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August 2020

#### $\star \star \star \star \star$





# Pride

On the home front, the glimmer of patriotism can be measured by the small gestures apparent in our neighborhoods. It can be as simple as posting our colors on the morning of July 4th. It's not a political statement. It's a declaration that I am proud to be an American. It's a testimony to our values and beliefs. Despite our imperfections and differences, it's a proclamation of commitment to all the grand exceptional ideals our colors represent. It's everyday folks making the heartfelt statement, "God Bless America." *See more photos on page 10.* 

# JERSEY STRONG



# **GOURMET CITY: HOME OF ALTERNATIVE FINE DINING AND** EXCLUSIVE GOURMET FOODS

I was between meetings in the Avalon community and I noticed a new supermarket. I was impressed by the store logo and the curiosity behind their name, Gourmet City. Of course, I was Compelled to walk inside and browse, the name said it all and a true gourmand's dream!

From the onsite bakery, freshly prepared cold and hot meals, pizza, barista station, butcher and fresh seafood section, farmers market with a rich choice of local and organic produce, Italian style deli to household goods and groceries of every kind. This freshly opened supermarket is conveniently located in the heart of Wood-Ridge Avalon community, with Wesmont Station (NJ Transit) only minutes away. This new establishment offers a one of a kind shopping experience to all Bergen County Line commuters as well as the locals living in Lodi, Hasbrouck Heights, Rutherford, East Rutherford, Wallington and of course Wood-Ridge itself. The open layout is contagious, engaging shoppers and employees in friendly conversations. The staff is very knowledgeable and eager to help their patrons with the utmost personable care.

sist that well-known aroma of fresh baked breads and was immediately greeted with counters of beautiful pastries, cakes and artisan breads that took my breath away. I could not resist choosing some of these exciting choices to bring home to my family and yes, grabbed a cappuccino to accompany me on my journey.

As I walked through, I could not re-

ot re- The next stop was food. I had the

# "A friendly new neighbor where, seafood, butchered meats, chef made hot and cold meals, fresh produce, baked bread and pastries all share the same home. "

opportunity to talk with the Chef, Dennis who obviously loves what he does. We had a wonderful conversation and discussed his love for cooking. A few of his signature dishes: BBQ Ribs, Filet Mignon, Chicken Francese, grilled salmon, meatballs and so much more. I personally engaged with a taste of the Filet Mignon and I must say It was divine to the senses. While Gourmet City is stated for indoor dining and serves breakfast, lunch, and dinner, it is not currently available due to Covid 19 but currently offers outside seating along with take out to enjoy in your home.

Their seafood department has a large variety of fresh fish from local waters and beyond along with pre seasoned choices. The meat section was also equipped with a skilled butcher who was very professional and knowledgeable of the products. The choices were far from limited and a meat lovers paradise.

The farmers market was state of the art and beautifully displayed with an immense choice of local, organic, and exotic produce. Their Italian style deli located in the middle of the store was as if I were visiting Italy itself and who would not want that experience!

Overall, this Supermarket is a breath of fresh air to Bergen County and I highly recommend making this your one stop shopping paradise.







# \$8.<sup>99</sup>

Valid for one time use · Coupon excludes extra toppings · Good at Gourmet City · Cannot be combined with other discounts or coupons·

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# **ICHS Golf** August 14

Immaculate Conception High School will be hosting their First Annual Charity Golf Outing on Friday, August 14, 2020 at the Meadows Golf Club.

Shotgun start at 12 p.m. with best ball format. Cost is \$150 per golfer and includes BBQ dinner, drinks and beer. Proceeds benefit ICHS tuition Assistance. Sponsorships available.

For more information contact Dale Fava at 973-472-0525 or email dfava@ichslodi.org ###

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# **Rutherford Annual Labor Day Antique and Craft Fair Has Been Canceled**

Annual Labor Day Street Fair has been canceled. It has been held for 44 years.

It was one of the most well attended street fairs in the state. with over 250 vendors lining the streets, parks, and plazas featuring antiques, collectibles, and craft vendors from all over the East Coast.

The Street Fair ran from 10 a.m. to 5 p.m. Musical entertainment was held at the

The Borough of Rutherford Hutzel Memorial Band Shell in Rutherford's Lincoln Park starting at 11 a.m.

> Included was entertainment with many activities to entertain the kids while the parents shop. There were many rides and amusements, a children's stage with a costumed character musical revue, magic show, balloon artists, and a variety of street performers.

> Political candidates for local and state elections were usually there to meet the public and answer questions.

> Last year's event was produced by Cliffhanger Productions and attracted over 35,000 people. ###

> > **August Flower**

Gladiolus



American Legion Post 310 will hold its 38th Annual Picnic in conjunction with the Sons of the American Legion of Post 310 on Saturday, September 12, 2020 from 3 p.m. to 8 p.m., at American Legion Post 310, 100 Liberty Street, Little Ferry.

Cost is \$35 per person at the door or \$30 in advance. Kids under 12 eat free.

All you can eat two-100 pound pigs, London broil, BBQ chicken, hamburgers, hot dogs, sausage and peppers, mussels, clams on a half shell, corn on the cob, Manhattan clam chowder, salads, beer and soda.

Entertainment by The Responders and DJ Jack Jam. There will be a 50/50 drawing. Rain or shine. Please bring your lawn chair. Large pavilion on site and tents in case of inclement weather.

All proceeds go to support Veterans and children's programs. For additional information, call 201-807-0470. ###

Hands

# FOCAS Holds Flea Market August 22, 23

FOCAS holds its Flea Market on Saturday, August 22 and Sunday, August 23, 2020, from 10 a.m. to 3 p.m., at the American Legion, 100 Liberty Street, Little Ferry. 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 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 4 to 6 p.m. and Saturday (all day) of the Flea Market weekend.

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 ###

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# **ER** Seniors

East Rutherford Senior 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. Bingo follows each meeting. New members are always welcome.

Free Blood-Pressure Screenings take place on the 4th Tuesday of the month beginning at 11:30 a.m. For additional information, contact Josephine at 201-460-1989.

• Caesar's Casino, every 3rd Monday of the month. Cost is \$35 with \$30 in slot play. Bus leaves from the CVS parking lot on Paterson Avenue at 9:30 a.m. All payments must be made in advance.

#### **2020 Upcoming Trips**

• August 19 - Entertainment - Black Forest Inn, Stanhope, NJ. ###

# Leisure Club **Members Get** a Break on 2021 Dues

Hasbrouck Heights Leisure Club President June Raymond acknowledged that due to the unprecedented national health crisis the monthly meetings of the Club for 2020 were limited.

She further stated that because of this the Board of Trustees have voted that the dues collected for 2020 will be applied to the years 2020 and 2021. In essence this means that the members who paid 2020 dues will not have to pay dues in 2021.

Any member who has not paid this year's dues must still pay the \$15 dues to take advantage of all the activities that will be held in the remainder of this year and also those that will take place in 2021.

