

The Gazette

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

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

VOL. 19, No. 3

March 2022

★★★★★



Some people spend their entire lives seeing the snow, without ever seeing the magic in the existence of one snowflake.

Emily Littlejohn

A snowflake is one of God's most fragile creations, but look what they can do when they stick together!

Vesta M. Kelly

Nature's gift, snow makes us pause, be still and reflect a quiet sense of wonder and that peaceful moment that kisses our soul.

Fun fact: It takes just less than an hour for a snowflake to fall from a cloud to the surface of the earth.

Start of the Nor'easter blizzard on the morning of January 29, 2022 that dropped about 7" of snow. The Boulevard facing north.

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Fire Department
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Library
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Snow
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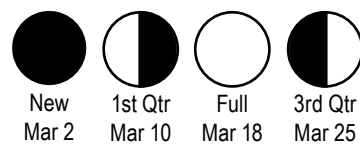
**Be Smart
Stay Safe**

Spring Forward
March 13

Daylight Saving Time (previously known as "Fast Time" in the United States) will commence at 2 a.m., on Sunday, March 13, 2022. 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.

Spring begins with the Vernal Equinox, Sunday, March 20, 2022 11:33 a.m.



Full Worm Moon

The March full moon will appear on Friday, March 18, 2022, at 3:20 a.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.

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.

This year, March's full moon (March 18, 2022) occurs before the spring equinox (March 20, 2022), making it the Lenten Moon. April's full moon (April 16, 2022) will be the first full moon to occur after the spring equinox and will therefore determine the date of Easter this year. ###

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Guild
Assembles
Health Kits

The Guild of Reformed Church Women at 300 Washington Place, will collect and assemble Health Kits as a Lenten project for Church World Service, March 6 to April 10, 2022. These kits consist of washcloth, hand towel, bath-size soap, toothbrush (in original packaging), nail clipper, wide-tooth comb and 6 band-aids.

Donations of any of these products in any quantity would be appreciated. These items are assembled in zippered plastic bags and distributed by Church World Service. Cash donations to assist in the shipping and handling of these kits are always welcome. All items/kits may be brought to the Church Monday through Thursday and Sunday morning. Call 201-288-1122 for more info. ###

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. ###

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The girls of Wood-Ridge Girl Scouts Junior Troop 97130 have been working on the Bronze Award. The theme is **"Make the World a Better Place."** The latest project is Valentines for Vets. We made Valentines and party favors for the residents of the NJ Home for Veterans in Paramus.

Other projects this year have included making toys for the Bergen County Animal Shelter and candle decorations for the Wood-Ridge Senior Center. *Provided by Jane Koegel. ###*

Due to COVID, check with your event contact for current conditions.



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Victoria Viola
Realtor Associate
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Leading Edge Society Award



Honor Society Award

2021 Silver Award

Susan Zottarelli
Realtor Associate
Cell: 201-965-4517
Email: Ssz21@aol.com



2016 – 2020 Silver Award
2007 – 2015, 2021 Bronze Award



Honor Society Award



Leading Edge Society Award



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Blankets and Letters to Veterans

Veterans have played a significant role in the earning of our country's freedom. They should be appropriately thanked for the efforts and risks that they have taken for the USA and others.

During the holidays, everyone comes together as a family to celebrate, but some of our Veterans do not always have the privilege to be with family. Our Veterans not only defend our rights and freedoms, but also provide services and assistance to those in need. Our service people have fought for and defended our country. Many faced hunger, grief, agony, and desperation, yet they persisted in the fight, many making the ultimate sacrifice. With thoughts of gratitude in mind, we'd like to encourage citizens of the country to thank our Veterans whenever possible.

Bergen County Academies SkillsUSA used the recent holiday season to show appreciation through blankets and heartwarming cards (pictured) by delivering these handmade items to the NJ Memorial Veterans Home in Paramus.

Throughout the months of November and December 2021, SkillsUSA came together to make warm blankets and cheerful cards to brighten the holiday season. Students formed small groups and followed a series of directions in order to make cozy blankets. As pictured, the blankets were made to be warm but also small enough to carry around. SkillsUSA was so grateful to be able to have the opportunity to give back to the Veterans who have sacrificed for everyone. Through the cards, students were able to express their gratitude and appreciation.

Due to the pandemic, students were not able to visit the Veterans firsthand, however, SkillsUSA hopes to see the Veterans as soon as possible! The SkillsUSA Club hopes that the Veterans had a wonderful holiday season and a Happy New Year!

Our SkillsUSA chapter also received a letter from the NJ Department of Military and Veteran Affairs thanking the students for the donation of blankets and cards. *Provided by John Branda. ###*

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Blankets and Letters to Veterans

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HH Garden Club News

The HH Garden Club, in collaboration with the Library, will be meeting on Wednesday, March 16, 2022 in the Library Meeting Room located on the second floor of the Municipal Building, 320 Boulevard. Refreshments will be served at 5:30 p.m. The program will start at 6 p.m.

Our speaker for the evening is Anthony Bracco of Cedar Grove, NJ, who owns and operates Bracco Farms, a Naturally-Grown Black Dirt Produce Farm in Pine Island, New York.

He will discuss the methods used in organic gardening and how they can be applied to small-scale vegetable gardening.

Topics will include tools, sighting the garden, soil preparation, starting seeds and seedlings, pest control, crop harvesting, etc.

Flyers are available at the Library and registration is required. For registration call: 201-288-0484/ www.hasbrouckheightslibrary.org

Applications will be available at this meeting for the "Spring Garden of the Season Award Program" that will begin March 1 thru May 27. Or leave a message for Audrey Gall at 201-288-8943.

Everyone is always welcome to our meetings and programs! The meetings are held from September thru November and January thru June. *Provided by Judy Mascis. ###*

Easter Egg Hunt Apr. 10

VFW Post 809, 100 Main Street, Little Ferry will host an Easter Egg Hunt on Sunday, April 10, 2022 from 11 a.m. to 3 p.m. Easter bags provided but you may bring your own basket. There will be coloring of Easter eggs. Brunch will be served including bagels, muffins, donuts, coffee, tea, juice. All are welcome. There is no cost for adults or children. ###

Don't Block Intersections

KEYWORD



427 Boulevard, HH
973-975-8208

Corner of Williams Avenue

MomLife Event March 24

For two whole hours you can think about anything you want without someone yelling mommy or asking for a cup of water! That's what you will experience at MomLife.

Moms of kids ages 0-11 from any town are welcome to attend. We ask those who are unvaccinated to wear a mask and social distancing guidelines followed.

Next event on Thursday, March 24, 2022, 7 to 9 p.m. Please RSVP by March 22. Limited KidLife childcare available by RSVP only. Monthly Friday morning get together and outings, too. Please RSVP by February 22.

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

For more info: hasbrouckhtsmomlife@gmail.com; 862-239-6677; Fb - Hasbrouck Heights MomLife ###

Art Association of Rutherford

The Art Association of Rutherford will be having its meeting at 8:15 p.m. on Thursday, March, 10, 2022, at the Tamblin Civic Center, 30 Woodland Avenue, Rutherford, NJ.

We will be having a watercolor demonstration by the award winning artist, Christine Calandra. She plans to demonstrate flower painting. All are welcome! We ask for a \$3 non-mandatory donation from non-members to defray costs. Contact Lissanne at lissanneart@gmail.com for more information. ###

Park Avenue Toastmasters

Looking to develop speaking and leadership skills? Ace a job interview? Ignite your career? Toastmasters International is a world leader in communication and leadership development. The Park Avenue Toastmasters will meet on Zoom, Mondays, March 7 and 21, 2022, at 6:15 p.m. ###

FOCAS Holds Flea Market

FOCAS kicks-off its 2022 Flea Market season, Saturday, March 26, from 10 a.m. to 4 p.m., at the American Legion, 100 Liberty Street, Little Ferry.

Note that 2022 Flea Markets will only be Saturday events.

This market features specialty items that make unique gifts, a selection of household items, jewelry, collectibles, linens, games, toys, pet supplies, cds/videos, and more. Refreshments and baked goods are available.

Flea Market merchandise donations of clean, gently used or new items are gratefully accepted. *(Not accepted are TVs, PC monitors, golf bags and clubs, exercise and sports equipment, clothes or magazines or any items that are broken or not working.)*

They may be dropped off at the American Legion on Friday from 3 to 6 p.m.

All proceeds benefit homeless animals. For additional information, call the FOCAS Help Line at 201-943-4019, email info@focasnews.org, or visit www.focasnews.org

FOCAS adheres to COVID compliance guidelines. ###

Bergen County LGBTQ Seniors Meet Mar. 8 & 18

Bergen County LGBTQ Alliance (BCLA), a new non-profit organization, is initiating a seniors (60+) group that will meet on the second Tuesday of each month in person and the third Friday virtually.

The next meetings are on Tuesday, March 8 at 11:30 a.m. and Friday, March 18, 2022, at 11:30 a.m. The Tuesday meeting will be held at The Rutherford Pancake House, 40 Park Avenue, Rutherford. Refreshments will be served.

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

March Birthstone
Aquamarine or
Bloodstone
(Heliotrope)



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Dress for Success Clothing Drive for Veterans March 23

The Hasbrouck Heights Green Team and the Hasbrouck Heights Junior Woman's Club will be co-hosting a Dress for Success Clothing Drive on Wednesday, March 23, 2022, from 3 p.m. to 7 p.m., in the HH Senior Center.

Accepting clean, gently-used men's and women's professional attire for Veterans in need. Seeking donations of: suits, sport coats/blazers, dress pants, dress shirts, skirts, dresses, neckties, belts, and accessories such as scarves and handbags.

The clothing drive will benefit several Veteran programs through A Hero's Welcome NNJ organization.

For additional information: email hhgreenteam@gmail.com ###

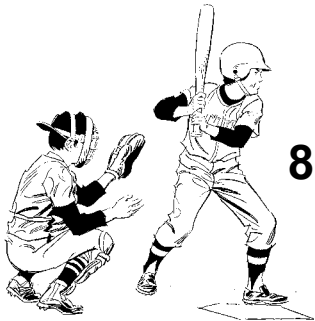
Heights Shred-It April 9

Hasbrouck Heights Recycling Program will hold a paper shredding event on Saturday, April 9, 2022, from 9 a.m. to 1 p.m., at the Central Avenue parking lot. Rain or shine. This event is co-sponsored by the Bergen County Utilities Authority.

