

The Gazette

Newspaper for Carlstadt • E. Rutherford • Hasbrouck Heights • Little Ferry • Lodi • Moonachie • Rutherford • Teterboro • Wood-Ridge
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August 2014

★★★★★



A thunderous fireworks finale with rockets’ red glare and bombs bursting in air, is a glimmer of the continuous 25 hour bombardment 200 years ago (*September 13-14, 1814*) of Fort McHenry, a coastal five-point star garrison on Chesapeake Bay protecting Baltimore. (*Following the burning of Washington and Raid on Alexandria, if Baltimore was lost, it could have ended the American Dream*). At twilight’s last gleaming and during the rainy night, a small storm flag flew over the ramparts. The shell and Congreve rocket barrage stopped. The outcome of the battle was unknown. At dawn’s early light, in full glory, a larger than life garrison flag, with 15 stars and stripes, flew triumphantly. The American victory inspired a temporary prisoner, Francis Scott Key, who was detained on a British ship until after the Battle, and who witnessed the bombardment, to write a four stanza poem on the back of a letter in his pocket. It officially became our National Anthem on March 3, 1931.

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Rockets’ Red Glare

Neighborhood Scrapbook Pages 2-9	Library Lineup Pages 10-11	Community Life Pages 14-17	Spectacular Pyrotechnics Pages 18-19	Sandy Recovery Continues Page 23	Police Activity Pages 32-33	Emergency Services Pages 34-35
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Carlstadt/ER Lions Seek Unused Eyeglass Donations

For over 80 years, Lions Club members have volunteered their time by collecting used eyeglasses for donation, cleaning, and repairing. Classifying those donations by prescription, they distribute the eyeglasses through other Lions Clubs hosting optical missions in various countries.

In recognition of Lions Clubs’ commitment to meeting the demand for quality eyeglasses in developing nations throughout the world, Governor Christie proclaimed May as “Eyeglass Recycling Month.”

In an effort to raise awareness of the need for eyeglass donations, The Carlstadt - East Rutherford Lions Club placed a refurbished mail box at the entrance to the East Rutherford Public Library for donations. Pictured are Mike Kronyak, Club member; Lorraine Cologie, Library Board Member; Jeff Lahulier, East Rutherford Councilman and Club member and Christine Hartigan, Library Director, making the first donations in the new collection box. ###



Luau Party June 28

American Legion Ladies Auxiliary Unit 310 hosted their first annual Luau Party fundraiser on Saturday, June 28, 2014, from 1 p.m. to 6 p.m. at their picnic grove located at 100 Liberty Street, Little Ferry, NJ.

A \$5 per person admission included DJ, hamburgers, hot dogs, chicken kabobs, salads, desserts and lots more.

All proceeds benefit Veterans and children’s programs. ###



Knights of Columbus Councils throughout the state held their annual fund-raising drive to help people with developmental disabilities and special needs. See stories on page 29. ####



A patriotic display representing all services, stands at the ready beneath the flagpole at the VFW Post 809, 100 Main Street, Little Ferry. ###

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Local Attorneys Recognized

Two local attorneys, who are brothers, were recognized recently for their achievements in the courtroom.

On May 21, 2014, James S. Lynch and Arthur V. Lynch were inducted into the New Jersey Law Journal's Personal Injury Hall of Fame. James lives in Upper Saddle River and Arthur lives in Saddle River. They have practiced law together for more than twenty years.

James and Arthur and their firm, Lynch Lynch Held Rosenberg, P.C., were honored for achieving a \$6,600,000 settlement at trial for a construction worker whose leg was amputated after a serious fall.

The injury occurred during the renovation of a large horse stable complex in Overpeck Park in Leonia. The Lynch brothers were able to prove that standard demolition protocols were not followed by the contractors involved, resulting in the tragic fall.

Pictured with Robert Steinbaum, the Publisher of the New Jersey Law Journal, who was quoted as saying "Many factors go into achieving a large verdict or settlement—facts relating to liability and damages, or the ability of the defendants to pay, or the court in which the case is venued, or the composition of the jury, or the skill of the trial lawyers on both sides, and other factors, including luck. But results of the magnitude here honored couldn't occur without the most skilled of lawyers, and we want to recognize that excellence."

James S. Lynch and Arthur V. Lynch were also included in the "Big Money Wins" feature of the National Law Journal. The issue featured the Top 50 verdicts and settlements across the nation. Top litigators, firms and plaintiffs throughout the country value the honorees selected. KL. ###



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L. Agent: Zina Smajlaj



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Oversized Property
4 BR, 2F Baths
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Municipal Summer Hours

Hasbrouck Heights Borough Offices
will be open -- 8 a.m. to 3:30 p.m. --
from May 27 thru August 29
Regular hours of 9 a.m. to 4:30 p.m. will go into effect on Tuesday, September 2, 2014.

Lodi Borough Offices
will be open -- 8 a.m. to 3:30 p.m. --
from June 23 thru September 1
Regular hours of 9 a.m. to 4:30 p.m. will go into effect on Tuesday, September 2, 2014.

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– For 2014, The Rutherford Woman’s College Club (RWCC) Special Award Scholarship winner is Tatiana Doesschate-Greiner. Photographed left to right are RWCC Treasurer Marianne Coston, scholarship awardee Tatiana Doesschate-Greiner and RWCC President Valerie Schroder. *Photos by Daria Amato. ###*

RWCC Scholarship Award

The Rutherford Woman’s College Club has announced their 2014 scholarship winners. During their annual awards dinner on May 15, 2014, the Ella B. Mounce Scholarship was presented to Madeleine Haig, the Janice P. Tighe Scholarship was awarded to Kimi Patel and the Woman’s College Club Special Award was accepted by Tatiana Doesschate-Greiner. During her acceptance, Ms. Doesschate- Greiner thanked the Club and spoke of her plans to attend The College of New Jersey to study accounting. She intends to attain a Certification in Public Accounting (CPA). The Woman’s College Club of Rutherford awards annual scholarships to local women and men and is one of the most enduring Woman’s College



Clubs in New Jersey. This year the Woman’s College Club is celebrating their 100th anniversary of service by hosting an Anniversary Gala on October 9, 2014, at The Graycliff in Moonachie, NJ. If interested in becoming a member please contact Membership Chairwoman Barbara DeGregorio at 201-933-5645. *Story provided by Bill Neumann. Photos provided by Daria Amato. ###*



Living Wax Museum: Successful Women Inspiring Girls

Girl Scouts of Northern New Jersey, Junior Troop 582 Wood-Ridge worked diligently for the past two years to complete the Girl Scout Bronze Award. One requirement to earn this award was for the girls to complete a GS Leadership Journey. The girls chose to complete the aMUSE Journey. On this journey, the girls discovered themselves, connected with others, and took action to help improve the community. The girls tried on roles, read about inspiring women, and discussed ways to speak out against stereotypes. Collectively, they created a story entitled “Track Champion.” A “Living Wax Museum” was the girls’ culminating project for this journey. Each girl chose a positive female role model who inspires her in some way to portray. Selection was based on inspiring careers, outstanding citizenship, and community service and outreach. Emily Gardella portrayed Alex Morgan, an American soccer player (*forward position*) and Olympic gold medalist, Callie Negro portrayed Lady Gaga, the talented pop star and singing sensation, Samantha Eckert portrayed Hope Solo, an American soccer player (goalie position) and Olympic gold medalist, and Kimberly Burniston portrayed Nikki Bella, a WWE professional wrestling Diva. All girls from Troop 582 moved up the leadership ladder and earned the “Reach Out,” “Speak Out,” and “Try Out” awards for the completion of the GS aMUSE Leadership Journey. Congratulations to all! *Story by Debbie Burniston. Photo provided by Sandra O’Byrne. ###*



Boulevard Roadside Memorial (Descanso)

A roadside memorial was set up at the corner of The Boulevard and Lawrence Avenue, Hasbrouck Heights, for a woman and her dog who were fatally injured by a car while crossing the Boulevard on June 26, 2014. The vehicle was driving northbound on The Boulevard. *Descanso: a roadside marker or memorial to a victim of an automobile accident. From Spanish: descanso -- memorial marks the last place on earth where a person was alive. ###*



On June 4, 2014, Hasbrouck Heights Fire Department Engine One held their Seventh Annual Engine One Barbecue at their firehouse. Over 40 Department members and their guests enjoyed hamburgers, hot dogs, Italian sausage, baked beans, homemade baked ziti, plus homemade brownies, frosted chocolate chip muffins and lemon layer cake. There was not much left over! *Story and photo provided by Justin Watrel. ###*

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(l to r) Lodi Mayor Mark Schrieks, Assemblyman Robert Auth, Senator Gerald Cardinale, Freeholder Joan Voss, Rochelle Park Mayor Frank Valanzuela and Councilman Joseph Scarpa, SOS Board President Susan O'Dwyer, County Executive Kathleen Donovan, SOS Executive Director Elaine Meyerson. Freeholder Steven Tanelli, Assemblywoman Valerie Vanieri Huttle, Hasbrouck Heights Mayor/SOS Board Member Rose Heck and Teaneck Councilman Henry Pruitt. ###

SOS Opens New Community Program Center

For the first time in its 38-year history, Shelter our Sisters has brought together, under one roof, all of its non-emergency services for individuals and families affected by domestic violence. To celebrate this milestone, SOS hosted a Grand Opening/Open House at its new Community Program Center at 12 Overlook Avenue in Rochelle Park, NJ, on Monday, June 9. The SOS emergency shelter will remain at its current confidential location, as will its five transitional housing facilities in Bergen County. Photo provided by Jean Kirch. ###



On June 8, 2014, members of the Wood-Ridge Education Association walked to honor their former colleague, John Bischoff, who saved the lives of others through organ donation three years ago. They participated in the NJ Sharing Network's 4th Annual 5K Walk and USATF Certified Race,

which aims to raise awareness of the critical need for organ and tissue donation. Members raised \$1,280 for the NJ Sharing Network, which supports the work of increasing the number of lives saved through education, research, donor family support, and public awareness about the life saving benefits of organ and tissue donation and transplantation. The Race/Walk next year is Sunday, June 7, 2015. Please join Team Bischoff to remember, to honor, and to give hope to the over 122,000 people waiting for an organ transplant across the country. For more information or to join the team, contact Linda Radulich at lradulich@wood-ridgeschools.org. Story and photo provided by Linda Radulich. ###

5K Walk Oct. 5 at Depken Field

The Children's Dyslexia Center of NJ, located at 301 Division Avenue will sponsor its 8th Annual Hasbrouck Heights 5K Walk to help support Dyslexic children on Saturday, October 11, 2014, at Depken Field. The course is 5K (3.1 miles). The Walkathon will be held rain or shine. Registration starts at 9 a.m. and the Walk begins at 10 a.m. Registration is \$15 for adults and \$5 for children under 12 years of age. Participants who register prior to the event will receive a commemorative "T" shirt at registration. Refreshments will be available. Proceeds go directly to the cost of training tutors and tutoring children. Make checks payable to: Children's Dyslexia Center of NJ, indicating Hasbrouck Heights on the memo line. Send to Hasbrouck Heights Learning Center, 301 Division Ave., Hasbrouck Heights, NJ 07604 or call Ms. Sue Speidel at 201-288-1183. ###

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100th Anniversary Feast

Saint Joseph

LABOR DAY WEEKEND

August 29, 30, 31, & September 1

Times: Friday: 6- 10 PM, Saturday & Sunday 4 - 11 PM, Monday 2- 10 PM

ENTERTAINMENT

Friday

"Magic Moments" DJ

Paul Belanich -

Accordion Player

Saturday

"CRC Productions"

DJ

"Coro d'Italia" Italian-

American Ensemble

"I Forestieri" -

Accordion & Guitar

Sunday

"MIRAGE" Band

Monday

"Moving Faith" Band

"I Forestieri" -

Accordion & Guitar

ITALIAN FOOD

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GAMES

50/50 RAFFLES

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*SPIRITUAL

EVENT*

Labor Day

September 1, 2014

2:00 PM

Solemn Mass

celebrated by Bishop

Bernard A. Hebda.

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Lodi Feast

The 100th Annual St. Joseph Festival opens Friday, August 29, 2014, at 6 p.m. to 10 p.m., with rides, games, entertainment, hourly 50-50, a Super 50-50 and the “Best Italian Food.” The Feast continues Saturday, and Sunday from 4 p.m. to 11 p.m. and Monday from 2 p.m. to 10 p.m.

On August 30 and 31, from 10 a.m. to 2 p.m., the St. Joseph Society, accompanied by the Metropolitan Feast Band, will march with a banner of Saint Joseph throughout Lodi, Garfield and Hasbrouck Heights.

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

The Procession route includes: East Place, Liberty Street, Prospect Street, James Street, Woodside Avenue, Hunter Street, Prospect Street, Kipp Avenue, Roosevelt Avenue, Central Avenue, Hillcrest Avenue, Grove Street and Spring Street.

Entertainment Schedule

- Friday: Magic Moments DJ; Accordion Player Paul Belanich
- Saturday: CRC Productions DJ, Coro d’Italia Ensemble; I Forestieri - Accordion and Guitar
- Sunday: MIRAGE Band
- Monday: Moving Faith band, I Forestieri - Accordion and Guitar

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

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



Enjoy Meeting People? Become a Docent!

The Aviation Hall of Fame and Museum at Teterboro Airport is seeking volunteer tour guides (docents) who enjoy meeting people.

Volunteer docents lead informative museum tours of displays, punctuated with brief historical accounts of New Jersey’s aviation pioneers, heroes and events.

Go to www.njahof.org and check out the self guided tour. Flexible hours. Free training and support. No experience necessary.

For additional information, call Roger at 201-967-0419, or Shea at 201-288-6344. ###

The Science of Steampunk

The Meadowlands Museum is pleased to present Professor Scott Calvin of Sarah Lawrence College to discuss “The Science of Steampunk” on Monday, August 4, 2014, at 6 p.m.

This lecture is part of the exhibit “Alternate Reality: Steampunk & the Victorian Age,” opening July 21, 2014.

If the term “steampunk” means anything to you, it probably evokes the image of goggles on top hats or of gears on, well, just about everything.

Dig just a little bit further into the movement and you’ll find dirigible airships, clockwork robots, and steam-powered vehicles.

In this talk, you will learn a bit about the scientific principles behind these inventions, such as what it is that gears actually do, as well as discuss some of the larger than life figures who tried to bend these principles to their will.

