

# The Gazette

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

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May 2023

★★★★★



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## Personal Best

Although you are part of a team, you know that this is about your personal performance and pride in your athletic abilities. Yes, there were try-outs, training, coaching and practice, plus developing the concentration, motivation and positive imagery to be the Winner. The mental skill-set to be a Star!

There is that critical moment that tests being your best. When at that difficult moment, you are exhausted, want to quit -- reach down into your soul -- draw from your inner strength -- persevere at the toughest moment. Don't quit. Just keep going. Make that extra effort. Maintain focus.

Perform at your peak. Be at one with yourself, and be the Winner you really are.

*See more photos on pages 14-15.*

**Support Ukraine Freedom**



## 2nd Annual Great Duck Derby May 6

The Lions Club of Rutherford presents the 2nd Annual Great Duck Derby on Saturday, May 6, 2022 (*Rain date: May 7*), from noon to 3:30 p.m. and consists of three races at 2 p.m., 2:30 p.m. and 3 p.m.

Individually numbered plastic ducks will be released into a waterway along W Pierrepont Avenue, near Carmita Avenue, racing to the finish line.

Those interested will “adopt” a Duck for \$5 or a Quack Pack (*6 ducks*) for \$25. Over \$3,000 in prizes. Prizes will be awarded to the “adoptive parents” of 10 lucky ducks in each of the three races. Winners do not need to be present to win. No cash equivalent prizes will be provided in lieu of the designated prizes.

The day will include fun activities, crafts and games, refreshments and the duck races. Free to attend the event. Fun for the entire family!

Questions: Contact Laura 201-893-1172. Check out the Facebook page @Rutherford-LionsClub for Duck Adoption locations. ###

## Car and Motorcycle Show

After missing our shows in 2020 and 2021 due to the Covid-19 pandemic and the associated restrictions regarding public gatherings, the 2022 show was a huge success.

On Sunday, May 7, 2023,

the Nam Knights of America will host their 29th Annual Car and Motorcycle Show at their Clubhouse, 197 Washington Avenue, Carlstadt. Rain date is May 21, 2023. Gates open 9 a.m. for entries. Entries must

be parked by noon to be judged. Show starts at 11 a.m.

There will be music, food, vendors and raffles. No alcoholic beverages or pets. Admission for show participants is \$20. Spectators \$5. Children under 12 free. Free admission for disabled Veterans and disabled Police Officers. Entries

and spectators must enter Show via Paterson Plank Road to Michele Place, Nam Knights Way will be closed.

Event benefits Veterans and Law Enforcement Officers.

For more information, call 201-538-4387 or go to [www.namknights.org](http://www.namknights.org) email [carshow@namknights.org](mailto:carshow@namknights.org) ###



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FAIRLEIGH DICKINSON





# Pinwheels for Prevention

At 2 p.m., on Sunday, April 2, 2023, Hasbrouck Heights GFWC-Contemporary Club planted a pinwheel garden at The Circle Gazebo.

April is National Child Abuse Prevention Month. In 2008, pinwheels were adopted

as the official symbol of child abuse prevention.

The pinwheel was chosen as a national symbol of prevention because it is whimsical and evokes childlike notions, and stands for the chance at healthy, happy and full lives that all children deserve.

Children who are raised with safe, stable, and nurturing relationships and environments are more academically and financially successful and grow up to be productive, contributing members of their

communities. Pinwheels are a reminder that we all play a role in children's lives.

Pinwheel gardens represent our effort to focus on community activities that support families and public policies that prioritize prevention right from the start to make sure child abuse and neglect never occur.

Pinwheels are used to help educate communities about the importance of supporting children and families.

Shining in the sun, the pinwheel is reflective of the bright future all children deserve and our belief that getting it right early is less costly than trying to fix it later. This is the 12th year the HH Contemporary Club participated in the pinwheel garden program. ###



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### Happy Mother's Day



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## Mother's Day • May 14

Arrangements • Plants • Roses  
Planters • Unique Gifts

# Weekends R fun at JC events

May 13th...Maywood Food Truck Fest-Myron Corp Parking Lot  
May 27th...Saddle Brook Food Truck Fest-St. Philips Parking Lot  
June 4th...Hasbrouck Heights Chamber of Commerce Street Fair

## Street Fairs • Food Truck Fests

## Arts & Crafts Fairs

## Vintage Marketplace • Flea Markets

[www.JCPromotions.info](http://www.JCPromotions.info)



## Fashion Show Tricky Tray May 10

On Wednesday, May 10, 2023, at 6 p.m., Wallington High School Home and School Organization, will host a Fashion Show/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.

Combo packs in advance or at the door: Gold is \$50. Various ticket levels available. Name/phone number must be written on back of tickets.

- Super raffle \$10 per tickets. Purse Spin \$10 per ticket.

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

## HH Town-wide Garage Sale May 20, 21

A Hasbrouck Heights town-wide garage sale is scheduled for May 20 and 21, 2023, from 9 a.m. to 4 p.m. Rain or shine. Participation in this sale does not count towards the “two garage sales” per year ordinance. Sign up dates are May 16 and 18, from 6 to 8 p.m., at the main entrance of Borough Hall. There is a \$10 fee.

Space will be made available for apartment dwellers and fund raising organizations. Participants must bring their own table.

A free map indicating all registered participants’ addresses will be distributed to the shoppers. Deadline to register is May 18 to get your name on the map. Free maps will be available on Friday in the Clerk’s office and Saturday at the main entrance of Borough Hall. The map will be posted on the Borough website. For more information, call the Borough Clerk at 201-288-0195. ###

## FOCAS Holds Flea Market

FOCAS Flea Market will be held Saturday, May 20, 10 a.m. to 4 p.m., at the American Legion, 100 Liberty Street, Little Ferry. Note that 2023 Flea Markets will be Saturday only 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. ###

## Handbag Bingo May 12

The Immaculate Conception High School will be hosting its annual Handbag Bingo Night on May 12, 2023, at 258 South Main Street, Lodi, NJ, with doors opening at 6 p.m. and the first game starting at 7 p.m.

A \$50 ticket includes 10 games of Bingo. Extra boards and daubers may be purchased. There will be Tricky Tray raffles and a 50/50. No one under 18 years of age is permitted. For more information, call 973-773-2400. ###



**427 Boulevard, HH**  
**973-975-8208**  
*Corner of Williams Avenue*

## Open Cockpit Experience May 20

The Aviation Hall of Fame will host Open Cockpit Day on Saturday, May 20, 2023, from 10 a.m. to 4 p.m.

Visitors will have the opportunity to sit in the cockpit of a very rare Lockheed Bushmaster plane, a M\*A\*S\*H Bell 47 helicopter made famous during the Korean War.

Explore the cabin of the world's only surviving restored cockpit of the Martin 202 airliner.

You can visit inside the HH52A, U.S. Coast Guard rescue helicopter. Also, on display are the Bell AH-1 Cobra helicopter and the OV-1A Mohawk observation/attack aircraft, as well as other aviation cockpits including our newest exhibits: a General Aviation Trainer (G.A.T-1) and a Glider recently donated by Jersey Ridge Soaring.

Also popular with young people is our official Airport Rescue Firefighter Truck! For young astronauts, we have our working display of the International Space Station (ISS) along with uniforms and items used

by the many Astronauts like Buzz Aldrin, Scott and Mark Kelly, to name just a few.

Admission: \$20 for adults, \$12 for seniors and children under 12. No discounts, Library Passes or Membership Passes can be used on Open Cockpit Days.

The Museum is located at 400 Fred Wehran Drive, adjacent to the Teterboro Control Tower. Come see why our Museum has been named as “One of the 10 Best Museums in the State of NJ.” For more information call 201-288-6344 or go to: www.njahof.org ###

## Celebrate Mother's Day Ask about our Prom Season Specials

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## Mother's Day May 14

## Thanks, Mom!

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## Stitch One, Share One

Stitch One, Share One group will meet Sunday, May 28, 2023 (*on the fourth Sunday of each month*), from 2 to 5 p.m., at Holy Trinity Lutheran Church, 92 Burton Avenue, Hasbrouck Heights.

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

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

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## Casino Bus Trips

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Call Diane at 201-475-8898 or  
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Scholarship  
Breakfast May 20

The Contemporary Club of Hasbrouck Heights is hosting a scholarship breakfast fundraiser on Saturday, May 20, 2023, from 8:30 a.m. to 12:30 p.m., at Fisher's Cafe, 245 Boulevard, Hasbrouck Heights.

Cost is \$15 pp. Choice of eggs, pancakes or French Toast with sausage, coffee, tea.

For tickets call 201-288-0495 or 201-665-9272 by May 15. Proceeds to benefit local high school scholarships. ###

Fish & Chips  
June 11

The First Reformed Church of Hasbrouck Heights, 300 Washington Place presents Fish & Chips (or Chicken and Chips) on Sunday, June 11, 2023. Take-out from 5 to 5:30 p.m. Sit down dining begins at 5:30 p.m.

Adults \$20. Kids \$10. Check or cash. Payment with order. Order deadline is Monday, May 22. To purchase tickets call 201-288-1122 or email: firstrefhh@optonline.net.

Menu includes coleslaw, tartar sauce and malt vinegar.

This Friendship Fundraiser is prepared by Tastefully British. ###

Strawberry  
Festival June 4

The Ladies Aid Society of the First Presbyterian Church of Carlstadt will be sponsoring a Strawberry Festival at the Community Hall on Third Street in Carlstadt on Sunday June 4, 2023, from 11:30 a.m. till 1 p.m.

Fresh strawberries, with pound cake and whipped cream or ice cream, will be served with coffee, tea & juice (for the children). \$8 pp. 50/50 tickets will be sold at the door. ###

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Postal Food  
Drive May 13

On Saturday, May 13, 2023, letter carriers across America will collect non-perishable food donations which will go directly to local food pantries.

Currently, more than 35 million Americans are unsure where their next meal is coming from. More than 12 million are children who feel hunger's impact on their overall health and ability to perform in school. And nearly 5.2 million seniors over age 60 are food insecure, with many who live on fixed incomes, often too embarrassed to ask for help.

Participating in this year's Letter Carrier Stamp-out Hunger Food Drive is simple. Just leave a non-perishable food donation in a bag by your mailbox for your letter carrier to pick-up.

Over the course of its 30-year history, the drive has collected well over 1.82 billion pounds of food. ###

Spaghetti Dinner  
June 16

Knights of Columbus St. Michael's Council 2861, at 39 Washington St., Lodi, invites you to attend our 2nd Annual Spring all-you-can-eat spaghetti dinner charity fundraiser on Friday, June 16, 2023, from 5 to 8 p.m.

Includes spaghetti, marinara and clam sauce, meatballs, bread, salad, dessert, soda and water. Cash bar. Cost is \$15 each. Take out available. Children under 12 eat for 1/2 price. Tickets will be sold at the door or can be purchased in advance by calling Brad at 201-376-3071 or Louis at 201-953-6439. ###

Pig Roast  
July 15

Sons of the American Legion Squadron 310 will host the Art Jensen Jr. Annual Pig Roast on Saturday, July 15, 2023 from 3 to 7 p.m. at their Post, 100 Liberty Street, Little Ferry.

Cost is \$30 in advance. \$35 after July 11. Children under 12 eat free.

Menu includes hamburgers, hotdogs, BBQ chicken, two-100 lb. pigs, London Broil, fresh corn on the cob, mussels and salads, beer and soda.

Music by DJ Bill Regan. Permit # 103362. For additional information, please call 201-807-0470. ###

Roast Beef  
Dinner Apr. 28

The Ladies Aid Society of the First Presbyterian Church of Carlstadt will be sponsoring a Roast Beef Dinner on Friday, April 28, 2023, at the Community Hall on Third Street in Carlstadt.

Roast Beef with gravy, mashed potatoes, vegetables, homemade coleslaw, desserts, soft drinks, coffee and tea will be served from 5:30 p.m. till 7:30 p.m. Cost is \$15 per person and \$6 for children under 10. 50/50 tickets will be for sale.

Please call the Church office at 201-438 5526 from 9:30 a.m. till 12:30 p.m. weekdays for further info. Also, call Church office in case of inclement weather conditions. ###

Pizza Night  
May 19

Sons of the American Legion Post 310, 100 Liberty Street, Little Ferry, is hosting the best thin crust pizza on Friday, May 19, 2023, from 5 to 9 p.m.

One plain pizza is \$7 and \$1 for each additional topping. For more information, call 201-807-0470. ###

Wallington  
Little League  
Italian Dinner  
June 9

On Friday, June 9, 2023, at 6 p.m., the Wallington Little League will be holding an Annual Italian Night Dinner and Tricky Tray event at Hillside S.A.C., 22 First Street, Wallington.

Tickets are \$15 pp and include salad, pasta, slice of pizza, bread, soda/water and dessert. Cash bar. Raffles.

All of the monies that are raised will be given back in special baseball and softball outings, programs, and clinics.

Please donate an item or service to be raffled off. Gifts can be mailed to: Wallington Little League, c/o Joe/Adele Mulvaney, 2 Elizabeth Place, Wallington, NJ 07057.

For more info contact Necole at 201-696-5592 or email: wallingtonlittleleague1951@gmail.com ###

Advertisers  
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Lodi KC Pancake  
Breakfast May 14

The St. Michael's Council of the Knights of Columbus are having their monthly buffet-style Family Breakfast on Sunday, May 14, 2023, 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: \$10; children over 6: \$5; children 6 and under: free. Profits to benefit local charities. For more information, call Joe at 201-805-4576. ###

BBQ May 17

The Ladies Aid Society of the First Presbyterian Church of Carlstadt will be hosting a barbeque dinner on Wednesday, May 17, 2023 at the Community Hall on Third Street in Carlstadt.

Burgers, hot dogs, salads, mac & cheese, drinks and desserts will be served from 4 to 7 p.m.

