

# The Gazette

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

Published Monthly. Issued the first week of the month. Distributed FREE via U.S. Postal Service and available at select locations.

VOL. 5, No. 9

September 2008

[www.The-Gazette-Newspaper.com](http://www.The-Gazette-Newspaper.com)



## ... and they're off!

Teterboro Airport closed its runway for the 11th Annual 5K Run on July 19, 2008. Nearly 800 runners followed a chase plane up and down the runway and completed the course. Above, "Larry the Lighthouse" at the start of the run. See photos and story on pages 14 and 15.

News • Information • Features  
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### MDA Annual Labor Day Telethon Needs Your Help

The 43rd Muscular Dystrophy Telethon begins Sunday, August 31, 2008, at 9 p.m. and runs through Monday, September 1st until 6 p.m.

Volunteers are welcome to help answer 100 phones, stuff and mail letters ... there is a job for everyone!

Bring your friends and spend a few hours. Refreshments will be provided. Last year over 200 volunteers participated.

The regional pledge center, located at VFW Post 4591, has served Northern NJ, Manhattan and Staten Island for 37 years. Call the Ciavaglia Family at 201-288-2867 for more information. ###

### HH Town Day

Hasbrouck Heights organizations should mark their calendar for participation in Town Day scheduled for Saturday, September 27th, from 10 a.m. to 3 p.m., in Woodland Park. Rain date is October 4th.

A concert will also be held during Town Day.

Contact the Hasbrouck Heights Recreation Department at 201-288-4143 to reserve your table/space. ###

### W-R Police Chief's Golf Outing

The 8th Annual Wood-Ridge Police Chief's Golf Outing is scheduled for Friday, September 19, 2008, at the Apple Greens Golf Club in Highland, NY.

Registration/breakfast is from 9:30 a.m. to 10:30 a.m. with an 11 a.m. shotgun start (*scramble format*). Metal spikes are not allowed. Collared shirts and no jeans please.

Cost is \$135 and includes breakfast, greens fees, golf with cart, hole-in-one contest, gifts and prizes, open beverage cart during golf and a dinner with open bar, cocktail hour buffet dinner and a comedy show at The Fiesta in Wood-Ridge follows at 6:30 p.m., featuring Vic Di Bitetto.

Free bus transportation leaves The Fiesta at 8 a.m. on a first come, first serve basis.

Monetary or prize donations are appreciated. All proceeds to benefit the Wood-Ridge Body Armor Vest Fund General Operations and various recreation programs in Wood-Ridge. The event is sponsored by the W-R P.B.A. Local #313, Inc. For more information call 201-939-0476. ###

**Stay Alive!  
Don't Drink and Drive**

### Public Invited to VFW Post 4591 Dinner Dance

The VFW will hold their Annual Past Commander's Dinner Dance, beginning at 7:00 p.m. until 11:30 p.m., on September 20, 2008.

Cost is \$30 per person and includes a complete dinner of Chicken Parmesan with spaghetti, Eggplant Rollatine, salad, dessert, beer, wine and soda, plus a four hour open bar. Music will be provided by "Joe Caroselli."

Reservations are requested by September 10th. For reservations or more information, call Mike at 201-288-3654, Astrid at 201-288-5612 or the Post at 201-288-1112.

All dinner-dances sponsored by the Post are always open the public. ###

### Food Bank

The Hasbrouck Heights Food Pantry is open Mondays from 9:00 a.m. to 11:00 a.m. for residents.

Donations are always welcome. Call Borough Clerk's office for more information at 201-288-0195. ###

## 50 Toppings

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### Essex Street Bridge Now Open

## FREE BUS

The HH business community is hosting a **FREE BUS** during Farmers' Market Days -- Tuesday from Noon to 6 p.m.

30 minute route is: Boulevard from Church Street to Lincoln, Terrace to Williams, Rt. 17 to IHOP, Swim Club and back to Church Street. Riders are welcome to stop at the Farmers' Market and Boulevard Businesses.

(**FREE BUS** will stop at regular bus stops)

The Hasbrouck Heights Municipal Bus will be used. The business community, in cooperation with the Mayor's Business Community Committee, is paying for the cost of operation during this period -- at no cost to the taxpayer.

## The Energy Corner

### Your Smartest Investment

With world-wide energy prices skyrocketing, the best investment you can make is upgrading your heating system this autumn.

Heating systems with a 60% efficiency rating translate to 40% of your fuel bill wasted. New systems can have over a 90% efficiency rating. Upgrading pays for itself in a few years, and will continue to provide future savings.

If your furnace is over 15 years old, it probably has only a 65% rating. With today's technology, it may even pay to just replace a burner that's only 10 years old. **Get the facts.** Have a professional analyze your system. See what's best for you -- *repair, upgrade or replace.*

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

Financing is available.

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



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**GARFIELD**

This well kept two family home with enclosed porch, features on both the first and second floors: kitchen, DR, large LR, MBR, bedroom and bath. Basement is partially finished with laundry room and full bath. Newer heating systems, windows, separate utilities. Professionally landscaped. A must see! 2 car garage.

**\$489,900**

Listing Agent, Angela Zefiretti



**LODI**

Immaculate custom built two family home with an open floor plan. First floor has living room, modern EIK, two BRs, bath, office, laundry room. Second floor features a large LR w/skylights, ceramic Italian tiles, formal DR, FR w/fireplace & large deck overlooking pool, two BRs, bath, MBR w/master bath, and modern EIK. C/A. Professionally landscaped on 75x100 lot. 2 car garage. **\$649,000**

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## W-R Police Seek Help

There have been numerous house burglaries and thefts in the South Bergen area. Recently, four families in Wood-Ridge have been victimized.

There is no particular time that the crimes have been committed. Entry was gained either through an unlocked door/window or the front door was kicked in.

## Moonachie Forms 100th Anniversary Committee

The Borough's 100th Anniversary is fast approaching. Anyone interested in preparing for this event, send an e-mail to [lciannamea@moonachie.us](mailto:lciannamea@moonachie.us). List your name, address, and phone number.

Also, if anyone has any information that they would like to share with the Borough, such as photos, newspaper articles, and any past Borough events, contact Lisa Ciannamea at Moonachie Borough Hall 201-641-1813. ###

The criminal spends very little time in the home, ransacking the master bedroom and leaving.

Observed by a neighbor at the scene of a Madison Street burglary, was an older model green or lime colored station wagon occupied by two people. The driver had large hair and the passenger was slumped down in the seat.

The police are working very closely with other agencies to bring these criminals to justice.

You can help. Watch your neighbor's home, especially if they are away, and pick up their newspapers and collect their mail -- as this is a sure sign that no one is home.

The Wood-Ridge Police are asking for your help by reporting any suspicious person or vehicle. Be sure to describe in detail the person and make of vehicle. The Wood-Ridge Police phone number is 201-939-0476. Your assistance is appreciated. ###

## Lodi Feast

The 94th Annual St. Joseph Festival opens Friday, August 29, at 6 p.m., with rides, games, entertainment, hourly 50-50, a Super 50-50 and the "Best Italian Food." The feast continues through Saturday, Sunday and Monday, from 2 p.m. to 10:30 p.m.

On August 30th, 31st and September 1st, starting at 9 a.m., the St. Joseph Society, accompanied by the Metropolitan Feast Band, will be marching with a banner of Saint Joseph throughout Lodi, Garfield and Hasbrouck Heights. The Feast will then open at 2 p.m.

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

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

## Rotary Holds Beefsteak & Auction

The Mid-Bergen Rotary Club will hold their Annual Beefsteak and Chinese Auction on Friday, November 21, 2008, at The Excelsior, Route 46, Saddle Brook. The public is invited.

The doors open at 6:30 p.m. for ticketing of auction prizes. Prizes include televisions, DVD players, household items, food baskets, artwork, gift certificates, computers, etc.

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

## Teterboro Airport Scholarship Golf Classic Sept. 15

Teterboro Airport is holding its 24th Annual Airport Scholarship Golf Classic on Monday, September 15, 2008 at the Wild Turkey Golf Club, Crystal Springs Resort in Hamburg, NJ. This Classic is open to the public.

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

Schedule is: check-in -- 10:30 to noon; lunch buffet -- 11 a.m. to noon; shotgun start (scramble format) -- 12:30 p.m.; cocktail hour -- 5:30 and dinner (casual attire) -- 6:30 p.m.

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

Outing includes two refreshment carts, driving range, golf carts, goodie bags, trophies, etc.

Tournament may be limited to 144 players. Reservations taken for foursomes only and must include payment.

For more information contact John at 201-288-1775 x210. Sponsorships welcome.

Proceeds to benefit Teterboro Airport Scholarships to local area college bound high school students who are majoring in aviation related curriculum. Through 2007, 134 scholarships totaling \$110,750 have been awarded. ###

This is their 2008-2009 Annual Fall Fund Raiser for the Gift of Life and other community projects such as the Dictionary Project (*awarding dictionaries to local 3rd Grade students*), Habitat for Humanity (*Paterson*), Bergen County Boy Scouts, Faith Foundation (*Hackensack, NJ Advocate for the local homeless*), Clean Water Projects (*helping needy countries have fresh drinking water*), etc.

Cash and gift item donations of \$25 or more are welcome. For ticket information or to arrange a donation pick up call Charlie Paduch at 201-288-9600 ext. 7700, or Yvonne Hassett at 201-869-4800.

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

## Bring Your Family & Friends

# Hasbrouck Heights Outdoor Mall

**Saturday, September 13 • 10 a.m. to 4 p.m.**  
**Town Parking Lot at Boulevard & Central**

**Shop A Variety of Vendors**  
**Boulevard Businesses**  
**Food • Prizes • Music**  
**Amusements • Displays**  
**Balloons • Face Painting**  
**Free Discount Coupons**

This event is sponsored by the Mayor's Business Community Committee, and assisted by Hasbrouck Heights Chamber of Commerce.

**Save Gas • Save Money**

**FREE BUS will stop along The Boulevard**

The Hasbrouck Heights Municipal Bus will be used. The business community, in cooperation with the Mayor's Business Community Committee, is paying for the cost of the bus operation during this period -- at no cost to the taxpayer.



Copy for the October 2008 Issue is due September 10th.

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

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*blue martini night*  
**Wednesdays**

# How To Get More From Your Bank

Remember those free toasters and digital alarm clocks that banks used to advertise? Well, the freebies have changed and they're often much better.

Banks in search of "total relationships" with customers are offering free checking accounts with loan discounts, investment bonuses, dining deals, insurance incentives and other little financial sweeteners. The practice is often called "bundling," and shopping carefully for a good bundle could work to your advantage.

## Casino Night October 8th

The Robert L. Craig PTO will hold their 1st Annual Casino Night on October 8, 2008, at The Graycliff in Moonachie, starting at 6:30 p.m.

Tickets are \$50 and include \$25 in chips and buffet dinner. There will be fabulous prizes and a 50/50 raffle. For more information call Rhonda at 201-641-0829 or Bonnie at 201-807-0289. Proceeds benefit the Class of 2009. ###

## Mets Game Outing Sept. 14

VFW Post 4591 is hosting a Mets Game outing on September 14, 2008.

Cost is \$55 and includes transportation, ticket, "T" shirt and refreshments.

Bus leaves Post at 11:30 a.m. Limited tickets. Call Post at 201-288-1112. ###

## STOP for School Busses

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

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

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

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

Because banks are offering discounts or freebies when you have multiple accounts, you can use any banking product you are considering, as leverage to snag something else you want from the bank -- say, a higher CD rate.

The more business you do with one bank, the more likely they are to sweeten the deal.

At **Kearny Federal Savings**, you can be a "Financial Star" and enjoy the benefits of StarBanking, a new relationship account. You'll receive free checking with interest, free internet banking with free bill pay, fee rebates up to \$10 per month on foreign ATM transactions, a "bumped-up" CD rate, reduced rates on new home equity loans and much more!

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of \$20,000 or more in your savings and checking account. If you're over 55, you can be a SuperStar and receive the same benefits with a combined balance of just \$10,000.

Visit one of KFS's 26 convenient branches for complete details, or call toll free 1-800-273-3406. With Kearny Federal Savings StarBanking program, you'll get the most bang for your buck! ###

## Wine and Other Delights

A "Wine and Other Delights" event is scheduled for October 30, 2008, from 6 p.m. to 9 p.m., at the **Hasbrouck Heights Hilton Sky Ballroom**. Cost is \$75 per person.

Co-sponsors are the Hasbrouck Heights Chamber of Commerce and The Friends of the Library. For tickets call 201-288-0488. ###

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Published Monthly. Issued the first week of the month. Distributed FREE via U.S. Postal Service and available at select locations. All issues are available online FREE in pdf format.

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Deadlines are: Editorial copy due 10th day of month preceding issue, and completed ad material due 15th day of month preceding issue. Issued about the first week of the month. © 2008 All Rights Reserved. Published by The Iron Horse Advertising and Marketing Company, Inc. Reproduction of any photos requires permission. Many photos may be viewed in color @ www.hasbrouck-heights.net. "The Gazette" may represent "The Gazette Newspaper for Hasbrouck Heights, Lodi, Moonachie, Teterboro and Wood-Ridge." Press releases welcomed. Photo submission of original and unpublished photos are accepted for exclusive use in The Gazette and/or www.hasbrouck-heights.net. Email original jpg (under 3 meg) and include photo details. Names should be listed left to right. Publisher reserves the right to accept or refuse any advertising. Advertisers assume all liability for all content of advertisements. The Publisher is not responsible for any loss claimed by advertiser in cases of errors or omissions. Not responsible for typographical errors or omissions.

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**Robert L. Craig School  
Flag Ceremony  
September 11, 2008**

On Thursday, September 11, 2008, the Robert L. Craig School will hold a Flag Ceremony to acknowledge the seventh anniversary of September 11, 2008, a day etched painfully in the memory of every American.

