

# The Gazette

Newspaper for Hasbrouck Heights • Little Ferry • Lodi • Moonachie • Teterboro • Wood-Ridge  
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VOL. 7, No. 9 September 2010 ★★★★★



It was hot (over 90°). It was steamy. The only breeze was the one each runner created for themselves as they ran the 5K on a flat out course of Teterboro Airport's runway. 786 finished with only 17 runners requiring on-site first aid. See story on pages 16-17.

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## 891 Take Off in The Heat

Enchantment Under the Sea Page 3	Back-to-School Information Pages 7-9	Fire Department News Pages 12-15	Going Back in Time Page 19	Redneck Avenue is Moving Page 30
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*Remember  
to Fly Your Flag  
September 11th*

### September 11th Remembrance Services

On the 9th Anniversary of September 11th:

- **Hasbrouck Heights** will hold a brief service at 7:00 p.m. at the Firemen's Memorial at The Circle.
- In the event of rain, the Vigil will be held in the Senior Center, 320 Boulevard.
- **Moonachie** will hold a service at 11:00 a.m. at the Memorial located at Borough Hall.
- The Centennial Borough Clock will be dedicated at this service.
- **Wood-Ridge** will hold a service at noon at Veterans Park.
- Prior to this service, the K of C will sponsor a blood drive from 9 a.m. to noon.

## Lodi Feast

The 96th Annual St. Joseph Festival opens Friday, September 3, 2010, at 6 p.m., with rides, games, entertainment, hourly 50-50, a Super 50-50 and the "Best Italian Food." The Feast continues through Saturday, Sunday and Monday, from 2 p.m. to 10:30 p.m.

On September 4th and 5th, starting at 10 a.m., and September 6th at 9 a.m., the St. Joseph Society, accompanied by the Metropolitan Feast Band, will march with a banner of Saint Joseph throughout Lodi, Garfield and Hasbrouck Heights. The Feast then opens at 2 p.m.

On Labor Day, at 3 p.m., there will be a Solemn Procession with the Statue of St. Joseph throughout Lodi, followed by Benediction.

Approximately 25,000 attend. Last year's Super 50-50 winner received over \$10,000. This program benefits the St. Joseph Church operating fund. For more info go to: [www.saintjosephsociety.org](http://www.saintjosephsociety.org) ###

## HH Town Day

Heights residents should mark their calendar to attend Town Day, Saturday, September 25, 2010, from 10 a.m. to 3 p.m., in Woodland Park. Rain date is October 2nd. Organizations call the Recreation Department at 201-288-4143 to reserve your table/space. ###

## A Night of Wine & Laughs

The Hasbrouck Heights Friends of the Library, in partnership with the Hasbrouck Heights Chamber of Commerce, cordially invite you to attend a fun-filled entertaining evening of laughs with comedian Lance Rizzo at the Annual Wine & Other Delights.

This event will take place on Thursday, September 30, 2010, from 6 to 9 p.m., at the

Hasbrouck Heights Hilton's Sky Ballroom.

There will be butler passed hors d'oeuvres, pasta and carving stations, a display of Italian meats and cheeses, a chocolate fountain and includes a three hour premium bar beverage service. Special gift baskets will be raffled off.

Monies raised from this event will help support ongoing programming and technologies at The Library. In addition, it will also help fund Chamber sponsored events. Cost is \$70 per person.

To purchase your tickets and for information, please call The Library at 201-288-0488. ###

## Wings & Wheels Expo 2010

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

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

The Expo anticipates presentations of exotic, antique and custom cars and military vehicles. The Army Air Force Historical Association will again provide an extensive display. Additional attractions will include vendors/exhibitors. ###

## Maria's Kitchen

### Breakfast

Eggs • Pancakes • Morning Sandwiches • Corned Beef Hash  
Cereal • Fruit • Yogurt • Muffin • Croissant • Toast • Bagel

### Lunch

Signature Subs • Paninis • Burgers • Salads • Soups • Wraps

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## The Energy Corner

### Should you upgrade your equipment?

The potential savings for upgrading equipment are impressive.

- Replace a non-flame retention burner with a new flame retention burner and save about 15% on the cost of heating a building.
- Replace an old flame retention burner with a new flame retention burner and save up to 10% on oil and the electric cost of running the burner.
- Replace a boiler or furnace and save from 20% to as high as 30% or sometimes more on the cost of heating the building.
- Replace a tankless coil boiler with a tank-type indirect water heater and cold start boiler combination and you save an additional 5% to 10% and have much more hot water, and no more coil cleaning.

*Call for a FREE analysis of your heating system. See if upgrading your equipment is right for you. There is no cost or obligation.*

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






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## Enchantment Under the Sea

The Free Public Library of Hasbrouck Heights held its annual summer bash on Friday, August 6, 2010, starting at 7 p.m. and lasting until 1 a.m.

This year's theme was entitled—"Enchantment Under the Sea: A Night of Family Fun."

The Library was transformed into an underwater kingdom. Attendees were treated to a magical evening that held an exciting extravaganza of food, fun, and entertainment. Majestic balloon sculptures shaped into large seahorses and a giant sized anchor greeted guests as they came through the door.

A great line-up of activities was planned all evening long.

About 350 people were in attendance. There were special guest appearances of costumed characters such as SpongeBob SquarePants and his sidekick, Patrick Star, along with Ariel the Little Mermaid.

Dance Dance Revolution was the Wii game everyone wanted to try. An interactive game show was what dared people to walk into the mouth of a sea monster shaped out of balloons.

Families were entertained by student performers of **Chip Dee Music Academy**, a lively storytelling session by the Storycrafters and an interactive concert by Presley & Melody.

Two films were shown:

"Sea Monsters -- a 3D Adventure" and a late night screening of "Percy Jackson & the Olympians: The Lightning Thief."

The concession area offered a variety of sea related foods such as octodogs, sweet sushi, sea cakes, goldfish crackers, gummy sea creatures, frozen pops, salty chips, juice pouches and water.

This bash was made possible due to the generous support and funding by the Hasbrouck Heights Friends of the Library.

Special recognition also goes to the army of hardworking volunteers, community service students, trustees and library staff for making it another memorable event. *Story by Mimi Hui. ###*



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**HASBROUCK HEIGHTS**  
**Colonial Tudor**

3 BR, 1.5 bath, encl. porch, LR, FDR, EIK, w/new appl./granite. Ofc./den. Attic w/2 fin. rms. + strg. F/bsmt. w/tile flrs., Indry. 1 car gar. **\$379,000** Listing Agent E. Staniewicz



**HASBROUCK HEIGHTS**  
**Victorian**

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**HASBROUCK HEIGHTS**  
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**ELMWOOD PARK**  
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**ELMWOOD PARK**  
**Colonial**

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# Choosing a Checking Account

For most people, the centerpiece of their relationship with their bank is a checking account. Studies have shown that consumers overwhelmingly define "their" bank as the institution where their checking accounts are held, not the bank where they may have a mortgage or CD. It's no wonder banks throw a sizeable amount of money toward attracting and retaining consumer checking accounts.

Banks know one way to get you in the door to open a checking account is to lure you in with gifts. In the old days they used toasters; today's gifts are less domesticated -- coolers, camping and beach gear to name a few. The freebies get better as the stakes get higher.

Banks in search of "total relationships" with customers are offering free checking accounts with loan discounts, investment bonuses, insurance incentives and other financial sweeteners. Because banks are offering discounts or free-

bies when you have multiple accounts, you can use any banking product you are considering, as leverage to snag something else you want from the bank -- say, a higher CD rate. The more business you do with one bank, the more likely they are to sweeten the deal.

Kearny Federal Savings Bank has enhanced their existing relationship program, which currently offers 18 financial benefits, by adding "lifestyle" savings as well. By opening a StarBanking Plus account at KFS, you'll receive free checking with interest, free wire transfers, fee rebates up to \$10 per month on foreign ATM transactions, bumped-up CD rates, reduced rates on new home equity loans and much more! And if all those free services don't save you enough, they've combined those financial services with GenGold®, where you'll save even more money on "lifestyle"

services like travel, shopping and restaurants!

It's easy to qualify for StarBanking Plus. All you need is a Kearny Federal Savings Star Checking account with direct deposit and a combined balance of \$20,000 or more in your savings and checking account. If you're over 55, you can be a SuperStar and receive the same benefits with a combined balance of just \$10,000.

Visit one of KFS's 27 convenient branches for complete details, or call toll free 1-800-273-3406. With Kearny Federal Savings' StarBanking Plus program, you'll never need another checking account! ###

## WRFD Breakfast Oct. 24

The Wood-Ridge Fire Department will host a breakfast from 7 a.m. to 1 p.m. at Fire Headquarters. Menu includes eggs, juice, coffee, donuts, etc. Cost is \$5 pp. ###

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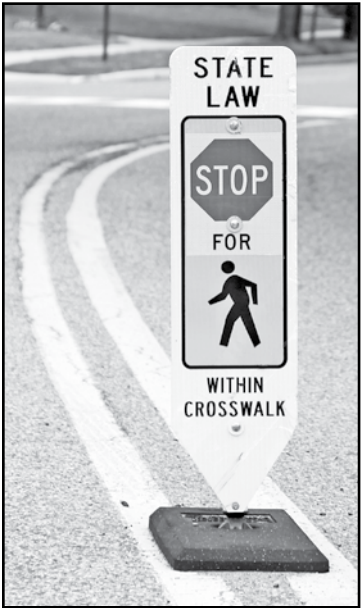
## Harvest Moon

The September full moon appears on Thursday, September 23, 2010, at 09:17. It is called the "Full Harvest Moon."

According to "The Farmer's Almanac," this full moon occurs closest to the autumn equinox. The Harvest Moon usually comes in September, but in some years it occurs in October.

At the peak of harvest, farmers can work late into the night by the light of this moon. Corn, pumpkins, squash, beans and wild rice, the chief Indian staples, are now ready for gathering. It was also called the "Full Corn Moon" or "Full Barley 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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## Rainforest VBS

Over 50 kids attended the Faith Reformed Church's Rainforest Vacation Bible School -- an experience of discovery they'll never forget!

The Rainforest VBS transported young minds into a vivid rainforest environment of jungle sounds, sights and smells, where they dug into the Bible and met Jesus in every day's story.

Based on five key Bible verses that will change a child's life, the program was for children ages 4-11, and was held August 2 - 6, 2010, from 6 p.m. to 8:30 p.m., 95 Washington Street, Lodi.

Registration was free. Call 973-778-4529 or send e-mail to: [vbs@lodifaith.net](mailto:vbs@lodifaith.net) for more information. ###

## Kids on the Corner Theater Workshop

The fall Kids on the Corner theater arts workshop will feature folk tales from the book, "Grandmother Spider Brings The Sun." Participants will study folk tales from around the world as they learn acting techniques and have fun creating sets and props.

Directed by stage singer and actress, Corinna Sowers-Adler, from Nicosi Studios in Bloomfield, classes will take place from 3:30-6:00 p.m. on October 15, 22, 29, and November 12 and 19, 2010. The workshop performance will take place on Friday, November 19th at 7:00 p.m., with a reception following.

The cost for the workshop is \$25 per child with a \$50 cap per family. Scholarships are available. There are only 16 openings for this workshop. Pre-registration is required. Please contact 201-288-9460 to get more information and to register. ###



## Imaginations Take Flight at AHOF Open Cockpit Day

On Saturday, July 24, 2010, the Aviation Hall of Fame and Museum opened all aircraft and their cockpits to the public for visitors of all ages to sit in and pretend to fly.

Aircraft include Martin 202 Airliner, Cobra Gunship Helicopter, Coast Guard Rescue Helicopter and a Lockheed 402-2 Bush Master. Guides were available to explain each aircraft.

Founded in 1972, the Aviation Hall of Fame & Museum of New Jersey is dedicated to the preservation of the Garden State's aviation and space

heritage. The men and women, whose outstanding aeronautical achievements have brought world-wide recognition to the state, are enshrined in the Hall of Fame. The recently expanded museum offers visitors an opportunity to view historic air and space equipment and artifacts, photographs, fine art and an extensive model collection.

The Museum is open Tuesday through Sunday from 10 a.m. to 4 p.m. Group tours, birthday parties and Dare-to-Fly Programs are available. For more info, call 201-288-6344, or go to: [www.njahof.org](http://www.njahof.org) ###

## Mills Bakery -- Under New Ownership

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**Next Open Cockpit Day is Oct. 16th**



# Storytime At The Library

Crisp fall days are just around the corner, and The Free Public Library of Hasbrouck Heights has planned the following fall schedule of cozy preschool and fun-filled school age events:

**Birth to 2 ½ Yrs Old**

Tiny Tots Play Group is planned for Tuesday or Thursday mornings from 10:30 to 11:15 a.m. beginning September 28 or 30. Parents or caregivers accompany the children. The program will include 15 minutes of songs and rhymes followed by one half hour of free play.

**2 ½ to 3 ½ Yrs Old**

The Mom and Me Storytime will take place on Wednesdays or Fridays from 10:30 to 11:15 a.m., beginning September 29 or October 1. Parents or caregivers participate in the activities.

**3 ½ to 5 Yrs Old**

Building Blocks Storytime will take place on Mondays or Thursdays from 1:15 to 2 p.m., beginning on September 27 or September 30. Moms or caregivers do not participate in the storytimes, but must remain in the building.

**Grades K - 1**

Programs for school age children are also on the agenda for fall. Book Lover's Storytime will take place on the 2nd Friday of the month from October through May, and begins October 8 from 3:30 to 4:30 p.m. Stories, games, snacks and crafts are part of the fun.

**Book Groups**

The Best Books Discussion Group, for Grades 2 and 3, is planned for the 1st Friday, of every month, October through May. It begins Friday October 1, from 3:30 to 4:30 p.m. For the first book discussion, a story will be read, and related activities, active games, and snacks will be part of the event. For later discussions, the children will read age appropriate books for the discussion and activities. The Library will supply the books.

Critics' Choice Book Discussion Group is designed for students in Grades 4-6, and takes place on the third Friday of every month, October through May, from 3:30 to 4:30 p.m. Participants read the book ahead of time. Ice breakers (games to get to know one another), discussion, and snacks are all part of the fun. October 15 is the kickoff date for this book group. The title selected is "Bunnicula" by James Howe. The Library will provide these books starting September 20.

**Craft Night**

This popular program is for students entering Grades 4 - 6. It takes place on the 2nd Monday of every month Octo-

ber through May from 7 to 8 p.m. The first session will be held on October 18 because The Library is closed on October 11 for Columbus Day.

Registration for all Children's programs begins Monday, September 20 at 10 a.m. by phone, in person or you are welcome to register online -- <http://hasbrouckheights.bccls.org>.

