

The Gazette

Newspaper for Hasbrouck Heights • Little Ferry • Lodi • Moonachie • Teterboro • Wood-Ridge

Published Monthly. Issued the first week of the month. Distributed FREE via U.S. Postal Service and available at select locations.
Every issue is online in PDF format at: www.The-Gazette-Newspaper.com RSS feed available.

VOL. 8, No. 4

April 2011

★★★★★



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In classic Mardi Gras colors: green-representing faith, gold-symbolizing power and purple-denoting justice, revelers festooned with beads, boas and masks, enjoyed a Cajun feast with great jazz and rich gospel music on Fat Tuesday, March 8, 2011. "Nawlins" unofficial ambassador Mark Wright provided insight into the special flavor of New Orleans jazz and gospel music at this annual Ecumenical event held at the First Reformed Church, Hasbrouck Heights. *More event photos and story on page 8.*

Mardi Gras

World Day of Prayer Page 2	Wagner Choir Performance Page 3	Persian New Year Celebration Page 9	W-R School-wide Band Festival Pages 16-17	Fire Department Activities Pages 18-19
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Ecumenical World Day of Prayer March 4 at Corpus Christi Chapel

“How many loaves have you?”

On Friday, March 4, 2011, at 1:00 p.m., World Day of Prayer Ecumenical Services were held at Corpus Christi Chapel, Hasbrouck Heights. Light refreshments followed.

The service was prepared by World Day of Prayer Chile Committee and celebrated informed prayer by women, men and children in more than 170 countries.

The women of Chile have written the service around the theme "How many loaves have you?" They ask us to enter a process that draws us into the Bible, into the context of Chile

and into the real situations of our lives and communities.

Together, we are asked to respond to what we have and how we can share it with others. In this past year, Chile has been challenged by a devastating earthquake and the collapse of a mine in which many miners were trapped.

Again we are reminded to share our bread and to receive the bread that is shared with us. Let us reach out our hands and hearts to touch the lives of sisters and brothers in Chile and around the world.

Friends, family and communities of faith were invited to join the women of Chile in prayer and song to support women’s ecumenical ministries toward justice, peace, healing and wholeness.

The annual offering will support the work of World Day of Prayer USA and help meet the needs of families who are victims of many forms of poverty, violence and human trafficking.

Through World Day of Prayer, women affirm that prayer and action are inseparable and that both have immeasurable influence in the world. WDP brings together women of various races, cul-

tures and traditions in closer fellowship, understanding and action throughout the year, becoming aware of the whole world and no longer living in

isolation.

A different country is represented each year. For more information go to: www.wd-pusa.org ###

School Board & Budget Elections
April 27, 2011
Carlstadt: 2 p.m. to 9 p.m.
Hasbrouck Heights: 2 p.m. to 9 p.m.
Little Ferry: 3 p.m. to 9 p.m.
Lodi: 2 p.m. to 9 p.m.
Moonachie: 2 p.m. to 9 p.m.
Teterboro: 5 p.m. to 9 p.m.
Wood-Ridge: 2 p.m. to 9 p.m.

Friday Fun Night
Beefsteak Dinner
Friday, April 29, 2011 • Doors open at 7 p.m.
Tickets are \$45 each and include Beefsteak Dinner (catered by Giresi's), soda, beer, wine and entertainment.
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Famed Wagner College Choir Performs at Holy Trinity Church

On February 27, 2011, the Wagner College Choir Chamber Singers Stretto held a Send-off Concert beginning their 2011 Florida tour at the Holy Trinity Lutheran Church in Hasbrouck Heights.

Under the leadership of Dr. Roger Wesby, the college's

director of choral activities, and accompanied by Barbara Wesby at the piano, the choir offered a very diverse repertoire.

Included were selections from Bach, Haydn, Mozart, Beethoven, Debussy, Poulenc, Eric Whitacre, Samuel Sebas-

tian Wesley, Frank Martin, Dan Forrest, with traditional music adapted by Harry Belafonte and Bobby McFerrin, a tribute to John Lennon on his 70th birthday, folk music and jazz.

The Wagner College Choir has toured extensively, performing the great choral master

works of Church and concert halls in Europe, Canada and all across the United States in venues to include Carnegie Hall, Lincoln Center and the National Cathedral, Washington, D.C.

Wagner College was founded in 1883 in Rochester, NY, by

German Lutherans. In 1918 it relocated to 105 tree-filled acres on a hilltop in Staten Island with a view of New York Harbor -- on the former estate of British shipping magnate Sir Edward Cunard.

For more information go to: www.wagner.edu ###



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LODI
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WOOD-RIDGE
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Hasbrouck Heights Little League 16th Annual Pancake Breakfast & Tricky Tray*/Sports Memorabilia Auction



**Sunday
April 10th
8 a.m. to 1 p.m.
at the VFW**

It's time again for the 16th Annual Hasbrouck Heights Little League Pancake Breakfast and **Tricky Tray*** /Sports Memorabilia Auction fund-raiser!

This year's breakfast and Tricky Tray style auction will be held April 10 at the V.F.W. (located at the end of Old Field Avenue) from 8 a.m. to 1 p.m. Tickets are available at the VFW at the door. Cost is \$5 for adults and \$3 for children (children under 4 are free).

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Choosing the Right Checking Account

A checking account is the primary reason why many people use a bank.

The right checking account will serve your needs without costing a lot of money in fees or forcing you to maintain a high balance to avoid those fees.

The wrong checking account will cost you plenty. Open an account that requires a higher minimum balance than you're comfortable maintaining, bounce a check, write more checks than your account allows, ask for your checks to be returned each month -- just a few of the more common ways institutions pick your pocket with fees.

Some institutions charge fees for visiting tellers, hard copies of monthly statements or using a deposit or withdrawal slip from the bank's counter.

The only way to find out what checking account is right for you is examining your banking habits. Most people want a checking account that allows unlimited check writing.

Some checking accounts have a limit on the number of checks you can write each month. Exceed that number and you could find yourself paying a fee for each extra check.

A critical element in selecting a checking account is knowing the minimum balance you need to maintain. Many institutions let you open a checking account with less than \$100 but require a much higher minimum -- maybe several hundred dollars higher -- to avoid fees.

Watch out for accounts that

charge a monthly service fee regardless of how much money is kept in the account.

Is earning interest important to you? Interest checking accounts usually require a much higher minimum balance to earn interest or have other qualifications.

If you use a checking account simply to write checks and you just want to keep enough to cover payments, or if you can't be sure how much you'll keep in the account, find a free checking account. Free checking accounts have no monthly service charges or per-item fees regardless of balance or activity. But often you can have a free account by doing something as simple as having your paycheck directly deposited into your account, or passing up the return of checks or check images.

Bouncing checks is very expensive. Non-sufficient funds fees are usually the high-

est fees charged. If you have trouble balancing a checkbook and you find yourself bouncing even one or two checks per year, it may be worthwhile to secure overdraft protection.

ATMs also play a role when choosing a checking account. It's nice to find your bank's ATMs on every other street corner, but the best checking account for you may be at an institution that doesn't have a lot of ATMs. Find out what fees are charged if you use another institution's ATM and if there is a possibility of refunding some of them.

Safety and security: Is the bank FDIC insured, and do you trust their security process? When you hold money in an FDIC insured account, you won't lose your money if the bank fails. Note that you may have a major headache dealing with a bank failure, but FDIC insurance has historically worked quickly. ###

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343 Boulevard, Hasbrouck Heights, NJ 07604
201-288-8656 • Fax: 201-288-7215

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Deadlines are: Editorial copy due 10th day of month preceding issue, and completed ad material due 15th day of month preceding issue. Issued about the first week of the month. © 2011 All Rights Reserved. Published by The Iron Horse Advertising and Marketing Company, Inc. Reproduction of any photos requires permission. Photos are available @ <http://gazette-newspaper.smugmug.com/> "The Gazette" may represent "The Gazette Newspaper for Hasbrouck Heights, Little Ferry, Lodi, Moonachie, Teterboro and Wood-Ridge." Press releases welcomed. Photo submission of original and unpublished photos are accepted for exclusive use in The Gazette and/or www.hasbrouck-heights.net. Email original jpg (under 3 meg) and include photo details. Names should be listed left to right. Publisher reserves the right to accept or refuse any advertising. Advertisers assume all liability for all content of advertisements. The Publisher is not responsible for any loss claimed by advertiser in cases of errors or omissions.
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Full Pink Moon

The April full moon will appear on Sunday, April 17, 2011, at 10:44. It is called the "Full Pink Moon."

According to the "Farmer's Almanac," this name came from the herb, moss pink, or wild ground phlox, which is one of the earliest widespread flowers of the spring.

Other names include the "Full Sprouting Grass Moon," the "Egg Moon," and, among Coastal tribes, the "Full Fish Moon," because this was the time that the shad swam upstream to spawn.

The Native American Indians of the northern and eastern United States kept track of the seasons by giving a name to each recurring full moon. European settlers followed the custom. ###

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Rice Cake & Butter Lamb Sale

The Rosary Confraternity of Most Sacred Heart of Jesus Parish in Wallington will be holding its annual Rice Cake and Butter Lamb Sale on Saturday, April 9, 2011. Rice Cake, as well as Butter Lambs will be sold while supplies last. Please note that advance orders will be honored first!

- Prices are:
- Rice Cake: \$5 per pound
 - Rice Cake: Whole \$30
 - Butter Lambs (Salted) \$5 each
 - Butter Lambs (Unsalted) \$5 each

If you would like to place an advance order, please call no later than April 2, 2011. Purchases may be picked up on Saturday, April 9 between the hours of 12:00 p.m. through 5:00 p.m. in the school cafeteria.

For additional information or to place an order, call Mary-Jane 201-939-8576 or Ginny at 201-715-2087. ###

April Birthstone
Diamond

Beefsteak/Comedy Show April 16

Wood-Ridge PBA Local 313 is presenting their Annual Tricky Tray Beefsteak/Comedy Show, Saturday, April 16, 2011, from 6:30 p.m. to 11:30 p.m., at the Assumption School Gymnasium, Wood-Ridge.

A fun evening of prizes, comedians and 50/50, catered by The Brownstone. Cost is \$45 per person. For tickets, call 201-939-0476 or contact any Wood-Ridge Police Officer. No tickets will be sold at the door. ###

Meatless Pasta Dinners

Saint Margaret of Cortona's Parish Social Life Committee is sponsoring meatless Pasta Dinners on Fridays during Lent, April 1, 8 and 15, 2011. Dinners will be served from 5:30 – 7 p.m. in Marnell Hall in the Parish Center at the corner of Liberty St. and Chamberlain Ave., Little Ferry.

Cost is \$6 for adults and \$3 for children under 10. For information, call Ellie at 201-641-0883. ###

Roast Beef Dinner Saturday, April 2

The Guild of Reformed Church Women will hold their Annual Roast Beef Dinner on Saturday, April 2, 2011, from 5:30 p.m. to 7:00 p.m., at The First Reformed Church.

Cost is \$15 for adults and \$5 for children under 10. Take-outs are available upon request. For tickets and reservation call Estella at 201-288-0378 or the Church office at 201-288-1122 before March 26. ###

Rummage Sale

The Guild for Christian Services will hold their Spring Rummage Sale at the First Reformed Church on Thursday, April 14, Friday and Saturday, April 15-16, 2011, from 9:30 a.m. to noon.

Items for sale include clothing, shoes, toys, books and household items. Donations welcome. Proceeds will go to Church projects and missions. The Guild holds rummage sales every spring and fall. For more information, call Estella at 201-288-0378. ###

FOCAS Holds Flea Market

FOCAS Flea Market is on Saturday, April 30, 2011, from 10 a.m. to 4 p.m. and Sunday, May 1, from 10 a.m. to 3 p.m., at the American Legion, 100 Liberty Street, Little Ferry.

This market features specialty items that make unique gifts, a selection of household items, jewelry, collectibles, electronics, linens, games, toys, pet supplies, cds/videos, and more. Refreshments and baked goods are available.

Flea Market merchandise donations are gratefully accepted. They may be dropped off at the American Legion on Friday from 4 to 6 p.m. and Saturday (all day) of the Flea Market weekend.

For additional information call the FOCAS Help Line at 201-943-4019, email info@focasnews.org, or visit www.focasnews.org ###

St. John's Annual Plant Sale May 6

NOTE: Pre-Orders Only

Mark your calendars! Spring is just around the corner and it is time to start planning your gardens.

Flowering plants, hanging pots, and vegetable plants will be offered for sale. As in previous years, all plants are hand picked at the nursery by experienced gardeners.

All plants are reasonably priced and of the highest quality. Only flats will be sold. Flats are \$11 each and are one color/one kind.

Pre-paid orders for the St. John's Plant Sale are due by Monday, May 2, 2011. Pick up your orders on Friday, May 6, 2011 from 6 to 9 p.m. in the Parish Hall.

Order forms are available by calling 201-288-0002 or download order form from www.saintjohnthedivine.com ###

Guild Assembles Health Kits

The Guild of Reformed Church Women will collect and assemble Health Kits as a Lenten project for Church World Service from March 8 to April 24, 2011.

These kits consist of wash-cloth, hand towel, bath-size soap, toothbrush (*in original packaging*), nail clipper, wide-tooth comb and 6 band-aids.

Donations of any of these products in any quantity would be appreciated. These items are assembled in zippered plastic bags and distributed by Church World Service. Cash donations to assist in the shipping and handling of these kits are always welcome.

Any and all items/kits may be brought to the Church Tuesday through Friday and Sunday morning. Call 201-288-1122 or 201-288-0378 for more info. ###

W-R Lions Pancake Breakfast April 17

The Wood-Ridge Lions Club will hold their annual pancake breakfast on Sunday, April 17, 2011, at the High School All Purpose Room. This is the longest running event of this type in the community.

Come out and meet your neighbors and "kick off" spring in Wood-Ridge. You will enjoy your breakfast of orange juice, hot buttered pancakes (*with fruit toppings and syrup*), sausage, and plenty of coffee or tea.

The breakfast begins at 8:00 a.m. and runs through noon. Tickets are \$4.00 each and may be purchased from any club member, at Siegel's Hardware, or at the door.

All proceeds will be used to help Lions Club projects: the blind, sight impaired, juvenile diabetes and scholarship fund, are some that will be assisted with your help.###

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Saturday, Sunday April 16 & 17 at 4pm Thursday, Friday April 21 & 22 at 8pm

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For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.
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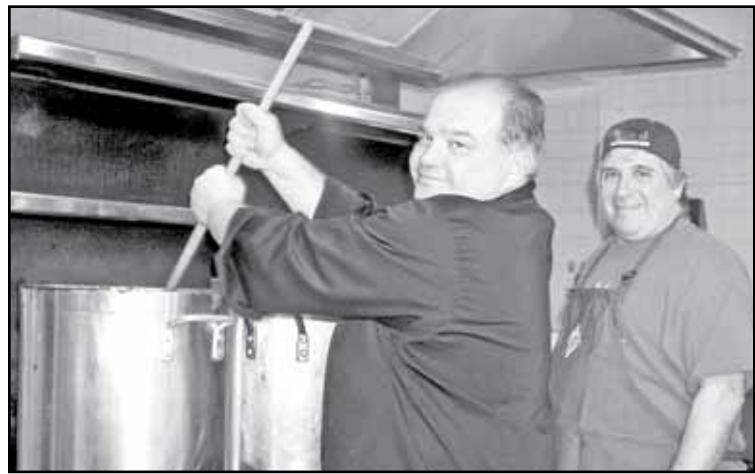
Tuesday, June 14, 12 Noon
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*Man & woman

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Be sure to take your family
to Church this Easter Season



Friday Fun Night Beefsteak Dinner

Care on the Corner is hosting a Friday Fun Night on April 29, 2011, starting at 7 p.m. at the VFW Post 4591.