It is the hope of the Moonachie Board of Education that the anniversary becomes an event less of sorrow, and more a tribute to the unshakable spirit of our nation. The District's goal is to make the day a time for students and staff to remember, to reflect, and to move forward.

The event will be held at the Robert L. Craig School oval at 9:15 a.m. ###



Remember  
to Fly Your Flag  
September 11th

**September 11th  
Remembrance  
Services**

On the 7th Anniversary of September 11th:

• **Hasbrouck Heights** will hold a brief service at 7:00 p.m. at the Firemen's Memorial at The Circle.

• **Lodi** will hold their service 6p.m. at the Old Timer's Little League Field on Church Street.

• **Moonachie** will hold a service at 6:30 p.m. at the Memorial located at Borough Hall in remembrance of the victims of 9-11 and in support of our troops around the world.

• **Wood-Ridge** will hold a service at 7:00 p.m. at Veterans Park.

**Funding College**

The Free Public Library of Hasbrouck Heights is sponsoring a seminar on "The Art of College Cost Planning: How to Pay for College Without Going Broke" to acquaint parents and students with strategies for meeting this expense.

The workshop focuses on the best way to pay for college while still being able to save for retirement. The emphasis of the program will be on strategies for maximizing the student's chances of receiving aid and to utilize opportunities to reduce income taxes so that in effect, they may qualify for a "tax scholarship".

The program is not intended as a detailed discussion of completing the FAFSA and CSS/Profile forms.

This session will be held at The Library on Tuesday, September 16 from 7:00-8:30 p.m. There is no charge for this program. To register, go to: <http://hasbrouckheights.bccls.org> or call 201-288-6653. ###

**Moonachie Seniors  
Picnic Sept. 17th**

The annual Senior Picnic is coming up on September 17th. Non-member tickets are available until September 10th. Positively no admittance at the door - price is \$10.00 per ticket.

Peter Lieberman will provide the entertainment. There will be hot dogs, hamburgers, variety of salads, drinks, watermelon and fun, fun, fun. Starts at 12:00 noon till 4:00 p.m. If interested in purchasing tickets for the Senior Picnic, make checks payable to Moonachie Seniors Club and mail to Audrey Evers at 35 Edstan Drive, Moonachie, NJ 07074 or call 201-641-4334.

Bingo resumes on the first Wednesday of September from 12:30 to 3:30pm.

Every Tuesday and Friday, paint and art classes are held at the center. Come and find out what your hidden skills can produce.

You could get on the computer or just get involved in a checker game or play bingo with a few friends.

Coffee, tea or soda is available, plus cake or cookies, to help pass the time. ###

**Learn Signing**

Learn to communicate with your hands in a strategic and fun fashion.

In this ten week course, two hours each session, you will learn the fundamentals of sign language in Signed Exact English (SEE).

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

In addition, you will learn about Deaf culture and history that will give the signer a better perspective of how Deaf people communicate.

There will be a manual written by the instructor available for a suggested donation of \$40 as well as additional handouts relating to sign language and deafness.

The key to this class is to have fun while learning another language that is unique in comparison to other oral and audio-based languages.

Registration and orientation will be held on September 29th. Classes will meet on Monday nights, from 7:30 p.m. - 9:30 p.m. for 10 sessions starting October 6th with the final on December 15th.

For information and registration, call the Care Center at 201-288-9460. ###

**Citizenship Classes  
Start October 6th**

Starting on Monday, October 6, 2008, classes to help people prepare for applying for their U.S. Citizenship will be offered as a six week session. Classes are Mondays from 7:00-9:00 p.m. at Care on the Corner, an outreach ministry of The Episcopal Church of St. John the Divine, located at 333 Franklin Avenue in Hasbrouck Heights.

Registration and testing will take place on Wednesdays, September 17 and September 24, at 7:00 p.m. in the Parish Hall of St. John's Church, 229 Terrace Avenue, Hasbrouck Heights, NJ. Students must bring their green card at the time of registration.

For more information about the Citizenship Classes, call the office at 201-288-9460 x 5 or 201-288-0002. A registration form must be completed for each student. ###

**Quips and Quilts**

Care on the Corner's first quilting project, "Building a T-Shirt "Throw" (*straight-edge, machine quilting*)" will be on Thursday nights from 7:30 p.m. to 9:30 p.m., on October 2nd and 23rd, November 13th and December 4th at Care Center.

The project will be led by Cathy Knobloch and Joe Pickard.

The materials will be T-shirt fabric for front and back, with the inside fabric for batting. The tool used will be sewing machine, scissors, cutting tool, cutting board, iron, and Fusible Pellon (*for stiffening*) T-shirts.

If this is your initial attempt at quilting, or if you are an experienced quilter, come and join in the fellowship and friendship, as we learn from each other, making memories to treasure.

For information and registration, call the Care Center at 201-288-9460. ###

**W-R Book Discussion**

The book to be discussed on Tuesday, September 16, 2008 is Sinclair Lewis's "Main Street" (1920), the classic novel set in Gopher Prairie, Minnesota, a fictionalized version of Lewis's hometown of Sauk Center, Minnesota.

The story concerns Carol Milford, a spirited, free-thinking resident, who works to reform Gopher Prairie.

Copies of the book are available at The Library.

Wood-Ridge Memorial Library hosts its Book Discussion Group every third Tuesday of the month at 7:15 p.m. All are welcome. ###

**Harvest Moon**

The September full moon appears on Wednesday, September 15, 2008, at 05:15. It is called the "Full Harvest Moon."

According to "The Farmer's Almanac," This full Moon occurs closest to the autumn equinox. In two out of three years, the Harvest Moon comes in September, but in some years it occurs in October.

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

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

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## Real Estate Insight

By Mary Ellen Courtney



### Buying Up In A Down Market

Are you wondering if buying a home right now is a smart financial decision? The media has been hammering consumers with national real estate statistics.

Every market is different. The decision to buy or sell in a specific town should not be based on national or even regional averages. Buyers and sellers should consult with a local Realtor® for a review of historical data for the specific market they are considering.

OK, so maybe you could have gotten a higher price, selling your house at the top of the market. Perhaps you could have sold it for \$480,000 as opposed now to selling it for, say, \$432,000. If you were planning to use that money to buy your next dream home, well, guess what?

That dream home - avail-

able last year for \$800,000 - is selling now for only \$720,000! If you had bought that home at the top of the market you would have spent an additional \$320,000; now you're only spending \$288,000, bringing you \$32,000 closer towards purchasing that home!

Bottom line: homeownership is still the key to building long-term wealth, no matter when you buy. Over time, you steadily build equity in the most secure investment you will probably ever own. And, of course, a home is also a nice place from which to enjoy your life and build memories with your loved ones...

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

## Columbus Day Pasta Dinner October 12th

Don't cook Sunday night, October 12th. Come and have supper with us! The Knights of Columbus will hold their Annual Pasta Dinner in the Corpus Christi School Cafeteria from 5:00 p.m. to 7:00 p.m.

Donation: \$5.00 for adults and \$3.00 for children under 12 years old.

This dinner features a generous helping of pasta, freshly made sauce, meatballs, soda, cake and coffee.

The Knights hold these events to get parishioners and families together.

All proceeds go to support Knights of Columbus youth, Right to Life and Catholic charities. Call 201-522-1516 for tickets. ###

**Seat Belts Save Lives**

## NJ Police Honor Legion Replaces Stolen Barbie Jeep

On Thursday, August 14, 2008, members of the executive board of the New Jersey Police Honor Legion watched a segment on the Channel 7 Eyewitness News. They saw a three year old girl from Moonachie (Mercedes) had her Barbie toy jeep stolen as she was eating at the Burger King located on Moonachie Road.

Seeing how much this upset the little girl, members of the N.J. P. H. L. executive board purchased a brand new Barbie jeep for the little girl. It was presented to her by Executive Treasurer Tim Sullivan on August 15th.

Mr. Sullivan stated, "Acknowledging that this was a crime against a defenseless child, the Honor Legion wanted little Mercedes to know that for every bad low-life person that would steal from a child, there



Mercedes with Legion Executive Treasurer Timothy A. Sullivan. Mercedes and her family thanked The Honor Legion for their donation.

are at least 3,200 members of the New Jersey Police Honor Legion who are good. That is why our organization is the Finest of the Finest.

The Moonachie Police Department has sent a copy of the surveillance tape to the Bergen County Prosecutors office for enhancement and review. TS. ###

## Legion Donates to Veterans Homes

Members of the Captain James B. Scarr Post 106 American Legion have periodically visited the Veterans Homes in New Jersey. Through these visits they have become aware of the many needs of the patients.

Commander Michael Cahill requested that the NJ Veterans Home at Paramus and the NJ Veterans Home at East Orange submit to the Post a "Wish List;" a list of programs or items that the Post could donate that would support patients' activities.

At its last meeting, the Post donated \$500 to the Paramus Home to be used for recreational activities; and to the East Orange Home, they donated \$500 to the Christmas Account and \$500 to the Recreation Spinal Cord Injury Account.

The Post meets on the first Monday of each month in the meeting room located in the basement of the Hasbrouck Heights Municipal Building. When a holiday falls on the first Monday, they meet on the second Monday. *Story by Peter Gallo Jr. ###*



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**6th Health Fair Expo Slated for Oct. 18th**

The 6th Annual Health Fair Expo is scheduled for Saturday, October 18, from 11 a.m. to 2 p.m., in the Hasbrouck Heights Senior Center at the Municipal Complex.

The Expo includes information, testing and demonstrations on: hearing, chiropractic therapies, prostate cancer, blood pressure, hand massage, acupuncture, disability awareness, exercise & nutrition, orthodontics, home health care, alcohol & drug resources, etc.

There will be plenty of prizes, give-aways, samples, literature and more. Refreshments will be served. ###



**Sign for the Times**

The Borough of Hasbrouck Heights installed a public notice sign at the Municipal Complex at the corner of The Boulevard and Central Avenue.

The sign cost about \$12,000, plus \$3,000 for electrical and computer hook-up. It was funded from the capital ordinance for the construction of the municipal building.

Messages announce Borough events, public meetings, etc. The sign is tied into the Municipal Complex generator and can post emergency notices even if power is out in town (i.e., *Senior Center is an emergency shelter*).

Currently, actual messages are used, but they are experimenting with the messages' frequency, visibility, timing, etc.

Michael Kronyak, Rose Marie Sees and Robert Brady are authorized to post messages on the sign from their office computers.

Three sign companies gave six proposals for the project, with bids ranging from \$19,515 to \$11,965. The sign is 2' 9" high by 7' wide and 8" deep, plus a 12" header. The sign holds up to five lines of text. Special effects and graphics were included.

All of the sign contractors suggested this location and

angle for maximum visibility to the building's main entrance, parking lots, Central Avenue and The Boulevard (rather than by the flag pole area at Madison Avenue and The Boulevard). ###

**Moonachie Senior Bus Trips**

For information and reservations, contact Bud Evers at 201-641-4334. Busses depart from Senior Center.

• Tuesday, September 16th: Trip to Lakeside Manor where "Frank Sinatra Meets Louis Prima." Bus departs 9:30 a.m. Package includes one hour open bar, appetizer, salad, choice of Top Sirloin/Chicken Francaise/Broiled Tilapia, dessert, coffee, and tea. Sign up and payment due by Saturday, September 6th.

• Friday, October 17th: Trip to The Brownstone for "The Big Bavarian Beer Bash -- Traditional German Oktoberfest Party." Bus departs 10:30 a.m. Package includes open bar, garden salad, soup, Sauerbraten and Roast Chicken, roasted potatoes, string beans almondine, dessert, coffee and tea. Beer and soda on table. Cost is \$42 per person.

• Friday, November 21: Trip to Mount Haven Resort for "An Old Fashioned Pennsylvania Thanksgiving." Bus departs 9 a.m. Package includes two buffet day, 4 hour open bar, beer, wine and soda. Live musical entertainment. Cost is \$35 per person. ###

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## Moonachie Squad Gets WRFD Rescue

On August 19, 2008, prior to the Wood-Ridge Mayor and Council meeting, the keys to the retired Rescue 903 were presented to the Moonachie EMS/Rescue Squad.

The vehicle has an American LaFrance cabin and chassis with a Saulsbury body. It was purchased in 1982 and has about 24,000 miles.

It started as a back-up ambulance and has worked the 9-11 Fishkill Landfill, commu-

nications for many major fires, extrications, etc.

The Borough of Wood-Ridge donated the retired W-R Rescue 903 to the Moonachie EMS/Rescue Squad.

Participating in the brief ceremony were the W-R Mayor and Council, WRFD and members of the Moonachie Squad.

During the ceremony, Moonachie EMS/Rescue Squad Captain Frank Smith presented both the W-R Mayor

and Council and the WRFD plaques of appreciation for their donation.

The vehicle will become the new Moonachie Rescue 3. It will be a 4th ambulance for Moonachie. It will serve as a fire rehab, special operations unit, mass casualty unit, communications and back-up ambulance.

The refurbishing and outfitting of the unit is being done solely by the Moonachie

EMS/Rescue Squad through donations and member fundraising efforts. Donations are welcome and may be sent to the Moonachie EMS/Rescue Squad at 121 Moonachie Road, Moonachie, NJ 07074.

The Squad is an independent, non-profit organization with 53 members. The Squad has never missed a call in over five years. The Squad has served the area for over 50 years.

The new Wood-Ridge Rescue 903 is a 2008 KME Predator Fire Rescue and Communication Rescue Truck. It arrived at the Wood-Ridge Fire Department on Friday, May 23, 2008 and went into service Saturday, May 24th, at 4 p.m.

A wetdown for this vehicle is scheduled for Saturday, September 6th from noon to 6 p.m. at the Firehouse, 85 Humboldt Street, Wood-Ridge. ###



### HHFD Tour

On July 25, 2008, Hasbrouck Heights Fire Chief Michael Ratkowski and Lt. Michael Thomasey led students of the "Extended School Year Program at Euclid School" on a tour of Fire Headquarters.

