

The Gazette

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

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VOL. 20, No. 9

September 2023

★★★★★



Moonachie held a Family Fun Day on Saturday, August 5, 2023. Plenty of food, water rides, ballooning and DJ music. See photos on page 13.

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Enchantment

Splashing in the water. Playing on the beach. Leisurely strolls on the boardwalk. Long drives in the country. A walk in the woods. Exploring. Riding our bikes forever. Sitting under the shade tree for hours watching the clouds drift by. Picnics of hot dogs, cheeseburgers and corn-on-the-cob. Ice cold lemonade and ice cream. Staying up late, chasing fireflies, watching the moon slowly rising; gazing at the stars. *Look -- a shooting star!* To stop our hectic world and ponder childhood memories as though it were yesterday. Oh, those glorious, carefree days of endless summer enchantment.

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SUNDAY, DECEMBER 3



METROPOLITAN CAMPUS
TEANECK, N.J.
SUNDAY, OCTOBER 22
SATURDAY, DECEMBER 2

*Kennedy & Co., LLC. FDU Survey of Admitted Students (2021).

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Knights Donate Grills to Paramus Veterans Home

The Nam Knights of America (NKMC) Motorcycle Club visited the Paramus Veterans Home in Paramus to donate two big, beautiful Weber Grills. Nam Knights supports Veterans and law enforcement, who have lost their lives in the line of duty and to assist Veterans and police officers in time of need. An example of this donating these two Weber Grills.

Attending the presentation is Jack Quigley, Founder, Fred Reiman, President and Steve Mona, Vice President, plus other members. For more information about the Nam Knights go to: <https://www.namknights.org/> ###





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who built
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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 5. Advance tickets \$30.

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

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. ###

Beefsteak
September 22

The Rosary Confraternity of Most Sacred Heart of Jesus Church, 127 Paterson Avenue, Wallington is sponsoring a "Beefsteak" catered by "Hap Nightingale," with a mini tricky tray on Friday, September 22, 2023, at 7 p.m. in the Great Hall (*handicapped accessible*).

The tickets are \$45 per person and include dinner, coffee/tea and dessert. BYOB. No one under the age of 18 will be admitted. Doors open at 6 p.m. No tickets will be sold at the door.

Seating is by reservation only. Purchase tickets by mailing your name, address, phone number, number of tickets requested, to MSH Church, 127 Paterson Avenue, Wallington, NJ, 07057, and labeled "Attention: Rosary Confraternity Beefsteak."

If you wish a table of eight or ten, submit full payment with a list of attendees, otherwise group seating cannot be guaranteed. Checks are to be made payable to Most Sacred Heart Rosary Confraternity.

For more information, call the Most Sacred Heart Rectory at 973-778-7405 during regular business hours. ###

Practice
Random Acts
of Kindness

Free Lunch
Saturday

The First Presbyterian Church of Moonachie for the "Free Lunch Saturday" program, will be held September 9, 2023 at 11:30 a.m.

September lunch is Meatball Sandwiches (*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. ###

Beefsteak
November 18

The Wood-Ridge Fire Department is hosting a full Beefsteak Dinner with beer, wine, soda and dessert on Saturday, November 18, 2023, at the W-R Intermediate School, 151 First Street. Seating starts at 6 p.m.

Cost \$60 pp. There will be door prizes, Tricky Tray prizes, 50/50 raffle and music.

Food presented by "World Famous Nightingale Catering--The King of the Beef Steak." Email ticket requests to: wrfire125@gmail.com ###

September Flower
Aster • Morning Glory
Forget-me-not

Make Your Own
Fresh Mozzarella
November 19

Join a fun afternoon and take home your culinary masterpiece.

American Legion Auxiliary Unit 310, 100 Liberty Street, Little Ferry, NJ 07643, is holding a "Make Your Own Fresh Mozzarella with the Queens of Mozzarella, T&R Mootz Makers!!"

Sunday, November 19, 2023, at 2 p.m. Cost is \$25 pp.

Must bring your own stainless 4-quart metal bowl with wooden spoon.

Reservations required. Contact Theresa at 201-522-7619 to reserve your spot!! ###

September Birthstone
Sapphire

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. ###

Autumn begins
with the Autumnal
Equinox, Saturday,
September 23, 2023
2:50 a.m.



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Fish & Chips
September 8

VFW Post 809, 100 Main Street, Little Ferry will host their 10th Annual Fish and Chips (*or Chicken and Chips*) on Friday, September 8, 2023 from 5 to 7:30 p.m.

Donation is \$20 and includes coleslaw, dessert, coffee and soda. Eat in or take-out. Prepared by Tastefully British.

Call Carlos at 917-545-1472 or contact any VFW or Auxiliary member for tickets. No tickets will be sold at the door. ###

Pizza Night
September 22

Sons of the American Legion Post 310, 100 Liberty Street, Little Ferry is hosting "Best Thin Crust" Pizza Night on Friday, September 22, 2023, from 5 to 9 p.m.

One plain pizza is \$7 each. Additional toppings \$1 each. Call 201-807-0470. ###

Farmers' Market

The Rutherford Farmers' Market has returned for its 21st season. The market will be held in the Williams Center Plaza, Park Avenue, on Saturdays, from 8 a.m. to 2 p.m., and Wednesdays, 11 a.m. to 4 p.m. Market will conclude on October 28. There will be new vendors. The market is sponsored this year by the Borough of Rutherford.

For more information: rutherfordboronj.com/farmers-market ###

Fish & Chips
Take-Out
October 5

The GFWC Contemporary Club of Hasbrouck Heights will sponsor a take-out/drive-by Fish and Chips Dinner on Thursday, October 5, 2023, from 4:30 to 6:30 p.m., at the Municipal Parking Lot located at the corner of Central Avenue and the Boulevard.

Tastefully British Caterers will prepare the best Fish and Chips you ever tasted!

Dinners will be placed in your trunk/back seat as you drive through the parking lot. Please do not enter Central Avenue from the Boulevard!

Tickets are \$20 and can be ordered from Marge at 201-288-8933 or from Pat at 201-288-0495 before September 30.

Proceeds will benefit scholarships and other service projects.

The Contemporary Club is a member of the New Jersey State Federation of Women's Clubs, serving the community one project at a time. ###

Turnverein
Oktoberfest

On Sunday, October 15, 2023, from 2 p.m. to 6 p.m., the Carlstadt Turnverein, 500 Broad Street, Carlstadt, will sponsor Oktoberfest.

Donation is \$50 per person and includes live music by Bernie's Orchestra, food and drink, coffee and cake. For reservations, call 973-777-6677. ###

Lodi KC Pancake
Breakfast Sept. 10

The St. Michael's Council of the Knights of Columbus are having their monthly buffet-style Family Breakfast on Sunday, September 10, 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. ###

Chicken BBQ
October 7

The Polish National Catholic Church of the Transfiguration, 135 Hathaway Street, Wallington, is hosting a Chicken BBQ on Saturday, October 7, 2023 from 4 to 6 p.m. Take-out or eat-in.

Admission is \$15 pp and includes 1/2 chicken, coleslaw, baked potato, homemade dessert, and beverage of iced tea, soda. Reservations only. Deadline is October 4.

Contact "Chickeneer" Edmund Kotula at 973-773-4090 or the Very Reverend Gregory Mludzik at 973-779-4329 (*Rec-tory*). ###

George Washington
in Bergen County
September 17

On Sunday, September 17, 2023, at 1 p.m., the Wood-Ridge Historical Society will present the program "George Washington in Bergen County" by William "Pat" Schuber at the Bianchi House, 111 First Street, Wood-Ridge. A light lunch will be provided after the program. Donations accepted. All are welcome. ###

Hire A Vet

Carlstadt
Concerts

The Carlstadt 2023, free outdoor summer concert series lineup, is as follows:

- September 5 - "Fillet of Soul"
- September 19 - "The Nerds"

The concerts are held Tuesday evenings at 7 p.m. in the Village Green Park. All rain dates are the following Tuesday.

Carlstadt Recreation hosts these events and funded by sponsors. ###

Agape Music
Outreach Sep. 17

On Sunday, September 17, 2023, at 10:30 a.m., the musicians of Agape Music Outreach will enhance the worship service with handbells, choral music and instrumentalists. Coffee fellowship follows.

Agape Music Outreach, established in 2018, is a multi-generation, nondenominational group of musicians who participate and lead worship once a month at different Churches in North Jersey. ###

Progressive Rock
Festival Oct. 6-8

American Northeast's International Progressive Rock Music Festival is coming to the Williams Center, Rutherford October 6-8, 2023.

The ProgStock Festival 2023 features Unitopia, The Mahavishnu Project, Dave Kerzner, with a new album, full band, and audiovisual experience, Matt Dorsey, with a full band, Michael Sadler of SAGA, Joe Deninson of Kansas, Mystery, AD ASTRA, Dave Bainbridge & Sally Minnear, Aziola Cry, etc. Special guest: Patrick Moraz (YES/The Moody Blues).

All 3-day passes come with a wristband, poster, and program. For passes and details, visit www.progstock.com ###

HH Town Day
September 30

Hasbrouck Heights organizations should mark their calendar for participation in Town Day scheduled for Saturday, September 30, 2023 (*rain date October 7*), from 10 a.m. to 3:30 p.m., in Woodland Park. Contact the Recreation Department at 201-288-4143 to reserve your table/space. ###

LFFD Inspection
September 9

Little Ferry Fire Department will hold their Annual Inspection on Saturday, September 9, 2023, at 5 p.m., at the Firemen's Memorial Plaza at the crossroads of Kavrik Street and Marshall Avenue.

The public is invited to attend. ###

Griff Rocks On
September 15

Griff Rocks On celebrates John (*Griff*) Griffen who perished on 9-11.

The event is on September 15, 2023 at 7 p.m. at St. Mary's High School, Rutherford, NJ.

Super Trans Am band will be playing.