Any new members must pay \$15 dues whether they join in 2020 or 2021. Provided by Peter Gallo Jr. ###

# Lodi Senior **Club News**

The Lodi Senior Citizens Club begins its 52nd year. The Club meets on the second and fourth Tuesday of every month.

Every Thursday is "Fun Day." They have a pool table, and shuffleboard. Do what your doctor says, "Keep Moving" with exercise or Bingo, card playing or pool and enjoy a day with friends.

Plus, they usually have entertainment at most of the meetings. For information, call 973-472-6994 and leave a message. ###

#### 2020 Events

• August 14, Atlantic City lunch and Resorts Casino.

• August 25, Hot dogs in the Club at 1 p.m.

• September 22, Lunch in the Club at 1 p.m. by Santangelo's.

• October 7, Black Forest Inn (Octoberfest) 12 p.m. sharp.

• December 4, Christmas Party at the Venetian. • December 8, Pizza in the

Club at 1 p.m. ###

## **AARP** Chapter **#2015 Events**

The AARP Chapter #2015 of Lodi meets at noon the third Tuesday of every month at the Lodi Senior Center, 22 Walnut Place. Each meeting has either a speaker or entertainment as well as light refreshments. New members welcome. Dues are \$10 for the year. For information, contact Marie at 201-566-4431. ###

# **Practice** Social Distancing

## **Support Local** Businesses

No doubt you have seen the "Support Local" signs on lawns and in shop windows. It's a growing movement to bring more awareness and support to your local mom and pop shops.

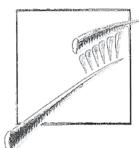
As this Summer progresses and businesses begin to reopen, the Hasbrouck Heights Regional Chamber of Commerce is encouraging you to turn to your small local businesses first.

"These are hard times and many of us are tightening our belts. But spending your money at our local small shops, you might find that you are able to get everything for the same price, more conveniently and safer, than by going to big box stores," said Chamber VP, Dave Meredith. "And best of all, that money goes right back into your community, because these folks who own these businesses mostly live in our towns and pay taxes here. They support our schools, charities and recreation, with volunteerism and donations all year long. They are an important ingredient for the wellness of our community, and many are struggling to stay open."

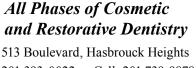
You can help! For more information, visit PleaseShop-Local.com ###

> Wash your hands frequently, for at least 20 seconds





## Zach Orden, D.D.S., F.A.G.D.



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## **Pascrell Announces \$1.1M CARES** Act Grant for Teterboro Airport

On July 1, 2020, U.S. Rep. Bill Pascrell, Jr. (D-NJ-09) announced that the U.S. Department of Transportation has awarded a \$1,111,111 federal grant for last year's construction of the 700-foot taxiway at Teterboro Airport.

The taxiway will help increase safety and reduce delays at Teterboro by limiting the likelihood of runway incursions. Funding for this grant was provided by the CARES Act, which Pascrell supported in March.

"Teterboro Airport is a staple of our region's transportation system. Ensuring that operations there continue to run smoothly and safely during this pandemic is a top priority





#### for me," said Rep. Pascrell, a longtime former member of the House Transportation and Infrastructure Committee.

"The taxiway constructed last year will be fully paid for by the federal government because of the CARES Act. This will increase safety during preflight ground travel and help travelers avoid pesky delays. As always, increased safety is key, for the thousands of annual flights at Teterboro and the surrounding communities in Bergen County."

Rep. Pascrell is a consistent advocate in Washington for increased federal funding of New Jersey's infrastructure and travel initiatives, helping secure hundreds of thousands in transportation grants and working to update our crumbling tunnels and bridges.

He has also led the fight to advance the much-needed Gateway Tunnel Project amidst intentional delay by the Trump Administration.

In 2015, Rep. Pascrell announced a \$3 million federal grant to repair equipment at Teterboro Airport that was destroyed during Hurricane Sandy, as well as a \$2.2 million grant to study the effects of noise pollution at the airport. ###

Call 201-288-8656



The 20th Annual Wood-Ridge Police Chief's and PBA #313 Golf Outing hosted by Chief John T. Korin, is Monday, September 14, 2020, at the Crystal Springs Golf Course, 3621 Rt. 94, Hamburg, NJ. Registration/Breakfast 7 - 8 a.m. Shotgun start is 8:30 a.m.

Cost is \$160 per golfer. Foursome entry \$600, Tee & Green sponsor \$150. Fees include: Green Fees and Cart, Breakfast, Lunch at the Turn, Banquet Dinner, Beer/Wine, gifts, prizes.

Shotgun start at 8:30 a.m. The event is sponsored by the Wood-Ridge PBA Local 313 and is a fundraiser for the police body armor vest fund and various W-R recreation programs.

RSVP by August 30, 2020, to Fran at 201-939-0476, Opt. 4 or email:fpolito@woodridgepolice.org

Make checks payable to: Wood-Ridge PBA #313. Mail to: Wood-Ridge PBA #313, 85 Humboldt Street, Wood-Ridge, NJ 07075. Attn: Golf Committee.

Special donations accepted. One vest donation: \$1,000. Beverage cart sponsor: \$1,500.

Metal spikes are not allowed. Collared shirts and no jeans. For more information, call Fran at 201-939-0476. ###

# **Aviation Hall of Fame Reopens**

The New Jersey Aviation Hall of Fame and Museum reopened Tuesday, July 14, 2020.

Visitor hours will be Tuesday through Friday with three sessions daily: 10:30 a.m. to noon, 12:30 to 2 p.m. and 2:30 to 4 p.m.

Each session will be limited in attendance to fifteen (15) patrons and prior reservations can be made here. Persons without reservations will be admitted only until the maximum number of fifteen patrons at one session is reached.



Entrance fees are: \$9 Adults; and \$7 for seniors, and children 3 and up.

The Aviation Hall of Fame of New Jersey is located at 400 Fred Wehran Drive, Teterboro, NJ 07608. 201-288-6344. http://www.njahof.org/

Safety is very important to us, so restrictions will apply such as temperature checks, masks, limited patrons, etc. ###

> August Birthstone Peridot



#### **Understnding Aging** and Oral Health

The aging population in the United States is growing. Older patients should know that maintaining good oral health is vital to having a healthy smile and optimal overall health. According to the Centers for Disease Control and Prevention (CDC), oral pain, difficulty eating (due to missing teeth, ill-fitting dentures, cavities and gum disease) and tooth loss are all signs of oral health problems in aging adults. Your dentist can help prevent and detect these oral health problems.

#### What oral conditions am I more prone to as I age?

• Dental caries. Dental caries (tooth decay) is one of the main causes of tooth loss, or edentulism. About 23 million people are completely edentulous (toothless), according to the American College of Prosthodontists.

• Periodontal disease. Periodontal disease (gum disease) is a chronic bacterial infection that affects the gums and bone supporting your teeth. According to CDC, in 2012, one out of every two American adults age 30 and older have had gum disease, which can lead to tooth loss.