Highlighting the tour and delighting the youngsters was



the opportunity to operate the fire hose. ###

### Moonachie EMS/Rescue Squad Holds Mum and Garage Sale

The Moonachie First Aid & Rescue Squad will be holding its 4th Annual Mum Sale on Saturday, October 11, 2008, from 8 a.m. to 4 p.m., at 121 Moonachie Avenue, Moonachie, NJ.

Beautiful 8" mums in assorted colors will be on sale for \$8 each. Advanced orders accepted.

Together with the mum sale, the Squad will also be hosting a garage sale featuring housewares, toys, clothes, books, etc. Baked goods will also be available. Donations welcome. Drop off at the Squad building the night before. For oversized items, call

201-641-9064 the week before for a pick-up.

All proceeds go directly to the Squad for operating expenses and to refurbish and outfit the recently acquired Rescue 3 (see above.) Donations to the Squad are always appreciated. ###

The Moonachie EMS/Rescue Squad announced their 1st Annual Beefsteak will be held February 21, 2009 to be held at the Moonachie Fire Department Headquarters.

Proceeds to benefit the refurbishing and outfitting of Rescue 3. Cost is \$40. Call 201-641-9064. ###

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## Rescue 903 Wetdown

Rescue 903, a 2008 KME Predator Fire Rescue and Communication Rescue Truck, arrived at the Wood-Ridge Fire Department on Friday, May 23, 2008 and went into service Saturday, May 24th, at 4 p.m.

Rain or shine, a wetdown "blessing the new vehicle" will be held on Saturday, September 6th, from noon to 6 p.m., at the Firehouse, 85 Humboldt Street, Wood-Ridge.

A wetdown is a long standing tradition in the fire service when a new piece of fire apparatus is purchased. Many towns throughout New Jersey will attend this function and christen it with streams of water (fog spray only), to wish and pray for the safe use for all who ride it.

There will be water activities, food, drink, 50-50 raffle plus live music by "Outland."

"T" shirts and mugs to commemorate the day will be for sale.

All Wood-Ridge residents and surrounding communities are invited to attend. ###

## Firefighters Walk of Honor

A Firefighters Walk of Honor at the Firemen's Memorial on the Circle, is being created.

The Walk will consist of engraved brick pavers. Cost is \$65 per paver. The DPW will install the pavers.

Pavers are available to all Hasbrouck Heights firefighters, ambulance squad or rescue members (*living or deceased*).

This memorial program is also available to Hasbrouck Heights residents wishing to honor their relatives who served as firefighters, ambulance squad or rescue members (*living or deceased*) from other communities.

Please contact the Boro Clerk's office for an application or more information at 201-288-0195. ###

## WRFD Urges Area Residents to "Prevent Home Fires"

A pot holder too close to a lit burner or a space heater left on overnight could be all it takes to start a home fire. In fact, cooking and heating are among the leading causes of home fires in the United States, according to the nonprofit National Fire Protection Association (NFPA).

That's why the Wood-Ridge Fire Department is teaming up with NFPA from October 5-11 to urge area residents to "Prevent Home Fires."

This year's campaign focuses on preventing all the leading causes of home fires – cooking, heating and electrical equipment, and smoking materials.

Additionally, fire safety educators will be teaching local residents how to plan and practice escape from a home in case a fire occurs.

According to the latest research from NFPA, more than 2,500 people died in home fires in the United States in 2006, and 12,500 were injured. Fire departments responded to 396,000 home fires, which accounted for 80% of civilian deaths and 76% of injuries that year.

"While the number of home fires is daunting, the good news is that many are easily preventable when residents take simple steps to increase their safety from fire," said W-R Fire Chief Tony Gentile. "Whether it's smoking outside the home, keeping space heaters at least three feet away from anything that can burn, or staying in the kitchen when you are using the stovetop, there are easy things you can do to keep your home and family safe from fire."

Do you know how to keep

your home safe from fire hazards? Reviewing the following information and taking action can help you "Prevent Home Fires" during Fire Prevention Week and year-round.

- **Cooking:** Stay in the kitchen when you are frying, grilling, or broiling food. If you leave the kitchen for even a short period time, turn off the stove.

- **Heating:** Keep all things that can burn, such as paper, bedding or furniture, at least 3 feet away from heating equipment.

- **Electrical:** Replace cracked and damaged electrical cords; use extension cords for temporary wiring only. Consider having additional circuits or receptacles added by a qualified electrician.

- **Smoking:** If you smoke, smoke outside; wherever you smoke, use deep, sturdy ashtrays.

Fire Prevention Week is actively supported by fire departments across the country. For 85 years fire departments have observed Fire Prevention Week, making it the longest running public health and safety observance on record.

For more information on "It's Fire Prevention Week – Prevent Home Fires!" visit [www.firepreventionweek.org](http://www.firepreventionweek.org) ###

## WRFD Inspection

The Wood-Ridge Fire Department will hold their annual inspection, 5:30 p.m., on Saturday, October 4, 2008.

The Department will be in full dress uniform. The equipment and fire headquarters will be presented for inspection. Department personnel will be available to answer any questions. The event is attended by local officials as well as Fire Chiefs from area towns. The public is invited to attend. ###

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# Operation Feed-A-Pet

What would you do if you could no longer afford to care for your beloved pet, either because of job loss, illness or some other challenging circumstance?

An alarming trend is emerging in the animal rescue community: well-meaning pet owners are surrendering their animal companions to already crowded shelters simply because they can no longer care for them.

Companion Animal Advocates (CAA) was founded to make sure that no pet owners ever have to make the agonizing choice between caring for themselves and caring for their animal companion.

CAA is committed to providing pet food, and relief, to people through the Center for Food Action (CFA) so that neither they, nor their pets go hungry.

Since the inception of the Operation Feed-A-Pet program in April 2008, CAA has delivered 2,717 pounds of food to the CFA. We're off to a great start but we need your help to reach our goal of 5,000 pounds of food by year's end.

For as little as \$12, you can feed a dog for a month, and for as little as \$10, you can feed a cat for a month. CAA is asking for monetary donations instead of pet food donations for several reasons.

First and foremost, CAA wants to provide a consistent diet to these pets because it is beneficial to their health. Based on veterinary recommendations, CAA is supplying Purina Dog Chow and Cat Chow.

Second, monetary donations enable CAA to purchase food in bulk at a discount so your donations will go further.

100% of contributions to the Operation Feed-A-Pet program will go towards purchasing pet food.

To make a donation, please send a check to Companion Animal Advocates, 55 Haristown Road, 2nd Floor, Glen Rock, NJ 07452. If you prefer to make a credit card donation through PayPal, you can visit our website at [www.CompanionAnimalAdvocates.org](http://www.CompanionAnimalAdvocates.org) and select the donate button.

For further information, please visit the Web site or contact us at 201-497-5098.

About Companion Animal Advocates: Companion Animal Advocates (CAA) is a 501(c)(3) non-profit organization based in Glen Rock, NJ. CAA is dedicated to the welfare of companion animals within our community through programs designed to keep pets in their homes and reduce pet overpopulation.

For more information on Companion Animal Advocates or how you can help, please contact Melissa Del Rosso at [info@CompanionAnimalAdvocates.org](mailto:info@CompanionAnimalAdvocates.org) or phone at 201-497-5098. ###

## Keep your family safe by checking for product recalls

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

## Soccer Swarm

On Saturday, September 13, the Hasbrouck Heights Soccer Association will be sponsoring its annual Soccer Swarm at Woodland Park from 9 a.m. to 2 p.m. for all children registered in Division 6 and Division 7 programs. Generally, these groups include players from Kindergarten through Second Grade. Each team plays 2 games.

Food, rides, music and activities will be available for all. ###

## W-R 60th Class Reunion Sept. 28

The Wood-Ridge High School Class of 1948 60th reunion will be held on September 28, 2008, at **Redd's Restaurant**, 317 Washington Avenue, Carlstadt, NJ, at 1 p.m. Buffet is \$35 per person.

Invitations are extended to all other Wood-Ridge graduates to join the festivities. Call Paul Woelfle at 908-459-4129 or Al Gorab at 973-696-3081 for more information. ###

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## FOCAS Flea Markets Resume

If you have missed the fabulous Friends of the County Animal Shelter (FOCAS) Flea Markets – here is your chance to enjoy all the great bargains that your friends and neighbors are talking about.

On Saturday, September 20th and Sunday, September 21st from 10 a.m. to 3 p.m. at the American Legion Hall, 100 Liberty Street in Little Ferry, FOCAS will be holding its first flea market after the long hot summer.

Fantastic items are already coming in – reasonable prices will be matched up with these items.

If you have any items for donations, they will be accepted on Friday, September 19th, from 4 p.m. to 7 p.m., and all day Saturday, September 20th.

Unfortunately, we cannot accept clothing, books, exercise equipment, computers, printers, bowling balls or luggage.

Please donate your old cell

phones and ink jet cartridges to FOCAS. A container will be available for your convenience. We will be able to turn these items into much needed cash to benefit the sick and homeless animals in Bergen County.

Can't make it to the Flea Market...financial donations are always accepted and greatly appreciated. Make checks payable to FOCAS. All donations are tax deductible as allowed by law.

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

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## Cheers for the All Starz

Congratulations to two local teens who cheered with their All Star Cheerleading Team, "Extreme All Starz," at US Spirit National Championships held at Universal Studios in Orlando, FL on April 4-6, 2008. Rachel Blacker (*right "base" - middle stunt group*) and Marissa Gentile (*"back spotter" of the right most stunt group*), of Wood-Ridge NJ, cheered with both the Senior

Level 4 team, which won National Champions, and the Junior Level 3 team, which finished second in their group.

These two girls had a successful 2007 - 2008 season earning 10 National Titles and 3 Grand National Titles. Great job girls - your hours of practice paid off! For more team pictures and information go to: [www.extremestarzcheerleading.com](http://www.extremestarzcheerleading.com) ###



(l-r) Sal Altomare, Andrew W. Proscia, Joseph Costa, John Mleziva, Nicholas S. Schiro, Peter Lentini and Michael T. Conti.

## VFW Thanks IHOP

On Thursday, July 31st, the VFW Post 4591 presented Joseph Costa and John Mleziva of IHOP Hasbrouck Heights with a memento commemorat-

ing IHOP's support and years of service to the Post.

They have supported the Post annual poppy drive for over 15 years with unlimited access as well as other contributions.

IHOP has supported the community for decades, notably with the annual MDA Labor Day pledge drive, HH Little League Pancake Breakfast, etc., which are held at the Post. ###

## Register for Free Adult ESL Course

Free Adult ESL (English-as-a-Second Language) Classes will start at Care on the Corner, an outreach ministry of The Episcopal Church of St. John the Divine, 229 Terrace Avenue, Hasbrouck Heights, on Wednesday, October 1, 2008, at 7:00 p.m. and continues for 11 sessions ending on December 17th.

All new and returning students must be registered to take the classes. New students must take an informal language assessment test on Wednesday, September 17 or Wednesday, September 24 at 7:00 p.m.

The ESL classes will provide English language instruction at beginner, intermediate, and advanced levels to people from other countries and other language backgrounds. Each student must complete a registration form.

For more information about the Adult ESL Class, to register a student or to join this dynamic teaching team, call the office at 201- 288-9460 x 5 or (201) 288-0002. ###

## Free Bus During Farmers' Market

A free shoppers' bus will travel around Hasbrouck Heights on Farmers' Market Days from 12 noon to 6 p.m.

The bus will also operate during the Outdoor Mall on September 13 from 10 a.m. to 4 p.m. See ad on page 3.

The route starts at Church Street, travels The Boulevard to Lincoln, then begins the loop again. Each loop should take less than 30 minutes. The bus is free. ###

Smoke Detectors Save Lives

## Information About DWI

"New Jersey's drunk driving laws are among the toughest in the nation," said Pam Fischer, Director of the Division of Highway Traffic Safety.

Attorney Frank T. Luciano Esq. provided this information regarding DWI.

- The penalties for a DWI offense will be more than doubled if the offense occurred within 1000 feet of a school zone or a school crossing that is protected by an ordinance or where children are actually present.

- It is no defense to a school-zone case to say that the offense occurred in the middle of July, on a Sunday at 3:00 p.m., when school was out. In essence, the legislature has created a 24 hour, seven-day-a-week safe haven for school children.

- If you are a second offender under the DWI statute,

there will be a mandatory jail sentence of between 48 consecutive hours and 90 days.

- If you are a third offender under the DWI statute, there will be a mandatory jail sentence of 90 days.

- If a minor is in your car while you are intoxicated, in addition to a DWI, you will be charged with a Disorderly Persons Offense, which is a criminal offense. If your intoxication level is elevated, you can be charged with an indictable offense involving the endangerment of a minor.

- Never try to elude a police officer who is attempting to pull you over if you are intoxicated. That conduct is an indictable offense and can lead to a mandatory prison term.

Frank T. Luciano is an attorney specializing in DWI. 973-471-0004. [www.dwiwiz.com](http://www.dwiwiz.com) ###

## Yes, It's True!

If you or a family member have been arrested for a DWI or a drug related offense, there is a good likelihood that you will be convicted, and if you are, you may be subjected to a term of imprisonment, a significant license loss, a large fine and other consequences that can seriously affect the stability of your lives. The experience can be so mind-numbing that your first reaction is to succumb to the government's accusations.

