

The Gazette

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

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

VOL. 9, No. 8

August 2012

★★★★★



Trails of colors, thunderous effects, bursts of a thousand lights lit up the night sky to celebrate America's Birthday. On July 2, 2012, thousands of area residents enjoyed the Hasbrouck Heights Lions Club-sponsored 28th Annual Fireworks display at Depken Field. *See story on pages 16-17.*

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Star Spangled Summer

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Little Ferry Post Office Dedicated to Matthew Fenton



On July 29, 2011, a bill to honor the late Marine Sergeant Matthew J. Fenton, introduced by Congressman Steve Rothman, passed the House of Representatives by a voice vote. The entire New Jersey Congressional delegation joined Congressman Rothman as co-sponsors of H.R. 789. This bill renamed the post office in Little Ferry, NJ in honor of the memory of Marine Sergeant Matthew J. Fenton, who was a resident of Little Ferry and died in the Iraq war. "Marine Sergeant Matthew J. Fenton is a true American hero and represents the best of our country," said Congressman Rothman. "It is a humbling privilege for me to play a small part in honoring Marine Sergeant Fenton by naming the post office in his home town of Little Ferry, NJ, the 'Sergeant Matthew J. Fenton Post Office.' This post office will stand as a testament to his bravery and sacrifice."



At 24 years of age, Marine Sergeant Matthew J. Fenton made the ultimate sacrifice for our country. It happened during his service in Iraq's Al Anbar Province in 2006. Marine Sergeant Fenton was trying to stop a suicide car bomber from ramming a military convoy. His comrades all escaped serious injury, except for Marine Sergeant Fenton who was struck by shrapnel. He passed away nine days later at the National Naval Medical Center in Bethesda, Maryland – a day after receiving a Purple Heart for his selfless bravery. Sgt. Fenton wanted to become a police officer after his military service, and the Little Ferry Police Department made him a member posthumously. His retired badge, No. 44, was presented to his mother, and his name is on the police officers memorial. On June 23, 2012, the Little Ferry Post Office Building was formally dedicated to Sergeant Matthew J. Fenton. Mary Ann Izone, Northern NJ District Retail Manager, made the introduction, followed by Master of Ceremonies Richard Kropa, Little Ferry Postmaster, providing welcoming remarks. There was the Presentation of Colors by the United States Marine Corps followed

by Brandon Valentin (*Sgt. Fenton's cousin and Godson*) leading in the Pledge of Allegiance. The National Anthem was sung by Jan Befumo, USPS, Invocation by Father Arthur Frank Humphrey, Pastor of St. Margaret of Cortona Parish and remarks by George Caswell, PO Operations Manager, Northern NJ District. U.S. Rep. Steve Rothman, D-Englewood, who sponsored the bill, and other officials presented Diane Fenton (*Matthew's mother*) and the Fenton Family with the congressional proclamation changing the post office name, a flag that had flown over the Capitol, and the pen President Obama used to sign the bill. Little Ferry Mayor Mauro Raguseo made remarks, and presentations were made by NJ State Assemblywoman Marlene Caride and Bergen County Executive Kathleen Donovan. Sgt. Fenton's cousins, Tierney Vagts and Josh Valentin, made special remarks. The Fenton Family and ceremony officials unveiled the commemorative plaque which states: "This building is named in honor of Sergeant Matthew J. Fenton, by an act of Congress public laws 112-83 dated January 3, 2012." Little Ferry Postmaster Kropa closed the ceremony. ###



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St. Francis de Sales Annual Festival

Fun for the whole family, the 4th Annual Saint Francis de Sales Festival was held from Thursday, June 21 to Sunday, June 24, 2012.

There were rides featuring the ferris wheel and kiddie rides, games of chance, nightly entertainment and delicious food. There were hourly 50/50 raffles and an event Grand Prize 50/50 with over \$10,000 awarded.

Visitors enjoyed traditional Italian, Portuguese and Spanish foods, in addition to Seafood and Zeppolis.

On Sunday, June 24, a Solemn Procession proceeded from the Church on Union Street through the town for the Blessing of the Houses.

The proceeds from the Festival benefit the St. Francis de Sales Church operating fund. ###

Farmers' Market Fresh

The Hasbrouck Heights Farmers' Market continues every Tuesday, from noon to 6 p.m., until late September, at the corner of The Boulevard and Central Avenue.



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Summer Safety

The Wood-Ridge Fire Department offers these summer safety tips regarding hazardous materials.

- Store gasoline in safety cans manufactured and labeled for that purpose.

- Gasoline should never be stored inside your home because vapors can travel to a flame source and ignite. Gasoline should be stored outside, or in a well ventilated shed.

- Don't refuel lawn mowers, trimmers, edgers or other gasoline powered equipment while hot because the fumes may ignite and start a flash fire. Allow the equipment to cool. Use a funnel to prevent spills.

- Keep fertilizers and pool chemicals away from gasoline, oil and fuels. Pool chemicals (*chlorites*) and fertilizers (*nitrates*) are strong oxidizers and react violently with fuel vapors (*hydrocarbons*).

- Powdered and pellet chlorine should be kept in a cool, dry place. If water enters a chlorine container, it can react and possibly explode. Never add water to chlorine -- add chlorine to water to prevent a splash or violent reaction.

- Pesticides should not be accessible to children or pets and should be kept in tightly closed containers in a cool, dry place.

- It is important to follow the instructions on the label for use and application. If exposed to pesticides, rinse the affected materials off immediately and seek emergency treatment. Bring the container with you to the medical facility if possible. ###

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BBQ Grill Safety

The backyard barbecue is a summer tradition enjoyed by many area residents. The Moonachie Fire Department urges outdoor chefs to be cautious when cooking outdoors.

Keep a fire extinguisher handy. Grills should not be placed next to your home's wall, underneath porches or overhangs, and never indoors.

Be sure to monitor active grills. Wear protective mitts or gloves while barbecuing.

Do not store gasoline or other flammable substances in the grill's vicinity.

Never move a grill or cover a grill if it is still hot. Always keep curious children away from hot grills. When a gas grill is not in use, remove control knobs and store them inside, away from children.

Lighting a charcoal grill requires caution. Use only the appropriate amount of lighter fluid, and NEVER substitute gasoline, kerosene or other flammable liquids for lighter fluid.

Adding starter fluid after the grill fire has been ignited is extremely hazardous as flames may jump out.

Charcoals should be left to burn out in your grill. Do not dispose of charcoals in trash cans or bring them indoors. Soak coals in water to ensure

Picnic Tips Outdoor Buffet

To keep salads and cold meats fresh and moist when laying out your outdoor buffet, spread damp paper towels over the food until your company arrives. Juicier Hamburgers: They say if you want juicier hamburgers for barbecuing, when you form your burgers be careful not to compress the meat too much. The looser the juicier. Sausage Savvy: An easy way to cook sausages on the barbecue is to stick them on metal skewers. It will make them a lot easier to turn. ###

Eliminate Outdoor Ants

Eliminate outdoor ants in their dirt mounds by first sprinkling baking soda on the mound when it is damp. After a half-hour or so, pour a small amount of vinegar on the ant hill. Ants will ingest the combination and their body enzymes will do the rest. ###

they are out.

Routinely clean ashes from the grill and inspect for holes or loose fittings.

Lighter fluids and "quick-start" charcoal should be stored outside and away from the home.

Gas grills should be cleaned at least once each season. Spiders often make their homes inside the components, and their webs can block off gas intake and damage your grill.

Use only a gas cylinder designed to store propane and only use a reputable propane supplier to fill it. If a new cylinder is being filled for the first time, tell your supplier so air can be removed.

Most gas grill accidents are caused when propane tanks are hooked up incorrectly. Make sure the cylinder is equipped with an OPD (Over-Pressure Device). When changing propane cylinders, test the connection for leaks with soapy water and tighten as necessary.

Propane gas is odorless. A "rotten egg" odor is put into the gas so that it's easy to detect if a leak occurs.

If you smell the "rotten egg" odor near or around your propane gas cylinder, immediately contact the Fire Department.

When not in use, keep the valve tightly closed and plugged with the "POL" left-handed thread plug. This will seal the propane gas cylinder and help prevent leaks if the service valve is accidentally opened.

Never store propane gas cylinders inside an enclosed structure -- store and use outdoors only.

Handle cylinders gently -- dents, gouges and rust can weaken cylinders.

Always keep cylinders upright and, when transporting, secure it in position. Keep your vehicle well ventilated when transporting cylinders.

Don't leave cylinder in a vehicle -- sitting in a hot vehicle can cause the safety relief valve to discharge gas!

No propane gas cylinder should be scrapped, destroyed, cut with a torch, punctured or have the service valve removed by the public. Disposal in the municipal solid waste stream is prohibited. ###

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American Legion Launches Voter Registration and Vote Campaign

The American Legion in Bergen County is mobilizing to fight voter apathy and get residents registered to cast their votes on Election Day.

Members of American Legion posts in Bergen County are urging their friends and neighbors to help stop the decline in voter participation and, instead, get every eligible voter to the polls.

Bob Salvini, Commander of Bergen County American Legion, says the campaign in Bergen County is part of The American Legion's nationwide "Get Out the Vote" program. Salvini said, "We've been doing this since 1920 but this year, it is taking on added importance."

"Under the provision of The American Legion's federal charter, we are prohibited from supporting, opposing or providing aid to any political party or any candidate for public office," Salvini said. "But, The American Legion can use its volunteer resources and facilities to encourage eligible citizens to register and vote. After all, it is a citizen's duty and responsibility."

Salvini said that members of the posts in Bergen County would keep the campaign going from the start of the registration drive to the close of polls on Election Day 2012.

Salvini implores voters to do their homework before they vote and not base their vote on the fliers, and campaign ads in the papers or on TV. One way to do that is to go to <http://votesmart.org/>, http://legion.capwiz.com/election/my_races, or <http://www.c-span.org/Campaign2012/> and be sure to watch the upcoming debates, take notes, identify the issues you see as important to you, your family and our country and insure you fully understand where the candidates stand on those issues.

In closing Salvini said, "Lame excuses and other forms of voter apathy have no place in American democracy. Show you care. Do your duty. Register to vote. You can check to see if your voter registration is up to date at <http://www.canivote.org/>

Get educated on the issues and where the candidates stand on those issues and Vote." ###

Bergen County American Legion Report

Bergen County and the 48 posts did the following to further advance the Pillars of Americanism and Children and Youth.

This year the Posts sent 139 delegates to the NJ Boys State Program held at Rider University. Our area posts include: Hackensack Post 55, Waldwick Post 57, E. Rutherford Post 67, Carlstadt Post 69, Wood-Ridge Post 97, Hasbrouck Heights Post 106, Rutherford Post 109, Lodi Post 136, Lyndhurst Post 139, Rochelle Park Post 170, Ridgefield Post 221, Little Ferry Post 310, Wallington Post 381, Rutherford Post 453 and The SAL Detachment of NJ.

The following posts held a Flag Day Ceremony and/or a Flag Retirement ceremony: Lodi Post 136, Rochelle Park

Post 170.

The Boy Scout chairperson for Bergen County American Legion attended over 20 Eagle Scout ceremonies. *Story by Bob Salvini, Commander, Bergen County American Legion.* ###

What Tree Is That?

What Tree Is That? is a fun, easy-to-use tree identification guide that features hand-drawn botanical illustrations highlighting the distinct characteristics of many tree species.

Nature lovers and professional arborists alike have called this pocket field guide one of the most user-friendly resources to have. Its beautiful, full-color illustrations are in precise detail to depict natural colors, shapes and textures, so users can make a positive species identification in just a few easy steps.

