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March 2021

★★★★★



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The Big Snow


It was suggested that groundhogs organized the 20+ inches of snowflakes on February 2, 2021, just so they wouldn't be bothered and could pull the covers over their head and get six more weeks of sleep. While we were plowing streets, shoveling sidewalks, grinding snow throwers in our driveways, un-burying cars, hauling off mountains of snow, they were having sweet dreams.

More photos on pages 12 and 13.


St. Patrick's Celebration Pages 6-7	Easter/Passover Season Page 8-10	Health Alerts Pages 14, 17	Library Notes Pages 18-19	Community Activities Pages 20-22
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MomLife Event March 25

MomLife is a much-needed break for moms in the midst of mothering young kids. Moms of kids ages 0-11 from any town are welcome to attend.

Masks are required and social distancing guidelines followed. Next event on Thursday, March 25, 2021, 7 to 9 p.m.

Please RSVP by March 23. Event hosted by Bible Baptist Church, 31 Passaic Avenue, Hasbrouck Heights. Limited KidLife childcare available by RSVP only and medical form required. Monthly Friday morning get together and outings too. For more info: hasbrouckhtsmomlife@gmail.com; 862-239-6677; Fb – Hasbrouck Heights MomLife ###

St. Patrick's Take-Out Dinner Mar. 13

American Legion Post 310, 100 Liberty Street, Little Ferry, is hosting the Annual St. Patrick's Day with a "Take-out" Dinner on Saturday, March 13, 2021, serving from 4 p.m. to 8 p.m. Donation is \$15 per dinner and includes corned beef, cabbage and potatoes. Take-out only.

For more information, call 201-807-0470. Proceeds to benefit Veterans and children's programs. ###

Lenten Fish Fry March 26

St. Francis DeSales Church, 125 Union Street, Lodi will host a Lenten Fish Fry on March 26, 2021 from 5 to 7 p.m.

Menu is fried fish (Cod), coleslaw, french fries and malt vinegar. Can substitute for chicken dinner. This is a drive to and pick up only.

Cost is \$20 for adults. For more information, call 973-779-4330 or francisdesales@hotmail.com ###

YMCA Golf Outing May 24

On Monday, May 24, 2021, the **Meadowlands YMCA** will hold its 20th Anniversary Charity Golf Outing at The Forest Hill Field Club, 9 Belleville Avenue, Bloomfield, NJ.

Shotgun start at noon and scramble format. There will be a "Hole-in-One" Challenge to win a car from Bellavia.

All funds raised during the event will support the Meadowlands YMCA coronavirus response services. This year they are focusing on Neighbors Serving Neighbors.

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 Amanda Scully, ascully@meadowlandsymca.org or call 201-955-5300. To register or secure a sponsorship online go to: MeadowlandsYMCA.org/golf ###

HLL Opening Day

The Hasbrouck Heights Little League opening day is scheduled for April 10, 2021. Due to COVID 19, no parade and annual pancake breakfast is planned.

Team sponsorships, sign advertisements, and league donations are available. Contact HLLSponsorships@hhlittleleague.com to learn more. ###


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Pascrell Calls on Biden to Fire Entire USPS Board of Governors

Postal governing body sat complicit to Trump and DeJoy's spree of sabotage and subversion

Press Release: January 25, 2021 -- U.S. Rep. Bill Pascrell, Jr. (D-NJ-09) today wrote to President Joe Biden calling on him to fire the entire United States Postal Service (USPS) Board of Governors for their silence and complicity in Donald Trump and Postmaster General Louis DeJoy's deliberate campaign to subvert vote-by-mail elections and destroy the Post Office.

"After several years of unprecedented sabotage, the United States Postal Service is teetering on the brink of collapse. Through the devastating arson of the Trump regime, the USPS Board of Governors sat silent. Their dereliction cannot now be forgotten. Therefore, I urge you to fire the entire Board of Governors and nominate a new slate of leaders to begin the hard work of rebuilding our Postal Service for the next century," Pascrell writes President Biden.

As DeJoy's efforts to dismantle mail sorting machines, cut overtime, restrict deliveries, and remove mailboxes slowed mail nationally, Donald Trump himself openly admitted that his administration was withholding funding for the Postal Service to make it harder to process mail-in ballots. Through it all, the Board of Governors did nothing to protect USPS.

Pursuant to Title 39, the USPS Board of Governors' central responsibility is to "represent the public interest" and its members may be removed by the President "for cause." Today, Pascrell urges President Biden to exercise that legal authority and fire all six sitting members of the Board of

Governors for their dereliction and betrayal.

Since this crisis began, Rep. Pascrell has aggressively demanded accountability from USPS. On May 21, 2020, Pascrell wrote to USPS Inspector General Tammy Whitcomb demanding an investigation of turmoil at the USPS, stemming from a pattern of interference engineered by the Trump administration in its efforts to destabilize the post office.

On September 30, 2020 Pascrell led members of the New Jersey Congressional Delegation in a letter to Postmaster General DeJoy demanding an emergency visit to the Dominic Daniels mail sorting center in Kearny and requesting information on USPS's ability to carry out New Jersey's all vote-by-mail general election. In October, Pascrell made a surprise appearance at the Daniels Facility and demanded access.

On August 14, 2020 Pascrell became the first member of Congress to call for DeJoy and Trump to be investigated by a state criminal grand jury for their arsoning the Post Office, making a criminal referral to New Jersey Attorney General Gurbir Grewal alleging Trump and DeJoy subverted state elections. Pascrell contact info: Lyndhurst Office, 367 Valley Brook Avenue, Lyndhurst, NJ 07071 Phone: 201-935-2248 Website: <https://pascrell.house.gov/> ###

See related story "Pascrell Shares North Jersey Postal Turmoil Stories" **The Gazette Newspaper**, September 2020, page 18: <http://www.the-gazette-newspaper.com/images/gazette/sep20.pdf>

The text of Rep. Pascrell's letter to the President:

January 25, 2021

President Joe Biden
The White House
1600 Pennsylvania Avenue, NW
Washington, D.C. 20500

Dear President Biden:

After several years of unprecedented sabotage, the United States Postal Service (USPS) is teetering on the brink of collapse. Through the devastating arson of the Trump regime, the USPS Board of Governors sat silent. Their dereliction cannot now be forgotten. Therefore, I urge you to fire the entire Board of Governors and nominate a new slate of leaders to begin the hard work of rebuilding our Postal Service for the next century.

According to a report by the USPS Office of Inspector General[1], operational changes imposed by Postmaster General Louis DeJoy "negatively impacted the quality and timeliness of mail service nationally" and were "implemented quickly and communicated primarily orally," resulting in confusion and inconsistent application across the country. As DeJoy's efforts to dismantle mail sorting machines, cut overtime, restrict deliveries, and remove mailboxes slowed mail nationally[2], Donald Trump himself openly admitted that his administration was withholding funding for the Postal Service in order to make it harder to process mail-in ballots[3].

Things became so bad that on August 14, 2020, I filed a complaint with our state's Attorney General calling on him to seek indictments against your predecessor and the Postmaster General for election subversion.[4] Postal operations have continued to severely lag benchmark levels under DeJoy and this slate of Governors. This holiday season, USPS reported an unprecedented level of mail disruption, with only 64 percent of first-class mail delivered on time in late December.[5] Through it all, the Governors were either silent or in support of DeJoy's havoc.

The members of the USPS Board of Governors have but one central responsibility: "represent[ing] the public interest." [6] Members may be removed by the President "only for cause." The board members' refusal to oppose the worst destruction ever inflicted on the Postal Service was a betrayal of their duties and unquestionably constitutes good cause for their removal.

As America's perhaps most enduringly trusted institution, a central economic and social engine for every community in America, and a vital vanguard of the democratic tradition, the Post Office must play an essential role in our national life for generations to come.[7] The continued challenges in preserving our Postal Service to survive and endure are gargantuan, and so demand bold solutions to meet them. To begin that work, we must have a governing body that can be trusted to represent the public interest. Thank you for your continued dedication to saving our Post Office.

Sincerely,

Bill Pascrell, Jr.
Member of Congress

How have the recent Postal Service changes affected you?

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RHS Seeks Nominations for "Distinguished Graduate Award"

Established in 1990 to recognize a graduate of the high school whose achievements reflect a standard of excellence in his or her chosen field. These achievements will be recognized by Rutherford High School so that the person can be seen by students as a symbol of commitment and excellence to which they can aspire. The nominees span many career areas.

To submit a nomination form please contact CGearity@rutherfordschools.org.

The general criteria used in selection are:

- 1. Honoree must have graduated from Rutherford High School at least ten years prior to nomination.
- 2. Honoree's achievement must reflect significant accomplishment in his or her career. No restrictions are placed on types of careers.

3. Honoree's outstanding contributions must have achieved national, state, or local recognition.

The selection committee receives and responds to nominations, asks for additional information when necessary, and distributes all materials to committee members before a vote to select the honoree.

A permanent recognition plaque in the high school contains the names, career fields, and graduation dates of all honorees. In addition, the honoree visits the high school to address students. A reception follows and the honoree is presented with a suitable memento.

This visit by the inductee is an important part of the project, since students are able to hear directly from someone who shares part of their background and experience. *Provided by JoAnn Hughes. ###*

Things to Do in Your Garden

- Remove winter mulches
- Clean up the garden/weed
- Have soil tests run
- Improve soil with organic matter and pre-plant incorporation of fertilizer
- Rake & aerate lawn
- Apply lime if needed
- Reset perennials that have frost-heaved
- Start vegetables and flowers from seed
- Sow seeds outdoors of hardy annuals, such as poppies and cornflower
- Plant sweet peas and garden peas on St. Patrick's Day, if soil is workable
- Plant cold-tolerant vegetables such as onions and peas (mid to late month)
- Look for and remove cedar apple rust galls on Eastern red cedar
- Plant or transplant trees and shrubs when soil is workable
- Fertilize trees and shrubs (late)
- Prune trees, shrubs that do not flower in spring (*unless renovation pruning*)
- Clean out all of your birdhouses now, so that they will be ready when the birds return.
- Repair any fencing, arbors, or trelliswork that is weak or has broken over the winter.
- Check the plants under the eaves of the house and under tall evergreens to see that they have sufficient moisture. ###



Tuskegee Airman Recognized by AHOF

The Aviation Hall of Fame and Museum of New Jersey is proud and honored to announce that Dr. Eugene Richardson, one of the last surviving Tuskegee Airmen, has been selected for induction into the New Jersey Aviation Hall of Fame.

