

The Gazette

For Hasbrouck Heights and Teterboro Area

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Serving the communities of
Hasbrouck Heights and Teterboro Area

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March 2007

Mailed FREE to everyone in Hasbrouck Heights/Teterboro



Brothers Chris and Jim Halloran use the "Jaws of Life" to open car door during training exercise held February 17, 2007.

Rescue Training

HHFD conducts "Jaws of Life" exercises -- Pages 14-15 New Vehicle Technology -- Best Practices for Rescue -- Page 16 Meet the Hallorans -- Page 17

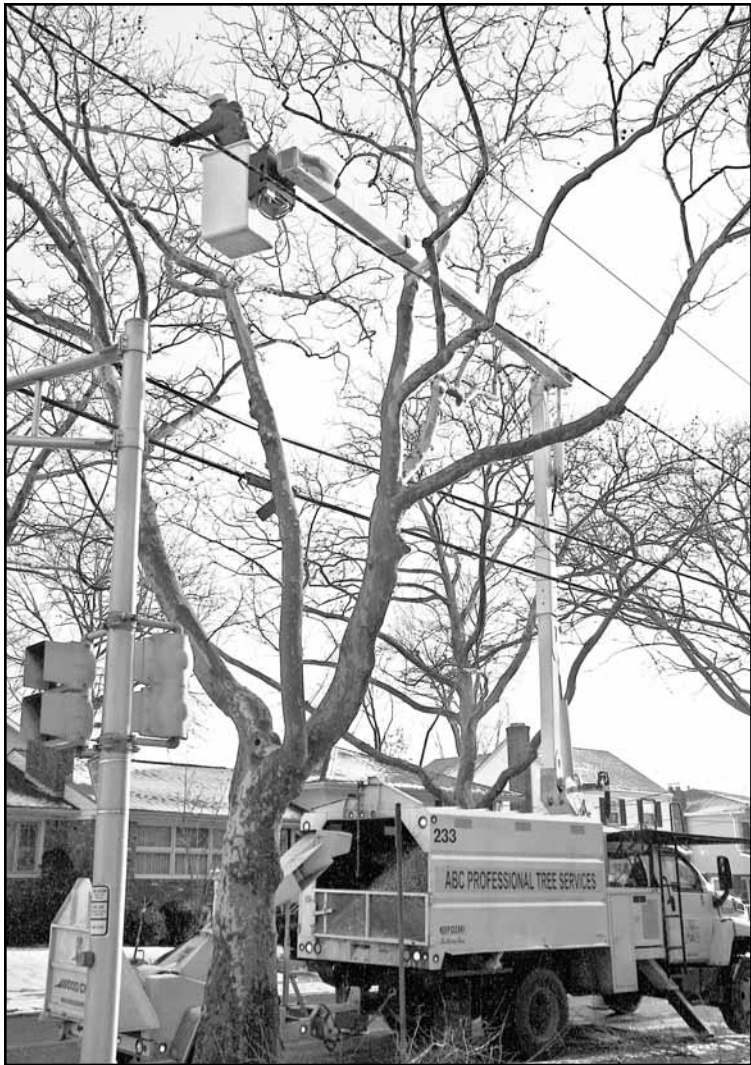
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An independent contractor, working on behalf of PSE&G, trimmed branches near the power lines on 24 Hasbrouck Heights streets during the second half of January 2007. ###

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The Energy Corner

Are there other ways to save money?

Yes. Take a look around your home and check for drafts around doors, windows and even electrical outlets. By adding caulk, weather stripping or foam insulation you can block out winter cold -- which means greater comfort for you and your family and less work for your heating system. If you haven't installed storm windows and doors, this could be the year when it really pays to do so.

A great place to check for energy leaks is your attic. Since warm air rises, money could be going through the roof if your attic area is poorly insulated. *(Remember, purchasing and installing insulation with higher "R" values means greater energy savings.)*

And don't forget to check below. Insulating floors over unheated areas will help keep out the chill. So will insulating basement walls.

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



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Down Syndrome "Brunch with the Bunny" Benefit Dinner

On Sunday, March 18, 2007 there will be a dinner benefiting The National Down Syndrome Society.

The dinner will be at Redd's Restaurant in Carlstadt, NJ from 3:00 p.m. to 7:00 p.m.

Along with the great food, there will also be a guest speaker who will talk about the disorder, as well as some fun activities for the entire family.

Tickets are limited and can be purchased in advance for \$36.00 (children 11 and under \$18.00, 3 and under free.) For more information or to reserve your tickets, contact Kevin at 201-288-8435. ###

"Brunch with the Bunny"

The Junior Woman's Club of Hasbrouck Heights is sponsoring "Brunch with the Bunny" on Saturday, March 31st from 11:00 a.m. to 1:00 p.m. at the Municipal Complex.

The program includes a light brunch, entertainment and photo with the Easter Bunny.

Event is ideal for children 8 years and under.

Tickets are \$8. All children must be accompanied by a paying adult. Advance tickets only. No tickets will be sold at the door. Call Maria at 201-288-0254. All proceeds to benefit local charities and scholarships. ###

Easter Egg Hunt March 31

The Annual Easter Egg Hunt is scheduled for Saturday, March 31st at 10:00 a.m. with the location to be announced.

Tentatively, the location will be at Depken Field (*Franklin Avenue and Route 17*), but if construction on the field starts, the event may be held at Woodland Park or behind the High School. Final location will be posted on the town website.

The event is open to all Heights pre-schoolers (age 4-5) through third graders.

Children should bring a basket. No parents or under-age 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.

The rain date is Saturday, April 7th, 2007.

This event is sponsored by the Mayor's Celebration Committee. ###

Comedy Night

Corpus Christi School announces an evening of jesting and jokes for parents, family and friends with a Comedy Night on Thursday, March 29th at the Fiesta.

Tickets are \$45.00 and include a full dinner with a choice of 3 entrees. Popular columnist and author, Bill Ervolino, will host the comedy show.

A tuition raffle drawing with a grand prize of \$3,000 will also be part of the evening. This prize can be used for elementary, high school and college tuition as well as after-school supplemental programs. Tuition raffle tickets are \$25 each or a book of 3 for \$50. A gift raffle and on-site 50/50 will also add to the evening's fun.

Tickets can be purchased by calling Michele at 973-868-6567. ###

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 24th 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. ###

St. John's 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, April 28th 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. ###

Dinner & Fashion Show March 26

VFW District 2 Ladies Auxiliary will be holding their Annual Dinner & Fashion Show on Monday, March 26th 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. ###

Town-wide Garage Sale

A town-wide garage sale is scheduled for May 19, 2007 from 9:00 a.m. to 4:00 p.m. -- rain or shine.

There is a \$10 permit fee that will be donated to charity.

Registration dates are Saturday, April 21, April 28 and May 5 from 11 a.m. to 2 p.m. at Borough Hall (*first floor*).

Participation in this sale does not count towards the "two garage sales" per year ordinance.

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

A free map indicating all registered participants' addresses will be distributed to the shoppers. The Farmers' Market will be on The Boulevard.

This event is sponsored by the Mayor's Celebration Committee.

For more info call the Boro Clerk at 201-288-0195. ###

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New Rules for IRA Contributions

This article is intended to familiarize you with the new contribution rules under the Pension Protection Act (PPA) of 2006. As IRA rules and regulations can be complex, it may be necessary for an IRA owner to seek guidance from a tax or legal professional before acting on any of the new provisions.

Regular IRA Contributions

The Economic Growth and Tax Relief Reconciliation Act (EGTRRA) provision that increased the IRA contribution limit and made it subject to cost-of-living adjustments (COLAs) beginning after 2008 are no longer set to expire after 2010. The regular IRA contribution limit for 2006 and 2007 is \$4,000. This amount increases to \$5,000 for 2008 and will be subject to COLAs thereafter.

Catch-up Contributions

The \$1,000 Traditional and Roth IRA catch-up contribution for individuals age 50 or older will not increase due to COLAs. However, the \$2,500 Savings Incentive Match Plan for Small Employers (SIMPLE) and Salary Reduction Simplified Employee Pension (SARSEP) \$5,000 catch-up contribution amounts will be subject to COLAs beginning with the 2008 amounts.

Roth IRA Contribution Eligibility

Roth IRA contribution eligibility and contribution amount is based in part on an individual's modified adjusted gross income (MAGI) and federal income tax return filing status. The 2006 thresholds, unchanged since 1998, are subject to COLAs beginning with tax-year 2007.

Traditional IRA Contribution Deductibility

Traditional IRA contributions are potentially deductible.

However, if the contributor is an active participant in an employer-sponsored retirement plan, or is married to an active participant, deductibility is based on MAGI and federal income tax filing status.

PPA makes the applicable MAGI thresholds subject to COLAs effective for 2007.

Saver's Tax Credit for IRA Contributions

The Saver's Tax Credit, a provision of EGTRRA, was to expire after tax-year 2006.

A taxpayer that makes a traditional and/or Roth IRA contribution may be eligible for this credit against taxes owed.

An individual's MAGI and

federal income tax filing status determines the amount of the credit. PPA not only made the credit permanent, it also made the MAGI thresholds subject to COLAs.

Direct Deposit of Tax Refund

PPA required the IRS to create a form allowing a taxpayer to direct his/her federal income tax refund to up to three accounts, including an IRA.

A direct deposit to an IRA is a regular contribution, subject to the IRA owner's eligibility and the contribution limit in effect.

In the case of a joint return, each spouse is eligible for direct deposit into his/her own IRA.

This is effective January 1, 2007 and includes prior-year contributions deposited by the appropriate deadline, including tax-year 2006 refunds received during 2007.

Qualified Reservist Contributions

An individual may contribute to an IRA up to the amount withdrawn penalty free, as a qualified reservist distribution. A qualified reservist distribution is a distribution to a qualified reservist from an IRA taken between the date of the call or order and the close of active duty.

A qualified reservist is an individual called or ordered to active duty between September 11, 2001, and December 31, 2007 for more than 179 days. An individual may contribute such an amount, in one or multiple deposits, within two years after the later of August 17, 2006 or the end of his/her active duty.

This non-deductible contribution may not exceed the amount of the penalty-free distribution. The IRS has not specifically addressed reporting for this contribution. ###

Serving Hasbrouck Heights and Teterboro Area

The Gazette

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343 Boulevard, Hasbrouck Heights, NJ 07604

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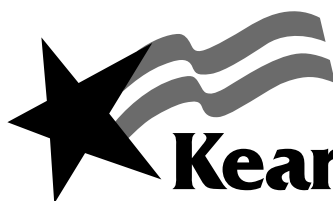
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2007 AHOF Inductees Announced

The New Jersey Aviation Hall of Fame announced the 2007 Inductees into the Aviation Hall of Fame. They include:

- John J. McNamara: An expert in aviation law and the 1st pilot and flight instructor ever certified in every category and class of aircraft.

- Colonel Joseph J. Sofet, USAF: USAF Air Force One Commander during the Kennedy and Johnson Administrations.

- Dr. Calvin J. Spann: Tuskegee Airman and WWII Combat Pilot.

- George V. Strickland: Aviation safety expert.

The new inductees will receive their bronze plaques at the 34th Annual Induction Din-

ner on May 23, 2007 at the Fiesta Ballroom in Wood-Ridge. The public is invited to attend.

The New Jersey Aviation Hall of Fame was founded in 1972 and was the first state aviation hall of fame in the nation.

Its goal is the preservation of the Garden State's 213 years of aviation and space heritage.

For more information please call 201-288-6344. ###

Having an Affair?

If your organization is having an event that is open to the public, we can help you tell "everybody" about it.

Simply provide the following event details: name, date, times, cost, brief explanation of program features, etc., along with contact information.

Send these details at least 45 days prior to the event to: info@hasbrouck-heights.net or drop them off at: **The Gazette Newspaper**, 343 Boulevard, Hasbrouck Heights, NJ 07604. ###

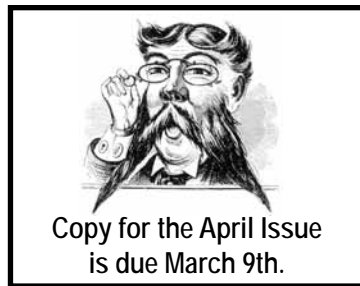
FOCAS Flea Market

FOCAS (*Friends of the Bergen County Animal Shelter*) will hold its first flea market for 2007 on Saturday, March 24th from 10:00 a.m. to 4:00 p.m. and Sunday, March 25th from 10:00 a.m. to 3:00 p.m.

The Flea Market is held at The American Legion, 100 Liberty Street, Little Ferry.

Come and browse for yourself. An assortment of refreshments, including a variety of delicious home-baked treats, will be available.

Flea market merchandise donations are gratefully accepted. They may be dropped off at the American Legion on Friday, March 23rd from 4:00 p.m. to 7:00 p.m. and all day Saturday. Clothing, books, exercise equipment or luggage are not accepted. ###



Household De-clutter Hazardous Waste Your Life

The Clutter Club is for all of us who face the clutter "nightmares" in our own homes, garages, and filing cabinets.

