

The Gazette

Carlstadt • East Rutherford • Hasbrouck Heights • Little Ferry • Lodi • Moonachie
Rutherford • South Hackensack • Teterboro • Wallington • Wood-Ridge

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VOL. 19, No. 4 April 2022 ★ ★ ★ ★ ★



Sunflowers are the national flower of Ukraine.

Source: PhotoDisc

“We, born to freedom and believing in freedom are willing to fight to maintain freedom. We, and all others who believe as deeply as we do, would rather die on our feet than live on our knees.” - FDR



Happy Mardi Gras!

The book, "Porches on Parade, How House Floats Saved Mardi Gras," inspired Ms. Cross to turn her front porch into a "Yardi Gras Parade Float" in celebration of Mardi Gras and some resilient, resourceful people! *Provided by Linda Cross. ###*



Thank You Mr. Pallas

Happy 99th Birthday to Mr. Charles Pallas (*center*). Mr. Pallas has been a member of the Moonachie Board of Education for more than half a century. Thank you for all you do to serve our community and your support. (l-r) Mr. James Knipper, Mr. David Vaccaro, Mr. Charles Pallas, Mayor Dennis Vaccaro, Mr. Matthew Vaccaro and Mrs. Laurel Spadavecchia. *Provided by Sue Lacey. ###*

Having an Affair?

If your organization is having an event that is open to the public, we can help you tell "everybody" about it. Simply provide the following event details: name, date, times, cost, brief explanation of program features, etc., along with contact information. Send these details at least 45 days prior to the event to: fritz@hasbrouck-heights.com or drop them off at: **The Gazette Newspaper**, 345 Boulevard, Hasbrouck Heights, NJ 07604. **###**

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Irish Flag Raising. It took place at Rutherford Borough Hall, hosted by the Rutherford Irish American Association on Sunday, February 27th. The flag commemorates Irish Heritage Month in March and the Rutherford St. Patrick’s Day Parade on Sunday, March 6, 2022. See pages 14-15. *Provided by Kim Bogosian. ###*




(Left) Walter Carroll, Committee Chairman for Rutherford Boy Scout Troop 166 B, receives a \$400 check from Tom O’Reilly, Secretary for the Community Chest of Rutherford, also an Assistant Scoutmaster with Boy Scout Troop 166 B. *Photo by William Neumann. ###*



(Left) Walter Carroll, Committee Chairman for Rutherford Cub Pack 168, receives a \$400 check from Tom O’Reilly, Secretary for the Community Chest of Rutherford. *Photo by William Neumann. ###*



Meadowlands Museum Treasurer Thomas Bivin *(left)*, Museum President, Robin Reensra, Ph.D, *(right)* receive a \$500 check from *(center)* Tom O’Reilly, Secretary for the Community Chest of Rutherford. *Photo by William Neumann. ###*



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HH Little League
Opening Day Parade

Opening Day for the 2022 Season is scheduled for Saturday, April 2 (*weather permitting*). Players will march from Borough Hall down Central Avenue to Burton Avenue to Washington Place to Ravine Avenue and into the Little League Complex on Oldfield Avenue for the Opening Day Ceremony. The parade steps off at 8:45 a.m. ###

HH Shred-It
April 9

Hasbrouck Heights Recycling Program will hold a paper shredding event on Saturday, April 9, 2022, from 9 a.m. to 1 p.m., at the Central Avenue parking lot. Rain or shine. This event is co-sponsored by the Bergen County Utilities Authority.

The Satellite Recycling drop-off will be available on April 2, 2022 at the Central avenue parking lot. This disposal site collects the following items for recycling: bottles, cans, plastic bottles, newspapers, cardboard, magazines, junk mail, and E-waste such as computer equipment and TVs. For more information, call 201-403-5765. ###

Sip & Paint
April 29

Sip, Paint & Create on Friday, April 29, 2022, from 6 to 8 p.m., in-person at ICHS, 258 South Main Street, Lodi, NJ.

Tickets are \$30 pp. Bring a friend and pay only \$25.

Ticket price includes one canvas, paint, brushes, and a variety of delicious red and white wines!

You also have the choice of bringing your own wine.

Proceeds will support the ICHS Art Department and help our students create beautiful art! For more information go to: <https://www.ichslodi.org/> ###

ICHS 50th Class
Reunion April 23

Immaculate Conception High School Class of 1972 will hold their 50th reunion on April 23, 2022, at 1 p.m., at the Crow's Nest.

If you are interested in participating and learning more, please contact Mrs. Paula Tucci Rieder via email at mema0313@gmail.com or phone at 973-476-0198. ###

MomLife Event
April 28

MomLife offers a two-hour escape from the demands of motherhood and the rejuvenation you need to be the best mom you can be. Moms of kids ages 0-11 from any town are welcome to attend. Next event on Thursday, April 28, 2022, from 7 to 9 p.m. Please RSVP by April 26. Event hosted by **Bible Baptist Church**, 31 Passaic Avenue, Hasbrouck Heights. Limited KidLife childcare available by RSVP only. Monthly Friday morning get together and outings too.

For more info: hasbrouckhtsmomlife@gmail.com; 862-239-6677; Fb – Hasbrouck Heights MomLife ###

Art Association
of Rutherford

The Art Association of Rutherford will hold its April meeting on April 14, 2022 at 8:15 p.m., Tamblyn Civic Center, 30 Woodland Avenue, Rutherford. We are planning a demonstration on acrylic painting technique. Come in, the doors are open. A non-mandatory \$3 donation is suggested for non-members, but all are welcome!

For more information or questions, contact Lissanne at lissanneart@gmail.com ###

Big Book Sale

The **Lodi Memorial Library** is hosting a Big Book Sale from Saturday April 2 to Saturday April 9, 2022.

Book Sale hours are Monday, Tuesday, Thursday: 10 a.m. to 7 p.m. and Wednesday, Friday and Saturday: 10 a.m. to 4 p.m.

Celebrate National Library Week with us! Don't miss our spectacular fundraiser to benefit the Friends of the Lodi Memorial Library. ###

Used Book Sale

The Friends of the Rutherford Library will host their semi-annual book sale the last weekend of April. Stop by to shop during the Library's regular hours on Friday, April 29; Saturday, April 30; and Monday, May 2. Donations of gently used books CDs and DVDs will be accepted at the Library from April 1 to 22, 2022. **Rutherford Public Library**, 150 Park Avenue, Rutherford NJ. 201-939-8600. rutherfordlibrary.org ###

Yield to Pedestrians

FOCAS Holds
Flea Market

FOCAS Flea Market is on Saturday, April 23, 2022, from 10 a.m. to 4 p.m., at the American Legion, 100 Liberty Street, Little Ferry.

Note that 2022 Flea Markets will only be Saturday events.

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

Flea Market merchandise donations of clean, gently used or new items are gratefully accepted. (*Not accepted are TVs, PC monitors, golf bags and clubs, exercise and sports equipment, clothes or magazines or any items that are broken or not working.*)

They may be dropped off at the American Legion on Friday from 3 to 6 p.m. All proceeds benefit homeless animals. For additional information, call the FOCAS Help Line at 201-943-4019, email info@focasnews.org, or visit www.focasnews.org FOCAS adheres to COVID compliance guidelines. ###

Bergen County
LGBTQ Seniors
Meet April 12, 22

Bergen County LGBTQ Alliance (BCLA), a new non-profit organization, is initiating a seniors (60+) group that will meet on the second Tuesday of each month in person and the third Friday virtually (*due to holidays, April's meeting is fourth Friday*).

The next meetings are on Tuesday, April 12, 2022, at 11:30 a.m. and Friday, April 22 at 11:30 a.m. The Tuesday meeting will be held at The Rutherford Pancake House, 40 Park Avenue, Rutherford. Refreshments will be served.

Contact us at Nick@bergencountyLGBTQ.org or 201-470-8946 for info and/or the link. ###

Friday Night
Dancing

The Hasbrouck Heights Elks Lodge 1962, 128 Baldwin Avenue, Hasbrouck Heights, will host dancing every Friday night from 7:30 to 11:30 p.m. with DJ Gerri. Cost is \$10 at the door. Coffee included. Cash bar. For more information, call Cathy at 1-386-852-4881. ###

Raffle
Basket

American Legion's Auxiliary Unit #142 is sponsoring a \$300 Raffle Lottery Basket to fund community projects.

The drawing will be held 7 p.m., May 5, 2022, at American Legion Post #142, 135 East Passaic Street, Maywood, NJ, 07607. Winner need not be present. No substitution of prize given. For tickets, call Debbie at 551-587-3699. ###

50/50
Raffle

The Boys & Girls Clubs of Lower Bergen County is hosting a 50/50 raffle to support youth programs at their Clubs. Tickets are \$10 each.

The drawing will be held on May 2, 2022 at 12 p.m. It will be live streamed on Facebook and recorded. Winner will be notified by telephone and does not need to be present to win.

To buy tickets go to: www.bgclbergen.org/50-50-fund-raiser or contact Melissa at 973-473-7410 x104 or email: melissa.mckinney@bgoflodi.org

Only 2,500 tickets will be sold. Distribution is 50% of total amount received. First Prize 60%, Second Prize 28% and Third Prize is 12%. No substitution of prize offered. ###

Park Avenue
Toastmasters

Looking to develop speaking and leadership skills? Ace a job interview? Ignite your career? Toastmasters International is a world leader in communication and leadership development. The Park Avenue Toastmasters will meet on Zoom, Mondays, April 4 and 18, 2022, at 6:15 p.m. ###

Alaska
Night

Ardis Travel has scheduled an Alaska Night with a feature presentation by David Kasser of Visit Anchorage, along with representatives from Princess Cruises and American Queen Voyages. The 49th State is America's Last Frontier and offers spectacular sights and adventures.

Join us at 6 p.m. on Thursday, April 7, 2022, in the offices of the Meadowlands Chamber of Commerce, located at 1099 Wall Street West, Suite 100, Lyndhurst, NJ. Light refreshments will be served during the presentation.

Reservations are required to attend as space is limited to 50 guests. For more information or to RSVP, please contact Rick Ardis at 201-939-9135 rick@ardistravel.com. Adults only please. ###

Spring Yard
Sale April 23

The Ladies Aid Society of the First Presbyterian Church of Carlstadt will sponsor a Spring Yard Sale on Saturday, April 23, 2022, from 9 a.m. to 2 p.m., in the Community Hall on Third Street in Carlstadt. Contributions will be accepted starting Monday, April 18, through April 21, from 9:30 a.m. to noon and on Thursday, April 21, from 6 p.m. to 8 p.m. Used appliances, glassware, knick-knacks, toys, books, jewelry and many other attic treasures will be on sale. For information, call the Church office at 201-438-5526 between 9:30 a.m. and 12:30 p.m. weekdays. ###

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Call 201-288-9460 for order forms. Orders due Tuesday, May 3, 2022. *Pre-paid advance orders are available for pick-up by appointment in the Parish Hall on Friday, May 6, 2022.*

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229 Terrace Avenue, Hasbrouck Heights • 201-288-0002

Free Lunch Saturday

With too many people getting sick from colds, the flu and Covid, the First Presbyterian Church of Moonachie "Free Lunch Saturday" program, will be held on April 2, 2022 at 11:30 a.m.

We will serve "To Go" with "catering" from a local restaurant to support our community.

This program is an expansion of the Church's ministry of feeding hungry bodies and hungry hearts. If the economy's got you down, or you want to share a meal with others, come for the food and fellowship. There are no strings attached. A free-will offering is taken. ###

Rutherford Community Pantry

The Pantry is located in the basement of Rutherford Borough Hall. It is a volunteer non-profit which is a joint effort of community faith congregations, organizations and concerned citizens. Call 201-460-3000 x3168 to volunteer. Food donations are welcome during hours of service. Recipient eligibility is determined by local pastors and social services. A completed and approved referral is required. Limitations apply. For more information go to: www.rutherford-nj.com/pantry ###

Use Turn Signals



Fish Fry April 6

Knights of Columbus Council 4524 East Rutherford are having a Take-out Only Fish Fry with pick-up on Wednesday, April 6, 2022, from 4:30 to 6:30 p.m.

Pick-up will be in St. Joseph's lower parking lot. Enter off Hoboken Road.

The fish will be prepared by Famous Thistle Fish & Chips. It will be take-out only. Chicken Tenders & Chips upon request when you purchase your ticket.

Adults \$20. Children under 12 years old \$12. Delivery arrangements available.

Tickets will be sold after each Mass at St Joseph's Church or contact: Joe Egan, 201-842-9262, Alan DeRosa 201-376-3029, Brian Curreri 201-804-8854 or Pat Brislin 201-638-0309. ###

Fish Fry April 15

American Legion Post 310, 100 Liberty Street, Little Ferry, is hosting the Annual Good Friday Fish Fry, April 15, 2022, from 5 p.m. to 9 p.m. Menu includes fried flounder, potato salad, coleslaw, dinner rolls, coffee and dessert. Cost \$15 pp. Proceeds benefit Veterans and children's programs. For more info, call 201-807-0470. Dine-in and take out available. ###

Wallington Fashion Show Tricky Tray May 12

On Thursday, May 12, 2022, at 6 p.m., Wallington High School Home and School Organization, will host a Fashion Show/Dinner/Tricky Tray on the High School front lawn, 234 Main Avenue, Wallington.

Tables and chairs will be set up. Bring your favorite snacks. Admission is \$10 pp.

• Fashion Show begins at 6:30 p.m. (rain location WHS Gymnasium).

• Tricky Tray drop-in begins at 4 p.m. Calling begins approximately 6 p.m. Virtual event link will be posted. 25 guests per 30 minutes. Combo packs in advance or at the door: \$30 for 2 yellow sheets/ 2 blue sheets. Name/phone number must be written on back of tickets.

• Super raffle \$10 per ticket. For ticket information, call TJ Calabrese at 201-893-6748, Joe Brunacki 973-632-3845 or wallington.hso@gmail.com ###

Fashion Show April 12

Immaculate Conception High School is hosting their Winter Wonderland Fashion Show on Tuesday, April 12, 2022, from 6 to 10 p.m., at The Fiesta.