Dr. Richardson, a resident of New Jersey when he was drafted, earned his wings in 1945. After the war he went on to an exemplary career as an educator as well as a strong advocate of youth aviation programs.

For more information, contact Ralph Villecca, Executive Director of the Aviation Hall of Fame and Museum of New Jersey at 201-288-6344. ###

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

Looking for VFW History

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

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Old Wallington Band Uniforms Wanted

The Wallington High School Band is looking for their old uniforms. With the return of the Wallington Marching Band, the band is putting together a display to showcase the band's history. Unfortunately, the band has been unable to locate any old Wallington Band uniforms to display.

If you have an old Wallington Band uniform or any vintage band memorabilia, please contact Mr. Lopuzzo, the Wallington band director, at Lopuzzo@wboe.org as soon as possible. ###

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"Spring Forward"

Daylight Saving Time (previously known as "Fast Time" in the United States) will commence at 2 a.m., on Sunday, March 14, 2021. Clocks should be set forward one hour ahead of standard time (spring forward).

Daylight Saving Time (DST) allows us to take advantage of the longer and later daylight hours.

History of Daylight Saving

Daylight Saving has only been used for about 100 years, but the idea was conceived with ancient civilizations who adjusted their daily schedules to the Sun's schedule.

For example, the Roman water clocks used different scales for different months of the year.

The idea of Daylight Saving Time was first conceived in the United States by Benjamin Franklin in 1784.

Germany became the first country to introduce Daylight Saving when clocks were turned ahead 1 hour on April

30, 1916 to save energy for war production by taking advantage of the later hours of daylight between April and October. This was quickly followed by the United Kingdom, France, and many other countries.

In the United States, Daylight Saving was first introduced in 1918 when President Woodrow Wilson signed it into law to support the war effort during World War I.

The initiative was generated by Robert Garland, a Pittsburgh industrialist who had encountered the idea in the UK. Today he is often called the "Father of Daylight Saving."

Many countries reverted back to standard time after World War I. Between the wars and after World War II, states and communities chose whether or not to observe Daylight Saving Time.

However, some cities, including Pittsburgh, Boston, and New York, continued to use it until President Franklin D. Roosevelt officially instituted year-round recurring Daylight Saving in the United States in 1942.

From 1945 to 1966 there were no uniform rules for Daylight Saving in the US and it caused widespread confusion especially for trains, buses, and the broadcasting industry.

As a result, the Uniform Time Act of 1966 established that DST would begin on the last Sunday of April and end on the last Sunday of October. However, states could opt-out.

In 1974 and eight months in 1975, the United States Congress extended Daylight Saving to a period of ten months, in hopes to save energy following the 1973 oil embargo.

The trial period showed that energy equivalent of 10,000 barrels of oil each day

were saved, but Daylight Saving still remained to be controversial. Many complained that the dark winter mornings endangered the lives of children going to school.

After the energy crisis was over in 1976, the Daylight Saving schedule in the US was revised several times through the years.

From 1987 to 2006, the United States observed Daylight Saving for about seven months each year. The current schedule was introduced in 2007 and follows the Energy Policy Act of 2005, which extended the period by about one month.

In 1966, Congress passed the Uniform Time Act which standardized the length of Daylight Saving Time.

Daylight Saving Time is four weeks longer since 2007 due to the passage of the Energy Policy Act in 2005 extending Daylight Saving Time by four weeks, from the second Sunday of March to the first Sunday of November, with the hope that it would save 10,000 barrels of oil each day through reduced use of power by businesses during daylight hours.

Unfortunately, it is exceedingly difficult to determine energy savings from Daylight Saving Time and based on a variety of factors, it is possible that little or no energy is saved by Daylight Saving Time.

A study by the U.S. Law Enforcement Assistance Administration found that crime was consistently less during periods of Daylight Saving Time than during comparable standard time periods.

Data showed violent crime down 10 to 13 percent. It is clear that for most crimes where darkness is a factor, such as muggings, there are many more incidents after dusk than before dawn, so light in the evening is most welcome. ###

Leprechaun -- a creature in Irish mythology

In Irish mythology, a leprechaun (Modern Irish: leipreachán) is a type of male faerie said to inhabit the island of Ireland.

Leprechauns and other creatures of Irish mythology are often associated with "faerie forts" or "faerie rings" — often the sites of ancient (Celtic or pre-Celtic) earthworks or drumlins.

They usually take the form of old men who enjoy partaking in mischief.

Their trade is that of a cobbler or shoemaker. They are said to be very rich, having many treasure crocks buried.

According to legend, if anyone keeps an eye fixed upon one, he cannot escape, but the moment the eye is withdrawn he vanishes.

Leprechauns rarely appear in what would be classed as a

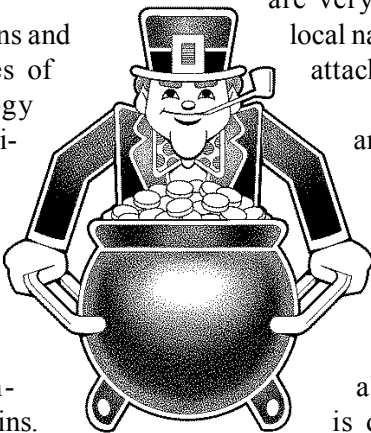
folk tale; in almost all cases the interest of these stories centers around a human hero.

Stories about leprechauns are very brief and have local names and scenery attached to them.

In most tales and stories, leprechauns are depicted as harmless creatures who enjoy solitude and live in remote locations, although opinion is divided as to if they ever enjoy the company of other spirits.

Although rarely seen in social situations, leprechauns are supposedly very well spoken and, if ever spoken to, could make good conversation.

The modern image of the leprechaun is depicted wearing an emerald green frock coat, and bestowed with the knowledge of the location of buried treasure, often in a crock of gold. ###



Full Worm Moon

The March full moon will appear on Sunday, March 28, 2021, at 2:48 p.m. It is called the "Full Worm Moon."

According to the Farmer's Almanac, as the temperature begins to warm and the ground begins to thaw, earthworm casts appear, heralding the return of the robins.

Northern tribes also referred to this Moon as the "Full Crow Moon" when the cawing of crows signaled the end of winter; or the "Full Crust Moon," because the snow cover becomes crusted from thawing by day and freezing at night.

The "Full Sap Moon" marks the time of tapping maple trees in another variation. To settlers, it was also known as the "Lenten Moon" and was considered the last full moon of winter.

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

When the dandelions bloom early in spring, there will be a short season. When they bloom late, expect a dry summer.

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As Irish as Corned Beef and Cabbage?

Every St. Patrick's Day, thousands of pounds of corned beef are consumed by Americans in the mistaken belief that they are partaking of the food of their ancestors in Ireland. Yet, one would be hard pressed to find this dish in many parts of the Emerald Isle.

The Irish, for over three hundred years, have immigrated to America.

The first St. Patrick's Day parade was not held in Dublin but in New York City in 1762. However, the largest contingent came in the 1840/50s because of the "Potato Famine" or, as it is called in Ireland, the "Great Hunger."

Many immigrants settled in the poorer sections of New York City such as Hell's Kitchen and the Five Points section of lower Manhattan.

From these locations came the vast majority of men who made up the famous 69th New York Infantry Regiment. The regiment was the cause of an international incident in 1860 when their commander, Col. Michael Corcoran, refused to parade the regiment in honor

of the Prince of Wales' visit to New York on October 11, 1860. Col. Corcoran was placed under arrest but with the outbreak of the Civil War, all charges were dropped.

A green flag honoring their actions in defiance of the Prince was presented by the Irish citizens of New York. This flag was carried at the Battle of First Bull Run. Confederate General Robert E. Lee was so impressed with their bravery and devotion to duty when he faced them on many battlefields, that he called them "The Fighting Irish."

The 69th was again called to war in 1917. They had their regimental number changed at this time to 165th Infantry regiment of the New York National Guard and has served in WWI, WWII, Iraq and Afghanistan.

While pork was the meat that these immigrants were most familiar with, it was rather more expensive than the abundant beef here in America.

Their dealings with Eastern European Jewish immigrants in their New York neighborhood introduced them to a

cheap cut of meat called corned beef.

This reminded them of Irish bacon; a smoked cured meat similar to Canadian bacon. The corned beef could be cooked in one pot with the cabbage and potatoes.

The popularity of this dish soon spread to other Irish enclaves in Boston, Philadelphia, Chicago and the rest of America. By the 1860s the dish was so popular that it was served at President Lincoln's inauguration dinner.

The Irish assimilation into American society was marked by their interaction with the other ethnic groups that cohabitated in the slums.

This was not always done in a civil manner. The perpetrators of the "DRAFT RIOTS of 1863" were in large part the inhabitants of Hell's Kitchen who felt the draft was a way the rich could buy their way out of serving in the Army.

As poor men they would be forced into the Army. Orangemen parading up 8th Avenue in July of 1881 were showered with "Irish Confetti" (bricks, cobble stones, full chamber pots, etc.) from the roof tops.

This led to a full blown riot. Shillelagh law was all the rage. The local police could not stop the mayhem. The Militia was called and fired into the mob killing thirty and wounding hundreds more before the riot ended.

There were two things that they were denied in Ireland but were readily utilized here in America.

As poor Irish tenant farmers they had no access to an education. In America, education was open to all.

Here, as new citizens of The United States, they had the right to vote. In Ireland only landed gentry could vote. They took advantage of both.

The term "Narrow Back" was applied to first generation Irish Americans. This indicated that because they were able to educate themselves and improve their station in life, they would not be forced to do menial work as their "Broad Shouldered" parents did.

It was the willingness of these immigrants to work hard to improve their lot and offer loyalty to their adopted country. They advanced to the point in 1961 that an American of Irish descent, John F. Kennedy, became President of The United States.

So when you partake of this dish, think not only of St. Patrick but also of all the men and women of Irish descent who have helped to make a great America. *Story by James Halloran. ###*

Shamrock 5K Run

Out of an abundance of caution with the ongoing COVID-19 pandemic, the 10th Annual 5K Michael Cassidy Shamrock 'N' Run/Walk will be virtual. You can choose to run anywhere at anytime between March 13 and March 27, 2021. For details go to www.shamrocknrun5K.org.

