

The Gazette

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

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

VOL. 8, No. 12

December 2011

★★★★★



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We are able to celebrate our Holidays, enjoy our freedoms of religion, speech and way of life because of our Veterans and those serving in our Armed Forces today. We owe them everything. Photo above: Little Ferry 307, supporting the Hasbrouck Heights Fire Department 12' x 18' American Flag during the regional Veterans Day Ceremony at the NJ Aviation Hall of Fame in Teterboro on November 6, 2011. More Veterans Day Service photos and story representing Carlstadt, Hasbrouck Heights, Little Ferry and Wood-Ridge on pages 18-19.

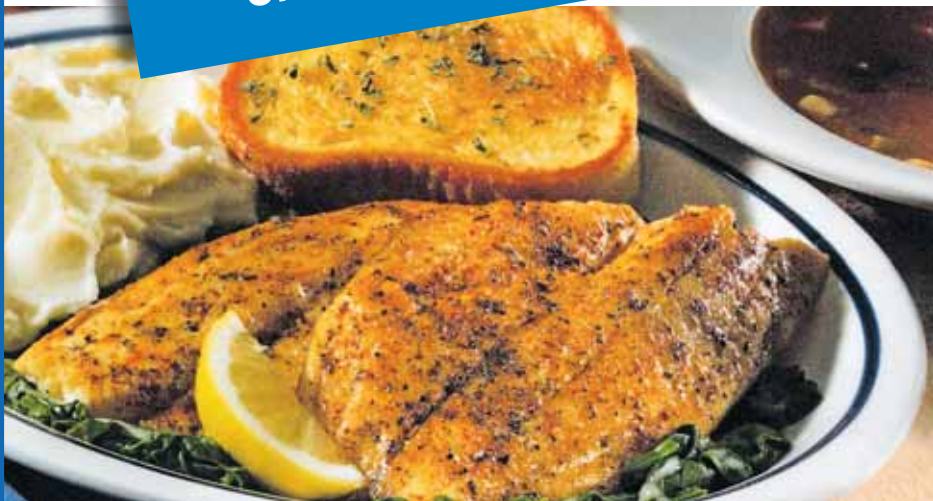
Thank You!

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22nd Annual Lego Night

On Friday, November 4, 2011, over 125 people attended the 22nd Annual Lego Night at The Hasbrouck Heights Free Public Library.

The children were divided into three age groups – Pre-School and Kindergarten, First through Third Grade, and Grades 4 and higher. Children worked alone or in groups.

Judges included members from the Architects League of Northern NJ – Donna Berado, Ruth Bussacco, Steve Lazarus, Joyce Raspa-Gore, Library Board President Lisa Traina, and Mayor Rose Heck.

In the Preschool and Kindergarten category, all the children were winners. Creations ranged from skyscrapers to people. The children explained what they made to the judges. They were all awarded a book to keep as a prize.

The Winners for Grades 1 through 3 are—

• 1st Place: Tower Attack by Jonathan Ferrer

• 2nd Place: Skeleton Party by Tyler and Logan Echegaray

• 3rd Place: Empire State Building by William Lee

• Honorable Mentions:

Moon Base 1 by Sam and Ryan Herman

Dinosaur Attacking Empire State Building by Luke Ciano

The Winners for Grades 4 and higher are—

• 1st Place: Lego Space Station by Kareen Adham, Ken Lenielson

• 2nd Place: The All Spark by Christopher Charis

• Tie for 3rd Place: Star Wars House Warming Party by Delia, Devin and Daniel Derramas

Super Car 2011 by Patrick Song

The evening's festivities included a magic show, goody bags, and snacks. All prizes and entertainment were paid for by the generous support of The Friends of the Library. Story by Marie Joyce. ###



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Imaginations Took Flight at AHOF Open Cockpit Day



On Saturday, November 12, 2011, the Aviation Hall of Fame and Museum opened all aircraft and their cockpits to the public for visitors of all ages to sit in and pretend to fly.

After years of work by museum volunteers, the recently refurbished Grumman OV-1 Mohawk was open to the public during this event.

The Mohawk is an armed military observation and attack aircraft, designed for battlefield surveillance and light strike capabilities. It is of twin turbo-prop configuration, and carried two crewmembers with side by side seating. The Mohawk was intended to operate from short, unimproved runways in support of United States Army maneuver forces.

The Cobra Gunship Helicopter was recently outfitted with sound to enhance the pilots experience.

Additional aircraft included Martin 202 Airliner, a Lockheed 402-2 Bush Master, etc. Guides were available to explain each aircraft.

The Aviation Hall of Fame & Museum of New Jersey offers visitors an opportunity to view historic air and space equipment and artifacts, photographs, fine art and an extensive model collection.

The Museum is open Tuesday through Sunday from 10 a.m. to 4 p.m. Group tours, birthday parties and Dare-to-Fly Programs are available. For more info, call 201-288-6344, or go to: www.njahof.org ###



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Books for Kids

Wood-Ridge Memorial Library announced its participation in the "Books for Kids" program sponsored by the New Jersey Library Association's Children's Services Section.

From now through December 15 they are collecting new unwrapped books for children and young adults. They will be distributed as gifts to less fortunate children throughout New Jersey.

Any organization, sports team, Scout Troop, school class or individual may wish to purchase and donate copies of their favorite books, which may be dropped off during regular hours at The Library. Financial contributions will also be accepted at box marked "Books For Kids" at the Circulation Desk in The Library. ###

The Paris Wife

On Wednesday, December 14, 2011, from 7 - 8 p.m., for at the monthly Book Discussion Group meeting, they will discuss "The Paris Wife" by Paula McLain, which captures a remarkable period of time and a love affair between two unforgettable people: Ernest Hemingway and his wife, Hadley.

Copies of the book are available at The Library for patrons to take out. Refreshments will be served, and all are welcome to attend!

Call 201-438-8866 for more information or check the website, www.carlstadt.bccls.org. The Carlstadt Public Library is located at 420 Hackensack Street, Carlstadt, NJ. ###

Teen Book Club

Teens who are enrolled in Grades 7-12 and live in Hasbrouck Heights, are invited to participate in the Teen Reader's Club at The Hasbrouck Heights Public Library.

This Club meets on the fourth Tuesday of the month from 7-8:30 p.m., and provides teens with an opportunity to talk about books, eat snacks, play games, and make new friends.

December's selection "What I Saw and How I Lied," by Judy Blundell is scheduled for Tuesday, December 27, 2011. For further information or to sign up, please contact Catherine Dodwell at 201-288-6653 or dodwell@bccls.org.

Teen Advisory Board @ HH Library

A newly established Teen Advisory Board will offer their first event on Thursday, December 8, 2011, from 3:15-4:30 p.m.

Teens who are enrolled in Grades 6-12 and live in Hasbrouck Heights are invited to participate in this after-school offering which will feature gaming: Wii and board games.

A food theme of Holiday Cookies will greet attendees and they will have an opportunity to vote on a monthly food theme at this program.

Also to be decided is a catchy name for this newly formed initiative which is expected to become a monthly offering after school on the second Thursday of each month.

For further information or to sign up, please contact Catherine Dodwell at 201-288-6653 or dodwell@bccls.org. ###

Food for Fines

The Wood-Ridge Memorial Library will once again be holding their Food for Fines Program. During the month of December, The Library will be collecting non-perishable food items to benefit the Assumption Food Pantry.

Fines on Wood-Ridge materials of up to \$5 will be forgiven with the donation of a food item.

This program will run from December 1 to December 21, 2011. ###

Carlstadt Library Computer Classes

The Carlstadt Public Library will offer free computer classes for adults during the month of December 2011. Classes are limited to 6 people, so call ahead to reserve your spot! Preference is given to Carlstadt residents.

• Facebook: Wednesday, December 7, 6:30-8 p.m. and Thursday, December 15, 2:30-4 p.m.

• Twitter: Tuesday, December 20, 2:30-4 p.m. and Wednesday, December 21, 6:30-8 p.m.

• Google: Wednesday, December 28, 6:30-8 p.m. and Thursday, December 29, 2:30-4 p.m.

Call 201-438-8866 ext. 204 for more information or to register, or check their website, www.carlstadt.bccls.org. The Carlstadt Public Library is located at 420 Hackensack Street, Carlstadt, NJ. ###

HH Garden Club

Just a reminder that there will be no meeting for December. The Hasbrouck Heights Garden Club members wish everyone Happy Holidays and hope to see you in January 2012.

They have very interesting speakers this coming year and you are welcome to join them! They are always looking for new members and guests from all the surrounding towns to enjoy their programs. The HHGC meets on the third Thursday of the month at 6:45 p.m. ###



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On the days of December, Corpus Christi Students will be...

On the 1st day of December, Corpus Christi 8th Graders will be, decorating the Giving Tree with ornaments displaying gift requests of needy families.....

On the 2nd day of December, the first trimester ends, and first Friday Mass will be held at 9 am.....

On the 4th day of December, Corpus Christi families will be, eating Breakfast with Santa and get a chance to tell him their Christmas wishes sitting upon his knee....

On the 8th day of December, Corpus Christi students will be, off from school in observance of the Feast of the

Immaculate Conception of Mary....

On the 12th day of December, Corpus Christi students will be, given the chance to dress in green and red for charity.....

On the 13th and 14th day of December, Corpus Christi students will be, shopping at Santa's shop for their friends and family.....

On the 14th day of December, Corpus Christi Kindergarteners, 1st Graders and choir will be, performing a Christmas concert for their friends and families.....

On the 21st and 22nd day of December, Corpus Christi preschoolers will be, putting

on a Christmas show for their friends and families.....

On the 23rd day of December Corpus Christi students will be, attending an advent prayer service at 9 a.m. and will be dismissed at noon after enjoying the Home School Association Christmas party....

On the 3rd day of January, Corpus Christi students will be, returning to school well rested and preparing for Catholic Schools Week festivities....

For more information about any of these events, please call the school office at 201-288-0614 or go to the school website at www.corpuschristischool.net. *Story by Maria Grace Billings. ###*

Moonachie School District 100 Years of Pride

(Editor's Note: In celebration of the Robert L. Criag School's 100th Anniversary, over the course of the next few issues, The Gazette Newspaper is providing a multi-part reflection. The following is a reflection by Jennifer Solimini, who served the district from 1974 to 2010.

Moonachie Shines Time After Time

Having been both a student and a teacher at the Robert L. Craig School has allowed me to witness many changes over the years.

As a child I attended the Craig School from Kindergarten through Eighth Grade. During those school years things were very different than they are now.

For example, students did not change classes but remained with the same teacher for the day. Gym class was basically when the teacher took you outside for recess, so if it rained or the weather was bad there was no recess that day. Art was also taught by the classroom teacher but was not held on a weekly basis but revolved around the year's holidays.

The participation in a music program occurred if your teacher played an instrument or when the visiting music teacher came, which was about every other month. When that visit occurred groups of classes were assembled in the all purpose room (which is the present day art room) to sing songs.

The all purpose room, where we enjoyed occasional music classes, was also the lunch room for those of us who lived too far away from the school to be able to go home (most students went home at lunch time.) Only students who had permission due to the distance of their homes were given

permission to stay in school for lunch and the janitor was in charge in the lunch room. There was nothing to buy except we could order a container of milk on a weekly basis. After eating lunch we went outside (regardless of the temperature) for lunch recess which was great!

After graduating Eighth Grade, I went on to high school, graduated from college, and returned to the Craig School as a substitute teacher. I was hired as a permanent teacher by Mr. Raftery who had been my Fifth and Eighth Grade teacher when I was a student.

I then spent 36 years as an educator at the Robert L. Craig teaching Grades 1-5.

Wow! What a lot of changes occurred in those thirty years. When I first started, the art teacher and music teacher traveled to the classrooms moving their equipment on carts. The gym had been built so students had regular gym classes but teachers, especially in the primary grades, still took their classes out for recess. The new gym served as the lunch room as did several classrooms, however, students still could not purchase food. That did not occur until the new wing with the cafeteria was built.

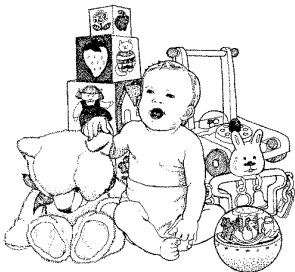
Students gradually began to change classes beginning with the 7th and 8th Grade and

for reading groups. The addition of new classrooms allowed the art teacher (Mr. Kay) and the music teacher (Mr. Brice) a place to hold their classes. The library which was located in Mrs. Duff's present day classroom was moved into its present location.

Students began to attend computer classes and had resources for research projects. The new cafeteria not only served food for lunch but eventually began to provide breakfast and a meeting place for students in the morning. Opposite to when I attended school, most students eat lunch in school except for those who have permission to go home.

Over the years there have been many changes to the Robert L. Craig School. Some changes to the structure of the building itself and many changes to the curriculum. All of the changes were to improve the quality of the education of the children who spend so much of their time there.

As a former student I have many fond memories of my years at the Craig School. As a retired teacher I have many happy memories of the changes that took place, the wonderful children, and the dedicated staff who helped make all of the changes over the years successful. ###



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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

Fun Times at YMCA School's Out Vacation Program

The YMCA of Greater Bergen County offers a School's Out Vacation Program during the school year on most days when the schools are closed. Children (5-13 years old) have fun and are in a supervised, enjoyable environment. Activities include gym games, swimming (on some days,) games and much more.

The next program will meet daily December 26-30, 2011, from 8 a.m. to 6 p.m. The fee is \$30 per day. Children should come prepared with a complete lunch, snack, sneakers, and, if your child knows how to swim, a bathing suit and towel.

Register in person at the YMCA of Greater Bergen County, 360 Main Street, Hackensack or contact Danielle Rattacasa, School Age Childcare Director at 201-487-6600 x220, drattacasa@ymcagbc.org.

A minimum of 20 children must be enrolled for the program to run and a maximum of 40 may be enrolled. Register by December 19. For more information and a free program brochure or visit the website at www.ymcagbc.org ###

Wood-Ridge Memorial Foundation to Honor Five at Annual Dinner Dance

Paul Calocino, President of The Wood-Ridge Memorial Foundation, has announced the names of the following five outstanding individuals that will be honored at the Foundation Dinner Dance next spring.

