

The Gazette

Newspaper for Hasbrouck Heights • Moonachie • Teterboro • Wood-Ridge

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www.The-Gazette-Newspaper.com



6,000 Miles To Go

It was hot. It was dusty. It was the last 24 hour bicycle marathon ever held in Hasbrouck Heights. (Story and photos on pages 16-17)

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HH Touchdown Club Golf Outing

The 8th Annual Hasbrouck Heights Touchdown Club Golf Outing is scheduled for Thursday, August 16, 2007 at the Upper Knoll West Country Club in Parsippany, NJ.

The event features hot and cold buffet from 11:00 a.m. to 12:30 p.m., shotgun start at 1:00 p.m. (with two rolling beverage carts during golf), cocktail hour from 6:00 p.m. to 7:00 p.m. followed by a dinner reception from 7:00 p.m. to 9:30 p.m.

Contests include: first hole-in-one win a new car, closest to the pin, longest drive, etc., plus many prizes. Cost is \$150 per golfer; RSVP by July 30th.

For more information call Rich Albanese at 201-288-2921. ###



Fly Your Flag July 4th

July 4th Children's Patriotic Parade

The Annual Children's Parade is scheduled for 10 a.m., Wednesday, July 4, 2007, at Washington and Burton. Registration and line-up starts at 9:30 a.m.

This event is open to children under 10 years of age who reside or attend school in Hasbrouck Heights.

Any child whose grandparents live in Hasbrouck Heights and will be visiting for the Holiday also has the opportunity to participate.

Categories include:

1. Costumed child on foot.
 2. Wagons and tricycles (any item that is three wheels or more no matter how it looks or is propelled).
 3. Carriages and strollers.
 4. Decorated bicycles (any item with two wheels no matter how it looks or is propelled).
 5. Floats (having a platform on which the display is built).
5. Grandparent's Corner.
Helmets are required for those on bicycles and any three wheeled vehicle.
All participants receive medals.

The Hasbrouck Heights Police Department will lead the parade east on Washington to Terrace, south to Kipp Avenue and north on Burton Avenue to the starting point where prizes will be awarded. All participants receive medals.

The HHFD will be on hand for any assistance. The event is sponsored by the Mayor's Celebrations Committee. ###

Summer Adventure Camp Sign-Up

All children in the community attending Kindergarten through Sixth Grade this fall are invited to Summer Adventure Camp, July 9 through 13, from 9:00 a.m. to noon at the Bible Baptist Church, 31 Passaic Street, Hasbrouck Heights.

The theme, "Game Day Central," will be a place where kids learn how to become godly heroes on and off the field.

The week will include games, music, snacks and more! Visit www.biblebaptist.net for more information or call 201-288-4139 x.17 to register. Registration cost is \$10. ###

Fireworks Canceled

The Hasbrouck Heights Lions Club issued the following statement:

The members of the Lions Club of Hasbrouck Heights, with regret, wish to inform the good citizens of Hasbrouck Heights and neighboring municipalities, that this year's Independence Day Celebration and Fireworks Extravaganza has been canceled.

The recent commencement of the renovations to Depken Field by the Borough government have rendered that venue temporarily unavailable. The possibility that these circumstances might arise was not unforeseen by Lions on the Club's fireworks committee, who, therefore, planned and modified contracts with various vendors accordingly.

There is some good news! Our esteemed local

officials have promised that this is a one time interruption of an otherwise annual celebration of our nation's birth. We have been assured that, next year, the improvements made to the Depken Field facilities will only enhance the experience shared by all of the patriotic Americans who look forward to and support this wonderful Hasbrouck Heights tradition.

It is with breathless anticipation that the volunteers of the Lions Club begin planning for next year's program.

In the meanwhile, please keep our service men and women in your prayers and may God Bless America! Proud to be an American,

s/ Lion Thomas E. Mason Jr., Coordinator, Fireworks Program.

The Energy Corner

Are there benefits to upgrading my heating system or boiler?

By upgrading your system, you can also take advantage of the many technological advancements that make today's oil heat more comfortable, more reliable and cleaner burning than ever. While decreasing your costs of home heating, you can increase your peace-of-mind. A new high-efficiency oil heat furnace can achieve efficiency rates between 86% to 95%.

Are oil heat dealers making money off the increased prices?

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

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



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Good Neighbor Day and Food Drive

For the 11th year, **Bill O'Shea's Florist**, at 231 Boulevard (at Jefferson Avenue), in Hasbrouck Heights, NJ will sponsor Good Neighbor Day.

Thousands of roses will be given away absolutely free to anyone who visits the shop. Dozens of roses will be given away on a first come, first served basis.

No purchase is necessary! Good Neighbor Day begins 8 a.m. on Wednesday, September 5, 2007.

All visitors picking up the roses are asked to keep one for themselves and to give the other 11 roses away to 11 different people and in so doing, help create a friendlier, more

caring and compassionate community. Good Neighbor Day is a day designated for people to meet and get to know their neighbors. A rose is the perfect expression of friendship and love.

When you come in for your FREE Roses, we ask that you be a Good Neighbor by bringing a food donation for the Center For Food Action (CFA), the non-profit food center that has served our area's needy since 1976.

CFA welcomes basic non-perishable food items such as juice, cereal, canned goods, pasta, baby food, etc. Food items should not be open, expired or in glass jars. ###

Real Financial Planning For The Real World

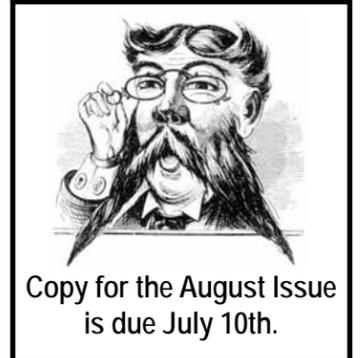
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New IHOP Summer Specials



Three sweet summer favorites to choose from:

Sweet Strawberry Pancakes

Two fluffy buttermilk pancakes topped with glazed strawberries, a drizzle of cream cheese icing, and creamy whipped topping.

Strawberry French Toast

Four French Toast triangles topped with glazed strawberries, a sprinkle of powdered sugar, and creamy whipped topping.

Strawberry Funnel Cake

Warm and delicious Funnel Cakes topped with strawberry topping, crowned with creamy whipped topping and powdered sugar.

Served with your choice of the following combos:

Sampler (pictured)

Served with two eggs, any style, crisp hash browns and two strips of bacon, two slices of ham, and two pork sausage links.

\$8.49

Big

Served with two eggs, any style, crisp hash browns and two strips of bacon, and two pork sausage links.

\$7.49

Regular

Served with two eggs, any style, crisp hash browns and two strips of bacon, or two pork sausage links.

\$6.49



Shrimp Caesar Salad

Crispy buttermilk-battered popcorn shrimp with shredded Parmesan cheese served over romaine lettuce. Tossed in our Caesar dressing and served with a lemon wedge and garlic bread.

\$7.59

Grilled Chicken Caesar Salad

A tender grilled chicken breast served on crisp romaine lettuce with Parmesan cheese and croutons, tossed in our Caesar dressing. Served with garlic bread.

\$7.99

Clubhouse Spinach Salad

Fresh spinach topped with hickory smoked bacon pieces, tomatoes, shredded Parmesan, Bleu cheese crumbles and diced, crispy-fried chicken. Tossed in honey mustard dressing and served with garlic bread.

\$8.99

These special offers expire July 31, 2007. Coupons or other discounts not valid with this special.

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Understanding Home Mortgages

There are many, many different types of mortgages. The two most common types of mortgages are fixed rate and adjustable rate (ARM).

Fixed Rate Mortgage- With a fixed rate mortgage your interest rate is set prior to closing on your home and does not change for the entire term of the loan.

Pros of Fixed Rate Mortgages:

- You know what your monthly payment amount will be and it will not change.
- No worries about interest rate hikes that will raise your amounts.

Cons of Fixed Rate Mortgages:

- Initial interest rate is higher than an adjustable rate mortgage.
- If interest rates decline, it will not lower your payments.
- If the interest rates decline significantly, you can refinance your mortgage to take advantage of the lower interest rate. Refinance charges will be incurred, so the interest rate drop must be able to justify these costs.

Remember that a mortgage is an expense that will be with you for a long time. Therefore, it's prudent to see which one will give you the best deal. Remember that a few dollars a month will really add up over 15 or 30 years.

Adjustable Rate Mortgage (ARM) -With an adjustable rate mortgage the interest rate will vary throughout the term of the loan. How often the rate changes depends upon the adjustment period of the loan.

Pros of Adjustable Rate Mortgages:

- Adjustable rate mortgages are initially priced at lower mortgage rates than fixed interest rate mortgages, resulting in a lower initial payment.

• Adjustable rate mortgages generally have a rate increase cap (*a cap is a maximum*) per year and lifetime cap on the interest rate. It may be better to use an ARM when rates are up high, and they are less advantageous when rates are low.

• If you plan to be in a house for only 3-5 years, an ARM allows you to pay lower monthly payments for those 3-5 years than a fixed rate mortgage.

• If interest rates drop, an ARM provides a way to participate in these lower rates without having to refinance your house. This can save you closing costs.

• The adjustable period is key to the loan. How often they adjust the payment is important because you want the longest adjustable period. Most decent ARMs have an adjustment period of one year, so your

monthly payments remain the same for a year, then increase or decrease the next year.

Cons of Adjustable Rate Mortgages:

• Interest rate hikes will increase the amount of your payments.

• If you have a cap over 2%, your monthly payments can go up significantly.

• Catch up clauses can come out of nowhere. If the cap was 3% and the rate rose 5%, the loan provider can invoke a "catch up" clause the following year, which will significantly increase your monthly payments.

• Avoid adjustable rate mortgages with negative amortization!

• Be very wary of the word "discount" when looking at ARMs as this means the loan will most likely have a shorter adjustment period which will lead to higher costs in the long run.

Just like fixed rate mort-

gages, you should shop around for the best deal if you are interested in an adjustable rate mortgage. When you compare quotes, make sure to pay close attention to the caps and other details that are unique to adjustable rate mortgages. ###

Take The Plunge!

Join us for Great Bible Reef Vacation Bible School! July 15th - July 20th at Holy Trinity Lutheran Church, 92 Burton Ave., Hasbrouck Heights, NJ.

All children, aged 4 thru 12, regardless of religious affiliation, are invited.

The opening night- Sunday - begins at 5:30 p.m.; Monday thru Friday will be 6:30-8:30 p.m.

Get ready for a week of underwater-themed fun, games, crafts, songs, and stories. For more information or to register call Holy Trinity Church office at 201-288-6889. ###

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Current Mortgage Program 6/19/07

Term	Rate	APR	Payment (per month, per \$1,000 borrowed)	Term	Rate	APR	Payment (per month, per \$1,000 borrowed)
1/1/30 ARM	5.125%	7.510%	\$5.44	10-year fixed	5.625%	5.790%	\$10.91
3/1/30 ARM	5.625%	7.250%	\$5.76	15-year fixed	5.750%	5.870%	\$8.30
5/1/30 ARM	5.750%	7.010%	\$5.84	20-year fixed	6.000%	6.100%	\$7.16
7/1/30 ARM	5.875%	6.850%	\$5.92	25-year fixed	6.375%	6.460%	\$6.67
10/1/30 ARM	6.250%	6.830%	\$6.16	30-year fixed	6.375%	6.450%	\$6.24



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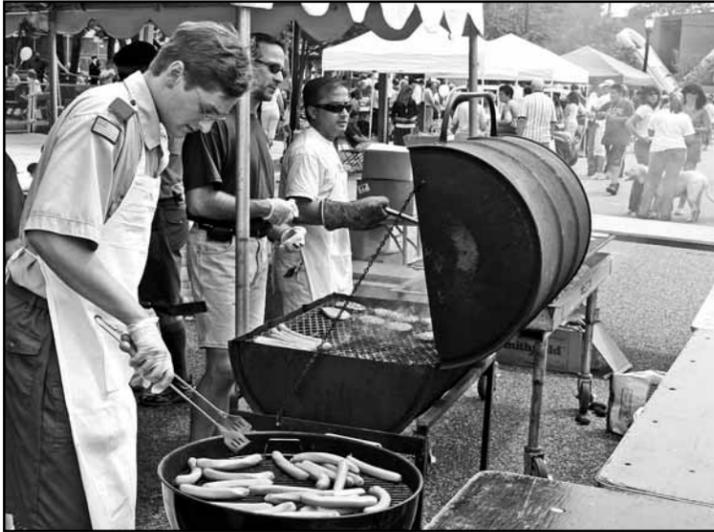
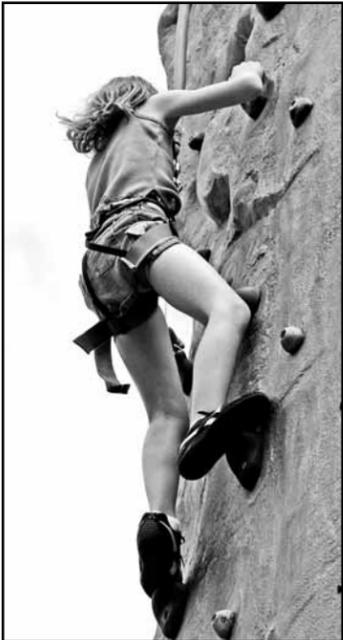
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Wood-Ridge Family Day

Valley Boulevard was closed to traffic on Sunday afternoon, June 10, 2007 from 1:00 p.m. to 5:00 p.m., for thousands to enjoy Wood-Ridge Family Day.

The Wood-Ridge Fire Department displayed their equipment along with two exhibits demonstrating rescue procedures in a smoke filled building and fire sprinklers.

Using special goggles and golf carts, the Police Department

conducted hands-on "driving while under the influence" demonstrations for teenagers.

A DJ, along with several live entertainers (including a visit from Elvis), provided music.

There were many amusements to include giant inflatables, dunk tank, ball throw, bungee jumping, etc., as well as a car show.

Many food stations provided

tasty refreshments.

Community organizations had displays to include Lions Club, VFW, Wesmont Station, Scouts, Blue Devils, BCUA, W-R Recreation Department, etc.

Kohler Funeral Home sponsored a face painter who delighted the children.

Kearny Federal Savings had "Spin the Wheel" where everyone was a winner. ###



Memorial Day 2007 Observed

Memorial Day activities began with a parade from Williams Avenue, along Terrace Avenue, concluding at Memorial Park on May 28, 2007.