The Arbor Day Foundation offers this booklet to help people identify trees in New Jersey and throughout the Eastern and Central regions of the United States. What Tree Is That? uses a unique step-by-step approach to identify the species of each tree. The booklet explains what to look for in the shape of the leaves and differences in the leaf stems and twig structures, specifics on the fruits and flowers and the details of buds and bark.

What Tree is That? is also available as an online interactive version at arborday.org. The Arbor Day Foundation offers this unique, one-of-a-kind online tool so people can identify trees using the internet.

To obtain a tree identification guide in full color, send your name and address and \$5 for each guide to What Tree Is That?, Arbor Day Foundation, Nebraska City, NE 68410. You can also order the book online at arborday.org. ###

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Free Movies at Lodi Library

Lodi Memorial Library is showing free movies during their Wednesday Movie Matinees in August 2012. Free popcorn and soda, plus an air conditioned theatre. Scheduled movie showings are as follows:

- August 1: "Sherlock Holmes, Game of Shadows." Rated PG-13.
- August 15: "This Means War." Rated PG-13.
- August 29: "One For The Money." Rated PG-13. ###

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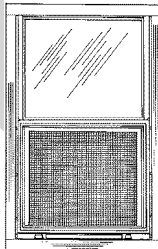
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With world-wide energy prices skyrocketing, the best investment you can make is upgrading your heating system this autumn.

Heating systems with a 60% efficiency rating translate to 40% of your fuel bill wasted. New systems can have over a 90% efficiency rating. Upgrading pays for itself in a few years, and will continue to provide future savings.

If your furnace is over 15 years old, it probably has only a 65% rating. With today's technology, it may even pay to just replace a burner that's only 10 years old. **Get the facts.** Have a professional analyze your system. See what's best for you -- *repair, upgrade or replace.*

Call for a **FREE** analysis of your heating system. See if upgrading your equipment is right for you. There is no cost or obligation. Financing is available.

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



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Buying or Refinancing?

If you own or want to own real estate, you need to understand mortgages.

Unfortunately, for most of us, the mortgage concept is not the easiest to understand.

For typical homeowners, the monthly mortgage payment is either their largest or, after income taxes, second largest expense item.

When you're shopping for a mortgage, you could easily waste many hours and suffer financial losses by not getting the best suited loan that matches your financial circumstances.

- Before you get a mortgage, be sure you understand your personal financial situation. The amount of money a banker is willing to lend you isn't necessarily the amount you can "afford" to borrow given your financial goals and current situation.

- Maximize your chances for getting the mortgage you want the first time you apply by understanding how lenders evaluate your credit worthiness.

The credit score of the buyer may be the most important factor when it comes to qualifying for a loan these days. To get a sense of where your credit stands, go to AnnualCreditReport.com to get your free credit report from each of the three credit bureaus.

Scour the reports for mistakes, unpaid accounts or col-

lection accounts. Repairing damaged credit takes time and money if you owe more than lenders would prefer to see relative to your income.

Remember to begin this process at least six months before shopping for a home. Most obstacles to mortgage qualification can and should be overcome prior to submitting a loan application.

- To select the best type of fixed-rate or adjustable-rate mortgage for your situation, clarify two important issues. How long do you expect to keep the loan? How much financial risk are you able to accept?

- Whether you do it yourself or hire a mortgage broker to shop for you, make sure you look at a variety of lenders when seeking the best mortgage. Be sure to shop not only for a low-cost loan but also for lenders that provide a high level of service.

- Just as you must prepare a compelling resume as the first step to securing a job you want, craft a positive, truthful mortgage application as a key to getting the loan you want.

- After you get a mortgage to purchase a home, stay informed about interest rates, because a drop in rates could provide a money-saving opportunity. Refinancing — that is, obtaining a new mortgage to replace an existing one — can save you big money. Assess how long it will take you to recoup your out-of-pocket re-finance costs.

- If you're among the increasing number of homeowners who reach retirement with insufficient assets for their golden years, carefully consider a reverse mortgage, which enables older homeowners to tap their home's equity. ###

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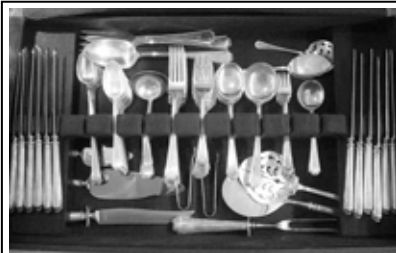
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Book Buddies

Every Thursday, from 1:30-2:30 p.m., until August 16, 2012, children from Pre-school to Grade 2 can buddy up for one-on-one summer reading fun with Lodi Library teen volunteers.

Bring a book you like or choose from their favorites. No registration needed, but adult supervision is required. Teens from ages 12-18 can become a Book Buddy by completing the volunteer forms at <http://lodi.bccls.org/teen-programs.html> and bringing them to Lodi Library. For more information, call 973-365-4044. ###

Skype Chat with Shobhan Bantwal

Lodi Library hosts a Skype Chat with Indian-American author Shobhan Bantwal Tuesday, August 14, 2012, from 7-8 p.m.

Shobhan Bantwalon has written six popular romantic novels including "Sari Shop Widow," described as "Bollywood in a Book."

To register and request a book, call 973-365-4044 or email lodilibrarynj@gmail.com Barb Hauck-Mah Director, Lodi Memorial Library One Memorial Drive, Lodi, NJ 07644. ###

Storytime Under the Stars

On Tuesday, July 31 and August 14, 2012, from 6:30-7 p.m., Lodi Library presents a special outdoor storytime for young children and their families, weather permitting.

Children are invited to come in pajamas with their favorite stuffed animal to snuggle while listening to bedtime stories. No registration needed but adult supervision is required. For more information, visit lodi.bccls.org or call 973-365-4044. ###

Summer Crafts

On Mondays in August 2012, from 1:30-2:30 p.m., Lodi Library offers a summer craft program for children in Grades K-8.

Make a mini backpack on August 1, design Olympic medals on August 8 and create a cosmic photo frame on August 20.

No registration is required but adult supervision needed for children up to Grade 5. For more information, call 973-365-4044. ###

Summer Tutoring

Care on the Corner is pleased to announce the 2012 sessions of the summer tutoring program for children in Grades 1 – 5. Language Arts (reading, spelling, phonics) and Math will be offered during the weeks of August 13 – 17 and August 20 – 24.

The group will gather at 9:30 am. Classes will run from 10 a.m. until noon at the Care Center, 333 Franklin Avenue, Hasbrouck Heights. There is a \$10 registration fee for each session. Scholarships are available.

Jean R. Giarratana (NJ Certified Teacher) will be the coordinator. ###

A Midsummer Night's Sleepover

Pack your sleeping bags, remember to bring your toothbrush, invite a friend and join for a Midsummer Night's Sleepover at The Hasbrouck Heights Free Public Library.

It's a night of fun for the whole family and it will take place on Friday, August 3, 2012, starting at 7 p.m. and lasting until 8 a.m. the next day.

A great line-up of activities has been planned for the entire family including special guest appearances by costumed characters, a movie screening, wii gaming, bedtime stories, a game show and special guest performance by Darren Lieberman of Didgeridoo Down Under.

One never knows where you will end up when you walk through an enchanted forest. Come explore The Library after hours and see what goes bump in the night.

All are welcome to attend. Cost: \$3 donation for child under 12 years old and \$6 donation for anyone 12 years of age and older to help defray the cost of this event. Refreshments will be served.

This program is made possible through the generous support and funding provided by

The Hasbrouck Heights Friends of The Library. Getting away is one of the many challenges families face these days. Here is an inexpensive way to entertain the whole family this summer.

The Hasbrouck Heights Public Library recognizes the importance of offering quality family programming that's fun, interactive and enjoyable for all ages. Libraries have taken on many roles since the change in the economy. Here is a Library that is supporting its community and wants to make a difference in the lives it touches.

The Library is located at 320 Boulevard. Call 201-288-0488 for details. ###

"Freaky Friday" the 13th!

Mrs. Mary Rodgers-Guetel, the author of "Freaky Friday" and the screenwriter of the original 1976 film, spoke to about 60 people on Friday, July 13, 2012, at The Hasbrouck Heights Free Public Library. A book signing and reception followed.

This was a prelude to the movie event, a double feature at 5 p.m. of the original 1976 film was followed by the 2003 remake.

Well-known as an author, lyricist and screenwriter, some of her other works include the music to such plays as "Once Upon a Mattress," "A to Z,"



"The Mad Show," and "Working" as well as the children's books "Freaky Friday," "Summer Switch," and "A Billion for Boris." ###

August Children's Programs

Kurt Gallagher Family Concert

On Thursday, August 2, 2012, at 2 p.m., children's entertainer Kurt Gallagher will return to the Rutherford Public Library to present an interactive family concert. This program is recommended for ages 3 and up and is being funded by The Friends of the Library of Rutherford. No advance registration required.

Children's Friday Afternoon Matinee

On Friday, August 3, 2012, at 2 p.m., children ages 4 and up are invited to a free screening of "Dolphin Tale" (rated PG) at the Rutherford Public Library. An adult caregiver must remain with any child under the age of seven for the duration of the film. No advance registration required.

Flow Circus Magic Show

On Monday, August 6, 2012, at 2 p.m., children ages 4 and up are invited to the Rutherford Public Library for a juggling and magic extravaganza presented by Flow Circus. No registration required. This program is being funded by The Friends of the Library of Rutherford.

Live Mammal Show

On Friday, August 10 at 2 p.m., children ages 4 and up are invited to the Rutherford Public Library for Nocturnal by Nature, a live mammal show presented by "Eyes of the Wild." No registration required. This program is being funded by The Friends of the Library of Rutherford. ###

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August Children and Teen Programs at Lodi Library

• **KinderCapers Story Time** - Fridays, August 10, 24, 2012, 11:30 a.m. - noon

Entering Kindergarten? Join for discussion and stories about kids like you who are riding the bus and going to school for the first time.

• **Teen Improv Night** - August 8, 6:30-7:30 p.m.

Calling all aspiring actors (*and large hams*). Come to The Library for a night of improvisational acting games. No acting experience needed. Grades 6-8. Registration required.

• **Teen Craft: Fleece Tied Pillows** - Wednesday, August 15, 2:30-3:30 p.m.

Learn how to make your own knotted pillow, no sewing required. Grades 6-12 only. Supplies are limited. Registration required.

For more information or to register for programs call 973-365-4044 or sign up in person at the children's desk at Lodi Library. ###

Teddy Bear Olympics

On Friday, August 3, 2012, 2:30-4 p.m., Lodi Library welcomes preschoolers and their families to a special Olympic celebration. Bring your teddy or favorite stuffed animal to try Olympic events such as basketball, gymnastics and track for a gold medal. No registration required and refreshments provided. For more information call 973-365-4044. ###

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Rutherford Library August Adult Programs

English Conversation

English language learners are invited to attend the English Conversation Group on Tuesdays and Thursdays from 10:00-11:30 a.m. at the Rutherford Public Library.

The group provides a good opportunity to practice spoken English in an informal setting. This is a free program and all are welcome. For information, please call 201.939.8600, ext. 7.

Knit, Read and Discuss

The Knit One, Read Two knitting/book discussion group at the Rutherford Public Library will meet on Wednesday, August 29, 2012, at 6:30 p.m., to discuss "Innocent" by Scott Turow. The meeting will be held in the Library Auditorium. All those who knit or crochet are warmly invited to bring their needlework and join the discussion. Copies of the books are available at the Circulation Desk. For more information, e-mail Peg Mellett at mellett@bccls.org.