\$45 per ticket or go to: Griffrockson.org for Venmo and Paypal or Contact Dennis at 201-446-7625 for more info. Tickets available at door. Fundraiser benefits scholarships. ###

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. ###

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\$65

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2 Liter Soda
1/2 Trays Fries

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Mozzarella Sticks

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Casino Night
October 6

The Kip Center is hosting Casino Night October 6, 2023, from 7 to 11 p.m., at the Fiesta. Tickets are \$90 pp. Includes \$200 Kip Kash (\$100 after October 1), hot and cold buffet, 4-hour open bar. Call 201-460-1600 for tickets and sponsorships. ###

Wind Creek
September 26

On Tuesday, September 26, 2023, the Hasbrouck Heights VFW Post 4591 will sponsor a bus trip to Wind Creek Casino Bethlehem, PA. 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 50/50, Bingo and a movie. For further details call Diane at 201-475-8898 or Gladys at 201-288-9074. ###

Wind Creek
October 7

The Wood-Ridge Lions Club will sponsor a bus trip to Wind Creek Casino in Bethlehem, PA, on October 7, 2023. Cost is \$40 (paid in advance). Upon arrival, a \$25 slot voucher will be given. A 50/50 and a raffle will be held during travel time. All attendees must be 21 or over and have valid government issued ID. Please call Angelo for further details at 201-779-7681. ###

“Labor Day is a glorious holiday because your child will be going back to school the next day. It would have been called Independence Day, but that name was already taken.” » Bill Dodds

Car Show
October 14

A Veterans Car Show is scheduled for Saturday, October 14, 2023 (rd October 15), from 9 a.m. to 3 p.m., along Memorial Drive, Lodi, NJ. Custom, stock, military, motorcycles, electric vehicles along with vendor tables, trophies and more. Pre-register \$15. On-site \$20. For more information: VetCarShow2023@gmail.com Event is part of the Lodi Festival which starts at noon and concludes with fireworks. ###

Antique Fire
Truck Muster
October 14

Little Ferry Hose Co. #1 is commemorating the 100th Anniversary of their 1922 American LaFrance with an Antique Fire Truck Muster on October 14, 2023, from 12 to 4 p.m., 95 Main Street, Little Ferry. RD October 15. There will be food trucks, DJ, "T" shirt & challenge coins, vendors, beer garden, etc. All fire trucks are welcome, with awards for fire trucks from 1985, and prior. Call 908-801-6175. Email: antiquemuster@gmail.com ###

3rd Annual
Rutherford Day
September 23

Rutherford will host its 2nd Annual Rutherford Day on Saturday, September 23, 2023, from 12 to 6 p.m., at Memorial Field. The Borough is planning on having live music, a beer garden, kids' activities, food trucks, and ample space for Rutherford community groups to showcase all they do. For more information, call 201-460-3000. ###

Rutherford Fire
Engine Co. #2
Golf Outing

On Saturday, October 7, 2023, the 8th Annual Louis S. Eberspeacher Memorial Golf Outing (Louie Open) will be held at High Point Golf Club, 342 Shore Road, Montague, NJ. Registration at 10:30 a.m., BBQ lunch at 11 a.m. and tee time is at noon (shotgun start). Cost is \$175 per golfer, package includes: BBQ lunch, 18 holes of golf, golf cart, two drink tickets, Prime Rib dinner with awards, prizes and 50/50. Sponsorships available. Prize opportunities for a hole-in-one at each of the four Par 3 holes including a chance to win a new car for a hole-in-one of the 5th hole. Awards for lowest team scores, lowest individual scores, closest to the pin and longest drive. For information, call Bob at 201-522-9939 or Justin 848-459-2609. ###

Fly Fishing
Instruction

East Jersey Chapter Trout Unlimited, a local chapter of National Trout Unlimited, is offering an Autumn 2023 fly fishing instruction for beginners & intermediate anglers. Classes are Tuesday nights, from 7 to 9 p.m., beginning September 19 thru November 7, 2023. Cost is \$85. Held at Wayne Firehouse PLO#2, Alps Road ramp at 970 Route 23, Wayne. All instructors are experienced, chapter volunteers, longtime fly fishermen. Instruction in fly casting techniques, fly selection, fly fishing tackle, i.e., lines and leader, knots, entomology and how to read a stream. All equipment is provided; however, using one's own is encouraged. To register or for further information call or text Joe Fusco at 201-739-4229 or call Doug Penna at 201-288-4409. ###

HHMA Golf
Sept. 27

The HHMA will have their Annual Bizik-Hughes Memorial Golf Outing on Wednesday, September 27, 2023, at the Meadows Golf Club, at 79 Two Bridges Road, Lincoln Park. The Golf Outing will be a shotgun start at 9 a.m. Breakfast and registration will take place at 7:30 a.m. The format will be Best Ball, 50/50 raffle and prizes. All money raised will be awarded as scholarships to qualified graduating seniors of Hasbrouck Heights. Cost is \$140 pp and includes the following: • Hot and cold breakfast that includes scrambled eggs, home fries, bacon, sausage, bagels, coffee, tea and juice. • Dinner buffet that includes baked ziti, penne vodka, Italian sausage with peppers and onions, Chicken Francese, chicken with garlic cream sauce, garden salad, dinner rolls, coffee, tea, and fountain soda. • Cash Contests-Longest Drive, Closest to Pin, On-the-Green/Off-the-Green and \$10,000 Hole in One. 50/50 Raffle, Door Prizes and Tricky Tray. Golf registration and donation forms can be found at: www.hhma.info. For more details, contact Louis Verdi at louis.verdi@ey.com or call 201-978-9586 or Steven Palladino at: spalladino326@gmail.com or call 201-725-2917. ###

Book & Jewelry
Sale Sept. 16, 17

Hasbrouck Heights Friends of the Library is hosting a Book & Jewelry Sale on Saturday, September 16 and Sunday, September 17, from 10 a.m. to 5 p.m., located outside at the Hasbrouck Heights Municipal Building parking lot, and inside of the Hasbrouck Heights Senior Center. All are welcome. ###

W-R PBA
Golf Outing
Sept. 11

The Wood-Ridge PBA Local #313 is hosting their 23rd Annual Golf Outing on September 11, 2023 at Wild Turkey at Crystal Springs Golf Course, Hamburg, NJ. Registration and breakfast from 7 to 8 a.m. Shotgun start at 8:30 a.m. Fees are \$175 per golfer. \$700 per foursome. \$200 for tee and green sponsors. Special donations: One vest donation \$1,000; beverage cart sponsor \$1,500. Includes greens fees and cart, breakfast, lunch at the turn, banquet dinner, beer/wine, gifts and prizes. Please RSVP to Fran at 201-939-0476 opt 4 or email: fpolito@woodridgepolice.org. Make checks payable to Wood-Ridge PBA #313 and send to: Wood-Ridge PBA #313, 85 Humboldt Street, Wood-Ridge, NJ 07075 Attn: Golf Committee. ###

Last Man
Standing Raffle

American Legion Auxiliary Unit #142 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. ###

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Vendor Fair Gift Auction
October 14 November 12

The Ladies Aid Society of the First Presbyterian Church of Carlstadt will be hosting a Vendor Fair on Saturday, October 14, 2023 in the Church Community Hall on Third Street in Carlstadt from 9 a.m. to 3 p.m. If you are a vendor and would be interested in renting a space at the fair, please contact mhu164@aol.com for more info or for an application. ###

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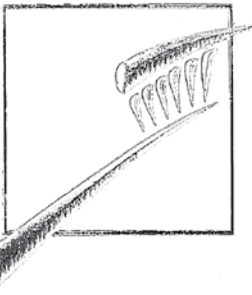
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Indoor Yard
Sale Sept. 4

On Monday, September 4, 2023, the Grace Episcopal Church, 128 West Passaic Street, Rutherford, will host an Indoor & Yard Sale, from 9 a.m. to 3 p.m. Use the Wood Street entrance.

Items include: household items, electronics, glassware, furniture, books, toys, clothes and a room full of vintage costume jewelry and much more.

Stop by and take a moment to tour our beautiful Church. Grace Church contains some of the most beautiful stained-glass windows in the area. Visit us on Facebook Grace Episcopal Church Rutherford. ###

HH Town-wide
Garage Sale
Sept. 16/17

A Hasbrouck Heights town-wide garage sale is scheduled for September 16 and 17, 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. There is a \$10 permit fee which will be donated to Recreation and the Free Public Library. Application forms are available at www.hasbrouck-heightsnj.org

Space will be made available for apartment dwellers and fund raising organizations at the Central Avenue parking lot. Participants must bring their own table.

A free map indicating all registered participants’ addresses will be available on Friday in the Clerk’s Office, Saturday at the Borough Hall main entrance and on the Borough’s website. Deadline to register is September 14 to be on the map.

For more information, call the Borough Clerk at 201-288-0195. ###

Wood-Ridge September 11, 2023
Memorial Service Candlelight Vigil

The Borough of Wood-Ridge will hold a 22-year anniversary Memorial Service and Candlelight Vigil to honor the heroes and victims of September 11, 2001. The service will be held at Veterans Memorial Park, located on Valley Boulevard and Highland Avenue on Monday, September 11, 2023 at 7:30 p.m.

FOCAS Holds
Flea Market

FOCAS Flea Market will be held Saturday, September 23, 2023, 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. ###

Holiday Harvest
Craft Fair Nov. 18

The First Reformed Church of Hasbrouck Heights will host a Holiday Harvest Craft Fair on Saturday, November 18, 2023, from 9 a.m. to 3 p.m.

Hand-crafted treasures on two floors, including Granny’s Attic’s treasures and surprises for sale, at reasonable prices. Hourly raffles donated by crafters. Entrance is \$4, \$2 for seniors and no charge for children under 16. Craft and non-craft vendors welcome. \$40 table fee, minimum 6 foot.

First Reformed Church is located at Burton Avenue and Washington Place. Handicapped-accessible. For more information, call 201-288-1122 or email: firstrefhh@optonline.net ###

The Knights of Columbus Saint Anthony’s Council 11585 will sponsor a Blood Drive. A Community Bloodmobile will be stationed on Valley Boulevard between Marlboro Road and Highland Avenue, from 2 to 7 p.m., for anyone interested in donating blood.

Please contact Councilman Ezio Altamura for further information at 201-531-0259. ###



Remember to
Fly Your Flag
September
on 11th

**September 11th
Remembrance
Services**

- **Carlstadt** will hold a service on September 11 at 7 p.m. at the Village Green Park.
- **East Rutherford** will hold a service on September 11. Details to be announced.
- **Hasbrouck Heights** will hold a service at the Firemen’s Memorial at 7 p.m. For more information, call 201-288-0195.
- **Little Ferry** will hold a wreath laying ceremony service on Monday, September 11, at 10 a.m. at the Shannon Dalton Forde Field at the end of Mehrhof Road.
- **Moonachie** will hold a service on September 11, at 6:30 p.m., at the Moonachie Borough Hall.
- **Rutherford** will hold a service on September 11. Details to be announced. ###

Moving Wall
Sept. 1 to 3

The Vietnam “Moving Wall,” the traveling half-size replica of the Vietnam Veterans Memorial in Washington, will arrive at Bergenfield High School, August 31, 2023, with the opening ceremony Friday, September 1 at 9 a.m.

The closing ceremony is Sunday, September 3 at 8 p.m. and the Wall departs September 4, 2023. Viewing hours from 8 a.m. to 4 p.m.

For more information: <http://www.themovingwall.org/> ###

**Good manners
are always in style**

AHOF Open Cockpit
Experience Sept. 10

LF Family
Fun Day
Sept. 23

The Aviation Hall of Fame will host Open Cockpit Day on Sunday, September 10, 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 Interna-

tional 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 ###

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Existing members: Renew your membership today!