The Museum is located at 91 Crane Avenue in Rutherford. For more information to to: meadowlandsmuseum.com/ ###

Arts and Crafts Vendors Wanted

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

The Bergen County Division of Senior Services will sponsor/host the Annual Senior Picnic in Van Saun County Park, Paramus on Tuesday, September 16, 2014 (rain date: Tuesday, September 23) 10 a.m. to 3 p.m.

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

Vendors must be affiliated with a registered non-profit agency or facility, senior citizen club or organization.

Profits made from this sale must benefit the non-profit organization.

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

Reservations will be accepted through August 15. For further information, please call 201-336-7427. ###

July Birthstone
Ruby

Mt. Airy Casino Trip August 13

Come and enjoy a day at the beautiful Mt. Airy Lodge & Casino! The bus will leave from in front of MSH Church August 13, 2014 at 9 a.m. sharp, returning at approximately 6 p.m. The price of \$35 includes bus transportation, a \$25 free slots play, and a \$10 food voucher.

Payment is due when the reservation is booked. Checks should be made payable to “MSH Rosary Confraternity,” placed with the reservation form in an envelope marked “Mt. Airy Trip,” and dropped off or mailed to the Rectory at 127 Paterson Avenue, Wallington 07057 no later than Monday, August 4.

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

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

Casino Bus Trip

The VFW Post 4591 sponsors Casino 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. Games, prizes and a movie make the travel time pass quickly. Call Mel at 201-933-9937 or the Post for details at 201-288-1112. ###

Harvest Moon Charity Ball

The Fourth Annual Harvest Moon Charity Ball will be held Wednesday, October 1, 2014, from 6:30 to 10:30 p.m., at Seasons, Washington Township.

The event is sponsored by The Children's Dyslexia Centers of NJ, Hasbrouck Heights Learning Center. The event will honor Ill. Thurman C. Pace, 33rd.

The menu features Cocktail Hour, Open Bar (Premium Liquors), Choice of Entree (Roasted Prime Rib of Beef, Chicken Francaise, or Pan Seared Norwegian Salmon) and Dessert: Lava cake w/ice cream.

Dance the night away with “Magic Moments Productions.”

Black Tie is optional. Donation is \$95 pp. Reservations due September 24. For more information call Barbara and Kyle Nurge at 201-440-9425, or e-mail banurge@aol.com

Deadline for ad journal is August 12, 2014. ###

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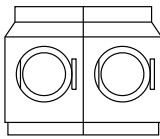
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Little Ferry National Night Out August 5

On August 5, 2014, The Little Ferry Police Department will sponsor their 11th Annual National Night Out Program in the municipal parking lot from 7 p.m. to 9 p.m.

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

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

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

The Rescue Squad will do a “Jaws of Life” extrication demonstration. The CERT Team will be demonstrating their skills.

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

East Rutherford National Night Out July 28

East Rutherford will celebrate National Night Out Against Crime on Monday, July 28, 2014 in Sesselman Park, 282 Carlton Avenue, East Rutherford.

They are using this special date to have an informative fun filled evening in conjunction with a concert under the stars. East Rutherford’s Night Against Crime is sponsored by the East Rutherford Neighborhood Watch and East Rutherford Police Department.

There will be exhibits and demonstrations from ER Police Department, Emergency Squad, Fire Department, Veterans, Sheriff’s Department, End DWI, face painting and other family fun.

The event begins at 5:30 p.m. and continues until the start of the free concert at 7:30 p.m. featuring the group, “Almost Queen.”

Come and enjoy presentations, bring a lawn chair, stay for the concert and enjoy an evening with neighbors and friends. ###

Moonachie Family Fun Day August 2

Moonachie Family Fun Day will be held on Saturday, August 2, 2014, from 2 to 5 p.m. at the Moonachie Civic Center Park. Rain Date is August 3.

There will be refreshments and entertainment. Bring your bathing suit and towel for the water inflatables.

This free event is sponsored by the Mayor and Council. ###

A Mad, Mad, Mad World of Science

The Free Public Library of Hasbrouck Heights cordially invites you and the whole family to attend this year’s bash on Friday, August 1, 2014, starting at 6:30 p.m. and lasting until 1 a.m.

It’s going to be --“A Mad, Mad, Mad World of Science.” A great line-up of family friendly activities has been planned throughout the evening:

- Special guest appearances of costumed characters and themed food to be served
- Hands on science experiments for boys and girls
- Fizz Boom Sing Read! Family Concert with Award-Winning Singer/Songwriter Patricia Shih
- Learn about Cool Comets with Kate Villano from the Newark Museum
- Let’s see how well you do in the Black Light Extravaganza as you get your game on.

To defray the cost of this event, there is a suggested donation of \$5 for a child under 12 years old and \$10 donation for anyone 12 years of age and older.

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 Library is located at 320 Boulevard. Call 201-288-0488 for details or visit us online at <http://hasbrouckheights.bccls.org/> ###

Keep your family safe by checking for product recalls

The Hasbrouck Heights Fire Prevention Bureau recommends that you periodically check the US Consumer Product Safety Commission’s web site for recent recalls and product safety news at: www.cpsc.gov

Summer Concerts

East Rutherford

The Borough of East Rutherford Annual 2014 Summer Concert Series:

- July 28 - “Almost Queen” ... this band succeeds in blending the vocal layering and studio precision that is signature of the energy and spectacle of an authentic “Queen Experience.”
- August 4 - “The Bronx Wanderers” ... this show echoes the era of the past while breathing new life into the sound of today. Their ultimate tribute to Frankie Valli & the Four Seasons and Dion will feature crowd favorites like “Sherry,” “Big Girls Don’t Cry,” “Run Around Sue,” “The Wanderer,” along with the current sounds of Coldplay, Bruno Mars and many more.

Shows start at 7 p.m. at Sesselman Park located at the corner of Carlton Avenue and River Street. Be sure to bring your favorite comfortable chair! ###

Lodi

“Concerts in the Park” are held Wednesdays, starting at 7:30 p.m. to 8:30 p.m. at the Lodi Memorial Park Amphitheater, weather permitting. The 2014 schedule includes:

- July 30 - “Jay and the Americans”

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

Rutherford

Rutherford Recreation and Cliffhanger Productions present the Summer Concert Series in Lincoln Park. Concerts start at 7:30 p.m. The following bands are scheduled to perform:

- July 31 - “Kimon and the Prophets.”
- August 7 - “Trailer Park Mafia” (ACDC to ZZ Top).

All concerts are free to the public. In case of rain, Thursday evening concerts will be rescheduled for the following Monday evening. Food and beverages will be available for sale. Bring a blanket or lawn chairs and enjoy the sounds of summer. For more information, call 201-460-3015. ###

Storm Tips:

USING GENERATORS - Use extreme caution when operating portable generators. Never use a portable generator (gasoline, diesel, or propane) indoors or in an enclosed area such as a basement, garage, shed, or tent. This can result in carbon monoxide (CO) poisoning or death. ###

Rutherford Hosts 39th Annual Labor Day Antique and Craft Fair September 1

The Borough of Rutherford has selected Cliffhanger Productions to produce its 39th Annual Labor Day Street Fair. One of the most well attended street fairs in the state, visitors can expect to find over 250 vendors lining the streets, parks, and plazas throughout Rutherford’s downtown area.

The event will feature antiques, collectibles, and craft vendors from all over the East Coast.

Cliffhanger Productions will bring its signature brand of entertainment to the festival with many activities to entertain the kids while the parents shop. There will be many rides and amusements, a children’s stage with a costumed character musical revue, magic show, balloon artists, and variety street performers.

Local restaurants will be out in force, along with some of the area’s non-profit groups that are planning food-related fund raising – all doing their part to make sure that festival goers can keep up their energy throughout the day.

Other area non-profits will have booths to provide information, engage in fundraising, and recruit volunteers.

The Street Fair runs from 10 a.m. to 5 p.m. Musical entertainment will be held at the Hutzel Memorial Band Shell in Rutherford’s Lincoln Park starting at 11 a.m.

This year’s festival will feature a surprise national act in addition to some great local talent.

The Art Association of Rutherford members will be selling their paintings on the lawn of the Borough Hall. In addition, they are pleased to announce that The NJ Hall of Fame Mobile Museum will also be a part of this year’s festival.

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

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

To obtain a vendor application, sponsorship opportunities, or for general event information, please contact Cliffhanger Productions at 201-460-8335 or email info@cliffhanger-productions.com. Cliffhanger Productions has partnered with Secaucus-based Axiom Communications to handle public relations and national sponsorships. ###

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Supermoon

The year 2014 has a total of five supermoons. They are the two new moons of January, and the full moons of July, August and September.

The August full moon will be the closest full moon this year, with the distance separating the earth and moon at only 222,000 miles.

Usually, supermoons are visible after sunset near the horizon when it becomes dark outside. According to NASA, depending on the closeness of the supermoon to the earth, it can even appear to the extent of 14 percent bigger in the sky and 30 percent brighter to our eyes compared to the normal moons.

For reasons not fully understood by astronomers or psychologists, low-hanging moons look unnaturally large when they beam through trees, buildings and other foreground objects. When the moon illusion amplifies a perigee moon, the swollen orb rising in the east at sunset can seem super indeed

The term “supermoon” was coined by astrologer Richard Nolle in 1979, arbitrarily defined as: “...a new or full

moon which occurs with the moon at or near (*within 90% of*) its closest approach to earth in a given orbit (*perigee*). In short, earth, moon and sun are all in a line, with moon in its nearest approach to earth.” Perigee just means “near earth.” ###

Sturgeon Moon

The August full moon appears on Sunday, August 10, 2014, at 2:10 p.m. It is called the “Full Sturgeon Moon.”

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

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

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

Seniors Can Save on Medicare Costs

The Bergen County Division of Senior Services reminds residents that if you are a Medicare beneficiary with limited resources, you can save money on individual Medicare costs by accessing state and federal programs.

Two New Jersey programs can help pay for the prescription drugs that you buy at your local pharmacy. You must be enrolled in Medicare to apply.

The New Jersey Senior Gold program is for Medicare beneficiaries whose 2014 income is limited to \$36,130 for a single person or \$42,037 for a married couple. Senior Gold participants pay \$15 at the pharmacy for each prescription drug plus 50% of the remaining cost. You never pay more than the cost of the drug.

The New Jersey Pharmaceutical Assistance for the Aged and Disabled (PAAD) program is for Medicare beneficiaries whose 2014 income is limited to \$26,130 for a single person or \$32,037 for a married couple. PAAD participants pay \$5 for each generic drug and \$7 for each brand-name drug at the pharmacy. Again, you never pay more than the cost of the drug.

Both programs work with your Medicare prescription drug coverage to reduce your out-of-pocket costs.

Finally, if you have both limited income and limited assets, the federal Medicare Savings Program can help you save \$104.90 a month on your Medicare Part B premium plus help you pay for your prescription drug costs. To be eligible for a Medicare Savings Program your income/assets for 2014 must be limited to \$15,755 income/\$7,160 assets for a single person and \$21,236 income/\$10,750 assets for a married couple.

Assets exclude your home; one car; a burial plot; up to \$1,500 in burial expenses if you’ve put that money aside; and furniture and other household and personal items.

If you’re a Medicare beneficiary and believe you may be eligible for any of these programs, call the Bergen County Division of Senior Services SHIP (*State Health Insurance Assistance Program*) office at 201-336-7413 for more information and to be pre-screened for benefits.

This program is not for Medicaid recipients, who receive help paying their prescription drug costs and whose Medicare Part B premium is already paid.

Volunteer SHIP counselors provide one-on-one personalized counseling to help you understand your Medicare benefits and costs. ###

Dog Days of Summer

Everyone talks about “the Dog Days of Summer,” but few know what the expression means. Some say it signifies the hottest, most sultry days “not fit for a dog.”

The Old Farmer’s Almanac lists the traditional timing of the “Dog Days” as the 40 days beginning July 3 and ending August 11, coinciding with the ancient heliacal (*at sunrise*) rising of the Dog Star, Sirius.

They named this period of time, from 20 days before the conjunction to 20 days after, “Dog Days” after the dog star.

The term “Dog Days” was used by the Greeks, as well as the ancient Romans after Sirius, the brightest star in the heavens besides the Sun.

The ancients believed that Sirius was so bright that it actually produced enough heat to help warm the earth. During the summer months, Sirius rises and sets in conjunction with the sun and the ancients believed that Sirius added to the heat produced by the summer sun. And that’s how the phrase “The Dog Days of Summer” originated.

A casual survey will usually find that many people believe the phrase is in reference to the conspicuous laziness of domesticated dogs (who are in danger of overheating with too much exercise) during the hottest days of the summer.

When speaking of “Dog Days” there seems to be a connotation of lying or “dogging” around, or being “dog tired” on these hot and humid days. Although these meanings have nothing to do with the original source of the phrase, they may have been attached to the phrase in recent years due to common usage or misunderstanding of the origin of the phrase.

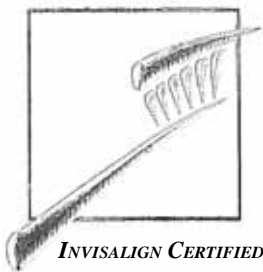
In recent years, the phrase “Dog Days” or “Dog Days of Summer” have also found new meanings. The term has frequently been used in reference to the American stock market(s). Typically, summer is a very slow time for the stock market, and additionally, poorly performing stocks with little future potential are frequently known as “dogs.”

Today, “Dog Days” occur during the period between July 3 and August 11. Although it is certainly the warmest period of the summer, the heat is not due to the added radiation from a far-away star, regardless of its brightness. The heat of summer is a direct result of the earth’s tilt. ###

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Business Networking Breakfast Meeting

The Hasbrouck Heights Chamber of Commerce cordially invites local businesses from around the area to come and network at the Hasbrouck Heights Free Public Library on Wednesday, August 27, 2014, starting at 8 a.m. until 9:30 a.m.

Special guest speaker, Bill Loges, of ReferenceUSA, will demonstrate how one can easily develop a free client list with the help of your public library. All that is needed is a library card.

Come and learn how one can successfully access useful and targeted information to cultivate the growth of one's business. Seating is limited.

There is no charge to attend, but registration is required. Library is located at 320 Boulevard in Hasbrouck Heights. To reserve your seat, please call The Library at 201-288-0488 or go to -- <http://hasbrouckheights.bccls.org> and go to calendar. ###

HRAP Continues

The Bergen County VOAD/LTRC will continue to administer the Home Repair and Advocacy Program (HRAP) for Bergen County seniors and disabled persons.

In order to be eligible for this program, the homeowner/renter must be age 60 or older or be receiving disability assistance. The program only applies to primary residence. If the resident is a renter, the program can cover only those services not covered by the landlord.