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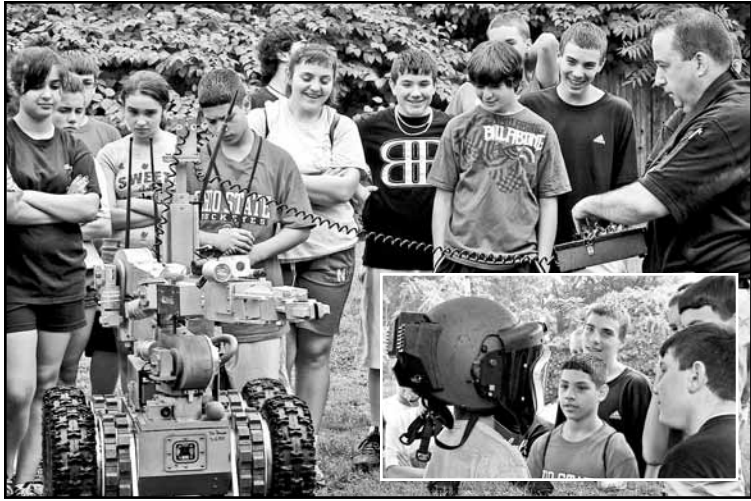
Learn your rights and how to identify the major issues in cases of this nature. This type of information will allow you to overcome the fear and anxiety that may blind your thoughts and your decisions. Remember, knowledge is strength.

Call 973-471-0004 or visit:  
[www.dwiwiz.com](http://www.dwiwiz.com) • [www.cdswiz.com](http://www.cdswiz.com)  
for these FREE BOOKS --

New Jersey's DWI Survivor's Guide  
Drug Wars: The Other Casualties



# Jr. Police Academy Starts With a Bang



At the end of June, thirty-three newly graduated eighth graders started their summer off with a bang – literally.

These adventurous children comprised the ninth recruit class of the Hasbrouck Heights Junior Police Academy.

For five days, the recruits took part in training that mirrors the regimen a real police recruit undergoes while in the academy.

The junior academy combines informational presentations with realistic hands-on activities.



The week began at Depken Field, where the class was given their orientation, which included physical training and instruction in drill and ceremony.

Later that day, the class took a trip to Teterboro Airport, where the Port Authority Police (PAPD) gave the recruits a tour of their facility.

Even though inclement weather cancelled a planned flyby of the PAPD's helicopter, the recruits were still able to climb inside one of the airport's high-tech fire trucks and see its capabilities firsthand.

The first day also introduced the recruits to the importance of teamwork in law enforcement, with the class taking part in various team-building exercises.

The rest of the academy had the recruits learning about various aspects of police work. Instructors from the Olympic Karate Institute presented an outstanding program that



coupled hands-on self-defense techniques with a lesson in respect and personal safety. Sergeant Joseph Rinke taught the class how to conduct a motor vehicle stop and then proceeded to let the recruits play the role of police officer in mock traffic stops, while he acted as the driver who had been pulled over.

He also conducted a firearms demonstration that clearly illustrated the capabilities of shotguns and pistols, while emphasizing the need to exercise caution and common sense around weapons.

The first "bang" to kick off the recruits' summer came courtesy of the Bergen County Bomb Squad.

Both the recruits and officers braved a steady rain to see the equipment – including a robot – regularly used by the bomb squad. The demonstration ended with the detonation of a jug filled with Jello.

The second (and loudest) "bang" of the academy came when the Lyndhurst Police Department's Special Response Unit (SRU) paid a visit. While the recruits were in Franklin School Gym discussing their experience conducting the motor vehicle stops, the SRU detonated a "flash-bang" grenade outside the gym and assaulted the room.

Looks of shock and sur-

prise were quickly replaced with smiles as the Lyndhurst officers introduced themselves and showed the recruits their gear.

The class also took a trip to the Bergen County Sheriff's Department Bureau of Criminal Identification, where they learned what it's like to be a real CSI.

In addition to touring the facility, the recruits were given demonstrations of various methods of lifting fingerprints and the ballistic water tank, which is used as part of certain tests performed on bullets.

Recruit Class 9 also heard presentations by the Drug Enforcement Administration and Federal Bureau of Investigation.

They participated in a simulated drunk driving scenario



using a golf cart and Fatal Vision Goggles, which replicate some of the physical effects of driving under the influence.

The junior academy concluded with a graduation ceremony hosted by Chief Colaneri, featuring the Police Department's Honor Guard. *Photos by Matt Caruso and Brittini Wipper. Story by Mike Stillman. ###*



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## Wings and Wheels Expo to Mark 60th Anniversary of Berlin Airlift

To commemorate the 60th anniversary of the Berlin Airlift, the NJ Aviation Hall of Fame will present the Douglas C-54E/R5-D "Spirit of Freedom" at the annual Wings and Wheels Expo on Saturday, September 20, 9 a.m. to 5 p.m. and Sunday, September 21, 9 a.m. to 4 p.m.

The "Flying Museum" preserves the memory and alliance of the men and women of the United States, Great Britain, France and Germany who served in the greatest humanitarian effort in aviation history

### Learn Word

On Saturday, October 4, students begin the Fall Session of Word Level 1 Computer Classes at Care on the Corner.

The class is limited to six students on a first come, first serve basis. Registration must be received for each student by Saturday, September 27. There is a \$50 donation fee for this class. All checks must be payable to Care on the Corner. Classes will continue on Saturdays from 10:00 a.m. – 12:30 p.m. on October 11, 18 and 25. Students must be computer literate, be able to use a mouse and must know MS Windows.

For more information call the Care Center at 201-288-9460 x 5. ###

by sustaining the besieged city of Berlin from June 1948 to May 1949.

In addition, during the Berlin Airlift over 3 tons of candy was dropped by parachutes to the children of Berlin as highlighted in the exhibit depicting "Operation Little Vittles."

In addition, the B-17 "Yankee Lady," C-54 Skymaster, P-3 Orion, H-34 Helicopter and OV-1 Mohawk, along with exotic and antique cars, motorcycles and military vehicles and a variety of general aviation aircraft, will be featured.

Flights on the B-17 "Yankee Lady" are available on Saturday and Sunday. This memorable flight travels the New York harbor with spectacular views of Ellis Island and the Statue of Liberty. Information regarding the B-17 flights is available at [www.njahof.org](http://www.njahof.org).

The Wings and Wheels Expo will be held at Teterboro Airport at the intersection of Route 46 and Industrial Avenue, with free parking at USPS.

Admission is \$10 for adults and \$5 for seniors and children under 12. All proceeds benefit the NJ Aviation Hall of Fame which seeks to preserve New Jersey's unique aviation history. For more information, call the museum at 201-288-6344 or visit [www.njahof.org](http://www.njahof.org)

See ad on page 16. ###

## Quiet Flying at TEB Recognized

Teterboro Airport (TEB) will be presenting its "Good Neighbor Awards" at the NBAA Convention in Orlando, Florida in October 2008.

The program honors individuals and companies for "quiet flying" at TEB, and awards will be given to a record number of recipients this year.

To qualify for an award, operators must adhere to Teterboro Airport's voluntary restraints regarding late-night and Stage 2 jet operations and not have received any violations under the airport's mandatory noise rules. This year's ceremony will recognize recipients for 2006 and 2007.

"There's no better venue than the annual convention of the National Business Aviation Association to present our Good Neighbor Awards," said Rich Heslin, Airport Manager at Teterboro Airport, for the **Port Authority of New York and New Jersey**, the airport's owner. "There is harmony in the two events as the general aviation community gathers to share its common interests, including good community relations."

Heslin has assigned management staff from the airport's office for Noise and Environmental Compliance to attend the NBAA convention and present the awards during a press conference scheduled for October 6 at 2:00 p.m.

"We can't wait to make the presentations because the award criteria are not just challenging, but also because more operators complied with the criteria in 2007 than in previous years," added Dennis O'Connor, TEB's Noise Office Manager. "Pilots are hearing the message about 'flying quiet' and they deserve our thanks."

Teterboro Airport launched the "Good Neighbor Awards" in 2004 to give credit to operators who avoided violations of airport noise rules and night time operations.

The awards program has become part of the "TEB Industry Working Group," which was formed by Port Authority Chairman Anthony R. Coscia to improve safety, security and reduce noise at the airport.

The TEB Industry Working Group includes leading trade groups, such as the National Air Transportation Association (NATA), National Business Aviation Association (NBAA), General Aviation Manufacturers Association (GAMA), and Aircraft Owners and Pilots Association (AOPA), TEB FBOs, and other major operators such as NetJets.

The group is co-chaired by former Congressman James Coyne, President of NATA and Joseph Fazio, General Manager of Atlantic Aviation at TEB.

Created to address safety and security at TEB — one of

America's busiest general aviation airports — the program also highlights noise abatement with voluntary restraints against operating Stage 2 jets into the airport and from operating any aircraft between 11 p.m. and 6 a.m.

According to Mr. O'Connor, "One of the measures of operator response has been the number of operations that occur after 11 p.m. The rate one night was as much as 83% fewer operations after 11 versus during the 10 p.m. hour." As O'Connor explains, "The enthusiastic response to TEB's voluntary restraints has enabled more operators to qualify for the awards and be recognized this year; and NBAA puts us in the right place at the right time to say thanks."

Teterboro Airport's "Good Neighbor Awards" for 2006 will be presented to Hawkaire, Massachusetts Mutual Life Insurance and Textron.

Teterboro Airport's "Good Neighbor Awards" for 2007 will be presented to the following companies and individuals: Ameriprise Financial, Hawkaire, IHBA, Inc., Massachusetts Mutual Life Insurance, Meredith Corporation, Twin Cities Aviation and VF Services, along with Mr. Thomas Heimgartner. An "honorable mention" is being cited for DHL Express in 2007 because award criteria cover aircraft used for passenger transport, not cargo, yet DHL's helicopter operations met TEB's noise rules and voluntary restraints.

For more information on Teterboro Airport (TEB), and airport noise and environmental compliance, visit [www.teb.com](http://www.teb.com).

For more information on the TEB Industry Working Group's new, on-line safety program at Teterboro Airport, visit [www.flightcrewbriefing.com/teterboro](http://www.flightcrewbriefing.com/teterboro) ###

### Free Health Consultation

The Hasbrouck Heights Health Department advises residents over 18 years old that free health consultations are scheduled to be held at the Municipal Complex, on September 25, 2008, from 10:00 a.m. until 1:00 p.m.

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

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

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# 800 Runners Take-off





# at Teterboro Airport



About 800 runners chased a "pace plane" up and down the main runway at Teterboro Airport for the 5K (3.1 mile) course. "Mini-flyer Dashes" (25-200 yards) for children 2 through 12 followed the 5K event.

The 11th Annual Teterboro Airport 5K Run was held at 8:30 a.m., Saturday, July 19, at the Jet Aviation facility, under a hot, partly cloudy sky with heavy humidity. Teterboro Airport suspended flight operations for about 60 minutes.

This event featured: \$12,000 Random Prize Giveaway, \$1,000

Super Random Grand Prize, \$2,000 Prize Money, ChampionChip Scoring, food, "T" shirts and DJ.

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

This year's top finisher male was Abiyot Endale of the Bronx, NY with a time of 15:31, and female, Sebleledet Klmariam of the Bronx, NY with a time

of 16:54.

About 100 "Mini-flyer" children raced, and wore a #1 tag. Each child was a top finisher and received a blue ribbon.

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

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

The Moonachie EMS/Rescue Squad provided emergency and first aid services. The Aviation Hall of Fame provided support. Ken Forester, CEO of Meridian Air Charter, piloted the Cessna 172 chase plane.

This event was organized by Bergen County United Way and PSE&G -- this year's presenting sponsors. Sponsors included **Port Authority of New York and New Jersey**, Jet Aviation, AvPorts, Enterprise Rent-A-Car, TD Banknorth and Meridian Air Charter.

The 2008 5K Run benefit-

ted 2-1-1, United Way's state-wide free, 24-hour information and referral service connecting people with social services and community programs.

The number of previous 5K event finishers were: 1998 - 488, 1999 - 679, 2000 - 623, 2001 - 776, 2002 - 804, 2003 - 659, 2004 - 686, 2005 - 593, 2006 - 678.

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

*Special thanks to Justin Derevyanik of the Moonachie Fire Department for his help.*



## Reading Mentors/ Tutors Wanted

Time Warner Cable and the Robert L. Craig School are recruiting volunteers for its "Time to Read" program at the Moonachie school.

Time Warner Cable's literacy mentoring program, "Time to Read" inspires its learners to keep current with global news and culture through news publications like "Time for Kids" and "Sports Illustrated for Kids."

The "Time to Read" reading mentors serve as tutors and role models for the students and inspire stronger reading skills and greater confidence in its learners.

The cable company provides training, "Time to Read" materials, and supplemental curriculum for its mentors. All volunteer mentors must be the age of 17 or older to participate.

The program is held for two eight-week sessions at the school from 3:15 p.m. - 4:15 p.m. on Thursdays.

If you would like to volunteer or know a relative or friend interested in volunteering in the program, please contact Karen La Cava, Time Warner Cable at 718-390-7060, or Mark Solimo, Superintendent/Principal at 201-641-5833, Ext. 100. ###

## Calling All the Beautiful Babies of Hasbrouck Heights

The Junior Women's Club is sponsoring its annual Beautiful Baby Contest, to be held at Town Day, Saturday, September 27th. The contest is open to all Hasbrouck Heights residents under the age of two.

Please send a photo of your beautiful baby to Junior Women's Club, P.O. Box 68, Hasbrouck Heights, NJ, 07604, by Wednesday, September 24th. Include the child's name, age and phone number on the back of the photograph and a stamped, self-addressed envelope for the photo to be returned. The winner will receive a savings bond.

The winner will be voted for on Town Day. Votes are 25 cents each and the proceeds benefit the "Dress a Living Doll" program, which helps underprivileged children with back to school clothes and supplies. ###

## Crafts-to-Share Club Swings Into Fall

The Free Public Library of Hasbrouck Heights will continue to sponsor the popular craft club for the fall of 2008 and spring of 2009. The ongoing club now in full swing is called the Crafts-to-Share Club.