The parade was led by recently returned Iraq servicemen and the Hasbrouck Heights Police Department Honor Guard.

Marchers included the Mayor and Council, Veterans from the VFW Post 4591 and American Legion James B. Scarr Post 106, Knights of Columbus, B.P.O Elks 1962, Hasbrouck Heights High School Band, and several Boy and Girl Scout units followed by the Hasbrouck Heights Fire Department.

This was the 89th year that the citizens of Hasbrouck Heights observed Memorial Day at this monument.

A brief memorial ceremony was led by VFW Commander Elmer Winterfeld.

Paul Fitzpatrick led the National Anthem and Rev. Msgr. Rodrigo San Pedro of Corpus Christi Church delivered the invocation.

Mayor Ronald R. Jones, NJ Senator Joseph Coniglio and former Mayor and Assemblywoman Rose Marie Heck, commented on the significance of Memorial Day.

Veterans, dignitaries and the public then placed memorial wreaths and their "buddy poppies" at the base of the monument.

VFW Post Chaplain John DeRosa did a roll call of American Legion and VFW members who passed on during the year, with American Legion Chaplain Stephen Herinya answering "Absent."

The High School Band buglers played Taps.

The final benediction was given by the Rev. Edward J. Glasser of Community United Church.

Light refreshments were served at the Veterans of Foreign Wars Post 4591. ###



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HHFD Memorial Day Service

Following the Memorial Day Veterans ceremony, the parade continued along Passaic Avenue to the Firemen's Memorial at The Circle for a brief service.

The National Anthem was played by the Hasbrouck Heights High School Band.

Erik Soldwedel, Deacon Intern at St. John the Divine, gave the invocation.

Mayor Ronald R. Jones, Fire Commissioner Carol Skiba and First Assistant Chief Michael Ratkowski, made comments.

Firefighter Michael Thomasey read the names of deceased firefighters -- with the tolling of the Memorial Bell. ###



Erik Soldwedel providing the invocation.





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Firefighters Walk of Honor

A Firefighters Walk of Honor at the Firemen's Memorial on the Circle, was recently completed by the DPW in time for the Memorial Day service. The Walk consists of engraved brick pavers. Cost is \$65 per paver. Pavers are available to all Hasbrouck Heights firefighters, ambulance squad or rescue members (*living or deceased*). This memorial program is also available to Hasbrouck Heights residents wishing to honor their relatives who served as firefighters, ambulance squad or rescue members (*living or deceased*) from other communities. Please contact the Boro Clerk's office for an application or more information at 201-288-0195. ###

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(l to r) Second Asst. Chief Darin Oddo, Exempt Association President Thomas Bischoff, Fire Chief Tony Gentile, and First Assistant Chief Thomas Burniston in front of the Memorial Bell Monument.

WRFD Memorial Service

On May 23, 2007, the Wood-Ridge Fire Department Exempt Association held its annual memorial service for its departed members.

Exempt Association Presi-

dent Thomas Bischoff presided over the ceremony. Fire Department Chaplain, Deacon Cauceglia, gave the invocation and the benediction. Fire Chief Tony Gentile, Wood-Ridge Mayor and NJ State Senator Paul Sarlo and NJ Assemblyman and Nutley Deputy Fire Chief Fred Scalera all spoke at the service.

Taps was played by Firefighter Tish Ferry and Fire Captain Ron Phillips Jr. played "Amazing Grace" on the bagpipes. Wreaths were placed at the Memorial Bell by the families of departed brothers and local organizations. All 117 names of the deceased were read and followed by a hand salute.

During the past year, the following names were added to the Memorial Bell: Edward C. Meyers Jr., Lawrence Greco and Reno Concato. *Story & photo provided by WRFD. ###*



On April 28, 2007 the Hasbrouck Heights Fire Department was dispatched to the Valero Gas Station on Rt. 17 north for a fuel spill. Upon arrival the HHFD rescue squad found 20 gallons of gas spilled on the ground. A gas nozzle fell out of a car while it was filling. The HHFD Rescue applied speedy dry to prevent the fuel from entering the sewer. Rescue Squad Captain Michael Thomasey called for the Bergen County Hazardous Materials Team to respond. NJ DEP was notified of the spill. The Valero Gas Station called their own clean up company to remove the contaminated grass and dirt. *Photos by Rob Knobloch ###*



Moonachie & W-R Fire Departments Assist at Little Ferry House Fire

During a thunderstorm on June 16, 2007, a bolt of lightning struck and downed a power line in front of a Little Ferry home. The power line arced, causing the gas line to ignite and send the fire into the home, blowing the gas meter off the wall.

The mutual aid call, at about 4:00 p.m., requested-Moonachie Fire Department

to send an engine company and Wood-Ridge Fire Department to send a F.A.S.T. team to assist Little Ferry and Ridgefield Park Fire Departments.

The gas fueled fire in front of the home burned for about 2 hours. Officials stayed on the scene until about midnight to make sure the fire did not rekindle. *Photo by Dennis Kronyak. ###*



Following a brief parade, the community of Wood-Ridge held Memorial Day Services on Monday, May 28, 2007 at the Veterans Monument on Hackensack Street. Above photo of the Wood-Ridge Fire Department provided by Marie Gallo. *###*



During early June 2007, Engine 2 was out of service for repairs and maintenance. While the equipment was out of service, the Hasbrouck Heights Fire Department had use of a loaner from the Bergen County Fire Academy. *###*



Elks Recognize First Responders

The B.P.O.E Hasbrouck Heights Lodge #1962 held their Second Annual First Responders Awards Dinner Night in April 2007. The dinner recognizes first responders from Hasbrouck Heights, Lodi

and Wood-Ridge. This year's recipients from Hasbrouck Heights Fire Department were Former Fire Chief Joseph Taylor Jr. for his leadership during the bus crash on Rt. 17 and Elks member Thomas Rubino. *###*

Propane Safety

Propane gas is odorless. A "rotten egg" odor is put into the gas so that it's easy to detect if a leak occurs. If you smell the "rotten egg" odor near or around your propane gas cylinder immediately contact the Fire Department.

When not in use, keep the valve tightly closed and plugged with the "POL" left handed thread plug. This will seal the propane gas cylinder and help prevent leaks if the service valve is accidentally opened.

Never store propane gas cylinders inside an enclosed structure -- store and use outdoors only.

Handle cylinders gently -- dents, gouges and rust can weaken cylinders.

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Above: Using thermal imaging units to monitor the search and rescue techniques demonstrated below.



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HHFD Trains at American Legion Post

The American Legion Post building made its final contribution to the community on Sunday morning, June 10, 2007, with the Hasbrouck Heights Fire Department conducting training. The building was slated for demolition.

The training session was led by Second Assistant Chief Kevin Todd, Engine 1 Captain Edmund Carter III and Rescue Squad Captain Michael Thomasey.

Firefighters ascended the Ladder Truck and training began with the discussion of roof safety techniques. Several holes were cut in the roof using a variety of tools. During a real

fire, holes are cut into roofs for venting purposes.

Firefighters then practiced entering the structure and performing search and rescue techniques -- initially in the well-lit main floor, followed by practice in the dark, windowless basement. The basement training was done under air so firefighters could get a better understanding of how long their air supply would last during a search of the area. Thermal imaging cameras were used to monitor the basement training.

Next, several ceiling locations were breached using a variety of tools and techniques.

This work would be used to check for fire extensions.

Several walls were broken through, with firefighters practicing passing through them for escape purposes.

After a short break, the firefighters worked the second floor doors -- learning about the different tools and practicing various locked door entries.

The event concluded with a debriefing and explanation on how this training prepares firefighters for real fires and how these techniques can prevent injuries and save lives.

The use of this Post building for training was an asset to the safety of the community.



Moonachie FD Gets Hosed

The Moonachie Fire Department celebrated the arrival of their 2007 KME Aerial Cat 81 foot Midmount Tower Ladder with a wetdown on June 2, 2007. The Tower replaces their 1975 Ladder Truck.

The celebration included food, drinks, 50/50, face painter, balloon maker with commemorative "T" shirts and

collectible mugs for sale.

And, of course, there was lots of water. Some of the fire departments joining in the celebration with friendly hose fights included: Carlstadt, Lyndhurst, Nutley, Butler, Lodi, Hasbrouck Heights, Wallington, East Rutherford, Secaucus, Neshanic, Garfield, Waldwick, etc. ###

Fireworks Are Illegal in NJ

While people want to display their patriotism more than ever this 4th of July, the Hasbrouck Heights Police Department reminds residents and visitors that only paper and plastic caps, like those for toy guns, are allowed in New Jersey.

All fireworks, including Chinese firecrackers, Roman candles, M80's, cherry bombs, salutes, M100's, etc., and novelty items such as cigarette loads, trick matches, trick noise makers, smoke grenades, toy propellants, snaps & pops, poppette and champagne poppers, are illegal to possess, use or sell.

Sparklers, which can reach temperatures above 1,200 degrees Fahrenheit, can cause serious burns or set clothing on fire.

The HHPD states that residents should leave fireworks displays to professionals who have a municipal permit and insurance as well as experience in handling these dangerous devices.

The Hasbrouck Heights Police Department noted that the vast majority of illegal fireworks are brought into New

Jersey by adults and, as a result of such irresponsible actions, a disproportionate number of children suffer injuries.

In the past few years, it has been documented that well over a hundred people were treated in hospital emergency rooms for burns, eye injuries, lacerations or amputations caused by fireworks.

In an effort to prevent injuries and property damage, state and local authorities have stepped up enforcement activities during the summer "fireworks season" confiscating illegal fireworks wherever found.

In any given year, the State Police confiscate between 500 and 1,000 cases of illegal fireworks or approximately six to eight tons of illegal explosives.

Possession or discharge of illegal fireworks is a disorderly person offense and is punishable by a fine of up to \$500 and/or up to 30 days in jail.

Possession with intent to sell is a Fourth Degree crime, punishable by a fine of up to \$7,500 and/or up to 18 months in jail. ###



(l-r) First row seated: William Mentes, Peter Kepsel, Al Masch, Dick Masch. Second row seated: Jerry Hackel, Bill Kammerer, Peter Wisse. Standing: Burt Heeren, Harry Maisch, Jack Ball, Jim Ferris, Herb Weisser, George Spagnola, Aldo Carcich, Marty Saccomano, Peter Deppert, Archie Mason.

First Monday Club Holds Picnic at Woodland Park

Despite the rain, members from as far away as Florida and Massachusetts attended the First Monday Club annual picnic at Woodland Park on Monday, June 4, 2007.

Chartered in 1973, this social club is open to all re-

tired men who gather the first Monday of the month for lunch and fellowship. There are no dues, or no political/religious affiliations.

Highlights of their year's meetings feature: Christmas -- a grab bag gift, March --

corned beef & cabbage and the June picnic.

The club makes a donation to the Hackensack University Medical Center Tomorrows Children's Fund in the name of deceased members. ###

NASCAR Comes to Hasbrouck Heights

The headlines of a recent issue of The Record stated "N.J. next pit stop for NASCAR?" It also stated "Auto track pitched for Meadowlands." What this all means is that NASCAR is interested in building a race track in the Meadowlands. The proposed track would be built so that it would surround the present race track.

To demonstrate that, the

Hasbrouck Heights Free Public Library is on the right track, they showcased an exhibition of NASCAR memorabilia and collectibles during June. The collection was assembled by John Matullo, a long time resident of Bergen County. He has been collecting items and attending NASCAR races for over 20 years. The display included a wide variety of

collectibles including replicas of many race cars and trucks, autographed pictures, etc.

NASCAR is the largest sanctioning body of motor sports in the United States. It sanctions over 1,500 races at over 100 tracks in 39 states, Canada and Mexico. It holds 17 of the top 20 attended sporting events in the United States. Story by Peter Gallo Jr. ###

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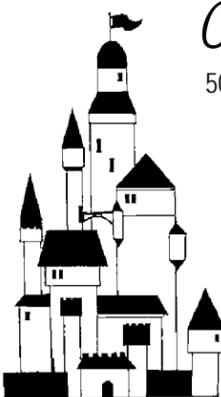


Special Congratulations to Kylie Crecco & Alexa DiChiara and their teacher, Miss Unglert.



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Practical Tips for a Healthier You

Metabolism Matters

Your metabolism, combined with your daily physical activity, determines how many calories your body burns each day.

Many factors influence your metabolism, making it unique to you. These include weight, age, body composition, hormone levels, and gender.

I was recently diagnosed by my nutritionist with a slow metabolism.

This means that in order for me to lose body fat, I need to take in approximately 1400 calories a day. This means my body needs fewer calories to sustain my weight than I needed years ago.

Typically, as we get older we must increase our exercise levels and decrease caloric intake. It’s no wonder that people tend to put on an average of 10 pounds or more a year simply because we think we can still eat like we did when we were younger! This is simply not true.

A metabolic measurement can be done at your physician’s or nutritionist’s office.

This will determine how many calories your body needs to meet your goals.

Using this tool is great if you are trying to accomplish these goals:

1. Lose weight.
2. Maintain weight.
3. Learning to live with or treat diabetes, sleep apnea, high blood pressure or other weight-related conditions.
4. Interested in improving overall health and fitness.

*Think about this. Consuming 300 calories a day beyond your body’s requirements can result in a weight gain of 30

pounds a year!

That’s just like eating a piece of cake, or having a couple of extra portions of your favorite food.

How easy it is for us to just put on that extra weight! (www.healthetech.com)

Bottom line, we must keep our bodies moving as we get older.

We need to know how many calories our bodies need to reach our goals.

Getting the advice of experts in the field is a great start.

Make sure you consult your physician before starting any weight loss/weight gain program.

See you next month!

Questions? Email me: SuzanneKinzler@aol.com

Hasbrouck Heights resident Suzanne Kinzler is a Health/Physical Ed Certified Educator and author of, “A Multicultural Approach to Physical Education,” 2002 Human Kinetics Publishing Co. ###

UCP Golf Outing

On July 16, 2007, the United Cerebral Palsy of Hudson County will hold its 10th Annual Golf Outing at High Mountain Golf Club in Franklin Lakes.

Golfer registration fee is \$200 and includes greens fees, lunch, dinner, drinks and prizes. DiFeo Buick is sponsoring a hole-in-one car.

Proceeds benefit Pediatric Medical Day Care Facility in Hudson County. Call Cheryl at 201-436-2200 for more information. ###

Boulevard curbs are barrier free



John Viducich demonstrates correct helmet safety.

