

The Gazette

For Hasbrouck Heights and Teterboro Area

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343 Boulevard, Hasbrouck Heights, NJ 07604

Serving the communities of
Hasbrouck Heights and Teterboro Area

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June 2006

Mailed FREE to everyone in Hasbrouck Heights



Sweet Dreams

Armed with their flashlights and their favorite stuffed animals, 40 First and Second Grade Hasbrouck Heights Brownies, along with 10 of their troop leaders, participated

in an all night pajamboree at the Senior Center on Friday, April 21st. This year's theme was, "Sleepover Hawaiian Style."

The annual event, held to prepare the Brownies for camping, was hosted by Brownie

Troop 612 and Cadet Troop 520.

Each of the 4 troops attending the overnight claimed a camping spot and named their campsite after one of the Hawaiian Islands.

The Brownies made Aloha bracelets, Hawaiian picture frames, marshmallow hula dancers and Sunshine pencil toppers. The girls snacked on S'mores and then it was lights out for a mock campfire and a

rousing chorus of Girl Scout Campfire Songs. The girls rose early on Saturday morning and left with their crafts and some great memories of their first sleep-over! ###

For all of the latest news, information and features go to:

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100 Years of Worship

On June 11th, the Hasbrouck Heights First United Methodist Church will be celebrating 100 Years of Worship.

There will be a celebratory worship and rededication service at 10:30 a.m. in the Sanctuary. At noon there will be a program and hot & cold buffet in the Social Hall. Child care available.

The Church has invited dignitaries, former pastors, town clergy and local officials to join in the celebration.

The public is invited. Call 201-288-4636 for tickets: Adult \$19 and children under 10 are \$9. ###

Chamber Banner Days

The Chamber of Commerce announced that they are planning a "Banner Days" sidewalk sale for the weekend of June 8th, 9th, and 10th.

About 25 businesses participate in this annual event.

Any business or professional seeking information should contact George at 201-288-2130. ###

Farmers' Market

The Farmers' Market is scheduled to begin on June 13th and continue every Tuesday until September 26th at the corner of The Boulevard and Washington Place. ###

Hasbrouck Heights Primary Election June 6, 2006

Polls will be open from 6 a.m. to 8 p.m.

The Energy Corner

If Your Oil Burner Were A Car

If your oil burner were a car, it would travel 640,000 miles in 20 years. The average oil burner uses at least 800 gallons a year at 1 gallon an hour. The average speed driven for the average car trip is 40 mph. 800 hours times 40 mph equals 32,000 miles a year -- times 20 years equals 640,000 miles. What would a 20-year-old Dodge Dart with over 600,000 miles look like? Would you hop in that car and drive back and forth from New York to LA (*that's 32,000 miles*) 5.5 times **this winter** without giving it a second thought?

Replacing an old inefficient boiler or furnace is one of the best investments you can make. Where else can you get over a 20% tax free return on investment?

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



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Remembering "Buddies" Who Never Came Back



VFW Buddy Poppies were available at the Hasbrouck Heights IHOP on May 12th with proceeds going to the Veterans of Foreign Wars Veterans Assistance Program. (l-r) IHOP owner Joe Costa, VFW Commander Elmer Winterfeld and IHOP Manager Norman Granger. Members of Post 4591 also offered Buddy Poppies at Shop-Rite, Pathmark and Stop & Shop.

Every year in Hasbrouck Heights during Memorial Day Services at Memorial Park, there is a quiet moment as veterans come forward and place their "Buddy Poppy" at the base of the Memorial Stone.

The Buddy Poppy is a small red flower symbolic of the blood shed in World War I by millions of Allied soldiers in defense of freedom.

Inspired by Lt. Colonel John McCrae's poem, "In Flanders Fields," which presented a striking image of the bright red flowers blooming among rows of white crosses marking the graves of the war dead in Belgium, two women started what is known today as the "Buddy

Poppy" program.

Georgia native, Moina Michael, known as "The Poppy Princess," started a smaller-scale Poppy Day in November 1918. After reading the poem she made a personal pledge to "keep the faith" and vowed always to wear a red poppy of Flanders Fields as a sign of remembrance.

On November 9, 1918, she purchased 25 red poppies at a Wanamaker's store; she wore one and distributed the rest, making this the first group effort of poppies being worn in memory of all who died in Flanders Fields.

Ms. Michael began a tireless campaign to promote a

symbolic reminder of those who had not returned home.

In March 1919 she realized that there was also a need to remember those who were returning with mental, physical and spiritual needs. She widened the Poppy idea so that it could be used to help veterans.

In September 1920, delegates at the Auxiliary to the American Legion Convention agreed that disabled American war veterans could make the poppies sold in the US, thus generating much needed income for veterans.

Attending that convention was Madame E. Guerin, founder of the American and French Children's League.

She was concerned that the free world was "forgetting too soon those sleeping in Flanders Fields."

In 1921, the Franco-American Children's League began the first nationwide sale of poppies to benefit children in the devastated areas of France and Belgium.

The poppy program received the cooperation of the VFW when it conducted its first poppy distribution before Memorial Day in 1922. The poppy was soon adopted as the official memorial flower of the Veterans of Foreign Wars.

In 1923 a plan to pay disabled and needy American veterans to make the poppies was adopted, and the first VFW poppy factory was set up in Pittsburgh, Pennsylvania in 1924. It has since expanded to 11 locations.

The name just "grew" out of the disabled poppy makers' remembrances of their "*buddies who never came back*" from war. The little red flower became known as the "Buddy Poppy."

In February 1924, the VFW registered the name "Buddy Poppy" with the U.S. Patent Office.

For veterans in VA hospitals, domiciliaries and in state veterans homes, who assemble them -- every day is "Buddy Poppy" Day.

VFW pays the disabled, needy or aging veteran for the work. Poppy assembly is often used as a therapy program to provide exercise for fingers and hands.

All the money contributed by the public for Buddy Poppies is used in the cause of veterans' welfare, or for the well being of their needy dependents and the orphans of veterans.

About 14 million Buddy Poppies are distributed annually. The memorial poppy is never sold, but given in exchange for a contribution. Source: VFW ###

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Adjustable-Rate Mortgages 101

Adjustable-rate mortgages, or ARMs, differ from fixed-rate mortgages in that the interest rate and monthly payment move up and down as market interest rates fluctuate.

Most have an initial fixed-rate period during which the borrower's rate doesn't change, followed by a period during which the rate changes at preset intervals.

The initial fixed-rate period can be as short as a month or as long as 10 years.

One-year ARMs, which have their first adjustment after one year, used to be the most popular adjustable mortgages, and were the benchmark.

Recently the standard has become the 5/1 ARM, which has an initial fixed-rate period that lasts five years; the rate is adjusted annually thereafter.

However, since ARMs come with caps, borrowers have some protection against how high their interest rates and payments can adjust.

Caps come in a couple of different forms. The most common caps are: (1) Periodic rate cap: limits how much the rate can change at any one time. These are usually annual caps or caps that prevent the rate from rising more than a certain number of percentage points in any given year. (2) Lifetime cap: limits how much the interest rate can rise over the life of the loan. (3) Payment cap: offered on some ARMs, limits the amount the monthly payment can rise over the life of the loan in dollars, rather than how much the rate can change in percentage points.

Some ARMs come with a conversion feature that allows borrowers to convert their loans to fixed-rate mortgages for a fee. Others allow borrowers to make interest-only payments for a portion of their loan terms to keep their payments low.

To keep your financial options open, make sure to ask the mortgage lender if the ARM is convertible to a fixed-rate mortgage. Also, ask if the ARM is assumable, which means when you sell your home the buyer may qualify to assume your existing mortgage. This could be a desirable option, if mortgage rates are high at the time of the sale.

Also, remember ARMs work well for homeowners who know they will only be in their present home for a certain period of time. Smaller homes are usually a temporary step towards something bigger and perhaps better. Often home buyers know they will move to a better school district once

Continued on page 10



Police Chief Michael Colaneri and Hasbrouck Heights Lions Club President Andrew Chermark with some of the Second Graders participating in the Kid Care ID Program.

Police ID 2nd Graders

The Hasbrouck Heights Police Department conducted the Project Kid Care ID Program for all Corpus Christi, Euclid and Lincoln School 2nd Graders beginning in April and ending in June. The Hasbrouck Heights Lions Club donated the supplies for 2006.

Each Kid Care Photo ID Kit includes a standardized

head-and-shoulders ID photo, fingerprints, child's vital statistics, valuable emergency information, and the rules of safety. Kits are kept by the family.

Project Kid Care Photo ID was developed in 1993 by Polaroid Corp. and the National Center for Missing or Exploited Children. Photo supplied by the HHPD.###

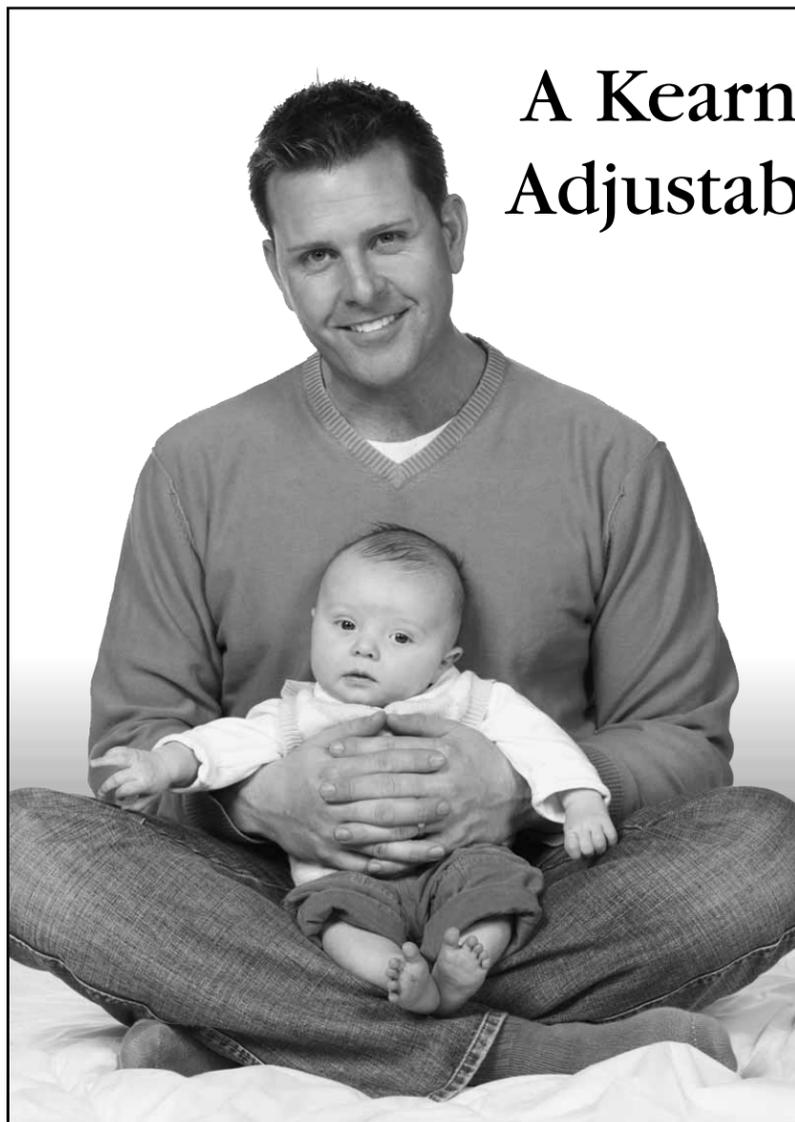


That Was Outragehissss

Dusty the Chinchilla from Outragehissss....Pets helped Brownie Troop 612 earn their "Animals" on Thursday, April 20th.

The girls learned about the habitat, life cycle and feeding habits of several of the exotic species housed in the Chestnut Ridge, New York facility. Larry, the animal handler, also spoke about the importance of these animals to the eco-system.

The girls watched Dusty take a dust bath, fed an armadillo, spoke with a blue macaw and got up close and personal with a python as part of the program. The Brownies thanked the owners, John and Noel, for a spectacular and "Outragehissss" presentation. Photo supplied by Brownie Troop 612. ###



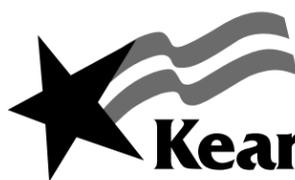
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The "Fatal Vision" Experience

On May 9th, 11th and 12th Graders from the Jr.-Sr. High School experienced "driving under the influence" with special goggles that simulate the effects of .17 to .20 blood

alcohol level (*the equivalent of 10 drinks an hour*).

Students drove golf carts through a pylon coned course first as an orientation drive through, then again with special goggles that simulated the visual impairment caused by alcohol or other drugs. There were two types of "Fatal Vision" goggles used -- daytime and nighttime.

Viewing through the goggle is rather clear, but confusing

to the mind. The wearer experienced a loss of equilibrium which is one of the effects of intoxication.

Both the driver wearing the goggles, and those students who observed this unique experience, saw the dramatic effects of impaired driving.

According to Chief Michael Colaneri, the purpose of the exercise is to create DWI awareness with the 12th Graders before their prom and graduation, and to the 11th Graders who will soon be driving.

"Accidents are the leading cause of death for teenagers," stated Lt. Shawn Mullins.

The golf carts were supplied by Bergen County and transported by Lenox Towing.

This was the 6th year the HHPD has conducted the "Fatal Vision" exercise.

Fatal Vision simulator goggles are manufactured by Innocorp, Ltd. located in Wisconsin. They were first introduced at the Conference on Wisconsin Highway Safety in June 1996. ###





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Rau-Fitzgerald 5K/Terlemezian 1 Mile Run and Family Walk



Above: Barbara gives the horn a blast ... and they are off to a great start ... Some of the finishers are pictured below.



The 8th Annual 5k Run and One Mile Walk, inspired by the memory of Hasbrouck Heights teachers John Rau, Cheryl Terlemezian, and Robert Fitzgerald, was held on May 13th with registration beginning at 8 a.m. The Rau-Fitzgerald Memorial Run started at 9:30 a.m. on the Boulevard, followed by the 10:30 a.m. Terlemezian One Mile Family Walk.

More than 150 people participated in what organizers said "was the best year ever."

The top men's finisher was Heights resident Brian Morrow (former track coach & current

HHFD volunteer firefighter) at 17:02.