The Craft Club is held the first Tuesday evening of the month from 6:30-8:30 p.m. and the third Wednesday afternoon of every month from 1:30-3:30 p.m.

The next evening meeting will be September 2 and the next afternoon meeting will be September 17. Both afternoon and evening gatherings are held to accommodate the schedules and personal preferences of the participants.

## Home Emergency Preparedness Seminar

The Clutter Club is back in full swing for the fall. The next meeting is scheduled for Thursday, September 25, 2008, from 7:00 p.m. to 8:30 p.m., at The Free Public Library of Hasbrouck Heights.

Professional organizers, Susan Corbo and Bernadette Flaim of the firm "Attention 2 Detail," will be providing valuable information to help you to be prepared for a home emergency. This seminar will address the question: What do I need to do to be prepared in the event of an emergency?

September is "National Preparedness Month" sponsored by the US Department of Homeland Security, so the issue is very timely.

Emergencies such as fires, floods, hurricanes, winter storms, and various power outages are considered and plans are reviewed.

Specific actions that you can take in advance of an emergency are discussed and include such things as building a kit, developing a family communications and evacuation plan, knowing what may happen and how you can help.

Even your pets are considered. It is important to have identification for all household pets in the event that owners and pets are separated.

This very important and free seminar is open to all. Please call The Library at 201-288-0488 for more details and to sign up or go online to their calendar at <http://hasbrouckheights.bccls.org>. ###

Craft members have adopted the name "Crafts-to-Share" because it captures the essence of the club. This is a chance to share talents or develop some new ones and enjoy the camaraderie. Participants have done everything from scrap booking to knitting and crocheting, to beading, to finger knitting and more. New participants are always welcome.

The Crafts-to-Share Club has adopted a philosophy of giving to the community. Some of the participants have been donating hand made items, such as afghans and caps, to the patients of Hackensack University Medical Center. The Library would be pleased to accept donations of yarn on behalf of the Crafts-to-Share Club.

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

RECYCLE

## Robert L. Craig Back to School Night

Parents are invited to attend the Robert L. Craig "Back To School Night" on Thursday, September 25, 2008. The program will begin at 6:30 p.m. with a special video in the school gymnasium.

Back to School Night is the time when parents meet with their child's classroom teacher(s), learn what their child will be studying and what will be expected of him or her in the coming year.

The Moonachie Board of Education wants each child to be happy and successful at the Robert L. Craig School and believes that parents play a key role. That role is to continually show interest in and support of their child. The child who knows his or her family is interested in and supports the school programs will almost always have fewer problems in school and will enjoy great success.

The Board believes by working closely with parents, each child's experience at the

Robert L. Craig School will be a positive and enjoyable one.

Consistent communication between home and school is essential to promote the best interests of your child and all children attending the Robert L. Craig School. The Moonachie Board of Education encourages all parents to become involved and to contact their child's teacher or the office if they have any questions or comments throughout the year. It is the Board's hope that this academic year will be the best ever for each and every child. ###

## AC Bus Trips

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

# Wings & Wheels Expo



## Teterboro Airport

Saturday, September 20th • 9 a.m. to 5 p.m.

Sunday, September 21st • 9 a.m. to 4 p.m.

Route 46 and Industrial Avenue. Event entrance on Industrial Avenue.

FREE parking at USPS parking lot across from Teterboro Airport.

## Vintage Aircraft and Auto Show features

**B-17 "Yankee Lady" (Rides Available)**

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Additional exhibits and vendors include: various aircraft, exotic, antique, custom cars, motorcycles and military vehicles, Army Air Forces Historical Association, Paramus Flying Club, Port Authority, US Army, US Air Force, T. Q. Midgets (*Pine Brook Reunion*), Big Wheel Races, etc.



**Admission: Adults: \$10 • Seniors & Children under 12: \$5  
Children under 5 FREE. Active duty military personnel (with ID) FREE.**

Ticket also includes FREE admission to the Museum during this event.

All proceeds to benefit the

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# On The Road to Tanzania

By Emily Wallace

If somebody asked me four years ago what I saw myself doing when I graduated, I probably would have responded with an answer alluding to graduate school or some other vague answer like most college freshmen would. I never thought that I would be preparing to move halfway around the world.

I graduated from the Catholic University of America in Washington, DC in May with bachelor degrees in Theology/Religious Studies and Social Work and a Certificate in Pastoral Ministry.

After many experiences at Catholic, I discerned the call to do long term service after graduation. This has led me to the Jesuit Volunteers International, with whom I will be serving the people of Dar Es Salaam, Tanzania, for two years.

To some, this decision may seem radical; however, it is the next logical step in my life.

My sophomore year brought along an opportunity to go on a mission trip to Kingston, Jamaica.

Little did I know how life changing spending one week in another country would be. I came back from that first trip with a different world view.

In Jamaica, I tutored at a charity school and visited with the abandoned elderly at St. Monica's, a home set up just for them. I had never experienced anything like this before.

I was amazed and deeply moved by the sincere joy and faith that these people had despite their meager physical possessions. I was asked to be the team leader for the following year. These were truly life changing experiences which have positively affected the path I am choosing to take in life.

I started looking into organizations which have long term service programs and eventually I came across Jesuit



Volunteers International.

During my time in Africa, I will be living with three other volunteers; I will be a primary school teacher at a local Jesuit school. I am looking forward to living in a different culture, learning Swahili and experiencing the different lifestyle that comes along with living in Tanzania.

I am very grateful for all of the experiences I have had that have led me in this direction.

Most fundamentally, the way I was raised and the values my parents instilled in me were what ultimately pushed me in this direction and for that I am ever thankful.

I am very excited to embark on this next journey in my life; however, I cannot accomplish this on my own.

Firstly and most importantly, I am asking for the prayers and support of everyone, for this is the foundation of all successful ministry. With the support of my home community, I will be able to continue this journey. Please check JVI's website for updates about my time in Tanzania as well as my fellow volunteers – [www.jesuitvolunteers.org](http://www.jesuitvolunteers.org).

Lastly, any financial contributions will be most gratefully appreciated. If you wish to make a donation, please mail it to Jesuit Volunteers International, 1016 16th Street, NW, Suite 400, Washington, DC 20036-1408 (please include my name somewhere in the donation – Emily Wallace). JVI also accepts matching gifts. My goal is to raise \$3,000 before my departure to Africa in November.

Thank you so much in advance for all of your support and encouragement; please know that you will also be in my prayers. I am determined to live out this mission with courage in my heart and the knowledge that I am using the gifts and talents that God has given me to the best of my ability.

See Ms. Wallace's story, "Back to Jamaica," in *The Gazette*, September 2007, page 26. ###

## JWC Invites New Members

Begins Fall schedule with discussion of upcoming events: Beautiful Baby Contest, Munchkin Mash, Pizza with Santa...

The Junior Women's Club of Hasbrouck Heights is a volunteer service organization serving the community needs of Hasbrouck Heights.

The club is involved in many children's activities, as well as many issues that face our community and lives.

Activities include, but are not limited to, Spelling Bee Sponsorship, Story Hours at The Library, Brunch with the Bunny, Munchkin Mash, Pizza with Santa. Through all these activities, the club is able to contribute to many children's charities, Police, Fire, and Ambulance, our Public Library, DARE, and many other causes.

Beginning this September, the Junior Women's Club will meet on the second Thursday of every month at the First Reformed Church located at the corner of Burton and Washington Place.

All women residing in the Hasbrouck Heights area are welcome to attend. By working together, members get many goals accomplished while establishing many friendships. ###

## CC School Students Begin New Year

It looked so far away, those first days of school, back in June.

But next thing you know, the new school uniforms are hung in the closet and the school supplies are sitting next to the backpacks ready to be put away.

Who can resist that smell of a new package of crayons, even though it does mean putting the summer shorts away and giving up sleeping in?

Corpus Christi School students and faculty look forward to another productive school year.

The faculty will meet on September 2nd to review their classes and plans. School officially opens on September 3rd for Grades K-8. The Kindergarten orientation will also take place that day. On September 4th, the PreK 4 will start their school year with an Orientation and, on September 8th and 10th, PreK3 with their own orientation.

The 8th Grade parents are invited to High School Info Night on September 10th. At this meeting the Co-op testing process is explained.

On September 12th, a Back To School Mass will be conducted at 9:00 a.m. and, on September 24th, Back To School Night will take place. Story by Sonya Buckman. ###

## W-R Health Department Annual Blood Screening

The Wood-Ridge Board of Health is offering the Annual Blood Screening Program at the Bianchi House, 111 First Street, on Tuesday, September 23, 2008 from 7:30 a.m. to 9:30 a.m.

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

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

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

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

Appointments must be made in advance. Sign-ups will be held at the Municipal Building, 85 Humboldt Street, beginning September 4th.

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

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

Call the Health Department for sign-up times and dates at 201-939-2936. ###

## Meet Your Business Neighbors

The Hasbrouck Heights Chamber of Commerce invites all business owners from Hasbrouck Heights, Moonachie, Teterboro and Wood-Ridge

### Informal Business Networking Breakfast

Thursday, October 16, 2008 • 7:30 a.m. to 9:30 a.m.  
Hasbrouck Heights Holiday Inn Regency Room

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## Devils Close Successful Season

The Wood Ridge U17 Girls Softball Team closed out a successful summer travel season with a 6-3 win Wednesday over Dumont in the UGAL's North Jersey championship game.

Competing in the premier American Division, the girls entered the last week of the regular season with a chance to finish in first place. After beating Clifton and River Dell, Wood-Ridge traveled to River Vale to play Pascack Valley. The winner of the game would be crowned regular season champs. The Blue Devils put on a defensive clinic behind a strong pitching performance from Ashley O'Bierne, defeating PV 3-1 to finish off a 13-1-2 regular season. This was the second regular season title in a row for Wood-Ridge.

The top-seeded Devils' reward was a first round game against perennial powerhouse Saddle Brook. Wood-Ridge scratched out two runs against the Falcons all-county pitcher, Kim Prevedal, in the 4th inning with aggressive base-running and timely hitting. This was enough as O'Bierne threw a 3-hit shutout and got help from another stellar defensive effort and Wood-Ridge moved into the semi-finals with a 2-0 victory.

River Dell visited the next night with revenge on their minds and a spot in the championship game on the line. Wood-Ridge was up to the challenge as hard-throwing Angela Raleigh tossed a two-hit shutout and the defense behind her sparkled again. The WR bats were unusually quiet for the second night in a row, but they manufactured 2 runs to advance to the championship with another 2-0 win.

The Blue Devils opponent in the finals was Dumont. Earlier in the season, Dumont

was able to rally for 3 runs in the bottom of the last inning to hand W-R a 5-4 loss, their only blemish of the season.

After losing a coin toss, W-R would play the final as the visiting team, and they went to work immediately. The Devils' bats came alive as they scored in each of the first 4 innings, building a 6-0 lead. Lauren Petrucelli, Rosa Holowan, Monica Bagan and Danielle Natoli all had big hits for W-R. Petrucelli was 3-3 in the game, and Bagan had a long triple to drive in 2 runs.

Once again, O'Bierne was spectacular on the mound, shutting down Dumont through five innings. As usual, the Devils' defense was tremendous, and catcher Allison Lindner continued her great season, throwing out two girls attempting to steal. Dumont was able to score three times in the sixth inning, stopping the Wood-Ridge scoreless streak at twenty three innings. After putting two runners on base in the bottom of the seventh, Dumont was unable to push them across as O'Bierne beared down and was able to secure the final out on a pop-up back to the mound.

This year's team consisted of WRHS varsity players Raleigh (P), Lindner (C), Nicole Bernat (3B), Hailey Barteck (1B), Natoli (LF), Alexa Barreto (RF) and Anni Tovar (RF). O'Bierne pitches for Immaculate Conception, Holowan was the starting shortstop for HH. Jen Keller played outfield and catches for IHA. Petrucelli was the starting shortstop for Queen of Peace, and Bagan and Christina Mineri were starters for Wallington. The coaches were Steve Lindner, Jim Raleigh, Dave Barteck and Jill Clementi. *Story and photo provided by Steve Pikowski. ###*

## Heights Continues Walking School Bus

Lt. Thomas Archer of the Hasbrouck Heights Police Department announced that the "Walking School Bus" program will be expanded during the upcoming school year.

Last year, students participated in a trial program from Euclid School on Tuesdays and Lincoln School on Thursdays.

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

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

The "Bus" will operate on a daily basis, rain or shine. The routes established for this year are as follows.

### Euclid School

- Starts at Summit and Lincoln and walks north towards Euclid.

- Starts at Jefferson and Burton and walks south towards Euclid.

### Lincoln School

- Starts at Jefferson and Burton and walks north towards Lincoln.

- Starts at Myers and Burton and walks south towards

Lincoln.

A program for Corpus Christi School is being considered.

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

Students stated that they enjoy meeting their friends along the way.

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

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

kids to school.

Final details for this expanded program were not available at press time, but will be available as the school year begins.

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

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

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## Driver Caution: Obey School Traffic Patterns

### Hasbrouck Heights

As the new school year begins, Lt. Thomas Archer reminds drivers: "There are 14 school crossing locations in town. All have advance school crossing signs which are lime green in color."

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

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

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

#### Dropping students off at Heights schools:

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

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

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

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

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

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

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

### Moonachie

• Students are reminded to cross only at intersections where crossing guards are present and to only cross when instructed to by the crossing guard.

• Crossing guards are present on all school days from 7:30 a.m. to 9:10 a.m., 11:30 a.m. to 1:00 p.m., and 2:30 p.m. to 3:30 p.m.

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

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

block another car that is parked in a spot.

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

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

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

• Buckle up and drive safely.

### Wood-Ridge

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

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

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

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

• The Catherine E. Doyle School now has three drop-off zones to improve flow around the school. They are located at Wood-Ridge Avenue, Twelfth Street and Highland Avenue.

