

# The Gazette

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

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## FD Installations

Former Moonachie Fire Department Chief and Wood-Ridge Firefighter Philip Miuccio was the Master of Ceremonies during both the Moonachie Fire Department and Wood-Ridge Fire Department Installation Dinners. See page 17 for Hasbrouck Heights Fire Department Installation Dinner on January 19th. See page 16 for Moonachie Fire Department Installation Dinner on January 18th. See page 18 for Wood-Ridge Fire Department Installation Dinner on January 12th.

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# GPS Thefts on the Rise

South Bergen Police Departments have formed a regional task force to address the rise in GPS thefts from automobiles.

With GPS devices costing \$100 to over \$1,000, they are now the number one item being stolen from motor vehicles. They are easy to steal and easy to sell on the street or the Internet.

Authorities suggest that GPS thefts are so lucrative that victims often say thieves ignore other valuable items in their cars.

Stolen GPS devices cannot be tracked from a central point. Although they are in constant communication with an array of satellites, they are only receivers. They are rarely recovered (or covered by an insurance deductible).

Wood-Ridge Police Chief Joseph Rutigliano states that although the general strategy and specific tactics of this South Bergen County Police Department Task Force are not available to the public at

this time, but he assures area residents they are aggressively dealing with this matter.

Chief Michael J. Colaneri offers these tips to avoid GPS thefts:

- Removing the GPS from the mount and hiding it is not enough. Crooks have learned that a suction-cup windshield mount usually means an expensive GPS is hidden somewhere in the car. Take down the suction cup mount from the windshield or dash and wipe off the tell-tale smudge with a moist towelette.

Law enforcement officials warn that although you may take the GPS unit with you, leaving a suction cup holder or the smudge on the window is inviting thieves who may break into your car assuming a GPS has been hidden somewhere in the car. Unless the mark is wiped away, a thief is going to bet there is a GPS unit in the car.

- Consider using a friction mount that rests on the dashboard and doesn't leave

any revealing ring on the windshield.

- Write down the GPS serial number and register the unit. Etch a marking into the device.

- Use the GPS lock/password feature.

- Don't use your home address as your starting point -- use another reference such your nearest street corner or even the police department. If your GPS is stolen, thieves will not know your home address.

Moonachie Police Chief Michael J. McGahn requests the public's help in minimizing these thefts by becoming aware of this problem and using common sense. He urges residents to keep valuables well hidden when leaving their cars in lots and garages, and locking the car.

If you see someone looking suspicious or stealing electronics from your car, do not confront these thieves because they may be dangerous. Report thefts quickly and have the GPS serial number ready. ###

# VOTE

**The New Jersey Presidential Primary will be held February 5, 2008.**

Unaffiliated voters may cast ballots in this primary, but they must declare for one party or another at election sites. About half of the state's voters are unaffiliated.

**School Board & Budget Election scheduled for April 15, 2008 from 2 p.m. to 9 p.m.**

(Teterboro: 5 p.m. to 9 p.m.)

Residents must register before March 25th. The Borough Clerk's Office will be open late that night (except Teterboro).

Candidates must register before February 25th at their Board of Education Office.

## Keep your family safe by checking for product recalls

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

## Town-wide Garage Sale is Back

A Hasbrouck Heights town-wide garage sale is scheduled for May 31, 2008 from 9:00 a.m. to 4:00 p.m. -- with a rain date of June 1st.

There is a \$10 permit fee that will be donated to charity. Participation in this sale does not count towards the "two garage sales" per year ordinance. Sign up dates to be announced.

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

A free map indicating all registered participants' addresses will be distributed to the shoppers.

This event is sponsored by the Hasbrouck Heights Mayor's Celebration Committee. For more info call the Boro Clerk at 201-288-0195. ###

## Super 50-50

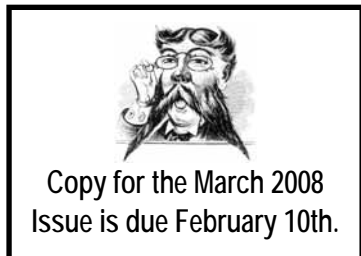
The Knights of Columbus of Hasbrouck Heights will be holding a SUPER 50/50 Raffle. There will be a total of 300 tickets sold for \$100.00 each.

The drawing will take place on February 3, 2008 (Super Bowl Sunday) at 1:30 p.m. in the Corpus Christi Cafeteria. For tickets please contact Steve Fuhro at 201-462-9464 or [smccss@msn.com](mailto:smccss@msn.com)

Proceeds from the raffle will go to support the Knights of Columbus and their charities. ###

### Chamber Meeting

The Hasbrouck Heights Chamber of Commerce has scheduled a general meeting on February 5 at 7 p.m. The public is welcome to attend. ###



## Ladies Auxiliary Hosts Sweetheart Dance at VFW

The Ladies Auxiliary of VFW Post 4591 in Hasbrouck Heights is holding a Sweetheart Dinner-Dance on February 16th from 7:00 p.m. to 11:30 p.m.

Dinner includes open bar, fruit cup, salad, pasta, entree, dessert & coffee.

Live music is by "Jo Jo Russell." The dance is open to the public. Cost is \$30 per person.

For more info call Debbie at 201-866-4854 or the Post at 201-288-1112. ###

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# The Energy Corner

## Are there benefits to upgrading my heating system or boiler?

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

## Are oil heat dealers making money off the increased prices?

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

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



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# Party Time

It was cold. It was raining. It was 11:30 p.m. on January 18th when most firefighters were under their warm bed covers when the tones were sounded for a fire alarm at Party Rentals on North Street in Teterboro.

Hasbrouck Heights Second Assistant Chief Richard Giaratana was first on the smoky scene and immediately called for a second and third alarm.

Departments responding were: Hackensack, Hasbrouck Heights, Little Ferry, Lodi, Moonachie, Wallington and Wood-Ridge.

After investigating using thermal imaging cameras, the source was determined to be a large "paint room/storage area" in the rear of the building (near Rt. 80).

Sprinklers kept the fire isolated to the paint room, but the fire continued to burn inside the racks.

Heights Engine 2, stationed at the rear door, dropped line and connected to a hydrant. A Wood-Ridge Engine connected to another hydrant to support the sprinkler system.

Heights Ladder and Moonachie Tower 805 companies

ascended to the roof for venting from the parking lot; Hackensack Ladder from Route 80.

Using six saws and extending nine blades, they cut through three layers of foam and double-tiered steel roof to vent at strategic locations. Lodi Truck Company was on standby at the scene, but their firefighters worked the scene.

Using ladders, the Little Ferry and Wood-Ridge Fire Departments struggled to break through plexiglas windows at the rear of the structure.

Working under air, teams of firefighters used saws to cut through several secured steel doors.

The warehouse bay doors were also opened to help clear the heavy "paint laden" smoke.

Moonachie provided the F.A.S.T. Team. Hackensack Fire Department also responded with their Mass Service Unit (used to refill the firefighters' air tanks).

Because of the paint and other chemicals, Bergen County HAZMAT was on the scene to monitor the water run-off. (They will also follow up to insure proper clean up.)



The Command Post was the Heights Rescue Truck located in the parking lot and manned by Heights Fire Chief Michael Ratkowski and South Bergen Zone 2 Coordinator Tony Gentile.

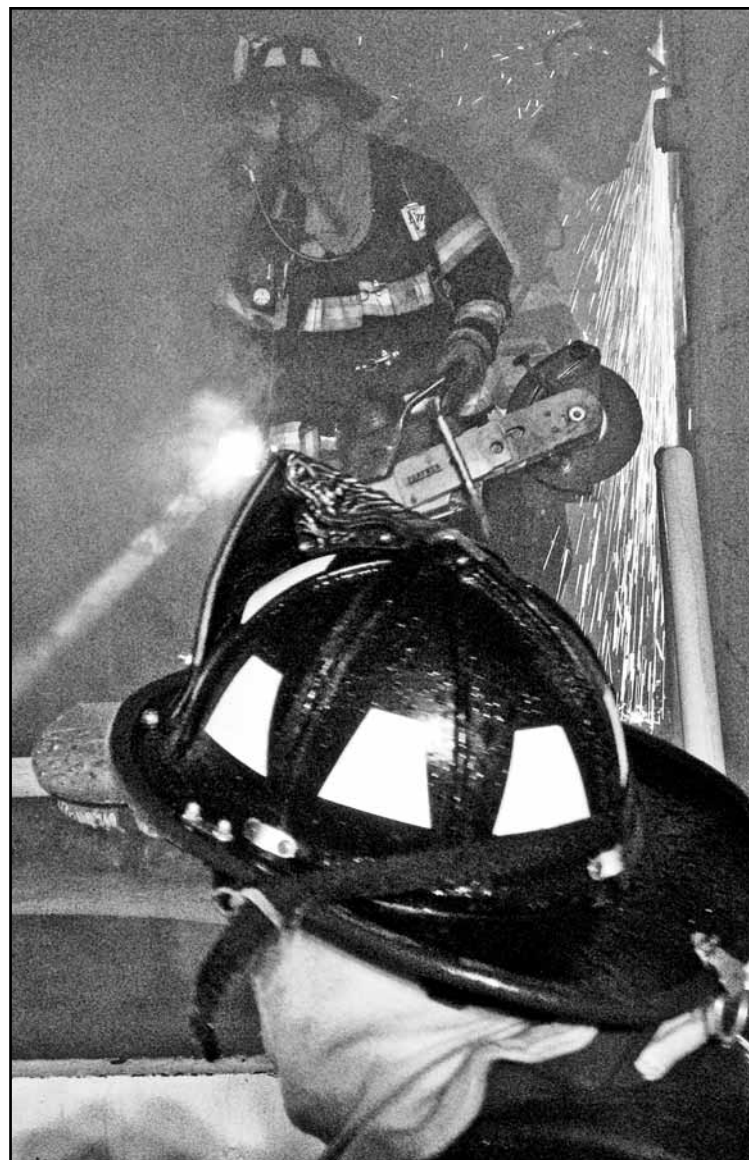
HHFD Chief Ratkowski stated, "The sprinkler system contained the fire enough for the firefighters to extinguish. Without working sprinklers, and quick response by the Department, the building would have had considerable damage."

On standby at Hasbrouck Heights Fire Headquarters

were Carlstadt, Maywood and Lyndhurst Fire Departments.

The call was ended at 3:00 a.m. and the HHFD returned

to Headquarters. No injuries were reported. As with all commercial fires, it is under investigation. ###



Working under air, teams of firefighters used saws to cut through several secured steel doors.



Heights Ladder and Moonachie Tower 805 companies ascended to the roof for venting from the parking lot.



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Listed by Susan Zottarelli



#### HASBROUCK HEIGHTS

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# Understanding and Controlling Your Finances: Life Insurance

## What is Life Insurance?

Life insurance is a form of insurance that pays a beneficiary in the event of someone's demise. You purchase a specific death benefit when you purchase the policy. You might buy a \$100,000 life insurance policy, for example. You then assign that \$100,000 benefit to a specific beneficiary, like your spouse. Should you die during the term of the insurance, then your spouse will receive \$100,000. It is as simple as that.

## Types of Life Insurance

There are two types of life insurance: 1) Term life insurance, and 2) everything else. Term life insurance is pure, unadulterated life insurance. "Everything else" is term life insurance bonded to some sort of savings component. It is called various things by various companies: "whole life," "universal life," and so on.

Let's say that you would like to buy \$100,000 worth of life insurance. If you bought that as a term policy, you might pay \$15 per month. If you bought it as whole life, you might pay \$100 per month.

Depending on the company selling the policy, you will then be assured that the difference (\$85 per month) will act as an investment that will "pay off the life insurance" and/or pay you a cash value at age 65.

The problem with everything besides term insurance is that the savings part is inefficient. Also, it is only as secure as the company issuing the policy. You would be much better off simply depositing the \$85 in a stock mutual fund each month. You would, over time, make much more money that way.

There is now also a growing "mini-life" industry. This industry tries to attach special purpose life insurance policies to car loans, mortgages, etc. These too are totally inefficient. If you feel that insurance to cover your mortgage is important, then comparison shop a normal term policy of the same value against the policy being offered by the mortgage company. You will be amazed at the price difference. Never buy mini-life policies until you comparison shop.

## Who Needs Life Insurance?

Some people truly need life insurance. For others it is a waste of money. Let's look at some scenarios to see who does and does not need a policy.

Let's say that you are a single man or woman living alone in an apartment. Do you need life insurance? No. Who,

exactly, would be the beneficiary? There is no one in your life who is dependent on your income. The only reason you might buy life insurance is the same reason you would buy a lottery ticket - you might win. You might, after all, die young. And if you had a life insurance policy and you did die young you could make someone very happy.

Or you might buy a small policy to pay your funeral expenses at death. In that case \$10,000 is all that you would need, and that would be one nice funeral. There are probably better things to do with your money while you are alive.

Let's say that you are a single man or woman living alone in a house with a \$100,000 mortgage. Do you need life insurance? Maybe. The reason you might buy life insurance

is to save your parents (or whomever else you have willed the house to) the problem of disposing of your estate. For example, imagine that you die. Your parents (or whomever) inherit the house. Now they want to dispose of the house, but it sits on the market for two years before selling. During that time they are having to pay the mortgage payments, and that might be a hardship. Therefore you might buy a policy to cover the expected payments over (for example) two years, or the entire mortgage.

Let's say that you are a married man or woman living alone in an apartment or a house. Do you need life insurance? If your spouse does not work and you want to provide for your spouse should you die, then yes. If your spouse does work but could

*Continued on page 9*

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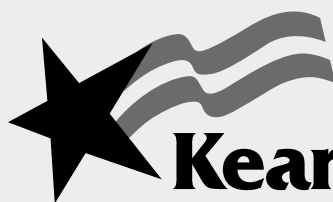
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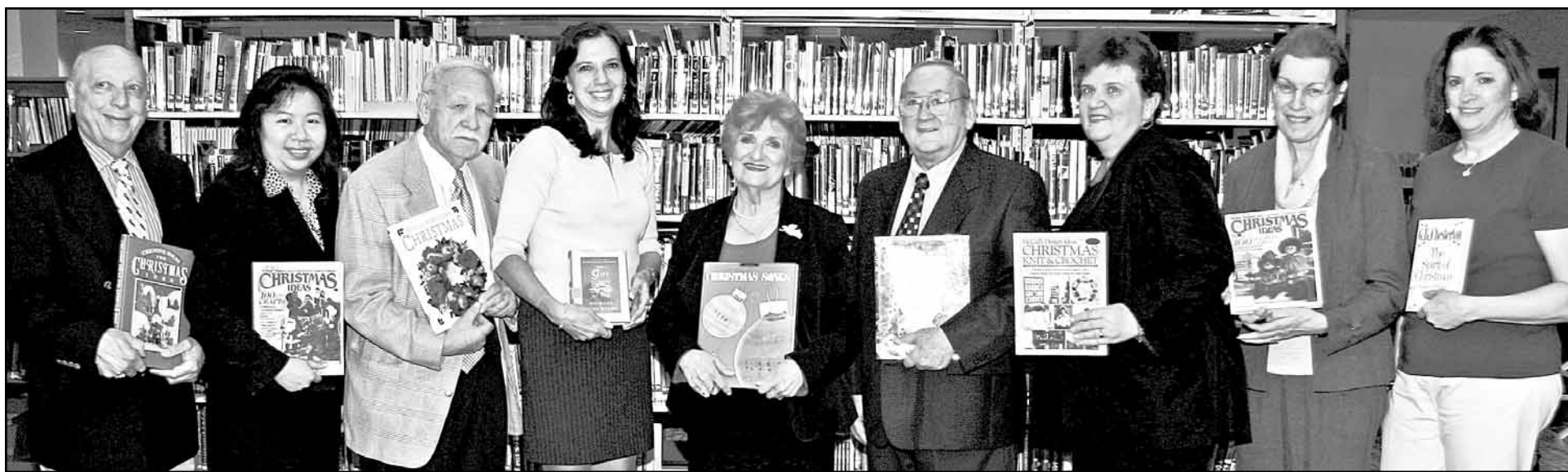
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(l-r) Thomas Verrastro, Library Director Mimi Hui, Dr. Burnett Eglow, President Lisa Traina, Mayor Rose Marie Heck, Peter Gallo Jr., Patricia Link, Edwinna Carroll and Rose Ellen Lorber-Termaat.