Monday Evening Book Group

On Monday, August 20, 2012, at 6:30 p.m., the Monday Evening Book Group will meet to discuss "One Day" by David Nicholls. Copies of the books are available at the Circulation Desk.

Film Screening

On Tuesday, August 28 at 6:30 p.m., the Friends of the Library of Rutherford will present a free screening of "Fried Green Tomatoes," starring Kathy Bates and Jessica Tandy. The film will be shown in the Library Auditorium. ###

Free Computer Classes

Lodi Memorial Library is offering free computer class workshops in August 2012 for adults, including computer basic skills and Microsoft office program training. Classes have limited seating, so a refundable deposit of \$5 is required to register. Classes are scheduled as follows:

• **Computer Basics:** August 2, Thursday, 1:30-3 p.m.; August 7, Tuesday, 1:30-3 p.m.

• **Internet Computer Skills Basics:** August 16, Thursday, 1:30-3 p.m.;

• **Email Computer Skills Basics:** August 30, Thursday, 1:30-3 p.m.

• **Microsoft Word 2007 Basics:** August 9, Thursday, 1:30-3 p.m.; August 14, Tuesday, 1:30-3 p.m.

• **Microsoft Word 2007 Intermediate:** Requires basic skills in MS Word: August 21, Tuesday, 1:30-3 p.m.

• **Microsoft Excel 2007 Basics:** August 23, Thursday, 1:30-3 p.m.; August 28, Tuesday, 1:30-3 p.m. ###

Yoga Classes

The Carlstadt Public Library is pleased to offer free yoga classes for adults on Saturdays, from 10:30 a.m.-12 p.m., beginning September 8, 2012.

Classes are limited to 8 people and each session consists of 9 classes. The first class is intended to give those interested a chance to try out the class before committing to the full session.

Registration for the first introductory class on September 8 will begin Monday, August 13, and the first session will run from September 8 through November 3.

Preference is given to Carlstadt residents up until a week before the introductory class, and participants must have a valid library card to register. Bring a yoga mat or a large towel with you to class, and please dress comfortably.

Call 201-438-8866 ext. 204 for more information or to register. The Carlstadt Public Library is located at 420 Hackensack Street, Carlstadt. ###

Journey 2 Movie at Lodi Library

On Monday, August 6, 2012, 2-4 p.m., Lodi Library will show the 2012 family film "Journey 2 the Mysterious Island." Snacks provided and no registration needed. Adult supervision required for children up to Grade 5. For more information, call 973-365-4044. ###

Libraries Are Fun!

**Hasbrouck Heights
JWC Holds Beautiful
Baby Contest**

The Junior Women’s Club is sponsoring its annual Beautiful Baby Contest, which will be held on Town Day, Saturday, September 29, 2012. The contest is open to all residents of Hasbrouck Heights under the age of two.

Send a picture of your Beautiful Baby to Hasbrouck Heights Junior Women’s Club, P.O Box 68, Hasbrouck Heights, NJ 07604.

Include the child’s name, birth date, parents’ names and phone number on the back of the photo and a stamped, self-addressed envelope, so the picture can be returned.

The winner will receive a savings bond and may have their picture in a newspaper. All entries must be received on or before Wednesday, September 26.

Vote during Town Day in Woodland Park between 10 a.m. and 2 p.m. Votes are \$1 each and the proceeds benefit the “Valerie Fund” program, which supports health care of children with cancer and blood disorders.

The Hasbrouck Heights Junior Women’s Club is a non-profit organization made up of volunteers interested in helping those in need and providing fun opportunities for the children of Hasbrouck Heights. Meetings are on the second Thursday of each month at 8 p.m. at the First Reformed Church from September-June. New members are welcome. ###

**Saint Margaret of
Cortona Parish
Family Picnic**

Saint Margaret of Cortona Roman Catholic Church in Little Ferry is celebrating their 100th Anniversary with a Parish Family Picnic. The Parish Social Life Committee has scheduled the picnic for Saturday, September 15, 2012, from noon to 4 p.m.

Tickets are \$10 for Adults, \$8 for Seniors, and \$6 for Children. Tickets must be ordered in advance. For tickets or information, please call Ellie at 201-641-0883. ###

**Kiwanis Seeks 2012 Nominations
for Good Neighbors**

In 1994 the FTD (*Florists’ Transworld Delivery*) designated the first Wednesday in September as “Good Neighbor Day.” This year the FTD will be celebrating its 18th Annual Good Neighbor Day event on Wednesday, September 5.

In 2004, the Kiwanis Club of Hasbrouck Heights embraced this celebration and presented its first “Good Neighbor Awards.” This is the eighth year that the Kiwanis Club would like to honor those many “Good Neighbors” from our community.

Do you know a good neighbor who is always willing to lend a helping hand, give advice, listen to your problems, or maybe drive you to shopping etc; someone who is not looking for monetary gain or personal reward; or someone who has extended himself or herself to you in a crisis? If you do, now is the time to have him or her recognized.

Nominees should be residents or work in Hasbrouck

Heights who have not received a lot of publicity for their volunteer efforts. They need not be a member of a service club, political party, a Church group or other type of non-profit organization. Age is not a factor in selecting the winners.

The Kiwanis Club of Hasbrouck Heights would like to identify those many “Good Neighbors” from our community. Awards will be presented at a reception on Wednesday, September 5, 2012, at 7 p.m. at the Senior Center in the Municipal Building.

To submit a nomination, all you have to do is submit an essay of no more the 200 words describing the nominee’s good deeds. Be sure to include his/her name and address as well as yours. Your nomination must be mailed to the address listed below and received no later than Friday, August 17.

Send nominations to: Kiwanis Good Neighbor Awards, 257 Roosevelt Avenue, Hasbrouck Heights, NJ 07604. *Story by Peter Gallo Jr. ###*

Free Lunch

Everyone is invited to the First Presbyterian Church of Moonachie on August 4, 2012, at 11:30 a.m. for the “First Saturday Free Lunch” program.

This program is an expansion of the Church’s ministry of feeding hungry bodies and hungry hearts, and continues on the first Saturday of every month. If the economy’s got you down, or you want to share a meal with others, come and be a part of this celebration of the Moonachie community. There is no charge and there are no strings attached! ###

**Afternoon with
Peter Lieberman**

VFW Post 4591 is hosting an afternoon with Peter Lieberman on Sunday, September 16, 2012, from 12 to 4 p.m., at the Post.

Cost is \$15 if paid in advance, and \$20 at the door. Hot meal, coffee and cake are included.

Call Pete at 201-638-4294 or the Post at 201-288-1112 for tickets and more information. ###

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Chicken and Chips Dinner

A Chicken and Chips Dinner will be sponsored jointly by The GFWC Contemporary Club of Hasbrouck Heights and Holy Trinity Lutheran Church on Tuesday, October 23, 2012, from 5:30 until 7 p.m.

Tastefully British Caterers will again provide the food to be served at Holy Trinity fellowship hall, located at the corner of Burton and Hamilton Avenues. Tickets are \$14 for adults and \$8 for children under 10. Reservations are a must. Pre-paid take-outs are also available.

The New Jersey State Federation of Women's Clubs (*of which The Contemporary Club*

is a member) chooses a special project during each administration. The 2012-14 project is to raise funds/awareness for Family Promise, a non-profit organization that strives to help New Jersey's homeless and low-income families. Holy Trinity provides meals for the homeless through this same organization. All proceeds from the dinner will be used for programs of Family Promise.

For more information, please contact Marge at 201-288-8933.

Holy Trinity Lutheran Church is located on the corner of Burton and Hamilton Avenues, Hasbrouck Heights. ###

70s Disco Fever & Fireworks

Little Ferry will hold a 70s Disco Fever themed Family Fun Day on Saturday, September 22, 2012, at Lakeview Field.

A flea market will be held from 10 a.m. to 5 p.m.; rides, petting zoo, food, family fun and games from 1 p.m. to 5 p.m. The event continues at 6:30 with live music and ends with fireworks.

Free admission for all Little Ferry residents. Non-residents, \$25 entry fee per family. Rain Date is Sunday, September 23. Event sponsored by the Little Ferry Recreation Committee.

Vendors Wanted: Craft Fair & Flea Market at Little Ferry Family Fun Day, September 22, Rain Date September 23, 10 a.m. – 5 p.m., Lakeview Field. Call 201-641-9234 for an application. ###

HH Town Day

Hasbrouck Heights organizations should mark their calendar for participation in Town Day scheduled for Saturday, September 29, 2012, from 10 a.m. to 3 p.m., in Woodland Park. Rain date is October 6. Contact the Recreation Department at 201-288-4143 to reserve your table/space. ###

Pasta Dinner September 15

The First Presbyterian Church of Moonachie is hosting a Pa-Pa-Pasta Time on Saturday, September 15, 2012 from 5 p.m. to 7 p.m. Enjoy their famous desserts, coffee and tea. Promises to be a night of good food and fun.

Cost is adults \$8, and children under 10, \$5. Advance tickets only. No tickets will be sold at the door. For more information call Carol at 201-933-8045. ###

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Harvest Moon Charity Ball

The Harvest Moon Charity Ball will be held Friday, September 14, 2012, from 7 to 11 p.m. at North Jersey Country Club in Wayne, NJ.

The event is sponsored by The Children's Dyslexia Centers of NJ, and will honor Maria Torres-Kimmins, Director of the Children's Dyslexia Center of Hasbrouck Heights.

The menu features Butler Passed Hors D'oeuvres and champagne, Tuscan antipasto and Artisanal Cheese Displays, open bar with premium liquors and signature martinis, three course meal with an entree choice of Filet Mignon or Salmon (*with light dill sauce*), served with seasonal vegetables, potatoes au gratin. Assorted pastries and tempting desserts follow.

Dance the night away with "The Brass Tacks Orchestra." Black Tie is optional. Donation is \$125 pp, \$225 couples. Reservations due September 7. For more information call Barbara and Kyle Nurge at 201-440-9425, or e-mail banurge@aol.com ###

Mt. Airy Casino Trip August 8

Come and enjoy a day at the beautiful Mt. Airy Lodge & Casino! The bus will leave from in front of MSH Church on Wednesday, August 8, 2012, at 9 a.m. sharp, returning at approximately 5:30 p.m. The price of \$30 includes bus transportation, a \$25 free slots play, and a \$10 food voucher.

Payment is due when the reservation is booked. Checks should be made payable to "MSH Rosary Confraternity," placed with the reservation form in an envelope marked "Mt. Airy Trip," and dropped off or mailed to the Rectory at 127 Paterson Avenue, Wallington 07057.

Note: Guests must present valid state or federal issued photo id in order to obtain their Mt. Airy Players Club Card or any motor coach incentive.

For information, call Ginny at 201-715-2087. ###

The Adorno Fathers Trips

- Italy - In the Footsteps of St. Francis Caracciolo, October 8-18, 2012. \$2,995 pp/dbl. occ. (*Airfare and transfers incl.*)
- The Holy Land, "Walk in the Footsteps of Jesus," November 11-20, 2012. \$2,798 pp/dbl. occ. (*Airfare and taxes incl.*)

For more information call Fr. Nony Villaluz, CRM or St. Joseph Church, Lodi, at 973-779-0643. ###

Lodi Feast

The 98th Annual St. Joseph Festival opens Friday, August 31, 2012, at 6 p.m. to 10 p.m., with rides, games, entertainment, hourly 50-50, a Super 50-50 and the "Best Italian Food." The Feast continues Saturday, and Sunday and Monday, from 4 p.m. to 10 p.m. and Monday from 2 p.m. to 10 p.m.

