

# The Gazette

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

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July 2010

★★★★★



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Memorial week-end kicks off our preparations for summer. Yards tended, pools opened and BBQs begin the season. Yet, we pause. We put out our flag, go to parades and attend Memorials honoring the service of others whose sacrifices allow our luxury of summer beginnings. Memorial week-end section on pages 12 through 19.

## Honoring Those Who Served

NBAA Regional Convention at TEB Page 3	Aviation Pioneers Recognized Page 5	Keep W-R Beautiful Page 7	RLC Field Day Pages 8	Farmers' Market Begins Page 31
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Heights Children's Patriotic Parade

The Annual Children's Parade is scheduled for Monday, 10 a.m., July 5, 2010, at Washington and Burton. Sign-up is 9:30 a.m.

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

All classifications and categories will be judged prior to the parade.

Prizes will be awarded in the categories of patriotic, most original and most artistic to: costumed children on foot, wagons and tricycles, carriages, strollers, etc., decorated bicycles, floats, and grandparents' corner, with carriages and children on foot. Helmets are required for those on bicycles.

Prizes awarded: First Prize, Second Prize, Third Prize and Honorable Mention. All participants receive medals.

Registration is limited to Hasbrouck Heights children up to 10 years of age, excluding the grandparents' corner.

The event is sponsored by the Mayor's Celebrations Committee.

The HHFD will be on hand for any assistance. ###

HH Lions Sponsors Fireworks Program July 1, 2010

The Lions Club 26th Annual Fireworks are scheduled for July 1, 2010 at Depken Field (Route 17 & Franklin Avenue). The rain date is July 2 and extended rain date is July 9.

Admission is \$5 for adults and \$3 for children. Under 5 free. Only blankets will be allowed on the field (no chairs). Water will be allowed, but no food. ###

Fireworks are Illegal

Hasbrouck Heights Police Department reminds residents and visitors that all fireworks including Chinese firecrackers, Roman candles, M80s, cherry bombs, salutes, M100s, etc., are illegal to possess, use or sell. ###

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TEB 5K Run July 17th

The 13th Annual PSE&G Teterboro Airport 5K Run is scheduled for 8:30 a.m., on July 17th, 2010, at Jet Aviation (Moonachie Avenue).

The USATF-New Jersey event features: \$10,000 Random Prize Giveaway, \$1,000 Super Random Grand Prize, ChronoTrack D-Tag Scoring, United Way Mini-Flyer Dashes, Food, DJ and Pace Plane.

The course is flat out and back with only five turns, two water stops and mile clocks on the runway. Run is 500 USATF-NJ NBGP points.

Early registration is advised. No one will be allowed entry to the airport and race staging area after 7:55 a.m.

Proceeds will benefit 2-1-1; Bergen County United Way's free 24 hour helpline.

Race director is Mark Zenobia. Results will be at: www.compucore.com. For more information go to: www.olymp.net/Raceinfo/teterboro\_airport\_5k.htm ###

Wings & Wheels Expo 2010

The Aviation Hall of Fame is sponsoring the Wings & Wheels Expo 2010 on September 25 & 26 at Teterboro Airport. Various aircraft are currently being scheduled for this event to include the B-17 (Yankee Lady). Last year's aircraft included: F-4U Corsair, TBM Avenger, C-47 Dakota, B-25 Mitchell, C-54 Spirit of Freedom, etc.

Active duty service personnel and Veterans wearing their VFW or American Legion Cap are admitted free.

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 2009 event may be viewed at: www.the-gazette-newspaper.com/ (pages 14-15) October 2009 issue. ###

**IHOP RESTAURANT**

Has generously provided additional fireworks for our community display  
July 1, 2010

Thank you for your 2010 sponsorship.  
**Hasbrouck Heights Lions Club**

Rain Date: July 2, Ext. RD: July 9

Wesmont Station Resumes Development

After sitting dormant more than a year, construction of the \$400 million Wesmont Station housing and commercial development will restart in September.

The Borough Council recently approved four ordinances to resume its agreement with the developer.

The four ordinances — two for retail and two for residential — accept applications by Wesmont Station for urban renewal.

The plan centers on a new NJ Transit train station plaza that connects with the Bergen Line commuter rail to Manhattan.

The redevelopment of the old Curtiss-Wright industrial

property plan includes 800 residences, 130,000 sq. ft. of retail, a public square, community center, a new middle school and walking and biking paths within a five minute walk to the train station.

Pedestrian bridges, light fixtures, planters, benches, bike rack and extra-wide sidewalks are slated to define Wesmont Station as a pedestrian-oriented community.

Since approval in 2006, Somerset Development of Lakewood has invested nearly \$15 million to do environmental remediation and electrical work, and draw up blueprints for roads, sewers and drainage at the 70-acre site.

The developer will begin cutting roads and excavating sewer lines on the parcel. The first construction will include four condominium buildings and approximately 30 homes, with construction of the first phase to last two years. ###

Lodi Summer Concerts

Concerts start at 7:30 p.m. at the Lodi Memorial Park Amphitheater:

- Kenny Vance and the Planotones on July 7, 2010.
- The Infernos on August 11, 2010.

**DESPICABLE ME** In Theaters July 9th

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Sweet and tangy strawberry lemonade topped with colorful sprinkles 1.59  
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# NBAA Regional Convention Held at TEB

On June 10, 2010, Jet Aviation hosted the day-long NBAA Regional Forum at Teterboro Airport.

A record turnout of about 1,900 attended the event, which featured 90 exhibitors inside the hangar and static displays of 30 aircraft on the ramp. Several educational seminars on business aviation were presented throughout the day, concluding with a cocktail reception. ###





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## Kearny Federal Savings Rewards Customers with New High Yield Checking Account

Kearny Federal Savings Bank has introduced a new innovative free checking account to the New Jersey area. High Yield Checking offers a high interest rate and monthly foreign ATM fee refunds, allowing customers to make more money when banking at Kearny Federal Savings. The Bank has also launched a micro-site, showcasing this revolutionary product. The site is: [www.kfshighyieldchecking.com](http://www.kfshighyieldchecking.com).

Kearny Federal Savings is a community bank with great passion for their customers and their financial needs. With High Yield Checking, they can offer their customers a cutting-edge account that rewards them for their commitment to the Bank.

High Yield Checking is

### Kiwanis Seeks Nominations for Good Neighbors

Do you know a good neighbor 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 personal reward; or someone who has extended himself or herself to you in a crisis? If you do, now is the time to have him or her recognized.

This is the 5th year that the Kiwanis Club of Hasbrouck Heights and Teterboro would like to identify those many “Good Neighbors” from our community.

Awards will be presented at a reception on Wednesday, September 1, 2010, at 7:00 p.m. at the Senior Center in the Hasbrouck Heights Municipal Building.

To nominate, all you have to do is submit an essay of no more than 200 words describing the nominee’s good deeds. Be sure to include his/her name and address as well as yours. Your nomination must be mailed to the address listed below and received no later than Friday, August 20th.

Nominees should be residents or work in Hasbrouck Heights and who have not received a lot of publicity for their volunteer efforts. They need not be a member of a service club, political party, a Church group or other type of non-profit organization. Age is not a factor in selecting the recipients.

Send nominations to: Kiwanis Good Neighbor Awards, 257 Roosevelt Avenue, Hasbrouck Heights, NJ 07604 ###

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Disclosure: \*Annual Percentage Yield (APY) accurate as of 02/12/10. Minimum to open account is \$50. Rate tiers are as follows: 3.51% APY applies to balances of \$.01 - \$25,000 and 1.00% APY applies to balances over \$25,000 as long as qualifications are met each statement cycle. 0.05% APY applies to all balances if qualifications are not met. All balances will earn 3.51% APY to 1.00% APY as long as qualifications are met. Rates may change after the account is opened. Fees may reduce earnings. No minimum balance required. No monthly service fee. Available to personal accounts only. ATM fee refund up to \$25 per statement cycle when qualifications are met. ###

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Moonachie • Teterboro • Wood-Ridge

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Nancy Halloran .....Copy Editor  
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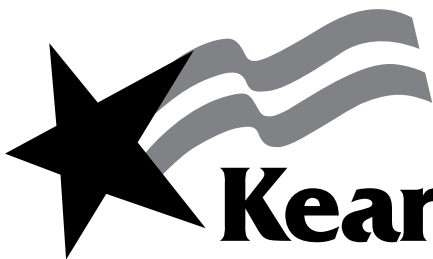
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# AHOF Recognizes Aviation Pioneers

The New Jersey Aviation Hall of Fame (NJAHOF) held their 37th Annual Induction Dinner on May 25, 2010, at The Fiesta Ballroom, in Wood-Ridge.

Remarks were made by Dinner Chairmen and Master of Ceremonies President W. Timothy McSwain and Frederick Alimonti, followed by Executive Director Shea Oakley.

The Civil Air Patrol Teterboro Squadron presented The Colors followed by the Pledge of Allegiance. Pastor Timothy Barnes gave the Invocation.

Henry M. Holden, aviation author, received the Distinguished Service Plaque and J. Morgan "Jack" Young, Dassault Falcon, Sr. VP, Ret.

received the Fred L. Wehran Aviation Achievement Award.

Billy Tooma gave a special preview of his film on Clarence Chamberlin, the second man to pilot a fixed-wing aircraft across the Atlantic Ocean from New York, and a former owner of Teterboro Airport.

The 2010 Hall of Fame Inductees included:

• **William "Bill" DeCota:** Globally known Master Airport planner for the Port Authority of NY and NJ.

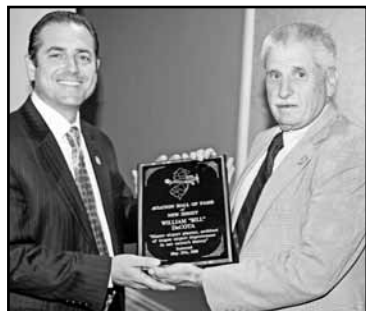
• **Astronaut Mark L. Polansky:** NASA Space Shuttle Commander, USAF test pilot with over 5,000 flight hours and 618 hours in orbit.

• **Aline Rhonie:** Pioneer woman pilot and artist during the 1930s; painted a 1,400 square foot aviation mural at Roosevelt Field.

• **Mitchell J. "Mike" Stoddard:** One of the strongest advocates for NJ aviation in recent years.

The keynote speaker was John S. Jacoby, General Manager, Newark Liberty International Airport.

Founded in 1972, the Aviation Hall of Fame & Museum of New Jersey is dedicated to the preservation of the Garden State's aviation and space heritage. The men and women, whose outstanding aeronautical achievements have brought world-wide recognition to the state, are enshrined in the Hall of Fame located at Teterboro Airport. For information, call 201-288-6344. ###



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**Wings & Wheels Expo 2010**

## Teterboro Airport

Saturday, September 25, 2010 • 9 a.m. to 5 p.m.  
Sunday, September 26, 2010 • 9 a.m. to 4 p.m.

Route 46 and Industrial Avenue. Event entrance on Industrial Avenue. Follow signs to parking.

**Vintage Aircraft and Auto Show features  
B-17 "Yankee Lady" (Rides Available)**

**2009 aircraft included: F-4U Corsair • TBM Avenger  
C-47 Dakota • B-25 Mitchell • C-54 Spirit of Freedom**

Additional 2009 exhibits and vendors included: various modern, vintage and unique aircraft, Army Air Forces Historical Association, Paramus Flying Club, Port Authority, US Army, US Air Force, exotic, antique, custom, race cars, and military vehicles PLUS Big Wheel Races, etc.

Ticket includes Museum admission during this event. All proceeds to benefit the

**Aviation Hall of Fame & Museum of NJ**

400 Fred Wehran Drive, Teterboro Airport • 201-288-6344 • [www.njahof.org](http://www.njahof.org)

The AHOF offers school or civic tours & parties as well as "Dare-to-Fly" programs. Call for details.

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Social Security Planning Seminar

The Wood-Ridge Memorial Library is hosting a seminar on Social Security Planning on June 29, 2010, at 7:00 p.m., in the Wood-Ridge Senior Center.

After being told for years that Social Security is “going broke,” baby boomers are realizing that it will soon be their turn to collect. This informative seminar, given by Marc Bautis, of Bautis Financial, will address several key issues that will help baby boomers better understand the Social Security system.

Some of the key points that will be discussed are as follows:

- 5 factors to consider when deciding when to apply for benefits
- When it makes sense to delay benefits -- and when it does not
- Why you should always check your earnings record for accuracy
- How to estimate your benefits
- How to coordinate benefits with your spouse
- How to minimize taxes on Social Security benefits

Come to The Library for this free financial planning seminar! Registration is necessary. Please sign up at the front desk, call 201-438-2455, or e-mail to Christine Hartigan at hartigan@bccls.org. ###

Seat Belts Save Lives

Lions, Tigers and Bears, Oh My!

Bible Baptist Church will be hosting its annual community event Monday thru Friday, July 12-16, 2010.

This year they hope to attract even more kids as it will be from 6:45 – 8:30 p.m.. Yes, that’s in the evening! It can be difficult during the day with work schedules and “day camp.”