Price will be \$12 for adults, \$6 for children 10 & under. 50/50 tickets will be sold at the door. For further info call the Church office at 201-438-5526 from 10 a.m. till 12 p.m. weekdays. ###

Beefsteak  
Sept. 15

American Legion Post 310, 100 Liberty Street, Little Ferry, is hosting an "all you can eat beefsteak" on Friday, September 15, 2023, at 7 p.m.

Cost is \$55 pp and includes draft beer and soda. Prepared by Nightingale Catering. For tickets call 201-807-0470. ###

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. ###

Road Courtesy  
is Contagious

Beefsteak  
May 18

The Woman's Club of Rutherford invites members and guests to their annual Beefsteak Dinner on Thursday, May 18, 2023, starting at 6:30 p.m., at their Clubhouse, 201 Fairview Avenue, Rutherford.

A 50/50 and basket raffles will be available, Country Line Dancing will be featured.

Tickets are \$45 pp and include beefsteak dinner, dessert, water, soda, coffee and tea. BYOB beer and wine. No tickets will be sold at the door.

For tickets, call Sue at 201-838-5116. Provided by L. Beck. ###

AL Picnic  
Sept. 9

American Legion Post 310 will hold its 41st Annual Picnic on Saturday, September 9, 2023, from 3 p.m. to 7 p.m., at American Legion Post 310, 100 Liberty Street, Little Ferry. Rain or Shine.

All you can eat, BBQ chicken, Baby Back spareribs, hamburgers, hot dogs, sausage and peppers, clams on a half shell, corn on the cob, Manhattan Clam Chowder, salads, draft beer and soda included. Our bar will be closed for non-ticket holders.

Entertainment by DJ Jack Jam. There will be a 50/50 drawing. Please bring your lawn chair. Large Pavilion on site and tents in case of inclement weather.

Cost is \$35 per person at the door or after September 5th. Advance tickets \$30.

All proceeds go to support Veterans and children's programs. For additional information, call 201-807-0470. ###

Free Lunch  
Saturday

The First Presbyterian Church of Moonachie for the "Free Lunch Saturday" program, will be held May 6, 2023 at 11:30 a.m.

May lunch is chili (while supplies last).

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. ###

Send your press releases to: gazettenewspaper@gmail.com



**Bergen County  
LGBTQ Seniors  
Meet May 9, 15, 19**

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

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

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

**Texas Hold'em  
June 3**

American Legion Post 310 will host Texas Hold'em tournament on Saturday, June 3, 2023, starting at 7 p.m., at their Post, 100 Liberty Street, Little Ferry. Must be 21+. \$100 entry. Food and soft drinks included. For additional information call 201-807-0470. ###

**Friday Night  
Dancing**

The Hasbrouck Heights Elks Lodge 1962, 128 Baldwin Avenue, Hasbrouck Heights, will host dancing every Friday night from 7:30 to 11:30 p.m. with DJ Gerri. Cost is \$12 at the door. Coffee included. Cash bar. For more information, call Cathy at 1-386-852-4881. ###

**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. ###

**Resorts Casino  
May 23**

On Tuesday, May 23, 2023 the Hasbrouck Heights VFW Post 4591 will sponsor a bus trip to Resorts Casino, Atlantic City. The cost is \$40 (*paid in advance*). Continental breakfast from 9 a.m. to 9:30 a.m. Upon arrival, a slot voucher will be given. To help the travel time pass, there will be a 50/50, Bingo and a movie.

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

**LF Fishing  
Derby June 17**

On June 17, 2023, the Fishing Derby will take place at Indian Lake at Lakeview Park, sponsored by the Little Ferry Police Activities League. Registration is 9:30 a.m. and fishing begins at 10 a.m. to noon. No fishing license needed for anyone under 15. Please bring your own bait and tackle. Limited bait, tackle and fishing poles are available on a first come basis. There will be prizes awarded to each age. Open to Little Ferry residents only. Children must be accompanied by an adult. ###

**Wallington FD  
Memorial Service/  
Inspection April 29**

Wallington Fire Department will hold its Annual Memorial Service and Inspection on Saturday, April 29, 2023, at Engine Company 202 Johnson Avenue Firehouse at 4 p.m. to remember members who answered their last alarm, followed by the Annual Inspection of the Fire Department personnel and equipment, by the Mayor and Council and Mutual Aid Chiefs. All Family and Friends of our present and passed members are welcome to attend the service. ###

**HHFD  
Inspection  
May 20**

The Hasbrouck Heights Fire Department will hold a Department Inspection at 7 p.m., on May 20, 2023, at Fire Headquarters, 248 Hamilton Avenue, Hasbrouck Heights.

In attendance will be Borough officials and Mutual Aid Chiefs. The public is welcome to inspect the personnel and equipment. ###

**Indoor Garage  
Sale May 6**

The Rutherford Congregational Church at 251 Union Avenue will be holding an Indoor Garage Sale on Saturday, May 6, 2023 from 9 a.m. to 3 p.m.

Individual sellers will have tables and will conduct all personal sales. Bagels, donuts, coffee and tea are available for sale. A variety of items will be available for purchase. ###

**Socks &  
Underwear  
Drive For Vets**

Lodi American Legion Auxiliary Unit 136 is collecting socks and underwear to benefit Paramus Veterans Home residents.

Items needed: new men's and women's white socks, diabetic socks, men's undershirts. sizes Large, XL and XXL, body wash and deodorant.

Bring donations to the Post: 41 Union Street, Lodi any day between 10 a.m. and 2 p.m. This drive ends June 1, 2023. ###

**Last Man  
Standing Raffle**

American Legion Auxiliary Unit #142 is is hosting a Last Man Standing 50-50. 200 tickets to be sold. Winner will receive \$2,000. Donation is \$20. Winner need not be present. No substitution of prize given. Drawing is October 21, 2023 at 7 p.m. at the Post, 135 East Passaic Street, Maywood. (294-6-42837). Bring your own snacks. Cash bar. Doors open at 6 p.m. Fund-raiser supports community projects. For tickets, call Debbie at 551-587-3699. ###

**Show Your  
Colors ...**



**May 29, 2023**

On **Memorial Day**, the flag should be flown at half-staff from sunrise until noon only, then raised briskly to the top of the staff until sunset, in honor of the nation's battle heroes.

**Street Fair  
HH June 4**

On Sunday, June 4, 2023, the Hasbrouck Heights Chamber of Commerce will once again host the Hasbrouck Heights Street Fair. The event will be held along the Boulevard, from 10 a.m. to 5 p.m., rain or shine.

The street will be transformed into a giant block party. They are expecting to attract thousands of people from the community and other neighboring towns. They hope that you'll consider joining them for a fun-filled day.

• **A Special Kids Traveling Shindig** section will be brimming with all kinds of fun stuff to do. There will be kiddie rides, trackless train ride, face painting, sand art, temporary tattoos, and much more.

• **Come Hungry.** Some of the local eateries will be participating, with outdoor dining, along with a variety of gourmet food trucks and food vendors serving gyro, shishkabobs, zeppoles, funnel cakes, fried Oreos, sausage/peppers, cheese steaks, empanadas, kettle corn,

ice cream, lemon ice, candy and nuts, sweet breads, jams, sticky buns, pizza, burgers, fried hot dogs, pulled pork, steak sandwiches, tacos, and more.

• **Shopping.** This fair will feature over 100 exhibitors and local merchants selling products, new items, crafts and collectibles. If you like shopping outdoors, then this is the place to be.

• **Live Entertainment.** Don't miss entertainment that is planned with music, dance and demonstrations from the local dancing schools, karate clubs and more. There will be chairs set up so you can relax, eat and enjoy the shows all day long.

• Local shops and organizations please contact the chamber by email below or contact JC Promotions for more info on how you can participate. Please call or email JC at 201-998-1144 or events@jcpromotions.info.

For sponsorship information contact: info@Hasbrouck-HeightsChamberOfCommerce.com ###

**Art Association of Rutherford**

The Art Association of Rutherford will hold its May meeting on May 11, 2023 at 7:30 p.m. We will be having our annual critique, members and visitors are encouraged to bring a painting, photo, or other art for tips on how to improve their skills, or just come and watch! The meeting will be at the KIP Center 55 Kip Avenue, Rutherford, NJ. A non-mandatory \$3 donation is suggested for non-members, but all are welcome! For more information or questions, contact Lissanne at lissanneart@gmail.com ###



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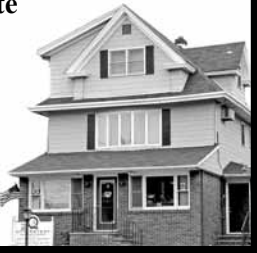
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Rock & Rockin Country May 5

On Friday, May 5, 2023, starting at 8 p.m., enjoy the High Strung Band, playing classic rock and rockin country music at the American Legion Post 310, 100 Liberty Street, Little Ferry. No cover. No outside drinks. The Post is a non-profit organization. For additional information, please call 201-807-0470. ###

Carole King Tribute May 6

On Saturday, May 6, 1 to 2 p.m., at the Hasbrouck Heights Senior Center, join Gerard and Diane Barros of Barros Music as they salute the legendary singer/songwriter Carole King and cover several of her great solo hits and classics she wrote for other artists, such as the Drifters, Shirelles, Chiffons, Everly Brothers, James Taylor, Beatles, Monkees and more!

Refreshments will be served. Free admission. Registration is encouraged. Call 201-288-0488. ###



Enjoy Meeting People? Become a Volunteer!

The Aviation Hall of Fame and Museum at Teterboro Airport is seeking Volunteers who enjoy meeting people.

There are 3 different Volunteer activities to choose from, tour guides, maintenance people to work on projects and new displays and computer associates to work in our rich library. We offer flexible hours and free training and support.

Visit www.njahof.org and check out the self guided tour of our Museum. For additional information, call Ralph at 201-288-6344 or email: ralph.villecca@njahof.org ###

Carlstadt Mixed Chorus Annual Music Festival

The Carlstadt Mixed Chorus will hold its Annual Music Festival directed by Johanna Teubner-Prussak on Sunday, May 7, 2023 starting at 2 p.m. at the Carlstadt Turn Hall, 500 Broad Street, Carlstadt.

Donation is \$25 pp. Dance music by "Bud and Linda." The kitchen and bar will be open. For reservations, call 973-777-6677 or 973-204-9933. ###

Million Dollar Quartet May 9

Trip to Hunterdon Hills Playhouse to see hit Broadway Musical Million Dollar Quartet Tuesday, May 9, 2023. Cost is \$100 pp and includes roundtrip transportation, lunch and show.

Bus will leave Kip Center at 9:45 a.m. and return by 5:15 p.m. All are welcome. For more info, call Cathy 201-460-1600. ###

Historical Society Seeks Members

The Wood-Ridge Historical Society is actively seeking to expand Society membership. Anyone interested in the history of the Borough and surrounding communities is invited to join the Society and offer new insight and assistance in activities and programs that will broaden that interest.

It is not necessary to be a Wood-Ridge resident and there are no dues. High school students seeking community service would be sincerely welcomed.

To become a member, simply submit your name, address, telephone number and email address to ccassidy@njwoodridge.org, and you will receive notification of meetings and events. ###

Spring Concert May 10

The Hasbrouck Heights Jr./Sr. High School Spring Concert will be held on May 10, 2023, at 7 p.m., at the Kiefer Auditorium. ###

The Motown Years & Casino Trip June 28

On June 28, 2023, Kip Center is sponsoring a trip to Resorts World in the Catskills. Cost is \$110 pp and includes round trip transportation, show "The Motown Years," and buffet lunch.

In addition you will receive \$25 casino bonus and a \$15 food voucher. Bus will leave at 10 a.m. and return by 8 p.m. All are welcome. For more info call Cathy 201-460-1600. ###

Cancelled Stamps Wanted

The TUBFRIM, is a Norwegian organization located in Brooklyn that collects stamps along the east coast – Maine to Florida. The organization is still the Sons of Norway with a branch in Brooklyn. They also use the money from the sale of stamps to aid physically and mentally challenged children and youth.

If you would like to help the Leisure Club of Hasbrouck Heights in collecting cancelled stamps, please trim the stamps to 1/4 inch around the stamps.

Old envelopes and postcards are also being collected. If envelopes, postcards etc., are more than 40 years old, please do not cut off the stamps, but save the whole envelope/postcard.

The stamps can be dropped off or sent to: The Gazette Newspaper, 345 Boulevard, Suite 5, Hasbrouck Heights, NJ 07604 or bring them to a Leisure Club meeting. ###

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# Rutherford Repair Café May 13

Do you have well-loved things around your house that just don't work but don't have the heart to throw them away? Before you toss that wonky toaster or lob that flickering lamp or ditch that threadbare sweater, bring it to Rutherford's next Repair Café!

The Rutherford Green Team will hold its sixth Repair Café on Saturday, May 13, 2023, from 11:30 a.m. - 3:30 p.m. in the basement of the Rutherford Public Library at 150 Park Avenue, Rutherford. Please go to the back of the Library and enter through the rear courtyard.

Part social gathering, part repair shop, the Repair Café is an international phenomenon begun in Holland where community members volunteer to help fix things that people would otherwise throw out. It will be an afternoon drop-in event where community members can bring in broken or non-functioning items to be fixed for free with the help of expert volunteers. The purpose is not only to reduce waste but also to teach people how to fix things themselves.

Area residents are invited to bring broken or non-functioning items to the Library, where, on a first-come, first-served basis, they will be assisted and advised in making repairs. Participants are limited to two items at a time. Expert volunteers will have the necessary tools and may have some spare parts available for a nominal fee, but participants are encouraged to obtain the necessary parts beforehand.

