

The Gazette

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Ridgefield Park • Rutherford • South Hackensack • Teterboro • Wallington • Wood-Ridge
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VOL. 17, No. 9★★★★★
September 2020



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Refreshing

The blade of grass watches the night give way to dawn. The dew disappears at first light.
The sun's glint awakens its spirit. Its rays grow more and more intense as the day ages.
The scorching afternoon seeks relief. As the tip of the orange ball sets, dusk begins. A droplet of water strikes. It glides down the blade of grass with delight and trickling its roots, awakening nutrients and restoring its parched soul. There is another drop, then another, and another. Relief.
Its collective community is well maintained and flourishes into a carpeted lawn. Nice.

JERSEY STRONG

Postal Patron ECRWSS

Get Counted

The 2020 Census counts every person living in the United States and five U.S. territories by the U.S. Census Bureau, a nonpartisan government agency, every 10 years.

Each home received an invitation to respond to a short questionnaire—online, by phone, or by mail in March.

The census provides critical data that lawmakers, business owners, teachers, and many others use to provide daily services, products, and

support for you and your community. Every year, billions of dollars in federal funding go to hospitals, fire departments, schools, roads, and other resources based on census data.

The results also determines the number of seats each state will have in the U.S. House of Representatives, and they are used to draw congressional and state legislative districts.

Deadline is September 30, 2020. To complete online securely, go to: mycensus.gov

For more information, go to www.2020census.gov ###

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arts.gov/neabigread

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SEP 20-OCT 17

Join in on a community-wide celebration of *Fahrenheit 451* by Ray Bradbury. To register for book discussions and community programs, visit **communityread.org**

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NEA Big Read is a program of the National Endowment for the Arts in partnership with Arts Midwest.



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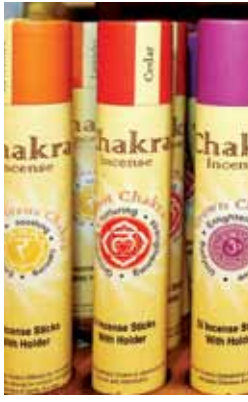
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HH Annual Street Fair Canceled

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

Effective August 5, 2020 the Street Fair was canceled and is returning on June 6, 2021.

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

Rutherford Annual Labor Day Antique and Craft Fair Has Been Canceled

The Borough of Rutherford Annual Labor Day Street Fair has been canceled. It has been held for 44 years.

It was one of the most well attended street fairs in the state, with over 250 vendors lining the streets, parks, and plazas featuring antiques, collectibles, and craft vendors from all over the East Coast.

The Street Fair ran from 10 a.m. to 5 p.m. Musical entertainment was held at the Hutzel Memorial Band Shell in Rutherford's Lincoln Park starting at 11 a.m.

Included was entertainment with many activities to entertain the kids while the parents shop. There were many rides and amusements, a children's stage with a costumed character musical revue, magic show, balloon artists, and a variety of street performers.

Political candidates for local and state elections were usually there to meet the public and answer questions.

Last year's event was produced by **Cliffhanger Productions** and attracted over 35,000 people. ###

Post 310 Picnic and Pig Roast September 12

American Legion Post 310 will hold its 38th Annual Picnic in conjunction with the Sons of the American Legion of Post 310 on Saturday, September 12, 2020 from 3 p.m. to 8 p.m., at American Legion Post 310, 100 Liberty Street, Little Ferry.

Cost is \$35 per person at the door or \$30 in advance. Kids under 12 eat free.

All you can eat two-100 pound pigs, London broil, BBQ chicken, hamburgers, hot dogs, sausage and peppers, mussels, clams on a half shell, corn on the cob, Manhattan clam chowder, salads, beer and soda.

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

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

FOCAS Holds Flea Market Sept. 26, 27

FOCAS holds its Flea Market on Saturday, September 26 and Sunday, September 27, 2020, from 10 a.m. to 3 p.m., at the American Legion, 100 Liberty Street, Little Ferry. This market features specialty items that make unique gifts, a selection of household items, jewelry, collectibles, linens, games, toys, pet supplies, cds/videos, and more. Refreshments and baked goods are available.

Flea Market merchandise donations 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 4 to 6 p.m. Face masks required.

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 ###

August 19 – September 7, 2020 • Labor Day
Drive Sober or Get Pulled Over



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Bogota, Little Ferry and Ridgefield Park Libraries Celebrate Fahrenheit 451

The National Endowment for the Arts (NEA) Big Read in **Bogota, Little Ferry and Ridgefield Park Libraries** will focus on "Fahrenheit 451" by Ray Bradbury. Activities will kick off on September 20, 2020 and run for four weeks.

"It's important to celebrate literature and use it as a means to facilitate community discussion," said Chelsea Dodd Coleman, director of BPL. "It's especially relevant this year as people find themselves more isolated and disconnected from their neighbors during the pandemic."

Book discussions will be hosted in all three towns, along with virtual programs, including a talk about the writing of the classic book, a virtual tour of the Center for Ray Bradbury Studies at Indiana University, and a lecture on censorship.

The public is also encouraged to host private discussions with family and friends using guides provided on the website.

In addition to making

available dozens of copies of Fahrenheit 451 in English and in Spanish, complementary picture books in both languages will be used to involve younger community members. "The King Who Banned the Dark" by Emily Haworth-Booth and "¿Jugamos?" by Ilan Brenman will be celebrated in library storytimes and crafts.

Bogota Public Library (BPL), in partnership with Little Ferry and Ridgefield Park Public Libraries, is a recipient of a grant of \$5,681 to host the National Endowment for the Arts (NEA) Big Read in all three communities.

An Arts Endowment initiative in partnership with Arts Midwest, the NEA Big Read broadens our understanding of our world, our communities, and ourselves through the joy of sharing a good book.

For more information and to find events or book discussions, visit communityread.org ###

Car Show Sept. 19

Hasbrouck Heights Veterans are hosting a Car Show 2020 on September 19, 2020 (RD September 27), from 9 a.m. to 3 p.m., at VFW Post 4591, 513 Veterans Place, Hasbrouck Heights, NJ 07604. Open to the public. Free admission. Masks and social distancing mandatory.

Includes custom, stock, military, motorcycles, electric, vendor tables, trophies, 50-50, refreshments and more. Pre-registration is \$10. On-site is \$15.

For more information: Vet-CarShow2020@gmail.com or fb.me/VeteransCarShow2020.

This event is co-sponsored by the American Legion Post 106 and VFW Post 5419. ###

MomLife Event September 24

Hey there mom! Looking for mom friends? MomLife is just what you need!

Hasbrouck Heights MomLife invites all moms with kids, ages 0-11, from any town to join us this month.

Masks are required. No childcare available. First event of our inaugural MomLife season is September 24, 2020, from 7 to 9 p.m. Please RSVP by September 21.

This event hosted by Bible Baptist Church, 31 Passaic Avenue, Hasbrouck Heights. For more info: hasbrouckhts-momlife@gmail.com; (862) 239-MOPS; Fb - Hasbrouck Heights MomLife

Moms from any NJ town can come. (MOPS has changed to MomLife). ###

USDA Cautions About Unsolicited Seed Packages

TRENTON – The New Jersey Department of Agriculture has received reports of individuals receiving unsolicited seeds through the mail from China.

Unsolicited seeds could be invasive, introduce diseases to local plants, or be harmful to livestock. Sometimes the seeds are sent in packages stating that the contents are jewelry.

Here's what to do if you receive unsolicited seeds from another country:

- DO NOT plant the seeds and if they are in sealed packaging do not open the sealed package.

- Take a photo of the package and seeds and send the photos to USDA Smuggling Interdiction and Trade Compliance at SITC.Mail@aphis.usda.gov.

- Maintain the seeds and packaging and send to the USDA Office located at:
USDA APHIS PPQ
Attention: Gregory Soto
1500 Lower Road
Linden, NJ 07036

Please write down your name, address, phone number and email address on a piece of paper and insert it in your package.

If you have already planted or discarded seeds please send an email to Gregory.t.soto@usda.gov.

If individuals are aware of the potential smuggling of prohibited exotic fruits, vegetables, or meat products into or through the USA, they can help APHIS by contacting the confidential Anti-Smuggling Hotline number at 800-877-3835 or by sending an Email to SITC.Mail@aphis.usda.gov.

