

The Gazette

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**Be Smart
Stay Safe**



What Happens to All Those Christmas Trees?

When the Christmas celebration is over, residents dismantle the decorations and toss that once glorious centerpiece of the season to the curb and it's soon forgotten.

Local DPWs then go around their town and pick them up to be recycled. They are chipped to produce mulch or ground down to become manufactured top soil.

Some mulch is used to cushion hiking trails and protects trails from damaging water run-off.

Lunch time! Some animals, such as goats, zebras, elephants and giraffes actually love to eat them. In a lake, they serve as fish-friendly habitats, serving as hiding places from predators and attract food for the fish to nibble on.

In coastal areas that get ravaged by hurricanes and erosion, left-over Christmas trees can be fastened together, staked down and are a perfect foundation for the creation of natural sand dunes. Over time, the trees will break down, but it gives time for plants around them to take root. Healthy sand dunes are the first line of defense during tropical storms because they are able to absorb the impact of destructive winds and waves.

The mayor of Bradley Beach credited Christmas trees for helping minimize the damage caused by Hurricane Sandy. ###

About Presidents' Day

Presidents' Day is observed on Monday, February 15, 2021. (The third Monday in February.)

Originally established in 1885 in recognition of President George Washington, it is still officially called "Washington's Birthday" by the federal government.

Traditionally celebrated on February 22—Washington's actual day of birth—the holiday became popularly known as Presidents' Day after it was moved as part of 1971's Uniform Monday Holiday Act.

While several states still have individual holidays honoring the birthdays of George Washington, Abraham Lincoln and other figures, Presidents' Day is now popularly viewed as a day to celebrate all U.S. presidents past and present.

The story of Presidents' Day date begins in 1800. Following the death of George Washington in 1799, his February 22 birthday became a perennial day of remembrance.

At the time, Washington was venerated as the most important figure in American history, and events like the 1832 centennial of his birth and the start of construction of the Washington Monument in 1848 were cause for national celebration.

While Washington's Birthday was an unofficial observance for most of the 1800s, it was not until the late 1870s that it became a federal holiday. In 1879, President Rutherford B. Hayes signed it into law.

The shift from Washington's Birthday to Presidents' Day began in the late 1960s, when Congress proposed a measure known as the Uniform Monday Holiday Act. This law sought to shift the celebration of several federal holidays from specific dates to a series of pre-determined Mondays.

The proposed change was seen by many as a novel way to create more three-day weekends for the nation's workers, and it was believed that ensuring holidays always fell on the same weekday would reduce employee absenteeism.

While some argued that shifting holidays from their original dates would cheapen their meaning, the bill also had widespread support from both the private sector and labor unions and was seen as a sure-fire way to bolster retail sales.

The Uniform Monday Holiday Act also included a provision to combine the celebration of Washington's Birthday with that of Abraham Lincoln, which fell on February 12. Source: History.com ###

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Groundhog Day

February 2

According to folklore, if it is cloudy when a groundhog emerges from its burrow on this day, then spring will come early; if it is sunny, the groundhog will supposedly see its shadow and retreat back into its burrow, and the winter weather will continue for six more weeks.

Punxsutawney held its first Groundhog Day in the United States in the 1800s. The first official trek to Gobbler's Knob near Punxsutawney, Pennsylvania, was made on February

2, 1887.

Movies, advertisements, cartoons and other media have portrayed the legendary role of the groundhog in popular culture.

The term "Groundhog Day" is a phrase that is sometimes used to express if the same events or actions occur repetitively for a period of time.

Groundhog Day, already a widely recognized and popular tradition, received widespread attention as a result of the 1993 film "Groundhog Day." ###

About Black History Month

Black History Month, or National African American History Month, is an annual celebration of achievements by black Americans and a time for recognizing the central role of African Americans in U.S. history.

The story of Black History Month begins in 1915, half a century after the Thirteenth Amendment abolished slavery in the United States. That September, the Harvard-trained historian, Carter G. Woodson and the prominent minister, Jesse E. Moorland, founded an organization dedicated to researching and promoting achievements by black Americans and other peoples of African descent.

The group sponsored a national Negro History Week in 1926, choosing the second week of February to coincide with the birthdays of Abraham

Lincoln and Frederick Douglass. The event inspired schools and communities nationwide to organize local celebrations, establish history clubs and host performances and lectures.

In the decades that followed, mayors of cities across the country began issuing yearly proclamations recognizing Negro History Week.

By the late 1960s, thanks in part to the Civil Rights Movement and a growing awareness of black identity, Negro History Week had evolved into Black History Month on many college campuses.

President Gerald R. Ford officially recognized Black History Month in 1976, calling upon the public to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history." ###

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Masks are required and social distancing guidelines followed. Limited KidLife childcare available by RSVP only and medical form required.

Next event on Thursday, February 25, 2021, from 7 to 9 p.m. Please RSVP by February 23.

Event hosted by Bible Baptist Church, 31 Passaic Avenue, Hasbrouck Heights.

Monthly Friday morning get together and outings, too. For more info: hasbrouckhts-momlife@gmail.com; 862-239-6677; Fb – Hasbrouck Heights MomLife ###

At all the Masses, the Assumption AIDS Ministry, will be collecting the diet supplement, Ensure, during the weekend of January 30 and 31, 2021. It is much needed for maintaining a healthy condition by those living with the virus. The Ensure is to be donated to New Jersey Buddies in Hackensack. Assumption Parish community will observe AIDS Compassion Weekend at all the Sunday and anticipated Masses of February 13 and 14, 2021. ###

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Howling Winds
Herald Christmas

During the height of the Christmas Eve 2020 storm, the tri-state experienced tropical storm force winds with hurricane strength gusts, particularly in parts of New Jersey where the wind got up to 80 mph, pounding homes to their foundations in the night.

Trees down, roof shingles took flight, siding ripped from exterior walls, holiday decorations in disarray, debris sailing, loss of power and some rain -- the damage was extensive. ###



The high winds caused a trampoline to take flight, landing on the Depken Field fence. Photo provided by Ann Lustberg. ###

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Artful Thinking

By Artie Maglionico • Lodi Historian

February 2021

I don't know about you, but I like the month of February, the daylight hours begin to lengthen and the clear blue sky reflects the sun's rays making the day brighter still.

Yes, February can turn nasty in a heart beat. Mother Nature has been known to unleash her wrath on the landscape in the form of a tempestuous blizzard carrying a Nor'easter ouch! Did I say I like the month of February?

About Mardi Gras/Shrove Tuesday

This year, Shrove Tuesday and Mardi Gras is celebrated on Tuesday, February 16, 2021. Shrove Tuesday is the last day before Lent, a period for fasting. Also known as Pancake Day, Shrove Tuesday was the last opportunity to use up eggs and fats before embarking on the Lenten fast and pancakes are the perfect way of using up these ingredients.

It is also known as Fat Tuesday, or Mardi Gras, and features large festivals and celebrations across the United States. The Mardi Gras parade in New Orleans, Louisiana, is typical of the masquerades and dancing in the streets that take place in other parts of the United States before the long Lenten fast. Ash Wednesday is Wednesday, February 17, 2021. ###

Even with all of that snow, there are still subtle changes going on that, to the watchful eye, give hint to the coming of spring. Even under a foot of snow, the earth is beginning to stretch and yawn in preparation for its re-birth.

Yes folks, the air is crisp in February, but scattered throughout the month are those 50⁺ plus days that send us rummaging through the closet searching for our warm weather clothes. Don't reach for them yet since the temperature is certain to drop 30⁺ overnight. One warm day in February and we're celebrating the end of winter only to be layered again by nightfall. Can any of you relate to this?

