

# The Gazette

Newspaper for Carlstadt • E. Rutherford • Hasbrouck Heights • Little Ferry • Lodi • Moonachie • Rutherford • Teterboro • Wood-Ridge  
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September 2014

★★★★★



To lie in bed, windows open, being almost awake with your eyes closed, the mind languishing as you savor the light cool breeze of a summer morning, listening to cicadas and birds chirping. To enjoy those days when the toughest decisions are hot dog or hamburger... vanilla, chocolate or strawberry. To enjoy a leisurely car ride to the country for a walk in the woods, perhaps a picnic. Browsing a flea market. Savoring the sights and sounds of a carnival at dusk. Gazing at the stars at night, perhaps with a sliver of moon showing. Look -- a shooting star! Oh, those carefree days of endless summer. Photo above: Youngsters welcomed the “Torch Runners.” The Boys & Girls Clubs of Lodi/Hackensack hosted their Annual Summer Games on July 31, 2014. *See photos and story on page 15.*

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## Summer Joy

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Friendship Cities

During a Mayor and Council Meeting in February 2014, the Borough of Lodi and the People of Savalou-Benin, West Africa agreed, in the spirit of mutual respect and cooperation, to enter into a Friendship Cities Agreement.

In order to foster and promote certain goals, and in a gesture of friendship and

goodwill, agreed to collaborate for the mutual benefit of their communities by exploring educational, economic and cultural opportunities.

They agreed to support and encourage opportunities for mutually beneficial practical exchanges in the field of education, tourism and culture.

Photo by Damien Danis. ###



“The Garden of the Season”

Hasbrouck Heights Garden Club awarded their third winner of “Garden of the Season,” Samir Shabban and Abri Nasser of 26 Burton Avenue on August 17, 2014. They are dedicated home gardeners who have spent many hours to make their gardens so colorful with flowering shrubs, perennial plants and annuals that seem to flow so well together. If you get the opportunity, drive by and see what a beautiful garden they have put together for their enjoyment. ###



The Science of Steampunk

On Monday, August 4, 2014, the Meadowlands Museum presented Professor Scott Calvin of Sarah Lawrence College and his assistant, discussing “The Science of Steampunk.”

The program began with a 15 minute film “From Earth to the Moon,” followed by a 30 minute talk with demonstrations.

This lecture was part of the exhibit “Alternate Reality: Steampunk & the Victorian Age,” that opened at the Meadowlands Museum, July 21, 2014.

If the term “steampunk”

means anything to you, it probably evokes the image of goggles on top hats or of gears on, well, just about everything.

Dig just a little bit further into the movement and you’ll find dirigible airships, clockwork robots, and steam-powered vehicles.

The audience learned a bit about the scientific principles behind these inventions, such as what it is that gears actually do, as well as some of the larger than life figures who tried to bend these principles to their will. For more information: meadowlandsmuseum.com/###

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## WEST RISER TIDE GATE



BEFORE



AFTER

Photos provided by NJ Meadowlands Commission.

## State-of-the-Art Structure to Help Mitigate Against Tidal Flooding in the Meadowlands

On July 23, 2014, The New Jersey Meadowlands Commission (NJMC) unveiled the new West Riser Tide Gate, a state-of-the-art structure that will help better protect residential, commercial and industrial properties in Moonachie, Carlstadt, Wood-Ridge and Teterboro, including Teterboro Airport, from daily tidal flooding. The tide gate is located along the West Riser Ditch on the border of Moonachie and Wood-Ridge.

The \$1,249,800 project was partially funded by a \$551,800 grant from the Port Authority of New York and New Jersey (PANYNJ). The NJMC funded the remaining \$697,000. Bergen County will maintain the new tide gate.

"The new West Riser Tide Gate will play a key role in helping to reduce the effects of tidal flooding in the Meadowlands region," said Marcia Karrow, Executive Director of the NJMC. "The Commission would like to thank Bergen County and the Port Authority for their critical assistance in making this important project a reality."

"I am very pleased to unveil the new West Riser Tide Gate with our partners at the NJMC and the Port Authority," said Bergen County Executive Kathleen Donovan. "As County Executive I have stressed the importance of governmental entities working together for the good of Bergen County. This collaboration is a prime example of the benefits that shared services can bring to our residents and businesses."

"Through this joint effort, the New Jersey Meadowlands Commission, the Port Author-

ity and Bergen County have improved protection of Teterboro Airport and neighboring properties from tidal flooding," said Renee Spann, Manager of Teterboro Airport.

## About the West Riser Tide Gate

The original West Riser Tide Gate was constructed in 1977 by Bergen County to prevent high tides from reaching upstream properties in Carlstadt, Moonachie, Teterboro and Wood-Ridge. The all metal structure was in need of replacement.

The new West Riser Tide Gate is comprised of corrosion-resistant sheet piling with four (4) 6-feet wide by 7 feet long openings with composite flap valves attached on the downstream side.

The new openings are larger than the old structure's to allow for better flow release at low tide.

Additionally, the new structure was built to one-foot above the 25-year flood elevation to add additional storage capacity for storms.

A corrosion-resistant trash rack system was installed upstream to prevent debris from flowing through the openings.

Finally, a catwalk system was installed on top of the structure for maintenance access and includes four winch systems to open the gates for inspection.

The project was bid in July of 2013 and awarded in September 2013 to the joint venture of J. Fletcher Creamer & Joseph Sanzari Companies. Site work began in February of 2014 and concluded in June 2014. ###



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## Nam Knights Celebrate 25th Anniversary

On July 19, 2014, the Nam Knights of America MC celebrated their 25th Anniversary at their clubhouse, on Washington Avenue, Carlstadt. There was plenty of food, a DJ, live bands, raffles, vendors, etc. Hundreds attended with

members coming as far as away as Wisconsin and Florida. Members are military Veterans and law enforcement personnel. They have over 1,000 active members in 58 Clubhouses throughout the US and Canada. They all ride

American-made Harley-Davidson motorcycles. "Fritz" Reiman, the current president of the Nam Knights' parent chapter said, "The Nam Knights are dedicated to helping others, raising hundreds of thousands of dollars for various

charities." Club founder, Jack Quigley (*United States Marine Corps veteran and retired police officer*), said, "We never recruited. It just caught on." For more information go to: <http://www.namknights.org/> ###



## SAL Hosts Pig Roast

On Saturday, July 19, 2014, the Sons of American Legion Squadron 310 held their 11th Annual Pig Roast from 3 to 7 p.m. at their Post Grove, 100 Liberty Street, Little Ferry. The menu included a 100 pound roasted pig, London Broil, mussels, BBQ chicken, hamburgers, hot dogs, corn on

the cob, salads, etc. About 200 attended to include special guests from the Paramus Veterans Home. Live music was provided by "The Woodpeckers." Proceeds will benefit various Veterans projects. Last year, the event was renamed the Art Jensen Jr. Annual Pig Roast. ###



## Honoring Gold Star and Blue Star Mothers

During a brief service on July 19, 2014, American Legion Post 310 at 100 Main Street in Little Ferry, unveiled a "Garden Honoring Gold Star and Blue Star Mothers." This is the first Gold Star

Garden in Northern NJ. It was assembled by Thomas and Kim Flaherty. Bergen County American Legion Auxiliary Gold Star Mothers Chair, Nancy Nielsen, said, "Nobody has sacrificed more. Its an honor

to represent them." The last Sunday in September is Gold Star Mothers Day. Gold Star Mothers lost a son or daughter while on active duty. Blue Star Mothers have children currently serving in the military. ###



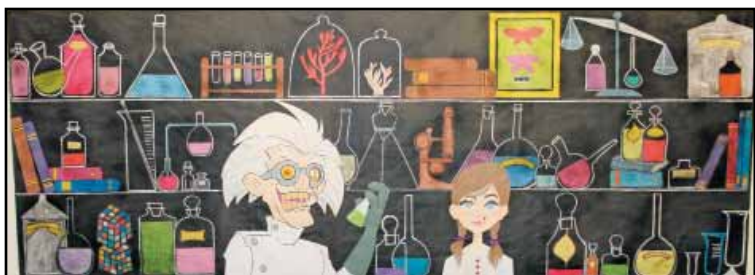
## Heights Seniors Enjoy Summer Picnic

The Annual Senior Picnic sponsored by the Mayor and Council for residents of Hasbrouck Heights was held in the Senior Center on Thursday, July 17, 2014. Over 140 seniors attended. As in past picnics, Marge and John of Henry's Deli and their helpers prepared all the delicious food (hot dogs, hamburgers, and salads). The stu-

dents who are this year's Summer Camp Counselors served the food, helped clean up and assisted wherever needed. Peter Lieberman provided the entertainment again this year and Leisure Club member, Edith Avella, who sang professionally with the big bands, showed she hasn't lost it by singing three songs. Rose Marie Sees, Picnic

Chairwoman, acknowledged the following for their invaluable assistance: Mayor Rose Heck, Senior Citizen Liaison Councilman Russell Lipari and all Council members. She also thanked local resident, Gina Di Florio, who knitted all the prizes that were given out during the raffle. *Photos and story by Marie and Peter Gallo Jr.* ###





## A Mad, Mad, Mad World of Science

It was --“A Mad, Mad, Mad World of Science” at The Free Public Library of Hasbrouck Heights 8th Annual Family Fun Night on Friday, August 1, 2014, starting at 6:30 p.m. and lasting until 1 a.m.

There was a great line-up of family friendly activities throughout the evening:

- Special guest appearances of costumed characters
- Hands on science experiments for boys and girls
- Make some flubber

- Hexbug racing
- Stopping Dr. Kaboom from taking over the world
- How forensic science works
- CSI fingerprinting and hair sampling under the microscope
- Fizz Boom Sing Read! Family Concert with Award-Winning Singer/Songwriter Patricia Shih
- Learn about Cool Comets with Kate Villano from the Newark Museum

- Dancing in the Black Light Extravaganza as you get your game on.
  - AAA “Otto” auto robot
  - Black & white 1956 original version of the Godzilla Movie
  - Lots of unique themed food treats.
- The program was made possible through the generous support and funding provided by The Hasbrouck Heights Friends of The Library. ###





*The Invention of Wings*

On Wednesday, September 10, 2014, from 7-8 p.m., The Carlstadt Library Book Discussion Group will discuss “The Invention of Wings” by Sue Monk Kidd. Refreshments will be served. All are welcome to attend!

The Carlstadt Public Library is located at 420 Hackensack Street, Carlstadt. ###

**State of Wonder**

On Friday, September 26, 2014, at 1:30 p.m., The Daytime Reading Group will meet at the 55 Kip Center to discuss “State of Wonder” by Ann Patchett. Copies of the books are available at the Circulation Desk of The Rutherford Public Library, 150 Park Avenue, Rutherford. ###

**The Warmth Of Other Suns**

On Monday, September 15, 2014, at 6:30 p.m., the Monday Evening Book Group will meet to discuss “The Master” by Colm Tóibín. Copies of the books are available at the Circulation Desk. The meeting will be held in the Glass Room on the main floor, The Rutherford Library. ###

*ER Book Clubs*

The East Rutherford Memorial Library will be hosting two adult Book Clubs.

- Afternoon Book Club meets the third Thursday of the month. The next Book Club will meet on Thursday, September 18, 2014, at 1 p.m. The selection will be “Invention of Wings” by Sue Monk Kidd.
- Evening Book Club meets the third Wednesday of the month.

Everyone is welcome to join both Clubs. For further information contact E. Rutherford Memorial Library 201-939-3930. ###

**Book Donations**

From September 22 to October 24, 2014, The Rutherford Public Library will gratefully accept donations of gently used books and DVDs during The Library’s regular hours.

Donors are asked to review the condition of donations prior to bringing them to The Library, as only books in good to excellent condition can be accepted. The Library cannot accept magazines, VHS or audio cassettes, encyclopedias or textbooks. ###

September Birthstone Sapphire

**Crafts-to-Share Club Continues**

The Free Public Library of Hasbrouck Heights continues to sponsor the popular Crafts-to-Share Club.

The Craft 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 evening meeting will be September 2, 2014, and the next afternoon meeting will be September 17.

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. Special craft programs are also planned in celebration of selected holidays. New participants are always welcome.

The Crafts-to-Share Club has adopted a philosophy of giving to the community. Some participants donate hand made items, such as Afghans and caps, to the patients of HackensackUMC, and Tomorrows Children’s Fund. The Library accepts donations of yarn on behalf of the Crafts-to-Share Club.

Call 201-288-0488 for more details. No registration is required. ###

**English Conversation Group**

English language learners are invited to attend the English Conversation Group at The Rutherford Public Library on Mondays, from 10-11:30 a.m. and on Thursdays, from 2-3:30 p.m. The group provides a good opportunity to practice spoken English in an informal setting. This is a free program and all are welcome. No registration is required. For information, please call 201-939-8600, ext. 7. ###

**September Computer Classes at Lodi Library**

Lodi Library offers free, small group computer classes for Lodi residents on Tuesday afternoons from 1 p.m.-2:30 p.m. The September 2014 classes are:

- Computer Basics - September 2
- Internet Basics - September 9
- Introduction to Microsoft Word 2010 - September 16
- Email Basics - September 23
- Facebook Basics - September 30

Registration and payment of a \$5 refundable deposit per class is required. For more information, call 973-365-4044. ###

**Knit, Read and Discuss**

The Knit One, Read Two knitting/book discussion group at The Rutherford Public Library will meet on Wednesday, September 3, 2014, at 6:30 p.m., to discuss “The Casual Vacancy” by J. K. Rowling. The meeting will be held in The Library Auditorium. All those who knit or crochet are warmly invited to bring their needlework and join the discussion. Copies of the books are available at the Circulation Desk. For more information, please e-mail Peg Mellett at mellett@bccls.org. ###

**Crochet Club**

The East Rutherford Memorial Library will host a Crochet Club twice a month. All skill levels are welcomed. The Club will meet on the second and fourth Thursdays of the month, from 6:30-8 p.m. in The Library.

Although this is not a class, but rather a Club, beginners are welcome. Please bring your own supplies. Come share your passion and make some friends! Any questions: Please contact Chris Hartigan at hartigan@bccls.org or call The Library at 201-939-3930. ###

**Crocheting Club**

Bring your crocheting or knitting and join in the fun!

This Club meets in The Carlstadt Public Library meeting room on the first and third Thursdays of every month from 7-8 p.m. Only crocheting help is available at this time for those who need assistance. Please call 201-438-8866 ext. 204 to register, or email: carlref@bccls.org. Anyone with a valid library card is welcome to attend! ###

**Knit and Crochet Sunday, Oct. 12**

If you’re interested in knitting and/or crocheting, no matter what level you’re at, you’re invited to attend the third “Knit and Crochet-In” on Sunday, October 12, 2014, from 3 to 6 p.m. in the multi-purpose room at Holy Trinity Lutheran Church, Hasbrouck Heights. Bring a project you’ve been working on or one you would like to start. Simple instructions for knitting and crocheting will be available. Call Dianna at 201-843-5769 to let her know you will attend. The “Knit and Crochet-In” is open to the community. Coffee and desserts provided. ###

Libraries Are Fun!

**The Secret in Their Eyes**

On Tuesday, September 30, 2014, at 6:30 p.m., The Friends of The Library of Rutherford will present a free screening of “The Secret in Their Eyes,” winner of the Academy Award for Best Foreign Language Film. The film will be shown in The Library Auditorium.###

**Free Movies**

On Wednesdays, starting at 1:30 p.m., free movies will be shown at The Lodi Memorial Library. For more information, call 973-365-4044. ###

**Friday Afternoon Movie Matinees**

The East Rutherford Memorial Library will be hosting Friday Matinees at 2 p.m. All movies are free of charge. Some of the movies include “3 Days to Kill” and “Heaven is for Real.” In addition, coffee and snacks will be provided. Adults only. For additional information, please call 201-939-3930. ###

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## Music with Miss Fran

The Rutherford Public Library will host a music-and-movement class with Miss Fran on Fridays, September 5, 12, 19, and 26, 2014, from 11:45 p.m. till noon.

All children from infants to 6-year-olds and their caregivers are warmly invited for a variety of music accompanied by active participation including singing, dancing, streamer and scarf play, and an introduction to simple instruments.

Parent or guardian must attend each class. No registration required. This program is generously sponsored by The Friends of The Library of Rutherford. ###

## W-R Chess Club

The Wood-Ridge Memorial Library hosts a free Chess Club, every Wednesday, from 3:30-4:30 p.m. Designed for students of all ages and ability levels, the Chess Club is led by a coach who can teach new chess players the basics, and help experienced players sharpen their skills. For more information, email the Youth Librarian at wrdgchild@bccls.org or call The Library at 201-438-2455. ###

## Teen Cafe

On Wednesdays, from 4 - 4:30 p.m., Teen Cafe (ages 12 - 18) meets to talk about what you're doing, technology tips, fashion, movies, music and books you are reading or want to read at The Lodi Memorial Library. ###

## Children's Friday Movie Matinee

On Friday, September 26, 2014, at 3:45 p.m. all children ages 5 and up are invited to a free movie screening at The Rutherford Public Library. Movie title to be announced.

No advance registration required. An adult caregiver must remain with any child under the age of seven for the duration of the film. For more information, please call the Children's Department at 201-939-8600, ext. 6. ###

## Drop-In Storytime

The Rutherford Public Library will host a morning and afternoon drop-in storytime program on Wednesdays, September 10, 17 and 24, 2014, from 10:30 - 11 a.m. and repeated from 2 to 2:30 p.m.

The same storytime will also be presented on Thursdays, September 11, 18, and 25 from 10:30 to 11 a.m.

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

## PJ Storytime at The Lodi Library

Every Monday evening from 6 - 6:30 p.m., children ages two to six, along with their parents, are invited to bring their favorite stuffed toy, wear their pajamas and enjoy an evening of stories at The Lodi Library. ###

## Travel Deals and Bargains

On Wednesday, September 24, 2014, from 7-8 p.m., The Carlstadt Library will present Travel Deals and Bargains with Rick Feingold.