Together, We're Better. Come celebrate the many cultures that make us a community. The Mayor and Council invite Little Ferry residents to Family Fun Day, Saturday, September 23, 2023 (rd Sept. 24), from 1 to 9 p.m., at Willow Lake Park (Main and Pickens Street). There will be amusements, food trucks, music, vendors, Biergarten, free giveaways, and more. Fireworks display is scheduled for 8:15 p.m. ###

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Harvest Moon

The September full moon appears on Thursday, September 28, 2023. It then reaches peak illumination at 5:58 EST on Friday the 29th, drifting below the horizon shortly thereafter.

Technically, the Harvest Moon is the Full Moon closest to the equinox around Saturday, September 23 at 2:50 a.m. EDT.

Note: On this equinox, the sun crosses above Earth's equator, moving from north to south. For everyone across the globe, days and nights are approximately equal in length. The name equinox comes from the Latin aequus (equal) and nox (night).

Most years it is in September, but around every three years, it is in October. The Harvest Moon is the only Full Moon name which is determined by the equinox rather than a month.

The Full Moon in the month of September in the Old Farmer's Almanac is called Harvest Moon, which corresponds with the Old English/Anglo-Saxon name, while other names are Corn Moon or Full Corn Moon or Barley Moon.

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. 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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Woman's Club of
Carlstadt Meets
September 5

The Woman's Club of Carlstadt will have their first meeting of the 2023-2024 Club Year on Tuesday, September 5, 2023. Meeting will be at the First Presbyterian Church Community Hall, Third St. and Division Ave, at 7:30 p.m.

Dues for the Club Year will be collected.

We will have a speaker from the Center for Hope and Safety. The center is dedicated to assisting victims and survivors of domestic violence and their children, by turning fear into Safety, helplessness into strength and isolation into Hope.

Our program will be a Presentation on the history of the Woman's Club of Carlstadt. The Club of was organized in January 1927, and, in February of the same year, became a member of the New Jersey State Federation of Women's Clubs. Come to our meeting if you would like to know who we are and what we do. ###

Meet Pumpkin
People in the Park

The Woman's Club of Rutherford will hold its 9th annual Pumpkin People in the Park event from October 14 to October 26, 2023 in Lincoln Park, Rutherford, NJ.

This family-friendly event is a great way to show off your creativity and add some autumn flair to the community.

The cost to create a display is \$50, which includes an 8 ft. by 10 ft. "pumpkin patch" in Lincoln Park, a bale of hay, and a pumpkin display sign clearly labeled with your business, organization, family or individual name. You supply the pumpkins and the imagination to create any theme you wish.

Set-up will take place on Saturday, October 14 after 11 a.m., or Sunday, October 15. All displays MUST be removed by you on or before Thursday, October 26.

All are invited to view the displays for free during the 12 days they are up.

You must reserve your spot by Friday, October 6. Make checks payable to The Woman's Club of Rutherford, 201 Fairview Avenue, Rutherford NJ 07070.

For more information please contact Leslie Beck, 201-933-1790 or Cherie Moss, 201-370-9210. ###

Don't Tailgate!

Hasbrouck
Heights Garden
Club Update

The Garden Club will resume meeting on September 20, 2023. Refreshments will be served at 5:30 p.m. followed by the meeting. We will be discussing the upcoming events planned for the 2023 and 2024 meetings and events.

We will be announcing the winner of the "2023 Summer Garden of the Season Award."

Also we want to thank all of the DPW workers, and members and other volunteers who helped participate in taking great care of the "Boulevard in Bloom Project this season." The Garden Club members filled 60 pots this spring that were placed on the Boulevard.

The meetings are held at the Public Library on the second floor of the Borough Hall located at 320 Boulevard. There is ample parking and the building is handicap accessible. The meetings are always open to all residents and non-residents! Provided by Judy Mascis. ###

MomLife Event
September 28

We invite moms of kids ages 0-11 from any town to join us as we kick off season four of MomLife! Thursday night, September 28, 2023, 7 to 9 p.m. Please RSVP by September 26.

Event hosted by Bible Baptist Church, 31 Passaic Avenue, Hasbrouck Heights. Limited KidLife childcare available by RSVP only. Monthly get together and outings, too.

For more info: hasbrouckhtsmomlife@gmail.com; Fb – Hasbrouck Heights MomLife ###

Art Association
of Rutherford

The Art Association of Rutherford will hold its next meeting on September 8, 2023 at 7:30 p.m.

We will be having a demonstration by John Hardin about how to frame your art inexpensively and still look professional. Visitors are encouraged to participate 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 ###

Send your press releases to: gazettenewspaper@gmail.com

Cubs Visit Little Ferry Police Department



Cub Scout Pack 17 from Hasbrouck Heights was invited to meet K-9 Timmy at the Little Ferry Police Headquarters. The Pack began by meeting Chief Walters and Lt. Andronico with a tour of headquarters. The tour consisted of observing the jail cell, processing room, dispatch room and the Emergency Service Unit (ESU) vehicle's tools and equipment. Our Cub Scouts were then able to try on tactical gear and conduct a live radio check. K-9 Timmy demonstrated he can find lost keys, and help apprehend "bad guys!" We would like to thank Chief Walters for this memorable experience with our Cub Scouts!



Two new Scouts: Mia Mulvaney, Fourth Grade, rank-Webelos 8 years old and Valeria Correa, Kindergarten, rank-Lion 5 years old. We are always looking for more members to join our Pack 17 Cub Scouts in Hasbrouck Heights and welcome members ages Kindergarten through Fifth Grade. Contact hhcubmasterpack17@gmail.com for details. *Provided by Pack 17. ###*



Scouts Go Camping; Earn Merit Badges

Hasbrouck Heights Troop 17, returned to summer camp. Seven scouts Alex Amato, Charlie Tartaglia, Kevin Leto, Griffin Birth, Jared Thomas, Aaron Desire, and Justin Wanjiku along with 3 leaders Craig Birth, Chip Aiken, and Ronny Desire attended Camp NoBeBosco during the week of July 23 through July 29, 2023. During that week, five Scouts, Griffin Jared, Aaron, Kevin, and Justin, all attend the camps First Class Adventure, which works on rank requirements for Tenderfoot through First Class. Two other Scouts, Alex Amato and Charlie Tartaglia, worked on merit badges. When the Scouts were not working on merit badges and rank requirements, they participated in camp fire programs, patrol and troop game activities, helped each other out with merit badges, served food



to the Scouts, cleaned tables, went to the rifle and archery range, got up as early as 4 a.m. for a 5 mile Sunrise Hike (Alex, Charlie, and Kevin, along with Mr. Aiken) as well as getting up at 6 a.m. to take part in the Polar Bear Plunge (Alex, Charlie, Kevin, Griffin and Jared, along with Mr. Birth). In total, 18 merit badges were earned that week by Scouts: Alex (5), Charlie (3), Griffin, Kevin, Aaron, Jared and Justin each earned (2). *Provided by Craig A. Birth, Scoutmaster, Hasbrouck Heights Troop 17. ###*



Donation from HH Lions Club

Special thanks to the Hasbrouck Heights Lions Club for their ongoing support of the Hasbrouck Heights Public Library. In June, the Lions generously donated \$250 for the purchase of large print books. An average large print book title costs between \$35 to \$50 due to the size of the print and the number of pages required. These books are always sought after by the seniors and delivered to the homebound. *Provided by HH Lions Club. ###*



Carlstadt Historical Society presented a donation to the NY Society of Model Engineers (NYSME) following an interesting and informative tour, conducted by the Society's members. NYSME was organized in 1926 in New York City, moved to various locations throughout Manhattan before moving to the Lackawanna's Hoboken Terminal in Hoboken. During the mid-1950's the Society moved to 341 Hoboken Road, Carlstadt. The museum features two operating model railroad displays, exhibits and memorabilia. For more information go to: www.modelengineers.org *Provided by Dennis Kronyak Sr. ###*



Old Eyeglasses Wanted

A new paint job, distinctive Lions logos, and instructive wording has transformed a very rusty, battered old mailbox into an impressive new eyeglass recycling receptacle by the Wood-Ridge Lions Club.

The beautifully renovated container has been placed at the entrance to the Robert I. Stoesser Civic Center, 495 Highland Avenue, Wood-Ridge.

Eyeglass collection has long been a service project of Lions Clubs world-wide and Wood-Ridge Lions have long participated in this global effort.

A small box for collection is currently located in the foyer of the Wood-Ridge Post Office, and will continue there at least for now.

Collected eyeglasses are sent to the New Jersey Eyeglass Recycling Center in West Trenton for cleaning and processing and then shipped to Third World countries for distribution to those in need.

Thanks to Past Club Presidents Bob Caruso and Ed Garrett for their aid in getting this special project completed and installed, and especially to the DPW for the installation. *Submitted by Club Secretary Dennis Brubaker. ###*

Happy Birthday Frances (Alyce) Eglow 103 Years of Age - September 20, 2023

This September 20, Alyce celebrates her 103rd Birthday.

Alyce is a life-long New Jersey resident, being born and raised in Wood-Ridge, NJ.

Alyce married her darling husband, Dr. Burnett (Burnie) Eglow, in 1955, when they 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, Dr. Todd Eglow, DC.

Alyce is well known to everyone in Hasbrouck Heights. Her outgoing, friendly personality contributes to her ability to make friends easily. Because of her husband's active participation in many community groups, she also is well known by those who govern Hasbrouck Heights.

Alyce is active in the Leisure Club of Hasbrouck



Heights. She is regularly seen at the monthly Leisure Club meetings and Bingo Games. *Provided by Todd Eglow. ###*



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 ###

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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 calendar year (Jan. 1 to Dec. 31). National AARP membership is also required. For membership information contact Stan at 973-779-8544 or email to aarp.2015.lodi.nj@gmail.com.

• September 19: Regular monthly meeting. Speaker from NJ AARP: Downsizing & decluttering- You can't take it with you.

• September 20: Bus Trip - Wind Creek Casino & Resort, Bethlehem, PA. Tickets are \$35 with a \$25 comp. For info call Ann at 973-249-2950, or Kathy at 973-779-8544.

• October 17: Regular monthly meeting. Cash food drive. Refreshments. *Provided by Kathleen Zalenski. ###*

Bergen County LGBTQ Seniors Meet Sep. 12, 18, 15

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, September 12, Monday, September 18 and Friday, September 15. 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@bergencountyLGBTQ.org or 201-470-8946 for info and/or the link. ###

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.

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.

• September 18: Caesars Atlantic City Bus Trip. Bus leaves CVS parking lot at 9:30 sharp. \$35 pp. \$30 back slot play.

• September 20: La Festival Italiano. The Casa Blanca, Oak Ridge. Luncheon and Entertainment. Bus leaves CVS parking lot 10 a.m. sharp. \$62.