How does a virtual race work:

- Sign up for the event anytime before March 13
 - Choose your own race day and time between March 13 and March 27
 - Pick a location like your neighborhood, a local park, or even a treadmill and choose to run/walk alone or with family and friends (*please follow social distancing and CDC guidelines*)
 - Time your run/walk using any device (*GPS app, watch, phone, etc.*). Please be mindful of your time and distance to ensure that you are able to submit an accurate record
 - Submit your finishing time to the Results tab for the 5K, or by electronic submission options (*instructions will be sent via text and/or email after registration confirmation*)
 - Be sure to take photos to celebrate your run/walk and upload them to your race album on the Photos tab
- It's all that easy! And, most importantly HAVE FUN! ###

St. Patrick's Day Parade

It is with great sadness that I announce, after heartfelt consideration, the Officers and Trustees of the Rutherford Irish American Association have elected to cancel Rutherford's Fourth Annual St. Patrick's Day Parade in recognition of the continuing challenges of the COVID-19 pandemic.

When the RIAA was founded in July 2017, one goal was to host a St. Patrick's Day Parade that our community could enjoy and be proud of.

We succeeded in that quest, with each of our first three parades getting bigger and better each year.

Our hope was that our Fourth Annual Parade would build on the excitement and success of our first three parades. However, the threat of COVID-19 was one that could not be ignored. Recognizing that the health and safety of our

members, parade participants, and our community as whole, remains our number one priority, we thought it best to cancel the 2021 parade and all its related events to help limit the spread of COVID-19.

Since we remain hopeful that the virus will be under control later this year, we will now focus our efforts on planning our 2022 parade to be held on March 6, 2022. In anticipation of that event, we have also elected to carry over our dignitaries from this year to next year so that they can receive their rightful recognition.

In closing, please accept our best wishes that you and your family have a happy and healthy 2021.

Regards, Paddy Bonner

For more information email: rutherfordirishamericans@gmail.com ###

Beware the Ides of March

Those familiar with history or William Shakespeare's play "Julius Caesar," recognize the reference to March 15, the day of Julius Caesar's assassination in 44 B.C. after declaring himself dictator of Rome for life.

"Beware the Ides of March" is the soothsayer's message to Julius Caesar, warning of his death and has forever imbued that date with a sense of foreboding.

After Caesar's untimely exit, superstitious Romans may well have avoided launching a business, marriage or other important venture on a date so cloaked in doom it eventually entered the lexicon as a metaphor for impending catastrophe.

But in Roman times the expression "Ides of March" did not necessarily evoke a dark mood—it was simply the stan-

dard way of saying "March 15."

A Roman saying, "four Ides," (*meaning four days before Ides*), would be just as clear to other Romans as someone saying March 11.

For ancient Romans, an Ides was merely one of several common calendar terms used to mark monthly lunar events. The Ides simply marked the appearance of the full moon.

Each month has an Ides (*usually the 15th*) and this date wasn't significant in being associated with bad luck or doom. ###

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Artful Thinking

By Artie Maglionico • Lodi Historian

March 2021 The Man Upstairs

Well here we are folks, we made it into the unpredictable, moody month of March 2021. I'm going to start off by welcoming two additions to the Artful Thinking family brick layers extraordinaire: Sal and his crew member, Noe.

Also, a quick hello goes out to two of my Columbus School Classmates, Bonnie K. and Donna M. The gals are in the midst of a hotly contested debate as to whose name appeared most in this column lo' these many years. Well according to my latest tabulation, it's a tie. Tabulation? Is that the correct word? Anyway take my word for it the gals are both winners.

Yes folks, there's a lot going on in the month of March. Come the 14th is the return of daylight. Maybe it's just me but the past few months seemed to have been darker than normal. Perhaps it was my outlook that lacked sunshine. Anyway on the 17th we get to celebrate the wearing of the green, St. Patrick's Day. One of my favorites. On the 20th arrives, not a moment too soon, the first breath of spring.

I'm loving it folks. How about you? I can't wait to get outdoors and let my spirit take flight again.

Springtime reminds us that life is worth living and so we live it to the best of our ability. If you are of the Catholic faith then you are, by now, in the heart of the Lenten Season. For me, especially as a youngster, Lent was fraught with stumbling blocks, broken vows and a heck of a lot of guilt.

"You're going to answer to the man upstairs, dear boy!" Warned by mother after catching me devouring an entire Chunky Bar moments after giving candy up for Lent. "What a chunk of chocolate" boasted the Saturday morning TV commercial. That was the last thing I remembered as I

An old saying about March goes, "In like a lion, out like a lamb". This, of course, refers to the weather. Because of the variable elements of this month it is often described as a battle between old man winter and the young warrior of spring. Inevitably, the young defeats the failing, but still powerful old man. Youth will have its day. ###

stuffed the entire paperweight sized candy bar into my mouth at once. "You'll have to answer to the man upstairs!" A harsh reminder that I heard numerous times as a child growing up on Arnot Street.

Now this one time folks, oh I couldn't have been more than six or seven years old, I took a dime off of my Mom's dresser and purchased a Milky Way Bar down at the corner store. I barely got the wrapper off when I heard, "did you take the dime off my dresser?" Curses, foiled again!

The vocabulary of the afternoon was destined to appear, "You'll have to answer to the man upstairs, dear boy."

I was just a mischievous kid. I couldn't understand why my mother insisted that I had to answer to my Uncle Andrew who lived in the apartment above us.

"Hey Uncle Andrew," I said as I entered the kitchen. "I stole a dime off my mother's dresser to buy a Milky Way. She won't let me have it."

My Uncle reached into his pocket and pulled out two quarters and handed them to me. "Here's a half a buck," he said with a sly grin. "Go and buy 10 more!!

Later that day I walked into the house carrying an entire brown paper bag filled with candy bars.

"Where did you get the money to buy all of this candy," she asked with flared nostrils. "From the man upstairs" I replied.

My mother tried desperately to hold back her laughter as she looked into the bag. "Did you thank the man upstairs?" she asked. "Yea," I replied. "I'm going to ask him," she said. Curses, foiled again!D

March 17 is Saint Patrick's Day. This is the feast day of the Irish Saint who was reputed to have driven all the snakes from Ireland.

It was first celebrated in the United States in 1737. The tradition of a St. Patrick's day parade began in New York City in 1766.

The holiday is closely associated with the color green. It is not a national holiday in the United States (there are no national holidays in March) although it is generally observed. March also contains the feast day of St. David, the patron Saint of Wales, which occurs on the first of the month. ###

About Saint Patrick

Little is known of Patrick's early life, though it is known that he was born in Roman Britain in the fourth century, into a wealthy Romano-British family.

His father was a deacon and his grandfather was a priest in the Christian church. At the age of sixteen, he was kidnapped by Irish raiders and taken captive to Ireland as a slave.

It is believed he was held somewhere on the west coast of Ireland, possibly Mayo, but the exact location is unknown.

According to his Confession, he was told by God in a dream to flee from captivity to the coast, where he would board a ship and return to Britain. Upon returning, he quickly joined the Church in Auxerre in Gaul and studied to be a priest.

According to legend, Saint Patrick used the three-leaved shamrock to explain the Holy Trinity to Irish pagans.

In 432, he again said that he was called back to Ireland, though as a bishop, to Christianise the Irish from their native polytheism. Irish folklore tells that one of his teaching methods included using the shamrock to explain the Christian doctrine of the Trinity to the Irish people.

After nearly thirty years of evangelism, he died on 17 March 461, and according to tradition, was buried at Downpatrick.

Although there were other more successful missions to Ireland from Rome, Patrick endured as the principal champion of Irish Christianity and is held in esteem in the Irish Church. ###

Wearing of the Green

Originally, the color associated with Saint Patrick was blue. Over the years the color green and its association with Saint Patrick's Day grew.

Green ribbons and shamrocks were worn in celebration of St Patrick's Day as early as the 17th century.

Saint Patrick is said to have used the shamrock, a three-leaved plant, to explain the Holy Trinity to the pagan Irish, and the ubiquitous wearing and display of shamrocks and shamrock-inspired designs has become a feature of the day.

In the 1798 rebellion, to make a political statement, Irish soldiers wore full green uniforms on 17 March in hopes of catching public attention.

The phrase "the wearing of the green," meaning to wear a shamrock on one's clothing, derives from a song of the same name. ###

Easter Season

Lent February 17 to April 3
Passover March 27 to April 4
Palm Sunday March 28
Maundy Thursday April 1
Good Friday April 2
Easter Sunday April 4
Easter Monday April 5

Be sure to take your family to religious services this season.

Palm Sunday - March 28 • Easter - April 4

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About Palm Sunday

Palm Sunday is a Christian moveable feast that falls on the Sunday before Easter. The feast commemorates Jesus' triumphal entry into Jerusalem, an event mentioned in each of the four canonical Gospels.

According to the Gospels, Jesus Christ rode on a donkey into Jerusalem, and the celebrating people there laid down their cloaks and small branches of trees in front of him, singing part of Psalm 118: 25–26 – Blessed is He who comes in the name of the Lord. We bless you from the house of the Lord.

The symbolism of the donkey may refer to the Eastern tradition that it is an animal of peace, unlike the horse which is the animal of war.

A king would have ridden a horse when he was bent on

war and ridden a donkey to symbolize his arrival in peace. Jesus' entry to Jerusalem would have thus symbolized his entry as the Prince of Peace, not as a war-waging king.

The Bible tells us that people cut branches from palm trees, laid them across Jesus' path and waved them in the air as he entered Jerusalem the week before his death.

They greeted Jesus not as the spiritual Messiah who would take away the sins of the world, but as a potential political leader who would overthrow the Romans.

They shouted "Hosanna [meaning "save now"], blessed is he who comes in the name of the Lord, even the King of Israel!"

There have been two different meanings (or more levels of biblical hermeneutics): an historical meaning, truly happening according to the Gospels, and a secondary meaning in the symbolism.

In Luke 19:41 as Jesus approaches Jerusalem, he looks at the city and weeps over it, foretelling his coming Passion and the suffering that awaits the city in the events of the destruction of the Second Temple.

Palm Sunday commemorates the entrance of Christ into Jerusalem (Matthew 21:1–9), when palm branches were placed in his path, before his arrest on Holy Thursday and his crucifixion on Good Friday. It marks the beginning of Holy Week, the final week of Lent. Palm Sunday marks the first day of Holy Week, the last week of the Christian solemn season of Lent that precedes the arrival of Eastertide.

In most liturgical Churches, Palm Sunday is celebrated by the blessing and distribution of palm branches (*or the branches of other native trees*), representing the palm branches which the crowd scattered in front of Christ as he rode into Jerusalem.

The difficulty of procuring palms in unfavorable climates led to their substitution with

branches of native trees, including box, olive, willow, and yew. The Sunday was often named after these substitute trees, as in Yew Sunday, or by the general term Branch Sunday.

In the Roman Catholic Church, as well as among many Anglican and Lutheran congregations, palm fronds (*or in colder climates some kind of substitutes*) are blessed with holy water outside the Church building in an event called the Blessing of the Palms. A solemn procession of the entire congregation takes place immediately after the blessing of the palms, called the Palm Procession.