USDA will make every attempt to protect the confidentiality of any information sources during an investigation within the extent of the law. ###

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**Labor Day
Sept. 7**

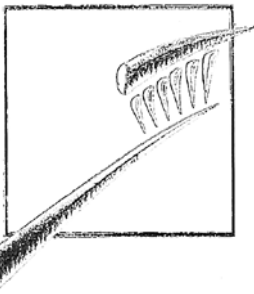
9-11 Services

• **Little Ferry:** A wreath service will be held on September 11, 2020 at 9 a.m. at the Shannon Dalton Ford Field on Mehrhof Road.

• At press time, no other communities have provided event details. Contact your Borough Clerk.

• See 2019 Services on page 33 at: <http://www.the-gazette-newspaper.com/images/gazette/oct19.pdf>

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Yard Sale Sept. 19/20

The Woman's Club of Rutherford will hold their Annual Indoor/Outdoor Yard Sale on Saturday and Sunday, September 19 and 20, 2020, from 9 a.m. to 4 p.m., rain or shine.

Shop for household items, jewelry, gifts, decor, crafts, toys and more at our historic clubhouse located at 201 Fairview Avenue in Rutherford.

Please respect any social distancing/restrictions in place due to COVID-19. Masks will be required.

Come and support our organization, serving the local community since 1889! *Leslie Beck.* ###

Thank You

The Community Chest of Rutherford, Inc., wishes to thank our loyal supporters for their strong response to our special COVID-19 mid-year appeal.

Their generosity allowed us to earn the \$500 matching grant from a board member. We therefore were able to send an additional \$500 to the Community Food Pantry and \$1,000 to Rutherford Social Services to help our neighbors during this very difficult time.

Again, thank you for your very generous support. *Kathleen Brough.* ###



W-R Memorial Foundation Dinner Rescheduled to March 2021

Due to the uncertainty of seating capacity and health concerns, the WRMF Dinner Dance was rescheduled from March 2020 to September 25, 2020 and has again been postponed.

The new date is Friday, March 12, 2021. The event will be held at the Fiesta and will feature a full course dinner. Entertainment by Alan Quinn.

The Foundation will honor Bonnie Campagna, Elizabeth Ferry, Debra Greenaway, Melanie Rose Rella and Andrea and Ed Marino.

For ticket information, please contact Dinner Chairman Jack Nagel at (201) 641-2803 or email janpro911@aol.com ###

St. Joseph Feast Canceled

It is with great sadness that this year's 106th Feast of Saint Joseph has been cancelled due to the COVID-19 pandemic and the strict guidelines in place. On behalf of the parish Festival Committee and Saint Joseph Society, we thank you for your support and we look forward to celebrating together on Labor Day weekend 2021!

Please stay tuned for a future announcement regarding the solemn Mass and Procession on Labor Day.

For more information, go to: <https://saintjosephsociety.org/feast.html> ###

**Don't Text
and Drive**

W-R PBA Local #313 Police Chief's Golf Outing Sept. 14

The 20th Annual Wood-Ridge Police Chief's and PBA #313 Golf Outing hosted by Chief John T. Korin, is Monday, September 14, 2020, at the Crystal Springs Golf Course, 3621 Rt. 94, Hamburg, NJ. Registration/Breakfast 7 - 8 a.m. Shotgun start is 8:30 a.m.

Cost is \$160 per golfer. Foursome entry \$600, Tee & Green sponsor \$150. Fees include: Green Fees and Cart, Breakfast, Lunch at the Turn, Banquet Dinner, Beer/Wine, gifts, prizes.

Shotgun start at 8:30 a.m. The event is sponsored by the Wood-Ridge PBA Local 313 and is a fundraiser for the police body armor vest fund and various W-R recreation programs.

RSVP by August 30, 2020, to Fran at 201-939-0476, Opt. 4 or email: fpolito@woodridge-police.org

Make checks payable to: Wood-Ridge PBA #313. Mail to: Wood-Ridge PBA #313, 85 Humboldt Street, Wood-Ridge, NJ 07075. Attn: Golf Committee.

Special donations accepted. One vest donation: \$1,000. Beverage cart sponsor: \$1,500.

Metal spikes are not allowed. Collared shirts and no jeans. For more information, call Fran at 201-939-0476. ###

Aviation Hall of Fame Reopens

The New Jersey Aviation Hall of Fame and Museum reopened Tuesday, July 14, 2020.

Visitor hours will be Tuesday through Friday with three sessions daily: 10:30 a.m. to noon, 12:30 to 2 p.m. and 2:30 to 4 p.m.

Each session will be limited in attendance to fifteen (15) patrons and prior reservations can be made here. Persons without reservations will be admitted only until the maximum number of fifteen patrons at one session is reached.

Entrance fees are: \$9 Adults; and \$7 for seniors, and children 3 and up.

The Aviation Hall of Fame of New Jersey is located at 400 Fred Wehran Drive, Teterboro, NJ 07608. 201-288-6344. <http://www.njahof.org/>

Safety is very important to us, so restrictions will apply such as temperature checks, masks, limited patrons, etc. ###

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Filling You In

By Jeffrey E. Mason, DMD, FAGD.

Oral Cancer

Oral cancer is the sixth most common cancer, accounting for nearly 5 percent of all cases.

Close to 49,750 Americans are expected to be diagnosed with oral or pharyngeal cancer this year. It is expected to cause more than 9,750 deaths, killing roughly 1 person per hour, 24 hours per day, according to The Oral Cancer Foundation.

Oral cancer is particularly dangerous because it can go unnoticed in its preliminary stages. In many cases, however, general dentists can detect the disease early, which makes the dental community the first line of defense against oral cancer.

Read on to learn more about oral cancer and why it's crucial to talk with your general dentist immediately if you believe that you are experiencing any symptoms.

• **What are the warning signs of oral cancer?** Oral cancer typically is painless in its early stages but can become painful as it spreads.

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

• **How do dentists screen for cancer?** During an oral cancer screening, your dentist will feel for lumps or irregular tissue changes in your neck, head, cheeks and oral cavity. He or she also will examine the soft tissues in your mouth, looking for sores or discolored tissues.

He or she also may use screening devices that use rinses, dyes or different types of lights to detect abnormal cells. It's important to remember that your dentist does not necessarily think you have oral

cancer if he or she performs a screening. An oral cancer screening is part of a routine dental checkup, even when you have no symptoms.

• **How is oral cancer treated?** Methods of treatment for oral cancer include surgery, radiation therapy and/or chemotherapy. This treatment is determined in conjunction with your physician.

• **What are the risk factors for oral cancer?** Risk factors for oral cancer include tobacco use, alcohol use, sun exposure (lips), previous head and neck cancer diagnosis and human papilloma virus (HPV) infection. HPV can cause cancer in the back of the throat (*oropharyngeal cancer*), including the base of the tongue and tonsils.

• **How can I prevent oral cancer?** To help prevent oral cancer, abstain from using all forms of tobacco, and avoid excessive sun exposure and alcohol consumption.

Additionally, the Centers for Disease Control and Prevention recommends that all preteen boys and girls, ages 11 to 12, should be vaccinated for HPV, which may aid in reducing the risk of oral cancer. The vaccines also are recommended for males and females ages 13 to 26 if they haven't received them already. Because successful treatment and rehabilitation of oral cancer are dependent upon early detection, it is extremely important to regularly check your mouth for any changes and to maintain regular dental visits, at least every six months.

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

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To make a bleach solution, mix: 5 tablespoons (1/3rd cup) bleach per gallon of water OR 4 teaspoons bleach per quart of water.

Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. **Never mix household bleach with ammonia or any other cleanser.** Unexpired household bleach will be effective against coronaviruses when properly diluted. *Source: cdc.gov ###*

Health Tip Hydrate

Drink water. Instead of grabbing a soda when you are thirsty, grab a glass of water.

The calories, sugars and chemicals in sodas can do major harm to your body. Even diet soda is full of preservatives, chemicals and sugar substitutes that will pollute your body.

Drinking water keeps your body hydrated, allows it to flush toxins from your system, will help boost your metabolism and help you loose weight.