Cost is \$75 pp and includes dinner, dessert, tea/coffee. Cash bar.

Tricky Tray Level 1 (prizes worth \$25 to \$150) are \$10 a sheet. Tricky Tray Level 2 (prizes worth \$150+) are \$20 a sheet.

For more information go to: <https://ichsevents.square.site/> or call 973-773-2400. ###

Read to Your Child

HH Troop 17 Scouting for Food

On Saturday, April 2, 2022, Troop 17 and Cub Pack 17 of Hasbrouck Heights will be taking part in the National Scouting program of Scouting For Food from 10 a.m. to 1 p.m. Scouts will be around to collect donated food and non-perishable items for the local food bank. Please leave items in shopping bags on front steps of your homes. Bags may also be brought to the Hasbrouck Heights Food Bank. This program provides community service within our own neighborhood and is part of the Good Turn for America "helping others at all times" program. Please consider making a donation. Call Mario at 201-450-0999. ###

Guild Assembles Health Kits

The Guild of Reformed Church Women at 300 Washington Place, will collect and assemble Health Kits as a Lenten project for Church World Service, until April 10, 2022. These kits consist of washcloth, hand towel, bath-size soap, toothbrush (in original packaging), nail clipper, wide-tooth comb and 6 band-aids.

Donations of any of these products in any quantity would be appreciated. These items are assembled in zippered plastic bags and distributed by Church World Service. Cash donations to assist in the shipping and handling of these kits are always welcome. All items/kits may be brought to the Church Monday through Thursday and Sunday morning. Call 201-288-1122 for more info. ###

W-R Lions Pancake Breakfast

On Palm Sunday, April 10, 2022, the Wood-Ridge Lions Club will be holding their annual pancake breakfast. This is the longest continuous fundraising activity in the Borough.

Come on out and meet your neighbors and kick off the start of Spring! You will enjoy a breakfast of orange juice, hot buttered pancakes with syrup and fruit toppings, sausage, coffee and tea. While waiting for your breakfast to be served, you can enjoy a nice piece of Mills crumb cake.

Tickets are \$5 and may be purchased in advance from any Club member. They will also be available at the door. Children under five are free.

All of the proceeds will be used to help the blind, sight impaired and others in need. We thank you for your continued support!

For additional information, call Jack Nagel 201-641-2803 or email janpro911@aol.com or any Club member. ###

Elks Breakfast 1st Sunday

Elmwood Park/Paterson Elks Lodge 60, 192 Market Street, Elmwood Park, will host a breakfast, the first Sunday of every month, 8 a.m.-11:30 a.m. \$10 pp. Children 6-10, \$5. Free for children under 6. Open to the public.

Breakfast includes: juice, eggs, pancakes, bacon, sausage, hash browns, toast, hot and cold cereal, muffins and bagels, hot chocolate, coffee or tea. Reservations preferred. Call Dennis at 201-791-6149. ###

April Birthstone Diamond

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W-R Knights Announce Scholarship

The Wood-Ridge Knights of Columbus will once again be awarding the \$1,000 Anthony Giuseffi Sr. Scholarship to any graduating Eighth Grader (*public or parochial school*) who will be attending a Catholic High School next September. The candidate must be a parishioner of the Church of the Assumption of Our Blessed Lady in Wood-Ridge. Applications are available in the W-R Guidance Office and Assumption Church Rectory. The deadline for submission of the application is April 29, 2022, at 3:30 p.m. ###

Carlstadt Mixed Chorus 89th Music Festival

The Carlstadt Mixed Chorus will host their 89th Music Festival at the Carlstadt Turn Hall, 500 Broad Street, Carlstadt, at 2 p.m. on Sunday, May 1, 2022.

The program will feature the mixed chorus and professional soloists. Johanna Teubner-Prussack, Music Director. Dance music by “Barry Adler and Edi Spatarella.” The kitchen and bar will be open. Donation is \$25. For reservations, call 973-777-6677 or 973-204-9933. ###

Scholarship Breakfast May 14

The Contemporary Club of Hasbrouck Heights is hosting a scholarship breakfast fundraiser on Saturday, May 14, 2022, from 8:30 a.m. to 12:30 p.m., at Fisher's Cafe, 245 Boulevard, Hasbrouck Heights.

Rutherford Blood Drive April 4

The Rutherford Volunteer First-Aid Ambulance Corps will be honored on April 4, 2022, at the annual spring drive of Rutherford Community Blood Bank. The drive will be held at 55 Kip Center in Rutherford from 1 to 8 p.m.

Advance registration to donate blood is strongly advised. Visit vitalant.org or call 877-25 VITAL

The all-volunteer ambulance corps will be recognized for its dedication to providing emergency medical services

The group logged 1,112 calls in 2021, and 1,035 in 2020, which included the beginning of the pandemic.

The group's captain, Mike Tarantino, a 50-year corps veteran is proud of his colleagues, whose riding members complete 250 hours of training in addition to recertification every three years. Each serve a minimum of 30 hours a month and 12 weekend hours.

All 56 riding members are certified EMTs. Twenty-four other volunteers back them through administrative work and fundraising, the financial lifeline of the group.

The corps was founded in 1949. In 1957, ambulance corps leadership sent out the call to form an organization to ensure a proper blood supply for Rutherford residents. ###

Cinco de Mayo! Tricky Tray

On Thursday, May 5, 2022, Church of the Transfiguration, Wallington, NJ, will host a "Cinco de Mayo!" Tricky Tray, at The Fiesta, Wood Ridge, NJ. Doors open at 6 p.m., auction begins at 7 p.m.

Admission is \$55 per person and includes Three Course Dinner, dessert, plus One Sheet of regular chances.

Advance admission ticket sales only. No tickets will be sold at the door. Tickets are available until April 24, 2022.

Express packs of gift chances are available for \$30, if purchased by April 24, 2022, or \$35 if purchased at the door.

For tickets, contact Dawn at 201-463-1512.

Like us on Facebook for up-to-date info: Church of the Transfiguration Tricky Tray ###

Wallington Little League Pasta Dinner

On Saturday, June 4, 2022, the Wallington Little League will be holding an Annual Family Pasta Dine-out Tricky Tray event. Tickets are \$15 pp. Player and children under 12 \$10. All of the monies that are raised will be given back in special baseball and softball outings, programs, and clinics.

Please donate an item or service to be raffled off. Gifts can be mailed to: Wallington Little League, c/o Joe/Adele Mulvaney, 2 Elizabeth Place, Wallington, NJ 07057.

If an item needs to be picked up, call Adele at 973-773-0951 or Joe at 973-632-3845. ###

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BCAL Nursing Scholarship

The 2022 George F. Axt Memorial Fund of the Bergen County American Legion and Auxiliary will award \$3,000 nursing scholarships to students entering accredited nursing programs or who are already enrolled in a nursing curriculum. Closing date is April 30, 2022.

Applicant must be a resident of Bergen County and either a high school senior or graduate who has been accepted to an accredited nursing

school, or a student currently enrolled in an accredited undergraduate nursing program.

Application is available from high school guidance counselors, American Legion Posts or go to: <https://bcnj.al.org/george-f-axt-memorial-fund-nursesscholarship>

Applicants are not required to be members of a Veteran's family. For more information contact: Margaret Frontera at: alaunit136LodiNJ@gmail.com or call 201-264-4622. ###

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Pinwheel Garden

The Hasbrouck Heights Contemporary Club will be planting a pinwheel garden at the Circle on April 10, 2022 at 1 p.m. The public is invited.

In April, we observe Child Abuse Prevention Month and launch the “Pinwheels for Prevention” campaign. The pinwheel logo was chosen as a national symbol of prevention because it is whimsical and evokes childlike notions, exemplifying the “Great Childhoods” we desire for all children. ###

Flag Garden May 21

The First Reformed Church will hold a Memory Flag Garden Service on May 21, 2022 (*Armed Forces Day*) on the Church lawn, 300 Washington Place, Hasbrouck Heights.

Each flag has a Veteran's name attached. Flag request should be submitted by May 16, 2022, to firstrefhh@optonline.net

The public is invited to visit this garden. The flags will remain until mid-July.

The ceremony is to remember those who served and have passed into the nearer presence of God. For more information, call the Church office at 201-288-1122. ###

Practice Random
Acts of Kindness



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Pizza Rustica (Easter Pie)

Stuffed Artichokes • Eggplant Parmigiana

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Classic Car and Motorcycle Show May 1

On Sunday, May 1, 2022, the Nam Knights of America will host their 28th Annual Classic Car and Motorcycle Show at their Clubhouse, 197 Washington Avenue, Carlstadt. Rain date is May 15. Gates open 9 a.m. for entries. Show starts at 11 a.m.

Admission for show participants is \$20. Spectators \$5. Children under 12 free. Free admission for disabled Veterans and Police Officers. Food and soda/water is available. No alcoholic beverages or pets.

This year, they are dedicating their show to our Health Care Heroes & First Responders. Without them we would not have made it through these difficult two years

Event benefits Veterans and Law Enforcement Officers.

For more information, call 201-438-4068 or go to www.namknights.org ###

W-R Lions Golf Outing May 2

On May 2, 2022, Wood-Ridge Lions Club presents the 13th Annual Phil Rottini Golf Outing at the Meadows Golf Club, 79 Two Bridges Road, Lincoln Park. Cost is \$125 per person. Includes greens fee, cart, breakfast, lunch, giveaways and prizes. Singles and foursomes are welcome.

Breakfast 7:30 a.m. Shotgun start 9 a.m. Scramble format, team scorecard. Sponsorships are available: Tee signs \$75, Breakfast \$250 and Lunch \$750. For more information, call 201-926-1454 or 551-486-6197. ###



Enjoy Meeting People? Become a Volunteer!

The Aviation Hall of Fame and Museum at Teterboro Airport is seeking Volunteers who enjoy meeting people.

There are 3 different Volunteer activities to choose from, tour guides, maintenance people to work on projects and new displays and computer associates to work in our rich library. We offer flexible hours and free training and support.

Visit www.njahof.org and check out the self-guided tour of our Museum. For additional information, call Ralph at 201-288-6344 or email: ralph.villecca@njahof.org ###

Open Cockpit Experience April 23

As part of their 50th Anniversary, the Aviation Hall of Fame will host Open Cockpit Day on April 23, 2022, from 10 a.m. to 4 p.m.

Visitors will have the opportunity to sit in the cockpit of a very rare Lockheed Bushmaster plane, a M*A*S*H Bell 47 helicopter made famous during the Korean War.

Explore the cabin of the world's only surviving restored cockpit of the Martin 202 airliner.

You can also visit inside the HH52A, U.S. Coast Guard rescue helicopter. Also, on display are the Bell AH-1 Cobra helicopter and the OV-1A Mohawk observation/attack aircraft, as well as other aviation cockpits including our newest exhibits: a General Aviation Trainer (G.A.T-1) and a Glider recently donated by Jersey Ridge Soaring.

Mother's Day: Give A Blanket

Once again, the Guild of Reformed Church Women of First Reformed Church, Hasbrouck Heights, invite you to participate in their annual Blanket of Honor Sunday project. These \$10 donations per blanket, in honor of or in memory of any or all the significant women in your life, will be accepted through May 1, 2022, for inclusion in the Mother's Day bulletin.

The proceeds will be used by Church World Service to provide new blankets to be distributed to families wherever and whenever a disaster occurs, whether natural or man-made.

These blankets are used in a multitude of ways, not just for warmth. They provide a measure of dignity, a refuge, a source of protection, a means of carrying all one's belongings, a message that someone cares for them, wherever they may be in the world.

Please mail your check (\$10 per blanket) and send to First Reformed Church of Hasbrouck Heights, PO Box 66, Hasbrouck Heights, NJ 07604. Please include the name(s) of the women you wish to honor or remember.

The Guild women appreciate your assistance, as do the recipients, whether locally, nationally or world-wide. For further information, call 201-288-1122. ###

**Don't Text
and Drive**

ing.

Also popular with young people is our official Airport Rescue Firefighter Truck! For young astronauts, we have our working display of the International Space Station (ISS) along with uniforms and items used by the many Astronauts like Buzz Aldrin, Scott and Mark Kelly, to name just a few.

Admission: \$15 for adults, \$12 for seniors and children under 12. No discounts, Library Passes or Membership Passes can be used on Open Cockpit Days.

The Museum is located at 400 Fred Wehran Drive, adjacent to the Teterboro Control Tower. Come see why our Museum has been named as "One of the 10 Best Museums in the State of NJ." For more information call 201-288-6344 or go to: www.njahof.org ###

Wines from A to Z Oh MY!

The American Wine Society Meadowlands Chapter is hosting a wine tasting meeting on Friday, April 29, 2022, from 6:30 to 9 p.m. It will take place at the award winning wine school, Make Wine with Us, located at 21 Currie Avenue, Wallington, NJ.

This month we are celebrating "Wines from A to Z Oh MY!" Our own Angel Martinez will be your guide to discuss Wines, imported, domestic, Old World, New World and all the different nuances that make wines one of the most enjoyed drinks in the world. Angel is an AWS certified wine judge; WSET certified and is also our AWS Chapter Chair and President, and all around good guy. He made me say the last part. But it's true.

Why not come and check out what the rave is all about regarding our chapter, AWS-Meadowlands, the fastest growing chapter in NJ. Wines and delicious savory and sweet snacks will be provided, all enjoyed with the company of some fun loving people. \$20 for AWS members and \$25 for guests. Such a Deal!

Seating is limited so please contact us at wineclub201@gmail.com to reserve your seats, and ask about our upcoming Wine events. We look forward to meeting you and your friends. CHEERS! Philip Miuccio AWS Meadowlands Vice chapter chair, another good wine guy. ###

St. John’s Annual Plant Sale

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

For the 43rd Annual Plant Sale, nursery grown plants and flowers and hanging pots will be available for pick-up just in time for Mother’s Day, May 8, at St. John’s Parish Hall, Hasbrouck Heights, on Friday, May 6, 2022 by appointment. There will not be any plants available on Saturday.