On September 1 and 2, from 10 a.m. to 2 p.m., the St. Joseph Society, accompanied by the Metropolitan Feast Band, will march with a banner of Saint Joseph throughout Lodi, Garfield and Hasbrouck Heights. The Feast will then open at 2 p.m.

On Labor Day, at 2 p.m., there will be a Solemn Mass followed by the Procession with the Statue of St. Joseph throughout Lodi.

New Procession Route

The streets that will be covered are: East Place, Liberty Street, Prospect Street, James Street, Woodside Avenue, Hunter Street, Prospect Street, Kipp Avenue, Roosevelt Avenue, Central Avenue, Hillcrest Avenue, Grove Street and Spring Street.

Entertainment Schedule

- Friday: DJ Dennis; Accordion Player Paul Belanich, and Metropolitan Festival Band strolling through the Feast
- Saturday: Moving Faith Band; I Forestieri - Accordion and Guitar Players
- Sunday: DJ and live singers; I Forestieri - Accordion and Guitar Players
- Monday: DJ Express Entertainment; Mandolin Player Nick Todaro

Note that all entertainment is in the evening at 7 p.m.

Approximately 25,000 attend. Last year's Super 50-50 winner received over \$10,000. This program benefits the St. Joseph Church operating fund. For more information go to: www.saintjosephsociety.org ###

Lodi Summer Concerts

"Concerts in the Park" are held Wednesdays starting at 7:30 p.m. to 9 p.m. at the Lodi Memorial Park Amphitheater. The August 2012 schedule includes:

- August 1 - "The Infernos."
- August 8, Lodi's own "Baby Blue"

Concerts are sponsored by the Lodi Recreation Department. For more information, call 973-859-7425. ###

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Moonachie PD Gets New Car

The Moonachie Police Department recently purchased a 2012 Dodge Charger with police package. Radios and other emergency equipment were transferred from another vehicle. As part of the inter local agreement that started in 2012, the Borough of Teterboro reimbursed Moonachie for the approximate \$35,000 costs. Moonachie retains the title and pays operational expenses. ###

Little Ferry Police Hold National Night Out

On August 7, 2012, The Little Ferry Police Department will sponsor their 9th Annual National Night Out Program in the municipal parking lot from 7 p.m. to 9 p.m.

There will be plenty of refreshments, hot dogs, soda, water, fruit, donuts, etc., with three bounce amusements, water rides (*bring your bathing suit!*) and games for the children.

The Police Department will have a golf cart with goggles to safely demonstrate the DWI experience. Laszlo, the recent K-9 addition to the Department, will give demonstrations.

Little Ferry’s 46 member EMS squad will provide tours of the ambulance, information on File of Life, When to Call 911, obtaining social services, etc., cooling stations with misting fans, 200 bottles of water and 50 pounds of ice.

The Little Ferry Fire Department will provide pamphlets on motor vehicle fires, protecting your family from

fire, Fire Safety Check List, etc., and coloring books.

The Rescue Squad will do a “Jaws of Life” extrication demonstration by cutting off the doors and roof of a car.

The CERT Team will be demonstrating their skills.

According to Little Ferry Police Chief Ralph Verdi, National Night Out is a community building campaign designed to: heighten crime prevention awareness; generate support for, and participation in, local anti-crime programs; strengthen neighborhood spirit and police-community partnerships; and send a message to criminals letting them know that neighborhoods are organized and fighting back. ###

Be sure to lock your car doors at night.

LF Fire Department Inspection Sept. 8

The Little Ferry Fire Department will hold their Annual Inspection, at 5 p.m., September 8, 2012 at the Fireman’s Monument on Kavrik and Marshall Avenues. The Department will be in full dress uniform and available to answer any questions.

The equipment will be presented for inspection. The event is attended by local officials as well as Fire Chiefs from area towns. The public is invited to attend. ###

WRFD Inspection October 6

The Wood-Ridge Fire Department will hold their Annual Inspection, 5:30 p.m., on Saturday, October 6, 2012.

The Department will be in full dress uniform. The equipment and Fire Headquarters will be presented for inspection.

Department personnel will be available to answer any questions. The event is attended by local officials as well as Fire Chiefs from area towns. The public is invited to attend. ###

WALK Facing Traffic BIKE With Traffic

W-R Wetdown

The Wood-Ridge Fire Department will host a wetdown to christen Truck 904, 2012 Sutphen SL100, on October 20, 2012 from 1 p.m. to 6 p.m. at Fire Headquarters, 85 Humboldt Street, Wood-Ridge, NJ. There will be food, music, beverages, mugs, "T" shirts, etc. ###

Free Smoke Detectors

The Hasbrouck Heights Fire Department has started a program, in conjunction with the State of New Jersey, to supply smoke detector(s) to families who can't afford to buy them. If you can't afford a smoke detector, call the Fire Chief's Office at 201-288-0082. ###

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HH Little League Picnic

The Hasbrouck Heights Little League held its Annual Picnic on a warm sunny Saturday, June 23, 2012, from 11 a.m. to 3 p.m., at the Little League Complex.

This was the 17th year where families enjoyed plenty of hamburgers, hot dogs, frozen treats, soda, etc. There were inflatable bounce rides, water slides, face painting, volley ball and dodge ball. Trophy presentations were made. It was a nice way to end the

regular season. The event was open to all Hasbrouck Heights families participating in the 2012 season.

In 2012, there were over 360 kids that participated in Hasbrouck Heights Little League. The league fielded six major league teams with 72 -- 10 to 12 year old players, 17 minor A/B teams with 185- 7 to 10 year old players, 6 Tee Ball teams with 64- 5-6 year old players and 5 girls softball teams with 40- 6, 7 and 8-year

old players.

About 100 parents volunteered as coaches, managers and team moms for the season. Also, many parents volunteered their help in fund raising, field clean up, concessions stand, bbq pit, etc.

The Little League community expressed appreciation to the many sponsors for their financial support. The Hasbrouck Heights Little League was established in 1953. ###

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Daniel and the Big Bad Bully

Bible Baptist Church hosted its annual Summer Adventure Camp. This year's theme was "Daniel and the Big Bad Bully." The program was designed for children Kindergarten to 6th Grade. Nearly 100 enjoyed daily skits, snacks, games and Bible study. It was held from 9 a.m. to noon, July 9-13, 2012, at 31 Passaic Avenue, Hasbrouck Heights. For more information visit www.biblebaptist.net ###



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SonRise National Park

The Faith Reformed Church Vacation Bible School, 95 Washington St., Lodi, was held July 9 to 13, 2012, with this year's theme "SonRise National Park VBS."

Children enjoyed crafts, games and snacks.

Kids were awestruck by snow-capped mountains, thundering waterfalls, wildflower meadows bursting with color and amazing animals like soaring eagles, friendly huskies and herds of caribou.

As kids explored SonRise National Park, they learned the most important survival skill of all: they can always depend on God and His promises of true peace, true riches, true power, true love and true hope!

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Celebrating Ameri



The darkened stadium was still for a moment, before the thunderous, spectacular light show thrilled spectators on Monday, July 2, 2012, at the Hasbrouck Heights Lions Club-sponsored 28th Annual Fireworks Program.

At 1 p.m. that afternoon, the contractor, International Fireworks, crew of six, started to set up the displays at the Hasbrouck Heights Minor Little League field.

Fireworks were set in firing tubes or as pre-packaged "cakes." All pyrotechnics were covered in foil. This prevents sparks from prematurely igniting

other shells and cakes.

Fire prevention officials reviewed the mechanics of the display to insure compliance of fire codes and accepted industry procedures.

Detonation was either by flares or electrically, according to a prepared shot list.

The dazzling pyrotechnic display lasted approximately 30 minutes and included about 3,000 shots plus about 550 shots were used in the 2-minute finale.

Fireworks featured included: ring effects, multi-shot brocade effects, dripping rain, peanut shells (burst + blasts), crosette/shell (explosion star), etc.

Ground displays included: happy star, exploding crackle, quick salute of 50 shots in two seconds with heavy concussion, tiger tails, comets that looked like bushy tiger tails, etc.

During the display, the Hasbrouck Heights Fire Department, along with Mutual Aid Departments from Carlstadt, Little Ferry, Lodi, Moonachie and Wallington, and EMS units from Carlstadt, Hasbrouck Heights and Moonachie, were positioned at strategic locations as a safety precaution.

All shells were detonated within the safety area. The contractor inspected each tube

ca's Independence



for unspent rounds.

Mutual Aid fire departments checked the general safety area. Special attention was given to the firing zone -- checking for unexploded rounds and watering down smoldering debris.

Prior to the pyrotechnic show, a brief program was held. The Master of Ceremonies and event coordinator was Lion Thomas E. Mason Jr.

The Hasbrouck Heights Police Department Honor Guard presented The Colors, followed by Florianna Heun singing the "National Anthem."

The Invocation was given by Fr. Raymond Holmes (*Corpus*

Christi Church). Mayor Rose Heck and Bergen County Clerk Kathleen A. Donovan made remarks. Florianna Heun sang "Battle Hymn of the Republic." A 50/50 was held with three winners sharing the prize money.

Fun Time Entertainment provided music, two inflatable amusements and dunk tank.

Sponsors that provided extra fireworks included: **Costa Memorial Home**, Crow's Nest, Dunkin' Donuts, **Holiday Inn**, HUMC, **IHOP of Hasbrouck Heights**, Kundert Volvo, **Otterstedt Insurance Agency**, Shop-Rite of Lodi, and TD Bank. ###

Patriotic Walk in Woodland Park



The Annual Children's Patriotic Parade was held at Woodland Park on the hot morning of July 4, 2012. The program was led by Anthony Bernice.

Following registration, the parade, led by Wonder Woman and Captain America, proceeded from the pavilion along an asphalt path around the Park.

Prizes were awarded in the categories of patriotic, most original and most artistic to: costumed children on foot, wagons and tricycles, carriages, strollers, etc., decorated bicycles, floats, and grandparents' corner, with carriages and

children on foot. Helmets were required for those on bicycles.

Prizes awarded: First Prize, Second Prize, Third Prize and Honorable Mention. All participants received medals.

All classifications and categories were judged prior to the parade. Registration was limited to children up to 10 years of age attending Hasbrouck Heights schools, excluding the grandparents' corner.

Dr. Michael Perillo provided ice cold water and gift bags. This annual event was sponsored by the Mayor's Celebrations Committee. The Hasbrouck Heights Fire Department assisted. ###



Now This is Really Refreshing

A great way to beat the July 90 degree heat wave was at the Hasbrouck Heights Swim Club. The crystal cool water was perfect for diving, riding the water slide, playing games, swimming a lap, exercising, or just sitting on the edge of the pool and relaxing. It's not to late to enjoy the rest of the summer -- the Club is offering a special end of summer family guest membership. For details call 201-288-4494 or e-mail jdcasella@optonline.net. ###



Knights Attend a Yankee Game Friday the 13th

Superstition has it that you will have bad luck if a black cat crosses your path as you walk under a ladder to pick up the pieces of the mirror you've just broken.

However, the ultimate superstition nightmare for those who believe is that Friday the 13th is the unluckiest day of any month. This stems from the belief that Fridays are unlucky and the number 13 signifies bad luck.

Nevertheless, the Bergen Federation of the Knights of Columbus selected Friday, July 13, 2012, to attend a baseball game at Yankee Stadium. One hundred members and their guests attended the trip.

Among them were Marie Gallo and Anthony Bernice who were both born on July 13th.

Did the group have any bad luck that day? You be the judge! The bus trip from New Jersey to the game took only 30 minutes. They all received a free baseball cap. When it rained for a short time they were fortunate to be sitting under an overhang and didn't get wet.