• October 5: Octoberfest. the Shore Club, Spring Lake. Luncheon and Entertainment. Bus leaves CVS parking lot at 9:30 a.m. sharp. \$68.

• October 16: Caesars Atlantic City Bus Trip. Bus leaves CVS parking lot at 9:30 sharp. \$35 pp. \$30 back slot play. ###

HH Leisure Club Christmas Party

The Leisure Club of Hasbrouck Heights will hold its annual Christmas Party on December 6, 2023, at The Fiesta, from 1 to 5 p.m. The cost is \$60 for members and \$65 for non-members.

No tickets will be sold after November 8, 2023. Mark your calendars. Details to follow. For more information, call Astrid at 201-288-5612. ###

Senior Helpline 201-336-7400

Bergen County Department
of Human Services
Division of Senior Services

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 arts and crafts, 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.

• September 7: Surfflight Buckalew's. Grumpy Old Men. \$70. Bus leaves 9:30 a.m. Returns 4:30 p.m.

October 11: Krucker's. Octoberfest. Breakfast, lunch, dinner, music, dance, drink, games. Bus leaves 9:30 a.m. Returns 5 p.m. ###

BC Senior Picnic September 12

Bergen County will host their Annual Senior Citizen Picnic on September 12, 2023, from 10 a.m. to 2 p.m., at Van Saun County Park, Paramus. (rd is September 19, 2023).

Residents 60+ years are invited for lunch, music and entertainment, craft fair, informational tables, etc.

Limited handicap accessible parking available. For special needs, call 201-336-7416 at least two weeks prior to request special accommodations.

Event is sponsored by Bergen County Department of Human Services, Division of Senior Services ADRC. ###

Craft Vendors Wanted

Join the annual Bergen County Senior Citizen Picnic on September 12. Craft sale tables are available for \$25 each. Limited craft sale table space is available. For further information, please call 201-336-7416. ###

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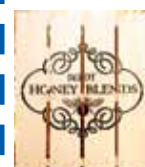
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An Unforgettable Library Block Party

On Friday, August 4, 2023, the Free Public Library of Hasbrouck Heights, in partnership with the Hasbrouck Heights Regional Chamber of Commerce, sponsored the 15th Annual Bash with this year's Block Party theme.

Over 700+ people attended. This event included—old fashioned carnival games, face painting, a family concert, vehicles for children to explore from the Hasbrouck Heights Police, Hasbrouck Heights Fire, and DPW, and a smorgasbord of food trucks.

A presentation was made by Joseph D'Angeli from the Wildlife Conservation & Education Center.

There were craft making activities such as friendship bracelets, kindness rocks, and bookmarks, a Lego building opportunity of a HasBrick Heights Community, extraordinary tales told by Storyteller, LuAnn Adams, and a special magic show for the whole family performed by Ed O'Donnell.

It was certainly an unforgettable evening for all who attended. Special thanks and acknowledgement to the Hasbrouck Heights Friends of the Library and the Hasbrouck Heights Regional Chamber of Commerce Members for financially backing this community-wide family event of bringing everyone together again. *Provided by the HH Library. ###*





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On Saturday, August 5, 2023, from 1 to 4 p.m., hundreds of residents enjoyed Moonachie Family Fun Day at the Moonachie Civic Center Park that was sponsored by the Mayor and Council.

Free hamburgers, hot dogs, refreshments, etc. Fun Time Entertainment (<https://funtimeent.com/>) provided the DJ and inflatable amusements. Magic Bob provided unique balloon sculptures (partymagicparty.com). The event was sponsored by the Moonachie Mayor and Council. ###

About Active Shooter Situations



This information is not intended to instill fear; it is intended to instill a survival mindset by empowering you to act.

Active shooter events can happen anywhere, are very unpredictable and evolve quickly.

An active shooter is actively engaged in killing or attempting to kill people in a confined and populated area. In most cases, active shooters use firearms and there is no pattern or method to their selection of victims.

Damage that can occur in a matter of minutes before the incident is resolved.

Police officers responding to an active assailant are trained in "rapid deployment" procedures and proceed immediately to the area in which shots were last heard; their purpose is to stop the shooting as quickly as possible.

The shooter often stops as soon as he hears or sees law enforcement, and engages the first officer on the scene, turning his anger or aggression on law enforcement.

Patrol officers are most likely responding alone or with a partner. When responding alone, 75 percent had to take action.

Responding officers recognize that more than half of mass-shooting incidents (57%) still will be underway with 75% requiring law enforcement personnel to confront the perpetrator before the threat ends. And one-third of those officers will be shot as they engage.

Officers may be armed with rifles, shotguns, and/or handguns and may use pepper spray or tear gas to control the situation.

First responding officers usually arrive in teams of four, may wear regular patrol uniforms or external bullet proof vests, Kevlar helmets, and other tactical equipment.

Officers may shout commands, and may push individuals to the ground for their safety.

Expect to be treated like a suspect. You may have weapons pointed at you, be yelled at, patted down, handcuffed, and questioned.

Law enforcement doesn't know who the shooter is at this point and they will treat everyone as a suspect.

The first officers to arrive to the scene will not stop to help injured persons.

Rescue teams of additional officers and emergency medical personnel will treat and remove any injured persons. They may also call upon able-bodied individuals to assist in removing the wounded from the premises.

Tactical teams, such as SWAT, train for barricade situations and multiple-member entries. Active-shooter training focuses on rapid deployment.

Over Quickly

The average active-shooter incident lasts 12 minutes. Thirty-seven percent last less than 5 minutes and some in 2 minutes or less.

Amid the chaos, anyone can play an integral role in mitigating the impacts of an active shooter incident.

Individuals must be prepared both mentally and physically to deal with an active shooter situation.

The data show a clear pattern that those who took some form of defensive action fared much better than those who did not. Freezing or playing dead were not good options.

Even when law enforcement was present or able to respond within minutes, civilians often had to make life and death decisions, and, therefore, should be engaged in training and discussions on decisions they may face.

Survival!

Run. Hide. Fight.

Active assailant events typically last between 3 and 7 minutes. Law enforcement response can take between 3 to 5 minutes. You need to survive

until law enforcement arrives and ends the event.

Remember that training to survive active shooter incidents is not intended to instill fear; it is intended to instill a survival mindset by empowering you to act.

You may need to use more than one option.

- **Run.** Your #1 option. Before you run, know the exits. When you visit a building such as a shopping mall, office, entertainment venue or health care facility, take time to identify two nearby exits. Get in the habit of doing this.

You need to react quickly when hearing gunshots, shouts or screams and move away from those sounds. Look to see if people are running and which direction. Move in that direction.

Once the decision to run is made, keep running. Leave your stuff behind.

When vacating a building try not to run in large groups representing a large mass target, but exit by single file which represents smaller targets.

If you encounter law enforcement, remember they are not there to assist you. They need to get to the shooter and end the event.

Always show your hands when encountering any law enforcement. Follow all instructions.

- **Hide.** If you cannot safely evacuate the building, barricade yourself in a classroom, office, closet, or an uncommon area. Something that can be locked or secured.

Turn out the lights and silence electronics. Get out of sight fast. Allow others to hide with you. Secure and barricade in rooms without windows, behind solid doors with locks, under desks, or behind heavy furniture such as large filing cabinets can make good hiding places. Once you've created a barricade hide behind something with ballistic stopping power in case a stray bullet comes through a window or drywall.

In the active shooter events studied, no shooter has breached a locked door.

Law enforcement will not attempt to break down barricades and they can be identified by uniforms and by shouting commands.

- **Fight.** You should only consider fighting if your life is in imminent danger and you have no other options.

Be resolute. Commit to your actions and act aggressively to stop the shooter.

Ambush the shooter with improvised weapons such as chairs, fire extinguishers, scissors,

backpacks and books that can distract and disarm the shooter.

Aim for the attacker's face. If you have something which could hinder the shooter's vision, utilize it. A jacket thrown over the shooter's head, liquids or a powdery substance can be thrown to impede vision.

A well planned counter attack coupled by darkness, trip hazards and flying distractions at the room's doorway is a high percentage strategy to disarm an armed shooter.

A counter attack should take place at the room's doorway for two reasons. The doorway is the shooter's one blind spot as they enter the room. Also the door's frame will hinder the shooter's range of motion.

Recommended counterattack methods to disarm the shooter include a two person team hidden at the entrance door.

The first counter attacker should grab the shooter's gun while the second counter attacker takes out the shooter's legs by pushing behind the knees.

After you have disarmed the shooter, remember to control their hands in case they have secondary weapons.

Fighting for one's life is the most important factor in surviving, which is why visualization exercises prior to an event can be used to help prepare. Full commitment is necessary to disarm and eliminate the active threat.

- Maintain situational awareness while providing assistance to others.

- When help arrives, follow instructions given by law enforcement and first responders.

Officer Training

Radio transmissions of possible shots fired draw the closest police officers to the scene.

These first responding officers may be from various towns, disciplines and experiences. Established protocols, cross-training and coordinated drills allow these officers to work together effectively.

Basic active-shooter courses prepare first responders to find, isolate, distract and end the threat when an active shooter is engaged.

Training covers shooting and moving, conducting threshold evaluations, employing concepts and principles of team movement, using setup and room entry techniques, approaching and breaching the crisis site, practicing rescue-team tactics, handling improvised explosive devices, and

recognizing post engagement priorities of work.

In New Jersey, every officer received 8-hours of active-shooter training annually.

Active-Shooter Statistics

Overwhelmingly, the offender is a single shooter (98 percent), primarily male (97 percent). In 40 percent of the instances, they kill themselves. Two percent of the shooters bring IEDs as an additional weapon.

In 10 percent of the cases, the shooter stops and walks away. In 20 percent of the cases, the shooter goes mobile, moving to another location.

Regardless of whether these attacks were acts of workplace violence, domestic violence, school-based violence, or terrorism, similar themes were observed in the backgrounds of the perpetrators.

Incidents of targeted violence rarely were sudden, impulsive acts.

Prior to most incidents, other people knew about the attacker's idea and/or plan to attack.

Most attackers engaged in some behavior prior to the incident that caused others concern or indicated a need for help.

Most attackers had difficulty coping with significant losses or personal failures. Moreover, many had considered or attempted suicide.

Many attackers felt bullied, persecuted, or injured by others prior to the attack.

Most attackers had access to and had used weapons prior to the attack.

An active shooter may be a current or former employee. Alert your human resources department if you believe an employee exhibits potentially violent behavior. Indicators of potentially violent behavior may include one or more of the following:

- Increased use of alcohol and/or illegal drugs.
- Unexplained increase in absenteeism, and/or vague physical complaints.
- Depression/withdrawal.
- Increased severe mood swings, and noticeably unstable or emotional responses.
- Increasingly talks of problems at home.
- Increase in unsolicited comments about violence, firearms, and other dangerous weapons and violent crimes.