In the Episcopal Church, this feast now coincides with that of Passion Sunday, which is the focus of the Mass which follows the procession. The Catholic Church considers the blessed palms to be sacramentals. The vestments for the day are deep scarlet red, the colour of blood, indicating the supreme redemptive sacrifice, Christ was entering the city to fulfill his passion and resurrection in Jerusalem.

Many Churches of mainstream Christian denominations, including the Orthodox, Catholic, Lutheran, Methodist, Anglican, Moravian and Reformed traditions, distribute palm branches to their congregations during their Palm Sunday liturgies.

Christians take these palms, which are often blessed by clergy, to their homes where they hang them alongside Christian art (*especially crosses and crucifixes*) or keep them in their Bibles or devotionals.

In the period preceding the next year's Lent, known as Shrovetide, Churches often place a basket in their narthex to collect these palms, which are then ritually burned on Shrove Tuesday to make the ashes to be used on the following day, Ash Wednesday, which is the first day of Lent.

Source: https://en.wikipedia.org/wiki/Palm_Sunday

World Day of Prayer

The World Day of Prayer is an international ecumenical Christian laywomen's initiative. It is run under the motto "Informed Prayer and Prayerful Action," and is celebrated annually in over 170 countries on the first Friday in March: March 5, 2021.

The movement aims to bring together women of various races, cultures and traditions in a yearly common Day of Prayer, as well as in closer fellowship, understanding and action throughout the year.

World Day of Prayer promotes justice and equality for women through prayer, partnerships, service and celebration.

WDP 2021 theme is "Build on a Strong Foundation" (Matthew 7:24-27) written by the women of Vanuatu. For more information: <http://www.wdp-usa.org/> ###

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Passover 2021

Passover 2021 will begin in the evening of Saturday, March 27 and ends in the evening of Sunday, April 4

The eight-day festival of Passover is celebrated in the early spring, from the 15th through the 22nd of the Hebrew month of Nissan. Passover (Pesach) commemorates the emancipation of the Israelites from slavery in ancient Egypt.

It begins with a Jewish ritual service and ceremonial dinner for the first night or first two nights of Passover called Passover Seder

The Hebrew word “seder” translates to “order,” and the Passover seder is a home ritual blending religious rituals, food, song and storytelling.

Seder customs include telling the story, discussing the story, drinking four cups of wine, eating matza, partaking of symbolic foods placed on the Passover Seder Plate, and reclining in celebration of freedom. The Seder is the most commonly celebrated Jewish

ritual, performed by Jews all over the world.

Pesach is observed by avoiding leaven, and highlighted by the Seder meals that include four cups of wine, eating matzah and bitter herbs, and retelling the story of the Exodus.

In Hebrew it is known as Pesach (*which means “to pass over”*), because God passed over the Jewish homes when killing the Egyptian firstborn on the very first Passover eve.

The Passover Story in a Nutshell

After many decades of slavery to the Egyptian pharaohs, during which time the Israelites were subjected to backbreaking labor and unbearable horrors,

God saw the people’s distress and sent Moses to Pharaoh with a message: “Send forth

My people, so that they may serve Me.”

But despite numerous warnings, Pharaoh refused to heed God’s command. God then sent upon Egypt ten devastating plagues, afflicting them and destroying everything from their livestock to their crops.

At the stroke of midnight of 15 Nissan in the year 2448 from creation (1313 BCE), God visited the last of the ten plagues on the Egyptians, killing all their firstborn.

While doing so, God spared the children of Israel, “passing over” their homes—hence the name of the holiday.

Pharaoh’s resistance was broken, and he virtually chased his former slaves out of the land. The Israelites left in such a hurry, in fact, that the bread they baked as provisions for the way did not have time to rise.

Six hundred thousand adult males, plus many more women and children, left Egypt on that day and began the trek to Mount Sinai and their birth as God’s chosen people.

For more information go to: <https://www.chabad.org/holidays/passover> ###

Lenten Devotion and Teachings March 11, 18, 25

As we continue our Lenten journey from Ashes to Easter, Most Sacred Heart of Jesus Church, 127 Paterson Avenue, Wallington, invites its parishioners and friends to join The Franciscan Friars of Renewal (C.F.R.) as they encourage and guide us during this special time of year.

Lenten devotions, teachings and confessions will be celebrated on Thursdays, March 11, 18 and 25, at 7:00 p.m. Reserve this sacred time for yourself and plan to spend time with us.

Most Sacred Heart Church is handicapped accessible.

For additional information, please call the rectory office at 973-778-7405 during regular business hours. ###

Food Collection

• Holy Trinity is once again collecting non-perishable foods and personal care items as well as gift cards to local supermarkets for the local food banks including the Center for Food Action in Hackensack.

You may leave these items in the bin on the porch at 92 Burton Avenue. Gift cards may be left in the mailbox. Volunteers will deliver the items you donate.

Please note that non-perishable foods, personal care items and gift cards are the only items that we can accept. Holy Trinity cannot accept any other items at this time.

• Worship services are being held on Sunday mornings at 10:30 a.m. via Zoom. If you would like to participate, email Pastor Susan at htlchhpastor@gmail.com

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Despite Mardi Gras parade celebrations being disrupted by Covid-19, the spirit transitioned into "Yardi Gras" with homes being decorated as parade floats, as seen in Hasbrouck Heights on the "Krewe of Kross" front porch. *Provided by Linda Cross. ###*

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Groundhog Day Rev



The Groundhog Day snow storm on February 1, 2 and 3, 2021, dropped over 20+ inches. We guess the little critters didn't want to be disturbed and displayed their ire and revenge.

Don't you love conspiracies based on alternate facts?

Just saying.



enge... The Big Snow





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By Jeffrey E. Mason, DMD, FAGD.

How Does Diabetes Affect Oral Health?

It is estimated that up to 20 million people have diabetes, but only two-thirds of these individuals are diagnosed.

Studies have shown that diabetics are more susceptible to the development of oral infections and periodontal (*gum*) disease than those who do not have diabetes.

Oral infections tend to be more severe in diabetic patients than non-diabetic patients. And, diabetics who do not have good control over their blood sugar levels tend to have more oral health problems. These infections occur more often after puberty and in aging patients.

How are gum disease and diabetes related?

Because diabetes reduces the body's resistance to infection, the gums are at risk for gingivitis, an inflammation usually caused by the presence of bacteria in plaque.

Plaque is the sticky film that accumulates on teeth both above and below the gum line.

Without regular dental check-ups, gum disease may result if gingivitis is left untreated. It also can cause inflammation and destruction of tissues surrounding and supporting teeth, gums, bone and fibers that hold the gums to the teeth.

What other types of problems could I experience?

Diabetics may experience burning mouth syndrome and fungal infections, such as thrush and oral candidiasis. Dry mouth (*xerostomia*) also may develop, causing an increased incidence of decay. To prevent problems with bacterial infections in the mouth, your dentist may prescribe antibiotics, medicated mouth rinses and more frequent cleanings.

How can I stay healthy?

Make sure to take extra good care of your mouth and have dental infections treated immediately. Diabetics who

receive good dental care and have good insulin control typically have a better chance at avoiding gum disease.

Diet and exercise may be the most important changes that diabetics can make to improve their quality of life and their oral health.

Diabetic patients should be sure both their medical and dental care providers are aware of their medical history and periodontal status.

To keep teeth and gums strong, diabetic patients should be aware of their blood sugar levels in addition to having their triglycerides and cholesterol levels checked on a regular basis. These may have a direct correlation on your chances of avoiding gum disease.

What is the best time to receive dental care?

If your blood sugar is not under control, talk with both your dentist and physician about receiving elective dental care.

Dental procedures should be as short and as stress free as possible. Also make morning appointments because blood glucose levels tend to be under better control at this time of day.

If you have a scheduled appointment, eat and take your medications as directed. See your dentist on a regular basis, keep him or her informed of your health status and keep your mouth in good health.

Reference : *Academy of General Dentistry January 2012*

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

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Diabetes Alert Day -- March 23

American Diabetes Association Diabetes Alert Day is on March 23, 2021. Alert Day is a one-day "wake-up call" that focuses on the seriousness of diabetes and the importance of understanding your risk.

- Diabetes affects about 34.2 million Americans or about 10.5 percent of the U.S. population.

- An additional 1.5 million Americans are diagnosed with diabetes each year.

- Nearly 1 in 7 adults living with diabetes, or 7.3 million Americans, are unaware that they have the disease.

- Another 88 million Americans have prediabetes, a condition in which blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes.

- Nine out of 10 adults with prediabetes don't know they have it.

- The risk of developing diabetes increases with age. But there are other factors, too. Ethnic background may increase your risk.

There are two types of diabetes.

- **In Type 1 diabetes**, the body does not produce insulin. The body breaks down the carbohydrates you eat into blood sugar that it uses for energy—and insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body.

With the help of insulin therapy and other treatments, everyone can learn to manage their condition and live long, healthy lives.

Remember: this is a condition that can be managed. By living a healthy lifestyle filled with exercise and proper diet, you can live a normal life and do everything you set out to

While Type 1 diabetes is not as preventable, it can be managed well with insulin injections. Managing Type 1 diabetes might also require fre-

quent blood sugar monitoring, eating healthy foods, exercising regularly, and maintaining a healthy weight. Education is key to learning how to manage symptoms of Type 1 diabetes.

- **Type 2 diabetes** is much more preventable, and some actions can be taken.

Type 2 diabetes is the most common form of diabetes—and it means that your body doesn't use insulin properly. And while some people can control their blood sugar levels with healthy eating and exercise, others may need medication or insulin to help manage it.

- **Ways to Prevent Type 2 Diabetes:**

A key part of managing Type 2 diabetes is maintaining a healthy diet. You need to eat something sustainable that helps you feel better and still makes you feel happy and fed. Remember, it's a process. Work to find helpful tips and diet plans that best suit your lifestyle—and how you can make your nutritional intake work the hardest for you.

Fitness is another key to managing Type 2. And the good news, all you have to do is get moving. The key is to find activities you love and do them as often as you can. No matter how fit you are, a little activity every day can help you put yourself in charge of your life.

- Eliminate sugar and refined carbs

- Work out regularly and avoiding a sedentary lifestyle

- Make water the primary beverage

- Maintain a healthy weight

- Quit smoking

- Eat a high fiber diet

- Optimize Vitamin D levels

- Take natural herbs, such as curcumin and berberine, that increase insulin sensitivity

When it comes to **prediabetes**, there are no clear symptoms—so you may have it and not know it.

