# The Gazette

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

Published Monthly • US Mail Delivery • Available at select locations • Online in PDF format at: www.The-Gazette-Newspaper.com • RSS feed available.



Hasbrouck Heights Men's Association Christmas Tree sale. 400 trees sold out in two weeks and three days. HHMA group photo on page 2.

Inset photo: Last nine trees that were sold by 1 p.m., December 10. Inset photo by Justin Watrel.

## Way Too Fast...

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Didn't we just ponder the selection of our Christmas tree, carried our treasure home, spent hours dressing it with twinkling lights and heirloom decorations?

Didn't we just go to holiday parties with friends, parades, concerts and Santa visits? And then there was Christmas music, classic movies, holiday food and sweet delights to share with our family.

The real meaning of the season should not fade so quickly.

Continue the true meaning and lessons of Hanukkah and Christmas.

Continue the joy of this season, and the magic it promises, into the New Year.

Continue to keep the spirit of Goodwill towards all throughout the year.

The true meaning of the season lives within you!

## **Support Ukraine Freedom**



## **HHMA Annual Tree Sale Benefits Scholarships**

Men's Association began their Annual Christmas Tree Sale on Friday, November 24, 2023, at St. John the Divine, at the

The Hasbrouck Heights corner of Franklin and Terrace. The Association was out in full force to unload about 400 trees and set up the lot. An array of Balsam and Fraser

fir trees, from 5-6 feet to 9-10 feet, were available. This sale has been a Hasbrouck Heights holiday tradition for over thirty years. The money raised goes

to the HHMA Scholarship Fund that benefits graduating high school seniors from Hasbrouck Heights who want to attend college. The Hasbrouck

Heights Men's Association thanks area residents for their on-going support of their sale and wishes everyone a Happy Holiday Season. ###



## **WR Lions Party with LEO Club**

Wood-Ridge Lions Club members invited members of the newly established Wood-Ridge High School LEO Club to meet them on Tuesday, December 5, 2024, at Emilia Romagna Pizza and Restaurant for an informal get-together Pizza Party.

The Lions are happy to sponsor this Lions International endorsed in-school service club with Teacher Lucia DiNapoli as Advisor. Lion Advisor Bob Valenti introduced the LEO's to his attending Lions, as the evening continued with the simple enjoyment of meeting and welcoming these new young members into the Lion family and wishing them success in their service.

It was also announced by Blind Seals Chairman Jack Nagel that the LEO's were those who had distributed letters throughout the community requesting donations to support the Wood-Ridge Lions for their many service projects. As of this get-together, over \$2,300 had been donated. Donations can be sent to Wood-Ridge Lions Club, P.O. Box 166, Wood-Ridge, NJ 07075. Provided by Dennis Brubaker, Club Secretary. ###

Don't miss out ... Promote yourself!

## **Super Bowl LVIII**

Sunday, February 11, 2024

## Valentine's Day

Wednesday February 14, 2024

**Deadline:** January 5th for February Gazette



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### 2024 Municipal Reorganization Meetings

- Carlstadt: Monday, January 1, 2024, Sine Die at 12:30 p.m., Reorgnization at 1 p.m., in Council Chambers.
- East Rutherford: Monday, January 1, 2024, Sine Die at 11:30 a.m., Reorganization at 12 p.m., Council Chambers.
- **Hasbrouck Heights:** Tuesday, January 2, 2024, Sine Die at 6 p.m., Reorganization at 6:30 p.m. in Council Chambers.
- Little Ferry: Friday, January 5, 2024, Sine Die at 6:45 p.m, Reorganization at 7 p.m., in Council Chambers.
- **Moonachie:** Tuesday, January 2, 2024, Sine Die at 6:30 p.m., Reorganization at 7 p.m., in the Muncipal Building.
- **Rutherford:** Friday, January 5, 2024, Sine Die at 5 p.m., Reorganization at 5:30 p.m., in Council Chambers.
- **Wallington:** Thursday, January 4, 2024, Sine die at 6 p.m. Reorganization at 6:30 p.m. at the Civic Center.
- **Wood-Ridge:** Sunday, January 1, 2024, Sine Die at 1:30 p.m. Reorganization at 2 p.m., in Council Chambers. ###



## W-R Lions Reach New Record In Thanksgiving Donations

The Wood-Ridge Lions Club delivered, the week before Thanksgiving, 150 turkeys, crates of fresh vegetables and boxes of canned food items to the Bergen County Center for Food Action in Hackensack.

The Club also made a significant monetary donation to the Assumption Church Food Pantry. This enabled them to distribute 44 turkeys and other food items to families in need of assistance in the parish and surrounding communities.

The Thanksgiving Food Drive, has been under the

leadership of Lion Joe Solda since 1999. With the full support of the Board of Directors, officers and membership of the Club, the amount of turkeys and fixings has grown from 5 in 1998 to almost 200 in 2023. The Club is extremely proud of this accomplishment!

Photo above: Lion Joe Solda with a pallet of turkeys ready for delivery to the Center for Food Action. In the background is Joe's son, Joe Jr. He has been helping dad with this project since he was 10 years old. *Provided by W-R Lions Club.* ###



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The Members of the Wood-Ridge Lions Club extend our warmest wishes for a Joyful Holiday Season to our Friends and Supporters of Wood-Ridge and our neighbors in the surrounding communities.

## HAPPY NEW YEAR!

Wood-Ridge Lions Club, PO Box 166, Wood-Ridge, NJ 07075

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## Scammed

The Hasbrouck Heights Library presents "Don't Get Scammed" with the NJ Division of Consumer Affairs on Monday, January 22 at 2 p.m.

From the IRS phone scam to lottery and sweepstakes scams, to the so-called grandparent scam, it appears that imposter frauds and other criminal scams are more active than ever — and are preying on potential victims in New Jersey through phone calls, emails, and other means.

Open to the public. Please join us as a representative from the New Jersey Division of Consumer Affairs tells us how to AVOID GETTING SCAMMED. ###

## HH Garden Club January 24

The Garden Club welcomes the members and all who are interested in gardening fo their first meeting, January 24, 2024, at the Library Meeting Room, 320 Boulevard. Parking on Central Avenue. Building is barrier free.

Refreshments are served at 5:30 p.m., followed by the general meeding at 6 p.m. Meeting finishes by 7:45 p.m.

They have several speakers during the year who are very knowledgeable. All programs are free. The Garden Club is open to area residents. ###

## Woman's Club of **Carlstadt Meets** January 2

The Woman's Club of Carlstadt will hold their first meeting of the New Year on Tuesday, January 2 at 7:30 p.m.

The meeting will be the First Presbyterian Church at-Fourth Street and Division Avenue. Entertainment provided by Cat Blum, our Arts Performing Chair. Guests are always welcome. Come and enjoy a fun evening. Provided by Janet Drogo. ###

## 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. ###

## MomLife Event Resorts Casino Resorts Casino Jersey Tones January 25

We want to help each other through this thing called motherhood, so make coming to MomLife your 2024 resolution. Moms of kids, ages 0-11, from any town are welcome to attend.

Next event on Thursday, January 25, 2024, 7 to 9 p.m. Please RSVP by January 23. Limited KidLife childcare available by RSVP only. Monthly get together and out-

Event hosted by Bible Baptist Church, 31 Passaic Avenue, Hasbrouck Heights. For more info: hasbrouckhtsmomlife@ gmail.com; Fb - Hasbrouck Heights NJ MomLife ###

## Carlstadt **Mixed Chorus**

The Carlstadt Turnverein invites you to their New Year's Eve program on December 31, 2023, from 4 to 8 p.m. Cost is \$70 pp all inclusive. Music by Bud and Linda. For reservations, call 973-777-6677.

Love Music and Singing and socializing with like-minded individuals?

The Carlstadt Mixed Chorus may be the place for you. We are celebrating our Anniversary and are seeking new members to keep the tradition

Our repertoire includes songs with German and English lyrics and ranges from Mozart, Beethoven, Strauss, to Evergreens and Broadway tunes.

We meet once a week, Tuesdays, from 7 to 8:30 p.m., to rehearse and socialize afterwards.

If interested, please email Ingrid at: ingridwehrhahn11@ gmail.com or call: 973-777-6677, eves preferred. We'd love to hear from you and have you join us. ###

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## AC Trip Jan. 30

On Tuesday, January 30, 2024, the Hasbrouck Heights VFW Post 4591 is sponsoring a trip to the Resorts Casino, Atlantic City. The cost is \$40 (paid in advance). Join us for a continental breakfast starting at 9 a.m. To help pass the travel time there will be Bingo, 50/50 and a movie.

A slot voucher will be given upon arrival. Bus leaves from the Post parking lot at 10 a.m. sharp.

For information, call Diane at 201-475-8898 or Gladys at 201-288-9074. ###

## **Free Throw** Contest Jan. 20

The Most Sacred Heart of Jesus Knights of Columbus Council #3644 will be holding the First Round (Council Level) Free Throw Championship Contest on January 20, 2024 at the Frank W. Gavlak Elementary School Gymnasium, 106 King Street, Wallington, from 10 a.m. to 12 p.m. for boys and girls ages 9 to 14.

The winners will be invited to move on to the Second Round (District Level) Contest. The winners of the Second Round will be invited to the Third Round (Archdiocesan Level). And finally, winners of the Third Round will be invited to the State Finals! All contestants must bring proof of age (birth certificate or passport).

For more information call 973-473-9192. Provided by Troy Steiger. ###

## **Paint Party** January 7

American Legion Post 310 Auxiliary, 100 Liberty Street, Little Ferry, will host Paint your Favorite Glass or Mug on January 7, 2024, from 2 to 5 p.m. \$20 pp. L:ight snacks. Reservations required. No outside drinks allowed. Call Theresa at 201-522-7619 or Lori at 201-250-1532. ###

## AC Trip April 21

On Sunday, April 21, 2024, the American Legion Post 310, 100 Libery Street, Little Ferry, is hosting a bus trip to the Resorts Casino in Atlantic City, NJ.

The cost is \$40 per person, paid in advance. The Casino will give you \$10 back at the

Breakfast sandwiches will be served at 8 a.m. On the bus, Bloody Marys and Mimosa

The bus departs promptly at 9 a.m. Only 50 passengers max. Contact Elizabeth Pezzillo for advance payment at 201-410-9584. ###

Read to Your Child

## **Doo Wop Music** March 2

Get your dancing shoes on! American Legion Post 310, 100 Liberty Street, Little Ferry, presents The Jersey Tones on Saturday, March 2, 2024 starting at 7 p.m.

They specialize in Doo Wop music, rock n' roll, 50s, 60s and 70s -- music the older generation can appreciate.

Free event. Free food while it lasts. No outside drinks allowed. No tickets for this event. Just come down and strut your stuff. ###

> **January Flower** Carnation or Snow Drop

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## Roast Pork Luncheon January 9

The Ladies Aid Society of the First Presbyterian Church of Carlstadt will be hosting a Roast Pork Luncheon, Tuesday, January 9, 2024 in the Community Hall on Third Street (next to the Church) in Carlstadt from 11:30 a.m. till 1 p.m.

Roast Pork with gravy, mashed potatoes, vegetable, homemade coleslaw, applesauce, beverages, coffee, tea and desserts will be served.