# Heights Library Trustees Reorganize

The Free Public Library of Hasbrouck Heights held its annual reorganization meeting on January 9, 2008.

Mayor Rose Heck administered the Oath of Office to all trustees, after which they re-elected all officers who had served in 2007; President,

Trustee Lisa Traina, Secretary, Trustee Patricia Link and Treasurer, Trustee Dr. Burnett Eglow.

The Board consists of seven members and two alternates. Aside from the three officers mentioned, the remaining trustees are Peter Gallo, Rose

Ellen Lorber-Termaat, Mayor Rose Heck and Superintendent of Schools, Joseph Luongo. Thomas Verrastro is the Mayor's Alternate and Edwinna Carroll is the Superintendent's Alternate. Councilwoman Sonya Buckman is the Council Liaison.

President Traina thanked all for their vote of confidence. She especially thanked Councilman Stephen Altobelli who served as Council Liaison 2007.

Appointments were made to each of the Board's standing committees. Trustee Gallo will

chair the Personnel Committee; Trustee Eglow will chair the Finance Committee and Trustee Link will chair the Building Committee.

Library Director Mimi Hui presented her "Wish List for 2008."

At the meeting the trustees approved the changing of the dates of their meeting from the second Wednesday of each month to the third Wednesday of each month. They also will begin work on establishing a Community Calendar. They hope to identify the officers of all local clubs, organizations etc.; their meeting dates; and publish a list of community activities for each month.

The Board also expects to complete work on updating the Employees' Manual; continuing to revise Library policies; and keeping abreast of and implementing Library trends.

The next meeting of the Board is Wednesday, February 20th at 7:30 p.m. in The Library. *Story by Peter Gallo Jr. ###*

## Celebrate Love Thursday, February 14th



# Valentine's Day

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**Back-Pack Food Drive -- Feeding Children in Need:** Community Food Bank of NJ is collecting back-pack items to include: peanut butter & grape jelly (combined containers), fruit cups, 100% juice & 1% or 2% milk boxes, individual portion size snacks, and, in general, any kid-friendly items.

Please drop off your donations at **BeJay Drugs**, 450 Boulevard, Hasbrouck Heights, NJ. For more information please call 201-288-0404. ###

# Valentine's Day Gift Ideas

Finding the right Valentine's Day gift is probably the most difficult shopping experience in any man's life.

A Valentine's Day gift is instrumental in revitalizing the bond between a duo.

The gift evokes the memories of the moments of love and affection which both have experienced. And it reminds the couple of the unconditional love which exists between them.

This year, show your sweetheart how much she means to you by giving her a gift from the heart.

Remember that the Valentine's theme is all about love, romance and appreciation.

The nature of the gift can reflect how much you care. The meaning of your gift also varies according to the seriousness and the type of relationship you're in.

If you've gone out with her a few times, the level of commitment is low, and you're simply having a lot of fun. What do you buy her?

Buying her a Valentine card, flowers or candy is acceptable for this early stage in a relationship.

On the other hand, if the relationship is strong and its future seems bright, opt for a more original present.

Think about what she appreciates the most and what she has mentioned over the past few weeks, or get her something that relates to her hobbies and interests.

The key is to show that you put some thought into the gift.

## Flowers

Flowers can say a million words.

When it comes to Valentine's Day gifts, carefully selecting the flower varieties and colors you send will result in a thoughtful, customized gift your sweetheart will treasure. A dozen red roses remains the classic Valentine's Day favorite.

Women also adore roses in other colors.

Your florist can create arrangements that revolve around your sweetheart's favorite hobby, sport or pastime.

With all of the sensational flowers available to choose from, even just one or two elegant blossoms can make a big impression.

Also, green and blooming plants make a romantic Valentine's Day gift.

**Bill O'Shea's Florist** reminds you that to get the best selection and ensure prompt delivery, call the week before Valentine's Day.

Having trouble putting your feelings into words? **Heights Flower Shoppe** suggests these creative messages for your floral enclosure cards:

- (For flowers delivered on February 13th): Couldn't wait another day to say I Love You!

- (For flowers delivered before February 13th): I love you so much I couldn't wait for Valentine's Day!

- Today's a very special day for sending all my love your way!

- With you, it's Valentine's Day 365 days a year.

## Jewelry

This gift idea will please any woman and is something that will last forever.

Bracelets, watches, rings and more are available at **Corona Jewelers**. (Ask about their diamonds stud earrings set in 14K white or yellow gold.)

## Dinner

A special dinner with just the two of you. Consider going to **Il Castello**, **Verbena** or **Tuscany Touch**. If not dinner, how about breakfast or lunch at **IHOP**. Or pick up your favorite dinner from **Cucina D'Italia**, **Lovey's**, **Roma Pizza**, **Amen-dola's** or **Amalfi Pizzeria**.

## Chocolate

A woman always appreciates a box of her favorite chocolates. Visit **BeJay's** for a wide assortment.

## Perfume

A woman's fragrance is so important to her. Make sure the scent suits her personality.

## Wine

If you know that she has a penchant for fine wine, then get her a bottle of her favorite variety. Both **Meadowland Wine & Liquor** and **Redford's** have a large selection for you to choose from.

## Feel Good Gifts

Treat her to a special day in which she gets treated like a princess.

- Consider a gift certificate from **Francesca's Nail Emporium and Spa** offering Sothy's New Secrets Anti-aging Facial Treatment, foot massage, deep cleansing facial, European spa manicure & pedicure or reflexology.

Gift certificates for special pampering are also available at **Anton's Hair Design** or **Salon Dennis**.

- Another idea: designer pajamas, lingerie, a cozy robe, lounge wear and slippers. **Carroll's Fashions** has some great selections.

- Give a bath kit -- scented bath oils, body lotions, massage oils, bubbles, sponges; just think of the possibilities. Many of these items are available at **BeJay Drugs**.

## Personal Gifts

- A picture frame with a

picture of the two of you or a collage of your pictures.

- Custom photo album filled with family snaps or pictures chronicling your love.

- A coffee mug with a picture of the two of you.

- Antique tea set with a selection of various teas.

- Cappuccino maker and gourmet coffee.

- An engraved key chain.

- Dance lessons together at **Roberto's Dance Studio**: This is the perfect time to sharpen your salsa skills, while spending a little more time closer to your love.

- Yoga kit, complete with mat and instructional video.

- Fitness package at **North Jersey Muay Thai Gym and Fitness Center** with Focus Yoga, Power Pilates and Kick Box-n-Burn.

- Gourmet cooking classes or a nice cookbook.

- Digital camera (*one that can easily fit in her bag*).

- Trip to a bed and breakfast or a romantic ski lodge getaway.

- Leather handbag or wristlet.

- *Gifts for the office* (briefcase, Cross or Montblanc pens, desk accessories, organizer).

- Tickets to the ballet or theater.

- Home decor items (*clocks, artwork, vase, etc.*).

- Personalized stationery along with a handwritten love note from you.

- A book of poetry or a nice coffee table book.

- iPod preloaded with a sampling of romantic tunes.

- Bonsai tree -- brings good luck, and is a great décor

Look Stylish for Valentine's Day

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- A book of car wash tickets from **Clean Hand Car Wash**.
- A new cell phone from **CDN Communications (Lodi Mall)**, or a GPS or other mobile device from **World of Wireless** on Route 17.

• Check out **Dolce Adragna Bakery and Pastry Shop** for some of her favorite treats.

**Valentine's Gift Basket Ideas**

A Valentine gift basket usually comprises items like flowers, perfumes or colognes, chocolates, special heart-shaped treats, wine or cakes.

Some people opt for adding items like a gold chain with a heart shaped pendant or a cupid locket to the basket.

A teddy bear is always a safe option. You may want to combine this with chocolates or flowers.

You can bring your own items and have **Bill O'Shea's Florist** or **Heights Flower Shoppe** add it to the perfect gift basket from you.

**Hobby Time**

If your love interest has a special pastime or hobby, you can hardly go wrong with a gift that matches your love's passion.

- Keep an eye out for special collections too: sports

cards, vinyl records and limited edition prints by a particular artist are all examples of cherished treasures.

**Personalizing a Gift**

For gifts that last and remind your sweetheart how much you cherish him or her, have that special gift engraved.

**Young at Heart**

According to a survey by the National Retail Federation, young adults lead Valentine's Day spending. Ages 18-24 plan to spend an average of \$150 on the holiday while those in the 25-34 age group plan to spend an average of \$78.

**Men vs. Women**

Buying habits differ by gender. Men will spend an estimated \$126 for gifts while women will spend an average of \$38, according to the International Mass Retailers Association.

Remember: Gifts don't need to be lavish. A single rose (*a red rose means love, a pink rose means friendship*) can communicate all that the person means to you without breaking the bank.

When it comes to love and showing your feelings, it really is the thought that counts, not the price tag.

*Happy Valentine's Day!*

**Get Organized!**

The Clutter Club is for all of us who face the clutter "nightmares" in our own homes, garages, and filing cabinets. The seminar is scheduled for Thursday, February 28, 2008 from 7:00 pm to 8:30 pm at The Free Public Library of Hasbrouck Heights. You will get tips and techniques from professional organizers and designers Susan Corbo and Bernadette Flaim of the firm "Attention 2 Detail," website [www.a2donline.com](http://www.a2donline.com).

The Clutter Club is your one-stop destination for home and office organization. Taking action is the first step and that's why you should attend. You'll learn how to plan it, do it, and stick with it. At each meeting a new topic is presented and discussed. Previous subjects included "how-to tips" on how to attack the clutter, storage ideas, tools and techniques for garage sales, psychology of clutter, preparing for the holidays, paper management, emergency management, and many other great subjects aimed at improving our lives through better organization. Don't miss the chance to make your life better by "getting it together!"

To register, please call The Library at 201-288-0484 or go online at <http://hasbrouck-heights.bccls.org>.

**"Brunch with the Bunny"**

The Junior Women's Club of Hasbrouck Heights invites all to attend its Annual Brunch with the Bunny on Saturday, March 15th from 11 a.m. to 1 p.m. in the Senior Center at the Municipal Building.

This tiny tot event is geared towards the age of 7 and under. Cost of the tickets is \$8. and includes a sandwich buffet and light refreshments.

Every child will have a moment with the Easter Bunny, an instant photo memory and a goody bag.

All children must be accompanied by a paying adult. For tickets, please call Dee at 201-727-0844. All proceeds help fund local charities and scholarships. ###

**Garageless Garage Sale**

Tired of winter and not being able to go "Garage Sale-ing?" Want to get out of the house on Saturday morning? Come to St. John's Garageless Garage Sale on Saturday, March 15th from 9:00 a.m. to 2:00 p.m. Shop and browse through our attic treasures and mildly used items for the house and you. St. John's is located at the corner of Terrace and Jefferson Avenues, Hasbrouck Heights. ###

**Keep Fire Hydrants Cleared of Snow**

The Hasbrouck Heights Fire Department asks that when it snows, residents and businesses should make an effort to keep fire hydrants clear and accessible. ###

**Soccer Registration March 12 & April 2**

The Hasbrouck Heights Soccer Association (HHS) will hold registration on March 12th and April 2nd from 7 p.m. to 9 p.m.

Registration will take place at the Hasbrouck Heights Senior Center located at 320 Boulevard -- Central Avenue entrance.

All Hasbrouck Heights children with a birth date before Dec. 31, 2003 are eligible.

Registration forms are available at: [hhsoccer.com](http://hhsoccer.com) Forms must be accompanied with small picture of the child and copy of birth certificate.

Cost schedule is: first child in family \$75 (\$90 after June 1), second child in family \$65, and no charge for any additional children in family. Only checks and cash are accepted.

The HHS is looking for volunteers in the following areas: coach, referee, field maintenance, fund raising, booster, entertainment, parade, etc. ###

**Francesca's Launches New Web-site**

Francesca's Nail Emporium and Spa announced the launching of their new website: [www.francescasnailemporium.com](http://www.francescasnailemporium.com) ###

**Rummage Sale**

The Guild for Christian Services will hold their Spring Rummage Sale at the First Reformed Church on April 18th and 19th from 9:30 a.m. to noon.

Items for sale include clothing, shoes, toys, books and household items. Donations welcome. Proceeds will go to Church projects and missions. The Guild holds rummage sales every spring and fall. ###



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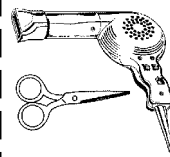
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212 Boulevard, Hasbrouck Heights, NJ  
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**Valentine Gift Certificates Available**

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247 Boulevard, Hasbrouck Heights, NJ  
Phone: 201-288-1345 • Fax: 201-288-7545  
Open Tuesday - Thursday: 7 to 6 • Friday & Saturday: 7 to 7 • Sunday: 7 to 4

**Valentine Cakes**  
*Heart Shapes with Special Messages*

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Cheesecakes • Cookie Trays • Lobster Tails  
Assorted Pastries • and much, much more!

**\$2 OFF every \$10 or more purchase**

With this ad. Offer expires 2/29/08

## IHOP Flips for Charity -- Gives Away Free Pancakes

**IHOP in Hasbrouck Heights** will offer guests a free short stack of buttermilk pancakes in an effort to raise awareness and funds for Children's Miracle Network on National Pancake Day, Tuesday, February 12, from 7 a.m. to 10 p.m.

For every delicious short stack of pancakes served on National Pancake Day, IHOP guests are invited to make a donation to the Children's Miracle Network.

Pancake Day, also known as Mardi Gras or Shrove Tuesday, has been celebrated for centuries in England, with a tradition and lore all its own.

The English have "flipped" for pancakes in celebration of Shrove Tuesday, which heralds the beginning of fasting during Lent.

Long ago, strict rules prohibited the eating of all dairy products during Lent, so pancakes were made to use up the supply of eggs, milk, butter and other dairy products ... hence the name Pancake Day.

Although Shrove Tuesday is February 5th, and respecting that many states are hosting their presidential primaries on Super Tuesday, IHOP will celebrate National Pancake Day on February 12th.

This is IHOP's Third National Pancake Day Celebration. The program benefits

"Children's Miracle Network," a non-profit organization dedicated to saving and improving the lives of children by raising funds for children's hospitals throughout the United States.

Proceeds from IHOP in Hasbrouck Heights will benefit Children's Specialized Hospital in Mountainside, NJ and Robert Wood Johnson University Hospital in New Brunswick.