Space is limited, so please register early. First preference will be given to residents and students of Hasbrouck Heights. Special thanks to The Friends of the Library for generously providing refreshments. The Library is located at 320 Boulevard in Hasbrouck Heights. Please call Children's Department for details at 201- 288-8911. ###



On Friday, July 30, 2010, the Moonachie Summer Recreation Program held their Closing Day at the R. L. Craig School. The event included a BBQ, magic show, talent show, sculptured balloons, ice cream, etc. ###

**Wanted: WWII Veterans who want to be reconnected with their aircraft**

From the submissions received, one Veteran will be selected for a complimentary B-17 ride on the Wings & Wheels Thursday press flight. Veterans must send proof of service and a brief description of their military service, postmarked by September 17, 2010, to the NJ AHOF and Museum, 400 Fred Wehran Drive, Teterboro, NJ 07608. We want to save your history!

## “A Salute To Veterans” Wings & Wheels Expo 2010



# Teterboro Airport

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

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

Route 46 and Industrial Avenue. Event entrance on Industrial Avenue. Follow signs to FREE off-site parking.

## Vintage Aircraft and Auto Show features B-17 “Yankee Lady” (Rides Available)

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

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

**Admission:** Adults: \$12 • Seniors & Children under 12: \$7 • Under 3 FREE.

**Free Admission:** Veterans wearing VFW or American Legion Cap • Active duty military personnel (with ID)

Event Ticket also includes FREE admission to the Museum • Event proceeds benefit AHOF

## Aviation Hall of Fame & Museum of NJ

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## RLC Back to School Night Sept. 30

Parents are invited to attend the Robert L. Craig "Back to School Night" on Thursday, September 30, 2010. The program will begin at 6:00 p.m. with a special video highlighting the first few weeks of the 2010-2011 school year. The purpose of the evening is to meet the teachers and hear each teacher's expectations, goals, and special plans for the school year.

The 2010-2011 year at Rob-

ert L. Craig School will furnish many opportunities for students to be physically, socially, emotionally and intellectually successful. Robert L. Craig is about teaching and learning and all other activities are secondary to these basic goals. During the upcoming year, the Robert L. Craig School will continue to set high expectations and standards for the academic and development of all students, while promoting strong school/home/community partnerships. Most importantly, the Moonachie School District will continue to provide students the opportunity to explore a wide variety of interests and skills, and develop in students a respect for themselves and others.

The Moonachie School District, as always, is committed to the well being and development of children, and they recognize, respect, and value the uniqueness of all Moonachie students. The school's primary objective is to implement a safe, nurturing and stimulating environment at RLC in which all students are able to realize their potential, and develop into responsible citizens. The Board of Education is in the business of making the Robert L. Craig School more effective by focusing their attention, energy, and efforts toward student learning. The stakes are too high to accept anything but the absolute best efforts from Moonachie students. ###

## STOP for School Busses

As the new school year begins, Hasbrouck Heights Police Department Lt. Thomas Archer reminds drivers to STOP for school busses picking up or discharging passengers.

Yellow flashing means caution; red flashing means full stop in both directions.

Failure to do so will result in a fine, mandatory court appearance and possible loss of license.

The first offense fine is not less than \$100, and/or imprisonment or community service not more than 15 days -- with higher penalties for subsequent offenses. The NJ Division of Motor Vehicle will also assess 5 M.V. points. ###

## Hasbrouck Heights JWC Holds Beautiful Baby Contest

The Junior Women's Club is sponsoring its annual Beautiful Baby Contest, which will be held on Town Day, Saturday, September 25, 2010. The contest is open to all residents of Hasbrouck Heights under the age of two.

Send a picture of your Beautiful Baby to Hasbrouck Heights Junior Women's Club, P.O. Box 68, Hasbrouck Heights, NJ 07604.

Include the child's name, birth date, parents' names and phone number on the back of the photo and a stamped, self-addressed envelope, so we can return the picture.

The winner will receive a savings bond and may have their picture in a newspaper. All entries must be received on or before Wednesday, Sept. 22.

Vote during Town Day in Woodland Park between 10 a.m. and 2 p.m. Votes are 25 cents each and the proceeds benefit the "Valerie Fund" program, which supports health care of children with cancer and blood disorders.

The Hasbrouck Heights Junior Women's Club is a non-profit organization made up of volunteers interested in helping those in need and providing fun opportunities for the children of Hasbrouck Heights. Meetings are on the second Thursday of each month at 8 p.m. at the First Reformed Church from September-June. New members are welcome. ###

## Buckle Up

The Hasbrouck Heights Police Department reminds residents of New Jersey's Safety Belt Law.

Safety belts improve your chances of surviving a crash by 60%. Most crashes occur within 25 miles of home and at speeds of under 40 miles per hour.

NJ Law requires that all front seat occupants of a passenger vehicle must wear a safety belt system.

The driver is responsible for any passenger under the age of 18. Front seat passengers 18 and over are responsible for themselves.

The penalty for an unbelted front seat occupant is \$20.

The exemptions to this law include: those riding in a passenger auto manufactured before July 1, 1966 and those with physical or medical reasons verified in writing by a licensed physician. ###

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Library Card Sign-up Month

Meet Heights' New Superintendent

September is National Library Card Sign-Up Month and The Free Public Library of Hasbrouck Heights Library is reminding everyone to get a card.

Your library card gives you access to nearly everything online and in print and provides personal assistance to help locate the information you need.

Libraries offer more than just books – they have DVDs, CDs, computers, Internet access and more. Libraries are also dynamic community centers; many have book discussions, musical performances, story hours and other programs for children, teens, and adults.

Librarians are on hand to help recommend materials suitable for various ages and interests and teach critical information literacy skills - the knowledge to find, use and evaluate information in all formats.

Library cards are FREE

to any resident and open up a world of opportunities — no matter what your age. You are encouraged to check out what's new at your local library by signing up for a library card if you do not already have one.

Observed since 1987, Library Card Sign-up Month is a time when ALA and libraries across the country remind parents that a library card is the most important school supply of all.

Studies show that children who are read to in the home and who use the library perform better in school and are more likely to continue to use the library as a source of lifetime learning.

For further details on library services or how to sign-up for a library card, stop in and speak with a staff member, call 201-288-0488 or visit online at <http://www.bccls.org/YourLibraryCard/ApplyOnline.shtml> ###

Dr. Mark Porto took over the helm of the Hasbrouck Heights School District as its Superintendent of Schools on July 1, 2010.

He follows his predecessors, namely, Dr. Clarence Hitchcock, Dr. Mary Mohair, Dr. Rudy Selletti, Dr. Leonard Elovitz, Dr. Paul Arilotta, Mr. Howard Herbert, Dr. Richard Stepura and Mr. Joseph Lungo.

Dr. Porto has made changes and has established goals to bring the school system into the 21st century.

To date, Dr. Porto has held community outreach meetings; providing parents and residents the opportunity to express their concerns about the school system.

From these meetings, Dr. Porto has been able to see the need for another Kindergarten class, which he created by reducing the number of supervisors in the high school and middle school. This reduction allows these teachers to pick up additional classes and therefore reduces the need for hiring more teachers.

He has also reduced the secretarial staff and transferred staff to different locations in the system.

Dr. Porto would also like to establish a group of volunteer adults. They would help students with their reading and mathematics homework after school under the supervision of a teacher.

Dr. Porto stated that his main goal is to establish "Skills Based Instruction." Instruction not based on content but on the student's ability to seek a correct answer, interpret the

problem, gather needed information, identify possible solutions, evaluate options, present conclusions and defend his/her position.

Dr. Porto firmly believes that reading is the basic foundation on which the academic skills of an individual are built. To this end he will have the school system focus on working to increase reading levels for students in Grades 2 to 12.

To check on students' reading levels, he will be using the Scholastic Reading Inventory (SRI). This is a reading assessment program which provides immediate, actionable data on students' reading levels and growth over time.

Dr. Porto stated that many students often wonder where in real life they would need a specific subject. He wants as his second goal to have teachers stress the relevance for the subjects they are teaching.

Dr. Porto feels there is a need for "career based courses" for the student to be made

aware of how the specific subject will help him/her; how the material taught can be used in daily living and in a career.

He also has as his goals, the establishment of an "Aviation Course" and a "Gerontology Course." His hope is that these goals would be implemented in the 2011-2012 school year.

Because of the proximity of Hasbrouck Heights to Teterboro Airport, an aviation course would be beneficial.

A gerontology course would focus on the scientific study of the biological, psychological, and sociological phenomena associated with aging.

Dr. Porto hopes that he will be remembered for creating an excellent system with programs in place for future generations.

Story by Peter Gallo Jr. ###

## The Internet -- A Learning Tool For Your Child

For children to succeed today, they must be able to use the Internet. Here are some suggestions for helping your child learn to do so properly and effectively:

Spend time online with your child. If you don't have a computer at home, use the computers at your Library.

Learn along with your child. If you're not familiar with computers or with the Internet, ask the librarian to help you and your child learn together.

If your child knows about computers, let him teach you. Ask him to explain what they are doing and why. Ask him to show you his favorite web-sites and to tell you what he likes about them. This will help build self-confidence and pride in his abilities.

Make sure your child understands what you think are appropriate web-sites. Point

them in the direction of sites that can help them with homework or that relate to their interests.

Monitor the amount of time that your child spends online as Internet surfing can be just as time consuming as watching TV. Don't let it take over your child's life. Place a clock near the computer and keep track of how much time he spends online. Remember, many commercial online services charge for the amount of time the service is used and these charges can mount up quickly!

Teach your children rules for using the Internet safely. Let them know that they should never do the following: tell anyone—including their friends—their computer password; use bad language or send cruel, threatening or untrue e-mail messages; give out any personal information, including their name or the names of family members, home address, phone number, age, school name; or arrange to meet a stranger that they have "talked" with in an online "chat room." ###

## Kiwanis Collects Canceled Stamps

As you receive letters and greeting cards from around the world, remember, the Kiwanis Club of Hasbrouck Heights/Teterboro is collecting all canceled stamps both foreign and US. If you would like to help the Kiwanis Club in collecting canceled stamps, please trim the stamps to 1/4 inch around the stamps.

The stamps can be dropped off or sent to: **The Gazette Newspaper**, 343 Boulevard, HH. ###

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# Driver Caution: Obey School Traffic Patterns

**Officials Urge: Use seat belts & child safety seats • Do not use cell phone/text while driving**

## Hasbrouck Heights

As the new school year begins, Lt. Thomas Archer reminds drivers: "There are 16 school crossing locations in town. All have advance school crossing signs which are lime green in color."

School crossing guards are present during school days between 7:45 a.m. to 8:45 a.m.; 11:30 a.m. to 1:30 p.m. and 2:30 p.m. to 3:30 p.m.

School crossing guards wear lime green vests and hold portable stop signs.

Additionally, there are four walking school bus routes with a large number of students.

Drivers should exercise caution at these locations, especially during inclement weather and periods of sun glare.

### Dropping students

#### off at Heights schools:

- At schools, Lt. Archer reminds drivers not to park in the yellow zones or double park -- especially during inclement weather, letting off or taking on passengers in moving traffic.

- Do not park in designated drop off zones at dismissal time.

- At Corpus Christi School, don't park in the Minit-Mart lot.

- When dropping off or picking up students at the Jr./Sr. High School main entrance at The Boulevard, do not park in the yellow zone, at the bus stop or double park on The Boulevard.

- At the LaSalle Avenue entrance, no parking, dropping

off or picking up students in the yellow zone where no parking or no standing signs are posted. This violation creates a hazard for students and impedes Boulevard/LaSalle traffic flow.

- Use the specially designated drop off zone in the morning that is clearly marked by traffic cones from 7:30 a.m. to 8:30 a.m.

- Paterson Avenue entrance, no double parking. No "K" turns to avoid Paterson/Boulevard intersection.

## Little Ferry

Students and parents are reminded to cross only at designated areas where school crossing guards are located and to cross only when instructed to do so by the crossing guard.

- The Borough of Little Ferry has 14 designated school crossing locations throughout the Borough. School crossing guards are present school days from 7:45 a.m. to 8:45 a.m. and 3 p.m. to 4 p.m.

- Parents are reminded to be extra vigilant when dropping off and picking up students.

- Drivers are warned that the Little Ferry Police Department has a ZERO TOLERANCE POLICY for motorists who violate motor vehicle laws in a designated school zone.

## Moonachie

- Students are reminded to cross only at intersections where crossing guards are present and to only cross when

instructed to by the crossing guard.

- Crossing guards are present on all school days from 7:30 a.m. to 9:30 a.m., and 2:30 p.m. to 4 p.m. Crossing guards are posted at Metropolitan Trailer Park from 6:45 to 8:45 a.m. and from 2:00 to 3:30 p.m.

- Parents are reminded that when dropping off children at the Robert L. Craig School the driveway is for drop off only, there is no parking in the circular driveway.

- When picking up children after school there is still no parking allowed in the driveway and when parking you should park in a marked parking spot. Do not double park or block another car that is parked in a spot.

- Please drive with extra care and follow the directions given by the school crossing guards.

- New Jersey State law requires that all passengers under 8 years old or under 80 lbs. be secured in a Child Passenger Restraint System or a booster in the rear seat. All passengers 8 years old or over 80 lbs., as well as the driver and the front seat passenger of an automobile, must wear a properly adjusted and fastened safety belt system.

- All drivers are reminded to drive with extra caution in all areas where children are.

- Buckle up and drive safely.

## Wood-Ridge

Sgt. Witkowski, Wood-Ridge Traffic Officer, reports that there are eight crossing guards posted throughout the Borough with the hours being 7:30 a.m. to 8:30 a.m. and 2:15 p.m. to 3:25 p.m.

Additionally, Auxiliary Officer and Crossing Guard, Kevin Metcalfe, is posted in front of the W-R High School.

- Utilize the drop-off zone on Windsor Road for Ostrovsky School.

- Do not park in Kohler Funeral Home's parking lot.

- The Catherine E. Doyle School now has three drop-off zones to improve flow around the school. They are located at Wood-Ridge Avenue, Twelfth Street and Highland Avenue. The traffic flow is currently being evaluated and residents will be notified.

- Please obey the directions of the crossing guards in those areas.

- An agreement has been reached with the Bergen County Vocational School located on Valley Boulevard. They will have an employee of the school monitor the bus parking in that area. No longer will buses be permitted to park 25 feet from an intersection or 50 feet from

a stop sign. This will be a great help in the traffic flow around the school for W-R residents.

## "School's Open-- Drive Carefully!"

Lt. Archer also stated that, "The greatest threat children face today is motor vehicle crashes."

To help protect children, motorists should follow these safety tips:

- Slow down near schools and in residential areas.

- Drive with your headlights on - even during the day - so children and other drivers can see you.

- Look for clues such as School Safety Patrollers, bicycles and playgrounds that indicate children could be in the area.