Only pre-orders for the 43rd Annual St. John’s Plant

Sale are being accepted and due by Tuesday, May 3, 2022.

Flats, which contain one kind/one color, are \$14.

Pre-order forms are available by calling 201-288-9460 and leaving a message.

All plants are of the highest quality. As in previous years, all plants are hand picked at the nursery by experienced gardeners. There will be other plants available along with pots of plants when pre-orders are picked up. ###

Earth Day April 22

Earth Day is April 22, 2022 and marks the 52nd anniversary of this holiday. It’s followed closely by Arbor Day, which falls on the last Friday in April.

Typically, Earth Day is assigned a different theme or area of focus each year; this year’s theme is “Invest in our planet.”

This is the moment to change it all — the business climate, the political climate, and how we take action on climate.

Now is the time for the unstoppable courage to preserve and protect our health, our families, our livelihoods... together, we must Invest In Our Planet.

Because a green future is a prosperous future.

We need to act (boldly), innovate (broadly), and implement (equitably). It’s going to take all of us. All in. Businesses, governments, and citizens — everyone accounted for, and everyone accountable. A partnership for the planet.

And while there is still time to solve the climate crisis, time to choose BOTH a pros-

perous and sustainable future, and time to restore nature and build a healthy planet for our children and their children, time is short.

For Earth Day 2022, together, for everyone, everything, every day...

For more information go to: <https://www.earthday.org/earth-day-2022/> ###

Earth Day Clean-up

The Hasbrouck Heights Green Team will be hosting a Borough-wide Earth Day Community Cleanup to help beautify our parks, business district and other public spaces by picking up litter and debris left behind after the snow has melted.

The event will take place on Saturday, April 23, 2022, 9 a.m. to 12 p.m., rain or shine.

Cleanup material will be provided. Email hghgreenteam@gmail.com for registration link. ###

Keep Wood-Ridge Beautiful/ Shredding Event June 5

The “Keep Wood-Ridge Beautiful” Committee will hold its twenty second annual downtown cleanup day on Sunday, June 5, 2022, between the hours of 11:30 a.m. and 3 p.m.

Volunteers are once again needed to help clean our shopping districts and raise awareness of the effects of litter in our community.

During our last “Keep Wood-Ridge Beautiful Day” over 250 volunteers participated!! Both adults and children are welcome.

The Bergen County Board of Health will provide cleaning utensils, gloves, brooms and bags. Volunteers will be

contacted and assigned certain time periods prior to the event and will be asked to meet at the Wood-Ridge Civic Center.

To sign up please call Borough Hall at 201-939-0202 (ext. 109) and leave your name, telephone number and how many adult or children’s T-shirts should be ordered by size. This year’s event will be held with all safety protocols in place.

Do you have stuff to shred? Bring it to the Civic Center that day from 9 a.m. to 1 p.m. (no hardcover books, photographs or X-rays). For further information, please contact Councilman Ezio Altamura 201-531-0259. ###

HH Garden Club News

The Hasbrouck Heights Garden Club will be meeting on Wednesday April 20, 2022, in the Library Meeting Room located on the second floor of the Municipal Building located at 320 Boulevard. Refreshments will be served at 5:30 p.m. and the meeting will start at 6 p.m.

The speaker for this meeting will be Marc E. Zukovich. Marc has a Bachelor of Arts Degree in Botany from Drew University and Certificates from Harvard Graduate School of Design and the New York Botanical Garden.

The Subject for the evening: “Hydrangeas for every Garden.”

Everyone is always welcome to our meetings and programs! Our meetings are held from September thru June. *Provided by Judy Mascis. ###*

Garden of the Seasons Contest

The Hasbrouck Heights Garden Club will be resuming “The Garden of the Seasons” Contest in 2022.

The contest is for front and side yards only and runs between March thru May 27 for Spring and May 28 thru August 27 for Summer.

If you wish to enter the contest, please leave a message for Audrey Gall at 201-288-8943 for an application.

In addition, the Garden Club members will ride through town searching for contest candidates during the contest dates. We will carry Garden Club signage. Our members will leave an application at your home if you have a qualifying garden.

Your name and address will not be published in any publication. We will only share the winner with our members at our regular meeting following each contest.

The Garden Club is open to all and meets on the third Wednesday of each month (except December, July and August) at 6 p.m. with refreshments served at 5:30. Please join us in the meeting room across from the Library in Boro Hall and bring a friend. ###

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Cherry Blossoms Are Glorious at Branch Brook Park

No matter what, a ride through Branch Brook Park while the Cherry Blossoms are in bloom is glorious!

New Jersey has more cherry trees than Washington, DC. Every spring, residents and visitors alike can see the largest cherry blossom collection in the United States.

Branch Brook Park, which runs through Belleville and Newark, has more than 2,700 Japanese cherry blossom trees that burst into full bloom during the annual Essex County Cherry Blossom Festival, April 2022, which features various events for visitors of all ages.

• **Cherry Blossom Challenge Bike Race.** April 2, 2022, 7 a.m. to 1 p.m. Location: Essex County Branch Brook Park, Northern Division Oval, Heller Parkway, Newark. Cost: \$35 - \$45, varies by race category

Race through the Park in the Cherry Blossom Challenge, an official NJBA event! Various races occur throughout the morning. Cash prizes! Registration fees apply to racers. Come cheer on the cyclists while enjoying a day in the park. Free to enter the Park and watch! Link to register: <https://www.bikereg.com/cherry-blossom-challenge>

• **Cherry Blossom 10K Run.** April 3, 2022, 10 a.m. to 12 p.m.

All run finishers will receive a Cherry Blossom Run medal and T-shirt. Registration Fee: \$40 Pre-Registrants; \$35 USATF-NJ Member Pre-Registrants; \$50 General Race Day Registrants. *\$3 of each registration fee is donated to Special Olympics of New Jersey.*

Packet pick up Sunday, April 3 from 8 a.m. to 9:45 a.m. at the Cherry Blossom Wel-

come Center Parking Lot - Essex County Branch Brook Park, Newark. Link below to register: <https://runsignup.com/Race/NJ/Newark/EssexCountyCherryBlossom10KRun>

Each year, thousands of visitors are awed by the beautiful colors of pink and white. The park first adopted a pink and white hue in 1927, when Caroline Bamburger Fuld donated 2,000 cherry blossom trees to the Essex County Parks system in memory of her late husband.

Branch Brook Park also holds the distinction of being the first county park in the United States opened to the public. It was designed by the famed landscape architectural firm of Olmsted Brothers, a successor to Frederick Law Olmsted, the designer of Central Park in New York City.

At 360 acres, it is the largest developed park in the County. It is featured by a combination of open meadowland and small patches of woodland on gently rolling terrain.

Named for a branch brook that flowed through the valley into the Passaic River, the stream that remains, and much of the surrounding landscape, still retain a natural appearance.

More than 4,000 cherry trees that blossom during April are greater both in variety and number than the famed Washington, DC display—the result of a 1927 gift from the Mrs. Felix Fuld Family. At its height the Cherry Blossom Festival attracts over 10,000 people a day.

Branch Brook Park has been placed on both the New Jersey (1980) and National (1981) Registers of Historic Places. www.essexcountyparks.org ###

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Mass of Anointing May 14

Most Sacred Heart Share and Care cordially invites all parishioners, families, friends and visitors to celebrate a Mass of Anointing at Most Sacred Heart of Jesus Church, 127 Paterson Avenue, Wallington, at 11 a.m., on Saturday, May 14, 2022. Come experience the beautiful serenity, peace and comfort for mind, body and soul offered at this Mass of Anointing.

Light refreshments will be served in the Great Hall immediately after the service. The Church and Great Hall are handicapped accessible.

For additional information, call MaryJane at 201-939-8576. ###

About Easter

Easter, Pascha, or Resurrection Day, is the most important religious feast in the Christian liturgical year. It celebrates the resurrection of Jesus, which Christians believe occurred on the third day after his crucifixion some time in the period A.D. 27 to 33.

Many pagan elements have become part of the celebration, and those aspects are often celebrated by many Christians and non-Christians alike.

Easter also refers to the season of the Church year called Eastertide or the Easter Season. Traditionally, the Easter Season lasted for the forty days from Easter Day until Ascension Day, but now officially lasts for the fifty days until Pentecost. The first week of the Easter Season is known as Easter Week or the Octave of Easter.

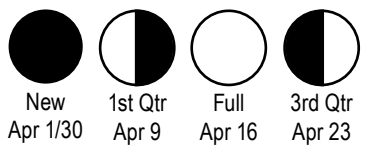
Easter is termed a movable Christian holy day because it is not fixed in relation to the civil calendar. Easter falls at some point between late March and late April each year (*early April to early May in Eastern Christianity*), following the cycle of the moon.

Easter is linked to the Jewish Passover, not only for much

of its symbolism, but also for its position in the calendar. The Last Supper shared by Jesus and his disciples before his crucifixion is generally thought of as a Passover meal, based on the chronology in the Gospels.

Some, however, interpret “Passover” in John 18:28 as a single meal and not a seven-day festival. Interpretation of the Gospel of John differs from the Synoptic Gospels by placing Christ’s death at the time of the slaughter of the Passover lambs, which would put the Last Supper slightly before Passover, on 14 Nisan of the Bible’s Hebrew calendar.

According to the Catholic Encyclopedia, “In fact, the Jewish feast was taken over into the Christian Easter celebration.” *Source: Wikipedia.org* ###



Full Pink Moon

The April full moon will appear on Saturday, April 16, 2022, at 2:57 p.m. It is called the “Full Pink Moon.”

According to the “Farmer’s Almanac,” this name came from the herb, moss pink, or wild ground phlox, which is one of the earliest widespread flowers of the spring.

This year, April’s full Moon is the first full Moon of the spring season, which began with the spring equinox on March 20, 2022. This means that April’s full Moon is the Paschal Full Moon—an important Moon to those who celebrate Easter, since Easter’s date depends on the date of the Paschal Full Moon.

Easter is celebrated on the first Sunday after the Paschal Full Moon (*i.e., the first full Moon of spring*), which means that it will be celebrated this year on Sunday, April 17 (*following the full Moon on Saturday, April 16*).

Other names include the “Full Sprouting Grass Moon,” the “Egg Moon,” and, among Coastal tribes, the “Full Fish Moon,” because this was the time that the shad swam upstream to spawn.

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

2022 Easter Egg Hunts

Carlstadt

Springfest -- A day of family fun. Saturday, April 2 from 11 a.m. to 4 p.m. at Village Green Park. Easter Bunny photos, food, DJ, Library activities, petting zoo and rides, local vendors, meet and greet with police, fire and CAVC heroes.

Hasbrouck Heights

The Annual Easter Egg Hunt is scheduled for 10 a.m. on Saturday, April 2, at Depken Field. Rain Date is April 16 at 10 a.m. The Easter Bunny is available for photos.

The event is open to all Hasbrouck Heights Pre-schoolers (*age 4-5*) through Third Graders. Baskets will be provided. Children should NOT bring a basket. All children must wear rubber soled shoes, preferably sneakers. No parents or underage children are allowed on the field. Tickets are distributed through the elementary schools. Tickets are also available at the Borough Clerk’s Office at 320 Boulevard. This event is sponsored by the Mayor’s Celebration Committee.

Little Ferry

The Easter Bunny visit is scheduled for Saturday, April 9, at Soccer Field, from 11 a.m. to 1 p.m., for resident children. Bring your camera.

Event is rain or shine. This event is sponsored by the Recreation Committee.

Little Ferry

VFW Post 809, 100 Main Street, Little Ferry will host an Easter Egg Hunt on Sunday, April 10 from 11 a.m. to 3 p.m. Easter bags provided but you

About Easter Cards

According to American Greetings, Easter is now the fourth most popular holiday for sending cards, behind Christmas, Valentine’s Day, and Mother’s Day. Easter cards began in Victorian England, when a stationer added a greeting to a drawing of a rabbit. ###

Easter has been named after Eastre, an Anglo-Saxon goddess. Apart from English and German, the name of "Easter" has been derived from Pesach, the Hebrew name of Passover festival.

may bring your own basket. There will be coloring of Easter eggs. Brunch will be served including bagels, muffins, donuts, coffee, tea, juice. All are welcome. There is no cost for adults or children. ###

Lodi

On Saturday, April 16, Lodi Recreation will have its annual Spring Celebration. This year’s event will be held at Memoorial Park from 9 to 10:30 a.m. for Lodi children from two years old to 12 years old.

The Easter Bunny will also attend for some special photos. Please bring your camera. Children must be accompanied by an adult.

Moonachie

The Borough of Moonachie Easter Egg Hunt and Celebration will be held 10 a.m. to 1 p.m., Saturday, April 16 at Robert L. Craig School Gymnasium, rain or shine. Goody bags will be distributed. The Easter Bunny will be there. Bring your camera. The event is open to all children.

Rutherford

The Borough of Rutherford Easter Egg Hunt will be held at Tryon Field on April 9.

Wallington

Easter Egg Hunt will be held on April 10, 2022, Palm Sunday, at Church of the Transfiguration, 135 Hathaway Street, Wallington, NJ, after the 9:30 a.m. Mass. All Children present can participate.

About The Easter Bunny

Hares and rabbits have long been symbols of fertility. The inclusion of the hare into Easter customs appears to have originated in Germany, where tales were told of an “Easter hare” who laid eggs for children to find.

