

The Gazette

Newspaper for Carlstadt • E. Rutherford • Hasbrouck Heights • Little Ferry • Lodi • Moonachie • Rutherford • 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. 10, No. 8

August 2013

★★★★★



Thousands stood in quiet reverence, paying their respects as the majestic unfurled Colors presented by the Hasbrouck Heights Police Department and VFW Post 4591 combined Honor Guards marched onto Depken Field during the Independence Day Fireworks Program (*see story pages 16-17*).

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W-R Veterans Park Refurbished

After several years of renovations, Wood-Ridge Veterans Park on Valley Boulevard was completed in time for the destination of the 2013 Memorial Day parade, where festivities included a live band and refreshments.

Work included a new basketball court, walkways, gazebo, pavilion, new jungle gym, playground equipment and landscaping. The park displays various commemorative monuments to honor Veterans, 9-11, etc. Wood-Ridge was awarded matching grant monies from the County of Bergen Open Space Program, which funded this project. ###



Boulevard Enjoyment for All

Due to the generous donations of the merchants, clubs and residents, the Hasbrouck Heights Garden Club was once again able to place 60 planters on the Boulevard.

About a dozen members planted hundreds of flowers down at the DPW yard at the end of May. The DPW moved the flower pots to their Boulevard location. They have agreed to water the plants during the season.

The Hasbrouck Heights Middle School Beta Club is helping oversee and prune the planters throughout the summer. After the summer, the DPW will collect the flower pots and store them for the winter.

Club member Ann Lustberg noted, "As I looked down The Boulevard and saw the colorful addition of flowers to the streetscape, I was in awe. The Club is happy to add the planters each year and build on the town's efforts to create a booming retail center and an active street life."

The Garden Club is accepting donations for the 2014 program. A donation of \$50 will replenish an existing planter with lovely flowers and greens. Your donation of any amount is welcome. Send donations to: Hasbrouck Heights Chamber of Commerce BIB, PO Box 1, Hasbrouck Heights, NJ, 07604. Call Ray at 201-288-5464 or Ann at 201-288-3956 for more information. ###



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Riverkeeper Launches Dock

The public access dock to the Hackensack River at Ridgefield Park's Waterfront Park officially reopened for boaters, canoe and kayak riders, and rides with the Hackensack Riverkeeper powerboat on July 9, 2013.

Hackensack Riverkeeper Captain Bill Sheehan, Ridgefield Park Mayor George Fosdick, Village Commissioners, and members of the Ridgefield Park Environmental Commission were all on hand to dedicate the dock. The previous dock was damaged by Hurricane Irene in August 2011 and later destroyed by Superstorm Sandy in October 2012.

Captain Bill Sheehan was very pleased with the new dock, stating that it eliminates the problem of the riverbanks becoming muddy expanses at low tide because the new floating dock sits atop the mud and rises with the tides. He also noted that the new dock would make it easier to take people out along the river with his powerboat, along with canoeing and kayaking.

With Waterfront Park now an access point to the Hackensack River, thanks to the new dock, Captain Sheehan and project manager Jodi Jamieson hope to create a 23 mile-long trail across the river, beginning in Oradell and ending in Bayonne.

Jamieson described the project as a "perfect storm in a good way" because everything came together so quickly and efficiently. The new dock allows the Hackensack Riverkeeper to take people out on the river, which was too difficult with the old dock.

"We started trips because I knew people didn't know what their town looked like from the water," Jamieson said about the river trips. She also hopes that people will eventually be able to fish and swim in the river when pollution decreases.

The new dock, made by EZ Dock of Seaside Heights, NJ, was assembled and put together.

It features a special canoe and kayak launch that allows riders to push off into the water without getting wet or worrying about a wobbly and unsafe launch. The dock is also equipped with mooring cleats for boats to tie up alongside the dock.

Staff members from EZ Dock presented Ridgefield Park Mayor George Fosdick with a design for a park bench that they will soon be installing next to the river.

Paying for the new dock was possible thanks to a NJ Trails grant for the Hackensack River Paddle Trail and the town paying for the rest.

Hackensack Riverkeeper worked with the town to clear the old dock away first and then EZ Dock installed the dock and kept it as inexpensive as they could.

The project cost around \$35,000 in total. "This town is the best to work with, they really are," Captain Sheehan said about working with Ridgefield Park. He also added that Ridgefield Park is first to respond whenever there is a concern about water quality and the river.

Mayor Fosdick commended the town on a job well done, stating that it took them just four months to complete a project that would take others a decade.

He was eager to complete the project because the river gives residents an appreciation of natural surroundings and encouraged everyone in the area to use this great resource.

Thanks to the new dock and the Wanda Canoe Club of Ridgefield Park, Bergen County residents can stay in the area for water recreation rather than going to the Poconos or the Shore.

The dock, used to access the Hackensack River at Waterfront Park, is located behind the Ridgefield Park Department of Public Works (DPW) yard at 24 Industrial Avenue. *Story by John Cross. ###*



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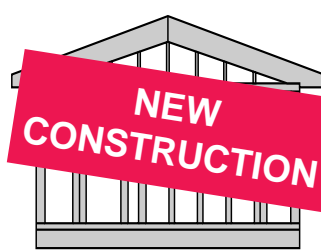
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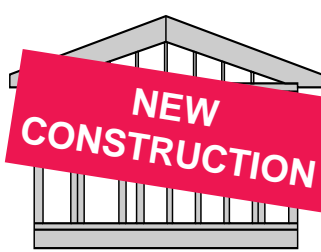
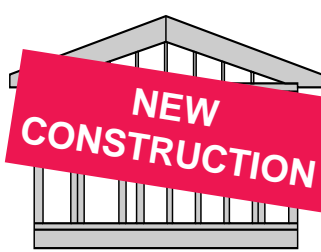
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Garden Safely
This Season

Especially in towns such as Lyndhurst, Little Ferry, and Carlstadt where river flooding occurred from Superstorm Sandy, gardeners are advised to keep safety in mind when planting this summer because of toxins including chemicals and heavy metals that may have seeped into the soil from the rivers. While there have been no official reports of toxins found, alternatives including raised beds and containers with purchased soil for planting are suggested as a precaution.

Local experts stated that there is no evidence to suggest that the soil in these areas is contaminated.

However, they recommend using raised beds or containers and store bought soil as an alternative to ground planting if there is concern about the quality of the soil.

If you are planting in the ground or have a fruit tree and intend to consume things grown, they also advise that the soil be tested for toxins first. Testing soil can be done by using a testing kit purchased online or in a store that sells garden supplies, or by having a sample tested by an environmental lab or center.

Gardeners should not be afraid to continue their passion for planting. Just remember to keep safety in mind, and use raised beds and containers with store bought soil or test the soil if you are concerned about the possible effects of river flooding. *Story by John Cross. ###*

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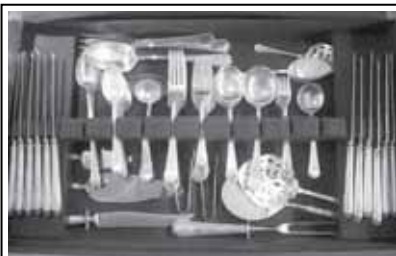
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WRHS 1983 Class Reunion

The Wood-Ridge High School Class of 1983 will hold their 30th Reunion on October 19, 2013, at Redds Restaurant in Carlstadt from 7 to 11 p.m. Cost is \$60 per person and includes buffet, open bar and DJ entertainment.

Graduates from 1982 and 1984 are welcomed.

Please pass this information on to any classmates that you may keep in contact with.

For more information call Gayle at 201-803-5972 or email: gaylecoz@aol.com ###

LHS 1963 Class Reunion

The Lodi High School Class of 1963 will hold their 50th Reunion on Sunday, October 6, 2013 at Bottagra Restaurant in Hawthorne, NJ from 3 to 7 p.m. Cost is \$60 per person.

For additional information please call Elaine Diorio Murgolo at 973-246-9633. Please pass this information on to other classmates. ###

Ferris HS Reunion

Class of 1963, Ferris High School, Jersey City, 50th Reunion is scheduled for September 24, 2013, at La Reggia, at the Meadowlands Plaza, Secaucus, NJ. The evening event begins at 7 p.m. Cost is \$80 per person. Please feel free to bring friends of the class with you. For further info, contact Gary Romano: gromano60@aol.com or call 201-384-3172. ###

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Rutherford Hosts 38th Annual Labor Day Antique and Craft Fair September 2nd

For 38 years, Rutherford has been hosting a very special street fair, featuring antique and collectible dealers and craft vendors from all over the east coast.

This year visitors can expect to find over 250 vendors lining the streets, parks and plazas throughout the downtown area.

Local restaurants will be out in force, along with some of the area's non-profit groups that are planning food-related fund raising – all doing their part to make sure that festival goers can keep up their energy throughout the day. Other area non-profits will have booths to provide information, engage in fundraising, and recruit volunteers.

The Street Fair runs from 10 a.m. to 5 p.m. Musical entertainment will be held at the Hutzel Memorial Band Shell in Rutherford's Lincoln Park starting at 11 a.m. (*including String Theory; The Rum Runners; and The Kootz Band*).

Other music will be held at the corner of Park Avenue and Ridge Road, on the lawn of the Presbyterian Church (including performances by Lise Avery (*host of WFDU radio's show Anything Goes*) and Grupo Yuri Jazz (*featuring the music of Yuri Turchyn*).

The Art Association of Rutherford members will be selling their paintings on the lawn of the Borough Hall.

Political candidates for local and state elections will be there to meet the public and answer questions. There will also be a Blood Mobile at the event, to serve anyone who wishes to donate blood that day.

Everyone is invited to join in this fun day, which last year attracted over 35,000 people.

A few spaces are still available for antique, craft and non-profit vendors. Call 201-321-2756 for information and applications. ###

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Special Primary Election Aug. 13

The League of Women Voters of Northern Valley reminds residents that New Jersey's special primary election for the office of U.S. Senate left vacant by the death of Senator Frank Lautenberg will take place on Tuesday, August 13, 2013.

The deadline to apply by mail for a vote by mail ballot is Tuesday, August 6. The Bergen County Clerk's office must receive the application by that date. The deadline to apply in-person for a vote by mail ballot is Monday, August 12 by 3 p.m. at the Bergen County Clerk's office. Vote by mail applications are available at www.lwvnj.org.

The deadline to file a change of party affiliation for the special primary has already passed. However, registered unaffiliated voters and those who have not declared a party affiliation on either their registration form or during a previous primary may declare at any time up to and including primary election day at the polls and vote in that party's primary.

For answers to questions about the special primary election call the League of Women Voters of New Jersey at 1-800-792-VOTE (8683). ###

Shredding Event

On October 5, 2013, the DPW of Lodi is hosting its second shredding event at the Richmond Street facility from 9 a.m. to 1 p.m. ###

Beefsteak Sept. 7

On September 7, 2013 a beef steak dinner is being held at the Boys and Girls Club of Lodi from 6 p.m. to 10 p.m. Proceeds go to Alicia Rodrigues who is battling breast cancer. Donations are \$45 each. Call 973-473-7410 x113 for ticket info.

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Moonachie Car Wash Family Day August 25

On Saturday, August 17, 2013, from 2 p.m. to 6 p.m., Moonachie will have a free Family Day Celebration at the Moonachie Civic Center Park. Come celebrate Moonachie Stronger Everyday!

Bring your bathing suit, a towel, chairs and blanket.

There will be water inflatables, refreshments and entertainment.

Rain date is Sunday, August 18. This event is sponsored by the Moonachie Mayor and Council. ###

Legion Picnic September 14

On Saturday, September 14, 2013, American Legion Post 310, Little Ferry will hold their 31st Annual Picnic from 1 to 5 p.m.

Ticket donation is \$25 pp. Children under 12 free.

Menu includes hamburgers, hotdogs, sausage & peppers, corn on the cob, clam chowder, clams on the half shell, salads with beer and soda included. Music by DJ Jack Jam. Bring your lawn chair and have some fun. ###

Lieberman September 22

On Sunday, September 22, 2013, VFW Post 4591 in Hasbrouck Heights, will host an afternoon with Peter Lieberman from noon to 4 p.m. Cost is \$15 advance ticket and \$20 at the door. Refreshments included. Call Gladys at 201-288-9074. ###

On Sunday, August 25, 2013, from 8 a.m. to 4 p.m., the Moonachie EMS and Rescue Squad will hold a car wash fundraiser at their headquarters at 121 Moonachie Road. Exterior wash is \$7 and full service is \$13. ###

Remembering NJ Soldiers Still Serving

From now through the end of August, SWIM (Single Women in Mission), in partnership with Adopt a Soldier Platoon/Operation New Jersey, will continue to collect entertainment items for New Jersey's soldiers still serving in Afghanistan and Iraq.

Although more soldiers have returned home, many remain overseas and are still facing danger and loneliness. They are collecting for New Jersey soldiers serving in all branches of the armed services.

The following entertainment items are needed: DVDs in excellent or new condition – action or comedy; Sudoku or crossword puzzle books; recent magazines – automotive or sports only; and AT&T International phone cards.

Items can be left in the bin on the porch at Holy Trinity Lutheran Church, 92 Burton Avenue, Hasbrouck Heights.

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Cooking with the Juniors: Part One Pizza Making

On Wednesday, August 7, 2013, from noon - 2 p.m., The Junior Friends of The Hasbrouck Heights Library will be sponsoring, "Cooking with the Juniors: Part One Pizza Making" at Roma Pizzeria in Hasbrouck Heights.