Cost is \$15 for adults and \$8 for children. Take out orders available. 50/50 tickets and This & That table will be available at the hall entrance.

For more info or in case of inclement weather please call the Church office at 201-438-5526 from 9:30 a.m. till 12:30 p.m. during weekdays. ###

## PNCC Beefsteak Dinner Jan. 6

On Saturday, January 6, 2024, PNCC of the Transfiguration, at 135 Hathaway Street, Wallington, NJ, will hold a Beefsteak Dinner. Tickets are \$60, reservations only. Deadline is December 31, 2023. Proceeds to benefit Church building fund.

Doors open at 6:30 p.m. Dinner served at 7:30 p.m. For tickets contact Leslie at 201-393-0696. ###

Practice Random Acts of Kindness

## Free Lunch Saturday

The First Presbyterian Church of Moonachie for the "Free Lunch Saturday" program, will be held January 6, 2024, at 11:30 a.m. January lunch is Soup 'n Sandwich (while supplies last).

We average 90+ meals each month, both inside and To-Go bags are available.

A grocery table is also set up for common staple items for those with a need (pasta, sauce, cereal, rice, beans, soup, tuna, proteins sources, etc). All donations are gladly accepted (but please avoid glass jars).

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. ###

## Fish Fry March 29

American Legion Post 310, 100 Liberty Street, Little Ferry, is hosting their annual Good Friday Fish Fry, Friday, March 29, 2024, from 4 p.m. to 8 p.m.

Fried Flounder, potato salad and coleslaw salad, dinner rolls, coffee and dessert. Cost \$15 pp. Proceeds to benefit Veterans and Children's programs. For more information call 201-807-0470. Dine-in or take-out available. ###

## Pizza Night January 19

American Legion Post 310, 100 Liberty Street, Little Ferry, is hosting Pizza Night Friday, January 19, 2024, from 5 p.m. to 9 p.m.

Best thin crust pizza. Plain pizza \$7. \$1 for each additional topping. For more information, call 201-807-0470. No outside drinks allowed. ###

## St. Patrick's March 9

American Legion Post 310, 100 Liberty Street, Little Ferry, NJ, Annual St. Patrick's Day Corned Beef, Cabbage and Potatoes Dinner, Saturday, March 9, 2024, from 4 p.m. until 8 p.m. Indoor event, but take-out is available while it lasts.

No outside beverages allowed. DJ Jack Jam will be spinning the tunes for the party. Bagpiper. Real live leprechaun. Cost is \$15 per order. All proceeds to benefit Veterans and childrens programs.

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

### Valentine's Party Fundraiser Feb. 10

American Legion Squadron 310, 100 Liberty Street, Little Ferry is hosting a Valentine's Party on Saturday, February 10, 2024 starting at 7 p.m.

Tickets are \$20 per person and includes pasta dinner, beer, wine and soda. Every lady gets a rose! Music by DJ Jack Jam.

Advance ticket sales. No tickets sold at the door. No refunds.

All Proceeds from this fundraiser go to Veterans and children's programs. Any questions call: 201-807-0470. ###

## Advertising Supports Local Journalism



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## Rutherford Repair Café January 14

things around your house that just don't work but don't have the heart to throw them away? Before you toss that bike with no brakes or lob that wobbly wooden chair or trash that flickering lamp, bring it to Rutherford's next Repair Cafe!

The Rutherford Green Team will hold its eighth Repair Cafe on Saturday, January 13, 2024, from 11:30 a.m. to 3:30 p.m. in the basement of the Rutherford Public Library, 150 Park Avenue, Rutherford. Please go to the back of the Library and enter through the rear courtyard.

At a Repair Café, area residents bring in non-functioning or damaged items to expert volunteers who try to fix them for free. While waiting, participants can enjoy coffee, tea, and a home-baked snack or try their hand at making crafts out of trash and recyclables.

This is a drop-in event where people are helped on a first-come, first-served basis and are encouraged to learn how to fix things themselves while reducing waste. Participants are limited to one item or two knives at a time.

Volunteers will have the



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> January's Repair Café will have the following stations: bicycles, clothing and cloth items, small appliances, computers, lamps, jewelry, wooden items (furniture, picture frames, etc.), and knife sharpening. We may be repairing sewing machines as well. All clothing should be clean. Participants with multiple items go back to the end of the line after having their first item fixed.

> Check the Rutherford Repair Café Facebook page or the Rutherford Borough website closer to the event to find out about any last-minute changes in what services will be offered. To volunteer or for more information, contact Brian Hanson-Harding at brianhansonharding@gmail.com ###

## **Trout Fly Tying** Starts Jan. 16

East Jersey Chapter Trout Unlimited is holding a FLY TYING course for beginners and advanced fishermen and fisherwomen at Wayne Fire House PLO#2 (2 Alps Road/ 970 Rt. 23) at the intersection of Alps Road and Route 23, Wayne.

For a fee of \$75 this eight week course is held on Tuesday nights from 7 to 9:30 beginning January 16, 2024. For beginners, tools and material are included in the fee.

Beginners will learn the techniques and materials needed to tie trout flies. Patterns will include a selection of nymphs, streamers, wet and dry flies.

Students gain the basic understanding that will catch fish. To register, call Doug Penna 201-288-4409 or text Joe Fusco at 201-739-4229 or at the class. Instruction by experienced East Jersey Chapter Trout Unlimited fly tiers. Provided by Bruce T. Halstater. ###

## St. Patrick's **Day Parade** March 3

The Rutherford Irish would love you to attend the 7th Annual St. Patrick's Day Parade, starting at 1 p.m. on Sunday, March 3, 2024.

Parade application deadline is February 1, 2024. Participants must be approved by the parade committee.

The parade, with extensive pipe and marching bands, steps off at the corner of Woodland and Park Avenues and continues to Ames and Park Avenue.

The 2024 Parade Dignitaries are: Grand Marshal - Joe Kelly, Deputy Grand Marshal - Brendan Dunphy, Law Enforcement Officer of the Year - Ret. NJSP Colonel, Rick Fuentes, Firefighter of the Year - William Rood, EMT of the Year - Carmen Addeo and Member of the Year - Karen McDermott.

Sponsorships available. Ad journal requests must be received before January 26. For journal/sponsorship details, call Meghan at 201-370-3925.

The Annual Gala is at the Fiesta in Wood-Ridge, Saturday, February 3, 2024. This is fundraiser offsets the cost of the parade and a night where they honor parade dignitaries.

Any questions, contact Pat O'Neill at 201-725-1606 or email: rutherfordparade@ gmail.com View the 6th Annual Parade at: http://www. the-gazette-newspaper.com/ images/gazette/apr23.pdf



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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. ###

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## Dog Licenses

Moonachie Residents: 2023 Dog Licenses expire on January 31, 2024. Proof of a rabies vaccination valid from November 1, 2024 or later is required. You will not be given a license if rabies expires before November 1.

Fees are \$10 spayed/neutered, \$13 not spayed/neutered. A late fee of \$10 per license starts on February 1. Accepted payments are check and money order payable to Borough of Moonachie.

If you are renewing or applying by mail, include copies of updated rabies and neutering paperwork, and a current telephone number and email. The mailing address is 70 Moonachie Road, Attention: Board of Health.

Contact the Board of Health at 201-641-1813 ext. 6 to make any updates or have questions. Reminder that all dogs 6 months and older must have a dog license. ###



## 2024 Moonachie Cell Phones for Soldiers

The Hasbrouck Heights Green Team has partnered with A Hero's Welcome to sponsor a Cell Phones for Soldiers Drive January 15 through February 17, 2024.

The HH Green Team will be collecting donations of cell phones, iPads, tablets and MP3 players, working or not working. Chargers for cell phones, iPads, tablets, and MP3 players. Accessories such as cases etc. in their original packaging are welcomed.

A drop box will be located at the HH Free Public Library, 320 Boulevard, Hasbrouck Heights.

Since 2004, Cell Phones for Soldiers (https://www.cellphonesforsoldiers.com/) has provided more than 400 million minutes of air time to servicemen and women deployed around the world.

They use proceeds to purchase international calling cards for troops to call home and provide emergency funding for Veterans by recycling more than 25 million cell phones, reducing the impact on landfills.

If you have any questions please contact the HH Green Team at hhgreenteam@gmail. com ###

## W-R Memorial Foundation Election of New Trustee & 2024 Dinner Honorees

Wood-Ridge Memorial Foundation President, Linda Finke is pleased to announce the Foundation Honorees for the 2024 WRMF Annual Dinner, to be held on Friday, March 8, 2024.

The Foundation is honored to present these individuals with the recognition they deserve for outstanding service to the Wood-Ridge community.

The dinner will be held at The Fiesta from 6:30-10:30, including a 4-hour open bar. Tickets for the event are \$90 pp and are available for purchase. To reserve a table or purchase tickets, please contact event Chairperson Jack Nagel at 201-394-7598 or email janpro911@ aol.com.

Proceeds of the event directly support scholarships for qualifying Wood-Ridge students. For 2024, the Foundation anticipates awarding 20 scholarships totaling approximately \$65,000.

• Anthony Iacovino: A 23year resident of Wood-Ridge, Anthony has coached football, basketball, baseball, and softball, serving as head coach for some. He continues to serve as a trustee for Wood-Ridge Junior Football and Cheer Board, and as an alternate liaison to the Meadowlands Football League. In 2022, he became NJSIAA certified to officiate H.S. basketball and is in the process of becoming certified for H.S. football.

Anthony has been in the technology industry for over 34 years and is currently the Senior Vice President of Worldwide Sales for N2Power Technology. He also serves as a consultant to various organizations within the technology sector.

Anthony and his wife, Lori-Ann, have three children: Bella is in a 6-year doctorate Pharmacy program at the University of Rhode Island; Nino is in an accelerated law program at the University of New Hampshire; and Chance is a freshman three-sport athlete at WRHS. All three are products of the Wood-Ridge recreation and WRHS program.

• Lori-Ann Iacovino: A resident of Wood-Ridge for 23 years, Lori-Ann has been a Wood-Ridge Junior Football and Cheer Board member for over 15 years, 10 years as president for both programs. She coached cheer for 10 years in WR and 10+ years in Hudson County.

Lori-Ann co-founded the Wood-Ridge travel basketball board and continues to serve as its treasurer. She is currently a recreation commissioner and supports Wood-Ridge athletics by serving as a volunteer in the kitchen, organizing tournaments, and promoting sportsmanship.

Lori-Ann is a Clinical Pharmacy Specialist in Infectious Disease at Holy Name Medical Center. She chairs the Antimicrobial Stewardship program and runs the Infectious Disease Service for undergraduate and postgraduate pharmacy students. She is also an adjunct professor at Rutgers, Ernest Mario College of Pharmacy, and FDU, College of Pharmacy and sits on the New Jersey State Board of Athletic Trainers.

• Jane Carrie: This is Jane's 25th year as a staff member in the Wood-Ridge school system. She served 9 years at Catherine E. Doyle before transferring to the Junior/Senior High School. In her school positions, Jane has provided assistance to Wood-Ridge students in every grade from Kindergarten through Grade 12.

