

The Gazette

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

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VOL. 10, No. 5

May 2013

★★★★★



They dazzled everyone with their basketball skills. Their entertaining on-court antics captivated all. They brought children from the bleachers for fun games and souvenir prizes. *Story and photos on page 16.*

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Wizards Rock the House

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The Horticulture Club of the Felician School for Exceptional Children in Lodi, celebrated Earth Day by planting flowers at the Peace Garden on April 16, 2013. Assisting in the spring planting was club advisor, Mary Anne Protzo. ###



On April 13, 2013, volunteers took to canoes, waders and walked the banks of Losen Slote Creek in Little Ferry, searching for Sandy flood-driven debris, kicking off the Hackensack Riverkeeper 2013 clean-up season. "The creek and surrounding banks were littered with Sandy flood-driven debris" according to Captain Bill Sheehan. For more information about volunteering for clean-ups, go to: www.hackensackriverkeeper.org ###

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On Saturday, April 6, 2013, Hasbrouck Heights held a shredding event. Residents could have their valuable and personal papers shredded on-site and at no cost. About 6,800 pounds were shredded. The DPW was on hand to collect recyclables, cardboard, etc. ###



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NOTICE: Hasbrouck Heights Borough
Offices will be observing summer hours
-- 8:00 a.m. to 3:30 p.m. --
from May 28 thru August 30
Regular hours of 9 a.m. to 4:30 p.m. will go into effect on Tuesday, September 3, 2013.

Celebrating Our 25th Anniversary

Mother's Day is May 12th



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Corporate Accounts Welcome

Keep Wood-Ridge Beautiful Day June 2

Volunteers are once again needed to help clean the shopping districts and raise awareness of the effects of litter in the community during the 14th Annual Keep Wood-Ridge Beautiful Day.

Last year, over 125 volunteers participated! Both adults and children are welcome. The Bergen County Board of Health will provide cleaning utensils, gloves, brooms and bags.

Volunteers are asked to meet at the Wood-Ridge Senior Center on June 2, 2013, at 1 p.m. Free hot dogs and other refreshments will be served after the clean up.

To sign up, please call Borough Hall at 201-939-0202 extension 1, and leave your name and telephone number. Also, let them know how many adult or children's tee shirts should be ordered.

There will also be a paper shredding event that day at the Senior Center to be held from 9 a.m. to 1 p.m.

Clean-up your town and your home. For further information, please contact Councilman Ezio Altamura 201-531-0259 or 201-939-0202 ext 1.

Join your friends, neighbors, and help "KEEP WOOD-RIDGE BEAUTIFUL." ###

HH Garden Club News

The Hasbrouck Heights Garden Club welcomes Steve Nowotarski, founder of the Greenwich Dahlia Society, on May 16, 2013.

Steve is a member of the Executive Committee of the American Dahlia Society and a Senior Judge. He is also Past President of Mid-Island Dahlia Society, the largest society in the ADS.

He is the recipient of many awards for hybridized new dahlias, co-author of "Raising Beautiful Dahlias the Easy Way" and dahlia consultant to White Flower Farms.

The program will be held at 320 Boulevard on the second floor in The Library Meeting Room. Refreshments will be served at 6:45 p.m. The programs are over by 8:45 p.m. There is ample parking in back and across the street. Please come and join them and bring a friend. For further information contact Judy at 201-288-2615. ###

St. John's Plant Sale

Mark your calendars! Spring is just around the corner and it is time to start planning your gardens.

Nursery grown plants and flowers and hanging pots will also be available at St. John's Parish Hall, Hasbrouck Heights, on Friday, May 3, 2013, from 6 to 8:30 p.m. There will not be any plants available on Saturday.

Only pre-orders for the 34th Annual St. John's Plant Sale are being accepted and due by Tuesday, April 30, 2013.

Only flats which contain one kind/one color are \$11.

Pre-order forms are available by calling 201-288-0002 and leave a message, or download order from www.saint-johnthedivine.com

All plants are reasonably priced and of the highest quality. As in previous years, all plants are hand picked at the nursery by experienced gardeners. ###

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Informal Business Networking Breakfast

Presented by The Hasbrouck Heights Chamber of Commerce & Free Public Library

Continental Breakfast • Thursday, June 6, 2013

7:30 a.m. • Hasbrouck Heights Public Library

Register at Calendar of Events -- <http://hasbrouckheights.bccls.org>

Call Ray at 201-288-5464 for more info.

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Chamber/Garden Club Boulevard in Bloom

Help Keep the Boulevard in Bloom

Beautiful flowering planters have adorned The Boulevard for the past nine years.

The Hasbrouck Heights Chamber of Commerce, in cooperation with the Hasbrouck Heights Garden Club, invites businesses and residents to sponsor a flowering planter by making a \$50 donation.

The planting will be done by the Garden Club at the DPW after the May 15 frost date.

Once the plantings have been completed, the DPW will then move the flower pots to their Boulevard location, and

has agreed to water the plants during the season. After the summer, the DPW will collect the flower pots and store them for the winter.

The Beta Club from the Hasbrouck Heights Middle School will lend a hand overseeing and pruning the planters throughout the summer.

A donation of \$50 will replenish an existing planter with lovely flowers and greens. Your donation of any amount is welcome.

You can send donations to: Hasbrouck Heights Chamber of Commerce BIB, PO Box 1, Hasbrouck Heights, New Jersey 07604.

Call Ray at 201-288-5464 or Ann at 201-288-3956 for more information. ###

Recycle Old Cell Phones

So you're doing some spring cleaning and come across an old cell phone stashed away in a drawer... Did you know?

Over 100 million cell phones are stockpiled in U.S. households creating 50,000 tons of potentially hazardous waste.

Cell phones contain toxic substances such as cadmium, copper, lead and nickel, which can leach into soil and contaminate ground water. On the average, Americans replace their cell phones every 12-18 months.

What should you do with that old cell phone? Recycle it!

The Hasbrouck Heights Junior Women's Club is collecting old cell phones, ink cartridges, digital cameras and laptop computers during May 2013.

Collection bins can be found in the Hasbrouck Heights Borough Hall as well as Euclid and Lincoln Schools.

You may email hhjuniors@gmail.com for pick up or visit their website at hhjuniors.org

Items collected will be recycled by Ecophones and proceeds will benefit local scholarships and organizations. For more information visit www.ecophones.com about recycling guidelines. ###

Full Flower Moon

The May Full Moon will appear on Saturday, May 25, 2013, at 12:27 a.m. It is called the "Full Flower Moon."

According to The Farmer's Almanac, in most areas, flowers are abundant everywhere during this time. Thus, the name of this moon.

Other names include the "Full Corn Planting Moon" or the "Milk Moon."

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

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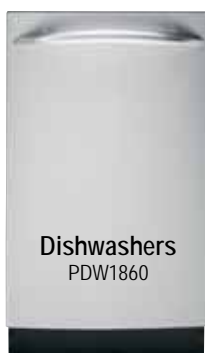
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On April 11, 2013, The Hasbrouck Heights Contemporary Club participated in "Pinwheels for Prevention®, Prevent Child Abuse America" by creating a pinwheel garden at the base of the announcement sign at Borough Hall.

The pinwheel has become the national symbol for child abuse and neglect prevention. As the new symbol for this cause, the pinwheel stands as an uplifting reminder of childhood and the bright future all children deserve. This national program began with Miss America 2013, Mallory Hagan, displaying more than 5,000 pinwheels in Times Square on April 16 to call people to action in the support of healthy child development and mark Child Abuse Prevention Month. ###



About 285 attended the Mickey's Kids Foundation gala fundraiser "Dancing Under the Stars" at Il Villaggio on March 22, 2013 to benefit Canine Assistants. The event proceeds of about \$30,000 will fund a service dog. For more info contact: mickeyskidsfoundation@verizon.net ###



Veteran chefs, Lions Bob Valenti and Buddy Rottini, kept the pancakes coming.

Keep 'em Coming!

Members of the Wood-Ridge Lions Club served over 300 pancake breakfasts on Palm Sunday.

This annual event has been the beginning of spring in the Borough for over 50 years. It is the longest continuous fundraiser in the community.

Proceeds from the event will be used to help the blind

and sight impaired. The Club members want to thank everyone for their ongoing support of this and other Club projects.

This support has made the Club one of the most successful in the district in helping those in need. We cannot do it without you! *Photo and story provided by Jack Nagel.* ###

HH Lions Sponsor Fireworks Program July 2, 2013

The Lions Club 29th Annual Fireworks are tentatively scheduled for July 2, 2013, at Depken Field (Route 17 & Franklin Avenue). The rain date is July 5 and extended rain date is July 7.

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. ###



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Nancy Halloran.....Copy Editor
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Memorial Day 2013 Services

The public is encouraged to participate in these patriotic events.

Carlstadt

On May 27, 2013, starting at 9 a.m., at the American Legion, Veterans will march along 3rd Street and end at Berry Lawn Cemetery. Wreaths will be placed at Borough Hall at Memorial Park on Hackensack Street.

Hasbrouck Heights

The Annual Memorial Day Parade is scheduled to start at 10 a.m., on May 27, at Williams Avenue, march along Terrace Avenue and conclude at Memorial Park at Passaic Avenue.

A brief Veterans ceremony will be held followed by Services at the Firemen's Memorial at The Circle.

This annual event is co-sponsored by the James B. Scarr Post 106 American Legion and the Veterans of Foreign Wars Post 4591.

Lodi

On May 27, 2013, memorial ceremonies will take place as follows: Lodi Ambulance Corps Headquarters at 8:45 a.m., Lodi Fire Department, Kennedy Drive, at 9:15 a.m., VFW 10 a.m., American Legion 10:30 a.m. and the Lodi Police Department at 11 a.m.

Little Ferry

On Saturday, May 25, 2013, at 11 a.m., a ceremony will be held at Washington and Memorial Schools. Refreshments at the VFW at 100 Main Street, will follow.

Moonachie

On Saturday, May 25, 2013, services will be held at the Municipal Building at 10:30 a.m.

Following the service there will be a celebration at the Senior Center with free hot dogs, soda, ice cream, balloon art, pony rides, super-slide and obstacle course, face painting, etc. Rain location is the R. L. Craig School Gym.

Rutherford

On Monday, May 27, there will be a Memorial Service at the Union Avenue Memorial Bridge followed by "Taps" Salute at Sunset park.

A Parade will start at Union and Darwin to Borough Hall where a Service will take place.

Wood-Ridge

The Fire Department will hold their Memorial Services on Wednesday, May 22, 2013,

at 7 p.m., at Fire Headquarters.

On May 27, an 8 a.m. Mass will be said at Assumption Church. At 10 a.m., a Memorial Service will be held at the Veterans Walk of Freedom Monuments (*outside the Senior Center on Hackensack Street*).

WR New Parade Route:

Following the ceremony, at approximately 11:30 a.m., the parade will step-off from the corner of Hackensack Street and Highland Avenue and head south on Hackensack Street to Union Avenue, proceed west to Valley Boulevard, and continue and end at Windsor Road. The conclusion of the parade will take place at the newly renovated Veterans Park where festivities will include refreshments (*hot dogs and ice cream, strolling musicians, military vehicles and involvement from many local merchants.*)

USS Ling

A Memorial Day Service will be held at the New Jersey Naval Museum, located at the USS Ling, on Sunday, May 26, 2013, starting at 13:00 hours.

Tours of the USS Ling and refreshments will follow. ###



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Veterans Today

By Thomas Marshall

On May 25, 2013, VFW Post 809 will host a Memorial Day Service at 10 a.m. at 100 Main Street, Little Ferry.

Then they will proceed to the schools on Liberty Street in Little Ferry and conduct a Service on behalf of the town at 11 a.m.

This is open to the public. Every year the crowd gets smaller. This ceremony is held to remember our nation's war dead. Can you spare 20 minutes out of your weekend to attend? It's every citizen's duty to remember our service personnel that lost their lives in our service. Come out and attend the ceremony.

Battle of Chancellorsville

Sometimes battles are won not from having the most troops, the better fed troops, or the best supplied. They are won by what you do with them and where you move them. The best example the student has of this occurred during the Civil War.

Spring of 1863 in Virginia finds the Army of Northern Virginia at Fredericksburg on the west side of the Rappahannock River. The east side of the river is where the Army of the Potomac had spent the winter in camp.

General Joe Hooker was the new General in charge of the Union Army and he came up with a battle plan to destroy the Confederate Army under General Robert E. Lee.

He believed that if he could send part of his army around Lee's army, he could trap Lee in a two front assault. He believed Lee would retreat with the threat of this trap and the Union Army could attack Lee on the road.

An army on retreat is very vulnerable. It was a sound plan. It is also more preferable than a frontal assault like the assaults at the Battle of Fredericksburg in December that cost thousands of lives with no gain.

His army was better fed, better supplied and he had double the amount of troops Lee had under his command. What could go wrong?

General Hooker took three corps of his army across the Rappahannock River. He brought his army to a place called Chancellorsville. He planned to attack Lee from the west and General Sedgwick crossed south of Fredericksburg and attacked the Confederates from the east. He could move against Lee with over 70,000 men from Chancellorsville alone.

Here is where knowing

your enemy is important. General Hooker expected General Lee to retreat. General Lee reviewed the situation and decided to attack. Why?

Because Lee knew he was outnumbered and he didn't want the Union Army to organize and bring the whole Army of the Potomac down upon him.

The Confederate Army was ordered to leave a small portion at Fredericksburg and the rest of the army went to Chancellorsville.

On the morning of May 1, 1863 the Confederate Army moving west met the Union Army moving east and the Battle of Chancellorsville began.

The Confederates pushed the Union troops back but the Union troops rallied and drove the Rebels back.

Things were going okay for the Union side but then General Hooker ordered a halt of the offensive. Why? General Hooker wanted Lee to attack or retreat.

If he attacked he would lose men he could not replace. If he retreated he would have a large army attacking him on the road. The day's fighting was over with the evening and Hooker ordered the Union Army to dig in.

General Lee met with Lt. General Stonewall Jackson on the intersection of the Plank and Furnace Road and Lee asked him what he thought Hooker would do. Jackson apparently thought Hooker would retreat. Lee didn't think so. Why? He knew that a retreat by the Union Army would put the Union troops in danger of an attack while they were on the Road. He also felt General Hooker committed too much on this movement to pull back now. Lee figured right. Hooker wasn't going anywhere. He wanted Lee to attack his front. Lee broke military protocol and again divided his army.

On May 2 he ordered Lt. General Jackson to go up a new dug-out road where the Union troops could not see him and attack General Hooker on his right flank.

Jackson took his entire corps of 26,000 men on the march. Lee was gambling heavy at this point, because he only had about 13,000 men left in the front of the Union's 70,000.

When they were north of the Union right flank, Jackson ordered his battle line east. They remained as silent as 26,000 soldiers could be as they moved through the woods.

General Hooker had some officers on this day that didn't follow his orders. He told the

men on the right flank to dig in and send out pickets to watch for enemy movement. They did neither one. In fact they were cooking dinner over the campfires when thousands of screaming Rebels came pouring out of the woods. The entire right flank of the Union Army collapsed under the assault.

The XI Corps under General O.O. Howard was demolished. Taken completely by surprise, men fled from the onslaught.

Officers tried to rally their men at various points but it proves useless. Men on the run tend to want to keep running. Death has that effect on most people.

The victorious Confederates swept up the road, then stormed past the Wilderness Church and Dowdalls' Tavern. Here the remnants of the XI Corps and with other reinforcements made a final stand and halted the Confederates attack. It's over a mile from where the attack began. Nightfall brought an end to the day's fighting.

Lt. General Jackson was riding with his staff along the front lines. He was trying to get a handle on where the Union lines were now placed.

Confederates on the line thought he was a Union cavalry patrol and fired on the horsemen. Jackson was hit three times. He was carried off the field and had his arm amputated. He survived the amputation but he developed pneumonia and dies several days later.