BBC has held what used to be known as “Vacation Bible School” for many, many years. It’s been a great tool for bringing kids into an environment where they can have fun while they learn about the Bible. Most years, well over 100 children attend this week long experience.

Dorothy and the SAC crew are looking forward to an exciting adventure with kids from (going into) Kindergarten through 6th Grade in the land of lions, tigers and bears, oh my!

Characters in the “Adventure to Golden City” may be somewhat familiar as one “wishes he had a brain,” another wants to “have a heart” and yet another wants some “courage.” As always, there are theme songs, puppets, skits, Bible verses and stories, games and snacks!

You may register your children by calling 201-288-4139 X17 and leave a message. A \$10 donation would be appreciated. ###

St. Joseph School Closes

Plans have been made for the formal closing of St. Joseph School, East Rutherford.

Saint Joseph School is the oldest continuously operating Catholic School in the Archdiocese of Newark. We have much to be proud of during the last 131 years.

On the weekend of June 26 and 27, 2010, all the masses will be held in the school auditorium to allow us all a final time to celebrate what the school has meant to all of us.

There will be an opportunity to walk the halls and give us all closure.

All are welcome. Join us to bid farewell to our past and pray for the insight of God’s plan for the future. *Story by Mrs. Frances R. Alberta. ###*



**Otterstedt Insurance Agency**  
Has generously provided additional fireworks for our community display  
July 1, 2010



Thank you for your 2010 sponsorship.  
**Hasbrouck Heights Lions Club**  
Rain Date: July 2, Ext. RD: July 9

*Announcing*

CENTURY 21 Eudan Realty is proud to announce that Terri Campbell and Jim Campbell have joined our great team, joining the leader in today's Bergen County real estate industry.

As a CENTURY 21 Eudan Sales Associates, Terri and Jim welcome the opportunity to professionally serve any real estate needs you may have. Please feel free to call upon Terri and/or Jim. Please keep this card for future reference.



Terri Campbell  
201-739-9663



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**The Energy Corner**

**Retention Oil Burners**

Every non-flame retention burner, and most pre-1985 first generation flame retention burners, should be replaced. Boilers or furnaces installed after 1980 will run much better with a new burner.

If a new boiler or furnace was installed before 1970, it is better to replace the system than to just put in a new burner. New burners with their white-hot flame may “kill” the old unit quicker.

Replacing an old inefficient boiler or furnace is one of the best investments you can make. It will pay for itself in a few years and will continue providing savings for years to come.

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



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Keeping Wood-Ridge Beautiful

Over 110 residents and local civic groups got down and dirty with the 11th Annual Keep Wood-Ridge Beautiful Committee on Sunday, June 6, 2010.

The purpose of this event was to raise awareness of our environment and the impact of litter. Hackensack Street, Valley Boulevard and the ramps on Moonachie Avenue/Rt. 17 were cleaned while flowers were

freshly planted at The Library, Civic Center, Senior Center and Veterans Park. This year's theme was "Become a Bergen County Litter Marshal." Sheriff Leo McGuire "deputized" all 110 participants to help keep our communities clean. This program had the support of Hackensack Riverkeeper Capt. Bill Sheehan.

The Bergen County Department of Health loaned cleaning utensils and AAA of North Jersey loaned safety

vests. The W-R Police Department Auxiliary, Fire/EMS Department, and W-R DPW assisted the volunteers. Volunteers included council members, Boy Scouts and Girl Scouts, members of the Knights of Columbus Saint Anthony Council, who adopted a highway, WRHS students,

Teterboro Airport, and individual families. Program Chair, Ezio Altamura, said, "I encourage all residents and business owners to do their part to 'Keep Wood-Ridge Beautiful' all year round by picking up litter and recycling. Set an example for all to follow." ###

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Household Hazardous Waste

Bergen County Utilities Authority (BCUA) will collect household hazardous waste on Saturday, July 17, 2010, from 9 a.m. to 3 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 collection 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 and 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](http://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.) ###



2,720 Pounds of Paper Shredded

On Saturday, June 5, 2010, from 10 a.m. to 1 p.m., over 70 Hasbrouck Heights residents and businesses had 2,720 pounds (1.36 tons) of sensitive documents safely shredded and recycled for free at the Central Avenue parking lot during this third annual shredding event -- last year 4,580 pounds were shredded and in 2008, 2,140 pounds were shredded.

Residents simply pulled into the parking lot where DPW workers helped unload their boxes. The papers were placed into special upright containers that were taken to a slot in the shredder truck. The container was automatically pulled into the truck and shredded. Participants could witness the documents being shredded on a TV screen at the truck's control panel.

The shredded paper was baled and recycled to make paper towels, tissue, toilet paper, etc.

There was also a tent/table display set up with information about the Hasbrouck Heights Recycling Program.

The HH DPW Satellite

Recycling Drop-off Container was there to accept cardboard, newspaper/magazines, comingle and E-waste.

This event was hosted by the Hasbrouck Heights Recycling Program and their recycling vendor, Atlantic Coast Fibers. Recycling specialists were available to answer any questions. ###

Heights Continues Satellite Recycling at Central Avenue

The Hasbrouck Heights Recycling Program coordinator reminds residents of the Satellite Recycling drop-off located at the The Boulevard and Central Avenue parking lot.

It is available the first Saturday of every month from 7 a.m. to 12 noon.

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

RECYCLE





RLC Field Day

On Friday, May 28, 2010, students from the R. L. Craig School held a Flag Ceremony at the Oval in front of the school at 9:15 a.m., then took to the field to enjoy a wide variety of activities. They included water balloon toss, ball playing, parachute, jump rope, games, etc. All-beef hot dogs were served for lunch before dismissal at 1 p.m. ###



Knights Pancake Breakfast July 18

The St. Michael's Council Knights of Columbus will hold a pancake breakfast on Sunday, July 18, 2010, from 8:30 a.m. to noon, at 39 Washington Street, Lodi. Cost is \$6 per person. Menu includes pancakes, eggs, sausage, juice, coffee/tea. For tickets, call Frank at 973-778-0796 or Lou at 973-472-7741. ###



**Kundert Volvo**

Has generously provided additional fireworks for our community display July 1, 2010

Thank you for your 2010 sponsorship.  
**Hasbrouck Heights Lions Club**

Rain Date: July 2, Ext. RD: July 9



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Rain Date: July 2, Ext. RD: July 9

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Jr. Women's Pajama  
Storytime at Library

Neat stories, cool crafts,  
and yummy snacks are on  
the agenda for children at the  
Junior Women's Club Pajama  
Storytime, to be held Wednes-  
day evening, July 14, 2010,  
from 7 – 7:45 p.m., at The Free  
Public Library of Hasbrouck  
Heights, located at 320 Bou-  
levard. This program is open  
to children from 3 to 8 years  
of age.

Space is limited. Registra-  
tion begins Wednesday, July 7.  
Priority will be given to Hasb-  
rouck Heights residents. Please  
sign up in advance. You are  
welcome to register in person,  
phone 201-288-8911) or visit  
us online -- [http://hasbrouck-  
heights.bccls.org/](http://hasbrouck-heights.bccls.org/) ###

Veltri Goes to MSU

Anthony Veltri, a Moon-  
achie resident, graduated from  
St. Mary H.S., Rutherford, on  
June 7, 2010, with high hon-  
ors. He was first in his class  
academically, receiving several  
honors and scholarships.

He successfully played  
baseball at St. Mary and will  
continue at Montclair State  
University in the Fall of 2010.  
Having played baseball in the  
Wood-Ridge/Moonachie Little  
League, Anthony has been very  
fortunate to be associated with  
many outstanding coaches,  
teachers and leaders of their  
communities. ###



Teterboro Airport Awards 9 Scholarships

On Wednesday, June 9,  
2010, the Teterboro Airport  
Golf Scholarship Committee  
hosted a Community Benefit  
Fund Awards Ceremony and  
Luncheon for 9 scholarship  
recipients from local area  
high schools representing 14  
communities, who are college  
bound and majoring in aviation  
related curriculum.

They include: Michelle  
Rengifo (Bogota Junior-Senior  
High School), William Marut  
(Hackensack High School), Jim  
Parmar (Hasbrouck Heights  
High School), Philip Molino  
(Henry P. Becton Regional  
High School), Hector I.  
Reyes, Jr. (Ridgefield Park  
Junior-Senior High School),  
Kelly Freed (Rutherford  
High School), Louyi "Roy"

Su (Secaucus High School),  
Mazi Wallace (Teaneck High  
School), and Mateusz Czwakiel  
(Wood-Ridge High School).

Also invited to the  
reception were family members  
and school counselors from  
each student's high school  
as well as airport and area  
community officials.

In addition to the \$1,500  
scholarship, presentations  
were given to the students by:  
Congressman Steve Rothman,  
Assemblypersons Joan Voss,  
Gary Schaer and Frederick  
Scalera and Sheriff Leo  
McGuire.

Gifts were presented  
to each student and their  
counselor. Lunch followed.  
About 75 attended.

The on-airport ceremony,

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

The Teterboro Airport  
Community Benefit Fund was  
formed in 1986 by the Teterboro  
Airport community. The  
Committee has raised funds  
and distributed scholarships  
to college bound students  
for 24 years. Through 2009,  
scholarships totaling \$137,750  
have been awarded to 152  
individual students. 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 Teterboro Airport  
Community Benefit Fund will  
be hosting the Airport's 26th  
Annual Airport Scholarship  
Golf Classic for 2010 at Wild  
Turkey Golf Club, Crystal  
Springs Resort (Hamburg,  
NJ), on Monday, September  
13th. 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. ###

Full Buck Moon

The July full moon appears  
on Monday, July 26, 2010, at  
01:38. 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 fore-  
heads 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 Indi-  
ans of the northern and eastern  
United States kept track of  
the seasons by giving a name  
to each recurring full moon.  
European settlers followed the  
custom. ###

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Methodist Nursery School Families Celebrate

The five-year-old students of the Methodist Nursery School performed during their Graduation Ceremony on Wednesday night, May 26, 2010, and the three and four year olds sang their favorite songs at their End-Of-Year Ceremony on Thursday night, May 27. Before the ceremonies, families and friends were able to enjoy a slide show featuring pictures of the students taken all during the year. As a surprise, each student was presented with a special memento of “My Teacher And Me.” After the ceremonies, the families and friends were invited back to the classrooms to enjoy refreshments. The Methodist Nursery School just completed its 38th year. Call 201-288-2767 for more information. *Story and photo provided by Jackie Mazza. ###*



Cub Scout Den 4 in Wood-Ridge received a very important visitor at a recent meeting. Julie, the collie, is a trained therapy dog that has gone through extensive testing and training to do her job as a visitor to the ill at Hackensack Hospital. Julie's owner, Mary, explained the do's and don'ts of approaching dogs and also explained the love Julie brings to those when they need it most! Photo and story provided by Sandra Palmieri. ###

Imaginations Take Flight at AHOF Open Cockpit Day

On Saturday, July 24, 2010, the Aviation Hall of Fame and Museum will open all aircraft and their cockpits to the public for visitors of all ages to sit in and pretend to fly. Aircraft include Martin 202 Airliner, Cobra Gunship Helicopter, Coast Guard Rescue Helicopter and a Lockheed 402-2 Bush Master. Guides are available to explain each aircraft. Admission: Adults \$7, Children (under 12) & Seniors \$5. For more information, call 201-288-6344. Founded in 1972, the Aviation Hall of Fame & Museum of New Jersey is dedicated to the preservation of the Garden State's aviation and space heritage. The men and women, whose outstanding aeronautical achievements have brought world-wide recognition to the

state, are enshrined in the Hall of Fame. The recently expanded museum offers visitors an opportunity to view historic air and space equipment and artifacts, photographs, fine art and an extensive model collection. ###



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Lodi Oldtimers Little League Announces 2010 Scholarships

Each year, the Lodi Oldtimers Little League awards a \$500 scholarship to both a male and a female student. The applicants are required to write a 500 word essay on their Little League experience, provide proof of acceptance at a college and provide a copy of their high school transcript.

This year's winners are Veronica Serek and Michael Simpson. The winner of the Pam Panagiotou Memorial Scholarship Award, also administered by the Lodi Oldtimers, is Melissa LoCasio.