As Secretary of the Guidance Department, Jane has been a valuable asset to the Foundation, assisting students in submitting scholarship applications and organizing the application process. Jane also has served the community of Wood-Ridge in a variety of roles: Girl Scout Leader, softball/basketball coach, Little League volunteer, and PTA member for 30 years.

Jane grew up in Hoboken before moving to Wood-Ridge in 1986 to raise her family. Prior to working for the WR-BOE, she worked at Stevens Institute of Technology, and St. Michael's Elementary School in Lyndhurst.

• Jennifer Hynes: Jennifer has been a teacher for 19 years: 3 years in Fort Lee, 3 years in Haledon and 13 years in Grade 3 at Catherine E. Doyle. For 23 years, Jennifer has been married to John Hynes, who is a 28-year member of the Hackensack Fire Department. They have 2 children, Jillian (21) and Jared (19) who both attend Rutgers University. Jennifer has served as a Wood-Ridge cheerleading coach: 8 years volunteering for Wood-Ridge/ Moonachie Recreation and 25 years at Wood-Ridge HS. Jennifer is a long-time member of the Wood-Ridge PTA and the New Jersey Cheer and Dance Association.

• Marc Sinclair: Marc has been an Athletic Director and Assistant Principal for the past 6 years at Wood-Ridge High School. This is his 16th year in education. When teaching at Bogota, he was selected as 2013 Bergen County Teacher of The Year.

Marc married his wife, Marisa, on Valentine's Day in 2014, and they have 2 daughters, Sienna (age 5) and Stella (age 2). Before becoming an administrator, he coached high school football, baseball, basketball and golf. Marc is currently a member of the Bergen County Coaches Association and serves on various NJIC Conference committees. High school athletics is something he has always been passionate about, not because of the wins and losses, but because of the relationships that are built along the way.

• Robert Cribben: Although born and raised in Brockton, Massachusetts, Bob has been a resident of Wood-Ridge for 44 years. Bob worked in the trucking industry for 31 years and has been married to his wife, Ellen, for 38 years. Bob and Ellen raised their four children in Wood-Ridge: Michael, Kelly, Kevin and Colleen. They are the proud grandparents of Riley and Carter. Bob has served as Wood-Ridge Police Civilian Dispatcher for 17 years and has been a member of the Wood-Ridge Fire Department for 42 years. He is a 23-year member of the Knights of Columbus, Saint Anthony Council 11585, Our Lady of Assumption Church, attaining 4th degree status in 2023. Bob was an Assistant Coach for Wood-Ridge Baseball for 1 year and Head Coach for Wood-Ridge Girls Softball for 10 years.

• Keri Focarino: Keri was born and raised in Wood-Ridge. She attended public school in Wood-Ridge, graduating from Wood-Ridge High School in 2011. She then attended Montclair State University, earning Bachelor's Degrees in History and Elementary Education. In 2016, Keri began teaching at Catherine E. Doyle as a Kindergarten teacher. In June of 2019, she received her Master's Degree in Literacy from the American College of Education. In 2021, she switched from teaching Kindergarten to teaching First Grade.

From 2012 until 2020, Keri coached the recreation level competitive cheerleading teams. From 2017-2019, she coached the Wood-Ridge High School Varsity Softball team. In 2015, she joined the Wood-Ridge Fire Department Ladies Auxiliary, holding numerous titles, including President and Secretary. Provided by Anne *Turtoto.* ###

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## **Little Christmas**

Epiphany goes by various names in different cultures. Little Christmas, Three Kings Day, or Twelfth Night all remain the official end of the season's "Twelve Days of Christmas" -- counting from Christmas evening on December 25 to the Epiphany on January 6. In 2024, Epiphany falls on Saturday, January 6.

Epiphany is from the Greek word Epiphania, meaning "revelation".

In biblical terms, the word

## Mass for Life January 19

The Rosary Confraternity of Most Sacred Heart of Jesus Church, 127 Paterson Avenue, Wallington, invites all parishioners and friends to pray for life from conception to natural death on Friday, January 19, at 6 p.m. Please join the members of the Rosary at this very special Mass as we pray for the right to all lives.

As the March for Life is held on Friday, January 19, in Washington, D.C., let us join our prayers and our voices to show our support on the importance of life.

We ask participants at the Mass to bring a gift in support of the mission of Mercy House of the Archdiocese of Newark.

Mercy House is especially in need of the following items: baby diapers (size 3-5T), baby wipes, baby clothing, ShopRite and Amazon gift cards and monetary donations.

After Mass, please join the members of the Rosary in the Great Hall for a "Soup and Bread Social." The Great Hall is handicapped accessible.

For additional information, please contact Susan Stroosnyder at 973-777-4864 or Carol Kosior at 973-779-8288. ###

Go to Church

best describes the story of how the Magi or Three Kings - Caspar, (or Kaspar or Gaspar) Melchior and Balthasar - saw a bright star on the night Christ was born and followed it to Bethlehem. There they found the Christ Child and presented him with gifts of gold, frankincense and myrrh.

The legendary visit would later gave rise to the custom of gift giving at Christmas on the Feast of the Epiphany.

In England, Epiphany or "Twelfth Night" was the last opportunity to make merry before a return to the usual toil of the workaday world. The traditional Yule log was kept lit until Twelfth Night in order to bring blessings and good fortune throughout the upcoming year.

A favorite Christmas carol also still commemorates gifts of partridges, french hens and golden rings in the Olde English observance of the Twelve Days of Christmas.

In Germany, children go from house to house on Epiph-

any Eve, singing carols and chalking the year and initials KMB (those of the kings, Kaspar, Melchior and Balthasar), near the entrance of each home.

On the day Jesus was born, not many throughout the lands knew of this glorious event. Wise men, shepherds, and others came from far away lands to worship the baby Jesus. It took many days of travel for them to arrive at Jesus' birthplace. Traveling during this period was slow and done by riding donkeys, camels, or walking.

There were several wise men that had been sent by King Herod to find the newborn baby Jesus. The wise men "went their way; and behold the star which they had seen in the east went before them until it came and stood over where the child was.

And seeing the star they rejoiced with exceeding great joy. Upon entering the dwelling, they found the child with Mary, his mother, and falling down they adored him; and opening their treasures, they offered him gifts; gold, frankincense, and myrrh." (St. Matthew 2:9-11) ###



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## Presbyterian



## FIRST PRESBYTERIAN CHURCH OF MOONACHIE

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

### Assembly



## TRANSFORMATION LIFE CHURCH

190 Valley Blvd. • Wood-Ridge 201-935-4719 • www.tlcassembly.org Worship Services: Sundays @ 9am & 11am Livestream Services @ 11am Rev. Jim Armpriester, Jr., Pastor Email: info@tlcassembly.org

#### Lutheran



#### HOLY TRINITY LUTHERAN CHURCH

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## **HH Leisure Club Senior Moments**

The Hasbrouck Heights Senior Club Upcoming Programs:

- January 10: Scam information, possible Bingo.
- February 14: Blue Chip Chorus singing Valentine and Patriotic Songs.
- March 13: Presentation on George Washington in New Jersey given by Pat Schuber.

## 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 and Mexican Train/dominoes.

#### **Trips**

All trips leave from the parking lot at Broad and Orchard Streets. Arrive 15 minutes before. Call Helene at 201-463-3000 for details. ###

#### **Lodi Seniors**

The Lodi Seniors Club meets on the last Tuesday of the month at 12 noon at its head-quarters on Walnut Place (off Passaic Street). Residents age 55+ are invited to join.

This is a great opportunity to get out of the house and to socialize with peers, attend presentations by guest speakers, go on outings, and enjoy "fun" activities like singalongs. Membership fee is \$15 a year. For more information, call Marie Stein at 973-955-2484. We look forward to seeing you in January. *Provided by: Mary Jane Dittmar.* ###

## Bergen County LGBTQ Seniors Meet Jan. 9, 15, 19

Bergen County LGBTQ+ Alliance (BCLA), a non-profit organization, hosts a seniors (60+) group that meets on the second Tuesday and the third Monday of each month in person and the third Friday virtually. All meetings begin at 11:30 a.m.

The next meetings are on Tuesday, January 9, Monday, January 15 and Friday, January 19. The Tuesday meeting will be held at The Rutherford Pancake House, 40 Park Avenue, Rutherford and the Monday meeting will be held at CoZie Café, 14-25 Plaza Road N (Radburn Plaza Building), Fair Lawn. Light lunch will be served at the in person meetings.

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

## Little Ferry Seniors Club New Address

Meetings are held the 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. All meetings and games are held at Little Ferry Senior Center at our new address at 250 Mehrhof Road. New Members are always welcome. Dues are \$15 per year, per person. For more information, call Mary at 201-686-8424. ###

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## AARP Chapter #2015 Lodi

The AARP Chapter #2015 of Lodi meets at noon the third Tuesday of every month at the Lodi Senior Citizens Building, 22 Walnut Place. Each meeting will have either a speaker or entertainment as well as light refreshments. New members are welcome. Dues are \$10 for the calendar year (January 1 to December 31). National AARP membership is also required. For membership information contact Stan at 973-779-8544 or email to aarp.2015.lodi.nj@ gmail.com Provided by Kathleen Zalenski. ###

## ER Seniors

Any East Rutherford senior resident, 50 years or older, 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.

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 Raynette for trips at 201-726-3604. Payment must be received 2 weeks prior to an event. All trips leave and return to CVS Parking Lot, Paterson Avenue, East Rutherford. ###

## Little Ferry Seniors Club

Meetings are the 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.

All meetings and games are held at Litte Ferry Seniors Center at 95 Main Street. New Members always welcome and dues are \$10 per year. Call Mary for further information at 201-686-8424. *Provided by Nilda Rojas.* ###

## **Grief Support**

GriefShare is a support group that meets weekly to offer help and encouragement after the death of a spouse, child, family member or friend.

They meet Monday eveings at 7 p.m. at Bible Baptist Church, 31 Passaic Avenue, Hasbrouck Heights.

For more information call 201-288-4139, ext. 2, email BBCGriefShare@gmail.com or go to: www.griefshare.org ###

**Emergencies: Call 9-11** 

## Carlstadt Winter Fest

On Saturday, November 25, 2023, from 11 a.m. to 5 p.m., over 500 people attended "Winter Fest 2023" held on Carlstadt Village Green.

There was food, organizations, vendors, inflatables, and music.

The community tree lighting ceremony was held.