Feingold, a published travel writer for the Boston Herald and Christian Science Monitor, will discuss strategies to make the most of your travel experiences while saving money.

Refreshments will be served, and all are welcome to attend! For more info: <http://carlstadt.bccls.org/adults.shtml> ###

## Whodunit?

That was the theme of the evening on August 8, 2014, when The Wood-Ridge Library sponsored a Murder Mystery Mingle at the Senior Center.

Headed by host for the evening, Library Director Kassundra Miller (who also played the part of Jessica Arbor), a group of about 50 asked questions of the cast of suspects in order to reach a conclusion of who the murderer was.

The cast of suspects, Peter York as Donato Espada, Mary Nunez as Clara Sperrazza, John Havlicek as Alejandro Biagi, John Szabo as Savio Abruzzo, and Mary Tomat as Gina Marullo, mingled for about 45 minutes with the guests answering questions and having fun.

The setting was an Italian winery; the victim was Enrich Newgate, a worker at the winery; and the murderer???

Well, we don't want to give away the ending, do we???

Let's just congratulate Dorothy Schlatterer (a member of The Hasbrouck Heights Library Staff) who was the only person who came to the correct conclusion....good sleuthing Dot!!!!

It was a fun evening, and hopefully we'll get to sleuth again in the future. Story by Mary Tomat. ###

## Open House Silent Auction

The Bergen Performing Arts Center's House Opera Company will host an Open House and a silent auction on Saturday, September 6, 2014, 1 p.m., at The Performing Arts School of bergenPAC.

The new production of Giacomo Puccini's "La Bohème" will be introduced, as well as the 2015 season performances.

The program will present vocalists performing solos from "La Bohème." Exhibits will display memorabilia and photos from Verismo Opera's 25 years. Costumed representatives will be available.

A silent auction will feature a range of fine items to include CDs with Lucine Amara; ivory alabaster collectible opera plates by Italian master Franco Ingargiola; and others.

For further information call 201-886-0561. ###

## Opera Chorus Auditions

Verismo Opera announced open auditions for the Verismo Opera Chorus will be held on Wednesdays, September 10 and 17, 2014, beginning at 6:30 p.m. at 44 Armory Street in Englewood.

Male and female vocalists -- amateur, professional, and retired are invited to audition.

During the company's 25th anniversary season, Vive la France, choristers will perform in the company's production of Giacomo Puccini's "La Bohème" on Sunday, October 19 and 26, 2014 at the Bergen Performing Arts Center,

The opera will be fully staged, with the cast performing in costume accompanied by an orchestra.

For information call 201-886-0561 or go to: [www.verismopera.org](http://www.verismopera.org) ###

## Joyful Noise Ringers Resume Rehearsals

The Joyful Noise Ringers at Holy Trinity Lutheran Church, 92 Burton Avenue, Hasbrouck Heights, will begin rehearsals for the new season on Wednesday, September 24, 2014, at 7 p.m., in the balcony.

They have been ringing with seven members for the past two years and are hoping to expand the group by at least one additional ringer.

Music reading is helpful, but not required ... they will teach you!

Contact Minister of Music, George Moser, at 201-288-6889, if you are interested in ringing with them. Visit: [holytrinityhasbrouckheights.com](http://holytrinityhasbrouckheights.com) ###

## Hasbrouck Heights Garden Club

The Garden Club is ready to start up again. The committees are busy putting together their programs for the membership.

The organization meeting will be held on September 18, 2014 at The Hasbrouck Heights Public Library, on the second floor of the Municipal Building located at 320 Boulevard.

Refreshments will be served at 6:30 p.m. followed by an informative night of all the speakers and ideas for trips for the upcoming 2014-2015 season.

The GC was established in January 1998 and still going strong with over 30 active members not only from Hasbrouck Heights, but from surrounding towns. The first meeting was held at 301 Division Avenue in the old Library.

The Club has always welcomed the public to all meetings. The Club has introduced many interesting speakers for home gardeners, explaining how to take care of their gardens, houseplants, how to prepare your garden for planting, when to plant, when and how to prune your bushes, what flowers do well in your garden, native plants of New Jersey and what plants do well in planters, etc.

The members have also gone on several interesting trips together. They have enjoyed Longwood Gardens, the Sculpture Gardens, the Botanical Gardens of NY and several other gardens in the area.


Several years ago they joined with the Chamber of Commerce and introduced the "Boulevard in Bloom" project by purchasing planters to help enhance The Boulevard. Every year these planters grace our Boulevard with colorful flowers from the end of May thru September.

They are planted by their members, delivered and watered by the DPW and taken care of by volunteers to make sure they look their best throughout the season.

The Garden Club will be attending Town Day on Saturday, September 27 at Woodland Park. Stop by and see the many plants that come from their gardens.

If you enjoy gardening find out what speakers, workshops and trips are planned for 2014 -2015. The meetings are held the third Thursday of the month, September through November and a holiday party in December. ###

**September Flower**  
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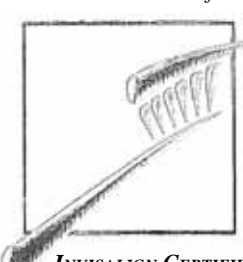
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## Lieberman September 7

On Sunday, September 7, 2014, VFW Post 4591 in Hasbrouck Heights, will host an afternoon with Peter Lieberman from 1 to 4 p.m. Doors open at noon. Cost is \$15 advance ticket and \$20 at the door. Hot pasta meal with coffee and cake included.

Call Andy at 973-773-1812, Artie at 973-789-4860, Mel at 201-933-9937, or the Post at 201-288-1112. ###

## Legion Picnic September 13

On Saturday, September 13, 2014, American Legion Post 310, Little Ferry will hold their 32nd Annual Picnic from 1 to 5 p.m. Rain or shine.

Ticket donation is \$25 pp. Children under 12 eat free.

Menu includes hamburgers, hot dogs, sausage & peppers, corn on the cob, clam chowder, clams on the half shell, salads, with beer and soda included. DJ music/ 50/50. Bring your lawn chair and have some fun. for more information call, 201-641-9774. ###

## Octoberfest September 19

On Sunday, September 19, 2014, VFW Post 4591 in Hasbrouck Heights, will host an Octoberfest from 6 to 10:30 p.m. Doors open at 5:30. Everything German -- beer, band and cuisine. Donation \$50. Call Artie at 973-789-4860 or the Post at 201-288-1112. ###

## Costume Party and Beefsteak November 1

The Moonachie Fire Department is hosting a Costume Party and Beefsteak on Saturday, November 1, 2014, from 6 p.m. to 11:30 p.m. at Fire Headquarters, 70 Moonachie Road.

Cost is \$45 donation and includes food, beer, soda, DJ and comedian, gift baskets, and 50/50. Plus there will be prizes for best costumes!

Contact any member of the MFD for tickets. ###

## POW/MIA Service Sept. 19

The VFW Post 809 will host a POW/MIA service on September 19, 2014 at 4 p.m.

The Post Home is located at 100 Main Street, Little Ferry.

The public is encouraged to attend. ###

Hire A Vet

## Harvest Moon Charity Ball

The Fourth Annual Harvest Moon Charity Ball will be held Wednesday, October 1, 2014, from 6:30 to 10:30 p.m., at Seasons, Washington Township.

The event is sponsored by The Children's Dyslexia Centers of NJ, Hasbrouck Heights Learning Center. The event will honor Ill. Thurman C. Pace, 33<sup>0</sup>.

The menu features Cocktail Hour, Open Bar (*Premium Liquors*), Choice of Entree (*Roasted Prime Rib of Beef, Chicken Francaise, or Pan Seared Norwegian Salmon*) and Dessert: Lava cake w/ice cream.

Dance the night away with "Magic Moments Productions."

Black Tie is optional. Donation is \$95 pp. Reservations due September 24. For more information call Barbara and Kyle Nurge at 201-440-9425, or e-mail banurge@aol.com

Deadline for ad journal is August 12, 2014. ###

## Dinner Dance October 24

The St. Joseph Rosary Society (*East Rutherford*) is celebrating its 100th Anniversary on Friday, October 24 at the 6 p.m. Mass celebrated by Co-adjutor Archbishop of Newark, Bernard Hebda.

A dinner-dance at the Fiesta will follow from 7 p.m. to midnight. Donation is \$65 and includes cocktail hour, entree, dessert and entertainment. Contact Dolores at 201-933-5163 or Jean at 201-438-6708. Souvenir journal opportunities are available. ###

## Ham Lunch September 9

The Ladies' Aid Society of the First Presbyterian Church of Carlstadt will sponsor their monthly luncheon on Tuesday, September 9, 2014, in the Community Hall, Third Street, Carlstadt.

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

## Grocery Bingo

The VFW Little Ferry Ladies' Auxiliary of Post 809 will sponsor a Grocery Bingo on Friday, September 26, 2014, starting at 6 p.m. at the Post Home, 100 Main Street, Little Ferry. Donation is \$10 and includes coffee and cake. Call Adele at 201-641-2298 for more information. ###

## Art Association of Rutherford Meets September 11

The Art Association of Rutherford will hold their monthly meeting on Thursday, September 11, 2014, at 7:30 p.m. at the Tambllyn Civic Center at 30 Woodland Avenue, Rutherford, NJ.

This meeting will feature a demonstration. Interested amateurs and professionals are invited to join. It's also a time to find out about the organization and opportunities to share and show artwork.

For further information e-mail <artjohn42@gmail.com> or call John 201-939-1736. ###

## Grand Victorian Tea

The Meadowlands Museum will host its 11th Annual Grand Victorian Tea on Sunday, September 28, 2014, from 3 to 6 p.m. at the United Presbyterian Church, 511 Ridge Road, Lyndhurst. Tickets are \$30 per person.

Attendees will be treated to a lecture by tea sommelier Chris Cason on the topics of the history of tea, a short primer on the different types of tea, and how to properly prepare and taste tea.

Following Mr. Cason's remarks, guests will be treated to a musical performance by Jeff Mach, performing his own Steampunk musical compositions and excerpts from his Steampunk rock opera, "Absinth Heroes." ###

## LF Carnival & Fireworks

Celebrating its 120th Birthday, Little Ferry will hold a Carnival-themed Family Fun Day on Saturday, September 20, 2013, at Lakeview Field.

There will be rides, petting zoo, food, family fun and games from 1 p.m. to 5 p.m. The event continues at 6:30 with musical entertainment and ends with fireworks. Free admission for all Little Ferry residents. Non-residents, \$25 entry fee per family. Rain Date is Sunday, September 21. Event sponsored by the Little Ferry Recreation Committee. ###

## HH Town Day

Hasbrouck Heights organizations should mark their calendar for participation in Town Day scheduled for Saturday, September 27, 2014, from 10 a.m. to 3 p.m., in Woodland Park. Rain date is October 4. Contact the Recreation Department at 201-288-4143 to reserve your table/space. ###

## Free Roses Donate Food

Be a good neighbor and donate food on Wednesday, September 10, 2014. Join **Bill O'Shea's Florist** in being a Good Neighbor -- help replenish the Hasbrouck Heights Food Bank.

Bring in non-perishable food and hygiene items for the Hasbrouck Heights Food Bank and receive free roses -- with the stipulation that you keep one rose and give the others away. While supplies last.

Bill O'Shea's Florist is located at 231 Boulevard, Hasbrouck Heights. Doors open at 8 a.m. No purchase necessary. ###

## NJMC Pontoon Boat Cruises

Get an up-close view of the Meadowlands District's spectacular scenic beauty and wildlife with a two-hour guided pontoon boat cruise of the Hackensack River and its surrounding marshes.

Experienced NJMC staff discuss the region's human and environmental history and point out birds and other wildlife along the way.

Cost is \$15 per person for ages 10 and up. Pre-registration required. Departs from River Barge Park, 260 Outwater Lane, Carlstadt.

The September 2014 schedule is: departing at 5 p.m. on September 3, 4, 9, 12, 17, 23 and 25. Saturday, September 13: 8:30 a.m.

For a complete schedule of trips, directions, and to register, visit [www.njmeadowlands.gov](http://www.njmeadowlands.gov) and go to the Parks & Nature Programs tab at the top of the page, or call 201-460-4677. ###

## LFFD Inspection September 6

Little Ferry Fire Department will hold their Annual inspection on Saturday, September 6, 2014 at 5 p.m. at their Fire Memorial on Marshall Avenue. The public is invited to attend. ###

## Clothing/Linen Sale

There will be a used clothing and linen sale at St. John the Divine Church, Hasbrouck Heights, on November 1, 2014 from 9 a.m. to 2 p.m. For more info call Coby at 201-288-4038. ###

## One Man Art Show W-R Senior Center During September

George Santos will exhibit his recent artwork at the Wood-Ridge Senior Center during September 2014. The collection of paintings and illustrations vary in subject and techniques.

Mr. Santos is a retired newspaper, advertising, freelance and visual communications university teacher. ###

## Saint Margaret of Cortona Parish Family Picnic

Saint Margaret of Cortona Roman Catholic Church in Little Ferry is celebrating the close of 102 years, and the first year of re-dedication, with a Parish Family Picnic. The Parish Social Life Committee has scheduled the picnic for Saturday, September 6, 2014, from 11 a.m. to 4 p.m.

Tickets are \$10. Children under 12 free. Tickets must be ordered in advance. For tickets or information, please call Ellie at 201-641-0883. ###

## Soup and Sandwich Social

The VFW Little Ferry Ladies' Auxiliary to Post 809 will sponsor a Soup and Sandwich Social on Monday, October 13, 2014, starting at noon at the Post Home, 100 Main Street, Little Ferry.

Various soups will be made by members of the Auxiliary. Ticket donation is \$10 pp. Call Adele at 201-641-2298 or Diane at 201-440-6678. A prize will be awarded for the most patriotic ensemble. Join them for a fun afternoon. ###

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turn off the juice.

Care on the Corner presents the Annual  
Evening of Jazz  
With Tricky Tray  
Thursday, October 16, 2014 at The Fiesta  
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Tickets: \$45 ea. • Call 201-288-9460  
Limit 200 tickets -- Call early for reservations  
Ticket includes dinner, door prize & some gaming tickets



## FOCAS Holds Flea Market

FOCAS Flea Market is Saturday, September 27, and Sunday, September 28, 2014 from 10 a.m. to 3 p.m., at the American Legion, 100 Liberty Street, Little Ferry.

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

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

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

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

## Dog Show

FOCAS will hold their Annual Dog Show on Sunday, October 5, 2014, at the American Legion Post, 100 Liberty Street, Little Ferry, rain or shine. All dogs on a leash are welcome. All shots must be up-to-date.

Registration begins at 12:30 p.m. and judging begins at 1:30 p.m. Admission is \$5 for the first dog and \$3 for each additional dog. For additional information, call 201-943-4019.

Proceeds benefit the FOCAS Angel Fund that provides veterinary medical care for sick homeless and abandoned animals. ###

## Blessing of the Animals

Come bring your pets for a brief, but maybe raucous, special blessing of the animals.

In commemoration of St. Francis, at noon on Sunday, October 5, 2014, on the front lawn at Holy Trinity Lutheran Church, Hasbrouck Heights.

At this service, any donations of cat toys, towels, blankets, dish detergent, laundry detergent, and bleach will be blessed.

Rebecca Wright, one of the teens coordinating this collection, will deliver the items to the Ramapo-Bergen Animal Refuge in Oakland where she volunteers in the cat kennel. Monetary donations received at this service will also be given to the animal refuge in Oakland. Call 201-288-6889 for more information. ###

## Mum and Garage Sale

The Moonachie First Aid & Rescue Squad will be holding its 10th Annual Mum Sale on Saturday, September 27, 2014, 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, 3 for \$15.

Advance orders welcome. Will deliver larger orders.

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. ###

## A Beautiful Mind

On Saturday, October 18, 2014, from 1 to 4:30 p.m., The Contemporary Club will be showing the Movie: “A Beautiful Mind” at The Hasbrouck Heights Library, second floor-320 Boulevard. Light refreshments will be served.

A \$5 donation will help support of the Special State Project: *(NAMI)* which stands for the National Alliance on Mental Illness.

Anyone interested in attending this event should contact Pat at 201-288-0495 or Marge at 201-288-8933. Deadline for reservations is: October 10, 2014. ###

## F.I.R.E. ACT Delivers \$13,775 to HHFP

On July 30, 2014, U.S. Rep. Bill Pascrell, Jr. announced that the Department of Homeland Security (DHS) has awarded new federal FIRE Assistance to Firefighters Grants (AFG) to the Hasbrouck Heights Fire Prevention Bureau in the amount of \$13,775.

The federal funds will fund a Smoke Alarm Awareness Campaign, including the purchase of 300 smoke and carbon monoxide detectors as well as funding the installation and inspection fees for 100 units.

The AFG program makes direct grants to fire departments to purchase equipment, training, firefighting vehicles, and other firefighting and fire prevention activities. It also funds Fire Prevention and Safety Grants which are used for fire awareness and prevention activities, as well as fire safety related research. ###

Join the Fire Department

## Carlstadt Family Picnic

American Legion Post 69 is sponsoring a family picnic on September 6, 2014, from noon to 6 p.m. at the Washington Avenue Firehouse, 460 Washington Avenue, Carlstadt.

A \$25 donation includes music, food, clams, beer and soda, with plenty of door prizes and 50/50.

Tickets are available at Post 69, 412 Third Street, Carlstadt. Tickets will also be available at the door. For information call 201-460-9665. Event proceeds to benefit Veterans. ###

## Rummage Sale

Start collecting all those “treasures,” knick-knacks, books, linens, small furniture, baby items, clothes, etc.

It’s time for the First Reformed Church, Guild for Christian Services, Annual Fall Rummage Sale.