- Scan between parked cars and other objects for signs of children.

- Practice extra caution in bad weather.

- Always stop for school busses that are loading or unloading students. ###

**GO GREEN**  
**Walk your Child**  
**to School**

## Heights Continues Walking School Bus

Lt. Thomas Archer of the Hasbrouck Heights Police Department announced that the "Walking School Bus" program will be begin on Wednesday, September 8, 2010, and will run every day, Monday through Friday, rain or shine.

Children walk to school in a supervised group along a set route, picking up additional kids at each block along the way.

Children can wait at any intersection along the specified route.

The School Crossing Guard will then pick-up students as the Walking School Bus passes along the route.

Each walking school bus has at least one school crossing guard "driver," with volunteer adults assisting, who walk with the kids.

The routes established for this year are as follows.

### Euclid School

- 8 a.m.: Starts at Summit and Lincoln and walks north towards Euclid.

- 8 a.m.: Starts at Jefferson and Burton and walks south towards Euclid.

- Euclid School Students will meet their School Crossing Guard at dismissal time in front of the school for the return trip.

The last drop off points will be Summit/Lincoln Avenue and Jefferson/Burton, respectively.

### Lincoln School

- 8 a.m.: Starts at Jefferson and Burton and walks north towards Lincoln.

- 8 a.m.: Starts at Myers and Burton and walks south towards Lincoln.

- Lincoln School Students will meet their School Crossing Guard at dismissal time in front of the school for the return trip.

The last drop off points will be Myers/Burton and Jefferson/Burton, respectively.

### Corpus Christi School

- 7:45 a.m.: Starts at Jefferson and Burton to Kipp Avenue to the School.

- No Dismissal.

Any student who has not been picked up by a parent/guardian on the last stop on the return trip will be walked back to the school by the School

Crossing Guard.

For single session days, the Walking School Bus schedule will be adjusted accordingly.

Officials stated that this program alleviates a lot of traffic and congestion around the schools, and makes it safer to walk.

Students enjoy meeting their friends along the way.

The program also offers the additional benefits of exercise and learning valuable pedestrian safety skills.

Parents like it because they don't have to chauffeur their kids to school.

For more information go to: [www.hhpd.com](http://www.hhpd.com) or <http://hhschools.org/> Consult with your PTA "Walking School Bus" coordinator about volunteering to assist in supervising the "Bus." Parents may also call Lt. Archer at 201-288-1114.

For information about the walking school bus program go to: [www.walkingschoolbus.org](http://www.walkingschoolbus.org) ###

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# Little Ferry Police Hold National Night Out

Over 500 attended The Little Ferry Police Department 7th Annual National Night Out Program on August 3, 2010, in the municipal parking lot, from 7 p.m. to 9 p.m.

There were plenty of refreshments: hot dogs (*over 400 hot dogs were given out*), soda, water, fruit, donuts, etc., with a water ride and dunk tank.

The Police Department had a golf cart with goggles to safely demonstrate the DWI experience. K-9 Laszlo gave demonstrations. The Department displayed their Lightweight Assault Rifle and entry shield.

Little Ferry's 46 member EMS squad provided tours of the ambulance, information on File of Life, when to call 911,

obtaining social services, etc., cooling stations with misting fans, etc.

The Little Ferry Fire Department and Rescue Squad displayed their apparatus.

The CERT Team offered information.

According to Little Ferry Police Chief Ralph Verdi, National Night Out is a community building campaign designed to: heighten crime prevention awareness; generate support for, and participation in, local anti-crime programs; strengthen neighborhood spirit and police-community partnerships; and send a message to criminals letting them know that neighborhoods are organized and fighting back. ###



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On July 29, 2010, The Little Ferry Fire Department was dispatched to Bergen Turnpike for smoke in a kitchen. Deputy Chief Rob Cordasco found a heavy smoke condition on the first floor of a four-family house. Little Ferry Engine Company made an aggressive interior attack and extinguished the fire.

There was one resident from the second floor that refused to leave her smoke-filled apartment. Assistant Chief Floyd Novak led a team to the second floor and removed the resident to safety.

No injuries were reported. The fire was investigated by the Little Ferry Fire Prevention Bureau. Moonachie, Hasbrouck Heights, and Ridgefield Park Fire Departments assisted on scene.

*Story and photo by Rob Knobloch. ###*



Joseph P. Clarke Jr., 83, passed away July 24, 2010. He was a member of Hasbrouck Heights Fire Department Engine Co. 2 and served as Fire Chief from 1977-79.

Ex-Chief Clarke was a member of the Firemen's Relief Association and the Exempt Firemen's Association. He was also an officer of the Hasbrouck Heights Fire Department Ambulance Squad.

The Department gave full honors to include the Honor Guard, posting of the turn-out gear on Engine 2 during the wake and the passing of the funeral procession at Fire Headquarters. ###

**LF Fire Department Inspection Sept. 11**

The Little Ferry Fire Department will hold their Annual Inspection, at 5 p.m., September 11, 2010 at the Fireman's Monument on Marshall Avenue. The Department will be in full dress uniform and available to answer any questions.

The equipment will be presented for inspection. The event is attended by local officials as well as Fire Chiefs from area towns. The public is invited to attend. ###

**WRFD Inspection October 2nd**

The Wood-Ridge Fire Department will hold their Annual Inspection, 5:30 p.m., on Saturday, October 2, 2010.

The Department 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. The public is invited to attend. ###

**Lodi Fire Prevention Bureau Holds Open House Oct. 8**

The Lodi Fire Prevention Bureau is hosting their Annual Open House on October 8, 2010, from 6 p.m. to 9 p.m. at the Kennedy Drive Firehouse in Lodi.


Many local, county and state agencies are expected at Lodi's Fire Prevention Week close-out ceremony.

There will be many interactive demonstrations, displays, free information, etc.

This year's fire prevention theme is "Smoke Alarms: A Sound You Can Live With."

The public is welcome. This event usually draws about 750 per year. For more information, call 973-859-7428.

See last year's Open House at: **The Gazette Newspaper**, November 2009, page 6. ###



**Copy for the October Issue is due Sept. 10th.**

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

**RSS Feed Available**



**Hot Pot**

The Wood-Ridge Fire Department responded to a smoke condition at a food establishment on Valley Boulevard on July 23, 2010 at about 10:00 a.m. On arrival, Wood-Ridge Engine 905 connected to a hydrant. Upon entry, the Department found an empty pot on a stove overnight causing the smoke condition. The 10 gallon pot was removed from the establishment to the sidewalk. Hasbrouck Heights Ladder Company also responded. No injuries were reported. ###

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## Ladder Drill Hones FD Skills

Firefighters from Little Ferry and Moonachie Fire Departments participated in a ladder drill on July 27, 2010 at the R. L. Craig School in Moonachie.

The drill was led by Moonachie Fire Chief Justin Derevy-anik and Little Ferry Deputy Chief Rob Cordasco.

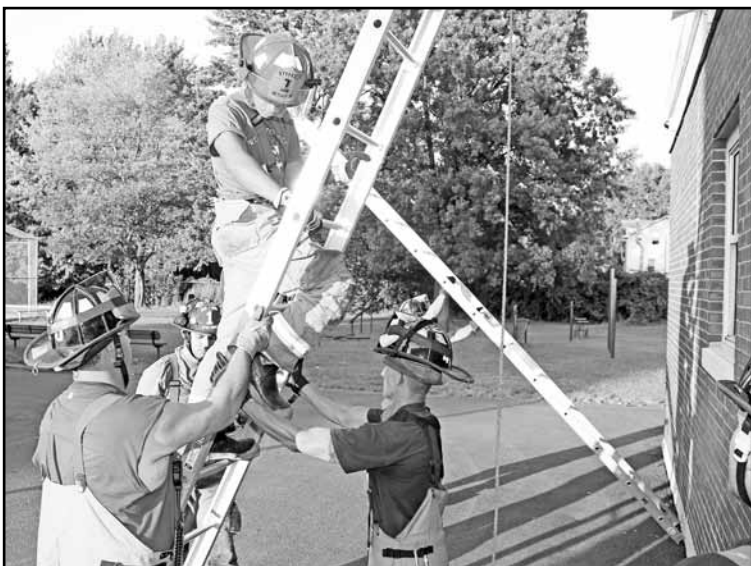
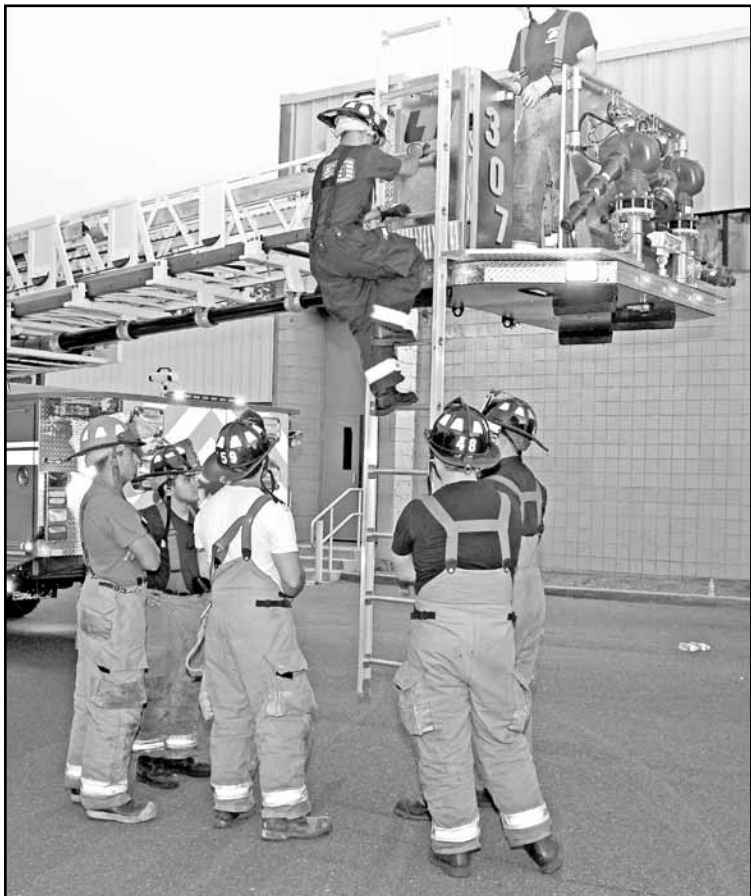
They outlined the drill's purpose to review basic ladder techniques, hands-on demonstrations and emphasis on both drill and fire scene safety.

This included the safe way to hold ladders, proper set-up and set-up with minimum manpower. Tips were shared on working with tools on the ladder, locking your body on the ladder, etc.

Four ladder stations were set up with senior firefighters supervising each station -- a 35' three-man team, two 28' two-man teams and a 20' single-man. After working a station, firefighters rotated to other stations.

The final drill was to connect a roof ladder on Little Ferry's tower bucket -- a technique used to navigate building parapets.

Moonachie EMS assisted in the drill. ###



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# "Jaws of Life" Used on Route 17 MVA

A tractor-trailer traveling in the center lane of Route 17 north was struck in the rear by a catering truck in Wood-Ridge, NJ, near the Moonachie Avenue overpass.

The driver of the tractor trailer was aware that he was struck and drove about 375 feet to the shoulder into Hasbrouck Heights, unaware the catering truck was still attached.

On the morning of August 5, 2010, members of the Hasbrouck Heights Fire Department and EMS woke at about 5:46 a.m., for a report of a serious motor vehicle crash on Route 17 north, across from White Castle.

Second Assistant Chief Pat Hayes was first to arrive on the scene.

Chief Hayes reported to responding units that a catering truck had rear-ended an 18-wheeler. The driver of the catering truck was heavily entrapped by the wreckage.

His vehicle was entangled with twisted metal with the 18-wheeler. With the help of the Hasbrouck Heights Police Department, traffic on Rt. 17 north was shut down and the HHFD Rescue and EMS approached the scene from the opposite direction.

Upon arrival of HHFD Rescue 614, Wood-Ridge Fire Department Rescue 903 was called to assist, and another ambulance from the Moonachie First Aid and Rescue Squad, as well as a Paramedic unit.

Additionally, HHFD

Engine 1 responded, as it is standard procedure to have a pumper standing by whenever an extrication takes place.

When Rescue 614 arrived on the scene, the members aboard quickly went to work assessing the situation and stabilizing the vehicles, as well as evaluating the catering truck driver.

The members deployed the "Jaws of Life" tools and began extricating the driver. Tools from the HHFD, WRFD and MFARS were used. Tools

used included hydraulic cutting tools, spreading tools and rams, as well as reciprocating saws with metal cutting blades.

First, the roof and doors were cut away from the catering truck. Next, rams were used to spread the front wall of the catering truck, and dashboard away from the driver's legs.

Before pulling the driver out of the wreckage, part of the steering wheel was removed to make sure there would be no obstacles to make removing

him tougher.

While this was going on, EMS monitored the patient's condition, and maintained head and neck stabilization, so his neck and spine would not be compromised.

All of the agencies on the scene worked together to bring about a quick extrication.

The driver was removed from the wreckage in about 35 minutes.

Once removed, the driver was transported to Hackensack University Medical Center by

HHFD EMS, with assistance from the Paramedics. He was listed in very serious condition. The driver of the 18-wheeler was not injured in the accident.

Route 17 north was closed to traffic for several hours for an investigation into the crash.

During this incident, numerous police agencies were on scene including Hasbrouck Heights, Wood-Ridge, Carlstadt and Bergen County. *Photos by Justin Derevyaniuk. ###*



## Car Strikes Utility Pole

On August 5, 2010, at about 5:00 p.m., The Wood-Ridge Fire Department responded to a single vehicle accident on Hackensack Street. Rescue 903 and EMS responded. It appeared that the driver, driving south on Hackensack Street, struck the curb causing the vehicle to strike a utility pole. The pole did snap off. The air bag was not deployed. The driver was taken to HUMC as a precaution. ###

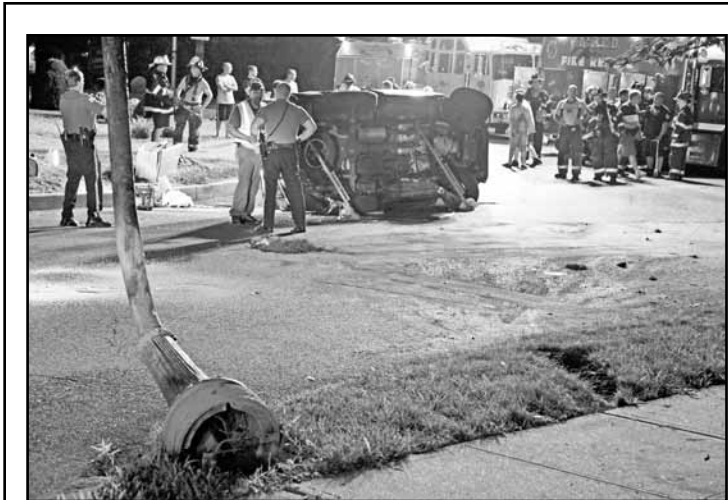


## Wrong Time for an Oil Change

A vehicle returning from an oil change caught fire at Collins and Pasadena at about 8:30 a.m. on August 10, 2010.

