

The Gazette

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

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VOL. 8, No. 2

February 2011

★★★★★



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In the quiet of hibernating parks, the silent, frosty blanket of snow beckons all to marvel at its beauty.
The joys of play, and children's laughter of spring... summer... fall... are gone.
The rustling leaves have been silenced. The cold does not matter.
No need to shovel away the stillness nestled in nature's icing.
This picture postcard will melt away too soon, perhaps without ever being seen.
Appreciate the peaceful... tranquil... calm of this moment.
Just delightful!

Let it Snow

Valentine's Day Pages 6-7	Fire Department Installations Pages 13-15	Felician Sisters' Epiphany Concert Pages 16-17	Municipal Reorganizations Pages 18-20	Holy Trinity Celebrates 90th Pages 28-29
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After the snow plowing to clear streets, the task becomes snow removal. Above, the Hasbrouck Heights DPW removing the snow between the sidewalk and street on The Boulevard after the first major storm of the season at about 9:30 a.m. on December 28, 2010. The snow was transported to the DPW yard. ###

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Bee-ing The Best

On Friday, January 14, 2011, the Junior Women's Club of Hasbrouck Heights held its 18th Annual Spelling Bee at Kiefer Auditorium in the Hasbrouck Heights Jr./Sr. High School. Twenty-nine top spellers from the 4th and 5th Grade classes of Corpus Christi, Euclid and Lincoln Schools competed to be the best. Awards were given to the top six spellers. First Place: Isabella Impalli, Fifth Grade – Corpus Christi, Second Place: Bharadwaj Chirravuri, Fifth Grade - Lincoln School, Third Place: Shalom Dukhande, Fifth Grade – Euclid School. The first, second and third place winners each received book store gift cards. The top three winners will be representing Hasbrouck Heights at the Junior Women's Club Northern NJ Regional Spelling Bee to be held at West Morris High School in Mendham, NJ on February 27, 2011 at 2 p.m. Judges were Assemblywoman Connie Wagner (38th District), Councilwoman Sonya Buckman, Hasbrouck Heights, and Mimi Hui, Director, Hasbrouck Heights Library. The Pronouncer was former Junior and former Hasbrouck Heights Board of Education Trustee, Joyce Powell. *Story by Mary K. Blanus.* ###



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Robert L. Craig School 2011 Spelling Bee

The Robert L. Craig School in Moonachie held its annual spelling bee on Friday, January 14, 2011, in the school gymnasium. Students from Grades Three through Eight participated. The winner of the spelling bee was Eighth Grader Jesse Estevez, who won the bee by correctly spelling the word

"vagabond." Second Place went to Third Grader Julianna Pansini, and Third Place went to Sixth Grader Franchesca Macalintal. Congratulations to Jesse Estevez and all of the participants of the Craig School 2011 Spelling Bee. *Photo and story provided by Valerie Kenny.* ###

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Gloria Glavan
 8 years old

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10 Must-Know IRA Terms

An individual retirement account is an excellent resource for growing your retirement portfolio. You enjoy the benefits of compounding growth and tax savings. But with nearly a dozen varieties of IRAs available it can get a bit confusing. Understanding these terms will give you an investing head start.

AGI (Adjusted Gross Income) - Used to calculate federal income tax, AGI includes all the income you received over the course of the year such as wages, interest, dividends and capital gains minus things such as business expenses, contributions to a qualified IRA, moving expenses, alimony and capital losses.

Contribution - IRA contributions are limited to \$5,000 a year for those younger than 50 and \$6,000 a year for those 50 and older. Contributions are classified as either tax deductible or nondeductible.

Deductible/nondeductible - Contributions to a traditional IRA are tax deductible if you are not covered by your employer's retirement plan. Even if you do participate in a company pension or 401(k) plan, you still may be able to deduct contributions to a traditional IRA depending upon your income and filing status. Contributions to a Roth IRA are not deductible.

Education IRA - In 2001, these plans were renamed the Coverdell Education Savings Account in honor of the late U.S. Sen. Paul Coverdell. There are contribution limits for taxpayers based on the contributor's Modified Adjusted Gross Income. The money contributed to a Coverdell account doesn't count against the \$5,000 (\$6,000 if 50 and older) annual total individuals may contribute to their combined individual IRAs. The earnings and withdrawals from a Coverdell account are tax-free, but you can't deduct the contributions from your income tax. Contribution limit for Coverdell Education Savings Account is \$2,000 a year.

IRA (Individual Retirement Account) - IRAs are retirement accounts with tax advantages. Individuals may contribute up to \$5,000 (\$6,000 if 50 or older) annually to an IRA as long as they have earned \$5,000 in that year (i.e., you can't contribute with unearned money). The investment grows tax-free until it's withdrawn, usually after age 59½. Money withdrawn before age 59½ will usually get a 10%

penalty, but there are some exceptions.

MAGI (Modified Adjusted Gross Income) - For the purpose of determining your contribution limit, some people use their AGI increased by certain exclusions from your income. Examples of exclusions to income include foreign-earned income and housing costs of U.S. citizens or residents living abroad and income from sources within Puerto Rico, Guam or American Samoa.

Required minimum distribution - Generally, a traditional IRA owner must begin taking money out of the account by April 1 of the year after he or she turns 70½. The amount is a minimum distribution determined by the account holder's age and life expectancy. The IRS has established simplified tables that a traditional IRA owner can use to figure the required distribu-

tion. If required payments are not made on time, the IRS will collect a 50% excise tax. Roth IRAs aren't subject to minimum distribution requirements until after the Roth owner dies.

Rollover - This is the term used when moving funds from one tax-deferred retirement plan to another.

Roth IRA - The most notable thing about a Roth is withdrawals are tax-free if the account has been open for at least five years and you're at least 59½ when you start to withdraw money. Contributions to a Roth are not tax deductible. The Roth is named for Sen. William Roth Jr., chairman of the Senate Finance Committee.

Tax and penalty-free withdrawals - You can take money out of your IRA tax-free and penalty-free as long as you repay the full amount within 60 days. You can only do this once every 12 months. ###

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HH Library Teen Readers' Club

Teens who are enrolled in Grades 7 through 12 are invited to participate in the Teen Readers' Club at The Hasbrouck Heights Free Public Library. This Club meets on the fourth Tuesday of the month from 7-8:30 p.m. and provides teens with an opportunity to talk about books, eat snacks, play games, and make new friends.

Here's what the teens will be reading in 2011:

- February 22 -- "Flygirl" by Sherri L. Smith
- March 22 -- "Hate List" by Jennifer Brown
- April 26 -- "The Smoky Corridor" by Chris Grabenstein
- May 24 -- "Incarceron" by Catherine Fisher

Copies of the monthly selections are available for pick-up at the Circulation Desk. For further information or to sign up, please contact Young Adult Librarian Catherine Dodwell at 201-288-6653 or dodwell@bccls.org. ###

Get on Track with Your Retirement Plan

The Free Public Library of Hasbrouck Heights is sponsoring a seminar "Nine Mistakes That Could Derail Your Retirement." Financial Advisors James Mathieu and Todd Jonasz of Wells Fargo Advisors will present this free seminar on Tuesday, February 15, 2011, from 7 to 8:30 p.m., in The Library conference room.

The target audience is people who are saving and planning for retirement, regardless of age. They explore such themes as underestimating retirement income needs, the impact of not planning for unexpected health care expenses, and neglecting the effects of inflation on investments. They will also discuss how to make the most of your retirement savings. The event is educational in nature.

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

"Sugar Blues" at The Library

Help to make your New Year's resolution about diet come true. The Free Public Library of Hasbrouck Heights will sponsor a seminar entitled "Sugar Blues."

Learn how eating sweets can take the sweet right out of you. Explore ways to tailor your eating routine to maximize your energy levels. This free seminar will be held in The Library's conference room at 320 Boulevard from 7:00 p.m. to 8:30 p.m. on Tuesday, February 8, 2011.

Speaker, Agata Repice, is a Health Counselor and Therapeutic Acupressurist. She is certified by the Association of Drugless Practitioners. Ms. Repice takes a holistic approach to nutrition. She is prepared to help answer such questions as "Why do we crave sweets and what do they do to us?" Learn about sweets and other facts related to food and your energy levels. To register, call 201-288-0488. ###

Chinese New Year 2011: The Year of the Rabbit

The Friends of The Hasbrouck Heights Free Public Library cordially invite everyone to join them welcoming the Year of the Rabbit with a Chinese New Year banquet on February 6, 2011, from 1 to 4 p.m., at the Asian Grill Restaurant located at 20 Route 17 South in East Rutherford in the Lowe's Plaza Mall. Dinner will be an eight course meal served family style. Entertainment will be provided.

Tickets are \$39 per person payable upon registration at The Library. The cost of the ticket covers the meal, soft drinks, and gratuity and supports the programming of The Friends of The Library.

Seating is limited and no tickets will be sold at the door. Sign up at the Library Circulation Desk or call 201-288-0488 for more details. ###

Lodi Memorial Library Programs

• Mondays: Bedtime Story Time: Come join us for 30 minutes of stories. Come in your PJs & bring your favorite stuffed animal! Adult supervision & advance registration required. Ages 2-6, 6:30-7:00 p.m., January 31, February 7, 14 & 28, 2011.

• Thursdays: Story Time: Join us for stories and coloring or an arts & crafts project that relates to the story. Ages 2-5. Adult supervision & advance registration required. Please only register for the morning or the afternoon, not both, as they will be the same program. 10:30-11:00 a.m. & 2:30-3:00 p.m., January 27, February 3, 10, 17 & 24.

• Fridays: Playgroup: Join us for some fun at The Library! Children will have an opportunity for free play and coloring or a craft. This program is 45 minutes in length. Ages 2-5. Adult supervision & advance registration required, 10:30-11:15 a.m., January 28, February 4, 11, 18 & 25.

• Board Game Bash: Join us every other week for board games from 3:30-4:30 p.m. No advanced registration is required. Ages 5 & up. Adult supervision is required for children in 3rd Grade & younger, January 28, February 11 & 25.

• Movie Afternoons: Join us twice a month from 3:30-4:30 p.m. for a children's movie. Snacks will be provided. No advance registration is required. Ages 5 & up. Adult supervision is required for children in 3rd Grade & younger. Please see the Children's Librarian for information about February's movies, February 4 & 18.

Special Events:

• Valentine's Day Crafts: A special afternoon of Valentine's Day crafts will be held on February 9 from 3:30-4:30 p.m. Advance registration is required so the proper supplies can be purchased. Adult supervision is required for children in 3rd Grade & younger.

• Teen Movie Night: Come enjoy a special movie night at The Library on February 23rd from 5:30-7:30 p.m. There is a \$2.50 entrance fee which will go towards the purchase of pizza and soda. Children must be age 13 & up. Advance registration is required. Please see the Children's Librarian for information about February's movie.

Contact The Library at 973-365-4044 x6 or email courtney.reinfried@bccls.org Check the website for more details: <http://lodi.bccls.org/ChildrensPrograms.html> ###

Hasbrouck Heights Garden Club

The HHGC will meet on Thursday, February 17, 2011, at 6:45 p.m. at Borough Hall, located at 320 Boulevard, on the second floor in The Library Community Room.

Chris Rubino, representing Monrovia Growers, will be this month's speaker.

The topic of discussion will be "New Introductions from Monrovia." He will explain why the plants grown by Monrovia are so successful. They are committed to enhancing the beauty and value of the North American landscape - one garden at a time.

Refreshments will be served followed by a short meeting. The public is always welcome! In case of inclement weather, please contact Judy at 201-288-2615. ###

HHJWC St. Pat's Party!

Kick off St. Patrick's Day with the Junior Women's Club of Hasbrouck Heights annual party at the Hasbrouck Heights VFW Post 4591, on March 5, 2011, at 7 p.m.

Come on your own or make our party your party and reserve a table. Tickets are \$40 per person. Ticket includes Irish dinner (*corned beef or chicken*) and dessert, beer, wine, Step dancing, DJ, and door prize. There is also a tricky tray and 50/50. Must be 21 or older to attend. Proceeds to benefit Junior Women's charities and local scholarships.

For tickets please call Cara: 201-288-0479. ###

Come Share Your Talent

Chip Dee Music Academy holds Open Mike Night every Friday evening from 7 to 9 p.m. in their studio at 195 Boulevard, Hasbrouck Heights. Jam, sing or just stop by to enjoy the talent. No cost. Call 201-288-8245 for details. ###

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The History of Valentine's Day Cards

According to American Greetings, while the precise origins and history of Valentine's Day are clouded by legend and lore, the custom of sending valentines is not only well documented, but provides a nostalgic inside look at the popular culture of the day.

