The Gazette

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

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Celebration

Our yards are accented with red, white and blue. We watch grand parades with honor guards leading our Veterans, marching bands, scouts, floats, antique cars and fire engines. Family and friends share juicy cheeseburgers, sizzling steak sandwiches, grilled hot dogs, salads, corn-on-the-cob, sweet watermelon, ice cream, ice cold beverages and other picnic treats, during a relaxed BBQ. Shrieking children run through sprinklers on a sweltering 4th of July. Playing summer games of softball, frisbee, horse shoes. Fun with sparklers and firecrackers. Enjoying patriotic concerts. Darkness welcomes spectacular community fireworks. But this day begins with a delightful children's parade, heralding our Independence Day Celebration. *See pages 14 & 15.* ###



Patriotism: An Elks Tradition

Flag Day 2022: An Elks tradition. Patriotism has characterized the Benevolent and Protective Order of Elks of the United States of America since the early days of the organization. Allegiance to the flag of our country is a requirement of every member.

In 1907, the BPO Elks Grand Lodge, designated by resolution, June 14 as Flag Day. The Grand Lodge of the Order adopted mandatory observance of the occasion by every Lodge in 1911, and that requirement continues. The Elks prompted President Woodrow Wilson to recognize the Order's observance of Flag Day for its patriotic expression. But it was not until 1949 when President Harry Truman, himself a member of the Elks, made the proclamation that thereafter June 14 would be a day of national observance for the symbol of our country. Provided by the Rutherford Elks Lodge 547. ###

Rutherford Farmers' Market

The Rutherford Farmers' Market is returning for its 25th season. The Farmers' Market will be held at Williams Center Plaza on Park Avenue on Wednesdays, 11 a.m. to 4 p.m., beginning July 6 and Saturdays, 8 a.m. to 2 p.m., beginning July 9. The market season concludes October 29, 2022.

The market is sponsored by the Borough of Rutherford.

For general information contact: Laurie Gentile, 201-460-3000 ext. 3114 Email: lgentile@rutherfordboronj. com ###

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Oldest School Picnic in the Country

The Carlstadt Public School held its 156th Annual School Picnic on Saturday, June 18, 2022. The event began with a parade of emergency vehicles, CPS students and alumni, starting at the Civic Center and ending at Lindbergh Field. Everyone enjoyed cookies, hot dogs, and cotton candy. There were games, rides and DJ entertainment. Photos and story by Dennis Kronyak Sr. ###



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RUTHERFORD SUMMER CONCERT SERIES

Lincoln Park - Hutzel Bandshell on Park Avenue THURSDAYS - 8:00pm - 10:00pm

Rain Dates the following Monday

JUNE 30 The Unbrothers

JULY 7 Rutherford Community Band

JULY 14 Kimon & the Profits Rescheduled to August 25

JULY 21 Big House

July 28 One Hit Wonders

AUGUST 4 Andres Nies Band

AUGUST 11 Elvis & Elton Tribute

AUGUST 18 Mushmouth

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Audrey Nagel Scholarship Awarded

Jack Nagel presented Marko Kenworthy the \$1,000 Audrey L. Nagel Scholarship at the Corpus Christi Eighth Grade Award ceremony on Saturday, June 11, 2022.

The annual award is presented to an outstanding Parochial Grammar School Graduate that will be attending a Parochial High School in the fall.

The recipient must be either a parishioner of Assumption Parish in Wood-Ridge or a resident of Wood-Ridge but registered in another Catholic Parish. Marko had an outstand-



ing academic record at Corpus Christi and will begin classes at Oratory Prep in Summit, New Jersey, in September. *Provided* by Jack Nagel. ###



On Saturday, June 25, 2022, the Rutherford Green Team Committee and the Rutherford DPW held a paper shredding and Styrofoam collection for Rutherford residents. An estimated 25 households participated in the Styrofoam collection and approximately 125 participated in paper shredding which accounted for about 6,100 pounds of shredded paper. *Provided by Kim Bogosian.* ###

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Explore the Seven Seas: A Night of Family Fun

The Free Public Library of Hasbrouck Heights, in partnership with the Hasbrouck Heights Regional Chamber of Commerce, cordially invite you and your family to come Explore the Seven Seas on Friday, August 5, 2022, from 4:30 p.m. to 12 a.m.

This year's event includes the following:

- Mermaid Meet 'N Greet
- Deep Sea Glow-in-the-Dark Mini Golf
- Craft Making & Gaming Activities
- Virtual Q&A with Ocean Scientists in the Pacific Ocean
- Live Ocean Animal Presentations from the Center for Aquatic Sciences
- Sea Exploration Program with a Mermaid
- Sea Creature Touch Tables

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 ###

• Guest Appearances of Costume Characters

A late-night movie screening will take place approximately 10:30 p.m. to 12 a.m. to cap off the evening's festivities on a high note. While there is no extra cost for the movie, registration is separate for the screening, as seating is limited.

Please be advised that the cost of entry does not include food. Food trucks will be on premise for guests to purchase food and drink. There will be an outdoor/indoor dining area. A Coffee/Tea Bar will be served later in the evening.

Children under the age of 9 must be accompanied by a parent or guardian.

Entry cost is suggested donation: \$5 per child under 12 years old; \$10 per person 12 years and older. Registration may be done in-person or online.

Explore the Seven Seas is made possible through the generous support and funding from the Hasbrouck Heights Friends of the Library, the Hasbrouck Heights Regional Chamber of Commerce, and additional community-minded businesses for which we are deeply grateful.

The Free Public Library of Hasbrouck Heights is located at 320 Boulevard in Hasbrouck Heights, on the second floor of the Municipal Building. Our programs and services are offered to everyone. For more information, call 201-288-0488 for details or visit http://hasbrouckheights.bccls.org ###

Elks August Events

Upcoming Elmwood Park/ Paterson Elks events for August 2022. Elmwood Park – Paterson Elks Lodge #60, 192 Market Street, Elmwood Park, NJ

• **Stitch Plus.** Friday, August 5, starting at 7:30 p.m. Free Event, open to the public.

Crocheting and knitting lap blankets for Veterans. Can bring own craft instead or play a friendly game of cards and enjoy visiting with others. Patterns and some yarn available.

• Special Needs Family Fun Night. Wednesday, August 10. 7 to 9 p.m. Free event.

Special needs children for Grades K-12 (children must be accompanied by a parent at all times). Limited Seating: For more information, call Kathy at 973-460-6979.

• **Game Night**. Friday, August 19. 7:30 to 11 p.m. Free event open to the public.

Friends coming together to spend an evening playing Canasta, Uno, Backgammon, Scrabble, Cornhole, and others. You are encouraged to bring your own board game if you wish. *Provided by Kim DiLorenzo.* ###

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. ###

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Bergen County LGBTQ Seniors Meet Aug. 9, 19

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.

The next meetings are on Tuesday, August 9, 2022, at 11:30 a.m. and Friday, August 19 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. ###

Last Man Standing Raffle

American Legion Auxiliary Unit #142 is hosting a Last Man Standing 50-50. 200 tickets to be sold. Winner will receive \$2,000. Donation is \$20. Winner need not be present. No substitution of prize. Drawing is September 24, 2022, at 7 p.m., at the Post, 135 East Passaic Street, Maywood. Bring your own food. Cash bar. Doors open at 6:30 p.m. For tickets, call Debbie at 551-587-3699. ###

Book/Jewelry Sale Sept. 17/18

The Friends of the Hasbrouck Heights Library will host a Book/Jewelry Sale on Saturday, September 17, 10 a.m. to 4 p.m. and Sunday, September 18, 2022, 1 p.m. to 3 p.m., at the Senior Center and back parking lot of the Municipal Building.

Donations of gently used books and costume jewelry can be left at the Library during the week of August 28, not before nor after, to enable volunteers to sort the materials.

Adult volunteers are always needed. If interested, please contact Micky at 201-288-5371, or the Library at 201-288-0484. ###

August Birthstone
Peridot

Casino Bus Trips

VFW Post 4591 Casino Trips
Aug. 31 • Resorts • \$40
Includes \$25 slot voucher
Continental breakfast
from 9 to 9:30 a.m.
Bingo • Movie. • 50/50

513 Veterans PI., Hasbrouck Heights Call Diane at 201-475-8898 or Gladys at 201-288-9074 for reservations

Beefsteak Sept. 16

The Rosary Confraternity of Most Sacred Heart of Jesus Church in Wallington is sponsoring a "Beefsteak" catered by "Hap Nightingale" with a mini Tricky Tray on Friday, September 16, 2022, at 7 p.m. in the Great Hall.

Tickets are \$40 per person and include dinner, coffee/tea and dessert. BYOB. No one under the age of 18 will be admitted. Doors open at 6 p.m. No tickets will be sold at the door.

Seating is by reservation only. Tickets may be purchased by contacting Pat Wronko at 201-438-0636 or Diane Janisheski at 201-290-7655. You may also purchase tickets by mailing your name, address, phone number and number of tickets requested, to MSH Church, 127 Paterson Avenue, Wallington, NJ 07057, and labeled "Attention: Rosary Confraternity Beefsteak."

If you wish a table of eight (8) or ten (10), please submit full payment together with a printed list of all names of persons to be seated, otherwise group seating cannot be guaranteed. Checks are to be made payable to Most Sacred Heart Rosary Confraternity. Please respond no later than Monday, September 12.