The top women's finisher was Carly Steinmetz of Hasbrouck Heights at 24:22.

The event helps raise funds for high school seniors continuing their education after graduation. Over \$3,000 was raised this year.

Amenities included: "T" shirt, timing system, awards, post-race refreshments, etc.

Volunteers helped direct traffic for the runners on the streets, handed out water, bananas and oranges, and registered participants for the run.

Costa Memorial Home, Shop-Rite, New Balance, Oasis Water, Kuiken Brothers Lumber Co. (Fair Lawn), plus many other local businesses, helped sponsor the event.

The HHFD Ambulance Squad, HH Police and HH DPW provided event support.

The event was sponsored by the Hasbrouck Heights Education Association, and the Race Director was Barbara Christianson, Hasbrouck Heights High School Student Assistance Counselor. ###



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June 2006 Senior Calendar

SENIOR ACTIVITIES

Monday, June 5, 12, 19, 26

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

Tuesday, June 6, 13, 20, 27

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

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

Wednesday, June 7, 14, 21, 28

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

Thursday, June 1, 8, 15, 22, 29

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

Thursday, June 22

10:00 a.m. to 1:00 p.m.

Health Consultation Program

Friday, June 2, 9, 16, 23, 30

10:00 a.m. Fun Bingo (June 9th & 23rd)

1:00 p.m. Movie Day

Henry Aldrich Haunts a House

and A Shriek in the Dark..... June 2

Charlie Chan Black Magic and

Perry Mason (TV) Silent Partner.. June 9

Cat People and

The Curse of the Cat People June 16

The Shadow Returns and

The Sid Caesar Collection June 23

CLUB MEETING SCHEDULE

Wednesday, June 7

10:00 a.m. Leisure Club Executive Meeting

Wednesday, June 14

1:00 p.m. Leisure Club General Meeting

Program: Mayor Ronald R. Jones

UPCOMING EVENTS

Thursday, June 8, Senior Olympics/Randolph, NJ

Thursday, June 15, Doolan's Spring Lake Trip

Thursday, July 13, Sr. Picnic at Woodland Park

Wednesday, August 23, August Get Together

Noon to 4:00 p.m. at Senior Center. Social with refreshments & dancing music. Paid members only. Must purchase \$1 ticket by June meeting.

Thursday, October 12, The Staaten, Staten

Island Trip \$56 per person. One hour open bar, dinner, dancing, entertainment. Call Estelle at 201-288-1870 or Anita at 201-288-1567

Leisure Club Update

By Peter Gallo Jr.

Before we go into the activities planned for the month of June, we must look back at the great times we had in May.

The program presented at the May meeting was outstanding. Joel Roi charmed us with his music and wit. He is skilled at getting people involved and knows how to please an audience. It is obvious that he enjoys what he does.

The day was enhanced by the distribution of the dessert. The large apple turnovers purchased from Regina Bakery (formerly Spindler's) were praised by all. Everyone commented on the freshness, the size and the fact that there were plenty of apples in them. Many members took half of their dessert home with them.

Congratulations to program chairman Ed Sosnowski for the fine program he had arranged and to Charlie Gaal for suggesting that we purchase our refreshments from Regina Bakery.

The varsity members of our Olympic team (anyone who wants to play is on the varsity team) have been practicing every Thursday at 10 a.m. in Woodland Park. They are getting better with each practice; the horseshoes are getting closer to the posts; the Frisbees are flying in only three direc-

tions now; team members are now able to kick the soccer ball in the direction of the net and, their major problem is whether to hold the chicken by the neck or the feet when they toss it.

June has Flag Day, Father's Day and Senior Olympics

The idea of an annual day specifically celebrating the Flag is believed to have originated in 1885. A schoolteacher in Wisconsin arranged for his pupils to observe June 14 (the 108th anniversary of the official adoption of The Stars and Stripes) as "Flag Birthday."

The teacher, over the following year, continued to enthusiastically advocate the observance through numerous magazine and newspaper articles as well as public addresses.

In 1889, the idea was picked up by a Kindergarten teacher in New York City, and the observance of "Flag Birthday" later was adopted by the State Board of Education in New York.

The idea grew and spread to Philadelphia where Colonel J. Granville Leach recommended that the day be known as "Flag Day." The celebration spread to Pennsylvania, Illinois and other states. Inspired by these three decades of state and local celebration, June 14th was officially established as "Flag Day" by the Proclamation of President Woodrow Wilson on May 30, 1916. While Flag Day was celebrated in various communities for years after Wilson's proclamation, it was not until August 3, 1949, that President Truman signed an Act of Congress designating June 14th of each year as "National

Flag Day."

The Pledge of Allegiance was written by Francis Bellamy in 1892. It was officially endorsed by the US Government in 1942. Congress inserted the words "under God" into the pledge in 1954, when the nation was engaged in a battle against atheistic communism. This addition was signed into law by President Eisenhower.

Father's Day is celebrated on the third Sunday in June.

The idea for creating a day for children to honor their fathers began in Spokane, Washington. A woman, having been raised by her father after her mother died, wanted her father to know how special he was to her. After listening to a Mother's Day sermon in 1909, she felt that fathers should also be honored as mothers are.

She chose to hold the first Father's Day celebration on June 19, 1910. She picked June because her father was born in June. In 1924, President Calvin Coolidge proclaimed the third Sunday in June as "Father's Day." President Nixon, in 1972, established a permanent national observance of "Father's Day" to be held on the third Sunday of June.

This holiday was born as a token of love and gratitude that a daughter cherishes for her beloved father. Roses are the Father's Day flowers: red to be worn for a living father and white if the father has died.

The 17th Annual Tri-County Senior Olympics will be held on Thursday, June 8th in Randolph, NJ. The six teams that will compete are from Rutherford, Randolph Township, West Milford, Pequannock, Sparta and Hasbrouck Heights. The contests are easy. They require no special training or athletic ability. Our varsity team has no special athletic ability so we are definitely ready. Support us, join us, be a part of a day of fun. ###

The Leisure Club welcomes all Senior Citizens who live in Hasbrouck Heights and are 60 years or older. Annual membership is \$12 per year.

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Tae Kwon Do Champs

NJ State Tae Kwon Do Championships were held on April 24th at the Jersey City Armory.

Once again the **Xcel Tae Kwon Do Center Team** from Hasbrouck Heights returned home from this championship with outstanding results.

The team started preparing for this event early in the year by dedicating themselves with additional training and competing in various local tournaments to gain experience.

First timers Connor McCabe, Jessica Amico and Morgan McCabe had a rough start to their competitive Tae Kwon Do career as all three suffered a first round loss at a tournament in February, which was meant to prepare them for the State Championships.

They were all very disappointed by the results. However, all three, being great Tae Kwon Do students, realized a loss wasn't such a bad thing.

They found out a loss makes you train harder and makes you want to prove to yourself, that with dedication, you can achieve greater things in life and in the ring.

At the State Championships in April, Connor McCabe won the silver medal while Morgan McCabe and Jessica Amico each won the gold medal to claim their first State Championship titles.

Their optimistic view plus their hard work paid off.

Another person whose perseverance brought ultimate success is Brittany Gudanowski.

Brittany had suffered a heartbreaking one point loss in the state finals last year, which ended her three year championship gold medal streak.

Now, a year later she got her redemption by winning a runaway match in the girls' black belt division finals to become NJ State Champion for the 4th time.

Sparring and forms competition are the two main events in the state championships and the athletes' ages range from five years old to grown adults.

The sparring competition consists of two opponents who are matched by age, weight and skill level.

The goal of the match is to attack and counter your opponent with a series of kicks, trying to score points by hitting the target on the body armor.

Closest comparison to another sport would be the sport of boxing, but instead of punching to score points, Tae Kwon Do athletes use their feet.

Punches are allowed and do score occasionally, however; kicks are scored more often.

In the forms competition, athletes compete against each other by performing a lengthy choreographed pattern consisting of fluid and sharp motions that require total focus, balance, and self control.

The competitors are scored by a panel of judges and a winner is chosen at the end.

Team Xcel was comprised of Matthew Dallara, Julie Sheridan, Connor McCabe, Rachael Dallara, Jessica Amico, Brittany Gudanowski and Valentina Glavan.

The coaches were Mr. Steven Lee, a former US National Team member and Miss Christine Adamo, who served as the coach of the New York University Tae Kwon Do Team.

Overall, Team Xcel came home with 7 gold, 3 silver and 2 bronze medals. A big congratulations to all competitors from **Xcel Tae Kwon Do Center. ###**

The Boulevard speed limit is 25 mph



The Corpus Christi School Year Passed Too Quickly for Students

By Sonya Buckman

Where did the school year go? Wasn't it just last month that we were filling backpacks with new supplies and washing the stiffness out of new uniforms?

Corpus Christi School students and staff can look back at the 2005/2006 school year and remember a time filled with fun, learning, charity and compassion. From the littlest child in the PreK program to the 8th Grader looking forward to the next stage in their school career, all the children and their parents have very fond memories of the last 9 months.

Throughout the school year the students have participated in "Spirit Day" on or around the 11th of the month. The origin of this special day started in 2001 as Red, White and Blue Day. For a \$1.00 donation the students were permitted to wear red, white and blue clothing instead of their uniforms. This program has evolved into "Spirit Day" with the clothing color tied into a charity or a holiday. The money raised is then donated to local, national and international charities. Since its inception, this simple program has now been able to distribute over \$11,000 to needy organizations.

Catholic high school entrance exams and Christmas activities dominated the end of 2005. The Giving Tree in the chapel lobby, the annual Tricky Tray, Breakfast with Santa, Santa's Secret Workshop, First Reconciliation for the Second Grade and a touching Christmas Concert rounded out the year.

The very busy Catholic School Week at the end of January gave Corpus Christi and all other Catholic schools across the country the opportunity to demonstrate what makes a Catholic school a community. Activities that involved and acknowledged the students, parents, teachers, clergy and community leaders kept everyone busy and reinforced why parents continue to support parochial school education.

In February Corpus Christi School celebrated their membership into the Middle States Association of Colleges and

Schools with a Mass and a Brunch. This honor was achieved in November after an application process that took over two years. Written reports, visits, on-site interviews by teacher and administration peers with students, instructors and parents were a part of the criteria for receiving this accreditation.

Corpus Christi was also pleased to receive their Charter for the National Honor Society of Secondary Schools. Seventh and Eighth Grade students are eligible for induction based on scholarship, character, leadership, service and citizenship.

The last quarter of the school year started with Lenten activities, and a Spring Concert by the Middle School and School Choir. Earth Day was also celebrated with a school-wide kite flying event.

As the students head into the final month of school the year ends with baseball games and graduation events.

On June 1st the Home School Association is sponsoring a night with the New Jersey Jackals.

June 2nd starts the final goodbye for the 8th Grade class with the Graduates' Dance held at the school. As is tradition, the 7th Grade parents and students design and decorate the dance space for the graduates. On June 6th, the graduates will participate in a retreat at the Archdiocese Youth Center in Kearny and on June 8th, the traditional Hershey Park trip. The Baccalaureate Mass in the chapel and Award Ceremony at the Fiesta will take place on June 10th with Graduation on June 11th.

The PreK3 Closing Cer-



7th Grade girls proudly show their handmade kites on Earth Day.

emony will take place on June 12 with the PreK4 Closing Ceremony, June 13th. Field Day for Grades K-7 is also scheduled for June 13th.

June 14th will see the Kindergarten graduation ceremony with the final Closing Prayer Service and Award Ceremony on June 15th.

With the end of the school year now in our sights, it is easy to pretend those first days of the new school year are so far away. We all know, though, how quickly those summer days can fly by. New student registration for September is on-going. Call Corpus Christi School at 201-288-0614 for class availability. ###

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

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The Lincoln School Read-A-Thon program was kicked off with a school assembly featuring the fun ... entertaining... Optimystikal Magic of Stephen Christopher on May 5th.

Lincoln's Read-A-Thon

The Lincoln School PTA sponsored their Annual Read-a-Thon with the hope of fostering a life-long love of reading

in their students.

This year's theme was "Hooked on Reading." The program ran from May 8th through May 25th. The children handed in reading summary forms on a daily basis and the Read-a-Thon committee tracked the number of books read by the students.

On a weekly basis the children received weekly incentives. As the program ended, the student with the highest participation in each grade group received a grand prize. The class with the highest participation in each grade received a special party. ###

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



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Grandma Basile left home in Florence, Italy when she was a teenager. She brought our Tuscan style family recipe with her to the States. The delightful aroma and delicious flavor of this thin crust pizza have always been a major part of my childhood memories. Now I want to share it with you!

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"Suzie's Ques"

Practical Tips for a Healthier You

Ever feel that stiffness in the morning just before getting out of bed?

Tired of feeling like you've lost that motivation to get moving?

Well fellow neighbors, you are not alone. June is here and it's time to hit those feet on the floor!

Just remember, set yourself up to have a great day, unless you've made other plans!

It's that month for weddings, graduations, and parties. How can you enjoy all the fun without feeling all that guilt for dabbling into those party goodies?

Ask any health professional or weight loss center and the answer is so simple. Indulge in your favorite foods and treats by cutting your food intake in half portions. So you can have that taste, and try to put the rest away or share half with another person. Most restaurants give you huge portions. Share it or take half home for the next day's lunch. Save money and calories at the same time!

(No, that excuse about starving children in Africa no longer works as an excuse today.) Simply eat half, put the rest away or share it with a friend or loved one. Don't say NO to treats.

Have that one (okay, okay have 2) but then remember to get out and move your body to burn up those extra calories.

You've worked hard to drop some weight and you may want to maintain that weight loss. So at the wedding or party, be sure to get up and dance, dance, and dance. Dancing is a great exercise that burns fat calories. Or maybe get up

a little earlier and hit the tennis court with a friend. There are local tennis courts open and, of course, don't forget that swimming is a great all around body toner even if you get into the pool and simply jog in the shallow end, and move those arms and legs. The water offers resistance training. Because you are lighter in the water, you can easily move better and it is healthy for your muscle joints. No pounding of the knee and hip joints like running on pavement or even a track.

So if you want to get a jump on the nice weather, and feel better, get movin' and groovin'.

Get out of bed and stretch those muscles. Easy, gentle static stretches (hold that stretch for at least 10- 20 seconds) will increase flexibility and make you feel better as a whole.