The next meeting is scheduled for Thursday, March 8, 2007 from 7:00 p.m. to 8:30 p.m. 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."

At each meeting, a new topic is presented and discussed. March's meeting will address the question: Are you drowning in paper? Between the junk mail, magazines, bills, donation requests, and family correspondence, your home can look like it was hit by the paper tornado.

Susan and Bernadette will provide easy steps to reduce the paper in your home. Previous subjects included "how to tips" on how to attack the clutter, storage ideas, tools and techniques for garage sales, psychology of clutter, and preparing for the holidays, stress free.

Don't miss the chance to make your life better by "getting it together!"

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

Bergen County Utilities Authority (BCUA) will collect household hazardous waste on Saturday, April 21, 2007 from 9:00 a.m. to 3:00 p.m. at the BCUA (*foot of Empire Boulevard*) in Moonachie -- rain or shine. This service is free of charge for Bergen County residents -- ID is required.

A partial list of acceptable materials for collections include: aerosol cans, anti-freeze, batteries, blacktop sealers, disinfectants, fertilizer, fire extinguishers, herbicides, insecticides, mercury switches, paints, pesticides, propane gas cylinders (*1 lb. & 20 lb. only*), solvents & thinners, used motor oil, varnishes.

A partial list of unacceptable materials includes: unlabeled wastes or containers with unknown contents, regulated medical wastes, radioactive materials and explosives, containers larger than five gallons, compressed cylinders (*oxygen or acetylene*), pressure treated lumber or railroad ties, computers, electronics and tires.

For detailed information log onto www.bcua.org or call 201-807-5825.

(Businesses must pre-register prior to attending BCUA sponsored collection events. A disposal fee will be charged and collected. Call 201-807-8696 for details.) ###

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Local families who are deployed in Iraq, Afghanistan and other areas around the world need your help. We are asking for food donations. All canned goods, cereals, soups, pasta, canned meats and baby food. Please support this effort. Many families of our deployed troops are finding it hard to make ends meet.

If needed, donations can be picked up. Call --
Tom Meli: 201-288-7685 • 201-446-7724
Tim Moots: 201-288-2428 • 201-281-9468

Corporate Participation Welcome!
You are encouraged to invite your employees to participate. Call Tom or Tim for details.

5K Run/1 Mile Walk April 15

On April 15, 2007 the Hasbrouck Heights Education Association will sponsor its Ninth annual five kilometer and one mile run/walk to raise money for their scholarship fund.

The 5k run is called the Rau-Fitzgerald Memorial Run and the 1 mile walk is the Cheryl Terlemezian 1 Mile Fun Run/Walk.

The event begins at the Hasbrouck Heights High School at 365 Boulevard.

Check-in starts at 8:00 a.m. The 5k Run/Walk starts at 9:30 a.m. The 1 mile Walk/Run starts at 10:30 a.m. Awards will be held at 10:15 a.m. for the 5k and 10:30 a.m. for the Kiddy Races.

Pre-registration is \$18 (*before March 31*), day of race is \$20, children under 18 for 5K \$10 and 1 mile \$5, Kiddy Race is \$5. There is a \$50 family rate.

Amenities include: "T" shirt, timing system, awards, post-race refreshments, restrooms and parking.

This event is to benefit Hasbrouck Heights students. Corporate sponsorships and donations are welcomed.

For more information call Barbara at 201-288-1426 or email: Babsbiz@optonline.net ###

Franklin Fitness Center Guidelines

The Hasbrouck Heights Board of Education announced a new program that permits residents who are 21 years or older to use the Franklin Fitness Center under the following guidelines.

- Must be a resident of Hasbrouck Heights and at least 21 years old.
- Must submit to a criminal history examination (fingerprinted) at the resident's own expense.
- Must complete an application (available at the Board's Administration Building, 379 Boulevard).
- Residents who comply with these guidelines are permitted to chaperone Hasbrouck Heights youths age 13 or older.

For more information contact Nick Delcalzo, Instructional Supervisor at 201-393-8379. ###

For more information contact Nick Delcalzo, Instructional Supervisor at 201-393-8379. ###

Traffic Circle Protocol:
Incoming vehicles must yield to traffic already traveling in The Circle

YMCA Summer Camp Program

The YMCA of Greater Bergen County announced that its summer camping program will open June 25, 2007.

The YMCA runs three camps in Harriman State Park: Camp Michikamau, a sleep-away camp for boys and girls ages 8-14; Day Camp Oratam for youngsters 7-12; and Day Camp Kahagon for youngsters ages 5 and 6.

The camping season is divided into 4 two-week sessions. Transportation for the Day Camps will be provided from the YMCA in Hackensack. Michikamau campers will leave from and return to the YMCA.

An open house will be held at the YMCA on Tuesday, March 20; Wednesday, April 11 or Thursday May 3, at 7:30 p.m. During this time campers and parents can watch slides and ask questions of the camp personnel.

For a free brochure and registration information, stop by the YMCA of Greater Bergen County, 360 Main Street, Hackensack or call 201-487-6600 or visit the website at www.ymcagbc.org ###

YMCA Announces Camp Positions

The YMCA of Greater Bergen County is accepting applications for positions at its summer camps in Harriman State Park.

Job openings include general counselors, lifeguards, crafts and archery instructors, cooks and health directors.

Transportation is provided to the campsites from the YMCA in Hackensack. The YMCA is an equal opportunity employer paying competitive salaries.

For applications contact the YMCA of Greater Bergen County, 360 Main Street, Hackensack, NJ 07601; or call 487-6600. ###

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HH Little League Pancake Breakfast

The HH Little League will hold its 12th Annual Pancake Breakfast on Sunday, April 15th, from 7 a.m. to noon at the VFW Hall on Veterans Place.

The menu includes pancakes, bacon, sweet rolls, bagels, juice, milk and coffee.

This event usually serves about 1,500 breakfasts.

Admission is -- adult \$5, child \$3 and under 4 free.

The Chinese style sports memorabilia auction will follow from noon to 1 p.m.

Winners do not have to be

Heights Native Participates in Triathlon

Christie (Klug) Rice, a native of Hasbrouck Heights and active member of the HH and Corpus Christi community, will participate in the Wyckoff/Franklin Lakes Triathlon on June 16, 2007 as a member of Northern NJ's Team in Training (TNT).

The race consists of a 1/2 mile swim, 17 mile bike and 5 mile run.

The Society is the world's largest voluntary health organization dedicated to funding blood cancer research and providing education and patient services.

Rice has dedicated her race to honored teammate, 10 year old Daniel Mulvey, a courageous boy who is battling JMML (Juvenile Myelomonocytic Leukemia).

Donations can be made online at <http://www.active.com/donate/tntnonj/tntnonjCRice> or by check (payable to The Leukemia & Lymphoma Society) and dropped off at 109 Central Avenue, Hasbrouck Heights.

Christie, an RN on the Stem Cell Transplant Unit at HUMC, cares for leukemia, lymphoma and multiple myeloma patients and thanks you for your generous support in her endeavor. ###

present at the time of the drawing to win.

Proceeds will be used towards building an indoor practice/training facility.

Businesses are invited to place their business card size ad on the placemats for \$40. Deadline is March 4th.

Call Gary at 201-288-5227 for more information. ###

HH Little League Field Clean Up

The Hasbrouck Heights Little League reminds parents that the annual field clean up and maintenance is scheduled from 7 a.m. to noon on Saturday, March 24, March 31 and April 7.

Bring a rake. Continental breakfast provided. ###

Hasbrouck Heights Little League Opening Day April 14 at 9:00 a.m.

Planning on Buying A Second Home?

Gateway/GMAC is conducting a free seminar, "What You Need to Know Before Buying a Second Home" on March 14, 2007 at 7 p.m.

This seminar will explore all facets of searching for and buying a second home, including criteria to consider if you're buying it for investment purposes, tax issues, and absentee owner considerations.

Advance registration is required due to space limitations. Call 201-288-0004 for details. ###

HHPD Run

On June 1, 2007, the Hasbrouck Heights Police Department will join every police department in New Jersey in the Annual Torch Run to benefit the Special Olympics.

Last year the HHPD ranked 4th in the state, generating \$26,000.

The Department's fund raising efforts began on January 12, 2007, when they held their annual beefsteak dinner at the VFW, raising \$11,000.

Additionally, the Department accepts donations from the community.

One hundred percent of the funds generated by the Department go to the Special Olympics.


The mission of The Law Enforcement Torch Run is to raise dollars and awareness of the Special Olympics movement worldwide.

In 2005, 27 Torch Runs were held throughout the state, in a single day, covering more than 900 miles. Over 2,700 Law Enforcement officers, from hundreds of agencies, participated as runners or support staff through more than 384 communities.

Over \$1.7 million was raised in New Jersey in 2005, ranking them #1 in the world for the 4th consecutive year for Torch Run fund raising.

Because of this fund-raising Law Enforcement Torch Run, New Jersey is one of the few states where Special Olympic athletes do not have to pay to participate.


For more information, contact the police desk at 201-288-1000. ###



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Feintuch Memorial Wrestling Tournament

The Andy Feintuch Memorial Wrestling Tournament was held on Sunday, February 17th from 8:45 a.m. to 2:00 p.m. at the Hasbrouck Heights High School in the new gym.

Ten towns participated in this qualifying District Tournament with about 600 wrestlers from Hasbrouck Heights, Glen Rock, Montvale/Woodcliff Lake, Riverdale, New Milford, Waldwick, Saddle River, Cliffside Park, West Highlands and Union City.

The top two winners of each weight class advanced to the Regional Tournament held February 25th in Hackensack.

The Heights team earned 16 gold, 10 silver and 8 bronze medals.

The team competes in the Twin-County Junior Wrestling League (TCJWL).

In addition, they have a "dual meet team" that competes

in the Passaic County Youth Wrestling League (PCYWL), as well as several tournaments located throughout the state of New Jersey.

The 2006 season had 14 district champions, 2 regional champions, and 2 place winners in the New Jersey State Tournament.

This invitational tournament was hosted by the Hasbrouck Heights Recreation Department. The Recreation Director is Robert Brady.

The Hasbrouck Heights Recreation Wrestling Program was established in the 1970's for children 6 years old (1st Grade) to 14 years old (8th Grade). Typically, 50 to 60 kids participate annually, with 56 boys participating in the 2006-2007 recreation wrestling program.

The program is funded by the Hasbrouck Heights Recreation Department.

Registration fee is \$45 per child and includes uniform, practice uniform, tournament entry fees, insurance and practice/training and supervision.

Wrestlers practice at the Franklin Fitness Center two to three times a week for the 16 tournaments/matches.

The program's goal is to instill positive values such as goal setting and self-discipline, while at the same time making the sport an enjoyable experience.

The Hasbrouck Heights volunteer coaches were: Dan Guido (Head Coach), Darryl Albonico, Steve Dal Cortivo, Alex Garcia, Marty Innis, George Rose and Mark Stefanelli.

Many volunteers helped make this event possible, such as the volunteer parents of the program. Rosanna Guido coordinated the volunteers.