Robert Talamini has served the community for many years in a variety of ways. He has been on the Wood-Ridge Board of Education for 16 years (14 years as president), a member of the Wood-Ridge Lions Club for 23 years, having served as president for one year, and currently a member of the Board of Directors.

He has also chaired the club's scholarship committee for 20 years and received a Melvin Jones Fellowship Award in 2009, the highest award the Lions have. Bob was also a member of the Recreation Commission for 10 years and has participated as a coach in every youth sport program in the community.

Ezio Altamura has been a dedicated public servant since he moved to Wood-Ridge 16 years ago. He has served on the Borough Council since 2000, having been reelected four times and initiated the "Keep Wood-Ridge Beautiful" campaign.

He has coached girl's softball, soccer and is president of the Wood-Ridge Middle School Track & Field Program, just to name a few. Ezio was recognized by the Girl Scouts of Bergen County in 2002, with their community award, and by The Wood-Ridge VFW Post 3616 and the Ladies Auxiliary in 2006 as their citizen of the year.

Also being honored are two Kindergarten teachers from The Catherine E. Doyle School.

Debra Pagliocca has taught in the Wood-Ridge School system for 31 years, at various levels, the last 15 years in Kindergarten. She has been involved with many school and community activities dur-

ing her years in Wood-Ridge including coordinating talent shows at the school, working with the cheerleaders, serving as an officer in the PTA, and teaching CCD. These are just a few of the many ways that Debbie has been an important role model in the lives of so many of our students.

Arlene DePalma, living in Wood-Ridge for 38 years (married for 40 years) and the mother of two (both of whom received Memorial Scholarship Awards when they graduated from WRHS) has been teaching for 34 years. Arlene was a member of the Borough's centennial committee as well as the Assumption Church 75th anniversary committee. She taught CCD for Assumption Parish, was a Cub Scout Den Mother, and also a member of many school committees that helped mold and develop young minds. She was honored in Wood-Ridge as "Teacher of the Year" in 1996.

The final honoree is the late **John Bischoff**. John was a teacher at Wood-Ridge High School. He died last June after a tragic accident. It was quite apparent after hearing the way his family, friends, co-workers and students spoke of him that he was a special teacher and person. While he was taken away from us at far too early an age, his legacy will always be remembered by the students and all that knew him, and he was able to touch so deeply.

All of the proceeds from the dinner will be used to fund the annual scholarships awarded in June to graduating seniors. The Memorial Foundation has awarded over a million dollars since founded in 1962. This has only been possible with the support of the community.

The dinner will be at The Fiesta on Saturday March 24, 2012. A full course dinner with beer, wine and soda will be served. Entertainment will be provided by the Alan Quinn Band. Tickets are \$75 each and available after January 15. Please reserve the date and plan on supporting the Foundation and honoring these outstanding citizens. You may reserve your tickets by calling Chairman Jack Nagel -201-641-2803 or by email janpro911@aol.com

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Happy Birthday Aimee. Surrounded by family and friends, Aimee McCarthy held her 21st Birthday Celebration at The Fiesta on November 17, 2011. The gala included a sit down dinner, beverages and DJ entertainment. Her father, Patrick, organized a hi-tech interactive presentation, where everyone with a laptop, smart phone or tablet could participate. ###

**Gene Hughes
Beefsteak Benefit**

On Saturday, December 17, 2011, a Beefsteak to Celebrate the Life of Gene Hughes will be held at VFW Post 4591 from 7 to 11 p.m.

In honor of Gene, Hawaiian shirts are the requested attire. Tickets are \$45 pp and include dinner, beer, wine, soda, DJ and prizes. Proceeds will benefit the Hughes Family.

For more information and tickets contact Larry at 201-462-0093, Tim at 201-727-1690 or Rachel at 201-288-8871. ###

**Municipal
Reorganization
Meetings**

Hasbrouck Heights: Sunday, January 1, 2012, at 11:45 a.m. in the Council Chambers.

Wood-Ridge: Sunday, January 1, 2012, at 3 p.m., in the Council Chambers. ###

Cancelled Stamps Wanted

The Kiwanis Club of Teterboro/Hasbrouck Heights collects cancelled stamps, trimmed to ¼ inch around the stamps. Drop off or send to: **The Gazette Newspaper**, 343 Boulevard, Hasbrouck Heights, NJ 07604. ###

**Mohegan Sun
December 3**

The Knights of Columbus St. Michael's Council #2861 present a night of excitement with a bus trip to Mohegan Sun at Pocono Downs, Saturday, December 3, 2011, from 5 p.m. to 1 a.m. Bus departs the Lodi Kmart parking lot.

Tickets are \$40 pp with a "get back" of \$30 to play and \$10 for food. Sandwiches and soda/water will be served on the bus. For tickets call Jim at 201-575-9508. ###

**Jonah Musical
March 17, 2012**

The Rosary Confraternity of Most Sacred Heart of Jesus Parish in Wallington is hosting a trip to the Sight & Sound Theatre in Lancaster, Pennsylvania to see the new Biblical musical, "JONAH" on March 17, 2012.

The price of the trip includes bus transportation, theatre ticket and dinner at the famous "Good and Plenty" Amish Restaurant.

Ticket prices are \$140 for adults, \$120 for teens and \$85 for children.

For more information or ticket purchase, call Ginny at 201-715-2087. ###

Skyliners Open House

Skyliners Alumni Drum & Bugle Corps from Hasbrouck Heights, NJ, will feature an open house, Sunday, November 27, 2011, from 12 to 5:00 p.m. at the VFW Post, Hasbrouck Heights.

They welcome all levels of experience for their 2012 Marching Season. Positions open are: brass, percussion, and color guard. Inviting ages 17 years old and up! Practices are held at the VFW Post and field practices are at Riggin Field in East Rutherford. Contact: Rich at 201-951-1519 or email: skyalumdirector@hotmail.com, or go to skyalumni.org ###

**Keep Curbs
Free From Leaves**

Rake leaves off the top of the curb and fully into the street.

It is advised that providing a drainage space between the leaf pile and the curb will allow a better flow of rain water to storm drains. Keep raked leaves at least 10 feet from storm drains. ###

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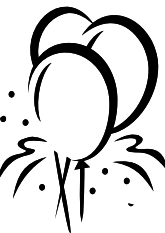
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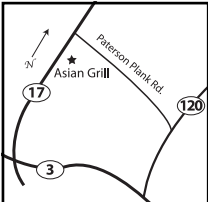
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About Christmas Trees

Tips on Selecting A Tree

Use these practical tips to
be a more informed consumer
and to ensure a great experi-
ence with your real tree:

- Be sure you know what size (*height and width*) you need before heading to the retail lot.
- Often, a tree obtained soon after its arrival will be fresh because it was cut recently.
- Needles on fresh trees should be green and hard to pull back from the branches, and the needle should not break if the tree has been freshly cut.

The trunk should be sticky to the touch. Old trees can be identified by bouncing the tree trunk on the ground. If many needles fall off, the tree has probably dried out and is a fire hazard.

• Look for other indicators of dryness or deterioration: excessive needle loss, discolored foliage, musty odor, and wrinkled bark. A good rule-of-thumb is, when in doubt about the freshness of a tree, select another one.

• Some species simply last longer and remain fresh much longer than others.

Consumer Tree Care Tips

When a Christmas tree is cut, over half of its weight is water. With proper care, you can maintain the quality of your displayed trees. Below are a number of tips relating to the care of displayed trees:

• Displaying trees in water is the most effective way of maintaining their freshness and minimizing needle loss.

• In selecting a tree, make sure that the “handle” at the bottom is long enough to allow the trunk to fit into your tree stand.

• Make a fresh cut to remove a 1/4” to 1” thick disk of wood from the base of the trunk before putting the tree in the stand. Make the cut perpendicular to the stem axis.

• Once home, place the tree in water as soon as possible. Don’t bruise the cut surface or get it dirty.

• If needed, trees can be

temporarily stored for several days in a cool location. Place the freshly cut trunk in a bucket that is kept full of water. The tree may need to be supported in some manner to keep it from tipping over.

• To display the tree indoors, use a stand with an adequate water holding capacity for the tree. As a general rule, stands should provide 1 quart of water per inch of stem diameter. Devices are available that help maintain a constant water level in the stand.

• Keep displayed trees away from sources of heat (*fireplaces, heaters, heat vents, direct sunlight*). Lowering the room temperature will slow the drying process.

The temperature of the water used to fill the stand is not important and does not affect water uptake.

• Check the stand daily to make sure that the level of water does not go below the base of the tree.

• Drilling a hole in the base of the trunk does not improve water uptake.

• Do not use additives in the water, including floral preservatives, commercial tree preservatives, molasses, sugar, bleach, soft drinks, aspirin, honey, and other concoctions. Clean water is all that is needed to maintain freshness.

Preventing Holiday Tree Fires

• Holiday Tree Fire Hazards -- Special fire safety precautions need to be taken when keeping a live tree in the house. A burning tree can rapidly fill a room with fire and deadly gases.

Typically, shorts in electrical lights or open flames from candles, lighters or matches start tree fires.

Caring for Your Tree

• Do not place your tree close to a heat source, including a fireplace or heat vent. The heat will dry out the tree, causing it to be more easily ignited by heat, flame or sparks.

• Be careful not to drop or flick cigarette ashes near a tree.

• Do not put your live tree up too early or leave it up for longer than two weeks.

• Never burn any part of a Christmas tree in a wood stove or fireplace.

Holiday Lights

• Inspect holiday lights each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets, and excessive kinking or wear before putting them up.

• Use of miniature lights will produce much less heat and reduce drying of the tree.

• Use only lighting listed by an approved testing laboratory.

• Do not overload electrical circuits.

• Always turn off the lights when leaving the house or when going to bed. Do not leave holiday lights on unattended.

Holiday Decorations

• All decorations should be nonflammable or flame-retardant and placed away from heat vents.

• Never put wrapping paper in a fireplace because it can throw off dangerous sparks and produce a chemical buildup in the home that could cause an explosion.

• If you are using an artificial tree, make sure it is flame retardant.

Candle Care

• If you do use candles, make sure they are in stable holders and place them where they cannot be easily knocked down. Never leave the house with candles burning.

• Never put lit candles on a tree.

• Do not go near a holiday tree with an open flame - candles, lighters or matches.

• Finally, as in every season, have working smoke alarms installed on every level of your home, test them monthly and keep them clean and equipped with fresh batteries at all times.

Know when and how to call for help. And remember to practice your home escape plan. ###

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To Take Santa
Around Heights**

Santa's Schedule for December 18, 2011
Collins & Baldwin 4:00 to 4:20 p.m.
Hasbrouck & Ottawa 4:30 to 4:50 p.m.
Paterson & Burton 5:00 to 5:20 p.m.
Oak Grove & La Salle 5:30 to 5:55 p.m.
Oak Grove & Jefferson 6:05 to 6:25 p.m.
Oldfield & Division 6:35 to 6:55 p.m.
Cleveland & Summit 7:05 to 7:20 p.m.
Cleveland & Woodland 7:45 p.m.
Any parent who cannot get a child to a Santa stop due to illness or handicap can make special arrangements by calling the Fire Chief at 201-288-0082.

**Lodi FD
Santa Around Town**
On Sunday, December 18, 2011, starting at 9:30 a.m., Lodi residents can meet Santa on their street corner. Be sure to listen for the Fire Department sirens. ###

**Moonachie FD
Santa Around Town**
On Saturday, December 17, 2011, starting at 2:30 p.m., please wait on the street corners. Be patient, Santa has lots of boys and girls to visit. ###

**WRFD
Santa Around Town**
On Saturday, December 17, 2011, the Wood-Ridge Fire Department will have pictures with Santa at the firehouse from 12:30 to 2 p.m. Starting at about 3 p.m., they will randomly escort Santa up and down every street in the Borough. Firefighters will hand out candy at the intersections. ###



**Happy Hanukkah
Merry Christmas
Happy New Year**

Community Tree Lightings

Carlstadt will hold their Tree Lighting at Borough Hall on December 1, 2011, at 6:30 p.m. ###
The Hasbrouck Heights Annual Tree Lighting at The Circle will be held immediately after the Annual Holiday Parade on November 25, 2011. There will be plenty of hot cocoa and snacks. ###
Little Ferry will hold their Tree Lighting on December 2, 2011 in the Borough Hall parking lot. Santa will be available in the Municipal Building lobby. Bring your camera.
Lodi Annual Tree Lighting is December 2, 2011, starting at 7:30 p.m. The program starts as the Lodi Fire Department escorts Santa to Borough Hall. The Lodi High School Choir will sing and after a short program, Santa will be available in the Borough Hall

Cold Moon

The December full moon appears on Saturday, December 10, 2011, at 9:38 and is called the "Full Cold Moon." According to "The Farmer's Almanac," this month the winter cold fastens its grip, and nights are at their longest and darkest. It is also called the "Moon Before Yule."
The term "Long Night Moon" is a double appropriate name because the midwinter night is indeed long, and because the moon is above the horizon for a long time.
The midwinter full moon has a high trajectory across the sky because it is opposite a low sun. Other names for this moon include "Full Long Night 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. ###

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

lobby. Bring your camera.
Moonachie will hold the Annual Tree Lighting event (*rain or shine*) on Sunday, December 3, 2011, at 7 p.m., at Borough Hall. R. L. Craig students will sing Christmas Carols. Refreshments and photos with Santa will follow at the Firehouse. ###
Wood-Ridge Annual Tree Lighting is on November 25, 2011, at Veterans Park, starting at 7 p.m. Christmas Carols will be sung by Middle and High School Chorale. Santa will be at The Gazebo to hear special secret wishes. Refreshments will be served. ###

**Christmas Carols
on the Guitar**

A presentation and performance of Christmas carols and holiday songs will be provided by classical guitarist Phillip Lester.
Phillip will perform on Sunday afternoon, December 4, 2011, from 2 to 3 p.m. and will include traditional carols and popular holiday songs. The whole family is invited to get into the holiday spirit. This free program will be held in the senior center meeting room at 320 Boulevard.