The Satellite Recycling drop-off will be available on April 2, 2022 at the Central avenue parking lot. This disposal site collects the following items for recycling: bottles, cans, plastic bottles, newspapers, cardboard, magazines, junk mail, and E-waste such as computer equipment and TVs. For more information, call 201-403-5765. ###

Don't Tailgate!

Hasbrouck Heights Little League 26th Annual Pancake Breakfast and Tricky Tray



**Sunday
March 27
8 a.m. to 1 p.m.
at the VFW**

*located at the end of
Oldfield Avenue, HH*

This year's breakfast and Tricky Tray style auction will be held from 8 a.m. to 1 p.m. **Breakfast will stop being served at 12 p.m.** Tickets available at the door. Cost is \$5 per person.

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Lenten Fish Fry March 27

Fish Fry March 24

St. Francis DeSales Church, 125 Union Street, Lodi, will host a Lenten Fish Fry on March 27, 2022, from 2 to 4 p.m., at 125 Union Street, Lodi, NJ (*Lennon Hall/Gym*). Menu is fried fish (*Cod*), coleslaw, french fries and malt vinegar, soda/water. Can substitute for chicken tender optional. Thistle Catering. Dine in or pick up. Cost is \$20 per plate. For more information, call 973-779-4330. ###

The ICHS Parent Association has scheduled a take-out Fish Fry for March 24, 2022 from 5 to 7 p.m. Dinner includes: Fried Fish, French Fries, coleslaw, and dessert. *Chicken dinners also available*. There will be a live stream 50/50 drawing. Cost is \$18 pp. Kids portion \$9. No purchases at the door. Order tickets at @ichsevents.square.site For more info: jbeatrice@ishslodi.org ###

Beer Fest March 26

Carlstadt Turnverein will host "Beer Fest" on Saturday, March 26, 2022, from 2 p.m. to 6 p.m., at the Carlstadt Turn Hall. Donation is \$45 per person and includes food, drink, coffee and cake with live music by Bud and Linda. For reservations, call 973-777-6677 or 973-204-9933. ###

Fish Fry April 15

American Legion Post 310, 100 Liberty Street, Little Ferry, is hosting the Annual Good Friday Fish Fry, April 15, 2022, from 5 p.m. to 9 p.m. Menu includes fried flounder, potato salad, coleslaw, dinner rolls, coffee and dessert. Cost \$15 pp. Proceeds benefit Veterans and children's programs. For more info, call 201-807-0470. Dine-in and take out available. ###

Hasbrouck Heights Little League Pancake Breakfast

Help the Hasbrouck Heights Little League kick off the 2022 season with our Annual Pancake Breakfast on Sunday, March 27, 2022, at the HH VFW, Post 4591. A breakfast of pancakes, sausage, coffee, tea and juice will be served from 8 a.m. to noon. The cost is \$5 per ticket and you can pay at the door. All HH Little League players are free including up to 4 family members. Interested in sponsoring our event? You can visit our website at www.HHlittleleague.com or email us at hhlboard@hhlittleleague.com. ###

About Mardi Gras/Shrove Tuesday

This year, Shrove Tuesday and Mardi Gras is celebrated on Tuesday, March 1, 2022. Shrove Tuesday is the last day before Lent, a period for fasting. Also known as Pancake Day, Shrove Tuesday was the last opportunity to use up eggs and fats before embarking on the Lenten fast and pancakes are the perfect way of using up these ingredients. It is also known as Fat Tuesday, or Mardi Gras, and features large festivals and celebrations across the United States. The Mardi Gras parade in New Orleans, Louisiana, is typical of the masquerades and dancing in the streets that take place in other parts of the United States before the long Lenten fast. Ash Wednesday is Wednesday, March 2, 2022. ###

Elks Breakfast 1st Sunday

Elmwood Park/Paterson Elks Lodge 60, 192 Market Street, Elmwood Park, will host a breakfast, the first Sunday of every month, 8 a.m.-11:30 a.m. \$10 pp. Children 6-10, \$5. Free for children under 6. Open to the public. Breakfast includes: juice, eggs, pancakes, bacon, sausage, hash browns, toast, hot and cold cereal, muffins and bagels, hot chocolate, coffee or tea. Reservations preferred. Call Dennis at 201-791-6149. ###

HH Troop 17 Scouting for Food

On Saturday, April 2, 2022, Troop 17 and Cub Pack 17 of Hasbrouck Heights will be taking part in the National Scouting program of Scouting For Food from 10 a.m. to 1 p.m. Scouts will be around to collect donated food and non-perishable items for the local food bank. Please leave items in shopping bags on front steps of your homes. Bags may also be brought to the Hasbrouck Heights Food Bank. This program provides community service within our own neighborhood and is part of the Good Turn for America "helping others at all times" program. Please consider making a donation. Call Mario at 201-450-0999. ###

THINK GREEN

Lodi KC Pancake Breakfast Mar. 13

The St. Michael's Council of the Knights of Columbus are having their monthly buffet-style Family Breakfast on Sunday, March 13, 2022, 8:30 a.m. to noon, at 39 Washington Street, Lodi. Menu includes: all-you-can-eat fresh scrambled eggs, pancakes, French toast (*to order*), bacon, sausage, hash browns, fresh rolls, orange juice, fresh hot coffee, and tea. Adults: \$8; children over 6: \$4; children 6 and under: free. Profits to benefit local charities. ###

W-R Lions Pancake Breakfast

On Palm Sunday, April 10, 2022, the Wood-Ridge Lions Club will be holding their annual pancake breakfast. This is the longest continuous fundraising activity in the Borough. Come on out and meet your neighbors and kick off the start of spring! You will enjoy a breakfast of orange juice, hot buttered pancakes with syrup and fruit toppings, sausage, coffee and tea. While waiting for your breakfast to be served, you can enjoy a nice piece of Mills crumb cake. Tickets are \$5 and may be purchased in advance from any Club member. They will also be available at the door. Children under five are free. All of the proceeds will be used to help the blind, sight impaired and others in need. We thank you for your continued support! For additional information call Jack Nagel 201-641-2803 or email janpro911@aol.com or any Club member. ###

Brunch & Tricky Tray March 13

The Children's Dyslexia Centers of NJ, Hasbrouck Heights Learning Center, will host their 5th Annual Brunch and Tricky Tray on March 13, 2022, from 11 a.m. to 3 p.m., at Seasons, 644 Pascack Road, Township of Washington. Cost is \$70 for adults and children, \$30. Reservations only. No entry sales at the door. Tricky Tray raffle tickets sold at events only. Two value bundle options will be available for \$50 or \$100. For information, info@hhdyslexiacenter.org ###



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March Flower
Daffodil

Free Lunch Saturday

With too many people getting sick from colds, the flu and Covid, the First Presbyterian Church of Moonachie “Free Lunch Saturday” program, will be held on March 5, 2022.

We will serve "To Go" with "catering" from a local restaurant to support our community.

This program is an expansion of the Church’s ministry of feeding hungry bodies and hungry hearts. If the economy’s got you down, or you want to share a meal with others, come for the food and fellowship. There are no strings attached. A free-will offering is taken. ###

Wallington Fashion Show Tricky Tray May 12

On Thursday, May 12, 2022, at 6 p.m., Wallington High School Home and School Organization, will host a Fashion Show/Dinner/Tricky Tray on the High School front lawn, 234 Main Avenue, Wallington.

Tables and chairs will be set up. Bring your favorite snacks. Admission is \$10 pp.

- Fashion Show begins at 6:30 p.m. (rain location WHS Gymnasium.)

- Tricky Tray drop-in begins at 4 p.m. Calling begins approximately 6 p.m. Virtual event link will be posted. 25 guests per 30 minutes. Combo packs in advance or at the door: \$30 for 2 yellow sheets/ 2 blue sheets. Name/phone number must be written on back of tickets.

- Super raffle \$10 per ticket.

For ticket information, call TJ Calabrese at 201-893-6748, Joe Brunacki 973-632-3845 or wallington.hso@gmail.com ###

Fashion Show April 12

Immaculate Conception High School is hosting their Winter Wonderland Fashion Show on Tuesday, April 12, 2022, from 6 to 10 p.m., at The Fiesta.

Cost is \$75 pp and includes dinner, dessert, tea/coffee. Cash bar.

Tricky Tray Level 1 (prizes worth \$25 to \$150) are \$10 a sheet. Tricky Tray Level 2 (prizes worth \$150+) are \$20 a sheet.

For more information go to: <https://ichsevents.square.site/> or call 973-773-2400. ###

Luncheon March 8

The Ladies Aid Society of the First Presbyterian Church of Carlstadt will be sponsoring their monthly luncheon on Tuesday, March 8, 2022, in the Community Hall on Third Street in Carlstadt. Roast Pork dinners will be served from 11:30 a.m. till 1 p.m. Donations are Adults: \$12 and Children/Students: \$6. Please call the Church office at 201-438-5526 from 9:30 a.m. till 12:30 p.m. weekdays for other info or in case of inclement weather conditions. Our LAS members are all fully vaccinated and will be masked for cooking and serving according to CDC guidelines ###

Special Needs Family Fun Night March 9

Special needs family fun for Grades K-12 (children must be accompanied by a parent at all times).

Free event at Elmwood Park/Paterson Elks Lodge #60, 192 Market Street, Elmwood Park, NJ, from 7 p.m. to 9 p.m.

Limited seating: For more information call Kathy @ 973-460-6979. ###

Crafts and Conversation March 4

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

March 4, 2022, starting at 7:30 p.m., Elmwood Park/Paterson Elks Lodge #60, 192 Market Street, Elmwood Park, NJ. Free Event, open to the public. ###

Spring Yard Sale April 23

The Ladies Aid Society of the First Presbyterian Church of Carlstadt will sponsor a Spring Yard Sale on Saturday, April 23, 2022, in the Community Hall on Third Street in Carlstadt. Contributions will be accepted starting Monday, April 18, through April 21, from 9:30 a.m. to noon and on Thursday, April 21, from 6 p.m. to 8 p.m. Used appliances, glassware, knick-knacks, toys, books, jewelry and many other attic treasures will be on sale. For information, call the Church office at 201-438-5526 between 9:30 a.m. and 12:30 p.m. weekdays. ###

HHJWC St. Pat's Party! March 18

Join the Junior Women’s Club of Hasbrouck Heights at their annual St. Patrick’s Day party, returning in 2022.

This year’s event will take place at the Hasbrouck Heights VFW Post 4591 on Friday, March 18, 2022, from 7 to 11 p.m. DJ music, entertainment, 50/50 and raffle prizes,.