Legend purports St. Valentine himself actually sent the first valentine greeting. While in prison, he allegedly fell in love with his jailor's daughter. According to the story, before his death, he wrote her a letter signed, "From your Valentine," a message that is still in use on modern-day cards.

The February 14th date for Valentine's Day most likely arose from the Pagan ritual of Lupercalia in ancient Rome, which honored Juno, the goddess of love and marriage. It later became the date St. Valentine was martyred.

The oldest known precursor to today's valentines is still in existence today. It was a decorated love letter penned by Charles, Duke of Orleans, as a romantic missive to his wife when he was imprisoned in the Tower of London during the Middle Ages. Today, it is displayed in the British Museum.

Seventeenth Century Cards

Englishman Samuel Pepys sent the next recorded valentine in 1667. It was made of blue paper, featured a romantic verse and his wife's name in gilded letters.

By the mid-1600s, people of all social classes were exchanging small tokens of affection on February 14th.

By the end of the seventeenth century, thanks to improved printing technology, printed cards began to replace written letters.

Cheaper postage also contributed to an increase in the popularity of sending Valentine's Day greetings.

Valentines Come to America

Most experts believe Americans probably began exchanging hand-made valentines in the early 1700s. Early American designs were simple, usually highlighted by fine pen and ink workmanship.

In 1669, a booklet of verses to help young men in their courtship was printed in France. Called a "writer," the booklet contained an array of verses and messages that could be copied onto gilt-edged letter paper. These booklets soon became popular in England and were eventually brought to the United States by early colonists.

Victorian Cards

The first commercial valentines were printed from copper plates in Europe in the 1800s. The valentine custom began to flourish and grow during Victorian times when a practical method of manufacturing paper lace was invented. Elaborate Victorian valentines often featured paper lace, bits of colored glass, tinsel, fringe, and feathers, even locket of hair.

In 1840, mechanical valentines became the rage. By pulling a tab, a figure or object on the card could be moved. Some of these cards had three-dimensional pop-out designs. Esther Howland of Worcester, Mass., was the first American publisher of valentines. In 1849, Howland's elaborate hand-made cards ranged in price from \$5 to \$10, with a few selling for as much as \$35.

Valentines Through the Decades

American Greetings produced its first valentines in the 1930's. Depression Era cards offered by American Greetings expressed hope that better times were ahead. During World War II, many Valentine's Day cards depicted Uncle Sam and other patriotic motifs.

Flower children and peace symbols sometimes made their way onto American Greetings Valentine's Day cards in the 1960s and '70s, along with "signs of the times," like children's valentine cards featuring rockets and spaceships and "mod" looking, waif-like girls with enormous eyes.

Cards are #1

Greeting cards are the #1 item given for Valentine's Day,

topping candy, flowers, gifts and romantic dinners. Nearly one billion valentines are exchanged each year.

Paper Greetings vs. E-cards

Many consumers prefer traditional greeting cards for Valentine's Day due to the sentimental nature of the holiday. (They may send e-mail greetings too, but probably not exclusively.) Shopping for traditional cards requires more time and thought, so they are perceived as more personal.

Women Buy Most Cards

Women, who purchase cards for their family members, significant others and friends, account for 83 percent of all valentine card-buying. Men account for about 17 percent of sales. They typically purchase just one card – for their romantic partner.

Men Are Catching On

A recent American Greetings survey found that women consider Valentine's Day more important than do men, but in the last several years, greater numbers of men have been purchasing cards.

Researchers say this is because society has become more relaxed about relationships, allowing men to feel increasingly comfortable expressing their feelings more openly. ###

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Wishing Everyone a Happy Valentine's Day!

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 13th.

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. ###

**February Flower
Violet**

"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.

According to **Bruce's Floral Design**, 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 floral enclosure cards:

• (*For flowers delivered on February 13th*): Couldn't wait another day to say I Love You!

• (*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 ###

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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Beefing Up the Special Olympics

Over 360 attended the 9th Annual Hasbrouck Heights Police Department Beefsteak Dinner at the VFW Post 4591 on January 21, 2011, raising about \$14,500 to benefit the Special Olympics.

In 2010, the HHPD was the 4th largest contributor in the state, generating about \$26,000 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 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." ###

Wood-Ridge Memorial Foundation Annual Dinner Dance March 26

Wood-Ridge Memorial Foundation President Paul Calocino is pleased to announce the selection of Dr. Louis Napolitano, Dennis Brubaker and Geri Berhain as the Foundation's honorees for 2011.

All three have had a great impact on the community and students of the Borough and are well deserving of this honor!

Dr. Napolitano is celebrating his 50th year as a practicing, caring physician in our community. He has over these many years contributed in many ways (*often anonymously, behind the scenes*) to many of our residents.

There are very few in our community that Dr. Nap has not affected. He also holds or has held many leadership positions at The Hackensack University Medical Center.

Dennis Brubaker has served our community and students for well over 20 years as a member of the Wood-Ridge Recreation Commission. He has been an active member

of many community functions and can always be found "helping" someone.

He has been a member of the Wood-Ridge Lions Club since 1995, serving as president and now a member of the board of directors.

He was also the first member of the Wood-Ridge club to serve as district governor. He received a Melvin Jones Award, the highest recognition award from Lions International in 2010.

Geri Berhain has been a teacher in the Wood-Ridge Public School system for more than 25 years. Currently teaching at the Ostrovsky Middle School, she has touched the lives of hundreds of students in a very positive way.

She has been involved with the high school play and many other activities at both the high and middle school. Her influence on the students of Wood-Ridge will be remembered long after they graduate.

While the event will honor

these three outstanding individuals, the dinner will be dedicated to former Foundation President A. John Borresen, who died in November last year.

His leadership and dedication enabled the Foundation to grow beyond anything that could have been imagined when the Foundation was initially formed.

Because of his efforts, over \$34,000 in scholarship awards have been presented to Wood-Ridge students for the past several years.

His service to the community as a former mayor and as president of the Foundation will never be forgotten.

The dinner will be held on Saturday evening, March 26th, at The Fiesta.

Tickets and ad journal information are available by contacting event chairman Jack Nagel at P.O. Box 166, W-R. Phone 201-641-2803 or email janpro911@aol.com *Story by Jack Nagel. ###*

The Energy Corner

Should you upgrade your equipment?

The potential savings for upgrading equipment are impressive.

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- Replace an old flame retention burner with a new flame retention burner and save up to 10% on oil and the electric cost of running the burner.
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Call John Depken if you have any questions that you would like answered in this column



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Tips for Having a Great Super Bowl Extravaganza

No matter which teams are playing, get the gang together, stock your fridge with all the food and drinks that matter, and set up the television just right in order to appreciate America’s most watched sports event.

- Without proper decorations, your football bash will be incomplete.

Put up banners of the competing teams on your wall or hang streamers bearing the team colors. Get football disposable plates, tablecloths and other decorative things.

- Next to the excitement of the game itself, your party will be most remembered for the food provided. Your decorations may be great, but if the snacks and main dishes aren’t hits, no one will be pleased.

The main meal should be tasty, simple and filling.

- Make it easy and cater your party. Check out the menus at **The Chicken Place**, **The Spot**, **Barcelona's** and **The Firehouse**. Order in advance since Super Bowl Sunday is one of the busiest night for takeout-based restaurants.

- Set up the food in an assembly line so that everyone can customize their own dinner.

Stick to a buffet set-up in order to ease serving and eating. That way, everyone can enjoy the food while watching the game, and most importantly, you can too.

- If you want to impress, visit **Mills Bakery** and have them create a football cake for you.

- To make clean up easier, use plastic cups, plates and

utensils. Of course, napkins should be readily available so that, in the event of a spill, help is close by.

- Keep the beer in a cooler close by so you don’t have to run to the fridge. Aside from the suds, have plenty of soft drinks and water on hand for the designated drivers.

- Avoid offering hard liquor for the play-offs and Super Bowl Sunday. Football is a sport that begs for beer, nothing else. **Meadowland Wine & Liquor** has the coldest beer around.

- Keep radios and even small televisions set up around the house so that wanderers and those serving food don’t miss a single down. You can even put one in the john if your guests are real football fanatics.

- It’s always fun to mix in a little video game action during Super Bowl Sunday. If the halftime show is dull, set up your Playstation 2 or Xbox, and play football. Select the teams that are actually playing during the Super Bowl and square off for some extra fun.

- Some people like to add to the entertainment by organizing betting pools. Ideally, these games are done in a way that even the guests who don’t know a thing about football can join in.

For instance, you can bet on who will score the next touchdown, what the score at the end of each quarter will be or even who’ll win the coin toss.

Make charts or grids so that the wagers are clear and keep the pot low so that no one blows their wallet.

- Invest in a few foam “bad-call bricks” to throw at the TV so your guests can express their feelings about the refs without doing damage to your house.

- Keep a football around and throw some NFL magazines on the coffee table as good finishing touches.

- If it’s a real manly, poker-night type night, pass cigars around. Make sure there are enough chairs for everyone to sit on.

- Spray some air freshner around as soon as everyone leaves, so the smell of cigars does not linger.

- Provide a side room for those who came for the food and atmosphere, and not the actual game.

- Think ahead and place garbage cans around your place so that wherever your guests are, they can find a place for their trash. At the end of the night, all you have to do is collect the garbage bags, instead of checking under the couch for crumpled napkins.

- Organizing and hosting a football party doesn’t have to be time-consuming or stressful. Do it right, and you’ll be able to watch the whole game, enjoy some great food and relax with your friends. ###

Moonachie EMS Tricky Tray Feb. 12

The Moonachie EMS/Rescue Squad 2nd Annual Tricky Tray will be held February 12, 2011, from 7 p.m. to 11 p.m., at The Graycliff. Featured entertainment is Andrew Hendrickson. There will be a buffet, DJ, dancing and prizes. Cost is \$40. Call 201-641-9094 or see any squad member. ###

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Real Estate Insight

By Mary Ellen Courtney



Ways to Improve Your Home's Value and Ways to Waste Money Trying

Home sellers hoping for a fast sale or to maximize the asking price might reasonably consider a last minute renovation. Such work could make their homes more valuable to potential buyers but – big question! – is the investment going to pay off in the sale?

Forbes Magazine recently ran an article listing the most important, as well as least valuable improvements you can make to your home before selling it. Their conclusion: you do not actually have to invest all that much to raise the perceived desirability of your home. In fact, the top 3 improvements cost a couple of hundred bucks or less. And the worst improvements may be those that actually cost the seller the most but do little – in the eyes of the buyer – to raise the value of the home.

The best home improvement investments are pretty cheap:

1. Clean up the place. Cleaning house is something you can do yourself easily and cheaply, using products you [hopefully] already have around the house. Never underestimate the damage a grimy shower or a mystery-stained toilet can have on the perceived value of your home.

2. Minor repairs of highly visible items. Fix the outlet that is hanging out of the wall, the door latch that's askew, the ceiling fan that doesn't turn. Buyers are not blind; they see your neglect of small things as endemic of neglect in general.

3. Curb the clutter. A cluttered house whose junk falls on prospective buyers as they open closets is much less appealing than one that seems organized. Also, empty space makes a home feel more spacious in general; home buyers can more easily imagine their own items within.

4. Paint it. Both exteriors

and interiors benefit greatly from a fresh coat of paint. Keep in mind though that if you are selling, it may not be a great time to go surreal. Simple, understated colors are the best bet.

5. Clean up the yard. We don't need geometric gardens of topiary animals but a few plants that aren't dead, a swath of grass and a minimum of weeds will go far in elevating estimation of your property.

Bad investments....

Among many wasted remodeling dollars we see are those spent adding a family

room, adding a master suite and even finishing the basement. The point here is not that these improvements don't increase a home's value; rather, the amount spent on building these things is going to be a lot more than the seller can pass on to the buyer.

In these hard times, when so many people are selling because they have to rather than want to, we should take comfort from the idea that the best investment we can make in a home we plan to put on the market is a bucket, some quality cleaning products and a decent sponge. It's often just that easy!

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

Moonachie Centennial Parade Shirts Available

Join Moonachie's Centennial Celebration by ordering Commemorative shirts.

This quality shirt will have colorful graphics on both sides to reflect the community's 100th celebration of the Borough, the R.L. Craig School and the Fire Department.

Pre-orders are recommended and must be made by March 11, 2011. Shirts will be ready for the Parade date of May 14, 2011.

A wide range of sizes are

available ranging from (YM) for \$15 to (XXXL) for \$17. (Note that youth shirts are available by pre-order only.)

Order forms are available at the Moonachie Borough Hall or the Moonachie Fire House.

A limited supply of these shirts will be available on the day of the parade at the Redneck Avenue ball field.