Heights Fire Department responded with Engine 2, charged a 2-inch line and quickly extinguished the blaze. No injuries were reported. ###





### Rollover at The Circle

On Sunday, August 1, 2010, at about 9:00 p.m., The Hasbrouck Heights Fire Department responded to a rollover and entrapment at The Circle. Rescue 614, Engine 2 and EMS responded. It appeared that the driver of a pick-up truck was driving north on The Boulevard, struck the curb, went off the roadway, struck a light pole and overturned -- trapping the driver. Heights Rescue secured the vehicle, then removed the roof using "Jaws of Life" equipment. The driver was taken to HUMC with injuries. ###



## Lodi Fire Draws Mutual Aid Resources

On July 26, 2010, at about 4:20 p.m., the Lodi Fire Department responded to a heavy smoke condition at North Woodside Avenue.

Fire Chief Grep Telep arrived and assumed command. He called for a F.A.S.T. Team from Wallington, and for Mutual Aid support.

Lodi Engine #614 arrived, connected to a hydrant with a 5" feed and advanced several 1-3/4" lines through the front door, front window and basement to attack the fire.

Heavy smoke was showing from the basement windows. Basement windows were broken to vent the excessive heat. Firefighters cut a hole in the first floor to vent the basement as well as through a basement window.

The fire climbed the wall to the first floor where firefighters halted the spread.

Garfield Ladder Company raised the tower to the roof and placed ladders to the second

story.

OEM Robert Cassiello and Zone Coordinator Ron Pressler assisted in organizing Mutual Aid resources.

During a Mutual Aid call of this scope, Fire Chiefs work as Division Chief, Rehab Chief, Chief in charge of venting, etc. Ex-Chief Tosto of Lodi ran Operations. About 70 firefighters worked in the 90+ degree heat.

Mutual Aid companies responding were Elmwood Park, Garfield, Hasbrouck Heights, Maywood, Rochelle Park, Saddle Brook and Wallington.

Due to the extreme heat, both Lodi and Moonachie EMS worked Rehab together. Several firefighters received minor injuries.

This stubborn fire was brought under control about an hour and a half later. Command was terminated at 8 p.m. and Lodi Fire Prevention took over the scene for investigation.

Lodi Fire Marshall Paul Wanco said the home had

extensive damage in the room of origin, a lot of smoke and water damage on the first floor and minor water damage on the second floor. The home was uninhabitable.

Wanco said that four years ago they had a fire in the same room started by candles used as part of a spiritual ritual. The fire is under investigation. *Photos by Justin Derevyaniuk. ###*





# Runners Blaze Down Te





# Teterboro Airport Runway



At 8:30 a.m., Saturday, July 17, 2010, under a hot, sunny sky, the 13th Annual Teterboro Airport 5K Run was held at the Jet Aviation facility. Teterboro Airport suspended flight operations on Runway 1-19 for the race.

This event featured: \$12,000 Random Prize Giveaway, \$1,000 Super Random Grand Prize, \$2,000 Prize Money, Champion Chip Scoring, food, "T" shirts and DJ.

The course was flat out and back with only five turns, two water stops and mile clocks on the runway. The course was certified and the race sanctioned by USA Track & Field and is a Grand Prix Series Race. Run is USATF-NJ NBGP 500 points.

891 entrants raced this year. This year's top finisher, male, was Solomon Too, New Milford, NJ, with a time of 15:52.33, and female, Alexandra Niles, Upper Montclair, NJ, with a time of 18:24.88.

The youngest male, Bobby Wilson (12), Haworth, NJ, at 19:12.41 and female, Jessica Guerra (14), Hasbrouck Heights, NJ, at 26:29.59. The oldest male, Bill O'Brien (84) at 53:24.88 and oldest female, Toshiko Delia, (80) Ridgewood, NJ, at 44:44.36.

According to Compuscore, 786 crossed the finish line, with 67 year old Pat Courter bringing up the pack at 55:44.49.

"Mini-flyer Dashes" (25-200 yards) for children 2 through 12 followed the 5K event. Children wore a #1 tag. Each child was a top finisher and received a blue ribbon.

"Larry The Lighthouse," the New Jersey Marathon Mascot, ran the race to light the way for Camp Sunshine -- a retreat for children with life threatening illnesses and their families.

There were plenty of water stations throughout the race area. Nourishment was available upon the race conclusion. Runners received a "goody bag" upon departing the race.

The Moonachie EMS/Rescue Squad provided emergency and first aid services attending to 17 runners on site, but there were no transports.

This event was organized by Bergen County United Way and PSE&G. The 2010 5K Run benefitted 2-1-1, United Way's state-wide free, 24-hour information and referral service connecting people with social services and community programs.

The race director was Mark Zenobia (*On Your Mark Productions*). Results are posted at [www.compuscore.com](http://www.compuscore.com).

*Special thanks to the Moonachie Fire Department for their assistance. ###*





"The Boys" Complete Perfect Season

The 2010 Hasbrouck Heights Men's Softball League Champions. "The Boys" completed a perfect season at 19-0 defeating the "M&M Sportsmen" in the Finals. The Hasbrouck Heights Men's Softball League, featuring modified pitching, is the oldest existing softball league in the state of NJ. "The Boys" are also the 2009 defending champions.

(l-r) Top row: Rob Carcich, Dick Tort, John Behr, Ashley Wren, Dave Menne, Chris Follmer, Tom Groh. Bottom row: Dave White, Anthony Rossillo, Sean Mansfield, Tom Mansfield, Frank D'Amico, Pat Mason. Not pictured: Beau Baraus, Dom D'Amico, Chris DeJesus, Mike Carcich. Photo by Jacquie Mansfield. ###



Zach Rides for JDRF

Zach Orden, D.D.S. is pictured here setting off on July 17, 2010, in Burlington, Vermont for a 98 mile fundraising bike ride for the Juvenile Diabetes Research Foundation.

This is the seventh consecutive year that Dr. Orden has participated in the ride, having ridden three times in the past in Asheville, North Carolina, twice in Whitefish, Montana and last year in Killington, Vermont.

Over the years, this Hasbrouck Heights dentist has raised over \$30,000 for research for a cure for Juvenile Diabetes.

Dr. Orden has acted as a cycling coach for the past two years for the Northern NJ/

Rockland County chapter of JDRF.

His favorite ride was three years ago when his then 13 year old daughter, Michelle, joined him in Montana for a 48 mile ride. According to Dr. Orden, JDRF utilizes more than 80% of every dollar it raises directly for research for a cure. Go to: [www.ride.jdrf.org](http://www.ride.jdrf.org) for more information. ###

**Football & NASCAR at VFW Post 4591**

VFW Post 4591 in Hasbrouck Heights invites fans to watch Sunday football and NASCAR at the Post. Doors open at noon. For more information call 201-288-1112. ###

Teterboro Airport Scholarship Golf Classic Sept. 13

Teterboro Airport is holding its 26th Annual Airport Scholarship Golf Classic on Monday, September 13, 2010, at the Wild Turkey Golf Club, Crystal Springs Resort (Hamburg, NJ). This Classic is open to the public.

Cost is \$900 per foursome and includes lunch, golf and dinner. Dinner only is \$95 per person.

Schedule is: check-in 11:00 a.m. to 12:30 p.m.; lunch buffet 11:30 a.m. to 1:00 p.m.; shotgun start 1:00 p.m. (scramble format) -- cocktail/dinner (casual attire) 6 p.m.

Contests include closest to pin, longest drive, straightest drive, hole-in-one, etc.

Outing includes two beverage carts, driving range, golf carts and goodie bags.

Tournament may be limited to 144 players. Reservations must include payment.

For more information, contact John or Sergio at 201-393-4080. Sponsorships welcome.

Proceeds to benefit Teterboro Airport Scholarships to local area high school students who intend to pursue higher education in one or more of the following fields: aviation/aerospace, engineering (all disciplines), environmental studies, mathematics, physics, chemistry and science

Through 2009, 152 scholarships totaling \$137,750 have been awarded. ###

See The Mets

VFW Post 4591 will host a Mets outing to the new Citifield to watch the Phillies vs. Mets on September 12, 2010.

A hot breakfast will be served at the Post starting at 9:30 a.m. Bus leaves at 11 a.m.

Hot dogs, Chicken Parmesan, ziti, salad, etc., along with draft beer, wine and soda will be served upon return to the VFW after the game.

Cost is \$60 per person and includes: one ticket and round trip bus ride. For tickets, call Mike at 201-893-5838 or the Post at 201-288-1112 and leave a message. Event is open to the public. ###

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W-R Police Chief's Golf Outing

The 10th Annual Wood-Ridge Police Chief's Golf Outing is scheduled for Friday, September 24, 2010, at the Apple Greens Golf Club in Highland, NY.

Cost is \$140 per golfer and \$560 for foursome entry (dinner only is \$75), and includes bus transportation (reservation only), breakfast, golf w/ cart, hole-in-one contest, gifts, prizes, etc. Shotgun start at 11 a.m./scramble format.

Starting at 6:30 p.m., there is an open bar, cocktail hour, buffet dinner and comedy show at The Fiesta. The event is sponsored by the Wood-Ridge PBA Local 313 and is a fundraiser for police body armor vest fund and various W-R recreation programs.

Please RSVP by September 3, 2010. For more information, call 201-939-2497. ###

Yield to Pedestrians

Bizik Memorial Golf Tournament

The Hasbrouck Heights Men's Association is sponsoring the 25th Annual Bizik Memorial Golf Tournament on Wednesday, September 15, 2010, at the Valley Brook Golf Club in Rivervale, NJ.

Check-in is at 7:30 a.m. and shotgun start is at 8:30 a.m. Cost is \$140 and includes: a round of golf, cart, continental breakfast, gourmet luncheon and two hour open bar.

There will be cash for skill events, hole-in-one prize of \$10,000 and a 50/50.

Hole/tee sponsorships are available for \$150 and a sign will be posted. Contributions are welcome.

Proceeds benefit the Hasbrouck Heights Men's Association Scholarship Fund. Scholarships are given to Hasbrouck Heights students graduating from high school. Deadline is September 1st. For more info, call 201-288-0752 or 201-952-9488. ###

**25th Annual Steven R. Bizik Memorial Golf Tournament**

**Wednesday, September 15, 2010**

Valley Brook Golf Club in Rivervale, NJ

Check-in: 7:30 a.m. • Shotgun Start: 8:30 a.m.

**Cost is \$140 and includes:**

18 holes of golf with cart, Continental Breakfast, Gourmet Luncheon, 2 hour open bar, entry into prize drawings, beverages, gifts.

**Cash Prizes:** for skill events  
\$10,000 hole-in-one • 50/50 raffle

Sponsorships are available

Deadline for registration & payment is September 1, 2010  
Call 201-288-0752 or 201-952-9488 for more details.

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# Going Back in Time on a DC-7B



The quiet of an open air-field breaks with a cough, sputter, whine and belching smoke -- accented with flashing flame. Again and again and again, until the four Wright R-3350-30W engines revved to a roar.

On board were former stewardesses, pilots, and airline enthusiasts reliving history and savoring one of the three sight-seeing flights of the Historical Flight Foundation's completely restored 1958-era Eastern Air Lines Douglas DC-7B, held August 12 and 14, 2010, at Teterboro Airport.

The flights lasted for approximately 60 minutes, with seats priced at \$300 each.

Prior to the flight, there was a briefing at AHOF, then a brief walk onto the ramp where passengers reverently gazed back in history (*and took a lot of photos*), before boarding.

Father and son pilots, Frank and Glen Moss, and flight engineer Carlos Gomez, brought the bird airborne smoothly.

Flying at about 1,600 feet, they flew down the Hudson River to the Statue of Liberty, flew a 360 around the Newark Tower (*at their request*), before heading out towards the Hamptons. They flew along the Atlantic coastline and at Rockaway Beach/JFK, they gave sunbathers (*and passengers*) a thrill, flying at 500 feet.

Nostalgia permeated the experience with detailed restoration, to include graphics and the "cigar lounge" at the rear of the cabin.

On March 22, 2010, the craft received its FAA exemption to carry passengers for compensation (*for preservation*), and on July 4, 2010, its first post restoration flight.

In its day (1958), it was the fastest piston airliner in the world. Operating at full throttle (340 knots), it tried to compete as jets revolutionized the airline industry.

For more information, go to: [www.historicalflightfoundation.com](http://www.historicalflightfoundation.com) ###



Free Lunch  
September 4

The first Saturday of September marks one year of the free lunch program at the First Presbyterian Church of Moonachie.

There's a beautiful spirit of sharing and friendship developing. The people who buy, serve, and prepare the food are all Christian, but the only prayer offered is in the kitchen before doors open.

Guests are not asked about residency, identity, or religious belief. They only ask that guests enjoy themselves.

The children help to set the tables and serve the food, before finishing their own meals and going out to play.

Some "regulars" bring special recipes that they want to share with others. One family offers "free rides" to anyone who doesn't have transportation to the Church.

After one year, they are regularly serving about 40 people, and hope to be able to expand their outreach to welcome more families and friends to the program.

If you are free on September 4, 2010, or on the first Saturday of any month, stop by for lunch between 11:30 a.m. and 12:30 p.m.

If you need a ride, please call Tina at 201-952-4734. There is no charge and there are no strings attached! Everyone is welcome.

For further information, please call the Larger Parish office at 201-438-8966. ###

Communicate  
With Your Hands

On Monday nights, starting October 4, 2010, Care on the Corner will be offering "Communicating With Your Hands" (a sign language course).

The classes will be held in the sanctuary of St. John's Episcopal Church, 229 Terrace Avenue, Hasbrouck Heights.

Classes continue for ten weeks on Monday nights, from 7:00 p.m. to 9:00 p.m., until December 6.

Students will be learning the fundamentals of sign language in Signed Exact English (EE).

There is a materials fee of \$50. This includes a manual, which was created by the instructor and weekly handouts.

For more information about the "Communicating With Your Hands Class," please call the Care Center, 201-288-9460. A registration form, accompanied by the non-refundable registration and materials fee, must be completed for each student by Friday, October 1, 2010. ###



HH Receives ADA Award

On the 20th Anniversary of the Americans with Disabilities Act (ADA), Aimee McCarthy accepted awards from the County Executive, County Sheriff, Board of Chosen Freeholders and Heightened Independence and Progress (HIP) -- independent living center -- on behalf of the Community Awareness Access for All Committee of Hasbrouck Heights, for Hasbrouck

Heights making Woodland Park more accessible by building a handicapped-accessible bathroom and providing direct access to the pavilion.