The program consists of patrons learning the art of making their own personal pizza. The materials fee for a one topping personal pizza is \$10 and includes soda.

If a parent wants to attend, the cost is \$5 and includes two slices of pizza and soda.

The program is open to the public to pre-teens and teens ages 7 and up. Any child under the age of 13 must be accompanied by an adult.

Participants must fill out a permission slip, which is available at the The Hasbrouck Heights Library Circulation desk. Call 201-288-0488 for details. This program is open to 20 patrons. *Story by Justin Watrel. ###*

Carlstadt Family Picnic

American Legion Post 69 is sponsoring a family picnic on September 7, 2013, from noon to 6 p.m. at the Washington Avenue Firehouse, 460 Washington Avenue, Carlstadt.

A \$25 donation includes music, food, clams, beer and soda, with plenty of door prizes and 50/50.

Tickets are available at Post 69, 412 Third Street, Carlstadt. For information call 201- 460-9665. Event proceeds to benefit Veterans. ###

Pork Lunch September 10

The Ladies' Aid Society of the First Presbyterian Church of Carlstadt will sponsor their monthly luncheon on Tuesday, September 10, 2013, in the Community Hall, Third Street, Carlstadt.

Pork dinners will be served from 11:30 a.m. to 1 p.m. For take-out orders call 201-438-5526. Cost is \$8 for adults and \$5 for children/students. ###

Grandparent's Day Brunch

On Sunday, September 8, 2013, from noon - 2 p.m., The Junior Friends of The Hasbrouck Heights Library will be hosting the First Annual Grandparent's Day Brunch at the Crow's Nest Restaurant.

The cost for a three course meal for an adult is \$25 with a choice of two appetizers, five entrees and dessert and children under 12 is \$11 with a choice of three entrees and dessert. All meals include coffee, tea or soda and the gratuity is included.

You can also order a corsage for your guest for an extra \$5. This can be presented the day of the event. A free message will be announced to your guest by a Friends member.

Don't miss this opportunity to spend the afternoon with a favorite grandparent, aunt, uncle or parent and share great memories as a family while enjoying good food and fine conversation. For more information, please call The Hasbrouck Heights Library at 201-288-0488. Tickets are limited and will not be sold at the door. ###

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The bus leaves from the front of Most Sacred Heart of Jesus Church in Wallington on Friday, August 2, 2013, at 9 a.m. sharp, returning at approximately 6 p.m. The price is \$32 and includes bus transportation, a \$20 free slots play, and a \$5 food voucher.

Payment is due at the time of the reservation. Checks should be made payable to "MSH Rosary Confraternity," placed with the reservation form in an envelope marked "Sands 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 Sands Players Club Card or any motor coach incentive. For information, call Ginny at 201-715-2087. ###

East Rutherford Summer Concerts

Concerts start at 7:30 p.m. at Sesselman Park (*corner of River Street and Carlton Avenue*). Don't forget to bring a comfy chair!

- July 29 - Flashback to the 50s and 60s when Rock n' Roll was defined with "Larry Chance & The Earls"

- August 5 - Head out to the country and hear "Radio Nashville" perform all the top modern country hits

- August 12 - An East Rutherford favorite "The Duplicates" returns to sing the golden oldies ###

Rutherford Summer Music Concert Series

New Memory Productions presents Rutherford's traditional Thursday Night Summer Concert Series in Lincoln Park each Thursday until August 22.

The following bands are scheduled to perform:

- August 1- The British Invasion, all the favorite Beatles songs (7:30 p.m.)

- August 8- Frank Piombo and the Red Williams Band (7:30 p.m.)

- August 15- Paul Gargiulo Band, Americana Rock (7:30 p.m.)

- August 22- Gypsy, the songs of Fleetwood Mac (7:30 p.m.)

In addition to the concert series, classic movies will also be played on Tuesday, August 6 as part of the National Night Out activities in Lincoln Park.

All concerts and movies are free to the public. In case of rain, Thursday evening concerts will be held the following Monday evening. Food and beverages will be available for sale. Bring a blanket or lawn chair. For more information, call 201-340-1583. JC ###

Lodi Concerts

"Concerts in the Park" are held Wednesdays, starting at 7:30 p.m. to 8:30 p.m. at the Lodi Memorial Park Amphitheater. The 2013 schedule includes:

- July 31 - "GT Express"
- August 7 - "Broadway Review"

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

Lodi Feast

The 99th Annual Feast of St. Joseph will be held Labor Day Weekend from August 30 to September 2, 2013.

For more information go to: www.saintjosephsociety.org ###

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Arts and Craft Vendors Wanted

Does your non-profit organization have an "arts and crafts" group that makes and donates crafts to sell to benefit the organization?

The Bergen County Division of Senior Services will sponsor/host the Annual Senior Picnic in Van Saun County Park, Paramus on Tuesday, September 17, 2013 (*rain date: Tuesday, September 24*) 10 a.m. to 3 p.m.

Limited craft sale table space is available. All merchandise must be hand-made crafts. Flea market items, second hand goods and/or garage sale type items are not permitted.




Vendors must be affiliated with a registered non-profit agency or facility, senior citizen club or organization. Profits made from this sale must benefit the non-profit organization.

The Division will supply each vendor with one table, and two chairs (*each vendor is allowed the use of only the one table that is provided- no additional table or display equipment is permitted in this sale*).

Reservations will be accepted through August 16. For further information, please call 201-336-7427. ###



For information about advertising in The Gazette Newspaper call 201-288-8656



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They Came from Beneath the Earth

On Thursday, August 1, 2013, at 2 p.m., children ages 6 and up are invited to The Rutherford Public Library for a live animal show presented by Snakes-N-Scales. Children will learn how animals hide from predators. No registration required. This program is being funded by The Friends of The Library of Rutherford. ###

Music with Ms. Fran

On Thursdays, August 1, 8, 15, and 22, 2013, at 1 p.m., Ms. Fran presents a music program for children ages 6 and younger at The Rutherford Public Library. Ms. Fran will play her guitar and the children will accompany her with shakers, bells, and rhythm sticks! No registration required. ###

Children’s Friday Afternoon Matinees

The Rutherford Public Library invites children ages 5 and up, to free movie screenings at 2 p.m.

- Friday, August 2, 2013, “Ratatouille”
- Friday, August 9 “Cars 2”

No advance registration required. An adult caregiver must remain with any child under the age of seven for the duration of the film. ###

Pirate Bob Puppet Show

Ahoy, mates! On Wednesday, August 14, 2013, at 2 p.m., children ages 4 and up are invited to the Pirate Bob and the Buried Treasure Puppet Show at The Rutherford Public Library. No registration required. This program is being funded by The Friends of The Library of Rutherford. ###

Hocus Pocus Magic Show

On Friday, August 16, 2013, at 2 p.m., children ages 5 and up are invited to the Hocus Pocus Magic Show, starring Joe Fischer, at The Rutherford Public Library. No registration required. This program is being funded by The Friends of The Library of Rutherford. ###

Drop-In Storytime

The Rutherford Public Library will host a morning and afternoon drop-in storytime program on Wednesdays, August 7, 14, and 21, 2013, from 10:30 – 11 a.m. Children from infants to 6-year-olds and their caregivers are warmly invited to stop by for stories and fun. Make some new friends and get ready for reading! No advance registration required. ###

Lodi Reading Programs

- Starlight Storytime - Every Monday in August from 6:30 to 7 p.m., children ages two to six are invited with their parents to enjoy an evening of stories outdoors. Listen and watch the fireflies come out and play.
- Book Buddies - Lodi Library teen volunteers will read books to children 4 to 8 years old every Wednesday in August from 3:30 to 4 p.m.
- Morning Story Time - every Friday in August from 10:30 to 11:30 a.m., children ages two to six are invited with their parents to enjoy an hour of stories, games and fun. ###

Lodi Library Game Days

Children ages 5 & up and their parents, are invited to play fun sport games at The Lodi Library like mini golf, bowling, or nerf darts on Thursdays from 2:30 – 3:30 p.m. on August 1, 8, 15, 22 and 29, 2013.

Mondays for children ages K & up, The Lodi Library will have all types of board games from 4:30 – 5:30 p.m. on August 12, 26, 2013. ###

Lodi Library Craft Days

- During August 2013 from 1 to 2 p.m., Lodi Library offers these craft programs:
- August 6 - Make Egyptian cartouche
 - August 7 - Write messages with invisible ink
 - August 13 - Make a magnetic paper doll or action figure
 - August 20 - Learn to draw a Manga character
 - August 27 - Make a Fairy House craft
 - August 28 - Make a lanyard keychain ###

Youth Talent Show at Lodi Library

On August 15, 2013, from 6:30 – 7:30 p.m., Lodi Memorial Library will host its first annual talent show at the Summer Reading Party.

Participants, ages 5-18 years will be singing, dancing, entertaining and generally showing off their amazing talents.

Auditions are held every Thursday between 1-2 p.m. Acts should not exceed 2-3 minutes. Contact Library for details. ###

HH Library Summer Children’s Programs

- There are always activities available for your child to do throughout the summer at The Free Public Library of Hasbrouck Heights.
- Join the Summer Reading Program -- Dig Into Reading! This program is designed to promote reading and literacy for children of all ages. Children are expected to read, or be read to, for 2 ½ hours per week. Each week, they can stop by The Library to show their time log and receive stickers and prizes. When they complete five weeks of reading, they receive a special prize and certificate of completion.
 - Chess Club (For ages 7-12) Every Wednesday in August: 10:30-11:30 a.m. for beginners and 12:30-1:30 p.m. for experienced players. Volunteers will be on hand to instruct children new to the game, or to play against more experienced chess players.
 - Monday Afternoon Movies from 3-4:30 p.m. Children in Kindergarten through Sixth Grade are invited to relax and spend the afternoon at The Library. All movies are rated PG or G:

- August 5 – “Monster in Paris”
- August 12 – “Weiner Dog Nationals”
- August 19 – “Escape from Planet Earth”
- August 26 – “Epic”
- Tail Waggin Tutors Monday Nights in August from 6:30-7:30 p.m. Children will get an opportunity to read to a therapy dog accompanied by local volunteers.

Registration is required for all other events, and first preference is given to residents and students of Hasbrouck Heights.

Registration for chess club and movies can be done online at <http://hasbrouckheights.bccls.org>, by phone at 201-288-0485, or in person at 320 Boulevard.

Children of all abilities are invited to these programs.

Special thanks to The Friends of The Hasbrouck Heights Public Library for their generous financial support and to our local merchants who donate generously to encourage our children to read for the fun of it. ###

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AARP Driver Safety Course at Lodi Library

On August 26 and 27, 2013, from 1-4 p.m., AARP of Lodi presents a Driver Safety program at Lodi Library on One Memorial Drive.

Drivers who complete this refresher course can earn a discount on their auto insurance or reduce points on their record. Plus, drivers will learn how to prevent accidents and violations.

All drivers over age 21 are welcome but space is limited. The cost is \$12 for AARP members and \$14 for non-members with checks payable to AARP. Attendance is required at both sessions. To register or for more information, stop in The Library, call 973-365-4044 or email lodilibrarynj@gmail.com ###

ESL Classes

English language learners are invited to register for Basic ESL Instruction at The Rutherford Public Library.

Beginning September 9, 2013, evening classes will be held on Mondays from 6 – 7:30 p.m. Beginning September 10, morning classes will be held on Tuesdays from 10 – 11:30 a.m.

Both courses will run for 12 weeks. Class size is limited and registration is required. To register or for information, call 201-939-8600, ext. 7. ###

Summer Loans

Headed off for an extended vacation? Rutherford residents may request a “vacation loan” for all 4-week books borrowed from The Rutherford Public Library.

Upon request, the due date will be extended until September 15, 2013. Stop by the Circulation Desk for more information. ###



The Victorian Tea House Café

Need a unique setting for a special treat? Relax in a true 1880 Victorian setting with freshly brewed tea, scones, clotted cream, finger sandwiches and more. Seating from 2 to 18. Custom menu available. Call for reservations at 201-488-6651.

August Movies at Lodi Library

Lodi Library presents free, new-to-DVD release movies on Wednesdays starting at 1:30 p.m.

- August 7 - “Admission
- August 14 - “Mud”
- August 21 - “The Sapphire”
- August 28 - “The Company You Keep”

For more information, visit lodi.bccls.org or call 973-365-4044. ###

Knit, Read and Discuss

The Knit One, Read Two knitting/book discussion group at The Rutherford Public Library will meet on Wednesday, August 7, 2013, at 6:30 p.m., to discuss “The Paris Wife” by Paula McLain.

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 ###

Their Eyes Were Watching God

On Monday, August 19, 2013, at 6:30 p.m., the Monday Evening Book Group will meet to discuss “Their Eyes Were Watching God” by Zora Neale Hurston. Copies of the books are available at the Circulation Desk. The meeting will be held in the Glass Room on the main floor of The Rutherford Library. ###

Julie and Julia

On Tuesday, August 27, 2013, at 6:30 p.m., The Friends of The Library of Rutherford will present a free screening of “Julie and Julia,” starring Meryl Streep and Amy Adams. The film will be shown in The Library Auditorium. ###

English Conversation

Through September 4, 2013, English language learners are invited to attend the English Conversation Group on Tuesdays and Wednesdays from 10-11:30 a.m. at The Rutherford Public Library.

Beginning September 11, the English Conversation Group will meet on Wednesdays and Thursdays from 10-11:30 a.m.

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, call 201-939-8600, ext. 7. ###

W-R Library Pet Photo Contest

The Wood-Ridge Memorial Library will be holding their first Annual Pet Photo Contest. Do you think your pet has what it takes?