Viducich Speaks on Bicycle Safety

The Kiwanis Club of Hasbrouck Heights/Teterboro held their meeting at The Library meeting room on June 19th.

Guest speaker was John Viducich of Allendale Cycle, who spoke about bicycle safety. He provided tips on buying a bike, bicycle maintenance, the importance of helmet safety and the correct clothing to wear. Mr. Viducich reviewed the do’s and don’ts of safe riding and how to teach children the rules of the road. ###

Curbing Mosquitoes

The Hasbrouck Heights Board of Health has some tips on how to prevent the nuisance of mosquitoes:

- Reduce mosquito breeding on your property by eliminating standing water, disposing of empty cans, buckets, flowerpots, old tires, trash cans, etc.
- Clean clogged roof gutters.
- Empty plastic pools when not in use and drain swimming pool covers.
- Change the water in bird baths at least once or twice a week, cleaning them on a regular basis.
- Aerate ornamental pools or stock them with fish.
- Check and repair screens and screen doors.
- Stay indoors when mosquitoes are most active, which is usually at dawn and dusk.
- Wear long-sleeved shirts, long pants and socks when you are outdoors. Avoid areas with heavy underbrush and trees.
- Use insect repellents containing DEET or picaridin.
- Spray insect repellents containing permethrin on clothing to help prevent mosquitoes from biting through cloth. ###

HH Health Dept. Offers Tips to Lower Your Blood Pressure

Blood pressure is the force of blood against the walls of arteries.

Blood pressure is recorded as two numbers, the systolic pressure (as the heart beats) and the diastolic pressure (as the heart relaxes between beats).

When blood pressure stays elevated over time, it is called high blood pressure or hypertension. Normal blood pressure is less than 120 mm Hg systolic and less than 80 mm Hg diastolic.

High blood pressure increases the risk of heart disease and stroke and can result in congestive heart failure, kidney disease and blindness.

High blood pressure is especially dangerous because it often has no warning signs or symptoms.

Anyone can develop high blood pressure regardless of race, age or gender. One in every four American adults has high blood pressure. When risk factors for heart disease are controlled, damage is slowed and the risk is greatly reduced.

Whether you are trying to control or prevent high blood pressure, following these simple steps will help you.

Maintain a healthy weight. Ask your doctor if you need to lose weight.

Be physically active. Engage in physical activity for a total of 30 minutes on most days of the week.

Adopt a healthy eating plan including foods high in fruits, vegetables and low fat dairy foods, and low in saturated fat. Reduce sodium in your diet. Choose foods that are low in salt and sodium.

Drink alcohol only in mod-

eration. Limit drinks to one a day for women, two a day for men.

If you have high blood pressure, work with your doctor to reduce it. Follow your doctor’s recommendations for monitoring. Take prescribed medications regularly. Don’t skip a pill or change the dosage because you “feel good.”

If you stop taking medication, your blood pressure could return to dangerously high levels. Tell your doctor or pharmacist if you take other medications, herbal remedies or supplements. Some drugs can interact with high blood pressure pills.

To find out more about High Blood Pressure you can contact the Hasbrouck Heights Board of Health at 201-288-1636 or The American Heart Association, 1-800-AHA-USA1 or www.americanheart.org. ##

Water is Safe for Drinking

United Water New Jersey customers may have noticed a change in the taste and odor of their drinking water in early June, 2007.

According to United Water spokesperson Sonja Clark, “Despite the differences, the water continues to meet all the standards for safe drinking water. It can still be used for drinking, cooking and bathing.”

The changes in taste and odor were due to rapidly changing temperatures, creating changes in the raw water supply which has led to an increase in naturally occurring algae which has an unpleasant effect on the taste and odor of drinking water.

Changes in the raw water supply required United Water to modify the treatment process and applied copper sulfate in the reservoirs to help control algae growth and improve the taste of the drinking water.

United Water treated both the raw water (*Oradell Reservoir*) and treated water, to help control the algae, on June 7th.

Their customers should have noticed improvements in about 24-48 hours.

United Water stated they applied copper sulfate in a manner which complies with all environmental and health standards.

They are testing and monitoring the water quality very closely and working to resolve this matter as quickly as possible. ###

Keep your family safe by checking for product recalls

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

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Flag Day

It was red, white and blue all over Heights on Flag Day, June 14th.

Just about every home in Hasbrouck Heights had a flag on their front lawn, compliments of **Century 21/Eudan Realty**.

Starting at 5:00 a.m., agents and their families distributed over 3,500 flags the Saturday before Flag Day. Their goal was to have the majority of flags lining every street before folks woke up.

According to the Agency owner Dave Fanale, "We have been doing these flags for seven years. This is just a way of showing the great patriotism in Hasbrouck Heights."

The message attached to each flag was: *Never Forget ... United We Stand.*

Additionally, just about every home in town posted their own American flag, and some even displayed their service and state flags.

The DPW posted scores of free-standing American Flags along the Boulevard for Flag Day.

The Municipal Complex was decorated with red, white and blue bunting and banners before Memorial Day which continues until after July 4th. ###



Century 21/Eudan Realty placed these American Flags on every Heights lawn.

Benevolent & Protective Order of Elks, Hasbrouck Heights Lodge #1962 and Hackensack Lodge #658 held a combined Flag Day Ceremony at the Hasbrouck Heights Lodge on June 14, 2007. Since 1908, every Elks Lodge has held a Flag Day Ceremony. Highlights of the ceremony included Wood-Ridge Scouts presenting period U.S. Flags while the history of the Flag was read. Essay winners from Lodi Columbus School read their work -- Sabrina Graziano (1st Place) and Sarah Jordan Mann LoRusso (3rd Place). The essays were based upon "Why I am proud to be an American" and were part of the Northeast District (10 Lodge) contest. These essays were also submitted for state level competition. ###



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Albano Earns Eagle Scout

Daniel Albano, of Wood-Ridge, received the highest award achievable by young men in Boy Scouts, the Eagle Award. To earn this award Danny had to complete a minimum of 21 merit badges, hold positions of leadership in his troop and complete a major community service project.

He may be only sixteen years of age, but Danny organized a community volunteer project for the Borough of Wood-Ridge that saved the Department of Public Works many days and hours of work and, possibly, the taxpayers money.

Danny and his volunteer crew spent over 150 hours identifying, cleaning and numbering more than 300 storm drains in Wood-Ridge. This was to assist in the final phase

of the DPW's environmental project for affixing plaques to the drains stating "No Dumping - Drains to Streams."

Danny joined Cub Scout Pack 183 nine years ago. In 2002, after earning the highest award in Cub Scouting, the "Arrow of Light," he joined Boy Scout Troup 181. From 2002 to 2005, he advanced from Tenderfoot to Second Class to First Class to Star Scout and, finally, Life Scout. He has served as Assistant Patrol Leader, Quartermaster, Patrol Leader, 2006 NYLT Patrol Leader and Senior Patrol Leader.

At the ceremony, held at the VFW Hall in Hasbrouck Heights, Danny received many acknowledgements and citations from local, county and state groups and politicians as

well as from the President and Vice-President of the United States.

Danny is a sophomore honors student at Wood-Ridge High School, where he is also a member of the football, basketball and baseball teams.

The Boy Scouts of America's highest award was originally conceived as the Wolf Scout, but in 1911 it was changed to Eagle Scout. The fact that a boy is an Eagle Scout has always carried with it a special significance, not only in Scouting but also as he enters higher education, business or industry and community service. Not every boy who joins a Boy Scout troop earns the Eagle Scout rank; only about 5 percent of all Boy Scouts do. *Story by Peter Gallo Jr., photos by Marie Gallo. ###*

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New Drivers Taught Drunk Driving Dangers

By Jessica Kenney and Chris Alcantara

On Wednesday, May 16, 2007, the juniors and seniors of Hasbrouck Heights High School used a pair of "drunk goggles," a golf cart, and orange cones to discover firsthand the dangers of driving while under the influence of alcohol in a DWI simulation course.

The experiment took place in the faculty parking lot, and replaced what would regularly be a gym, health or driver's education period.

Students fled to the simulation for the glory of being able to drive the golf cart, as well as be excused from their classes to be outside on the beautiful morning.

Students were asked to wear a pair of "drunk goggles," calculated to equal the blood alcohol content (BAC) of approximately .17-.20, or six to eight beers, depending on the person's weight.

The students were then placed in the driver's seat of the golf cart and asked to drive throughout a zig-zagged course, marked by orange traffic cones.

Lt. John Mullins, who was in charge of the simulation, along with Police Chief Michael J. Colaneri, Captain John DeLorenzo and Det. Sgt. Joseph Rinke, sat in the passenger seat and provided guidance to now visually-impaired drivers.

Regardless of this sober guidance, however, the students still managed to fail the course miserably.

"They would go completely off the course," said Joe Olivo, a junior at Hasbrouck Heights High School. "When they would get off course, Mullins and Rinke would help turn the wheel back."

The students' failure opened the eyes of these newly-licensed drivers to just how

dangerous driving drunk can be.

"A lot of people said, 'Gee, I would never do that!' after they saw what happened," commented Lt. Mullins on the event. "It was a really great way for them to learn and have fun at the same time."

Although the simulation took place in the morning hours, students were given the opportunity to experience the difference between daytime drunk driving and nighttime drunk driving, which is more common to the two. "People did a lot worse when they wore the night goggles," said Olivo.

For the new drivers, who are currently going through a slow stage of learning to drive while in sober state of mind, the course seemed impossible to complete.

By presenting this pressing issue in such a manner, the likeliness that young adults will develop a habit of driving drunk is decreased greatly, making the roads safer as a whole. *Photo provided by HHPD. ###*

Children's Summer Programs

Mysterious activities are on the agenda this summer at The Library when the Children's Room presents "Get a Clue @ The Library."

For this year's reading game, children entering Grades 1 through 6 will get a colorful chart to keep at The Library to record their summer reading.

When they have read 9 books, they receive a certificate from The Library, a coupon for a sundae at the **Hasbrouck Heights IHOP**, and, for public school students, extra credit on their reading grade in the fall.

If they go on to read 24 books, they will get all of that, plus a prize. Register at any time in person.

There are lots of wonderful programs planned for children from 2 ½ years to entering Grade 6.

- **Preschool programs** include Preschoolers in the Park, for children 2 ½ years and their caregivers. This storytime will take place at Woodland Park on July 3, 17, 20, and 24 from 10:30 a.m. to 11:15 a.m. Registration begins Tuesday, June 26.

- **I Spy Preschool Storytime** is scheduled for Friday, July 13, 10:30 a.m. to 11:15 a.m. at The Library, and is planned for children 3 years old to entering Kindergarten. Caregivers must remain in the building. Registration begins on Thursday, July 5.

- **Mysterious Monsters Storytime** includes stories, games, crafts, and more at The Library. Children entering Grades 1 and 2 may attend. The dates are June 27, July 11, July 18, and July 25 from 10:30 a.m. to 11:15 a.m. Registration for this storytime was on Thursday, June 21.

- **Youth Stages Drama Workshop**, for students entering Grades 1 to 3, is scheduled for Friday, July 20 at The Li-

brary from 10:30 a.m. to 11:15 a.m. Children will act out the comical story "Miss Nelson Is Missing," by Harry Allard. Registration for this program begins on Thursday, July 12.

- "The Legend of Lavender Lake" promises to be a very exciting science program where liquid nitrogen will be used to freeze and shatter flowers, and create fog, among other things. This show, planned for students entering Grades 3 to 6, will take place on Tuesday, July 24 from 2:00 p.m. to 3:00 p.m. Registration begins on Tuesday, July 17.

- **The Critics' Choice Book Discussion Group**, for students entering Grades 4 to 6, is new this year. Ice breakers, games, conversation, and food will be part of the fun.

Come to The Library to pick up a copy of "The Burning Questions of Bingo Brown," by Betsy Byars so that you have time to read the book before the discussion. The first book discussion will be held on Monday, July 16 from 2:30 to 3:30 p.m. Registration starts on July 6.

August programs will include Beginning Chess, Chess Club, a "Clue" tournament, and a Junior Woman's Club Storytime. Watch for articles about these programs at a later date, or call The Library for more information.

The Library is located at 320 Boulevard, and the Children's Room phone number is 201-288-8911. You may register for all Library programs in person, by phone or on the web at <http://hasbrouckheights.bccls.org/>. Click on Library Programs, and then on "New Program Registration." Registration will start at 10 a.m. ###

Summer Programs For Teens Only

Students entering Grades 7 through 12 are invited to sign up for The Library's new and improved Talk it Up! and Speak Out! book discussion programs starting on Tuesday, July 10th.

Teens will meet on Tuesdays for six weeks. Teens will have an opportunity to discuss books, eat, play games, and chat with an author. If a teen attends four out of the six meetings, he/she will be invited to a wrap-up party. Space is limited, so please register early.

Also taking place this summer is "You Never Know (YNK) @ Heights Library" for Teens. This reading contest is for anyone entering Grades 7 through 12.

For every book read, including summer reading list titles, each teen will receive a raffle ticket allowing him/her to enter in a drawing for various prizes at the end of the summer.

If a minimum of three books are read, each teen will be eligible to receive a coupon for a free dessert at Applebee's.

Registration for teen programs has already started. To join, visit The Library and complete a registration form. Call 201-288-0488 for more details.

The Library thanks the Friends of The Library for supplying all snacks for Library programs. ###

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The Heights Police Department passing the Special Olympics Torch to the Wood-Ridge Police Department during the Torch Run along The Boulevard.

HHPD & WRPD Join Forces for Special Olympics

On June 1, 2007, about 9:30 a.m., the Hasbrouck Heights Police Department accepted the "Special Olympics" torch from the Lodi Police Department.

Several members of the HHPD carried the "Torch" to a brief ceremony held at Shop-

Rite, then proceeded up Williams and along The Boulevard past the Circle.

The torch was then presented to the Wood-Ridge Police Department near the border. The HHPD run was about 2.4 miles.

The HHPD was part of the

hundreds of NJ police officers in 18 separate legs as part of the 22nd Annual Torch Run.

Every police department in New Jersey participated.

The runs concluded at The College of New Jersey (TCNJ) Stadium at 7:30 p.m. that evening.

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

Because of this fund-raising Law Enforcement Torch Run, New Jersey is one of the few states where Special Olympics athletes do not have to pay to participate.

The games opened Friday night at The College of New Jersey in Ewing, and continued

through Sunday. About 2,500 athletes were expected to compete in eight sports.