The Great Hall is handicapped accessible. ###

Resorts World Catskills Bus Trip Oct. 23

American Legion Auxiliary Unit #142 is accepting reservations for a bus trip to Resorts World Catskills, Monticello, NY, October 23, 2022.

Bus departs 9:15 a.m., 135 East Passaic Street, Maywood, NJ. Cost is \$40. Get back \$25 slots, \$15 food. For tickets, call 551-587-3699. ###

LFFD 100th Anniversary

Little Ferry Hose Company #1 is celebrating its 100th anniversary with a challenge coin commemorating its 1922 American LaFrance Fire Engine (1922-2022).

Coins are \$20 each, while supplies last. Free local delivery. Shipping available for an additional fee.

To purchase this limited edition coin, call or text: 908-801-6175 or via email: lfhose-1fundraising@gmail.com ###

Read to Your Child



Bergen County Concert Schedule

Concerts are held at Overpeck County Park Amphitheatre, 40 Fort Lee Road, Leonia.

All events are weather permitting. To keep up with the latest updates visit www. co.bergen.nj.us or follow the Bergen County Parks System on social media:

- Thursday, July 28 The Cider Barn Bluegrass Band, 7 p.m.
- Thursday, August 4 The Afro-Peruvian Ensemble, 7 p.m.

BC Senior Picnic September 13

Bergen County will host their Annual Senior Citizen Picnic on September 13, 2022, from 10 a.m. to 3 p.m., at Van Saun County Park, Paramus. Rain date is September 20, 2022.

Residents 60+ years are invited for lunch, music and entertainment, craft fair, informational tables, etc.

Limited handicap accessible parking is available. For special needs, call Lauren at 201-336-7446 at least two weeks prior to request special accommodations.

Event is sponsored by Bergen County Department of Human Services, Division of Senior Services ADRC. ###

Craft Vendors Wanted

Does your organization have an arts and crafts group? Would you like to promote your group and build your membership by selling your hand-made crafts?

Join the annual Bergen County Senior Citizen Picnic on September 13. Craft sale tables are available for \$25 each. Limited craft sale table space is available. For further information, please call Kathy at 201-336-7416. ###

Antique Fire Truck Muster October 8

Little Ferry Hose Co. #1, in celebration of their 1922 American La France, is hosting an Antique Fire Truck Muster on October 8, 2022, from 12 to 4 p.m., at 95 Main Street (rd October 9.)

All fire trucks are welcome with awards for fire trucks 1985 and older.

For more information, call 908-801-6175 or email: antiquemuster@gmail.com

There will be food trucks, DJ, T-Shirts, challenge coins for sale, vendors, beer garden, etc. Event is open to the public. ###

Rutherford Concerts

The 2022 Rutherford Summer Concert Series schedule: Thursdays, from 8 to 10 p.m., at the Hutzel Band Shell in Lincoln Park, Park Avenue.

- July 28 "One Hit Wonders" (rd 8/1)
- August 4 "Andrea Nies Band" (rd 8/8)
- August 11 "Elvis & Elton Tribute" (rd 8/15)
- August 18 "Mushmouth" (rd 8/22) ###

Carlstadt Concerts

The Carlstadt 2022 free outdoor summer concert series lineup is as follows:

- August 2 (at Lindbergh Field) "52nd Street Band"
- August 16 "Stone Flower"
- August 30 "Jersey Sound"
- September 6 "Tom Petty Tribute Band"
- September 20 "The Nerds"

The concerts are held Tuesday evenings at 7 p.m. in the Village Green Park (August 2 will be at Lindbergh Field). All rain dates are the following Tuesday.

The Carlstadt Mayor and Council hosts this event; funded by sponsors. ###

Lodi Summer Concerts

"Summer Concert Series" are held starting at 7 p.m. to 8:30 p.m., at the Lodi Memorial Park Amphitheater, weather permitting. Please bring your own chairs. For more information, call 973-859-7425 or go to: www,lodi_nj.org The 2022 schedule includes:

- August 2 (Tuesday) "NY State of Mind"
- August 26 (Friday) "The Individuals"
- October 15 (Saturday) "The Glimmer Twins" ###

East Rutherford Concerts will be held in September. Schedule to follow.

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Corpus Christi Parish Picnic September 10

The Corpus Christi family invites the community to a Parish Picnic, celebrating their 125th Anniversary on Saturday, September 10, 2022, on the parish grounds.

There will be outdoor games, delicious free food cooked by their Knights of Columbus Council, DJ, evening live music, clowns, face painting by local Girl Scouts, children's gift raffle, 50/50 raffle, Tricky Tray, dunk tank, service dogs and town emergency vehicles for tour.

Organizers welcome sponsorships, Tricky Tray items, gift cards and monetary donations. Acknowledgement will be included in the marketing and advertising.

For more information, call 201-288-4844. ###

Fall Fest October 15

Lodi will host "Fall Fest" on October 15, 2022, on Memorial Drive. Starts at 3 p.m.

Free event includes food trucks, beer garden, arts, crafts, local shops, fireworks and more!

Check website for more details.www,lodi_nj.org ###

Caesars AC Casino Trip October 8

W-R Lions Club is hosting a bus trip to Caesars in Atlantic City on October 8, 2022. Bus departs W-R High School at 9 a.m. Cost is \$40 pp with a \$10 casino voucher. Deadline to reserve is August 1, with payment due September 1, 2022.

Send payment to Wood-Ridge Lions, PO Box 166, Wood-Ridge, NJ 07075. For more info, call Angelo at 201-779-7681. ###

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W-R PBA Golf Outing Sept. 12

The Wood-Ridge PBA Local #313 is hosting their 22nd Annual Golf Outing on September 12, 2022 at Wild Turkey at Crystal Springs Golf Course, Hamburg, NJ.

Registration and breakfast from 7 to 8 a.m. Shotgun start at 8:30 a.m.

Fees are \$160 per golfer. \$640 per foursome. \$200 for tee and green sponsors. Special donations: One vest donation \$1,000; Beverage Cart sponsor \$1,500.

Includes greens fees and cart, breakfast, lunch at the turn, banquet dinner, beer/wine, gifts and prizes.

Please RSVP to Fran at 201-939-0476 opt 4 or email: fpoito@woodridgepolice.org.

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

Summer Movie Nights

VFW Post 809 and Auxiliary are hosting Summer Movie Nights Under the Stars at 100 Main Street, Little Ferry, on August 19, 2022. Doors open at 8:30 p.m. Movies start at 8:45 p.m. Event canceled if it rains. Bring your lawn chairs and blankets. Food and drinks will be available. ###

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. ###

HHHS 50th Class Reunion

The Hasbrouck Heights High School Class of 1972 will hold their 50th year reunion on Saturday, September 17, 2022, from 7 p.m. to 11 p.m., at Biagio's, 299 Paramus Road, Paramus.

Cost is \$75 and includes a buffet dinner and dessert. Cash bar.

Optional events being planned include the evening before the reunion with football game and after the reunion, a morning brunch.

ReservationsVenmo to @ Anthony-Greco-47

Send payments to A. Greco, 520 Victor Street, Unit #33, Saddle Brook, NJ 07663. ###

Resorts Casino Trip Aug. 31

On August 31, 2022, the Hasbrouck Heights VFW Post 4591 will sponsor a bus trip to the Resorts Casino, Atlantic City, NJ.

The cost is \$40 (paid in advance) and includes a continental breakfast from 9 a.m. to 9:30 a.m. To help the travel time pass, there will be a 50/50, Bingo and a movie. For further details, call Diane at 201-475-8898 or Gladys at 201-288-9074. ###

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Volunteers Welcome

Moonachie Parks Rededication Aug. 6

Before the Family Fun Day on August 6, 2022. Moonachie Rededication of East Joseph Street Park and Joseph Street Park at 11:30 a.m. at the Joseph Street Park/Moonachie Civic Center, 125 Moonachie Road (rd August 7 at 11:30 a.m.)

The Joseph Street Park will be renamed to Veteran's Park, to honor our Veterans and what they have done for our country and community.

The East Joseph Street Park will be renamed Frontline Park on behalf of all of the frontline workers that have tirelessly worked throughout the pandemic.

Both parks have been improved to include new and ADA compliant equipment to make Moonachie's parks more accessible to children. Both park projects utilized funds from the Bergen County Open Space Trust Fund. ###

Moonachie Family Fun Day August 6

Come celebrate on Saturday, August 6, 2022, from 1-4 p.m. Moonachie Family Fun Day is sponsored by the Mayor and Council, at the Moonachie Civic Center Park.

Free hamburgers, hot dogs, refreshments, water inflatables and entertainment. Bring your bathing suit, a towel, chairs and blanket! Rain date 8/7/19. ###

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 resume on September 10, 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. ###

AL Picnic Sept. 10

American Legion Post 310 will hold its 40th Annual Picnic on Saturday, September 10, 2022, from 3 to 7 p.m., at American Legion Post 310, 100 Liberty Street, Little Ferry.

Cost is \$30 per person at the door or \$25 in ADVANCE. Kids under 12 eat free.