German immigrants to America -- particularly Pennsylvania -- brought the tradition with them and spread it to a wider public. They also baked cakes for Easter in the shape of hares, and may have pioneered the practice of making chocolate bunnies and eggs. *Source: www.factmonster.com* ###

Over 90 million chocolate Easter bunnies are produced each year. 76 % eat the ears on chocolate bunnies first. ###

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Lent

Begins March 2

Ends April 14

Palm Sunday

April 10

Maundy Thursday

April 14

Good Friday

April 15

Easter Sunday

April 17

Easter Monday

April 18

Pentecost Sunday

June 5

Passover

Begins Friday evening

April 15

Ends Saturday evening

April 23

Ramadan

Begins Saturday evening

April 2

Ends Monday evening

May 2

PRAYER TO THE BLESSED VIRGIN

(Never known to fail) Oh, most beautiful flower of Mt. Carmel, fruitful vine splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me, herein you are my mother, Oh, Holy Mary, Mother Queen of Heaven and Earth! I humbly beseech you from the bottom of my heart to succor me in this necessity. There are some that can withstand your power. Oh, show me herein you are my mother.

Oh Mary, conceived without sin, pray for us who have recourse to thee (3x). Holy Mother, I place this cause in your hands (3x). Holy Spirit, you who solve all problems, light all roads so that I can attain my goal.

You who gave me the gift to forgive and forget all evil against me and that in all instances in my life you are with me, I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. thank you for your mercy toward me and mine.

The person must say this prayer three consecutive days. After three days, the request will be granted. This prayer must be published after the favor is granted. N.M. ###

Forbes to Present Special Children's Message

On April 24, 2022, at 11 a.m., Rev. Doug Forbes will share a special children's message at the Living Gospel Baptist Church in Rutherford, NJ. Each child will receive a new 3D Bible sports card!

Pastor Doug is the Associate Pastor at the Central Congregational Church in Middleboro, MA. He conducts Christian education workshops at conventions, bookstores, Churches and camps.

Living Gospel Church is located at 23 West Passaic Avenue, Rutherford. For more information, call Rev. Dennis and Elaine O'Neill at 201-933-9449. ###

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Presbyterian



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Martha Day, Pastor, 201-755-1612

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"We Serve"

Hasbrouck Heights
Lions Club

Chartered May 23, 1931

In Memory of

Ralph W. Chandless Jr.
Member 1979 - 2022



"We Serve"

Hasbrouck Heights
Lions Club

Chartered May 23, 1931

In Memory of

Robert Salerno
Member 2015 - 2021

About
Passover

Passover 2022 will begin in the evening of Friday, April 15 and ends in the evening of Saturday, April 23.

The eight-day festival of Passover is celebrated in the early spring, from the 15th through the 22nd of the Hebrew month of Nissan. Passover (*Pesach*) commemorates the emancipation of the Israelites from slavery in ancient Egypt. Pesach is observed by avoiding leaven, and highlighted by the Seder meals that include four cups of wine, eating matzah and bitter herbs, and retelling the story of the Exodus.

In Hebrew it is known as Pesach (*which means "to pass over"*), because God passed over the Jewish homes when killing the Egyptian firstborn on the very first Passover eve.

The Passover Story
in a Nutshell

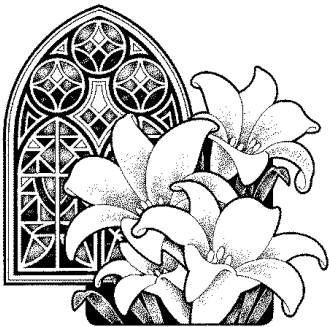
After many decades of slavery to the Egyptian pharaohs, during which time the Israelites were subjected to backbreaking labor and unbearable horrors, God saw the people's distress and sent Moses to Pharaoh with a message: "Send forth My people, so that they may serve Me." But despite numerous warnings, Pharaoh refused to heed God's command. God then sent upon Egypt ten devastating plagues, afflicting them and destroying everything from their livestock to their crops.

At the stroke of midnight of 15 Nissan in the year 2448 from creation (1313 BCE), God visited the last of the ten plagues on the Egyptians, killing all their firstborn. While doing so, God spared the children of Israel, "passing over" their homes—hence the name of the holiday. Pharaoh's resistance was broken, and he virtually chased his former slaves out of the land. The Israelites left in such a hurry, in fact, that the bread they baked as provisions for the way did not have time to rise. Six hundred thousand adult males, plus many more women and children, left Egypt on that day and began the trek to Mount Sinai and their birth as God's chosen people.

For more information go to: <https://www.chabad.org/holidays/passover> ###

Easter is linked to the Jewish Passover not only for much of its symbolism but also for its position in the calendar.

The Last Supper shared by Jesus and his disciples before his crucifixion is generally thought of as a Passover meal, based on the chronology in the Gospels.



Easter Services

Saint Francis de Sales Church

125 Union Street, Lodi NJ 07644 • 973-779-4330 • saintfrancisdesaleslodinj.org/

Holy Week Schedule 2022

Saturday, April 9

5 pm English Mass (*inside procession only*) • 7 pm Misa de Vigilia Español (*procesión dentro de la iglesia*)

Sunday, April 10 – Palm Sunday

7:30 am English Mass (*inside procession*) • 9 am Portuguese Mass (*procissão começa na grotto as 8:50*)
10:30 am English Mass in Lennon Hall (*procession starts at the grotto at 10:15 am*)
12:30 pm Misa en Español (*procesión comienza en la gruta a las 12:15 pm*)

Monday, April 11

8 pm Chrism Mass/Misa Crismal (*Cathedral Basilica of the Sacred Heart-Newark*)

Thursday, April 14 – Holy Thursday

8 am Morning Prayer • 7:30 pm Mass of the Lord's Supper (*trilingual*)
[Adoration in Repository until 12 am – Adoración en el Repositorio hasta las 12 am]
12 am Night Prayer and Reposition

Friday, April 15 – Good Friday

8 am Morning Prayer • 12 pm Stations of the Cross • 3 pm Commemoration of the Lord's Passion
5:30 pm Commemoration de la Pasión del Señor • 8 pm Comemoração da Paixão do Senhor
[Adoration in Repository until 12 am – Adoración en el Repositorio hasta las 12 am]
12 am Night Prayer and Reposition

Saturday, April 16 – Holy Saturday

8 am Morning Prayer • 11 am Confessions • 12 pm Blessing of the Easter Food (*Convent*)
11 pm Easter Vigil (*Trilingual*)(Lennon Hall)

Sunday, April 17 – Easter Sunday

7:30 am English Mass • 9 am Portuguese Mass
10:30 am English Mass • 12:30 pm Misa en Español (*Lennon Hall*)



Corpus Christi Church
Palm Sunday/Easter Mass Schedule

Corpus Christi Church: 260 Boulevard, Hasbrouck Heights
Corpus Christi Chapel: 215 Kipp Avenue (*entrance through school*)
Parish Center: 201-288-4844 • <http://corpuschristihh.org>

Palm Sunday, April 9/10

Saturday, 5 pm • Sunday 8 am, 10 am, Noon & 6 pm
Reading of the Passion & Palm Distribution at all the Masses

Holy Thursday, April 14

Solemn Liturgy of the Lord's Supper 7:30 pm/Chapel
Adoration, 9:30 pm - Midnight/Church

Good Friday, April 15

Solemn Celebration of the Lord's Passion, 3 pm/Chapel

Holy Saturday, April 16

Blessing of the Food, Noon/Church
Easter Vigil, 8 pm/Chapel • No 5 pm Mass

Easter Sunday, April 17

7:30 am/Church • 9 am, 10:30 am, Noon/Chapel • No 6 pm Mass

HAPPY EASTER! • Wesolych Swiat Wielkanocnych!

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April 10, PALM SUNDAY

9:30 am Blessing and Distribution of Palms followed by Holy Mass
11 am Polska Msza, poswiecenie Palm.

April 14, HOLY THURSDAY

7 pm Holy Mass of the Lord's Supper • Procession to Side Altar of Repose.
Reading of Vespers, Stripping of Altars

April 15, GOOD FRIDAY - All Day Adoration of The Most Blessed Sacrament

All Societies are REQUIRED to partake in one hour adoration during the day.
10 am Reading of Lessons and Passion of Our Lord • Chanting of Summonses
Adoration of the Cross • Mass of the Pre-Sanctified • Vespers
Opening of Our Lord's Grave • Children Easter Confession
7 pm Stations of the Cross • Adult's Easter Confession

April 16, HOLY SATURDAY -All Day Adoration of The Most Blessed Sacrament

10 am Blessing of New Fire, Incense and Paschal Candle • Reading of the Prophecies
Blessing of Water and Baptismal Water • Litany of the Saints
Poswiecenie Wielkanocnych Pokarmow
1:30 pm Blessing of Easter Food

April 17, EASTER SUNDAY - Resurrection of Our Lord Jesus Christ.

9:30 am Procession and Mass of Resurrection
11:30 am Polska Msza Swieta Wielkanocna

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Maudy Thursday Communion Service: Thursday, April 14
7 pm in Sanctuary

Good Friday Service: Friday, April 15, 7 pm in Sanctuary

Easter Sunday: Sunday, April 17

Sunrise Service: 6 am, Sanctuary

Easter Worship & Praise: 10:15 am, Sanctuary



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Palm Sunday, April 10

10 am Worship Service and Sunday School

Maudy Thursday, April 14

6:30 pm Potluck Dinner & Worship Service (RSVP 201-288-1122)

Easter Sunday, April 17

7 am Sunrise on the Lawn Service
10 am Worship Service

Take Your Family
to Church this
Easter Season



Voice of Democracy

On February 24, 2022, Schmidt-Hoeger Post 3149, Carlstadt, NJ, recognized the three top winners in their Voice of Democracy essay contest.

First Place was Emily Amaya, Second Place Samprit Bajracharya and Third Place was Danny Chandra. Making the presentations was Post Commander George Schreib.

Additionally, the Carlstadt Mayor and Council made similar presentations. Established in 1947, the Voice of Democracy essay program provides high school students with the unique opportunity to express a democratic and patriotic-themed essay. *Photos by Dennis Kronymak Sr. ###*



Robert Nerbetski was recognized for his 13 years of service as Commander of Schmidt-Hoeger Post 3149, Carlstadt, NJ. ###

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Shamrock 5K Run

The 11th Annual 5K Michael Cassidy Shamrock ‘N’ Run/Walk was held despite driving rain, sleet and snow, at 10 a.m., Saturday, March 12, 2022, at Monona Avenue, Memorial Park in Rutherford.

Event sanctioned and course certified by USATF-NJ. Timing and scoring by Elite Racing Systems. Piper was Joe McGonigal. "Danny Boy" and "National Anthem" was sung by Lyndhurst HS Chorale, under the direction of Elena Wise. Over 200 finished the race.

Top male runners were: First, William Brancato, 27,

Rutherford, NJ, 16:13.7, Second, Salvatore Amenta, 44, Kearny, NJ 18:49.3 and Third, Dan McNeely, 30, Montclair, NJ, 18:53.8.

Top female runners were: First, Stephanie Dibrita, 32, Rutherford, NJ, 20:21.2, Second, Carly Fleck, 28, New York, NY at 21:17.3 and Third, Giana Dilascio, 21, Hasbrouck Heights, NJ, 22:47.1.

For details go to www.shamrocknrun5K.org. For more information, call Marilyn at 201-280-3748. Proceeds to benefit National Brain Tumor Society. ###



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Severe winds blew over a sponsor's tent and destroyed numerous umbrellas.

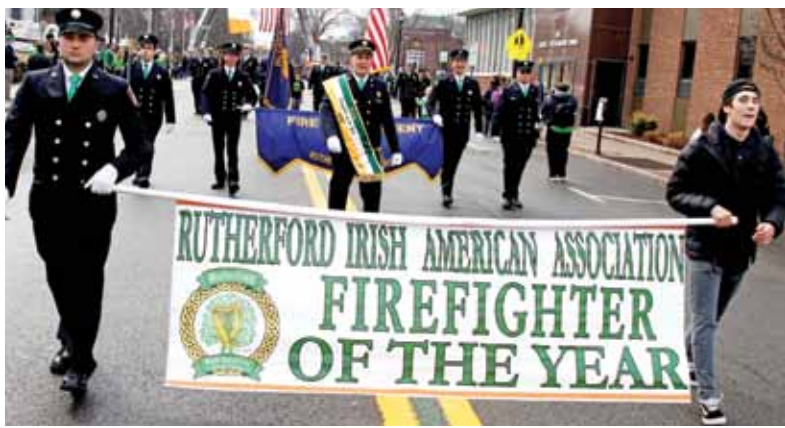


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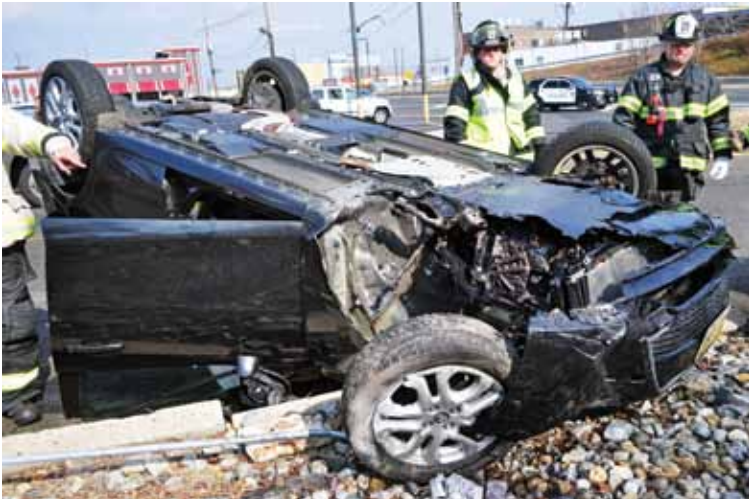


Rutherford's Celebration Parade





On March 6, 2022, the Wood-Ridge Fire Department responded to a **smoke condition** in the basement of the Highlander Apartments. Upon arrival, firefighters set up a 1-3/4" attack line to the basement laundry room. The smoke was from an overloaded dryer that forced the motor to go on fire. It was extinguished with a water can. No injuries were reported. *Photo by Dennis Kronyak Sr. ###*



CFD Responds to MVA

On March 6, 2022, the Carlstadt Fire Department responded to an overturned motor vehicle accident at Route 17 onto Hoboken Road. Single vehicle. One injury was reported. The incident is under investigation. *Photo by Dennis Kronyak Sr. ###*

Pascrell Announces Federal Action to Restore Lower Hackensack River

U.S. Rep. Bill Pascrell, Jr. (D-NJ-09) announced today the U.S. Environmental Protection Agency (EPA) has proposed the inclusion of the Lower Hackensack River to the agency's Superfund National Priorities List (NPL). The NPL includes sites where releases of contamination pose significant human health and environmental risks. Pascrell led his colleagues in a letter requesting this move by the EPA, which will allow the Superfund cleanup process to commence.