• Xerostomia (dry mouth). When the salivary glands do not work properly, the amount of saliva in the mouth decreases, resulting in dry mouth, which can lead to decay. Prescription and overthe-counter medications are the most common cause of dry mouth. Dry mouth can make it difficult to eat, swallow, taste and speak.

• Oral cancer. Oral cancer typically is painless in its early stages but can become painful as it spreads. Go to your dentist immediately if you observe any of the following: changes in the way your teeth fit together; oral sores that bleed easily or don't heal; lumps, thickening, rough spots or crusty or eroded areas in your mouth; or difficulty swallowing, chewing, speaking, or moving your jaw or tongue. Your dentist should perform a head and neck exam to screen for oral cancer during your routine checkups.

#### How can I maintain my oral health as I age?

• Avoid tobacco, which is a risk factor for periodontal disease and oral cancer, and limit alcohol, which is also an oral cancer risk factor.

 Drink fluoridated water and use fluoride toothpaste to protect against decay.

• Practice good oral hygiene. Brushing your teeth with a soft-bristled brush for two minutes twice a day, and flossing between teeth, can help remove plaque. If you wear dentures, brush them every day to remove food particles and plaque and to prevent staining. Before inserting your dentures, brush your gums, tongue and the roof of your mouth with a soft-bristled brush to stimulate tissue circulation and remove plaque.

• Visit your dentist at least twice a year. People who do not have teeth still need to visit the dentist regularly,

PODIATRIST

since denture adjustments and oral cancer screenings are part of routine dental visits. Older patients who are planning to enter a nursing home should ask about on-site dental care.

#### What if arthritis makes brushing my teeth difficult?

If you have arthritis and brushing your teeth is painful for you, you can try securing your toothbrush to a wider object, such as a ruler, or try an electric toothbrush.

As we age, oral health requirements change. It is always recommended to keep regular checkup appointments and avoid delaying needed care.

In the wake of the CO-VID-19 pandemic, you may discuss any concerns of social distancing and other preventive processes with the dental team prior to your visit.

Ref: Academy of General Dentistry 2017

Dr. Jeffrey Mason is a cosmetic and general dentist at 232 Boulevard, Hasbrouck Heights, NJ. 201-288-4447, www.DrJeffreyMason.com

# Summer Safety

The Hasbrouck Heights Fire Department offers these summer safety tips regarding hazardous materials.

Store gasoline in safety cans manufactured and labeled for that purpose.

Gasoline should never be stored inside your home because vapors can travel to a flame source and ignite. Gasoline should be stored outside, or in a well ventilated shed.

Don't refuel lawn mowers, trimmers, edgers or other gasoline powered equipment while hot because the fumes may ignite and start a flash fire. Allow the equipment to cool. Use a funnel to prevent spills.

Keep fertilizers and pool chemicals away from gasoline, oil and fuels. Pool chemicals (chlorites) and fertilizers (ni*trates*) are strong oxidizers and react violently with fuel vapors (hydrocarbons).

Powdered and pellet chlorine should be kept in a cool, dry place. If water enters a chlorine container, it can react and possibly explode.

Never add water to chlorine -- add chlorine to water to prevent a splash or violent reaction. Pesticides should not be accessible to children or pets and should be kept in tightly closed containers in a cool, dry place.

It is important to follow the instructions on the label for use and application. If exposed to pesticides, rinse the affected materials off immediately and seek emergency treatment. Bring the container with you to the medical facility if possible. ###



#### To disinfect: diluting your household bleach

To make a bleach solution, mix: 5 tablespoons (1/3rd cup) bleach per gallon of water OR 4 teaspoons bleach per quart of water.

Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted. Source: cdc.gov ###



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### **Hot Tips**

# **Too Much Sun is Bad for Your Skin**

### Understanding UVA, UVB, SPF

Basking and working in the sun, without protecting your skin can lead to wrinkles, premature aging and, worst of all, skin cancer.

Sun damage is also responsible for leathery-looking skin, broken capillaries, wrinkles and hyperpigmentation, or age spots. While people are more aware of the sun's harmful effects, many do not protect themselves or use sunscreens.

Ultraviolet (UV) radiation that affects the skin is classified as UVA and UVB. UVA is the longest of the UV. It can penetrate into the deeper layers of the skin and plays a major role in skin aging and wrinkling. UVA penetrates glass and clouds.

UVB is responsible for burning, tanning, accelerating the skin aging and also plays a key role in the development of skin cancer. UVB varies by season, location and time of day. The most intense amount of UVB hits the U.S. between 10:00 a.m. and 4:00 p.m. Try not to schedule outdoor activity between these hours and

> Reduce Reuse

seek playgrounds where shade - from trees or awnings - is plentiful. If your child has to be outdoors during these hours, be sure they're protected from the sun with a hat, sunglasses, etc.

What is SPF? Sun Protection Factor (SPF) measures the protection provided by a sunscreen against UVB.

Higher SPF numbers are preferable, but SPF measures protection only from UVB - not UVA rays. When choosing a sunscreen, select a product that provides "broad-spectrum" protection for both UVA and UVB. If you are going to the beach or pool, make sure it is water-resistant and doesn't wash off in the water. Use an SPF of 15 or higher.

When to apply sunscreen Apply sunscreen 20 minutes before going out into the sun to give it time to absorb into the skin. Be generous and regular -- about 1 ounce every 2 hours, and more often if you are swimming or perspiring.

Apply sunscreen to the top of your ears, back of hands, neck and toes.

#### Other protection tips:

• Use a hat to shield your face where sun damage frequently occurs.

• Be aware that the window glass in cars does not block all of the sun's harmful rays, making the driver's left side more prone to sun damage. Apply sunscreen before long car rides. ###

# **Heat Alert** • Take Action

High temperatures kill hundreds of people every year. Heat-related deaths and illness are preventable, yet more than 600 people die from extreme heat every year.

Take measures to stay cool, remain hydrated, and keep informed. Getting too hot can make you sick. You can become ill from the heat if your body can't compensate for it and properly cool you off. The main things affecting your body's ability to cool itself during extremely hot weather are:

• High humidity. When the humidity is high, sweat won't evaporate as quickly. This keeps your body from releasing heat as fast as it may need to.

Personal factors. Age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use all can play a role in whether a person can cool off enough in very hot weather.

Those who are at highest risk include people 65 and older, children younger than two, and people with chronic diseases or mental illness.

Closely monitor people who depend on you for their care and ask these questions:

• Are they drinking enough water?

• Do they have access to air conditioning?

• Do they need help keeping cool?

People at greatest risk for heat-related illness can take the following protective actions to prevent illness or death:

• Stay in air-conditioned buildings as much as you can. Contact your local health department or locate an air-conditioned shelter in your area. Air-conditioning is the number one way to protect yourself

against heat-related illness and death. If your home is not air-conditioned, reduce your risk for heat-related illness by spending time in public facilities that are air-conditioned and using air conditioning in vehicles.