The ticket price is \$55 per person and includes a traditional corned beef and cabbage dinner buffet (chicken & pasta as well) and beer, wine and soda.

Tables of 10 may be reserved when paid in full. Attendees must be 21 or older to attend. All proceeds will benefit Junior Women’s Club charities and local scholarships. To purchase tickets, visit www.hhjuniors.org or email hhjuniors@gmail.com ###

Pasta Dinner March 12

A Pasta Dinner, sponsored by Adoration of the Most Blessed Sacrament Society, will be held at Church of the Transfiguration, 135 Hathaway St., Wallington, on March 12, 2022 from 4 to 6 p.m. Eat in or take out. Reservations only.

Dinner includes salad, pasta, meatballs and sausage. Plus, entertainment by "Songs from the Heart" oldies.

Donation: \$12 adults and \$5 children. Proceeds for the Church maintenance fund.

For reservations/tickets please contact the Rectory at 973-779-4329 or Barbara Puzak at 201-939-3533. ###

Dinner Dance March 13

On March 13, 2022, from 1 to 5 p.m., The Bergen County American Legion, Sons of the American Legion and the American Legion Auxiliary will host a Dinner Dance at The Graycliff.

Menu includes Caesar Salad, Penne w/Vodka Sauce, choice of Prime Rib/Chicken San Marco/Tilapia Francese, dessert, coffee, tea, soda, water and assorted bottled beer.

Cost is \$55 pp. Deadline is February 20, 2022. Reservations only. Ad journal opportunities available. For more information, call Linda and Mike Carroll at 201-933-1814 or 201-314-0074. ###

Use Turn Signals

St. Patrick's Day Party March 12

American Legion Post 310, 100 Liberty Street, Little Ferry, is hosting the Annual St. Patrick’s Day Party on Saturday, March 12, 2022, from 5 p.m. to 9 p.m.

Donation is \$15 per person and includes corned beef, cabbage, potatoes, coffee and dessert. Dine in and take out available. DJ Jack will be spinning the tunes. For more information, call 201-807-0470. Proceeds to benefit Veterans and children's programs. ###

HH Little League Opening Day Parade

Opening Day for the 2022 Season is scheduled for Saturday, April 2 (weather permitting). Players will march from Borough Hall down Central Avenue to Burton Avenue to Washington Place to Ravine Avenue and into the Little League Complex on Oldfield Avenue for the Opening Day Ceremony. The parade steps off at 8:45 a.m. Be sure to come out and cheer on the players and coaches! ###

Alaska Night

Ardis Travel has scheduled an Alaska Night with a feature presentation by David Kasser of Visit Anchorage, along with representatives from Princess Cruises and American Queen Voyages. The 49th State is America’s Last Frontier and offers spectacular sights and adventures.

Join us at 6 p.m. on Thursday, April 7, 2022 in the offices of the Meadowlands Chamber of Commerce located at 1099 Wall Street West, Suite 100, Lyndhurst, NJ. Light refreshments will be served during the presentation.

Reservations are required to attend as space is limited to 50 guests. For more information or to RSVP, please contact Rick Ardis at 201-939-9135 rick@ardistravel.com. Adults only please. ###

Woman's Club of Rutherford St. Patrick's Day Dinner Mar. 17

The Woman’s Club of Rutherford invites you to a St. Patrick’s Day Dinner celebration on Thursday, March 17, 2022.

The Corned Beef and Cabbage take-out dinner will be held at the Woman’s Club of Rutherford’s Historic Carriage House Clubhouse, at 201 Fairview Avenue, from 5:30 to 7 p.m. Cost is \$35 per person.

The dinner will once again be catered by The Food Architects. Dinner will include delicious corned beef, cabbage, potatoes, carrots, Irish Soda Bread, rye bread and salad.

For tickets, payments in advance (no “day of” tickets), contact Sue Kevra at 201-893-6866 to order tickets or for additional information.

Mail your check, payable to The Woman’s Club of Rutherford, to: 201 Fairview Avenue, Rutherford, NJ 07070.

Proceeds to benefit the restoration of the historic Woman’s Club of Rutherford Carriage House. ###

Sip & Paint April 29

Sip, Paint & Create on Friday, April 29, 2022, from 6 to 8 p.m., in-person at ICHS, 258 South Main Street, Lodi, NJ.

Tickets are \$30 pp. Bring a friend and pay only \$25.

Ticket price includes one canvas, paint, brushes, and a variety of delicious red and white wines!

You also have the choice of bringing your own wine.

Proceeds will support the ICHS Art Department and help our students create beautiful art! For more information go to: <https://www.ichslodi.org/> ###

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East Rutherford School District Pre-Kindergarten Registration

Pre-K registrations will commence on March 1, 2022 - March 30, 2022.

Registrations must be submitted online. Children who will be 3 or 4 years old on or before October 1, 2022 will be eligible for Pre-K 3 or Pre-K 4.

Please visit the district's website at www.erboe.net for cost information and other details.

Shamrock 5K Run

The 11th Annual 5K Michael Cassidy Shamrock ‘N’ Run/Walk will be held rain, shine or cold, at 10 a.m., Saturday, March 12, 2022, at Monona Avenue, Memorial Park in Rutherford. Pre-registration ends March 5, 2022. Cost is \$30 plus \$3.04 SignUp Fee. Day of race \$35. Check-in starts at 8 a.m.

First 300 registrants receive a race shirt. Post race refreshments and entertainment. Race packets, tech shirts and bib numbers may be picked

up at Rutherford High School, Thursday, March 10, 2022, between 5 and 8 p.m.

Scenic Rutherford neighborhood event sanctioned and course certified by USATF-NJ. Timing and scoring by Elite Racing Systems. Race results will be posted at eliteracingsystems.com and RunSignUp.com Proceeds to benefit National Brain Tumor Society. For details go to www.shamrocknrun5K.org.

For more information, call Marilyn at 201-280-3748. ###

St. Patrick's Day Parade

The 2022 Rutherford St. Patrick's Day Parade down Park Avenue, is scheduled for March 6, 2022.

It will step off the corner of East Gouverneur Avenue and Park Avenue at 1 p.m. sharp and continue down Park to Ames Avenue and the reviewing stand. Participants will assemble at noon.

Over 50 organizations marching, consisting of 13 bands, civic groups and orga-

nizations.

Participants must register with the Rutherford Irish American Association. For more information email: rutherfordirishamericans@gmail.com ###

2022 dignitaries include: Grand Marshal Maria Kirrane McKenna, Deputy Grand Marshal Patrick Dunne, Law Enforcement Officer of the Year Todd Roth, Firefighter of the Year Thomas Verdino, EMT of the Year Doug Chadwick and Members of the Year, Rob & Jack Donnelly. ###

Hire A Vet

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.

Wacky St. Patrick's Day Celebrations

For many, St. Patrick’s Day, celebrated on March 17, is a day to celebrate the patron saint of Ireland with some corned beef and a pint of Guinness. But some places have their own peculiar celebrations.

Did you know that the Chicago River is dyed green every year on St. Paddy’s Day?

In Hot Springs, Arkansas, you can find the world’s shortest St. Patrick’s Day parade -- a whopping 98 feet down Bridge Street. Marchers include Irish Elvis impersonators and a middle-age troupe called Lards of the Dance.

Residents of New London, Wisconsin get into the spirit by dressing as leprechauns and changing town signs to say “New Dublin.” Green beer and an Irish Elvis -- now that’s a celebration! *SPM Wire.* ###

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. ###

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.



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Historically Speaking

By James J. Halloran



The Nation's Attic

Many families store things like old family photos, granddad's military medals, citizenship papers, old letters and post cards or other mementos, in the attic or basement. These items have sentimental value. This gives the family a sense of tradition and history.

Even though Thomas Jefferson warned in 1791, "Time and accident are committing daily havoc on the originals deposited in our public offices," it would take Congress until 1934 to establish the National Archives and Records Administration (NARA). Before

NARA, records were stored by the various government agencies in cabinets, chests, warehouses and unused office space with little regard as to preserving them.

This past January, my wife and I visited the National Archives Building, at 700 Pennsylvania Avenue, in Washington. Entry is by appointment. This can be easily done by contacting Recreation.gov for reservations. This will be sent to your iPhone.

We entered the queue outside the building. Here our reservations were inspected by

an armed guard. Upon entering the building, we had to go through a metal detector and were advised that no photography was allowed.

Directly across from this entrance is a room that has one of the four originals of the Magna Carta. This holds the seal of King John. The others are in Great Britain.

We then proceeded upstairs to an area called the rotunda. Here are kept what are called the three Charters of Freedom. They are the Declaration of Independence, the Constitution of the United States and the Bill of Rights. The display case is flanked by two armed guards and a third guard that moves around the room. The lighting in the rotunda is kept dim because of the fading of these documents from over two hundred years of exposure to

daylight.

Sadly, the Declaration of Independence has faded to the point that we could barely make out the signature of John Hancock. The other documents have fared little better.

We went into another room that held the Emancipation Proclamation signed by President Lincoln. Another display was on the 19th Amendment about women's right to vote.

They have a great gift shop located just before the exit.

The visit took about two hours.

There is another entrance to the building for the use of government and private researchers. Here you can request and view thousands of documents. This is by appointment only.

The NARA holds 13.28 billion pages of textual re-

cords; 10 million maps, charts, architectural and engineering drawings; 44.4 million still photographs, digital images, filmstrips and graphics; 40 million aerial photographs; 563,000 reels of motion picture film; 992,000 video and sound recordings; and 1,323 terabytes of electronic data. All Presidential Libraries are under their jurisdiction. The US Government adds more each year to the collection.

All this material is stored at a number of locations around the country. There are a number of regional centers. One is located in New York City. Due to COVID 19, the New York office is not now open to the public.

The big event this year is the release of the 1950 Federal Census. For additional information, go to Archives.gov ###



Let's Go Traveling!

By Rick Ardis

Sports Travel

Let's Go Traveling

As I pen this article, the Los Angeles Rams have just won Super Bowl LVI, the 2022 Winter Olympics are in full swing in Beijing, and college basketball's March Madness is on the horizon.

Each of these annual or quadrennial events are major happenings for the travel and hospitality industries.

In 2019, travel to sporting competitions contributed over \$100 Billion to the American economy. Cities and states bid for these special events, as well as lesser contests to stimulate spending in their communities.

Some locales have pursued sporting teams to attract visitors on a regular basis. For example, Las Vegas was able to secure a National Hockey League expansion team as a draw for visitors.