Santa was available for photos. *Photos by Dennis Kronyak Sr.* ###























Lodi's Annual Holiday Tree Lighting was held on December 7, 2023. There was a parade from the Fire house to the Library. Mayor Scott Luna spoke and presented an honorary plaque to Dominic & Barbara Staine. There was a performance from the Lodi High School Choir and then pictures with Santa in the Library. It was a fun evening. *Provided by Emily Wright Abramenko.* ###



The Religious Shoppe, 220 Boulevard, Hasbrouck Heights. The Religious Shoppe offered holiday shoppers a huge selection of heirloom quality Christmas items. Hosts, Barbara and Gary Doran, wished everyone a Blessed Christmas. For more information, call 201-288-4373. ###



Be Present, 450 Boulevard, Hasbrouck Heights, offered a huge selection of jewelry, accessories, clothing, handbags, home accents, candles, toys and more. Be Present is one of a kind for shopping and gathering and the hope is for everyone to feel the inspiration. Host, Carla and staff, wished everyone a wonderful Holiday. For more information call 201-288-0469. ###



Bill O'Shea's Florist, 231 Boulevard, Hasbrouck Heights, held their Annual Open House on Saturday and Sunday, November 18, 19, 2023, traditionally the Sunday before Thanksgiving. Hosts, John and Linda Kosakowski, welcomed guests to enjoy prizes, refreshments and special offers. There was a mailbox for letters to Santa. A beautiful Thanksgiving Centerpiece was raffled. Bill O'Shea's Florist has been delivering Season's Cheer for over 50 years. For more info, call 201-288-2300. ###



On Saturday, December 9, 2023, **Bogota Savings Bank**, 181 Boulevard, Hasbrouck Heights, held a holiday party, featuring free pictures with Santa. Festivities included holiday crafts, hot chocolate station and an opportunity to write a letter to Santa. Visitors were asked to bring a new toy for donation and were eligible to be entered into a raffle. For more information, call 201-862-0660, ext. 1300. ###



Heights Flower Shoppe, 209 Boulevard, Hasbrouck Heights, held their 38th Open House on December 3, 2023. This very popular Open House kicked off the Holiday Season with music, prizes and refreshments. For more information, call 201-288-5464. ###



Real estate agent Cory Waters, in cooperation with **REMAX Trading Places**, 345 Boulevard, Hasbrouck Heights, hosted a Toy Drive to benefit Hackensack Meridian Children's Health. Area residents could drop off an unwrapped new toy any time. On December 16, 2023, gifters enjoyed some refreshments from noon to 3 p.m., as they celebrated this special toy drop off event. Santa was available for free photos. Call 201-288-5411 or 908-797-5745 for more information. ###

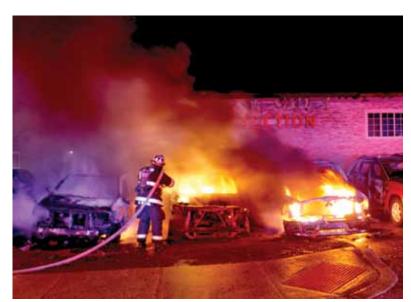


Mr. & Mrs. Claus posed with families before the start of the Wallington Fire Department's Annual Holiday Parade, November 25, 2023. *Photo by Ron Jeffers*. ###



Mr. & Mrs. Claus with elves at the Hasbrouck Heights Annual Holiday Parade, November 24, 2023. *Photo by Tony Greco.* ###

## Editor's Retrospective: Men



Lodi Fire Department Tackles Smokin' Hot Cars, September 2023. Photo by Damien Danis.



Hasbrouck Heights Fire Department Responds to a Car Fire, March 2023. Photo by Jeff Mason.



Garbage Truck Overturns on Rt. 17, October 2023. HHFD Photo.



A Wedding to Remember. October 2023. HHFD Photo.



W-R Fire Department Celebrates 125 Years, November 2023. Photo by Dennis Kronyak Sr.



Hasbrouck Heights Fire Department Installation Dinner, February 2023.



W-R Fire Department Rides, November 2023.



Fire Toast Car, October 2023. HHFD Photo.



Carlstadt Fire Department Wood Shop Blaze, May 2023. Photo by Dennis Kronyak Sr.



Rollover Shuts Down Rt. 46, July 2023. HHFD Photo.



Hasbrouck Heights Fire Department MVA, April 2023. Photo by Tony Greco.



4 Injured in Overturned Vehicle Accident. November 2023. Photo by Dennis Kronyak Sr.



ER Building Collapse, December 2023. Photo by Ron Jeffers.



Rutherford St. Patrick's Parade, April 2023.



Prom Dress Giveaway, April 2023.



Shamrock 5K, April 2023.



Personal Best, Aviator Invitational Relays, May 2023.

## norable 2023 Gazette Photos



Great Duck Derby, June 2023.



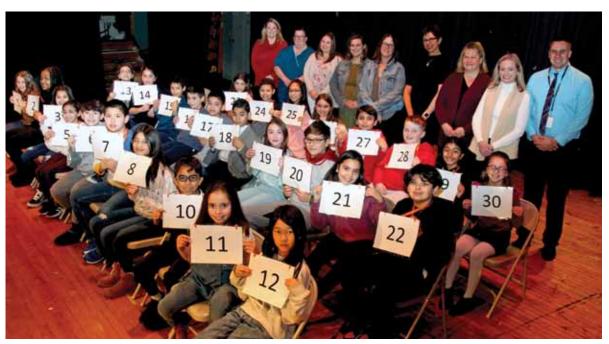
W-R & Hasbrouck Heights Street Fair scenes, July 2023.



Wallington Fire Department Memorial Service, June 2023.



Enjoying the Aviation Experience, August 2023.



Junior Women's Club of Hasbrouck Heights Spelling Bee, March 2023.



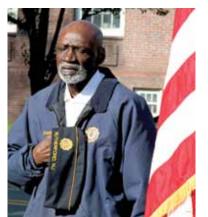
The Band, October 2023.



About Active Shooter Situations, September 2023.



Placing American Flags on Graves Memorial Day, July 2023.



Veterans Day Service, December 2023.



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Memorial Day Services, July 2023.



Summertime Fun, August 2023.



The Woman's Club of Carlstadt donated 80+ handmade bears to the Emmanuel Cancer Foundation and a check for \$400 raised at our fund raiser at the New Park Tavern in East Rutherford. The Emmanuel Cancer Foundation provides New Jersey families faced with pediatric cancer a place to turn for comfort and relief through free supportive services uniquely tailored to each family.

Pictured from left to right Jill Hediger, President, ECF volunteer, and Rosalie Bespalko, Vice President and Special State Project Chair. *Provided by Janet Drogo.* ###



### Woman's Clubs Work Christmas Party

Members of the Woman's Club of Carlstadt and Woman's Club of Lyndhurst volunteered at the Emmanuel Cancer Foundation's Northern Region Christmas Party for children with pediatric cancer at the Woman's Club of Upper Montclair on Sunday, December 3, 2024.

The children and their families enjoyed photos with Santa, face painting, arts and crafts and refreshments.

Top: Lyndhurst Club serving refreshments are from left Kathy Monaco, Jackie Ruane, an Elf, Janet Ricigliano, Rose Pavia and President Annette Bortone. Side: Carlstadt Club



serving refreshments from the left Rosalie Bespalko, special State Project Chair, Janet Drogo and Vicki O'Brien. *Provided by Janet Drogo.* ###

**Correction:** Photo caption on page 13 of the November 2023 Gazette Newspaper should have described the Veterans Luncheon sponsors as Ladies Aid Society of the First Presbyterian Church of Carlstadt.



## Bergen County And BBC Form Partnership To Enrich Veterinary Technology Education

The Bergen County Board of Commissioners and County Executive Jim Tedesco announced a new innovative partnership between Bergen Community College (BCC) and the Bergen County Animal Shelter and Adoption Center.

BCC's Veterinary Technology Program students will now have the opportunity to gain hands-on externships at the Bergen County Animal Shelter, providing care for the animals before they find a forever home.

BCC's Veterinary Technology Program, accredited by the American Veterinary Medical Association, emphasizes practical learning experiences to complement theoretical coursework.

Recognizing the County's commitment to training future veterinary care professionals, an Externship Agreement has been established, allowing BCC students to complete two clinical rotations, each earning one credit.

These externships, totaling 125 hours each, will provide students with valuable real-world experience in veterinary surgery and nursing skills.

The Externship Agreement, authorized by the Bergen County Board of County Commissioners, allows BCC and the County to formalize their commitment to fostering the growth of veterinary professionals.

The veterinary technology program provides students with a professional education degree (associate of applied science) to become veterinary technicians.

The program has been de-

signed to develop personnel capable of assisting veterinarians in large animal practices, small animal practices, laboratory animal situations, and related veterinary medical activities.

The program is accredited by the American Medical Association and the Committee on Veterinary Technician Education and Activities. Additional information is available at bergen.edu/vettech. *Provided* by Bergen County. ###



Milestone Achievement: East Rutherford School District Inaugurates First Lincoln School National Elementary Honor Society Chapter! Celebrating the excellence of 20 outstanding students who embody Scholarship, Leadership, Service, and Character. Kudos to the visionary principal Mr.V ilardi and dedicated advisor Mr.Tunnell for fostering this academic haven. The inaugural chapter sets a precedent for future scholars, showcasing the district's commitment to nurturing well-rounded individuals. A proud moment as these young minds embark on a journey of academic distinction and community service, illuminating the bright future that lies ahead for both the students and the school district. *Provided by Mr. Christopher Tunnell.* ###





The 2023 Rutherford Jr. Football & Cheering Pee Wees (8-9 yr olds) 10-1 Super Bowl Champs



The 2023 Rutherford Jr. Football & Cheering Juniors (10-11 yr olds) 11-0 Super Bowl Champs



The 2023 Rutherford Jr. Football & Cheering Seniors (12-13 yr olds) 11-0 Super Bowl Champs

The Meadowlands Football League made history with the Rutherford Junior Football and Cheering program not only qualifying three teams for the Super Bowl but they also won all three 2023 Super Bowls in dramatic fashion. All three games ended via mercy rule, making the Rutherford Bulldogs Super Bowl Champs x3. Provided by Michael Paskas. ###



## **Crackin' the Case**

Recently, Wood-Ridge Girl Scout Troop 97130 participated in Crack the Case Workshop at Liberty Science Center. The girls learned how to take fingerprints and measure shoeprints to determine the height of the suspect. They matched fiber evidence under microscopes. They checked blood types from samples. Using all the evidence collected and working together with other Girl Scouts from northern New Jersey, they solved the case of the missing monkey artifact.

After the workshop, we enjoyed the planetarium show. The rest of the day was spent exploring all the exhibits at Liberty Science Center.

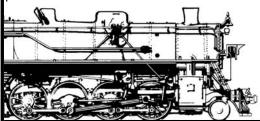
The girls finished the requirements for the Cadette Special Agent badge at a troop meeting. They checked how types of ink can be separated into color components. They had great fun seeing how fake blood drops from different distances. The girls had to draw a suspect from eyewitness description.

We celebrated Halloween on the scary train ride at ZooBoo, Van Saun Park. We went to Tenafly Nature Center for a night hike and campfire. Girls were Santa's elves for the Wood-Ridge tree lighting. The girls are excited planning for future trips and town events. Provided by Jane Koegel. ###

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tographer Association member, Ron Jeffers, attending a Lodi Fire Departments Old Timers Night in 2018. Photo by Damien Danis. ###

### Richard Wolfson: Mentor to Many

Richard S. Wolfson, CFI, CEI, PI, 76, of Hackensack, formerly of Garfield, passed away on November 17, 2023.

Before retiring he was a Fire/Arson Investigator for over 30 years and worked for Atlantic Professional Services in Nutley. He also was a Fire Explosion Investigator and a Private Investigator. Richard was a retired firefighter for the Garfield Volunteer Fire Department Engine Company #1 for over 40 years and a life member of the department.

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He was founder of NJ Metro Fire Photography Association, a member of the International Association of Arson Investigators (IAAI), member of the Knights of Fire Motorcycle Club and a member of the United States Army National Guard. Richard was also a Corvette enthusiast.