General Hooker's Army was now in a position that looked like a horseshoe on the map. The Confederates attacked again on the morning of May 3. These attacks were repulsed but General Hooker ordered men to fall back off Hazel Grove and gave up the high ground to the Confederate Army.

The Confederates put cannon on the Grove and fired on the Union troops. General Hooker realized he could not hold the battlefield and ordered a general withdrawal. They begin a fighting retreat.

General Sedgwick on the east side of the Rappahannock River crossed it and attacked the Confederates there. They finally broke through, but the Confederates made a stand at Salem Church and halt the Union's progress.

Sedgwick was pushed back and Lee brought reinforcements to the new field of battle. Sedgwick and his command found themselves outnumbered and were forced to retreat back over the river.

Lee was triumphant. He rode along the road near Chancellorsville and his men seeing him began a cheer and soon the entire line was in unison.

They recognized the unbelievable and unlikely victory he planned and carried out on their behalf. This battle wasn't without consequences. The Army of Northern Virginia lost 13,000 men, killed, wounded or missing and two Generals one of course being Jackson. The Union Army lost 17,000 men, killed, wounded or missing.

This May marks the 150th Anniversary of the Chancellorsville Campaign. General Hooker misread his opponent. General Lee did not guess wrong with Hooker. Lee took risks, he gambled and it paid off. He graduated top of his class at West Point and he completely out maneuvered his younger opponent.

General Robert E. Lee cemented his place in U.S. history.

The victories during the Peninsula campaign, Second battle of Bull Run, and Fredericksburg make him a legend. His victory and Chancellorsville made him immortal. The Army of the Potomac and President Lincoln would have to wait for another day, and another General to bag the Grey Fox. ###

Moonachie Ecumenical Memorial Service

On May 19, 2013, at 7 p.m., the First Presbyterian Church of Moonachie will host 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.

The annual program remembers the Veterans who have died, to honor those who are living, and to praise God for all they have done. All Veterans and area residents are welcome to attend this annual service.

This annual Service has been organized by John Huettermann, Past Commander of the Moonachie VFW. For more information call 201-852-7514. ###

VFW Continues Poppy Program

VFW Posts 3616, 809 and 4591 will continue the annual distribution of Buddy Poppies this May. Any Veteran who would like to help out with this poppy drive should call their Post. ###

Attention All Veterans:

A fully-equipped DAV National Service Office on wheels will be at VFW Post 809, 100 Main Street, Little Ferry, on May 7, 2013 from 8:30 a.m. to 3:30 p.m.

DAV National Service Officers (NCO's) are schooled in the full range of benefits for military Veterans and retirees to provide the best counseling and claim filing assistance you can get from any source.

These NCO's will make sure you get all the benefits and services you have earned. Bring your claim number (*if you are already service connected*), Social Security number and other pertinent documentation. For additional information call DAV Comander Ignazio Valente at 201-421-5922, email davchapter15@yahoo.com or visit davchapter15.org ###

Vietnam War Remembrance Ceremony

District 2 VFW and the Vietnam Veterans of American Chapter 800 will hold a Vietnam War Remembrance Ceremony at VFW Post 809, 100 Main Street, Little Ferry on April 29, 2013. A video presentation starts at 7 p.m. All are welcome to attend. ###

VFW Post 809 Monthly Meetings

VFW Post 809 monthly meetings are the first Tuesday of the month at 7:30 p.m. at the Post, 100 Main Street, Little Ferry. The kitchen is open to all members from 1 to 9 p.m.

The Vietnam Veterans of America (VVA) hold their meetings at this Post the third Monday of the month starting at 7:30 p.m.

The Disabled American Veterans (DAV) hold their meetings at this Post on the third Tuesday of the month starting at 7:30 p.m. ###

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America's Oldest Military Decoration

As Memorial Day approaches and Americans reflect upon the cost of freedom, it is a good time to ponder on this noble recognition.

Story by James Halloran

The Purple Heart is a United States military decoration awarded in the name of the President to those who have been wounded or killed while serving on or after April 5, 1917 with the U.S. Military.

The original Purple Heart was established by George Washington when he was commander-in-chief of the Continental Army by order from his headquarters on August 7, 1782 at Newburgh, N.Y.

This was designated as the Badge of Military Merit. It was in the form of a heart of purple cloth. This award was only given to three Revolutionary War soldiers. However, the award had never been abolished.

General Douglas MacArthur, then Army Chief of Staff, sent Congress a draft to revive the Badge of Military Merit.

Elizabeth Will, of the Office of the Quartermaster General was named to redesign the newly revived medal. MacArthur called in the Washington

Commission of Fine Arts. The Commission solicited plaster models from three leading sculptors. John R. Sinnock of the Philadelphia Mint was chosen in May 1931. His plaster cast of the head of George Washington is the one seen today.

The medal is a purple heart edged in gold with a profile of George Washington upon it. Above the heart is the coat of arms of George Washington between sprigs of green leaves.

The reverse is a bronze heart with the words FOR MILITARY MERIT below the coat of arms and leaves. The ribbon is purple edged with 1/8 inch wide white stripe. By Executive Order of The President of the United States and War Department General Order No. 3, dated February 22, 1932, the Purple Heart was reinstituted to honor the 200th Anniversary of Washington's birth.

The 1932 order authorized that the medal could be awarded to soldiers who were wounded or received a Meritorious Service Citation subsequent to April 5, 1917. This was the day before the United States entered World War I. The first new Purple Heart was awarded to General MacArthur.

With the establishment of the Legion of Merit Medal, the Purple Heart was now only awarded for wounds received in action. In December 1942, the award was extended to Navy, Marines and Coast Guard members. In May 1944, it was extended to civilian personnel during the World War II era.

The Purple Heart differs from all other U.S. decorations as the individual is not "recommended" for the award; rather he or she is entitled to it upon meeting certain criteria.

The individual must have received a wound as the result of enemy action. A wound as defined by the regulations covering the award, is an injury caused to any part of the body from an outside force or agent sustained from combat that was treated by a medical officer and the treatment was made a matter of the official record.

Wounds are enemy related injuries when caused by bullet, shrapnel, or any other enemy related projectile; injury caused by enemy landmine, naval mine or trap; injury caused by the enemy release of chemical, biological or nuclear agents; injury from a vehicle or aircraft accident caused by enemy fire; concussion related injuries caused by enemy generated explosions.

Injuries not qualifying are: frostbite, trench foot, heat stroke, food poisoning, accidents not caused by enemy action, combat fatigue, post-

traumatic stress and self-inflicted wounds.

The Purple Heart Medal is only issued for the first wound. Subsequent awards are denoted by oak leaf clusters in the Army and Air Force and by 5/16 inch stars in the Navy, Marine Corps and Coast Guard.

The most Purple Hearts ever awarded to one person was nine. Marine Sgt. Albert L. Ireland received five in World War II and four in Korea. Some noted recipients are; James Arness, actor, Rocky Bleier, football player, John F. Kennedy, President of the United States, John McCain, Arizona Senator, Warren Spahn, baseball player and Lex, USMC, military working dog.

Additional changes to the regulations were made with Executive Order 11016 dated April 25, 1962 that included provisions for posthumous award of the Purple Heart and in 1997 Congress passed legislation prohibiting future awards to civilians. Civilian employees of the U.S. Department of Defense who are killed or wounded may receive the Defense of Freedom Medal.

There are two organizations that are connected with the Purple Heart. The first is the National Purple Heart Hall of Honor. This organization was formed by a resolution of Congress in 2002. They are located at 374 Temple Hill Road, Vails Gate, NY 12584-0207. Their mission is to list every person who has been awarded the Purple Heart Medal. Information can be found at their web site www.thepurpleheart.com or by phone at 1-877-28HONOR. Recipients that have been recorded can be accessed on line.

The Military Order of the Purple Heart was chartered by Congress in 1958. Its membership is only open to Purple Heart recipients. However, their mission is to assist not only wounded Veterans but all Veterans in need. They work with the Veterans Administration and lobby Congress on behalf of Veteran interests.

They have a scholarship program and now recognize Law Officers, Firefighters and other first responders who are killed or wounded in the line of duty. They can be contacted by writing to; Commander, Headquarters MOPH, 5314B Backlick Road, Springfield, VA 22151. The web site is www.purpleheart.org.

The next time you see a member of our Armed Forces or a Veteran with a Purple Heart ribbon or riding in a car with a Purple Heart License Plate, thank that person because they gave their blood for you and America's freedom. ###

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Spring Auction

The Petersilge-Velock VFW Ladies' Auxiliary to Post 809 will sponsor a Spring Auction on May 3, 2013 at the Post Home, 100 Main Street, Little Ferry.

The event is open to the public. Doors will open at 6:30 p.m. Donation is \$10. For tickets call Irma at 201-489-2390 or Adele at 201-641-2298.

Proceeds from this event will be used to take care of the needs of our Veteran men and women who reside at Veterans nursing homes and assisting and caring for all Veterans and their families. ###

A Spring Dinner-Dance

The Lay Association of Saint Francis Caracciolo presents "A Spring Dinner-Dance" on Saturday, May 4, 2013, at 7 p.m., at St. Joseph School Gymnasium in Lodi.

Ticket cost is \$25. Call 973-779-0643 for reservations. No tickets will be sold at the door. Event benefits the Adorno Fathers. ###

Little League Hosts Pancake Breakfast and Mini Tricky Tray

The Lodi Little League will host its annual pancake breakfast on Sunday, May 5, 2013, from 8 a.m. to noon at the Lodi High School Cafeteria. Pancakes, eggs, sausage, coffee, tea and juice will be served. Cooking will be done by the Lodi Moose Lodge No 1971. A Mini Tricky Tray will also be included.

Donation is \$5 -- used to support the two Annual High School scholarships awarded by the Little League each year. Questions can be directed to 973-591-1137. ###

10 Years of Caring

Care on the Corner® is pleased to announce the celebration of 10 years of community service on Saturday, June 8, 2013.

The celebration will start at 1:30 p.m. on the lawn at 333 Franklin Avenue, Hasbrouck Heights. A full day of activities is planned to honor the Founders and to showcase the programs that have been offered to the community over the past 10 years.

Please mark your calendar for June 8 and join them for a fun-filled day of kid's activities, a barbecue, and music (rain or shine). Look for additional information on the Boulevard via posters and banners in the coming weeks. ###

FOCAS Holds Flea Market

FOCAS Flea Market is Saturday, May 18, and Sunday, May 19, 2013, from 10 a.m. to 3 p.m., at the American Legion, 100 Liberty Street, Little Ferry.

This market features specialty items that make unique gifts, a selection of household items, jewelry, collectibles, linens, games, toys, pet supplies, cds/videos, and more. Refreshments and baked goods are available.

Flea Market merchandise donations are gratefully accepted. (Not accepted are TVs, PC monitors, exercise equipment, clothes or magazines.)

They may be dropped off at the American Legion on Friday from 4 to 6 p.m. and Saturday (all day) of the Flea Market weekend.

Your faithful and generous support of FOCAS Flea Markets helps provide much-needed extraordinary veterinary care for shelter animals!

For additional information call the FOCAS Help Line at 201-943-4019, email info@focasnews.org, or visit www.focasnews.org ###

SOS Gala

Enjoy a special evening with a cocktail hour, open bar, dinner, and silent auction while helping to change the lives of women and children affected by domestic violence.

Shelter Our Sisters is hosting a Gala on Wednesday, May 8, 2013, at the Westmount Country Club, Woodland Park, NJ, starting at 6:15 p.m. Cost is \$160/person

For more information call Jean at 201-498-9247 x301 or email at: jean@shelteroursisters.org ###

Ham Lunch May 14

The Ladies' Aid Society of the First Presbyterian Church of Carlstadt will sponsor their monthly luncheon on Tuesday, May 14, 2013, in the Community Hall, Third Street, Carlstadt.

Ham dinners will be served from 11:30 a.m. to 1 p.m. For take-out orders call 201-438-5526. Cost is \$8 for adults and \$5 for children/students. ###

Art Association Meets May 9

The Art Association of Rutherford will hold their monthly meeting on Thursday, May 9, 2013, at 7:30 p.m. at the Tamblyn Civic Center, at the corner of Woodland and Wilson Avenues, Rutherford, NJ.

Interested amateurs and professionals are invited for a demonstration by an outstanding local artist.

Please join them for this presentation. Find out about the organization and opportunities to share about and show artwork as well.

For further information e-mail <carin_peace@yahoo.com> ###

Hasbrouck Heights 5th Annual Street Fair May 19

The Hasbrouck Heights Mayor's Business Community Committee announced the 5th Annual Street Fair is scheduled for Sunday, May 19, 2013 along The Boulevard.

The Hasbrouck Heights Street Fair is rapidly developing into one of the premier events in New Jersey.

Attractions will include concerts, children's entertainment, street performers, fun foods, rides, craft, antique and speciality vendors.

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

Czech Pork Dinner May 19

American Sokol in Little Ferry will host a Czech Pork Dinner on Sunday, May 19, 2013, from noon to 1:30 p.m. Take out available starting at 11:30 a.m. Menu includes roasted pork, dumplings, sauerkraut, applesauce, homemade cake, bread and butter, and coffee or tea. Beer, wine or soda included.

Tickets are \$20 adults, \$18 members and \$9 children. Reservations only -- no donations will be accepted at the door. For tickets, call Blanche at 973-365-1111 before May 9, 2013. ###

St. Mary High School Spring Clothing Drive

Take this opportunity to spring clean your closets and in turn, help out the St. Mary High School with their clothing/household drive.

Drop off is in front of St. Mary High School, 64 Chestnut Street, Rutherford, NJ 07070, Saturday, May 4, 2013, from 10:30 a.m. until 2:30 p.m. They will be there to help unload your car: just drive up and unload your unwanted items!

They accept books, toys, stuffed animals, blankets, bikes.

Hard toys can be no larger than 24x24x21. They cannot accommodate strollers, high chairs, car seats, cribs, bouncers, walkers or swings.

Shoes should be packed separately. ###

HH Town-wide Garage Sale

A Hasbrouck Heights town-wide garage sale is scheduled for June 1 and 2, 2013, from 9 a.m. to 4 p.m.

Participation in this sale does not count towards the "two garage sales" per year ordinance. Sign up dates to be announced.

Space will be made available for apartment dwellers and fund raising organizations. Participants must bring their own table.

A free map indicating all registered participants' addresses will be distributed to the shoppers. This event is sponsored by the Hasbrouck Heights Mayor's Celebration Committee. For more information, call the Borough Clerk at 201-288-0195. ###

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Kip Center Book Group

On Friday, May , 2013, at 1:30 p.m., the Kip Center Book Group will meet at the Kip Center, 55 Kip Avenue, Rutherford, to discuss "The Women" by T. Coraghessan Boyle.

Copies of the books are available at the Circulation Desk of The Rutherford Public Library, 150 Park Avenue, Rutherford. ###

Great beauty, great strength, and great riches are really and truly of no great use; a right heart exceeds all. B.F.

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Close Encounters with Birds of Prey

On Friday, May 10, 2013, at 3:45 p.m., the Delaware Valley Raptor Center will present Close Encounters with Birds of Prey at The Rutherford Public Library.

Using 5 to 6 live raptors, the audience will experience the majesty of hawks, falcons, owls, and eagles up close.

This promises to be a joyful, magical experience that one is unlikely to forget. All children ages four and up and their caregivers are invited to attend.

No advance registration is required. The Friends of The Library are generously funding this program. ###

Practice SAT Test

On May 11, 2013, from 10 a.m. – 2 p.m., Lodi Memorial Library will be holding a free practice SAT test.

Students must contact The Library for registration instructions at 973-365-4044. ###

Young Adult Area at ER Library

The East Rutherford Library has expanded its young adult section of The Library exclusively for teens. It includes an entire YA book collection, two new PCs and an iPad to be used by teens. The new area is for students from age 13 up to high school seniors. Please call The Library at 201-939-3930 for more information. ###

Pajama Storytime

Pajama Storytime will be held on the 1st and 3rd Thursdays, May 2 & May 16, 2013,, 6:30 – 7 p.m., at The Lodi Memorial Library. Children ages two to six, along with their parents, are invited and PJs are optional.