"The EPA accepting our request and prioritizing the cleanup of our Lower Hackensack River here in North Jersey is terrific news. I have for years led federal efforts to restore the river from its current contaminated state because our communities, our children, and our environment deserve better," said Rep. Pascrell, a cosponsor of the landmark Green New Deal. "In July of last year, I wrote to my friends at the EPA requesting they include the Lower Hackensack on their National Priorities list so we could swiftly begin the Superfund cleanup process. I have also strongly supported the State of New Jersey's efforts to hold up their end of the bargain in this endeavor. The Infrastructure Investment and Jobs Act passed by our Democratic Congress delivers once again. I commend EPA Administrator Regan, Regional Administrator Garcia, and the entire Biden

Administration for their focus on environmental issues and their accessibility on local issues like this. Together we will restore the Lower Hackensack River to its former glory." "The industrial activities of New Jersey's past have helped build America, but it has also left behind a legacy of contamination that unfairly burdens communities of color," said EPA Regional Administrator Lisa F. Garcia. "By proposing to add the Lower Hackensack River to the National Priorities List, EPA is showing its commitment to overburdened and underserved communities - no project is too big, and America's natural resources are for everyone to enjoy." "Governor Murphy and I are thrilled that the EPA is taking this next important step toward adding the Lower Hackensack River to the National Priorities List," said New Jersey Commissioner of Environmental Protection Shawn M. LaTourette. "Designating the Lower Hackensack as a federal Superfund site will provide the tools we need to remove decades of contamination that have polluted river sediments and restore the natural resources that have been impaired for far too long. Cleanup of the river presents a remarkable opportunity to help the river reach its full potential as an ecological gem and economic asset in the heart of the state's most densely populated region." ###

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Hackensack Riverkeeper's 2022 Eco-Programs

Hackensack Riverkeeper announces its 2022 Eco-Program season.

After two seasons operating under strict COVID safety protocols, the clean water advocacy group is poised for a return to as close to normal as possible for its popular outdoor programming.

That includes providing upwards of 10,000 people with enjoyable and educational experiences of the river, its watershed and wildlife through Eco-Cruises, Guided Paddles, canoe & kayak rentals, River Cleanups, Bird-Walks and more.

• **Paddling Centers.** The season begins April 23 with the Grand Opening of Riverkeeper's Van Buskirk Island Paddling Center in Oradell, NJ. The new Center – the organization's third – is located at Van Buskirk Island County Park and is a cooperative venture between Hackensack Riverkeeper and the Bergen County Parks Department.

That same day, the Paddling Centers at Overpeck Park in Teaneck, NJ and Laurel Hill Park in Secaucus, NJ will re-open for the 2022 season.

"We are so very much looking forward to the Grand Opening and for welcoming people of all ages back to the river," said Riverkeeper Captain Bill Sheehan. "Nothing makes me happier than knowing the days are getting longer and we'll soon be launching kayaks, leading River Cleanups – and I'll soon have a moving deck under my feet."

Hackensack Riverkeeper offers a series of seven distinct Eco-Program opportunities:

• **Eco-Cruises** The original Hackensack River environmental education tour. Riverkeeper operates two 30-foot research vessels: the Geraldine Theresa, with Captain Bill Sheehan at the helm; and the Robert H. Boyle II, piloted by Captain Hugh Carola.

Three itineraries are available: Meadowlands Discovery, which explores the wetlands & creeks of the estuary; Boating

through Bergen, a nature/history trip that runs upriver to the center of Hackensack; and Excursion Around the Bay, a maritime history tour to Staten Island and Port Elizabeth. Most Eco-Cruises leave out of Laurel Hill Park in Secaucus, NJ.

Three options are offered:

• **Open Eco-Cruises** are appropriate for individuals, couples and the general public. Fifty-four Open trips are scheduled from April 30 through October 9. Reservations are made online at www.hackensackriverkeeper.org by clicking links to eventbrite reservation pages. Open Eco-Cruises are not appropriate for large groups.

• **Private Eco-Cruises** are appropriate for groups of up to 20 persons for any date/time during the season other than those set aside for Open trips. Group leaders have their choice of itinerary. Group Eco-Cruises can only be arranged by speaking with Program Director Captain Hugh Carola at 201-968-0808 or emailing hugh@hackensackriverkeeper.org.

• **Combination Eco-Cruise Programs**, which include a pair of 1.5-hour Meadowlands Discovery trips plus age-appropriate landside environmental education activities, can be arranged for schools, camps and other youth groups of up to 30 persons, depending on age.

• **Donations:** A 501(c)(3) nonprofit organization, Hackensack Riverkeeper depends on donations to support its work and mission. The group does not charge fees or sell tickets for Eco-Cruises; however, donations and honoraria from participants are very much needed – especially now. All donations are 100% tax-deductible.

Additional information: For any and all Eco-Cruise info – including donation options – Program Director Carola is available at 201-968-0808 and: hugh@hackensackriverkeeper.org.

• **Paddling Center at Laurel Hill Park** Located directly on the river, the Center is open

weekends 10 a.m. to 6 p.m. from April 23 through mid-October, conditions permitting.

It rents canoes and kayaks for a donation of \$30 per paddler (*2-paddler minimum*) for up to four hours for independent exploration. In addition, during the season Center staff will conduct two types of Guided Paddles:

• **Twelve Moonlight Paddles** – two each month from May through October – will take place on (*or adjacent to*) the Full moon; leaving the dock between 6 and 8 p.m., depending on the month.

• **Thirty-six daytime Guided Paddles** – focused on either wildlife or sightseeing – will be conducted on most Sundays from May 22 through September 18; at 9 a.m. and Noon.

• **Reservations:** Guided Paddle reservations are made online at www.hackensackriverkeeper.org by clicking links to eventbrite reservation pages.

Guided events are appropriate for individual paddlers as well as couples and small groups.

Donations: \$35 per paddler / \$20 per paddler for those with their own boat(s).

• **Overpeck Park Paddling Center.** You can now rent four different types of human-powered craft at this central Bergen County Park: kayaks, canoes, stand-up paddleboards and "waterbikes." Starting Saturday, April 23, the Center will be open Fridays thru Mondays, 10 a.m. to 6 p.m. From Father's Day through Labor Day, it will be open seven days a week, 9 a.m. to 7 p.m., before back to Fridays-Mondays. Season ends mid-October.

Click www.hackensackriverkeeper.org for complete Center info. Unlike the tidal waters of the river, the impounded nature of Overpeck Creek makes it easier for novice paddlers and families with children to enjoy, conditions permitting.

Donations: \$25 per paddler for up to two hours; \$10 per paddler for each additional hour; \$10 per adult canoe pas-

senger. Up to two children, ages 5-8, can ride free as canoe passengers. Buddy system paddling is encouraged.

• **Van Buskirk Island Paddling Center Paddlers** can now explore the quiet, forest-lined waters of the river between the island and Oradell Dam.

Like Overpeck, this non-tidal freshwater stretch is perfect for novice paddlers, families and the out-of-practice. Initially, the Center will be open weekends, 10 a.m. to 6 p.m., beginning on the Grand Opening weekend April 23-24, but may expand operations based on demand. Like Overpeck and Laurel Hill, Van Buskirk will be open through mid-October.

Donations: \$20 per paddler for up to two hours; \$10 per paddler for each additional hour; \$10 per adult canoe passenger. Up to two children, ages 5-8, can ride free as canoe passengers. Buddy system paddling is encouraged.

• **Private Group Paddles** can be arranged at any Center. For more information, call Capt. Hugh Carola at 201-968-0808 or e-mail: hugh@hackensackriverkeeper.org.

• **River Cleanups.** These active conservation events give people of all ages the opportunity to give back to the environment and their communities.

River Cleanups are scheduled at ten different waterside locations within the Hackensack River Watershed from Saturday, March 19 through Sunday, November 6.

Riverkeeper provides cleanup tools and supplies as well as refreshments for all volunteers. All they ask is that volunteers pitch in and help rid local waterways of litter and other debris. Go to www.hackensackriverkeeper.org for complete River Cleanup info.

To learn about large group participation and the organization's Corporate River Stewardship Program, call 201-968-0808 or contact Outreach Coordinator Tyler Tierney at Outreach@HackensackRiverkeeper.org.

• **Bird-Walks.** For groups

interested in birding and nature study, Captain Hugh Carola is available to lead Bird-Walks or hawkwatches at local hotspots within the Hackensack River Watershed region.

For more information, including itinerary options, call him at 201-968-0808. Costs: \$200-\$300 depending on location and duration of trip. These programs work best for groups of 12 or less.

• **Indoor Presentations.** Captains Bill Sheehan and Hugh Carola conduct multimedia presentations for groups of any size or age range.

They have a wealth of materials including PowerPoint slideshows and video screenings that are appropriate for all age groups.

Presenters will provide informational literature for all attendees. Costs: \$150 - \$200 if presented within the Bergen, Hudson, southern Rockland, eastern Passaic or greater Newark areas; \$200 - \$300 if presented further afield. Call 201-968-0808 for more information.

"I'm vaxxed to the max and more than ready for our season to start," said Program Director Captain Hugh Carola.

"Soon folks can do, learn, work out, explore, or just sit back and let the boat and captain do all the work. Whichever people prefer, we know that they'll go home with a new appreciation of our shared Hackensack River. See you there!"

All Hackensack Riverkeeper Eco-Program info including schedules and links to eventbrite reservation pages is available at www.hackensackriverkeeper.org.

Founded in 1997 by Captain Bill Sheehan, Hackensack Riverkeeper is the leading environmental organization working on Hackensack River issues. A founding member of Waterkeeper Alliance, the group engages in a four-point strategy of environmental action, advocacy, education and litigation in its ongoing work to protect, preserve and restore the Hackensack River. *Photo provided by the Hackensack Riverkeeper. ###*



Let's Go Traveling!

By Rick Ardis

Alaska

America's 49th state ranks high on the list of dream destinations for the traveling public. Scenic beauty abounds in The Last Frontier with numerous national parks and 17 of the 20 tallest mountains in the United States.

Alaska, The Great Land, is North America's premier place for viewing wildlife in its natural habitat.

For those wishing to visit, a cruise is often the first thing which comes to mind. An Inside Passage or Gulf of Alaska cruise offers the beauty of Coastal Alaska. The Inside Passage cruises are normally round-trip from Seattle or Vancouver. The Gulf of Alaska cruises are one-way between Vancouver and either Seward or Whittier in South Central Alaska. Typical ports on either of these cruises include Ketchikan, Juneau, Sitka, Skagway, and glaciers. While beautiful and exciting, ocean voyages only scratch the surface of what The Sourdough State has to offer.

Venturing beyond the sea trip to other regions of America's largest state, a traveler will find many unique and exciting opportunities. Land extensions can be added to most cruises, but vacationers may also plan a journey that does not include an ocean-going vessel.

Anchorage, the state's largest city, can be used as a base for day trips to locations within the region.

The city is also the hub for the Alaska Railroad. The railroad stretches from Seward in the south to Fairbanks in the heart of the state. Sites along the way include the picturesque village of Talkeetna with panoramic views of Denali (formerly Mount McKinley). Further north on the line is a stop for the Denali National Park entrance. Vacation packages are available that include hotel stays in your choice of stops along the route.

With mountains and numerous trails within the city limits of Anchorage, hiking and biking are major activities.

Not far from downtown, the Lake Hood Seaplane Base is the world's busiest float-plane operation. From there, flightseeing options abound year-round. In wintertime the floats can be replaced with skis. There are also helicopter

tours from several locations in the area.

Even fishing can be experienced right in the downtown area on Ship Creek. A local shop can provide everything needed, from license to gear. Serious anglers can find also numerous locations on nearby rivers.

In addition, cultural activities are also not lacking in Anchorage. The Alaska Native Heritage Center offers an insight into the state's 11 major cultural native groups. The Anchorage Museum is a treasure trove of Alaskan history, including 600 items from the Smithsonian Institution on permanent loan. Art galleries and places to purchase native handicrafts abound, including the unique knife known as the ULU.

Alaska is not just a summer destination. I was recently a guest of Visit Anchorage on an educational trip during the city's winter festival.

The "Fur Rendezvous" is highlighted by the ceremonial start of The Iditarod Sled Dog Race. The 1,000-mile race from Anchorage to Nome is known as "The Last Great Race." Following the race's start, I joined 1,000 other participants in "The Running of the Reindeer." This four-block run down the city's Fourth Avenue with approximately 25 reindeer is a colorful, fun event.

Additional winter fun can be had snowshoeing in the surrounding mountains, dogsledding through the woods, and chasing the elusive Northern Lights. (Due to changing atmospheric conditions, the Aurora Borealis is not always easy to view.) Another highlight of the trip was my first helicopter flight and landing on the Knik Glacier. While I did not venture on to the slopes, I also visited the nearby Alyeska Resort in Girdwood. This resort offers skiers and snowboarders challenging slopes along with

deluxe amenities.

A popular misconception is that culinary options in the state are limited to salmon and crab legs. The local flavor is much more varied and innovative. During the festival you may even purchase a reindeer hotdog from a street vendor. I was fortunate enough to experience several notable dining establishments, some betrayed by their strip-mall location.

When planning an Alaska trip, remember it is not just a one style of travel destination. There are luxury cruises, expedition sailings, escorted tours, or self-drive trips by car or motorhome. Accommodations range from luxury hotels and lodges to moderate chain hotels and remote cabins.

On April 7, 2022, Ardis Travel is hosting an Alaska Night with representatives from Visit Anchorage, Princess Cruises, and American Queen Voyages. If you want to learn more about an Alaska vacation, please contact the office for information about the event.