For more information call Kevin at 201-921-9247 or Frank at 201-522-7922. ###

Medication and Food: What's Good, What's Bad

The Free Public Library of Hasbrouck Heights is sponsoring a seminar entitled "Medication and Food: What's Good for You and What's Bad for You."

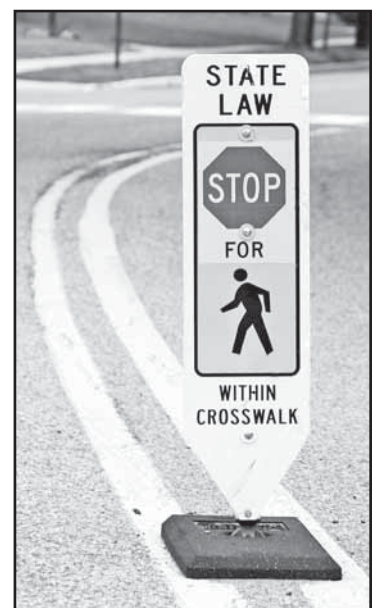
The speaker is Justin A. DiPisa, a pharmacist/educator and past adjunct professor at Monmouth University and St. John's University. He has spoken at many health forums all over the tri-state area.

This free seminar will be held on Thursday, March 10, 2011, from 7 to 8:30 p.m. in The Library's conference room.

The presentation provides practical approaches to prevention of food-medication interactions. Mr. DiPisa will discuss the benefits of taking medication properly and to maximize the good effects and reduce the side effects of certain medications. He will discuss the foods that benefit us most and contain

the nutrients which protect our immune system. Mr. DiPisa provides practical ways to enhance the nutritional value of everyday meals with ideas on vitamin/mineral sources readily available to everyone.

This event is free and open to all. To register, please call 201 288-0488 or log on to <http://hasbrouckheights.bccls.org> and go to calendar. ###



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Lodi Fire Department Receives Pet Oxygen Masks Donation

Alastair McIndoe, a member of the Maywood Fire Police and volunteer for Companion Animal Advocates (CAA) recently donated pet oxygen masks to the Lodi Fire Department on behalf of CAA.

The masks come in three sizes for large, medium and small dogs/cats. These specially sized masks will enable firefighters to deliver oxygen to pets in need and in some cases save their lives.

Companion Animal Advocates (CAA) is a non-profit organization based in Bergen County, NJ. CAA is dedicated to the welfare of companion

animals within our community through programs designed to keep pets in their homes and reduce pet overpopulation.

If you are interested in purchasing oxygen masks for your community through CAA's humane education program, please contact Christine at Companion Animal Advocates at 201-706-7666.

For further information, please contact Christine at Christine@CompanionAnimalAdvocates.org, visit www.CompanionAnimalAdvocates.org and sign up for their newsletter. ###



Heroism Recognized

On the morning of October 20, 2010, the lifeless body of a young male resident was spotted in Indian Lake at Lakeview Park. Passers by: DPW Employee Michael Mickendrow, Little Ferry resident Anthony Amello and an employee at a local business in the Borough, Manuel Lima, jumped in the lake and rescued the young man by pulling him back to land. The young man was transported to HUMC. Little Ferry Mayor Mauro D. Raguseo made a presentation recognizing their efforts during the reorganization meeting held on Friday, January 7, 2011. ###

Dinner and Fashion Show

Carlstadt Mixed Chorus presents the Annual Dinner and Fashion Show at The Fiesta, Rt. 17 South in Wood-Ridge, on March 1, 2011, at 6:30 p.m. Donation \$35.00. Fashions presented by "Dress Barn," Rt. 4 East, Paramus, NJ.

For reservations call 201-652-0968 or 201-909-0808. ###

Free Skylands Manor Tour Feb. 6

On Sunday, February 6, 2011 from 11 a.m. to 3 p.m., The New Jersey Botanical Gardens is hosting a free open house at Skylands Manor as a Valentine's gift to the Botanical Garden's many visitors. Admission for the free, self-guided tour is available on a first-come, first-served basis. This opportunity to explore the historic ground floor of Skyland Manor (subject to occupancy limitations.) For more information go to: www.njbg.org ###

Heights Satellite Recycling Drop-off

The Hasbrouck Heights Recycling Program coordinator reminds residents of the Satellite Recycling drop-off located at the The Boulevard and Central Avenue parking lot. It is available the first Saturday of every month from 7 a.m. to noon.

This disposal site collects the following items for recycling: bottles, cans, plastic bottles, newspapers, cardboard, magazines, junk mail, and E-waste such as computer equipment and TVs. For more information, call 201-288-1072. ###

RE/MAX Trading Places Opens Office in Hasbrouck Heights

RE/MAX Trading Places, owned by John Tamborini and Christine Parente, announce the opening of their second office, in the heart of the business district at 339 Boulevard, Hasbrouck Heights.

Combined, Chris and John bring over 30 years of Real Estate experience to the town.. Their full time, professional agents add an additional 65 years of dedicated service to the residents of Hasbrouck Heights and the surrounding towns.

"I began my Real Estate career 21 years ago right here in Hasbrouck Heights," says Christine. Many of my past clients have since become close, personal friends. I have built my career on a solid reputation of honesty and trust and in return have been honored with a loyal client referral network. After opening our first office 3 1/2 years ago, John and I are very excited to open our second RE/MAX office right where it all started."

John stated, "It is with great anticipation that I look forward to the opening of our second office, this one in Hasbrouck Heights, where I began my real estate career in 1997.

Honesty and Trust have always been the cornerstones of my business. Our office will offer professional, experienced, and successful agents. Bringing the RE/MAX brand back into town is something we are very proud of."

Call their new Boulevard office at 201-288-5411 to speak with any one of their experienced, full time agents for a free, professional home market evaluation.

Thinking about a career in Real Estate? Join RE/MAX, "The Home of the Best Agents." Visit www.joinre-max.com ###



On December 28, 2010, at Lodi Hose Company 2, Fire Chief Greg Telep presented Sherri Ciarocco of the Lodi Fire Prevention Bureau with a plaque recognizing her support and assistance to the Lodi Fire Department. Additionally, she was also appointed as an Honorary member of the Lodi Fire Department. ###



It was noted during the installation of the Lodi Fire Department officers on January 18, 2011, that Frank M. Corso Jr., Louis A. Franco Jr., William Pinckney and Ebele Bruining have a combined service of 227 years. ###

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John G. DeVries, DVM



Lodi Fire Department New Officers for 2011

On Tuesday, January 18, 2011, during a regular Lodi Mayor and Council meeting, the Lodi Fire Department Officers took their oath of office for 2011. (l-r) Lieutenants: Ryan Walters, Bart Giaconia and Brian Cappadonna. Third Assistant Chief Keith Bruinning, Second Assistant Chief Matt Lombardi, First Assistant Chief Lou Avola Jr., Fire Chief Anthony Maiolo, Captains: Eric Solan, Moses Owen Jr. and William Scandiffo. Not pictured are Lt. Michael Varrecchia and Captain Adam Bene. ###

Test Your Alarm for Life!

Your smoke alarm has the power to save your life.

According to Little Ferry Fire Chief, Rob Cordasco, "Working smoke alarms give us early warning of a fire, providing extra time to escape safely. But they can't do their job if we haven't done ours - monthly testing to make sure they're working. Test all the smoke alarms in your home, for the life of the alarm and for the lives of your loved ones."

When was the last time you tested your smoke alarms? Don't gamble with your life and assume your smoke alarms are working. Test each one, every month, so you know they will be ready to protect you and your family if there's a fire.

In a fire, you need every second to get out safely, and the early warning from a smoke alarm can make the difference between surviving a fire and dying in one. Test your smoke alarms today. ###



Little Ferry Fire Department 2011 Officers

The Little Ferry Fire Department installed new officers on Friday, December 17, 2010, during an hour long ceremony at the Little Ferry Municipal Building. (l-r) Ex-Chief Bill Holley, Fire Chief Rob Cordasco, Deputy Chief Floyd Novak, Battalion Chief John Ruff, Captain Marty Loesner, Captain Doug Tobin, Lieutenant Walter Hurrell and Lieutenant Frank Fuchs. ###

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Wood-Ridge Fire Department 2011 Installation Dinner



The Wood-Ridge Fire Department held their Annual Installation Dinner on January 8, 2011, 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 2011, followed by the Pledge of Allegiance by First Assistant Chief Anthony Gentile 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.

The 2011 Officers are: Chief of Department Paul Clemente, First Assistant Chief Anthony Gentile, Second Assistant Chief Scott Russo, Captain Ron Phillips Jr., Lieutenant Elizabeth Ferry (*the Department’s first woman officer*), Lieutenant Michael



Cribben, 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 Chief Clemente.

2011 WRFD Emergency Squad Officers - Captain Greg Gorab, Lieutenant Steven Allegretta, Corresponding Secretary Corey Sherman, Recording Secretary Elizabeth Ferry and Treasurer Steve Sarracino.

Following were introductions of former Chiefs and



guests. Remarks were made by Chief Paul Clemente.

Presentations were made to Second Assistant Chief Russo and to Chief Clemente.

Mayor Sarlo and Fire Commissioner Gonnella spoke.

Additional Department presentations were made.

The program concluded with the traditional toast given by Ron Phillips Sr.

Music was provided by Ultimate DJ (www.ultimate-dj.com). Photos by Dennis Kronyak Sr. ###



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

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HHFD 2011 Installation Dinner

The Hasbrouck Heights Fire Department held their Installation Dinner for Chief Kevin Todd and the Department Officers at The Graycliff on Saturday, January 8, 2011.

Master of Ceremonies was Paul Elenio. First Assistant Chief Richard Giarratana led the Pledge of Allegiance. The Invocation was given by Fire Department Chaplain, Deacon Vincent DeFedele. The traditional toast was made by Second Assistant Chief Pat Hayes.

The Department officers took their oath of office, officiated by Mayor Rose Heck.

Fire Chief Kevin Todd, Mayor Rose Heck and Fire Commissioner John Dingertopadre spoke.

An EMS presentation was made to Liz Waring for her service as Captain in 2010.

Several HHFDEMS members and firefighters were acknowledged for their high number of EMS calls made during 2010.

Members of Engine Co. 1 recognized Captain Bernie Valente for his service as Captain of Engine Co. 1 from 2008 to 2010. Joseph Taylor Jr. was presented his Ex-Chief badge.

Mutual Aid Chiefs made presentations to Chief Todd.

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.

Floral bouquets were presented to the Chiefs' wives and Fire Chief's Secretary, Nancy Halloran.

Borough officials and other dignitaries attended. Music was provided by Fun Time Entertainment. ###

HHFD Chiefs Take Oath

During the Municipal Reorganization meeting on January 1, 2011, Mayor Rose Heck administered the Oath of Office to the Hasbrouck Heights Fire Department Chiefs.

During the ceremony, Chief Kevin Todd was joined by his wife, Dena, and daughters, Amanda and Christina,

holding the Bible. 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. ###

The Heavenly Sound



On Sunday, January 2, 2011, 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 hope that their gift of music deepens 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; pianist Maryann DiMaria; pianist/singer Robert Williams, trumpeter David DiRienzo, percussionist Bobby Reilly and accordionist Sal Torino.

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

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

Beginning with a "Surely the Presence" prelude, the 90

minute concert began with "We Three Kings" and the Spirit Dancers, "O, Come All Ye Faithful," accordion solo "Tu Scendi Dalle Stelle," "Angels We Have Heard On High," "If Not for Your Grace" solo by Robert Williams, "I Wonder as I Wander," "Christmas Psalm," "O Holy Night." Proclamation of God's Word Gospel Acclamation was followed by Polish Carol "Pojdźmy Wszyscy."

"Silent Night" was sung in English, Polish, Portuguese, Spanish, French and was signed by Sister Mary Timothy.

Additional music included "Mary Did You Know," "O Sanctissima, o piissima," "Low

How a Rose," "The Beautiful Mother," and "A Place at the Table." The program concluded with everyone performing "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, go to www.felicianslodi.org ###

unds of Epiphany





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

Hasbrouck Heights 2011 Reorganization Meeting

On January 1, 2011, at 11:45 a.m., a Sine Die Meeting was held to conclude 2010 business. The year 2011 began with Mayor Rose Heck administering the Oath of Office to Councilwoman Sonya Buckman and Councilman David Gonzalez. Upon the seating of the council

members, Mayor Rose Heck declared the 2011 Reorganization Meeting in session. There was a Salute to the Flag. Conchita Parker led the singing of "God Bless America," and an Invocation was given by the Rev. Lewis V. Pappera, Pastor of Corpus Christi

Church. The Mayor administered the Oath of Office to the 2011 Fire Department Chiefs (see page 15). There was an announcement of council assignments, consent agenda, and Council naming Pamela J. Link as

Council President and representative to the Planning Board. Mayor Heck made her appointments and delivered her Annual Address. Deacon Vincent DeFede of Corpus Christi Church provided the concluding Bene-

diction. 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 Joseph Crifasi, Borough Clerk Claire Foy, Councilman Dennis C. Ritchie, Mayor William Roseman, Borough Attorney John J. Fahy, Councilman David Stoltz, Councilman Craig Lahullier, Councilman Richard Bartlett, Councilman Bob Zimmermann and Borough Administrator Jane Fontana.