Note: Statistical representations are a compilation of several studies and used for illustrative purposes only. Sources include: FBI, DHS, FEMA, Loyola University. ###



Filling You In

By Jeffrey E. Mason, DMD, FAGD.

Burning Mouth Syndrome

Burning mouth syndrome (BMS) is a common, but complex problem that causes patients to experience a burning or scalding pain on the lips and tongue and sometimes throughout the mouth.

There are often no visible signs of irritation, and the cause of the syndrome may be caused by various factors, ranging from the onset of menopause to psychological dysfunctions to vitamin deficiencies.

BMS may affect up to

5 percent of Americans and usually occurs in people over age 60.

Though members of both sexes are susceptible to BMS, it occurs more frequently in older women (*between 18 and 33 percent of post-menopausal women are estimated to have BMS*). The syndrome is also called glossodynia (*tongue pain*) and stomatodynia (*mouth pain*). BMS is not a form of nor can cause cancer.

What Are Common Symptoms of BMS?

There are a variety of

symptoms associated with BMS.

The main symptom is a burning sensation, ranging from moderate to severe, in your mouth, throat, lips and tongue. Many patients have described the feeling as "scalding."

Other symptoms include dry mouth or a bitter or metallic taste. Patients with BMS often say that the pain is gradual and spontaneous, intensifying as the day moves along. It can affect a person's ability to fall asleep. The discomfort and restlessness associated with BMS may cause mood changes, irritability, anxiety and depression.

What Causes BMS?

The exact cause of BMS is difficult to determine. In 30 percent of cases it is caused by a variety of existing conditions that affect the oral and systemic health.

Some conditions include the onset of menopause, diabetes and deficiencies in such nutrients as iron, zinc, folate,

thiamine, riboflavin vitamins B6 and B12, and complications of cancer therapy (*radiation and chemotherapy*). It is also believed that medications for unrelated conditions may play a role in the onset of BMS.

In the majority of cases, no specific diagnosis for the symptoms can be made. BMS symptoms may occur from xerostomia (*dry mouth*), tongue thrusting, bruxism (*teeth grinding*), irritating or ill-fitting dentures and thrush (*a common fungal infection characterized by a white lesion*).

Some research points to nerve disorders and damage; psychological factors, particularly depression and anxiety; allergies; acid reflux; and medications that cause dry mouth.

It's not unusual for a patient suffering from BMS to have more than one cause attributed to the ailment or to have health care providers fail to find any cause at all.

How is BMS treated?

Treatment for BMS depends on the patient and the

cause. If the cause is related to the oral cavity, your dentist has a variety of ways to provide relief. For dry mouth, your dentist may advise that you drink more fluids, or he or she may prescribe medicine that promotes the flow of saliva.

Thrush may be treated with oral antifungal medications, such as nystatin or fluconazole. If dentures are the culprit, your dentist can make adjustments so they won't irritate the mouth or replace them with better-fitting dentures.

Those with BMS-like symptoms may can be evaluated by their dentist for diagnosis and treatment alternatives. When there are systemic factors suspected to play a role, your physician may also be consulted.

Reference and Reviewed: January 2012 Academy of General Dentistry

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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Footnotes

By Dr. Kenya Lazovik, DPM

Taking a vacation? Make it easy on your feet

Although rest and relaxation are the goals for most vacations, they usually involve a lot of walking and a lot of walking usually involves sore feet. The last thing you want to be thinking about on your much needed vacation is your painful feet.

Walking is great exercise and one of the most reliable forms of transportation, but if your feet aren't in the best shape or you don't have the right shoes, too much walking can cause foot problems.

Good foot care is essential if you plan to subject your feet to long periods of walking.

Some simple foot care tips include:

- Wear thick, absorbent socks (*acrylic instead of cotton*).
- Dry feet thoroughly after bathing, making sure to dry between toes. Use powder before putting on shoes.
- Nails should be cut regularly, straight across the toe.
- Bunions, hammertoes or any other serious foot problems should be evaluated by a podiatrist

The right shoe is also important to healthy walking. The ideal walking shoe should be stable from side to side, and well-cushioned, and it should enable you to walk smoothly. Your toes or bunions should not feel crammed into the shoe. Many running shoes will fit the bill.

There are also shoes made especially for walking. Walking shoes tend to be slightly less cushioned, yet not as bulky,

and lighter than running shoes. Whether walking or running shoe, the shoes need to feel stable and comfortable. You should be able to wiggle your toes independently in the shoe.

There are certain brands of walking and hiking sandals that give support and stability during activities. Look for something with a heel cup and arch support. No thong flip flops! Good brands include Merrell, Chaco and Birkenstock.

Warming up exercises to help alleviate any muscle stiffness or pulled muscles are also advised before walking. Loosening up the heel cords (*Achilles and calf*) and thigh muscles before a walk is especially effective. If you're not accustomed to long walks, start slowly and rest if your feet start hurting and above all, relax and have fun.

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 ###

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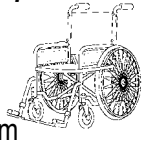
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Artful Thinking

By Artie Maglionico • Lodi Historian

September 2023
Part 1

A Halloween tale which most of the following is true

I had a darn good childhood! Loving parents, a cool older brother seven years my senior, Dusty the dog, Cloudy the cat and the kids from Westervelt Place.

An added ingredient to my apple pie in the sky youth was growing up with my cousins, the Maglionico boys, Johnny, his kid brother, Anthony, Philip and his kid brother, Richie.

We were all in the same age bracket. Age differences don't matter when you're that young. Suffice it to say that Johnny was the oldest and Richie was the youngest. We were kids, what more can I say?

True we had a special bond that only being first cousins could seal. When we were together it was only us. We shared the same dreams, the same mischievous smirks, and the same youthful exuberance.

It was that same "youthful exuberance" that caused our relatives in the Bronx to bring out the emergency Rosary Beads in an effort to ward off

the tumult of the coming storm.

But hey, God loved us so we pretty much had carte blanche when it came causing a little havoc. In the end we made them laugh. We made ourselves laugh as well.

Those Sunday afternoon drives to the Bronx usually took place during the spring and summer months and were a welcomed change from the day to day doldrums of neighborhood life.

It was where Aunt Lucy lived. Actually we never referred to her as "Aunt Lucy." The Italian pronunciation is Zia Lucia. The Maglionico Family took it a step further by simply calling her "Sue Looshee."

It sort of flowed out of your mouth like warm water out of a garden hose. Even at that when the trip was in the planning stages the destination was always referred to as "New York." It was self-explanatory. We were being let loose on Gun Hill Road at a back yard extravaganza where Italian sausage and peppers was washed down with homemade wine and the otherwise reserved demeanor of the Aunts, Uncles and cousins gave way to boisterous bursts of song and dance.

We kids from Jersey were part and parcel of the merri-ment and at one point actually entertained the relatives with our own rendition of the popular Italian love song...Volare.

We knew little or no Italian and were reduced to faking our way through the entire song. We didn't know it in English either. No matter since they were either, succumbing to the effects of the wine, too loving to boo us off the stage or simply not paying attention. Perhaps it was a little of each.

Yes, our singing career was short lived but at least we could say in all honesty that we were a hit in "New York." If you don't believe me then, you guessed it, ask my cousin Anthony.

Yes we shared many a good time together; holiday gatherings, back yard cookouts, rough housing it during an Easter Sunday box ball game with the Daleo brothers, Buddy and his kid brother, Nick, who were Cousins of Johnny and Anthony on their mother's side.

As youngsters with the same Italian blood running through our veins we were surrounded by one another. We were all as different as night and day but when squeezed together in the back seat of a car or having Christmas Eve dinner on a card table at our Grandparents' house we were one energetic, mischievous, well-oiled machine.

As I stated earlier, we were at our Maglionico best when our families got together for a road trip.

Whether we were headed down the Jersey Shore when it was nothing but sand dunes and weather beaten bungalows, The Bronx to clash with our New York cousins or a trip to Two Guys from Harrison to buy roller skates that you attached to your shoes, we made an adventure out of it.

We celebrated being together. Our most memorable "adventure" was attached to a road trip our families took to visit our relatives, the Andre-sene Family, Pete, Helen and son, Ken, in Greenville, New York, a town located high in the Catskill Mountains.

The house was a large two family structure surrounded by 10 acres of open fields which once served as pasture for, as was told to us by Cousin Pete, 30 dairy cows.

In the distance, next to a dirt road, stood, a dilapidated red barn whose paint had long since succumbed to the ravages of time and weather. It was a lifeless, forbidding looking place that stood out like a deserted castle in some gothic horror story.

The house being surrounded by all of that open space looked as lonely as the barn. The only difference was that there were people in there and they were already waiting for us at the front door.

End Part One

Historically Speaking

By James J. Halloran



You Live Where?

The State of New Jersey has a number of odd and interesting town names. A good friend of ours, from Norman, Oklahoma, met and married her husband from Hoboken.

When they visited Norman, her friend asked where she was then living. She replied Hoboken, New Jersey. Her friend asked in astonishment, "There really is a Hoboken?"

The name Hoboken appears to come from two different versions. The first is from "Hopoghan Hackingh" meaning "land of the tobacco pipes" in the native Lenape language. The other is the Jersey Dutch "Hoebuck," meaning "high bluff."

Hackensack was the name of the local tribe of the Lenape Nation. It is also translated as "stony ground." Moonachie is named after Chief Monaghie of the Hackensack tribe.

Ho-Ho-Kus is yet another name from the Lenape. Originally, it was Mah-Ho-Ho-Kus, meaning "the red cedar."

Hi-Nella, Camden County, is just 0.22 sq. miles in size. It has a population of about 800. This is another Indian name meaning "high ground."

The following names were also derived from the Lenape language. Succasunna, Morris County, means "land of the black rock." Shamong, Burlington County, is named for what was then, a large deer population.

Then there is Buttzville, Warren County. Founded in 1839, by Michael Buttz, it has a population of 146. It is located along US Route 46.

There are names that were once in use; however, they have

been changed. Quibbltown, now Piscataway, was so named because two religious denominations could not agree on what day to celebrate the Sabbath. The question was, is it Saturday or Sunday?

Sluckup, now part of Paramus, comes from the Jersey Dutch "small valley or boggy hollow." Schraalenburgh, now Dumont, meant "scraggly hill," in the same language.

Log Gaol (*Log Jail*), now Johnsonburg, Warren County, was once the site of a jail and county court house.

The English Neighborhood is now Leonia and Liberty Pole is now Englewood.

Spanktown, now Rahway, was the site of a battle during the American War for Independence. It was so named because an early settler publicly took his wife across his knee and chastised her.

Bargaintown, now Egg Harbor, was named from a bargain struck by a slave owner and his slaves. He proposed that if they built a road across a lake, he would free them. They did and he freed them.