The awards will be presented at an All Star game at the Little League field on Church Street. ###



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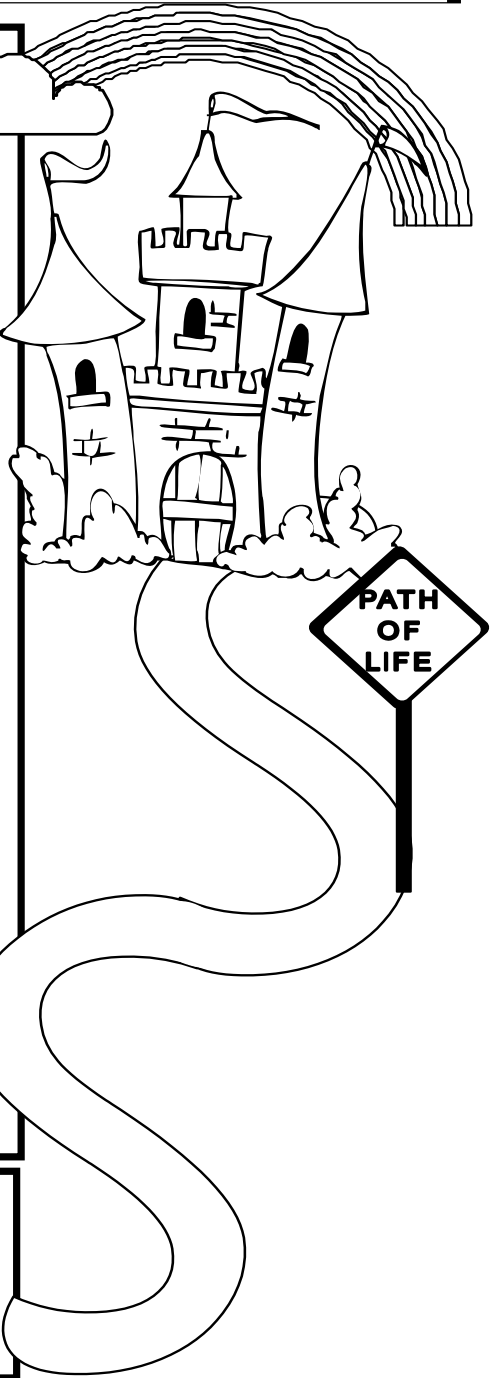
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# Xcel Tae Kwon Do Wins Big at the Atlantic Tae Kwon Do Championship

The 2010 Atlantic Tae Kwon Do Championship was held on June 6th at Ocean Township High School in Oak Hurst, New Jersey. **Xcel Tae Kwon Do Center** from Hasbrouck Heights sent ten well trained athletes to test their skills against various opponents from the North East. They competed in the sparring, forms and board breaking divisions.

The sparring competition consists of two opponents who are matched by age, weight and skill level. The goal of the match is to attack and counter attack your opponent with a series of kicks, trying to score points by hitting the target on the chest guard. Punches are allowed; however, kicks are scored more often.

In the forms competition, athletes compete against each other by performing a lengthy choreographed pattern consisting of fluid and sharp motions that require total focus, balance, and self control. The competitors are scored by a panel of judges and a winner is chosen at the end. The same format is used for the board

breaking competition. The athletes break wooden boards with kicks and hand techniques. The points are based on difficulty of the technique and number of attempts made to break the boards.

Returning champions, 9 year old Anthony Mirkovic and 9 year old Dante Milne, cruised their way on to the top of the podium in all three divisions, adding to their gold medal collection.

First time competitors, 5 year old Tommy Schmidt and 5 year old Mark Mirkovic, had the most impressive debut as they battled their way to win the gold medals in the sparring, forms and board breaking divisions. Nine year old Madison Christiana performed a near perfect form and board breaking routine to win gold medals in her two divisions.

Thirteen year old Ashley Sukhram and 11 year old Pierce Sukhram also won gold medals in their respective division. Sukhram had the most exciting match of the tournament by edging out his bigger opponent by 1 point in the gold medal round.

First time competitors Andrew Ko, Caroline Ko and Bryan Ko brought home 9 medals in total. Those were the most by a single family in the entire tournament. They will have to clear off wall space for all those medals at their home.

Xcel Tae Kwon Do Team was coached by Master Steven Lee, a former US National Team member and Miss Christine Adamo, who served as the coach of the New York University Tae Kwon Do Team.

Overall, Team Xcel returned home with 19 gold, 6 silver and 5 bronze medals. Congratulations to all competitors from Xcel Tae Kwon Do Center of Hasbrouck Heights! *Story by Christine Adamo. Picture provide by Xcel Tae Kwon Do. ###*

## Summer Baseball and Softball Camps

The Becton High School baseball and softball coaching staffs will conduct camps at Riggin Field in East Rutherford this summer. Baseball camp will run from June 28 thru July 2, 2010. Softball camp will take place from July 12 thru July 16.

The camps are open to students entering Grades 3 thru 10. Campers from all South Bergen towns are welcome to attend. All aspects of the sports will be covered and each camper will receive a T-shirt. Please call 973-495-5794 for more information and a brochure. ###

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# Kids in the Jungle

The sanctuary of St. John the Divine Episcopal Church was transformed into a jungle for the spring performance of the Kids on the Corner Workshop.

Kids on the Corner is the cultural and theatrical arts program offered by Care on the Corner. The children made the props and helped in constructing the sets for the production of "A Tortoise's Dream" and "A Different kind of Hero."

In "A Tortoise's Dream," the tortoise undertakes a search for the great Omumborombonga Tree. Even though he is slow, his determination helps him achieve his dream. "A Different Kind of Hero," Tomagochi, the Monkey, works tirelessly to save his home, the rain forest, from destruction. Each story, adapted from folk tales, focused on the determination of the main characters to achieve their goals.

Directed by Corinna Sowers-Adler, owner of Nicosi Studios and a teacher at the New Jersey School of Dramatic Arts in Bloomfield, NJ, the participants, who ranged in age from 7-13, learned singing and acting from Ms. Adler who has worked on stage and screen. Ms. Adler teaches both

adults and children, but especially loves working with children. "Their imaginations are so vivid at this point in their lives. They are less inhibited and are open to new experiences."

Visual arts projects were lead by Care on the Corner Executive Director, Rev. Joe Pickard and Hasbrouck Heights resident, Michelle Wohlheter. Ms. Wohlheter, whose daughter, Annaka, participated in the workshop, loves the program because it promotes positive group activities.

Care on the Corner offers three sessions of Kids on the Corner each year. The summer session will be Monday, August 2 through Friday, August 6, from 9:30 a.m. to noon with a performance on Friday, August 6th at 7:30 p.m., at St. John the Divine, located at the corner of Jefferson and Terrace Avenues.

Registration is currently open for the summer session and the cost is \$25 per child with a \$50 family cap. Scholarships are available upon request. Space is limited and registration is required. For more information, call 201-288-9460. *Story and photo provided by Cathie Studwell. ###*

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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



Rachael Dallara  
NJ State Champion



Corpus Christi Girl Scout Troop #1180 recently visited the courthouse in Hackensack to take part in a "Law and Order" Program sponsored by the Girl Scouts of Northern NJ. They were lucky enough to be able to take a side trip and visit with County Executive Dennis McNerney. *Photo provided by Ann Grace. ###*

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# 60th Anniversary of The Forgotten War Memorial Day 2010 Services

South Korea's survival is a living testament to the service of the 1.6 million Americans who fought in the war zone six decades ago. They provided a shield behind which the citizens live free and prosper today.

Back then it stopped the spread of communism by direct force of arms, as it had been spread across Eastern Europe in the closing days of WWII.

Today, that shield is 28,500 US Troops -- 68% soldiers, 30% airmen and 2% sailors and Marines stationed at some 104 sites around the country.

Because of the sinking of the 1,200 ton ROK naval ship on March 27, 2010 (*believed to be a North Korean torpedo*), tensions and combat readiness have heightened.

The peninsula had been ruled by Japan. The war was the result of the political division of Korea at the 38th parallel by agreement of the victorious Allies -- the United States troops occupying the south and Soviet troops the north. Increased tensions, cross-border skirmishes and raids persisted then escalated into open warfare when North Korean forces invaded. It was the first significant armed conflict of the Cold War.

The United Nations aided the South and China and the Soviet Union aided the North -- thus morphing from a civil war to a proxy war.

The threat of a nuclear world war ceased actions, restored the border and created the Korean Demilitarized Zone (DMZ), a 2.5 mile wide buffer zone.

Korea witnessed some of the deadliest battles -- some well known battles are Pork Chop Hill, Heartbreak Ridge, Old Baldy, Pusan Perimeter, Chosin Reservoir, etc. But many battles were fought on unnamed hills, trenches, bunkers and rice paddies (*at the time called a police action*).

Twenty-eight infantry regiments in eight divisions and three combat teams served in Korea. They accounted for 23,285 KIAs (*84% of Army hostile deaths, -- nine regiments surpassed 1,00 KIAs*.)

Extraordinary heroism abounded during the Korean War, for which 133 Medals of Honor were awarded. DSC/ Navy Cross - 972, Silver Star 12,146, Legion of Merit - 3,882, Bronze Star - 85,000, Purple Heart - 136,913.

For every medal awarded, there are sobering stories of heroism. Carnage beyond Belief: Master Sgt. Woodrow

Keeble said, "there were terrible moments that encompassed a lifetime, and endlessness when terror was so strong in me that I could feel idiocy replace reason... fear did not make a coward out of me."

"Fix bayonets," hand-to-hand in mortal combat and units wiped out as in the forgotten battle "Chup'a-ri" where units called "The Buffalos" of the 17th Infantry Regiment and the "Polar Bears" of the 31st Infantry Regiment of the 7th Infantry Division fought.

Thirteen subs served off the coast of Korea, but this was not a submarine war.

Loaded to the hilt and bristling with firepower, U.S. aircraft rained destruction on the North during the Korean War. The legendary B-26 and B-29 Bombers hit targets from the war's opening until the day the truce was signed three years later.

During the 37 month long war, they racked up more than 76,000 sorties from bases in Japan, Okinawa and South Korea.

Jet fighters came of age over Korea. F86 Sabre jets quickly proved their worth over "MiG Alley" (*northwest section of North Korea, where the Yak River empties into the Yellow Sea*). They compiled a highly impressive combat record -- counting 40 aces.

The world's jet-on-jet dog fight happened over North Korea on November 8, 1950.

Forty-one U.S. Pilots earned the coveted title of "ace" denoting five or more kills.

As of April 14, 2010, a total of 8,027 US Troops remain unaccounted for from the Korean War, with an estimated 5,400 sets of remains believed to be in North Korea.

Although the number of deaths associated with the war is 54,246 as listed on the Korean War Memorial, 36,574 died in, over or offshore during the Korean War -- which lasted from June 25, 1950 until July 27, 1953 -- of that number 33,739 were actually killed as a result of hostile action (*2,835 died due to non-hostile action*).

Sources included VFW Magazine Special 60th Anniversary Issue. ###

Show Your Colors



July 4, 2010

**Hasbrouck Heights**  
The Annual Memorial Day Parade started at 10:00 a.m., on May 31st, at Williams Avenue, marched along Terrace Avenue and concluded at Memorial Park at Passaic Avenue. The parade included Local Officials, Bands, Veterans Honor Guards, Veterans, BOE Elks, Knights of Columbus, Boy and Girl Scouts, Hasbrouck Heights High School Band, Hasbrouck Heights Fire Department Honor Guard, Firefighters and fire equipment.

A brief Veterans ceremony, co-sponsored by the James B. Scarr Post 106 American Legion and the Veterans of Foreign Wars Post 4591, was held with American Legion Post 106 Vice Commander Patrick McCarthy as Master of Ceremonies.

Conchita Parker led in the National Anthem, Fr. Jerzy R. Zaslonia (*Corpus Christi Church*) provided the Invocation.

Speakers included Robert Gordon, NJ Senator, District 38 and Rose Heck, Mayor of Hasbrouck Heights.

Roll call was made by Steven Herinya, Chaplain of American Legion Post 106 and Sean Groom, Jr. Vice Commander, VFW Post 4591.

Poppies were placed at the monument. There was a final salute of "Taps," followed by the Benediction by Deacon Vincent DeFede, Corpus Christi Church.

Immediately following the Veterans Service, Hasbrouck Heights Fire Department held their Memorial Service (*See story on page 14*.)

The VFW held their 3rd Annual Family Picnic following the Memorial Day Parade at the Post -- from noon to 4 p.m. There was food, drinks, and entertainment.

**Lodi**  
On May 31, 2010, at 10 a.m., at the Walk for Peace Memorial, a Memorial Day Service was held.

Mayor Bruce T. Masopust opened the ceremony with an Invocation by Father Michael Marotta.

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Trumpet players Peter Yzquierdo, Shah Shivani, Karl Rufo and David Garcia played "Taps."

There was the placing of wreaths followed by speakers: VFW: Leonard LoCascio, American Legion - Howard Sowle, Police Department - Chief Vincent J. Caruso, Fire Department Chief Gregory Telep, Ambulance Corps - Captain Christopher Perrelli.

**Little Ferry**  
On Saturday, May 29, 2010, at 10 a.m., services were held at both the VFW Post 809 with VVA Chapter 800 and the American Legion Post 310.

At 11 a.m., a Joint Veterans Service ceremony was held at both Washington and Memorial Schools. Service Color Guards stood by as prayers were offered, wreaths were laid, speeches were given, 21 gun salutes fired, "Taps" played in remembrance of those who served.

**Wood-Ridge**  
On May 31, an 8 a.m. Mass was said at Assumption Church. At 10 a.m., a pre-parade ceremony was held at the VFW Monument. A parade started at CVS at 11 a.m. and marched to the Senior Center for a wreath presentation. ###



Costa Memorial Home

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Hasbrouck Heights Lions Club

Rain Date: July 2, Ext. RD: July 9



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## USS Ling Services

A Memorial Day Service was held at the New Jersey Naval Museum, located at the USS Ling, on Sunday, May 30, 2010.