On Pancake Day in 2007, IHOP nationally served 1.1 million free pancakes on National Pancake Day. All of these free pancakes would create a stack more than eight miles high. Pancake lovers donated more than \$625,000 to children's charities. ###

### W-R Library Book Discussion Group

Wood-Ridge Memorial Library is hosting its Book Discussion Group every third Tuesday of the month at 7:15 p.m. The book to be discussed on Tuesday, February 19, 2008 is Leif Enger's "Peace Like a River" (2001), a novel about the motherless Land Family who live a quiet life in 1960s Minnesota until one son kills two teenage boys who have come to do the family harm.

Copies of this book will be made available to all those participating. All are welcome. ###

## Wood-Ridge Lions Donate Aladdin Personal Reader

Wood-Ridge Memorial Library announced that it now has an Aladdin Personal Reader (*magnifying machine*).

Dennis Brubaker of the Wood-Ridge Lions Club offered the Aladdin Personal Reader to The Library for those visually impaired patrons who might need such a device to help them read books, important personal documents, or anything else that they would have trouble reading.

The Wood-Ridge Lions Club was given the Aladdin Personal Reader by a Wood-Ridge resident, who no longer needed the device, and Wood-Ridge Lions Club President Robert Riccardella and Dennis Brubaker made the presentation to The Library.

The Lions also donated a wheeled table for the Aladdin Personal Reader. The Reader was installed in the reference section for easy access.

In their on-going commitment to serving the visually impaired of the community, the Wood-Ridge Lions Club has made generous donations over the years to include books on tape, audiobooks on CD, and large-print editions of popular titles in both fiction and non-fiction. ###

THINK GREEN

## Full Snow Moon St. John's

The February full moon will appear on Thursday, February 21, 2008 at 03:32. It is called the "Full Snow Moon."

According to the "Farmer's Almanac," since the heaviest snow usually falls during this month, native tribes of the north and east most often called February's full moon the "Full Snow Moon." Some tribes also referred to this Moon as the "Full Hunger Moon," since harsh weather conditions in their areas made hunting very difficult.

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

## Annual Plant Sale & Flea Market

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

This year St. John's plant sale will be held on Saturday, May 3rd from 10 a.m. to 3 p.m. on the lawn. As in previous years, all our plants are hand picked at the nursery by our experienced gardeners.

Flowering plants, hanging pots, and vegetable plants will be offered for sale. Pre-order forms are available by calling Gale at 201-288-0002 and leaving a message. All plants are reasonably priced and of the highest quality. ###



## Cucina D'Italia

Take-out Italian Restaurant

**\$3 OFF** Any 2 Large Pies  
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\*Of equal or lesser value. Plus tax. Coupons may not be combined with any other offer. Expires 2/29/08

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 11:00 a.m. to 10:00 p.m. • Free Delivery  
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# The Jesus Story

The Bible Baptist Church will present the 19th annual "The Jesus Story" at Felician College, 262 South Main Street, Lodi.

The 2008 schedule is Saturday and Sunday, March 8-9 at 4:00 p.m., Friday, March 14, at 8:00 p.m., Saturday and Palm Sunday, March 15-16, at 4:00 p.m., Thursday and Good Friday, March 20-21 at 8:00 p.m.

FREE admission is being offered with over 1,000 seats available on a first come basis. There will be no reserved seats and no ticket required. The ministry wants to make the play available to all who would come. A free will offering will be taken.

Eighteen years ago a small group of Christians presented a meager glimpse of the Passion of Christ through a Passion Play. Since that time the production outgrew the staging at the church.

A volunteer cast and technical crew of over 100 men, women and children commit to bringing this heart changing true story to thousands of people.

Through the collaboration of the Cultural & Community Affairs Division of Felician College, "The Jesus Story" has affected the lives of all who have come to see it.

This year's rendition will tug at your heartstrings through the lives of the women that surrounded Jesus.

You'll see the Angel Gabriel bring the announcement to a teenage peasant girl (*the Virgin Mary*), that she would give birth to the Son of God, as well as scenes with Mary and her older sister Salome.

As they follow Jesus through His ministry years, you will catch a glimpse of Jesus' love and forgiveness with the woman at the well, and His many miracles, including the raising from the dead of a widow's only child.

Bill Hegedus, Pastor of Bible Baptist Church, and director of "The Jesus Story" insists that the purpose of the play is not to entertain, but to present the love of God for a lost and dying world.

"Long ago, even before He made the world, God loved us and chose to adopt us into His family by bringing us to Himself through the death of His Son on the cross.

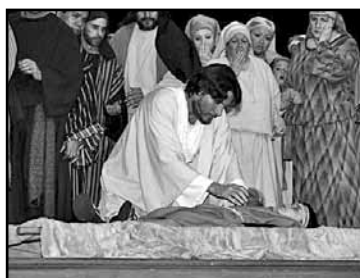
God sent His Son to earth and offered Him as a perfect sacrifice for our sins.

The Bible says that whoever believes this and accepts this will live forever with Him in Heaven."

"Jesus is the only power in the world that has been given to

save people. We must be saved through Him"- Acts 4:12

You may visit their web-site at [www.biblebaptist.net](http://www.biblebaptist.net) for more information. Click on Events. Those with no internet access may call 201-288-4139, press 2. ###



## HH Lions Donate Blue Spruce Evergreen Trees for Woodland Park

Current Hasbrouck Heights Lions Club President Peter Allen, Lion William Spindler and immediate past Lions Club President Andrew Chermak stand behind one of the two blue spruce evergreens donated to the Borough by the Hasbrouck Heights Lions Club. These gifts to the people of Hasbrouck Heights, from the current Heights Lions members, continue the legacy of prior generations of Lions whose efforts helped create and maintain the natural environment of Woodland Park. *HH Lions Club photo ###*

## Reception Tips to Hear Wood-Ridge Radio

Wood-Ridge Radio, 1580AM is a low-power radio station that cannot go over a power level of one tenth of a watt. Reception may be difficult in some areas. An auto search on your radio may not find this signal. The following reception tips may assist you.

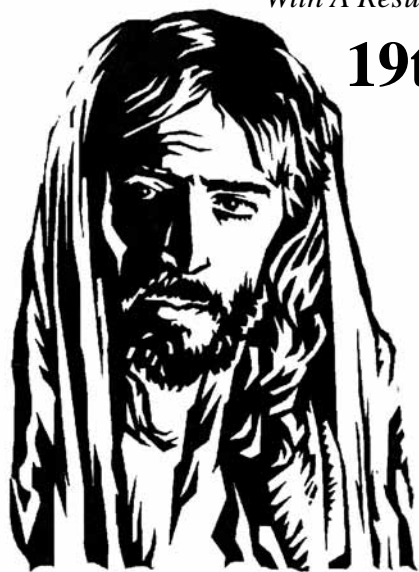
- Listen on different radios. Radio sensitivity varies greatly amongst manufacturers.
- An external antenna will usually give good results.
- AM radio reception can often be improved by re-positioning your radio.
- Try moving your radio around the phone line or near a wall outlet to see if reception

- improves.
- Always keep your receiver away from major appliances. Computers and other domestic devices, especially those with motors or fans, produce their own RF signals which can disrupt regular AM reception.
- Some devices such as microwave ovens can actually improve signal reception. Try locating your radio on or near your microwave.
- Purchase an external AM antenna or a newer and more sensitive AM radio.
- Additional reception tips may be found at our web site at [www.WoodRidgeRadio.com](http://www.WoodRidgeRadio.com). ###

Bible Baptist Church Passion Play Ministries presents in 2008

# "The Jesus Story"

Tracing Jesus' Steps Through The Eyes And Heart Of Mary, His Mother,  
This True Story Is Sure To Have An Effect On Your Life...  
With A Result That Can Be Everlasting.



"For God So Loved the world that He gave His only Son" John 3:16

## 19th Annual Presentation

Saturday.....	March 8	4:00 p.m.
Sunday.....	March 9	4:00 p.m.
Friday.....	March 14	8:00 p.m.
Saturday.....	March 15	4:00 p.m.
Palm Sunday....	March 16	4:00 p.m.
Thursday.....	March 20	8:00 p.m.
Good Friday.....	March 21	8:00 p.m.

We are pleased to present this year's Passion Play

# FREE

## No Ticket Required

Over 1,000 seats available on a first come basis

Performances are held at:  
**Felician College**  
262 S. Main Street  
Lodi, NJ 07644

For information and directions visit the web-site: [www.biblebaptist.net](http://www.biblebaptist.net)  
No internet access? Call 201-288-4139, Press 2

**A Free Will Offering will be taken**

## Understanding Life Insurance

Continued from page 4

not possibly support his or her current lifestyle should you die (for example, could not possibly pay the house payments), then yes. Otherwise, probably not. Having life insurance would be a nice remembrance if you were to die, but it is not essential.

What if you have kids and you provide income that they depend on? Then almost certainly, unless you are rich enough to be "self insured," you need life insurance. Yes, yes, yes! You need enough coverage to allow your spouse and children to live a comfortable life in the absence of your

income.  
How much life insurance do you need?

To calculate how much life insurance you need, you can use one of two approaches. You could estimate what you will make during the rest of your life and provide that. Simply take your yearly salary and multiply it by the number of years you have left before retirement. Using this approach you would probably buy way too much or too little insurance, depending on how much you make. The other way is to examine all of the expenses that your family will incur should you die, and account for them.

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### Bee-ing The Best

On Friday, January 11th, 2008, the Junior Women's Club of Hasbrouck Heights held its 15th Annual Spelling Bee at Kiefer Auditorium, Hasbrouck Heights Jr./Sr. High School. Forty-two top spellers competed to be the best. Awards were given to the top six spellers. The top three, First place: Seth Remo, Lincoln School; Second place: Esaie Dumorney, Lincoln School; and Third place: Awais Khilji, Corpus Christi, go onto the Palisades District Spelling Bee at the North Arlington Senior Center on February 20th, 2008. ###



### Hasbrouck Heights D.A.R.E Culmination 2008

On January 15, 2008, at 7:00 p.m., the Euclid and Lincoln School Fifth Grade D.A.R.E. Culmination Ceremony was held in the Hasbrouck Heights Jr.-Sr. High School Gym. Proud parents viewed a video presentation prior to the students marching to their seats. The Hasbrouck Heights Police Department Honor Guard marched onto the floor for the Pledge of Allegiance and the

singing of God Bless America. Masters of Ceremony were Kristen Inglesby and Brandon Tanda. The students recited the D.A.R.E. statement. Police Chief Michael J. Colaneri, Mayor Rose Marie Heck and Mrs. Linda Simmons, Euclid School Principal, on behalf of School Superintendent Mr. Joseph Luongo, spoke briefly. Essay winners included: Euclid School -- Morgan McCabe,

Amalia Joy and Kyle Ellerson. Lincoln School -- Matthew Rose, Clarence Stevens and Diana Torres. Under the direction of Mrs. Cerasuolo, the Fifth Grade students gave a musical presentation. The Fifth Grade teachers conferred certificates. Closing remarks were made

by Lt. Shawn Mullins. Light refreshments were served in the cafeteria. Inset photo by Matt

Caruso: Police Chief Michael Colaneri with the essay winners.###



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Rachael Dallara  
NJ State Champion

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

## Motivate Your Child to Learn with These Helpful Tips

How did your child do in the first marking period of school? Is there room for improvement?

February is the perfect time to help your child get excited about school and learning by creating an atmosphere in your home that encourages learning.

Here are some tips on how to get involved and help motivate your child in the New Year.

- Have family reading time at least once a week. Utilize Book Adventure, a free Sylvan-created interactive reading motivation program online, at [www.bookadventure.com](http://www.bookadventure.com). Students choose their own books, take short comprehension quizzes and redeem points for small prizes.

- Set aside a specific time for homework and studying. Sit with your child and work on your paperwork. This visually demonstrates the importance of "work time" to your child.

- If homework was a struggle during the first semester, set up a reward system for this semester. For example, deposit change in a small jar when homework is complete. As soon as the jar is full, treat

the whole family to something everyone will enjoy.

- Refresh your child's "study space." Make sure that all materials, such as pencil sharpeners, erasers and extra paper are easily accessible and in adequate supply.

- Create study plans. Have your child do her most challenging assignment first, while she is most focused, then have her work on easier tasks. Finish each homework session with a fun activity.

- Search the Internet with your child to learn more about topics being covered in school.

- Invite your child to participate in cooking or shopping to strengthen his math skills.

- Encourage your child to choose a classmate with whom she can study and swap reading books.

- Get your child organized inside and outside of school. By being organized, your child will have plenty of time to complete all assignments, and he will also learn the value of time management.

- Talk to your child's teachers. The second half of the year can be more challenging than the first. Find out if your child needs extra help in a specific subject in order to keep up with the class.

For more information call **Sylvan** Wallington 866-734-8711 or **Sylvan** Nutley 800-926-6276. ###

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## Corpus Christi School Warms up February with Activities for Hearts and Minds

February at Corpus Christi School starts with an "end."

Friday, the 1st is the last day of an always busy Catholic Schools Week, where Catholic schools across the country celebrate the students, teachers, administration, parents and community that support these schools.

On this last day a pep rally, the laugh-filled faculty/student volleyball game, academic awards ceremony and Noon dismissal are scheduled.

With the acceptance letters to local Catholic high schools received by the 8th Graders on January 17th, registration to their preferred school takes place on Saturday, February 2nd.

During the week of February 4th, the 5th and 8th Grade will participate in ACRE (As-

essment of Catechesis and Religious Education). Easter is early this year, so Ash Wednesday takes place on February 6th. A Mass for the students will take place at 9:00 a.m.

Pizza Night for the Middle School is scheduled for Friday, the 8th and the DARE graduation for the 5th Grade will take place on the 13th.

Spirit Day will take place on the 14th. On that day the students are permitted to wear "street clothes" with a color theme for a donation of a \$1.00.

This month, the color is red and the donation collected will be donated to the American Heart Association. The month of February is designated as "American Heart Month." President's Day is the 18th and school will be closed. After-school clubs will start up again in February. Schedules will be sent home with the students.

For more information about Corpus Christi School's activities, please call 201-288-0614. *Story by Sonya Buckman.* ###



### Eagle Scout Blood Drive a Success

The weather on Sunday, December 16th was cold and rainy after the snow the previous night, but over 50 people showed up to donate blood for Eagle Scout candidate Matthew Reis' blood drive project. He was assisted by Scouts from Troop 17 in Hasbrouck Heights and Troop 181 in Wood-Ridge. *Photo provided by Kathryn Manginelli.* ###

## Benefit Volleyball

Volleyball games between the Hasbrouck Heights Police Department, Hasbrouck Heights Fire Department, Hasbrouck Heights HHHS faculty and HHHS students will be held February 29, 2008 in both the new and old High School Gyms starting at 7 p.m.

Cost is \$5 for adults and \$3 for students/seniors. Proceeds to benefit HHHS Project Graduation for each grade level, 9-12.

For more information email: [warrenm@hhschools.org](mailto:warrenm@hhschools.org) ###

## Benefit Basketball

The Moonachie Police Department and the Eighth Grade Class of the R. L Craig School will hold a benefit basketball game Friday, 7 p.m. on February 8, 2008 in the R. L. Craig School gym. Donation is \$5 adults and \$3 students/seniors. Refreshments available.