If you need flavoring, flavor your water yourself with a little bit of lemon or fruit juice. Commercial flavored waters are sometimes full of excess sugars and sodium that are bad for you. ###

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Preparing to Re-open Offices and Workspace

Building Assessment

Prior to reopening offices, the CDC recommends employers (*and building management*) evaluate whether the building is “ready” for reentry and occupancy.

This involves checking heating, air flow or ventilation, and air conditioning systems; ensuring the system(s) are working properly; and increasing circulation of outdoor air where possible.

In addition, verify any other systems (*e.g., mechanical and life safety systems*) are operational, and no other hazards associated with unoccupied buildings exist (*e.g., rodents, mold, or stagnant water, etc.*).

Risk Assessment

Management should conduct a “thorough hazard assessment” of the office to identify where and how employees could potentially be exposed to COVID-19 in the office, common areas, break rooms, etc. and develop and implement various safety measures and workplace controls.

As businesses return to the workplace after several weeks under a stay-at-home order, it is critical that precautionary measures to isolate workers/visitors from hazards.

Businesses should educate their employees about disinfection processes and social distancing, quarantine and isolation, regularly screening employees.

Substitution Strategies

- Prepare for a return to operating at modified capacity.
- Have people work or ac-

cess the business from home to minimize the numbers of employees that need to be physically present.

- Businesses should stagger the return of their employees so that not everyone is coming into the office at the same time, or even on the same days.

- Management should communicate policies to reduce confusion.

Physical Controls

Businesses should create physical barriers between people to reduce transmission or otherwise use design elements, install clear markings with signage, tape, or other means to ensure six feet of distance, particularly in check-out lines, return-lines or any place where there is continued contact.

- Strategically post signs promoting social distancing at building entrances, lobby, security desk, parking facilities, loading docks, and amenity centers.

Work Controls

- Minimize face-to-face contact, have employees work from home; restructure employee responsibilities to minimize the numbers of employees that need to be physically present at any one time.

- Limit the number of employees, customers, and other people who are permitted in the facility at any one time.

- In all areas which are prone to lines or congregation, install clear markings with signage, tape, or other means that show six feet of distance, especially common areas.

- Arrange for contactless

payment, pick-up, and delivery options and post the availability of such services;

- Require frequent sanitation of all high touch surfaces, such as coffee/lunch rooms, water cooler, restrooms, shared computers and work stations, conference rooms, copiers, telephones, doors, elevator, check-out areas, carts, baskets, etc.

- Provide breaks for employees for hand washing or sanitizing opportunities

- Provide face masks and require employees or volunteers to wear face masks at work, unless they working alone in an enclosed area;

- Use of protective equipment is an effective risk mitigation strategy. Distribution of protective equipment means workers use face coverings, and, in some situations, gloves.

- Hand sanitizing stations should be placed in traffic areas such as hallways, lobbies, restrooms, etc.

Considerations

- How will you implement sanitizing and disinfection of workspaces?

- Which staff member will be responsible for monitoring this?

- Require employees to quarantine or isolate if they have or are believed to have COVID-19, or if they have come into contact with individual(s) with COVID-19.

Building Entry & Security

- Minimize open entrances, or designate doors for ingress and egress to help regulate number of people gathered at exterior doorways.

- Are there restricted points of entrance and exit that force people to be in close proximity and/or pass through high-touch areas (*e.g. turnstiles, fingerprint entry, doors and elevators*)?

- Consider implementing a clockwise or counterclockwise traffic flow, reinforced by stations. This prevents people from crossing paths when entering and exiting and catalyzes social distancing.

- Require cloth masks in common areas; signs must clearly indicate this policy.

- Install transparent dividers at reception and security desks.

- Label floors at security desks, reception desks, and at elevators to indicate 6-foot distancing.

- Security officer(s) should be trained to politely and firmly encourage tenants to maintain 6 feet distancing and mask protocol.

Employee Arrival & Departure

- Conduct daily screening of employees for symptoms of COVID-19.

- Upon arrival at work, employees should be masked, and employers must safely and respectfully conduct health checks (*e.g., temperature and symptom screening*) of employees at the start of each shift.

- Symptoms of COVID-19 include fever, cough, shortness of breath or trouble breathing, muscle aches, sore throat and new loss of taste or smell.

- Staff should always wash hands when arriving at and before leaving the worksite using warm water (at least 100°F) and soap for at least 20 seconds.

- Hand washing should be repeated after any of the following activities: using restrooms, sneezing, touching the face, blowing the nose, cleaning, sweeping, mopping, eating or drinking.

When hand washing is not possible, alcohol-based hand sanitizer containing at least 70% alcohol may also be used.

Visitor Protocol for Secure Buildings

- Visitor protocol should be established and inform their visitors of procedures in advance of visit, to diffuse potential misunderstandings and negative experiences.

- Limit the number of guests as the building adjusts to re-entry to comply with the requirement for gatherings to be no larger than 10 people.

- Ensure security guards and daytime building staff are informed of protocol. Security guards should have step-by-step instructions.

Elevators/Elevator Lobbies

- Limit number of people in an elevator to 2-3, depending on the size of the elevator. Encourage elevator occupants to disperse among the four corners of the cab.

- Post signage in the cabs and floor markings indicating where tenants should stand.

Hallways & Stairways

- Promote use of stairwells, where accessible.

- Post signs to promote social distancing and designate path of travel; staying to the right.

- If stairwells are accessible, and where there is more than one accessible stairwell, designate one stairwell for traffic going up, and one for traffic going down.

- Prepare for more frequent and thorough cleaning and disinfecting of stairwells and handrails.

Restrooms

- Post social distancing; Utilize decals on the floor signage throughout restrooms.

- Post signage designating proper handwashing technique.

- Block use of center sink to separate people at handwashing stations.

- Install paper towel dispensers at restroom doors and waste receptacles outside door opening.

- Provide adequate soap and water, and if possible, provide hand-sanitizer stations at hallway entrance to the restroom to allow for cleaning hands before and after touching the door handle.

Amenity Spaces

- Institute temporary closures within common/amenity areas such as gyms, lounges, game rooms, etc., until further notice.

- Remove or relocate chairs to maintain 6-foot distance in common areas.

- Establish increased common area/amenity cleaning protocol with specific instructions.

- Building cleaning staff should be visible throughout the workday to build tenant confidence in safety protocols.

Conference Centers

- Establish protocol for conference areas to ensure social distancing.

- Gathering of 10 or fewer are permitted in this phase.

- Conference centers must be stocked with disinfectant wipes with adequate time for cleaning between uses. Enlist everyone to wipe down conference areas after use.

- Limit conference room capacity and reconfigure conference center tables and chairs to accommodate 6 feet of space between participants.

Resources

The Centers for Disease Control and Prevention: Interim Guidance for Businesses and Employers to Plan and Respond to Coronavirus Disease 2019 (COVID-19). <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html> [www.cdc.gov]

Occupational Safety and Health Administration: Guidance on Preparing Workplaces for COVID-19. <https://www.osha.gov/Publications/OSHA3990.pdf> [www.osha.gov]

COVID-19

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Practical Tips for Online Learning at Home

With many children moving to online learning, parents face the challenge of working and schooling at home.

Even though staying home from school might feel like a holiday, remind your kids that they're not on vacation. Assignments, grades, requirements, and tests like state exams, SATs, and ACTs aren't going away just because classes have moved online.

Studies show that remote education can be challenging for all ages, but especially young kids, so do whatever you can and always err on the side of caution.

Here Are Some Tips:

- Make space for learning. Your children will achieve their best work in a quiet, comfortable, and dedicated space devoted to learning. Ideally, this will be a different set-up than where they normally play games or watch television.
- Monitor the computer to check your children's levels of interest and engagement in adapting to their new schedule and at-home materials.

See what your children are viewing online together and follow what you children are learning.

The simplest way to do this? Observation. Look at your child's eyes to see if they're following along with the screen.

Check if they're taking notes or zoning out. Ask questions at the end of a lesson. It's important to confirm that your children are indeed learning.

Stay in touch with your children's teacher and school. Stay informed. Ask questions and get more guidance. Contact teachers about online education and offline activities. Check out "PBS Kids," commonsensemedia.org, etc.

If you find that your child is not engaging with the lessons, don't be afraid to contact the school district or teachers to better explore the issue.