We tend to lose flexibility with age. If you don't use it, you lose it! So get into the habit of making exercise a part of your daily life. Life is great. Enjoy it and live it!

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

Dog License Renewal

Dog licenses must be renewed for 2006. Dog(s) must be immunized against rabies for the first 10 months of 2006.

Fees are \$7.00 if altered; \$10.00 unaltered, plus a \$20 late fee. Call the Health Department at 201-288-1636 for more information. ###

FOCAS Seeks Foster Homes

FOCAS is seeking volunteers to participate in one of the most rewarding humane programs it offers..... "Foster Care for Homeless Animals."

The spring breeding season of stray un-neutered/spayed cats has begun.

In 2005 the FOCAS Foster Care Program home-nurtured 100 stray cats and kittens that were then adopted to "forever" homes through their Adoption Program. That's 100 cats and kittens that were not left to survive alone on the street, or surrendered to an institution.

FOCAS needs your help to continue, and hopefully grow, this life-saving program to include medical fostering of injured shelter animals.

Become a FOCAS foster care giver for cats, kittens, dogs and pups...even bunnies.

All it requires is a little space, and a little time, and a little love to spare; FOCAS provides the rest.....the rewards are heart-warming.

Contact the FOCAS Help Line at 201-943-4019. ###

Firehouse 101

Justin Watrel of Hasbrouck Heights has recently published his first book of a trilogy, set in New York City.

The story is about a displaced New Yorker who moves back East after 9-11.

In his time back, he faces a city challenged and changed after the attacks.

He befriends a firefighter who survived the attacks and discovers how the events of 9-11 have affected not just the city, but the firefighting community as well. This book may be ordered online at: www.iuniverse.com or calling 1-800-288-4677. ###

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TEB 5K Run July 15th

The 9th Annual Bank of America Teterboro Airport 5K Run is scheduled for 8:30 a.m. on July 15th at Jet Aviation (Moonachie Avenue).

The USATF-New Jersey event features: \$10,000 Random Prize Giveaway, \$1,000 Super Random Grand Prize, \$2,000 Prize Money, ChampionChip Scoring, United Way Mini-Flyer Dashes, Food, DJ and Pace Plane.

Race director is Mark Zenobia. Results will be at: www.compuscore.com.

The course is flat out, two water stops and mile clocks on the runway. Run is 500 points.

The number of finishers in previous races are: 1998 - 488, 1999 - 679, 2000 - 623, 2001 - 776, 2002 - 804, 2003 - 659, 2004 - 686, 2005 - 593.

Early registration is advised. No one will be allowed entry to the airport and race staging area after 8:10 a.m. Event registration will close at 8:15 a.m. Online registration form is available at: www.raceforum.com/07/teterboro.pdf

• Everyone (participants and spectators) entering the airport will be required to show two forms of identification: one must be a government-issued photo ID. The second ID must match the name on your photo ID. Please have your IDs ready before you enter the hangar.

• Goody bags will be distributed as you leave the event.

The run benefits the Bergen County United Way which provides resources to human care support services, reaching people from all walks of life and income groups.

Proceeds will benefit 2-1-1, Bergen County United Way's free, 24-hour information and referral service. Dial 2-1-1 to get connected with social services and community programs that can help you with your everyday health and human service needs.###

ARM's 101

Continued from page 4

children are of age, empty nesters will scale back to a smaller, more efficient home and seniors will perhaps relocate to an ideal climate.

For additional information on Adjustable Rate Mortgages contact your neighborhood bank, Kearny Federal Savings, at 877-691-2265. ###

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AHOF Cockpit Day

On Saturday, April 22, the Aviation Hall of Fame and Museum opened all aircraft and their cockpits to the public. Guides were available to explain each aircraft. Aircraft included Martin 202 Airliner, Cobra Gunship Helicopter, Coast Guard Rescue helicopter and a Lockheed 402-2 Bushmaster. ###



AHOF Offers Group Tours

Guided tours at The Aviation Hall of Fame & Museum of New Jersey, at Teterboro Airport, are now available to school and community organizations.

The AHOF Museum is open Tuesday through Sunday

from 10:00 a.m. to 4:00 p.m. Group rates of 10 or more: Adults \$5, Children (under 12) & Seniors \$3.

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Several flea market dealers offered various items. Refreshments were available. ###



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Citizen's Police Academy: CSI Meets Law & Order

The Hasbrouck Heights Police Department held their 2nd "Citizens Police Academy: CSI Meets Law and Order" for Hasbrouck Heights adult residents.

The four week program was held on April 5th, 12th, 19th and May 3rd. The course was led by Jr. Police Academy instructor Michael Stillman of Hasbrouck Heights High School who has led the Jr. Police Academy for 7 years. Police Chief Michael Colaneri and Captain Jack DeLorenzo provided support during each session.

The first segment began with witness identification. The information asked by law enforcement to identify a person includes age, gender, appearance (i.e., glasses, height, facial hair, scars or tattoos, skin tone, etc.).

There was an interactive demonstration of "Faces" software used to create composite

sketches. It was emphasized that sketches are representative and not meant to be a photograph.

A discussion about crime scenes followed with an explanation of the investigative process from the first patrol officer on the scene, to setting up perimeters, taking photos and sketches of the scene, collecting relevant information, establishing the chain of evidence, etc.

The second session was presented by Sgt. Ryan Magnotta of the Bergen County Sheriff's Bureau of Criminal Investigation (BCI). This unit processes crime scenes for Bergen County police departments such as homicides, aggravated assaults, robberies and other serious felonies.

He provided an overview of their facility in Hackensack.

Sgt. Magnotta discussed the careful processing of a crime scene to include photo-

graphing evidence, maintaining the chain of evidence, detective interviews, canvassing, checking leads, etc. He stated that their goal is to be able to re-create a crime scene.

Sgt. Magnotta gave detailed background information on fingerprint identification, ballistics, and DNA. He explained the supporting role of the State Police lab in crime scene investigations.

Sgt. Magnotta reviewed recent Bergen County cases and how information gathered at the crime scene helped in apprehension of suspects.

After the lecture, the class had hands on experience processing a staged murder crime

scene with interviews.

The third class was held at the HH Police Firing Range and led by Det. Joe Rinke, one of the three Department's weapons instructors. The class was introduced to the equipment HH police officers use to include safety vests, batons, hand cuffs, etc.

Various weapons were exhibited and discussed, followed by a live fire demonstration of a shotgun and 9 mm duty weapon used by the HHPD. He provided details about the range, various targets, training, etc.

The final program began with a demonstration of the proper procedures used to make a traffic stop in a patrol car.

The course concluded in Hasbrouck Heights Municipal Court, with a mock trial presented by the Hasbrouck Heights High School Mock Trial Team who participated in the state competition sponsored by the NJ State Bar Foundation.

Certificates were awarded at the conclusion of the program. ###

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Lots of Rummage Sale Treasures

The Guild for Christian Services held their Spring Rummage Sale at the First Reformed Church on May 5th and 6th from 9:30 a.m. to

noon. Items for sale included clothing, shoes, toys, books and household items. Proceeds will go to Church projects and missions. Unsold clothes were

packed up and sent to an Appalachian mission in Anville, KY, and the balance was sent to the Veterans. The Guild holds rummage sales every spring and fall. ###

They Shopped 'til They Dropped

About 170 households participated in the second town-wide garage sale that was held on a bright and sunny Saturday, May 20th, from 9:00 a.m. to 4:00 p.m.

Adding to the community festivities, The HH Free Public Library held its Annual Book and Bake Sale on the Municipal Complex Plaza.

A free map indicating par-

ticipants' addresses was distributed to the shoppers.

The \$10 permit fee benefited local charities.

Space was made available for apartment dwellers and fund raising organizations at the High School.

The event was sponsored by the Mayor's Celebration Committee. ###

Banner Days

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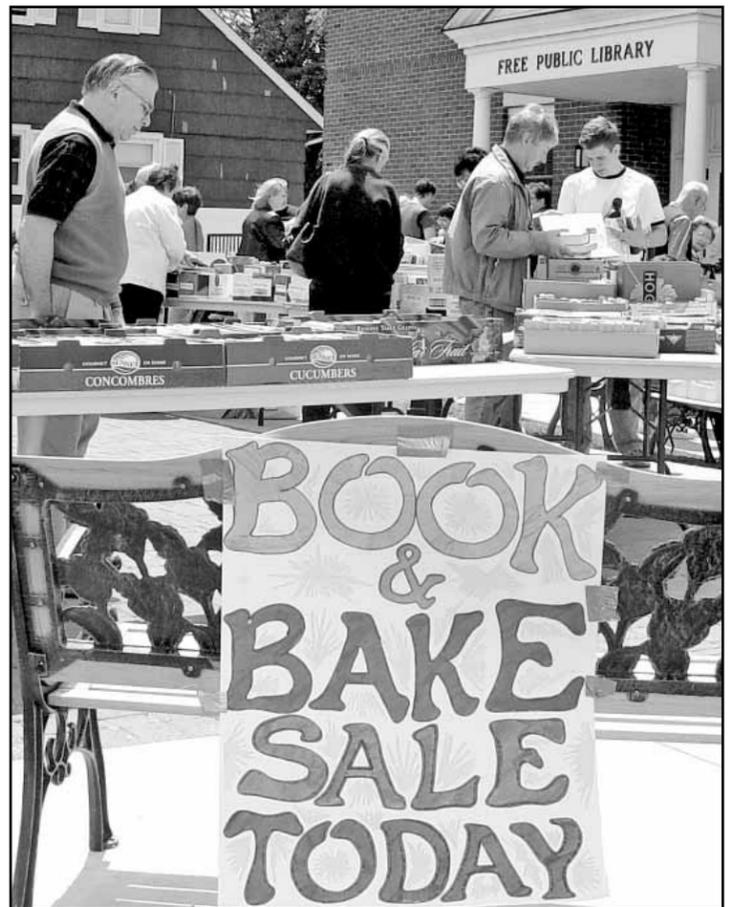
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All offers and specials in the coupons below are good for June 8, 9 & 10, 2006 only. Not to be combined with any other coupons or offers.

<p>Carroll's Fashions 197 Blvd. 201-288-2130</p> <p>30% to 70% off Outside</p> <p>Additional 10% off Inside Items</p> <p>www.carrollsfashions.com</p>	<p>Heights Flower Shoppe 209 Blvd. 201-288-5464</p> <p>Look for  Banner Day Specials</p>	<p>Boulevard Cleaners 210 Blvd. 201-288-2222</p> <p>\$2.00 off Any Bill of \$10.00 or more</p> <p>Specializing in Alterations & Repairs</p>
<p>Boulevard Flooring 195 Blvd. 201-288-8022</p> <p>HUGE SAVINGS AND DISCOUNT SPECIALS</p>	<p>Kids Journey 440A Blvd. 201-288-8800</p> <p>20% OFF STOREWIDE</p> <p>PLUS LOTS OF \$1.00 SPECIALS NO ADDITIONAL DISCOUNT ON \$1.00 SPECIALS</p>	<p>Anton's Hair Design 212 Blvd. 201-288-9705</p> <p>\$2.00 OFF Wash - Cut & Blow</p> <p>OR</p> <p>\$5.00 OFF Any Service \$30 or More Not to be combined with any other offer</p>
<p>Lovey's Pizzeria & Restaurant 211 Blvd. 201-288-1606</p> <p>\$5.95 PIZZA</p> <p>\$2.95 LUNCH SPECIALS</p>	<p>One of a Kind 440 Boulevard, Has. Hts.</p> <p>10% OFF BOOKS KIDS TOYS GIFT SELECTIONS EDUCATIONAL ITEMS ART & SCHOOL SUPPLIES</p> <p>FREE GIFT WITH PURCHASE</p>	<p>Bill O'Shea's Florist 231 Blvd. 201-288-2300</p> <p>NEW LOCATION</p> <p>LOOK FOR BANNER DAY SPECIALS</p>
<p>Young Fashions 208 Blvd. 201-288-9371</p> <p>Look For Banner Day Specials</p>	<p>Quiznos 220 Blvd. 201-288-9050</p> <p>Free 16oz Drink With the purchase of any Sandwich</p> 	<p>Corona Jewelers 221 Blvd. 201-288-4653</p> <p>Rings Watches Earrings Bracelets Gold Chains and More</p> 



Several tables were set up in front of the High School.



The Library "Book and Bake Sale" was conducted at the Municipal Complex Plaza.



“They all cried when



Tired after a long flight, Jackelin & Filly are ready to go home with Ruth. (left to right) Fred, Ruth, Joe, Jackelin, Filly, Roger & Lisa.

After a ten hour operation on April 5, 2006, doctors at the Maria Fareri Children's Hospital at the Westchester Medical Center successfully completed an operation on seventeen year old Jackelin Chávez, from Bolivia, suffering from a congenital heart defect.

Apart from the services donated by Maria Fareri Children's Hospital at the Westchester Medical Center and its volunteer doctors, the life-saving trip and the surgery was made possible by high school students who are part of the Mid-Bergen Rotary-sponsored Interact Club of Bergen County Technical School in Teterboro.

Jackelin arrived at Newark International Airport with her sister Filly on Wednesday, March 22, 2006.

After traveling for hours on an airplane, it must have been scary for this young lady entering a foreign land, not speaking

the language, about to live with strangers and soon to undergo major surgery.

The apprehension melted away with the warm reception of Mid-Bergen Rotary Club waving welcoming signs.

The host family for Jackelin and Filly's stay in America was Mid-Bergen Rotary Club President Ruth Nebiar.

Prior to the operation, Jackelin and Filly attended lunch with Mid-Bergen Rotary Club members and later met with the Interact Club at the school. Jackelin began her stay with many pre-op activities prior to her 10 hour operation on April 5th.

Recovery was not easy for Jackelin. Her heartbeat was far higher than normal and had to be monitored very closely with multiple IV medications to control it. Two nurses were constantly watching Jackelin 24 hours a day.

There were a couple of wor-

risome times when, on early Saturday morning, a change in her vital signs turned her room into a mini ER with over a dozen nurses and doctors crowded around her bed.

After three attempts with the defibrillator paddles, Jackelin was stabilized. Her fast heartbeat happened again two days later.

To correct the situation and normalize her heartbeat, a planned procedure was done a day later. Under anesthesia the defibrillator was used to jolt her heart to a normal rhythm. The procedure was successful and Jackelin was well on her way to a speedy recovery after fifteen days in the hospital.