The event is sponsored by the Port Authority of NY/NJ and benefits the Moonachie Alliance. Tickets are available at the door. ###



### Euclid Teachers Honored

Hasbrouck Heights Euclid School Teachers pictured with Governor Corzine and NJEA President Joyce Powell. Both teams of teachers were honored at the NJEA Convention

this past November; teachers Lori Cintron and Eileen Drago, for their grant, "Science Happenings" and teachers Pat McSweeney and Gayle Dubofsky for "Have Math Will Travel." *Photo provided by Gayle Dubofsky.*

**Community Registration**  
**Tuesday, February 5, 2008 • 9 a.m. to 11:30 a.m.**  
*See our facility, meet our staff and learn about our exciting school*

**"Our 36th Year"**

2 Mornings Nursery .....	\$145.00
3 Mornings Nursery.....	\$200.00
3 Mornings Pre-K .....	\$200.00
5 Mornings Pre-K .....	\$300.00

\$85 non-refundable registration fee with Birth Certificate -- Age cut-off is October 1st  
 School hours are 8:45 a.m. to Noon

**Please call for more information.**  
*Jackie Mazza, Director/Teacher*

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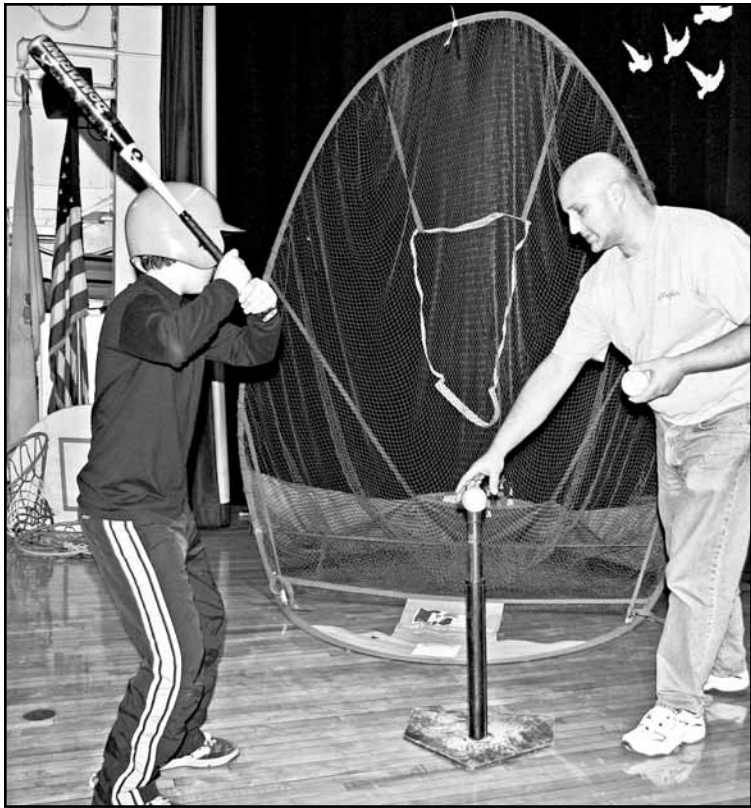
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## Kiwanis Bugs Local Schools

Now in its third year, the Hasbrouck Heights Kiwanis Club will again be sponsoring the BUG Program for all students in Grades 4 and 5 at Euclid and Lincoln Schools.

BUG or Bring Up Grades is a program designed to encourage students to bring up their grades each marking period in order to receive a "Bug" pin to wear and a certificate to take home.

This visible pin will give students pride in their accomplishments. Kiwanis members will present the students with their pins and certificates.

The awards will be presented at the end of the 2nd, 3rd, and 4th marking periods.

To qualify for a "Bug" award, the student must bring up one or more class grades one level in language arts, reading and/or mathematics without going down in any of these subjects.

At all times the highest grade the student achieves any marking period is the base grade. After a student receives a pin, the way to receive another pin the following marking period, is to raise another grade one level and maintain all other grades.

The student's 1st marking period grades will serve as a starting point (*Base Grade*). Students who obtain straight A's in language arts, reading and mathematics will receive an Excellent Eagle Certificate or a Laudable Leopard Certificate from their principal.

The BUG Program is successful because students are encouraged to reach their potential; students learn to set and achieve realistic goals; and students compete with themselves, not other students. The program is used to promote academic achievement at school. *Story by Peter Gallo Jr. ###*

## Staying Safe in Cyberspace

*Kiwanis sponsors program for parents: Children are not permitted to attend*

The Bergen County Prosecutor's Office Computer Crimes Unit will be presenting an in-depth presentation on Internet Safety, hosted by the Kiwanis Club of Hasbrouck Heights on Thursday, February 7, 2008 at 7:00 p.m. at the Hasbrouck Heights Municipal Complex.

The presentation entitled "Staying Safe in Cyberspace - Internet Safety for Parents," is a comprehensive examination of today's Internet and the dangers that lurk inside chat rooms, instant messages, e-mail and blogs.

This presentation is an integral function of the Bergen County Prosecutor's Office Computer Crimes Unit.

Through education and outreach to the community, the Computer Crimes Unit hopes to raise parents' awareness of online predators and the dangerous content that is only a mouse-click away from their child's grasp.

Through their dynamic, intriguing and eye-opening presentation, complete with vivid graphics and streaming video clips, the Computer Crimes Detectives hope to educate parents about the seedier side of the Internet.

The goals of this presentation are to discuss the basic functions of the Internet, to highlight current Internet trends and to illustrate the associated risks facing children of all ages. After what will be

a shocking display of dangers associated with online communication, they will turn to preventative measures and effective solutions to protect children, many of whom know more about computers than the average parent.

"The explosion of the Internet has proven to be most influential with the youngest of generations, namely our children," said Bergen County Prosecutor John Molinelli.

He continued, "Protecting them on the World Wide Web, a truly unregulated atmosphere, is a tremendous task that needs to begin at home, where children are indeed most vulnerable."

Prosecutor Molinelli and Acting Chief Joseph Macellaro urge all parents and guardians to attend this Internet safety presentation.

It is their hope that by having skilled, well-versed computer crimes Investigators, coupled with parents armed with a working knowledge of the Internet and its pitfalls, the children of this County are well-protected while exploring the World Wide Web. *Story by Peter Gallo Jr. ###*

## HLL Holds Tryouts

On Saturday January 19, 2008, from 10:00 a.m. to 2:00 p.m., the Hasbrouck Heights Little League held major league tryouts in the Euclid School gym.

The tryouts were for players age 10-12 (*anyone that is 10 years old by April 30th is eligible*). Over 100 youngsters participated. There were no tryouts for any of the other divisions.

This was the second year

tryouts were held indoors to avoid weather issues. The open schedule was more convenient for parents.

All managers were on hand to assess players' catch, throw, run, bat, etc., abilities.

A major league draft will soon follow. Players who have not registered for the season will not be eligible for the draft.

For more information email Steve at: [sjpalladino@netzero.com](mailto:sjpalladino@netzero.com) ###



## Knights Hold Free Throw Competition

The St. Anthony Council 11585 of the Knights of Columbus held its local competition for the 2008 Knights of Columbus Free Throw Championship on January 12, 2008 in the Assumption School Gym.

The competition was open to all Wood-Ridge boys and girls, ages 10 to 14. Each contestant received three warm-up tosses followed by 15 consecutive Free Throw attempts from the appropriate age-designated foul line.

The winners in the 10-year old group were Ernest Day and

Francesca Morra; the winners in the 11-year old group were Michael Blanco and Rachel Sahagian; the 12-year old winner was Zachary Garvin; the 13-year old winner was Carlo Autino; and the winners in the 14-year old group were Michael Cellitti and Donna Materia.

The chairman Gary Boesch was assisted by GK Peter Gallo, DGK Angelo Urato, PGK Russell Petrocelli, PGK Frank Materia, Robert Cribben, Forrest Elliott, Stephen Drotos and Thomas Gonnella. *Story by Peter Gallo Jr. ###*

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# Expanded Train Service at



View of Hasbrouck Heights siding with new switch and signals, from Franklin Ave. towards Teterboro Station at Williams Ave.

NJ Transit has expanded the Pascack Valley train schedule to include bi-directional, off-peak and weekend service on October 28, 2007, adding 121 trains per week with 15 trains on each weekday and 23 Saturday and Sunday -- more than doubling weekly service.

The bi-directional expansion has restored weekend service, unavailable since 1940.

Previously, the 31 mile line, owned by NJ Transit and used by 3,850 commuters (*boarding*) from both states, ran only rush hour service with Hoboken bound service in the morning and Spring Valley bound service in the evening.

This expanded service is due to the installation of three new passing sidings on a single track, allowing trains to operate in both directions. A siding was constructed in Hasbrouck Heights.

The additional service has been anticipated since 2000, but was pushed back to support and coincide with the opening of the \$450 million Secaucus Junction transfer station, and delayed further when nine northern NJ communities sued to prevent the sidings from being built in Oradell and Montvale, with concerns that it would attract more freight trains. Construction began in the spring of 2005.

In addition to adding passing siding to provide bi-directional flow, initiatives alleviating existing constraints on the line included removing freight traffic interference on the passenger main track and upgrades to the signal system. NJ Transit estimated project cost for the passing sidings at \$19 million.

This passing track project will enable NJ Transit to provide rail service to a new elevated station in an existing

parking lot between the new Giants Stadium, Xanadu and the Racetrack via a 12,300 foot, \$182 million rail spur that will connect to the Pascack Valley Line.

The Pascack Valley Line plans to offer a one-seat, non-transfer ride to the new Midtown Manhattan station when NJ Transit and the Port Authority open their new rail tunnel. The \$7 billion project, known as "Access to the Region's Core," is scheduled to be completed in 2016.

## Train Stations

The Wood-Ridge Train Station is the first stop north from Secaucus Junction and is located at Park Place East. There is a building with waiting area and rest rooms. Limited parking by permit is \$120 per quarter. Train service is available seven days.

From Wood-Ridge, the station is accessible with a walkway along Moonachie Avenue eastbound, which crosses over Rt. 17 and the railroad tracks and down a set of stairs. From Moonachie, there is a short roadway off Moonachie Avenue leading to the station.

The Teterboro Station is the second stop north from Secaucus Junction located on Rt. 46 and Green Street, Teterboro (*near the Honeywell entrance*). There is no building except for an open transit shelter. Limited parking by permit is \$120 per quarter. Service is Monday through Friday. Weekend and holiday service is limited to one late night train.

The station is at the base of Williams Avenue. It is accessible from the (*former*) Hasbrouck Heights Shop-Rite parking lot across Rt. 17 south, across the entrance to Rt. 46 East, Bendix Diner parking

lot, across Rt. 17 North, down a short block and across the railroad tracks.

The Rt. 17 upgrade at Williams Avenue will not address this situation.

According to a poll conducted by [www.hasbrouckheights.com](http://www.hasbrouckheights.com), 87% of those responding liked the notion of a railroad station in Hasbrouck Heights, but this dangerous, unfriendly Rt. 17 crossing has limited the appeal of taking the train.

There are plans for a new Teterboro Train Station, if the Honeywell property is redeveloped.

In 2007, the average weekday boarding ridership for Wood-Ridge was 241 passengers and for Teterboro was 76 passengers. NJ Transit expects a 5% ridership increase in 2008.

The daily schedule for New York via Secaucus Junction is:

The first Hoboken bound train (1600) departs Teterboro at 5:49 a.m. with a one way ticket \$5 and monthly pass \$135; Wood-Ridge is at 5:53 a.m. with a one way ticket \$4.25 and monthly pass \$125.

The last outbound Hoboken train (1601) departs at 12:43 a.m. and arrives at Wood-Ridge at 1:03 a.m. and Teterboro 1:08 a.m.

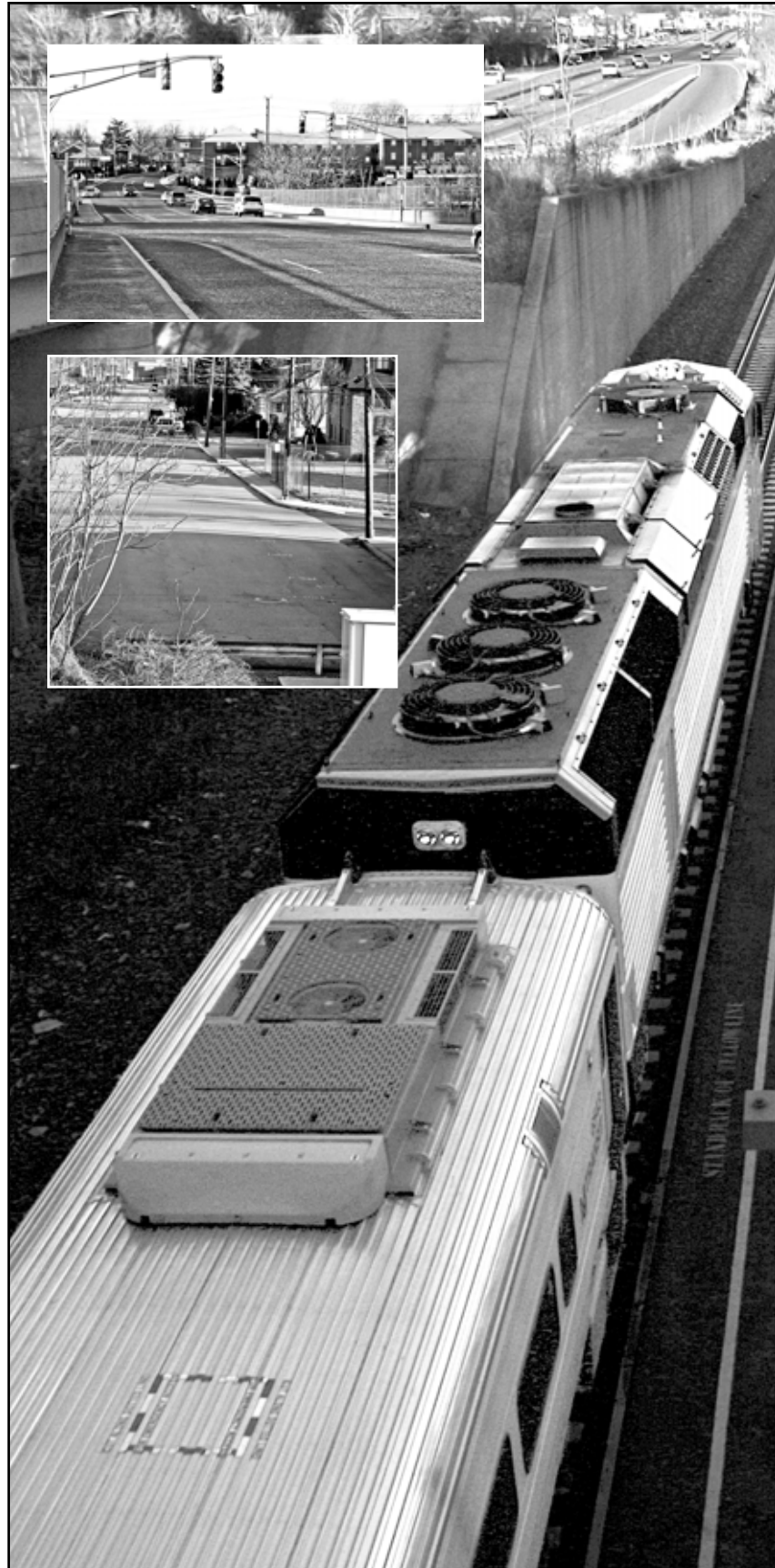
NJ Transit information: 800-772-2222. A pdf of the train schedule is at: [www.njtransit.com](http://www.njtransit.com).