Tom Conlon, NJNM Trustee, was the Master of Ceremonies. Various groups presented the Colors, the Pledge of Allegiance was led by Miss Brinna Conlon, the National Anthem was sung by Ms. Dana Reminsky, Boonton High School and the Invocation was given by John Holman, VP, SubVets WWII.

Remarks were made by various Veterans.

Dignitaries were recognized, to include Pat Repoli, a decorated Tin Can Sailor who was present in Tokyo Bay in 1945 during the signing of the surrender agreement.

Although the guest speaker, Medal of Honor Recipient Nicholas Oresko M/Sgt. USA (Ret.), could not attend, his commendation was read.

The Holland Club inducted several members.

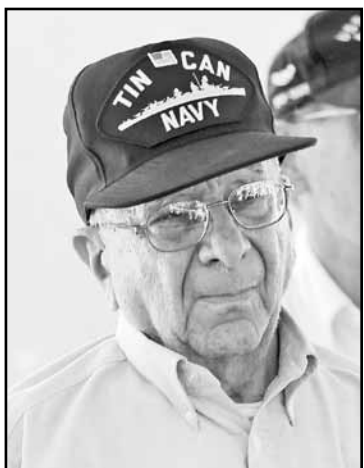
While the names of the Lost Boats were called, there was the tolling of the bell on the USS Ling and flowers were tossed from the deck into the Hackensack River.

Submarine Veterans and Scouts stationed Wreaths at the base of the flag poles.

Gooney Bird Detachment MCL did a rifle Salute and Taps was played by David Walsh, Bugles Across America.

The Benediction was given by Chester Skrocki, Chaplain SubVets WWII, "God Bless America" was sung by Ms. Dana Reminsky and the Colors were retired.

Tours of the USS Ling and refreshments followed. ###



**Crow's Nest**  
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**Hasbrouck Heights Lions Club**

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**Hackensack University Medical Center**  
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Rain Date: July 2, Ext. RD: July 9

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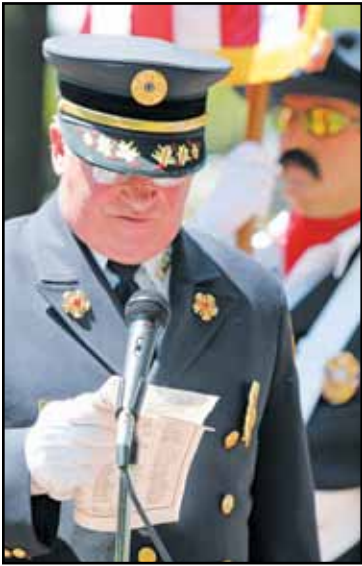


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# Fire Departments Remember Their Brothers



## Hasbrouck Heights

On Memorial Day, May 31, 2010, a service was held at The Firemen's Memorial at

The Circle. The Department formed along the entrance, facing the Department Honor Guard. Master of Cermonies was Fire-fighter Thomas Rubino. Fire Department Chaplain Vincent De Fedele, Deacon, Corpus Christi Church, gave the Invocation and Benediction. Mayor Rose Heck and Fire Commissioner David Gonzalez made comments. Ex-Chief Chris Semenech read the 212 names of deceased firefighters -- with the tolling of the Memorial Bell. The National Anthem was played by the Hasbrouck Heights High School Band, concluding the ceremony. ###



## Lodi

The Lodi Fire Department held a Memorial Service on May 31, 2010 at the Firefighters' Memorial outside of Hose Company 2. Lodi firefighters formed up at the Kennedy Drive Firehouse and marched to the Fireman's Monument on Garibaldi Avenue.

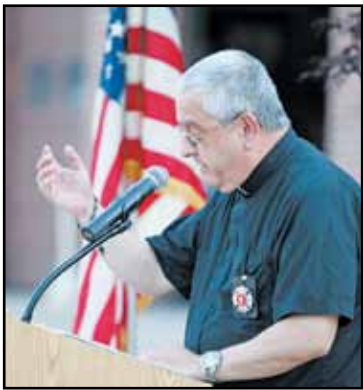
The Chiefs lined up on the left side and the Honor Guard was positioned in the front. Firefighters, EMS, and Police formed on the lawn, facing the Monument.

The Fire Department Chaplain, Peter Christiana, gave the Invocation. Fire Chief Greg Telep led the assembly in the Pledge of Allegiance.

The Chiefs placed wreaths at the base of the monument while "Taps" was played by four buglers.

There was a roll call of the 247 deceased members with the

verse, "Their Memory Is Still In our Hearts," said between sections. The Chaplain then gave the Benediction. Marine Lance Corporal Mike Zahorniak and Lodi firefighter, was recognized at the podium for his services in Iraq. The Chief David Brown Lifesaving Award was presented to Anthony J. Laverty who helped save the life of a victim whose clothes caught on fire earlier in the year. Frank Corso Jr., former Fire Chief and organizer of this Memorial Ceremony for 30 years, was recognized. Mayor Bruce Masopust and Councilman Thomas De-Somma spoke. The Honor Guard and Chiefs marched out to Brook Street, where the Department did a "Pass in Review." The Department was then dismissed. ###



## Wood-Ridge

The Wood-Ridge Fire Department Exempt Association held its annual Memorial Service, Wednesday, May 26, 2010.

The Invocation and Benediction were given by WRFD Chaplain Deacon Nick Valdez. First Assistant Chief Richard Keller, Fire Commissioner Tom Gonnella and Borough Administrator Christopher W. Eilert

all spoke at the ceremony which was led by Exempt Association President Thomas Bischoff Jr. Nineteen wreaths were placed at the Memorial, followed by the placing of a white carnation, a hand salute and toll of the bell as each of the 121 names were read. "Taps" was played by Fire-fighter Tish Ferry. Bischoff concluded, "Never forget their commitment and service to the Borough of Wood-Ridge." ###

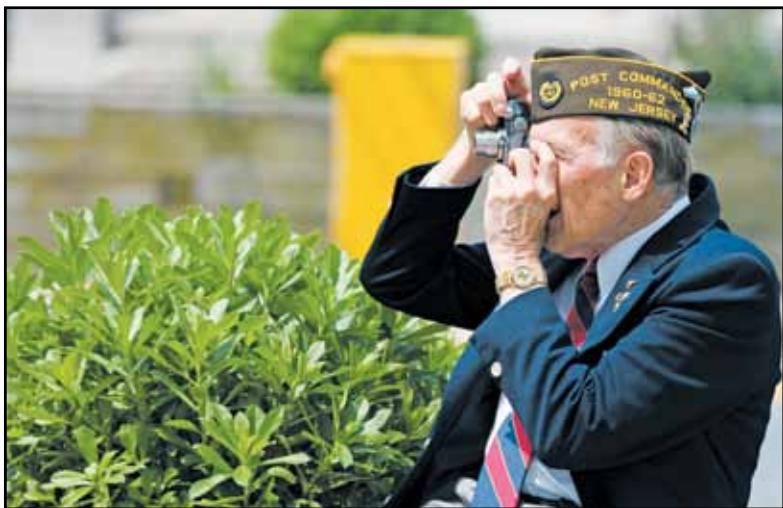


# Heights and W-R Memorial Day Parades



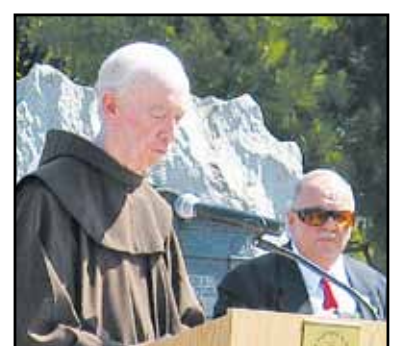


# Remembering Those Who N

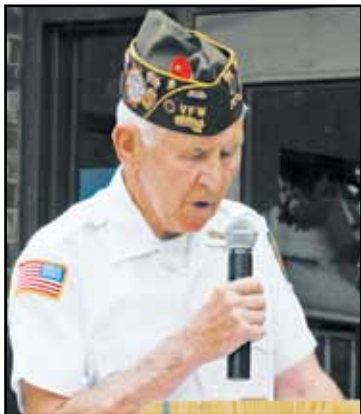




# Made The Ultimate Sacrifice







# Moonachie Centennial Memorial Day Service and Celebration

Moonachie held a Memorial Day Service, 10:30 a.m., at the Municipal Building on Saturday, May 29, 2010.

The Invocation was given by Pastor Kimberly Chastain, First Presbyterian Church, the Scouts led in the Pledge of Allegiance and the flag was lowered by Ed Nepil, while the Yonkers Military Band played the "Star Spangled Banner." Mayor Frederick Dressel spoke to the assembly.

Ann Claire Macalintal sang "Proud to be an American."

There was the placing of the wreaths before the Police, Ladies Auxiliary, Fire Department, First Aid & Rescue Squad and Veterans monuments.

"God Bless America" was played by the Yonkers Military Band, and "America the Beautiful" was performed by Franchesca Macalintal, Michael Spadavecchia and Ethan Torio.

Past Post Commander Edward Evers provided the Veterans address.

The Yonkers Military Band played "Taps," and a military medley was led by the Scouts. Pastor Chastain concluded with the Benediction.

There was the unveiling of the Centennial Clock by the Mayor and Council.

A parade formed and marched to the R. L. Craig School for an afternoon celebration that included inflatable amusements, balloon art, face painting, free hot dogs and soda. The First Presbyterian Church provided homemade ice cream and cookies. ###

## Moonachie Roads Memorialize Favorite Sons

During Moonachie's Centennial Memorial Day, the community remembered their five favorite sons who were killed in action during WWII and whose names were memorialized with five roads named in their honor.

### Monte Place

Anthony T. Monte, Pvt. He was with 354 Inf., 89 Division when he was KIA in a tank on March 26, 1945 and buried in Luxembourg.

### Rooney Place

Howard P. Rooney, 1st Lt., WWII. He was 21 when he was KIA January 25, 1944, in Luzon. Rooney was an Aviation Cadet who transferred from Canadian Air Corps when we entered the war. He trained as a pilot until he entered OCS and received his commission August 25, 1943. Sent to the South Pacific and took part in the Bougainville Campaign.

### Sova Place

John E. Sova, PFC, WWII. He was 22 when he was KIA February 28, 1943, in Italy. Anti-aircraft artillery. He was Moonachie's first casualty.

### Mavus Place

Charles P. Mavus, WWII, KIA.

### Sedita Place

Frank T. Sedita, WWII. KIA October 5, 1944. Co. E, 113th Infantry Division, Holland. He was posthumously awarded the Silver Star and Purple Heart.

They were all inducted from Local Board #15 for Bergen County, Lindbergh School, Carlstadt.

On May 30, 1946, there was a post-war ceremony by Moonachie Memorial Post 399, American Legion to honor World War II dead. The Legion dedicated two memorials, one at each school.

Their first parade assembled at Berger Street and Moonachie Avenue, traveled Moonachie Avenue to Broad Street, to Frederick Street to Joseph Street and was led by Commander Ernest Rettino of Post 399 with the American Legion. Joining in the parade were Moonachie Police Department, Gold Star Mothers, Mayor and Council, school children, Carlstadt Fife, Drum & Bugle Corps, First Aid Corps and three hose companies and their auxiliaries.

Ceremonies followed at the school as Al DeCotiis, chairman of the Post's Memorial Day committee acted as master of ceremonies. Ms. Terry Conti sang the National Anthem, and the Reverend Father Frederick Kohler gave the Invocation. Addresses were also made by Moonachie Mayor Louis A. Dierksen, William Conti, Chairman of the Moonachie Service Organization and the Rev. Father Curtis.

Research provided by Moonachie resident Stephen V. De Martini, Vietnam Veteran and Past Commander of Moonachie VFW from 1993 to 1995. ###





# Moonachie Ecumenical Memorial Service Honors Veterans

On May 23, 2010, at 7 p.m., the First Presbyterian Church of Moonachie hosted a service of memory and celebration in honor of Veterans and emergency workers, especially those who have given their lives in service to the country and the community.

This service was originally hosted by the VFW and the

American Legion for 30 years, but as their membership aged, the First Presbyterian offered to continue the tradition so that the services would continue.

About 100 attended this year, to include members of the Carlstadt VFW and American Legion as well as the Posts from Little Ferry and the Veterans from Moonachie and the surrounding areas.

Just prior to the service, combined Veterans organizations, Moonachie Fire Department/Ladies' Auxiliary, and Moonachie First Aid and Rescue Squad, led a processional into the Church.

The program included Invocation, hymn, "O Beautiful for Spacious Skies," scripture, Choral Anthem by the Sanctuary Choir, meditation by Rev.

Kimberly P. Chastain and a prayer of dedication by participating organizations. "Taps" was played, evening prayer was said and the hymn, "This is My Song" was sung.

