

The Gazette

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

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After expending their air fighting a fierce fire inside a super-heated home, firefighters exiting into 18° (*wind chill 7°*) temperatures, found their face masks fogging and their wet turnout gear crusting with ice. See story on page 9.

Fire and Ice

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5K Run/One Mile Walk April 18

On April 18, 2010, the Hasbrouck Heights Education Association will sponsor its 12th Annual Five Kilometer and One Mile Run/Walk to raise money for their scholarship fund.

The 5k run is called the Rau-Fitzgerald Memorial Run and the One Mile walk is the Cheryl Terlemezian 1 Mile Fun Run/Walk.

The event begins at Hasbrouck Heights High School at 365 Boulevard. Check-in starts at 8:00 a.m. The 5k Run/Walk starts at 9:30 a.m. 5K awards will be presented at 10:15 a.m.

with medals for top male and female, and medals for top three males and females in these categories: 18 and under, 19-29, 30-39, 40-49 and 50 and over.

The One Mile Walk/Run starts at 10:30 a.m. Kiddy races (ages 2-8) begin at 10:45 a.m.

Pre-registration is \$18 (with day of race \$20), children under 18 for 5K \$10, and 1 mile \$5. Kiddy Race is \$5. Pre-registration ends March 28, 2010.

Amenities include: "T" shirt, timing system, awards, post-race refreshments, rest-

rooms and parking. Corporate sponsorships and donations are welcomed.

Registration form and additional information is available at: <http://hhschools.org>.

For more information call Barbara at 201-288-1426 or email: Babsbiz@optonline.net net ###

Drum Workshop

The Wood-Ridge Memorial Library will be offering a drumming workshop for ages 3 to 6 years old, Saturday, February 13, 2010, from noon to 1 p. m. The free workshop will be taught by Don Carter, an internationally known jazz musician. To register, email Christina.park@bccls.org ###

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Increased oil prices have hurt everyone, including your oil heat dealer. It's important to note that when crude oil prices dramatically increase like they have, it is not local oil dealers who make more money. They must pay those prices to buy the heating oil you need.

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



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EZ Pizza Opens in Heights

On Saturday, December 12, 2009, **EZ Pizza** held a ribbon cutting ceremony with Borough officials to herald their new location 155 Rt. 17 South, Hasbrouck Heights.

This is EZ Pizza's second location, the other is at 184 Essex Street in Lodi.

Hasbrouck Heights resident and owner, Mark Albunia and his father, Alphonso, expressed delight at being able to offer their hometown this unique fare.

EZ Pizza offers customers the opportunity to create their own personal size 8" pizzas

with a huge selection of 50 toppings (*meat, seafood, veggie, etc.*), four cheeses (*fine Italian, low-fat mozzarella, cheddar and EZ blend cheeses*), and three crusts (*classic, thin and whole wheat*). After customers customize their pizza, it's cooked and ready to serve in about three minutes.

They also offer EZ Salad that begins with a bed of fresh lettuce, cherry tomatoes, cucumbers, croutons and choice of dressing, plus choice of four toppings from 50 choices.

Locations are open Sunday through Thursday, from 11 a.m. to 10 p.m. and Friday and Saturday, from 11 a.m. to 11 p.m. Free wi-fi. ###

IHOP Flips for Charity -- Gives Away Free Pancakes

IHOP in Hasbrouck Heights will offer guests a free short stack of buttermilk pancakes in an effort to raise awareness and funds for "Children's Miracle Network" on National Pancake Day, Tuesday, February 23, 2010, from 7 a.m. to 10 p.m.

For every delicious short stack of pancakes served on National Pancake Day, IHOP guests are invited to make a donation to the "Children's Miracle Network."

Pancake Day, also known as Mardi Gras or Shrove Tuesday, has been celebrated for centuries in England, with a tradition and lore all its own.

The English have "flipped" for pancakes in celebration of Shrove Tuesday, which heralds the beginning of fasting during Lent.

Long ago, strict rules prohibited the eating of all dairy products during Lent, so pancakes were made to use up the supply of eggs, milk, butter and other dairy products ... hence the name Pancake Day.

This is IHOP's Fifth National Pancake Day Cel-

ebration. The program benefits "Children's Miracle Network," a non-profit organization dedicated to saving and improving the lives of children by raising funds for children's hospitals throughout the United States.

Proceeds from IHOP in Hasbrouck Heights will benefit Children's Specialized Hospital in Mountainside, NJ and Robert Wood Johnson University Hospital in New Brunswick.

In 2009, IHOP nationally served over 3 million free pancakes on National Pancake Day and raised nearly \$1.5 million. Since starting its National Pancake Day celebration in 2006, IHOP has given away more than 6.1 million free pancakes to benefit children's charities -- that stacks up to more than 53.5 miles high. ###

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. ###

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The Choice Between a Home Equity Loan and a Line of Credit is Seldom Black or White

A home equity loan might be the best fit if you plan to use the money in a lump sum for a one-time occasion such as consolidating your credit card debt, replacing the roof, or paying for your daughter's wedding. The interest rate is fixed, and so are the monthly payments so you can budget accordingly.

A HELOC -- home equity line of credit -- might be a better fit if you will need money periodically and not all at once. This is the case in lengthy home remodeling projects when you pay the contractor in two or more draws. Or perhaps you will need a large amount of money at the beginning of each semester over the next four years when the kids head off to college. A HELOC gives you the flexibility to borrow what you need, when you need it.

Here are a couple of things

to consider when deciding between a Home Equity Loan and a HELOC.

Do I need the money in a lump sum, or in several installments? If you need it in a lump sum, lean toward getting a home equity loan. If you need the money in installments, lean toward getting an equity line of credit.

Is it for a long-term purpose, or a short-term purpose? If the money is to be spent on something that will last a long time, like a roof or a car, an equity loan might be better. If the money is to be spent on something that won't last long, like a semester in college or a wedding and reception, think about getting an equity line of credit.

How big a monthly payment can I handle? A home equity loan requires you to pay principal and interest every month for the life of the

loan. A home equity line of credit allows you to pay just the interest for several years, if that's what you want to do. It's a whole other question whether it's a good idea to pay only the interest, and not the principal, for a long time.

Would a line of credit tempt me to use the money carelessly? Naturally, if you answer this in the affirmative, you should consider getting a home equity loan, because you pay off the principal and interest over time and it's not a revolving credit account.

Does a variable rate bother me? A home equity line of credit has an adjustable rate that most likely changes every time the Federal Reserve raises or lowers the federal funds rate. If you don't like the idea of having a rate that could rise every time the Fed meets, consider getting a home equity loan, which has a fixed rate. ###

2010 Street Fair Sponsors Wanted

On January 14, 2010, the Hasbrouck Heights Mayor's Business Community Committee held their first meeting in the caucus room.

Cliff Witmyer, of Cliffhanger Productions, presented an overview of the proposed Street Fair, scheduled for Sunday, May 16, 2010.

The committee is seeking sponsor commitments so that this free program may be presented for action at the February 9, 2010 Mayor and Council meeting.

Those seeking sponsorship to this spectacular regional street fair should call 201-288-0195.

Last year, an estimated 15,000 attended. See the May 17, 2009 event at: <http://www.The-Gazette-Newspaper.com/>, June 2009, page 3. ###

Full Snow Moon

The February full moon will appear on Sunday, February 28, 2010, at 16:40. It is called the "Full Snow Moon."

The heaviest snow usually falls during February, according to the Farmer's Almanac. Some tribes also referred to this Moon as the "Full Hunger Moon," since harsh weather conditions made hunting difficult.

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. ###

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TEB Community Heeds SOS Holiday Call

On Thursday, December 17, 2009, hundreds of new, unwrapped gifts for children, teenagers and women were donated by the Teterboro Airport community, as part of their 16th Annual Toy Drive, to Shelter Our Sisters (Hackensack).

It was requested the children's gifts be unwrapped because "our moms" like to

wrap the gifts for the children in anticipation of the "big opening."

Additionally, wrapping paper, batteries for toys, personal care products, gift cards, clothing, etc., were also collected for S.O.S.

TEB continued their tradition of helping deliver holiday cheer to local families (moth-

ers and children) who "...are victims of domestic violence" -- families who fled from their dysfunctional environments to Shelter Our Sisters. ###

HH Garden Club News

A Garden Club member will discuss how she overcame the trials and tribulations of designing her own garden. Do you have a helpful hint or difficult garden situation you have solved, or a question about gardening?

Come to the February 18, 2010 meeting and experience the talents of up to 25 home gardeners. Meetings are held the third Thursday of the month at the Municipal Building in The Library Community Room on the second floor located at 320 Boulevard.

The meetings begin at 7 p.m. with refreshments served at 6:45 p.m. The public is always welcome, so come and bring a friend. For further information, contact Judy at 201-288-2615. ###

Book Club Discusses "The Known World"

The Wood-Ridge Memorial Library hosts a Book Discussion Group every third Tuesday of the month at 7:15 p.m.

The book to be discussed on Tuesday, February 16, 2010 is "The Known World" (2003), by Edward P. Jones, a novel set in Manchester County, Virginia 20 years before the beginning of the Civil War.

This work of fiction explores an often neglected chapter of American history, the world of blacks who owned blacks in the antebellum South. ###

**Don't Text
and Drive**



UNICO Donates Defibrillator to LFD

On August 20, 2009, the Lodi Chapter of UNICO presented the Lodi Fire Department with a defibrillator kit. Lodi Fire Department Second Assistant Fire Chief Matt Lombardi accepted the gift on behalf of the Department. *Photo provided by UNICO.* ###



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TEB Community Assists in Haitian Relief

Several Teterboro Airport enterprises have quietly participated in supplying humanitarian relief to the people of Haiti. One example was on January 19, 2010, on the Teterboro Signature ramp, a Flexjet Challenger 300 business jet was loaded with medical supplies and departed at 11 a.m. for a three hour flight to Santo Domingo, DR, where the supplies were transported to Haiti.

This mission was coordinated by Sandy Tytel and Craig White, both Board members of Doc to Dock. Doc to Dock (www.doctodock.org) regularly collects donated surplus medical supplies and equipment, and sends them to Africa in 40' containers by sea.

Partnering with Flexjet (fractional jet operator, www.flexjet.com), who donated this flight and Signature (www.signatureflight.com), who provided FBO services, an emergency flight was organized to send 1,345.6 pounds in 175 boxes.

A truck pulled up to the Challenger 300, Signature employees loaded the supplies, filling the cargo area and seats which were strapped in securely. The flight included U.S. Armed Services a retired Colonel and a retired Major, who remained with the supplies to see them transported into Haiti. ###



Guild Assembles Health Kits for Haitian Victims

Normally, the Guild of Reformed Church Women collect and assemble Health Kits as a Lenten project. Due to the devastation of the earthquakes in Haiti, Church World Service has issued an emergency call for these Health Kits. Therefore, the Guild will begin collecting and assembling these kits immediately.

These kits consist of washcloth, hand towel, bath-size soap, toothbrush (in original packaging), nail clipper, wide-tooth comb and 6 band-aids.

Donations of any of these products in any quantity would be appreciated. These items are assembled in zippered plastic bags and distributed by Church World Service. Cash donations to assist in the shipping and handling of these kits are always welcome.

Any and all items/kits may be brought to the Church Tuesday through Friday and Sunday morning. Call 201-288-1122 or 201-288-0378 for more info. ###

February Flower
Violet

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“Love-ly” Valentines

Just like people, flowers come in hundreds of shapes and sizes.

When it comes to Valentine's Day gifts, carefully selecting the flower varieties and colors you send will result in a thoughtful, customized gift your Sweetheart will treasure.