The sale will be on October 2, 2014, from 7 to 9 p.m. and October 3 and 4, 2014, from 9:30 a.m. to noon. Proceeds go to the Church projects and missions. For more information call the Church office at 201-288-1122. ###

## The Second Community Taste of Moonachie

The Moonachie Scholarship Committee presents the Second Community Taste of Moonachie on October 8, 2014, at The Graycliff. Serving starts at 6 p.m.

Enjoy the samplings of delicious, varied cuisine offered.

Advance tickets: Adults - \$30, Children 7-12 - \$15 and kids under 6 are free. At the door tickets: Adults - \$35, Children 7-12 - \$20 and kids under 6 are free.

For ticket information or to volunteer call 201-206-3054 or e-mail: taste2014@moonachie.us

## Taste of Hasbrouck Heights

The Hasbrouck Heights Chamber of Commerce and the Free Public Library are pleased to host a “Taste of Hasbrouck Heights” on Monday, October 20, 2014 at the Senior Center. Doors open at 6 p.m. Live entertainment will be provided by **Chip Dee Academy**.

Tickets may be purchased at The Library. Cost is \$25/person in advance and \$30/person at door. For details, call 201-288-0488.

## W-R Family Fun Day

Wood-Ridge Soccer is hosting its second annual Family Fun Day. The event will be held September 6, 2014, from 1 - 5 p.m. at the Wood-Ridge High School football field.

Admission is free so bring the whole family!

It will be loaded with lots of fun for the kids including bounce houses, obstacle courses, slides, games and even a dunk tank!

There will be vendors on hand selling food, snacks, team apparel, and lots of other goodies. They will also be raffling off some great items including mini iPads and other items graciously donated by many local businesses!

They will also have Lia Sophia, Pampered Chef and Arbonne Skin Care representatives on hand. ###

## GFWC Celebrates 70th Anniversary

GFWC-Contemporary Club of Hasbrouck Heights will be celebrating its 70th Anniversary at a Dinner on September 23, 2014.

Special Guests will include New Jersey State Federation of Woman’s Club President Jill Passaretti, and NJSFWC Palisade’s District Vice-President Susan Chambers.

The program for the evening will be on Mental Health issues, Guest Speaker Sylvia Axelrod from *(NAMI)* which is the National Alliance on Mental Illness and the Federation’s Special State Project for the next 2 years.

The Mayor and Council will be giving the GFWC-Contemporary Club a Proclamation at the September 9 Council meeting for their 70 years of service to the Community.

For more information call Pat at 201-288-0495. ###

## Crafts Demonstration

On Saturday, November 8, 2014, from 1 to 4 p.m., the GFWC-Contemporary Club of Hasbrouck Heights will have a crafts demonstration – on scrapbooking tips, knitting and crocheting, jewelry making, etc. Light refreshments will be served. Call Pat at 201-288-0495 for more details. ###

## Indoor Fall Flea Market Nov. 22

The Parish Social Life Committee of Saint Margaret of Cortona Roman Catholic Church is sponsoring an Indoor Fall Flea Market on Saturday, November 22, 2014. Tables are \$25 each. For information and contracts, call Ellie at 201-641-0883. ###

Curb Your Dog



*Remember to Fly Your Flag September 11th*

## September 11th Remembrance Services

• **Hasbrouck Heights** will hold a short service at 7 p.m. on September 11, at the Firemen’s 9-11 Memorial at The Circle.

• **Moonachie** will hold a service on September 11, at 6:30 p.m. at the Memorial located at Borough Hall. Rain or shine.

• **Wood-Ridge** is conducting a candlelight ceremony at Veterans Memorial Park located on Valley Boulevard on September 8, at 8 p.m. ###

## Every Drop Counts

The St. Anthony Council #11585, Knights of Columbus will be hosting its Annual Community Blood Drive at Veterans Park (*Valley Boulevard between Highland & Marlboro Road*) in Wood-Ridge, on Monday, September 8, 2014 from 3 p.m. to 7 p.m.

The need for blood locally remains constant, and donations are needed to offset summer blood shortages. People can donate a pint of blood every 56 days. Donors are encouraged to eat a meal prior to giving blood and drink plenty of water. Photo ID is required at donation time. Blood donation requirements include a minimum weight of 115 pounds and minimum age of 17.

For more information or to schedule an appointment, please call Community Blood Services at 201-251-3703 or use the following link: [https://donor.cbsblood.org/donor/schedules/drive\\_schedule/35157](https://donor.cbsblood.org/donor/schedules/drive_schedule/35157)

Walk-ins are welcomed!!  
*Story by Peter Gallo Jr. ###*

## Casino Bus Trip

The VFW Post 4591 sponsors Casino Bus Trips on the last Wednesday of each month. Bus departs at 10 a.m. The cost is \$30; it includes a continental breakfast from 9 a.m. to 10 a.m., a casino voucher and a goody bag on your trip home. Games, prizes and a movie make the travel time pass quickly. Call Mel at 201-933-9937 or the Post for details at 201-288-1112. ###

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## Real Estate Insight

By Mary Ellen Courtney



### Mega-Sites Unite! What's Up with That?

The big news in real estate this month is the announced merger between Trulia and Zillow (*or, essentially, that Zillow is purchasing Trulia*).

These internet sites have virtually created real estate web traffic where it didn't previously exist.

Ten years ago, it was nearly impossible to peruse local public records about home sales and home prices without visiting the County recorder's office in Hackensack. Now it's just a click away for here and practically every property in the US.

As an active realtor, it will be interesting to me to see how this merger might affect our local real estate business.

One of the biggest complaints that realtors have about both web sites is in the inaccuracy of their data.

In Bergen County, the origination of most home listings typically takes place in the New Jersey MLS, where an agent enters all of the data regarding a particular listing, including all of the photos, description, and other pertinent facts.

That data is then fed to different web sites (*including the mega-sites we're talking about*), and sometimes the data feed only happens sporadically - every several days or once a week.

In our office, listing agents frequently make small changes to the listing information in the MLS, which can include things like a price change, additional pictures, and updated descrip-

tions/facts about the property. Trulia/Zillow's data is often old and inaccurate due to the fact that these changes are made locally and too often get delayed en route to them.

It's not uncommon to find a home on either web site that's... a) already off the market or closed, b) under contract, c) inaccurately priced, etc., etc.

On reading the news that Zillow and Trulia were merging, one of my agents commented: "Now only half the sites will get the data wrong."

Nevertheless, we often tell potential buyers moving into this area that Zillow and Trulia are a good place to start their home search.

Admittedly, they offer pretty decent info on schools, mortgage rates, maps.

For more precise data, though, the best place to get updated information is from the local MLS (*in our case, the New Jersey MLS*). There you'll find a live database constantly updated as Realtors change/add/modify information. And data at the source is - expert advice - almost always totally accurate (i.e., more better!).

For similar reasons, I don't think this merger will change anything in the day-to-day process of buying or selling a home. Let's face it: both web sites are media vehicles. They sell ads, not real estate. They've been around since 2004/2005.

According the NAR statistics, homebuyers in 2001 were using realtors 69% of the time when purchasing homes; in 2013, that number went up to 88% of the time.

So, while homebuyers might continue to search more and more on non-real estate company sites, they are, ironically, using realtors more as well.

My take: finding a home online might seem easy - and, frankly, it is sometimes - but that constitutes only a small part of the entire home buying process.

The harder part begins once you want to make an offer to actually purchase the home. Consumers understand this to some degree. If they didn't, those aforementioned stats would not be increasing and a lot of the 'alternative models' that we've seen from time to time for connecting homebuyers and sellers, would have succeeded.

No, I think the idea (*the fear!*) that realtors will eventually be 'disintermediated', rendered meaningless/obsolete is completely unfounded.

There is still immense value in hiring a real estate guide, a person to whom you can direct your [sometimes] dumb questions, who's going to prompt you to ask the questions you don't even know to ask, who's going to listen and help assemble the right team for your purchase or sale.

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

### Rutherford Taxpayers Meet September 3

The Rutherford Taxpayers Association will meet 7:30 p.m. on Wednesday, September 3, 2014, at the Rutherford Borough Hall Red Room.

The RTA presents information to local citizens in a non-political format. This is done through the regular monthly program meeting, forums, and newsletters.

Membership are open to Rutherford residents or property owners. Dues are \$10 per year. Send to RTA, PO Box 361, Rutherford, NJ 07070. ###

## Shred-it Event September 13

Hasbrouck Heights will host a Shred-it event on September 13, 2014 at the Central Avenue parking lot on the Boulevard from 9 a.m. to 1 p.m.

Paper only. No plastic or metal objects.

For additional information call the DPW at 201-288-1072. ###

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## Fall Adult ESL Classes

Adult ESL registration and testing will take place on Wednesdays, September 10 and 17 at 7 p.m. in the Parish Hall, at 229 Terrace Avenue (*corner of Terrace and Jefferson Avenues*) in Hasbrouck Heights. All new and returning students must be registered to take the classes. New students must take a language assessment evaluation.

Fall 2014 ESL Classes are from September 24 – December 10, 2014, on Wednesday nights from 7 to 9 p.m. at Care on the Corner, 333 Franklin Avenue in Hasbrouck Heights.

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 call 201-288-9460. A registration form, accompanied with a non-refundable \$10 registration fee, must be completed for each student. Books will be available for purchase at the time of registration. Financial assistance is available. ###

## Kidz Fitness

Care On the Corner® Community Service Center offers:

- Zumba Kids: the ultimate dance-fitness party for young Zumba fans ages 7-11 where they can play loud and rock with their friends. This program features age appropriate music and moves that gets kids moving to the beat. It reinforces the idea that it's okay to be yourself and dance like no one's watching.

- Zumba Kids Jr: classes are a dance and play party for youngsters who want to get silly, dream big and begin their journey to a healthy future. The program is where 7-11 year olds just let loose and be themselves.

KidZ Fitness will run on Mondays for 5 weeks, starting September 22, 2014, and going through October 27, 2014 (no class on October 13, 2014). There is a fee of \$35 for the classes. Scholarships are available. Class space is limited.

Class is taught by a Licensed Zumba/ ZumbAtomics Fitness Instructor, Lynn Weimer. Call 201-288-9460 to register. ###

## Communicating With Your Hands

Care on the Corner will be offering a sign language course called, "Communicating with Your Hands."

Starting in September, students will learn the fundamentals of sign language in Signed Exact English (EE) in a strategic and fun fashion.

By the end of the course you will be amazed at the hundreds of signs that you will have been taught.

Sign language benefits toddlers, children, and adults as well. In toddlers, sign language helps them recognize words if they are connected to a sign - the act reinforces the words. The child is also using more than one sense, audio, visual and touch. The same principle holds true for adults and can increase self esteem and confidence. It is also proven that children who acquire the language tend to increase their IQ by 8-12 points.

For older adults, sign language helps them with motor skills, cognition and memory. This may also help with the onset of Alzheimer disease. It is important for older adults to continue using their memory skills and to keep using their brain.

Children who have special needs such as Down syndrome, autism, cerebral palsy, aphasia, and other language delays and impairments can benefit from sign languages so that they can better communicate with others.

Many parents use sign language to communicate with their children, mental health-professionals and many in the medical professions use sign language to communicate with their patients who warrant the language.

"Communicating with your Hands" - Fall Session 2014 (*10 week program*) is on Mondays, from September 29 to December 1, 2014, from 7 to 9 p.m. at the sanctuary of St. John's Episcopal Church.

There is a non-refundable materials/registration fee of \$40 (*includes manual and weekly handouts*). For more information call the Care Center at 201-288-9460.

A registration form, accompanied by the fee, must be completed for each student by the deadline, Friday, September 26, 2014. ###

## Fall Citizenship Preparation Classes

Registration for Citizenship Preparation Classes are on September 10 and 17, 2014

Registration and testing will take place on Wednesdays, September 10 and 17, 2014, at 7 p.m. in the Parish Hall, at 229 Terrace Avenue (*corner of Terrace and Jefferson Avenues*) in Hasbrouck Heights, NJ. Students must bring their green card at the time of registration.

Level 3 or Level 4 English is a pre-requisite for these classes.

- Fall 2014 Preparatory classes for U.S. Citizenship (*6 weeks*) is from October 6 – November 10, 2014, on Monday nights from 7:30 to 9:30 p.m. at Care on the Corner, 333 Franklin Avenue in Hasbrouck Heights.

The population that we serve comes mainly from Central and Northern New Jersey. Members of the population benefit by learning all aspects of the English language through our ESL program, they receive education on obtaining employment, and how to address housing, immigration, and citizenship issues from our workshops.

For more information or to pre-register, call 201-288 -9460. Each student must complete a registration form, accompanied with a non-refundable \$10 registration fee. Books will be available for purchase. Financial assistance is available. ###

## Homework Club

The Homework Club Fall 2014 Session (10 weeks) is for Children in 1st to 6th Grade on Thursdays from 3:30 to 4:30 p.m., from September 18 to November 20, 2014 (*classes will not be held on school holidays*) at Care Center, at 333 Franklin Avenue, Hasbrouck Heights.

Students are asked to bring homework assignments in which help is needed: Reading, Spelling and Phonics, Math, Social Studies and Science (*other than experiments*).

Students are divided between Grade levels with one teacher / assistant per three (3) to four (4) students; allowing for individualized attention.

Children are given supplemental assignments (*including educational games*), targeting they areas they need help with.

The Homework Club:

- Be a less structured environment in which children receive educational guidance
- Assure that homework assignments are completed and more importantly understood.
- Help children understand the importance of learning and acquiring good study skills.

- Help students understand that "Learning is Fun" and like sports, you need to practice – hence the need for homework

Call the Care Center at 201-288-9460 to register (*\$25 registration fee, \$50 cap per family*). Scholarships are available. Jean R. Giarratana (*NJ Certified Teacher*) is the Director. ###

## NewARTS Kids

Care on the Corner announces the Fall 2014 Session of NewARTS Kids, an art program for children in Grades 2-5.

Do you have an aspiring young artist in the family? This five week course will cover a new artist each week (*Dali, DaVinci, Kahlo, Michelangelo*). Your child will learn about the artist, their technique and style as well as re-create some of their most famous work. The goal is for each child to create two pieces of artwork for each class.

The first piece your child will create by following step by step directions in creating their own masterpiece that depicts a particular piece of work made by the famous artist.

The second piece of artwork should be inspired by the style and technique of the artist but should allow the student to create something unique.

The Fall Session 2014 is September 12 to October 3 (4 weeks) on Fridays from 4 to 5 p.m.

Artist list for the Art Classes are Week 1: Salvatore Dali, Week 2: Leonardo DaVinci, Week 3: Frida Kahlo and Week 4: Michelangelo Buonarroti.

Each week they will learn a little bit about the artist from the series of books "Getting to Know the World's Greatest Artists" and/or "Discovering Great Artists: Hands on Art for Children in the Style of the Great Masters."

The group meets in the Parish Hall of St. John the Divine. Call 201-288-9460 to register.

There is a \$25 materials fee. Scholarships available. ###

## Belly Dancing

Care on the Corner will be starting a fall session of Middle Eastern Dancing (*aka: Belly Dancing*).

Through this Ancient Dance form, you will learn the basics of the dance while strengthening your abs, toning your muscles and learning a simple piece of choreography.

The classes will be held Tuesday nights, from 7:30 to 8:30 p.m., for eight (8) weeks at a fee of \$45. The session will be from September 30 – November 18, 2014.

Students will be instructed by Elly Marco, who is currently the Director of the Haslo Dance Troupe. She performs throughout Northern NJ and NYC. She also teaches Middle Eastern dance in senior centers and for other adult school education programs.

All classes will be located at: Care on the Corner in the Parish Hall of St. John the Divine, 229 Terrace Avenue in Hasbrouck Heights.

To register for Middle Eastern Dancing, please call the Care Center at 201-288-9460 before September 26, 2014. ###

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## Open Cockpit Weekend Sept. 27 & 28

On Saturday, September 27 and Sunday, September 28, 2014, the Aviation Hall of Fame and Museum will open all aircraft and their cockpits to the public for visitors of all ages to sit in and pretend to fly.

• The featured aircraft is the recently refurbished Grumman OV-1 Mohawk, an armed military observation and attack aircraft designed for battlefield surveillance and light strike capabilities. It is of twin turbo-prop configuration, and carried two crew members with side by side seating.

• A Cobra Gunship Helicopter was recently outfitted with sound to enhance the "pilot" experience.

• Coast Guard HH-52A Helicopter: the most successful search and rescue helicopter in the world.

• Additional aircraft include a one-of-a-kind 1950 Martin 202 airliner and a rare Lockheed-designed 402-2 Bush Master.

• Plus, a "Little-Cut-Up" demonstrator with working controls.

• People, young and old can learn how the flight systems work. Qualified pilots will help guests understand the instruments and controls of these special aircraft.

• The control cab of an Air-Port Rescue and Fire-Fighting truck will also be open.

Admission: Adults \$8, children (under 12) and seniors \$6. For more information, call 201-288-6344 or visit their website at: [www.njahof.org](http://www.njahof.org)

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.

Founded in 1972, the Aviation Hall of Fame and Museum of New Jersey is dedicated to the preservation of the Garden State's distinguished, two-century aviation and space heritage. ###

## Legend of Sleepy Hollow

The Free Public Library of Hasbrouck Heights will sponsor the performance of "Ichabod Crane: Washington Irving and the Legend of Sleepy Hollow" as portrayed by Neill Hartley of the American Historical Theatre.

This free performance will be in celebration of Halloween, and held in The Library's conference room at 320 Boulevard from 7 to 8 p.m. on Tuesday, October 14, 2014.

The whole family is welcome to attend. The American Historical Theatre is well known for providing world-class historical characters and interpretations.

Neill Hartley as Washington Irving, the father of the American short story, brings you into his world; introducing you to his work, "The Legend of Sleepy Hollow," the most famous short story ever written.

