>™</sup> is a system that makes phone calls or send text messages to specific people or areas in the event of an emergency or for sharing important information.

All the calls you receive will have the Caller ID of "Oakland Borough" or "Oakland Police Department".

If you are not receiving these calls, please visit our town's web site at <u>http://www.oakland-nj.org/</u> and fill out the form to add or update your contact information. You may also remove yourself from our lists.