The first step is to consider your Sweetheart's preferences. What colors does he or she like?

A dozen red roses remains the classic Valentine's Day favorite. However, many women report that they adore roses in other colors just as much. There are hundreds of colors to choose from. The choices are endless and it's easier than ever to select a rose that is as unique as your Sweetheart.

Your florist can create arrangements that revolve around your Sweetheart's favorite hobby, sport or pastime.

Add a burst of spring to your Valentine's winter with floral varieties such as lilies, alstroemeria, iris, tulips, daffodils, hyacinths, tuberose or

freesias.

A spring arrangement in a casual basket or clear glass vase makes a perfect accent for a romantic dinner.

With all of the sensational flowers available to choose from, even just one or two elegant blossoms can make a big impression. Also, green and blooming plants make romantic Valentine's Day gifts.

Ask yourself what message you want to convey. Consult with your florist, who can explain the assortment of possibilities available.

Bill O'Shea's Florist reminds you that to get the best selection and ensure prompt delivery, call the week before Valentine's Day.

When you call, have the necessary information handy: the recipient's name, address, phone number, what you want to send and how you want to be billed.

Having trouble putting your feelings into words? **Heights Flower Shoppe** suggests these creative messages for your flo-

Selecting The Right Valentine Gift

Finding the right Valentine's Day gift is probably the most difficult shopping experience in any man's life.

A Valentine's Day gift is instrumental in revitalizing the bond between a duo.

The gift evokes the memories of the moments of love and affection which both have experienced. And it reminds the couple of the unconditional love which exists between them.

This year, show your Sweetheart how much she means to you by giving her a gift from the heart.

Remember that the Valentine's theme is all about love, romance and appreciation.

The nature of the gift can reflect how much you care. The meaning of your gift also varies

according to the seriousness and the type of relationship you're in.

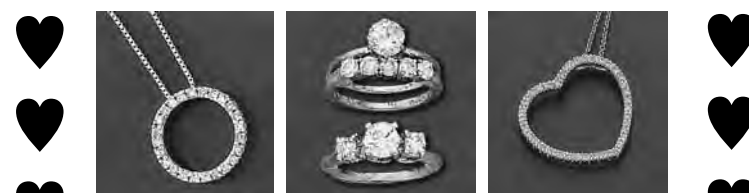
If you've gone out with her a few times, the level of commitment is low, and you're simply having a lot of fun. What do you buy her?

Buying her a Valentine card, flowers or candy is acceptable for this early stage in a relationship.

On the other hand, if the relationship is strong and its future seems bright, opt for a more original present.

Think about what she appreciates the most and what she has mentioned over the past few weeks, or get her something that relates to her hobbies and interests. The key is to show that you put some thought into the gift. ###

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ral enclosure cards:

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• (For flowers delivered before February 13th): I love you so much I couldn't wait for Valentine's Day!

• (For flowers delivered February 14th): Today's a very special day for sending all my love your way!

• With you, it's Valentine's Day 365 days a year.

Source: Society of American Florists ###

Share The Love

Would you like to remember a special someone this Valentine's Day?

The Guild of Reformed Church Women invite you to share your feelings and at the same time show your caring by signing our special Valentine and making a donation to the Friendly Neighbors.

This is a good time for sharing love for our own loved ones, as well as sending a message of love and caring to others who need to feel that others care.

The card is posted in Hoffman Hall of First Reformed Church through February 14th.

If you cannot make it to the Church, you may mail your message (*which will be added to the card*) and donation to First Reformed Church, P. O. Box 66, Hasbrouck Heights, NJ 07604. First Reformed is located at Burton Avenue and Washington Place. For further information, call the Church at 201-288-1122 or Estella at 201-288-0378. ###

Valentine's Dinner Dance at VFW Post 809

Vietnam Veterans of America Chapter 800 will host a Valentine's Dinner-Dance on February 13, 2010, at VFW Post 809, 100 Main Street, Little Ferry, starting at 7 p.m.

Menu is hot & cold buffet, beer, soda, dessert and coffee with a cash bar. There will be music for dancing.

Cost is \$15 per person. Cut-off for reservations is February 10. Call 201-320-8079 for information. ###

Ladies Auxiliary Hosts Sweetheart Dance at VFW

The Ladies Auxiliary of VFW Post 4591, in Hasbrouck Heights, is holding a Sweetheart Dinner-Dance on February 20, 2010, from 7:00 p.m. to 11:30 p.m. For more information, call the Post at 201-288-1112. ###

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LFFD Gets New Officers for 2010

The Little Ferry Fire Department installed new officers on Friday, December 18, 2009, during an hour long ceremony at the Little Ferry Municipal Building. (l-r) Ex-Chief Paul Schwedhelm, Chief William Holley, Deputy Chief Robert Cordasco, Battalion Chief Floyd Novak, Captain William Salvatori, Captain Brian Castelli, Lt. Marty Loesner and Lt. Douglas Tobin. ###



(l-r) Mike Rose - MPD, Vincent Risalvato - HHFD, Chris Halloran - HHFD, Justin Derevyaniak - MFD Chief, Mike Colaianni - HHFD and Mike Morolla - MFD.

Always Ready, Even on Vacation

On Wednesday, November 18, 2009, while on a cruise in the Gulf of Mexico, area emergency personnel from Hasbrouck Heights and Moonachie were on the scene to save a life.

The vacationing group had just finished late seating dinner in the 600 seat dining room when, at about 9:30 p.m., there was a commotion in the front of the room with people screaming, "someone is choking."

The group, located in the back of the room, quickly maneuvered through 100 feet of crowded tables to the victim, a mid-50s female.

Chris Halloran began the Heimlich Maneuver, while Mike Morolla and Mike Colaianni held the victim, who was rapidly becoming limp.

The other members began to move tables to open up the floor area for work space as the situation began to look critical.

Halloran made 10 to 15 attempts, assisted by an unknown critical care nurse, while the Maitre d' called 911 for a doctor.

On the final effort, a large piece of pork shot out. As the victim recomposed herself, there was applause throughout the dining room.

Incredibly, once recovered, the victim sat down and finished the meal.

Chief Derevyaniak said that the group felt proud of their accomplishment and that because of similar training,

the Hasbrouck Heights and Moonachie emergency services members worked well together as a team.

How to do the Heimlich Maneuver: http://www.ehow.com/how_14949_heimlich-maneuver.html ###



Last Call

The final passing of Ex-Chief G. Vincent Pascale, Badge #11, 95 years old and Chief from 1959-1960, at the Wood-Ridge Fire Department on December 28, 2009. Photo by Dennis Kronyak, Sr. ###



Legislation Signed at WRFD HQ

At Wood-Ridge Fire Headquarters on Friday, January 15, 2010, Acting Governor Stephen Sweeney and NJ Officials signed into law (A-4338), legislation to permit fire company, ambulance, first aid, hazardous materials or rescue squad volunteers to serve as elected officials in municipal government. The law requires those volunteers to recuse themselves from any vote that concerns emergency services provided by the volunteer. The bill passed the Assembly 76-0 and the Senate 37-0. Photo by Timothy A. Sullivan. ###

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7 Alarm Fire Destroys Little Ferry Spa

Route 46 was shut down on Saturday, January 16, 2010, and about 100 firefighters and emergency personnel battled a stubborn blaze which consumed a two-story spa and gym.

While on patrol, Little Ferry Police Officer John Clark noticed smoke rising from Heaven Is A Spa. He ran into the burning building to evacuate occupants, as the rapidly moving smoky fire engulfed the structure.

At approximately 21:00 hours, the Little Ferry Fire Department responded and Fire Chief William Holley assumed command. Deputy Chief Rob Cordasco assumed operations command.

With heavy fire venting out the door and heavy smoke pushing from the rest of the one story section, Chief Holley quickly called for a second alarm. Mutual Aid Zone II coordinators are immediately notified.

Heavy fire conditions continued as an interior attack was attempted, but firefighters were driven back out by the deteriorating condition and the collapse of a roof top air conditioning unit.

With three tower ladders and one ladder pipe in op-

eration, defensive operation commenced as the 3rd and 4th alarms were transmitted at 21:55 hours. About 90% of this fire was an exterior attack.

Mutual Aid Zone Coordinators arrived to assist in supplying resources.

Master streams were set up as a huge column of thick smoke billowed and heavy flames began to vent from the structure. Several hand lines operated to protect the homes in the rear.

With only two hydrants on Route 46, additional engine companies stretched 5" supply lines from distant hydrants in other water grids on the side streets.

Smoke pushed for two hours before flames began to show from the second floor and through the roof in the rear.

Additional units called in to staging and a 5th alarm was transmitted at about 22:53

hours. South Bergen Mutual Aid resources are now expended and begin to draw upon Bergen County Coordinator for resources.

A second ladder pipe and two tower ladders were set up. Six sticks were now fully operational.

At 23:11, a 6th alarm was requested as conditions deteriorated. Heavy smoke continued to push as the fire started to vent through the front windows and then through the roof.

The fire was in the voids between the first and second floors and the roof. Lines would hit the visible fire, but unable to hit the seat of the fire.

The fire continued to smolder and flare up into the morning and was declared under control at 06:00. Spot fires and extensions were extinguished and overhaul operations began. Units remained on the scene

until 16:30 hours.

A heavy crane was used to remove the rear two-story wall that had the potential of collapsing on adjacent homes and garages. It also assisted fire firefighters to access hot spots.

According to Fire Chief William Holley, "If we didn't have the crane, we would have been there until Wednesday."

The building was so badly damaged that a demolition company was called in Sunday to break it down, according to Mayor Mauro Raguseo.

Several firefighters reported minor injuries during the nine-hour event. Although not suspicious, the fire is under investigation and believed to be electrical in origin.

About 32 Fire Departments worked the scene, as far away as Wyckoff and Upper Saddle River. Apparatus were refueled online. Firefighters rotated in four hour shifts.

Local EMS units and Teaneck Box 54 set up a rehab station on Rt. 46 East. *Photos by Justin Derevyaniuk and Brett Fire Photos. ###*



"An Invisible Army of Protection"

See how the Mutual Aid System works in **The Gazette Newspaper**, August 2009, page 13, available online at: www.The-Gazette-Newspaper.com ###

Fire Strikes Columbus Avenue Home

On Sunday, January 3, 2010, a call came at 21:45 hours of a working house fire on Columbus Avenue.

The residents had exited the home and were safely on a neighbor's front lawn as emergency services arrived.

Smoke blanketed the street, with emergency lights bouncing back and forth adding to the confusion.

First on the scene were First Assistant Chief Rich Giarratana and Second Assistant Chief Pat Hayes, who used a fire extinguisher to help contain the fire, then assumed operations.

At 21:50 hours, Heights Chief Joe Taylor arrived and assumed command. Heights Engine 2 arrived and immediately connected to the hydrant in front of the home. At 21:52 hours, Heights Ladder arrived and put ladders at all points around the structure for fire-

fighter egress.

The first 2" attack line went to the seat of the fire in the kitchen and a second 2" attack line to stairways to protect the means of egress.

A second alarm with F.A.S.T. Team was called.

A third 2" attack line went to the attic. PSE&G was called, while the Ladder Company secured utilities.

Heights Ladder Company began to vent and search for fire extensions.

Wood-Ridge Fire Chief Paul Clemente assisted in the staging of manpower, with three crews working inside in half-hour shifts.

It was 18° with a wind chill of 7°. Firefighters exiting the hot house would have their face masks fog. Ice formed on their wet turnout gear. Equipment was freezing and the work area was treacherous.

At 22:30 the fire was de-

clared under control and firefighters were checking for hot spots and doing overhaul.