The Benediction was given with the recessional, "Battle Hymn of the Republic" sung by all.

The annual program remembers the Veterans who

have died, to honor those who are living, and to praise God for all they have done.

A special offering was received for the Moonachie Scholarship Fund. Light refreshments followed.

For year,s this annual Service has been organized by John Huettermann, Past Commander of the Moonachie VFW. ###

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## Bible Baptist Church Holds BBQ for Vets

About 25 attended a BBQ on Saturday, June 12, 2010, for Veterans who have served in the United States Armed Forces. The inaugural event was hosted by the men of the Bible Baptist Church. According to the organizers, "We would like to thank those who defend and protect our freedoms by honoring them for their sacrifice and efforts for our country and citizens." ###



Wood-Ridge Veterans began their Memorial Day programs on May 31, 2010, at an 8 a.m. Mass at Assumption Church. Photo by Marie Gallo. ###

**A Regional Veterans Day Ceremony will be held at 11 a.m. on November 7, 2010 at the NJAHOF • All are welcome**





# Spiritual With-in Dependence

Rev. Carole J. Suraci  
Community United Church of Christ

“BLESSED is he who comes in the name of the Lord.” When we understand this, we will be on our way to realizing our spiritual with-in dependence.

Spiritual with-in dependence unlike independence is not something we fight for although there is a choice to be made.

If there seems to be a fight, it is because we are facing our human nature and like the commercial of years gone by, “We would rather fight than switch” or change our way of thinking. After all, what our parents valued was good enough for them, so we may merely accept without question what we were taught.

Maybe we need to assess our values and see if they are true. Is money, prestige, self-importance, property, our job or education what we hold dear or which defines us?

Or, can we look now at what brings us fulfillment in life; such as serving, giving a smile to someone, being hospitable and helping another find their way or, perhaps sharing your knowledge to help another. In today’s world, all over the world, we are being called to come together to be of service and help our neighbor.

Spiritual with-in dependence is relying on our higher nature; that of spiritual love, to guide us. The word name, in the verse, “Blessed is he who comes in the name of the Lord,” means nature. When we dwell in the name (*nature*) of the Lord within, we dwell in Love. This Love comes from a spiritual dimension that is within us and around us.

As we let Love love us and express through us, we open our heart and mind to receive Divine Love. Our mind becomes clear and our heart begins to sing. We are told we will sing a new song.

How do we “let this mind be in us,” as Apostle Paul said, “that was in Christ Jesus?”

We need to clean our mental house of all its old movies and tapes that we keep reviewing in our minds; i.e., past hurts, grievances and misunderstandings.

In cleaning our home we clean with the intent to look and find those things which no

longer serve us; it is the same with our mind. We need to look at those thoughts (mental movies) that keep returning and be willing to release them.

When we release them by being willing to give them to God, or Divine Mind, we are making room in our mind for the spiritual Presence of God Mind to enter in. This Presence enters into our consciousness blessing us with an awareness of peace, assurance, gratitude and Love.

So, be blessed this day with a new nature and sing a new song (*a song of joy*). Become aware of the true freedom that is realized as we are transformed in our heart and mind.

There is not much to “do.” We need do nothing, but rest our mind, being willing to look at the old movie reruns that keep coming up in our mind and be willing to release or, let

them go, to God.

We let the Christ Spirit enter in gently dissolving all thoughts that cause dis-ease, anguish, heart ache, and pain and let God Mind reform our thinking.

We could liken this to a man who may be walking out on a pier carrying two heavy suitcases filled with old tapes and movies. As he walks, he does not realize that he has come to the end (*as he’s watching one of his mental movies*) and walks off the pier. The weight of the two suitcases drags him down to the bottom of the ocean. The only way for him to come up is to let go of the suitcases; as he does, he rises to the top. He looks up and sees the sun shining down on him. As he gasps for a breath of fresh air, he realizes he is free, no longer bound to his mental baggage.

We may choose, in any moment, to turn our attention toward God, release our thoughts and concerns in God Mind and let God’s Presence of Love and Light gently dissolve all discord in our minds, making us whole and free.

Choose this day to be free in the freedom of spiritual with-in dependence.

Rejoice as you are blessed and thereby be a blessing. ###

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## Church Schedules: Hasbrouck Heights

### BIBLE BAPTIST CHURCH

31 Passaic, HH • 288-4139  
[www.biblebaptist.net](http://www.biblebaptist.net)  
Rev. Bill Hegedus, Pastor



#### Sunday

8:00 a.m. Prayer Partners Meet  
8:30 a.m. Early Worship Service (Traditional)  
9:30 Discipleship Hour for all ages  
11:00 a.m. Morning Worship Service (Contemporary)  
Evening Service as announced

### CORPUS CHRISTI R.C. CHURCH

Boulevard & Kipp, HH •  
Offices: 288-4844 • School: 288-0614  
Rev. Msgr. Lewis V. Papera, Pastor  
Rev. Raymond M. Holmes  
Rev. Jerzy R. Zaslona  
Rev. Msgr. Martin O’Brien  
Deacon Vincent DeFedele



#### Sunday Obligation Masses:

5:00 p.m. Saturday (Chapel)  
7:30 a.m. (Church), 9:00 a.m. (Chapel), 10:30 a.m. (Chapel),  
12 noon (Chapel) and 6:00 p.m.(Chapel)

#### Daily Masses: (Church)

Mon.-Fri. 6:30 a.m., 8:00 a.m. • Sat. - 8:00 a.m.

#### Reconciliation (Confession): Sat. 4-4:45 p.m.

#### Corpus Christi Church/School Websites

Parish: [www.rc.net/newark/corpuschristi/index.html](http://www.rc.net/newark/corpuschristi/index.html)  
School: [www.corpuschristischool.net](http://www.corpuschristischool.net)

### CHURCH OF ST. JOHN THE DIVINE (EPISCOPAL)

Terrace & Jefferson, HH • 288-0002  
Rev. Joseph Pickard, Vicar  
[www.saintjohnthedivine.com](http://www.saintjohnthedivine.com)  
[www.careonthecorner.org](http://www.careonthecorner.org)



Sunday - 11:00 a.m. Holy Eucharist Rite II - Church School  
Monday - 7:30 p.m., N.A. Women’s Meeting  
Tuesday & Friday - 12 noon, N.A. Meeting

### FIRST REFORMED CHURCH

Burton & Washington Place, HH  
Church Office: 201-288-1122  
Rev. Dianna L. Smith, Pastor  
[www.churches.rca.org/firstrefhh/](http://www.churches.rca.org/firstrefhh/)



#### Sunday

9:00 a.m. Sunday School  
10:00 a.m. Worship Service  
Fellowship Hour follows Worship Service. Child care provided

### FIRST UNITED METHODIST CHURCH

57 Burton Ave. at Division Ave. • Parsonage: 201-257-8773  
Church and Nursery School Office: 288-4636  
Pastor Iraidia Ruiz de Porras

#### Sunday

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



### THE CROSS KOREAN UMC

57 Burton Avenue • 393-7890

### HOLY TRINITY LUTHERAN CHURCH

92 Burton Avenue, HH • 288-6889  
Pastor Rev. Susan Nelson-Colaneri

#### Sunday

9:00 a.m. - Holy Communion  
10:00 a.m. - Sunday Church School



### THE COMMUNITY UNITED CHURCH OF CHRIST

Boulevard & Charlton Ave., HH • 288-0622  
Rev. Edward J. Glasser, Assoc. Minister

**Sunday** - 10:00 a.m. Morning Worship  
Communion-- first Sunday of the month



## Church Schedules: Little Ferry

### EVANGEL CHRISTIAN CHURCH

165 Main Street • Office: 201-440-0470  
Rev. Veronica M. Pearson, Pastor



**Sunday** - 9:00 a.m. Adult Bible Study • 10:30 Worship  
Children/Teens Sunday School meet during Worship Service  
**Wednesday** - 7:30 p.m. Bible Study



Church Schedules: Lodi

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

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

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

Church Schedules: Moonachie

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



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

Church Schedules: Wood-Ridge

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



**FIRST PRESBYTERIAN CHURCH OF WOOD-RIDGE**  
190 Valley Boulevard • Office: 201-438-5559 • 201-438-8966  
Rev. Kimberly Chastain, Pastor  
**Sunday**  
9:30 a.m. Worship Service  
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**ST. PAUL’S EPISCOPAL CHURCH/RESURRECTION**  
Center & Humboldt Streets,  
W-R • 201-438-8333  
Rev. Jacob David, Rector  
**1st Sunday - 9:30 a.m.,** Combined CSI & Healing Service  
**3rd Sunday - 9:30 a.m.,** Combined Episcopal Eucharist  
**2nd & 4th Sunday - 11:00 a.m.** Malayalam Service  
Vestry Meeting: 2nd Sat. 10:00 a.m.



Pentecost in the Park

On Sunday, June 13, 2010, within a background of a spring breeze and the sounds of God’s birds singing, about 60 parish-ioners from St. John the Divine in Hasbrouck Heights, and St. Martin’s in Maywood, cel-ebrated Pentecost in the Park, in Woodland Park.

Holy Eucharist.  
During the Service, there was a celebration of the Holy Baptism of Joann Italiano into the Body of Christ.  
A picnic, to include ham-burgers, hot dogs, numerous salads, and desserts, along with games and activities followed.  
St. John’s has been holding this Service in Woodland Park for about 14 years. ###



Assumption Church Honors Married Couples

At this time of the year, the Assumption Church in Wood-Ridge honors its parishioners’ special wedding anniversaries. Couples who are celebrating their wedding anniversaries at five year intervals are invited to participate. A special Mass was held for them on Saturday, June 5, 2010, where they renewed their marriage vows.

This year, six couples were so honored. They were Dana and Ken Gardella-ten years, Lisa and Harold DeVoursney - twenty-five years, Irene and Donald Rodrigues - forty years, Patricia and Bob Caulfield -forty-five years, Dolores and Nick Pukas - fifty-five years, and Joan and Edward Sullivan - sixty-years.

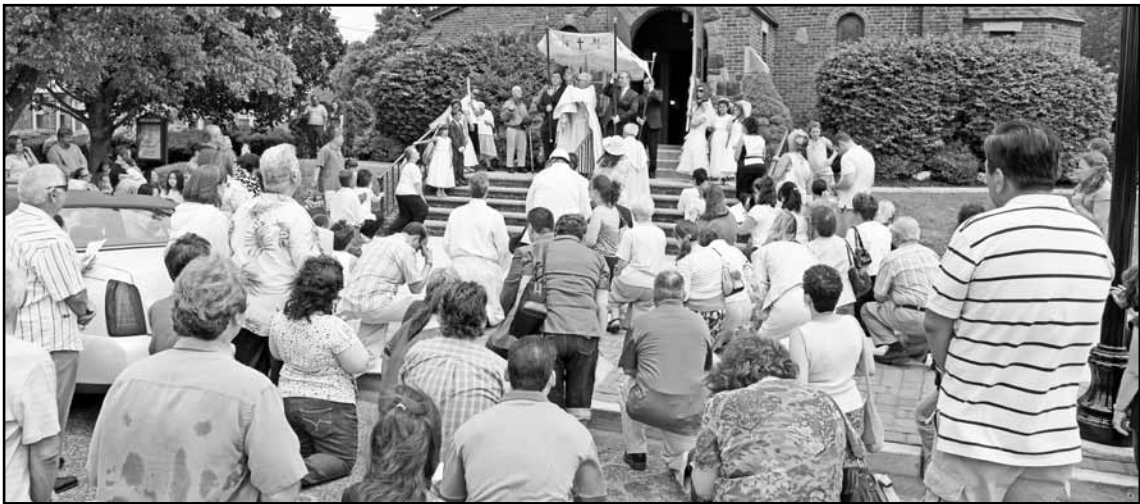
Irene and Donald Rodrigues, who are also members of the Church’s Music/ Worship Ministry, sang a duet during the services. The song was “All My Days.”  
Two parishioners should also be recognized. They have been the chairpersons for this event for the last twenty-six years. They are Letty Materia and Bree Meaney. *Story and photos by Peter Gallo Jr. ###*

Music in May -- Concert Held at Methodist Church

An evening of lighthearted music was played by consum-mate professionals at the First United Methodist Church, on May 21, 2010 at 8 p.m. The featured musicians were:  
• Jacqueline Schiller-Audi, pianist.  
• Andrea Herr, bassoonist, a long time resident of Has-brouck Heights.  
• Carolyn Pollak, recently retired Principal Oboist of the NJ Symphony Orchestra.  
The concert was followed by coffee, tea and delicious desserts. ###







## Corpus Christi Feast Day

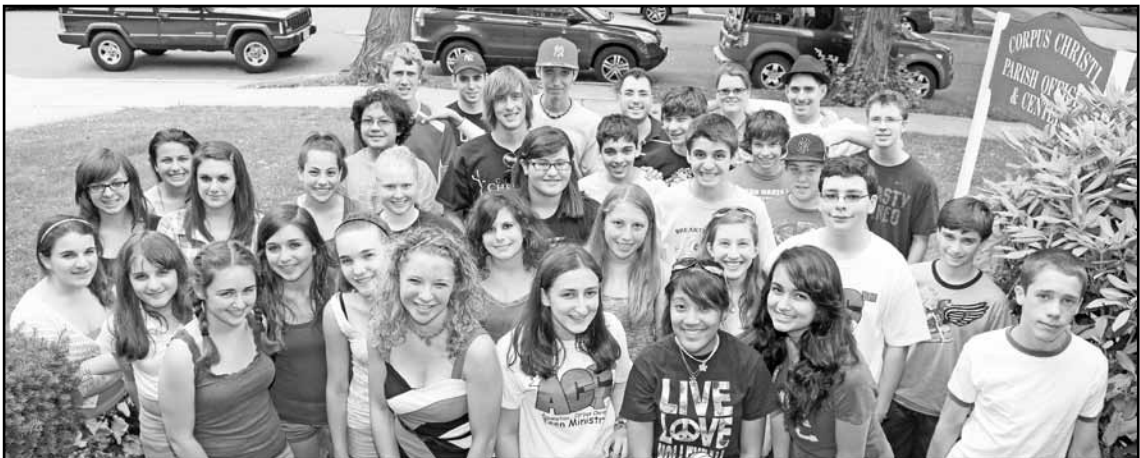
Parishoners of Corpus Christi Church celebrated its Feast Day beginning on Friday, June 4, 2010, with Solemn Vespers followed by 40 Hour Devotion to the Blessed Sac-

rament.