They watched the Yankees come from behind to win the game. They enjoyed the refreshments on the bus going to the game and returning home; and finally the return trip took a little more than 30 minutes.

Story and photo by Peter Gallo Jr. ###

Lemonade Stand Helps Canine Assistants

On Monday July 9, 2012, Corpus Christi School Second Grader Alexa Papavasas presented her lemonade stand earnings to Mickey's Kids Foundation to help support Canine Assistants service dogs.

Daughter of Sam Papavasas of **BeJay Drugs**, Alexa, with a little help from her brother Jayden, recently set up her stand outside BeJay Drugs. Within about one hour, she sold out, and with contributions, she generated over \$60.

Following the presentation at **Shadow's Food Mart**, Alexa was joined by Christine and Catherine Costa to met the newest member of the Mickey's Kids family, Liberty, a certified Therapy/Spokesdog given to Mickey's Kids by Canine Assistants.

Liberty was being trained to be a service dog, but was found to be a bit too skittish. Instead she is being trained to serve in hospitals for therapy and schools to help with reading programs.

Canine Assistants is a Georgia-based organization which raises service dogs for children in need. Contributions to support Canine Assistants may be made at Shadow's Food Mart, 273 Boulevard, Hasbrouck Heights. ###





Ken Hesse Earns Eagle Status

Kenneth M. Hesse Jr., from Boy Scout Troop 17, was awarded the rank of Eagle Scout at a ceremony held at Corpus Christi Church on June 23, 2012. Ken is a recent graduate of Hasbrouck Heights High School and an Honor Student. He will be attending UCLA in September.

Ken Sr. is well aware of the fact that becoming an Eagle Scout is an important moment in a young man's life. It is a great accomplishment with great responsibility. He too is an Eagle Scout. He had hoped that his son would enjoy Scouting as he did. With that in mind in October 2000 he encouraged his son to join Pack 17. He was all smiles as his son become an Eagle Scout.

To achieve the award of

Eagle Scout, a Scout needs to earn 21 merit badges, 12 of which are required, plus work through the ranks in Scouting. An Eagle Scout Project has to be planned, carried out and reported upon completion. After 12 years of Scouting, Ken earned 29 merit badges, achieved Life Scout rank and has met all of the requirements necessary for this status.

Ken's project was to collect items from the community, school and Scout units that could be sent to our military overseas. With the help of his troop and the VFW, he collected enough items to send over 60 care packages bringing smiles to hundreds of service women and men.

At the Eagle Scout Ceremony, many awards and acco-

lades were given to Ken. Some of the local presenters were Mayor Rose Heck, Police Chief Michael Colaneri, Fire Chief Richard Giarratana, James Halloran, a George Meany Scouter representing Bergen County AFL-CIO, Mimi Hui, representing The Library and The Friends of the Library, Joyce Powell, representing the Elks and Peter Gallo representing the American Legion and the Kiwanis Club.

Presentations were also made from the Scout Council, District, The Troop and Pack 17 to Eagle Scout Hesse. He was also made a member of the Eagle Scout Association.

The New Eagle received many written letters of congratulations, including one from President Barack Obama and the World Organization Scout Movement, based in Geneva, Switzerland. The event was coordinated by Troop 17 Scoutmaster Bill Severino. *Story by Peter Gallo Jr. ###*



Scouts Earn Government Badge At Teterboro

On June 12, 2012, Wood-Ridge Boy Scout Troop 181 visited the Teterboro Municipal Building to attend a Mayor and Council meeting to earn their government badge. Mayor John Watt and Borough Officials provided and overview of municipal government. *Photo provided by Troop 181. ###*

AC Bus Trips

The VFW Post 4591 sponsors Atlantic City Bus Trips on the last Wednesday of the month. Bus departs at 10 a.m. and returns at about 9:00-9:30 p.m.

Proceeds are used to help defray building expenses. Call Mel at 201-933-9937 or the Post for more information at 201-288-1112. *###*



VFW District 2 Convention News

Members from area VFW Posts attended the 85th annual convention, June 11-16, 2012, in Wildwood, NJ. It was attended by about 2,500 VFW members and 1,500 women from the Ladies Auxiliary. Guest speaker was Governor Chris Christie. The week long event concluded with the annual VFW parade.

During the Convention,

District 2 Past President Diane Ruggiero received the AIDE DE CAMP Award for the second year in a row. Diane signed up 45 new Members to the Ladies Auxiliary. District 2 signed up 79 new members this year. The VFW has 260 Posts serving New Jersey. *Photos by Adele Rovito. ###*



The Back Row: Manager Chris Moore, Coach Tony Marino. Second Row: Anthony Marino, Donovan Moore, Julian Mlenak, Mike Lohrmann, Johnny Capozzi, Zack Gilligan, Andrew Rovito. Front Row: Frank Battaglia, Sean Duffy, Peter Lohrmann, Frank Lorenzo, Nick Bini. Not shown: Coach John Capozzi and Coach Scott Roche. ###

Lions Club 2012 HHLL Major League Champions

The 2012 Lions persevered through a tough season to win the Major League Championship. The boys played with great heart and determination throughout the season, winning many of their games in the late innings, including a few walk off wins. They played as a team

supporting one another from start to finish. Congratulations to all the players for their dedication and success. Thank you to all the volunteers, the parents and the entire coaching staff for a very enjoyable season. *Story and photo provided by Chris Moore. ###*



Danson Jewelers Expands Showroom

Danson Jewelers, long time fixture at the Boulevard and Williams Avenue, held a re-dedication ceremony on May 16, 2012, commemorating their newly expanded showroom. Mayor Rose Heck joined the Nazy Family and friends during the official ribbon cutting. Danson Jewelers offer an exquisite line of diamond, gold, silver, platinum jewelry and watches. Their phone number is 201-393-7076. *###*

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**Veterans Today**

By Thomas Marshall

VFW Post 809 will host a blood drive on August 8, 2012, from 4 p.m. to 8 p.m.

Everyone that reads this has known of family and friends that has or will need blood while on a hospital stay.

As David Lee Roth would say, if you like donating blood tell a friend, if you hate needles tell an enemy. We need the Community to come out and donate. Please spread the word.

On September 8 at 1 p.m., the American Legion Post 310 at 100 Main St. Little Ferry will host a Picnic. The price is \$20. Come out and enjoy a Summer day with good food, refreshments, and lots of fun.

American Revolution Ends Fighting?

The Treaty of Paris of 1783 marked the end of the American Revolution. England now recognized American Independence.

They also turned their backs on their Native American Allies. The Ohio territory boundary line set in the Treaty of Fort Stanwix of 1768 was moved when the British set a new boundary line in the Treaty of Paris.

Much of the Native land in the area was now ceded to the United States. To the victor go the spoils. Most of you may think that was the end of it. If you do, you would be wrong. Blood pays for land, and cannot be substituted with a stroke of an English pen.

Chief Little Turtle of the Miami Indian Tribe was outraged at the British betrayal. He refused to accept any treaty he did not sign, nor had any representative at the table when it was agreed to.

He called for a Confederation of tribes to drive the settlers and the American Army from their traditional lands given away by Treaty of Paris. The Miami, The Delaware, The Ottawa, the Shawnee and the Ojibwa all joined the Confederacy. Any settler that moved into the Ohio area was cut down by the war parties of the Confederacy. It is estimated that 1,500 settlers were butchered in between 1783 to 1794.

President Washington decided to use military force to drive the tribes to the border set in the Paris treaty to protect the

settlers. He sent Major General Arthur St. Clair to carry out the task. In October 1791 a force of 2,000 men traveled north along the Ohio River.

Their target was the town of Kekionga, the village of the Miami tribe. Illness and Indian warriors plagued the small force. Constant skirmishing had reduced St. Clair's force to 1100 men by November.

He took a position on an elevated piece of land near present day Fort Recovery.

At dawn on November 4th Chief Little Turtle and a War Chief known as Blue Jacket attacked St. Clair's position.

His militia was taken by surprise in the dawn attack and soon fled across a stream. The regular Soldiers grabbed their muskets and fired into the attacking force. Little Turtle soon outflanked them and the Soldiers fixed bayonets. They charged the Indian warriors.

The warriors fell back into the woods and then encircled the Soldiers. Several more bayonet attacks were done but it proved to be of no use.

Soon all was in disorder and the last bayonet charge was used to break free of the warriors and the Soldiers left alive made their escape.

General St. Clair had three horses shot from under him and his artillery had to be spiked because the crew that had tried to bring cannons into the fight was now dead. The battle of the Wabash or St. Clair's defeat was the American Army's worst loss to the American Indians of all time.

For those of you thinking of General Custer and the Battle of Little Bighorn, the numbers aren't even close. Custer lost 240 men. St. Clair had over 600 men dead in the field along the Wabash on that day in 1791. It was reported that the prisoners taken by the Indians were executed by fire in the camps of the warriors.

President Washington turned to another General from the Revolution to correct the situation.

He put General Anthony Wayne, also known as "Mad Anthony," in charge of a new force. General Wayne arrived in the Cincinnati area in May of 1793 with more troops and

supplies. He had his men build Fort Recovery near the site of St. Clair's Defeat.

In late June 1794, a supply train leaving Fort Recovery was attacked by Little Turtle and 1500 Warriors. They captured and killed many of the supply train.

General Wayne moved into the Northwest Ohio area anyway and began to build a new fort called Fort Defiance. He also raided Indian villages and destroyed crops used by the Indians.

Wayne moved his force toward the Maumee River. The Indians wanted to destroy his force and planned to attack.

They chose a place that had trees knocked down by a recent tornado. They had figured the fallen trees would offer some protection during the battle. They had figured wrong.

On August 20, 1794, General Wayne had used his Dragoons to drive the Indians out. They rode through the Indians with their horses and used their sabers to cut down the warriors.

Blue Jacket and Little Turtles' force was soon routed. They retreated to Fort Miamis, which was a British fort, and they asked for protection.

The English Commander refused to let them in and turned them away. Wayne followed the warriors and demanded the English remove themselves from the Northwest Territory.

The Commander refused and Wayne didn't push the issue. He returned to Fort Green Ville, which was built by his men, and negotiated the Treaty of Fort Green Ville.

The battle cost General Wayne a reported 33 killed and over 100 wounded.

The Indians lost twice as many. The Indians now realized that without the British help and aid they could never defeat the Americans.

On August 3, 1795 they signed the treaty and moved into the Northwestern part of Ohio. America would now have Ohio just like the Treaty of Paris stated. It certainly wasn't for free. Life for the Indians would never be the same. They made a stand. They were proud and brave but didn't win. They would lose their lands one August day in 1794 when they met General Wayne at a place called Fallen Timbers.

Hope this finds you all happy and healthy and enjoy August. ###

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Sturgeon Moon & Blue Moon

The August full moon appears on Wednesday, August 1, 2012, at 11:27. It is called the "Full Sturgeon Moon."

A second full moon will appear Friday, August 31, 2012, at 9:57 a.m. When a second moon appears in the same month, it is called a "Blue Moon."

According to "The Farmer's Almanac," the fishing tribes are given credit for the naming of this moon, since sturgeon, a large fish of the Great Lakes and other major bodies of water, were most readily caught during August.

A few tribes knew it as the "Full Red Moon" because, as the Moon rises, it appears reddish through any sultry haze. It was also called the "Green Corn Moon" or "Grain Moon."

