

# The Gazette

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



The Gazette Newspaper File Photo

## Never Forget

The price of freedom cannot be measured. It can only be illustrated in a collection of narratives. On **Independence Day**, we celebrate the fruits of our sacrifices; Freedoms, such as Speech, Religion and the Press. On **Veterans Day**, we recognize those millions that served, came home, resumed their interrupted lives. Their experiences influence and strengthen the fabric of our society. On **Memorial Day**, we recognize our Patriots who shed blood and died for our freedom's ideals. How does one reflect on that incalculable loss? Men and women whose lives are unfulfilled dreams, Gold Star Mothers who live with the vacuum and society's lost contributions. Those who served strive to keep their memory alive. They have a deeper appreciation that freedom is not free, and that red, white and blue is not a casual decoration. It's a heavy burden. A privilege to carry. A legacy to be treasured.

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## Giants Donation Expands Child Care and Supports Community Service Effort

April 10, 2020 – The New York Giants are continuing to fund the **Meadowlands YMCA's** community support efforts to provide valuable assistance to the community during this difficult time.

The support from the Giants has funded emergency all-day childcare for healthcare workers, weekly food distributions - totaling over 30,000 meals to more than 2,000 families over the past three weeks, monthly blood drives, the installation of free internet connection in a Moonachie community to access remote learning, and the Y's Online Resource portal.

"They are not just Giants

on the field, they are giants in our hearts, providing us with the means to offer a safe and fun environment for the children of first responders," said David Kisselback, President and CEO of the Meadowlands YMCA.

"While we are cognizant of the CDC and other guidelines being issued to limit social gatherings, we also are committed to our mission of supporting the community through our childcare program, food distribution days, blood drives, education support programming, and our Y Online Resource portal which are all being administered with the greatest of care. The Giants recognized the tremendous need for help in our community and responded generously."

The Meadowlands YMCA has continued to operate its childcare program uninterrupted in consultation with the Bergen County Department of Health, Hudson Regional Hospital and Hackensack University Medical Center for the children of healthcare workers, first responders, and other essential personnel including grocery store workers and supply chain employees, during the COVID-19 crisis.

To show their gratitude, the kids made a Giant (*no pun intended*) thank you card. *Provided by Meadowlands YMCA.* ###



## FREE Pizza

The Moonachie Fire Department is at it again! Over the course of this month, members of the MFD have been out in the community looking for residents following the guidelines set forth to protect us all during this pandemic.

As an "Act of Kindness" to the residents that we have observed following the precautions, we have given a reward in the form of a FREE pizza, courtesy of the MFD.

"The Department felt we needed to do more for our residents," stated Assistant Chief Bill Hunt. The pizzas are being made by Piazza Di Pizza, located at 87 Moonachie Road (201-641-7499). MFD chose this location in an effort to support our local businesses.

"Through the years, the people of this town have been generous and supported our Department. We believe in giving back to our community, and this is another way that we can help people during this time," said Firefighter Leo DeCandia.

Our members were all over town, looking for more residents to reward. Remember, you MUST bring the letter to receive a free pizza. Thank you to all in the community in assisting MFD over the years. Stay safe, wash your hands, social distance, wear a mask when needed, and support local. *Provided by Chris Halloran.* ####



## MFD Donates Baby Supplies to YMCA

Moonachie Fire Department assisted **Meadowlands YMCA** with a donation of baby supplies. Members of the Department decided to give back to those who need assistance during this historic time and fulfilled a request by the YMCA for a donation of baby supplies.

"With so many people reaching out to the Department trying to make donations to us, the Department felt we needed to do something to give back to the community. Every little bit helps," said Lieutenant Halloran.

"We hope other departments follow suit, and make additional donations, too." Chief Derevyaniuk and Lieutenant Halloran took time out to deliver the items directly to the YMCA and thanked them for all they are doing to help so many. If any other department would like to make a donation, please contact the Meadowlands YMCA or your local food bank. *Provided by Chris Halloran.* ###

- Wash hands often with soap and water. If not available, use hand sanitizer
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Stay home while you are sick and avoid contact with others



## Wood-Ridge Lions Thank First Responders

The members of the Wood-Ridge Lions Club acknowledged the remarkable efforts of our first responders during the Coronavirus pandemic. The Club arranged to have an evening supper and desserts sent to the Pharmacy Department of Hackensack University Medical Center. This department has been an intricate part in the overall care provided by the hospital staff. The dinner was provided by Lucky Larry's and the desserts by Mills Bakery, both located on the Boulevard in Wood-Ridge.

The Club also presented the Wood-Ridge EMS and Fire Department members gift cards for Dunkin Donuts. The Club thanks these volunteers for their extraordinary efforts, dedication and service to the

residents of our community.

Also presented to the Pharmacy Staff and to the Wood-Ridge EMS and Fire Department members were "Thank You" cards made by the school children of Wood-Ridge.

Top left to right: Making the presentation, Lion Club Member and Chairman Frank Finke, EMS Captain Dennis Kronyak, WRHS Senior Anthony Finke (*who helped with the collecting and organizing the cards and photos*), Wood-Ridge Fire Chief Michael Cribben and Lions Club President Mark Czarnecki.

Bottom: Pharmacy Staff at HUMC admiring the food platters sent by the Wood-Ridge Lions Club prepared by Doug Struyk of Lucky Larry's. *Provided by W-R Lions Club.* ###

## Wood-Ridge Lions Club



### "We Serve"

The Wood-Ridge Lions Club Members wish all of you good health during these most trying of times. For over 80 years, our Club has supported organizations that have helped the blind, sight impaired, mentally challenged and others in need. We have also been proud to support many community organizations and projects.

Because of the Coronavirus shutting down all of our spring fund raising projects, we will not be able to contribute the funds we normally do. If you are able, and wish to help us help others, please send your donation to:

Wood-Ridge Lions Club  
P.O. Box 166, Wood-Ridge NJ 07075

*The 56 Members of the Wood-Ridge Lions Club -- Thank you!*





## Tasty Meals Donated

Hasbrouck Heights has really stepped up big time in a time of a crisis!

During the past weeks, as a small token of our appreciation for all essential workers, this small town has raised \$2,600 to donate fresh, healthy and tasty meals to Hasbrouck Heights Fire, Police & EMTs.

They raised so much the orders have been split into weekly deliveries over the past month. Donations were set up via Hasbrouck Heights Moms and Dads Facebook page.

These 240 meals (at \$10 a meal) have been provided by NJ FRESH MEAL PREP, who has agreed to match the order meal for meal.

Better yet, NJ Fresh Meal Prep has partnered with Blue

Onyx Companies in Paterson, NJ, who has offered to up the ante, through their charitable foundation, Blue Onyx Cares, which means another meal for meal match!

All these 480 matched meals have been distributed to our local hospitals. Some of the hospitals that have received donations are Hackensack UMC, Hackensack Meridian Health, Morristown Medical, St. Barnabas Medical Center, JFK Medical Center, St. Joseph's UMC, St. Joseph's Hospital, Holy Name Hospital and Clara Maass Medical Center.

These donations were made with love and gratitude to these modern day real life super heroes! *Provided by Jennifer A. Ober. ###*

## Mid-Bergen Rotary Helps Restaurants & Health Care Workers

Mid-Bergen Rotarians' goal for this new Covid-19 initiative is to keep local restaurants going and pave the way for others to do the same as we work to feed our healthcare professionals on the front lines.

Mid-Bergen Rotarians' have provided hot meals to Hudson Regional Hospital in Secaucus, St. Joseph's Regional in Paterson and St. Mary's in Passaic.

Local restaurateurs from Choripan Rodizio in Hackensack, Angelo's Pizzeria in Wallington and El Sombrero Mexican Restaurant on Route 17 in Hasbrouck Heights, have all contributed with delicious food at cost.

President of Mid-Bergen Rotary, Ron Fraioli, Vice Pres-



ident Mia Forsberg-Villon, President-Elect Louisa Corallo, Past President Ruth Nebiar and Members Kathy Schiro and Reggie Duvert, have been hands on with organizing deliveries of the hot meals on a weekly basis.

We hope you'll join us in this effort to keep our health

care workers well-fed and happy during this crisis!!

The Mid-Bergen Rotary meets Tuesdays at 12:15 p.m. at **Justin's Ristorante** in Wood-Ridge. For more information email: [midbergenrotary@gmail.com](mailto:midbergenrotary@gmail.com) or call 201-390-3470. *Provided by Mia Forsberg-Villon. ###*



Above: Wood-Ridge residents donated a banner and about 70 lap blankets for Nurses's Day to Hackensack Meridian. The banner was hung above the walkway from the parking garage to the main building. *Provided by Forrest Elliot. ###*

Left: Wood-Ridge residents donated desserts and fresh fruits to the National Guard in Paramus. *Provided by Forrest Elliot. ###*



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### Update from your friends at Berkshire Hathaway Merendino Realty

- We hope that everyone in our community is safe and healthy in these challenging times!
- We encourage everyone to stay healthy and follow all recommended safety tips, especially as more and more people are venturing out and as more and more businesses are moving towards opening back up for business.
- As more and more people regain their footing and renew their interest in buying or selling properties, we want to let you know that our agents and staff are ready to be of service!
- We are able to assist you with personal appointments utilizing all the correct safety procedures and social distancing rules.
- We are also ready and able to assist you remotely with all the latest technology.