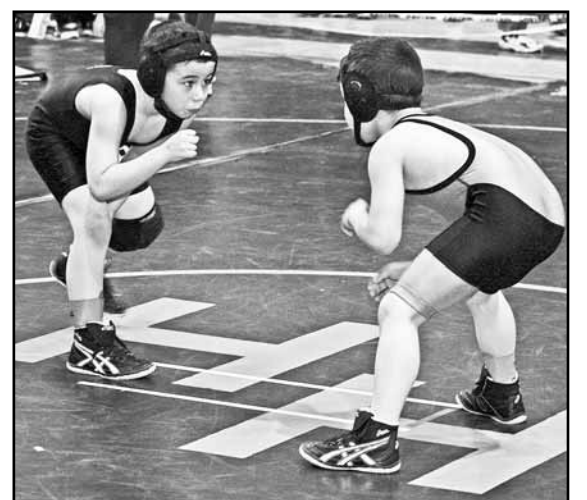
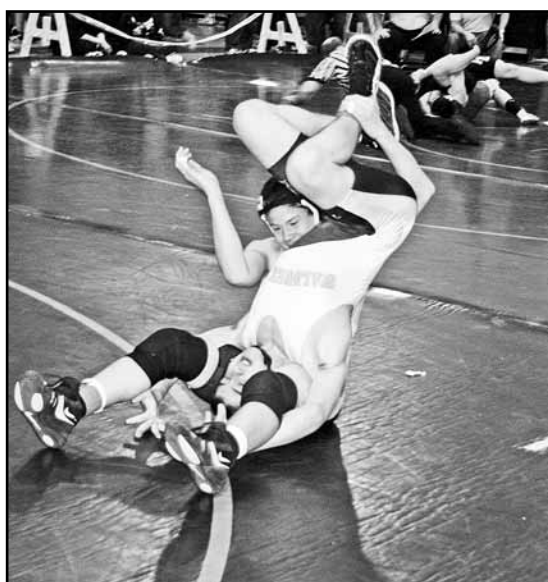
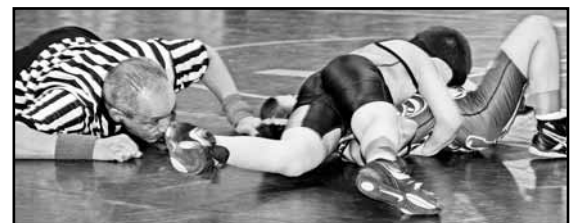
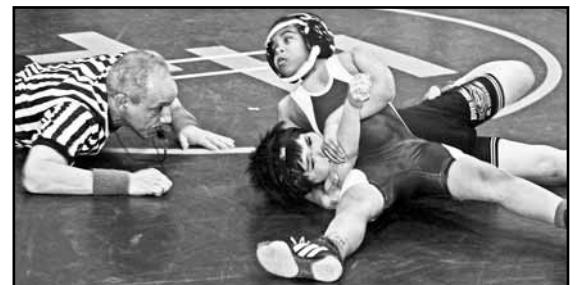
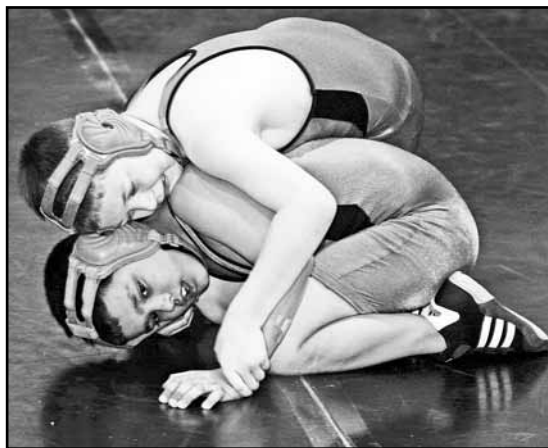
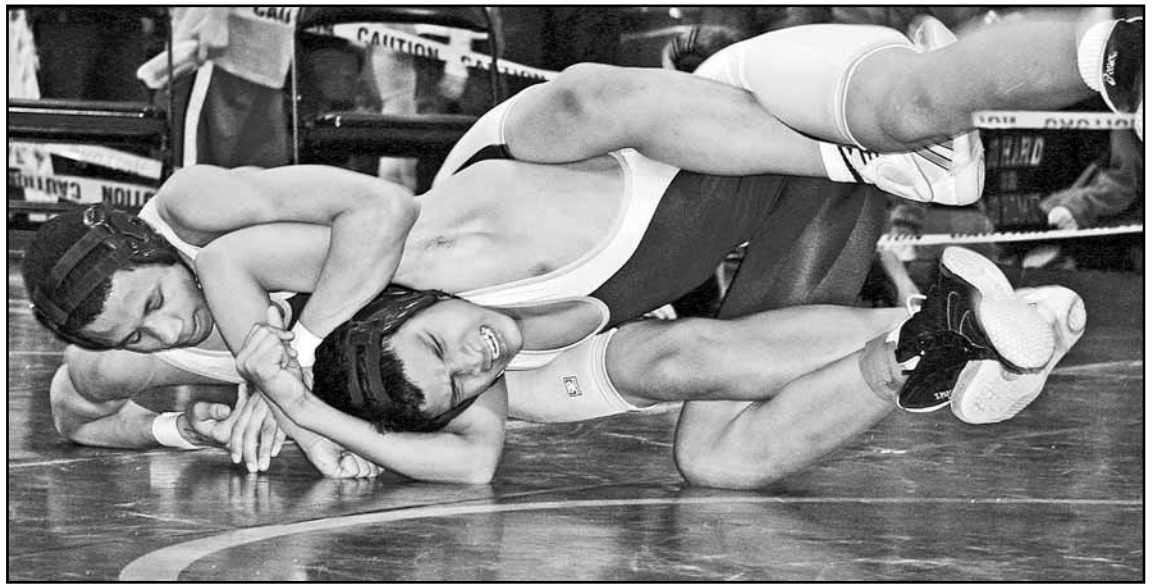
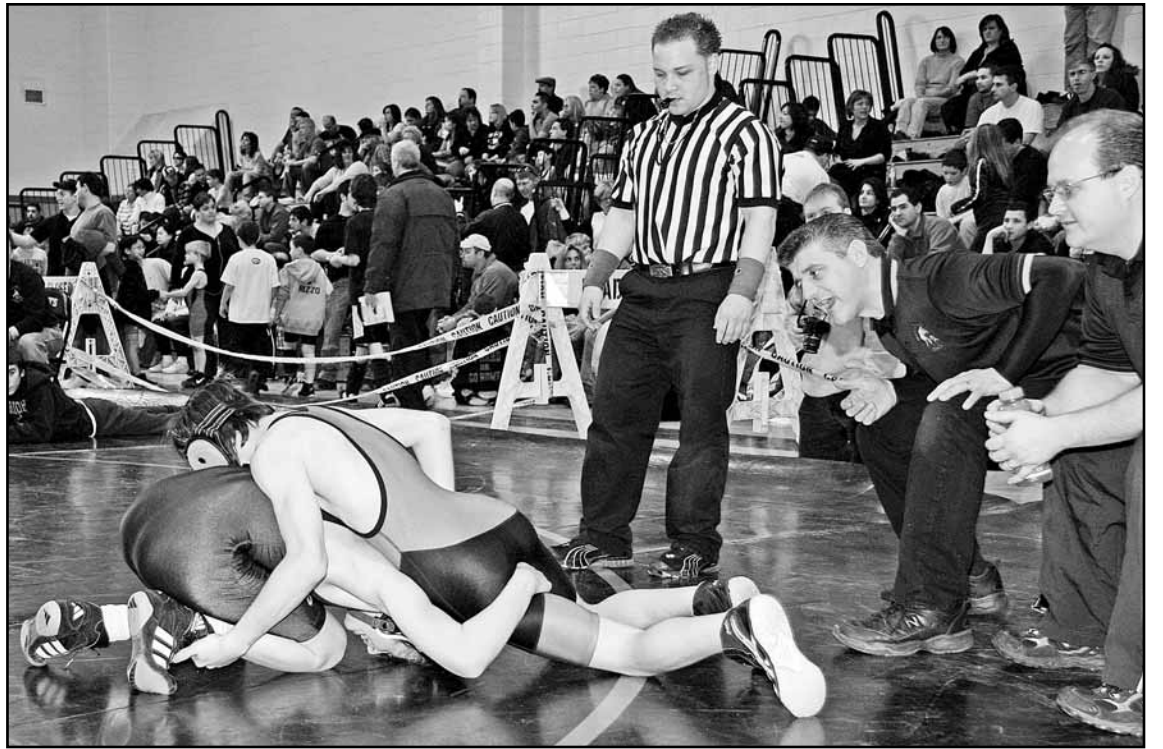
The program website is: www.hasbrouckheightsrec-wrestling.com ###



The Andy Feintuch Memorial Wrestling Tournament was named as a tribute to the person who dedicated his adult life to the betterment of Hasbrouck Heights and had been a pillar of the community since he began his 28 year career in the Borough in 1972.

As Recreation Director, Andy Feintuch began the wrestling program in Hasbrouck Heights.

Mr. Feintuch collapsed while watching a wrestling match during the 35th tournament in 2000 and died a short time later at age 49. ###



Lincoln School Holds Science Fair

Lincoln Elementary School PTA held their 15th Annual Science Exchange & Exposition Program in the school gym.

Presentations were made on January 30th: Grades K thru 2, and January 31st: Grades 3 thru 5.

About 150 children prepared and displayed a hands-on science project of their choice in the areas of physics, chemistry, biology, ecology, astronomy, meteorology and geology.

According to Lincoln School Principal, Mr. Steven Forte, "I am very excited to be part of this wonderful program.

On behalf of our staff and students, I want to express my gratitude to the hard working committee chairpersons as well as all the committee members who made this event possible.

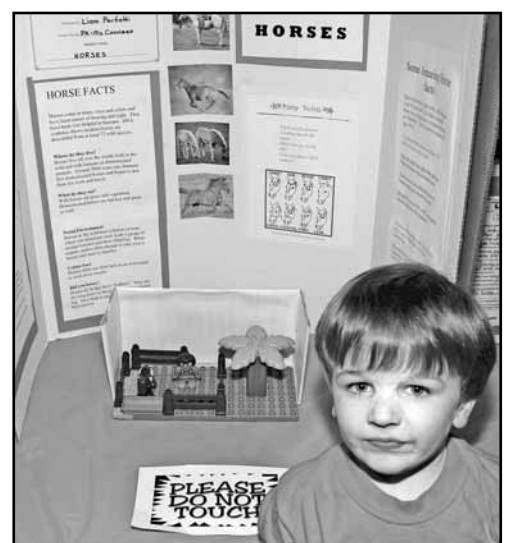
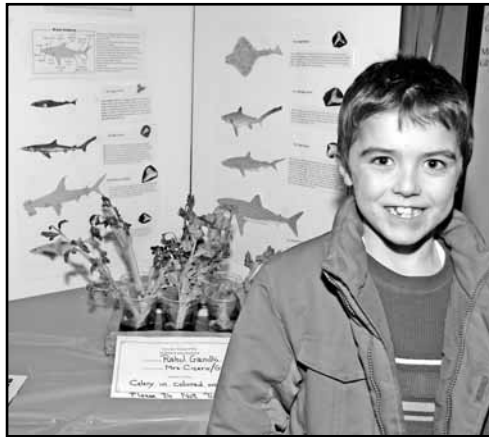
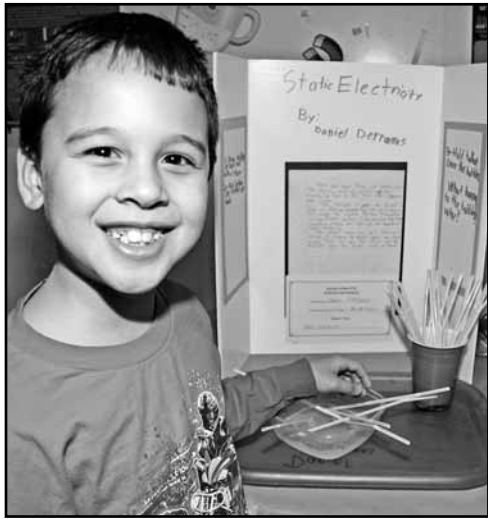
Programs like this provide opportunities for children to apply knowledge they learn in school and expand upon it at home.

The best part of this event is that children learn science can be fun and educational at the same time.

I am very proud of the hard work that our children put forth to create such amazing projects."

The PTA Science Exchange Chairperson was Linda Byrne and Vice Chairperson was Samantha Kalmowitz.

The committee included: Maria Adamkiewicz, Lisa Annichiarico, Debra Demone, Lorraine Dolan, Val Giancaspro, Lesley Giaquinto, Janet Hess, Natalie Molina, Lynn Nilsson, Lizz Nuzzo, Candace O'Malley, Nancy Riordan, Vinnia Schwartz, Raman Thind, Maria Tucci and Ling Wang. ###



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Brownies Have Sweet Dreams



In preparation for their first overnight campout, about 72 First and Second Grade Brownies from Corpus Christi, Euclid and Lincoln Schools participated in a town-wide sleepover held in the Senior Center on Friday, February 16 from 7:00 p.m. to 7:00 a.m.

They represented Girl Scout Troops 612, 613, 526, 595, 1180 and 1557.

The theme was Glen Spey of Hasbrouck Heights. Glen Spey is the name of the Girl Scout Camp in New York that these scouts will attend for their first weekend camping experience when they reach Third Grade.

During the evening they each decorated a flower pot and planted a flower seed.

They made "swaps" to keep for themselves, and exchange with other Girl Scouts. Swaps are large safety pins with letters and charms.

The young ladies played games such as human twister.

They made a mock campfire and sang Girl Scout Songs before retiring.

At 6:30 a.m. they enjoyed breakfast before returning home.

Each Brownie received a sleepover patch.

There were about 20 mothers supervising, with the assis-

tance of the Hasbrouck Heights Middle School 6th Grade Girl Scouts from Troop 556, who earned community service credits.

Although the Brownies have been doing sleepovers for years, this was the second year it was held in the Senior Center. The Brownies thanked the Seniors for letting them use their facility for this event. ###



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Brownie Troop 613 Learns About Banking



On February 12, 2007, Brownie Troop 513 toured **Bergen Commercial Bank**.

The tour was led by Branch Manager Debby Amicucci.

The tour began in the main section where Ms. Amicucci provided an overview on how banking works.

She then took the Brownies behind the counter and explained teller operations. The Brownies saw a demonstration on how to spot counterfeit money and a money counter.

Next, the Brownies went into the safe. Ms. Amicucci opened an empty safe deposit box and explained how customers use the box to protect their important papers, jewelry, and special items.

The final presentation was the safe door, where the Brownies studied the mechanism.

