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).
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. ###
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 riders 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 bike and pedestrian path from the Hackensack River at Ridgefield Park to the Hackensack River at 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 river,” Jamieson said about the 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 at 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.

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 paid $35,000 in matching funds.

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 at 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.
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. ###

AARP Collects Cancelled Stamps

The AARP Chapter 418 collects cancelled stamps, trimmed to ¼ inch around the stamps. Drop off or send to: The Gazette Newspaper, 343 Boulevard, Hasbrouck Heights, NJ 07604. ###

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Moonachie Family Day
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 James. Bring your lawn chair and have some fun. ###

Remembering NJ Veterans 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.

If you are leaving a phone card, please place it in the locked mailbox which is also located on the porch. For additional information, call 201-288-6889. ###

Liebeman September 22
On Sunday, September 22, 2013, VFW Post 4591 in Hasbrouck Heights, will host an afternoon with Peter Liebeman from noon to 4 p.m.

Cost is $15 advance ticket and $20 at the door. Refreshments included. Music by DJ Jack James. Bring your lawn chair and have some fun. ###

Car Wash August 25
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. ###

Hire A Vet
The First Presbyterian Church of Wood-Ridge Nursery School
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- Infants through 3-5 Year Olds
- 9 a.m. to 11:30 a.m. Non-Sectarian

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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 one toppings 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 Wattel. ###

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 or uncle and 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. ###

Sands Casino

Enjoy a day at the beautiful Sands Casino & Luxury Shopping Outlet Stores!

It’s your choice of how you spend your day...playing the wide variety of casino games, doing some shopping at luxury outlets such as Lenox, Chico’s, Coach, Nine West (and more!), or a little bit of both!

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 "MHS Rosary Confederacy," 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. ###

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 the Annual Senior Picnic in Van Saun County Park, Paramus on Tuesday, September 17, 2013 (rain date: Tuesday, September 24) to 3 p.m.

Limited craft sale 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. ###

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
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 will play 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

Aloha, 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 and 14, 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 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 lantern 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 evening talents. Auditions are held every Thursday between 1-2 p.m. Registration 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 (Ages 7-12) Every Wednesday in August from 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 3:30-4:30 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 Mon–Day 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 hasbrouckheightslibrary.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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ESL Instruction at The Rutherford Public Library. Call 973-365-4044 or visit lodi.bccls.org or bccls.org ###

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 “Paris Wife” by Paula McInerney. The meeting will be held in The Library Auditorium. All those who knit or crochet are warmly invited to bring their needlework and the discussion. Copies of the books are available at the Circulation Desk. For more information, e-mail Peggy Mellot 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. ###

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 charge per class is required. For more information, call 973-365-4044. ###

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 Sapphires” • August 28 - “The Company You Keep” For more information, visit lodi.bccls.org or call 973-365-4044, 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. The library 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 your name and the 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 library card photo at a reception held by Lodi Library’s summer reading program. For more information, visit lodi.bccls.org or call 973-365-4044. ###

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 9:30 p.m. at The Hasbrouck Heights Public Library on Friday, August 2. This year’s theme is “Take a Journey to the Center of the Earth.” A great lineup 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 You
- Discover the World of Cave Animals

Throughout the evening there are various activities the 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 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. ###

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 lasts approximately 1-1/2 hours. Registration is required as space is limited. Please call 201-438-2455, email to hartigan@sbcglobal.net or stop in The Library. ###

Classic Films 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 7:30 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 – “Lara” with Douglas Fairbanks and Clifton Webb
- August 16 – “High Noon” with Gary Cooper
- August 23 – “Mr. Mom” with Michael Keaton, Terri 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 nowhere 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 requested.

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@sbcglobal.net ###
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-coffeinated, 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 90s, 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-sodium 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. (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.
- 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 heat problems on a low-sodium diet, get medical attention for heat cramps.

**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 Rash 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 place the person on 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 cool 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 Stress 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. ###

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**Flea Market**

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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 ###

Meet Frank Scarafire
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 students 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 showed their efforts for the rest of the country to see.”

“These 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 medals 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
• Alexia Perrucci – Wood Ridge, NJ
• Video Production: Albina Gjyrevci – Ridgefield Park, NJ
• Patricia Hernandez – Ridgefield Park, NJ

Story and photo provided by John Branda. ###
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 their bicycles 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” extraction 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; 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 ceremony and 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@bgcofund.org

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 red 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

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 focus, 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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FREE SAFETY CHECK

Keep your family safe! Make sure your vehicle is properly maintained with our FREE safety check.

Are you ready for Summer?!
**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 ###

**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. ###

**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. ###
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.

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.

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.

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.

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.
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. ###
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 Floranna Heun singing the “National Anthem.” The Invocation was given by Pastor Iraida Ruiz DePorras (First United Methodist Church). Mayor Rose Heck and Bergen County Executive Kathleen A. Donovan made remarks. Floranna Heun sang “Battle Hymn...
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. ###
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, 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. ###
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, carpet, 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.