If we can be of service for your real estate needs, call 201-288-4222.

*Thank you for your support and trust in us.*



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## The Prom Must Go On!

The Felician School for Exceptional Children held a virtual prom online on May 6, 2020. The students got dressed up and were able to dance with their friends. DJ Vinnie (*top right*) kept everyone on their feet. Graduate, Selina, all dressed up with Mom in her decorated living room (*bottom right*). "At FSEC we may be social distancing, but we are staying united." *Provided by JoAnne Potenzzone, RN. ###*



YMCA Golf  
Outing June 8

On Monday, June 8, 2020, the **Meadowlands YMCA** will hold its Annual Golf Outing at The Glen Ridge Country Club, 555 Ridgewood Avenue, Glen Ridge.

The scramble round of golf will feature some unique attractions for foursomes at each hole, such as whiskey tastings, live DJ, casino games, a hole-in-one challenge to win a car from Bellavia Chevrolet, and many more.

All funds raised during the event will support the Meadowlands YMCA to send children to summer camp this year through the “Y For All financial assistance program.”

The price is \$450 per person and \$1,800 per foursome. Sponsorships are available for the golf outing, such as presenting sponsor, individual holes, dinner, lunch, and others.

For information call, 201-955-5300. To register or secure a sponsorship online go to: MeadowlandsYMCA.org/golf ###

W-R Shredding  
Event is on

The “Keep Wood-Ridge Beautiful” Committee canceled its Sunday, June 7, 2020 Annual Downtown Cleanup Day. Last year, over 200 volunteers participated!!

Do you have stuff to shred? The shred-it event will still be held on Sunday, June 7, 2020. Bring it to the Civic Center that day from 9 a.m. to 1 p.m. (*no hardcover books, magazines, newspapers, photographs or X-rays*). For further information, contact Councilman Ezio Altamura at 201-531-0259. ###

Classic Car  
and Motorcycle  
Show Canceled

The Nam Knights of America have canceled their Annual Classic Car and Motorcycle Show, at 197 Washington Avenue, Carlstadt.

Their annual trip to Washington, DC is currently being discussed. For more information, call 201-438-4068 or go to [www.namknights.org](http://www.namknights.org) ###

HH Fireworks  
Canceled for 2020

The Hasbrouck Heights Lions Club Annual Fireworks, usually held late June at Depken Field (*Route 17 & Franklin Avenue*), have been canceled for 2020. ###

Fishing Derby  
Canceled

The Annual Fishing Derby held at Indian Lake at Lakeview Park and sponsored by the Little Ferry Police Activities League has been canceled for 2020. ###

Matt Fenton  
Memorial 5K

**CANCELED:** The Annual Matt Fenton Memorial 5K Run/Walk at Willow Lake Park, Little Ferry, usually held in June has been canceled for 2020. ###

B&G Annual Golf  
Outing Canceled

The Boys & Girls Clubs of Lodi annual Hackensack Golf Outing, typically held in mid-July, has been canceled for 2020. For more information, contact Joseph Licata at 973-473-7410 x113 or email [Joe.Licata@bgcofloodi.org](mailto:Joe.Licata@bgcofloodi.org) ###

HH Annual  
Street Fair  
Postponed

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

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

AHOF Wings  
& Wheels  
Canceled

The Aviation Hall of Fame & Museum of New Jersey has canceled their 2020 Wings & Wheels program that was scheduled for July 11, 12, 2020.

There is some discussion about a modified show in the fall depending upon circumstances.

For more information go to [www.njahof.org](http://www.njahof.org) or call 201-288-6344. ###

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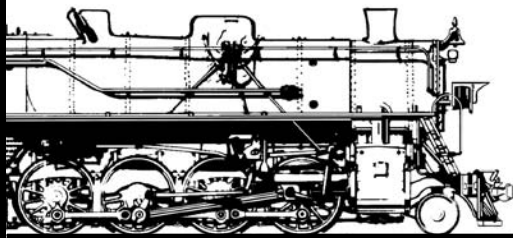
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# Tools Of Hope

Once again, the Guild of Reformed Church Women of First Reformed Church, will celebrate Father's Day, Sunday, June 21, 2020, by offering Tools of Hope donations as testimony to all our Dads as well as any and all men folk in our lives.

Your gifts of pride and joy in honor of, or in memory of, these special "guys" will be many-pronged.

Each \$10 donation will enable Church World Service to assist men (and women) around the world with proper tools and training for many skills from planting seeds to feeding a family, repairing buildings to return families to their homes, providing animals for milking and breeding, to learning to dig

wells to provide clean water for many families.

Church World Service is a well known organization that works locally, nationally and internationally for the good of the common people. They often are the first to respond to natural disasters; they are also active in many famine-stricken areas, working hand-in-hand with local disaster units. For further information, check out churchworldservice.org.

Send contributions to First Reformed Church, PO Box 66, Hasbrouck Heights, NJ, 07604 by Wednesday, June 17, 2020. Make checks payable to Guild RCW. For more information, call 201-288-1122. ###

# About Father's Day

Sunday, June 21, 2020

Father's Day is celebrated worldwide to recognize the contribution that fathers and father figures make to the lives of their children. This day celebrates fatherhood and male parenting.

Although Father's Day is not a federal holiday, many people make a special effort for their fathers or father figures. Father's Day is a relatively modern holiday, so different families have different traditions. These can range from a simple phone call, greeting card, gifts, to large parties honoring all father figures in an extended family. Father figures can include fathers, step-fathers, fathers-in-law, grand-fathers, great-grandfathers and even other male relatives.

There are some suggestions that the idea of Father's Day may originate in pagan sun worship. Some branches of paganism see the sun as the father of the universe. The June solstice occurs around the same time of year as Father's Day so some people see a link between the two.

Like most holidays that go

way back, the origin is hard to trace but most people will agree that Sonora Dodd played a big part in starting the holiday.

Sonora Louise Smart Dodd first brought up the idea of a Father's Day in 1909 to honor her father, William Smart. When Sonora's mother died in childbirth with her sixth child, William was left to raise the newborn and five other children by himself on a farm in Washington State. As an adult, Sonora realized how strong and unselfish her dad had been raising his kids as a single parent.

Sonora wanted Father's Day to be celebrated on the first Sunday in June, because it was close to her dad's birthday. Instead, the first Father's Day celebration took place on June 19, 1910 in Spokane, Washington.

President Woodrow Wilson wished to make the holiday official, speaking at the 1916 celebration in Spokane, but its commercial nature caused Congress to not pass the bill. President Coolidge also made an attempt. It was not until Margaret Chase Smith, a senator from Maine, stated that it was unfair to honor mothers and not fathers in 1957. In 1966, President Lyndon Johnson made the third Sunday of June, Father's Day. It wasn't until 1972 that President Richard Nixon made Father's Day a national holiday - about 60 years after Mother's Day had been made a national holiday.

Source: timeanddate.com

# Facts About Fatherhood

• While Mother's Day holds the record for most phone calls, Father's Day has the most collect calls.

• In America, observers spend over \$1 billion every year buying gifts for their father.

• Hallmark considers Father's Day to be the fifth largest card giving holiday.

• Children whose fathers are involved in their life in a beneficial way tend to do better in school and stay out of trouble.

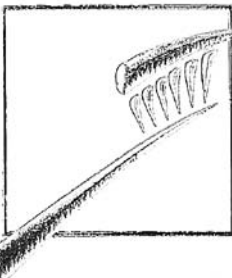
• Scientists polled over a thousand adults to find that 28% felt that their fathers had the most influence on their lives, 53% chose their mothers and 15% credited both parents the same amount.

• About 80% of post WWII children grew up with two biological married parents.

Source wilstar.com ###

# Favorite Sayings by Dads

- Go ask your mother!
- Just wait until I get you home!
- When I was your age....
- My father used to tell me...
- I used to walk to school in the snow!
- Be home early.
- Do you think I'm made of money?
- Were you raised in a barn?
- If your friend jumped off a cliff, would you do the same? ###

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# Filling You In

By Jeffrey E. Mason, DMD, FAGD.

## The Pursuit of the Magic Bullet

A few months ago, many of us would not have been familiar with the terms PPE, social distancing, N95 mask, or Zoom video.

Although these terms are new to us, we find ourselves in pursuit of the “magic bullet.”

Not to be confused by the popular 1950s television series of a masked character, the “Lone Ranger,” who wielded a “silver bullet” to capture villains.

The term magic bullet was coined by a German physician and scientist, Paul Ehrlich. He was a Nobel Prize winner who was the first to discover that a specific compound or chemical could be used to target a specific pathogen (germ).