There was severe damage to the kitchen. Because the fire followed the pipes to the attic, there was minimal damage to the second floor and minor fire extensions to the attic area.

At about 23:55, HHFD returned to headquarters.

About 50 firefighters worked the scene with assistance from: Engine and Rescue from Wood-Ridge, Tower from Little Ferry and F.A.S.T. Team from Wallington. Moonachie EMS and Rescue Squad assisted HHFD EMS at the scene.

At Heights Fire HQ during the event, were a Ladder Truck from East Rutherford and Engines from Moonachie and South Hackensack.

No injuries were reported. The fire is under investigation. ###



Wood-Ridge Fire Department 2010 Installation Dinner



The Wood-Ridge Fire Department held their Annual Installation Dinner on January 9, 2010, at The Fiesta.

The Master of Ceremonies was Wood-Ridge Firefighter Philip Miuccio who was “gently” introduced by Borough Administrator Christopher Eilert. The Ceremony began with the introduction of Officers for 2010, followed by the Pledge of Allegiance by 2nd Assistant Chief Anthony Gentile, moment of silence for past members including Ex-Chief Vincent Pascale, and Invocation by WRFD Chaplain, Deacon Nick Valdez.

The Fire Department Officers were sworn in by NJ Senator and Wood-Ridge Mayor, Paul Sarlo, with the Bible held by Chief Paul Clemente’s wife Donna. Junior Fire Department Officers were sworn in

by Sarlo with the Bible held by Gentile.

The 2010 Officers are: Chief of Department Paul Clemente, First Assistant Chief Richard Keller, Second Assistant Chief Anthony Gentile, Captain Scott Russo, Lieutenant Ron Phillips Jr., Lieutenant Damian Cauceglia, Lieutenant Elizabeth Ferry (*the Department’s first woman officer*), Corresponding Secretary Gregory Gorab, Recording Secretary Thomas Bischoff and Treasurer Thomas Burniston.

The Emergency Squad Officers were sworn in by Mayor Paul Sarlo, with the Bible held by Cathy Materia.

2010 WRFD Emergency Squad Officers - Captain Frank Materia, Lieutenant Greg Gorab, Treasurer Steve Sarracino, Corresponding Secretary Corey Sherman, Recording Secretary Damian Cauceglia Sr.

Following the introductions of former Chiefs and guests, remarks were made by Chief Clemente, Ex-Chief Gentile, Mayor Sarlo, Fire Commissioner Gonnella. Chiefs’ white dress hats and badges were presented.

Special WRFD length of service awards were made to Thomas Burniston (25 years) and Ron Phillips (40 years) by Chiefs Clemente and Gentile. Area Fire Departments made presentations to Chiefs Clemente and Gentile.

Remarks were made by Mayor Sarlo and Fire Commissioner Thomas C. Gonnella.

The program concluded with the traditional toast given by First Assistant Chief Richard Keller.

Music was provided by Ultimate DJ (www.ultimate-dj.com). ###

Happy Valentine's Day

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HHFD 2010 Installation Dinner

The Hasbrouck Heights Fire Department held their Installation Dinner for Chief Joseph Taylor Jr. and the Department Officers at The Graycliff on January 16, 2010.

Master of Ceremonies was former Fire Chief Tony Greco who led the Pledge of Allegiance. The Invocation was given by Fire Department Chaplain, Deacon Vincent DeFede. The traditional toast was made by Second Assistant Chief Pat Hayes, followed by comments from Chief Taylor, Mayor Rose Heck and Fire Commissioner David Gonzalez.

A 12 minute slide show representing The Department's recent events and history, produced by Firefighter Robert Knobloch, was presented.

The presentation of the Ex-Chief's badge was given by Chief Taylor to Michael Ratkowski. Floral bouquets were presented to the Chiefs' wives and Fire Chief's Secretary, Nancy Halloran.

The Engine 2 and Engine 1 Companies honored outgoing Chief Ratkowski.

Firefighter Robert Knobloch received an Ex-Captain Badge from Engine Co. 2.

Although a working fire

in Little Ferry called away the Mutual Aid Chiefs (*see story on page 9*), their presentations were made informally.

Several HHFD EMS and firefighters were acknowledged for their high number of EMS calls made during 2009.

Representing the NJ Aviation Hall of Fame and Museum, Trustee Fritz Rethage presented a plaque, thanking the Department for their support for Wings & Wheels and Veterans Day Service.

Borough officials and other dignitaries attended.

Music was provided by DJ Express. ###



HHFD Officers Take Oath

During the Municipal Reorganization meeting on January 1, 2010, Mayor Rose Heck administered the Oath of Office to the Hasbrouck Heights Fire Department Officers.

During the ceremony, Chief Joseph Taylor Jr. was joined by his wife, Colleen, holding the Bible while Jason and Caralyn looked on.

First Assistant Chief Richard Giarratana was joined by his daughter, Jodee, and his wife Joann, holding the Bible.

Second Assistant Chief Patrick Hayes was joined by his wife, Maria, holding the Bible.

Following the Chiefs, Department Officers for 2010 were sworn in by Mayor Heck. ###



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Beefing Up the Special Olympics

Over 360 attended the 8th Annual Hasbrouck Heights Police Department Beefsteak Dinner at the VFW Post 4591 on January 15, 2010, raising about \$14,500 to benefit the Special Olympics.

In 2009, the HHPD was the 4th largest contributor in the state, generating about \$30,000 from combined efforts including school children's fund raisers, beefsteak dinner,

donations, etc. Their yearly efforts culminate with the Torch Run down The Boulevard -- accepting the Torch from the Lodi Police Department and passing it along to the Wood-Ridge Police Department.

These Police Departments are part of the hundreds of NJ police officers in 18 separate

Beefsteak Dinner

The St. Michael's K of C Council #2861 will hold a Beefsteak Dinner, March 27, 2010, starting at 7 p.m., at the Council Hall, 39 Washington Street, Lodi, NJ.

Cost is \$35 (with \$5 going to the scholarship fund), and includes beefsteak dinner, DJ music, tap beer, soda, dessert and coffee -- cash bar. Nightingale Catering will cater. There will also be a prize raffle. Reservations requested by February 15th. Call Jim at 201-575-9508 for tickets. ###

legs as part of the 24th Annual Torch Run. Every police department in New Jersey participates. The Torch Run has become the largest fund raiser and public awareness for Special Olympics.

Last year, over \$1.6 million was raised for state athletes with mental retardation and 100% of all the funds raised goes to the Special Olympics.

The HHPD welcomes donations. Send contributions to: HHPD, 248 Hamilton Avenue, Hasbrouck Heights, NJ 07604. Please mark check "Special Olympics." ###

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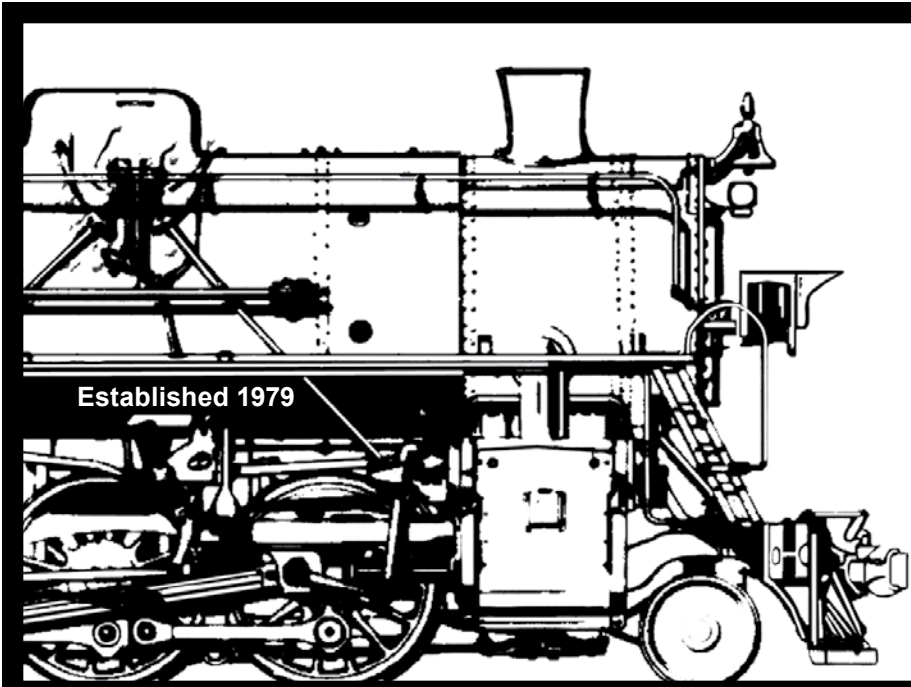
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Life Saving, Meritorious Service and Professionalism Recognized During Little Ferry Reorganization

On January 5, 2010, following the business portion of the Little Ferry reorganization meeting, Mayor Mauro D. Raguseo, Police Commissioner Thomas Sarlo and Police Chief Ralph Verdi recognized the professionalism of the Police Department.

The Honors Presented:

Medal of Honor: While confronted with a dangerous situation, the officer prevents the loss of human life.

Meritorious Service: A commendable performance in the line of duty. An unusual performance which prevents an action, criminal in nature, or leads to the protection of a third party or property. An outstanding investigation showing initiative and accomplishment.

CPR: w/professional Staff, by personal medical knowledge, the officer prevents the loss of human life. w/Gold Star, while confronted with a dangerous situation, by rescue the officer prevents the loss of human life.

Stork Pin: Delivering baby.

Honorable Service: A highly unusual accomplishment under a hazardous condition, or confrontation where the use of extraordinary judgement prevents serious injury or death to a third party.

Recipients of these Honors were:

• November 21, 2007, Anthony Mattessich and Demetrius Dacres (*Medal of Honor*)

Frank Novak and Craig Hartless (*Honorable Service*): While responding to a burglary alarm and searching the residence, Mattessich observed suspects with hand guns pointed at him. He took cover and notified Dacres who was securing the perimeter. The suspects exited a window with their guns pointed at Dacres. Facing imminent danger, Dacres fired his weapon and the suspects fled the scene without injury to the homeowner. Novak and Hartless investigated. Shortly after, it was learned that all suspects were shot while being apprehended. The two suspects received medical attention in Paterson.

• September 20, 2007, Donald Anzalone, Chris Boel, John Andronaco, Demetrius Dacres, (*Meritorious*): Upon arrival to a domestic dispute, the officers observed the offender and victim fighting to gain control of a fire arm. The officers engaged in the struggle, and took control of the fire arm. They were able to arrest the suspect and protect the victim without injury.

• September 5, 2007, Officers William Ebenau and Chris Boel; EMS Geoff Fallows and Peggy Steinhilber, (*CPR Award*): Officers responded to a man down and unresponsive. Fallows and Steinhilber began CPR. Ebenau used a defibrillator to shock the victim's heart into rhythm.

• October 4, 2009, Officer Chris Boel, EMS Arnold

Monzon and Peggy Steinhilber (*Stork Pin*): Boel responded to a woman in labor, noticed that the water had already broken and that delivery was not far off. EMS arrived and they delivered a baby girl.

• March 28, 2009, Dave Berens, Ronald Klein, Jr., Samuel Aguilar, Michael Derwin (*CPR Award*): Officers responded to a first aid call and upon arrival, found the victim not breathing and having no pulse. They immediately began CPR and using the defibrillator three times, were able to get a pulse.

• August 21, 2009, Samuel Aguilar, Adam Warne and Michael Derwin (*Honorable Service*): Officers responded to an aircraft down at Rt. 46 West and Hollister Road, Teterboro. Upon arrival, they found two victims sitting on the ground and rendered first aid. They secured the scene, as well as diverted traffic away from the incident.