Simply submit a photo of your pet to enter the contest to win one of three prizes for best photo! The photos will be displayed in the Pet Photo Contest album on their Facebook page, and website, as well as being displayed in The Library.

Entries will be judged by a panel of pet lovers in The Library.

Entry fee is \$5 per photo. No more than 3 entries per pet please. Monies raised will be used to benefit The Library.

Entry deadline is July 30, 2013. Winners will be notified on August 9, 2013. The top three photos will receive Petco gift cards.

Send or bring a photo (*no larger than 8 x 10*) to The Library circulation desk. Please include name and phone number on the back of the photo if you would like the photo returned. ###

Summer Reading Wrap Party at Lodi Library

On Thursday August 15, 2013, from 6:30-7:30 p.m., Lodi Library hosts its Summer Reading Wrap Party.

Summer readers of all ages who completed one or more reading logs will walk the red carpet to enjoy a pizza party, a kids’ talent show, photos and awards. Readers can earn their party invitation by joining Lodi Library’s summer reading program. For more information, visit lodi.bccls.org or call 973-365-4044. ###

August Computer Classes at Lodi Library

Lodi Library offers free small group computer classes for Lodi residents on Tuesday evening from 6 p.m.-7:30 p.m. The August classes are:

- August 6 - Computer Basics
- August 13 - Internet Basics
- August 20 - Word Basics
- August 27 - Excel Basics

Registration and payment of a \$5 refundable deposit per class is required. For more information, call 973-365-4044. ###

VOTE
Special Primary Election is August 13

HH Family Fun Night

The whole family is cordially invited to attend this year’s Annual Library Bash starting at 6:30 p.m. and lasting until 1 a.m. at The Hasbrouck Heights Public Library on Friday, August 2.

This year’s theme is “Take a Journey to the Center of the World.” A great line-up of activities has been planned:

- Special guest appearances of costumed characters
- Movie screening of “Oz the Great & Powerful”
- Karaoke singing
- Eugene Show -- family concert performance by award winning children’s recording artist Yosi
- Discover the World of Cave Animals

Throughout the evening there are various activities the entire family can do together – go on a dino dig exploration, make your own fossil, learn from the Boy Scouts how to survive the wilderness of Middle Earth, and go on a scavenger hunt. All are welcome to attend.

To defray the cost of this event, there is a suggested donation of \$5 for a child under 12 years old and \$8 donation for anyone 12 years of age and older. Refreshments will be served.

This program is made possible through the generous support and funding provided by The Hasbrouck Heights Friends of The Library. Here is an inexpensive way to entertain the whole family this summer.

Registration must be done in-person. The Hasbrouck Heights Free Public Library is located at 320 Boulevard. Call 201-288-0488 for details or visit us online at <http://hasbrouckheights.bccls.org/> ###

Shop for a Cause

The Friends of The Hasbrouck Heights Library will be part of the Macy’s fundraiser called “Shop for a Cause” on August 24, 2013, at the Garden State Plaza on Route 17 South.

There will be many discounts throughout the store all day.

The tickets will be on sale until the day of the sale at the Public Library located at 320 Boulevard, located on the second floor.

The Friends will receive 100% profit for every ticket sold. All the money raised will go towards helping The Library with programs for juniors and adults. ###

Libraries Are Fun!

Clay Workshop

The Wood-Ridge Memorial Library will be holding a “clay night.”

Participants will be introduced to the hand-building methods of clay, which will be followed up by a personal experience of creating their own pottery masterpiece. Masterpieces have ranged from forming clever storage containers to festive platters to use at a special occasion.

Cost of this class will be \$5 payable at the time of registration.

The program will be held on August 5, 2013, at 7 p.m. and last approximately 1-1/2 hours.

Registration is required as space is limited. Please call 201-438-2455, email to hartigan@bccls.org or stop in The Library. ###

Classic Film Fridays at W-R

The Wood-Ridge Memorial Library will be hosting “Classic Film Fridays” for the month of August 2013. Movies will start promptly at 2 p.m. No registration necessary.

They will be showing the following:

- August 2 - “Double Indemnity” with Fred MacMurray, Barbara Stanwyck and Edward G. Robinson
- August 9 - “Laura” with Dana Andrews and Clifton Webb
- August 16 - “High Noon” with Gary Cooper
- August 23 - “Mr. Mom” with Michael Keaton, Teri Garr, Martin Mull, Ann Jillian and Christopher Lloyd.
- August 30 - “Casablanca” with Humphrey Bogart and Ingrid Bergman. ###

W-R Library Offers Homebound Delivery

The Homebound Delivery Program is a service to provide library materials to residents of Wood-Ridge who are unable to come to The Library due to temporary or permanent disability, and have no one else living in the home to come to The Library for them.

The Library makes available books, magazines, audio books, music cds and dvds. Staff will visit homebound residents on a monthly schedule to deliver, pick up, and return library materials. Selections are based on customer preferences indicated and requests.

Services will be provided on the last Thursday of the month from 2 p.m. to 4 p.m.

For more information, contact Christine Hartigan at 201-438-2455 or email to hartigan@bccls.org ###

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.

When not in use, turn off the juice.

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. ###

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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Area Companies Needed to Collect School Supplies for Needy Kids

The Northern New Jersey Business Volunteer Council (BVC) is sponsoring a collection to provide school supplies for hundreds of children who are from low-income families, in foster care, or who are homeless.

Community-minded companies are invited to participate in the "Tools for Schools" initiative, which runs until August 31, 2013.

Employee volunteers will collect school supplies and deliver them to non-profit organizations including Center for Food Action, Children's Aid and Family Services, and Youth Consultation Services.

The BVC will coordinate the drive with companies to collect the school supplies, based on lists that have been developed in coordination with the social service agencies.

Any company wishing to participate can contact Ellen at the Volunteer Center of Bergen County, at 201-489-9454 Ext. 133. to receive an organizational packet with complete instructions on how to organize and conduct the campaign.

For more information visit www.nnjbvc.org ###

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Have a Safe Summer!



Bergen County Academies Students Win Awards at SkillsUSA Nationals

Bergen Academies students earned 25 gold medals at the NJ State Conference in late April in varied academic and vocational competitions.

On June 25, 2013, 17 students travelled to Kansas City for the SkillsUSA National Conference and Competition.

On Friday, June 28, at Closing Ceremonies 15 students earned medals, an amazing feat that is unprecedented in N.J.

One team placed second in the nation for their Community Service project about Pediatric Cancer Awareness. Another team took silver for their project in American Spirit, a patriotic-themed community service project. Our Entrepreneurship and Career Pathways Showcase-Hospitality teams both won silver medals for their creative business efforts.

All of these contests were multi-faceted, with a component making a positive impact on our community.

In addition, BCA's Culinary Arts student took third place in the nation in a grueling 6 hour contest.

N.J. State SkillsUSA Director, Mr. Peter Carey, said "it was an amazing accomplishment and the Jersey Strong campaign came to mind as BCA's team showcased their efforts for the rest of the country to see."

"The SkillsUSA Championships is considered the largest single day of corporate volunteerism in America and valued at \$36 million industry support of donated time, equipment, cash, and material. All contests are run by industry using its standards for employment. An overwhelming number of 1,100 industry judges participated this year."

All winners receive medallions and frequently receive tools of their trade and/or scholarships to further their careers and education.

The SkillsUSA Championships is for high school and college-level students who are members of SkillsUSA.

More than 6,000 students from every state and three territories competed in 98 contests in technical, skilled, and service occupations, including health occupations this year."

Local award winners were:

• Community Service

Tamar Beylerian – Ho-Ho-Kus, NJ

Jessica Bowman – Hasbrouck Heights, NJ

Alexa Perrucci – Wood-Ridge, NJ

• Video Production

Albina Gjyrevci – Ridgefield Park, NJ

Patricia Hernandez – Ridgefield Park, NJ

Story and photo provided by John Branda. ###

**August Birthstone
Peridot**

Meet Frank Scarafile

Moonachie Interim Chief School Administrator

As your new Interim Chief School Administrator I would like to introduce myself to the Boro of Moonachie.

My name is Frank Scarafile and I have signed on for at least the next year but look forward to making the Robert L. Craig School a great place to learn!

For the past ten years I was the Superintendent of Schools in neighboring Little Ferry.

Like my former town, I have noticed how resilient the citizens of Moonachie became as a result of Superstorm Sandy.

My familiarity with the area will be an asset to me because I know it will take some time to finish the healing process.

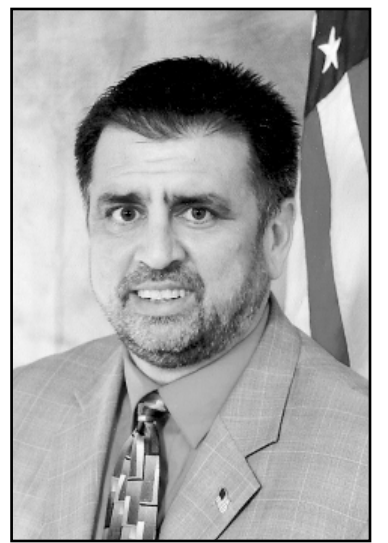
Let me tell you a little about myself. I have been in the education field for over 22 years.

I am a graduate of Emerson High School in Union City, Rutgers University in Newark, and Jersey City State College, where I received my Masters in Educational Leadership.

Prior to the storm, I was working on my doctoral dissertation and completed my classes in Walden University in The Teacher Leadership track. I hope to continue my studies shortly.

I taught in the Union City Schools for over 12 years and was Principal of Emerson High School from 2000-2003.

I began my service in Little Ferry in 2003 and I am very excited to be part of the Moonachie community. I plan to be actively involved in the community and look forward to



getting involved!

I have an open door policy and will be easily accessible to the public. I plan to have a few "Superintendent's Coffee Hours" when school re-opens to meet the parents and gain input from the community.

You will understand very quickly that I will be promoting "Respect, Responsibility, & Accountability." I expect our students to learn good work and study habits as well as manners.

I believe we prepare for success in life; and I want the students to have every advantage as they move forward through their educational journey. A solid foundation on the elementary level ensures success at the next levels.

I look forward to meeting you and hope that I can earn your trust as a caring and knowledgeable school administrator.

As I previously mentioned, my door is open to you and I will be most accessible to you. My e-mail address is fscarafile@moonachieschool.org ###

Farmers' Market Continues

The Farmers' Market will be at the corner of The Boulevard and Central (municipal parking lot). from noon to 6 p.m. until late September,

According to Chamber President Ray Vorisek, Hasbrouck Heights businesses and

community organizations are invited to set up a free table for one Tuesday afternoon during the 2013 Market. Limited positions are available. Call Ray at 201-288-5464 for more information. ###

SAVE THE DATE

**Bible Baptist Church
85th Anniversary**

Service on Sunday, September 29th

Felician College

Breslin Theatre - 262 S. Main Street, Lodi, NJ 07644

For more information visit www.biblebaptist.net

*Church
Anniversary
Service*

1928 - 2013

Little Ferry Police National Night Out August 6

On August 6, 2013, The Little Ferry Police Department will sponsor their 10th 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.

The Police Department will have goggles to safely demonstrate the DWI experience. K-9 Laszlo will give demonstrations.

Little Ferry EMS Squad will provide life saving information etc., cooling stations, bottled water. The Fire Department will provide fire safety information and coloring books.

The Rescue Squad will do a "Jaws of Life" extrication demonstration. 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. ###

Annual Summer Olympic Games

On August 6, 2013, the Boys & Girls Clubs in Bergen County will be hosting their Annual Summer Olympic Games.

The occasion begins with a ceremonial Torch Running from Summit Avenue (*Carvel Mall*) in Hackensack to Harrison Avenue in Garfield, and concluding with a ceremony and Barbecue at the Boys & Girls Club of Lodi.

There will be a kickoff breakfast for all dignitaries and volunteers at the Boys & Girls Club of Garfield at 8:30 a.m., and will depart at 9:45 a.m. to the Carvel Mall.

The Torch Run will begin at 10 a.m., and at 11 a.m. a brief ceremony will be held when the Torch arrives to the Lodi Club.

A joint effort is underway between the Garfield Police Department, Lodi Police Department, the Hackensack Police Department, Bergen County Police and the Bergen County Sheriff's Department to control traffic. For more information contact Joe Licata at 973-473-7410 ext. 113 or email Joe.Licata@bgcoflodi.org ###

East Rutherford Police National Night Out August 5

On Monday August 5, 2013, the Borough of East Rutherford will be holding it's "East Rutherford Night Out Against Crime", at Sesselman Park, located at Carlton Avenue & River Street.

The event sponsored by the Police Department and East Rutherford Neighborhood Watch will feature exhibits and information from the Police, Fire, Emergency Squad, East Rutherford Veterans, East Rutherford Historical Society, East Rutherford Substance Abuse Prevention, Meadowlands Hospital, Bergen County Health Department, Bergen County Sheriff's Department along with many others.

All exhibits will open at 5:30 p.m. The event will conclude with a concert from Nashville Radio beginning at 7:30 p.m. For those coming from the East end of town there will be a bus running from 5:30 p.m. until the completion of the concert leaving from the Civic Center to Sesselman Park and back. Cost to park at the Civic Center and the bus is free. ###

Sturgeon Moon

The August full moon appears on Tuesday, August 20, 2013, at 9:45 p.m. It is called the "Full Sturgeon 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. ###



Thursday Nights are Hopping

Get a slice of Australia at the Bergen County Zoo! The new Australia and South Pacific exhibit is an adventure not to be missed. Offering one of the summer's best events for all ages, the Bergen County Zoo's newest exhibit is a truly immersive experience. From high jumping wallabies and quirky wallaroos and tree shrews, to elegant birds and animals reminiscent of Sydney's beautiful waters, the Australia and South Pacific exhibit is the perfect summer adventure.