This discovery led to his development of the cure for syphilis in 1909 and led to the development of treatments for other illnesses. His theory was that pathogens could be

targeted within our bodies like a “magic bullet.” He was also credited as coining the term “chemotherapy.”

As we await a medical cure or prevention for the Coronavirus, our lives have been considerably impacted.

While the “restart” of our lives is slowly being realized, there is a noticeable change in our world. Those terms, PPE, social distancing, N95 mask, and Zoom video may continue to be part of the daily routines.

And for certain, that will be the case even in my dental office. Although the care may be the same, the experience will have some differences.

The use of screenings with temporal thermometers, Plexiglas, individual room air filtration units, and staff with robust PPE will all be part of the new normal.

However, this type of change is not new to dentistry. Dentistry has been on the forefront of PPE use since the 1980s

with the challenges of HIV.

And with guidance from the American Dental Association, CDC, and FDA, the enhanced methods within our healthcare facilities will have patient safety and protection as a priority.

The pursuit of the “magic bullet” so that we can resume our lives as we were, will likely have to wait for a vaccine for the Corona virus. However, there have been considerable gains with repurposed medications and treatments which have shown a lot of promise in managing the illness. It may be the magic of these “smaller bullets” which will save many lives.

So, in conclusion of this article, I express my deepest concern for the safety, wellbeing, health and happiness of all those in our community.

*Dr. Jeffrey Mason is a cosmetic and general dentist at 232 Boulevard, Hasbrouck Heights, NJ. 201-288-4447, [www.DrJeffreyMason.com](http://www.DrJeffreyMason.com)*

## W-R Knights Nominate 2020-2021 Officers

The Nominating Committee of the Knights of Columbus -St Anthony Council 11585 in Wood-Ridge has submitted a slate of officers for the 2020-2021 Columbian Year. As there will be a virtual meeting sometime in May 2020, members are asked to consider this notice as the “first reading” of the slate of officers. Any member who wishes to run for any office may do so at the May meeting by having their name put into nomination and seconded.

The following are the recommendations: Chaplain - Fr. Richard Mucowski\*, Grand Knight - John Milne, Deputy Grand Knight-Phil Romero, Chancellor - Rich Wall, Recorder - Craig Sikora, Financial Secretary-Giovanni Goonetilleke\*, Treasurer-Tom Reinhart, Lecturer-Frank Lepore\*, Advocate-PGK Edward Sullivan, Warden-Mike

Buonomo, Inside Guard-Jason Mabel, Outside-Guard Stephen Sarracino, Trustee for First Year, PGK Thomas Gonnella, Trustee for Second Year, PGK Gary Lepore and Trustee for Third Year, PGK Kenneth Gardella.

The council does not elect the Chaplain, Financial Secretary, and Lecturer. These are appointments of either the Grand Knight or the Supreme Council. *Provided by Peter Gallo Jr. ###*

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**2020 Law Enforcement Torch Run has been postponed**  
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**Due to the Coronavirus, some activities may have been postponed or canceled. Check with your event contact.**

## Attention W-R Seniors

*Wood-Ridge Contemporary Club – From President Providence Sarlo and the Officers:*

We want all our Senior Citizens to know that we are thinking about you and your families during this crisis. We hope you stay safe and well.

Our meetings have been cancelled until it is safe to meet again. We are Wood-Ridge strong and will get through this. We have all been through difficult times in our lives and will survive this too because we are a tough group of Senior Citizens. Stay well and look forward to seeing everyone soon! ###

June Birthstone  
Pearl

## Keeping seniors safe. At home.

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## HH Leisure Club Update

Coronavirus fears have forced groups to cancel their meetings, trips, special events, etc. Leisure Club of Hasbrouck Heights President June Raymond has announced that after consulting with her board the **Club has canceled the Installation Luncheon** and are rescheduling trips that were planned for this spring.

The election of officers will take place at the next meeting of the Leisure Club which may take place in either June or September. At the March meeting, the Nominating Committee announced that all present officers have indicated that they will seek reelection. Therefore, at the next meeting other nominations for a position will be accepted up until the start of voting for that position. If there

are no other nominations, the slate presented by the Nominating Committee will be elected by a voice vote. If there are other candidates for a specific position, a ballot vote will be taken for that position only.

The present officers seeking reelection are: President June Raymond, Co-Vice Presidents Rosemarie Sees and Tara Sassaman, Secretary Marilyn deRussy, Treasurer Frances Visco, and Assistant Treasurer Dorothy McCarthy. *Story by Peter Gallo Jr. ###*

## Strawberry Festival June 26

On Friday, June 26, 2020, 55 Kip Center, Rutherford, will hold the Annual Tricky Tray. It is not too early to start thinking about the raffle baskets. We will be happy to accept any new/used gifts. If you would like to help with this event by soliciting prizes and donations, we would be happy to hear from you. All donations can be dropped off at the office. Call 201-460-1600 first.

Parking: Everyone who drives to 55 Kip Center should display the new parking pass for 2020! Be sure you are parked in the allotted spaces or you will receive tickets. ###

## Show Your Colors ...



**Flag Day  
June 14, 2020**

## Lodi Senior Club News

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

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

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

### 2020 Events

- June 9, Father's Day, Pizza in the Club.
- June 23, Point Pleasant, lunch at The Shrimp Box and boat ride.
- July 14, Ice Cream Party in the Club at 1 p.m.
- August 14, Atlantic City lunch and Resorts Casino.
- August 25, Hot dogs in the Club at 1 p.m.
- September 22, Lunch in the Club at 1 p.m. by Santangelo's.
- October 7, Black Forest Inn (Octoberfest) 12 p.m. sharp.
- December 4, Christmas Party at the Venetian.
- December 8, Pizza in the Club at 1 p.m. ###

## AARP Chapter #2015 Events

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

### CORRECTION

May 2020, page 15, "Local Company Donates Masks to Seniors": The protective masks given to the Hasbrouck Heights seniors were provided by The Woman's Club of Paramus. ###

## Little Ferry V.F.W. Hall Rental

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## Carlstadt Seniors/Vic's Hoofers

The Carlstadt Senior Friendship Club meets on the 1st and 3rd Wednesdays, 11 to 3 p.m., at the Civic Center, at 423-433 4th Street, Carlstadt. Refreshments are served. It is a great place to meet your neighbors and other Borough seniors. Bingo and Jackpot Bingo is played after every meeting. There is no cost to the members. There are free shows at Bergen PAC or NJ PAC and casino trips. Anniversary, Christmas Luncheons and dinners are delicious and fun filled events. All Carlstadt Seniors 60+ are invited to join the Friendship Club. Dues are \$10.

**The Vic's Hoofers**, a ladies social group, meets on the first Thursday of the month at the Carlstadt Civic Center on 4th Street at 7 p.m. Women from surrounding towns are invited to join. Dues are \$15 per year. So put down those electronic gadgets and join us for some good old fashion fun and laughter. Refreshments are served at each meeting. ###

## ER Seniors

East Rutherford Senior Meetings are held at 1 p.m. on the 2nd and 4th Tuesdays of the month at the Senior Civic Center, 37 Vreeland Avenue. Refreshments are served. Bingo follows each meeting. New members are always welcome.

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

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

### 2020 Upcoming Trips

- **June 10** - Gershwin's - "An American in Paris" - Surfflight Theater - Beach Haven, NJ
- **July 15** - Summer Picnic - Krucker's - Pomona, NY.
- **August 19** - Entertainment - Black Forest Inn, Stanhope, NJ. ###

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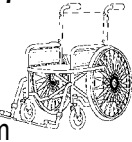
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Pentecost - May 31, 2020

Pentecost, also known as White Sunday, is a religious holiday that celebrates the coming of the Holy Spirit upon the early followers of Jesus Christ and also recognizes the day that the Church was established.

Pentecost is the Jewish Festival of Weeks, which can be found in the Hebrew Bible. Shavuot is called the Festival of Weeks and is also called the Festival of Reaping or Harvest. (See May 2020 Gazette Newspaper, page 13)

Jews traditionally read the Book of Ruth at Pentecost as the story links with the grain harvest theme of the festival.

Pentecost 2020, as a Christian feast, dates back to the first century. It occurs 50 days after Easter Sunday and falls on the ancient Jewish festival called the "Feast of Weeks."

In the New Testament, Pentecost was the occasion of the descent of the Holy Spirit upon the Apostles and other followers of Jesus Christ and

therefore became a feast commemorating this occasion. The English word "Pentecost" comes from the ancient Christian expression pentekoste hemera, which means fiftieth day (therefore applicable to the 50 days after the Resurrection of Christ). But Christians did not invent the phrase "fiftieth day." Rather, they borrowed it from Greek-speaking Jews who used the phrase to refer to a Jewish holiday.

Across denominational lines, Pentecost 2020 has been an opportunity for Christians to honor the role of the Holy Spirit in their lives, and celebrate the birth of the Church.

The traditions differ between Church dominations, with some celebrating the holiday more significantly than others.