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 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 landlords and mortgages and recent mortgage statements.
If you cannot attend a clinic in person, call 855-365-2525.
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: nnjls@lsnj.org or go to www.lsnj.org/nnjls

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

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 Magna Cruz. ###

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.

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. ###
Moonachie Mystery 5K Run

The South Bergen Rotary Club is gearing up for its 2nd Annual Moonachie Mystery Run to be held Saturday, October 6, 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 USAFT 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, for best dressed costume, 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.moonachie5krun.com or southbergenrotary.org. ###

Wood-Ridge Mayor’s 5K

Wood-Ridge Mayor Paul Sarlo and the Borough are sponsoring a USAFT-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, 5-9 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/woodridge. For more information call 551-486-6895 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 Forugate 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 be paid in advance.

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

###

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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 it as they went. The village was in flames. The wounded men, Indian and English alike, along with old people and children were consumed. The Narragansett soon returned and the English claimed a victory. Estimates ranged from 300 to 600 dead Indians. The English lost over 200 men and supplies in 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 had been a thorn in the English and had for many years. Any disruption of that trade was met with hostility. They didn’t embrace Philip as a leader like they did with King James. They attacked Philip’s army and killed over 500 of his warriors and scattered the rest. King Philip escaped but would be captured and executed as a traitor by the English Colonists favor. Food was another factor in the war. The Indians could not sustain the English Colonists with 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 continued to kill and captured the rest over a period of time. The War of Attrition worked in the English Colonists favor. 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 over. The student will note that Philip had brave warriors and had early success. The student should also note that the Indians could not sustain long campaigns. They destroyed many of the towns in New England and they lost, 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 Thanksgivings with Philip’s father. The frontier border line between the English and Indian continued to slowly drift west. King Philip was beheaded after his death.

Legion Post 310
Monthly Meeting

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

New members are always welcome 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 have meetings the 2nd Tuesday of each month at 8 p.m. If you can’t make the meetings you can join and participate in any of the many activities they have going on. Come on down and be part of the Legion Family.

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 Liberty Street, Little Ferry. The kitchen is open to all members from 1 to 9 p.m.

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

Wamunsta was dead

In 1662 this is not a sur- prising news and his death. Then it was however, when he died after being shot at the Plymouth Colony.

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

Massasoit was the Indian Chief that aidied the English settlers. He put 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 Wamunsta.

Wamunsta’s sons were given English names so that they may pass between Coun- cils of the Indians and the whites with ease. Wamunsta was called Alexander and his younger brother was called Philip. Or King Philip as history now refers to him.

King Philip was angry that his brother died after speaking with Philips’ father. The Colonists wanted no more 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 Massasoit, a Christian Indian that had graduated Harvard was murdered.

Philip 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 killing him. 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 Nipmucus, the Narragansett, the Abanaki, the Pocumtuck, the Algonquinian, and the Nashaway, all tribes of New England, joined to drive out the English.

Towns were raided by In- dian Warriors all across New England. In Massachusetts’ Northfield, at Grafton, Worcester, Groton, Brookfield, Lancaster and Marlboro were burnt to the ground. Towns in Maine and Rhode Island were attacked and burned.

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 were killed in most cases, because a nursing mother would not have the strength to make the long trek to Canada.

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

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

September 4, 1675, Captain Richard Beers and his troops were ambushed trying to re- lieve 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, Massachu- setts. 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, 150 English and Mohegan Indians attacked Canoechet’s Fort. Canoechet’s Fort is where the Narragansett village resided.

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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 201-641-9774 or come down to Post 809, 100 Liberty Street, Little Ferry, NJ. Meetings are held the last Tuesday of the month at 8 p.m.
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 Chapel 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, counselor, 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 Sisters in Lodi; the Rev. Leonard Ryder, vicar, placed a beautiful cakd with 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 formal celebration of this tremendous milestone in the history of the Felician Sisters in Lodi, New Jersey. Story by Sister Virginia Tomasiak, SM.

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

The topic: write a thoughtful 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 religious, i.e., 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 many 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 and I sometimes have agreed with them, sometimes I have not.

As a Baptist, a Christian, a Franciscan Friar and Catholic priest, I looked at the questions 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 promises 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.
Real Estate Insight
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 benefits 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 A F e w e n t h e y .

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…

• Bathrooms. People like big bathrooms, so any fix-up that adds space – a vaulted ceiling, a skylight or stealing space off 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 land-scape 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 sagging.

New windows can be expensive, but they bring in natural light and often save money on utility bills and 60 to 70% 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 under-estimate 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, 201-288-0884. www.GatewayToHomes.com ###

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The Gazette
August 2013 - PAGE 25
Filling You In
By Jeffrey E. Mason, D.M.D.

Preventing Tooth Erosion
Tooth erosion is a 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 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 into contact with your teeth.

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. Most species of mosquitoes 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 plant pots or driptrays 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.

Put in tree root holes and hollow stumps that hold water with sand or concrete. Change the water in birdbaths and plant pots or driptrays 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.

Protect yourself from mosquito bites

- 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 root holes and hollow stumps that hold water with sand or concrete.
- Change the water in birdbaths and plant pots or driptrays 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.