By April 14th, Jackelin was allowed to get out of bed and take her first steps.

On April 15th, Jackelin received a surprise visit by 15 year old US Figure Skating Junior Champion Katrina Hacker. She gave Jackelin an autographed picture and a beautiful illustrated book on figure skating.

After two weeks, Jackelin improved enough to move from the Pediatric ICU to a regular hospital room.

During Jackelin's hospital stay, the students visited her several times. They even made a scrapbook with pictures and stories about themselves, so while Jackelin recovered and spent time with the students, she could know more about them.

It was a big day for everyone on April 20th when Jackelin was released from the hospital.

Jackelin's schedule was



Friday, April 14, 2006 11:30 a.m.: It's been a tough week for Jackelin, with ups and downs in her condition. Today was the first day she was allowed out of bed to take a short walk. As Filly said, "Little by little we are getting there."

A visit by Interact students Eric, Bryan (twins) & Mimi brightened her day, especially when she found out that the twins were studying to be chefs ... "Oh, please cook me something other than hospital food!!"



Saturday, April 15, 2006 11:00 a.m.: A surprise visit this morning by fifteen year old US Figure Skating Junior Champion, Katrina Hacker, brought smiles all around. Jackelin was curious with questions... when did Katrina start skating, how often does she practice, how many hours a day, how does she fit school in with such a busy schedule? Katrina was kind enough to give Jackelin an autographed picture and a beautiful illustrated book on figure skating.

busy with follow up visits to the hospital and recovery.

On April 30th, host Ruth Nebiar had a large family party at her home. Everyone cried when Jackelin got up to dance -- because this was the first time in her life that she could.

On May 2, 2006, the Interact Club held an emotional club meeting with Jackelin and Filly where they shared their experiences. During this meeting, Freeholder Tomas J. Padilla made a presentation and invited Jackelin and the Interact Club to a Bergen County Freeholders meeting on May 17th.

On Friday, May 19th, Ruth held a lovely dinner at her home. Many tears were shed by all who attended. Filly said that she welcomed the opportunity to share with the Bolivians, just how generous the American people were to her and her family. Filly plans to follow her dream of opening

a café and Jackelin hopes to attend the San Andres University in La Paz, Bolivia. Jackelin and Filly returned to Bolivia on May 20, 2006.

Raising the Funds

Stefanie Schwartz, Interact Advisor and Student Assistance Counselor stated, "Through hard work and event fund raising the students of the Interact Club of Bergen County Technical School in Teterboro raised enough funds to sponsor a 'Gift of Life' child.

Last year was their first year as a chartered club -- with over 40 students participating. They viewed many different philanthropies but decided to tackle the biggest one -- the 'Gift of Life.'

The Interact Club raised the \$3,000 with many different fund raising events. Their biggest event was the 'penny wars.' The 'penny wars' was a competition between classes to sabotage



Tuesday, March 28, 2006 12:15 p.m.: Jackelin and Filly enjoy lunch at Mid-Bergen Rotary Club. During lunch Jackelin & Filly were entertained with magic by The Amazing Phedon. The girls were left in awe & laughter by the card, coin, spoon bending, psychic & magical powers of Phedon.



Tuesday, March 28, 2006 4:00 p.m.: Later in the day, Jackelin and Filly met with the Interact Club of Bergen County Technical School, where the students had many questions for them, and even tried conversing with them in Spanish.

she got up to dance.”



Friday, April 7, 2006 10:30 a.m.: The Interact Club visits Jackelin to wish her a speedy recovery. (top row l to r) Dana, Melissa, Rashda, Anna, Carolina (bottom) Ms. Schwartz & Jackelin. Jackelin loves watching figure skating on TV and wants to try ice skating as soon as she is well enough.
Bottom photo: Carolina helps Jackelin unwrap her present.



Jackelin with her sister Filly during Interact Meeting at Bergen County Technical School on May 2, 2006.

and I really pushed the students with one fund raiser after another right up until the end of the school year.

I hope now that the students understand my persistence in pushing them so hard. The gratitude that Jackelin and Filly have expressed has really made me realize how lucky we are to live in America and how much we really have affected them and their family. I didn't truly understand the magnitude of what we had done for Jackelin and her family at first.

It wasn't until I started spending time with Filly in the hospital while Jackelin was touch and go with her health.

The more time I spent there, the more I understood that we truly gave her a chance at life. I have shared with others the story we have made here with Jackelin and her family hoping that they too would spread the word of this miraculous program.

I am grateful to all that were involved with this awesome feat from the Mid-Bergen Rotary

Club, to the doctors and nurses, and to my school administration who have been so supportive. I only hope that in the future, we can do this again and continue the high we feel right now.

I am proud of my students in all that they have accomplished and only hope that this experience is something that they will never forget, encouraging them to help others and teaching them that just a few concerned individuals can make a huge difference to others!"

The Interact Club

Interact is a Rotary sponsored service club for ages 14 to 18. The program gives young people an opportunity to participate in fun, meaningful projects while developing leadership skills and meeting new friends.

This year, the Interact Club of Bergen County Technical School projects include donating \$1,000 to Alliance For Smiles, having a car wash for Habitat for Humanity and making holiday gifts for a First Grade class in

Louisiana.

Mid-Bergen Rotary Club of District 7450 is the sponsor for this Interact Club.

The Mid-Bergen Rotary held their first meeting on February 8, 1962 and was originally chartered as the Teterboro Rotary Club, Bergen County, NJ.

As the 1960's progressed, the club grew with members from the surrounding towns of Hasbrouck Heights, Wood-Ridge and South Hackensack thereby prompting the name change to Mid-Bergen Rotary Club.

Since 1975, Rotary International's 'Gift of Life' program has benefited over 5,000 children worldwide. The program includes more than 70 participating hospitals worldwide — 50 in the United States. Participating hospitals and physicians donate their services and skills to save the lives of suffering children, who otherwise would not be able to afford the life saving surgery in their home country. *Photos provided by Mid-Bergen Rotary Club. ###*

the other classes by dropping coins in their bucket. Pennies were worth positive points in your bucket, while other coins subtract points from the other classes' buckets. The class who won got to keep their bucket, while the rest of the change went to the 'Gift of Life' project. That raised over \$1,200!

They also sold personalized bead pens and keychains, held car washes and sold school sweatshirts and other school apparel. Their big event was last year's District Gift of Life Walk which raised about \$800 for Jackelin."

This money was sent to Rotary's 'Gift of Life' Program, which brings children with congenital heart problems from developing countries to the United States for surgery.

Ms. Schwartz concluded, "I am very proud of what my students have accomplished over the last year. This makes it all so worthwhile and will be an unforgettable experience for them."

Meaningful Experience

Anna Kopacz, a senior at the school stated, "This experience has been more than I have ever thought it would be! While anticipating Jackelin's arrival, I, as well as the others, didn't know

what to expect.

The day I met Jackelin, I saw what this 'Gift of Life' really meant. She walked in with the biggest smile on her face and hope shining through her eyes that was passed to me right then and there.

A couple of days after surgery, we visited her at Westchester Children's Hospital and there once again was that smile, and in that moment, all the machines that she was hooked up to seemed to disappear. This really made me see how much I have to be thankful for.

Not only am I thankful for my health but also for being able to live in a country with so many opportunities. Helping Jackelin only made me realize that life has so much more meaning when you are not only able to take care of yourself but to give to others the way we gave life to Jackelin."

Ms. Schwartz stated, "When the club was deciding last year which philanthropy was to be our chosen for the year, I really pushed for the 'Gift of Life' knowing that the students would benefit as well in the whole experience.

The Interact Club had to work very hard to raise the money needed to sponsor a child



Freeholder Tomas J. Padilla (D-Park Ridge) visits the Interact Club students at Bergen County Technical School in Teterboro. Freeholder Padilla commended the students for their exemplary leadership, "It is an honor to meet each and every student who has worked tirelessly with compassion to change Jackelin's life."

Vacation-proof Your Home

An Overview

Most communities across the United States will experience a 10 to 18 percent increase in home burglaries during the months of June, July and August, with most tending to occur in August.

The majority of home and apartment burglaries occur during the daytime when most people are away at work or school.

Statistics suggest that 70% of the burglars use some amount of force to enter a dwelling, but their preference is to gain easy access through an open door or window.

Ordinary household tools like screwdrivers, channel-lock pliers, small pry bars, and small hammers are most often used for break-ins.

Although home burglaries may seem random in occurrence, they actually involve a selection process. Burglars choose an unoccupied home with the easiest access, the greatest amount of cover, and with the best escape routes.

Burglaries are committed most often by young males under 25 years of age looking for items that are small, expensive, that can easily be converted to cash.

Jewelry, guns, watches, laptop computers, VCRs, CD players, and other small electronic devices are high on the list. Quick cash is needed for living expenses or drugs.

The average loss per residential burglary hovers around the \$1,300 mark.

Don't Advertise

Burglars are always on the prowl for a house that looks temporarily unoccupied, so don't "advertise" your home as an easy target.

Light, time, and noise are a homeowner's greatest weapons --- if it takes a burglar more than four or five minutes to break into your home, they'll move on.

Practical Tips

Whether going down the shore for a long weekend or taking that long planned vacation trip, the Hasbrouck Heights Police Department offers some practical steps to protect your home from theft and damage while you're away.

- Notify the police if you are going to be gone longer than a week as they will often schedule extra drive bys.

- Have a friend or neighbor collect the mail, newspapers and fliers.

- Never leave an outgoing answering machine message saying you're away. Set your

machine for five rings (*answering too soon or too late indicates nobody is at home*).

- Leave the light on over the stove, as the kitchen tends to have lights on the most.

- Put lights on timers in two or three rooms so the lights go on and off at various times.

- Timers should be used on a daily basis. By setting up a routine, your neighbors can become suspicious when your normally lighted home becomes dark.

- Use light-timers near the front and back windows with the curtains drawn. The timing pattern should simulate occupancy.

- Timers can be used to turn on a radio or television. Turn your stereo on to a talk station to create a more realistic impression that someone is home.

- Outside motion lighting should be installed high enough so that the bulbs can't be unscrewed by a possible intruder.

- Security lights with infrared motion sensors are relatively inexpensive and can easily replace an exterior porch light or side door light.

The heat-motion sensor can be adjusted to detect body heat and can be programmed to reset after one minute.

These security lights are highly recommended for single family homes.

- Most burglars enter via the front, back, or garage doors. Experienced burglars know that the garage door is usually the weakest point of entry, followed by the back door. The garage and back doors also provide the most cover.

Windows

- Double-check that door and window locks work properly, especially in older homes where they may not fit tightly any longer.

- Windows left unlocked and open are entered at a much higher rate than doors.

- An open window, visible from the street or alley, may be the sole reason for your home to be selected by a burglar. Basement and ground floor windows are more susceptible to break-ins for obvious reasons.

- Upper floor windows become attractive if they can be accessed from a stairway, tree, fence, balcony or deck.

- Make sure the AC unit is properly secured so a burglar can't push it in.

Doors

Experienced burglars can tell from the street if a door is easily breachable. Install dead-

Be sure to make a check-list of things to do before you walk out the door. Check windows, turn on timers, disconnect appliances, set alarm, etc.

bolt locks and make sure the strike plate is securely fastened to the door.

- Door glass can be covered with a film or glazing that is resistant to breaking.

- Pull out the plug on your electric overhead garage door opener. This will disable the unit and prevent anyone tampering with the frequencies and gaining entry.

Street Assessment

Crop shrubs and, if necessary, trim trees. If your yard is neat there is nowhere for a burglar to stand or hide when breaking a window.

- Examine your home and make sure that valuables are not visible from the street

- Partially close all curtains or blinds to ensure that nobody can look in. Leave upstairs curtains open while first floor drapes shut.

Padlock All Gates

Make your backyard inaccessible. Padlocking your gates makes getting into the backyard more difficult (not impossible), but it seriously hinders getting out while carrying items like stereos and computers. This difficulty level serves as a strong deterrent.

Obliterate Alternate Methods of Entry

Put away or chain up ladders, barbecues, garden tools, patio furniture and other items that could aid in a burglary or could be stolen.

Car in Driveway

Park your car in the driveway and have a neighbor move it so it looks like someone is home. Offer your neighbor a place to park.

Preventing Household Emergencies

- Make sure the smoke detector is functioning.

- Unplug unnecessary appliances. Shut off water to washing machine. A broken hose could flood your home.

- Tell someone where you've gone and leave a contact number where you can be reached.

Get a Safe

Home safes are designed to keep the smash and grab burglar, nosy kids, dishonest

babysitter or housekeeper from gaining access to important documents, small valuable items, and personal property.

Home safes need to be anchored into the floor or permanent shelving. Install it away from the master bedroom or closet.

- Include in it the video tape of your possessions.

- Use the safe routinely.

- Protect the safe code and change it occasionally.

Alarm Systems

Alarm systems deter burglaries because they increase the potential and fear of being caught and arrested by the police.

Home and apartment burglars will usually bypass a property with visible alarm signs.

- Don't write your alarm passcode on or near the alarm keypad.

- Alarm systems can monitor for fire as well as burglary.

- All systems should have an audible horn or bell to be effective. Audible alarms should be programmed to reset automatically after one or two minutes. The criminal got the message and will be long gone but your neighbors will have to listen to the alarm bell, sometimes for hours, until it is shut off.

- Home alarms, like car alarms, are generally ignored except for a brief glance.

- Instruct your neighbor how to respond to an alarm bell.

Property Identification

Engrave your driver's license, not your social security number, on televisions, stereos, computers, and small electronic appliances so police can identify your stolen items if recovered.

- Patrol cars are equipped with computers which can easily trace driver's licenses.

- Photograph your valu-

ables and make a list of the make, model, and serial numbers. Keep this list in a safety deposit box or with a relative. Include receipts of the larger items. This provides proof when filing insurance claims.

- Photocopy important documents and the contents of your wallet.

Extra Precautions

The Hasbrouck Heights Police Department also offers these precautions:

- Refrain from carrying anything with you that will create physical, financial or emotional hardship if lost or stolen.

- Leave extra credit cards, keys and expensive jewelry at home.

- Carry traveler's checks. (They are refundable if lost or stolen).

- Leave prescription medicines in the original containers marked with the prescription numbers.