The Vegas Golden Knights have been successful at enticing fans of the visiting teams to venture to Glitter Gulch to root for their team while also gambling and dining in town.

Local officials were also able to persuade the NFL's Oakland Raiders to relocate to a new stadium with views of the Las Vegas Strip. These two recent additions have added to the annual National Finals Rodeo and major boxing matches that yearly draw tens of thousands of visitors to Nevada.

Decades ago, there were

few college football post-season bowl games that featured only a handful of participating teams. Each year, more contests have joined the ranks, increasing travel opportunities. Faithful fans will follow their favorite school to various locations.

I have attended each of Rutgers' bowl game appearances. Most recently was this past New Year's Eve in Jacksonville's Gator Bowl, and have hopes of someday seeing the Scarlet Knights in the Rose Bowl.

There have been thirty regular season NFL games played in London, enticing Americans to visit England, including one between the Jets and Falcons this past October. Ireland has hosted six college football contests over the past three decades. The matches return to Dublin in August with the Nebraska Cornhuskers and Northwestern Wildcats. The annual Notre Dame vs. Navy game will follow in August 2023. The games provide a perfect opportunity to take in a football game and visit the Emerald Isle.

The U.S. Open tennis tournament is a major tourist attraction for New York. Golf's Masters is a top drawing event in Augusta, Georgia. Auto racing has its marquee events as well. The Grand Prix of Monaco draws well-heeled travelers to Monte Carlo, while the

Indianapolis 500 and the many NASCAR events draw huge crowds of everyday Americans to speedways around the United States.

While horseracing is not as well attended as it once was, the Kentucky Derby still packs Louisville's Churchill Downs every year with serious gamblers and people wanting that Instagrammable moment. River cruise companies even offer a cruise on the Ohio River with guaranteed seats at the racetrack.

The Middle Eastern nation of Qatar is using next year's FIFA World Cup to showcase travel to its capital of Doha.

Governments and organizing committees bid years in advance for the opportunity to host the World Cup, as well as the Olympic Games and other events. Los Angeles is already preparing to host its third Summer Olympiad in 2028.

Sports Travel is more than just for spectators. Participatory play is commonplace when travelling. Golfers often choose their destination or resort when planning a vacation. It may be a simply casual add-on to a family getaway in a resort destination, or specifically to heralded courses around the globe. For golfers, the ultimate bucket-list trip often involves playing the Old Course at St. Andrew's in Scotland.

When the Winter Olympics are complete, ski resorts will generally see an increase in bookings. Club Med's all-inclusive ski resorts offer complimentary group lessons for novice skiers as part of their basic package. A brand-new Club Med ski resort has just opened

in Quebec's Laurentian Mountains, with another to open in Utah during 2024. These new ski resorts compliment their numerous other locations in the Alps, France and Italy.

Resorts and cruise lines around the world can offer the opportunity to learn or improve your golf, tennis, sailing or other activity skills. Whether as a spectator or a participant there are companies that offer sports-related travel arrange-

ments of all kinds, and so many more options than those few covered here.

Travel can be more than visiting a museum or sunning yourself on a beautiful beach. It can bring many other rewards and improvements to the traveler. ###

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

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Artful Thinking

By Artie Maglionico • Lodi Historian

Artful March 2022

It's the moody month of March already. We have staggered our way beyond the frigid grasp of winter and are heading non-stop toward the tender embrace of April 22.

For many of us, 2021 was a piece of home-made apple pie that is until mid-December when yet another variant surfaced and all but destroyed the holiday season. Again!

For me at least, Christmas 2021 was more of a let down than the previous year, if that's possible. In 2020, we kind of knew the celebrating of Christmas looked bleak.

Yes, Christmas arrived as scheduled on the 25th, but we weren't there to greet it, except from afar. How sad was that?

With 2021 came the promise of a bright and (*dare I say its*) "normal" future. Vaccines became available and masks were worn to, once and for all, put the virus to rout. You know the rest.

By the time Christmas 21 arrived, it was to coin a Yogi Berra phrase "deja vu" all over again.

Anyway folks, enough

about the past. This is supposed to be a happy, upbeat column so why corrode this space with toxic mold. Do you agree?

Bring on the spring of 22 and let's enjoy the great outdoors and gather with those we missed during the holiday season.

Oh, let's not forget St. Patrick's Day, corned beef and cabbage, Guinness Stout and the wearing of the green, also, a designated driver.

I trust that the luck of the Irish will rub off on all of us and give us a joyous sendoff on the road to spring.

Let's all take part in an Irish Toast this St. Patrick's Day. A Blessing if you will, "May you live as long as you want and never want as long as you live." I feel better now. Don't You?

I'm going to slick down my hair, put on my new sneakers, favorite jeans and sweater and strut down the "Street of Dreams" with a smile on my face and a song in my heart.

Hopefully I'll meet up with you along the way. We can stroll together across this beautiful land and stop at a friend's

house for lunch. While we're enjoying one another's company, I'll recite a poem that I just happened to bring along. As if you didn't know, it's from my yet to be published book of children's poetry.

Spring Time
by Artie Maglionico

Spring time is here
and we say hello
to the warm sun above
and the flowers below.

Laughter is ours
as we greet the new day
Life is so bright
in the fields where we play.

The robins are singing
as they fly in the breeze
The fresh scent of blossoms
makes some of us sneeze.

Let winter be far
and summer be near
The earth is so happy
Now the spring time is here
-fini

That'll do it for this month folks. Lets meet here again next month when we can frolic about among the blossoms of April. I'll try to squeeze in another poem. But you already knew that.

In the meantime, have a happy and safe St. Patrick's Day. ##

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Ex-Chief Dennis "Bo" Kronyak Jr. Honored



On February 12, 2022, the Carlstadt Fire Department held a Testimonial Dinner at The Graycliff in honor of Ex-Chief Dennis "Bo" Kronyak Jr.

The program began with welcoming remarks by Master of Ceremonies Christopher Assenheimer, an Invocation by Carlstadt Fire Department Chaplain Reverend Donald Pitches and a toast by Chief Matthew Moran to Chief Kronyak.

There were introductions of the 2022 Chiefs, Mayor and Council, Borough Family, guests, retired and new Department members, honorary

members, Mutual Aid Chiefs and Officers. Remarks were made by Mayor Robert Zimmerman, Fire Commissioner William Roseman and David Stoltz.

Following the presentations of gifts to Dennis "Bo" Kronyak Jr., the honoree spoke. He made special presentations to Anthony Silletto "birthday cake," Kenny Schwarz, Bob Moore, Bobby Brown and Dennis "Flash" Kronyak, Sr.

The program concluded with an eight minute video. The Carlstadt Fire Department was organized in 1872. ###





2022 Moonachie Annual Dinner

The Moonachie Fire Department held its Annual Dinner for Chief Justin Derevyaniuk and the Department Officers at The Graycliff on Saturday, January 29, 2022.

Master of Ceremonies was Paul Cialkowski. He led the Pledge of Allegiance. South

Hackensack Fire Chief Carmine Maceri provided the Invocation and a moment of silence for all departed Department members. Paul introduced the Mayor and Council, honorary members, Communications officer Caroline Sansavere, EMS, the Ladies Auxiliary and

Mutual Aid Chiefs. He then introduced Fire Chief Justin Derevyaniuk, who made comments. Mayor Dennis Vaccaro spoke.

The highlight of the evening was the recognition of 50 year active members, Barbara Mendola and Salvatore DeA-

lessandro.

Barbara Mendola was recognized for her 50 years of active service in the Ladies Auxiliary.

Ex-Chief Philip Miuccio gave a tribute to Salvatore DeAlessandro, recalling many of their mutual experiences.

Sal received presentations from the Ladies Auxiliary, Mayor and Council, NJ and NY Volunteer Firemen's Association and the Moonachie Fire Department, along with a standing ovation. Sal's family spoke. ###



Real Estate Insight

By Mary Ellen Courtney

The Market. A Status Report.

Low interest rates. Low housing inventory. Double digit price growth. More ‘same old, same old, same old’....

As we all know by now, the real estate market has been in a frenzied boom since the pandemic began. Buyers have been grappling over homes by waging bidding wars and running prices up tens of thousands above asking price. The question now is has it finally peaked?

According to industry experts, that depends on how you measure the peak.

“Yes it has peaked, in terms of the number of home sales,” says Jeffrey Otteau, a real estate economist and president of the Otteau Group, based in New Jersey (*a veritable oracle for us in the business*). His observation in December: “From this point forward, we’re seeing fewer home sales occur, which will continue into 2022.”

Home sales were down for each of the last five months of 2021 according to data from the Otteau Group. It began in June with a 12% decline in contract sales and continued with a 22% decline in July, 16% in August, 20% in September, 16% in October and 7% in November.

As to prices, on the other hand, we’ve yet to see the peak. But it’s coming, Otteau says. “In terms of prices,” he states, “we believe the peak won’t occur until late summer 2022.

The reason is that the economy will continue to get stronger and that the millennial generation will continue to transition from renter to home ownership which will bring demand. The interest rates will drift higher, but they’re still historically low.”

Prices increased here in New Jersey 12% in 2020 and 15% in 2021. They will likely

gain another 5% in 2022, predicts Otteau.

The cooling off has to do with homes becoming unaffordable, despite the low interest rates.

The report says incomes have been rising, on average, 4 percent per year. “House prices have risen faster than salaries,” Otteau says, adding that there comes a point when the banks say, the house may be worth that much but you don’t have the income for the mortgage to be approved.

Moreover, the second half of 2022 will see a return to a more normal pace of growth thanks in part to fewer people moving from New York City, increased housing inventories as Covid concerns wane, as well as mounting buyer fatigue and wariness about overpaying.

“Home prices have gotten really expensive; so high, it’s causing some pushback from home buyers,” Otteau says.

Looking to 2023, Otteau sees a risk of economic recession and slower growth, which

could hurt home sales. “Recessions usually happen every 10 years, and we’re overdue for one,” he says.

In addition, higher interest rates resulting from inflationary pressures could prompt mortgage lenders to raise interest rates. Otteau notes that every 100-basis point (*1 percent*) increase in mortgage interest rates erodes home buyer purchasing power by 9%.

So, Bottom Line: The housing market is going to stay strong for the foreseeable future. And this year might be the ideal time to buy a home as there is more upside room and interest rates (*forecasted to rise soon*) are still, at this

point, very low.