In lieu of flowers, memorial contributions may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105 www. stjude.org/donate or Tunnel to Towers Foundation https:// dogood.t2t.org/give/320847/#!/donation/checkout Condolences visit www.dichiarafuneralhome.com ###



## **Artful Thinking**

By Artie Maglionico • Lodi Historian

#### We want more in '24

Happy New Year and welcome to Artful Thinking 2024.

I'm going to start this new, unblemished column with a slogan. "We want more in 24."

Yes folks we deserve more of the good stuff don't you agree? We want more success, good health, prosperity, more sunny days, more Love, in divine order, more laughter, and for many of us, myself included, more money.

One thing we need a lot less of is man's inhumanity to man. If there's a resolution waiting to appear then let it be this. Make it happen!

We have "more" power than we ourselves realize. Inner powers that when accepted and utilized can actually help us in attaining our deepest desires.

We want more in 24!" Are you with me folks? What are your goals for the coming year and what plan have you mapped out to achieve them? Don't panic folks I'm not expecting an answer. Purely hypothetical.

I'm not going to ask you how the year 2023 was. Some of you might think that it's a loaded question. Instead I'm simply letting the past vaporize into nothingness. Let a good memory drift by every so often never clinging to it as if it were a life preserver.

Memories can't take you where you want to go rather to where you've been. You can't go there anymore. I know what you're saying. "Yea, but the Artful Thinker is always telling us about the past." Well you got me there folks however writing about yesterday doesn't mean I'm reliving it. Then again maybe I am at that. On second thought go back and change that line to "memories could take you where you want to go."

This column of ours gives us a few moments of sentimental bliss before reality finds us in the present moment. Darn that reality! It's always waiting for us at the end of each story. Don't you wish it would just go away?

Why can't life be like it is in Mayberry? Aunt "B" baking corn bread and apple pie, Floyd the barber sitting in front of his empty shop waiting with a smile for customers that don't exist, Sheriff Andy Taylor whittling on his front porch with little Opie at his side. Deputy Bernard P. Fife strutting down Main Street with Thelma Lou, while Otis sleeps off that moonshine bender in the comfort of a warm and cozy jail cell allowed to come and go as he pleases. After a home cooked breakfast of course, compliments of Aunt "B."

Now here's another potentially loaded question. "What lies ahead for us in 2024?"

I don't know what's worse; clinging futilely to what was, or playing a guessing game about what's to come thus running the risk of nothing turn out as we predicted which is often the case.

I'm going to let you ponder that one folks since I'm already in this over my head. With that having been said let's move on shall we? Uh...next paragraph please thank you very much.

As for yours truly, 2024 will find me suffering the rigors of my return to the dating scene.

A comeback, if you will, after a few unsuccessful attempts at meeting eligible women in laundromats and arm wrestling tournaments.

When I finally did manage to get a phone number it turned out to be for Shop Rite. Why put me through all of that? Just tell me that you're not interested and put me out of my misery.

The last "official" attempt at meeting women (official meaning the bar scene) occurred before the invention of

Good manners are always in style

cell phones. Come to think of it I was still using a rotary phone.

Okay you can stop laughing now. Anyway after lavishing this woman with drinks and Terpsichore, I asked for her phone number. "It's in the book." She hastily replied. I reminded her that she never told me her name. She then said to me on her way out the door that her name was in the book also.

That was then while I was in my prime. Now at my advanced age I'm hoping that I'll run across the same women who rejected me hoping that they'll give me another chance.

By now they're most likely available again, if in fact they are still with us. The question is, folks, where to meet them? The days of me strutting confidently into the Players Club in Hackensack (long since gone) sporting a pair of designer jeans and a high collared shirt with gold chain exposed are long since gone.

There is no longer a "Saturday Night Fever." Not only has the fever subsided come the night I am usually ready for beddy-bye.

Here comes reality again. Denial doesn't seem to be working so I'll continue to play hide and seek with reality in the next paragraph. Go and get a cup of coffee while I try to figure out where I'm going with all of this.

Is it still 2024? I met an attractive woman in the park recently. She told me that I may not be tall dark and handsome, but I'm probably handsome in the dark. She wasn't sticking around to find out!

This comeback of mine is off to an inauspicious start. I know what you're thinking. "Why not try the senior center or a local Garden Club or even a canasta tournament at a nearby retirement village." You forgot to mention Bingo games at the civic center.

On second thought you don't want to disturb women during a heated Bingo fest. You'll be chased out of the room with lit torches like the

Frankenstein monster and put to rout before the start of the early bird special.

Well folks, I'll have to get back to you on that. For now I'm going do a few push-ups, run up a hill a few times, a jumping jack or two, coat my face with anti-wrinkle solution(too late for that), have a cup of green tea and use a lighter shade of hair color. The shade I'm using

currently is that of Army shoe and boot polish. If that doesn't work then its back to watching Mayberry re-runs. To heck with reality!

Finally, in the words of legendary Green Bay Packer football coach, Guy Lombardo :-), "You can lead a horse to water, but a pencil must be lead."

Have a Happy and Safe New Year. ###



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## About the Flu

#### **How Flu Spreads**

People with flu can spread it to others up to about 6 feet away. Most experts think that flu viruses are spread mainly by droplets made when people with flu cough, sneeze or talk.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth or nose.

To avoid this, people should wash their hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

Linens, eating utensils, and dishes belonging to those who are sick should not be shared without washing thoroughly first. Eating utensils can be washed either in a dishwasher or by hand with water and soap and do not need to be cleaned separately.

#### The Flu Is Contagious

Most healthy adults may be able to infect others begin-

ning 1 day before symptoms develop and up to 5 to 7 days after becoming sick.

Children may pass the virus for longer than 7 days. Symptoms start 1 to 4 days after the virus enters the body.

That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Some persons can be infected with the flu virus but have no symptoms. During this time, those persons may still spread the virus to others.

#### What Should I Do If I Get Sick?

If you get sick with flu-like symptoms, you should stay home and avoid contact with other people except to get medical care. Most people with the flu have mild illness and do not need medical care or antiviral drugs. However, some people are more likely to get flu complications and they should talk to a health care provider about whether they need to be examined if they get flu symptoms. Source: www.cdc.gov ###



## **Footnotes**

By Dr. Kenya Lazovik, DPM

#### Managing Raynaud's: Tips from Your Local Podiatrist

Did you know that Raynaud's affects 5-10 percent of Americans? As the weather cools, let's delve into this condition that disrupts blood flow to various parts of the body, including your feet and toes, when exposed to cold or stress. Raynaud's attacks can be painful, but there are ways to alleviate their impact, which can last from minutes to hours.

• Quit Smoking: It's no surprise that smoking offers no health benefits, and it only worsens Raynaud's due to its narrowing effect on blood vessels. By giving up cigarettes, you can take control of your attacks and reduce discomfort.

- **Keep Warm:** Whether it's through layering clothing or using foot warmers, find safe and creative ways to ward off the cold. If relocating to a warmer climate isn't an option, consider staying indoors on chilly days or dressing appropriately. Keep in mind that even in warmer climates, air conditioning can trigger problems.
- Seek Support: If you have Raynaud's, remember that you're not alone. Many others are also working on managing their attacks. Connect with trusted organizations and resources that offer safe and effective methods to reduce the severity of your attacks.
  - Stress Management:

Stress is another trigger for Raynaud's attacks. Finding healthy ways to cope with life's stressors can help decrease the frequency of these events. Individuals with Raynaud's often have a heightened stress response, so consult your doctor for stress-relief tips. We are here to provide guidance and support inmanaging your condition.

Taking steps to quit smoking, stay warm, seek support, and manage stress can make a significant difference in your life if you're living with Raynaud's. Remember, you have the power to take control of your condition and improve your overall well-being.

For further information about ankle fractures and sprains or other foot and ankle problems, contact Dr. Lazovik, Dr. Dayana Sawh or Dr. Rana Moses at North Jersey Foot & Ankle Center at 862-233-8438. www.NJfootandankle.com ###

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## Filling You In

By Jeffrey E. Mason, DMD, FAGD.

#### What's the Difference Between Gingivitis and Periodontal Disease

Eighty percent of American adults have some form of periodontal (gum) disease, but the beginning symptoms are usually painless, so many who are at risk do not recognize the signs and stages, according to a report in the September/ October 2003 issue of General Dentistry, the clinical, peer-reviewed journal of the Academy of General Dentistry (AGD).

Healthy gums appear

coral pink, firm and form a sharp point where they meet the tooth. When excessive amounts of bacteria and food debris build up in the spaces between the teeth and gums, a sticky material called plaque is formed.

A plaque build-up can develop and harden into calculus (tartar), which irritates the gums. Bacterial byproducts (or toxins) in the tartar cause gums to become infected, red and tender, a condition called gingivitis. Gingivitis is the beginning stage of periodontal

If you do not receive professional cleaning to halt the spread of gingivitis, the infection will spread from the gums to the ligaments and bone supporting the teeth. The tissues and ligaments will be destroyed; infections are likely scess, a collection of pus and freyMason.com

swelling of gum tissues. Teeth may become loose and the gums may recede, creating increased spaces between teeth.

Dentists treat gingivitis by cleaning teeth to remove plaque and tartar and prescribing special mouthwashes or topical treatments.

Treatment for periodontal disease involves more serious action such as antibiotics and antimicrobials, deep scaling of the root surface, removing infected gum tissue or extracting teeth. To avoid these potentially painful symptoms and treatments, it is important to catch the disease in its earlier stages.

Patients can prevent periodontal disease by regular flossing, brushing and dental checkups. In addition, maintaining a healthy diet and low levels of stress boost the body's natural immune system, which fights bacteria in the mouth.

Ref: Academy of General Dentistry, 2012.

Dr. Jeffrey Mason is a cosmetic and general dentist at 232 Boulevard, Hasbrouck Heights, to develop, causing a gum ab- NJ. 201-288-4447, www.DrJef-

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## Let's Go Traveling!

By Rick Ardis

#### Wave Season

We have just entered the time of year that the cruise industry calls Wave Season, but what does this mean?

During the first three months of the year, the various lines will offer various numerous promotions to entice cruisers to book their ocean-going vacation. It has not always been this way. Historically, travelers had generally planned much further in advance.

As with many other sectors of the economy, vacationers began to wait for the prices to drop closer to the sailing date. As additional ships entered the market, cruise lines would have to spend more on advertising and often reduce prices to fill empty berths.

When Cruise Lines International Association (CLIA) originally created the promotion for its member lines, it was known as Wave Weeks and was just the middle two weeks of January. It now runs from New Year's Day through March 31st.

The idea was born of the fact that most travelers had not yet given thought to their vacation plans. What better time to entice potential cruises than the down time after the year-end holiday period.

Recently, many lines have begun to offer short-term sales for Black Friday and Cyber Monday, but longer-term promotions occur during Wave Season. Sales figures show that a large majority of bookings for the ensuing year are made during this period.

Cruise lines will generally offer sales, extra value, and incentives at this time to entice early booking. These promotions may include complimentary beverage packages, prepaid crew gratuities, reduced deposit amounts, and free or discounted airfare.