All service on this line is diesel, using GP40PH-2d built in 1968 for the Central Railroad of NJ or modern Alstom PL42ACs. Comet I/I-B cars are used along with Metro-North's modern Comet V Alstom cars.

## Background

The Pascack Valley Line (*named for the Pascack Valley region it passes through*) is a commuter rail line operated by the Hoboken Division of NJ Transit. The line runs north from Hoboken through Bergen County into Rockland, terminating at Spring Valley. It is 31 miles, six of which are in Rockland County.

The line was originally chartered as the Hackensack and New York Railroad in 1856. It later became the New Jersey and New York Railroad, which was bought by the Erie Railroad in 1896. The New Jersey and New York Railroad continued to exist as an Erie subsidiary until the 1960 merger that created the Erie Lackawanna Railroad. ###



View from Moonachie Avenue overpass of train facing towards Teterboro. Left is traffic entrance from Moonachie Avenue onto Rt. 17N. Top inset Wood-Ridge: Wood-Ridge passengers can cross Rt. 17 and the tracks via sidewalk on Moonachie Avenue overpass and descending a set of stairs. Middle left photo facing east on Moonachie: Moonachie passengers can access the Moonachie Avenue (just before the overpass rise).



View of Teterboro Train Station at Williams Avenue towards Franklin Avenue

# Wood-Ridge and Teterboro



View from Moonachie Avenue overpass of Wood-Ridge Train Station facing south. Top inset photo of front of station. Bottom inset photo of inside station.



View from Teterboro Station at the base of Williams Avenue facing west. To access this station, passengers must cross from the (former) Shop-Rite parking lot, across Rt. 17 South, across entrance to Rt. 46 East, Bendix Diner parking lot, across Rt. 17 North, down a short block and across the railroad tracks. According to DOT officials, the expected Rt. 17/Williams Avenue improvements will not include better/safer access to the train station -- a pedestrian overpass is too expensive and a sidewalk too difficult because of wetlands issues. (A DOT map of this location: [www.hasbrouck-heights.com/images/2006/general/williams.pdf](http://www.hasbrouck-heights.com/images/2006/general/williams.pdf)).



View from Teterboro Station platform. Note the other end of the siding from previous photo in upper right corner.



View from Malcolm Avenue facing Franklin Avenue (Depken Field in distance) with new traffic signal. Franklin Avenue jughandle exit from Route 17 North is on left side and fills up the waiting space while traffic backs up on Malcolm. The issue becomes complicated when traffic from Franklin towards Teterboro stops for the train, blocks the jughandle and backs up onto Rt. 17.



## Route 17 and Franklin Avenue

As part of the NJ DOT \$12 million widening/reconfiguring at four intersections, construction of auxiliary lanes, modifying shoulders, ramps and new traffic signal equipment on Route 17 (from Williams Avenue in Hasbrouck Heights to Meadow Road in Rutherford), a new traffic signal was installed at the Franklin Avenue railroad crossing. (A DOT map of this location: [www.hasbrouck-heights.com/images/2006/general/franklin.pdf](http://www.hasbrouck-heights.com/images/2006/general/franklin.pdf)).

DOT installed a device that turns the light red when trains approach to prevent cars from backing up onto the tracks on the Teterboro side where Franklin Avenue becomes Malcolm Avenue.

The preemptive device triggers a sensor that interrupts the normal sequence of traffic lights to allow a train to pass.

As a result, the Franklin-Malcolm lights on either side of Route 17 automatically turn red. Traffic backs up Malcolm, but those approaching from the Hasbrouck Heights side of the highway get stuck in the northbound Franklin Avenue jughandle, creating a bottleneck.

HHPD has met with the DOT several times to adjust the timing, but have a long way to go.

According to NJ Transit, the rail crossing at Franklin-Malcolm has produced nine car-train accidents since 2000 (near-misses were not reported). ###

## A Glimpse of Our History ...



The Railroad was a fundamental contributor to the growth of Hasbrouck Heights.

Up to September 1875, a bible school held sessions in the railroad depot at the foot of Ravine Avenue. The building was subsequently moved to south of the Franklin Avenue Station and used as a freight depot.

The name Corona was changed about 1890 to Hasbrouck Heights. The name Hasbrouck Heights was chosen to honor J. D. Hasbrouck, then General Manager of the New Jersey and New York Railroad.

In 1909, Hasbrouck Heights had 2 stations on the New Jersey and New York Railroad (Erie System). ###



The New York and New Jersey Railroad Station located at the east end of Franklin Avenue, as it appeared in 1898.



(l-r) Administering the Oath of Office Mayor Frederick J. Dressel, holding the Bible, Jaime Migliorino, Chief William Hunt Jr., 1st Assistant Chief Justin Derevyanik, 2nd Assistant Chief Victor Migliorino, Captain Dennis Williams, Lieutenant Frank Smith, and Lieutenant John Hynes.

## Moonachie Fire Department 2008 Installation Dinner

The Moonachie Fire Department held their annual Installation Dinner on January 18, 2008, at The Fiesta.

The Master of Ceremonies was former Fire Chief Philip Miuccio. The Pledge of Allegiance was followed by a prayerful moment of silence.

The traditional toast was led by First Assistant Chief Justin J. Derevyanik.

The Fire Department officers were sworn in by Mayor Frederick J. Dressel, with the Bible held by Chief Hunt's

daughter and wife of 2nd Assistant Chief Victor Migliorino.

The 2008 Officers are: Chief William Hunt Jr., 1st Assistant Chief Justin Derevyanik, 2nd Assistant Chief Victor Migliorino, Captain Dennis Williams, Lieutenant Frank Smith, and Lieutenant John Hynes.

Area Fire Departments made presentations to Chief Hunt.

Entertainment was provided by Ultimate DJs, Carlstadt ([www.ue-djs.com](http://www.ue-djs.com)).



Master of Ceremonies, former Fire Chief Philip Miuccio, and Chief Hunt.



(l-r) Council Liaison Kathleen Kinsella, Mayor Frederick J. Dressel, Chief William Hunt Jr., 1st Assistant Chief Justin Derevyanik, 2nd Assistant Chief Victor Migliorino, Council Liaison Dennis Vaccaro.



Area Fire Department Officers making presentations to Chief Hunt.

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## HHFD Installation Dinner

The Hasbrouck Heights Fire Department held their Installation Dinner for Chief Michael Ratkowski and the Department Officers at The Venetian on January 19, 2008.

Master of Ceremonies was former Fire Chief Tony Greco. The Pledge of Allegiance was led by First Assistant Chief Kevin Todd and a Benediction was given by Fire Department Chaplain Rev. Joseph Pickard.

The traditional toast was made by Second Assistant Chief Richard Giarratana, followed by comments from Chief Ratkowski and Fire Commissioner David Gonzalez.

Recognition and presentations were given to the immediate past Chief Angelo Roccamo, to include the ex-Chief's badge.

Various Department personnel made presentations of ex-officer badges, etc. Special recognition was given to former EMS Captain Ronald Botelho.

Several firefighters, as well as several EMS members, were acknowledged for their high number of EMS calls made during 2007.

Floral bouquets were presented to the Chiefs' wives and Fire Chief's Secretary, Nancy Halloran.

Mutual Aid Officials from Carlstadt, Little Ferry, Lodi, Moonachie and Wallington made presentations to Chief Ratkowski.

Boro officials and other dignitaries attended.

Live music was provided by Carla Culkin and "Double Tap." ###



## HHFD Officers Take Oath

During the Municipal Reorganization meeting on January 1, 2008, Mayor Rose Marie Heck administered the Oath to the Hasbrouck Heights Fire Department Officers.

During a special Mayor and Council meeting on January 15, 2008, Mayor Heck swore in the Fire Chiefs, with Fire Commissioner David Gonzalez.

During the ceremony, Chief Michael Ratkowski was joined by his wife, Lisa, holding the Bible and children, Rebecca and Kyle.

First Assistant Chief Kevin Todd was joined by his wife, Dena, holding the Bible and his daughter, Christina.

Second Assistant Chief Richard Giarratana was joined by his sister, Jean, holding the Bible. ###



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## Wood-Ridge Fire Department 2008 Installation Dinner

The Wood-Ridge Fire Department held their Annual Installation Dinner, on January 12, 2008 at The Fiesta.

The Master of Ceremonies was Wood-Ridge Firefighter Philip Miuccio. The Ceremony began with the Pledge of Allegiance, followed by a prayerful moment of silence.

The traditional toast was led by First Assistant Chief Thomas Burniston.

The Fire Department officers were sworn in by NJ Senator and Wood-Ridge Mayor Paul Sarlo, with the Bible held by Debbie Gentile.

The 2008 Officers are: Chief of Department Anthony Gentile, First Assistant Chief Thomas Burniston, Second Assistant Chief and Treasurer Paul Clemente, Captain Darin Oddo, Lieutenant Damian Cauceglia, Sr., Lieutenant Richard Keller, Lieutenant Scott Russo, Corresponding Secretary Gregory Gorab and Recording Secretary Thomas Bischoff.

The Emergency Squad officers were sworn in by Mayor Paul Sarlo, with the Bible held by Mary Keller.

2008 WRFD Emergency Squad Officers - Captain Richard Keller, Lieutenant Damian Cauceglia Jr., Treasurer Stephen Sarracino, Corresponding Secretary Corey Sherman, Recording Secretary Damian Cauceglia, Sr.

WRFD Chaplain Deacon Nick Valdez was presented a helmet by Chief Gentile.

A special award for 25 years of service with the WRFD was made to Firefighter/EMT Greg Gorab by Chiefs Gentile, Burniston and Clemente.

The Chiefs presented bouquets of roses to their wives.

Area Fire Departments made presentations to Fire Chief Gentile.

D. J. music was provided by Ultimate (www.ultimate-dj.com). ###



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(l-r) Councilman Dominick Azzolini, Councilman Ezio I. Altamura, Councilwoman Catherine Cassidy, Mayor Paul A. Sarlo, Councilman Richard Carbonaro, Councilman Robert Riccardella and Councilman Thomas C. Gonnella.

# Wood-Ridge 2008 Reorganization Meeting

On January 1, 2008 at 3 p.m., the Borough of Wood-Ridge held a reorganization meeting. The Pledge of Allegiance was led by Anthony and Michael Sarlo with an invoca-

tion by Father Brian Cullinane, Pastor of Assumption Church.

The Oath of Office was administered to Mayor Paul A. Sarlo by Honorable Kenneth J. Slomienski, J.S.C.

The Oath of Office was administered to Councilwoman Catherine Cassidy by Assemblywoman Joan M. Voss.

The Oath of Office was

administered to Councilman Richard Carbonaro by Catherine Calligy, Esquire.

Appointments for Borough positions were made.

The Mayor made his annual address. Council members each made brief comments and the meeting was open to the public. ###



Mayor Paul A. Sarlo



Councilwoman Catherine Cassidy



Councilman Richard Carbonaro

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(l-r) Borough Attorney Frank Migliorino, Borough Administrator Anthony Ciannamea, CFO Paul Hansen, Councilman George Collazo, Councilman Dennis Vaccaro, Mayor Frederick J. Dressel, Councilwoman Kathleen Kinsella, Councilman Bruce Surak, Council President Maureen Flynn, Borough Clerk Supriya Sanyal and Councilman George Cahill.

## Moonachie 2008 Reorganization Meeting

On January 6, 2008, at 1 p.m., the Borough of Moonachie held a brief reorganization in Council Chambers.

Mayor Frederick J. Dressel called the meeting to order, there was a Salute to the Flag and a prayerful moment of silence.

Mayor Dressel administered the Oath of Office to Councilman Dennis Vaccaro and Municipal Court Judge Philip N. Boggia administered the Oath of Office to Councilwoman Kathleen Kinsella and George Cahill who replaces Anthony Ciannamea's unexpired term.

Mayor Dressel recognized the contributions of the retiring Borough Administrator, Paul Hansen, who served the Borough for 18 years.

His successor is former Councilman Anthony Ciannamea, who took the Oath of Office.

The Mayor made his appointments with the approval of the Council. Consent resolutions were passed.

Mayor Dressel and each member of the Council spoke before concluding the meeting. ###



Councilman Dennis Vaccaro



Councilwoman Kathleen Kinsella



Councilman George Cahill

### Moonachie Gets New Borough Administrator

Upon resigning as Moonachie, Councilman Anthony Ciannamea was appointed Borough Administrator on January 6, 2008.

A life-long resident of Moonachie, Mr. Ciannamea is a former Councilman having served for 19 years. During his council tenure, he served on all standing municipal committees, most recently finance, police and DPW. He was also one of the Borough's representatives to the Southwest Bergen County Community Development Committee and Borough representative to the Hackensack Meadowlands Municipal Committee.

He is a Certified Public Accountant with a diverse accounting background, having worked with both CPA firms and in the corporate environment. He is a graduate of Fairleigh Dickinson University with degrees in accounting and



(l-r) Former Borough Administrator Paul Hansen with Anthony Ciannamea.

political science.

Mr. Ciannamea stated, "Paul was such a good administrator, a professional and also a fine gentleman. It will be difficult to fill his shoes."

He continued, "It is a privilege serving in the small tight-knit community that I grew up in. Moonachie is like one big family."

Mr. Ciannamea is married to Lisa, and has one child, Ethan. ###



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*l-r: Councilman-elect David Gonzalez, Councilman Justin A. DiPisa, Councilwoman-elect Sonya Buckman, Councilwoman Carol J. Skiba, Mayor Ronald R. Jones, Mayor-elect Rose Marie Heck, Councilwoman Maryetta Saccomano, Councilman Leonard Introna, Councilman Anthony DiNanno, Councilman Stephen Altobelli.*



# Hasbrouck Heights 2008 Reorganization Meeting

On January 1, 2008, at 11:45 a.m., a Sine Die Meeting was held to conclude 2007 business.

Councilwoman Carol Skiba, Councilman Leonard Introna and Mayor Ronald R. Jones were presented a Proc-

lamation, Plaque and Key to Hasbrouck Heights. Mayor Jones gave a State of the Borough Address which reviewed the accomplishments of each department.

The beginning of the 2008 year began with Borough Clerk

Rose Marie Sees administering the Oath of Office to Mayor Rose Marie Heck, Councilwoman Sonya Buckman and Councilman David Gonzalez.

Upon the seating of the new council members, Mayor Rose Marie Heck declared the 2008 Reorganization Meeting in session.

There was a Salute to the Flag. Conchita Parker led the singing of "God Bless America," and an invocation was given by the Reverend Thomas Wisniewski, Parochial Vicar of Corpus Christi Church.

Mayor Heck presented certificates to the Hasbrouck Heights High School Varsity Football Team State Champions and Varsity Cheerleaders.

The Mayor administered the Oath of Office to the 2008 Fire Department Officers.

There was an announcement of council assignments. Mayor Heck made her appointments and delivered her Inaugural Address.

Council members made comments and the meeting was open to the public.