Bring your favorite stuffed toy, listen to fun stories and then tuck your little friends in for sweet dreams. No registration needed. For more information, call 973-365-4044, or visit lodi.bccls.org ###

Lodi Legos

Lodi Legos will be held on the third Tuesday, May 21, 2013, from 3 p.m. – 4:30 p.m., at The Lodi Memorial Library.

They will supply the Legos and you provide the imagination. Bring friends and family and create your visions together. No registration needed. For more information, call 973-365-4044, or visit lodi.bccls.org ###

Princess Party

On Saturday, May 18, 2013, from 3 p.m. – 4 p.m., girls, ages 5 – 8 years old and their families, are invited to a Princess Dress Up Party, at The Lodi Memorial Library.

Join them in your favorite princess costume for storytime, crafts, photos and a special tea party. For more information, call 973-365-4044, or visit lodi.bccls.org ###

Paranorman

On Friday, May 31, 2013, at 3:45 p.m., all children ages 5 and up are invited to a screening of "Paranorman" at The Rutherford Public Library. The movie is rated PG.

No advance registration required. An adult caregiver must remain with any child under the age of seven for the duration of the film. The film will conclude at 5:15 p.m. ###

Mother's Day Craft Corner

On Monday, May 6, 2013, at 3:45 p.m., children ages 6 and older are invited to create a Mother's Day gift at The Rutherford Public Library.

Six- and seven-year-olds are asked to bring a grownup to assist with making the project. Registration is in progress. To register, please call the Children's Department at 201- 939-8600, ext. 6. ###

Job Application Workshop for Teens

On Friday, May 10, 2013, from 3:30-4:30 p.m., at The Lodi Memorial Library, Lodi students in Grades 9-12 can learn how to fill out job application forms and prepare for finding a job.

Registration required. For more information, call 973-365-4044, or visit lodi.bccls.org ###

Fools multiply folly. B.F.

Paws to Read Therapy Dog Program

On Saturday, May 4, 2013, at 2 p.m., Rodney, a registered therapy dog, and his owner, will visit The Rutherford Public Library.

Children who would like to practice their reading skills may reserve a 20-minute time slot to read to Rodney. Gain confidence in your reading ability and make a new friend at the same time! For ages 5-11. To register, please call the Children's Department at 201-939-8600, ext. 6. ###

Lodi Kids Crafts

Lodi Memorial Library offers free drop-in craft programs from 3:30-4:30 p.m. for children in Grades K-5th Grade.

The 2013 May craft schedule features: Mother's Day Crafts on May 7; How to Tie Knots on May 8; Create a Mini-Book on May 9; Making a Paper Garden on May 13, a Library Scavenger Hunt on May 20, a Paper Kite and Spacecraft Build on May 22; a Paper Insect Craft on May 28; and a Paper Mask Making Build on May 29.

No registration needed. For more information, call 973-365-4044, or visit lodi.bccls.org ###

Drop-In Storytime

The Rutherford Public Library will host a morning and afternoon drop-in storytime program on Wednesdays, May 1, 8, 15, 22, and 29, 2013, from 10:30 – 11 a.m. and repeated from 2 – 2:30 p.m. The same storytime will also be presented on Thursdays, May 2, 9, 16, 23, and 30, 2013, from 10:30 – 11 a.m.

All children from infants to 5-year-olds and their caregivers are warmly invited to stop by for stories and fun. Make some new friends and get ready for reading! No advance registration required. ###

Men in Black 3

On Thursday, May 30, 2013, from 6 p.m. – 7:50 p.m., The Lodi Memorial Library presents "MIB3" (2012, PG13).

No registration required, but parental supervision is needed for children 12 and under. For more information, call 973-365-4044, or visit lodi.bccls.org ###

W-R Expands Story Times and Youth Programs

The Wood-Ridge Memorial Library will offer a variety of story times for children this month.

Weekly story times include Toddler Time (Thursdays, 10:30-11:15, for ages 0-2) and Preschool Pals (Mondays or Tuesdays, 12:30-1:15, for ages 3-5).

Bedtime Tales (May 14, 6:30-7:15, for preschool-elementary students) and After-school Stories (May 24, 3:00-4:00, for elementary students) will provide further enrichment for children.


Additional programs for children and teens will include PAWS for Reading, Chess Club, Youth Advisory Team, Mother's Day Crafts, Family Movie Night, and Game Time.

For more information or to register, email Molly at wrdgcchild@bccls.org or call The Library at 201-438-2455. ###









Kids for Peace

On Thursday, May 23, 2013, from 3:30 p.m. – 4:30 p.m., help The Lodi Memorial Library prepare a mural, by painting peace signs.

Participants' art work will be assembled and displayed on the wall of The Library. No registration needed. For more information, call 973-365-4044, or visit lodi.bccls.org ###



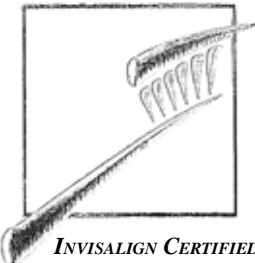
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| | | | |
|--|--|---|---|
| <p>Agent of the Month March, 2013</p>  <p>Congratulations! Judy Bellina</p> | <p>Agent of the Month March, 2013</p>  <p>Congratulations! Silvana Daidone</p> | <p>Agent of the Month March, 2013</p>  <p>Congratulations! Cheryl Gugliotti</p> |  <p>Hasbrouck Heights Ranch \$389,000 3 BR, 2 Bath LA: Cheryl/Silvana @ 201-370-0107</p> |
|  <p>Wood-Ridge Colonial \$489,000 3 BR, 3 Bath LA: Doreen Rutt @ 201-446-0114</p> |  <p>Paterson Colonial \$335,000 5 BR, 2 Full & 2 Half Bath LA: Manal Amer @ 201-328-5522</p> |  <p>Lodi Colonial \$419,000 Price Reduced! 4 BR, 2.5 Bath LA: James Campbell @ 201-394-7131</p> |  <p>Lyndhurst Colonial \$400,000 3 BR, 2.5 Bath LA: Daniel Simone @ 201-390-3044</p> |

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Knit, Read and Discuss

The Knit One, Read Two knitting/book discussion group at The Rutherford Public Library will meet on Wednesday, May 1, 2013, at 6:30 p.m., to discuss "Still Alice" by Lisa Genova. The meeting will be held in The Library Auditorium. All those who knit or crochet are warmly invited to bring their needlework and join the discussion.

Copies of the books are available at the Circulation Desk. For more information, e-mail Peg Mellett at mellett@bccls.org ###

English Conversation

English language learners are invited to attend the English Conversation Group on Tuesdays and Thursdays, from 10:00-11:30 a.m., at The Rutherford Public Library. The group provides a good opportunity to practice spoken English in an informal setting. This is a free program and all are welcome. For information, please call 201-939-8600, ext. 7. ###

May Book Sale at Lodi Library

On Saturday, May 18, 2013, from 9:30 a.m. to 4 p.m., The Friends of Lodi Memorial Library host their spring Book Sale fundraiser featuring a great selection of gently used books for all ages plus DVDs, CDs and videogames. Book and media donations are welcome until May 15. For more information, visit lodi.bccls.org or call 973-365-4044. ###

W-R Book Sale

The Friends of The Wood-Ridge Memorial Library will once again be hosting their annual spring Book Sale at the Wood-Ridge Senior Center on May 18, 2013 from 10 a.m. until 2:30 p.m.

The selections will include both children's and adult materials consisting of fiction and non-fiction books, as well as a small number of CDs and DVDs.

The Friends are also looking for volunteers to help with this event. Time slots are May 17 from 6:30-8:00 p.m. and/or May 18 from 2:30-4:00 p.m.

Students who are in need of community service hours are also welcome. Please contact Christine Hartigan at hartigan@bccls.org or at 201-438-2455 if you can help. ###

Food for Fines

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

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

The program will run from May 1 through May 31, 2013. ###

Monday Evening Book Group

On Monday, May 20, 2013, at 6:30 p.m., the Monday Evening Book Group will meet to discuss "Sweetness in the Belly" by Camilla Gibb. Copies of the books are available at the Circulation Desk. The meeting will be held in the Glass Room on The Rutherford Public Library main floor. ###

Their Eyes Were Watching God

On Tuesday, May 28, 2013, at 6:30 p.m., The Friends of The Library of Rutherford will present a free screening of "Their Eyes Were Watching God," based on the novel by Zora Neale Hurston and starring Halle Berry. The film will be shown in The Library Auditorium. ###

Edible Book Contest

Are you looking for a chance to merge your baking and literary passions?

The Wood-Ridge Memorial Library will hold an Edible Book Contest on Saturday, May 11, 2013, at the Wood-Ridge Senior Center.

Participants will showcase baked creations that can be a pun on a title, refer to a scene or character, or look like a book.

A panel of judges will decide winners of different categories, including Best Elementary School Creation, Best Middle-High School Creation, Best Adult Creation, Most Pun-derful, and Most Beautiful; participants and attendees will get to vote for the People's Choice Award.

Prizes will be awarded. The event is open to BCCLS library cardholders of all ages. Reading has never been so sweet! For more information or to register for this event, call Molly at 201-438-2455 or email to wrdchild@bccls.org ###

Computer Classes at Carlstadt Library

The Carlstadt Public Library offers free adult computer classes during the winter and spring. Classes are limited to 6 people, so call ahead to reserve your spot! Preference is given to Carlstadt residents.

- MS Excel 2010 Pt 1: Monday, May 6, 2:30-4 p.m., Thursday, May 9, 2:30-4 p.m.; Wednesday, May 15, 6:30-8 p.m.

- MS Excel 2010 Pt 2: Thu, May 16, 2:30-4 p.m., Monday, May 20, 2:30-4 p.m.; Wednesday, May 22, 6:30-8 p.m.

- MS PowerPoint 2010 Pt 1: Wednesday, May 29, 6:30-8 p.m., Tuesday, June 4, 2:30-4 p.m.; Monday, Jun 10, 2:30-4 p.m.

- MS PowerPoint 2010 Pt 2: Thu, June 13, 2:30-4 p.m., Monday, June 17, 2:30-4 p.m.; Wednesday, June 19, 6:30-8 p.m.

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

Computer Classes at HH Library

The Hasbrouck Heights Free Public Library is offering Saturday computer training classes for beginners in Microsoft Office 2010 for Excel, PowerPoint, Word, and Computer Basics.

Each class meets for two (2) hour sessions from 10 a.m. - noon in The Library.

A \$40 refundable deposit is required. Due to limited seating, pre-registration is required.

Some classes have prerequisites. For details, please call 201-288-0488 or visit online at <http://hasbrouckheights.bccls.org/>

The 2013 Spring Schedule is as follows:

May 4 and 11: Introduction to MS PowerPoint

- May 18 and 25: Knowing More: MS PowerPoint

- June 8 and 15: Computer Basics ###

May Movies at Lodi Library

Lodi Library presents free movies on Wednesdays starting at 1:30pm. The May 2013 schedule is as follows:

- May 1, "Robot & Frank" (2012)

- May 8, Silver Linings Playbook

- May 15, "The Intouchables" (2012)

- May 22, "Caddyshack," the classic golf comedy.

For more information, visit lodi.bccls.org or call 973-365-4044. ###

Garden Party

The Friends of The Library of Rutherford will be hosting a Garden Party featuring a Tricky Tray on Saturday, May 4, 2013, from 1 to 3:30 p.m. to help raise funds to benefit The Rutherford Public Library.

The event will be held in the garden adjacent to The Rutherford Public Library.

It will feature live music for entertainment and an array of desserts, plus coffee, tea, and lemonade.

A Tricky Tray will also be held during the event that will feature a variety of fantastic gift baskets, many of which include gift certificates from local businesses.

Tickets for the event are \$15 in advance or \$17 at the door. Ticket price includes admission, desserts, beverages, and an assortment of Tricky Tray tickets. To purchase tickets, or for more information, please contact Linda at 201-456-1897. Tickets may also be purchased at the Circulation Desk of The Rutherford Public Library. ###

Girl with a Pearl Earring

On Wednesday, May 8, 2013, from 7-8 p.m., The Carlstadt Public Library's monthly Book Discussion Group will discuss "Girl with a Pearl Earring" by Tracy Chevalier.

Sixteen-year-old Griet's life is transformed by her brief encounter with genius, even as she herself is immortalized in canvas and oil. Copies of the book are available at The Library for patrons to take out. Refreshments will be served, and all are welcome to attend!

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

We'll Have You in Stitches!

The Wood-Ridge Memorial Library invites you to come join them at The Library for crochet and/or knitting!

In a group atmosphere, crafters are able to help each other with questions or difficult patterns or stitches. In fact, it's a great way for new or intermediate knitters & crocheters to learn from more experienced stitchers.

The club meets the first and third Thursdays of the month from 6:30-8:30 p.m.

All skill levels welcome! Please bring your own supplies. Several crochet/knitting books and magazines will be available for check-out.

Come share your knowledge and meet new friends. No registration is required. ###

Chair Yoga Workshop

On Monday, May 13, 2013, from 6:30 to 7:45 p.m., Lodi Library will offer two free chair yoga workshops led by Julia Hough, a certified yoga therapist: Introduction to Yoga (6:30-7 p.m.) and Yoga for Stress Reduction (7:15-7:45 p.m.), with breathing exercises for relaxation.

Participants should bring a towel and wear loose, comfortable clothing. To register or for more information, call 973-365-4044, visit lodi.bccls.org or <http://juliahough.com/> ###

Retro Rewind

On Wednesday, May 1, 2013, from 7-8 p.m., Jeff and Karen will perform "Retro Rewind," an acoustic show of songs from the 60s and 70s plus original music in that style at The Carlstadt Public Library. Refreshments will be served, and all are welcome to attend! See their website for more info: <http://carlstadt.bccls.org/adults.shtml> ###



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How to Get Emergency Notifications

The Hasbrouck Heights Police Department, in conjunction with the Bergen County Office of Emergency Management, is advising area residents of a free emergency notification service. You can now register all your phone numbers for up to date information with regards to emergency notifications within the Borough of Hasbrouck Heights. Follow these instructions. Go to WWW.BCOEM.ORG and click "Swift911" link. Fill in your information and you are all set to receive the most up to date information on emergency situations. ###

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Up Do's for Special Occasions



Just Desserts
On Friday, April 5, 2013, The Friends of The Hasbrouck Heights Library featured "some delicious desserts." Photos by Marie Gallo. ### ###



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Cat Show and Tricky Tray

FOCAS will hold its Annual Cat Show and Tricky Tray Auction on Sunday, June 2, 2013, at the American Legion, 100 Liberty Street, Little Ferry, NJ. Stop by with your feline companion. Don't have a feline companion? Stop by anyway to join in the fun and participate in the Tricky Tray Auction. Refreshments served. Registration begins at 12:30 p.m. Program and auction begin at 1:30 p.m. All cats must be six months or older, in carriers and current on all shots. The admission fee is \$5.00 per cat. Cat Show and Tricky Tray Auction proceeds enable FOCAS to continue its work to provide humane services, programs and extraordinary medical care to shelter animals and our Feral/Stray Cat Spay or Neuter Program. For additional information call the FOCAS Help Line at 201-943-4019, or visit www.focasnews.org ###

Emmy Award Winner Performs in Wood-Ridge

The Friends of The Wood-Ridge Memorial Library invited Emmy Award winning actress Elaine Bromka to perform at the Senior Center on April 15, 2013. Ms. Bromka presented her one-woman show, "Tea for Three." The play, which will open Off-Broadway in June 2013, is a witty and intimate fictionalized account based on the lives of three women: Lady Bird Johnson, Pat Nixon and Betty Ford. The show has been presented in more the 165 theaters across the country and has received enthusiastic reviews from critics and theater goers. The author, Eric H. Weinberger, did an excellent job in presenting the reactions of the three former "First Ladies" who suddenly found themselves celebrities. He obtained his material from many sources close to each of the first ladies. Ms. Bromka gives a deeply moving performance integrating facts about each of the



ladies' lives before they were married; how each of them were courted; and finally how they handled the responsibility of being the wife of a politician. She also depicted the personal cost each woman had to face when they became the First Lady. She was excellent in her discussion of the problems their husbands faced as president. Elaine Bromka has over 30 years of acting experience in film, TV, Broadway, Off-Broadway, and regional theater. She has also been on the faculties of Smith College and NYU and has brought her workshops to over 95 colleges and high schools nationwide. Ms. Bromka is also a specialist in sign language. Story by Peter Gallo Jr. ###

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W-R Lions Scholarships

Applications for the three scholarships the Club offers are now available. There will be two awards to Wood-Ridge students in the amount of \$2,500 each.