• September 26, 2009, Dave Berens, Ronald Klein, Jr., Adam Warne and Michael Derwin (*Honorable Service*): Officers were dispatched on a report of domestic violence with an assault and kidnapping. The accused had broken into the home, assaulted a male, took his own child and left the scene. Officers were able to quickly contact the accused and convinced him to return to the scene with the child unharmed.

• September 15, 2009, Scott Kral, Chris Boel, Carl Strunk and Thomas Egan (*Honorable Service*): Responding to a call of a suicidal party, officers observed the accused with a pair of scissors to his throat stating, "He wants to end it all," then ran into the bathroom locking the door. Officers were able to talk him out of the bathroom and hand over the scissors.

• May 21, 2008, John Schwedhelm and John Andronaco (*Honorable Service*): During a motor vehicle stop at the Little Ferry Circle, officers noticed a hand gun in the center console while the accused was looking for his paperwork. With guns drawn, officers were able to remove the suspect and secure the weapon.

• September 12, 2009, Michael Derwin, James Walters, Ronald Callahan, John Schwedhelm and John Andronaco (*Honorable Service*): While on patrol, Schwedhelm observed a large amount of black smoke coming from the Horizon Motel in South Hackensack and immediately called for assistance. While responding officers were evacuating the hotel rooms, small explosions were heard in the electrical room on the first floor. Shortly after, the South Hackensack Police and Fire Departments

arrived. All the occupants were removed without injury as the fire spread.

• October 3, 2008, Dave Berens, Ronald Klein, Jr., and Michael Derwin (*Honorable Service*): Upon arrival to the scene of a working fire, officers were able to evacuate three stories of residents as well as surrounding apartments as the fire spread. No injuries were reported, but there was significant damage to the complex.

• September 25, 2009, Michael Derwin, James Walters, Ronald Callahan and Samuel Aguilar (*Honorable Service*): Upon arrival of a working fire on Route 46, officers were able to evacuate all residents without injury, and detour heavy traffic without incident for easy access for various fire departments.

• November 16, 2009, Chris Boel and Thomas Egan, (*Honorable Service*): Officers were dispatched to a report of an armed robber. The victim stated he was held up at gun point by the accused, who ran into the Washington Avenue apartments. The officers set up a perimeter to secure the apartment complex, while residents were evacuated for their safety. The S.W.A.T. Team arrived and the accused was arrested. ###

Lodi Oldtimers Little League Scholarship Program Announced

The Lodi Oldtimers Scholarship is open to all high school seniors who have participated in any of the Lodi Little League baseball or softball programs for a minimum of 3 years.

Two \$500 scholarships will be awarded. Applicants must complete a scholarship application and meet criteria.

The deadline is April 15, 2010. For more information and details, call 973-591-1137. ###

Learn About Fly Fishing

The Kiwanis Club of Hasbrouck Heights/Teterboro is hosting a free fly tying lesson by Doug Penna of New Jersey Trout Unlimited on Thursday, February 4, 2010, at 7:00 p.m., at the Hasbrouck Heights Library Meeting Room.

Mr. Penna will present the lesson as well as discuss their upcoming service event that is sure to be fun for the whole family.

The Kiwanis Club of Hasbrouck Heights/Teterboro is proud to be working with New

Jersey Trout Unlimited, whose mission is to protect our nation's trout and salmon fisheries through youth education and grassroots stream restoration projects.

This event is open to the general public and is appropriate for all ages.

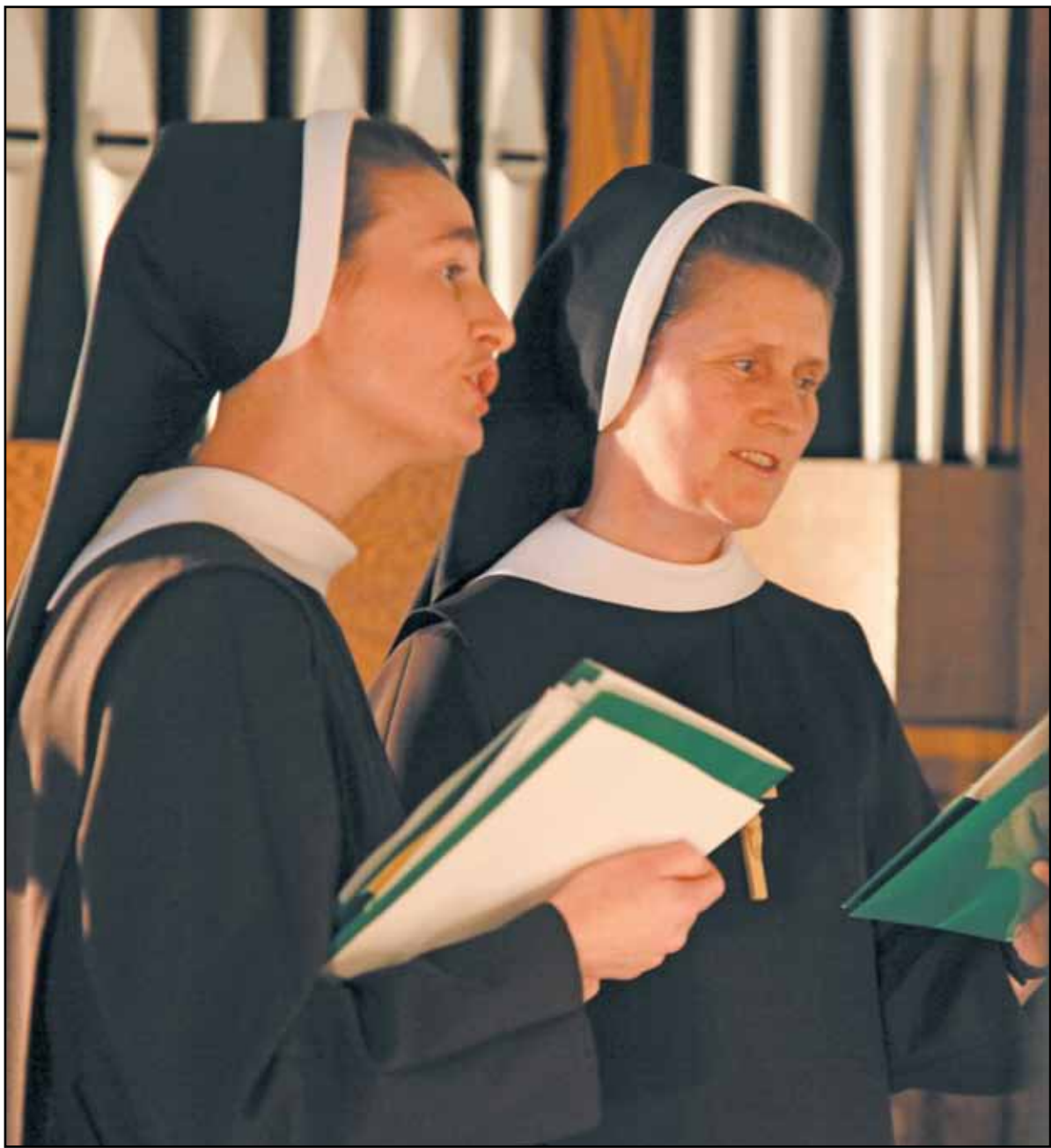
For more information about this program please contact the Kiwanis Club at hhkiwanis@gmail.com. For more information about New Jersey Trout Unlimited please go to www.eastjerseytu.org ###



Faithful Service and Dedication Recognized

Following the Little Ferry Police Department presentations, retiring school crossing guards received recognition for their years of "faithful service to the Borough of Little Ferry and outstanding dedication the children and their safety." (l-r) Police Commissioner Thomas Sarlo, Henrietta Bange (22 years), Kathryn Haufe (37 years), and Mayor Mauro D. Raguseo.

Heavenly So



On Sunday, January 3, 2010, the Felician Sisters of the Immaculate Conception Province of Lodi, NJ, presented a sacred concert entitled “The Glory of Christmas” -- Feast of the Epiphany, in the Immaculate Conception Convent Chapel.

The Sisters hoped that their gift of music would deepen the spirit of Christmas for all who attended to celebrate the Feast of Epiphany, known as “Little Christmas” in many countries.

Joining the Felician Sisters’ Choir, under the direction of Sister Marilyn Marie Minter (guitarist) and accompanied by Sister Mary Virginia Tomasiak on the organ/piano, were several guest artists: violinist Nicole DiMaria; trumpeter David DiRien-

zo, percussionist Bobby Reilly and accordionist Sal Torino.

Soloists included Sister Maria Magdalena Vallellanes, CSSF and Georgine DiMaria. Sacred dancers Linda Telesco, Stacey Lamendola and Kelly Reilly of the troupe “Spirit Dance,” an inter-faith dance ministry, performed at the altar during several chorales.

Sister Mary Ellen Brulinski, CSSF, provided opening and closing remarks.

Beginning with a “Gloria” prelude, the 90 minute concert began with “O Little Town of Bethlehem,” followed by “We Three Kings” and the Spirit Dancers, “Wake From Your Sleep,” “O, Come All Ye Faith-



ounds

ful,” “Angels We Have Heard On High,” accordion solo “Tu Scendi Dalle Stelle,” “O Holy Night,” “Christmas Psalm,” “Child of the Poor,” “Messiah,” etc. The program concluded with “Joy to the World.”

Good will offerings were accepted with the proceeds given to the poor.

The Felician Sisters’ Choir has presented “The Glory of Christmas Concert” almost annually for the last decade.

CDs of the Felician Sisters’ Choir are available by calling 973-473-7447.

The Immaculate Conception Province of the Felician Sisters was established in Lodi in 1913. For more information about the Sisters, go to: www.felicianslodi.org ###





l-r: Councilman-elect Russell A. Lipari, Councilman-elect John Dingertopadre, Councilman Anthony DiNanno, Councilman Stephen Altobelli, Councilwoman Sonya Buckman, Mayor Rose Heck, Councilwoman Pamela J. Link, Councilman Justin A. DiPisa, Councilman David Gonzalez

Hasbrouck Heights 2010 Reorganization Meeting

On January 1, 2010, at 11:45 a.m., a Sine Die Meeting was held to conclude 2009 business. Comments were made by outgoing Councilmen Anthony DiNanno and Stephen Altobelli. The beginning of the 2010 year began with Mayor Rose

Heck administering the Oath of Office to Councilman John Dingertopadre and Russell A. Lipari. Upon the seating of the new council members, Mayor Rose Heck declared the 2010 Reorganization Meeting in session. There was a Salute to the Flag. Conchita Parker, with

Steve Thomas on guitar, led the singing of "God Bless America," and an Invocation was given by the Rev. Lewis V. Papera, Pastor of Corpus Christi Church. The Mayor administered the Oath of Office to the 2010 Fire Department Officers (see page 11).

There was an announcement of council assignments, consent agenda, and Council naming David Gonzalez as Council President and representative to the Planning Board. Mayor Heck made her appointments and delivered her Annual Address.

Rev. Anthony Lipari provided the concluding Benediction. The meeting was adjourned. Refreshments were served in the Senior Center. For a complete list of all appointments and Mayor's address, go to: www.hasbrouck-heights.nj.us ###



(l-r) Councilman George Collazo, Councilman Dennis Vaccaro, Councilman George Cahill, Mayor Frederick J. Dressel, Council President Maureen Flynn, Councilwoman Kathleen Kinsella, and Councilman Bruce Surak.