The literary lion narrates his tale and then enters his story, becoming his alter ego, Ichabod Crane. Neill Hartley is mesmerizing as Ichabod Crane: Tall and slim like Ichabod, Neill was also born in upstate New York. Like Ichabod, he teaches voice and rides horses. It's perfect casting. And it makes for a perfectly eerie entertaining event.

To register, call 201-288-0488 or log on to <http://hasbrouckheights.bccls.org>

This program is offered through the Horizons Speakers Bureau of the New Jersey Council for the Humanities, a state partner of the National Endowment for the Humanities. ###

## Carlstadt Historical Society Meets Sept. 17

The Carlstadt Historical Society, Inc. resumes regular program meetings on Wednesday, September 17, 2014, at 7 p.m. at the Carlstadt Community Center on Fourth Street.

New acquisitions are on display and reprints of newspaper items from 1914 are distributed at each meeting.

Contributions of photos or other memorabilia to the Historical Society Museum are welcome. Prospective members welcome. ###

## Felician Offers Reading Improvement Program

The Felician Reading Center will offer a Fall Reading Improvement Program for students in Grades 2 – 3 – 4.

The program will begin on September 22, 2014 and end on December 18, 2014.

The classes are held twice a week, Mondays and Wednesdays for students in Grade 3 and Tuesdays and Thursdays for students in Grade 4. The classes are from 3:30 p.m. to 5 p.m.

The students for Grade 2 have a different scheduled time for their classes. The teacher will be in contact with the parent.

This program aims to help each student advance at his/her own pace and to develop reading proficiency through a multi-sensory approach to reading.

Testing will be required for placement and a weekly fee for services rendered.

The Felician Reading Center is located at: 260 South Main Street, Lodi. For further information, please call Sister Mary Andrew at 973-473-7447 – Extension 123. ###

## Christmas-at-Sea

In cooperation with Seafarer's and International House, a Lutheran mission serving seafarers, they will be filling satchels that will be delivered to ships by port chaplains.

At Christmas when a ship is in the middle of the ocean, the captain will hold a celebration and the crew will open their satchels.

Each satchel must contain the following items: one sweat-shirt (*hooded or unhooded size L-XL*), three pairs of socks (*thermal or white gym*), one casual pullover T-shirt (*size M-L*), one knit winter cap, one can of nuts or a bar of chocolate and a personal Christmas card.

They will be collecting during September and October in order to have the satchels ready by Thanksgiving.

Leave contributions in the box on the porch at Holy Trinity Lutheran Church, 92 Burton Avenue, Hasbrouck Heights. Call the Church office at 201-288-6889 for details. The goal is to provide 25 satchels, enough for an entire ship! ###

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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

**Carlstadt**  
Lt. Beese of Carlstadt Police Department reports that there are 20 crossing guards posted throughout the Borough on all school days from 7:45 a.m.– 9 a.m. and 2:45 p.m.– 4 p.m. Please obey the directions of the crossing guards in those areas.

There are approximately 600 students that are dropped off and picked up at Carlstadt Public School every school day. Please follow the following rules.

- Do not park in the drop off zones. They are for dropping off and picking up of students only.
- Parents can use the auxiliary parking lot located at the north/west corner of the school, (*next to the basketball courts*) which can be entered from Garden Street.
- Please do not turn left from Washington Street on to Summit Avenue, when dropping off and picking up students. This disrupts the flow of traffic.
- Please do not park within 25 feet of a crosswalk or 50 feet of a stop sign. This makes it difficult for the crossing guards to see moving vehicles clearly and be able to safely cross the children.

**East Rutherford**  
The East Rutherford Police Department reports there are currently 26 school crossing guards posted throughout their Borough. All guards will be wearing a lime green vest and have a STOP paddle.

There are also multiple School Bus Drop off/Pickup Zones. Drivers are reminded to obey all directions given by the school crossing guards.

East Rutherford Police deploys two message boards to remind drivers of Traffic Laws, “Stop for Pedestrians in Crosswalks,” “Click it or Ticket,” “No Cellphone use while driving” and “Drivers’ Speeds.”

Their officers actively conduct radar enforcement and Pedestrian Decoy details throughout the Borough. They also have in street and roadside Pedestrian Crossing signs located throughout the Borough.

Parents are reminded to follow the following school safety details:

- Faust School: Parents can drop off their children on either Uhland Street or Everett Place. **DO NOT DOUBLE PARK!**
- McKenzie School: Parents can drop off their children at either New Street or Wall Street. These are Drop-Off Zones Only.

Do not leave your vehicle if you are in a drop off zone. You may be ticketed. Both drop-off locations are monitored by school aides.

- Becton High School: Parents can drop off at the main entrance located off Wildcat Way. This is a very busy pedestrian/vehicle area, drivers should use extreme caution. Students that use the Vreeland Avenue/Paterson Avenue crossing are reminded to cross by the crossing guard.

Students that drive and park near the high school shall obey ALL parking regulations, ie: Alternate Side Parking, No Parking within 25’ of a crosswalk and No Parking within 50’ of a stop sign.

East Rutherford Police Department’s goal is to have all students arrive at school and return home safely.

Any questions call Traffic Bureau Office at 201-438-6364, Email [mrotondo@erpd.org](mailto:mrotondo@erpd.org)

**Hasbrouck Heights**  
As the new school year begins, Sgt. Ian Robertson reminds drivers: “There are 15 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.; 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, Sgt. Ian Robertson 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 Shadow’s Food 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 8 a.m. to 9 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.

**Lodi**  
There are 21 school crossing guards posted throughout the Borough. All guards will be present during school days from 7:30 a.m. until 9 a.m., 11:15 a.m. until 1 p.m. and 2:30 p.m. until 3:45 p.m.

Both parents and students are to cross **ONLY** at intersections where guards are posted.

When picking up or dropping off students do not park in the Drop-off Zone.

*Special attention at Wilson School:* The drop-off zone is located on Liberty Street **ONLY**. No students should be dropped off on Prospect Street.

This is both a danger to students and backs up traffic on Union Street.

**DO NOT** park next to curbs that are painted yellow for student safety reasons. Vehicles parked in the yellow curb area obstruct the vision of oncoming vehicles.

On Borig Street, at the intersection of Main Street, there is a No Left Turn Sign posted. Left turns there create a danger to students crossing at the intersection of Main Street and Garibaldi Avenue.

There will be Police Officers posted at all the schools when students are present both before and after school. This Borough will have **ZERO TOLERANCE** for any motor vehicle infractions in posted school areas.

“Let’s make this a safe school year,” stated Sgt. Russell Inserra, Traffic Division.

**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.

**Rutherford**  
Rutherford Traffic Coordinator Officer William Gumbman reports that:

- Students are reminded to cross only at intersections where crossing guards are present and to cross only when directed to do so.

- Parents are reminded that the areas adjacent to the schools are for drop-off/ pick up **ONLY**. Do not park your vehicle in these areas.

- The Borough of Rutherford has 19 designated school crossing locations throughout the Borough.

School crossing guards are present school days from 7:45 a.m. to 8:45 a.m., 11:00 a.m. to 1:00 p.m. and 2:30 p.m. to 4:00 p.m.

- Drivers are warned that the Rutherford Police Department has a **ZERO TOLERANCE POLICY** for motorists

who violate motor vehicle laws in designated school zones.

**Wood-Ridge**  
Lt. Witkowski, Wood-Ridge Traffic Officer, reports that there are 13 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 zones on First and Second Streets for the Wood-Ridge Intermediate School (*previously known as Assumption School*).

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

- Do not park in Kohler Funeral Home 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!”**

Traffic officials 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 Patrolters, 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. ###





# Torch Run

On Thursday, July 31, 2014, the Boys & Girls Clubs of Lodi/Hackensack and Garfield, kicked-off their 13th Annual Summer Olympic Games and their 5th Annual Ceremonial Torch Run from Summit Avenue in Hackensack to their Club in Lodi. The opening ceremonies were held at the gym entrance and attended by several Bergen County officials. Officials lit the Olympic torch to begin the festivities.

Over 300 children donning commemorative "T" shirts participated.

Following the ceremonies, kids enjoyed amusements, games and plenty of food and refreshments.

Prior to the "Torch Ceremony," members of the Fairleigh Dickinson University Basketball team performed some court magic, while the Knights team mascot schmoozed with the kids. ###



# International Spy Academy

The International Spy Academy VBS was held from July 28 to August 1, 2014, from 9 a.m. to noon. Cadet classes were for those entering Kindergarten to those who just graduated 6th Grade.

There were daily drama skits, games, great snacks and of course, exciting debriefs.

Spy Academy Headquarters was held at **Bible Baptist Church**, 31 Passaic Avenue, in Hasbrouck Heights. For more

information visit Biblebaptist.net or call 201-288-4139 ext 17. ###





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### Meadowlands YMCA awarded 21st Century Community Learning Centers Grant for Robert L. Craig School

The New Jersey Department of Education's 21st Century Community Learning Centers Grant (21st CCLC) will be used to extend the school day and school year and to provide remedial and enrichment programs focused on improving literacy skills at the Robert L. Craig School, Moonachie.

The grant award will greatly expand Moonachie's out-of-school offerings to include school tutoring and homework as well as a daily before and after school five days per week, at no cost to parents in Grades 4-8. This program is absolutely FREE.

The purpose of the program is to supplement the education of students. The program aims to assist students in attaining the skills necessary to meet New Jersey's Core Curriculum Content Standards and Common Core Standards.

The Meadowlands Area YMCA will utilize the funding, which is subject to how many children participate, employ teachers and tutors; increase access to STEAM Curriculum (Science, Technology, Engineering, Art and Math), as well as recreational activities; expand family literacy programs at the Craig School and to create character education, anti-bullying and peer support groups; provide parent training focused on curriculum; and offer professional development

to staff to increase reading and writing in all subject areas.

The Meadowlands YMCA will implement NJDOE-approved activities in cooperation with the Superintendent, Frank Scarafile and the program's Project Director, Mr. Phil Facendola. There will also be a summer program called "Making Learning Count."

They were proud to appoint Phil Facendola who is a 42 year veteran of the Moonachie school district to lead this process. His community connections, experience and long standing teaching credentials makes Mr. Facendola the perfect choice to implement this program.

Only 8 districts in the state of New Jersey would be selected to receive the 2014-2015 21CCLC grant award.

The Meadowlands Area YMCA, a provider of before and after school programs for over 35 years and the Moonachie Public School, collaborated throughout the spring to develop a comprehensive winning proposal to specifically target the needs of the Superstorm Sandy stricken students and their families.

For more information call Joe Min, Director of Development at 201-955-5300 ext. 31. ###



Yield to Pedestrians



### Moonachie Rec Closing Day BBQ

On Friday, July 25, 2014, the Moonachie Summer Recreation Program held their Closing Day at the R. L. Craig School. The event included a BBQ, talent show by the kids, sculptured balloons, hot dogs, hamburgers, ice cream, etc. The five week program was enjoyed by about 150 kids, with a staff of 11 counselors and director providing supervision. ###

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Stephen Pace

Martin Bianchi

This chart combines "total units sold" and total volume sold\* for residential listings for all office locations of each organization identified from 1/1/13 - 3/31/14. It includes which listings were sold by such organizations itself, or with the aid of a cooperating broker for the state of NJ in the time period indicated, according to the data by the following Multiple Listing Services in NJ: Trend MLS, Garden State MLS, Monmouth County MLS, Middlesex MLS, South Jersey Shore MLS, New Jersey MLS, Hudson MLS, Ocean MLS, and Cape May County MLS. This representation is based in whole or in part on data supplied by each MLS listed. Each MLS does not guarantee or is in any way responsible for its accuracy. Data maintained by each MLS may not reflect all real estate activity in the market. This chart lists up to the top 7 competitors in the market indicated. Each RE/MAX office is independently owned and operated. Equal opportunity employer.





### Carnival of Summer Fun

Arianna Azzolino, of Troop 769 from Saddle Brook, is working toward earning her Gold Award, the highest award given in the Girl Scouts. Arianna's family and friends helped her host a carnival for Felician School for Exceptional Children students with fun, games and prizes on July 29, 2014.

Some of the games included bowling, ring toss, balloon pop, bingo, bean bag toss, egg race, etc. Pizza, snacks and ice cream sundaes were a big hit! ###





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### Trike-A-Thon Wheels in \$5,250

Students at New World Montessori School in Hasbrouck Heights were thrilled to participate in their 16th Annual Trike-a-Thon to raise money for St. Jude Children's Research Hospital. Many parents volunteered to help during the day while the children eagerly and tirelessly rode around the course multiple times. As always, the event was a huge success. The children (and their parents) were able to collect \$5,250 in support of the hospital. This was a very special day for everyone and the children are already looking forward to taking part again next year. *Photo and story provided by New World Montessori School.* ###



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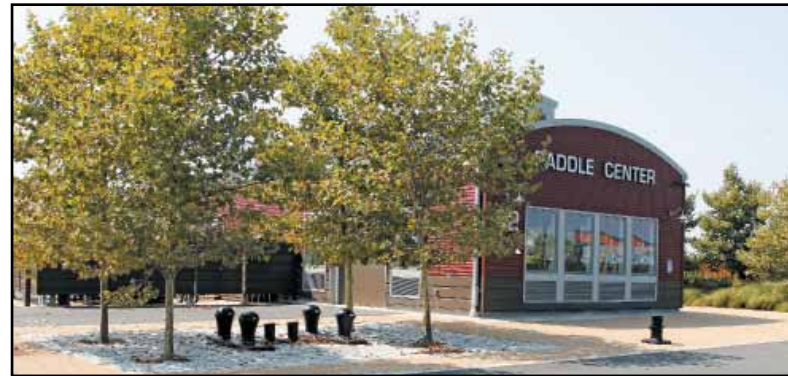
Be A Good Neighbor -- *Donate Food!*



# A Neighborhood Jewel



Graphic provided by  
NJ Meadowlands  
Commission



Built on the site of the former Barge Club, the New Jersey Meadowlands Commission's (NJMC) River Barge Park and Marina is a 5.5-acre, handicapped-accessible urban jewel located at 260 Outwater Lane, Carlstadt, on the Hackensack River.

A once neglected site has been transformed into a compelling destination for recreation, eco-tourism and environmental education.

The park is open from dawn to dusk 365 days a year. The park is patrolled by the Carlstadt Police Department.

Construction took three-years and was completed in 2012. This \$9.5 million grant-funded project provides a much-needed public access to the river in southern Bergen County.

Funding for River Barge Park was provided by the Port Authority of New York and New Jersey (\$6.4 million), the National Oceanic and Atmospheric Administration through its Coastal and Estuarine Land

Conservation Program (\$1.3 million), and NJMC funded the balance.

River Barge Park includes a 425-foot-long scenic riverfront promenade with picnic tables, paths lined by native plants, bird-watching, environmental education pavilion, a 130-foot long catch-and-release fishing dock, paddling and rowing launch points.

The park is located at the site of the iconic Meadowlands Barge Club that closed in 2005.

There is a new marina featuring a dock with 26 boat slips, 17 public slips for annual rental. There is no long-term storage of boats or trailers at the park.

The docks serve as the launch point for the NJMC's highly popular pontoon boat cruises on the Hackensack River.

The two-hour cruises run from late May through September and are led by experienced NJMC guides who explain the region's history and point out the area's flora and fauna. Group pontoon boat trips are available.

Call 201-460-4677.

For more information go to: <http://www.njmeadowlands.gov/> and click on parks tab. For scouting programs call 201-460-8300. ###

## History

River Barge Park has a rich history, going back 350 years. The Lenape Indians hunted and fished the area and early Dutch settlers staged canoe races there.

The site is a former land filled wetlands (*filled during the days of unregulated dumping*), prone to flooding and improved with a commercial enterprise and extensive paving.

In the 1940s, the site was part of Sky Harbor Seaplane Base, that trained hundreds of aviators. It was also licensed as a heliport.

Father and son, Leonard and Jay LaVerghetta, owned the property from the 1960s. The property later became the home of the Barge Club, an iconic area restaurant named for two early twentieth century wooden

railroad barges pulled end-to-end that made up the core of the facility.

The Meadowlands Commission acquired the property for \$3.1 million in 2005.

The work was delayed by 16 months for the Army Corps of Engineers and the NJ DEP permits to dredge the river.

## Barge History

The Barge Club consisted of two covered barges that were pulled onto shore, one in back of the other.

The 30 by 100-foot barges were once owned by The Erie Lackawanna Railroad and The Baltimore and Ohio Railroad, built by the Brewer Dry Dock Company.

These 550 ton capacity covered barges were large enough for horse and wagon to enter, load up and go.

The barges, known as "lighters," were used by the railroads, to store cargo off-loaded from larger, ocean transport vessels. These barges made it easier for the large cargo ships to maneu-

ver in shallow river waters by "lightening" their loads.

## Re-purpose

The restaurant owner's eccentric collection of iconic commercial nautical artifacts, bollards (*ship tie-downs*), capstans, channel markers port-holes, docking cleats, anchors, ballasts and regional artifacts were restored and displayed throughout the property.

Timber was salvaged from two railroad barges that made up the landmark Barge Club, and the third barge that sat abandoned on the river.

The timber was sent to North Carolina for milling, then incorporated into the park as beams, site furnishings (*benches and tables*), wheel stops and sign/railing posts.

The Virginian Southern Longleaf Yellow Pine timbers (*circa 1750*) referred to as heart pine, is considered to be timbers from first generation trees and is no longer available.

The vintage timber was used exclusively for the 635-square



# el: River Barge Park



Provided by  
NJ Meadowlands  
Commission

foot open air education pavilion (*framing*) that overlooks the reeds on the edge of the park that abuts and is a gateway to the Meadowlands Conservation Trust's 587-acre Richard P. Kane Natural Area.

## Construction

The first phase in 2009 was to demolish the barges, installing a new bulkhead, boat ramps and 10-foot wide docks and the first dredging in the Hackensack River in more than 25 years.