Tickets are \$45 each and include Beefsteak Dinner (*catered by Giresi's*), soda, beer, wine and entertainment. For tickets and more information call 201-288-9469. Event benefits Care on the Corner programs. ###

Czech Pork Dinner May 15

American Sokol in Little Ferry will host a Czech Pork Dinner on Sunday, May 15, 2011, from noon to 1:30 p.m. Take out available starting at 11:30 a.m.

Menu includes roasted pork, dumplings, sauerkraut, applesauce, homemade cake, bread and butter, and coffee or tea. Beer, wine or soda included.

Tickets are \$20 adults, \$18 members and \$9 children. Reservations only -- no donations will be accepted at the door. For tickets, call Blanche at 973-365-1111 before May 10, 2011. ###

Square Dancing

FAD Square Dance Club hosts a free square dancing experience at the Maywood Recreation Department, Duverier Place, Maywood, on May 22, 2011, from 7:30 p.m. to 9:30 p.m.

No experience necessary. Dancing taught as you go. No partner needed. All ages, but children must attend with an adult. Snack table available.

For more information call Jim at 201-712-1853 or go to www.you2candance.com ###

Rosary Society Lasagna Dinner

The Rosary Society of Corpus Christi Church is hosting a Lasagna Dinner on Friday, April 15, 2011, from 5:30 to 7:30 p.m. in the Corpus Christi School cafeteria.

A delicious dinner of meatless lasagna (to observe Friday abstinence during Lent), salad, bread, tea/coffee, soft drinks, and dessert will be served. To make the menu family friendly, ziti with sauce will be prepared for the children. It is asked that you make this request when purchasing tickets.

The evening will include a tricky tray raffle and 50/50 drawing. The dinner donation is \$10 for adults and \$5 for children 12 and under (toddlers free). To purchase tickets, please call Irene at 201-288-2787. Take-out is available. *Story by Carol Viceconte.* ###

W-R Knights Hold Ash Wednesday Dinner

Annually, the 8th Grade students at the Assumption School hosted a Pasta Night on Ash Wednesday. Because of the closing of the school, the St. Anthony Council #11585, Knights of Columbus took on the tradition and held it on Wednesday, March 9, 2011.

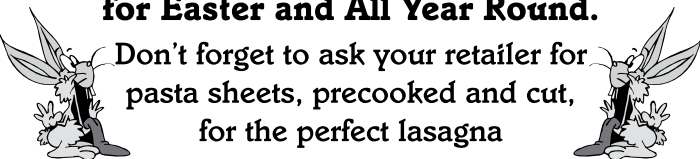
More than 250 dinners were served. The meal included clam chowder, salad, penne, ravioli, bread and butter, dessert, and assorted beverages. Members of Wood-Ridge Boy Scout Troup 181 helped to serve the meals and the Knights members helped out during the evening.

Head cook and chairman of the affair was SK Joseph Rutigliano. Joe always cooked and helped with the Ash Wednesday Pasta Dinners when they were sponsored by the 8th Grade students.

Many merchants and businesses in Wood-Ridge, East Rutherford, Moonachie, Hasbrouck Heights, Carlstadt, Lyndhurst and Wallington contributed to make the affair a success. *Photos and story by Marie and Peter Gallo Jr.* ###

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About Easter

Easter, Pascha, or Resurrection Day, is the most important religious feast in the Christian liturgical year. It celebrates the resurrection of Jesus, which Christians believe occurred on the third day after his crucifixion some time in the period A.D. 27 to 33.

Many pagan elements have become part of the celebration, and those aspects are often celebrated by many Christians and non-Christians alike.

Easter also refers to the season of the Church year called Eastertide or the Easter Season. Traditionally, the Easter Season lasted for the forty days from Easter Day until Ascension Day, but now officially lasts for the fifty days until Pentecost. The first week of the Easter Season is known as Easter Week or the Octave of Easter.

Easter is termed a movable Christian holy day because it is not fixed in relation to the civil calendar. Easter falls at some

point between late March and late April each year (*early April to early May in Eastern Christianity*), following the cycle of the moon.

Easter is linked to the Jewish Passover, not only for much of its symbolism, but also for its position in the calendar.

The Last Supper shared by Jesus and his disciples before his crucifixion is generally thought of as a Passover meal, based on the chronology in the Gospels.

Some, however, interpret "Passover" in John 18:28 as a single meal and not a seven-day festival. Interpretation of the Gospel of John differs from the Synoptic Gospels by placing Christ's death at the time of the slaughter of the Passover lambs, which would put the Last Supper slightly before Passover, on 14 Nisan of the Bible's Hebrew calendar.

According to the Catholic Encyclopedia, "In fact, the Jewish feast was taken over into the Christian Easter celebration." *Source: Wikipedia.org* ###

About The Easter Bunny

Hares and rabbits have long been symbols of fertility. The inclusion of the hare into Easter customs appears to have originated in Germany, where tales were told of an "Easter hare" who laid eggs for children to find.

German immigrants to America -- particularly Pennsylvania -- brought the tradition with them and spread it to a wider public. They also baked cakes for Easter in the shape of hares, and may have pioneered the practice of making chocolate bunnies and eggs. *Source: www.factmonster.com* ###

Hats Off To Mom! Wear Your Best, Craziest, Ugliest Hat

How long has it been since you wore a hat to Church? Remember those Easter bonnets you wore as a kid?

Well, ladies, now is the time to dust off those hats! Better yet, get creative because on Sunday, May 8, 2011, it's "Hats Off to Mom Day" at First Reformed Church in Hasbrouck Heights. The public is welcome.

All the women of the Church are encouraged to wear their most beautiful, outlandish, silly, serious hat to worship. After worship the men of the Church will be called upon to vote for the best and the silliest hat. The Reformed Church Women's Guild will be doing a hat decorating meeting right before Mother's Day.

Prizes to be awarded. (*Don't worry ladies, Father's Day is coming and you won't believe what the guys will be asked to do!*) ###

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Brunch with the Bunny

The Junior Women's Club of Hasbrouck Heights presents their annual Brunch with the Bunny on Saturday, April 16, 2011, from 11 a.m. to 1 p.m.

This event will be held at the Hasbrouck Heights Municipal Building.

Tickets are \$8 per person and include the following: brunch, coffee, dessert, entertainment, and treat.

Bring your camera for a photo with the Easter Bunny. For tickets and more information, please call Briana at 201-728-8798.

Donations of new children's pajamas and slippers for NJ Foster and Adoptive Family Services will be collected.

Due to limited seating capacity, tickets will NOT be sold at the door. All children must be accompanied by a paying adult.

Proceeds for this event will be used to benefit local charities and scholarships. ###

Country Gospel Concert May 7

Country Gospel singer John Osborne will be coming to First Reformed Church. Singer, songwriter and Evangelist, John Osborne has been awarded the International Male Vocalist of the Year and Country Gospel Entertainer of the Year.

Country Gospel Magazine has stated, "John has a beautiful tenor/baritone voice that brings with it the presence of the Holy Spirit."

The concert is May 7, 2011, at 7 p.m., at First Reformed Church of Hasbrouck Heights. Suggested donation is \$5.

This is an opportunity to hear a world class country gospel singer.

Pastor Dianna Smith met John when he was just beginning his musical career. John will be performing in the area and has graciously offered to bring his talents to First Reformed Church.

Commenting upon the upcoming performance, Rev. Smith said, "I am thrilled to have John here and for our friends and neighbors to have the chance to hear one of the finest country gospel talents in the world!" ###

Area Easter Egg Hunts

Hasbrouck Heights

The Annual Easter Egg Hunt is scheduled for line up at 9:30 a.m. with a 10:00 a.m. start on Saturday, April 16, 2011, at Depken Field. Rain Date is April 23. The Easter Bunny is scheduled to visit and hand out candy.

The event is open to all Heights Pre-schoolers (age 4-5) through Third Graders. Children should bring a basket. All children must wear rubber soled shoes, preferably sneakers. No parents or underage children are allowed on the field. Tickets are distributed through the elementary schools. Tickets are also available at the Borough Clerk's Office at 320 Boulevard. This event is sponsored by the Mayor's Celebration Committee.

Little Ferry

The Little Ferry visit by the Easter Bunny is scheduled for Saturday, April 16, 2011, at Borough Hall from 11 a.m. to 2 p.m. for resident children up to age 12. Bring your camera.

A magic show will begin at 12 p.m. A special performance featuring Robyn D'Angelo Dance Studio will start at 1 p.m. Event is rain or shine.

This event is sponsored by the Recreation Committee.

Lodi

The Lodi Easter Egg Hunt for PreK through 3rd Grade will be held April 2, 2011, at Lodi Memorial Park starting at 10 a.m. sharp. (*Bring your camera and take pictures.*) In case of rain, event will be held at the Lodi Boys and Girls Club.

Moonachie

The Moonachie Annual Egg Hunt will be held 11 a.m., Saturday, April 16, 2011, at Robert L. Craig School Gymnasium, rain or shine. Refreshments will be served and the Easter Bunny will be there. Be sure to bring your camera. The event is open to all children.

Wood-Ridge

The Knights of Columbus St. Anthony Council 11585 will hold their Annual Easter Egg Hunt after the "Blessing of the Baskets," Saturday, April 23, 2011, on the Assumption Church grounds for Pre-K through 3rd Grade. Tickets may be obtained at the rectory. In case of rain, the event will be held indoors. Refreshments follow. ###

Wood-Ridge Memorial Library will be hosting an Easter Egg Hunt for children ages 4 to 7 years old on April 16 at 11 a.m. Registration is required due to limited space, and preference is given to Wood-Ridge residents. To register, contact Emily at wrdgcchild@bccls.org or by calling The Library at 201-438-2455. ###

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Mardi Gras Celebration on Fat Tuesday



First Reformed Church and St. John the Divine Church presented the 4th Annual Mardi Gras Celebration on Tuesday evening, March 8, 2011.

Over 125 attended the event held at the the First Reformed Church. Masks, beads and boas were provided. The color scheme was classic Mardi Gras colors: green representing faith, gold symbolizing power and purple denoting justice.

The first part of the “Nawlins-style” celebration -- a Cajun feast of Gumbo (*chicken and sausage -- not spicy*), rice, salad and French bread -- was prepared by the Lenten team and enjoyed by all ... while “*The Big Easy Trio*” and friends jammed. The meal concluded with chicory (*and decaf*) cof-

fee and traditional King and Queen cakes with 37 items in each. Finding the Baby Jesus in their cake, determines the King and Queen.

Revelers went upstairs into the main Church area for a concert of rich gospel and spiritual music.

Authentic New Orleans music was provided by “The Big Easy Trio” with John Russell -- drums and harmonica, Paul Boehmke -- sax and clarinet, and Mark Wright, piano.

Mark Wright has been going to New Orleans for 30 years and plays at Preservation Hall whenever he is in New Orleans.

Between numbers, Mark would elucidate on the musical pieces and provide New Orleans Mardi Gras anecdotes.

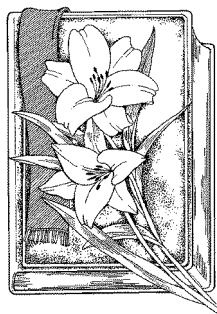
The “Big Easy Trio” was joined by Jeff (*on banjo*) Weinman of the “Skillet Lickers.”

Jazz and gospel vocalist for the evening was Melba Joyce. Melba was a featured vocalist with the Count Basie Orchestra, has appeared on Broadway and has toured just about every major city in the world.

The event generated about \$1,350 in cash, and benefited the Hasbrouck Heights Food Bank.

St. John the Divine Church held Mardi Gras celebrations years ago, but suspended them for the Ecumenical Epiphany Walk which was held for about 7 years before stopping. The Mardi Gras Celebration was then resurrected four years ago as an Ecumenical event. ###

Happy Easter



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God renews to us each Spring
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fill your heart
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Persian New Year Celebrated at The Fiesta



About 500 attended the Persian New Year, Nowruz, held at The Fiesta on Tuesday, March 15, 2011. Nowruz is observed on the last Tuesday of winter, just before the Vernal Equinox or first moment of spring.

This Persian Festival pre-dates Islam and is estimated to be about 2,500 years old.

The holiday is believed to have been invented by Zoroaster. The Zoroastrian custom, which has no religious significance, celebrates Persian culture.

The central focus of the evening was the "Festival of Fire" or Chahar Shanbeh Soori (*literally means "Eve of Wednesday"*).

Families lined up outside in the dark to take turns jumping safely over a row of small fires, as a celebration of thanks for the new year.

As they jump over the fire, they say, "The redness of the fire to my cheeks; the yellow of my skin to the fire," using the warmth of the fire to remove the evils of the past year to start the new year fresh.

A larger celebration of the new year, or Nowruz, will be held April 10, 2011 at the Persian Day Parade along Madison Avenue in New York City. For more information go to www.nyppp.org.

The Wood-Ridge Fire Department and EMS Squad assisted. ###

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Reflections

Speaking of Faith

The Rev. Susan Nelson-Colaneri
Holy Trinity Lutheran Church, Hasbrouck Heights

Can we lament and still trust God? Can we trust God and still lament?

These are questions people of faith have wrestled with in every time and place in the midst and aftermath of suffering and loss. In the wake of the suffering and destruction of three major earthquakes in little more than a year in Haiti, then New Zealand and now in Japan, many faithful people ask—where is God in all of this? How could this happen?

The psalms, the prayer book of the bible, are full of such questions expressed in heart-rending honesty and anguished language. In fact, there are more psalms of lament (over 70 out of the 150 in the canon) than any other. In our darkest hours, these ancient prayers give voice to the deepest needs and the fears of our hearts. My God, my God why have you forsaken me? (Psalm 22:1)

Mother’s Day: Give A Blanket

Once again, the Guild of Reformed Church Women of First Reformed Church, Hasbrouck Heights, invite you to participate in their annual Blanket of Honor Sunday project. These \$5.00 donations per blanket, in honor of or in memory of any or all the significant women in your life, will be accepted through May 8, 2011, for inclusion in the Mother’s Day bulletin, May 9th. The proceeds will be used by Church World Service to provide new blankets to be distributed to families wherever and whenever a disaster occurs, whether natural or man-made. These blankets are used in a multitude of ways, not just for warmth. They provide a measure of dignity, a refuge, a source of protection, a means of carrying all one’s belongings, a message that someone cares for them, wherever they may be in the world.

Please mail your check (\$5.00 per blanket) and send to First Reformed Church of Hasbrouck Heights, PO Box 66, Hasbrouck Heights, NJ 07604. Please include the name(s) of the women you wish to honor or remember.