One is given in the name of Lion Vinny Pascale and all Charter Club Members, the second is given in the name of Lion Jim Love Sr. and Phil Rottini.

The Moonachie award is for \$1,500 and is given in the name of Lion William J. Nagel.

Any Wood-Ridge or Moonachie graduating senior from any accredited public or private high school may apply for these scholarships.

Applications are available at the Wood-Ridge High School and Moonachie Guidance Departments, Parochial High Schools and the Bergen County Academy.

These awards are separate from the Wood-Ridge and Moonachie Memorial Fund scholarship awards. Separate applications are needed for each. The Lions Club judges look at scholastic records and give very strong consideration to service achievements. ###

Audrey L. Nagel Scholarship

Applications are now available at The Assumption Friary in Wood-Ridge for the Audrey L. Nagel Scholarship.

This scholarship is \$1,000 and will be awarded to an Eighth Grade graduating parochial school student of Assumption Parish who has shown a commitment to their education, school and the parish, and will be attending a Catholic High School in the fall.

Audrey loved her time at Assumption School and felt that this is where the foundation for both her education and overall development were set.

Audrey was an inspiration to many people. Audrey set examples for others in her professional work and through her involvement with her community and parish. She was a shining example of grace as both a wife and mother. She truly can serve as a role model for students of Assumption parish. This application is separate from any other scholarships being awarded. Deadline for applications is May 24, 2013. ###

Michael A. Schwarz Memorial Scholarship

Engine Company Two of the Carlstadt Fire Department established a scholarship in memory of Michael A. Schwarz, a 20 year old Marine killed in action November 2006 in Iraq. He was a member of the Carlstadt Fire Department and a 2004 graduate of Becton Regional High School.

The scholarship is open to all Carlstadt residents graduating from High School this spring and furthering their education. It will be awarded to students who show dedication and service to their school and community.

Applications are available at Carlstadt Borough Hall and must be returned by May 15, 2013.

For more information or to make a contribution, contact the Carlstadt Fire Department at 201-460-3942. ###

CFD Auxiliary Scholarship

The Carlstadt Fire Department Auxiliary is offering a scholarship to a Carlstadt resident receiving a diploma with this year's graduating class from an accredited secondary school and furthering their education.

Applications are available at Becton Regional guidance office and the Bureau of Fire Safety at Carlstadt Borough Hall.

Applications must be received by May 15, 2013. ###

W-R Knights Scholarship

The Knights of Columbus, St. Anthony Council #11585 will be awarding a \$500 scholarship to any graduating 8th Grader (*public or parochial school*) who will be attending a Catholic High School next September.

The candidate must be a parishioner of the Church of the Assumption of Our Blessed Lady, Wood-Ridge, NJ. Applications are available in the Church Friary. The deadline for submission of the application is Thursday, May 9, 2013, at 3:30 p.m. PG ###

Yield to Pedestrians

Lodi Oldtimers Little League Scholarship

The Lodi Oldtimers reminds Lodi High School seniors that the deadline to apply for their 2013 Scholarship Program is rapidly approaching. The deadline is May 20.

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

Three five-hundred dollar scholarships will be awarded. The Oldtimers will award one scholarship to a male and one to a female. The Pam Panagiotou Scholarship Award Program will award one scholarship and is open to both males and females. All applicants must meet the criteria set by the Lodi Oldtimers Little League.

Winners will be announced in June 2013. Applications can be picked up at the High School Guidance Office or at the Little League at 72 Church Street, Lodi, NJ. Questions can be directed to the Little League at 973-591-1137. ###

Carlstadt PBA Scholarship

Carlstadt PBA Local 312 is currently accepting applications for its 2013 scholarships.

To be eligible, you must be a Carlstadt resident who is graduating High School in 2013 and attending a two or four year college.

Students of Henry P. Becton Regional High School can pick up applications at the Guidance Office. Carlstadt students that attend other High Schools can pick up applications at the Carlstadt Police Department desk.

All applications are due back to the Guidance Office, for Becton students, or Carlstadt Police Department, (Attention: Lt. Beese), by May 13, 2013. ###



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Collaborative Parents Committee Meeting

The next Collaborative Parents Committee (CPC) meeting will be Tuesday, May 21, 2013, at 7:30 p.m. at the Media Center in the Hasbrouck Heights High School, 365 Boulevard in Hasbrouck Heights NJ.

This month they ask parents to lead the discussion with any questions or concerns they may have.

The CPC is a parent organized group that provides support, advocacy and education for parents of children with special needs in the Hasbrouck Hts school district. Their extensive Resource table will be available during the meeting and refreshments are always served.

For more information see our website: <http://www.hh-schools.org/SpecialServices/SitePages/Home.aspx> ###

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Registration: (201) 301-9699

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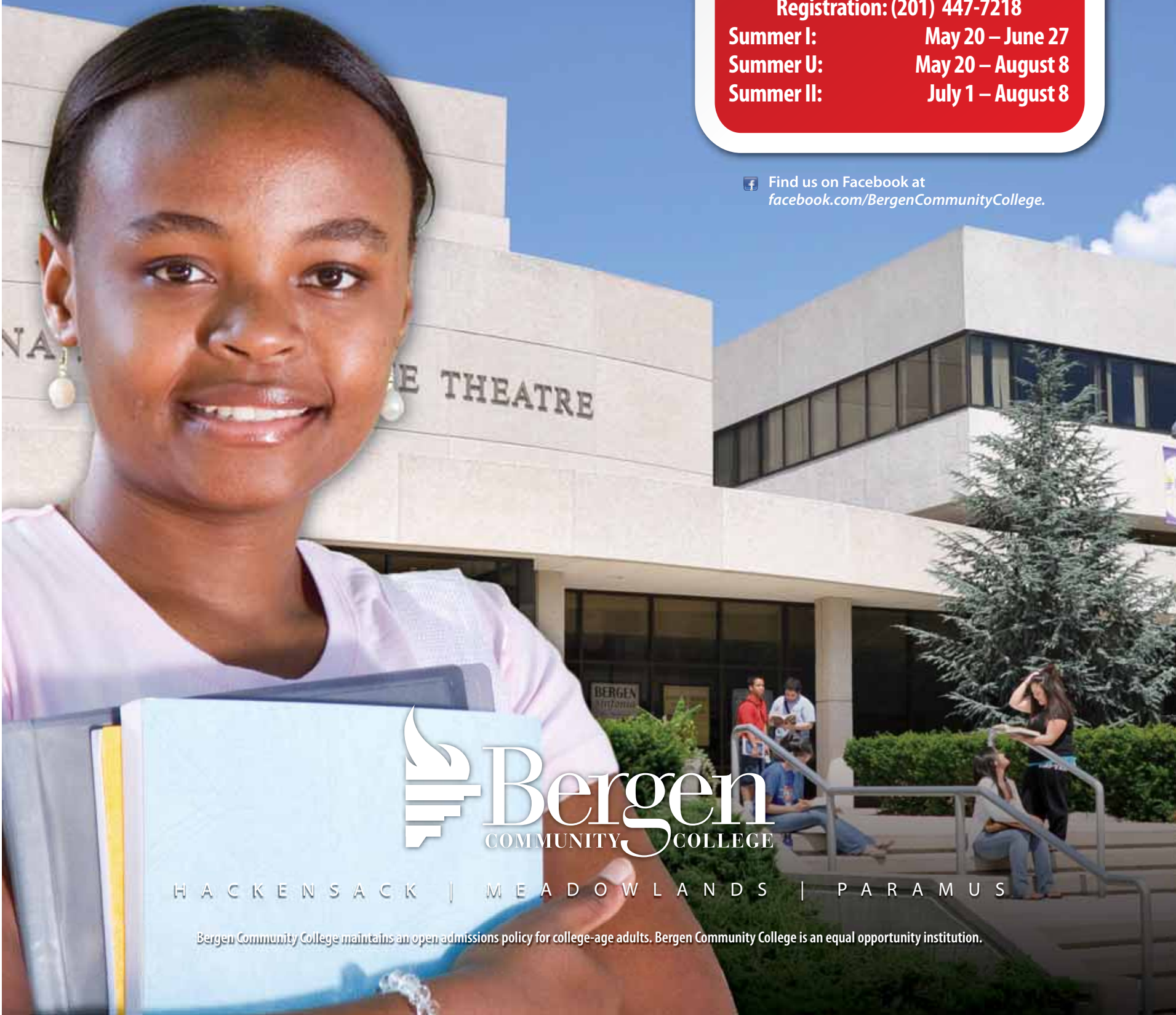
Registration: (201) 447-7218

Summer I: May 20 – June 27

Summer U: May 20 – August 8

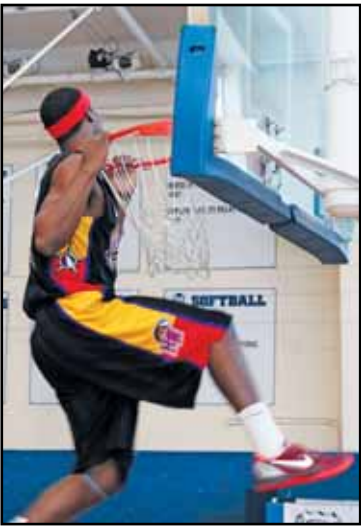
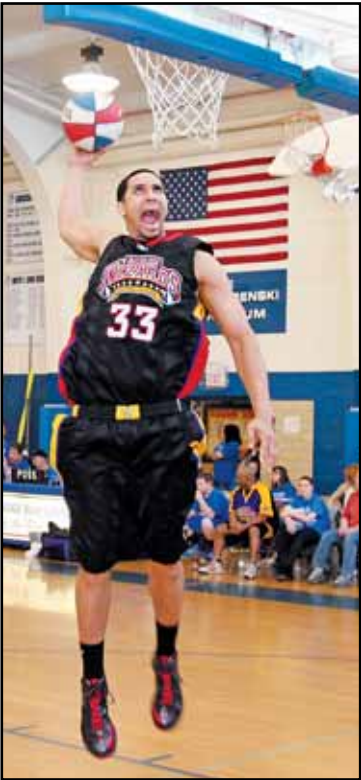
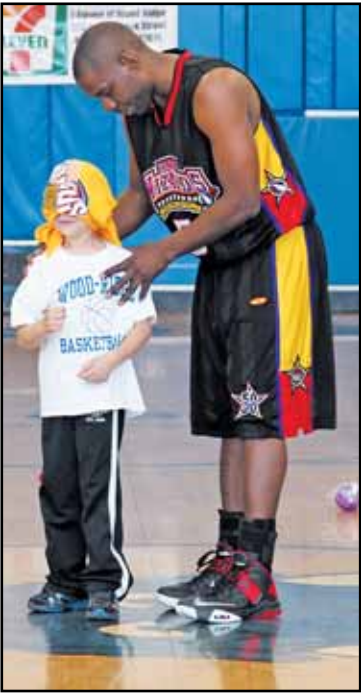
Summer II: July 1 – August 8

Find us on Facebook at [facebook.com/BergenCommunityCollege](https://www.facebook.com/BergenCommunityCollege).



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Bergen Community College maintains an open admissions policy for college-age adults. Bergen Community College is an equal opportunity institution.



On Sunday, April 14, 2013, the Wood-Ridge Public Education Foundation hosted a "Shooting for the Stars Family Day."

The event featured a Trick-Hoopz and Alley-Oops basketball game between the Harlem Wizards and Wood-Ridge teachers, administrators and basketball team captains.

The Wizards' high en-

ergy performance "Rocked the House."

They dazzled everyone with their basketball skills. Their entertaining on-court antics captivated all.

They brought children from the bleachers for fun games and souvenir prizes. The Wizards went into the stands and shmoozed with wil-

The Foundation's mission is to generate and distribute resources for the benefit of the Wood-Ridge School District. A recent project included replacing some ancient worn out playground balls with a variety of equipment worth approximately \$300 at Catherine E. Doyle Elementary School. For more information go to: wrpef.org ###



Wood-Ridge School-wide Band Festival

In conjunction with "March is Music in our Schools" month, the bands of Catherine E. Doyle, Gretta R. Ostrovsky Middle School, and Wood-Ridge High School had a day of music making on Wednesday, March 27, 2013.

About 130 students, from Grades 4 through 12, attended individual instrument workshops in the morning, and put on a combined performance at 12:30.

All the students in the district participated in the Band performance. The program

began with all bands playing "Star Spangled Banner" and "America the Beautiful."

Bands from each school played, followed by a rock band and selected soloists.

The program concluded with the combined Wood-Ridge Bands.

It was noted that each of the elementary schools have a formal band program built into the school day. The High School students do not have a formal band program, but practice after school as a club. Some band members of this

club participate in the school concert band, pep rallies and football games.

The event's goal was to bring excitement back into the Wood-Ridge music program. Aware of all the cuts going on around the state, they would like to share the importance of music in schools.

This Band Festival was under the direction of Mrs. Toni Baumgartner (*MS/HS Band Director*), Mrs. Sterba (*Elementary Band Director*) and Mrs. Melissa Ayvas-Manolakakis. ###

Wood-Ridge School Concerts

Come one, come all to celebrate the Performing and Visual Arts in Wood-Ridge. Admission is free and open to the general public. Here are the dates for all the schools in the district.

- Wood-Ridge High School will be having their annual Spring Concert & Visual Art Show on Wednesday, May 9, 2013, at 7 p.m. in the Wood-Ridge High School Auditorium.
- Catherine E. Doyle Elementary School will hold their annual Spring Concert "Music for May" on Thursday, May 23, 2013, at 7 p.m. in the All-Purpose Room at the Elementary School. ###

- Gretta R. Ostrovsky Middle School (*Wood-Ridge Middle School*) will be having their annual Spring Concert on Tuesday, May 7, 2013, at 7 p.m. in the Wood-Ridge High School Auditorium.

Iviswold Castle at Felician



On Wednesday, March 20, 2013, restoration architect, Annabelle Radcliffe-Trenner, led the press on a tour of the \$9 million, 14 year renovation of the 19th-century Iviswold Castle, located at the Felician College campus in Rutherford.

Renovated to maintain its original richness and beauty, the 18,000 square foot Castle will serve as a center for students, house the College's Chapel and several administrative offices.

Its first-floor parlors and meeting rooms will also be available for use by the public.

History

Iviswold Castle was originally constructed in 1869 within a large tract of land by New York newspaperman and land developer Lloyd W. Tomkins.

It was a simple square three-story plan with a mansard-roof, and a small two-story wing to the west.

Tomkins named the stone home "Hill House" because of its location on one of the highest hills in Rutherford.

Unfortunately, Tomkins' finances suffered during the depression of the 1870s and he was forced to liquidate his home.

In 1887, David Brinkerhoff Ivison, president of the American Book Company, purchased the house for his country estate.

He commissioned well known architect William Henry Miller to radically redesign and enlarge the house.

Miller encapsulated "Hill House" with towers, gables and bays producing an irregular undulating form.

To the north and east, Miller created a large piazza and on the south, added a large addition in the form of a porte cochère with a dramatic barrel vaulted music room above.

It was modeled after the Chateau de Chaumont in the Loire Valley in France.

It can rightly be described as Chateausque and exemplifies a high style of architecture popular for mansions in the late 19th Century.

In its most glorious day the interior was lavishly embellished

with many hearths, stained glass windows, dark wood wall coverings, a sweeping staircase and molded friezes.