All you can eat, BBQ chicken, baby back ribs, hamburgers, hot dogs, sausage and peppers, clams on a half shell, corn on the cob, Manhattan Clam Chowder, salads, draft beer and soda included. The bar will be closed for non-ticket holders.

Entertainment by 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. Last day to purchase advance tickets will be Tuesday, September 6.

For additional information, call 201-807-0470. ###

Point Pleasant Bus Trip Aug. 17

Lodi Senior Citizens Club is hosting a bus trip to the Shrimp Box for a seafood luncheon, followed by a sightseeing boat cruise.

Cost is \$60 pp. Bus departs 10 a.m. from the Boys & Girls Club parking lot. Call 973-340-4824. ###



Family Fun Day Sept. 24

Greetings from the Boardwalk at Little Ferry Family Fun Day on September 24, 2022, (rd September 25) from 1 p.m. to 9 p.m. at Willow Lake Park (Main & Pickens Street).

There will be a "Biergarten," vendor fair, food trucks, music, games and more. Fireworks program starts at 8:15 p.m.

Local vendors welcome. Call201-641-0808 for details. ###

Wreath Raffle September 30

The Hasbrouck Heights Friends of the Library is hosting a Wreath Raffle, Friday, September 30, 2022, at 6:30 p.m. in the Library.

Pre-sale raffle tickets are available at the Library the week of September 11, 2022.

Wreath and monentary donations are welcome.

The Friends are holding their meeting August 9, 2022, at 1 p.m., in the Library. All are welcome. ###

HH Leisure Club Christmas Party

The Leisure Club of Hasbrouck Heights will hold its annual Christmas Party on December 7, 2022, at The Venetian, in Garfield, from 12:30 to 4:30 p.m. The cost is \$55 for members and \$70 for non-members. Tickets will go on sale at the September 14, 2022 meeting. No tickets will be sold after November 9, 2022. Mark your calendars. Details to follow. *Provided by Gladys Gamble*. ###

Pasta Dinner September 23

The Ladies Aid Society of the First Presbyterian Church of Carlstadt will be sponsoring a Pasta Dinner on Friday, September 23, 2022 in the Church Community Hall on Third Street in Carlstadt.

Dinners will be served from 5:30 p.m. till 7:30 p.m. Ziti and homemade meatballs with sauce, salad, Italian bread, beverages, desserts with coffee and tea will be served.

Takeout orders available. Tickets are \$12 for adults and \$5 for children under 12. Tickets may be purchased through the Church office, 201-438-5526, in September as well as through any LAS member after Church services. 50/50 tickets will also be available at the fundraiser. ###

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blanket! Rain date 87//19.

Hasbrouck Heights Lions Club 35th Fireworks Extravaganza

June 28, 2022 • Depken Field

Ticket sales and gate fees pay for this event.

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Artful Thinking

By Artie Maglionico • Lodi Historian

Artful August 2022 Part 3 of 3

It was always a "Lodi thing." The fabric of our community was so tightly woven that you could bounce a quarter off of it.

Being a resident of Lodi was more than just having a physical presence it was indeed a state of mind that stayed with you for life. Neither distance nor time could undo that unique mind set.

A common bond with the kids you grew up with that is never broken. It's even deeper than friendship. It was more of a spiritual connection.

I remember my Brother Eugene (nicknamed "Soupy") telling his friends that Lodi teens were trend setters. That was in the year 1958.

By the time I entered Lodi High in 1961, I knew that my brother's observation was spot on. We dressed a certain way, acted a certain way, thought a certain way and even walked a certain way. Where we came from was unmistakable.

"Hey kid you from Lodi?" We'd strike a defiant pose look you straight in the eyes and reply "Yea I'm from Lodi!" That was all we had to say.

Our demeanor spoke for itself. We wore Italian knit sweaters, high roll collars, shark skin pants, thigh length black leather jackets the name of which was given by the coolest of the cool who hung out in Sorbello's parking lot on Main Street. The outfit wasn't complete unless you sported a pair of black feather weight shoes. "If a guy from another town approached us Lodi girls we would check out his shoes, recalls Beth Manzo Maglionico." If he wasn't wearing feather weights we sent him packing."

My cousin, Anthony, must have been wearing them at the time. The couple tied the knot a year or two later. His Buster Browns never saw daylight again.

As for the kids from Westervelt Place, we had come a long way from coating our hair with Wild Root cream oil, wearing our brothers' hand me down clothing which were ill fitting at best, and inserting cardboard cut outs into our

sneakers to cover the hole that formed in the sole from playing King, Queen, Jack. We saved a sock or two along the way.

Once we were entertained by watching the guy from Staals Coal and Feed send coal down a steep metal chute into Lou Albano's coal bin or bursting tar bubbles in the gutter after a thunder storm.

Now we were in sartorial splendor getting our hair hot combed and razor cut at a shop in Paterson called Desmond's.

The Wild Root cream oil was traded in for hair spray. My favorite was Aqua Net. It stood up well during high humidity and 30 mile an hour wind gusts.

A kid paid good money for that razor cut so why not preserve it with some heavy duty Lacquer. We made sure not to go near a lit match. Oops there went the do.

My mom was forever inquiring as to who was using all of her hair spray. In a desperate and futile attempt to cast her suspicions elsewhere I'd point at my father. Unfortunately for me my dear old dad was bald. Foiled again!

I'm sure that you readers from surrounding communities, especially those of "baby boomer age" or thereabout, have similar memories of your own.

Your friends, relationships, school days and especially the places where you "hung out." Every generation had a sacred haunt that they called their very own. A place where everyone met on a daily basis and from which they ruled the world or at least their world.

In the Borough of Lodi, Main Street, from one busy end to the other, was a meeting place for the entire community young and old alike, the energy of which was felt in every neighborhood and in every household.

As far as "hang outs" were concerned a Lodi kid could be found at such places as Humphreys Pizzeria, Tony's Poolroom, The "Lot" which was home to that elite group of Lodi teens who called themselves the "Lot Boys."

Among the original Lot Boys circa 1961,62 were My cousin Johnny "Mags" Maglionico, Joe Lamark, Paul Catalano, Pete La Conte, Joe Masters, Bobby Gerber, Bobby Quartier, Mike Buccaro and Junior Peraino.

The "Lot" (Sorbello's parking lot) was the birth place of featherweight shoes, and the now legendary Lot Boy Jacket.

There was also Cardy's on Union Street where the kids from Wilson School hung out, Carvel ice cream at the corner of Main and Union Street directly across from the Modern Bakery.

Further down was a popular haunt called Panama's where a 17 year old boy could show off his new car in front of an admiring group of teenage girls.

Let's not forget, Frankie's Market on Route 17, which was destroyed by fire in 1957, Radolfa's Bar and Grill on what used to be Nicholson Street (now the Post Office area) Goody's, one of our earliest fast food haunts located on Route 46 East next to the drive-inmovie.

Further down 46 was Kingies Diner the afterhours, if you were old enough or perhaps not, Saturday night meeting place for many a carousing Lodi teen that needed a cup of coffee and a booth full of friends to which he could share his most recent escapades.

Of course the topic was invariably about first dates and cars. Remember? We Lodi kids were truly in a world of our own and we embraced every cherished part of it.

It was a perfect world and why wouldn't it have been? After all we were young and carefree. We enjoyed, and probably took for granted, a solid and structured family life. We came from close knit households and were part and parcel of a close knit community.

Everyone, on some level, knew one another and looked out for one another. I recall my parents reminding me to never talk to strangers. That was an easy task since there were no strangers to speak of.

An unfamiliar face was rare and stood out like the proverbial "sore thumb."

The neighborhoods were

closely connected while the people were always conscious as to what was taking place beyond their front doors.

We knew everyone who entered our safe little haven; the egg man, the milk man, the guy in the street cleaner, the mailman, the DPW workers, the lemon ice man and, of course, the Policeman.

I know what you're thinking." They were all men." Not really! The driver of the Good Humor Ice cream truck was a young woman who was working her way through college. It used to amaze me how no matter what kind of ice cream you wanted she'd open the hatch to the freezer reach in and without looking come out with the exact thing you asked for.

Life as we knew it was quickly changing. The places that we had come to know and love were disappearing and so were the people who once lived and thrived there.

The most dramatic change was the eradication of our beloved Main Street. How sad it made me to watch it vanish building by building, piece by piece and memory by memory.

My Arnot Street home was eventually wiped off the

face of the earth along with our neighbors, the Levi's, Sal the Barber and the home of the Feigo family which was moved to Westminster Place.

Even at that, Lodi kids, till this day, continue to keep in touch with one another. That bond has proven to be unbreakable. When it's our turn to pass through those pearly gates Main Street will be in full view and that is where we shall meet again. Not soon I hope. I'm not in any hurry to get there folks. How about you? What's the rush? We'll have all of eternity to reminisce. Right Soupy? "Do good work Art."

Readers from surrounding towns, here's hoping that in some sentimental way these last three columns brought to life cherished memories of your own. Thanks for understanding and a special thanks for reading. ###

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Garden of the Season

The Hasbrouck Heights Garden Club will be resuming the "Garden of the Season" contest in 2022.