Here's why that's important: before people develop type 2 diabetes, they almost always have prediabetes—blood sugar levels that are higher than normal but not yet high enough to be diagnosed as diabetes. You may have some of the symptoms of diabetes or even some of the complications.

Regardless, check with your doctor and get tested. If you discover that you do have prediabetes, remember that it doesn't mean you'll develop Type 2, particularly if you follow a treatment plan and a diet and exercise routine.

Even small changes can have a huge impact on managing this disease or preventing it all together—so get to a doctor today and get tested.

- **About A1C.** This relatively simple blood test can tell you a lot. The test results give you a picture of your average blood sugar level over the past two to three months.

The higher the levels, the greater your risk of developing diabetes complications. Your doctor will tell you how often you need the A1C test, but usually you'll have the test at least twice a year if you're meeting your treatment goals. If you're not meeting your goals or you change treatments, you may need to get an A1C test more often.

When it comes to the numbers, there's no one-size-fits-all target. A1C target levels can vary by each person's age and other factors, and your target may be different from someone else's. The goal for most adults with diabetes is an A1C that is less than 7%.

A1C test results are reported as a percentage. The higher the percentage, the higher your blood sugar levels over the past two to three months. *Source: ADA ###*

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Real Estate Insight

By Mary Ellen Courtney

Spring Cleaning & Salability

There's still nearly two feet of snow outside now; the result of what hulk Lonnie Quinn, CBS Weather, dubbed "The Blizzard of '21". By the time this article hits the newsstands, however, we'll all be enjoying an early spring.

Anyway, we hope so! We realtors love spring-time; it's the season when homebuyers' juices really start coursing and when home sellers generally signal and initiate their moving plans. In the case of the latter (*please God, we need the inventory!*) home sellers should think about doing their spring cleaning early...

So, here are some spring cleaning tips that can help sell your home....and also refresh and brighten your life at home while you're still living in that old, current one.

Start by identifying your problem areas, and then form a plan of attack. Having a plan will keep you focused on each area until it's done, especially if you're the kind of cleaner

who starts in one room, then finds something that should go in another room only to back and forth until you're totally worn out.

The key is breaking tasks down into manageable sizes. If you tell yourself to clean the kitchen; it's hard to know where to begin. Instead, focus on specific tasks for each room. List things you can work on like...

- Kitchen: 1) organize the pantry; 2) throw out old food; 3) polish the fixtures until they shine.

- Little Johnny's or Sarah's room: 1) box outgrown toys and clothes for donation; 2) clean under the bed; 3) let Johnny help and choose what to give away.

- Put small tasks on your to-do list as well as big tasks like cleaning windows. Narrowing down your goals and knocking out a few little tasks will actually have a big impact on your living space and keep you motivated.

- You may prefer to do the same tasks all at once, such

as clean under all the beds, or shampoo all the carpets, or clean the closets. When the closets are finished, move on to another task.

How you organize your spring cleaning isn't so important as simply getting motivated to get it done.

If spring cleaning seems daunting, remember that any effort you put toward it will be an improvement, and sometimes all it takes is improvement to stay motivated.

Don't give up; your list will keep you aware of where you've been and what's been done. It helps to accept that your home may take more than a day, so keep the finish line in mind.

The last step in your plan is figuring out how to get rid of all that stuff you don't want or don't use anymore. If you're a pack-rat (*like me*), just remember that 'one's man's trash is another man's treasure' and that there are 3 basic options when dealing with junk: recycle or throw it away; donate or give it away; sell it. Keeping it is not an option! Check with neighbors to see if they have any needs that your stuff can fulfill, or you can collaborate on a yard sale together!

Spring cleaning is lot of work, but as you revitalize and renew your home you'll be amazed at how a simple list and sticking to it will improve your home's attractiveness and utility. And, also – if you're inclined to move - it'll help get you the best return on your final sweat equity effort!

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

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National Poison Prevention Week

Children Act Fast, So Do Poisons

South Bergen Public Safety officials remind area residents to observe National Poison Prevention Week, March 21-27, 2021 (*the third week in March*), which is designated to highlight the dangers of poisonings and how to prevent them. This year's theme is "Prepare. Prevent. Protect."

The goal of the week is to raise awareness of the risk of being poisoned by household products, medicines, pesticides, plants, bites and stings, food poisoning, and fumes. Awareness being duly raised, it is hoped that this will prevent poisoning.

More than 2 million poisonings are reported each year to the Nation's poison control centers. According to the American Association of Poison Control Centers, 93 percent of poisonings happen at home, and 45 percent of poisonings involve children

under the age of 6.

Every day over 300 children require treatment in an emergency department, with an average of two deaths per day being recorded. Most of these incidents revolve around highly toxic household items such as cleaning products and medicine.

Though calls regarding children still make up more than half of all calls to poison control centers, they only account for a small percent of the deaths due to poisoning.

Poisoning of adults is on the rise in our nation and only stands behind motor vehicle accidents as the leading cause of unintentional injury deaths.

Over 1,000 Americans die from poisoning every year. Drug-related poisonings cause nearly 700,000 visits to hospital emergency rooms each year. Poisonings cause more than 35,000 deaths each year.

50% of young people are the most likely to be poisoned, with children under age six accounting for half of all poison

exposures.

92% poisoning deaths occur among people over the age of 20.

The five causes of poisoning: painkillers, cosmetics or personal products, household cleaning products, sedatives, and antipsychotics medicine and foreign bodies, toys and other objects.

More than 2 million poisonings are reported each year to the 61 poison control centers across the country. More than 90 percent of these poisonings occur in the home. The majority of non-fatal poisonings occur in children younger than six years old. And, poisonings are one of the leading causes of death among adults.

Young children can be attracted to the pleasing colors and smells of everyday products in the home. Notice whether you've got colorful chemicals or medicines within reach of children and store these products up and away.

Most poisonings occur when parents or caregivers are home, but not paying attention. The most dangerous potential poisons are medicines, cleaning products, antifreeze, windshield wiper fluid, pesticides, furniture polish, gasoline, kerosene and lamp oil.

- Store medicine, cleaners, paints/varnishes and pesticides in their original packaging in locked cabinets or containers, out of sight and reach of children.

- Install a safety latch that

locks when you close the door on child-accessible cabinets containing harmful products.

- Purchase and keep all medicines in containers with safety caps. Discard unused medication.

- Never refer to medicine as "candy" or another appealing name.

- Check the label each time you give a child medicine to ensure proper dosage.

- Never place poisonous products in food or drink containers.

- Install and maintain working smoke and carbon monoxide detectors in your home. Carbon monoxide is a colorless and odorless gas that can lead to severe illness and even death. Most carbon monoxide exposures occur during the winter months or during power outages.

EXPERT HELP CALL 1-800-222-1222

For poisoning events, it is best to call Poison Help. Poison Help is best at handling poisonings and answering questions about them over the phone.

Health care experts, including pharmacists, nurses, and doctors work at 61 Poison Centers across the country. One of these experts will answer the phone when you call Poison Help 1-800-222-1222.

All of these medical experts have passed special training to handle poison emergencies. These experts can give first aid advice. He or she can tell you what to look for. In fact, more than 70 percent of poisonings are taken care of on the phone.

If the poison expert thinks you have an emergency that



The skull and crossbones sign is a well-known symbol for poison.

requires hands-on care, the expert will tell you to call 911. It is important to keep 911 in mind for ALL other emergencies. In any situation, even poisonings, if someone is unconscious, not breathing, or having convulsions or seizures due to poison, contact or ingestion, call 911.

SAVE this PoisonHelp line: 1-800-222-1222 in your phone.

You can call Poison Control at 1-800-222-1222 to order a free poison prevention pack.

Since National Poison Prevention Week and beginning of Spring fall in the same week, this is the perfect time to deep clean the rooms in your home, get rid of old and outdated products, and open windows when using strong chemicals to allow air into the house.

You can get rid of unwanted medicines through a Police Department take-back event. Police Departments in our area also have drop off boxes in their lobby.

You can dispose of many hazardous items at the Bergen County Utilities collect hazard waste events. (*See below.*)

For more information go to: poisonhelp.hrsa.gov or <https://aapcc.org/> ###



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BCUA Collects Household Hazardous Waste

While most people are interested in safeguarding their homes, many dangerous and environmentally unsafe materials gather dust in garages and basements, such as batteries, paints, and insecticides.

Hazardous waste can safely be removed from homes and be recycled or disposed of properly at the Bergen County Utilities Authority (BCUA) Household Hazardous Waste Collections.

BCUA will collect household hazardous waste on Saturday, March 6, 2021, from 9 a.m. to 3 p.m., at the BCUA (*foot of Empire Boulevard*) in Moonachie -- rain or shine. This service is free of charge

for Bergen County residents -- ID is required. (*Directions: Moonachie Avenue. Pass Teterboro Airport (on your left) and continue going straight until road ends into BCUA facilities.*)

A partial list of acceptable materials for collection includes: aerosol cans, anti-freeze, batteries (*vehicle and rechargeable only*), blacktop sealers, disinfectants, fertilizer, fire extinguishers, fluorescent light bulbs, gasoline, glue, herbicides, insecticides, mercury switches, paints, pesticides, propane gas cylinders (*1 lb. & 20 lb. only*), solvents and thinners, used motor oil, varnishes.

A partial list of unacceptable materials includes: unlabeled wastes or containers with

unknown contents, regulated medical wastes, radioactive materials and explosives, containers larger than five gallons, compressed cylinders (*oxygen or acetylene*), pressure treated lumber or railroad ties, computers, electronics and tires.

Note that empty or hardened paint cans and alkaline batteries (AA, AAA, C, D, 9V) are disposed in normal trash.

For detailed information log onto www.bcu.org or call 201-807-5825.

(*Businesses must pre-register prior to attending BCUA sponsored collection events. A disposal fee will be charged and collected. Call 201-807-8696 for details.*) ###

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- **Crafts for Crafters** A virtual adult craft night on Wednesday, March 3 at 7 p.m., via Zoom. Paint a sham-rock sign, perfect for St. Patrick’s Day. This event is for adults, or make it a family affair! Preference for Carlstadt residents. All supplies will be provided prior to the craft. A Zoom access code will be e-mailed upon registration.
- **“Behind the Scenes”** - Virtual Movie Discussion Group on Thursday, March 11 at 7 p.m. on Zoom. This month’s selection is "Extremely Loud & Incredibly Close," starring Tom Hanks and Sandra Bullock. Available on Hoopla, or to borrow on Blu-ray and DVD. Hoopla can be accessed via computer, smartphone, tablet or TV. For more information call 201-438-8866. Copies will be available at the Circulation Desk by appointment. For added fun, read the book by Jonathan Safran Foer. This program is for adults 18 and older. A Zoom access code will be e-mailed upon registration.
- **Virtual Book Club** on Wednesday, March 24 at 7 p.m. This month's selection is "And Then There Were None" by Agatha Christie. Copies available at the Circulation Desk. Call 201-438-8866 to arrange a pick-up time. A Zoom access code will be e-mailed upon registration.