Some Churches decorate with the color red to represent the "power and fire of the Spirit." Churches often welcome new members or confirm existing members on

Pentecost through baptisms and confirmations, and somewhat explains why some refer to the day as "White Sunday" in reference to the white clothing commonly worn for baptism. Additionally there are religious (Church) services, festive meals, Processions and Ordinations.

Pentecost always occurs seven weeks after Easter Sunday; therefore 50 days after Easter (inclusive of Easter Day). In other words, it falls on the eighth Sunday (counting Easter Day). calendar-12.com ###

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## FSEC Founder and Visionary Dies at Age 93

Sister Mary Ramona Borkowski, founder of the Felician School for Exceptional Children, passed away on April 18, 2020. Sister Mona, as she is referred to lovingly, had an affinity to the special needs community.

She believed that everyone had the right to be a productive member of society. When most families were institutionalizing or hiding their special needs children from the world, she embraced them.

It is almost 50 years ago that her vision became The Felician School for Exceptional Children, which would become a safe haven for hundreds of students and their families over the years. Sister Mona treasured her relationship with each and every student.

Even as she grew frailer and against Dr.'s recommendations, she would stand at the dismissal door reminding every student that they were special and important to her.

Sister Mona was a "mother" to many of her staff, many remained working beside her for decades. In the spirit and mission of Sr. Mona, the Ad-



ministration and staff will continue to provide quality education and innovative programs for the students perpetuating her legacy by commencing "MONA'S MISSION," a way of giving back in her name.

If you have been touched by Sister Ramona's life and kindness in any way we ask that you share your story with us at [jpotezone@fsec.org](mailto:jpotezone@fsec.org). Provided by JoAnne Potenzzone, RN. ###



## Love Your Neighbor as Yourself: Walking the Talk

Rev. Paul Bruno, Pastor Evangel Christian Church, announced on social media, in cooperation with the Borough of Little Ferry, that they create a food outreach program at their Church for Little Ferry citizens and seniors. They reached out to outlets such as Table to Table, Panera, etc., for donations of assorted produce, canned goods, etc.

For two distribution cycles, cars pulled up in front of the Church, opened their trunks and received their food.

This program grew to a weekly delivery of a bag of food to seniors at their homes.

Now, weekly deliveries are made to every household on blocks around the Church and continuing to every block while supplies last. If the receiving family is not in need, they can pass it along to someone in need.

This program has been so successful that they now need refrigerators and freezers. Donations welcome.

• **Backpack/School Supply Give-a-way:** The Church provides a free backpack with a box of completed grade appropriate supplies. This year's event will take place Sunday, August 23, 2020 at the Church.

• **Life-Line Screenings:** The Church will host on August 25, 2020. Offers 7 tests at reduced prices.

• **Online Church Services:** During crisis. Every Sunday morning at 10:30 Facebook Live. Website: [www.ecc.littleferry.com](http://www.ecc.littleferry.com) or at Evangel Christian Church Facebook page. The crew consists of their daughter-in-law, Genesis Bruno, at the camera; son, Alexander Bruno, on guitar and wife, Suzanne Bruno, Worship Leader and Pastor Bruno. On Sunday evening, at 7 p.m., there is a conference call-in prayer. On Wednesday evening, at 7 p.m., there is Bible Study using Zoom.

The Evangel Christian Church is located at 165 Main Street, Little Ferry, NJ 07643. Email: [evangel.littleferry@gmail.com](mailto:evangel.littleferry@gmail.com) ###

All cemeteries under the Archdiocese of Newark will open for visitation every Sunday starting on May 10, 2020 from 8 a.m. to 5 p.m.

Weekday visitation will be allowed starting May 18, and visitors will be permitted Monday through Saturday, from 3 p.m. to 6 p.m., after all interments are completed.

All visitors must wear face coverings and practice social distancing. ###

### Obituaries now include these types of statements

During this difficult time, there will be restrictions on viewing services, which are being held. An example:

A viewing from 3-5 p.m. on Sunday will be held for the immediate family and an evening viewing from 7-9 p.m. will be held but restricted to friends upon special request. Based on current laws and regulations, a very limited number of individuals, no more than 10 at a

time, will be allowed entry into the funeral home. Masks will be required, and social distancing measures will be in effect.

The family will understand of how difficult the circumstances are and appreciate all forms of support that are being received. Our sincerest hope is that in the future, once bans are lifted, we can celebrate their life with a memorial service, funeral mass and repast. ###



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# Plant a Victory Garden

Stay home, have some fun and bring a home garden to bloom.

Victory gardens began during World War I, with Americans growing food in whatever space they could.

During World War II, the victory garden movement resurfaced. Eleanor Roosevelt planted a victory garden on the White House lawn.

Vegetables were the largest crop followed by fruits and herb gardens.

By 1944, 20 million victory gardens produced 8 million tons of food—40 percent of all the fresh fruits and vegetables consumed in the United States.

Although producing fruits and vegetables at home can end up being more expensive than the grocery store, or farmer's market, it is an excellent way to boost morale, get some outdoor exercise and enjoy some delicious freshly picked fruits and vegetables that you grew!

### Get Your Soil Tested

Get a soil test! Soil tests can provide information about the nutrient and pH levels in your soil. You can use simple pH test kits from the hardware store or garden center.

In general, vegetable crops grow best in soils with a pH between 6.0 and 6.8.

If the pH is below 6.0, adding wood ash changes the soil pH faster than lime.

If you do have minimal amounts of heavy metals in your soil, one way to remove them is to grow sunflowers. Sunflowers naturally pull heavy metals out of the soil, but it's key that you throw them in the garbage -- do not put them in your compost.

If you have any concerns about what might be in your soil, or if you have very poor soil, a raised bed garden with new soil might be the best way to go.

In fact, if you've never grown vegetables before, it is a very good idea to start small with a single raised bed or a few containers.

### Garden Plan

One of the biggest mistakes a new gardener can make is to be overly ambitious. Set realistic goals for your first year.

Locate the garden near the entrance to your house so you'll be more likely to notice if it needs water or pests invade.

Make sure there's a water source nearby so it will be easy to give your plants the inch or more of water per week that most gardens require.

Installing a rain gauge in the garden helps you know when you need to hydrate.

Most vegetables do best in full sun, with over six to eight hours of direct sun a day.

If you don't get that much sun, stick to growing greens and herbs, which can tolerate a small amount of shade.

Vegetables need well-drained soils to thrive. Avoid areas that hold water after a rain.

Grow crops you enjoy the most, such as tomatoes or snap peas. You can pick up many of the others at a local farm stand.

New to gardening? Then, start with plants that are easy to grow.

Make sure you are planting in the right place, in the right order and the right time.

Rotate where you are planting certain crops so that you can keep your soil healthy and balanced, for example, you do not want to plant tomatoes in the same place season after season.

This is all about balancing nitrogen fixing and nitrogen pulling crops. There are also some plants that grow better when placed together, tomatoes and basil are an excellent example of this.

The best soil suitable for vegetables includes lots of compost and organic matter such as composted leaves and ground or shredded, aged bark.

Add organic matter each year during soil preparation to build and maintain the soil. Be sure all plant material is turned under the soil. Before planting, rake the soil clean and level it.

Whatever you're starting with, incorporate enough organic material so that the amended soil is neither sandy nor compacted.

Adding chemical fertilizers will replenish only certain nutrients and do nothing for maintaining good, friable soil.

Vegetable plants typically require fertilization in one form or another.

Personal preference will determine whether you use synthetic fertilizers (such as 10-10-10), organic fertilizers from plant or animal-based materials or a mixture of the two.

Regardless of which type of fertilizer you choose, it should be incorporated into the soil immediately before planting – not sooner.

If fertilizer is applied too early, many of the nutrients may be lost before plants have a chance to use them.

### What to Plant

It's also important to care-

fully consider how much time and energy you expect to be able to spend on gardening. The bigger your garden, the more time you'll need to make for caring for it.

It's better to start small! If you're new to vegetable gardening, a 10' x 10' garden (100 square feet) is a great place to start.

Decide which crops to grow and how much of each. A mistake that many beginning gardeners make is trying to plant too many things in a small space.

Those little plants are going to get bigger, so it's important to give them enough space.

Vegetable plants are actually healthier and more productive when they are spaced far enough apart to encourage good air flow and light penetration. Check plant tags to learn how much space they need,

For a beginner, perhaps pick 3 to 5 plants that you would like to grow, and buy 3 to 5 plants of each one.

Vegetable plants will need to be tended nearly every day, between scouting for pest issues, weeding, watering and harvesting.

### Pick Your Plants

You might prefer to buy seedlings from a nursery or online and transplant them into the garden.

The Victory Garden was made of easy-to-grow crops, including fresh vegetables in season as well as root crops and hardier crops that could be stored during the winter.

Traditional victory gardens included foods high in nutrition, such as beans, beets, cabbage, carrots, kale, lettuce, peas, tomatoes, turnips, squash, and Swiss chard.

Planting both cool and warm-weather vegetables will give you a harvest of vegetables and herbs continuously through the spring, summer, and fall.