The Summer contest is for front and side yards only and runs between May 28 thru August 27. 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 July and August) at 6pm, with refreshments served at 5:30 p.m. Please join us in the Meeting Room across from the Library in Boro Hall on the second floor and bring a friend. Provided by Judy Masscis. ###



For information about advertising in The Gazette Newspaper call 201-288-8656

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Real Estate Insight By Mary Ellen Courtney

Ways to Improve Your Home's Value and Ways to Waste Money Trying

Home sellers looking for a fast sale or/and to maximize on asking price might reasonably consider a last minute renovation. Such work could make their homes more valuable to potential buyers but – big question! – is the investment going to pay off in the sale?

Forbes Magazine recently ran an article listing the most important, as well as least valuable improvements you can make to your home before selling it.

Their conclusion: you do not actually have to invest all that much to raise the perceived desirability of your home. In fact, the top 5 improvements cost a couple of hundred bucks or less. And the worst improvements may be those that actually cost the seller the most but do little – in the eyes of the buyer – to raise the value of the home.

The best home improvement investments are pretty cheap...

1. Clean up the place. Cleaning house is something you can do yourself easily and cheaply, using products you (hopefully) already have around the house. Never underestimate the damage a grimy shower or a mystery-stained toilet can have on the perceived value of your home.

2. Minor repairs of highly visible items. Fix the outlet

Gas Mileage Tip

Drive Sensibly

Aggressive driving (speeding, rapid acceleration and braking) wastes gas. It can lower your gas mileage by 33 percent at highway speeds and by 5 percent around town. Sensible driving is also safer for you and others, so you may save more than gas money.

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that is hanging out of the wall, the door latch that's askew and maybe the ceiling fan that doesn't turn. Buyers are not blind; they see your neglect of small things as endemic of neglect in general

- 3. Curb the clutter. A cluttered house whose junk falls on prospective buyers as they open closets is much less appealing than on that seems organized. Also, empty space makes a home feel more spacious in general; home buyers can more easily imagine their own items within.
- **4. Paint it.** Both exteriors and interiors benefit greatly from a fresh coat of paint. Keep in mind though that if you are selling, it may not be a great time to go surreal. Simple, understated colors are the best bet.
- 5. Clean up the yard. We don't need geometric gardens of topiary animals but a few plants that aren't dead, a swath of grass and a minimum of weeds will go far in elevating estimation of your property.

Bad investments....

Among many wasted remodeling dollars we see are those spent adding a family room, adding a master suite and even finishing the basement.

The point here is not that these improvements don't increase a home's value; rather, the amount spent on building these things is going to be a lot more than the seller can pass on to the buyer.

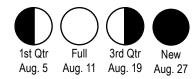
In this crazy sellers' market, when houses are still practically flying off the shelf, we should take increased comfort from the idea that the best investment we can make in a home we plan to put on the market is a bucket, some quality cleaning products and a decent sponge. It's often just that easy!

There's always much to consider when buying, selling or renting a home. For expert guidance, contact Mary Ellen Courtney, Broker-Manager at Terrie O'Connor Realtors' Gateway Group, 201-288-0004. She and her professional team will help maximize your efforts' success! ###

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Sturgeon Moon

The August full moon appears on Thursday, August 11, 2022, at 18:02 a.m. It is called the "Full Sturgeon Moon."

It will be the last supermoon of the year reaching its peak illumination at 9:36 p.m. Look toward the southeast after sunset to catch a glimpse of the Sturgeon Moon rising.

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 Lake Champlain and other major bodies of water, were most readily caught during August.

The lake sturgeon has a greenish-grey color and a pointed snout with two pairs of whisker-like tactile organs dangling near the mouth. It is sometimes called a "living fossil," as it belongs to a family of fish that has existed for more than 135 million years.

Lake sturgeons are extremely long-lived. The males can reach 55 years, while females can live up to 150 years! And they can grow to be enormous. They are the American continent's largest fish and can grow to over 2 meters long (6 feet) and weigh around 90 kilos (200 pounds).

Lake sturgeons do not only live in lakes; they also live in rivers, but not in the ocean.

This monster fish used to be a major part of the ecosystems in North America's Great Lakes, Hudson Bay, and in the Mississippi River, and they were once found all the way from Canada to Alabama.

Today, the lake sturgeon has become one of the rarest fish in North America because of intense overfishing in the 19th century, pollution, and damage to their habitat and breeding grounds due to agriculture and lumbering.

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," "Grain Moon,"Fruit Moon," and "Barley Moon," all inspired by vaious crops that can be harvested in August. 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. ###

When not in use, turn off the juice.

Vintage & Crafts & Food Trucks August 7

Jubilee Park is one of our favorite parks to hold JC's events. We're changing it up a little with this event. You'll still be able to shop with your favorite vintage vendors but in the other section of the park, we will feature artisans and craft-speople. Open to the public August 7, 2022, from 9-5 p.m. This event is a fundraiser for the Clifton Recreation Department. Admission is free.

- The Vintage Area will have vendors selling items such as, antiques, collectibles, vintage, retro, repurposed items, shabby chic décor and more.
- The Arts & Crafts area will have makers that will be selling, drawings, paintings, sculptures, printmaking, mixed media, photography, metal art, designer jewelry & accessories, fiber art, botanicals, dried flowers, leather, ceramics, pottery, wax & candles, personal care and pet-use products, specialty foods and more.
- **Food Trucks.** Come hungry and enjoy a relaxing lunch at our gourmet food trucks.

For more info: contact events@jcpromotions.info or 201-998-1144. ###

HHMA Golf September

The HHMA will have their Annual Bizik-Hughes Memorial Golf Outing on Wednesday, September 28, 2022, at the Meadows Golf Club, at 79 Two Bridges Road, Lincoln Park, NJ 07035.

The Golf Outing will be a shotgun start at 9 a.m. Breakfast and registration will take place at 7:30 a.m. The format will be Best Ball, 50/50 raffle and prizes. All money raised will be awarded as scholarships to qualified graduating seniors of Hasbrouck Heights.

Cost is \$125 pp and includes the following:

- Hot and cold breakfast buffet, eggs, sausage, bacon, potatoes, bagels, fruit, donuts, muffins, coffee, tea and juice.
- Lunch buffet, salad, penne vodka, sausage, peppers, onions and potatoes, eggplant rollatini, chicken marsala, vegetables, rice, dessert and coffee.
- Cash Contests Longest Drive, Closest to Pin, Pot of Gold on the green, off the green, \$10,000 Hole in One.

If interested in golfing, sponsorship or donation, email Louis Verdi at louis.verdi@ ey.com or call 201-978-9586 or Steven Palladino at: spalladino326@gmail.com or call 201-725-2917. ###

Historically Speaking

By James J. Halloran



Brigadier General Enoch Poor

In Hackensack, at the intersection of Court and Moore Streets, across from the Bergen County Courthouse, is the statue of General Enoch Poor. Who was General Poor?

Enoch Poor was born in Andover, Massachusetts, on June 21, 1736. Poor enlisted as a private in the French and Indian War and participated in the recapture of Louisburg, in Canada. After the war, he eloped with Miss Martha Osgood to Exeter, New Hampshire. He became a wealthy shipbuilder and merchant.

As a supporter of Stamp Act protests, he was a member of several committees leading up to the rebellion. He was active in politics and was twice elected to the New Hampshire Provincial Assembly.

With the outbreak of hostilities after Lexington, the New Hampshire Assembly authorized the formation of three militia regiments. These regiments were under the commands of Colonels John Stark, Enoch Poor and James Reed. Colonel Poor's regiment was designated the 2nd New Hampshire Regiment.

The 1st and 3rd Regiments were sent to Boston, while the 2nd was retained to protect Portsmouth and Exeter. However, after the Battle of Bunker Hill, Colonel Poor was ordered to take his regiment to Boston,

In the summer of 1775, the 2nd N. H. Regiment was absorbed into the Continental Army and was detailed to be part of the invasion of Canada. After the failure of this invasion, the Regiment would join Washington's Army, in winter quarters, at Morristown, NJ, in December, 1776. Here they would be designated as the 8th Continental Regiment.

Enoch Poor was promoted to Brigadier General on February 21, 1777, by the Continental Congress, He was given command of a brigade and ordered to the garrison of Fort Ticonderoga in upstate New York. However, with the invasion from Canada, led by British General John Burgoyne, aka "Gentleman Johnny," Fort Ticonderoga was abandoned.

The garrison of the fort fled south to join the Continental Northern Army Department, commanded by General Horatio Gates, at Albany, New York. General Washington reinforced the Northern Department by sending Generals Benedict Arnold and Benjamin Lincoln. He sent Colonel Daniel Morgan's Rifle Corps of about 500

sharpshooters, also.

The original British plan was to have three separate forces meet at Albany. Beside General Burgoyne's force, one group would advance from Lake Ontario and another would push up the Hudson River. The aim of this operation was to split the Colonies by taking control of the Hudson River.

The plan started to fall apart with the defeat of the force from Lake Ontario and a halfhearted push up the Hudson from New York by General Sir Henry Clinton. Clinton planned to use his troops to capture Philadelphia instead.

General Gates established a defensive position, just south of Saratoga, NY, on Bemis Heights. General Poor's Brigade had three regiments from New Hampshire, two regiments from New York State and was reinforced with the addition of two militia regiments from Connecticut. There would be two engagements here.