Rutherford's Green Team is stepping up the frequency of its repair cafés after its last successful event in January. The May 13 repair café will have the following stations: bicycles, clothing, sewing machine repair, small appliances, computers, lamps, knife sharpening, and jewelry. And for the first time, we'll have someone who can repair sweaters and knitted or crocheted items. Check the Rutherford Repair Café Facebook page or the Rutherford Borough website closer to the event to find out about any last-minute changes in what services will be offered. There will be coffee, tea, and homemade baked goods, as well as a craft table (where adults and children will make art out of trash and recyclables).

To volunteer or for more information, contact Brian Hanson-Harding at brianhansonharding@gmail.com ###

# Memorial Day 2023 Services

## Carlstadt

On May 29, 2023, starting at 9 a.m., at the American Legion, Veterans will march along 3rd Street and end at Berrylawn Cemetery. Wreaths will be placed at Borough Hall and at Memorial Park on Hackensack Street.

## Hasbrouck Heights

No Memorial Day Parade. Veterans Service at 11 a.m. on May 29 at Veterans Park on Terrace Avenue. The annual service at the Firemen's Memorial at the Circle follows. Refreshments at VFW.

## Lodi

May 29 service schedule: 8:30 a.m. Ambulance Corps, 9:15 a.m. Fire Department (*Kennedy Drive*), 10:15 a.m. VFW, 11 a.m. American Legion, 11:45 Police. Walkway for Peace Ceremony follows.

## Little Ferry

On Saturday, May 27, 2023, at 9 a.m., there will be a placing of the wreath in the Hackensack River at the end of Washington Avenue.

At 10 a.m., both the VFW and American Legion will have ceremonies at their respective posts.

On Saturday, May 27, 2023, at 11 a.m., a combined community ceremony will be held at Washington and Memorial Schools, hosted by VFW. Refreshments follow.

## Moonachie

On Saturday, May 27, 2023, Municipal Memorial Day services will be held at the Municipal Building at 10:30 a.m. Rain or shine.

## Rutherford

On Monday, May 29, 2023, there will be a small Memorial Service at 8:30 a.m. at the Union Memorial Bridge followed by "Taps" Salute at Sunset Park.

A parade will begin at 9 a.m. up Union Avenue to the front of Borough Hall.

## South Hackensack

May 29, 2023, 11 a.m. at the Veterans Monument.

## Wallington

On May 29, 2023 the parade assembles on Hathaway Street in front of the Church of Transfiguration at 9 a.m. and proceeds down Union Boulevard at 9:30 a.m. to the Monument. Brief service to begin at 10 a.m.

## Wood-Ridge

The Fire Department will hold their Memorial Services on Wednesday, May 24, 2023, at 7 p.m., at Fire Headquarters.

A Veterans Service will be held 6:30 p.m., Thursday, May 25, 2023 at the Memorial Walkway in front of the senior center. ###

# Tools Of Hope

The Women's Guild, through Church World Service (CWS), is again sponsoring Tools of Hope Sunday on Father's Day, a day on which we honor and/or remember all the significant men in our lives.

CWS offers a program, Tools of Hope, to help people throughout the world to become self-sufficient in maintaining the lives of their families and communities.

Hunger makes headlines when millions face starvation through famines caused by drought or brought about by war. However, lives of quiet desperation are routinely lived out by one in eight people who do not have an adequate share of the food resources of the earth. Tools of Hope offers the opportunity to place the right tool in the right hands—those who are eager and willing to work! Not only are actual tools—saws, hammers, hoes—provided, but also tree seedlings, wells, small loans, beehives, sewing machines, and even renewed skills. Hope can be brought on our part to these willing hands

with a suggested donation of \$10 for each mention!

Please see a Guild member to submit your donations and completed forms starting today through Sunday, June 11, 2023.

You may also mail your check to the Church office. First Reformed Church of Hasbrouck Heights, P.O. Box 66, Hasbrouck Heights, NJ 07604. Checks should be made payable to: Guild of Reformed Church Women. Mark in memo: Tools of Hope. ###



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<b>Little Ferry</b> Borough Hall Lobby Public Library	<b>Wood-Ridge</b> Memorial Library Kearny Bank
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## St. John's Annual Plant Sale

Mark your calendars! Spring is just around the corner and it is time to start planning your gardens.

For the 44th Annual Plant Sale, nursery grown plants and flowers and hanging pots will be available for pick-up just in time for Mother's Day, May 14, at St. John's Parish Hall, Hasbrouck Heights, on Friday, May 5, 2023 by appointment. There will not be any plants available on Saturday.

Only pre-orders for the

44th Annual St. John's Plant Sale are being accepted and due by Tuesday, May 2, 2023.

Flats, which contain one kind/one color, are \$15.

Pre-order forms are available by calling 201-288-9460 and leaving a message.

All plants are of the highest quality. As in previous years, all plants are hand picked at the nursery by experienced gardeners. There will be other plants available along with pots of plants when pre-orders are picked up. ###

## Project Keep Wood-Ridge Beautiful Needs Volunteers

The "Keep Wood-Ridge Beautiful" Committee will hold its 23rd Annual Downtown Cleanup Day, Sunday, June 4, 2023, between the hours of noon and 3 p.m.

Volunteers are once again needed to help clean our shopping districts and raise awareness of the effects of litter in our community.

During our last "Keep Wood-Ridge Beautiful Day" over 200 volunteers participated!! Both adults and children are welcome.

The Bergen County Board of Health will provide cleaning utensils, gloves, brooms and bags. Volunteers will be asked to meet at Veterans Park on Valley Boulevard. To sign

up please call Borough Hall at 201-939-0202 (ext. 109) and leave your name, telephone number and how many adult or children's "T" shirts should be ordered by size.

### Shredding Event

Do you have stuff to shred? Bring it to Veterans Park at the corner of Highland Avenue and Valley Boulevard that day from 9 a.m. to 1 p.m. (no hardcover books, photographs or X-rays). For further information, please contact Councilman Ezio Altamura 201- 531-0259. Thank you! ###

## Lodi Shred-It June 10

Lodi will hold a paper shredding event on Saturday, June 10, 2023, from 9 a.m. to 1 p.m., at the parking lot behind Borough Hall, at One Memorial Drive. Rain or shine. ###



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**THINK GREEN**

## Hasbrouck Heights Garden Club

The Garden Club will be meeting on May 17, 2023 at the Borough Hall, 320 Boulevard, second floor in the Library Meeting Room. The Garden Club is open to all those interested in gardening.

This month we welcome Linda Flynn as our speaker! Her topic for the evening will be "GARDENING FOR BUTTERFLIES & BIRDS."

Her presentation will encourage gardeners to have another purpose for their garden by including plants that are beneficial to wildlife. This added dimension would definitely increase their garden pleasure by luring wildlife to their property.

Butterfly plant suggestions would include species for nectar as well as host plants for local species like the monarch and black swallowtail. Attracting birds would include plants that produce berries and seeds that provide a food source.

Come and join us for an interesting and informative evening.

We begin our evening with light refreshments at 5:30 p.m., followed by an update on what is upcoming for the Garden Club!

At this time, the Committee for the "Garden of the Season" members are driving around Hasbrouck Heights looking for this year's contest winner. You can call Audrey Gall at 201- 288-8943 if you want to enter your garden. Your name and address will not be published in any publication. We will only share the winner with our members at our regular meeting following each contest.

Hope to see you at the meeting! Happy gardening everyone! *Provided by Judy Mascis.* ###

## Flag Garden May 20

The First Reformed Church will hold a Memory Flag Garden Service 11 a.m. on May 20, 2023 (*Armed Forces Day*) on the Church lawn, 300 Washington Place, Hasbrouck Heights.

Each flag has a Veteran's name attached. Flag request should be submitted by May 16, 2023, to [firstrefhh@optonline.net](mailto:firstrefhh@optonline.net)

The public is invited to visit this garden. The flags will remain until mid-July.

The ceremony is to remember those who served and have passed into the nearer presence of God. For more information, call the Church office at 201-288-1122. ###



# Steamboats and Bridges on and Over the Passaic River

Probably among the most important names are Cornelius Joralemon and John Stevens.

According to Jim Hands, whose historical research of Rutherford and New Barbadoes produced both a historical text and a classic map, Cornelius Joralemon and his sons, built some of the earliest two masted schooners before Cornelius died during the Civil War.

Joralemon was among a group of shipbuilders in what is now Lyndhurst. Cornelius Joralemon is credited with building a schooner with a 70-foot keel in 1873. His successors, Albert and Warren Joralemon operated as Joralemon Brothers at 411 2nd Avenue, Lyndhurst.

According to Harry Emerson Wildes, author of "Twin Rivers," John Stevens (1749-1838) used Nicholas Roosevelt's foundry in Secord River (*Belleville*) to build the "Polacca," a 60-foot steamer. The "Polacca" took its trial trip on the Passaic River on October 21, 1798.

These vessels sailed from Rutherford to Newark back in the 19th century.

Stevens, a lawyer and inventor, relied on the building skills of Robert Livingston and technical advice of Josiah Hornblower, who is credited with introducing the first steam engine to America. The Hoboken Historical Museum holds an archive of data about the Stevens family, including John's steamboat exploits.

According to Jim Hands' historic map of New Barbadoes area 1650 to 1897, Rutherford Avenue Bridge was built in 1872. However, the New Jersey Department of Transportation states that the first bridge to connect Rutherford with the Delawanna section of Clifton was built in 1870. The NJDOT called it the "Rutherford Avenue Bridge."

Historically, the area now called Rutherford and Lyndhurst was known as New Barbadoes Neck. On July 4, 1668, Lords Berkeley and Carteret

sold an enormous tract of land to Captain William Sandford of Barbadoes. Sandford was acting on behalf of Nathaniel Kingsland.

Originally the area was known by the Indians as Megh-gectecock, meaning a place where May apples grow.

It later became Pegawack and then the English called it New Barbadoes Neck.

One of the earliest Dutch settlers was Arent Schuyler, who arrived in 1695. He settled in New Barbadoes Neck in 1710. His wealth came largely from the discovery of copper.

Note: Additional research of the subject area can be found in "Pre-Revolutionary Dutch Houses," Rosalie Fellows Bailey; and "Old Houses of Rutherford, New Jersey," by Agnes B. Concklin and Helen J. Swenson. In addition, there is helpful information found in "Pre Revolutionary Roads in Northern New Jersey," by Dr. Samuel Pleasants. *Provided by Rod Leith, long-time Rutherford historian. ###*

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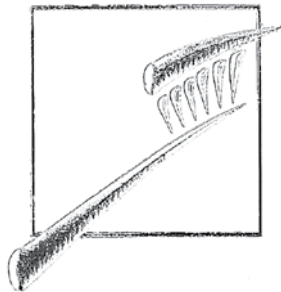
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## AARP Chapter #2015 Lodi

The AARP Chapter #2015 of Lodi meets at noon the third Tuesday of every month at the Lodi Senior Citizens Building, 22 Walnut Place. Each meeting will have either a speaker or entertainment as well as light refreshments. New members are welcome. 2023 dues are \$10 for the year. National AARP membership is also required. For membership information contact Stan at 973-779-8544.

• May 16, 2023: Regular monthly meeting. Musical Program by Felician School for Exceptional Children. Mother's Day Luncheon.

• June 20, 2023: Regular monthly meeting. Speaker: New Jersey Comfort Partners Program.

• July 18, 2023: Regular monthly meeting. Speaker: CBD, Medical Marijuana, Pain Management & Over the Counter Drugs. *Provided by Kathleen Zalenski. ###*

## Calling all Lodi Seniors!

Aren't you tired of staying in all winter?

Well, Spring is here and it is time for us all to come out of hibernation, and head to the Lodi Senior Citizens Club.

Open every Thursday from 10 a.m. to 3 p.m., 22 Walnut Place, Lodi (*behind the Boys & Girls Club*), with plenty of parking.

We have exercise in the form of very passive chair yoga-from 11:45 a.m. to 12:45 p.m. Pool is played all day long with lively but friendly games. There's also shuffleboard, and a large lending library, for those of you who like to read, featuring a large print section.

BINGO is at 1 p.m., using our electronic light up numbers board, and air mixed Bingo balls. We play 7 games of various patterns.

Coffee, tea, snacks and cake are served, along with interesting conversations with friendly people.

So come and try us out, there's always room for more. Why not come and stay awhile? We'll greet you at the door! ###

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## Carlstadt Senior Friendship Club

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

We have interesting events at our regular meeting days with guest speakers and entertainment. We follow protocols of CDC. We are planning for more varieties of programs, such as cultural events, hands on art and craft, musical events and much more.

### Trips

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

## Older is Better

Older is Better is an open membership program designed for men and women 55 and older. It was founded in 1982 by Sr. M. Hiltrude Koba, who served as Felician University president from 1977-1984.

The program features keynote speakers, activities, programs and light refreshments every Friday during the academic year and at the end of every semester, we commence with a luncheon. Meetings take place on Friday afternoons at 1 p.m. in Obal Hall on the Lodi Campus. ###

## Moonachie Senior Club

The Moonachie Senior Club meets every 3rd Wednesday at 12:30 p.m. Prior to the meeting, a nurse is available for health check-up and blood pressure screening.

Enjoy seasonal activities, informational speakers, special events and refreshments.

Moonachie residents 60+ are welcome. Dues are \$10 a year. Call Maria at 201-819-4741.

Moonachie seniors can enjoy Chair Yoga every Thursday, from 10 to 11 a.m., in the Civic Center. For more information, call JoAnn at 201-641-6472. ###

### Senior Helpline 201-336-7400

Bergen County Department  
of Human Services  
Division of Senior Services

## ER Seniors

Any East Rutherford senior resident, 50 years or older, is welcome to join the Club. Meetings are held at 1 p.m. on the 2nd and 4th Tuesdays of the month at the Senior Civic Center, 37 Vreeland Avenue. Refreshments are served. There are special events and parties for members 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 Raynette for trips at 201-726-3604. Payment must be received 2 weeks prior to an event. All trips leave and return to CVS Parking Lot, Paterson Avenue, East Rutherford.