The Bank provided light refreshments. ###



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Corpus Christi School Focuses on Lenten Season

By Sonya Buckman

With the excitement and activities of Catholic Schools Week now just a memory, the Lenten Season becomes the focus of Corpus Christi School's students and faculty.

From February 21st through March 31st, a special Lenten Food Collection will take place with the theme of "Sharing Breakfast With The Poor." Donations of all types of breakfast cereals will be collected. The students will also take part in many activities and opportunities of reflection that will help them understand the importance and significance of this time of the year.

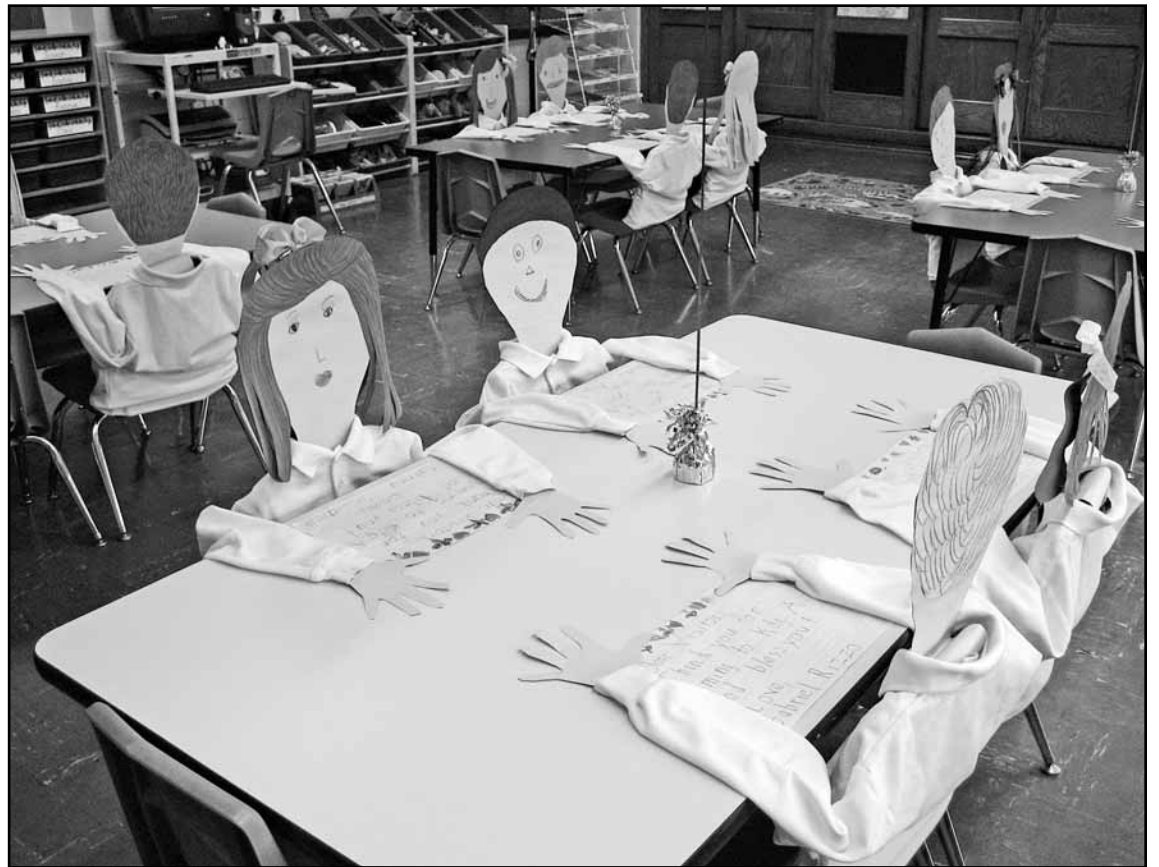
On March 5th -9th the students will participate in Terra Nova testing.

A Home School meeting is scheduled for March 14th.

Spirit Day on March 16th will allow the students to wear the green of St. Patrick's with the month's donation going to

the Children's Leukemia and Lymphoma Society. Christi Rice, one of our school parents is training to participate in a triathlon in June to generate funds for research in this area.

School will be closed on March 26th for a Deanery In Service to be held at Corpus Christi for Corpus Christi School faculty and those of neighboring schools. *Photos by Sonya Buckman, Kelly Sirmu-glu and Bruce Miller. ###*



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Locks of Love

by Stephanie Zottarelli

At the age of seventeen, I've experienced the loss of several loved ones due to cancer-related issues.

For the longest time I've wanted to find something that would show my appreciation for others under the same circumstances.

So, for the past two years, I have been growing my hair out so that I would be able to donate it to the Locks of Love

Foundation.

It is a non-profitable organization that provides hairpieces to children whose hair is lost due to medical conditions.

The day I cut my hair, I felt ecstatic. It is not just the idea of being able to help someone less fortunate, but actually being able to take the action to do something about it—that is where the real sense of accomplishment is.

Eric, of Eric Alt Salon in Wood-Ridge NJ, was the one to make this event final.

On December 1, 2006, he cut ten inches off of my hair.

I was thrilled that he donated his services to me and made the experience that much more enjoyable.

This is definitely something I would do again, and I encourage people of all ages to do it. I hope I inspired at least one person to do the same as I did, and make someone that really deserves it, happy. ###

100 Students Get the Bug

One hundred students in Grades 4 and 5 of our local schools received the BUG Award from the Kiwanis Club of Hasbrouck Heights.

The BUG Program (*Bring Up Grades*) is a program designed to encourage students to bring up one or more grades one level in English, Reading, Language Arts and/or Mathematics without going down in any of these subjects.

These students receive a "BUG" pin to wear, and a pencil. They will also receive a certificate to take home.

Students who receive straight "A" in these subjects will receive an Excellent Eagle Certificate or a Laudable Leopard Certificate from their principal.

Fifty 4th Graders and fifty 5th Graders received the "BUG" award.

One student raised her grades in four subjects; six in three subjects; twenty-seven in two subjects and sixty-six in one subject.

This is the second year that the Kiwanis Club has sponsored this program. They will continue this program for each marking period for the remainder of this school year.

Kiwanis President Barbara Smith, Vice President Martin Saccomano and Chairperson June Raymond made the presentations. ###

Teen Readers Club at Library

The Free Public Library of Hasbrouck Heights invites teens in Grades 7 thru 11 to attend the next monthly book discussion of the Teen Readers Club.

We meet on the last Monday of each month from 7:00 p.m. to 8:30 p.m..

On March 26th, the book to be discussed is "Radioactive Boy Scout" by Ken Silverstein.

This biography tells the story of a Michigan teenager who attempts to build a nuclear reactor in his backyard.

Here is an opportunity for teens to talk about books, eat, play games, and make new friends. Stop by and sign up today at the Front Desk or call 201-288-0488 for more details. ###

The Hasbrouck Heights Free Public Library website is: www.bccls.org/hasbrouck/

5th Annual One Book Club

Join your friends all over New Jersey who are reading the same book during the 5th Annual One Book New Jersey event.

The choices for the children's books for this year's event are "Bear Snores On," by Karma Wilson for preschoolers and Grades K-2, and "Whales on Stilts," by M.T. Anderson for Grades 3-6.

For the younger group, take the book home and read or listen to it, draw a picture of your favorite part, or color a picture supplied by The Library. When you bring them back to The Library, you will get a craft to make at home, and a small prize.

For the Grades 3-6 group, take the book home to read, and write 2 to 6 sentences on an index card supplied by The Library telling whether or not you liked the book and why. When you return the index card to The Library, you will receive a small prize, and get a chance to win a \$20.00 gift certificate to Barnes and Noble in the One Book New Jersey lottery.

The program runs from March 1 to April 30, 2007, and there is still time to join. The lottery drawing will be held on May 1, 2007. Questions? Call the Children's Room at 201-288-8911.

This program is open to Hasbrouck Heights residents only. ###

Scouts "Try It Patch"

Xcel Tae Kwon Do Center in Hasbrouck Heights will be offering a free "Try It Patch" group class for any local Girl or Boy Scouts and affiliates.

If interested in a martial arts class for your troop, contact Chrissy at 201-288-8033. ###

Many businesses along The Boulevard are open Thursday Evenings

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\$7.99 Sampler (Pictured): Served with two eggs, any style, crisp hash browns, two strips of bacon, two slices of ham and two pork sausage links

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These special offers expire April 22, 2007. Coupons or other discounts not valid with this special.

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On the afternoon of February 8, 2007, Brownie Troop 595, from Lincoln and Euclid Schools, toured the Hasbrouck Heights Fire Department.

The tour began with First Assistant Chief Michael Ratkowski discussing fire safety.

He discussed -- what to do if there is a fire in your home: go to a neighbor and have them call 9-1-1, do not go back into your home.

If you are trapped in your bedroom, close the door and go to a window as Fire Department members are trained to walk around your home to look for you.

Engine Company One Captain Edmund Carter III led the apparatus tour.

He discussed the foam/crash truck features. Next, he took the Brownies into the Rescue Truck where he explained the various equipment such as "Jaws of Life," communications, etc.

Next, Captain Carter did a walk-around of Engine 2, illustrating how much water the truck carried -- "you know how much a gallon of milk is -- this engine carries 1,000 gallons."

The Brownies then sat in the Engine 1 firefighters' compartment while Captain Carter explained about air packs.

The Brownies then walked around the Ladder Truck.

Firefighter Mike Greco put on the firefighter's full turnout gear and Captain Carter explained each detail of the protective clothing, air pack, helmet, etc.

Captain Carter added information about fire safety: smoke kills more people than fires, if you catch fire: stop, drop and roll, never play with matches, etc.

The Hasbrouck Heights Fire Department offers facility tours to all community organizations. Call the Fire Chief's office for more information at 201-288-0082. ###



HHFD Conducts "Jaws of Life" Training

Training under freezing temperatures on Saturday afternoon, February 17, 2007, the Hasbrouck Heights Fire Department conducted rescue and "Jaws of Life" training at the DPW yard near the airport. Two donated vehicles were used in the exercise that practiced the basic techniques that are regularly used by the Department.

The hands-on exercise began with a training overview and review of safety procedures.

During the first drill, the vehicle was driven deep into a snow bank and the rescue truck winch pulled out the vehicle.

Each car was stabilized, each door was removed, glass was removed, the roof was removed, the car's frame was broken and spread -- as to extricate a victim whose legs were trapped under the dashboard.

Additionally, the Department practiced opening trunks and hoods.

Training emphasized the safety and treatment of victims during rescue operations. Also discussed were the hazards of: un-deployed air bags, seat belts, hybrid electric cars, etc.

The immediate solutions for ruptured gas tanks was to apply absorbent material for small spills, and apply a layer of foam for larger spills.

Senior Department members were able to share, with the newer members, many practical rescue techniques and tips that they had learned from their experiences.

Transportation and disposition of the vehicles was donated by Lenox Towing.

Because of proximity of Route 80, 17 and 46, Hasbrouck Heights is the second busiest town in Bergen County for extrications.

The first set of "Jaws of Life" tools were donated to the HHFD by several service organizations about 30 years ago.

The replacement set was purchased by the Borough of Teterboro in 1993.

The HHFD welcomes tax-deductible vehicle donations for future exercises.

About "Jaws of Life"

During emergencies, when a few wasted seconds can cost lives, the "Jaws of Life" are brought in to pry open accident vehicles and allow rescue workers to remove trapped victims from the wreckage. We often read about rescues that used the "Jaws of Life." What is it? How does it work?

"Jaws of Life" is not a

"tool" -- but refers to several types of piston-rod hydraulic tools known as cutters, spreaders and rams, which are used by trained rescuers working as a team.

The spreader is used to pull pieces of the structure apart, or it can be inserted into the side of the vehicle to tear a section out. The cutter is used to cut through the vehicle like a pair of giant bolt cutters. Some "Jaws of Life" equipment combines the cutter and spreader into one machine.

The ram's function is to push apart sections of the car (or other structure). For instance, a rescue worker can place a ram on the door frame and extend the piston to push the dashboard up, creating enough space to free a crash victim.

A typical "Jaws of Life" machine uses about 1 quart of hydraulic fluid. A portable engine pumps pressurized hydraulic fluid into the piston cylinder through one of two hose ports. An operator switch controls which port the fluid enters through. If it enters one port, the fluid forces the rod up and opens the arms of the spreader or blades of the cutter. The operator can then toggle the switch and cause the rod to retract, closing the arms or blades.

The "Jaws of Life" is actually a brand of tools that is trademarked by the Hurst Jaws of Life Company, but the name is often used when talking about other brands of rescue systems.

The HHFD operates two Hurst hydraulic generators, one gas powered and one electrically powered by the rescue truck.

The gas powered generator is portable, while the electric generator is mounted in the rescue truck.

Both generators pump hydraulic fluid through hoses which allow the tools to open and close.

The electric Hurst pump is connected to a hose reel inside the rescue truck, while the gas generator relies on separate hydraulic hoses that need to be connected at the time of the emergency.