- **Music with Miss Nita** A series of virtual music-and-movement classes for children of all ages with Miss Nita via Facebook Live at 10:30 a.m. on March 5, 12, 19 and 26. <https://www.facebook.com/carlstadtlibrary/>
- **Brainfuse HelpNow** is an online service that offers free access to live tutors for homework help, skills-building, and test preparation. Help is available for all levels of learners, from children through adults. The Adult Learning Center module delivers High School Equivalency prep, US Citizenship test prep, resume assistance, Microsoft Office support, and career resources. Access to Brainfuse HelpNow is made possible by the New Jersey State Library and is supported by federal CARES Act funding. To access this service with your Carlstadt Library card, please visit <https://www.carlstadtlibrary.org>
- **Download eBooks, Audiobooks and Magazines** As a member Library of the Bergen County Cooperative Library System (BCCLS), the Carlstadt Library offers its patrons free access to Overdrive, a digital service that features thousands of eBooks, audiobooks and now, magazines! With a library card, Carlstadt residents can borrow from the digital collection by visiting carlstadtlibrary.org or by downloading Libby, the award-winning one-tap reading app powered by Overdrive.
- **Kanopy Film Streaming Service** is a popular, on-demand film streaming service, that showcases more than 30,000 of the world’s best films, including award-winning documentaries, rare and hard-to-find titles, film festival favorites, indie and classic films, world

cinema, and an extensive Kanopy Kids collection. Carlstadt Library card holders receive five play credits per month, with each play allowing 72-hours of unlimited access to the selected film. Register at <https://carlstadtlibrary.kanopy.com/>

- **Improve Your Test Scores** Peterson’s Test & Career Prep, is a valuable online tool for standardized test prep, researching college programs, and exploring careers. Students preparing for the AP, ACT, SAT, PSAT, GED, military or citizenship tests can practice with full-length, timed exams. Additional tools such as Resume Builder and the Virtual Careers Library help to build essential job search skills, such as crafting a cover letter, writing a resume, and interviewing successfully. Available free of charge to Carlstadt Library card holders.
- **Udemy** is an online learning platform that connects patrons to on-demand video courses taught by world-class instructors. Users can explore thousands of continuously updated courses that match their professional goals and personal interests. Udemy offers a unique, tailor-made learning experience for adults who want to upskill for a new job or advance in their current profession. Visit carlstadtlibrary.org
- **Job and Career Accelerator** database accesses millions of job listings, create resumes and cover letters, learn interviewing techniques, and prepare for related exams. Visit carlstadtlibrary.org
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Hasbrouck Heights Free Public Library

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

The Free Public Library of Hasbrouck Heights is open for in-person browsing by appointment. Masks and contactless temperature checks are required. Use the Madison Avenue entrance. Curbside pickup service is also offered.

Hours of operation: *In-House Browsing:* Tuesdays – Fridays from 11 a.m. to 4 p.m. *Curbside:* Mondays, and Wednesdays – Fridays from 10:30 a.m. to 4 p.m., Tuesdays from 10:30 a.m. to 4 p.m. and 5 p.m. to 7 p.m.

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

For the WHOLE FAMILY

- Think Spring with our **“Sew It Cactus Craft.”** Create a waterless cactus that will last a lifetime. Craft kits can be picked up on Tuesday, March 2 between 10:30 a.m. to 4 p.m. and 5 to 7 p.m. Video tutorial available via the Library’s website throughout March.
- **Bundle Up this Winter!** Our specially curated book bundles are available to kids, teens and adults. Fill out a form according to your age-range, and we will give you your next favorite read!
- **Movie Night (at home)** Borrow any 5 Hasbrouck Heights-owned DVDs from our Adult or Juvenile collection. We’ll provide a bag of microwave popcorn!
- **Chill Out & Read** Register for the reading challenge at hhlibrary.readsquared.com . For every book read,

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participants will earn one virtual raffle ticket entering them in a drawing for prizes!

(*For kids through 6th Grade*) and Teen Read-A-Latte (*Grades 7-12*) run through Friday, March 5. Final prizes will be drawn on Monday, March 8.

For adults. Embark on a winter reading adventure! "Snow Many Books: An Adult Reading Challenge" runs until March 26. For every book read, participants will earn one virtual raffle ticket entering them in a drawing for prizes!

For CHILDREN

- **Book Bingo Online** Thursday, March 11 at 3:30 p.m. Get your friends together for some online book bingo via Zoom. Best for Grades 1-5

- **Little Artists Grab & Go @ Curbside** Fridays, March 12 and 26

A complete craft-in-a-bag available for curbside pickup. Best for Grades 1-5. March 12 will feature St. Patrick's Day and we'll celebrate Artist of the Month, Piet Mondrian on the 26th.

- **St. Patrick's Day Storytime LIVE** for All Ages Wednesday, March 17 at 2 p.m. Join Ms. Maureen for St. Patrick's Day stories and maybe a song or two via Facebook Live on the Library's page. No leprechauns allowed! Registration not required, just come and join in.

- **Jackbox for Kids** - Drawful Thursday, March 18 at 3:30 p.m. - Grades 4 and up. How many people can you fool with your crazy drawing and its made-up title? Bring your imagination and a device to draw on (*phone/tablet, etc.*) to play this fun game via Zoom.

- ***Virtual* Graphic Novel Club** Wednesday, March 31 at 3:30 p.m. Calling all graphic novel lovers in Grades 4-6! We'll be talking about Nathan Hale's Hazardous Tales: "Lafayette! A Revolutionary War Tale." Ebook from Hoopla or hard copy for curbside or in-person pickup.

For TEENS

- **Virtual Board Games for Teens** Monday, March 15 at 4 p.m. Get your friends, grab a snack, and come play online versions of classic board games via Zoom.

- **Teen Craft-to-Go - Yarn Candelier** Tuesday, March 30 from 2-4 p.m. / 5-7 p.m. Grades 6th-12th. Supplies will be available for curbside pickup. A tutorial will be posted on YouTube.

For ADULTS

- **Upcycle That!** Wednesday, March 10 @ 7 p.m. Ray Vorisek of **Heights Flower Shoppe** provides tips on antiquing, stressing, and reusing everyday household objects such as pitchers, vases, and mirrors to add fresh spark!

- **Interviewing Skills 101** Monday, March 22 @ 6:30 p.m. Career expert Joan Sternberg shows how to make the best impression to get the job! Joan will go over interviewing techniques.

- **7 Ways to Sell Your Antiques** Friday, April 9 at 7 p.m. Antiques expert John Thompson looks at today's antiques market in the light of COVID-19, explains how to value your treasured item and discuss the advantages and disadvantages of the seven ways that you can sell your antiques.

Rutherford Public Library

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

Library Open with Limited Hours Monday and Wednesday, 10 a.m. to 1 p.m. and 5-7 p.m.; Tuesday, Thursday, and Friday, from 10 a.m. to 1 p.m. and 3 to 5 p.m.; Saturday, 10 a.m. to 1 p.m.. Face masks required, 25 patrons at a time, limit of 45 minutes inside.

- **Grab & Go Doorside Pickup Services** Patrons order books from the BCCLS catalog (*by visiting www.bccls.org*) or fill out a Grab & Go form for either the adult or children's collection, and our team will choose items on what you like! Forms are available on our website or call the Library! You tell us what you want and when you'd like to pick your items up and we'll have them ready for you. Please note, if you order items from another library, items may take longer than usual because we are observing a three-day quarantine on items. This service is for Rutherford residents only. Out-of-town residents are encouraged to check in with their hometown library to learn of their services.

- **ESL Classes on Zoom** All English language learners with an Internet connection are encouraged to join one or more of our ESL on Zoom offerings (by visiting [Zoom.us](https://zoom.us)).

Brush Up Your English for those familiar with English is held on Mondays at 3 p.m. and can be joined with Meeting ID: 842 1496 7774 and Password: 114997.

A Tuesday and Thursday class at 3pm for all levels, which can be joined with Meeting ID: 867 3172 2729 and Password: 392447.

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

- **Music and Movement on Facebook Live** with two of our favorite musicians. Miss Fran on Friday, March 5 and 12, at 11:15 a.m. Mr. Chris of Magical Melodies on Friday, March 19 and 26, at 11:15 a.m. No registration required, simply tune in to www.facebook.com/RutherfordPublicLibrary.

- **Looking for a Job?** Check www.RutherfordLibrary.org for some helpful tools on the Jobseekers page. Located under the Adult Services heading on the main web page, there are direct links to job sites such as the Bergen County Job Center and announcements for federal and state civil service jobs. You will also find job search tools such as the Job & Career Accelerator database that can help you build a resume or prepare for interviews. Take a look!

- **Digital Access to The Wall Street Journal** for Rutherford cardholders. If interested, send an email to reference@rutherford.bccls.org and we will send you the information you need to access The Wall Street Journal online!

Wood-Ridge Memorial Library

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

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

- **Music with Miss Nita** Free music-and-movement classes with Miss Nita on our Facebook page. Prerecorded sessions are posted every Wednesday at 10 a.m., and are available to view at any time.

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

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

- **Databases:** The Wood-Ridge Memorial Library has many entertaining and educational databases, including but not limited to Gale LegalForms, CultureGrams, Ancestry and Biography in Context. Film streaming service through Kanopy and access to comprehensive news coverage at the local, state, regional and national levels through U.S. Major Dailies.

- **Miss Humblebee's Academy** an award-winning online, educational program that assists the youngest learners in building foundational literacy skills and preparing for Kindergarten. Designed for children ages 3 to 6, Miss Humblebee's Academy employs friendly cartoon characters to guide learning activities, making it fun and easy-to-use, with lessons spanning all major academic subjects. Miss Humblebee's Academy may be accessed either within the Library or through the Library's website at <https://woodridgememoriallibrary.org/>

- **Museum Passes** The Wood-Ridge Memorial Library is lending free admission passes to 13 NJ and NYC museums. Museums include the American Museum of Natural History, the Aviation Hall of Fame & Museum of New Jersey, the Museum of Modern Art, the Intrepid Sea, Air & Space Museum, and Grounds for Sculpture. Each pass offers free admission for multiple guests; some passes offer additional discounts at the museum's gift shop. Passes may be borrowed by any Wood-Ridge resident,

age 18 and older, with a Library card in good standing. Passes are loaned for three days and may be reserved online through the Library's website or call the Library.