The Guild women appreciate your assistance, as do the recipients, whether locally, nationally or world-wide. ###

These ancient prayers teach us not only to open up the reservoirs of our anger, doubt and suffering and let it spill out before God, they also teach us to whom they should be directed. To lament is to be joined to God who sees and hears and knows our sufferings (Exodus 3:7). To lament is also to be joined with others who are suffering, bringing their cause before God who sees and hears. It is important to remember that in the book of Job the friends “with all the answers” who come to comfort him, ultimately are condemned by God as getting it all wrong. God says that only his servant Job in his laments and statements of trust in God has spoken “what is right about me” (Job 42:7).

For he did not hide his face from me, but heard when I cried to him (Psalm 22:24). The biblical witness is that God is present in our suffering, not causing it but entering into it. Wherever there is suffering, the incarnate

and crucified God is there. But God does not only suffer with us in times of crisis and suffering, God also works through us. God empowers us, sends us out as agents of his grace and compassion. It is God’s work in our hands, bringing God’s redemptive and restoring love into the world which begin with our laments and statements of faith and move on to offering our time, talent and treasure to relieve the suffering of others.

Can we lament and still trust God? Can we trust God and still lament? If we turn to the biblical witness and especially to the psalms the answer to these questions is a decisive “yes!” Within each psalm of lament there is always a statement of profound trust in God. “I know that my redeemer lives!” exclaimed Job. “I know in whom I have believed,” wrote the apostle Paul from prison. People of faith, speak what is right about God, and take your laments and statements of trust to God. The One who promises is faithful and his deliverance is sure. ###

Palm Sunday
April 17

Good Friday
April 22

Easter
April 24

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Church Schedules: Hasbrouck Heights

BIBLE BAPTIST CHURCH

31 Passaic, HH • 288-4139
www.biblebaptist.net
Rev. Bill Hegedus, Pastor


Sunday
8:00 a.m. Prayer Partners Meet
8:30 a.m. Early Worship Service (Traditional)
9:30 Discipleship Hour for all ages
11:00 a.m. Morning Worship Service (Contemporary)
Evening Service as announced



CORPUS CHRISTI R.C. CHURCH


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Rev. Msgr. Lewis V. Papera, Pastor
Rev. Raymond M. Holmes
Rev. Jerzy R. Zaslona
Rev. Msgr. Martin O’Brien
Deacon Vincent DeFedele

Sunday Obligation Masses:
5:00 p.m. Saturday (Chapel)
7:30 a.m. (Church), 9:00 a.m. (Chapel), 10:30 a.m. (Chapel),
12 noon (Chapel) and 6:00 p.m.(Chapel)
Daily Masses: (Church)
Mon.-Fri. 6:30 a.m., 8:00 a.m. • Sat. - 8:00 a.m.
Reconciliation (Confession): Sat. 4-4:45 p.m.
Corpus Christi Church/School Websites
Parish: www.rc.net/newark/corpuschristi/index.html
School: www.corpuschristischool.net



CHURCH OF ST. JOHN THE DIVINE (EPISCOPAL)

Terrace & Jefferson, HH • 288-0002
Rev. Joseph Pickard, Vicar
www.saintjohnthedivine.com
www.careonthecorner.org
Sunday - 11:00 a.m. Holy Eucharist Rite II - Church School
Monday - 7:30 p.m., N.A. Women’s Meeting
Tuesday & Friday - 12 noon, N.A. Meeting



FIRST REFORMED CHURCH

Burton & Washington Place, HH
Church Office: 201-288-1122
Rev. Dianna L. Smith, Pastor
www.churches.rca.org/firstrefhh/

Sunday
8:45 a.m. Sunday School
10:00 a.m. Worship Service
Fellowship Hour follows Worship Service. Child care provided




FIRST UNITED METHODIST CHURCH

57 Burton Ave. at Division Ave. • Parsonage: 201-257-8773
Church and Nursery School Office: 288-4636
Pastor Iraida Ruiz de Porras

Sunday
10:00 a.m. - Worship Service
Thursday - 7:00 p.m. - Bible Study
Friday - 7 p.m. Contemporary Family Service


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57 Burton Avenue • 393-7890



HOLY TRINITY LUTHERAN CHURCH

92 Burton Avenue, HH • 288-6889
Rev. Susan Nelson-Colaneri, Pastor
www.holytrinityhasbrouckheights.com


Sunday
11:00 a.m. - Sunday Church School
11:00 a.m. - Holy Communion



THE COMMUNITY UNITED CHURCH OF CHRIST

Boulevard & Charlton Ave., HH • 288-0622
Rev. Edward J. Glasser, Assoc. Minister

Sunday - 10:00 a.m. Morning Worship
Communion-- first Sunday of the month




Church Schedules: Little Ferry

EVANGEL CHRISTIAN CHURCH

165 Main Street • Office: 201-440-0470
Rev. Veronica M. Pearson, Pastor

Sunday - 9:00 a.m. Adult Bible Study • 10:30 Worship
Children/Teens Sunday School meet during Worship Service
Wednesday - 7:30 p.m. Bible Study



Church Schedules: Lodi

FAITH REFORMED CHURCH
95 Washington St., Lodi • 973-778-4529 • www.lodifaith.net
Rev. Timothy Ippolito, Pastor
Sunday: 10:30 a.m. Worship and KIDZ Church (Ages 4-10)

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Mass: Sunday 9 a.m. • **Daily** (M-F) 7:00 a.m. • **Sat.** 8 a.m.

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40 Spring Street, Lodi • Rectory: 973-779-0643
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Rev. Americo Salvi, C.R.M., Parochial Vicar
Rev. Jason S. Gaganap, C.R.M, Parochial Vicar
Rev. Anastacio “Nony” Villaluz, C.R.M, In Residence
Rev. Mr. Steve Marchese, Deacon
Sunday Obligation Masses:
6 p.m. Saturday
7:30 a.m., 9:00 a.m. (Italian), 10:30 a.m., Noon, 6 p.m.
Daily Masses: 7:00 a.m., Noon • **Holy Day Mass Eve:** 7 p.m.
Reconciliation (Confession): Sat. 4:30 - 6:00 p.m.
Friday Adoration of Blessed Sacrament: 11 a.m. to Noon

Church Schedules: Moonachie

FIRST PRESBYTERIAN CHURCH OF MOONACHIE
221 Moonachie Road
Church Office: 201-641-4919
Rev. Kimberly Chastain, Pastor
Sunday
9:30 a.m. Children’s Sunday School
11:00 a.m. Worship Service



ST. MARGARET OF CORTONA (Little Ferry/Moonachie)
31 Chamberlain Ave., Little Ferry • Office: 201-641-2988
Rev. Arthur Frank Humphrey, Pastor
Sr. Dorothy A. Donovan, S.S.J, Pastoral Associate
Sunday Obligation Masses:
Saturday: 5:30 p.m. • Sunday: 8 a.m., 10:00 a.m., Noon
Daily Masses: Mon., Novena 7 p.m., Tues., Wed., Fri. 8 a.m.
Saturday, Memorial Day, July 4th, Thanksgiving: 9 a.m.
Rosary for Peace: First Saturdays after 9 a.m. Mass
Reconciliation (Confession): Mon. 6:15 - 6:45 p.m.

Church Schedules: Wood-Ridge

ASSUMPTION R.C. CHURCH
143 First Street, Wood-Ridge • Rectory: 201-438-5555
Center: 201-933-6118 • School: 201-933-0239
Fr. Brian Cullinane, OFM, Pastor
Fr. Paul Sinnema, OFM
Deacon Nicholas Valdez
Sunday Obligation Masses:
5:30 p.m. Saturday
8:00 a.m., 9:30 a.m., 11:00 a.m.
Daily Masses: (Church)
Mon., Fri., Sat.: 8 a.m. • Tues., Wed., Thurs.: 7:30 a.m.
Holy Hour: Friday after 8 a.m. Mass
Sacrament of Penance: Sat. 11:00 - 12:00 p.m.
Assumption Church/School Websites
Parish: www.assumption-parish.org
School: www.assumptionschoolwr.org



FIRST PRESBYTERIAN CHURCH OF WOOD-RIDGE
190 Valley Boulevard • Office: 201-438-5559 • 201-438-8966
Rev. Kimberly Chastain, Pastor
Sunday
9:30 a.m. Worship Service
MEEL AL PRESBYTERIAN CHURCH OF NJ
Rev. Changsik Jang, Pastor
Sunday Worship 12:00 • **Wednesday Worship** 8:30 p.m.
Tuesday - Saturday 6:00 a.m. Morning prayer meeting
201-727-1201



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1st Sunday - 9:30 a.m., Combined CSI & Healing Service
3rd Sunday - 9:30 a.m., Combined Espiscopal Eucharist
2nd & 4th Sunday - 11:00 a.m. Malayalam Service
Vestry Meeting: 2nd Sat. 10:00 a.m.



Mid-Week Lenten Service

Lent is a journey. It is a journey to the Cross with Jesus who is the Way, the Truth and the Life. Lent is a journey of renewal, of opening our lives to new creation. Lent, like all of life, is a walk of faith. Come join us on a Lenten pilgrimage, along the road less traveled.

Holy Trinity Lutheran Church in Hasbrouck Heights, will have Lenten Services on Wednesday evenings, through April 13, 2011, at 7:30 p.m.
At each mid-week Lenten Evening Prayer, Pastor Susan will present a brief study of one of the readings of the Easter Vigil.

The theme is “Walking by Faith: A Lenten Pilgrimage.”
What is faith? The text from Hebrews 11:1 defines it in this way: "Now faith is the assurance of things hoped for, the conviction of things not seen." This series focuses on the book of Hebrews, especially the eleventh chapter.

The first four weeks provide a journey through the faith of the Old Testament figures, especially Noah, Abraham, Moses, and the Israelites. The fifth week brings us to Jesus, "the perfecter of our faith," and his path to the cross. Simple Lenten Suppers (*soup and bread*) will be provided at 7 p.m. There is no cost for suppers (*free will offering*). All are welcome. ###

Help Earthquake Victims in Japan

The Holy Trinity Lutheran Church is collecting for the recent disaster in Japan. In cooperation with Lutheran World Relief, “From the Porch” ministry will be assembling packs with boxes of blankets and baby items to be shipped to Japan.

Requested are blankets 60" x 80" (*no afghans*), and baby items in sizes up to 18 months. All items should be new or very gently used and clean (*no tears or stains*).

Leave your donations “On the Porch” at 92 Burton Avenue, on Sundays, 10:30 a.m. until noon or weekdays, 9 a.m. until noon. If you have any questions, call the Church office at 201-288-6889. ###

22nd Annual Presentation of “The Jesus Story”

Passion Play Drama Ministries of Bible Baptist Church, 31 Passaic Avenue, Hasbrouck Heights, NJ, will be presenting "The Jesus Story."

This will be its 22nd annual performance of the presentation of the life, death and resurrection of Christ. Told through the lives of a family in Bethany, a bold and impetuous fisherman named Peter, as well as the life of a Roman soldier.

The dates for the 2011 performances are Saturday and Sunday - April 9th, 10th at 4 p.m, Friday - April 15th at 8 p.m, Saturday and Sunday - April 16th and 17th at 4 p.m. and Thursday and Friday - April 21st and 22nd at 8 p.m. at Felician College located at 262 South Main Street, Lodi, NJ.

FREE admission is being offered with over 1,000 seats available on a first come basis. The ministry wants to make the play available to all who would come. A free will offering will be taken.

A volunteer cast and technical crew of over 100 men, women and children commit to bringing this heart changing true story to thousands of people. Through the collaboration

of the Cultural & Community Affairs Division of Felician College, The Jesus Story has affected the lives of all who have come to see it.

Reverend William Hegedus, Pastor of Bible Baptist Church, and director of "The Jesus Story" insists that the purpose of the play is not to entertain, but to present the love of God for a lost and dying world. Long ago, even before He made the world, God loved us and chose to adopt us into His family by bringing us to Himself through the death of His Son on the cross. God sent His Son to earth and offered Him as a perfect sacrifice for our sins. The Bible says that whoever believes this and accepts this will live forever with Him in Heaven. “Jesus is the only power in the world that has been given to save people. We must be saved through Him”- Acts 4:12

Please visit the web-site at www.biblebaptist.net for more information and directions, as well as some pictures and video clips from past performances. Those with no internet access may call 201-288-4139, press 2. ###

Moving with Spirit

Reconstructionist Temple Beth Israel (RTBI) in Maywood hosts an adult education series on Aspects of the Jewish Sabbath Service titled “Navigating the Prayer."

The series will be led by Rabbi Jarah Greenfield on the last Saturday of the month from 9:00 to 10:00 a.m.

Topic for Saturday, April 30, 2011 – “Moving with Spirit,” a look at the choreography of Shabbat services. Registration deadline is Friday, April 22.

The classes are free and open to the public; a light breakfast will be served. Advance registration is required; no walk-ins please. Reservations are made by email to Rabbi Greenfield at rabbi@rtbi-online.org.

All are welcome. For more information, call 201-845-7550. ###

"A Pilgrim's Psalm" April 8

On Friday, April 8, 2011, at 7:30 p.m., the First Reformed Church in Hasbrouck Heights will sponsor a concert by "Doorjam."

The performance is "A Pilgrim's Psalm" a contemporary oratorio for Holy Week. It is an exciting journey of words, music, images and imagination.

The piece is based on three streams: first and foremost the words of Scripture in both the Old and New Testament, a series of oil paintings by Lucy Janjigian entitled "A Journey to Resurrection," and original music and lyrics by "Doorjam."

Suggested donation is \$8. The public is invited. For more information call 201-288-1122. ###

Divine Mercy Sunday

Divine Mercy Sunday will be celebrated in Assumption Church, 143 First Street, Wood-Ridge, NJ on Sunday, May 1, 2011, at 2:30 p.m., with exposition of the Most Blessed Sacrament, Divine Mercy Praises, Chaplet and Benediction.

Father Robert Langdon will be the celebrant and guest speaker. ###

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HH Lions Golf
Outing April 29

The tournament is scheduled for April 29, 2011, at the Pine Brook Country Club with a noon start. Fee is \$135 and includes golf, cart, lunch and awards dinner.

The event is sponsored by the Hasbrouck Heights Lions Club. All proceeds to benefit various community charities.

Journal ad sponsorships are available. For more information, call Mr. Mullins at 201-665-4442. ###

Final Four
Beefsteak

The Hasbrouck Heights Lions Club will hold their 7th Annual Final Four Beefsteak, starting at 7 p.m. on April 4, 2011, at the VFW in Hasbrouck Heights. Nightingale Catering will be catering this event. Cost is \$50 per person and includes beer and soda. Cash bar. For details, call Tom at 201-288-1511.

This is the second time for this event at the VFW. It was previously held at the Pioneer Club. ###

Lodi LL Hosts
Pancake Breakfast/
Mini Tricky Tray

The Lodi Little League will host a pancake breakfast on Sunday, May 15, 2011, from 8 a.m. to noon at the Lodi High School Cafeteria. Pancakes, eggs, sausage, coffee, tea and juice will be served. Cooking will be done by the Lodi Moose Lodge No 1971. A mini-Tricky Tray will also be included.

Donation is \$5.00 and will be used to support the two Annual High School Scholarships awarded by the Little League each year. Questions can be directed to 973-591-1137. ###

W-R Lions
Golf Outing

Wood-Ridge Lions Club will be hosting their Second Annual Golf Outing on April 29, 2011.