• Do not rely on a fan as your main cooling device during an extreme heat event.

• Drink more water than usual and don't wait until you're thirsty to drink.

• Check on a friend or neighbor and have someone do the same for you.

• Don't use the stove or oven to cook-it will make you and your house hotter.

Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather:

· Limit your outdoor activity, especially midday when the sun is hottest.

• Wear and reapply sunscreen as indicated on the package.

• Pace your activity. Start activities slow and pick up the pace gradually.

• Drink more water than usual and don't wait until you're thirsty to drink more. Muscle cramping may be an early sign of heat-related illness.

• Wear loose, lightweight, light-colored clothing.

If you play a sport that practices during hot weather, protect yourself and look out for your teammates:

· Schedule workouts and practices earlier or later in the day when the temperature is cooler.

• Monitor a teammate's condition, and have someone do the same for you.

• Seek medical care right away if you or a teammate has symptoms of heat-related illness.

• Learn more about how to protect young athletes from heat-related illness by taking this CDC course.

 Schedule outdoor activities carefully.

• Wear loose, lightweight, light-colored clothing and sunscreen.

• Pace yourself.

• Take cool showers or baths to cool down.

• Never leave children or pets in cars.

• Check the local news for health and safety updates. Source: CDC.gov

#### Take a break from the heat if you start to feel sick

If you're outside, and start to feel dizzy or sick, go indoors into a cool area and drink water.

Be sure to rest for at least 2 hours before going back outside. Symptoms such as dizziness, headaches, or stomach aches can be early signs of heat illness, which can be serious.

Symptoms like profuse sweating, mumbling or incoherent speech, convulsions and chills, and vomiting are more serious.

Contact emergency medical services immediately if you see someone experiencing these symptoms. ###

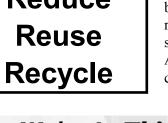
#### **Drink Water**

Drink water when the temperatures are hot to keep your body hydrated. Try to drink water with every meal and throughout the day to keep your body hydrated and cool.

If this seems daunting to you, carry around a bottle of water with you during the day, or switch out one beverage each day for a glass of water.

Avoid drinks like coffee, tea, and soda that can make you slightly dehydrated. Limit yourself to one caffeinated or sugary beverage per day, and focus on drinking water before and after you have caffeine or sugar.

If you like the flavor of sodas, consider adding flavor to your water with flavor drops or powders that you can purchase at the supermarket. That way, you can get the health benefits of water with the flavor of a soda.



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Everyone should take these steps to prevent heat-related illnesses, injuries, and death during hot weather:

• Stay in an air-conditioned indoor location as much as you can.

• Drink plenty of fluids even if you don't feel thirsty.

If you enjoy the carbonation of soda, consider drinking carbonated water instead of soda. ###

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# **BC Announces Food Security Task Force for Residents Affected by COVID-19 Pandemic**

The County of Bergen announces the formation of a new Task Force to tackle hunger and food insecurity issues affecting Bergen County residents.

The Bergen County Food Security Task Force, which launched on July 15, 2020, aims to alleviate lingering effects of the COVID-19 global health crisis that have left many county residents struggling with financial hardship and food insecurity.

The Bergen County Food Security Task Force will bring together County advisors with non-profit partners to address food security issues on a regional scale.

While Bergen County has more than 80 food pantries, and numerous other food initiatives have sprung up through the generosity of the community, many such local efforts have encountered issues with meeting an increased demand, difficulty in sourcing nutritious

food products, and logistical issues due to social distancing guidelines.

"The Bergen County Food Security Task Force will serve as a critical matchmaker and facilitator, connecting local community-based food efforts with local food supplies to help overcome new hurdles brought on by COVID-19," said Bergen County Executive Jim Tedesco.

Bergen County Freeholder Tracy S. Zur said, "However, since COVID-19, over 10% of the County's population is collecting unemployment, welfare applications have doubled, and food distribution sites across the County have seen a sizable spike in demand.

Our fear is that as unemployment and other benefits expire, and as mortgage forbearance and temporary eviction protections come to an end, issues of food insecurity and economic hardship will only increase in the County."

For more information about the Task Force or where to find available food resources, please reach out to Marisa Tugultschinow at MTugultschinow@ co.bergen.nj.us. ###

## Center for Food Action

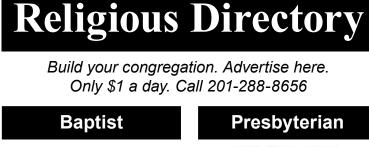
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CFA provides emergency food packages, rental and utility assistance, advocacy, and other essential services to those in need living in northern New Jersey. You make it possible! Go to: cfanj.org ###

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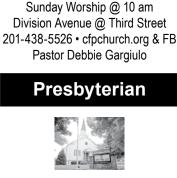
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# **Felician School for Exceptional Children Graduation 2020**

On Friday, June 12, 2020, twelve graduates from the Felician School for Exceptional Children, donned their caps and gowns to celebrate their graduation via computer!

Over 100 guests joined us to watch them graduate. Three special guest speakers joined in to wish our students well. The cast of the hit show "Born This Way," John and his Dad from John's Crazy Socks and spokesperson and author,

Temple Grandin.

Selina's Mom gave a parent's perspective to the graduates. The graduates accepted their diplomas virtually. It was a beautiful tribute to twelve beautiful students. Congratulations Felician Class of 2020: Nassan, Shawn, Quentin, Arvin, Luis Nicholas, Bryan, Jennifer, Angie, Cadena, Selina, Mercedes and Joseph!

Story and photos provided by JoAnne Potenzone, R.N. ###





# **Come Back Safely? Church Musician** Thinks Outside the Box (Or In It)

The Music Director at St. Joe's in East Rutherford, NJ is considered "high-risk" for contracting Covid-19, due to a "perfect storm" of lifelong medical issues and her age. "The only way I was going to be able to return to work at all was in a bubble," says Diana Belkowski, "so I actually created somewhat of a way to do it, purchasing two of the best drum shield kits on the market (\$1,360 total)." Six-foot-tall acrylic panels with flexible plastic hinges for adjustments

are also topped with angled deflectors, so that Covid-virus aerosols carried across the room blow up and over her -not only keeping her safe from sneezing people-traffic on one side but also the choir's singing exhalations on the other, along with the Cantor ahead and directly facing her. She left the last two panels off behind her for easy access.

"It's a bit loud in there, but there's a mic in the piano so I can play softly. There's no problem hearing from inside or out-

side with our good sound system and cathedral acoustics." Not only does it look terrific, but it's nearly invisible, which was very important to her for aesthetics and as a distraction deterrent. And everyone can still see her every musical cue.

Ms. Belkowski says, "I can't believe how wonderful it is. Every Director in the Diocese is going to want one!" Just be ready to fork over a few paychecks to do it - this isn't covered under any diocesan medical plan. ###

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#### **Gethsemane Cemetery**

On June 19, 2020 (Juneteenth), I visited Gethsemane Cemetery, in Little Ferry, New Jersey, a place of historical significance to the African American community; it is a one-acre plot of land, located on a sandy hill. The cemetery holds over 500 graves, mostly African American.