Sometimes, easily remedied technical problems such as bad audio, poor connection, or an unhelpful camera angle can make all the difference.

Structure is Key

As a family, developing a routine together is the easiest way to ease the burden of this crisis.

Encourage stability and regularity as much as you can.

Replicate the structure and predictability that your child would experience at school as much as possible. Avoid a

"vacuum of time."

Include breaks from telework or schoolwork to connect with each other. Create a detailed schedule and post it:

- Breakfast and start the day as normal
- Decide where everyone can do their work with minimal distractions
- List the times for learning, exercise and breaks. Start with shorter learning sessions and make them progressively longer. Combine online time with offline activities or exercises.

For most ages, 30-minute blocks are best for specific academic tasks so you end on a high note, and move on to the next thing.

Younger children, 20 minutes of class followed by 10 minutes of physical activity

Older children and teens can take on longer stretches of assignments and taking breaks between subjects

If your child is K-2, time increments might be 20-25 minute blocks; for 3rd-5th Grade, perhaps 30-40 minute blocks of learning; and for 6th Grade through high school, 45 minute blocks of focused work time.

Set due dates: On your calendar, be sure to mark due dates for any multi-day assignments.

Parents should intergrate their schedule. If you have a conference call at 10 a.m., maybe that is when the hour of "PBS Kids" happens.

Scheduling also lets kids know when the work day is done.

Schedule time for lunch and snacks so kids will know they have access to mom or dad. Maybe that's preparing meals, have dinner and spend evenings together as a family.

Keep normal bedtime routines.

Technology should not push out time needed for sleep, physical activity, reading or family time.

Take a Break

Make sure that your children take plenty of breaks in order to get physical activity and time away from screens.

Set alarms similar to those they would encounter at school and encourage them to get up, get some fresh air, go for a walk or bike ride, or have a snack so that they are not sedentary for the entire day.

Some children need some level of flexibility. Stay attuned to their needs. Switch up activities.

Doing house chores together is great for development of fine and gross motor functions.

Discuss good hygiene practices. Use everyday moments to reinforce the importance of things like hand washing.

Limit Cell Phones

Apps, games, and messaging features are fun, but they can also prove distracting.

So that it can receive their undivided attention, consider limiting your children's cell phones and tablets until their schoolwork is done satisfactorily.

In some schools, students aren't allowed to use smart phones in classrooms. The same should be true at home, at least when they're completing their schoolwork. Keep them focused on their education by limiting phone use to non-study time.

This is likely to get harder as more weeks roll by without your kids having face-to-face interaction with their peers. Consider using screen time as a reward for an assignment well done or completed early.

Tip: Stay aware while your children are studying at home by looking out for unusual phone, digital or social media activity.

Learning Pods?

An alternative to the traditional classroom and virtual learning, the pod concept involves a small grouping of same grade students to learn in person or distant learning, supervised by parents or tutors.

A pod offers safety, socialization and a sharing of child care responsibilities, while minimizing the health risk.

Parents collaborate and take turns supervising one day a week, freeing them up to go to their jobs on the other days.

The kids get to socialize with other children whose families are also following strict health and safety guidelines to protect against the virus.

Facetime

You don't want your children to feel socially isolated, but at the same time, you want to protect them from becoming wholly reliant upon their devices.

In-person interaction is ideal for kids, but until it's safe for them to return to school, encourage your children to video chat or text message rather than simply scrolling through social media.

Allow children to interact

with friends via video to help them maintain the relationships they've built in the classroom. Partner with other parents to plan virtual play and activity dates.

Discuss how much time your child thinks it is reasonable to spend online and make a "contract," committing to goals for on-screen vs. off-screen hours.

Internet Safety

Increased access online brings heightened risks for children's safety, protection and privacy.

Discuss the internet with your children so that they know how it works, what they need to be aware of, and what appropriate behavior looks like on the platforms they use, such as video calls.

Establish rules together about how, when and where the internet can be used. Set up parental controls on their devices to mitigate online risks, particularly for younger children.

Identify appropriate online tools for recreation together -- organizations like Common Sense Media offer advice for age-appropriate apps, games and other online entertainment.

In case of cyber bullying or an incident of inappropriate content online, be familiar with school and other local reporting mechanisms, keeping numbers of support help lines and hot lines handy.

Don't forget that there's no need for children or young people to share pictures of themselves or other personal information to access digital learning.

Old School -- Print

Overuse of screen time can have adverse impacts on young brains, so it's essential in these special circumstances to be extra careful when it comes to the littlest ones.

As much as possible, parents should encourage print and book reading.

If available, request textbooks from your child's school along with other print materials in order to offset the amount of online learning they will be doing.

Stimulate self-expression by having discussions with your children about what they are doing, and also encourage creative writing and imaginative story telling.

Have Fun

Make sure you still find time for fun with your kids. Plan off-screen activities for the whole family.

Between school and work obligations, it's rare for parents and children to have this much time together, so turn it into an opportunity for bonding.

Write predictions for a TV show that the whole family watches. Organize a tournament, family card games, charades, or chess, or get outside for a hike or walk together after school

Final Thoughts

- Avoid kids getting together for study groups, play dates or sleep overs.

- This is not the time for grandparents to help out with child care duties. During social distancing, keep up connections by phone calls and video chats.

- Having news on while kids are in the room may increase fear and anxiety. Acknowledge their concerns. Encourage you children to ask questions and express their feelings. Children may have different reactions to stress. Have open conversations. Try not to minimize their concerns

Sources: <https://www.healthychildren.org/>, <https://www.unicef.org/coronavirus/covid-19>, <https://www.childrenandscreens.com/>

Read to Your Child



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Boys & Girls Clubs of Lodi & Hackensack are Making an Impact During Covid-19

On March 13, 2020, Covid-19 forced the closure of the Boys & Girls Clubs of Lodi & Hackensack.

With the closure of their clubhouses came the loss of their largest revenue streams. But most importantly, the daily programming for the children

and teens they impact was put on hold.

The Boys & Girls Clubs have developed enriching virtual programming, which was made available to all members and non-members, within two weeks of the Clubs' closures.

Virtual programming in-

cluded STEM activities, Art projects, virtual mentoring sessions and homework help, Dance lessons, and so much more.

In late June, the decision was made to not open for traditional Summer Camp.

And so, program staff be-

gan developing exciting virtual programming to conduct throughout the summer.

Their concern was that many of the kids may not have access to healthy foods during the summer. Last year, they provided over 76,000 healthy meals to hungry children. Club

closures kept them from doing so since March.

In partnership with the Community Food Bank of New Jersey, their Free Summer Grab & Go Meals program enables children to pick up to-go packaged breakfasts and lunches. This program ran through August 28, 2020, and was open to any child, not just Club members

They have launched outside Summer Pop-up programming at both Lodi and Hackensack Clubs.

For two hours per day, twice per week, it provides members the opportunity to get together, with masks and safety protocols, to participate in activities in STEM, dance, art, recreation and more.

This works in unison with their virtual programming, which is provided daily.

Finally, a LEAP program is kicking-off their inaugural summer camp virtually. It provides all participants with the loan of a brand new Chromebook so each child has access to virtual programming from home.

Other supplies include baking kits, art supplies, design kits, gym supplies, STEM kits, etc., which are theirs to keep.

Throughout the school year, LEAP students have participated in creative and fun programming such as cooking, bucket drumming, sewing, STEM, etc.

The safety of the children, the staff, and volunteers, remains their first priority, and while it was a truly difficult decision to not open for traditional Summer Camp, they remain committed to providing opportunities, experiences and great futures, to the youth in our communities.

They look forward to re-opening their Clubs and welcoming children back.

You can help them pick up where they left off when the Clubs finally reopen, by donating to their Fund the Future Campaign.

To donate visit www.bgco-floidi.org/donate-now. For more information on ways to support or get involved, contact Melissa McKinney at 973-473-7410, ext. 104. ###



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Bergen has transitioned most of its fall schedule to remote learning in the interest of health and safety. The institution will offer a limited number of practice-based classes, such as those in health professions, in person at its main campus, too.

Classes Begin Sept. 2!

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"Together we celebrate America's spirit of hard work and ingenuity! We hope you have a Happy Labor Day!"