- Leave your passports and valuables in a safety deposit box at your hotel.

- Don't put your home address on baggage tags. Use your business address instead.

- Carry a list of all credit cards and bankcards with you. Don't keep it in your purse or wallet. (You may need the list to report the loss or theft of these cards).

- When you check in at your hotel, don't give your home address verbally. Also, if you are a single woman, caution the front desk clerk not to announce your room number.

- Before you go shopping or sightseeing in a strange city, check with the hotel concierge for directions to your destination and the safest mode of transportation to get you there.

The Hasbrouck Heights Police Department wishes you an enjoyable and safe vacation. And if you are driving, don't forget to buckle up! ###

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Corpus Christi Rosary Society Held Calendar Party on May 10th

And a good time was had by all - over 150 members and guests who gathered on May 10th at the VFW for what has become a tradition of the Rosary Society -- A Calendar Party.

This year's holiday-themed celebration featured Valentine's Day, St. Patrick's Day, Easter, Thanksgiving and Christmas. The decorated tables and costumed guests, a spectacular buffet dinner, holiday desserts, over 40 raffle prizes, a visit from the Easter Bunny, and music/karaoke by "Co" Entertainment, guaranteed a memorable evening for everyone. This was the 27th Calendar Party spon-

sored by the Rosary Society,

The next General Meeting of the Rosary Society is Thursday, June 8th in the Corpus Christi School cafeteria beginning with the recitation of the Rosary at 7:15 p.m. and Mass. The program for the evening is the Annual Baby Shower and Installation of Officers and new members.

The Baby Shower is where baby clothes are collected for distribution to those in special need. Anyone wishing to make a contribution should call Irene at 201-288-2787.

Ladies interested in joining the Rosary Society should attend the June 8th meeting. All are welcome. ###

Designing Woman

Ideas For The Home Of Your Dreams



In the spring, a young man's fancy lightly turns to thoughts of love. And where does a woman's fancy turn to? How about the mall to buy new window treatments?

Seriously, spring is a good time to take a critical look at your windows. Do the treatments still shield you from the cold and dreary days of winter? Or do they welcome the warm and sunny days ahead?

Maybe it's time to give the winter drapes a well-deserved rest, and lighten the look and feel of your rooms with brightly colored fabrics that blow gently in the breeze. Check out the lovely sheers with embroidered detailing. Or a crushed voile that goes right from the dryer

to the curtain rod...my favorite kind of fabric. They all come in beautiful colors - and a small color change - maybe even a daring one - might be just what your rooms need.

It's time to open the windows and let in the fresh air. But when the dog days of summer come, and the A/C goes to work, an innovative new fabric that I was introduced to at a trade show in Tampa - might be right for you. The fabric absorbs odors and pollutants, destroys them by turning them into CO₂ (really!), leaving the room and fabric fresher than ever. This fabric is washable and is actually recharged by the UV rays of the sun.

Speaking of which...if you've got too much sun, do what they do in the tropics. Hang matchstick or bamboo blinds, put on a pair of flip-flops, sip on something with a paper umbrella, and relax.

Amy Emilita is a lifelong resident of Hasbrouck Heights. She owns her own design company, Emilita Interiors, and is a part of the Window Fashion Certified Professionals Program. www.emilitainteriors.com Questions? amy@emilitainteriors.com ###

Kiwanis Tours Learning Center

The Hasbrouck Heights/Teterboro Kiwanis Club recently held their club program and meeting at the 32nd Degree Masonic Learning Center for Children. The Club met with the staff, received a tour and saw a video on how the Center works with dyslexic children. The Kiwanis presented a check to help fund the program. ###

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The Gazette Coupon

Teterboro Bike Run

The 3rd Annual Fully Escorted Motorcycle Run starts at the Airport Administration Building at 90 Moonachie Avenue at 11:30 a.m. on July 9th (rain date is July 16th).

The ride starts at the Airport Administration Building, heads up Rt. 17 to Harriman, then cuts over and comes back down the Palisades Interstate Parkway and finishes at the Waterfront Café in Carlstadt.

Registration begins 9:00 a.m. Picnic to follow from 1:00 p.m. to 5 p.m. at Waterfront Café. No pre-registration is necessary.

Bike registration and Picnic is \$25; Passenger and Picnic is \$15; Picnic only is \$15.

Event benefits Shelter Our Sisters -- an emergency shelter and support services for victims of domestic violence in Bergen County.

Last year \$8,000 was donated to Shelter Our Sisters.

About 125 riders participated. This year about 250 riders are anticipated.

The event is sponsored by "Employees and Friends of Teterboro Airport." Sponsorships available.

For more info call Bob at 201-615-8445 or Jim at 201-641-4921. www.teterborobik-run.com ###

USPS Offers Military Family Phone Cards

Postmaster William T. Stevens announced that the Hasbrouck Heights and S. Hackensack Post Offices will be promoting the Military Phone Card for Family Promotion. The program runs until June 30, 2006.

Postmaster Stevens said that a customer can purchase a global phone card at their local Post Office and donate it to a soldier about to be deployed so they may keep in touch with their family and friends.

The donation of the card is tax deductible. All phone cards purchased will be given to the Ft. Dix Deployment Office to go to soldiers about to be sent overseas at the end of this promotion. ###

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Members of Engine # 1 taking everything apart, meticulously cleaning and thoroughly inspecting every piece of onboard equipment in preparation for the Annual Inspection. Each piece of rolling stock received the equivalent attention to detail. These volunteers take pride in their Department and it shows!

HHFD Annual Inspection

The Hasbrouck Heights Fire Department conducted its Annual Inspection at 7:00 p.m. on Saturday, May 20, 2006.

Department personnel were in full dress uniform. The equipment and new headquarters were presented for inspection and Department personnel were available to answer any questions.

The public had an opportunity to view the new crash/foam truck donated by the Port Authority in February 2006.

The event was attended by representatives of the Port Authority including Susan Baer, Manager of Newark and Teterboro Airports, Paul Bolognese and Ken Lucianin, Teterboro Airport, NJ State Senator Joseph Coniglio and local officials, as well as Fire Chiefs from mutual aid towns.

The program began with the presentation of the Honor Guard, Pledge of Allegiance, and Department Secretary, Thomas Rubino, conducting Roll Call.

Fire Department Chaplain, Fr. Joseph Pickard, provided the invocation.

Mayor Ronald R. Jones, Fire Commissioner Thomas Meli, Senator Coniglio and Fire Chief Joseph Taylor Jr. made comments.

Fr. Joseph Pickard was joined by Susan Baer and Firefighter Timothy Moots in the official blessing of the crash/foam truck.

This was the second inspection in the new facility since "The Big Fire" in 1999. Interim inspections had been conducted at the Masonic Lodge and the temporary headquarters on Central Avenue.

In 2005, these volunteers

Group Tours

The Hasbrouck Heights Fire Department provides guided tours of their facility at 248 Hamilton Avenue to community organizations. Please contact the Fire Chief at 201-288-0082 for more information. ###

responded to over 1,000 ambulance calls and approximately 500 fire department calls.

The Hasbrouck Heights Fire Department operates with 58 members, including EMS and Juniors. Its rolling stock includes two pumpers, 110 ft. ladder, heavy rescue truck, crash/foam truck, two ambulances and three chief SUV's.

These assets are owned by the Borough of Hasbrouck Heights, but maintained by the volunteers.

The Department conducts only one fund raiser a year, with the proceeds providing training, supplies, etc.

Every firefighter must receive 20 weeks of basic firefighter training and every EMT receives 22 weeks of basic training.

Many members continue extensive advanced training in the areas of search and rescue, vehicle operation, incident command, hazardous materials, first responder, mass decontamination, etc. The Department conducts continuing training on a regular basis.

The Department is contracted to provide fire and ambulance service to Borough of Teterboro, and has done so for over 50 years.

The Department is a member of the South Bergen Chiefs Mutual Aid Association which helps to coordinate multi-department responses to large-scale incidents.

Zone 2 includes Carlstadt, Little Ferry, Moonachie, Wallington and Wood-Ridge. These departments are also all volunteer.

The Hasbrouck Heights Fire Department also has a Junior Fire Department for those between 16 and 18 years of age. They offer on-scene support, but are not permitted to enter burning buildings.

In 2001, the community voted to establish a Length of Service Award Program, (LOSAP) for all emergency service volunteers.

LOSAP is designed to serve as a tool in helping our Borough retain well trained volunteer firefighters and ambulance squad members.

LOSAP serves as a financial incentive to encourage current volunteer members to remain active until reaching retirement age, and hopefully attract and entice new volunteers to serve our community.

The Hasbrouck Heights Fire Department was established in 1896. ###



Front row: Ashley Celala, Monique Moore, Alie Contino, Kaitlin Renshaw, Katelynn Kurgan, Jessie McLean, Brittany Tedesco, Giselle Padilla. Back Row: Jessie Laurita, Stephanie Palacios, Karina Ramirez, Alyssa Telep, Kristin Assia, Chelsea DeFilice. Not shown: Jacquelin Chamoun, Coaches Rhonda Tedesco, Aubrey McLean and Amanda Kirchheimer.

Cougars Are Tops

Corpus Christi CYO Cheerleaders ended the season on a high note, recently taking 1st Place at St. Joe's 5th Annual Cheerleading Competition in Oradell on April 28th.

The Cougars competed against six other Catholic grammar schools. Every squad had to compete in one cheer and one dance then the judges combined the overall scores.

Each girl from every team received a trophy and the 1st place trophy "is so big, it can't fit in the school's showcase,"

said Principal Michelle Murillo. She continued, "Maybe it's time for a new showcase!"

The girls worked very hard all season (since September) and this proves that hard work, dedication and teamwork pay off. The Cougars are proud of their accomplishments, placing in each competition they entered; but ending the season in 1st Place was the icing on the cake! Congratulations to the the CCS Cougars for a job well done! Photo and story by Rhonda Tedesco ###

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Seniors Ready For The Challenge

These Heights "Super Stars" were getting ready for the 17th Tri-County Senior Olympics on May 11, 2006. The event is scheduled for June 8th in Randolph, NJ. Heights seniors over 55 are welcome to compete in these events: soccer kick, frisbee toss, chicken toss, horseshoes, "T" ball and shuffle board. Bus transportation will be provided. Call 201-288-4143 for details. Photo by Peter Gallo Jr. ###



Trike-Squad Benefits St. Jude

On Thursday, May 11, 2006, **New World Montessori School** sponsored their 8th Annual Trike-A-Thon for the benefit of St. Jude Children's Research Hospital in Memphis, Tennessee.

The purpose of this program was two-fold: first to encourage safe riding habits, and second to teach the joy and value of helping others.

The children learned safety tips through story-telling and coloring exercises.

The parents reviewed each day's coloring sheet and related safety points to reinforce the lessons.

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 Senior Center on June 22, 2006 from 10:00 a.m. until 1:00 p.m. No appointment is necessary.

For information call Marilyn deRussy at 201-288-1636. ###

On the last day, May 11th, parents brought their child's bicycle, tricycle or riding toy to school for an outdoor exercise and practical application of the safety points learned. Helmets were required.

Parents were asked to obtain sponsors for their children from relatives, friends and neighbors.

Children collecting \$35 received a St. Jude "T" shirt, \$75

a "T" shirt and backpack, and \$100 also received a Bikewell Bear puppet.

The Hasbrouck Heights Police Department closed Burton Avenue between Washington and Kipp for the event.

The **New World Montessori School** serves children from three to six years of age.

For fall registration call The New World Montessori School at 201-288-7667. ###



Seniors Enjoy Red Hot Papas

AARP Chapter 418 enjoyed a day trip to the Brownstone on May 4th. Entertainment included the Red Hot Papas starring Marilyn and Will Roy (Vocalists), Mike Cabot (Impressionist), Tommy Walker (Vocalist) and David Gilmore (Tap Dancer). Lunch and transportation was included. Photo by Marie Gallo. ###



Kids Build Their Own Cars

Children from the **Methodist Nursery School Pre K** class have been learning about transportation by making a mobile of ways to travel by air, land and sea. The five morning Pre K made airplane wings, attached them to their arms and "flew" home, and later in the week, designed and painted their own cars and "drove" them home. The school, located on Division Avenue in Hasbrouck Heights, offers Nursery and Pre K programs for three, four and five year old children. Registration is ongoing. For more information, please contact the school at 201-288-4636, or come by for a visit. ###

The Little Gym Tumbles Into Heights

Bouncing, giggling, rolling and swinging upside down are all in a day's fun for students at **The Little Gym** of Hasbrouck Heights.

The new gym, located at 5 Route 17 South (between *TGI Friday's* and *Houlihan's*), will help children between the ages of 4 months and 12 years develop their motor skills, coordination, balance, social skills and self-esteem through curriculum-based gymnastics and movement programs.

The Little Gym of Hasbrouck Heights opened on May

15th, and parents are encouraged to bring their kids in for a free trial class.

"Our philosophy is to introduce kids to the world of fitness in a caring and non-competitive way," said Dayna Hess, who owns the gym with her husband Erik Hess. "Our students progress at their own pace, and rather than be the best, we encourage them to try their best."

The Hesses, who live in Nutley, were inspired by the positive experiences their two young daughters had at a neighboring **The Little Gym**.

"The differences we have seen in our kids, particularly in our preschool-aged daughter, have been amazing," said Erik. "Not only is she confident enough to do basic gymnastics skills, but her confidence has transferred to her preschool experience and other extra-curricular activities."