Eligible repairs may include interior wall board, mold remediation, heating/cooling systems, electrical repairs, roofing, tree removal, plumbing and debris removal and refurbishing major electrical appliances.

All damages requesting to be repaired must be attributed to Hurricane Sandy. There is a \$5,000 cap per household, and funds are paid directly to the vendor as this is not a reimbursement program.

For more information about HRAP, you can check www.bergenvoad.org or call 201-470-3143.

This program was designed to help stabilize the lives of elderly and disabled residents affected by Hurricane Sandy; funds are provided by the Federal government, to the State, to the County and then to the VOAD. ###

W-R Lions Celebrating their 75th, Gov. Codey to be Keynote Speaker

On Friday, October 17, 2014, the Wood-Ridge Lions Club will be celebrating the 75th anniversary of their charter. A gala dinner dance will be held at the Fiesta in Wood-Ridge. Former Governor Richard Codey will be the keynote speaker.

The Club is honored that Gov. Codey has accepted their invitation to speak at this event. His many years of service to the citizens of New Jersey epitomizes the Lions motto "We Serve."

While there will be a few short programs, the evening will mostly be a celebration of the accomplishments of the Wood-Ridge Lions over the past 75 years.

From blood drives and war bond sales during WW II to free eye screening today, the members of the Club have always kept their mission to help others in the forefront!

The Club has made significant contributions to help the blind and sight impaired with annual contributions to St. Joseph's School for the Blind, Camp Marcella, Lions Eye Bank of New Jersey, The Foundation for Fighting Blindness, The New Jersey Blind Citizens Fund and Juvenile Diabetes.

Also, the Club makes annual contributions to the Gus Hoene Rehabilitation Center, an organization that assists mentally challenged adults.

The Club has been a charter sponsor of a Little League team in town, has provided yearly contributions to The Library for large print books and audio tapes, and supports The American Legion Boys State Program.

The Club is extremely proud of their Thanksgiving Food Drive which donates 100 turkeys and "fixings" a year to

the Bergen County Food Action Center. The Club has also provided funds for 10 bullet proof vests for the officers of the Wood-Ridge Police Department.

The event will begin at 7 with a full cocktail hour featuring a raw bar, specialty stations and passed hors d'oeuvres, five hour open bar, dinner and Viennese table. Entertainment will be provided by the Alan Quinn Orchestra.

Tickets are \$95 per person and may be obtained by sending a request to the Wood-Ridge Lions Club, P.O. Box 166, Wood-Ridge 07075. If you are interested in supporting the Club with a booster ad (\$10.00 per listing) please send to the above address.

For additional information regarding the dinner or ad information in the journal please contact event chairman Jack Nagel 201-641-2803 or e-mail janpro911@aol.com. *Story provided by Jack Nagel. ###*

Heights Food Pantry

The Hasbrouck Heights Food Pantry serves approximately 35 families on a weekly basis.

These families depend on the generosity of the donations made by the citizens of our community, parishioners of our many Churches, and businesses who open their hearts to the understanding of what these families are going through.

The families have fallen upon hard times, whether from unemployment, medical bills, taking care of an elderly parent...the list goes on.

During the month of July the pantry had to close its doors one week and may have to resort to opening every other week because donations have reduced significantly.

The ACC Social Concerns Ministry of Corpus Christi Parish will be conducting its annual Summer Food Drive to assist the HH Food Pantry until August 24. Donation boxes are placed in the back of the Church and in the foyer of the Chapel to collect non-perishable food items, toiletries, and paper products only. Donations and Shop-Rite gift cards can also be dropped off directly to the HH Borough Clerk's Office, Monday through Friday from 8:30-3:30 p.m. MW. ###

Rutherford Community Pantry

The Pantry is located in the basement of Rutherford Borough Hall. It is a volunteer non-profit which is a joint effort of community faith congregations, organizations and concerned citizens. Call 201-460-3000 x3168 to volunteer. Food donations are welcome during hours of service. Recipient eligibility is determined by local pastors, social services and other designated organizations. A completed and approved referral is required. Limitations apply. For more information go to: www.rutherford-nj.com/pantry ###

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Handwriting Insights

The East Rutherford Memorial Library will be hosting a special event entitled “Handwriting Insights” on Tuesday, August 12, 2014 at 6:30 p.m.

Learn about the world of handwriting analysis for fun, protection and profit.

James Mihnerick, MSW social worker since 1975 and a certified handwriting analyst since 1986, will speak on this topic, show writing samples, and answer questions.

Pre-registration is requested. Participants can register online for the event by visiting: eastutherford.bccls.org. For any additional questions please call 201-939-3930. ###

Basic ESL Classes

The Rutherford Public Library will offer a summer session of Basic English as a Second Language taught by a certified ESL instructor.

The classes are intended for beginner to intermediate level students and will be held on Tuesday and Thursday mornings from 10 – 11:30 a.m.

The 2014 summer session will be held on the following dates: Tuesdays: August 5, 12, 19; and Thursdays: August 7, 21.

Students may register in person at the Reference Desk. For more information, please call 201-939-8600, ext. 7. ###

English Conversation Group

English language learners are invited to attend the English Conversation Group at The Rutherford Public Library on Mondays, August 4, 11, 18 and 25 from 10:00-11:30am and on Thursdays, August 7, 14, 21, and 28 from 1:00-2:30pm. The group provides a good opportunity to practice spoken English in an informal setting. This is a free program and all are welcome. No registration is required. For information, please call (201) 939-8600, ext. 7. ###

Domestic Violence

On Wednesdays, from 8 p.m. - 8:30 p.m., at The Wood-Ridge Memorial Library, Sabrina Osso, Founder of Floor It, who has been featured on multiple TV, news and radio broadcasts, holds a weekly meeting about erasing home violence, discussing statistics, solutions, and presenting a unique performance to lighten a very heavy subject. Attend for yourself, or someone else. ###

Murder Mystery

Come and try to figure out Whodunit!

On Friday, August 8, 2014, The Wood-Ridge Library will host a murder mystery at 6:30 p.m. in the W-R Senior Center.

Registration required. Adults only. Light refreshments will be served.

The Library is seeking volunteers for this event. Call 201-438-2455. ###

The Best Exotic Marigold Hotel

On Tuesday, July 29, 2014, at 6:30 p.m., The Friends of The Library of Rutherford will present a free screening of “The Best Exotic Marigold Hotel,” starring Judi Dench and Maggie Smith. The film will be shown in The Library Auditorium. ###

The Secret Life Of Walter Mitty

On Tuesday, August 26, 2014, at 6:30 p.m., The Friends of The Library of Rutherford will present a free screening of “The Secret Life of Walter Mitty,” starring Ben Stiller. The film will be shown in The Library Auditorium. ###

ER Friday Matinees

The East Rutherford Memorial Library will be hosting Friday Matinees at 2 p.m. All movies are free of charge, for adults only. Some of the movies include “Saving Mr. Banks” and “Winter’s Tales.”

In addition, coffee and snacks will be provided. For any additional questions please call 201-939-3930. ###

Free Movies

On Wednesdays, starting at 1:30 p.m., free movies will be shown at The Lodi Memorial Library. For more information, call 973-365-4044. ###

Divergent

Movie showing – “Divergent” on Wednesday, August 6, 2014, at 7:30 p.m. at the Wood-Ridge Civic Center.

This movie is rated PG-13 and not intended for young children. ###

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. ###

Knit, Read and Discuss

The Knit One, Read Two knitting/book discussion group at The Rutherford Public Library will meet on Wednesday, August 6, 2014, at 6:30 p.m., to discuss “The Kitchen House” by Kathleen Grissom. The meeting will be held in The Library Auditorium. All those who knit or crochet are warmly invited to bring their needlework and join the discussion. Copies of the books are available at the Circulation Desk. For more information, please e-mail Peg Mellett at mellett@bccls.org. ###

Crochet Club

The East Rutherford Memorial Library will host a Crochet Club twice a month. All skill levels are welcomed. The Club will meet on the 2nd and 4th Thursdays of the month, from 6:30-8 p.m. in The Library.

Although this is not a class, but rather a Club, beginners are welcome. Please bring your own supplies. Come share your passion and make some friends! Any questions: Please contact Chris Hartigan at hartigan@bccls.org or call The Library at 201-939-3930. ###

Crocheting Club

Bring your crocheting or knitting and join in the fun!

This Club meets in The Carlstadt Public Library meeting room on the first and third Thursdays of every month from 7-8 p.m. Only crocheting help is available at this time for those who need assistance. Please call 201-438-8866 ext. 204 to register, or email: carl-ref@bccls.org. Anyone with a valid library card is welcome to attend! ###

August Computer Classes at Lodi Library

Lodi Library offers free, small group computer classes for Lodi residents on Tuesday afternoons from 1 p.m.-2:30 p.m. The August 2014 classes are:

- Computer Basics - August 5
- Internet Basics - August 12
- Introduction to Microsoft Word 2010 - August 19
- Introduction to Microsoft Excel (2010) August 26

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

ER Book Clubs

The East Rutherford Memorial Library will be hosting two adult Book Clubs.

• Afternoon Book Club meets the 3rd Thursday of the month. The next Book Club will meet on Thursday, September 18, 2014, at 1 p.m. The selection will be “Invention of Wings” by Sue Monk Kid.

• Evening Book Club meets the 3rd Wednesday of the month. The next Book Club will meet on August 20, 2014, at 6:30 p.m. The selection is “I Know Why The Caged Bird Sings” by Maya Angelou.

Everyone is welcome to join both Clubs. For further information contact E. Rutherford Memorial Library 201-939-3930. ###

The Warmth Of Other Suns

On Monday, August 18, 2014, at 6:30 p.m., the Monday Evening Book Group will meet to discuss “The Warmth of Other Suns” by Isabel Wilkerson. Copies of the books are available at the Circulation Desk. The meeting will be held in the Glass Room on the main floor, The Rutherford Library. ###



Previous Issues of
The Gazette Newspaper
are available on-line at:
The-Gazette-Newspaper.com

Baby Boomer Career Workshop

Baby Boomers, take note! By special arrangement, Eli Amdur, The Record’s Career Coach, will be returning to Rutherford Public Library on Tuesday, September 16, 2014, at 7 p.m. to present his unique career workshop designed just for Boomers.

He says, “Be a stronger, more competitive candidate... not in spite of being over 50 but BECAUSE of it! Get an overview of the current and future job market, learn to develop a strong plan, and take your job market back!”

This program will be held in The Library Auditorium. The workshop is free but seating is limited. Register by calling The Library at 201-939-8600, ext. 7 or e-mailing rutherfordpubliclibrary@gmail.com. ###

Job Search

Neighbors-Helping-Neighbors is a free and highly successful peer-led volunteer support group for people who are actively looking for work and would like to begin or re-invigorate their job search.

Group members assist each other in techniques and suggestions to improve job search strategies, offer support, and help with networking opportunities. They meet at The Hasbrouck Heights Free Public Library on Mondays, from 12:15 to 1:30 p.m. ###

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Rio Revisited

On Friday, August 1, 2014, at 2 p.m. all children, ages 4 and up, are invited to a free movie screening of “Rio 2” at The Rutherford Public Library. This film is rated G.

No advance registration required. An adult guardian must remain with any child under the age of seven for the duration of the film. For more information, please call the Children’s Department at 201-939-8600, ext. 6. ###

Mr. Peabody

On Friday, August 8, 2014, at 2 p.m., all children ages 4 and up are invited to a free movie screening of “Mr. Peabody & Sherman” at The Rutherford Public Library.

This film is rated PG. No advance registration required. An adult guardian must remain with any child under the age of seven for the duration of the film. For more information, please call the Children’s Department at 201-939-8600, ext. 6. ###

Adventures of The Penguin King

On Friday, August 15, 2014, at 2 p.m., all children ages 4 and up, are invited to a free movie screening of “Adventures of the Penguin King” at The Rutherford Public Library.

This film is rated PG. No advance registration required. An adult guardian must remain with any child under the age of seven for the duration of the film. For more information, please call the Children’s Department at 201-939-8600, ext. 6. ###

Muppets Most Wanted

Movie Showing - “Muppets Most Wanted” on Friday, August 15, 2014, at 6:30 p.m. at the Wood-Ridge Civic Center.

This film is rated PG. ###



The Victorian Tea House Café

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

It’s Magic!

On Wednesday, August 13, 2014, at 3:30 p.m., children ages 4 and up are invited to a magic show at The Rutherford Public Library, featuring Bob Conrad. No registration required. This program is being funded by The Friends of The Library of Rutherford. ###

The Great Extinction Game Show

On Monday, July 28, 2014, at 3:30 p.m., children ages 5 and up are invited to play The Great Extinction Game Show at The Rutherford Public Library.

Come learn about Molly the Mosasaur, a 15-foot under-sea reptile that lived 70 million years ago. No registration required. This program is being funded by The Friends of The Library of Rutherford. ###

What Big Teeth You Have

On Monday, August 4, 2014, at 3 p.m., children ages 6 and up are invited to The Rutherford Public Library for “What Big Teeth You Have!” a program presented by Wal-laby Tales.

Meet live animals and learn how they have adapted in order to survive. No registration required. This program is being funded by The Friends of The Library of Rutherford. ###

Juggling Comedy

On Wednesday, August 6, 2014, at 2:30 p.m., children ages 5 and up are invited to The Rutherford Public Library for a juggling and comedy extravaganza presented by Flow Circus. No registration required. This program is being funded by The Friends of The Library of Rutherford. ###

Craft Corner

On Tuesday, July 29, 2014, at 11 a.m., children ages 5 and older are invited to make scratch art.

In-person registration at The Library for Rutherford residents is required. ###

Music with Miss Fran

The Rutherford Public Library will host a music-and-movement class with Miss Fran on Thursdays, August 7 and 14, 2014, from 3 – 3:45 p.m.

All children from infants to 6-year-olds and their caregivers are warmly invited for a variety of music accompanied by active participation including singing, dancing, streamer and scarf play, and an introduction to simple instruments.

Parent or guardian must attend each class. No registration required. This program is generously sponsored by The Friends of The Library of Rutherford. ###

Drop-In Storytime

The Rutherford Public Library will host a morning drop-in storytime program on Wednesdays, August 6 and 13, 2014, from 10:30 – 11 a.m. All 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. ###

PJ Storytime at The Lodi Library

Every Monday evening from 6 – 6:30 p.m., children ages two to six, along with their parents, are invited to bring their favorite stuffed toy, wear their pajamas and enjoy an evening of stories at The Lodi Library. ###

End of Summer Reading Program Party

On Monday, August 18, 2014, at 6:30 p.m. at the Wood-Ridge Civic Center, the Wood-Ridge Memorial Library will host an End of Summer Reading Program Party. There will be a raffle drawing, prizes and more. Light refreshments will be served. ###

Explore the Skies

The Morris Museum will bring their planetarium show to explore the celestial skies on Tuesday, August 5, 2014, to the Wood-Ridge Intermediate School. Event registration required. Register for one session only.