Bassano Field - Indian Lake Drive - Little Ferry, NJ. Baseball players are no longer allowed in the dugout. They have to sit on the bleachers, 6-feet apart. Parents and friends attending the games must sit on the other side of the bleachers. *Provided by Patti Bonczkowski. ###*



And some lawn signage is just sweet!

Hidden Delights Bring Smiles

Painting rocks is relaxing, it's therapy, it's good for the soul. Painting rocks allows us to be creative without any pressure. We use our imagination and creativity.

Hiding rocks is fun, too. It gives us a reason to get out of the house, away from electronics, get some fresh air and exercise, too. We explore new parks and trails and bond with others in our community.

But most importantly, we hide our rocks as a random act of kindness to bring smiles to others. It's about sharing a little message of encouragement to someone who may need it. You never know what



a small painted rock can do for someone's day, outlook, or even their life. *Provided by Joan Tabor. ###*



Now this is how to work remotely! ###



Head Rowing Coach Dylan Gould, from Nereid Boat Club in Rutherford, left the Club for a better opportunity. He coached from 2015 to 2020. Dylan Gould with the people he coached, celebrated at New Park Tavern in East Rutherford, on July 26, 2020. *Photo by Patti Bonczkowski. ###*



Sprinklers at Moonachie Borough Hall entrance offered some relief on July 22, 2020, to the newly planted garden. ###



Channel 12 News interviewing people at Wallington Motor Vehicle on the morning July 29, 2020. People were already putting their chairs out for the next day. They usually camp out overnight. *Photo by Patti Bonczkowski ###*



Wallington Motor Vehicle on August 7, 2020. They are still maxing out by 8 to 8:30 a.m., then closed! *Photo by Patti Bonczkowski. ###*

Farewell Planned for W-R Franciscan Friars

While the pandemic certainly brought a sense of uncertainty, especially with planned events at the Assumption Parish in Wood-Ridge, it did bring a welcome pause in the departure of the Friars. They were scheduled to leave in June, however, the quarantine of COVID-19 resulted in an extension to September 13, 2020. The hope now is to have a socially distanced outdoor gathering on the Church grounds on September 13, 2020, following the 10 a.m. and 12 p.m. Masses until 3 p.m. The theme of the farewell gathering is the “Franciscan

Heart” which will no doubt continue to thrive in the spirit of this Church community as it embarks on a new faith filled journey with a bright future. Registration will be required to comply with capacity limits. Please continue to check the parish website at www.assumptionparishwr.org and follow our Facebook page ([link on website](#)) for the most current up to date information. On the Feast of the Assumption, August 15, the 94th Anniversary of the Church, the Friars were able to celebrate the anniversary with the parishioners for the last time.

They did this through devotional prayer and livestreamed Masses. Memories of the Friars were shared in a video montage, as well as farewell signs and cards created and displayed on the Church grounds. A special prayer for the Friars was written and prayed together after Masses. The Friars of the Holy Name Province have served generations of families from the community through the Church, as well as, Assumption School. A history rich with devotion, service, countless beloved memories and faith. Simply put, the Friars of Assumption are well sewn in the fabric of the Wood-Ridge Community. Jack Nagel, parish member and longtime volunteer to the parish, is currently selling commemorative mugs and magnets with a unique heartfelt logo insignia honoring the Friars. Proceeds from the sale will sponsor the outdoor gathering. To place your order, please contact Jack at 201-641-2803 or email at janpro911@aol.com *Rose Lepore. ###*

Cardinal Joseph Tobin to Celebrate Mass in Wood-Ridge

His Eminence Joseph William Cardinal Tobin, Archbishop of Newark, will celebrate Mass at the Assumption Church in Wood-Ridge on September 6, 2020. The celebration will take place at the noon Mass. At that time, he will honor the Friars of the Holy Name Province as they depart from the Church after 94 years of service to the parish community. He will also formally announce the Parish’s newly appointed clergy. The Mass will be livestreamed. More information can be found on the parish website at www.assumptionparishwr.org. *Rose Lepore ###*

Historically Speaking

By James J. Halloran



Labor Day

Many Americans think of Labor Day as only a three-day weekend and the end of summer. However, it is a national holiday to commemorate the efforts of the American worker’s contribution to the way of life we now enjoy. How did this holiday come about? There is a question as to who was the first to propose a day to honor labor. Peter McGuire, General Secretary of the Carpenters and Joiners and a co-founder of the American Federation of Labor (AFL), suggested that a day be set aside to honor those “who from rude nature have delved and carved all the grandeur we behold.” Matthew Maguire, Secretary of Lodge 344, of the International Association of

Machinists (IAM), in Paterson, New Jersey, proposed the holiday in 1882 while serving as Secretary of the Central Labor Union in New York. The Central Labor Union formed a Labor Day committee to plan a public demonstration (*parade*) and picnic. This was held on September 5, 1882. The next year the Central Labor Union again held a Labor Day event in September 1883. The State of Oregon, in 1887, was the first state to make Labor Day a holiday. This was quickly followed by Colorado, Massachusetts, New Jersey and New York. Over the next few years, 26 more states declared it a holiday. Congress passed a bill that was signed into law by President Grover Cleveland, on June 28, 1894, making the first Monday of September a national holiday. In Haledon, New Jersey, is the American Labor Museum. It is located in the Botto House. This house was the headquarters of the Silk Workers Strike of 1913 in Paterson, New Jersey. Upwards of 20,000 strikers would hear strike leaders speak from the balcony of Botto House. There is an annual Labor Day parade that is held here. Botto House was placed on both the State and National Register of Historic Sites in 1975. Botto House would be accorded the additional honor of being declared a National Landmark by the United States Department of the Interior in 1982. Additional information can be obtained by visiting labormuseum.net. For a bit of trivia: When was the first labor strike recorded in history? An ancient Egyptian papyrus describes that about 1159 BCE, tomb and monument workers went on strike because their food ration had not arrived. There would be a number of strikes over the next three years until the food system was improved. This Labor Day, reflect on the quality of the way of life we enjoy because of the American Worker. ###

Harvest Moon

The September full moon appears on Wednesday, September 2, 2020, at 01:22. It is called the “Full Corn Moon.” According to “The Farmer’s Almanac,” this full moon occurs closest to the autumn equinox. The Harvest Moon usually comes in September, but in some years it occurs in October. Usually the full moon rises an average of 50 minutes later each night, but for the few nights around the Harvest Moon, the Moon seems to rise at nearly the same time each night: just 25 to 30 minutes later across the U.S. At the peak of harvest, farmers can work late into the night by the light of this moon. Corn, pumpkins, squash, beans and wild rice, the chief Indian staples, are now ready for gathering. It was also called the “Full Corn Moon” or “Full Barley Moon.” The Native American Indians of the northern and eastern United States kept track of the seasons by giving a name to each recurring full moon. European settlers followed the custom. ###



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Hackensack Riverkeeper Joins Regional Water Monitoring Program

Independent citizen-science effort tests water quality, samples for bacteria

On July 14, 2020, three staff members from Hackensack Riverkeeper, the Hackensack, NJ-based clean water advocacy and environmental education (EE) organization, began a new chapter in the group's ongoing mission.

Program Director Hugh Carola, Project Manager Jodi Jamieson and Outreach Coordinator Samantha Kreisler visited three public access sites on the Hackensack River and two on Newark Bay where they took onsite water quality readings and collected water samples for laboratory analysis. The three revisited each location on July 21, July 28 and will return every Tuesday through October 20, when the program ends.

The sites are: Waterside Park in Ridgefield Park, NJ, River Barge Park in Carlstadt, NJ, Laurel Hill County Park in Secaucus, NJ, Richard A. Rutkowski Park in Bayonne, NJ and City Park, also in Bayonne.

Using a YSI Sonde device, the Riverkeeper trio recorded water temperature, conductivity, dissolved Oxygen, salinity and pH at each stop.

They also collected two samples at each to be tested for the presence of fecal coliform and Enterococcus bacteria.

Both are found in sewage; the latter being the best indicator of whether or not water is safe for primary human contact like swimming.

While 2019 was a banner year, with testing sites reporting from Yonkers to Coney Island and from Piscataway to the head of Long Island Sound, the



COVID-19 pandemic of 2020 has slowed down what had been a growing and increasingly effective data-collection effort.