The HHPD generated the 4th largest contribution in the state for the Special Olympics of about \$25,000 -- from combined efforts including school children's fundraisers, beef-steak dinner, donations, etc.

This Torch Run has become the largest fundraiser and public awareness for Special Olympics in the world, raising over \$14 million dollars. ###

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To Register Call 201-288-4139 X17 (Ms. Jen)

Ride Smart -- Get a Treat

The Hasbrouck Heights Police Department will reward juveniles found to be practicing bicycle safety.

On a daily basis, Patrol Officers who encounter juveniles properly adhering to bicycle safety, will be rewarded a gift certificate to Lovey's Pizzeria or Clyde's Ice Cream Shop.

In addition, a letter of acknowledgement for practicing bicycle safety will be sent to the parents.



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Bicycle Marathon 2007



2007 -- The Last Ride



The 13th Annual 24-hour Memorial Weekend Bicycle Marathon was held at Gary Depken Field. It started on Saturday, May 26 at 10:00 a.m. and concluded on Sunday, May 27 at 10:00 a.m.

About 200 boys and girls participated in 40 teams.

Each team consisted of a minimum of four participants with an optional fifth person as a coach/mechanic.

Prior to the event, Coach Nick Delcalzo briefed participants about the rules, procedures and code of conduct.

Each team bicycle had an odometer installed and calibrated. Periodic mileage checks were made throughout the event.

Every rider received a bicycle helmet and was required to wear a helmet and the "T" shirt while on the bicycle.

Prior to the the start, the Hasbrouck Heights Fire Department wet down the track to minimize the dust.

The Marathon started with the D.A.R.E. vehicle and Bill Kundert in a brand new Volvo leading the first lap.

A cyclist from each team then took turns riding the designated bicycle around the track. A special lane was designated for riders to switch.

Each team was responsible for keeping its bicycle moving at all times. Mechanics with tools were available to handle minor repairs.

Participants were required to stay on the field at all times. A secured "tent city" was set up on the practice field where each team set up their own tent with sleeping bags, extra clothing and food. Water and sports drinks were provided.

Parents and friends were in the bleachers supporting their favorite team during the entire

event.

Hasbrouck Heights Fire Department and EMS members were on the scene for the 24-hour event and reported only a few minor scrapes and cuts.

Upon the conclusion of the race, all bicycles were stopped and a mileage count was taken.

While tabulations were computed, a final championship lap was taken around the track amid thunderous applause by supporters.

Every participant who completed the race received a medal. Various 1st, 2nd and 3rd place trophies were awarded to the winning teams by age group.

Overall winners received mountain bikes donated by Bill Kundert and presented at a later date.

The Marathon was co-sponsored by the Hasbrouck Heights Police Department and Kundert Volvo.

Epilogue

Because the new track scheduled to be installed this year is not suitable for bicycle traffic, this was the last Bicycle Marathon.

During the 13 year history of this event, over 100,000 miles were ridden by about 2,200 different kids, with over 100 bicycles donated by Bill Kundert and awarded to the top boy and girl winners during the Annual Lions Club Fireworks Program.

Despite rain, heat, cold, cuts & bruises, broken equipment, disappointments, heart breaks, there were no major injuries -- but there were ten thousand wonderful memories that will last a lifetime.

Congratulations to all the participants -- you are all winners! ###



Poster Contest Winners Recognized

There were 69 Winners in the Third Annual Environmental Poster Contest.

They were presented certificates by Mayor Ronald R. Jones and Rose Heck, Chair of the Environmental and Transportation Commission of Hasbrouck Heights.

Both the Mayor and Mrs. Heck congratulated the children at the Youth Week Council Meeting at a standing room only Council Chamber. Parents and grandparents alike beamed with pride as they applauded all of the children.

Bill O'Shea of **Bill O'Shea's Florist and Gifts** continued his tradition of giving each student a flowering plant that he/she may take home.

Students from Euclid School, Lincoln School and Corpus Christi School from Grades Kindergarten thru Grades 5 participated.

Entrants chose one of the following themes: "How The Environment Impacts My Life in Hasbrouck Heights" or "What We Can Do to Help The Environment."

The Environmental Posters were displayed in The Free Public Library featuring Corpus Christi Students' Posters, Bergen Commercial Bank, Lincoln School and The Bank of America, Euclid School Students' Posters.

Award Winners:

Lincoln School

Kindergarten – Teacher: Mrs. Traina; Tied for First Place: Archan Shah and Declan

Sonzogni

Kindergarten – Teacher: Mrs. Unglert; Second Place: Renee Perdomo, Honorable Mention: Michael Lohrmann

First Grade – Teacher: Mrs. Tomesco; First Place: Nicole Gehan, Honorable Mention Zalag Dhamchoe

First Grade – Teacher: Miss Kallick; Third Place: Peter Lohrmann

Second Grade – Teacher Mrs. DiGuglielmo; First Place: Daniel Vignola

Second Grade – Teacher Miss Siconolfi; First Place: Daisy Cali

Euclid School

First Grade – Teacher: Mrs. Lambe; Tied for First Place: Kiara Villela-Vega and Francesca Brescia; Tied for Second Place: Hannah Balcer and Tenzing Tsering; Tied for Third Place: Anthony Pasqualone, Nico Facchini, Michael Cutruzzula and Stephanie Antonova; Honorable Mention: Steven Waring, Gangshar T.T. Lama, Matthew Dallara, John Capozzi, Emma Nichols, Evan Roche, Victoria Vizzacchero, Caitlin Stendardi, Niraj Parekh, Selami Xheraj

First Grade – Teacher: Mrs. Mansfield; First Place: Megan Longo, Second Place: Giana DiLascio

Second Grade – Teacher Miss Hrablook; First Place: Jayne Hessler

Second Grade – Teacher Mrs. Platania; First Place: Ariana Aguero, Second Place: John Iurato

Third Grade – Teacher: Mrs. Grant; First Place: Megan O'Leary

Fifth Grade – Teacher: Mrs. Drago; First Place: Melanie Gumbrecht

Corpus Christi School

Kindergarten A – Teacher: Mrs. Torebka; First Place: Katrina Pucciarelli

Kindergarten B – Teacher: Mrs. Rocha; First Place: Samantha Cosgrove, Second Place: Jeffrey Sullivan

First Grade A – Teacher Mrs. Carris; Tied for First Place: Olivia Madonna and Kristen Cuff

First Grade B – Teacher Mrs. Donovan; First Place: Isabella Impalli, Second Place:

Olivia Anne Wicki, Third Place: Heather Ann Farrell, Honorable Mention: Peter Neumann

Second Grade A – Teacher Mrs. Mourad; Second Place: Michael Koske

Second Grade B – Teacher Mrs. Deppert; First Place: Michael Hubay

Third Grade A – Teacher: Miss Lemaire; First Place: Lauren Bolcar, Second Place: Kevin Cuff, Third Place: Ahmed Khilji

Third Grade B – Teacher: Mrs. Paladino; First Place: Anthony Bruno, Second Place: Casey King, Third Place: Rebecca L. Kryceski, Honorable Mention: Kellie Brownlee

Fourth Grade – Teacher: Mrs. Calabrese; Tied for First Place: Alexis Miller, Deidre Dzugay, Sofia Wyman and Meghan Rice, Tied for Second Place: Shannon Fuhro, Ashley Griglak and Emily Nieves; Tied for Third Place: Christina Hein, Chelsea Gugliotti, Kyle Perri and Mary Scalone, Honorable Mention: Richard Neumann, Melissa Hartley and Alexander Sodora

Fifth Grade A – Teacher: Mrs. Scanlon, Third Place: Bridget Buckman

Fifth Grade B – Teacher: Mrs. Delgiodice; First Place Maria Mastropaolo, Second Place: Isabella Flores.

Story by Rose Heck ###



Youth Week Mayor & Council Meeting

A long time Heights tradition continued on Tuesday, May 22, 2007, with students conducting a Mayor and Council Meeting during Youth Week.

The meeting was called to order by Mayor Harvir Kaur who requested Borough Clerk Zulma Sanchez to recite the Sunshine Law Statement.

Roll call was made with

Councilpersons Wade Friedel, Vin Romano, Alexa Anderson, Nick Guzman, Zach Ketcho and Mac Sakchutchowan reporting present. Mayor Kaur led in the Salute to the Flag and Pledge of Allegiance.

Presentations were made to the Environmental Poster Contest Winners.

Each Councilperson made

commendations and proposals, opened the meeting to the public, then adjourned.

During Youth Week, students assume the roles of the Mayor, Councilpersons and heads of various Municipal Departments to include Police, Fire, DPW, Recreation, Library, Borough Clerk, Borough Administrator, etc. ###



Certificates were presented during the Youth Week Mayor and Council meeting held on May 22, 2007.



Euclid School Council Paints America

The Euclid School Student Council painted their playground with a variety of colorful illustrations on Saturday, June 2, 2007.

The Student Council promotes community service with a Thanksgiving Food Drive,

Holiday Toy Drive and writing letters to soldiers.

With the help of the Euclid School Talent Show proceeds, they were able to fund the playground project.

Student council members and their parents, along with

the support of teachers, made the project a success.

Student Council advisors, Pamela Lambe and Linda Mansfield, offered special thanks to Mrs. Joy and Mrs. Longo for their artistic talent. ###



Hasbrouck Heights Girl Scout Bridging Ceremony

The Hasbrouck Heights Girl Scouts held their 2006-2007 Bridging Ceremony at 7:00 p.m. on June 4, 2007 in the Kiefer Auditorium located in the Hasbrouck Heights High School.

The opening ceremony began with a procession, flag salute, Girl Scout Promise and

comments by the Service Unit Manager.

Included in the Bridging ceremony were: Daisy Troop 498, Daisy Troop 439, Daisy Troop 438, Brownie Troop 1097, Brownie Troop 606, Brownie Troop 1109 Juniors Troop 556, Junior Troop 520

and Junior Troop 524.

The closing ceremony included a special tribute to Mr. Taranto, Girl Scout Taps and Flag procession

Bridging is an important transition in a Girl Scout's life. It's a defining moment when a girl becomes aware of her

achievements and is ready for new adventures and responsibilities.

It was mentioned that a new chapter in New Jersey Girl Scouting is starting in October. After 48 years, there will no longer be a Girl Scouts of Bergen County.

They are merging with the Lenni-Lenape and Morris councils to become Girl Scouts of Northern New Jersey.

Although there will be some changes, the Girl Scouting program will continue to teach confidence, courage and character. ###



Brownies Visit Space Center

Corpus Christi Brownie Troop #1180 recently visited the Challenger Space Center, where they learned lots of interesting facts about space, meteorites, and had hands-on experience with activities that the astronauts use in space. This trip helped them to earn their Moon Mission Badge, and they were all overwhelmed with their experience there. *Photo provided by Ann Grace. ###*



Ms. Robin Vogel and Ms. Shannan Barkley-Biddelman of the Cystic Fibrosis Foundation / Greater NJ Chapter join students, parents and faculty.

Trike-A-Thon Nets About \$3,000

Hasbrouck Heights' New World Montessori School held its annual Trike-A-Thon event on May 24th to benefit the Cystic Fibrosis Foundation.

The school's Pre-K 3, Pre-K 4 and Kindergarten students eagerly brought their trikes,

bikes or other riding toys and safety helmets to participate in this very special and fun event.

The street in front of the school was blocked off, and a rectangular course was mapped out for the children to bike

around for as long as their eager spirits allowed them. Every child received a "Team CF" T-shirt after completing the course.

The school's Director, Ms. Heidi Reinhardt, chose the Cystic Fibrosis Foundation to donate the Trike-A-Thon sponsorships. Almost \$3,000 dollars was raised by the children and their families. ###

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Xcel Tae Kwon Do Wins Best School Award at US Atlantic Championships

The 8th US Atlantic Tae Kwon Do Championships were held on May 20th at West Long Branch High School in West Long Branch, NJ.

Xcel Tae Kwon Do Center in Hasbrouck Heights sent a team of 14 athletes to this event, all in the quest of testing their skills against various opponents from near and far.

Although Tae Kwon Do was originally developed as a means of defending one's self from aggressors, it has developed in recent times as a popular sport as well.

After the induction of Tae Kwon Do as an official full medal sport in the 2000 Olympic Games, Olympic Tae Kwon Do has grown tremendously with over 20 million practitioners world wide.

The team from Xcel Tae Kwon Do Center consisted of Anthony Stefanelli, Nipun Sudhir, Connor McCabe, Morgan McCabe, Duncan McCabe, Lisa Rose McCabe, Akshay Swaminathan, Jessica Amico, Brittany Gudanowski, Brian Murphy, Casey King, Anthony Mirkovic, Valentina Glavan and Gloria Glavan.

All together Xcel Tae Kwon Do team entered in 34 events and returned home with outstanding results.

Out of 34 events entered, team Xcel won 25 first place, 1 second place, and 8 third place prizes.

As the result of his athletes' performances, Master Steven Lee, head instructor at Xcel Tae Kwon Do Center, was named "Coach of the Tournament."

Master Steven Lee, who is a former five time US National Tae Kwon Do Team member, credits the success of his students with their hard work ethic and their determination.

An example of such determination was Connor McCabe of Hasbrouck Heights. This year's tournament season did not start out very well for Connor.

Understandably disappointed, Connor could have easily given up, but he returned to the ring more determined than ever.

Connor won 1st place at

the U.S. Atlantic Tae Kwon Do Championships. At the same time he also learned a valuable lesson -- when the road gets difficult the easiest thing is to give up -- and that talent solely does not get you to the top of the podium, but perseverance, determination and courage are keys to successes.

Anthony Stefanelli also showed great courage as he entered his first tournament in the new black belt division, winning 2 first place and 1 third place trophies.

However, the most courage was shown by 7 year old Brian Murphy of Hasbrouck Heights. Brian decided to enter his very first tournament not knowing what to expect. He was nervous that he would not win, but he was already a winner when he stepped in that ring and accepted the challenge.

Brian became a little more confident and stood a little stronger after the event.

There is an old quote the students of Xcel Tae Kwon Do Center try to live by, which is "Accept the challenges so you may feel the exhilaration of victory."

George S. Patton, the owner of that particular quote, would have been very proud of Connor McCabe, Anthony Stefanelli, Brain Murphy and the rest of team from Xcel Tae Kwon Do Center that Sunday afternoon. *Story by Master Steven Lee. ###*

Scouts "Try It Patch"

Xcel Tae Kwon Do Center in Hasbrouck Heights will be offering a free "Try It Patch" group class for any local Girl or Boy Scouts and affiliates.