Don't look now folks but there's a Nor'easter out there with your name on it.

Hey, do you really want to tick mother nature off? Put your snow shovel away. It never fails, am I right? Put it away and it snows or you're better off leaving the shovel out where Mother Nature can see it. You'll wind up being the only homeowner on your block under two feet of snow, without a shovel.

Top billing, of course, on the February marquee is Valentine's Day. Ah, those romantic interludes when loving couples share dinner by candlelight and the vocabulary of the evening is reduced to the whispers of sweet nothings. I can almost hear the gentle ring of their champagne glasses, filled with Dom Perignon, as they em-

brace another with their eyes.

If it was me, we'd probably be drinking Aunt Gert's moonshine out of a glass jar, passing it back and forth until we were giddy.

My cousin, Maria, has a Valentine's Day story of her own that you're sure to find amazing.

It happened back in the early 70s when the guy was still expected to pay for dinner. After months of asking Maria out, to no avail, she finally agreed to a Valentine's Day rendezvous at a popular Chinese restaurant. After two hours of wining and dining, the fellow called the waiter over and proceeded to write out a check. The waiter told him with a smile that they didn't accept payment by check. Maria's date gazed into his empty wallet then locked eyes on her. Maria told him the bad news. She didn't have any cash. The fellow had no recourse but to leave Maria behind while he drove home to ask his parents for enough money to pay the bill.

When he returned, Maria handed him a message from a fortune cookie that read "He who tries to pay for dinner by check gets no dessert." The message was in Maria's handwriting.

Happy Valentine's Day!

Looking for VFW History

Petersilge Velock VFW Post 809, in Little Ferry, will be celebrating their 100th Anniversary in 2021. They are looking for photographs and other memorabilia to create a display of their history. Please contact the Post at 201-641-9759. ###

RLC Pre-K and Kindergarten Registration

Pre-school and Kindergarten registrations are currently being held for children new to the Robert L. Craig School.

Call Mrs. Susan Lacey at 201-641-5833 ext. 109 for the Pre-school registration process. Children who will be 3 or 4 years old on or before October 1, 2021 are eligible for Pre-school.

Children who will be 5 years old on or before October 1, 2021 are eligible for Kindergarten. Call Ms. Alyssa Spitaleri for Kindergarten details at 201-641-5833 ext. 123.

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Emotional Support Available

The New Jersey Mental Health Cares Helpline Offers Support to Individuals Experiencing Anxiety and Worry Related to the Coronavirus Pandemic

CDC Information on Stress and Coping During the COVID-19 Outbreak: Here are some mental health tips from the CDC (Centers for Disease Control and Prevention) about coping with stress related to COVID-19, with many applicable to stress caused by other issues.

Pandemics can be stressful

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children.

According to the CDC, nearly 40% of New Jersey adults reported symptoms of depressive or anxiety disorders in July 2020. Many are experiencing mental health and substance use disorders for the first time.

Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19.

Coping with stress in a healthy way will make you, the people you care about, and your community stronger.

Stress during an infectious disease outbreak can sometimes cause the following:

- Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of tobacco, and/or alcohol and other substances.

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy,

well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.

- Make time to unwind. Try to do some other activities you enjoy.

- Connect with others. Talk with people you trust about your concerns and how you are feeling.

Message From the National Institute of Mental Health: “These are confusing, stressful times for all of us. As the coronavirus pandemic affects numerous facets of our society, it also impacts each person in different ways. The disruptions to daily life are already being felt by many, my family included—my son has been sent home from college, my place of worship has closed, and the comforting social gatherings that usually fill my weekends are off-limits. We are all feeling uncertain about what could happen in the coming weeks, as we hope to slow the spread of this pandemic. Feelings of anxiety and uncertainty are completely normal during times like this.” — Joshua A. Gordon, MD, PhD, Director, NIMH

Mental Health And COVID-19 Information from Mental Health America: For the general public, the mental health effects of COVID-19 are as important to address as are the physical health effects. And for the one in five who already have mental health conditions—or the one in two who are at risk of developing them—we need to take personal, professional, and policy measures now to address them.

For the past several weeks, MHA has been using its unique database to monitor daily this increase in anxiety. According to our screening data, we experienced a 19 percent increase in

screening for clinical anxiety in the first weeks of February, and a 12 percent increase in the first two weeks of March.”

NJ Mental Health Cares, the state’s behavioral health information and referral service, offers help to people dealing with anxiety and worry related to the Novel Coronavirus (COVID-19) outbreak.

New Jerseyans can call 1-866-202-HELP (4357) for free, confidential support. NJ Mental Health Cares will be answered from 8 a.m. to 8 p.m. seven days a week by live trained specialists.

NJ Human Services’ Division of Mental Health and Addiction Services provides support to the Mental Health Association of New Jersey (MHANJ) to operate the line.

“This is a very challenging time for so many of us,” said Carole Johnson, Commissioner of NJ Human Services. “We want to make sure that New Jerseyans have a safe space to talk to someone about their worries and concerns. The thoughtful and caring team at NJ Mental Health Cares are here – at the other end of the phone line – to help.”

“Talking to others and staying connected with friends and family can help reduce anxiety and make people feel more in control,” DMHAS Assistant Commissioner Valerie Mielke said. “The trained specialists answering these phones can help callers take care of their mental health during this difficult time.”

“In times of crisis, it is important to pay as much attention to your mental health as your physical health,” said Mental Health Association of New Jersey President and CEO Carolyn Beauchamp. “Life has shifted drastically and quickly

– this causes us to feel that we are not in control, which adds to the intensity of these emotions.”

NJ Human Services’ Division of Mental Health and Addiction Services has previously partnered with the Mental Health Association of New Jersey to operate the state’s mental health call line following Superstorm Sandy and 9/11.

Along with providing help for mental health issues related to COVID-19, the NJ Mental Health Cares helpline will also continue to offer general mental health support and referral. It does not provide any medical or financial advice or referrals.

• For the latest medical information, including mental health guidance and tips, visit the Centers for Disease Control’s website: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>.

• For the latest information about the COVID-19 outbreak in New Jersey, go to the NJ Department of Health’s website: nj.gov/health/cd/topics/ncov.shtml.

• For the latest COVID-19 guidance and information for individuals, families and providers, visit NJ Human Services’ website: nj.gov/human-services/coronavirus.html. ###

For more information and resources go to:
<https://mhanational.org/covid19>

From Pastor Herb Dorfman's daily meditations:
Last night I came across Mahalia Jackson singing this song, and it brought tears to my eyes as I realized it could be our theme song for the “lockdown, virus” times we are experiencing.

When you walk through a storm
hold your head up high
and don't be afraid of the dark.

At the end of the storm
There's a golden sky
and the sweet silver song of a lark.

Walk on through the wind,
walk on through the rain.
Though your dreams be tossed and blown

Walk on walk on
with hope in your heart.
And you'll never be alone,

You'll never walk alone

Walk on, walk on
With hope in your heart
And you'll never walk alone

You'll never walk alone

1945 Oscar Hammerstein, Richard Rogers
Musical, Carousel

In 2020, in some areas of the UK and Europe, "You'll Never Walk Alone" became the anthem of support for medical staff, first responders, and those in quarantine during the COVID-19 pandemic.