The collected data – both IEC's and CWQT's – are fully certified through a Quality Assurance Project Plan (QAPP) and made available to government agencies, academia and nonprofit organizations to help guide planning and further conservation goals.

Riverkeeper's testing results have so far been within expected parameters, including pH levels coming in at or near neutral 7 and salinity levels increasing as testing moves from north to south.

While the lab is still establishing a baseline for coliform results, Enterococcus levels have been surprisingly very low.

For surface water to meet the standard for swimmability in New Jersey, the number of Colony-forming Units (CFUs)

in any given sample must be less than 104.

Riverkeeper's two-week average showed all five sites at well below that threshold.

The highest average was 53 CFUs from samples taken at Waterside Park in Ridgefield Park.

Next best were River Barge Park in Carlstadt with 31, and Bayonne's Rutkowski Park with 15. Both Laurel Hill and City parks showed less than 10 CFUs each.

While results will vary over the project timeline due to rainfall amounts, CSOs and heat waves; the preliminary Enterococcus numbers are encouraging.

Hackensack Riverkeeper expects to include data from all five locations on its website once six testing/sampling dates have concluded.

Provided by The Hackensack Riverkeeper. ###



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Artful Thinking

By Artie Maglionico • Lodi Historian

Well kids, it's September and we all know what that means. It's time to gather your pencil boxes, book bags, test your new shoes and join the ranks of your fellow classmates as they march back to school.

Wait a minute!

Pencil boxes? Book bags? This is the year 2020, not 1957. School, of late, isn't what it used to be.

The classroom as we have come to know it over these many decades may never be the same.

This virus has been running rough shod throughout all facets of society. We are suddenly forced into the realm of radical changes. The classroom falls into that realm.

Yes I'm writing this column in late July. The future of the classroom experience remains uncertain as does everything else for that matter. Let's face it, today children

and their parents have much to consider.

The days of the book bag and pencil box have long since vaporized. Today it's both complicated, stressful and, no doubt, somewhat frightening for all concerned. Major decisions are being made. Folks, this is serious stuff. These are serious times. We are all minding our business. All of us sailing on the river of life when suddenly a storm was thrust upon us.

A plague that arrived without warning and sent us fighting to stay afloat. Since then students have been carrying the weight of the world in those backpacks.

We are all being weighted down, separated and on edge. Heaven forbid, you clear your throat, it's your ticket to a two week vacation, the remote island of your choice...no visitors.

Anyway these kids of today are worldlier than those of past generations. They have information, wholesale, at their fingertips. It's a fast paced environment where a child has all to do to stay current or risk being left behind.

Me? Forget it folks. Not only am I far behind, I'm going in the wrong direction. I still marvel over the touch tone phone. I got my first cell phone in 2015 and still don't know how to use it, except as a paper

weight. I've got to be among the remaining few who still mail out hand written letters. The last person to do that was Moses himself. By the way, What does the "E" in email stand for? I'm serious.

As far as going back to school, well, for me it was a dreaded reality that began chipping away my fortress of denial in early August.

I came during those sneaky TV commercials. They were slipped in when the network knew your parents were settled in for the evening. The commercials showed a smiling mother and her loving child picking out school clothes at Robert Hall Clothing Store. I'd be in front of the TV watching in disbelief. The worst thing to do was to turn and make eye contact with my mother. That was sure to set the back to school wheels in motion.

Things would only get worse from then on.

The final thrust into the inevitable came when the DPW began painting crossing lines at the Arnot Street, Westervelt Place intersection. That and the St. Joseph Labor Day Feast sealed my fate.

It was my 12 year cycle of school days events. Now I wish I had them all back.

I hope that by now we have found a safe way for the kids to return to the classroom with their friends.

At least give them a chance to dislike school as much as I did. We owe them that much.

Seriously folks, stay healthy and safe. Keep those masks on! ###



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• **Curbside Pick-Up** The Carlstadt Library is now offering curbside pick-up of library materials, by appointment only.

Residents wishing to borrow books, DVDs, CDs, video games or magazines may call the Library staff at 201-438-8866 to request specific items and schedule an appointment for pick-up.

Library staff will deliver materials to vehicles parked at designated parking spots in front of the Library. To return Library materials, please use the book and media drop box outside the front door of the Library; all returns will be quarantined for 72 hours prior to check-in.

• **Virtual Book Club** The Carlstadt Library will host a virtual book club on Wednesday, September 23, at 7 p.m..

This month's selection is "The Hate You Give," by Angie Thomas.

A 16 yr. old student witnesses a fatal shooting of her childhood best friend by the hands of a police officer.

The book is available as an eAudiobook and eBook and is available on Hoopla with your Carlstadt Library Card. Visit <https://www.hoopladigital.com> or download the app via the Apple App or Google Play Store.

Please e-mail rebecca.spero@carlstadt.bccls.org to register A Zoom access code will be e-mailed prior to the program.

• **Virtual Resume Writing Workshop** The Carlstadt Library will host a virtual Resume Writing Workshop on Tuesday, September 29, 2020, at 7 p.m.

Joan Sternberg, a professor from Rutgers University, will be providing a series of tips on how to write a strong resume that stands out from the crowd. Additionally, Carlstadt Library card holders can access our digital resources page, <https://www.carlstadtlibrary.org/digitalservices>, which has access to Udemy, ReferenceUSA, Testing & Education Center, and Job and Career Accelerator for additional career and resume resources. Please e-mail rebecca.spero@carlstadt.bccls.org to register A Zoom access code will be e-mailed prior to the program.

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The Wood-Ridge Memorial Library is open to the public with modified opening hours and at 25% capacity.

Browsing time is limited to one hour and computer time is limited to twenty minutes.

The Book Drop is open for items returned. All materials will be quarantined for three days before being checked in.

Porch pick-up is available upon request. Please see our website for updated information.

• **Music with Miss Nita** The Wood-Ridge Memorial Library will host free music-and-movement classes with Miss Nita on our Facebook page. Prerecorded sessions are posted every Wednesday at 10 a.m., and are available to view

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“These are hard times and many of us are tightening our belts. But spending your money at our local small shops, you might find that you are able to get everything for the same price, more conveniently and safer, than by going to big box stores,” said Chamber VP, Dave Meredith. “And best of all, that money goes right back into your community, because these folks who own these businesses mostly live in our towns and pay taxes here. They support our schools, charities and recreation, with volunteerism and donations all year long. They are an important ingredient for the wellness of our community, and many are struggling to stay open.”

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Real Estate Insight

By Mary Ellen Courtney



Get Out of The City!

Some call it ‘panic-mov-ing,’ others see it as just plain old common sense. Wherever you stand, there is little doubt that, as the pandemic continues to be a part of our everyday life, the flight from NYC to its New Jersey suburbs is picking up steam.

The City’s Covid 19 lockdown confined many of its residents to tiny apartments for over 6 months and, as a result, we realtors are seeing a wave of migration to roomier homes in our Bergen County neighborhoods.

“They want open space, they want to be able to barbecue. They want to get out and stretch their legs and not be worried they’re going to be contaminated,” said Michelle Timpson Gregorat, sales partner in our office here in Hasbrouck Heights.

Tom Corrente, another of our agents, says activity has really picked up among New Yorkers, many of whom are looking to buy newly-built properties with home offices, gym space and outdoor amenities. He’s working with a young couple from Manhattan with two kids who say they are going ‘stir-crazy’ and he’s doing everything possible to expedite their move.

“This family was bursting at the seams with impatience. They’ve been forced to work from home at the same time as they’ve had to home school their kids,” Tom says. But their kids’ school situation has been, in fact, helpful in making up their minds, they said: “Our children’s involvement in school was the single largest tether keeping us in New York. With the likelihood that school wouldn’t resume in the fall for my kids, the biggest reasons for us staying there, which are friendships and school activities, have evaporated.”

Anxiety about health issues and living with common amenities was of paramount

concern. “This pandemic,” Tom noted, “made them obsessed with getting out here as soon as possible so they have outside space and a pool rather than being stuck inside their high rise building.”

But we’re finding that the process has been different for each NYC client. Some customers love being in the suburbs, while others are looking forward to one day returning to the City. Take the young couple that rented a furnished townhome in Wood-Ridge recently after neighbors of theirs in New York contracted the virus. They chose to continue residing as tenants but wanted to stay away from public elevators and refrain from sharing common laundry areas so as to maintain social distance.