• May 2: Tribute to Simon and Garfunkel and The Everly Brothers. Villa Roma Resort, Callicoon, NY. Luncheon and entertainment. Bus leaves CVS parking lot promptly 8:30 a.m. \$65 pp.

• May 15: Caesars Atlantic City Bus Trip. Bus leaves 9:30 a.m. sharp from CVS Parking Lot - East Rutherford \$35 pp / \$30 back slot play.

• June 8: High Tide Homicide (*mystery/comedy*) Black Forest Inn, Stanhope, NJ. Lunch and entertainment. Bus leaves CVS parking lot at 10:30 a.m. \$70 pp. ###

## Vic's Hoofers

If you would like to meet new people and make new friends in a very welcoming environment, the Vic's Hoofers - a social organization - is for you.

We meet the first Thursday of the month at the Carlstadt Community Centre to enjoy each other's company and play a fun, interactive game. If you would care to join us, please call Alice Wood at 201-933-8561. ###

## LF Seniors

Meetings are second Thursday of each month at 1 p.m. Refreshments are served. Bingo is the 2nd and 4th Tuesday of each month at 12 p.m., Pokeno is every Friday at 12:30 p.m. All meetings and games are held at Little Ferry Senior Center, 95 Main Street. New members always welcome. Dues are \$10 per year. Call Mary for further information at 201-686-8424. ###

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Over 4,000 colorful eggs were scattered across three segments of the Depken Football Field, Hasbrouck Heights, for the annual Easter Egg Hunt, held on Saturday, April 8, 2023. About 700 tickets were distributed in Euclid and Lincoln Elementary, and Corpus Christi Schools for the children from Pre-School (ages 4 to 5) through Third Grade. There were special prizes for the six children (two in each age bracket) who found a special golden token. Every child received a gift bag. The Easter Bunny was available for photos. Coordinator was Michelle Sery. The event was sponsored by the Mayor's Committee on Community Celebrations. The Police Department, Fire Department, DPW, BOE, and student volunteers assisted. *Photos provided by Tony Greco. ###*

On April 2, 2023, Carlstadt held a Springfest with the Easter Bunny at the Village Green Park on Broad Street. *Photos by Dennis Kronyak Sr. ###*



### W-R Lions Club Pancake Breakfast Continues Long Tradition

The longest continuous event in the borough continued on Palm Sunday when the Wood-Ridge Lions Club held their annual Pancake Breakfast. Begun in the early 1960s and held every year since (with the exception of the Covid Shut Down) it is part of a yearly tradition that so many residents look forward to. A hungry crowd, in excess of 350 attended, and began their breakfast with a slice of Mills Crumb Cake, followed by hot pancakes served with either fruit toppings or syrup accompanied with sausage links. Meals and coffee were served by Club Members assisted by WRHS Student volunteers. These students assisted the youngsters in attendance with the coloring of Easter Eggs. Also in attendance were volunteers from the Seeing Eye. They brought young dogs (3 to 6 months old) that have just begun their extensive training to become Seeing Eye Dogs to assist the blind. This training is necessary so the dogs are comfortable with large crowds. The Club Members want to thank all who supported this and our other events.

All of the proceeds generated between last September and May will be distributed by the Board of Directors to: St. Joseph's School for the Blind, Camp Marcella, Foundation for Fighting Blindness, Eversight - Lions Eye Bank of NJ, Juvenile Diabetes, Lions Eye Research, Local Scholarships among others. Donations in any amount may be mailed to W-R Lions, P.O. Box 166, Wood-Ridge, NJ 07075.

Photo A: WRHS Volunteers who assisted at the breakfast. The Club recently began the process of establishing a Leo Club and will be receiving the Charter shortly. Leo Clubs are established so young adults become more aware of the service and good works that Lions provide worldwide. The hope is that this understanding will inspire them to continue to "give back" when they become adults either as Lions or with other service organizations.

Photo B: Brothers, Danny and Johnny Staley, take a break from their pancakes to check out the service dogs in training - a 3 month Golden Lab and 6 month German. Shepherd. *Provided by Jack Nagel. ###*

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# Heights Hosts 15th Avia



On Friday, April 14, 2023, at Gary Depken Athletic Field, the Hasbrouck Heights Jr./Sr. High School hosted the Aviator Invitational Relays. About 40 high schools and 1,200 athletes participated.

This is the 15th major invitational championship meet to be held at Depken Field since the new facilities were installed. *(The event used to be called the Twin-Borough Relays.)*

- Track events started at 4 p.m. and finished at 8:30 p.m. They included: 6,400 meter relay, 400 meter relay, intermediate hurdle relay, 800 meter relay, 3,200 meter relay, sprint medley, shuttle hurdle relay, distance medley relay and 1,600 meter relay.

- Field events started at 4 p.m. and concluded at 9 p.m. They included: pole vault, high jump, shot-put, discus, javelin, triple jump and long jump.

Participating in the All North Jersey NJSIAA Group 1 & 2 meet were 28 teams from: Becton, Bogota, Cresskill, Demarest, Dwight-Englewood, Elmwood Park, Garfield, Glen Rock, Hasbrouck Heights, Indian Hills, Lodi, Lyndhurst, Mahwah, Midland Park, New Milford, Newton, North Arlington, Park Ridge, Pascack Hills, Ramsey, River Dell, Rutherford, Saddle Brook, Westwood, and Wood-Ridge.

The event was headed by Rob Brady who has been the HHHS Head Track Coordinator for 28 years *(and associated with the track program for 32 years).*

HHHS Director of Athletics, Mike Sculla, helped organize this meet with officials, team entries, etc.

All proceeds from the meet went to the Hasbrouck Heights Track Program. ###



# Aviator Invitational Relays







Beginning of the Vigil.



Blessing of the food baskets.



## Shrine of the Holy Sepulchre

Most Sacred Heart of Jesus Church Main Hall was transformed into dramatic tableaux that helped enrich the Holy Week experience.

Each year, hundreds of people come to our parish from far and near to visit and pray at our “Tomb of the Holy Sepulchre” for Holy Thursday, Good Friday, Holy Saturday Food Blessings and Easter Sunday Morning.

All together, several thousand people walk through the tomb each year. The week leading up to Easter Sunday should be the most important period of quality calendar time in the life of every Christian Catholic.

Known as Holy Week or Great Week, the days from Palm Sunday to the Sunday of the Resurrection (*Pascha, Wielkanoc*), are rich in remembering and reliving the last earthly moments of the God/Man Jesus of Nazareth.

Through signs and symbols, the High Holy Days of our ancient faith re-enact the great drama of our salvation and liberation from sin and death.

For centuries, Christians have always had a great devotion to the sacred places associated with the life, death and resurrection of Jesus Christ.

Despite hardships, poverty, persecution, war and great distances, Christians have always maintained an intense desire to journey to the Holy Land

(*Terra Sancta - Ziemia Swieta*).

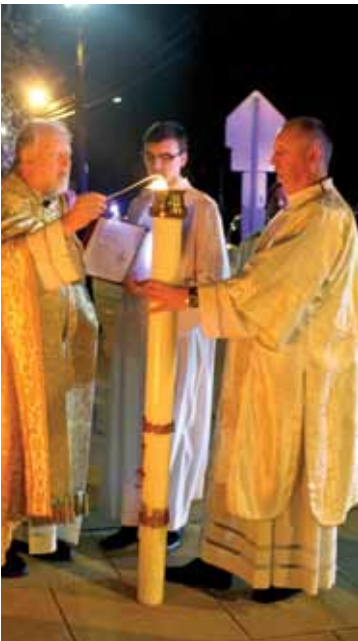
Despite the limitations of time, history, location and means to travel, the moving tradition of bringing those holy places to the people of central and eastern Europe grew and developed into what we now today as the Shrine of the Holy Sepulchre (*Bozy Grob*); all beginning at first in the local "grass roots" Parish Church community.

During the Sacred Triduum, the followers of Jesus Christ gather in prayer, reflection, silence, meditation, song and anticipation at a specially designated and prepared place away from their usual worship space to ponder the many aspects of the life, betrayal, loneliness, abandonment, suffering, torture and brutal death of the: Jesus=The Great Teacher of Nazareth.

It is also here at "The Tomb," that together we watch, wait and keep vigil to once again experience the divine power of the resurrection.

We join the family of the Church of the Most Sacred Heart of Jesus, as during this time beyond time we come together as his friends and followers to watch and pray.

Copy adapted from entrance poster and Church bulletin. The photos from the services were taken by Carol Kosior and Fr. Steven D. D'Andrea. ###



Lighting of Paschal Candle.



Eggs dyed red and blessed at Mass are distributed to each parishioner and friend who attends Masses on Easter--the vigil and all Masses on Easter Sunday.



The boys who will be receiving Confirmation in May had their feet washed by Fr. Felix Marciniak, pastor of MSH.



Preparing the Hosts for the Procession.





## How To Put Together A Traditional Easter Basket

- Maslo (*Butter*) - This dairy product is often shaped into a lamb (*Baranek Wielkanocny*) or a cross. This reminds us of the good will of Christ that we should have towards all things.
- Babka (*Easter Bread*) - A round or long loaf topped with a cross or a fish, symbolic of Jesus, who is the Bread of Life.
- Chrzan (*Horseradish*) - Symbolic of the Passion of Christ still in our minds.
- Jajka (*Eggs*) and Pisanki (*decorated with symbols of Easter, of life, of prosperity*) - Indicates new life and Christ's Resurrection from the tomb.
- Kielbasa (*Sausage*) - A sausage product, symbolic of God's favor and generosity.
- Szynka (*Ham*) - Symbolic of great joy and abundance. Some prefer lamb or veal. The lamb also reminds Christians that the Risen Christ is the "Lamb of God."
- Slonina (*Smoked Bacon*) - A symbol of the overabundance of God's mercy and generosity.
- Sol (*Salt*) - A necessary element in our physical life. Symbolic of prosperity and justice and to remind us that people are the favor of the earth.
- Ser (*Cheese*) - Symbolic of the moderation Christians should have at all times.
- Candle - Represents Christ as the Light of the World.
- Colorful Ribbons and Sprigs of Greenery - are attached to the basket as signs of joy and new life in the season of spring and in celebraton of the Resurrection.



## Most Sacred Heart of Jesus Church Great Lent - The Sacred Triduum - Easter 2023

- Masses for Palm Sunday of the Lord's Passion. April 2.
- On Holy Thursday, Mass of the Lord's Supper with a Procession to the Repository in the Great Hall, followed by Adoration until Midnight. April 6.
- Good Friday of the Lord's Passion, The Great Hall opened at 7 a.m. until 3 p.m. Liturgy of the Lord's Passion followed by "Bitter Lamentations" at the Lord's Sepulchre in the Great Hall and Adoration. April 7.
- Holy Saturday, The Great Hall opened for Adoration until 8 p.m. Liturgy of the Easter Vigil. Easter food was blessed hourly from 9 a.m. to 3 p.m. only in the Great Hall on Holy Saturday. April 8.
- Easter Sunday: The Resurrection of the Lord, April 9 with Mass of Resurrection and Procession, 6 a.m. Polish.

## What Is Shavuot (Shavuos)? And How Is Shavuot Celebrated?

The word Shavuot (*or Shavuos*) means "weeks." It celebrates the completion of the seven-week Omer counting period between Passover and Shavuot. It begins on the sunset, Thursday, May 25, and ends the evening of Saturday, May 27, 2023.

The Torah was given by God to the Jewish people on Mount Sinai on Shavuot more than 3,300 years ago. Every year on the holiday of Shavuot we renew our acceptance of God's gift, and God "re-gives" the Torah.

The giving of the Torah was a far-reaching spiritual event—one that touched the essence of the Jewish soul for all times. Sages have compared it to a wedding between God and the Jewish people. Shavuot also means "oaths," for on this day God swore eternal devotion to us, and we in turn pledged everlasting loyalty to Him.

In ancient times, two wheat loaves would be offered in the Holy Temple on Shavuot. It was also at this time that people would begin to bring bikkurim, their first and choicest fruits, to thank God for Israel's bounty.

### How Is Shavuot Celebrated?

- Women and girls light holiday candles to usher in the holiday, on both the first and second evenings of the holidays. It is customary to stay up all night learning Torah on the first night of Shavuot.
- All men, women and children should go to the synagogue on the first day of Shavuot to hear the reading of the Ten Commandments.
- As on other holidays, special meals are eaten, and no "work" may be performed.
- It is customary to eat dairy foods on Shavuot. Menus range from traditional cheese blintzes to quiches, casseroles and more.
- On the second day of Shavuot, the Yizkor memorial service is recited.
- Some communities read the Book of Ruth publicly, as King David—whose passing occurred on this day—was a descendant of Ruth the Moabite.
- Some have the custom to decorate their homes (*and synagogues*) with flowers and sweet-smelling plants in advance of Shavuot. *Source: chabad.org*

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## Practice Random Acts of Kindness



Linda and John Kosakowski, proprietors of **Bill O'Shea's Florist & Gifts**, and their staff, welcome customers to their Spring Open House on April 1 and 2, 2023. ###



Mother's Day:  
Give A Blanket

Once again, the Guild of Reformed Church Women of First Reformed Church, Hasbrouck Heights, invite you to participate in their annual Blanket of Honor Sunday project. These \$10 donations per blanket, in honor of or in memory of any or all the significant women in your life, will be accepted through May 7, 2023, for inclusion in the Mother's Day bulletin.

The proceeds will be used by Church World Service to provide new blankets to be distributed to families wherever and whenever a disaster occurs, whether natural or man-made.

These blankets are used in a multitude of ways, not just for warmth. They provide a measure of dignity, a refuge, a source of protection, a means of carrying all one's belongings, a message that someone cares for them, wherever they may be in the world.

Please mail your check (\$10 per blanket) and send to First Reformed Church of Hasbrouck Heights, PO Box 66, Hasbrouck Heights, NJ 07604. Please include the name(s) of the women you wish to honor or remember.