Hasbrouck Heights was one of six towns honored with a recognition award which was presented at the 20th Anniversary of the Americans With Disabilities Act (ADA) at a luncheon on Monday, July 26, 2010. Photo provided by the McCarthy Family. ###

Free Adult  
ESL Course

On Wednesdays, September 15 and 22, 2010, students will be registering and tested for the Fall session of Adult ESL Classes at Care on the Corner, 229 Terrace Avenue in Hasbrouck Heights (corner of Terrace and Jefferson Avenues).

All new and returning students must be registered to take the classes. New students must take an informal language assessment test. The classes start Wednesday, September 29 and will be held on Wednesday evenings from 7:00 to 9:00 p.m. The last class will be Wednesday, December 8, 2010.

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

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

Books will be available for purchase at the time of registration. ###

Citizenship Classes  
Start Sept. 27

Preparatory classes for U.S. Citizenship will start on Monday, September 27, 2010, and finish on Monday, November 1, 2010, from 7:30 to 9:30 p.m., at Care on the Corner, 333 Franklin Avenue in Hasbrouck Heights.

Registration and Testing will take place on Wednesday, September 15 and 22, 2010, at 7:00 p.m., 229 Terrace Avenue in Hasbrouck Heights (corner of Terrace and Jefferson Avenues).

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

For more information about the Citizenship Classes, call the Care on the Corner office at 201-288-9460. A registration form, accompanied with a \$15 non-refundable registration fee, must be completed for each student. ###



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Memorial Wreaths should be delivered Saturday, November 6th

The Museum will re-open to the public at noon.

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201-288-6344 • www.njahof.org



## Clean, Gently Used Clothing Wanted

South Bergen Larger Parish collects clean, gently used clothing for their Lyndhurst Thrift Store.

The thrift store is in the United Presbyterian Church of Lyndhurst, but you can donate clothing to the parish office at First Presbyterian Church of Wood-Ridge during office hours, Monday through Friday from 9:00 -- noon, or to any of the Parish Churches on Sunday mornings before or after worship, or to the First Presbyterian Church of Moonachie during the First Saturday free lunch program.

For more information about the thrift store, or to make a donation, please call the parish office at 201-438-8966. ###

## Saint Margaret of Cortona Parish Picnic

Saint Margaret of Cortona Roman Catholic Church in Little Ferry is celebrating their 98th Anniversary with a Parish Picnic. The Parish Social Life Committee has scheduled the picnic for Saturday, September 11, 2010, from noon to 4 pm.

Tickets are \$10 for Adults, \$8 for Seniors, and \$6 for Children. Tickets must be ordered in advance. For tickets or information, please call Ellie at 201-641-0883. ###

## Knights Pancake Breakfast Sept. 12

The St. Michael's Council Knights of Columbus will hold a pancake breakfast on Sunday, September 12, 2010, from 8:30 a.m. to noon, at 39 Washington Street, Lodi. Cost is \$6 per person. Menu includes pancakes, eggs, sausage, juice, coffee/tea. For tickets, call Frank at 973-778-0796 or Lou at 973-472-7741. ###

## Indoor Fall Flea Market Nov. 20

The Parish Social Life Committee of Saint Margaret of Cortona Roman Catholic Church is sponsoring an Indoor Fall Flea Market on Saturday, November 20, 2010. Tables are \$25 each. For information and contracts, call Ellie at 201-641-0883. ###



## Assumption Celebrates Feast Day

On Sunday, August 15, 2010, the Assumption Church in Wood-Ridge celebrated its feast day with a picnic after the 11:00 a.m. Mass.

A huge tent was put up in the school parking lot with tables and chairs to accommodate the more than 200 members of the parish that attended.

The food was cooked and served by the members of the St. Anthony Council 11585, Knights of Columbus.

The food was provided by the Market Basket. Hot dogs, hamburgers, salads, soda and water were the menu of the day.

The heat of the summer gave way to provide a comfortable afternoon for all to enjoy the fellowship. *Story and photos by Marie and Peter Gallo Jr. ###*

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## Moonachie Annual Town-Wide Food Drive

First Presbyterian Church of Moonachie joyfully announces its 5th Annual Town-wide Food Drive, to be held at the Church on October 8 & 9, 2010.

Letters have gone out to local businesses, and on September 25, volunteers will walk the town and give an invitation to every household.

In a time when so many people are in need, it is good to find ways to help out, and even a single can or boxed item can make a difference in fighting hunger.

According to the workers at the Center For Food Action, the need is higher than ever this year, and they are having a hard time keeping enough food on the shelves. Most needed items

include: canned meat, canned tuna, canned chicken, canned beef stew, Parmalat, 100% fruit juice, macaroni and cheese, canned pasta, peanut butter and jelly, canned fruit, pancake mix and syrup, canned soup, rice, baked beans, cleaning supplies, paper goods and large-size disposable diapers.

Bring your contributions to the First Presbyterian Church of Moonachie on October 8 or 9 between 10:00 a.m. and 2:00 p.m. You may also drop items off at the parish office, 190 Valley Boulevard in Wood-Ridge, any weekday between 9:00 a.m. & noon. Or, if you would like to donate but do not have transportation, please call Pete at 201-933-8045 or Linda at 201-641-1272. ###

## Turkey Dinner October 9th

Bring your friends and enjoy a delicious homemade dinner including turkey, stuffing, cranberry relish, mashed potatoes, candied sweets, vegetable du jour, pumpkin dessert, coffee, tea, and cold drinks on Saturday, October 9, 2010, from 5:30 p.m. to 7:00 p.m.

The buffet style, all-you-can-eat dinner is sponsored by The Guild for Reformed Church Women of the First Reformed Church. Cost is \$15.00 for adults and \$5 for children under 10.

For reservations, call Estella at 201-288-0378. Take-outs are available upon request.

The First Reformed Church is located at Washington and Burton and is handicap accessible. ###

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## Food Bank

The Hasbrouck Heights Food Pantry is open Mondays from 9:00 a.m. to 11:00 a.m. for residents. Donations are always welcome. Call Borough Clerk's office for more information at 201-288-0195. ###





9/11

Deacon Nicholas Valdez  
Assumption Church

May Our Lord give you his peace:

This month will be the ninth anniversary of the attacks on the World Trade Center.

Hearing 9/11 still causes us pain. We can still see the planes, flying into the World Trade Center towers; we still see those two great towers, symbols of the economic power of the United States, collapsing like a house of cards.

9/11, they are numbers which have changed our lives, because trust and openness has vanished as travel has become a series of obstacles to be overcome.

9/11 makes us think of

## Rally Day Worship

Members and friends of Holy Trinity Lutheran Church in Hasbrouck Heights and the Lutheran Church of the Redeemer in Maywood will celebrate RALLY DAY by gathering for worship and a picnic in Woodland Park, Hasbrouck Heights, beginning 10:30 a.m., on Sunday, September 12, 2010.

The Reverend Susan Nelson-Colaneri, Pastor of both congregations, will preside. Special music has been planned. Fun, food and fellowship for everyone of every age is the order of the day - RAIN OR SHINE!

Both Holy Trinity and Redeemer are congregations of the Evangelical Lutheran Church in America. Please visit their new web-site at [www.holytrinityhasbrouckheights.com](http://www.holytrinityhasbrouckheights.com) for more information. ###

## Homecoming Sunday at St. John's Sept. 12

The Episcopal Church of St. John the Divine, corner of Terrace and Jefferson Avenues in Hasbrouck Heights, invites you to join them as they celebrate Homecoming on September 12, 2010, with Holy Eucharist at 11 a.m.

After morning service, there will be a BBQ on the Church grounds with games, prizes, balloons, etc..

No one is ever too old to have a fun filled day. Church School registration will also be held at this time. Mark your calendars! Join them as they celebrate the Life of Christ and their Homecoming. ###

heroism, the number of Americans called in an emergency out of chaos. They are not men and women who made six figure salaries, they were men and women who perhaps cannot ever be paid enough for the risks they took, for their dedication and for the sacrifices they made that day .

No matter what tragedy may befall us, we are always to trust in the Lord. He is present for us every moment of our lives. He is the one who will receive us when we die.

We have seen how a handful of terrorists have changed the course of history and have changed literally millions of lives. We have seen how one natural disaster, Katrina, paralyzed an entire section of the mightiest nation on earth.

How many people put their trust in money and possessions, and we see how soon it can be lost. We see how soon we find ourselves powerless in the

hands of a few fanatics or in the face of a natural disaster.

Yes, we are independent, but we are not self-sufficient. We are dependent every moment of our lives upon the Lord and it is he to whom we must be ready to render an account of our lives.

We are called upon to live our lives always in that delicate balance between personal responsibility and effort and the realization that we depend totally upon God.

We must pray that the hearts of those who wish us evil may be converted and hope we have the power and the will to forgive them. I know this can be very difficult to do, I have friends who lost loved ones on that day. As a Marine Corps Vet who served in Viet Nam, forgiving the enemy was not on the top of our list.

We must remember the victims, all those who died in the Twin Towers, those who died at the Pentagon and those who died in a field in Pennsylvania.

We must pray for ourselves, remembering that we are God's children, and pray that we have the strength to help all those in need.

Whether we live or die, we must remember we are still children of God.

This might sound like our limitation; it is in reality our strength. Peace. ###

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## Church Schedules: Hasbrouck Heights

### BIBLE BAPTIST CHURCH

31 Passaic, HH • 288-4139

[www.biblebaptist.net](http://www.biblebaptist.net)

Rev. Bill Hegedus, Pastor

#### Sunday

8:00 a.m. Prayer Partners Meet

8:30 a.m. Early Worship Service (Traditional)

9:30 Discipleship Hour for all ages

11:00 a.m. Morning Worship Service (Contemporary)

Evening Service as announced



### CORPUS CHRISTI R.C. CHURCH

Boulevard & Kipp, HH •

Offices: 288-4844 • School: 288-0614

Rev. Msgr. Lewis V. Papera, Pastor

Rev. Raymond M. Holmes

Rev. Jerzy R. Zaslon

Rev. Msgr. Martin O'Brien

Deacon Vincent DeFedele

#### Sunday Obligation Masses:

5:00 p.m. Saturday (Chapel)

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

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

#### Daily Masses: (Church)

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

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

#### Corpus Christi Church/School Websites

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

School: [www.corpuschristischool.net](http://www.corpuschristischool.net)



### CHURCH OF ST. JOHN

#### THE DIVINE (EPISCOPAL)

Terrace & Jefferson, HH • 288-0002

Rev. Joseph Pickard, Vicar

[www.saintjohnthedivine.com](http://www.saintjohnthedivine.com)

[www.careonthe-corner.org](http://www.careonthe-corner.org)

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

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

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



### FIRST REFORMED CHURCH

Burton & Washington Place, HH

Church Office: 201-288-1122

Rev. Dianna L. Smith, Pastor

[www.churches.rca.org/firstrefhh/](http://www.churches.rca.org/firstrefhh/)

#### Sunday

9:00 a.m. Sunday School

10:00 a.m. Worship Service

Fellowship Hour follows Worship Service. Child care provided



### FIRST UNITED METHODIST CHURCH

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

Church and Nursery School Office: 288-4636

Pastor Iraidia Ruiz de Porras

#### Sunday

10:00 a.m. - Worship Service

Thursday - 7:00 p.m. - Bible Study

Friday - 7 p.m. Contemporary Family Service

### THE CROSS KOREAN UMC

57 Burton Avenue • 393-7890



### HOLY TRINITY LUTHERAN CHURCH

92 Burton Avenue, HH • 288-6889

Pastor Rev. Susan Nelson-Colaneri

[www.holytrinityhasbrouckheights.com](http://www.holytrinityhasbrouckheights.com)

#### Sunday

10:00 a.m. - Sunday Church School

11:00 a.m. - Holy Communion



### THE COMMUNITY

#### UNITED CHURCH OF CHRIST

Boulevard & Charlton Ave., HH • 288-0622

Rev. Edward J. Glasser, Assoc. Minister

**Sunday** - 10:00 a.m. Morning Worship

Communion-- first Sunday of the month



## Church Schedules: Little Ferry

### EVANGEL CHRISTIAN CHURCH

165 Main Street • Office: 201-440-0470

Rev. Veronica M. Pearson, Pastor

**Sunday** - 9:00 a.m. Adult Bible Study • 10:30 Worship

Children/Teens Sunday School meet during Worship Service

**Wednesday** - 7:30 p.m. Bible Study





Church Schedules: Lodi

FAITH REFORMED CHURCH

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

IMMACULATE CONCEPTION CONVENT

143 South Main Street, Lodi  
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125 Union Street, Lodi • 973-779-4330

ST. JOSEPH R.C. CHURCH

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

Church Schedules: Moonachie

FIRST PRESBYTERIAN CHURCH OF MOONACHIE

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



ST. MARGARET OF CORTONA (Little Ferry/Moonachie)

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

Church Schedules: Wood-Ridge

ASSUMPTION R.C. CHURCH

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



FIRST PRESBYTERIAN CHURCH OF WOOD-RIDGE

190 Valley Boulevard • Office: 201-438-5559 • 201-438-8966  
Rev. Kimberly Chastain, Pastor  
Sunday  
9:30 a.m. Worship Service  
MEEL AL PRESBYTERIAN CHURCH OF NJ  
Rev. Changsik Jang, Pastor  
Sunday Worship 12:00 • Wednesday Worship 8:30 p.m.  
Tuesday - Saturday 6:00 a.m. Morning prayer meeting  
201-727-1201



ST. PAUL’S EPISCOPAL CHURCH/RESURRECTION

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



Family Promise Shower Thank You!

Thank you from the bottom of our hearts for all the generous donations and support we received for our Family Promise Shower on Sunday, August 8, 2010. It is truly a blessing to see so many people demonstrate their care and concern for families in need.

Our original intent for the shower was to have everyone complete a card with their name and address and a short note describing what they brought; these would be used to generate thank-you cards.

However, we soon realized that the overwhelming amount of donations and gifts coming in made it impossible to keep track of this.

We hope that this thank-you letter will be able to cover everyone. There were donations dropped off at the LPC office in Wood-Ridge.

Our Church family in Moonachie sent a van full of donations from those of you who couldn't attend and also from outside sources within the community.

We had guests from the Moonachie, Little Ferry and Passaic Churches that attended the shower bearing gifts and also pitched in helping in so many ways.