Thinking of buying or selling a home this year? Nobody knows our local market better than the professionals at Terrie O’Connor Realtors’ Gateway

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BE WELL





Congratulations to our newest members of the RLC National Junior Honor Society Chapter. They are joining our present NJHS Chapter members. It was a wonderful evening celebrating our students' successes, service and leadership.

(l-r): Isabella Haddad, Jill Patel, Kavya Pandya, Shawn Lawton, Hailey Friedman, Richa Patel, Nayab Chughtai, Nicole Youhana, Ryan Tu, President Abigail Peguero-Rodriguez, Sabrina Nieto, Vice-President Gurbinder Ghotra, Hadi Karboj, Yusuf Tunceroglu, Yuvraj Phonsia, Ranveer Ghotra. *Provided by Susan Lacey. ###*

BCA SkillsUSA Combats Food Insecurity

As a follow up to a virtual Food Insecurity speaker event with Ms. Levy (*the Schools and Community Outreach Manager at the Community Food Bank of NJ*), the members of the BCASkillsUSA Chapter were inspired to combat food insecurity.

They participated in the Community Food Bank of New Jersey's 'Students Change Hunger' competition where they raised funds and food towards local communities in need.

They held two bake sales; on October 13, 2021, and November 10, 2021. From the bake sales, they raised in excess of \$350 for the cause.

In addition, the community held a school-wide food drive to support them. They first sent out an email informing over 1,000 students about food insecurity and the goods needed. They raised over 300 pounds of non-perishable food ranging from pasta to canned soup to canned meat and more.

The Jewish Family & Children's of Services Northern New Jersey offered to deliver the food; with help from officers loading them.

The seminar, competition, and donations have taught our community the importance of food insecurity. Specifically, who is affected by it, how people can directly take action, and who works with the large scale operations. People can fight against food insecurity by donating food to local food banks, volunteering time at them, and educating others on food insecurity and its impacts. The SkillsUSA family thanks Diana Levy; the Schools and Community Outreach Manager, and advocate for food insecurity awareness; for educating our community, and the Jewish Family & Children's Services of Northern New Jersey for picking up and delivering the food. *Provided by John Branda. ###*

W-R Memorial Foundation Scholarships

Applications are now available for the Wood-Ridge Memorial Foundation Scholarships. The Foundation is expected to award 18 to 20 scholarships totaling in excess of \$50,000 this coming June.

Applicants must be residents of Wood-Ridge, graduating this year from Wood-Ridge High School, a Parochial or Private High School or the Bergen County Academies and attending college, a technical school, secretarial school, etc., (*not limited to just colleges/universities*) this coming fall.

The Foundation, founded in 1962 has presented over one million dollars in awards since their inception. The awards are presented in the names of some of the most influential and outstanding citizens that ever resided in the Borough.

Applications are available at the Wood-Ridge High School Guidance Department, Kearny Bank or the Assumption Church Rectory. Also, by email request at janpro911@aol.com ###

W-R Lions Scholarships

Applications for the Wood-Ridge Lions Club annual scholarships will be available March 19, 2022.

There will be a minimum of 4 awards presented.

The total number of awards and the dollar amount (*between \$5,500 and \$6,500*) 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 over 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, Assumption Church Rectory and at JAN PROMOTIONS INC., 50 Moonachie Road, Moonachie. Deadline for applications is April 22, 2022. *Provided by Dennis Brubaker, Secretary. ###*

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 13, 2022. ###

NewARTS Kids

Care on the Corner is excited to announce NewARTS Kids for children ages 5 – 8! Do you have an aspiring young artist in the family?

Young artists will have fun exploring colorful oil pastels and watercolors! They will learn about color mixing, color value, composition, brushwork, drawing and paint application.

These lessons motivate young artists and focus on the basics. Children are introduced to art through fun and educational lessons in drawing and painting.

Session Dates

- March 8, 15, 22: Students will learn while having fun creating Wassily Kandinsky Circles, Spring Rainbows, and Vincent Van Gogh Sunflowers.

Tuesdays 4 to 5 p.m., 5/6 year olds; 5 to 6 p.m., 7/8 year olds.

The group meets in the Care Center at 333 Franklin Avenue, Hasbrouck Heights.

Call 201-288-9460 to register. Space is limited to 8 children per class. Tuition is \$75 and includes all materials. Scholarships are available.

Debra M. Cook is returning to teach these classes. Debra has been teaching ART to children for over 25 years. Her classes are so much fun making art, exploring new ideas, and being creative. ###

Kids on the Corner Performing Arts

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

This session marks the 41st production of Kids on the Corner. The goal of Kids on the Corner is to educate and enlighten children in different art forms and cultural experiences. The children are offered opportunities to learn about history, culture, visual arts, theater production, set design, costume design, music and acting.

The Performing Arts group meets Fridays, March 11 to April 8, 2022, from 3:30 to 6 p.m. Under the direction of Cindy Summers, participants will tell the story of "The Lorax." All are welcome to come out and see the performance on Friday, April 8, 2022 at 7 p.m.

The group meets at the Parish Hall of St. John the Divine at 229 Terrace Avenue, Hasbrouck Heights, NJ. Call 201-288-9460 to register. There is a \$40 registration fee. Scholarships are available.

Cindy has been teaching and stage managing children's theater for over ten years in numerous companies. She is currently working with Kids on the Corner, The Women's Theater Company, and NiCori Studios & Productions. ###

BCAL Nursing Scholarship

The 2022 George F. Axt Memorial Fund of the Bergen County American Legion and Auxiliary will award \$3,000 nursing scholarships to students entering accredited nursing programs or who are already enrolled in a nursing curriculum. Closing date is April 30, 2022.

Applicant must be a resident of Bergen County and either a high school senior or graduate who has been accepted to an accredited nursing

school, or a student currently enrolled in an accredited undergraduate nursing program.

Application is available from high school guidance counselors, American Legion Posts or go to: <https://bcnj.al.org/george-f-axt-memorial-fund-nursesscholarship>

Applicants are not required to be members of a Veteran's family. For more information contact: Margaret Frontera at: alaunit136LodiNJ@gmail.com or call 201-264-4622. ###

Mt. Ararat Baptist Church Celebrates 125 years of Ministry

On Sunday March 13, 2022, Mt. Ararat Baptist Church, 29 Elm Street, Rutherford will be celebrating 125 years of Church ministry in Rutherford and surrounding communities. A service begins at 10 a.m. and will be livestreaming on Zoom (Meeting ID - 900174016) and Facebook Live. For more information, contact at 201-460-1820 or officemtararatbaptistchurch@gmail.com. ###

Practice Random Acts of Kindness

- Ash Wednesday March 2
- Lent Begins March 2 Ends April 14
- Purim Begins Wednesday evening March 16 Ends Thursday evening March 17
- Palm Sunday April 10
- Maundy Thursday April 14
- Good Friday April 15
- Easter Sunday April 17
- Easter Monday April 18
- Pentecost Sunday June 5
- Passover Begins Friday evening April 15 Ends Saturday evening April 23
- Ramadan Begins Saturday evening April 2 Ends Monday evening May 2

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

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 4, 2022. 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 2022 theme is "I Know the Plans I Have for You" Program written by the World Day of Prayer Committee of England, Wales and Northern Ireland for WDP 2022 Jeremiah 29:1-14 For more information: http://www.wdp-usa.org/ ###

PRAYER TO THE BLESSED VIRGIN

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

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

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

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



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Martha Day, Pastor, 201-755-1612

Methodist



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Take Your Family to Church



On Saturday, February 5, 2022, the parish family of Most Sacred Heart of Jesus Church, Wallington, welcomed Bishop Michael A. Saporito, Auxiliary Bishop of Bergen County. Bishop Saporito concelebrated the 5 p.m. Mass. After Mass, parishioners were invited to meet Bishop Saporito in the great hall. (l-r) Very Rev. Canon Felix R. Marciniak, Pastor, Deacon Domenick DiBernardo, Bishop Michael A. Saporito, Deacon Krzysztof Pawlik, Rev. Steven D. D’Andrea, and Rev. Tadeusz Mierzwa. *Provided by MaryJane Kowalczyk. ###*

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W-R Honors Citizen Heroes



On February 2, 2021, Keri Stellato and Frank Gagliano were thankfully in the right place at the right time. Their neighbor, Richard Leach, collapsed and suffered an apparent heart attack while snow blowing his driveway during the snow storm that day.

Keri and Frank assessed Richard's condition and immediately dialed 911. It was determined that Richard did not have a pulse and was clearly unresponsive. Keri and Frank started CPR until Wood-Ridge Police Officers, Mike Donato and Jeff Fantacone, arrived on scene. The officers took over CPR at that time and shortly after administered the use of an AED.

Richard needed the AED to be used twice until a heartbeat was detected. The Wood-Ridge Fire and EMS arrived on scene and transported him to the hospital.

According to Keri, she is

thankful that one of the requirements of the Wood-Ridge recreation program is that all head coaches become CPR certified (*she has been a head softball coach for the past 13 years*). Saving lives runs in the family. Keri's Father and Brother are both active members of the Wood-Ridge Fire and EMS and have been so for over 25 years.

Hasbrouck Heights recreation requires their coaches to be certified in CPR as well. Frank who has been a soccer and softball coach for the past 8 years is also thankful to have been able to use his life-saving skills that day. Once again, saving lives runs in his family as Frank's Mom is a Registered Nurse.

Richard was released from the hospital two days after being admitted and is thankfully doing well today. *Provided by Ezio Altamura. ###*



When Hurricane Ida hit our small town, The Celentano Family knew they needed to help their community. With countless hours of helping their neighbors clean up, Zofia wanted to do more to help her neighbors.

She reached out to the Wood-Ridge PBA and Emilia Romagna to help her organize having pizza delivered to all the families that were impacted. As that was not enough, Zofia and her daughter, Alexa, reached out to Keri Stellato and Lisa Biamonte from the PTA, wanting to help to do more. With the help of the PTA they set up a donation drive for cleaning supplies and back to school supplies for the children

and their families who were impacted.

The three ladies worked countless hours with the help of Alexa Celentano, Kim Capuano, Mike D’Agnese and Chris Celentano helping with clean up, driving around town and donating cleaning supplies and giving emotional support to everyone affected.

The ladies also assisted The Knights of Columbus with providing a luncheon to all their friends and neighbors.

With the generous monetary donations from our residents and friends, they were able to raise over \$7,000, which was given back to the residents impacted by Hurricane Ida. *Provided by Ezio Altamura. ###*

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Hasbrouck Heights
Free Public Library

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

The Free Public Library of Hasbrouck Heights is open for in-person browsing and computer use. In accordance with the recently published CDC guidelines, masks are to be worn for all individuals when visiting the Library.