This year's outing will be held at River Vale Golf Club, River Vale, NJ. Hot breakfast starts at 7:15 a.m. Shotgun start is at 8:30 a.m. (best ball format). There will be a hot lunch with carving station with a two hour open bar. Event includes trophies, prizes and giveaways.

Cost is \$165 single and \$660 for a foursome.

Call Ed at 201-641-2803, George at 201-527-5126 or e-mail janpro911@aol.com for more information.

All proceeds will go to the Wood-Ridge Lions Club and 100% of the profits will go directly to Lions Charities. ###

Care on the Corner
Holds Annual Golf
Outing June 14

Care on the Corner will be hosting their Annual Golf Outing on June 14, 2011, at Sky View Golf Club, Sparta, NJ.

The event includes a BBQ lunch at noon, shotgun start at 1 p.m. and dinner at 5 p.m. Cost is \$150 per golfer. Complimentary range balls and practice green are included.

Prizes/Contests: Hole in One Contest; Longest Drive; Closest to the Pin; \$50,000 Shoot Out; Straightest Drive; Pot of Gold; Putting Contest; Door prizes and 50/50 Raffle. Sponsorships are available

Call 201-288-9460 for more information. All proceeds benefit Care on the Corner programs. ###

W-R Lions
Scholarships

Applications for the three-scholarships the Wood-Ridge Lions Club offers are now available.

There will be two awards to Wood-Ridge students in the amount of \$2,500 each. One is given in the name of Lion Vinny Pascale and all Charter Club Members, the second is given in the name of Lion Jim Love Sr. and Phil Rottini.

The Moonachie award is for \$1,500 and is given in the name of Lion William J. Nagel.

Any Wood-Ridge or Moonachie graduating senior from any accredited high school may apply for these scholarships.

Applications are available at the Wood-Ridge High School Guidance Department and all of the Parochial High Schools and the Bergen County Academy. They are also available at Siegel's Hardware in Wood-Ridge and at Jan Promotions in Moonachie.

Please note that these awards are separate from the Wood-Ridge and Moonachie Memorial Fund scholarship awards. Separate applications are needed for each and different criteria is used to select the award recipients. ###

Aviators' Host
Track Meet
April 8

The Hasbrouck Heights Track and Field Team will host 40 high schools in the Aviators' Invitational on April 8, 2011, starting at 4 p.m. at Depken Field. This is the third track invitational on the new field. The public is welcome. Admission is \$5. ###

HH Little League
Pancake Breakfast

The HH Little League will hold its 16th Annual Pancake Breakfast on Sunday, April 10, 2011, from 8 a.m. to 1 p.m., at the VFW Hall on Veterans Place.

The menu includes pancakes, bacon, crumb cake, donuts, bagels, juice, milk and coffee. This event usually serves about 1,500 breakfasts.

Admission is -- adult \$5, child \$3 and under 4 free.

The tricky tray sports

memorabilia auction will follow from noon to 1 p.m. Winners do not have to be present at the time of the drawing to win.

Proceeds will be used towards building new ADA restrooms, concession stand and batting cage. Call Steve at 201-725-2917 for more information. ###

Beefsteak
Dinner

Knights of Columbus St. Michael's Council #2861, is hosting their 2nd Annual Beefsteak Dinner on Saturday, April 16, 2011 at 7 p.m. at Council Hall, 39 Washington Street, Lodi. Donation is \$35 (\$5 goes towards the scholarship fund.)

Ticket includes beefsteak dinner, music, tap beer, soda, dessert and coffee. There will also be a prize raffle. Call Jim at 201-575-9508 for more information. ###

Little League
Opening Day
April 9, 2011

Hasbrouck Heights
9:00 a.m. at Field
Wood-Ridge/Moonachie
11:30 a.m. at CVS

Father-Son Golf

The Ketcho's 4th Annual Father-Son Golf Classic will be held on Friday, June 24, 2011 at Shawnee Inn & Golf Resort.

Start is at 6:30 a.m. with tee off at 8:30 a.m. Cost is \$100 per player and includes full breakfast, 18 holes of Championship golf, cart, greens fees, afternoon barbecue, etc.

For more information call 201-220-7831 or email: ketcho@aol.com ###

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HH Rec Trek 2011

The HH Recreation Department announced details of the 2011 Summer Playground Program. Sign up April 14, or April 21, 2011 from 7 p.m. to 9 p.m. in the Recreation Office -- there will be no sign up in the park.

This year's six week camp will be held in Woodland Park from June 27 through August 5, 2011, Monday through Friday (*weather permitting*), except Monday, July 4th.

This is a full-time summer

day camp which means children stay through lunch with their counselors. Parents do not have to pick up their children until 3:30 p.m.

Children are expected to bring their own lunch and drink, but are allowed to go home for lunch with their parent's permission.

Each day the child comes to the park they must sign in with the counselor at the main table and may not leave until a parent signs them out.

Each day there will be playground activities such as kick ball, coloring, table games, wiffle ball, stick ball, jump ropes, arts & crafts, children and teen activities, contests, etc., as well as story telling, craft sessions and special theme days.

Special theme days include: Anti-Drug Day, I Love America Day, Halloween in July, Carnival Day, Camp Talent Show and Olympic Day.

Numerous field trips are scheduled to include: Bow-craft Amusement Park, Wild West City, Icehouse, Six Flags Great Adventure and Medieval Times. Trips are geared for all ages and will be supervised by camp counselors.

Registration is on a first-come, first-served basis. You must register for the complete program to participate in any of the activities.

Camp Rec Trek is open to all Hasbrouck Heights boys and girls ages 6 through 14 who are permanent residents of Hasbrouck Heights. Proof of residency and birth certificates must be shown upon demand.

The cost is \$60 per child plus optional trips. The non-refundable fee includes all playground activities, most theme days and a "Rec Trek" camp shirt. Call Rob Brady at the Recreation Department at 201-288-4143 for more information. ###

Curriculum Expo at RLC

Moonachie residents are invited to attend the Robert L. Craig School Curriculum Expo on Thursday, April 14, 2011, from 6:30 p.m. to 7:30 p.m.

The Curriculum Expo showcases projects by Pre-K through 8th Grade in all subject areas.

Parents and children can also view art exhibits throughout the school and cafeteria.

The theme of the Expo is the 100th Anniversary of the school.

Complimentary blood pressure checks will be administered by RLC School Nurse, Donna Gallo.

This event is designed to build pride and spark enthusiasm and support for the school by bringing together students, parents, teachers and neighbors. ###

NJBG April Delights

Welcome spring with bright yellow daffodils and golden forsythia: April 1 through 15 -- Free. Cherry Blossom Splendor: April 15 through April 30 -- Free.

Other events include:

- Skylands Manor Tours: Historic tours guided by NJBG docents. Please call for details and availability. April 3 (Sunday), 11 a.m. - 3 p.m.: Adults: \$5; Seniors: \$3; Ages 6-18: \$1; Under 6: Free.

- Family Woodland Walk: Join Rich Cahayla-Wynne -- easy walk in the Garden's woodlands. Learn about the plants, animals and geology. Wear sturdy shoes. Meet at Carriage House. Rain cancels. April 17 (Sunday), 10 a.m. Free.

- Plant Sale: Perennials, annuals, vegetables, herbs, trees, shrubs, ground cover, etc. Knowledgeable Master Gardeners will offer advice. April 30 (Saturday), 10 a.m. to 4 p.m.: Free admission.

This 96 acre hidden jewel is located in Ringwood and is the official botanical gardens of New Jersey. For more information, call 973-962-9534 or visit www.njbg.org/###

**April Flower
Sweet Pea**

Credit Reporting Workshop

Have you ever considered how your credit report can affect your life? Do you know how to read your credit report; who uses your credit information; how to settle your debts; and how to avoid someone stealing your identity?

Care on the Corner, located at 333 Franklin Avenue, Hasbrouck Heights, along with Tri-County Ministries, in Kearny, NJ will be sponsoring a workshop titled, "All You Ever Wanted To Know About Credit Reports." The workshop will take place on Tuesday, May 3, 2011, from 7-9pm.

The workshop is being taught by Laura Russell and Rose Marie Cantanno. Laura Russell is a licensed attorney who has handled real estate matters and taught classes on home ownership, credit, bankruptcy and debt. She currently handles foreclosure defense cases for clients.

Rose Marie Cantanno is a licensed attorney who has specialized in real estate matters for over a decade. She handles closings, foreclosure defense, modifications and refinances. She is also knowledgeable in the various mortgages available.

The workshop will take place at Care on the Corner. There is no fee but registration is required. Refreshments will be provided followed by a question and answer period with the presenters.

For further information and registration, please call Care on the Corner® at 201-288-9460. ###

Garummage Sale April 9

The First United Methodist Church, in Hasbrouck Heights, will hold its annual Garummage Sale on Saturday, April 9, 2011, from 9 a.m. to 2 p.m. (rain or shine.)

A huge selection of furniture, china, knick-knacks, household items, toys, electronics, kitchenware, jewelry and more will be on sale. For more information, call 201-288-4636. ###

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Our **facilities** include a playground/swings, volleyball/basketball court and a picnic area (*ideal for summer birthday parties*).

Pool **activities** include swim lessons, swim and dive teams, water sports, aquacise and 25 meter lap lanes.

Enjoyable **social events** during the swim season include: Hot Dog Sunday, Sundae Sunday, Movie Night, Carnival, Family Fun Nights, Adult Socials, plus much more.

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Look Sharp for Spring



Blue and Gold Banquet

On Sunday, February 27, 2011, Cub Pack 17 held its annual Blue and Gold Banquet. It was attended by over 140 Scouts and their families. Rank awards and advancements were given out to the Scouts. The Webelos II received the Arrow of Light Award for all of their hard work and graduation out of Cub Scouts and into Troop 17. This event allows the Scouts to be recognized in front of their peers and families, to show their accomplishments for all of their hard work as Scouts. *Story by Scribe, Troop 17. ###*

Scholarship Available to Class of 2011

The James B. Scarr Post 106, American Legion, is seeking applicants for its scholarship to be awarded to a student who will pursue his or her education after high school. It was established last year as the post celebrated its 91st Anniversary. The \$1,000 scholarship will be awarded to a deserving young man or woman who is a resident of Hasbrouck Heights and who is in the Class of 2011, at either a public or private school. The applicant must be a child, grandchild, great-grandchild or a legally adopted child of a U.S. Veteran who has been Honorably Discharged. The award is to be applied to the

cost of continuing education at any technical school or degree granting college or university within the United States. Applications can be obtained in the following manner: seniors who are attending a school outside the district should contact Mr. Peter Gallo, 201-288-0276, and have one sent to them; and seniors who are attending Hasbrouck Heights High School can obtain one from their Guidance Department. Applications must be completed and returned to the American Legion by May 2, 2011. *Story by Peter Gallo Jr. ###*

W-R Knights Offer Scholarship

The Knights of Columbus, St. Anthony Council #11585 will once again be awarding a \$500 scholarship to any graduating 8th Grader (*public or parochial school*) who will be attending a Catholic High School next September. The candidate must be a parishioner of the Church of the Assumption of Our Blessed Lady, Wood-Ridge, NJ. Applications are available in the Church Friary. The deadline for submission of the application is Thursday, May 5, 2011, at 3:30 p.m. *###*

White Cane

The Hasbrouck Heights Lions Club will be conducting a White Cane fund drive on April 15, 2011, from 5:30 to 8:30 p.m., and April 16 from 8 a.m. to 2 p.m. at the Shop-Rite in Lodi. All of the proceeds will benefit eyesight projects. *###*

Pancake Breakfast

Knights of Columbus St. Michael's Council #2861, is hosting a pancake breakfast on Sunday, April 3, 2011, from 8:30 to noon, at Council Hall, 39 Washington Street, Lodi. Donation is \$6. Call Jim at 201-575-9508 for details. *###*

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Jr. Women’s Club Bookmark Contest

“You’re never too old, too wacky, too wild, to pick up a book and read to a child.”

In celebration of “Read Across America Day/Dr. Seuss’s Birthday,” the Hasbrouck Heights Junior Women’s Club announced three First Place winners from the Bookmark Contest.

Ninety-seven children en-

tered the contest.

The First Place winners’ bookmarks have been professionally printed by Frank Molina, and are available to give out at The Library’s Children’s Desk.

Each winner received cer-

tificates and printed book-

marks. The winners are: Marisa Ackattupathil, Lincoln School K-1; Chiara Colletti, Corpus Christi Grade 2-3 and Isabella Impalli, Corpus Christi Grade 4-5.

The Hasbrouck Heights

Library staff did the voting.

All the entries’ bookmarks are on display at The Hasbrouck Heights Free Public Library. Entrants may pick up their original bookmarks at the Children’s Desk.

The Junior Women’s Club

has been holding the Bookmark Contest for a long time, but this is the seventh year it has been in conjunction with “Read Across America Day.”

A special thanks to Mrs. Nickles, who also shares a birthday with Dr. Seuss. *Story by Dalia Drezek. ###*

Kitty Cats and Wildcats Triumph

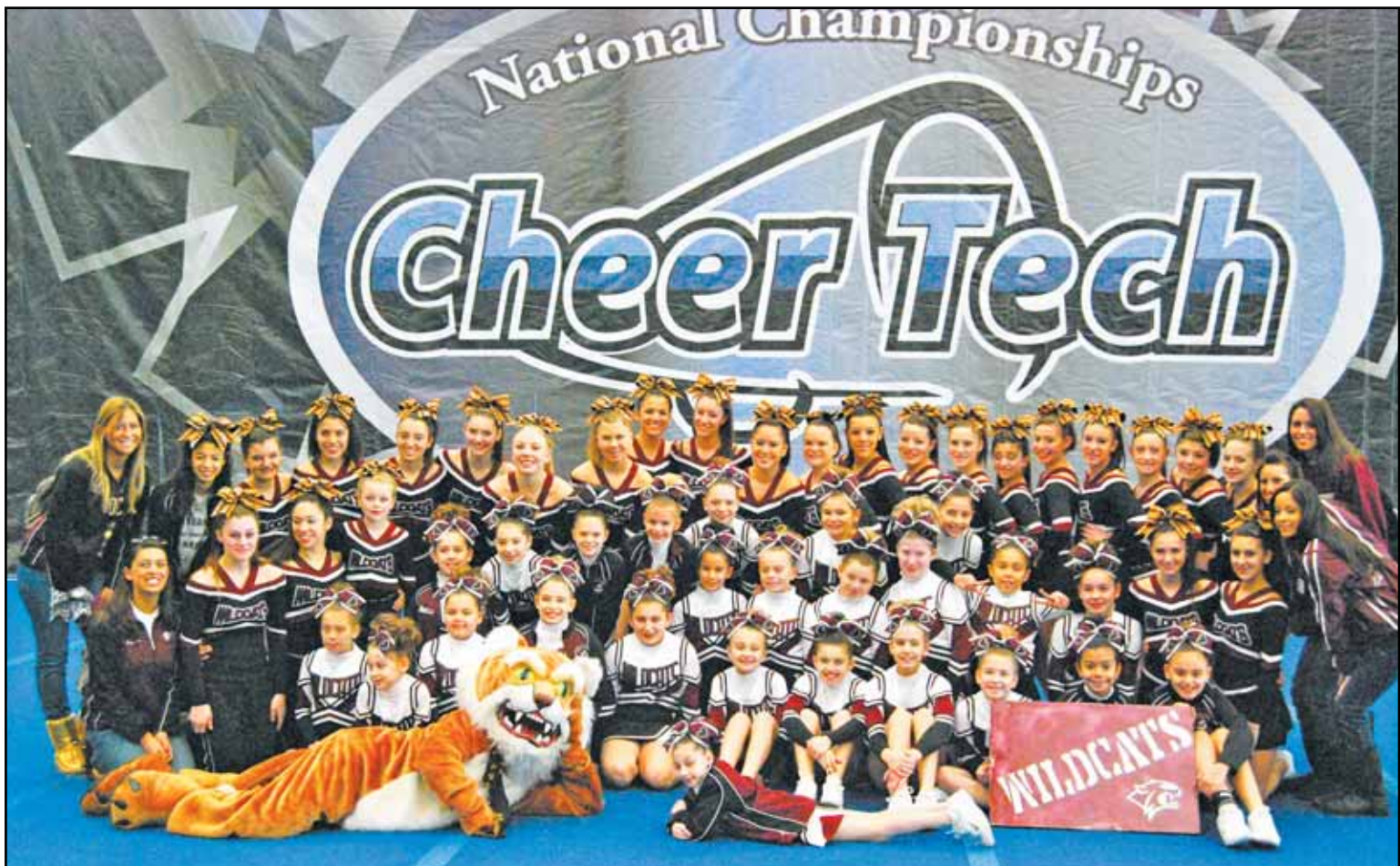
The Carlstadt/East Rutherford Junior Kitty Cats, and Senior Wildcats teams participated in several competitions:

On February 11, 2011, at the Wood-Ridge High School Blue Devils Invitational, the Junior squad made up of 6th Grade and under cheerleaders, took home 2nd Place. The Senior Squad made up of 12th Grade and under cheerleaders, took home 2nd Place. On March 5, 2011, the teams hosted “Welcome to the Jungle Cheer Challenge 2011” competition at Becton High School.