It contained some details from the owner's native Scotland, such as a stained-glass representation of Mary, Queen of Scots.

In 1891, Scientific American Architects and Builders published a detailed description with photos.

The publication described the Music Room above the porte-cochère as "treated with ivory white and gold in a delicate manner and is furnished with rare bits of carving, a grand fireplace, spindle transom and stained glass windows."

The Ivison Carriage House was also designed by Miller and is the present day Rutherford Women's Club.

The Ivison Family populated it for a relatively short time until David's early death in 1903.

Successive owners included its longest resident Solomon Schatzkin (1906 to 1925 made major renovations, including

a two-story west wing and an indoor swimming pool on the second floor).

In 1930, the Castle was taken over by the Rutherford National Bank, which, at the time, was headed by Colonel Fairleigh S. Dickinson.

It became vacant in 1937 and would lay dormant until Rutherford residents Peter and Sylvia Sammartino envisioned a college that would be centered and grow from within its walls.

In 1942, the Rutherford National Bank president, Fairleigh S. Dickinson, presented the structure to the Fairleigh Dickinson Junior College which would later become New Jersey's largest private University.

The Castle was converted into classrooms, a library and administrative offices. In the process, many of the original finishes were concealed and partitions divided the once grand rooms.

Fairleigh Dickinson University left Rutherford in 1994 and Felician College acquired the Castle in 1997 when it purchased

the 10.5-acre campus.

Restoration

In 1999, the school commissioned Trenton-based Historic Building Architects, LLC that specializes in architecture, historic preservation and materials conservation. Principal Annabelle Radcliffe-Trenner led an expert team of consultants on the exterior and interior and rehabilitation and adaptive use of Iviswold Castle.

In the fall of 2001, engineers, architects, and historians began plans for a multi-million dollar project to restore the 134 year old landmark to its former glory.

At the time, the Castle was in a severe state of disrepair with numerous roof leaks, resident raccoons and many partitions creating small office spaces.

The concealed historic finishes were hidden by partitions, coats of paint and dropped ceilings.

The first work was to complete an emergency roof stabilization to prevent more water from damaging the interior

Campus Restored to Glory



finishes.

In 2000, they assessed the condition of the building accurately for a careful “selective demolition” to remove all contemporary partitions.

Surprisingly, they found much left of the original Castle, including decorative painted ceilings, plaster cornices, walnut paneling and most of the wood floors.

Careful measures were taken to preserve as much of the original structure as possible and to restore the Castle to its original beauty and grandeur.

Radcliffe-Trenner took pains to preserve rather than replace. She said great care was taken to preserve the home’s Gilded Age character, including its domed ceilings, opalescent stained glass windows, mansard red clay tile roof and ebony cornice moldings.

Utilizing an international theory of reconstruction, original fabrics were retained, preserved and reused whenever possible. The restoration used photos of the home taken in the

mid-to-late-1800s, the published photos from Scientific American Architects and Builders, along with original drawings to identify and remove all non-original materials installed during the last 50 years.

“All kinds of amazing things were covered over. It was fortunate that most things were hidden rather than ripped out during the mid-20th-century renovations” she said.

Behind paneled walls and drop ceilings installed during Fairleigh Dickinson’s use of the building from 1942 to 1994, the project team uncovered myriad hidden treasures such as domed ceilings, a working dumbwaiter, ebony cornice moldings, wainscoting and original plaster moldings.

Other treasures uncovered included opalescent stained glass windows, 27 original red clay tile roofs, and ornate wrought iron railings that graced upper-level balconies.

One of the most exciting discoveries above the dropped ceiling (*once the Music Room,*

now the Chapel), was a large quarter-scale replica of The Cantoria Frieze by Luca Della Robbia in Florence Cathedral hidden above an arched opening into the main hall. This restoration was painstaking. The Music Room’s 14th century frieze was cleaned with cotton swabs.

The entire apse of the Music Room is lined with a succession of finished stained glass windows depicting cranes and swans. Decorative painted glass in the dining room depicts Scottish figures such as Mary, Queen of Scots and Robert Burns. Several of these windows are attributed to artist John LaFarge.

In 2004, the exterior restoration began and included the 43 roofs, 31 of which were shaped clay-tile roofs covering turrets and tower with decorative tile features such as finials with lightning-rod protectors designed as birdbaths.

In 2007, interior restoration began with restoration and adaptive use of the interior.

For example, the dining room became the conference/

board room, the drawing room became the reception room, the music room became the Chapel and bedrooms became offices.

Whenever possible, decisions were made to repair and restore existing spaces and material rather than demolish them. Many of the finishes were restored, including the floors and plaster ceilings.

A decorative painted fresco ceiling was hidden behind wall paper in the reception room and restored by decorative painting conservators to recreate the three-bay ceiling with painted pergola dividing two decorative trompe l’oeil ceilings on either side.

Even insignificant details such as a child’s graffiti in the window well of the College President’s office were left intact.

Carefully woven into the historic architectural fabric to minimize damage to the existing building, modern systems were put in to bring the building up to code — for instance, sprinkler heads are concealed in the rosettes of a pressed linoleum

cornice in what is now a meeting room. An elevator was placed in a shaft that housed a dumbwaiter and servants’ stairway.

The 1930s swimming pool floor was converted to a mechanical room with several offices built above within its tiled walls.

Environmentally green designs include a new stained-glass skylight providing daylight to both the second and third floors featuring the striking handiwork of a former art professor at the school, Sister Anne Therese Kelly, and depicts aspects of the Catholic school’s Franciscan tradition.

The use of colored glass in the upper sashes to screen out bright sunshine and fully operational shutters have been retained.

The renovation made possible by a mix of public and private money -- 14 years in the making -- restores one of Southern Bergen County’s distinctive architectural gems, one that’s included on the state and national historic registers. ###



At Moonachie Fire Headquarters on March 28, 2013, the Moonachie/Little Ferry Relief Fund presented \$5,000 checks to the: Moonachie EMS/Rescue Squad, Moonachie Fire Department, Little Ferry EMS and the Little Ferry Fire Department. For more information about the Moonachie/Little Ferry Relief Fund go to: mlfrf.org ###



CFA & CFBNJ Provide Assistance

The Center for Food Action and Community Food Bank of NJ held a Sandy Relief food distribution on Saturday, April 6, 2013.

Upon showing proof of residency, residents received two large boxes of grocery, personal care products and paper product packages, a \$50 supermarket gift card, baby products (if needed) and fresh produce.

They also received Super Storm help information from the CFA, SNAP (food stamps), Legal Services of NJ, etc.

In the morning, about 250 Little Ferry residents received their relief packages at St.

Margaret Church with about 20 Little Ferry CERT members assisting.

In the afternoon, about 150 Moonachie residents received relief packages at First Presbyterian Church of Moonachie.

Although the storm hit nearly six months ago, hundreds of residents in these hard hit towns are still living in challenging conditions.

The CFA and CFBNJ are both active members of the Bergen County's VOAD, (Voluntary Organizations Active in Disaster), and are assisting the relief effort as it moves past emergency support to long term assistance. ###



Moonachie Businesses Re-Open

Despite significant losses due to Super Storm Sandy six month ago, several Moonachie Road businesses held Grand Re-openings in 2013.

It was all smiles as Baron II Drug & Surgical owner Luis Medina and staff were joined by Mayor Dennis Vaccaro and business neighbors Manny Segovia, Segovia Restaurant, and Nick Ressa, Ressa Cleaners, in a ribbon cutting on April 19, 2013.

Nick Ressa Cleaners, Margie's Deli and Barakat Family Market will scheduled their official re-openings soon. ###

Technology Donated to Little Ferry and Moonachie Schools



During a presentation at a Little Ferry Board of Education meeting held on March 26, 2013, the South Bergen Rotary Club and the Moonachie/Little Ferry Relief Fund donated 30 laptops to Little Ferry's Memorial School. ###



During a presentation at a Moonachie Board of Education meeting held on March 26, 2013, the South Bergen Rotary Club donated 26 iPads for the R. L. Craig School. ###

About The Bergen County VOAD, Long Term Recovery Committee (LTRC)

The Volunteer Center of Bergen County is the sponsor of the Bergen County VOAD (Voluntary Organizations Active in Disaster).

The VOAD facilitates communication between a broad network of civic, nonprofit and faith-based organizations. The LTRC is a voluntary association of organizations involved in relief, recovery, rebuilding and community development.

Their goal is to help residents recover from the devastation of the storm; provide resources to help meet the unmet needs of victims impacted by Superstorm Sandy. Their tasks include the following:

- Needs Assessment/Case Management: Case managers meet one-on-one with victims

to determine their unmet needs after FEMA and their insurance have provided assistance.

- Volunteer Coordination: Hundreds of volunteers are providing a range of services, from muck-out, re-building, fundraising, etc.
- Construction Management: A staff Construction Supervisor provides assessments and cost estimates prior to the start of construction. Several nonprofit organizations provide construction services, and several Rotarians have offered to serve as general contractors.
- Emotional and Spiritual Care: The emotional effects on victims is enormous, and several organizations and religious groups are providing counseling. ###

Storm Recovery Information Center

Located at Moonachie First Presbyterian Church VOAD offers a network of voluntary organizations ready to help you with your Superstorm Sandy recovery needs.

| | |
|-----------|-------------------|
| Tuesday | 11 a.m. to 5 p.m. |
| Wednesday | 11 a.m. to 5 p.m. |
| Thursday | 11 a.m. to 7 p.m. |
| Friday | 11 a.m. to 5 p.m. |
| Saturday | 9 a.m. to 2 p.m. |
| Sunday | Closed |
| Monday | Closed |

Hours subject to change

VOAD will also be at the Little Ferry Library on Mondays from 3 to 6 p.m.

For more information call: 201-470-3143 or visit: www.bergenvod.org ###

These volunteer organizations were devastated by Sandy. Financial donations are appreciated. Send checks to:

Little Ferry First Aid Corps, PO Box 147, Little Ferry, NJ 07643
Little Ferry Fire Department, 215-217 Liberty Street, Little Ferry, NJ 07643
Moonachie EMS/Rescue, 121 Moonachie Road, Moonachie, NJ 07074
Moonachie Fire Department, 70 Moonachie Road, Moonachie, NJ 07074
American Legion Post 310, 100 Liberty Street, Little Ferry, NJ 07643
VFW Post 809, 100 Main Street, Little Ferry, NJ 07643

Muck Out Day

On Saturday, March 30, 2013, volunteers from Northern NJ met at the First Presbyterian Church in Moonachie to join the "Muck Out Party" sponsored by Bergen County VOAD.

Although there were several projects on the agenda that day, two are highlighted here and were supervised by Dave Skoblar of Project195.

Mold Remediation

A Little Ferry home basement of a split level was gutted to the wood studs and concrete walls plus the newly ceramic floor, due to Irene.

Volunteers donned in white body suits and masks, scrubbed ceiling-to-floor, the walls and each stud with bleach to eliminate mold.

The water level reached beyond the basement to the next floor. Mold was growing on the existing sheet rock.

The owner explained that they installed the furnace and hot water heater up to the next level.

They installed a French drain after Irene and didn't comprehend why it didn't work.

Despite the money, their

efforts were not good enough.

Tears swelled as it was explained that they had to remove the sheet rock on the floor.

Project195 offered to remove the contaminated sheet rock and replace it.

Once this group of volunteers began, it was on to the next project for another group to clean out a three car detached garage, also in Little Ferry.

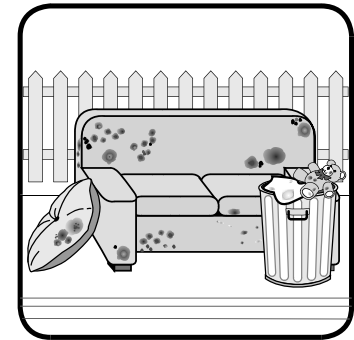
It was packed. Volunteers began by carrying out items and placing them in the driveway.

As they got deeper into the pile, the odor of mold became obvious. Wet cardboard boxes. Containers filled with Sandy's stagnant water. Furniture disintegrating when moved, revealing massive mold communities. Rusting propane tanks. Destroyed pool table.

Once the items were removed, the floor was thoroughly swept.

All surfaces were thoroughly bleached for mold remediation.

Those who need assistance are encouraged to contact Bergen VOAD at: <http://www.bergenvoad.org/>



- Take things that were wet for 2 or more days outside.
- Things that stayed wet for 2 days have mold growing on them even if you can't see it.
- Take out stuff made of cloth, unless you can wash them in **hot** water. Also take out stuff that can't be cleaned easily (like leather, paper, wood, and carpet).
- Use bleach to clean mold off hard things (like floors, stoves, sinks, certain toys, countertops, flatware, plates, and tools).
- Follow these steps:
- Never mix bleach with ammonia or other cleaners.
 - Wear rubber boots, rubber gloves, goggles, and N-95 mask.
 - Open windows and doors to get fresh air when you use bleach.
 - Mix no more than 1 cup of bleach in 1 gallon of water.
 - Wash the item with the bleach and water mixture.
 - If the surface of the item is rough, scrub the surface with a stiff brush.
 - Rinse the item with clean water.
 - Dry the item or leave it out to dry.





HH Little League Opening Day



Spirits were high as the The Hasbrouck Heights Little League held its 60th Opening Day Ceremony on Saturday, April 6, 2013.

The event began as Little Leaguers and their families marched from the club house, along the Swim Club parking lot, across Oldfield Avenue,

down onto the Major League Field and assembled along the perimeter of the infield. The National Anthem was sung by Hasbrouck Heights

Middle School "Glee Girls" Club. Hasbrouck Heights Little League President Pat Fass officiated, and thanked the sponsors, managers/coaches, and others who help make the

League a success. Selected ball players recited the Little League Pledge. IHOP threw out the first pitch -- starting the official season. ###



"Batter's Up"

The HH Little League held its 18th Annual Pancake Breakfast on Sunday, April 7, 2013, from 8 a.m. to 1 p.m., at the VFW Hall on Veterans Place.

The menu included pancakes, sausage, crumb cake, donuts, bagels, juice, milk and coffee. This event usually serves about 1,500 breakfasts.

The Tricky Tray sports memorabilia auction followed from noon to 1 p.m. Proceeds will be used towards renovating restrooms, concession stand and batting cage. ###



League Opening Day

Established in 1951, The Wood-Ridge/Moonachie Little League started their 61st Opening Day with a parade from the CVS Pharmacy to the 6th Street Field on Saturday, April 6, 2013.

Little Leaguers lined the infield and the program began with the National Anthem.

Little League President for the past 20 years, Phil Romero, officiated and thanked the sponsors, managers/coaches, and others who help make the

League a success.

He stated that all coaches were certified in CPR with a defibrillator donated by the WRPD.

Additionally, he thanked the Borough of Wood-Ridge for the major clean-up from last year's storms.

Presentations were made Moonachie Mayor Dennis Vaccaro and Wood-Ridge Mayor Paul Sarlo threw out the first pitches -- starting the official season. ###



Carlstadt Little League Opening Day

The Carlstadt Little League held its Opening Day Parade on April 6, 2013. At about 12:30 p.m., they marched from Borough Hall to the Little League Field located on 9th Street, followed by the Carlstadt Fire Department. Established in 1951, they are celebrating their 62nd Anniversary. Photos by Dennis Kronyak Sr. ###



On March 24, 2013, Wood-Ridge won South Bergen Travel Basketball 7th Grade Division Championship. The final score was W-R 30 - Rutherford 23. Team members are: Alex Berg, Robert Caruso, Vincent DiMarco, Andrew Marino, Jack Barteck, Matthew Roncaioli, Anthony Sarlo, Darren Mitchell, Evan Portscher, Luke Vu-Nguyen, John Whaley and Liam Cabri. Photo provided by the team. ###

HH Little League Picnic

The Hasbrouck Heights Little League will hold its Annual Picnic on Saturday, June 22, 2013, starting at 11 a.m. at the Little League Complex. Rain date is June 23. Families can enjoy plenty of grilled foods, Italian ices and cold drinks. There will be several inflatable amusements.