In 1860, Hackensack purchased this property as a "burial ground for the colored population of the Village of Hackensack." In 1901, it was turned over to seven African American trustees and named Gethsemane Cemetery.

The last burial took place in 1922. Sadly, about this time, the trustees went bankrupt. The place fell into neglect. There are now only about 50 headstones of the 515 graves there.

In 1985, Bergen County, recognizing the historical significance of the cemetery, took possession of the property and has fenced in and maintained the cemetery. The County has placed signage inside this location, honoring some of the people buried there and a list of the majority of those interred there. Unfortunately, the exact locations of most graves are unknown.

The family of Samuel Bass, sexton of Hackensack's First Baptist Church, requested his burial in the Hackensack Cemetery. This was refused on the grounds that he was Black. He was interred at Gethsemane Cemetery in January of 1884.

New Jersey Governor Leon Abbett was so incensed by this denial, that he said, "The Legislature should see that the civil and political rights of all men white or black are protected. It ought not be tolerated in this State that a corporation whose existence depends on the Legislature's will, should be permitted to make a distinction between a white man and a black man." In March, 1884, New Jersey passed the "Negro Burial Bill." This banned discrimination in cemeteries.

Elizabeth Sutliff Dulfer was, at the time of her death, one of the wealthiest landowners and businesswomen in the area. She was born a slave about 1790, on the farm of William Campbell in Hackensack/Little Ferry. She was freed in 1822. She married Alexander Sutliff, in New York City. They moved to land that she had purchased in Little Ferry to farm. She then acquired additional land along the Hackensack River.

This land held deposits of clay. She sold clay to potteries in Newark, Jersey City and many other locations. Her clay was also used by brick manufacturers in the area. It was also said that she did a thriving business in harvesting oysters from the Hackensack River. After her husband died, she married John Dulfer from Holland. Elizabeth died at the age of ninety, in 1880. Her grave marker is the largest one still standing.

Two Civil War Veterans are buried here; Peter Billings, born in 1827, in Hackensack and Silas M. Carpenter, born in 1842, in Greenwich, Connecticut. Both were Privates in the 29th Connecticut Volunteer Infantry Regiment. African Americans, in a rush to prove their valor, flocked to join the 29th.

After the regiment's roster was full, some additional 400 men were placed in the 30th Inf. Regiment. The 29th took part in the Siege of Petersburg and battles in the Appomattox Campaign.

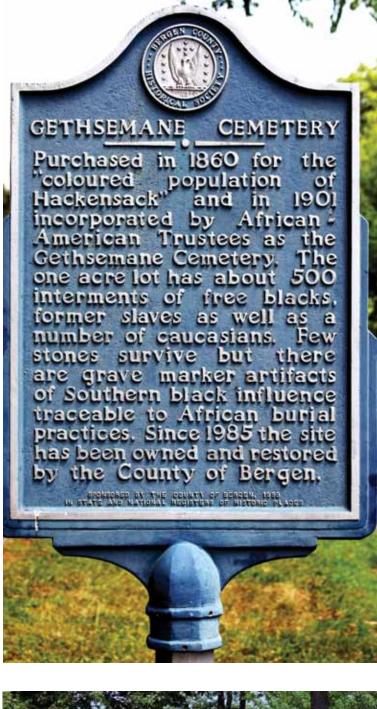
They were the first Union troops to enter Richmond. Peter Billings passed away in Hasbrouck Heights in 1902. Silas Carpenter died in Little Ferry in 1912.

Another Veteran located here is William Robinson. His headstone states that he served aboard the USS Savannah. He passed away on May 23, 1889.

Gethsemane Cemetery is listed on the New Jersey and National Registers of Historic Places. Tours can be arranged by contacting the Bergen County Parks Department at 201-336-7269. Street access is on Summit Place, Little Ferry.

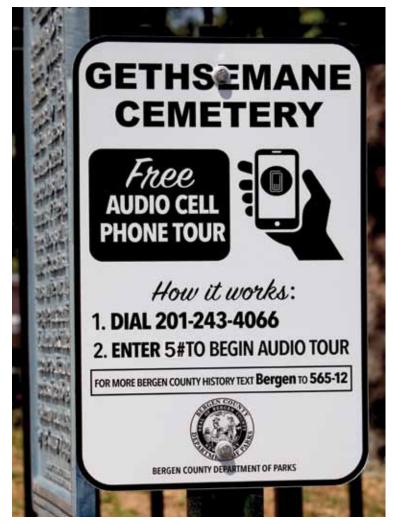
Lest they be forgotten, let us remember their struggles for equality and devotion to principles of our nation. ###





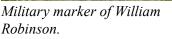






Marker of Elizabeth Sutliff Dulfer.





View from the southeast corner.

## The Gazette Newspaper is online at: www.The-Gazette-Newspaper.com





The dymanic rain streaked down with intensity



*PSE&G cutting the power* so clean-up crews can get to work.



The pelting hail was melting in seconds upon landing





# Pop up Storm Wrecked Havoc

It started as large drops of water splattering onto the walk and road that became a curtain of intense rain and marble-size hail. Heavy wind followed.

The momentary crack, as the massive wind separated a 2 foot limb from an old sycamore tree. The huge thud shook the home. Branches covered two cars in the driveway. Electricity was connected, but cable/phone and internet were lost.

PSE&G evaluated the scene and cut the power for clean-up safety. Heroically, the DPW crew was able to remove most of the tree debris in the dark. In the morning, they completed the task. The tree debris was loaded into a roll-off container. These broken and cut hunks of tree would be sent to a huge grinder to be ground up for mulch. Kubler Electric reconnected the service conduit that morning. A PSE&G crew arrived later that afternoon and restored power to the home. The regained air conditioning was marvelous.



This tree limb is the culprit





Street flooding

Cable was reconnected six days later. The lack of cable television was a refreshing respite from current events. ###

A Jeep and Mustang lie beneath



*A mint condition Classic Mustang is behind the botanical rubble* 

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# **Artful Thinking** By Artie Maglionico • Lodi Historian

Recently, while distancing myself from life as I once knew it, I stumbled across a forgotten storage bin filled with memorabilia.

As I rummaged through it, I found my 1961 Columbus School 8th Grade autograph booklet.

Reading the names and sentiments of my classmates did not go by without experiencing a rush of misty eyed flashbacks.

Soon that melancholy mist became droplets of sacred tears that cleansed the road to my past, thus allowing me to see clearly the beautiful people and places of my glorious youth.

Readers of this column know that I have written more than a few times about life on the Arnot Street Hill. You were always right along with me and I thank you for that.

This particular journey, however, took me to a different place. Truth is, I hardly recognized my surroundings. Lets face it, 1961 was a long time ago. What I once recalled doesn't exist anymore. My immediate reaction was "where did it all go? It was here only the other day." Yea, that "other day" was a lifetime ago.