Carlstadt 2011 Reorganization Meeting

On January 1, 2011, at 1 p.m., the Carlstadt Mayor and Council held their 2011 Reorganization meeting. The Pledge of Allegiance was made followed by the Invocation by Rev. John Pra of the Cornerstone Church. The Oath of Office was administered to Councilmen Da-

vid Stoltz and Richard Bartlett and badges were presented to elected officials. The Mayor gave his annual message. Consent agenda was approved. The Mayor made appointments and selection of standing committees. There was a resolution on 2011 salaries followed by hearing of citizens. Presenta-

tions and comments were made followed by Benediction by Rev. Donald Pitches, Pastor, First Presbyterian Church.

The meeting was adjourned. A complete list of all appointments is available at the Borough Clerk's Office. *Photo by Dennis Kronyak Sr. ###*

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

Wood-Ridge 2011 Reorganization Meeting

On January 1, 2011, at 3 p.m., the Borough of Wood-Ridge held a reorganization meeting. The Pledge of Allegiance was led by the attending children, with an Invocation by Father Brian Cullinane, Pastor of Assumption Church.

The Borough Clerk an-

nounced the results of the November 3, 2010 elections. The Oath of Office was administered by Borough Clerk Diane Thornley to Councilwoman Cassidy and Mayor Sarlo administered the Oath to Councilman Joseph DiMarco. Dominick Azzolini 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 2011.

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.

Councilwoman Cassidy

and Councilman DiMarco 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 2011 Reorganization Meeting

Following a Sine Die meeting on January 7, 2011, at 7 p.m., the Borough of Little Ferry held a reorganization meeting. The Pledge of Allegiance was followed by an Invocation

by Fr. Arthur Humphrey, St. Margaret of Cortona Church.

The Oath of Office was administered to Councilman Thomas Sarlo and Councilwoman Sue Schuck.

The 2011 By-Laws were adopted and the Council President was elected.

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, 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.

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 Mayor's Award for Heroism. (See story on page 12.)

The state of the Borough Address was given by Mayor Raguseo, followed by comments from the Council.

Benediction was given by Fr. Arthur Humphrey and the meeting was adjourned. Refreshments were served. ###

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(l-r) Councilwoman Maureen Flynn, Councilman-elect Robert Bauer, Mayor-elect Dennis Vaccaro, U.S. Senator Bob Menendez, Mayor Frederick J. Dressel, Councilwoman Kathleen Kinsella, Councilman Bruce Surak, and Councilman George Cahill,

Moonachie 2011 Reorganization Meeting

On January 2, 2011, at noon, the Borough of Moonachie held a brief reorganization meeting in Council Chambers.

Dennis Vaccaro presented Mayor Dressel with a plaque from the Hasbrouck Heights Mayor and Council recognizing Moonachie's Centennial.

Mayor Dressel made remarks regarding the conclusion of 26 years of public service, with everyone giving a stand-

ing ovation. During a brief recess, Mayor Dressel retired to the audience where he shared historic photos of his tenure -- featuring that he was wearing the same suit he wore when he was first sworn in 26 years ago.

Prior to reconvening the meeting, Senator Menendez addressed those in attendance.

Mayor Dennis Vaccaro, Councilman Robert Bauer and Councilwoman Kathleen Kinsella took the Oath of Of-

fice given by Senator Menendez.

Mayor Vaccaro presented former Mayor Dressel with a plaque of appreciation for his 26 years of service.

The reorganization meeting was called to order, followed by the Pledge of Allegiance.

Victor Migliorino was sworn in as Moonachie Fire Chief. (Other Department Officers took their Oath during

the installation dinner held on January 21, 2011.)

Resolutions for appointments were made to include Frank Migliorino as Borough Attorney, Kevin Boswell as Borough Engineer, Paul Lerch as Borough Auditor, and DeCotiis, Fitzpatrick & Cole for services in connection with the issuance of bonds and notes

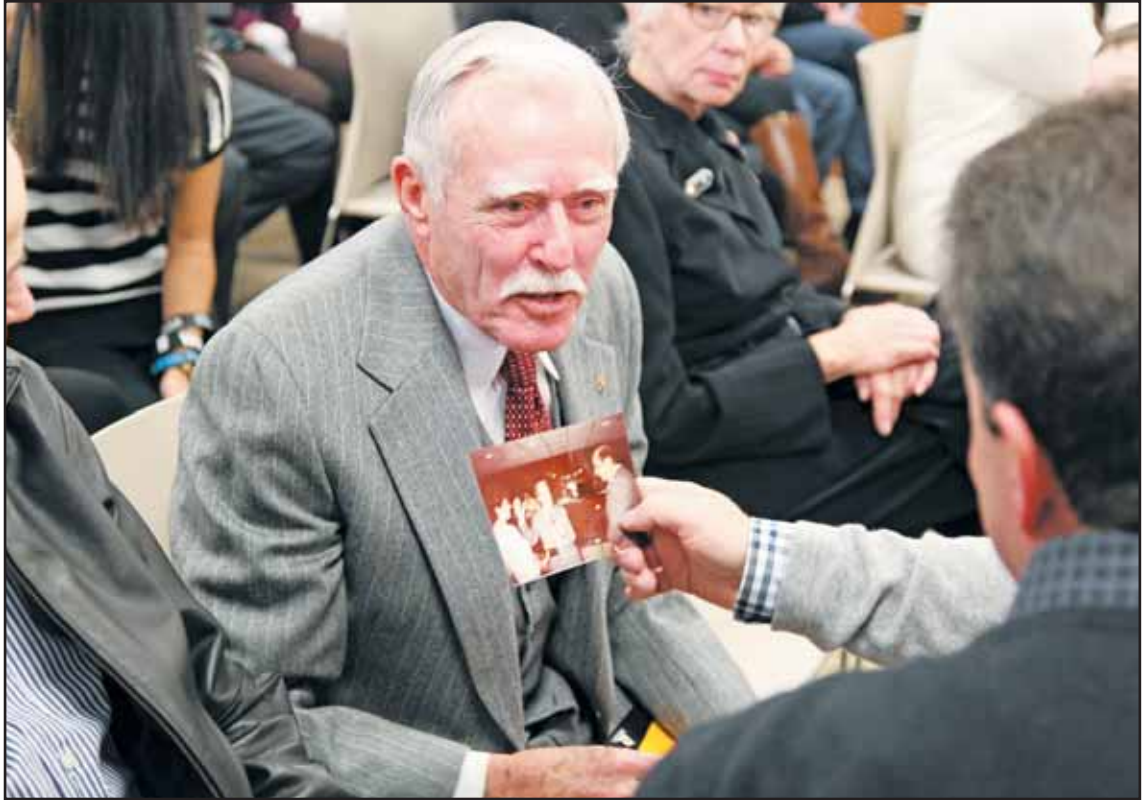
The Council adopted existing By-laws of the Mayor & Council and set the schedule of 2011 meetings.

Mayor Vaccaro made ap-

pointments with confirmation by the Council to include: Borough Administrator Anthony Ciannamea, Prosecutor Gregg Padovano, etc. A complete list is available at the Borough Clerk's Office. Consent resolutions and payment of bills were passed. ###



On December 28, 2010, State Senator Paul Sarlo presented Mayor Dressel with a Joint Legislative Resolution (Senate and General Assembly) recognizing the conclusion of an exemplary tenure of public service. ###



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Jet Aviation Helps Able Flight

On Monday, January 10, 2011, Jet Aviation's Teterboro Airport operation hosted a reception for Able Flight Inc., the national non-profit organization that provides flight training scholarships to people with disabilities.

Called "Freedom Flight," two of its scholarship recipients will fly from Delaware to Florida to raise awareness for flight training scholarships for wounded Veterans.

Able Flight pilots Heather Schultz and Sean O'Donnell are flying Sean's specially adapted airplane on a multi-city tour of over a thousand miles to demonstrate to wounded Veterans and others that a disability need not be a barrier to realizing a dream.

At stops along their journey, they will meet with patients of Veterans centers and spinal cord rehab hospitals to share their stories of how they earned this unique freedom with hard work, determination and willpower.

Sean and Heather are also using the journey to raise funds for Able Flight scholarships for wounded Veterans, providing a



(l-r) Heather Schultz, Bob Seidel, Jet Aviation, Sean O'Donnell and Charles Stites, Able Flight.

way for them to face and overcome their challenges.

Long time supporter and Able Flight's 2010 Champion, Bob Seidel, senior vice president and general manager of Jet Aviation Flight Services, Inc., was recognized by Able Flight as Volunteer of the Year.

Jet Aviation is one of Able

Flight's original corporate sponsors and was the first company to have an Able Flight scholarship in its name.

Since its establishment in 2006, Able Flight has awarded more than 25 flight training scholarships. For more information go to www.Ableflight.org ###

Aviation Hall of Fame Announces 2011 Inductees

The Aviation Hall of Fame Induction Dinner is scheduled for May 11, 2011, at The Fiesta. Cost is \$100 per ticket. Cash bar. Call 201-288-6344 for reservations.

The following inductees are slated to be honored.

Howard Levy: Jersey born incredibly prolific aviation photographer who passed away early this year after a 73 year career as a freelance shooter for aviation magazines. His collection includes over 200,000 images which are now with the Smithsonian and believed to be the largest collection of photos from one individual in the history of the Air & Space collection.

William L. Mack: World War II Veteran. USAF F-51 pilot during the 1950's. As chief pilot for National Distillers set new round-the-world speed record, TEB-TEB, on a Gulfstream III in 1982. Established

a new speed record from San Diego to New York the same year. Patented a device to measure oxygen remaining in an aircraft after de-pressurization.

Dr. Joseph E. Salvatore: Founder (in 1997) and Director of the NAS Wildwood Air Museum at Cape May Airport, the largest aviation museum in New Jersey. Started semi-annual meetings for the directors of the four NJ aviation museums. Originally from Northern NJ.

General Norton Schwartz: Current USAF Chief of Staff, member of Joint Chiefs of Staff. Brought in last year to deal with multiple, well-publicized problems in the Air Force. Co-Founder of Global Strike Command, was previously Transportation Command Chief, has had several commands in the Special Operations community. 40 year USAF career. Hometown is Toms River. Last year's inductee, General Raymond Johns, alerted us to Schwartz's NJ heritage. ###

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Apollo 14 Moon Mission Presentation February 11

In celebration of the 40th Anniversary of the Apollo 14 historic eighth manned mission and the third to land on the moon, space historian and Education Specialist expert, Joe Lennox, will give a presentation on the Apollo 14 mission at the NJ Aviation Hall of Fame on February 11, 2011, starting at 7 p.m. Admission is \$7 for adults and \$5 for children.

This mission was the last of the "H missions," targeted landings with two-day stays on the Moon with two lunar EVA's, or moonwalks. About 33 hours were spent on the moon, with about 9 1/2 hours on EVA.

During the two lunar EVA's, 93 lbs. of Moon rocks were collected and several surface experiments were carried out.

Commander Alan Shepard famously hit two golf balls on the lunar surface with a make-shift club.

Mr. Lennox provides space science, history and technology programs designed for various age groups, and has written two books, "The ABC's of Space Exploration" and "Vision for Space." His website is: space-class101.com

The NJ Aviation Hall of Fame is located at Teterboro Airport. For more information, call 201-288-6344, or go to www.njahof.org ###

Corpus Christi School Warms up February with Activities for Hearts and Minds

On January 28, 2011, Corpus Christi unofficially kicks off Catholic Schools Week with a fun filled family roller rink party at Inline Skating of America in Wallington.

A Mass at 10:30 on January 30, officially starts Catholic Schools Week.

A dedication ceremony of the new Corpus Christi science room to the Knights of Columbus follows. Families are invited to tour the school and meet some of the teachers.

- January 31 -- Priest Appreciation Day.
- February 1 -- Grandpar-

ent Socials hosted by the Prek3 and Prek4 students, Kindergarten and 1st Graders.

• February 2 -- offers a second open house and registration opportunity and the 6th, 7th, and 8th Graders will put on a play and concert.

• February 3 -- Corpus Christi students trade their everyday school uniform for blue and gold clothing to honor their school. A Pep Rally and faculty/student volleyball game will take place.