You may experience increased stress during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions. **Get immediate help in a crisis**

- Call 911
- Disaster Distress Helpline: CALL or TEXT 1-800-985-5990 (press 2 for Spanish).
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or Lifeline Crisis Chatexternal icon.
- National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522
- National Child Abuse Hotline: 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- National Sexual Assault Hotline: 1-800-656-HOPE (4673) or Online Chat
- The Eldercare Locator: 1-800-677-1116 TTY Instructions Veteran's Crisis Line: 1-800-273-TALK (8255) or Crisis Chatexternal icon or text: 8388255



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Ash Wednesday February 17

Ash Wednesday, a day of fasting, is the first day of Lent in Western Christianity. It oc-

curs 46 days (40 fasting days, if the six Sundays, which are not days of fast, are excluded)

before Easter and can fall as early as February 4 or as late as March 10. Ash Wednesday is observed by many Western Christians.

It is preceded by Shrove Tuesday and falls on the first day of Lent, the six weeks of penitence before Easter. Ash Wednesday is traditionally observed by Western Christians.

Often called the Day of Ashes, Ash Wednesday starts Lent by focusing the Christian's heart on repentance and prayer, usually through personal and communal confession. This happens during a special Ash Wednesday service.

As it is the first day of Lent, many Christians begin Ash Wednesday by marking a Lenten calendar, praying a Lenten daily devotional, reflection and making a Lenten sacrifice that they will not partake of until the arrival of Eastertide.

The ashes are prepared by burning palm branches from the previous Palm Sunday. The ashes symbolize two main things: death and repentance. "Ashes are equivalent to dust, and human flesh is composed of dust or clay (Genesis 2:7), and when a human corpse decomposes, it returns to dust or ash.

When we come forward to receive ashes on Ash Wednes-

day, we are saying that we are sorry for our sins, and that we want to use the season of Lent to correct our faults, purify our hearts, control our desires and grow in holiness so we will be prepared to celebrate Easter with great joy.

With this focus on our own mortality and sinfulness, Christians can enter into the Lent season solemnly, while also looking forward in greater anticipation and joy of the message of Easter and Christ's ultimate victory over sin and death.

Ash Wednesday derives its name from the placing of repentance ashes on the foreheads of participants as a visible cross, to either the words "Repent, and believe in the Gospel" or the dictum "Remember that you are dust, and to dust you shall return."

Most agree that "by the end of the fourth century, the 40-day period of Easter preparation known as Lent existed, and that prayer and fasting constituted its primary spiritual exercises."

Since 2007, some members of major Christian Churches have participated in 'Ashes to Go' activities, in which clergy go outside of their Churches to public places, such as city centres, sidewalks and railroad stations, to distribute ashes to passers-by,

Ashes were used in ancient times to express grief.

According to the canonical gospels of Matthew, Mark and Luke, Jesus Christ spent 40 days fasting in the desert, where he endured temptation by Satan. Lent originated as a mirroring of this, fasting 40 days as preparation for Easter. Every Sunday was seen as a commemoration of the Sunday of Christ's resurrection and so as a feast day on which fasting was inappropriate.

Accordingly, Christians fasted from Monday to Saturday (six days) during six weeks and from Wednesday to Saturday (four days) in the preceding week, thus making up the number of 40 days. Orthodox Christians do this 40 days in a row.

Wikipedia.org, Christianity.com ###

PRAYER TO THE BLESSED VIRGIN

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

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

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

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

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Enjoying the Ice

Bergen County's Annual "Winter Wonderland" is on hiatus for the 2020-2021 Season due to COVID-19 safety concerns.

The good news is "The Rink @ Winter Wonderland," is open, this time with a full NHL regulation-sized ice skating rink for even more ice to skate on!

"The Rink," located in Van Saun County Park, Forest Avenue, Paramus, was opened to the general public on Friday, November 27, 2020, and will be open daily through Sunday, February 21, 2021.

Visitors must purchase tickets for a specific day and time slot in advance at www.BergenCountyWinterWonderland.com.

Skating sessions are 50 minutes long. There are a limited number of skaters. For entry, face masks must be worn at all times.

Admission is \$5 and includes skate rentals. Note that separate tickets, which cost \$5, are required for the nearby Carousel and Bergen County Zoo Train Ride.

Note: At press time, it appears that this season has been sold out, but there is free bleachers seating to watch the skating. Refreshments are available. ###

Super Bowl LV February 7

Super Bowl LV, the 55th Super Bowl and the 51st modern-era National Football League (NFL) championship game, will decide the league champion for the 2020 NFL season. The game will be televised nationally by CBS.

With pending developments on the COVID-19 pandemic and how it affects the 2020 season, the game is scheduled to be played on February

7, 2021, at Raymond James Stadium in Tampa, Florida.

The 2020 season may be affected by the ongoing COVID-19 pandemic in the United States. The bye week before the Super Bowl could be eliminated and the game itself could be moved back up to three weeks.

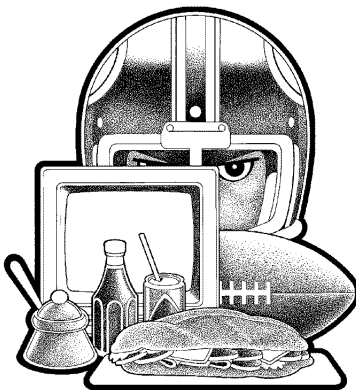
As of the start of the 2020 regular season, the league had forbidden on-field entertainment, such as halftime shows and National Anthem performances at games with spectators.

These elements, which have historically been cornerstones of the Super Bowl

entertainment, would be produced off-site if restrictions remain in place. On November 12, it was announced that The Weeknd was to perform at the halftime show.

The state of Florida removed capacity restrictions for sporting events in October, though the three Florida-based teams have voluntarily maintained their 20-25% capacity limits. As of late-October 2020, the NFL was planning a minimum attendance of 20% of capacity, in hopes that a larger capacity would be possible by game day. https://en.wikipedia.org/wiki/Super_Bowl_LV ###

Football Party Tips



No matter which teams are playing, you should get the gang together, stock your fridge with all the food and drink that matter, and set up the television just right in order to appreciate America's most watched sports event.

- Without proper decorations, your Bowl bash will be incomplete. Put up banners of the competing teams on your wall or hang streamers bearing the team colors. Get Super Bowl paper plates, tablecloths and other decorative things.
- Next to the excitement of the game itself, your party will be most remembered for the food provided. Your decorations may be great, but if the snacks and main dishes aren't hits, no one will be pleased.

The main meal should be tasty, simple and filling.

- Make it easy and cater your party. Check out the menus at **Hasbrouck Heights Pizzeria**, **Luigi Meats** (*Wood-Ridge*) and **CJ's Pizza and Good Eats** (*Lodi*). Order in advance since Super Bowl Sunday is one of the busiest nights for delivery-based restaurants.
- Set up the food in an assembly line so that everyone can customize their own dinner. Stick to a buffet set-up in order to ease serving and eating. That way, everyone can enjoy the food while watching the game, and most importantly, you can too.
- If you want to impress, have a Super Bowl cake.
- To make clean up easier, use plastic cups, plates, utensils and napkins.

- Keep the beer in a cooler close by so you don't have to run to the fridge. Have plenty of soft drinks and water on hand for the designated drivers. Avoid offering hard liquor on Super Bowl Sunday. Football is a sport that begs for beer.
- Some people like to add to the entertainment by organizing betting pools. Ideally, these games are done in a way that even the guests who don't know a thing about football can join in.

For instance, you can bet on who will score the next touchdown, what the score at the end of each quarter will be or even who'll win the coin toss. Make charts or grids so that the wagers are clear and keep the pot low so that no one blows their wallet.