The Library’s winter hours are: Mondays from 10 a.m. to 6 p.m., Tuesdays to Thursdays open 10 a.m. to 8 p.m., Fridays from 10 a.m. to 5 p.m. and Saturdays 10 a.m. to 2:30 p.m.

You can return Library materials to our book box located in the back of the municipal building. Registration is required for all programs unless otherwise noted. Visit the Library’s website for details and click on “Calendar.”

WHOLE FAMILY

• **Oreo Cookie Day.** Friday, March 4 from 3 to 4 p.m. It’s the 110th birthday of the Oreo Cookie! Grab a sample of different flavors outside of the Madison Avenue doors and vote for your favorite.

• **Celebrate NJ Makers Day with the Light & Shadow Family Workshop!** Saturday, March 26 at 11 a.m, in-person.

New Jersey Makers Day inspires and activates libraries to showcase and highlight STEM and maker culture, enhancing life-long learning.

Families with children ages 3 to 10 are invited to participate in the Light & Shadow Workshop, engineered by The Franklin Institute, to investigate the characteristics of light and the ways it interacts with other objects through a series of activity stations. Masks must be worn, social distancing required. Registration is limited.

CHILDREN

• **The *New* Book Buddies Craft and Storytime Starter.** Mondays through March 14. Continuation of the February program. A PreK picture book suggestion will be emailed and a themed craft bag may be picked up during Library hours. Best for ages 2-4.

• **Leap into Science: Light & Shadow *Virtual* Pre-school Workshop.** Wednesday,

March 9 at 11 a.m. via Zoom.

Children, ages 3-5 and their caregivers, are invited to this virtual workshop, engineered by The Franklin Institute in Philadelphia. We’ll explore light and shadow by listening to a story, hunting for shadows, and creating shadows with a variety of objects around the house. Zoom link will be provided at registration.

• **Little Artists Grab & Go - Scrunchy Shamrock Art.** Friday, March 11/Saturday, March 12. Think spring with tissue paper shamrocks and let’s hope for some good luck! Pick up inside the Library on Friday or Saturday. Best for Grades K-5.

• **Wednesday Workshop *In Person*: Light & Shadow.** Wednesday, March 16, 3:30-4:30 p.m. Children ages 6-10 are invited to this in-person workshop, engineered by The Franklin Institute in Philadelphia. We’ll explore the characteristics of light and shadow by listening to a story and recreating and designing our own shadow shapes. Masks must be worn, social distancing required. Registration is limited. School-aged children only; families are encouraged to participate in the separate program on March 26.

• **St. Patrick’s Day Craft-to-Go** (*no registration; while supplies last*). Thursday, March 17. Pickup during Library hours. Top o’ the morning! Pick up a craft-to-go bag during Library hours.

• **Book Bingo.** Thursday, March 24 at 3:30 p.m. Book Bingo returns in person for kids ages 5 and up! Masks must be worn throughout the program and social distancing will be required. Registration is limited.

• **Fresh Air Storytime at Central Ave. Playground.** Wednesday, March 30 at 11 a.m. End our winter hibernation with the return of outdoor storytime! Join Ms. Maureen for storytime in-person at the small playground at Central Avenue. Registration is limited to 18 children to allow for social distancing. Bring a blanket or chair for your child to sit on. Program subject to cancellation in case of inclement or very cold weather. Best for toddlers-PreK.

TEENS

• **Teen Craft-to-Go: Melt-**

ed Crayon Butterflies. Tuesday, March 22 / Pick up from 2 to 8 p.m. Gather up all the broken crayons and let’s repurpose them into butterfly art! Stop by the Library to grab a to-go bag on Tuesday between 2 and 8 p.m. Program limited to 15 participants.

ADULTS

• **Save the Kitties! Stray Cat & TNR Information Session.** Wednesday, March 9 at 6:30 p.m. Cat Crew Rescue is a small all-volunteer foster-based rescue focusing on homeless cats and kittens. Cat Crew Rescue is active in TNR (*Trap, Neuter and Release*) and promotes in this humane and effective assistance for feral cats.

• **Using Small Farming Methods in Your Backyard Gardening:** Farm Talk with Bracco Farms, Wednesday, March 16. Meet & Greet at 5:30 p.m. Program starts at 6 p.m. Bracco will discuss the methods used in organic farming and how they can be applied to small scale backyard vegetable gardening. Topics include use of tools, sighting the garden, soil preparation, produce varieties, starting and planting seeds and seedlings, pest control and crop harvesting.

• **Saturday Concert - The Kootz.** Saturday, March 19 from 1 to 2:15 p.m., Senior Center. Join us for rock n’ roll fun! The Kootz acoustic trio will be playing some timeless classics and old favorites for the whole family.

• **Mothers of Invention - A Historical Portrayal.** Monday, March 21 at 1:30 p.m. Large Meeting Room. Enjoy historical portrayals and stories told of overlooked women innovators, including many women of color.

• **Crafts-to-Share Club.** Tuesday, March 8 from 6 to 8 p.m., Wednesday, March 23 from 1 to 3 p.m. Drop in to chat and work on a crafty project! Enjoy getting to know other crafters in your community while you knit, crochet, embroider or craft anything! We have donated yarn for any crafters looking to create for a good cause. In-person and on Zoom.

• **Adult Book Club.** 4th Tuesday of every month, In-Person and via Zoom, March 22 at 7 p.m. "The Girls in the Stilt House" by Kelly Mustian. ###

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 Hours
The Rutherford Public Library is now open Monday-Saturday.

• **Grab & Go Doorside Pickup.** The Rutherford Public Library continues to offer daily Grab & Go doorside pickup services for those who may not want to enter the building. Patrons are invited to order books from the BCCLS catalog by visiting www.bccls.org or fill out a Grab & Go form for either the adult or children’s collection, and our team will choose items for you based on what you like!

These forms are available on our website, RutherfordLibrary.org. If you don’t have access to a computer, we encourage you to call the Library at 201-939-8600 and have our team order items for you! You tell us what you want and when you’d like to pick your items up, and we’ll have them ready for you.

Upcoming Programs

The Rutherford Public Library continues to offer a mix of virtual and limited in-person programming for children and adults. Visit RutherfordLibrary.org and click on the Calendar tab to learn what’s coming up. You can also call us at 201-939-8600 for more information.

• **Mango Languages Now Available.** Rutherford Library cardholders will now have access to Mango Languages on the Library computers and remotely through our website! Mango Languages is a language learning software to navigate interface and many different languages to pick from. Library patrons can access the courses by going to the “Adult Services” tab, going down to “Online Resources,” and selecting “Virtual Ref-

erence.” From there simply scroll down and click “Mango Languages” to start learning a new language!

• **Looking for a Job?** Check out the Rutherford Library’s website 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 Newspaper Access.** The Rutherford Public Library is happy to announce a new digital subscription to The Washington Post for Rutherford cardholders. This joins our existing digital subscription to The Wall Street Journal. If interested, send an email to reference@rutherford.bccls.org with your Library card number and we will send you the information you need to access either publication online!

• **Downloadable Collections.** Rutherford Public Library has recently expanded its digital collections. Cardholders may access e-books, e-audiobooks, and popular magazine issues through the Libby app, powered by Overdrive. The Hoopla Digital mobile app also provides cardholders with e-books and e-audiobooks, as well as streaming music and video content. Downloadable content returns automatically on its due date, so there is never a need to worry about returning items.

For help accessing these resources, please stop by or phone the Library.

• **Follow Us Online.** Follow us on Facebook at [facebook.com/rutherfordpubliclibrary](https://www.facebook.com/rutherfordpubliclibrary) or on Instagram at [instagram.com/rutherfordlibrary](https://www.instagram.com/rutherfordlibrary) to stay up to date with important news and events. You may also sign up for the Library’s monthly e-newsletter by texting RUTHERFORDLIB to 22828. ###

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/>

Carlstadt Public Library

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

• **Successfully Navigate College Admissions.** Stand Out for College on Tuesday, March 1 at 7 p.m. Learn to maneuver the ever-changing college admissions process and stand out. A Zoom link will be emailed after registering.

• **Medicare and Social Security Workshop.** The East Rutherford, Maywood and Carlstadt Libraries welcome Bianca Noiseux from AAA Retire, Director of Retirement Planning, on Wednesday, March 2, at 6:30 p.m. Learn the most up-to-date information regarding Medicare and Social Security Benefits. A Zoom link will be emailed after registering.

• **The Dogs of Chernobyl, a Story of Hope and Resilience.** The Carlstadt Library welcomes animal behaviorist, Stephen Quant, FFCP on Thursday, March 10, at 7 p.m. Join us on Zoom as Stephen recalls his personal experience with the dogs left behind after the major accident at the Chernobyl Nuclear Power Plant in 1986. A Zoom link will be emailed after registering at

carlstadtlibrary.org or call 201-438-8866.

• **Crafts for Crafters.** The Carlstadt Library will host a virtual craft night on Tuesday, March 15 at 7 p.m. Welcome members of the Korean Spirit and Culture Promotion Project on Zoom as they demonstrate how to make a lotus flower lantern using colored paper and wire frames. All supplies will be provided prior to the craft. A Zoom access code will be e-mailed after registering at carlstadtlibrary.org or call 201-438-8866. KSCPP is a 501(c)3 non-profit organization dedicated to the promotion of greater awareness and understanding of Korean history and culture.

• **As the Page Turns - Adult Book Club.** Calling fellow bookworms! Join the Carlstadt Library to discuss the novel "The Flight Attendant" by Chris Bohjalian on Wednesday, March 23 at 7 p.m. This meeting will take place on Zoom. Copies are available at the Circulation Desk. Carlstadt residents can access the eBook or audiobook on Hoopla and Libby! A Zoom link will be e-mailed after registering at carlstadtlibrary.org or call 201-438-8866 for more information.

• **Music with Miss Nita.** The Carlstadt Library will host virtual music-and-movement classes with Miss Nita via Facebook at <https://www.facebook.com/carlstadtlibrary/>. New videos will be posted on the mornings of Thursday, March 3, 10, 17, 24 and 31 for children to enjoy songs, rhymes, movement and instrument play.