Rick Ardis is the owner of Ardis Travel -- established in 1981. 201-939-9135 • www.ardistravel.com • rick@ardistravel.com ###



Copy for the May Issue is due April 5th.

All previous Issues of The Gazette Newspaper are available on-line at: The-Gazette-Newspaper.com

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Historically Speaking

By James J. Halloran



By Accident

You probably never heard of Dr. Roy Joseph Plunkett. Yet, Dr. Plunkett has affected almost every aspect of our daily lives. Dr. Plunkett is credited with the discovery of polytetrafluoroethylene (PTFE), aka "TEFLON."

Dr. Plunkett was employed by the DuPont Company's Jackson Laboratory at Deepwater, New Jersey. He was working on a project to develop variations of the refrigerant Freon. One of his experiments did not go as planned. Dr. Plunkett later explained how this came about.

On the morning of April 6, 1938, his assistant placed a small gas cylinder, that they had filled the day before, into an apparatus for testing. When the cylinder was opened, no gas came out.

At first it was felt that the cylinder was faulty and the gas had leaked out. They were about to discard it. However, a check showed that the cylinder had not lost any weight. Upon cutting open the cylinder, it was found to have a white waxy substance inside. Intrigued by this compound, Dr. Plunkett investigated its properties.

He found that it had a high resistance to corrosion, low surface friction, high heat resistance and was an electrical insulator.

It was first used by the US Government as a lubricant and in the Manhattan Project (A-Bomb) during WW II. In 1954, a French company came out with the first non-stick pan called Tefal.

There are 20 acres of Teflon applied to the dome roof of the Hubert H. Humphrey Metrodome Stadium. When the Statue of Liberty was restored, Teflon was used between the copper skin and the stainless-steel frame. The thread seal tape, used in plumbing, is Teflon.

NASA has used Teflon in rocket motors, spacesuits and other applications. Gore-Tex clothing has a thin layer of Teflon inside to make it waterproof. Teflon has numerous uses in the medical field, including a bypass for stenotic arteries. It is used in dental floss.

It is used in laser printers and some 3D printers. Another use is to keep insects inside an enclosure, as they cannot climb on it. Teflon is the only known substance that a Gecko lizard cannot climb up.

Teflon, the light bulb, the transistor and the popular shipping insert, bubble wrap, are among a long list of inventions that were all created in New Jersey. ###



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Road Courtesy is Contagious



Real Estate Insight

By Mary Ellen Courtney

Another Big Fat Epidemic!

Wire fraud is a criminal act and involves a scheme to defraud a victim of money or property. We wrote about this particular scam some years ago but it deserves a new warning refresher today.

Indeed, the real estate industry continues to be an ever-increasing target of wire transfer fraud given the large amounts of money involved in each transaction. The FBI dubs this scheme "Business Email Compromise" – an operation so common it racked up a whopping \$1.8 billion in losses across 2020.

Scams in the industry have jumped more than 1,000% since 2015, and real estate is now one of the top victims of malware attacks in the country.

But, sadly, only 12-15% of all wire fraud incidents are even reported. As Diane Tomb, CEO of the American Land and Title Association, puts it, "The problem is actually much larger. It's a national epidemic."

It's much more common than you think! The COVID pandemic has created opportunities for these thieves to target real estate transactions even more aggressively. Hackers are preying on any relaxed online security of those working from

home and capitalizing on the increase in remote communication.

You may be asking yourself: If this problem is so prevalent then why can't the industry just fix it and eliminate the risk?

The challenge is that there is no simple solution to the issue of wire fraud. This is partly due to the increased sophistication of wire fraud perpetrators, but also to the multiple vulnerabilities that exist through the various participants in a real estate transaction.

The typical wire fraud scheme involves the perpetrator hacking into one of the emails of a participant in the transaction (*buyer, seller, Realtor, lender or title company*). Once the perpetrator accesses one of these email accounts they can then monitor the email correspondence and identify the right times to request that the buyer to wire funds to a fraudulent account – usually days before the scheduled closing.

The perpetrators "spoof" an email address by an indistinguishable period or letter. Then, what appears to be a legitimate request to wire funds from the title company is in fact initiated from the perpetrator to a fraudulent account that will almost instantly be sent

overseas and untraceable.

In some instances, if the fraudulent transfer is identified quickly, the customer's bank and the FBI may be able to intervene to stop the transfer. In most cases, however, the transfer is not identified in time and the money is gone for good.

Imagine: you've worked hard to save up enough money to buy your first home, but just as you're about to close on the house, thieves swoop in - seemingly from nowhere - and whisk away the cash you've set aside for closing. It's a nightmare scenario that has become, tragically, reality for many home buyers across the country. So what can you do to protect yourself against wire fraud?

There are myriad ways you can protect yourself from scammers. This article, obviously, is not an instructional on cyber security [*I'm certainly no expert!*]; its aim is merely to alert the public of this very serious danger. The safest protection, though, is probably the most low-tech solution – just pick up the phone and call to verify. Even this has risks, but if you receive a request to wire funds, use the phone and call a number that you know is true to verbally confirm that you are wiring to the correct account.

In the hectic bustle of our current real estate market, when you're handling multiple stressors at once, it's easy to let your guard down. These criminals know you trust the professionals in the real estate transaction, and they exploit that trust to steal from you. So, be wary. If you aren't vigilant, you might quickly become a victim.

Interested in knowing more about buying/selling real estate safely and effectively? Experience and integrity are long-established hallmarks at Terrie O'Connor Realtors, The Gateway Group. Contact Manager Mary Ellen Courtney at 201-288-0004 to address all of your questions. ##



Artful Thinking

By Artie Maglionico • Lodi Historian

Artful April 2022

Greetings, everyone. I'm going to begin this month's column by welcoming new reader, Len Hoshafi, to the Artful Thinking family of friends and neighbors.

Len is the owner of LH Painting of Lodi. Give this guy a bucket of paint and a clean brush and he's ready to spread a coat of two of joy into your abode.

Well folks, as promised, April has arrived right on schedule. Ah, good old April. How long since I last felt the warmth of your embrace? "A year at least," is April's reply. I'd better not speak too soon. The month of April can be a harsh mistress.

It has been known to unleash an icy blast in our direction when we least expect it. April can stop us in our springtime tracks with (dare I say it?) Snow! Not out of the question.

I recall an Easter Sunday a few years ago when the Easter Bunny found himself buried under two feet of snow. Forget looking for eggs, we had all to do to hunt for our cars. That was certainly the April of my discontent. Our new spring outfits never saw the light of day. They were hidden under a layer of winter garb. Yet wear them we did just for spite. Remember?

Let's hope that this April we don't experience any rough stuff. Keep the snow shovel out just to be on the safe side. Mother Nature resents being taken for granted.

Oh, and keep those snow blowers gassed up and don't put away those woolen undies that you got for Christmas. You never know!

Hey, it's Spring 22, how bad could it get? On second thought, forget I ever asked.

True, April can be a fickle month but still ranks high among my favorites. For me at least April symbolized the gateway to the end of the school year.

A snowstorm in April would have been a welcomed sight as long as it fell during the week. If that didn't happen there was the sure thing the guaranteed day off from school come what may, Good Friday.

Catholic kids like myself were asked not to openly celebrate Good Friday per se. We were told not to treat that Holy Day as merely a day off from school, rather to use the time to reflect and to feel the righteousness of God and the passion of the Cross. To me, it always ended the same way, "no school, Yippy!"

Hey folks, what did I know? I was a nine year old with a pocket full of jelly beans and a chocolate Easter bunny in the offing. All of that and no school? It was surely a Good Friday to me.

I figured that I could deal with God down the road. Until then, I'd let my parents come between me and the one with the pitch fork. Can you relate to this or was I the only doomed kid on the block?

I wonder if those kids from Westervelt Place shared a similar experience? Come to think of it one or two of them attended Catholic grammar schools.

I don't recall anyone retreating into a prayerful pose unless they did so between innings during a heated game of box ball. Maybe they did, who knows?

Anyway, we were well aware of God, his wrath and the vital part he played in our daily lives. We broke a rule or two along the way, but nothing bad enough to cause a plague of locusts to arrive and destroy our tomato plants. Eating meat on Good Friday might have done just that. Even standing next to someone lunching on a ham sandwich was risky. A lightning bolt from above might have missed its target and hit me... innocent me. Of course I'm the one who handed the sandwich to the other kid in the first place. That's what I get for not acting quickly enough. The hand is not quicker than God's eye!

Well, when all is said, I always have a couple of guardian angels watching over me. I know them by name. Vito and Lena, my parents. They were all I ever needed to know about God. I loved them and they loved me. You know folks, I never felt closer to God, than I did as a child. How about you? Happy Easter!

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Free Public Library

Hasbrouck Heights Free Public Library, 320 Boulevard, Hasbrouck Heights, NJ 07604. 201-288-0488, <http://hasbrouckheightslibrary.org>.

The Library is open for in-person browsing and computer use. In accordance with the recently published guidelines from the Governor’s Office, face masks are optional for all individuals when visiting the Library.

For the most up-to-date information and guidelines, visit us online. Call 201-288-0488 to speak with a staff member or email hashcirc@bccls.org.

Spring hours of operation are: Mondays, 10 a.m. to 6 p.m., Tuesdays thru Thursdays, 10 a.m. to 8 p.m., Fridays, 10 a.m. to 5 p.m., Saturdays, 10 a.m. to 2:30 p.m.

Return Library materials in our book box located in the back of the municipal building.

Registration is required for all programs unless otherwise noted. Visit the Library’s website and click on “Calendar.”

Celebrate National Library Week, April 4-9! Check out any item with “Library” in the title and enjoy a sweet treat on us! We are also offering FINE AMNESTY for the week on Hasbrouck Heights-owned items. Clear your card and take advantage of the amazing resources your Library has to offer. Lastly, stop by the Youth Services Reference Desk and learn how to make a folded pocket bookmark with recycled book pages.

For CHILDREN
• **Little Artists Grab & Go - Chicks in the Nest.** Friday, April 8 / Saturday, April 9. Peep peep! Celebrate spring with a baby bird craft you can make at home. Pick up inside the Library on Friday or Saturday. Best for Grades K-5.

• **SPRINGO!** Tuesday, April 12 at 3:30 p.m., in-person. Spring+Bingo = SPRINGO! Kids ages 5 and up are invited to come play a few rounds after school. Registration is limited.

• **Fresh Air Storytime at Central Ave. Playground.** Wednesdays, April 13 & 27 at 11 a.m. Outdoor storytime is back at the small playground across from the Library off of Central Ave. Please bring a blanket, mat, or chair for your child to sit on. Program subject to cancellation in case

of inclement weather. Best for toddlers-PreK. Registration is limited.

• **Wednesday Workshop at Home: DIY Cloud Viewer.** Wednesday, April 13. Science is fun! Register to pick up a simple home STEM project creating a cloud viewer. When completed, take it outside and see what the clouds have to say! Supply bags will be available on Wednesday after school. Best for Grades 2 and up.

• **Earth Day Crafternoon.** Friday, April 22, 2 to 3 p.m., in-person for ages 5 and up. Learn about Earth Day and create Wildflower Seed Bombs you can take home and plant. Bring along an empty and clean tin can to make a planter as well. Registration limited.

• **The *New* Book Buddies Craft and Storytime Starter.** Mondays, April 25 through May 23. A PreK picture book suggestion will be emailed and a themed craft bag may be picked up during Library hours. Best for ages 2-4.

For TEENS
• **Teen Craft-to-Go: DIY Magnetic Poetry Kit.** Tuesday, April 26 / Pick up from 2 to 8 p.m. Celebrate National Poetry Month, with a DIY magnetic poetry kit. Stop by the Library to grab a to-go bag on Tuesday between 2 and 8. Program limited to 15 participants.

For TEENS & ADULTS
• **Cross Gen Crafts.** Thursday, April 14 @ 6:30 p.m. Black Out Book Poetry. Thursday, May 12 at 6:30 p.m., Calm Down Bottles. Let’s get crafty! Cross Gen Crafts is across generational lines with art. Every session of Cross Gen Crafts features a new craft, with supplies provided. In-person in the Large Meeting Room.

• **Ekphrasis: Using Visual Art and Photos as Prompts for Poetry and Prose.** April 21 at 6:30 p.m. For Teens & Adults. Large Meeting Room-Fiction and poetry based on visual art is called ekphrastic writing. In this workshop, we’ll use art as inspiration for creating our own prose and poetry

For ADULTS
• **Holistic Mindful Methods.** Monday, May 2, 3 p.m. Large Meeting Room. Presented by Healing 4 the Soul. This workshop will go over holistic methods to help manage stress through mindfulness-awareness techniques. Learn about proper breathing exercises,

aromatherapy through essential oils, crystals as a way to elevate your mood and mind, as well as how diet and lifestyle factors like movement impact overall health.

• **Internet Genealogy:** Using the Internet to Find Records, Family Information & Unknown Relatives. Wednesday, May 11 from 6:15 to 8:30 p.m.Large Meeting Room
(PREVIOUSLY SCHEDULED FOR APRIL 6.)

Presented by Steven Gabai of the Genealogical Society of Bergen County. This two-hour presentation will go over how to do genealogy research online and the resources available to researchers. Perfect for anyone interested in starting a family genealogy project. Be prepared to take notes!

• **From Buzz to Chirps and Flashes:** Creating an Eco-friendly Garden. Wednesday, May 18.Large Meeting Room. Meet & Greet at 5:30 p.m. Program Starts at 6 p.m. In collaboration with the Hasbrouck Heights Garden Club. Learn how to create a garden that buzzes with life and attracts butterflies, bees, fireflies, and other insects! This presentation discusses how our ecosystems are out of balance and what gardeners can do to improve the environment by creating habitats for many pollinators. Garden design, maintenance, and plant selection are addressed as well as specific host plants.