The second stage included improvements of landscaping, construction of winter boat storage facility, open-air educational pavilion and promenade above the riverbank and parking area.

The park's beautifully illustrated signs further evoke a sense of place and identity.

The Robert Ceberio Environmental Education Pavilion's thatched roof constructed by Irish master thatcher, William Cahill ([roofthatch.com](http://roofthatch.com)), originally from Galway, Ireland.

The roof consists of 900 bundles installed in three lay-

ers of one of the meadowlands' most persistent weed plants (*phragmites*), a highly sustainable building material. The reeds naturally contain silicone which adds longevity; no sealant was used. They were cut in southern NJ and cured for one year. A thatched roof can last 50 years or more with minimal maintenance.

The shape and size of the old barges inspired the design of the new boathouses' arched roofs, clapboard siding, colors, lettering and cupolas.

The 1970s iconic 30-foot-tall Barge sign was saved as a historic feature. The individual letters are 5'-6' wide by 8' tall.

The original energy-draining neon light was refurbished with low-energy-use LED lighting and stands above the site's bio-filtration basin. The property was re-graded to bio-swail and rain gardens.

A new bulkhead was installed and so was a 30 by 120-foot boat ramp with a washout area where the public can launch boats up to 30 feet long.



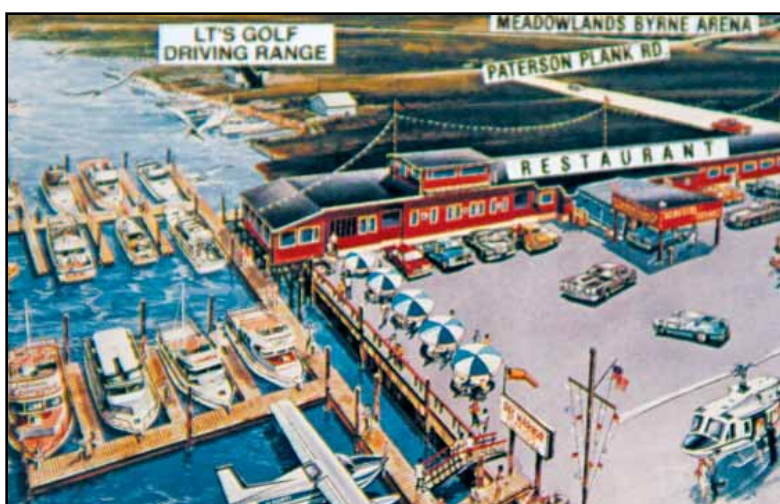
Before Grand Opening September 19, 1978. Provided by NJMC



Photo provided by NJ Meadowlands Commission



Photo provided by NJ Meadowlands Commission



Provided by Carlstadt Historical Society

A rowing dock, canoe launch and fishing dock have been installed.

The marina was dredged and designed in accordance with the American Boating Association Accessibility Guidelines and features accessible boat slips, sustainable harvested Ipe wood decking, LED and solar lighting, public boat ramp, custom "arched" railing, kayak launch and rowing dock for crew teams.

## Natural Habitat

Fresh water and brackish-tolerant indigenous plants were selected for their adaptability to the site and ability to provide wildlife food and cover. The planting arrangement, groupings and orientation mimic those commonly found in natural systems.

## Hackensack River Estuary

Encompassing the southern part of the river and adjoining marshes and mudflats, it is part of the larger NY/NJ harbor estuary, located at the confluence

of the Hudson River and many smaller rivers - including the East River and Raritan River.

Estuaries are bodies of water where rivers meet the ocean and salt water meets fresh water. The unique characteristics of estuaries make them diverse and productive eco-systems that are home to many plants and wildlife.

The Hackensack flows 50 miles from Lake Lucille in Rockland County south to Newark Bay. The waterway is essentially divided by the Oradell Dam into two rivers, with fresh water north of the dam and brackish (*a mix of fresh and salt water*) south of the dam.

## Stormwater Management

Surface water flows into the large bio-filtration basin under the huge Barge sign, a rain garden and promenade planting beds. Parking area and walking paths are constructed of porous material to minimize runoff and maximize ground water recharge.



Jim Wright/NJMC

River Barge Park is a great place to watch birds, including herons and egrets. Endangered Peregrine Falcons and Bald Eagles fly along the river year-round, with springtime nests less than two miles away.

Nesting Ospreys (*a threatened species*) catch fish in the river late spring and summer.

In August and September, you might see thousands of migrating shore birds.

Sandpipers rest here in August at high tide.

In fall and winter, all sorts of ducks, including Ruddies and Green-Winged Teals, hang out on the river.

In the winter, Rough-legged Hawks (*rare to this region*) often come down from Canada.

River Barge Park serves as the gateway to the Richard P. Kane Natural Area, the largest contiguous tract of undeveloped land in the Meadowlands District. The Kane Tract is a 587-acre parcel of reclaimed and restored wetlands and wildlife habitat preserved by the Meadowlands Conservation Trust.

The existing mud flat shore edges were restored into a functioning salt marsh by creating planting areas armored with coconut fiber logs. Upland plants native to northern NJ were selected for tolerance to the windy brackish environment and minimal maintenance.

River Barge Park advances the NJMC's commitment to sustainable and green building through its incorporation of energy-efficient LED railing lights, solar and LED marina lights, and environmentally friendly storm water management, collection, and filtering systems.

In 2013, the NJMC received a Chapter Award from the New Jersey Chapter of the American Society of Landscape Architects (NJASLA) for River Barge Park's ecologically sustainable site design.

Special thanks to Joanne DiLorenzo, Brian Aberback, Jim Wright and Angelo Urato of the NJ Meadowlands Commission, and Peter Lavagna of the Carlstadt Historical Society. ###





# Right Stuff

The Hasbrouck Heights High School Marching Band prepared for this year's show during Band Camp at the High School's Hitchcock Field, August 12 through 16, 2014.

The 40 members, consisting of the band and color guard, took this week to learn marching band basics, the music and the moves making up the routines for this year's show.

The marching band consists of Hasbrouck Heights students in Grades 7 through 12. About 10 are new band members.

This year's selections, chosen by the Director, Joe Ascolese, are "I Don't Wanna Stop," "Ain't Nothing Wrong With That," "One Way or Another," and "We Are Young."

This is Ascolese's 20th year. The drill design and instructor is Michael Coppola. The volunteer Color Guard instructor is Nicole Iappelle.

This year's Drum Major

is Morgan McCabe. Captain of the Color Guard is Lauren Hicks.

All band members are Heights kids, although some attend the Academy. The marching band practices about four hours a week.

They used to go away to camp at a cost of \$200 per member. The cost of at home band camp is \$35 each for refreshments and lunch. The Hasbrouck Heights Music Parents Association organizes the food and refreshments. This is the eighth year the band camp has been held at HHHS. Lisa McCabe is president of the Music Parents Association.

The marching band performs at all home and away football games and town parades. They also compete in US Scholastic Band Association Band Competitions. The marching band's first performance this season is September 12, 2014. ###







**Having a Good Time**

Hundreds enjoyed Moonachie's Annual Family Fun Day held on Saturday afternoon, August 9, 2014, at the Joseph Street Park, behind the Civic Center. ###



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 Rutherford Townhouse \$495,000 4 BR, 3 Full & 2 Half Bath Contact: Deborah Balchan @ 201-741-1648	 Rutherford Colonial \$549,900 3 BR, 2 Full & 2 Half Bath Contact: Libera Schilare @ 201-280-7236	 Rutherford Colonial \$699,000 5 BR, 3 Bath Contact: Thomas Huffman @ 201-803-6176	 Rutherford Colonial \$464,500 4 BR, 1 Full & 1 Half Bath Contact Our Offices @ 201-939-2224/201-288-5533

AGENTS OF THE MONTH!  
July 2014

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Deborah Balchan

Judy Bellina

Congratulations!!







(l-r) Fred Dressel, TANAAC; Dennis James, Classic Services; Timothy P. Middleton, Assistant Manager, TEB Noise Abatement Office; Renee Spann, TEB Airport Manager; Gabriel Andino, Manager, TEB Noise Abatement Office; Jim Lichlyter, Mike Maloney, Garry Melia, Massachusetts Mutual Life Insurance; and John Panarello, Airport Services Manager AvPORTS TEB.

# Teterboro Airport Acknowledges Good Neighbors

On Wednesday, July 23, 2014, the Teterboro Airport Noise Abatement Office and the Port Authority of New York and New Jersey announced the 2013 Good Neighbor Awards to 11 Teterboro Airport operators. The award announcements were made during the second quarter 2014 TANAAC (*Teter-*

*boro Aircraft Noise Abatement Advisory Committee*) meeting held at 90 Moonachie Avenue, Teterboro, NJ. Plaque presentations were made at a later date. Teterboro Airport Annual Good Neighbor Noise Abatement Awards recognizes those operators that are either based at the Teterboro Airport, or

have operated more than 100 operations without incurring a noise violation or warning, adhered to not operating Stage 2 aircraft, and have ceased operations between the hours of 11 p.m. and 6 a.m. An individual award is also given to the jet operator with the lowest average sound level.

Teterboro Airport launched the Good Neighbor Awards in 2003. They recognize both based and non-based operators who have complied with mandatory and voluntary noise rules. Awards are given to companies and individuals flying helicopter, propeller, turbo prop and jet aircraft.

The 2013 awardees were: Bank of America, Classic Services, Inc., CVS Caremark, Ocean Wings, Barnes & Noble, Inc., Massachusetts Mutual Life Insurance Company, William C. Morris, Newell Rubbermaid, Inc., Northern Jet Management, R & F Wings, and White Mountains Capital, Inc. ###



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# TEB Installs 3rd Arrestor Bed

A 2005 law authored by the late Senator Frank Lautenberg requires all of the nation's major airports to have a 1,000 ft. runway-end buffer zone by 2015, to ensure passenger safety in the event of an overrun.

At airports that are unable to satisfy this requirement, because of either natural or man-made barriers, the FAA allows the use of a shorter runway safety area with a properly designed arrestor bed, which is an installation of materials designed to slow an aircraft down in a short distance.

These beds are designed to stop planes traveling between 57 mph and 80 mph.

- The first EMAS (*Engineered Materials Arresting System*), known as an arrestor bed, was installed on the north end of Runway 6-24 (*near Rt. 46*) in October 2006.
- The second EMAS was installed at the south end of Runway 1-19 (*Moonachie Road and Redneck Avenue*) in December 2012.
- The third EMAS was installed at the south end of Runway 6-24, (*near Moonachie Avenue*) in December 2013.

Although there is over 1,000 feet available for a buffer zone, an EMAS system was used because of wetlands issues.

Teterboro Airport will have only three arrestor beds. Because there is a 1,000-foot over-run area, Runway 1-19 will not need to have an EMAS at the north end (*near Rt. 46*). The area is undergoing turf improvements to further enhance safety.

Neither runway was lengthened, only rehabilitated.

### Third Arrestor Bed

The size 162' x 348' arrestor bed is set on 4" of asphalt on top of 12" of base course, on top of 20" of sand.

The arrestor bed slopes from 5" up to 20" and contains about 3,440 blocks of material.

The actual work began in August 2013 and was completed by November 15, 2013.

Work was done during the day to be sensitive to noise abatement.

The project was supervised by Port Authority engineers. Blocks of arrestor bed material were supplied by (*ESCO*.)

The construction cost to install the third arrestor bed was partially funded by the FAA.

Rep. Bill Pascrell, Jr. announced that the Federal Aviation Administration (FAA) has recently awarded the Port Authority of New York and New Jersey a \$1,000,000 grant to improve runway safety at Teterboro Airport.

This federal grant helped fund the installation of this Engineered Materials Arresting System (*EMAS*).

Runway 6-24 is 6,015 feet long and 150 feet wide and is equipped with High-Intensity Runway Edge Lights (*HIREL*). This runway underwent a complete rehabilitation in 2010 (*repaved and new lights installed*).

The Runway 6 approach has an Instrument Landing System (*ILS*) and a Medium Approach Lighting System-R (*MALS-R*).

The Runway 24 approach is equipped with both PAPI (*Precision Approach Path Indicator*) and REIL (*Runway End Identification Lighting*) systems. ###



View facing north



View facing west

Photo by Fritz Rethage with aerial support from Jim Miller of NJ Chopper.

## About EMAS Arrestor Bed Technology

EMAS (Engineered Materials Arresting System) arrestor beds are installed on the runway overrun/set-back to decelerate an aircraft in an emergency.

This technology, which was pioneered by the Port Authority and the Federal Aviation Administration, is comprised of beds of specially designed lightweight pre-cast concrete blocks that consist of crushable cellular cement material.

These blocks crumble under the weight of an aircraft, enabling a plane to stop safely and quickly in an emergency.

Each arrestor bed configuration is custom engineered in length, depth and strength to provide optimum performance for the aircraft mix used at the airport.

EMAS arrestor blocks are set on an asphalt bed (similar to a typical road) which is graded for drainage.

The arrestor bed technology, known as the Engineered

Materials Arresting System (*EMAS*), was pioneered by the Port Authority and the Federal Aviation Administration, and has proven effective at John F. Kennedy International Airport, where the world's first EMAS was installed in 1996.

Then Port Authority Executive Director, Kenneth J. Ringler Jr., said, "The technology has proven effective in bringing aircraft to a safe and complete stop. It could be compared to driving a vehicle into gradually deepening snow."

The blocks are light enough to crush under a jet's landing gear, but heavy enough to slow or stop a jet. The beds can withstand the weight of rescue trucks responding to an accident.

A factory installed jet blast resistant block protection system is applied to raw blocks to enhance durability and to protect against the effects of aircraft jet blasts.

### Maintenance

Weekly drive-by inspections, as well as a monthly walk of the bed, are recommended.

Normal maintenance consists of maintaining the protective surface coating -- painting and caulking as needed.

Proper maintenance protects the underlying arrestor bed blocks from the environment, keeping excessive moisture out and prolonging the life of the system. Repainting the entire bed may be required every three to five years.

Snow is not expected to have any substantial effect on performance. Excessive build up that may obscure approach lights or affect the ILS may be handled with a snow blower.

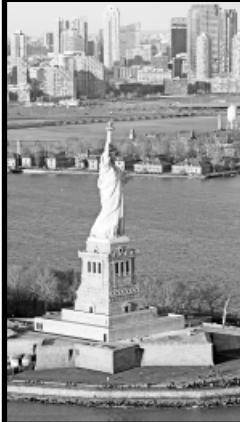
Vehicular traffic should be avoided. Site preparation includes paving around the perimeter to allow vehicles to drive around the bed for inspections and maintenance. Maintenance personnel can walk on the bed without damaging the surface. ###

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# NJ Hall of Fame Holds 42nd Induction Dinner

The New Jersey Aviation Hall of Fame announced the 2014 Inductees into The Aviation Hall of Fame.

The new inductees will receive their bronze plaques at the 42nd Annual Induction Dinner on October 7, 2014, at The Fiesta Ballroom, in Wood-Ridge.

The 2014 inductees include:

- **Joseph Crecca:** From East Orange. Crecca was an F-4 Vietnam combat pilot, shot down after 75 missions. As a P.O.W. he was incarcerated in the same camp as John McCain. After release, Crecca became a test pilot on early military low visibility approach technology. Later he was a Captain with Fedex.
- **Kenneth “Hock” Todd Ham:** Born in Plainfield, was a U.S. astronaut and a Captain in the United States Navy. Ham was selected by NASA in August 1998, while serving as the F/A-18E/F Super Hornet lead carrier suitability test pilot. He was a two-time Shuttle astro-

naut, flying once as mission commander.

- **Jay Zeamer Jr.:** A past Orange resident. Zeamer commanded an unescorted B-17 flight over the Pacific which was intercepted by 17 Japanese fighters. Though badly wounded he got his crew home. Zeamer was the last living USAAF Medal of Honor winner. He later became an aeronautical engineer.

The public is invited to attend. Dinner tickets are \$100 each. There will be a cash bar. For tickets or more information, please call 201-288-6344.

The New Jersey Aviation Hall of Fame was founded in 1972 and was the first state aviation hall of fame in the nation. Its goal is the preservation of the Garden State's 220 years of aviation and space heritage.

The Aviation Hall of Fame & Museum of New Jersey is located at Teterboro Airport. It is open Tuesday through Sunday from 10 a.m. to 4 p.m. ###

## Carlstadt Residents Save \$2 Million From Bond Refinancing

Carlstadt Borough residents will see new tax relief to the amount of approximately \$135,000 annually as a result of the refinancing of bonds issued in 2005, resulting in a tax savings being passed along to them, Board of Education officials announced.

The transaction, which occurred on July 28, 2014, refinanced \$17,075,000 for a savings of \$2,014,560 over the 18 year life of the bonds.

Prior to the sale, Standard & Poor's rated the district AA- stating that the strong rating was a result of several factors, including the school district's stable financial position. S & P recognized the school business administrator's efforts to control costs and increase revenues which led to the rising reserve levels over the past two years.

They also noted that projections for fiscal 2014 indicate another healthy surplus which will further increase financial stability. Other factors in the rating process included a moderately concentrated tax base and a low overall debt burden coupled with limited future capital needs as well as strong wealth and income levels relative to the rest of the nation. ###



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## Baby Boomer Career Workshop

Baby Boomers, take note! By special arrangement, Eli Amdur, The Record's Career Coach, will be returning to Rutherford Public Library on Tuesday, September 16, 2014, at 7 p.m. to present his unique career workshop designed just for Boomers.

He says, "Be a stronger, more competitive candidate... not in spite of being over 50 but BECAUSE of it! Get an overview of the current and future job market, learn to develop a strong plan, and take your job market back!"