• **Take-It-and-Make-It - Crafts for Kids.** The Carlstadt Library welcomes children of all ages for a monthly take-it-and-make-it craft. This month's pick-up is a Rainbow Lacing craft. Kits will be available at the Library from March 1 through March 31, while supplies last. Please call 201-438-8866 for more information. ###

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 at 100% capacity. Computer time is limited to Sixty minutes, no advance reservation is required. The Book Drop is open for item returns. All loan requests are processed as Porch pick-up. Please see our website for updated information.

• **Music with Miss Nita.** Join Ms. Nita for her two sessions of music and movement classes at the Civic Center on March 2, 9, 16, 23 and 30, 2022, at 10 a.m. and 10:45 a.m! Join us as we share the joys of making music. Registration for these events can be found on the Event Calendar on our website.

• **Mindfulness with Miranda (Zoom).** Come and learn mindfulness March 1, 2022, at 4:30 p.m. on Zoom!

Mindfulness means paying attention on purpose to what is right here with non-judgment. Research shows that mindfulness can help children understand and regulate their emotions, reduce their stress and anxiety, and improve their focus at school and beyond.

Miranda Lee, our teacher, runs Find that Pause, a company teaching parents and kids ways to find more balance and less stress in their lives.

She will be teaching our kids from the Mindful Schools curriculum, a secular mindfulness curriculum that has been thoroughly researched and taught across 1,000's of schools and community centers. Come and join us!

Registration required. Check our website Events Calendar. This program is

for children in Kindergarten through 5th Grade.

• **Children's Crafts-to-Go.** Every Tuesday will feature a new craft kit complete with all necessary materials. Video instructions will be posted to our Youtube and Facebook pages. To reserve your kit for porch pickup call the Library or email Miss Jennie at jenniesudia@woodridge.bccls.org

• **Boredom Busters for Children.** Bored at home? Can't think of anything to do? Then check out our monthly Boredom Busters for a STEM based activity! You can find this month's on our Event Calendar website and Facebook and Instagram pages.

• **Code Ninja.** Join us on March 10 at 5 p.m. for Code Ninja! This program is for kids aged 7 - 14 looking to learn about computer science and programming while they create their own video games, robots, circuits, and more. It is Code Ninja's goal to inspire kids not only to use technology but also to use it in a meaningful way and build logical thinking. Registration for these events can be found on the website Event Calendar.

• **Crafts for Grown-Ups.** Pick up your free kit and join us on Zoom Thursday, March 17, at 7 p.m., to learn how make a beautiful Spring craft to welcome in the new season. For adults only and requires registration.

• **Watch Party: In the Heights.** Bring your popcorn and PJ's and join us on Zoom Thursday, March 3 for a Watch Party featuring Lin Manuel Miranda's "In the Heights." Registration required. Check website events Calendar.

• **English as a Second Language.** The Wood-Ridge Memorial Library hosts English as a Second Language classes online, Monday thru Friday, at 5 p.m., for adults at no charge. Call the Library for details.

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

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

Lodi Memorial Library

Lodi Memorial Library, One Memorial Drive, Lodi, NJ 07644. 973-365-4044. <http://lodi.bccls.org/>

The Lodi Memorial Library is open to the public! Check out our outdoor and Grab & Go programs for children and teens. More programming information can be found online on our Facebook page and Website.

Special Programs

• **Adult Grab & Go Craft: Dreamcatcher.** Create a decorative wall hanging in the style of dreamcatchers. Supplies are limited. Register by March 4. Pick up starting on March 9. Call Library to register.

• **Tuesday Night Book Club.** Tuesday, March 8, 2022, 6:30 to 7:30p.m. on Zoom. March's book is "People of the Book" by Geraldine Brooks-372 pages. Go to our website or contact Karyn Gost at director@lodi.bccls.org ###

Children Special Programs

• **Tasty Treats for Kids.** Pickup starts Wednesday, March 9, 2022. Take home a tasty treat you put together yourself! This grab & go program is open to kids in Grade Pre-K-3rd. Registration required.

• **Grab & Go Crafts.** Pickup starts Monday, March 14 and Monday, March 28. Kids and teens in Grades 3-12 can register. This month we are making a smash book and pom-pom rabbits! Registration required.

• **Grab & Go Makers Day Project.** Pickup starts Friday, March 25. Follow Miss Emily as we do a Maker's Day activity! As this month celebrates Maker's Day, we offer two projects, one for kids in Grades Pre-K to 2nd, and another for Grades 3 to 12. Registration is required.

• **Creative Cooking Grab & Go.** Pickup starts Wednesday, March 16. Each month we will have a different recipe for you to take home and create! This program is open to Grades 4-12. Registration is required.

On-going:

• **Grab & Go Kids Crafts.** Each week the Library will have a new craft that you can take home and make! Bags are first come, first served. Toddlers to Grade 2. No registration required.

• **Storytime.** Every Friday at 11 a.m. on FaceBook Live. No need to register, just tune in to FaceBook to sing songs and read some fun books together with Miss Emily. ###

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Sherlock Holmes Returns

On Wednesday, March 23, 2022, The Hasbrouck Heights Leisure Club invites you to a day trip to Hunterdon Hills Playhouse, Hampton, NJ, to see a pre-Broadway engagement of a World Premiere Musical Comedy, "Sherlock Holmes Returns."

Enjoy a table-served full course meal with choice of entree, dessert buffet and the show. Price, including transportation, tax and tip is \$75 pp. Bus leaves from the Senior Center at 9 a.m. For more information, contact Ro or Tara for the sign up sheet. *Provided by Gladys Gamble. ###*

ER Seniors

March 21, 2022 Caesars Atlantic City Bus Trip is hosted by ER Seniors Club. Bus departs at 9:30 a.m. sharp, from CVS parking lot on Paterson Avenue. \$35 pp includes \$30 slot play. Call 201-803-4708 for details.

- Upcoming Events Time and Prices TBA**
- March 17: St. Patrick's Day Luncheon at LiGreci's Restaurant, Staten Island, NY. Lunch, open bar, dancing and a comic. \$60 pp. Bus leaves CVS parking lot at 10 a.m. sharp.
 - April 5: Rock and Roll Party at Hanover House Manor. Show and Luncheon: 1 free bar drink, pasta, salad, chicken marsala, roast beef, vegetable, potato, dessert, coffee, tea, soda. Bus leaves CVS at 10 a.m. sharp. \$60pp.
 - May 11: Lunch and Show "I Left my Dignity in my Other Purse," Hunterdon Hill Playhouse, Hampton, NJ.

Any East Rutherford senior resident interested in joining the Club, meetings are held at 1 p.m. on the 2nd and 4th Tuesdays of the month at the Senior Civic Center, 37 Vreeland Avenue. Refreshments are served. There are special events and parties for members throughout the year.

Free blood-pressure screenings - on the 4th Tuesday of the month beginning at 11:30 a.m. Membership is \$15 per year. Contact Debbie for membership at 201-803-4708 and Josephine for trips at 201-981-6284. ###

Kip Center Monthly Casino Trip

Note: Due to COVID, check the Kip Center for current status.

The Kip Center hosts a Sands Casino Trip the second Monday of every month. Bus leaves at 9 a.m. from the Kip Center, 55 Kip Avenue, Rutherford. The cost is \$35.

55 Kip Members first priority, but spaces are generally available for your friends. Reserve early. New to the Kip Center? Give it a try, there is always something going on. Call 201-460-1600 for information. ###

Carlstadt Senior Friendship Club

Senior Friendship Club, Inc. meets at the Civic Center Building, every first and third Wednesday of each month. Every Thursday, from 1 p.m. to 5 p.m., card games Mexican Train/dominos.

Senior Club Meetings are 1st and 3rd Wednesdays of the month. We have interesting events at our regular meeting days with guest speakers and entertainment. We follow protocols of CDC to be on safe side. We are planning for more varieties of programs, such as cultural events, hands on art and craft, musical events and much more.

Trips

- March 31: Tropicana. \$60 pp. \$15 food, \$25 slots. Yakov Smirnoff, comedian.
- April 5: Hunterdon Hills. \$77 pp. Sherlock Holmes Returns.
- June 9: Paper Mill Playhouse. \$95 pp. Sister Act. Sofia's Italian Restaurant.

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

Vic's Hoofers Resume

The Vic's Hoofers, a ladies social group, meets on the first Thursday of the month at the Carlstadt Civic Center on 4th Street at 7 p.m. Women from surrounding towns are invited to join. Dues are \$15 per year.

So put down those electronic gadgets and join us for some good old fashion fun and laughter. Refreshments are served at each meeting. The fun activities are planned for each month. New members are always welcome. Call Alice at 201-933-8561. ###

LF Seniors

Little Ferry Bingo/Pokeno is held at the Senior Center on the 2nd and 4th Tuesday of the month from 12 p.m. to 4 p.m.

Senior meetings are held the 2nd Thursday of the month at 1 p.m at Little Ferry Senior Center. *Provided by Gloria Martin. ###*

Good manners are always in style

Lodi Senior Citizens Club

Any senior living in Lodi, who is at least 55 years young, may join our Club. We are located at the Lodi Senior Building at 22 Walnut Street, Lodi.

The Club meets on the second and fourth Tuesday of every month. We have free Blood Screenings on that day.

Every Thursday is Fun Day. We have a pool table, shuffleboard and Bingo. We welcome non-members on this day. We start each Thursday with our exercise class at 11:30 a.m.

Due to Covid, call for more information at 973-472-6994. *Provided by Don Stein. #####*

Moonachie Senior Club

Any seniors living in Moonachie, who are at least 60 years young, may join our Club. The dues are only \$10 a year, payable at our first meeting in January of every year.

At several of our meetings, we will have speakers on interesting topics and some form of entertainment. After every meeting, you will receive a small, tasty Club sandwich, a cup of tea or coffee, and some pastry. At the end of the year, you will also enjoy a Christmas party, at a local restaurant.

Anyone from Moonachie who might be interested in joining our Club, please call Roxane at 201-807-1085. *Provided by Charles Pallas. ###*



Health Tip

Salt intake higher than 1 tablespoon a day can raise blood pressure. Don't put salt on the table, where people will automatically reach for it, and always taste before you add. ###

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March is National Nutrition Month

- **Watch Portion Sizes.** Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.
- **Explore New Foods and Flavors.** Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.
- **Slow Down at Mealtimes.** Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.
- **Drink More Water.** Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.
- **Get Cooking.** Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.
- **Eat Seafood Twice a Week.** Seafood – fish and shellfish – contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.
- **Get Cooking.** Preparing foods at home can be healthy. Master some kitchen basics, like dicing onions or cooking dried beans
- **Get to Know Food Labels.** Reading the Nutrition Facts panel can help you choose foods and drinks to meet your-nutrient needs.
- **Eat Breakfast.** Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.
- **Fix Healthy Snacks.** Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana.
- **Consult an RDN.** Whether you want to lose weight, lower your health-risks

or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

• **Reduce Added Sugars.** Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts Label or ingredients list to identify sources of added sugars.