Both generators are able to operate multiple tools simultaneously. ###

See "New Vehicle Technology -- Best Practices for Rescue" story on page 16.



Vehicle recovery.



View of door being spread open from inside.



Stabilizing the vehicle -- cribbing near each wheel well.



Cutting wires using hand tool after door is opened.



Cutting the laminated front windshield using an air tool.



After the wires were cut, the door could be removed.



"Jaws of Life" spreader tool detaches passenger side door.



Opening the trunk.

'Jaws of Life' Training



...m rear passenger compartment.



Cutting the center post and creating the third door. Air bag gas cylinders may be hidden in this post.



Extra care is needed in cutting the frame. Air bag gas cylinders or hybrid high voltage cables may be hidden here.



...door is spread open.



Cutting off the roof using two cutters simultaneously. Air bag gas cylinders may be hidden in each of these supports.



Once the frame has been cut, the front section of the car is spread open by the ram tool to extricate patients.



...continues to be spread open.



Cutting off the roof front support, after the glass has been removed. Air bag gas cylinders may be hidden in this support.



Photo shows how much room these tools open up the front section. The firefighters are laughing because they just started the car.

File photo of the "Jaws of Life" cutter and spreader tools. The cutter (left) is used to cut through the vehicle like a pair of giant bolt cutters. The spreader (right) is used to pull pieces of the structure apart, or it can be inserted into the side of the vehicle to tear a section out.



Two cutters working simultaneously. Rescue workers must use caution as air bag gas cylinders may be hidden in these supports.



Cutting off the rear roof support. Gas cylinders may be hidden in this support.



Removing the roof away from the vehicle.



Once the exercise was over, they overhauled the area, putting all of the cut-up car parts back in the cars, ready for transport.



New Vehicle Technology -- Best Practices for Rescue

Although today's modern vehicles are a marvel of consumer features, they represent a host of potentially lethal surprises for first responders.

On Wednesday, January 30, 2007, about 125 members of Mutual Aid Zone II (*Carlstadt, Hasbrouck Heights, Little Ferry, Moonachie, Wallington and Wood-Ridge Fire Departments*) attended a training session at the Moonachie Firehouse.

David Dalrymple of Roadway Rescue presented a two-hour presentation about New Vehicle Technology (NVT) best practices for rescue.

This talk addressed practical tips for first responders working a motor vehicle accident scene.

As with every other motor vehicle accident, operational concerns are patient care, shut down/secure, fuel, power, SRS systems, gas struts, etc.

But with today's hi-tech vehicles, there are additional safety issues. All personnel, when approaching a vehicle, must evaluate and identify NVT hazards and relate this information to command and control for documentation and for the crew to take defensive measures.

Hybrid Overview

It was noted that all hybrids start on electric power with the gas/diesel side of the drive train activating at about 25 mph. Hybrid vehicles are quiet, with the loudest sound being the tires. Although there is no sound emanating from a crashed vehicle, it still may be fully operational.

Drive train motors can operate at 275 to 675 volts. A planetary gear assembly combines the hybrid and gas motor mechanism for seamless mobility.

Identification

It is difficult to identify today's hybrid vehicles as the designs are comparable to their gas/diesel counterparts.

All manufacturers are coming out with hybrid vehicles to include vans and trucks.

The Fire Department advises that you notify them that your vehicle is a hybrid if you are involved in an accident or your car is on fire.

Hybrid trucks have additional hidden hazards because they include additional wiring and circuitry to generate 110 volts to operate construction tools. Some will offer 220 volts to operate welders.

Those first on the scene should look for some type of indicator or badge. It could be as discreet as the letter "h" after a model number or a small badge plate somewhere on the vehicle.

Every car manufacturer uses a different badge. There is no standard identification symbol. Identification could be difficult if the vehicle is heavily damaged.

HV batteries are very hot and require positive air flow. The responder may note air intakes somewhere on the hybrid, sometimes hidden under the rear seat.

Each vehicle has unique emergency procedures, but these two actions will disable the High Voltage (HV) circuit and disarm/discharge the SRS system(s): **shut off the ignition and disconnect the 12-volt battery.**

Shut Ignition

First, the vehicle ignition is shut down and the key is removed from the vehicle.

Vehicles with keyless ignition should insure that the keyless device is at least 15 feet away from the vehicle.

Although a victim may be lying near the crashed vehicle, a keyless device may still be operational. A quick check is that the ignition switch is red or black. A green light means that the system is operational. This is consistent with all vehicles.

Disable 12-Volt Battery

Second, the responder should isolate and contain the battery power. This means disconnecting or cutting the wires (*with hand tool, not a power hydraulic cutter*) to both terminals of the 12-volt battery. This action should isolate a HV hybrid battery power and all vehicle electrical systems. There is always power in the HV battery. Such power isolation should be documented.

One of the biggest problems is finding the 12-volt battery, as it could be anywhere. In newer vehicle design, there is no standard 12-volt battery location. These batteries are manufactured in different packages and labeling may be poor.

In hybrid vehicles, batteries are large and can be hidden (*covered over*) in the front, under the seat or in the rear of a vehicle. Hybrid batteries are solid, not liquid.

Responders should hunt, find and identify the battery quickly.

HV cables are indicated by bright orange (*over 40 volts*) or bright blue (*under 36 volts*). These cables are marked with the international symbol for high voltage. Cables may thread throughout a hybrid vehicle.

HV power is direct current (DC), self contained and does not ground out to the vehicle chassis. Even when the hybrid is shut down and secured, there will always be power in the HV battery.

There is no need for emergency responders to interact with the HV battery.

As every vehicle is different and there are no standard fuses or location, accessing the fuse box and removing fuses may not be practical in an emergency situation.

The circuit breakers on first generation hybrids may be operating at 500 volts.

SRS

These systems may include: dual stage frontal air bags, side impact systems, side

curtain/head protection, seat belt pretensioners and knee bags.

Front air bags are gas activated with the mechanism in the unit. First responders are cautioned to make sure both bags have been deployed.

All other safety air bags are deployed using gas cylinders or pyrotechnics (*cap gun releasing a smokeless powder*).

Gas cylinders range from 3,000 to 9,000 psi and may be hidden inside the interior trim, so emergency personnel should strip trim to evaluate if a NVT hazard is present.

When using tools for extrication, the first action is to protect the patient and the crew members with appropriate barriers.

When a door is cut off or seats removed, these items should be placed away from the vehicle with the side air bag up. With the side airbag facing down, the airbag may accidentally release causing the door/seat to become a projectile.

When cutting off a roof, gas cylinders may be in the roof posts. Care must be exercised when using hydraulic power cutters as not to cut through a gas cylinder causing an explosion with shrapnel.

When cutting or spreading tools inside the occupant compartment, care must be exercised as a gas cylinder or HV wiring may be hidden in the chassis.

Debris from the vehicle should be placed in a debris pile with consideration given to potential SRS reaction. Wrecker/recovery personnel should be informed.

Glass Management

With a victim trapped inside a locked vehicle, traditional methods of breaking glass may not work because the glass is laminated (EPG/Polycarb). This type of glass has to be cut out.

Signage for this special glass is small and hard to locate. Respiratory protection should be worn during glass management.

Glass provides up to 30% of a vehicle's structural integrity.

Stabilization

Responders use normal procedures and methodology. However, they need to look for HV cabling if the vehicle is overturned or upside down.

They need to use caution regarding HV cables when using lifting bags.

Also, on upright orientation it is a good idea to keep cribbing as close to the wheels as possible.

Tool Evolutions

Responders need to observe normal concerns for SRS systems and vehicle construction materials. However, tunneling through the trunk on the Civic Hybrid is not advised because the HV battery is in the rear seat.

Firematics

In addition to normal vehicle fire concerns, special attention must be applied to mag-alum parts such as behind the steering column, wheel assemblies, etc.

Mag-Alum fires burn extremely hot and require a lot of water or foam to extinguish (*note that both Hasbrouck Heights fire engines have foam capability*).

In addition, those are not sparks flying from the flames - it is molten metal. Mag-Alum parts are non-conductive.

Vehicles using ethanol fuels are poorly labeled. The firefighter should be aware that these fuels have different flash points than gasoline or diesel fuels.

The Mutual Aid Zone II President is Mike Pastor and the Coordinator is Tony Gentile. This training was paid for by the dues received from the towns participating in the South Bergen Zone II Mutual Aid Association. ###

See "HHFD Conducts 'Jaws of Life Training'" story on page 14-15.

A Family Affair

The Hasbrouck Heights Fire Department includes many families who actively participate together. This series presents a glimpse of those who serve our community.

Meet the Hallorans

By Justin Watrel

The involvement of another family member in the Fire Department is helpful when you need a listening ear or some much appreciated advice on a call.

It's nice to know that you have a sibling, in addition to your other Fire Department brothers, looking out for you. With one family, it's not just two brothers who are involved with the Department, but their mother is as well.

Brothers James (*Jim*) and Christopher (*Chris*) are both firefighters in the Hasbrouck Heights Fire Department and their mother, Nancy, is employed by the Borough of Hasbrouck Heights as secretary to both the Fire Chief and the Chief of the Fire Prevention Bureau. She is the first Chief's secretary in the history of the HHFD.

Nancy said, "I like working at Fire Headquarters. There's never a dull moment. It's always busy. I am always happy to be of assistance to everyone."

Nancy is married to James Halloran Jr., who is now retired after 32 years as an electrician for NJ Transit Rail Operations. His father, James Halloran Sr., was a Deputy Chief and a Fire Marshal for the Hoboken Fire Department from 1946 to the late '80's, when he retired.

HHFD member, Jim Halloran, was born in Hoboken, New Jersey. When he was two years old, his family moved to Hasbrouck Heights.

He is an Alumnus of Hasbrouck Heights High School, Class of 1994, and is a DeVry College graduate with a certification in Electronics.

He works as a Supervisor of Rail Operations for New Jersey Transit and serves as an instructor at the Bergen County Fire Academy.

Jim joined HHFD Engine Company 2 in May 1994. He was also involved with the Meadowlands Sports Complex fire service. "Even as a child I had interest in the fire service."

Over the years, Jim has served the HHFD as Department Secretary, Captain and Lieutenant of both Engine 2 and the Rescue Company, and is currently the Department Training Officer.

Chris Halloran is an Alumnus of Hasbrouck Heights High School, Class of 1997, and is a graduate of the University of Massachusetts at Amherst, Class of 2001, with a BA in Communications.

Chris works as a freelance video engineer, working mostly on sports and entertainment television events.

Some of the shows Chris has worked on include the NBA Finals for ABC and ESPN, SNY for the Mets, YES for the Yankees, and team sports that include the Knicks, Nets, Devils, Rangers, Islanders, Jets, Giants, and the 2006 World Series.

He has done work at CBS for "The Late Show with David Letterman," and has worked on "Inside Edition" and "The Guiding Light."

He has also served as Senior Video Engineer for the Democratic National Convention, where he engineered in the pool feed. "Our crew shot the event," Chris said, "we fed all the networks the video coverage of that event." He also worked at the 2007 State of the Union Address.

Chris got involved in the HHFD Hook & Ladder Company in November of 2003 when he moved back to New Jersey from the Boston area. Chris has served the HHFD as Hook and Ladder Company Secretary and is currently Rescue Company Lieutenant. "Firefighting is in our blood," Chris explained.

"My grandfather was involved in Hoboken's Fire Department and we grew up just a few doors away from the firehouse here in town. My father would take us to fire scenes when we were little."

When asked what he has



(l-r) Chris, Nancy and Jim during the 2007 Fire Department Installation Dinner.

learned since joining the Department, Chris answered, "You can't just limit yourself to what you know how to do."

When push comes to shove, you learn to push past it and follow through to get the job done. That pertains to all aspects of life."

He continued, "I have been around firefighting all my life and having an older brother here helps. It's nice to have someone to get advice from."

Although I like having my own space in the Department, if I need help, I can seek it out."

Jim agreed and added that it's nice having his brother on the Department. "We both understand what the other is thinking and being brothers, all we have to do is look at one another to know what the other is trying to say without saying it. I enjoy working within the Department and I like being able to help take control of a situation and help where I can," Jim explained.

"I work best when under pressure and I know in the end it is helping someone else."

"There are lots of benefits to the fire service," Jim continued. "There is a sense of community within the Department and in helping people out. There is a lot of pride in this job."

It really is a family that looks out for one another. We, as a Department, take a lot of pride in the way we serve the community."

September 11th

"On September 11, I had just gotten off a long shift at work and someone called to tell me that a plane hit the first tower. I turned on the TV and then saw the second plane hit the other tower. It was a long day for everyone," Jim said.

Jim also represented the Hasbrouck Heights Fire Department in the recovery effort at Ground Zero.

"On September 18, I went over to help with the recovery. We worked on the pile and helped out where we could."

Chris was in Massachusetts

at school on September 11. Later that week, he drove down to the Fire Department Convention in Wildwood. "Even at the convention, it was just a surreal moment for everyone."