As part of the Summer Nights at the Zoo series, the Bergen County Zoo will be open late every Thursday night until August 29, 2013, and will offer various free programs each week.

These events are free upon payment of Zoo admission and registration is not necessary. Programs are first-come, first-served, so please plan on arriving early.

For additional information please visit the Bergen County website, www.co.bergen.nj ###

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Gladiolus

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John G. DeVries, DVM, DABVP, Director

Junior Friends Enjoy Third Annual Ice Cream Making & Movie Night

The Junior Friends of The Hasbrouck Heights Library held their Third Annual Ice Cream Sundae Making and Movie Night on June 26, 2013.

Eleven children and teens and eight of their guests as well as Friends Executive Board members and Friends members devoured a five pound tub of vanilla ice cream with an array of toppings.

After enjoying their ice cream sundaes, members discussed upcoming events.

Members were asked to help volunteer for the upcoming Library Summer Bash on August 2, participate in a new program called "Cooking with the Juniors: Part One Pizza Making," a series of cooking classes to promote creative cooking to pre-teens and teens.

The First Annual Grandparents Day Lunch was discussed, which will be on Grandparent's Day, September 8, 2013 at the Crow's Nest.

The Juniors will then open their Fall programming with their Third Annual Pizza Bash and Movie Night to open the Halloween holiday season.

They will host Professor

Angus Gillespie from Rutgers University who will discuss the Legend of the New Jersey Devil on October 10. This event will be open to the community.

The Juniors are in the planning stage of their first fundraiser of the holiday season, "Teens, Tots & Toys" toy drive and holiday event. The donations will be made to Gilda's Club and Emmanuel Cancer Center.

After the meeting, in keeping with Juniors tradition of a film forum, showing a classic film and its remake, they watched the original 1975 version of "Escape to Witch Mountain," enjoyed a pizza dinner intermission, followed by the 2009 remake "Race to Witch Mountain."

The Junior Friends of The Library is open to all card-carrying library members and is not restricted to Hasbrouck Heights residents.

Membership is \$5. Stop by The Hasbrouck Heights Library for an application to join one of the most innovative new organizations in Habrouck Heights. *Story by Justin Watrel.* ###

We are celebrating our 50th Anniversary and thank our many customers and friends who have supported us.

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Are you ready for Summer?
FREE SAFETY CHECK
Keep your family safe! Make sure your vehicle is properly maintained with our FREE safety check.



Scar Force

Much to learn there is - young J-Di ...

A long time ago in a galaxy very nearby, kids went back to the beginning, where the epic saga of God versus evil began and took them on a sweeping adventure through the key moments of the Bible.

From the Garden of Eden to the escape from Egypt, from the rise and fall of Israel to the arrival of God's Chosen One, they saw the unfolding epic saga of God's fight for their lives, culminating in His triumphant return in the Book of Revelation.

This is the real saga. This is the true force.

Scar Force trained children to not merely believe in Jesus, but to become J-Di's (*Jesus Disciples*). Serving Jesus in all their thoughts, words and actions.

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, 2013, at **Bible Baptist Church**, 31 Passaic Avenue, Hasbrouck Heights. For more information visit www.biblebaptist.net ###



Having an Affair?

If your organization is having an event that is open to the public, we can help you tell "everybody" about it.

Simply provide the following event details: name, date, times, cost, brief explanation of program features, etc., along with contact information.

Send these details at least 45 days prior to the event to: info@hasbrouck-heights.net or drop them off at: **The Gazette Newspaper**, 343 Boulevard, Hasbrouck Heights, NJ 07604. ###

VOTE
Special Primary
Election is
August 13



SonRise National Park

Out in the wide-open spaces, children ages 4-11, discovered a colorful old town where all the excitement of the Wild West awaited!

In SonWest Roundup VBS held July 9-12, 2013, they celebrated all the fun of being buckaroos, grabbing a sarsaparilla and joining in a jamboree!

There was food, games, music, crafts, and amazing true stories that pointed kids to Jesus!

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.

They rode under the deep blue skies. Feeling the breezes rise through the shady purple

canyons as they headed out through this bright wilderness-traveling down the trail through the Old Testament stories of Moses to discover God's ultimate plan of Salvation in Jesus, because "Jesus Christ is the same yesterday and today and forever."

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!

The event was sponsored by Faith Reformed Church Vacation Bible School, 95 Washington St., Lodi. For more information, call 973-778-4529 or send e-mail to: vbs@lodifaith.net for more information. ###



Edie’s Dance Factory Performs at Disney World

Congratulations to members of **Edie’s Dance Factory** competition team who just returned from their performance on the Waterside Stage in Downtown Disney. The team presented a half hour show of upbeat dance numbers. The group of 23 dancers, ranging in age from 7 to 18 attracted a large audience of passersby with their lively production. The studio received a statuette of “Mickey” as a remembrance of their performance. *Photo provided by Edie’s Dance Factory. ###*



HHHS Project Graduation 2013 was a Huge Success!

Project Graduation is a drug, alcohol and tobacco-free event. The event was planned by the parents, and took place following the High School graduation, June 20, 2013. This year it was held on a party yacht cruising on the Hudson River with 70 graduating seniors and 10 chaperones. Congratulations to the HHHS Class of 2013! *Photo provided by Mary Nicoletti. ###*



The Hasbrouck Heights Swim Club’s state of the art, zero entry kiddie pool was ready for this year’s summer heat waves. The \$150,000 pool was two years in the planning and construction. For more information, go to: www.hhswimclub.com ###



Kids Enjoy Summer Camp Fun

Crazy Hat Day, Halloween, Christmas in July, Lalapalooza, Pet Show, Pin the Eye on Mike, Wetdowns, and more were just some of the fun activities that were enjoyed by kids during the 2013 Lodi Recreation Summer Camp. *Photos provided by Anna Belli. ###*



WhiteWater Rafting

Boy Scout Troop 181 of Wood-Ridge recently held their first Older Scout trip. They held a WhiteWater Rafting trip on the weekend of June 21, 2013.

Many of them were going rafting for the first time. On Friday night they took a two-hour drive to the Lehigh River in Pennsylvania where they set up camp. Early the next morning, they embarked on a seven-mile rafting trek! There were many obstacles along the way: rapids, rocks, even splash fights with other rafts. Needless to say, all the scouts made it through the trip. They had a fantastic time and no injuries. Some of us even went on a zip line after rafting. Zip lining is awesome!

They are already planning for their next trip in the fall. *Submitted by Nick Sancilio. ###*



Showcasing Their Talents

The students of **ChipDee Academy of Music** held their annual Spring Concert, Sunday, June 9, 2013, at the Academy. The concert featured vocalists and instrumentalists, ages 5- 16 from throughout Bergen County.

The repertoire included selections from Bach, Tchaikovsky, Satie, as well as the Beatles, Kings of Leon, Chili Peppers, Taylor Swift, Ed Sheerason, and Foster the People. These young musicians worked very hard all year and it was evident in the wonderful performance they gave. Congratulations to all on an excellent concert. *Photos provided by ChipDee Academy. ###*



Patriotic Walk in Woodland Park



The Annual Children's Patriotic Parade was held at Woodland Park on the hot morning of July 4, 2013.

Following registration, the parade, led by Uncle Sam, 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. ###

Celebrating Our Independence



Despite threatening skies and sporadic light rain showers, thousands filled a darkened Depken stadium. It was still for a moment, before the thunderous, spectacular light show thrilled spectators on Tuesday, July 2, 2013, at the Hasbrouck Heights Lions Club-sponsored 29th Annual Fireworks Program.

That afternoon, the contractor, International Fireworks, set up the firing tube displays between the Hasbrouck Heights Little League fields.

All pyrotechnics were covered in foil. This prevents sparks

from prematurely igniting other shells. Additionally, tarps covered racks because of the rain.

Pre-packaged "cakes" were staged in the minor field dugout until the last moments when they were positioned in the minor league outfield.

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

Detonation of the tubes was by flares, and cakes electrically, according to a prepared shot list.

The dazzling pyrotechnic

display lasted approximately 20 minutes and included 920 shots, with 420 shots used in the finale.

There were 38 cakes with 36 to 500 shots per cake.

Fireworks featured included: floral effects with willow effect brocades, peony spread of color, coconut palm trees, salutes, red and white fans, whistle cakes, fan cakes, etc. All shells were detonated within the safety area.

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.

At the conclusion, the contractor inspected each tube for unspent rounds.

Once given the "all-clear," Hasbrouck Heights and Wallington Fire Departments checked the general safety area. Special attention was given to the firing zone -- checking for unexploded rounds and watering down smoldering debris.

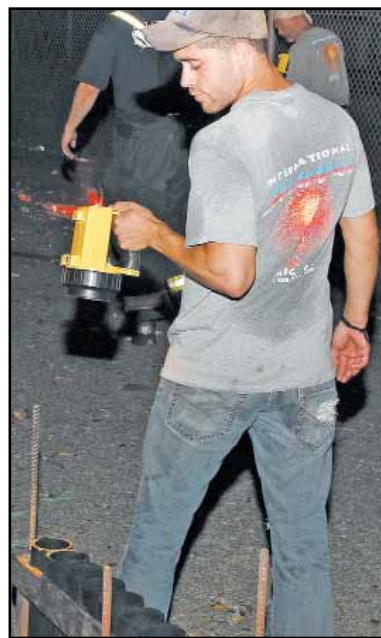
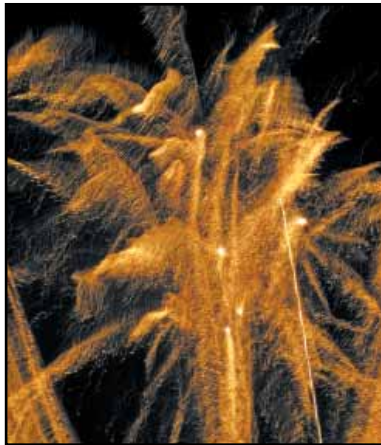
Prior to the pyrotechnic

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

The Hasbrouck Heights Police Department and VFW Post 4591 Honor Guards presented The Colors, followed by Floriana Heun singing the "National Anthem."

The Invocation was given by Pastor Irida Ruiz DePorras (First United Methodist Church). Mayor Rose Heck and Bergen County Executive Kathleen A. Donovan made remarks. Floriana Heun sang "Battle Hymn

nce with Rockets' Red Glare



of the Republic." A 50/50 was held with three winners sharing the prize money. Fun Time Entertainment provided patriotic music, bounce house, dunk tank and a rock climbing wall.

Sponsors that provided extra fireworks included: Bergen Risk Managers, Inc., **Costa Memorial Home**, Crow's Nest, Holiday Inn, HUMC, **IHOP of Hasbrouck Heights**, **Otterstedt Insurance Agency**, Regional Risk Managers, LLC, Shop-Rite of Lodi, and TD Bank. ###





Rebuilding Together 200th Post-Sandy Renovation

On July 16, 2013, Rebuilding Together began work on its 200th renovation of houses and community centers devastated by Superstorm Sandy. The three houses they worked on for their 200th project are located on Bruno Street in Moonachie, New Jersey. Tasks done during the day included replacing flooring and sheetrock, installing insulation, repair and replacement of kitchens and bathrooms, painting, landscaping, and many other renovations.

Contending with the conditions of both the houses and the summer heat, members of Rebuilding Together and volunteers from Crate and Barrel spent the morning and afternoon renovating each of the three houses. Crate and Barrel is the sponsoring partnership for this particular

project, providing volunteers from across New Jersey and even Connecticut along with tools and supplies and a grant for \$50,000.

The house located on 75 Bruno Street is estimated to have received the most damage from the storm. The first floor was completely flooded with six feet of water, and the second floor had to be totally gutted. According to Ed Mathis of Crate and Barrel, everything had to be gutted and renovated because of the condition the house was in. The heating, hot water heater, bathrooms, walls, and flooring all had to be replaced or repaired along with repainting the walls.

The second house, located on 69 Bruno Street, also needed a great deal of work. New windows, a downstairs hall, and the kitchen all needed

to be installed. Joanne Van Sanders, the daughter of home owner Mary Van Sanders, was very pleased with the work being done and very grateful for Rebuilding Together coming to their aid. She is very happy to soon be able to leave the basement of relatives in Hasbrouck Heights and return to her home when the project is complete.

The final house, located on 30 Bruno Street, was lucky enough to receive a less substantial amount of damage. According to Rebuilding Together's John McDarby, the most serious damage occurred to the basement and lower level. There was not much of a problem with mold mitigation because the water came up and down and cut out quick. The flooring, furnace, hot water heater, electrical, and air conditioning were all replaced,

along with a new bathroom and tile floor for the kitchen being put in. New appliances for the kitchen were also put in to replace what had been lost to water damage. The team of workers also fixed the walls on the lower level so that only the bottom of the wall would receive damage in the event of another storm.

Bob Williams of Rebuilding Together hopes to have the homes ready to be moved back into within the next month. He stated that they just need insulation to be put in and inspected, and then the sub floor, sheet rock, kitchen, and floors to be put in before they are ready. According to Bob, the organization's goal was to complete 100 homes, but they have done double that so far because they underestimated the speed of their work. He

also said that renovating homes where residents were displaced is their first criteria for selection, and that they will never walk away without the house being safe.