It's a nice way to end the regular season. The event is open to all Hasbrouck Heights families participating in the 2013 season. The Hasbrouck Heights Little League was established in 1953. ###



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See story on page 25

Hasbrouck Heights Hosts 6th Aviator Invitational Relays

On Saturday, April 13, 2013, at Gary Depken Athletic Field, the Hasbrouck Heights Jr./Sr. High School hosted the Aviator Invitational Relays. About 1,200 athletes participated.

This is the 6th major invitational championship meet to be held at Depken Field since the new facilities were installed. *(The event used to be called the Twin-Borough Relays.)*

Since all meets are now held on artificial surfaces, the Hasbrouck Heights Track Team had to travel. Depken Field installed a new field in 2007 at a cost of \$1.2 million.

During opening ceremonies, at the "Wall of Fame Honorees," Michele Carcich (1996), Cherilyn Marfino (2004), Brian Morrow (1989) and Vinnie Gareffa (2005) were recognized for their Track and Field accomplishments.

Track events started at 4 p.m. and finished at 8:30 p.m. They included: 6,400 meter relay, 400 meter relay, intermediate hurdle relay, 800 meter relay, 3,200 meter relay, sprint medley, shuttle hurdle relay, distance medley relay and 1,600 meter relay.



Field events started at 4 p.m. and concluded at 9 p.m. They included: pole vault, high jump, shot-put, discus, javelin, triple jump and long jump.

Participating in the All North Jersey NJSIAA Group 1 & 2 meet were 18 teams from: Bogota, Cliffside Park, Cresskill, Dwight Morrow, Fort Lee, Garfield, Hanover Park, Hasbrouck Heights, Hawthorne, Midland Park, New Milford, Newton, Park Ridge, Pompton Lakes, Ramsey, Verona, Wallington, and Wood-Ridge.

During this event, Anthony Seidel, Hasbrouck Heights Senior, broke the school record in javelin at 193'.5". The

former record was 192'.5" held by Bryan Fill. The event was headed by Rob Brady who has been the HHHS Head Track Coordinator for 19 years *(and associated with the track program for 23 years)*.

HHHS Director of Athletics Mike Sculla helped organize this meet with officials, team entries, etc.

The 2013 HHHS coaching staff includes: Jon D'Amato, Vinnie Marchese, Anthony Pomo, Mike Ryan, Ashley Scanlon, Jeff Seidel, John Valenti and trainer Justin Schmerek.

All proceeds from the meet went to the Hasbrouck Heights Track Program. ###

Matt Fenton Memorial 5K

On Sunday, June 2, 2013, at 9 a.m., the Second Annual Matt Fenton Memorial 5K Run/Walk at Willow Lake Park, will start at the Little Ferry Public Safety Building/Senior Center at 95 Main Street, Little Ferry, NJ.

This USATF sanctioned Grand Prix Event is 500 points. Pre-registration is \$20 with day of race \$25, starting at 7:30 a.m.

Register online until May 29 at www.raceforum.com/littleferry or register by mail before May 28. For race information, go to www.littleferry-nj.org/5k.html or email: Moses.racedirector@gmail.com

Awards for top 3 male/female overall medals, gift certificates to top 3 male/female in 5-year age-groups up to 80+, top male/female Little Ferry resident prizes, and top male/female First Responder prize.

Amenities include refreshments, DJ, D-Tag scoring by Compuscore, and Performance

Tech-Shirt to first 700 runners. Event also includes awards ceremony, random prizes and family fun and kids activities.

Proceeds will be donated to Little Ferry first responders and the Little Ferry PBA, who contribute to the Wounded Warriors Project.

• Lost to us on May 5, 2006 Sgt. Matthew J. Fenton was a larger than life figure to those who were blessed to know him. Fatally injured while conducting combat operations in Iraq, Sgt. Fenton's service to our Country shall not be forgotten.

Sgt. Fenton was with the Forces Reserve's Inspector and Instructor Staff, 1st Battalion, 25th Marine Regiment, 4th Marine Division Fort Devens, Massachusetts.

At his funeral, Sgt. Fenton was made an honorary Little Ferry Police Officer, the job which he was to hold upon his return to Little Ferry. ###

HH 1st Annual 5K Run/Walk

The Hasbrouck Heights Board of Health, in conjunction with the Junior Women's Club of Hasbrouck Heights, is sponsoring the first annual 5K Run/Walk and Health Fair on April 28, 2013.

Check-in starts at 8 a.m. at Hasbrouck Heights Borough Hall, the run/walk starts at 9 a.m and 5K awards at 10:15.

Medals will be given for the top three male and female runners in the following categories: 18 and under; 19-29; 30-39; 40-49 and 50 and over.

Amenities include: T-shirt, timing systems, and post-race refreshments.

Entry fees: \$50 per family max, pre-registration is \$20 *(ends April 15)*; day of race \$25, children 18 and under are \$15.

You can sign up online at www.runsignup.com or at the Hasbrouck Heights Health Dept., 320 Boulevard, Hasbrouck Heights, 201-288-1636.

TEB 5K Run July 20

The 16th Annual PSE&G Bergen County United Way Teterboro Airport 5K Run is scheduled for 8:30 a.m., on July 20, 2013, at Jet Aviation *(Moonachie Avenue)*.

Last year's event attracted over 900 runners and this year even more are expected.

Well known as a "must-run" summer race, the course is certified and sanctioned by USATF and is a Grand Prix Series Race.

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.

Over \$10,000 Random Prize Giveaway, \$1,000 Super Random Grand Prize, Chrono-Track D-Tag Scoring, United Way Mini-Flyer Dashes, Food, DJ, etc.

Registration fee is \$20 before July 11, and \$25 after July 12. Early registration is advised. Security will be tight. Two forms of ID are required. All bags are subject to be searched. No one will be allowed entry to the airport and race staging area after 7:55 a.m.

Proceeds will benefit NJ 2-1-1; United Way's Compassion Fund which provides direct financial assistance to people facing a crisis. Race director is Mark Zenobia. Results will be at: www.compucore.com. For more information go to: www.teterboroairport5k.org ###

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We are currently accepting members from Wood-Ridge and Hasbrouck Heights on a first come first served basis.

There aren't that many memberships still available, so if you are thinking about joining the Swim Club, **act now**.

Go to our website hhsimclub.com for an application or E-mail me, or call me at home for details and an application:

John Casella, President, Hasbrouck Heights Swim Club
Call: 201-393-0141 • Email: jdcasella@optonline.net

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Ketcho's 6th
Father-Son Golf

The Ketcho's 6th Annual Father-Son Golf Classic will be held on Saturday, July 20, 2013 at Shawnee Inn & Golf Resort.

Start is at 6 a.m. with tee off at 7:30 a.m. Cost is \$125 per player and includes full breakfast, 18 holes of Championship golf, cart, greens fees, with barbecue/awards ceremony all afternoon. Event hosted by The Ketcho Boys.

Make checks payable to The Carl Inserra Leukemia Fund and send to: 303 Ottawa Avenue, Hasbrouck Heights, NJ 07604. Checks due by June 1.

For more information call 201-220-7831 or email: ketcho@aol.com ###

Carlstadt PBA 312
Golf Outing May 31

Carlstadt P.B.A. Local 312 will be having their 26th annual Golf Outing on Friday, May 31, 2013, at The Knoll Country Club in Parsippany, NJ. The cost is \$175.00 and includes green fees, cart, continental breakfast, BBQ at the turn, buffet luncheon with open bar, golfer's gift, on-course beverages, and awards.

P.B.A. Local 312 are also looking for hole sponsors for \$200 and tee sponsors for \$100.

Checks can be made payable to Carlstadt P.B.A. Local 312 and mailed to PO Box 306, Carlstadt, NJ 07072.

Contact Felix D'Amico, John Sanzari, Jason Colombo, or Jonathan Rood at 201-438-4300 for more information. ###

Stay Alive!
Don't Drink and Drive

Meadowlands YMCA
Golf Outing June 3

The Meadowlands Area YMCA is hosting their 13th Annual Charity Golf Outing on Monday, June 3, 2013, at the Glen Ridge Country Club.

Cost is \$350 per golfer, \$1,400 per foursome and \$120 non-golfing guest.

Registration starts at 10 a.m., BBQ lunch at 11 a.m., shotgun start at 1 p.m. and reception at 5:30 p.m.

The golf package includes fees, cart, BBQ lunch, one hour open bar, dinner reception, awards, contests, prizes, and promotional merchandise.

Sponsorships and ad journal opportunities available.

Event benefits Strong Kids Campaign that supports children, their families and older adults by providing financial assistance, program subsidies and community outreach.

For more information call 201-955-5300 x31. or go to: <http://www.ymcainfo.org/events/golf.html> ###

HH Lions Golf
Outing May 3

The 49th Annual Tournament is scheduled for May 3, 2013, at the Meadows Club in Lincoln Park. Fee is \$125 and includes golf, cart, lunch and dinner with beverages, plus prizes.

The event is sponsored by the Hasbrouck Heights Lions Club. All proceeds to benefit various community charities.

If you are interested in playing or being a sponsor please contact Jason Cosimano at 201-825-0357 or Joe Luongo at 201-410-7593. ###

HHMA Memorial
Golf Tournament
May 22

The Hasbrouck Heights Men's Association is sponsoring their Memorial Golf Tournament on Wednesday, May 22, 2013, at the Minebrook Golf Club in Hackettstown, NJ.

All money raised will be given to the Hughes Family to help offset the cost of college tuition.

Cost is \$125 and includes: round of golf, cart, plus cash contest of longest drive, closest to pin, pot of gold and features a \$10,000 hole in one -- plus 50/50 and prizes. Players receive one sleeve of golf balls, bag of tees, and divot tool.

Registration starts at 7:30. Shotgun start at 9 a.m. and format will be Texas Scramble.

A hot and cold breakfast buffet starts at 7:30 a.m., hamburgers and hot dogs at the turn, with lunch buffet to follow.

Sponsorships are available. Contributions are welcome.

For more information, call 201-396-0750 or email Tom at TNTTwister@aol.com ###

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These Sponsors Hit A "Home Run" With Us!

The Hasbrouck Heights Little League would like to once again thank all of their sponsors who contributed to the success of the 18th Annual Pancake Breakfast. Your help made our event a profitable success. Once again, a special thanks to Inserra Shop-Rite of Lodi for their generous donation along with Goldberg's, Mills Bakery, Dunkin Donuts - Route 17 and especially IHOP of Hasbrouck Heights. In addition, we would like to thank

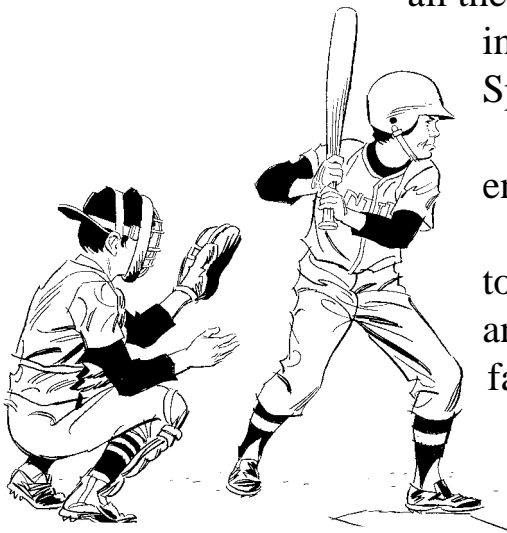
all the folks and local merchants who participated in donating items to our Pancake Placemat and Sports Auction/Tricky Tray (see list).

Thank you to all the league members, parents and volunteers who helped run the event.

Lastly, the VFW, along with special thanks to Bob Braitsch, for setting up the day before and sticking around to clean-up after the breakfast.

The Hasbrouck Heights Little League
truly appreciates all your help.

Thank you and see you next year!



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Rosary Society of Corpus Christi Church

The next General Meeting of the Rosary Society is Thursday, May 16, 2013, in the school cafeteria following the recitation of the Rosary at 7:15 p.m. and Mass in the Chapel. New members will be inducted at this liturgy.

June 6 is the date of our Annual Strawberry Festival and Baby Shower to benefit Birthright. The evening will include the Installation of Officers for 2013-2014.

We remind our members and the Corpus Christi community of our continuing collection of toiletries for the homeless in Hackensack. Please drop your donations in the designated box in the vestibule of the Chapel.

We encourage the women of the parish to join the Rosary Society in prayer and service. Members are required to say one decade of the Rosary daily,

to attend monthly meetings, to pray the Rosary for deceased members, and to participate whenever possible in various service projects. Simply come to a General Meeting or call Membership Chairperson Dee Sullivan at 201-288-7415 for more information. *Story by Carol Viceconte. ###*

Knights Annual Father's Day Breakfast

The St. Anthony Council #11585, Knights of Columbus in Wood-Ridge has scheduled its Annual Father's Day Communion Breakfast for Sunday, June 16, 2013.

Members of the Knights and their families will attend the 9:30 a.m. Mass at the Assumption Church. The breakfast will take place following the Mass at the **Fiesta** in Wood-Ridge at 10:45 a.m.

Tickets are \$18 per adult and \$16 for children 9 and under. For tickets contact a member of the Wood-Ridge Knights of Columbus. PG ###

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Reflections

Monuments and Memorials

Chaplain (CPT) Timothy Ippolito, USAR
Pastor, Faith Reformed Church, Lodi

This month Americans will once again welcome the unofficial start of summer by observing Memorial Day, remembering the sacrifice of American soldiers who died serving their country.

By visiting Veterans' cemeteries, attending parades and gathering with friends for food and fellowship, Americans together remember an important element of their history and reaffirm their identity as American citizens.

All nations, great and small have designated days and monuments to aid in their ability to honor and remember significant events and people in their respective histories.

I remember vividly my very first visit to the Gettysburg National Military Park, the bloodiest battle of the Civil War. It was one the most crucial battles of the war having occurred at a time when the fate of the nation literally hung in the balance.

Did you know there are approximately 1,328 monuments, markers and memorials at Gettysburg? I was astonished to see so many erected

for just one battle - albeit a significant and costly battle. It alone speaks volumes to our innate need to remember.

Memorials are necessary for several reasons. First, memorials are tangible reminders that help connect us to our past, our roots.

We all desire to know who and what came before us. I'm thinking of one popular online website that helps people identify their ancestors. Last month they had over 18 million hits!

Memorials also serve to educate us and honor the people and events that have helped shape our lives today.

Who has not stood in silent awe on the steps of the Lincoln Memorial in Washington, DC or solemnly observed the changing of the guard at the Tomb of the Unknown Soldier at Arlington Cemetery? Nary a soul can walk away unchanged.

Did you know even the Bible records many instances in which God's people set up memorials? They serve as a tangible reminder of God's faithfulness in the past and promises for the future.

When the Israelites first crossed the Jordan River, they set up a stone monument for the specific purpose of reminding future generations of the event: Word *So Joshua called together the twelve men he had chosen—one from each of the tribes of Israel. He told them, "Go into the middle of the Jordan, in front of the Ark of the Lord your God.*

Each of you must pick up one stone and carry it out on your shoulder—twelve stones in all, one for each of the twelve tribes of Israel.

We will use these stones to build a memorial. In the future your children will ask you, "What do these stones mean?" Then you can tell them, "They remind us that the Jordan River stopped flowing when

the Ark of the Lord's Covenant went across.' These stones will stand as a memorial among the people of Israel forever." (Emphasis mine)

The people needed a memorial because, like ourselves, they tended to forget the goodness and mighty acts of God on their behalf.

Monuments also were to teach future generations of the faithfulness of God "lest we forget."

Just as the Bible clearly teaches the need for reminders, Christianity has established a 'monument' of sorts.

The universal symbol or 'memorial' if you will for Christians is the cross. The cross of Jesus Christ is a reminder and a declaration to all that God himself became one of us in every way except without sin.

He lived the life we could never live – holy, perfect, righteous - and died the death we all deserve. Christ received the punishment we deserve because of our inability to keep the law of God perfectly. In short, his death is our life.