- If it's a real manly, poker-night type night, pass cigars around. Make sure there are enough chairs for everyone to sit on. Provide a side room for those who came for the food and atmosphere, and not the actual game.
- Think ahead and place garbage cans around your place so that wherever your guests are, they can find a place for their trash. ###

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5. Ravioli with Sauce - \$25.99
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Valentine's Day Romantic Libation

If there was ever a holiday made for drinking wine, it's Valentine's Day! Champagne is the classic choice, but the richness and depth of flavor in red wines captures the soul and spirit of true romance. What kind of couple are you and your honey? Here are some recommendations based on your romance style!

For the Romantics: Amarone

Amarone is an Italian wine made in the Veneto region of Italy from Corvina and Rondinella grapes. What makes a beautiful Amarone so rich, luscious, and powerful is that after harvest, the grapes are dried all winter, which concentrates their sugars and flavors. Amarone is vinified dry, this is not a dessert wine, but there's no mistaking the depth of flavor, velvety texture, and juicy dark fruit flavors that are purely luxurious. Look for Amarone

that has a little age on it, and open it about an hour before pouring. The best ones can be expensive, but your valentine is worth a splurge!

For the Classic Couple: Bordeaux

What red wine is more classic than Bordeaux? These wines are various blends of the five "Bordeaux varietals": Cabernet Sauvignon, Cabernet Franc, Merlot, Petite Verdot and Malbec. Bordeaux is so classic that it's become a brand name driven by notoriously high prices from the top chateaux, but there are still affordable discoveries to be made. Look out for the Merlot-based wines from Fronsac, Cotes de Blaye, and Cotes de Castillon.

For the Desirous Duo: Look to Spain

Turn it up with a sexy, spicy red! There's just something about all Flamenco guitars and

bullfighting that makes Spain a very sultry destination, and its wines are no exception to the rule. Look for wines made from grapes like Tempranillo, Garnacha, and Mencia. Ole!

For the Adventurous Couple: Lambrusco

Lambrusco is the best of both worlds, all the fun and festivity of a sparkling wine with the lively dark fruits of a nice red. Plus, it's inexpensive, so stock up! Served chilled, it's fabulous with a great cheese board and really amazing with all things chocolate!

Whichever one you pick simply remember to enjoy the time you spend together and enjoy the company and of course the wine.

Happy Valentine's Day from the Wine Guys. President Angel Martinez and Vice President Philip Miuccio, American Wine Society. ###

Selecting The Right Valentine Gift

Finding the right Valentine's Day gift is probably the most difficult shopping experience in any man's life.

A Valentine's Day gift is instrumental in revitalizing the bond between a duo.

The gift evokes the memories of the moments of love and affection which both have experienced. And it reminds the couple of the unconditional love which exists between them.

This year, show your Sweetheart how much she

means to you by giving her a gift from the heart.

Remember that the Valentine's theme is all about love, romance and appreciation.

The nature of the gift can reflect how much you care. The meaning of your gift also varies according to the seriousness and the type of relationship you're in.

If you've gone out with her a few times, the level of commitment is low, and you're simply having a lot of fun. What do you buy her?

Buying her a Valentine card, flowers or candy is acceptable for this early stage in a relationship.

On the other hand, if the relationship is strong and its future seems bright, opt for a more original present.

Think about what she appreciates the most and what she has mentioned over the past few weeks, or get her something that relates to her hobbies and interests. The key is to show that you put some thought into the gift. ###

"Love-ly" Valentines

Just like people, flowers come in hundreds of shapes and sizes.

When it comes to Valentine's Day gifts, carefully selecting the flower varieties and colors you send will result in a thoughtful, customized gift your Sweetheart will treasure.

According to **Heights Flower Shoppe**, the first step is to consider your Sweetheart's preferences. What colors does he or she like?

A dozen red roses remains the classic Valentine's Day favorite. However, many women report that they adore roses in other colors just as much. There are hundreds of colors to choose from. The choices are endless and it's easier than ever to select a rose that is as unique as your Sweetheart.

Your florist can create arrangements that revolve around your Sweetheart's favorite hobby, sport or pastime.

Add a burst of spring to your Valentine's winter with floral varieties such as lilies, alstroemeria, iris, tulips, daffodils, hyacinths, tuberose or freesias.

A spring arrangement in a casual basket or clear glass vase makes a perfect accent for a romantic dinner.

With all of the sensational flowers available to choose from, even just one or two elegant blossoms can make a big impression. Also, green and blooming plants make romantic Valentine's Day gifts.

Ask yourself what message you want to convey. Consult with your florist, who can explain the assortment of possibilities available.

Bill O'Shea's Florist reminds you that to get the best selection and ensure prompt delivery, call the week before Valentine's Day.

When you call, have the

necessary information handy: the recipient's name, address, phone number, what you want to send and how you want to be billed.

Are you having trouble putting your feelings into words? **Secret Garden NJ, in Wallington**, suggests these creative messages for your floral enclosure cards:

- (For flowers delivered on February 13th): Couldn't wait another day to say I Love You!

- (For flowers delivered before February 13th): I love you so much I couldn't wait for Valentine's Day!

- (For flowers delivered February 14th): Today's a very special day for sending all my love your way!

- With you, it's Valentine's Day 365 days a year.

Source: Society of American Florists ###

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Corporate accounts welcome**Please Support Our Advertisers****The History of Valentine's Day Cards**

According to American Greetings, while the precise origins and history of Valentine's Day are clouded by legend and lore, the custom of sending valentines is not only well documented, but provides a nostalgic inside look at the popular culture of the day.

Legend purports St. Valentine himself actually sent the first valentine greeting. While in prison, he allegedly fell in love with his jailor's daughter. According to the story, before his death, he wrote her a letter signed, "From your Valentine," a message that is still in use on modern-day cards.

The February 14th date for Valentine's Day most likely arose from the Pagan ritual of Lupercalia in ancient Rome, which honored Juno, the goddess of love and marriage. It later became the date St. Valentine was martyred.

The oldest known precursor to today's valentines is still in existence today. It was a decorated love letter penned by Charles, Duke of Orleans, as a romantic missive to his wife when he was imprisoned in the Tower of London during the Middle Ages. Today, it is displayed in the British Museum.

**Seventeenth
Century Cards**

Englishman Samuel Pepys sent the next recorded valentine in 1667. It was made of blue paper, featured a romantic verse and his wife's name in gilded letters.

By the mid-1600s, people of all social classes were exchanging small tokens of affection on February 14th.

By the end of the seventeenth century, thanks to improved printing technology, printed cards began to replace written letters.

Cheaper postage also contributed to an increase in the popularity of sending Valentine's Day greetings.

**Valentines Come to
America**

Most experts believe Americans probably began exchanging hand-made valentines in the early 1700s. Early American designs were simple, usually highlighted by fine pen and ink workmanship.

In 1669, a booklet of verses to help young men in their courtship was printed in France. Called a "writer," the booklet contained an array of verses and messages that could be copied onto gilt-edged letter paper. These booklets soon became popular in England and were eventually brought to the United States by early colonists.

Victorian Cards

The first commercial valentines were printed from copper plates in Europe in the 1800s. The valentine custom began to flourish and grow during Victorian times when a practical method of manufacturing paper lace was invented. Elaborate Victorian valentines often featured paper lace, bits of colored glass, tinsel, fringe, and feathers, even locket of hair.

In 1840, mechanical valentines became the rage. By pulling a tab, a figure or object on the card could be moved.

Some of these cards had three-dimensional pop-out designs. Esther Howland of Worcester, Mass., was the first American publisher of valentines. In 1849, Howland's elaborate hand-made cards ranged in price from \$5 to \$10, with a few selling for as much as \$35.

**Valentines Through
the Decades**

American Greetings produced its first valentines in the 1930's. Depression Era cards offered by American Greetings expressed hope that better times were ahead. During World War II, many Valentine's Day cards depicted Uncle Sam and other patriotic motifs.