- 4 p.m. or 6 p.m.: Sunshine and Shadows - Ages 5-7.
- 5 p.m. or 7 p.m.: Celestial Stargazing and Storytelling - Ages 8-11. ###

Family Concert

On Monday, August 11, 2014, at 2:30 p.m., musician Tom Sieling will visit The Rutherford Public Library to present “Take a Tromp Through the Swamp and a Break by the Lake.”

Children will enjoy lots of funny, participatory songs. This program is recommended for ages 4 and up and is being funded by The Friends of The Library of Rutherford. No advance registration required. ###

W-R Chess Club

The Wood-Ridge Memorial Library hosts a free Chess Club, every Wednesday, from 3:30-4:30 p.m. Designed for students of all ages and ability levels, the Chess Club is led by a coach who can teach new chess players the basics, and help experienced players sharpen their skills. For more information, email the Youth Librarian at wrdgchild@bccls.org or call The Library at 201-438-2455. ###

Teen Cafe

On Wednesdays, from 4 - 4:30 p.m., Teen Cafe (ages 12 - 18) meets to talk about what you’re doing, technology tips, fashion, movies, music and books you are reading or want to read at The Lodi Memorial Library. ###



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Paws to Read Therapy Dog Program

On Wednesday, July 30, 2014, at 3 p.m., Rodney, a registered therapy dog, and his owner, will visit The Rutherford Public Library.

Children who would like to practice their reading skills may reserve a 15-minute time slot to read to Rodney. Gain confidence in your reading ability and make a new friend at the same time! For ages 5-11. To register, please call the Children’s Department at 201-939-8600, ext. 6. ###

Paws for Reading

Young Readers Wanted!! Monday, August 4 and 25, 2014. Come to The Wood-Ridge Memorial Library and sharpen your reading skills by reading to the wonderful therapy dogs, Rodney and Teddy!

Children ages 5 and older sign up for a 15-minute session to read to a friendly dog.

Dogs are certified through the Delta Society and Bright and Beautiful Therapy Dogs Inc. Therapy dogs provide a safe, nurturing experience for beginning and struggling readers to practice their reading skills. All readers are invited.

A variety of books will be provided, but feel free to bring your own. Registration is required. Contact the Youth Librarian at wrdgchild@bccls.org or 201-438-2455. ###

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Real Estate Insight

By Mary Ellen Courtney



Understanding Amortization, Saving Big Money!

What homeowner can be blamed for wanting to pay the least interest possible on his mortgage?

When the banks publish their obscene quarterly profit reports in the billions of dollars...doesn't it just want to make you scream!

We poor saps, working so hard day in and day out, have to fight tooth and nail on rates and fees with the banks. So, the question that begs to be asked is: how does one get ahead of the mortgage game?

The answer? Easy! The most effective way to save money is to reduce the cost of your interest.

Obviously. But what's not so obvious is how you go about doing that. For the answer to that, we need to take a little peak into how a mortgage really works.

And the first thing to understand is that a mortgage is very dynamic and literally three dimensional. It comprises three elements that are constantly at play and which

affect how much you pay for your mortgage...

1. The Principal or Mortgage Loan Amount
2. The Interest Rate
3. The Time or Amortization

The most obvious element to focus on when trying to save money is on the interest rate.

Focusing on rate is a great place to start but by consistently fixating on just the rate you are never going to crush your mortgage (*crush it, I say!*) or save any kind of significant money in interest.

Instead, your focus should be on amortization.

It's a curious relationship that we poor hard-working slobs have with time and it seems that everybody – bankers excepted, of course –has a tendency to underestimate the effects small consistent change can make over the course of years.

To understand better, let's play a game. Let's call the game 'Who Pays Less Interest?' Will it be Mr. and Mrs. Jones who are able to negotiate a ½ % better rate for the life of a 25 year mortgage or will it be Mr. and Mrs. Smith who choose a 20 year amortization?

If you chose the Smiths at a 20 year amortization, you win the prize!

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Let's look at the facts. The following is a list of savings on a 20 year mortgage of \$250,000 at various interest rates.

- 4% 20 year amort. vs. 3.50% 25 year amort. The savings are \$11,905 over 20 years.
- 4.5% 20 year amort. vs. 4% 25 year amort. The savings are \$16,272 over 20 years.
- 5% 20year amort. vs. 4.5% 25 year amort. The savings are \$20,830 over 20 years.

These examples show that even if you're able to arrange a low interest rate you're not really maximizing your savings potential.

It's much more powerful to concentrate on reducing your amortization. And that can be done by pre-paying into your mortgage.

Fact is, if you really want to pay the least amount of interest to the bank then you should think of your mortgage as a three legged stool.

Focusing on just one leg while neglecting the other two will be cause for a pretty uncomfortable, unbalanced seat.

Because managing mortgage expense ought to involve all three key factors.

First, don't over-extend yourself by borrowing too much.

Second, negotiate a reasonably low rate.

Third, concentrate on reducing your amortization by applying pre-payments.

Follow this smart advice and you'll successfully pay down your mortgage, save tens of thousands of dollars and, likely more than not, live supremely happy the rest of your life!

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

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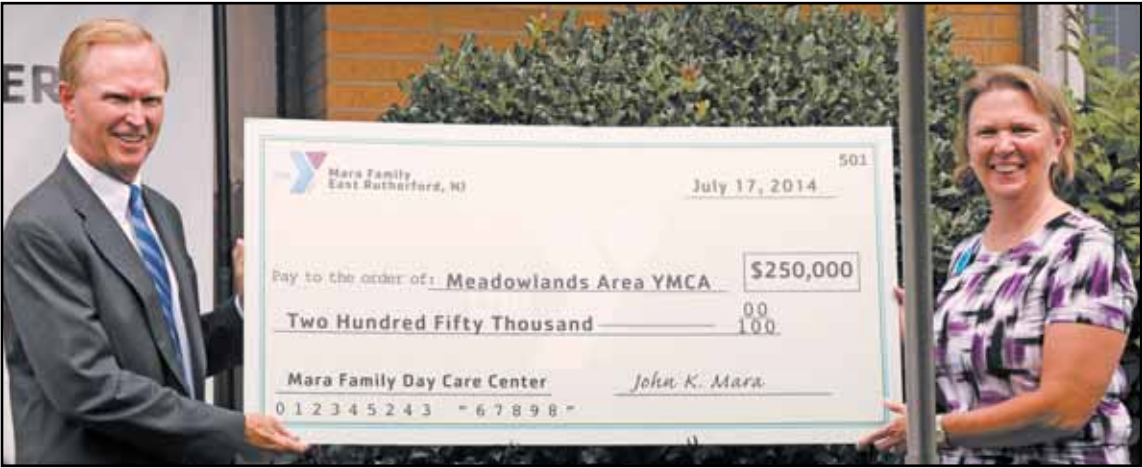
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Y Without Walls - Gets Walls

On Thursday, July 17, 2014, amid elected officials and Y supporters, the Mara Family presented the Meadowlands YMCA Board with a \$250,000 donation to build the Mara Family Day Care Center. The center will serve 120 children per day.

The Mara Family Day Care Center will be the featured facility in the 10,000 square foot Phase 1 of the Meadowlands Area YMCA's new building located at 235 Murray Hill Parkway in East Rutherford.

The "Y" purchased the 58,000 square foot building for \$5.5 million last year.

The Mara name on the

center will hopefully kickstart more donations from potential donors who are reluctant to give, without seeing tangible progress. Y officials seek to raise another \$6 to \$7 million.

Phase 1 will use the front section of the building for the featured Day Care Center and administrative offices.

The construction of the \$1.1 million Day Care Center is scheduled to begin January 2015 and last for 12 months.

The "Y" rents the back space for warehousing.

Eventually the "Y" will utilize the complete former warehouse with a teen center, senior center, outdoor play-


ground, gym, swimming pool, exercise room, etc.

For 94 years, the Meadowlands YMCA, was known as the "Y Without Walls."

They offer over 300 programs in 33 communities at 50 different sites such as community centers, schools and Churches throughout Bergen, Passaic and Hudson Counties.

They said they would continue to offer those programs even after their permanent home is completed.

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



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YMCA Offers Summer Art Program

The YMCA of Greater Bergen County will offer a Summer Art Program for youth ages 8 – 12 years this summer.

Classes meet for one-week, Monday through Friday, from 8:30-11:30 a.m. The fee per week is \$115 for members, \$125 for Program Members and \$150 for non-members.

The class will be taught by Ms. Teresa DeFabrizio, MFA. She has taught art to all ages including pre-K to teen, and is currently an Adjunct Professor of Art History at Bergen Community College.

Register at the YMCA of Greater Bergen County, 360 Main Street, Hackensack or contact Mary Sullivan at 201-487-6600 x205, msullivan@ymcagbc.org The following classes will be offered.

- July 28-August 1: Comics for Kids: Love comics and manga? Don't just read it, come to the Y to create it! This workshop will show you how to put together a plot/storyline including the basics of body structure, movement, and backgrounds.

- August 4-8: Advanced Comics: This workshop focuses on emotion, costuming, genres of work and developing an on-going storyline. ###

July 30 -- **Rutherford Second Annual Mrs. E Day** honors a dedicated teacher, Betty Ersalesi, known to her students as Mrs. E. "T" Shirts are available for \$10 each. All profits go to "Give Kids The World." For details contact Rutherford Recreation Department. ###

Carlstadt PBA Scholarships

Carlstadt Police P.B.A. Local 312 announced the 2014 recipients of their annual scholarship awards.

All of those that applied were excellent candidates, which made for hard choices by the committee.

High School Seniors that received scholarships were Henry P. Becton Regional High School graduates Sean Berta, Ashley Brown, Mark Brizzolara and Meghan Ann Gumbman, whose award was in memory of Eleftherios "Teddy" Psarianos, who was a long time treasured friend of the members of the Carlstadt Police Department.

A special scholarship award was presented to Steven Pomponio of Wood-Ridge High School, for his years of assistance and hard work for P.B.A. Local 312. P.B.A. Local 312 wished all of the recipients and the rest of the Class of 2014 congratulations and the best of luck in their future endeavors. *Story provided by Walter Beese. ###*

Homework Club

Care on the Corner, 333 Franklin Ave, Hasbrouck Heights is offering a summer tutoring program for Grades 1-6, Monday through Friday, August 18 to August 29, 2014, from 10 to 11:30 a.m.

Registration is \$25 per week. For additional details and registration, call 201-288-9460 or visit www.careonthe-corner.org ###



The Hasbrouck Heights Mayor's Celebration Committee was getting ready for the Annual Children's Patriotic Parade on July 4, 2014 in Woodland Park. ###



Bake Sale for ASPCA

Becoming very upset watching an ASPCA public service announcement, 11 year old Brianne, Kayla and Jodie decided to do something. They held a bake sale for ASPCA on Washington Avenue, Little Ferry, on June 21, 2014, raising \$720. ###

Fifth Annual Butterfly Day July 27

The New Jersey Meadowlands Commission (NJMC) will host its Fifth Annual Butterfly Day at DeKorte Park on Sunday, July 27, 2014, from 10 a.m. to 3 p.m. The rain date is Sunday, August 3. The very popular, family-friendly event includes butterfly walks and talks, a scavenger hunt and butterfly costume contest for kids, and information tables.

Last year, more than 600 people attended. Butterflies commonly seen at this time of year include Black Swallowtails, Eastern Tiger Swallowtails and Pearl Crescents. For more info go to: <http://www.njmeadowlands.gov/> or call 201-230-4983. ###

International Spy Academy

Are you looking for something exciting this Summer?

Join International Spy Academy VBS, where we will learn about the One True God.

There will be daily drama, skits, games, snacks and of course, exciting debriefs.

The Academy runs from July 28 to August 1, 2014, from 9 a.m. to noon. Cadet classes are for those entering Kindergarten to those who just graduated 6th Grade.

Spy Academy Headquarters is at Bible Baptist Church 31 Passaic Avenue in Hasbrouck Heights. For more information visit Biblebaptist.net or call 201-288-4139 ext 17.

A \$10 donation is requested to help cover cost -- includes a shirt. ###

Read & Ride

The East Rutherford Memorial Library drew about 160 people on Monday, June 30, 2014, for their Annual Summer Reading Kickoff Program.

Along the scenic grounds of The Library, was a petting zoo as well as pony rides between 3-5 p.m. At the petting zoo, children and their families had the opportunity to feed and pet all the animals which included, baby lambs, goats, ducks, rabbits and miniature donkeys.

Children and their parents patiently waited on line for their turn to ride one of two ponies. The guided pony rides gave children the chance to ride along the grounds in the rear of The Library.

Inside The Library, patrons were signing up for the Summer Reading Program and participating in various story time sessions hosted by Miss Grace and Miss Maria.

For more information call 201-939-3930. *Provided by Maria Russo. ###*



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Building Pathways to a Brighter Future



Hasbrouck Heights Little League Picnic



The Hasbrouck Heights Little League held its Annual Picnic on a warm sunny Saturday, June 21, 2014, from 11am to 3 p.m., at the Little League Complex.

This was the 19th year where families enjoyed plenty of hamburgers, hot dogs, frozen treats, soda, etc. There were inflatable bounce rides, water slides, and a dunk tank. 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 2014 season.

In 2014, 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, 15 AAA, AA, and A Minor teams with (190) 7 to 10 year old players, 7 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 - Elks Club (*Manager Jim Bailey*)
- Minor AAA Division champion - Costa (*Manager Andrew Gaffney*)
- Trophies were handed out to the inaugural HHLL Travel Teams (8 year olds, 9 year olds, and 12 year olds) as well as a special special plaque for the 12 year old team that went undefeated and won the Championship in their division.
- Commemorative medals given out to 8 year old Softball girls and 12 year old Major players who have 'aged out' and played their final year of Little League.

HHLL thanked Lodi Shop Rite, and the gracious donations from **Costa Memorial**, Bergen Funeral Home, Heights Pizza, East Coast Toyota, Van-Hook Carpet, and Orthodontic Associates.