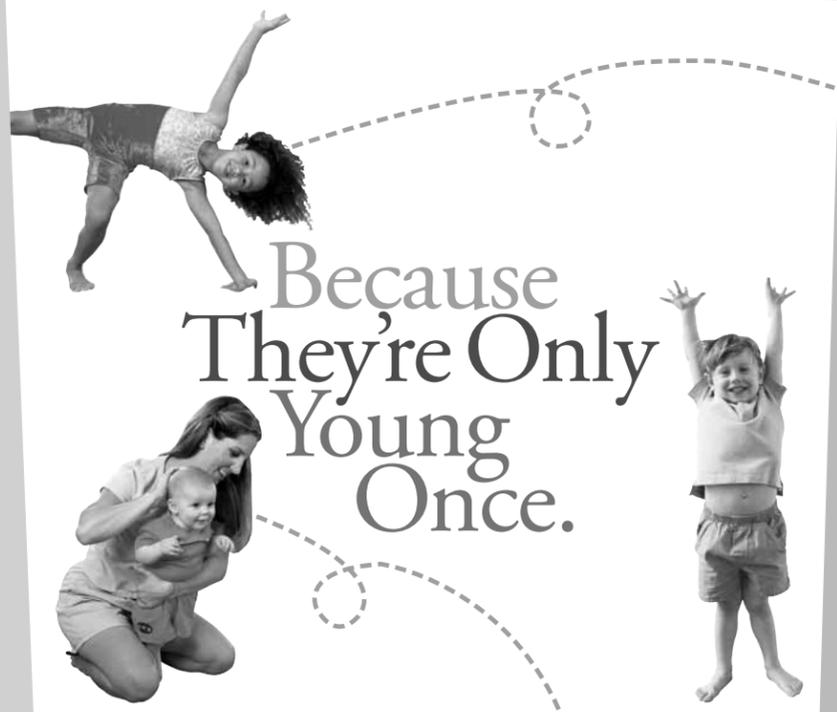
Dayna and Erik Hess have strong athletic backgrounds: Erik is a former gymnast and soccer coach, and Dayna has taught dance and coached softball and cheerleading.

Classes are between 9:15 a.m. and 7:30 p.m. on weekdays, and from 9 a.m. to noon on Saturdays. **The Little Gym** reserves Friday, Saturday and Sunday afternoons for birthday parties.

Call 201-288-5556 or go to www.tlghasbrouckheightsnj.com for more information. ###

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Loyalty Day Services Held at VFW

Loyalty Day services were held at the VFW Post 4591 on April 28, 2006. Members of Post 4591, Ladies Auxiliary, American Legion Post 106, elected officials and members of the public attended.

The program began with the Girl Scouts leading the Pledge of Allegiance. Conchita Parker sang the National Anthem.

Rev. Msgr. Rodrigo San Pedro gave the invocation.

The Girl Scouts then presented Helen Holmes with an American Flag.

Helen was an Army nurse who served in the European Theater in World War II for 2-1/2 years with the 250th Station Hospital. Helen was also the first President of the VFW Post 4591 Ladies Auxiliary and one of the founders of the Post.

Speakers included: Council President Thomas E. Meli, former Mayor and Assemblywoman Rose Marie Heck, VFW District #2 Commander William Thompson, representing VFW State Commander, Judge Advocate Richard Brad-

shaw, and American Legion Post 106 Commander Michael Cahill

VFW Commander Elmer Winterfeld presented an short video saluting veterans.

Commander Winterfeld presented the Voice of Democracy Awards to the winners of the November 2005 "Voice of Democracy" (National) Contest. Twenty-seven high school students participated.

Each contestant wrote an essay, then they had to put their essay on an audio tape at the High School Library. The tapes were then submitted to the VFW for evaluation.

The winners were: Jeffrey Calabrese, First Place, Michael Kretzdom, Second Place, and Christine Viali, Third Place.

Commander Winterfeld then presented the winners of the "Patriot's Pen" contest. Fifty-one middle school (Sixth, Seventh and Eighth Grade) students participated.

The winners were: Tiffany J. Amariuta, First Place, Thomas J. Halter, Second Place, Kyle Gugliotta, Third Place and Brit-

tany A. Biroc, Fourth Place.

Ms. Amariuta's entry also won the District #2 contest and was entered into the VFW Department of NJ competition.

Commander Winterfeld presented Loyalty Day Pin Awards to members that attended based on their length of membership: Andrew Proscia (50 years), Ralph Daniels (40 years), Saverio P. Urgo (30 years), Robert A. Riker (20 years), William French (10 years) and Peter C. Keppel (10 years).

Rev. Rod concluded the program by leading everyone in "God Bless America.

Light refreshments were served. ###



About Loyalty Day

According to the Veterans of Foreign Wars, Loyalty Day originally began as "Americanization Day" in 1921 as a counter to the Communists' May 1 celebration of the Russian Revolution. On May 1, 1930, 10,000 VFW members staged a rally at New York's Union Square to promote patriotism. Through a resolution adopted in 1949, May 1st evolved into Loyalty Day. Observances began in 1950 on April 28 and climaxed May 1 when more than five million people across the nation held rallies. In New York City, more than 100,000 people rallied for America. In 1958 Congress enacted Public Law 529 proclaiming Loyalty Day a permanent fixture on the nation's calendar.

The VFW Ladies Auxiliary has stated that, "We realize that our freedom is truly unique, and that is why we take pride in it. Woodrow Wilson once said, "America was established not to create wealth but to realize a vision, to realize an ideal - to discover and maintain liberty among men." America was built on that ideal, and we have maintained it for over two centuries!

This land is "the land of the free" because of the many freedoms we enjoy ... the freedom of religion ... of speech ... of assembly ... but what it all comes down to is that we have the freedom of choice.

We have the choice to receive higher education or to begin a career. We have the choice to adopt two children or bear ten children. We have the choice to rally for another form of government or to demonstrate our pride in a democratic nation.

We should beware of taking our freedom for granted. Others fear what our country has ... what our country is ... and that is why they want to destroy it. We must cherish our freedom; we must protect it.

America has survived many trials ... the Civil War ... the Depression ... Hitler ... and we will survive terrorism. Why? Because we care about our freedom. We care about protecting our country. The very freedom that allows us to question our form of government is the same freedom that makes our nation strong.

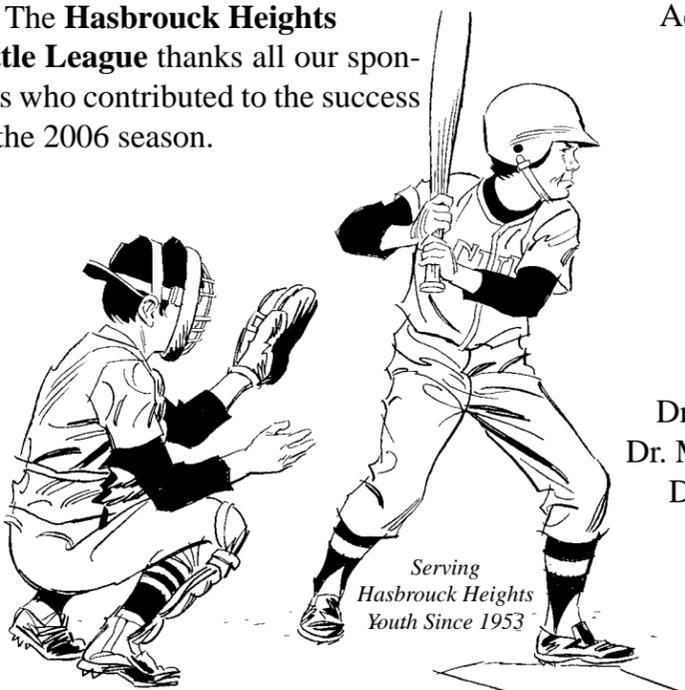
So, be proud of your freedom. Be proud of your county. Don't be afraid to scream, "I'm proud to be an American!"

The purpose of Loyalty Day is to demonstrate our patriotism ... our support for our unique tradition of freedom. Showing our pride in America can be done on more than just Loyalty Day or the 4th of July ... we can demonstrate our loyalty throughout the year by helping our country be the best that it can be.

We can do this by teaching our youth about what it means to be an American ... taking care of our veterans, who have protected our freedom, and their families ... showing respect for our flag ... voting in elections ... or helping the homeless. Let's work together and show the world that we are proud of our freedom. We are proud of our country ... we are proud to be Americans! ###

These Sponsors Hit A "Home Run" With Us!

The Hasbrouck Heights Little League thanks all our sponsors who contributed to the success of the 2006 season.



www.hhlittleleague.com

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- Sylvester's Restaurant
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- Wayne A. Stahlmann, Attorney
- White Castle

The Boulevard Blooms

On Saturday, May 6th at the DPW yard, The Hasbrouck Heights Garden Club and the DPW prepared 40 fiberglass planters with mulch, soil and plantings.

On Sunday morning, May 7th, the planters were put into position along The Boulevard by the DPW.

The DPW has agreed to water the plants during the season. After the summer, the DPW will store the planters during the winter and the program will continue in 2007. Sponsor recognition will be located at the Municipal Complex.

This program was initiated by the Garden Club in 2005 when, after considerable research and planning, they presented their "Boulevard in Bloom" program to the

Hasbrouck Heights Chamber of Commerce and Borough officials.

To launch this Boulevard beautification endeavor, **Gateway Realtors, Otterstedt Insurance Agency and Heights Flower Shoppe** seeded the program by generously purchasing 30 flower pots.

Although 40 planters were installed in May, the Garden Club and the Chamber of Commerce encourage businesses, clubs and residents to sponsor additional planters in 2006. The program runs from May and continues until November.

Cost is \$150 each and includes the fiberglass pot, soil, mulch and plantings.

Call Maria at 201-288-3111, Ann at 201-288-3956 or Ray at 201-288-5464 for more information. ###

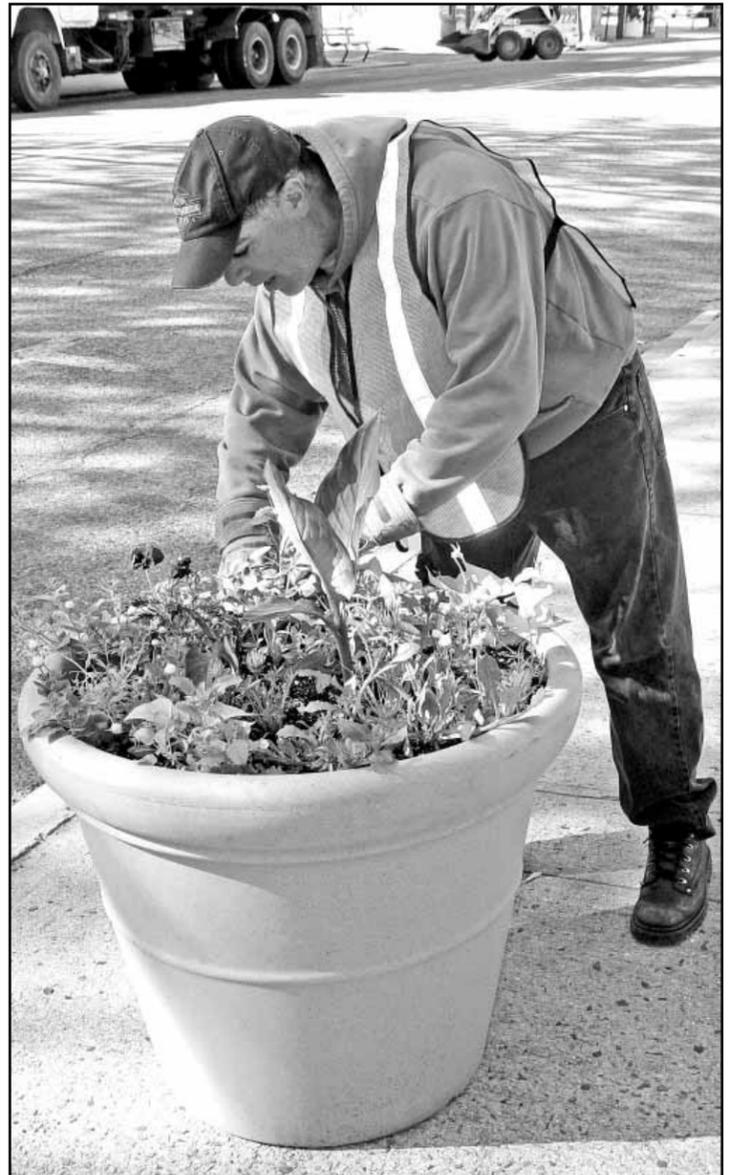


The fiberglass planters are loaded with mulch and soil by the DPW and watered by members of the Garden Club. A sample planter was created as a model. The

Garden Club sorted the flats and planted the flowers. Once the planters were completed, the DPW loaded them into two 30 yard containers for transport.



On Sunday, the planters got an extra shot of water before departing the DPW yard. Starting at Walter Avenue, the planters were off loaded using the Bobcat and carefully placed along The Boulevard according to the schematic.



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Hasbrouck Heights Council of Churches

Our Covenant

by Reverend Joseph Pickard, Vicar
Church of St. John The Divine

In our Baptismal Covenant as Christians we proclaim and commit to several responsibilities. Among them, three are particularly significant in living our lives as an outward and visible sign of having been marked as Christ's own forever. These three include:

- Proclaim by word and example the Good News in God in Christ. How we live, and the manner in which we conduct our actions, reflects what we believe.

Our personal integrity and truth of our lives gives witness to what we say and do, not only in our ourselves and our homes, but also in work lives and in our communities.

We commit to being honest, truthful, compassionate, caring, living, and whole and humble.

- Seek and serve Christ in all persons, loving our neighbors as ourselves. There are no qualifiers in this commitment.

We believe in the God who brought all things into being and continues to be with us -- all of us.

To Christians, God has come in person as Jesus of Nazareth, the Christ, as the ultimate example of how we are to pattern our lives.

God loved us; therefore, we are to love -- not only ourselves -- but also our neighbors, literally and figuratively, with the same respect and honor we have received as created in the Image of God.

- Strive for justice and peace among all people; and respect the dignity of every human being.

Again, there are no qualifiers. Justice cannot exist with peace, nor can peace be universal without justice for ALL people. We are a global community. It does take an entire "community/tribe" to raise a child.

When we choose to ignore the plight of others who are suffering, we deny and diminish our own reflection, and God's.

Each and every person is a reflection of God's creative

nature, and is to be accorded honor, respect and dignity.

Hence, from the particular gifts and talents given to those who gather at St. John's for worship and community, we are building ministries which make it possible for us to fulfill our Baptismal Covenant.

Our worship celebrations, our outreach ministries, our fellowship gatherings, our mission to be Christ's presence in this time and in this place, today, are woven together into a fabric which gives witness to God in our midst.

And we have fun amidst all the wonderful work which is being done: Thanks be to God! Alleluia! Alleluia! ###

Summer Adventure Camp (VBS) for Kids

The Bible Baptist Church of Hasbrouck Heights is conducting their summer adventure camp for children K through 6th grade July 10 - 14 from 9 a.m. to noon.