When I first started in the travel industry, final payment on a cruise was made 30 or 60 days prior to the sailing date. Now, that due date is 60 or 120 days in advance of departure.

There are companies or

stateroom types that require remittance even sooner. These promotions and payment schedules assist the lines to virtually guarantee that those who book the earliest can be assured of the best value. Occasionally a traveler may see a lower price closer to the sailing date, but these may be bare-bones fare without any special perks.

Reserving a cruise during Wave Season is even more important if the desired itinerary is to a destination like Alaska where the sailing season is short. The peak time for travel to "The Last Frontier" is June through August.

While the season traditionally has been May through September, there are now a few voyages in April and October. Since many travelers choose to combine a land tour with their Alaska cruise, it is extremely important to lock-in your choice early as space is

Other destinations where the sailing season is short because of the weather include Antarctica, Scandinavia, and Fall Foliage cruises.

While there are year-round sailings from Cape Liberty-Bayonne, Manhattan, and Brooklyn, cruises during summer season and weeks with a school vacation break will fill earlier. Some destinations that are more exotic may only have one or two sailings from which to choose. Naturally, it is important to book departures early that span major holidays like Easter, Passover, Hannukah, Christmas, and New Year's celebrations.

As river cruises have exploded in popularity, the operators of these lines have begun to offer Wave Weeks promotions of their own.

A typical riverboat in Europe has about 160 to 190 guests. Vessels on France's Seine and Portugal's Douro are even smaller due to width of the river and size of the locks traversed. Since these riverboats are much smaller, space fills much quicker. The season for river cruises is also shorter generally spanning April through October, with a limited number of boats continuing through the festive season of Advent. Some of the Christmas Markets departures for 2024 already have limited space.

Now is the time to plan your 2024 cruise. Many lines are accepting reservations for their 2025 sailings, with some even confirming space for 2026. Planning now will usually provide opportunities for the best choice, price, and value. Happy Sailing.

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

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## Historically Speaking

By James J. Halloran



#### Your name

When we are born, we usually receive two names. Our given or first name is conferred on us by our parents. This may be a continuation of a parent or other family name or a name that simply appeals to one or both parents.

Our family or surname usually comes from the father's family name. The first use of family names appears to have been in China over four thousand years ago. This was followed by the Greeks and later the Romans.

However, Northern Europe never adopted this practice and after the decline of the Roman Empire, most of Western Europe dropped this practice.

It was not until the eleventh century that last names started to reappear in England. William the Conqueror ordered a census of his realm (the DOOMSDAY BOOK). He insisted that all nobles list a surname. This practice became widespread in Europe among the nobility. This would eventually filter to the common folk.

Surnames may be from the following groups: Occupation, parentage, location of origin, personal attributes, patronage, adoption, clan affiliation or

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symbols from a coat of arms.

Common occupation names are, Smith (blacksmith), Carpenter, Miller in English. The German Keller, translates to the cellar (wine steward). Zapata means shoemaker in Spanish.

Before the introduction of family names, it was common to be called by your father's name. In Ireland, "Mc" means the son of. "O" means related to. "Fitz" also means the son of. In Spanish speaking countries, "ez," means son of. An example is Martinez, son of Martin.

In Norse countries, children were known by the father's name. This changed every generation. Peter, son of John, was known as Peter Johnsen. His sister would be known as Jónsdóttir. She never took her husband's name.

The "d'," "Di," and "Del" in Italian can mean of or from. D'Angelo means son of Angelo. Whereas Di Bari means someone from the town, Bari, in southern Italy.

Some family names came about from personal traits. Dwyer in Irish means dark one. Bello in Italian means pretty one. Gonzalez means son of war.

A look at my last name is interesting in revealing if the family originated in Ireland. The original Gaelic is O'hAllmhurain. The local County Clare historian states that it translates to "Pirate or stranger from over the water." He is of the opinion that we were Vikings.

Check out your name. You may be surprised with what you find. ###

## **Full Wolf Moon**

1st Qtr

Jan. 18

Full

New

Jan. 11

3rd Qtr

A full moon occurs when the Earth is directly between the Sun and Moon so that the moon looks completely illuminated when you look at it. It happens about once a month or, 29.53 days on average.

The January full moon will appear on Thursday, January 25, 2024, at 12:54 p.m. It is called the "Full Wolf Moon" or "Storm Moon." In January the stormy weather earned this moon its name.

Snow covered the earth and the howling of wolves could be heard echoing through the cold winter air.

According to the "Farmer's Almanac," amid the cold and deep snows of mid-winter, the wolf packs howled hungrily outside Indian villages. Sometimes it was referred to as the "Old Moon," or the "Full Snow Moon," but most tribes applied that name to the February moon.

In fact, wolves are so well-known for their tight-knit communities that the Sioux tribe called January's full moon, the Moon Where Wolves Run Together. The wolf is often seen as a symbol of loyalty and protection in many cultures. The Wolf Moon is the perfect time for you to reach out to loved ones and reaffirm your connections, in preparation for deepening your bonds and taking on new challenges together over the upcoming year.

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

## Stitch One, Share One

Stitch One, Share One group will meet on the fourth Sunday of each month, from 2 to 5 p.m., at Holy Trinity Lutheran Church, 92 Burton Avenue, Hasbrouck Heights.

Our group extends an invitation to join us anytime and meet women who enjoy sharing their talents and who will become friends.

Come to learn to knit or crochet; come to advance your skills – come to help work on one of our charitable projects or you are welcome to come and work on your own project. Barrier-free facility. ###



## Real Estate Insight

By Mary Ellen Courtney

## Homeownership Benefits - A 2024 Refresher

Home is where the heart is but homeownership can sometimes feel like the money-sucking black-hole of all finances. The roof leaks, the pipes burst, the wiring fails...the problems go on and on.

No matter how much time, effort and money you put into the property, things keep breaking - making it clear that homeownership comes with a lot of pain and responsibility.

But it also holds lots of rewards and those who buy in to the housing market (the American Dream!) will often see terrific financial benefits.

To help you (especially you, first-time homebuyers) decide if owning a home makes the most sense I'm going to list some of the main reasons people choose homeownership over renting.

• First of all, It's a Good Investment. The recent recession threw a wrench into the idea that home ownership always builds wealth over time. But the fact remains that owning a home is one of the fundamental means of accumulating wealth as we age. As a homeowner, your housing payment is an investment, unlike renters who see no return on that monthly expense. Each monthly payment contributes to the principal.

Look at it this way: Putting money into home ownership versus a rental is akin to the difference between putting money into an investment account versus a no-interest checking account, with the latter being only as valuable as it is in the moment while the former increases over time.

• Second of all, You Enjoy Significant Tax Deductions. Tax breaks are by far one of the biggest incentives of homeownership. Most notable is the deduction for the interest and property tax portion of your mortgage which is particularly useful for off-setting the initial financial blow that comes with purchasing your property.

That's because, in the first years of owning your home, you're mostly just paying off the interest on your mortgage, as opposed to the principal. The first year you buy your home you are also able to write off any mortgage points (also called origination fees) on your loan – no matter whether they are paid by you or the seller - which can lead to pretty con-

siderable savings depending on how many points you claimed (origination fees of 1 percent or more are common). And if you ever decide to refinance your home after building sufficient equity in it, you also have the option of taking out a home equity line of credit, which is, itself, tax deductible.

• Third, You're Amassing Equity. Every single month that you pay your mortgage you own just a bit more of your home. This is a big benefit over renting, where you're paying comparable monthly fees without any comparable stakes.

The equity in your home builds in two ways and often concurrently: 1) equity builds as the value of your home increases, and 2) equity builds as you pay off more of your loan. These two factors mean that after the first couple of years (when, again, you're mostly just paying mortgage interest), every month you pay money toward your loan you are building up your financial resources for the future.

It's why some people refer to mortgage payments as "forced savings" because, in a sense, you are being compelled to save – and that's a good thing!

• Fourth: Positive Perks. Home ownership has other financial benefits that may come in handy for you someday. For example, a mortgage is considered "good debt," and as such, it is likely to increase your credit score, provided you always make your payments on time.

It also proves your creditworthiness for other things you may want to consider, like a business loan or new line of credit. It can even lower your monthly car insurance payments.

So, although there will always be some disadvantages associated with owning a home, there are big financial benefits available solely to homeowners. You gotta to live someplace; why not pay off your own property instead of your landlord's...?!

Thinking of buying or selling? For expert guidance, contact Mary Ellen Courtney, Broker-Manager at Terrie O'Connor Realtors' Gateway Group, 201-288-0004. She and her professional team work hard to insure maximum results with minimum stress!

**Get Connected** 

## Notable Dates

\* Fly The Flag Dat

\*New Year Day: January 1

\*Martin Luther King Jr. Day: January 18
Persian Gulf War Begins: January 16, 1991
Signing Vietnam Peace: January 27, 1973
US-Vietnam Cease Fire: January 28, 1973

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## Library Fun!

Books • Periodicals • Online programs eBooks • eAudiobooks • eMagazines Live Streaming events • Resources

Bergen County Cooperative Library System • https://www.bccls.org/ 77 Libraries have over 600,000 registered cardholders and circulate over 12,000,000 items annually

## Carlstadt Public Library

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

- **Bingocize.** Designed to benefit older adults who want to improve their balance, flexibility and strength while socializing and meeting new friends on Fridays at 10:30 a.m. through March 8.
- Beginner Yoga with Onika. Mondays, January 8 and 29 at 10:15 a.m. Bring a yoga mat. Register for each session.
- Movie Madness. "Barbie" Tuesday, January 9 at 1 p.m. or Wednesday, January 10 at 6 p.m. Seating is limited.
  - Paint the Night Pink

with Barbie! Spend a nostalgic evening celebrating 65 years of Barbie! Local collector, Elizabeth Bratko, will share the evolution of Barbie through the decades and also display her vintage collection of Barbie dolls and playsets. Participants are encouraged to dress in pink and bring along their own Barbie dolls to display. This event is for adults, teens and tweens ages 9 and up. All those who attend will be entered into a raffle drawing for a Barbie doll. The program will be held in the

and registration is required.

• Mocktails. Learn the popular art of making non-alcoholic cocktails. Juices, syrups, infusions, and edible garnishes will be used to create mocktails, and participants will have the opportunity to sample beverage creations. The workshop will be held in the

Library on Thursday, January

18 at 7 p.m. Space is limited

Library on Thursday, January 11 at 7 p.m. Space is limited and registration is required.

- Crafts for Crafters -Thank-You Cards. Attend a greeting card workshop to create three customized thank-you cards on Tuesday, January 30 at 7 p.m. All materials will be supplied. Space is limited and registration is required. • Cook the Books! The Cookbook Club meets Wednesday, January 17 at 7 p.m. A different cookbook will be selected each month and participants will each prepare a dish at home to bring to the club for members to sample. This month's club pick is The Best of America's Test Kitchen, 2022.
- As the Page Turns Adult Book Club. "Lady Tan's Circle of Women" by Lisa See on Wednesday, January 31 at 7 p.m. New members are always welcome! Copies are available at the Circulation Desk, on Hoopla and Libby!
- Author Visit Zoom. Calling fellow bookworms! Join Lisa See on Wednesday,

January 24 at 7 p.m. to discuss her latest New York Times best-selling novel "Lady Tan's Circle of Women." The Zoom link will be emailed after registration. Copies are available at the Circulation Desk. Carlstadt residents can also access the ebook or audiobook on Hoopla and Libby!