Down in the Pine Barrens was once the hamlet of Ong's Hat. This is now a ghost town, located in Pemberton Township, Burlington County. There are a number of stories about how the name came about.

The first is that a Jacob Ong ran a tavern and had a silk hat painted on his sign. Another version is that he threw his silk hat up into a tree in a fit of rage over a woman. The third version was that Jacob had built a hut there. It was called Ong's Hut and over the years it was corrupted to hat.

It's A Jersey Thing! ###

St. Joseph Feast 2023

The 108th Feast of Saint Joseph is scheduled for September 1, 2, 3, and 4, 2023 on the Church Grounds, 40 Spring Street, Lodi, NJ. Feast hours are Friday, starting at 6 p.m., Saturday, Sunday and Monday, starting at 4 p.m.

There will be a variety of festival foods, rides and games, accordion music, hourly 50/50 and Super 50/50 with the drawing on Monday at 10 p.m.

On Labor Day, at 4 p.m., there will be a solemn Mass in English and Italian with a procession with statue to follow. For more information, go to: <https://saintjosephsociety.org/feast.html> ###

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Let's Go Traveling!

By Rick Ardis

September 2023 Star Clippers

I recently had the opportunity to enjoy a unique sailing experience aboard the Star Clipper of the eponymous cruise line Star Clippers.

The vessel is a four-masted barquentine with a total of 16 sails that can reach a top speed of 16 knots (*approx. 18.4 mph*). She is one of a handful of sailing ships in overnight passenger service. The small size of this schooner allows for visits to ports not accessible by large cruise ships.

My itinerary began in Civitavecchia Port of Rome alongside the larger liners and commercial shipping. Once underway, we only crossed paths with yachts and ferries.

Our first stop was in Portoferraio on the Tuscan island of Elba along the Italian coastline. Additional ports included Alghero on the Italian island of Sardinia; Bonifacio, Ajaccio (*birthplace of Napoleon*), and L' Ile Rousse on the French island of Corsica. The voyage also visited Saint Tropez and concluded at Cannes, both on the French Riviera.

At each stop, the Star Clipper either anchored offshore or docked in the small harbors along with sailboats and yachts.

This type of cruise vacation is generally suited for the

more experienced sailor. The cabins, while comfortable and featuring the expected amenities, are decidedly compact.

With a maximum of 148 passengers, there is a convivial atmosphere amongst the international mix of travelers.

In addition to Americans, there were other English-speaking vacationers from Canada, England, and Scotland. German, French, and Italian could also be heard onboard. While English was the prevalent language the multilingual staff would also make important announcements in German and French.

This particular sailing included families with children ranging from 10 to 18.

However, this type of ship is not recommended for travelers with mobility issues. To board and alight from the ship requires the use of folding stairs to the dock or a platform to a tender boat. Choppy waters can cause anxiety for some during this activity.

Unlike much larger vessels, there is only one restaurant aboard for all three meals. The waitstaff was efficient and friendly, serving cuisine to satisfy all. A vegan tablemate of mine was served a variety of dishes that she thoroughly enjoyed.

On the top deck, there is an indoor lounge along with an

outdoor bar and an open area where most evening activities occurred. Nearby there are two small pools with lounge chairs and an area for daily yoga classes.

The adventurous atmosphere of Star Clippers continues with the opportunity to climb the mast during the sailing. Additionally, there are nets at the bow where cruisers can relax in the breeze with the sea below them. The captain can be found on the open bridge behind the classic wooden ship's wheel, peering out at the horizon.

Star Clippers plans its itineraries to make the most of the wind, but Mother Nature does not always cooperate. For several days during my voyage, when the winds were weak, engine power would be used to reach the next port of call.

When the breeze picked up, and we were completely under sail, the feeling of the journey changed as the ship came alive. This is an experience that travelers do not encounter on large cruise ships.

The Star Clipper has an identical sister ship, the Star Flyer each accommodating 148 guests. The line also features the Royal Clipper with five masts and nearly double the size with a capacity of 227 guests. The larger ship also has a few additional amenities including a watersports platform at the stern and an airy atrium at the center. Itineraries for the line feature the Mediterranean as well as the Caribbean and Latin America.

The three vessels of Star Clippers are an excellent opportunity for the more adventurous sailor. They provide an experience closer to the sea and focus more on the places visited than the ship itself. I look forward to my next journey to the ports less visited away from the large crowds.

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

Do It Yourself? Think Again!

Home improvement projects can be a fun part of owning a home and there are certainly tons of projects that a homeowner can choose from.

Just watch HGTV or "This Old House" - home improvement shows that beguile because they often make everything look so easy.

But before you pick up the drill and sawzall please pause for this public service announcement via Tony, a contractor friend of mine: "Those shows don't show you 90% of what needs to happen to complete a project."

In reality, he says that home improvement shows are more about people than projects; in their pursuit of drama and compelling narrative they bypass a whole lot of details about how repairs and renovations actually get done.

So for inspiration, TV or YouTube may be a fine start. But beyond that, a little knowledge can be a risky thing. Certain jobs are too dangerous, others too complicated, and some too pricey as the equipment could cost as much as hiring a contractor.

Here are few DIY projects that Tony says you should forego to avoid a ton of headaches or worse...

• **Molding.** How many inspiring episodes have you seen where a quick addition of crown moldings instantly classes up a room? Tony says "Caution": "No walls in a house are perfectly straight, not even in new homes." And no amount of caulk will smooth over these imperfections, either. In fact, experts who do molding use various techniques such as scribing (*i.e. painstakingly shaping your material with tools so it fits flush*) to ensure that moldings are aligned and stay that way. Says Tony: this is not for the average DIYer.

• **Electrical work:** A lot of people are actually quite handy; they can install dimmer switches and stuff like that.

But, according to Tony, many of them are lucky they don't end up blowing up the place or electrocuting them-

selves. He urges homeowners to steer clear of all electric except changing a light bulb.

"You shouldn't fool around with electric", he says. "If you want to DIY a dimmer switch, YouTube is a good source of electric tutorials. But a good rule of thumb is if your wires look different from what you're seeing on the video, abandon the project to avoid having to guess." A lot of people die every year from faulty electricity. It isn't worth the risk.

• **Tiling.** Tony says this one is not an absolute don't, but a great-looking tile job does require a lot more planning than just slapping squares on the floor or wall.

Even if you lay out the tile, measure and measure again, you will need to cut edges and around things such as faucets - and that requires special skill.

Glass mosaic tiles are among the toughest to cut. So maybe you're thinking, 'I'll get big tiles so there are fewer to install. Wrong. Large format tiles are even harder to cut than tiny glass mosaic ones and there's lots of waste. Which is why, Tony says, save yourself the trouble and hire a professional.

• **'Permit needed' work.** Tony advises that if you don't really comprehend how to get the permit - or if or why you need one in the first place - you should avoid the project.

You have to fully understand what's entailed in a DIY that requires getting the permit in the first place. Many DIYers skip permits altogether, but they risk being shut down if spotted by an inspector or ratted out by a vindictive neighbor.

Worse! As we Realtors will testify, you risk a lot more than inconvenience when you decide you want to sell your house. Why? Because you must disclose unpermitted work when selling.

Buyers are likely to be unwilling to take on a home rife with potentially dangerous work. And they might have trouble financing due to the unlawful alterations to the home.

Best advice for dicey projects: hire a licensed professional to do the work.

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

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Mass of Anointing October 14

Most Sacred Heart Share and Care cordially invites all parishioners, families, friends and visitors to celebrate a Mass of Anointing at Most Sacred Heart of Jesus Church, 127 Paterson Avenue, Wallington, on Saturday, October 14, 2023, at 11 a.m. Come experience the beautiful serenity, peace and comfort for mind, body and soul offered at this Mass of Anointing.

If you have never received this Sacrament before, the Mass of Anointing consists es-

entially in the placing of hands by the priest on the head of the person and then anointing of the forehead and hands of the person. As the priest is anointing the person, he is asking for the special grace provided by this sacrament.

Light refreshments will be served in the Great Hall immediately after the service. The Church and Great Hall are handicapped accessible.

For additional information, please call MaryJane at 201-939-8576. ###

Blessing of the Animals

Holy Trinity Lutheran Church of Hasbrouck Heights will hold its annual Blessing of the Animals service on Sunday, October 1, 2023 at noon. Weather permitting, the service will be held on the front lawn. (will in the Church sanctuary in case of rain). Free-will donation benefits the Totowa Animal Shelter. ###

Taizé Evening Prayer Service

The next evening Taizé prayer service will take place Tuesday, October 3, 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. ###

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. P.M. ###

Grief Support

GriefShare is a support group that meets weekly to offer help and encouragement after the death of a spouse, child, family member or friend.

They meet Monday evenings at 7 p.m. at Bible Baptist Church, 31 Passaic Avenue, Hasbrouck Heights.

For more information call 201-288-4139, ext. 2, email BBCGriefShare@gmail.com or go to: www.griefshare.org ###



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Rosh Hashanah: Sunset Sept. 15 to nightfall Sept. 17, 2023

Yom Kippur: Sunset Sept. 24 to nightfall Sept. 25, 2023

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 Almanac.com* ###

Stitch One, Share One

Stitch One, Share One group will meet 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. ###

Free Movie Night September 22

Evangel Christian Church, 165 Main Street, Little Ferry, NJ 07643, will be hosting a free Community Movie Night on Friday, September 22, 2023.

Bring your lawn chair or blanket to the Evangel Christian Church Lawn at 8:30 p.m. The movie: “Daddy/Daughter Day Trip” (Starring Rob Schneider) starts at 8:30 p.m. ###

Rally Day Sept. 10

The Faith Reformed Church, 95 Washington Street Lodi, is hosting a Rally Day, September 10, 2023 from 9:15 to 10:30 a.m.

The Rally Day theme is Happy Birthday. Children and adults of all ages are welcome. There will be singing, games and other activities, followed by refreshments and fellowship. There is no cost. For more information call 201-960-5547. ###

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

What is Sukkot?

The first day of Sukkot 2023 begins the evening of Friday, September 29 and ends on the evening of Friday, October 6, 2023.

Sukkot (*Feast of Booths or Tabernacles*) is one of the three biblically based pilgrimage holidays known as the shalosh regalim.

It is an agricultural festival that originally was considered a thanksgiving for the fruit harvest. Sukkot are hut-like structures that the Jews lived in during the 40 years of travel through the wilderness after the exodus from Egypt.

As a temporary dwelling, the sukkah also represents the fact that all existence is fragile, and therefore Sukkot is a time to appreciate the shelter of our homes and our bodies.

How is Sukkot celebrated?

Sukkot is celebrated by, first of all, building a sukkah. Jews are required to eat in the sukkah for eight days (*seven days in Israel*), and some even sleep in the sukkah for the duration of the holiday.