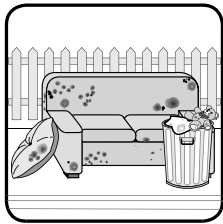
Rebuilding After Sandy: Bergen County is part of Rebuilding Together's efforts across New Jersey and New York to rebuild homes and community centers affected by the storm. Crate and Barrel pledged a minimum of \$1.5 million dollars over the next three years to Rebuilding Together to provide critical repairs, accessibility modifications, and energy-efficient upgrades for low-income homeowners and community centers at little to no cost to recipients. *Story by John Cross. ###*



Above three photos of this home taken February 13, 2013. See *The Gazette Newspaper*, March 2013, page 20.

Get Rid of Mold

After a flood, mold will grow in your house. It can make you sick. You will need to clean your house.



- Take things that were wet for 2 or more days outside.
- Things that stayed wet for 2 days have mold growing on them even if you can't see it. Take out stuff made of cloth, unless you can wash them in **hot** water. Also take out stuff that can't be cleaned easily (like leather, paper, wood, and carpet).
- Use bleach to clean mold off hard things (like floors, stoves, sinks, certain toys, countertops, flatware, plates, and tools).
- Follow these steps:
- Never mix bleach with ammonia or other cleaners.
 - Wear rubber boots, rubber gloves, goggles, and N-95 mask.
 - Open windows and doors to get fresh air when you use bleach.
 - Mix no more than 1 cup of bleach in 1 gallon of water.
 - Wash the item with the bleach and water mixture.
 - If the surface of the item is rough, scrub the surface with a stiff brush.
 - Rinse the item with clean water.
 - Dry the item or leave it out to dry.

Recommendations from the Centers for Disease Control and Prevention

**Protect your health and property.
Contact VOAD for a FREE mold
inspection. Funding is available for
residential mold remediation**

Bergen County Storm Recovery Information Center

Located at Moonachie First Presbyterian Church, VOAD is a clearinghouse that offers a network of 50+ voluntary organizations ready to help you with your Superstorm Sandy recovery needs.

Services are provided on a case-by-case basis to renters, homeowners, and small businesses.

Services include information and referral, case management, mold inspections and mold remediation, tear-outs, debris removal, storm related repairs, financial assistance, donated goods, etc.

Walk-ins welcome.

Tuesday 11 a.m. to 5 p.m.
Wednesday 11 a.m. to 5 p.m.
Thursday 11 a.m. to 7 p.m.
Friday 11 a.m. to 5 p.m.
Saturday 9 a.m. to 2 p.m.
Sunday Closed
Monday Closed
Hours subject to change

This facility serves all of Bergen County. For more information call: 201-470-3143 or visit: www.bergenvoad.org ###

Sandy Related Legal Help Available

Several legal service resources are available to those affected by Superstorm Sandy.

- If you have legal issues arising out of Superstorm Sandy, you are eligible to receive free legal counsel and advice and brief services from volunteer attorneys of Volunteer Lawyers for Justice.

Free legal clinics are held August 8 and 22, 2013, from 6 to 8 p.m. at the Recovery Information Center, Moonachie Presbyterian Church, 221 Moonachie Road.

Documents to bring: correspondence with FEMA, insurance policies and correspondence with insurers, leases and correspondence with landlords and mortgages and recent mortgage statements.

If you cannot attend a clinic in person, call 855-301-2525.

All issues must relate to Superstorm Sandy.

- NNJLS provides free legal assistance to low-income, senior and disable residents affected by Superstorm Sandy.

NNJLS can provide assistance with issues related to:

- Denial of FEMA or National Flood Insurance claims.
- Housing as a result of storm damage
- Public benefits including denial of rental assistance, TANF, food stamps or unemployment benefits
- Claims arising from fraudulent service or storm-related scams
- NNJLS also provides eligible residents with:
 - Evictions, illegal lockouts and landlord/tenant issues
 - SSI/SSDI and other state and local public benefits issues
 - Immigration issues for Legal Permanent Residents
 - Bankruptcy and debt collection
 - Domestic violence
 - Federal income tax issues
 - Civil legal issues faced by senior residents aged 60 or older

For more information contact Northeast New Jersey Legal Services, 190 Moore Street, Hackensack. Call 201-487-2166, email: nnnjls@lsnj.org or go to www.lsnj.org/nnjls ###



HH Little League Picnic

The Hasbrouck Heights Little League held its Annual Picnic on a warm sunny Saturday, June 22, 2013, from noon to 4 p.m., at the Little League Complex.

This was the 18th year where families enjoyed plenty of hamburgers, hot dogs, frozen treats, soda, etc. There were inflatable bounce rides, water slides, & face painting. 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 2013 season.

In 2013, there were over 385 kids that participated in Hasbrouck Heights Little League. The league fielded six major league teams with 72 -- 10 to 12 year old players, 18 AAA, AA, & A Minor teams with 190- 7 to 10 year old players, 6 Tee Ball teams with

60- 5-6 year old players and 6 girls softball teams with 65 - 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.

Special trophy presentations were made:

- Major Division champion - Lions Club (Manager Chris Moore)
- Minor AAA Division champion - Heights Bar & Grill (Manager Steve Manis)
- Commemorative plaques given to four 'long time' managers that have spent their final year in Little League (John Terreri, Chris Behrens, Chris Moore, and Dennis O'Connor)
- Commemorative medals given out to 8 year old Softball girls and 12 year old Major



players who have 'aged out' and played their final year of Little League.

HHLL thanked Lodi Shop Rite, and the gracious donations from **Costa Memorial**, Bergen Funeral Home, Holiday Inn of Hasbrouck Heights, Heights Medical Center, and William Nunno.

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

Almost a Perfect Season -- Still South Bergen Babe Ruth Champions

Wood Ridge / Moonachie Segovia's Restaurant was crowned the South Bergen Babe Ruth League Champions for the 2013 season. They amassed an impressive 17 and 1 record competing against teams from Carlstadt, East Rutherford, Hasbrouck Heights, Rutherford, and Wood-Ridge.

This was a balanced team who had a goal that was set by the 14 and 15 year olds at the end of last season. They were seeded 1st last year with an 11 and 3 record and lost in the first round of the playoffs. The kids set a goal to make it all the way this season and did everything they could to accomplish that goal.

The team was led by six 15 year olds: Joe Batcho who pitched, played shortstop and 1st base, Jeremie Cruz who pitched, played centerfield and caught, Thomas Fishkelta who played right field, Antonio Giancaspro who played left field, Alan Pardo who played right field and designated hitter and Joe Sartori who pitched, caught and played some 1st base.

There are four returning 14 year olds: Anthony Latoracca who pitched, played shortstop and centerfield, Tommy Luizzi who pitched, played 1st and 3rd base, Ryan Morrone who pitched and played 2nd base, and Brandon Mueller who played outfield and designated hitter.

The 13 year old rookies rounded out the balanced attack: Jack Barteck who played 2nd base and the outfield, Alex Berg who pitched, played 3rd base and the outfield, Liam Cabri who pitched, caught and played the outfield, and Andrew Marino who pitched, played 1st base and outfield.

Most of the kids played multiple positions and nine of the fourteen players got the opportunity to pitch during the season. The team was coached by Tony Sartori, Tom Batcho, John Latoracca, Tom Luizzi, and Bob Morrone. The coaches would like to thank all the parents and WR Recreation especially Phil Romero and Jacki Goldklang. *Story by Tony Sartori. Photo by Migna Cruz. ###*

W-R Police Chief's Golf Outing Sept. 20

The 13th Annual Wood-Ridge Police Chief's Golf Outing is Friday, September 20, 2013, 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. For more information, call Fran at 201-939-2497. ###



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Moonachie Mystery 5K Run

The South Bergen Rotary Club is gearing up for its 2nd Annual Moonachie Mystery Run to be held Saturday, October 26, 2013. Starting line will be right outside the ball fields on Redneck Road.

Check in begins at 7 a.m., race starts 9 a.m. and "Fun Run" starts at 10 a.m.

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

Registration fee is \$25 per runner until October 19, and \$30 day of race, \$5 per fun runner until October 19, 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 "T" shirts, food, DJ and great goodie-bags.

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

Details and registration at compuscore.com, www.mooachiemysteryrun.com or southbergenrotary.org. ###

Wood-Ridge Mayor's 5K

Wood-Ridge Mayor Paul Sarlo and the Borough are sponsoring a USATF-NJ Certified 5K run on Sunday, October 6, 2013, 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 ###

Teterboro Airport Scholarship Golf Classic Sept. 20

Teterboro Airport is holding its 29th Annual Teterboro Airport Scholarship Golf Classic on Friday, September 20, 2013, at the Forsgate Country Club -- The Palmer Course in Monroe Township, NJ. This Classic is open to the public.

Cost is \$1,000 per four-some and includes lunch, golf and dinner. Dinner only is \$95 per person.

Schedule is: check-in 11 a.m. to 12 p.m.; lunch buffet 11 a.m.; shotgun start 1 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 beverage cart, driving range, golf carts and goodie bags. Tournament may be limited to 144 players. Reservations must include payment. For more information contact John, Tom or Sergio at 201-393-4080. Sponsorships welcome.

Proceeds to benefit Teterboro Airport Scholarships to local area high school graduates aspiring to pursue higher education in aviation or related fields. Through 2012, 180 scholarships totaling \$182,750 have been awarded. ###

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Veterans Today

By Thomas Marshall

The Disabled American Veterans meet at VFW Post 809 on the 3rd Tuesday of the month at 8 p.m. The address is 100 Main Street, Little Ferry, N. J. 07643.

We know there are Veterans out there that have questions about the VA. Stop in and get answers. You can email the Chapter at davchap15@yahoo.com or call 201-421-5922.

The Vietnam Veterans of America Chapter 800 also meets here on the 3rd Monday at 8 p.m. This Chapter is very active. If you served in Vietnam why not stop by. We know that many of you are retired or will be retiring, why not come out and join your fellow brothers and sisters.

Wamsutta was dead

In 1662 this is not a surprise, medicine was not so good then. It was a problem however, because he died after speaking at the Plymouth Colony.

Wamsutta was the son of Massasoit the Great Sachem of the Wampanoag Tribe in New England.

Massasoit was the Indian Chief that aided the English settlers and was with them at the first Thanksgiving harvest celebration of 1621.

Massasoit promoted peace with the other tribes and the English. He was always kind and friendly. He died in 1661 and the leadership fell to Wamsutta.

Massasoit's sons where given English names so that they may pass between Councils of the Indians and the whites with ease. Wamsutta was called Alexander and his younger brother, Metacom was called Philip. Or King Philip as history now refers to him.

King Philip was angry that his brother died after speaking to the whites. He assumed he was poisoned. Historians and common sense say that this was unlikely. The Colonists wanted no trouble with the local tribes.

The Wampanoag began collecting guns and allies. They were upset that disease had decimated their numbers and the Colonists moved in to the newly vacated lands. Unlike his father, he hated the English and wanted them gone. He waited for the right moment to strike.

The final straw came in June of 1675, when John Sassamon, a Christian Indian that had graduated Harvard was murdered.

He was an advisor to King Philip and told the English that the Wampanoag were preparing for war. After his announcement, he was found

floating in a pond under the ice with a broken neck.

Accidents will happen was the opinion of King Philip but, three Wampanoag Indians were accused of murder. They were found guilty. Two were hanged and one was shot when his hanging rope broke.

Philip and the Wampanoag could stand no more. They felt the trial was a farce and they had enough. He would bring his own justice with the flintlock and the tomahawk.

He called in his allies. The Wampanoag, the Nipmucs, the Narragansetts, the Abanaki, the Pocumtuck, the Algonquian, and the Nashaway, all tribes of New England, joined to drive out the English.

Towns were raided by Indian Warriors all across New England. In Massachusetts Northfield, Deerfield, Mendon, Worcester, Groton, Brookfield, Lancaster and Marlboro were burnt to the ground. Towns in Maine and Rhode Island were attacked and torched.

The Indians took prisoners of those they didn't kill. Women and children were carried off into the woods to be sold to the French in Canada.

Nursing mothers were taken but, the babies would be killed in most cases, because a nursing mother would not have the strength to make the long trek to Canada.

Prisoners were often tortured for the amusement of the tribes. Some were cut to pieces, others burned at the stake. From Maine to Rhode Island to Massachusetts the frontier was driven in for miles.

Massacres and ambushes were common place. August 1675, Captain Thomas Wheeler and 20 of his men were ambushed and routed near Braintree, Massachusetts.

September 4, 1675, Captain Richard Beers and his troops were ambushed trying to relieve Northfield. The English lost 21 men including Beers in the attack.

On September 12, 1675 forty men were killed when they stopped to rest at a brook south of Deerfield, Massachusetts. The Nipmuc warriors took them by surprise. No one was safe on the frontier.

There are many battles in this war for the student to study, but two of them stand out as deciding factors in the war.

South Kingston, Rhode Island December 19, 1676, on a Sunday morning, 1,150 English and Mohegan Indians attacked Canonchet's Fort. Canonchet's Fort is where the Narragansett village resided.

The English attacked the fortified village and were driven back. They regrouped and attacked again. When they fought their way through the swamp and into the village they set fire to the wigwams. Soon the village was in flames. The wounded men, Indian and English alike, along with old people and children were consumed.

The Narragansett soon retreated and the English claimed a victory. Estimates ranged from 300 to 600 dead Indians. The English lost over 200 men in what would be called the Great Swamp Fight.