Rev. Dianna Smith, Pastor

of the First Reformed Church, provided the concluding Benediction. The meeting was adjourned and light refreshments were served in the Senior Center. ###



*Mayor Rose Marie Heck*



*Councilwoman Sonya Buckman*



*Councilman David Gonzalez*

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## Pharmacist Corner

### Are Cholesterol Drugs Still Beneficial?

Statins, such as Lipitor, are the best-selling medicines in history. They are used by more than 13 million Americans and an additional 12 million patients around the world, producing \$27.8 billion in sales in 2006.

We are bombarded with the message from doctors, companies, and the media that high levels of bad cholesterol are the ticket to an early grave and must be brought down, so taking statins are the most effective in reducing those levels and therefore allowing us to live longer.

The drugs are thought to be so essential that official government guidelines state that approximately 40 million Americans should be taking them.

And who hasn't seen or read the ads with the artificial heart inventor and Lipitor user,

Dr. Robert Jarvik. The ad states that "Lipitor reduces the risk of heart attack by 36%...in patients with multiple risk factors for heart disease."

### So how can anyone question the benefits of these drugs?

First, new research is causing doubts as to how necessary it is to drive down cholesterol levels; especially the research that was recently revealed by Merck and Schering-Plough which studied the effects of Vytorin and Zetia. Cholesterol levels were definitely reduced, but even with two years of treatment, the reductions brought no health benefit.

Second, Pfizer's own Lipitor ad has an asterisk next to the 36% where the smaller print states, "In a large clinical study, 3% of patients taking a sugar pill or placebo had a heart attack compared to 2% of patients taking Lipitor." So to spare one person a heart attack,

100 people had to take Lipitor for more than three years. The other 99 got no measurable benefit.

Also, don't forget that the trials included selected patients with multiple risk factors, which included high blood pressure or smoking.

Pfizer has not challenged another key assertion that the drugs do not reduce deaths or serious illness in those without heart disease.

If we knew for sure that a medicine was completely safe and inexpensive, then its widespread use would be a no-brainer.

But an estimated 10-15% of statin users suffer side effects, such as muscle pain, cognitive impairments, and sexual dysfunction. Also, don't forget that while taking statins, additional blood tests are required. So adding up the price of the drugs and the costs of these tests leads to a large expenditure of America's finite health care dollars.

### So what would work better?

Switching to a Mediterranean diet or eating more fish, exercising more, weight reduc-

tion, and not smoking have all had similar results on heart attack reduction in comparison to statins with less cost than statins and a greater benefit to quality of life.

Don't get me wrong, statins are good drugs overall that are just pushed too far. The drug business is, after all, a business where sales and shareholder value must be increased.

The problem statin manufacturers face is that these drugs are most effective in a smaller subgroup -- those who already have heart disease, which is not as blockbuster a market as the current market -- anyone with high LDL levels.

So companies have an incentive to market their drugs to a wider group of people, even if the benefits are much smaller.

Cholesterol is just one of the risk factors for heart disease, but something else has to happen before people get heart disease.

Patients with heart disease have cholesterol levels that are not much higher than those without heart disease.

Spaniards have LDL levels similar to Americans, but less than half the rate of heart disease. The Swiss have even

higher cholesterol levels, but their rates of heart disease are also lower. Australian Aborigines have low cholesterol levels but high rates of heart disease.

Statins might be better prescribed based on a patient's risk of heart disease, not on their LDL levels. The higher the risk, the better these drugs seem to work.

In the future, genetic testing will show which patients have the genetic variation that predicts who will benefit from statin therapy the most.

Early predictions say that 40% of the population does not have this genetic variation and therefore will not benefit from statin therapy.

Until then, even though I would hate to agree, our health care system most often runs on what makes money and not the actual data. Please do your own research and do not make any changes without talking to your doctor first.

*Sam Papasavas, RPh, is owner and Pharmacist at BeJay Drugs, 450 Boulevard, Hasbrouck Heights, NJ, 201-288-0404, www.bejaydrugs.com ###*



## "Suzie's Ques"

Practical Tips for a Healthier You

Happy birthday to my son, Joshua, who turns 17 years old on Feb. 25th.

This month is Heart Month. Time to think about good heart health. It's a great month to reaffirm commitments to exercise and healthy eating.

Have you been eating more fresh vegetables and fruits? Have you cut down on eating those high fatty foods?

The American Heart Association has some great tips on taking care of our body systems. Here are the heart attack warning signs (*taken from the American Heart Association web site*).

**Heart Attack Warning Signs:** Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening.

But most heart attacks start slowly, with mild pain or discomfort.

Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

- Discomfort in other areas

of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

- Shortness of breath with or without chest discomfort.

- Other signs may include breaking out in a cold sweat, nausea or lightheadedness

As with men, women's most common heart attack symptom is chest pain or discomfort.

But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out.

Minutes matter! Fast action can save lives — maybe your own. Don't wait more than five minutes to call 9-1-1.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment!

Stay healthy and see you

Got a question? Email me SuzanneKinzler@yahoo.com

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

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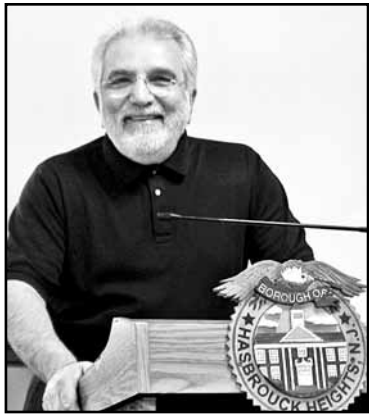
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## Leisure Club Gets Briefed



At the January 9th meeting of the Leisure Club, Michael A. Manna, Counselor at Law, presented a most interesting and informative program on the subject of Elder Law.

He discussed the common problems facing elderly Americans. He used his firsthand experiences, as well as case histories, to stress the points he wanted to get across.

Counselor Manna discussed many topics, some of which were the importance of having a well-drawn Will, Financial Power of Attorney, and Medical Power of Attorney/Living Will; how to pay and plan for possible nursing home costs; preserving your assets; probate; and the recent changes in Medicaid Law.

All the members of the Leisure Club that heard him were impressed with the way he addressed each topic and made them easy and interesting to follow.

Counselor Manna practices law in Ridgewood and is a member of the firm, Michael A. Manna & Associates, P.C.

Story by Peter Gallo Jr. ###

## Tax Preparation for Senior Citizens

Wood-Ridge Memorial Library is taking appointments for income tax preparation for senior citizens by the AARP on Wednesdays beginning February 6th through April 9th at the Wood-Ridge Senior Center (corner of Hackensack Street and Highland Avenue).

Appointments may only be taken by calling The Library at 201-438-2455. No one will be accommodated without an appointment. Once a senior has an appointment he/she should bring last year's tax return, any reportable income, real estate taxes, and his/her 1099 Social Security year-end statement. ###

## AARP Discusses Arthritis and Osteoporosis

At the January 11th meeting of the Central Bergen Chapter 418 of AARP, representatives from CareOne at Dunroven presented an in-depth look at arthritis and osteoporosis. Ms. Tara Lyons, Director of Admissions & Marketing and Dr. James Banogons who has been practicing since 1989 were the speakers. These two

## Free Health Consultation

The Hasbrouck Heights Health Department advises residents over 18 years old that free health consultations are scheduled to be held at the Municipal Complex, on February 28, 2008 from 10:00 a.m. until 1:00 p.m.

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

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

diseases are very familiar to older citizens.

While often referred to as if it were a single disease, arthritis is actually a term used for a group of more than 100 medical conditions that collectively affect nearly 46 million adults and 300,000 children in America alone. On the other hand, although osteoporosis affects millions in America, it is likely to affect women four times more than men.

Briefly, arthritis affects the musculoskeletal system and specifically the joints - where two or more bones meet. Osteoporosis is a disease in which bones become fragile and are more likely to break.

Dr. Banogons used a slide presentation to emphasize how these diseases can interfere with the most basic daily tasks as well as cause damage to virtually any bodily organ or system. He discussed the medical treatments that can provide relief and distributed a Thera-Band and a sheet with simple exercises which can be done at home and will help. He dem-

onstrated these exercises and had all do them with him. He completed his program with a question and answer session.

During the business part of the meeting, the trip planned for March 20th to Le Greci's Staaten in Staten Island was discussed. Those interested should contact Julia at 201-288-1693. Also discussed was the change in the eligibility for receiving the \$500 scholarship the chapter presents each year. It will now be open to the grandchildren or great-grandchildren of chapter members as well as Hackensack High School seniors who will be furthering their education after graduation.

The next meeting of the chapter will be on Friday, February 8th at 12:30 p.m. in the M&M Building in Hackensack. The program will be presented by representatives from the Greater Community Bank. They will discuss the various accounts and trust funds that are available to seniors. PG ###

## February 2008 Heights Senior Calendar

Open to All Borough Seniors

### SENIOR ACTIVITIES

**Monday, February 4, 11, 25**

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

**Monday, February 18**

Center Closed -- President's Day

**Tuesday, February 12**

Center Closed -- Lincoln's Birthday

**Tuesday, February 5, 19, 26**

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

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

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

**Wednesday, February 6, 20, 27**

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

**Thursday, February 7, 14, 21, 28**

10:00 a.m. to 2:00 p.m.

Games, television, & social activities

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

**Friday, February 8, 29**

10:00 a.m. Fun Bingo

**Friday, February 8, 15, 29 -- 1:00 p.m. Movies**

• "Irish Luck" with Frankie Darro and Mantan Moreland

Bobby Vinton Live..... February 8

• "Pajama Party" with Tommy Kirk and Annette Funicello -- also,

Saturday Night Live w/Gilda Radner.. Feb. 15

• "Abbott & Costello Meet The Mummy"

Country Music Goes to Europe ..... Feb. 29

### CLUB MEETING SCHEDULE

**Wednesday, February 6**

10:00 a.m. Leisure Club Executive Meeting

**Wednesday, February 13**


1:00 p.m. Leisure Club Regular Meeting

Speaker from Teterboro Airport

# Free pancakes

## Tuesday, February 12th


7am to 10pm



### National Pancake Day Celebration

Enjoy a free short stack - three buttermilk pancakes. All we ask is that you consider making a donation to Children's Miracle Network.<sup>®</sup>

Just look for the donation box on February 12<sup>th</sup> as you exit.



There is a limit of one free short stack of buttermilk pancakes per guest. The offer is valid at participating restaurants for dine-in only while supplies last, and is not valid with any other offer, special, coupon or discount.

**Come hungry. IHOP RESTAURANT Leave happy.**

111 Route 17 South, Hasbrouck Heights • 201-288-0355  
 Breakfast • Lunch • Dinner & late night snacks  
 Open 7 days from 7 a.m. to midnight • Plenty of free parking  
 Major credit cards accepted • Gift cards available



# Reflections

## A New Year ...

Rev. Dianna L. Smith, Pastor  
First Reformed Church

As I type this article we are 2 weeks into 2008, so I thought it a good time to reflect, on 2008 so far!

Let's see, so far I have had to get new stronger progressive glasses. I have been to two surprise 60th birthday parties.

I have, sadly, presided over the funerals of three dear ones.

I had a chance to enjoy a party with the clergy and friends of Hasbrouck Heights.

I shared a prayer for peace with our elected officials and friends.

I have had my own share of medical issues and helped a dear friend come to terms with hers.

I have learned how to, finally, program my husband's Ipod, have planned and ordered everything for my 5 year old daughter's 6th birthday, and begun a diet.

All that in 2 weeks! Whew! Although as I reflect, it seems like a quite a bit has happened. I suspect that if you look at your own days you could find that the year has begun much the same for you and your family.

Perhaps not with the same kind of activities as me as each person and family is unique.

As we enter this 8th year of the 21st Century I wonder if the actions and activities which so clearly define our lives have any lasting impact upon our world at large.

One of the young people in the confirmation class at First Reformed has dedicated her extra time and efforts to bring awareness of the crisis in Darfur to the wider Church community.

One of the oldest members of the congregation dedicates her writings and time to raising our awareness of the environmental decisions we make in our homes and communities that impact the wider world.

In these same two weeks, a new baby has been born into the congregation.

A young couple began their life together as husband and wife.

The community of faith has gathered together in worship and celebrated the arrival of the Magi.

Voices have been lifted in praise to praise God from all corners of Hasbrouck Heights.

In each congregation, joys have been shared, tears have

been shed and clergy have lifted prayers to God.

Do our actions have any lasting impact?

I am aware that the key to that question is "our" actions.

When my focus turns too far inward I find that my actions become narrow, my impact becomes insubstantial.

It is in joining together with others that are traveling the same road, joining with others that are willing to share their joys, their concerns, their very lives, taking a risk to put themselves "out there" that life takes on a wider scope.

So 2008 has begun, where will we be at the end of the year? Who knows?

One thing I do know is that I do not travel the pathways of this year alone.

I travel with the family of God, my brothers and sisters of faith.

I know that many of you who are reading this are nodding as you read for you also have the privilege of sharing your lives with a faith community.

We are fortunate to have so many options available to us in Bergen County.

Options can be fabulous or they can be flawed. Take the time to examine how your year has started, it's never too late to make changes, the faith communities of your locality rarely have bouncers at the door keeping newcomers away!

My prayer for you in 2008 is that your "me" becomes an "our." ###

### Ecumenical Prayer Breakfast March 9th

The men of the First Reformed Church of Hasbrouck Heights are sponsoring their 18th Annual Men and Boys' Ecumenical Prayer Breakfast on Sunday, March 9, 2008 from 7:00 a.m. to 9:00 a.m. at the First Reformed Church located at Washington Place and Burton Avenue.

There will be prayer and worship in the Church Sanctuary, followed by breakfast in Fellowship Hall. The guest speaker is cardiologist Dr. Edward G. Williams, M. D.

This program is open to all men in the area. Tickets are \$5.00 per person. For more information call Gil at 201-288-4608. ###

### Corpus Christi Rosary Society News

The next General Meeting of the Rosary Society is Thursday, February 7 in the school cafeteria following the recitation of the Rosary at 7:15 p.m. and celebration of Mass in the chapel.

Our Guest Speaker is Ms. Flora Hand, Director of Religious Education at Corpus Christi Church. Ms. Hand will demonstrate the art and present the history of doll making.

Members are reminded that we are hosting Hospitality Sunday on February 10 after the 9 a.m. and 10:30 a.m. liturgy.

The Lenten Fish'n Chips Dinner is scheduled for Friday, February 29 in the school cafeteria. Take-out orders will be available from 5:00 to 6:00 p.m. and the dinner will be served from 6:00 to 7:00 p.m.

Ticket price is \$15 for adults and \$7 for children under 12 and includes soft drinks, coffee/tea and dessert. Tickets are now available and will be on sale in the cafeteria on February 10 (*Hospitality Sunday*) and after our weekend liturgy later in February.

Members of the parish and the Hasbrouck Heights community are invited to attend. For reservations, please call Karen McDowell at 201-288-5738.

The Rosary Society encourages the women of the parish to become Rosarians. Members are required to say one decade of the Rosary daily, to attend monthly meetings (*first Thursday after the first Sunday of the month*), to pray the Rosary for deceased members, and to participate whenever possible in various service projects. Simply come to a General Meeting or call Membership Chairperson Dee Sullivan 201-288-7415 for further information. *Carol Viceconte ###*

### Guild Assembles Health Kits

From February 10th through March 23rd, The Guild of Reformed Church Women will be collecting and assembling items for health kits.