- **Scholastic BookFlix** is an online resource that pairs classic animated storybooks from Weston Woods with nonfiction ebooks from Scholastic to build real-world knowledge and early literacy skills. BookFlix® encourages a love of reading and learning among young learners in pre-K through Grade 3. Available within the Library or through the Library's website.

- **Literature Resource Center** is an online destination for literary criticism, author biographies, reviews, and more. It is the world's most current, comprehensive, and reliable online literature database, covering more than 150,000 writers in all disciplines, time periods, and regions of the world. Available within the Library or through the Library's website.

- **eLibrary** a user-friendly general reference tool that simplifies the research process, empowering novice researchers to more easily and efficiently choose their research topic and find authoritative information to support their research claim. Organized by topic, eLibrary® delivers one of the largest general reference collections of periodical and digital media content designed to support every range of user, including elementary students, high school and college-level researchers, and professional educators. Available within the Library or through the Library's website.

- **LearningExpress Library™** Improving computer skills, preparing for college admissions tests, and passing a career licensing exam just got easier with LearningExpress Library, now available through the Wood-Ridge Memorial Library's website. This extensive collection of digital resources includes interactive tutorials, practice tests, and more than 200 downloadable eBooks. Online practice tests are available for the GED, PSAT, SAT, AP, TOEFL iBT, and U.S. citizenship exams. Patrons can also master computer skills in popular software applications with tutorials from basic to advanced levels. Available within the Library or through the Library's website. ###

BCCLS Digital Library Card

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

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

Read to Your Child

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

Boys & Girls Clubs of Lower Bergen County wins \$25,000 State Farm Grant

The local community rose to the occasion to help the Boys & Girls Clubs of Lower Bergen County (formerly Lodi & Hackensack), serving Lodi and Hackensack, to win a \$25,000 State Farm Neighborhood Assist grant.

State Farm awards 40 Neighborhood Assists grants for \$25,000 each, to support non-profit organizations who are helping to improve their communities, throughout the entire country.

Boys & Girls Clubs of Lower Bergen County submitted the grant in July, to fund Feeding More Than Their Minds, their youth food program, which provides free healthy meals to kids at the Clubs daily and provided free grab & go meals to our communities' kids daily throughout the summer.

Feeding More Than Their Minds was selected by the State Farm Review Committee as one of the top 200 finalists from the 2,000 grant applications they accepted, and in October, those 200 finalists were voted on by the public in an online contest, where Feeding More Than Their Minds was voted into the top 40 to win a grant!

Last week, Boys & Girls Clubs of Lower Bergen Coun-

ty's CEO, Joseph Licata, was joined at the Boys & Girls Club of Hackensack by Congressman Josh Gottheimer, Bergen County Sheriff Anthony Cureton, County Commissioner Tracy S. Zur, County Commissioner Mary J. Amoroso, County Commissioner Ramon M. Hache, Sr., County Commissioner Germaine M. Ortiz, Mayor of Hackensack, John P. Labrosse, and members of our Board of Directors, Mike Williams, President, Anneke Brahver-Keely, and Maritza Aleman, all of whom braved the cold weather to help accept this generous donation.

For over 71 years the Boys & Girls Clubs of Lower Bergen County has helped provide great futures to the underserved children and teens in Southern Bergen County, by providing a safe place for them to go outside of school hours, where they participate in life enhancing programs, receive academic support, learn life skills, have a healthy meal, and so much more. Grants like the State Farm Neighborhood Assist enable them to do so.

If you wish to learn more about programs or ways you can make an impact, please contact Melissa McKinney at Melissa.mckinney@bgcoflodi.org ###

St. Philip Columbiettes Lend a Helping Hand

Covid-19 has organizations not being able to meet in person, but that has not stopped St. Philip's Columbiettes #11671 of Clifton. Our regular meetings should have started in September planning out our activities for the year, but with social distancing and weather we were able to meet twice in a Clifton park.

One of our activities was collecting cooked meals for the Father English Center. Now we collect dry, canned, or boxed food. Our collection is after a 9 a.m. Mass at St. Philip the Apostle Church on Valley Road in Clifton then delivered by Jeanne Brooks and her committee to the center.

In November/December, Past President Sharon Festa and committee collected winter outerwear for St. Mary's Hospital to include 216 coats, 165 pairs of socks and numerous scarves, gloves and hats.

Our current project being organized by our President Denise Attoinese, is collecting blankets, gloves, scarves, socks for the homeless living on the streets. Denise shared her feeling the day she helped collect the winter outerwear with Sha-

ron. The morning of December 5 (collection of outerwear day) was windy, raining and very cold. She wore a coat, gloves, and boots but still was cold and uncomfortable, that is when she thought of the individuals living on the streets with nothing to keep them warm.

Some of the street people do not benefit from collections because they are afraid to go to a shelter or just do not reach out. Blankets are on the top of the collection list but we will take socks, gloves and hats as well.

President Attoinese has collected, to date, 200 blankets, socks, gloves and scarves after reaching out to the members. Carlos is making sure the street homeless are getting them. If you have a donation to give us please call President Attoinese at 973-420-9363. We would be very appreciative. God Bless you.

The Columbiettes is a fraternal organization of Catholic women 18 and older. If you are interested in becoming a member to help in continuing our works of charity please contact Vice President Jackie Wozniak at 973-464-6935. *Provided by Barbara Lissi. ###*



Copy for the April Issue is due March 5th.

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

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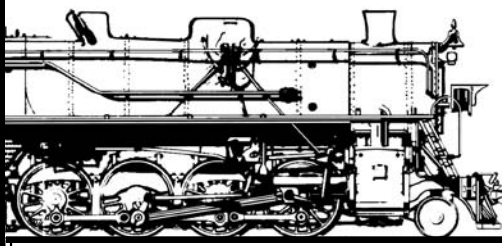


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Wood-Ridge Memorial Foundation Dinner Update, Annual Scholarships

The Wood-Ridge Memorial Foundation Dinner Dance originally scheduled for March 13, 2020, moved twice in 2020 and again to March 12, 2021, has been rescheduled again due to the continued concern of Covid-19 pandemic safety and state mandated restrictions.

The decision has been made to move the dinner to March 11, 2022. By then we will be able to hold the event when everyone will be more at ease and we can give the honorees the recognition that they have earned and deserve.

The Honorees, Bonnie Campagna, Elizabeth Ferry, Debra Greenaway, Melanie Rose Rella, Andrea and Ed Marino, can all look forward to their night next March.

The dinner will be held at The Fiesta and will include a full course dinner and entertainment by the Alan Quinn Band. Tickets that have been already purchased with the March 13, 2020 date will be honored. For dinner information please contact dinner chairman Jack Nagel at 201-641-2803 or email janpro911@aol.com

Foundation President Paul Calocino is also pleased to announce that the Foundation is expected to be able to provide Wood-Ridge graduating seniors scholarship awards this coming June at or close to the same level of the previous two years of \$50,000 to \$55,000.

Scholarship applicants must be residents of Wood-

Ridge and graduating this June from Wood-Ridge High School, any of the Bergen County Academies, or any Parochial or accredited High School. Applications will be available at Wood-Ridge High School, Kearny Bank, Wood-Ridge Library, and the Assumption Church Rectory. Applications are expected to be available in mid March.

With the loss of the 2020/2021 dinner and the annual town wide fund raising, it does make this difficult but not impossible.

If you usually make a donation through our town wide letter distribution (*usually done by WRHS National Honor Society members and other WRHS students*) or would like to participate, please mail your check to Wood-Ridge Memorial Foundation, P.O. Box 282, Wood-Ridge NJ 07075. Donations of any amount would be greatly appreciated.

The distribution was not done as scheduled this past fall due to Covid-19 restrictions. With the high school in both on site and remote classes, it made scheduling extremely difficult. It is still possible and we are hopeful that the distribution may be possible in the spring.

The Wood-Ridge Memorial Foundation was founded in 1962 and has distributed over \$1,000,000 in scholarship awards to Wood-Ridge graduating seniors. These memorial awards are presented in the names of some of the

most distinguished residents of Wood-Ridge.

The Foundation Trustees take particular pride that it has very low overhead, staffed by volunteers, and that virtually 100% of donations go directly to the scholarship fund. The Trustees are grateful for your past and continued support. *Provided by Jack Nagel. ###*

Audrey Nagel Scholarship

Applications are now available for the annual Audrey L. Nagel Scholarship. Parochial School Eighth Graders who are residents of Wood-Ridge or parishioners of Assumption Parish in Wood-Ridge and will be attending a Catholic High School this coming fall are eligible. The \$1,000 scholarship will be awarded to a student that has shown a commitment to their education, their school and their parish.

Mrs. Nagel passed away in June of 2009 following a 9½ year battle with breast cancer. She graduated from Assumption School in 1962. She attended Saint Mary's High School in Rutherford and graduated from Montclair State University in 1970.

Applications are available at the Assumption Friary, Corpus Christi Grammar School and by e-mail request janpro911@aol.com The deadline for applications is May 18, 2021. ###



Community Chest member, Chitra Mehta; Department Head of Rutherford Social Services, Genevieve Kacmarcik and Wayne Weil, the 2021 President of the Community Chest of Rutherford, present a Certificate of Appreciation to Genevieve, for her help in the Community Chest's 2020 Town Wide Fund Raising Drive. Photo provided by William Neumann Photography. ###

Community Chest Recognizes Assistance

On January 18, 2021, members of the Community Chest of Rutherford presented a Certificate of Appreciation to Genevieve Kacmarcik, Rutherford's Department Head of Social Service, for her leadership in organizing the "Chest's" 2020 Town Wide Fund Raising Drive.

Genevieve Kacmarcik and Sofia Sarracino, a Junior in the Aquinas Scholars Program at Paramus Catholic High School, volunteered to insert and seal over 2,200 envelopes with the Community Chest's 2020 funding appeal. For five years, Sofia has volunteered at the Rutherford Community Food Pantry. The 2020 Community Chest appeal was mailed to one-third of the households in the Borough of Rutherford.

Rutherford's Department of Social Services is a source for 11 forms of community outreach and support. It organizes the Rutherford Food Pantry and the N.J. State WorkFirst General Assistance Program to assist Rutherford residents over 18 years of age who have no income and very limited resources.