The first was held at the Freeman Farm. General Poor's Brigade supported Morgan's Rifle Corps on the left of the Continental line. This was a minor victory for the British. But they did not break through the defenses.

The British Army now faced a dilemma. Their supplies were running low. Should they retreat or attempt to force their way to Albany. Burgoyne chose to try another attempt to get to Albany.

General Poor's Brigade was on the extreme left of the line. The British attempted to turn the left flank. British Major John Acland led a bayonet charge by the Grenadiers Battalion. Poor ordered his men not to fire until he told them to do so. As the British came up close, he ordered his 1,400 men to fire. This devastated the Grenadiers. Major Acland fell wounded and was captured. Poor and Morgan then went on the offensive.

The center of the Continental line attacked also. The British were routed and General



Photo by Bill Coughlin, 2008.

Burgoyne would, a few days later, surrender his army.

General Poor and his men were ordered to return to Washington's Army. They would winter at Valley Forge and take part in the Battle of Monmouth. They were then ordered to the division of General Lafayette.

This begs the question, "why is there a statue to a general who was not from New Jersey and never commanded New Jersey troops, in Hackensack?" The short answer is located about 100 feet from his statue. Here is the grave of General Poor. His grave is just inside of the churchyard of the First Reformed Church.

General Poor passed away on September 8, 1780. General Washington ordered a funeral with full military honors. It was attended by both Washington and Lafayette. In 1824, the Marquis de Lafayette visited his grave and was much affected.

There is some controversy as to how he died. The official version, attested to by a Continental Army surgeon, states that he died from typhus. Many years later, a family member stated that he was mortally wounded in a duel with a French Army officer. It was hinted that Washington covered it up, as dueling was against army regulations. The jury is still out on this. ###

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Zoomerang to Australia for VBS Adventure

Kids from K to 6th Grade enjoyed a free Zoomerang Vacation Bible School Adventure, tracking down the "One True God, our Greatest Treasure." It was hosted by Bible Baptist Church in Hasbrouck Heights from July 11 to 15, 2022, from 6:30 to 8:45 p.m.

There was singing, danc-

ing, game-show theatrical skits. games, arts and crafts, prizes and more. They had fun learning about being made in the image of God and how He values every life.

The VBS Finale was a Sunday Service, July 17, where kids sang the Zoomerang theme song, saw a video of all the

week's highlights and at the end of the service enjoyed a BBQ.

Each night they collected optional offerings totaling \$635 for Lighthouse Pregnancy Resource Center, a ministry that helps women and men facing tough decisions for the future of their unborn children. ###

















Photo of the opening ceremony of Hasbrouck Heights Lions Club Fireworks program taken from the stage. Program was a huge success. *Photo provided by Thomas E. Mason Jr.* ###

Dinner Dance Benefits Nurses' Scholarship September 23

Continuing a tradition of almost 70 years, the Bergen County American Legion and American Legion Auxiliary are hosting the annual George F. Axt Memorial Fund Dinner to benefit scholarships awarded to nursing school applicants, on Friday, September 23, 2022, at Joseph M. Lane American Legion Post 136 in Lodi.

Reservations are \$15 each and include dinner, coffee and dessert. Dance music will be provided by a DJ. A Tricky Tray is also featured.

Checks may be made payable to "BCAL," with "George F. Axt Memorial Fund" referenced in the memo portion of the check. Mail to: Vincent Martorano, BCAL Finance Officer, 83 Hook Mountain Road, Montville, NJ 07045-9619. Additional info: 201-264-4622 or email alaunit136lodinj@gmail.com.

A life member of The American Legion, George F. Axt belonged to American Legion Post 78 in Englewood and served as Bergen County Commander in 1952. While serving as County Commander, he originated the "Bergen County Legion & Auxiliary Fund" to raise money for nursing school scholarships. Upon his death, the name of the fund was changed to the "George F. Axt Memorial Fund" in his honor. ###

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After a two-year COVID break, the 21st Hasbrouck Heights Junior Police Academy was held Monday, June 27, through Friday, July 1, 2022. Activities included using impaired driving goggles while driving a golf cart, SWAT Team demonstration, firearms demonstration, anti-bullying/self defense, visit to West Point, and lots of marching, etc. The highlight was when a HUMC Medi-Chopper landed behind the Hasbrouck Heights High School with recruits getting a close up view. ###



Hasbrouck Heights Friends of the Library, a 501(c)3 Not-For-Profit organization.

Performing Arts Program

Care on the Corner announces the Summer 2022 program for Kids on the Corner, a Performing Arts Program for children in Grades 2-7.

This session marks the 43rd production of Kids on the Corner. The goal of Kids on the Corner is to educate and enlighten children in different art forms and cultural experiences.

The Performing Arts group meets Monday, August 22 through Thursday, August 25, 2022 from 9:30 a.m. to 12:30 p.m.

Under the direction of Jennifer Ashline, participants will tell the story of "A Summer of Unfortunate Events." All are welcome to come out and see the performance on Thursday, August 25, 2022 at 7 p.m.

Jennifer has a Master of Arts degree with a high concentration in Popular Culture.

She uses her expertise to teach through film and other entertainment venues. She is also the creative director for Care on the Corner's Performing Arts Program for middle and high school students, ARTS Today in NJ.

The group meets at the Care Center, 333 Franklin Ave, Hasbrouck Heights, NJ. Call the Care Center at 201-288-9460 to register. There is a \$50 registration fee. Scholarships are available. ###

Summer Tutoring

Did your child fall behind over months of remote learning? Then come and join our summer tutoring sessions.

Does your child need to complete his/her summer packet? Then come and join our summer tutoring sessions.

Care on the Corner announces Summer Tutoring for students in Grades 1 – 4. Sessions will be offered Monday, August 29 through Thursday, September 1, 2022, from 9:30 to 11 a.m. Students are asked to bring their summer packets.

The group meets at the Care Center, 333 Franklin Avenue, Hasbrouck Heights. Call the Care Center at 201-288-9460 to register. There is a \$75 fee. Scholarships are available. Nichole Rucci (NJ Certified Teacher) will be the coordinator. ###

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Rutherford Children Cele





























Department's 90th Annual Baby Parade was held on Saturday, July 2, 2022 at 10 a.m., starting at the high school and ending in Lincoln Park.

Rutherford residents, ages newborn through 5 years old, were welcomed to participate in this adorable Rutherford tradition. Residents were encouraged to decorate their child's stroller, bike, wagon, etc., with patriotic or other themes and to have their children dress for the role.

This is a wonderful community event that showcases the artistic talent of parents and the incredible cuteness factor of Rutherford children.

The Grand Prize winner received \$100 and 10 runners-up received \$50. Event was sponsored by the Recreation Office. For additional information, call 201-460-3015. ###

ebrate Our Independence



















Scenes From the Lodi Boardwalk at the Boro

Lodi Mayor and Council hosted "Boardwalk at The Boro" on July 9, 2022, on Memorial Drive that started at 3 p.m. and concluded with fireworks behind the municipal complex. Free event included boardwalk games, food, rides, beer garden and more! Live music featured Beatlemania Again. The Boys & Girls Club Keystone Club, 13 to 18 year olds, volunteered to work the arcade games, with proceeds to benefit the Boys & Girls Club. This family friendly event organizer was **Cliffhanger Productions.** ###



















Scenes From Wood-Ridge Town Day

Sponsored by Wood-Ridge Mayor and Council. Produced by **Cliffhanger Productions** and Fun Time Entertainment.





















































On March 31, 2022, a "Clap-out" ceremony was held for retired Police Chief Joe Terraccino. Top photo: the Department well wishers. Bottom photo family picture; Mary and Joe Terraccino, daughters Jennifer, Christina, and Stephanie, sons-in law, James Donatello and Justin Zanca, grandchildren Zoey, Jimmy, Grace, Tygue, Jack and Juliana. Photos courtesy of John Rizer. ###

SHPD Chief Joseph Terraccino Retired July 1

Chief Joe Terraccino retired on July 1 after more than 8 years at the helm of the department and nearly 32 years of distinguished service.

Chief Terraccino graduated from the Bergen County Police Academy in Mahwah, NJ and was hired by the South Hackensack Police Department on December 28,1990. He was Stephanie, who have given promoted to Sergeant in 1994 and Captain in 2005 before receiving the ultimate honor of leading the SHPD when he was promoted to Police Chief

Joe was born in the Bronx, New York and raised in Englewood Cliffs, New Jersey by his parents Joseph and Jane Terraccino.

He was very proud to follow in the footsteps of his father, Joe Sr., who served twenty-five years as a police officer in their hometown.

Throughout Chief Terraccino's career, he remained steadfast to moving the South-Hackensack Police Department into the next generation, and took immense pride in never taking a sick day during his tenure. His commitment to serving others was not just while in uniform, as he also served on the South Hackensack Recreation

South Hackensack Police Commission for four years and on the Board of Education in South Hackensack for twentyfive years.

> Chief Terraccino currently resides in South Hackensack, New Jersey with his wife of thirty-eight years, Mary, and together they share three beautiful daughters,

> Jennifer, Christina, and them six cherished grandchildren, Jack, Juliana, Tygue, Zoey, Grace and Jimmy. The family has already begun packing their bags for a celebratory family cruise.