They also added: “The things that make living in Manhattan appealing aren’t available right now. Museums, bars, restaurants are closed. And people are scared. Just riding the subway is a white-knuckle experience!”

New York State is still the United States’ region hardest-hit by Covid-19; 25,000 of the country’s 150,000+ deaths have occurred mostly in and near New York City. Living in the epicenter of the coronavirus pandemic has left most New Yorkers justifiably fearful. In fact, two-thirds of urban respondents in a recent survey by Zillow – the online real estate site – said they would consider moving if they had the flexibility to work from home; those currently working from home said that they want to keep on doing so.

This begs the question of how many companies will allow their staff to continue working remotely after the pandemic has passed. “If employers a year out say it was an interesting experiment but we benefit from people being eyeball to eyeball because we want the collaboration, then I think you’re going to start to see this swing the other way,” said Jeffrey Otteau, a real estate analyst in the NY/NJ area.

“But if employers decide to retain this flexibility over the longer term... we’re going to see continued urban flight and renewed economic growth in suburban places.”

Suggesting that a silver lining – a renaissance for our communities, perhaps – could be born from this scourge. ###

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

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Rosh Hashanah: Sunset Sept. 18 to nightfall Sept. 20, 2020
Yom Kippur: Sunset Sept. 27 to nightfall Sept. 28, 2020

Rosh Hashanah, literally “Head of the Year” in Hebrew, is the beginning of the Jewish new year. It is the first of the High Holidays or “Days of Awe,” ending 10 days later with Yom Kippur. This two-day festival marks the anniversary of humans’ creation—and the special relationship between humans and God.

It begins with the sounding of the shofar, (*a trumpet made from a ram’s horn*), proclaiming God as King of the Universe, just as a trumpet sounds at a king’s coronation.

The sound of the shofar is also a call to repentance—to wake up and re-examine our commitment to God and to correct our ways. Thus begins the “Ten Days of Repentance” which ends with Yom Kippur.

Traditions include the sounding of the ram’s horn (shofar) on both mornings.

Every evening, candles are lit. Candles are often a symbol of remembrance.

Spicy, sharp, or sour foods are avoided in favor of sweet delicacies, representing wishes for a sweet and pleasant year.

Yom Kippur means “Day of Atonement.” This is the holiest Jewish holiday of the year and ends the ten days of High Holidays or “Days of Awe,” which begin with Rosh Hashanah. Jews refrain from work. Adults fast from sundown the evening before Yom Kippur until nightfall the next day.

This day is about asking God to forgive sins, reflecting on past mistakes accepting repentance, and praying.

Fasting is a way to cleanse and purify the body and soul.

Many will wear all-white clothing to also symbolize purity.

On the day itself, there are many traditional prayers. One of the most important prayers describes the atonement ritual performed by high priests during ancient times.

Yom Kippur ends with a

single shofar blast.

Traditions include: The day before Yom Kippur, a special meal is enjoyed ending with candle lighting. Many remember those who passed. Some visit cemeteries on this day before Yom Kippur. Another tradition leading up to Yom Kippur is to perform charitable acts. After Yom Kippur, a festive “break-the-fast” meal is served with lots of satisfying breakfast foods such as bagels and spreads, kugel, blintzes, and egg dishes. *Source Almannac.com ###*

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Happy Birthday Alyce and Edith

Hasbrouck Heights residents, Frances (Alyce) Eglow and Edith Avella have reached a milestone in their lives. Alyce will be celebrating her 100th birthday on September 20th and Edith will be celebrating her 90th birthday on September 28th.

• **Frances (Alyce) Cash-nelli** was born and raised in Wood-Ridge, NJ. When she married the love of her life, Dr. Burnett (Burnie) Eglow in 1955, she moved to Hasbrouck Heights. They were married for 58 years before he passed away in 2013. During that time, she first worked as a secretary and then raised their son, Todd.

Alyce is well known to all. Her outgoing, friendly personality contributes to her ability to make friends easily. Because of her husband's active participation in many commu-

nity groups, she also is well known by those who govern Hasbrouck Heights.

Since Burnie's death, Alyce has become active in the Leisure Club of Hasbrouck Heights. She enjoys calling out the numbers at the weekly BINGO games.

• Most local residents also know **Edith Avella**. She has sung for them at town picnics, Christmas parties and at various club meetings. She is a born singer, who does an excellent job singing songs made famous in the forties and fifties.

Born in Union City, Edith is the older sister in a family of three children. She did not start out as a singer but worked for an insurance company. Later she began singing professionally, part time with the Otto Angelo Band. This led to her singing with the singing group

the Esquires. Edith has been a resident of Hasbrouck Heights for more than twenty years.

Birthdays are joyous times. They are made up by the number of memories accumulated, not the number of years one has lived.

Memories can be brought back by a word, an odor, an experience, a location, a sound, a photograph, a yearbook, a song, a kiss, etc. The beautiful thing about memories is that they are yours; whether they are good, bad, or indifferent. They belong to you, and no matter where you are now.

As we get older and our medical issues become more frequent, we find that many events in our past that we recalled easily are becoming cloudier.

Therefore, it would be wise for us to start to write down events that we remember or recall that were told to us about our life. In this way your memories can be passed on to family members as part of your family history. *Provided by Peter Gallo Jr. ###*

Loneliness and Isolation Can Affect Senior Health

For seniors, maintaining social connections and staying in touch with loved ones not only improves quality of life, it improves health. Socially isolated seniors have a 59% greater risk of mental and physical decline than those who do not experience social isolation, and socialization has been shown to slow Alzheimer's and Dementia patients' decline.

According to the U.S. Census Bureau, 11 million, or 28% of people who are aged 65 and older, now live alone and almost half of women over 75 live alone. By taking intentional steps to reduce isolation and reduce lack of contact, overall wellbeing is also improved.

So, how can seniors foster connection and reduce loneliness?

• **Social Media** – Facebook, Instagram and other social media sites can help seniors stay connected to friends and family across the country. And, many social media platforms have built in chat functions, games and other features that foster connection.

• **Togetherness Activities** – For older adults, planning activities reduces lack of contact. This can be in-person, when possible, or through video chat and phone calls. Virtual or in-person activities can include good conversation, cooking and eating together, reading together, playing games, scrapbooking, or listening to music. And, studies show that planning and looking forward to an event can have mental health benefits, too!

• **Online Interaction** – Seniors may enjoy virtual meet-ups, online worship services, Facebook trivia night, virtual communities focused on hobbies, and other online activities

can help people connect to others in their community without leaving home. For those that are able to go out, sharing hobbies and activities with others can bring joy and connection.

• **Virtual Volunteers** – For seniors looking for a sense of purpose, there are opportunities to volunteer to help others from the comfort of home. This can include building Easter baskets for children's charities, sewing quilts for shelters, writing cards for military service members overseas and other activities that allow people to do good works in their free time.

Isolation and loneliness can be signs that a senior lacks the support and tools needed to live a healthy, independent life. However, with planning and deliberate action, fostering positive relationships and connections can be incredibly rewarding for everyone involved.

For seniors that need companionship or help fighting loneliness, **Comfort Keepers** caregivers can help with encouragement, support and assistance with daily living. And, caregivers can encourage overall health through meal planning, grocery shopping, meal preparation and activities.

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To learn more about our in-home care services, please visit your local Comfort Keepers location– BergenCounty513.ComfortKeepers.com. You can also contact Pooja Chandawalla at 201-288-2200 or via Email at Hackensack@ComfortKeepers.com ###

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Pascrell Shares North Jersey Postal Turmoil Stories

Seeks Investigation of USPS Destruction

WASHINGTON, D.C. – With Donald Trump stepping up his sabotage of the United States Postal Service (USPS) and Senate Republicans blocking lifeline aid to USPS for now 89 days, the ability of Americans to get their mail and cast their ballots is under unprecedented existential threat. U.S. On August 13, 2020, Rep. Bill Pascrell, Jr. (D-NJ-09) released a slate of stories from North Jersey residents in the Ninth District describing the impact of Trump and Republicans’ vicious vandalism.