The Guild women appreciate your assistance, as do the recipients, whether locally, nationally or world-wide. For further information, call 201-288-1122. ###

Taizé Prayer  
Service May 9

The next evening Taizé prayer service will take place Tuesday, May 9, 2023, at 7 p.m., at Holy Trinity Lutheran Church, 92 Burton Avenue, Hasbrouck Heights.

The Taizé service includes 30 minutes of prayer, simple chant and silence; a peaceful respite to the busy demands of everyday life. Prayers for healing and renewal, with laying on of hands, conclude each service. ###

From the Porch

After a long period of "COVID isolation" the women of Holy Trinity are happy to be resuming our 'From the Porch Ministry' for those in need.

As in the past, we are hoping those of you in our community will join us in these simple ways to make a big difference!

During the month of May, and in honor of Mother's Day, we will be collecting diapers for distribution to mothers at the Meadowlands Food Pantry and also if needed at their Day Care Center in East Rutherford. These families often struggle to meet even basic needs and every small gift -- even diapers -- can be a blessing.

Diapers or pull-ups, sizes 3-6, may be left on the porch at Holy Trinity Lutheran Church, 92 Burton Avenue, Hasbrouck Heights. Any questions, call 201-288-6889.

Please do not leave clothing or other items on our porch. We are unable to use or donate these items. Thank you. ###

PRAYER TO THE  
BLESSED VIRGIN

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

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

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

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

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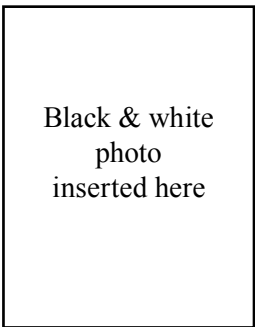


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In Memoriam  
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Blue Mass May 7

Church of the Assumption of Our Blessed Lady in Wood-Ridge will be holding its seventh annual Blue Mass for all the men and women in law enforcement 11 a.m. on Sunday, May 7, 2023.

A Blue Mass is a Mass celebrated in the Catholic Church for those employed in the "public safety field" (i.e., police officers, firefighters, correctional officers, 911 operators and EMS personnel).

The Mass will recognize the sacrifice and dedication of all those who serve in law enforcement, fire and first responders both in Wood-Ridge and throughout other departments. This Mass will be held in person as well as "Livestreamed" which can be viewed at https://www.facebook.com/ASSUMPTIONCHURCHWOODRIDGENJ.

Coffee, Tea and assorted baked goods will be served after the Mass in the Father Patrick Morris Hall.

The Mass will be celebrated by Father Joseph A. D'Amico, Pastor, Saint Anastasia Church, Teaneck, NJ and Co-Celebrant Father Ronnie Nombro, Pastor, Assumption Church, together with Father George Gillen, Assumption Church.

Father Joe D'Amico, who has accepted our invitation for a third year, comes from a family of police and firefighters. Father Joe, who grew up in Brooklyn, NY, serves as the Director of Prison Ministry for the Archdiocese of Newark.

This annual event is coordinated by Councilman and W-R Police Commissioner Ezio Altamura, whose vision it is to honor our police, on this day

and every day. Councilman Altamura stated, "this Mass is an opportunity for our community to come together each year and show gratitude to our first responders and their families for all they do for us, this day and always."

Councilman Altamura wishes to thank Father Joe D'Amico, Father Ronnie Nombro and Father George Gillen, Music Minister and technical coordinator Gabe Valle and Rose Lepore from Assumption Church for all their efforts to make this event a success.

Let us always keep in our prayers our local first responders, Police Chief Michael O'Donnell and Fire Chief Ken Schulz, and all of their men and women who selflessly serve the people of Wood-Ridge and our great country. ###

W-R and its Memorial Foundation Mourn the Passing of The Honorable George Malhiot

The Honorable George D. Malhiot, who called Wood-Ridge home for over 80 years, leaving only to fulfill his military service and pursue higher education, passed away at the age of 97 on March 16, 2023.

Judge Malhiot was one of the oldest living alumni of Wood-Ridge High School, having graduated as a scholar-athlete in the early 1940's when the school first opened. He was a Naval Aviator during WWII and the Korean War and was recalled back to active duty in the Navy Reserves, at the rank of Commander, in 1961 during the Berlin crisis.

In 1952, he married Shirley Jean Mosby of Lynchburg, VA. In 1958, he returned to Wood-Ridge and began a life of raising 7 children, starting his law practice and creating a legacy of service to the Borough of Wood-Ridge which included servings as Zoning Board Attorney, Borough Attorney, Municipal Prosecutor, Municipal Court Judge and Trustee and Counsel of the Wood-Ridge Memorial Foundation.

Additionally, he served in various leadership roles for

the Bergen County and New Jersey State Bar Associations, including Director of the Local Government Law Section for the State Bar Association, and also served as Chairman of the City-State Relations Committee for the National Institute of Municipal Law Officers.

Former Wood-Ridge Mayor Peter Incardone, who appointed George Malhiot as Municipal Court Judge in 1981, fondly recalled his friend and colleague.

"To my knowledge, no one ever had a negative word to say about George. He was simply a very fine gentleman and professional in all that he did. He was there when you needed his advice, plain and simple," stated Mayor Incardone upon learning of the judge's passing.

Judge Malhiot retired as Wood-Ridge Municipal Court Judge in 2004, during Mayor Paul Sarlo's second term as Mayor.

Mayor Sarlo expressed his sadness after hearing of Judge Malhiot's death and also described his sense of nostalgia for a generation that is now nearly gone, which included his

late father, Tony "Balbo" Sarlo.

"George Malhiot is a part of Wood-Ridge history", said Mayor Sarlo. "He epitomized what Tom Brokaw called 'The Greatest Generation' who were born into humble beginnings in small towns, who answered their country's call to military duty during times of war, and then returned home to pursue education, start families, establish businesses, build careers, and become leaders in their community.

That was George Malhiot. Naval Officer – Lawyer – Judge – Proud Citizen of Wood-Ridge, that's how I'll remember him," said Mayor Sarlo.

After retiring in 2004, Judge Malhiot moved to the Falls Run Community in Fredericksburg, Virginia. Although several states away, the Judge continued to volunteer as co-counsel and senior advisor to the Wood-Ridge Memorial Foundation until 2015, completing 30 years of service to the organization.

Judge Malhiot was predeceased by his wife in 2008. He is survived by his children Mary, Michele, Matthew, Mark, Margueritte, Montgomery, and Michael. Judge Malhiot's and Shirley's remains will be interred at Arlington National Cemetery.

No memorial services are planned. In lieu of flowers, donations to the Wood-Ridge Memorial Foundation, P.O. Box 282, Wood-Ridge, NJ 07075 are appreciated. Provided by Jack Nagel and Chris Eilert. ###

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W-R Lions Phil Rottini Memorial Golf Outing

The Wood-Ridge Lions Club will be hosting its 14th annual Phil Rottini Memorial Golf outing on Monday, May 8, 2023 at the Meadows Golf Club in Lincoln Park.

Golfers' fees are \$130 which includes green fees, golf cart, breakfast, lunch, beer, and giveaways - plus the chance to win a New Car!

Singles, doubles, or four-somes are all welcome. Sponsorships are still available for tee signs. Please contact Lion Jeff at jeffheldman@gmail.com or Lion Jack Nagel at janpro911@aol.com for more information.

Phil was a World War II Veteran, a member of the Wood-Ridge Lions Club for 43 years, and the Club's first Melvin Jones Fellowship recipient, which is a prestigious award given by the Lions Club International Foundation in recognition of service. Phil generously served the Wood-Ridge community through the Lions Club and impressed his desire to serve others upon his children who, like Phil, continue to serve the community through the Lions Club. ###

Bike Safety Rodeo May 20

The Hasbrouck Heights Green Team will be hosting a Bike Safety Rodeo sponsored by EZ Ride on Saturday, May 20, 2023, from 10 a.m. to 11:30 a.m. in the Central Avenue parking lot adjacent to the Municipal Building, 320 Boulevard. There is no charge to attend this event.

The Bike Safety Rodeo is an EZ Ride safety initiative that emphasizes the use of helmets while teaching kids how to stay safe on their bikes.

The suggested age to participate is 7+years. Participants must be able to ride independently without training wheels and be able to control and stop their bikes. Participants are required to wear a helmet and have their own bike. A limited number of youth size helmets will be available for those who do not have one.

Register at hhgreenteam.org. Space is limited. If you have any questions email hhgreenteam@gmail.com ###

Drive Responsibly

Criminal Justice Sampler

The Felician University School of Arts & Sciences Dean's Lecture Series hosted an important event this March for Felician University criminal justice students and visiting high school students.

Participating agencies in the law enforcement demonstrations and presentations included the Bergen County Prosecutor's Office, Bergen County Sheriff's Department, Fort Lee Police Department, Lodi Police Department, and Rutherford Police Department.

The day began with prospective students learning about Safe Driving Techniques from Officer Thomas Lewis of the Rutherford Police Department.

At a second station, current criminal justice students learned about Motor Vehicle Stops and participated in a mock traffic stop with Officers Anthony Mobilio and Keith Watts of the Lodi Police Department, in the Montross Parking Lot.

A third station included Sergeant Nichelle Ponder, and Officers Litty Thomas and Ken Charlenea of the Bergen County Sheriff's Office who set up the Fire Arms Training System (FATS) demonstration.

At the FATS demonstration, students volunteered to participate in simulations of various scenarios like a domestic violence call and an active shooter situation, engaging

in the split-second decision-making situations encountered by officers.

The event concluded with a panel discussion featuring Lt. Kelly Krenn (BCPO), Captain Ed Young (FLPD), Sergeant Nichelle Ponder, and Officers Litty Thomas and Ken Charlenea (BCSO).

Dr. Gina Robertiello, professor in the Department of Criminal Justice, remarked, "Not only was this interactive day about examining and ensuring safety in the exchanges between law enforcement and the public, but it is also a timely, intersecting topic that relates to the role of the police, issues of social justice, and many of the Felician Franciscan core values that the university embraces."

The School of Arts & Science Dean's Lecture Series showcases high-impact topics in the Humanities and the Sciences. The series convenes scholars and thought leaders whose work provides innovative perspectives and explores current societal trends, social justice, and ethical issues.

The presentations are targeted to a broad audience that includes students, faculty, interested members of the university community, and the public. *Provided by Maura DeNicola. ###*

May Birthstone Emerald

RPD Lt. Zeigler Receives National Instructor Award

April 4, 2023: L.E.A.D. (Law Enforcement Against Drugs & Violence), a nationwide nonprofit that works with communities to help students understand the dangers of drugs and violence, awarded "National Instructor of the Year" to Lt. Julie Ann Zeigler, Rutherford Police Department.

at L.E.A.D.'s Eighth Annual 21st Century Drug and Violence Prevention Training Conference in Atlantic City, NJ.

It was presented to Lt. Zeigler for her excellent work growing the number of instructors teaching the proven effective curriculum implemented by the program and serving as the L.E.A.D. liaison between the school faculty and L.E.A.D. instructors in Rutherford.

L.E.A.D. is taught to 250 sixth graders at Pierrepont School. The program is successful in bridging the gap between police forces and communities as it lets police officers engage with children in a safe environment during the school day.

"Lessons one through five center around teaching the kids how to make an informed decision when faced with alcohol, tobacco and other drugs, and lessons six through ten get into the actual harms of those substances, which is a perfect setup in my opinion," said Lt. Zeigler. ###

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# Footnotes

By Dr. Kenya Lazovik, DPM

## Mow the Lawn, Not your foot!

Lawn care season is back and homeowners need to protect their feet and the feet of those around them when using rotary-blade lawnmowers. Each year, some 85,000 Americans sustain injuries from power mowers, according to reports issued by the U.S. Consumer Products Safety Commission.

The blades whirl at 3,000 revolutions per minute and produce three times the kinetic energy of a .357 handgun.

Despite the stern warnings from U.S. Consumer Product Safety Commission each year we continue to see patients who have been hurt while operating a lawnmower barefoot.

Children under the age of 14 and adults over the age of 44 are more likely to be injured from mowers than others.

We advise anyone who operates a power mower to take a few simple precautions:

- Don't mow a wet lawn. Losing control from slipping on rain-soaked grass is the leading cause of foot injuries caused by power mowers.

- Wear heavy shoes or work boots when mowing – no sneakers or sandals.
- Don't allow small children to ride on the lap of an adult on a lawn tractor. Children can be severely injured by the blades when getting on or off the machine.
- Mow across slopes, never go up or down.
- Never pull a running mower backwards.
- Keep children away from the lawn when mowing.
- Keep the clip bag attached when operating a power mower to prevent projectile injuries.
- Use a mower with a release mechanism on the handle that automatically shuts it off when the hands let go.

If a mower accident occurs, immediate treatment is necessary to flush the wound thoroughly and oral or IV antibiotics to prevent infection. Superficial wounds can be treated on an outpatient basis, but more serious injuries usually require surgical intervention to repair tendon damage, deep clean the wound and suture it.

Tendons severed in lawnmower accidents generally can be surgically reattached unless toes have been amputated. ###

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



# Filling You In

By Jeffrey E. Mason, DMD, FAGD.

## You can restore your smile with Dental Implants

If you lose or break a tooth, a dental implant may be the best option for restoring your smile.

### What is a dental implant?

A dental implant is a post, usually made of titanium, that serves as a substitute for a natural tooth's root. The implant is placed in the jawbone so that it may fuse with the natural bone to become a sturdy foundation for a replacement tooth. Implants can be used to replace individual teeth or to support a bridge or denture containing multiple teeth.

**Who can receive implants?** Dental implants can be provided to most patients who are missing teeth due to decay, disease, injury or other medical conditions. You also may be a candidate for a dental implant if you can't wear dentures or find them uncomfortable, or if you don't want to sacrifice existing tooth structure to support a dental bridge.