The last school day of Catholic Schools Week is Teacher Appreciation Day, an

academic awards ceremony, student council talent show and ends with family bingo night.

Catholic Schools Week is a special week celebrated by each grade, with special activities like spelling bees, art projects, essays and contests.

On February 5 -- high school registration will take place for the class of 2015 at the local Catholic high schools.

- February 10 -- a safety assembly is scheduled.
- February 11 -- Casino Night, starting at 7 p.m., at the **Holiday Inn** in Hasbrouck Heights.
- February 14 -- Spirit Day is scheduled.

This month the color is red and the donation collected will be donated to the American Heart Association. The month of February is designated as American Heart Month.

• February 22 -- 4 Graders take the National Assessment of Educational Progress (NAEP) standardized test.

Registration for the 2011/2012 school year is ongoing. Call 201-288-0614 for class availability and registration. *Story by Maria Billings. ###*

American Legion Selects 2011 Boys State Delegates

James B. Scarr Post 106 American Legion is pleased to announce that they have selected seven 11th Graders from Hasbrouck Heights to participate in the 2011 New Jersey American Legion Boys State.

The boys are Patrick M. Lorfink from Queen of Peace High School, Richard F. DeLuca from Bergen Catholic High School, Marshall A. Tomat from Don Bosco Prep and Daniel J. Mangieri, Michael T. Pikowski, Rajvir Singh and Alex I. Sisco from Hasbrouck Heights High School. They will spend one week during the summer at Rider University.

The program is open to high school boys who have completed their junior year and runs from June 19 – 24, 2011. All expenses, transportation, meals and lodgings are paid by the local American Legion Post 106.

The week long session is organized in a way that combines instructional with participatory activities that are intended to afford the students a more thorough understanding of the way government bodies work from the local to the state level.

It is a memorable, un-

matchable experience that develops bonds, friendships, spirit, energy and knowledge in a way that cannot be described in words nor matched in a lifetime. American Legion Boys State is among the most respected educational program of government instruction for high school students.

Guidance counselors stress that college admission officers are impressed with applicants who have special achievements such as being a Boys State Delegate, an Eagle Scout, etc.

If there is still any boy in the 11th Grade residing in Hasbrouck Heights who wishes to attend, he can be registered as an alternate.

In past years, a majority of the alternates have had the opportunity to attend as delegates. For an alternate application please call 201-288-0276. *Story by Peter Gallo Jr. ###*

Full Snow Moon

The February full moon will appear on Friday, February 18, 2011, at 03:36. 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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2011 Street Fair Sponsors Invited

The Hasbrouck Heights Mayor's Business Community Committee the announced that the 3rd Annual Street Fair, is scheduled for Sunday, May 15, 2011.

The committee welcomes sponsor commitments. Those seeking sponsorship to this spectacular regional street fair should call 201-288-0195.

Last year, an estimated 30,000 attended. See the May 16, 2010 event at: <http://www.The-Gazette-Newspaper.com/>, June 2010. ###

Understanding Medicare

Attention Baby Boomers! Are you becoming Medicare eligible this year? The State Health Insurance Program (SHIP) is here to assist you.

County Executive Kathleen A. Donovan reminds residents that the Division of Senior Services provides FREE help to Bergen County Medicare beneficiaries who need assistance with their health insurance. SHIP can also help residents determine which policy, managed care or prescription drug plan best meets your needs.

Sometimes Medicare and other health insurance programs can be confusing.

With so many different policies and plans available, it's easy to become puzzled and uncertain.

"There is a real need for SHIP. These services are provided on a one-to-one basis with a volunteer counselor and are available free of charge," said Jane Linter, Director of the Department of Human Services.

The job of the SHIP counselor is to help you navigate the health insurance maze and provide the information needed to make informed, educated decisions about insurance policies.

Get free, confidential help with Medicare, Medigap, Medicare Advantage Plans, Part D prescription drug plans and Long-Term Care insurance.

Counselors are available by appointment through Ber-

gen County Division of Senior Services, One Bergen County Plaza, 2nd floor, Hackensack. To speak with a SHIP volunteer, call 201-336-7413. ###

Free Adult ESL Spring Classes




On Wednesday, February 2, 2011, students will be registering and tested for the Spring session of Adult ESL Classes at Care on the Corner, 229 Terrace Avenue (*the corner of Jefferson and Terrace Avenues*) in Hasbrouck Heights.

All new and returning students must be registered to take the classes. New students must take an informal language assessment test. The classes start Wednesday, February 9 and will be held on Wednesday evenings from 7:00 to 9:00 p.m. The last class will be Wednesday, May 4, 2011.

The ESL classes will provide English language instruction at beginner, intermediate, and advanced levels, as well as one-to-one instruction, to people from other countries and other language backgrounds.

For more information or to register a student, please call the office at 201-288-9460. A registration form, accompanied with a non-refundable \$15 registration fee, must be completed for each student. Books will be available for purchase at the time of registration. ###

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February 2011 Heights Senior Calendar

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SENIOR ACTIVITIES

Monday, February 7, 14, 28

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

11:00 a.m. Mahjong

Tuesday, February 1, 8, 15, 22

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

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

6:00 p.m. Game Night

Wednesday, February 16, 23

10:00 a.m. Wii Bowling League

Thursday, February 3, 10, 17, 24

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

11:00 a.m. Mahjong

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

Friday, February 4, 18

10:00 a.m. Fun Bingo

Friday, February 25

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

Check Center Bulletin Board for any changes

CLUB MEETING SCHEDULE

Wednesday, February 2

10:30 a.m. Leisure Club Executive Meeting

Wednesday, February 9

1 p.m. Monthly meeting

The Center will be closed:

Friday, February 11 - Lincoln's Birthday

Monday, February 21 - Presidents' Day

Ervolino Entertains AARP Members

At its January 14, 2011 meeting, the members of the Central Bergen Chapter 418 of AARP Inc. were entertained by Bill Ervolino, The Record's award winning columnist, author and humorist. He wandered through the audience as he interacted and joked with them. At times the laughter was uncontrollable. There was no doubt that he enjoyed what he was doing and the audience enjoyed every minute of it too.

Bill has spent many years writing down everyday experiences and placing his unique amusing spin on them to make them humorous and interesting. The subjects of his experience include family, friends, his pet and life. A serious event at a Thanksgiving Dinner can turn out to be a highly entertaining story.

By doing this he was able to cover topics which his audience could easily relate to such as a visit to a doctor's office; a brief encounter at the airport; going bald; or even the clothing worn at a party.

Bill is good at stand-up comedy and is the author of "Some Kind of Wiseguy: Stories about Parents, Weddings, Modern Living and Growing up Italian."

Bill is one of the contribu-



tors to an upcoming book about Italians in New Jersey. Bill is honorary chairman and emcee of the annual Laugh-Off at Gilda's Club Northern New Jersey.

He has performed in New Jersey at Bananas, and in New York City at the Duplex and the Boston Comedy Club as part of the Toyota Comedy Festival.

Chapter president Marie Gallo thanked Bill Ervolino for a well appreciated and entertaining program.

She also announced that at the meeting scheduled for Friday, February 11th, the group will hear from a representative of Public Service Electric &

Gas Company whose topic will be energy conservation.

On March 11th, the chapter will be entertained by Mr. Neill Hartly, who will perform in a program entitled "Ichabod Crane, Washington Irving and the Legend of Sleepy Hollow."

The members of this AARP Chapter come from Hackensack, Hasbrouck Heights, Maywood, Rochelle Park, Little Ferry and South Hackensack. New members are always welcomed. Meetings are held at M & M Building, 116 Holt Street, Hackensack, N.J. All meetings start at 12:30 p.m.

Photos and story by Peter Gallo Jr. ###

AARP Brings Ichabod Crane to Life

The Central Bergen Chapter 418, AARP will host a program featuring Ichabod Crane impersonator Neill Hartley of the American Historical Theatre of Philadelphia. The performance will take place at the M & M Building, located at the corner of Holt and Lodi Street, Hackensack on Friday, March 11, 2011 at 1:00 p.m.

The program, "Ichabod Crane, Washington Irving and the Legend of Sleepy Hollow," is free and open to the public, and is offered through the Horizons Speakers Bureau of the Council for the Humanities, a state partner of the National Endowment for the Humanities. Mr. Hartley first portrays Washington Irving, and then introduces you to his work, "The Legend of Sleepy Hollow." He then enters the story, becoming his alter ego, Ichabod Crane. He is mesmerizing as

Ichabod Crane: tall and slim like Ichabod, he also shares many other attributes of the character making for a perfectly eerie entertaining event.

Mr. Hartley has performed his one-man adaptation of Washington Irving's story hundreds of times, narrating, playing five characters, and recreating Ichabod Crane's famous and frightful ride one autumn night. But there are

no effects or stage trickery involved. He brings the script, the costume and the acting props to his performances of "The Legend of Sleepy Hollow," and it's up to the audience to bring some imagination.

The 40-minute adaptation — which is followed by a talk and a question-and-answer session — features much of Irving's language. *Story by Peter Gallo Jr. ###*

Lodi Seniors Plan for 2011

The Lodi Senior Citizens Club's itinerary for the year 2011 is as follows:

- February 16 - Mt. Airy Casino, PA.

- April 27 - Mt. Haven, PA. -luncheon & show "Laughing Out Loud."

- May 15 - Atlantic City.
- June 15 - Mohegan Sun.

- July 13 - Landmark -- luncheon and show "Legends" by Jersey Dreamers.

- August 17 - Atlantic City.
- September 21 - Royal Manor, luncheon and show "San Gennaro Festival."

- October 12-14 - Lancaster, PA.

- December - Christmas Party at The Venetian. (*Date to be announced.*)

The Club meets on the first and third Tuesdays of the

month. Every Thursday of the month the Club opens at 11:00 a.m. for recreational purposes, including senior yoga, card playing, billiards, ping pong, bingo, line dancing, bocce (in season), chit chat, etc.

Refreshments are served. For information, call the Club during the times it is open at 937-472-6994.

A senior bus is available for those that do not have transportation to and from the club. For information on the bus route, call Rene at 201-982-0051.

They are looking for new members. Any Lodi resident over the age of 62 is welcome. The membership fee is \$10. Membership Secretary is available on the Tuesday meeting dates outlined above for new or renewed memberships. ###

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F-I-B-E-R ... GO FIBER!!!

There are several facts about fiber that people don't want to hear. Usually the thought of fiber equals the thought of extra trips to the smallest room in the house. While this might be true, the health benefits from increasing certain types of fiber in your diet are life changing on a personal level, could change the health of many across the nation and thereby changing national averages of chronic health conditions to make

America a more healthy nation. Studies have shown that increasing fiber benefits people with health risks of heart disease, Type 2 diabetes, high cholesterol, constipation, diverticulitis and anyone wanting to maintain a healthy weight. There are two types of fiber, soluble and insoluble, and together they are called total fiber. Soluble fiber is what it sounds like, it dissolves in water. By this property, it passes through the intestines and binds to cholesterol so it can't be absorbed. Also, soluble fiber

slows carbohydrate absorption thereby helping to regulate blood sugar levels. Insoluble fiber is the fiber that helps with constipation because it does not absorb water and just forms bulk, kind of like an express train thru your intestines. It's not as hard as you think to get enough fiber every day. While nutritionists suggest to get your fiber from "whole foods," those are foods that naturally contain a high amount of fiber like fruits, vegetables, grains and nuts, you can supplement your diet with fibers known as functional fibers. Functional fibers are referred to as such because they are added to foods and drinks to enhance their fiber content. A quick tidbit about whole grain and fiber. Whole grain foods contain the entire grain therefore containing B vitamins, iron and fiber. Examples of whole grains are whole-wheat flour, oatmeal, whole

cornmeal, brown rice and bulgur. Now don't be fooled by packages that say whole grain and you don't see any of the above ingredients. These won't contain the fiber content you are looking for. Many items stating whole grain have refined grains that have been enriched with B vitamins and iron but the fiber hasn't been added back. The refined enriched grains are the wheat flour, enriched bread and white rice. These do have their place in daily diets but are not to be counted as fiber sources.

So while you might not be able to get a lot of fresh fruits and vegetables during this harsh winter (*you're not looking hard enough!*) you can start reading the labels and comparing your favorite foods to see if they will help you reach your total daily fiber goal. Sources: www.webmd.com, www.nlm.nih.gov/medlineplus, www.heart.org Linda E. Stumper, RPh, is a Pharmacist at BeJay Drugs, 450 Boulevard, Hasbrouck Heights, NJ. 201-288-0404, www.bejaydrugs.com ###



Filling You In

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

Does White Wine Stain Teeth?