“Every day our office is hearing from our neighbors who cannot get their medicine, pay their bills, or cast their ballots because of Trump and Republicans’ deliberate attempts to destroy the post office,” said Rep. Pascrell, one of Congress’s leading champions of the post office.

“One of the crown jewels of our nation is under manufactured siege, and every single American is paying the price for Trump’s sabotage. Not just day-to-day lives are at stake, but democracy itself. It is vital we hear those stories now.”

Postal turmoil stories from New Jersey’s Ninth Congressional District

“Some days no mail comes at all and then the following days my mailbox is full. Not sure if mail is being delivered in a timely fashion.” -Frank from Paterson

• “Items that I have ordered have often been late. According to the tracking information, the items seem to stay several days in the distribution centers of the post office and arrive several days later than expected.” -Nicole from Garfield

• “I pay bills by mail, and two monthly bills were not delivered at all. If I had not realized it in time, late payments could have negatively impacted my credit rating. Also, I received ordered items approximately a week later than the delivery date specified by the seller. The Postal Service

has been one of the few services I have always felt could be relied upon. Unfortunately, I no longer believe that.” -Mary from Haledon

• “My brother mailed me an important letter with a check in it to my home, it took over 11 days to get to me, usually any mail from him takes 2 days. I mailed a check to a local doctor two weeks ago, and she has still not received it.” -Cynthia from Cliffside Park

• “Many letters or packages which should take 2 or 3 days to be delivered took 14 days or more.” -William from Passaic

• “Mail is being delivered sporadically. Payments to vendors are arriving late or not at all.” -Philip from Rutherford

• “My medication is taking longer to get to me.” -Ira from Englewood

• “Delivery has been spotty at best over the entire summer. There have been weeks with only one delivery. It has never been as bad as this before.” -Edward from Paterson

• “The mail has been slow. We have a business and we never, ever have days where we are not getting mail or have very few pieces.

Our insurance bill never arrived and when we needed to do business stuff with the post office, they were very apologetic that things will take longer.

We have worked with the Paterson post office leaders and staff for years. They are amazing and committed.” -Carrie from Paterson

• “Mailed my mortgage payment from Secaucus Main Post Office on 7-26, and it was not processed until 8-3. It normally would have been 2-3 days max.” -Janet from Secaucus

Pascrell Demands Investigation

Since this crisis began, Rep. Pascrell has been aggressively demanding accountability.

On May 21, 2020, Pascrell wrote to USPS Inspector General Tammy Whitcomb

demanding an investigation of turmoil at the USPS, purportedly stemming from a pattern of interference engineered by the Trump administration in its efforts to destabilize the post office.

On August 12, Pascrell again called on IG Whitcomb to probe postal turmoil.

Amid verified local and national reports that Trump’s new Postmaster General is deliberately delaying deliveries and seeking to wreck voting-by-mail for the November elections, Pascrell has again called on USPS Inspector General Tammy Whitcomb to probe the Trump-engineered attacks on USPS.

“I write to request an investigation by the United States Postal Service Office of the Inspector General to determine whether recent operational changes imposed by Postmaster General Louis DeJoy have undermined or will undermine timely delivery of mail, including medications, ballots for elections, census forms, tax refunds, Social Security checks, and other time-sensitive items,” Rep. Pascrell writes.

Rep. Pascrell also asks the IG to look at whether DeJoy

himself stands to reap financial windfalls from his wrecking of USPS: “Possible conflicts of interest are also worrisome given that Mr. DeJoy holds between \$30.1 million and \$75.3 million in assets in USPS contractors and competitors. He would stand to personally benefit if those very same logistics companies wound up filling in the service gaps created from his directive.”

USPS handles 47 percent of the world’s mail, delivering nearly 150 billion mail pieces annually. USPS has long been held in high regard by the American public for its timely and affordable delivery of mail across every zip code.

The recent operational changes call into question whether USPS will be able to meet obligations and the American public’s expectation going forward.

Pascrell continued, “My constituents are not alone. There have been many reports of slower delivery of mail across our nation. Potential damage to public trust in the long beloved postal service would be catastrophic to the solvency and longevity of USPS.

USPS is critical to existing local and statewide vote-by-mail (VBM) elections.

Solvency of USPS without an interruption in regular operations is necessary to successfully facilitate the next national election on November 3, 2020.

There is no excuse for leaving VBM ballots “on the workroom floor” and any delay in the delivery of ballots to and from voters per the recent directive would put the legitimate votes of the public at risk of not being counted and pose an existential threat to the integrity of our national election.

Pascrell has been demanding reform to return the USPS to its former glory. Pascrell is a cosponsor of H.R. 2382, the USPS Fairness Act that would finally remove the health care prefunding anchor strangling USPS since 2007.

Pascrell is also a strong supporter of widespread postal banking, and in June 2019 his bipartisan amendment allocating \$1 million to begin funding a postal banking system was passed by the House of Representatives. *Excerpted from Congressman Bill Pascrell, Jr. press releases. ###*

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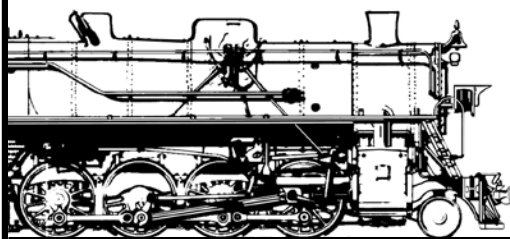
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On Paterson Avenue in Lodi, a tree went across the entire house. Photo by Patti Bonczkowski. ###

Quick Moving Isaias Devastates Area

On Tuesday mid-afternoon, August 4, 2020, Tropical Storm Isaias moved north and northeast at 40 mph sweeping through New Jersey leaving many business and homes without power for days.

Tropical Storm Isaias brought rain, flooding and the most dangerous wind gusts since Superstorm Sandy to New Jersey. But despite the damage, Isaias wasn't a major hurricane.

By Tuesday night the region was facing a cleanup of flooded roads, downed trees and an attempt to turn the lights back on following thousands of power outages.

In New Jersey, the power-

ful thunderstorm left about 1.4 million without power.

Bergen County had 102,392 outages at its worst, but dropped to 98,098.

Although a short duration, the intense storm with heavy rain and tropical storm force gusts recorded in excess of 60 mph, knocked down trees, power lines and utility poles. It took about six days restore power.

The damage affected the states four electric utilities: JCP&L, Public Service Electric and Gas, Atlantic City Electric and Orange & Rockland.

Some public officials expressed outrage given summer temperatures and the fact that many people are working from home due to the COVID-19

pandemic.

An investigation is planned by the Board of Public Utilities.

Issues are: how the utilities fared in communicating with officials and customers, following past protocols mandated by the board and what improvements need to be made to tree trimming programs.

Following super storm Sandy, regulators issued 95 edicts to guide utilities during storm restoration and infrastructure improvements to improve resiliency and reliability of the electric network.

More hurricanes?

Isaias is the ninth named storm this season. New Jersey has seen two — Isaias and last



Traffic flow on the Boulevard in Hasbrouck Heights was interrupted for a few days until repairs were made. ###

month's Tropical Storm Fay.

That's unusual: At this point in the season, typically only one or two named storms have occurred, much less affected the Garden State.

Experts state that the peak of the Atlantic hurricane season is still weeks away. They expect continued activity and

a greater chance of stronger hurricanes. The atmospheric conditions are favorable. Waters are warmer than average, which helps to fuel these storms. National Weather Service experts predicted a 60% chance of an above-normal Atlantic hurricane season. The season runs from June 1 through November 30. ###

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Tom Steimle
Sales Associate
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Realty 3 Group is pleased to announce long time and respected realtor, Thomas Steimle, has joined our team! Previously of Better Homes and Gardens - Coccia Realty, Thomas has been in the industry since 2003 helping sellers and buyers. After owning a popular men's shop in downtown Rutherford (Bob Goldstein's), Thomas moved into the real estate world. Mr. Steimle is extremely detail oriented and treats each customer like family. His honesty and strong work ethic has brought him a very successful career in real estate. Also earning him numerous awards and acknowledgements throughout his career. In his spare time, Thomas loves to spend time with his wife of 30 years, Kathleen, two daughters, Samantha and Jacqueline, and his three grandchildren, Christopher, Chase and Vienna.

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