> Chief Terraccino is truly one of the hardest-working individuals in law enforcement and one of his strongest qualities is his ability to communicate with the residents and strengthen community relations. He has made a lasting impact during his time as Chief and will be remembered for his distinguished service for years to come.

> The South Hackensack Township Committee, Residents, Business Owners, Friends and Family hereby congratulate Police Chief Joseph Terraccino and extend their sincere best wishes for continued success. Provided by the family. ###

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Presbyterian



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221 Moonachie Road Parish Office: 201-939-7920 Sun. Worship Service: 11:30 am Linda Van Kampen, Pastor, 201-410-7522 Martha Day, Pastor, 201-755-1612

Pray For Peace

Presbyterian



CARLSTADT FIRST PRESBYTERIAN CHURCH

The Community's Church Sunday Worship @ 10 am Division Avenue @ Third Street 201-438-5526 • cfpchurch.org & FB Pastor Debbie Gargiulo

Methodist



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57 Burton HH • 201-288-4636 Rev. Kim, Pastor • 201-240-7811 www.facebook.com/CFUMCHH Sun.10:15 am • Worship & Sun School 11:30 am Fellowship Hour Weekly Thurs. 7 pm Bible Study

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Cancelled Stamps

The Leisure Club of Hasbrouck Heights is collecting cancelled stamps. Please trim the stamps to 1/4 inch around the stamps. Old envelopes and post- cards are also being collected. If envelopes, postcards etc., are more than 40 years old, please do not cut off the stamps, but save the whole envelope/ postcard. The stamps can be dropped off or sent to: The Gazette Newspaper, 345 Boulevard, Suite 5, Hasbrouck Heights, NJ 07604. ###

Food Drive

Assumption Parish Food Pantry is conducting a summer stock up food drive. They seek any donation of non-perishable food items such as cereal, coffee/tea, canned goods, tuna, pasta sauce and pasta, paper products, peanut butter and jelly, etc. Drop off items or mail monetary donations at the Assumption Parish Food Pantry, 143 First Street, Wood-Ridge.

For larger donations, call Tony at 201-507-1458. ###

In Memoriam

Peter J. Gallo Jr.

August 3, 1930 Happy Birthday in Heaven



We love you and will always miss you. Marie, Lynn-Marie, Peter, Kevin

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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 ###

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@hasbrouckheights.com or drop them off at: **The Gazette Newspaper**, 345 Boulevard, Hasbrouck Heights, NJ 07604. ###

PRAYER TO ST. JUDE

Oh Holy St. Jude, apostle and martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depth of my heart and humbly beg to who God has given such great power to come to my assistance. Help me in my urgent petition. In return I promise to make your name known and cause you to be invoked. Say three Our Fathers, Hail Marys and Glorias.

Publication must be promised. St. Jude, pray for us all who invoke your aid, Amen. This novena has never been known to fail. This novena must be said for nine consecutive days. FOR ###

Pray for Peace

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Hasbrouck Heights Free Public Library

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

The Free Public Library of Hasbrouck Heights is open for in-person browsing and computer use. Face masks are optional.

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

Summer 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., closed Saturdays.

Return Library materials in our book box located in the rear of the Municipal Building.

Registration is required for all programs unless otherwise noted.

For the FAMILY

• Summer Reading Con-

tinues! This year's theme is Oceans of Possibilities - come explore the world of books and reading that's as vast and varied as the sea! Our summer reading program for kids, tweens/teens, and adults runs through Sunday, August 28. Prizes (sponsored by Friends of the Hasbrouck Heights Library, and CultureFly) can be earned by reading and logging in! Visit hhlibrary.readsquared. com to register.

In-Person Fun All Summer Long

- Guess the Fin. How well do you know your ocean creatures? Visit our Guess the Fin wall and take your best guess. Guess eight or more creatures correctly to be submitted in a prize raffle!
- Adult Book Bingo. Perfect for those who indulge in beach reading all summer! Read books and try to get as many Bingo wins as possible for the chance to win prizes!
- Ocean Exploration Scavenger Hunt. Explore the depths of the Library to learn about famous expeditions and ocean facts! Once you've discovered all of the expedition spots, you can turn in your sheet for an Ocean Scientist badge.

For CHILDREN

• Fresh Air Storytime

Read to Your Child

- at Central Ave Playground. Join Ms. Maureen or Ms. Jamie every Wednesday, August 3 through August 24, at 11 a.m. for outdoor storytime! We'll have stories, songs, and the amazing bubble machine at the small playground on Central Avenue. Bring a blanket, mat, or chair for your child to sit on. Registration is required so we have a way to contact participants in case of a change. Subject to cancellation due to inclement weather.
- Game Lounge Open Play. Tuesdays, August 9 and 23 and Thursdays, August 11 and 25 from 1 to 3 p.m. Reservations requested.
- Let's Draw Cartooons! with award-winning artist Rick Stromoski (via Zoom). Thursday, August 11 from 4 to 5 p.m. join Rick as he shows us how to create ocean animal cartoons! Zoom link will be sent. For kids, tweens, and teens. Registration is required and space is limited.
- Summer Movie Time. Fridays, August 12 and 26 at 1 p.m. Come beat the heat and enjoy a movie on our big screen TV on select Fridays in August.
- Oceans of Possibilities Wednesday Workshop: Bottle Diver. Wednesday, August 17, 3 to 4 p.m., in-person. Join us as we create our own Cartesian diver science experiments and learn about buoyancy and gasses! Best for Grades 3 and up and registration is limited.
- Oceans of Possibilities Trivia, Round Two. Tuesday, August 23 at 3 p.m. One round of ocean trivia wasn't enough so we're back for a second game! Come ready to play using the Kahoot! app and test your knowledge of oceans and sea creatures. Best for ages 7 and up.

For ADULTS New Services

• Library of Things. A collection of non-traditional Library items available for borrowing. We have four different kinds of collections that fall under the Library of Things

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Daniela Pisacane, NP-C

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Wood-Ridge, NJ 07075

Phone: 201.438.5500 Fax: 201.438.3363 umbrella: Mobile Hotspots, Museum Passes, Puzzle Sets, and iPads. Each of these collections has its own policies and rules, and is available to borrow for at-home use!

- Digital Literacy Assess**ments.** The Library is now an approved testing location for the Northstar Digital Literacy Program, offering free testing and assessments of computer and internet skills. Grow your understanding of digital literacy topics to improve your chances of getting a job, excelling at school, and so much more! Test yourself on any number of skills such as Computer Basics, Internet, Email, and Microsoft Excel. Assessments can be done at home or in the Library. Test takers can receive certificates and/or digital badges when they pass Northstar assessments in a proctored environment at a Northstar testing location.
- Learn Online. You have access to Kanopy, and Hoopla. Use Kanopy to access The Great Courses lecture series, and Hoopla to hone your craft skills via Craftsy. See a staff member for more information or a demo.

ONGOING

• Crafts-to-Share Club. Tuesday, August 9 at 6 to 8 p.m. Wednesday, August 24 at 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. Inperson and on Zoom.

• Adult Book Club. 4th Tuesday of every month, In-Person and via Zoom. August 23 at 7 p.m. - "The Invisible Life of Addie LaRue" by V.E. Schwab.

Join us for 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. ###

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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.

• Adult Summer Reading Program. Program started in June. Adults can still sign up in August and log all of their reading since June 23.

There will be two prizes this year - a gift certificate and a gift basket. Sign up on our website and click the link to the Summer Reading Beanstack program.

• Chair Yoga. A six-week yoga class for people experiencing joint pain and stiffness. Students will use chairs rather than yoga mats. New instructor is Priti Dhariwal. Classes on Tuesdays 1:30 to 2:30 p.m., August 2, 9, 16.

Registration required. You must reserve a spot for each session you wish to attend. Sponsored by The Friends of Lodi Memorial Library.

• Adult Crafts. Beach Ornaments. This craft includes two ornaments – a Sign and a Hanging Glass Ball. Each will have sand, shells and prompt memories of carefree days at the beach. Supplies are limited. Register by Friday, August 12. Pick up craft starting on Wednesday, August 17.

We will be doing the craft at the Library on Wednesday, August 17 at 3:30 p.m. Call Library to register - 973-365-4044 ext 2. Be sure to indicate Grab & Go or In Library.

• Tuesday Night Book Club. Tuesday, August 9, 6:30 to 7:30 p.m., in the Library. August's book is "Red at the Bone" by Jacqueline Woodson – 208 pages.

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

• Semi-Monthly Movie.

Now showing movies twice a month. For August the movies will be "Ghostbusters: Afterlife" on August 10 at 1 p.m. and "Marry Me" on August 24 at 1 p.m.