• **Crafts-to-Share Club.** Tuesday, April 12 from 6 to 8 p.m. Wednesday, April 27 from 1 to 3 p.m. Tuesday, May 10 from 6 to 8 p.m. Wednesday, May 25 from 1 to 3 p.m.

Drop in to chat and work on a crafty project! Enjoy getting to know other crafters in your community while you knit, crochet, embroider or craft anything! We have donated yarn for any crafters looking to create for a good cause. In-person and on Zoom.

• **Adult Book Club.** 4th Tuesday of every month, In-Person & via Zoom.

*April 26 at 7 p.m. - “Little Secrets” by Jennifer Hillier.

* May 24 at 7 p.m. - "Wish You Well" by David Baldacci.

Join an evening of fun, literary discussion! Pick up a copy at the Library or use the Hoopla or Libby app to enjoy the ebook or eAudiobook on your smartphone or tablet. ###

Lodi
Memorial Library

Lodi Memorial Library, One Memorial Drive, Lodi, NJ 07644. 973-365-4044. <http://lodi.bccls.org/>

The Lodi Memorial Library is open to the public! Check out our outdoor and Grab & Go programs for children and teens. More programming information can be found online on our Facebook page and Website.

Special Programs
• **Adult Grab & Go Craft: Nature Cynotypes (Sunprints).** Make fascinating white-on-blue prints from natural materials by placing objects (*leaves, flowers, stems, etc.*) on sun-sensitive paper. Exposing the materials to the sun creates the image in white on blue paper.

Supplies are limited so register by April 1. You can pick up your craft starting on April 6. Call Library to register.

• **Tuesday Night Book Club.** Tuesday, April 12, 2022 6:30 – 7:30 in the Library. April’s book is "Still Life" by Louise Penny – 337 pages.

Go to our website or contact Karyn Gost at director@lodi.bccls.org for more information about our book club meetings.

• **Monthly Movie.** We have begun showing movies at the Library again - the last Wednesday of each month. For April we will be showing "Dear Evan Hansen," based on the hit Broadway play. ###

Children
Special Programs

• **Tasty Treats for Kids.** Pickup starts April 6. Take home a tasty treat you can put together yourself! This grab & go program is open to kids in Grade Pre-K-3rd. Registration required.

• **Grab & Go Crafts.** Grades 3 to 12 – Pickup starts April 11 & Monday, April 25. Kids and teens in Grades 3-12 can register for April grab & go craft projects. This month we are making confetti bowls and fidget keychains! Registration is required.

• **Grab & Go STEM Project.** Pickup starts April 19. Follow along with Miss Emily from home as we do a STEM activity! This grab & go program is open to kids in Grades Pre-K to 2. Registration is required.

• **Creative Cooking Grab & Go.** Pickup starts April 13. Each month we will have a different recipe for you to take home and create! This grab & go program is open to patrons in Grades 4 to 12. Registration is required.

On-going:
• **Weekly Grab & Go Kids Crafts.** Each week the Library will have a new craft that you can take home and make! Bags are first come, first served so be sure to show up early in the week. Toddlers to Grade 2. No registration required.
• **In-Person Storytime.** Join Miss Emily every Friday morning at 11 a.m. at the Library. Please call 973-365-4044 x2 to register. ###

Wallington's JFK Memorial
Library Received Grant

Wallington's John F. Kennedy Memorial Library, through the American Rescue Plan Act (ARPA) of 2021 Grants for New Jersey Libraries, was awarded \$24,525.25 for its program: “JFK Memorial Library Expanding Digital Inclusion & Institutional Capacity.”

The grant award allowed the Library to invest in four database subscriptions for patrons to use both in the Library and remotely in their homes.

It also allowed the Library to replace its outdated laptop computers with 6 brand new laptops. These machines are available for patrons to use in the Library and provide access to all of the Library's digital services, databases, Word Suite, internet, and more.

It is the Library’s hope that patrons take advantage of both these database subscriptions and its new laptops.

The databases include Mango, America’s News, Heri-

tage Hub, and Learning Express Library Complete.

These four subscriptions offer a wide variety of resources for patrons including language learning, local and national news, genealogy materials, career assistance, homework help, test prep help, and more.

Wallington residents simply need a valid Library card to access these resources and anyone can stop in at the Library to take advantage of the new laptops.

For more information about the ARPA Grant or about the resources the Library now offers as a result, please feel free to contact the Library Director, Kathryn Ennist, at ennist@wallington.bccls.org.

These resources are supported in full or in part with funds provided by the Institute of Museum and Library Services, administered by the New Jersey State Library, award number LS-250226-OLS-21. ###

Read to
Your Child

**Carlstadt
Public Library**

Carlstadt Library, 420 Hackensack Street, Carlstadt, NJ 07072. 201-438-8866, Handicap accessible. carlstadt.bccls.org or www.carlstadtli-brary.org

• **National Library Week Raffle.** The Carlstadt Library is hosting a free raffle the week of April 4-9 in honor of National Library Week. Use your Library card to borrow books, audiobooks, movies and more, and earn a raffle ticket at check-out! The winning ticket will be drawn on Monday, April 11. Grand prize is a Library Lover’s basket. Patrons may earn one raffle ticket per day. For more information, call 201-438-8866, ext. 204.

• **What’s It Worth?** Learn the value of your treasures on Wednesday, April 6 at 6 p.m, when the Carlstadt Library will welcome author, auctioneer, appraiser, and radio show host Mike Ivanovich on Zoom. The first 25 people to register will be invited to bring 1-2 items for Mike to appraise. A Zoom access code will be e-mailed prior to the program. Please register.

Practice Random Acts of Kindness

• **Crafts for Crafters.** The Carlstadt Library will host a virtual craft night on Wednesday, April 13 at 7 p.m. Join fellow crafters on Zoom and make a flower bouquet out of repurposed books. All supplies will be provided by the Library prior to the craft, and each patron will receive enough supplies to make 5 flowers. A Zoom access code will be e-mailed. Please register.

• **Spring Garden Prep Workshop.** On Sunday, April 24, at 1 p.m., a hands-on Spring Garden Prep Workshop will be held at the Carlstadt Community Garden with Garden Care Specialist, Jen Sarzo.

Learn how to cut back, cultivate the soil, and ready your garden for a bountiful growing season. Bring your gardening gloves and hand tools. The Carlstadt Community Garden is located at the corner of 7th Street and Division Avenue. Please register. Call 201-438-8866 for more information.

• **As the Page Turns - Adult Book Club.** Calling fellow bookworms! Join the Carlstadt Library to discuss the novel "The Secret Keeper of Jaipur" by Alka Joshi on Wednesday, April 27 at 7 p.m. This meeting will be held at the Village Green Park at 3rd and Broad Streets. Copies are available at the Circulation

Desk, e-book or audiobook on Hoopla and Libby! A folding chair is highly recommended. Please register.

• **Music with Miss Nita - LIVE!** The Carlstadt Library welcomes Miss Nita at the Carlstadt Village Green on Thursday, April 7, 14, 21 and 28 at 10:30 a.m. for songs, rhymes, movement and instrument play. The Village Green Park at 3rd and Broad Streets. Weather permitting. In the case of inclement weather, enjoy this event on the Carlstadt Facebook page. This program is for ages 6 months to 5 years. Please register.

• **Take-It-and-Make-It - Crafts for Kids.** The Carlstadt Library welcomes children of all ages for a monthly take-it-and-make-it craft. This month’s craft is a self-adhesive flower bouquet. Kits will be available from April 1 through April 30, while supplies last. Call 201-438-8866 for more information.

• **Storytime at the Playground with Miss Risa.** The Carlstadt Library invites children ages 6 months to 5 years and their caregivers to Story Time at the Playground on Wednesdays, April 6, 13, 20 and 27 at 11 a.m. Meet Miss Risa at the playground located at Second and Broad Streets. For more information, call 201-438-8866.

**Rutherford
Public Library**
Rutherford Public Li-
brary, 150 Park Avenue, Ruth-
erford NJ. 201-939-8600. ruth-
erfordlibrary.org, facebook.
com/rutherfordpubliclibrary
and twitter@Rutherford_pl.

• **Grab & Go Doorside Pickup.** We continue to offer daily Grab & Go doorside pickup services for those who may not want to enter the building. Patrons are invited to order books from the BCCLS catalog by visiting www.bccls.org or fill out a Grab & Go form for either the adult or children’s collection, and our team will choose items for you based on what you like! These forms are available on our website.

If you don’t have access to a computer, we encourage you to call the Library at 201-939-8600 and have our team order items for you! You tell us what you want and when you’d like to pick your items up, and we’ll have them ready for you.

Upcoming Programs
We continue to offer a mix of virtual and limited in-person programming for children and adults. Visit RutherfordLibrary.org and click on the Calendar tab to learn more of what’s coming up. You can also call

us at 201-939-8600 for more information.

• **Poster Printing.**
We have a Canon eColor+ poster printer for Posters up to 24” x 36” that may be printed on matte or glossy paper. Acceptable file types include PDFs, JPGs, and PNGs. Please pay attention to copyright law when selecting a file to print. If you are not the creator of the image or if the image is not copyright free, you must not resell it or use it for financial gain. Poster printing is conducted by Library staff and may be arranged by emailing ruthcirc@bccls.org or calling 201-939-8600.

• **Virtual Edible Book Contest.** The Friends of the Library are thrilled to announce our annual Virtual Edible Book Contest! Individuals or teams may register, but remember that everything must be 100% edible and related to a published book in either shape or theme. A panel of judges will select winners to receive cash prizes. Additionally, once the photos are posted, anyone may vote on the Rutherford Public Library website for the People’s Choice category at \$2 per vote. *(A link for People’s Choice voting will be available on the Rutherford Public Library website from April 4 to April 18.) ###*

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ER Seniors

April 18, 2022 Caesars Atlantic City Bus Trip is hosted by ER Seniors Club. Bus departs at 9:30 a.m. sharp, from CVS parking lot on Paterson Avenue. \$35 pp includes \$30 slot play. Call 201-803-4708 for details.

Upcoming Events
Time and Prices TBA

• April 5: Rock and Roll Party at Hanover House Manor. Show and Luncheon: 1 free bar drink, pasta, salad, Chicken Marsala, Roast Beef, vegetable, potato, dessert, coffee, tea, soda. Bus leaves CVS at 10 a.m. sharp. \$60pp.

• May 11: Lunch and Show "I Left my Dignity in my Other Purse," Hunterdon Hill Playhouse, Hampton, NJ.

• June 9: DOO WOP Tribute Show. Villa Roma Resort, Callicoon, NY. Welcome coffee and cake, fruit cup and soup, Roast Loin of Pork, Chicken Parm, Flounder Francaise, dessert, wine and use of facilities. Leaves CVS at 8:30 a.m. Departs event 3:30 p.m. \$60 pp.

Any East Rutherford senior resident interested in joining the Club, meetings are held at 1 p.m. on the 2nd and 4th Tuesdays of the month at the Senior Civic Center, 37 Vreeland Avenue. Refreshments are served. There are special events and parties for members throughout the year.

Free blood-pressure screenings - on the 4th Tuesday of the month beginning at 11:30 a.m. Membership is \$15 per year. Contact Debbie for membership at 201-803-4708 and Josephine for trips at 201-981-6284. ###

Electronic
Bingo Comes
to Lodi Senior
Citizens Club

Any senior living in Lodi, who is at least 55 years young, may join our Club. We are located at the Lodi Senior Building at 22 Walnut Street, Lodi.

The Club meets on the second and fourth Tuesday of every month. We have free Blood Screenings on that day.

Every Thursday is Fun Day. We have a pool table, shuffleboard and Bingo. We welcome non-members on this day. We start each Thursday with our exercise class at 11:30 a.m.

Due to Covid, call for more information at 973-472-6994. *Provided by Don Stein. #####*

THINK
GREEN

Carlstadt Senior
Friendship Club

Senior Friendship Club, Inc. meets at the Civic Center Building, every first and third Wednesday of each month. Every Thursday, from 1 p.m. to 5 p.m., card games Mexican Train/dominos.

Senior Club Meetings are 1st and 3rd Wednesdays of the month. We have interesting events at our regular meeting days with guest speakers and entertainment. We follow protocols of CDC to be on the safe side. We are planning for more varieties of programs, such as cultural events, hands on art and craft, musical events and much more.

Trips
• April 5: Hunterdon Hills. \$77 pp. Sherlock Holmes Returns.

• June 9: Paper Mill Playhouse. \$95 pp. Sister Act. Sofia's Italian Restaurant.

• July 13: Bucks County Playhouse, Kinky Boots. Lunch. Cost TBA.

Call Helene at 201-463-3000 for details. ###

Moonachie
Senior Club

Any seniors living in Moonachie, who are at least 60 years young, may join our Club. The dues are only \$10 a year, payable at our first meeting in January of every year.

At several of our meetings, we will have speakers on interesting topics and some form of entertainment. After every meeting, you will receive a small, tasty Club sandwich, a cup of tea or coffee, and some pastry. At the end of the year, you will also enjoy a Christmas party, at a local restaurant.

Anyone from Moonachie who might be interested in joining our Club, please call Roxane at 201-807-1085. *Provided by Charles Pallas. ###*

Vic's Hoofers
Resume

The Vic's Hoofers, a ladies social group, meets on the first Thursday of the month at the Carlstadt Civic Center on 4th Street at 7 p.m. Women from surrounding towns are invited to join. Dues are \$15 per year.

So put down those electronic gadgets and join us for some good old fashion fun and laughter. Refreshments are served at each meeting. The fun activities are planned for each month. New members are always welcome. Call Alice at 201-933-8561. ###



Simon Popek, Vice President Wallington PBA, Very Rev. Canon Felix J. Marciniak, Pastor of Most Sacred Heart of Jesus Church, Rev. Steven D. D'Andrea, Parochial Vicar of Most Sacred Heart of Jesus Church, Rev. Andriy Dudkevych, Pastor of St. Nicholas Ukrainian Catholic Church, and Maggie Thompson, Administrative Assistant of Most Sacred Heart of Jesus Church. ###

Wallington Donations Support Ukraine

The shipment of donations to St. Nicholas Ukrainian Catholic Church, Passaic, was delivered to Fr. Andriy Dudkevych, Pastor of St. Nicholas Ukrainian Catholic Church,

and his son, Ivan Dudkevych. Donations were made possible through the combined efforts of the Wallington Police Department, Most Sacred Heart of Jesus Church, the

Borough of Wallington, and Wallington Public Schools. A very special thank you to everyone who helped make the Ukraine Donation Drive a success. *Provided by MaryJane Kowalczyk. ###*

Kip Center
Monthly
Casino Trip

Note: Due to COVID, check the Kip Center for current status.