THANK YOU for all your donations and for your help in setting up, bringing food and just being your usual supportive wonderful selves. God bless each and every one of you. Gayle Lollgen and Jane Aulenbach -- Co-Coordinator ###

Prayerful Reflection

Silent Retreat

Christus Rex Catholic men’s silent retreat is scheduled for the weekend of October 22-24 at the Jesuit Loyola Retreat House in Morristown, NJ. Free will offering. Retreat house details at: www.loyola.org. Call 201-288-8656 for more information. You owe it to yourself to attend at least one silent retreat in your lifetime.

Rosary Society News

The Rosary Society of Corpus Christi Church in Hasbrouck Heights is beginning a new and exciting year. Members have received a letter outlining meeting dates, programs, and special events planned for the coming year.

The first General Meeting is Thursday, September 9, 2010, in the school cafeteria following the recitation of the Rosary at 7:15 p.m. and Mass in the Chapel celebrated by Moderator, Reverend Raymond Holmes.

The theme for the evening is "Welcome Back" to their current members, and it would be our pleasure to welcome any women of the parish who are interested in learning more about the Rosary Society.

They are hoping to get off to a running start, so all Rosarians are urged to come to the meeting and bring a friend!

Our Annual Communion Breakfast is Sunday, October 3, 2010, at the Fiesta following nine o'clock Mass in the Chapel. Their Guest Speaker is Sister Antonia Marie Gronzowski, a Felician Franciscan Sister from Immaculate Conception Convent in Lodi. Sister Antonia Marie is celebrating her 60th year of service in various church ministries including her roles as an Educator both in the classroom at elementary and high school levels and as

Principal, a Catechist, Director of Religious Education, Director of RCIA, and a Reading Specialist for children and adults learning English as a second language.

The donation for the Communion Breakfast is \$18, and tickets will be available at the September meeting. The women of the parish are invited to join them for what promises to be an inspiring experience. Please call Chairperson Dee Sullivan at 201-288-7415 to reserve your place.

Please mark your calendars for the fall General Meetings: October 7, 2010, (induction of new members and our Brown Bag Auction for the benefit of the Child in Need program) and November 11 (preparation of Christmas Stockings for local children - new and unwrapped gifts). The Christmas celebration is scheduled for December 1 at six o'clock at The Graycliff in Moonachie. The donation for the dinner is \$40 and details will be discussed at the General Meeting.

The women of the parish are encouraged to join the Rosary Society in prayer and service to the parish. Members are required to say one decade of the Rosary daily, to attend monthly meetings (first Thursday after the first Sunday of the month), 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 further information. Story by Carol Viceconte. ###

Presbyterian Sunday School Starts Sept. 12th

Children from preschool through elementary school are welcome to come and learn about Jesus, explore the Bible, and learn to serve God and others on September 12, 2010, at 9:30 a.m.

At First Moonachie, the Sunday School hour is before the regular worship service, and families are invited to stay for worship at 11:00 a.m.

At First Wood-Ridge, families gather at 9:30 a.m. in the sanctuary for the main worship service and praise time, and children will go to class with their teacher after the “Time for the Young At Heart” by the Pastor.

There is no charge, but pre-registration would be helpful. Please call the parish office at 201-438-8966. ###

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# Fitness Tips

By Joann Glussich

## 4 Tactics for Faster Results

Have you ever been frustrated over a lack of results from your workout routine?

When you continue to put in the same effort day after day with little or no results it is safe to say that you've hit your fitness plateau.

Your body adapts quickly to any repetitive routine. When your results stop then it's time to do something new.

The following 4 tactics are guaranteed to crank your workouts up to the next level and deliver the fast results you want.

**Tactic #1: Focus on Negatives:** Each time that you do a weight lifting repetition you are utilizing three types of strength. These are:

- Positive strength: the motion of lifting the weight.
- Static strength: holding weight in a contracted position.
- Negative strength: the motion of lowering the weight.

Most people completely miss the benefit of the negative in each repetition by allowing the weight to drop quickly with little control.

Focus on the negative portion of each repetition by lowering the weight very slowly. Concentrate on the negative contraction, and make each repetition count.

Another way to utilize negative repetitions on a machine is to lift the weight using two limbs, then lower it with just one. For example, use both legs to lift the weight on a leg extension machine, then lower it back down slowly using only one leg.

**Tactic #2: Do a Drop Set:** Drop sets have long been used to fight off exercise plateaus. This technique is great for adding muscle strength, endurance and increasing the cardiovascular benefit of your workout – resulting in more fat burn.

Here, in a nutshell, is how to do a drop set: When you perform an exercise to exhaustion, don't stop there. Drop the weight by 80% and do another set.

You could take it a step further by dropping the weight twice, making it a double drop. Or drop the weight three times for a descending drop set.

Use this technique only once or twice per workout, on the final set of the exercise.

**Tactic #3: Modify the Exercise:** There are certain exercises that are considered

"staples" in the gym: The squat. The lunge. The chest press. The shoulder press. The bicep curl.

While you shouldn't throw these exercises out the window, find creative ways to modify the familiar motion in order to challenge your muscles.

Try these exercise modifications:

- Squat on a Bosu ball or balance board.
- Place a weighted bar across your shoulders and do walking lunges.
- Use an exercise ball for chest presses instead of the bench.
- Do a full squat between each repetition of shoulder presses.
- Do a shoulder press between each repetition of bicep curls.

**Tactic #4: Use Active Rest to turn each workout into High Intensity Interval Training:** While it is important to catch your breath if you feel winded, most of the time you would benefit more from an active rest than a passive one. Perform one of the following activities for 30 seconds between exercises and turn your regular workout into High Intensity Interval Training.

- High Knees with Alternating Punches: Alternately bring each knee high to your chest in a quick jumping movement while alternating forward punches at shoulder level.
- Burpees: Start in a standing position and bend at the waist. Once your hands hit the floor, push your entire body back, extending your legs until they're straight and you're in the push-up position. Go down for a push-up, and when you push yourself up, jump slightly to bring your feet back near your hands. Finally, jump in the air with your arms fully extended over your head.

• Side-to-Side Jumps on Bench: Stand on one side of an exercise bench. Place the foot closest up onto the bench, jump up and switch feet, then land on the opposite side of the bench.

• Mountain Climbers: Place your hands wider than shoulder-width apart on the ground in a push-up position. Bring one knee to your chest and then back to the starting position, alternate each leg quickly.

• Side-to-Side Ab Twists: With feet close together, jump and twist your legs left to right – holding your abs tight. Keep a bend in your knees and swing your upper arms with each twist.

• Squat: Start in a lunge po-

sition, lunge down then quickly jump up, switching your leg position in midair, land in an opposite leg lunge. Once you've done both legs, jump straight into a squat.

• Medicine Ball Squat Jumps: With feet wider than shoulder-width apart hold a medicine ball at chest level. Squat down until your knees are at a 90 degree angle. Explosively jump up, raising the medicine ball straight over your head.

If you'd like a sure-fire way to break through your fitness plateau and to melt away unwanted fat, contact me for a fitness consultation.

**Easy Slim Down Tip:** Do you want a smaller waist? Try this easy slim down tip: Don't eat carbohydrates after 4 p.m. Instead, stick with lean protein and green veggies. This will prevent late afternoon and evening snacking and will quickly result in a slimmer waist. ###

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

## HH Health Fair Expo

The 8th Annual Health Fair Expo will be held in the Hasbrouck Heights Senior Center on October 16, 2010, from 11 a.m. to 2 p.m. For more information, call 201-288-1636. ###



# Filling You In

By Jeffrey E. Mason, DMD

## Do you have "Dry Mouth?"

Feeling a little dry? If you are looking for a glass of ice water in the middle of the night, then you may be suffering from Dry Mouth or Xerostomia which is common in adults.

It is caused by a reduction in saliva flow, which is commonly a side effect of prescription and over-the-counter medications. Pain medications, blood pressure pills, and arthritis medications are frequently associated with Dry Mouth.

Medical conditions and illnesses may be associated with the cause of Dry Mouth as well. Diabetes, hormone replacements, cancer treatments, and Sjogrens Syndrome just to name a few.

Dental problems can be caused by a persistent dry mouth. In addition to the discomfort associated with dry

mouth, a sore throat, hoarseness, difficulty in swallowing, gum disease, and tooth decay can result. When there is less saliva in the mouth, tooth decay is more likely and teeth are unprotected towards some infections, including yeast infections. Also, dentures may hurt while wearing and bad breath are common findings of Dry Mouth.

Carbonated, alcoholic, or caffeinated drinks are not very effective remedies. Sipping frequently on water or sucking on sugar-free candies may stimulate some saliva. If symptoms persist, your dentist may offer treatments which may help make your condition more comfortable. ###

Dr. Jeffrey Mason is a cosmetic and general dentist at 232 Boulevard, Hasbrouck Heights, NJ. 201-288-4447, [www.DrJeffreyMason.com](http://www.DrJeffreyMason.com)

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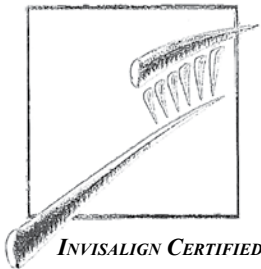
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**Pharmacist  
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**The Flu Vaccine --  
It's for Everybody  
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*By Linda E. Stumper, RPh*

While everyone is aware of the symptoms of the flu such as fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue, is everyone aware of who should be getting the flu vaccine?

While in the past, the flu vaccine was reserved for the very young, the elderly and those with serious medical conditions, it is now recommended that any patient from 6 months of age and older, without major health complications determined by a physician, should receive the flu vaccine for the 2010-2011 flu season.

In the state of New Jersey,

children age 6 months to 18 years must receive their flu vaccine from their pediatrician/physician. Everyone else can and should get the flu vaccine.

Pharmacists are now part of the healthcare provider system for this important service to be readily available to the public.

In 2010, there is a Healthy People Selected Immunization Goal of 90% for adults aged 65 & older to become vaccinated during this flu season with the flu vaccine.

Currently, the rate is only at 66%. The importance of the flu vaccination is really a matter of life and death.

The number of people who died from the flu last year was 1,994 along with 265 pediatric deaths. Also, the number of hospitalizations from complications from the flu numbered over 40,000.

Still not convinced you're a candidate for a flu shot this year? Well, think of this scenario and apply it to your life. You start your Saturday morning at the supermarket, where someone who has the flu just happened to leave their cart, you grab it and do your shop-

ping and go home. You picked up the influenza virus along with the quart of milk you so kindly picked up for your elderly neighbor next door. Your body starts to multiply the virus as you progress through your day.

Now you take your child to their basketball practice, chat with the other parents and small children, spreading the virus to all that are susceptible.

You continue your day, planning a party for that evening, where perhaps a few of your friends are pregnant, maybe an asthmatic or two and, your parents who have heart conditions and are diabetic are attending.

So you can see how one person can infect so many people, especially those that have health complications already.

Also, keep in mind when you are sick in bed with the flu, who's going to take care of your kids, do your job, and your other daily responsibilities? You can easily see how a simple 15 minute vaccine session can make such a powerful impact on the health of so many.

**BeJay Drugs** will be administering the influenza vaccine this flu season -- Please see store for details and times starting in October!

*Linda E. Stumper, RPh, is a Pharmacist at BeJay Drugs, 450 Boulevard, Hasbrouck Heights, NJ. 201-288-0404, www.bejaydrugs.com ###*

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**UPCOMING EVENTS:**

**Diabetic Info Fair, Wed., Sept. 29, 10 a.m. to 4 p.m.**

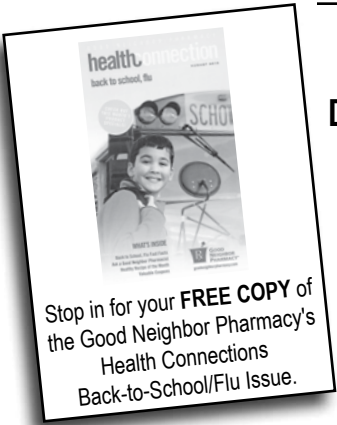
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**Flu Vaccine -- Starts in October -- Be Flu Ready**

*See store for details and times*



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**W-R Health Department  
Annual Blood Screening**

The Wood-Ridge Board of Health is offering the Annual Blood Screening Program at the Senior Center, on Tuesday, September 21, 2010, from 7:30 a.m. to 9:30 a.m.

It will consist of a CBC, CHEM 23 and Lipid Profile, with results sent to your private medical doctor. Cost is \$20.

A T4 (*thyroid*) blood test is \$5. A Homocysteine level, an amino acid that, when elevated, may lead to blockage in the arteries, is \$30. PSA testing (*male*), a blood screening tool for detection of prostate cancer, is \$30.

All payments must be made in cash. No checks accepted. No blood test additions or substitutions permitted.

This program is open to all adults 18 years or older. Minors may be tested with parental consent.

Appointments must be made in advance on Tuesdays or Thursdays from 9 a.m. to noon. Sign-ups will be held at the Municipal Building, 85 Humboldt Street starting now.

At the time of registration, bring two large, stamped envelopes -- one with your name and address, the other with your medical doctor's name and address (*mandatory*).

A 12 hour fast prior to your appointment time is required. Refreshments will be served.

Call the Health Department for sign-up times and dates at 201-939-2161. ###



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# Real Estate Insight

By Mary Ellen Courtney



**Title Insurance: Don't Get a Home Without It!**

I was talking the other day with our good friend Brian Katz from Foundation Title. Foundation is involved in practically all of our transactions because their work - we've found over many years - is flawless. These days, in this sluggish real estate market, title searches are taking 2 to 4 times as long they once did. This sometimes causes lengthy delays in the closing process. But the inconvenience is nothing compared to the protection it provides to the buyer.

If you're purchasing a home or commercial property through a real estate agent, title insurance will automatically be included in your closing process. In a private sale it is optional but the buyer would be a fool to overlook getting it.

What is title insurance? When you buy title insurance, the title company searches all available public records to learn if there are liens or other judgments against the property. Needless to say, this is particularly important (and time consuming) in these difficult economic times. This is because many sellers have used their real property as collateral against personal and business loans. Multiple liens are also likely to exist against the property for taxes, legal fees and other encumbrances. This is especially so today with so many properties in a short sale situation.

Elsewhere, contractors performing construction, maintenance, architectural, engineering and survey work

can file liens against real property for work they've done.

Clear title cannot be passed to the buyer until the loans and debts are paid in full, which usually takes place during closing. If these encumbrances are not paid in full from the seller's funds at closing, then they become the buyer's responsibility.

Either the buyer or the seller can pay for title insurance which typically includes the title search and exam. Title companies all perform the same types of duties and prices are usually very competitive between those in a geographic area, based on a small percentage of the property's purchase price.

If you do not specify a choice of title insurers, your real estate agent will choose one for you.

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

**Audiobooks and E-Books at W-R Library**

The Wood-Ridge Memorial Library offers downloadable audiobooks through a state website called Listennjnw.org.