• Adult Coloring Pages, Mazes and Community Puzzle. Always available for adults. Come to the Library to de-stress with our free coloring materials, fun mazes, and beautiful puzzles. ###

Children Special Programs

- Summer Reading Program. June 23 to August 18. Kids, teens, and adults can all sign up for the Summer Reading Program this year. Go to website for more information.
- A Summer of Crafts. Grades Pre-K-2, June 28 to August 13. A new grab & go project with ocean themes will be available each Monday! Also offering craft in person on Mondays at 2 p.m. Registration is not required.
- A Summer of Crafts Grades 3-12. June 28 to August 13. Register for a new grab & go project each week including string art, lanterns, and more! Also offering each week's craft in person on Thursdays at 2 p.m. Registration is required.
- Family Movie Night. Monday, August 8, 6 p.m. in the Children's Room. "Moana." No registration necessary.
- End of Summer Reading Party. Thursday, August 18 from 1:30 to 3:30 p.m. Join us for a performance by Talewise "Pirates Lost At Sea," Tricky Tray, and snacks. Registration is required.
- **Storytime.** Every Friday at 11 a.m. No registration necessary. ###

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Rutherford Public Library

Rutherford Public Library, 150 Park Avenue, Rutherford NJ. 201-939-8600. rutherfordlibrary.org, facebook. com/rutherfordpubliclibrary and twitter@Rutherford_pl.

Hours: Monday-Wednesday 10 a.m. to 8 p.m., Thursday 10 a.m. to 6 p.m., Friday 10 a.m. to 5 p.m. Closed Saturdays through August.

• 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.

• Tech Tutor. In-person one-on-one tech tutor to our technology lineup. Our tech Librarian will be available by appointment for tech help or

lessons. To make an appointment, fill out our online form or email marion.johnson@rutherford.bccls.org.

• Poster Printing.

We have a Canon eColor+poster printer for Posters up to 24" x 36" on matte or glossy paper. Acceptable file types include PDFs, JPGs, and PNGs. Restrictions apply. Poster printing is conducted by Library staff and may be arranged by emailing ruthcirc@bccls.org or calling 201-939-8600.

• Summer Reading Program. Summer Reading Club is going strong! Registration is going on now and the program will continue until September 24. Small prizes are awarded

for continued reading-- the more you read, the more you earn! Registration must be done online, please see our website for details.

- Digital Newspaper Access. The Rutherford Public Library is happy to announce a new digital subscription to The Washington Post for Rutherford cardholders. This joins our existing digital subscription to The Wall Street Journal. If interested, send an email to reference@rutherford.bccls.org with your Library card number and we will send you the information you need to access either publication online!
 - Downloadable Collec-

tions. Cardholders may access e-books, e-audiobooks, and popular magazine issues through the Libby app, powered by Overdrive. The Hoopla Digital mobile app also provides cardholders with e-books and e-audiobooks, as well as streaming music and video content. Downloadable content returns automatically. For help accessing these resources, please stop by or phone the Library.

• Follow us on Facebook at facebook.com/rutherford-publiclibrary or on Instagram at instagram.com/rutherford-library to stay up to date with important news and events. ###

Carlstadt Public Library

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

- Movie Madness. Sit back and relax for a showing of the film "The Lost City" starring Sandra Bullock and Channing Tatum on Tuesday, August 9 at 1 p.m. or Wednesday, August 10 at 6 p.m. Seating is limited and registration is required. One showing per person.
- As the Page Turns -Adult Book Club. Calling fellow bookworms! Discuss the novel "Black Cake" by Charmaine Wilkerson on Wednes-

day, August 24 at 7 p.m. at the Carlstadt Civic Center, 425 4th Street in Carlstadt. Copies are available at the Circulation Desk. Carlstadt residents can also access the e-book or audiobook on Hoopla and Libby! Registration required.

- Crafts for Crafters. Decorative Welcome Sign. The workshop will be held in the Library on Wednesday, August 17 at 6:30 p.m. Bring a hairdryer; all other materials will be supplied. Space is limited and registration is required.
- *Oceans of Possibilities Summer Reading Club. Discover oceans of possibilities! Kids and teens are invited to join the Carlstadt Library's Summer Reading Club, with weekly crafts and prizes. Stop

by to pick up your reading log and get started! With each checkout of Library materials, participants will earn a raffle ticket for the grand prize! One raffle ticket may be earned each day. The Summer Reading Club runs through Friday, August 5. Call the Children's Department at 201-438-8866 for more information.

- 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 Tropical Fish Mobile. Kits will be available at the Library from August 1 through August 31, while supplies last. Please call 201-438-8866 for more information.
 - Storytime at the Play-

ground with Miss Risa. On Wednesday, August 3, 10, and 17 at 11 a.m. Meet Miss Risa at the playground located on the corner of Second and Broad Streets, Carlstadt. This program is for ages 6 months to 5 years, with caregiver.

• Music with Miss Nita - LIVE! The Carlstadt Library welcomes Miss Nita at the Carlstadt Village Green on Thursday, August 4, 11, and 18 at 10:30 a.m. for songs, rhymes, movement and instrument play. In the case of inclement weather, enjoy this event on the Carlstadt Facebook page. Look for a virtual class with Miss Nita on the Carlstadt Library's Facebook page. For ages 6 months to 5 years. Register for each session.

• Improve Your Test Scores. Carlstadt residents may access Peterson's Test & Career Prep, a valuable online tool for standardized test prep, researching college programs, and exploring careers. Students preparing for the AP, ACT, SAT, PSAT, GED, military or citizenship tests can practice with full-length, timed exams.

Additional tools such as Resume Builder and the Virtual Careers Library help to build essential job search skills, such as crafting a cover letter, writing a resume, and interviewing successfully. These online resources are available free of charge to Carlstadt Library card holders through the Library's website at carlstadtlibrary.org

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ER Seniors

August 15, 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

- August 4: Escape to Margaritaville, Surflight Theatre and lunch at The Black Whale, Beach Haven, NJ. Lunch: Soup or salad, Fish and Chips, cheeseburger, Salmon, BLT, sausage sandwich, Pasta Primavera, dessert, coffee, tea. Bus departs CVS Parking Lot, 9 a.m. Departs event 3:30 p.m. \$60 pp.
- August 15: Caesars Casino, Atlantic City. Leaves CVS Parking Lot 9:30 a.m. \$35 pp, includes \$30 Slot Play.
- September 22: Musical, "Assisted Living," Tropicana Casino AC. Leaves CVS at 9:30 a.m. Departs event 5:45 p.m. \$57 pp includes \$25 slot play and \$15 food voucher.
- Octoberfest 2022 and Folk Dancers, Krucker's Farm, Pomona, NY. Upon arrival, coffee & scone biscuits. Soup, Sauerbraten, pork loin, dessert, coffee, tea. Bus leaves CVS 9:30 a.m. and departs event at 4 p.m. \$63 pp.

Any East Rutherford senior resident 50 years or order is welcome to join 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. Payment must be received 2 weeks prior to the

LF Seniors

Meetings are second Thursday of each month at 1 p.m. Refreshments are served. Bingo is the 2nd and 4th Tuesday of each month at 12 p.m., Pokeno is every Friday at 12:30 p.m. All meetings and games are held at Little Ferry Senior Center, 95 Main Street. New members always welcome. Dues are \$10 per year. Call Mary for further information at 201-686-8424. ###

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/dominoes.

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

- August 10: Krucker's, picnic/dinner/games/pool. 9:30 a.m. to 5 p.m. Cost TBA.
- September 14/15: Sight & Sound: David. Eden Resort/ Dinner & breakfast. Lunch Amish Home/Chalk Talk. Bus 8:45 a.m.
- October 12: Li Greci's, Octoberfest, Gene Wojna, food, music, dance, drink. \$70 pp. 9:30 a.m. to 3 p.m.

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

Lodi Seniors

Rose Benti, president of the Senior Citizen Club of Lodi, is inviting residents ages 55 and over to become active members of the Club.

It's a great place to establish new friendships, share a laugh or two over a cup of coffee and take part in the various programs that the Club has to offer. There are numerous trips, parties, top flight entertainment, Bingo games, Billiard tournaments, shuffleboard and more.

If you want to keep fit and energized you can take part in the Club's exercise classes led by certified personal trainer, Lisa Cuba, of Cubafit. The class, held each Thursday at 11:30 a.m., includes body toning, strength training and balance coordination.

For more information on how to become a member, contact Rose Benti or Don Stein on Thursdays between 10 a.m. to 3 p.m. 973-472-6994. *Provided by Artie Maglionico.* ###

Beginner's Line Dancing Program

On September 8, 2022, from 10 a.m. to 11 a.m., at the Senior Center, 320 Boulevard, Hasbrouck Heights, is an 8 week program for beginners only. There will be a \$1 charge for each class. Learn the basic steps, line dance to a variety of popular music.

Have fun getting your hearts pumping and your feet stomping. Not only is it great exercise but a wonderful opportunity to meet new friends.

To register, call Joan at 201-288-8290. *Provided by Gladys Gamble.* ###

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 joing our Club, please call Roxane at 201-807-1085. *Provided by Charles Pallas.* ###

Vic's Hoofers

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 and fun activities are planned for each month. New members welcome. Call Alice at 201-933-8561. ###

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Historical Society Seeks Members

The Wood-Ridge Historical Society is actively seeking to expand Society membership. Anyone interested in the history of the Borough and surrounding communities is invited to join the Society and offer new insight and assistance in activities and programs that will broaden that interest.

It is not necessary to be a Wood-Ridge resident and there are no dues. High school students seeking community service would be sincerely welcomed.

To become a member, simply submit your name, address, telephone number and email address to ccassidy@njwoodridge.org, and you will receive notification of meetings and events. ###

BC Seeks Senior Advisors

The Bergen County Senior Advisory Council is made up of individuals like you who wish to discuss issues that affect seniors and makes recommendations about laws that are introduced by our legislators.