Schaghticoke, New York, February 1676, Philip was looking to make the Mohawks allies to replace losses sustained in the battles and raids.

He had over 2,100 warriors with him when he went to meet with the Mohawks. The Mohawks enjoyed trade with the English and had for many years. Any disruption of that trade was met with hostility.

They didn't embrace Philip as an ally, they tried to kill him. They attacked Philips' army and killed over 500 of his warriors and scattered the rest. King Philip escaped but would spend the rest of the War on the run. The War now shifted in the English Colonists favor.

Food was another factor in the war. The Indians could not keep warriors in the field with no food. They could not plant their crops and they began to go hungry. Disease and battle losses weakened their numbers.

Starvation proved to be the Colonists greatest ally. The English burned the crops they found and eventually the Indians began to surrender. The English Colonists killed and captured the rest over a period of time.

The War of Attrition worked in the Englishmen's favor. King Philip met his end on August 12, 1676, when a member of his own tribe shot him as he tried to flee in a swamp near Mount Hope. The War was all but over.

The student will note that Philip had brave warriors and had early success. The student will also note that the Indians could not sustain long campaigns.

They destroyed many of the towns in New England and over 800 colonists died, they however, lost over 3,000 Indians and most of their lands.

They lost the War and were scattered into New York and Canada. Many of the prisoners the English took were sold into slavery. All this happened only 55 years after the first Thanksgiving with Philips' father. The frontier boundary line between the English and Indian continued to slowly drift west.

King Philip was beheaded after his death.

His head went on a pike and was put on display in Plymouth, Massachusetts for an entire generation after the War as a warning to anyone else that would like to burn towns and kill settlers.

His wife and son were captured and sold into slavery in the West Indies, and like so many other battles and fights, King Philips' War disappears into forgotten history. ###

Legion Post 310 Monthly Meeting

John H. Gertz American Legion Post 310 holds their monthly meetings on the second Tuesday of each month at the Post, 100 Liberty Street, Little Ferry, NJ 07643 starting at 8 p.m.

New members are always welcomed at the meetings. Stop by anytime after 3 p.m. during the week and call for weekend hours at 201-641-9774 since they open earlier on those days.

They are an active post, if you can't make the meetings you can come down and participate in any of the many activities they have going on. Come on down and be part of the "Legion Family." ###

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VFW Post 809 Monthly Meetings

VFW Post 809 monthly meetings are the first Tuesday of the month at 7:30 p.m. at the Post, 100 Main Street, Little Ferry. The kitchen is open to all members from 1 to 9 p.m.

The Vietnam Veterans of America (VVA) hold their meetings at this Post the third Monday of the month starting at 7:30 p.m.

The Disabled American Veterans (DAV) hold their meetings at this Post on the third Tuesday of the month starting at 7:30 p.m. ###

VFW Post 809 Seeks Auxiliary Members

Little Ferry VFW Post 809 Men's Auxiliary is now accepting new members to join and help out with post functions.

If you are interested please call 201-641-9740 or come down to Post 809, 100 Main Street, Little Ferry, NJ. Meetings are held the last Tuesday of the month at 8 p.m. ###

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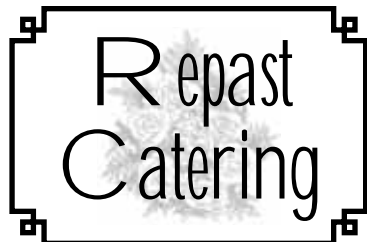
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St. Margaret Dedication August 4

St. Margaret of Cortona will have the Ritual of Dedication of Church and Altar Mass on August 4, 2013.

This unique service will begin in the gym at noon, with a procession to the rebuilt Church where the Mass will conclude.

This Service also welcomes Reverend Kevin E. Carter as their new pastor. A reception follows. All are welcome. ###



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Centennial of Felician Presence in Lodi, NJ

Praising God for a century of blessings, almost 100 People of God gathered on Sunday, July 14, 2013 to celebrate the hundredth anniversary of the Presence of the Felician Sisters in Lodi, New Jersey – Immaculate Conception Convent and Immaculate Conception Chapel. The gathering included clergy, Felician Sisters, Felician Associates, and Sisters of other communities who reside at the Central Convent.

Festivities began with 8:00 a.m. Morning Prayer followed by breakfast. After breakfast, the Sisters were invited to the cemetery for a short prayer service to honor one of the three founders of the Lodi Province, Sister Mary Sigismunde (Zygmunta) Backowska. The other two founders are buried in other former provinces: Sister Mary Pancratia Wojcinska in Buffalo, New York; Sister Mary Augusta Tarnowska in Enfield, Connecticut. The Sisters of the Central Convent leadership led the service. Sister Mary Jean Ryder, vicar, placed a beautiful wreath on the grave of Sister Zygmunta. Sister Janet Marie Kurgan, councilor, sprinkled the monument with holy water. Sister Mary Joselle Ratka, local minister, prayed over the grave.

The Celebration of the Eucharist took place in Immaculate Conception Chapel at 11:00 a.m. The Rev. Joel Szydlowski, OFM, chaplain, was presider and homilist. He masterfully wove the theme of the Good Samaritan from Sunday's Gospel with the founding of the Lodi Province.

Concelebrants were the Most Rev. Launay Saturne, Bishop of the Diocese of Jacmel, Haiti who is spending a month with the Felician Sis-

ters in Lodi; the Rev. Leonard Stunek, OFM, our chaplain who is related to Sister Mary Augusta Tarnowska!

Adding to the joyful sound of the choir was the trumpet played by Dave DeRienzo. Sister Mary Virginia Tomasiak was organist and Sister Mary Angelica Smialowicz handled the percussion instruments. Many said that the choir of 20 Sisters sounded like a choir of ONE HUNDRED SISTERS! How fitting.

After Mass there was a festive dinner prepared by Chartwell's Food Service in Providence Dining Room. Bishop Launay led the Sisters in the blessing before meals.

Each Sister and guest received a candy bar which had on the wrapper a dated picture of Immaculate Conception Chapel with the words "A Century of Blessings, July 14, 1913 to July 14, 2013." The festive cake had a similar picture and description.

Sister Mary Timothy Ruszala prepared a wonderful "archival display" of the history of the Lodi Felicians. It was set up in Saint Ann's Dining Room and will remain there for all to study and enjoy.

This centennial celebration took place on the actual anniversary date of the founding of the province. It was planned as a "family community" celebration of the Felician Sisters and Associates. On December 8, 2013, the Feast Day of the Immaculate Conception of the Blessed Virgin Mary, there will be a more extensive and formal celebration of this tremendous milestone in the history of the Felician Sisters in Lodi, New Jersey. *Story by Sister Virginia Tomasiak, SM. ###*



Reflections

Freedom of Expression

Rev. Richard Mucowski, OFM, PhD

Pastor, Our Lady of Assumption Church, Wood Ridge

A few days ago a member of my church asked me to write a Reflection for **The Gazette Newspaper**.

The topic: write a thought piece about the fact that atheists were putting up a monument in our nation's capital celebrating their disbelief in a deity.

The atheists sought and received permission to construct this monument near a depiction of the 10 Commandments.

I assume the choice of location for this shrine was to be symbolic, provocative, and illicit a few statements along these lines:

1] We have the right in the United States to express what we believe and in whatever fashion we believe so long as others are not physically injured by such an expression; Such a public expression of non belief may include believing in nothing.

2] We have the right to state this publicly with the full force of the Constitution behind us.

3] The rights of non religionists [atheists] are equal in the eyes of the law as those who believe.

While I am not a constitutional law professor or attorney who practices in the area of freedom of religion, I am pleased to have the right to reflect on this issue.

Unlike others who may be offended by what may appear to be the control of a minority group [atheists] over that of believers/religionists, i.e., atheists versus believers in a Supreme Being, I relish the chance to

affirm my own faith and thank God for the gift of that faith.

During the course of the many years that I've lived on this earth I have met many people who believe many different things. Sometimes I have agreed with them, sometimes I have not.

As a baptized Christian, a Franciscan friar and Catholic priest, I looked at the issues here as an opportunity to express my faith in God, and intensify my own belief.

Memorials, statements in granite can remind us of many things that people in other countries do not have: Freedom of expression, freedom to believe or not. The beauty, fascination and public expression of such testimony presumes we have respect for one another.

As a youngster I learned many expressions, some more true than others. I learned one expression that was not true: "Sticks and stones will break your bones but words will never hurt you."

In a world where the internet is king and the expression of one's beliefs can be put out in so many places, whether those expressions are true or not, expressions of beliefs set in granite on a memorial in Washington, DC appear tame and limited but respectful of our rights as Americans to believe or not.

May we learn to respect each others' differences and see such expressions as a gift that no other people in the world have more than we do as citizens of the United States. ###



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Prayerful Reflection

Silent Retreat

Christus Rex Catholic men's silent retreat is scheduled for the week-end of October 18-20, 2013, 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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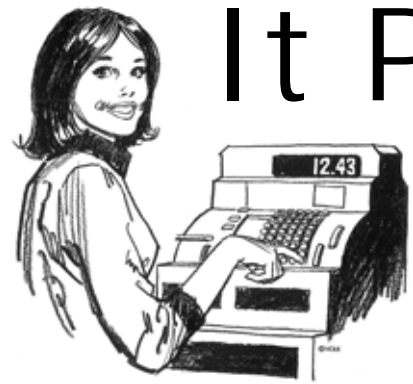
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By Mary Ellen Courtney

**Sprucing Up for
Fun and Profit**

Home sales jumped 4.5% last month, the highest level in 5 years.

The Case-Shiller Price Index shows prices are up 12% since 2012 (*although still down 28% from the peak in 2006*).

And homebuilder confidence is at a seven-year high. Which makes us think: if builders are convinced it's finally time to start constructing homes, maybe we homeowners should consider it time to invest some time and money in our

own homesteads.

Obviously, fixing up our houses to make them more comfortable, convenient and attractive gives us not only immediate benefit but also monetary rewards when we sell down the line.

Still, there's no point in getting carried away like many people did in the pre-recession days. Even in a strong real estate market like this one, most renovations do not pay back 100 percent of what they cost.

That's why you need to think of a home improvement as a consumer good: something you enjoy using and are willing to pay for.

Nevertheless, some home improvements have better resale value than others. Here are a few of the best...

• **Kitchen.** People spend a lot of time in the kitchen so upgrades in that area are both visible and valuable. It's not just aesthetics.

A kitchen has many working parts, like a refrigerator with a water and ice dispenser, a built-in microwave and double oven. But it doesn't have to be an 'all or nothing' deal.

If your counter top is scratched and stained but the cabinets are still in good shape, just replace the counter top, and maybe change to new cabinet hardware.

And new appliances by themselves add both utility and luster to your kitchen.

Experts say you can expect to recoup around three quarters of the cost of a kitchen remodel

when you resell your home...

• **Bathroom.** People like big bathrooms, so any fix-up that adds space – a vaulted ceiling, a skylight or stealing space out of an adjacent closet – is likely to pay off.

New mirrors, modern lighting and extra cabinets are also desirable features. Don't, however, get carried away on plumbing fixtures and expensive tile (*fancy faucets are money gone down the drain*).

• **Outside the House.** Landscaping is the first thing a potential buyer (*or any visitor*) sees at your house and his first impression matters. You don't need to hire an expensive landscape architect. Just spruce up the lawn, clip back the bushes and add a few nice shrubs.

Rule of thumb: you can recoup almost 100 percent of the first thousand dollars you spend on landscaping, but close to zero on anything after that.

• **Roofs and Windows.** No one will want to buy your home if the roof leaks or the gutters are sprouting weeds.

New windows can be expensive, but they bring in natural light and often save money on heating and A/C bills.

Rule of thumb: look to recoup 30 to 40% of the cost on utility bills and 60 to 70% at resale.

• **Cosmetics.** Don't underestimate the value of a simple paint job. It's relatively inexpensive, especially if you do it yourself. Ditto with cleaning and decluttering. All of these improvements return at least as much money as you put into them. ###

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

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Filling You In

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

Preventing Tooth Erosion

Tooth erosion, or tooth wear, is the loss of the surrounding tooth structure. This loss occurs when the hard part of your teeth—which is called the enamel—is worn away by acid. Over time, this erosion can leave your teeth sensitive, cracked, and discolored.

What causes tooth erosion?

Acid is the main cause of tooth erosion. So, drinking carbonated beverages, energy and sports drinks, and pure fruit juice, which all contain high levels of acid, can cause tooth erosion, especially when consumed in large amounts.

Certain medical conditions, including acid reflux and bulimia, also can cause tooth erosion because they cause increased levels of stomach acids in the mouth.

What are the signs and symptoms of tooth erosion?

Tooth erosion can present in a variety of ways. Below are some common signs and symptoms:

- Sensitivity—Since protective enamel is wearing away, you may feel a twinge of pain when you consume hot, cold, or sweet foods and drinks. As more enamel wears away, teeth can become increasingly sensitive.
- Discoloration—Teeth can become yellow as the dentin, the second layer of the tooth, is exposed.
- Rounded teeth—Your teeth may have a rounded or “sand-blasted” look.
- Transparency—Your front teeth may appear slightly transparent near the biting edges.
- Cracks—Small cracks and rough areas may appear at the edges of your teeth.
- Cupping—Small dents may appear on the chewing surfaces of your teeth, and fillings might appear to be rising up out of the teeth.

What can I do to prevent tooth erosion?

You can help prevent tooth erosion from occurring by taking these simple steps:

- Cut down on your consumption of carbonated beverages, sports and energy drinks, and pure fruit juice.
 - Drink acidic drinks quickly and with a straw. This helps prevent acid from coming in contact with your teeth.
- Also, don’t swish these

liquids around or hold them in your mouth for long periods of time.