The sukkah is decorated and the first day is considered a holy day in which most forms of work are forbidden.

The rabbis dictated that arbat ha'minim (*four species*) should be held together and waved during the holiday. These are based on four plants mentioned in the Bible, and the rabbinic version includes the following: etrog (fruit of the citron tree), lulav (palm frond), hadas (leaves from the myrtle tree), and aravah (leaves from the willow tree). This waving ceremony was performed at the Temple in the ancient world.

The seventh day of Sukkot is called Hoshanah Rabah. On that day in the synagogue Jews circle the room seven times while the arbat ha'minim are held and special prayers are recited. *Source: <https://toriavey.com/>* ###

Rutherford United Methodist Church Labor Day Yard Sale

Rutherford United Methodist Church welcomes everyone to a Labor Day Yard Sale on Monday, September 4, 2023, from 10 a.m. to 4 p.m.

Get great bargains on clothing, shoes, small furniture and storage, housewares, decor, books, toys, and much more. Most items are \$5 or less. Outdoor and indoor. Street parking.

The Church is located at 56 West Passaic Avenue, Rutherford NJ. Check for updates at rutherfordumc.org ###

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• **Library Card Sign-Up Month.** Join the Carlstadt Library in celebrating National Library Card Sign-Up Month, during the month of September. The Library will be featuring a month full of exciting activities for all ages, including a Refer-a-Friend raffle and Book Bingo. For more information please visit carlstadtlibrary.org or call 201-438-8866.

• **Beginner Yoga with Onika.** Mondays, September 11, 18 and 25 at 10:15 a.m. Bring a yoga mat. Space is limited and registration per class is required. Register for each session.

• **Movie Madness.** Sit back, relax and join the Carlstadt Library for a showing of the film "About My Father" starring Robert DeNiro and Sebastian Maniscalco on

Tuesday, September 12, 1 p.m. or Wednesday, September 13, 6 p.m. Seating is limited and registration is required.

• **Career Development Series Part 1 of 4 - Resume and Cover Letters.** Part 1 of this Career Development Series, Resume and Cover Letter Etiquette on Tuesday, September 12, 7 p.m. Employment coach, Sunny Desai, MBA, will provide guidance in a variety of career development topics. Future workshops will be held on Tuesdays, October 10, November 14 and December 12. Space is limited and registration is required.

• **Crafts for Crafters - Mandala Painting.** A crafting workshop with local resident, Ajita. Learn the art of mandala painting and leave with a personal masterpiece! The workshop will be held in the Library on Thursday, September 14, 7 p.m. All materials supplied. Space is limited and registration is required.

• **Cook the Books! - Cookbook Club.** Calling all amateur chefs! Meet on Wednesday, September 20, 7 p.m. A differ-

ent cookbook is 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 "The Mediterranean Dish" by Suzy Karadsheh. Copies are available at the Circulation Desk. Space is limited and registration is required.

• **Crafts for Crafters - Needle Felting.** Learn the popular craft of needle felting and create a delightful owl. The workshop will be held in the Library on Tuesday, September 26, 6:30 p.m. Space is limited and registration is required.

• **As the Page Turns - Adult Book Club.** Calling fellow bookworms! Discuss the novel "Homecoming" by Kate Morton on Wednesday, September 27, 7 p.m. New members welcome! Copies are available at the Circulation Desk. Please register.

• **Successfully Navigate College Admissions.** The Carlstadt Library invites high school students and their parents to a webinar led by Stand Out for College on Wednesday,

September 27, 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.

• **Storytime at the Library with Miss Risa.** The Carlstadt Library invites children and their caregivers to Storytime at the Library on Wednesdays, September 6, 13, 20 and 27 at 11 a.m. This program is for ages 6 months to 5 years. Registration is required.

• **Music with Miss Nita at the Library.** Music with Miss Nita will be held on Thursday, September 7, 14, 21, and 28, 10:15 and 11 a.m. Babies, toddlers and preschool children will enjoy songs, rhymes, movement and instrument play. Space is limited. Programs are free of charge and open to residents of Carlstadt only. Registration with a Carlstadt Public Library card is required. Please register for each session.

• **Mandala Painting Class.** Children ages 8 and up. Monday, September 11, 4 p.m. Learn the art of Mandala Painting with local resident Ajita. Materials supplied. Space is limited. Registration required.

• **Back to School - After School Movie.** The Carlstadt Library invites children ages 4 and up to watch the feature

film, "Monsters University", on Thursday, September 14, 3:30 p.m. Please register.

• **Little Bookworms: Yoga Storytime.** Babies and toddlers ages 18 months to 5 years old are invited to Bendy Bookworm Yoga Storytime on Tuesdays, September 12, 19, and 26 at 10:30 a.m. Explore a world of stories along with baby-centered yoga poses. Space is limited and registration is required.

• **Back to School Craft.** Tweens ages 9 and up. Thursday, September 21, 4 p.m. to design a DIY Watermelon Notebook. Create an adorable notebook, perfect for the new school year. Space is limited and registration is required.

• **Saturday Story and Craft.** Children ages 3 years and up. Saturday, September 30, 11 a.m. for a few stories and a craft with Miss Risa. Space is limited and registration is required.

• **Take-It-and-Make-It Crafts for Kids.** Children of all ages pick up a monthly take-it-and-make-it craft. This month's craft is a felt animal sewing craft. Craft kits will be available at the Library from September 1 through September 30, while supplies last. Please call 201-438-8866, ext. 203 for more information. ###

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. Call 201-288-0488 to speak with a staff member or email hashcirc@bccls.org.

The Library's fall hours of operation are as follows: Mondays 10 a.m. to 6 p.m., Tuesdays through Thursdays 10 a.m. to 8 p.m., Fridays from 10 a.m. to 5 p.m., Saturdays from 10 a.m. to 2:30 p.m.

Return Library materials in our book box at the rear of the Municipal Building. Registration is required for all programs unless otherwise noted.

For CHILDREN

• **In-Person Storytimes Return!** Fall Session: September 18 through October 26 (6 weeks)

– Tiny Tots (*ages 6 months - 2 ½ years*)

Choose ONE session:

Session 1: *NEW* Mondays, 11 to 11:30 a.m., Sep-

tember 18 through October 23 (*except Oct. 9*).

Session 2: Tuesdays, 11 to 11:30 a.m., September 19 through October 24.

Session 3: Thursdays, 11 to 11:30 a.m., September 21 through October 26.

Stories, songs, and socialization for our littlest patrons and their caregiver.

Book Buddies (ages 2 ½ - 3 ½ years) Wednesdays, 11 to 11:30 a.m., begins September 20 through October 25. Stories, fingerplay, activities and a simple craft.

• **Read-to-a-Dog.** Thursday, September 7, 6 to 7 p.m. Our furry friend, Oscar, is ready to listen! Get some reading practice in, bring one of your books or choose from ours. Registration is limited.

• **Little Artists: Back-to-School Gnome Craft.** Friday, September 8, 3:30 p.m., best for ages 7 and up. Calling all artists! Come make a back to school gnome craft to kick off the year! Best for Grades 1 and up. Registration is limited.

• **After-School Game Lounge Open Play.** Tuesdays and Thursdays beginning September 12, 3:30 to 5 p.m. Reservations requested.

Our Nintendo Switch game lounge will be open for after-

school play with friends! Multi-player games include MarioKart and Super Smash Bros.

• **Lego Club.** Wednesdays, September 13 and 27. 4 to 5 p.m. All builders are invited! We'll free-build and have a chance to hang out and discuss all things Lego with fellow fans. We'll provide the bricks, you supply the ideas!

• **Lego Club.** Wednesdays, September 13, 4 to 5 p.m. All builders are invited to Lego Club! We'll free-build and discuss all things Lego with fellow fans. We'll provide the bricks, you supply the ideas!

• **BATMAN DAY Family Storytime & Craft.** Saturday, September 16, 11 a.m.

Did you know the third Saturday in September is set aside to celebrate the Caped Crusader? Join us for a family storytime and craft in honor of Gotham City's greatest defender.

For ADULTS

• **The Most Common Medicare Mistakes You Should Avoid.** Monday, September 25, 2 p.m. Attention Baby Boomers! Turning 65? Planning on retiring? Are you currently caring for a Medicare beneficiary? If you will soon become part of the Medicare

system, please join us for a very informative educational seminar on parts A, B, C and D, and learn about the most common Medicare mistakes being made that you should avoid. This will be presented by Linda Cross of the Bergen County Division of Senior Services SHIP (*the State Health Insurance Program*).

• **The Archive of Society: A Type of Evidence Used by Historians to Understand Past Climates.** September 11, 2 p.m. Changes in the climate are on everybody's mind. Scientists use techniques such as ice cores to study past climates (*the evidence from nature*). This presentation focuses on how historians use "people-produced" evidence – such as chronicles, tax records, paintings, and material objects –to understand the impact of climate on past societies

ONGOING PROGRAMS

• **Friday Movie Matinee: "Little Women."** Friday, September 8, 1 to 3 p.m. Light refreshments provided. Based on the novel by Louisa May Alcott.

• **Crafts-to-Share Club.** Tuesday, September 12, 6 to 8 p.m. Wednesday, September 27, 1 to 3 p.m. Enjoy getting

to know other crafters in your community while you knit, crochet, embroider or craft anything! We have donated yarn for any crafters looking to create for a good cause. In-person and on Zoom by request.

• **Adult Book Club.** 4th Tuesday of every month, In-Person & via Zoom September 26 at 7 p.m. "The Woman In The Library" by Sulari Gentill. Join us for an evening of fun, literary discussion! Pick up a copy at the Library or use the Hoopla or Libby app to enjoy the ebook or eAudiobook on your smartphone or tablet.

• **English Conversation Practice Group.** Intermediate Level or above. No Drop-Ins. MUST apply before attending.

Feel more confident when speaking English by practicing in a relaxed and supportive environment with volunteers that care about developing your English skills, and other learners with similar goals. Patrons must fill out an application. ###



Read to Your Child

Rutherford Public Library

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

Hours: Monday-Wednesday 10 a.m. to 8 p.m, Thursday and Friday 10 a.m. to 6 p.m, Saturdays 10 a.m. to 4 p.m. The Library is closed September 2 and 4 for Labor Day Weekend. The Library will close at 5 p.m. on Friday, September 1.

September is Library Card Sign-Up Month. If you don't have a Library Card, please let us help you sign up for one.

• **Summer Reading Program - for Children, Teens, & Adults.** Our "All Together Now" Summer Reading Program ends September 23. Make sure to bring in your Reading Lists or Bingo Cards and col-

Wallington Public Library

Wallington JFK Memorial Library, 92 Hathaway St. Wallington, NJ 07057. 973-471-1692. www.wallingtonpubliclibrary.org

Registration required for all programs unless stated.