Smile wide, and if the pearly whites in the mirror do not look so bright lately, it would be smart to take inventory of what has been consumed. Stains on teeth are often due to the effect of common foods, beverages, medications or tobacco products. Even red wine has been known to temporarily leave teeth looking less than luminous. What might be surprising to the wine drinkers of the world, who may think they are making a smart decision by drinking white wine, is that it also causes tooth staining, according to researchers at New York University College of Dentistry. Researchers at the New York University College of Dentistry found that, like its scarlet counterpart, white wine also can cause tooth staining and discoloration. The reason is that both types of wine, whether red or white, contain acid, which weakens enamel and makes teeth susceptible to staining. Researchers soaked a set of six cows' teeth placed in white wine over a one-hour period and then steeped the teeth in black tea. Then, they

performed a similar process using red wine and water in the initial one-hour soak. "Soaking the teeth simulates the effect of sipping wine with dinner," according to Dr. Mark Wolff, DDS, PhD, Professor and Chairman of the Department of Cariology & Comprehensive Care at New York University College of Dentistry, who oversaw the study. After using a spectrophotometer, a device used to measure color intensities, they were able to determine that, as imagined, red wine left the deepest, darkest stains on teeth. What researchers did not expect was that the teeth soaked in white wine also showed signs of staining. "Regardless of the color, the acid present in both types of wine create rough spots and grooves in teeth that allow chemicals to penetrate deeper in the tooth," says Dr. Wolff. Thankfully, the phrase "everything in moderation" presents some good news for wine lovers. ### Dr. Jeffrey Mason is a cosmetic and general dentist at 232 Boulevard, Hasbrouck Heights, NJ. 201-288-4447, www.DrJeffreyMason.com





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Flu Season Info

Good Health Habits

Good health habits are an important way to help prevent the flu.

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

How Flu Spreads

Flu viruses spread in respiratory droplets caused by coughing and sneezing.

They usually spread from person to person, though sometimes people become infected by touching something with flu viruses on it and then touching their mouth or nose.

Most healthy adults may be able to infect others beginning one day before symptoms develop and up to five days after becoming sick.

That means that you can pass on the flu to someone else before you know you are sick, as well as while you are sick.

Influenza Viruses

The flu, is a contagious disease that is caused by the

influenza virus.

It attacks the respiratory tract in humans (*nose, throat, and lungs*). The flu is different from a cold.

Influenza usually comes on suddenly and may include these symptoms: fever, headache, tiredness (*can be extreme*), dry cough, sore throat, nasal congestion and body aches.

These symptoms are usually referred to as “flu-like symptoms.”

Most people who get influenza will recover in one to two weeks.

Anyone can get the flu (*even healthy people*), and serious problems from influenza can happen at any age.

People age 65 years and older, people of any age with chronic medical conditions, and very young children are more likely to get complications from influenza.

Pneumonia, bronchitis, and sinus and ear infections are three examples of complications from flu.

The flu can make chronic health problems worse. For example, people with asthma may experience asthma attacks while they have the flu, and people with chronic congestive heart failure may have worsening of this condition that is triggered by the flu.

The Flu Season

In the northern hemisphere, winter is the time for flu. In the United States, the flu season can range from November through March, and even past March in some years.

During the past 21 flu seasons, months with the heaviest flu activity (*peak months*) occurred in December in four

years, January in five years, February in nine years, and March in three years.

What You Should Do If You Get the Flu

Rest, drink plenty of liquids, avoid using alcohol and tobacco and take medication to relieve the symptoms of flu.

Influenza is caused by a virus, so antibiotics don't work to cure it.

The best way to prevent the flu is to get a flu shot.

The Myth of the “Stomach Flu”

Many people use the term “stomach flu” to describe illnesses with nausea, vomiting, or diarrhea.

These symptoms can be caused by many different viruses, bacteria, or even parasites.

While vomiting, diarrhea, and being nauseous or “sick to your stomach” can sometimes be related to the flu – particularly in children – these problems are rarely the main symptoms of influenza.

The flu is a respiratory disease and not a stomach or intestinal disease.

Questions & Answers

How long can human influenza viruses remain viable on inanimate items (*such as books and doorknobs*)? Studies have shown that human influenza viruses generally can survive on surfaces between two and eight hours.

What kills influenza virus? Influenza virus is destroyed by heat (*167-212°F [75-100°C]*). In addition, several chemical germicides, including chlorine, hydrogen peroxide, detergents (*soap*), iodophors (*iodine-based antiseptics*), and alcohols are effective against influenza viruses if used in proper concentration for sufficient length of time.

For example, wipes or gels with alcohol in them can be used to clean hands. The gels should be rubbed until they are dry. ###

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Reflections

Sticks and Stones

Rev. Veronica M. Pearson, Pastor
Evangel Christian Church; Little Ferry

As we approach Valentine’s Day, which is an opportunity to express our affection to those we love, I am reminded of the origin of this day.

Tradition has it that Valentine suffered and was ultimately martyred, because of his love and devotion to Jesus Christ.

In spite of his own suffering, Valentine made a practice of sending notes and words of positive encouragement to others. And so our tradition of sending expressions of love grew from there.

The love that Valentine demonstrated through positive words of encouragement seems to be in stark contrast to today’s practice of using negative and damaging words to pull down those who disagree with us.

Recently we have experienced much debate on the negative rhetoric that seems to abound not only in political circles but in everyday life.

As a child, growing up in England, I was familiar with the saying, “sticks and stones may break my bones but names will never hurt me.”

Of course this is totally untrue. Negative, destructive words and derogatory name-calling hurt not only the spirit of those on the receiving end of those comments, but also those who deliver them begin to nullify their own sensitivity to decent behavior.

Unfortunately, it does seem more popular these days to bring the other person down rather than build them up.

The Scriptures teach us that there are three things that endure faith, hope and love and that the greatest of these is love. The greatest commandment is to love God first and then love our neighbor as ourselves.

In the New Testament, Christ, through the parable of the Good Samaritan, explained who our neighbor is. The Samaritan was the only one of three passers-by who interrupted his journey to take care of the man who had been robbed and beaten and left in the road to die.

The depth of meaning in this action of the Samaritan is an embodiment of loving our neighbor as ourselves. The Samaritan showed his love by treating the injured man as he himself would want to be treated under the same circumstances

The Scriptures go even further in describing what love is. 1 Corinthians 13 in Peterson’s “The Message” says it this way: “Love never gives up. Love cares more for others than for self. Love does not want what it doesn’t have. Love doesn’t strut, doesn’t have a swelled head, doesn’t force itself on others, isn’t always “me first,” doesn’t fly off the handle, doesn’t keep score of the sins of others, doesn’t revel when others grovel, takes pleasure in the flowering of truth, puts up with anything, trusts God always, always looks for the best, never looks back, but keeps going to the end.”

We seem to have interpreted love as a noun when it is a verb. Love is an action, a behavior, a choice, not a feeling.

Religion is not just a set of beliefs, it is love in action. We are commanded to love and to forgive each other. What is more our love is to abound not just to those who love us

in return but also to those we consider our enemies.

As long as we interpret love as a feeling then it becomes impossible to ‘love’ our enemies. Loving our enemies or those who disagree with us is a behavior. We do not agree, but in our disagreement we behave with respect toward one another.

Let us pray that in 2011 we can increase in love through the One who demonstrated His love for us even to death. ###

Comfort For The Weary Heart

Reverend Veronica M. Pearson, Pastor of Evangel Christian Church, Little Ferry, has recently published “Comfort For The Weary Heart,” a book of inspirational messages based on scripture.

Developed during times of severe trial in her own life, and being comforted by God’s words of encouragement and love, Reverend Pearson desires to share these words of God’s comfort with others.

The book is available on Amazon.com and Barnes & Noble.com and may also be purchased directly from the author. She can be contacted by e-mail at LFECC@inbox.com or by phone at 201-440-1345. ###

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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



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Rev. Msgr. Lewis V. Papera, Pastor

Rev. Raymond M. Holmes

Rev. Jerzy R. Zaslona

Rev. Msgr. Martin O’Brien

Deacon Vincent DeFedele

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



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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

8:45 a.m. Sunday School
10:00 a.m. Worship Service
Fellowship Hour follows Worship Service. Child care provided



FIRST UNITED METHODIST CHURCH

57 Burton Ave. at Division Ave. • Parsonage: 201-257-8773

Church and Nursery School Office: 288-4636

Pastor Iraida Ruiz de Porras

Sunday

10:00 a.m. - Worship Service
Thursday - 7:00 p.m. - Bible Study
Friday - 7 p.m. Contemporary Family Service

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HOLY TRINITY LUTHERAN CHURCH

92 Burton Avenue, HH • 288-6889

Rev. Susan Nelson-Colaneri, Pastor

www.holytrinityhasbrouckheights.com

Sunday

11:00 a.m. - Sunday Church School
11:00 a.m. - Holy Communion



THE COMMUNITY

UNITED CHURCH OF CHRIST

Boulevard & Charlton Ave., HH • 288-0622

Rev. Edward J. Glasser, Assoc. Minister

Sunday - 10:00 a.m. Morning Worship

Communion-- first Sunday of the month



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
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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 Vicar
Rev. Anastacio “Nony” Villaluz, C.R.M., In Residence
Rev. Mr. Steve Marchese, Deacon
Sunday Obligation Masses:
6 p.m. Saturday
7:30 a.m., 9:00 a.m. (Italian), 10:30 a.m., Noon, 6 p.m.
Daily Masses: 7:00 a.m., Noon • **Holy Day Mass Eve:** 7 p.m.
Reconciliation (Confession): Sat. 4:30 - 6:00 p.m.
Friday Adoration of Blessed Sacrament: 11 a.m. to Noon

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
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



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Rev. Jacob David, Rector
1st Sunday - 9:30 a.m., Combined CSI & Healing Service
3rd Sunday - 9:30 a.m., Combined Episcopal Eucharist
2nd & 4th Sunday - 11:00 a.m. Malayalam Service
Vestry Meeting: 2nd Sat. 10:00 a.m.



CC Rosary Society News

The next General Meeting of the Rosary Society is Thursday, February 10, 2011, in the school cafeteria following the recitation of the Rosary at 7:15 p.m. and Mass in the Chapel.
The program for the evening is a reception for past officers in recognition of their past and continued service to the Rosary Society.

Projects for the new calendar year include a “Bakeless Cake Sale” fundraiser in support of the two scholarships given to Corpus Christi Eighth-Grade students going on to Catholic high schools.

All members have received an appeal letter, and we are hoping for a response by the end of February. Members are reminded that the household items for distribution by the Friendly Neighbors of Hasbrouck Heights will be collected at the March meeting.

Also on the agenda for the upcoming months is the Lasagna Dinner in the school cafeteria on April 15 and an early spring visit to the residents of the Bergen Regional Medical Center for recitation of the Rosary and refreshments.

The women of the parish are encouraged to join the Rosary Society in prayer and service. Members are required to say one decade of the Rosary daily, to attend monthly meetings, to pray the Rosary for deceased members, and to participate whenever possible in various service projects. Simply come to a General Meeting or call Membership Chairperson Dee Sullivan 201-288-7415 for further information. *Story by Carol Viceconte. ###*

Ecumenical World Day of Prayer March 4

“Let everything that has breath praise God.”

On Friday, March 4, 2011, at 1:00 p.m., World Day of Prayer Ecumenical Services will be held at Corpus Christi, Hasbrouck Heights. Light refreshments will follow. The facilities are handicapped accessible. For more information, contact Karen at 201-288-5738.

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. For more information go to: www.wd-pusa.org ###



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February Bible Studies at Holy Trinity Lutheran Church,

For the first time, Holy Trinity is offering a daytime Bible study.

A five-week study based on the book, "Neglected Voices: Biblical Spirituality in the Margins," will begin on February 2nd and run for five consecutive weeks on Wednesday mornings, through March 2nd.

By reflecting on “biblical unknowns” the author, John Indermark, helps us discover the often unexpected ways God works in the world.

Through these “neglected voices” we find guidance and inspiration for our own spiritual journeys. Participants may bring a brown bag lunch. Coffee and tea will be available. Classes will be held in the multi-purpose room at Holy Trinity.

In addition to the new daytime Bible study workshop, Holy Trinity is offering “Desperate Housewives of the Bible - Faith and Dirty Laundry Revealed!” — a five-week study at 7 p.m. on Thursday evenings beginning February 3rd and ending March 3rd.

The women of Wisteria Lane have nothing on these ladies found in the pages of the Bible — some in the Hebrew scriptures and some in the New Testament. Take a new look at women like Eve, Sarah, Bathsheba, Gomer, Salome, and the many Marys of Gospels.