Flower children and peace symbols sometimes made their way onto American Greetings Valentine's Day cards in the 1960s and '70s, along with "signs of the times," like children's valentine cards featuring rockets and spaceships and "mod" looking, waif-like girls with enormous eyes.

Cards are #1

Greeting cards are the #1 item given for Valentine's Day, topping candy, flowers, gifts and romantic dinners. Nearly one billion valentines are exchanged each year.

Women Buy Most Cards

Women, who purchase cards for their family members, significant others and friends, account for 83 percent of all valentine card-buying. Men account for about 17 percent of sales. They typically purchase just one card – for their romantic partner. ###

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Filling You In

By Jeffrey E. Mason, DMD, FAGD.

Emotional Stress Could Cause Gum Disease

Emotional woes may place a strain on more than just your heart.

According to the Academy of General Dentistry (AGD), emotional anxiety could affect your dental health. The AGD reports there is definitely a link between stress and dental health.

Additionally, stress affects the immune system, which fights against the bacteria that causes periodontal disease, making a person more prone to gum infection.

While stress has long been linked to heart troubles, researchers studied the effects of stress on dental health at the State University of New York at Buffalo, the University of North Carolina and the University of Michigan. More than 1,400 volunteers, ages 25 to 74, were studied to see how stress and coping abilities affect the risk for periodontal (gum) disease, which causes oral infection, inflamed and bleeding gums and loss of bone.

Those at greatest risk for periodontal disease were those who were highly emotional in dealing with financial problems. The oral health of those with financial troubles was

compared with those who had other pressures, such as stress over children, spouse, single life or work. People strapped for cash had the most severe periodontal disease.

But here's the good news: Those who dealt with their financial strain in an active and positive manner had no more risk of severe periodontal disease than those without money problems.

With the COVID-19 Pandemic continuing into the year 2021, your oral health may be unfavorably responding to the stress and anxiety of coping with the pandemic.

This underscores the necessity of having your dental examinations which can identify these changes and plan to treat and/or prevent the periodontal disease.

Reference and Reviewed: Academy of General Dentistry, January 2012

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

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Drink Water
Drink water 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.

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

Practice Random Acts of Kindness

COVID-19

Stop the Spread

- Avoid close contact with others
- Cover your mouth and nose with a cloth face cover when around others
- Wash your hands frequently, for at least 20 seconds
- Cover your coughs and sneezes
- Clean and disinfect often
- Monitor your health daily

Some of the COVID-19 signs and symptoms are:

- Fever/Chills
- Cough
- Shortness of breath
- Difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion/Runny Nose
- Nausea or Vomiting
- Diarrhea

Clean AND disinfect frequently touched surfaces every day

This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.



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Senior Snow Shoveling Safety

Harvard University suggests that seniors (*over the age of 50*) should take special precautions to avoid snow shoveling hazards.

Snow shoveling is one of the most dangerous activities senior citizens can attempt. With back injuries, shoulder dislocation and heart attacks -- on average 1,200 people a year die as a result of shoveling snow.

Shoveling snow is physical activity and comparable to lifting weights fast and with many repetitions.

As with any exercise, begin with a 5-10 minute warm-up. Try walking or marching in place as a way of using slow, gentle exercise to increase blood flow and flexibility to the muscles and joints that will be used.

It will increase the heart rate slowly and avoid the equivalent strain of going from standing still to a full out run.

Add arm movements and stretches for back, chest and shoulder muscles to help warm up the upper body and avoid muscle tears or dislocation.

- Dress right. Wear layers. Cover your head, face and hands when outside for prolonged periods of time.

If you become overheated, take a break from shoveling.

- Use waterproof boots to protect your feet from the cold as well as keep them dry. Wear non-skid boots to guard against falls on slick snow or hidden ice.

- Depending on how wet

the snow is, a shovel full of snow can weigh up to 15 pounds! A smaller shovel means lighter loads -- help prevent injury to the body by creating less strain.

- Stay hydrated. Keep a water bottle handy and take a few sips after every 15 minutes.

- Shovel every time the snow fall is about 2 inches. This makes shoveling more manageable.

- Go inside after 20-30 minutes and start again. This will be the same as a 30 minute vigorous workout.

- Lift with the legs, not the back. Be sure knees are bending and straightening to lift the shovel instead of leaning forward and straightening up with the back.

- Push the snow. It's easier than lifting and throwing the snow.

- Keep space between your hands to increase your leverage on the shovel.

- Avoid caffeine and nicotine. Caffeine and nicotine act as stimulants by increasing the heart rate and constricting blood vessels, which puts more strain on the heart.

- Never shovel alone. Let someone know that you will be shoveling. If you get into trouble, someone can call for help.

- A snowblower can create a false sense of safety. It's easy to be seduced into working too hard and too long. Know when to quit.

- Know your limits. A fall or injury would be very dangerous to your overall health and well-being. Hire someone or call a snow-service instead of 911. ###

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



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Chore Program Helps Seniors

Since 1977, the Chore Volunteer Handyman Service of the Volunteer Center of Bergen County has been helping elderly and/or disabled people, by performing minor household repairs that clients cannot perform themselves.

The Chore Service assists in improving the quality of life of older people who are living independently.

Chore's services include installing grab bars and interior railings, smoke and carbon monoxide detectors; repairing leaky faucets or toilets, replacing broken door locks, installing weather-stripping, changing screens and storms, replacing light bulbs, replacing broken lamps and switches, installing simple electrical fixtures or replacing existing electric outlets and switches.

There are some jobs that are beyond Chore's capacity. Chore cannot service emergencies, and does not do outdoor work, painting, work requiring high ladders, tiling, door or window replacements, heavy lifting, new wiring or appliance repairs, cosmetic repairs or interior decorating.

Chore serves Bergen County residents who are at least age sixty (60) or who

are permanently disabled of any age. Chore operates three vans which are staffed by 45 volunteers. Crews, comprised of a driver and two to three volunteers, are on the road every business day year round.

Each year, Chore volunteers make approximately 2,000 home visits, complete over 5,000 repairs, and log in over 10,000 hours of service.

Chore volunteers are also needed. A Chore Handyperson volunteer goes on service calls one day a week from 9 a.m. to 2 p.m. Volunteers enjoy being part of a crew of one or two other volunteers plus a driver. Each crew is assigned 4 to 5 service calls each weekday.

Back-up volunteer handy-men and women are also welcome.

Prospective volunteers should be able to perform minor household repairs such as those that able-bodied homeowners must do. Ideally, volunteers will be available on a regular basis so Chore can schedule a regular day with the same crew.

Chore provides service without charge; the only cost to the client is for parts necessary to complete the repair. To schedule a repair, or become a Chore Service volunteer, call 201- 489-7790. For info: <http://bergenvolunteers.org/> ###

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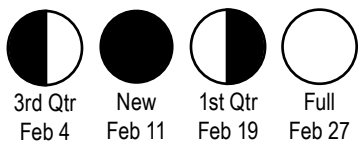
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**Practice Social
Distancing**



Full Snow Moon

The February full moon will appear on Saturday, February 27, 2021, at 03:19. It is called the "Full Snow Moon."

The heaviest snow usually falls during February, according to the Farmer's Almanac. Some tribes also referred to this Moon as the "Full Hunger Moon," since harsh weather conditions made hunting difficult.

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. ###

February Birthstone
Amethyst

**Copy for the
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Real Estate Insight

By Mary Ellen Courtney



A Housing Bubble Bound to Burst?