Phillip's program is a musical performance and includes historical anecdotal information about the composers and circumstances surrounding famous Christmas carols. You will enjoy seasonal favorites from this talented classical guitarist and learn about well-known holiday songs.
Phillip Lester is a classical guitarist, composer, and recording artist. Both nylon string classical and steel string acoustic guitars are used in his performance to bring to life the music of several centuries. Originally from California, he began to play at the age of 12. He has studied under Christopher Parkening and influenced by such greats as Alex De-Grassi and Chet Atkins.
Bring the whole family. To register please call 201-288-0488 or log on to <http://hasbrouckheights.bccls.org> and go to calendar. ###

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Happy New Year**

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TEB 18th Annual SOS Toy Drive

For the past 17 years, the Teterboro Airport community has come together to deliver holiday cheer to local families (*mothers and children*) who "...are victims of domestic violence. Consequently, these families have fled from their dysfunctional environments and are receiving ...safety, strength & hope..." at Shelter Our Sisters.
Together, we can continue the tradition of helping these families by providing them with a warm and loving holiday for 2011. Please join us in donating new, unwrapped toys and gifts, such as: toys and games for children of all ages, clothing, books, electronics, non-violent music, videos and

**W-R Historical
Society Presents
Country Christmas**

A bit of Wood-Ridge History will return on December 15, 2011, at 7:00 p.m., in the Bianchi House on First Street in Wood-Ridge.
The music at Rainbow's End, formerly on Hackensack Street, has faded away, but the Society with the help of Tommy Roberts, David Frost and David Rimeles of "The Buckshot Band" will bring a bit of it back to you with their "Country Christmas" program.
Save the date to join the Society for an enjoyable evening. Refreshments will be served. A donation is requested. ###

**Don't leave
lit candles or
fireplaces
unattended.**

DVDs, gift certificates/cards, infant care items, holiday wrapping paper and stocking stuffers, etc.
For inquiries or to schedule your donation pick-up, please contact holiday coordinator, Lauren, at 201-393-4080, or Karen, at 201-288-1775, Ext. 222. You may also drop-off your donation at Airport Operations, 111 Industrial Avenue, Teterboro, NJ. The donation deadline is Tuesday, December 15, 2011. ###

**Winter's Night
in Monte Carlo**

The Chic Charity Club will hold Winter's Night in Monte Carlo on February 11, 2012, from 7 to 11 p.m. at Il Villaggio, Carlstadt, NJ.
Ticket prices are \$100 per person which includes: 5 course dinner, open bar, casino style gaming, 50/50, silent auction, fantastic prizes, music and dancing. Proceeds benefit: Tomorrows Children's Fund, the Joseph M. Sanzari Children's Hospital. For more information email info@thechiccharity-club.com ###

**Santa to Visit the
W-R Library!**

Santa is visiting Wood-Ridge Memorial Library this year! Children of all ages are welcome to come to The Library at 7 p.m. on Thursday, December 22, 2011, to meet Santa as he reads some of his favorite Christmas stories. Space is limited, and registration is required. For more information or to register, e-mail Emily at wrldgchild@bccls.org or call the library at 201-438-2455. ###

Happy Holidays

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and Joyous
Holiday Season!**

Conservation Tip: Fireplace Facts

There's no denying the beauty of a roaring fire. But when it comes to home heat, your fireplace may be a major source of heat loss. First of all, opening the damper is the equivalent (*or worse*) of leaving your front door wide open. Second, most of the heat from the fire goes right out the chimney anyhow. And finally, most of the devices that promise to throw more heat into your room still leave you with a net heat loss.

The Solution? The most effective deterrent to heat loss is a set of glass fireplace doors that can be opened when a fire is blazing and closed when the fire is dying. But always remember to give the fire enough oxygen to burn.

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



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ICHS Holiday Homecoming and Vendor Fair

All alumnae, faculty, students, parents, friends, and members of the community are invited to attend Immaculate Conception High School's Holiday Homecoming and Vendor Fair on Sunday, December 4, 2011, from 11:30 a.m. to 3 p.m.

The day will begin with the Feast of the Immaculate Conception prayer service at 11:30 a.m., a visit from Santa Claus, MAC makeup and Zumba demonstrations, ICHS choir performances, a vendor fair and more throughout the day. All members of the community are invited to attend.

Immaculate Conception High School educates and transforms students into young women of competence, compassion, and commitment in a Catholic Felician-Franciscan tradition of leadership and service. ICHS's affiliation with the Felician Sisters, as well as its Collegiate Academy Program with Felician College in Lodi, makes it a progressive institution in high school education in New Jersey.

For more information call 973-472-7231 or nmoors@ichslodi.org. Please visit www.ichslodi.org

Magical Christmas... my favorite time of year! ... especially if it snows!

Well, the infamous question, "Will we have a white Christmas this year?" The answer... "maybe, but probably not." Surely you are laughing by now and saying, "ah, the typical meteorologist answer."

But the truth is, weather forecasting is complex (*considered one of the most complex science there is*) due to what we call "CHAOS." The atmosphere in its vastness, globally is complex and chaotic.

Telleconnections come into play. What? Telleconnections? Telleconnections, am I now getting into the realm of mind melding?

No, Mr. Spock ...telleconnections is what we consider in the world of meteorology, how weather effects weather on one part of the globe from another part of the globe in time and space..the weather in Spain will affect the weather in Bayonne, N.J. a year later. Or the weather in Hoboken will affect the weather in Naples, Italy 8 months and 3 days from now. Believe that? Well, it's true.

Now, what we DO have a handle on is what has happened and what will happen to a de-

gree. We can go out to 7-10 days with a high degree of accuracy, especially my company, The National Weather Station, LLC.

Anyway, beyond a week or 10 days, it's tough. We CAN forecast it will be colder or warmer than normal a month from now but no way can we forecast on which specific day the really cold or warm air will be here, no less forecasting snow on Christmas day.

For now, the next 1-2 weeks will be near normal temperatures for the first couple weeks of December with one significant snow storm (*over 4"*). The storm track will be such that a rain/snow line may set up very near our region.

Temperatures will be colder near normal for the first week of December then turn warmer from around December 8 to 16. By December 18 to 25 near normal or colder than normal temperatures are expected. We can hope as a child or a 52 year old young-guy that it does snow on the morning of December 25th (*sorry DPWs out there*) but we simply cannot pinpoint this far out.

Come back and ask me 10 days or 5 days before Christmas, not only will I give you my latest and more accurate forecast, but a Christmas hug as well.

Either way, Merry Christmas to one and all, and to all, ...a Snowy Night! (keep your fingers crossed)

Hasbrouck Heights resident Dan Ventola is a meteorologist and President of The National Weather Station with its main location at Teterboro Airport.

For information on how to subscribe to the service (if you are a DPW, contractor, private company) contact Dan Ventola at dan@nationalweatherstation.com or call him at 201-288-1824.

Company information:
www.nationalweatherstation.com ###

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Heights Seniors
Holiday Party

The annual Holiday Party, sponsored by the Leisure Club, open to all Heights seniors, is scheduled for Monday, December 5, 2011, at the Fiesta, from noon to 4 p.m. Tickets are \$39 per person.

Payment should be made as soon as possible. Call Dotty at 201-288-0525 for details. ###

Story Hour
With Santa

On Monday, December 5, 2011, families are invited to The Hasbrouck Heights Free Public Library for a special Santa Story Time. From 7-8 p.m., hear holiday stories, sing holiday songs, and even meet the man himself.

Bring your cameras for a special photo opportunity to kick off this holiday season.

The Friends of the Hasbrouck Heights Library will be on hand to give children a special prize. Registration is required, and can be done in person, online, or by calling 201-288-8911. ###

Holiday Decoration
And Display Contest

Ho. Ho. Ho. Hop in your sleigh and join the fun. Check out Hasbrouck Heights' festive displays on The Boulevard and in your neighborhood with yards, homes, lamp posts and doors seasonally dressed for the holidays.

Judging is December 17 and 18, 2011, with final review on December 19, 2011. Lights should be turned on when it gets dark and remain on until 10 p.m. This annual tradition is sponsored by the Mayor's Celebrations Committee. ###

December Birthstone
Turquoise

VFW Christmas
Party Dec. 11

VFW Post 4591 will host a Christmas Party on December 11, 2011. They will be celebrating the Christmas Season, as well as celebrating 50 years of the Post building. This party is free to all members, friends and guests. Donations are accepted. Military uniforms are encouraged.

The entertainment will be: Santa Claus, "Victory Belles," DJ music, 50/50, tricky tray and more.

Lounge opens at 6 p.m., party starts 7 p.m. and includes buffet dinner. Cash bar.

Seating is limited. Reserve you tickets now. Call the Post 201-288-1112, Andy at 201-697-9417, Pete at 201-638-4294, Mike at 201-288-6354, or Max at 201-403-0360.

They welcome volunteers to help out at the event. ###

Jr. Women's Club
Pizza With Santa

The Hasbrouck Heights Junior Women's Club is sponsoring Pizza with Santa on Friday, December 9, 2011, from 6:30 p.m. to 8:30 p.m., at the Elf Building, 320 Boulevard. Cost is \$8 per person and includes photo opportunity with Santa (*don't forget to bring your cameras*), craft, goody bag, pizza, refreshments and raffle. For tickets, call Kristin at 201-288-6339 or Cara at 201-288-0479. Proceeds benefit local charities and scholarships. ###

Holiday Concert

The Hasbrouck Heights High School Music Department will present a free Holiday Concert on Wednesday, December 21, 2011, at 7:30 p.m., in the Keifer Auditorium. The program will include both instrumental and vocal presentations. ###

Ho, Ho, Ho, it's Time
for Holiday Shopping

If you're like 35% of the population, you've already found a great vest for Uncle Todd, a singing sailor for Grandpa and you've got some ideas for the office gift exchange. More and more consumers plan to buy at least some of their gifts online to avoid crowds and take advantage of free shipping. Here are a few tips for safe and easy online shopping:

Trust your instincts. If you don't feel comfortable buying or bidding on an item over the web, or if you feel pressured to place your order immediately, maybe you shouldn't. With a click you can check a company's reputation by contacting the Better Business Bureau at bbbonline.org or the Office of the State Attorney General in your state or the state where the seller is located. You may access these at naag.org, the website of the National Association of Attorney General.

Be knowledgeable about web-based auctions. Take special care to familiarize yourself not only with the rules and policies of the auction site itself but with the legal terms (warranties, refund policy, etc.) of the seller's items that you wish

to bid on.

Double check pricing. Be suspicious of prices that are too good to be true. You may want to comparison shop, online or offline, before you buy. Make sure there are not extra shipping or handling costs.

Find and read the privacy policy carefully to find out what information the seller is gathering from you, how the information will be used, and how you can stop the process. If a site does not have a privacy policy posted, you may not want to do business with it. If it does have a privacy policy, there will probably be a link to it from the seller's home page, or it could be included with the Legal Terms.

Review the return, refund, and shipping and handling policies as well as the other legal terms. If you can't find them, ask the seller through an e-mail or telephone call to indicate where they are on the site or to provide them to you in writing.

Make sure the Internet connection is secure. Before you give your payment information, check for indicators that security software is in place. Look for the picture of the unbroken key or closed

lock in your browser window. Look to see if the web address on the page that asks for your credit card information begins with "https:" instead of "http." Some websites use the words "Secure Sockets Layer (SSL)" or a pop up box that says you are entering a secure area.

Use the safest way to pay on the Internet. Pay for your order using a credit card. If you have an unauthorized charge on your credit card, under federal law your liability is limited to \$50. Some website operators and credit card issuers (including all VISA and MasterCard issuers) promise that under certain circumstances they will even pay this amount for you.

Print the terms. You should print out and date a copy of terms, conditions, warranties, item description, company information, even confirming e-mails, and save them with your records of your purchase.

Insure the safe delivery of your item. If you're concerned you may not be home when your package is delivered and that someone may take it if it is left on the doorstep, ask whether you can specify that the shipper must receive a signature before leaving the package. ###

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located at Franklin & Terrace
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Benefits HHMA Scholarship Fund

Christmas Tree Sale

The Moonachie First Aid & Rescue Squad will be offering a variety of trees ranging from 4 foot to 9 foot Balsams, Douglas and Fraser firs as well as "Charlie Brown Trees." They will also be selling decorated Christmas wreaths.

Bring the kids for fun with arts & crafts. There will be an assortment of Santa hats, stockings and ornaments for your kids to design and customize.

The Christmas Tree Sale is located at the squad building, 121 Moonachie Road and runs through December 24th. Elves are waiting 24 hours per day/7 days per week for your convenience. Delivery available upon request.

Proceeds will benefit the upkeep of the building and equipment. ###

HH Men's Association Christmas Tree Sale

The Hasbrouck Heights Men's Association will be selling Christmas Trees again this Holiday Season at St. John the Divine, at the corner of Franklin and Terrace.

They will be carrying an array of trees of various sizes and prices.

This sale has been a Hasbrouck Heights holiday tradition for over twenty years.

The money raised goes to the HHMA Scholarship Fund

Use caution with holiday decorations and whenever possible, choose those made with flame-resistant, flame-retardant or non-combustible materials.

that benefits graduating high school seniors from Hasbrouck Heights who want to attend college. The Hasbrouck Heights Men's Association wants to thank area residents for their on-going support of their sale and they wish everyone a Happy Holiday Season. ###

Santa Visits the AHOF

Santa is scheduled to depart the North Pole at Midnight and is expected to arrive by helicopter at 11 a.m. on Saturday, December 3, 2011 (*rain date December 10*), at the Aviation Hall of Fame. Santa will have candy and gifts for the kids.

Bring your camera for this photo opportunity! Children under 6 (*six*) years of age will be able to meet and greet Santa Claus inside the museum free of charge, when accompanied by an adult.

The museum will open at 10:00 a.m. to accommodate expected interest in this special event, and the public is advised to arrive early in order to obtain good parking.