The Department

"What people don't understand about the Department is the time and dedication it takes to be a firefighter."

We put a lot of time into it as members. It's not all fun and games, but in the downtime, we do enjoy ourselves.

When you are a firefighter, you give up a lot of your own time to help someone else," said Chris.

Jim and Chris encourage members of the community to stop by the firehouse if they are thinking of joining.

"It's nice to be able to serve the town. It's not just fire service and EMT work that we

do. We also help with events like football games, Town Day, Fire Prevention Week, Halloween and Christmas events and family events within the Department."

We want to thank the Halloran Family for their contribution, not just to the Department, but also to benefiting the town of Hasbrouck Heights over the years with their commitment to keeping our town safe. ###



Halloran Family Helmets: (l-r) HHFD Lt. Chris Halloran, Hoboken Deputy Chief James Halloran Sr. and HHFD firefighter Jim Halloran.



Deputy Chief James Halloran Sr. (center) reviewing aftermath of St. Mary's Hospital Fire in Hoboken, NJ, February 6, 1976. Photo from unknown newspaper clipping.



Deputy Chief James Halloran Sr. (on radio) commanding 325 Monroe Street Fire, Hoboken, November 2, 1977. Photos provided by family.



James Halloran Sr. (2nd from right) during Frank Sinatra's visit with some of the Hoboken Fire Department members in 1978. Frank Sinatra lived in Hoboken and on Lawrence Avenue in Hasbrouck Heights for several years. Photo by Sam Siegel, Metropolitan Photo Service.



Fit to Breathe

On January 31 and February 1 and 10, 2007, every member of the Hasbrouck Heights Fire Department performed their annual respirator fit test.

Firefighters authorized to enter smoke-filled structures using "air tanks" test the seal of their mask annually.

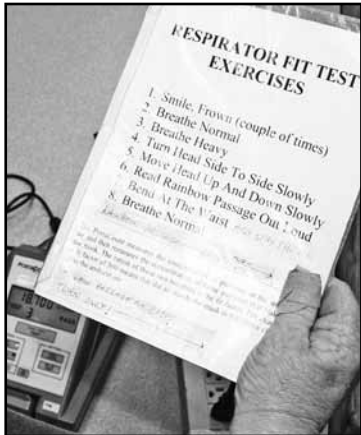
The Department used a PortaCount machine that connected two hoses to the mask -- one to measure the air particles in the room and the other to measure the air particles inside the mask -- with the difference measured.

During this eight to nine minute test, the firefighter performs a series of simple exercises such as smile & frown a couple of times, breathe heavily, turn head side to side slowly, turn head up and down slowly, read out loud, etc. The test does not require any exertion.

A confidential, comprehensive, written OSHA mandatory respirator medical evaluation questionnaire is also completed at this time. At the conclusion of the test, a print-out is made and attached to the questionnaire.

If a firefighter fails this test, the firefighter is not allowed to go into a smoke-filled building using that respirator. A new respirator may be required and the test may be retaken.

The test conducted at the



HHFD was performed by Examintics, the OSHA subcontractor. Bill Beckmann was the test operator. The cost of the test is paid for by the Borough.

This OSHA-mandated standard test is performed annually by every firefighter in the United States. ###

Firehouse 101

Justin Watrel of Hasbrouck Heights has recently published his first book of a trilogy. "Firehouse 101" explores the emotional aftermath of the 9-11 tragedy through the lives of ordinary citizens. The story is about a displaced New Yorker who moves back East after 9-11. In his time back, he faces a city challenged and changed after the attacks.

This book may be ordered online at: www.iuniverse.com or calling 1-800-288-4677. ###

CITGO Furnace Fire

On January 30, 2007, at approximately 12 noon, the Department was called to the CITGO gas station located at Terrace and Williams Avenues.

Engine One and the Ladder Company were on the scene.

The heating system, to include the duct work, was on fire and quickly extinguished.

Thermal imaging cameras were used to check for hidden fire extensions.

One firefighter received minor injuries and went to HUMC for treatment and was released.

Fire Chief Angelo Roccamo reminds residents and businesses that annual heating system check-ups help prevent fires. ###

Full Worm Moon

The March full moon will appear on Saturday, March 3, 2007, at 23:18. It is called the "Full Worm Moon."

According to the Farmer's Almanac, as the temperature begins to warm and the ground begins to thaw, earthworm casts appear, heralding the return of the robins. Northern tribes also referred to this Moon as the Full Crow Moon when the cawing of crows signaled the end of winter; or the Full Crust Moon, because the snow cover becomes crusted from thawing by day and freezing at night. The Full Sap Moon marks the time of tapping maple trees in another variation.

To settlers, it was also know as the Lenten Moon and was considered the last full Moon of winter.

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

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Spring Forward March 11

Beginning in 2007, Daylight-Saving Time will commence on the second Sunday in March and end on the first Sunday in November

At 2 a.m. on March 11, clocks should be set forward one hour ahead of standard time ("spring forward").

Daylight-Saving Time allows us to use less energy in lighting our homes by taking advantage of the longer and later daylight hours.

Daylight-Saving Time was instituted in the United States during World War I in order to save energy for war production by taking advantage of the later hours of daylight between April and October.

During World War II, the federal government again required the states to observe the time change.

Between the wars and after World War II, states and communities chose whether or not to observe Daylight-Saving Time.

In 1966, Congress passed the Uniform Time Act which standardized the length of Daylight-Saving Time.

The idea of daylight saving was first conceived by Benjamin Franklin in 1784.

A study by the U.S. Law Enforcement Assistance Ad-

ministration found that crime was consistently less during periods of Daylight-Saving Time than during comparable standard time periods. Data showed violent crime down 10 to 13 percent. It is clear that for most crimes where darkness is a factor, such as muggings, there are many more incidents after dusk than before dawn, so light in the evening is most welcome.

Oil Conservation

Following the 1973 oil embargo, Congress extended Daylight-Saving Time to 8 months, rather than the normal six months. During that time, the U.S. Department of Transportation found that observing Daylight-Saving Time in March and April saved the equivalent in energy of 10,000 barrels of oil each day - a total of 600,000 barrels in each of those two years.

In 1986, Daylight-Saving Time moved from the last Sunday in April to the first Sunday in April. No change was made to the ending date of the last Sunday in October. Adding the entire month of April to Daylight-Saving Time is estimated to save the U.S. about 300,000 barrels of oil each year.

Today, approximately 70 countries utilize Daylight-Saving Time in at least a portion of the country. Japan and India are the only major industrialized countries that do not observe some form of daylight saving. ###



Happy Birthday Fr. Rod

More than seventy seniors attended a special Birthday Party held at the Senior Center for Rev. Msgr. Rodrigo San Pedro.

Father Rod, who turned 60 in January, was treated to a Traditional Pizza Birthday Party. Many of the seniors who attended were from the line dancing class which he has been a part of for years. All contributed to the cost of the party as well as the gift that was presented.

The pizzas were prepared by **Tuscany Touch Restaurant** and the cake by **Regina Bakery**. Both establishments are located in Hasbrouck Heights. The food was excellent. Coffee, tea and soda were also available.

Pastor Lewis Papera of Corpus Christi Church also attended to offer his best wishes. Father Rod has long been an unofficial member of the Leisure Club and stated that he was excited that he now was old enough to become an official member. ###

Attention Veterans:

The American Legion Post 109 and the Veterans of Foreign Wars Post 4591 are inviting new members to their Posts.

These organizations have stood and fought for Veterans'

rights and are on the forefront of preserving benefits that have been earned.

For more information call the American Legion at 201-288-4028, or the VFW at 201-288-1112. ###

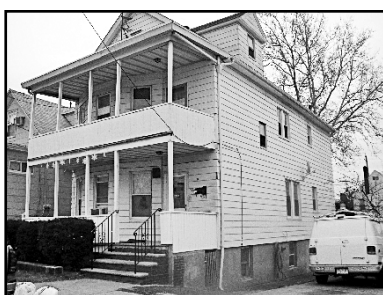
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Practical Tips for a Healthier You

Now that March is here, it seems that the cold weather is upon us. Frigid temperatures often keep us from working out and taking care of our health.

We may be reaching for unhealthy food choices, sitting in front of the television with a bag of chips and soda.

Some of us may just come home and collapse after a long day of work. The daylight hours are few and we may be dreaming of an early spring.

I sometimes turn to food for comfort and out of boredom. I am sure that I am not the only one who may find it hard to keep healthy foods in the house and turn to more “fast food” items that are higher in fat, sugar, and salt.

Okay, let’s stay positive and talk about ways to keep off the weight, not to gain back an extra 10 pounds over the next month or two, and keep fit even during the winter months.

A recent report in Fitness Magazine stated that weight loss success is a year round task.

We need to remember that something as simple as increasing portion sizes and exercising a little bit less or not at all because it’s cold outside, can put on body fat.

Before we turn around, a fast 5-10 pounds have been put on and then we need to try and take it off for the spring and summer.

So we need to remember to do the following:

1. Watch portions of food.
2. Focus on what motivates you to keep your goals in focus.

3. Write them down and keep that daily or weekly journal.

4. Take a good look at what you are bringing home from the store making sure that you keep a supply of fruits and vegetables on hand.

5. Try not to skip meals.

6. Watch alcohol consumption (*yes, lots of calories are in those drinks!*).

7. Keep up your exercise program.

8. Drink plenty of water.

9. Spend time with positive friends and family members.

10. Prioritize and pay attention to what really matters to you most.

11. Have a skim latte or non-fat hot drink from your favorite eatery.

12. Use the steps if you can, instead of the elevator.

13. Join a gym or try to get a free week at a local gym.

14. Don’t isolate. Stay in touch with friends who are staying their course.

15. Remember, the nice weather is right around the corner!

Keep warm and stay healthy, all!

Questions? Email me: SuzanneKinzler@aol.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. ###

**All Emergencies
Dial 911**

IHOP Gives Away Free Pancakes

On February 20, 2007 **IHOP** in Hasbrouck Heights gave away 547 short stacks of their famous buttermilk pancakes during the Second National Pancake Day, also known as Fat Tuesday or Shrove Tuesday, a centuries-old tradition brought back to life by America’s favorite pancake powerhouse.

Pancake Day has been celebrated for centuries in England on the day before Lent, with a tradition and lore all its own.

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

In return, guests were asked to consider making a donation to the “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.

Guests at **IHOP** in Hasbrouck Heights donated \$732.

Last year, nearly a million pancakes were given away and \$300,000 was raised by the 1,200 **IHOP** restaurants during the First Annual National Pancake Day. ###

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 Conference Room #1, on March 22, 2007 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, including referral and follow-up confidential consultation with

a Public Health Nurse. For information call, Laura French at 201-288-1636. ###

Yard Work Tips

- When lifting heavy bags of mulch, use a wheelbarrow when possible, and remember to lift with your legs, not with your back.

- Be careful when pruning. Pruning from a ladder is especially dangerous.

- To avoid blisters when doing yard work, wear gloves. ###

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March 2007 Senior Calendar

SENIOR ACTIVITIES

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

Tuesday, March 6, 13, 20, 27

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

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

Wednesday, March 7, 21, 28

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

Thursday, March 1, 8, 15, 22, 29

9:00 a.m. to 1:00 p.m.

Seniors AARP Income Tax Preparation
Call for appointment

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

Friday, March 2, 16, 30

10:00 a.m. Fun Bingo

Friday, March 2, 9, 16, 23, 30

1:00 p.m. Movie Day

- Perry Mason March 2
The Case of the Fraudulent Photo
The Case of the Terrified Typist
- Love Potion #9 March 9
- 2 Movies March 16
I.Q. Think Love -- Meg Ryan/Walter Matthau
The Best of Dean Martin Celebrity Roasts
- Charlie's Angels TV Show March 23
Angels in Chains
- 2 Charlie Chan Movies March 30
Murder Over NY -- Sidney Toler
Charlie Chan in Secret Service -- S. Toler

CLUB MEETING SCHEDULE

Wednesday, March 7

10:00 a.m. Leisure Club Executive Meeting

Wednesday, March 14

1:00 p.m. Leisure Club General Meeting

Entertainer: Don Anthony

UPCOMING 2007 EVENTS

Thursday, April 19 Hunterdon Hills Playhouse

Dinner, play and transportation \$65 per person

"Catch Me, If You Can." Mystery/comedy

Contact: Claire @ 201-288-3308 or Bertha @

201-727-1730

Wednesday, May 23 Brownstone Restaurant Trip

More information to come

Third Week in September

Five day trip to Canada now in the final planning stage. Details will be announced at the next regular meeting.



Heights Seniors Enjoy Valentine's Day Party

Contrary to popular belief, the US Postal Service has no official motto. However, most people believe it is "Neither snow nor rain nor heat nor gloom of night...." Why bring this up at this time? Because this can easily be accepted as the unofficial motto of the Seniors of Hasbrouck Heights.... only when there is a party to go to.