Since surgery is required, implant patients must be in good general health with healthy gums and adequate bone structure. If an implant site lacks the adequate structure, a dentist may be able to perform procedures to improve it.

Implants are not for everyone, however. Conditions such as bruxism, diabetes or leukemia may interfere with healing after implant surgery. This also is the case for patients taking bisphosphonates for osteoporosis.

Additionally, patients who drink alcohol or use tobacco may not be good candidates for implants. Talk with your general dentist to find out whether dental implants are right for you.

**How does implant placement work?** An Oral Surgeon or your dentist will perform surgery to place the implant in your jaw.

Next, the surrounding bone will heal via a process called osseointegration, during which the bone grows around the implant to hold it firmly in place.

After adequate healing, which can take two to three or more months, the restorative phase can continue.

The dentist will fabricate an abutment which is another structure usually made of titanium as well. This abutment attaches to the implant and extends and is exposed above the gums. It is upon the abutment that a crown can be attached. The crown will look like and function like a natural tooth.

**How long does implant placement take?** Once the implant placement surgery is completed — usually in an hour or two — the healing process begins for approximately three months (*and may differ in length of time*). Additionally, the fitting of the permanent replacement tooth is usually accomplished in one to three weeks.

Your dentist may provide you with a temporary replacement to help you eat and speak normally until the permanent replacement is ready.

If your bone structure is strong enough, however, your dentist may be able to place the implant and replacement tooth in one visit.

**What can I expect after the procedure?** Most patients will adjust to implants immediately. Some people may feel slight discomfort or notice differences in their chewing or speech, but these symptoms are usually temporary.

**How should I care for my implant?** A major reason some implants fail is due to poor oral hygiene. It's important to brush implants at least twice a day, as well as to floss.

Additionally, as many as four dental cleanings per year may be necessary to maintain gingival health. Maintenance is very necessary.

If you think that dental implants may be an option for you, see your dentist for an examination and screening.

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](http://www.DrJeffreyMason.com)

# Stroke Think "FAST"

- F:** Face drooping.  
**A:** Arm/leg weakness.  
**S:** Speech difficulties.  
**T:** Time to call 911.



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## Take Care of Your Body

Staying physically healthy can improve you emotional well-being. Here are some suggestions to better improve your health:

- Get vaccinated for the flu each year. Stay up to date on your COVID-19 vaccines and boosters. Find a COVID-19 vaccine location near you on [Vaccines.gov](https://www.vaccines.gov)
- Keep up with regular health appointments.
- Eat healthy. Have fruits and vegetables, lean protein, whole grains, and low- or no-fat dairy. Limit foods with unhealthy fats, salt, and added sugars.
- Get enough sleep. Go to bed and wake up at the same time each day to help you sleep better. Adults need 7 or more hours per night.
- Move more and sit less.

Every little bit of physical activity helps. Start small and build up to 2 1/2 hours a week. You can break it into smaller amounts of time, such as 20 to 30 minutes a day.

- Limit alcohol intake. Choose not to drink, or drink in moderation on days you drink alcohol. Moderation means having 2 drinks or less a day for men or 1 drink or less for women a day. Find out more at [Drink Less, Be Your Best](https://www.drinkless.com).

- Avoid using illegal drugs or prescription drugs in ways other than prescribed. Don't take someone else's prescription. Substance use treatment is available and recovery starts with asking for help.

- Avoid smoking, vaping, and the use of other tobacco products. People can and do quit smoking for good. Source: [cdc.gov](https://www.cdc.gov)



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# Artful Thinking

By Artie Maglionico • Lodi Historian

## May 2023

Hello to sisters Ursula and Marie, my childhood neighbors and avid readers of this column. No I didn't forget you and I'm pleased to know that you're keeping me in your thoughts. To answer your recent question, yes I'm still good looking!

Has anyone noticed how difficult it is, of late, to get a complete weather report? It's fed to us in fragments with the promise of further details after 30 seconds of high school banter and a photo of a dog. Forget about changing channels since they all take a commercial break at the same time. Can any of you relate to this? I walk out the door still not sure of what weather to expect. I've resorted to asking the crossing guard. She's never wrong.

Anyway folks, here we are entering the merry month of May. The flowers and trees are in bloom, the sound of sneezes echo through the pollen filled atmosphere, while the birds greet the morning sun with their springtime serenades, sounds warm and friendly doesn't it folks?

Well, don't get too cozy. There's new additions to the coming of spring and will soon be making their way across the landscape and into our lives, the dreaded every swarming, all consuming lantern fly.

It's an invasion folks, the onslaught of which will chase you back indoors from whence you came. These winged dragons are everywhere, so be careful not to carry a few of them into your home. They will hold you hostage and devour your tomato plants.

Ah dear mother nature, what other surprises are in store for us? Forget I asked.

On a happier note the 14th of this month is Mother's Day. I wrote the following poem for my mom in 1986. She liked it so I hope that all of you wonderful moms like it as well.

### Mom

by Artie Maglionico

The years have traveled  
swiftly by.  
Memories abound.  
In the twinkling of an eye  
Our lives are turned around.  
In looking back I realize  
A fortress bold and clear  
In honors light your  
guidon flies  
I love you mother dear.  
-fini-

My mom was indeed a fortress. She kept me safe and secure at all costs. Lena was a hardworking courageous woman whose faith

in God remained intact, even after the loss of her first born, John, who in 1945 at 6 years old, succumbed to polio. John was born on Christmas Eve, 1939. One can only imagine the heartache that both my parents endured during the holiday season.

Still, my mother made sure that me and my brother Gene were never denied the merriest of Christmases. Thank you Lena. Happy Mother's Day!

The month of May must not end without honoring our military men and women who made the supreme sacrifice so that flag of ours could wave tall and proud come hell or high water.

Over the years I've had the honor and privilege of interviewing at least 40 WWII Veterans.

Their captivating stories rose to the surface of what life was like, on a distant shore, in the throes of battle. They accepted the reality that there was a good chance that they'd never see their loved ones again.

The following poem is about a wounded soldier who, in the end, made peace with God and died a noble death so that we could remain free and patriotic.

And so we honor that fallen soldier this Memorial Day giving him an eternal resting place in the Elysian Field.

### Elysian Field the Death of a Soldier by Artie Maglionico

I stopped to view a  
battered city.  
Smoldering remnants of the  
past.  
Wounded, I stepped fearlessly,  
toward the cannon's blast.  
I saw a street where children  
played.  
Faces agonized.  
worn and unfamiliar  
Passed by immortalized  
In a weakened voice I  
called to them.  
to those I didn't know.  
I said goodbye perhaps  
too soon.  
or was it long ago?  
those who loved me most of all  
in the Elysian Field  
Reminding me dark and  
secretly  
of when my fate was sealed  
-fini-

God Bless our Soldiers  
God Bless America  
Memorial Day 2023

Lou Tucci and wife, Mildred, of Lodi, celebrated 70 years of marriage on April 12, 2023. ###

# Historically Speaking

By James J. Halloran



*As Memorial Day approaches and Americans reflect upon the cost of freedom, it is a good time to ponder on this noble recognition.*

The Purple Heart is a United States military decoration awarded in the name of the President to those who have been wounded or killed while serving on or after April 5, 1917 with the U.S. Military.

The original Purple Heart was established by George Washington when he was commander-in-chief of the Continental Army by order from his headquarters on August 7, 1782 at Newburgh, N.Y.

This was designated as the Badge of Military Merit. It was in the form of a heart of purple cloth. This award was only given to three Revolutionary War soldiers. However, the award had never been abolished.

General Douglas MacArthur, then Army Chief of Staff, sent Congress a draft to revive the Badge of Military Merit.

Elizabeth Will, of the Office of the Quartermaster General, was named to redesign the newly revived medal. MacArthur called in the Washington Commission of Fine Arts. The Commission solicited plaster models from three leading sculptors. John R. Sinnock of the Philadelphia Mint was chosen in May 1931. His plaster cast of the head of George Washington is the one seen today.

The medal is a purple heart edged in gold with a profile of George Washington upon it. Above the heart is the coat of arms of George Washington between sprigs of green leaves.

The reverse is a bronze heart with the words FOR MILITARY MERIT below the coat of arms and leaves. The ribbon is purple edged with 1/8 inch wide white stripe. By Executive Order of The President of the United States and War Department General Order No. 3, dated February 22, 1932, the Purple Heart was reinstituted to honor the 200th Anniversary of Washington's birth.

The 1932 order authorized that the medal could be awarded to soldiers who were wounded or received a Meritorious

Service Citation subsequent to April 5, 1917. This was the day before the United States entered World War I. The first new Purple Heart was awarded to General MacArthur.

With the establishment of the Legion of Merit Medal, the Purple Heart was now only awarded for wounds received in action. In December 1942, the award was extended to Navy, Marines and Coast Guard members. In May 1944, it was extended to civilian personnel during the World War II era.

The Purple Heart differs from all other U.S. decorations as the individual is not "recommended" for the award; rather he or she is entitled to it upon meeting certain criteria.

The individual must have received a wound as the result of enemy action. A wound as defined by the regulations covering the award, is an injury caused to any part of the body from an outside force or agent sustained from combat that was treated by a medical officer and the treatment was made a matter of the official record.

Wounds are enemy related injuries when caused by bullet, shrapnel, or any other enemy related projectile; injury caused by enemy landmine, naval mine or trap; injury caused by the enemy release of chemical, biological or nuclear agents; injury from a vehicle or aircraft accident caused by enemy fire; concussion related injuries caused by enemy generated explosions.

Injuries not qualifying are: frostbite, trench foot, heat stroke, food poisoning, accidents not caused by enemy action, combat fatigue, post-traumatic stress and self-inflicted wounds.

The Purple Heart Medal is only issued for the first wound. Subsequent awards are denoted by oak leaf clusters in the Army and Air Force and by 5/16 inch stars in the Navy, Marine Corps and Coast Guard.

The most Purple Hearts ever awarded to one person was nine. Marine Sgt. Albert L. Ireland received five in World War II and four in Korea. Some noted recipients are; James Arness, actor, Rocky Bleier,

football player, John F. Kennedy, President of the United States, John McCain, Arizona Senator, Warren Spahn, baseball player and Lex, USMC, military working dog.

Additional changes to the regulations were made with Executive Order 11016 dated April 25, 1962 that included provisions for posthumous award of the Purple Heart and in 1997 Congress passed legislation prohibiting future awards to civilians. Civilian employees of the U.S. Department of Defense who are killed or wounded may receive the Defense of Freedom Medal.

There are two organizations that are connected with the Purple Heart. The first is the National Purple Heart Hall of Honor. This organization was formed by a resolution of Congress in 2002. They are located at 374 Temple Hill Road, Vails Gate, NY 12584-0207. Their mission is to list every person who has been awarded the Purple Heart Medal. Information can be found at their web site [www.thepurpleheart.com](http://www.thepurpleheart.com) or by phone at 1-877-28HONOR. Recipients that have been recorded can be accessed on line.

The Military Order of the Purple Heart was chartered by Congress in 1958. Its membership is only open to Purple Heart recipients. However, their mission is to assist not only wounded Veterans but all Veterans in need. They work with the Veterans Administration and lobby Congress on behalf of Veteran interests.

They have a scholarship program and now recognize Law Officers, Firefighters and other first responders who are killed or wounded in the line of duty. They can be contacted by writing to: Commander, Headquarters MOPH, 5314B Backlick Road, Springfield, VA 22151. The web site is [www.purpleheart.org](http://www.purpleheart.org).

The next time you see a member of our Armed Forces or a Veteran with a Purple Heart ribbon or riding in a car with a Purple Heart License Plate, thank that person because they gave their blood for you and America's freedom. ###

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## Let's Go Traveling!

By Rick Ardis

### Las Vegas May 2023

Change is the only thing that is constant in Las Vegas. The city was founded in 1905 as a watering stop for steam engines along the Union Pacific Railroad line to Southern California.

The year 1931 proved to be pivotal for the area with the start of construction on Hoover Dam and the legalization of gambling. At the time, the population of the vast area of southern Nevada's Clark County totaled less than 9,000 inhabitants compared to the current estimate of nearly 2.5 million residents.

The area began as a compact town centered around Fremont Street, now known as Downtown. For many years, virtually all gaming took place in this original part of town, nicknamed Glitter Gulch. What is commonly thought of as Las Vegas, actually sits outside the city limits in the unincorporated areas of Paradise and Winchester.

Las Vegas Boulevard, commonly known as The Strip, began to come of age after World War II. Two western theme casino hotels, El Rancho Vegas and The Last Frontier, lined the former US Route 91.

In 1946, the Fabulous Flamingo opened featuring more sophisticated and glamorous resort style amenities. With the opening of the first showroom there, celebrity entertainment has been a prominent draw for visitors ever since.

The 1940s and 1950s introduced more casino resorts to the area including the Sands, Stardust, Dunes, Desert Inn, Tropicana, Thunderbird, and Sahara.

The 1955 opening of the former Riviera brought the first high-rise property with a whopping nine stories! (*The long-delayed Fontainebleau Las Vegas is expected to open by 2024 with sixty-eight floors.*)

Recent openings include the Resorts World Complex with three distinct hotel brands

sharing a large casino on the site of the former Stardust, and the adults-only Circa Resort anchoring The Fremont Street Experience entertainment zone.

Over the decades, virtually every top entertainer has graced Las Vegas stages. Numerous entertainers have performed extended appearances known as a residency. These shows complement the one-night or two-night shows in arena settings. The Smith Center for the Performing Arts features symphony, ballet, and touring company performances.

Revues have a lengthy history in Las Vegas with notable long-running shows of the past such as the Follies Bergère and Lido di Paris. Currently, Cirque du Soleil has six different shows performing, including their newest, Mad Apple, at the New York-New York Hotel. A variety of free performances of all kinds are peppered along The Strip or Fremont Street.