If interested in a martial arts class for your troop, contact Chrissy at 201-288-8033. ###



Volcanoes Erupt on Burton

About 50 Fourth Grade students from Lincoln School set up and erupted their volcanoes on Burton Avenue at the end of the school day on June 15th. This science experiment

was the culmination of their year-long natural disaster studies program.

Lincoln School has been doing this volcano program for about 15 years. ###



Corpus Christi School Class of '07

By Sonya Buckman

The Corpus Christi School Class of 2007 graduation ceremony was held on Sunday, June 10th.

Valedictorian, Darryl Albonico, addressed the graduates and their families.

Mrs. Gail Kelly and Mrs. Phyllis Calabrese, the 8th Grade homeroom teachers presented the graduates and the awarding of the diplomas was conducted by Rev. Lewis Papera and Mrs. Michelle Murillo, Principal.

The graduates will be continuing their education in September at Bergen Catholic, Bergen County Academy, Don Bosco, Hackensack High, Holy Angels Academy, Immaculate Conception, Immaculate Heart Academy, Paramus Catholic, St. Joseph Regional and St. Mary's High School.

The Class of 2007: Zachary Adams, Darryl Albonico, Mary Rose Amoresano, Vanessa Arca, Alex Asencio, Stephanie Julia Beneduci, Richard Brownlee, Steven Brust, Brittany A. Buckman, Chris

Buckman, Mary Carle, Ashley Cecala, Amanda Christiano, Deanna DeCongelio, Jonathan Dernbach, Christopher Scott Eddy, Mark Ellebracht, Bernadette Flinn, Cassie Fuhro, Kyle Gugliotta, Marissa Janots, Asad Khilji, Zahra Khilji, Brian Komlo, Claire Kubler, Rebecca Latona, Monique Moore, Michael Newman, Giselle Padilla, Dennis Pinto, Alec Presti, Astin Sacci, Amanda Sambucini, Alison Sandor, James Santangelo, Sarah Strafford, Michael J. Suarez-Bonet, Brittany Tedesco, Krystle Torres, Andrew Weir. ###

THINK GREEN

Assumption School News

TweenAngels (*Internet Safety Club*) attended a conference at Condé Nast in Manhattan on May 23. People took the time to comment on the maturity of the young students who answered questions without hesitation and demonstrated sophisticated knowledge of the Internet.

Assumption's Chapter of TweenAngels has been selected as the "Chapter Of The Year" by WiredSafety.org. Congratulations to Ms. Sullivan (*computer teacher*) and her angels!

The Drama Club, under the direction of Ms. Seeley, presented two short and very meaningful plays on May 25. The 8th Graders took a special bow following their last production here at Assumption.

Squires and Scribes celebrated the closing of the year on June 12 with a performance of Excalibur! and the knighting of the 6th Grade squires.

Invitations were sent to our 3rd Graders who are eligible for our Squires and Scribes interdisciplinary humanities program for high achievers.

Pre-K 3 students were rewarded for their participation in the Tricky Tray basket competition with doggie-bone cookies from Mills Bakery. The class donated enough pet products to create five gift baskets. Special thanks to their parents and to Mrs. Barton for a doggone great job!

For additional information, please call Assumption School at 201-933-0239. *Story by Donna Coleman. ###*

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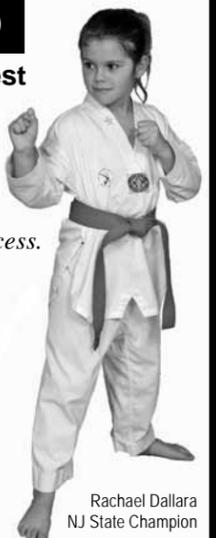
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"At Xcel, the teachers are very patient and extremely motivated to help each individual child. We could not have found a better school for all three of our kids." Mrs. McCabe

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Class of 2007 made a patriotic statement on the HH High School front lawn on June 20th.

W-R Library Book Sale

The Friends will hold a Book Sale at the Wood-Ridge Senior Center at the corner of Hackensack Street and Highland Avenue, adjacent to the Library on Saturday, October 13, 2007, 10:00 a.m. - 2:30 p.m. ###

W-R Memorial Library Welcomes New Youth Services Librarian

Christina Park of Passaic Park, N. J., presently a student in the Master of Library and Information Science (MLIS) Degree at Rutgers, the State University, is the new Youth Services Librarian at Wood-Ridge Memorial Library.

Given her background in art, art education, graphic design, and computer training, Christina brings to the Library many skills that will aid in her work with children and young adults (YA) in collection development, reference, readers' advisory, and programming. ###

Storytime Is Back at Wood-Ridge Memorial Library

Christina Park, the new Youth Services Librarian at Wood-Ridge Memorial Library, started up Storytime again on Thursday, June 28th, with Storytimes for Toddlers, 3-6 year-olds, & Pre-K's.

Weekly Storytimes -Storytimes are 30 minutes long.

Wednesday: 7:00 pm.- Evening Storytime, for children 3-10. Young ones can come in pajamas and bring stuffed animals! A relaxing evening reading time before bed.

Thursday: 11:30 a.m.- Toddler Storytime, ages 2-3. 1:30 pm.- Storytime for 3-5 year olds.

Friday: 11:30 a.m.- Storytime for babies and toddlers, 6 months - 2 1/2 years.

Monthly Calendar

July 2-6th In Living Color: books about color & with vivid color (*no Storytime Wed.*).

July 9-13th Nature: what's outside your window?

July 16-20th Number Games: chanting and finger games.

July 23-27th Lots of Noise: sound games.

July 30-Aug. 3rd The Alphabet, lest you forget!

Aug. 6-10th Costumes and Clothing (*dress up in costume or hat if you have one!*)

Aug. 13-17th Cats & Dogs

Aug. 20-24th Friends and Foes: dealing with bullies.

Please make sure to sign up on the E-mail list to stay informed on new events or changes in schedule. ###

The Friends of Wood-Ridge Memorial Library Meeting Schedule

Monday, September 17, 2007; Monday, October 15, 2007; Monday, November 26, 2007 at 7:30 p. m. at the Library unless otherwise specified. The Friends will not meet in December 2007. ###



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Shake, Rattle & Roll

"Lipstick on Your Collar" got me "Singing the Blues." "Don't be Cruel" just "Love Me Tender." I know "Big Girls Don't Cry," "No Not Much," "I'm Sorry," but I'm "All Shook Up." Just remember "I Want You, I Need You, I Love You."

Those who were raised in the '50's are familiar with those early hits of the Rock and Roll era. Most of the Seniors were born in the big band era; however, they are not strangers to nor lack the enjoyment of Rock and Roll music. Seniors love to "Shake, Rattle and Roll" as well as to "Twist." Many enjoy "Tequila" or "Rum and Coca-Cola." That's why they look forward to the one hour open bar at most of the dinner-shows they attend.

Members of the Leisure Club spent a relaxing afternoon at The Brownstone in Paterson. The Ace in the Hole luncheon show "Shake, Rattle and Roll" featured the music of the '50's and 60's when Rock and Roll

had its beginning. Vocalists Tommy Walker and Doreen Brusca entertained the group with their impersonations of Elvis Presley, Brenda Lee, Connie Francis and others.

A three piece band, Joey Arminio & the Family, not only provided the background music for the performers but also took part in the entertainment. Their peppy renditions of many familiar songs had many in the audience singing along as well as dancing. Two chorus girls danced to Rock and Roll tunes.

To top the program off, comedian Marvin Bell, whose act was clean and extremely funny, had the audience in hysterics. He took great pleasure in using Nick Schiro as his straight man. Nick was "Bewitched, Bothered and Bewildered" by what was going on.

As part of his performance, vocalist Tommy Walker crooned and romanced Rose Schiro and presented his "Elvis" scarf to Florence Ray. *Story by Peter Gallo Jr. ###*

AARP attends "USO Stars and Stripes Extravaganza"

The AARP Central Bergen Chapter 418 traveled to Spring Lake as its last trip before the summer break. Spring Lake is noted for many things, but for many senior citizens throughout New Jersey, New York and Pennsylvania, its main attraction is Doolan's of Spring Lake.

Doolan's is the home of Mike Byrne All Star Productions, where senior events are the specialty. They produce 19 different shows during the year. The luncheon shows are tailored to fit the senior budget yet provide the highest quality of musical and comedic entertainers. Mike is an international singing star who has mastered the art of performing.

The production the members of AARP attended was the "USO Stars and Stripes Extravaganza." This one-day production featured many familiar songs from Broadway to San Francisco made popular by George M. Cohan, John Denver, Don McLean, Irving Berlin, Lee Greenwood and Kate Smith; songs from the heartlands of America.

Mike Byrne did most of the singing but members of the band added comic support to many of the songs. Bobby Lives, the trumpeter and tuba player, was a show by himself. Comic Christopher Monte, who has appeared in Atlantic City, joked about his single life, family life and experiences in general. We could all relate to

many of his experiences.

His material just flowed with ease from one topic to another. The audience enjoyed his routine which was not only funny but also clean.

As in the past, the luncheon menu always includes a one hour open bar, fresh garden salad, pasta, and a choice of three entrees. The dessert of the day was apple pie a la mode, served with coffee or tea. Wine and soda were on the table during the luncheon.

The members of AARP have already been told that their next trip is in September. It will be to The Cotillion in Garfield for the Rainbow Theatricals production of "New Jersey Happy Days String Band." This is a luncheon show which features an indoor parade in the tradition of the Philadelphia Mummers. The band members will be strutting in costumes playing saxophones, drums, glockenspiels, banjos, accordions, violins and guitars.

The AARP Central Bergen Chapter 418 is open to all AARP members who live in Hasbrouck Heights, Hackensack, South Hackensack, Little Ferry, Rochelle Park and Maywood. The group meets on the second Friday of each month from September to June. They meet at 12:00 p.m. at the M&M Building, 116 Holt Street, Hackensack, NJ. Their new president is Marie Gallo from Hasbrouck Heights. *Story by Peter Gallo Jr. ###*

Full Buck Moon

The July full moon appears on Monday, July 30, 2007, at 00:48. It is called the "Full Buck Moon."

According to the Farmer's Almanac, July is normally the month when the new antlers of buck deer push out of their foreheads in coatings of velvety fur.

It is also often called the Full Thunder Moon, for the reason that thunderstorms are most frequent during this time. Another name for July's moon is the "Full Hay Moon."

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

Free Health Consultation

The Hasbrouck Heights Health Department advises residents over 18 years old that free health consultations are scheduled to be held at the Municipal Complex Conference Room #1, on July 26, 2007 from 10:00 a.m. until 1:00 p.m.

No appointment is necessary. Services include: health history evaluation, blood pressure measurements, height & weight measurements, individualized counseling and education, including referral and follow-up confidential consultation with a Public Health Nurse.

For information call, Laura French at 201-288-1636. ###

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July 2007 Senior Calendar

SENIOR ACTIVITIES

Monday, July 2, 9, 16, 23, 30

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

Tuesday, July 3, 10, 17, 24, 31

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

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

Wednesday, July 11

12:00 p.m. Senior Picnic in Woodland Park

Wednesday, July 18, 25

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

Thursday, July 5, 12, 19, 26

9:00 a.m. to 3:00 p.m.

Games, television, & social activities

Friday, July 13, 20

10:00 a.m. Fun Bingo

Friday, July 13, 20, 27 -- 1:00 p.m. Movie Day

- Henry Aldrich, Editor
with Jimmy Lydon July 13
- The Phantom Serial, Chapter 1 only
The Sign of the Skull
with Tim Tyler & Jeanne Bates..... July 20
- The Phantom
with Billy Zane & Kristy Swanson July 20
- Hold That Ghost
with Abbott & Costello..... July 27

CLUB MEETING SCHEDULE

Wednesday, July 18

10:00 a.m. Leisure Club Executive Meeting

UPCOMING 2007 EVENTS

Wednesday, July 11, Sr. Picnic in Woodland Park

Seniors must sign up at the Center.

Rain: Event moved to Municipal Complex

Wednesday, August 8, August Get Together

At the Senior Center. \$1.00 per paid up member.

12:00 p.m. to 4:00 p.m. No tickets sold at the

door. Doors open at noon. Food, drink & music.

Thursday, October 11, "The Staaten"

Staten Island Trip \$60 per person. One hour open

bar, dinner, dancing, entertainment. Call Bertha

at 201-727-1730 or Claire at 201-288-3308.

September 18-22 (Tuesday to Saturday)

Trip to Montreal and Quebec City. \$625 per

person double occupancy. Additional \$149 for

single occupancy. Contact Alice 201-288-4732

for more information.

Wednesday, September 19

Annual Senior Picnic at Van Saun County Park

From 11:00 a.m. to 2:00 p.m.

Rain date is Wednesday, September 26



Leisure Club Update

The 18th Annual Tri-County Senior Olympics was held in Rutherford in early June. Only eight Seniors represented the Leisure Club. The required number of participants from each town was 24.

Therefore, competitors from Hasbrouck Heights were aware of the fate of their team ... last place. However, they did not just roll over and die.

They attacked each event with the determination to show all that they were fighters. In the end, three of the team members walked away with four awards; a great showing for a team who went there with a purpose.... to compete.

The winners were Anita Krieger, Aldo Carcich and Joe Barnao. Other team members were Alice and Greg Shenloogian, Darlene Kammerer, Herb Takakjian and Jim Skinner.

At the June meeting, representatives from Hackensack's Pathmark were our guests. Jerry D'Ascoli, manager and John Pelosi, assistant manager, talked about the service of their store and answered questions and concerns of the members.

They distributed coupons to save \$10, \$15, \$20 and up to \$50 on purchases and presented a bouquet of flowers to the oldest member in attendance. Jerry and John had winning personalities. They were friendly, sincere, open to all suggestions and eager to please.

They next presented the club members with a feast for the eyes and an enjoyment for the stomach: tables of freshly cut fruit, cheeses of all varieties cut into small squared shapes, crackers for the cheeses and

tasty regular and sugar free cookies.

In Pennsylvania there are restaurants that can sum up what the members thought of the food, "Good and Plenty."

The annual Senior Picnic sponsored by the Mayor and Council will be held in Woodland Park on Wednesday, July 11th.

The festivities will begin at 12:00 noon. Seniors should sign up in the Senior Center.

Seniors are also reminded that they should bring along their own beach chair. In the event of rain, the picnic will not be postponed. It will be transferred to the Senior Center.

The "August Get-Together" will be held on Wednesday, August 8th in the Senior Center. Doors will open at 12:00 noon.