In early spring, grow lettuce, greens (such as arugula), peas, radishes, carrots, and broccoli. After you've harvested your cool-weather crops, plant hot-weather favorites, such as tomatoes, peppers, eggplant, and herbs. In fall, you can harvest potatoes, cabbage, and kale.

Here's a sampling.

**Spring gardens:** Carrots, lettuce, kale, onion, peas, radishes.

**Summer gardens:** Basil, beans (pole, bush, and lima), corn and popcorn, cucumbers, eggplants, muskmelon, okra,

peppers, pumpkin, both winter and summer squash, tomatoes, watermelon.

**Fall and winter gardens:** Beets, broccoli, cabbage, carrots, cauliflower, lettuce, kohlrabi, parsley, parsnips, radish, spinach, Swiss chard, turnips.

Kohlrabi, Swiss chard, and kale were not common in the United States before Victory Gardens but Americans came to know these plants better because they were easy to grow.

Grow what you and your family like to eat. After all, kale may be a super food, packed with vitamins, but if no one likes it, no one will eat it—why grow it?

Along with your fruit and veggies, add some fresh herbs to your garden—they'll give your homegrown veggies the boost they need to become gourmet meals!

Basil pairs beautifully with tomatoes for bruschetta. A couple basil plants work well grown with tomatoes, but if you want to make pesto (which freezes nicely), bump up the quantity to make sure you have a bountiful harvest to process.

Chamomile is both a pretty flower that attracts pollinators to your garden and a great herb to grow to make a soothing tea to help you sleep.

If you love Mexican dishes, make sure to grow cilantro to add flavor to your salsa.

### Design Your Paths

Make access paths between beds at least 2 feet wide to enable easy access for weeding and harvesting.

Paths can be made of grass if they can be easily mown.

For a more permanent path surface, consider using brick or pavers.

### Build Your Beds

In less perfect soil conditions, raised beds offer a good solution, as you can control the components in the soil. A mix of compost, vermiculite, and garden soil works for filling raised beds, or make it easy by filling each bed with pre-mixed, nutrient-rich soil.

There are a number of things to consider when building raised beds such as depth, width, and materials.

If you want to grow any sort of root vegetables, depth is extremely important to take into account.

Beds can be laid out at soil level or raised, and should be no more than 3 to 4 feet wide to make it easy to reach into the center without stepping on the soil.

The length of your beds should take into account how far you are willing to walk to get around to the other side.

A narrow bed also enables you to grow plants in blocks rather than rows, which helps suppress weeds and maximizes the number of plants you can grow in that space.

Avoid the use of pressure treated woods. There are a number of chemicals and fungicides used in pressure treated wood and such wood is actually prohibited under the organic certification, which means you probably don't want to use it for the food you are growing at home either!

Pre-fabricated raised bed frames are available online at home improvement centers.

Don't have much room to grow? Containers are the best solution, as they can be placed anywhere you have sun (think decks, balconies, driveways).

Add drainage holes if they aren't there already, and choose a container that's big enough for the plants you want to grow.

Five-gallon buckets with holes poked through the bottom make excellent planters!

Whatever containers you choose, fill them with premium quality potting soil, as garden soil is too heavy.

### Positioning in Beds

- Grow tender plants such as tomatoes and peppers in the warmest, sunniest parts of the plot, so plant these first.

- Next, consider plants such as squash that need a lot of space. Add these near the edges of beds so they don't smother neighboring plants.

- Tall-growing climbers such as peas and pole beans should be located where they won't shade lower-growing vegetables.

You may want to take advantage of potential shade to grow cool-season crops like lettuce and spinach, especially in hot climates.

- Plants that are regularly harvested and which don't need to be included in crop rotation, such as herbs and salad leaves, should be positioned in beds nearest to the kitchen.

- Consider pollination requirements. Corn, for example, is best grown in blocks rather than rows, as they are wind pollinated.

- Include pollinator plants and plenty of flowers such as calendula to attract beneficial insects to your garden and help improve pollination of fruit or

*Continued on page 11*





**St. John's  
Successful  
Plant Sale**

Hundreds of nursery grown plants, flowers and hanging plants were available at St. John's Parish Hall, Hasbrouck Heights, on Friday, May 8, 2020 by appointment only. Only pre-orders for the 41st Annual St. John's Plant Sale were accepted. Flats containing one kind/one color were only \$11.75.

There was an increase in sales by about 20%. As in previous years, all plants were of the highest quality and hand picked at the nursery by experienced gardeners. ###



Cherry, azaleas and dogwood blossoms came into full bloom early May 2020. ###

Governor Murphy relaxed restrictions and allowed some parks to open. It was a beautiful day for area residents to get out and enjoy turtles, baby geese, squirrels and scenery at Samuel Nelkin County Park, in Wallington, on May 3, 2020. The dog park and play areas were closed (note that the swings are missing seats). Photos by Patti Bonczkowski. ###

Victory Garden  
Continued from page 10

pod-bearing crops!

- Thirsty plants such as salad leaves are likely to need regular watering. Cluster these plants together in a damper part of the garden or where irrigation can easily be supplied.
- Finally, if this isn't your first garden, think about where you planted your veggies last year, then be sure to rotate them to different beds for the coming season to help prevent diseases and avoid plant-hungry pests

that overwinter in the soil.

**Planting**

Check planting dates. Make sure to follow each plant's instructions for planting.

The directions usually let you know how much water, sunlight, and other nutrients each plant needs.

Dig a hole in the soil, place the plant in the hole at the appropriate depth (*check the plant tag*), fill in soil around the plant, then gently pat it down.

Note that you'll want to plant tomatoes deep, burying 2/3

of the plant so additional roots can grow along the stem.

Water well and be sure to feed your plants regularly with a good fertilizer like Miracle-Gro® Shake 'n Feed® Tomato, Fruit & Vegetable Plant Food, which is filled with micronutrients and extra calcium to help plants grow strong. (*Don't forget to follow the directions on the label.*)

Seedlings and seeds are extremely sensitive to new environments and can experience shock when introduced to their new home; make sure

to keep to a watering schedule, feed your plants if needed, and cover them from sunlight if it is particularly hot or sunny when you are planting.

Once your plants are established, it is a better idea to give your garden a long drink every few days rather than a little sprinkle every day because then the water will move deeper into the soil, which encourages roots to grow deeper, where they're better protected and better able to access nutrients they need to stay healthy.

**Show Yourself Grace**

Gardening can be extremely challenging! As you build up your soil health and create a healthy environment for your plants, it will become easier.

But some things are just out of your control. You never know when an unseasonal rain storm or heat wave will hit and damage your plants. But remember there is always another growing season and that this is supposed to be fun!

And remember sometimes you can do everything right and things just don't work out! ###



# Earth Day 2020 50th Anniversary

For the 50th Celebration of Earth Day, the Felician Sisters included the Felician University with services, both at Lodi and Rutherford campuses.

These events were canceled due to COVID-19.

For over 25 years, the Felician Sisters held an Earth Day service at their Peace site.

See 2019 service at: <http://www.the-gazette-newspaper.com/images/gazette/jun19.pdf> Page 4. ###

## Unintended Grand Experiment

An unplanned grand experiment is changing Earth. COVID-19 creates a global pause where pollution dramatically drops. Coronavirus shutdowns are a gift to the environment. The air has cleaned up, albeit temporarily.

The coronavirus has taken billions of people off the streets. Staying at home seems to be a collective weight off the shoulders of the global environment.

With people staying home and not driving their cars, air pollution has declined in a big way.

- On April 3, residents of Jalandhar, a city in north India's Punjab, woke up to a view not seen for decades: snow-capped Himalayan peaks more than 100 miles away. These peaks have not been seen from this area of the country for decades.

- One place it's easy to see the environmental change is the famed canal city of Venice.

The water in the canals, which have a reputation for being a bit stinky at times, is currently clear with plenty of fish -- and even jellyfish -- swimming and swans hanging around enjoying the unusual urban peace and quiet.

- Lions lounge on roads normally frequented by safari-goers in South Africa and bears and coyotes wander around empty accommodation in Yosemite National Park in California.

- Stars seem more visible at night.

- In our area, the noise pollution from Teterboro and Newark Airports is noticeably quieter.

- Cleaner air means stronger lungs for asthmatics, especially children,

Nitrogen dioxide (NO2), which is primarily emitted from burning fossil fuels for transportation and electricity generation, can be used as an indicator of changes in human activity, according to NASA.

Air pollution has dropped by 30% in the big cities of the Northeast over the past few weeks as the coronavirus pandemic worsened and people stayed home, according to NASA satellite data.

Nitrogen dioxide pollution in the northeastern United States is down 30%. Rome air pollution levels from mid-March to mid-April were down 49% from a year ago.

- Perhaps one of the most unusual impacts on the planet as a result of the pandemic has been a noticeable drop (*by about a third*) in ambient "seismic noise"—persistent vibrations in the ground that can result from human activity as well as other factors—in certain urban areas generated by vehicular traffic and industrial activities, for example.