The visit of Santa Claus is presented annually by the New Jersey Aviation Hall of Fame & Museum, located at 400 Fred Wehran Drive, Teterboro, NJ. For more info call 201-288-6344. ###

Pet Photos with Mrs. Claus

FOCAS (*Friends of the County Animal Shelter, Inc.*) will be hosting holiday pet pictures with Mrs. Claus and a Special Holiday Gift Fair on Sunday, December 4, 2011, at the American Legion, 100 Liberty Street, Little Ferry, from 12:00 p.m. to 4:00 p.m. The cost per photo is \$5.00.

All pets are welcome. Pets should be up-to-date on all shots and appropriately re-

strained.

There will be refreshments, fabulous holiday gifts on sale for pets and people and a drawing each hour for a FREE surprise gift.

Let FOCAS put some "cheer" in your holiday! This is an annual FOCAS event. Donations will go to benefit sick, homeless and abandoned animals. For information call the FOCAS Help Line at 201-943-4019. ###

Happy Holidays

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But especially at the Holiday Season — you can help. Friendly Neighbors has been assisting the welfare of Hasbrouck Heights and helping our neighbors in need for over 60 years. All information is confidential.

Please send your generous contribution to: Pat Boer, Treasurer, 307 Roosevelt Ave., Hasbrouck Heights. Friendly Neighbors is sponsored by the HH Council of Churches.

Cold Weather Tip
Be sure to turn off your exterior water faucet.

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Annual Festival of Carols, Lessons and Candles Dec. 11

The Annual Festival of Candles, Lessons, and Carols has become a tradition at Saint Margaret of Cortona R.C. Church in Little Ferry and will be held on Sunday, December 11, 2011, at 3 p.m.

With the anticipation of the Christ Child during the season of Advent, the Parish Choir and

the Ministers of the Word provide a story of the long awaited Infant in both word and song. Along with audience participation of traditional Christmas Carols, the event will spotlight other choral selections. Event is free. Refreshments to follow.

Saint Margaret of Cortona R.C. Church, is at 31 Chamberlain Avenue (corner of Liberty Street), Little Ferry. Handicap accessible. Join them for a memorable afternoon!

The choir also has a CD (\$15.00) – “Christmas at Cortona” featuring the parish choir. Please call: Eileen at 201-843-1097, the Director of Music or the parish office at 201-641-2988. ###

Hasbrouck Heights Breakfast With Santa

Breakfast with Santa and Mrs. Claus will be held at Corpus Christi School on Sunday, December 4, 2011, from 9 a.m. to noon, in the school cafeteria.

Enjoy a morning of family fun and a delicious pancake breakfast, crafts, music and a picture with Santa Claus. Tickets in advance are \$10 per adult, \$7 per child and children under three free. To purchase tickets please call Tara at 201-372-0906. No tickets will be sold at the door. ###

Pancakes With Santa

The Knights of Columbus Council in Lodi will host-Breakfast with Santa on December 11, 2011 from 8 to 10 a.m. at Applebee's of Garfield, 186 Passaic Street. Cost is \$7 pp. Meal includes pancakes, sausage, scrambled eggs and a beverage. Call 973-778-6100 for details. ###

Wood-Ridge Breakfast With Santa

The St. Anthony Council of the Knights of Columbus invites all children and the young at heart to their Annual Pancake Breakfast. Santa will be their guest of honor. The breakfast will take place at the Assumption School Cafeteria in Wood-Ridge on Sunday, December 11, 2011, from 8:00 a.m. to noon.

The menu will be “all you can eat” pancakes, sausages, orange juice and coffee for the adults. The cost is \$5 per person; children 5 and under will be admitted free.

Chairman Thomas Gonnella and his steering committee have been making all the final arrangements. The committee members are PGK Russell Petrocelli, PGK Frank Materia, PGK Peter Gallo Jr., GK Angelo Urato and Stephen Sarracino. ###



Christmas Joy

The community is invited for an evening of Christmas Joy with a Children's Christmas Program with a skit and songs on Sunday, December 18, 2011, at 6:00 p.m. at the Bible Baptist Church, 31 Passaic Avenue. For more information call 201-288-4139 x12. ###

Keep Fire Hydrants Cleared of Snow

Area Fire Departments ask that when it snows, residents and businesses should make an effort to keep fire hydrants clear and accessible. ###

Get foiled

Put a small piece of aluminum foil under the cloth in your breadbasket before placing the bread or rolls in. This will help the food retain its heat for a longer period of time. ###

Santa Will Visit IHOP

Santa will be visiting **Hasbrouck Heights IHOP** several times in the weeks before Christmas. To find out the times that Santa will be visiting IHOP, join the Kris Kringle Fan Club on Facebook or visit his local website at www.SantaNJ.com ###

The NEW YORK Sun

PUBLISHED AT NEW YORK CITY

THURSDAY SEPTEMBER 21ST, 1897

..

Dear Editor:

I am 8 years old. Some of my friends say there is no Santa Claus. Papa says “If you see it in The Sun it’s so.” Please tell me the truth; is there a Santa Claus?

Virginia O’Hanlon

Virginia,

Your little friends are wrong. They have been affected by the skepticism of a skeptical age. They do not believe except they see. They think that nothing can be which is not comprehensible by their little minds. All minds, Virginia, whether they be men’s or children’s are little. In this great universe of ours man is a mere insect, an ant, in his intellect, as compared with the boundless world about him, as measured by the intelligence capable of grasping the whole of truth and knowledge.

Yes, Virginia, there is a Santa Claus. He exists as certainly as love and generosity and devotion exist, and you know that they abound and give to your life its highest beauty and joy. Alas! how dreary would be the world if there were no Santa Claus! It would be as dreary as if there were no Virginias. There would be no childlike faith then, no poetry, no romance to make tolerable this existence. We should have no enjoyment, except in sense and sight. The eternal light with which childhood fills the world would be extinguished.

Not believe in Santa Claus! You might as well not believe in fairies! You might get your papa to hire men to watch in all the chimneys on Christmas Eve to catch Santa Claus, but even if they did not see Santa Claus coming down, what would that prove? Nobody sees Santa Claus, but that is no sign that there is no Santa Claus. The most real things in the world are those that neither children nor men can see.

No Santa Claus! Thank God, he lives, and he lives forever. A thousand years from now, Virginia, nay, ten times ten thousand years from now, he will continue to make glad the heart of childhood.

Francis P. Church, Published in The New York Sun, September 21, 1897

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As well as "Brightening The Boulevard," this annual appeal has generated thousands of dollars every year to benefit The Center for Food Action.

A \$10 contribution buys a bright red ribbon with your name on it, placed along the Boulevard beginning Thanksgiving until Valentine's Day.

Contributors simply complete the "Buy-A-Ribbon --

Feed The Hungry" form, listing their name, family, memorial, etc., with a limit of up to 30 characters. Forms are available at **Bill O'Shea's Florist** and **Bruce's Floral Design**.

Most ribbons are \$10, but generous folks can make a \$50 donation which provides a special breakfast and traditional dinner for Christmas or Hanukkah for a family in our neighborhood.

Corporate donations of \$100 or more will receive a unique red and gold ribbon.

Ribbon placement in Hasbrouck Heights is done by the Knights of Columbus: Msgr. Fitzpatrick Council 7041.

Ribbon placement along Valley Boulevard in Wood-Ridge is done by the Knights of Columbus: St. Anthony's Council 11585. ###

The Free Public Library of Hasbrouck Heights will sponsor a fun-filled afternoon for teens and adults to create their own fresh greenery wreaths for the upcoming holidays. It will be held on Wednesday, December 21, 2011, from 3 to 4:30 p.m.

Fresh greenery provides the senses with many delights. Not only do they look beautiful, but they perfume the air around them. Using pine boughs as the

basis, add pine cones, ribbons, and other festive decorations. You'll love the results and have the fun of creating your own front door holiday wreath.

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

Story Time with Santa

On Monday, December 5, 2011, families are cordially invited to The Hasbrouck Heights Free Public Library Story Time with Santa. From 7-8 p.m. Hear holiday stories, sing songs, and even meet St. Nick himself.

Bring your cameras for this unique photo opportunity to kick off this cheerful holiday season. The Friends of the Hasbrouck Heights Library will be on hand to give children a special gift.

Registration is required, and can be done in person, online, or by calling 201-288-8911. ###

Gingerbread House Decorating at Lodi Library

On Saturday, December 17, 2011, from 1:30-3 p.m., Lodi Memorial Library invites ages 10 and up to a special holiday cookie decorating event.

Participants can decorate a mini gingerbread house or some holiday cookies to take home. The event is free and supplies will be provided but space is limited.

For more information and to register, call 973-365-4044 or email lodilibrary@bccls.org. The Library is located at One Memorial Drive in Lodi. The snow date for the event is Thursday, December 22 from 3-5 p.m. ###

Holiday Pajama Party at Lodi Library

On Wednesday, December 14, 2011, from 6:30 p.m.-8 p.m., Lodi Memorial Library hosts its annual Holiday Pajama Party.

There will be holiday bedtime stories, live holiday music and free refreshments plus a special visit from Santa. This event is open to all ages and no registration is needed.

Partygoers are encouraged to come in pajamas or holiday costume. Lodi Memorial Library is located at One Memorial Drive in Lodi with parking nearby. For more information, call 973-365-4044 or go to <http://lodi.bccls.org>. The snowdate is Wednesday, December 21, at 6:30 p.m. ###

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O'Shea's Holds Open House

Bill O'Shea's Florist Open House was November 20, 2011. O'Shea's very popular Open House kicked off the Holiday Season with photo opportunities with Santa, free flowers, balloons, music, prizes and refreshments. In addition, they offered special discounts on selected gift items along with a huge selection of wreaths and grave blankets/pillows, as well as other holiday decorating items. ###



The Religious Shoppe held an open house to celebrate their 5th Anniversary on November 5, 2011. They offer a huge selection of angels, centerpieces, collectibles, ornaments, stocking stuffers, nativity sets, greeting cards as well as traditional religious items -- perfect for the Christmas Season! The Religious Shoppe is located at 220 Boulevard in Hasbrouck Heights. Phone: 201-288-4373. Website: www.thereligiousshoppe.com Hours: Tuesday - Friday 10 a.m. to 6 p.m., Saturday 10 a.m. to 5 p.m.###

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Holiday “Road Trip” Tips

Lt. Thomas Archer of the Hasbrouck Heights Traffic Bureau offers these suggestions for safe holiday travel.

Before leaving, be sure to secure your house. Lock all doors and windows, and don't forget to set the alarm.

Also, give your home that lived-in look to repel potential burglars by having a friend collect your mail, setting lights on timers and not leaving details of your trip on the answering machine.

Packing light saves time and energy when it comes to filling the trunk with fragile bags packed with gifts.

Don't leave valuables in your car. Pack all items, especially brightly wrapped packages, in the trunk. If afraid of squashed bows, wait until you arrive to wrap the gifts.

One tip for packing lighter is to ship your gifts to your destination ahead of time. Allow at least two to three weeks for your package to arrive, for the holidays are hectic times for courier services like UPS and Federal Express.

Plan Ahead

Holiday travelers are at a higher risk for accidents. Avoid peak travel days.

People leave on long trips

on the last workday before the holiday to visit family and friends in what can be a stressful time – increasing the potential for fatigue.

- Plan enough travel time for your trip to include breaks.

- Plan your route before you leave and take along a map or GPS so you are prepared if you need to take a detour or alternate route due to road conditions or accidents.

- Travel information Web sites and 5-1-1 telephone services provide estimated travel times, road and weather conditions, accident reports and other helpful information.

- Don't leave on a long trip after eating a large meal. Never drink and drive.

Be Prepared

Traffic incidents such as crashes and disabled vehicles cause 25 percent of congestion. Make sure your vehicle is ready for the trip.

- Preventive maintenance means checking all fluid levels (*oil, anti-freeze, transmission, wiper, etc.*), new belts and hoses, battery, lights, etc.

- Check your tire tread and pressure. Know where your spare tire is located and how to change it.

- Be prepared. Take along emergency equipment, especially if winter driving conditions are anticipated: flares, working flashlight (*and spare batteries*), gloves, boots, hat, coat and blanket, jumper cables, extra wiper fluid, water, first aid kit, non-perishable snacks (*e.g., canned nuts, energy bars, dried fruits*), snow brush, scraper and snow shovel, bag of kitty litter or 2 pieces of burlap for extra traction.

- Make sure you have a charged cell phone (*invest in a car lighter charger and hands free headset*).

Drive Safely

- Buckle up and use child safety seats properly.

- Once on the road, drive carefully, patiently and stifle any burgeoning impulses of road rage. Try not to view other cars and traffic signals as personal obstacles. Work with your fellow drivers and not against

them. Indicate lane changes and give everyone plenty of room. Also, be forgiving when someone demonstrates reckless driving.

- Obey speed limits.
- Don't tailgate. Be patient.

Always leave enough room between you and the car ahead of you. Use the two-second rule (*the National Safety Council is recommending 3 seconds*). After the vehicle ahead of you passes a stationary object, begin counting (*i.e., one thousand one, one thousand two*). If you reached the object before you counted to two, you are following too closely. Increase this time for bad weather conditions (*and double these distances when following motorcycles*).

- Stay alert and minimize distractions.

- Scan the road and the sides of the road well ahead of you. Scan the area 12 seconds ahead of you so you have that much more time to react to unexpected conditions (*e.g., deer, falling rocks, debris on the road, unexpected braking cars, etc.*)

- When driving in work zones, pay extra attention to signs and crew flaggers.

- Avoid sudden stops and starts that can cause skidding or sliding, especially in bad weather.

- Slow down when driving on snowy or icy roads where stopping distances are much longer. Leave more distance between your vehicle and the one ahead.


- Drive carefully and slowly around snowplows.

- If you break down, move your vehicle to the right side of the road out of the flow of traffic and as far from the traveled portion of the roadway as possible; raise the hood of your vehicle or use emergency flashers; and remain in your disabled vehicle if possible. It will be more likely that another motorist will report it.