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. ###

Grill Care

Before you light your gas or charcoal barbecue, spray the grill rack with non-stick cooking spray. By applying a liberal coat, food won't stick, making cooking and clean up a lot easier. Immediately after cooking, make a ball of aluminum foil and "scrub" the warm grill rack surface with it, taking care not to burn your fingers. ###

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Real Estate Insight

By Mary Ellen Courtney



The Home Inspection Moment of Truth

Home inspections are 'moment of truth' events in the home buying experience. What does that mean? Let's review the basics....

Buying a home, you need to know exactly what you're getting. You should require an inspection at the time you make a formal offer and make sure the contract contains an inspection contingency. Then, hire your own inspector and pay close attention to the inspection report.

The moment of truth comes when/if the report reveals condition problems that are too big for you to buy the home on the agreed-upon terms.

You're faced with the decision to either cancel the deal altogether or subtract from the offer you originally made on the home.

Thankfully, in most cases, deciding that you don't want to take on the inspection-revealed problems without a discount doesn't have to be a deal killer.

Here are some factors that ultimately determine whether an inspection-based price reduction request will kill your deal:

• **The Contract.** Did you agree to an as-is sale? "As is," of course, doesn't bind you to buying the home, but it is an expression whereby you agreed you would not ask for a price

reduction or for the seller to complete repairs indicated by the inspection.

If, however, the issues surfaced by the inspection were not obvious or visible to the naked eye and are more major than you can afford to take on at the purchase price, it might be the case that the seller will actually prefer you to work with him on renegotiating the terms...

• **Your Priorities & Information.** You may need to sit down with your agent and gather the answers to a number of questions before you proceed: How badly do you want the place? Do you have repair bids; how much will repairing the issues cost? Are you willing & able to do the work?

This information – and your agent's input and conversations with the listing agent – should help you formulate a plan of action on what specific price discount you should request from the seller.

• **The Seller's Position.** Ultimately, whether or not your price reduction request will kill your deal depends on what the sellers will agree to.

And it's not always as simple as their greed/hope for the cash; they might have a mortgage to pay off and limited resources, such as the price reduction you request would render the deal a short sale.

Further, if the listing is a foreclosure or short sale, the seller's bank will also have to green-light a change in the purchase price.

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

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Ronald Michels Knight of the Year

At the last meeting of the 2012 Columbian Year, June 25, 2012, Grand Knight Donald Callahan of the St. Anthony Council Knights of Columbus in Wood-Ridge, announced that SK Ronald Michels was the 2012 Knight of the Year. Grand Knight Callahan stated that whenever he needs help he could rely on Ron to volunteer and help out to the best of his ability.

SK Ron is a Life Member of the Knights. He took his first degree in April 1951 and is a Fourth Degree Knight. He has been an active member of the Knights for the past 61 years and attends meetings regularly. Ron stated that because he is a retired senior citizen, he is available to take on those chores that other Knights can't do because they are working.

Knight's Chaplain and Pastor Rev. Richard Mucowski was on hand to offer his congratulations.

During the meeting the following officers were elected to serve during the 2012-2013 Columbian Year: Grand Knight Gary Lepore, Deputy Grand Knight Anthony Jensen, Chancellor Thomas Gonnella, Treasurer Thomas Reinhart, Advocate Anthony Giuseffi, Warden Ronald Michels, Inside Guard Joseph Mastbeth, Outside Guard Steven Sarracino, Trustees Edward Pfeifer, PGK Angelo Urato and PGK Donald Callahan. Rev. Richard Mucowski was appointed Chaplain and PGK Peter Gallo was appointed Financial Secretary. ###

Food Drive

First Presbyterian Church of Moonachie, 221 Moonachie Road, will be collecting canned foods and nonperishable items for the Center for Food Action on Friday, October 12 and Saturday, October 13, 2012, from 10 a.m. to 2 p.m. at the Church.

Most needed items include: canned meat, canned tuna, canned chicken, canned beef stew, Parmalat, 100% fruit juice, macaroni and cheese, canned pasta, peanut butter and jelly, canned fruit, pancake mix and syrup, canned soup, rice, baked beans, cleaning supplies, paper goods and large-size disposable diapers.

If you would like to donate but do not have transportation, please call the parish office at 201-438-8966 to arrange pickup. ###



Reflections

The Fields Are Lazy Days of Summer

By Deacon Frank Materia
Assumption Church, Wood-Ridge

The Fourth of July has come and gone. We all, I am sure, remembered our country's birthday with some sort of barbeque, swimming, or other celebration. Many at night went to see fireworks in surrounding towns or on TV with the Macy's fireworks. We still feel the pride in our country!

The lazy hazy days of summer are upon us. We have been experiencing some unusually hot and humid weather early in the season.

With this in mind, and me being an EMT, we need to make sure that we all stay hydrated. This is especially true for the young and the elderly as they get de-hydrated much quicker. If you know someone who is elderly and living alone, take the time to check up on them. I am sure they will appreciate your kindness and concern.

In my parish, we have been seeing an upsurge in Baptisms, so much so that we had six babies in June, and in July we had another six. It is very rewarding to see families come together to have their babies brought into the faith community. One

thing I would like to bring up to the families with infants and young children. Bring them to Church, and if you in the congregation hear them crying or fussing, just give them a smile for Jesus said 'Let the children come to me; do not prevent them, for the kingdom of God belongs to such as these.' Remember that children need to see their parents at Church to set the example. They will follow in your footsteps and faith.

This year we also will face a major election. There are issues out there that effect people in different ways.....whether it be medical or social.

There are also issues that affect Church vs. State. We all need to be aware of these things, so please read up on the issues so that when it comes time to vote, you can do so as an informed individual.

Enjoy the summer, and most importantly don't forget about God! Whatever faith you worship, remember if you are away, that you attend religious services. Your spiritual batteries need to be re-charged as well as your physical ones! ###

From The Porch ...

SWIM (Single Women in Mission) of Holy Trinity Lutheran Church in Hasbrouck Heights would like to thank everyone for their donations of diapers. As promised, the diapers were delivered to Zoe's Place, Family Promise of Bergen County and Shelter Our Sisters at the end of June.

The next project "From the Porch" will be for the benefit St. Lucy's Women's Shelter in Jersey City which is operated by Catholic Charities.

The shelter is in need of women's toiletry items. Most women come to the shelter with very few of their possessions let alone these very basic everyday items.

During August and September, we are asking your help to provide soap, body wash, toothpaste, shampoo and other hair products, lotions, deodorants, etc. for these women. Full-sized items are needed.

Please add your gifts to the box on the porch at Holy Trinity, 92 Burton Avenue. Anything you are able to contribute is always greatly appreciated. If you would like further in-

formation or have questions, please leave a message for the SWIM group at 201-288-6889.

To learn more about Holy Trinity, its mission and activities, to hear their weekly meditations, view their calendar and more, please visit www.holytrinityhasbrouckheights.com ###

Prayerful Reflection

Silent Retreat

Christus Rex Catholic men's silent retreat is scheduled for the week-end of October 19-21, 2012, at the Jesuit Loyola Retreat House in Morristown, NJ. Free will offering.

Retreat house details at: www.loyola.org. Call 201-288-8656 for more information.

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Filling You In

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

Nutrition: What does your mouth say about your overall health?

Living in a fast-paced society where fast food seems to dominate the food chain can mean a great deal for oral health - and poor food choices can even have a negative effect on teeth. In fact, in order for the body's tissues to resist infection and for teeth to remain healthy, minerals and nutrients are essential in a person's diet.

The presence of too much or too little of any nutrient can have harmful effects, particularly on the mouth and teeth, and may contribute to oral diseases and infection, according to an article in the March 2007 issue of AGO Impact, the newsmagazine of the Academy of General Dentistry (AGO).

Poor nutrition affects the entire immune system, increasing susceptibility to many common disorders. People with lowered immune systems have been shown to be at higher risk for periodontal disease.

Additionally, research shows a link between oral health and systemic conditions, such as diabetes and cardiovascular disease.

"Deficiencies in vitamins can cause poor tissue connectivity which can allow for tissue breakdown and subsequent invasion by bacteria," says AGO President-Elect Paula Jones, DDS, FAGD and AGO spokesperson. "With the additional factor of poor oral health care, the situation can be exacerbated and exhibit as a more severe case of periodontal disease since nutritional deficiencies can compromise the immune system."

Patients can improve their oral health and reduce the risk of periodontal disease by eating a balanced diet of a variety of foods from the five food groups--grain, fruit, vegetables, milk and meat.

In addition, Dr. Jones explains, "A diet rich in dark, leafy green vegetables and fresh fruits helps the body to have adequate C and B vitamins," Dr. Jones explains. "Limited amounts of sunshine help the body to produce Vi-

tamin D, which is necessary for the absorption of calcium, which helps to build strong bones and teeth."

Eating a variety of foods as part of a well-balanced diet may not only improve dental health, but increasing fiber and vitamin intake may reduce the risk of other diseases.

What foods may be bad for your mouth?

- Carbohydrates: Chips, bread, pasta, or crackers can be as harmful to the teeth as candy.

- Sticky, chewy foods: Raisins, granola bars, jelly beans, caramel, honey and syrup stick to teeth and make it difficult to wash the sugar away.

- Sugary snacks: Cookies, cakes or other desserts contain a high amount of sugar, which can cause tooth decay.

- Gum and candy: When chewing gum and eating candy, the sugar coats teeth, which can lead to cavities.

- Carbonated soft drinks: Regular and diet sodas contain phosphorous and carbonation, which wears away the enamel on teeth.

- Fruit or vegetable juices: These beverages tend to be high in sugar, which can damage tooth enamel and lead to decay.

Ref: Dentalnotes, Academy of General Dentistry

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

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Workplace Tips

Sitting all day at a desk can lead to backaches. Here's a few tips to avoid problems:

- Don't sit with legs stretched out in front of you; too much pressure is placed on the lower spine. Don't cross your legs, as this places a strain on the lower back.

- Change positions every so often, and take a moment to

relieve neck strain by rotating your head in a circular direction 10 seconds one way, 10 seconds the other way.

- To give your feet a soothing massage, fill a screw top pop bottle with hot water and place it on the floor under your desk. Take off your shoes and roll the bottle back and forth under your feet.

- Even a few deep breaths

and some concentrated relaxation will reduce muscle tension.

- Don't carry a heavy briefcase (or heavy purse) around, especially if you carry it in the same hand all the time.

This alone can sway your spine up to 15%. Do get some exercise at lunchtime or take several short walks during the day. ###

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Wood-Ridge memberships available!



Take The Plunge

For less than the cost of a short vacation, your family can enjoy this summer season at the Hasbrouck Heights Swim Club

We offer a large "T" shaped pool at depths from 3' to 9' with diving boards, water slide and lap lanes -- plus a separate kiddie pool. The crystal clear pool is surrounded by a lush manicured lawn with lots of comfortable seating and shaded areas.

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.

Want to join the summer fun?

For an application form simply ---

Call: 201-288-4494 • Email: jdcasella@optonline.net

Write: Hasbrouck Heights Swim Club, PO Box 192, Hasbrouck Heights, NJ 07604

* There are currently a limited number of memberships available.
Must be a Hasbrouck Heights or Wood-Ridge resident.

Nurse's Station

Hot Tips

Here are some practical suggestions regarding summer heat:

What You Can Do to Protect Yourself

The best defense is prevention. You can follow these prevention tips to protect yourself from heat-related stress:

Drink cool, non-alcoholic, non-caffeinated, low sugar beverages. *(If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink when the weather is hot).* Also, avoid extremely

cold liquids because they can cause cramps.

Rest.

Wear lightweight clothing.