The 75 year old Community Chest of Rutherford is the one-stop funding source to support eight Rutherford organizations that include: Rutherford Cub Scouts, Rutherford Boy Scouts, Rutherford Girl Scouts, Starfish of Rutherford, Rutherford Food Pantry, Meadowlands Museum, Rutherford Social Services and the William Carlos Williams Performing Arts Center.

The Community Chest is operated and managed by a board of 13 unpaid volunteers, and every dollar contributed stays within Rutherford.

The Chest participates in Blue Foundry Bank's Community Assistance Program (CAP) and Amazon's Smile program. The Community Chest of Rutherford, Inc. is a

registered 501(C)(3) charity. Information and donations can be made to the Community Chest of Rutherford, Inc., PO Box 263, Rutherford, NJ 07070.

For more information on the Community Chest of Rutherford, contact President Wayne Weil at wayne@dartmouthgraphics.com or call 201-933-0481. *Provided by Billy Neumann. ###*

W-R Lions Scholarships

Applications for the Wood-Ridge Lions Club annual scholarships will be available March 19, 2021.

There will be a minimum of 4 awards presented. The number of awards and the dollar amount will be determined by the selection committee.

One award is given in the name of Lion Vinny Pascale and all Charter Club Members, the second is presented in the names of Lions Jim Love Sr. and Phil Rottini, of Wood-Ridge, the third in the name of Lion William J. Nagel of Moonachie. All of these deceased Club members served the Club and their communities with honor and distinction.

The 4th award will be presented in the name of Jack Nagel. He has been an active member of the Club for almost 40 years.

Any Wood-Ridge or Moonachie resident graduating from an accredited high school may apply for these scholarships.

Applications are available at Wood-Ridge High School, The Wood-Ridge Public Library, Assumption Church Friary and at Jan Promotions, 50 Moonachie Road, Moonachie.

Deadline for applications is April 27, 2021. *Provided by Dennis Brubaker, Secretary ###*



"We Serve"

Wood-Ridge Lions Club 36th Annual Beefsteak Dinner

\$13,024.91

Attendance Zero --Amount Raised for the Club

The annual dinner scheduled for Friday February 5, 2021 had to be cancelled due to Covid-19 restrictions. With the urgency to raise funds to continue our support of The NJ Camp for the Blind, Gus Hoehne Center for Mentally Challenged, St. Joseph's School for the Blind, New Jersey Eye Bank, The Foundation for Fighting Blindness, Juvenile Diabetes and our Scholarship Program, the dinner committee sent letters, emails and Facebook postings to supporters of previous years. We asked those individuals to donate the price of a dinner ticket, even though the event was cancelled. Donations arrived daily over a three-week period.

On behalf of the Club, I sincerely thank everyone who contributed. Thanks to you, we will be able to assist those in need in 2021.

Bob Caruso, President

If you wish to make a donation of any amount, please send to:
Wood-Ridge Lions Club, P.O. Box 166, Wood-Ridge, NJ 07075
or visit our Facebook page at <http://www.facebook.com/WRLions>
All donations will be used for the organizations listed above.



"We Serve"

BC Prosecutor Announces Community Engagement Initiatives

Bergen County Prosecutor Mark Musella announced two initiatives designed to strengthen relationships between law enforcement and Bergen County residents. The creation of "Community Engagement Task Force" and the expansion Community Affairs Unit to a "Community Engagement Division."

Since 2017, the BCPO's Community Affairs Unit has:

- Coordinated educational presentations for schools and community groups on topics ranging from the dangers of opioids to internet safety
- Fostered relationships with clergy and community leaders across the County
- Developed new law enforcement initiatives to direct individuals battling addiction and mental health issues to services and support.

CETF

The creation of the **Community Engagement Task Force** ("CETF"), a network of police officers throughout Bergen County, is intended to expand this work into local communities and police departments.

The Task Force will share ideas, best practices, and work collaboratively to strengthen law enforcement's relationship with their communities.

It allows law enforcement to provide more prevention and education programs to schools and communities.

In addition to awareness programs about the pathways to addiction or the dangers of drunk or distracted driving, law enforcement agencies will partner on programs like the Law Enforcement Community Affairs Program, in which youth learn about interactions with law enforcement and are encouraged to ask questions and provide feedback to police.

The Task Force creates

opportunities for community engagement in creative ways, such as the current Youth Essay Contest, in which local police departments are soliciting essays from youth on the topic: "Why is it important for members of the community to engage with local police departments?"

Members of the CETF have also served their communities by ensuring that residents have access to food and resources.

In response to the current food insecurity crisis, the BCPO, CETF and Bergen County Sheriff's Office, have partnered with Center for Food Action to distribute perishable food boxes to individuals and families throughout Bergen County who are homebound and unable to access healthy food.

CED

As the BCPO increasingly invests in programs and community partnerships intended to prevent crime and reduce recidivism, the Community Affairs Unit has been expanded into a **Community Engagement Division** ("CED"), including personnel who will manage a recently awarded \$1.2 million Department of Justice grant:

- For a strategic opioid response
- Grants and programs intended to prevent school violence
- Address youth mental health
- Work to improve connections between the criminal justice system and systems that provide community support such as mental health, housing, and employment.

One core function of the CED will be to foster a productive dialogue with members of the community.

As a result of listening sessions conducted during the

summer of 2020, the BCPO modified its police recruit training to build empathy among new officers through candid conversations with community members about race and religion.

Additionally, recognizing a need for officer wellness, the BCPO has also prioritized resiliency awareness, training, and support programs for both police recruits and active law enforcement officers.

This support includes inviting additional chaplains from a variety of communities and faith groups to help train and support law enforcement across the County.

"Strong relationships of mutual trust between police agencies and the communities they serve are critical to effective policing and public safety," stated Prosecutor Musella. "It is through engagement, not simply a presence in our communities, that we build firm, sustainable relationships."

The public is encouraged to follow the BCPO's community engagement efforts on its newly launched website www.bcpo.net and on social media @BCPONJ *Provided by Elizabeth Revbein, BCPO. ###*



Volunteer Income Tax Assistance Program

The Volunteer Income Tax Assistance (VITA) Program is in full swing at Bergen Volunteers.

The Bergen Volunteers VITA program offers free basic tax return preparation services to qualified individuals, including:

- Individuals whose income levels are \$57,000 or less
- Individuals with disabilities
- English-language learners

The program is designed by the IRS, independently managed by Bergen Volunteers as an IRS-certified partner, and

supported by volunteers.

Each year, Bergen Volunteers's VITA volunteers undergo a rigorous training and confidentiality workshop. Volunteers are required to certify their knowledge of the tax laws. They also perform a quality review check prior to filing for every return that is prepared.

Due to the current pandemic, Bergen Volunteers is utilizing a hybrid system with regulated in-person document drop-offs and scheduled virtual sessions.

Upcoming virtual tax preparation dates are:

- February 27
- March 6
- March 13
- March 20
- March 27
- April 10

To determine eligibility for services, potential tax clients should contact Debbie Emery at demery@bergenvolunteers.org or 201-489-9454 x202 to coordinate an appointment. More information can be found at www.bergenvolunteers.org/programs.

To learn more, visit www.bergenvolunteers.org Bergen Volunteers is a not-for-profit 501(c)3 organization. ###

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Historically Speaking

By James J. Halloran



HASBROUCK HEIGHTS FIRE DEPARTMENT

125 Years of Service
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PART 2

As Hasbrouck Heights entered the 1920s, it would experience a rapid growth in population. Many of the older farm lands were sold off and new homes were built. Hasbrouck Heights entered into a contract with the Borough of Teterboro to supply them with fire protection. They still perform this service today.

To meet the emerging demand for better fire protection, the Borough authorized the formation of Engine Company #2 in February of 1920. Now that there was a second engine company, more equipment was needed. The Borough purchased a Mack pumper in 1922.

With the Borough's approval of building multi-story apartment buildings, it was now of the utmost importance to face the challenge of dealing with any high-rise building fires. The Borough purchased a 1927 La France hook and ladder truck to meet this challenge. At the same time, Hook and Ladder Company #1 was formed.

The new truck required another alteration to the firehouse. During this alteration, the Borough Building Inspector, Walter Broome, deemed the building unsafe. It was proposed that the old building be taken down and a new structure built. This was rejected by the Borough Council and

the building was reinforced to make it safe. The building would soldier on until the early 1950s.

Members of the fire department complained that the "Model Ts" were bordering on obsolescence. A Chevrolet truck body was purchased in 1929 and some of the equipment was adapted from the older trucks to the new body. The "Model Ts" were then retired.

During the 1930s, the Borough's population continued to grow. To respond to this, two Seagrave pumpers were purchased. Because of this upgrade in fire protection, insurance companies lowered their coverage rates. The Chevrolet truck then joined the 1894 hose reel in a dusty corner of the Heights DPW garage. Both would be recalled to service.

This was the height of the Depression and many fire departments could not afford to purchase or maintain needed fire equipment.

To address this issue, an organization was formed in 1933. This is the South Bergen Fire Chiefs Association (SBFCA). The main mission of the SBFCA is to coordinate mutual aid for large firematic emergencies. The Hasbrouck Heights Fire Department is a member of the association. (See the Gazette-August 2009)

With the winds of war blowing in 1941, the Hasbrouck Heights community geared up to a war footing. Earlier that year, a group of firefighters approached the Borough Council about establishing an ambulance service.

The Borough offered \$700 towards the purchase of a vehicle. The firefighters soon raised an additional \$700 to purchase a used 1937 LaSalle ambulance. It was in service by July of that year. Any Heights resident could be transported free of charge with a doctor's written order. Doctors made house calls back then!

The Heights civil defense program ramped up with a number of auxiliaries being formed. This included both police and fire department units.

Over 25 men joined the fire department auxiliary. These men were needed, as many of the younger and able-bodied members of the fire department went to serve in the Armed Forces.

The old hose cart was dusted off and converted to be towed by a car. Other equipment carts were also built. The fire department rebuilt the Chevrolet into a light truck. It was equipped with a number of spotlights. Residents were taught how to extinguish an incendiary bomb. Thankfully,

no resident had to use this training.

When the war ended, returning service members soon joined or rejoined the Hasbrouck Heights Volunteer Fire Department. Therefore, the

need for the auxiliaries ended.

The Department, having been tested by the Depression and the war, was ready to face the future with confidence. *Part 1: February Gazette Newspaper, page 18. ###*



Hasbrouck Heights Firehouse in 1940



1937 LaSalle ambulance with members of the Hasbrouck Heights Ambulance Squad in 1944



War-time membership of the Hasbrouck Heights Civil Defense Auxiliary to the Fire Department.



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