Moonachie 2010 Reorganization Meeting

On January 3, 2010, at noon, the Borough of Moonachie held a brief reorganization meeting in Council Chambers. Councilman George Collazo and Councilman Bruce Surak took their Oath of Office. Dennis Vaccaro was elected as Council President. Resolutions for appointments were made to include Elizabeth Bassani as Tax Collector, Frank Migliorino as Borough Attorney, Kevin Boswell as Borough Engineer, Paul Lerch as Borough Auditor, Paul S. Barbire as Special Tax Counsel, DeCotiis, Fitzpatrick Cole & Wisler for services in connection with the issuance of bonds and notes and Michael Sartori as Temporary Construction Official, Building

Sub-Code Official and Zoning Officer. The Council adopted existing By-laws of the Mayor & Council and set the schedule of 2010 meetings. Mayor Dressel made appointments with confirmation by the Council to include: Borough Administrator Anthony Ciannanea, Prosecutor Gregg

Padovano, Alt. Prosecutor Robert Presti, Public Defender Christopher Garvin and Mark Musella, Property Maintenance Official Edward Evers, etc. A complete list is available at the Borough Clerk's Office. Consent resolutions and payment of bills were passed. Marking his 25 years as

Mayor, Dressel noted that he wore when he was first sworn in 25 years ago. ###

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CORPORATE ACCOUNTS WELCOME



(l-r) Councilman Dominick Azzolini, Councilman Richard Carbonaro, Councilman Thomas C. Gonnella, Mayor Paul A. Sarlo, Councilwoman Catherine Cassidy, Councilman Ezio I. Altamura, Councilman Edward Marino.

Wood-Ridge 2010 Reorganization Meeting

On January 1, 2010, at 3 p.m., the Borough of Wood-Ridge held a reorganization meeting. The Pledge of Allegiance was led by Anthony and Michael Sarlo and Andrew and Madylin Marino, with an Invocation by Father Brian Cullinane, Pastor of Assump-

tion Church. The Borough Clerk announced the results of the November 3, 2009 elections. The Oath of Office was administered by Mayor Paul A. Sarlo to Councilman Altamura and to Councilman Marino. Councilman Ezio Altamura was elected

as Council President. Appointments for Borough positions were made to include Borough Administrator Christopher W. Eilert, Borough Attorney Paul S. Barbire, Borough Engineer Michael J. Neglia. There was an adoption of the By-Laws for 2010.

Mayor and Council standing committees and liaison to Boards and Commissions were made. The Mayor made his appointments to include: Planning Board, Recreation, Shade Tree, Veterans, and Events Commissions. Councilmen Altamura and

Marino made statements, followed by the Mayor's Annual Address. The meeting was open to the public before it was adjourned. A complete list of all appointments is available at the Borough Clerk's Office. ###



(l-r) Councilwoman Peggy Steinhilber, Councilman Thomas Sarlo, Councilman George Muller, Mayor Mauro D. Raguseo, Councilman Ronald Anzalone, Councilwoman Sue Schuck and Councilwoman Roberta Henriquez.

Little Ferry 2010 Reorganization Meeting

On January 5, 2010, at 7 p.m., the Borough of Little Ferry held a reorganization meeting. The Pledge of Al-

legiance was made, followed by an Invocation by Reverend Veronica Pearson. The Oath of Office was

administered to Councilman Ronald Anzalone and Councilman George Muller. The 2010 By-Laws were adopted and George Muller was elected as the Council President.

Appointments for Borough positions were read with confirmation given where required. They included Borough Attorney Joseph Monaghan, Borough Engineer Job & Job, Borough Auditor Dieter Lerch, Bonding Attorney DeCotiis, Fitzpatrick, Cole & Wisler, LLP, Code Enforcement Officer Gino Tessaro, etc. A complete list is available at the Borough Clerk's Office.

The Mayor made Council committee assignments. There was a presentation of the Badge to the Police Commissioner-Thomas Sarlo.

Consent Agenda resolutions were voted on and ordinances for introduction made.

There were comments from the Council. All those who were appointed to the Boards or other positions in the Borough were sworn in by the Borough Attorney. The highlight of the meeting was the presentation of service awards to the LF Police and EMS personnel for their service. (See story on page 13). Benediction was given by Reverend Veronica Pearson and the meeting was adjourned. Refreshments were served. ###

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Reflections

To Fast or Not To Fast, That is the Question!

Rev. Veronica M. Pearson, Pastor
Evangel Christian Church

Forgive me for stealing Shakespeare's line, but it seems so apt at this time of the year. Christmas is past and the next season in the Church calendar is Lent.

Many Christians view Lent as an opportunity to move closer to God through prayer and by abstaining from particular foods and pleasures, reminding us of Jesus' forty day fast in the desert.

Since the Church celebrates the Passion, Death and Resurrection of the Lord Jesus Christ immediately following the Lenten season, we often forget that Jesus' fast actually came not at the end of His life on earth but at the very beginning of His three year public ministry.

Although the Son of God and the Second Person of the Trinity, Jesus came to earth as a man, flesh and blood, but sinless.

After being baptized by John the Baptist and being filled with the Holy Spirit, He was sent by God into the desert to prepare for public ministry through prayer and fasting.

Since His mission was to take upon Himself the sin of all mankind on the Cross and yet remain sinless, He needed to first experience and overcome the temptations of Satan in the desert.

The scripture tells us that Jesus can empathize with our needs because He was tempted in every way we are tempted.

Since He overcame sin as a man, filled with the power of the Holy Spirit, He won the victory over sin and eternal death for those who believe.

What a mission; what strength; prepared for with fasting and prayer!

The Bible provides accounts of many great men and women of God who have combined fasting with prayer when in need of understanding, wisdom or answers from God during difficult times in their lives.

The book of Second Samuel gives an account of King David abstaining from all food for seven days because of the tragic results of his adultery with Bathsheba.

Esther, a young Jewish woman who had become a Queen, called for a three day

fast before risking her life by going into the King without invitation to plead for the Jewish people in Susa.

Daniel refrained from 'choice' food, meat and drink for twenty-one days while he prayed for understanding of a vision he had received from God concerning certain future events.

We are also given many examples in New Testament of how fasting and prayer brought answers and great moves of God. Jesus Himself in the Sermon on the Mount indicated that fasting was a normal part of spiritual life; He said 'when you fast' not 'if you fast'.

In fact, prayer and fasting were normal parts of the Christian life in the Book of Acts Church.

Since God has given us His best in Jesus we cannot give less than our best to Him.

At Evangel Christian Church we are beginning to look on fasting as not only a Lenten discipline, but as our offering of 'first-fruits' to the Lord.

This year we set aside the first twenty-one days of the year for prayer and fasting; someone each day from our Church fasted and prayed for our communities and our nation. Also, some will consider giving the first fruits of the week or the month (one day a week or month) to prayer and fasting throughout the year.

The fasting can consist of abstaining from all food for the period or, like Daniel, from 'choice' foods and meat.

2009 has been a tough year for the nation and its people, and 2010 may again prove to be a difficult year for many and for our nation.

We have, however, God's promise from His word in the first book of Chronicles, "If my people who are called by my name will humble (afflict/deny) themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and forgive their sin and heal their land."

Whether you fast regularly or just for Lent, let our times of prayer and fasting be from our hearts with an expectation to be strengthened and to see God move in our communities and this nation. ###

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Vincent L. Costa, Director (NJ Lic. No. 3807)

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Church Schedules: 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. Jerzy R. Zaslon

Rev. Msgr. Martin O'Brien

Deacon Vincent DeFede

Sunday Obligation Masses:

5:00 p.m. Saturday (Chapel)

7:30 a.m. (Church), 9:00 a.m. (Chapel), 10:30 a.m. (Chapel),

12 noon (Chapel) and 6:00 p.m. (Chapel)

Daily Masses: (Church)

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



CHURCH OF ST. JOHN

THE DIVINE (EPISCOPAL)

Terrace & Jefferson, HH • 288-0002

Rev. Joseph Pickard, Vicar

Erik Soldwedel, Deacon

www.saintjohnthedivine.com

www.careonthecorner.org

Sunday - 10:00 a.m. Adult Education and Bible Study

11:00 a.m. Holy Eucharist Rite II - Church School

Monday - 7:30 p.m., N.A. Women's Meeting

Tuesday & Friday - 12 noon, N.A. Meeting



FIRST REFORMED CHURCH

Burton & Washington Place, HH

Church Office: 201-288-1122

Rev. Dianna L. Smith, Pastor

www.churches.rca.org/firstrefhh/

Sunday

9:00 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 Iraidia Ruiz de Porras

Sunday

10:00 a.m. - Worship Service

Thursday - 7:30 p.m. - Bible Study

THE CROSS KOREAN UMC

57 Burton Avenue • 393-7890



HOLY TRINITY LUTHERAN CHURCH

92 Burton Avenue, HH • 288-6889

Pastor Rev. Susan Nelson-Colaneri

Sunday

9:00 a.m. - Holy Communion

10:00 a.m. - Sunday Church School/Adult Forum

Tuesday: 7:30 p.m. - Bible Study



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



Church Schedules: 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



Church Schedules: 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)

IMMACULATE CONCEPTION CONVENT
143 South Main Street, Lodi
Mass: Sunday 9 a.m. • **Daily** (M-F) 7:00 a.m. • **Sat.** 8 a.m.

ST. FRANCIS De SALES
125 Union Street, Lodi • 973-779-4330

ST. JOSEPH R.C. CHURCH
40 Spring Street, Lodi • Rectory: 973-779-0643
Rev. Michael Marotta, C.R.M, Pastor
Rev. Americo Salvi, C.R.M., Parochial Vicar
Rev. Jason S. Gaganap, C.R.M, Parochial Vical
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

Church Schedules: 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



ST. MARGARET OF CORTONA (Little Ferry/Moonachie)
31 Chamberlain Ave., Little Ferry • Office: 201-641-2988
Rev. Arthur Frank Humphrey, Pastor
Sr. Dorothy A. Donovan, S.S.J, Pastoral Associate
Sunday Obligation Masses:
Saturday: 5:30 p.m. • Sunday: 8 a.m., 10:00 a.m., Noon
Daily Masses: Mon., Novena 7 p.m., Tues., Wed., Fri. 8 a.m.
Saturday, Memorial Day, July 4th, Thanksgiving: 9 a.m.
Rosary for Peace: First Saturdays after 9 a.m. Mass
Reconciliation (Confession): Mon. 6:15 - 6:45 p.m.

Church Schedules: Wood-Ridge

ASSUMPTION R.C. CHURCH
143 First Street, Wood-Ridge • Rectory: 201-438-5555
Center: 201-933-6118 • School: 201-933-0239
Fr. Brian Cullinane, OFM, Pastor
Fr. Paul Sinnema, OFM
Fr. Thomas Kelly, OFM
Deacon Nicholas Valdez
Sunday Obligation Masses:
5:30 p.m. Saturday
8:00 a.m., 9:30 a.m., 11:00 a.m.
Daily Masses: (Church)
Mon., Fri., Sat.: 8 a.m. • Tues., Wed., Thurs.: 7:30 a.m.
Holy Hour: Friday after 8 a.m. Mass
Sacrament of Penance: Sat. 11:00 - 12:00 p.m.
Assumption Church/School Websites
Parish: www.assumption-parish.org
School: www.assumptionschoolwr.org



FIRST PRESBYTERIAN CHURCH OF WOOD-RIDGE
190 Valley Boulevard • Office: 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



ST. PAUL’S EPISCOPAL CHURCH/RESURRECTION
Center & Humboldt Streets,
W-R • 201-438-8333
Rev. Jacob David, Rector
1st Sunday - 9:30 a.m., Combined CSI & Healing Service
3rd Sunday - 9:30 a.m., Combined Espiscopal Eucharist
2nd & 4th Sunday - 11:00 a.m. Malayalam Service
Vestry Meeting: 2nd Sat. 10:00 a.m.