You are invited to join as your time allows. If you are interested in attending either of these studies beginning in February, call 201-288-6889 or just come as you are able. *Story by Judy Danilchick. ###*

Holy Trinity will have mid-week Lenten Services on Wednesday evenings at 7:30 p.m. beginning March 16th through April 13th. ###

Free Lunch

Everyone is invited to the First Presbyterian Church of Moonachie on February 5, 2011, at 11:30 a.m, for the “First Saturday Free Lunch” program.

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

Pray for Peace

90 and Going Strong!

Happy Birthday Holy Trinity Lutheran Church – 90 Never Looked So Good!

Holy Trinity Lutheran Church celebrated its 90th year of service on October 31, 2010.

A wonderful service reflecting on the past and encouraging hope for the future was highlighted by a sermon from Rev. E. Roy Riley, Bishop of the New Jersey Synod of the Evangelical Lutheran Church of America (ELCA).

The service included the spirit-lifting sounds of The Mannes College of Music Brass Quintet, directed by Joseph Colaneri.

Holy Trinity’s new addition of a bell choir, “The Joyful Noise Ringers,” made their debut, enhancing the soulful

sounds of the Brass Quintet.

After the service, all were invited to the fellowship hall for a luncheon and to continue the celebration.

A history-filled documentary written by Charles Austin, produced by Pastor Susan and narrated by members of the congregation was presented for all to enjoy and to reminisce.

We saw special events, old and new friends, and familiar faces.

At 90, Holy Trinity Lutheran Church is aging gracefully, improving each year, welcoming to all, keeping up with the times (*check out our new website, [*brouckheights.com, where you can also view the documentary mentioned above by clicking on “Our Story”*\), and not afraid to embrace the next decade!](http://www.holytrinityhas-</i></p></div><div data-bbox=)*

Speaking of the future, members of Holy Trinity have committed to renovating and modernizing the Sunday School room and will provide an updated Confirmation and youth lounge in its tower room.

Designs for the renovations have been approved and work is set to begin in the spring of 2011. We are looking forward to these improvements and can’t wait for the reveal! *Story by Ruth Ann Heck. Photos by Arnold Steinhauß. ###*

Historic photos provided by Holy Trinity



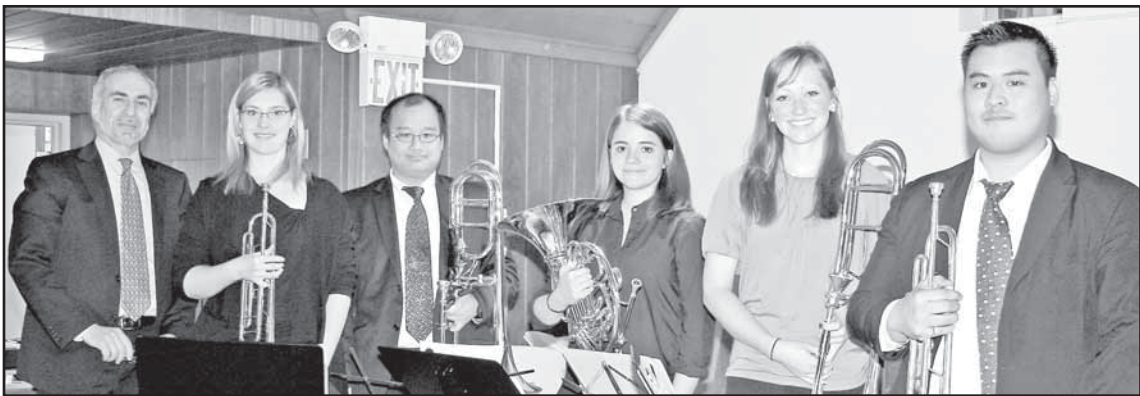
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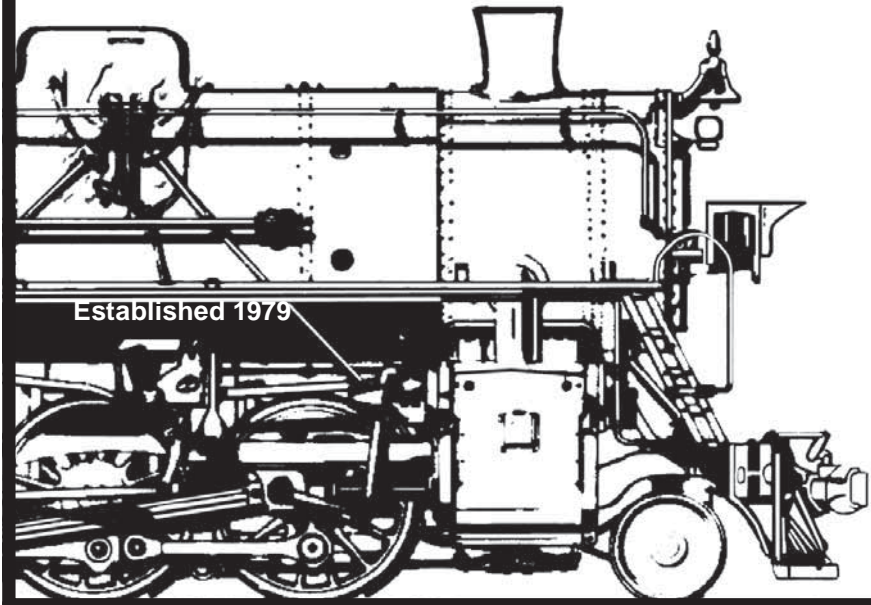
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History of Holy Trinity Lutheran Church

Part 2

A History by Charles Austin

The decades of the 1950s and 1960s were years of growth. A new parsonage was built in 1961. An education wing was added in 1962 and, in 1963, the old Church was razed as the congregation built a new sanctuary and fellowship hall. The mortgages were probably the standard 25-year contracts, but Holy Trinity paid them all off in 1968 largely through a gift from a donor who was a non-member of Holy Trinity but a good friend to Pastor Meiburg and to the congregation.

Those years also brought struggle to the nation. School desegregation troubled many

communities. Growing concern over U.S. military power and the war in Vietnam sent demonstrators into the streets.

During those years, Lutherans in the United States sought greater unity through mergers. The Service Book and Hymnal, first published in 1958, was replaced by the Lutheran Book of Worship in 1969. A split in the Lutheran Church-Missouri Synod quashed hopes for more cooperation with that Church body although those who had left the LC-MS formed the Association of Evangelical Lutheran Churches, now a part of the ELCA.

When Pastor Dwight Shellaway arrived in July of 1984, the congregation began to

expand its outreach to the community. To make the Church more accessible for members and community organizations, additional renovations – including a ramp and an elevator – were installed to make the facilities “barrier free.”

By 1990 Holy Trinity was hosting dinners for homeless people, and Pastor Shellaway and others were involved in Bergen County’s Community Action Program. The Women of the ELCA at Holy Trinity made quilts, layettes and health kits sent to Lutheran World Relief. Other health kits and school supplies were sent to a ministry on an American Indian reservation. With other Churches in town, the con-

gregation sponsored a refugee family from Cambodia.

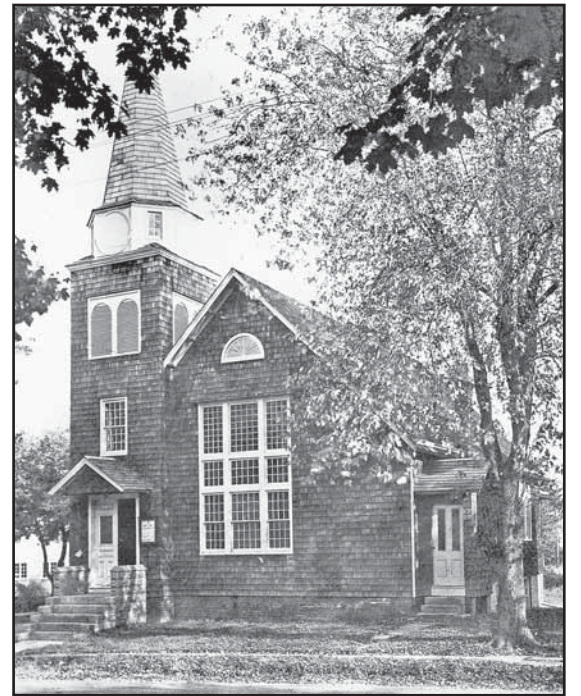
Through the years, the Contemporary Club, Women’s Club, Cub Scouts, Boy Scouts and Girl Scouts, public schools, Gymboree and more recently, Zumba exercise classes, have made use of the facilities at Holy Trinity.

The Rev. George Yoder was called to Holy Trinity in the winter of 2000, beginning an eight-year pastorate that included the introduction of a “contemporary” worship service on Saturdays and contemplative Taizé worship services under the leadership of Omaldo Perez, Director of Music.

Pastor Yoder’s ministry included an active participation in Ecumenical life and worship in Hasbrouck Heights. During the last three years of Pastor Yoder’s tenure, the congregation’s history repeated itself when the congregation was again yoked with a nearby parish, this time Zion Lutheran Church in Garfield.

The latest chapter of the congregation’s history has just begun. In 2009, the Rev. Susan Nelson-Colaneri was called as the congregation’s pastor. Her ministry also reaches back to touch earlier history, as Holy Trinity is yoked again, this time with Redeemer Lutheran Church in Maywood.

The congregation now has a new web site and other uses of modern technology with and



for education for all ages.

Under the direction of Fia Hill, parish musician for both congregations, a new bell choir – the Joyful Noise Ringers – has been formed. Confirmation students are participating in servant trips, the most recent to Washington, D.C., and new ground is being plowed through their From the Porch social ministry outreach initiatives and monthly communion services at Wellington Hall in Hackensack.

The real story of a congregation’s history is not fully told by the events of its history, its pastors, activities, building programs and finances.

The real story probably cannot be told in full, for it involves the deep spirituality and fervent faith and the “secular” lives of thousands of people touched by the Gospel proclaimed from its pulpit, taught in its classrooms and celebrated at its altar.

The real history of a parish would have to include the impact of the global ministry of the entire Church as mission efforts and offerings locally take the Gospel around the world, making disciples, seeking justice and serving the poor.

This Gospel perspective reminds all that what began with that first worship service in 1920 and continued through the many years of worship and service has profound meaning not only for the thousands who have passed through the Church doors in Hasbrouck Heights, but for the millions who have benefited from the Gospel ministry of Lutheranism around the world.

A video version of this history can be viewed at www.holytrinityhasbrouckheights.com on the “Our Story” page. Story by Charles Austin. ###

Part One of Mr. Austin's history of the Holy Trinity Lutheran Church was published in the January 2011 edition of The Gazette Newspaper. ###


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Pasta Night at Assumption

The St. Anthony Council 11585 Knights of Columbus is hosting a Pasta Night on Ash Wednesday, March 9, 2011 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 Peter, 201-288-0276, or at the door. Take out is available. All proceeds to benefit council activities. Assumption School is located at 151 First Street, Wood-Ridge.PG ###

Mardi Gras Celebration March 8

First Reformed Church, Hasbrouck Heights, is scheduled to present 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, March 8, 2011, at 6:30 p.m.

Last year, authentic New Orleans music was presented by "The Big Easy Trio" with Jazz song stylist Carrie Jackson and daughter/father Lucy (*on trumpet*) and Jeff (*on guitar*) Weinman of the "Skillet Lickers."

Suggested donation \$10. 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 March 10th. ###

Assumption AIDS Ministry Collecting Diapers/Ensure

Assumption Parish Community will be observing AIDS Compassion Weekend at all the Sunday and anticipated Masses of March 5 and 6, 2011.

As part of the program, the Assumption AIDS Ministry will be collecting diapers for children born with the virus, which will be given to the Pediatric AIDS Clinic at Saint Joseph's Hospital in Paterson, NJ at all Masses during the weekend of February 5/6.

During Masses the weekend of February 19/20, they will be collecting the diet supplement, Ensure, which will be donated to New Jersey Buddies in Hackensack.

For additional information, cal John at 201-939-3803. ###

Navigating the Prayer Service

Reconstructionist Temple Beth Israel (RTBI) in Maywood will host a four-part adult education series on Aspects of the Jewish Sabbath Service titled "Navigating the Prayer

The series will be led by Rabbi Jarah Greenfield on the last Saturday of the month from January through April, from 9:00 to 10:00 a.m.

The classes are free and open to the public; a light breakfast will be served. Advance registration for each class is required for proper planning; no walk-ins please. Reservations are made by email to Rabbi Greenfield at rabbi@rtbi-online.org.