When people stay home, Earth becomes cleaner and wilder. But conservationists warn that returning the world to its pre-pandemic settings will quickly wipe out any environmental benefits of the shutdown. *Various sources.* ###

## In the beginning...

Earth Day began as a unified response to an environment in crisis — oil spills, smog, rivers so polluted they literally caught fire.

On April 22, 1970, 20 million Americans — 10% of the U.S. population at the time — took to the streets, college campuses and hundreds of cities to protest environmental ignorance and demand a new way forward for our planet.

The first Earth Day is credited with launching the modern environmental movement, and is now recognized as the planet's largest civic event.

The first Earth Day in 1970 launched a wave of action, including the passage of landmark environmental laws in the United States. The Clean Air, Clean Water and Endangered Species Acts were created in response to the first Earth Day in 1970, as well as the creation of the Environmental Protection Agency (EPA). Many countries soon adopted similar laws.

Earth Day continues to hold major international significance: In 2016, the United Nations chose Earth Day as the day when the historic Paris Agreement on climate change was signed into force. *Provided by Virginia Tomasiak, SM.* ###



# Summer Solstice 2020 The First Day of Summer

In 2020, the June solstice is Saturday, June 20, at 5:44 p.m. EDT. This date marks the official beginning of summer in the Northern Hemisphere, occurring when Earth arrives at the point in its orbit where the North Pole is at its maximum tilt (*about 23.5 degrees*) toward the Sun, resulting in the longest day and shortest night of the calendar year. (*By longest "day," we mean the longest period of sunlight.*) At the June solstice, the Northern Hemisphere receives sunlight at the most direct angle of the year.

In the Northern Hemisphere, the June solstice (*aka summer solstice*) occurs when the Sun reaches both its highest and northernmost points in the sky. It marks the start of summer in the northern half of the globe. (*In contrast, the June solstice in the Southern Hemisphere is when the Sun is at its lowest point in the sky, marking the start of winter.*)

The word "solstice" comes from Latin solstitium—from sol (*Sun*) and stitium (*still or stopped*), reflecting the fact that on the solstice, the Sun appears to stop "moving" in the sky as it reaches its northern- or southernmost point (*declination*) for the year, as seen from Earth.

After the solstice, the Sun appears to reverse course and head back in the opposite direction. The motion referred to here is the apparent path of the Sun when one views its position in the sky at the same time each day, for example at local noon. Over the year, its path forms a sort of flattened figure eight, called an analemma. Of course, the Sun itself is not moving

## Strawberry Moon

The June full moon appears on Friday, June 5, 2020, at 3:12 p.m. It is called the "Full Strawberry Moon."

According to the Farmer's Almanac, this name was universal to every Algonquin tribe.

The name reflects the relatively short season for harvesting strawberries that comes each year during June. Other names include the "Full Hot Moon," or in Europe, the "Full Rose Moon."

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

(*unless you consider its own orbit around the Milky Way galaxy*); instead, this change in position in the sky that we on Earth notice is caused by the tilt of Earth's axis as it orbits the Sun, as well as Earth's elliptical, rather than circular, orbit.

The timing of the June solstice is not based on a specific calendar date or time; it all depends on when the Sun reaches its northernmost point from the equator. Therefore, the solstice won't always occur on the same day. Currently, it shifts between June 20, 21, and 22.

The Summer Solstice is the day with the longest period of sunlight. Notice how the Sun appears highest in the sky at the solstice; its rays strike Earth at a more direct angle, causing the efficient warming we call summer. Because the Sun is highest in the sky on this day, you'll notice that your shadow is the shortest that it will be all year. *almanac.com* ###

## Midsummer Day June 24

Historically, this day marks the midpoint of the growing season, halfway between planting and harvest. It is traditionally known as one of four "quarter days" in some cultures. Folks celebrated by feasting, dancing, singing, and preparing for the hot summer days ahead.

## Summer Solstice Folklore

- Deep snow in winter, tall grain in summer. —Estonian proverb

- When the summer birds take their flight, goes the summer with them.

- If it rains on Midsummer's Eve, the filbert crops will be spoiled. —Unknown

- One swallow never made a summer.

- Easterly winds from May 19 to the 21 indicate a dry summer.

- If there are many falling stars during a clear summer evening, expect thunder. If there are none, expect fine weather.

## Solstice Traditions

Many cultures, both ancient and modern, celebrate the sunlight with rituals and holidays.

- Every year on the summer solstice, thousands of people travel to Wiltshire, England, to Stonehenge—a mysterious prehistoric monument.

- In Sweden, people traditionally celebrated the beginning of summer by eating the first strawberries of the season. They also celebrated—and still celebrate—a holiday known as Midsummer's Day, which is one of the four ancient quarter days of the year.

- Eating strawberries is the perfect way to celebrate the June solstice, since June's full Moon is also known as the Full Strawberry Moon. It typically coincided with the ripening of strawberries in what is now the northeastern United States.

There are many northern people like the Swedes who celebrate Midsummer's Eve, too, dancing around the bonfire on the shortest night of the year. After all, these northern people have emerged from some long, dark winters! In the Austrian state of Tyrol, torches and bonfires are lit up on mountainsides.

According to ancient Latvian legend, Midsummer Even (St. John's Eve) on June 23 is spent awake by the glow of a bonfire and in pursuit of a magical fern flower—said to bring good luck—before cleansing one's face in the morning dew. *almanac.com* ###

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## Historically Speaking

By James J. Halloran



### A Man of the Century

Gregory Shenloogian, born in Union City, New Jersey, is the youngest of six children. His parents, John and Rose Shenloogian, immigrated to America, in 1913, from Armenia. Gregory attended Emerson High School. He enjoyed sports, playing basketball and as a halfback on the football team.

Gregory graduated in 1944. Shortly thereafter, he got his draft notice. Upon induction, he was shipped to Fort Dix, New Jersey, for processing. Private Shenloogian was then transferred to Camp Croft, South

Carolina, for basic training. Camp Croft was an Infantry Training Replacement Center. At any given time, there were between 18,000 and 20,000 trainees in camp.



After an intensive 17 weeks of training, during which Pvt. Shenloogian qualified as a sharpshooter with the M1 Garand rifle, he was shipped as a filler to the

100th Infantry Division. He joined it at Ft. Bragg, North Carolina. The 100th Inf. Div. (The Century Division) was made up of three infantry regiments, the 397th, 398th, and 399th. There were also

artillery, medical, engineer, transportation, communications and MP units attached to the division.

Pvt. Shenloogian was assigned to Company C, 1st Battalion, 397th Regiment. Each of the regiment's three battalions had three rifle companies and one heavy weapons company.

The 100th was alerted for overseas movement and shipped out to Camp Kilmer in New Jersey. After receiving additional personal equipment including a steel helmet, they took a train to Jersey City and boarded a Hudson River ferry to a pier in New York.

At the pier was the US Army Transport George Washington. This ship was built in 1908. The entire 297th boarded on October 6, 1944. Gregory never got to see the Statue of Liberty as all personnel were confined below decks when the ship sailed.

At sea they joined a convoy of other transports, destroyers and an escort aircraft carrier. At this time, they were told that they were going to France.

Passing Gibraltar, the escort carrier left and on October 20, 1944, they anchored off Marseille. The troops then went over the side into smaller craft to go ashore. They were now part of the VI Corps, US 7th Army.

The next few days found the division sorting, unpacking and cleaning equipment. But within twelve days, elements would be going into combat.

On November 1, 1944, after traveling about 360 miles, the first elements of the 100th Division started to enter the front lines. By the 10th, all of the division were up on the line.

The division went on the offensive on November 12, 1944. The division would stay in contact with the enemy, without relief, until the war ended.

The German Army set up their winter defensive line in the Vosges Mountains of Eastern France. They expected this line to halt the 7th Army until spring. The 7th Army had



Greg and his family at his 90th birthday. He will be 95 this year. Photos provided by the family. ###

other ideas on this matter. They smashed this line and drove the German Army back.

In addition to fighting the enemy, an infantryman had to deal with the weather. At this time of the year, rain, snow, sleet and mud had to be endured. Rarely did they receive warm food. Most of the time cold K rations were the norm. They were wet, cold and muddy. Still they advanced.

The 397th was ordered to take the town of Mouterhouse, France, on December 7, 1944. The 2nd Battalion would directly assault the town. The 1st Battalion would sweep around the left to cut off Mouterhouse from the rear. Company C was on the right of the Battalion. As they neared a hill overlooking the town, they were hit with a mortar barrage. Three men were wounded. One was Pvt. Gregory Shenloogian.

Gregory was hit on his left hand with shell fragments. He went to the 325th Medical Aid Station and was transferred to the 100th General Army Hospital. Gregory was treated by Captain Rosen. He was awarded a Purple Heart Medal on December 15. Pvt. Shenloogian returned to Company C on December 22, 1944.

The German Army launched Operation North Wind against the 7th Army on January 1, 1945. Of the four infantry divisions in the 7th Army, only the 100th did not lose any ground.