- Overall, try to make driving fun, and view it as part of the holiday, not as a chore. If traveling with children, get everyone involved by singing or reminiscing about favorite past holidays. The ride will be over before you know it, and you'll actually look forward to the drive back home.

The Hasbrouck Heights Police Department wishes you a safe holiday trip. ###


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Saluting Those Who



Veterans Day programs recognize and thank all Veterans, past and present for their service and dedication to our country.

On Sunday, November 6, 2011, **The NJ Aviation Hall of Fame and Museum** held a regional "Salute To Veterans" program at 11 a.m. in Teterboro.

The keynote speaker was Robert deHaven, WWII B-24 nose gunner and bombardier

who flew 15 missions over Germany and was stationed in England with the Eighth Air Force.

Under the 12 x 18 American Flag suspended from Little Ferry Fire Department Ladder Truck, the program began as the drum line from the Hasbrouck Heights High School Band welcomed several Color Guards presenting the Colors. Patriotic songs were sung by Melissa Ayvas Mano-

lakakis. Elizabeth Ferry will played "Taps," and "Retreat." Vietnam Veterans of America Chapter 800 provided a 21 Gun Salute. There was an Invocation and Benediction.

The U.S. Navy and Hasbrouck Heights Fire Department Honor Guards folded the Flag at the conclusion.

Carlstadt, Hasbrouck

Heights, Little Ferry, Lodi, and Moonachie held brief Veterans Day services on Friday, November 11th, at 11 a.m., at their respective monuments.

On Saturday, November 12, 2011, **Wood-Ridge** Veterans held a Mass at Assumption Church at 8 a.m., and a Veterans Service at the Monument at 10 a.m.

Origins: In 1921, an un-

known World War I American soldier was buried in Arlington National Cemetery. Similar ceremonies occurred earlier in England and France, where an unknown soldier was buried in each nation's highest place of honor (*in England, Westminster Abbey; in France, the Arc de Triomphe*).

These memorial services took place on November 11, the

Served Our Country



anniversary of the end of World War I at 11:00 a.m., November 11, 1918 (*the 11th hour of the 11th day of the 11th month*), which became known as Armistice Day. Armistice Day officially became a holiday in the US in 1926, and a national holiday 12 years later. On June 1, 1954, the name was changed to Veterans Day to honor all U.S. Veterans. In 1968, new legislation changed

Veterans Day to the fourth Monday in October. Since November 11 was a date of historic significance to many Americans, in 1978, Congress returned to its traditional date. Official national ceremonies for Veterans Day center around the Tomb of the Unknowns. To honor these men, symbolic of all Americans who gave their lives in all wars, an Army Honor

Guard, the 3rd U.S. Infantry (*The Old Guard*), keeps day and night vigil. At 11 a.m. on November 11, a combined color guard of all military services executes "Present Arms" at the tomb. The nation's tribute is symbolized by the laying of a Presidential wreath and the playing of "Taps." *Carlstadt photos by Dennis Kro-nyak Jr. ###*

70th Anniversary of Pearl Harbor Attack

A Memorial Service will be held on Sunday, December 4, 2011, at 1 p.m. at the USS Ling New Jersey Naval Museum in 78 River Street, Hackensack.

The program will honor the memory of the 2,402 Americans lost, 1,282 injured, five of eight battleships that were sunk or sinking with the rest damaged, several other ships and Hawaii-based combat planes that were knocked out by the Japanese "sneak attack" of Pearl Harbor on December 7, 1941. All Veterans and the public are especially welcome to attend. ###



Trunk or Treat Fun

Bible Baptist Church in Hasbrouck Heights held its 7th Annual "Trunk or Treat" on Sunday, October 30, 2011.

From 3:00 p.m. to 6:30 p.m., the Church closed its parking lot for this free, fun event which provided a safe,

fun alternative to trick-or-treating.

Over 300 children up to the 6th Grade had the opportunity to walk through the parking lot full of decorated automobile trunks and fill their bags with lots of goodies and special treats. ###





The Haunted Hall

Be scared ... Halloween Hall became even more gruesome and dangerous than before.

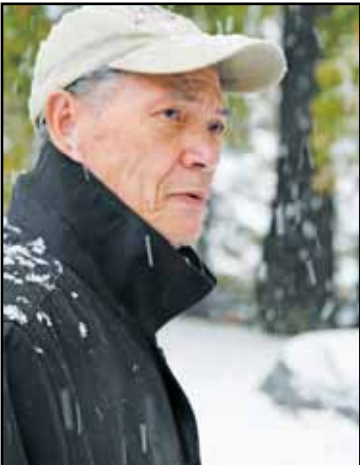
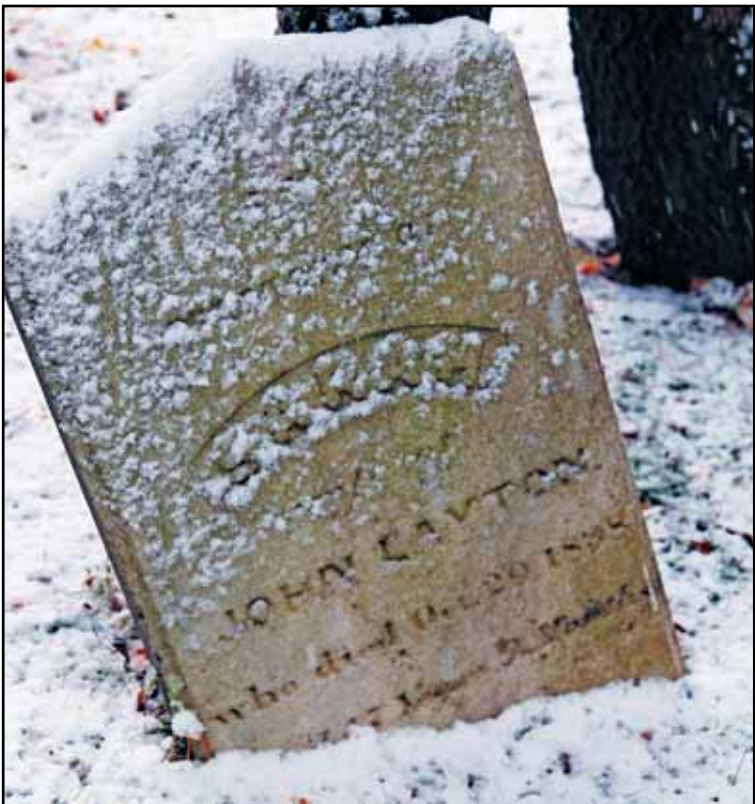
Down the twisting corridors of the Lost Maze, Deadly Dungeon and Swamp of Bodies... some never returned.

On October 28 through 31, 2011, from 7:30 to 10 p.m., The American Sokol Hall in Little Ferry, hosted Sokol's Haunted Hall.

This annual program began in 2003 outside the Hall on Cabbage Night. The next year it was moved indoors. Between 800 to 1,000 enter the Haunted Hall each Halloween season.

About 40-50 volunteers create the sets and act out tableaux. Materials are donated by local businesses. The Little Ferry Fire Department is on standby in the building parking lot during performances. ###





Halloween Cemetery Tour

Sound was deadened by the freak snow storm, punctuated by the snapping and cracking of falling branches, adding to the eeriness of entering a rare cemetery during Halloween.

On Saturday, October 29, 2011, Bergen County held a tour to the historic African American Gethsemane Cemetery in Little Ferry, with noted historian Arnold Brown.

This unique historic site holds a significant place in the Bergen County African American heritage.

Gethsemane Cemetery is a 1-acre sandy hill bordered on the west by Liberty (*Moonachie*) Road which dates from 1819. Historically this area has been called "Sand Hill," and the burial ground was sometimes call San or Sand Hill Cemetery.

It is not known when the first interment was made here, as few written records have been found dating from before the 1870s. Most likely there were earlier burials, but these remain unknown.

The first documented buri-

al was that of Cornelia Smith, a 10-month old infant known from her gravestone to have died August 13, 1866.

From the beginning, it served as a family cemetery and after 1884, it also became a potter's field for indigent.

The two most common names are Thompson with 21 documented burials and Jackson with 22. The last documented burial was Louis Swinney, December 14, 1924.

The graves of 515 people have been documented here, including Elizabeth Sutiff Dulfer, who was born a slave c1790, freed in 1822, and died in 1880 at age 90.

She owned clay beds that supplied pottery and brick-making businesses, and eventually became one of the area's wealthiest businesswomen and land holders.

Peter H. Billings and Silas M. Carpenter, Civil War Veterans who served in the Twenty-Ninth (Colored) Connecticut Volunteer Regiment are also buried here, but they have no

grave markers.

Fewer than 50 gravestones, some only fragments still exist. Twenty-seven stones have inscriptions; the carved dates of death range between 1878 and 1911. Low stone and metal fences outlined a few family plots.

African-American tradition places great importance on burial. The presence or lack of gravestones does not necessarily reflect economic or social status.

Of great significance are the terra-cotta pipe grave-markers that were found in the 1980's. These are evidence of surviving West African burial customs. These clay pipes, in addition to connecting the world of the living and the dead, were water-related, an example of African symbolism.

A deed of sale on November 17, 1860, to three prominent white Hackensack residents states that this one acre of and was to be used a "cemetery for the colored population" of the Village of Hackensack.

On March 21, 1901, the Gethsemane Cemetery Association was incorporated and the "Colored Cemetery" passed from white to black trusteeship. Seven trustees were appointed. The official name became Gethsemane Cemetery.

Over time the site was neglected and vandalized. Stones were stolen or broken and the cemetery became a dumping ground.

Threatened with destruction through development, members of the African American community began the fight to save the cemetery.

By 1985, the title passed from Little Ferry to Bergen County for \$1, which insured it against development and work began on restoration as a County-owned historic site.

Archaeologists, the staff of the Bergen County Division of Cultural and Historic Affairs and volunteers of the African American Studies Committee performed and supervised in-depth research, analysis, inventory and restoration work. Further research and restoration of some of the stones followed.

In 1988 gravestone conservationists began repairing some of the stones.

In 1989, non-intrusive ground penetrating radar surveys were conducted to determine the locations and approximate number of burials.

Gethsemane Cemetery, was entered onto the New Jersey and National Registers of Historic Places in 1994, due to the significant role it played in the enactment of New Jersey's early civil rights legislation, as well as containing evidence of West African burial customs.

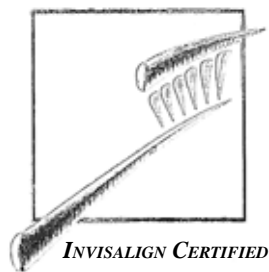
In 2003, the County celebrated the dedication of new meditation areas, with interpretive panels that tell the story of this historic cemetery. They include three panels with the 515 documented names of those buried here.

A restoration project began in 2007 where stones were repaired and cleaned by cemetery restoration specialists.

Gethsemane Cemetery is open for group tours by appointment. For more information call 201-336-7267 or email jstrom@co.bergen.nj.us ###

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Bram Stoker Meets Edgar Allan Poe

On Wednesday, October 26, 2011, there was a fictional meeting between the masters of the macabre: Edgar Allan Poe and Bram Stoker.

This program brought tales of murder and madness, and answered provocative questions about these two men.

Actors Tom Worsdale and James Dyne brought Edgar Allan Poe and Bram Stoker together for an hour of conversation and dramatic readings.

Beautifully costumed and richly set, these masters of the macabre talked about their lives, loves, disappointments and nightmares. Their readings included: "The Raven," "The Tell Tale Heart" and "Dracula."

The Carlstadt Public Library hosted this event with Traveling Literary Theater. ###



Painting the Boulevard

Area residents could stroll The Boulevard during late October where local businesses, in conjunction with the three grammar school PTAs, sponsored the 18th Annual Halloween Window Painting Contest.

Over 275 3rd, 4th and 5th Grade students painted a Halloween theme illustration on a space provided by Boulevard businesses on Thursday, October 20, 2011.

Graphics were judged upon originality and artistic expression. Winners from each grade received 1st, 2nd and 3rd Place Ribbons. All participants received ribbons.

Parents commented, "On behalf of Corpus Christi, Eu-



clid and Lincoln Schools, we would like to thank all of the merchants who participated in our Annual Halloween Window Painting Contest.

This tradition is one that the children look forward to. It is wonderful to watch them

as they create their masterpieces while bringing color and life to our Boulevard." This event is funded by the Hasbrouck Heights Chamber of Commerce. *Photo of winners provided by Bill O'Shea's Florist.* ###



The Hasbrouck Heights Leisure Club held their annual Halloween Party at the Senior Center on Thursday, October 27, 2011. Photo by Marie Gallo. ###

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FREE online in page-for-page PDF format.
www.the-gazette-newspaper.com



Candlelight Service

Bible Baptist Church invites you to begin your Christmas Eve celebrations with a Candlelight Service on Saturday, December 24, 2011, at 6:00 p.m. The Christmas Day Service will be at 11:00 a.m. For more information call 201-288-4139 x12. ###

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www.bazzarellirestaurant.com

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301 Hoboken Road, Carlstadt • 201-438-5800

East Rutherford

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Main & Boiling Springs, East Rutherford • 201-438-4844

IMMANUEL LUTHERAN CHURCH
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JOHN WESLEY METHODIST CHURCH
186 Van Winkle St., East Rutherford • 201-939-3574

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Fr. Athanasius K. Farag: 201-487-4586
Fr. Bishoy Lamie: 202-747-4106

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120 Hoboken Rd., East Rutherford • www.stjosepher.com
Parish Office: 201-939-0457 • Emergency: 201-939-0391
Rev. Joseph J. Astarita, Pastor
Rev. Arokia doss Raji, Parochial Vicar
Sr. Marigene Kennedy, OSF
Sunday Obligation Masses:
5:30 p.m. Saturday/Vigil
8:00 a.m., 10:00 a.m., Noon
Daily Masses: (Church)
Mon. - Fri., 7:30 a.m., 12:05 p.m. • Sat.: 8:30 a.m.
Confession: Sat. 11:00 - 12:00 p.m.