Only members who have purchased tickets will be admitted. Those members who did not pick up their ticket can do so when they arrive.

No senior will be admitted who has not paid in advance. There will be hot dogs, salads and desserts; and music to dance to. The admission ticket will be used to select door prize winners.

President John Fitzin thanked all the members who attended meetings throughout the year. He extended a special thanks to all his officers, board members, committee chairpersons and committee members; and wished all a healthy and happy summer. *Story and photo by Peter Gallo Jr. ###*



AARP Elects New Officers

To quote a passage from Ecclesiastes, Chapter 3, "There is an appointed time for everything, and a time for every affair under the heavens."

Therefore, after serving as President of the Central Bergen Chapter 418 AARP for the past eight years, Michael Cahill retired. Mike took the title on a temporary basis and changed the direction of the chapter. Through his efforts there was an increase in membership.

Mike said there was no secret to his accomplishment, "... all you have to do is to bring together members who will work with you for the betterment of the chapter." This he did.

His committee assignments were attendance, community services, hospitality, legislation, luncheons, membership, newsletter, programs, public relations, raffles, reception, sunshine, telephone and trips.

But the driving force behind each committee was Mike and his wife Mildred. Together they spent many hours overseeing the progress of each committee.

At a luncheon held at The Fiesta, the new officers were administered their oath of office. Cosmo Palmisano, Bergen County liaison for AARP did the installation.

The new officers are President, Marie Gallo, First Vice-president, Frank Zabransky, Second Vice-president, Peter Gallo Jr., Secretary, Janet Wright, Treasurer, Idella Hosier and Assistant Treasurer, Peter Gallo Jr.

AARP Chapter 418 meetings are held the second Friday of the month, September through June, at the M & M Building, 116 Holt Street, Hackensack.

Refreshments are served from noon to 12:30 p.m. The meeting commences at that time.

Seniors who have AARP membership and live in Hackensack, Hasbrouck Heights, Little Ferry, Maywood, Rochelle Park, and South Hackensack are always welcomed. ###

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NJ AHOF Dinner Honors Aviation Pioneers



(l-r) Dennis Miskewicz, John J. McNamara, William B. Leavens



(l-r) Frederick Alimonti, receiving the award for Colonel Sofet his daughter Mary, and Dennis Miskewicz



(l-r) Eddy Hadd, Dr. Calvin J. Spann, and Dennis Miskewicz



(l-r) Stephen Riethof, Dennis Miskewicz, W. Timothy McSwain and George V. Strickland

The New Jersey Aviation Hall of Fame (AHOF) held its 34th Annual Induction Dinner on May 23, 2007 at The Fiesta Ballroom in Wood-Ridge.

The dinner chairman and Master of Ceremonies was Dennis Miskewicz. AHOF Executive Director Shea Oakley provided welcoming remarks.

There was a presentation of the Colors by the Civil Air Patrol, Teterboro Squadron Color Guard. The Pledge of Allegiance followed.

The invocation was made by Lt. Col. Wayne G. Fox, Chaplain, Civil Air Patrol Wing, McGuire Air Force Base.

The Distinguished Service Award was presented to Herb Jung by Shea Oakley, for his work at the Museum library.

The Fred L. Wehran Aviation Achievement Awards were presented by Carol Wehran Greene to Lanny Rider, Manager of Teterboro Airport. Lanny joined the Army in 1966 and two years later enrolled in helicopter training; in 1969, he served in Vietnam and returned a decorated Veteran. For 20 years, he was a commissioned Army aviator. Today he holds a commercial air pilot's certificate and has over 3,000 hours of flight time. He joined the Port Authority in 1977 serving in all facets of airport & heliport operations. In 1987 he transferred to Teterboro Airport and in February 2001, after the retirement of Phil Engel, became Manager. In the past six years he has been credited with rebuilding Teterboro Airport.

Lanny stated that when Fred took over the airport in 1941 he had a vision. He took a little bird strip and made it into the premier general aviation airport in the country in a few short years.

As for rebuilding the airport, he stated that it was the TEB aviation community working together as a team in partnership -- and shared this award with them.

The Fred L. Wehran Aviation Achievement Awards were presented by Carol Wehran Greene to the Mid-Atlantic Pilots Association (MAPA), which was founded 50 years ago and is a non-profit aviation organization dedicated to safety, education and flying camaraderie. Duncan A. Talbot III accepted the award on behalf of MAPA.

MC Dennis Miskewicz

then began introducing the 2007 Hall of Fame Inductees for their outstanding achievements and contributions to the world of aviation and NJ heritage, in particular.

• **John J. McNamara:** An expert in aviation law and the 1st pilot and flight instructor ever certified in every category and class of aircraft, was introduced by William B. Leavens III.

Mr. McNamara commented on New Jersey airport and air transportation infrastructure.

Comments about his personal career included his being informed about the "ratings race." He had all of the ratings by this time, except he had to qualify for the gas balloon -- the impossible blimp rating. He called Goodyear but they wouldn't train unless he would come to work for them -- and other airship companies, but they didn't train. He called Thunder and Colts in Wales, England. They had several conditions plus wanted \$25,000. John didn't want to do it, but his wife Ann said, "Anytime you can be the first in the world to do something, you better do it." He got the rating.

• **Colonel Joseph J. Sofet, USAF:** USAF Air Force One Commander during the Kennedy and Johnson Administrations was introduced by Frederick P. Alimonti.

Colonel Sofet could not attend the ceremony in person, but made his comments via video presentation. He told some stories about piloting Air Force One in the '60's for newly elected President John F. Kennedy. He said that he knew the family. President Kennedy smoked cigars and occasionally had an aide send some cigars up to the cockpit. And, once in a while, he would send some cigars back to the President. The aide asked what he thought of the President's cigars, and Sofet said, "They were kinda strong," and the aide said, "That's interesting, that's what the President says about yours."

There was an interesting mission with Air Force One to fly Kennedy from Washington to Minneapolis in a 707 jet. There the President went out by helicopter to some dedication. They were to pick up a DC6, a four engine propeller airplane and go to Muskegon, Michigan to pick up the President and bring him back to Minneapolis. There was no food service aboard since he was to eat lunch at the dedication.

As the helicopter was in sight and they were ready to pick up the President, the Secret Service said that the President didn't have lunch at the dedica-

tion, but was expecting lunch back to Minneapolis. A police car stopped by to take a look at the plane, so they got the officer to take their steward someplace to get some steaks. So with sirens blasting and lights flashing they went off -- just as the President landed.

Fortunately, there was another event going on with a ladies air race going coast-to-coast where only their air time counted.

They were standing in front of their planes, so the President went over and congratulated them, just as the trooper got back in time for a tour, got a few Air Force One souvenirs and the President got his steaks on the way back to Minneapolis.

Sofet said that he never got a chance to thank those ladies for saving his day.

His daughter, Mary, accepted the award on his behalf.

• **Dr. Calvin J. Spann:** Tuskegee Airman and WWII Combat Pilot was introduced by Eddy Hadd.

Dr. Spann told the story about how after he was accepted for flight training, he took the train to Kessler Field, MS. When he was in the South he got his first experience in hard core segregation when sitting in the dining car, they had put a curtain around him so he didn't get shot because he was sitting in a white area.

When he arrived at Kessler, they sent him to Tuskegee, AL for pilot training. He was told that this was an experiment for blacks to train as fighter pilots, and they were expected to fail. "This was the most inspiring moment that kept me going through training, combat, that I can do it. We worked together on math & science. The wash out rate was high. If 100 started, only 20 would graduate and get their wings."

After the war, they all wanted to fly, but no one could get a job flying.

• **George V. Strickland:** Aviation safety expert, was introduced by Stephen Riethof who recalled a comment at George's retirement diner by a senior FAA official, "An aircraft accident occurs, it makes front page headlines; if it fails to occur, there is no story. Mr. Strickland has prevented more accidents than anyone I know in the FAA. He is a dedicated professional."

Mr. Strickland stated, "I never did anything in aviation for personal gratification. Everything that I did, I did for aviation, for the industry, for the community and the people

Continued on page 25

Editor's Note:
Bios of the inductees are available online in the May 2007 **Gazette**, page 6, at www.The-Gazette-Newspaper.com



Got "Hoot"

The keynote speaker was NASA Astronaut Robert L. "Hoot" Gibson, who was introduced by NJ AHOF President W. Timothy McSwain.

Tim shared how "Hoot" summarized his background. "I flew for Southwest Airlines because I wanted to add the air transport experience to my resume. Before that, I've flown some Navy fighters, had 240 night carrier traps, some general aviation, experimental and home built experience and some stuff like that. Oh yeah, the space shuttle, too."

Gibson began his talk stating that he grew up with flying; both parents were aviators.

He started in the Navy and flew F4 Phantoms for two cruises in South East Asia before being assigned to the first F14 Squadron. His very last carrier landing ever, April 29, 1975 -- the day Saigon fell -- where he flew air cover for the evacuation.

From the F14's he went to test pilot school and then to the first space shuttle class in 1978. He got to go into space in 1984 aboard the Challenger (the 10th time a space shuttle was launched and the 4th for

Challenger).

"When the space shuttle goes off it looks so slow and majestic from the ground -- but by the time the tail is at the top of the tower, we are at 100 mph. From the launch pad to orbital speed is 8-1/2 minutes - 17,500 mph. It's like a catapult shot off the carrier that lasts for 8-1/2 minutes."

"After the mission, we made the first ever return flight to back to Cape Canaveral.

"Two years later, I flew Columbia which was the only mission in 1986, because 10 days later we lost the Challenger."

He was the lead astronaut that helped redesign the solid rocket boosters and other elements of the shuttle system.

He commanded the 50th space shuttle, the 2nd launch of the Endeavor in 1992. The mission was a 24-hour operation, working two crews doing 40 experiments.

He spoke about working in zero gravity, the extraordinary geographical views of earth and lots of sunrises and sunsets because the orbit takes only an hour and a half -- 45 minutes in the daylight and 45 minutes in the dark -- the sun goes up and down 16 times a day.

The most gorgeous view is being able to look down at both the Aurora Borealis (northern lights) and Aurora Australis (southern lights) from above.

In illustrating astronaut egos, he told this joke: "How many astronauts does it take to change a light bulb? Only one. He holds it still, and the whole world revolves around him."

His last shuttle flight was to command the shuttle Atlantis' first ever docking with the Russian space station, Mir.

It was a manual procedure of docking the port with a ±2 inches tolerance, align in 2°, with a contact velocity of 1/10 of a foot per second within a 2-minute window.

It has been said that when both "Hoot" and the Russian commander shook hands on live TV, that was the real end of the Cold War. ###



Major General Gration Speaks at TEB Squad Awards Ceremony

When he first met the cadets of the Civil Air Patrol Teterboro Composite Squadron at the Nutley Memorial Day Parade, Major General Jonathan Scott Gration, U.S. Air Force (Ret.) was so impressed that he asked what he could do for them. Just a week later he found himself as the keynote speaker at the squadron's Cadet Change of Command and Awards Ceremony.

The evening began with a Cadet Change of Command Ceremony. Cadet Chief Master Sergeant Michael Turner assumed command from Cadet 2nd Lieutenant Christopher McKenna, who will be attending Hartwick College in September. Cadet Turner recently earned the Gen. William "Billy" Mitchell Award, and will be promoted to Cadet 2nd Lieutenant.

Lieutenant Colonel Steve Riethof, U.S. Air Force (Ret.) presented the Air Force Association Award for Outstanding Cadet to Cadet Senior Master Sergeant Robin Kim. The AFA Award is in recognition of outstanding achievement in leadership and academic standing in the CAP cadet program. Colonel Riethof remarked that,

"In leadership, as in life, there is nothing higher than earning the confidence and respect of one's peers." Cadet Kim was recently recognized as the New Jersey Wing Phase I Cadet of the Year and will attend the prestigious Falcon Flight School this summer, held at Lakehurst Naval Air Station, where he hopes to solo in a Cessna 172.

Staff Sergeant Michael Spinelli, U.S. Air Force Reserve, presented the Air Force Reserve's Association Award for Outstanding Cadet Non-Commissioned Officer to Cadet Chief Master Sergeant Sean Cahilly. The AFSA Award is in recognition of outstanding achievement and exceptional leadership as a cadet NCO in CAP. Cadet Cahilly is the squadron's First Sergeant and the leader of the cadet color guard.

The squadron's Commander, Captain Kevin Sands, announced that Cadet 1st Lieutenant Reza Oskoui had recently received the Eagle Scout Award at the Boy Scout Court of Honor in Glen Rock.

There was an Inspection and Pass in Review for the honored guests.

General Gration then spoke about his upbringing in Africa and his distinguished Air Force career. He has served as a White House Fellow, operations group commander and is a two-time wing commander. He is a command pilot with more than 5,000 flight hours, including more than 2,000 hours as an instructor pilot. He has extensive combat experience in the Middle East and served as the Commander of Task Force West during Operation Iraqi Freedom. His aerial combat experience includes 274 combat missions over Iraq, with 983 hours of combat time.

The Civil Air Patrol's Cadet Program is designed to provide youth, age 12 through 18, with a safe, encouraging environment in which to learn, mature and explore career opportunities in the aviation and aerospace industries.

As cadets progress through the program, they earn increased rank, awards, eligibility for national and international special activities, and an opportunity for flight and academic scholarships.

Civil Air Patrol, the official U.S. Air Force Auxiliary, is a civilian, volunteer, nonprofit, service organization. The unpaid members perform 95 percent of inland search and rescue missions as tasked by the Air Force's Rescue Coordination Center. CAP volunteers are credited with saving an average of 100 lives each year.

For more information, contact the Teterboro Composite Squadron Commander, Captain Kevin Sands, at 973-667-7406, or e-mail: k_sands@msn.com; or call 1-800-FLY-2338.

Story by Major Jacqui Sturges, Civil Air Patrol Northeast Region Aerospace Education Director ###

Aviation Pioneers

Continued from page 24

involved in it."

George saluted the Tuskegee Airmen and expressed his admiration by stating, "What you went through, what you accomplished was something that was incredible. Jackie Robinson may have broken the color barrier in baseball and in sports, but his accomplishments were trivial compared to that of the Tuskegee Airmen."

He concluded with "Fly safely."

The New Jersey Aviation Hall of Fame was founded in 1972 and was the first state aviation hall of fame in the nation.

Its goal is the preservation of the Garden State's 213 years of aviation and space heritage.