Each stand-alone session will cover a different facet of the Jewish prayer service so that congregants may better understand the "how" and "why" when attending services; attendance at all four sessions is not required. The community's Shabbat morning service will immediately follow at 10:00 a.m.; all are welcome and encouraged to attend. The adult education classes at RTBI are as follows:

Sat., Jan. 29 – "The Architecture of Shabbat" in which Rabbi Greenfield will discuss the structure of the prayer service. Registration deadline is Fri., Jan. 21.

Sat., Feb. 26 – "Light, Love and Longing," a look at the Shabbat service's thematic flow. Registration deadline is Fri., Feb. 18.

Sat., March 26 – "Why Don't You Slow Down?" in which Greenfield examines the halacha, or Jewish law, surrounding the service. Registration deadline is Fri., March 18.

Sat., April 30 – "Moving with Spirit," a look at the choreography of Shabbat services. Registration deadline is Fri., April 22.

RTBI, located at 34 W. Magnolia Ave. in Maywood, off Maywood Avenue, is the only Reconstructionist synagogue in Bergen and Rockland counties. It offers a contemporary look at tradition through its Sabbath and holiday services, adult education courses, religious school and family-friendly events throughout the year.

As a Reconstructionist synagogue, RTBI is an open and inclusive community that welcomes Jews from all walks of life and embraces diversity. For more information about the temple, call 201-845-7550, or go to www.rtbi-online.org. ###

Fish & Chips March 12

Saint Margaret of Cor-tona's Parish Social Life Committee is sponsoring their 8th annual Fish and Chips Dinner on Saturday, March 12, 2011.

Cooking will be done by Tastefully British.

Dinner will be served from 6:15 – 7:30 p.m. in Marnell Hall in the Parish Center at the corner of Liberty St. and Chamberlain Ave., Little Ferry.

Cost is \$13 per meal, and includes Fish, Chips, Cake, Coffee and Tea. No tickets will be sold at the door. Take-out orders are available.

For information, call Ellie at 201-641-0883. ###

W-R Knights Corned Beef Dinner March 19

This year, St. Patrick's Day falls on a Thursday; however the St. Anthony Council 11585, Knights of Columbus invites all to celebrate with them on Saturday, March 19, 2011 (*St. Joseph's Day*). The Knights will host their Third Annual Corned Beef Dinner, from 7 p.m. to 10:00 p.m., at the Father Patrick Morris Hall, located in the basement of the Assumption Church in Wood-Ridge.

The dinner will be catered by Jahn's Delicatessen and the admission is \$15.00 per person. Tickets may be purchased at the door or from any member of the Knights of Columbus. PG ###

Meatless Pasta Dinners

Saint Margaret of Cor-tona's Parish Social Life Committee is sponsoring 5 meatless Pasta Dinners on Fridays during Lent, March 18, 25, April 1, 8 and 15, 2011. Dinners will be served from 5:30 – 7 p.m. in Marnell Hall in the Parish Center at the corner of Liberty St. and Chamberlain Ave., Little Ferry.

Cost is \$6 for adults and \$3 for children under 10.

For information, call Ellie at 201-641-0883. ###

It's Flu Season
Cover
Your Cough
Wash
Your Hands

Road Courtesy is Contagious

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 three at a time until you've had your fill.

Ultimate Bacon & Sausage Combo (Pictured)
Two eggs, three strips of crispy bacon, three pork sausage links and golden hash browns. 8.99

Bacon & Eggs Combo
Two eggs, four strips of crispy bacon and golden hash browns 7.99

Ham & Eggs Combo
Two eggs, a hearty grilled ham slice and golden hash browns. 7.99

Sausage & Eggs Combo
Two eggs, four pork sausage links and golden hash browns. 7.99

Egg Combo Two eggs, and golden hash browns. 5.99

Want "Just Pancakes"?
Also available: A stack of five buttermilk pancakes 4.99



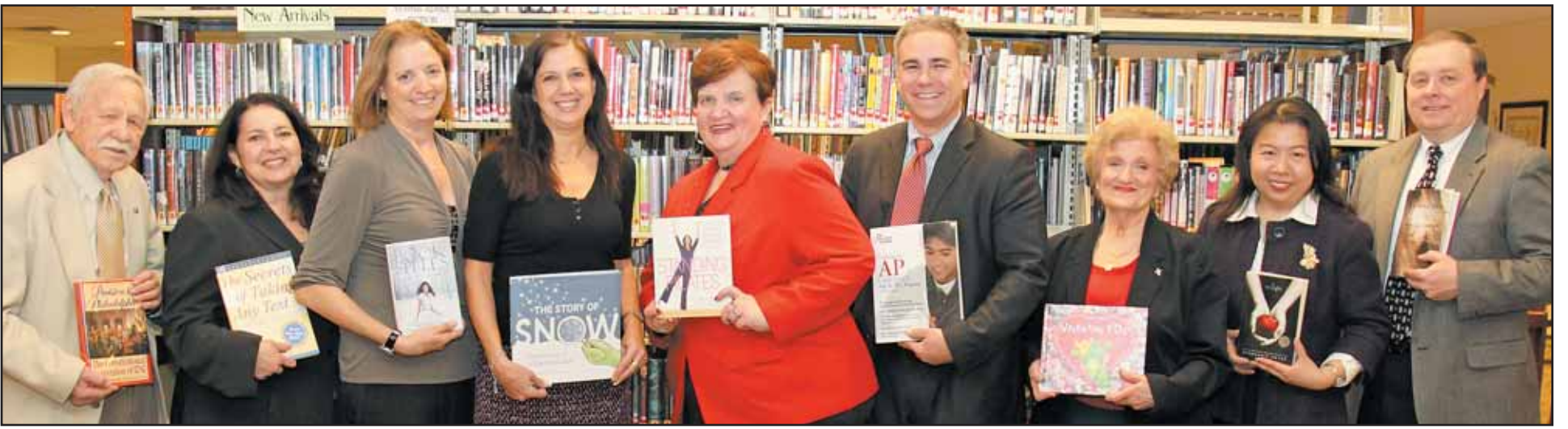
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An extra large cup of our house blend crowned with whipped topping. Available in four flavors:
White Chocolate • Raspberry Mocha • French Vanilla • Swiss Mocha

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Heights Library Board Reorganizes for 2011

The Board of Trustees of The Free Public Library of Hasbrouck Heights held its reorganization meeting on Wednesday, January 19, 2011. 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) Dr. Burnett Eglow, Council Liaison Sonya Buckman, Rose Ellen Lorber-Termaat, Lisa Traina, Patricia Link, Superintendent of Schools Dr. Mark Porto, Mayor Rose Heck, Library Director Mimi Hui, and Tom Meli. Not shown: Mayor's Alternate Thomas Verrastro. ###*

Citizenship Classes Start February 7th

Preparatory classes for U.S. Citizenship will start on Monday, February 7, 2011, and finish on Monday, March 14, 2011, 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, February 2, 2011 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 \$15 registration fee, must be completed for each student. Financial assistance is available. ###

Computer Literacy Classes Start Feb. 23

On Wednesday, February 23, 2011, students can register for the Spring session of Computer Literacy Classes at Care on the Corner, 333 Franklin Avenue in Hasbrouck Heights.

Registration is the first night of class. Space is limited to six students on a first come, first serve basis. The first session begins on Wednesday night, February 23 at 6:30 p.m. at the Care Center. Classes continue for the next three weeks, March 2, March 16 and March 23. A certificate will be awarded upon completion of the course.

For more information call the Care Center office at 201-288-9460. A registration form accompanied by a non-refundable registration fee of \$25 must be completed for each student. ###

Communicate With Your Hands

On Monday nights, starting February 7, 2011, Care on the Corner will be offering "Communicating With Your Hands" (*a sign language course*). The classes will be held in the sanctuary of St. John's Episcopal Church, 229 Terrace Avenue, Hasbrouck Heights.

Classes continue for ten weeks on Monday nights, from 7 p.m. – 9 p.m., until April 11.

You will be learning the fundamentals of sign language in Signed Exact English (EE). There is a non-refundable materials/registration fee of \$50. This includes a manual, which was created by the instructor and weekly handouts.

For more information call 201-288-9460. A registration form, accompanied by the fee, must be completed for each student by February 4, 2011. ###

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, March 1, 2011, 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."

While IHOP's National Pancake Day typically takes place on Shrove Tuesday, this year, the company will host its free pancake event one week earlier on Tuesday, March 1 to build buzz and excitement prior to Shrove Tuesday.

National 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 Sixth National Pancake Day Celebration. 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 2010, IHOP nationally raised more than \$2.1 million on national Pancake Day. Since starting its National Pancake Day celebration in 2006, IHOP has raised more than \$5.35 million to support local charities. ###

Famed Wagner College Choir to Perform on February 27th

Holy Trinity Lutheran Church at 92 Burton Avenue in Hasbrouck Heights invites you to attend Wagner College Choir's Send-Off Concert which marks the beginning of their 2011 tour in Florida.

On February 27, 2011, at 4 p.m., under the leadership of Dr. Roger Wesby, the college's director of choral activities, and accompanied by Barbara Wesby at the piano, the choir will be offering a very diverse repertoire.

Included will be selections from Bach, Haydn, Mozart, Beethoven, Debussy, Poulenc, Eric Whitacre, Samuel Sebastian Wesley, Frank Martin, Dan Forrest, with traditional music adapted by Harry Belafonte and Bobby McFerrin, a tribute to John Lennon on his 70th birthday, folk music and jazz.

The concert is free and open to the public. A freewill offering will be taken.

For more information, please call 201-288-6889 or e-mail hltchh@aol.com. or visit the website at www.holytrinity-hasbrouckheights.com. Please feel free to attend and bring a friend as well for a very special performance. ###

Keep Fire Hydrants Cleared of Snow

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

		201-288-5533 Hasbrouck Heights		 201-939-2224 Wood-Ridge	
<small>Each office independently owned & operated</small>					
 <p>Little Ferry \$379,900 Sugar Maple Split 3 BR, 2.5 Bath</p>	 <p>Hasbrouck Heights \$269,900 Half of Duplex 3 BR, 2.5 Bath</p>	 <p>Hasbrouck Heights \$369,000 Ranch 3 BR, 1.5 Bath</p>	 <p>Moonachie \$329,000 Side Hall Colonial 3 BR, 2 Bath</p>		
 <p>Hasbrouck Heights \$489,000 New Price 3 BR, 2.5 Bath</p>	 <p>Lodi \$359,900 2 Family 2BR, 1 Bath, each floor</p>	 <p>Wood Ridge \$419,900 Bi-Level 3 BR, 1.5 Bath</p>	 <p>Lodi \$399,000 Ranch 4 BR, 3.5 Bath</p>		
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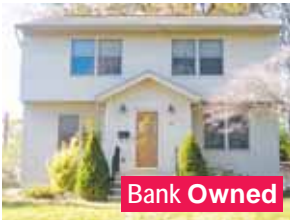
Hasbrouck Heights
\$389,000



Hasbrouck Heights
\$399,000



Hasbrouck Heights
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Lodi
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Hasbrouck Heights
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Fair Lawn
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Hackensack
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Lodi
\$499,000



Wood-Ridge
\$399,000



Lodi
\$280,000



Wallington
\$379,000



Lodi
\$324,900



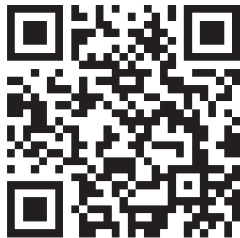
Passaic
\$139,000



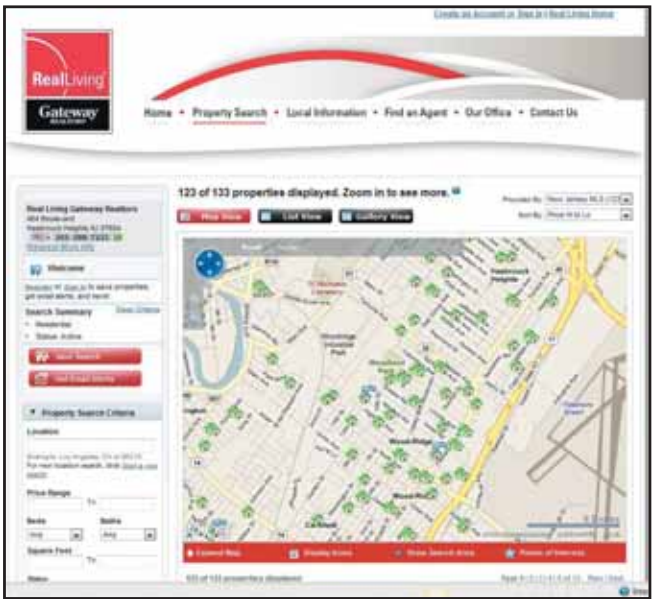
Hasbrouck Heights
\$534,900



Wood-Ridge
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