Source: *Academy of Nutrition and Dietetics.* ###

Diabetes Alert Day

American Diabetes Association Diabetes Alert Day is on March 22, 2022. Observed annually on the fourth Tuesday in March, Diabetes Alert Day is a one-day “wake-up call” that focuses on the seriousness of diabetes and the importance of understanding your risk.

- As of now, more than 10.5% of the United States population is diabetic, whereas those at risk or at the prediabetic stage amounts to approximately 110 million of the total population.
- Nearly 1 in 5 adults living with diabetes, or 7.3 million Americans, are unaware that they have the disease.
- Approximately 88 million people aged 18 years or older have prediabetes, a condition in which blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes.
- More than 84 percent of people living with prediabetes don't know they have it.
- About 50 percent of women with gestational diabetes go on to develop type 2 diabetes.
- There is a reason why diabetes is known as the silent killer. The human body sometimes shows no symptoms despite blood sugar levels gradually increasing until you are at fatal risk. So being aware of it, finding out about the risks, and getting tested are extremely important.
- Spreading awareness about diabetes encourages people to take time out to read up on it. People can get tested, get their blood glucose levels checked, and find out valuable information to help in the long run. For instance, did you know eating a cup of beans can lower blood sugar levels and minimize the risk of heart diseases?

Source: NIH ###




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Filling You In

By Jeffrey E. Mason, DMD, FAGD.

Understanding Aging and Oral Health

The aging population in the United States is growing. Older patients should know that maintaining good oral health is vital to having a healthy smile and optimal overall health.

According to the Centers for Disease Control and Prevention (CDC), oral pain, difficulty eating (due to missing teeth, ill-fitting dentures, cavities and gum disease) and tooth loss are all signs of oral health problems in aging adults. Your dentist can help prevent and detect these oral health problems.

What oral conditions am I more prone to as I age?

- **Dental caries.** Dental caries (*tooth decay*) is one of the main causes of tooth loss, or edentulism. About 23 million people are completely edentulous (*toothless*), according to the American College of Prosthodontists.
 - **Periodontal disease.** Periodontal disease (*gum disease*) is a chronic bacterial infection that affects the gums and bone supporting your teeth.
- According to CDC, in 2012, one out of every two American adults age 30 and older have had gum disease, which can lead to tooth loss.
- **Xerostomia (dry mouth).** When the salivary glands do not work properly, the amount of saliva in the mouth decreases, resulting in dry mouth, which can lead to decay. Prescription and over-the-counter medications are the most common cause of dry mouth. Dry mouth can make it

Medicare and Social Security Workshop

The East Rutherford, Maywood and Carlstadt Libraries welcome Bianca Noiseux from AAA Retire, Director of Retirement Planning, on Wednesday, March 2, 2022, at 6:30 p.m.

Learn the most up-to-date information regarding Medicare and Social Security Benefits. A Zoom link will be emailed after registering. Please register at carlstadtlibrary.org or call 201-438-8866 for more information. ###

Emergencies: Call 9-11

difficult to eat, swallow, taste and speak.

- **Oral cancer.** Oral cancer typically is painless in its early stages but can become painful as it spreads.

Go to your dentist immediately if you observe any of the following: changes in the way your teeth fit together; oral sores that bleed easily or don't heal; lumps, thickening, rough spots or crusty or eroded areas in your mouth; or difficulty swallowing, chewing, speaking, or moving your jaw or tongue.

Your dentist should perform a head and neck exam to screen for oral cancer during your routine checkups.

How can I maintain my oral health as I age?

- **Avoid tobacco,** which is a risk factor for periodontal disease and oral cancer, and limit alcohol, which is also an oral cancer risk factor.
 - **Drink fluoridated water** and use fluoride toothpaste to protect against decay.
 - **Practice good oral hygiene.** Brushing your teeth with a soft-bristled brush for two minutes twice a day, and flossing between teeth, can help remove plaque. If you wear dentures, brush them every day to remove food particles and plaque and to prevent staining.
- Before inserting your dentures, brush your gums, tongue and the roof of your mouth with a soft-bristled brush to stimulate tissue circulation and remove plaque.
- Visit your dentist at least twice a year. People who do not have teeth still need to visit the dentist regularly, since denture adjustments and oral cancer screenings are part of routine dental visits. Older patients who are planning to enter a nursing home should ask about on-site dental care.

What if arthritis makes brushing my teeth difficult?

If you have arthritis and brushing your teeth is painful for you, you can try securing your toothbrush to a wider object, such as a ruler, or try an electric toothbrush. Talk with your dentist for more suggestions.

Ref: *Academy of General Dentistry 2017*

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

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 20-26, 2022, which is designated to highlight the dangers of poisonings and how to prevent them.

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 55 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.

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.
- Keep all laundry products locked up, high, and out of the 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.
- Maintain working smoke and carbon monoxide detectors.

Treatment: If your child is unconscious, not breathing, or having convulsions or seizures due to poison, contact or ingestion, call 911. If your child has come in contact with poison, and has mild or no symptoms, call your poison control center at 1-800-222-1222. ###

Safeguard Your Home

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 12, 2022, 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, blacktop sealers, disinfectants, fertilizer, fire extinguishers, 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.

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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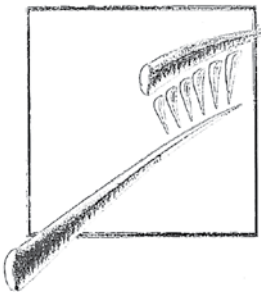
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Spring Model Railroad Show

The excitement and “Romance of Railroads,” and the enjoyment of building and displaying model trains has kept the Society of Model Engineers going since 1926, making it the oldest model train group in the United States.

The members operate a train museum and two large “Railroad Empires” covering almost 5,000 square feet.

The larger “O” Scale layout is 40 by 70 feet and has almost 20 scale miles of train track, with detailed scenic diorama with realistic track work, roads, interesting structures, bridges and tunnels.

The “HO” Scale layout is approximately 30 by 45 feet. It also, is fully scenic with miles of scale track. Over 50,000 miniature trees have been

installed by the members to depict Northern New Jersey.

Many of the models are one of a kind and were handmade by Society members. Trains of all types, passenger, freight, and circus trains, will be operating continuously.

Also on display will be the Society’s collection of historic railroad memorabilia signage, railroad lanterns, steam locomotive bells and whistles, railroad photos, etc.

The Society’s Annual Spring train show will be open Saturdays and Sundays on March 5/6, March 12/13 and March 19/20, 2022 from 1 to 5 p.m. Admission is \$8 for adults. Children under 12 free. For more information call 201-939-9212 or go to: www.ModelEngineers.org ###

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Published Monthly. Issued the first week of the month.
Distributed via U.S. Postal Service and available at select locations.
All issues are available online FREE in pdf format. RSS feed available.
Deadlines are: Editorial copy and completed ad material is due the 5th day of month preceding issue. Issued about the first week of the month. © 2022 All Rights Reserved. Published by The Iron Horse Advertising and Marketing Company, Inc. Reproduction of any photos requires permission. Photos are available @ <http://gazette-newspaper.smugmug.com/> “The Gazette” may represent “The Gazette Newspaper for Carlstadt, East Rutherford, Hasbrouck Heights, Little Ferry, Lodi, Moonachie, Rutherford, South Hackensack, Teterboro, Wallington and Wood-Ridge.”
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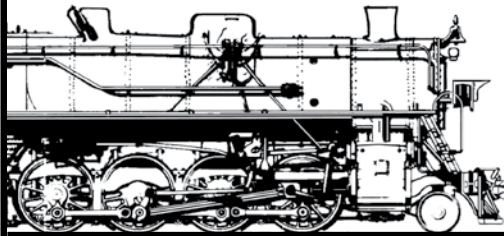


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Lodi House Fire Draws Mutual Aid Response

A family of four was burned out of their 2½-story wood-frame home on Thursday, February 17, 2022.

Firefighters first responded to the scene at 12:15 p.m. The fierce, fast-moving fire instantly went to two alarms. Firefighters were forced out before the roof collapsed.

Flames were visible on the home's roof, parts of which soon collapsed. In the middle of the building, only support beams remained. The back façade was completely gone. The immense heat began to melt away the house's siding as firefighters worked to control the blaze.

After two hours of dousing the home, firefighters extinguished the blaze.

A construction official declared the home condemned due to extensive damage,

Mutual Aid responders included firefighters from Garfield, Hackensack, Hasbrouck Heights, Sddle Brook, Wallington and Wood-Ridge.

No serious injuries were immediately reported. The fire is under investigation. *Photos through the generosity of Ron Jeffers. ###*



W-R Garage Fire

On January 21, 2022, the Wood-Ridge Fire Department responded to a detached garage fire on Hackensack Street. WRFD Engine 901 was first due and laid a 5-inch supply line and placed into service a 2-1/2 inch hand line.

WRFD Ladder 904 arrived and using a K-12 saw, made a triangle cut in the garage door for the hose line to be able to access the fire.

WRFD Engine 902 arrived and stretched a 1-3/4 inch hand line for exposure protection of

the adjacent house. Engine 901 provided a quick knockdown of the fire and an extensive overhaul ensued. A vehicle left running in the garage was the cause of origin reported by the Wood-Ridge Fire Prevention Bureau.

Firefighters operated in extremely frigid conditions. However, no injuries were reported. The Wallington Fire Department assisted at the scene as the FAST Team and the Hasbrouck Heights Fire Department Ladder 617 assisted

with ventilation and overhaul.

Carlstadt Fire Department Engine and Rescue originally called to assist at this fire were redirected, along with Moonachie Fire Department Tower Ladder, to a gas line struck by contractors on the west side of Wood-Ridge. Little Ferry and Lodi Fire Departments respectively, covered the Wood-Ridge Fire Headquarters for any additional alarms in the Boro. *Story by WRFD. Photos by Dennis Kronyak Sr. ###*



To appreciate the beauty of a snowflake, it is necessary to stand out in the cold. Aristotle



Toto, I have a feeling we're not in Florida anymore.



It doesn't snow on email.



I don't think snow is romantic at all!



What would William Carlos Williams say?



Water reframed



It's SNOW time.



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