Lenten Services

Holy Trinity Lutheran Church, located at the corner of Burton and Hamilton Avenues in Hasbrouck Heights, will hold Lenten Services on Wednesday evenings, beginning at 7:30 p.m. Ash Wednesday service will include Holy Communion and the Imposition of Ashes. The following Wednesday evening services will be based on Old Testament readings and reflections.

Soup and Bread suppers will precede the service each week beginning at 6:45 p.m. with the exception of Ash Wednesday. All are welcome. ###

Sweet Tastes of Torah

Rabbi Jarah Greenfield of Reconstructionist Temple Beth Israel of Bergen County (RTBI) will be one of the rabbis teaching at the first-ever “Sweet Tastes of Torah: A Community Night of Learning” on Saturday evening, February 6, 2010.

The educational event is being sponsored by the North Jersey Board of Rabbis, the UJA of Northern New Jersey, and participating synagogues, including RTBI. It will be held at Temple Emeth, 1666 Windsor Road in Teaneck. Greenfield, the only Reconstructionist rabbi to participate, will teach “Eshet Chayil: Who is Today’s Woman of Valor?”

“This study looks at the meaning of womanhood through traditional sources and contemporary issues in the media and politics,” said Greenfield.

Registration for “Sweet Tastes of Torah” begins at 6:15 p.m. Attendees may choose from a broad variety of courses being taught by rabbis from all streams of Judaism.

Program listings and registration information for “Sweet Tastes of Torah” is available at www.ujannj.org/njbr ###

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Mardi Gras Celebration February 16

First Reformed Church, Hasbrouck Heights, presents a Mardi Gras Celebration with a Gumbo (*chicken and sausage -- not spicy*), rice, salad and French bread dinner cooked by the Lenten team, on Tuesday evening, February 16, 2010, at 6:30 p.m.

Authentic New Orleans music presented by “The Big Easy Trio” with Ruth Brisbane (*“One Mo’ Time” and Harlem Blues and Jazz Band vocalist*).

Suggested donation \$10.00. Costumes are appropriate; masks and beads provided. At 8:00 p.m. there will be a concert of gospel music and New Orleans spiritual music upstairs in the Church.

All are welcome. Seating for dinner limited. Phone 201-288-1122 for your reservation by February 10th.

Care on the Corner Honors Rose Heck

On February 5, 2010, Care on the Corner Community Service Center will host a Gala and Auction honoring Hasbrouck Heights Mayor Rose Heck. Rose will be honored for her years of volunteer service, focusing on her two terms on the Care on the Corner Board of Directors.

The Gala will be held at The Empire Club located at 136 Mehrhof Road in Little Ferry from 6:00 p.m. until 10:00 p.m. Entertainment will be provided by “The Big Easy Trio”, featuring guest vocalist Ruth Brisbane of the Harlem Blues and Jazz Band.

For more information and ticket inquiries, contact Gale Sharron at 201-288-9460. ###

Food Bank

The Hasbrouck Heights Food Pantry is open Mondays from 9:00 a.m. to 11:00 a.m. for residents.

Donations are always welcome. Call Borough Clerk’s office for more information at 201-288-0195. ###

Ecumenical World Day of Prayer March 5

“Let everyting that has breath praise God.”

On Friday, March 5, 2010, at 1:00 p.m., World Day of Prayer Ecumenical Services will be held at First Reformed Church (Burton and Washington Place, Hasbrouck Heights). A coffee hour will follow. The facilities are handicapped accessible. For more information, contact Estella at 201-288-0000.

World Day of Prayer (WDP) is a worldwide ecumenical movement of women of many faith traditions who come together to observe a common day of prayer each year on the first Friday in March -- to which all people are welcome.

Throughout the entire day, women in more than 170 countries and regions, collectively pray all over the world, beginning with the first sunrise and ending at the last sunset. These prayers follow the sun’s path around the globe. WDP’s motto is “Informed prayer leads to prayerful action.”

Through World Day of Prayer, women affirm that prayer and action are inseparable and that both have immeasurable influence in the world. WDP brings together women of various races, cultures and traditions in closer fellowship, understanding and action throughout the year, becoming aware of the whole world and no longer living in isolation.

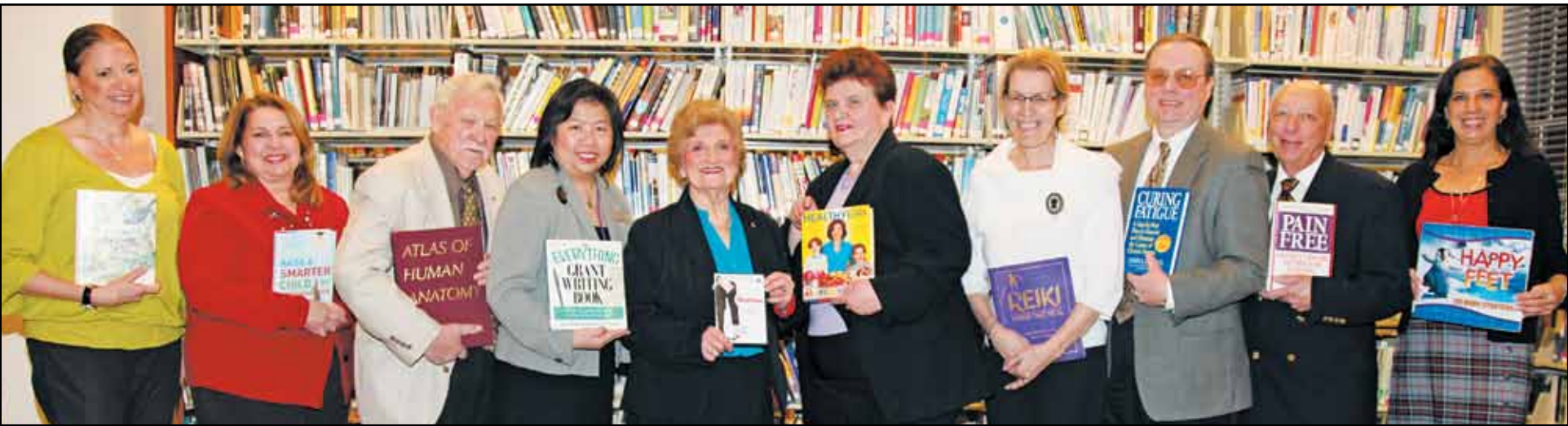
A different country is represented each year. This year, the women of Cameroon, Africa, invite us to come with them to the “Land of The Unexpected.” For more information go to: www.wdpusa.org ###

Citizenship Classes Start February 15th

Preparatory classes for U.S. Citizenship will start on Monday, February 15, 2010, and finish on Monday, March 22, 2010, from 7:30-9:30 p.m. at Care on the Corner, 333 Franklin Avenue in Hasbrouck Heights. Registration and Testing will take place on Wednesday, January 20th and 27th, 2010 at 7:00 p.m., 229 Terrace Avenue in Hasbrouck Heights (corner of Terrace and Jefferson Avenues).

Students must bring their green card at the time of registration.

For more information about the Citizenship Classes, call the Care on the Corner office at 201-288-9460. A registration form, accompanied with a non-refundable \$25 registration fee, must be completed for each student. ###



Heights Library Board Reorganizes for 2010

The Board of Trustees of The Free Public Library of Hasbrouck Heights held its reorganization meeting on Wednesday, January 20, 2010. Lisa Traina was elected Board President along with Pat Link as Secretary and Tom Meli as Treasurer. The board meets on the third Wednesday of each month, at 7:30 p.m., to conduct library business. Photo (l-r) Rose Ellen Lorber-Termaat, Council Liaison Sonya Buckman, Dr. Burnett Eglow, Library Director Mimi Hui, Mayor Rose Heck, Patricia Link, Edwinna Carroll, Tom Meli, Thomas Verrastro, and Lisa Traina. ###

Piano Recital

The Free Public Library of Hasbrouck Heights will present pianist Kristen Briggs in a recital from 3 - 4 p.m., on Saturday, February 6, 2010. This free program will be held in the Senior Center of the Municipal

Building at 320 Boulevard.

Ms. Briggs is a senior at the recognized Montclair State University's John J. Cali School of Music. She will be performing classical pieces from the works of Bach, Beethoven, and Chopin.

The Library is pleased to

be sponsoring Kristen Briggs. She is completing her degree in music education and plans to teach music. The Library has been working with the University to provide a venue for performances by special students in the music program. Kristen is the first of the season. Future

concerts from the students of the John J. Cali School will continue for the community to enjoy and support promising new artists.

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

W-R Book Sale

On Saturday, February 6, 2010, from 10 a.m. to 2 p.m., The Friends of the Wood-Ridge Memorial Library will hold a book sale in the W-R Senior Center. Hardback, paperback, children's books as well as videos, CD's, DVD's and cassettes, are available. ###

All You Can Eat Pancakes are back!

Your choice of one of the following combos, served with two of our famous fluffy buttermilk pancakes. Then we'll bring more pancakes, three at a time until you've had your fill.

Sampler (pictured)
Two eggs; hash browns, two strips of crispy bacon, two pieces of ham, two pork sausage links and two buttermilk pancakes 8.49

Big
Two eggs; hash browns, two strips of crispy bacon, two pork sausage links and two buttermilk pancakes 7.49

Regular
Two eggs; hash browns and two strips of crispy bacon or two pork sausage links and two buttermilk pancakes 6.49

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All You Can Eat Dinner Specials

Buttermilk Popcorn Shrimp & Fries Basket
A half-pound of golden fried popcorn shrimp, served with seasoned fries, garlic bread and cocktail sauce. Then we'll bring you more shrimp, until you've had your fill. (Additional cocktail sauce upon request). 8.99

Spaghetti Dinner
Spaghetti topped with a rich marinara sauce and Parmesan cheese served with garlic bread. Then we'll bring you more pasta and garlic bread until you've had your fill. 6.99

Happy Valentine's Day

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February 2010 Heights Senior Calendar

Open to All Hasbrouck Heights Seniors

SENIOR ACTIVITIES

Monday, February 1, 8, 22

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

Tuesday, February 2, 9, 16, 23

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

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

6:00 p.m. Games, cards & coffee

Wednesday, February 17, 24

10:00 a.m. Wii Bowling League

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

Thursday, February 4, 11, 18, 25

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

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

Friday, February 5, 19

10:00 a.m. Fun Bingo

1:00 p.m. Movies

Check Center Bulletin Board for listings

Friday, February 26

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

CLUB MEETING SCHEDULE

Wednesday, February 3

10:30 a.m. Leisure Club Executive Meeting

Wednesday, February 10

Program: The Six "Must Have Documents" Everyone Needs

NOTE: Center will be closed:

Lincoln's Birthday, Friday, February 12

President's Day, Monday, February 15

UPCOMING EVENTS

Leisure Club 60th Birthday Party

All paid up members will be treated to: pasta with meatballs, salad, dessert, coffee, tea and soda at the Center starting at noon on Wednesday, April 14, 2010. Entertainment by Mind Reader, Flavian. Dues must be paid by the March 2010 meeting. Members must sign up so that an accurate count of who will attend can be made.

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Mike Gintella Entertains Seniors

For the second year in a row, the Leisure Club was entertained by Mike Gintella at its first meeting of the New Year. The meeting took place on January 13, 2010, to a capacity group of senior citizens.

Mike is a seasoned entertainer. He has the experience, talent and charm that are necessary to produce an entertaining and uplifting program. The audience enjoyed Mike's relaxing baritone voice. It was obvious by the way they swayed, sang along with him and applauded after he ended a song.