The next mission assigned to the 100th was the capture of

the 16th century French citadel fortress of Bitche, pronounced "Beach." In its four hundred year history, the fortress had never been captured. 240MM artillery shells failed to damage the 16-foot thick walls. It took infantrymen with rifles to take it. The men of the 100th gave themselves the name "Sons of Bitche."

Now began the dash across Germany. The 100th would end the war at Stuttgart, Germany. They had been in combat for 185 days. Their losses were about 400 killed and 1,800 wounded. They captured 157 towns and 6,835 POWs.

P.F.C. Gregory Shenloogian was awarded the Combat Infantryman's Badge, Sharpshooter Rifle Badge, Purple Heart Medal, Good Conduct Medal, European, African, Middle East Campaign Medal with two campaign stars, WW II Victory Medal and the Army of Occupation Medal. He was honorably discharged on May 3, 1946.

Gregory's love of football caused him to try out for the J. E. Otis Semi-pro Senior Football League in 1946. He played halfback for the Union City Indians team. That year he was the league's high scorer and was named the league's MVP.

Gregory would later marry Alice. They moved to Hasbrouck Heights in 1962. They raised two sons, Steven and Gary. The Shenloogian Family has been very active in youth sports in Hasbrouck Heights.

Freedom is not free. Gregory Shenloogian paid for this with his blood. THANK YOU, SIR! ###

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So why the drop at the gas pump?

- Lower crude prices: The price of crude oil is at \$19 per barrel, a huge fall from this time last year when it was at \$48 a barrel.
- Lessening demand: The lowering prices comes as travel has gone down considerably across the country. Demand at the gas pump has shrunk nationwide to 210 million gallons daily, nearly half of the average daily demand of 389 million gallons.
- Winter gasoline: Starting on March 15 there's a switch to summer blend gasoline. As a result, gas prices are lowered to sell off remaining winter blend gasoline to make room for the new stock.
- People are not buying gas because they are not using gas. ###



Sign at Boulevard Exxon in Hasbrouck Heights.

D-Day June 6

- On this historic day in 1944, Allied troops invaded the beaches of Normandy, France. It is the largest amphibious assault in world history. This massive, bloody battle was the turning point of the war in the European Theater.
- On this day, 156,000 troops from the United States, Great Britain and Canada stormed five beaches. American troops landed on Omaha and Utah Beach. At the same time, British troops landed on Gold and Sword Beach. And, Canadian forces landed on Juno Beach. 4,000 Allied troops died on these beaches on D-Day, 2,000 of them were American.
- Please take a moment of silence today, and thank the many soldiers who fought and died for our country on D-Day.

Yield to Pedestrians



Copy for the July Issue is due June 5th.

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John F. Kennedy Memorial Library, 92 Hathaway Street, Wallington, 07057. 973-471-1692. [wallington.bccls.org](http://wallington.bccls.org) offers free programs and events for children, teens, and adults!

# AL Pig Roast July 11, 2020

American Legion Squadron 310 is hosting their Art Jensen Jr., Annual Pig Roast on Saturday, July 11, 2020, from 3 p.m. to 7 p.m., American Legion Post 310, 100 Liberty Street, Little Ferry, NJ.

Cost \$25 per person for "All you can eat" hamburgers, hot dogs, London Broil, BBQ chicken, 100 plus pig, mussels, fresh corn on the cob, salads, draft beer and soda. Children under 12 eat for free.

Music by the "Brother SAL Band." All proceeds go to Veterans and children's programs.

Reminder - this is a fundraiser!!! ###

# FOCAS Holds Flea Market

FOCAS holds its Flea Market on Saturday, June 6 and Sunday, June 7, 2020, from 10 a.m. to 3 p.m., at the American Legion, 100 Liberty Street, Little Ferry. This market features specialty items that make unique gifts, a selection of household items, jewelry, and more. Refreshments and baked goods are available.

Flea Market merchandise donations: clean, gently used or new items are gratefully accepted may be dropped off at the American Legion on Friday from 4 to 6 p.m. and Saturday (all day) of the Flea Market weekend. For additional information call 201-943-4019. ###

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

# Real Estate Insight

By Mary Ellen Courtney



## Showings: A Home Seller's Dilemma

Selling your home is going to look a lot different for the foreseeable future.

Due to Covid 19, it's going to be a while before anyone feels fully comfortable inviting any number of people to come in and out of their home, even for the sake of attracting an offer.

Thankfully, technology makes it possible to give potential buyers a realistic walk-through of a home from a safe distance, and we agents are working with sellers to drastically reduce or eliminate physical showings unless they're absolutely necessary.

Sure, a video tour won't always live up to the traditional showing experience for a buyer who wants to see a property in-person, just as your Zoom happy hours don't translate the same as giving your friends and family a real hug.

But everyone is adapting — at work, at home, at school, and in real estate. Everywhere, people are learning how to be flexible and open to new ways of doing things in a new world.

Agents are advising sellers on how their home can be viewed virtually, via video media. They're insuring that buyers are pre-vetted before they're allowed to book a tour.

And, generally speaking, they're taking all precautions to limit physical showings in order to minimize exposure and risk.

But if, in the end, your house must be shown to be sold, what should you do?

Well, it's your house. So you have control over how you want to show it. If you're onboard with a limited number of showings so long as they are conducted as safely as possible we suggest you use the following protocols:

• **You should have your agent pre-vet buyers before they can book a tour.** Normally a quick glance at the photos is enough for a buyer to decide if they want to schedule a showing.

However, as a seller you'll want to avoid the hassles and unnecessary risk that comes with letting unqualified or

non-serious buyers inside your home amid a pandemic.

Since the pandemic, agents are extra careful to see if a house is truly a good fit before scheduling a showing. They will pull up the location on Google maps and talk to buyers about things like high traffic streets or distance to the closest school or park to eliminate buyers who won't find the home to be a solid match.

They'll use virtual tours to help a buyer determine whether the layout flows in the way they prefer. In short, they'll check and re-check buyer interest/motivation, mortgage eligibility and also... current health status.

• **You should limit the number of people who can enter.** Buyers shouldn't bring their kids, and ideally only one of them should enter at a time. The other can wait from the car and get updates via FaceTime.

• **You should require that visitors take hygienic precautions.** Ask that anyone who enters protective gear such as masks, booties and gloves, and that they sanitize their hands before entering.

• **You should prepare the home for minimal touching.** Leave all the interior doors open, open up closets and cabinets, and turn on all the lights to minimize touching of surfaces.

• **You should clean and disinfect before and after a showing.** While most agents and buyers are coming in taking a certain level of protective measures, the CDC still recommends preventing exposure as the number one way to protect yourself from getting sick.

Some of the things you should do when showing a house for sale this season are:

• Ensure you're washing your hands often

• Use hand sanitizer that is at least 60% alcohol and rub your hands until they feel dry. Clean and disinfect frequently touched surfaces immediately after every showing....

This is a difficult time, folks. And selling a home during this pandemic is — like everything else these days - an adjustment for everyone concerned.

Mary Ellen Courtney is owner of Real Living Gateway Realtors, 201-288-0004. [www.GatewayToHomes.com](http://www.GatewayToHomes.com) ###

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# Music with Miss Nita

The Carlstadt Public Library will host virtual music-and-movement classes with Miss Nita via Zoom, for families with children ages 5 and under. The classes will be held on Thursdays, June 4, 11, 18, and 25, 2020 at 10:30 a.m. To register, please send an e-mail to [risa.dangelo@carlstadt.bccls.org](mailto:risa.dangelo@carlstadt.bccls.org) with the program dates, along with the names and ages of children attending. A Zoom access code will be e-mailed prior to the program. ###

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# Artful Thinking

By Artie Maglionico • Lodi Historian

Hello folks. I know it seems like forever since last we met here between the lines of this column. I hope you are staying healthy and safe during these troubling and uncertain times. I know that there are those among us who have lost friends and loved ones to this demonic virus. To you I offer my heartfelt condolences. This sickness took us by surprise and left a trail of fear and sadness in its passing.

The column, June 2020, was written in late April so I'm not sure as to what will have transpired by the time it reaches you.

Hopefully this bug will have run its course and we are getting back to living our lives on some level.

I, for one, didn't realize how much I was enjoying everyday life until it all came to a sudden and unexpected halt. Even the promise of spring fell short of its colorful awe inspiring entrance.

It snuck in while I wasn't looking and I missed it entirely. I guess I was too darn frightened to notice. It's hard to see the trees in bloom while you're hiding under the bed.

All of those times I lied to my mother about washing my hands came back to haunt me with a vengeance.

As I write this my hands resemble 2 pounds of freshly ground chop meat. How about yours? After drying them I re-

alize that it was the same towel I use for the previous washing --soap kiddo! Wash them again and use a clean towel.

Yes folks, lonely, frustrating and unnerving though it may be, we are pretty much all in the same proverbial boat. It's Noah's Ark revisited. On this voyage, however, we must keep at least six feet apart.