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

• Our Lady of Assumption School has a drop-off zone located on Second street.

• Please obey the traffic sign allowing a left turn only off Second Street onto North Avenue. This protects the children crossing North Avenue at Hillcrest Avenue.

• An agreement has been reached with the Bergen County Vocational School located on Valley Boulevard. They will have an employee of the school monitor the bus parking in that area. No longer will buses be permitted to park 25 feet from an intersection or 50 feet of a stop sign. This will be a great help in the traffic flow around the school for W-R residents.

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

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

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

• Slow down near schools and in residential areas.

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

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

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

• Practice extra caution in bad weather.

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

## Pedestrian Safety Tips for Children

The Wood-Ridge Police Department Traffic Bureau offers these safety tips to review with your children.

• Always cross the street with an adult. Before crossing the street, look left, right and left again to make sure the road is clear. Then continue looking while you cross the street.

• Make eye contact with drivers in stopped cars. Listen for traffic. See and be seen.

• Cross only at intersections, and within marked crosswalks if they are available.

• Understand how pedestrian signals work: A solid WALK symbol means you may cross, but you still must pay attention, especially for turning cars.

• A flashing DON'T WALK symbol means you should not start crossing. If you are in the roadway when the flashing begins, continue crossing to the other side. Do not turn back.

• A solid DON'T WALK symbol means do not try to cross the street.

• The Traffic Bureau also cautions children to watch out for cars while getting on and off the school bus.

• Do not cross the street or run into the street from between parked cars.

• Do not run into the street after a ball, pet or toy. Find an adult to help you get the item.

• Don't run in parking lots.

• Walk on the sidewalk. If you must walk on a street with no sidewalks, walk as far to the left as possible, facing traffic so you can see what is coming and so drivers can see you.

• If you must walk at night, wear light-colored and reflective clothing so drivers can see you.

• Be careful during bad weather because it is harder for drivers to see you and stop.

• Use common sense -- it is the best way to keep safe. ###





# Camping with the Classics

The Hasbrouck Heights Public Library held a Family Camp-in on Friday and Saturday, August 1st and 2nd, from 9:30 p.m. to 7:30 a.m. About 120 attended, with 80 sleeping over.

Evening-long activities featured entertainment with Presley & Melody who engaged the children with audience participation songs and dance.

There was scary storytelling around an indoor campfire by members of the Mayor and Council.

Other activities included arts and crafts, board games, gaming activities such as fishing, face painting, ballooning, movies, wii games for teens, and lots of prizes and refreshments.

At 2 a.m. it was lights out with a 7 a.m. bugle wake up call. A light breakfast was provided before departure. ###



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## Sea Cadet Cagney Attends Coast Guard Training

LTJG Richard Fuller, Commanding Officer of the Iwo Jima (LHD-7) Division of Naval Sea Cadet Corps, has announced that Will Cagney of Hasbrouck Heights, NJ has participated in Seamanship and Navigation training which was held aboard the U.S. Coast Guard Cutter Sturgeon Bay (WTGB-109) 85 Port Terminal Boulevard, Bayonne, NJ.

The training is designed to acquaint the cadets with Coast Guard life and discipline. While there, they received the same courses of instruction as are given regular Coast Guard recruits.

These courses included fire-fighting, first aid, military drill, Coast Guard history and traditions, drug/alcohol abuse lectures and guidance. Cadets successfully completing this training will be eligible for advancement within the Corps and to participate in hands-on training aboard other Navy and Coast Guard ships and shore activities.

If you would like your son/daughter to enjoy the benefits of the training provided by this program, please contact: LTJG Richard Fuller, 15 Sand Road, Westwood, NJ 07676. www.theiwojimadivision.com ###



## “Otto The Auto” Visits Moonachie

On July 28, 2008, Mr. Steve Rajczyk and Otto The Auto of AAA North Jersey came to the Moonachie Summer Recreation Program, and put on a program about bicycle safety. After the program members of the Moonachie Police Department’s Traffic Safety Unit conducted bicycle inspections and also registered bicycles.

Shown in the photo are Police Officer John Bussanich, Sgt. Richard Behrens, Erin Skelley, and Kyle Dressel. Photo provided by the Moonachie Police Department. ###

## Tomorrows Children’s Fund Holds Collection Drive

The Tomorrows Children’s Fund (at Hackensack University Medical Center) collection drive will continue until September 19, 2008.

New and unused items needed for their patients who range in age from infant to young adult are: art supplies

and crafts, board games, DVD movies for all ages, tactile toys for infants, toy cars and trucks, large Legos, etc. The Fund regrets it cannot accept stuffed animals or used items.

Items may be dropped off at Century 21/Eudan Realty from 9 a.m. to 6 p.m. daily. ##

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

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

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# Fitness Tips

By Joann Glussich

The first step toward getting the body of your dreams is to set a goal. This simple act, when done correctly, will instantly calm your frustrations and fill you with hope.

Here's how to make your goals SMART:

• **Specific:** Ask yourself questions like: How many inches do I want to lose? What pant size do I want to be? Be painstakingly specific with yourself. It has been proven that the more specific your goal is the more likely you are to achieve it.

• **Measurable:** You've got to be able to measure your results. It could be in pounds or body fat percentage or inches. It could even be fitting into a particular pair of pants that you haven't worn in years. The key is that you need to be able to physically measure your progress.

• **Attainable:** If you have fifty pounds to lose, it won't all come off in one month. Setting unattainable goals simply sets you up for failure. If you have a major fat loss goal, then break it down into small attainable

goals. As you achieve each smaller goal, you will reinforce your progress and ultimately can attain any desired goal.

• **Realistic:** This step is all about knowing yourself. What type of program would you realistically stick with? If you despise running, then don't base your weight loss program on 6 a.m. jogs. Look honestly at your abilities, but don't underestimate yourself either. You'll need to push yourself to achieve your goal.

• **Timely:** Every great goal is set on a timeline. Keeping the above steps in mind, give yourself an exact date and time that your goal needs to be accomplished by.

Now it's time to get to work. Write down your SMART goal and place it somewhere that you see often then tell three people of importance in your life about your goal.

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

## Free Canine Behavior Seminar

FOCAS holds a FREE seminar, Resolving Common Canine Behavior Problems, the first Wednesday of every month at **Oradell Animal Hospital** from 7:00 p.m. to 8:30 p.m.

The seminar is conducted by professional dog trainer, Eileen Haley, Professional Member of Pet Dog Trainers and founder of Second Chances, Inc.

Play-biting, jumping, destructive chewing, house training and other common puppy and adult dog behavior problems are discussed. Learn how to use positive reinforcement based training to create a well-mannered pet! Come join us in a relaxed environment for an informal AND informative evening. You'll be surprised what you will learn! Great for first-time pet guardians or adopters of shelter dogs.

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

## Artists/Vendors Wanted for Outdoor Mall

Local artists, as well as vendors, are welcome to participate in the Mayor's Business Community Committee's First Outdoor Mall to be held in the Municipal Parking Lot on Central and The Boulevard, Hasbrouck Heights, Saturday, Sept. 13, 2008, from 10 a.m. to 4 p.m. Applications are available at the Borough Hall, 320 Boulevard, Hasbrouck Heights.

This first-time event will include local business participants such as **Carroll's Fashions, Heights Flower Shoppe, Bill O'Shea's Florist and Gifts, Goldberg's Bagels**, food vendors, fresh fruits and vegetables, Kazimir's Pet Shoppe, antique dealers, jewelry, puppets, amusements for the children, musical entertainment and much more. *See ad on page 3. ###*

THINK GREEN



# Pharmacist Corner

## The Effect of Pharmacy Discount Programs

The recent increased trend in transferred prescriptions and the demand for discounted drugs may be compromising patient care.

Recently, patients have been inundated with incentive or discount programs, such as gift cards or \$4 prescriptions, encouraging them to fill their prescriptions at participating pharmacies.

Gift card incentives that promote transferring prescriptions carry a risk that a mistake in transcription can occur.

I have seen errors when prescriptions for extended-release products are transferred, specifically for Metformin.

Metformin is a diabetes drug that, if not filled correctly, can compromise glucose control and increase diabetic associated complications.

In addition to the potential for transcription errors, the lack

of a complete patient profile should be of some concern.

Without a complete patient profile, the pharmacist is not able to adequately screen for potential drug-drug interactions or side effects. This can be very common with anti-inflammatory drugs where duplication of therapy or drug interactions frequently occur.

With the introduction of \$4 generics for a 30-day supply or \$10 for a 90-day supply, there has been an increase in the amount of pharmacies patients use to fill their prescriptions, thus leading to the potential for an adverse event.

The primary goal of offering discounted prescriptions is to draw consumers into the store, thereby enticing them to buy other profitable items.

These programs are based on the view of the pharmacy as a retail center of the overall store and as a marketing tool that can break even or lose

money in the name of increasing front end sales and customer traffic.

The regretful result is the patient begins to view the pharmacist as just another worker in the store and not someone who can help them with their healthcare needs.

Do not underestimate the long term effect of knowing your pharmacists and they, in turn, knowing you and your medical record.

Instead of using multiple pharmacies, just ask your pharmacist about any financial concerns.

The amount that can be saved financially by using multiple pharmacies in the short term may end up costing more in the long run.

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

**NOTICE:**  
There will be no REACH service on Labor Day or any Thursday in September.

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**\$1.00 OFF**  
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Hours: Monday - Saturday: 10 a.m. to 9 p.m. • Sunday: 12 to 5 p.m.

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Offer expires 9/30/08

**\$5 OFF**  
Wine purchase of \$30 or more  
Offer expires 9/30/08



# September 2008 Heights Senior Calendar

Open to All Hasbrouck Heights Seniors

## SENIOR ACTIVITIES

**Monday, September 8, 15, 22, 29**  
10:00 a.m. wii Bowling League  
Games, cards & coffee

**Tuesday, September 2, 9, 16, 23, 30**  
10:00 a.m. Line Dancing \$1.00  
2:00 p.m. Adv. Chair Yoga \$1.00  
6:00 p.m. Games, cards & coffee

**Wednesday, September 3, 17, 24**  
2:00 p.m. Senior Paced Aerobics \$1.00

**Thursday, September 4, 11, 18, 25**  
10:00 a.m. to 1:00 p.m. wii Bowling League  
Games, cards & coffee  
2:00 p.m. Senior Yoga \$1.00

**Friday, September 5, 12, 19, 26**  
10:00 a.m. Games, cards & coffee

**Friday, September 12, 26**  
10:00 a.m. Fun Bingo  
1:00 p.m. Movies

Check Center Bulletin Board for listings

## CLUB MEETING SCHEDULE

**Thursday, September 4**  
10:30 a.m. Leisure Club Executive Meeting

**Wednesday, September 10**  
1 p.m. Leisure Club Meeting. Entertainment by  
FABIAN -- a well known mentalist

## UPCOMING EVENTS

**PNC Bank Arts Center**  
**Wednesday, September 3, 1 p.m.**  
Limited free tickets are available to a performance by singer Al Martino. The Center is located in Holmdel, NJ. You must provide your own transportation. Contact President John or Treasurer Dot at the Senior Center for ticket.

**Chesapeake Bay Trip**  
**September 18th to 21st**  
SOLD OUT! To be placed on a waiting list, call Pat at 201-288-1674 or Grace at 201-288-1614.

# Get Together Party A Big Success



On August 13th, the Leisure Club kicked off its new season with its annual "Get Together Party." More than one hundred senior citizens attended the affair.

The red and white checkered tablecloths reflected the spirit of an outdoor picnic. A flower centerpiece was on each table. Sixteen tables were arranged so that they could accommodate no more than

8 members. This added to the intimacy and provided greater opportunity for social communication.

Hot dogs, salads, cookies, sherbet, coffee, soda and water were the refreshments of the day. Joe Barnao and Charlie Gaal purchased the food. Joe was the cook. Ann Fuhro purchased the cookies and with her friends prepared a cookie tray for each table. Dot and

John Fitzin purchased the paper products, utensils and sherbet. Also helping out in the kitchen with the dispensing of the food were Rose Berardo, Paul Mulle, Darlene Kammerer, Mike Cahill, Dave and Marion Davidowicz, Pete and Marie Gallo and Maggie Mc Cormick.

The music was provided by Wolfie D. J. Services, who played just the right background music and music that encouraged dancing.

The social enters in the fall schedule of meetings and programs. The first meeting of the Leisure club is Wednesday, September 10th. The group will be entertained by mentalist Fabian. On October 8th, Ms. Patricia Davala, from Banker's Life, will discuss "How to get the Most for your Money." On November 12th, Ms. Linda Cross will speak on the recent changes made in Medicaid. On December 10th, the Annual Christmas Party will take place at the Landmark Restaurant. *Story by Peter Gallo Jr. ###*

# AARP Gets Ready for an Exciting Year

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

President Marie Gallo announced that the Program Committee, the Trip Committee and the Hospitality Committee are well on their ways for another exciting year. The new fiscal year begins on Friday, September 12th.

President Gallo encourages all seniors who are members of the National AARP to take part in the AARP Central Bergen Chapter's activities.

They are welcome to attend any of the chapter's meetings, attend programs that interest them, participate in planned trips and become a member of the AARP Central Bergen Chapter #418.

Program Chairperson Marion Davidowicz announced the programs scheduled for the first four months of the new term. On September 12th, Attorney Michael A. Manna, who has been serving seniors and fami-

lies throughout Bergen County, Rockland County and the region, will address the group.

Mr. Manna, an advocate for the elderly, will touch on such topics as elder law, wills, trusts, estates, etc.

On October 10th, Ms. Linda Cross, who is a representative of the Bergen County Department of Human Resources, Division of Senior Services, will discuss the recent changes to Medicare Part D. Ms. Cross is an expert on this topic and has the ability to effectively connect with seniors.

On November 14th, final arrangements are being made with the New Jersey Council for the Humanities to present another program by the Horizons Speakers Bureau.