This website also features a starter collection of 319 e-books, which may be downloaded to either the Nook or the Sony Reader.

Patrons may choose to borrow a book for 10, 14 or 21 days. Those who finish the book early can return it before the due date.

Titles available in the audio format are not the same as for e-books and currently the selection is bigger.

Depending on the title, audiobooks may be downloaded to a Mac or a Windows machine. They may even be downloaded to an iPod. The loan period is 10 days.

Those who wish to borrow these books can visit [www.listennjnw.org](http://www.listennjnw.org) and get started with a valid library card.

The website provides directions for downloading. ###

**Having an Affair?**

If your organization is having an event that is open to the public, we can help you tell "everybody" about it. Simply provide the following event details: name, date, times, cost, brief explanation of program features, etc., along with contact information. Send these details at least 45 days prior to the event to: [fritz@hasbrouck-heights.com](mailto:fritz@hasbrouck-heights.com) or drop them off at: **The Gazette Newspaper**, 343 Boulevard, Hasbrouck Heights, NJ 07604. ###

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**W-R Rec Offers Fitness Boot Camp**

The Wood-Ridge Recreation Commission is having an open enrollment for its Boot Camp fitness class at the Wood-Ridge Rec Center, 495 Highland Avenue.

Classes are on Mondays at 6:30 p.m. and Saturdays at 11:30 a.m., during September.

Cost is \$6.25 per session for Wood-Ridge residents and \$12.50 for non-residents.

A free trial will be held on Saturday, September 4, 2010, at 11:30 a.m.

Participants are encouraged to dress comfortably and bring a bottle or two of water.

Call 973-479-6035 to register by phone. Space is limited to 20 participants. ###

**5K Walk Oct. 9th**

The 32<sup>nd</sup> Masonic Learning Center for Children, located at 301 Division Avenue, will sponsor its 5th Annual Hasbrouck Heights 5K Walk to Help Dyslexic Children, on Saturday, October 9, 2010 at Depken Field (Franklin & Route 17).

The course is 5K (3.1 miles). Registration is \$15 for adults and \$5 for children under 12 years of age. Participants who register prior to the event will receive a commemorative "T" shirt at registration. Donations are accepted.

Event will be held rain or shine. Registration starts at 9 a.m. Walk starts at 10 a.m. Refreshments will be available.

Proceeds will go directly to the cost of training tutors and tutoring children.

Make checks payable to CLC Dyslexia Walk and send them to Ms. Joey Dobbs, Hasbrouck Heights Learning Center, 301 Division Avenue, Hasbrouck Heights, NJ 07604. For more information, call 201-288-1183 or go to: [www.dyslexiawalk.org](http://www.dyslexiawalk.org) ###

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## September 2010 Heights Senior Calendar

*Open to All Hasbrouck Heights Seniors*

### SENIOR ACTIVITIES

**Monday, September 6**

Municipal Building will be closed on Monday,  
September 6 -- Labor Day

**Monday, September 13, 20, 27**

10:00 a.m. to 1:00 p.m. Games, cards & coffee  
11:00 a.m. Mahjong

**Tuesday, September 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. Games, cards & coffee

**Wednesday, September 15, 22, 29**

10:00 a.m. Wii Bowling League  
2:00 p.m. Senior Paced Aerobics \$1.00

**Thursday, September 2, 9, 16, 23, 30**

10:00 a.m. to 1:00 p.m. Games, cards & coffee  
11:00 a.m. Mahjong  
2:00 p.m. Senior Yoga \$1.00

**Friday, September 3, 17**

10:00 a.m. Fun Bingo  
1:00 p.m. Movies

*Check Center Bulletin Board for listings*

**Friday, September 10, 24**

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

### CLUB MEETING SCHEDULE

**Wednesday, September 1**

10:30 a.m. Leisure Club Executive Meeting

**Wednesday, September 8**

1:00 p.m. Monthly meeting  
Program: Colleen Imbert  
"Senior Health Issues"

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## Central Bergen Chapter AARP Resumes Activities

During the past summer, members of the AARP Central Bergen Chapter #418 have been meeting to make final plans for meetings, programs, and trips.

President Marie Gallo announced that the Program Committee, the Trip Committee and the Hospitality Committee are well on their way for another exciting year. The new fiscal year begins on Friday, September 10, 2010.

President Marie encourages all seniors who are members of the National AARP to take part in the AARP Central Bergen Chapter's activities. They are welcome to attend any of the Chapter's meetings, attend programs that interest them, participate in planned trips and become a member of the AARP Central Bergen Chapter #418.

### Bergen County Senior Picnic

The Bergen County Annual Senior Picnic will be held Tuesday, September 14, 2010, from 9 a.m. to 2 p.m., at Van Saun County Park, Paramus. The rain date is Tuesday, September 21. ###

### Carlstadt Senior Trips

The Carlstadt Seniors are planning trips as listed. Call Rose at 201-438-9182 for information:

- September 6-10, 2010: Extended trip to Wildwood, NJ, 5 days/4 nights.
- September 30, 2010: Sight & Sound Theatre, Stroudsburg, PA, Show, "Joseph."

### Large Print Books at W-R Library

The Wood-Ridge Memorial Library offers a wide variety of books in large print for those who have trouble reading conventional print books. Books can be taken out with a valid BCCLS library card. New large print books added recently are "Game Over," by Fern Michaels, "The Search," by Nora Roberts, and "Sizzling Sixteen," by Janet Evanovich. ###

### W-R Senior Bus

A free bus is now available for 60+ Club meetings on the first and third Thursdays. Pick-up is around 11:30 a.m. and return to your home at about 3 p.m. Call 201-939-7507 for details. ###

Program Chairpersons Marion Davidowicz and Mary Olobardi announced the schedule for the next three months. In September, Dr. Angela Cristini, Executive Director of Special Programs at Ramapo College in New Jersey, will present a visual and hands-on program on the history of the Meadowlands.

In October, representatives from the Bergen County Sheriff's Office will be available to distribute Gold Star Identifications to interested members. Also, a representative from Gallo's Drug Store in Rochelle Park will discuss "Pain Management."

In November, Acoustic Duo, Jeff and Karen, will perform.

In December, there will be the annual Holiday Party with entertainment by Dick Scott.

Central Bergen Chapter #418 AARP meets the second Friday of each month except during July and August.

### Crafts-to-Share Club Meets Sept 7th

The Free Public Library of Hasbrouck Heights will continue to sponsor the popular Craft Club for the Fall of 2010 and Spring of 2011.

The Crafts-to-Share Club is held the first Tuesday evening of the month from 6:30-8:30 p.m. and the third Wednesday afternoon of every month from 1:30 – 3:30 p.m. The next meeting will be September 7 and the next afternoon meeting will be September 15.

Craft members have adopted the name "Crafts-to-Share" because it captures the essence of the club. This is a chance to share your talents or develop some new ones and enjoy the camaraderie. Watch for special craft events in October and December. Participants have done everything from scrapbooking to knitting and crocheting, to beading, to finger knitting and more. New participants are always welcome.

The Club has adopted a philosophy of giving to the community. Some of the participants donate hand made items, such as Afghans and caps, to the patients of Hackensack University Medical Center and families of Tomorrows Children's Fund. The Library would be pleased to accept donations of yarn on behalf of the Crafts-to-Share Club.

Please call The Library at 201-288-0488 for more details, to sign up or visit online at <http://hasbrouckheights.bccls.org> and go to program calendar. ###

They meet at 12:30 p.m. at the M&M Building, 116 Holt Street, Hackensack.

Membership is open to seniors who are members of AARP and who reside in Hackensack, Hasbrouck Heights, Maywood, Rochelle Park, Little Ferry or South Hackensack. New members are always welcomed. The next meeting is Friday, September 10, 2010. *Story by Peter Gallo Jr. ###*

### "Senior Freeze" Applications Deadline Extended to Nov. 1

The deadline for filing 2009 Senior Freeze (Property Tax Reimbursement) applications has been extended to Nov. 1.

The State Budget permits applicants who received a reimbursement last year to get a check in 2010, provided their 2009 income was \$70,000 or less and they meet all other eligibility requirements. However, the budget limits reimbursement payments to the amount the applicant received last year.

The budget also provides that new applicants are not eligible to receive a check in 2010.

So seniors and disabled residents who didn't get a check last year should not expect to get one this year.

The Division of Taxation will accept 2009 applications from residents who either did not file a 2008 application or who filed an application for 2008 that was not approved for payment. While these applicants will not receive reimbursements for 2009, they should apply to establish their eligibility for benefits in future years.

Residents should not confuse the Senior Freeze (Property Tax Reimbursement) with the Homestead Rebate Program. They are two distinct property tax relief programs with different eligibility requirements and separate applications. Filing for the Senior Freeze is going on right now, but filing for benefits under the Homestead Rebate Program will not begin until later in the year.

Information about the Senior Freeze is available on the Division of Taxation's website at [www.state.nj.us/treasury/taxation/2009ptr\\_seniorfreeze.shtml](http://www.state.nj.us/treasury/taxation/2009ptr_seniorfreeze.shtml). Applications can be downloaded from the website or obtained by calling the Property Tax Reimbursement hotline at 1-800-882-6597 from 8:30 a.m. to 4:30 p.m. weekdays. ###



# Back to School Tips For Parents

Leading area educators, parent teacher organizations and pediatricians offer some tips to help you give your children a good start this school year.

- Confirm what time school starts on the first day.

- Make a travel plan with your child. Find a safe route and practice the route with your child. Find another child in the neighborhood with whom your youngster can walk to school or ride with on the bus. If you feel it is appropriate, drive or walk your child to school and pick them up on the first day.

Discuss traffic safety and how to safely interact with strangers.

- Ease into a reasonable bedtime, start going to bed earlier and develop a wake-up routine before the first day of school.

- Choose clothes for school early. Have your child select an outfit the night before. This helps start the morning off on a calm note.

Change to a simpler breakfast.

- Help keep your child healthy. Schedule medical and dental check-ups. Encourage your child to make healthy eating choices and stay active. Let your child help pack lunch.

- Be positive. Acknowledge and talk to your children about the mixed emotions they may be feeling as the school year approaches. Remind them of the friends they will meet, the new things they will learn, and the fun they will have.

### After School

- During middle childhood, youngsters need supervision. A responsible adult should be available to watch over them after school until you return home from work.

- Children approaching adolescence (*11 and 12-year-olds*) should not come home to an empty house in the afternoon unless they show unusual maturity for their age.

- If alternate adult supervision is not available, parents should make special efforts to supervise their children from a distance. Children should have a set time when they are expected to arrive at home and should check in with a neighbor or with a parent by telephone.

### Develop Good Homework and Study Habits

- Create an environment that is conducive to doing homework. Youngsters need a permanent work space in their bedroom or another part of the home that offers privacy.

- Set a regular time for homework. Having a regular

time to do homework helps children finish assignments.

- Be available to answer questions and offer assistance, but never do a child's homework.

You may be reluctant to help your child with homework, but helping with homework doesn't mean doing the homework. It isn't about solving the problems for your child, it's about supporting them to do their best, helping them get organized, monitoring their work to see that they complete it and praising their efforts.

- Establish a household rule that the TV set stays off during homework time.

### Encourage Your Child to Read

The importance of reading simply can't be overstated. Reading helps children in all school subjects. More important, it's the key to lifelong learning. Here are some tips on how to help your child become a reader.

Start early. When your child is still a baby, reading aloud should become part of your daily routine. At first, read for no more than a few minutes at a time, several times a day. As your child grows older, you should be able to tell if they want you to read for longer periods.

As you read a book with your child, pause occasionally to talk about what's happening in the book. Help relate the events in the book to events in their life: "Look at that tall building! Didn't we see that when we were in Chicago?" Ask him to tell, in his own words, what the book was about. Ask about new words in a book and help him to figure out what they mean.

As you read, talk with your child. Encourage him to ask questions and to talk about the story and predict what will come next. When your child begins to read, ask him to read to you from books or magazines that he enjoys.

Make sure that your home has lots of reading materials that are appropriate for your child. Keep books, magazines and newspapers in the house. Ask family members

and friends to consider giving your child books and magazine subscriptions as gifts for birthdays or other special occasions. Set aside quiet time for family reading. Some families even enjoy reading aloud to each other, with each family member choosing a book, story, poem or article to read to the others.

Show that you value reading. Let your child see you reading for pleasure as well as for performing your routine activities as an adult—reading letters and recipes, directions and instructions, newspapers, computer screens and so forth. Go to the library and check out books for yourself. When your children see that reading is important to you, they are likely to decide that it's important to them, too.

### Encourage Active Learning

Children need active learning as well as quiet learning such as reading and doing homework. Active learning involves asking and answering questions, solving problems and exploring interests.

Active learning can also take place when your child plays sports, spends time with friends, acts in a school play, plays a musical instrument or visits museums and bookstores.

To promote active learning, listen to your child's ideas and respond to them. Let him jump in with questions and opinions when you read books together. When you encourage this type of give-and-take at home, your child's participation and interest in school is likely to increase.

### Encourage Your Child to Be Responsible and to Work Independently

Taking responsibility and working independently are important qualities for school success. Here are some suggestions to help develop these qualities:

#### Establish Rules

Every home needs reasonable rules that children know and can depend on. Have your child help you to set rules, then make sure that you enforce the rules consistently.

Make it clear to your child that he has to take responsibility for what he does, both at home and at school. For example, don't automatically defend your child if his teacher tells you that he is often late to class or is disruptive when he is in class. Ask your child for his side of the story. If a charge is true, let him take the consequences.

Work with your child to develop a reasonable, consistent schedule of jobs to do around the house. List them on a calendar.

Younger children can help set the table or put away their toys and clothes. Older children can help prepare meals and clean up afterwards.

Show your child how to break a job down into small steps, then to do the job one step at a time. This works for everything—getting dressed, cleaning a room or doing a big homework assignment.

Make your child responsible for getting ready to go to school each morning—getting up on time, making sure that he has everything needed for the school day. If necessary, make a checklist.

Monitor what your child does after school, in the evenings and on weekends.

If you can't be there when your child gets home, give him the responsibility of checking in with you by phone to discuss his plans.

### Talk with Your Child

Talking and listening play major roles in children's school success. It's through hearing parents and family members talk and through responding to that talk that young children begin to pick up the language skills they will need if they are to do well.

For example, children who don't hear a lot of talk and who aren't encouraged to talk themselves often have problems learning to read, which can lead to other school problems.

In addition, children who haven't learned to listen carefully often have trouble following directions and paying attention in class.

As you watch TV together, talk with your children about the programs. If you're watching one of their favorite programs, encourage them to tell you about the background of the characters, which ones they like and dislike and who the actors are.

It's also important for you to show your child that you're interested in what he has to say. Demonstrate how to be a good listener.