Today's surging real estate prices don't seem to care about the recession that's now tightening its grip on the country.

They can't be bothered by the deadly coronavirus pandemic or the double-digit unemployment figures that have resulted from it.

Instead prices are defying logic, expectations, and even belief, as they shoot up to record highs amid an unprecedented health and economic crisis.

This has led some to wonder: Is the market getting too hot? Should we be concerned about a growing housing "bubble"? Is a significant correction just around the corner?

Rumors about an expanding housing "bubble" abound these days. People say the record median home price for homes in our Bergen County communities (16% on average in 2020!) are "not sustainable and will surely crash..." Others – the experts that I tend to agree with – say 'Wrong!' The increase in housing prices is a real-world example of the law of supply and demand. The more demand we have for our inadequate supply of housing, the higher the prices go.

So why is this housing

price spike so different than those in the past – spikes that ended badly, and why are we not likely to see prices drop as they did before?

Let's remember what happened to the housing market in 2008. In the early 2000s, real estate was soaring and Wall Street firms bolstered this growth with demand from an expanding private label residential securities market.

To feed this increasing demand, and as house prices continued to increase, many lenders approved subprime mortgage loans for homebuyers with little or no qualifications.

When many of these homeowners inevitably couldn't afford their mortgage payments, mortgage defaults rose substantially, and investors and banks couldn't afford to bail everyone out. This caused a ripple effect in our economy. Enter the Great Recession.

The Great Recession was one of the most extreme in U.S. history but it's, in no way, indicative of how this current recession will pan out.

Odetta Kushi, chief economist at First American Title Company, explained it this way...

"House prices clearly declined significantly during the Great Recession, but in other modern recessions, house price appreciation hardly skipped a beat, and year-to-year existing-home sales growth barely

declined.

The reality is home prices and existing homes sales don't necessarily decline just because of a recession. In fact, the housing market actually benefits in one specific way during a recession: Monetary policy is usually eased to boost the economy, often leading to falling mortgage rates..."

When compared with the Great Recession, conditions are considerably different this time around. That might just protect housing (and home prices) from any major collapse. There are few factors that indicate why the housing market will likely just stay strong.

• First, of course, is that supply is short and demand is high. Prior the Great Recession, there was a glut of housing inventory and construction was booming.

That extra supply – plus the wave of foreclosure properties added to it – led to falling prices. This time around, supply is on the opposite end of the spectrum, with the number of listings extremely limited not only here in New Jersey but around the whole country. Couple this with strong buyer demand and that may just be enough to prop prices up, even during a recession.

• Second, lending requirements are stricter. Loose credit standards in the early 2000s left many homeowners with mortgages they couldn't afford, a situation that disintegrated into surging foreclosures everywhere. Lenders have strengthened their qualifying requirements since then, so a similar bottoming-out isn't nearly so likely.

• And lastly, interest rates are low. Mortgage rates hovered around 6% in 2007, making it harder for homeowners to pay down their loans and build equity. Today, with 30 year rates hovering around record lows (2+%), home buying is much more affordable for most people.

Bottom line: So far, so good...

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

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- **Word Tile Coasters:** Adult Craft Night. Wednesday, February 3, 2021, at 7 p.m. via Zoom making word tile coasters. For adults, or make it a family affair! All supplies will be provided prior to the craft. A Zoom access code will be e-mailed upon registration.
- **All You Read is Love** with a panel of six-award winning romance authors for a virtual panel discussion Thursday, February 11 at 7 p.m. Perfect for fans of romance books and/or aspiring romance authors. A Zoom access code will be e-mailed upon registration.
- **“Behind the Scenes”** - Virtual Movie Discussion Group on Thursday, February 18 at 7 p.m. This month’s selection is “Rebecca,” directed by Alfred Hitchcock. Available on Blu-ray and DVD at The Library to reserve your copy. For added fun, read the book and/or watch the updated version of “Rebecca” starring Lily James, Armie Hammer, and Kristen Scott Thomas. A Zoom access code will be e-mailed upon registration.
- **Carlstadt Library- Virtual Book Club** on Wednesday, February 24 at 7 p.m. This month's selection is “The Magic Strings of Frankie Presto” by Mitch Albom. A Zoom access code will be e-mailed upon registration.
- **My Storytime with Miss Risa**

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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 by appointment. Masks and contactless temperature checks are required. Use the Madison Avenue entrance. Curbside pickup service is also offered.

The Hasbrouck Heights Library continues to offer virtual activities via Zoom for the whole family and for the life-long learner. Registration is required for all programs unless otherwise noted.

- **Movie Night (at home)** promotion continues throughout the month. Borrow any 5 Hasbrouck Heights-owned DVDs, we’ll provide a bag of microwave popcorn!
- **For Kids and Teens** From Monday, February 1 through Friday, March 5, kids through 6th Grade can enter reading minutes to earn prizes in the “Chill Out and Read” program, while Teens, 7-12, are invited to log books and earn prize raffle tickets in the “Read-A-Latte” challenge.
- **“Snow Many Books: An Adult Reading Challenge”** For every book read between February 1 to March 26 participants earn one virtual raffle ticket entering them in a drawing for prizes!
- **Book Buddies Online** for Ages 2-4, Mondays, ending on March 1 (*no program on February 15*). Each Monday, a complete story time packet will be emailed, including songs, finger play, and game ideas. Participants may come to the pickup area between 10:30 a.m.-4 p.m. and get a complete craft-in-a-bag to tie into that week's story time.

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• **Preschool Story Time LIVE** for Ages 3-5, Wednesday, February 17 at 11 a.m. Join Ms. Maureen for some fun and adventure with every turn of a page and note sung. Zoom link provided via after registration.

For GRADES 1-5

• **Online Book Bingo, Holiday Edition**, via Zoom Thursday, February 11 at 3:30 p.m. Valentine’s Day! Chinese New Year! Presidents’ Day! February is full of fun.

• **Little Artists Grab & Go** Friday, February 12 Available for pickup a complete craft-in-a-bag and a bonus online story time link on YouTube.

• **Kid Kahoot!** Thursday, February 25 at 3:30 p.m. Feeling lucky? Kids are invited to play. Meet up online with friends and game on.

For TEENS

• **Jackbox Games** Tuesday, February 16 at 2 p.m. Get your friends, get online, and claim your title as Queen of Quiplash or Duke of Drawful. School’s off this week so Jackbox Games are a fun way to spend a winter afternoon!

• **Kpop Trivia & DIY Bubble Tea Kits** Thursday, February 18 from 5:30-6:30 p.m. Show us your stuff at our very first “Kpop Trivia” event for a chance to win a prize! DIY Bubble Tea Kit Pick Up on Tuesday, February 16 from 5-7 p.m. Register for both the event and the DIY pick up on our website.

• **Teen Craft-to-Go** Tuesday, February 23 from 2-4 p.m. / 5-7 p.m. Crafty teens, Grades 6-12, are invited to participate in a craft. Supplies will be available for pickup during afternoon and evening curbside hours and a tutorial will be posted on YouTube. Register early.

For ADULTS

• **Trivia Hour for Adults** Thursday, February 11 at 7 p.m. February’s trivia theme is Romantic Literature! Trivia will be played on Kahoot and participants will be able to interact over Zoom.

• **Heart Healthy Foods** Wednesday, February 17 at 6:30 p.m. February is American Heart Month. Join ShopRite of Lodi’s Registered Dietitian, Julianne Gallo, for a virtual event highlighting how to eat well for a healthy heart! Come listen, learn, and ask all of your nutrition questions via Zoom.