The Carlstadt/East Rutherford Senior squad “Wildcats” won First Place at Parsippany-Hills High School competition on February 26th. This team is made up of 24 2nd through 12th Graders, competing as a 12th and under squad. They practice 6 hours a week and tumble twice a week.

In their many accomplishments they have achieved Grand Champs at West Milford. They have advanced stunts, gorgeous jumps, and their tumbling includes punch fronts, standing tucks, and layouts.

The Carlstadt/East Rutherford Junior Squad “Kitty Cats” won Grand Champs



twice -- once at Fair Lawn High School “Cutter Competition” in December and then again at Parsippany-Hills High School competition on February 26, 2011.

The 25 member team is made up of 2nd through 6th Graders, who tumble, stunt and jump their way into your hearts. They practice 4 hours

a week, and take tumbling lessons on the weekend.

At the NJDCA competition held March 6, 2011, at Trenton Sun Arena, The Senior Wildcats Cheerleading Competition squad took 1st Place in their division and Highest Score in their session.

The junior and senior wildcats have returned from nation-

als in Wildwood, NJ, successful yet again. Both teams took First Place and have received a half bid which is half the cost to attend U.S. Finals.

There was a showcase on March 24 at Carlstadt Public School gym to perform their routines for the sponsors and community members that helped fund all of their ac-

tivities throughout the year! A big thank you to the coaches Catherine DuHaime, Brittany Antonoitti, Jennifer Henkelman, Taylor Henkelman, and Linette Farina. Sandi Esposito is Competition Treasurer, and Christine Dato is Competition Secretary. *Story and photo submitted by: Mariann Kronyak, Competition Liaison. ###*

First Annual Wood-Ridge



School-wide Band Festival



In conjunction with "March is Music in our Schools" month, the bands of Catherine E. Doyle, Gretta R. Ostrovsky Middle School, and Wood-Ridge High School had a day of music making on March 14, 2011.

About 130 students, from Grades 4 through 12, attended individual instrument workshops in the morning, and put on a combined performance at 12:30.

All the students in the district participated in Band performance as well as Alumni band

members. The program began with small group ensembles -- flute, clarinet, saxophone, trumpet, trombone, percussion and pop band.

It was followed by bands from each school and concluded with the combined Wood-Ridge Bands.

It was noted that each of the elementary schools have a formal band program built into the school day. The High School students do not have a formal band program, but practice after school as a club. Some band

members of this club participate in the school concert band, pep rallies and football games.

The event's goal was to bring excitement back into the Wood-Ridge music program. Aware of all the cuts going on around the state, they would like to share the importance of music in schools.

This Band Festival was under the direction of Mrs. Toni Baumgartner (*MS/HS Band Director*), Ms. Jessica Strychniewicz (*Elementary Band Director*) and Mrs. Melissa Ayvas-Manolakakis. ###



CFD Recognition Sunday

On Sunday, March 13, 2011, The First Presbyterian Church, led by Pastor Donald M. Pitches, held a Fire Department Recognition Sunday Service for the Carlstadt Fire Department and Auxiliary.

During the Service, Pastor Pitches presented Carlstadt Fire

Chief Robert Moore the "Keys to the Church" and gifts to the visiting Fire Chiefs.

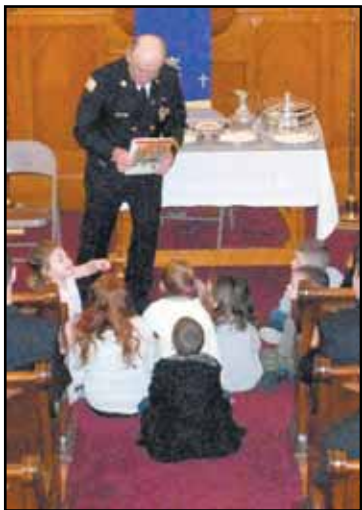
He gathered the children at the foot of the altar and told them positive anecdotes about Fr. Mychal Judge's ministry.

Pastor Pitches' sermon was "First Responders; Fire &

Faith."

2011 Fire Officers, Former Chiefs of the Department and 25 Year Department Members were recognized.

Following the service, brunch in the Community Hall was provided by the Department. *Photos by Dennis Kronyak Sr. ###*



Moonachie Fire Department's 100th Anniversary

(Editor's Note: In celebration of the Moonachie Fire Department's 100th Anniversary, The Gazette Newspaper is providing a multi-part series. The following is reprinted as written from the 90th Anniversary Journal.)

Part Two The Tradition Continues

Washington Park Hose Co. No. 2

On February 10, 1911, the second eventful meeting was held in the cellar of the home of Richard Oltman on Joseph St. This meeting would result in the formation of the second present day fire company, by a group of 15 residents operating as Washington Park Hose Co. 2.

Hose Co. 2 purchased its first piece of fire equipment, a two-wheel hose cart in 1912 for a price of \$45. This hose cart was pulled by hand whenever the alarm sounded.

The first firehouse consisted of a barn on the Oltman property where the hose cart was stored, and was used until 1913 when the first real firehouse for the company was constructed.

The new firehouse was a sheetmetal building built on the Stanley Kucera property, on the corner of Moonachie Road and Joseph Street.

This was later known as

the Kemick property, where that family operated a luncheonette/soda-shop and post office. Today, it's the location of Bazzarelli's Restaurant.

Hose Co. 2 operated from 1911 until April 1919 as an independent, unrecognized fire company to the Borough.

At that time, they were recognized as a regular part of the Moonachie Fire Department, but still retained their independent identity.

The 1920's brought quite a bit of activity for Hose Co. 2, starting with the construction of the second permanent firehouse at the same location where the present one stands today.

Ernest Bruno, a local builder, donated a lot for the firehouse, and the members bought a second one for \$100. That building's dimensions were 16 by 20.

In 1923, the Ridgfield Fire Department donated a hand-drawn four-wheeled hose cart to Washington Park Hose 2.

The hose cart would serve the company until their first motor-driven apparatus was purchased. Finally, no more "running in front" of the fire apparatus.

Through the help of monies raised by donation, the Fire Company bought a new 1926 Model-T truck to better serve the community.

The new acquisition would

aid Hose Co. 2 and serve the Borough for more than a decade.

The main building of the present day firehouse was constructed in 1930, measuring 40 x 90, built with funds raised mostly through donations.

In an effort to raise additional funds, the Ladies Auxiliary traveled to New York City in 1939, to see then Mayor James Walker for help. With the financial support from this appeal, as well as other fund raising activities, the fire company purchased a Reo model hose truck from the River Edge Fire Department. Continuing their efforts to provide modern fire service protection,

Hose Co. No. 2 bought the White 1946 Seagrave pumper from the City of Belleville, that some of the long time residents may remember from years back. 1955 would bring about the fire company's biggest challenge yet.

For over a year they ran dances and fund raising activities to buy a new Oren pumper, which is still in service today.

The members of the Fire Company ran Bingo every week for three years to pay off the new piece of fire equipment.

Part One appeared in the March 2011 The Gazette Newspaper. Part Three, with photo collection, will appear in the May issue. ###



Mutual Aid Response: Wood-Ridge garage/house fire December 23, 2010. Photos by Dennis Kronyak Sr.

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Lodi Flooding

The Lodi Fire Department boats were called to evacuate trapped flood victims, and its members helped OEM workers with notifications. The water crested the Saddle River banks at 9.49 feet -- about a foot and a half over major flood stage -- before receding quickly on Friday, March 11, 2011. Authorities said that flooding was due to saturated soil and 2 to 5 inches of steady rain.

Lodi's typical flood-prone areas were affected to include: North Main Street (*was closed*), Rt. 46 underpass (*had 4-5 feet of water*), Lodi Boys and Girls Club (*basement was flooded*), lower Felician College (*parking area*), etc. Officials stated that a few more inches of rain would have necessitated mandatory evacuations.

As the waters receded, the Lodi Fire Department used fire hoses to clean up the Main Street bypass bridge of mud, clutter and debris. The DPW swept and disinfected roadways. *Photos by Rob Knobloch. ###*



Bus Fire on Route 80

On February 24, 2011, at approximately 5 p.m., the Hasbrouck Heights Fire Department was dispatched to a bus fire on Route 80 East in Teterboro. Assistant Chief Pat Hayes arrived first and reported a small bus with a fire in the engine compartment. Engine 616, Rescue 614, and Ambulance 603 responded with Chief Kevin Todd. The fire was knocked down quickly. The floor of the bus had to be cut with saws to reach some of the fire under the bus. The fire was extinguished in about 20 minutes. No injuries were reported. *Story and photo by Rob Knobloch. ###*



Smoke Condition Draws 2nd Alarm

On February 26, 2011, the Moonachie Fire Department was dispatched to President Container at 100 West Commercial Avenue for a smoke alarm. First arriving units found a smoke condition. Interior crews made a quick knock down. A second alarm was transmitted, bringing a F.A.S.T. Team from Wood-Ridge, engine from South Hackensack and a truck from Little Ferry. Carlstadt and Hasbrouck Heights Fire Departments covered the Moonachie firehouse. *Story and photo by Rob Knobloch. ###*



Car vs. Tree

On February 28, 2011, the Hasbrouck Heights Fire Department was called to an MVA on Washington Place, for a car vs. a tree. Hasbrouck Heights Fire Department Rescue stabilized the vehicle and assisted EMS. One male was injured and was transported to Hackensack Medical Center by the Hasbrouck Heights Fire Department Ambulance, with the Hackensack Medical Center Paramedics. HHPD is investigating the accident. *Story and photo by Rob Knobloch. ###*

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Garden Club Attends Flower Show

“Springtime in Paris” was this year’s theme for the 2011 International Flower Show. Members of the Hasbrouck Heights Garden Club traveled to Philadelphia on March 13, 2011, to view some of the most outstanding varieties of flowers on the market.

There is always something new to see at a flower show. The show featured displays, arrangements, demonstrations, entertainment and lots of items that could be purchased.

The French theme featured

displays that brought you back to pre-World War II Paris; the Paris depicted in the movie “An American in Paris;” the quaint streets, the Eiffel Tower, the Arc de Triomphe and the fabulous gardens.

Aside from the flowers, Garden Club members are interested in the styles and trends in landscaping and garden design. There were many displays which featured trees, bushes, shrubs, vines, annuals, perennials, garden structures, garden planters and containers,

outdoor furniture, landscape lighting, and much more.

Many of the exhibits at the Pennsylvania Convention Center had flower animals like snails, peacocks, dolphins, turkeys and ponies leading to a carousel stage where there was French-themed entertainment.

At the end of the day, members bought a multitude of gifts, products and ideas for their gardens at home. *Story and photos by Marie and Peter Gallo Jr. ###*

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Call John Depken if you have any questions that you would like answered in this column



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Heights Shred-it Event

The Hasbrouck Heights Recycling Program, in conjunction with the BCUA Mobile On-site Shred Program and recycling vendor Nexcut, will be hosting a Community Paper Shredding Event on Saturday, April 2, 2011, from 9 a.m. to 1 p.m. at the Municipal Parking lot (*Boulevard and Central Avenue*).

This free event provides residents and businesses the opportunity to have their sensitive documents safely shredded and recycled.

Recycling specialists will be present to answer any questions.

No hardcover books, magazines, newspapers, photographs or x-rays will be accepted. For additional information call 201-288-1072. ###

Hasbrouck Heights Garden Club

The HHGC will be meeting on Wednesday, April 20, 2011, at 320 Boulevard on the second floor meeting room in The Library at 6:45 p.m.

The speaker will be Rocco Lapenta. Mr. Lapenta is a member of the American Rose Society and the former president of the Garden State Rose Club. He has been growing over 100 varieties of roses at his home in West Nyack, NY, for over 40 years.

Come and join them for a brief meeting and an interesting night on how to take care of the many varieties of roses. Refreshments will be served. The public is always welcome. For further information, please contact Judy at 201-288-2615. ###

Chamber/Garden Club Boulevard Beautification

Donations Sought

Beautiful flowering planters have adorned The Boulevard for the past five years.

The Hasbrouck Heights Chamber of Commerce, in cooperation with the HH Garden Club, invites businesses and residents to sponsor a flowered planter to be placed along The Boulevard during 2011.

A donation of \$40 will replenish an existing planter with lovely flowers and greens. Your donation of any amount is welcome.

The funding has become dangerously low. Your generosity is especially appreciated this year.

The work will be done by the Garden Club at the DPW after the May 15th frost date.

Once the plantings have

been completed, the DPW will then move the flower pots to their Boulevard location, and has agreed to water the plants during the season. After the summer, the DPW will collect the flower pots and store them for the winter.

Green thumb volunteers are welcome to help with the initial planting. Call Ray at 201-288-5464 or Ann at 201-288-3956 for more information. ###

Felician Sisters Celebrate Earth Day

Earth Day will be commemorated with a program of prayer and song at the Felician Sisters' Peace Site on Monday, April 18, 2011 from 12:15 p.m. – 12:45 p.m.

The peace site has been in existence for over 25 years and is located as you enter the Felician Sisters' property at 260 South Main Street, Lodi.