As we all know, there was a snow storm on Valentine's Day. This cancelled the regular meeting of the Leisure Club. The conditions on the day after the storm were no better. The temperature was in the low numbers and many of the roads were still covered with ice.

However, the Saccomano Family had scheduled a Valentine's Party for all seniors. The senior center was decorated with hearts. The food had been delivered and was spread out on the tables.

DJ Chris from Fun Time Entertainment had his equipment in place and was ready to provide the music for dancing.

Everything was ready for the seniors, but there was concern that because of the conditions outside, few would attend.

"Neither snow, nor rain nor

heat nor gloom will keep seniors from attending a party."

About eighty seniors showed up. They were eager to get out of their homes and were looking forward to a time to dine and socialize with their friends.

The seniors were treated to a buffet of hot and cold items. The meal was catered by Lovey's.

The food was salad, three different kinds of sandwiches, ziti, chicken, and eggplant. There was also soda, bottled water and coffee. The two sheet cakes came from Shop-Rite. Everyone there enjoyed the meal.

It could be said that the seniors from Hasbrouck Heights are eager and able to get out and socialize with their friends, despite the weather. *Story and photo by Peter Gallo Jr. ###*

HH Leisure Club Plans Canada Trip

The Leisure Club is now accepting deposits for their five day trip to Canada.

This year the trip will be to Montreal and Quebec City and is scheduled from Tuesday, September 18th to Saturday, September 22nd.

Alice Shenloogian has made all the arrangements with White Star Tours. The 5 day trip includes 4 night accommodations, 4 full breakfasts, 4 full course dinners and 2 evenings of entertainment.

The guided tours will be to Montreal, Old Montreal, Quebec City and Old Quebec. Special stops will be at the Notre Dame Basilica, St. Joseph's Oratory Shrine, Basilica of Ste.-Anne-de-Beaupre, and the Quebec Experience Theatre.

An afternoon tea is also planned at the Chateau Frontenac. Other places that will be visited are the Citadel, the Olympic Stadium, and, of course, the Casino de Montreal.

The cost is \$625 per person (double occupancy); an additional \$149 for single occupancy.

The price includes motor coach transportation, taxes and standard gratuities. For more information contact Alice at 201-288-4732. ###

The Leisure Club welcomes all Hasbrouck Heights Senior Citizens, 60 years of age or older.

AARP Program Stresses Exercise for Good Health

At the last meeting of the Central Bergen Chapter #418 AARP, President Michael Cahill presented Ms. Joanne Glussich, owner/manager of Contours Express.

Ms. Glussich stressed how proper exercise can not only keep an older person fit, but can also reduce the side effects of chronic diseases such as osteoporosis or diabetes.

She stressed that strength training helps to slow down the aging process; increases energy levels; improves muscle strength; and strengthens bones.

At AARP's next meet-

ing on Friday, March 9th, the program will be the Banjo Rascals.

This program will be held in the theater across from the regular meeting place. The regular meeting place is the M&M Building, 116 Holt Street, Hackensack, N.J. All meetings start at 12:30 p.m.

The members of this AARP Chapter come from Hackensack, Hasbrouck Heights, Maywood, Rochelle Park, Little Ferry and South Hackensack. New members are always welcomed.

Story by Peter Gallo Jr. ###

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**Samera Martinez
Appointed Little Ferry
Branch Manager**

Greater Community Bancorp, recently announced the appointment of Samera Martinez as Branch Manager/Assistant Vice President of the Little Ferry Branch located at 100 Washington Avenue.

Ms. Martinez brings with her over 18 years of experience in Retail Banking and will continue to demonstrate her banking knowledge with Greater Community Bank, a Member of Greater Community Bancorp.

Samera Martinez holds a New Jersey real estate license and is also certified in computer operations.

Samera plays an active role in her local community; she is a Vice President of the River Edge Rotary Club, a River Edge Girl Scout Leader, and a member of the River Edge Chamber of Commerce.

Ms. Martinez is bilingual in Spanish and she is anxious to introduce more of the Hispanic community to the Bank's products and services.

Greater Community Bancorp is a financial holding company headquartered in Totowa, New Jersey. The Company operates fifteen full-service branches in the northern New Jersey counties of Bergen, Passaic, and Morris through its subsidiaries Greater Community Bank and **Bergen Commercial Bank**. Subsidiaries provide traditional commercial and retail banking services to small businesses and consumers. ###

**February ... Quite a Turn of
Events From Earlier Winter!**

By Meteorologist
Dan Ventola

Most people in the Hasbrouck Heights and Teterboro area were thinking, "Hey...we got it made in the shade THIS winter"...as temperatures were spring-like in December and even during January!

And, the snow drought continued at that time.

But, Old Man Winter had his own ideas and surprises for the month of February.

Cold Arctic blasts of air continually pummeled the area on gusty northwest winds.

Those same winds were responsible for incredible lake effect snow amounts of 120 inches in Oswego County in upstate New York.

Finally, we had our own share of snow and ice here in Hasbrouck Heights on February 14, Valentine's Day. About 3" of snow and sleet accumulated.

With very cold temperatures during the storm, temperatures mainly between 15 and 20 degrees, every flake and mainly "ice pellet (sleet)" readily stuck to make all paved surfaces very treacherous.

Even colder air followed the storm allowing for whatever fell to freeze solid as a rock.

As far as future weather is concerned, otherwise known as FORECASTING... it appears to me that we will turn milder and get out of this continuous cold weather regime we have been used-to the past month or so.

However, don't be fooled. We will still see another snow storm or two before spring rolls in. One will be light to moderate and one will be moderate to heavy. Timing on the events is tough.

By the time all is said and done, this winter may very well have a "respectable amount" of snow totals.

Hasbrouck Heights resident Dan Ventola is President of The National Weather Station, Weather Consulting, Forecasting & Analysis, 1-877-447-6699, "Serving Clients with Expert Weather Services Since 1985," www.national-weatherstation.com ###

**No parking on Boro
streets between
2 a.m. and 6 a.m.**

**DPW Announces Spring
Clean-up Schedule for 2007**

DPW announced the annual spring clean-up schedule.

Zone 1 pick up schedule is March 8, 15, 22 and 29.

Zone 2 pick up schedule is March 9, 16, 23, and 30.

Residents should place leaves in paper sacks or upright

containers at the curb. Grass and hedge clippings will also be accepted at this time.

Branches will not be picked up. Plastic bags are not accepted. Call 201-288-1072 for more information. ###

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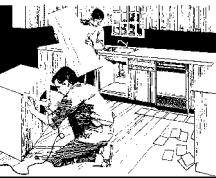
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Ecumenical Prayer Breakfast March 25

The men of the First Reformed Church of Hasbrouck Heights are sponsoring their 17th Annual Men and Boys' Ecumenical Prayer Breakfast on Sunday, March 25, 2007 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.

Rev. James J. Reid, Exec. Ministry of Classis of the Greater Palisades, Reformed Church of America, will be the guest speaker.

Tickets are \$5.00 per person. For more information call Gil at 201-288-4608. ###

Rummage Sale

The Guild for Christian Services will hold their Spring Rummage Sale at the First Reformed Church on April 20th and 21st 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. ###

World Day of Prayer

This year's World Day of Prayer Service will be held at St. John The Divine, 229 Terrace Avenue, on March 2, 2007 at 1:00 p.m.

Participating will be: Community United Church of Christ, Corpus Christi Roman Catholic Church, First Reformed Church, First United Methodist Church and Holy Trinity Lutheran Church.

This Service was written by the Churchwomen of Paraguay. The theme "United Under God's Tent" symbolizes that we are woven from many different threads throughout the World. All are welcome. ###

St. Patrick's Day Corned Beef and Cabbage Dinner

On Sunday, March 11, from 5:00 p.m. to 7:00 p.m., the Knights of Columbus will hold their Annual St. Patrick's Day Corned Beef and Cabbage Dinner in the Corpus Christi School cafeteria.

Adults are \$7.50, children under 12 \$4.00. Call 201-288-6685 for tickets and more information. ###

Praise, Worship & Song

The Felician Sisters will hold An Evening of Praise, Worship and Song on March 18, 2007 from 7:00 p.m. to 8:30 p.m. at their Chapel located at 260 South Main Street, Lodi.

Young adults and youth are invited for this experience during which the Lord Jesus will be praised in song before the Blessed Sacrament.

The ensemble providing the musical ministry for this evening includes guitars, percussion and woodwind instruments, as well as vocalists.

There will be opportunities for the reception of the Sacrament of Reconciliation. There is no admission charge. For more information call Sister Marilyn Minter at 973-473-7447.

The Felician Sisters are still selling cassettes of their 2001 recording, "The Gift of Song." The cassettes are \$5.00. To order copies, please call Sister Mary Virginia at 973-473-7447 ext 115. ###

Taize Prayer

On Sunday, March 4, 2007 the Felician Sisters will hold a TAIZE PRAYER BEFORE THE BLESSED SACRAMENT from 7:00 p.m. to 8:00 p.m. in their chapel, 260 South Main Street, Lodi, New Jersey.

This meditative candlelit service will be prayed before the Blessed Sacrament and includes simple chants sung repeatedly, rich silence and prayers of praise and intercession.

Taize prayer is a wonderful way to become more peaceful and centered in the Father, Son and Holy Spirit amidst a busy life.

All are invited to come and be renewed by God through prayer and silence in the beautiful chapel of the Felician Sisters.

There is no admission charge. For additional information, please call Sister Marilyn Minter at 973-473-7447. ###

Reformed Church Hosts Acclamation Dance Ministry

The First Reformed Church of Hasbrouck Heights will host the Acclamation Liturgical Dance Troupe, from Messiah College, Sunday, March 4th at 10 a.m. Worship service. The Dance team will present three pieces with themes from Psalm 27 and the Gospel of Luke.

The community is welcome to attend.

The purpose of Acclamation Dance Ministry is to promote creative expression through the art of liturgical and expressive dance, and to provide an alternative language for the worship of our Lord Jesus Christ.

As we engage in deep, humble worship and passionate praise, we will be educated by the Holy Spirit. In the unity of believers, we will be enveloped in the presence of God as we represent the heart of the Father.

Acknowledging that the Lord has talented us with dancing ability, we are simply giving back to Him what He has originally given to us. Our bodies are vessels and temples of the Holy Spirit as we use the holy expression of dance to minister to others. ###

Corpus Christi Hosts Smoke-Free Bingo

Corpus Christi sponsors smoke-free bingo on Tuesday and Saturday evenings starting at 7:30 p.m. Doors open around 6:00 p.m.

Each Bingo Night awards prizes of \$1,000, guaranteed. There are also two 50/50 games and a progressive jackpot game.

Bingo is run by a team of volunteers, thus 100% of profits from each Bingo Night directly supports the parish school.

Bingo is held in the school cafeteria. Call the Parish Center at 201-288-4844 for more info. ###

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H.O.P.E.

"HOPE" (*Helping Other Parents Endure*) is a support group for parents grieving the death of a child.

For more information please call 201-288-6886 or e-mail bmmc917@optonline.net

Groups meet either the first Wednesday of each month in Bloomfield or the third Monday of each month in River Edge. All parents are welcome. ###

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**Hasbrouck Heights
Council of Churches**

Lenten Season

By Reverend Joseph Pickard, Vicar
Church of St. John The Divine (Episcopal)

**A Prayer for the
Season of Lent:**

Almighty God, you bring to light things hidden in darkness, and know the shadows of our hearts: by your Spirit, cleanse us, revive us, and renew us, that we may walk in the light, and glorify your Name. Amen.

I have really only been an active church-goer for 30 years. I came into our church from my college days and was introduced to the traditions during a time of significant change in the liturgy and innovations in many aspects of my life.

I was also associated with a church of almost 750 people, with a cadre of five clergy in another region of the country. The Church was in the midst of change then, and it continues to be alive and relevant, especially today, while change is all around us.

From "those days," I remember being told of an intense five week time of self-examination, to bring light into the darkness of life - the Season of Lent.

It was to be a time of introspection and reflection of heart and mind and soul, looking deep within to find the sin hidden deep within each person.

Everyone was expected to give up something they liked during Lent. This deprivation would be especially helpful if we could sacrifice something that would remind us daily of the sacrifice which Jesus offered for us.

"Then," candy or chocolate seemed to be expected of children; smoking or drinking was on the top of the list for adults.

Church members in respectable numbers also flocked to weeknight activities and services, attended quiet days and other special programs.

Children put pennies in Mite Boxes daily as a reminder of our need to make sacrifices from which others might benefit.

In the end all of this self-searching and abstinence was to heighten our joy on Easter Day when, exposed to God and ourselves, the weight of sin was gobbled up by the Resurrected Jesus.

Seldom, if ever, did people

ever talk about the deep sin they uncovered within themselves, that was too personal, too exposed.

Many people gave up on giving up "stuff" after the first few weeks.

Like the New Year's resolutions, abstinence just didn't work very well. Children might, or might not, put pennies in the Mite Boxes, if someone reminded them.