Let's all pray that when this trip is finally over, we'll hear some one yelling "Play Ball" while the aroma of hot dogs and hamburgers sizzling on the outdoor grill leads us back home and to the life we have come to know and love.

When we meet again we will, each of us, have our own story to tell. We won't have to shout it from 50 feet away behind safety goggles and a surgical mask. It's hard to breathe out of those things isn't it?

It's the same air going out as it is coming back in. I'm surprised that breath mints aren't in short supply.

Folks, I sincerely hope to God that this will be the first and last time I have to write about this horrible virus. Let's all pray that it will be duly chased back into the inferno from whence it came.

On Easter Sunday last I was moved to write the following poem. It may seem dark at first. In the last stanza, however, shines the light of courage and victory.



## Dale Sipos Am. Legion Volunteer of the Year

James B. Scarr Post, American Legion in Hasbrouck Heights, has awarded Dale Sipos the Volunteer of the Year 2020 Award.

The award was presented to Dale at this time to acknowledge his leadership in an ongoing effort to feed the members of the New Jersey National Guard who work at the screening sites in Bergen and Monmouth Counties.

He coordinates the efforts to provide meals to those guardsmen who work at the FEMA screening sites at Bergen Community College and the PNC Bank Arts Center.

Dale solicits donations from businesses and people throughout the area so that meals can be provided.

The sixty-six year old Lodi resident is a four-year Veteran of the US Navy. He is an active member of the American Legion and never says no when asked to help out. Dale is also at the sideline of the Hasbrouck Heights football team as a coach.

Hasbrouck Heights Legion Commander Patrick McCarthy stated, "The importance of volunteers at this time in our history cannot be overestimated. The efforts that Dale puts forth deserve our heartiest congratulations and recognition." *Provided by Peter Gallo Jr. ###*

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# Historically Speaking

By James J. Halloran



## Where Are They Now?

June 14 is the birthday of the American flag. Congress adopted the first flag on this date in 1777. Over the next two hundred forty-three years there have been a number of American flags that were made famous by their location and place in our history as a nation. Where are they located now?

• **STAR-SPANGLED BANNER** – this flag was made famous when flown over Fort McHenry in Baltimore, Maryland. Francis Scott Key, upon seeing it flying over the fort after the attack of the British ships, composed what would become our National Anthem.

The flag was made in 1813 by Mary Young Pickersgill, at her home, now known as The Star-Spangled Banner House, in Baltimore. It is a museum that has seven pieces of the original flag. The flag itself is on display at the Smithsonian National Museum of American History, Washington, DC.

• **OLD GLORY** – This 24-star flag was made in 1831. It was hidden from Confederate forces, who wished to destroy it (see The Gazette, June 2017). The flag is also displayed at the Smithsonian Museum.

• **THE LINCOLN FLAG** – When President Lincoln was shot at Ford's Theater, the flag there was used to cushion his head. This flag, stained with his

blood, is now at Pikes County Historical Society, Milford, PA.

• **USS ARIZONA FLAG** – This flag was aboard the battleship USS ARIZONA on December 7, 1941. The flag survived the destruction of the ship. It is now on display at the Arizona State Capital Museum, Phoenix.

• **IWO JIMA FLAGS** – There were two flags flown over Mount Suribachi by the US Marines. The first was a small flag. A larger one was sent up and appears in the famous photo of six Marines raising it. These two flags are on display at the National Museum of the Marine Corps, located at Quantico USMC Base, Triangle, VA.

• **9/11 FLAG** – New York City firefighters raised this flag over the ruins of the World Trade Center, at Ground Zero, on September 12, 2011. This flag was accorded a special honor. It was transported to the Star-Spangled Banner House Museum, Baltimore, to have woven into it, threads of the original Star-Spangled Banner. The flag is now on display at the National 9/11 Memorial Museum in New York.

As these American Flags inspired, witnessed and survived these momentous events, so let them inspire us. ###

**Plague**  
*A poem about humanity by Artie Maglionico*

We found ourselves too far apart.  
I can't get close to you.  
Closer is the memory  
of a life that we once knew.

God shall bring us closer still  
Thank what we were before.  
But the deadly wind must leave its mark  
on each and every shore.

For a plague has risen up from hell  
and we go our separate ways.  
We lost the chance to say goodbye  
on these, our darkest days.

God will guide us back again.  
It requires courage stout.  
May God bless those who lead the charge  
and who'll bravely lead us out.

*Dedicated to all of those on the front lines.  
May God Bless them and keep them.*

Stay Home. Stay safe. Save lives.

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American Legion  
Now Open to  
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Discharged Vets

March 1, 2020 - With President Trump's signature on the LEGION Act, the ongoing declared period of war was extended back to December 7, 1941, making all honorably discharged Veterans eligible for membership in The American Legion.

The Congressionally approved act is a way to honor thousands of Veterans who were killed or wounded on duty during periods not previously considered a time of war.

The LEGION Act – Let Everyone Get Involved in Opportunities for National Service Act - redefines The American Legion's membership eligibility dates.

The eligibility now spans from December 7, 1941, until a time when the U.S. is no longer at war, as determined by Congress. Veterans wanting to join should contact their local post or call 609-695-5418 or email [john@njamericanlegion.org](mailto:john@njamericanlegion.org) ###

American Legion Essay  
Contest Winners

Three students from Ms. Catherine Cassidy's Modern US History class at Hasbrouck Heights High School are winners of this year's HH American Legion's Annual Essay Contest. Each student received a monetary award; First Place winner, Isabella Drezek was awarded \$250, Second Place winner, Thomas Kelly was awarded \$150 and Third Place winner, Donald Mason was awarded \$100.

The contest, sponsored by the James B. Scarr American Legion Post 106, was open to all high school students who reside in Hasbrouck Heights. This year's essay question was "Should the President of the United States be selected by the popular vote of the people or continue to be in the hands of the Electoral College?"

Isabella Drezek presented a strong case in favor of staying with the Electoral College.

She stated, "Although it may claim to be outdated by some, the Electoral College is a vital part of checks and balances along with an equal representation of each state and their population."

Thomas Kelly agrees with Isabella. He stated, "Removing the Electoral College would be a horrible thing to do for the nation." However, Donald Mason disagrees with both of them. He was in favor of doing away with the Electoral College. He stated "If we do not switch to a popular vote then I would propose a system that is similar to the college but is not based of representatives in congress and instead is based upon population in each state. Mathematically, it does not make sense to have the Electoral College, it holds unequal representation for each state." *Provided by Peter Gallo Jr. ###*

American Legion Jersey  
Boys State Postponed

The leadership team at the American Legion Jersey Boys State (ALJBS) has decided to postpone this year's ALJBS. Due to the unprecedented national health crisis, the decision was made for the well-being, health and safety of the delegates, staff, speakers, parents and Legionnaires. The 75th session was to have taken place from June 21 to June 26, 2020.

The 2020 session has been postponed to 2021. The 2021 session, to be held June 20 to June 25, 2021, will be a "joint session" with both seniors selected to be 2020 delegates and juniors selected next year as 2021 delegates.

*Every gun that is made, every warship launched, every rocket fired, signifies in the final sense a theft from those who hunger and are not fed, those who are cold and not clothed.-- General Dwight D. Eisenhower*

The AMJBS leadership will post a "virtual" county orientation on their website at [www.aljbs.org](http://www.aljbs.org) by May 1. They will also provide a link to enable parents and delegates to ask questions about ALJBS. Information regarding 2021 in-person county orientations, including locations, times, and dates will be posted at a later date at <http://www.aljbs.org/events/orientations.php>.

They have also put on hold posting the link to CampDoc for delegates to submit their medical information. If delegates have already completed their application other than their medical information, a link will be emailed to them at some point in early 2021.

If delegates have any questions about CampDoc or submitting their medical information, please send them to: [medical@aljbs.org](mailto:medical@aljbs.org) *Provided by Peter Gallo Jr. ###*

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Area scenes during the crisis. Open roads and plenty of parking (Boulevard at LaSalle Avenue facing south). Barren grocery store shelves. Businesses posted conditional access. Various signs being supportive.





# Uniformed Services Honor HackensackUMC Heroes

At 6:45 p.m., Tuesday, April 28, 2020, The Bergen County Police Chief's Association organized a "Clap Out" at HackensackUMC. At the shift change, area law enforcement and fire departments from Bergen County and beyond, along with The Police Pipes and Drums of Bergen County, acknowledged the staff with a 30 minute drive-by. It was a "Thank You" that brought smiles and tears to the true "Heroes" who have worked tirelessly and sacrificed more than we can see on the surface to helping those in these unprecedented times. Coincidentally, earlier that day, HUMC staff held a "Clap Out" for the 1,000th COVID-19 Positive patient discharged. Contributor Brian K. McKeever. Photos provided by Sgt. Julie Ann Zeigler, Rutherford Police Department. ###



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- ☒ Clean entire house
- ☒ Join a virtual happy hour
- ☐ Digitize family memories

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