A recent phenomenon is the rise in Day Clubs. These are like night clubs but are held during daylight hours at select hotel pools. I recently attended the outstanding Beatles-themed Cirque production of Love at the Mirage. (*The Mirage has been sold and will transition to Hard Rock complete with a new guitar-shaped hotel tower.*)

After years of having been ignored for fear of gambling tainting its integrity, the sports world has now embraced Las Vegas.

The Golden Knights battled for the Stanley Cup during their inaugural 2017-2018 season in the NHL. The city was successful in luring the Oakland Raiders to a state-of-the-art Allegiant Stadium within walking distance of several casino hotels just two seasons ago.

Next year's Super Bowl LVIII will be hosted there February 11, 2024. Government and civic leaders are now pushing to have the MLB's Oakland Athletics also relocate to a future stadium in the area.

A Formula 1 Grand Prix race will be held on Las Vegas Boulevard and surrounding streets this November. The new Circa Resort features Stadium Swim with a forty-foot-tall video screen to watch these and other sporting events while sunbathing or swimming.

For many years, gaming was the area's only focal point

for visitors, but now food and shopping are also major draws.

Numerous celebrity chefs have set up shop in casino hotels. These restaurants join long-standing favorites such as the Golden Steer Steakhouse and Battista's Hole in The Wall. Long famous for all-you-can-eat buffets, about half of these remain closed from the Covid era with their return uncertain.

When I first visited Las Vegas in 1973, the area featured just one shopping center.

The opening of the Fashion Show Mall in 1981 ushered in high-end shopping on The Strip. Shopping for luxury goods and gourmet dining now dot complexes in and near casino resorts along The Strip in a trend initiated by Caesars Forum Shops.

Activities away from the casinos abound in the valley. The Red Rock Conservation Area, about twenty miles from The Strip, features over thirty miles of hiking trails. A little further down the road is Spring Mountain Ranch State Park.

This former private home and working ranch provides a lush green outpost great for picnics and additional hiking. Valley of Fire State Park is northeast of Las Vegas and the place to see Native American petroglyphs.

Beautiful Lake Mead, created by the construction of Hoover Dam, provides boating options just a short drive away. (*Unfortunately, the lake's level has dropped significantly due to reduced rainfall and increased water usage.*)

My recent drive to the village of Mount Charleston, where snow still lined the road, provided a 30 degree drop in temperature due to being over 5,000 feet above the valley floor.

There are numerous other choices to fill your day. These include zip lines, a 550-foot-tall Ferris wheel, Fly Over Las Vegas (*like Disney's Soarin'*), helicopter rides, the Neon Museum, the Mob Museum, or trips to the Grand Canyon.

Within Clark County there are additional small resort towns such as Laughlin and Mesquite. All in all, there is an abundance of activities supplementing Nevada's famed gaming options.

Las Vegas continues to grow and change but remains a great vacation spot even if you do not gamble. But perhaps you may win \$300 in a casino Bingo Hall, as I recently did!

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



## Real Estate Insight

By Mary Ellen Courtney

### Is a Permit Required for This?

When it's time to sell your home, you'll have a lot on your plate. The last thing you need is to realize that you didn't get proper permits for the improvements you made over the years. This discovery can become a headache of monstrous proportions when trying to sell.

Retroactive permits can be very difficult to navigate, and the alternative is even worse — ripping out all the work you did and starting over with a proper permit in place.

There's never a situation where skipping a required permit is a good idea. If you think you're making an improvement that will appeal to buyers, but you skip the permitting process because you want to save a little time and money, think again.

All that work you're doing to your home could easily be for naught and will mean nothing to a homebuyer if it's not done correctly. The purpose of permitting is to ensure that the work is being done by a licensed professional and is safe and up to code.

Unpermitted work can be a safety hazard, an insurance nightmare, could potentially cost you in money, time and endless headaches in the long run. Just a few projects that require permits in most New Jersey towns are:

- Fencing installation and repair
- Window installment
- Plumbing work
- Electrical work
- Structural changes
- Many HVAC maintenance projects (*like installing a new water heater*)
- Construction of a deck
- Finishing a basement
- Converting a wood fire-place to gas
- Installing underground sprinklers

Local building codes will dictate whether your intended construction requires a permit. If you're doing any of the following, check with your municipality before you start work:

- Removal or addition of walls
- Room conversions that change the use, like turning your garage into an office
- Changes to the home's piping systems
- Re-roofing
- Demolition of any part of

the home

If you're doing work on the systems in your home, those projects sometimes require specialized permits. For example, installing a new underground sprinkler system can mean you have to secure a plumbing permit. The best way to find out what's required is to contact your local permitting office.

But — good news for handy homeowners — not all renovation projects need permits. Cosmetic improvements like painting, decks under a certain height, installing new cabinets, putting in new countertops, a whole-house fan, repairing the driveway, building a small fence and more can be accomplished with needing to apply for permits.

What happens if you don't get a permit? It might be tempting to try and skip the permitting process especially because it can be a burden.

However, neglecting to obtain a permit can easily lead to major problems with your town. You might be subjected to hefty fees, or your project could be halted. In some cases, as stated earlier, the town might even require you to destroy the work that's already been completed because there's no way to tell whether the work is up to code. And unpermitted home renovations can definitely hurt sellers when they try to sell their house.

When in doubt, it's always best to contact your municipality to double check the permitting requirements for the projects you hope to complete. Remember, the permit process isn't just red tape, it's actually there to keep you, your family and your buyers safe and secure. It might take a little more time, but it's worth it, guaranteed.

Maybe you've heard the saying, "It's easier to ask for forgiveness than permission." Where construction permits are concerned, the exact opposite is true...

*Are you thinking of selling your home? For expert guidance, contact Mary Ellen Courtney, Broker-Manager at Terrie O'Connor Realtors' Gateway Group, 201-288-0004. She and her professional team will insure maximum results with minimum stress!*

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**Rutherford Public Library**

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

Hours: Monday-Wednesday 10 a.m. to 8 p.m., Thursday and Friday 10 a.m. to 6 p.m., and Saturday 10 a.m. to 4 p.m.

The Library will be closed Saturday, May 27, and Monday, May 29, for Memorial Day observance.

- **Virtual Author Visits.**
  - New York Times Bestseller and a nationally recognized anti-racist educator, speaker, and advocate, Britt Hawthorne, author of "Raising Anti-Racist Children," Wednesday, May 3 at 1 p.m.
  - Comedian, filmmaker, and creator of AMC's "Indefensible," Jena Friedman, May 10 at 8 p.m.
  - New York Times Best-selling YA Author, Courtney Summers, author of "I'm the Girl and Sadie," Saturday, May 20 at 2 p.m.
- **Literary Character Contest.** Sometimes characters just come to life! The Friends of the Library Literary Character Contest invites booklovers of all ages to dress as their favorite characters from beloved books. It's always cool to see Sherlock Holmes, Pete the Cat, and Pinkalicious in person! What awesome costumes will this year bring? Entry deadline is Tuesday, May 2. Saturday, May 6, 12 to 3 p.m.
- **Mindfulness for Memory & Focus.** This virtual class is for anyone interested in learning how to be more content and less stressed using the tools of mindfulness. Each class starts with an introduction to theory and brain science, followed by a short gentle movement practice and a mindfulness meditation. Time for discussion will be provided. Classes are Fridays at 9:15 via Zoom. Registration required.
- **Summer Reading Program - for Children, Teens, & Adults.** This year's Summer Reading Program runs May 1 through September 23. This summer's theme is "All Together Now." Children will be rewarded for reading; and will feature related crafts and activities. We are also introducing Summer Reading for Teens & Adults programs this year.
- **Finding Your Voice as a Writer.** In this program, we'll hear what several famous authors have to say about how

they achieved their own writing style, and how you can go about developing yours. Examples will be drawn from Kurt Vonnegut, Ray Bradbury, Stephen King, and others. Registration is required. Wednesday, May 24 at 6:30 p.m.

- **Social Emotional Learning & Special Education.** Presenter Lori Henry is back for the final installment of our Parenting Workshop series focusing on social emotional learning. Ample time provided for Q&A. Wednesday, May 17, from 6:30 to 8 p.m.
- **Grab & Go Doorside Pickup.** Patrons are invited to order books from the BCCLS catalog by visiting [www.bccls.org](http://www.bccls.org) or fill out a Grab & Go form for either the adult or children's collection. Our team will choose items for you based on what you like! Forms are available on our website. If you don't have access to a computer, call and we will order items for you!
- **Bold Yoga.** Free, on-demand access to virtual yoga classes from Bold Yoga by Bendy Bookworm. This video database offers several class offerings levels. Patrons can enjoy yoga 24/7. Send an email to [reference@rutherford.bccls.org](mailto:reference@rutherford.bccls.org) with your name and Library card number.
- **ESL In-Person and Virtual Classes.** In-person ESL classes meet Tuesday and Thursday mornings. Advanced ESL classes begin October 15. Virtual ESL classes are available Mondays. Registration required and done in person at the circulation desk.
- **Monthly Movie.** Screenings on the last Tuesday of the month at 6 p.m., sponsored by the Friends of the Library.
- **Teen Volunteers.** We are currently accepting teen volunteers in middle and high school can volunteer for various tasks. For more information, email: [marion.johnson@rutherford.bccls.org](mailto:marion.johnson@rutherford.bccls.org)
- **Tech Tutor.** Our tech librarian will be available by appointment. Fill out our online form or email [marion.johnson@rutherford.bccls.org](mailto:marion.johnson@rutherford.bccls.org)
- **Wireless Printing.** Print from your own device, anywhere! Rutherford Public Library now offers wireless printing that may be utilized from your own device inside the Library, or by sending a print job from offsite. Please note, jobs must be printed within 48 hours of submission. There are three options to print wirelessly. Visit <https://rutherfordlibrary.org/wireless-printing/> to learn more or download the full instruction sheet. ###

**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 the most up-to-date information and guidelines, visit us online. Please call 201-288-0488 to speak with a staff member or email us at [hashcirc@bccls.org](mailto:hashcirc@bccls.org).

Hours of operation: Mondays, 10 a.m. to 6 p.m., Tuesdays thru Thursdays, 10 a.m. to 8 p.m., Fridays, 10 a.m. to 5 p.m., Saturdays 10 a.m. to 2:30 p.m. Return Library materials in our book box located in the rear of the Municipal Building.

Registration is required for all programs unless otherwise noted.

**Star Wars**

Celebrate Star Wars the week of May 1-6! Every Hasbrouck Heights-owned Star Wars-themed item checked out earns a raffle ticket for one of two Squishmallow prizes - Grogu or Chewbacca! Check out 5 items and get 2 tickets! One raffle chance per person per day and winners will be drawn on Monday, May 8. Also join us on May 4 for a Star Wars craft and storytime!

- **Senior Concert with Barros Music.** Saturday, May 6, 1 to 2 p.m. HH Senior Center Join Gerard and Diane Barros of Barros Music as they salute the legendary singer/songwriter, Carole King and cover several of her great solo hits and classics she wrote for other artists, such as the Drifters, Shirelles, Chiffons, Everly Brothers, James Taylor, Beatles, Monkees and more! Refreshments will be served. Registration is encouraged.
- **Save the Date!** General Membership Meeting, Tuesday, June 6, 7 p.m. Library Large Meeting Room.

Want to become a friend? Join us to learn about what the Friends of the Library do, future endeavors and how you can help.

- **Display case: "Mitzi Reyner Photography.** View over 70 vintage hats from the 1950s and 1960s courtesy of Elaine Reininger. Hats on display are made from straw, raffia, and velvet adorned with silk flowers, feathers, and more!

The Library is always in search of those who would like to display their collections!

**For CHILDREN**

- **After-School Game Lounge Open Play.** Tuesdays and Thursdays, 3:30 to 5 p.m. Our Nintendo Switch game lounge will be open for after-school play with friends! Multi-player games are offered, including Mario Kart and Super Smash Bros (*or bring your own!*). Reservations requested.
- **Star Wars Day Craft & Storytime.** Thursday, May 4, 4:30 to 5:30 p.m. May the 4th be with you! Join us for Star Wars Day where we'll make pool noodle lightsabers, play some trivia and read a few Star Wars stories. Don't forget that checking out Star Wars items earns a raffle ticket to win a Grogu or Chewbacca Squishmallow!
- **Lego Club.** Wednesdays, May 10 and 24, 4 to 5 p.m. All builders are invited to Lego Club! We'll free-build and have a chance to hang out & discuss all things Lego with fellow fans. We'll provide the bricks, you supply the ideas!
- **Little Artists Mother's Day Craft.** Friday, May 12, 3:30 p.m. for ages 7 and up. Join us and create something memorable for mom, grandma, or any special person in your life. Best for elementary grades and up, registration is limited.
- **Let's Make No-Bake Cookie Dough!** Monday, May 15 | 4-5 pm for 5th Grade and up. Did you know May 15 is National Chocolate Chip Day? What better way to celebrate than making no-bake chocolate chip cookie dough.
- **Paw-riffic Saturday Storytime at the Library with special guest Oscar.** Saturday, May 20, 11 to 11:30 a.m.

We've invited our puppy pal Oscar to join us for Saturday Storytime! Come for dog stories and songs - and big kids are invited to practice reading with Oscar, he loves to listen! Registration is limited.

- **Parents' Guide to College Athletic Recruitment.** Tuesday, May 23, 7 to 8 p.m. (via Zoom) for parents and teens in Grades 6-12.

Join presenters Jason Lefkowitz, Founder/CEO of Lefkowitz High Performance Training, and Dr. Tony DiGiacomo, founder of Novella Prep, to learn about the timeline for college athletic recruitment. When should the process begin? What essential steps are needed to position your child to be considered? Discover tactics to leverage resources and understand ways of assessing student athletic potential while balancing priorities. Registration is required.