Take a cool shower or bath, or move to an air-conditioned place. *(If you don't have air conditioning, consider visiting an air-conditioned shopping mall or public library to cool off).*

Electric fans may provide comfort, but when the temperature is in the high 90's, fans will not prevent heat-related illness.

If possible, remain indoors in the heat of the day.

Use your stove and oven less to maintain a cooler temperature in your home.

Avoid hot foods and heavy meals as they add heat to your body.

Do not engage in strenuous activities.

Check regularly on: infants and young children, people 65 or older, people with mental illness and those who are physically ill, especially with heart disease or high blood pressure.

If you must be out

in the heat:
Limit your outdoor activity to morning and evening hours.
Cut down on exercise. If you must exercise, drink two to four glasses of cool fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. **Warning:** If you are on a low-salt diet, talk with your doctor before drinking a sports beverage.

Try to rest often in shady areas.

Protect yourself from the sun by wearing a wide-brimmed hat *(also keeps you cooler)* and sunglasses and by putting on sunscreen of 30+ *(the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).*

Senior Care

Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke.

People 65 years and older are more prone to heat stress than younger people for several reasons:

Older adults do not adjust as well as young people to sudden changes in temperature.

They are more likely to have a chronic medical condition that upsets normal body responses to heat.

They are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.

Heat-related Illness Heat Stroke

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down.

Body temperatures rise to 106 ° F or higher within 10 to 15

minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Signs and Symptoms of Heat Stroke

Warning signs vary but may include the following: An extremely high body temperature *(above 103°F)*; red, hot, and dry skin *(no sweating)*; rapid, strong pulse, throbbing headache, dizziness, nausea, confusion, etc.

Heat Exhaustion

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

Warning signs and symptoms of heat exhaustion: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, fainting, skin may be cool and moist; pulse rate: fast and weak; breathing: fast and shallow.

Heat Cramps

Heat cramps usually affect people who sweat a lot during strenuous activity. This sweating depletes the body's salt and moisture. The low salt level in the muscles causes painful cramps. Heat cramps may also be a symptom of heat exhaustion.

Heat cramps are muscle pains or spasms—usually in the abdomen, arms, or legs—that may occur in association with strenuous activity. If you have heart problems or are on a low-sodium diet, get medical attention for heat cramps.

Sunburn

Sunburn should be avoided because it damages the skin. Although the discomfort is usually minor and healing often occurs in about a week, a more

severe sunburn may require medical attention.

Symptoms of sunburn are well known: the skin becomes red, painful, and abnormally warm after sun exposure.

Heat Rash

Heat rash is a skin irritation caused by excessive sweating during hot, humid weather. It can occur at any age but is most common in young children.

Heat rash looks like a red cluster of pimples or small blisters. It is more likely to occur on the neck and upper chest, in the groin, under the breasts, and in elbow creases.

Heat Stress First Aid

If you see any signs of severe heat stress, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the affected person. Do the following:

Get the person to a shady area.

Cool the person rapidly, using whatever methods you can. For example, immerse the person in a tub of cool water; place the person in a cool shower; spray the person with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the person in a cool, wet sheet and fan him or her vigorously.

Monitor body temperature and continue cooling efforts until the body temperature drops to 101°–102°F.

Do not give the person alcohol to drink.

Sometimes a victim's muscles will begin to twitch uncontrollably as a result of heat stroke. If this happens, keep the victim from injuring himself, but do not place any object in the mouth and do not give fluids. If there is vomiting, make sure the airway remains open by turning the victim on his or her side.

If emergency medical personnel are delayed, call the hospital emergency room for further instructions.

Sunburn First Aid

Avoid repeated sun exposure. Apply cold compresses or immerse the sunburned area in cool water. Apply moisturizing lotion to affected areas. Do not use salve, butter or ointment. Do not break blisters.

Heat Rash First Aid

Keep the affected area dry. Dusting powder may be used to increase comfort but avoid using ointments or creams as they keep the skin warm and moist and may make the condition worse. ###

Food Bank

The Hasbrouck Heights Food Pantry is open Mondays from 9:00 a.m. to 11:00 a.m. for residents. Donations are always welcome. Call Borough Clerk's office for more information at 201-288-0195. ###

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Starting September 25, gas pumps will be closed temporarily during renovations. Gas service will resume mid-November.

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W-R Police Chief’s Golf Outing Sept. 28

The 12th Annual Wood-Ridge Police Chief’s Golf Outing is Friday, September 28, 2012, at the Apple Greens Golf Club in Highland, NY.

Cost is \$150 per golfer (*dinner only is \$75*), and includes breakfast, hot dog cart, beverage cart, golf w/cart, hole-in-one contest, gifts, prizes, etc. Shotgun start at 11 a.m./scramble format. Starting at 6:30 p.m., there is an open bar, cocktail hour, buffet dinner and

comedy show at the Fiesta.

The event is sponsored by the Wood-Ridge PBA Local 313 and is a fundraiser for the police body armor vest fund and various W-R recreation programs. The W-R PBA will be hiring two 50-passenger tour buses leaving the Fiesta at 8 a.m. -- available on a strictly first-come-first-served basis. Please RSVP by September 20, 2012. For more information, call 201-939-2497. ###

Teterboro Airport Scholarship Golf Classic Sept. 10

Teterboro Airport is holding its 28th Annual Teterboro Airport Scholarship Golf Classic on Monday, September 10, 2012, at the Wild Turkey Golf Club, Crystal Springs Resort (*Hamburg, NJ*). This Classic is open to the public.

Cost is \$940 per foursome and includes lunch, golf and dinner. Dinner only is \$95 per person.

Schedule is: check-in 11:00 a.m. to 12:30 p.m.; lunch buffet 11:30 a.m. to 12:45 p.m.; shotgun start 1:00 p.m. (*scramble format*) -- cocktail/dinner (*casual attire*) 5:45 p.m.

Contests include closest to pin, longest drive, straightest drive, hole-in-one, etc. Outing includes two beverage carts, driving range, golf carts and goodie bags. Tournament may be limited to 144 players. Reservations must include payment. For more information contact Tom at 201-288-1875. Sponsorships welcome.

Proceeds to benefit Teterboro Airport Scholarships to local area high school students who intend to pursue higher education in one or more of the following fields: aviation/aerospace, engineering (all disciplines), environmental studies, mathematics, physics, chemistry and science. Through 2011, 171 scholarships totaling \$164,750 have been awarded. ###

Wood-Ridge Mayor's 5K

Wood-Ridge Mayor Paul Sarlo and the Borough are sponsoring a USATF-NJ Certified 5K run on Sunday, October 7, 2012, at 10 a.m. with a start/finish at the Wood-Ridge High School. This event also includes a Kids Fun Run: under 5 years/50 yards, 6-9 years/100 yards and 10 years and older/1/4 mile dashes.

Awards for the top three male/female overall, first Wood-Ridge male/female finishers, 15 age-division gift certificates, finisher medals for Fun Run participants, and team participation awards.

There will be Super-Tech "T" shirt, and entertainment. Walkers & families welcome.

Cost for the 5K is \$20 (\$18 USATF), race-day registration is \$25, and Fun Run is \$5.

Proceeds to benefit Cystic Fibrosis Foundation and Tomorrow's Children.

To register on-line go to: www.raceforum.com/wood-ridge. For more information call 551-486-6805 or visit www.njwoodridge.org/5krace ###

August 2012 Heights Senior Calendar

Open to All Hasbrouck Heights Seniors

SENIOR ACTIVITIES

Monday, August 6, 13, 20, 27

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

11:00 a.m. Mahjong

10:00 a.m. to 3:00 p.m. Senior Lounge open

Tuesday, August 7, 14, 21, 28

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

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

6:00 p.m. Game Night

Wednesday, August 1, 8, 15, 22, 29

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

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

10:00 a.m. to 2:00 p.m. Senior Lounge open

Thursday, August 2, 9, 16, 23, 30

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

11:00 a.m. Mahjong

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

10:00 a.m. to 2:00 p.m. Senior Lounge open

Friday, August 10, 24

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

10:00 a.m. to 2:00 p.m. Senior Lounge open

Friday, August 3, 24

10:00 a.m. Fun Bingo

10:00 a.m. to 3:00 p.m. Senior Lounge open

Check Center Bulletin Board for any changes

CLUB MEETING SCHEDULE

The next Leisure Club Meeting is

Wednesday, September 12, 12:30 p.m.

UPCOMING EVENTS

OPEN TO ALL SENIORS

Trip to Culinary Institute of America

Tuesday, October 30: Trip includes transportation, luncheon prepared by students and tour of the

Institute. Price is \$70. Bus leaves at 7 a.m.

Call Kathy at 201-288-6651.

Carlstadt Senior Friendship Club

The Carlstadt Senior Friendship Club meets on the first and third Wednesdays of the month at 1:30 p.m. at the Civic Center. All Carlstadt seniors are encouraged to attend. Scheduled trips are Lake Hopatcong; August 7, River Cruise, Toms River; September 11, Mt. Airy Casino. Call Eileen at 201-933-6949.

Vic's Hoofers Auxiliary

The Vic's Hoofers Auxiliary is a woman's social club that meets the first Thursday of the month at the Carlstadt Civic Center. Meetings are held at 7 p.m. and an evening of fun and games are enjoyed. Refreshments are served and new members from Carlstadt, Wood-Ridge, East Rutherford, Wallington and surrounding towns are invited. Call Dolores 201-939-5163. ###

Lodi Seniors Club Seeks New Members

The Lodi Senior Citizens Club announced the Club will be open every Thursday to anyone 55 or older who lives in Bergen County, including all neighboring towns. Recreational choices are senior yoga from 11 a.m. to noon, followed by Bingo at 1. Line dancing starts at 1 p.m. Games, ping pong, billiards, cards, or bocce in season or, you can just sit and chit chat. For members, the charge for a Thursday visit is 50 cents. The membership fee is \$10 per year. The cost for the day is \$2 pp. Refreshments are served. You do not have to be a member. For more information call the Club on Thursdays at 973-472-6994. ###

Road Courtesy is Contagious

Moonachie Mystery 5K Run

The South Bergen Rotary Club is gearing up for its 1st Annual Moonachie Mystery Run to be held Saturday, October 27, 2012. Starting line will be right outside the ball fields on Redneck Road.

Check in begins at 7 a.m., race starts 8 a.m. and "Fun Run" starts at 9 a.m.

Course is USATF Certified and Sanctioned with Compuscore bar-code scoring.

Registration fee is \$20 per runner until one week prior and \$25 day of race, \$5 per fun runner until 1 week prior and \$7 day of race.

Prizes for top male and female overall, and top three finishers in each age group. Also, prizes for best costumed male and female runner plus there will be three prize winners for "Best Decorated House on the Course." There will be food, DJ and great give-a-ways.

Proceeds will benefit Parent Project Muscular Dystrophy (www.parentprojectmd.org) and other local charities.

Details and registration at www.compuscore.com and www.southbergenrotary.org ###

5K Walk Oct. 6 at Depken Field

The Children's Dyslexia Center of NJ, located at 301 Division Avenue will sponsor its 7th Annual Hasbrouck Heights 5K Walk to help support Dyslexic children on Saturday, October 6, 2012, at Depken Field. The course is 5K (*3.1 miles*).

The Walkathon will be held rain or shine. Registration starts at 9 a.m. and the Walk begins at 10 a.m. Registration is \$15 for adults and \$5 for children under 12 years of age. Participants who register

prior to the event will receive a commemorative "T" shirt at registration. Refreshments will be available.