I was almost sorry that I found this little book of memories. Blame this darn pandemic right folks? Sometimes when the future looks dim, we find ourselves revisiting the past. That's what was happening to me. How about you?

Within the pages of that 1961 yearbook were the remnants of those dear childhood friends, some of which aren't with us any longer.

Folks, I'm not ashamed to tell you that it was an emotional endeavor. Can any of you relate to this?

Has this pandemic forced you to seek refuge in the safe and warm shelter of yesterday? It's not happening, at least not in my case. Better off living in the now after all the now is all we have.

Anyway getting back to the

Notable Dates

Vietnam War Began August 7, 1964 Hiroshima: August 6, 1945 Nagasaki: August 9, 1945 Japan Surrendered August 14, 1945 booklet, as I turned the pages I began to feel better about things. I came across names of classmates like my pals Irwin Stolz, Mike Ettz, Nick Enea, Frank Dellindia, Fred Thieler and that kid from Westervelt place, Johnny Rannon. And the pretty girls like my dear friends Mimma Losauro, Bonnie Karpinski, Donna Manzella and Loretta Cardune, to name a few.

Remembering them definitely puts a smile back on my face. Hey, I even found a note from none other than the girl with the red hair. It was dated June 14, 1961. Remember her?

Talk about wonderful memories. Who can forget their first love? Well I think it was love. Whatever it was, it sure made me think about things other than Popeye cartoons or sliding down the Farnham Avenue hill in a refrigerator box.

It was love in the purest sense. It was uncomplicated, stress free and you could still go home and not think about it until the next day.

Of course, having a girlfriend was for me at least a completely unique experience sure I recall having an admiring glance or two cast my way by female classmates, but ultimately most of these glances either full short of reaching me or sailed way over my head. The girl with red hair actually hit the mark. Her glance was aimed at the center of my 12 year old heart. A bull's eye!

Yea folks, I guess finding that Columbus School booklet wasn't so bad after all. ###



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# **BCUA Participates In Expert Webinar On Early Warnings On Traces Of Covid-19 In Wastewater Streams**

LITTLE FERRY – June 30, 2020) — Studies have confirmed that SARS-CoV-2, the virus that causes COV-ID-19, is present in wastewater streams—up to two weeks in advance of reported medical cases. Bergen County Utilities Authority (BCUA) staff participated in a webinar panel discussion entitled, "Early Warning: Covid-19 Detection in Wastewater Streams" on Thursday, June 18, 2020.

As the only leading indicator, wastewater analysis can serve as an early warning system to quickly establish the presence of the virus before symptoms emerge in the general population. The study is being conducted through The National Science Foundation (NSF) and Columbia University. An expert panel was organized to discuss how this data can help identify emerging hot spots and anticipate the potential reemergence of the virus in order to inform public health decisions and guide testing and contact tracing.

The first phase (pilot) of the study was to optimize wastewater sampling protocols and develop a bench line database for COVID-19 in wastewater. This pilot study was completed and the BCUA initiated Phase II of the study, a long-term, expanded sampling program, on June 25, 2020. In addition to the sampling of the Little Ferry Water Pollution Control Facility (WPCF), the program includes sampling at the Edgewater PWCF and in the sewer system serving the Bergen County Jail, New Bridge Medical Center, VA Long-Term Care facility in Paramus, Meadowlands Sports and Entertainment Complex, and the BCUA Pink Street and Harrington Park Main Pump Stations.

The sampling plans were developed by Columbia University, AECOM and the BCUA. Samples are being collected by the BCUA three days per week at the WPCFs and twice a week at the other locations. Columbia University is performing all the COVID-19 testing and AECOM is collaborating with Columbia University on the data analysis. The Phase II of the study may be expanded to other plants in New Jersey, such as the Northwest Bergen MUA plant.

If you would like to view the webinar, you can watch Early Warning: COVID-19 Detection in Wastewater Streams at https://communications. aecom.com/earlywarningcovid19testing. ###

# HH Annual Street Fair Postponed

The Hasbrouck Heights Annual Street Fair, typically held in June, has been tentatively postponed until Columbus Day weekend, Sunday, October 11, 2020, pending the Governor's stay at home order.

See 2019 Street Fair at: http://www.the-gazette-newspaper.com/images/gazette/ jul19.pdf Page 31. ###



Copy for the September Issue is due August 5th.

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

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# Real Estate Insight

By Mary Ellen Courtney



#### Hot Market Uncooled by COVID

Take Bergen County's red-hot residential real estate market, toss in a pandemic, a state-mandated stay-at-home order and the most significant economic shock of our lifetimes, and what's the result?

As it turns out, a housing market that's as hot as New Jersey in August.

Coming off the worst financial quarter in history, with near-record national unemployment and joblessness — and lots of COVID-19-related uncertainty — you might expect those who make their living by working to help people buy and sell their homes to be panicking. Instead, the current temperature of this summer is reflecting the housing market here in Hasbrouck Heights & surrounding area: Sizzling, once again!

Our area real estate professionals will readily tell you that the local market was not unaffected by the coronavirus: as lockdown orders took effect in March, home sales dropped almost 18 percent nationwide in April. In our local towns, data indicates listings, showings and sales were also down as the pandemic stretched into the late spring, pre-summer weeks — obviously, the busy season for home sellers and potential buyers.

But a dearth of available homes, still-strong demand, low mortgage interest rates and a surprising desire from NYC buyers looking to relocate to the 'burbs has created competition that's once again driving sales — Despite the pandemic.

For me, this market is unlike anything I've ever seen before. At our office, COVID-19 happened during a time when real estate sales were for late winter merely OK; then, the world changed dramatically and we were simply managing the properties under contract that still needed to close. That occurred during the mandated stay-at-home order and things were getting pretty scary fast. But then, things began to pick up and now, since the case numbers have gone down, the market's become positively hectic!

Sure, the number of homes listed as 'for sale' is still down — related partly to sellers who've taken their properties off the market because of fears of the contagious nature of COVID-19 — but in an odd way, even that has helped stoke demand. Fewer houses with 'for sale' signs means even more competition from potential buyers.

Part of what's driving the residential housing market is the highly unusual nature of the market itself. Typically, housing markets are described as 'buyers' markets' — meaning the negotiating and buying process swings in favor of home purchasers, rather than sellers — or 'sellers' markets.' From where I sit, though, the current market favors both parties in the transaction.

It's a buyers' market because of unbelievably low mortgage interest rates — making it an ideal time to buy a new home or refinance an existing home.

But it's also a "sellers' market" because of the low inventory here in Heights and elsewhere, meaning less competition for those offering their homes for sale. Buyers who are qualified at today's low interest rates and ready to act quickly are jumping on homes as soon as they hit the market. Those homes that are priced reasonably are getting multiple offers and (familiar scenario!) pushing the price up.

Of course, COVID-19 has forced all real estate professionals — like all businesspeople, I guess — on how to adjust the way they work.