**For ADULTS**

- **Computer Classes: "Google DOCS III - Intermediate."** Tuesday, May 2, 6:30 to 7:30 p.m. or Thursday, May 4, 1:30 to 2:30 p.m. Join

our Tech Guy Bill and learn how to add to your document creating skills with indents & tabs, headers, footers & page breaks + styles. This is the third in our Google DOCS series. Thursday's session is a repeat of Tuesday's session.

- **Computer Classes: "Getting Started with Google SHEETS."** Tuesday, May 16, 6:30 to 7:30 p.m. or Thursday, May 18, 1:30 to 2:30 p.m. Join our Tech Guy Bill and learn how to organize information on Google Sheets. Much like Microsoft Excel, Google Sheets allows you to store and organize different types of information and can be used for a variety of everyday tasks. Thursday's session is a repeat of Tuesday's session.
- **Chocolate Dipped Delights.** Wednesday, May 3, 6 to 7 p.m. Join us as we elevate ordinary snacks into chocolate dipped delights! Using gourmet chocolate, learn tips and tricks to creating amazing mouth watering desserts. Seating is limited.
- **Movie Matinee.** "Yellow Rose" Friday, May 12, 1 to 3 p.m. Sit back and enjoy an afternoon movie at the Library. Light refreshments provided. Synopsis: A Filipina teen from a small Texas town fights to pursue her dreams as a country music performer while having to decide between staying with her family or leaving the only home she has known.
- **Crafts-to-Share Club.** Tuesday, May 9, 6 to 8 p.m. & Wednesday, May 24, 1 to 3 p.m. Get to know other crafters while you knit, crochet, embroider or craft anything! In-person and on Zoom by request.
- **Adult Book Club.** 4th Tuesday of every month, In-Person & via Zoom at 7 p.m. May 23. "The Lies I Tell" by Julie Clark. Join us for an evening of fun, literary discussion!
- **English Conversation Circle.** No Drop-Ins; MUST apply before attending. Feel more confident when speaking English by practicing in a relaxed and supportive environment. Conversation range from basic everyday communications, learn vocabulary, pronunciation help, and more. See Library calendar for details. ###





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 information can be found on our Facebook page and website.

• **Meditation.** Priti Dhariwal, our yoga teacher, will teach the basics of Meditation. Meditation can wipe away the day's stress, bringing with it inner peace. Classes will be on Tuesdays 1:30 to 2:30 p.m. Class dates are May 2 & 9. Registration is required. Please call 973-365-4044 ext. 2 to reserve your spot. You must reserve a spot for each session you wish to attend. Sponsored by The Friends of Lodi Memorial Library.

• **Chair Yoga.** A six-week yoga class for people experiencing joint pain and stiffness. Students will use chairs rather than yoga mats. Classes will be from 1:30 to 2:30 p.m., May 16, 23, 30 & June 6, 13, 20. Registration is required. Call 973-365-4044 ext. 2 to reserve your spot. You must reserve a spot for each session. Sponsored by The Friends of Lodi Memorial Library.

• **Adult Crafts.** Craft to be announced. Register by Friday, May 12. Craft will be held in-person on Wednesday, May 17, at 1:30 p.m. Register by May 12. Call Library to register - 973-365-4044 ext 2.

• **Tuesday Night Book Club.** Tuesday, May 16, 2023, 6:30 to 7:30 p.m. Book is "The Gold Coast" by Nelson DeMille – 500 pages. Contact [director@lodi.bccls.org](mailto:director@lodi.bccls.org) for more information about our book club meetings.

• **Semi-Monthly Movie.** We are now showing movies at the Library twice a month – For May the movies will be "Women Talking" on May 10 at 1 p.m. and "The Lost City "on May 24 at 1 p.m.

• **Adult Game Night** Thursday, May 25, 6:30 to

7:30 . Join us for board and card games! Favorites like Mahjong, Trivial Pursuit, and more.

• **Special Program – Jazz Concert.** Jazz singer Ellen LaFurn will perform with her band on Saturday, May 6 at 2 p.m. For more details see website at [lodi.bccls.org/events](http://lodi.bccls.org/events)

• **Special Program – Pysanka Workshop.** The Ukrainian History and Education Center of Somerset will host a pysanky workshop on Tuesday, May 9 at 5:30 p.m. Participants will make their own pysanka and learn about the history of this Ukrainian folk art. Registration required.

• **Adult Coloring Pages, Mazes and Community Puzzle.** Always available for adults. Come to the Library to de-stress with our free coloring materials, fun mazes, and beautiful puzzles. ###

Children Special Programs

• **Anime Club.** – Grades 6-12, In-person, Wednesday, May 3, 3:30 to 4:30 p.m. Watch a movie, get some snacks, and make a craft. Registration required.

• **Dungeons & Dragons Dice Craft.** – Grades 9 to Adult, In-Person, Thursday May 11, from 6 to 7:30 p.m.

Join Mr. Bob to make a Magic 8 ball with D&D dice.

• **Lodi Game Club.** All ages (12 and under must be accompanied by an adult). Join us for all kinds of games every Thursday from 3:30 to 5:30 p.m. No registration necessary.

• **High School Hang-out.** Grades 9-12. Join us every Tuesday from 6 to 7:30 p.m. in the conference room for games, movies, and other fun activities.

• **Grab & Go Craft – Grades Pre K - 2.** A new grab & go project will be available each Monday! While supplies last. Registration is not required.

• **Legos.** – All ages. Tuesdays from 4 to 5 p.m. in the Children's Room. Make your own creations with Legos. No registration necessary.

• **Storytime.** Every Friday at 11 a.m. No registration necessary. ###

Carlstadt Public Library

Carlstadt Library, 420 Hackensack Street, Carlstadt, NJ 07072. 201-438-8866, Handicap accessible. [carlstadt.bccls.org](http://carlstadt.bccls.org) or [www.carlstadtlibrary.org](http://www.carlstadtlibrary.org)

• **Beginner Yoga with Onika.** Mondays, through June at 10:15 a.m. Bring a yoga mat. Space is limited Registration per class is required. Call 201-438-8866 for more information.

• **Dynamic Yoga with Onika.** Welcome, adults, to a six week Dynamic Yoga series, on Mondays, April 3, 17, 24 at 11:30 a.m. This is an intermediate level yoga class. Bring a yoga mat. Space is limited. Registration per class is required.

• **Movie Madness.** Sit back, relax and join the Carlstadt Library for a showing of the film "80 for Brady" starring Sally Field and Tom Brady on Tuesday, May 2 at 1 p.m. or Wednesday, May 3 at 6 p.m. Seating is limited and registration is required.

• **Learn to Sew Workshop.** Welcome adults to a sewing machine class with Ellen from Sew It! Workshop. Ellen will teach sewing machine basics and help participants create a Spring themed project. The workshop will be held on Saturday, May 6 from 10:30 a.m. until 1:30p.m. Sewing machines and all materials will be provided. Space is limited and registration is required.

• **Adapting Farm Methods to a Backyard Garden.** On Tuesday, May 9 at 6:30 p.m. join the Carlstadt Library and Anthony Bracco of Bracco Farms, at the Carlstadt Community Garden, to learn natural and sustainable growing methods that can be applied to your backyard garden. The Carlstadt Community Garden is located at the corner of 7th Street and Division Avenue.

• **Piano Concert & Vintage Sheet Music.** The Carlstadt Library invites adults on Wednesday, May 10 at 6:30 p.m. for an entertaining night of music and history. Talented local resident, Elizabeth Bratko, will play a selection of music and also present her vintage sheet music collection. Seating is limited and registration is required.

• **Author Visit - Zoom.** Calling fellow bookworms! Join the Carlstadt Library and acclaimed author Steven Rowley on Tuesday, May 16 at 7 p.m. to discuss his best-selling novel "Guncle," soon to be a Hollywood blockbuster. The Zoom link will be emailed after registration. Copies are available at the Circulation Desk.

• **Cook the Books! - Cookbook Club.** Calling all amateur chefs! Join our inaugural Cookbook Club meeting on Wednesday, May 17 at 7 p.m. A different cookbook will be selected each month and participants will each prepare a dish at home to bring to the Club for members to sample. This month's club pick is "Smitten Kitchen Keepers" by Deb Perelman. Copies are available at the Circulation Desk. Space is limited. Registration required.

• **The Big Dig - Family Garden Time.** On Sunday, May 21, at 1 p.m., join the Carlstadt Library for a hands-on family-friendly planting event at the Carlstadt Community Garden. Plant flowers in the butterfly gardens and learn about the native plants that attract butterflies, birds and other pollinators. Kids and teens are invited to help plant the Library's Read and Grow garden bed. Bring your gardening gloves and tools! The Carlstadt Community Garden is located at the corner of 7th Street and Division Avenue. This event is weather-permitting. Please register.

• **Successfully Navigate College Admissions.** The Carlstadt Library welcomes Stand Out for College on Tuesday, May 23 at 7 p.m. Learn to maneuver the ever-changing college admissions process and stand out from the crowd. A Zoom link will be emailed after registering. Please register at [carlstadtlibrary.org](http://carlstadtlibrary.org) or call 201-438-8866 for more information.

• **As the Page Turns - Adult Book Club.** Novel "Carrie Soto Is Back" by Taylor Jenkins Reid on Wednesday, May 31 at 7 p.m. New members are always welcome! Copies are available at the Circulation Desk. Please register.

For Children  
• **Storytime with Miss Risa** will be held at the Carl-

stadt Library on Wednesdays, May 3, 17, 24, and 31 at 11:30 a.m. Space is limited and registration is required.

• **Music with Miss Nita at the Library.** Music with Miss Nita will be held at the Village Green on Thursday, May 4, 11 & 18 at 10:30 a.m. Babies, toddlers and preschool children will enjoy songs, rhymes, movement and instrument play. Space is limited. Programs are free of charge.

• **Cinco de Mayo Maraca Craft.** Children, ages 4 and up, are invited to the Carlstadt Library on Tuesday, May 2 at 4 p.m. to make a colorful maraca and make some music. Space is limited and registration is required.

• **Weaving Workshop.** Tweens, ages 9 and up, are invited to the Carlstadt Library on Thursday, May 18 at 4 p.m. Learn to weave using a loom and create a potholder. Space is limited and registration is required.

• **STEAM to-go Workshops.** The Carlstadt Library invites children ages 5 and up to attend science-based classes with STEAM to-go. On Monday, May 15 at 4 p.m., learn to create a launching catapult.

On Monday, May 22 at 4 p.m., create an art project with LED lights. Space is limited and registration is required.

• **Pom-Pom Flag Sign Craft.** Children ages 4 and up are invited to the Carlstadt Library on Tuesday, May 23 at 4 p.m., to design a patriotic Pom-Pom Flag Sign. Space is limited and registration is required.

• **Take-It-and-Make-It-Crafts for Kids.** The Carlstadt Library invites children of all ages to pick up a monthly take-it-and-make-it craft. This month's craft is a Patriotic Bug Magnet. Craft kits will be available at the Library from May 1- 31, while supplies last. Please call 201-438-8866, ext. 203 for more information.

• **1,000 Books Before Kindergarten.** The Carlstadt Library has launched an initiative to encourage families to read 1,000 Books Before Kindergarten. Reading together creates lifelong memories and helps develop pre-literacy skills.

Children who are read to at an early age have larger vocabularies and are more successful in school. 1,000 Books Before Kindergarten is a fun, free way to start your child on the path to success! Children from birth to 5 years old can participate.

Stop by the Children's Department of the Carlstadt Public Library to register, pick up the program packet, and check out some books. Happy reading! ###

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On April 6, 2023, the Carlstadt Fire Department responded to the rear of a commercial building on Garden Street. An attached shed to a wood shop was ablaze. One attack line was used to extinguish the fire. No injuries were reported. *Photos by Dennis Kronyak. Sr. ###*



The Wood-Ridge Fire Department responded to an apartment fire near the window on the 2nd floor. One supply line and one attack line were used. *Photos by Dennis Kronyak Sr. ###*



On April 8, 2023, the Carlstadt Little League kicked off the season with their traditional parade for opening day ceremonies. Former Yankee relief pitcher, Ryan E. Flannery, threw the first pitch. Ryan was born January 6, 1986, grew up in Carlstadt, attended Becton Regional HS and Fairleigh Dickinson. *Photos by Dennis Kronymak Sr. ###*





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5 Roosevelt Pl, Moonachie: Spacious colonial. Large kitchen with outside entrance and sliding doors to patio. \$559,900



566 Burritt Pl, Wyckoff: Beautifully renovated tri-level split. Family room with wood burning fireplace. New paver driveway. \$939,000



18 Pine Dr, Park Ridge: Traditional well maintained split level in quiet neighborhood. Lovely large corner lot with patio. \$629,000



71 James St, Lodi: One-of-a-kind Victorian colonial. Wrap around porch. Classic old world charm and newer amenities. \$569,000



21 Valley View Ave, Oakland: Spacious well maintained colonial. Living room with fireplace. Hardwood floors. \$469,900



61 Hillcrest Ave, Hawthorne: Beautiful ranch on quiet street. Living room with dual sided fireplace. Private rear yard. \$599,900



396 Terrace Ave, #2, Hasbrouck Heights: Completely renovated apartment. New kitchen, granite counters. Private entrance. \$3,000/mo



128 Third St, Mahwah: Fantastic condo alternative. New kitchen, quartz counters, stainless appliances. Huge Great Room. \$515,000



20 N Church Rd, Saddle River: Custom expanded ranch. Private setting. Perfect house for entertaining inside and out. \$2,195,000



219 Wayfair Cir, Wyckoff: Beautiful colonial in Sicomac section. Gourmet kitchen. Magnificent Great Room with fireplace. \$1,895,000



443 Sicomac Ave, Wyckoff: Historical colonial. Private 2 acre oasis. Gourmet kitchen. Perfect flow for entertaining. Pool. \$2,450,000



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