- Storytime at the Library. Wednesdays, January 10, 17, 24 and 31 at 11 a.m. for ages 6 months to 5 years.
- Music with Miss Nita. Thursdays, January 4, 11, 18 and 25 at 10:15 and 11 a.m. Babies, toddlers and preschool children will enjoy songs, rhymes, movement and instrument play.
- Little Bookworms: Yoga Storytime. Babies and toddlers ages 18 months to 5 years old on Tuesdays, January 16 and 30 at 10:30 a.m. Explore a world of stories along with babycentered yoga poses.
- Tween & Teen Needle Crochet Workshop. Tweens and teens ages 11 and up are invited on Tuesdays, January 9, 16, 23 and 30 and February 6, 13, 20 and 27 at 6 p.m. to attend an 8-week crochet workshop. Learn to crochet and create your own baby booties, hat and sweater. No prior experience necessary. All materials will

be supplied.

- Pre-K and K STEAM: Grossology Workshop. Thursday, January 18 at 4 p.m. to attend a grossology workshop with STEAM to-go. Combine science and art to uncover the way science works all around us. Space is limited and registration is required.
- Grades 1-5 STEAM: Grossology Workshop. Thursday, January 25 at 4 p.m. to attend a grossology workshop with STEAM to-go. Uncover the icky but useful way science works all around us. Space is limited and registration is required.
- 1,000 Books Before Kindergarten. The Carlstadt Library has launched an initiative to encourage families to read 1,000 Books Before Kindergarten. Reading together creates lifelong memories and helps develop pre-literacy skills. Children who are read to at an early age have larger vocabularies and are more successful in school. 1,000 Books Before Kindergarten is a fun, free way to start your child on the path to success! Children from birth to 5 years old can participate. Stop by the Children's Department to register, pick up the program packet, and check out some books. Happy reading! ###

#### Lodi Memorial Library

Lodi Memorial Library, One Memorial Drive, Lodi, NJ 07644. 973-365-4044. http:// lodi.bccls.org/ Registration required for all programs unless stated.

- Tuesday Night Book Club. Tuesday, January 9, 6:30 to 7:30 p.m. December's book is "The Age of Innocence" by Edith Wharton 384 pages. Contact director@lodi.bccls. org for more information about book club meetings.
- Semi-Monthly Movie. Afternoon movies twice a month. January movies: "A Haunting in Venice" on January 10 at 1 p.m. and "Barbie" on January 24 at 1 p.m.
- Adult Crafts. January's craft to be announced. Visit lodi.bccls.org for details. Craft will be held in-person on Wednesday, January 17 at 1:30 p.m. Registration required. Register online at lodi.bccls.org or call the Library to reserve your spot 973-365-4044 ext 2.
- Color Your Stress Away. Friday, January 12, 2:30 p.m. A coloring club for adults on the 2nd Friday of each month. A relaxing hour of coloring, complete with meditative music and refreshments. Materials provided, but feel free to bring your own crayons or colored pencils.
- Creative Writing Club
  Thursday, January 25, 1
  p.m. Bring your creative juices
  to our writing club. Each month
  will feature a new prompt for
  our writing session. Attend-

ees are also welcome to share rough drafts and finished products. Registration required.

• 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

- Anime Club. Grades 6-12. In-person, Wednesday, January 3, 3:30 to 4:30 p.m. Watch a movie, get some snacks, and make a craft. Registration required.
- Winter Wonderland All ages. Saturday, January 20, 12 to 4 p.m. Join us for games, activities, crafts and treats to banish the winter doldrums. No registration necessary.
- Lodi Game Club. All ages (12 and under must be accompanied by an adult). Join us for all kinds of games every Thursday from 3:30 to 4:30 p.m. No registration necessary.
- **High School Hang-out.** Grades 9-12. Every Tuesday from 6 to 7:30 p.m. in the conference room for games, movies, and other fun activities.
- Grab & Go Craft. Grades Pre K 2. A new grab & go project will be available each Monday! While supplies last. No registration.
- Legos. All ages. Tuesdays from 4 to 5 p.m. in the Children's Room. Make your own creations with Legos. No registration necessary.
- **Storytime.** Every Tuesday and Friday at 11 a.m. No registration necessary. ###

## lable for Wallington ibrary to Public Library

Wallington JFK Memorial Library, 92 Hathaway St. Wallington, NJ 07057. 973-471-1692. www.wallingtonpubliclibrary.org Registration required for all programs unless stated.

Please note that the Library will be closed on the following dates: January 1, 2024 and January 15, 2024.

- •Appy Hour-Drop-in App Support. Thursday, January 4, 2024. Drop-in between 5 and 7 p.m. to learn about 3 important Library apps: BCCLS, Libby, and Hoopla. No appointment necessary! Not sure about dropping in? Call the Library at 973-471-1692 to help decide!
- Monday Afternoon Book Club. Monday, January 8, at 2 p.m. For January we'll be reading "The Last Chance Library" by Freya Sampson. Join us for a great discussion! Copies of the book are available for pickup at our circulation desk. Call or email us to reserve a copy today! New members are always welcome!
- Children's Yoga Time. Tuesday, January 9 at 4 p.m. Be sure to bring some water and a yoga mat or towel with you! Open to ages 6-12. Registration is required.

January Birthstone **Garnet** 

- Essay Writing for College Applications. Wednesday, January 10 at 5 p.m. Students will be taught to break down and answer essay questions that typically appear in university applications. The workshop includes live critique with insights into how admissions officers at top institutions read and assess essays. This seminar is brought to you by Dream Seekers Academy. Registration is required.
- Navigating College Admissions. Virtual Program. Wednesday, January 31 at 7 p.m. Join us for a Zoom presentation to help families understand and navigate college admissions. Learn about the admissions cycle, trends, and more. Registration is required.
- Music with Miss Nita. Wednesday, January 17 at 1 p.m. Join Miss Nita for singing, dancing, and more! Open to children ages 0 5 and caregivers.
- Coloring Therapy for Adults. Wednesday, January 17, at 5 p.m. Adults of all ages, a chill time: think calming tunes, tea, and coloring pages and books ready for you to color with and zone out. Drop-in anytime from 5 to 7 p.m. Supplies are provided, but feel free to bring your own if you like. Registration is encouraged.

Ban Books! Really?

- "Beyond the Bookshelf"
  Book Club. Thursday, January
  18 at 6 p.m. Open to adults and
  older teens. For January we will
  be discussing "The Wedding
  Dress Sewing Circle" by Jennifer Ryan. Stop by the Library
  to pick up a copy or check out
  Libby for a digital version. New
  members welcome!
- Adult Craft: Memory Jars. Thursday, January 25 at 6 p.m. Decorate and design your own jar to store your favorite memories throughout the year! We will provide Mason Jars, but if you have your own you'd like to recycle and use, you're welcome to bring them!
- Keep Calm and Puzzle On. Monday, January 29, at 4:30 p.m. Join us for a cozy and relaxing puzzle event! Take some time to relax and wind down from the holidays. Registration is encouraged.
- Children's Take Home Craft Kits will be available the 1st and 3rd Friday of the month! Grab one while supplies last! ###

## NOW OPEN Aviation Museum

Aviation Hall of Fame Wednesday - Saturday 10:30 am to 4 pm

\$15 Adults • \$12 Seniors & Children 3-12 Check website for current details

400 Fred Wehran Drive, Teterboro 201-288-6344 • www.njahof.org

Volunteers Welcome

#### Hasbrouck Heights Free Public Library

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

The Library's winter hours of operation are as follows: Mondays 10 a.m. to 6 p.m., Tuesdays through Thursdays 10 a.m. to 8 p.m., Fridays from 10 a.m. to 5 p.m., Saturdays from 10 a.m. to 2:30 p.m.

Return Library materials in our book box at the rear of the Municipal Building. Registration is required for all programs unless otherwise noted. Any child under the age of 9 must be accompanied by an adult at all times.

The Library Board and Administration are asking for your support to help maintain the role of the Library for its traditional purpose (to do homework, research, use of the computers, or reading) after school.

• The Friends of the Library Membership Drive.
Make a difference. Sign up and become a Friend. Inquire at the Front Desk.

• Friends' Annual Reorganization Meeting. Saturday, January 6 at 10:30 a.m. Participate in an election for the positions of VP and Treasurer. A light breakfast will be served.

#### For CHILDREN

- Winter Reading Challenge returns! Monday, January 22 through Friday, March 1, kids, tweens, and teens can read with the chance to earn prizes! Visit hhlibrary.read-squared.com
- Lunar New Year Program with Author Hui Li. Monday, February 5, 4:30 to 5:30 p.m. Journey into the world of Chinese characters through the pages of the picture book "SCROLL." Discover the traditions of Lunar New Year. Learn the art of drawing Chinese calligraphy. A limited number of author-signed SCROLL copies

will be available.

- In-Person Storytimes, Winter Session. January 16 through February 22 (6 weeks)
- Tiny Tots (ages 6 months 2 ½ years) Stories, songs, and socialization for our littlest patrons and their caregiver.

Choose ONE session: Session 1: Mondays 11 to 11:30 a.m., January 22 through February 12 (4 weeks). Session 2: Tuesdays 11 to 11:30 a.m., January 16 through February 20. Session 3: Thursdays 11 to 11:30 a.m., January 18 through February 22.

- *Book Buddies* (ages 2 ½ - 3 ½ years). Stories, fingerplay, activities and a simple craft.

Wednesdays, 11 to 11:30 a.m., January 17 through February 21.

Registration opens for all sessions on Tuesday, January 2 at 10 a.m. on the Library's website. Space is limited.

• **Read-to-a-Dog.** Thursday, January 4, 6 to 7 p.m. Our furry friend, Oscar, is ready to listen! Come on by and get

some reading practice in, bring one of your books or choose from ours.

- **Saturday Storytime.** Saturday, January 6, 11 a.m. The whole family is welcome for Saturday all-ages storytime.
- Family Storytime. Tuesday, January 30, 6 p.m.
- Winter Story & Craft with the HH Junior Women's Club. Saturday, January 13, 11 a.m. for a winter story and craft. All families are welcome.
- Game Lounge Tournaments:
- Super Smash Bros., Tuesday, January 9, 3:30 to 5 p.m. (best for ages 8 and up).
- Mario Kart, Thursday, January 18, 3:30 to 5 p.m. (best for ages 6 and up).
- **Lego Club.** Wednesdays, January 10 and 24, 4 to 5 p.m.
- Little Artists: Winter Snowman Craft. Friday, January 19, 3:30 p.m. for ages 7 and up.

## For TEENS • Let's Make: Muddy

Buddies Snack Mix. Monday, January 22, 4:30 to 5:30 p.m. for Grades 5 and up. Cereal snack mix is fun to make!

• Teen Book Club. Monday, January 29, 5 p.m. This month's read, "The Final Six" by Alexandra Monir.