Some of the past programs presented to the chapter were "Unlacing the Victorian Woman," "Eleanor Roosevelt: In her Early Years," "Ichabod Crane," and "Mark Twain."

The annual Christmas Party has been scheduled for December 12th.

Trip Chairperson Estella

Hackel has announced that a trip to The Excelsior on Route 46E in Saddle Brook has been scheduled for Wednesday, October 8th for their annual Oktoberfest Luncheon and entertainment.

Tickets are \$42 for members and \$44 for non-members. The price includes a one hour open bar, dinner, entertainment and 50/50 drawing for our members only. Transportation is on your own. Please call 201-288-0276 for tickets.

Central Bergen Chapter #418 AARP meets the second Friday of each month except for July and August. They meet at 12:30 p.m. at the M&M Building, 116 Holt Street, Hackensack.

Membership is open to seniors who are members of AARP and who reside in Hackensack, Hasbrouck Heights, Maywood, Rochelle Park, Little Ferry or South Hackensack. New members are always welcomed. There next meeting is Friday, September 12th. *Story by Peter Gallo Jr. ###*



## Tuscany Style Entrees

Soup to Zuppa di Pesce  
New Dinner Menu  
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Sundays 12 to 4 pm: Private Parties • 4 pm to 9 pm: Open to Public

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## Reflections

**“There is No Inter-action Anywhere  
Only Omni-action Everywhere”**

*Rev. Carole J. Suraci  
Community United Church of Christ*

When we realize that the action that takes place in inter-action is first a thought, it is easier to be aware of this principle of Existential Metapsychiatry which has blessed my life in my moment to moment walk with God.

Whenever I find myself anxious I have learned to first listen to what I want or don't want. Also, I realize that this wanting state means that I am separated from the realization of my wholeness and Oneness with God Mind.

My attention is focused on the personal ego mind that looks for something in the outer to bring happiness, whether it is a person, place, or thing.

But the Bible says, “The Lord is my Shepherd I shall not want.” What I need at that moment is to take my focus off the outer and turn my attention inward and upward toward the “Secret place of the Most High” within.

When I rest in this upper room of the mind or consciousness I release my mind from the limited objective consciousness and dwell in the spaciousness of God Mind, where Paul said, “I live and move and have my being in God.” I relax and rest the personal human mind from thinking; that is, thinking about what should be and what shouldn't be.

As my teacher, Dr. Thomas Hora, would say, “Blessed are the shouldless.” The Bible in Psalm 46 states, “It is in returning and rest that we are saved.”

We are saved when we return or turn our attention to that secret place where our focus is one-pointed and single. Our focus is dwelling on the spiritual qualities of God Mind.

I find this particularly helpful at home or the job when I am tempted to dwell in inter-action thinking. I stop whatever I'm doing, breathe in deeply, and turn my attention away from “Thinking about what others are thinking about what I'm thinking,” called inter-active thinking.

The breathing helps to quiet the mind from its internal, excessive chatter; it's calculating and judging by appearance.

As I rest my mind I become aware of “PAGL: peace, as-

urance, gratitude, and love,” right where there was strife, anxiety and fear. Amazingly, when this rest, or state of Grace is realized within my mind, whatever is seemingly happening in the outer is harmonized and healed.

We have taken our focus off the inharmonious or unreal and turned our attention to harmony which is true perception or spiritual reality.

I have come to appreciate the “Prayer of Right Seeing.” In a pamphlet entitled “Compassion,” teachings from Existential Metapsychiatry, Dr. Hora states, “Everyone and everything is here for God, whether they know it or not.” And he states, “That is reality.”

He spoke of three modes of being of man: That we are here for ourselves which is the mode of unenlightened mind or we are here for others which he states is religious or humanistic mode of being.

In being here for ourselves

or being here for others is normal for man. Our attention is focused on inter-active thinking with oneself or other. We are dwelling on the horizontal plane of thinking. What is needed is to be interested in being here for God.

As we rest in Omni-active Mind, the human inter-active mind ceases from calculating, protecting or defending, and manipulation or operational thinking allowing us to go beyond the personal ego mind.

We let go of inter-active thinking. Thinking about what should be and shouldn't be or what we want and don't want and let God.

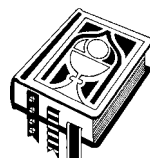
We give our concerns to God letting God Mind orchestrate a beautiful unfoldment of good. We return to God Mind, that quiet place where there is harmony, joy and peace we realize that “everything is already alright.”

We learn to dwell in omn-active Love-Intelligence, the action which is non-action; meaning that we need “do nothing.”

We learn to rest in and trust God Mind to unfold His Good that He desires to express through us as us as we seek to dwell in the upper room, or Secret place of the Most High.

Let Love or Omni-active Love-Intelligence express through you rather than dwelling in fantasies of interaction with yourself or another.

God bless you now and always. ###



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

### BIBLE BAPTIST CHURCH

31 Passaic, HH • 288-4139

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

Rev. Bill Hegedus, Pastor

#### Sunday

8:00 a.m. Prayer Partners Meet

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

9:30 Discipleship Hour for all ages

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

Evening Service as announced



### CORPUS CHRISTI R.C. CHURCH

Boulevard & Kipp, HH •

Offices: 288-4844 • School: 288-0614

Rev. Lewis V. Papera, Pastor

Rev. Raymond M. Holmes

Rev. Jurek Zaslona

Rev. Msgr. Martin O'Brien

Deacon Vincent DeFedele

#### Sunday Obligation Masses:

5:00 p.m. Saturday (Chapel)

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

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

#### Daily Masses: (Church)

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

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

#### Corpus Christi Church/School Websites

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

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



### CHURCH OF ST. JOHN

#### THE DIVINE (EPISCOPAL)

Terrace & Jefferson, HH • 288-0002

Rev. Joseph Pickard, Vicar

Erik Soldwedel, Deacon

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

[www.careonthecorner.org](http://www.careonthecorner.org)

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

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

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



### FIRST REFORMED CHURCH

Burton & Washington Place, HH

Church Office: 201-288-1122

Rev. Dianna L. Smith, Pastor

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

#### Sunday

9:00 a.m. Sunday School

10:00 a.m. Worship Service

Fellowship Hour follows Worship Service. Child care provided



### FIRST UNITED METHODIST CHURCH

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

Church and Nursery School Office: 288-4636

Pastor Iraida Ruiz de Porras

#### Sunday

10:00 a.m. - Worship Service

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



### THE CROSS KOREAN UMC

57 Burton Avenue • 393-7890

### HOLY TRINITY LUTHERAN CHURCH

92 Burton Avenue, HH • 288-6889

The Reverend George W. Yoder, Pastor

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

#### Saturday

5:00 p.m. Communion Contemporary Setting

#### Sunday

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

11:00 a.m. Holy Communion

Tuesday: 7:30 p.m. Bible Study



### THE COMMUNITY

#### UNITED CHURCH OF CHRIST

Boulevard & Charlton Ave., HH • 288-0622

Rev. Edward J. Glasser, Assoc. Minister

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

Communion-- first Sunday of the month





**Church Schedules: Lodi**

**FAITH REFORMED CHURCH**

95 Washington Street, Lodi • 973-778-4529

**IMMACULATE CONCEPTION CONVENT**

143 South Main Street, Lodi

Mass: Sunday 9 a.m. • Daily (M-F) 7:00 a.m. • Sat. 8 a.m.

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125 Union Street, Lodi • 973-779-4330

**ST. JOSEPH R.C. CHURCH**

40 Spring Street, Lodi • Rectory: 973-779-0643

Rev. Michael Marotta, C.R.M., Pastor

Rev. Americo Salvi, C.R.M., Parochial Vicar

Rev. Jason S. Gaganap, C.R.M., Parochial Vicar

Rev. Anastacio "Nony" Villaluz, C.R.M., In Residence

Rev. Mr. Steve Marchese, Deacon

**Sunday Obligation Masses:**

6 p.m. Saturday

7:30 a.m., 9:00 a.m. (Italian), 10:30 a.m., Noon, 6 p.m.

**Daily Masses:** 7:00 a.m., Noon • **Holy Day Mass Eve:** 7 p.m.

**Reconciliation (Confession):** Sat. 4:30 - 6:00 p.m.

**Friday Adoration of Blessed Sacrament:** 11 a.m. to Noon

**Church Schedules: Moonachie**

**FIRST PRESBYTERIAN CHURCH OF MOONACHIE**

221 Moonachie Road

Church Office: 201-641-4919

Rev. Kimberly Chastain, Pastor

**Sunday**

11:00 a.m. Worship Service



**ST. MARGARET OF CORTONA (Little Ferry/Moonachie)**

31 Chamberlain Ave., Little Ferry • Office: 201-641-2988

Rev. Arthur Frank Humphrey, Pastor

Sr. Dorothy A. Donovan, S.S.J., Pastoral Associate

**Sunday Obligation Masses:**

Saturday: 5:30 p.m. • Sunday: 8 a.m., 10:00 a.m., Noon

**Daily Masses:** Mon., Novena 7 p.m., Tues., Wed., Fri. 8 a.m.

Saturday, Memorial Day, July 4th, Thanksgiving: 9 a.m.

Rosary for Peace: First Saturdays after 9 a.m. Mass

**Reconciliation (Confession):** Mon. 6:15 - 6:45 p.m.

**Church Schedules: Wood-Ridge**

**ASSUMPTION R.C. CHURCH**

143 First Street, Wood-Ridge • Rectory: 201-438-5555

Center: 201-933-6118 • School: 201-933-0239

Fr. Brian Cullinane, OFM, Pastor

Fr. Paul Sinnema, OFM

Fr. Thomas Kelly, OFM

Fr. Cassian Miles, OFM

Deacon Nicholas Valdez

**Sunday Obligation Masses:**

5:30 p.m. Saturday

8:00 a.m., 9:30 a.m., 11:00 a.m.

**Daily Masses:** (Church)

Mon.-Fri.: 7:00 a.m., 8:00 a.m. • Sat. - 8:00 a.m.

**Reconciliation (Confession):** Sat. 11:00 - 12:00 p.m.

**Assumption Church/School Websites**

Parish: [www.assumption-parish.org](http://www.assumption-parish.org)

School: [www.assumptionschoolwr.org](http://www.assumptionschoolwr.org)



**FIRST PRESBYTERIAN CHURCH OF WOOD-RIDGE**

190 Valley Boulevard • Office: 201-438-5559 • 201-438-8966

Rev. Kimberly Chastain, Pastor

**Sunday**

9:30 a.m. Worship Service

**MYUNG SUNG CHURCH OF NJ (KOREAN)**

Rev. David Suh

**Sunday 12:00 • Thursday 8:30 p.m. meeting**

**Monday - Friday 6:00 a.m. meeting**

201-681-0773



**ST. PAUL'S EPISCOPAL CHURCH/RESURRECTION**

Center & Humboldt Streets,

W-R • 201-438-8333

Rev. Jacob David, Rector

**1st Sunday - 9:30 a.m., Combined CSI & Healing Service**

**3rd Sunday - 9:30 a.m., Combined Episcopal Eucharist**

**2nd & 4th Sunday - 11:00 a.m. Malayalam Service**

Vestry Meeting: 2nd Sat. 10:00 a.m.



**Rosary Society News**

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

The first General Meeting is Thursday, September 11, in the school cafeteria following the recitation of the Rosary at 7:15 p.m. and Mass in the Chapel celebrated by our Moderator, Reverend Raymond Holmes.

The theme for the evening is "Welcome Back" to our current members, and it would be our pleasure to welcome new members at this meeting. Please come to the meeting and bring a friend!

The Annual Communion Breakfast is Sunday, October 5, at The Fiesta following nine o'clock Mass in the Chapel.

The Guest Speaker, Reverend Monsignor Raymond J. Kupke, is a gifted homilist and Pastor of Holy Family Church in Florham Park. Monsignor is a Professor at Seton Hall University and Archivist of the Diocese of Paterson, and he is currently active in an eclectic and unusual Catholic adult education program called "Growing in Faith and Theology (GIFT)."

This program reflects a renewed focus by the Church on adult faith formation and strives to make top notch courses and faculty accessible to local parishioners.

The donation for the Communion Breakfast is \$16. Tickets will be available at the September meeting. Women of the parish are invited to attend for what promises to be a very special experience. Please call Chairperson Dee Sullivan at 201-288-7415 to reserve your

**Weekend of Prayerful Reflection**

Christus Rex Catholic Men's Silent Retreat is scheduled for the weekend of October 17-19 at the Jesuit Loyola Retreat House in Morristown, NJ. Here is an excellent opportunity for self-examination and spiritual contemplation within the framework of prayer. This weekend's theme will be Spiritual Exercises/Spiritual Insights.

Free will offering. Retreat house details at: [www.loyola.org](http://www.loyola.org). Call 201-288-8656 for more information. *You owe it to yourself to attend at least one silent retreat in your lifetime.*

place.

The fall General Meetings are October 9 (*induction of new members*) and November 6 (preparation of Christmas Stockings for local children - bring new and unwrapped gifts).

Active members will be receiving an invitation to a Christmas celebration scheduled for December 11. The evening will begin with Mass in the Chapel at 5:30 p.m. (*tentative time*), followed by a dinner in the school cafeteria.

Here is a sneak preview for the spring. Our traditional Calendar Party is scheduled for April 23 at the VFW. The theme is "Broadway Musicals." Mark your calendars - plans will be finalized in the New Year.

Women of the parish are encouraged to join the Rosary Society in prayer and service. What better way to demonstrate devotion to the Blessed Mother than to become a Rosarian. Members are required to say one decade of the Rosary daily, to attend monthly meetings (*first Thursday after the first Sunday of the month*), to pray the Rosary for deceased members and to participate whenever possible in various service projects.