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

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This chart combines "total units sold" and total volume sold" for residential listings for all office locations of each organization identified from 1/1/13 - 3/31/14. It includes which listings were sold by such organizations itself, or with the aid of a cooperating broker for the state of NJ in the time period indicated, according to the data by the following Multiple Listing Services in NJ: Trend MLS, Garden State MLS, Monmouth County MLS, Middlesex MLS, South Jersey Shore MLS, New Jersey MLS, Hudson MLS, Ocean MLS, and Cape May County MLS. This representation is based in whole or in part on data supplied by each MLS listed. Each MLS does not guarantee or is in any way responsible for its accuracy. Data maintained by each MLS may not reflect all real estate activity in the market. This chart lists up to the top 7 competitors in the market indicated. Each RE/MAX office is independently owned and operated. Equal opportunity employer.



Patriotic bears could be seen on Hackensack Street in Carlstadt. ###

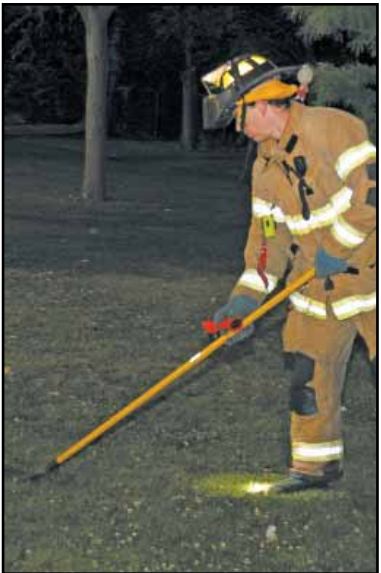
Spectacular Pyrotechnics Light



Light Up Heights and Rutherford

• On Saturday, June 28, 2014, **Rutherford** held their Fireworks Program at Rutherford Memorial Park. The popular band “String Theory” provided live entertainment. The Rutherford Bulldogs Boosters handled refreshments. The free event was sponsored by the Rutherford Recreation Department and MJZ.

• On Monday, June 30, the **Hasbrouck Heights** Lions Club hosted their 30th Annual Fireworks Program. It included: “National Anthem” and “Battle Hymn of the Republic” sung by Florianna Heun, Invocation by Pastor Eric Dammann (*Bible Baptist Church*), remarks by HH Mayor Rose Heck, and BC Executive Kathleen Donovan. Sponsors provided additional fireworks. ###



Children's Patriotic Walks



Rutherford Annual Baby Parade
The Rutherford Recreation Department 2014 Annual Baby Parade was held on Friday, July 4, 2014, at 10 a.m. in Lincoln Park. This event was for Rutherford residents, ages newborn to 5 years old. The prize winners receive savings bonds. ###



Rutherford Thursday Summer Music Concert Series

Rutherford Recreation and Cliffhanger Productions presents the free Summer Concert Series in Hutzel Memorial Bandshell in Lincoln Park. Concerts start at 8 p.m. The following bands are scheduled to perform:

- July 31 - “Kimon and the Prophets.”
 - August 7 - “Trailer Park Mafia” (ACDC to ZZ Top).
- In case of rain, Thursday

evening concerts will be re-scheduled for the following Monday evening. Food and beverages will be available for sale. Bring a blanket or lawn chairs and enjoy the sounds of summer. For more information, call 201-460-3015. ###

The Rutherford Community Band is scheduled for several of these venues. They also play at the Rutherford Tree Lighting, a Spring

and Holiday concert at Rutherford High School, Kip Center Sing-a-long.

They also perform at area events such as a concert in McGowan Park, Ridgefield Park on July 16, 2014.

The Rutherford Community Band was founded in 1941 as a musical outlet for adults and entertainment for the community.

Since 1963 Raymond Hell-

er became the director and established a year round program of indoor and outdoor summer concerts for the Rutherford Community.

The membership is varied in age, background and musical ability. The 40 + person band is composed of brass, woodwind and percussion and performs a wide variety of musical pieces.

Marches, showtunes, popular standards and classical

arrangements are always in their program.

New members are welcome to join the band at any time. Please call the Director or attend an open band rehearsal Monday nights at 7:30 p.m. in the Rutherford High School Band Room.

For more information go to: rutherfordcommunityband.com or call 201-939-2325. ###



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Chalking It Up

Following the Baby Parade in Lincoln Park on July 4, 2014, the Jr. Women’s Club of Rutherford held their 7th Annual Sidewalk Chalking Contest. This year’s theme was “America the Beatiful.”

WALK
Facing Traffic

BIKE
With Traffic

Lodi Holds Reorganization Meeting July 1st



(l-r) Councilwoman Paula A. Fiduccia, Deputy Mayor Patricia Ann Licata, Mayor Marc Schrieks, Councilwoman Laura E. Cima and Councilman Bruce T. Masopust. ###



Mayor Schrieks being congratulated by his family and Freeholder Joan M. Voss upon being sworn in as Mayor.



Deputy Police Chief Vincent Quatrone's family beams with pride as he is sworn in as Chief of Police by Mayor Schrieks.

On July 1, 2014, at noon, Lodi conducted its reorganization meeting.

Mayor Marc N. Schrieks called the meeting to order, made welcoming remarks and led the Pledge of Allegiance.

Reverend Michael Marotta, CRM, Pastor of St. Joseph's RC Church, gave the Invocation.

The Oath of Office was administered to Vincent Quatrone as Chief of the Borough of Lodi Police Department.

Comments were made by Mayor Schrieks and Chief Quatrone.

As his parents held the Bible, the Oath of Office was given to Marc N. Schrieks as Mayor, by Freeholder Joan M. Voss. This represents the fourth time as Mayor in his 16 years on the Lodi Council.

Patricia Ann Licata was sworn in as Deputy Mayor by Alan P. Spiniello.

Several state, county and elected officials were recognized and given the opportunity to speak.

Borough Auditor Frank R. DiMaria commented that a Standard & Poor's Bond Rating Services report recently raised the Borough's bond rating from AA- to AA. This could mean a more favorable interest rate on bonding.

Professional appointments were made to include Alan P. Spiniello as Borough Attorney, Frank R. DiMaria as Municipal Auditor, Michael J. Neglia as Borough Engineer, etc. (*Contact the Lodi Borough Clerk for the complete listing.*)

Various bond ordinances were read and approved.

Appointments for Planning Board and Zoning Board were announced.

Reverend John J. Galeano, PhD, Pastor of St. Francis de Sales Church, gave the Benediction. The meeting was adjourned and light refreshments were provided.

Mayor Schrieks noted that when he first served as Mayor in 2008, he was the youngest Mayor in Lodi history.

He was pleased in keeping under the 2 percent budget cap at 1.75 percent -- less than a \$40 increase.

Schrieks grew up in Lodi and has been involved with the Lodi Moose, Lodi Boys & Girls Club board of directors and with St. Joseph Church.

He has worked as director of marketing for the NJ Meadowlands Commission as a business accelerator.

He currently works as an aide to Bergen County Freeholder Joan Voss. ###



A Cleaner Sweeper

On Saturday, July 12, 2014, the Hasbrouck Heights Mayor and Council and the DPW presented their new Elgin Street Sweeper. The town's 25 miles of road are swept weekly, weather permitting. The new sweeper has better visibility, controls and handling than the previous 1999 unit. When new brushes are needed a portion can be charged to the Clean Communities Grant.

The cost was \$188,115.00

and funded by a Capital Bond Ordinance in the amount of \$190,000. \$10,000 was down payment with \$180,000 in debt authorized. The old 1999 street sweeper was traded in for a \$5,000.00 value. (l-r) DPW Superintendent William Spindler, Mayor Rose Heck, Councilwoman Pamela Link and Streets and Sanitation Commissioner David Gonzalez. In the operator's cab is Bobby Jones. ###



Front end flips up and over to dispose of waste.

Quatrone Takes the Helm as Lodi Police Chief

During the Lodi Reorganization meeting on July 1, 2014, 25 year veteran, Deputy Police Chief Vincent Quatrone was sworn in as the new Lodi Chief of Police. He has been acting Chief since May 15, 2014.

With his wife, two children, mother and father sharing the moment, Mayor Schrieks officiated the appointment.

Quatrone has held the ranks of captain of patrol and captain of the detective bureau. He also held an assignment in internal affairs. Additionally, he served with the Bergen County Prosecutor's Office Arson Task Force, as Commander of Bergen County Rapid Deployment Force and as instructor at the Bergen County Police Academy teaching classes in criminal investigation.

Quatrone is a Lieutenant Commander in the Navy Reserves, and was deployed to Iraq and Africa as an intelligence officer. He also worked with with NCIS and the US Secret Service. ###

Road Courtesy is Contagious

The Work Continues

On July 16, 2014, about 40 Crate and Barrel employees from eight store locations in the tri-state area joined Rebuilding Together Bergen County staff and spent their day renovating five homes in Little Ferry/Moonachie that were devastated by Superstorm Sandy.

- A family of 11 are all on one level for the summer while work is getting done, since the flood displaced their 7 children who slept on the lower level of the home. Work scope: primed and painted interior, yard work.

- A school teacher, was alone in her home when Superstorm Sandy hit and is still trying to move past the fear she experienced that day. Work scope: demolished the front stairs and cleaned out garage.

- This family of four did repairs, but unfortunately water is still entering their home due to the high water table. The affiliate hired a professional water proofing company that is making the lower level water proof. Work scope: volunteers framed the walls.

- A family of seven lost their kitchen and family room when the lower level of their home flooded. Work scope: installed trim, cleaned, and punch list items to finish renovations.

- This family of 5 have been working to repair their lower level but have run out of funding, leaving many projects incomplete. Work scope: packed up their belongings and filled a POD so skilled work can get started at this home.

The American Red Cross and Hurricane Sandy New Jersey Relief Fund have provided Sandy recovery grant funding to Rebuilding Together to support critical repairs on these and other homes affected by the storm throughout New Jersey and New York.

Rebuilding Together Bergen County has been serving the area for 16 years and provided assistance to more than 400 homeowners in 45 towns.

Since Hurricane Sandy, they have restored 18 homes (with 10 more currently under construction) and the Little Ferry Hook & Ladder and Hose Companies, and re-insulated 175 mobile homes. For more information, visit www.RebuildingTogetherBergen.org ###

For More Information

The Bergen County VOAD Hurricane Sandy Long Term Recovery Committee Recovery Information Center is located at the First Presbyterian Church, 221 Moonachie Road, Moonachie. Call 201-470-3143 for more information. ###



Don't Get Burned

Summer is here and families across the state are spending their days outside enjoying the warm weather and the fun activities it brings.

According to Michael J. Marano, MD, Medical Director of The Burn Center at Saint Barnabas Medical Center, the only certified burn treatment facility for the state of New Jersey, "While the summer is a wonderful time for fun, it is vitally important to keep burn safety and prevention in mind."

During the summer months, The Burn Center sees its share of children and adults with burns caused by sun exposure, fireworks, gasoline and camp fires. "Children and adults need to be reminded that a burn accident may only take a moment, but it can affect the lives of its victims and their families for a lifetime," adds Dr. Marano.

- In the event of a burn,**
- ...it is important to immediately take the following steps:
 - Cool all burns with tepid to cool water. Continue flushing the area for up to 10 minutes. Do not apply ice, ointments, butter or other "home remedies." Remove all clothing or garments to reduce the contact time with the hot items.
 - Cover affected areas with a clean dry cloth, towel or blanket to protect the burn and minimize pain.
 - Seek immediate medical attention, especially in burns involving children and older adults and in cases where skin is sloughing.

As part of its ongoing commitment to educating the public they offer the following safety tips to keep New Jersey residents safe this summer:

- Barbecue Tips**
- Adults should start the grill or campfire and be responsible for all cooking. Children should not use a cooking site as a play area and close supervision is strongly encouraged.
 - Store highly flammable propane gas for the grill in a cool, well-ventilated area.
 - Use long oven mitts and long-handled utensils to keep hands at a safe distance from the heat and fire.
 - Do not empty the grill until coals are cold. Keep a bucket of water nearby.
 - Do not use tablecloths. Children can pull on them and be scalded by hot beverages on the table.
- Family Camping Tips**
- Place campfires in a cleared area away from the tent.
 - Do not wear loose-fitting

- clothes when starting a fire.
- Never leave a campfire unattended. Always keep a bucket of water nearby and remember to extinguish every spark. Douse thoroughly, stir ashes and douse again.

- Sunburn Prevention Tips**
- Keep out of direct sunlight, especially between 10 a.m. and 4 p.m. when the sun is the strongest.
 - Sunscreen should not be used on babies under six months of age. Instead keep them out of direct sun and dress them in pants and long-sleeved shirts made of a closely-woven material.
 - Sun exposure in young children should be extremely curtailed as their skin is not fully developed and highly susceptible to burning. When outdoors, children older than six months should have sunscreen applied liberally and frequently and be shaded from the harmful sun rays.
 - Apply sun block to the skin and re-apply every few hours, especially after swimming. Follow labeling instructions.
 - Sun rays will penetrate clothing, so remember to apply sun block under your clothing.
 - Wear a wide-brimmed hat to protect your eyes from the sun and to prevent a sunburned scalp. Sunglasses are also recommended, especially for young children.
 - Drink plenty of liquids, preferably water, to prevent dehydration and heat exhaustion.
 - Cover car seats with a cloth or towel to prevent burns from overheated materials.

- Lightning Storm Safety**
- Follow the National Lightning Safety Institute slogan; "If you can see it, flee it. If you can hear it, clear it."
 - Seek shelter immediately. Choose an enclosed space and stay inside. Avoid using electrical appliances or cell phones.
 - If you are trapped outside, crouch low with your feet together, your head tucked and your ears covered.
 - Do not huddle closely together. Space yourself at least 15 feet from one another if in a group avoiding tall objects or trees.
 - Discard all metal objects such as golf clubs, baseball bats or fishing poles. If possible place an insulating object below your feet. A sleeping bag, jacket, coiled rope are good examples.

Information provided by Burn Center of Saint Barnabas Medical Center. ###



Filling You In

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

Toothpaste Abrasivity

Toothpaste has many functions: It delivers fluoride to prevent cavities, cleans your teeth by removing dental plaque and food from your teeth, polishes your teeth and removes surface stains over time, and freshens breath. Overall, toothpaste promotes good oral health.

What's in toothpaste?

Toothpaste, also known as dentifrice, is available in paste or gel form. Despite the many types of toothpaste that exist, some ingredients are common to most varieties. These include:

- Abrasives, such as silica, to brush away the leftover food and plaque on your teeth with the help of your toothbrush. Abrasives also polish your teeth and remove stains over time, making the teeth appear whiter.
- Fluoride to make the entire tooth structure more resistant to decay and promote remineralization, which makes your teeth stronger.
- Antimicrobial/antigingivitis agents, such as stannous fluoride or triclosan, to fight bacteria in dental plaque and gum disease.
- Anti-tartar agents to help prevent the formation of tartar,

also referred to as calcified plaque.