Proceeds go directly to the cost of training tutors and tutoring children. Make checks payable to: Children's Dyslexia Center of NJ, indicating Hasbrouck Heights on the memo line. Send to Hasbrouck Heights Learning Center, 301 Division Ave., Hasbrouck Heights, NJ 07604 or call 201-288-1183. ###

Felician College Classic Sept. 24

The 27th Felician College Classic will be held Monday, September 24, 2012 at the Arcola Country Club, Paramus, NJ, featuring former NJ Giants Punter, Jeff Feagles.

Cost is \$550 per player, \$2,200 for a foursome and includes golf fees, golf cart and caddie, special promotional merchandise.

Schedule is 11 a.m. registration and lunch on the Patio, 1 p.m. shotgun tee-off, and at 6:30, cocktail reception, dinner, awards and raffle drawings.

This golf classic sells out, so reserve early.

Many sponsorships available with extensive acknowledgement.

Event benefits the Felician College Scholarship Fund. For details contact Leigh Anne at 201-355-1304 or email at sorokal@felician.edu ###

Zumba Classes

Care on the Corner announces Fitness on the Corner, a program which will feature ZUMBA Fitness® Classes on Thursdays from 7 p.m. – 8 p.m. and on Saturdays from 8 a.m. – 9 a.m. Saturday classes will focus on beginners and seniors.

The Zumba classes meet in the Parish Hall of St. John the Divine, the corner of Terrace and Jefferson Avenues, Hasbrouck Heights. Call the Care Center at 201-288-9460 to register and for more information. Classes are \$10 each.

The instructor Darlene Fulton Marshall has been a Certified Fitness Trainer/Group Exercise Instructor for 15 years, a professional dancer (*ballet, jazz, tap and African Dance*) for 25 years and continues to dance and choreograph. ###

August Birthstone
Peridot

Leisure Club Picnics in New York

Forty-seven Leisure Club members and their friends spent July 11, 2012, at Platzl Brauhaus in Pomona, New York.

They, along with eight other bus loads of friendly people, enjoyed the clean country air, the relaxing atmosphere and the fun of an old fashioned picnic. They were told that the facilities can accommodate over 3,000 guests. One of the groups there was from Carlstadt.

The ride from Hasbrouck Heights to Pomona took about one hour. Upon arriving, the group was escorted to one of the many outdoor pavilions where they were treated to coffee, donuts and other pastry.

At another pavilion within walking distance there was a disc jockey entertaining all and encouraging all to dance and they did. The grounds have a large swimming pool, and areas to enjoy a game of bocci, horseshoe, miniature golf, shuffleboard or playing cards.

At 12:15 p.m. a barbeque lunch was served. It included



hot dogs, hamburgers, sausage sandwiches, French fries, corn on the cob, potato salad, macaroni salad and watermelon. Soda and draft beer were available throughout the day.

After lunch Bingo and Casino games were added to the many activities available. Some guest walked around the grounds, some visited the gift shop and other just sat with friends to chat.

At 4 p.m. everyone re-

tired to the main dining room where they were served a salad, and a choice of roast beef, baked chicken or fish of the day dinner. This was served with baked potatoes and string beans. Coffee, soda, beer and ice cream were also part of the menu.

The festivities ended at about 6 p.m. when all boarded their buses to return home. The ride home took about fifty-five minutes. *Story and photo by Marie and Peter Gallo Jr. ###*



Hasbrouck Heights Mayor and Council Sponsor Annual Picnic for Seniors

In the midst of a hot spell, where temperatures were in the nineties, it was a pleasure to have this year's 13th Annual Senior Picnic held in the Senior Center. The seniors appreciate the event hosted annually by the Mayor and Council.

Without a doubt, the Picnic held on July 19, 2012, was a success. The usual food was served, hot dogs, hamburgers, all types of salads, soda, water, coffee cup cakes and ice cream.

Marge from Henry's Deli and her staff prepared the food, which was plentiful and delicious. The students, working for the Recreation Department, served the food.

Peter Lieberman provided the entertainment. He always plays great music. No picnic would be complete without

him. Local resident, Edith Avella, sang two songs accompanied by Mr. Lieberman. She enjoys the musical ability to sell a song which she mastered when she sang with the big bands.

Borough Clerk Rose Marie Sees did an excellent job preparing for the day. She is well organized and was involved with everything that was taking place. Mayor Rose Heck and Councilman Russell Lipari were there to greet the seniors.

A special guest at this year's picnic was long time resident Betty Kress who was visiting her home town. She enjoyed seeing old friends and is proud to announce that she's almost 103 years old. *Story by Peter Gallo Jr. ###*

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- **A Mad Hatter's Tea Party** w/fantasy menu (*Every 1/2 hour/reservation required*)
- Welcome to **Geppetto's Workshop** (*Arts & crafts for boys & girls*)
- 7:30 p.m. **Didgeridoo Down Under** (*A high energy Australia-themed Show*)
- 8 p.m. Movie screening "**Mirror, Mirror**" (*Starring Julia Roberts & Lily Collins*)*
- 9 & 9:30 p.m. **Welcome to the World of Nocturnal Animals** (*2 shows*)
- 10:30 **Storytelling** around a Camp Fire
- 11 p.m. Second movie Screening "**Mirror, Mirror**"*

Donation: \$3 for children under 12 • \$6 for over 12 years old

Registration must be In-person.

The Library is located at 320 Boulevard, Hasbrouck Heights.

Call 201-288-0488 for details or go to <http://hasbrouckheights.bccls.org/>

* Seating is limited. Reserve movie tickets in advance. Mad Hatter's Tea Party requires reservations. This program is made possible through the generous support & funding provided by The Hasbrouck Heights Friends of The Library -- A 501(c) Not-For-Profit organization.

This Event is Open to Area Residents

Another Senior Center in Bergen County

Seniors who are looking for another Senior Center which offers a variety of programs should consider 55 Kip Center located in Rutherford.

The center is a non-profit organization and has served and supported older adults in the Rutherford area since 1985.

It is open to all older adults from any community. The \$15 yearly membership fee for non-residents of Rutherford entitles the member to free parking on the 3rd level of the parking garage, participation in the Center's activities and programs, and the Kip Kourrier, a monthly newsletter containing a monthly schedule of classes and events and information as well as a listing of services.

Some of the free programs

offered are Alzheimer Care-giver Support, Aphasia Support, blood pressure screening, book discussion, bridge club, canasta and rummikub, current events, movies, quilting, knitting/crocheting club and computer lab. Some programs offered at a nominal fee are Yoga, art classes, ballroom and line dancing; T'ai Chi Chih, aerobic and body strengthening classes.

The center is located at 55 Kip Avenue, Rutherford and open four days a week, Tuesday, Wednesday, Thursday and Saturday and features a full course, home-cooked meal served at noon for \$3. Lunch reservations need 24 hours notice. For more information, call 201-460-1600. *Story by Peter Gallo Jr. ###*



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Jr. Police Academy Starts Off with a Bang

While many of their peers were sleeping in or going away on vacation, nearly 50 Hasbrouck Heights teens were learning what it was like to go through police training.

June 25, 2012 marked the start of the 13th Annual Hasbrouck Heights Junior Police Academy, with one of the largest recruit classes the program has seen yet.

The week-long program, run at the direction of Chief Michael Colaneri and in partnership with the school system, provides realistic hands-on activities that emulate the training police officers undergo at the real police academy.



The participants, who had all just graduated Eighth Grade a couple of days before the start of the junior academy, arrived at police headquarters early on the first day unsure of what to expect.

The first dose of the unexpected came during their orientation speech. As Det. Sgt. Joseph Rinke was explaining the academy procedures, he was interrupted by a bright flash of light and a loud bang.

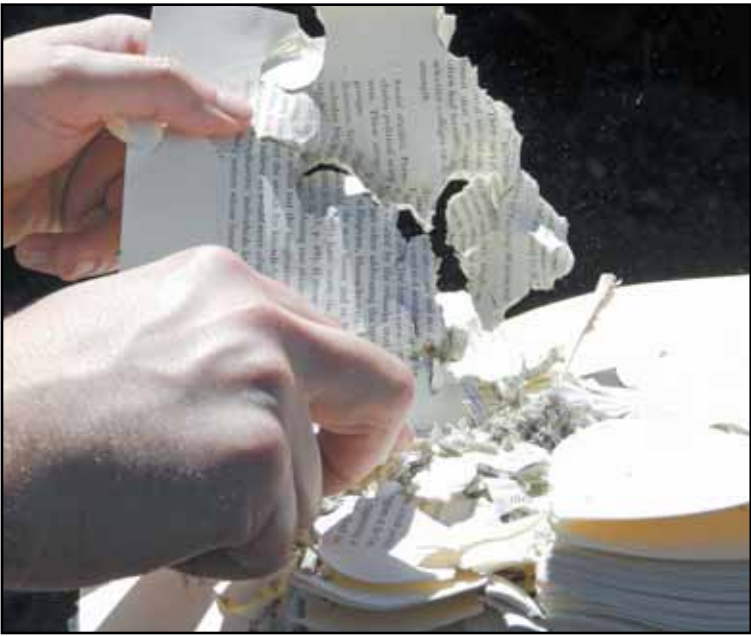
This was quickly followed by cries of, "Police!" "Get down!" and, "Don't move!"

Thus began the class's first demonstration of the year, presented by the Lyndhurst Police Department's Special Response Team.

After learning about SWAT tactics and weapons, the class stayed active with self-defense drills taught by the instructors of The Dojo. The remainder of the day was spent working on team building exercises.

The rest of the week brought instruction in other aspects of law enforcement such as firearms safety and ballistics, motor vehicle stops, arrest and restraint tactics, and crime scene investigation.

The latter activity was designed and presented by graduates of earlier junior academy recruit classes who are now members of the Junior Police Auxiliary.



Several trips were also a part of the academy experience. Recruits were able to sit in on municipal court while it was in session, visit the Sheriff's Department crime lab, and tour the Bergen County Jail.

They also witnessed a live fire demonstration at the Hasbrouck Heights firing range. There they were able to apply what they had learned in their ballistics presentation to real life.

The power of various firearms was vividly demonstrated on items like water bottles, a coconut, a watermelon, and a pork roast.

Perhaps the most sobering lesson was learned when instructors fired weapons of varying calibers into a "bullet-proof" vest. The lesson learned? "Bullet-proof" vests aren't bullet proof, as shown by the entry and exit holes left in the vest by some of the rounds.

The academy culminated in a graduation ceremony held at the high school. *Story by Michael Stillman. Photos provided by Samantha Sproviero.* ###

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RP/LF Combined Jr. Police Academy

During the week of June 25-29, 2012, the Little Ferry and Ridgefield Park Police Departments held their 9th annual Junior Police Academy.

Thirty-two young adults participated in the week's exciting activities.

Highlights included a demonstration from LFPD K-9 Laszlo.

Students spent two days at the Meadowlands Commission learning about the crime scene investigation science of fingerprinting, chemical analysis, fiber recognition, etc., followed by a set up of three crime scenes, where they ap-

plied their training.

HUMC EMS and paramedics provided first aid training, encouraging them to volunteer for the First Aid Squad.

They went to Newark Airport where the Port Authority Police and Customs officials demonstrated searching international cargo and travelers.

While they were there, the Port Authority firefighters demonstrated their crash truck.

Additionally they went to a rock climbing facility, where they learned about team building. *Photos provided by the LFPD and RPPD. ###*

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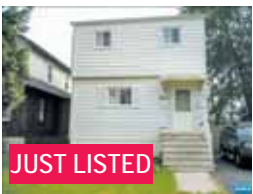


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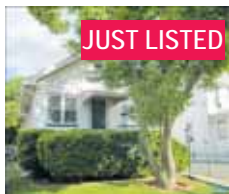
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