- After consuming acidic drinks, rinse your mouth with water to neutralize the acids and wait at least one hour before brushing your teeth.
- Chew sugar-free gum, which helps your mouth produce more saliva to remineralize your teeth.
- Brush with a soft toothbrush and be sure your toothpaste contains a high amount of fluoride.
- Don’t let your child consume highly acidic drinks or fruit juices in his or her sippy cup or bottle.

How can I deal with the sensitivity caused by tooth erosion?

You can reduce sensitivity by using specially formulated toothpaste or over-the-counter enamel-building products.

However, always be sure to check with your general dentist before you try any new dental products.

Tooth erosion impacts everyone in different ways. Make sure you speak with your dentist about your oral hygiene and find out what else you can do to protect yourself from tooth erosion.

Ref: Academy of General Dentistry 2013

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

Blood Pressure Check

The Carlstadt Health Department, in conjunction with the Health Awareness Regional Program of HackensackUMC, offers a free blood pressure program on the third Wednesday of every month, from 11 a.m. to 1 p.m., at the Carlstadt Senior Civic Center.

Program includes information: prevent and manage blood pressure, body fat composition, manage stress, nutrition for healthy living, community health resources, etc. For more information call 551-996-2038. ###



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Mosquito Season is Abuzz

Standing water means you could be raising mosquitoes!

Many generations of mosquitoes can breed right in your own yard. All mosquitoes need water to complete their life cycle. Mosquitoes also are not known to travel long distances from their water source.

Some mosquitoes lay their eggs in standing water where they hatch in just a day or two. They can do this in water that has been standing for as little as four days.

Other mosquitoes may lay their eggs in old tires, tin cans, or other water-holding containers including bird baths, wading and small swimming pools, ornamental ponds, clogged gutters, flowerpots or the drip plates beneath them, cups, glasses, drink cans, etc. The eggs may remain unhatched for weeks or even months until they are covered with water!

Yard and home checklist:

- Get rid of old tires, tin cans, buckets, drums, bottles, or any water holding containers.

- Fill in or drain any low places (puddles, ruts) in yard
- Keep drains, ditches, and culverts clean of weeds and trash so water will drain properly.

- Cover trash containers to keep out rain water.

- Repair leaky pipes and outdoor faucets.

- Empty plastic wading pool at least once a week and store it indoors when not in use.

- Make sure your backyard pool is properly cared for while on vacation.

- Fill in tree rot holes and hollow stumps that hold water with sand or concrete.

- Change the water in bird baths and plant pots or drip trays at least once a week.

- Keep grass cut short and shrubbery well trimmed around the house so adult mosquitoes will not hide there.

- Keep gutters clean and free of debris and leaves.

- Store boats covered or upside down.

- If possible, avoid being outdoors in the early morning or in the evening.

- If you must go out, wear long-sleeved shirts, long pants and socks.

- The EPA and CDC advise the use of a mosquito repellent, following the instructions on the label.

- Check with your pediatrician before using a repellent on children.

- Keep windows and doors closed or covered with screens to prevent mosquitoes from entering the house.

- Repair screens on windows, doors, porches, and patios.

- Some mosquito control methods do not do a very good job. For example, bug zappers do not work well to control biting mosquitos since they do not emit carbon dioxide.

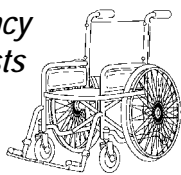
- Various birds and bats will eat mosquitos, but there is little evidence that this cuts down on the number of mosquitos around homes.

- Electronic mosquito repelling devices don’t stop mosquitos biting people either. ###

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Artful Thinking

By Artie Maglionico • Lodi Historian

Lodi Senior Citizen Club president Ed DeBartolo, along with program director Gloria Sysack and chairperson Mildred Mobilio, led their members on a June 19, 2013 excursion to the Renault winery in South Jersey where the sampling of the grape was enjoyed by all.

Later a gala sit down luncheon was served much to the gastronomic delight of our hungry seniors. After lunch, all of which was wine based by the way, the happy campers loaded (*no, folks not loaded happy campers...please read it the way it was written*) themselves onto the bus destination Atlantic City USA.

Each member was given twenty five dollars in cash to gamble so no one had to run the risk of dipping into their Social Security checks.

On the way home the partyed out seniors sat back and watched a hit movie "Parenting" starring Billy Crystal and Bette Midler. "Everyone had a wonderful time," said Gloria, "Even the losers were happy."

The Boys and Girls Club of Lodi continues to grow by leaps and bounds despite Nor Easters, Superstorms, bomb threats and at least three major floods since Hurricane Floyd in 1999. Still Executive director Mike Nardino and his staff have somehow managed to keep the club afloat...thank you very much!

"Our mission statement" says Nardino, who took over as Director in July of 2002, "is to instill into our children those qualities that will help them to become outstanding citizens and dedicated leaders of tomorrow."

If any of you are interested in volunteering your much needed services to the Boys and Girls Club there are openings available for homework help and basketball coach.

Here's a chance for you to

Vietnam Veterans of America Meetings

Vietnam Veterans of America Chapter 800, 100 Main Street, Little Ferry, NJ, cordially invites you to attend their general meetings held on the third Monday of each month at 8 p.m. (*excluding August*). They welcome any Veteran and non-Veteran who would like to become a member of the Vietnam Veterans of America Chapter 800. For more information go to: <http://www.vvachapter800.org/> or email: als69vet@optonline.net ###

make a positive difference in the life of a child. Call Michael Hosier at 973-473-7410 x 105. Mr. Hosier will tell you how to get started. Come on folks, discover the Boys and Girls Club of Lodi. It's a treasure chest of positive energy.

Speaking of the Boys and Girls Club of Lodi, congrats go out to 17 year old Nicole Verduin for winning the much sought after crown of Youth of the Year. Nicole was one of four finalists who competed in the state wide competition and came in a close second overall.

That is quite an achievement, considering there are twenty four clubs in our state and approximately 250 thousand members between 14 and 17 years old. "This was the first time in the 60 year history of our club that one of our members came in in the top four in state wide competition." Says Nardino. "We are all extremely proud of Nicole."

Folks, it might interest you to know that your Artful Thinker recently came in second in a song and dance competition. Unfortunately I was the only entry.

A few weeks ago my partner and I, Jack Sepede aka the King of Karaoke, performed at a nearby luncheon and were upstaged by pizza. We should have begun before the pizza frenzy instead of during because as soon as the last piece was consumed the audience started walking out.

To add insult to injury we had set up next to the door and had to watch everyone walk passed us single file as we sang. Jack had to keep telling them not to trip over the wires on the way out the door. Luckily everyone got out safely...pizza and all!

While I'm on the subject of show biz, Lodi resident Angelo Salvato's 13 year old granddaughter, Hannah Salvato, has been performing in the off Broadway production of the musical "You're a Good Man Charlie Brown."

The young starlet plays the part of the little red haired girl. The play is based on the comic strip "Peanuts" by Charles M. Schulz.

Hannah is a member of the Christian Youth Theatre and has been in two shows of late including "Back to the Manger" and "Mystery of the Manger."

I'm sure that Hannah Salvato is having better luck in the entertainment field than me and Jack. At our last performance someone in the audience shouted out "your singing works

miracles... it's a miracle you get paid for it." But seriously folks...continued success to Hannah Salvato. Break a leg! That's theatre talk.

147 shopping days until Christmas

Just to let you know that as of August 1st there are 147 shopping days until Christmas. Why am I telling you this now you ask? The shopping rush begins earlier every year, am I right folks?

Just look around at the warning signs. The day after Labor Day the stores are already getting you prepared for Halloween.

We haven't put away our flip flops and we're breaking out the Halloween decorations and are searching up and down the aisles at Shop Rite looking for sales on trick or treat candy.

The candle in the jack o lantern isn't out yet and already we are looking beyond Thanksgiving, which unfortunately, is becoming a short stopover on the road to the holiday season, and are gearing up for the inevitable frenzy called Christmas Shopping.

That's why I'm reminding you 5 months ahead of time, this way you can sneak out undetected and get an early jump on things. If anyone asks don't tell them that you're Christmas Shopping. You might start a panic that will wipe out Thanksgiving entirely.

If it's December and you're stumbling across the column for the first time all I can do is wish you luck and a Merry Christmas. It's time to head to the nearest store and do battle with the rest of those last minute shoppers... chances are you'll see me there.

The good thing about all of this is that Lodi residents won't have to travel far this year since our Borough is fast becoming the mecca of mini malls.

There is everything from shoe stores, clothing stores, major department stores and many fine restaurants to dine in between shopping sprees.

So you were caught napping and have found yourself being tossed around in a holiday whirl wind...who cares, Its Christmas. Any way I warned you. ###

Dates to note:

- On September 7, 2013 a beef steak dinner is being held at the Boys and Girls Club of Lodi from 6 p.m. to 10 p.m. Proceeds go to Alicia Rodrigues who is battling breast cancer. Donations are \$45 each. Call 973-473-7410 x113 for ticket info.

- On October 5, 2013, the DPW OF Lodi is hosting its second shredding event at the Richmond Street facility from 9 a.m. to 1 p.m.

Moonachie Senior Trips

It is claimed that a body in motion, stays in motion, and that is certainly true of the Moonachie seniors.

On Thursday, August 8, 2013, they will be going to the “La Neve’s” of Haledon, NJ, and everyone is invited.

Join them as they watch “From Broadway with Love,” starring world acclaimed international singing sensation Vincent Talarico, bringing his great Broadway show stoppers along with an hour of great dance music.

Upon arrival, you will be served with coffee and warm muffins, to be followed by delicious full course meal consisting of sirloin of beef and chicken marsala, and two complimentary drinks.

The cost is only \$46 per person, which includes taxes and gratuities.

Spend an entertaining and memorable afternoon with your neighbors and friends, full of surprises, fun and a chance to win some prizes.

The bus will depart at 10:15 a.m. from the newly re-opened Moonachie Senior citizens Center on Moonachie Road.

If you have any questions, call Audrey at 201-641-4334.

Their next trip is scheduled for Thursday, September 12 to

Doolans in Spring Lake, featuring a tribute to Dorsey, Miller, Goodman and Ella. *Story by Charles Pallas. ###*

Carlstadt Senior Friendship Club

The Carlstadt Senior Friendship Club meets on the 1st and 3rd Wednesdays of the month at 1:30 p.m. at the Civic Center. Refreshments are served and bingo is played.

On the second meeting there is a jackpot bingo. Also at that meeting there is a nurse available to take blood pressure readings.

Scheduled trips are Mt. Airy, August 13, 2013, leaving at 9:45 a.m., cost is \$2; Delaware Water Gap Trolley and lunch September 24, leaving at 8 a.m., cost is \$36; Villa Roma, October 15, leaving at 8:30 a.m., cost is \$34; Pines Christmas Show, November 21, leaving at 9:30 a.m., cost is \$49.

There is an extended trip to Branson on September 8-16. Outsiders are welcome.

Scheduled trips all leave from the Sun Chemical parking lot on Garden Street in Carlstadt. For more information call Eileen at 201-933-6949. ###

Vic's Hoofers Auxiliary

Ladies Auxiliary of Vic's Hoofers is a social club open to anyone from the surrounding towns. It meets on the first Thursday of the month at 7 p.m. at the Carlstadt Civic Center on 4th Street. New members are welcome. Join them for an evening of fun and refreshments. Call Dolores 201-939-5163. ###

Lodi Seniors Club Seeks New Members

The Lodi Senior Citizens Club is open every Thursday to anyone 55 or older who lives in Bergen County, including all neighboring towns. Refreshments are served. For more information call Rosalie at 973-340-9091. ###

AC Bus Trip

The VFW Post 4591 sponsors Atlantic City Bus Trips on the last Wednesday of each month. Bus departs at 10 a.m. The cost is \$30; it includes a continental breakfast from 9 a.m. to 10 a.m., a casino voucher and a goody bag on your trip home. Call Mel at 201-933-9937 or the Post for more information at 201-288-1112. ###

Make New Friends at the Leisure Club

The Leisure Club of Hasbrouck Heights is a great place to meet fellow senior citizens who share similar interests. By sitting home and watching television, you will never meet people who could easily be your newest friends.

The Leisure Club will give you a reason to get out of your home and possibly get involved with the many activities offered daily at the Senior Center. Such activities as playing cards, bingo, Mahjong, line dancing, Yoga, Senior Aerobics, or just getting together socially over a cup of coffee.

Once a month at Leisure Club meetings, excellent programs are presented that are both entertaining and informative. Some of the programs presented in the past were speakers who discussed health issues; services to seniors; an author who has discussed the history of the Statue of Liberty; a mentalist who read members thoughts; and vocalists who gave performances worthy of Broadway.

The Leisure Club schedules day trips to fun places at reasonable prices. They have gone to see plays at dinner theaters, visited local places of historical interest, as well as visits to local casinos.

Did we mention that re-

freshments are served after all Leisure Club meetings? Sometimes we have a pizza party or a hot dog party. This year we will be having a free Thanksgiving luncheon donated by the Costa Family.

When you attend the center you're right there when special events are announced. You are there when the Annual Senior Picnic and The Annual Halloween Party are announced so that you can sign up. If you need a ride sign up for the Borough bus to pick you up.

The Leisure Club will have two social events this year, Our Annual Christmas Party at the **Fiesta** and our Installation of Officers in June, the location has not yet been determined.