This program will be held in The Library Auditorium. The workshop is free but seating is limited. Register by calling The Library at 201-939-8600, ext. 7 or e-mailing [rutherfordpubliclibrary@gmail.com](mailto:rutherfordpubliclibrary@gmail.com). ###

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## Job Search

Neighbors-Helping-Neighbors is a free and highly successful peer-led volunteer support group for people who are actively looking for work and would like to begin or reinvigorate their job search.

Group members assist each other in techniques and suggestions to improve job search strategies, offer support, and help with networking opportunities. They meet at The Hasbrouck Heights Free Public Library on Mondays, from 12:15 to 1:30 p.m. ###

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## RDP Announces Gift Certificate Program

The Rutherford Downtown Partnership announced the launch of the New Rutherford Bucks Gift Certificate program.

The gift certificates can be used in over 20 businesses in the district and growing every day.

They come in denominations of \$5, \$10, \$25 and \$50 and for a limited time, to celebrate the launch of the program, if you purchase \$25 worth of gift certificates, you will receive an additional \$5 in Bonus Bucks – giving the recipient \$30 to spend!

If you would like to purchase Rutherford Bucks for a gift, for your organization, or for yourself, please email or call the RDP office at [office@downtownrutherfordnj.com](mailto:office@downtownrutherfordnj.com) or 201-939-1670 to make arrangements to get your Rutherford Bucks.

Payment can be made in cash, check, or credit card. Don't miss out on your opportunity to get the \$5 Bonus Bucks! ###

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## 42nd Annual Induction Dinner

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### 2014 Inductees

**Maj. Joseph Crecca:** Vietnam combat pilot and POW  
**Cpt. Kenneth T. Ham:** NASA Space Shuttle commander  
**LTC Jay Zeamer Jr.:** WWII pilot and Medal of Honor recipient

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## Artful Thinking

By Artie Maglionico • Lodi Historian

### The Girl with Red Hair

Part Three...

By the way folks  
this is a true story

Yes friends, that river was in poor condition. Back in the 30s and 40s The Saddle River was the life blood of a textile mill called the United Piece Dye Works. It was the largest of its kind in the USA, second only to France in size and capacity.

That and more recent chemical plants that lined the upper banks of the river damaged the water and its surroundings beyond recognition.

What was once a pristine shoreline now took on a phosphorescent glow put there by decades of toxic dumping.

The river supported only the most robust of aquatic creatures among them frogs and lampreys which were ugly and scary enough to thrive on the chemical induced sludge.

It was said by known river dwellers that once a lamprey clamped on to you it would drain the blood out of you like a vampire. Whenever you heard someone shout “lamprey” you didn’t ask where until you were done running, which was at your front door.

Meanwhile, Johnny Rannou and my cousin, Anthony, were eyeing up a large frog sunning itself on a partially submerged rock a few feet from shore.

They were motioning to Rocco to sneak up from behind with the other net. The frog, understandably sluggish from absorbing all of the chemical waste, made a feeble attempt at escaping and was captured.

“We got him!” yelled my cousin Anthony. “Bring that bucket over here.”

Bruce ran over with the bucket and Rannou quickly dumped the frog in by shaking it loose from Rocco’s net.

“It didn’t give much of a struggle” said Rannou.

“He’s probably happy to be out of that river,” replied Rocco.

We all gathered around the bucket staring at the frog that remained motionless. Rannou poked at it with a stick to see if it was still alive. It moved just enough to let us know that he

wasn’t quite dead.

“What are we going to do with it?” asked my cousin.

“This frog and those freaky lampreys are probably the last living things in this river,” remarked Rocco, “Let’s throw the poor thing back in and go home.”

And that is just what we did folks but not before we stood over the bucket, wished him luck then said our goodbyes.

The frog, as it swam away, turned for a moment and looked back at us as if to say “same to you guys!”

The following Friday night was the Columbus School, end of the term 7th and 8th Grade dance.

It was being held in the school auditorium which, in previous years, was home to school plays, puppet shows, and PTA meetings. After I graduated the room was converted into multiple classrooms.

I remember a small stage at the head of the room which, due to the changing times and lack of space, was being used as a storage closet. Behind those dark and tattered curtains were dust covered reminders of a gone but not forgotten past.

I walked in with my school chums John Leto, Frank Scinlari, Frank Delindia, Nick Enea, Irwin Stolz, Michael Ettz and Glen Philips.

Everyone looked grown up especially the girls who were all primed up in formal dresses and were decorated with ribbons, bows, flowers and frills.

They were even wearing lipstick, eye makeup and nylon stockings which made them look older and prettier still.

Most if not all of the boys, including me, were fidgeting around at the edge of the dance floor like hikers caught at the edge of a cliff.

Johnny Rannou, the cigarette smoking, baseball cap wearing kid from Westervelt Place was first on the dance floor.

He looked dapper in his greased up hair parted on the side, dark blue suit, white shirt and red tie. If I didn’t see it with my own eyes I would not have believed it. Not only was he the first boy on the dance floor he

was dancing with one of the prettiest girls in 8th Grade... Bonnie Karpinski.

Soon the rest of my friends joined in and before long the floor was filled with starry eyed students dancing cheek to cheek.

Not long ago these same boys were drawing funny pictures of their dance partners and pasting them on the backs of their chairs.

Now their bodies were touching and they were locked in a slow dance embrace. “When did this start happening?” I thought to myself, “Strange how a girl in lipstick and nylon stockings could change a kid’s outlook on life.”

Just then I noticed my pal John Leto motioning me from the dance floor to look toward the entrance.

Entering the room with her sister was the girl with red hair looking even more radiant than ever. She was absolutely breathtaking in her powder blue dress and ribboned hair that was done up in soft carrot red curls.

I knew at the time that the words to describe how pretty she was were floating on a cloud in dreamland and were written by God on the day she arrived on earth.

Yes, my friend, that’s how pretty she was. I took her by the hand and escorted her onto the dance floor. Suddenly, as if cupid himself was working the phonograph, the song, “Venus” by Frankie Avalon began to play.

It was the same song that was playing in my head when first we met on the Columbus School playground.

For a moment I had to step back from her to make sure I wasn’t imagining it all. I knew when she pulled me close to her that it was, without a doubt, really happening.

The girl with red hair had woven herself into the fabric of my life. Part of me, a new part, was traveling into the unknown and was enjoying the trip. “Are you having a good time?” she asked as she looked into my eyes.

“It sure beats frogging,” I replied.

Honest folks, it happened just like that. Ask my cousin Anthony! ###

### End of Third Part

Part 1 in July and Part 2 in August, 2014 editions of *The Gazette Newspaper*. ###



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Press releases welcomed. Photo submission of original and unpublished photos are accepted for exclusive use in The Gazette and/or [www.hasbrouck-heights.net](http://www.hasbrouck-heights.net). Email original jpg (under 5 meg) and include photo details. Names should be listed left to right. Publisher reserves the right to accept or refuse any advertising. Advertisers assume all liability for all content of advertisements. The Publisher is not responsible for any loss claimed by advertiser in cases of errors or omissions.  
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## 55 Kip Center Re-accredited

55 Kip Center announced that they have once again been re-accredited by NCOA (*National Institute of Senior Centers*).

55 Kip Center is the only Bergen County senior center with this recognition, one of only 3 in the state of NJ, and one of only 110 in the United States.

They will be celebrating this achievement of an official mark of excellence by hosting an Open House on Saturday, Sept. 13, 2014, at 55 Kip Center, 55 Kip Avenue, Rutherford, NJ.

Tours will be given from 10 a.m. to 2 p.m. and an official ribbon cutting will begin at 10:30 with invited dignitaries.

Light refreshments will be offered and a video of some of the highlights and classes will be shown, as well as members showing their creations such as the knitters, quilters, art classes, creative writing. Further details will be posted at: 55kip-center.org or call 201-460-1600 for further information. ###

## BC Picnic September 16

Bergen County will host their Annual Senior Citizens Picnic on Tuesday, September 16, 2014, from 10 a.m. to 3 p.m. at Van Saun County Park in Paramus. Rain date is Tuesday, September 23. Seniors 60+ are welcome. Limited handicap accessible parking is available.

The event includes lunch, craft fair, music, entertainment, information tables, demonstrations and more. For more information, call Eleanor at 201-336-7416. ###

## Carlstadt Senior Friendship Club

The Carlstadt Senior Friendship Club meets on the 1st and 3rd Wednesdays of the month at 1:30 p.m. at the civic center.

On September 3, 2014, Lester Thomas will entertain them with songs on his guitar and back up music, remembering old time favorites and current hits. The meetings are interesting and informative, followed by Bingo. Any Carlstadt senior is invited to join.

Planned trips are September 4 to Westchester Theater; October 29 to the Brownstone and November 18 to the Dutch Apple in PA. There is also a mystery trip set for October 21-24. Call Eileen 201-933-6949. Eleanor Costa ###

Hire A Vet

## Vic’s Hoofers Father Richard Celebrates 50 Years as a Friar

The Vic’s Hoofers, a ladies’ social club *not a dance troupe*, will resume their regular meetings on Thursday, September 4, 2014, at 7 p.m. at the Carlstadt senior center.

The game for the evening is “Ain’t it a Shame” and members of the planning committee are reminded to bring three wrapped gifts for prizes. Remember, they can be funny and/or useful.

Also, members are reminded to bring a check for \$38 payable to The Vic’s Hoofers for the anniversary party scheduled to be held at Al Di La on the evening of October 2 at 6 p.m.

Women in the surrounding towns of Carlstadt, E. Rutherford, Wallington or Wood-Ridge are welcomed to become members of this fun club. Call Lucinda at 201-933-1643. Eleanor Costa. ###

## Moonachie Seniors Rock

On September 10, Moonachie seniors and friends will be going to the popular Doolan’s in Spring Lake to see a show by the Met Jazz Swing Band in a tribute to Dorsey Miller, Goodman & Ella. The departure time is 9:30 a.m., from the Senior Center, and the cost is only \$49 per person. The cost includes taxes and gratuities.

When you have a chance to enjoy life with friends and neighbors, to see some great shows, enjoy some fine food, perhaps some dancing (*but not in the aisle of the bus*), and even have a chance to win some prizes, it’s an opportunity you shouldn’t miss. Call group leader Audrey Evers at 201-641-4334. Story by Charles Pallas ###

## Lodi Senior News

The Lodi Senior Center is open every Thursday to anyone 55 or older who lives in Bergen County. Refreshments are served in the afternoon.

Scheduled activities: Oc-

tober 15 - Platzl Brauhaus, Pomona, NY Oktoberfest and December 12 - Christmas Party at the Venetian. For more info call 973-472-6994 on Thursdays. For transportation call Rebecca at 973-367-4068. ###

Rev. Richard Mucowski, Pastor of the Church of the Assumption of Our Blessed Lady, will mark 50 years as a Friar at the 11 a.m. Mass at his Church in Wood-Ridge on Sunday, September 14, 2014. Co-Adjutor Archbishop Bernard Hebda of the Archdiocese of Newark will preside at the Mass.

Father Richard joined the Byzantine Friars in 1964 and later transferred in the Franciscan Holy Name Province in 1971. He was ordained a Priest that year at the Franciscan Monastery in Washington, D.C. During his lifetime he has earned three Master’s Degrees, two doctorates and varied ministries as a licensed clinical and medical psychologist. Aside from teaching at the high school level and the college level, Father Richard has served as President of Saint Mary College, Leavenworth, Kentucky and Walsh University, North Canton, Ohio.

He earned a BA Degree in Philosophy in 1967 at St. Bonaventure University; a MA Degree in Theology in 1971 at Washington Theological Union; a MA Degree in Sociology and Anthropology in 1973 at Notre Dame University; a MS Degree in Guidance and Counseling in 1974 at Niagara University; and an Ed. D. Degree in Counseling and Student Personnel Services in 1977 at State University of New York at Albany.

Father Richard, the son of Ukrainian immigrants, grew up in Philadelphia. He is the first person of Ukrainian heritage to be president of a University in the United States. He has been at Assumption Church since July 2011. Story by Peter Gallo Jr. ###

The Rosary Society of Corpus Christi Church’s first General Meeting is Thursday, September 11, 2014, in the school cafeteria following the recitation of the Rosary at 7:15 p.m. and Mass in the Chapel. The new Pastor, Rev. Patrick Muleswki, will be the guest speaker. Monthly meetings are the Thursday after the first Sunday of the month. Call Maria DeFedele 201-727-0820 for further information. Story by Carol Viceconte. ###

# September 2014 Heights Senior Calendar

Open to All Hasbrouck Heights Seniors

## SENIOR ACTIVITIES

**Monday, September 8, 15, 22, 29**  
10:00 a.m. to 3:00 p.m. Games, cards & coffee  
11:00 a.m. Mahjong  
10 a.m. to 3 p.m. Senior Lounge open to all

**Tuesday, September 2, 9, 16, 23, 30**  
10:00 a.m. Line Dancing \$1.00  
2:00 p.m. Adv. Chair Yoga \$1.00  
6:00 p.m. Card Game Night

**Wednesday, September 17, 24**  
10:00 a.m. Games, cards & coffee  
10:00 a.m. Mahjong  
2:00 p.m. Senior Aerobics \$1.00  
10 a.m. to 2 p.m. Senior Lounge open to all

**Thursday, September 4, 11, 18, 25**  
10:00 a.m. Games, cards & coffee  
11:00 a.m. Mahjong  
2:00 p.m. Senior Yoga \$1.00  
10 a.m. to 2 p.m. Senior Lounge open to all

**Friday, September 5, 19**  
1 p.m. to 3 p.m. Games, cards & coffee  
12 p.m. Zumba Gold \$1.00

**Friday, September 12, 26**  
10:00 a.m. Fun Bingo  
12 p.m. Zumba Gold \$1.00  
1 p.m. to 3 p.m. Games, cards & coffee  
Check Center Bulletin Board for any changes

**The Senior Center will be closed on Monday, September 1, 2014 -- Labor Day**

## CLUB MEETING SCHEDULE

**Wednesday, September 3**  
10:00 a.m. Executive Board Meeting

**Wednesday, September 10**  
12:30 a.m. Leisure Club Meeting  
Program: Singers -- Two for the Road

## UPCOMING EVENTS

**Woodloch Pines, PA**  
**Wednesday, October 15**  
Woodloch Pines is located in the Pocono Mountains Lake Region on the banks of Lake Teedyuskung. The trip includes transportation, refreshments upon arrival, activities, Bingo, entertainment, a great lunch and all gratuities. Cost is \$60 pp. Call Kathy at 201-288-6651.

**UPCOMING EVENTS OPEN TO ALL SENIORS**  
**Thursday, September 18: 11 a.m. to 2 p.m.**  
Senior Wellness Luncheon sponsored by Hasbrouck Heights Board of Health

**Monday, October 6: 10 a.m. to 12 p.m.**  
Flu Shots

**Wednesday, October 8: 4 p.m. to 6 p.m.**  
Flu Shots

**Wednesday, October 29: 12 p.m. to 3 p.m.**  
Annual Halloween Party  
Seniors are encouraged to wear a costume



**St. Joseph (ER)  
Rosary Society**

The next meeting of the St. Joseph (ER) Rosary Society is Monday, September 8, 2014 in the cafeteria starting at 7:30 p.m. Bring a friend. Call Marie at 201-933-3803 for more information. ###

**Pray for Peace**



**Back to Church  
Sunday**

The Carlstadt First Presbyterian Church "Back to Church Sunday" will be Sunday, September 21, 2014, at 10 a.m. All are welcome to join in the services and stay and enjoy coffee hour afterwards in Community Hall. The First Presbyterian Church is located on Third Street in Carlstadt. They hope to see you there. ###

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**AWANA Begins**

AWANA begins Wednesday, September 10, 2014, at 7 p.m. at **Bible Baptist Church**, 31 Passaic Avenue, Hasbrouck Heights in the Multipurpose Room and the Children's Area.

AWANA Clubs make kids winners and provides an exciting evening of fun and learning for children four years old through Sixth Grade.

Kids get excited about the games, awards, and friends they make. Along the way they discover a relationship with their greatest friend... Jesus.

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For more information go to www.Biblebaptist.net or contact Joe Hegedus at MrJoeProv226@yahoo.com or by calling 201-288-4139 ext. 17. ###

**Rally Sunday**

On Sunday, September 7, 2014, Holy Trinity Lutheran Church in Hasbrouck Heights will kick off the new Sunday School year with its Rally Sunday.

The day will begin with Holy Communion at 10:30 a.m. when students, teachers and backpacks will receive a special blessing.

Immediately following the service, we will picnic outdoors on the front lawn. Activities for children will include a petting zoo and pony rides. The theme for the day is God's Work, Our Hands, and part of the time together will be devoted to assembling sustainable lunches for distribution by Bridges Outreach to the homeless in New Jersey.

On September 14, Children's Sunday Church School for the 2014-2015 school year begins. Children, ages 4 and up are welcome. The new schedule will begin at 9:15 a.m. and end at 10:15 a.m. Parents are invited to sit in on the classes at any time and to bring the children to worship at 10:30 a.m.

Call 201-288-6889 if you have any questions. ###

**Death, Sex  
and Money**

The subject of money seems to be one of the most emotional issues of our times.

For many of us, money rules like a despot over our attitudes, our time, our decisions, and our politics. Money determines what we buy, the things we possess, the lifestyle we can attain and maintain; it may even determine who we are friends with and who we marry.

Yet, money is more than a measure of one's well being, the supposed security of one's future, or the means for bettering ourselves. The way we handle money and how we relate to it gives us insight into our relationship with God. Money and possessions are a matter of the heart.

They show where our true affections lie. No wonder Jesus spoke so much about money and possessions and our relationship with them.

**Heart Matters  
Faith and Money**

This study will take place on six Thursday evenings, October 2, 9, 16, 23, and November 6, and 13, 2014, from 7 to 8:30 p.m. in the multi-purpose room at Holy Trinity Lutheran Church, Hasbrouck Heights.