#### For ADULTS

- Friday Movie Matinee: "A Street Cat Named Bob." Friday, January 12, Friday, 1 to 3 p.m. Refreshments provided.
- Crafts-to-Share Club. Tuesday, January 9, 6 to 8 p.m. and Wednesday, January 24, 1 to 3 p.m. In-person and on Zoom by request.
- Adult Book Club. 4th Tuesday of every month, In-Person & via Zoom at 7 p.m., January 23. Check website for January's pick!
- English Conversation
  Practice Group. Intermediate
  Level or above. No Drop-Ins.
  Must apply before attending.
  Mondays and Saturdays available. ###

### Little Ferry Free Public Library

Little Ferry Free Public Library, 239 Liberty Street, Little Ferry, NJ 07643. 201-641-3721. lifycirc@bccls.org Hours: Monday through Wednesday 10 a.m. to 8 p.m., Thursday, Friday 10 a.m. to 5:30 p.m. Saturday 10 a.m. to 3 p.m.

## Adult Programs • Friday Afternoon at the Movies! Noon.

- January 5, ""Funny Girl (1968), Musical comedy-drama
- January 12, "Gone Girl" (2014), Thriller.
- January 19, "Old" (2021), Thriller.
- January 26, "Limitless" (2001), Science fiction.

## Children's Programs • Storytime with Cynthia.

A lively 30-minute combination of books, movement activities and songs best enjoyed by families with their children. Storytimes may also include supplemental activities, such as crafts, storytelling, poetry, riddles, and more. Registration is required. January 4, 11, 18, 25 at 10:30 a.m. for ages birth and up.

- Coding for Kids with Incodenito. Learn coding from the brainy instructors of Incodenito! Coding is an easy to understand high level programming language used in the real world for applications in data science. Also please feel free to ask any other tech questions you may have! Laptops will not be provided, please bring your own device! Registration is required. January 8, 22, 29 at 5:30 p.m. for Grades 5 and up,
  - Crafts with Sue. Do you

- like arts and crafts? Stop by the Library on Saturday morning and get creative by joining us for a fun crafty project that is made especially by you! Call the Library for January craft.
- Read to Blossom. For little ones just starting to read or for children that would like to practice reading. Blossom is a sweet, friendly Golden doodle doggy who would love to hear stories read aloud by children. Bring your own book to read or pick one from our Library collection, Blossom will be waiting for you! Registration is required. January 11 and 25 at 3:30 p.m. for Grades Pre-K and up. \*This program schedule may be subject to change please call the Library to check availability.
- College Admissions Program with Sri Akella. Curious how to apply to college? Wonder about what tests you need to take and how the process works? Join Sri as he presents on the holistic admissions review process. He will cover each element of the application (i.e. academic record, standardized tests, recommendations, etc) - and share: (1) how admissions officers make assessments and (2) what students can do to optimize their applications. Please ask any questions you may have! January 26 at 4 p.m.
- \*\*The Little Ferry Public Library is now offering free museum passes to **The Aviation Hall of Fame & Museum of New Jersey** for Little Ferry residents. Please call the Library for more details!
- \*\*\*Please note that during the winter, programs may change or possibly cancelled due to inclement weather. Call the Library ahead of time. ###

#### 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 and Friday 10 a.m. to 6 p.m, Saturdays 10 a.m. to 4 p.m.

The Library will be closed on Monday, January 1 and Monday, January 15.

The following programs require registration. Visit rutherfordlibrary.org/events

- Foundations of Creative Writing. This 6-week virtual course is designed to outline the components of the 3 major genres (Fiction, Poetry, and Nonfiction), as well as writing strategies (images, energy, tension, and form). No previous creative writing experience necessary. For adults. Participants will receive feedback. Plan to attend all 6 classes. Saturdays, from January 20 to February 24, 10am-11:30am.
- George Washington, New Jersey, and the Revolutionary War. George Washington was central to The Revolutionary War. In many ways, so was New Jersey. This lecture will dive into Washington's military career, an overview of the war, and important battles that took place in New Jersey—as well as some facts and fiction surrounding George Washington. Monday, January 22, from 6:30 to 8 p.m.
- Adult Craft: Birthday Card Organizer. Start 2024 off on an organized note by creating 12 birthday cards and

a portfolio to keep track of important celebrations throughout the year. All supplies will be provided, and registration is required. Tuesday, January 23, from 6:30 to 8 p.m.

#### • Virtual Author Talks.

- Rebecca Serle, NYT Bestselling author of "One Italian Summer", "In Five Years", and "The Dinner List", Wednesday, January 10 at 8 p.m.
- Rajiv Nagaich, expert in U.S. Elder Law and Host of Two Popular Public Television Shows, Tuesday, January 23 at 2 p.m.
- Dr. Robert Lustig, physician and NYT Bestselling author of "Fat Chance," Tuesday, January 30 at 2 p.m.

While these talks are best experienced live, past Author Talks can be accessed here. https://libraryc.org/rutherford-library/archive

#### • Virtual Mindfulness.

Miranda Lee of Find That Pause will lead virtual mindfulness sessions Fridays at 9:15 a.m. Rutherford Library patrons can enjoy yoga 24/7, anywhere with an internet connection. Brought to you by Bold Yoga and the Bendy Bookworm, this video database has class offerings and meditation tapes for all ages and experience levels; and story time for children. If interested, send an email to reference@rutherford. bccls.org with your name and Library card number.

- Creativebug Live Craft Classes and How-to Videos. Patrons can now access thousands of how-to videos for all crafts, live classes on seasonal crafts, and more at creativebug. Visit our website to get started.
- Grab & Go Doorside Pickup. Order books from the

BCCLS catalog at www.bccls. org or submit a Grab & Go form *(from our website)* for either the adult or children's collection! If you don't have access to a computer, call 201-939-8600.

- ESL In-Person and Virtual Classes. In-person ESL meets Tuesday and Thursday mornings. Virtual ESL classes are held Mondays through Thursdays. Registration for inperson classes must be done in person at the circulation desk.
- Monthly Movie. The Friends of the Library will be showing "Dumb Money" (Rated R) on Tuesday, January 30 at 6 p.m. Event is free. Light refreshments will be served.
- Regular Features. Every month we hold a regular Monday Night Book Group, Cook-a-Book Book Club, Spice Club cooking event, Read 'Em & Eat Book Club, and YA Book Talk in addition to our special programs. We feature Story Time with Miss Jane most Wednesdays at 10:30 a.m.
- Teen Advisory Board. A teen advisory board is a monthly meeting of teens who utilize the Library regularly, would like to have a say in programming, and are willing to provide their unique perspectives. Meetings will run for an hour, during which time we will discuss future programs and how best togarner teen engagement. We are still recruiting. Please email Teen Librarian Marion at marion. johnson@rutherford.bccls.org
- Tech Tutor. 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. ###









Tout Mos



On November 16, 2023, the Carlstadt Fire Department responded to Hackensack Avenue where a single vehicle crashed into a building. The Department used the Jaws of Life tools to cut free a seriously injured victim, who was transported to the hospital. Wallington Fire Department Rescue assisted. Photos by Dennis Kronyak Sr. ###

HHFD gave the Senquis' children presents.





## Ch. 7 Highlights Heroes

On Wednesday, December 6, 2023, Hasbrouck Heights Fire Chief Mike Greco and Fire Official Robert Knobloch were traveling on the New Jersey Turnpike in two emergency vehicles.

A red car swerved into Greco's red Chief's truck. He rolled the window down, and Bayonne resident, Vanessa Senquis, was screaming "Help!" Her three-year old

daughter, Leilani, suffered a seizure and was unconscious.

Knowing that every second counted, they formed a convoy, with lights and sirens going, rushed to HUMC, where nurses and doctors took over. The child made a full recovery.

At a reunion at HHFD Headquarters and before Channel 7 on December 15, mom, Vanessa, said, "it was nothing short of a holiday miracle." ###

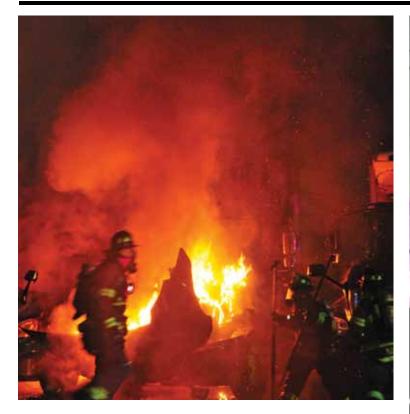
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On November 26, 2023, at about 16:54 hours, the Wood-Ridge Fire Department responded to an Ethel Boulevard business for a Truck Fire. Arriving companies were met with the cab of 3 trucks

the fire from extending to the building. Additional companies used handlines to complete extinguishment. The fire did not extend to the building and there were no injuries. The cause of the fire is under investigation. All companies were back in quarters at 20:20 hours. Name BLS, Bergen County

Assisting on the scene: Hasbrouck Heights Fire Department, Carlstadt Fire Department, Wallington Fire Department, Moonachie Fire Department, Mahwah Fire Department, Moonachie First Aid & Rescue Squad, Holy

HAZMAT, Bergen County Department of Health, Wood-Ridge Police Department, Wood-Ridge Fire Prevention Bureau, Nick's Towing Service, Inc.

Additionally, the Rutherford Fire Department and Little Ferry Fire Department provided coverage for the Borough during the incident.

And a special shoutout to the always wonderful Wood-Ridge Fire Department Ladies Auxiliary for providing the members with a delicious dinner upon their return. Provided by Dennis Kronyak Sr. ###

# Ring in the New Year with RE/MAX Trading Places

We understand the apprehension of selling your home. We can help you successfully negotiate this perplexing process. We are your neighbors. We know your community. As Certified Negotiation Experts, we know how to maximize your investment! We are your trusted Professionals

## **Trading Places**

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fully involved. Engine 901 uti-

lized their deck gun to prevent

Parente Broker/Owner



Barzaga Broker/Owner



Tamborini



Alexander Kinyo-Varela Fiorillo



Oliver Hernandez-Cedeno



Ruiz



Sebastian



Waters



Eleany

Machin

Torres







Rigolosi Mangiola





## EMBRACE THE NEW YEAR AND SEIZE YOUR OPPORTUNITY IN 2024

Connect with us for a tailored evaluation of your equity and the path to your dream home. Our experts are ready to assist you with the necessary information for an informed decision. Contact us now to make your dream home a reality.



567 Collins Ave, Hasbrouck Heights Listed: \$429,000 Sold: \$455,000 Listing Agents: Katherine Plosia & Mariann Rosales



172 Washington Ave, Elmwood Park Listed: \$545,000 Sold: \$530,000 Listing Agent: Sharon A. Bene



140 Prospect St, 2nd Floor, Garfield Listed: \$2,900/mo Listing Agents: Carolyn Thomasey & Raquel Kelly



1108 Washington Dr, Ramsey Listed: \$2,500/mo Listing Agent: Laurell Albanese



60 Westervelt PI, Teaneck Listed: \$525,000 Listing Agent: Theresa Meese



44 Burnt Meadow Rd, Ringwood Listed: \$799,000 Listing Agent: Debra Zyskowski



154 Cupsaw Dr, Ringwood Listed: \$640,000 Listing Agent: Claudia Waldow



Laurell Albanese
Top Broker Sales Associate
November 2023



464 Boulevard Hasbrouck Heights

www.tocr.com
Subject to Errors and Omissions

201-288-0004