• **Adult Book Club** 4th Tuesday of each month - February 23 at 7 p.m. February’s book is “The Giver of Stars” by Jojo Moyes. Pick it up curbside (also available in Large Print), or use the Libby App to enjoy the ebook or eAudiobook on your smartphone or tablet.

The Library’s hours of operation are as follows—

For In-House Browsing:

Tuesdays – Fridays from 11 a.m. to 4 p.m.

For Curbside:

Mondays, and Wednesdays – Fridays, 10:30 a.m. to 4 p.m.; Tuesdays, 10:30 a.m. to 4 p.m. and 5 to 7 p.m.

Return library materials book box is located in back of the municipal building. All items will be quarantined for 72 hours prior to check-in.

Call 201-288-0488 to schedule a visit or to arrange for curbside pick-up. For the most up-to-date information and guidelines, visit us online at <https://www.hasbrouckheightslibrary.org/>

Rutherford Public Library

Rutherford Public Library, 150 Park Avenue, Rutherford NJ. 201-939-8600. rutherfordlibrary.org, [facebook.com/rutherfordpubliclibrary](https://www.facebook.com/rutherfordpubliclibrary) and [twitter@Rutherford_pl](https://twitter.com/Rutherford_pl).

Library Open with Limited Hours The hours are as follows: Monday and Wednesday, 10 a.m. – 1 p.m. and 5-7 p.m.; Tuesday, Thursday, and Friday, from 10 a.m. – 1 p.m. and 3-5 p.m.; Saturday, 10 a.m. – 1 p.m. Face masks that cover the nose and mouth are required. We currently are allowing 25 patrons inside at a time, and each patron has a time limit of 45 minutes inside. For more information on our safety guidelines, please visit our website at RutherfordLibrary.org or call 201-939-8600 before planning your visit.

• **Grab & Go Doorside Pickup** Doorside pickup services for those who may not want to enter the building or cannot reach us during our open hours. 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! Forms are available on website or call 201-939-8600 and have our team order items for you! You tell us what you want and when you would like to pick your items up and we’ll have them ready for you.

• **ESL Classes on Zoom** Join one or more of our ESL on Zoom offerings (by visiting Zoom.us). Brush Up Your English is held on Mondays at 3 p.m. and can be joined with Meeting ID: 842 1496 7774 and Password: 114997. This class is for students who are already familiar with English. We also offer a Tuesday and Thursday class at 3 p.m. for all levels, which can be joined with Meeting ID: 867 3172 2729 and Password: 392447.

Another all levels class is held on Wednesdays at 2 p.m., and can be joined with Meeting ID: 836 7199 4483 and Password: 706776. These classes are for anyone who would like to learn English. All are welcome.

• **Yoga on Facebook Live** with certified yoga instructor, Danielle Fisher, on Tuesday, February 2, 9, 16, and 23, at 6:30 p.m. on Facebook Live. For all adults at all levels. Registration is not required, simply tune in on the Library’s Facebook page: www.facebook.com/RutherfordPublicLibrary. All are welcome.

• **Music and Movement on Facebook Live** with two of our favorite musicians on Facebook Live. Miss Fran will join us Friday, February 5 and 26, at 11:15 a.m. Mr. Chris will join us Friday, February 12, at 11:15 a.m. There is no registration required, simply tune in to the Library’s Facebook page: www.facebook.com/RutherfordPublicLibrary.

More Virtual Programming

The Rutherford Public Library is offering virtual programming for children and adults. Visit RutherfordLibrary.org to learn what’s coming up. You can also call 201-939-8600 for more information.

Wood-Ridge Memorial Library

Wood-Ridge Memorial Library, 231 Hackensack Street, Wood-Ridge, NJ 07075. 201-438-2455. <https://woodridgememorallibrary.org>

The Wood-Ridge Memorial Library is open to the public with modified opening hours and at 25% capacity. Browsing and computer time are limited to forty minutes, no advance reservation is required. The Book Drop is open for item returns and all materials will be quarantined for three days before being checked in. Porch pick-up is available upon request. Please see our website for updated information.

• **Music with Miss Nita** A free music-and-movement classes on our Facebook page. Prerecorded sessions are posted every Wednesday at 10 a.m., and are available to view at any time. Come share the joys of making music!

• **Story Time with Mr. Paul** Who doesn’t love being read to? Join Mr. Paul for story time, posted to the Library’s Facebook and Youtube pages every Monday and Friday at 4 p.m.

• **Crafts-To-Go** Ready to get crafty? Every Tuesday will feature a new craft kit complete with all necessary materials. Video instructions posted to our Youtube and Facebook pages. To reserve your kit for porch pickup call the Library or email Mr. Paul at paul.brennan@woodridge.bccls.org

• **Databases:** The Wood-Ridge Memorial Library has many entertaining and educational databases, including but not limited to Gale LegalForms, CultureGrams, Ancestry and Biography in Context.

We also offer a film streaming service through Kanopy and access to comprehensive news coverage at the local, state, regional and national levels through U.S. Major Dailies.

Miss Humblebee's Academy

Families in Wood-Ridge now have free access to Miss Humblebee’s Academy, an award-winning online, educational program that assists the Library’s youngest learners in building foundational literacy skills and preparing for Kindergarten.

Designed for children ages 3 to 6, Miss Humblebee’s Academy employs friendly cartoon characters to guide learning activities, making it fun and easy-to-use, with lessons spanning all major academic subjects.

Accessed either within the Library or remotely with a Wood-Ridge Memorial Library card number through the Library’s website.

• **Museum Passes** The Wood-Ridge Memorial Library is lending free admission passes to 13 NJ and NYC museums. Museums include the American Museum of Natural History, the Aviation Hall of Fame & Museum of New Jersey, the Museum of Modern Art, the Intrepid Sea, Air & Space Museum, and Grounds for Sculpture.

Each pass offers free admission for multiple guests; some passes offer additional discounts at the museum’s gift shop. Passes may be borrowed by any Wood-Ridge resident, age 18 and older. Passes are loaned for three days and may be reserved through the Library’s website or call 201-438-2455.

• **Scholastic BookFlix** is an online resource that pairs classic animated storybooks from Weston Woods with nonfiction ebooks from Scholastic to build real-world knowledge and early literacy skills. BookFlix® encourages a love of reading and learning among young learners in pre-K through Grade 3. BookFlix® may be accessed either within The Library or remotely with a Wood-Ridge Memorial Library card number through the Library’s website.

• **Literature Resource Center** the online destination for literary criticism, author biographies, reviews, and more. It is the world’s most current, comprehensive, and reliable online literature database, covering more than 150,000 writers in all disciplines, time periods, and regions of the world.

Accessed either within the Library or remotely with a Wood-Ridge Memorial Library card number through the Library’s website.

• **eLibrary®**, a user-friendly general reference tool that simplifies the research process, empowering novice researchers to more easily and efficiently choose their research topic and find authoritative information to support their research claim.

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BCCLS Digital Library Card

The member Libraries of the Bergen County Cooperative Library System (BCCLS) are helping patrons without a Library card to register for an eCard and get access to eBooks, eAudiobooks, eMagazines, and more.

The card is available to anyone who currently resides in the BCCLS service area, 77 communities across 4 counties. Learn more by visiting <https://www.bccls.org/>

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Historically Speaking

By James J. Halloran



HASBROUCK HEIGHTS FIRE DEPARTMENT

125 Years of Service
Pride – Dedication – Service
PART 1

It's the middle of the night when you are jolted awake from a sound sleep by a set of tones that comes over your fire department pager and a police dispatcher saying "KDS 6-1-2, Hasbrouck Heights Police Department to all members of the Hasbrouck Heights Fire Department: Resident reports a house fire at.....!"