It will explore what we need to know about what God has to say about money, where it comes from, how we are to handle it and what our accountability may be in respect to whatever we have. This study will help you to ask big questions, struggle with difficult choices, liberate you and help you to gain new insights to cultivate contentment and enjoyment of an abundant life regardless of your financial circumstances.

For more information, contact Pastor Susan at PastorSusanHolyTrinityNJ@gmail.com or at 201-288-6889.###

**Homecoming  
Sunday at St. John's  
September 14**

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 14, 2014, with Holy Eucharist at 10 a.m.

After morning service, there will be a picnic on the Church grounds with games.

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. ###

**Women, Wine  
and the Word**

Pastor Susan Nelson-Colaneri of Holy Trinity Lutheran Church in Hasbrouck Heights is coordinating an opportunity for women of the community to come together on the first Friday evening of each month to share in fellowship, build relationships, and explore God's word.

The first meeting of Women, Wine and the Word will take place on Friday, October 3, 2014, beginning at 7 p.m. at Sofia's Mediterranean Grill, 220 Boulevard, Hasbrouck Heights. Please be sure to RSVP by September 25, 2014, to Pastor Susan at 201-288-6889 or e-mail her at pastorsusanholyltrinitynj@gmail.com so they can reserve a seat for you. ###

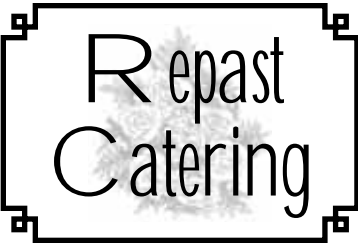
**Pre-Cana for  
Engaged Couples  
to be Held in W-R**

Assumption Church in Wood-Ridge will be offering a full day pre-cana program on Sunday, October 26, 2014.

Engaged couples who participate will attend the 11 a.m. Mass where their engagement rings will be blessed. At the end of the Mass they will report to the Hayes Center where a light lunch will be served.

Throughout the remainder of the afternoon the couples will have an opportunity to discuss honestly with each other their strengths and weaknesses in family living, communication, finances, Christian sexuality, problem solving, the Sacrament of Matrimony and their role in the Church and society, all under the supervision of married couples.

The pre-cana program ends at approximately 6 p.m. All engaged couples who will be married within the next year should attend. For more information, contact Marie at 201-288-0276. PG. ###



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# Veterans Today

By Thomas Marshall

On September 19, 2014, VFW Post 809 will host a POW/MIA Ceremony at 4 p.m. All are welcome to come and remember our Nation's Service Personnel that are currently unaccounted for.

Also on September 19, Post 809 will host a Fish and Chips Dinner. We have a company called Tastefully British that will come and do the frying.

Chicken is also available for those that don't care for fish. Clam Chowder will also be on hand. Tickets are \$20 for adults and there will be no walk-ins. You must buy tickets ahead of time. Call 201-641-9759. Take outs will be available.

## Hammer/Anvil

My father taught me many things about my grandfather. As a kid I was eager to learn from the past. My grandfather died two decades before I was born. He asked nothing from no one and took no charity.

Born in the late 1800s, he like everyone else, worked to survive in the worst of times. A piece of advice came down through the decades to me. He told my father. "For all your days prepare, meet them ever alike, when you are the anvil bear, when you are the hammer strike." I never forgot it. The American Army shows us exactly what this means.

In June of 1776 the brand new American Army was in New York. General Washington had about 19,000 men at the time. There they dug in and waited for the British to arrive.

Hoping to end the American Revolution, the British fleet arrived with 10 ships of the line, twenty frigates and 300 troop transports with 32,000 British and Hessian soldiers that disembarked on Staten Island.

The students out there will note that, to hold New York without a Navy is impossible. Washington knew this but did not want to leave without a fight.

On Long Island the high ground runs east to west and is known as the Guan Heights (*colonial name for Gowanus*). Washington realized that Brooklyn, sitting on high ground was the key to New York. So he decided to defend it.

On August 22, 1776, the British General William Howe crossed from Staten Island to Long Island at Gravesend Bay. He had about 15,000 troops with him. He also saw the importance of the high ground of Brooklyn and moved to take it.

In order to do this he had

to pass through the Guan high ground.

There are four passes that lead through the high ground and to Brooklyn, the Gowanus Road, the Flatbush Road, the Bedford Pass, and the Jamaica Pass. Washington posted his troops to block these passes.

Israel Putnam was placed in charge to guard the passes. Brave as he was and not afraid to fight, he was inexperienced in large troop movements.

General Howe feinted at the Flatbush and the Bedford passes. A feint is a demonstration of a fake main assault by the Army intended to fool the enemy in thinking the main assault was in that location, when it is actually in another.

It worked perfectly. Putnam immediately posted most of his troops at these two passes. On August 26, General Howe took 10,000 troops through the now unguarded Jamaica Pass.

A cannon shot was the signal to begin the main attack. When it fired the British and Hessians came on and crushed the entire left side of the surprised American position. Putnam was now engaged in his front while his left and rear positions were now under attack.

It was a disaster. The Americans could not reload fast enough before the enemy was upon them with bayonets. Many Americans were captured or killed in the engagement.

In Putnam's command was an Officer by the name of William Stirling. Realizing all was lost on Long Island he did what he could to save his command. He ordered his men to retreat but kept 200 Maryland men with him to make time for others to escape.

In an incredible display of bravery, he drew his sword and they charged into the oncoming masses of British and Hessian troops, fighting hand-to-hand to save their comrades. It worked; the enemy was stalled for a short time. Survivors ran through the marsh and swampy terrain to the last camp on Long Island, Brooklyn itself. Of the 200 Maryland men, only 9 made it to Brooklyn.

The only good news Washington saw was that the wind kept the British Navy out of the East River. He knew in time that was going to change.

So on the night of August 29 the American Army retreated across the river into Manhattan. Putnam and 4,000 men took up station at the battery on the tip of Manhattan, while the rest of the Army was

north of today's 125th Street on the heights of Harlem.

On September 15, the British Army followed up with another amphibious landing at Kips Bay. This was bad news for Putnam because he was in danger of being cut off from the rest of the American Army. He and his men went north to Harlem.

Hessians and British troops walked ashore and quickly swept away the few troops posted there to oppose the landing. The British moved up as far as East 34th Street and stopped. Then they were ordered to camp just south of present day grounds of Grand Central Station. Putnam and his men were lucky. They made it to Harlem Heights due to the British delay.

General Nathaniel Greene, returning to the American Army, after being sick, suggested to Washington to burn the city down to prevent the British from using it during the winter.

Washington declined. He had a meeting with his officers. Washington was sick of being the "anvil." His army was driven out of New York at every turn. In the morning he would be the "hammer."

In front of the heights of Harlem was a clearing and a small hallow.

General Washington sent Colonel Thomas Knowlton and the 100 Connecticut Rangers down into the hallow before dawn.

As the sun came up on September 16, 1776, the Rangers exchanged fire as they made contact with the enemy.

Through the din of the battle men could hear bagpipes off in the distance as the British 42nd Regiment entered the field of battle.

Known throughout the world as the Black Watch, these men of Scotland are known for having excellent conduct in battle. Knowlton and his men, pulled back.

The Black Watch and the British light infantry seeing this, assumed the Americans were retreating and ran into the hallow after them.

Everything was going to plan. Washington would now hammer the enemy.

Troops from Rhode Island, about 150, rushed into the fray. A brigade from Massachusetts was committed to the battle. George "Joe Gourd" Weedon stormed into the Hallow with

his 3rd Virginia Regiment.

Stunned at the American counter attack the British advance was halted. Against all odds and to everyone's surprise in the open field the Americans attacked and after some quick exchange of musketry the British went into full retreat.

Through the site of today's Barnard College ran the Redcoats, kilt and all with the Americans chasing them. The Americans took great delight seeing the British run the other way. The chase was soon called off and the men returned to their lines.

Overjoyed that the battle went well the men were elated. The Americans lost 30 men killed in the Battle of Harlem Heights. The British numbers range from 92-390 killed and many more wounded.

Not a big battle in terms of troops, but it raised the confidence of the Americans after months of defeats. This is Washington's first battlefield victory of the war.

On night of September 21, 1776, a fire started in a tavern on the lower west side of Manhattan. Everything was made of wood, so it quickly spread.

How it started is a mystery, but it is said to have burnt one quarter of the city of New York. The British blamed the Americans, the Americans blamed the British. Either way, many of the British troops would not be staying in warm houses come the winter. You can still see evidence today of the great fire of 1776.

Take a walk into the cemeteries of St. Paul's Cathedral or Trinity Church; some of the ancient tombstones are still black from the fire, a small reminder of a September long ago.

On October 16 Washington's Army followed the Bronx River north and out of New York City. I believe my grandfather was correct. When the world feels like it is hammering on you like an anvil, be patient, the time will come when you become the hammer. You will know what to do. ###

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# 200th Anniversary of the National Anthem

On September 13, 1814, a British fleet with attached army units, fresh from burning Washington, now set their sights on Baltimore, Maryland.

However, after a twenty-five hour bombardment of Fort McHenry with mortar bombs and Congreve rockets, the fort's Commander, Major George Armistead, ordered a large garrison flag to be hoisted to show both friend and foe that they had not surrendered.

Aboard one of the British ships was an American emissary seeking the release of civilian prisoners taken at Washington.

In this he was successful. But because he was aware of the British plans to attack Baltimore, he was held until the battle was over.

This man's name was Francis Scott Key. Mr. Key was despondent during the night that the fort would fall. He saw the mortar bombs and rockets exploding over and around the fort.

With the dawn, when he saw the large flag flying over Fort McHenry, he was moved to jot down a few lines of a poem on the back of an envelope. This poem "In Defense of Fort McHenry" was printed in the local newspaper and was later set to music.

This was to become our National Anthem, The Star Spangled Banner, but not until March 3, 1931 by an Act of Congress.

The story of the flag goes back to July 1813, when Major Armistead said, "It is my desire to have a flag so large that the British will have no difficulty seeing it at a distance."

He hired Mary Pickersgill to make a large American flag for the fort. Mary, her daughter, three nieces and a black servant girl labored ten hours a day for three weeks.

When Mary's house became too small to work on the flag, she moved across the street to a brewery to finish it.

The flag, consisting of fifteen stars and fifteen stripes, for the fifteen states then making up the United States, was 42 by 30 feet. She was paid \$405.90 for her efforts.

The flag remained in the Armistead Family until it was loaned to the Smithsonian in 1907 and, in 1912, was made a permanent gift.

Today, after a number of restorations, it is on display in the Smithsonian Museum of American History in our Nation's capital, Washington, DC, for all to see this Star Spangled Banner. *Story by James J. Hal-loran Jr. ###*

# American Legion Post to Celebrate 95th Anniversary

A Luncheon will be held on September 27, 2014 at the Fiesta to celebrate the 95th Anniversary of the founding of the James B. Scarr Post 106 American Legion, in Hasbrouck Heights.

Present post members and their wives, as well as the widows of past Post members, have all been invited to this special celebration. The installation of the 2014-2015 Officers will also take place then.

In September 1919, an American Legion Post was organized in Hasbrouck Heights.

The Post was named in honor of Captain James B. Scarra, Hasbrouck Heights resident, who worked as a teacher and Athletic Director at Hasbrouck Heights High School during 1916-17.

He was also very active in the Scout movement and served as Scoutmaster. He was killed while in service during World War I.

The Post's first meetings were in The Library. Throughout its history it has met at the Municipal Building; the Old Reformed Church on Burton Avenue (*presently the New World Montessori School*); the Pioneer Club; at the homes of various members; "The American Legion Center" at the corner of Henry Street and The Boulevard (*presently the TD Bank parking lot*) a lot leased by the Borough to the Post at \$1 a year; and also at a building located at the corner of Passaic and Terrace Avenues.

Presently the Post meets on the first Monday of each month at 7:30 p.m. in the Senior Center at the Municipal Building.

County and state officials of the American Legion have also been invited to the celebration. *Story by Peter Gallo Jr. ###*

## VFW Post 4591 Meeting Schedule

VFW Post 4591 in Hasbrouck Heights holds their general membership meetings on the first Tuesday of the month at 7:30 p.m. Veterans are welcome.

Officers meetings are held on the last Thursday of the month at 7 p.m. For more information call the Post at 201-288-1112 between 9 to 11 a.m. ###

## Post 310 welcomes New Members

John H. Gertz American Legion Post 310 holds their monthly meetings on the second Tuesday of each month at 100 Liberty Street, Little Ferry starting at 8 p.m. Call 201-641-9774 for details. ###




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**Time: 6:30pm - 11:00pm**  
**Cost: \$60** (Includes Buffet Dinner, Unlimited Wine & Beer and \$100 In Play Money)

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or Tom: [tcollotti@minutemanpress.com](mailto:tcollotti@minutemanpress.com)  
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# Filling You In

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

## What you need to know about wisdom teeth

If they grow in properly, wisdom teeth are no different than any other teeth in your mouth. However, if they become impacted, or erupt in a strange angle or location, they may need to be removed.

Learn more about your wisdom teeth and wisdom tooth extractions.

## What are wisdom teeth?

Wisdom teeth are another name for the third molars. Most people have three permanent molars in each quadrant of their mouth. First molars typically erupt around age 6, while second molars emerge around age 12. The third molars are the last to erupt.

They are referred to as wisdom teeth because they tend to develop later in life than other teeth, between the ages of 17 and 21.

## Why do wisdom teeth sometimes need to be removed?

Some wisdom teeth may become impacted (*prevented from erupting properly*). Many dentists recommend the extraction of impacted wisdom teeth because of the problems they may cause, including infection, decay of adjacent teeth, gum disease, cysts, and tumors.

Wisdom teeth that have already erupted also may need to be removed if they are non-functional, badly decayed, interfering with your bite, involved with or at risk of gum disease, or causing problems with adjacent teeth or restorations. Some dentists also may recommend removing wisdom teeth before they're fully erupted in order to prevent such problems from developing.

## How do I know if I need my wisdom teeth removed?

Individuals whose wisdom teeth need to be removed may experience a variety of symptoms, including pain, infection, and swelling of the face or gumline. Your dentist can determine whether you need your wisdom teeth removed by taking X-rays and examining your mouth. Wisdom teeth that are not removed should be monitored, as they may cause problems later in life. Extraction is usually an outpatient procedure, performed by a dentist or oral surgeon using a local

sedation or general anesthetic.

## Are there any complications associated with wisdom tooth extractions?

The most common complication associated with wisdom tooth extractions is dry socket, a painful condition that occurs when the blood clot at the extraction site does not form correctly or is lost prematurely.

Because this blood clot serves as the foundation for new tissue and bone to develop, dry socket delays the normal healing process.

To prevent dry socket, do not smoke, consume carbonated beverages, or drink through a straw after a wisdom tooth extraction. Rinsing with salt water can help keep your mouth clean after the procedure. However, you should avoid excessive rinsing or spitting while your mouth heals.

Additionally, studies have shown that the high levels of estrogen found during the first 22 days of the menstrual cycle and in certain oral contraceptives may increase a woman's chances of developing dry socket. To decrease this risk, if possible, women should schedule extractions during the last week of their menstrual cycle.

Before tooth extraction, be sure to tell your dentist about any medications or supplements that you are taking, as they could interfere with the healing process. To avoid complications after the procedure, follow your dentist's instructions regarding eating and drinking, pain management, and keeping the extraction site clean.

Everyone's mouth is different, and only a dentist can determine whether your wisdom teeth need to be removed.

If you have concerns about your wisdom teeth or wisdom tooth extraction, talk to your general dentist.

Source: ref: Academy of General Dentistry 2010

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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Adults under 65 and/or those who do not have a Medicare Part B card will be charged a fee for the Flu Vaccine. Limited vaccine is available for those under 65 years old.

For more information and details call your Health Department.

• Hasbrouck Heights: Monday, October 6 from 10 a.m. to noon and October 8 from 4 to 6 p.m. at the Senior Center.

• Moonachie: Wednesday, October 1 from 11 to noon at the Civic Center.

• Wood-Ridge: Monday, October 6 from 5:30 to 6:30 p.m. and Thursday, October 9 from 1:30 to 2:30 p.m. at the Senior Center. ###

# Yoga Classes

Yoga classes will resume at The Carlstadt Library! Class 1 will begin September 13, 2014, and run until November 22. Call 201-438-8866 ext. 204 to register, or email [adultservices@carlstadt.bccls.org](mailto:adultservices@carlstadt.bccls.org).

Anyone with a valid library card is welcome to register, though priority is given to Carlstadt residents. ###

# Swim Lessons

The YMCA of Greater Bergen County will be holding swim lessons for children ages 6 months to teen and adults this fall. Classes meet weekly, September 7 through October 25, 2014. YMCA membership is required. Call 201-487-6600 for details. ###

# 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 23, 2014, from 7:30 a.m. to 10 a.m.

It will consist of a CBC, CHEM 23 and Lipid Profile, with results sent to your private medical doctor. Cost starts at \$17.

A T4 (*thyroid*) blood test is \$5. A Homocysteine level, an amino acid that, when elevated, may lead to blockage in the arteries, is and additional \$20. PSA testing (*male*), a blood screening tool for detection of prostate cancer, is \$25.

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 and payments (*cash only, no checks*) must be made in advance, Monday through Friday, from 9 a.m. to noon. Sign-ups will be held at the Municipal Building, 85 Humboldt Street.

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. ###

# Blood Pressure Screenings in Lodi

A blood pressure clinic is held at the Lodi Borough Hall on the second and fourth Tuesday of each month from 9:30 a.m. to 2 p.m. Call 973-859-7409 for an appointment. ###

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# Child Vaccination Program

The child vaccine program provides infants, and children who are uninsured or have NJ FamilyCare A with high quality, well-child care.

It is held the fourth Wednesday of every month from 5 to 7 p.m. at Carlstadt Borough Hall. To make an appointment, call the HARP office at 551-996-2038.