These kits consist of washcloth, hand towel, soap, toothbrush, toothpaste, nail file, comb and band-aids. Donations of any of these products in any quantity would be appreciated. These items are assembled in zippered plastic bags and distributed by Church World Service throughout the world wherever the need arises due to forced relocation of families because of disasters. Cash donations always welcome.

Call 201-288-1122 or 201-288-0378 for more info. ###

## Go to Church more often. Church Schedules Hasbrouck Heights

### BIBLE BAPTIST CHURCH

31 Passaic, HH • 288-4139

www.biblebaptist.net

Rev. Bill Hegedus, Pastor

#### Sunday

8:00 a.m. Prayer Partners Meet

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

9:30 Discipleship Hour for all ages

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

Evening Service as announced



### CORPUS CHRISTI R.C. CHURCH

Boulevard & Kipp, HH •

Offices: 288-4844 • School: 288-0614

Rev. Lewis V. Papera, Pastor

Rev. Raymond M. Holmes

Rev. Thomas Wisniewski

Rev. Msgr. Martin O'Brien

Deacon Vincent DeFedele

#### Sunday Obligation Masses:

5:00 p.m. Saturday (Chapel)

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

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

#### Daily Masses: (Church)

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

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

#### Corpus Christi Church/School Websites

Parish: www.rc.net/newark/corpuschristi/index.html

School: www.corpuschristischool.net



### CHURCH OF ST. JOHN

#### THE DIVINE (EPISCOPAL)

Terrace & Jefferson, HH • 288-0002

Rev. Joseph Pickard, Vicar

Erik Soldwedel, Deacon

www.saintjohnthedivine.com

www.careonthecorner.org

Sunday - 10:00 a.m., Holy Eucharist Rite II - Church School

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

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



### FIRST REFORMED CHURCH

Burton & Washington Place, HH

Church Office: 201-288-1122

Rev. Dianna L. Smith, Pastor

www.churches.rca.org/firstrefhh/

#### Sunday

9:00 a.m. Sunday School

10:00 a.m. Worship Service

Fellowship Hour follows Worship Service. Child care provided



### FIRST UNITED METHODIST CHURCH

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

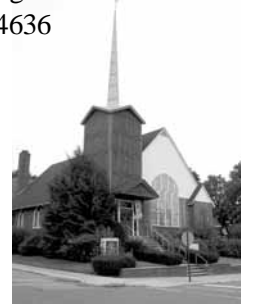
Church and Nursery School Office: 288-4636

Pastor Iraidia Ruiz de Porras

#### Sunday

10:00 a.m. - Worship Service

Thursday - 7:30 p.m. - Bible Study



### THE CROSS KOREAN UMC

57 Burton Avenue • 393-7890

### HOLY TRINITY LUTHERAN CHURCH

92 Burton Avenue, HH • 288-6889

The Reverend George W. Yoder, Pastor

http://users.churchserve.com/nj/htlc/index.html

#### Saturday

5:00 p.m. Communion Contemporary Setting

#### Sunday

9:45 a.m. Sunday Church School/Adult forum

11:00 a.m. Holy Communion

**Tuesday:** 7:30 p.m. Bible Study



### THE COMMUNITY

#### UNITED CHURCH OF CHRIST

Boulevard & Charlton Ave., HH • 288-0622

Rev. Edward J. Glasser, Assoc. Minister

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

Communion-- first Sunday of the month





**Church Schedules: Lodi**

**FAITH REFORMED CHURCH**  
95 Washington Street, Lodi • 973-778-4529

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

**ST. FRANCIS De SALES**  
125 Union Street, Lodi • 973-779-4330

**ST. JOSEPH R.C. CHURCH**  
40 Spring Street, Lodi • Rectory: 973-779-0643  
Rev. Hector Di Nardo, C.R.M., Pastor  
Rev. Americo Salvi, C.R.M., Assistant  
Rev. Mr. Steve Marchese, Deacon  
**Sunday Obligation Masses:**  
6 p.m. Saturday  
7:30 a.m., 9:00 a.m. (Italian), 10:30 a.m., Noon, 6 p.m.  
**Daily Masses:** 7:00 a.m., Noon • **Holy Day Mass Eve:** 7 p.m.  
**Reconciliation (Confession):** Sat. 4:30 - 6:00 p.m.  
**Friday Adoration of Blessed Sacrament:** 11 a.m. to Noon

**Church Schedules: Moonachie**

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



**Church Schedules: Wood-Ridge**

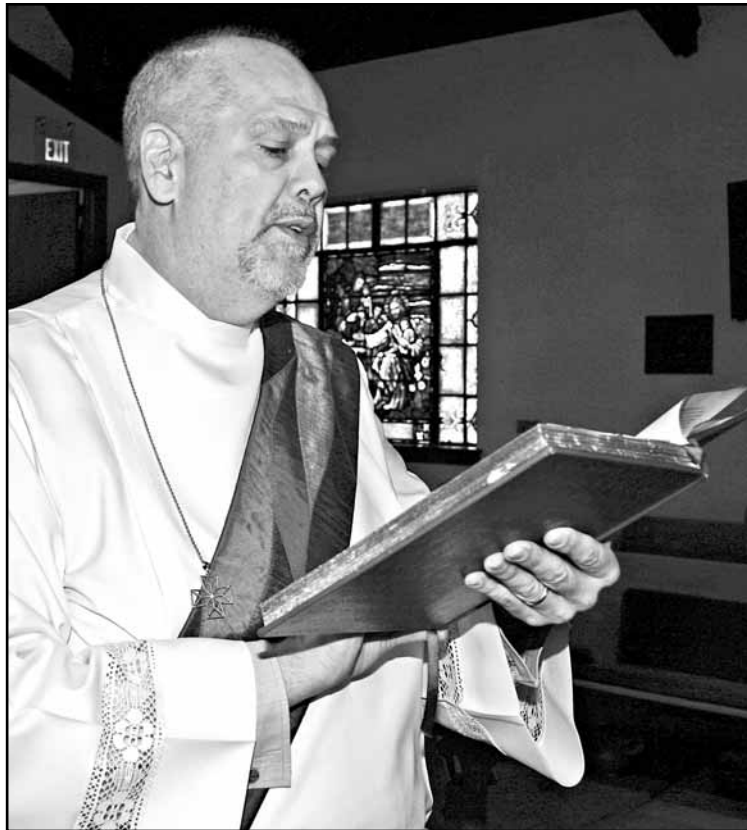
**ASSUMPTION R.C. CHURCH**  
143 First Street, Wood-Ridge • Rectory: 201-438-5555  
Center: 201-933-6118 • School: 201-933-0239  
Fr. Brian Cullinane, OFM, Pastor  
Fr. Paul Sinnema, OFM  
Fr. Thomas Kelly, OFM  
Fr. Cassian Miles, OFM  
Deacon Nicholas Valdez  
**Sunday Obligation Masses:**  
5:30 p.m. Saturday  
8:00 a.m., 9:30 a.m., 11:00 a.m.  
**Daily Masses:** (Church)  
Mon.-Fri.: 7:00 a.m., 8:00 a.m. • Sat. - 8:00 a.m.  
**Reconciliation (Confession):** Sat. 11:00 - 12:00 p.m.  
**Assumption Church/School Websites**  
Parish: [www.assumption-parish.org](http://www.assumption-parish.org)  
School: [www.assumptionschoolwr.org](http://www.assumptionschoolwr.org)



**FIRST PRESBYTERIAN CHURCH OF WOOD-RIDGE**  
190 Valley Boulevard • Office: 201-438-5559 • 201-438-8966  
Rev. Kimberly Chastain, Pastor  
**Sunday**  
9:30 a.m. Worship Service  
**MYUNG SUNG CHURCH OF NJ (KOREAN)**  
Rev. David Suh  
**Sunday 12:00 • Thursday 8:30 p.m. meeting**  
**Monday - Friday 6:00 a.m. meeting**  
201-681-0773



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



**New Deacon at St. John's**

Erik Gustav Soldwedel was ordained to the Sacred Order of Deacons on Saturday, December 15, 2007, by the Right Reverend Mark Beckwith, at All Saints' Episcopal Church, Glen Rock.

Rev. Soldwedel has been working for the past year at St. John the Divine Episcopal Church, Hasbrouck Heights as a Deacon Intern. He is a member of the Board of Directors for Care on the Corner and active in the Hasbrouck Heights Clergy Association.

The celebration of Ordination in Glen Rock was attended by over 200 people. The combined Choirs of All Saints' Episcopal Church, Orange NJ and St. John the Divine, Hasbrouck Heights, were led by Mark Wright, Director/Organist, St. John the Divine.

The processional anthem of "We Can Build A House Where All Can Live," was led by Matthew Reis, St. John's Acolyte, carrying a Festive Grace Wand of Kites.

Scripture readers included Mrs. Ethel Ball, St. John's Readers' Guild.

Deacon Soldwedel is a co-chair of the Episcopal Diocese of Newark's Bethsaida Team which encourages and promotes accessibility for all Episcopal Churches and Institutions in the Diocese of Newark. He joins approximately 25 other Vocational Deacons in the Diocese of Newark.

Rev. Soldwedel attended the Newark School of Theology and Episcopal Diocese of Newark's Deacons School. He and his wife, Linda, reside in Mahwah, but can be seen quite often in Hasbrouck Heights.

Deacon Erik is delighted to be part of St. John the Divine which he is proud to call home. "The people of St. John's have continued to envelop me into their families and their faith, hope and love help sustain me in preparing for ordination - I am blessed to be called to be here." ###

**Mardi Gras Celebration**

Episcopal Church of St. John the Divine, at 229 Terrace Avenue, Hasbrouck Heights presents a Mardi Gras Celebration with a Gumbo (*chicken and sausage -- not spicy*), rice, salad and French bread dinner cooked by the Lenten team, on Tuesday evening, February 5th, at 6:30 p.m.

Authentic New Orleans music by "The Big Easy Trio" with Ruth Brisbane ("*One Mo-Time*" and *Harlem Blues and Jazz Band* vocalist).

Suggested donation \$10.00. Costumes are appropriate; masks and beads provided. At 8:00 p.m. we will have a concert of gospel music and New Orleans spiritual music upstairs in the church.

All are welcome. Seating for dinner limited to the first 85 people. Phone 201-288-0002 for your reservation by February 1st.

Please bring your old palms with you. After the concert, depending on the weather, we will adjourn to the front steps of the church for the burning of the palms in preparation for Ash Wednesday. ###

**Share The Love**

Would you like to remember a special someone this Valentine's Day?

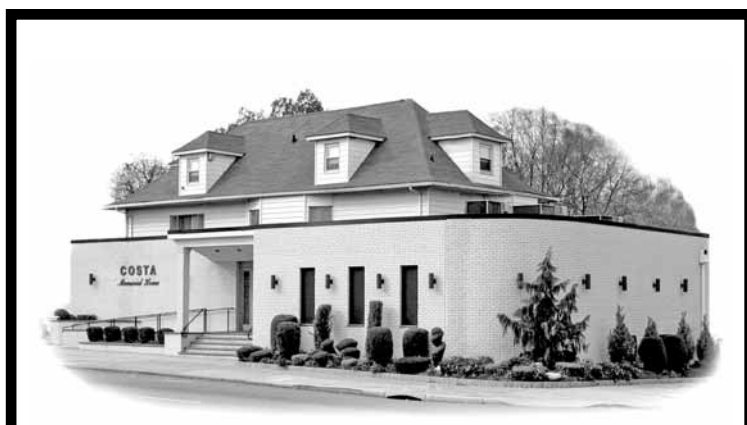
The Guild of Reformed Church women invite you to share your feelings and at the same time show your caring by signing our special valentine and making a donation to the Friendly Neighbors.

We feel this is a good time for sharing love for our own loved ones, as well as sending a message of love and caring to others who need to feel that others care.

Our card is posted in Hoffman Hall of First Reformed Church, from January 27th through February 10th.

If you cannot make it to the Church, you may mail your message (*which will be added to the card*) and donation to First Reformed Church, P. O. Box 66, Hasbrouck Heights, NJ 07604. First Reformed is located at Burton Avenue and Washington Place.

For further information, call the Church at 201-288-1122 or Estella at 201-288-0378. ###



**Costa Memorial Home**

**Boulevard & Central Avenue  
Hasbrouck Heights, NJ  
201-288-0234**

*Established 1975*

**Dignified Services For All Faiths**

Joseph L. Costa, Manager-Director (NJ Lic. No. 2561)  
Joseph A. Costa, Director (NJ Lic. No. 3809)  
Vincent L. Costa, Director (NJ Lic. No. 3807)

*Members of the New Jersey Pre-Paid Funeral Trust Fund*



**Associated Gift Shoppe**

194 Boulevard, Hasbrouck Heights  
201-288-4373

**Religious Gifts for all Occasions**

- Baptism      Communion      Confirmation
- Weddings      Anniversaries      Birthdays
- Graduations      Ordination      Holidays

**Smile often.  
If your face  
hurts, then  
you are out  
of shape.**



## Just Arrived

On January 15, 2008, Lodi residents received their brand new, 2007 Pierce Velocity 100' Rear Mount Platform Tower Ladder Truck. Cost was \$995,000, financed through bonds.

The unit features a 100' steel ladder, 8-man cab, state-of-the-art control panel, rear mounted camera for the driver, Cat motor, holds 300 gallons

of water, and a bucket that can carry 1,000 pounds. The truck is 47 feet and weighs 82,000 lbs. The package also includes new SCBA (air packs), ground ladders and new radios.

It will also carry the "Jaws of Life" and be used as a reserve rescue.

The process began with a six member truck committee 18 months ago. The Department

will train with the Truck and outfit it, expecting it to be fully operational by February 15th.

Termed "Truck 1," it replaces a 1987 Simon-Duplex LT1 100' ladder that will be put up for auction. It was replaced due to age, use and the high cost of maintenance.

A wetdown is scheduled for June 28, 2008.

The Lodi Fire Department operates with 92 active volunteers, working from three firehouses. ###



New graphics were designed by the Lodi Fire Department and the Pierce graphics department and feature the new Maltese Cross, Truck 1 designation and the American Flag.



State-of-the-art control panel.



## Beefing Up the Special Olympics

The Hasbrouck Heights Police Department sponsored a beefsteak dinner at the VFW Post 4591 on January 18, 2008, raising about \$12,000 to benefit the Special Olympics. The HHPD is one of the State's

largest contributors, typically generating about \$25,000 annually from combined efforts including school children's fund raisers, beefsteak dinner, donations, etc. Their yearly efforts culminate with the "Torch

Run" down The Boulevard -- accepting the Torch from the Lodi Police Department and passing it along to the Wood-Ridge Police Department.

These Police Departments are part of the hundreds of NJ police officers in 18 separate legs as part of the 23rd An-

nual Torch Run. Every police department in New Jersey participates. The Torch Run has become the largest fund raiser and public awareness for Special Olympics.

Last year, over \$1.6 million was raised for state athletes with mental retardation and

100% of all the funds raised goes to the Special Olympics.

The HHPD welcomes donations. Send contributions to: HHPD, 248 Hamilton Avenue, Hasbrouck Heights, NJ 07604. Please mark check "Special Olympics." ###

## Garden Club Meets

The H.H. Garden Club will meet on February 21st at 6:45 p.m. at The Free Public Library.

The topic for the evening will be "Getting Started for Spring in a Natural Way." Club member, Robin Green, will explain how she uses natural ingredients throughout her garden and what a success it has been for her. Other members will discuss how they prepare for the spring and summer months.