- Desensitizing agents, such as stannous fluoride or potassium nitrate, to relieve tooth sensitivity.
- Surfactants (*detergents*) and foaming agents to carry away debris from the mouth and between teeth.
- Binding agents to bind all the components of the toothpaste together.
- Humectant to prevent your toothpaste from drying up.
- Flavors and sweetening agents to make the brushing experience more enjoyable.

Why do toothpastes contain abrasives?

Like other products that are designed to clean, toothpastes contain abrasive agents to help remove stains from teeth.

While toothpaste must be abrasive enough to remove surface stains and dental plaque, it must not be so abrasive that it

wears away vital tooth enamel.

How do I minimize the risk of tooth wear?

Wear on the teeth can be minimized by practicing proper brushing techniques, which includes using short and gentle strokes in a circular motion with a soft bristle brush.

How do I know which toothpaste is right for me?

When it comes to choosing the best toothpaste for you, it's important to think about your unique oral health needs.

Some toothpastes aim to alleviate pain associated with sensitive teeth. Some help to control plaque and tartar. Some are designed to remove stains and whiten teeth. Some do all of the above. Because each toothpaste is uniquely formulated to perform specific functions, speak with your dentist to determine which is right for you.

Source: ref: Academy of General Dentistry 2010

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

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Hot Tips

Here are some practical suggestions regarding summer heat:

What You Can Do to Protect Yourself

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

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

Rest.

Wear lightweight clothing.

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

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

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

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

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

Do not engage in strenuous activities.

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

If you must be out in the heat:

Limit your outdoor activity to morning and evening hours.

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

Try to rest often in shady areas.

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

Senior Care

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

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

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

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

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

Heat-related Illness Heat Stroke

Heat stroke is the most serious heat-related illness. It occurs when the body becomes

unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down.

Body temperatures rise to 106 ° F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Signs and Symptoms of Heat Stroke

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

Heat Exhaustion

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

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

Heat Cramps

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

tion.

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

Sunburn

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

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

Heat Rash

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

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

Heat Stress First Aid

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

Get the person to a shady area.

Cool the person rapidly, using whatever methods you

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

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

Do not give the person alcohol to drink.

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

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

Sunburn First Aid

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

Heat Rash First Aid

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

Too Much Sun is Bad for Your Skin

Understanding UVA, UVB, SPF

Basking and working in the sun, without protecting your skin can lead to wrinkles, premature aging and, worst of all, skin cancer.

Sun damage is also responsible for leathery-looking skin, broken capillaries, wrinkles and hyperpigmentation, or age spots. While people are more aware of the sun's harmful effects, many do not protect themselves or use sunscreens.

Ultraviolet (UV) radiation that affects the skin is classified as UVA and UVB. UVA

is the longest of the UV. It can penetrate into the deeper layers of the skin and plays a major role in skin aging and wrinkling. UVA penetrates glass and clouds.

UVB is responsible for burning, tanning, accelerating the skin aging and also plays a key role in the development of skin cancer. UVB varies by season, location and time of day. The most intense amount of UVB hits the U.S. between 10:00 a.m. and 4:00 p.m. Try not to schedule outdoor activity between these hours and seek playgrounds where shade - from trees or awnings - is plentiful. If your child has to be outdoors during these hours, be sure they're protected from the sun with a hat, sunglasses, etc.

What is SPF? Sun Protection Factor (SPF) measures the protection provided by a sunscreen against UVB.

Higher SPF numbers are preferable, but SPF measures protection only from UVB --

not UVA rays. When choosing a sunscreen, select a product that provides "broad-spectrum" protection for both UVA and UVB. If you are going to the beach or pool, make sure it is water-resistant and doesn't wash off in the water. Use an SPF of 15 or higher.

When to apply sunscreen

-- Apply sunscreen 20 minutes before going out into the sun to give it time to absorb into the skin. Be generous and regular -- about 1 ounce every 2 hours, and more often if you are swimming or perspiring.

Apply sunscreen to the top of your ears, back of hands, neck and toes.

Other protection tips:

- Use a hat to shield your face where sun damage frequently occurs.

- Be aware that the window glass in cars does not block all of the sun's harmful rays, making the driver's left side more prone to sun damage. Apply sunscreen before long car rides. ###

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Leisure Club Board Works During the Summer

While the members of the Leisure Club are enjoying their Summer time off, the officers and members of the Executive Board have been busy meeting to plan the activities that will take place during the year. Aside from the programs that will be presented at all meetings, they are discussing proposed trips, and special events that will take place.

At the first meeting of the new administrative year, Wednesday, September 10, 2014, the group will be entertained by a new singing duo known as “Two for the Road.”

Moonachie Seniors Rock

On July 9, 2014 a busload of seniors from various towns joined with us on a trip to the elegant Hunterdon Hills Playhouse and enjoyed a wonderful show.

The planning board has scheduled the next two trips. On August 13, we will be going to the Brownstone to see Joe Zisa in the American Bandstand.

The departure time is 10:15 a.m. from the Senior Center, and the cost is only \$47 per person. On September 10, we will be going to the popular Doolan’s in Spring Lake to see a show by the Met Jazz Swing Band in a tribute to Dorsey Miller, Goodman & Ella. The departure time is 9:30 a.m., again from the Senior Center, and the cost is only \$49 per person. The cost of both trips include taxes and gratuities.

When you have a chance to enjoy life with friends and neighbors, to see some great shows, enjoy some fine food, perhaps some dancing (*but not in the aisle of the bus*), and even have a chance to win some prizes, it’s an opportunity you shouldn’t miss.

Call group leader Audrey Evers at 201-641-4334 to make your menu selections or if you have any questions. *Story by Charles Pallas ###*

On October 8, a representative from **Heights Specialty Pharmacy** (*Be Jay Drugs*) will be available to discuss Medicare Program updates, deadlines, etc. On November 12, we will have our annual Thanksgiving Luncheon with all the trimmings hosted by the Costa Family and on Monday, December 1, we will again hold our Annual Christmas Luncheon at the Fiesta. The cost is \$35.

John Nesbitt will be in charge of the distribution of tickets for the Thanksgiving Luncheon and Marilyn deRussy will be in charge of the distribution of tickets for the Christmas Luncheon.

The only trip scheduled at this time is to Woodloch Pines in Pennsylvania on Wednesday, October 15. The cost is \$60. The trip includes transportation, refreshments upon arrival,

Carlstadt Senior Friendship Club

The Carlstadt Senior Friendship Club meets on the first and third Wednesdays of the month, including the summer months. They meet at the Civic Center, at 1:30 p.m., with refreshments served prior to the meeting, and followed by Bingo after the meeting.

They offer information pertinent to seniors and have interesting programs each month. All Carlstadt seniors are invited to join. *###*

Learn About the Kip Center

New members and those who wish to learn about the Kip Center, 55 Kip Avenue, Rutherford, and various programs for older adults in the Rutherford and surrounding communities are invited to stop in to tour the center, meet the staff and learn about the many programs and services.

Hours are Tuesday-Saturday from 8:30 a.m. – 4:30 p.m. For more info call Cathy 201-460-1600. *##*

activities, bingo, entertainment, a great lunch and all gratuities.

The group promises that the year 2015 will bring lots of great programs and trips. They are planning something special for the meeting scheduled for April 8. On that day the Club will be celebrating its 65th Anniversary. Those members meeting to plan the Leisure Club activities are President Peter Gallo, Vice President Kathy Murray, Secretary Marilyn deRussy, Treasurer Dot Fitzin, and board members Joe Barnao, Michael Cahill, Dave Davidowicz, John Fitzin, Marie Gallo, Jean Kucera and Linda Sproviero. *Story by Peter Gallo Jr. ###*

BC Picnic September 16

Bergen County will host their Annual Senior Citizens Picnic on Tuesday, September 16, 2014, from 10 a.m. to 3 p.m. at Van Saun County Park in Paramus. Rain date is Tuesday, September 23. Seniors 60+ are welcome. Limited handicap accessible parking is available.

The event includes lunch, craft fair, music, entertainment, information tables, demonstrations and more. For more information, call Eleanor at 201-336-7416. *###*

Vic Hoofers

The Ladies of Vic Hoofers meets on the first Thursday of the month at the Carlstadt Civic Center at 7 p.m.

This is a social club centering on fun and games, not a dancing group, and they welcome any ladies from the surrounding towns to join. Dues are \$12 per year. Call Lucinda at 201-933-1643. *###*

aarp.org
ssa.gov
medicare.gov

August 2014 Heights Senior Calendar

Open to All Hasbrouck Heights Seniors

SENIOR ACTIVITIES

Monday, August 4, 11, 18, 25

10:00 a.m. to 3:00 p.m. Games, cards & coffee

11:00 a.m. Mahjong

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

Tuesday, August 5, 12, 19, 26

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

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

6:00 p.m. Card Game Night

Wednesday, August 6, 13, 20, 27

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 7, 14, 21, 28

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

11:00 a.m. Mahjong

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

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

Friday, August 1, 15, 29

1 p.m. to 3 p.m. Games, cards & coffee

12 p.m. Zumba Gold \$1.00

Friday, August 8, 15

10:00 a.m. Fun Bingo

12 p.m. Zumba Gold \$1.00

1 p.m. to 3 p.m. Games, cards & coffee

Check Center Bulletin Board for any changes

CLUB MEETING SCHEDULE

Wednesday, September 10

Next meeting of the Leisure Club

Have a Great Summer!

UPCOMING EVENTS

Woodloch Pines, PA

Wednesday, October 15

Woodloch Pines is located in the Pocono Mountains Lake Region on the banks of Lake Teedyuskung. The trip includes transportation, refreshments upon arrival, activities, Bingo, entertainment, a great lunch and all gratuities. Cost is \$60 pp. Call Kathy at 201-288-6651.

Bridgebuilders

You can help someone with shopping or transportation to a doctor’s appointment. Volunteers serve southern Bergen County. For information, call Cathy Baviello, 201-460-1600. *###*

Lodi Seniors

The Lodi Senior Citizens Club is open every Thursday to anyone 55 or older who lives in Bergen County. Refreshments served. For more info call Rosalie at 973-340-9091. *###*

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Artful Thinking

By Artie Maglionico • Lodi Historian

The Girl with Red Hair Part Two...

By the way folks
this is a true story

One sunny Saturday morning in mid-May while playing boxball with the kids from Westervelt Place the girl with red hair was walking toward us from the direction of Columbus school. She was well off into the distance yet the sunlight glistening in her hair was already visible to my friend Rocco who was at bat and was facing in her direction.

I was in the field playing 2nd base with my back to her. I heard Rocco call out to me “Hey Art, don’t look now but the girl with red hair is headed this way.”

I turned around and sure enough there she was still at a distance yet it felt like she was standing next to me.

It was as if her spirit had arrived before she did. I don’t know folks...does that seem possible? Anyway, my older cousin Johnny, Anthony’s big brother, who was pitching that morning, bounced the ball off of my head to get my attention. “Are you playing or not?” he asked in a semi angry tone.

I turned toward Johnny and noticed the rest of the kids

staring at me waiting to resume play. Without even realizing it I looked back at the girl with red hair and began walking in her direction.

The kids from Westervelt Place were hurling all sorts of insults at me, but their remarks, as they reached me, had lost their impact and fell harmlessly to the ground like spent dirt bombs.

“Yup!” said our pal Johnny Rannou as he pulled his baseball cap down over his eyes. “Here comes that redhead.”

“And there goes Arthur!” added Rocco shaking his head in disapproval.

Each meeting was like seeing her for the first time. To think that this pretty little redhead was actually attracted to me and was wearing my ring around her talcum powdered neck, was a bit much for my 13 year old brain to comprehend.

Still, unlike the rest of my romantic escapades this one wasn’t a dream...it was really happening and quite frankly folks it scared the heck out of me.

Yes, I was an agonizingly shy kid who, on some level of consciousness, had fallen in love. Lets face it, when a kid ditches his friends either his mom has an ice cream sand-

wich waiting for him in the freezer or he’s love sick. Mine was the latter...at least this time around.

Anyway I met her at the corner store and we walked hand in hand, just as my cousin Anthony predicted, down the hill to Burns Avenue, made a left turn toward Columbus School.

When we reached the top of Contant Avenue, I turned to her and told her how lucky I was to have a girlfriend as pretty as she. Scenes like that were taking place in my mind at least ten times a day but this was the first time that the dream talked back.

“We’re both lucky.” She replied as she squeezed my hand which hadn’t seen the light of day for 3 blocks. “Cause we have each other.”

She then placed a soft, gentle kiss at the corner of my mouth that glanced like a whisper across my lips. I swallowed so hard that I swore I felt my Adams apple drop like a rock into the pit of my stomach. “Man if the kids from Westervelt Place could see me now.” I thought to myself as she rested her head on my shoulder. Folks I didn’t know much about heaven, but I suspected that it couldn’t have been better than this. Can any of you relate to this?

We walked down Contant Avenue and stood at the Corabelle Avenue intersection overlooking her house. Just then we saw her mother pulling out of the driveway waving to us. With her in the car were her two sisters and baby brother. Her Mom tooted the horn “Come on,” she said, “we’re going by Grandma.”

I waited until they drove down the hill toward Route 46 and chose to walk home the same way we came. When I arrived at the spot where she kissed me I remained there for a good 10 minutes trying to re-live what I somehow knew was destined to become among the most treasured moments of my life.

Later that day I found myself back on Westervelt Place sitting on the corner store step with my friends. They were all there... my cousin Anthony, Bruce, Rocco, Kenny, Johnny Rannou, and Alan. I had to squeeze my way in since they were still angry for getting ditched during the boxball game and wouldn’t make room for me.

Johnny Rannou noticed

the three Davis Brothers, who lived across the street from me on Arnot Street, walking down the hill carrying a fish net and a water bucket.

“Hey Davis Brothers” shouted Rannou, “Where you going?”

“Frogging,” replied the oldest of the three.

“Where?” asked Alan.

“In your bathtub!” replied the middle brother.

We mumbled an expletive or two and watched as they disappeared down the hill.

We knew where they were going and it wasn’t to anyone’s bathtub. It was down to the Saddle River which was the Lodi version of the mighty Mississippi, wooden raft and all. “That’s it” said Rannou “Let’s go frogging.” We did!

We were equipped with fishing nets, deep sea fishing poles, and a metal water bucket that belonged to Rannou’s grandfather who used it to soak his feet in. There was a pair of wet socks in it that Rannou placed on the hood of his father’s car to dry.