Mike sang, did a soft shoe

routine and frolicked in an amusing way about his age. All the songs he sang were well known to all. At the beginning of the meeting, the members were introduced to Nurse Diana Costagliola who works at Hackensack University Medical Center.

She informed all that she visits Hasbrouck Heights on the second Wednesday of each month, and is available to take blood pressure; discuss community and health resources; and provide information on health awareness issues. She is located in the Municipal Build-



ing from 10:00 a.m. to 1:00 p.m. All Hasbrouck Heights seniors are welcomed. *Story and photo by Peter Gallo Jr. ###*

AARP Members Review Healthy Habits

Representatives from Holy Name Hospital in Teaneck addressed the members of the Central Bergen Chapter #418, AARP at their monthly meeting held on January 8, 2010. Their topic was "Have Fun and Get Healthy in the New Year."

Ms. Nancy Ellson, RN, MSN, APA Coordinator of the Center for Healthy Living, and Intern Ryan Mion, representing Holy Name Hospital, stressed that to get healthy you must set short term goals and reward yourself when you have achieved them.

Ms. Ellson also went over a typical shopping list to see



what products have more nutrition and get the best results.

Their program emphasized that the five basic nutrition tips to maintain a healthy New Year are: eat less salt, avoid animal

based products, limit foods that are high in fat, oil and margarine, eat fortified foods that contain vitamin B12, and drink vitamin D fortified fat free or low fat milk.

The next meeting of the AARP Chapter will be held on Friday, February 12, 2010, at 12:30 p.m., at the M & M Building in Hackensack. The program will be the Acoustic Duo of Jeff and Karen. They will perform a special Valentine's Day Themed Show. All AARP members are welcomed to join the chapter. *Story and photo by Peter Gallo Jr. ###*

Kiwanis Awards Colleen Jarvis Life Membership



The New Jersey District of Kiwanis International, on the recommendation of the Hasbrouck Heights/Teterboro Kiwanis Club, has awarded Colleen M. Jarvis Life Membership.

This award is given to a member who has perpetuated the objectives of Kiwanis International.

ternational.

The award was presented to Mrs. Jarvis by President Dr. Burnett Eglow at the meeting held on January 6, 2010. The presentation was a surprise to Colleen, but not to the members who have worked with her in the Kiwanis organization during the past 17 years.

Mrs. Jarvis is well known within the Hasbrouck Heights community. She served on the Board of Education for six years and is a Past President. For her work on the Board she received the Archie Hay Award for her dedication to children. Colleen is a Past President of the High School PTA and is a Life Member of the PTA. She is a Past President of the Junior

Women's Club and is a Life Member.

Felician College named Colleen "Woman of the Year" in 2003. The college also awarded her the Kappa Gamma Award for her volunteerism, and the St. Catherine's medal for her scholarship and volunteerism. She presently serves on the Felician College Alumni Board.

As a member of the Kiwanis Club, Colleen served as President for two terms and Lieutenant Governor for the New Jersey District Kiwanis for three years. She has also received the prestigious George F. Hixon Fellowship Award.

Presently, Colleen is the secretary of the local Kiwanis Club, a member of the local Student Loan Fund and a member of the Hasbrouck Heights Board of Health.

During the meeting, the Kiwanis Club heard from Ms. Carolyn Beth Silecchia, Division Leader for Primerica Financial Service. She presented a program on understanding how money works and offered common sense tips for auto, life and homeowner's insurance, wills, emergency funds, saving for college and planning for retirement. *Story and photo by Peter Gallo Jr. ###*

Eyeglasses Collected by HH Lions

The Lions Club of Hasbrouck Heights is collecting used eyeglasses that will be cleaned, sorted by prescription and given to the needy throughout the world. More than 400,000

eyeglasses are collected and given out each year by Lions International.

If you have any old eyeglasses, please donate them to the Lions Club, so that those less fortunate can receive the gift of improved sight.

Eyeglass donation centers locally include: Valley National Bank (yellow mailbox on side lawn) @ 284 Boulevard or Dr. Michael Shustyk - Chiropractor @ 168 Boulevard. ###

Keep Fire Hydrants Cleared of Snow

When it snows, residents and businesses should make an effort to keep fire hydrants clear and accessible. ###



Bee-ing The Best

On Friday, January 15, 2010, the Junior Women's Club of Hasbrouck Heights held its 17th Annual Spelling Bee at Kiefer Auditorium in the Hasbrouck Heights Jr./Sr. High School. Forty-four top spellers competed to be the best. Awards were given to the top six spellers. The top three will go onto the Palisades District Spelling Bee to be held at Oradell Public School on February 7th at 1 p.m. First Place: Rishab Kattreri of Lincoln School; Second Place: Sydney Fontalvo of Lincoln School and Third Place: Allison Sambucci of Corpus Christi School. Judges were Assemblywoman Connie Wagner (38th District), Richard Parodi, Hasbrouck Heights Board of Education Trustee, and Mimi Hui, Director, Hasbrouck Heights Library. The Pronouncer was former Junior and former Hasbrouck Heights Board of Education Trustee, Joyce Powell. *Story by Maria Adamkiewicz. ###*

Library Programs for School Age Children

School age children are invited to spend fun-filled afternoons at The Hasbrouck Heights Library.

- Grades: K thru 1

Book Lovers' Storytime is held on the 2nd Friday of every month from 3:30 - 4:30 p.m. Stories, games and snacks are all part of the fun.

- Grades: 2 - 3

Best Books Book Discussion Group is held on the 1st Friday of each month from 3:30 - 4:30 p.m. Age appropriate books are discussed, along with games, crafts or other activities relating to the books.

- Grades: 4 - 6

Critics' Choice Book Discussion Group takes place on the 3rd Friday of each month. Contemporary children's books as well as occasional classics are discussed, games or other activities are planned relating to the book.

Craft Nights are held on the 2nd Monday of each month from 7 to 8 p.m. Activities include jewelry making, clay modeling, and molded chocolate.

The Library is located at 320 Boulevard in Hasbrouck Heights. Space is limited. Priority will be given to residents. Special thanks go to The Friends of the Library who generously donate refreshments.

Call the Children's Department to register at 201-288-8911 or visit us online at www.hasbrouckheights.bccl.org. ###



HH D.A.R.E. Culmination 2010

On January 14, 2010, at 7:00 p.m., the Euclid and Lincoln School Fifth Grade D.A.R.E. Culmination Ceremony was held in the Hasbrouck Heights High School Gym.

Proud parents viewed a video presentation by HHHS students.

The Hasbrouck Heights Police Department Honor Guard marched onto the floor for the Pledge of Allegiance and the singing of "God Bless America."

Masters of Ceremony were Sophia Marino and Joseph Giancaspro. The 5th Grade gave a choral speaking, "Our Rights."

Mayor Rose Heck, Police Chief Michael J. Colaneri, Superintendent Joseph Luongo, spoke briefly.

Essay winners: Euclid School -- Frankie Salerno, Anastasia Robitaille and Emily Reyes. Lincoln School -- Christine Franco, Jaimie Dubicki and Andrew Stavash.

Under the direction of Mrs. Cerasuolo, the Fifth Grade students gave a musical presentation. The Fifth Grade teachers conferred certificates.

Closing remarks were made by Lt. Shawn Mullins. Light refreshments were served in the cafeteria. *Photos provided by HHPD. ###*

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8 years old

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PTO Was Winner at Casino Night

About 200 attended The Robert L. Craig PTO 2nd Annual Casino Night on Januray 20, 2010, at The Graycliff in Moonachie.

There was plenty of excitement at the gaming tables. Atlantic City rules applied.

There was Blackjack, Craps, Roulette, a Money Wheel and Texas Hold ‘em.

Tickets included chips and buffet dinner. There were fabulous prizes and a 50/50 raffle.

There were over 50 cleverly named prize auction baskets. Prizes were distributed through

a Chance Raffle. There was a Mystery Box prize as well. Proceeds benefited the Class of 2010. ###



Scouts Meet Mayor -- Earn Badges & Petals

On Thursday, January 14, 2010, Scouts met Hasbrouck Heights Mayor Rose Heck in the Council Chambers where she explained how government proceedings and deliberations are conducted, the Mayor’s responsibilities and overview of the responsibilities of various municipal departments.

Pack 17 Webelos 1 Den earned their Citizen Badge, Brownie Troop 438 earned badges for “Citizen Near and Far” and “Careers,” and Brownie Troop 454 earned a Petal for “Respecting Authority.” ###

Real Estate Insight

By Mary Ellen Courtney



**Renting vs Selling:
What’s the Solution?**

Many people today are considering renting their homes until the market improves; either they’re finding it too frustrating trying to sell their home or they simply don’t want to take a hit regarding their potential profit (or lack thereof).

And so – given the state of the real estate market and the tumbling price - many Hasbrouck Heights/Wood-Ridge residents have opted to rent out their homes instead of selling them at a ‘loss’. For some individuals, this may be the perfect solution to a less-than-perfect market; for others, it may simply prove to be too difficult.

How do know whether renting is right for you? Well, you might start by asking yourself these questions...

- Are you prepared to become a landlord? For many individuals with busy lifestyles, acting as a landlord is simply out of the question. For others who move far away, acting as a landlord is equally impossible.

- If you are not prepared to become a landlord, can you pay someone else to take on this role? Paying a property management company to act

on your behalf will take away from your monthly rental income. Whatever the case, you will need someone to take care of the home, to collect rent and to deal with issues regarding the property (even at 3 in the morning!).

- Are you prepared to deal with tenants? Most tenants are responsible and considerate; however, there are always those tenants who will act irresponsibly, damaging property, paying late, etc. All of these issues are irritating to a landlord...but they are all to be expected.

- Are you prepared to take a loss? For many homeowners with existing mortgages, renting out a home for the same amount as the monthly mortgage payment is simply not realistic. You will face losses on a monthly basis.

For good advice on this, consult your trusted Realtor. The best solution may be only a phone call away! ###

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



Fitness Tips

By Joann Glussich

**Your Fast-Track to a Flat
Tummy and Tight Abs**

The New Year is still young, and if you’ve decided to make this your year for losing the weight and tightening your abs, you’re in luck.

Getting a flat midsection boils down to two things: 1) Getting rid of the fatty layer that is covering your abdominal muscles; and 2) Tightening and toning your abdominal muscles.

The following 7 Tight Abs Tips are your Fast-Track ticket to getting a flat, attractive midsection this year.

- Tip #1: Perform challenging strength training abdominal exercises at least three times each week.

- Tip #2: Stop eating junk. Processed foods, refined sugar and high fructose corn syrup do NOT belong in your diet. Cutting these items from your diet will allow your body to maintain stable blood sugar levels, alleviating your body’s need to store excess sugar away in fat cells.

Replace them with real whole foods such as lean meats, vegetables, whole grains, nuts and fruits.

- Tip #3: Stop doing long and slow cardio workouts. Instead, use HIIT (High Intensity Interval Training) for your cardio workouts. HIIT training uses intense bursts of cardio peppered throughout your workout. This is a sure-fire way to rev up your metabolism and to get your fat stores to shrink.

- Tip #4: Use resistance with your abdominal exercises. Hold a medicine ball or dumbbell at your chest as you perform your crunches—this will force your abs to work harder, and will achieve better results.

- Tip #5: Don’t be fooled. The market is flooded with ‘lose weight’ products and products that claim to flatten your stomach. Never waste your time or money on abdominal exercise gimmicks. All you really need is your own body weight, an exercise ball and dumbbells or a medicine ball.

So-called weight loss sup-

plements. The magic pill for flat abs doesn’t exist.