At the Leisure Club meetings we distribute a monthly newsletter called “Senior Moments”. It outlines all the activities available in the community during that month and who to

contact; such activities as the First Reformed Church's Annual Roast Beef Dinner, The Library's many free programs, the Knights of Columbus Corned Beef Dinner, the Contemporary Club's fish dinner; etc. Also in the newsletter is a puzzle or quiz for you to solve.

Any Borough resident 60 or older is eligible to join the Leisure Club of Hasbrouck Heights.

The Club meets at 12 p.m. the second Wednesday of the month September to June in the Senior Center in the Municipal Building. The Club meeting starts at 12:30 p.m. followed by a program at 1 p.m. then refreshments. Dues are \$12 a year. If you have any questions contact Marie at 201-288-0276.

Hope to see you on Wednesday, September 11th for the Leisure Club's first meeting after the summer break. *Story by Peter Gallo Jr. ###*

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August 2013 Heights Senior Calendar

Open to All Hasbrouck Heights Seniors

SENIOR ACTIVITIES

Monday, August 5, 12, 19, 26... 10:00 a.m. to 1:00 p.m. Games, cards & coffee

11:00 a.m. Mahjong

10 a.m. to 3 p.m. Senior Lounge open to all

Tuesday, August 6, 20, 27

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

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

6:00 p.m. Card Game Night

Wednesday, August 7, 14, 21, 28

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

10:00 a.m. Mahjong

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

10 a.m. to 2 p.m. Senior Lounge open to all

Thursday, August 1, 8, 15, 22, 29

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

11:00 a.m. Mahjong

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

10 a.m. to 2 p.m. Senior Lounge open to all

Friday, August 2, 16, 30

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

10 a.m. to 1 p.m. Senior Lounge open to all

Friday, August 9, 23

10:00 a.m. Fun Bingo

10 a.m. to 1 p.m. Senior Lounge open to all

Check Center Bulletin Board for any changes

*The Center will be closed on
Tuesday, August 13 for
Primary Election for US Senator*

UPCOMING EVENTS

Open to all seniors

Trip to LiGreci's Staaten Oktoberfest:

Thursday, October 10

Cost is \$50 for members and \$55 for non-members.

Includes transportation, German and American food, music for dancing and a fabulouscomedian.

Limited seating; no seats are guaranteed unless

payment is received. Contact: Kathy at

201-288-6651 to make payment.

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Sinatra Program Electrifies Wood-Ridge Seniors

Over seventy seniors attended the Wood-Ridge Memorial Library's program entitled "A Touch of Sinatra" on July 12, 2013. The program centered around the life and music of Frank Sinatra.

Sinatra, born in Hoboken, New Jersey, rose to fame singing big band numbers in the '40s and '50s. He had his own style of putting a song over and for this had an array of hit songs and albums. He was considered the most popular singer of the 20th Century.

"A Touch of Sinatra" is a tribute to Frank Sinatra featuring music, comedy and a brief narration of his life. The two man show is performed by Donnie Farraro and Joe Gilligan. The sound equipment was capably handled by Mike Dellutri.

As Frank Sinatra, Donnie Farraro does the singing. He is considered the most authentic sounding Frank Sinatra and look alike in the music industry today. He sang many of Sinatra's classics such as "New York New York," "Nice and Easy," "Witchcraft," "Summer

Wind," "My Way," "My Kind of Town" and "Fly Me to the Moon."

Joe Gilligan narrated the life of Sinatra. During his narration, Donnie Farraro sang appropriate songs that blended in with Sinatra's life. Gilligan, also a great singer, sang songs made famous by Johnnie Ray and Dean Martin. The two men Farraro and Gilligan played off each other with their excellent comedy routine.

On hand for the performance was life time Sinatra fan, Mike Conti from Hasbrouck Heights. In his home, Mike has one of the greatest collections of Sinatra memorabilia in the country. Mike brought along an autographed copy of a photo of Sinatra. He also made many copies of this photo and distributed them to the audience.

Everyone who attended had fond memories of Frank Sinatra. The program was filled with nostalgia. Donnie Farraro and Joe Gilligan did a great job in presenting this tribute to Sinatra. *Photo and story by Marie and Peter Gallo Jr. ###*

Senior Picnic a Huge Success

The Annual Senior Picnic sponsored by the Mayor and Council was held in the Senior Center for Hasbrouck Heights residents on Wednesday, July 17, 2013. Over 160 residents attended.

Rob Brady, Senior Citizens Director and Rose Marie Sees, Picnic Chairwoman, acknowledged the following for their invaluable assistance. "First of all sincere gratitude to Mayor Rose Heck, Senior Citizen Liaison

Councilman Russell Lipari and all Councilmembers for their support of this fun event.

A great big thank you to Marge, John, Michelle, Richard, Jeffrey, Sean, Samantha, Emily and Evan of Henry's Deli for preparing all the delicious food, and for their over the top assistance in serving and clean up. Entertainment was provided by Peter Lieberman which is always a special treat and a sincere thanks to Edith

Avella for singing so beautifully. It was great to see so many dancers.

There are many people who also contributed their time or talent that we would like to acknowledge for making this event possible, namely, Conchita Parker who assisted with shopping and set up, Keith Brown, Martin Adamkiewicz and Mark Waring who were a tremendous help in setting up the room, picking up the grill and ice, and available throughout the day, Modern Propane and Tullo Ice, Angela Ferraro and Louise Balsamo who helped set up, Wendy Spindler for transportation, and our wonderful Recreation Camp Counselors— Kerry DeAngelo, Hannah Bailey, Destinee Silva, Matt Innis and Jesse Diaz.

And lastly but most importantly, we thank our Senior Citizens who attended, it is truly wonderful to see you and we hope you had a great time." *Photos by Marie Gallo. ###*



Pig Roast

On Saturday, July 13, 2013, the Sons of American Legion Squadron 310 held their 10th annual Pig Roast from 3 to 7 p.m. at their Post Grove, 100 Liberty Street, Little Ferry.

The menu included 100 pound roasted pig, london broil, mussels, hamburgers, hot dogs, corn on the cob, salads, etc.

About 200 attended to include special guests from the Menlo Park and Paramus Veterans Homes. Live music was provided by The Woodpeckers." Proceeds will benefit various Veterans projects. This year, the event was renamed the Art Jensen Jr. Annual Pig Roast. *###*



Oh Deer!

On June 15, 2013, a deer was observed resting for about a half an hour at 12 Webb Place in Hasbrouck Heights, and left by jumping over a four-foot fence. It has been reported that deer can be spotted in Woodland Park at about 4 a.m. *Photos by Arnold Steinhauft. ###*



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On Saturday, June 29, 2013, the Carlstadt Fire Department, Bergen Engine Company One held a family barbecue from 4 to 8 p.m. at their Jefferson Avenue headquarters. Live music by The Crossover Band and food was provided by LongHorn Steakhouse. *Photos by Dennis Kronyak Sr. ###*



On Friday, May 17, 2013, a pasta dinner fundraiser was held at the First Presbyterian Church of Carlstadt Community Hall to benefit the Hoboken Road fire victims. Dinner included salad, pasta dinner, dessert, soda, etc. Take-outs were available. *Photo by Dennis Kronyak Sr. ###*

Rutherford Fire Department Awarded \$36,575 AFG Grant

On July 12, 2013, U.S. Senators Robert Menendez (D-NJ) and Jeff Chiesa (R-NJ) announced three grant awards from the Federal Emergency Management Agency's (FEMA) Assistance to Firefighters Grant (AFG) program totaling \$770,428.

The funding is awarded through the Federal Emergency Management Agency's (FEMA) Assistance to Firefighters Grant (AFG) and Staffing for Adequate Fire and Emergency Response (SAFER) programs.

The Rutherford Fire Department will receive a \$36,575 AFG grant for operations and safety.

The AFG program provides funding to enhance response capabilities, as well as to more effectively protect the health and safety of the public and emergency response personnel. These grants can be invested in training, protective equipment, fitness programs, modifications to facilities, and supplies that support firefighting operations and safety. ###

CFD Ladies Auxiliary Seeks New Members

The Carlstadt Fire Department Ladies Auxiliary is always seeking new members.

To become a member of the Auxiliary you must be a resident of Carlstadt or related to a member of the Carlstadt Fire Department. Meetings are held once a month at the Jefferson Street Firehouse. For more information please contact Susan at 201-697-6058 or davesue427@comcast.net ###



On June 19, 2013, the Wood-Ridge Fire Department responded to a kitchen fire at a Lincoln Avenue home. *Photo by Dennis Kronyak Sr. ###*



Angelo Roccamo working the grill during Hasbrouck Heights Fire Department Engine Company One barbecue on June 5, 2013 at their Headquarters. *Photo provided by Justin Watrel. ###*



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

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ERPD Holds 18th Annual Junior Police Academy

For the past 18 years the East Rutherford Police Dept has sponsored a Jr. Police Academy for students in the 5th and 7th Grades.

This year the academy was

held at McKenzie School from June 25 through July 2, 2013.

Over the course of that week recruits were shown what it takes to be a police officer from physical fitness and drill to the everyday responsibilities

of being a police officer. Recruits were also shown several demonstrations from outside agencies that included New Jersey State Police Aviation, Hackensack Medical Center Helicopter, Bergen County

Sheriffs Dept K-9 and Bergen County Police Bomb Squad. On July 1st the Academy took a field trip to the Bergen County Jail where they heard from inmates and took a tour of the jail. The academy concluded

on July 2nd where the recruits were treated to a pizza party and received their diplomas at a graduation ceremony. *Photo and story provided by East Rutherford Police Department.* ###

Hasbrouck Heights Holds 14th Annual Junior Police Academy



The Hasbrouck Heights Police Department held its 14th Annual Junior Police Academy at the end of June, making it one of the longest-running programs in the county. It is also the first year where the academy is older than many of the recruits in the class. Hasbrouck Heights Police Chief Michael Colaneri takes great pride in this fact.

“Back when we were just starting, we met with a Depart-

ment that had an established academy to get advice,” Colaneri told the audience at this year’s graduation. “They said to us, ‘Maybe you can do it, but you’re a small town so don’t get your hopes up because it probably won’t work.’ Well, we’re still here and that department stopped holding their junior academy a few years ago.”

In fact, roughly 750 students have graduated from the Hasbrouck Heights Junior

Police Academy over the years and two of the graduates currently serve on the Hasbrouck Heights Police Department.

These numbers are made more remarkable by the fact that the program targets students just graduated from Eighth Grade, where other program are open to multiple grade levels. On average, approximately half of the Eighth Grade participates in the academy each year.

Recruits looking forward to the usual activities such as self defense taught by instructors from The Dojo, a trip to the Bergen County Jail and Bureau of Criminal Investigation, seeing a watermelon get obliterated on the firing range, and, of course, being jolted awake by Lyndhurst’s Special Response Team were not disappointed.

New demonstrations by the Bergen County Sheriffs Department K-9 unit and the U.S. Marshals Service kept the

curriculum fresh and exciting. Story by Michael Stillman. Photos by Frank Dubicki and Stephen Comp. ###



Heights Hires Two Police Officers

During the Mayor and Council meeting on Tuesday, July 9, 2013, Borough officials swore in Joseph Olivo and Cosimo Marino as probationary patrolman.

The two will enter the police academy this month and are expected to graduate in December.

The positions were opened

as a Captain retired and another officer will now be serving as a School Resource Officer at the middle school/high school at a salary the Board of Education will fund.

Earlier this year the Borough hired two other new police officers to replace others who had retired the previous year. Michael DeSimone and

Nicholas Brunetti just recently completed their training and are now serving on the force as probationary patrolman.

Police Chief Michael Colaneri said the addition of the new officers brings the ranks to 29 which is the size the department has been for a number of years. ###





HHGC Spring Garden

On Monday, July 1, 2013, the Hasbrouck Heights Garden Club (HHGC) presented its Spring Garden of the Season Award to David Jackson of 89 Oak Grove Avenue in Hasbrouck Heights. Mr. Jackson is the first recipient of the HHGC's Garden of the Season Award.

The HHGC selected the Garden of the Season by dividing a map of the town into ten sections and selecting their favorites after viewing front and side gardens in each section.

After the selection process, the gardens chosen were viewed and voted on by all of the viewing judges.

Mr. Jackson's garden was chosen for its variety, color, texture, and good design. He received a plaque to display in the garden and is invited to speak at a HHGC meeting about his gardening.

Upon receiving the news that his garden was in consideration, Mr. Jackson enjoyed their concept since the judges were not looking for just one particular type of garden.

His garden contains mostly perennial flowers that have been in the garden for about 25 years, but he also recently starting planting annuals in the backyard.

The garden also contains

several herbs and vegetables, which are grown completely organically. He uses the same organic method to grow herbs and vegetables for use at his job as a professional chef.

Straightforward methods are used to maintain the garden. The stem flowers of the perennials are left to regrow after the flowers are cut, and natural mulch is used to keep in the moisture and keep out weeds.

He believes that gardening only looks harder than it is, and that once the garden is started and is established, there is not much work to it. His advice to other gardeners is simply to keep things natural and enjoy it.

He began gardening years ago when he saw an ad in a garden magazine for a starter kit to grow flowers.

His first attempt was successful, and he has been gardening ever since. For him, gardening is a release and a relaxing way to cope with a busy life. He hopes his children can enjoy a relationship with nature through the garden as well.

The Garden Club will soon be searching for the Fall Garden of the Season. To be eligible for the award, your garden must be a true home garden. Keep your eyes peeled for further information from the Club.

Story by John Cross. ###



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