Rudyard Kipling in his poem "Recessional" stresses the importance of remembering this awesome truth:

The tumult and the shouting dies—

The Captains and the Kings depart—

Still stands Thine ancient sacrifice,

An humble and a contrite heart.

Lord God of Hosts, be with us yet,

Lest we forget—

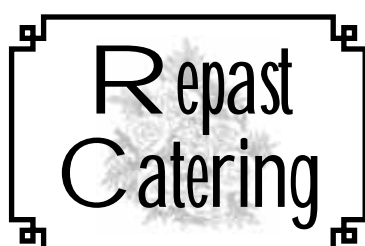
lest we forget!

The cross reminds us, "Greater love has no one than this, that he lay down his life for his friends." That is what Christ has done for us.

So...remember... Memorial Day is more than just another holiday....more than just a kick-off for summer.

It's the day we honor the memory of over 1.3 million men and women who made the ultimate sacrifice for their country.

It's the day we teach our children that freedom is anything but free. It's the day to remember...lest we forget. ###



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Real Estate Insight

By Mary Ellen Courtney



Potential Homebuyers: The Train is About to Leave the Station!

As I wrote last month, conditions are looking great for homeowners who want to sell. That implies, of course, that things must be pretty good for homebuyers, too.

A recent survey from Fannie Mae reveals what we're already seeing from our vantage point, down here in the trenches: potential buyers are moving off the sidelines in greater numbers.

It's only natural: as people see reports of rising home prices, they lose their worries about buying a home that will fall in value. And, of course, when prices are rising, potential buyers want to move before prices go up even more.

Fannie Mae's survey of 1,003 Americans found that 41% expect home prices to rise over the next 12 months, while only 10% expect prices to fall.

Underscoring the change in sentiment, 23% said it was a good time to sell a house, a 12 point gain over the past year. Also, 50% said they expect rents to go up over the next year, giving renters added

incentive to buy.

In addition, 23% said their household income was significantly higher than 12 months earlier, while just 19% - the lowest since the survey began 2 ½ years ago - said they were concerned about losing their job.

Fannie Mae's senior vice president and chief economist, Doug Duncan, observed: "Concerns about job loss are waning as payrolls are growing - a trend that may give potential homebuyers more confidence that they can meet the financial obligation of homeownership."

So, with the spring home-buying market already heating up nicely in our south-central Bergen County area, what should you, Mr. & Mrs. Prospective Homebuyer, do to be viewed as a serious contender?

Well, assuming you'll need a mortgage, the first step is to be sure your credit history is accurate and your credit rating is as high as possible. Make sure all bills are paid on time and pay off your credit card balances.

The less debt you have, the bigger the mortgage you can get. Don't open new lines of credit such as credit card accounts, even if you don't intend to use them right away; mortgage lenders are wary of borrowers who could get into trouble from an overabundance of available credit.

Next, start assembling cash. Chances are you'll need

a down payment of 20% of the home's purchase price. Other expenses such as points, application fees and advances on taxes could equal 5% to 10% of the price. Your real estate agent and lender can help you zero in on a figure.

Finally, get a mortgage pre-approval, which is a lender's assurance you can qualify for a loan of a given size. That will make your offer more appealing to the seller.

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

Free Home Improvement Reference

Spring is here! Planning to do your own home improvements? Check out the Home Improvement Reference Center, a free database funded by the New Jersey State Library.

With a library card from The Rutherford Public Library or another Library in New Jersey, you can access this database 24/7.

Log on to www.jersey-clicks.org, scroll down to the Home Improvement Reference Center, and type your Library card number.

The database provides the latest step-by-step information along with background information and basic tips on topics including electrical, plumbing, woodworking, outdoor projects, maintenance and decorating.

The information in the database has been gathered from magazine articles and reference books, and videos are also included. All you need is your Library card! ###



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Filling You In

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

Allergic Reactions

Allergic reactions are sensitivities to a specific substance, called an allergen, that makes contact with the skin, or is inhaled into the lungs, swallowed, or injected.

Some allergic reactions are mild, while others can be severe and life-threatening. Allergic reactions often occur more frequently in people with a family history of allergies.

Substances that don't bother some people (*including certain medications*) can trigger allergic reactions in others.

What might cause an allergic reaction in the dental office?

Allergic reactions that occur in the dental office may be caused by materials or medications. These allergens may include:

- Latex. Latex can be found in many medical or dental supplies and devices, such as masks, gloves, and syringes.

Unlike some consumer goods made from synthetic latex, natural rubber latex is derived from a milky substance found in rubber trees. Some individuals have developed hypersensitivity to proteins derived from natural rubber latex, which can cause allergic reactions.

If you are allergic to latex, ask your dentist if he or she has latex-safe products available for use during a dental procedure or surgery.

- Local anesthetic. Local anesthetics are used to numb your mouth and gums when you undergo certain dental treatments.

Although allergic reactions to local anesthetics are rare, they can occur. If you have had reactions to local anesthesia in the past, be sure to tell your dentist before you undergo any treatment.

Your dentist can find alternative ways to anesthetize you to prevent any adverse reactions.

What are the symptoms of an allergic reaction?

A person who is allergic can experience a range of symptoms, including itchy, swollen eyes; a runny nose; and sneezing.

Hives, dermatitis (skin rash), and asthma also are common reactions. The most severe allergic reaction is the potentially fatal condition known as anaphylactic shock, which is characterized by the following symptoms: generalized flushing of the skin; hives; mouth

and throat swelling; difficulty in swallowing or speaking; changes in heart rate; abdominal pain; nausea and vomiting; anxiety; a sudden feeling of weakness (*due to a drop in blood pressure*); and unconsciousness.

What should I do if I am allergic?

If you have allergies, be sure to tell your dentist and dental staff, and make sure that the information is included in your patient chart.

If you have had severe allergic reactions, you should consider carrying an epinephrine kit (EpiPen®) and use a medic alert bracelet that clearly states your allergy. You also may want to carry a letter of explanation from your physician.

If you have allergic symptoms following a dental procedure, consult your dentist and physician immediately. If you experience a severe allergic reaction after a dental procedure, you should go immediately to the hospital emergency department where you can be closely monitored and treated.

If you have questions about allergies and allergic reactions, talk to your dentist.

If you have allergies, be sure to tell your dentist and dental staff, and make sure that the information is included in your patient chart. *Ref: Academy of General Dentistry, 2013*

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

W-R Health Consultations

The Borough of Wood-Ridge offers free health consultations at the Wood-Ridge Senior Center, from 11 a.m. to 1 p.m., on the first and second Thursday of every month.

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Nurse's Station Spring Allergies

Spring is the time of year that we normally think of when it comes to seasonal allergies.

As the trees start to bloom and the pollen gets airborne, allergy sufferers begin their annual ritual of sniffing and sneezing. Each year, 35 million Americans fall prey to seasonal allergic rhinitis, more commonly known as hay fever.

What causes spring allergies?

The biggest allergy trigger is pollen -- tiny grains released into the air by trees, grasses, and weeds for the purpose of fertilizing other plants. When pollen grains get into the nose of someone who's allergic, they send the immune system into overdrive.

The immune system, mistakenly seeing the pollen as foreign invaders, releases antibodies -- substances that normally identify and attack bacteria, viruses, and other illness-causing organisms. The antibodies attack the allergens, which leads to the release of chemicals called histamines into the blood. Histamines trigger the runny nose, itchy eyes, and other symptoms of allergies.

Pollen can travel for miles. The higher the pollen count, the greater the misery. The pollen count measures the amount of allergens in the air in grains per cubic meter. You can find out the daily pollen count by watching your local weather forecast. Allergy symptoms tend to be particularly high on breezy days when the wind picks up pollen and carries it through the air. Rainy days, on the other hand, cause a drop in the pollen counts because the rain washes away the allergens.

How are spring allergies diagnosed?

If you've never been formally diagnosed with spring allergies but you notice that your eyes and nose are itchy and runny during the spring months, see your doctor. Your doctor may refer you to an allergist for tests.

"When your bone joints hurt a storm is coming."

What's the treatment for spring allergies?

Doctors treat spring allergies with a number of over-the-counter and prescription drugs.

Even though you can buy these allergy drugs without a prescription, it's a good idea to talk to your doctor first to make sure you choose the right medication.

If over-the-counter remedies don't help allergies, your doctor may recommend a prescription medication or allergy shots.

Allergy shots expose your body to gradually increasing doses of the allergen until you become tolerant of it. They can relieve your symptoms for a

longer period of time than oral and nasal allergy medications. Although they don't work for everyone, in people who do see a response, allergy shots can stave off symptoms for a few years.

How to manage spring allergies

It's nearly impossible to completely avoid spring allergies if you live in an area where plants grow. However, you can ease sniffing, sneezing, and watery eyes by avoiding your main allergy triggers. Here are a few tips.

Try to stay indoors whenever the pollen count is very high (pollen counts usually peak in the mornings).

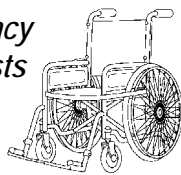
Keep your doors and windows closed whenever possible during the spring months to keep allergens out. An air purifier may also help. *Source: www.webMD.com ###*

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May 2013 Heights Senior Calendar

Open to All Hasbrouck Heights Seniors

SENIOR ACTIVITIES

Monday, May 6, 13, 20

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

11:00 a.m. Mahjong

10 a.m. to 3 p.m. Senior Lounge open to all

Tuesday, May 7, 14, 21, 28

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

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

6:00 p.m. Card Game Night

Wednesday, Wednesday, May 15, 22, 29

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

10:00 a.m. Mahjong

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

10 a.m. to 2 p.m. Senior Lounge open to all

Thursday, May 2, 9, 16, 23, 30

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

11:00 a.m. Mahjong

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

10 a.m. to 2 p.m. Senior Lounge open to all

Friday, May 10, 24, 31

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

10 a.m. to 1 p.m. Senior Lounge open to all

1:00 p.m. Zumba Gold \$1

Friday, May 3, 17

10:00 a.m. Fun Bingo

10 a.m. to 1 p.m. Senior Lounge open to all

1:00 p.m. Zumba Gold \$1

Check Center Bulletin Board for any changes

*The Center will be closed on
Monday, May 27, Memorial Day.
No garbage will be picked up on this day.*

CLUB MEETING SCHEDULE

Wednesday, May 1

10:00 a.m. Executive Board meeting

Wednesday, May 8

12:30 p.m. Monthly meeting. Program:
Ian Gallagher -- enjoy an old fashioned
Sing-a-long

Wednesday, June 12

12:00 p.m. No monthly meeting.

"Hot Dog Party." Tickets are \$5 each and
must be purchased in advance.

Contact: Dorothy at 201-288-9537.

No tickets will be sold at the door.

UPCOMING EVENTS

Open to all seniors

Trip to Colucci's Ristorante: Wednesday, May 15

Cost is \$49. Includes transportation, a sit down
dinner and be entertained by Bobby Valli (*Frankie's
Brother.*) It is a tribute to Frankie Valli and the Four
Seasons. Contact: Kathy at 201-288-6651.
Waiting list.

Vic's Hoofers Auxiliary

Ladies Auxiliary of Vic's
Hoofers is a social club open
to anyone from the surround-
ing towns. It meets on the first

Thursday of the month at 7 p.m.
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4th Street.

New members are wel-
come. Join them for an evening
of fun and refreshments. Call
Dolores 201-939-5163. ###

*"When clouds look like black
smoke, A wise man will put on
his cloak."*

Pharmacist Justin Di Pisa Addresses the Leisure Club Members

Does an apple a day keep the doctor away? According to Pharmacist Justin Di Pisa not only eating apples but also strawberries, blueberries and kiwis can improve one's health.

What are the secrets to a long and healthy life? An attempt to answer that question was made by Pharmacist Justin Di Pisa at the meeting of the Leisure Club held on April 10, 2013.

During his presentation, Mr. Di Pisa stressed that we must watch what we eat and what we drink. He stressed that we should eat breakfast like a king, lunch like a prince and dinner like a pauper. He explained that breakfast should be the most important meal of the day. Eating five to six servings of fruits and vegetables a day, decreasing the amount of animal fat you eat, and controlling the amount of food you eat can have a positive effect on your health status. Eating more fruits and vegetables will



increase the fiber in your diet. Fiber is a natural way to prevent overeating.

Mr. Di Pisa also discussed the importance of exercise. He suggested that seniors exercise for at least twenty minutes a day, three times a week.

If you are overweight you are at an increased risk for diabetes, high blood pressure, heart disease and stroke. Your proper weight should not be measured by your height but by your ability to do everyday tasks without exerting yourself. If when bending down, tying your shoe strings, putting on your socks or reaching for something gets you out of breath, then you must lose

some weight. To help you lose weight cut out cake, cookies, ice cream, bread and pasta.

Pharmacist Di Pisa also stated that flossing your teeth every day could add years to your life. It helps to eliminate bacteria that can harm you.

The members of the Leisure Club asked many questions specifically about his presentation and others related to medications they were taking.

Leisure Club President Peter Gallo outlined the programs and activities that would take place prior to the club's summer recess. They are listed on the Heights Senior Calendar in this newspaper.

He also suggested some changes to the words of the song "Cabaret" for all seniors in Hasbrouck Heights. The new words are: What good is sitting alone in your home - Come join in the fun - Life is a Joy, old friend - Come join the Leisure Club. *Photo and story by Marie and Peter Gallo Jr. ###*

AARP Entertained by Versatile Performer

Members of the Central Bergen Chapter 418, AARP took a stroll down memory lane when they were entertained by Frank Fattrosso. Frank, the son of Nancy, one of the chapter's members, put his heart and soul into his songs as he performed for the group on April 12, 2013.

Frank enjoys entertaining senior groups. He sings, dances to the music, plays the drums, plays the guitar and tells jokes. He has the energy of a teenager. His performance includes rock and roll songs, old time standards and sing-a-longs. He had his audience clapping to many of the songs that he sang.



During the meeting which preceded the entertainment, President Marie Gallo announced that the program scheduled for May 10, 2013 was Nancy Ellison RN, Coordinator for the Center for Healthy Living at the Holy Name Medical Center. She will discuss the

topic "Give it your best shot - immunization update for seniors." For the June 14 luncheon at the Maywood Inn, Rhonda Denet, an extraordinary jazz singer, will provide the entertainment.

Past president Michael Cahill announced the slate of officers selected by the Nominating Committee to lead the chapter starting July 1, 2013. They are President Marie Gallo, First Vice President Frank Zabransky, Second Vice President and Assistant Treasurer Donald Callahan, Co-Secretaries June Raymond and Janet Wright and Treasurer Peter Gallo. *Photo and story by Marie and Peter Gallo Jr. ###*

Carlstadt Senior Friendship Club

The Carlstadt Senior Friendship Club meets on the first and third Wednesdays of the month at 1:30 p.m.

Refreshments are served and bingo played with a jackpot bingo played at the second meeting of the month.

The Borough nurse is available at the second meeting also to give blood pressure readings to any Carlstadt resident.

Their 2013 scheduled trips are May 22, to LaGreci in Staten Island; June 13, to Westchester Theater for "Sound of Music"; July 9 to Ocean Professional Theater for "Anything Goes"; and August 13 to Mt. Airy. A trip to Branson, MO, is scheduled for September 8 to 16.

Call Eileen Garden for further information on these trips. ###



Carlstadt Seniors' Prom

On April 16, 2013, at about 5 p.m., Carlstadt Seniors enjoyed an annual Prom event hosted by the Carlstadt Public School teachers and aides in the cafeteria. There was abundant food and DJ music. ###



Jurassic Park Comes to the Newark Museum

Jurassic Park comes to the Newark Museum when the “Mighty T-Rex” headlines a day of activities at the 6th Annual Dinosaur Day on May 5, 2013, from 10 a.m. to 4:30 p.m.

Dinosaur Day engages children through hands-on experiences, games, performances and presentations. Children will meet and interact with the “Mighty T-Rex,” a 15-foot long mechanical dinosaur provided by Field Station: Dinosaurs that are accompanied by the Dinosaur Troubadour.