Note that the Library will be closed Saturday, September 2 through Monday, September 4, 2023 for Labor Day Weekend. Starting Saturday, September 9, 2023 the Library will resume its regular Saturday hours from 10 a.m. to 4 p.m.

• **Children's Craft: Ocean Sunrise.** Thursday, September 7, 2023 at 3 p.m. Get creative with markers and paint to make a beautiful ocean sunrise! Open to ages 6 -12.

• **Author Talk with Dr. Andrea Blake-Garrett.** Saturday, September 9 at 11 a.m. Dr. Blake-Garrett will offer a short reading from her book: "Live Fit & Free For Life: Exercise For Seniors 60+," give a demonstration of exercises, answer questions from the audience, and sign copies of her book.

• **Monday Afternoon Book Club.** September 11 at 2 p.m. For the month of September we'll be reading "The Younger Wife" by Sally Hepworth. No registration required.

• **Children's Yoga Time.** Tuesday, September 12 at 4 p.m. Be sure to bring some water and a yoga mat or towel with you! Open to ages 6-12.

• **Music with Miss Nita.** Wednesday, September 13, at 1 p.m. Join Miss Nita for singing, dancing, and more! Open to children ages 0 - 5 and

lect your prizes!

• **Used Book Sale.** The Friends of the Library of Rutherford will be holding a Used Book Sale on September 29 and 30, and October 2. Proceeds benefit children's programs and Museum Passes the Friends helps support. Donations of gently used books will be accepted from September 11 through 23 and must be brought inside during regular Library hours.

The following programs require registration. Visit rutherfordlibrary.org/events to sign up!

• **Virtual Mindfulness.** Miranda Lee of Find That Pause will lead virtual mindfulness sessions focusing on finding balance in your life. Friday mornings starting September 8 at 9:15 a.m.

• **Coffee & Chocolate Class.** Presented by 2 Chicks with Chocolate. Learn about pairing coffee and chocolate. Adults only. Saturday, September 9 at 2 p.m.

caregivers.

• **Adult Craft: Plastic Blooms.** Thursday, September 14 at 6:30 p.m. Paint flowers using an unconventional medium - plastic bags!

• **Understanding Medicare.** Wednesday, September 20 at 1 p.m. Learn more and get a better understanding of Medicare. Fred Ciccone of Allied Wealth Partners will give a presentation and answer any questions.

• **Reading to Rosie.** Friday, September 22 at 3:30 p.m. Rosie, our favorite therapy dog, loves reading, hugs, and belly rubs! Open to children of all ages.

• **Oreo Truffle Making.** Tuesday, September 26 at 4 p.m. We will be making yummy Oreo truffles! Open to children, ages 6-12.

• **Virtual Program: Navigating College Admissions Successfully in 2023.** Wednesday, September 27, at 7 p.m. Presented by Ron Feuchs and Jackie Tepper of Stand Out For College, LLC, this virtual program will help families understand how the lingering effects from the pandemic have changed the college admissions landscape and how it affects Juniors, Sophomores and Freshmen.

• **Adult Book Club.** Thursday, September 28 at 6 p.m. For September we will be discussing "Where'd You Go, Bernadette" by Maria Semple. Stop by to pick up a copy or check out Libby for a digital version. New members welcome!

• **Children's Take Home Craft Kits** will be available the 1st and 3rd Friday of the month! Grab one while supplies last! ###

• **Paying for College Without Going Broke.** Thursday, September 14, 7 p.m. via Zoom.

Get information about need-based and merit-based scholarships, strategies for lowering their EFC (*Expected Family Contribution*), tips for optimizing admissions and scholarships, the FAFSA rules, and more.

• **NJSEA: The Meadowlands Renaissance: Past, Present & Future.** A lecture on the New Jersey Sports & Exposition Authority (NJSEA) regarding the history of the agency as it relates to the Meadowlands, and today's Meadowlands ecosystem. Tuesday, September 19 at 7 p.m.

• **Andrew Carnegie: From Steel to the Building of Libraries.** Join us for a fascinating lecture by Rick Feingold, Monday, September 25, from 6:30 to 8 p.m.

Andrew Carnegie amassed an enormous fortune in the steel industry. After Carnegie sold his steel company to J.P. Morgan, he gave all his money away by building over 2,500 Libraries. Many still exist today.

• **The British Invasion.** Joey Leone will highlight the phenomenon of British bands such as The Beatles, Fleetwood Mac, The Rolling Stones, and The Kinks and how they reshaped the landscape of not only American music, but of pop culture as well. Wednesday, September 27, 6 to 7:30 p.m.

Lodi Memorial Library

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

September is National Library Card Month. A Library card doesn't just give you access to books. You can also check out Movies, Games, eBooks, Magazines, Newspapers and Music. Come get your Library card and see all the things you can "check out"!

• **Chair Yoga.** A six-week yoga class for people experiencing joint pain and stiffness. Students will use chairs rather than yoga mats. Classes on Tuesdays 1:30 to 2:30 p.m. September 5, 12, 19, 26. Registration is required. You must reserve a spot for each session you wish to attend. Sponsored by The Friends of Lodi Memorial Library.

• **Tuesday Night Book Club.** Tuesday, September 12, 6:30 to 7:30 p.m. September's book is "Demon Copperhead" by Barbara Kingsolver – 548 pages. Contact director@lodi.bccls.org for more information about our book club meetings.

• **Semi-Monthly Movie.**

Some of our regular resources:

• **Creativebug Live Craft Classes and How-to Videos.** Rutherford patrons can now access creativebug, an innovative resource for all craft projects, for free. Featuring live classes, how-to videos, links, and resources for needlepoint, sewing, paper crafts, jewelry making, woodwork, leather, and more.

• **Virtual Author Talks.**

– "Life, Love, Family, and Food: An Author Talk" with Lidia Bastianich, Thursday, September 7, 7 p.m.

– NYT Bestselling author Adam Alter, "Anatomy of a Breakthrough: How to Get Unstuck When It Matters Most," September 20 at 2 p.m.

– On Writing Three International Bestsellers: Amor Towles, author of "A Gentleman in Moscow," "The Rules of Civility," and "The Lincoln Highway," September 27 at 8 p.m.

Registration required: If you are interested in one of our Author Talks but can't attend, register for the event to receive a link to the recording after. Past Author Talks are also available.

• **On-Demand Yoga.** Enjoy yoga 24/7, anywhere with an internet connection. Brought to you by Bold Yoga and the Bendy Bookworm, this video database has class offerings and meditation tapes for all

Afternoon movies twice a month at the Library. The movies will be "You Hurt My Feelings" on September 13 at 1 p.m. and "The Duke" on September 27 at 1 p.m.

• **Adult Crafts.** September's craft will be watercolor coffee filter flowers. Craft will be held in-person on Wednesday, September 20 at 1:30 p.m. Registration required. Register online at lodi.bccls.org or call the Library to reserve your spot - 973-365-4044 ext 2.

• **Color Your Stress Away.** Friday, September 8, 2023, 2 p.m. A coloring club just for adults! Join us the 2nd Friday of each month for a relaxing hour of coloring, complete with meditative music and refreshments. Materials will be provided, but feel free to bring your own crayons or colored pencils.

• **Navigating College Admissions - Virtual.** Wednesday, September 27, 2023, 7 p.m. A Zoom presentation led by Stand Out For College, LLC designed to help families navigate the current college admissions landscape. Register online at lodi.bccls.org to receive the Zoom link.

• **Adult Coloring Pages, Mazes and Community Puzzle.** Always available for

ages and experience levels; and story time for children. New classes are added all the time! If interested, send an email to reference@rutherford.bccls.org

• **ESL In-Person and Virtual Classes.** In-person ESL meets Tuesday and Thursday mornings. Virtual ESL classes are held Mondays through Thursdays, Registration for in-person classes must be done in person at the circulation desk.

• **Monthly Movie.** Join us for a monthly movie screening on the last Tuesday of the month at 6 p.m., sponsored by the Friends of the Library. No registration necessary.

• **Regular Features.**

Every month we hold a regular Monday Night Book Group, Cook-a-Book Book Club, Spice Club cooking event, Read 'Em & Eat Book Club, and YA Book Talk in addition to our special programs. We feature Story Time with Miss Jane most Wednesdays at 10:30 a.m.

• **Teen Volunteers & Programs.** Every month for teens, we host a YA Book Talk, Teen Game Time (*Fridays at 3:30 p.m.*), Community Service Club (*Thursdays at 3 p.m.*), Doodling to De-Stress, Fantasy Map Makers, and a teen craft – at a minimum! Plus, we have so many opportunities for middle school and high school students to volunteer. For more information, email Teen Librarian Marion at marion.johnson@rutherford.bccls.org

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, September 6, 3:30 to 4:30 p.m. Watch a movie, get some snacks, and make a craft. Registration required.

• **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 4:30 p.m. No registration necessary.

• **High School Hang-out.** Grades 9-12. 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. No registration.

• **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 Tuesday and Friday at 11 a.m. No registration necessary. ###

Hundreds Attend Lodi National Night Out



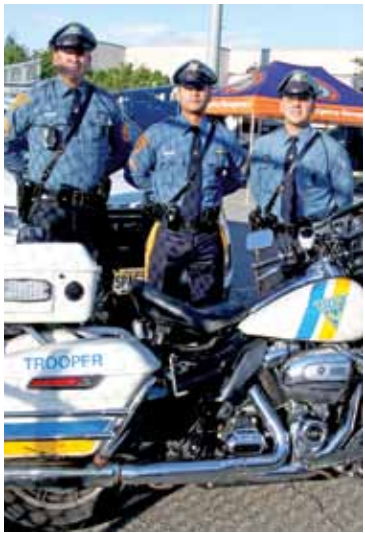
The return of a summer heat wave did not deter residents from heading to Lodi Municipal Park on the evening of August 1, 2023 for Lodi's National Night Out.

Concert starting at 7 p.m.

Attendees had the opportunity to meet with members of the Borough's emergency services and several partnering law enforcement agencies, check out police, fire, EMS, etc.

Dozens of area organizations, and community groups were also on hand to speak with residents, answer questions, and distribute information.

NNO is a great opportunity to bring the community together to not only meet and interact with our local law enforcement, but first responders, too. ###





On Wednesday evening, August 9, 2023, the Hasbrouck Heights Fire Department was summoned to Berkshire Court apartments for a kitchen fire. Arriving Fire Chief Michael Greco heard popping sounds and quickly learned ammunition in home was exploding. Engine 2 arrived and quickly advanced a hose line to contain fire to stove area.

On July 30, 2023, at 04:42 a.m., the Lodi Fire Department was dispatched to a vehicle fire. Upon arrival, multiple vehicles were well involved in a car lot. Members from Engine 612 and 615 stretched 2 lines, while Engine 614 stretched a supply line. Ladder 613 staged at the front of the commercial building and sent a crew to the roof to check for extension.

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