Simply come to a General Meeting or call Membership Chairperson Dee Sullivan 201-288-7415 for further information. *Story by Carol Viceconte. ###*

**Bingo is Back!**

Assumption Parish in Wood-Ridge recently announced that Bingo is being brought back. The Parish stopped having Bingo many years ago, but due to many, many requests the Church is starting Bingo again.

Bingo will be offered every Wednesday and Saturday evening beginning Wednesday, September 3rd. The "early bird game" for both nights will be at 7:20.

"There are so many new and improved ways of playing Bingo," Fr. Brian Cullinane, OFM, Pastor, said. "We are even offering the latest technology in playing Bingo, that is, with a computer." He went on to explain that, "of course, the traditional games on paper will also be offered."

The kitchen will offer snacks and all sorts of food on both Wednesday and Saturday nights.

Ample parking is available in the school/parish parking lot. The entrance to the parking lot is on Second Street. The Bingo games will be held in The Father Patrick Morris Hall, which is the Church basement.

The entrance to the hall is from the Main Street entrance, on the right side of the Church. At present, the hall is not handicap accessible, but it is a hope for the future.

If there are any questions, please contact the Parish Office at 201-438-5555. ###

**Holy Trinity Kicks Off New Year With Rally Sunday Hawaiian Luau**

Holy Trinity Lutheran Church will celebrate Rally Sunday this year with a picnic, "Hawaiian Luau" style, on September 7th, immediately following the regular Sunday morning schedule of Sunday Church School activities, Adult Bible Forum and the regular Service of Holy Communion.

Sunday Church School and Adult Bible Forum begin at 9:45 a.m. and are followed by the Service of Holy Communion, beginning at 11 a.m.

Picnic activities are scheduled to begin about 12:30 p.m. on the street at 92 Burton Avenue, directly in front of the Church. In case of inclement weather, picnic activities will be held in the Church's fellow-

ship hall.

A traditional definition of "luau" is "a gathering of family and friends to enjoy good food, good company, and good times. The atmosphere - "hang loose."

We invite families and friends to come and enjoy this day with us and to come and see what's happening at Holy Trinity. In the morning, parents and children are invited to meet the teachers and learn more about the coming Sunday School year. Adults are invited to join the Adult Bible Forum to begin a new course of study.

The afternoon will be filled with games and music and art activities and will feature music for the whole family to enjoy (*beginning at 2 p.m.*) by Big Jeff and Mark, "The World's Happiest Bass Player." You can learn more about this team at [www.bigjeffmusic.com](http://www.bigjeffmusic.com).

If you are interested in spending the day, or any part of it, with us, please RSVP with your name and phone number to the Church office at 201-288-6889. ###

*Fill your years with life, not your life with years*

# The Boulevard Mall

For a complete listing of area businesses go to: [www.The-Boulevard-Mall.com/mall07.pdf](http://www.The-Boulevard-Mall.com/mall07.pdf)

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## Turkey Dinner

Bring your friends and enjoy a delicious home made dinner including turkey, stuffing, cranberry relish, mashed potatoes, candied sweets, vegetable du jour, pumpkin dessert, coffee, tea, and cold drinks on Saturday, October 25, from 5:30 p.m. to 7:00 p.m.

The buffet style, all-you-can-eat dinner is sponsored by The Guild for Reformed Church Women of the First Reformed Church. Cost is \$12.00 for adults and \$5 for children under 10.

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

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

## Contemporary Club Kicks Off Fall Season on September 23rd

The Contemporary Club of Hasbrouck Heights will kick off the fall season with an Anniversary Dinner on Tuesday, September 23, at 6:30 p.m., at Holy Trinity Lutheran Church, Burton and Hamilton Avenues, Hasbrouck Heights.

The delegate to the recent Girls' Career Institute will tell about her experience at Douglass College.

The Contemporary Club is a member of the New Jersey State Federation of Women's Clubs. The organization will focus on Autism as its Special Project for the next two years.

For more information, call President Marge Heeren at 201-288-8933. ###

## Bizik Memorial Golf Tournament

The Hasbrouck Heights Men's Association is sponsoring the 23rd Annual Bizik Memorial Golf Tournament on Wednesday, September 17, 2008, at the Valley Brook Golf Club in Rivervale, NJ.

Check-in is at 7 a.m. and shotgun start is at 8 a.m. Cost is \$165 and includes: a round of golf, cart, continental breakfast, gourmet luncheon and two hour open bar.

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

Hole/tee sponsorships are available for \$100.00 and a sign will be posted. Contributions are welcome. Proceeds benefit the Hasbrouck Heights Men's Association Scholarship Fund. Scholarships are given to Hasbrouck Heights students graduating from high school. Deadline is September 1st. For info call 201-288-0752. ###

## HH Garden Club Meets Sept. 4th

The Hasbrouck Heights Garden Club will meet September 4th at 6:45 p.m. on the second floor of the Municipal Building, adjacent to the library.

The meetings are open to the public! If you enjoy gardening or have questions about your plants, please come and join us.

Refreshments will be served. Ask a friend to join you. All are welcome. Call Judy for further information at 201-288-2615. ###

## Chicken & Chips September 25

Holy Trinity Lutheran Church will host its Annual Chicken & Chips Dinner on Thursday, September 25, 2008 from 5:30 p.m. until 7:00 p.m.

Tastefully British Caterers will again serve up the best chicken and chips you ever tasted! Cost is \$14.00 per person and \$8.00 for children under 10. Seating is limited, so be sure to get your tickets early by calling the Church office at 201-288-6889 or Marge at 201-288-8933.

Pre-paid take-outs are available, but no tickets will be sold at the door. Holy Trinity Lutheran Church is located at Burton and Hamilton Avenues in Hasbrouck Heights. ###

**NOTICE: October 14th is the last day to register to vote in the November Elections.**

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**Hasbrouck Heights Aviator Touchdown Club Thanks The Following Sponsors for their Support of the 9th Annual Golf Outing**

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## DAV Meets

Disabled American Veterans Bergen County /Chapter 15 invites "all disabled service-connected Veterans" to join. Monthly meetings resume in September and are held the third Tuesday at the VFW Post 4591 at 19:30 hours.

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.

Call Ignazio Valente at 201-421-5922. Website is: www.davchapter15.org. ###

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## 5K Walk Oct. 4th

The 32<sup>nd</sup> Masonic Learning Center for Children, located at 301 Division Avenue, will sponsor its 5th Annual Hasbrouck Heights 5K Walk to Help Dyslexic Children, on Saturday, October 4th at Depken Field (*Franklin & Route 17*).

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

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

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

Make checks payable to CLC Dyslexia Walk and send them to Ms. Joey Dobbs, Hasbrouck Heights Learning Center, 301 Division Avenue, Hasbrouck Heights, NJ 07604. For more information go to: www.dyslexiawalk.org ###

## Contemporary Club Holds Garage Sale

The Contemporary Club of Hasbrouck Heights will hold a Garage Sale on Saturday, September 6, at 232 Passaic Avenue, Hasbrouck Heights, from 9 a.m. until 1 p.m. Household items, games, jewelry, collectibles, etc., will be available at great prices! Proceeds will be used for scholarships and other charitable causes endorsed by the Federation of Women's Clubs. ###

## Saint Margaret of Cortona Parish Picnic

Saint Margaret of Cortona Roman Catholic Church in Little Ferry is celebrating the 96th Anniversary with a Parish Picnic. The Parish Social Life Committee has scheduled it for Saturday, September 13, 2008, from 12 noon to 4 pm.

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

## Indoor Fall Flea Market Nov. 22

The Parish Social Life Committee of Saint Margaret of Cortona Roman Catholic Church is sponsoring an Indoor Fall Flea Market on Saturday, November 22, 2008. Tables are \$25 each. For information and contracts, call Ellie at 201-641-0883. ###

## \$3,000 State Grant to Upgrade Oil Tank

Nearly every New Jersey homeowner is eligible to receive state funds -- up to \$3,000 -- to replace their old underground oil storage tank with the tank of their choice.

Everything needed to apply for the funding is online at www.newtanksnj.org.

For more information, call John Depken, **K&D Fuel Oil**, at 201-288-0723. ###

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**Lodi \$414,999**  
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**Wood-Ridge \$559,000**  
 Lovely 4 BR, 2 bath Bi-Level set on nicely landscaped 75 X 120' property. Offers large LR, FDR w/sliders to deck, New EIK, spacious FR with gas fpl., C/A and garage. Tour at: [www.gatewaytohomes.com/2832540](http://www.gatewaytohomes.com/2832540)



**Hasbrouck Heights \$330,000**  
 Opportunity and potential in this 4BR Cape w/rear dormer. Features Large EIK, 2 BR's and LR w/hardwood floors, full basement, C/A, large private backyard, low taxes & walk to schools, shopping & public transportation. Tour at: [www.gatewaytohomes.com/2835941](http://www.gatewaytohomes.com/2835941)



**Wood-Ridge \$435,000**  
 Immaculate 3BR, 1.5 bath Tudor Colonial on quiet street. Offers FLR & FDR w/hrdwd floors, updated kitchen, den w/ent. to yard. Finished basement family room, Indry room & garage. Nicely landscaped prop. in convenient loc. Tour at: [www.gatewaytohomes.com/2831080](http://www.gatewaytohomes.com/2831080)



**Little Ferry \$509,900**  
 Spacious 48' Bi-level, offering 4 BR's and 2.5 baths, great street, oversized pie shaped lot, 10 year old kitchen, FR w/sliders to yard, hardwood floors. Central air, newer furnace & alarm system. 2 car attached garage. Tour at: [www.gatewaytohomes.com/2833127](http://www.gatewaytohomes.com/2833127)



**Wood-Ridge \$424,900**  
 Beautifully maintained 3 BR Colonial located on quiet street in desirable area. LR, FDR w/sliders to deck, modern EIK w/skylight, finished basement, garage, low taxes & convenient location. Tour at: [www.gatewaytohomes.com/2826450](http://www.gatewaytohomes.com/2826450)



**Hasbrouck Heights \$459,000**  
 Lovely updated CH Colonial offering 3 BR's, 2 full baths, FLR, FDR, new kitchen, new siding, roof & windows, large yard, L shaped deck, 3 season encl. porch, pool, fenced yard, fin. bsmnt & att. one car garage. Tour at: [www.gatewaytohomes.com/2831395](http://www.gatewaytohomes.com/2831395)



**Hasbrouck Heights \$650,000**  
 Lovely, CH Colonial w/5 BRs, 2.5 bths. Large open porch, FLR w/decorative fpl, & FDR - both w/crown dentil molding, large MEIK w/beautiful cabinets & sitting rm. off kitchen. Fin. bsmt., gas heat, C/A & private yard. Tour at [www.gatewaytohomes.com/2813886](http://www.gatewaytohomes.com/2813886)



**Wood-Ridge \$369,000**  
 Lovely Cape set on corner lot 3 BRs with potential for 4th. Completely renovated home w/new hardwood floors, carpet, kitchen, recessed lighting, & furnace. Amenities incl. fireplace in living room and one car garage. Tour at [www.gatewaytohomes.com/2819834](http://www.gatewaytohomes.com/2819834)



**Hasbrouck Heights \$393,000**  
 Conveniently located 3 BR, 2 bath Colonial features 3 season encl. front porch, large LR, FDR w/hdwd floors, modern EIK, 1st floor FR & full bath, fin. basement. Nicely landscaped deep lot, 2 car garage. Tour at: [www.gatewaytohomes.com/2822629](http://www.gatewaytohomes.com/2822629)



**Lodi \$525,000**  
 Spacious Two Family with bright & airy rooms. Main apt. offers LR/DR combo, mod. EIK, den, 2 BRS & full bath. Lower level offers 1 BR side rental unit plus walk-out bonus basement apt. w/ full kit., bath, FR & BR great for ext. family. 2 car attached garage C/A, C/Vac, gas heat. Close to trans. Tour at [www.gatewaytohomes.com/2811017](http://www.gatewaytohomes.com/2811017)



**Hasbrouck Heights \$329,000**  
 Well maintained 3 BR home on great street. Features large LR/DR combo, large MBR & bath, Lower level: FR, office & sum. kitchen, laundry/utility/storage & 1/4 bath. Tour at [www.gatewaytohomes.com/2823579](http://www.gatewaytohomes.com/2823579)



**Lodi \$335,900**  
 Immaculate updated 6 room Ranch! Offers large LR w/shiny hardwood floors, modern EIK, lovely FDR or 3rd BR, MBR w/walk-in closet, bath w/Jacuzzi, laundry room & o/e to covered patio & large yard. C/A, garage & many updates. Tour at [www.gatewaytohomes.com/2817830](http://www.gatewaytohomes.com/2817830)



**Lodi \$395,000**  
 Spacious 3 BR 2 bath Colonial set on 270' deep prop. on quiet dead end street. Offers FLR, FDR, kit. and den/office w/Sliders to large deck. Above grd pool, large master suite w/vaulted ceiling, walk-in closet & balcony. Finished basement & convenient location. Tour at: [www.gatewaytohomes.com/2832958](http://www.gatewaytohomes.com/2832958)



**Wood-Ridge \$459,000**  
 Lovely 2 BR, 2.5 bath, end unit Townhome! Offers EF, FDR, modern kitchen w/SS appl. & granite. MBR w/vaulted ceiling & marble bath w/Tuscan style tile. LR w/sliders to patio. C/A, garage & walk to train or NYC bus. Tour at: [www.gatewaytohomes.com/2822577](http://www.gatewaytohomes.com/2822577)



**Lodi \$459,000**  
 Move in condition 2 Family on cul-de-sac on HH/Lodi border. 1st floor: LR, EIK, 3 BR's, 2 new bths., fin. bsmt. w/wet bar, new bath. 2nd floor: LR, lge. kit, 2 BR's & bth. Tour at: [www.gatewaytohomes.com/2827387](http://www.gatewaytohomes.com/2827387)



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