When your child talks to you, stop what you're doing and pay attention. Look at him and ask questions to let him know that you've heard what he said.

When your child tells you about something, occasionally repeat what he says to let him know that you're listening closely. ###



## Gazette Photos Available

Did you see yourself or your child published in **The Gazette Newspaper**?

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## Brenda Lapadat Appointed to VP

Valley National Bank announced the appointment of Brenda Lapadat to Vice President/Branch Sales Manager for the Bank's Moonachie branch located at 199 Moonachie Road in Moonachie, New Jersey.

Ms. Lapadat joined Valley in 2004 as the Branch Service Manager at Moonachie and was promoted to the Branch Sales Manager in 2007.

"Choosing to work at Valley National Bank has been a terrific career choice for me," remarked Ms. Lapadat. "The Bank is an active participant in the local community and strives to build relationships with the local residents that we serve."

Valley is a community oriented bank with deep ties in the local neighborhoods it serves.

Ms. Lapadat is a member and part of the Small Business Committee at the Meadowlands Chamber of Commerce. She is also the Treasurer of Little Ferry/Moonachie Rotary Club. She can be reached at 201-807-1902 or by email at blapadat@valleynationalbank.com ###

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## Rotary Holds Beefsteak & Auction

The Mid-Bergen Rotary Club will hold their Annual Beefsteak and Charity Fund-raiser on Thursday, November 11, 2010, at The Hasbrouck Heights Holiday Inn. The public is invited.

The doors open at 6:30 p.m. for Tricky Tray ticketing of auction prizes. Last year's prizes included televisions, DVD players, household items, food baskets, artwork, gift certificates, computers, etc.

At 8 p.m., participants enjoy a beefsteak dinner, music, dancing and prizes galore. Tickets are \$50.00 per person.

This is their 2010-2011 Annual Fall Fund Raiser for the Gift of Life and other community projects such as the

Dictionary Project (awarding dictionaries to local 3rd Grade students), Habitat for Humanity (Paterson), Bergen County Boy Scouts, Faith Foundation (Hackensack, NJ Advocate for the local homeless), Clean Water Projects (helping needy countries have fresh drinking water), etc.

Cash and gift item donations of \$25 or more are welcome. For ticket information or to arrange a donation pick up, call Charlie Paduch at 201-288-9600 ext. 7700, or Carl Hassett at 201-896-4800.

The Mid-Bergen Rotary Club meets 12:15 p.m. every Tuesday at the Holiday Inn, 283 Route 17S, Hasbrouck Heights, NJ. ###

## Gallo Receives International Awards

A Black-Tie event took place on Saturday, July 31, 2010, in Las Vegas, Nevada where **Envision Video Services** of Hasbrouck Heights recently won four Hanley Awards and one achievement award at the 10th Annual Home Video Studio (HVS) Getaway.

The Hanley Awards are HVS' version of the Oscars, which recognize achievement in the movie industry.

Last year, Peter Gallo III, owner of Envision Video, received the top honor as "Studio Owner of the Year."

In the five year history of this business, Envision Video has received 14 Hanley Awards and two achievement awards.

For more information, contact Peter at 201-288-7228 or visit www.EnvisionVideoServices.com. ###

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## Meet Your Business Neighbors

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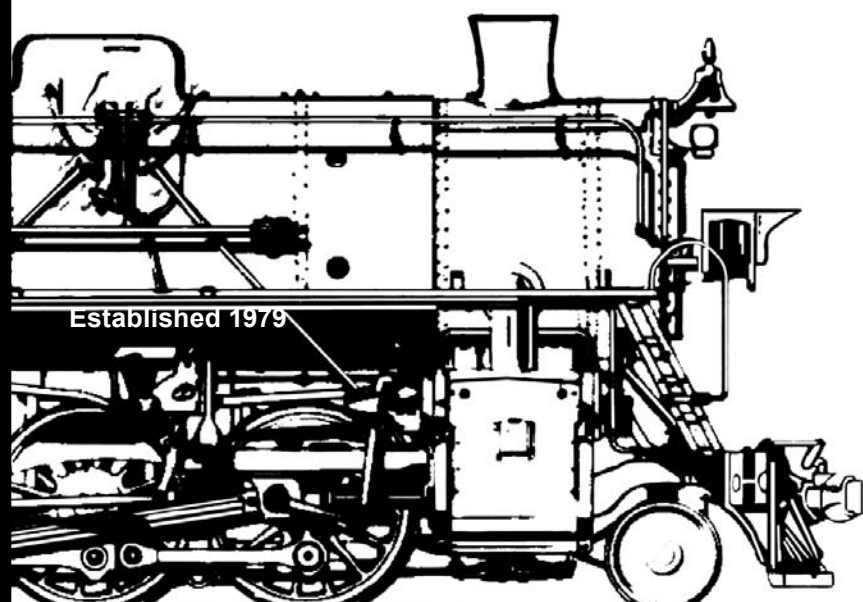
## Informal Business Networking Breakfast

**Thursday, September 16, 2010 • 7:30 a.m. to 9:00 a.m.**

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New Redneck and Moonachie Avenue facing north. Inset: Moonachie Avenue facing west. New Redneck in foreground and old Redneck in background.

# Redneck Avenue is Moving

The Port Authority is funding the relocation of about 1,200 feet of Redneck Avenue 300 feet to the east -- from south of the ball fields to a new intersection being constructed on Moonachie Avenue. All this is in effort to improve the runway safety area at the runway south end and make room for an EMAS (Engineered Material Arresting System).

The Instrument Landing System (ILS) which was installed in 1998-99 will be to the right of the new intersection.

The scope of the initial project began in October 2005 and design work started in 2006.

Permit issues regarding the mitigating of wetlands in 2007 delayed award of the project.

As Moonachie Avenue (Route 36) and Redneck Avenue (Route S43) are County roads, Bergen County was involved from the beginning. As the ILS straddles this construction, the FAA was also involved.

Permits and approvals were also required by the NJ DEP, Army Corps of Engineers, Meadowlands and Bergen Soil Conservation District.

Once the drawings were fine tuned, and all permits set, the bid process began. The contract to relocate Redneck Avenue was awarded on November 13, 2009, to Creamer-Sanzari Joint Venture as overall contractors. The basic contract is \$10 to \$11 million dollars.

The contract should take about one year, with completion expected in November 2010.

## Sitework

In addition to the grading and prep work of the new Redneck Avenue, the movement of the road sitework included:

- The relocation of a 36"

gas main on old Redneck to under new Redneck Avenue.

- The relocation of a 12" gas main to the south side of Moonachie Avenue.
- The relocation of a 138 KV PSE&G transmission line and a 13KV PSE&G distribution line.
- Verizon communication lines.
- United Water line.

## Traffic Improvements

New traffic signals will be installed at new Redneck Avenue and Moonachie Avenue. Installation was overseen by Bergen County, paid for by the Port Authority.

The intersection will be improved with a new left turn lane from new Redneck Avenue onto Moonachie Avenue.

After completion of the new roadway, old Redneck will be taken out and replaced with grass.

New fencing will be installed along new Redneck Avenue, so that the ILS will be located within the airport perimeter.

## Drainage Improvements

This roadway realignment project required a completely new drainage system; not moving East Riser Ditch, just modifying it.

This project affects only the East Riser Ditch section now under old Redneck Avenue. These drainage improvements are not affected by tidewater.

At the early stages of grading Redneck Avenue, interlocking steel sheeting was installed to keep the roadway stable, avoid erosion and roadway movement towards East Riser Ditch (about 50 yards parallel to the roadway).

These steel barriers included holes for drainage of

detained water to East Riser Ditch.

The roadway sub-surface includes a detention system between the old and new roads. It temporarily collects and holds excess water for a natural dispersion.

Improvements also include installing structural concrete culverts for the water flow of East Riser Ditch from Redneck Avenue to Gate B beneath the berm at the foot of the runway.

The area at Gate B (TEB Airport emergency access on Moonachie Avenue, between Jet Aviation and Redneck) will be modified.

The area currently used for construction staging between East Riser Ditch and the emergency access road will be converted to flood storage.

After the drainage improvements along Moonachie Avenue, at the back of runway 1-19, the earth berm will be replaced with a green wall or a structure filled with soil on which vegetation is planted.

## EMAS

Once the Redneck Avenue roadway realignment and related drainage projects are completed, Teterboro Airport will begin construction of the EMAS. The EMAS will be installed at the south end of runway 1-19.

An EMAS is a system of foam-like concrete blocks placed in a stepping pattern at the end of the runway. This soft concrete crushes under heavy loads, stopping any planes that may run past the end of the runway.

(The EMAS of runway 6-24 north at Route 46 was installed in October 2006. See *The Gazette Newspaper*, December 2006, pages 28-29.)

This EMAS project is slated to begin in the spring of 2011. ###



Moonachie Avenue closure about June 5, 2010 (facing east).



Drainage construction of New Redneck Avenue (facing south).



Moonachie Avenue closure about June 5, 2010 (facing northwest).



Earth berm will be replaced with a green wall with terraced plantings.



Gate B upper left. Area to left will be converted to flood storage.



MDA Seeks Help for Annual Labor Day Telethon

The 45th Muscular Dystrophy Telethon begins Sunday, September 5, 2010, at 9 p.m. and runs through Monday, September 6th until 6:30 p.m.

Volunteers are welcome to help answer 60 phones, stuff and mail letters ... there is a job for everyone! Bring your friends and co-workers to spend a few hours. Refreshments provided. Last year, over 200 volunteers participated at this location.

The regional pledge center, located at VFW Post 4591, has served Northern NJ, Manhattan and Staten Island for 38 years. Last year, Monmouth and Ocean Counties were included. Call the Ciavaglia Family at 201-288-2867 to volunteer or for details.

In 2009, \$60.5 million in pledges & contributions enabled the MDA to fund both service and research programs. [www.mda.org/telethon/](http://www.mda.org/telethon/)

The Jerry Lewis Muscular Dystrophy Telethon has been a tradition since 1954. ###



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Area Manhunt Nabs Suspect in Two Hours

On August 9, 2010, after a two hour search which involved several towns and the Bergen County Police K-9 unit, a North Plainfield resident suspected of breaking into an elementary school was arrested.

Ptl. Robert Jones and Robert Stasion were on patrol and checking all the Wood-Ridge school properties at 4:30 a.m. when they spotted an individual in a stairwell of the Catherine E. Doyle School, located at Wood-Ridge Avenue and 12th Street.

At the same time, the police communications room received a report of an alarm sounding from the school's alarm company.

Officers Jones and Stasion gave chase, but lost the suspect in the yards of the residential area.

With surrounding towns notified, Wallington Police reported that they were chasing the suspect along the railroad tracks towards the Wood-Ridge/South Hackensack/Wallington border.

NJ Transit Police spotted the suspect run into the Curtiss-Wright Industrial Complex in Wood-Ridge and the Bergen County Police spotted him climbing onto the roof of a furniture warehouse.

With a perimeter set up by the police, the suspect was walking around the roof with no exit and refusing to come

down.

He was subsequently arrested on the roof at 6:30 a.m. The suspect was held in the Wood-Ridge cell, until processing. He faces multiple charges.

Officers reported he had the grace of a gazelle as he was able to jump over 10 foot high fences, jump down high walls and scale the side of a building to the roof in no time.

Wood-Ridge Police Chief Joseph Rutigliano noted the efforts and sharing of resources in a professional manner with Wallington, Lodi, South Hackensack, Hasbrouck Heights, Bergen County and NJ Transit Police Departments keep our communities safe. ###

Rockin 50s & Fireworks

Little Ferry will hold a Rockin 50s themed Family Fun Day on Saturday, September 25, 2010 at Lakeview Field.

A flea market will be held from 10 a.m. to 5 p.m. Rides, food, games and entertainment from 1 p.m. to 5 p.m. Musical entertainment and free popcorn starting at 6:30 p.m. Fireworks start at 8:15 p.m.

Free admission for all Little Ferry residents. Non-residents, \$25 entry fee per family. Rain Date is Sunday, September 26. Event sponsored by the Little Ferry Recreation Committee. ###

Mum and Garage Sale

The Moonachie First Aid & Rescue Squad will be holding its 5th Annual Mum sale on Saturday, September 25, 2010, from 8 a.m. to 4 p.m., at 121 Moonachie Avenue, Moonachie, NJ. Beautiful 8" pot size mums in assorted colors will be on sale for \$8 each.

Together with the mum sale, the Squad will also be hosting a garage sale featuring housewares, toys, clothes, books, etc. Baked goods will also be available.

Donations welcome. Drop off at the Squad building the night before. For oversized items, call 201-641-9094 .

All proceeds go directly to the Squad for operating expenses. ###

FOCAS Flea Market Resumes

FOCAS will hold a Flea Market on Saturday, September 25, 2010, from 10 a.m. to 4 p.m. and Sunday, September 26, 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, electronics, linens, games, toys, pet supplies, cds/videos, and more. Refreshments and baked goods are available.

Flea Market merchandise donations are gratefully accepted. 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.

For additional information call the FOCAS Help Line at 201-943-4019, email [info@focasnews.org](mailto:info@focasnews.org), or visit [www.focasnews.org](http://www.focasnews.org) ###

HH Garden Club Meets Sept. 16

The HH Garden Club will start meeting again on September 16, 2010. Meetings are held on the third Thursday of the month, beginning at 6:45 p.m. at the Municipal Building, located at 320 Boulevard on the second floor, in the Library Meeting Room.

Meetings are held from September to June except December. The public is welcome. Members are from Hasbrouck Heights and surrounding towns.

Once again there will be interesting programs and workshops for all to enjoy.

Come and join as a guest and think about becoming a member. Refreshments will be served. For further information, please contact Judy at 201-288-2615. ###

Halloween Costume Party

The VFW Ladies Auxiliary Post 4591 will hold their Annual Costume Party Dinner Dance, October 30, 2010, from 7:30 p.m. until 11:30 p.m., at the Post, 513 Veterans Place. Costumes are optional, but encouraged!

Cost is \$30 per person and includes live music by Breezin Music, hot buffet, beer, wine, soda, coffee and dessert.

Reservations are requested by October 16th. For reservations or more information, call Rita at 201-933-3440, Lorraine at 973-484-0051 or the Post at 201-288-1112. Dinner dances sponsored by the Post are always open to the the public. ###

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**Garfield \$599,000**  
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**Hasbrouck Heights \$510,000**  
Lovely expanded 4 BR, 2 bath Cape offers LR w/ gas fpl., FDR, kit. w/ sliders to yard, bath w/whirlpool tub, finished basement w/fam. room, wet bar, gas fpl. & full bath. C/A, sprinklers, sec. sys. & att. garage. Tour at: [www.gatewaytohomes.com/1031633](http://www.gatewaytohomes.com/1031633)



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