My cousin, Anthony, took along his father’s WWII canteen which he filled with water from a garden hose. It was decided that we try our luck up stream in the waters beneath the Route 46 bridge.

To get there we walked up Westervelt place toward Columbus School, made a right at the top of Contant Avenue and headed east down the hill until we reached Saddle River.

On the way we passed the home of...you guessed it...the girl with red hair. “Hey Art” said my cousin Anthony. “There’s your redhead.”

There she was sitting on her front step calling out to us as we passed by. She then stood up and ran out to greet us. All of a sudden the last thing I wanted to do was go frogging.

Though I didn’t feel myself moving she was drawing me closer to her until it seemed as if we were the only two people on earth.

Rocco had managed to squeeze in and began tapping my shoulder with his fishing pole. “Frogging” he said, “Remember?”

I was in different waters now and was in over my head. There wasn’t a frog to be seen. The sight of my buddies walking down the hill without me jarred me back into reality and I immediately told them to wait up.

As I walked toward them I turned around to take yet another look at her. Was I imagining all of this? When I turned around I really didn’t expect her to be there but she was.

This girl with red hair was like an angel passing through the early stages of my life there one minute and gone the next. Things were changing all around me... it wasn’t me that was changing, it was everything else and I was having trouble deciphering where the dream ended and reality began.

“Kiss the freaking girl already!” yelled Bruce, holding a bottle of Pepsi in one hand and a fishing pole in the other.

I stepped up to her, gave her a peck on her cheek and ran down the hill leaving the whole confusing scene behind me.

Even as I caught up to the kids from Westervelt Place, I turned around again to give her another chance to disappear.

There she was waving to me from the top of her steps. The sight of her standing beneath the blue summer sky stayed with me for the duration of the afternoon. I was content to stand on the shore line skipping rocks across the river. It didn’t go over too well with my buddies who were cursing at me for scaring away the frogs. “He’s love struck,” remarked Bruce still holding that bottle of Pepsi.

“He’s gonna get struck alright!” growled Johnny Rannou with a lit non-filter cigarette dangling from his mouth. “And it ain’t gonna be with love!”

It must have been the dead fish that my cousin Anthony threw at me and missed my head by inches that caused me to snap out of my love stupor.

“What the heck was that?” I asked.

“A flying fish!” laughed my cousin Anthony.

I picked up the fish and threw it back into the murky river. It was as dead going in as it was coming out and it joined the rest of the lifeless stuff that went floating by.

“Ain’t there anything alive in this freaking swamp?” asked Rannou.

“Yea” laughed my cousin Anthony as he poked at a bloated cat with the handle of a fish net. “We are!”

End of Part Two

To be continued in the September 2014 edition of *The Gazette Newspaper*. ###



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Veterans Today

By Thomas Marshall

On August 6, 2014, from 4 p.m. to 8 p.m., VFW Post 809, 100 Main Street, Little Ferry, will hold its annual blood drive. Everyone over the age of 16 is invited to donate a pint. Summertime the blood banks grow slim on reserves. We all know someone that has been in the hospital. Why not come out and donate?

Hero or Traitor?

Taxes, the very word makes everyone cringe. The Revolutionary War started in part over taxes. England wished to add a new tax to the Colonies. The Colonists rebelled. America was born out of this war. Most people and school children know this. Although America won her independence, the tax problem shows up again.

What students may not realize is that governments do not generate money. They cannot make money as a worker does. The only source of money the government gets is what they take from the populace. This is taxes. Even when politicians say they will create jobs. The only way they can pay for those new jobs is to raise the taxes on the people.

Gaining independence from England is a great and wonderful thing, but the trouble remains. How do you pay for it? How do you pay the militia and Continental Soldiers? How do you pay for uniforms, food and supplies? How do you get the money to buy horses, saddles, shoes and ammunition? Yep you guessed it, taxes.

How do you convince the people to accept taxes when the very war was based on taxation? How do you collect the tax when everyone is broke?

The war ended in 1783 and everyone was overjoyed. The English soldiers and their navy disappeared over the horizon. The debt the war created however was still here. Debts, taxes, and broke citizens is a recipe for trouble and trouble was coming.

Farmers in western Massachusetts, like many others, were hard pressed. Many could not meet the demand of more taxes.

Debts compounded when no one would extend credit to them. The creditors demanded hard money in payment of the debts. Many farmers survived based on the success of that year's crop. They depended on someone supplying credit to them until the harvest time when traditionally, all debts are settled.

Post War depression added to the problems. The govern-

ment needed more money and the farmers had none. The result was many of them were jailed in debtor's prison. In those days if you owed money and didn't pay you went to jail.

Many farmers had their land and cattle confiscated and they lost everything. Many amazingly enough were Veterans of the Revolution, who went home with no pay after their service.

One of these Veterans was Captain Daniel Shays. He was a Veteran of the battles of Lexington, Concord, Bunker Hill and Saratoga. He was wounded in action and went home in 1780, only to find himself in court for uncollected debts.

The farmers and Veterans tried to solve the problem the same way they solved their troubles with England.

Mobs formed to protest and they prevented the tax collectors from confiscating farm land.

They petitioned the local government to issue paper money to aid the farmers, but this went nowhere because a low value paper currency would also cause the creditors to lose money. In August 1786 the State of Massachusetts Legislature adjourned and ignored the petitions the farmers sent.

Captain Daniel Shays had had enough. If the courts would take the land of farmers then the only option he saw was to shut the courts down.

On August 29, 1786, the court in Northampton, Massachusetts was not able to convene because the protestors blocked entrance into the court.

Governor Bowdoin issued a proclamation denouncing the action of the mob. He didn't call out the militia until the court of Worcester was shut down on September 5. Most of the militia didn't turn out because the militia was full of men sympathetic to the farmers.

On September 26, 1786, the Supreme Court of Massachusetts was scheduled to meet in Springfield.

Anticipating trouble, the local Militia Commander William Shepard surrounded the court house with 300 men to prevent Shays from shutting it down.

It worked; Shays didn't have 300 men to counter the local militia. He had some of his men demonstrate and drill before the court house.

Shays didn't take the court house but he was successful. On September 28, the Justices adjourned without hearing any cases. Shepard's men had

grown to about 800 but Sha's muster was also growing.

He had around 1,200 effectives ready. Shepard made the next move. It was a wise decision he made. He moved away from the court house to the local Springfield Armory to prevent its capture by Shays and his men.

Shays emptied the jails of prisoners held there because of debts. Government officials had their barns burned down by the protesters to show they were disgusted with the government.

Samuel Adams, Representative of Massachusetts in Congress, put forth an act of Congress to suspend the writ of Habeas Corpus in order to allow the authorities to keep the protesters in jail without trials. They also allowed rebellious acts to be punished by execution. None of this quelled the trouble.

By late November, militia units were arresting many of the leaders of the protest.

This enraged the leaders of the protest and they now saw that the line had been drawn.

Their new goal was not just to shut the courts down. They wanted to crush the Government of Massachusetts. It was no longer a protest but now was open rebellion.

They needed more weapons and decided to attack the Springfield Armory. They were split into three groups.

One group was led by Daniel Shays, the others by Luke Day and Eli Parsons.

Their plan was to surround and take the armory on a three pronged simultaneous attack. On January 25, 1787, the day of the planned attack, Luke Day sent a message to Daniel Shays asking to move the attack to the 26th because his group was not ready. This message was intercepted by Shepard's men and Shays never received notice.

Shays' and Parson's men moved forward with the plan not knowing that day would never show. They had about 1,500 men for the assault. Shepard was ready and knew about the plan from the captured note.

As Shays' men approached, Shepard's men fired over their heads to give warning not to move closer. When this didn't stop them Shepard ordered grape shot loaded into the cannon and they fired into the advancing ranks.

It is reported that 4 were

killed and 20 men were wounded. Shays' and Parsons' men had no artillery and they realized taking the armory would be almost impossible. They fled north and left the area.

General Benjamin Lincoln was a Veteran of the Revolutionary War. Massachusetts put him in charge of a 3,000 man militia to crush the rebellion.

He marched his men in pursuit of the rebel force. The rebels avoided him when possible. On February 4, 1787, he surprised a large group of rebels at Petersham, Massachusetts. Taken by surprise the rebels scattered. Lincoln said he took many prisoners. Massachusetts declared martial law and the governor was given power to suppress the rebellion.

In Lebanon, New York some rebels had regrouped and crossed the border to conduct raids. This was short lived however. Brigadier General John Ashely mustered up a group of men supporting the government and defeated this rebel force at Sheffield, Massachusetts.

Thirty rebels were reported to have been wounded in this encounter. With these defeats the rebellion lost steam. Most of the rebels went into hiding. Shays' Rebellion was over.

Rebels were rounded up, jailed, questioned and most pardoned. Daniel Shays, whose name is forever attached to Shays Rebellion, went into hiding. He always denied this, after leading the entire uprising. Some say he was a hero,

others say a traitor. Ultimately, he was pardoned in 1788 and given a pension for his service to the country during the Revolution. Oddly enough, at this time the Constitutional Convention was going on and many historians believed that many of the representatives switched from not supporting a strong central government to supporting one because, during Shays' Rebellion the Congress could do little to stop it.

They had no money to raise troops. General Lincoln's men were paid by the eastern business men of Massachusetts not from Federal coffers. So as a side effect Shays and the rebels gave an argument for those that sought a stronger Constitution to prevent rebellion.

Most of the rebels dispersed and disappeared into the countryside. The memory of Shays' Rebellion disappears with them in forgotten history. ###

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Knights of Columbus Council 4524

Each year KofC Council 4524 from East Rutherford has its annual drive for people with mental and physical disabilities.

They take to the streets with their vests on to collect money for people that are developmentally and intellectually challenged.

This year they collected \$3,600. \$1,800 will be donated to ARC of Bergen and Passaic County and \$1,800 to The Felician School for Exceptional Children in Lodi, N.J.

They can only accomplish this from your generosity and would like to thank all the brothers who worked on this project, but most of all the people that donated their money to support this great cause.

In June of this year they held their annual Golf Outing at Apple Mountain Golf Course.

This was the second year this event was held to honor Brother Sir Knight Robert Slamiak who passed away very suddenly. Bob was their Financial Secretary and a very active member of the order.

This year they netted \$1,000 from this outing and that money will be donated to The Felician School for Exceptional Children in Lodi N.J. in Bob's name. Thank you again for your support and may God bless. ###

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Knights Thank All Who Contributed

During the month of April 2014 Knights of Columbus Councils throughout the state hold their annual fund-raising drive to help People with Developmental Disabilities and Special Needs.

You may have seen the Knights standing with their yellow and red vests on in front of local businesses, banks, etc., or you may have seen their canisters in local stores all year round.

The Knights of Columbus from St. Anthony Council #11585 in Wood-Ridge has been doing this since the Council was chartered in July 1995.

During the past 20 years they have collected a total of \$52,039. This year, 2014, they collected \$4,040.

The money collected was distributed equally to the following organizations or schools: The ARC of Bergen and Passaic Counties, Inc., The Children's Therapy Center, The Felician School for Exceptional Children, The Special Olym-

pics of New Jersey, The Transition Center of Wood-Ridge, and The United Cerebral Palsy of North, Center and Southern New Jersey.

Chairman Thomas Reinhart extended his thanks to all of the Knights members who collected for this drive as well as each and every Wood-Ridge resident who has supported this drive. Reinhart has been the council chairman of this activity for the last twenty years.

The Knights would like to thank the following businesses for allowing the Knights to collect in front of their stores: Stop & Shop of Hackensack, Stop & Shop of Carlstadt, Pathmark of Hackensack, Quick Check in Carlstadt, and the following locations in Wood-Ridge, **Ke-arny Federal Savings Bank**, Mills Bakery, 7-11 and the Assumption Church.

They would also like to thank the **IHOP in Hasbrouck Heights** for allowing the Knights to have a canister inside their store all year for customers to make donations. *Story by Peter Gallo Jr. ###*

Holy Trinity Services of Holy Communion Now Held at 10:30 AM

Holy Trinity Lutheran Church at 92 Burton Avenue in Hasbrouck Heights has a new schedule for services of Holy Communion.

Services now begin at 10:30 a.m., a half hour earlier. Coffee fellowship begins at approximately 11:30 a.m., immediately following the service.

We invite you to drop in for worship, to have a cup of coffee with us, to ask questions if you wish and to find out more.

Visit www.holytrinityhasbrouckheights.com, to view our calendar, hear weekly meditations, view past sermons, etc. If you have questions, call Pastor Susan Nelson Colaneri at 201-288-6889. JD ###

God's Work, Our Hands...

Rally Sunday and New Sunday School Schedule

On Sunday, September 7, 2014, Holy Trinity Lutheran Church, 92 Burton Avenue, Hasbrouck Heights kicks off the new Sunday School year with Rally Sunday.

The day begins with service of Holy Communion at 10:30 a.m. Following the service, there will be a picnic on the front lawn.

The theme for the day is "God's Work, Our Hands." They will be assembling sustainable lunches for distribution by Bridges Outreach to the homeless in New Jersey. Activities for children will include a petting zoo and pony rides.

On September 14, children return to 2014-2015 Sunday Church School year. Newcomers welcome. Classes begin at 9:15 a.m. and end at 10:15 a.m. Parents are invited to sit in on the classes and bring the children to worship at 10:30 a.m.

Learn more at: www.holytrinityhasbrouckheights.com. Watch the website for a Sunday Church School registration form or call the Church office at 201-288-6889 to leave a message for Angela Kuzmenka. Completed registration forms should be mailed to the Church office or bring it with you on the first day of classes. JD. ###

Prayerful Reflection

Silent Retreat

Christus Rex Catholic men's silent retreat is scheduled for the week-end of October 17-19, 2014, at the Jesuit Loyola Retreat House in Morristown, NJ. Free will offering.

Retreat house details at: www.loyola.org. Call 609-433-6631 for more information.

You owe it to yourself to attend at least one silent retreat in your lifetime.

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Penalties Increased for Driving and Talking or Texting on a Cell Phone

New Jersey is getting tougher on drivers who talk on a cell phone or text while on the road. A bill has been signed into law that raises the fines on distracted drivers.

Previously, the law on driving and talking or texting on a cell phone had lower fines, as a “secondary” offense (*police had to stop you for something else*).

Now, it’s a “primary” offense, and the fines have been doubled.

The new law doubles fines for a first offense to a minimum of \$200 and a maximum of \$400.

A second offense carries a minimum fine of \$400 and a maximum of \$600.

A third offense carries a minimum of \$600 and a maximum of \$800 for third or subsequent offenses.