This year's theme is "Pirates of the Mediterranean," where the children explore Paul's missionary journeys. This exciting, fun-filled vacation bible school is open to all children in the area and includes games, snacks, skits, T shirt and more. There is a \$10 registration fee. Registration starts June 26th. Call 201-288-4137 x 17 for more information. ###

Tools Of Hope

To honor Father's Day each year, The Guild of Reformed Church Women collect money to buy Tools of Hope for Church World Services.

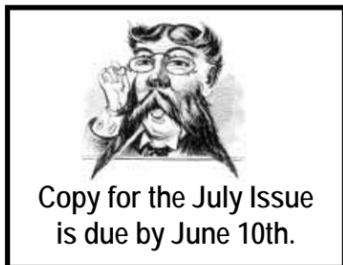
For \$5.00 Church World Services can buy a set of tools: hammer, saw, shovel, etc., which they give to help men who have been overcome by disaster.

The men (or women) can be here or anywhere in the world. They can use the tools to remove debris, repair homes or businesses, plant crops, etc.

The Guild would like to collect enough to pay for 100 tool kits.

Send a contribution to Guild of Reformed Church Women, Box 66, First Reformed Church, Hasbrouck Heights, NJ 07604.

The need is great. Deadline is Father's Day, June 18th. ###



Copy for the July Issue is due by June 10th.



Dunkin' Donuts

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9:30 a.m. Early Morning Praise & Worship Service
9:30 and 11:00 a.m. Sunday School classes for children & adults
11 a.m. Children's Church Services - ages 3 thru 6th grade
11:00 a.m. Morning Worship Service
Evening Service as announced



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Rev. Msgr. Martin O'Brien

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

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Corpus Christi Links

www.rc.net/newark/corpuschristi/index.html
Corpus Christi School [www.corpuschristischool.net]
Knights of Columbus Council 7041 [www.kofc7041.org]
Corpus Christi Life Teen [www.cclifeteen.com]



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Tuesday - 10:00 a.m. - Bible Study
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Communion-- first Sunday of the month



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St. John the Divine Celebrates Father Joe's 10th Anniversary

By Laura Tillou Kennedy and Cathie Studwell

On Sunday, May 7, the congregation of St. John the Divine Episcopal Church celebrated the 10th anniversary of their ministry with the Rev. Joseph Pickard.

As parishioners and guests entered the church, they were given bags of confetti and bottles of bubbles to use during the celebration.

These symbols of celebration were used during the service to remember special sermons that had been given during the years that left a mark in the minds and hearts of the members of the church.

The confetti and bubbles were showered on Fr. Pickard during the sermon in an expression of thanksgiving for the joy and love that Fr. Joe has brought to St. John's and the

Hasbrouck Heights community, where he is also the chaplain to the local Fire Department, since he was installed as the vicar in May of 1996.

The sermon was given by members of St. John's congregation.

Carol Haefele, one of the lay leaders of the church, began by sharing an overview of the events of the past 10 years and how the church has grown and explored new areas of ministry.

Members of the congregation spoke on his behalf about how he has touched them and about what a good and kind man he is... "when you think of good decent men ...well you think of Joe Pickard because he is a man to emulate and aspire to be like....a man with a heart, a soul, a sense of compassion and a man not afraid to be who he is...gentle, strong and

kind."

Fr. Joe has touched not only a small church on the corner of Terrace and Jefferson Avenues Hasbrouck Heights, but he has touched individuals throughout the country.

Through his love he has touched their hearts and shown them what life is really about; to be yourself and walk in love and to act with kindness towards everyone no matter what walk of life they might be from.... Members shared times that Fr. Joe helped through the joys and sorrows that come in life and how supportive he had been to them and members of their extended families.

After the sermon the confetti, bubbles, and beach balls were showered on him as he received the gifts from the congregation and the prayers for another successful 10 years of ministry. *Photos provided by St. John's. ###*

Working Together

By Cathie Studwell

The relationship between the Rev. Joe Pickard and The Church of St. John the Divine began as a full time partnership in 1996.

Prior to that Fr. Joe shared his time between St. John's and St. Mary's Episcopal Church in Ridgefield Park. When St. Mary's decided to end their ministry life, Fr. Joe came to Hasbrouck Heights full-time.

He began to work with the congregation to help them realize the gifts and talents that they possessed and how they could use them to help benefit the people in the Hasbrouck Heights community.

A group was formed called, "The Challenge." The purpose of this group was to discern a five year growth plan for the ministry life of St. John's.

From the work of the Challenge Committee, Care on The Corner, an outreach ministry of the church was born. Care on The Corner sought to meet the educational, social, cultural



and creative needs that continue to be cut out of schools and community life due to state, county and federal aid budget reductions.

Programs that have been and continue to be offered include free ESL classes, Kids on the Corner, (a cultural arts workshop), Sophie and Friends, (a toddler social interaction/ educational group) Computer Classes, US Citizenship Classes, and other workshops. The response continues to grow with each year.

As the outreach ministries began to grow, Fr. Joe began to encourage the same cooperative spirit in working together to develop worship services for St. John's.

In December of 2005, St. John's hosted a weekend workshop in Liturgical Arts featuring the teaching of The Rev. Bruce Stewart from the Center for Liturgy and the Arts in Annendale, Virginia.

Rev. Stewart taught the congregation different ways to make worship more creative and inclusive, to be able to reach out to many different types of people and to help them feel welcome and accepted in church.

From that experience, people at St. John's have formed worship teams, based upon the church seasons of the year, to help design the worship services and other activities to help enrich the spiritual life of the congregation.

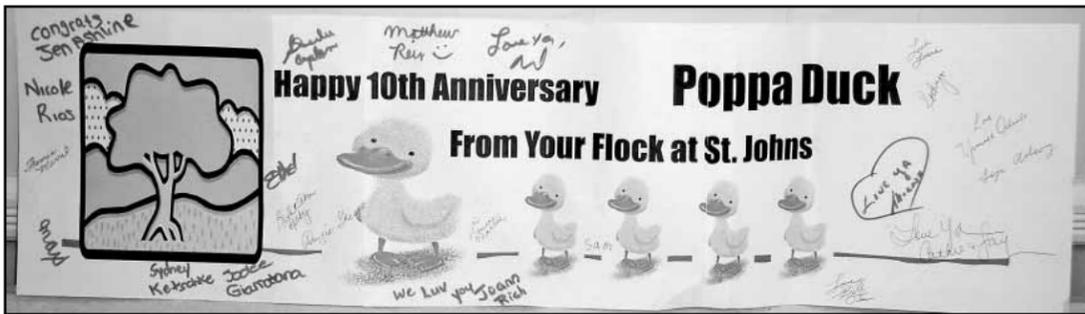
The Lenten Team, among other things, did a dramatic presentation of the Good Friday Passion experience.

The Easter Team offers experiences that help connect people to the Risen Christ in church worship and their daily lives.

Fr. Joe Pickard has brought a sense of joy, creativity, and empowerment to the people of St. John's in both outreach and personal spirituality.

He is a unique man with special gifts and we are blessed to have had him for the past 10 years and we look forward to all the possibilities that the next 10 years have to offer.

Come and visit St. John's Episcopal Church on the corner of Terrace and Jefferson Avenues. Our Sunday service is offered at 10:00 a.m. If you would like any other information, contact Gale at 201-288-0002. ###



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Methodists Celebrate 100th Anniversary

On June 11, 2006, the Hasbrouck Heights First United Methodist Church is rededicating its Sanctuary at 57 Burton Avenue, first dedicated on May 26, 1907. We present a continuing series of their rich history.

Part One

Establishing A Ministry

Brooklyn was known as the "City of Churches." Here in 1873 lived Mr. and Mrs. Fred W. Nicholas and family. Joining the exodus of Brooklynites to New Jersey they came to Corona, a part of Lodi Township, now known as Hasbrouck Heights.

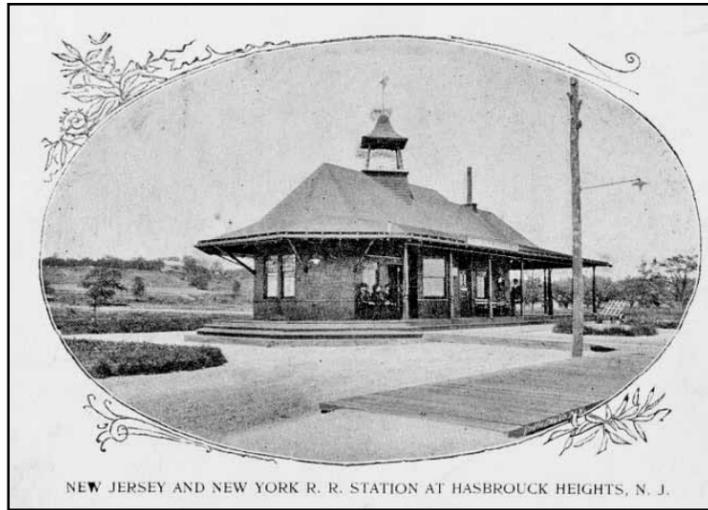
In Corona they met Mr. and Mrs. Charles A. Valentine. Mr. Valentine, a house painter, Charles W. Smith, a baker, a Mr. Travis, a dance master, and a Mr. Warren had been holding classes on the Sabbath Day for their own families and about 25 other children and adults. They had been meeting in their various homes to study lessons from the Holy Bible, and to praise God with word and song.

Progress had not been consistent and when the school's superintendent, Charles W. Smith, left to organize an English-speaking Sunday School among the German population in Carlstadt, the Corona school closed.

The Valentine and Nicholas Families revived interest in the school and held sessions in the railroad depot at the foot of Ravine Avenue. The building was subsequently moved to south of the Franklin Avenue Station and used as a freight depot.

A permanent Sunday School was organized on September 3, 1875 and arrangements were made to meet in the office of the Corona Land Association, a one room building on Terrace Avenue (Polifly Road) and Ravine Avenue.

It was in this room on the tenth of September 1875, that a meeting was held to decide



Early Sunday School sessions were held in the railroad depot.

what denomination the School should be connected with.

They decided on the Methodist denomination and arranged to apply to the Warren Street Methodist Episcopal Church in Hackensack for pastoral care and superintendence.

This was the first formal organized act to bring the Methodist Church into Hasbrouck Heights, then known as Corona.

The Reverend Joseph A. Adams, Pastor of the Warren Street M.E. Church in Hackensack visited the School on the first Sunday in November 1875; and agreed that he would preach for them every other Sabbath afternoon after the close of the school session, and hold a prayer meeting service every second Wednesday night.

Pastor Adams was brought to the bi-weekly services by David Ackerman, a Hackensack liveryman. They brought with them three or four Hackensack residents; and with six on the horse drawn carriage it must have been loaded to capacity.

Attendance varied somewhat, due mostly to inclement winter weather.

It is reported that a total of 52 attended one of these afternoon services, a fair showing for a town that four years prior to this had not more than a dozen houses.

At the monthly teachers'

meeting held in the Sunday School room the first Monday in December 1875, it was proposed that there should be a library; and Mrs. Valentine was appointed to solicit books and procure lesson papers.

A gift of 100 books for a children's library was obtained. Hymnals were purchased; also lamps, eight yards of carpet, and an additional \$25.00 worth of books. The librarian reported that the books were much sought after.

The School adopted for its guidance the rules and by-laws of the Hackensack M.E. Church at a meeting on January 10, 1876.

Sunday School met in the home of David Essex due to the fact that the building being used by the school had been rented temporarily to a tenant.

In the event of bad weather farmers Van Bussum and Ackerman would hitch up their teams and take the children to School.

By the following spring, the little one-room office building was reoccupied by the School.

Good progress was being made; but those attending services were of different denominations, with the result that

when Pastor Adams suggested the School apply to the Presiding Elder of the Newark Conference to ascertain whether a Methodist Society could be organized in Corona, there was divergence of opinion.

A strong Dutch Reformed element was in the group, but a majority of the workers agreed that the best choice for them would be the formation of a Methodist Society.

However, no one would take the initiative; and no move was made; with the result that a small group split off and organized a Union Church Society on March 19, 1877.

It was presented as the natural outcome of the close association between members of many denominations, representing differences in doctrinal beliefs.

They had services for a time in the Henry Ackerman house on Polifly Road near Walter Avenue, which afterward became the Carlock home.

The Union Society extended a cordial invitation to the old school to join with it, rather than struggle alone.

Henry Kipp began the erection of a church building on the northwest corner of Kipp and Burton Avenues; but a terrific windstorm dismantled it. The members, discouraged by this calamity, abandoned the church, and interest in the Society died.

Rev. William H. Russell, a local preacher from Brooklyn who was favorably known by several members of the Methodist School of Corona, was invited to preach regularly during the month of March. He accepted and moved to Corona in April.

In the minutes of the July meeting it is recorded that they should be organized as a Meth-

odist Episcopal Church.

Therefore, in July 1877, Presiding Elder, William Tunison, of the Newark Conference, aided the people to incorporate as "The Methodist Episcopal Church of Corona." So did the infant Corona Sunday School grow to be an adult, an officially recognized Methodist Episcopal Church.

Mr. George W. Halstead of Hackensack offered to give \$850.00 towards the building of a church if a certain amount was raised.

Richard Terhune of Lodi supplied the plot of ground on the southwest corner of Washington Place and Burton Avenue.

To be continued ...

Sources

Reprinted in part, with permission, from the "One Hundredth Anniversary" program titled "The Story of Methodism In Hasbrouck Heights" by William J. Davenport, Church Historian, 1975 and the "Twenty-Fifth Anniversary of the Dedication of the First M. E. Church of Hasbrouck Heights, NJ" (1907-1932). Additionally, several contemporary church members and other sources contributed to this series.



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Hats Off to Mom!

On Mother's Day it was Hats Off to Mom Day at First Reformed Church.

All the women of the church were encouraged to wear their most beautiful, outlandish, silly, serious hat to worship.

After worship the men of the church were called upon to vote for the best and the silliest hat. Prizes were awarded, but all of the ladies were winners!

On Father's Day, the guys will be expected to wear their ugliest, most outrageous tie to service -- and the women will be called upon to vote. Public invited. ###



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Senior Soiree

This year's Annual Senior Soiree sponsored by the high school Key Club was held at the Senior Center which is air conditioned.

It was obvious upon entering the center that a lot of effort was made to make the seniors feel comfortable.

The theme was "A Holiday in Hawaii." The walls had images of palm trees and hula dancers; Chinese lanterns and colorful parrots hung from the ceiling; and sand buckets with helium balloons attached were on each table.