For more information please call 201-288-6344. ###



Iwo Jima Sea Cadets Transfer Flag to AHOF

The U. S. Naval Sea Cadets, Iwo Jima Division, have transferred their operations from the USS Ling Museum to the NJ Aviation Hall of Fame.

They will meet at the AHOF the 3rd weekend of the month, Saturdays and Sundays from 7:30 a.m. to 4:00 p.m.

From September through May they train, drill and volunteer work, to prepare for the two weeks during the summer where they receive modified U.S. Navy training aboard active duty bases, ships, etc.

The Iwo Jima Division was formed in 2004 and currently

has 21 cadets, four officers and one instructor. Sea Cadets are supported by The Department of The Navy and open to ages 11 to 18. For more information, contact the Commanding Officer Lt. Richard Fuller at 201-315-3768 or go to: www.iwojimadivision.com ###



Teterboro Airport Awards 10 Scholarships

On Wednesday, June 6th, Teterboro Airport Golf Scholarship Committee hosted an Awards Ceremony and reception for 10 Scholarship recipients from local area high schools who are college bound and majoring in aviation related curriculum.

Also invited to the reception were family members, teachers, and principals from each student's high school.

The on-airport ceremony,

held at the Dassault Hangar, was the second for the airport, and gave airport sponsors an opportunity to meet scholarship recipients and congratulate them personally.

Recognizing the importance of advanced education in order to achieve excellence in the aviation industry, Teterboro Airport Users established a scholarship program in 1986.

Through 2006, 109 scholarships, totaling approximately \$78,500, had been awarded. This year,

each school received \$1,500. Funding for the scholarships is derived primarily from airport sponsors and proceeds from the airport's annual golf outing.

The Airport's Golf Outing for the 2007 Scholarship program will be held at Crystal Springs Resort, located in Hamburg, NJ on Monday, September 17th. Organizations interested in sponsoring scholarship programs or activities should contact the Teterboro Airport Golf Scholarship Committee by calling John Panarello at 201-288-1775 x210. ###



Joseph Wojciechowski, Hasbrouck Heights High School.



James DiStefano, Wood-Ridge High School.



(l-r) Jim Kirkos, Meadowlands Regional Chamber President, Judith Ross, Meadowlands Regional Chamber Director of Business Development & Membership Services, James C. Christiansen, President NetJets Aviation and Lanny Rider, Teterboro Airport Manager.

Teterboro Business League & MRCC Meet

The Teterboro Business League, which cooperates with the Meadowlands Regional Chamber of Commerce, held a meeting at the recently renovated Hasbrouck Heights/Meadowlands Hilton Hotel on Thursday, June 7th.

Airport Manager Lanny Rider provided an overview of the airport's rebuilding investment over the last six years to include improvements in safety, drainage, security, etc.

James Christiansen, Presi-

dent of NetJets explained the concept of fractional jet ownership. They are the largest operation with 7,000 fractional owners, with 670 aircraft logging 370,000 flights annually.

NetJets is part of the Teterboro Industry Working Group pledging "Good Neighbor" improvements to include the use Stage 3 jets only, voluntary nighttime curfew, commitment to safety, etc. NetJets provides \$44 million annually to the local economy. ###



(l-r) Raymond Wells, member of College of Governors; Gloria Counsellor, Past District Governor; Joseph Laureni, District Governor; and Calisto Bertin, Mid-Bergen Rotary immediate Past President.

Mid-Bergen Rotary Installs District Governor

On Friday, June 15, 2007, Joseph Laureni of the Mid-Bergen Rotary Club was installed as 51st District 7490 Governor during ceremonies at The Fiesta in Wood-Ridge.

Joe has been an active Rotarian since 1983 when he joined the Mid-Bergen County Club.

In 1986, he became Club President. The highlight of his year was introducing the Gift of Life program to his club, which has gone on to sponsor 11 children. In 2004, Joe became the Centennial President of the Mid-Bergen Club.

During this term as President, the Club chartered an Interact club at the Bergen County Technical High School in Teterboro, New Jersey and

started the Ralph Molter Foundation, a 501 c(3) organization to honor the memory of one of Mid-Bergen's great, quiet Rotarians.

On the District level, Joe is a Trustee of the Gift of Life Foundation (currently serving as Treasurer) and an Assistant Governor.

In 2005, Joe served as sub-committee chairman of the first annual Gift of Life Kid for Kids Walk, which raised \$30,000.00.

Joe is a Paul Harris Fellow, a Walter D. Head Fellow and the recipient of a Gift of Life Humanitarian Award.

Mid-Bergen Rotary Club serves Hasbrouck Heights, S. Hackensack, Teterboro, and Wood-Ridge. ###

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The Summer Wind

By Meteorologist Dan Ventola

My mother's favorite song and mine as well... is "The Summer Wind," by Frank Sinatra.

And, the summer wind... will be blowing in and we will see typical summer weather for July. Normal high temperatures for Hasbrouck Heights/Teterboro area are now at our peak for the summer, that is around 83 degrees. That is what I am forecasting for July

and probably August as well, NORMAL highs in the mid 80's with overnight lows in the 60's. Now, I do see a spike in temperatures coming up for the period between July 15 and 30th. Before then, do not expect temperatures THAT warm... probably actually running near or below normal between now and mid July! As far as rainfall is concerned, summertime thunderstorms will be a bit more frequent over the next couple of weeks, now through mid July as I do see some cool air coming down from Canada at times, to CLASH with our existing warmer air. Some gusty thunderstorms may produce a few episodes of damaging winds (*to trees, etc*). So be aware of that! On the "tropical front," so far it's been quiet, opposite of the long range doom and gloom forecasts of another active hurricane season. It is early for tropical development but I do not see any real action until mid or late August. The hurricane season will average out near normal... if we can use the term "normal." It's not normal if you happen to be right in the path of the landfalling hurricane center!

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

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

Company information: www.nationalweatherstation.com ###

BNI Tops 11,000th Referral

The "Premier Chapter" of BNI, the nation's largest business referral networking organization, announced its chapter members (<http://premierbni.com>) recently passed the 11,000 mark in referring business among members and to other BNI chapters. This represents millions of dollars of new business.

The Premier Chapter is the oldest BNI chapter in New Jersey. It celebrated its 10th anniversary in December. Chapter meetings are held every Wednesday morning at the Candlewyck Diner, 179 Paterson Ave., East Rutherford. Membership is by invitation, and is open to any Northern New Jersey business looking to grow its revenues by having trusted colleagues in the community recommend their products and services.

The way BNI (www.bni.com) works is simple. Chapters meet weekly to exchange ideas, learn about each other's capabilities, and exchange referrals. Meetings last 90 minutes and are designed with only one goal - maximizing the generation of more business.

And, it really works. BNI founder, Dr. Ivan Misner, started BNI 22 years ago on an idea called "givers gain." If I give you business you'll give me business and we'll both benefit as a result. BNI now operates in 37 countries with 4,600 chapters whose roughly 92,000 members generated 4.9 million referrals last year worth \$2 billion in new business.

Many businesses along The Boulevard are open Thursday Evenings

Premier Chapter president, Peter Gallo, said, "personal networking is an invaluable way to effectively and efficiently increase business because people who you know and trust recommend you. The proof is in the results." Gallo added, "the Premier Chapter is always looking to expand the products and services for which we can make referrals. This really is a case of the more the merrier, and we want to accelerate our pace to passing the 12,000 referral mark."

For more information, and an opportunity to be invited to a free chapter breakfast to meet the members and find out how to join a proven way for increasing business, please contact: Peter Gallo, President, BNI Premier Chapter, 201-288-7228 or email: pgallo@envisionvideoservices.com ###

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Household Hazardous Waste

Bergen County Utilities Authority (BCUA) will collect household hazardous waste on Saturday, July 21, 2007 from 9:00 a.m. to 3:00 p.m. at the BCUA (*foot of Empire Boulevard*) in Moonachie -- rain or shine. This service is free of charge for Bergen County residents -- ID is required.

A partial list of acceptable materials for collections includes: aerosol cans, anti-freeze, batteries, blacktop sealers, disinfectants, fertilizer, fire extinguishers, herbicides, insecticides, mercury switches, paints, pesticides, propane gas cylinders (*1 lb. & 20 lb. only*), solvents & thinners, used motor oil, varnishes.

A partial list of unacceptable materials includes: unlabeled wastes or containers with unknown contents, regulated medical wastes, radioactive materials and explosives, containers larger than five gallons, compressed cylinders (*oxygen or acetylene*), pressure treated lumber or railroad ties, computers, electronics and tires.

For detailed information log onto www.bcua.org or call 201-807-5825.

(Businesses must pre-register prior to attending BCUA sponsored collection events. A disposal fee will be charged and collected. Call 201-807-8696 for details.) ###

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**Hasbrouck Heights
Council of Churches**

Freedom Fighters

By Erik Soldwedel, Deacon Intern
St. John the Divine Episcopal Church

The summer is upon us and we may be planning respite from our normal routines. This is a season to enjoy the environment we live in and take in some sun as we admire our prize New Jersey Tomatoes or American Beauty Roses. When I was a child growing up I first learned the freedom of summer. My birthday was soon after school recessed for the summer vacation. After my birthday cake and ice cream, came the wonders of an Independence Day Parade and fireworks, lemonade by the bucket, and all the watermelon I could eat. These are very fresh and wonderful memories as was riding my bike to the town pool or the county park. Chasing fireflies and going to the town square for outdoor movies with my family are fond summer memories.

The greatest memory for me is the celebration of our country's independence. While I was growing up I could not learn enough about history. My passion for US History was a gift from my grandparents. My paternal grandmother could trace her roots to before the American Revolution. My maternal grandfather had a Sixth Grade education when he came here from Norway. He spent four days on Ellis Island. Their love for this country and the opportunity it offered them is something greater than I will ever know.

This gift of knowledge and love of my family, coupled with a faith -- I am blessed to appreciate the summer holidays and the glorious Independence Day each July 4th. The signers of the Declaration of Independence were all men gathered in Philadelphia. They were free men, landowners and considered pillars in their communities. They were gathered in a hot room in the city of "brotherly love" debating the course of the thirteen British Colonies. Independence meant a war with tremendous loss of life and fortune. However, without independence the continued submission to a Monarch and Parliament that was oppressive and cruel was no longer tolerable. The settlers of these colonies fled European Monarchs for religious freedom. The fight this time was taxation without representation. The belief was to accept unjust taxation would

lead to the loss of other rights. Would the religious freedom be taken from the colonies? What other oppression would follow?

The Christian faith has just concluded celebrating and commemorating the life and death of Jesus Christ. This prophet to some, and savior to others, set in motion some 2,000 years ago a faith community based in the traditions of Ancient Israel as written in the Hebrew Scriptures. What Jesus of Nazareth did in simple was to set an example of liberation for those who were oppressed and to instill in his followers the belief that with faith tradition we can set people free from oppression and persecution.

This Christian belief system is similar for many faith traditions throughout the world. These simple tenets of equality and justice are the same our forefathers and mothers fought for in the War of Independence. These principals are outlined in the Declaration of Independence. Freedom came with a tremendous price for the original Colonists. The forfeiture of personal wealth was at stake for the signers of the Declaration. This loss of personal property affected their families, associates and communities.

We are called in our various faith traditions to assist those who are persecuted, liberate the oppressed, and to strive for social justice for all.

This theology of liberation was at the very crux of the war for independence from England in 1776. This basic and natural right of dignity and freedom of equality is to be cherished and preserved by believers of every faith. We celebrate this right by gathering in houses of worship in Hasbrouck Heights and throughout our country. This right is celebrated when we gather in peaceful assembly to protest an injustice or when we gather to celebrate in parade and public gatherings of community and national thanksgiving.

We are called as believers to liberate and to protect the persecuted and oppressed. I, as a Christian, am called to seek and serve Christ in all whom I meet. This personal belief of my faith is one I cherish. I give thanks for the freedom fighters of 1776 who established a nation that protects and affords religious freedom.

Let us remember the sacrifice of our forefathers and mothers made for us as we celebrate this summer. Our faith traditions are varied and yet very much alike as were those who set our course for freedom. We are endowed one and all with dignity and equality.

This writer will enjoy his summer with not only travel, fellowship and parties, but most of all a quiet reflection of thanksgiving for the freedom of religion. Take a few minutes and give thanks in your tradition. Let us all go forth this summer in peace, be of good courage. Hold to the ideals that you cherish. Support the weak. Help the afflicted. Honor all whom you meet with dignity and respect. ###

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Peace**



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9:30 Discipleship Hour for all ages
11:00 a.m. Morning Worship Service (Contemporary)
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Rev. Msgr. Martin O'Brien



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7:30 a.m. (Church), 9:00 a.m. (Chapel), 10:30 a.m. (Chapel),
12 noon (Chapel) and 6:00 p.m. (Chapel)

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Corpus Christi Links

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



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Saturday

5:00 p.m. Communion Contemporary Setting

Sunday

9:45 a.m. Sunday Church School/Adult forum
11:00 a.m. Holy Communion



THE COMMUNITY

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Communion-- first Sunday of the month



Knights Father's Day Breakfast

St. Anthony Council 11585, Knights of Columbus, held its 5th Annual Family Communion Breakfast.

As in past years, the breakfast took place at The Fiesta on Father's Day. One hundred eighteen knights, their families and friends attended.

Chairman Joseph Mastbeth was master of ceremony at the affair. Chaplain Fr. Brian Cullinane gave the blessing and Grand Knight Peter Gallo Jr. lead all in the flag salute.

During the program GK Gallo presented certificates of appreciation to those knights

who helped during the past Columbian year. They were PGK Donald Callahan, Antonio Cunha, Stephen Drotos, Anthony Giuseffi, Paul Grundling, Joseph Mastbeth, PGK Frank Materia, Desmond Nannetti, PGK Russell Petrocelli, Thomas Reinhart, Albert Rottini, Stephen Sarracino, and DGK Angelo Urato.

The highlight of the breakfast was a talk by PGK Russell Petrocelli.

He first paid tribute to Brother Eugene Spies who passed away the night before.

Then he spoke about the relationship of all in the community. How they all cooperated with each other for the betterment of their community; knights and non-knights.