All are invited to join in the spirit of St. Francis of Assisi, as we strive for a deeper commitment to a peaceful coexistence with the earth and all its creatures.

Participants will include representatives of the Felician Sisters, Felician College, Immaculate Conception High School and the Felician School for Exceptional Children.

Local officials have also been invited for this event.

This celebration anticipates Earth Day which occurs April 22, since Good Friday is observed on April 22 this year.

For additional information, please contact Sister Maryann Agnes Mueller at (973) 473-7447. ###

Earth Day 2011

A Billion Acts of Green

In recognition of the power of millions of individual actions, April 22, Earth Day 2011, will be organized around A Billion Acts of Green®: Personal, organizational and corporate pledges to live and act sustainably.

At over 42 million actions to date, the Billion Acts of Green® campaign – the largest environmental service campaign in the world – is steadily building commitments in honor of Earth Day.

A Billion Acts of Green® inspires and rewards both simple individual acts and larger organizational initiatives that further the goal of measurably reducing carbon emissions and supporting sustainability.

The goal is to register one billion actions in advance of the Earth Summit in Rio in 2012.

A Billion Acts of Green® demonstrates the kind of environmental impact that can be made when millions of people, corporations and organizations make commitments, both small and large, to better their environment. For more information go to: www.earthday.org. ###

Trees for the Earth:

In 2010, Earth Day Network planted over 1 million trees in 16 countries under the Avatar Home Tree Initiative.

In 2011, EDN will continue that effort with another 1 million trees in large-scale, sponsor supported tree-planting projects in partnership with non-profit organizations throughout the world.

Locations where reforestation is most urgently needed include Haiti, Brazil, Mexico and urban areas of the US. Help green our future, one million trees at a time. ###

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Annie The Musical

WRHS presents a performance of "Annie The Musical" on April 7, 2011, at 7 p.m., April 8 at 7:30 p.m., April 9 at 7:30 p.m. and April 10 at 2 p.m. Tickets are \$10 and available by calling Mrs. Blender at 201-939-1933 x2241 or the school office at 201-939-0810. ###



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Moonachie Centennial Parade/Picnic/Fireworks Planned for May 14, 2011

On Saturday, May 14, 2011, the community of Moonachie will hold a parade throughout the town, with picnic followed by fireworks at the Redneck Avenue recreation fields.

The Centennial parade is being organized by the Moonachie Centennial Committee.

Parade staging area will be on Empire Boulevard, with judging between 10 a.m. and 2 p.m.

The parade will include floats, antique cars, fire trucks, as well as presentations by many Moonachie civic organizations.

The parade will begin at 3 p.m. and travel up Moonachie

Moonachie Scholarship Fund 50-50

Kathy Kinsella, chairperson of the Centennial 50-50 subcommittee, has announced the availability of tickets for the Super 50-50. There are 30,000 tickets for sale, so if all of the tickets are sold, the prize will be \$15,000.

Each ticket is \$1.00. The drawing will be held at the Centennial Celebration on May 14, 2011.

Tickets are available from all Centennial Committee Members, Borough employees, elected officials, and volunteers. Tickets are also available at Borough Hall.

If you have any questions, please call 201-641-1813, or email mlyons@moonachie.us

Parade Shirts Available

Moonachie's Centennial Celebration Committee will be offering Commemorative shirts with colorful graphics on both sides to reflect the Community's 100th Celebration of the Borough, the R.L. Craig School and the Fire Department.

A wide range of sizes are available ranging from (YM) for \$15 to (XXXL) for \$17. (Note that youth shirts are available by pre-order only.)

A limited supply of these shirts will be available on the day of the parade at the Redneck Avenue Ball Fields.

For more information call Kevin at 201-921-9247 or Frank at 201-522-7922. ###

Conserve Energy
When not in use,
turn off the juice.

Road to Broad Street to Fredrick Street to Joseph Street to Redneck Avenue and concludes at the Ball Fields. The Grandstand will be on Joseph Street.

Trophies will be awarded and dash plaques given to parade vehicles.

The grounds will be filled with amusements, lots of food, games, refreshments, etc., with the Fire Department hosting a "beer tent" for adults.

At dusk, a significant fireworks display is scheduled.

Rain or shine, this free 100th Celebration is open to the public. ###

Moonachie Centennial Bike Decorating Contest

Mayor Dennis Vaccaro announced a Bike Decorating Contest as part of the Moonachie Centennial Parade on May 14, 2011.

The contest is open to all Moonachie residents who meet the age requirements.

There are two groups who will be awarded prizes: children in Kindergarten through 5th Grade are in one group, and 6th Grade and up are in the other. People who enter the contest do not have to attend school in Moonachie; they just have to live in Moonachie.

The bikes can be 2, 3 or 2 wheelers with training wheels. Judging will take place at the Moonachie Civic Center, and prizes will be awarded before the start of the parade at 3 p.m.

Applications are available at Borough Hall, 70 Moonachie Road, Moonachie, and through a request at mlyons@moonachie.us ###

Moonachie Centennial Bake Off

Linda Duff and Erin Haas, Bake Off Chairpersons, would like to announce the Moonachie Centennial Bake-off.

The bake-off will take place on May 14, 2011, at the Redneck Ball Field Fieldhouse as part of the Moonachie Centennial Celebration. "Everyone is so excited about the bake-off. Moonachie has such talented home bakers; this will be their opportunity to shine," said Duff.

The contest is open to anyone who lives, works, worships in Moonachie.

There will be a winner in each of 7 categories: cakes, pies, muffins, cookies, bars and brownies (*these items are one category*), healthy/organic, and quick breads.

Participants can enter more than one category, but can only enter one item per category. There is a five dollar entrance fee. There will also be a Moonachie Centennial Bake-Off Champion, who will win a monetary prize, have their winning recipe published in the Moonachie Messenger with an article, and be presented with a trophy.

Applications are available at Borough Hall, 70 Moonachie Road, Moonachie, and through a request at mlyons@moonachie.us ###

Moonachie Flea Market

Vendors are wanted for a Moonachie Flea Market on June 11, 2011, from 9 a.m. to 3 p.m., at the corner of Moonachie Road and Carol Place. Rain date is June 18th. Call 201-641-5828 for more information. ###

Moonachie Road Closures

Saturday, May 14, 2011

Be advised that due to the Moonachie 100th Centennial Celebration activities, the following roads will be closed:

Empire Boulevard from 10 a.m. to 4 p.m.
Moonachie Road from 3 p.m. to 6 p.m.
Joseph Street from 3 p.m. to 5 p.m.
Redneck Avenue from 3 p.m. to 11 p.m.

From Moonachie Avenue to Joseph Street

Centennial Parade Route

Starts at Empire & Moonachie Road onto Joseph Street to Redneck Avenue to ball fields.

A Tribute to Elvis Headlines Street Fair

A Tribute to Elvis – "One Night With You," featuring Anthony Liguori with Bill Turner and the Blue Smoke Band, will headline the 3rd Annual Hasbrouck Heights Street Fair, which will be held on Sunday, May 15, 2011, from 10 a.m. to 5:00 p.m., rain or shine, on the Boulevard from Kipp Avenue to Raymond Street.

This event offers something for everyone and is a wonderful community celebration with fun for the whole family. Mark your calendars and join one of Bergen County's first big festivals of the season with over 150 craft, antique, collectibles, and specialty vendors expected. Also many of Hasbrouck Heights' established businesses will be on hand showcasing their products and services.

The Mayor's Business Community Committee has been working with Cliffhanger Productions to bring a variety of vendors to The Boulevard along with fun for the whole family. Included in the day's events will be many free attractions and fun-filled activities:

- Live Music by local bands, Doomsday Diaries, Hard Bargain, and Christian Liguori Band.
- DJ and giveaways
- Free rides and amusements will be presented including a 24-foot hydraulic rock climbing wall, bungee trampoline, trackless train, and a variety of inflatables.
- Children's Stage featuring a variety of children's entertainment, including a choreographed costume character revue featuring the most popular costume TV/Film characters, who will be strolling the

street fair, magic show, puppet show, exhibitions by local talent, and much more!

- Walk-Around Entertainment – everything from clowns and mimes to stiltwalkers and jugglers.
- Facepainters, Tattoo, and Balloon Artists.
- Fun Festival Foods – popcorn, cotton candy, pucker powder, shish-kebobs, kettle korn, ice cream, plus specialty food vendors (*sausage and peppers, barbecue, gyros, pizza, hamburgers, and more*).

This FREE event is made possible to the community through the generosity of our sponsors.

Mayor Rose Heck notes that sponsorships of Gold, Silver, and Bronze are still available. For further information and to obtain a sponsorship packet, please contact the Mayor's office through the Borough Clerk, Rose Marie Sees, at rmsees@bergen.org.

For further information on sponsorship opportunities or if you wish to participate as a vendor, contact Cliffhanger Productions at 201-460-8335, cliffwitmyer@cliffhanger-productions.com or visit the website: www.cliffhangerproductions.com.

"Our initial two goals in putting together this event were to attract more people to our wonderful business district and to give people a day of family fun and entertainment. Hasbrouck Heights strives to be a family-friendly town and I believe this is just one of the ways in which we show it," said the Mayor.

The 2nd Annual Hasbrouck Heights Street Fair held in 2010 was a huge success with over 30,000 attendees. ###

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St. Margaret Church Holds Flea Market

The Parish Social Life Committee of Saint Margaret of Cortona Church, at the corner of Liberty St. and Chamberlain Ave., Little Ferry, NJ, will host an Indoor Flea Market.

The Flea Market will be May 21, 2011, from 9 a.m. to 4 p.m. Vendors can request a contract by calling Ellie at 201-641-0883. Tables are 8 ft by 30 inches at \$25. Tables and chairs supplied. Breakfast and lunch will be available. ###

W-R Spring Book Sale May 7

The Friends of The Wood-Ridge Memorial Library are pleased to announce their Spring Book Sale which will be located at the Wood-Ridge Senior Center next to The Library.

Be on hand on Saturday, May 7, 2011, between 10 a.m. and 2:30 p.m. to get bargain prices on a large selection of fiction and non-fiction books. The items will include both adult and children's materials and both hardcover and paperback books. Proceeds will help support The Library and its programs.

Doors will open promptly at 10:00 a.m., so come on over and pick up a few books to set aside for that upcoming summer vacation!

Donations of clean, undamaged books are gratefully accepted at The Library. The Friends are looking for a few good people to help set-up tables. Please contact Mrs. 'G' at The Library 201-438-2455 if you can help. Students interested in community service credits are also welcome. ###

HH Library Book & Bake Sale

The Friends of The Free Public Library of Hasbrouck Heights are pleased to announce the Spring Book & Bake Sale on Saturday & Sunday, May 21 & 22, 2011, in the Senior Center located on the first floor of Borough Hall. Entrance is on Central Avenue.

Gently used books and media along with delicious homemade baked goods will be available for purchase. Hours are as follows: Saturday: 9 to 4 p.m. and Sunday: 11 to 4 p.m. Available are hardcover/trade paperback books \$1.00, paperback books \$.50, media \$1.00 and some specialty items are individually priced. Donations of books in good condition are now being accepted. Call The Library for details at 201-288-0488. ###

Teen Readers' Club

Teens in Grades 7 through 12 are invited to participate in the Teen Readers' Club at The Hasbrouck Heights Free Public Library. This Club meets on the fourth Tuesday of the month from 7-8:30 p.m. and provides teens with an opportunity to talk about books, eat snacks, play games, and make new friends. Here's what the teens will be reading:

- April 26 -- "The Smoky Corridor" by Chris Grabenstein
- May 24 -- "Incarceron" by Catherine Fisher

For further information contact Catherine Dodwell at 201-288-6653. ###

W-R Library Story Times

Wood-Ridge Memorial Library will offer weekly story times for young children between the dates of April 1 and 29, 2011.

"Toddler Time" for children ages one and two years old will now be held on Thursdays at 10:30 a.m. beginning April 7. "Pre-school Pals" for children ages three through five years old will be held on Tuesdays and Fridays at 12:30 p.m. beginning April 1.

Space is limited for these programs, and preference will be given to Wood-Ridge residents. Registration is required for all story-times. For more information or to register, e-mail Emily at wrdghchild@bccls.org or call The Library at 201-438-2455. ###

HH Library Children's Programs

The Free Public Library of Hasbrouck Heights announced registration for its 2011 Spring Story Time session.

- Tiny Tots Playgroup is a program for babies from birth to age 2 ½ and their parents or caregivers. It meets Tuesdays or Thursdays from 10:30-11:15.
- Mommy and Me is for children ages 2 ½ to 3 ½ and their parents or caregivers. It meets Wednesdays or Fridays from 10:30-11:15.

• Building Blocks is for preschoolers ages 3 ½ to 5. It meets Mondays or Thursdays from 1:15-2:00.

Call 201-288-8911 for more information. ###

Heights Big Read

Heights Big Read is a new program at HHHS and supported by The HH Public Library. Students, teachers, parents or members of the community are invited to read, blog, discuss and celebrate a wonderful literary classic -- "Fahrenheit 451."

- Read/blog: April 1 - May 1, 2011.
- Poster contest to promote reading: Any medium, size 22" x 28." Deadline May 2. Winner will receive a Barnes & Noble Nook e-reader.

• Essay contest: Any HHHS student may submit an essay, typed double space and not to exceed 1,500 words. Deadline is May 13.

• Parent/teacher discussion in the HS Media Center, May 10, 7 to 9 p.m.

• Student Pizza Party Book Club in the HS Media Center, May 17, from 7 to 9 p.m.

• Movie screening in the HS Auditorium, May 19, from 7 to 9 p.m.

For more details contact Suzanne at koss@hhschools.org ###

National Library Week April 10-16

In celebration of National Library Week, The Hasbrouck Heights Free Public Library is pleased to present the following activities for the whole family:

"Rave On!"

On Sunday, April 10 at 2 p.m., "Rave On!" will perform a musical homage to Buddy Holly and the beginnings of Rock & Roll. All ages are invited to this free one hour concert that will take place in the Senior Center. Buddy Holly was a pioneering Rock and Roll musician with such hits as "Peggy Sue" and "That'll Be the Day." Expect some nonstop Rock & Roll entertainment.

Children's Activities

Paper T-Shirt Contest! Starting April 1, paper T-shirts will be available for decorating to all Hasbrouck Heights students in Grades K through 6. The theme will be "Why I Love My Library." Prizes will be awarded to the best designed T-shirt on April 14.

The Library will also have a special Family Story Time on Wednesday, April 13 from 10:30-11:15 a.m. Registration is required. Call 201-288-8911 to sign up.

Calling All Teens

"Love Your Library." Teens will have an opportunity to "Kiss" The Library by guessing the number of Hershey Kisses in a jar. Entry forms will be set up next to the jar and whoever has the closest guess will in turn be "Kissed" by The Library.

The winner was chosen on Monday, March 21.

Staff Favorite Picks

Looking for a great read, a movie to watch or how about listening to a good book? Stop by the staff display and see what their personal favorite picks are.

Your library card gives you access to nearly everything online and in print. Personal assistance to help locate the information you need and variety of programs are offered. To register for any of the above activities or for more details, please call 201-288-0488. ###

Lord & Taylor Fundraiser

Support The Friends of The Hasbrouck Heights Public Library by shopping for the latest fashions on April 7, 2011, from 9 a.m. - 11 p.m. at Lord & Taylor, Fashion Center, located on Rt. 17N (Ridgewood).