Following Sunday noon Mass, an outdoor Eucharistic procession with the Blessed Sacrament was held outdoors, through the streets of Has-

brouck Heights, concluding at the entrance to the Church.

Although the Celebration of Corpus Christi has been held for years, this was the second year that a picnic was held on Church grounds. ###



Sunday, June 6, 2010, was the Feast of Corpus Christi. As part of Corpus Christi Parish's celebration, ACCtm, the joint Catholic youth ministry program between Assumption Parish in Wood-Ridge and Corpus Christi Parish in Hasbrouck Heights, held its annual "getting to know you" BBQ. All Eighth Graders from the two parishes and towns were invited to come out and meet the youth group and their youth ministers. The ACCtm Youth Group is open to all high school students. Eighth Graders can join beginning in September. In addition to the great food, the festivities included a tug-o-war and pie eating contest. ###

## Over 600 Pairs of Shoes Collected

Holy Trinity Lutheran Church would like to thank everyone who donated both gently used and new shoes for the Barefoot4Haiti program.

620 pairs of shoes were collected and, with the help of New Balance North Jersey on Route 17 and Soles4Souls, appropriate footwear has been forwarded to those in Haiti struggling to recover from the earthquake as well as to victims of disasters which have occurred in other parts of the world and to people in need everywhere.

Again, they welcome your participation in these ongoing ministries; and, after their Barefoot4Haiti shoe collection, they know from experience that, in small ways, together, we can make a big difference! For more information, call 201-288-6889. ###

## Episcopal Summer Sunday Services

St. John the Divine Episcopal Church, Hasbrouck Heights, and St. Martin's Episcopal Church, Maywood, have combined their worship services during the summer into one Worship Service at 10:00 a.m.

In July, members from both congregations will gather at St. John's, 229 Terrace Avenue, Hasbrouck Heights, for worship.

In August, members from both congregations will gather at St. Martin's, 29 Parkway, Maywood, for worship.

On the first Sunday in September, everyone will return to St. John's, HH.

On September 12th, both congregations return to their "normal" Services: All are welcome! ###

## Back-to-School Drive for the Children of Haiti

A "Back to School" ministry for Haiti "From the Porch" at Holy Trinity Lutheran Church will be sponsored during the months of July and August by SWIM (*Single Women in Mission*). SWIM will be collecting new school supplies for the children as well as new children's underwear and socks. These items, requested by Haiti's orphanages, are very much in need as Haiti continues to recover from the earthquake's devastation. They invite you to participate, knowing that, together, we are making a difference!

Your items may be left on Holy Trinity's porch at 92 Burton Avenue, Hasbrouck Heights, Sundays in July from 9 a.m. to 11 a.m., or any Sunday in August from 10 a.m. to 12:30

## Pastor Ruiz de Porras Earns Masters of Divinity

Pastor Iraida Ruiz de Porras was encouraged by her brother to prayerfully consider theological studies at the Drew Theological School in Madison, New Jersey, where he, too, had completed his seminary studies.

She received a full scholarship to assist her with the spring 2007 matriculation at Drew Seminary.

During the summer of 2007, she was assigned to serve the First United Methodist Church in Hasbrouck Heights and a Hispanic congregation in Paterson, Trinity United Methodist Church.

For the past three years, Pastor Iraida enjoyed her studies at Drew while serving both congregations from which she has learned so much and with which she has been able to share the knowledge and wisdom of well prepared professors and scholars of Drew Seminary. "I feel I have matured so much spiritually.

I have discerned and confirmed my calling to serve the community, whatever that looks like and wherever that may be."

During her time at Drew, Pastor Iraida received a full scholarship from the United Methodist Initiative, the Stanley and Betty Menking Scholarship (2008-2009), the James Fleming Scholarship awarded to students with a promise for ministry. And at the 2010 Honors Convocation, she was surprised with the Henry L. Lambdin Prize for Excellence in Pastoral Leadership. She completed her Masters of Divinity Degree with honors on



May 15, 2010.

"I am indebted and eternally grateful to my mom who always taught us by example to trust, rely, and have faith in God; to my grandma who, in heaven, is still a true inspiration; to my brother who encouraged me; to First UMC, Trinity UMC, and my family for all their love, support and prayers; to my husband (of one year) for understanding and sharing my calling, and to my professors and spiritual leaders at Drew who have prepared me to set out into a broken but beautiful world. But most of all, I am deeply grateful to my daughter, Alexandra. I could have never done this had she not been a responsible daughter, an excellent student (High Honor Roll!), a true child of God, and supportive of what God has called me to do. I thank the Triune God for calling me, for the gift of grace through Jesus Christ that helps me see each day through, and the Holy Spirit that moves me to say every day, Here I am, Lord." *Story provided by the First United Methodist Church. ###*

## Karaoke Singing to Save the Gulf

The Little Ferry/Moonachie Rotary Club is hosting a Karaoke Night to aid the men and women of the fishing industry impacted by the oil spill in the Gulf. The event is on Friday, August 6, 2010, at the Little Ferry VFW. Tickets are \$20 and include food, raffles, prizes and lots of fun. Cash bar. For more information, call Eileen at 201-933-6427. ###



**Copy for the August Issue is due July 10th.**

Previous Issues of The Gazette Newspaper are available on-line at: [The-Gazette-Newspaper.com](http://The-Gazette-Newspaper.com) RSS Feed Available

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## Enchantment Under the Sea: A Night of Family Fun

Calling all sea lovers and adventurers, come explore the magical underwater kingdom of the Seven Seas at The Free Public Library of Hasbrouck Heights.

A Night of Family Fun will take place on Friday, August 6, starting at 7 p.m. and lasting until 1 a.m. A great line-up of activities has been planned for the entire family including special guest appearances of costumed characters, a 3-D movie screening, Wii games, storytelling, a game show and an all around upbeat and entertaining concert by songwriters/musicians Presley & Melody.

All are welcome to attend. Cost: \$2 donation for children under 12 yrs. old and \$5 donation for anyone 12 yrs. of age and older to help defray the cost of this event. Refreshments will be served.

This program is made possible through the generous support and funding provided by The Hasbrouck Heights Friends of The Library.

For the past three years, The Library has held an annual special family event to connect the community with their local library.

Call 201-288-0488 for details or visit us online at <http://hasbrouckheights.bccls.org/>



See What's New at IHOP

When not in use, turn off the juice.

## Summer Happenings at The Hasbrouck Heights Library

### For Children from Birth to Grade 6

"Make a Splash @ Your Library" is this year's summer theme for The Children's Department at the Free Public Library of Hasbrouck Heights.

Anyone between the ages of birth up to Grade 6 may play the Reading Game. Preschoolers and children entering 1st grade who do not read may be read to. You may read to your baby if you wish.

Children may read or listen to up to 3 books per week which listed on a colorful chart kept in the Children's Room. Each week, they get a puzzle piece to paste on their charts. For every 3 picture books read, or for every chapter book of at least 100 pages read, you will receive a "treasure coin." Use it to purchase small prizes at the Pirates' Treasure Trove.

Each child who reads 9 books wins a Reading Game certificate and a coupon for a free ice cream sundae at the **Hasbrouck Heights IHOP**. Children attending Hasbrouck Heights Public Schools will get extra credit on their reading grades in the Fall. Each child who reads 24 books will get all of the above, plus a prize.

Registration has begun. The Game ends on Friday, August 20, 2010. Students of Corpus Christi School are always welcome to participate.

### Programs for Teens

Two book discussion sessions for students entering Grades 7 through 12 are offered. The increasingly popular Speak Out! book discussion group will meet on Tuesday evenings from 7-8:30 p.m. beginning on July 13 and is designed for students entering Grades 10-12.

Talk it Up! is reserved for students entering Grades 7-9 and will be hosted on Thursday afternoons from 3-4:30 p.m., beginning July 15.

Both sessions are for five weeks and will provide an opportunity to discuss contemporary young adult literature,

eat, play games, and socialize. It is expected that at least one session will include the movie version of the book selected or a special guest speaker. Invitations to a wrap-up party to be held on Thursday, September 9 will be extended to those participants who attend at least four sessions.

For those students who would like an opportunity to win a prize in addition to receiving credit for their required summer reading, a reading contest will also be offered. "Make Waves@ Your Library" is the national teen summer library program and those who participate will receive a raffle ticket for each book read during the period of June 29 to August 27. Keeping track of titles read will be completed online allowing students the opportunity to record reading selections while on vacation. On September 1, winning tickets will be pulled and various prizes including Make Waves T-shirts will be awarded.

Teens can play Monopoly on Wednesday evenings at 7 p.m. Instead of beginning a new game each week, each player's money, playing piece, real estate, and place on the board will be noted and play will resume from that point forward during the following session. It is hoped that a minimum of 10 teens will register so we can have a tournament. This will be another opportunity to hang out, talk, and have some fun!

Catherine Dodwell, Teen Librarian, can answer any questions or assist with registration details.

### Book Bingo is Back!

The Library invites ALL patrons between the ages of 18 and older to participate in our summer reading book bingo contest! Register at The Library, pick up a bingo card and start reading! Complete a row to get bingo, bring your card in for an entry into our grand prize drawing. There are many wonderful prizes. Play as many times as you like, and the more you play the better your chances of winning. Completed cards must be received no later than Friday, August 27. Prize drawing will take place on September 1. Call the Circulation Desk for additional details.

Special Thanks: The Library is grateful for the support of The Friends of The Library that provides the weekly snacks, refreshments, prizes and entertainment.

The Library is located at 320 Boulevard. Advanced registration is required. Call 201-288-0488 for more information. ###

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Rain Date: July 2, Ext. RD: July 9



# Real Estate Insight

By Mary Ellen Courtney





# Fitness Tips

By Joann Glussich

## You Don't Want to Overprice Your Home. Here's Why ...

**Price Problem #1: Where's the Excitement?**

The first problem is...it's hard to get sales people excited. Agents generally know what buyers are willing to pay. When a house is on the market for any length of time, their reaction might be that it's overpriced. They won't get excited because they can't get their buyers excited. When you price your home competitively, agents get excited because they can then get buyers excited.

Excitement is contagious. But then, so is apathy... ask yourself: Which emotion am I generating? Excitement or apathy?

**Price Problem #2: Showings. What showings?**

The second problem is that it's hard to get buyers to look. Serious, qualified buyers don't want to spend time looking at over-priced houses. They'd prefer to find bargains in the foreclosure market or deal with motivated, competitively priced sellers. Ask yourself: Am I getting good showing activity? At least 1 showing a week?

**Price Problem #3: Why isn't anybody making an offer?**

The third problem is – even if you can get buyers to look – it's hard to get an offer. Serious, qualified buyers don't want to tie up their deposit money on a hopeless cause or long, drawn-out negotiating procedure. It's too much trouble and aggravation; their own agent is telling them that. You really want to be sure you're not presenting a price that appears like a difficult negotiation to the agents and buyers out there.

Ask yourself: Am I getting offers? If not, why not?

**Price Problem #4: What do you mean it didn't appraise?**

The fourth problem is it's hard to get financing on real estate. Even if you find a buyer, it can be difficult to get financing. A lender will have your home appraised and know what buyers are willing to pay. Most lenders are willing to finance 80% to 95% of "market value," not on an inflated price. This is a real problem where surrounding homes are selling at discounts. Or foreclosures that are sometimes selling for 60% to 70% of market value.

Ask yourself: Will my home appraise for the price I want?

*Mary Ellen Courtney is owner of Real Living Gateway Realtors, 201-288-0004. [www.GatewayToHomes.com](http://www.GatewayToHomes.com) ###*

## Mountain or Molehill?

When you look in the mirror you don't like what you see. Yet you feel stuck.