Real estate agents are still doing in-person showings, but we're now relying more on video calls and "virtual" home tours with 3-D effects and FaceTime to show homes. 'Open House' events, which stopped cold in March, are now just beginning to be held again. Masks, gloves, booties and hand sanitizer are new tools of the trade; staff sales meetings and some sales negotiations are taking place in front of computers. It's a different way of selling but, for now, we in the business are not complaining...

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Mary Ellen Courtney is owner of Real Living Gateway Realtors, 201-288-0004. www. GatewayToHomes.com ###

# Pascrell Op-ed: The U.S. Postal Service is nearing chaos and we must save it

PATERSON – U.S. Rep. least 50 years into the future. Bill Pascrell, Jr. (D-NJ-09) published an opinion editorial in the North Jersey (Bergen) Record on the dire challenges now facing the United States Postal Service and the need for quick reforms to save America's post offices. The text of the essay appears below.

Even as postal workers are helping keep America alive during this pandemic, the United States Postal Service is nearing a breaking point and may soon go bankrupt without emergency intervention intervention Donald Trump is threatening to block.

The USPS is not alone in its vulnerability during this crisis, with virtually all businesses and institutions facing unbearable strain. But COV-ID-19 has exposed its longtime weaknesses and lack of federal support, key reasons your mail right now may be slower than usual or irregular.

Like many services we take for granted, it is difficult to capture the full scope of USPS's infrastructure and reach.

With over 600,000 career and other employees, USPS handles nearly half of the world's mail through over 30,000 locations stretching from the Florida Keys to the Arctic Circle. It processes in just over two weeks what it takes UPS and FedEx together to send in a year.

Critics of the USPS like to point out that it is a money-losing operation 13 years straight because people today send fewer letters. While both assertions are technically accurate, they are not fully connected nor an adequate explanation for postal woes.

This was designed by Republicans as an anchor to wreck the USPS, and it has: nearly all the post office's red ink since 2006 bleeds from this onerous obligation.

So the problems the post office is now enduring did not appear suddenly with this virus. Furthermore, while Republicans' quest to ransack the post office is the primary cause of the agency's enfeeblement, Democrats too have dropped the ball to protect it. The 2006 law was passed at the end of a session without significant Democratic opposition, and our failure to repeal it in 2009 and 2010 was a major blunder.

But this isn't a eulogy because the post office remains a central part of our lives today. Try to imagine the American engine running without it. It would be chaos and catastrophe in every community.

Without question, just weathering this pandemic will only be a stop gap. Modernizing the post office is critical to its future.

This includes offering postal banking service accounts to the quarter of Americans who don't have access to banks clustered in both rural and urban zip codes. Going forward, we should also evaluate resuscitating a postal congressional committee or subcommittee, and even begin to consider reversing the post office's quasi-business hybrid of 1970 and putting the Postmaster General back in the executive cabinet.

But, in this moment, Congress must focus first on passing the funding necessary to keep the post office going through this crisis.

Our dedication to USPS

Trump's refusal to support our post office? Probably several factors.

He is driven by Republicans' decades-long drive to privatize the USPS and their hatred of labor unions. Incredibly, Trump's blocking of USPS aid is likely tied to his fear of unfettered democracy as the post office would be the engine of any nationwide vote-by-mail operation if the pandemic endures. We cannot even dismiss that he is being lobbied by his developer friends who are licking their chops at the idea of cannibalizing the USPS's invaluable real estate.

Perhaps, it is because at base Trump is an arsonist, and the idea of torching an institution that dates to our national founding is irresistible to him.

Trump is using the cover of our titanic struggle against this virus to render a death blow to the United States Postal Service. In the last three years he has incinerated innumerable institutions and traditions. It would be a tragedy beyond words if he were allowed to do the same to our post office. Saving our vibrant post office must be nonnegotiable.

Rep. Pascrell has been a leader in Congress demanding reform to return the USPS to its former glory and strengthen it so it remains an integral part of American life, goals he outlined in a well-received April 2019 essay in Washington Monthly. Pascrell is a cosponsor of H.R. 2382, the USPS Fairness Act that would finally remove the health care prefunding anchor that has been strangling USPS since 2007. Pascrell is also a strong supporter of widespread postal banking, and in June 2019 his bipartisan amendment allocating \$1 million to begin funding a postal banking system was passed by the House of Representatives. Provided by Congressman Bill Pascrell, Jr.'s Office, May 4, 2020. ###

# **Bergen Moves Most Classes Online, Freezes Tuition**

PARAMUS – As New Jersey's largest community college, with approximately 15,000 students, faculty, staff and community members visiting its main campus each day, Bergen Community College has transitioned most of its fall schedule to remote online learning in the interest of health and safety and frozen tuition rates to enhance the College's renowned affordability.

The institution will offer a limited number of practicebased classes, such as those in health professions, in person.

No classes will take place at the Philip Ciarco Jr. Learning Center in Hackensack and only paramedic science program practicals will take place at Bergen Community College at the Meadowlands in Lyndhurst.

The fall semester begins September 2, 2020, and students can register at Bergen.edu or email registration@bergen. edu for assistance.

For classes meeting in person at the main campus, the College will deploy numerous safety measures to protect the health and well-being of those in attendance, including reduced class sizes, spaced seating and enhanced cleaning protocols. Still, the majority of Bergen's fall classes will take place online. For a full list of available classes, visit Bergen. edu/register.

Additionally, the College will provide an operational guide to the fall 2020 semester containing information on procedures, protocols and services - including the availability of on-campus resources/access for students, faculty, staff and the community.

For families and students unsure of their plans for higher education this fall due to the pandemic, Interim President Ross encourages them to consider Bergen due to its record of quality and affordable tuition.

Many general education classes such as English Composition, General Biology and Statistics remain ideal for transfer to many four-year colleges.

Based in Paramus, Bergen Community College (www. bergen.edu), a public two-year coeducational college, offers associate degree, certificate and continuing education programs in a variety of fields. More students graduate from Bergen than any other community college in the state. ###





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Many Americans are often stunned to learn that the post office receives effectively no support from the federal budget.

The Postal Reorganization Act of 1970 rendered the agency fully independent. This framework forced it to act like a business without federal help. In other words, the post office was simultaneously forbidden to turn a profit but still subject to congressional oversight.

In late 2006, Congress hamstrung USPS further by forcing it to prefund all its employees' health care benefits at must flow from a single principle: the post office is not a business that must turn big profits or be killed, but a public service upon which our nation relies absolutely.

Last week, Donald Trump vowed to oppose any aid to the agency unless it quadrupled its rates. In ordinary times, such a demand would be ludicrous; coming now, as mail remains a lifeline to millions of Americans stuck at home, the idea of drastically raising what it costs to send and receive a package is borderline insane.

What is motivating

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# **Dog Days of Summer**

Everyone talks about "the Dog Days of Summer," but few know what the expression means. Some say it signifies the hottest, most sultry days "not fit for a dog."