Tickets are \$5 and may be purchased at The Library. Call 201-288-0488 for details.###

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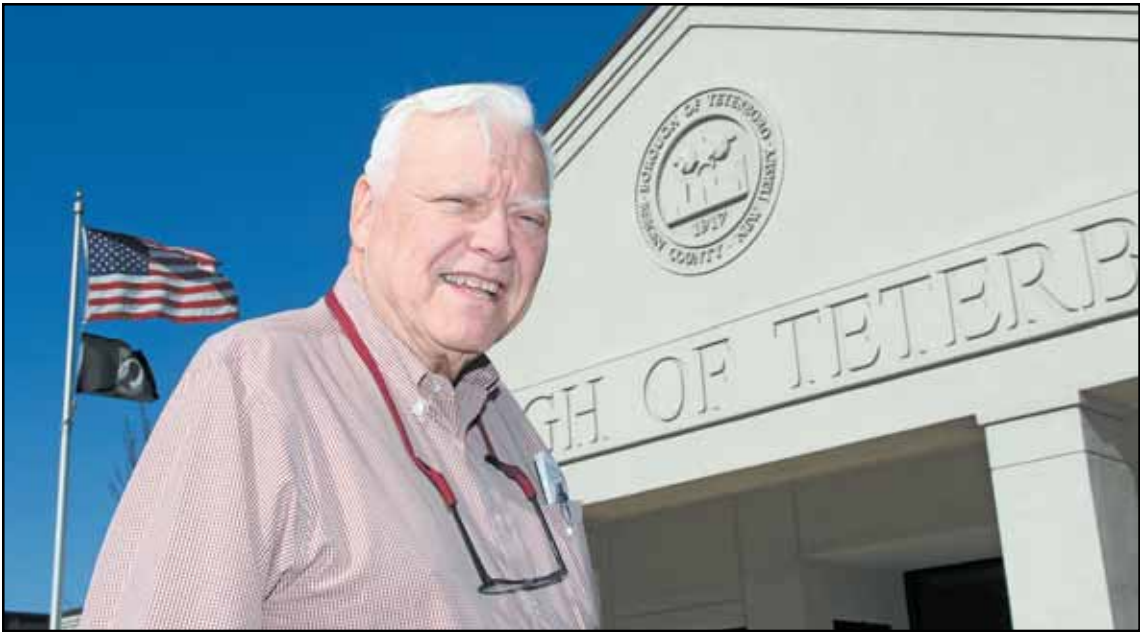
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Teterboro Municipal Manager Paul F. Busch Retires

Paul F. Busch, the Borough of Teterboro municipal manager for 12-1/2 years, retired effective February 28, 2011.

Busch, 69, said, "I've been working about 46 years, and I just thought it was time to get down to my seaside home in Avon-by-the-Sea and do some things."

He continued, "The past 12 1/2 years have been most enjoyable and I have considered it a honor and privilege serving the Mayor, Council, residents and business community."

A native of Rochester, NY, he worked at Newton, NJ from 1969 to 1984, holding several jobs in municipal management and urban renewal, joined ATT in 1984 -- retiring in 1998, before taking the job in Teterboro in 1998.

Busch earned \$130,818 in 2010 and ran the 1.1 square mile Borough with a \$4.5 million dollar budget, 60 residents and businesses consisting of Teterboro Airport and 85 to 90 industrial properties.

Notable events during Mr. Busch's tenure include:

- Extensive renovations of the Teterboro Municipal Building located on Route 46 east.
- New DPW facility in 2005.
- Major cleanings of East Riser Ditch and West Riser Ditch for improved storm drainage. He worked closely with the Meadowlands Commission and appreciated their valuable assistance in many ways to include flood control.
- The planning stages of the re-development of the 63-acre former Bendix Aviation property to Teterboro Landing -- a 1 million square feet mixed-use development of retail, office, hotel and light industrial space.

Work began in 2007, spending \$1.5 million on environmental remediation and \$5 million on demolition and asbestos removal. Construction is expected to start this year.

- Installation of the John H.

Strunck Memorial Pump Station, which became operational in February 2007 and dedicated in September 2009.

This Port Authority funded, \$6 million dollar, 175 cubic feet per second storm water pump station utilizes six 6-foot diameter Archimedes screw pumps.

Its installation relieves storm water drainage issues along Industrial Avenue, Teterboro Airport and West Riser Ditch.

See dedication story in the October 2008 The Gazette Newspaper, page 6. Receives engineering award story in the November 2008 The Gazette Newspaper, page 9.

- The Borough government created "Teterboro 1 Housing Corporation," a private non-profit group that undertook construction of the 18 units on Vincent Place. The group owns the buildings and the Borough owns the land. Mr. Busch is a trustee.
- The departure of Ford Manufacturing and facility conversion to other uses.
- The attempted dissolution of the Borough of Teterboro in 2010.
- The rail expansion of the NJ Transit Pascack Valley Line in 2007. *See story in The Gazette Newspaper, February 2008, pages 14-15.*

Regarding the airport, Mr. Busch observed that since the Port Authority took over management, they have made an effort to be sensitive to surrounding municipalities.

Regarding Teterboro's relationship with the Port Authority, Paul said, "They have been very good neighbors. It was a special pleasure to work with the Airport Manager's Office, in particular, Lanny Rider and Rich Heslin."

Most of Teterboro's municipal services are outsourced: Police are handled by Little Ferry and Moonachie; Fire and EMS service by Hasbrouck Heights; and schools by S.

Hackensack and Hasbrouck Heights. Teterboro provides DPW, construction code and municipal court services.

Busch said the Borough's commercial tax base brings in needed tax dollars. (*Teterboro Airport, Bergen County Animal Shelter, Bergen County Technical School and US Postal Facility are tax exempt.*)

"I don't apologize for it," he said. "I think this has been a magnet for the betterment of Bergen County. I don't see it as a detriment," he continued. "I think the state is interested in attracting business. Businesses are essential to a strong economy."

The Borough's low residential property taxes sparked a continuing debate whether to divide the Borough's land and ratables among South Hackensack, Little Ferry, Moonachie and Hasbrouck Heights.

Nick Saros, Ramsey's borough administrator for 29 years, replaced Busch, starting March 15.

Teterboro was incorporated on March 26, 1917, from land taken from the Boroughs of Moonachie and Little Ferry and from Lodi Township.

The Borough was enlarged on July 5, 1918, by the addition of area annexed from Hasbrouck Heights.

The name Teterboro was changed on April 14, 1937, to Bendix Borough, and changed back to Teterboro Borough on June 1, 1943.

The town was named for Walter C. Teter, a New York investment banker, who had purchased land to build a race-track. The Wittemann brothers built a large hangar in the marsh land and cleared a landing strip. Fred Wehran purchased the airport in 1940. In 1948 the Port Authority purchased the airport and expanded the facility. Today, the airport is one of the Meadowlands' largest employers with 1,600 men and women with a payroll of more than \$26 million. ###

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SENIOR ACTIVITIES

Monday, April 4, 11, 18, 25

10:00 a.m. to 1:00 p.m. Games, cards & coffee

11:00 a.m. Mahjong

Tuesday, April 5, 12, 19, 26

10:00 a.m. Line Dancing \$1.00

2:00 p.m. Adv. Chair Yoga \$1.00

6:00 p.m. Game Night

Wednesday, April 20, 27

10:00 a.m. Wii Bowling League

Thursday, April 7, 14, 21, 28

10:00 a.m. to 1:00 p.m. Games, cards & coffee

11:00 a.m. Mahjong

2:00 p.m. Senior Yoga \$1.00

Friday, April 1, 15

10:00 a.m. Fun Bingo

Friday, April 8, 29

10:00 a.m. Games, cards & coffee

Check Center Bulletin Board for any changes

The Center will be closed:

Friday, April 22, 2011, for Good Friday

CLUB MEETING SCHEDULE

Wednesday, April 6

10:00 a.m. Leisure Club Executive Meeting

Wednesday, April 13

1 p.m. Monthly meeting

Trip to Hunterdon Hills Playhouse Dinner Theatre

Tuesday, July 12, 9:15 a.m. For \$60 per person, enjoy a full course meal, assorted desserts and a fabulous show entitled "The Music of the 20th Century." Transportation and all tips included. This Hunterdon Hills Playhouse production will feature singers, dancers and a live orchestra highlighting the unforgettable music from 1900 to 2000. More information and ticket sales will be available at the April meeting.

Ichabod Crane Visits AARP

The Central Bergen Chapter 418, AARP hosted a program featuring Ichabod Crane impersonator Neill Hartley of the American Historical Theatre of Philadelphia. The performance took place at the M & M Building, located at the corner of Holt and Lodi Street, Hackensack on Friday, March 11, 2011.

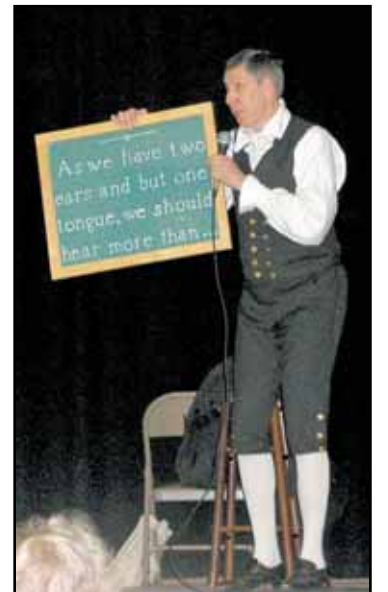
The program initialed "Ichabod Crane, Washington Irving and the Legend of Sleepy Hollow," was free and open to the public, and was offered through the Horizons Speakers Bureau of the Council for the Humanities, a state partner of the National Endowment for the Humanities.

Mr. Hartley first portrays Washington Irving, and then introduces you to his work, "The Legend of Sleepy Hollow." He then enters the story, becoming his alter ego, Ichabod Crane. He is mesmerizing as Ichabod Crane: Tall and slim



like Ichabod, he also shares many other attributes of the character making for a perfectly eerily entertaining event.

Mr. Hartley has performed his one-man adaptation of Washington Irving's story for the past 16 years; hundreds of times, narrating, playing five characters, and recreating Ichabod Crane's famous and frightful ride one autumn night. But there are no effects or stage trickery involved. He brought the script, the costume and the acting chops to his performances of "The Legend of Sleepy Hollow," and it was to the audience to bring some



imagination.

Throughout his performance, not a sound was heard from the audience. They were there with him in "Sleepy Hollow." Chapter President Marie Gallo and Program Member Peter Gallo, congratulated Mr. Hartley for his excellent performance. *Photos and Story by Marie and Peter Gallo Jr. ###*

Leisure Club Entertained by Mike Gintella

At the March 9, 2011 meeting, Mike Gintella entertained the members of the Leisure Club.

Mike is an excellent baritone. His laid back effortless style had his audience enjoying every song.

All the songs were familiar to the members. Some were: "Sunny Side of the Street," "When Irish Eyes are Smiling," "Sugartime," "It had to be You," "Ain't she Sweet," "All Shook Up," "Return to Sender," "Que Sera Sera." The members took part in a sing along to such tunes as "Put Your Arms



Around Me Honey," Margie," "Ma She's Making Eyes at Me," and "Goody Goody." The audi-

ence also participated in the spelling of "L O V E."

During the business portion of the meeting, Joe Barnao reported on the trip planned for Tuesday, July 12 to the Hunterdon Playhouse to enjoy a meal and see the production of "The Music of the 20th Century."

It will single out music from the years 1900 to 2000. The tickets will be \$60 per person and Joe will be selling them soon. The \$60.00 price will include a full course meal, desserts, the show, bus, tips and taxes. *Photo and story by Marie and Peter Gallo Jr. ###*

"How to Preserve Your Past"

In honor of National Preservation Week, The Free Public Library of Hasbrouck Heights will sponsor a seminar entitled "How to Preserve Your Past."

Explore ways to preserve your photo albums, letters, home movies, records, and paper documents, which are a vital link to the past.

This free seminar will be held in The Library's confer-

ence room from 7 to 8:30 p.m. on Tuesday, April 26, 2011.

It's on vinyl, tape, film, and paper--your memories, your creations, your collections--all your media memorabilia.

In analog form, the content is difficult and time-consuming to organize and access.

It also takes up a lot of space and is slowly degrading. The answer is to digitize, pre-

serve, and organize.

Speaker, Peter Gallo, is the owner of **Envision Video Services** of Hasbrouck Heights. Envision provides ways to convert and preserve your memorabilia in new digital formats.

Pete will share his knowledge and experience to help you to determine how you can address preserving your collections for future generations.

To register, please call 201-288-0488 or log on to <http://hasbrouckheights.bccls.org> and go to our calendar. ###

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Real Estate Insight

By Mary Ellen Courtney



Mortgage Interest Deduction -- On the Chopping Block?

Every couple of years some committee floats the idea of eliminating the mortgage interest deduction on primary residences. It came up again in Washington, DC, recently.

The presumed goal is that by eliminating tax incentives for some individuals there would be a lower tax rate for all taxpayers. But, given the need to rebuild homeownership interest in all markets, coupled with slightly rising interest rates the next few years, isn't this a curious time to discuss the chance of taking away a long-standing housing benefit?

My reaction to these proposals is neatly summed up by a statement that Sheila Crowley, president of the National Low Income Housing Coalition made recently: "People believe the mortgage interest deduction is their birthright. It's an untouchable -- just like Social Security. Suggest getting rid of the mortgage interest deduction and you'd better leave the room."

American homeowners love their mortgage interest deduction -- and politicians aren't about to take it away from them. Here are three reasons why it will stay right where it is....

1. Realtors want the deduction -- and they're a powerful lobby. Powerful groups like the National Association of Realtors (NAR) have come out against any move to eliminate the mortgage tax break. The National Association of

Home Builders also opposes any change -- they figure fewer homes will be built without the tax deduction. Both groups donate big bucks to politicians.

2. Homeowners -- who vote -- hate any talk of changing the deduction. Advocates of eliminating the mortgage tax say the average homeowner won't be significantly impacted by the cut in the mortgage tax break. But that isn't so. Consider a homeowner in the 25% tax bracket, with a \$250,000 mortgage at a 5% interest rate. Without the mortgage rate deduction, that homeowner would figure to pay up to \$1,900 more in federal taxes without the tax deduction. Take almost \$2,000

away from a homeowner, and you will have one angry voter.

3. Economists say it would hurt the economy. Take away the mortgage interest deduction and you take away some much-needed incentive for consumers to spend money to buy a home. That would crimp housing activity, and the housing sector is one of the most important bellwethers for the US economy. With less demand for new homes, current home values could slide even more downward, thus further hurting the economy.

So despite all the hot air over that mortgage rate deduction, it's not going anywhere -- and that's good news for us homeowners!

Mary Ellen Courtney is owner of Real Living Gateway Realtors, 201-288-0004. www.GatewayToHomes.com ###

A Night of Wine & Laughs with Ervolino

The Hasbrouck Heights Friends of The Library, in partnership with the Chamber of Commerce, cordially invite you to attend a fun-filled entertaining evening of laughs with award-winning humor columnist Bill Ervolino at the Annual Wine & Other Delights.