Anyone convicted of third or subsequent offenses, a judge can also suspend a driver’s license for 90 days and impose three motor vehicle points.

The US Department of Transportation says that in 2011, the most recent year for this data, more than 3,300 people died in accidents involving distracted drivers. ###

Distracted Driving Raises Crash Risk

Video technology and in-vehicle sensors showed that distracted driving, especially among new drivers, raises the risk for car crashes and near crashes. The study also found that drivers eat, reach for the phone, text, or otherwise take their eyes off the road about 10% of the time.

In the United States, about 6% of drivers are 15 to 20 years old, but they’re involved in about 10% of deadly car accidents and 13% of police-reported crashes that cause injury. Past studies suggest that doing something else while driving—such as eating, talking on the phone, or texting—raises the risk of a crash.

NIH-funded researchers analyzed the driving habits of both novice teen and experienced drivers. Vehicles were equipped with 4 cameras that recorded video whenever the cars were moving. A suite of sensors recorded acceleration, sudden braking or swerving, and other data.

The team found that distracted driving put newly licensed teen drivers at great

risk. Compared to when they weren’t engaged in distracting tasks, novice teen drivers were 8 times more likely to crash or have a near miss when dialing a phone; 7 to 8 times more likely when reaching for a phone or other object; almost 4 times more likely when texting; and 3 times more likely when eating.

Experienced adults were more than twice as likely to crash or have a near miss when dialing. However, other tasks were not linked to increased risk. The act of talking on a cell phone didn’t itself raise the risk among adult or teen drivers. But problems can arise if you need to reach for the phone to answer or dial.

“Anything that takes a driver’s eyes off the road can be dangerous,” says study co-author Dr. Bruce Simons-Morton of NIH. “But our study shows these distracting practices are especially risky for novice drivers, who haven’t developed sound safety judgment behind the wheel.” NIH. ###

Rutherford Community Chest

The Community Chest of Rutherford was established in 1946 to consolidate fund raising activities as done in the former World War II Chest organization.

Currently representing local nonprofit groups, a fund drive is conducted from September through August of each year.

Voluntary contributions are supplemented with various activities such as the Chest’s Annual Post Card show and inclusion in community events such as the Annual Street Fair, Multicultural and Holiday and Farmers’ Market.

Staffed by volunteers, the Chest welcomes contributions during August, the closing

month of the 2013-2014 campaign.

Local nonprofits receiving support include: Boy and Girl Scout units, Bridge Builders, Meadowlands Museum, Rutherford Community Food Pantry, Rutherford Social Services and Starfish of Rutherford.

Send contributions to: PO Box 263, Rutherford NJ, 07070 to honor all volunteers of these organizations. *Story by Virginia Marass. ###*



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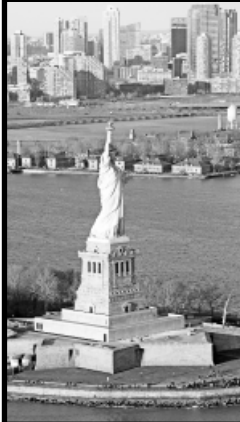
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Summer Safety

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

- Store gasoline in safety cans manufactured and labeled for that purpose.
- Gasoline should never be stored inside your home because vapors can travel to a flame source and ignite. Gasoline should be stored outside, or in a well ventilated shed.
- Don't refuel lawn mowers, trimmers, edgers or other gasoline powered equipment while hot because the fumes may ignite and start a flash fire. Allow the equipment to cool. Use a funnel to prevent spills.
- Keep fertilizers and pool chemicals away from gasoline, oil and fuels. Pool chemicals (chlorites) and fertilizers (nitrates) are strong oxidizers and react violently with fuel vapors (hydrocarbons).

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

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

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

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Grilling Safety Tips

Fire in the grill, under hot dogs and burgers, is a welcome sight at the family cookout.

But fire anywhere else can make your summer kick-off barbecue memorable for all the wrong reasons.

Area fire officials offer these grilling safety tips:

• Propane and charcoal BBQ grills should only be used outdoors.

• The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches -- at least ten feet away from the house—and at least three feet away from trees and shrubs.

Always keep the lid open when lighting your grill, and don't close it until you are sure the grill is lit.

• Keep children and pets away from the grill area.

• Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.

• Never leave your grill unattended.

Charcoal grills

• There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.

• If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.

• Keep charcoal fluid out of the reach of children and away from heat sources.

• There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.

• When you are finished grilling, let the coals completely cool before disposing in a metal container.

Propane grills

• After filling or exchanging a cylinder, take it home immediately. While transporting the cylinder, keep your vehicle ventilated and the valve closed or capped. Do not leave the cylinder in your vehicle.

• Propane tanks should NEVER be stored indoors.

• Always keep the lid open when lighting your grill, and don't close it until you are sure the grill is lit.

• Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles.

• Never use matches or lighters to check for leaks.

• Never use starter fluid with propane grills. If the grill does not ignite within ten seconds, turn off the gas, keep the lid open and wait five minutes before trying again. If the igniter fails to light the grill after two or three tries, turn off the gas and replace the igniter according to the manufacturer's instructions.

• If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off the gas tank and grill.

• If you smell gas and you are able to, safely turn off the cylinder valve, turning it to the right (clockwise). Immediately leave the area and call 911 or your local fire department. Before you use the grill again, have a qualified service technician inspect your cylinder.

• If the leak stops, get the grill serviced by a professional before using it again.

• If the leak does not stop, call the fire department. If you smell gas while cooking, immediately get away from the grill and call the fire department. Do not move the grill.

• Never attempt to repair the tank valve or the appliance yourself. See a propane gas dealer or a qualified appliance repair person. Be sure to locate your model number and the manufacturer's consumer inquiry phone number and write them on the front page of your manual. NFPA/NJPGA. ###

Vacation Watering

Going on Vacation? Stand plants in the sink or bathtub, depending on the number you have. Be sure they are in pots with a hole in the bottom. Add a few inches of water to the tub and plants will be automatically watered while you are gone. To preserve the tub finish, set plants on an old towel in a tray. ###

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Hasbrouck Heights Jr. Police Academy Trains 47 Recruits

On June 27, 2014, the Hasbrouck Heights Junior Police Academy Class #15 graduated after a week of training.

Forty-seven Recruits endured the week-long Academy, consisting of physical activity and criminal justice education. Instructors Sgt. Alan Baker, Ptl. Brian Donohue, Ptl. Dominick D'Amico, and Ptl. Kevin Condal demonstrated the everyday techniques and tactics that a police officer must demonstrate.

The recruits learned how to make several motor vehicle stops, ranging from high-risk felony stops to the sometimes uncooperative agitated driver. With all the scenarios that the motor vehicle stops performed, the recruits demonstrated poise and professionalism.

The recruits met the newly formed Bergen County Regional SWAT team, who introduced themselves with a bang, igniting a flashbang outside of the building prior to entering.

The lieutenant in charge of the BC Regional SWAT team,

explained the training and process the team performs in preparation for any incident.

He also introduced the three members of the HHPD that were admitted to the SWAT team; Lt. Joseph Rinke, Det. Sgt. Michael Colaneri Jr., and Det. John Behr. The recruits visited the Bergen County Jail, where they were taken on an inside tour of the facility and the day-to-day operations of controlling the inmates housed in Bergen County.

The recruits practiced several team building exercises and demonstrated simple everyday moves with and without glasses that simulate intoxication.

A guest speaker from the FBI visited the recruits explaining how every aspect of law enforcement is important and how every level of law enforcement must rely on each other.

The week ended with a small barbeque hosted by Chief Michael Colaneri to celebrate the week long dedication the recruits demonstrated. The



recruits started the week as individuals, but graduated as a team.

The Graduation Ceremony was held on June 27, 2014 at the Hasbrouck Heights High School Auditorium and attended by Police Chief Colaneri, Mayor Rose Heck, Police Commissioner Justin DiPisa, Deputy Commissioner David Gonzalez, Councilman Russell Lipari, Academy Organizer Mike Stillman, as well as friends and family of the recruits. HHPD. ###



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Little Ferry Circle Eliminated; Replaced with a 4-way Intersection

It is the beginning of the end for the accident-plagued Little Ferry Circle and the aging Route 46 bridge over the Hackensack River.

The \$33.8 million project will turn the Little Ferry Circle into a conventional four-way intersection, rehabilitate a bridge deemed structurally deficient, and install a new drainage system and stormwater pumping station to reduce flooding in the area.

Drainage and utility work at the traffic circle began in March and bridge construction started in May.

Circle Closed

On Friday June 6, 2014, the Little Ferry Circle was permanently closed and reconfigured as a conventional four-way intersection at Route 46 and Bergen Turnpike in Little Ferry.

By changing the traffic pattern, state transportation officials hope to reduce confusion and the accidents it causes.

According to NJ DOT, there were more than 250 crashes at the circle during a recent three-year period,

The change will allow better traffic flow, DOT officials said, adding that the traffic volume had outgrown the circle.

The Bergen Turnpike approaches to the intersection were widened and left turn

lanes were added on both sides.

The two signals on Route 46, where it meets the circle, were removed and replaced by a traditional signal hanging over the middle of the newly created intersection.

Once the intersection is opened, no left turns from Route 46 onto Bergen Turnpike will be allowed while construction on the Route 46 bridge over the Hackensack River is taking place.

Upon completion of the bridge work, left turns will be allowed from Route 46 onto Bergen Turnpike.

The following detours will be in place during bridge construction:

- Route 46 eastbound to Bergen Turnpike northbound:

Motorists on Route 46 eastbound will continue across the bridge and take the first exit onto Main Street to the Main Street Bypass, underneath Route 46, back onto Main Street to Route 46 westbound to Bergen Turnpike northbound.

- Route 46 westbound to Bergen Turnpike southbound:

Motorists on Route 46 westbound will turn right onto Bergen Turnpike northbound, take the first right and do a u-turn at the light onto Bergen Turnpike southbound.



Bridge Repair

The Route 46 bridge was built in 1934. Nearly 30,000 people use the bridge daily.

Improvements to the bridge over the Hackensack River include the replacing of the entire bridge metal deck with concrete decking, permanently closing the moveable bridge, structural steel member replacement and strengthening, sidewalks and concrete balustrade railing on both sides of the structure adding a steel guide rail to protect pedestrians, upgrading the bridge parapets and substructure patching, crack sealing and reconstruction where needed.

Construction will affect traffic for about 18 months, with one side of the bridge closed at a time. The work will leave one travel lane open in each direction.

Once the westbound lanes

are reconstructed, the eastbound lanes will close.

Expect Delays

The DOT warn motorists to expect significant delays, and encourage drivers to take Routes 80 or 4 instead.

The project has been coordinated with local officials and emergency response agencies and is expected to be complete in the spring of 2016.

The precise timing of the work is subject to change due to weather or other factors.

Motorists are encouraged to check NJDOT's traffic information website www.511nj.org for real-time travel information.

Long Overdue

Work is finally under way after nearly 20 years of discussions as the area has been plagued by accidents and flood-

ing.

"They have been planning for this project for over 12 years now. I am glad that they are finally getting started," said Little Ferry Mayor Mauro Raguseo. "Despite the disruptions during the construction of this project, Little Ferry will gain a pump station to help with flood control and a safer road."

Funding

The elimination of the traffic circle has been combined with the rehabilitation of the bridge that spans the Hackensack River between Ridgefield Park and Little Ferry into one project. All but about \$100,000 comes from the federal highway trust fund and the rest from the state transportation department.

Special thanks to Jim Miller of NJ Chopper.com ###



Blessing of Moonachie Emergency Services

On June 21, 2014, Archbishop Samuel Guido, the Presiding Bishop of the Lutheran Orthodox Church, Reverend Elliott Cruz of St. Francis Lutheran Orthodox Church, Friars of The Franciscan Order of the Divine Mercy, Brother Kenneth Reihl and Brother Dennis Ramos and Father Richard Stoecker of St. Sophia's Mission of the ROCOR, joined together to bless the Moonachie Borough's emergency response personnel, equipment, gear and buildings.

The program was held at the Moonachie Fire Department and included speakers: Moonachie Fire Department Lt. Eugene Sanchez, Moonachie Mayor Dennis Vaccaro, Moonachie Fire Chief William

Hunt Jr., Brother Kenneth Reihl, Archbishop Samuel Guido. Archbishop Samuel Guido spoke about the bravery of all the responders during and after Superstorm Sandy.

Brother Kenneth Reihl, Chaplain of the Moonachie Fire Department, spoke about the responders as heroes who never gave up.

After a brief program, the clergy proceeded to bless the Moonachie Fire Department vehicles, building and turn-out gear.

The clergy then proceeded to the Moonachie First Aid and Rescue Squad, spoke with and blessed the members. They then blessed the rigs, emergency equipment and building, to include the new kitchen. ###



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

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Join Your Fire Department/EMS



During the Blessing of the Moonachie Emergency Services on June 21, 2014, Brother Kenneth Reihl presented an award to Little Ferry resident, Regina Coyle, who has been an important part of the area recovery after the storm. Brother Reihl stated, "The award is given this day for her tireless work in protecting God's creatures. She has done so much for animals." ###



WRFD Gets Pet Oxygen Masks

The Wood-Ridge Fire Department recently received a donation of a set of pet oxygen masks. The donation was made on behalf of **Spencer Savings Bank** and Wood-Ridge resident Elaine Reininger. The masks come in three sizes for large, medium and small dogs/cats. These specially sized masks will enable firefighters or EMTs to deliver oxygen to pets in need and, in some cases, save their lives.

So far this year, CAA has donated more than 122 sets of pet oxygen masks throughout Bergen and Passaic Counties. If you are interested in donating a set of oxygen masks to your community, please contact Christine at CAA at 201-706-7666. The \$100 tax-deductible donation provides the basic package. ###



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MFD Gets \$279,604 Grant

On July 2, 2014, Congressman Bill Pascrell, Jr. announced that the Department of Homeland Security (DHS) has awarded new federal FIRE Assistance to Firefighters Grants (AFG) to the Moonachie Fire Department in the amount of \$279,604.

The federal funds will assist Moonachie with the purchase of 32 self-contained breathing apparatus units, a source capture exhaust system and a new compressor fill station that was destroyed in Hurricane Sandy.

"Our brave first responders put their lives on the line protecting our communities, so it's our duty to ensure they have every possible resource at their disposal," stated Rep. Pascrell.

"Congressman Pascrell has been a steady presence in Moonachie assisting with Hurricane Sandy recovery, and this federal grant underscores his continued commitment to our community," said Moonachie Mayor Dennis Vaccaro. ###

CFD Ladies Auxiliary Seeks New Members

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



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