Hasbrouck Heights

BIBLE BAPTIST CHURCH
31 Passaic, HH • 288-4139
www.biblebaptist.net
Rev. Bill Hegedus, Pastor
Sunday
8:00 a.m. Prayer Partners Meet
8:30 a.m. Early Worship Service (Traditional)
9:30 Discipleship Hour for all ages
11:00 a.m. Morning Worship Service (Contemporary)
Evening Service as announced

CORPUS CHRISTI R.C. CHURCH
Boulevard & Kipp, HH
Offices: 288-4844 • School: 288-0614
Rev. Msgr. Lewis V. Papera, Pastor
Rev. Raymond M. Holmes
Rev. Msgr. Martin O'Brien
Deacon Vincent DeFede
Deacon Paul Carris
Sunday Obligation Masses:
5:00 p.m. Saturday (Chapel)
8 a.m., 10 a.m., 12 noon, and 6:00 p.m.
Daily Masses:
Mon.-Fri. 6:30 a.m., 8:00 a.m. • Sat. - 8:00 a.m.
Reconciliation (Confession): Sat. 4-4:45 p.m.
Corpus Christi Church/School Websites
Parish: www.rc.net/newark/corpuschristi/index.html
School: www.corpuschristischool.net

Hasbrouck Heights

CHURCH OF ST. JOHN THE DIVINE (EPISCOPAL)
Terrace & Jefferson, HH • 288-0002
Rev. Joseph Pickard, Vicar
www.saintjohnthedivine.com
www.careonthecorner.org
Sunday - 9:30 a.m. Holy Eucharist Rite II
HH: Sept., Nov. • St. Martin's Maywood: Aug., Oct. Dec.
Check website for holidays



FIRST REFORMED CHURCH
Burton & Washington Place, HH
Church Office: 201-288-1122
Handicapped accessible.
Sunday
8:45 a.m. Sunday School
10:00 a.m. Worship Service, Fellowship Hour
follows Worship Service. Child care provided.



FIRST UNITED METHODIST CHURCH
57 Burton Ave. at Division Ave. • Parsonage: 201-257-8773
Church and Nursery School Office: 288-4636
Pastor Iraida Ruiz de Porras
Sunday
10:00 a.m. - Worship Service
Thursday - 7:00 p.m. - Bible Study



THE CROSS KOREAN UMC
57 Burton Avenue • 393-7890

HOLY TRINITY LUTHERAN CHURCH
92 Burton Avenue, HH • 288-6889
Rev. Susan Nelson-Colaneri, Pastor
www.holytrinityhasbrouckheights.com
Sunday
9:45 a.m. - Sunday Church School
11:00 a.m. - Holy Communion



THE COMMUNITY UNITED CHURCH OF CHRIST
Boulevard & Charlton Ave., HH • 288-0622
Rev. Edward J. Glasser, Assoc. Minister
Sunday - 10:00 a.m. Morning Worship
Communion- First Sunday of the month



Little Ferry

EVANGEL CHRISTIAN CHURCH
165 Main Street • Office: 201-440-0470
Rev. Veronica M. Pearson, Pastor
Sunday - 9:00 a.m. Adult Bible Study • 10:30 worship
Children/Teens Sunday School meet during Worship Service
Wednesday - 7:30 p.m. Bible Study



ST. MARGARET OF CORTONA (Little Ferry/Moonachie)
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Sr. Dorothy A. Donovan, S.S.J., Pastoral Associate
Sunday Masses:
Saturday: 5:30 p.m. • Sunday: 8 a.m., 10:00 a.m., Noon
Weekday: Mon., Novena Mass 7 p.m., Tues., Wed., Fri. 8 a.m.
Saturday, and Civic Holidays: 9 a.m.
Reconciliation (Confession): Mon. 6:15 - 6:45 p.m.

Lodi

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

Lodi

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

Moonachie

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



Wood-Ridge

ASSUMPTION R.C. CHURCH
143 First Street, Wood-Ridge • Rectory: 201-438-5555
Center: 201-933-6118 • www.assumption-parish.org
Fr. Richard Mucowski, OFM, , EdD, PhD, Pastor
Fr. Julian Jagudilla, OFM, M.Div., Pastor Vicar
Br. Paul Keenan, OFM, MSW, Pastor Associate
Fr. Francis K. Kim, OFM, M.Div., In Residence
Deacon Nicholas Valdez
Deacon Francis Materia
Sunday Obligation Masses:
5:30 p.m. Saturday
8:00 a.m., 9:30 a.m., 11:00 a.m.
Daily Masses: (Church)
Mon.-Sat.: 7:30 a.m. • Holy Hour: Fri. after 7:30 a.m. Mass
Sacrament of Penance: Sat. 11:00 - 12:00 p.m.



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



JEHOVAH'S WITNESSES CONGREGATION
9 Hackensack St., Wood-Ridge • 201-939-3340

ST. PAUL'S RESURRECTION EPISCOPAL CHURCH
Center & Humboldt Streets, W-R • 201-438-8333
Rev. M. Mathew Zacharia, Rector
Sundays - 9:30 a.m., Episcopal Eucharist (BCP Rite II)
2nd & 4th Sun. - 11 a.m. Anglican CSI Malayalam Srv.





**Felician Sisters' Christmas Concert
January 8 at Convent Chapel**

The Felician Sisters of the Immaculate Conception Convent of Lodi, New Jersey, will present a sacred concert entitled “The Glory of Christmas.” The Christmas Concert will take place on Sunday, January 8, 2012, at Immaculate Conception Convent Chapel, 260 South Main Street, Lodi, New Jersey, at 3:00 p.m.

It is the hope of the Sisters that the gift of music will deepen the spirit of Christmas for all who attend as we celebrate the Feast of Epiphany, known as “Little Christmas” in many countries.

There is no admission charge for this concert, but good will offerings will be accepted and proceeds will be given to the poor. For additional information, call 973-473-7447. ###

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**Heights Food
Bank Seeks
Donations**

The shelves are a little sparse this holiday season.

The Hasbrouck Heights Food Pantry welcomes donations. Needed items include: beans, canned fruit, juices, pasta sauce, gravies, paper products, all kinds of soaps and cleaning products, shampoo, toiletries, jelly, coffee, tea, cereal, powdered milk, crackers, cookies and snacks.

The Food Bank is supported by food drives held at the Churches, schools, the Scouts, The Library and special programs, the monetary donations that buy food store gift cards and those who drop off bags of groceries at the Borough Clerk's Office.

The 15-20 families who need help are very fortunate to be able to have a place to come if needed. Borough Clerk Rose Marie Sees said, “A great big thank you for your generosity. It is overwhelming and very much appreciated.”

For more information, call the Borough Clerk's Office at 201-288-0195. ###

Free Lunch

Everyone is invited to the First Presbyterian Church of Moonachie on December 3, 2011, at 11:30 a.m. for the “First Saturday Free Lunch” program.

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



Reflections

Special Time of the Year

*Donald M. Pitches, Pastor
First Presbyterian Church, Carlstadt*

Dear Friends; That special time of the year is almost here. It has been announced on all the news channels.

It has been reported in all the newspapers. Special bulletins are issued about its progress. The highs and lows of this special time are carefully tracked.

What do I mean? Am I referring to the beginning of Advent, the sacred season of the Church year, the beautiful lighting of advent candles? Do I mean the lighting of the tree in Rockefeller Center? No! I'm talking about the Christmas Shopping season.

We are not even allowed to enjoy a brief Thanksgiving respite from the grind of daily advertising, when we are thrust into the crush of holiday sales mania.

The day after Thanksgiving is referred to as "Black Friday," the following Monday - "Cyber shopping day." Stores open at 4, 5 or 6 a.m. (*Now tell me people can't get up early for Church!*).

Special wrist bands are given out to people waiting in line for entrance to big retailers. Barricades are erected to control the crowds. (*How insane is it that someone would lose their life in a stampede for a large screen TV.*)

We are barraged with the claims about the wonders and benefits of products, services

and merchandise. Television ads and newspaper inserts are stuffed with claims of how these commodities will improve our lives. How they will meet our needs. How we will be better, happier, and richer, better looking, and more successful, even healthier, if we buy their products.

Stop! Slow down! Whoa! Put the brakes on! It is not going to happen. Merchandise will never satisfy us. Our largest purchase will not change our lives. The claims that the ads make are false. They can not achieve what they promise.

Why? What retailers offer are really and truly only gifts that the Spirit can give. What advertisers and marketers want us to believe is that their products can give what only God can give.

What we really want and need, I believe, is deep satisfaction in living, meaningful engagement in life, loving relationships with family and friends, forgiveness for wrong.

Our souls long for the feeling of grace, peace, happiness and love in abundance.

Today, my advice can save you money, because you cannot shop for these gifts. You cannot purchase these gifts in the store.

To tell the truth, they are not necessarily found in Church, but only in an intimate relationship with the living God. Only by the Spirit are the desires of our heart satisfied.

Only in a relationship with a “Supreme Being” and in loving relationships are our deepest needs fulfilled.

So, please take a moment, during this wonderful time of year, to set aside some time to be with those you love in a sacred time of worship.

Enjoy conversation with a loved one. Take time to celebrate with friends. And, in a private moment, all on your own take a quiet time to seek God's true gifts. ###



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**Be Sure
To Take
Your Family
To Church
This Christmas
Season**



HH JWC Hosts Thanksgiving Story Hour

A Thanksgiving themed story hour was held on Thursday, November 17, 2011, at The Hasbrouck Heights Free Public Library. About 50 children 3-8 years of age signed up. Children enjoyed stories and crafts.

In the spirit of Thanksgiving, all attendees were asked to donate a non-perishable food

item or \$1.00 for the Hasbrouck Heights Food Pantry. The event was hosted by the Hasbrouck Heights Jr. Women's Club. ###

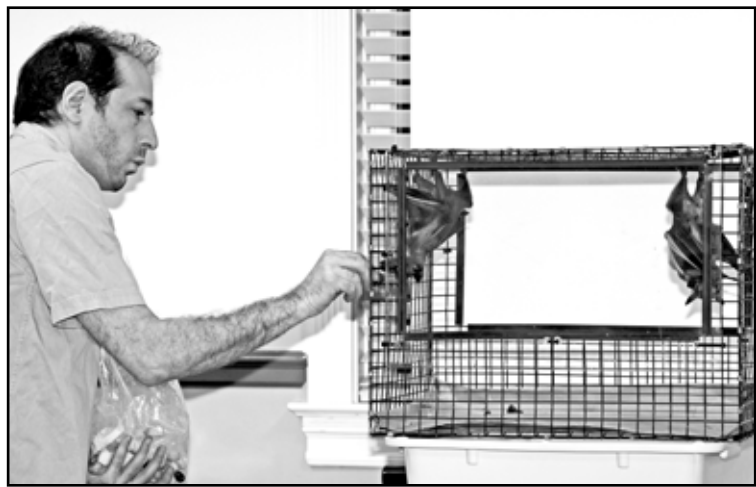


Going Batty

On Thursday, November 18, 2011, Joseph D'Angeli (*The Jersey Batman*) from the Wildlife Conservation Center, presented a program about bats. The Hasbrouck Heights Senior Center was crowded with children and adults eager to learn.

The program centered on the value of bats, how they consume a large quantity of mosquitoes every night. He cited the example of San Antonio, Texas, where the mosquito population dropped when a bat colony moved in under a bridge.

He stated that bats come



in all sizes and are all over the world except Antarctica. His slide presentation and live bat "guests" were introduced with enthusiasm and knowledge. For more information go to: www.batman.com ###

Bergen County Disaster Relief Employment Program

Through a National Emergency Grant from the United States Department of Labor, the Bergen County One-Stop Career Center has coordinated hiring efforts to help clean up still-present damage from Hurricane Irene.

The Disaster Relief Employment Program pairs unemployed individuals with municipalities in need to help clean debris or remove property damaged by the storm. Eleven people are presently working under the program in Lodi and New Milford, and up to twenty-five more will be employed by three to four other municipalities in the next two weeks.

Participating workers can earn up to \$12,000 and work up to about 1,000 hours. The work is temporary in nature, with the grant stating that the program must end by February 29, 2012. With the deadline looming, Salvatore Mastroeni, Director of the Bergen County One-Stop Career Center, said, "We think the Disaster Relief Employment Program is a great initiative and we hope that more towns request temporary workers to help with their clean-up efforts."

The workforce pool is screened to see if they are able to work under the grant's hiring criteria (must be long-term unemployed or displaced from home due to Hurricane Irene,

as well as pass a background check) and are matched with the municipality's workforce needs. The grant funds pay for the employee's salary, as well as a \$300 stipend to cover any necessary equipment or transportation costs.

For more information about the Bergen County One-Stop Career Center or the Disaster Relief Employment Program, please visit www.onestopbwc.org or call Barry Lowe at 201-329-9600, ext. 5527. ###



Copy for the January Issue is due Dec. 10th.

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December 2011 Heights Senior Calendar

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SENIOR ACTIVITIES

Monday, December 12, 19

10:00 a.m. to 1:00 p.m. Games, cards & coffee
11:00 a.m. Mahjong

Tuesday, December 6, 13, 20, 27

10:00 a.m. Line Dancing \$1.00
2:00 p.m. Adv. Chair Yoga \$1.00
6:00 p.m. Game Night

Wednesday, December 7, 14, 21, 28

10:00 a.m. Games, cards & coffee
2:00 p.m. Senior Aerobics \$1.00

Thursday, December 1, 8, 15, 22, 29

10:00 a.m. Games, cards & coffee
11:00 a.m. Mahjong
2:00 p.m. Senior Yoga \$1.00

Friday, December 2, 16, 30

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

Friday, December 9, 23

10:00 a.m. Fun Bingo

Check Center Bulletin Board for any changes

Senior Center will be closed:

Monday, December 26, 2011

Sunday, January 1, 2012

There will be no garbage collection these days.

CLUB MEETING SCHEDULE

There will be no Leisure Club Executive Board Meeting or General Membership Meeting in December.

Annual Christmas Party

Monday, December 5, 2011, at the Fiesta from noon to 4 p.m. Music by Peter Leiberman. Contact Dot at 201-288-0525.