Bring your child's updated immunization record with you. Vaccinations are given to school aged children ages 6-18 years of age. Carlstadt and East Rutherford residents are eligible. The program is sponsored by the Carlstadt and East Rutherford Health Departments in conjunction with the Health Awareness Regional Program (HARP) of HackensackUMC. ###

# Adult Health & Wellness Program

Held the third Wednesday of the month from 11 a.m. to 1 p.m. at the Carlstadt Senior Civic Center, 424 Hackensack Street.

Program includes: blood pressure assessment, body mass index measurement, diabetes risk assessment, stress management, health education and community resources.

The program is sponsored by the Carlstadt Health Department in conjunction with the Health Awareness Regional Program of HackensackUMC.

For more information call 551-996-2038. ###

# Tai Chi Workshops

The Free Public Library of Hasbrouck Heights will sponsor workshops focused on Tai Chi Short Form.

These workshops are free and people of all ages are encouraged to attend. They will be held once a month in The Library's conference room at 320 Boulevard from 7 to 8:30 p.m. on the third Monday of every month. No registration is required.

Tai Chi has been referred to as "yoga in motion." It is an exercise system that combines slow, graceful movement with calm regular breathing. Tai Chi has many styles and has become very popular as a means of maintaining good health and feelings of relaxation.

These workshops will teach you what Tai Chi is, how to perform the basic movements, and how you benefit from it. The instructor, Paul Barcia, has studied under a well-recognized teacher, B. P. Chan. ###

# Men's Breakfast and Guided Field Trip

On Saturday, September 13, 2014, from 9 a.m. to noon, the traditional Men's Breakfast with Pastor Dreyman, sponsored by Holy Trinity Lutheran Church, will include a field trip to Palisades Interstate Park.

Arnie Ulrich of the Hudson River Fishermen's Association, outdoorsman, will be the guide. They will meet at Holy Trinity at 92 Burton Avenue, Hasbrouck Heights. Call the Church office at 201-288-6889 to register. Visitors and friends are welcome! ###

# Teterboro Airport Scholarship Golf Classic Sept. 12

Teterboro Airport is holding its 30th Annual Teterboro Airport Scholarship Golf Classic on Friday, September 12, 2014, at the Forsgate Country Club -- The Palmer Course in Monroe Township, NJ. This Classic is open to the public.

Cost is \$1,000 per foursome and includes lunch, golf and dinner. Dinner only is \$95 per person.

Schedule is: check-in 10 a.m. to 12 p.m.; lunch buffet 11 a.m.; shotgun start 1 p.m. (*scramble format*) -- cocktail/dinner (*casual attire*) 5:45 p.m.

Contests include closest to pin, longest drive, straightest drive, etc.

Outing includes beverage cart, driving range, golf carts and goodie bags. Tournament may be limited to 144 players. Reservations must include payment. For more information contact John, Tom or Sergio at 201-393-4080. Sponsorships welcome.

Proceeds to benefit Teterboro Airport Scholarships to local area high school graduates aspiring to pursue higher education in aviation or related fields. Through 2013, 190 scholarships totaling \$197,750 have been awarded. ###

# Local Businesses Paddle to Victory

On Friday July 25, 2014, Hackensack Riverkeeper, partnered with United Water for the second year Corporate Cup Challenge on Lake Tappan.

Six local businesses competed in a four-legged relay totaling three miles.

Hosts, United Water, took home the prestigious Corporate Cup, with Star Ravioli Second; Excel Termite and Pest Control Third; TD Bank taking Fourth; Charlie Brown's Steakhouse Fifth; and Hilton of Hasbrouck Heights finishing the race in Sixth Place.

Under the direction of Captain Bill Sheehan, Hackensack Riverkeeper, is the independent, non-government advocate for the Hackensack River and its adjoining watershed, fighting for swimmable, drinkable, fishable water since its inception in 1997. ###

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Offer expires 9/30/14	Offer expires 9/30/14

# W-R Police Chief's Golf Outing Sept. 19

The 14th Annual Wood-Ridge Police Chief's Golf Outing is Friday, September 19, 2014, at the Apple Greens Golf Club in Highland, NY.

Cost is \$150 per golfer (*dinner only is \$75*), and includes breakfast, hot dog cart, beverage cart, 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 the police body armor vest fund and various W-R recreation programs. Tour buses will leave the Fiesta at 8 a.m. -- available by reservation only. For more information, call Fran at 201-939-2497. ###

# Moonachie Mystery 5K

The South Bergen Rotary Club is gearing up for its 3rd Annual Moonachie Mystery Run to be held Saturday, October 25, 2014. Starting line will be right outside the ball fields on Redneck Road.

Check in begins at 7 a.m., race starts 9 a.m. and "Fun Run" starts at 10 a.m.

Course is USATF Certified and Sanctioned with Compuscore bar-code scoring.

Registration fee is \$25 per runner until October 18, and \$30 day of race, registration for students 18 and under is \$15. Registration is \$5 per fun runner until October 18, and \$7 day of race.

Prizes for top male and female overall, and top three finishers in each age group. Also, prizes for best costumed male and female runner plus there will be prizes for the "Best Decorated House on the Course." There will be "T" shirts, food, DJ and great goody-bags.

Proceeds will benefit Parent Project Muscular Dystrophy ([www.parentprojectmd.org](http://www.parentprojectmd.org)) and other local charities.

Details and registration at [compuscore.com](http://compuscore.com), [www.moonachiemysteryrun.com](http://www.moonachiemysteryrun.com) or [southbergenrotary.org](http://southbergenrotary.org). ###

# Wood-Ridge Mayor's 5K

Wood-Ridge Mayor Paul Sarlo and the Borough are sponsoring a USATF-NJ Certified 5K run on Sunday, October 12, 2014, at 9:30 a.m. with a start/finish at the Wood-Ridge High School. Registration starts at 8 a.m.

Awards for the top three male/female overall, first Wood-Ridge male/female finishers, 15 age-division gift certificates, finisher medals for Fun Run participants, and team participation awards.

There will be Super-Tech "T" shirt, and entertainment. Walkers & families welcome.

Cost for the 5K is \$20 (\$18 USATF), race-day registration is \$25, and Fun Run is \$5.

Proceeds to benefit Cystic Fibrosis Foundation.

To register on-line go to: [www.raceforum.com/wood-ridge](http://www.raceforum.com/wood-ridge). For more information call 551-486-6805 or visit [www.njwoodridge.org/5krace](http://www.njwoodridge.org/5krace) ###

# 5K Walk Oct. 11 at Depken Field

The Children's Dyslexia Center of NJ, located at 301 Division Avenue will sponsor its 8th Annual Hasbrouck Heights 5K Walk to help support Dyslexic children on Saturday, October 11, 2014, at Depken Field. The course is 5K (*3.1 miles*).

The Walkathon will be held rain or shine. Registration starts at 9 a.m. and the Walk begins at 10 a.m. 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.

Proceeds go directly to the cost of training tutors and tutoring children. Make checks payable to: Children's Dyslexia Center of NJ, indicating Hasbrouck Heights on the memo line. Send to Hasbrouck Heights Learning Center, 301 Division Ave., Hasbrouck Heights, NJ 07604 or call Ms. Sue Speidel at 201-288-1183. ###

# Sharks Tryouts

The Sharks Swim Team is for intermediate and advanced swimmers ranging in age from 6-18 years old. The Sharks compete in dual meets throughout the season with other YMCAs with an option to participate in US Swimming.

Tryout date is Wednesday, September 10, 2014, from 5 to 7 p.m. at the Rutherford High School Pool. Tryout Fee: \$5.

For info, call Jim at 201-939-1331 or email [Swimteam@meadowlandsymca.org](mailto:Swimteam@meadowlandsymca.org) ###

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# Runners Take Off At Teterboro Airport

At 8:30 a.m., on Saturday, July 19, 2014, the 17th 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: \$10,000 Random Prize Give-away, \$1,000 Super Random Grand Prize, ChronoTrack B-Tag Scoring, food, mini-Flyer Dashes, 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.

This year's top finisher, male, was Trevor Van Ackerman, (24), with a time of 14:35.99, and female, Kate Warren Polles, Morristown, NJ

(28), with a time of 18:48.66.

The youngest male, Tom Mendoza, Paterson, NJ (10), at 29:57.54 and female, Sarah Walsh, Emerson, NJ (9), at 32:56.64.

The oldest male, Walter Desind, Paramus, NJ, (83) at 45:58.71 and the oldest female, Rita Hoffman, West New York NJ, (71) at 29:13.79.

According to Compuscore, 573 crossed the finish line, with 47 year old Linda Trifu, Bellevue, FL, bringing up the pack at 48:58.38.

"United Way 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.

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 a few runners on site, with one transport.

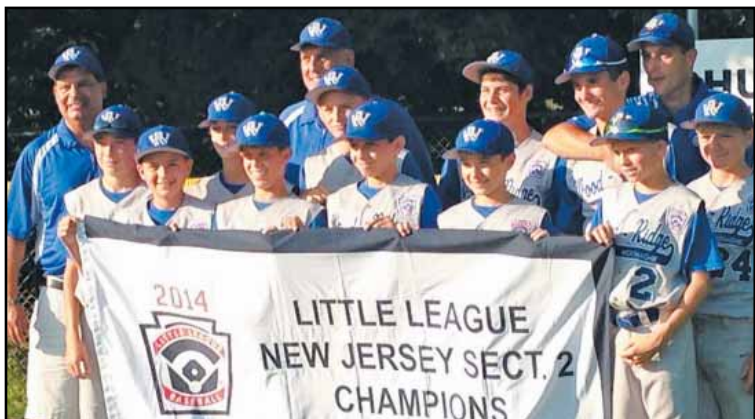
This event was organized by Bergen County United Way and PSE&G and benefits the Bergen County United Way Compassion Fund to be used to provide direct services to the most vulnerable residents in our community and to develop programs and financial resources to address unmet needs.

Since its inception, the race has raised over \$500,000 for Bergen County United Way and NJ 211. For more information go to: [www.bergenunited-way.org](http://www.bergenunited-way.org)

The race director was Cheryl Moses. Results are posted at [www.compuscore.com](http://www.compuscore.com) ###







# W-R/Moonachie Takes Title

Wood-Ridge/Moonachie's 15U All-Star team took the North Jersey Babe Ruth District 4 title on Saturday, July 12, 2014, besting Paramus 5-4 in a thrilling 13-inning contest at the Rec Center Field in Lyndhurst.

The seven-team tournament began on June 26, with a pool play round in which each team played four of the other squads based on a random draw.

Wood-Ridge/Moonachie went 3-1 in pool play with wins over Lodi (12-6), Garfield (9-6) and Rutherford (11-1). Their lone setback of the tournament was a 6-3 loss to Paramus in the final game of pool play, putting them in a three-way tie atop the leader board along with Garfield and Paramus.

Lodi, Rutherford, Hasbrouck Heights and host Lyndhurst were all eliminated from contention following the preliminary round.

Paramus was awarded the

top spot based on tie-breaker criteria, and received a bye into the finals.

Wood-Ridge/Moonachie and Garfield battled in the Friday night semi-final with WR/M prevailing 11-5. Saturday's final started with a bang for WR/M, who scored three runs in the top of the first inning.

Paramus chipped away at the visitors' lead, playing "small ball" and picking up one run in the 4th and another two in the 5th to knot the score at 3-3.

Pitching and defense ruled the day for both squads, with neither team able to add to its total through the 8th inning. WR/M briefly took control with a run in the top of the 9th, but Paramus responded in kind in the bottom of the frame to retie the score at 4-4.

Three more scoreless innings followed. Wood-Ridge/Moonachie broke through in the top of the 13th inning to go up 5-4. Paramus had the tying run on second base with one out and gambled on a steal of third

by its speedy shortstop.

The runner overslid third base and was tagged out to clear the bases. One pitch later the 3-1/2 hour final ended on a fly-out to right field.

The championship was a repeat for Wood-Ridge/Moonachie whose 15U All-Stars took the District 4 banner last year as well.

The 2014 squad was manned by Christopher Affuso, Nicholas Donato, Brandon Galloway, Vincent Giordano, Christian Leone, Jonathan Menge, Christopher Musante, Josh Paez, Stephen Pepe, Nicholas Pronti and Anthony Trano, along with returnees from the 2013 championship squad, Anthony Latoracca, Thomas Luizzi and Ryan Morrone.

The team was managed by Mike Donato who was assisted by coaches Rich Pronti, Ralph Affuso and John Latoracca.

Next up for Wood-Ridge/Moonachie was the sectional tournament at Metro Field in Jersey City on Saturday, July 19. *Photo and story provided by Phil Romero. ###*



## Rutherford 8 Year Old Takes 4th Place in the National Track & Field Championships

The 48th USATF National Junior Olympic Track & Field Championships were held at Turner Stadium in Humble, Texas recently. Over 10,000 athletes competed in this championship meet based on the athlete's performances at Preliminary and Regional levels of the 2014 USATF Junior Olympic Program.

Eight (8) year old Rutherford resident, Cole Goumas qualified to compete in the National Track & Field Championships in "Shot Put."

Cole achieved his personal best putting 7.17m. (23 feet, 6 inches). Cole took 4th place out of 37 competitors. The Rutherford Recreation Department has 112 participants in their Track & Field Program. Participants are all members of NJ Striders and compete in local Track Meets. The Track members compete in relays, long jump, race walk, high jump, hurdles, javelin throw, discus throw, meter runs and



dashes.

This is the first time in Rutherford Recreation Track & Field history that a participant won at Nationals. Rutherford is very proud of Cole and hope to see him in the International Olympic Games in the future! *Photo and story provided by Barbara Bennett. ###*

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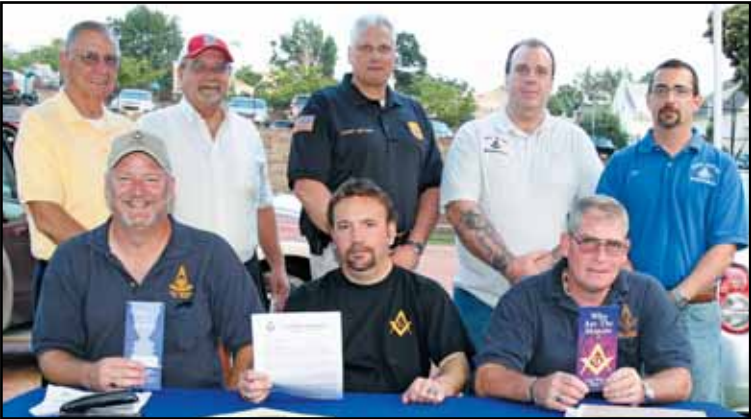
**Carlstadt Police National Night Out**

On August 5, 2014, The Carlstadt Police Department sponsored their Annual National Night Out Program at Lindbergh Field starting at 6 p.m.

Presentations were made by the Little Ferry Fire Department, Carlstadt Volunteer Ambulance Corps, Carlstadt Emergency Management, Health Department, Bergen County Regional SWAT Team, Bergen County Prosecutor's Office, Bergen County Prevention Coalition, NJ Child ID Program (sponsored by Lessing-Passaic Lodge #67), Eclipse Lodge #250 F. & A.M., Guns for Hire (shooting range).

There were plenty of refreshments, bounce amusements, and a rock wall.

The HackensackUMC AirMed was scheduled to make an appearance on the field and provide tours/###



**Flip Flops Flipped and Flopped**

On August 4, 2014, at about 12:54 p.m., Hasbrouck Heights Police were notified that a vehicle overturned at Burton Avenue and Henry Street. It was reported that the driver's flip flops became entangled in the pedals and the gas pedal was inadvertently pressed, causing the vehicle to jump the curb, strike a tree and overturn. HHFD Ambulance 604 responded. The driver and passenger refused medical attention. The vehicle was towed. ###

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# LF Police National Night Out

On August 5, 2014, the Little Ferry Police Department sponsored their 11th Annual National Night Out Program in the municipal parking lot from 7 p.m. to 9 p.m.

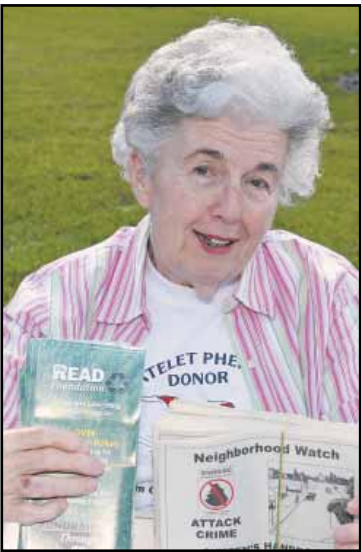
There were plenty of refreshments, plus wet and dry bounce amusements, bowling and face painting.

The Little Ferry Fire Department showcased their equipment and demonstrated the “Jaws of Life” on two vehicles.

There were displays from Little Ferry EMS Squad, the

CERT Team, Meadowlands Family Success Center, and BC Prevention Coalition.

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. ###



# East Rutherford Police National Night Out

On Monday July 28, 2014, the East Rutherford Police Department sponsored a “Night Out Against Crime,” at Sesselman Park.

The informative fun filled evening began at 5:30 p.m. and was held in conjunction with a free concert at 7:30 p.m. featuring the group, “Almost Queen.”

This event showcased exhibits from East Rutherford Neighborhood Watch, D.A.R.E., Fire Department, DPW, Public Schools, Veterans, Historical Society, Memorial Library, etc.

Additionally, participants

from Bergen County Sheriff’s Department, NJ State Police, NJ Transit, State Parole Board, Bergen County Health Department, Meadowlands Chamber, along with many others.

The highlight was a dunk tank with ER Police “taking the dunk” in good cheer. ###



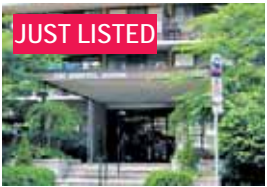


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