The St. Anthony Council 11585, Knights of Columbus is located at the Assumption Church in Wood-Ridge. *Story by Peter Gallo Jr. ###*

Prayerful Reflection

Silent Retreat

Christus Rex Catholic men's silent retreat is scheduled for the weekend of October 19-21 at the Jesuit Loyola Retreat House in Morristown, NJ. Free will offering. Retreat house details at: www.loyola.org. Call 201-288-8656 for more information. *You owe it to yourself to attend at least one silent retreat in your lifetime.*

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Lodi Firefighter holding the helmet of Lieutenant Lance Porco prior to the Funeral Mass at Church of the Sacred Heart in Rochelle Park.

Lance E. Porco

Lodi Firefighter Lance E. Porco, 36, of Hasbrouck Heights, passed on June 16, 2007.

Lance was a former member of the Lodi Volunteer Ambulance Rescue Squad and current Lieutenant and former Captain of the Lodi Volunteer Fire Department Hose Company 1, receiving the Davis Brown Award and The Meritorious Award.

In 1999, he became a member of the NJ State Exempt Firemen's Association.

Lance was co-founder of the Lodi Jr. Firefighters Pro-

gram, a member of the Relief Association and an Assistant Firefighter Training Officer for the Lodi Volunteer Fire Department.

Lance was a basic skills teacher at Passaic County Technical School, Wayne and an instructor of fire science at Sussex Community College.

He was a graduate of William Paterson University.

He is survived by his wife Maggie (*nee Cutri*) and son, Jake.

He was the son of Vincent and Marie Porco of Lodi, cherished brother of Craig Porco and wife Jo-Ann of Morris Plains, son-in-law of Grace Cutri of Hasbrouck Heights and the late Joseph.

The funeral was held at Santangelo Funeral Home with a funeral mass at Church of the Sacred Heart in Rochelle Park. Memorial contributions may be made to the Lodi Fire Department, Hose Co. 1, One Memorial Dr., Lodi, NJ 07644. ###

Food Bank

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

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



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Kiwanis Good Neighbor Award

"Good Neighbor Day" this year is Wednesday, September 5th. This will mark the 11th year **Bill O'Shea's Florist** will be giving away dozens of roses free on a first come, first served basis, and collecting a food donation for the Center for Food Action (CFA).

The Kiwanis Club of Hasbrouck Heights and Teterboro in conjunction with Bill O'Shea's Florist would like to identify those many 'Good Neighbors' from our community. They seek entrants to receive a "Good Neighbor Award" in September. They are seeking everyday good citizens who should be recognized for their efforts.

Do you have a good neighbor? Someone who is always willing to lend a helping hand, give advice, listen to your problems, or maybe drive you to shopping, etc; someone who is not looking for monetary gain or a personal reward; or someone who has extended himself or herself to you in a crisis.

Our community has many great folks living here and sometimes you run across someone who is just an inspiration. We are looking for that "Unsung Neighbor" you would like to recognize and praise.

Nominees should be residents of Hasbrouck Heights who have not received a lot of publicity for their volunteer efforts. Nominees need not be a member of a service club, a political party, a church group, or other types of non-profit organizations. Age is not a factor in selecting the winners. Entries should be in the form of an essay of 200 words or less, describing the nominee's good deeds. Be certain to include his/her name and address as well as yours, and should be received no later than August 30, 2007. Awards will be presented in early September. Send nominations to: Kiwanis Club Good Neighbor Awards, 257 Roosevelt Avenue, Hasbrouck Heights, NJ 07604. ###

H.O.P.E.

"HOPE" (*Helping Other Parents Endure*) is a support group for parents grieving the death of a child.

For more information please call 201-288-6886 or e-mail bmmc917@op-online.net

Groups meet either the first Wednesday of each month in Bloomfield or the third Monday of each month in River Edge. All parents are welcome. ###

The Boulevard Mall

For a complete listing of businesses in Hasbrouck Heights: www.The-Boulevard-Mall.com/mall07.pdf

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Farmers' Market Continues in '07

The Farmers' Market began on June 19th and will continue every Tuesday from noon to 6:00 p.m. until late September, at the corner of The Boulevard and Washington Place.

This Farmers' Market is scheduled to host the same farmers/vendors as last year.

According to Chamber President Ray Vorisek, Hasbrouck Heights businesses and community organizations are invited to set up a free table for one Tuesday afternoon during the 2007 Market. Limited positions are available. Call Ray at 201-288-5464 for more information.

During Farmers' Market days, Boulevard businesses are permitted to take advantage of "Sidewalk Sale" opportunities and set up tables in front of their stores. ###

Heights Camp-out at Woodland Park

The 4th Annual Family Overnight Camp-out in Woodland Park is scheduled for July 14-15 (RD July 28-29).

All participants must supply their own tent. There is a \$25 fee per family. Each tent requires parental supervision.

Dinner and breakfast will be provided along with activities. There will be a campfire under the pavilion.

Event is sponsored by Recreation Department. Call 201-288-4143 or 201-288-0195 for more information. ###

Senior Picnic

The 7th Annual Free Senior Citizens Picnic is scheduled for July 11 at Woodland Park from noon to 4 p.m. In case of rain, the event will be held at the Municipal Complex.

Entertainment will be by "The Music Man -- Peter Lieberman." There will be plenty of food, dancing, games and prizes.

Tickets are required and available by calling the Boro Clerk's Office at 201-288-0195 by July 7th. Bring your lawn chairs. ###

Town Day

Hasbrouck Heights organizations should mark their calendar for participation in Town Day scheduled for Saturday, September 29th from 10:00 a.m. to 3:00 p.m. in Woodland Park.

A concert will also be held during Town Day.

Contact the Hasbrouck Heights Recreation Department at 201-288-4143 to reserve your table/space. ###

AC Bus Trips

The VFW sponsors Atlantic City Bus Trips on the last Wednesday of the month. Bus departs at 11:00 a.m. and returns at about 9:30-10:00 p.m. Proceeds are used to help defray building expenses. Call the Post for more information at 201-288-1112. ###

Seat Belts Save Lives

Sidewalk Sale Aug. 2, 3 & 4

Hasbrouck Heights Chamber of Commerce announced its Annual Sidewalk Sale for August 2, 3 and 4. This event has been a Boulevard tradition for over 30 years.

Businesses should contact George at 201-288-2130 for more information.

Shoppers should mark their calendar. ###

Health Fair Expo V Slated for Oct. 20

The 5th Annual Health Fair Expo V is scheduled for Saturday, October 20 from 11 a.m. to 3 p.m. in the Senior Center at the Municipal Complex, 320 Boulevard. The Expo will include demonstrations, speakers, give-a-ways, screenings and a delicious hot lunch.

More details about this event to follow. ###

Wings & Wheels Expo 2007

The Aviation Hall of Fame is sponsoring a Wings & Wheels Expo 2007 on September 15 & 16 at Teterboro Airport.

Various aircraft are currently being scheduled for this event to include B-17 (Yankee Lady), C-47, C-54, etc.

The Expo anticipates presentations of exotic, antique and custom cars and military vehicles.

The Army Air Force Historical Association will again provide an extensive display.

Additional attractions will include vendors/exhibitors. The 2004 event may be viewed at: www.teterboro-online.com ###

Harry Potter Party

Come celebrate the release of the final Harry Potter book on Friday, July 20 from 9:30 p.m. to 2:00 a.m. at the Free Public Library. Enjoy arts and crafts programs along with games for children in Grades 4 and higher as we count down the minutes until midnight, when the book is released to the public.

The Friends of the Library will be selling copies of "Harry Potter and the Deathly Hal-

lows." Cost per book is \$25.00. The Library is accepting pre-orders that can be picked up at 12:01 a.m. or anytime during the week after the party.

Come dressed as your favorite Harry Potter character. Muggles and wizards are all welcome! Registration is required. Space is limited. Call 201-288-0488. Children under 12 must be accompanied by a parent or guardian. ###

TEB 5K Run July 21st

The 10th Annual Teterboro Airport 5K Run is scheduled for 8:30 a.m. on July 21 at Jet Aviation (Moonachie Avenue).

The USATF-New Jersey event features: \$10,000 Random Prize Giveaway, \$1,000 Super Random Grand Prize, \$2,000 Prize Money, many special 10th Annual Prizes, ChampionChip Scoring, United Way Mini-Flyer Dashes, Food, DJ and Pace Plane.

Race director is Mark Zenobia. Results will be at: www.compuscore.com.

The course is flat out, two water stops and mile clocks on the runway. Run is 500 points.

The number of finishers in previous races are: 1998 - 488, 1999 - 679, 2000 - 623, 2001 - 776, 2002 - 804, 2003 - 659, 2004 - 686, 2005 - 593 and 2006 -- 678.

Early registration is advised. No one will be allowed entry to the airport and race staging area after 8:10 a.m. Event registration will close at 8:15 a.m. Online registration form is available at: www.raceforum.com/07/teterboro.pdf

Proceeds will benefit 2-1-1, Bergen County United Way's free, 24-hour information and referral service. For more information go to: www.bergenunit-edway.org ###

3rd Quarter Taxes Due August 1st

Tax Collector Conchita C. Parker announced that third quarter estimated taxes, which are due August 1st, will be received Saturday morning, July 28, from 9 a.m. to noon, at the Tax Office located at the Municipal Complex, 320 Boulevard.

This arrangement follows the custom established many years ago in the Borough for the convenience of the taxpayers in meeting the quarterly payment due. For additional information call 201-288-1152. ###

Golf Outing

32^o Masonic Learning Centers for Children of Hasbrouck Heights and Newark is sponsoring a golf outing at the Meadowlands Golf Club in Lincoln Park on July 9th to benefit their dyslexia learning centers. For more information call Gil Hunt at 201-288-4608. ###

NOTICE:
Hasbrouck Heights Borough
offices will be observing
summer hours -- 8:00 a.m. to 3:30 p.m.
from May 29th thru August 31st

Same Faces ...



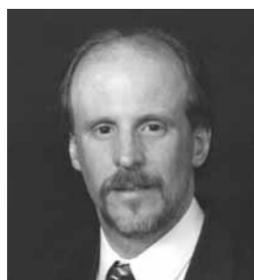
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God Bless this great nation, our freedom, and those who defend it. Happy 4th of July!



Hasbrouck Heights \$689,900
All brick Colonial Home set on large park-like property. Features; Large LR w/gas fpl., FDR, large kit. w/island, den. 2nd floor offers 3 BR's & bath. Family room in fin. bsment w/kit area & bath. Inground pool, C/A, HOW. Office Exclusive! Call for private showing.



Hasbrouck Heights \$619,000
Updated 4 BR, 2.5 Bath Victorian set on deep professionally landscaped property. New kitchen and baths. Finished basement. Beautiful inground pool, fenced yard. Tour at: www.gatewaytohomes.com/2719657



Hasbrouck Heights \$545,000
Stately 4 BR, 1.5 bath, center hall Colonial offers EF, LR/fpl. formal DR, den, & large kitchen w/nook. Features include finished basement, large fenced yard, garage, central air and convenient location. Tour at: www.gatewaytohomes.com/2710806



Hasbrouck Heights \$589,000
Charming 5 BR, 2.5,bath Tudor Colonial offers LR/fpl, formal DR, MK w/breakfast nook, finished basement, 2 car garage set on nice size property. Tour at: www.gatewaytohomes.com/2720224



Lodi \$419,900
Unique 2 family property features a tri-level split. Main level: LR & EIK. 2nd floor: 2 BRs & bath, 3rd floor: large MBR. Lower level: 4th BR, bath, FR, 2nd kitchen, O/E, C/A, + separate studio w/kitchen & bath. View at www.gatewaytohomes.com/2709757



Hasbrouck Heights \$359,900
Great starter home with lots of charm offers LR, DR and Eat-in-Kitchen, 3 bedrooms and full tile bath. Features include a full basement, large yard, screened-in porch and new windows. Tour at: www.gatewaytohomes.com/2724528



Lodi \$679,000
2 Family offering 3 separate living levels for extended family. Grd level apt.; LRw/fpl, DR, kit & full bath. 2 upper level apts offer FLR, FDR, MEIK, 3 BRS & 2 baths w/sep. entry. Tour at: www.gatewaytohomes.com/2711575



Hasbrouck Heights \$519,900
Beautiful updated 3 BR, 2 bath Ranch on sprawling corner property offers EF, Lg LR, FDR, designer kit., FR or 3rd BR. Features new windows, CA, fenced yard with paver patio. Tour at: www.gatewaytohomes.com/2723446



Hasbrouck Heights \$639,000
Updated 2 Family offers on 1st floor EH, LR, mod. EIK, 2 BRs & sitting rm w/sliders to deck. On 2nd floor, EH, LR, mod EIK and 3 BRs, 2 car gar. 14x28 inground pool & sprinkler sys. Tour at: www.gatewaytohomes.com/2724827



Hasbrouck Heights \$849,000
NEW! To be built, 4 bedroom, 2.5 bath Colonial. FLR & DR, EIK w/granite & tile, FR/fpl, patio. MBR suite w/whirlpool tub, large lot. Tour: www.gatewaytohomes.com/2641941



Hasbrouck Heights \$349,900
Just Listed! Well maintained 2 BR Cape featuring good size rooms, C/A, hardwood floors, garage & walk-up to 2nd floor, waiting for your finishing touch. Near NYC trans. View at www.gatewaytohomes.com/2713501



Hasbrouck Heights \$359,900
Lovely 2 BR, 2 bath Expanded Ranch offers a large living room, dining area & modern kitchen. The expanded 2nd floor is finished for a potential 3rd BR. Finished basement offers add'l living area. Tour at: www.gatewaytohomes.com/2721766



Wood-Ridge \$419,900
Large well maintained Colonial offering 3 BRS, 1.5 baths, EF, LR, DR & MEIK, walk-up attic, 1 car garage. Low taxes. Tour at: www.gatewaytohomes.com/2718889



Hasbrouck Heights \$500,000
Immaculate 4 BR, 2 bath Cottage Cape set on oversized property offers lge. LR, EIK, FR w/wd stove, full fin. basement w/sum. kit. & o/e to private yard with abv. grnd. pool. Amenities include; hardwood flrs, C/A and garage. Tour at: www.gatewaytohomes.com/2705995



Hasbrouck Heights \$459,000
Custom designed Expanded Ranch set on lge corner lot, 1st floor FLR, FDR, EIK, 3 BRs & bath. 2nd floor 4th BR, bath & storage. Fin. basement perfect for parties. Driveway accommodates 4 cars. Must see! Tour at: www.gatewaytohomes.com/2723721



Hasbrouck Heights \$385,000
Lovely 3 BR Ranch set on oversized fenced property offers large living room, dining area. Kitchen w/access to garage through breezeway. Tour at: www.gatewaytohomes.com/2718027



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