Hasbrouck Heights Jr. H.S. Musical Captain Louie Jr.

Wednesday, December 7, 1 p.m. in the Kiefer Auditorium. Free Senior Citizens Matinee.

Young Louie feels lonely and without friends in his new neighborhood. Looking for something to cheer himself up on Halloween Night, Louie returns to his old neighborhood friends in an imaginary journey on the wings of his favorite toy, his little red plane. The story is full of tricks and treats, and the incomparable music and lyrics of Stephen Schwartz. Most of all, Captain Louie Jr. is about friendship -- the ability to make new friends and the importance of old ones.



Leisure Club Treated to Thanksgiving Dinner

In the 5th Century the word Cornucopia was established. It was derived from the Latin words cornu meaning horn and copia meaning plenty or abundance, thus the literal translation means Horn of Plenty. This word best describes the Thanksgiving Dinner that over 100 members of the Leisure Club enjoyed on November 16, 2011.

The dinner was a treat provided by the **Costa Memorial**

Home and prepared by Giresi's Caterers, Inc. Representing the Costa Family at the luncheon were Joseph A. Costa and his mother, Vicky.

The meal itself was as close as one can get to a home cooked meal. The turkey was moist and tender; the mashed potatoes were light and fluffy; the sautéed green beans with mushrooms were outstanding; the yams were cooked to perfection; the stuffing was

perfect; the cranberry sauce, gravy, fresh rolls and salad were great complements to the meal. Of course the meal could not have been complete without soda, coffee and an excellent dessert.

There was plenty of food for all and much to take home. All who attended had nothing but praise for the food and could not thank the Costas enough for their generosity. *Photo and story by Marie and Peter Gallo Jr. ###*

Local Author Entertains AARP Members

Author, photographer and lecturer, Kevin Woyce, presented his "Hudson River Lighthouses & History" slide lecture at the Central Bergen Chapter #418, AARP meeting on November 4, 2011.

Mr. Woyce, a lifelong resident of the Garden State and a resident of Lyndhurst has published four books about regional history: "Jersey Shore History and Facts," "Hudson River Lighthouses and History," "New Jersey State Parks: History and Facts" and "Liberty: The Amazing Story of America's Favorite Statue."



In his presentation to the AARP members, Mr. Woyce's slide presentation included original photographs of the Hudson River lighthouses,

bridges and landmarks, plus vintage maps and images of "lost" lighthouses and historic figures. He explained the need for the 14 lighthouses on the Hudson River and described the lives of the men and women who lived and worked them.

Presently there are eight that were saved as historic landmarks. The eighth, believe it or not, was once the Statue of Liberty.

The members present were overwhelmed by Mr. Woyce's limitless knowledge of the lighthouses and his excellent slide presentation. *Photo and story by Marie and Peter Gallo Jr. ###*



Leisure Club Entertained at the Royal Manor

On Wednesday, November 10, 2011, members of the Leisure Club traveled to Royal Manor, in Garfield to be entertained by the Ace in the Hole production "Laura Roth Live." The afternoon started with two complimentary cocktails followed by an impressive four-course all-you-can-eat feast, served family-style.

The Ace in the Hole All-Star Trio played music for dancing as well as sing along selections that the audience freely participated in. The hosts for the afternoon were Marilyn and Will Roy.

This husband and wife team are talented performers who have performed on Broadway. Along with them was Tommy Walker, an excel-

lent singer.

The highlight of the afternoon was Laura Roth. Miss Roth's performance is primarily a one-woman show portraying musical legends. For her performance at the Royal Manor she mimicked Connie Francis, Marilyn Monroe and Fanny Brice. Her portrayals combined music, comedy and acting to create an outstanding afternoon of entertainment. Miss Roth has a powerful voice which she used to her advantage,

The members of the Leisure Club who attended enjoyed the afternoon. But member Barbara Flynn enjoyed it more, she won the 50/50. *Story by Peter Gallo Jr. ###*

Having an Affair?

If your organization is having an event that is open to the public, we can help you tell "everybody" about it. Simply provide the following event details: name, date, times, cost, brief explanation of program features, etc., along with contact information. Send these details at least 45 days prior to the event to: fritz@hasbrouck-heights.com or drop them off at: **The Gazette Newspaper**, 343 Boulevard, Hasbrouck Heights, NJ 07604. ###

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W-R Lions Club Wrap-up

The Wood-Ridge Lions Club has had a very busy fall season and successful beginning to their 2011-2012 season.

The club again participated in the Lions International Peace Poster contest. Under the direction of Lion Rich McCullough, students from the Ostrovsky School in Wood-Ridge and The Robert L. Craig School in Moonachie provided the club with posters. The winners from each school received a \$100.00 check from the club. The winning local posters will now go on to district judging and those winning posters go to the International Judges. The International poster winners receive recognition at the United Nations.

The club has continued their annual Thanksgiving food drive. Under the leadership of Chairman Joe Solda, the club has over the past 13 years increased their donations from 5 turkeys to 100 turkeys and baskets of fixings. These were delivered by Chairman Solda to the Bergen County Food Center in Hackensack in time for Thanksgiving. Over the past 5 years The Wood-Ridge Lions Club has donated over 3 tons of turkeys to this organization to help needy Bergen County residents.

Locally, the club has made a significant monetary contri-

bution to Susan Frattarelli of the Local Assistance Board to help needy Wood-Ridge residents. Club members are never made aware of who receives this aid but are proud and pleased to be able to help so many in need in these extremely difficult financial times!

The club purchased a camera last fall that will help detect lazy eye in small children and infants. Early detection enables a series of treatments to be performed that corrects the condition and may possibly save the eyesight of the child. Members have been going through a training period and are expected to have FREE screenings set up shortly.

Plans are now well underway for the largest fund raising event (*one of the largest in the state*) that the club holds; the 27th Annual Beefsteak Dinner/Sports Night. Tickets (\$60.00 each) for February 3, 2012, have been distributed to those who have arranged full tables or multiple ticket sales last year. Please contact the person who arranged your ticket purchase last year. The basic format of the evening will be the same as previous years.

The dinner will be held at The Three Saints Center, Outwater Lane in Garfield. Giresi's of Lodi will handle the catering. The menu will include

a pasta course, plenty of filet mignon (*chicken available on request in advance*), fries, beer and soda. We will have our pick the champs contest (grand prize \$2,000), football throw, trivia contest, and more!

The Grand Door Prize (*chance included with your dinner ticket*) will again be a cruise voucher of \$3,000 from Cruise Holidays, located at The Mall at IV in Paramus. This voucher can be applied to any of hundreds of cruises they have available.

They also expect to have a trip to Atlantic City, a flat screen TV, restaurant gift certificates and tickets for the Met/Yankee game in a luxury box

at Yankee Stadium next spring as part of our free door prize drawings.

Reminder, the entire building is "Smoke Free" and outside liquor is prohibited!

The dinner is already a virtual sell out. You are urged to make your reservations with the person that sold you your

ticket last year. Tickets that are not paid for by January 17th are subject to resale. ALL tickets must be paid for in advance. ALL seating is assigned and tickets will not be available at the door. Please call event Chairman Jack Nagel 201-641-2803 or email janpro911@aol.com. ###

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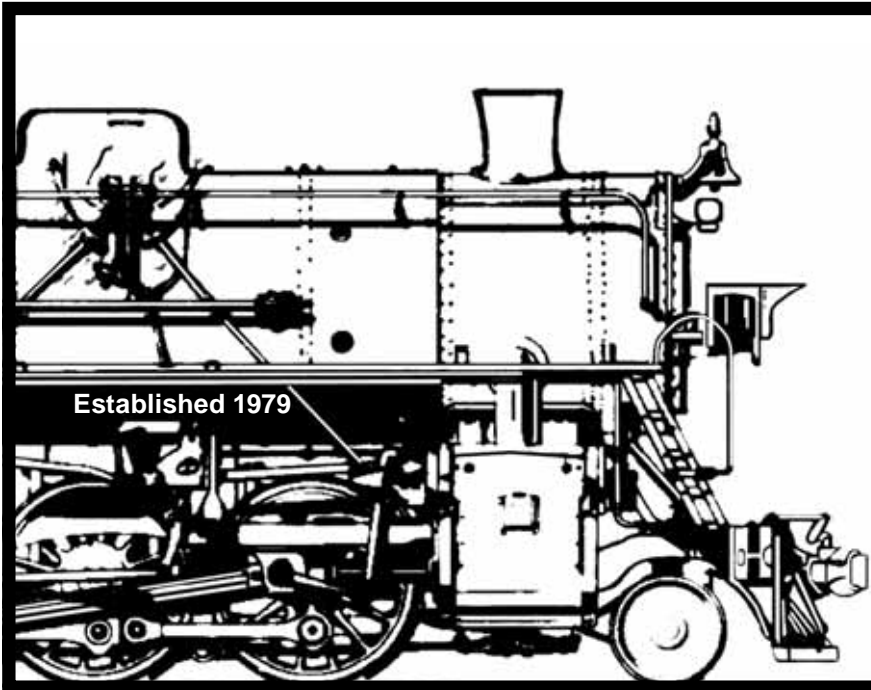
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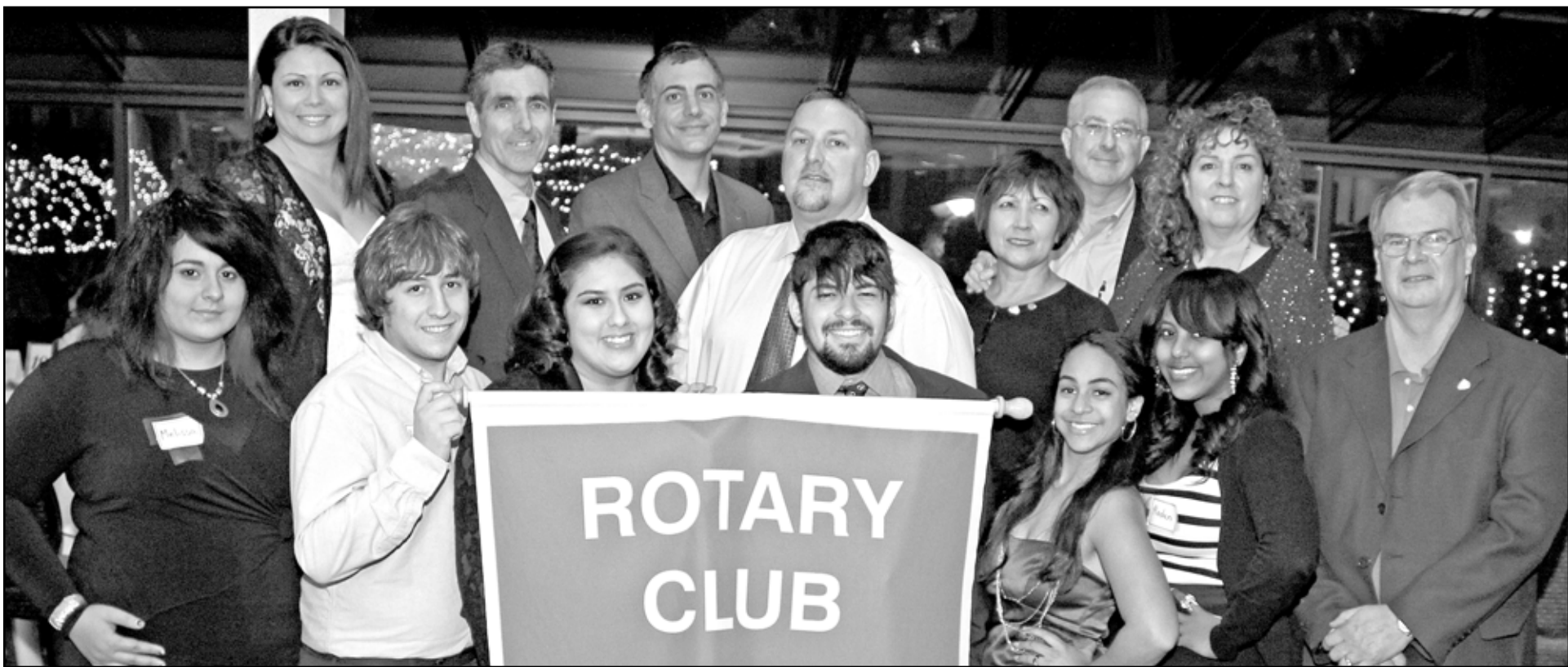




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Mid-Bergen Rotary Holds Annual Beefsteak & Auction

About 170 attended the Mid-Bergen Rotary Club held their Annual Beefsteak and Charity Fundraiser on Thursday, November 17, 2011, at The Hasbrouck Heights Holiday Inn. The doors opened at 6:30 p.m. for Tricky Tray ticketing of auction prizes. Prizes includ-

ed electronics, sports tickets and memorabilia, household items, food baskets, artwork, gift certificates, computers, etc. At 8 p.m., participants enjoyed a beefsteak dinner, music, dancing and prizes galore. During this year's event, they were assisted by the Lodi

High School Interact Club. This is their 2011-2012 Annual Fall Fund Raiser for the Gift of Life and other community projects such as the Dictionary Project (*awarding dictionaries to local 3rd Grade students*), Habitat for Humanity (*Paterson*), Bergen County

Boy Scouts, Faith Foundation (*Hackensack, NJ Advocate for the local homeless*), Clean Water Projects (*helping needy countries have fresh drinking water*), etc. Last weekend, they conducted a food drive at Stop & Shop in Carlstadt netting

10 shopping carts of food and \$231, which will benefit military families in Bergen, Passaic and Hudson counties. The Mid-Bergen Rotary Club meets 12:15 p.m. every Tuesday at the Holiday Inn, 283 Route 17S, Hasbrouck Heights, NJ. ###

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Rotary Pasta Night Helps Little Ferry EMS Recover

On October 14, 2011, South Bergen Rotary had their annual Pasta Dinner Tricky/Tray at the Little Ferry VFW. Part of the proceeds will go to the Little Ferry EMS to help replace equipment and furniture that was destroyed in the flood waters of Hurricane Irene. (l-r) Geoff Fallows, Maria

Rini, Mayor of Little Ferry Mauro Raguseo, Brenda Lapadat, Barbara Miksits, Mary Ellen Lyons, Mayor of Moonachie Dennis Vaccaro (l-r back) Eileen Pisani, Bob Olson Jr., Bob Olson Sr., Anthony Ciannanea. *Photo provided by South Bergen Rotary.* ###

W-R Lions Announce Peace Poster Winners

The Wood-Ridge Lions Club announced their 2011 Peace Poster Winners from the two participating schools – Greta Ostrovsky Middle School in Wood-Ridge and Robert L. Craig School in Moonachie. The Lions provide a kit promoting the theme to be followed and stating the rules for the poster size and content, but the posters are judged and the winners chosen by the respective schools.