What are the symptoms and signs of tooth erosion?
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, Hackensack, 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 201-935-8852. This program is sponsored by Community Development in cooperation with the Bergen County Department of Health.

W-R Health Consultations
The Borough of Wood-Ridge offers free health consultations at the Wood-Ridge Senior Center, from 11 a.m. to 1 p.m., on the first and second Thursday of every month.

Services include: health history evaluation, blood pressure check, height and weight measurements, counseling and education, referral, consultation, etc.

For more information call 201-343-8181. This program is sponsored by Community Development in cooperation with the Wood-Ridge Senior Center.

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Artful Thinking
By Artie Maglionico • Lodi Historian

Lodi Senior Citizen Club president Ed DeBartolo, along with program director Glo- ria Sysack and chairperson Mildred Mobilo, led their members on a June 9, 2013 excursion to the Renoir win- ery in South Jersey where the sampling of the grape was enjoyed by all.

Later a gala sit down lun- cheon 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) them- selves onto the bus destination Atlantic City USA.

Each member was given twenty five dollars in cash to gamble so one had to run the risk of dipping into their Social Security checks.

On the way home the par- ticipants 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 Easter, Superstorms, bomb threats and at least three major floods since Hurricane Floyd in 1999. Still Executive direc- tor 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 make a positive difference in the life of a child. Call Michael Brown at 973-472-7410 x 105. Mr. Hosier will tell you how to get started. Come on folks, dis- cover 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 Drigues who won 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 achieve- ment, considering there are twenty four clubs in our state and approximately 250 thou- sand members between 14 and 17 years old. “This was the first time in the 60 year history of our club that one of our mem- bers came in on the top four in such wide competition.” Says Nardino. “We are all extremely proud of Nicole.”

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

A few weeks ago my part- ner 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 be- cause 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 past 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 grand- daughter, 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 hair 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 Sal- vato is having better luck in the entertainment field than me and Jack. At our last performance someone in the audience shout- ed 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? So 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 al- ready 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 Thanks- giving, which unfortunately, is becoming a short stopover on the road to the holiday season, and are gearing up for the inevi- table frenzy called Christmas Shopping.

Why is it that we’re being tossed around in a holi- day whirl wind who cares, It’s 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 Ro- driguez 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.

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 mem- ber of the Vietnam Veterans of America Chapter 800. For more information go to: http:// www.vvachapter800.org/ or email: al69vet@optonline.net ###

Lodi Youth Council is mak- ing strides in the arts and would like to extend a special thanks to Jack Sepede for the use of your me- mories.

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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 deli on full course meal consisting of sirloin of beef and chicken marsala, and two complimentary drinks.

The cost is only $44 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 Doolins in Spring Lake, featuring a tribute to Dorsey, Miller, Goodman and Ella. Story by Charles Pallas. ###

Moonachie Senior Trips

The 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, 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; Fines Christmas Show, November 21, leaving at 9:30 a.m., cost is $49.

There is an extended trip to Branson on September 8-10. 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.

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 FVW 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 be your newest friends.

The Leisure Club will give you a reason to get out of your home and possibly get involved with 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 informative 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 reads members’ thoughts; and vocalists who gave performances worthy of Broadway.

The Leisure Club schedule 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 refreshments 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 Roost 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. ###

August 2013 Heights Senior Calendar

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 Club 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 LiGree’s Staaten Octoberfest:
Thursday, October 10
Cost is $50 for members and $55 for non-members.
Includes transportation, German and American food, music for dancing and a fabulous ... comedian. Limited seating; no seats are guaranteed unless payment is received. Contact: Kathy at 201-288-6651 to make payment.

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*Sunflower, Safflower

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August 2013 - The Gazette Newspaper August 2013

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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.

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 Steinhauff.

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.

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.
Looking for interesting and exciting work?

Join the TEAM!

The Carlstadt Fire Department 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 daveseue427@comcast.net.

On Friday, May 17, 2013, the Carlstadt Fire Department held a pasta dinner fundraiser 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.

On Saturday, June 29, 2013, the Carlstadt Fire Department and the 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.

On June 19, 2013, the Wood-Ridge Fire Department re-organized and held a barbeque at their headquarters. Photos provided by Justin Watrel.

On June 12, 2013, the U.S. Senate Commerce, Science, and Transportation Committee held a hearing on asbestos in New Jersey. Sen. Bob Menendez (D-NJ) and Sen. Jeff Chiesa (R-NJ) announced new federal grants totaling $770,428.

The Rutherford Fire Department will receive a $36,575 AFG grant for operations and safety. These grants can be invested in training, protective equipment, fitness programs, modifications to facilities, and supplies that support firefighting operations and safety.

On July 12, 2013, U.S. Senator Robert Menendez (D-NJ) and Jeff Chiesa (R-NJ) announced new federal grants totaling $770,428.

The Carlstadt Fire Department Ladies Auxiliary is always looking for new members. To become a member, 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 daveseue427@comcast.net.

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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 Department 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 programs are open to multiple grade levels. On average, approximately half of the Eighth Grade participates in the academy each year.

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 Sheriff’s 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 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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