The Old Farmer's Almanac lists the traditional timing of the "Dog Days" as the 40 days beginning July 3 and ending August 11, coinciding with the ancient heliacal *(at sunrise)* rising of the Dog Star, Sirius.

They named this period of time, from 20 days before the conjunction to 20 days after, "Dog Days" after the dog star.

The term "Dog Days" was used by the Greeks, as well as the ancient Romans after Sirius, the brightest star in the heavens besides the Sun.

The ancients believed that Sirius was so bright that it actually produced enough heat to help warm the earth. During the summer months, Sirius rises and sets in conjunction with the sun and the ancients believed that Sirius added to the heat produced by the summer sun. And that's how the phrase "The Dog Days of Summer" originated.

A casual survey will usually find that many people believe the phrase is in reference to the conspicuous laziness of domesticated dogs (who are in

Everyone talks about "the danger of overheating with too g Days of Summer," but know what the expression test days of the summer.

When speaking of "Dog Days" there seems to be a connotation of lying or "dogging" around, or being "dog tired" on these hot and humid days. Although these meanings have nothing to do with the original source of the phrase, they may have been attached to the phrase in recent years due to common usage or misunderstanding of the origin of the phrase.

In recent years, the phrase "Dog Days" or "Dog Days of Summer" have also found new meanings. The term has frequently been used in reference to the American stock market(s). Typically, summer is a very slow time for the stock market, and additionally, poorly performing stocks with little future potential are frequently known as "dogs."

Today, "Dog Days" occur during the period between July 3 and August 11. Although it is certainly the warmest period of the summer, the heat is not due to the added radiation from a far-away star, regardless of its brightness. The heat of summer is a direct result of the earth's tilt. ###

## W-R 8th Grader Receives Scholarship

Wood-Ridge Junior High School honor student, Lilliana Wronko, has been awarded the 2020 \$1,000 Anthony Giuseffi Sr. Scholarship. On June 19, 2020, Grand Knight John Milne made the presentation for Knights of Columbus, St. Anthony's Council 11585.

When people think of scholarships, they tend to concentrate on those awards that target graduating high school seniors or college undergraduates. However, the criterion for this scholarship was that it be given to an Eighth Grader who has been accepted and will attend a Catholic High School. Lilliana will be attending Paramus Catholic High School in September 2020.

The scholarship was first given out in 2010 and remained the Anthony Giuseffi Sr. Scholarship after his passing. He was a charter member of the St. Anthony Council who passed away in 2016 at the age of 101. Throughout his many years in Wood-Ridge, Anthony made many contributions to his Church, the community and to his Council. *Provided by Peter Gallo Jr.* ###

## Sturgeon Moon

The August full moon appears on Monday, August 3, 2020, at 11:59 a.m. It is called the "Full Sturgeon Moon."

According to "The Farmer's Almanac," the fishing tribes are given credit for the naming of this moon, since sturgeon, a large fish of the Great Lakes and other major bodies of water, were most readily caught during August.

A few tribes knew it as the "Full Red Moon" because, as the Moon rises, it appears reddish through any sultry haze. It was also called the "Green Corn Moon" or "Grain Moon."

The Native American Indians of the northern and eastern United States kept track of

## **Summer Dangers for Dogs**

• Dogs are attracted to the sweet taste of coolant. Be alert for drips from cars.

• Some insecticides could be dangerous for your dog. Stay away from areas that have been recently sprayed.

• Herbicides can hurt your dog. Avoid letting your dog play on lawns where the treatment hasn't dried.

• Some fertilizers can cause vomiting and diarrhea while others are downright lethal. Keep your dog away from freshly fertilized soil.

• Just one mosquito bite could infect your dog with deadly heartworm. Check with your vet about the right medicine for your dog.

• Deworming your puppy could save their life. Dogs can ingest the worms from contaminated soil or even absorb the worms through their skin. Remove dog feces promptly.

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# Meadowlands Racetrack Restrictions













Upon arrival at Meadowlands Racetrack: You have to fill out a COVID-19 form that asks if you've have or had any symptoms, sign your name with phone number, then go on another line outside, stand 6-feet apart and wait to be called inside.

You must wear a mask inside and outside, unless you're eating and drinking.

You may not bring anything to eat or drink, they check your pocketbooks, you go through a metal detector and they check your temperature. You may purchase food and drinks outside, but you may not bring them back inside of the building with you.

No more eating and drinking allowed inside the Meadowlands Racetrack. Inside bars are closed. If you want food or drinks, you have to go outside by the track.

All of the picnic tables where you eat and drink, have hand sanitizers on them. The waiter cleans each table and chairs, before you sit down.

You cannot sit on the chairs, where the X's are. The center machines are closed, so you're not near one another.

You're allowed on the 2nd floor to bet, but the bar has been closed. Center sinks in bathrooms are closed off for social distancing. There are lots of outhouses and picnic tables. Photos and story by Patti Bonczkowski. ###



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# Wallington Motor Vehicle Commission Overwhelmed

NJ Motor Vehicle Commission (MVC) offices reopened July 7, 2020.

Wallington Motor Vehicle was "Closed at Max Capacity" on July 11, 2020. They were maxed out by 8 or 8:30 a.m. Many had camped overnight.

Police vehicles barricaded the entrance to Motor Vehicle, due to the parking lot being full.

People were sitting on beach chairs, with umbrellas and coolers with food and beverages, waiting to get inside of Motor Vehicle. Porta Potties have been installed.

MVC patrons were parking illegally on Main Avenue. Later that day, the police placed no parking signs on all of the poles.

The Wallington situation made national news with a

clip on MSNBC Alex Witt on Saturday, July 18, 2020. A MVC spokesperson alluded that many of these waiting patrons could have done their transactions online.

Governor Phil Murphy announced July 8 that MVC will be open six days a week.

Murphy further extended expiration again for the following services: driver's licenses, permits, non-driver IDs, inspections and temporary tags

Murphy said the documents above that were set to expire between March 13 and May 31 have been extended to September 30. Documents expiring between June 1 and August 31 are extended to December 31. For additional information go to: www.state. nj.us/mvc *Story and photos by Patti Bonczkowski.* ###









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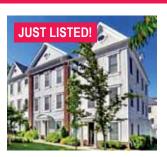


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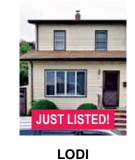
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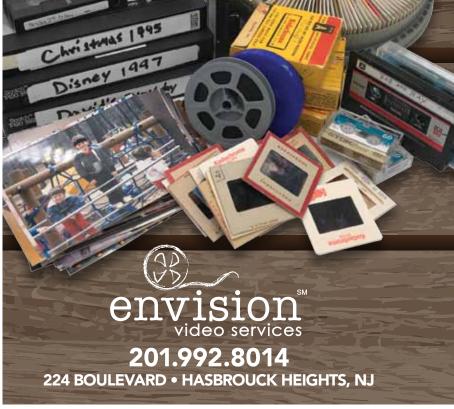
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