This year's theme was "Children Know Peace." The winning posters are submitted to Peace Poster Chairman Lion Richard McCullough, who in turn has them submitted to Lions District 16A to compete against entries from other local Lions Clubs. That winner

goes on to State competition, then National and International competition. Wood-Ridge Lions Club's 2011 Peace Poster winners are 6th-Grader John Christian Reyes of Ostrovsky Middle School, whose accompanying quote to his poster was "All the world should have Peace in their heart." From Robert L. Craig School, 7th Grader Francesca Macalintal feels that, "Peace is only a thought, until someone is brave enough to make it a reality." Both students received a check for \$100 from the Wood-Ridge Lions Club for their winning efforts. The Wood-Ridge Lions thank all of the participating young artists for their expressions. *Story by Dennis Brubaker.* ###

Career Transition Support and Networking Group

A Career Transition Support and Networking Group, called Neighbors-Helping-Neighbors, meets every Monday night from 7 p.m.-8 p.m. at The Lodi Memorial Library and 6:30 p.m. to 7:30 p.m. at the Garfield Library. Neighbors-Helping-Neighbors meets at local public libraries around New Jersey. Resources are available at host libraries to assist with computer job searches and other useful resources. This is a free job search support group and networking group for people conducting job searches, regardless of career discipline or objective, members include workers in transition; recent college graduates; unemployed and underemployed professionals; those re-entering the job market; small business owners, and retirees seeking part-time work. "Not feeling alone or powerless are critical factors in a job search, particularly for those who have been out of work for an extended period of time," explained John Fugazzie, founder of NhN. "Support, discussion and information sharing can make all the difference. It helps re-build the confidence needed to successfully land a job." For more information, email John Fugazzie, at johnfugazzie@aol.com, or call 201-262-0103. Their website is: www.neighbors-helping-neighbors.com ###

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Real Estate Insight

By Mary Ellen Courtney



HARP -- It Could Mean Music to Your Ears

More mortgage news! Good news for homeowners who want to refinance their home to take advantage of historically low mortgage rates but aren't able to because they are underwater on their mortgage.

Many lenders, understandably, aren't willing to refinance a mortgage when the homeowner owes more than the home is worth.

But, if you have a mortgage and it's in trouble, your best help now is one of Making Home Affordable Programs supported by the US Government.

These programs are designed specifically for the purpose of helping distressed homeowners avoid high interest rates and possible foreclosure. They consist – as far as I understand them – of two main parts, the earlier 'HAMP' and the newly heralded 'HARP'....

• The Home Affordable Modification Program (HAMP). Rolled out in 2009, HAMP was designed to help those whose mortgages were underwater and in imminent danger of foreclosure. This option is structured to make the mortgage repayment feasible

and to help the homeowners by....

- Reducing the interest rate by as much as 2%.

- Extending, if required, the mortgage term up to 40 years.

- Waiving the interest charged on a certain portion of the principal amount of the mortgage loan.

• The Home Affordable Refinance Program (HARP). HARP refinancing is only available to financially stable borrowers who have a government backed mortgage and have been keeping it current for at least the past 12 months.

It targets those homeowners who are upside-down with their mortgages but not in immediate danger of foreclosure. The idea is to ease the rules so as to help these homeowners refinance to a lower rate and save more.

Instead of the 80 percent loan-to-home-value required in most initial mortgages today (the remaining 20 percent comes from your down pay-

ment), HARP loans offer up to 125 percent, to cover the home's shrunken value. That means a home appraised at \$500,000 could warrant a loan of up to \$625,000, if the owner's income was sufficient to repay it, instead of the maximum \$400,000 in most conventional mortgages.

Qualifying properties include primary residences, secondary residences and multi-family properties with four or less units. Both owner-occupied and investment properties may be considered for HARP refinancing.

The program's current expiration date is December 2012, so any refinancing must be completed on or before that date.

Personally, I don't think a lot of people are aware that they have these options. With interest rates as low as they are now, refinancing could make mortgage payments more sustainable. It may mean – to many desperate people in these difficult times – the difference between financial survival and ruin.

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

Chimney Safety Tips

Chimney maintenance is vital to your family's safety. The Hasbrouck Heights Fire Department offers these tips:

• Have your chimney inspected and cleaned on a regular basis.

• When possible, burn seasoned woods (dryness of the wood is more important than hard wood versus soft wood).

• Smaller, hotter fires will

burn more completely and produce less smoke than larger fires.

• Do not burn cardboard boxes or trash, as they can spark a chimney fire.

• Install stovepipe thermometers, which help monitor flue temperatures where wood stoves are in use, then adjust burning practices as needed. ###

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Pharmacist Corner

Alcohol and Drugs -- From OTC to RX

The most common question I am asked by my patients is if their new prescription medication interacts with their existing medication.

While my brain can't possibly hold all known drug interactions in it, I sometimes have to rely on the very sophisticated pharmacy software system that we have to check for any and all drug interactions that may occur from the information on the patient's chart (*another reason to have ALL your prescriptions filled at the same drug store of your choice*).

As important as it is to have a patient's complete medication list in the computer system, it is also important to know all over the counter medications, vitamins, and herbal supplements that a patient takes so our system can check for those interactions as well.

One of the most important interactions that people don't think about is alcohol with their medications. Now alcohol may be present in some prescription medications but there is a lot more "hidden" alcohol in over the counter medications, liquid vitamin products, and herbal concentrate supplements.

Quite a number of OTC (*over the counter*) drug manufacturers have removed alcohol from their products or have at least decreased the amount in their products, so to be absolutely sure of alcohol content just follow the old adage -- **READ THE LABEL.**

Some OTCs that contain alcohol would be cough medications, cold and flu medica-

tions, laxatives, vitamin tonics, mouthwashes, toothache remedies, and liquid pain relievers.

When you add up all the doses of alcohol that you unknowingly ingest in a day, you can see how important it is to now know what alcohol can do when combined with some medications that you may take on a daily basis, both OTC and prescription.

It is also important to know what alcohol consumption (*now I'm talking about that glass of wine or dinner cocktail*) does to the medications that you may be taking for your current health situations.

It is estimated that alcohol-medication interactions may play a factor in 25% of all ER admissions, not including an unknown number of less serious injuries that may go unrecorded or unrecognized.

While you might think that even a small amount of alcohol won't be enough to interact with any of your medications, think again.

Alcohol by itself affects the body and all its intricate working systems, but when alcohol is combined with, for example, aspirin or an OTC anti-inflammatory like ibuprofen or naproxen, the possibility of an ulcer forming or a gastric bleed is increased.

If you think acetamino-

phen is any better, it is not. Acetaminophen, when combined with alcohol consumption, can lead to liver damage. So as you can see, it doesn't have to be a prescription drug with alcohol to wreak havoc in your body. It can simply be something you pick off the shelf yourself.

Some other OTC medications and alcohol interactions involve antihistamines, which are present in cold and allergy medications, motion sickness prevention medications, and sleeping remedies, cause increased drowsiness, dizziness, and the potential for increased risk of overdose.

While some of these OTCs can cause you to become drowsy, sleepy, or lightheaded on their own, when combined with alcohol, their side effects are greatly intensified and can further lead to trouble in concentration, performing mechanical skills, and driving would be extremely dangerous.

One of the classes of prescription medications worthy of mentioning is antibiotics. The

alcohol-antibiotic reaction can result in possible nausea, vomiting, flushing, severe sweating, throbbing headache, respiratory difficulty, fast heartbeat, chest pain, palpitations, upset stomach, sudden changes in blood pressure, blurred vision, confusion, and even liver damage and convulsions. These are all effects because of alcohol's ability to make some medications useless, less effective, harmful, or even toxic to your body. (*This can be said of ALL drug-alcohol interactions.*)

Antidepressants, anti-anxiety, anti-seizure, anti-psychotic, and sleep enhancing medications and alcohol reactions run from increased drowsiness effects, impaired motor skill effects, to memory problems, feelings of hopelessness, and fatal breathing problems.

Drugs used for blood pressure and alcohol can cause a reaction such as fainting upon standing, due to a change in blood pressure, which can lead to falls and injury in the home, and especially for the elderly

can be very dangerous. Of course this isn't the full list of medications, but I think you get the idea that alcohol and medications are NOT a good mix. For a complete list, come see me at Be Jay Drugs. The NIH has put together quite a comprehensive list that I can share with you. Remember, alcohol can do its harmful reactions with medications even if not taken at the same time, so please don't medicate and drink (*and watch those OTCs for their alcohol content.*) Please -- stay alert, stay informed, read your labels, and ask questions! Have a Happy & Safe Holiday and hope to see you all very soon and in the New Year!

Reference: <http://pubs.niaaa.nih.gov>; *US Pharmacist* 2010; 35(11); <http://medicine.hsc.wvu.edu>; www.eldercare-team.com

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

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Filling You In

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

What are Dental Implants?

A dental implant is an artificial tooth root that is surgically anchored into your jaw to hold a replacement tooth or bridge in place. The benefit of using implants is that they don't rely on neighboring teeth for support and they are permanent and stable. Implants are a good solution to tooth loss because they look and feel like natural teeth.

Implant material is made from different types of metallic and bone-like ceramic materials that are compatible with body tissue. There are different types of dental implants: the first is placed directly into the jaw bone, like natural tooth roots: the second is used when the jaw structure is limited, therefore, a custom-made metal framework fits directly on the existing bone.

How do they work? Strategically placed, implants can now be used to support permanently cemented bridges, eliminating the need for a denture. The cost tends to be greater, but the implants and bridges more closely resemble real teeth.

Can anyone receive dental implants? Talk with your dentist about whether you are

an implant candidate. You must be in good health and have the proper bone structure and healthy gums for the implant to stay in place. People who are unable to wear dentures may also be good candidates. If you suffer from chronic problems, such as clenching or bruxism, or systemic diseases, such as diabetes, the success rate for implants decreases dramatically. Additionally, people who smoke or drink alcohol may not be good candidates.

What can I expect during this procedure? The dentist must perform surgery to anchor the "artificial root" into or on your jaw bone. The procedure is done in the dental office with local anesthesia. The gum is then secured over the implant which will remain covered until it fuses with the bone. The dentist then uncovers the implant and attaches an extension or post to the implant. With some implants the implant and post are a single unit placed in the mouth during the initial surgery.

Finally, the dentist makes an artificial tooth, or crown that is attached to the implant post.

How long does the process take? The process can take up to nine months to complete. Each patient heals differently so times will vary. After the

implant and posts are placed surgically, the healing process can take up to six months and the fitting of replacement teeth no more than two months. Sometimes, if a patient has good bone quality, posts can be placed and replacement teeth fitted in one appointment.

What is the success rate of implants? The success rate for implants depends on the tooth's purpose and location in the mouth as well as a patient's overall health.

How do I care for implants?

Poor oral hygiene is a big reason why some implants fail. It is important to floss and brush around the fixtures at least twice a day. Your dentist will give you specific instructions on how to care for your new implants. Additional cleanings of up to four times per year may be necessary to ensure that you will retain healthy gums

What is the cost of implants? Since implants involve surgery and are more involved, they cost more than traditional bridgework.

However, some dental procedures and portions of the restoration may be covered by dental and medical insurance policies. Your dentist can help you with this process. ###
Ref: Dental Notes, Academy of General Dentistry

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

About the Flu

How Flu Spreads

People with flu can spread it to others up to about 6 feet away. Most experts think that flu viruses are spread mainly by droplets made when people with flu cough, sneeze or talk.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth or nose.

To avoid this, people should wash their hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub. Linens, eating utensils, and dishes belonging to those who are sick should not be shared without washing thoroughly first. Eating utensils can be washed either in a dishwasher or by hand with water and soap and do not need to be cleaned separately.

The Flu Is Contagious

Most healthy adults may

be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick.

Children may pass the virus for longer than 7 days. Symptoms start 1 to 4 days after the virus enters the body.

That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Some persons can be infected with the flu virus but have no symptoms. During this time, those persons may still spread the virus to others.

What Should I Do If I Get Sick?

If you get sick with flu-like symptoms, you should stay home and avoid contact with other people except to get medical care. Most people with the flu have mild illness and do not need medical care or antiviral drugs. However, some people are more likely to get flu complications and they should talk to a health care provider about whether they need to be examined if they get flu symptoms.
Source: www.cdc.gov ###

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Bus Fire at The Circle



During the Halloween Storm of 2011, the Hasbrouck Heights Fire Department responded to a bus fire at The Circle at about 4 p.m. on October 29. It was reported that the bus got stuck in the ice and snow and in an effort to get out, the engine overheated causing the fire, engulfing the engine compartment. Passengers disembarked safely. Due to the fallen

trees blocking The Boulevard, the Department had difficulty accessing the scene. Engines 1 and 2 responded. Engine 2 pumped its water capacity, and Engine 1 had to hook up to a hydrant. All of the water use caused the Boulevard to ice up to about 6 inches thick. The DPW was called in to address the ice issue. No injuries were reported. ###



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

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Transformer Explosion; Fire Blows Into Factory

The Carlstadt Fire Department responded to a transformer fire at about 12:30p.m. on October 31, 2011, on Palmer Terrace. The transformer exploded and blew into the window of the first floor of a factory. The fire then extended to the second floor. Once extinguished, the CFD remained on scene until PSE&G arrived. Photos by Dennis Kronyak Sr. ###

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