This call to service has never gone unanswered by the members of the Hasbrouck Heights Volunteer Fire Department.

Since Colonial times, the community has united to face the threat of fire. At first, each household was required to keep and maintain a set of fire buckets. At the sound of an alarm, everybody would bring their buckets and form a line, passing water filled-buckets up and empties back. This was the method of fighting fires up to 1894.

That was the year that Hasbrouck Heights became a Borough. At this time, insurance companies threatened to cancel all fire insurance policies, because of a lack of any organized fire protection.

A group of citizens responded to form the Hasbrouck Heights Fire Association.

First Officers were: R.F. Wilhelm - President, Henry Lemmermann – Vice President, Frank S. Flagg – Secretary and T.G. Selleck – Treasurer.

The Fire Association would only respond to a fire if the owner of the affected structure was a member. Membership dues were \$2.50 per year.

The Association acquired a combination hand pump, ladder and bucket cart with 250 feet of hose. This equipment came at the great cost of \$265. The Association soon acquired an additional 450 feet of hose.

There now arose the problem of how to transport the additional hose. Henry Lem-

mermann donated a hose cart for that use. Both pieces of equipment were pulled by hand.

The next issue to be addressed was where to store the equipment, as they could not be left out in the elements. They held a fundraiser fair and took out a mortgage to purchase land and build a two-story structure at what would become 248 Hamilton Avenue, the current home of the Hasbrouck Heights Volunteer Fire Department.

Sadly, as the year 1895 came to a close, the Association was facing bankruptcy. The Borough stepped in and assumed control of all their property and financial responsibilities. By Borough Ordinance 31, dated February 17, 1896, the Hasbrouck Heights Volunteer Fire Department was created.

John L.C. Graves was elected as the first chief of the Department. It consisted of Hook and Ladder and Bucket Company #1 and Hose Company #1. They now had about 1,000 feet of hose. An auxiliary unit was formed in 1896, called the Fire Patrol. The Patrol was disbanded in 1906.

As the Borough now owned the property where the firehouse was located, they found an additional use for the building. The Borough Council meetings were held there. Other uses and building additions would be added in the next few years.

The Department was called to its first major fire in the Euclid section of town. Upon arrival, it was found that their 1,000 feet of hose only reached about half the distance to the nearest hydrant. Out came the buckets!

The Department would be severely tested during the years 1904-05, by three major fires. The first of these occurred in late 1904, at the Pioneer Club, on Jefferson Avenue. It was reduced to ashes. The Club was



1917 Model T Ford

quickly rebuilt.

The only public school in town was located on the southeast corner of Burton Avenue and Washington Place. This was a two story, brick building, holding eight classrooms. On the morning of January 25, 1905, school was in session when a fire broke out. All 150 children were safely evacuated and the Borough fire alarm was sounded.

That morning, Heights was experiencing a raging snow storm. Oldtimers compared it to the Blizzard of 1888.

The Hook and Ladder cart arrived, pulled by one horse. However, the hose cart, hand drawn, got stuck in a large snow drift. There was little that the firemen could do. They entered the building to save what they could. The major injuries

reported were cases of frostbite to fingers and ears. The building was a total loss. Because of the loss of the school, an addition was added to the firehouse to hold school in until the Franklin School was built.

The third fire broke out on the bitterly cold night of December 15, 1905, at the Methodist Church, then located on Jefferson Avenue. The building was completely destroyed. The congregation soon built a new church on Division and Burton Avenues.

A police department addition was added, in 1911, to the firehouse.

Around 1913, an alarm system was installed in the Borough. A number of towers with bells were located around town. Some locals complained that "this annoyance affected

their sleep." Later, a horn was installed on the firehouse. This would be followed by the replacement of the bells with horns. This horn system was used until the 1990s.

A major upgrade was made to the Department equipment by the purchase of a horse drawn four-wheel wagon from the Hackensack Fire Department, in 1914.

In December 1914, the Fire Department was invited to take part in a parade with the Hackensack Fire Department, in Hackensack. While attending the parade, the Pioneer Club again caught fire. It took the Department fifteen minutes to respond. The Hackensack Fire Department arrived first, as they were motorized. The building was severely damaged. However, it was soon rebuilt.

Because of this fire, demands were made for the motorization of the equipment. The Borough Council awarded a contract, in 1917, to Henry Langer, of the Hasbrouck Heights Garage, to build two pieces of equipment, a hook and ladder truck and a hose truck. Mr. Langer ordered the parts from the Ford Motor Company. These "Model T's" served the Department for many years. The 1920's would bring many changes to the department. ###



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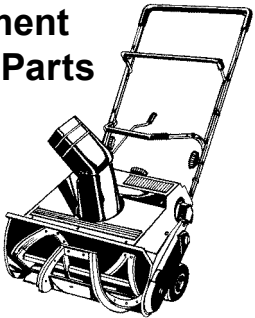
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Hasbrouck Heights Fire Department Santa Around Town

The Hasbrouck Heights Fire Department took "Santa Around Town" on December 20, 2020, an over 30 year tradition, delighting all who came out for the event. *Provided by Justin Watrel. ###*



Moonachie Fire Department Brightens the Holiday

Photo from the Moonachie Fire Department Santa Parade on December 20, 2020. *Provided by Chris Halloran. ###*



Mutual Aid Response: Wood-Ridge garage/house fire December 23, 2010. Photos by Dennis Kranyak Sr.

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**1 Dead, Several Injured in
Lodi Fire December 28**

On December 28, 2020, just before 6 a.m., the Lodi Fire Department responded to an early morning two-alarm fire at a two-family home on Westminster Place. Upon arrival, crews found flames shooting from the roof of the house, with reports of trapped occupants on the second floor. According to fire officials, crews trying to make entry into the home, stretched several lines and began to extinguish heavy flames coming from the first floor of the building. Reports show that the fire broke out in the rear of the home and flames tore through the structure. Officials said it appeared the residents first tried to put out the flames with fire extinguishers, but were unsuccessful. Although most of the occupants were able to escape through the front door or by

leaping from second story windows, 25 year old Ezequiel Gonzalez died in the fire. One person was treated for injuries to his head and arm, one was treated for smoke inhalation and a firefighter for an injured wrist. The fire was under control by 7 a.m. Investigators determined the fire began on the second floor. The fire remains under investigation, but investigators said a candle might be to blame. Wood-Ridge, Lodi, Garfield, Wallington and Hackensack were among the fire departments to respond. The Bergen County Prosecutor's Arson Investigations Unit was probing the cause, which was believed to be accidental. The Bergen County Sheriff's Bureau of Criminal Identification collected evidence. *Photos provided by Rob Knobloch, RK Fire Photography. ###*



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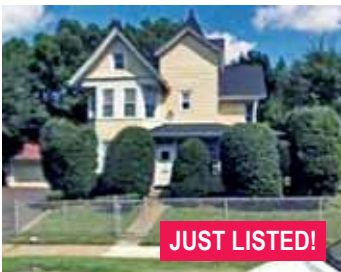
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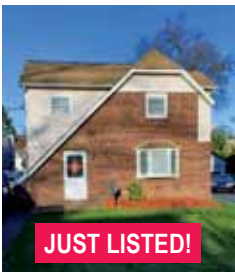
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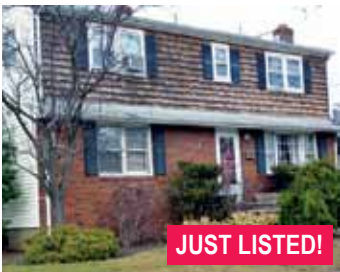
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Happy Valentine's Day!



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