Other activities include making fossil rubbings, digging for fossils, hunting for GEO treasures, creating dinosaur origami and sluicing for gemstones.

There will be a meet and greet with Diego, the Nickelodeon action-adventure hero; a display of life size dinosaur fossils; an earthquake simula-

tor; a fossil touch table; and a Tsunami Tank.

Admission to a Hurricane Simulator with winds up to 80 mph is offered for an additional fee.

Live animal shows include Bill Robinson’s Dinosaurs to Birds and Bill Boesenberg’s Snakes -n- Scales and Turtle Tales.

Please note that the Dinosaur Day admission fee includes ONE ticket to any performance – including these and the “Mighty T-Rex.” Additional tickets may be purchased.

The shows, Skywatchers of Africa, Stars of the Pharaohs and Secrets of the Cardboard Rocket, will take place in the Dreyfus Planetarium. Times of these performances will be listed on newarkmuseum.org.

Geologists and engineers from Rutgers University, Kean University, NSF, Exxon Mobile, the New Jersey Paleontological Society and the US Geological Survey will also be on hand to share what modern geologists learn about dinosaurs and the history of the Earth.

Dinosaur Bar-B-Que in Newark will be selling Dinosaur Sandwiches (*chicken and pulled pork*) for \$2, with all proceeds to support the Museum’s education programs.

Dinosaur Day is presented by the Newark Museum in collaboration with Rutgers University–Newark. It is made possible in part through the generosity of United, Dinosaurs Rock, ExxonMobil and Field Station: Dinosaurs.

Unless otherwise noted, Dinosaur Day activities are FREE with suggested Museum admission: \$10 for adults, \$6 for seniors, children and students with valid ID.

Admission price for the Planetarium is \$5 for adults; and \$3 for children under 12, seniors and college students with valid ID.

For more information, visit the Museum’s web site, www.NewarkMuseum.org; or follow us on Facebook at [facebook.com/newark.museum](https://www.facebook.com/newark.museum) or Twitter at twitter.com/newarkmuseum ###

Celebration of Opera and Anniveraries

The Adelphi Chamber Orchestra presents Celebration of Opera and Anniveraries under the baton of Richard Owen Jr., featuring soprano Karen Foster, in a performance of Wagner’s Wesendonck Lieder.

Also included on the program is Verdi’s overture to La forza del destino, Mascagni’s Intermezzo of Cavalleria Rusticana and Poulenc’s Sinfonietta.

The Concert starts at 4:00 p.m. on May 5, 2013, at River Dell Regional High School, 55 Pyle Avenue in Oradell, NJ.

This Prelude Concert will feature the River Dell High School Choir under the direction of Lisa Smith.

Admission is free with a suggested tax-deductible donation of \$20.

To become a patron of the Adelphi Chamber Orchestra visit ACONJ.org. All donations received prior to May 5 will be listed in the concert program. For more information call 201-477-0406 or email adelphi-chamber@gmail.com. or go to: ACONJ.org ###

Grow NJ Business Strong Workshop

The NJ State Library has organized a series of free breakfast workshops for the NJ business community at libraries across the state. At the event hosted by The Hasbrouck Heights Free Public Library on April 10, 2013, taught by Lorrie Ng, there was a capacity audience of over 125 small business owners.

The two-hour breakfast events bring together NJ business partners and a team of business marketing experts, for a training session on Social Media and Email Marketing, to showcase useful resources for business planning and research. Representatives from participating agencies were onsite to answer questions, and discuss how these resources and programs can help rebuild, improve and grow businesses.

The program is organized in partnership with Constant Contact, NJ Small Business Development Center, Women’s Business Center and SCORE, with guests from the Small Business Administration, NJ Business Action Center, Connecting NJ, and ReferenceUSA, and designed for business owners and aspiring entrepreneurs. ###



Pictured are, from left: Lorrie Ng, owner of Social Solutions for Small Business, Jennifer Podolsky, NJ State Library Business Outreach Specialist, Rose Heck, Mayor of Hasbrouck Heights, Mimi Hui, director of The Hasbrouck Heights Free Public Library, and Bill Loges, account executive for Reference USA. Photo provided by NJ State Library. ###

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Open Cockpit Day

On Saturday, May 4, 2013, 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.

Featured aircraft include a Grumman OV-1 Mohawk, Cobra Gunship Helicopter, a one-of-a-kind 1950 Martin 202 airliner and a rare Lockheed-designed 402-2 Bush Master.

Guides are available to explain each aircraft. Admission: Adults \$7, children (under 12) and seniors \$5. For more information, call 201-288-6344 or visit their website at: www.njahof.org ###

WRHS 1983 Class Reunion

The Wood-Ridge High School Class of 1983 will hold their 30th Reunion on October 26, 2013, at the Hasbrouck Heights Holiday Inn from 7 to 11 p.m. Cost is \$80 per person and includes buffet, open bar and DJ entertainment.

Please pass this information on to any classmates that you may keep in contact with.

For more information call Gayle at 201-803-5972 or email: gaylecoz@aol.com ###

AC Bus Trip

The VFW Post 4591 sponsors Atlantic City Bus Trips on the last Wednesday of each month. Bus departs at 10 a.m. The cost is \$30; it includes a continental breakfast from 9 a.m. to 10 a.m., a casino voucher and a goody bag on your trip home. Games and prizes and a movie make the travel time pass quickly.

Call Mel at 201-933-9937 or the Post for more information at 201-288-1112. ###

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He was always interested in action figures (soldiers, super heroes, etc.). His decision was to make action figures, and design their costumes.

To do this, Guy purchased body parts of many figures. He selected those arms, legs, body, etc., that best represented the character he was creating; such models as Batman, Robin, Superman, Wonder Woman, The Joker, Military men, etc. He put the body parts together, created the face and designed the costumes that they would wear.

The results of his labor were more than one hundred 12" figures. Each figure is easily identifiable as to the character they represent. Many of them were on display at the Hasbrouck Heights Free Public Library during April 2013.

Guy has also been contacted by individuals who have asked him to create a figure for them of their likeness. Story and photo by Peter Gallo Jr. ###

Mt. Airy Lodge & Casino Trip June 1

Most Sacred Heart of Jesus, Wallington, NJ Rosary Confraternity is hosting a trip to Mt. Airy Lodge Saturday, June 1, 2013.

The bus will leave from in front of our Church at 9 a.m. sharp, returning at approximately 6 p.m. The price of \$32 includes bus transportation, a \$25 free slots play, and a \$10 food voucher.

Payment is due when the reservation is booked. Checks should be made payable to "MSH Rosary Confraternity," placed with the reservation form in an envelope marked "Mt. Airy Trip," and dropped off or mailed to the Rectory at 127 Paterson Avenue, Wallington, no later than Friday, May 24. Guests must present valid state or federal issued photo id in order to obtain their Mt. Airy Players Club Card or any motor coach incentive. For additional information, call Ginny at 201-715-2087. ###

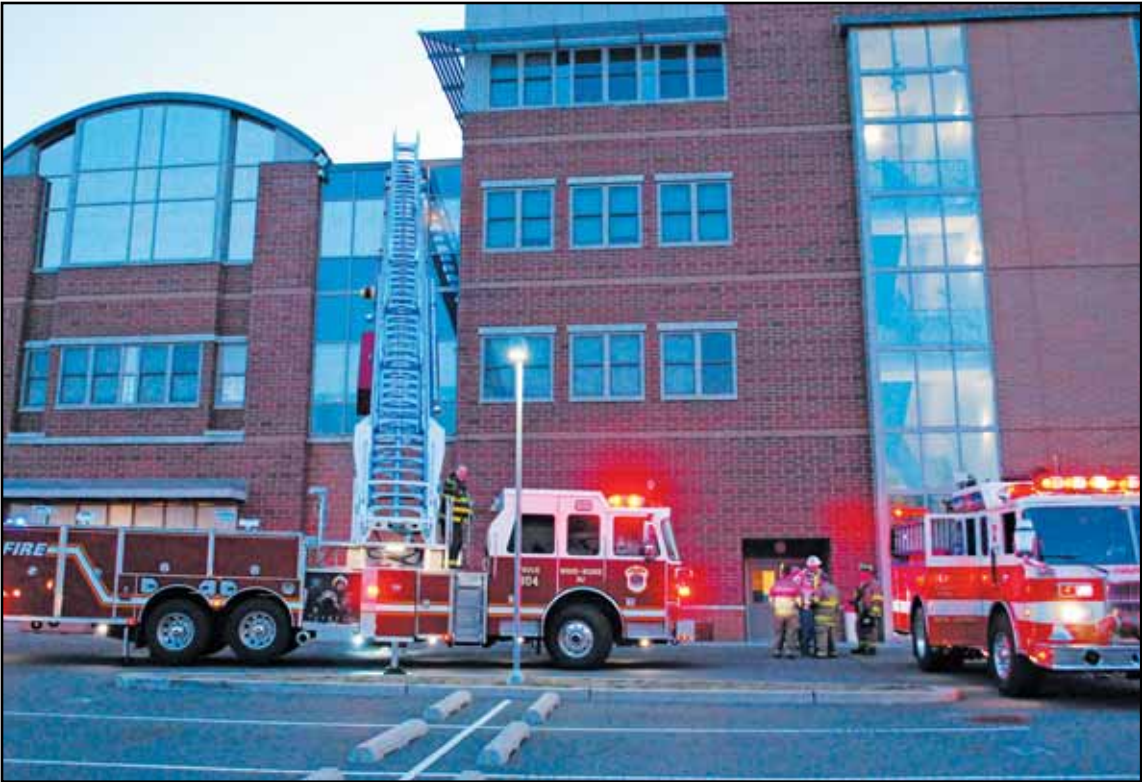
Beefsteak at Polish Peoples Home

Remember dancing at the Polish Peoples Home in Passaic, on Saturday or Sunday evening?

Were you a Miss Polonia or Grand Marshall for the Pulaski Day Parade, or had your wedding reception at the Polish Peoples Home Inc., (trading as the Polish American Cultural Center)?

They are sponsoring an all you can eat beefsteak on Wednesday, May 22, 2013, at 6:30 p.m. at 1-3 Monroe Street, Passaic, New Jersey.

Ticket donation is \$35 per person and can be purchased by calling Barbara at 973-916-1957 or Artur at 973-473-6619. ###



On April 4, 2013, at about 6 a.m., the Carlstadt Fire Department was called to the Carlstadt Public School for an alarm. Wood-Ridge Ladder Truck 904 was called to the scene for assistance. Firefighters found a mechanical failure on the roof which caused the call. The incident was resolved. No injuries were reported. *Photo by Dennis Kronyak Sr. ###*

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

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**HHFD Annual
Inspection May 11**

The public is invited to attend The Hasbrouck Heights Fire Department Annual Inspection, at 7:00 p.m., on Saturday, May 11, 2013.
Department personnel will be in full dress uniform. The equipment and fire headquarters will be presented for inspection. Department personnel will be available to answer any questions. The event is attended by local officials as well as Fire Chiefs from area towns. ###



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The East Rutherford Fire Department responded to a rollover on Rt. 17 and Union Avenue on March 30, 2013. Several occupants were in the vehicle. One person was taken to Hackensack University Medical Center. Wallington Fire Department assisted. Photo by Dennis Kronyak Sr. ###



On April 5, 2013, the Hasbrouck Heights Fire Department responded to a house fire on Division Avenue. Two 5" lines were connected to hydrants to supply water. Mutual aid units included Carlstadt, Little Ferry, Lodi, Moonachie, Wallington and Wood-Ridge. Photos by Dennis Kronyak Sr. ###

Police Chief Warns of Scams

Hasbrouck Heights Police Chief Michael Colaneri reminds residents that as spring approaches, residents should be aware of warm weather scams.

Questionable people usually prey upon senior citizens and people living alone, because they would rather deal with a lone decision maker.

With no one to confer with, it makes it easier for them to weave their web of deception.

The Chief said, "They prey on senior citizens because they have the time, they're home, and they're mellow in their older age. They try to see the good in everybody."

People should be suspicious of unsolicited work offers. "The day of door-to-door salesmen is over," Chief Colaneri said.

"If you've got somebody going door to door for house repairs, the chance is good that it's some kind of scam."

They say they are doing the house down the street and offer a discount.

Sometimes they will try to scare their prospects by bringing up dangerous situations that must be corrected immediately. But most often, nothing

is wrong or just a minor repair would be needed.

One of the more common scams is to knock on the door and tell the homeowner that they do roofing, and when passing by they noticed that the roof is badly damaged.

They explain how the home is being damaged even before leaks become visible.

They use high pressure, aggressive tactics and convince the homeowner that the roof needs immediate attention.

They ask for cash and say they will need to get some supplies and be right back. That's the last time you will see them or your money.

Always remember to use common sense and think about it for a minute. How can these strangers show up and tell you about a serious problem that you are unaware of?

In another variation of this scam, workers will begin a home repair job such as repaving a driveway, take the deposit, and never return to finish the work.

The bogus contractor will begin the job and tell the resident that the damage was worse than originally estimated, so he

or she will have to pay more money.

The best way to avoid becoming a victim of a home repair scam is not to allow people to do repairs unsolicited.

On some occasions, scammers have been known to work in tandem, gaining access into the home on the pretense of using the bathroom. While one of them has the attention of the homeowner, one of the other men or women will quickly search for cash and valuables to steal.

Never let any of these people in your home under any circumstances.

Chief Colaneri said, "Most people are inherently good. Most businesses are legitimate and provide good services at fair prices.

However, the consumer should be suspicious of any cold call or visit to your door without an appointment.

Anyone coming to your door should be able to identify themselves with proper I.D., company uniform or commercial vehicle (*it is required to be lettered with the name and base town of the company*).

Most importantly, do not be pressured by anyone. Follow your instincts; if you are uneasy, lock your door and call a neighbor or the police."

If senior citizens ever suspect a problem, the most important thing to do is call the police at 201-288-1000.

"If they feel that they have been scammed, there's a good chance that they're not the first one and we need to know about it," Chief Colaneri said. "The more reports we have, the better chance we have of catching them." ###

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You will be part of the "army of protection" of the South Bergen Fire Chiefs Mutual Aid Association which includes: Carlstadt, East Newark, East Rutherford, Garfield, Hasbrouck Heights, Little Ferry, Lodi, Lyndhurst, Maywood, Moonachie, North Arlington, Nutley, Rochelle Park, Rutherford, Saddle Brook, Secaucus, Wallington and Wood-Ridge

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Night at the Museum

A northern New Jersey Boy Scout Troop enjoyed a "Night at The Museum" at the New Jersey Aviation Hall of Fame and Museum on Friday, April 5, 2013.

They enjoyed a special treat as astronaut Greg Olsen gave a presentation of his experiences as the third private citizen to orbit the earth on the International Space Station.

Additionally, they enjoyed a variety of activities including a history scavenger hunt, a guided tour by veteran pilots and aviation history experts, and got to enter the cockpits of

aircraft. They got to sleep-over in the historic "Great Room." For more information about your group spending a "Night at the Museum," call 201-288-6344. ###



Stash the Trash

The 5th Annual Stash the Trash Moonachie Community Clean Up was held on Saturday, April 13, 2013 at 10 a.m. About 60 volunteers met at the Moonachie Road ball fields for area assignments. They included: Moonachie EMS,

WRHS Environmental Club, WRHS Honor Society, Bergen Tech Interact Club, South Bergen Rotary, Moonachie Municipal Alliance, Moonachie Athletic Association and employees of Teterboro Airport. They cleaned up Joseph

Street Park, R. L. Craig School field and Industrial Avenue. At the Craig School, they collected 20 yards of trash and 28 yards of yard waste, and Industrial Avenue netted about 16 bags of waste. This event was sponsored

by the Moonachie Clean Communities and the South Bergen Rotary Club. To start, all materials for clean-up were provided, as well as a bar-b-que lunch at the conclusion. For more information, call 201-376-8382. ###



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