Upon entering, each senior was presented a goody bag and a colorful lei was placed around their neck. Soda, cold bottled water and punch were served. The food was nourishing and

plentiful. Various cheeses, crackers, and vegetable platters with dips were the appetizers.

The hot food was baked ziti, chicken parmigiana, sausage and peppers, and chicken francese. The delicious meal was prepared by Lovey's Restaurant. Cookies, cake, cut fruit and coffee completed the meal.

The Key Club, under the direction of their new advisor, Mrs. Abbe Lewites, did everything possible to make the afternoon a special event for the seniors-- and they succeeded.

There was music for dancing, music to relax to, and old songs that brought back memories. All who attended enjoyed themselves. *Story and photos by Peter Gallo Jr. ###*

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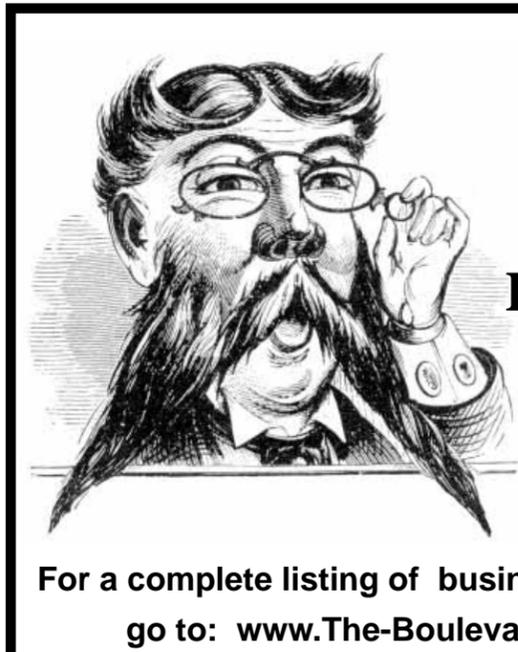
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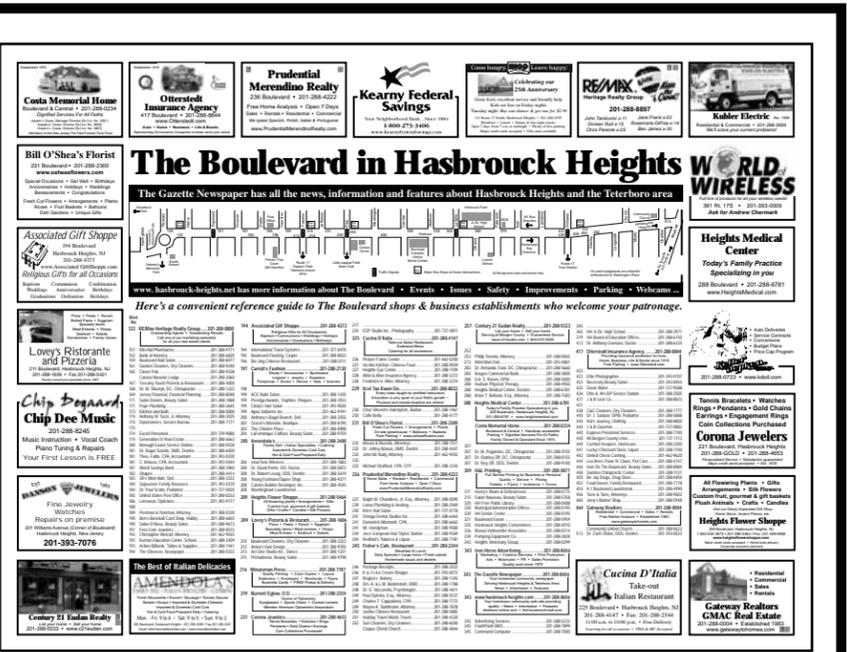
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Lions 23rd Fireworks June 30th

The Hasbrouck Heights Lions Club will sponsor the 23rd annual fireworks program at Gary Depken Athletic Field (Route 17 & Franklin Ave.).

There will be refreshments, 50-50 raffle and amusements.

The event is scheduled for June 30, 2006 with a rain date of July 1st and an extended rain date of July 7th.

Advance ticket sales are \$3 and available at many locations along The Boulevard.

Admission at the Gate is \$5. Children under 5 admitted free.

DJ entertainment will be provided by Funtime. There will be inflatable amusements, 50/50 and refreshments.

Sponsors provide the funds for extra fireworks and include: Bergen Commercial Bank, Crow's Nest, Dunkin' Donuts, Hackensack University Medical Center, IHOP, Kearny Federal Savings Bank, Kundert Volvo and Lovey's Pizza. ###

July 4th Children's Patriotic Parade

The Annual Children's Parade is scheduled for 10 a.m., Tuesday, July 4, 2006 at Washington and Burton. Sign-up is 9:30 a.m.

The Hasbrouck Heights Police Department will lead the parade east on Washington to Terrace, south to Kipp Avenue and north to the starting point where prizes will be awarded.

All classifications and categories will be judged prior to the parade.

Prizes will be awarded in the categories of patriotic, most original and most artistic to: costumed children on foot, wagons and tricycles, carriages, strollers, etc., decorated bicycles, floats, and grandparents' corner, with carriages and children on foot. Helmets are required for those on bicycles.

Prizes awarded: First Prize - Gold Medal; Second Prize - Silver Medal; Third Prize - and Honorable Mention - Bronze Medal. All participants receive medals. Registration is limited to Hasbrouck Heights children up to 10 years of age, excluding the grandparents' corner.

The event is sponsored by the Mayor's Celebrations Committee. The HHFD will be on hand for any assistance. ###

Wings & Wheels Expo 2006

The Port Authority and the Aviation Hall of Fame are sponsoring a Wings & Wheels Expo 2006 on August 19 & 20 at Teterboro Airport.

Various aircraft are currently being scheduled for this event.

The Expo expects to include a presentation of exotic, antique and custom cars and military vehicles.

Additional attractions include vendors/exhibitors offering unique airplane models, rare and collectible aviation merchandise and memorabilia, refreshments, etc.

The 2004 event may be viewed at: www.teterboro-online.com ###

Health Fair Expo IV Slated for Oct. 13

The 4th Annual Health Fair Expo IV is scheduled for Friday, October 13 from 11 a.m. to 3 p.m. in the Senior Center at the Municipal Complex, 320 Boulevard.

The Expo will include demonstrations, speakers, give-a-ways, screenings and a delicious hot lunch.

More details about this event to follow. ###

Senior Picnic

The 6th Annual Free Senior Citizens Picnic is scheduled for July 13 (RD July 14) at Woodland Park from 11:30 a.m. to 4 p.m.

Entertainment will be by "The Music Man -- Peter Liberman." There will be plenty of food, dancing, games and prizes.

Tickets are required and available by calling the Boro Clerk's Office at 201-288-0195 by July 7th. Bring your lawn chairs. ###

Cat Show & Tricky Tray

FOCAS will hold its annual Cat Show and Tricky Tray Auction on Sunday, June 4th, at the Bergen County Animal Shelter in Teterboro.

Stop by with your feline companion. Don't have a feline companion? Stop by anyway to join in the fun. Refreshments are available.

Registration for participation in the cat show is from 12:30 p.m. to 1:00 p.m. The afternoon's program activities are from 1:30 p.m. to 3:30 p.m.

All cats must be six months or older, in carriers and current on all shots. The registration fee is \$5.00 per cat.

All monies collected at the Cat Show and Tricky Tray Auction enable FOCAS to continue its work to provide humane services, programs and extraordinary medical care to shelter animals.

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

Lions/Kiwanis Golf Outing

The tournament is scheduled for June 2nd at the Rockleigh Golf Course with a shotgun start. Fee is \$125 and includes golf, cart, lunch and awards dinner.

The event is sponsored by the Hasbrouck Heights Lions Club and the Hasbrouck Heights/Teterboro Kiwanis Club. All proceeds to benefit various community charities.

Journal ad sponsorships are available. For more info call Dr. Eglow at 201-288-2354 or Mr. Luongo at 201-393-8145. ###

Summer Reading Game

Coming soon to The Library's Children's Room: The Summer Reading Game, plus lots of activities for ages 3 to entering 6th grade. Call 201-288-0488 for details. ###

Homework Help

The Free Public Library of Hasbrouck Heights has set up a homework help center from 3:00 p.m. to 5:30 p.m.

A teacher will be present to help with class assignments and direct students to online resources. Students in Grades 6 or higher are invited to participate. This program will end June 15th. Call 201-288-0488. ###

HH Little League Picnic

The Hasbrouck Heights Little League will hold its annual picnic on June 24th from 10:00 a.m. to 4 p.m. at the field. Rain Date is June 25th.

The event is open to all Little League family members. ###

Road Courtesy is Contagious



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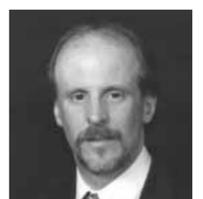
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Hasbrouck Heights \$524,900
Spacious 3 BR Ranch on quiet dead-end street. Large EIK w/cherry cabinets, LR w/dining area, 3 BR's, full bath. H/W floors throughout 1st fl. Finished base w/summer kit. FR, den, laundry rm. & .5 bath. C/A, gas heat w/separate zone for basement.



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Hasbrouck Heights \$529,000
Beautiful expanded home on oversized property w/open floor plan. Spacious LR w/sliding glass doors to deck overlooking in-ground pool & private yard, Lg. FDR w/French doors leading to 2nd deck, 2 lg BR & 2 updated baths. Upstairs has 3 BR and lg. master suite w/walk-in closet & bath to be finished. New furnace and CAC for upstairs. Finished basement w/summer kitchen and full bath. Spacious w/many possibilities.



Hasbrouck Heights \$799,900
Magnificent expanded custom Split Level, w/ext. family suite offers 5 BR, 3.5 baths and 6 living levels incl. FLR, DR, kitchen, FR, office and bistro room offers 4,000 sq. ft. of living space. Amenities: security system, hard-wired smoke alarm, 4 zone gas baseboard heat (2 heating systems) CAC, 200 amp electric, 4 zoned underground sprinklers, fenced rear yard. Private ext. family suite offers kit., entrance to backyard, LR, BR & full bath.



Hasbrouck Heights \$599,000
Magnificent turn-of-the-century Colonial on an oversized property. Large 3 season porch, entry foyer, updated EIK, .5 bath, FDR, lg LR w/gas FPL. 2nd fl: spiral banister staircase, MBR, 3 add. BR's and full bath. 3rd fl. has finished heated rm. for den or 5th BR.



Hasbrouck Heights \$455,000
Updated 3 BR Colonial located in quiet area near center of town. Features: LR w/French doors to FDR, EIK w/Corian countertops and new appliances, spacious bedrooms & bath w/whirlpool tub. C/A, security, patio & large backyard.



Hasbrouck Heights \$424,900
Well maintained, freshly painted 3 BR Colonial on wide, quiet tree-lined street. FLR, DR, kit. w/sliding glass door to rear deck & sun porch. Features: C/A, newer windows, h/w floors, part-finished basement & low taxes.



Wood-Ridge \$539,000
Beautiful 3 BR, 1.5 bath Ranch. Updated kitchen w/granite countertops, bathroom updated w/marble, new siding, new roof, 2 zone heat, central vacuum, newer H/W. Inground pool, 1 car detached garage & driveway for 4/5 cars. Block from NYC bus.



Hasbrouck Heights \$629,900
Sprawling ranch has 5 bedrooms, 2.5 baths. Main level has LR, DR, 3 BR's and bath. Lower level has EIK w/atrium, LR, DR, 2 BR's & bath. Large 75 x 155. Two family zoned property.



Wood-Ridge \$499,000
Spacious custom built 3 BR Split Level on tree lined street. First floor: lg. kitchen w/new dishwasher & new tile fl., bright & airy LR, DR plus lg. FR. Second level: 2 BR's, plenty of closets & full bath. Third level: MBR suite. Partially finished base. w/bar, .5 bath. CAC, H/W floors, roof 6 yrs. old, newer windows, new storm door. Freshly painted. Just move right in!



Lodi \$375,000
Charming Cape Cod. 4 BR's, 1.5 baths, EIK. Private backyard w/deck, detached 1 car garage. Half finished basement w/.5 bath & separate room w/outside entrance. Lots of potential!



Lodi \$739,000
Newly constructed 2 family. 3 BR's & 2 baths on main floor. Second floor: 2 BR's and 1 bath. Amenities: tile & granite, separate utilities, C/A, lots of upgrades, convenient location.



Hasbrouck Heights \$749,000
Stately Tudor style Colonial on oversized property w/English garden. Chestnut woodwork, cozy fireplace in LR & crown moldings in FDR. H/W floors throughout first & second floors. Secluded sunroom w/views of gardens. State-of-the-art kitchen w/stainless steel appliances, granite counters and custom cherry cabinets.



Maywood \$519,900
Well maintained Colonial. Updates incl. 2 new baths, new modern kitchen w/lots of cabinets, tile counters & backsplash & stainless steel appliances. Lg. LR & DR combo with h/w floors & sliding glass doors to patio and oversized yard. Huge MBR w/cathedral ceiling & his & hers walk in closet. Finished FR, newer roof, siding, C/A & heating system. Move in condition.



Lodi \$489,900
All brick large Ranch features lg. LR, generous BRs, full bath, EIK w/breakfast bar & dining area. Finished basement has FR w/wood burning fireplace, summer kit, full bath. Large lot.



Hasbrouck Heights \$469,900
Old World Charm, 4 BR Colonial. LR w/fpl. FDR, EIK, 1.25 baths. Inviting porch, part. finished base., detached 2 car garage, deep, 136 foot lot.



Hasbrouck Heights \$529,000
Charming side-hall Colonial nestled on quiet dead end street. Maintained w/pride. Features beautiful established English garden & warm chestnut woodwork throughout. Cozy fireplace in LR and built-in-cabinet in the FDR. 2 car det. garage, gas heat, C/A except for MBR -- electric heat and wall AC.



Wood-Ridge \$430,000
Well maintained 3 BR Colonial. First fl: entrance foyer leads to FDR w/fpl, LR, newly renovated kit, new full bath w/skylight. Second fl.: MBR, full bath & 2 BR's. Walk-up attic can be converted to bedroom or office.



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