Despite all this, however - nearly everyone was nonetheless overjoyed to experience Easter Day.

Perhaps it was because it was simply a release from any guilt of not being a better person during Lent, or more consistent, or disciplined, during the Season.

In today's time of change, "sin" is not a "popular" concept or constant topic of discussion, although many of us will admit to "falling short" of the mark, or not living up to expectations, in many aspects of our lives.

The "darkness" of life, the never-ending blitz in which we live, and the never-ending barrage of things we cannot control, seem overwhelming.

Lent is an intentional time set apart in busy lives, a season for deepening our spiritual selves, and for reflection of a more positive aspect, after which discernment and intentional change might be forthcoming.

It is more popular to focus on the affirming light of taking on a task for these five weeks, making something better, or serving others in the world for a specific, short period of time, rather than depriving oneself of cherished "things" or "bad habits." Affirmation and improvement have positive ramifications over deprivation and denial.

No matter how one approaches this time of the Church calendar, or the cycle of our lives, it still calls us all to look at our relationship with God in Jesus Christ.

Who is this One who gave his life that we might have eternal life? Why am I so special that he would do this for me? Can I really be so incredibly important that my joy in life is of value? What gifts do I bring that God really needs? What DO I believe?

Lent provides us with time and opportunity to see things

anew, remember things gone by, and to celebrate what is already in our midst.

May your Lent bring forth the glory and the beauty that is God's Love sewn in you from before creation. ###

**About some of the
Traditions of Lent**

Theme of the Season:

The word "Lent" comes from the Anglo-Saxon word for "Spring" and has been traditionally applied to the season of 40 days preceding Easter. Jewish tradition encouraged a period of preparation for major religious observances. Since many of the early Christians were Jews, it was only natural that they set aside a season for personal reflection before the celebration of Christ's resurrection known as the "Pasch" or "Easter," the major festival of the Church year.

Dating the Season:

Lent is a forty day period, somewhat like the 40 days Moses spent on Mt. Sinai prior to receiving the Ten Commandments (*Exodus 34:28*). Elijah fasted 40 days on his journey to Horeb (*1 Kings 19:8*), as did Jesus before his temptation by Satan (*Matthew 4:2*). In counting the 40 days, the Western Churches skip Sundays, since they commemorate the celebration of the Resurrection. Thus in 2007, Lent began on February 21st (*Wednesday*) and ends on April 7.

For Christians in the East, in the Orthodox Churches, Lent is called The Great Season, and because they count both Saturdays and Sundays when they figure the time for the Season, the Orthodox Season begins on the Monday ("*Clean Monday*") preceding our Ash Wednesday and ends with Easter the Sunday following the Western Church's celebration

Colors of the Season:

In most liturgical churches the colors of the Season are various shades of purple, and in some churches dark, deep blue. These colors are considered "royal" to prepare for the King. The Fourth Sunday is known as "Rose Sunday," and, in some churches, pink hangings and vestments are used. It is seen as a break in the penitential atmosphere of the Lenten Season. Palm Sunday, and much of Holy Week in some churches, is red, a sign of Christ's shedding his blood for the world. On Good Friday we use black to mark Jesus' death; and on Easter all our drapes are either turned to white or removed totally, to reveal the glory of God's redeeming work in the celebration of the Resurrection. ###

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Rev. Raymond M. Holmes
Rev. James Whelan
Rev. Msgr. Rodrigo San Pedro
Rev. Msgr. Martin O'Brien



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):

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Corpus Christi Links

www.rc.net/newark/corpuschristi/index.html
Corpus Christi School [www.corpuschristischool.net]

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Sunday

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11:00 a.m. Holy Communion

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The Jesus Story

The Bible Baptist Church will present the 18th Annual "The Jesus Story" at Felician College, 262 South Main Street, Lodi.

The 2007 schedule is Saturday, March 31st and Sunday, April 1st at 4:00 p.m. On Tuesday, April 3rd, Wednesday, April 4th, Thursday, April 5th and Good Friday, April 6th, at 8:00 p.m.

Free general admission seats require no ticket and are on a first come basis. Limited reserved and group seats are available.

Seventeen 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 cast and technical crew of over 100 committed Christian volunteers bring in crowds of over 8,000 annually -- through the collaboration of the Cultural & Community Affairs Division of Felician College.

"The Passion Play is a musical drama that has touched and changed many people's lives. It crosses denominational barriers and reminds us of the love and concern God has for each of us. It is our prayer that you will be encouraged and blessed by this year's performance."

This year's touching rendition will be brought to life



through the lives of the women that surrounded Jesus. From his birth through the Virgin Mary, to scenes including Mary and her sister Salome, the woman at the well and the miraculous resurrection of a widow's child

The purpose of this play is not to entertain, but to present the love of God for a lost and dying world. John 3:16 tells us, "For God so loved the world, that He gave His only begotten Son, that whosoever believes in Him should not perish, but have everlasting life. Jesus came as God's perfect sacrifice so that we may live forever."

During this Easter season, the high holy day of the Christian calendar, it is important for us to remember who God is and what He has done for us. As we dramatize the life, death and resurrection of Jesus, it is our hope that you will personally experience God's love in a special way.

It is recommended that you visit the web-site for ticket information at www.biblebaptist.net and click the prompt for "Passion Play Information". Those with no internet connection may call 201-288-4139 x11. ###

Bible Baptist Passion Play

Scenes from previous years.



Rosary Society News

The Rosary Society of Corpus Christi Church in Hasbrouck Heights is having a Fish'N Chips Dinner on Friday, March 2, at 6 p.m. in the school cafeteria (take-out available at 5 p.m.).

Ticket price is \$15 for adults and \$7 for children and includes soft drinks, coffee/tea and dessert. For reservations call Karen McDowell at 201-288-5738.

The General Meeting of the Rosary Society is Thursday, March 8, in the school cafeteria beginning at 7:15 p.m. with the recitation of the Rosary and Mass.

Our Guest Speaker for the evening is Rev. Joseph Kukura, who will address the membership on medical research and scientific advances as they relate to the teachings of the Church.

We encourage our members to attend and invite all the women of the parish to join us for what promises to be a most interesting and informative presentation.

Members are reminded to bring to the March meeting their donations of household cleaning products which we are collecting for The Friendly Neighbors of Hasbrouck Heights.

The Rosary Society is hosting a Scholarship Luncheon on April 13 at noon in the school cafeteria.

This project funds scholarships for two Corpus Christi eighth grade students who will be attending Catholic high schools. Members of the parish and Hasbrouck Heights community are invited.

We are in the planning stage and details will be released at a later date.

For information on the Rosary Society programs and activities, please contact President Karen McDowell at 201-288-5738. ###

Guild Assembles Health Kits

Through April 8th, 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.

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

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A Heart Stirring Musical Drama You Will Never Forget

18th Annual Presentation

- Saturday..... March 31 4:00 p.m.
- Palm Sunday..... April 1 4:00 p.m.
- Tuesday April 3 8:00 p.m.
- Wednesday April 4 8:00 p.m.
- Thursday April 5 8:00 p.m.
- Good Friday..... April 6 8:00 p.m.



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

Performances are held at:
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For information and directions visit the web-site: www.biblebaptist.net

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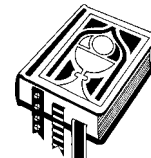
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Due to the Play's graphic intensity, it is strongly recommended that no child under 8 years old attend the performance



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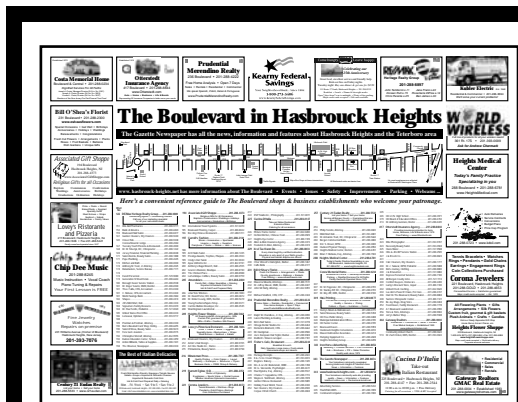
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AHOF Open Cockpit Day

On Saturday, April 7, 2007, the Aviation Hall of Fame and Museum will open all aircraft and their cockpits to the public for visitors of all ages to sit in and pretend to fly.

Aircraft include Martin 202 Airliner, Cobra Gunship Helicopter, Coast Guard Rescue Helicopter and a Lockheed

402-2 Bush Master. Guides are available to explain each aircraft.

Admission: Adults \$5, Children (under 12) & Seniors \$3.

Call 201-288-6344 for a copy of their new brochure, or visit their web site: www.njahof.org ###

Roast Beef Dinner Saturday, March 10

The Guild of Reformed Church Women will hold their Annual Roast Beef Dinner on Saturday, March 10, 2007, 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 Lois Hettel at 201-288-0943 or Pat Boer at 201-288-0534 before March 8. ###

St. Patty's Day Dinner-Dance

VFW Post 4591 is holding their Annual St. Patty's Day Dinner-Dance on Saturday, March 17, 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 Andy Ray. Cost is \$30 per person. Reservations are requested by March 10th 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. ###

Fashion Show Monday, March 5th

The Carlstadt Mixed Chorus will present its Annual Fashion Show Monday, March 5th 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 201-943-9466. ###

Explore Space

Space Exploration Night at the NJ Aviation Hall of Fame and Museum is on April 20th at 7:30 pm.

Come learn about the past, present and future of space exploration from space flight expert and historian Joe Lenox.

The program will include authentic spacecraft hardware, detailed scale models, actual flight documentation, charts, pictures, and historical items.

This multi-media presentation has been well received at museums, libraries, schools, civic organizations and adult classes throughout New Jersey.

Don't miss this exciting evening for people of all ages.

For more information call 201-288-6344. ###

Dog License Renewal Info

Laura French, Secretary to the Hasbrouck Heights Board of Health, reminds all dog owners that their 2006 dog license expired on January 31, 2007.

Licenses renewed between February 1, 2007 and June 1, 2007 are subject to a \$10 administrative fee in addition to the cost of the license. After June 1st, the late fee is \$20.

Fees for the year 2007 will remain the same: \$7.00 if altered; \$10.00 unaltered.

Owners are reminded that the dog(s) must be immunized against rabies for the first 10 full months of 2007. Dogs with rabies immunizations which will expire prior to October 2007 should receive a booster prior to applying for the new license.

Licenses can be obtained by mail by enclosing a copy of the current rabies certificate, proof of spaying or neutering along with the license fee.

Send check with a self-addressed, stamped envelope to: Health Department, 320 Boulevard, Hasbrouck Heights, NJ 07604.

Failure to renew a license will result in legal action.

Please call 201-288-1636 to advise the Health Department if you no longer have your pet. ###

Hasbrouck Heights School Board & Budget Election is scheduled for April 17, 2007 2 p.m. to 9 p.m.
Residents must register before March 27th. The Borough Clerk's Office will be open late that night.

DAV Meets at VFW

The Disabled American Veterans, Bergen County #15, meets at VFW Post 4591 every 3rd Tuesday at 19:30 hours.

A service officer will be available to assist in filling out claim forms.

The Disabled American Veterans (DAV) mission is to help eligible veterans receive all the benefits and services they have earned through their sacrifices for their country.

Since its founding more than 80 years ago, the Disabled American Veterans has been dedicated to a single purpose: building better lives for America's disabled veterans and their families. For more information call Sal at 908-820-3191. ###

Road Courtesy is Contagious

Commander's Pet Project

The VFW will hold a dinner dance beginning at 7:00 p.m. until 11:30 p.m. on April 21, 2007. Cost is \$30 per person and includes dinner, dancing and a four hour open bar plus wine, beer and soda.

The event benefits the Commander's Pet Project which is supporting three veterans homes in New Jersey (Paramus, Menlo Park and Vineland). Members of the Veterans Home in Paramus will be guests of the Post.

The public is invited. Reservations are requested by April 12th. For reservations or more information call Mike at 201-288-3654, Astrid at 201-288-5612 or the Post at 201-288-1112. ###

Chamber Meeting

The next Chamber of Commerce meeting is scheduled for March 6, 2007 at 7:00 p.m. in the Hasbrouck Heights Free Public Library meeting room. This meeting is open to merchants and residents.###

Chinese Auction

The Woman's Club of Hasbrouck Heights is holding a Chinese Auction and light lunch at noon on March 22, 2007 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. ###

Fish 'N Chips

The Contemporary Club of Hasbrouck Heights will host its Annual Fish 'N Chips Dinner, Tuesday, March 20th 2007, 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. ###

AC Bus Trips

The VFW sponsors Atlantic City Bus Trips on the last Wednesday of the month. Bus departs at 11:00 a.m. and returns at about 9:30-10:00 p.m. Proceeds are used to help defray building expenses. Call the Post for more information at 201-288-1112. ###



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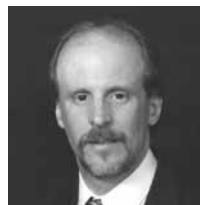
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Lodi \$469,000
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