This event will take place on Thursday, June 2, 2011, from 7 to 11 p.m. at Il Villaggio.

There will be butler passed hors d'oeuvres, specialty stations, a display of cold Italian

meats and cheeses. Beer, wine and soda are included. A cash bar for other liquors is available.

Special gift baskets will be raffled off and a 50/50 will be held. Monies raised from this event will help support ongoing programming and technologies at The Library and will help fund Chamber sponsored community events.

Cost is \$100 per person. For tickets call The Library at 201-288-0488. ###

Chic Charity Club Launches

Are you a woman looking for an organization of other women who share the same desire to make this world a better place?

The Chic Charity Club is a non-profit organization that has been established by professional women exclusively for charitable, scientific and educational purposes.

Our goal is to sponsor events that will raise awareness of issues important to our membership, to raise donations for targeted charitable organizations and to provide services to our local community.

Our current membership is comprised of diverse profes-

sional women who work in and out of the home. We have no prerequisites for membership other than the desire for personal growth and putting others first so that together we can work for the common good and make a difference to those around us.

If you are interested in learning more about our organization please check out our website at thechiccharityclub.com or e-mail us at info@thechiccharityclub.com

We look forward to meeting you and establishing a purposeful relationship that will benefit us and the community. ###

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Sleep Better by Eating Better

Sleep is an important part of your health. While the lack of it has its effects on your health, your health in turn has its effects on it. The food we eat is a big factor affecting both.

The saying that breakfast is the most important meal of the day is no hog-wash.

This meal gives you the fuel you need to get through most of the day. So, if a good breakfast is well balanced and complete, that furnace inside you has to get fired up and work hard to break down all those calories so your body can keep going.

With this in mind, eating a heavy calorie meal late in the day means your body's furnace has to get fired up again and will probably keep going when you're trying to get to bed.

So if you want to have a snack before bed, have some cherries or cherry juice. These contain melatonin which can help regulate sleep and work as a sleep aid.

Not good enough? Ok, a balanced snack of a carbohy-

drate and a protein containing tryptophan might do it (*no, not a turkey sandwich with mayo on rye, you'll see why not soon enough.*) As an example, some whole grain cereal and fat free milk is balanced and can make you sleepier than if you had just one of them.

While Uncle Larry snoozes on the couch after every Thanksgiving dinner, you wonder if it was the turkey or the three slices of grandma's pie that knocked him out. It's the tryptophan in the turkey. Do you know what else has tryptophan? Fish!! Examples are cod, tuna, snapper, halibut & shrimp. So fish is more than just for a great mind, it's for a good night's sleep too.

If you have any foods that cause you heartburn or indigestion, stay clear of these to ensure a restful slumber. These might include chocolate, mints, fatty foods (*told you hold the mayo!*), citrus foods, and even carbonated beverages.

Spicy food has a double barrel effect. It warms up your body temperature which may keep you from dozing off and also may cause indigestion. It

is better to leave spicy food for breakfast. It's been shown to curb your appetite when eaten at this time of the day, as long as you don't experience heartburn.

Another word to the wise, stay away from anything that might contain MSG such as Chinese food, canned soups & veggies, and processed foods a few hours before bedtime. The MSG can trigger a headache resulting in insomnia so check your food labels before having that midnight snack run.

Why do people have trouble sleeping after drinking coffee at 9 p.m.? (*and they aren't working the overnight shift.*) Keep your coffee, tea, chocolate and other caffeine containing beverages for the daytime.

A tidbit that might not seem so obvious is limiting the amount of liquids an hour or two before bedtime so your sleep isn't interrupted by runs to the bathroom.

Some non-food related

ways to help improve your sleep is to keep your bedroom free of clutter and electronics. Having a peaceful surrounding to sleep in can aid in a complete good night's rest.

Also, keeping your blood sugars steady, blood pressure under control, weight in check and having a sunny disposition all play an important role in making sure you are able to get a good night's sleep.

Soft music or sounds of nature along with pleasant smells can help relax you and create sweet dreams.

So put down the taco, put

away the laptop and the latest bestseller, plug in your lavender oil diffuser (don't light a candle, that's a fire hazard) and put on your cd player with a nature disc and drift off to sleep so you wake up rejuvenated and rested!! SWEET DREAMS!!

Sources: www.webmd.com, www.prevention.com and www.eatingwell.com

Linda E. Stumper, RPh, is a Pharmacist at BeJay Drugs, 450 Boulevard, Hasbrouck Heights, NJ. 201-288-0404, www.bejaydrugs.com ###

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Relay for Life Teams Being Formed

"Relay for Life" is the signature fundraising event of the American Cancer Society. The local event will take place in Hasbrouck Heights on June 11 through 12, 2011. The Relay is an overnight event because cancer never sleeps. Each team is asked to have at least one team member to walk the track at all times during the 12 hour period of the event.

A Team Captains' Meeting was held on March 23, 2011, in the High School Cafeteria. A team captain's task is to recruit a team of about five to ten family members, friends, co-workers, etc. The captains will serve as the team leader as well as their cheerleader. Part of the team's job will be to raise money, from survivors, sponsors, friends and community organizations, as well as, businesses. This year's goal is to

raise \$50,000. The theme this year is "Color Our World with Hope" – so every team gets to choose the color they would like to dress in and decorate their campsite.

At the kick off meeting of the "Relay for Life" held on February 9, 2011, many teens were present. These young people will be helping at the "Relay for Life" in June. Community service of 24 hours will be given to them for their help.

Help is still needed to recruit teams. Materials will be given to anyone who would like to become a leader. The Relay website is www.relayforlife.org where a team can be registered.

Story by Marie Gallo. ###

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Filling You In

By Jeffrey E. Mason, D.M.D.

Women's Oral Health

Women can attribute bloating, irritability, moodiness, and the occasional hot flash or emotional outburst to hormones. But, according to an article in the May 2009 issue of AGO Impact, the Academy of General Dentistry's (AGO) monthly news magazine, the state of one's oral health is hormone-dependent as well.

Hormonal changes occur throughout a woman's life, and related to these hormonal changes are changes in oral health. Puberty, menstruation, pregnancy, and menopause all can have an effect on a woman's oral health.

During puberty, fluctuations in hormones can make gums more susceptible to gingivitis. As a result, the gums may appear red and swollen, and they can bleed. During menstruation, women who have a tendency to develop canker sores and cold sores may develop a pattern in which these sores recur during every menstrual cycle.

During pregnancy, gingivi-

tis may develop. In fact, gingivitis is the most common oral condition associated with being pregnant. Also during pregnancy, the chemical composition of saliva changes, thus reducing saliva's antimicrobial capacity. Sometimes, however, women will avoid dental checkups for fear that treatment might harm the developing baby. In fact, untreated decayed teeth can put a mother and her baby at risk for infection.

Some women also experience dry mouth while pregnant. "Since too little saliva can make you prone to cavity formation, it's important to alert your dentist to this symptom," says AGO spokesperson Gigi Meinecke, DDS, FAGD. "Frequent sips of water and using toothpaste which does not contain sodium laurel sulfate, a drying agent, can help. It's important to avoid mouth rinses containing alcohol as they can be very drying as well," she adds.

Menopause can be accompanied by a number of oral conditions. "Symptoms can include dry mouth, altered taste perception, pain, and burning sensations, says Dr. Meinecke. "Patients with these symptoms should see their dentist to rule out any other cause for their condition as well as receive recommendations for treatment," she adds.

Together, a patient and his or her dentist can create a treatment and prevention plan that specifically meets their needs. ###

Dr. Jeffrey Mason is a cosmetic and general dentist at 232 Boulevard, Hasbrouck Heights, NJ. 201-288-4447, www.DrJeffreyMason.com

CAAFa Forum April 30

Community Awareness Access for All (CAAFa) invites the public to attend a special forum featuring two important topics and speakers.

It will take place on Saturday, April 30, 2011, from 10 a.m. until noon, in the Senior Center located on the first floor of the Municipal Building, 320 Boulevard. The building and bathroom is handicapped accessible.

Dr. Mark Porto, superintendent of the Hasbrouck Heights School District will be CAAFA's first speaker. He has been asked to speak about Special Education.

This is a subject the organization believes will interest young parents as well as those who wish to learn more about Special Education in our town.

Dr. Porto is in his first year in Hasbrouck Heights and this will give everyone an opportunity to learn of his assessment of the current and future needs of children in this area of education.

Ann Ciavaglia McMahon is CAAFA's second speaker. She is the founder of Our New Journey and she will discuss her organization's unique services.

Her presentation will be of interest to senior citizens and caregivers. Ann's many years in Human Services, both in the State and in the County, have made her an expert in her field. Born and raised in Hasbrouck Heights, she has a unique perspective and has always been willing to share her experience with others.

There will be a question and answer period and all are encouraged to attend.

Light Refreshments will be served. ###



Healthy Eating Demonstration

Last September, the Bergen County Department of Health Services Office of Health Promotion and the Community Health Improvement Program (CHIP) sponsored a "Fruits and Vegetables Matter" competition among public libraries. The prize was a healthy food preparation and tasting

demonstration by Whole Foods Market.

The Wood-Ridge Memorial Library won the contest because it demonstrated one of the most creative ways to encourage healthy eating. A short video of The Library's ideas, which consisted of fruit and veggie bookmarks, story time books and crafts revolving around fruits and veggies, and a town-wide recipe contest, earned Wood-Ridge Library First Prize!

The prize was a healthy eating demonstration given by Holly Shelowitz, Healthy Eating Specialist from Whole Foods Market. The event took place on February 9, 2011.

Holly and her assistant, Tyrone Walcott, made delicious healthy smoothies and a nutritious vegetable soup, while educating the audience on a variety of healthy eating tips!

A good time was had by all! Thanks to Whole Foods Market and Holly Shelowitz! *Photo and story provided by W-R Library. ###*

Farmers' Market Continues

The Farmers' Market is scheduled to begin on June 21st and continue every Tuesday from noon to 6:00 p.m. until late September, at the corner of The Boulevard and Central (*municipal parking lot*).

This Farmers' Market is scheduled to host the same farmers/vendors as last year.

According to Chamber President Ray Vorisek, Hasbrouck Heights businesses and community organizations are invited to set up a free table for one Tuesday afternoon during the 2011 Market.

Limited positions are available. Call Ray at 201-288-5464 for more information.

During Farmers' Market days, Boulevard businesses are permitted to take advantage of "Sidewalk Sale" opportunities and set up tables in front of their stores. ###

AHOF Open Cockpit Day

On Saturday, April 2, 2011, the Aviation Hall of Fame and Museum will open all aircraft and their cockpits to the public for visitors of all ages to sit in and pretend to fly.

Aircraft include Martin 202 Airliner, Cobra Gunship Helicopter, Coast Guard Rescue Helicopter and a Lockheed 402-2 Bush Master. Guides are available to explain each aircraft. Admission: Adults \$7, Children (*under 12*) & Seniors \$5. For more information, call 201-288-6344.

Volunteers are always needed to help in the Museum and with special projects. ###

St. Mary's HS PTO Tricky Tray

Rutherford's St. Mary High School PTO will be holding its annual Tricky Tray on Friday, April 8, 2011, in the Gymnasium. Bring your own snacks. Doors open at 6 p.m. Tickets are \$10. Call Joanie at 201-394-8676 or email smhsPRES@verizon.net for tickets. ###

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HH Library Director Addresses Kiwanis

Ms. Mimi Hui, Director of The Free Public Library of Hasbrouck Heights, was a guest at the March 3, 2011 meeting of the Kiwanis Club.

Ms. Hui's remarks were concerning the status of The Hasbrouck Heights Free Public Library since its moving into its present location eight years ago. The Library was at the corner of Burton and Division Avenues from 1917 to 2003.

The present Library was opened in 2003; with the new facility they have had the opportunity to expand their services. The Library is one of 302 public libraries in New Jersey; and one of 15,873 public libraries in the United States. It is also one of seventy five librar-

ies that are in BCCLS (*Bergen County Cooperative Library Systems*) which means card holders can use their cards at libraries in Bergen, Middlesex, Morris, Passaic, Sussex, Essex and Warren Counties. The Hasbrouck Heights Library was the first library to go on line with the BCCLS's organization when it was established.

Ms. Hui reported that there is an average of 411 people walking through The Library daily; 2,287 items are borrowed in a week; 578 people use the computers; and 7,886 residents of Hasbrouck Heights have a library card. In 2010, 118,961 items were circulated; 5,169 questions were answered by the Reference Staff; 4,954 people

attended the 317 programs presented at The Library; and 143 groups used the meeting room.

The Library has 57,590 items for distribution which include books (*hard covered and soft covered*), periodicals, DVD's, CD's and books on CD's. It also has programs throughout the year, geared to all ages.

Ms. Hui reviewed the services available, such as Large Print Books, a Magnifying Reading Machine, free delivery to Home Bound, computer classes, Internet access and many programs for children, teens and adults.

She concluded by encouraging all to use The Library, join The Friends of The Library

and attend the next Library Book and Bake Sale. *Story by Peter Gallo Jr. ###*

Carlstadt Mixed Chorus

The 80th Music Festival will be held Saturday, May 7, 2011, at 7:30 p.m. at the Carlstadt Turn Hall (*500 Broad Street, Carlstadt, NJ*). Donation \$20. It features the Chorus, under Music Director Johanna Teubner-Prussak, and guest soloists, accompanied by a Chamber Orchestra. Dance music by: Bud Gramer and the Melodies. Kitchen and bar will be open. For reservations call 201-652-0968 or 201-909-0808. ###

HH Lions Sponsor Fireworks Program June 30, 2011

The Lions Club 27th Annual Fireworks are tentatively scheduled for June 30, 2011 at Depken Field (*Route 17 & Franklin Avenue*). The rain date is July 1 and extended rain date is July 2.

Admission is \$5 for adults and \$3 for children. Under 5 free.

Only blankets will be allowed on the field (no chairs). Water will be allowed, but no food. ###



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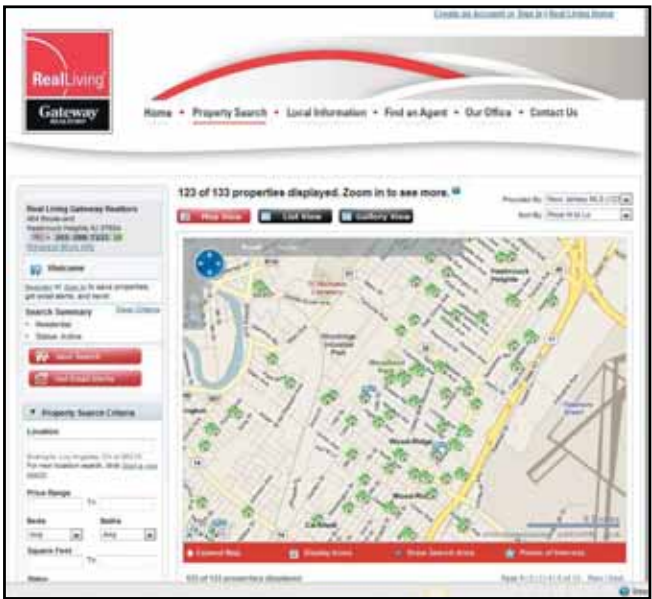
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