- Tip #6: Target your lower abs. Incorporate the V-Up into your exercise routine:

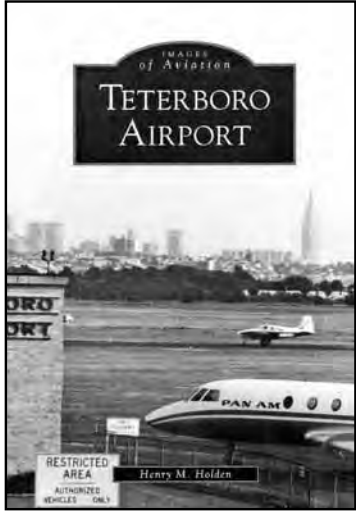
Sit on the edge of an exercise bench; lean back to a 45 degree angle. Extend your legs out until they are level with the floor. Exhale and bring your knees and upper body close together, while contracting your abdominals. Inhale as you slowly release your legs, returning to daily life and throughout each workout. A strong core is the foundation for flat, tight abs.

Your abs need a progressive challenge in order to transform. This means new exercises, different resistance and increased challenge.

Call or email today to get started on a program that will challenge you, motivate you and transform your body. ###

Joann Glussich, Certified Personal Trainer and owner of Contours Express, 1 South Main Street (Lodi Mall), Lodi, NJ 973-777-4494, www.contoursexpress.com/lodinj ###

WALK Facing Traffic BIKE With Traffic



**Holden Holds
Book Signing**

On February 27, 2010, from 1 p.m. to 4 p.m., Aviation Historian, Henry Holden, will hold a book signing of both his Teterboro Airport and Newark Airport books at the NJ Aviation Hall of Fame and Museum.

Both books are packed with historical information and many unpublished photos. Cost is \$21.99 each, and available from Arcadia Publishing (www.arcadiapublishing.com).

AHOF is located at 400 Fred Wehran Drive, Teterboro Airport. For more information call 201-288-6344. ###



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Aroma Therapy Seminar

On February 25, 2010, from 7 to 8:30 p.m., The Free Public Library of Hasbrouck Heights will sponsor a seminar entitled "Benefits of Aroma Therapy."

This is the practice of using ethereal plant oils, including

essential oils, for psychological and physical well being. This free program will be held in The Library's conference room located at 320 Boulevard.

Gregory Sladovich, certified massage therapist and specialist in other holistic modalities including Reiki and reflexology, will be the speaker. He is a volunteer coordinator at Care Alternatives, a community based hospice organization located throughout New Jersey. The speaker is prepared to discuss aroma therapy, but would be able to address any of the other topics.

To register, please call 201-288-0488 or visit online at <http://hasbrouckheights.bc-clc.org> and go to the calendar. ###



Pharmacist Corner

Home Diagnostic Testing

By Jeff Rucker, RPh

The popularity of at-home testing has increased steadily. What was once the sole domain of glucometers and home pregnancy kits, has flourished into a multi-billion dollar industry.

Now not only can you predict whether or not you are pregnant, but you can foresee the sex of the child, if he really is the father, and later down the line, if said child is abusing drugs (*within 97% accuracy*).

Another popular test released recently is HbA1C test, which essentially tests how "well behaved" a diabetic has been over the past three months. They are available under a variety of trade names including "A1C At Home" or "A1C Now." While this test was usually performed in the doctor's office, it's a good indicator for the patient to have an idea on how well they are keeping their diabetes in check.

Much like the at-home cholesterol tests, it makes little sense to try these monthly or weekly since it takes quite some time for either test results to improve or worsen.

The allure of these tests is fairly straightforward; they are easily obtained at your local pharmacy/drug store, and can be performed in the privacy of your own home. Most tests cost about the same as your average office visit, but a lot less time consuming.

One of the biggest concerns regarding home testing deals with patients self-diagnosing themselves, where a false negative would delay potentially lifesaving treatment; a false positive could result in serious psychological issues.

For instance, someone

using an At-Home HIV test wouldn't benefit from both the pre and post test counseling you'd receive in an office/lab situation. It's also important to note that it's during the first 72 hours following a positive result is when most people are most likely to hurt themselves.

So what should you do? There are a few simple things you can do to make sure you benefit the most from an At-Home test.

First off, try not to purchase tests kits off of the internet, though some may do as they advertise; many won't, which leads into the next thing: purchase from a reputable store/your local pharmacy. This way you'll benefit from the pharmacist's recommendation and expertise.

Another important tip, as simple as it sounds, is to fully read and understand the instructions provided. And regardless of what the results indicate, you should follow up with your physician for additional testing. For additional information go to www.labtestsonline.org/understanding/features/hometesting-2.html.

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

Help Scouts Help Homeless Animals

The Junior Girl Scouts, Troop 526 of Hasbrouck Heights, will be running a wish list drive until early February 2010 to benefit the Bergen County Animal Shelter.

Types of items being solicited are: clean sheets and towels, Purina cat and dog food, cat and dog food bowls, small stuffed animals, paper towels, unscented baby wipes, gift certificates/cards to J&B Pet Wholesale, Pet Smart or PetCo, etc. Drop off donations at 537 Terrace Avenue, Hasbrouck Heights. For more information, call Christina at 201-414-0185. ###

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237 Boulevard, Hasbrouck Heights**201-288-9044**Family owned and operated
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Serving the community for over 50 years**Tricky Tray
March 4th**

Assumption School's Parents Guild is holding their 13th Annual Tricky Tray at The Fiesta in Wood-Ridge on Thursday, March 4, 2010. Doors open at 6 p.m.

Cost is \$40 per ticket and includes dinner of salad, pasta, entree, dessert and one sheet of tickets for the 1st level prizes. Proceeds benefit Assumption School. Call Patsy for tickets, 201-939-3557. ###

**All You Can Eat
Pasta Night**

Moonachie Boy and Girl Scouts are hosting a Valentine's Pasta Night Fundraiser on Friday, February 12, 2010, from 6:30 to 10:30 p.m. at The Graycliff in Moonachie. Cost for adults is \$20, children \$15, 3 and under free.

Menu includes "All you can eat" pasta, meatballs, salad, chicken fingers and bread. There will be door prizes and giveaways. Entertainment will be provided by DJ Joey Zisa. Call Joanne for tickets, at 201-805-4246. ###

**Pasta Night at
Assumption**

The Assumption "All Stars" Class of 2010 is hosting a Pasta Night on Ash Wednesday, February 17, 2010, in the school cafeteria.

There are three seatings: 4:30 p.m., 5:30 p.m., and 6:30 p.m. Adult tickets are \$7.00 and children under 10 are \$5.00.

Tickets are available for advance purchase by contacting Joan, 201-440-1410, or at the door. Take out is available. All proceeds to benefit Project Graduation. Assumption School is located at 151 First Street, Wood-Ridge. ###

**Champagne
Pancake
Breakfast**

VFW Post 809 will hold a Pancake Breakfast on February 7, 2010, from 8 a.m. to noon at 100 Main Street, Little Ferry.

The menu is pancakes, eggs, sausage, orange juice, coffee, tea, bread, butter and champagne.

Cost is \$5 for adult and \$4 for seniors. Children under 12 are free. For more information call 201-641-9740. ###

**Knights Pancake
Breakfast February 14**

The St. Michael's Council Knights of Columbus will hold a pancake breakfast on Sunday, February 14, 2010, from 8:30 a.m. to noon, at 39 Washington Street, Lodi. Cost is \$6 per person. Menu includes pancakes, eggs, sausage, juice, coffee/tea. For tickets, call Frank at 973-778-0796 or Lou at 973-472-7741. ###

**Comedy Night
Features Uncle Floyd**

The Lodi Chapter of UNI-CO is sponsoring their 10th Annual Comedy Night, featuring Uncle Floyd, on February 19, 2010, at The Brownstone, Paterson, NJ, 800-464-8582.

Cocktail hour is from 7:30 to 8:30 p.m. Cost is \$75 per person. ###

AC Bus Trips

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

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

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"A Reliable Wife"

The next gathering of the newly established adult book group, co-led by Head of Circulation Lorri Steinbacher and local resident Rose Ellen Lorber-Termaat will take place on Thursday, February 25, 2010, at The Free Public Library of Hasbrouck Heights. The group meets on the last Thursday of each month at 7 p.m.

The book to be discussed is "A Reliable Wife" by Robert Goolrick; a page turner that will keep the reader guessing till the end as complex characters draw you into a web of deception and intrigue that takes place in 1909 rural Wisconsin.

Light refreshments will be served. To register or to reserve a copy of the book, please call 201-288-0488. ###

**Medical Examiner
Dr. Mary Ann Clayton
to be Honored Feb. 4th**

Assumption School in Wood-Ridge invites you to join in honoring distinguished graduate Dr. Mary Ann (Bullion) Clayton at its annual Catholic Schools Week Dinner.

The dinner is being held at The Fiesta in Wood-Ridge on Thursday, February 4, 2010, at 7 p.m. Cost is \$35 per person; a cash bar will be available. Dr. Clayton is an alumna of the Class of 1969, and is currently a Bergen County Medical Examiner. Please call Mrs. Mueller at 201-933-0239 for reservations. ###

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Lodi \$599,000
Beautiful, Spacious Custom 2 Family. Built 2005, offers 2 BR & 3 BR apts., Master BR w/Bath, Hardwood Floors, C/A, MEIK w/granite, sep. utilities, Nice Yard, 2 car garage, Short Sale! Tour at: www.gatewaytohomes.com/1000864



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Hasbrouck Heights \$425,000
Lovely 3BR, 1.5 bath Split Level located on quiet street. features large LR, FDR, updated EIK. Lower level has a FR & entry to att. garage & yard. Basement with laundry, hardwood under carpets and C/A. Tour at: www.gatewaytohomes.com/2946718



Hackensack \$399,000
Like new expanded 4 BRs, 3 bath Cape Cod. Large DR, LR, and MEIK. Huge MBR, beautiful tile & hardwood floors. New roof & central air, fin. basement, covered patio, fenced yard, 2 car garage. Tour at: www.gatewaytohomes.com/2949501



Hasbrouck Heights \$389,000
Lovely 3 BR Side Hall Colonial in convenient central location. Featuring on 1st floor, entry foyer, large LR & DR w/hrdwd. floors, EIK, den & sun room w/wd burning stove & ent. to backyard. Finished basement, gas heat, C/A & det. garage. Tour at: www.gatewaytohomes.com/2942945



Wood-Ridge \$439,900
Large 3 BR, 2 bath Colonial on oversized lot! Offers newer kitchen & baths. Large fenced in yard for expansion! Home has 2 zone C/A gas BBD heat, Full basement, convenient location. Nice area & parking for 5+ cars. Tour at: www.gatewaytohomes.com/2943751



Lodi \$399,000
Young Multi-family home offers large, bright & airy rooms. Private main w/3 BRs & 2 baths. Rental unit is on the back side w/separate ent. Lovely walk-out basement apt. for ext. family. 2 car att. garage., C/A. Conv. loc. Tour at: www.gatewaytohomes.com/2947257



Hasbrouck Heights \$349,000
Sparkling 4 BR, 1.5 bath Cape Cod has been meticulously maintained. Features lots of updates, freshly painted, gleaming hardwood floors. Sprawling oversized prop. is prof. landscaped, fin. basement, attached garage. 1 Yr. HOW! Tour at: www.gatewaytohomes.com/2946196



New Milford \$399,000
Beautifully updated 3 BR, 2 bath Ranch. Large LR/DR combo, new kitchen w/cherry cabinets, back porch leading to large Trex Deck & private fenced yard, fin. basement, C/A, 1 car garage. Tour at: www.gatewaytohomes.com/2947073



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