Issues such as transportation, Medicare, housing, food security, elder abuse, financial matters are looked at in terms of what is best for our aging community.

The group meets every other month. Committee members are also urged to participate in one of our committees: Adult Services, Legislative, Education or Health. You do not have to be a senior to join.

For more information or to apply to the council, please contact Lorraine Joewono, Executive Director – Bergen County Division of Senior Services at ljoewono@co.bergen. nj.us ###





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Dental Injury Prevention

This article is to accompany a recent article which addressed dental injuries. Preventing such injuries by practicing commonsense strategies may go a long way to avoiding many situations.

Most tooth injuries are a lifelong injury. Thus, a broken tooth is unable to mend itself and requires dental procedures to restore the mouth to the preinjury form and function.

Common recreational injuries in the summer occur during swimming, diving, trampolines, bicycling, skate boarding, basketball, etc.

For instance, the trampoline injury is common when there are more than one person jumping. As one person comes down they can hit their head /

mouth upon the other person often rising which accentuates the force of the impact. Ouch!

Filling You In

By Jeffrey E. Mason, DMD, FAGD.

During the recreational activities, supervision, adhering to recommended safety protocols, using protective equipment, and good old common sense will create a more pleasurable and safe experi-

As the summer progresses, organized sports begin their training practices. Soccer, football, baseball (fall ball), softball, cheering, basketball. Of course, football is the ultimate contact sport.

However, in my experience, there is one sport which has sent more patients to my office due to a dental injury. Many of the Gazette Newspaper readers may unfortunately remember those instances. That sport is baseball and softball.

It is rarely thought of by the athletes, parents, and coaches to consider using protective mouth guards during play for these sports.

It is seen more now than ever in professional baseball where the batters' helmets are equipped with faceguards.

Well fitted mouth guards will provide excellent protection while being cost effective. There are some good store bought mouth guards available. However, not all mouth guards are appropriate for every person. For instance, those who wear orthodontic appliances, will require a special type of mouth guard. I advise anyone who is active either recreationally or in organized sports to consult with their dentist and determine what type of mouth guard is most appropriate for their activity. ###

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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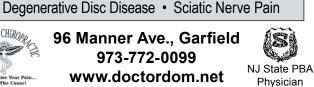
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Nurse's Station

"Hot Tips"

Heat Relief

The obvious solution for cool, calm, sleeping is an air conditioner: They can keep a bedroom at the optimum sleep temperature (roughly between 60 and 70 degrees Fahrenheit), plus provide some nice white noise to boot.

If the AC breaks down or if no AC is available, here are some tips to cool down:

- During summer, stick your hot water bottle in the freezer to create a bed-friendly ice pack.
- · Rice and buckwheat can also keep you cool. Buckwheat pillows don't absorb heat like cotton and down. For a cold

compress on really hot nights, fill a sock with rice, tie it off, and stick it in the freezer for an hour or so. The compress will stay chilly for up to 30 minutes, enough time to nod off.

- Drink a glass of water before bed.
- A cold shower. Rinse off under a stream of tepid H₂0 brings down the core body temperature and rinses off sweat so you can hit the hay feeling cool and clean.
- Stay away from the stove. Chow down on cool, roomtemperature dishes to avoid generating any more heat in the house. If hot food is in order, fire up the grill instead. And swap big meals for smaller, lighter dinners that are easier to metabolize. The body produces more heat after you chow down on a huge steak than a platter of fruits, veggies, and legumes.
- If you need to cook inside, consider using a griddle or panini press which will give off less heat into the kitchen.
- Feet and ankles are pretty sensitive to temperature because there are lots of pulse points. Cool down the whole body by dunking feet in cold water before hitting the hay.
 - Disconnect electronics.

Hydrate

when turned off. Reduce total heat in the house (and save energy!) by keeping plugs out of sockets when the appliances are not in use. • Block the windows with sun shades or curtains. As soon

gadgets and other small appli-

ances that give off heat, even

- as the sun is up, close the curtains completely or unroll the sunshade to keep the sunshine from heating your home.
- Once the sun goes down, open your windows and use fans to amplify a breeze at night. If you have a ceiling fan, turn it on to circulate the air throughout the room.
- If it's an extremely warm night, spritz yourself with cold water stand in front of the fan. This can cool down your body temperature immensely and help you get to sleep
- From 10 a.m. 4 p.m., the temperatures outside can be sweltering. To keep cool and avoid the harsh sun, stay indoors or go to a location that has air conditioning like a restaurant, go to a museum, or see a movie.
- Wear lightweight clothes in a lighter color, like white, pale blue, light tan, light pink, and pale yellow; the best choice when you're trying to keep cool.

If you're at the beach or at home, you can wear less clothing, like tank tops and shorts or a bathing suit. If you're running errands or going to work, wear clothes made of light materials like linen, cotton, silk, or other breathable fabrics. ###

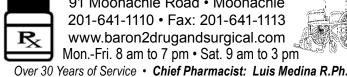
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Dog Days of Summer

Everyone talks about "the the summer months, Sirius 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 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 danger of overheating with too much exercise) during the hottest 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. ###

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Carlstadt Fire Department Celebrates 150th Anniversary

On Saturday, June 11, 2022, from 1 to 5 p.m., at the Jefferson Street Firehouse, the Carlstadt Fire Department celebrated their 150th Anniversary. There was food, beer, soda and fun for the whole family. The Department showcased their 1865 James P. Smith Handpumper and other memorabilia. Entertainment by Lifespeed.

In general, the Department responds to over 300 calls per year. This includes commercial and residential alarms of fire, motor vehicle fires and entrapments, brush fires, floods, and boat calls. The Carlstadt Fire Department is part of the South Bergen Fire Chiefs Association. This organization consists of the Fire Departments of 17 communities in southern Bergen County. "We readily, and often, assist our neighboring communities as requested." *Photos by Dennis Kronyak Sr.* ###







































WRFD Celebrates 125 Years of Service

On the afternoon of July 9, 2022, the Wood-Ridge Fire Department commemorated their 125th Anniversary with a grand "Thank You" family picnic. There was plenty of food, soda and beer. Kids enjoyed a

bounce house and water slides.
Live music was provided
by the Andrea Nies Band.

Souvenir T-shirts, mugs and challenge coins were available. A 125 Year Journal is still available for \$5. Email

wrfire125@gmail.com for details.

There was a brief program led by Phil Miuccio as MC and Department Chaplain Nicholas Valdez. *Photos provided by Dennis Kronyak Sr. ###*











Christmas in July

The Little Ferry Police Department hosted Christmas in July on July 13, 2022, from 6 to 8 p.m., at the Borough parking lot. There was free ice cream and an opportunity to take a photo with Santa. The Fire Department showcased their vehicles. *Provided by the Little Ferry Police Department ###*

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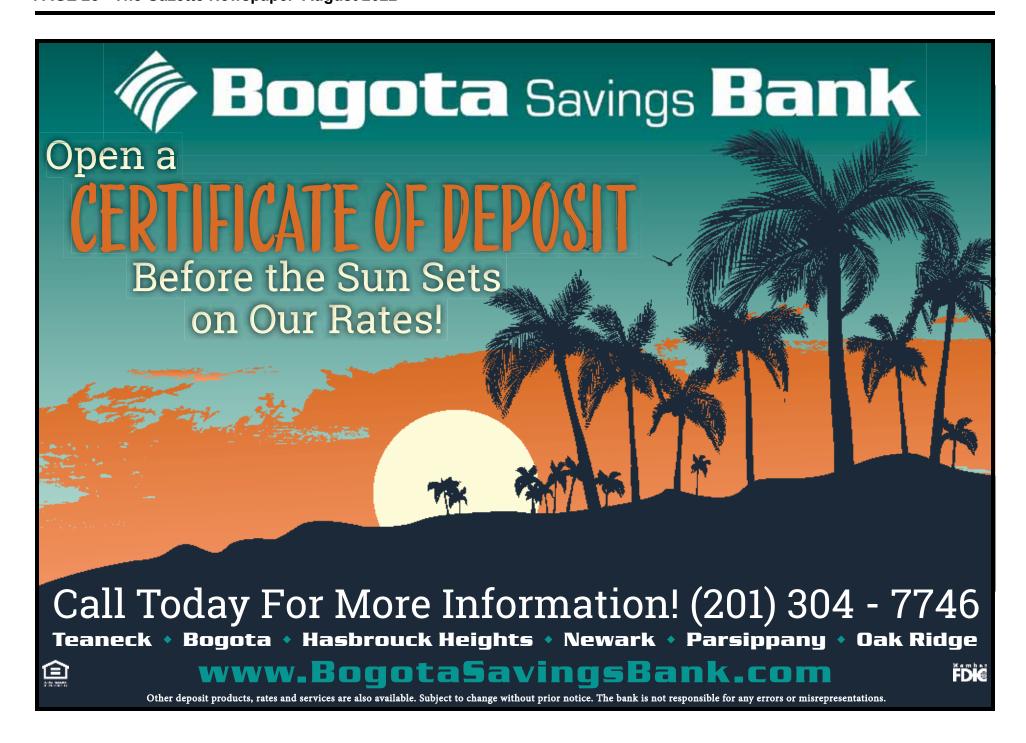
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