All the meetings are open to the public. All are welcome! Please join us and bring a friend! For information please call Judy Mascis 201-288-2615. ###

## Meatless Pasta Dinners

Saint Margaret of Cortona's Parish Social Life Committee is sponsoring 5 meatless Pasta Dinners on Fridays during Lent, February 8, 15, 22, 29 and March 14. Dinners will be served from 5 p.m. to 7 p.m. in Marnell Hall in the Parish Center. Cost is \$5 for adults and \$3 for children under 10. For information call Ellie at 201-641-0883. ###

## Rotary Dinner

Rotary will be holding a dinner February 8 at The Venetian. Tickets are \$80. Cocktail hour starts at 6 p.m. Proceeds to benefit The Gift of Life program. Public is invited. ###

## Moonachie Benefit Volleyball has been Rescheduled

Moonachie Cub Scouts Pack 2 parents and the Moonachie First Aid and Rescue Squad members have rescheduled their January 18th benefit volleyball game to March 14th at 7 p.m. in the R. L. Craig School gym. Refreshments available.

All proceeds to benefit the Moonachie Cub Scouts and Moonachie First Aid and Rescue Squad programs. The event is sponsored by the Moonachie Alliance. Donation is \$5. For tickets call Joanne at 201-296-0341. ###

## St. Patty's Day Dinner-Dance

VFW Post 4591 is holding their Annual St. Patty's Day Dinner-Dance on Saturday, March 15, from 7:30 p.m. to 11:30 p.m. The event is open to the public.

Dinner includes green pea soup, salad, pasta, corned beef & cabbage, dessert and open bar. There will be live music by "Joe Carolell Duo." Cost is \$30 per person. Reservations are requested by March 5th so that the appropriate amount of food can be ordered. Call Mike at 201-288-3654, Astrid at 201-288-5612 or the Post at 201-288-1112. ###

## Dinner & Fashion Show April 7th

VFW District 2 Ladies Auxiliary will be holding their Annual Dinner & Fashion Show on Monday, April 7th at The Fiesta, Route 17 South, Wood-Ridge, NJ starting at 7:00 p.m.

Tickets are \$25 and include choice of Roast Beef, Chicken, or Fish entrees. Fashions will be presented by The Dress Barn.

The public is invited. For reservations and tickets call Louise at 201-797-8759. ###

**Road Courtesy is Contagious**

## Pasta Night

A pasta night fundraiser to support the Moonachie Cub Scouts and the Moonachie First Aid and Rescue Squad will be held at the Moonachie Fire Department Building on Saturday, February 16 from 5:30 to 9:30 p.m. There will be a DJ and raffles.

Cost is adults (ages 12 and up) \$10; Children \$5 and children under 3 are free.

For tickets call Joanne at 201-296-0331, Frank at 201-641-9094 or Melissa at 201-694-2898. The Graycliff is sponsoring the food.###

## Blood Drive

BeJay Drugs is conducting a blood drive on Monday, February 18, 2008 from 4:30 p.m. to 7 p.m. at 450 Boulevard in Hasbrouck Heights. The Community Blood Services Bloodmobile will be located on Stanley.

Donor guidelines: Bring ID with signature, weight over 110 lbs. and in general good health. There will be a cholesterol screen with every donation.

Blood donors make a difference. One out of three people will need blood. It could be a friend, a family member or maybe even you.

For more information or to schedule an appointment, call 201-251-3703. Walk-ins welcome.###

## Fish'n Chips Lenten Dinner

The Lenten Fish'n Chips Dinner is scheduled for Friday, February 29 in the school cafeteria. Take-out orders will be available from 5:00 to 6:00 p.m. and the dinner will be served from 6:00 to 7:00 p.m.

Ticket price is \$15 for adults and \$7 for children under 12 and includes soft drinks, coffee/tea and dessert. Tickets are now available and will be on sale in the cafeteria on February 10 (Hospitality Sunday) and after our weekend liturgy later in February.

Public is invited to attend. For reservations, please call Karen McDowell at 201-288-5738. ###

## Fish 'N Chips

The Contemporary Club of Hasbrouck Heights will host its Annual Fish 'N Chips Dinner, Thursday, March 27, 2008 (Easter Week), from 5:30 p.m. to 7:00 p.m. at the Holy Lutheran Church.

Menu will include clam chowder, fish, chips and cole slaw prepared by Tastefully British Caterers, homemade desserts and beverage,

Adults \$13. Children under 10 \$8. Pre-ordered take-out available. No tickets will be sold at the door.

Proceeds will be used for various service projects sponsored by the Club.

For reservations call Marge at 201-288-8933 or Dorothy at 201-288-6685.

The Contemporary Club is a member of The New Jersey State Federation of Women's Clubs of The General Federation of Women's Clubs, the largest international women's volunteer organization. ###

**Seat Belts Save Lives**

## Tricky Tray Craft Club

The Hasbrouck Heights Middle and High School PTSA is holding a Tricky Tray on Thursday, February 28, 2008, at The Fiesta, starting at 7 p.m. Tickets are \$35 and includes dinner, soda and dessert plus 1 sheet of white tickets and a green ticket. Win baskets, gift certificates, 50/50 and lots more. For tickets call Francine at 201-288-7244. Proceeds benefit scholarships, program and activities for the students of Hasbrouck Heights Middle and High School. ###

## Easter Egg Hunt March 15

The Annual Easter Egg Hunt is scheduled for 10:00 a.m., Saturday, March 15, 2008, tentatively, at Depken Field. Rain Date is March 22nd.

The event is open to all Heights pre-schoolers (age 4-5) through Third Graders. Children should bring a basket. No parents or underage children are allowed on the field. The Easter Bunny is scheduled to visit and hand out candy.

Tickets are distributed through the elementary schools. Tickets are also available at the Boro Clerk's Office at 320 Boulevard. This event is sponsored by the Mayor's Celebration Committee. ###

## Chinese Auction

The Woman's Club of Hasbrouck Heights is holding a Chinese Auction and light lunch at noon on April 16, 2008 in the Senior Center. Donation is \$15. Lots of prizes to bid on and a fun time for all.

Handicap access and parking available. This event is to raise funds for their High School Scholarship and other donations. ###

## Party with the Jr. Women's Club St. Patrick's Day

The Craft Club meets 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. at The Hasbrouck Heights Free Public Library.

The Crafts-to-Share Club has adopted a philosophy of giving to the community. Some of the participants have been donating handmade items, such as afghans and caps, to the patients of Hackensack University Medical Center. ###

## Fish and Chips

Saint Margaret of Cortona's Parish Social Life Committee is sponsoring the 5th Annual Fish and Chips Dinner on Saturday March 8, 2008. Cooking will be done by Tastefully British.

Dinner will be served from 6:15 p.m. to 7:45 p.m. in Marnell Hall in the Parish Center at the corner of Liberty St. and Chamberlain Ave., Little Ferry. Cost is \$12 per meal, and includes fish, chips, cake, coffee and Tea. No tickets will be sold at the door. Take-out orders are available. For information call Ellie at 201-641-0883. ###

## Turnverein Sponsors Mardi Gras Dance

The Carlstadt Turnverein will sponsor a Mardi Gras Dance in the Turn Hall, 500 Broad Street, Carlstadt, on Saturday, February 2, 2008 from 8:00 p.m. to 12:00 a.m.

Fun and dancing starts in the ballroom a 8 p.m. to the music of "Bud Gramer and the Melodies Orchestra." Prizes will be awarded for best costumes.

Donation is \$30 and includes platter of continental food, coffee, cake and open bar. For reservations call 201-652-0968 or 201-909-0808. ###

The Junior Women's Club of Hasbrouck Heights invites you to attend its St. Patrick's Day Party on March 15, at the Pioneer Club located at 208 Jefferson Avenue from 7 to 11 p.m. Must be 21 or older to attend. Public is invited.

Tickets are \$40 each, which includes an Irish Dinner, Chicken, Beer, Wine, Soda, dessert, coffee and tea. DJ entertainment, 50/50 Raffle, and door prizes.

To reserve a table for you and your friends, call Cara 201-342-3032. Proceeds to benefit JWCHH local charities and scholarships. ###

## Fashion Show Monday, March 3rd

The Carlstadt Mixed Chorus will present its Annual Fashion Show Monday, March 3rd at 7:00 p.m. at The Fiesta on Route 17 South, Wood-Ridge.

The \$30 donation includes a full course dinner. Fashions will be presented by The Dress Barn. For reservations call 201-652-0968 or 201-909-0808. ###

## Roast Beef Dinner Saturday, March 29

The Guild of Reformed Church Women will hold their Annual Roast Beef Dinner on Saturday, March 29, 2008, from 5:30 p.m. to 7:00 p.m., at The First Reformed Church.

Cost is \$12.00 for adults and \$5.00 for children under 12. Take-outs are available upon request.

For tickets and reservation call Pat at 201-288-0534 or Estella at 201-288-0378 before March 27. ###

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Great opportunity for business needing almost 6,000 sq.ft. of office space close to business district or for investor to divide space for 3 businesses. Floor plan available to view, many updates, off street parking, motivated seller!!  
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Fabulous B/L only 3 yrs. old features 4 BR's & 3 FCTB's, LR w/vaulted ceiling, banquet FDR, huge MEIK w/skylights, FR w/FPL, 2nd kitchen. Perfect for the ext. family. Great yard for privacy & parties, & 2 car gar. CAC & more.  
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Three bedroom Cape Cod set on a 100 x 94 corner property features: LR w/fpl., DR, kitchen, MBR and full bath. The 2nd floor has 2 BR's and full bath. Finished basement with laundry room & full bath. A large private yard with patio, 2 car attached garage and central air. Tour at [www.gatewaytohomes.com/2741806](http://www.gatewaytohomes.com/2741806)



**Bergenfield \$729,900**  
This home was built new from the foundation up. Huge Colonial has 5 bedrooms, 3.5 baths. Large gourmet kitchen has two sinks and dishwashers, granite counters and stainless steel appliances. This must see has a 2 story foyer, hardwood floors, central AC, 2 car garage and so much more! Call us today or tour at [www.atwaytohomes.com/2738698](http://www.atwaytohomes.com/2738698)



**Hasbrouck Heights \$449,900**  
Custom built all brick Cape Cod on 75 x 125 lot. Home offers three generous sized bedrooms, three full baths, large eat-in-kitchen, formal dining room, living room with fireplace, open large fin. bsmnt w/sum. kit. and attached one car garage. Tour at [www.gatewaytohomes.com/2744753](http://www.gatewaytohomes.com/2744753)



**Hasbrouck Heights \$850,000**  
New Custom Built Victorian Colonial set on large lot. Features lemonade porch, EF, Formal LR, Formal DR, large kitchen w/breakfast area, FR w/fpl and 1/2 bath. Hardwood floors & tile on the 1st floor. 2nd floor: MBR suite w/full bath, 3 BRs & full bath. C/A. Full basement, 2 car detached garage. Tour at [www.gatewaytohomes.com/2741563](http://www.gatewaytohomes.com/2741563)



**Wood-Ridge \$775,000**  
Beautiful new custom home in great neighborhood, features open stairway, 2 story EF, FLR, FDR, large EIK w/custom cherry cabinets, granite counters, sliders to yard, 1/2 bth, FR w/Fpl. Master suite w/luxury bath, 3 additional BR's, 2nd full bath, & laundry on 2nd floor. Multi-zone CA & heat. Tour at [www.gatewaytohomes.com/2733699](http://www.gatewaytohomes.com/2733699)



**East Rutherford \$359,900**  
Recently updated 2 BR, 1.5 bath Condo. Kitchen w/breakfast bar, new counters w/undermount sink, LR w/fireplace, cathedral ceilings, balcony, MBR w/computer nook, laundry, ample closets, 2 car garage and more! Hurry! Tour at: [www.Gatewaytohomes.com/2748882](http://www.Gatewaytohomes.com/2748882)



**Hasbrouck Heights \$595,000**  
Large 3 BR, 2 bath Split Level home located on quiet dead end street. Offers tiled entry foyer, bright sunny LR with hardwood floors, tiled formal DR w/entrance to patio & modern eat-in-kitchen w/tile floors & Corian counters. Lower level: FR & full bath. Features include a finished basement, C/A & attached garage. Tour at [www.gatewaytohomes.com/2736904](http://www.gatewaytohomes.com/2736904)



**Moonachie \$399,999**  
Well maintained 3/4 BR home on quiet cul-de-sac. Not your typical Cape. The living room, kitchen, and bath are very large and all the bedrooms are a nice size. There is also a laundry room, two car tandem garage, and a nice deck for entertaining. The taxes are very low and property is 60 x 150. Tour at [www.gatewaytohomes.com/2743608](http://www.gatewaytohomes.com/2743608)



**Lodi \$330,000**  
Estate Sale - Priced to go! Spacious Ranch has LR w/fireplace, DR, updated EIK. Finished basement w/wet bar, summer kitchen and full bath. Home boasts C/A/C, a deep lot, and garage. One year home warranty included with sale! Hurry! Great for starter or downsizing. Tour at [www.gatewaytohomes.com/2803168](http://www.gatewaytohomes.com/2803168)



**Little Ferry \$289,000**  
Lovely Condo very convenient to NYC transportation in intimate gated complex. Very unique design w/open loft and skylights. 1.5 newer bathrooms, C/A/C, intercoms, patio, dishwasher, laundry and much more. Better than renting. Why wait, buy while rates are still low! Tour at: [www.gatewaytohomes.com/2748612](http://www.gatewaytohomes.com/2748612)



**Wood-Ridge \$379,000**  
Lovely Cape set on corner lot has 3 bedrooms with the potential for a 4th. This completely renovated home has new hardwood floors, carpet, kitchen, recessed lighting, & furnace. Amenities include: fireplace in living room and one car garage. Tour at [www.gatewaytohomes.com/2745364](http://www.gatewaytohomes.com/2745364)



**Lodi \$679,000**  
Young 2 Family on dead end street near Hilltop School! This gorgeous home features a stunning 6 room, 3 BR, bath, owner apartment with attic, finished basement w/fpl., bath and wet bar. C/A/C, granite counters, center island, garage, deck, pool and more. Spacious 2 BR rental unit. Separate utilities. This home is really priced to sell!! Tour at: [www.gatewaytohomes.com/2803162](http://www.gatewaytohomes.com/2803162)



**Hasbrouck Heights \$498,900**  
Beautiful, spacious 5 BR, 1.5 Bth Col. set on large 75 x 123 lot. Fabulous park-like setting. Large living room, den, formal dining room, new custom kit. w/brkfst room overlooking deck. Finished basement w/ family room plus den, bath and laundry area, oversized garage and driveway. Tour at [www.gatewaytohomes.com/2745744](http://www.gatewaytohomes.com/2745744)



**Little Ferry \$549,000**  
Two Family on 80 x 100 property. Driveway for each apartment. Main apartment has LE, MEIK, 3 BR's, plus finished basement w/summer kitchen, FR, bath and more. 2nd floor apartment is a large 2 BR. Separate electric and gas, detached garage and convenient location. Tour: [www.gatewaytohomes.com/2801456](http://www.gatewaytohomes.com/2801456)



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Convenience/liquor store in the heart of town. Well established business in a free standing building w/parking lot. Current owner retiring after 14 years. Includes fixtures and most equipment. Lottery, frozen drink machine, security system with cameras and more. \$319,000. Call for further details.

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