The Kip Center hosts a Sands Casino Trip the second Monday of every month. Bus leaves at 9 a.m. from the Kip Center, 55 Kip Avenue, Rutherford. The cost is \$35.

55 Kip Members first priority, but spaces are generally available for your friends. Reserve early. New to the Kip Center? Give it a try, there is always something going on. Call 201-460-1600 for information. ###

Don't Block
Intersections

LF Seniors

Little Ferry Bingo/Pokeno is held at the Senior Center on the 2nd and 4th Tuesday of the month from 12 p.m. to 4 p.m.

Senior meetings are held the 2nd Thursday of the month at 1 p.m at Little Ferry Senior Center. *Provided by Gloria Martin. ###*

Center for
Food Action

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Filling You In

By Jeffrey E. Mason, DMD, FAGD.

Tooth Decay

• What is Tooth Decay?
Tooth decay, also known as caries or cavities, is an oral disease that affects many people. Unlike other diseases, however, caries is not life-threatening and is highly preventable, though it affects most people to some degree during their lifetime.
Natural bacteria live in your mouth and form plaque. The plaque interacts with deposits left on your teeth from

sugary and starchy foods and produces acids. These acids damage tooth enamel over time by dissolving, or demineralizing enamel, which weakens the teeth and leads to tooth decay.
Foods containing carbohydrates (*starches and sugars*), such as soda pop, candy, ice cream, milk, and cake, and even some fruits, vegetables, and juices, may contribute to tooth decay.
• How Are Cavities Prevented? The acids formed by

plaque can be counteracted simply by saliva in your mouth, which acts as a buffer and remineralizing agent. Dentists often recommend chewing sugarless gum to stimulate your flow of saliva.
However, though it is the body's natural defense against cavities, saliva alone is not sufficient to combat tooth decay.
The best way to prevent cavities is to brush and floss regularly. To rebuild the early damage caused by plaque bacteria, we use fluoride, a natural substance that helps to remineralize the tooth structure. Fluoride is added to toothpaste to fight cavities. The most common source of fluoride is in the water we drink. Fluoride is added to most community water supplies and to many bottled and canned beverages.
If you are at medium-to high-risk for cavities, your dentist may recommend special high-concentration fluoride gels, mouthrinses or dietary fluoride supplements. Your dentist may also use professional strength anti-cavity varnish, or sealants thin, plastic coatings that provide an extra barrier against food and debris.

and starchy treats that put your teeth at extra risk. Some research says certain foods, such as peanuts or sugar-free chewing gum, may be "friendly" to teeth. Eating these foods along with or after foods that contain carbohydrates may help to counter the effects of acids produced by bacteria. Drinking plenty of water can help wash away food particles.
2. Brush after every meal and floss daily. Cavities most often begin in hard-to-clean areas between teeth and in the fissures and pits the edges in the tooth crown and gaps between teeth.
Hold the toothbrush at a 45-degree angle and brush inside, outside and between your teeth and on the top of your tongue.
Be sure the bristles are firm, not bent, and replace the toothbrush after a few weeks to safeguard against re-infecting your mouth with old bacteria than can collect on the brush. Only buy toothpastes and rinses that contain fluoride (*antiseptic rinses also help remove plaque*) and that bear the

American Dental Association seal on the package. Children under age 6 should only use a small pea-sized dab of toothpaste on the brush and should spit out as much as possible, because a child's developing teeth are sensitive to higher fluoride levels.
Finally, because caries is a transmittable disease, toothbrushes should never be shared, especially with your children.
3. See your dentist at least every six months for checkups and professional cleanings. Because cavities can be difficult to detect, a thorough dental examination is very important. If you get a painful toothache, if your teeth are very sensitive to hot or cold foods or if you notice signs of decay like white spots, tooth discolorations or cavities, make an appointment right away.
Reference source: Academy of General Dentistry 2012
Dr. Jeffrey Mason is a cosmetic and general dentist at 232 Boulevard, Hasbrouck Heights, NJ. 201-288-4447, www.DrJeffreyMason.com



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• Who Is at Risk for Cavities?Because we all carry bacteria in our mouths, everyone is at risk for cavities. Those with a diet high in carbohydrates and sugary foods and those who live in communities without fluoridated water are likely candidates for cavities.
And because the area around a restored portion of a tooth is a good breeding ground for bacteria, those with a lot of fillings have a higher chance of developing tooth decay. Children and senior citizens are the two groups at highest risk for cavities.
Three Ways to Prevent Cavities
1. Cut down on sweets and between-meal snacks. Remember, it's these sugary

Autism Is Widespread, Awareness About This Condition Is Not

The first National Autism Awareness Month was declared by the Autism Society in April 1970.
The aim of this month is educate the public about autism. Autism is a complex mental condition and developmental disability, characterized by difficulties in the way a person communicates and interacts with other people.
Autism can be be present from birth or form during early childhood (*typically within the first three years*). Autism is a lifelong developmental disability with no single known cause.
People with autism are classed as having Autism Spectrum Disorder (ASD) and the terms autism and ASD are often used interchangeably. A wide spectrum disorder, people with autism have set of symptoms unique to themselves; no two people are the same.
In the United States, autism affects 1 in every 110 children. National Autism Awareness Month aims to make the public more aware about this widespread disability and the issues which arise in the autism community.
As about 1 in 150 people in America have autism, the chances are that you know someone with this disability. A better informed public will be more empathetic and supportive towards people with autism.
This month is backed by the Autism Society of America which undertake a number of activities to raise awareness about autism. The Autism Society has local chapters throughout the United States which hold special events throughout April.
The 'Puzzle Ribbon' is the symbol for Autism Awareness and is promoted by the Autism Society as means of supporting awareness for autism. The Puzzle Ribbon may take the form of a pin attached to clothing, a fridge magnet or a sticker and are available to purchase from the Autism Society website.
The Autism Society of America also run a year long campaign through their 1 Power 4 Autism initiative, in which people are encouraged to hold events to raise awareness and support for those affected by autism.
For more information on National Autism Awareness Month visit <https://autismsociety.org/>
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April Fools' Day

April Fools' Day (*sometimes called All Fools' Day*) is celebrated every year on April 1 by playing practical jokes and spreading hoaxes.

The jokes and their victims are called April Fools. People playing April Fool jokes expose their prank by shouting April Fool.

Some newspapers, magazines, and other published media report fake stories, which are usually explained the next day or below the news section in small letters.

As well as people playing pranks on one another on April Fools' Day, elaborate practical jokes have appeared on radio and TV stations, newspapers, web sites, and have been performed by large corporations.

To give you a sense of how seriously some people take April Fools' Day, here are three

of the greatest April Fools' Day hoaxes of all time:

• **Swiss Spaghetti Trees** — In 1957, the British Broadcasting Company (BBC) news program Panorama announced that Swiss farmers were harvesting a record spaghetti crop thanks to the elimination of the spaghetti weevil.

News footage showed Swiss peasants pulling spaghetti from trees. Thousands of viewers were fooled. The BBC reported receiving many calls inquiring how to grow spaghetti trees!

• **"Taco" Liberty Bell** — In 1996, Taco Bell announced that it had bought the Liberty Bell to help ease the national deficit. When the company claimed it would be renaming it the Taco Liberty Bell, thousands of citizens were fooled and called to complain.

The company revealed it was a practical joke a few hours later, but not before reporters asked White House press secretary Mike McCurry about the sale. Creating a joke of his own, he responded that the Lincoln Memorial had also been sold and would now be known as the Ford Lincoln Mercury Memorial!

• **"Left-Handed" Whopper** — In 1998, Burger King ran an advertisement in USA Today announcing its new "Left-Handed Whopper," which was specifically designed for left-handed Americans by rotating all condiments exactly 180 degrees. Burger King revealed the hoax the next day but claimed that thousands of customers had requested the new sandwich at their restaurants!

Although popular since the 19th century, the day is not a public holiday in any country. *Source: Wikipedia and wonderopolis.org ###*

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Administrative Professionals Week April 24-30, 2022

Administrative Professionals Day is April 27, 2022

During World War II, there was an increased need for skilled administrative personnel, particularly in the United States.

The National Secretaries Association was formed to recognize the contributions of secretaries and other administrative personnel to the economy, to support their personal development and to help attract people to administrative

careers in the field.

The association's name was changed to Professional Secretaries International in 1981 and, finally, the International Association of Administrative Professionals (IAAP) in 1998.

These changes reflected the evolving nature, qualifications and responsibilities of the members of the organization.

IAAP now has an international orientation and continues to provide education and training and set standards of excellence recognized by the business community on a global perspective.

The organization's vision is "to inspire and equip all administrative professionals to attain excellence."

The first National Secretaries Week was organized in 1952, in conjunction with the United States Department of Commerce and various office supply and equipment manu-

facturers.

The Wednesday of that week became known as National Secretaries Day. As the organization gained international recognition, the events became known as Professional Secretaries Week and Professional Secretaries Day.

In 2000, IAAP announced that names of the week and the day were changed to Administrative Professionals Week and Administrative Professionals Day, to keep pace with changing job titles and expanding responsibilities of the modern administrative workforce.

The most common ways of recognizing your Administrative Professional(s) today are: Flowers, Gift Cards, Lunch, Candy, Gift Baskets, etc.

Many work environments across the world observe this event. Administrative Professionals Day is an observance, but it is not a public holiday in the United States. ###



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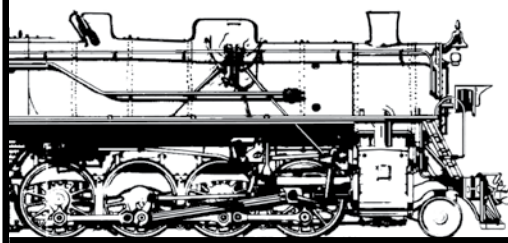
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Photo by Nick Fallon/WRFD. ###



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Fire Quickly Controlled by Sprinklers and Fast Mutual Aid Response

On February 21, 2022, at 07:54 hours, the Wood-Ridge Fire Department was dispatched to Valley Boulevard for an activated fire alarm. Upon arrival, a business owner reported he had smoke in his basement. Firefighters located a small fire in the basement. One supply line was connected to a hydrant and two attack lines entered the building. Wood-Ridge and Hasbrouck Heights ladder trucks

were raised. Firefighters checked the roofs of nearby businesses. The fire was quickly extinguished with assistance from the building's sprinkler system. There were no injuries. Wood-Ridge Fire Prevention and Bergen County Arson Squad conducted the cause and origin investigation. On March 1, 2022, it was announced that the Bergen County Prosecutor's Office

made an arrest of a Carlstadt man on arson and burglary charges. The WRFD was assisted on scene by the Hasbrouck Heights, Carlstadt, Wallington, Little Ferry Fire Departments. Moonachie Rescue Squad provided rehabilitation services. Lodi, Moonachie, and Little Ferry provided coverage for the Borough during this incident. Photos by Dennis Kronyak Sr. ###

Persian New Year Stand By

On Tuesday, March 15, 2022, the Wood-Ridge Fire Department and EMS Squad were dispatched to The Fiesta for a "Fire Watch" detail for the Persian "Festival of Fire." The Department reviewed the fire stations located in the parking lot and made necessary spacing adjustments. Firefighters lighted the rows of fires with flares. The central focus of the evening was the "Festival of Fire" or Chahar Shanbeh Soori (literally means "Eve of Wednesday"). Families lined up outside in the dark to take turns jumping safely over a row of small fires, as a celebration of thanks for the new year.

As they jump over the fire, they say, "The redness of the fire to my cheeks; the yellow of my skin to the fire," using the warmth of the fire to remove the evils of the past year to start the new year fresh. Firefighters were strategically located and carefully monitored each jump, watchful that no one was burned (or clothing caught fire). They assisted those who were unsteady. This Persian Festival predates Islam and is estimated to be about 2,500 years old. The holiday is believed to have been invented by Zoroaster. The Zoroastrian custom, which has no religious significance, celebrates Persian culture. ###



The 2022 Rutherford Fire Department Chief's Dinner was held at the Fiesta on Saturday, February 26, 2022. Pictured on the left is 2022 Chief Thomas Twist III and on the right is outgoing 2021 Chief Dennis Gentile. Provided by Kim Bogosian. ###

Join Your Fire Department/EMS

Knight of Honors

On February 26, 2022, the St. Anthony Council #11585, Church of the Assumption of our Blessed Lady, held their 5th Annual Knight of Honors ceremony.

Among those honored were Dennis "Bo" Kronyak, Jr. with a Fire Shield Award (photo top right). WRFD Exempt Association member, Edward Sullivan, was awarded the Senior Citizen of the Year Award. Also, EMT of the Year

Award went to Alison Moran (photo bottom right). Additional presentations were: Police Shield Award, PO Michael Mueller and PO Roberto Cangialosi. CCD Teacher of the Year, Sr. Mary Bridget Becker. Community Service Award, former Councilman Tom Gonnella. Photos by Dennis Kronyak Sr. ##



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20 Rolling Ridge Rd, Upper Saddle River: Fantastic ranch on nearly an acre. Updated kitchen. Great Room. Built-in fire pit. **\$859,000**



Joseph Campiotti
Top Sales Associate
January 2022

The Spring market is here! Are you interested in knowing what your property value is in today's market?
If you're considering taking advantage of this market, contact your local Terrie O'Connor Realtors office to speak to an agent today.



Katherine Plosia
Top Sales Associate
February 2022



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