If you are like most people, you give up on yourself before you ever shed a pound. The enormity of your goal paralyzes your ability to even begin.

I believe you can end this cycle of self destruction by simply focusing on the molehills that make up the mountain – rather than focusing in on the mountain itself.

Don't get me wrong, I know that weight loss can seem like an enormous task - especially when you have 20, 50 or even 100 pounds to lose.

However, rather than being discouraged by the mountain of fat you need to lose, conquer the molehill of losing one single pound each week.

Doesn't that sound easy? If you did this consistently for one year you would lose 50 pounds.

So how do you shed a pound a week? Simple. Just burn 3500 extra calories.

Create a 3500 calorie deficit each week. Take every opportunity to exert more calories by increasing your physical activity and to decrease your calorie consumption by eating fewer calories and by making healthier choices.

It helps to record your progress in a notebook and

refer back to it. You will be surprised how encouraging it is to see your weekly progress written down on paper.

Remember, if you lose 500 calories a day you will drop a pound in a week.

Here are some practical ways to lose calories

- If you drink a mocha, drink plain coffee or tea (*250 calories lost*)
- If you eat at a snack from a vending machine, enjoy an apple (*180 calories lost*)
- If you hit the snooze button in the a.m., jog for 30 minutes before work (*150 calories lost*)

Weight loss doesn't have to be a mountain. Each molehill

you conquer will take you one step closer to a healthier, fitter you.

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



## Holiday Inn

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Rain Date: July 2, Ext. RD: July 9

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## Lions Say “Open Wide”

Hasbrouck Heights elementary school children had dental screenings by local dentists during Dental Health Month. Dr. Jeffrey Mason and Dr. Lawrence Bodenstein visited Euclid and Lincoln Schools, and Dr. Michael Perillo visited Corpus Christi. All three Doctors are members of the Hasbrouck Heights Lions Club which sponsored the dental screenings. Photo provided by the HH Lions Club. ###



## Pharmacist Corner

### Diabetic’s Guide for Healthy Summer Living

By Linda E. Stumper, RPh

Summer is a time to relax and have fun in the sun. This often includes outdoor events like picnics and cookouts.

While everyone enjoys eating great food and catching rays, these can be risky activities for people living with diabetes. However, following these simple guidelines can ensure a safe and happy summer season.

The sun is a great source of Vitamin D, but as we all know could be dangerous in excess. It is important to remember to moderate the time you spend in direct sunlight, especially for people with fair skin. Taking certain medications can also

intensify the affects of the sun (Refer to last month’s article in *The Gazette Newspaper* for a list of these medications).

When spending an extended period of time outdoors, be sure to use sunscreen and drink plenty of water to keep your body well hydrated. Water aids in the proper distribution of medications throughout your body. Keeping these simple facts in mind will keep you safe while you enjoy your time in the sun.

What is a picnic without delicious food? Everyone loves to indulge at a barbecue, and it is okay to do in moderation, even for diabetics.

When it comes to classic picnic staples like steak and chicken, try to choose lean cuts or pieces that the visible fat can be trimmed off. Also, try to avoid sugary barbecue sauces.

A good alternative marinade is low-fat Italian dressing. You cut down large amounts of fat and sugar while maintaining the delicious flavor. Onions and garlic are also two great items to cook with that are delicious and good for you. It is important to limit your sodium intake.

Try cooking with more natural herbs and spices, while moderating the salt you add to your dishes. If you can’t avoid having a hot dog (a picnic favorite) try choosing a package that has 3 grams of fat or less.

At your next barbecue, try turkey dogs; they are a healthier alternative and taste great.

When snacking, try reaching for the vegetable platter instead of the potato chips. Vegetables are great snacks because they aren’t full of carbohydrates. If you are making a pasta salad, try buying whole wheat macaroni. The whole grains are full of nutrients our bodies need to stay healthy.

The riskiest part of the meal for diabetics is dessert. This is the point where many people overindulge and wind up raising their blood sugar. The most important thing to emphasize is moderation. If you plan on having that slice of cake at the end of the meal, be watchful of your carbohydrate intake. There are also healthy options for sweets. Try freezing some yogurt and fruit. It is a sweet and refreshing substitute to ice cream.

So remember, the summer is a time to enjoy, relax and have fun with your family and friends! Make sure to keep it healthy and happy by following these simple guidelines. For more information on healthy food alternatives for diabetics, including recipes and meal plans, visit [www.diabetes.org](http://www.diabetes.org) and [www.eatright.org](http://www.eatright.org)

**Mention this article at our store and receive a free diabetes meal portion kit.** This kit will help you plan and portion your meals correctly. ###

Linda E. Stumper, RPh, is a Pharmacist at BeJay Drugs, 450 Boulevard, Hasbrouck Heights, NJ. 201-288-0404, [www.bejaydrugs.com](http://www.bejaydrugs.com) ###

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## “Hot Tips” From HHFD EMS

The Hasbrouck Heights Fire Department EMS offers these suggestions regarding summer heat:

### If you must be in the heat:

- Limit your outdoor activity to morning and evening hours.

- Do not engage in strenuous activities. Cut down on exercise. If you must work/exercise, drink 2 to 4 glasses of cool fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. **Warning:** If you are on a low-salt diet, talk with your doctor before drinking a sports beverage.

- Rest often in shady areas.
- Wear lightweight clothing.

- Protect yourself from the sun by wearing a wide-brimmed hat (keeps you cooler), and sunglasses. Use sunscreen SPF 15 or higher (the most effective products say “broad spectrum” or “UVA/UVB protection.”)

### Senior Care

Visit adults at risk at least twice a day and closely watch

them for signs of heat exhaustion or heat stroke.

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

- Older adults do not adjust to sudden changes in temperature.

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

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

### Sunburn First Aid

Avoid repeated sun exposure. Apply cold compresses or immerse the sunburned area in cool water. Apply aloe lotion to affected areas. Do not use salve, butter or ointment. Seek medical attention for a severe sunburn.

### Heat Rash First Aid

Keep the affected area dry. Dusting powder may be used to increase comfort. Avoid using ointments or creams. ###





(l-r) First row: Harold Jacobus, Jack Ball, Jerry Hackel, Ronald Monteleone, W. Peter Kepsel, Archie Mason, Anthony Travisano, Vinnie Monahan, Carl Therkildsen. Top row: Bill Kammerer, Jim Peterson, Julius Davidowicz, Ed Pfeiffer, Aldo Carcich, Peter Deppert, Anthony Niosi, Bert Heeren, William Grutta, Don Callahan, Herb Weisser, Harry Maisch.

**First Monday Club  
Holds Picnic at  
Woodland Park**

On June 7, 2010, a beautiful spring day, the First Monday Club held their annual picnic at Woodland Park.

Chartered in 1973, this social club is open to all retired men who gather the first

Monday of the month for lunch and fellowship. There are no dues, or no political/religious affiliations.

The unique attraction of this club is that members look

forward to the meetings because they want to, rather than have to. The club welcomes new members. Anyone interested is welcome to attend the next picnic meeting on Sep-

tember 13th at Woodland Park.

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

**Class of 1950  
Holds Reunion**

The Franklin High School Class of 1950 held their 60th Class Reunion on May 22, 2010, from noon to 4 p.m., at the Hasbrouck Heights Hilton.

Forty attended -- twenty-four classmates along with their significant others.

Many came from Pennsylvania, Florida, and one gal came from Colorado, but most were from New Jersey.

The classmates were introduced by Chairman Warren Braren, and each gave a brief explanation of their current status as to retirement, family, grandchildren, etc.

The buffet dinner was most enjoyable and there was talk of having another reunion in five years (65th).

This class of 84 students graduated from the Franklin High School (before the current High School was built in 1953-1954). After the current High School was built, Franklin became the Middle School.

Story by Archie Mason. ###

**Trip to Mt. Airy  
Lodge & Casino**

The Rosary Confraternity of Most Sacred Heart of Jesus Church in Wallington is sponsoring a trip to the Mt. Airy Lodge & Casino on Wednesday, July 14, 2010. The bus will leave from the front of the Church at 9:30 a.m., returning at approximately 5:30 p.m.

The price of \$30.00 includes bus transportation, a \$25.00 free slots play and \$10.00 food voucher. Seniors (55+) can enjoy special dining and golf discounts. For more information or reservations, call Ginny at 201-715-2087. ###



(l-r) First row: Joan Ciocci Galiardi, Barbara Chiodo Wilk, Barbara Ulrich Keay, Doris Kurzenknabe Cross, Catherine Muhr Hoerter, Estella Polst Hackel, Joen Fournier Van Horn. Second row: Thomas Archie Mason, Robert Wilk, Elyse Kotlaba Constantin, Sally Herkert Ciocci, Carol Browning Cortese, Kathleen Fisher Bauman, Joan Lorden Bluish. Third row: Warren DeHaven, Raymond Kane, Hubert McHugh, Al Freimark, Thomas Rocco, Jay Bonillo, Warren Braren, John Cortese, August Sodora, Jack Planchard.



**Book, Bake, and Table Top Sale**

The Friends of The Free Public Library of Hasbrouck Heights held its Spring Book & Bake Sale on Saturday, May 22, 2010, from 9 a.m. to 4 p.m. and Sunday, May 23, from 11 a.m. to 4 p.m. in the Senior Center.

Gently used books and media, along with delicious homemade baked goods, were available for purchase. ###



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## July 2010 Heights Senior Calendar

*Open to All Hasbrouck Heights Seniors*

### SENIOR ACTIVITIES

**Monday, July 5**

*Center Closed for July 4th Observance*

**Monday, July 12, 19, 26**

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

11:00 a.m. Mahjong

**Tuesday, July 6, 13, 20, 27**

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

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

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

**Wednesday, July 7, 14, 21, 28**

10:00 a.m. Wii Bowling League

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

**Thursday, July 1, 8, 22, 29**

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

11:00 a.m. Mahjong

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

**Friday, July 9, 23**

10:00 a.m. Fun Bingo

1:00 p.m. Movies

*Check Center Bulletin Board for listings*

**Friday, July 2, 16, 30**

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

### UPCOMING EVENTS

**Annual Mayor and Council Senior Picnic**

**Thursday, July 15** from noon to 4 p.m. at the Senior Center. Sign up sheets are available at the Senior Center or Borough Clerk's Office.

Event open to all Hasbrouck Heights Seniors.

**Farmers' Market Senior Coupon Day**

**Tuesday, July 13**

The Farmers' Market is every Tuesday from noon to 6 p.m. until late September.

Leisure Club members are reminded that their annual membership dues of \$12 are due and should be paid by check.

## HH Leisure Club Learns About the Six Must-Have Legal Documents

On Wednesday, June 9, 2010, the last meeting before their summer break, the Leisure Club had as its speaker, Mr. Joe Zingone. Mr. Zingone volunteers with NORWESCAP, teaching seniors to manage their money and to be self-sufficient. He is an economist and has written six books. His topic for the Leisure Club meeting was "The Six Must-Have Documents!"

Mr. Zingone stressed the fact that most legal documents don't work. He speculated as to why people seek second opinions when it comes to matters of their health but never when it pertains to legal documents. He focused on the fact that many present legal documents may



cause tremendous problems down the road.

The six must have documents discussed in detail were: 1. A Will, 2. Power of Attorney, 3. Power of Health Care, 4. Medical Directive, 5. Retirement Asset Will and, 6. the

HIPAA privacy form.

The program was well received by the members. They were made aware of the fact that without careful preparation their money, assets and wishes will evaporate. *Story by Peter Gallo Jr. Photo by Marie Gallo. ###*

## AARP Installs 2010-2011 Officers

At a luncheon meeting held on June 11, 2010 at the Maywood Inn, Central Bergen Chapter 418 of AARP installed its officers for the 2010-2011 year. The oath of office was given to them by Bergen County AARP Liaison Cosmo Palmisano. The officers are President Marie Gallo, 1st Vice President Frank Zabransky, 2nd Vice President David Davidowicz, Secretary June Raymond and Treasurer Peter J. Gallo Jr. All the officers are from Hasbrouck Heights except for Mr. Zabransky who lives in Little Ferry.

During the program, President Marie thanked all the members who helped her dur-



ing the past year. Special thanks went out to Mrs. Dolores Jones and Mrs. Bertha Spada who co-chaired the Installation Luncheon. A thank you was also extended to all members who contributed gifts for the Tricky Tray and those who assembled the gifts into creative baskets. The luncheon included a miniature Tricky Tray with 57 gifts to select from.

Scholarship Chairman Mike Cahill announced that

there were seven applications for this year's scholarship and that his committee found one they determined to be very qualified. She is Jacqueline Marshall from Hackensack High School. The \$500 scholarship was presented to Jacqueline at the awards assembly held at her high school. *Story by Peter Gallo Jr. ###*

### Heights Senior Picnic July 15

The Mayor and Council of the Borough of Hasbrouck Heights invite HH seniors to the 10th Annual Free Senior Citizens Picnic to be held on Thursday, July 15, 2010, from 12 - 4 p.m. in the Senior Center.

This is an invitation to all Senior Residents of Hasbrouck Heights to join your friends for a day of fun and good food in a comfortable environment! Entertainment will be provided by The Music Man -- Peter Lieberman.

Sign up sheets are available in the Senior Center or in the Borough Clerk's office or by calling 201-288-0195. The Senior Bus will be available to pick you up if you need a ride. Please let the Borough Clerk's office know if you would like to be placed on the Senior Bus list including your address and telephone number. ###

### Free Lunch July 3

This program is an expansion of the First Presbyterian Church of Moonachie's ministry of feeding hungry bodies and hungry hearts, and will continue on the first Saturday of every month throughout the coming year. If the economy's got you down, or you want to share a meal with others, come and be a part of the fun!

The next opportunity is July 3, 2010, beginning at 11:30 a.m. If you need a ride, please call Tina Williams at 201-952-4734. There is no charge and there are no strings attached! Everyone is welcome. ###

### Seniors' Farmers' Market Nutrition Program

On Tuesday, July 13, 2010, Bergen County will provide \$30 coupons to buy NJ produce at the Farmers' Market located at The Boulevard and Central Avenues.

The program requires filling out an application, provide ID, proof of Bergen County residency, income and be 60+ years of age. Maximum monthly income: single/\$1,670 and couple/\$2,247. Call 201-336-7400 for more info. ###

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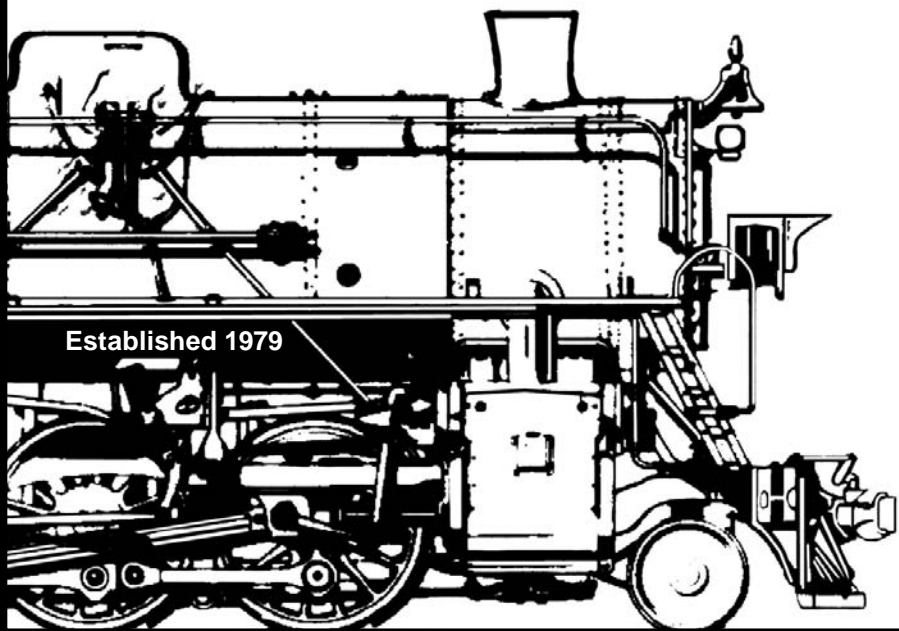
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Mayor Mauro Raguseo meets with official delegation of Council Members and exchange students from Little Ferry's Italian sister city, Molfetta, Bari, Italy.



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

## HHPD & WRPD Run for Special Olympics

On June 11, 2010, about 9:23 a.m., the Hasbrouck Heights Police Department accepted the “Special Olympics Torch” from the Lodi Police Department at Williams and Oak Grove.

Several members of the HHPD carried the “Flame of Hope” along The Boulevard, past The Circle, with students from Lincoln, Corpus Christi and Euclid Schools cheering them on.

The “Torch” was presented

to the Wood-Ridge Police Department at the border at about 10 a.m., where WRPD officers took the Torch to the Carlstadt border, with support from Transition Center students.

The HHPD and WRPD were part of the 26th Annual Torch Run which traveled 900 miles, originating in about 27 separate points statewide, and ran through 387 communities, with some 3,000 officers from all branches of law enforcement participating. The final

leg runs into Lion’s Stadium at The College of New Jersey and lights the cauldron for the Opening Ceremony of the Special Olympics New Jersey Summer Games.

About 2,300 NJ athletes competed in aquatics, boccie, gymnastics, power lifting, softball, tennis and track and field.

There are more than 160 local Special Olympics competitions in NJ, plus four statewide competitions.

More than 21,000 Special Olympics athletes train and

compete throughout NJ, and three million are involved in competition all over the world.

The Torch Run for Special Olympics New Jersey is a campaign by the law enforcement community to raise money for the Special Olympics Movement, which serves the state’s athletes.

Each officer is required to raise \$100 to participate in the run. More than 2,500 athletes attended. This is the 25th year that both the HHPD and WRPD have participated in this run.

The first New Jersey Torch Run went through eight towns covering 43 miles and raised \$7,000. Today, more than \$2 million is raised annually through local and statewide events.

Contributions may be sent to: HHPD, 248 Hamilton Avenue, Hasbrouck Heights, NJ 07604 or the WRPD, 85 Humboldt Street, Wood-Ridge, NJ 07075. Please mark Special Olympics in memo line.###



On May 23, 2010, the Lodi Fire Department and Police Department played a charity softball game to raise awareness and funds for the Special Olympics. These teams have revived this softball competition after several years. Contributions to the Special Olympics may be sent to: Lodi Police Department, 1 Memorial Drive, Lodi, NJ 07644. Please mark Special Olympics in memo line. ###



The Heights Bar and Grill made a generous donation to the Hasbrouck Heights Fire Department following the conclusion of the Department’s Memorial Day service on May 31, 2010. The donation was a portion of the proceeds from the May 16, 2010 Street Fair Clam Bake. Heights Bar and Grill owners Joel and Andrew DeMicco presented the check. ###





# Hasbrouck Heights Farmers' Market Started June 15th

The Hasbrouck Heights 10th Farmers' Market began on June 15, 2010, and will continue every Tuesday, from Noon to 6:00 p.m., until late September, at the corner of The Boulevard and Central Avenue.

This Farmers' Market is scheduled to host about a dozen vendors.

George Asprocolas is back with a huge array of fresh produce, all grown in New Jersey.

So are favorites Hoboken Farms and Dr. Pickle.

Additionally, many new vendors include Amish Country Bakery, Johnny's Cookies, and Yona's Gourmet Delights.

Additional vendors are expected as the season unfolds to include hand made soaps, etc.

Senior coupon day has been scheduled for July 13th.

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 2010 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. ###

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Not pictured: Richard L. Lombardi - Hasbrouck Heights, Sylvia Presto - Wood-Ridge, Don Williams - Hasbrouck Heights



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Young, 4 BR, 2.5 bath Colonial, built in 1998. Nicely decorated & well maintained. FLR, FDR w/crown moldings, FR w/sliders to patio & yard. Large EIK, bonus room to use as office, C/A, gas heat, convenient location, attached garage. Tour at: [www.gatewaytohomes.com/2937621](http://www.gatewaytohomes.com/2937621)



**Hasbrouck Heights \$699,000**  
Custom CH Colonial built in 2006, on 125' deep lot. FLR & FDR, kit w/granite, SS appliances, island & breakfast area w/sliders to deck. FR w/gas fpl. & 1/2 bath. 2nd floor w/3 BRs & master suite, hardwood floors, C/A, 2 car garage. Tour at: [www.gatewaytohomes.com/1010682](http://www.gatewaytohomes.com/1010682)



**Wood-Ridge \$389,000**  
Lovely 3 BR, 2 bath Cape Cod offers LR w/bay window, DR off EIK, 3 season room, fin. bsmt. w/FR, bar, sum. kit. & bath, large BRs, great yard w/ingrnd. pool, patio & white fence, hardwood floors, central air, attached garage. Tour at: [www.gatewaytohomes.com/1018998](http://www.gatewaytohomes.com/1018998)



**Wood-Ridge \$439,000**  
Large 3 BR, 3 bath Colonial w/lge LR, DR, den, & office, newer kit. w/sliders to deck. New full fin. bsmt. w/large FR w/2 closets, bonus room, new full bath, & storage/utility room. Recent updates include windows, siding, deck. Tour at: [www.gatewaytohomes.com/1023290](http://www.gatewaytohomes.com/1023290)



**Hasbrouck Heights \$379,000**  
Beautiful Sugar Maple Split offers EF, FR, full bath, large LR/DR combo, kitchen, 3 BRs and full bath, large attic for storage, full basement, C/A, hardwood floors, fenced yard, NY view, attached garage. Tour at: [www.gatewaytohomes.com/1003197](http://www.gatewaytohomes.com/1003197)



**Lodi \$414,000**  
Sparkling, updated 3 BR, 1.5 bath Colonial complete w/C/A, modern kitchen w/granite, hdwd. floors, fin. bsmt. w/FR, lndry room & storage. Trex deck and a spacious backyard. Att. garage, popular, convenient neighborhood. Tour at: [www.gatewaytohomes.com/1007755](http://www.gatewaytohomes.com/1007755)



**Hasbrouck Heights \$374,000**  
Lovely 3 BR Side Hall Colonial in convenient central location. Featuring on 1st floor, entry foyer, large LR & DR w/hrdwd. floors, EIK, den & sun room w/wd burning stove & ent. to backyard. Finished basement, gas heat, C/A & det. garage. Tour at: [www.gatewaytohomes.com/2942945](http://www.gatewaytohomes.com/2942945)



**Hasbrouck Heights \$409,000**  
Custom Expanded Cape offers 3 BRs, 2.5 baths. EF, FLR/fpl. FDR, MEIK, Huge Great Room. Finished bsmt. w/summer kit, rec room, office and bath, hardwood floors, 2 car gar. Nice size property on great street. Tour at: [www.gatewaytohomes.com/2949683](http://www.gatewaytohomes.com/2949683)



**Hasbrouck Heights \$649,000**  
New development! Pick your colors! 6 sprawling 4 BR, 2.5 bath Colonials w/grand entrances, open bright rooms, GR/fpl., large master suite, C/A, hardwood floors, full basement, 2 car garage. Dead end st. Tour at: [www.gatewaytohomes.com/1000636](http://www.gatewaytohomes.com/1000636)



**Hasbrouck Heights \$434,000**  
Located on beautiful block, 3 BR Dutch Colonial in pristine condition w/open floor plan & hardwood floors offers LR w/gas fpl. DR, new kitchen, 2 updated baths. Enclosed porch w/view of yard w/pool & paver patio. Garage and full basement w/lndry. Tour at: [www.gatewaytohomes.com/1016578](http://www.gatewaytohomes.com/1016578)



**Wood-Ridge \$249,900**  
Cute Bungalow Style house, 3 BRs, 1.5 baths, LR and EIK. Ext. w/newer siding & windows. Beautiful paver block driveway & retaining walls. Interior in need of TLC. Short Sale! Buyer responsible for CO. "sold as is." Tour at: [www.gatewaytohomes.com/1018650](http://www.gatewaytohomes.com/1018650)



**Hasbrouck Heights \$309,900**  
Brick front 3 BR Cape Cod set on 168 ft. deep property on Cul-de-sac. Offers EIK, den/office, sun porch, finished basement, hdwd. floors, gas BBD heat, C/A & sprinklers. Tour at: [www.gatewaytohomes.com/1015277](http://www.gatewaytohomes.com/1015277)



**Wood-Ridge \$549,900**  
Renovated top to bottom. Custom kitchen, Brazilian marble & SS, 3 BRs, 2 baths, LR, DR, hardwood flrs., den w/door to deck, new elect. & two zone heat, fenced yard, central air, att. garage. Beautiful home! Tour at: [www.gatewaytohomes.com/1016742](http://www.gatewaytohomes.com/1016742)



**Lodi \$599,000**  
Beautiful spacious Custom 2 Family built 2005. Offers 2 BR & 3 BR apts., Master BR w/bath, hardwood floors, C/A, MEIK w/granite, sep. utilities, nice yard, 2 car garage, Short Sale!! Tour at: [www.gatewaytohomes.com/1000864](http://www.gatewaytohomes.com/1000864)



**Hasbrouck Heights \$399,900**  
Lovely expanded 3 BR, 3 bath Colonial offers lots of living space in double living room, formal dining room, MEIK & bonus room off the LR for den/office or 4th bedroom. Deep yard, finished basement, C/A & Garage. Tour at: [www.gatewayrealtors.com/1007360](http://www.gatewayrealtors.com/1007360)



**East Rutherford \$435,000**  
Lovely spacious Expanded Cape offers large LR, opens to DR w/sliders to deck & pool. Large kitchen & MBR w/bath on main level. 2nd floor has 2 lge. BRs & 2 full baths. Fin. bsmt. w/kit., FR, bath & 2 bonus rooms. Low taxes! Tour at: [www.gatewaytohomes.com/1015443](http://www.gatewaytohomes.com/1015443)

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